gekjs ns"k esa vusd /keZ vkSj muls tqMs+ esys

vkSj R;kSgkj lakLd`frd xfrfof/k;ksa dk ,d egRoiw.kZ

vax gS vkSj bu ijaijkxr esyksa vkSj R;ksgkjksa dk

laca/k   /kkfeZd   fo"oklksa   yksderks   LFkkuh;

fjfrfjoktksa cnyrs _rqvksa Qlyks vkfn ls gSA gekjs

izns"k esa fofHkUu mRlo gh ugha cfYd viuh fofo/k

lakLd`frd ijaijkvks ds dkj.k mUgsa vyx&vyx <ax ls

Hkh euk;k tkrk gS fgytk=k muesa ls ,d gSA

fgytk=k %&

dqekÅ¡ e.My ds lksj?kkkVh orZeku uked

fiFkkSjkSjkx<+ ds dqekSM+ xk¡o es euk;k tkus okyk

d`f'k iz/kku eq[kkSVk u`R; dk mRlo gS A dkykUrj

esa /khjs&/khjs ;g mRlo lEiw.kZ lksj iV~Vh esa

euk;k tkus yxk gSA

fgytk=k dk "kkfCnd vFkZ gS dhpM+ esa fd;k tkus okyk u`R;A loZizFke ;g u`R; dsoy dqEkkSM+ xkao ds yksx gh djrs Fks ijUrq vc /khjs&/khjs ;g lEiw.kZ lksjiV~Vh {ks= esa euk;k tkus yxk gS tSls& dukyhNhuk ¼fljksyh½] ctsVh] vyx<+k] nsoyFky ¼m.kbZ½] FkjdksV bR;kfnA txgksa ij euk;h tkrh gSA

iwoZ bfrgkl %& dgk tkrk gS fd tc lksj iV~Vh es ce jktkvksa dk "kklu FkkA rc pkj HkkbZ egj tks fd vFkkrks ?kqeDdM+ ftKklk izo`fÙk ds Fks mudk vkxeu lksj iV~Vh esa ,sapksyh uked LFkku ij gqvkk ml le; lksj esa ,d ujHk{kh ck?k us vkard epk;k gqvkk FkkA yksxksa dk ?kj ls ckgj fudyuk eqfLdy gks x;k Fkk] yksx tgk¡ Hkh tkrs >q.M ds lkFk tkrs Bhd mlh le; ij bu pkjksa egj HkkbZ;ksa dk vkxeu gqvk rFkk ujHk{kh ck?k us bu ij vkØe.k dj fn;k pkjksa

HkkbZ;ksa us feydj ck?k dks ekj Mkyk ftlls izlUu

gksdj jktk us ¼egj iV~Vh½ bu HkkbZ;ksa dks nku

Lo#i ns nh tks vkt Hkh egj iV~Vh ds uke ls tkuh

tkrh gS rFkk rc ls ;s pkjksa HkkbZ ;gk¡ fd [kqclwjrh

dks ns[kdj ;gh cl x;saA /khjs&/khjs le; fcrrk jgk ;s

pkjkas HkkbZ tks fd ?kqeDdM+ izo`fÙk ds Fks]

?kqers&?kqers ;s ,d ckj usiky igq¡p x;s bUgksus

ns[kk fd ogk¡ ij ,d vn~Hkwr lk eq[kkSVk u`R; gS tks

fd ogk¡ ds LFkkuh; yksxksa }kjk cM+s g’kksZYykl

ds lkFk euk;k tk jgk Fkk ftls bUnztk=k ds uke ls tkuk

tkrk gS tks fd dkBek.Mw “kgj es euk;k tkrk gSA

tk=k ds i”pkr~ LFkkuh; efUnj esa jkaxk ¼HkSalk½

dh cfy nsus dk izpyu FkkA ijUrq tc jkaxk ¼HkSalk½

dh cfy ds fy;s yk;k x;k rks dksbZ Hkh O;fDr mls

dkVus dks rS;kj ughsa gqvk D;ksafd mlds lhax ihNs

xnZu rd yxs gq;s Fks ftl dkj.k mls dkVuk vlaHko

FkkA jktk us ?kks’k.kk dh tks Hkh O;fDRk bls

dkVsxk mldks eaqg ekaxk bZuke fn;k tk;sxk ijUrq

dksbZ Hkh rS;kj ugh gqvk varr% bu egj HkkbZ;ksa

us mls dkVus dk nkok izLrqr fd;kA jktk us dgk fd vxj

rqe bls ughsa dkV ik;s rks rqe pkjks dh xnZu dkV fn

tk;sxhA vkSj vxj bls dkV fn;k rks eqig&ekaxk bZuke

fn;k tk;sxkA pkjks HkkbZ;ksa us ;q) vkjEHk dj fn;kA

rFkk nks HkkbZ ;q) djrs djrs isM+ ij p<+ x;sa jkaxk

us tSls gh vius xnZu Åij dh vksj ?kqekbZ rks pkjksa

es ls ,d HkkbZ us uhps ls xnZu ij okj djds jkaxk dh

xnZu dks ,d gh >Vds esa flj dks /kM+ ls vyx dj fn;kA

blls [kq"k gksdj jktk us muls iwNk fd vc crkvksa dh

vki yksxksa dh bZuke Lo#i D;k pkfg,A rc pkjas egj

HkkbZ;ksa us ,d yf[k;k Hkwr rFkk uSikyh cSyksa dh

tksM+h ds eq[kkSVs bZuke Lo#i ekax fy,A

    rc ls ;s dgk tkrk gS fd fgyyk=k dks egj HkkbZ

usiky ls thrdj yk;s FksA vkSj rc ls ysdj vkt rd dh

fgytk=k dqekSM+ ds egjksa dh fojklr gSA

fgytk=k dh Øekuqlkj izLrqfr

fgytk=k %&

 fgytk=k dk "kkfCnd vFkZ gS fdpM+ esa fd;k tkus okyk lewg u`R;] ;g dsoy fiFkkSjkx<+ tuin esa th euk;s tkus okyk d`'kd u`R; gSa xzke dqekSM+ dh fgytk=k loZizFke izdk"k esa vk;hA lcls igys dqekSM+ xzke esa gh fgytk=k dk vk;kstu fd;k x;kA /khjs&/khjs ;g vkl&ikl ds xk¡o esa Hkh euk;k tkus yxk gSA orZeku esa ;g fgyyk=k jk'Vªh; Lrj ij igpku cukus esa vlQy gSA

 ,slk dgk tkrk gS fd HkknkS ekl es tc cjlkr gksrh gS rks fdlku vius cSyksa ds lkFk /kku dh jksikbZ djus dk dk;Z djrs gSa vr% fgyyk=k esa tks ik= <ks+y&uxkM+ks ds lkFk fofHkUu izdkj dh vfHkO;fDRk;ksa ls ,slk iznf"kZr gksrk gS fd ekuksa [ksrksa esa #ikbZ dk dk;Z py jgk gksa blesa tks Hkh fdz;k&dyki gekjs lekt ds vUnj gksrs gS mudk dgha

u dgha Lo#i fn[kkbZ iM+rk gS tSls cSyksa dh tksM+h] gfy;k] gqDds okyk] iqrkjh ¼efgyk;sa½]?kklokyk] gqM+D;k cksy xkus okyk buds vykok gekjs {ks=h; nsoh&nsorkvksa dks Hkh blesa iznf"kZr fd;k tkrk gSA tSls& egkdkyh ;k vU; dksbZ Hkwfe;k nsorkA fgyrk=k dk eq[; vkd'kZ.k fgju fpRry] yf[k;k Hkwwr rFkk egkdkyh gksrs gSA

vk¡Bw %&

Hkknksa ekg esa dqekjÅ¡ e.My ds lHkh {ks=ksa es euk;k tkus okyk R;kSgkj gS tc fdlku }kjk cks;s x;s /kku dh [ksrksa esa ckfy;k¡ QwVus yxrh gS rFkk pkjks vkSj gfj;kyh Nk tkrh gS rFkk fofHkUu izdkj ds Qy Qwy rS;kj gks tkrs g tSls&ddM+h] dn~nw] ykSdh] djsyk] ,sjky bl izdkj rS;kj gks tkrs gS rks viuh Qly dh vPNh iSnkokj ds fy, ;gk¡ ds {ks=h; yksx

Hkxoku egs"oj ¼f"ko½ rFkk xkSjk ¼ikoZrh½ ls vPNh Qly dh iSnkokj ds fy, iwtk vpZuk djrs gSA

rFkk /kku ds ikS/kks ls igys fnu xkSjk Lo#i ,d izfrek cuk;h tkrh gS rFkk mls ck¡l rFkk fuxkWyw ls cus <fy;k ds Åij feV~Vh lfgr LFkkfir djrs gS rFkk mls yky pqujh] ihyk diM+k] eqdqV vkfn ls mls ltk;k tkrk gS rFkk xk¡o dh daqokjh dU;vksa vkSj o`) efgyk,sa feydj mls vkBw ds vk¡xu rd tks fd xkWo ds chpksa&chp ,d lqfuf"pr txg gksrh gS ogk¡ rd xkSjk dk xhr ¼dk¡gs mith ukSyh x¡okjk] dk¡ gS gsX;ks mtkyks½

fgek¡py gs mith x¡okjk] xk<+ [ksr gsX;ks mtkyks½

tks fd xk¡o dh lHkh efgykvks }kjk ukprs xkrs gq,s vkBwW ds vk¡xu rd ys tk;k tkrk gS Fkk blds i"kr~ fQj xkSjk Lo#i izfrek dks vk¡xu ds chpks chp j[k dj rFkk pkjksa rjQ ls xkys ?ksjk ¼gkFk ck¡/kdj½ vk¡Bw ds xhr xk;s tkrs gS rFkk xk¡o dh o`) efgyk;sa

lcls igys <fy;k dks vius lj ij j[k dj ,d fo"ks'k u`R; djrh

gS rFkk ,d fo"ks'k xhr xrh gS rRi"pkr mez ds vuqlkj

xk¡o dh lHkh efgyk;sa <fy;ks vius lj ij j[k dj

ckjh&ckjh u`R; djrh gSA vkSj xhr xkrh gSA

¼ukfpcks [ksfycks uksyh xokjk¡ nsoh] /ks rsjks

dlks ukp½

vkBw¡ xhr&

[kksyns ekrk [kksy Hkokuh] /kje~ dsokM+

D;k ysjNs HksaV iks[ky] D;k [kksyw dsokM+

fn T;wy fu"kku lkWt Y;k;w] rsjk njckj

gs Qwy ikrh dh lsok Y;k;w R;kjk njckj

[kksyns ekrk &&&&&&&

blds i"kr~ xksjk dks xk¡o ds lqfuf"pr ?kj is ys

tkdj j[k fn;k tkrk gSA rFkk mlds ckn Hkkstu ds ckn

lkjs xk¡o okys feydj [ksy yxkrs gS rFkk nwljs fnu

xkSjk ds lkFk egs"oj dh izfrek Hkh cuk;h tkrh gSA

rFkk mlh izdkj vk¡Bw ds vk¡xu esa xkSjk rFkk egs"oj

dks lkFk ysdj vkrs gSa rFkk egs"oj rFkk xkSjk dks

ekSleh Qy vk:] ve:n] ekYVk] ukjaxh p<+k;s tkrs gSa

rFkk vPNh Qly dh dkeuk djrs gq, nksuksa dh iwtk

vpZuk djrs gSaA

lki¡> iM+h lki¡> okyh] ik;k pyh ,suk
vkl&ikl ekSygkj] chp pyh xaxk

;s xhr xkrs gq, lHkh Qyksa ds izlkn ds rkSj ij

forfjr djus dk ,d vukS[kk rjhdk gSA rFkk ,d pknj es

lkjs Qyksa dks ,df=r djds Åij dks mNkyrs gS ,slk rhu

ckj yxrkj fd;k tkrk gS rFkk rhljh ckj tks Qy ftlds ikl

tkrk gS oks mls izlkn ds rkSj ij vius ikl j[krs gSA rFkk

blds i"pkr~ xkSjk rFkk egs"oj dks xk¡o ds lqfuf"pr

?kj esa j[kk tkrk gSA fQj vkB fnuks rd jkr Hkkstu ds

i"pkr~ xk¡o ds lHkh yksx vk¡Bw ds rhr xkrs gSA

flyxM+h dk ikyk pkyk] flyxM+h dk ikyk pkyk

Iksys IksY;kuh] X;w¡ [kk;k xwuk ys

vkt lcS feyh j;k &2

lksys lksY;kuh vk¡Bw dk gquk ys

l;kus cSy %&

loZizFke cwM+s cSyks dh tksM+h dk vkxeu gksrk gS cqM+s cSy #ikbZ yxkus dk dk;Z djrs gS rFkk izo`fRr ls "kkar gksrs gSA

toku cSy %&

mlds ckn toku cSyks dh tksM+h dk vkxeu gksrk gS buls jksikbZ dk dke T;knk ls T;knk fy;k tkrk gS rFkk ;s dkQh rkdroj vkSj tksf"kys gksrs gSA

NksVs cSy %&

cksM+ks dh tksM+h ¼NksVs&cSy½ dk vkxeu gksrk gS ;s cgqr rhoz xfr ls nkSM+rs gS bUgsa [ksr dh tqrkbZ fl[kkus ds fy, yk;k tkrk gS rFkk gfy;k }kjk ,slk gko&Hkko fd;k tkrk gS fd oks cSyksa dks fl[kk jgk

11

gS ;s cSy b/kj&m/kj Hkkxrs gS rFkk ,d nwljs foHkkM+ ¼yM+kbZ½ djrs gSA

ej[ok cSYk %&

;g fujadq"k cSy gS rFkk ;g cSyksa dks gfy;kvksa dks rFkk vke turk es ls fdlh dks Hkh lhax ekj nsrk gSa blfy, bls ej[ok cSy dgk tkrk gSA

xY;k cYn %&

;g cSy vdsyk gh vkrk gS rFkk ;s cM+k dkepksj cSy dgyk;k tkrk gS rFkk ;s ckj ckj lks tkrk gSA gfy;k dks [kwc ijs"kku djrk gSA ;g cSy laLd`fr dk izn"kZu djrs gw, xzkeh.k gkLL; dks ifjyf{kr djrk gSA

iqrkfj;ksa dk vkxeu %&

iqrkfj;k¡ vius lkFk <fy;k vkSj MksDds ysdj vkrh gS ftlesa cSyksa ds fy, ?kkl rFkk gfy;kvksa ds fy, Hkkstu ysdj vkrh gSa tc gfy;k Hkkstu djrs gS rks

cSyksa dks Hkh jksd fn;k tkrk gSA rFkk mUgsa gjk

?kkl f[kyk;k tkrk gSA rRi"pkr~ iqrkfj;ksa }kjk #ikbZ

dh vfHkO;fDr dh tkrh gSA

gqDds okyk %&

gqM+fd;k cksy& ,d O;fDr gkFk esa gqM+dk fy;s

vkrk gS rFkk ;gk¡ ds ikjEifjd xhr gqM++D;k cksy dk

xk;u djrk gS tks fd gekjh laLd`fr dk vfHkkUu vax gS

^^rYykjs xkM+k&eYykjs xkMk #ikbZ gs jsNA

igkM+ fljkyk [ksr #ikbZ gs jsNAA^^

gqDdk okyk ,d cqtqxZ O;fDr dks iznf"kZr djrk

gS tks gqM+D;k cksy xkus okys ds lkFk xkk;u djrk

gSA

flUus okyk ¼fcPNq ?kkl½ %&

flUus okyk ,d dsys dss rus esa yEcs&yEcs

fcPNq ?kkl cka/k ds ykrk gSA rFkk nksuksa Vkaxks

ds chp bls QWlkdj b/kj&m/kj ygjkrs gq, lHkh dks

fcPNq ?kkl yxkrk gqvk iwjs eSnku dk pDdj dkV ds

pyk tkrk gSA ;g ?kkl euq'; ds fy, nnZ fuokjd dk dk;Z djrk gSA xk;ksa ds fy, nqX/k dh ek=k dks c<+krk rFkk iksf'Vd djrk gSA

ykVk&ykVh ¼u cksy ldus okyk tksM+k½ &

;s nksuks ykVk rFkk ykVh ydM+h ds eq[kkSVs igus gq, tks fd fn[kus esa cgqr gh gkL;kLi/k yxrs gS rFkk ;s viuh Hkko Hkaxhekvksa rFkk fo"ks'k igkM+h u`R; ls yksxksa dk euksjatu djrs gS rFkk ;s vkd'kZ.k dk eq[; dsUnz gksrs gSA

egkdkyh %&

uxkM+ksa dh rhoz /ofu ds lkFk egkdkyh ds ik= dk vkxeu gksrk gSA tks fd egkdkyh dk oL= rFkk eq[kkSVk igus rFkk egkdkyh ds tSls gh gko Hkko djrs gq, vkrk gSA lHkh xzkeh.k ekrk egkdkyh ds #i

esa ekurs gSA vkSj budh iwtk vpZuk djrs gSA vPNs

LokLF; vPNs Qly dh dkeuk djrs gSA

fgju fpRry %&

fgju fpRry vkd'kZ.k dk eq[; dsUnz gksrk gSA

blds fy, vkneh dk fgju dk eq[kkSVk iguk fn;k tkrk

gSa vkSj mlds ihNs rhu yksx vk/ks >qds gq, eqnzk

esa mlds ihNs yxk fn, tkrs gSA rFkk fgju ds jax ds

diM+s ls <d fn;s tkrs gS nwj ls ns[kus ij yxrk gS fd

dksbZ cgqr cM+k fgju py vk jgk gSA rFkk dbZ

txgksa ij buds ihNs f"kdkjh dks Hkh yxk fn;k tkrk

gSA fgju viuh fo"ks'k u`R; dh eqnzkvksa ds fy, tkuk

tkrk gSaA bldh iwtk vpZuk xk¡o dh efgykvksa }kjk

dh tkrh gSA

yf[k;k Hkkwr %&

yf[k;k Hkwr fgytk=k dk lcls eq[; vkd'kZ.k gS
bldks ns[kus ds fy, yksx Hkkkjh ek=k esa nwj&nwj ls
igqаiprs gS] ekuk tkrk gS fd yf[k;k Hkwr f"ko }kjk
mRiUu ohjHknz gS ;g dkQh mRrsftr rFkk vkdzksf"kr
gksrk gS ftl dkj.k blds ihNs nks fo"ks'k f"kox.k ,d
eksVh "kkady¼tathj½ tks fd mldh dej esa cka/kk
tkrh gSA rFkk mlds nks fljs x.kksa ds gkFk esa gksrs
gSA blls og yf[k;k Hkwr dks fu;af=r djds j[krs gSA
yf[k;k ckck ls vk"khokZn izkIr djus ds fy, yksx nwj
&nwj ls dqekSM+ xkoa rd pydj vkrs gS yf[k;k Hkwr
dsoy dqekSM+ xzke esa gh euk;k tkrk gSA rFkk
blds vykok iwjs fiFkkSjkx<+ es fgytk=k eukbZ tkrh
gSA ij yf[k;k Hkwr dsoy dqekSM esa gh gksrk gSA

fgytk=k es iz;ksx fd, tkus okys ok| ;a= %&

1-**¼uxkM+s½ nSu** %& nSu uxkMks+ es lcls cM+k
uxkM+k gksrk gS blh vkokt Hkkkjh ctunkj rFkk
nwjxkeh gksrh gS bldk iz;ksx nsoh ds ftrus Lo#i

gS muds tkxjks es rFkk euq'; vius O;fDrxr "kqHk dk;ksZa es iz;ksx djrs gSA

2-**nekÅ ¼cksa½ %&** budh la[;k nsu dh {kerk ds vuqlkj rhu vFkok pkj Hkh gksrh gSA budh vkokt nSu dh eqdkcys rh[kh rFkk nwjxkeh gksrh gS rFkk budh /ofu euq'; dks mRrsftr djrh gSA rFkk nsorkvksa dk vkgoku djrh gSA

3-**HkkSadj ¼nqunqch½ %&** bldk iz;ksx nsorkvksa dks tkx`r djus ds fy, fd;k tkrk gSA bldh /ofu "ka[k ls feyrh gS ijUrq xaHkhj gksrh gS ;s yEcs rFkk "kadq vkdj ds gksrs gS

4-**gqM+dk %&** bldk iz;ksx eq[; #i ls xaxukFk ds tkxj rFkk Nisyh u`R; vkSj >kssM+k pkpjh esa fd;k tkrk gSA vkSj gqM+D;k cksy rFkk xqM+ksyh esa fd;k tkrk gS bldk vkdkj f"ko ds Me# tSlk gksrk gSA gqM+ds dks cM+s gYds gkFkks ls ctk;k tkrk gSA

bl ioZ esa xk;s tkus okys xhr

xkSjk egs"oj dk xhr

dk gs mith ukSyh x¡okjk] dk gs gsX;ks mtkyks

fgekapy gs mith x¡okjk] xk<+ [ksr gsX;ks mtkyks

mtkyks

;g xhr xkSjk xhr ds uke ls izfl) gS rFkk ;g xhr dsoy o'kZ esa ,d ckj tc vk¡Bw dk R;kSgkj gksrk gS rc xk;k tkrk gS bldh xk;u "kSyh >ksM+k vkSj pk¡pjh ls feyrh gS rFkk bldk Lo:i rFkk bldk pyu pk¡pjh tSlk gh izrhr gksrk gSA

xhr %&

ukfpcks [kksfycks uksyh x¡okjk] /ks rsjh dl

ukp

uk eS tksxku] ukeS ukxu] /ks esjks dl ukp

;g xhr vk¡Bq esa xk;k tkrk gS xk¡o dh efgyk,¡

¼tks "kknh ds ckn igyh ckn vius ek;ds vkrh gS½

xkSjk rFkk egs"oj dh ?kkl :ih izfrek dks <fy;k esa j[k

flj ij mBkdj u`R; djrh gSA tks fd <qLdk ls feyrk gSA

lkW/; xhr %&

lkW> iM+h lkW> okyh] ik;k pyh ,sauk

vkl&ikl ekSR;w gkj] chp pyh xaxk

tc fgytk=k u`R; lekIr dj lkjs xk¡o okys xkSjk rFkk

egs"oj dks Hkwfe;k nsork ds efUnj dh vksj ys tkrs

gSa mlls iwoZ QkWy QVdus ds le; xk;k tkrk gS rFkk

blds mijkUr xkSjk rFkk egs"oj dh Hkwfe;k ds efUnj

esa j[k fn;k tkrk gSA ;g ,d lka/; xhr gSA

Bqy [ksy %&

n"kjFk dk ?kj] jkeyyk H;k gks jkeyyk gks cM+h [kq"kh HkSaNAA

;g xk;u "kSyh cgqr izkphu gS rFkk xk¡o ds l;kuksa }kjk fnu ds le; bls xk;k tkrk gS blesa egkHkkjr rFkk jkek;.k dh dFkk;sa xk;h tkrh gSA bldk Lo:i rFkk pyu dgha dgha gksyh tSlk Hkh yxrk gS rFkk bldh "kSyh /kekj lh yxrh gSA

[ksy %&

flyxkM+h dk ikyk pkyk] xhu [ksywU;ka XM+ksA

rs gks;s fglkyw rksiks] esa mM+U;k pksM+ksAA

;g xhr vkaBw ds nkSjku xk;s tkus okyk izfl) xhr gSA bls jkr dks xk¡o ds lkjs L=h rFkk iq:'kksa }kjk feydj xk;k tkrk gS rFkk blesa HkkfDr jl ds lkFk&lkFk

Ük`axkj jl dk vf/kd iz;ksx fd;k tkrk gS rFkk bl xk;u
"kSyh esa nksgjs ¼okn] fookn½ djus dk Hkh izpyu
gS rFkk okn&fookn ds }kjk gkj&thr dk fu.kZ; gksrk
gSA

/kek&/kqLlk %&

;g ,d pkWpjh u`R; xhr gSA ;g xk¡o ds ;qod rFkk
;qofr;ksa }kjk x;k tkrk gS rFkk ;g [ksyksa ds chp esa
dHkh&dHkh xk;k tkrk gSA

**,d iR;k caxu] /keks /kqLlk] f} iR;k gksSX;ku~
/keks /kqLlk**

**rhu iR;k gsX;k] /keks/kqLlk] pkj iR;k gksSX;ku]
/keks /kqLlk**

/kksflyk xhr %&

vks cq<+k /ksaflyk] cq<+ N cM+ks gksaflyk

QfV;k yqdqM+k /kksaflyk] ukdquh yqFkkM+k /kksaflyk

;g xhr /keks /kqLlk ds ckn xk;k tkrk gS rFkk bldh fo"ks'krk ;g gS fd ;g rhoz y; esa xk;k tkrk gS rFkk ;qod vkSj ;qofr;k¡ gh xkrs gSaA

xkSjk foltZu xhr&

[kksy n~;s ekrk [kksy Hkokuh] /kje~ dsokM+

D;k Y;k jsNs HksV iks[ky] D;k [kksyw dsokM+k

vkgk f} tkSyk fu"kku Y;k;w¡ R;kjk njckj

uaxkjk fu"kku Y;k;w¡ R;kjk njckj

xkSjk rFkk egs"oj dks tc foltZu ds fy, ys tkrs gSa rc efUnj esa izos"k djrs gh ;g xhr xk;k tkrk gS vkSj

blds lkFk gh xkSj rFkk egs"oj dk fottZu fd;k tkrk gSA

jksikbZ xhr ¼jksikbZ xhr½ %&

> **rYyk xkM+k] eYyk xkM+k jksikbZ gsjsNA**
>
> **igkM+ fljkyk [ksr jksikbZ gsjsN**
>
> **?kq.k&?kq.k dP;kj gsj;ks] jksikbZ ykxh js**
>
> **igkM+ fljkyk [ksr] jksikbZ ykxh js**
>
> ;g xhr fgytk=k esa jksikbZ u`R; ds nkSjku xk;k tkrk gS blesa [ksrh&ckM+h ls lEcfU/kr fØ;kdykiksa dks iznf"kZr fd;k tkrk gS rFkk bldk pyu papyrk ls ifjiw.kZ gSA

fLFkfr %&

iwoZ vkSj orZeku %&

eq[; :i ls dqekSM+ esa euk;s tkus okyh fgytk=k vkt igys ls Hkh csgrjhu fLFkfr esa gS rFkk ogk¡ ds yksx lEiUu gSa rFkk muds ikl fgytk=k dh lkjh lkexzh miyC/k gSA ;g xk¡o "kgj ds chpksa chp gS vr% lalk/kuksa dh deh ugha gksrh gSA vr% dqekSM+ dh fgytk=k cM+s HkO; :i ls eukbZ tkrh gS ijUrq blds vykok vkSj tgk¡ Hkh fgytk=k eukbZ tkrh gS tSls&ctsVh] dukyhNhuk] FkjdksV] vyxM+k] m.kbZ] cksDVk] Hk.Mkjh xk¡o vkfnA bu LFkkuksa ij lalk/kuksa dk vHkko gS rFkk dHkh&dHkh lalk/kuksa ds vHkko ls fgytk=k dk vk;kstu ugha gks ikrk gSA os"kHkw"kk dh deh jgrh gS rFkk dgha&dgha ij Lokax ¼eq[kkSVs½ Hkh VqVs&QwVs ls ik;s tkrs gSaA vkfFkZd raxh gksus ds dkj.k yksx mls HkO; :i esa ugha euk ikrs gSaA iyk;u dh ekj >sy jgs bu xk¡o esa fgytk=k dks cuus okys fofHkUu ik=ksa dh Hkh deh gksrh gS D;ksafd xk¡o ds lHkh yksx "kgj esa vkdj cl x;s gSa dgha&dgha ij rks gks tksM+h&cSy

rFkk egkdkyh fudkydj gh fgytk=k dks lEiUu fd;k tkrk gS rFkk

dgha&dgha ij rks dsoy xkSjk rFkk egs"oj dks Hkwfe;k nsork ds

efUnj esa budks folftZr vkBw dk lekIr dj fn;k tkrk gS rFkk fgytk=k

dk vk;kstu rd ugha gks ikrkA

fgytk=k

os"kHkw'kk %& fgytk=k dh os"kHkw'kk ds ckjs esa dksbZ Hkh fyf[kr bfrgkl miyC/k ugha gSA vr% ;g dguk fd fgytk=k dh os"kHkw'kk ,slh gh jgh gks FkksM+k lk eqf"dy gSA iqjkus cqtqxksZa ls lquus dks feyrk gS fd ml le; lksj;kyh [kM+h /kksrh cSyksa dks igukbZ tkrh Fkh rFkk Åijh oL= ugha igurs Fks dsoy yky feV~Vh rFkk desV ls "kjhj dks iksr fy;k tkrk FkkA rFkk cSyksa dh rjg xys esa ?kafV;ka vkSj eq¡g ij Lokax ¼eq[kkSVs½ yxk;s tkrs Fks rFkk gkFk vkSj iSjksa esa Hkh yky feV~Vh rFkk desV dks yxk;k tkrk FkkA fgju ds fy, ,d js"keh pknj ihB ij <dus ds fy, rFkk Åijh oL= esa dqrksZa vkSj flus esa ,d lky yxk;k tkrk Fkk rFkk ydM+h ds nks lhax cuk;s tkrs Fks dgha&dgha ij gkFkksa esa ikSath ¼pk¡ih ds cus gq,½ xys esa ekyk rFkk iSjksa esa ?kqa?k: Hkh ckW/krs FksA rFkk gkFk esa ?kqekekÅ¡nkj ykBh Hkh nh tkrh FkhA

gekjs ns"k esa vusd /keZ vkSj muls tqMs+ esys vkSj R;kSgkj lakLd`frd xfrfof/k;ksa dk ,d egRoiw.kZ vax gS vkSj bu ijaijkxr esyksa vkSj R;ksgkjksa dk laca/k /kkfeZd fo"oklksa yksderks LFkkuh; fjfrfjoktksa cnyrs _rqvksa Qlyks vkfn ls gSA gekjs izns"k esa fofHkkUu mRlo gh ugha cfYd viuh fofo/k lakLd`frd ijaijkvks ds dkj.k mUgsa vyx&vyx <ax ls Hkh euk;k tkrk gS fgytk=k muesa ls ,d gSA

fgytk=k %&

dqekÅ¡ e.My ds lksj?kkVh orZeku uked fiFkkSjkx<+ ds dqekSM+ xk¡o es euk;k tkus okyk d`f'k iz/kku eq[kkSVk u`R; dk mRlo gS A dkykUrj esa /khjs&/khjs ;g mRlo lEiw.kZ lksj iV~Vh esa euk;k tkus yxk gSA

fgytk=k dk "kkfCnd vFkZ gS dhpM+ esa fd;k tkus okyk u`R;A loZizFke ;g u`R; dsoy dqEkkSM+ xkao ds yksx gh djrs Fks ijUrq vc /khjs&/khjs ;g lEiw.kZ lksjiV~Vh {ks= esa euk;k tkus yxk gS tSls& dukyhNhuk ¼fljksyh½] ctsVh] vyx<+k] nsoyFky ¼m.kbZ½] FkjdksV bR;kfnA txgksa ij euk;h tkrh gSA

iwoZ bfrgkl %& dgk tkrk gS fd tc lksj iV~Vh es ce jktkvksa dk "kklu FkkA rc pkj HkkbZ egj tks fd vFkkrks ?kqeDdM+ ftKklk izo`fÙk ds Fks mudk vkxeu lksj iV~Vh esa ,sapksyh uked LFkku ij gqvkk ml le; lksj esa ,d ujHk{kh ck?k us vkard epk;k gqvkk FkkA yksxksa dk ?kj ls ckgj fudyuk eqfLdy gks x;k Fkk] yksx tgk¡ Hkh tkrs >q.M ds lkFk tkrs Bhd mlh le; ij bu pkjksa egj HkkbZ;ksa dk vkxeu gqvk rFkk ujHk{kh ck?k us bu ij vkØe.k dj fn;k pkjksa

HkkbZ;ksa us feydj ck?k dks ekj Mkyk ftlls izlUu

gksdj jktk us ¼egj iV~Vh½ bu HkkbZ;ksa dks nku

Lo#i ns nh tks vkt Hkh egj iV~Vh ds uke ls tkuh

tkrh gS rFkk rc ls ;s pkjksa HkkbZ ;gk¡ fd [kqclwjrh

dks ns[kdj ;gh cl x;saA /khjs&/khjs le; fcrrk jgk ;s

pkjkas HkkbZ tks fd ?kqeDdM+ izo`fÙk ds Fks]

?kqers&?kqers ;s ,d ckj usiky igq¡p x;s bUgksus

ns[kk fd ogk¡ ij ,d vn~Hkwr lk eq[kkSVk u`R; gS tks

fd ogk¡ ds LFkkuh; yksxksa }kjk cM+sa g’kksZYykl

ds lkFk euk;k tk jgk Fkk ftls bUnztk=k ds uke ls tkuk

tkrk gS tks fd dkBek.Mw “kgj es euk;k tkrk gSA

tk=k ds i”pkr~ LFkkuh; efUnj esa jkaxk ¼HkSalka½

dh cfy nsus dk izpyu FkkA ijUrq tc jkaxk ¼HkSalka½

dh cfy ds fy;s yk;k x;k rks dksbZ Hkh O;fDr mls

dkVus dks rS;kj ughsa gqvk D;ksafd mlds lhax ihNs

xnZu rd yxs gq;s Fks ftl dkj.k mls dkVuk vlaHko

FkkA jktk us ?kks’k.kk dh tks Hkh O;fDRk bls

dkVsxk mldks eaqg ekaxk bZuke fn;k tk;sxk ijUrq

dksbZ Hkh rS;kj ugh gqvk varr% bu egj HkkbZ;ksa

us mls dkVus dk nkok izLrqr fd;kA jktk us dgk fd vxj

rqe bls ughsa dkV ik;s rks rqe pkjks dh xnZu dkV fn

tk;sxhA vkSj vxj bls dkV fn;k rks eqᶦg&ekaxk bZuke

fn;k tk;sxkA pkjks HkkbZ;ksa us ;q) vkjEHk dj fn;kA

rFkk nks HkkbZ ;q) djrs djrs isM+ ij p<+ x;sa jkaxk

us tSls gh vius xnZu Åij dh vksj ?kqekbZ rks pkjksa

es ls ,d HkkbZ us uhps ls xnZu ij okj djds jkaxk dh

xnZu dks ,d gh >Vds esa flj dks /kM+ ls vyx dj fn;kA

blls [kq”k gksdj jktk us muls iwNk fd vc crkvksa dh

vki yksxksa dh bZuke Lo#i D;k pkfg,A rc pkjas egj

HkkbZ;ksa us ,d yf[k;k Hkwr rFkk uSikyh cSyksa dh

tksM+h ds eq[kkSVs bZuke Lo#i ekax fy,A

rc ls ;s dgk tkrk gS fd fgyyk=k dks egj HkkbZ

usiky ls thrdj yk;s FksA vkSj rc ls ysdj vkt rd dh

fgytk=k dqekSM+ ds egjksa dh fojklr gSA

fgytk=k dh Øekuqlkj izLrqfr

fgytk=k %&

fgytk=k dk "kkfCnd vFkZ gS fdpM+ esa fd;k tkus okyk lewg u`R;] ;g dsoy fiFkkSjkx<+ tuin esa th euk;s tkus okyk d`'kd u`R; gSa xzke dqekSM+ dh fgytk=k loZizFke izdk"k esa vk;hA lcls igys dqekSM+ xzke esa gh fgytk=k dk vk;kstu fd;k x;kA /khjs&/khjs ;g vkl&ikl ds xk¡o esa Hkh euk;k tkus yxk gSA orZeku esa ;g fgyyk=k jk'Vªh; Lrj ij igpku cukus esa vlQy gSA

,slk dgk tkrk gS fd HkknkS ekl es tc cjlkr gksrh gS rks fdlku vius cSyksa ds lkFk /kku dh jksikbZ djus dk dk;Z djrs gSa vr% fgyyk=k esa tks ik= <ks+y&uxkM+ks ds lkFk fofHkUu izdkj dh vfHkO;fDRk;ksa Is ,slk iznf"kZr gksrk gS fd ekuksa [ksrksa esa #ikbZ dk dk;Z py jgk gksa blesa tks Hkh fdz;k&dyki gekjs lekt ds vUnj gksrs gS mudk dgha

u dgha Lo#i fn[kkbZ iM+rk gS tSls cSyksa dh tksM+h] gfy;k] gqDds okyk] iqrkjh ¼efgyk;sa½]?kklokyk] gqM+D;k cksy xkus okyk buds vykok gekjs {ks=h; nsoh&nsorkvksa dks Hkh blesa iznf"kZr fd;k tkrk gSA tSls& egkdkyh ;k vU; dksbZ Hkwfe;k nsorkA fgyrk=k dk eq[; vkd'kZ.k fgju fpRry] yf[k;k Hkwr rFkk egkdkyh gksrs gSA

vk¡Bw %&

Hkknksa ekg esa dqekÅ¡ e.My ds lHkh {ks=ksa es euk;k tkus okyk R;kSgkj gS tc fdlku }kjk cks;s x;s /kku dh [ksrksa esa ckfy;k¡ QwVus yxrh gS rFkk pkjks vkSj gfj;kyh Nk tkrh gS rFkk fofHkUu izdkj ds Qy Qwy rS;kj gks tkrs g tSls&ddM+h] dn~nw] ykSdh] djsyk] ,sjky bl izdkj rS;kj gks tkrs gS rks viuh Qly dh vPNh iSnkokj ds fy, ;gk¡ ds {ks=h; yksx

Hkxoku egs"oj ¼f"ko½ rFkk xkSjk ¼ikoZrh½ ls vPNh Qly dh iSnkokj ds fy, iwtk vpZuk djrs gSA

rFkk /kku ds ikS/kks ls igys fnu xkSjk Lo#i ,d izfrek cuk;h tkrh gS rFkk mls ck¡l rFkk fuxkWyw ls cus <fy;k ds Åij feV~Vh lfgr LFkkfir djrs gS rFkk mls yky pqujh] ihyk diM+k] eqdqV vkfn ls mls ltk;k tkrk gS rFkk xk¡o dh daqokjh dU;kvksa vkSj o`) efgyk,sa feydj mls vkBw ds vk¡xu rd tks fd xkWo ds chpksa&chp ,d lqfuf"pr txg gksrh gS ogk¡ rd xkSjk dk xhr ¼dk¡gs mith ukSyh x¡okjk] dk¡ gS gsX;ks mtkyks½

fgek…py gs mith x¡okjk] xk<+ [ksr gsX;ks mtkyks½

tks fd xk¡o dh lHkh efgykvks }kjk ukprs xkrs gq,s vkBwW ds vk¡xu rd ys tk;k tkrk gS Fkk blds i"pkr~ fQj xkSjk Lo#i izfrek dks vk¡xu ds chpks chp j[k dj rFkk pkjksa rjQ ls xkys ?ksjk ¼gkFk ck¡j/kdj½ vk¡Bw ds xhr xk;s tkrs gS rFkk xk¡o dh o`) efgyk;sa

lcls igys <fy;k dks vius lj ij j[k dj ,d fo"ks'k u`R; djrh gS rFkk ,d fo"ks'k xhr xrh gS rRi"pkr mez ds vuqlkj xk¡o dh lHkh efgyk;sa <fy;ks vius lj ij j[k dj ckjh&ckjh u`R; djrh gSA vkSj xhr xkrh gSA

¼ukfpcks [ksfycks uksyh xokjk¡ nsoh] /ks rsjks dlks ukp½

vkBw¡ xhr&

[kksyns ekrk [kksy Hkokuh] /kje~ dsokM+

D;k ysjNs HksaV iks[ky] D;k [kksyw dsokM+

fn T;wy fu"kku lkWt Y;k;w] rsjk njckj

gs Qwy ikrh dh lsok Y;k;w R;kjk njckj

[kksyns ekrk &&&&&&&

blds i"kr~ xksjks dks xk¡o ds lqfuf"pr ?kj is ys tkdj j[k fn;k tkrk gSA rFkk mlds ckn Hkkkstu ds ckn lkjs xk¡o okys feydj [ksy yxkrs gS rFkk nwljs fnu xkSjk ds lkFk egs"oj dh izfrek Hkh cuk;h tkrh gSA

9

rFkk mlh izdkj vk¡Bw ds vk¡xu esa xkSjk rFkk egs"oj

dks lkFk ysdj vkrs gSa rFkk egs"oj rFkk xkSjk dks

ekSleh Qy vk:] ve:n] ekYVk] ukjaxh p<+k;s tkrs gSa

rFkk vPNh Qly dh dkeuk djrs gq, nksuksa dh iwtk

vpZuk djrs gSaA

lk¡> iM+h lk¡> okyh] ik;k pyh ,suk
vkl&ikl ekSygkj] chp pyh xaxk

;s xhr xkrs gq, lHkh Qyksa ds izlkn ds rkSj ij

forfjr djus dk ,d vukS[kk rjhdk gSA rFkk ,d pknj es

lkjs Qyksa dks ,df=r djds Åij dks mNkyrs gS ,slk rhu

ckj yxkrkj fd;k tkrk gS rFkk rhljh ckj tks Qy ftlds ikl

tkrk gS oks mls izlkn ds rkSj ij vius ikl j[krs gSA rFkk

blds i"pkr~ xkSjk rFkk egs"oj dks xk¡o ds lqfuf"pr

?kj esa j[kk tkrk gSA fQj vkB fnuks rd jkr Hkkkstu ds

i"pkr~ xk¡o ds lHkh yksx vk¡Bw ds rhr xkrs gSA

flyxM+h dk ikyk pkyk] flyxM+h dk ikyk pkyk

lksys lksY;kuh] X;w¡ [kk;k xwuk ys

vkt lcS feyh j;k &2

lksys lksY;kuh vk¡Bw dk gquk ys

l;kus cSy %&

loZizFke cwM+s cSyks dh tksM++h dk vkxeu gksrk gS cqM++s cSy #ikbZ yxkus dk dk;Z djrs gS rFkk izo`fRr ls "kkar gksrs gSA

toku cSy %&

mlds ckn toku cSyks dh tksM+h dk vkxeu gksrk gS buls jksikbZ dk dke T;knk ls T;knk fy;k tkrk gS rFkk ;s dkQh rkdroj vkSj tksf"kys gksrs gSA

NksVs cSy %&

cksM+ks dh tksM+h ¼NksVs&cSy½ dk vkxeu gksrk gS ;s cgqr rhoz xfr ls nkSM+rs gS bUgsa [ksr dh tqrkbZ fl[kkus ds fy, yk;k tkrk gS rFkk gfy;k }kjk ,slk gko&Hkko fd;k tkrk gS fd oks cSyksa dks fl[kk jgk

gS ;s cSy b/kj&m/kj Hkkxrs gS rFkk ,d nwljs foHkkM+ ¼yM+kbZ½ djrs gSA

ej[ok cSYk %&

;g fujadq"k cSy gS rFkk ;g cSyksa dks gfy;kvksa dks rFkk vke turk es ls fdlh dks Hkh lhax ekj nsrk gSa blfy, bls ej[ok cSy dgk tkrk gSA

xY;k cYn %&

;g cSy vdsyk gh vkrk gS rFkk ;s cM+k dkepksj cSy dgyk;k tkrk gS rFkk ;s ckj ckj lks tkrk gSA gfy;k dks [kwc ijs"kku djrk gSA ;g cSy laLd`fr dk izn"kZu djrs gw, xzkeh.k gkLL; dks ifjyf{kr djrk gSA

iqrkfj;ksa dk vkxeu %&

iqrkfj;k¡ vius lkFk <fy;k vkSj MksDds ysdj vkrh gS ftlesa cSyksa ds fy, ?kkl rFkk gfy;kvksa ds fy, Hkkstu ysdj vkrh gSa tc gfy;k Hkkstu djrs gS rks

cSyksa dks Hkh jksd fn;k tkrk gSA rFkk mUgsa gjk

?kkl f[kyk;k tkrk gSA rRi”pkr~ iqrkfj;ksa }kjk #ikbZ

dh vfHkO;fDr dh tkrh gSA

gqDds okyk %&

gqM+fd;k cksy& ,d O;fDr gkFk esa gqM+dk fy;s

vkrk gS rFkk ;gk¡ ds ikjEifjd xhr gqM+D;k cksy dk

xk;u djrk gS tks fd gekjh laLd`fr dk vfHkUu vax gS

^^rYykjs xkM+k&eYykjs xkMk #ikbZ gs jsNA
igkM+ fljkyk [ksr #ikbZ gs jsNAA^^

gqDdk okyk ,d cqtqxZ O;fDr dks iznf”kZr djrk

gS tks gqQM+D;k cksy xkus okys ds lkFk xkk;u djrk

gSA

flUus okyk ¼fcPNq ?kkl½ %&

flUus okyk ,d dsys dss rus esa yÇcs&yÇcs

fcPNq ?kkl cka/k ds ykrk gSA rFkk nksuksa Vkaxksa

ds chp bls QWlkdj b/kj&m/kj ygjkrs gq, lHkh dks

fcPNq ?kkl yxkrk gqvk iwjs eSnku dk pDdj dkV ds

pyk tkrk gSA ;g ?kkl euq'; ds fy, nnZ fuokjd dk dk;Z djrk gSA xk;ksa ds fy, nqX/k dh ek=k dks c<+krk rFkk iksf'Vd djrk gSA

ykVk&ykVh ¼u cksy ldus okyk tksM+k½ &

;s nksuksa ykVk rFkk ykVh ydM+h ds eq[kkSVs igus gq, tks fd fn[kus esa cgqr gh gkL;kLi/k yxrs gS rFkk ;s viuh Hkko Hkaxhekvksa rFkk fo"ks'k igkM+h u`R; ls yksxksa dk euksjatu djrs gS rFkk ;s vkd'kZ.k dk eq[; dsUnz gksrs gSA

egkdkyh %&

uxkM+ksa dh rhoz /ofu ds lkFk egkdkyh ds ik= dk vkxeu gksrk gSA tks fd egkdkyh dk oL= rFkk eq[kkSVk igus rFkk egkdkyh ds tSls gh gko Hkko djrs gq, vkrk gSA lHkh xzkeh.k ekrk egkdkyh ds #i

esa ekurs gSA vkSj budh iwtk vpZuk djrs gSA vPNs LokLF; vPNs Qly dh dkeuk djrs gSA

fgju fpRry %&

fgju fpRry vkd'kZ.k dk eq[; dsUnz gksrk gSA blds fy, vkneh dk fgju dk eq[kkSVk iguk fn;k tkrk gSa vkSj mlds ihNs rhu yksx vk/ks >qds gq, eqnzk esa mlds ihNs yxk fn, tkrs gSA rFkk fgju ds jax ds diM+s ls <d fn;s tkrs gS nwj ls ns[kus ij yxrk gS fd dksbZ cgqr cM+k fgju py vk jgk gSA rFkk dbZ txgksa ij buds ihNs f"kdkjh dks Hkh yxk fn;k tkrk gSA fgju viuh fo"ks'k u`R; dh eqnzkvksa ds fy, tkuk tkrk gSaA bldh iwtk vpZuk xk¡o dh efgykvksa }kjk dh tkrh gSA

yf[k;k Hkwr %&

yf[k;k Hkwr fgytk=k dk lcls eq[; vkd'kZ.k gS bldks ns[kus ds fy, yksx Hkkkjh ek=k esa nwj&nwj ls igq¡iprs gS] ekuk tkrk gS fd yf[k;k Hkwr f"ko }kjk mRiUu ohjHknz gS ;g dkQh mRrsftr rFkk vkdzksf"kr gksrk gS ftl dkj.k blds ihNs nks fo"ks'k f"kox.k ,d eksVh "kkdy¼tathj½ tks fd mldh dej esa cka/kk tkrh gSA rFkk mlds nks fljs x.kksa ds gkFk esa gksrs gSA blls og yf[k;k Hkwr dks fu;af=r djds j[krs gSA yf[k;k ckck ls vk"khokokZn izkIr djus ds fy, yksx nwj &nwj ls dqekSM+ xkoa rd pydj vkrs gS yf[k;k Hkwr dsoy dqekSM+ xzke esa gh euk;k tkrk gSA rFkk blds vykok iwjs fiFkkkSjkx<+ es fgytk=k eukbZ tkrh gSA ij yf[k;k Hkwr dsoy dqekSM esa gh gksrk gSA

fgytk=k es iz;ksx fd, tkus okys ok| ;a= %&

1-¼uxkM+s½ nSu %& nSu uxkMks+ es lcls cM+k uxkM+k gksrk gS blh vkokt Hkkkjh ctunkj rFkk nwjxkeh gksrh gS bldk iz;ksx nsoh ds ftrus Lo#i

gS muds tkxjks es rFkk euq'; vius O;fDrxr
"kqHk dk;ksZa es iz;ksx djrs gSA

2-**nekÅ ¼cksa½ %&** budh la[;k nsu dh {kerk ds
vuqlkj rhu vFkok pkj Hkh gksrh gSA budh
vkokt nSu dh eqdkcys rh[kh rFkk nwjxkeh
gksrh gS rFkk budh /ofu euq'; dks mRrsftr djrh
gSA rFkk nsorkvksa dk vkgoku djrh gSA

3-**HkkSadj ¼nqunqch½ %&** bldk iz;ksx nsorkvksa
dks tkx`r djus ds fy, fd;k tkrk gSA bldh /ofu
"ka[k ls feyrh gS ijUrq xaHkhj gksrh gS ;s yEcs
rFkk "kadq vkdj ds gksrs gS

4-**gqM+dk %&** bldk iz;ksx eq[; #i ls xaxukFk ds
tkxj rFkk Nisyh u`R; vkSj >ksM+k pkpjh esa fd;k
tkrk gSA vkSj gqM+D;k cksy rFkk xqM+ksyh
esa fd;k tkrk gS bldk vkdkj f"ko ds Me# tSlk
gksrk gSA gqM+ds dks cM+s gYds gkFkks ls
ctk;k tkrk gSA

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dk gs mith ukSyh x¡okjk] dk gs gsX;ks mtkyks

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;g xhr xkSjk xhr ds uke ls izfl) gS rFkk ;g xhr dsoy o'kZ esa ,d ckj tc vk¡Bw dk R;kSgkj gksrk gS rc xk;k tkrk gS bldh xk;u "kSyh >ksM+k vkSj pk¡pjh ls feyrh gS rFkk bldk Lo:i rFkk bldk pyu pk¡pjh tSlk gh izrhj gksrk gSA

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egs"oj dks Hkwfe;k nsork ds efUnj dh vksj ys tkrs

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Ük`axkj jl dk vf/kd iz;ksx fd;k tkrk gS rFkk bl xk;u "kSyh esa nksgjs ¼okn] fookn½ djus dk Hkh izpyu gS rFkk okn&fookn ds }kjk gkj&thr dk fu.kZ; gksrk gSA

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,d iR;k caxu] /keks /kqLlk] f} iR;k gksX;ku~ /keks /kqLlk

rhu iR;k gsX;k] /keks/kqLlk] pkj iR;k gksX;ku] /keks /kqLlk

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xkSjk rFkk egs"koj dks tc foltZu ds fy, ys tkrs gSa rc efUnj esa izks"k"k djrs gh ;g xhr xk;k tkrk gS vkSj

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