

ऋग्वेद

ओ३म्

यजुर्वेद



पवमान

(मासिक)

वर्ष : 26

कार्तिक

वि०स० 2071

नवम्बर 2014

अंक : 11



तपोवन आश्रम के शरदुत्सव-2014 के अवसर पर सार्वदेशिक आर्यप्रतिनिधि सभा के यशस्वी प्रधान स्वामी आर्यवेश जी को सम्मानित करते हुये आश्रम के पदाधिकारी

सामवेद

अथर्ववेद



शिक्षा उत्सव-2014
एक नज़र में



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I Ei knndh;



nku dh efgek

gekjs“kkL=kæanku dsegÿo dh ppkzvud LFkkukai j feyrh gA euqefr eax'gLfk dsfy, nku dh vko”; drk ij cy fn; k x; k gA vFkobn eadgk x; k g&~“krGLr l ekglj l gl gLr l fidj% vFkkz~l ksgkFk l sdekvsvkš g tkj gkFk l snku nka mi dkj dsfy, dwpk rkykc vkfn [kqokdj nku/kezdjusdsfy, dgk x; k gA ršrjh; mifu“kn-eanku nus ds ckjseadgk x; k gSfd J) ki wzd nku nuk pkfg,] J) k u gksrksHkh nku nš Hk;] ykd&ykt] vkš i æHkko dsdkj .k Hkh nku djuk pkfg, “kkL=kæafo | k/ku] olrñ Hkñe vkš thou nku dh ckr rksdgh gh xbzgsvfi rpvax nku dk Hkh mÿyq[k feyrk gA vk; pñ eaer “kjhj dsvaxk dk nku dj mudsfofo/k iz, kxkadk o.ku feyrk gA u tkusdgal sl ekt ea; g HkñUR i šk gksxbzgsfd ; fn “kjhj dsvaxkadk ejusdsckn nku dj fn; k tkrk gšrksvxystle eagea nku fd; sx; svax i klr ughagkæA n”kz “kkL= dsvud kj ejusdsckn døy l ÷e “kjhj gh vkRrek dsl kFk tkrk gA bl i prYokal sfeydj cus“kjhj dks ty dj blghai prYokæaefQj l sfoynu dj fn; k tkrk gš fQj ejusdsckn Hkh buds i fr ekš D; ka gš ; g , d vucw> i gsyh gA bl l d kj eadñ , d šHkh ykx gš tksej dj Hkh u døy vej gks tkrsgšvfi rq vi usi hNscfynkukadh , d ijEijk NkM+tkrsgA Hkñr eavax nku dh i pñuk ughagA nš'k ea gj l ky nku l si klr vaxkadk deh dsdkj .k i kp yk[k l svf/kd ykx ejrsgA tkx: drk dh deh] /kkfezd otZukvkvkš l jdkj dh mnkl hurk bl [kntud lFkfr dsfy, mÿkñk; h gA i R; d 0; fDr vax nku dj dsdbz thoukadkscpk l drk gš; k vka[k vkfn nku dj muds thou dksl qke; cuk l drk gA , d h l ðFkk ftl dsek?; e l svax nku dj l drsgadk i wkz fooj .k bl h i f=dk eai B&32 ij fn; k x; k gA vk; kadk ; g xqk jgk gSfd osi jki dkljrk vkš nku eal cl svkxsjgrsgA Jh vkfnR; i æ Mko nhucU/kqplñkj k fl rEcj 2002 eal Mel nqkZuk eacw MFk volFkk eavk x; sFA Mko nhucU/kqplñkj k Lo; apfdRI d gksusdsdkj .k bl ckr dks tkur Fksfd vc mudk i æ i pñpruk eaughavk l drk FkA vr%mlUgkausfnoaxr i æ dsvaxkadk nku dj i kp ykxkadk thou cpk; k vkš nksykxkadksnñV i nku dhA cjsyh fuokl h xki ky Lokeh ½tle uke& xki ky 'kj .k fo | kFkñz pñ/hx<+fuokl h Jh l qkhy HkñV; k vkš mudsvl; i kp Hkñb; kao cfgukausvi uk i jk “kjhj nku dj fn; k gA mi jkDr ykxkadk nku Hkñouk l si j .kk ikdj bu i fDr; ka dsys[kd usej .kxi jkDr vi usvax nku djusdk l dYi fy; k gA ; fn bl egknku ; K eavU; vk; Zyks vxsc<dj nku : ih vkgñr naxsrks ; g ge l c dsfy, , d xkš o dh ckr gksxhA

I Ei knnd

onker



euđ; ek= dsfy, onk/; ; u dk vf/kdkj

; FkēkaokpadY; k.khekonkfu tułł; %A cājktU; kH; k, 'kmk;
pk; kž; p Lok; pkj.kk; pA fi z ksnokukanf{k.kk; Snkrđjg Hkų kl e; a
esdke%l e/; rkeđ eknksuerAA ¼ t@ 26@2½

'kCnkFkZ & iješoj euđ; ka dks vkn'sk nrs gđ ¼ Fkk½ ft l
i dklj eđ ¼beke} dY; k.khe} okpe½ bl dY; k.kdkfj.kh onok.kh dks
¼tułł; %½ euđ; ek= dsfy, ¼/konkfu½ mi n'sk d: } djrk gwoš sgh
re Hkh bl dk mi n'sk fd; k djka fdl &fdl dsfy, mi n'sk djks
¼cājktU; kH; ke½ ctā.kkarFkk {kf=; kadsfy, ¼ kmk; ½ 'kpnka dsfy,
¼p] v; kž; ½ vks] oš; kadsfy, ¼ Lok; p½ viuka dsfy,] viusfi z
yxusokyka dsfy,] n'skokf l ; kadsfy, ¼ v.j.kk; p½ 'k=q/kadsfy,]
fon's'k; kadsfy, & l Hkh dsfy, mi n'sk djka onks n'sk djrsgq eđ
¼og½ bl l d kj ea ¼nokuke½ fo}kuka dk ¼fi z; %Hkų kl e½ i eik= cu
t kĀ; ¼nf{k.kk; Snkrđjg nf{k.kk n'usokyka dk Hkh l; kjk gksĀA ¼e½ ejh
¼v; e½; g ¼dke%½ dkeuk i wkZgks¼vn%½ ejh og i wk&dkeuk ¼ek mi
ueržep-si klr gka

HkkokFkZ & on fdl h 0; fDr&fo' k'sk dh l Ei fĪk ughagĀ osrks
l kołłkē vks] ekuoek= dsfy, gĀ i Hkų mi n'sk nrs gĀ fd bl
on: ih dks k dks l dđpr er djks vfi rqtš sešeuđ; ek= dsfy,
bl dk mi n'sk n'sk gĀ bl h i dklj rĀ Hkh euđ; ek= dsfy, bl dk
mi n'sk djka ctā.k vks] {kf=; } oš; vks] 'kmž fe= vks] 'k=đ vi uk
vks] ijk; k] dkbZHkh on&Kku l sođpr ughajguk pkfg, A

tks euđ; on dk ipkj djrs gĀ os fo}kuka ds fi z curs
gĀ nku'khy euđ; kadsfi z curs gĀ vks] mudh l Hkh dkeuk, a i wkZ
gksrh gĀ

¼on l kš Hk l sl kHk k ½

nyak gseut; thou feyuk

-.k duk oind "kl=h

egf"lz n; kulln l jLorh ds vuq kj
 tksfopkj fd; sfcuk fdl h dke dksu djs
 ml dk uke 'eul; * gA l eLr typj]
 uHkpj vls Fkypj ik.kh Hkks pØ ea?kers
 jgrsgA tho tle yrs gA vls dN l e;
 i "pr-er; q dks i klr gks tkrsgA egf"lz
 eul; rk dk y{k.k ; g crkrs g&^ ftrus
 eul; rk l s fHku tkfrLFk ik.kh gAmueans
 izkj dk LoHko g& cyoku-l s Mjuk vls
 fucy dks Mjuk vls nls ds ik.k rd
 fudky ds viuk eryc l k/k ysukA fucyka
 ij n; k] mudk mi dkj vls j {kk djuk eul;
 tkr dk fut xqk gA** ; g vko"; d ughagS
 fd geal nb eul; ds: i eagh tle feyA
 l Hkh vkrk, a vius dekZud kj gh fofHku
 ; kfu; ka ea tkrsgA l Hkh oind xBFkka vls
 fofHku __f"k; kadh ekU; rk dsvuq kj thoka
 dks fofHku "kjhjkaea tle muds i wZ tle ds
 dekA ds vk/kkj ij feyrk gA bl izkj
 eul; thou feyuk vR; Ur nyak gA
 xkA okeh ryl hnl ushkh dgk g&
 cMs Hkks ekud ru ikokA
 l j nyak l n xBFkfga xkokAA
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 i qfoZka i qfeZ-a i qHkZ; kZ i qezghA
 , rRI oA i qyB; a u "kjhja i q% i q%AA
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 i klr gks tkrk gS : Bk gA vls fcNMk gA
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tkusij nls jh i Ruh fey tkrh gA tehu]
 tk; nkn] jkT; ; k nsk ; s Hkh fQj l s fey
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 ds l dekA ds dkj.k feyk gA vc gekjk ; g
 drD; gSfd ge vks mlUfr ds ekZ ij
 vxZ j gkA ; g n[kk tkrk gSfd vkt dy
 cgr l s0; fDr xkat k] pjl] "kjk] MxI vkfn
 dk l ou djus ds ckn] eul; dk "kjhj i kdj
 Hkh vi usnqZ kkvls ghu dekA ds dkj.k xUnh
 ukfy; kaefyi Vs jgrsgA os ughs tkursfd
 eul; thou i klr djuk vls bl "kjhj dks
 /kkj.k djuk fdruk nyak dk; ZgA vFkobn
 ds, d ell= eadgk x; k g&^v"Vk pdk uo
 }kjk nokuka i j; kS; k vFkZ~; g "kjhj , d
 v; kS; k uxjh gS ftl dks dkbZ i jkfr ugha
 dj l drk gA bl ea vB pØ vls uks }kj
 gA ; g "kjhj bz'oj dk efnj gA bl eanork
 fuokl djrsgA ge n[krsgSfd ekuo "kjhj
 vnHkr "kfr; ka dk Hk. Mkj gA eul; dks
 NkM/dj vU; l Hkh ; kfu; kadoy Hkks ; kfu
 gS doy eul; gh , d , s k ik.kh gS ftl s
 Hkks ds l kfk ; kx ; kfu feyh gA ml s deZ
 djus dh LorU=rk i klr gS ftl s og
 vk/; kfr ed ekZ ij mlUfr djrs gq
 ckj&ckj ds thou&ej.k ds pDdj l s
 Np/dkj i kdj ekS k i klr dj l drk gA
 eul; thou rks fey x; k] vc ml s
 rnuqny vkpj.k Hkh vi ukus gkA egf"lz us
 ; tph dk Hk"; djrsgq eul; ds xqk kvls

xyr dh vi {kk l gh dks pA i fl f) dh vi {kk l R; dks pA
 , s k djus l s gekjk thou 'k] i fo= vls egku curk gA

vupj.kh; vkpj.kka dk mYys[k fd; k gA
dŋ dk l {kŋ eao.ku bl izdkj g&

1&euŋ; ka dks l R; dk xg.k vks
vl R; dk R; kx dj nsuk pkfg, A , d k djus
eakbzfulnk vks Lrŋr djsrksHkh l R; dks
dHkh u NkM+vkŋ feF; k dksxg.k u djA ; gh
eu"; ka dsfy, fo"ksk xqk gA ¼ tŋHkko 21-44½

2&l R; oknh] "kkL=obk] l Ttu]
fo}ku~ tks pkgs ogh pkguk euŋ; ka dks Hkh
djuh pkfg, A fdl h dks fdUgha fo}kuka dk
vuknj u djuk pkfg, rFkk L=h i# "kka dks
cāp; R; kx] v; kx; vkgkj & fogkj]
0; fhkpkj] vR; Ur fo"k; kl fDr vkfn [kks/s
dkeka l s vk; ŋkz dk uk" k dHkh u djuk
pkfg, A ¼ tŋHkko 18-49½

3&tŋ s "kkL=obk] fo}ku~ tu nks kka
dks [kks] /keZ vkfn vPNs xqkka dks xg.k dj]
cā dks iklr gkds] vkulln; ŋr gkrs gŋ oŋ s
mudks ikdj euŋ; ka dks Hkh l ŋkh gksuk
pkfg, A ¼ tŋHkko 18-52½

"kkL=ka ea euŋ; ka ds drŋ; ka dk Hkh
vudkaLFkkuka ij mYys[k feyrk gA egf" kZus
onka ds ver dksgekjsfy, inku djrs gq
dŋ drŋ; crk, gŋ tks l {klr : i eafuEu
izdkj g&

1&inkFkzfo | k dh ikflr%& eu"; ka dks
pkfg, fd l nŋ b'oj dh Lrŋr] ikFkZuk]
mi kl uk] ml b'oj dh l ūkk ds ifriknu
rFkk vH; kl vks l R; Hkk" k. l svi uh okf. k; ka
dks "kŋ dj] fo}ku-gkds l c inkFkzfo | kvka
dksi klr gkds ¼ tŋHkko 33-81½

2&fo | k vks /keZ dh of) & euŋ; ka
dks pkfg, fd l Rdkj ds; kx; dk l Rdkj
vks fujknj ds; kx; dk fujknj djdsfo | k

vks /keZ dks fujlurj c<k; k djA ¼ tŋHkko
34-16½

3&f" k {kk dh ikflr & gseuŋ; ka vkRek]
eu vks "kj hj dsl kFk fo | kvka eafu; r gkds
fo | k vks l ŋ" k {kk dk l p; djka f}rh;
fo | k tle dks iklr ikdj iŋtr gkoks
ftl & ftl dsl kFk viuk l Ecl/k gŋ ml dks
tkuka ¼ tŋHkko 29-15½

4&l c thoka dh j {kk & gs euŋ; ka
tŋ sl oŋ vŋHkko; klr b'oj usl cdh j {kk ok
iŋV dh gŋ oŋ s gh c<ŋ gq ge ykxka dks
pkfg, fd l c thokadsc<koavks iŋV djA
¼ tŋHkko 38-21½

5&LokReor~0; ogkj & tks jkx & }sk
vkfn nkskka dks NkM+dj l ceavi usvkRek ds
rŋ; crkŋ djrs gŋ mu /keZ kvkadsfy, l c
ty] vkskf/k vkfn inkFkz l ŋkdkjh gkrs gA
¼ tŋHkko 35-12½

lkjeŋ'oj usgea euŋ; ; kŋu drdekā
ds Hkksx ds fy, rks nh gh gŋ s j l urq mlufŋr
djus ds fy, Hkh nh gA vFkoŋn ea, d el=
bl izdkj g&

m | kua rs i # "ka uko; kua
thokar rs n {krkfra d. kksEA
vk fg jkgs eeera l ŋka

jFkeFk ftfoŋhFkek onkl AA

bl el= dk HkkokFkz; g gSfd euŋ;
dh xfr l nŋ Åij dh vks gksuh pkfg,] ml s
thou ea Åij mBuk pkfg,] uhpsughafxjuk
pkfg, A ijeŋ'oj us euŋ; dks cy l s; ŋr
fd; k gŋ ml s ver: i l ks o'kz rd thus
; kx; thou fn; k gŋ vks bl ng dks
l ŋki ŋz /kkj.k djrs gq th.kz gkdsj cŋki s
ea Hkh ml s thou ds Kkue; vutko dk

vki vius l kFk gq Nks & eks/s vU; k; dks b'oj ds U; k; ij NkM+na
vks dga & ^dkbz ckr ughA**

mi n's'k djusdh vkKk nh gA

eut; dksviusthou ekxZij pyus
ds fy, l n'xqkka dh vko"; drk gkrh gA
l Uo xqkkads/kkj .k djusl sog mlufur djrk
gS Åij dh vksj mBrk gSvksj ml dspfj=]
0; ogkj] l dYi vkfn dY; k.kdkjh ekxkadh
vksj ys tkus okys gkrs gA jktl xqk dh
izkkurk l sppyrk vksj foykfl rk vkfn ds
xqkkadh of) gkrh gA reksqk dh izyrk l s
vkyL;] vfo | k vksj fuf'Ø; rk jgrh gSvksj
eut; iru dh vksj vxl j gkrk gA ; g
eut; ds thou eagh l Ehko gSfd Kku] deZ
ijki dkj] vk/; kFRedrk dks i klr djrs gq
bu l cdh l ef) dJA i "k&i {kh vkfn døy
viusLokHkkfod Kku dsvk/kkj ij gh thou
ferk nrsgA osu rksKku i klr dj l drsgA
vksj ugh mudsfy, vk/; kFRed mlufur dk
dkbz vol j miyC/k gA døy eut; gh
l d kj ea, d k i k.kh gSftl s; g thou mlufur
djusdsfy, feyk gA

; kxn"ku eadgk x; k g&

"Hksxki oxkFKz~ n"; e*& vFkkz~; g

l d kj dk n"; tho dsHksx ds vksj vi oxZ
dsfy, gA bl l d kj eajg dj eksk l k/kuk
djuk Hkh l Ehko gA Kku i klr djusdsfy,
l oA Eke viusdks on dk v/; ; u djus ds
fy, l {ke djuk gksxA bl ds fy, f"K{kkj
dYi] 0; kdj .k] fu#Dr] NUUn vksj T; k&r' k
&bu N%onkaka dk v/; ; u djdsrnki jKUr
mi fu'knkq 'kMn"ku vksj bu l eLr "kkL=ka
ds mi jKUr onka dk xgu v/; ; u djds
eut; okLrfod Kku dsekxZij py i M&k
gS bl hfy, eut efr eadgk x; k gS&

; Fkk&; Fkk fg i #'k% "kkL=L;

l ef/kxPNfrA

rFkk&rFkk fotkufr foKkua pkL; jkprAA
vFkkz~ eut; tS &tS s "kkL= dk
fopkj dj ml ds; FkkFKZHkko dksi klr gkrk gS
oS &oS svf/kd tkurk tkrk gSvksj ml dh
i hfr foKku eagkrh tkrh gA egr"KZ dgrsgS
fd tS &tS s eut; "kkL=ka dks ; Fkkor-
tkurk gS oS s &oS s ml fo | k dk foKku
c<fk tkrk gSvksj ml ea#fp c<rh jgrh gA
Kku dk ykHk rHkh gS tc og vkpj.k ea
vi uk; k tk, vU; Fkk eut; dk "kj hj feyus
ij Hkh og fofHkUu izdkj dsfodkjka l sxfl r
gkstkrrk gA

Hkksrd txr~ ds ftl Kku dks
vkt dy foKku dgrsgS ml h dks mi fu"kn-
ea vij kfo | k dgk x; k gA vli; m; vksj
Hkksrdrk vfo | k ds i; kZ; gA bl h izdkj
fu%]s l vksj vk/; kFRedrk fo | k ds i; kZ;
gA ; tøn ds, d elu= eadgk x; k g&

fo | ka pkfo | ka p ; Lr } nks Hk; d gA

vfo | ; ; k eR; q rh RokZ fo | ; k . ere"urAA

bl eU esfo | k dkvHzo | kl s i klr
Klu l smikl uk djuk gA tkseut; fo | k
o vfo | k dsLo: i dks l kFk&l kFk tkurk gS
vksj ml h ds vuq kj deZ Hkh djrk gS og
deZ vksj mi kl uk ds; FkkFKZ Kku l seksk dks
i klr dj yrk gA ; fn ml sfd l h dkj .k l s
eks k i klr ugha gks i krh gS rc Hkh og eks k
ekxZ ds l ki ku ij dne j [krs gq fQj l s
vol j i kus dsfy, eut; tle dks i kus dk
vf/kdkjh cu tkrk gSvksj **iq%** eut;
thou i kuk ml dsfy, nyBk ughajgrk gA

ni jka ds xqk ns[ka : fn vki l cea gh nksk ns[k& rks dl h ds Hkh l kFk ugha jg i k, xA

ftuds l kFk jgrs gS muds xqk ns[k& nksk ughA

^ck) & tšer] Lokeh "kadjkpk; Z vksj egf'kz n; kulln ds dk; Z

&euekgu dękj vk;] ngjknua

egkHkkjr dky ds ckn n'sk&fons'k es
 ā o= vKku QŠk x; k FkA "kq) ošnd /keZ
 "kq) u jg l dk vkjS ml ea vKku]
 vU/kfo"okl] ik[k.M] dġhfr; k; vkfn vud
 gkfudkj d er o ckršā fēefyr gksx; hā on
 ds vud kj iR; šd euq; dks i ĩp&egk; Kka
 dk djuk vfuok; Z FkA ftl ea i Fke
 bZ'ojki kl uk rFkk ml ds lk"pkr~ nšud
 vfXugk= dk fo/kku FkA bl vfXugk= ds
 foLrkj & xke/k] vtkeš] v"oeš] vkfn
 vud ; K FkA e/; dky ea fo}kuka ds on
 eu=ka ds xyr vFkZ o 0; k[; kvka l s; Kka ea
 lk"kp/ka dk o/k gksxš yxk vksj mudsekl l s
 ; Kka ea vkgġr; ka nh tkus yxhā onka ds
 vud kj gekjk l ekt] xqk] dezo LoHkkoka
 ds vud kj pkj o. kka eafokDr FkA egkHkkjr
 ds lk"pkr e/; dky ea bu o. kka dks
 xqk&de&LoHkko ds vk/kkj ij u ekudj
 tle ij vk/kkfjr ekuk tkus yxk FkA
 dkyklrj ea , d o. kZ ea tle ds vk/kkj ij
 vud tkfr; ka dh jpuk gġZ vksj ykx
 ijLij] tks onka ds vud kj l eku Fkš muea
 NkV&CMšo Āp&uhp dk HknHkko mRi Uu gks
 x; kA L=h o "kka dks onka ds v/; ; u l s
 ošpr dj fn; k x; kA egkHkkjr l si ōZ ošnd
 dky ea l cds fy, vfuok; Z xq dġ dh
 f" k{kk 0; oLFkk /oLr gksxBā egkHkkjr ds ckn
 viokn Lo: lk , d s de gh mnkgj. k gksx
 t gka l Hkh o. kka ds ykx vkpk; Z l s onka dk
 v/; ; u dj i krs FkA fL=; ka dh f" k{kk dk
 dkbZ xq dġ ; k f" k{kk dšnz l u-1825 o

egf'kz n; kulln ds on i pkj dky ea n'sk o
 fons'k ea dgh vflrRo ea ugha FkA , d i d kj
 l sxq dġ 0; oLFkk dk /oLr gksuk vksj pkj
 o. kka ea l ekurk l ekur gksdj fo'kerk dk
 mRi Uu gksuk gh n'sk dh i jk/khurk vksj l Hkh
 vU/kfo"okl kšā dġhfr; ka dk dkj. k FkA , d s
 l e; eaf d tc l kekf d vl keurk pje
 i j Fkh] ; Kksesfgrdkjh funkš k o end lk"kp/ka
 dksej dj [kġd] fgd k dh tkrh Fkh] muds
 ekl al s; K fd, tkrs Fks vksj eka kġkj fd; k
 tkrk Fkk] rc Hkxoku cġ dk vkfoHkkb gġr kA
 ml gksxš lk"kp fgd k vksj l kekf d vl keurk
 dk fojšk fd; kA ml gka crk; k x; k fd lk"kp
 fgd k dk fo/kku onka ea gā bl ij mudk
 mRrj Fkk fd , d šonka tks lk"kp fgd k dk fo/kku
 dġrsgā dksog vekU; dġrsgā ml gš crk; k
 x; k fd onka dh jpuk rks l k{kk r~bZ'oj l s
 gġZ gš ftl us ; g l kjk l ā kj cuk; k gš rks
 bl ij ml gksxā dgk fd eš , d š bZ'oj ds Hkh
 ugha ekurk Hkxoku cġ i wkZ vfgd d o
 "kk dġkj h FkA lk"kp/ka dh fgd k vksj gR; k l s
 mudksegf'kz n; kulln ds l eku vkfRed nġk
 gksrk FkA og ekuo fgrdkjh vudkud
 fo'k; ka ds/; ku o fplru ea l ġX u jgrš FkA
 ykxka dks mudh ; g ckra i l un vkbā ykx
 muds vuq k; h cuus yxā mudh f" k';
 e. Myh c<f h xBZ vksj muds }kjk i pkj l s
 n'sk o fo"o ea muds vuq kf; ; ka dh l ā; k
 cġr vf/kd gks xBā ckš , oa tš er us
 bZ'oj ds vflrRo o ml dh mi kl uk dk R; kx
 dj fn; k FkA ; g l R; dk vi yki FkA , d h

cgġ l h oLr qa egaxh gš tks ge pkgrš gā
 i j arq okLrfod l arq V nšus okyh oLr qa fcy dġ fu%kġ d gā &
 l šk] e/kġ ok. kh] n; k] i d ūurk] uer k vkfnA

fLFkfr dk gksuk onksuq kf; ; ka dsfy, fpUrk
 dk fo'k; cu x; kA bl dh , d ifrfØ; k
 ; g gpZ fd ckS) ka o tSu; ka dh ns[kk&ns[kh
 on erkuq kf; ; ka ¼¼ vk; k½ ea Hkh efrZ i vt k
 dk ipyu gks x; kA , d dsckn , d vU/k
 fo"okl ka ea of) gksrh jgh vksj vrhr dk
 ofnd /keZ dkykUrj ea onka dsfoijhr dñ
 ofnd o dñ voñd vFkok i kS kf.kd
 ekl; rkvka dk er cu dj jg x; kA ; g l oz
 fofnr gSfd Hkxoku cñ) vksj tSu er ds
 iDrZ Lokeh egkohj bz'oj ds vLrRo dks
 ugha ekurs Fks ftl dh ppkZ geus mi ; Dr
 i fDr; ka ea Hkh dh gA mlGkaus viuh viuh
 dYiuk; sach vksj ml h ij mudk er fLFkj
 gA/kA , d k gksu ij ukfLrdk dsc<uso /keZ
 vFk&dke o ekSk dsckf/kr gksu soñd er
 ds "kjk fpUr d o mPp dksV dsbz'oj HkDr
 fo}kuka eafpUrk dk okrkoj .k cu x; kA , d s
 l e; ea, d fn0; i q 'k Lokeh "kad jkpk; Z th
 dk vkfoHkkb gksrk gA og Hkkjr ds nf[k.k
 ins'k ea tlea vksj mlGkaus vusd ofnd xLFkka
 dk v/; ; u fd; k ftl l sog vius l e; ds
 l cl s vf/kd rkfdZ fo}ku- rFkk onkUr]
 xhrk o mi fu'knka ds l cl scMfo}ku cusA
 mlGkaus tc ckS) er o tSu er ds fl) kUrks
 dk v/; ; u fd; k rks mlGkabz'oj ds vLrRo
 dks u ekuus dk fl) kUr vl R; o vufpr
 yxkA l R; dk ipkj o vl R; dk [k.Mu gh
 euq; kadk drD; Hkh gSvksj /keZHkhA vr%bl
 /keZ dk ikyu djus ds fy, mlGkaus rS kjh
 dhA mlGkaus bu ukfLrd erka ds [k.Mu ds
 fy, v}rokñ dh fopkj/kkj k dks Lohdkj
 fd; k ftl ds vuq kj l d kj ea dny , d
 pru l oK] l oD; ki d] fujkd kj

rlo&inkFk&l Rrk dk gh vLrRo gSftl s
 bz'oj&ijekRek vkfn ukela stkuk tkrk gA
 mlGkaus dgk fd gea ; g tks l d kj fn[kkbZ
 nrsk gS og gekjh cñ) ds Hke ds dkj .k
 fn[kkbZhrk gS tcf d ml dk ; FkkFkZ ; k
 okLrfod vLrRo gSgh ughA mlGkaus muds
 vuq kf; ; ka usbl dk , d mnkgj .k fn; k fd
 tS sjkf= ds vU/kjs ea oSk ij yVdh gpZ
 jLl h l ka i rhr gksrh gS , d sgh ; g l d kj
 geaokLrfod i rhr gksjgk gS tcf d bl dk
 vLrRo gSgh ughA ; g gekjk vKku o Hke
 gA bl h iZkj l s mlGkaus l c i kf.k; ka dks
 bz'oj dk gh v'k crk; k vksj dgk fd bl dk
 dkj .k vKku gA vKku tc ny gksk rks th
 bz'oj eal ekfgr gkdj ml eayhu gsktk; sk
 vFkkZ-fey tk; xk vksj rc tho ok thokRek
 dk vLrRo ughajgska
 geusHkxoku cñ) o Hkxoku egkohj dsbz'oj
 ds vLrRo dksu ekuus ds fl) kUr dh ppkZ
 dh gA , d mlGkausbz'oj cuk; s; k fn; sx; s
 Kku on o budsuke ij fga k ds0; ogkj ds
 dkj .k fd; k Fkka geayxrk gSfd bl dsfy,
 ; g vko"; d Fkk fd on dsuke ij ; Kka ea
 tksfga k gksrh Fkh ml dk [k.Mu fd; k tkrk
 vksj onkadk "kq) Lo: lk iLrq fd; k tkrkA
 bl ds l kFk gh bz'oj dks l f'V] l eLr i kf.k; ks
 rFkk on Kku dk jpf; rk fl) fd; k tkrkA
 i jUrq, d k ughafd; k x; kA ; g rksdgk x; k
 fd bz'oj dk vLrRo gSvksj ml s rdkal s
 fl) fd; k x; k ftl l sukfLrd er i jkHkur
 gq] i jUrq onka ij lk"ka/ka dh gR; k o fga k
 djus tk skjki Fksvksj ftl fga k dh ij .kk
 bz'oj us onka ds }kjk dh xbz'crkbZ tk jgh
 Fkh] mudk [k.Mu o onka ds l R; vFkka dk

0; FkZ ea bPNk, a u c<k, j ; fn vki dh vko' ; drk, a i jh gks pph gA
 ; kn j [ka & vko' ; drk, a i jh gks l drh gA bPNk, a ughA

izdk'k o mudk e. Mu ughafd; k x; kA bl
 dkj .k bz'oj o onka ij fga k dh ij .kk djus
 dsvkjki Lokeh "kdj kpk; Z th ds "kkL=kFkZ ds
 ckn Hkh ; Fkkor~cus gh jgA D; k ; g ugha
 fd; k tkuk Fkk ; k bl dh dkbZ vko"; drk
 ugha Fkh\ geayxrk gSfd ; g dk; Z vo";
 fd; k tkuk pkfg; sFkk i jUrqLokeh "kdj kpk; Z
 th ds vYidkfyd thou o vl; vud
 dkj .kka l sl EHkor%og , d k ughadj l dsFkA
 geus bl ds fy, vi us , d fe= ds l kFk
 Lokeh "kdj kpk; Z th ds vuq k; h] , d
 mins'kd fo}ku l s Hkh ppkZ dhA bl l s gea
 ; g Kkr gvk fd Lokeh "kdj kpk; Z th us; K
 eafga k mfpr gS; k vuqpr] bl Hkh'e iz'u
 ij /; ku ughafn; k vFkkZ~bl dh mi\$kk dhA
 bl dk ifj .kke ; g gvk fd ; Kka ds l R;
 Lo: ij mudk iwKZ% vfga kRed gkuk] dk
 ipkj u gks l dk vkj tks py jgk Fkk og
 ik; % pyrj jgk ; k dN de gvkA bl h
 dkj .k onka dk egRo Hkh LFkkf ir u gks l dk
 vkj mudk l j {k .k o j {kk u gks l dhA Lokeh
 n; kulln ds thoudky l u-1825&1883 rd
 vkr&vkrs n'sk ea onka dh vi kl; rk l h gks
 xbZ Fkh ftl dh [kkst egf'kz n; kulln us vi us
 vnHkr cgep; Z ds ri] fo | k o iq 'kkFkZ l s
 dhA ; fn og] og u djrs tks mlugkaus fd; k]

rks geayxrk gSfd on l nk&l ohk dsfy,
 foyhr o vi kl; gks tkrA vkt gea on o
 mudsel=kadsl R; vFkZmi yC/k gS og egf'kz
 n; kulln ds ri o iq 'kkFkZ dk ifj .kke gSvkj
 bl dk iwKZ J; mlugadks gA ekuo tkfr ds
 fy, ; g dk; Z bruk fgrdkjh gvk gS fd
 ftl dh i xkl k dsfy, gekjs ikl "kCn ugha
 gA ; fn og ; g dk; Z u djrs rkj , d h
 voLFkk e] l c er&erklurjka dh euekuh
 pyrj jgrhA muds }kjk onka dh i xkf .kd
 ik .Miyfi ; ka dh [kkst] muds iq:) kj o
 l R; o ; FkkFkZ onkFkZ vFkok on Hkk'; l sykska
 adks bz'oj ds l R; Lo: lk dk Kku gvk vkj
 l kFk gh thokRek] dkj .k izdr o dk; Zi Nfr
 ds Hkn o vlurj dk irk Hkh pykA egf'kz
 n; kulln inUk ; g =fokn dk fl) kur gh
 okLrfod] ; FkkFkZ l R; o fuHkkZ fl) kur gA
 egf'kz n; kulln }kjk fd, x; s onka ds Hkk';]
 ofnd jgL; ka ds mn?kkVu o fl) kurka o
 eku; rkvka izdk'ku l sl Hkh er&erklurjka ea
 fefJr vl R;] vKku o feF; k eku; rkvka o
 fl) kurka dk Kku l ekt eamn?kkfVr gvkA
 ge l e>rs gA fd ; g egf'kz n; kulln dh
 l d kj dkscgeV; o ngyk nA gA bl dsfy,
 egf'kz n; kulln fo"o l epk; dh vkj l s
 vfhkullnuh; gA

vR; ko' ; d l p uk

l foK i k Bdkadksfofnr gksfd i oeku if=dk i R; d ekl dh 20 rkjh[k dksMkd }kjk i f'kr dh tkrh
 gA ; fn if=dk vki dksml ekg dsvflre fnu rd i kr u gksrksml dh l p uk fuEu n'j Hkk'k uEcj kai j vFkok
 i = }kjk Hkst nA if=dk i p %vki dh l ok l s Hkst nh tk; xhA ; fn vki vi uh if=dk dksj ; j l sekakuk pkgrsgA
 rksfyf[kr : i eal fpr djafd dksj ; j ij gksusokyk 0; ; vki ogu djA
 /ku; okn

Jh c'tsk xx] eks %09410315022
 Jh ie izdk'k th] eks %09412051586
 dk; kzy; Qks %0135&2787001

chrh nA[knk; d ckrka dks ; kn djus l s nA[k c<rk gS mudks ; kn u djA
 chrh vPNh ?kVukvka dks ; kn djds mul s ij .kk yd] mRI kgh cuA

cl/ku l seþr gksus dk l k/ku

&egkRek i Hkq vkfJr egkjkt

i Hkq dh dik dk ik= eut; gh gStks viuh cfi) l s i Hkq dh vkKk ds vuphy 0; ogkj djds vius __.k l sm __Zk gksl drk gA __.k , d , d k jksx gStkseut; dksl d'kk nrk gA ykdkDr gS& ^ykdsfg fu/kZuksn d'kh __.kxLrks f/kdks n d'khA* l d kj ea fu/kZ n d'kh gsrk g\$ fdUr q ml l s Hkh vf/kd n d'kh og gSft l ij __.k gA

ekenyh vkneh dk __.k l k/kkj.k rjhds l s ikr gsrk g\$ icy l kgdkj dk __.k eut; dk ?kj&ckj d d'Z %uhyke½ dj nrk g\$?kj l s c?kj&cnj dj nrk gA l jdkj dk __.k vfr n d'knk; h gsrk gA fdUr q i Hkq vkfJ i Hkq ds norkvka dk __.k l c d'N u"V dj nrk g\$ vxj u mrkj k tk; A rhu ykd] rhu ; K] rhu 'kjhj] rhu __.k

eut; us l d kj ea rhu ykdka dks Hkksxusdsfy, tksrhu 'kjhj ik, g\$ blghads dkj.k og rhu izdkj l s __.kh gA i fFkoh] vlrfj {k} nøykd bueatks d'N Hkh gSog l c eut; dsfy, gA

eut; i fFkoh dh i snokj g\$; k ; w l e>ksfd i fFkoh ds i e-kj ; k bl dh l Urku l s gh eut; viuk 'kjhj cukrk vkfJ bl dk ikyu&i kSk.k djrk g\$ rc 'kjhj l s gh /ku&ky&l Ei fUk] ; 'k vkfn bdVBk djrk gA bl s fir& __.k dgrs gA ; g dtZ rc mrjxk tc og LFky 'kjhj l s Hkq ykd ij jgus okys i kf.k; ka dks l d'k i gpk; xk ; k mudksl d'k i gpkusdsfy, JSB l Urku i snk djds muds viZk dj tk, xkA bl dsfy, vkf/kHkDr ; K pfg; A

nir jk ykd gS vlrfj {kA bl ykd ea l c norkvka dk okl gA ok; q vfxu] l wZ plnZ u{k= vkfn dk l Ecu/k l qe 'kjhj l s

gA eu vlur%dj.k i k.k vkfn dh blgh }kj k fLFkjrk gA eut; ka dks txr~dh vfxu vkfn i k d'frd 'kFDr; ka l } rFk l kFkh eut; ka dh fu%okFkZ l okvka l } tks l d'k yxkrkj fey jgk gSog n d'k dgykrk gA bl __.k dks mrkjusdsfy, bu ; K&pOkadks tkjh j [kus dsfy, Lo; a dsfufek l svkf/knsod ; K deZdjusdjuk Hkh vko' ; d g\$ bl sn d'ntk dgrsgA

rhl jk ykd nøykd gA ; g Kku dk ykd gA bl l seut; dks Kku] vkuln vkfn i je ykHk gksjgk gA bl dk uke __'k& __.k gSvkfJ ; g dkj.k 'kjhj l s l Ecu/k j [krk gA bl dh Hkh l Urfr tkjh j [kus dsfy, Lo; a fo|k dk Lok/; k; vkfJ mi nsk dj] ; k nlr jka dks i <kdj m __Zk gksuk pfg, A bl s vk/; kFRed ; K dgrsgA

m __Zk gksuk gh eþr gksuk gS eut; rks l oñk __.kka l synk gqvk gA tks tho f=fo/k 'kjhj dks i kdj Hkh vius dks __.k&c) ugha vuHko djrk] og egk vKkuh gA bl fy, mfpr gSfd ge viuh l c 'kFDr vkfJ l c ; Ru bu __.kka dks mrkjus eagh 0; ; djrsgq thou fcrk, A

HkDr& ge rks l e>rs gSfd i Hkqusgh uotho dks 'kjhj fn; k gSvkfJ bl ds Hkksx ds fy, izcu/k djuk Hkh [kn ml dk gh dke gA l wZ plnZ i fFkoh] ty] ok; q vfxu vkfJ l d kj ds l c [kk] inkFkZ 'kjhj ds/kkj.k ds fy, gh rks ml uscuk; sgA tc ; g ml dk izcu/k gS rks ge ij __.k D; ka ekrk i e dks i snk djrh g\$ bl fy, ml dk ikyu&i kSk.k Hkh ekrk ds fy, vfuok; Z gks tkrk gA bl hfy, gekjs i snk gksus l s i wZ i Hkq bl dk Hkksx ekrk ds Lru eal p; dj nrk gA

egkRek & ^ __.k* 'kCn dk vFkZ gS ^

fQj npxk] , d sekudj xg.k fd ; k /ku*A

HkDr & dkbZeuq; dk cPpk ekrk dk nvlk , d k ekudj xg.k ugha djrk fd oki l npxk] u gh ml sl e> gkrh gA dkbZvkneh gok] i kuh izdk'k ; g Hkkouk djdsugha yrk fd ep-sdN nsuk gksckA u gh ekrk&fi rk l s vlu] oL=] i S sbl Hkko dksj [kdj yrk gS fd oki l dj npxkA gkj l d kj ds0; ogkj l s rks tks fdl h l s m/kkj ekxdj yrk gS tcjnLrh ol wy dj yxkA gekjh l e> earks ; g ckr ughacBrhA

egkRek& l ukd __.k nks izdkj dk gkrk gA , d og tks euq; viuh vko' ; drkva dks Lo; a vuHko djds vi us i kl u gkus dkj .k ntl js l sekprk gS gkFk QSykrk gS%ufefUkd __.k% ntl jk __.k og gS tks LokHkkfod gS vks] LoHkko&f l) tle ds l kFk&l kFk c/kk gprk gS cfYd ml us' kjhj dks ckdkk gprk gA tc tho tle yrk gS ml h __.k ds v/khu tle yrk gA tc m__Zk gks tkrk gSrc tle Hkh ml dk i hNk NkM+nrk gA

gekjk thou gS v/kEj.k

__ .k dk uke v/kEj.k gA euq; thfor rc dgykrk gStc ej .k l sjfgr gks tk;] vej gkst; A __.kh dk thuk v/kEj.k dscjkj gA ; g fo"K; l we gS tj k xgjh utj l snq kus vks] fopkjus dk dke gA eus i gysdgk gSfd tks vi u&vki dksrhu izdkj dk 'kjhj i kdj Hkh __.kc) ugha vuHko djrk og egk vKkuh gA ; g fo"K; vuHko djus dk gS d0y l uu&l ukus dk dke ugha tj k fopkj srks l gh] vxj cPpsdks nvlk usfey srks D; k djxk\

; Kfe= & og fpYyk, xk] jks xkA

egkRek & D; ka bl fy, fd ekaml s nvlk n0A ; gh fpYykuk ml dk ekxuk gA vxj ekjksu&fpYykus i j Hkh u n0srkscPpk ph[k&ph[kdj ej tk, xkA tks ftl dks /kkj.k djrk gS ogh thfor j [krk gA og pht /ku dgykrh gA yusvks] nusdk uke fu%okFkZ __.k %dt% dgykrk gA fu%okFkZ __.k og i d kn %cjd% gS vko' ; drk okys dks ml dh vko' ; drk dh i firZdsfy, ykHk dk C; kt dh bPNk dsfcuk fe=] ; k l gk; d ds : i ea fn; k tkrk gA ij bl dk ; g eryc ughagkrk fd og eny/ku dksHkh fuxy tk; A , d k fuxyusokyk dr?u dgykrk gA __.k dks p0kuk gh dr?urk ds nks k l seDr gksuk gA

cPpk Nks/k gS vl eFkZ gA vc og c<usyxkA fdu phtka l sc<ka vlu] ty] ok; j i fFkoh dh i snkokj [kkdj] ml svfXu ij i dkdjA vc c<ej 'kjhj l s dekus yxkA l w Zd h jks kuh l segy cuk; k] vkjke dsfy, ?kk&te&xkMh] ukd j & pkdj j [k& vi us l qk dsfy, (fdUrqml ds vkjke vks] l qk dk gsrq ml dh dekbZvks] dekbZdk l k/ku 'kjhj vks] 'kjhj dks c<kuokys i kdfrd n0 gh gA os ml ds mi dkjh gq A vi us mi dkfj; kads i fr drKrk i zdkf' kr djuk ml dk __.k mrkjuk gS vks] mi s k dk djuk dr?u cuuk vks] __.kh gksuk gA turk dsfy, dN vkRecfynku fd; k] vPNh l Urku i snk dj nh] rks fi rk dk __.k p0 x; k(ok; & ty 'k0) dj fn; s rks n0 & __.k p0 x; k(fdl h dks i < k fn; k ; k mi nsk dj fn; k rks __f'k& __.k p0 x; ka bl h dk uke ; K&p0 gA

vi us n0 kh Hkardky dks ckj & ckj ; kn u dj
vU; Fkk ; g dk; Zvki ds or0ku dky ds l qk dks Hkh fcxkM+n0ckA

[kkā h o nek ea dN peRdkjh i z ksx

Mkw foukn dēkj 'kekĭ ; ksxpk; Z

- rktk ihy dh Nky dk xmk 50 xte] xM+10 xte] eyBh pwkz/vk/kk pEep dks M& fxykl i kuh ea bruk i dk; afd i kuh vk/kk jg tk; A rc jksx dks og i kuh Nkudj xuxuk jgusij /khj&/khjsfiyk nA i q% bl h i dkj l sr\$ kj djds 5&6 ?k. Vscn fi yk, A
- xktcka 100 xte] muko 100 xte] yl M/s 100 xte] eyBh 100 xte] vukj nkuk 100 xte] euDds 100 xte] cuQ'kk 100 xte] j'skk [kreh 100 xte] ihy Nky l v[kh 100 xte] bu l Hkh dks 10 i qM+ k 10&10 xte dh cuk yA , d i qM+ k dks 2 fxykl i kuh ea mkydj dk<k cuk; A , d fxykl i kuh dks nks [kjkd djds i kr% o l k; a [kkyh i s/ xje fi yk; A ; g tōke] [kkā h vġ nek dsfy, mi ; ksxh gA
- nks uhw d k j l fudkydj dōy fNy dka dks 1-5 fxykl i kuh ea i dk; A i kuh vk/kk jgusij ml dh nks [kjkd dj ya tc nek 'okl yuk Hkhjh gks jgk gks vFkok Hk; d j tōke gks rks jksxh dks fi yk nA ml xje i kuh ea vk/kk j l Hkh Mky dj fi yk; a; g i z ksx 'yše ¼ s kk½ dk nqeu gA ; g i z ksx jkeck.k vksf/k dk dke djrk gA
- NkVh ihy pwkz 'kgn l x pkVus l s Hkh ykHk feyrk gA
- nek ds mi pkj ea 'kgn dk i z ksx gksrk gA nek dk vVd tc vk jgk gks rks 'kgn okys i kuh l s Hkki yas l s 'kh?kz jkgr feyrh gA bl ds vykok fnu earhu ckj

- 'kgn dks gydk xuxus i kuh eafeykdj i hus l s Hkh cMk ykHk feyrk gA 'kgn cyxe dks Bhd djrk gA tks nek cukus eacMk gh l g; ksxh gksrk gA
- , d di f?kl h gōz enyh ea , d pEep 'kgn] vk/kk uhw d k j l] pkfkkbz pEep dkyh fepĭ pkfkkbz pEep ihy pwkz feyk dj 20 feuV rd i dk; A bl feJ.k dks gj jkst , d pEep [kk; A ; g bykt cMk gh vl jnkj gA
- jkr Hkj , d xje i kuh okys fxykl ea l v[kh vat h j dks fHkxks dj j [k nA l qg gks rsg h bl s [kkyh i s/ [kk; A , d k djust l s cyxe Hkh Bhd gksrk gA vġ l Øe.k l s Hkh jkgr feyrh gA yxkrkj djrs jgus l s d'c t Hkh ughagks h gA
- vlnj dh , ytz dks Bhd djs ds fy, eFkh Hkh cgr vl jnkj gksrk gA , d fxykl i kuh ds l kFk vk/kk pEep eFkh ds nks dks rc rd mky stc rd i kuh , d frgkbz uk jg tk; A ml mcys i kuh ea vnjd dk , d pEep j l] , d pEep 'kgn feyk yA fnu ea nks ckj i hus l s vo'; gh jkgr feyrh gA
l Hkh i dkj dh 'kksku fØ; k, a djA eūs Lo; avuġko fd; k gSftu&ftu nek ds jksx; ka dks eūs 'kq) fØ; k, a djok; h mudks cMk gh ykHk feykA vr% 'kq) fØ; k, a tS s tyuhfr] j c j uhfr] r sy uhfr vo'; djA nek dh l el; k ea tōke o [kkā h okys l Hkh mi pkj fd; stk l drsgA

ge l kprsg& ^nĭ jka dk thou gel s vPNk gA**
ge Hkh rksfd l h vġ dsfy, ^nĭ j's* gA ; k ughā fQj ge [kq l s l a dV D; ka ughā

ofnd xgLFk vkJe

Lo- jkei/ kn onkyo/kj

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1- v?kjs p{kj i fr/uh L; ksk 'kKek l qkok

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rRi jrk l sl c dh l ok&'kq'kk djds, d gh
Øksk dh fn; kl ykbZ l s ml dks jk[k er
cukukA** tjk fopkfj; s on ds bu mPp
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1- uhyykgra Hkofr dR; kl fDr0; Ttra
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1- vllø; %& ¼; nk½ dR; k&dR; k; k%vkl fDr%
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l ekpkj i=ka ea bruh Hk; kudrk l s
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foKki uka }kjk nkosfd; s tkrsgAfd bl
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mi pkj ¼nkcdj½ vksj ?kjsyq oLrq/ka ds
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vr% uhrs , d sgh ç; kx o mi pkj fy [k
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- 1- ekfks ij nksuks Hkksjka ds chip ea fclnh
yxkrs gA ogka ij ncko na vksj nksuks
vk[ka dh ckjgh Nkj ij Hkh ncko na
ekfy'k djaD; kfd fi Ük dh vf/kdrk l s
bueaHkh nnZgkrk gA vk[ka earuko HkhA
- 2- l h/ks gkFk ds vaxBs ij Hkh nhl js gkFk l s
ncko na l kjs vaxBs dks vPNh çdkj l s
ncko na rFkk vaxBs o igyh vaxyh ds
chip ea tkM+gS igy igy l k] ; gka ij
nckusl svkje vkrk gA
- 3- nksuka i s ka ds vaxBs Hkh nck; a fo' ksk dj
l h/ks i s ds vaxBs o vaxyh ds chip dk
LFku ij i s ds Åij ncko ns dl dj
i dMs tS s dh vki FkkM/s çs kj l s ncko
næsfv vki dsfl j eannZ dh ygjapy
jgh gA' kkuR gkus yxrh gA D; kfd i s ka ds
vaxBs o fl j dk vki l eaçxk<+l Ecl/k
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nckvks; g tkus dk uke gh ughayrk gS
; fn nokbZ ka l s de Hkh gks tkrk gS rks

vkRek u mRi lu gksh gS u ejrh gS u cwk gksh gS u vkj[k l s fn [krh gS
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bl fy, ~kjhj* vksj ~vkRek* dks vyx&vyx tkuka

dñ fnu ckn gh fQj gksusyxrk gSvkj
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rks bl ds çcy ox ds dkj .k mfYV; ka Hkh
vkusyxrh gA dñ Hkh gte ughagr k gA

- 4- ; g vf/kdrj ekj e cnysr l e; gkrk gS
vFkok cPpka dks i j ka ds l e; Va ku
vf/kd gks tkrh gSrksHkh nnZgA vr%ml
l e; vFkok i j ka ds l e; cPpka ds i j ka
dks vo'; gh nck; k djarkfd tks Va ku
earhork i s k gksj gh gSog 'kkUr gks tk; s
5- eu ea ruko ds dkj .k 'kjhj ea fi Uk dh
vf/kdrk gks tkrh gSvkj efLr" d ul kaea
ruko vk tkrk gA vkj 'kjhj Hkh
ejk&ejk l k fu<ky gks tkrk gA
6- nksuka Vkaaka dh fi Mfy; ka i j Hkh ncko n
ekfy'k djA D; kad i j kus nnZ ea vk/ks
fl j ea rFkk fl j ds l kFk&l kFk fl j l s
ft; knk i hMk Vkaaka fi Mfy; kaeagr h gS
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gekjh Hkh gks l drh gS
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vk/kh Nkrh pEep dkyh fepZ tjk Hkus
vkj 2 pEep çjk 1/4 puh ugha nd h çjk 1/2
Mkydj xe&xeZ [kkus l s Hkh vk' kkrhr
ykhk gsrk gA ; g feDI tc [kk; s rHkh
cuk; A cukdj j [ks ugha Bdk gksus i j
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7- ; fn vf/k; k VB'ku gSekFks o vkj [kka ea Hkh
ruko gSrks ml ds fy; sck; a gkFk 1/4 mYVs
gkFk 1/2 dh dkguh l s Aij nck dj n[ks
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- 8- nksuka gkFks nks gFksy; kaeachpk&chp nck
l k LFkku gS ml ij vaB s l ncko nA
vaB l h/kk j [ks ml dk uk [ku Aij jgs
rFkk gkFk dh pkj ka vaBfy; ka dks gFksy dh
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9- pk; vki uhcwdh cuk; a2-5 xte 1/4 i ko 1/2
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fepZ i hl dj Mkya rhuka dks /kheh&/kheh
xS i j 5&6 mcky vkus i j ml ea Aij
gh vk/kk uhcw fupkM+n avkS xS cñn dj
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fi; A ; g uhcwdh 1/4pk; 1/2 ; k feDI dks
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'kjhj nckuk rFkk fo'k k fclnq/ka dks
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i) fr gS tgkafd vksk f/k&foKku fuf"Ø; gS
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çFke rhFKZD; k gS; gh l kpuk pkfg, A

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bl eal kpusdh dksu l h xæ ckr gS

mÜkj & bruk rks Bkd gð l k/kj.k
ykx xækfn LFkkuka dks rhFKZ dgrs gð fdllrç
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on earhFKZ 'kCn vkrk gð vr%; g fufobkn
fo" k; gð bl ij l kpusdh vko"; drk ugha
gð gk; i ki & uk'k vks iq; mRi fÜk dh ckr
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mÜkj & og Hkh dgæç fdllrççFke rks
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'kq) ds dkj.k fo | k vks ri gh crk; s gð
vki xækfn Luku l svkRek dks 'kq) dgrsgð
l kscr Bhð ughagð tkseuçefr eafy [kk gð
ogh; çä; çä vks Bhð gð

vki usdgk Fkk fd egkHkkjr eç rhFKZ
dk o.kZu gS l kSegkHkkjr ea, ð k ysçk gð tc
egkHkkjr ; ç) l ektr gks x; k] Hkh'e firkeg
th 'kj'k; k ij fojkteku FkA ml l e; Jh
—" .k th dh l Eefr l sik. Mo mudh l ok ea
x; ç ogkatkdj ; ç/kf" Bj th usHkh'e firkeg
th l svud fo" k; kadsiz u i NsFkç mu iz uka
ds Hkh'e firkeg us tks mÜkj fn; s Fkç og
egkHkkjr ds vuqkk l u ioZ eafy [ks gq gð
ogkj rhFKZ fo" k; d Hkh , d ç'u dk ml l e;
Hkh'e th us tks mÜkj fn; k Fkk] ml eal sdç
'ykð ; gk fy [krs gð ftl l s egkHkkjr ea
rhFKZ fo" k; d fl) kUr dk i rk yx tk, xkA
; ç/kf" Bj mokp &

; } ja l oZ rhFKZLuka rles çfç firkegA
; = pð i ja' kksparles0; k [; kregZ l AA1AA
; ç/kf" Bj th usdgk & gfi rkeg l c
rhFKZ ea tks JSV gS vks tks mÜke 'kks] vFKZ-
ifo=Ükk gkrh gð og vki eç-scryk; A

vki dh l eL; kvka ds ckjs ea ml jka l sf'kdk; r ugha djA
vk/ks l svf/kd l eL; k vki usLo; a mRi l u dh gð vkRe fujh{k.k l s mlGa nj djA

Hkh"e mokp &

I okf.k [kyq rhFKZu xqkofUr euhf" k.kkeA
; ÜqqrhFKZp "kkp ap rilesÜkqkqI ekfgr%AA2AA
I c rhFKZ euhf" k; ka dsfy, xqkoku-
gš muea tks ifo= rhFKZ gSog I ekfgr
gkdj I quA

vxx/ksfoeys 'kq) s I R; rks s /kfrgnA
Lukr0; aekul srhFKZ I R; ekfJR; 'kk' orAA..AA
rhFKZ 'kkš euffFKRoektba I ÜoeknbeA
vfga k I oBkurkukeku' ka; a ne% 'ke% AAATAA
fuežek fujg³ ekjk fu } } k fu" i fj xgkA
'kp; LrhFKZ kurkLrs; s Hkš; eq Hkq trs AA †
xEHkhj] nkskjfgr] ifo= I R; : ih ty vks
/kš Z: ih rkyk; q) ekul rhFKZ ea "kk' or
I R; dk voyEcu djdsLuku djuk pkfg, A
¼vufFKRož fdI h dk vFKZ u gkuk] ¼k tžž
I jyrk] ¼eknžž u jefr] I c thoka dh
vfga k] vu' ka rk vks 'ke ¼eu dks o'k ea
j [kuk] ½ ne ¼ofUnz; neu djuk] ½ gh ifo=
rhFKZ gA

tks yks eerkjfgr] fujgdkjh]
vFKZr-vgdkj 'k;] I [k] n[k] 'khr] vkri
vkfn }U} I gu djusokys vks fu" i fj xg]
vFKZr I xg jfgr] nkukfn dsykyp I sjfgr
gš vks tks yks fhk{kk /ku I s thou 0; rhr
djusokys I U; kl h gš osgh ifo= rhFKZ i gA

bl çdj.k eaHkh"e th usvki dsdgs
xakfn Luku dks dgha rhFKZ ugha crk; k gA
ml dsfoi jhr I R;] /kš;] fuykkrk] I jyrk]
uezfpÜk] vfga k] n; k] 'ke] ne] eerkjfgr]
vgdkj of tž] }U}ka ds I gu djusokys
ri Loh vks fhk{kk I sfuokž djusokyka dksgh
rhFKZ crk; k gA bl I sfl) gSfd okLro ea
; gh I Pps rhFKZ gA tks euq; dks ifo=

djusokys gš; gh osrhFKZ gš ftuds I ou I s
euq; I d kj & I xj I srj tkrk gš xakfn
rhFKZ rks LokFKZ ykska us I k/kkj .k çtk dks
Bxusdsfy, cuk fy; sgšvks; sxakfn rhFKZ
rkjookysrksfd I h voLFkk eaHkh ughagkr gA
ml h çdj.k eaLuku dsfo" k; eaHkh
Hkh"e th usd gk gA

; Fkk
uksndfDyék=Lrq Lukr bR; fhk/kh; rs
I Lukrks; ksneLukr% I ckákh; Urj%' kfp%AA
eul k p çnhlru cāKkutyu pA
Lukr; ksekul srhFKZ rRLukuarÜonf' kLueAA
¼egkHkkjr vuqkkl u i oZ v/; k; fāŠ½
ty I s Luku djusokys euq; dks
Luku ¼Luku fd; k gš ½ ugha dgrs gA tks
yks neLukr gš ml gkausLuku fd; k gš vks
osgh ckgj rFkk Hkh rj i fo= gkrsgA

Kku I sfuežy fd; sgq eu vks cā
Kku dsty ds I gkjs tks yks ekul rhFKZ ea
Luku djrs gš mudk ugkuk gh Luku gA
rÜonf' kž; kadks, š k gh Luku vfhker gA

; gk; Hkh"efi rkeg th usty Luku I s
vkrE' kq) dk I oFkk gh fu" kš k fd; k gš vr%
tykfn dsLuku I seuq th dsfy [ks vuq kj
doy 'kjhj dh 'kq) gkrh gA vkrE' kq) ds
fy, ty Luku dk dkbž; kst ughagA

ç' u& ; fn egkHkkjr ea bl çdkj
fu" kš k gš rks yks xakfn rhFKZ eaLuku djus
D; kavkrsgA \ vks i . MsrhFKZ i j jgrsgA vks
osckgj tkdj rhFKZ dk çpkj Hkh djrs gA
D; k oseghkHkkjr ugha <sgA

mÜkj & egkHkkjr rks os i <gš i j Urq
mlga rhFKZ Luku djusokyka dks rhFKZ dk
egkRE; crkdj cgdkuk gš vks mudk

dkbz oLrqu feyš rks ml dk vQI kd u euk, A
dHkh gkjus dh rš kjh Hkh j [k] geš kk ugha thræA

/kugj.k djdsvi uh thfodk pykuh gA vks
bl fy, os rks LokFkhZ gA mudk dFku cek.k
ughagA

ç'u&fdl h vkpk; Z us rhFKZ fo"k; d
dN fy [kk gS

mÜkj & gk; fy [kk gA

ç'ku&og crykvks D; k fy [kk gS

mÜkj & egf"KZ n; kulln th us

I R; kFKçdk'k ea rhFKZ fo"k; d fuEu ikB
fy [kk gS & vks ; srhFKZvçFke Hkkj ro"KZeZ ugha

Fkç tc tSu; ka usfxjukj] ikfyVkuk f'k[kj
'k=q t; vks vkcwvkn rhFKZcuk; A muds

vuply bu ykxka usHkh ouk fy; A tks dkbZ
buds vkjEHk dks i jh[kk djuk pkgç os i .kMka

dksi gkuh I si gkuh cgh vks rkæsd si = vkfn
ys[k n[ka rks fu'p; gks tk, xk fd ; s I c

rhFKZ i k I k SvFkok , d I gL= o"KZ I sb/kj gh
cusg I gL= o"KZ I sm/kj dk ys[k fdl h ds

ikl ughafudyrk] bl I svk/kfud gA
iz u& tks tks rhFKZ&&dk egkRE;]

vFKkZ~ ^VU; {ks=s -ra iki a dk' kh{ks=s
fou' ; frA* bR; kfn ckra gA os I Pph gA ok

ughA
mÜkj & ughA D; kfid ; fn iki Nt/
tkrsgkar ksnfjæka dks/ku] jkt i kv] vU/kka dks

vkj[ksfey tkrh dks<+ ka dk dks+vkfn jksx
NW tkrk] , d k ugha gksrk] bl fy, iki ok

i q; fdl h dk ugha NW rka
ç'u & x³xk x³xfr ; ks çv kn-

; kst ukuka' krç fi A
eP; rs I oã ki k; ks fo".kykda I

xPNfrAA
tks I dMka I gL=ka dkd nj I s Hkh

xak&xak dgsrksml dsiki u"V gksdj og

fo".kykda] vFKkZ-oBdqB dks tkrk gA D; k
>B gks

tk, xkA

mÜkj & feF; k gksus ea D; k 'hdk \

D; kfd xak-- uke Lej.k I siki dHkh ugha
NW rki] tks NW s rks n[kh dkbZ u jgs vks iki

djus I s dkbZ Hkh u MjA oS s vkt dy
iki yhyk ea iki c<dj gks jgs gA ewka dks

fo'okl gSfd ge-- rhFKZ k=k djæ s rks iki ka
dks fuofuk gks tk, xhA bl h fo'okl ij iki

djds bl ykd vks ijykd dk uk'k djrs
gA i jUr qfd; k gA k iki Hkksuk gh i Mæ k gA

ç'u&rks dkbZ rhFKZ-- I R; gSok ughA
mÜkj & gS onkfn I R; 'kkL=ka dk i <uk]

i <kuk] /kkfeZ fo}kuka dk I æ] ijki dkj]
/kekZu Bku] ; ks kh; kl] fuoç] fu"di V]

I R; Hkk"K.k] I R; dk ekuuk] I R; djuk]
çap.; I vkpk.; I vfrfFK] ekrk& fi rk dks

I ok djuk] ije o j dh Lr[çr] çkFKZuk]
mikl uk] 'kkfUr] ftrçUnz rk] I qkhyrk]

/keez ç] i # "kkFKZ Kku] foKku vkfn 'kçk
xqk] dEez n[kkal srkjuokys gksus I srhFKZ gA

vks tks tyLFkye; gA os rhFKZ dHkh ugha dks
I drç D; kfd gS ^tuk ; çrj fUr rku

rhFKZ u* eut; ftl sdjds n[kkal srjamudk
uke rhFKZ gA tyLFky rkuokys ughA fdUr q

Mçkdj ekjuokys gA
i oã {kk&egf"KZ n; kulln th dk ys[k I udj

rks vc ij k&ij k fu'p; gks x; k fd xakfn
rhFKZ d o y iki ka dscuk; sgq gA vkxs dk seã

Hkh tS k egf"KZ usmi ns k fd; k gS oS k djus
dk ; Ru d: ækA

¼^oni Fk** I s I HkKk ½

vi us thou dks d"Ve; vks ruko; P r cukus dk I cl s cMk dkj.k gS
nI jka I s , d h vk'kk, aj [kuk fd os vki dh bPNkuq kj I c dk; Z djæA

tc 'kq dja 0; k; ke

&l fork ekgs'ojh] Mk; Vhf'k; u

; fn vki iks"Vd vkgkj o dl jr
dk vi uh frup; kzeacgrj rkyesy LFKfi r
dj y) rksr; ekuafd vki usLoLFk ru&eu
dh d'q h gkfl y dj yhA

ykhk&LoLFk jgus ds fy, t: jh gs
fd gekjs QDMso an; l pk: : i l sdk; Z
dja 0; k; ke djus l s'kjhj ea l ka yus dh
cf0; k rst gks tkrh gA ge vks ru xgjh
l ka yrs gA bl dkj.k i; klr ek=k ea
vkDI htu 'kjhj ea igprh gA an; o
efLr"d dks Hkh i; klr ek=k ea vkDI htu
feyrh gA an; dksi; klr ek=k ea vfdI tu
miyck gksus ds dkj.k l eLr 'kjhj ea
ja&l pkj cf0; k l pk: : i l sl pkfyr
gksusyxrh gA

0; k; ke djus l s'kjhj ea l apr
vfrfja olk cul gksus yxrh gA
an; &/kefu; ka ea dksy V^ay tek ugha gks
i krkA ; gh l c dkj.k gafd 0; k; ke djus l s
vks fu; fer : i l srst dnekal sVgyus l
otu de fd; k tk l drk gA

'kjhj o efLr"d dk l Ecu/k

vud fpdfRI dh; v/; ; uka l sirk
pyk gsfd 'kjhj o efLr"d ds chp vVW
l Ecu/k gA ; fn vki dk ru LoLFk gksck] rks
efLr"d Hkh l tx&l f0; gksckA bl dkj.k
0; k; ke vol kn 1/4Mcs'ku 1/2 vks fplrk, a de
djuseaHkh l gk; d gA bl dsvykok 0; k; ke
l s'kjhj dh i kpu&f0; k Hkh nq Lr jgrh gA
dbzejht MKDVj ds ctk; [kn viuk gh
bykt 'kq dj na i s k gs d n l p ko %&

• 0; k; ke 'kq djus l s igys vius
fpfdRI d l sijke'kzYa QtZdj vki

fdl h jksxLr g) rks ml fLFkr ea
dNed 0; k; ke vki dsfy, gkfuçn gka
bl h rjg 0; k; ke cf'k{kd l sl ykg ysuk
Hkh fgrdj jgsckA

- 0; k; ke me} 'kkjhjd {kerk ds vud kj
gh djA
- 0; k; ke dks l gh eekvka 1/4 kLpl 1/2 ea
djuk pkfg, A bluga >Vds; k cgr rst h
ds l kFk ugha djuk pkfg, A >Vdk yxus
l seka i s'k; kadksud l ku igp l drk gA
- ; kn j [k] Hkjsi s/ 0; k; ke u djA

0; k; ke djrs l e; vxj fdl h vx
eannZgksrksrjUr gh bl sjkd navks MKDVj
l sijke'kzja l p rks; g gsfd LoLFk jgus
ds fy, tS s [kku&i ku t: jh gs os s gh
0; k; ke djuk Hkh t: jh gA 0; k; ke dk; D0e
dsnk] ku bu crkai j /; ku na%&

- vkgkj ea l urfyr Hkstu dks LFkku na
nkk] eks eh Qy vks 'kkd& l ft; ka
i; klr ek=k ea xg.k djA
- fu; fer rks ij , d l fuf'pr l e; ij
0; k; ke djA ps s 0; k; ke dsfy, l qg
vks 'kke dk oDr mi; Dr jgrk gA
- 'kjc o vl; eknd in kFk l sijgst djA
- /khesurhtkal sgrk&l kfgu gka
- bl fo'okl ds l kFk 0; k; ke dh 'kq vkr
dja fd vki tYn gh fQVud l Ecu/kh
vi usy{; dksik yka

dN fodYi &?kj eagh dN , d sdk; Z
gksr g) ftuga vatke nus ea vPNh [kkl h
'kkjhjd dok; n gks tkrh gA gkykid ; s
dke 0; k; ke rks ugha fQj Hkh buds tfj; s
'kjhj dh t'c'k gks tkrh gA

ekuork gh ekuo dk /keZ gS

Jh I g'sk onkyædkj

ekuork gh ekuo dk /keZgS& Bhd ml h rjg tS s vfxu dk /keZ gS vfxuRoA ekuork : i /keZ l sjfgr ekuo vfxuRo& 'kñ; jk[k dsrÿ; fu%kDr vls fu"i.k.k gA og i 'kqgh ugh i 'kqI sHk i fr r gA ; q dfo xdr th us; FkkFkZgh fy [kk gA

eSeuq; rk dks I jRo dh tuuh Hkh dg I drk gA fdUr qnuqt dks i 'kq dguk Hkh dHkh ugha I g I drk gA vk; ZI ekt vls ekuo /keZ

I p ekfu; sdbz er vls etgc ugha gS vk; ZI ekt nkuork dh pks/ka l sfouy vls I geh /kj rh dksfQj ekuork dk ih; Hk fi ykus dsfy, Hkh Hkxhj Fk : i nò n; kulln use tgcadh ?kfv; kaea [kbbzghZ/ke&xaxk dks i q%kj&/ke ij ykusdk mi Øe fd; k FkA

vk; ZI ekt ds n'k fu; e bl ds eyk/kkj gA ; sfu; e I kolkkè ekuo /keZ ds n'k I ugys I = gA buel kEi nlf; drk dk y'sk Hkh ughagSA , d Hkh LFkku ij 'n; kulln* 'kCn ughagS bueavk; ZI ekt dsrhl jsfu; e ea0; oLFk nh xbZg& 'on dk i <uk&i <kuk I c vk; kãdk i je /keZgA* ; g ughadgk x; k fd I R; kFkã zdk'k ; k __xonkfn vk; ZI ekt 'n; kulln i UFK* ugha gA fQj D; k gA vk; ZI ekt\

vk; ZI ekt dsbu n'k fu; ekaea& 1-bz oj&vflrRo 2- bz oj & mikl uk 3-on&fu"Bk 4- I R; &fu"Bk 5- /kekþj.k 6-

fo'o dk mi dkj & ; K Hkkouk 7- I n0; ogkj 8- fo |k&iæ 9- I okñ; Hkko ; k oñnd I ektokn 10 0; f"V vls I e"V dk I ello; & vkn ekuo /keZ ds eyk/kkj bu n'k I =ka dk I eko'sk gA ; s I Hkh I = ekuo /keZ ds i.k.k gS 'kk'or vls I kolkkè gA vr% vk; ZI ekt oñnd I) eZ fo'o/keZ ; k ekuo /keZ dk i þkj I ðk gA

eku /keZ vls I R; ^I R; * vk; ZI ekt dsfu; eka dh /kj h gA vkjEHk ds 5 fu; eka I c I R; fo |k0 'bz oj I fPpnkullnLo: i 'on I c I R; fo |kvk0* ^ I R; ds xg.k0* I c dke /keZ d kj vFkZ I R; vls vl R; dksfopkj dj djus þfg, bu i R; d ea ^I R; * 'kCn vk; k gS ftlls izdV gS & I R; gh vk; ZI ekt dk I oLo gS ml dk i.k.k gA

I R; dk bruk vf/kd vlxg gkus I s gh egf"izusvi usi æ[k xþFk dk ukeK ^I R; kFkZ izdk'k* j [kka izdV gS fd I R; vk; ZI ekt dk thou ey gS vls ; g gh ekuo /keZ dh vk/kkj f'kyk gA

eku /keZ vls on 'fon-KkuSA on dk 'kfcnd vFkZgS& KkuA i jekRek ustc I ð kj dks cuk; k rHkh gea dS sjguk þfg,] D; k djuk þfg,] D; k ugha djuk þfg,] bl ds food dsfy, vi uk fuR; Kku fr; k FkA ml Kku dk uke gS& onA on%Kku ds ikou izdk'k eagh ekuo dks /keZ vls foKku] v/; kRe vls Hkksrdrkj

fl Dds 'kjs djrs gS : i ; s %ukS/½ ugha bl h rjg I stc vki dk eW; c <þ rks vki 'kka vls xþkhj cuA

yk d vlg i jyk d] Hkx; vlg i # "kfkz 0; f"V
 vlg l ef"V rFk J) k vlg eskk ds l ello;
 : i ekuo &/keZ dk jkt i Fk feyska on ds
 idk'k eagh bz oj & tho idfr] Kku&de&
 mikl uk /ke&vFk&dke&eksk , oa l R; &
 f'ko&l tnje~dk jgL; kfkz [kyxka j l k; u]
 Hkfr dh] tho&foKku] ouLi fr&foKku] ; K
 &foKku] ; kx&foKku] l xhr] dk0;] xf.kr]
 Hkksy] [kxky] /keZ kL=] ufr' kL= vkfn
 l HkH Kku&foKku vlg l R; fo | k; acht : i
 l son eagh on dkbz i m k i k B ; l k jkyh&
 pkoy p<k; s tkus okyk xBFk ugha g\$ on
 thou xBFk g\$ onka ea ekuo ng dks nsh]
 ukdk] ver&dijk vlg nouxjh dgk x; k g\$
 eut; tle dh JSBrk vlg l kfkz drk dk jgL;
 i fo= __xon dh bl l Dr efnik gS&

euHkz tu; l k n\$; a tue*

ekuo! rvekuo cuA ekuork l s; Dr
 ekuo cuA rnu dpy Lo; avkn'kzekuo cu]
 oju- on dh mnkuk f'k{kvkadk vkpj .k dh
 Hk'kk n\$ j ^ekuo&/keZ dh vo#) jkga
 [kkyrk g\$ vk; l ekt dh ekU; rk gS &
 ^vkpkjghua u i pfur onk% vfkz~
 vkpj .kghu dkson Hk i fo= ugha j rA

ekuo /keZ vlg vkflrdrk

bz oj Hkfr dh vflre QyJh g&
 pfj=A vlg pfj= dh ewy gS& bz oj HkfrA
 og ije iq "k&ijeso] og nokf/kno gh
 nro dk] nsh xqkka dk ewy mnxe g\$ ft l
 idkj ty ds l ehi cBus l s'khryrk vlg
 vfxu ds l ehi rk l sge rki dk vutko djrs
 g\$ os s gh bz oj dh l ehi rk 1/4 mi kl uk 1/2 l s
 gekjsthou eabz oj h; xqkka dk vk/kku gkdj
 ge vkn'kzekuo ; k vk; Zcu l drsg\$ ekuo
 ds i'kko dh cfy 1/4 'kpfy 1/2 ndj ml ds
 nro ds tkxj .k 1/4 nsh tkxj .k 1/2 }kjk ml ea
 ekuork dh i fr"Bki uk gh l Pph bz oj &
 Hkfr dk i frQy g\$

; gkage /; ku j [kafd on ds jkt i Fk

l sbrj ftrus HkH ekuodr er&erkrj g\$
 tks bz oj dk , dnt kh;] [kqken i l Un]
 fj'or [kky vlg HkyDdM+ekurs g\$ os l HkH
 ekuork ds 'k=q g\$ ekuo&/keZ dh jkg ds
 l cl scM\$ j kM\$ g\$ i ki & {kek dscgkusosekuo
 ds i'kko dk smHk j dj ml svf/kd l svf/kd
 i ki djusdsfy, i k l k fgr djrsg\$

Li "V gSfd vk; l ekt dk onk/kkfjr
 bz ojokn ft l dk fu: i .k vk; l ekt ds
 i Fke vlg f}rh; fu; e ea __f" k usfd; k gS&
 tksfoKku vlg rd&l Eer g\$ tksbz oj ds
 , dUo] ml dh l oD; ki drk] l oKrk]
 l oz kfdreUkk] fujkdjUo] U; k; dkfjrk ; Dr
 n; ky] vfuok; l deZ Qy 0; oLFk dk
 i fri knu djrk g\$ tksbz oj Hkfr dk ykHk
 fd; sgq iki ds Qy l scpkuk ugha iki deZ
 l sgh cpkuk ekurk g&, d ek= og osnd
 bz ojokn gh eut; dks'eut; * cuk l drk g\$

ft l 0; fDr ds l kfk 0; ogkj dj jgs g\$ ml ds fl j ea vki dk fne x ugha j [kk g\$
 rks og vki dh bPNk ds vuclhy 0; ogkj ds s djxk\ bl fy, nli jka l s vk'kk, a de j [ka

ekuo /keZ vksj ofnd&n'kz
 foHku nk'kud ekU; rkvka ea
 vk; 1 ekt onkDr =fokn&bZoj tho vksj
 izlfr dh fur; rk vksj l eflor mi ; ks ds
 fl) kUr esfo'okl j [krk gA ; g 0; kogkfjd
 n'kz gs tksgea ; g crkrk gSfd txr-ds
 ek/; e l sge txRi fr dks i klr dJA Hkxoku-
 rks ^vdk; e-gS & v'kjhh gA ; g l Ei wZ
 fo'o gh ekusml fojkV-i q "k dk 'kjhj gA
 Hkxoku-dh i mt k dk 0; kogkfjd vFkZ gS &
 Hkxoku-dh iztk dsdY; k.kFkZvi uh {kerkvka
 dk mi ; ksA ^dpluog dekF.kO* vksj
 ^deZ ; s okf/kdkj LrD* ds vuq kj l d kj
 dks drD; {ks= ekudj ekuo gh ugha
 i kf.kek= ds l qk&l o/kz dh l k/kuk gh
 l Pph bZoj i mt k gA

ofnd "kMn'kzka ds l ello; dh fhkfuK
 ij iyk; uokn l sijs=fokn ds vk/kkj ij
 vk; 1 ekt dh ekU; rk gS%

/kjr h ij l qk 'kkfUr c<kvksj
 ndj fut Je 'kFDra
 ekuork dk vFkZ ; gh gS
 vksj gh i Hkq HkFDraA

ekuo /keZ vksj 1/4 jks dkj 1/2 ; K&Hkkrouk

bl h nk'kud rRo ds vk/kkj ij
 egf'kz us l kjs l d kj dk mi dkj djuk
 vk; 1 ekt dk ed; mnns ; flFkj fd; kA ij
 l ekt fuekZk fo'o&fuekZk dk emy g&
 0; fDr&fuekZkA 'kkjhjd vksj vkfRed
 mlufr dk vFkZ gS 0; fDrxr mlufr dk
 mi ; ks l kekt d mlufr dsfy; sgksrks; gh
 gSekuo&/keZdk l Ppk Lo: i A ofnd /keZds

i p egk; Kka vksj o.kkZe /keZ dk fofu; ksx
 bl h nf"V l sgA

ekuo /keZ vksj o.kkZe /keZ

o.kkZe /keZofnd /keZdh l cl scMh
 fo'kskrk gA ; gh /keZ dk l exz : i gA
 jkejT; dk o.kz djrsgq xkD rgy l hnk l
 th tc fy [krsg&

o.kkZe fut&fut /kje fujr on i Fk yksA
 pyfga l nk i kofga l [kfga
 ufga Hk;] 'kked u jksAA

& rks os o.kkZe /keZ dh efgek dk
 fp=.k djrsgA

o.kkZe&/keZ ; K&Hkkrouk dk gh
 0; kogkfjd Lo: i gA vkJe&/keZdk ikyuk
 }kjk , d 0; fDr&cāp; 1 xgLFk okui LFk
 vksj l U; kl /keZdh l E; d-l k/kuk l svi us
 0; fDrxr thou dks JSBre-gfo cukrk gS
 vksj o.kz /keZ dh ikyuk ds : i ea og bl
 fn0; gfo dks l ekt : i ; K dqM ea vkgq
 djrk gA ; gh ofnd l ektokn gA
 dkyekDI Z vksj ysuu ds l ektokn l s ; g
 fhku gS ; gka 0; fDr dh l ukk vksj LorU=rk
 dksv {kq . k j [krsgq LoPN; k gj 0; fDr }kjk
 jk"V&pruk ds pj.kka ea l oLoki Zk dh
 ; kst uk gA

ekuo /keZ vksj ; Fkk; kX; okn

i p hokn dgrk gS fdl h dks N&Mks ugha
 dE; fuTe dgrk gS& fdl h ij N&Mks ugha
 tcf d ofnd l ektokn dgrk gS &
 ; Fkk; kX; 1/4 keZud kj 1/2 0; ogkj djka ; kfKd
 dks &mnkj prk vk; Z dks 1/4 Ei fuK vksj
 'kFDr; ka dh jk"V^a ; K ea gfo nus okys dk
 N&Mks ugha fdlur^ek?kelluafonlrs vi pr%

, d Nks/k l k fNnz i kuh dh ij h ckYVh dks [kkyh dj nrk gS
 , d s gh Fkk&Mk l k vfHkeku , d mUke an; dh l kj h mUkerk dks u"V dj nrk gA

^doyk?kks Hkofr døyknh* dk Lej.k djrs
 gq vl j ¼vi usgh fy; sthusoky½gj {kf=;
 dsn.M dk mi; kx dj Nk&Mks ughA ; g gS
 ošnd ; Fkk; kx; oknA

ekuo /keZ vksj fo | k dh of)

Lo0 yky cgknj 'kkL=h usgea, d
 ukjk fn; k Fkk ^t; toku] t; fdl ku* ij
 ; g v/kjk gA iwkZ ukjk gksuk pkfg, & t;
 Kku] t; toku] t; fdl ku* Kku dh t;
 I sgh toku vksj fdl ku dh t; I EHko gA
 ctā.k dh t; I sgh {kf=; vksj oš; dh t;
 I flufgr gA vk; I ekt Lo: ir% ctā.k
 I xBu* gA on ipkj vFkok I nKku i l kj
 vksj vKku uk'k gh ml dk eq; dj.kh; dUk;
 gS^xk; =h el=* vk; Zt ukadk xq el= bl hfy,
 gSfd bl ea i kqI sl l kj dsI Hkh ekuo adsfy,
 I nef) i nku djusdh i kFkZuk dh xbzgA

ekuo /keZ vksj I okn; Hkkouk

vi uh gh mlufR ea I UrqV u jgdj
 I cdh mlufR ea vi uh mlufR I e>us ds
 vkn'kZ }kjk ekuo vksj ekuo I ekt vFkok
 0; f"V vksj I ef"V ds I eflor fodkl vksj
 fuekZk dh ; g iwkZ ; kstuk vk; I ekt gh
 fo'o dks nrk gA dE; fuTe ea 0; fDr dh
 LorU=rk dk xyk ?kka/ fn; k x; k gS rks
 i pthokn ¼vesj dkl½ ea 0; fDr dks vR; f/kd
 LorU=rk gA ošnd I KE; okn ea vi uh gh
 mlufR ea I UrqV u jg I cdh mlufR ea
 vi uh mlufR I e>us vksj I kekt d
 I ofgrdkjh fu; eka ea i j rU=rk dk Lof.kē
 fl) kUr gA ekuo & /keZ dh ; g dēh
 vk; Z I ekt dsuoavksj n'koafu; e dk I kj
 I fki gA

& ekuo /keZ food I sl kHkkj

* y[kd dk ctā.k I xBu I s vk'k; fo }ku-0; fDr; ka dk I xBu gksuk gSD; kfd vk; Z
 Lok; k; 'khy o fo }ku-gkrs gA & I Eiknd

j puk, a vkef=r gA

j puk] if=dk ds mīs; dks /; ku ea j [krs gq I f(klr) I i i "V vksj I ekt ea
 I dkj kRed i fjoZu ykus ds mīs; dks /; ku ea j [k dj fy [kh x; h gkA on] mi fu"kn
 n'kZ] ctā.k xBfK] I xBfK] egki # "kadh thoh vkn ds vk/kkj i j 500 I s1500 'kCnka
 dh j puk, a & y[kd] dfor] i l x] thofu; kavkn vi uh ey j puk, a vki djkdj ; k Li "V
 v(kj kaeal ogLr fyf[kr I Eiknd dsuke I sfuEui rsij Øirno 10 fgluh OkUV eab&esy I s
 Hkst usk d"V djA j puk dks Lohdr ; k vLohdr djusdk vf/kdkj I Eiknd dk gA I fFk
 dh foUkh; I hekvadsdkj .k dkbZi kfj Jfed nsuk I EHko ughagkskA

d" .k dkUr ošnd 'kkL=h
 i k.V cSx I Ø & 67 thoi hovkS
 nsjknw&248001
 Email: kkvoidik@gmail.com

vgokjh fdl h ds ikl tkus dks rS kj ughA
 vksj Økskh ds ikl dkbZ vkus dks rS kj ughA vgoKj vksj Øksk nksuka I s cpA

R; kx i v d Hkksks

Lokh /keZfu ifjoktd

rsu R; DrsU HkqthFkk% AA
 ; t@ v0 40] e0 1AA
 ml h bZoj ds fn; s gq inkFkkä dk
 R; kxi v d Hkksx djka
 , d Fkk jktk] cM# ifjJe l s jkT;
 djrk FkkA cgr /; ku j [krk Fk iztk dk]
 ijUrq/; ku djrsqg og Fkd tkrk FkkA vUr
 ean@ [kh gkdj og viusx# dsikl x; k] tks
 , d ou ea o{k ds uhs fuokl djrk FkkA
 mudsikl tkxj ckyk & ^x#nø! eä bl
 jkT; ds >aVka l § bl dh l eL; kvka l §
 bl dh my>uka l s n@ [kh gks x; k gM , d
 l eL; k dks gy djrk ghr rks n@ jh vcdj
 [kM# gks tkrh gM n@ jh dks l gy>krk gwrks
 rhl jh] fuR; ubZmy>u] fuR; u; s>xM# eä
 rksn@ [kh gksx; k gM bl thou l § D; k d: j**
 x#nø usdgg & ^jktu! , d h ckr gS
 rksNkM+nsl jkT; dks**
 jkTk usdgg & ^dS sNkM# NkM+nsls
 l sbl dh l eL; k, al gy> ugha tk; xhA l c
 dN frrj&fcrj gks tk; xkA vjkt drk QSy
 tk; xh pgevkjA**
 x# usdgg & ^cgr vPNk] vi usi e-
 dks jkT; nsns vks rwejsikl vcdj jg tS s
 eä jgrk gM oS sgh fuf' plR gkdjA**
 jkTk usdgg & ^ijUrqejk i e- rks
 vHkh Nk/k&l k cPpk gS og bl Hkkj dks dS s
 l Hkky l drk gM**
 x#nø usdgg & ^cgr vPNk] rks
 fQj rvi uk jkT; e- s ns nS eä pykAäxk
 jkT; dka**

jkTk usdgg & ^; g e- sLohdkj gM**
 x#nø us dgg & ^rks gkFk ea ikuh
 ydj l dYi dJA l kjk jkT; e- snku dj nM**
 jkTk us , d k gh fd; k gkFk ea ty
 ydj dgg &
 j?kply jhr ; gh pyh vkbZ
 ik.k tk; aij opu u tkbAA vks Hkh
 plnz Vj§ l j t Vj§ Vj§ txr-0; ogkjA
 l R; opu gfj' plnz dh dkbZu Vkyu gkjA**
 , d sokD; ckydj mB dj py i Mka
 x# usi ntk & ^vc dgkatkrsgkS**
 jkTk usdgg & ^dks l s dN #i; k
 ydj fdl h n@ js nsk dks tkAäxkA ogka
 0; k kj djdsthou 0; rhr d: xkA**
 x# usga rsgg dgg & ^jkt; e- sns
 fn; k rks dks Hkh ejk gks x; kA vc ml ij
 rjk vf/kdkj D; k gS**
 jkTk usf l j >plkdj dgg ^bklro ea
 dkbZ vf/kdkj ugha jkT; ea eä ykS/dj ugha
 tkrk gM
 x# usi ntk & ^rks fQj vc D; k djsk**
 jkTk ckyk & ^dgha tkdj ukdj h
 d: xkA**
 x# ckyk & ^; fn ukdj h gh dj uh gS
 rksej h gh dj yA bruk cMk jkT; gSejsi kl
 ml s pykus ds fy, fdl h u fdl h dks rks
 j [kuk gh i MäxkA rwh ; g dke dj e- s
 l d dh vko'; drk gS r e- s l ok dhA cky
 ; g dke djsk**
 jkTk us l kprs gq mükj fn; k &
 ^d: xk egkjktA**

cgr l s ykx l kprs gM & geafdl h dh vko'; drk ugha gM
 t: jr ds le; tc dkbZ ugha feyrk] rks l e> ea vkrk gSfd ge xyr l kprs FkA

x# ckyk & rks tkvkš vkt l srwejk
 l od cu dj jg jkT; dh 0; oLFk djA nš[k
 dghadn Hkh rjk ughA Hkyk gksčjk gkš gkfu
 gkš ykHk gks l c ejk gksčkA r#sdoy oru
 feyskA**

jktk us bl ckr dks Lohdkj dj
 fy; kA okfi l vkdj jkT; pykusyxkA dbz
 ekl dsckn xq th usjkT; eavkdj iNk &
 ^dgks Hkkbz vc bl jkT; dks pykuk dš k
 yxrk gš vc Hkh D; l k nš[kh gksx, gks vc
 Hkh D; k thou l dV e; i rhr gkrk gš**

jktk usdgk & ^ ugha egkjkt! vc
 bl eaejk D; k gš earksukšjh djrk gA ijh
 bškunkjh l š /; ku l š ifjJe l sgj dk; Zdkš
 djrk gA vks fQj jkr dks fuf'plr gkdj
 l kstkrk gA**

rks l qks Hkkbz ; g gš og l k/ku]

ftl dks vi ukus ds i' pkr-eut; deZ djrk
 gvk Hkh ml eafylr ugha gkrkA Qd rk ughA
 R; kxi dš l Hkh dk; Z djrk gš Hkksčka dks
 Hkksčrk gš vi us vki dks Lokh u l e>kš
 l od l e>kA ; g l c dN ršgjkj gš ugha
 ml h i Hkqdk fn; k gvk gš r# dšy drD;
 i ky u d jus ds fy, vk; sgksbl l d kj eaml s
 i wkZ djks vkš pystkvkA

nŋu; ka eajgrk g#

nŋu; k dk rycxkj ugha gA

cktkj l s xqtj jgk g#

ij [kjhnkj ugha gA

ryl h tx ea; wjgh; wjl uk e[k ekghA

[kkrh?kh vkš ry fur fQj Hkh fpduh ukghAA

vkš Hkh

ejk e# eadN ughA tks dN gš l c rkj A

rjk r# dks l kš rs D; k yxrk gš ejs AA

xhr

/kO pksku
 nšjknw

rikou eavkdj] ije 'kkfUr geafeyhA

dk; kdYi gvk gekjk] jksčka l seŋDr geafeyh AA

eu eaHkj jgh mPprk] nš[k 'kky ds r#A

ân; epydj dg jgk] eš Hkh l k/kuk d: AA

vkjkk; thou jgs l nk] , d h f'k{kk feyh AA1AA

bl rikou eavkdj] ije 'kkfUr geafeyhA

x# fouksth dh ij.kk] tks jgk geafn [kk, xhA

riLFkyh dh fn0; Hkkouk] thou l Qy cuk, xhAA

l ok dh ejr gš e/kj ftudh eer k geafeyhAA2AA

bl rikou eavkdj] ije 'kkfUr geafeyhA

Hkkbz cgu l c jgs i# l š cMk e/kj 0; ogkj fd; kA

feydj ; kxkH; kl fd; k] feydj e# kPpkj fd; kAA

; K l qčk l sgq l ŋkfl r] l Pph 'kŋprk geafeyh AA3AA

bl rikou eavkdj] ije 'kkfUr geafeyhA

nš fHkekuh yksčka dh , d fo'kškrk & os nŋ jka dh iZ kš k dHkh ugha djrA
 uez yksčka dh , d [kch & os nŋ jka dh fuank dHkh ugha djrA

vks.e-

oŋnd I k/ku vkJe rikou] ngjknw dk ikp fnol h; "kjinŋl o g'kkŋykl iŋd I EiUu

I koŋŋ'kd I Hkk ds iz'kku Lokeh vk; b'sk th I Eekfur

__f"k HkDr p.Mh iz kn 'kekZ Hkh I Eekfur

b- iæ izdk'k 'kekZ I fpo

oŋnd I k/ku vkJe] rikou] ukyki kuh] ngjknw dk 5 fnol h; "kjinŋl o 8 vDncj I s 12 vDncj] 2014 rd g'kkŋykl iŋd I EiUu gqkA "kjinŋl o ea ikpka fnu Lokeh fn0; kulln I jLorh th ds if"kk{k.k ea ikr%5%0 cts I s 6%0 rd ; kx I k/kuk dh tkrh jghA ; kx I k/kuk ds lk"pkr ikr% 6%0 cts 8%15 cts rd vud ; K ofn; ka ea ; K gkr'k jgk ftl ds lk"pkr i kf.kuh dU; k xq dgy egkfo |ky;] okj.k.kl h dh vkpk; kZ fi z adk "kkL=h rFkk Mk- ufnrk "kkL=h vkfn on fonqkh vkpk; kZ/kads iŋpu , oa Jh fnuŋ'k i fFkd rFkk ia I R; iky I jy vkfn fo[; kr vk; Z Hktuki n"kdka /kei eh cfguka o xa dgy , oa fo |ky; h cPka ds Hktu vkfn gkr'sjgA 8 I s 11 vDncj] 2014 rd pkj fnu vijkg 3-30 cts I s ; K vkjEHk gkdj I k; a 6-30 cts rd dk; Døe pyrk jgk ftl ea ; K dsvullrj Hktu , oa iŋpuka dk dk; Døe I EiUu fd; k tkrk jgkA I k; aHkkt ukj jkUr jkf= 8-30 cts I s, d ?k.Vs dsfy, Hktu o iŋpu dk dk; Døe Hkh J) k o oŋnd fo'k; ka ij fopkj o nf'Vikr dj mlga thou ea /kkj.k djus dh Hkkouk I s I EiUu gkr'k jgk ftl ea vkJe i /kkjs gq I k/kd I kRl kg Hkx yrsjgA 11 vDncj dks jkf= dsvk; kstu eaHktu I ŋ; k dk vk; kstu gqk ftl ea Jh fnuŋ'k i fFkd us Jh I R; iky i fFkd th dsvud Hktuka dks vud Bsvlnt

ea iz'kr dj /kei fe; ka dks vkd.B rlr fd; kA ; K dh i wkkZgŋr , oal eki u I ekjkg jfookj 12 vDncj] 2014 dks gqkA bl fnu ikp ; K ofn; ka ea vud I i Ruhd ; tekuka , oa; K i fe; ka us J) ki ŋd ?kr , oal kdY; dh vkqŋr; kanhar Fkk ; K dscgek , oav/; {k Lokeh fn0; kulln I jLorh , oa okj.k.kl h I s i /kkjh ifl) on fonqkh Mk- i Zknsh o eŋkk nsh dh ; kx; f"k'; k , oa i kf.kuh dU; k xq dgy dh vkpk; kZ Mk- ufnrk "kkL=h I s vk"khokh i ktr fd; kA

"kjinŋl o dk e[; vkd'kz k I koŋŋ'kd vk; Zi fruf/k I Hkk] ubZfnYyh ds iz'kku Lokeh vk; b'sk th dk vfhkullnu dk dk; Døe Fkk tks I eki u fnol 12 vDncj 2014 dks I EiUu gqkA vkJe dsfo"kkj gky ea vk; kŋtr bl Hk0; dk; Døe eans'k Hkj I s i /kkjs vk; Z cu/kq/kq LFkkuh; ukxfjoka , oa x.kekU; 0; fDr; ka dh cMh I ŋ; k ea mi fLFkr ea Lokeh th dks, d vfhkullnu i = Hk0/ fd; k x; k ftl dk okpu vkJe ds ; "kLoh ea=h Jh iæ izdk"k "kekZ th usfd; kA bl I s iŋZ Lokeh th dk vkJe ds I Hkh vf/kdkfj; ka, oavud x.kekU; 0; fDr; ka }kj k i qk ekyk; a vfiZ dj Lokxr , oa I Eeku fd; kA vi us0; k[; ku ea Lokeh vk; b'sk th us vfhkullnu dsfy, /kU; okn fd; k vkj dgk fd Hk0'; eaog vk; Z I ekt dh ftruh I ok dj ik; kso dj a[og vki dsbl vfhkullnu

eu[; I ef) gkus ij Qiyuk rks tkurk gŋ ij upl ku gkus ij fl dMek ugha tkurkA
bl fy, upl ku gkus ij n[kh gks tkrk gA

dk ejh vksj l sdrKrk i mZl ifrnku gksxkA
 mlugkaus vius i mZl oDrk vkpk; Z vk"kh" k
 n"klukpk; Z ds ml dFku dk l eFku fd; k
 ftl eamllugkaus dgk Fkk fd tc ge l c ykxka
 dksvk; Zcuk yæsrksd. olrksfo"oek; Z-dk
 y{; ij k gks tk; sxA mlugkaus dgk fd ofnd
 /keZR; kx okn dsfl) kur ij [kMk gsu fd
 Hkksokn iJA eksk dsfy, geaviuh l eR
 l qk l fo/kk/vkavksj eksj dksR; kx dj l k/kuk
 djuh gksxhA mlugkaus dgk fd foKku dsftl
 vkfo' dkj l seuq; rk dk Hkyk u gksog fd l
 dke dh gS gea 0; f'V vksj l ef'V dks
 l e>uk gksxkA mlugkaus dgk fd geal Qyrk
 rc feysxh tc ge ofnd l l dfr dsvuq kj
 vkpj .k djæA Lokeh n; kulln dh ppkZ dj
 mlugkaus dgk fd mlugkausgekjs l keuscgr cMk
 , tsMk j [k fn; k fd geafo"o dk mi dkj
 vksj dY; k.k djuk gA Lokehth usvfga k dh
 ppkZ dj dgk fd bl dks thou ea /kkj .k
 djuk gksxkA gea ni jka dh mlufR ea gh
 viuh mlufR l e>uh gA mlugkaus l ekt ea
 , drk] dk; ka ea l oZ Eefr o l okZæfr dh
 vko"; drk crkbZ vksj dgk fd gea vius
 l æBu dksptR vksj nq Lr djuk gA vk; Z
 l ekt , d gkS usk , d gkS bl idkj dh
 ekæ l c txg mBuh pkfg; A Lokehth ds
 lk"pkr nsjknw ds , d o; ko) egkeuk]
 onHkDr] bZoj HkDr] /kekRek] xkxkDr]
 ik.khek= ds ifr fe= nf'V j [kus oky]
 xqkxkgd] iq 'kkFkh] fouez LoHkko] vk; Z
 l ekt ds iæh , oa fgrSkh] fujUrj
 Lok/; k; jr] l R; kuækeh] ; sæ , oa ; K iæh
 rFkk vius vkpj .k l s vk; Z l ekt vksj on
 ipkj djus okys l R; fu'B Jh p.Mh i d kn

"kekZ eexkbZ th dk Hkh vfhkulnu fd; k
 x; kA bl volj ij mluga "kky vks-tdj]
 i qi ekyk; aiguk dj rFkk vfhkulnu i = HkA/
 djds drKrkomb vfhkulnu fd; k x; kA
 vius l Ecksku ea Jh p.Mh i d kn "kekZ us
 vkJe ds inkf/kdkfj; ka dk /kU; okn fd; k
 vksj vius l æj .k l uk; A vk; kstu dks
 Lokeh fn0; kulln] vkpk; Zvk"kh" k n"klukpk; Z]
 Mk- ufuRk "kkL=h] Mk- /kuat; vkpk; Z]
 vkpk; kZ Mk- vluivkZ vk; Z ifrfuf/k l Hk]
 mRrjk [k.M ds izkku Jh on idk" k xprk us
 Hkh l Ecks/kr fd; kA Mk- /kuat; vk; Z usdgk
 fd vk'Z l l dfr f" k {kk i z kkyh cpsx rHkh on
 Hkh cpæA Mk- ufuRk "kkL=h usdgk fd ns'k
 ea vk; Rø dks tkxR djus dsfy, onka dk
 fnx&fnxUr ipkj djæ bl mis'; dh i fRZ
 dsfy, gh bl idkj ds "kjin l o vkfn
 vk; kstu fd, tkrsgA mlugkaus ifl) l dfr
 "yk d ^vi v; k ; = i vt; UrS dksi ZrR dj
 dgk fd ftl ns'k o l ekt ea vi v; ka dks
 l Eeku feyrk gS vksj i v; ka dks l Eeku ugha
 feyrk ogka nHkZk] eR; q vksj Hk; 0; klr gks
 tkrk gA ; g dk; Døe imkUg 10 cts l s
 vijUg 2 cts rd fujUrj 4 ?ka/s pyk
 ftl dh "kkkkk ns [krsgh curh FkA Jh fnu'sk
 iffkd th ds ns'kHkFDr ds 3 xhrka dh
 l eflor : lk l s izRfr l s vk; Z turk
 HkkofoHkSj gksxbZ vksj l kjk okroj .k jkæp
 l s Hkj ij gks x; kA vk; kstu ea vkJe ds
 izkku Jh n"klu dæj vfxugs=h , oææh Jh
 iæ idk" k "kekZ th usvud tkudkfj; kans
 ds l kFk ?kksk.kk; a Hkh dæA mlugkaus ri kou ea
 fd; stk jgsfodkl dk; kaed; r%fuekZ.kk/khu
 ^egkRek i Hkq vkfJr l Rl æ Hkou** , oa

l Qyrk ds ckn vfhkeku vksj vl Qyrk ds ckn mnkl gksuk] LokHkKfod gS
 i jarq; fn l c dN bZoj dk eku dj djæ rks nksuka l scp l drs gA

^rokou vkjKX; /kke fpdfRI ky; **
vkfn l s voxr djK; kA bu dk; kA dks iwkZ
djusdsfy, mlGkaus/keZ eh cu/kq/ka dksedp
gLR l scMh /kujkf"K; kanKu nUs dh vihy
dh ftl l s; g dk; ZiwkZgks l davsJ vkJe
dh xrfrof?k; ka l pK: o i Hkko"kkYh : lk l s
l EiUu gkrh jgA

vk; kstu ds iFke fnu 8 vDncj]
2014 dks ofnd l k/ku vkJe] rikou }kjk
l pkyr rikou fo|k fudru] ukyi kuh
tfnu; j gkbZdny dk okf'kd mRI o l EiUu
gpk ftl eaJh plnzxqr foØe] ed; okMZU]
ukxfjd l j {kk ed; vfrfFk FkA ed; vfrfFk
}kjk nhi iZ toyu ,oa fo|ky; dh ,d
Nk=k }kjk l jLorh olunuk dsxku l sokf'kd
mRI o dk "kHkkjEHk gpkA Lokxr xku
fo|ky; dh Nk=kvkausfey dj iLrqr fd; k
ftl ds lk"pkr-fo|ky; dh i kpk; kZ Jherh
m'kk usxh }kjk ed; vfrfFk o l Hkh vfrfFk; ka
dk Lokxr dj /kU; okn fd; k x; kA mlGkaus
dgk fd cPpka dh usrd] ekuf l d rFkk
vkfRed mlUfr djuk f"K{kk dk mnas"; gA
fo|ky; ds cPpka us vud jakjx] jkp d]
vkd'kd] l kfUod] i Hkko"kkYh ,oa ijd
dk; Øe iLrqr fd; s ftuea yst; e uR;]
xk; =h eu= dk fgluh i |kui pkn l fgr
l kefigd i kB] cPpka }kjk fgluh dforvkadh
l jkguh; iLrqr; ka fo|ky; dh Nk/h o
cMh d {kkvkadh Nk=kvka }kjk vud izdkj ds
, dy o l kefigd uR;] Hkxoku cD ds thou
l s l EcfU/kr vfgd k dh f"K{kk nUs okyk
i Hkko i wkZukVd] dOokYh vkfn i ed; k FkA bu
dk; Zdekadh ed; vfrfFk l fgr l Hkh n"kdka
us l jkguk dhA vk; kstu ea ed; vfrfFk]
vkJe ds izkku Jh n"ku yky vfxugs=h]
l fpo Jh ba iæ izdk"K "kekZusNk= Nk=kvka
dks i q Ldkj Hkh forfjr fd; A ed; vfrfFk

Jh plnzxqr fode usvi usmneksku eacPpka
ds l Hnj o i Hkko"kkYh iLrqr; ka ds fy,
mudh o mudsf"Kf{kdkvkadh iZ'ka k dh vKj
vi usi j d fopkj iLrqr fd, A

"kjni l o ds nu js fnu dk ed;
vkd'kZk efgyk l Eesyu Fkk ftl dk fo'k;
Fkk & ^ukjh LoxZ dk }kj gS ; k ujd
dk^* l Eesyu eavi usfopkj iLrqr djrs
gq Jherh eatwukjx us dgk fd ; tØh ds
vud kj tks0; fDr vkRe guu djrk gS og
vl j dgykrk gA ; g vl j ykx , d sykca
ea jgrsgA tgka?kKj vU/kdkj vKj nqk Hkjk
gpk gA mlGkaus dgk fd tgka l qk gkrk gS
ml s LoxZ vKj tgka nqk gkrk gS og LFkku
ijd dgykrk gA fonqth oDrk us ukjh ds
rhu : i ka dh ppkZ dj mu ij foLrkj l s
izdk"K Mkyk vKj i q=; ka dks LoxZ dk }kj
crk; kA nks kLFkyh dU; k xq dgy] ngjknw
dh fonqth vkpk; kZ Mk- vLui wkkZ us vi us
l Ecksku eadgk fd l cdh i vtk ds; kK; gkaus
ds dkj .k L=h dks efgyk dgk tkrk gA
mlGkaus dgk fd ukjh dks ujd dk }kj crkus
okys Lo; a ujd ea gA ukjh l Eesyu dks
fonqth Jherh l jkst vk; kZ Mk- Jherh l qknk
l ksyadh] Jherh g'kZpkoyk vkfn cfgukaushk
l Ecks/kr fd; kA ukjh l Eesyu dh v/; {kk
vkpk; kZ fi z adk "kkL=h us dgk fd ; fn ukjh
ujd dk }kj gksrksfQj ml }kj l stksyKx
tk jgs gA og dksu ykx gA mlGkaus dgk fd
ukjh ujd dk }kj ugha gA fonqth fi z adk
"kkL=h us dgk fd l adr 0; kdj .k ds xBFk
dkf"kdk ea^dU; k 'kksd% dk okLrfod vFkZ
^vfo|k 'kksd% gA vk; kstu dk dQky
l pkyu ekrk Jherh l j Hnz vj kMk- usfd; kA
l Eesyu dse/; ea Jherh ehuk{kh th l fgr
vud cfgukadsl e/kj Hk tu Hkh gq A

"kjni l o ds rhl js fnu "kpbokj 10

vDncj dk e[; vkd"Kz k rikou vkJe l s
 yxHkx 4 fdeh- nij igkM+ ka ea fLFkr
 rikkkie rd dh "kkkk ; k=k vKj ogka l Rl x
 dk vk; kstu FkA ; gka l gE;] "kkUr
 vk/; kfred o innk.k jfgr okrkj.k ea
 dfork] xhr] Hktu] ioppu , oaeksa l k/kuk
 vkfn dk; Øe gqA ikf.kuh du; k xq dgy
 dh cgepkjf.k; ka ds leor xk; u ds ckn
 ifl) Hktuki nskd Jh fnušk ifFkd th ds
 l e/kj o gn; dksvkufnr djusokysHktu
 gqA , d Hktu Fk & ^l j t cu nij fd; k
 ftl us iki ka dk ?kKj vU/kj k] oks no
 n; kulln ej k** cgr il Un fd; k x; kA
 Lokeh fn0; kulln th usvi usv/; {kh; Hk'k.k
 eadgk fd ge t gkacBsga; g /kkfeZd LFkku
 gS tksfd ; kx o /; ku l k/kuk dk nsk dk
 l okre LFkku gA vrhr ea ; gka Lokeh
 ; kx"ojkulln l jLorh] egkRek vkulln Lokeh
 l jLorh] i HkqvKfJr th egkjkt vkfn vud
 egkRekvkaus; kx l k/kuk djdsvkRe dY; k.k
 fd; k gA mlgkausnk"Kzud vlnkt eadgk fd
 ; gka [kMs-o{k ekuka; g dg jgs gafd gekjh
 rjg l svki Hkh eksa o "kkUr jg dj n[kk
 riga vfpUR; yHk o vkulln gkskA ; gka
 yxHkx 150 ykska us dN le; rd eksa
 jgdj vkRe fpluru fd; k vKj "kkfUr i k B l s
 bl l = dk vol ku gqkA

mRl o ds prfkz fnu "kfuokj 11
 vDncj dks vkpk; Z vk"kh'k n"Kzvkpk; Z ds
 l pkyu ea vk; Z ; pk l Eesy gqk ftl dk
 fo'k; Fk fd ^on gh bz'ojh; Kku D; ka
 gS** bl vk; kstu ea rikou fo | k fudru
 ukyki kuh rFk jkt dh; bUVj dkyst
 ukyki kuh dsfo | kfkz; ka uscMh l d; k eaHkx
 fy; kA vkpk; Z vk"kh'k us dgk fd tc ge
 dkbz ; U= vkfn [kjhrsga rks gea ml dk
 mi ; kx djusdh fof/k crkbz tkrh gA bl h

izdkj l sb'oj us l d kj cukdj vKj euq; ka
 dks mRl u djds thou dks l pk: : lk l s
 pykusdsfy, pkj _f'k; kadks onka dk Kku
 fn; k FkA mlgkaus i z'ukKj "ksh eafol kfkz; ka
 l si'z u i Naf t l l s; g fl) gqk fd l d kj
 eal cl si kphu /kkfeZd i qrd on gA fo | kfkz
 xKj o usvi us l Ecksku eadgk fd l d kj ea
 , d k dkbz Kku ugha gS tks onka ea u gka
 mlgkaus dgk fd Lo; a onok.kh onka dh
 mRl fRr bz'oj l scrkrh gA xq dgy i kSkj
 ngjknw dscapkh vuqt usHk l Eesy ea
 vius i Hkko"kkyh l kjxfHkz fopkj i Lr
 fd; A mlgkaus dgk fd bz'oj us l f'V dh
 vkfn eapkj +f'k; kadsvlur-dj.k ea Xon
 ; t p h] l keon vKj vFobn dk Kku Hk'kk
 l fgr izdV fd; k FkA nks kLFkyh du; k
 xq dgy dh Nk=k nhflr vk; kz us dgk fd
 i R; {k] vupku vKj vkr i ek.kka l sfd l h Hk
 i {k dks fl) fd; k tkrk gA gekjs on
 mifu'kn , oan"Kz eardz wZd "kcnka ea onka
 dks bz'oj i nUk dgk x; k gS ft l l s fl)
 gsrk gSfd on bz'ojh; Kku gA rikou fo | k
 fudru dh d{k 5 dh Nk=k ruqcky us
 vius i Hkko"kkyh l Ecksku eadgk fd on
 l cl s igkuk /keZ xBFk gA l d kj dh l c
 fo | k; a onka l sfudyh gA mlgkaus dgk fd
 oBnd dky eafol ds l Hk ykx bz'oj ds
 fujkdj Lo: lk dks ekurs Fks vKj ogh bl
 l f'V vKj Kku foKku dk vk/kj gA
 l Eesy ea xq dgy i kSk ds vkpk; Z Mk-
 /kuat; usi kp dl kSV; kacrkba vKj dgk fd
 onka dk Kku bu l Hk dl kSV; ka ij [kjk
 mrjrk gA igyh dl kS/h] on dh l Hk
 ekU; rk; a, oaf l) kUr l R; gS dkbzvl R; o
 feF; k fl) kUr onka eughagA ni jh dl kS/h]
 onka dk Kku l f'V Øe dsvuq lk o vuphy
 gSi frdny ugha rhl jh dl kS/h] on dk Kku

I Hkh vk'kz xUFkka ds vuq lk gh ugha gsvfi rq ml dk vk/kkj o emy Hkh gA ; g foKku l sHkh i kS'kr gA pkSkh dl kS/h onkadk Kku gekjh vkRek ds vuqhy gA bl ds mnkgj.k Hkh fo}ku vkpk; Z us fn, A ikpoh dl kS/h onka dk Kku vkB iR; {kkfn i ek.kka l sfl } gA ; pk l Eesyu ds iz krk vkpk; Zvk"kh'k th us dgk fd on dk Kku l f'V dh vkfn ea euq; kadksfeyk gksus l s; g b'z'ojh; gA vl; Kku ckn ea vud fo}kuka o ; q i q 'kka l s feysftuea bfrgkl Hkjk i Ml gS tcf d onka ea bfrgkl ugha gA mlgkaus dgk fd ft l

i qrd ea bfrgkl gksk og l cl s i g kuh i qrd ughagk l drhA mlgkaus vkxs dgk fd b'z'ojh; i qrd ; k Kku dh i R; d ckr foKku dh i ksd gkrh gS foj kS'kh ugha on gh bl dl kS/h ij [kjsmrjrgA l eki u djrs gq mlgkaus dgk fd ; | fi l Hkh xUFkka ea vPNh ckrsgA i jUrqb'z'ojh; Kku d'oy on gh gA ; pk l Eesyu dks Ml- foukn d'ekj "kekZ us Hkh l EckS/kr fd; kA vkJe ds i nkf/kdkfj; ka us vk; kst u ea Hkx ys us okys l Hkh cl/kq/kadk /ku; okn fd; kA

'k j n q l o ea i k l r n k u n k r k v k a d h l p h

0-1- uke	Lfiku	/kujkf'k	38- Jh l R; binz ryokj	tkyllkj	1000@&
1- Jheri ixfr d'ekj	fnYyh	9000@&	39- Jh 'kUr k pM<k	fnYyh	1000@&
2- Jheri l aho pM<k th	yf/k; kuk	1100@&	40- Jh vfer xls y	fnYyh	10000@&
3- Jh l g'bnj vMlu	yf/k; kuk	1000@&	41- Jhefr dfork xls y	fnYyh	10000@&
4- Jheri l qnj 'kUr k pM<k	fnYyh	5001@&	42- Jh yfyr xls y	fnYyh	10000@&
5- Jh vkRe izdk'k vk; Z	yf/k; kuk	1100@&	43- Jh v'kcd d'ekj	fnYyh	10000@&
6- Jh on fiz p'koyk	yf/k; kuk	1100@&	44- Jhefr jpuk xls y	fnYyh	10000@&
7- vk; Z l ekt eflnj	yf/k; kuk	1100@&	45- Jhefr fot; y(eh	fnYyh	1100@&
8- Jhefr Lugyrt	fnYyh	1100@&	46- Jhefr g'kz p'koyk	c&ykj	11000@&
9- Jh jesk plnz th	ubz fnYyh	1200@&	47- Jh _f'ki ky	i atic	1100@&
10- x'rnku		1660@&	48- Jh Kk uplnz vj kMk		1000@&
11- Jh v; .k vxokj	Qjhnkcln	1000@&	49- Jh vti n' no Jh lj	vkjlk; /kce grq	5000@&
12- Jh dSyk'k plnz x'rnk		1100@&	50- Jh nhi d d'ekj vxokj	vxjk	5000@&
13- Jh 'kEhku ukf k x'rnk		1100@&	51- Jh fot; jkor 'kekZ	ri kou ukyki kuh	1111@&
14- vkpk; Z g'pe fl g Hkjr th	vxjk	1000@&	52- Jhefr dUr k nUl	i kuhir gfj; k.k	3100@&
15- Jh n'ku d'ekj d'ekj stk		9600@&	53- Jh , l -i- fl g xS kkyk grq	ngjknw	1000@&
16- Jh vfuy HkFV; k 1/4 Rl x Hkou 1/2	pMlx<+	1100@&	54- Jh fockl cByk	gfj; k.k	5100@&
17- Jh jktSk HkFV; k	pMlx<+	1000@&	55- Jh uln fd'kz vj kMk	fnYyh	1100@&
18- Jhefr l jst vk; kZ		5100@&	56- Jh jktho d'ekj	ngjknw	1100@&
19- Jh Vh-l h- l anik	ubz fnYyh	1100@&	57- Jhefr l g'bnz vj kMk	; Knku	2100@&
20- Jh eukst d'ekj l jnkuk	uks Ml	1100@&	58- Jhefr fdju egrk	fnYyh	21000@&
21- Jh vkj-vkj- 'kekZ	uks Ml	1100@&	59- Jhefr uj'bnz cCcj	ri kou vkJe	2100@&
22- Jh l R; binz ryokj	tkyllkj	1000@&	60- Jhefr ekrk yhykofr		1100@&
23- Jhefr 'kUr k pM<k	fnYyh	1000@&	61- eks 'kfgn oS Mj	ukyki kuh	1000@&
24- Jh vfer xls y	fnYyh	10000@&	62- Jh i e izdk'k 'kekZ	ri kou vkjlk; /kce	5000@&
25- Jhefr dfork xls y	fnYyh	10000@&	63- Jh ; kxsk plnz e'kky	fnYyh	51000@&
26- Jh yfyr xls y	fnYyh	10000@&	64- Jh vkbZMh- x'rnk; ; K'k'kyk	uks Ml	15000@&
27- Jh v'kcd d'ekj	fnYyh	10000@&	65- Lokh fn0; kuln l jLorh		
28- Jhefr jpuk xls y	fnYyh	10000@&	l Rl x Hkou grq	gfj }kj	10001@&
29- Jhefr fot; y(eh	fnYyh	1100@&	66- Jh fot; ekgu l pnos		
30- Jhefr g'kz p'koyk	c&ykj	11000@&	Hk. Mkjk grq	ngjknw	21000@&
31- Jh _f'ki ky	i atic	1100@&	Jh /kjh'bnz ekgu		2100@&
32- Jh Kk uplnz vj kMk		1000@&	68- Jh l R; i ky fl g	gfj }kj	1000@&
33- Jh vti n' no Jh lj	vkjlk; /kce grq	5000@&	69- Jh on i ky fl g	gfj }kj	3100@&
34- Jh l R; k ok/kok		2100@&	70- Jh d' .kk ekvk	ngjknw	1000@&
35- Jh v'kclj fl g , oa			71- Jh nhi d d'ekj		5000@&
Jhefr txofr th	ngjknw	2100@&	72- foHklu nkunrkvka }kj		
36- Jhefr l xhrt d'ekj th		3100@&	1/4# 1000@& l s de 1/2 nh xbz /kujkf'k		132151@&
37- Jh vkj-vkj- 'kekZ	uks Ml	1100@&			

vænku l s thou nku

Hkkjr l jdkj us 1994 ea ekuo vak iR; kjki .k vf/kfu; e ikfjr fd; k ftl dsQyLo: i eflr'dh; er; gts tkusdsckn , d svænku djusokys0; fDr; kadsvackd vl; ykHkkfKz kads "kjhj eai R; kjki .k djuk l Etko gksx; k gA vak iR; kjki .k eaLoLFk 0; fDr ; k cu MFk 0; fDr dsLoLFk vaka vks Årdla dk n0 js 0; fDr ea iR; kjki .k djus l s , d vænkrk ds }kjk 50 0; fDr; kard dk thou cpk; k tk l drk gS; k mudh vka[k dsdkfuz k dk iR; kjksk dj nf'V inku dh tk l drhgA

cu MFk 1/2 Brain Death 1/2 D; k gS\ cu MFk dk vFKz; g gSfd eud; ds "kjhj ds l Hkh vak ftudk l pkyu eflr'd }kjk fd; k tkrk gsvks ftueal ka yusdh izkkyh Hkh l ffeyr gS dke djuk bl l hek rd dln dj nafd nkskjk i q% dke djus dh fLFkr ea dHk u ykSv a ijUrq l kfk&l kfk gh vl; vak tS & ; dr] xnlz vks foljk vkfn dke djrs jgA fny Hkh viuk dk; Zdjuk tkjh j [krk gS ijUrq; g fuEu Lrj ij jgrk gA+cu MFk dks i fjHkkf'kr vks izkf.kr djus ds fy, fpdfRI dh; Hkk'kk vks rdudh ea folr' fu; e mfYyf[kr gâftudh l kedu; Hkk'kk ea 0; k[; k djuk dFbu gA

cu MFk 1/2 Brain Death 1/2 dh ?kksk.kk dS d dh tkrk gS cu MFk dh ?kksk.kk , d fdyfudy fu.R; gStksbl l Ecl/k eai kfr vf/kfu; e ds vlrXR fu/kkZjr ekun.Mkads vk/kkj ij dh tkrk gSftl eafdl h izdkj ds l ak; dsfy, dkbz xq'kb "k ughaj grh gA

dku l k vak nku fd; k tk l drk gS\% fdmuh ; k xnlz fny] ; dr] frYyh] vkrj QQM% gFMM; kâ dksuz kj cku ejksvkfnA

Hkkjr eavænku dh l eL; k& Hkkjr eai R; d o'kz vks ru 175]000 fdmuh Qsy gkus ds ekeys l keus vkrs gS ftuds fdmuh iR; kjki .k dh vko"; drk gkrh gS ijUrq vænku djusokyadh deh ds dj .k d0y 5500 fdmuh gh iR; kjki r djuk l Etko gks i krk gA ; gh fLFkr vka[k vks vl; vaks ds l Ecl/k eai Hkh gA os srksvænku dh l eL; k i js l d kj eagsi jUrq, f'k; k "ksk l d kj l sbl ekeyseacgr i hNs gA erd 0; fDr; ka l s vænku ds ekeys Hkkjr eai fr , d yk[k 0; fDr 0 S vFKz-200000 0; fDr; ka dh er; qgkus ij d0y , d erd ds vackd gh nku gksi krk gStcfd Hkkjr ea l Mel nqkVukvka l sgkusokyh er; qnj l d kj eal cl svf/kd gA vefj dk eavænku ifr , d yk[k ea250 vks gkack ea 50 l sde gA Hkkjr eayhoj% dRk%Qsy gkus l sfuc iR; izk dsejusokyadh l a; k 200000 ifr o'kz gA futh vLi rkyka eabl izdkj ds iR; kjki .k dk [kpz# 20 l s30 yk[k dschp vkrk gS bruk 0; ; dN fxurh dsvehj ylx gh dj l drs

gA fdl h erd "kjhj l s l jdkjh vLi rky eai R; kjki .k dk [kpzbl ds, d pkkbz l sHh de i Mæc vks ; fn l jdkj Hkh bl izdkj dsekeynaevkFKZ l gk; rk nrh gS rsvke turk ds thou ds cpuk l jyo l Etko gksi k; sxA

iz'u&ge vænku D; kacjA mUk&vænku l svf/kd mi dkj dsdk; Zl d kj eacgr gh de gA us=nku , d , d h fojkl r gS tksge ejusdsckn i hNsNM+dj tk l drsgA gekjh vka[k l sejusdsckn Hkh ns[k tk l drk gA us=nku l sN% rd 0; fDr; kacj vka[k eamtkyk QSk; k tk l drk gâtcfd ejus ij ; s ty dj jk[k cu tkrh gA bl h izdkj vl; vak fdmuh ; k xnlz fny] ; dr] frYyh] vkrj QQM% gFMM; kâ dksuz kj cku ejksvkfn dksHkh nku djsdsbz ylx ds thou ds cpk; k tk l drk gS; k mudsthou dsvks l smtkyse a cnyk tk l drk gA

iz'u& vki vænkuh dS scu l drsgA mUk&; fn vki dh mez 18 l ky l svf/kd gS rsvki , d vænku dRMZ ij nls xokgadh mi fLFkr ea gLrk[kj dj vænkuh cu l drsgA bl dRMZ dsl n0 vius i kl j [kukpkr, A mez 18 l ky l s de gkus ij ekrk&fi rk ; k foj/kd l j [kd dh l gefr yuk vko"; d gA

vænku ds ckjs ea HkkfUr; k& vænku ds ckjs ea ylx ead bZ HkkfUr; kagA tS %

1/1% HkkfUr %vænku dju okya ds MkDVj vki krky v0ejtUl h% gkus ij Hkh muga cpkus dk Hkl d iz Ru ugha dj a l ek/kku% MkDVj dh l kfkedr ejht dks cpkus dh gkrh gS fd Hko"; eafdl h vks 0; fDr dlsft l s og tkurk Hkh ugha gA

1/2 HkkfUr% MkDVj ejht ds vak ml ds ejus l s i gysgh fudky yskA l ek/kku% ; g l R; ugha gA MkDVj okLro eavks Hkh vf/kd l ko/kkuh cjrsgâd nkunrk dh er; qgtsxbz gA vak vks Årdla dks nku ds: i eai kr djus l s gysdN fn"kk funk'kadh i kyu djuk l Mf k gA

1/3 HkkfUr %vænkrk dserd "kjhj dsl Eku ds l kfk vUr; f'V LFty@'ke'ku?kV rd yst'kuk l Ehl o ugha gksi krk gA l ek/kku%vænku l sbl es dkbZ ck/kk ugha l Mf h gA

1/4% HkkfUr %vænku fdl h /kel ds fo#) gA l ek/kku% l Hkh /kel eakuoh; l neR; ds: i eavænku dh l jkuk djrs gq bl s l eFiz fn; k x; k gA dkbZ Hkh /kel bl dk foj kâ ugha dj rk gA

1/5% HkkfUr %vænkrk dsi fjokj dsvænku eagkus okys 0; ; dks ogu djuk gskA l ek/kku% vLi rky bl l Ecl/k eafdl h izdkj dk 0; ; ds ugha yrk gA fVli .k %fdl h Hkh izdkj dh l gk; rk ; k l puk dsfy, l Ei kn d l snj Hkk'k i j l Ei dZ dj l drsgA

I kStU; &
l oZ h nhi pln fot; d0kj
dhjrij] ftyk fctuks 1/2 mUk j ins'k'k