

# 1½ gkbMkfyDI ¼ty foKku½

vfXu'keu vf/kdkjh dks vi us drD; ikyu ea ?kVukLFky ij ikuh dh miyC/krk grq vuod l eL; kvka dk l keuk djuk iMrk gS rkd 'kh/kz , d l perker l s vfXu'keu dk; Z l Ei kfnr fd; k tk l dA tS s fdl vix ij fdrus ikuh dh vko'; drk iMxh] dgk l s ikr djuk gS fdl V&l ea fdrus ikuh gS ml s fdrus l e; rd iz kx fd; k tk l drk gS gkst ikbi l s ikuh iEi djrs l e; D; k&D; k l eL; k; a gkxch bR; kfn&bR; kfnA vr, o vfXu'keu vf/kdkjh dks gkbMkfyDI ¼ty foKku½ dk Hkh Kku gkuk vko'; d gA Qk; j l foL ea gkbMkfyDI ml foKku dks dgrs gS ftl ea fLFkj ; k cgrs gq ikuh ds l Ecu/k ea v/; ; u fd; k tkrk gA

okLro ea ikuh nks xS ka l s feydj cuk gA bl ea nks Hkx gkbMkstu , oa , d Hkx vkDI itu gAbi dk jkl k; fud l = H2O gA ; g xS a feydj tc ikuh dk : i ys yrh gS rc blga l jyrk l s vyx ugha fd; k tk l drkA , d yhVj ikuh dk Hkx 1 fdxkE gkrk gS vkSj , d /ku ehVj ikuh dk Hkx 1000 fdxkE gkrk gA ; fn ikuh ea dkbz feykoV gksxh rks Hkx c<+ tkrk gA ikuh 0 fMxh l dVhxM/ ij te tkrk rFk 100 fMxh l dVhxM/ ij [kSyus yxrk gA 'kə ty jaxghu,] xU/kghu] Loknghu rFk ikjn'Zd nD; gS ftl ea nD ds l eLr fo'kSk xqk gkrk gA tS s %&

fuf'pr vk; ru vfuf'pr vkdkj %&  
nD inkFkkZ dk vk; ru rks fufpr gkrk gS ij l r q budk vi uk dkbz vkdkj ugha gkrk ftl crZu ea ; g j [kS tkrS gA ml h dk vkdkj xg.k dj yrs gA

nDka dk ncko %&  
Tkc nD dks fdl h crZu ea j [krs gA rks nD Hkjus okys crZu dh nhokjka ij ncko iMrk gA bdkbz {kS=Qy ij yxus okys cy dks ncko dgrs gA

## i kuh ds ncko l Ecu/kh fl ) kur

- 2-1½ ikuh dk ncko ry ij yEcor-dk; l djrk gA ; fn ikuh dks fdl h crZu ea Hkx fn; k tk; s rks og crZu dh nhokjka dksckgj dh vkSj nckrk gS vkSj ; g ncko iR; d fn'kk ea yEcor-dk; l djrk gA
- 2-2½ fLFkj ikuh dk ncko iR; d fn'kk ea l eku : i ea gkrk gA
- 2-3½ fdl h V&l l s Hkjs ikuh ij ; fn ckgj dh vkSj l s ncko Mkyk tk, rks og iR; d fn'kk ea l keku; : i l s iMrk gA
- 2-4½ fdl h [kys V&l ds ins ij iMus okyk ncko V&l ea ikuh dh xgjkbl ds vuq kj gkrk gS ; kfu ikuh ds LrEHk dh ApkbZ ftruh vf/kd gkrh gS ry ij mrug gh vf/kd ncko iMrk gA
- 2-5½ fdl h [kys V&l ds ins ij iMus okyk ncko /kuRo ds vuq kj gkrk gA
- 2-6½ fdl h V&l ds rys ij iMus okyk ncko V&l ds vkdkj l s LorU= gkrk gA ikuh dh mijkDr fo'kSkrvka ds dkj .k vfXu'eu vf/kdkjh dks cgr l s dk; l djus l jy gks tkrS gA

## i kuh dk vk; ru vFkok i fj .kke Kkr djuk

- 3-1½ fdl h vk; rkdj LFku ea Hkjs ikuh dh ek=k yhVj ea Kkr djus dk l = yEckbz yehVj eS x pkmkbZ/ehVj eS x xgjkbl/ehVj eS x 1000A ikuh dk Hkx ftruk yhVj ikuh gksxk mrug gh fdykskte Hkx gksxk D; kfd , d yhVj ikuh dk Hkx , d fdykskte gkrk gA
- mnkgj .k %&, d LVSVd V&l 15 ehVj yEck 10 ehVj pkmk vkSj 8 ehVj xgjk gS rks ml ea ikuh dh ek=k crkb; A
- mijkDr fu; ekud kj vFkok y0 x pK0 x x0 x 1000 yhVjA ikuh 15 x 10 x 8 x 1000= 1]20]000yhVj ikuh

mngj.k %2

; fn Vd 4 ehVj yEck 3 ehVj pMk rFkk ml ea 2 ehVj i kuh Hkjk gS rks i kuh dh ek=k gksxh %

$$4 \times 3 \times 2 \times 1000 = 24000 \text{ yhVjA}$$

lkkuh dk Hkkj gksxk 24000 fdysxke

3-2½ <yvk ry okys vk; rkdj Vd dh ek=k Kkr djus dk l = %

Yk0 x pD/ehVj ea x , d vkj dh xgjkbl \$ ml jh vkj dh xgjkbl / 2 x 1000 = yhVj i kuh

mngj.k 3 % , d Lohfax i y 50 ehVj yEck vkj 20 ehVj pMk gbg , d vkj 6 ehVj o ml jh vkj 10 ehVj xgjk gS rks ml ea i kuh dh ek=k crkb; A

mi jkDr fu; ekuq kj vFkok y0 x pD x %xgjkbl 1 \$ xgjkbl 2½ / 2 x 1000 = 50 x 20 x %\$10% 2 x 1000 yhVj = 50 x 20 x 8 x 1000 = 800000 yhVj

3-3½ xsykdj LFkku ea Hkjs i kuh dh ek=k Kkr djus dk l = %

(i)  $\pi r^2 \times H \times 1000 = \text{yhVj}$

gM& i skj dks eki us okys LFkku l s i kuh dh Apkbl dks gM dgrs gS vkj ; g ehVj ea crk; k tkrk gA

(ii)  $\pi \times D/2 \times D/2 \times H \times 1000 = \text{yhVj i kuh}$

$$22/7 \times D^2/4 \times H \times 1000 = \text{yhVj i kuh}$$

$$22/7 \times D^2 = D^2 \times .7857 \text{ i jllrq l j yhdj .k grq bl s 0.7854 fy [krs gA}$$

$$\text{bl i zdjnl jk fu; e \& M; ehVj}^2 \times 0.7854 \times \text{xgjkbl ehVj} \times 1000 = \text{yhVj i kuhA}$$

mngj.k % xsy Vadh dk M; ehVj 8 eh0 gS ml ea 7 eh0 i kuh Hkjk gS rks i kuh dh ek=k crkb; A

$$1 \text{ xsy Vadh ea i kuh dh ek= } \pi r^2 \times H \times 1000 = \text{yhVj i kuh}$$

$$22/7 \times 4 \times 4 \times 7 \times 1000 = \text{yhVj i kuh}$$

$$\text{Or } D^2 = 0.7854 \times \text{xgjkbl} \times 1000$$

$$= 8 \times 8 \times 7 \times 0.7854 \times 1000$$

$$= 351859.20$$

$$= 351859.00 \text{ yhVj}$$

fdl h gkst vFkok i kbi ea i kuh dh ek=k Kkr djuka

fdl h gkst vFkok i kbi ea i kuh dh ek=k Kkr djus ds fy, vko'; d gS fd gkst/i kbi dk 0; kl

rFkk ftruh yEckbl ea i kuh dh ek=k Kkr djuh gks dk i rk gkuk pkfg, A ; fn D ehVj 0; kl okys

gkst ftI dh yEckbl Lgkj ea i kuh dh ek=k Kkr djuh gks rks &

$$= \{s=Qy \times \text{yEckbl} \times 1000 = ; gk\}$$

$$= \pi/4 \times D^2 \times L \times 1000 \text{ yHvj} = D - \text{ehVj}$$

$$= 22/7 \times 1/4 \times L \times 1000 \text{ yHvj} = L - \text{ehVj}$$

$$= 7854 \times D^2 \times L \times 1000 \text{ yHvj} = 1 \text{ ehVj}^3 = 1000 \text{ ehVj}$$

mngkj .k 1 -70 feyhehVj MkbhehVj dh25ehVj gkst ea fdruk i kuh vk; sxk \

fu; ekuq kj

; gkj D = 70 feeh ; k 70/1000 ehVj

$$L = 25 \text{ ehVj}$$

$$Lk = 0.7854 \times D^2 \times L \times 1000 \text{ yHvj} \text{ dk iz; kx djus ij } 70 \text{ feyhehVj MkbhehVj ds } 25 \text{ ehVj yEckbz}$$

gkst ea i kuh dh ek=k

$$= 0.7854 \times 70/1000 \times 70/1000 \times 25 \times 1000 = \text{yHvj} \text{ i kuhA}$$

### Ikkuh dk i s'kj vksj gM

Ikkuh ds nkc l Ecl/kh fl ) kUrka l s Kkr gqvk gS fdl h [kqys Vsd ds ins ij i Mus okyk ncko Vsd ea i kuh dh xgjbz ds vuq kj gkrk gS ; kfu i kuh ds LrEHk dh Apkbz ftruh vf/kd gkrh gS ry ij mruk gh vf/kd ncko i Mrk gA; fn , d ehVj yEcj , d ehVj pkmS vksj , d ehVj xgjs fdl h Vsd ea i kuh Hkj fn; k tk, rks ml i kuh dk Hkkj crLu ds Hkkj dks Nkm+ 1000 fdykskte gkrk gA bk l kjs i kuh dk Hkkj Vsd ds ins ; kfu 1 oxL ehVj ij i Mrk gA vr% ifr oxL l ehã ij i kuh dh Apkbz 1 ehVj gksxA

4.1½ nkc ¼i s'kj ½ %&

, d oxL l eh ij i Mus okys i kuh ds Hkkj gh dks nkc ; k i s'kj dgrs gA vksj ; g nkc fdykskte / oxL l eh ; k U; W u ehVj<sup>2</sup> ea crk; k tkrk gA

i Ei dh dk; Z {kerk :- i Ei dks pykus ds fy, fdl h ckgjh 'kDr dh vko'; drk i Mrh gS tks fd batu] byfDV'd ekVj bR; kfn gA Qk; j l fol ds i Ei l kekl; r: b.Vjuy dEo'pu batu l s gh pyrs gA batu }kjk fodfl r 'kDr dks v'o'kDr l s rgyuk djrs gA vr, o ; gkj dN oKkfud ifjHkk'k; a tkuuk vko'; d gA

4.2½ dk; Z ¼od½ % foKku ea dk; Z dk iz; kx l nk cy yxkus ij gq foLFkki u ds l UnHkz es gkrk gA

dk; Z dh ek=k yxk; s gq cy ds dkj .k oLrq }kjk pyh xbz njih ds xqkuOy l s uki h tkrh gA

4.3½ 'kDr ¼i koj ½ % fdl h dk; Z drk ds dk; Z djus dh nj dks ml dh 'kDr dgrs gA ; fn dk; Z ds

ml ifj.ke ds cjkcj gkrh gS ftl s ftl s dk; Z drk bdkbz l e; ea drk gA

### ca d gkl Z i koj ¼ch-, p-i h-½

batu dh Mkbfoax 'kkV dks ?kpus okyh 'kDr ea vojvk njih djus gsrq v'o 'kDr ds fodfl r #i dks ca d gkl Z i koj dgrs gA batu ds fl fy.Mjka dh l [; k ml dh /kkfjrk , oa batu ds ?kpus dh xfr ij fuHkj djrh gA

bl iðkj ; fn ifr feuV iEi fd; s tkus okyh ikuh dh ek=k vksj iEi iðkj Kkr gks rks ifr feuV Qads tkus okys ikuh ds gm vksj ikuh ds Hkkj dks vki l ea xqkk djds ml s 33000 ea foHkkftr dj nus l s okVj gkl Z ikoj Kkr fd; k tk l drk gA

## iEi dh dk; Z {kerk ¼i Ei , Qhfl , l h½

iElk dh dk; Z {kerk okLro ea batu ea yxh 'kfdR vksj ml ds }kjk fd; s x; s dk; Z dh fulifr dks dgrs gAbl dks 100 l s xqkk djds ifr'kr ds #i ea inf'kr djrs gAml js 'kCnka ea iEi dh dk; Z {kerk okVj gkl Z ikoj cæd gkl Z ikoj ds vuq kr dks dgrs gA

iku h dks gkst ikbi ea cguk% ikuh dk gkst ikbi ea cguk Hkh osx ds fu; e ij vk/kfjr gS ml s oLrq dk osx dgrs gA osx dk ek=d ehVj ifr l dsM gA fdl h gkst ikbi ea l s cgus okys ikuh dk osx Kkr djus ds fy, fuEukfdr l = gA &

### fYD'ku ykll &

iku h tc fdl h ikbi ea cgrk gS rc ml ikbi dh Hkhrjh l rg l s jxM+ dj pyr k gA bl jxM+; k ?k'k.k ds dkj.k ml ds cgus dh 'kfdR ij Hkh vl j iMrk gA gkbMkfyDr l ea bl s fYD'ku ykll dgrs gA

?k'kZ k ds dkj.k nkc ¼i s kj½ ea deh gkus ds emy fu; e fuEu gA -

5-1½ fYD'ku ykll gkst ikbi dh yEckbz ds l ekuij kr gkrk gS vFkkR- tS tS S gkst ikbi dh yEckbz<rk tk; xhfYD'ku ykll Hkh ml h vuq kr ea c<xka

5-2½ fYD'ku ykll ] ikbi dh MkbhVj ds {s=Qy dk mYVv gkrk gS vFkkR- cM s MkbhVj ds gkst ea de rFk Nks/s MkbhVj ds gkst ea vf/kd fYD'ku ykll gkrk gA

5-3½ gkst ikbi ea ikuh ds osx ds c<us ij ml ds oxkLud kj fOD'ku ykll Hkh c<rk gA ; g cgr gh egROI wZ fu; e gA ; fn ikuh dk osx vk/kk jg tkrk gS rks fOD'ku ykll nks xqk gks tk, xka

5-4½ fOD'ku ykll gkst ikbi dh cukoV ij fuhkj djrk gS vFkkR- gkst ikbi ds Hkhrj ds [kj njs u vksj fpdus u ds dkj.k Hkh fOD'ku ykll /Vrk&c<-rk gA j c j ykbUM gkst ea dsuol l s de gkrk gA 0; ogkfjd : i ea fOD'ku ykll iðkj l s LorU= jgrk gA mijkDr fu; eka ds vuq kj gkst ikbi ea fOD'ku ykll Kkr djus ds fy, cgr l h ckrka dk /; ku j [kuk iMrk gA tS s iEi fdrus iðkj l s dk; Z dj jgk gS dks l k cklp yxk gS j c j ykbUM gkst gS ; k dsuol br; kfnA

### osx vksj ncko %&

tc ikuh iEi l s fudyrk gS rks bl ea nkc gkrk gS tks gkst ikbi ea iðs'k djrs gh osx ea ifjofrR gks tkrk gA bl iðkj iEi l s mRi l u ÅtkZ dñ osx ea rFk dñ nkc ea cæ/ tkrh gS os s ns[kk tk; s rks ; g ifjorZu gkrk gh jgrk gS tS s ; fn iEi dfl æ ikuh l s ijk Hkjk gks , Ei syj rhoz xfr l s /kæ jgk gks vksj iEi ds fMyojh vkmVys/ dk okYc Hkh can gks rc iEi ea mPp nkc iðV gkrk gS ijLrq osx dñ ugha gkrka tS s gh iEi dk fMyojh okYc [kksyk tkrk gS vksj ikuh gkst ea cgus yxrk gS rc dñ nkc osx ea cny tkrk gS vksj iEi dk c<k gqk nkc Hkh /kVus yxrk gA

gkst ds fl js ij yxs cklp vksj ukty dk dk; Z vxk cækus ds fy, mi ; Dr p/hyh /kj Qadrk gS vksj ; g dk; Z cklp }kjk i p% nkc dks cnyus ij l Ei l u gkrk gA nñ js 'kCnka ea ikuh ds fudkl }kj dks Nks/k djus l s osx c<+ tkrk gA

i kuh ds fudkl LFkku dks NkV/k dj ys tkus l s osx c<rk tkrk gA 0; ogkfjd #i l s Hkh ; g rF; cgr dk; l djrk gA batDVj iEi] , DtkLVj] batDVj] ikbfæx fl LVe] buykbtj b.MDVj bl h fl þkUr ij dk; l djrs gA

### okVj gæj &

gkbMIV] iEi ds vkmVyV okYo 'kV vKW Vki ukt dks /khj&/khjs [kksyus o cUn djus ds fy, dgk tkrk gS rkd okVj gæj l s cpk tk l d] ftl l s gkst ikbi D; k okVj eVl fQfVæ rd cLVZ gks tk; k djrs gA , d k D; ka gkrk gS bl s l e>uk Hkh vko' ; d gA  
i kuh tc fdl h ikbi ea xfr'khy gkrk gS rc ml dh l gfr] Hkkj vkj osx l Hkh dk; l djrs gA oSkfud #i ea dgk tkrk gS fd fdl h oLrq dh xfrt mtkz oLrq dh l gfr] vkj osx ds xq ki QYk dk vk/kk gkrk gA

xfr'khy oLrq dks , dne jkdus ij ml dk osx cgr rsth l s c<rk gA ; g fl þkUr ikbi ea rhozk l s cgrs i kuh dks , dne jkdus ij ykxw gkrk gA cgrs gq i kuh dh xfrt mtkz rjUr iðkj , uthz ea ifjofr gks tkrh gA

ftl s iEi vkj ikbi dks l gu djuk i Mrk gA ; g vpkud >Vdk bruk rhoz gkrk gS fd l kElk ; k ykbu Hkh {frrLr gks tkrh gA bl >Vds ; k iðkj dh ygj dks okVj gæj dgrs gA

bl hfy, ; g dgk tkrk gS fd pktj gkst ds Åij l s Hkkjh xkfM+ kW ugha fudyus nuuk pkfg, A 'kV vKW ukty dks /khjs l s cUn djuk pkfg, A gkbMIV dks Hkh /khjs/khjs cUn djuk pkfg, A

### ukty fMLpktZ &

vfXu'keu vf/kdkjh dks ; g tkuuk Hkh vko' ; d gS fd fofHku iðkj ds uklt y iz, ksx djus ij fdl l s fdruk i kuh ifr feuV fMLpktZ gksxA

### tV fj, D'ku &

tc uklt y l s i kuh fudyrk gS rc uklt y iðkj ds vuq kj foi jhr ifrfØ; k gkrh gS ; kfu ftrus iðkj l s uklt y l s vkxs dh fn'kk ea tkrk gS mrus gh cy l s Qk; j eSu dks i hNs dh vkj /kDdk yxrk gA vr% ckUp i dMæus okyka dks Hkh bl ifrfØ; k ds foi jhr cy yxkuk i Mrk gS bl ifØ; k dks tV fj, D'ku dgrs gA

okLro es uklt y l s i kuh fudyrs gh ; g ifØ; k gkrh gA /kkj ds ikl ea gh fdl h LFkku ij Vdjkus ; k u Vdjkus l s bl ifrfØ; k ij dkb i Hkko ugha i Mrk gA yMj ds gM ij ckUp eSu ds dk; l djrs l e; ; fn /kkj nhokj ij i Mrh gS rks ml l s ckUp eSu ij dkb i Hkko ugha i Mæxk cfYd tV fj, D'ku ds dkj .k yMj i hNs dh vkj gBrh i rhr gksxA

NkVh ckUp ea de fj, D'ku gkrk gA vr% , d 0; fDr gh ml s vius cy l s l Hkkly l drk gA ijUrq cMh ckUp ea vf/kd fj, D'ku gkrk gS QyLo#i ml s vf/kd 0; fDr; ka }kjk i dMæus dh vko' ; drk i Mrh gA Hkys gh nkæus ckUpka dk osx , d gh gkA bl dk dkj .k ; g gS fd NkVh ckUp l s FkkMk i kuh fudyus ds dkj .k ml i kuh dk FkkMk Hkkj gh ifr l ds M i Mrk gA vr% , d 0; fDr }kjk ml ds foi jhr cy yxkus ea dkb dfBukbz ugh gkrh ijUrq cMæ vkdkj dh ckUp ea vf/kd i kuh fudyus ds dkj .k vf/kd Hkkj l gu djuk i Mrk gA vr, o ; k rks i dMæus ds fy, , d l s vf/kd 0; fDr gka vFkok bl ifrfØ; k dks l e>us ds fy, dkb vU; vk/kkj tS s ckUp gkMj vkfn iz, ksx djuk i Mrk gA

eSVd iz kkyh ds dQn fu; e fullufyf[kr gS

, d ?ku 1/2; fcd½ eh- i kuh dh ek=k = 1000 yh gksxA rFkk Hkkj 1000 fdyksxe gksxA

## 2½ iEi , .M ikbej

mns; % ifj{kfkFk; ka dks Qk; j l fo7 dh e'khuka ls ifjfr dkjuk fofHkuu izdkj ds iEi ka dk fooj.k mudh dk; Z izkkyhA

\*ikbejh\* dk vFk7 mudh dk; Z izkkyh fofHkuu izdkj ds ikbfeax fl LVe] LySM iEi xStst , oa vk/kfud e'khuka dk ifjp; djuk gA

iElk Qk; j l fo7 dh vko'; d e'khu gS tks vfxu'keu ea egRoiwz LFkku j [krh gA bl e'khu dks ges'kk mPp Lrj ij jguk vfuok; Z gA bl dk l gh o l p# #i l s l pkyu ns[k js[k , oa l e; l e; ij ijh{k.k vko'; d gA rkd fdl h Hkh l e; bl l s dke fy; k tk l dA fdl h Qk; j LV'sku dh dk; [kerk e'khuka ds Lrj l s Hkh i Hkkfor gsrh gA

iElk pykus okys dks iEi vkijvJ dgrs gA iElk vkijvJ dks viuh e'khu ds l Ecl/k ea iwz Kku gkuk pkfg, A mudh l pkyu fdl ns[k js[k , oa ifj{k.k l Ecl/kh fu; eka dk Kku vko'; d gA iEi ml e'khu dks dgrs gA t<sup>o</sup> fdl h ckgjh 'kDr l s pykbl tkrh gS vkj viuh fo'ks'k cukov }kjk rjy inkFkz dks rsth l s cgu dh 'kDr inku djrh gA ; g ckgjh 'kDr euq; ds gkFka }kjk gks l drh gA t9 s gsM iEi LVi pyk; s tkrS ga vFkok i v/ky batu ; k fctyh dh gks l drh gA

l 9) kflrd #i ea iEi 5 izdkj ds gkrs gA A

1- Qkd iEi

2- fyqV iEi

3- cdv , .M lyatj iEi

4- jkVjh iEi

5- jkflVd ; xku iEi

6-1½ Qkd Z iEi % ; g iEi fipdkjh dh Hkkir dk; Z djrk gA xskydkj LFkku ea Vkd fi LVu ds [khpus ij gok dks [khp rkFk nckus ij gok dks ckgj Qad nrk gS A l kjh gok fudy tkus ds lk'pkr- ok; q e.My ds ncko ds dkj.k ikuh cJy ea vk tkrk gS vkj ncko iMus ij ckgj fudyus yxrk gS A gok vkj ikuh i os'k djus ds ekz buyv vkj ckgj fudyus ds ekz dks vkmVyv dgrs gA A ; g nkaus ekz vyx vyx gkrs gA A iR; ad ea , s k izcl/k gkrk gS fd vk; k gvk ikuh okil vlnj ugha gkrk ; kfu buyv ea vk; k gvk ikuh okil ckgj ugha tkrk rFk vkmVyv l s fudyk ikuh fQj okil vlnj ugha tk l drk A ; g izcl/k ukufLVfuax okYo }kjk fd; k tkrk gA i v/ky batu ea , E l ha iEi bl h izkkyh ij dk; Z djrk gS A Mk; QkeZ fi LVu dk dk; Z djrk gA

6-2½ fyqV iEi %og iEi Hkh mijkDr iEi dh Hkkir gkrk gS ijUrq bl dk fi LVu Bkd u gkdj chip ea i sky gkrk gS rFk ml ea ukufjVfuax ckup yxk gkrk gS A iEi ds buyv ij Hkh ukufjVfuaxokYo yxk gkrk gA tc fi LVu dks Aj [khp rs gS buyv dk okYo [ky tkrk gS A fi LVu dk okYo cln gks tkrk gS vkj fi LVu l kfyM fi LVu dk; Z djrs gq gok dks [khp rk gS tc fi LVu dks okil nckrs gS buyv dk okYo cln gks tkrk gS vk/ks fi LVu dk okYo [ky tkrk gS A QyLo#i vk; h gpZ gok ckgj u tkdj fi LVu ds chip ea l s fudy dj ml jh vkj pyh tkrh gS A bl h vkj iEi dk vkmVyv gkrk gA vr, o gok fi LVu dh ml jh gjdr ij vkmVyv ckgj fudy tkrh gS A bl h izdkj fi LVu dbZ gjdrka l s iEi l s gok fudy tkus ds lk'pkr- iEi ea ok; q e.My ds ncko l s ikuh vkus yxrk gS vkj fi LVu dk ncko ikdj ckgj fudyus yxrk gA

iku ds gsM iEi bl h izkkyh ij dk; Z djrs gA A

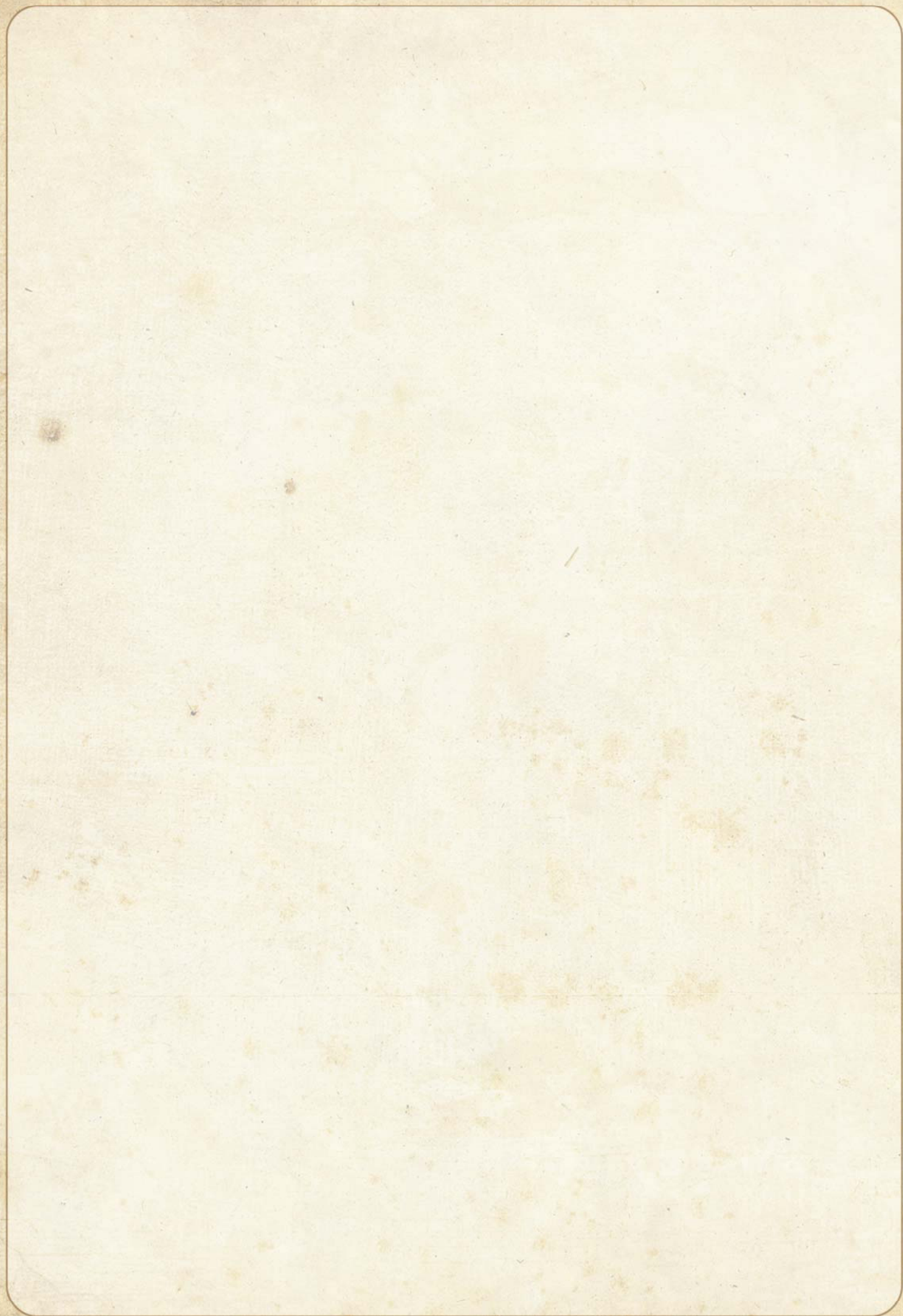
6-3½ cdV , M lyatj iEi % mijkDr dks ZiEi vks fyqV iEi nksuka dks feyk dj cdV , M lyatj iEi curk gA bl dk fiLVu Hkh chp ea [kks[kyk gksdj ukufjVfuax okYo l s cln jgrk gS A buyV l s Hkh ukufjVfuax okYo jgrk gS A [khpus o nckus ij ml h izdkj ikuh Qadrk jgrk gS A bl ea vksj fyqV iElk ea dny ; g QdZ gkrk gS fd fyqV iEi ea fiLVu , d iryh NM+ ds l gkjs Ajj uhps gkrk gS tcf d cdV , M lyatj Vkbi iEi dk fiLVu eksVs ikbi ; k lyatj l s cakk jgrk gS A ; g eksV ikbi Lo; a txg ?kj dj ikuh ea ncko i nk djrk gS A vksj vkmVyV l s ikuh rsth l s fudyrk gALVi iEi ea cdV , M lyatj VkbV iElk gh dk; Z djrk gS

6-4½ jkVjh iEi %bl ikbi ds iEi ea , d pEcj %dksB ds vUnj ?kkrq ds cus nks fo' ksk izdkj ds pDds xksykbz ea ?kners ga vksj rjy inkFkZ dks , d vksj l s [khp dj ml jh vksj /kdsydj ckj Qadrk ga AiVky batu ea vk; y l jD; wsvax ds fy, bl h izkkyh ds iEi yxs gkrs ga

6-5½ l VhQ; wky iEi %bl izdkj ds iEi eafdl h fiLVu lyatj ; k jkM dh vko' ; drk ugha cfYd ; g l VhQ; wky Qks l izkkyh ij dk; Z djrk gA iR; ad pDdj dkVrh gpZ oLrq dks vi us pØ ds dny l s nij Hkxus dh izdfr gksh ga bl h dks l Vhi ; wky Qks l dgrs ga , d fo'ksk izdkj dk xksy pDdk , d /kjh ij rsth l s /nerk ga ; g pDdk vUnj l s [kks[kyk gkrk gS rFkk dny ij , d vksj FkkMk [kkyk jgrk ga bl s bEisyj dgrs ga

bEisyj vi us dny ea feys ikuh dks /knes dh xfr l s ifj/k dh vksj rhoark l s pkjka vksj Qadrk ga bl pDds %bEisyj) dks , d fo'ksk izdkj ds dksB (pEcj ea cln j [krs ga ftl ea dny , d vksj ikuh fudyus ds fy, vkmVyV gkrk ga bl dksB ; k pEcj dks bEisyj gkmfl ax dgrs ga bEisyj gkmfl ax ea rst xfr l s Qadk x; k ikuh ncko ; Dr gksdj vkmVyV fudyrk ga bl izdkj ds iEi ea gok dks [khpus dh {kerk ugha gksh cfYd bl ds bEisyj rd fdl h izdkj ikuh igpkuk i Mfk ga bl ikuh dks bEisyj rsth l s cgus dh 'kfdR inku djrk ga bEisyj ea ikuh igpkus ds nks l k/ku gkrs ga

1½ iEi dks ikuh ds ycy ds uhps yxk; k tk; s rkd ikuh vi us vki cgdj iEi ds buyV rd igp tk; s bl s xfoVh fQVax dgrs ga





2½ tc ikuh dk ycy iEi l s u hps gks rc ok; qe. My ds nco l s ykHk mBk; k tkrk gA bl iz kkyh ea ikuh dh l rg l s iEi buyV rd ds LFkku ; kfu l D' u i kbi dh gok dks [khp dj gok l s 'kU; dj fn; k tkrk gA l D' u ds pkjka vksj ikuh ds l rg ij gok dk nco i Mfk gA QyLo: i bl nco l s ikuh l D' ku l s gkrk gvk bEisyj rsth l s cgus dh 'kDr inku djrk gA l VhQ; ky iEi cukoV l s l jy] dk; Z {kerk ea mRre gkrk gA A bl s gj izdkj ds batu ds l kFk fQV fd; k tk l drk gA vkmVysV dks i wZ : lk l s cln djds Hkh bl s pkyw j [kk tk l drk gA vkt dy iR; d iEi ea l VhQ; ky iEi dk gh iz; kx fd; k tkrk gA

## i kbfeax fl LVe

og dk; Z iz kkyh gS ftl ds }kjk l D' u vksj iEi dfl ax ds vlnj dh gok [khp dj ckgj dj nh tkrh gS vksj ml ea 'kU; (OkD; e) cu tkrk gA QyLo: lk ok; qe. My ds nco l s ikuh l D' u l s gkrk gvk iEi dfl ax , oa bEisyj rd gok l s 'kU; LFkku dks Hkjrk pyk tkrk gA

Qkd Z iEi] fyV iEi] cdV , M lyatj iEi vksj jkVjh iEi ; g dk; Z Lo; a dj yrs gA vr, o blga l VQ i kbfeax iEi Hkh dgrs gA ijUrq l Vhi ; ky iEi ea gok dks [khp us dh {kerk ugha gkrh A vr% ml ds buyV rd ikuh igbkus ds fy, vFkok l D' u vksj iEi dfl ax dh gok [khp us ds fy, vyx l s i kbfeax iz kkyh dh 0; oLFkk djuh gkrh gS ftl s l i yhea/h i kbej dgrs gA l S; k fUr d #i ea i kbfeax fl LVe Hkh i qp izdkj ds gkrs gA %

- 1- fjfl i h d f Vax i kbfeax fl LVe
- 2- jkVjh Vkbi i kbejh fl LVe
- 3- , D tk LV bt DVj i kbfeax fl LVe
- 4- e sh Qk VM b. MD' kui i kbfeax fl LVe
- 5- okVj l ksy i kbfeax fl LVe

### 1) fjfl i h d f Vax i kbfeax fl LVe &

bl izdkj ds i kbej ea , d ; k nks fl LVuka okys Qkd Z iEi yxs gkrs gA buds buyV] i kbi }kjk eq; iEi dfl ax l s l EcfU/kr jgrs gA ; s iEi fOD' u Dyc vFkok fOD' u Vkbc thy iz kkyh }kjk eq; iEi dh Mkbfoax l kV] }kjk gh pyrs gA vko'; drk i M us ij , d yhoj }kjk i kbej dks pkyw dj ds l D' u o iEi dfl ax dh gok [khp yh tkrh gA iEi buyV rd ikuh igpus vFkok bEisyj }kjk ikuh i dM+ yus ds rjUr ckn ml h yhoj }kjk iz kkyh dks Mkbfoax l kV] l s vyx dj ds cln dj fn; k tkrk gA fjfl i h d f Vax i kbfeax fl LVe dh gok [khp us dh {kerk vU; iz kkyh; ka l s mRre gkrh gA batu ij Hkh fdl h izdkj Hkkj ugha i Mfk ; | fi e' khu Hkkjh Hkj de gkrh gA

### 2) jkVjh Vkbi i kbejh fl LVe &

bl izdkj ds i kbej ea , d fo' k'k vkdkj ds dl fyax ea , d csyukdkj jkV/k ?merk gA jkVj ea [kk]bs cus gkrs gA bu [kk]ka ea fQl yus okyh i Vfv; kW%dkV/2 i Mh gkrh gA tks jkVj ds ?neus ij ckgj dh vksj fQl ydj dfl ax l s Nirh gpb? ?nerh gS rFkk vi us l kFk gok dks Hkh [khp rh gS A dfl ax dk gok [khp us oky izosk }kjk buyV eq; iEi dh dfl ax l s i kbi }kjk tMk jgrk gA

jkVj fOD' ku Mkb o Ughy iz kkyh }kjk eq; iEi ds Mkbfoax l kV] ea gh ?merk gS A vko'; drk i M us ij , d yhoj }kjk i kbej dks pkyw dj fn; k tkrk gS A dgha dgha batu Li h M }kjk vi us vki gh pkyw gks tkrk gS vksj l D' ku dh gok [khp us yxrk gS rFkk iEi bEisyj rd ikuh igb rs gh vFkok

iEi }kjk ikuh idM+rs gh vki gh vki vyx gks tkrk gS vFkok ml h yhoj }kjk vyx djds cln dj fn; k tkrk gSA bl Vkbi dks fl ybfMæ ikbej dgrs gA

, d vU; izdkj ds jkVjh ikbej ea , d [kks[kyk bEisyj fo'ks'k v.MkdKj gkmfl æ ea ?kærk gS A bl h gkmfl æ ea fo'k'k izLU/k %LVskujh okW ½ jgrk gS ftl ea l D"ku o nks fMyoDjh ds fNnz gkrs gA tks ed; #i l s l EcfU/kr jgrs gSA bl iz.kyh ea FkkMk ikuh igys gh Hkj dj j [krs gA

Tkc bEisyj ?kærk gS ikuh dks l dVhQ; wky Qkd l }kjk v.MkdKj gkftæ ea Qædrk gS gkftæ ea ikuh dk fjæ cu tkrk gS vi uh fo'ks'k cukoV ds dkj .k ; g ikuh dk fjæ l DI u ikVZfNniz l s gok [khp rk gSA vkj fMyhojh okys fNnz l s ckgj Qædrk jgrk gA

vktdy vf/kdrj bl h izdkj ds jkVjh ikbej iz kx ea yk; s tk jga gA og Hkh fQDI u Oghy }kjk iEi l kV ; k batu l s pyrs gA vko'; drk iM+us ij , d yhoj ikbej dks pkyw djds l DI u o iEi dfl æ dh gok [khp yh tkrh gS bEisyj rd igp+rs gh vFkok iEi ds ikuh idM+rs gh ml h yhoj }kjk vyx djds cln dj fn; k tkrk gSA bl izdkj ds ikbej dks okVfjæ jkVjh ikbej dgrs gA

3) , DtkLVbtDVj ikbfæx fl LVe &

bl izdkj ds ikbej ea batu dh tyh gpl ¼, DtkLV½ xSyks dks ml ds l keLU; ekxz l s gvkdj , d fo'ks'k pEcj ea fLFkr cgr irys uksty %batDVj tV½ l s fudkyrs gA A xS dh rhoz xfr ds QyLo#i uksty ds vkl ikl dh gok Hkh bl xS ds l kFk f[kph pyh tkrh gSA pEcj dks ed; iEi ds dfl æ l s ikbi }kjk tkMs j [krs gA vko'; drk iM+us ij , d yhoj }kjk ikbej dks pkyw fd; k tkrk gSA ; kfu ; g xkoj cd ds l keLU; ekxz dks cln djds batDVj cd l s xS ckgj tkus nrk gS A l kFk gh l kFk iEi dfl æ l s tkMs ikbi dk ekxz batDVj tV ds pkjks vkj cus pEcj ds fy. [kksy nrk gSA bl izdkj l DI u o iElk dfl æ dh gok [khp yh tkrh gSA iEi buyV rd ikuh igp+us vFkok iEi ds ikuh idM+ysus ds rjUr ckn ml h yhoj }kjk xS ds l keLU; ekxz dks [kksydj iz.kkyh cln dj fn; k tkrk gA

bl izdkj ds ikbej dks batu dh iwLz xfr ij pykuk gkrk gS ; |fi iz.kkyh cgr l jyo iHkko'kkyh gkrh gS VW QW dk Hkh [krjk ugha gkrk A xgjkbl l s ikuh mBkrs l e; iEi vki jVj dkQh l > c> dh vko'; drk gkrh gA

4) eSh QkSM b.MD"ku ikbfæx fl LVe &

bl izdkj ds ikbej ea batu ds bUMD"ku fl LVe dks dke ea yk; k tkrk gSA ; kfu batu dks pkyw j [kus ds fy, iM+sy fedl pj ea tks gok dh vko'; drk gkrh gS vkj batu vi us fl LVu l s l DI u LVkd l s iklr djrk gA , d fo'ks'k 0; oLFk }kjk bl bUMD"ku fl LVe dks iEi dfl æ l s ikbi }kjk tkM+fn; k tkrk gSA rkfd fl LVu ckgj l s gok yus ds ctk; iElk dfl æ dh gok gh [khp rFkk , d h Hkh 0; oLFk dh tkrh gS fd gok ikuh batu ds vlnj u tkus ik; A vko'; drk iM+us ij , d yhoj }kjk bl ikbej dks pykdj l DI u o iEi dfl æ dh gok [khp yh tkrh gSA iEi buyV rd ikuh igp+us vFkok iEi ds ikuh idM+ysus ds rjUr ckn ml h yhoj }kjk ikbej dks vyx djds cln dj fn; k tkrk gSA

5) okVj l ksy ikbfæx fl LVe &

bl izdkj ds ikbej ea iEi dfl æ dh cukoV fo'ks'k izdkj dh gkrh gS Abl ea uhps dh vkj FkkMk ikuh geskk 'ks'k cpk jgrk gSA ikbej dfl æ uhps nks Hkxka ikbejh FkksV o l s ds Mjh FkksV ea cVdj Åij gks tkrk gS tks l s jVj pEcj dgykrk gA bl h ea vkmVyV Hkh gkrk gA iElk pyk; s tkus ij bEisyj }kjk ikuh ea gypy iShk gkrh gSA QyLo: i iEi dfl æ es #dh gok ikuh ds l kFk fey dj ikbejh FkksV }kjk Åij p<+ tkrh gS rFkk l s jVj pEcj ea ikuh fxjrk gS vkj vkmVyV l s ckgj gks tkrh gSA ikuh l s ds Mjh FkksV l s gkdj oki l bEisyj buyV ij igp+rk gS , oa gok dks yrk gvk

ikbejh FkkV }kjk Aj pyk tkrk gSA yxkrkj ; gh fdz k gkrs jgus l s l dI u vks iEi dfl æ dks gok ckj fudy tkrh gS vks ikuh bEisyj rd igubus yxrk gS vFkok iEi ikuh idM+yrk gSA

bl izdkj ds ikbej dh dk; Z izkkyh vU; ikbejka l s /kheh gksh gS rFkk xgjkbl l s ikuh mBkus ea dfBukbl gksh gSA vr, o ; g ikbe Qk; j l foZ ea cgr de iz kx fd; k tkrk gA

l S kfuRd : i l s mijDr izdkj ds l lyheh ikbej gh iz kx ea vk jgs gA AfofHku dEi uh okyka us bruh l fo/kku kj buds fMtkbu cuk; s gg gA vr, o l pkyu l Qkbl ns[k js[k vkfn dEi uh dks gh djuh pkfg, A

## 6) iEi XySM+ o l hYM &

iEi dks pykus okyh 'kkqV tggW l s iEi dfl æ ds vUnj tkrh gS ml LFku ij LySM yxkbl tkrh gS rkfd ogkW l s gok ; k ikuh yhd u gkA LySM i f dæ iEi 'kkqV ij yis/ nh tkrh gSA ml s <kyk ij dl dj j [kus dh 0; oLFkk jgrh gA i f dæ dks yxkus dk mnns'; ; g gksh gS fd mDr LFku l gh : i l s l hy fd; k tk, ] l Fk gh l Fk iEi 'kkqV ij vf/kd dl ko u i Msft l s 'kkqV vks i f dæ ds ?' kZ k l s dkbz vU; [kjkch mRi l u u gkA

LySM i f dæ dks ikuh l s Bk j [kk tkrk gS rFkk xhd }kjk fpduk j [kk tkrk gSA bl izdkj LySM i f dæ 'kk; V ds ?' kZ k l s vf/kd xje ugha gkus i krh] e[; r% iEi dks fcuk ikuh pkyk; k tk jgk gSA vr% ikbfæ djrs l e; ; g /; ku j [kuk pkfg, fd iEi vf/kd nj rd l u [kk u pys A l u [kk pyus ij i f dæ dh xhd fudyus yxsh rFkk i f dæ Hkh f?kl dj fl dM+ tk; sx A bl izdkj 'kkqV f?kl dj [kjc dj l drh gSA QyLo: lk i f e i æ djrs l e; bl LFku l s ikuh yhd gksh rFkk ikbfæ djrs l e; Hkh dfBukbl gksh cfYd ikbfæ gh l Ehko u gksh D; kfd bl LFku l s iEi dfl æ ds vUnj l s gok tkus yxsh A

LySM i f dæ dks l e; l e; ij ychd/ djus fy, xhl fuiy yxk jgrk gSA i f e i æ ds njE; ku iEi dEi uh ds funkku kj xhl xu }kjk ychd/ djrs jguk pkfg, rFkk l e; l e; ij LySM dks l ek; kfr ¼, MtlV½ Hkh djrs jguk pkfg, ALySM , MtlVea/ Hkh i f e i æ djrs l e; gh djuk pkfg, A ; kfu tc iEi 'kkqV ?kue jgh gksh vks ikuh iElk fd; k tk jgk gSA fxySM dks /khs /khs bruk dl k tk, fd l keU; r% ml l s cth cth ikuh Vi drk jgs /kkj ds : l ea ikuh u fxjA

LySM i f dæ \*Vysk bEixua/ dkVu^ dh gksh gS vks vf/kdrj ; gh iz kx dh tk jgh gSA vk/kfu d iEi ka ea vc l s fFkVd eS/fj; y Hkh iz kx fd; k tk jgk gSA ychdVæ vks , MtlVea/ dh Hkh vko'; drk ugha iM+rh A bl izdkj dh l hy dks eSdfudy 'kHYM dgrs gA i f e i æ ds l e; bl ea l s ikuh Hkh ugha Vi drk A eSdfudy l hYI dh cukoV dbz izdkj dh gksh gSA ; g nks Hkxka ea gksh gS fl i æ ds }kjk , d nil js l s fpidh jgrh gSA bl dk , d Hkx iEi dfl æ ea fQDI jgrk gS rFkk nil jk Hkx iElk ds 'kkqV ij fQV jgrk gA

; iEi hã Q; kj l foZ ea Qnjc/ iEi ka ea bl h izdkj dh 0; oLFkk gSA bl dk ijk uke fLi æ ykMM l s Q , MtlVea/ dkcU QkYM fxySM^ gA

## 7) iEi xstst &

iEi ea dbz izdkj ds xstka dk iz kx fd; k tk jgk gSA ; g iEi dh dk; Z {kerk inf'kr djrs gS rFkk i f e i æ ds l e; gkus okys i f joruka l s iEi vki jv/jka dks l fpr djrs jgrs gA

## 8) i s kj xst &

; g ; U= gS tks vi uh l pZ }kjk inf'kr djrk gS fd iEi bl l e; fdrus ncko ikuh iEi dj jgk gA

9) oD; e xst &

og ; U= gS tks tks vi uh l pZ }kjk inf'kr djrk gS fd i Elk ea bl l e; fdruk LFkku oD; e ea gok 'ku; gA

10) dEi kmUM xst &

bl ea buyV l kbM ea vkus okyk ncko crkus dk i xU/k jgrk gS rFkk ml s bl xst dk ml jk dEi kmUM xst Hkh dgrs gA ; g vi uh l pZ }kjk ; Fkk fLFkr i xkj o oD; e nkuca crkrk gA

dEi kmUM xst i Elk ea l DI u xkbM dh vkj fQV fd; k tkrk gS A ; g vi uh l pZ }kjk i Ei l DI u l kbM dh vkj gkus okyh ?kVukvka l s i Ei vki jv/ dks l pr djrk gS A bl ea oD; e xst ; g inf'kr djrk gS fd i Elk ea l DI u dh vkj fdruk oD; e cu jgk gS A

; fn i Ei vki u okVj l s dk; Z dj jgk gS rks oD; e xst dh l pZ l DI u fl qV 1/4 Elk buyV l 1/2 i kuh dh l rg dh yEcor- njih inf'kr djrh gS A ; | fi bl ea l DI u , oa LVujka dk fQD'ku yky Hkh l fEefyr gkrk gA l kell; r% xst dk , d ejdjh blp QV fyQV l pr djrk gS A ; fn l DI u fyqV 10 fQV gS vkj oD; e 15 ejdjh blp inf'kr djrk gS rks bl ds ; g vFkZ gq fd 5 ejdjh blp bl ea fQD'ku yky gk jgk gA

oD; e xst dk /khjs /khjs c<uk ; g inf'kr djrk gS fd i kuh dk ycy uhps gkrk tk jgk gS , oa vf/kd l s vf/kd xgkbl rd i Ei dh {kerk i xV djrk gA

LVuj ds i kuh l s ckj vkrs gh vFkok oD; e cuuk l ekr gkrs gh oD; e xst dh njih thjks crykus yxrh gA dEi kmUM xst ea i xkj xst dh l pZ ; g inf'kr djrh gS fd i Ei ea ; fn i xkj ; Or i kuh tk jgk gS rks fdrus i xkj l s vk jgk gS A t s ; fn i Ei gkbMUV l s fjys i fEia djrs l e; e/; ea dk; Z dj jgk gS rks ml s gkbMUV ; k fi Nys i Ei l s feyus okys i kuh dks mrus gh i xkj l s fMyhoj Hkh djuk pkfg, A ftrus i xkj l s fey jgk gS A dEi kmUM xst dh l pZ , d h fLFkr ea thjks i xV djsxh A ; fn fQj Hkh i xkj fn[kyk jgh gS rks bl ds ; g vFkZ gq s fd i Ei /kheh xfrk l s py jgk gS A ml dh xfr c<kdj thjks ij ykus dk iz kl djuk pkfg, A bl h i xkj l pZ oD; e dh vkj i xV djs rks bl ds ; g vFkZ gq fd batu vf/kd Li hM l s py jgk gS A vkj ml s i kuh ij k ugha fey jgk gS A , d h i fjLFkr ea batu dh xfr dks /khek djds xst dh l pZ dks thjks ij ykus dk iz kl pkfg, A

11) i xkj xst &

i xkj xst i Ei dh fMyhojh l kbM dh vkj yxk; k tkrk gS A ; g vi uh l pZ }kjk fMyhojh l kbM dh vkj gkus okyh ?kVukvka l s i Ei vki jv/ dks l pr djrk gA

xst dh l pZ ; g crkrh gS fd i Ei bl l e; fdrus i xkj l s i kuh i Ei dj jgk gS A i kuh ds cgko ea dkbZ vojks'k vkus ij xst dh l pZ , dne p<us yxsxh ; k difyax [kay tkus ; k gkst cLVZ gks tkus ij xst dh l pZ thjks ij vk tk; sxh A vki jv/ dh ; Fkk fLFkr dk; bkgH djuh pkfg, A fMyhojh vkmVyV dks cln dj dkj .k dk irk djuk pkfg, A

### 3½ gkst

iLrkouk % vfxu nqkZuk ij unh ; k rkykc gkbMUV l s vfxu 'keu grq 'kh?krk l s ikuh igpikus ds fy, ftl fdjfed tS sikbi dk iz; kx fd; k tkrk gS ml s gkst dgrs gA

gkst ikbi nks izdkj ds gkrs gA

1- l DI u gkst ikbi

2- fMyhojh gkst ikbi

l DI u gkst ikbi % ikuh ds l k/ku l s iEi rd ikuh igpikus ds fy, ftl midj.k dk iz; kx fd; k tkrk gS ml s l DI u gkst dgrs gS ftl ea ikuh xqtjus dk ncko e.My ds ncko l s de ; k vf/kd gk l drk gA

fMyhojh gkst ikbi % iElk l s vxk rd igpikus ds fy, iz; kx fd; k tkrk gS bl ea l s xqtjus okys ikuh dk ncko ok; e.My ds ncko l s vf/kd gk r k gS A l keU; r% l DI u gkst dks doy l DI u ikbi vksj fMyhojh gkst dks gkst ikbi dgrs gA

1) l DI u gkst ikbi &

bl dks doy ikuh ds l k/ku vksj iElk ds chip iz; kx ea yk; k tkrk gS ikuh dh nhokja dsuokl vksj j c j dh dbz irz l s cukbz tkrh gA chip ea rku fn, x; s Xyct ukbct dh dqMyh rkj dh ijh yEckbz dks bl izdkj Mky fn; k tkrk gS rkfd bruk etcr gk fd bl ds vUnj 'kU; %cde½ cuus ij ekgokjh gok ds ncko ds fcuk l gu dj l ds l kFk gh etcrh ds de l s Hkj , oa vf/kd l s vf/kd pkyd gk A l keU; l DI u ikbi 3^4^ rFkk 2-1@2^ Mk; ehVj 8 ; k 10] 12 fQV yEckbz ds feyrs gS buds fl js ij , d rjQ LØw Vkbi Qhesy difyax , oa nil jh vksj esy difyax LØw Vkbi cWkh jgrh gA

l DI u ikbi iR; d i fEiax e"khu dk vfuok; Z mi dj.k gS vksj ml ds mi ; kx ds l e; l rdrk cjrur l s bl dh vk; q c <+ l drh gS l DI u ikbi dks vf/kd eMtus u nhft, A

l DI u ikbi ds difyax ds ikl buyv ij dl rs l e; l DI u fjp dk l gh iz; kx dhft, l gh l kbt dk l DI u fjp gk l DI u ds difyax dks ?kl hVus ; k i Vdus l s cpkb; s A l DI u ikbi dks xgjs ikuh ea mrkjrs l e; j l l s dk iz; kx dhft, A ; fn dbz l DI u iz; kx ea gka rks l DI u dk Hkkj j l l s ij jf[k, A l DI u ds l gkjs ikuh dh l rg rd er mrfj; s A

2) l DI u ikbi dh ns[kjs[k &

1- iz; kx ds lk"pkr- l DI u ikbi dks l kQ ikuh l s /kkb, rFkk ikbi dks /kii ea er l q[kkb; s A

2- difyax ds pM+ ka vksj okl j ka dks /; ku i wzd n f[k, fd {kfrxLr rks ugha gpz gS A

3- difyax dh pM+ ka , oa uV ij vko'; drkuq kj rsy NkfM+ A

4- peM+ ds okl j ij rsy yxkb, ijUrjcm+ ds okl j dks rsy ; k xhl l s cpkb, A

5- l DI u ikbi dks rsy xhl rstkc vkfn l s cpkb, A

6- l DI u ikbi ij [kM+ er gkb, A u ml ij fdl h vU; dk Hkkj Mkfy, A

7- ; fn ifrekg l d l u i kbi l s dke yrs jfg, rks , d ckj i kuh i kl djus l s l d l u ue l cuk jgrk gA

### 3) fMyhojh gkst i kbi &

i Ei , oa gkbMIV l s Qk; j xkmUM rd i kuh i gpbkus ds dke ea vkrk gS l k/kkj r; % gkst i kbi dgrs gA ; s nks i zdkj ds gkrs gA

1- vuykbUM gkst 1/2cuk Lrj okyk dSuol gkst 1/2

2- jcm+ykbu gkst 1/4 u fjl us okyk gkst 1/2

bl ea eq; r% i kbi ouLifr j'sks l s cuk jgrk gS rFkk Hkhrj dh vksj jcm+o lykfLVd dk Lrj yxk jgrk gA

1) vuykbUM ; k l k/kkj .k dSuokl gkst i kbi %eq; r% lyDI ] gSi jsh] di kl vkfn ouLifr j'skka l s curk gA

1- 1lyDI % nfu; k ea l cl s igkuk gkst ouLifr j'skk gS bl dk cuk gkst etcir rFkk okVj VkbV dk gkrk gS vksj i kuh dk fjl uk cln gks tkrk gS vf/kd l s vf/kd i skj djus dh 'kFDr j [krk gS A

2- gSi % l k/kkj .kr% gSi l s cgr Åpk rFkk dMk gkst curk gS iz kx ea tYnh [kjc gks tkrk gS A

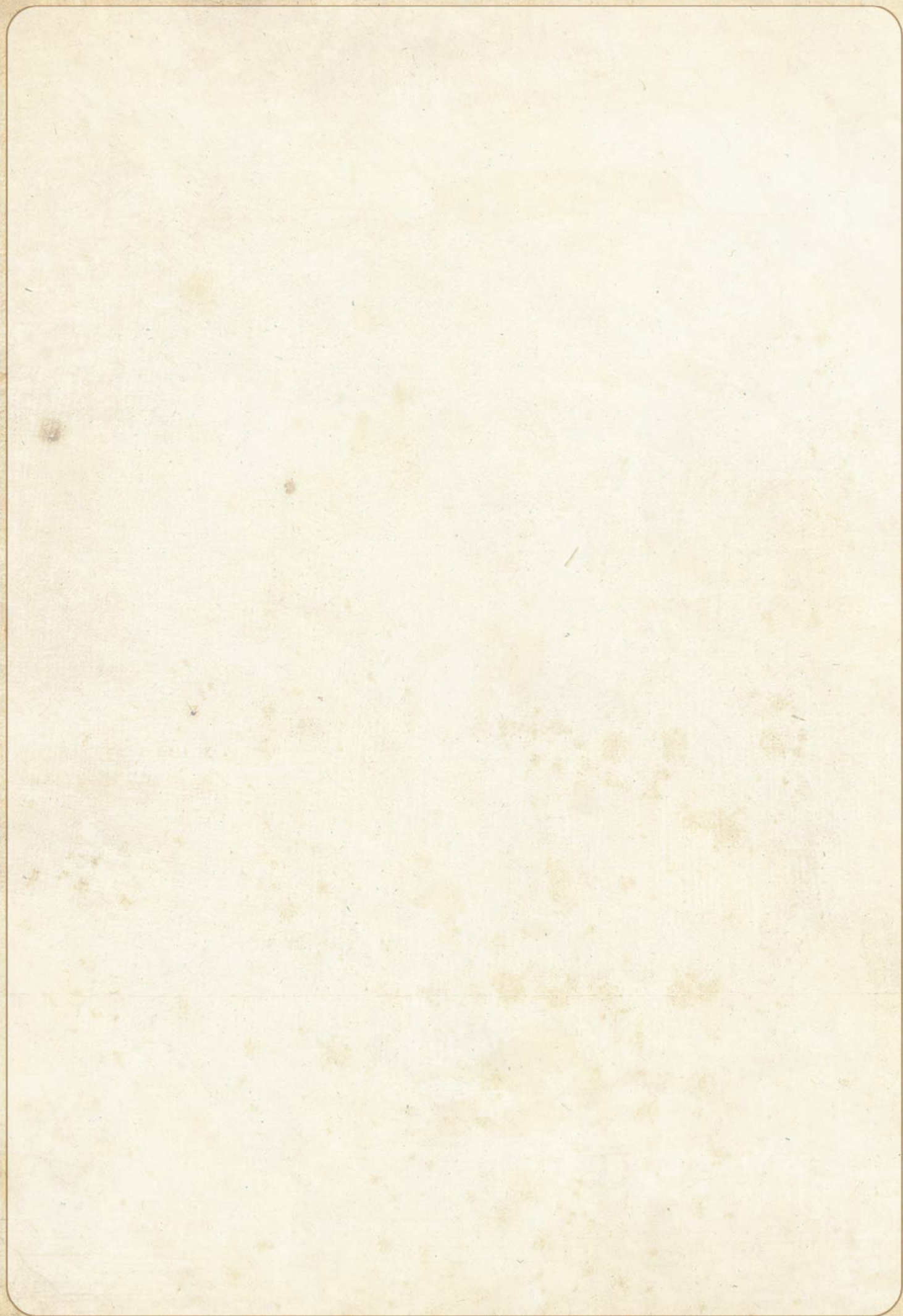
3- jsh % ; | fi l cl s etcir ouLifr j'skk gS ijUrq bl ds fuekZk ea cgr vkf/kd [kpZ vkrk gS bl dks cukus l s igys bl ds j'skka l s xkn vksj nil jh vl fo/kk fudkyuh i M-rh gS A bl fy, egxh i M-rh gS vksj de iz kx ea yk; k tkrk gS A

4- di kl % i kuh dk fjl ko gkrk jgrk gS vr% dpy Lrj okys gkst ds dke ea yk; k tk l drk gS vksj etcir Hkh gkrk gS A

5- Nfre j'sks % Nfre j'sks l knk gkst cukus ea cgr gh iz kx fd; s tkrk gA yfdu ; s j'sks i kuh ugha l ksk l drs bl ea vfXu"keu l ok ds fy, Hkjkl s dk okVj jkbV gkst cukuk l EHko ugha gS Lrjnkj cukus ds fy, ; s j'sks i pgrk l s dke ea yk; s tkrk gA

Hkjr ea 1lyDI dk gkst dpy dydRrk ds i kl vf/kd vk/kfud e"khuka l s cuk; k tkrk gS bl dk j'skk nil js n'skka l s vk; kr fd; k tkrk gS A 1lyDI vksj nil js j'sks ds gkst Hkjr ea ugha cuk; s tkrk vksj u gh dkbZ Qk; j l foZ blga dke ea ykrh gS A

cukoV % dSuokl gkst i kbi dh cukoV ea /kkxka ds nks l s gkrs gA tks , d nil js dks l edks k i j dkVrs gA tks /kxs yEckbZ dh fn"kk ea gkrs gA mlga rkuk , oa tks xksykbZ ea gkrs gA mlga ckuk dgrs gA A l k/kj .kr% rkus ea ejkMg gq 10 l s 24 l r bdgjs yxs lykbZ ds gkrs gA rFkk ckus ea , d l kFk l kFk ejkMg gq 9 rd /kxs dh lykbZ gkrh gS rkus ds /kkxka l s gkst ead fVdkmi u vkrk gS , oa Ckkus ds /kxs l s i kuh ds nco l s gkst dks dkVus l s cprk gS A



bl dhcukbz bl izdkj dh tkrh gS rkus ds /kks ckj dh rjQ jg rkd gkst ns[kus ea Li "V fn[kkbz nA gkst dh cukbz nks izdkj l s dh tkrh gSA l knh vks fVcy A l knh cukbz oky gkst ea l kjh cukbz rkus , d Aj , d uhs cus tkrh gSA l kekl; r% dsokl gkst bl h izdkj ds cus gksr gSA fVcy cukbz okys gkst ea ueh gsrh gS vks Lrj nkj dke ea vkrh gSA gkst l ikV o xsy dj?kka l s cuk tkrh gS nksuka izdkj ds dj?kka ij cuk gkst l Urks'k tud gsrk gS Hkkjr ea cuus okyk l Hkh gkst xsy dj?kka ij cuk gsrk gSA ouLufR j'skka l s cus gkst dks l Mus l s cpkus ds fy, j l k; uka l s mi pkj djus dh i Fkk pyh vk jgh gSA dN l e; igys rd ds gkst dk Dyk'kbM l s mi pkj fd; k tkrk Fkk A bl f0; k dks %okb'f'ax % dgk tkrk gSA yfdu vc bl l s vPNs mi pkj ds l k/ku mi yC/k gA tS s i s l V k D Y k s j k b M fi u h t y k b j d l ds v f r f j D r e k ; e l s i j U r q H k k j r e a f i U V k E y k s j k b V l s l p k f y r f d ; k t k r k g S A g k s t c a u s l s i g y s m i p k f j r d j f y ; k t k r k g S A

## 2) Lrj okyh u fjl us okyh gkst &

bl izdkj dh gkst ea j c j v F k o k N f = e o L r q v k a l s c u k ; k x ; k r k j y x k g k r k g S H k k j h v k s v f / k d t x g ? k j u s o k y k g k r k g S i j U r q f i N y s d N o " k q l s L r j g k s t d s H k k x e a n d j s i z d k j d s L r j y x r k j c g r d e d j f n ; k g S t S u k ; y k u V j h y h u l y k f L V d t S s N f = e i n k F k k a d s f e y u s l s g h O k ; j g k s t d k f u e l z k { k s = 0 ; k i d g k s x ; k g A d k e e a v k u s o k y h l k e x h ' j y D l ] d i k l u k ; y k u V j h y h u v k f n A

Ukk; yku &

; g , d N f = e j s k k g k r k g S t k s l M r k u g h a H k k j e a g Y d k g k r k g S r F k k e t c a r , o a d e i k u h l k s [ k u s o k y k g k r k g S n c o i M u s i j u k ; y k u e a d k O h f j l o g k r k g S A g k s t c u k u s d s f y , b l d k i z k s x c k u k d s f y , g k r k g S A v x j r k u s e a m i ; k s x f d ; k t k ; s r k s n c o i M u s i j f j > k o d s d k j . k g k s t e a v k o ' ; d r k l s v f / k d i k u h g k u s l s g k t l k k k d h H k k i r V s k e s k g k s t k r k g S A

Vjhyhu &

; g l M u s o k y k g Y d k v k s e t c a r N f = e j s k k g S t k f d i k u h c g r l k s [ k r k g S ; g N f = e j s k k a l s d e f a k a r k g S v k s r k u s c k u s n k u k a d s f y , d k e e a y k ; k t k l d r k g S r k s g k s t d h L d f u a x o N W / d e g k s t k r h g A

cukoV &

bl gkst dh Ajjh rg vFkok l kns gkst dh rjg xsy dj?ks ij cqh tkrh gS; g 'kknh cukbz ds dke ea yk; h tkrh gS l kdV u fjl us okys cukus ds fy, Hkj fu; k' vyx&2 dPpk eky vks rjhds ds dke ea yxrk gS vks j c j l y k f L V d f e y k t y k L r j p < k f n ; k t k r k g A

djMMj l hv vks L0w LVSMMZ [k.M ds Lrj &

j c j l y k f L V d o f e y k t y k L r j p < k f n ; k t k r k g S d j M M j l h v v k s L 0 W M j c j d s L r j d h p n n j g k s v F k o k b l i z d k j l s g h l k b u v k Q V ; u c u k f y ; k t k r k g S r F k k d M k d j u s f y , v f / k d d p j k i d k f y ; k t k r k g S , d f o ' k s k V ; e c e a g k s t d h t S d V d k s i j k [ k y d j f c N k f n ; k t k r g S v k s b l e a l s j c j d k V ; u c , d M k j h d h e n n l s [ k h a r s g S [ k h a r s l e ; b l s i d M + d j j [ k k t k r k g S A t c L r j v i u h t x g i j c B t k r k g S r k s g k s t d k , d f l j k H k k i n u s o k y s i k b i l s t k M + f n ; k t k r k g S n i j s f l j s d k s , d N k w h M y d k ; Z N k M d j c l n d j f n ; k t k r k g S A f Q j g k s t d s v l n j H k k i l s n c o i s n k f d ; k t k r k g S A f t l l s j c j d k L r j g k s t d s v l n j f p i d d j i j h r j g i d t k r k g S A 30 f e E r d 25 i k M i a o E b a p H k k i d k n c o f n ; k t k r k g S v k s , d ? k . V s r d b l s c p k ; k t k r k g S A b l i z d k j j c j y k b u l g k s t d k i k b i r s k j g k s t k r k g S A , d n i j s r j h d s e a c u s g a s t S d V e a c g r l h j c j l S ; u k u n c o ; O r g o k d s l k F k H k j f n ; k t k r k g S f Q j , d ? k e u s o k y s c a k j k j k b l l S ; u k u d k s t S d V e a l c v k s , d t S k O s y k f n ; k t k r k g S A



rRi 'pkr-cln gok Hkjs bl I S; wku dks i dk fn; k tkrk gS A bl iækj jçj ykbll gkst rS kj gks tkrsgA

### lykfLVd ds Lrj vkSj Åijh [kksy &

lykfLVd dk ,DLVDM Lrj gkst ds vlnj Mkydj , d fpi dkus okys inkFkZ ¼, MgSI d½ I s xehz o ncko dh I gk; rk I s ?kksy I s fpi dk fn; k tkrk gS A tc gkst ds Åij lykfLVd dh gkst p<kuh gkrh gS ; g Lrj yxkus ds ckn Lrj I s jfgr gkst dks , DLØ; wSM [kky ea [khp dj p<kbz tkrh gA bl ds ckn , d gh fØ; k ea xehz ncko dh I gk; rk I s bu I cdkvki I ea tkM+ fn; k tkrk gS A , d ml js rjhds I s lykfLVd inkFkZ [kksy dj yxk; k tkrk gS fd og [kksy ea CkBDj ml dk Lrj o [kksy nksuka cuk na A

vPNs gkst dh fo'ks'krk; a &

vfXu 'keu ds dke vkus okys gkst i kbi ds iæ[k y{k.k fuEufyf[kr g%

### 1½ yphyki u ¼QyDI fofyVh½ &

iz, ksx ea I fo/kk ds fy, gkst dk yphyki u gkuk vko'; d gS A rkfd I w[kk o xhyk gkst I jyrk I s [kksyk o yi v/k tk I ds A ekM+ i M+us ij gkst dks {kfr Hkh u i g%gA

### 2½ fVdkÅi u ¼MFkj fcfyVh½ &

gkst dks etcir vf/kd I s vf/kd fVdkÅ vkSj de f?kl us okyk gkuk pkfg, A ml ds cukus ea iz, ksx gkus okyk dPpk eky fo'ks'kdj rkus ea yxus okyk eky ?k"kl k i frjks'kd gkuk pkfg, A

### 3½ I M+u i frjks'kd &

¼yDI vkSj dikl dh rjg ouLi fr ds js'k ea OOWh yxus , oa I M+us dh I EHkkouk gS A gkst dh cqukb ds igys js'kka dks fdl h jkl k; fud i frjks'kd I s HkfyHkkWr mi pkfjr fd; k tkuk pkfg, A

### 4½ ?k"kl k &

?k"kl k I s ncko ea deh gkst ds vlnj dh I rg vf/kd I s vf/kd fpduh gkuk pkfg, rkfd ?k"kl k I s ikuh ds i s'kj ea de I s de deh gks A 100 fQV yEcs 2-3@4 MkbhVj I kbt ds I kns dSuokl gkst ea 100 i kSM i fr oxl bp i s'kj nus ij vf/kd I s vf/kd 24 i kSM i fr oxl bp i s'kj ea deh gks I drh gS tcfD gkst ea 200 xSyu i fr feuV ikuh cg jgk gS A

### 5½ Hkkj ¼oV½ &

vx ij iz, ksx djus ea gkst dk Hkkj Hkh egRo j [krk gS gkst dks vf/kd I s vf/kd gYdk gkuk pkfg, I kFk gh I kFk mujkDr fo'ks'krk; a Hkh vko'; d gA A 1-3@4^ Mk; ehVj I knk dSuokl gkst dk Hkkj vf/kd I s vf/kd 1@2 xke i fr feuV gkuk pkfg, A

### 6½ fj I ko ¼i j dksys ku½ &

vPNs fMtkbu dk dSuokl gkst iz, ksx ea ykus ij igys fj I sk yfdu tS s tS s og ikuh I s I ar gkrk tk; sk Qmydj yxHkx okVj VkbV gks tk; sk A ; g fj I ko 2-3@4^ Mk; ehVj ds gkst ea 100 i kSM i fr oxl bp i s'kj nus ij 15 oa feuV ea 12 fQV ea 1-1@3 xSyu I s vf/kd ugha gkuk pkfg, A

gkst dh ns[khkky % gkst ikbi vfku 'keu l ok dk eq; vL= gS A vx ij i Hkkodkj vkØe.k ds fy, vL=ka dk l nō mRre n"kk ea jguk vfuok; l gS A gkst [kjc gkus dkj.k o mul s cpko ds l k/kuka ds i fr l ko/kkuh cjrul s gkst dh vk; q c<+ tkrh gS A gkst [kjc gkus ds dkj.k fuEufyf[kr gā A

1- jxM+ ; k f?kl Vu ¼, cst u½

2- vkdfLed /kDdk ¼kkd½

3- QQW

4- jcj , fl M

5- jkl k; fud i nkFkka l s l Ei dA

1- jxM+ ; k f?kl Vu &

vf/kdrj gkst f?kl Vus o jxM+ s gh [kjc gsrk gS xhyh gkst jxM+ l s tYnh [kjc gsrk gS A [kj njh l rg ij nhokj ds dkuka ij eMjka ij f?kl Vus o jxM+ [kus l s iEi ds ikl tggWgkst l oñ Fke tehu lkj Nkrh gS iEi dh ?kj ?kjkgV ds vuq kj jxM+ [krh jgrh gS Åbh fcfYMxka dh vx ij iz; kx ds l e; f[kMdh njoktka ; k Nr dh eMjka ij jxM+ l drh gS A vr% jxM+ vkj f?kl Vus l s fuEufyf[kr mik; fd; s tk l da gā %

1-1 gkstdks , d LFku l s nll js LFku rd ys tkus ds fy, ?kl hfV, ugha cfYd fof/kor mBk dj ys tkb, A

1-2 gkst dks fof/kor QSykb; s [kj/kjh l rg ij [kjkrp; s ugha A

1-3 cklp ds ikl Hkh dkQh gkst <hyk NkM+ jf[k; } rkfd fcuk ijh ykbu ?kl hVs cklp dks vxss c<k; k tk l ds A

1-4 iEi ds ikl jCM+ l s cpkus ds fy, Vkv ; k ckjh VqdMk iz; kx dhft; s A

1-5 LV's ku ij /kykbz ds fy; s xhys gkst dks QSykrs l e; fof/kor-QSykb; } ?kl hfV; s ugha A

1-6 e'khu ij j [ks gq s gkstka dks Hkh l e; l e; ij ns[krs jfg; s fd os cDI k dh nhokjka uV cksV vkfn l s jxM+ rks uhja [kk jgs gā

2- vkdfLed /kDdk ; k >Vdk &

gkst [kjc gkus dk nll jk eq; dkj.k vkdfLed /kDdk ; k >Vdk gā yiVs gq gkst dks ij iVduk gkst ea ekM+ jgrs gq ikuh [kyok nsuk iEi vki jVj dk >Vds l s ikuh [kyuk vFkok i'kj c<kuka ikuh ys tkrh gkst ij Hkkjh oLrq fxjuk vFkok ekVj Vd dk fudyuk gM dUVksy cklp ds iz; kx ea yki jokgh] bR; kfn , d s dkj.k gā ftul s gkst dks vkdfLed /kDdk yx l drk gS iR; d >Vds ij gkst ds js kka ij ruko i M+r gS vkj os detkj i M+ tkrh gā A dñ fnu ckn detkj ds dkj.k u"V gks tkrh gā A vc iz; kx ds l e; bl >Vds l s cpkus ds fy,

2-1 gkst dks l [kk ; k [kkyh ; k Hkkjk i Vfd; s ugha A

2-2 ikuh [kyokus l s igys gkst dh , Bu ekM+ fudky nhft, A

2-3 iEi vki jVj iEi ds okYOk dks /khjs /khjs [ksydj gkst ea ikuh cgus na A bl h izdkj ; fn i'kj c<kuk gks rks /khjs /khjs c<kb; s A

2-4 Åps Hkouka ij ys tkrh l e; jLI h dk iz; kx dj gjst dk Hkkj jLI h ij gh j [ka A

2-5- Åpkbz l pktz gkst dks tehu ij u Qads A

2-6- l Mæd ij Qsys gkst ij l s eksVj Vd vkfn Hkjh xkfM+ kWu fudyus na gkst iEi dk iz ksx djA

2-7- yi sVs gkst dh rg djus ds fy, gkst dks jkfd, ugha A

3- QOWh &

gkst [kjk gkaus dk rhl jk rjhdk QOWh gSA QOWh xehz vksj ueh dh vuphy ifjLFkfr ea Qsydj o dikl tS h ouLifr j'sks ds l S; wku ea iuirh gSA

gkst dks mi ; kx ds lk'pkr- ijh rjg u l q'kkusj vFkok u rks gkst ds Hk. Mkj ea QOWh ds l ææ.k ds fy, vuphy ifjLFkfr; kWfey tkrh gS vksj ; fn gkst ikbi Bhd l s u mi pkfjr fd; k x; k gks rks 'kh?kz gh u'V gks tkrk gSA vr% gkst dks QOWh l s cpkus ds fy, ijh rjg l q'kk ya A

1- gkst ikbi dks iz kx ds lk'pkr- tYn l s tYn l kQ dj iwKz : lk l s l q'kk dj j [kuk pfg, A  
¼ l [ks gkst ds cjkcj 10 ifr'kr Hkkj ueh ds dkj .k gks l drk gS

2- xhyh ; k ue gkst xkMh ; k LVkj ea er jf[k, A

3- xkfM+ ka ea j [ks vFkok Hk. Mkj .k ds l e; i ; klr gok ds l pkj .k dk i æln djuk pkfg, A

4- l e; l e; ij xkfM+ka ds cDI ks dks [kksydj gok yxkrs jguk pkfg, A

4- jcyj , fl M &

doy jcyj ds Lrj yxs gkstka ea jcyj , fl M cuus dh l EHkkouk cuh jgrh gSA jcyj cukus ea l YQj ½xU/kd½ dk iz ksx fd; k tkrk gS tc dHkh iz ksx ds lk'pkr-jcyj ykbUM gkst ds vlñj FkkMk cgr i kuh jg tkrk gS rks bl i kuh ea l q'ek.kq jcyj l s xU/kd fudyus yxrk gS vksj ; g i kuh detkj fdLe dk xU/kd dk rstkc cukus yxrk gSA bl h dks jcyj , fl M dgrs gA  
Tkc i kuh /khjs /khjs l [kus yxrk gS rks rstkc dh ek=k c=us yxrh gSA jcyj ykbUM gkst l s tc bl i ækj #dk gqk vFkok rstkc i kuh ckgj fudy dj gkst ds tædV ; k vU; ¶yDI gkst ds l Ei dZ ea vkrk gS rks gkst bl ds rstkc i Hkkoka l s detkj gks tkrk gSA jcyj , fl M l s nfr'kr gkst dh tædV ea i hys ; k Hkjs jæ ds /kCcs i M+ tk; k djrs gA jcyj , fl M l s cpko ds fy, gkst dk iz ksx ds lk'pkr- /kqykbz , oa VflVæ ds lk'pkr Hkyh Hkkwr [kkyh djuk vfuok; l gSA bl i ækj gkst dh Åpkbz l s yVdk dj l q'kkuk pkfg, A

ijkl k; fud rRoka l s l Ei dZ ½dfedy dUVDV½ &

dñ i ækj ds gkstka dks rsy i s/ksy ; k {kkj ds rstkc} fpdukbz ds l Ei dZ ea vkus l s {kfr i gphrh gSA vr% gkst dks bu olrqka l s cpkdj j [kuk pkfg, A rsy l a =ka rFkk vks} kfxd LFkkuka ea dke djrs l e; tglwrd l EHko gks rsy ; k rsy tS s inkFkz l s gkst dk de l s l Ei dZ gkaus na iz ksx ds lk'pkr gkst dks l ko/kkuh iwæd /kkuk pfg, A fpdukbz rsy l s l uk gkst xuxus i kuh l s l kcu vksj l kMk |ksy dj vPNh rjg jxM+ dj /kks k tk, A rFkk ml ds ckn B.Ms i kuh ea [kxy dj /kkuk pkfg, A

tc gkst ij fpifpih jcyj xhl bR; kfn dh eksVh rg teh gks rks igys cjkñk ml ij eyuk pkfg, A gkst dks {kfr i gphk; } fcuk ueZ cl l s Hkh l kQ fd; k tk l drk gA

gkst jhy ea yxus gkst &

gkst jhy ea yxus okyk 3@4 Mk; ehVj dk u fj l us okyk gkst ikbi gsrk gS l keku; r% bl ea , d vlñj dk V; ; k Lrj gsrk gSA V; ; k Lrj dks etar cukus ds fy, ml ij jcyj peMs di Ms dh ubz ijra ?kpekñkj yi sVh tkrk gA ml ds Åij ?k'kz k ifrjkskd jcyj dh , d [kksy p<k nh tkrh gS

rFkk mu l cdk , d l kfk idk fn; k A gkst ikbi , d jhy p[khiz ij yi v/k jgrk gS bl fy, bl dk ykpnkj gksuk t: jh gS l kfk gh l kfk p[khiz ij yi v/us l s nc dj pi Vk Hkh ugha gksuk pkfg, A

### I kqV I DI u &

gkbMUV l s dk; Z djrs l e; tc dHkh fMyojh gkst , MkIVj dh l gk; rk l s l DI u dh Hkkir fd; k tkrk gS rks ml s l DI u dgk tkrk gS A

I kqV I DI u dks dby i zkj ; Pr dke vkus okys i kuh ds l kfk iz kx fd; k tkrk gS A D; kfd bl gkst ds vUnj dk nco ok; qe. Myh; nco l s de gkrk gS A gkt fpid tkrk gS A tgnWgkbMUV l s feyus okys i kuh dk nco o cgko gks ogkW l keW; I DI u dh txg I kqV I DI u dke ea yk; k tkrk gS A I kqV I DI u iz kx djus dk , d ykHk ; g Hkh gS fd fMyojh gkst dh ykbuka dh yEckbz de j [kh tk l drh gS A bl l s iEi vki jvj dks fu; U=. k ea vki kuh gkrh gS A

nl js ykHk ; g Hkh ga fd l Lrk Hkh gkrk gS A dUMe fMyojh gkst ds vPNs Hkkx dks dkV dj dk; Z ea yk; k tk l drk gS A bl s fNkus ea vki kuh gkrh gS rFkk e' khu es Hkh l fo/kk gkrh gS I kqV I DI u yEckbz ; | fi LFkkuh; i l Un ij fuHkj djrh gS rFkk 20&30 vke gS A

### LVS MMZ VLV

iR; d fMyojh gkst vFkok gkt jhy V; dks iR; d dk; Z ij iz kx ds lk"pkr- vFkok l ky ea , d ckj VLV djuk pkfg, A fMyojh gkst VLV djrs l e; ckn ij 1@2<sup>m</sup> l kbt dk ukty iz kx djuk pkfg, A rFkk gkst jhy ukty iz kx dja A

1- dsokl gkst dks 101&20 i kSM i froxZ blp i zkj l s A

2- jcy ykbUM gkst dks 130&150 i kSM i fr oxZ blp l s VLV fd; k tk; sxk A i zkj /khjs /khjs c<kuk pkfg, A rkfd gkst dks l Wkkyus dk l e; fey l ds A tgnWdgha yhd gks rks fu"kk yxkdj ejEer dks Hkst A A

### mil gkj %

Qk; j l foZ ea iz kx gkus okys gkst ikbi l s ifjp; dj; k x; k A budh mi ; kfxrk] cukoV] dke] iz kx fof/k , oa ns[k js[k vksj tkrk ij [k l Ecu/kh Kku dj; k x; k A

## 4½ Qk; j gkbMjV

iLrki uk %

vx yxus ij uxj dks okVj l lykbz ykbu l s ikuh iklr djus ds fy, okVj eu ij FkkMh FkkMh nj  
ij tks ; ll= yxs gkrs gñ A os Qk; j gkbMjV dgykrs gñ A

njvl y ; s okVj eu ij dUVkSM vkmVyV gñ A tc dHkh Qk; j fcxM dks vx cpkus ds fy, i kuh  
dh vko'; drk gkrh gS , d okYo [kkydj bul s ikuh iklr dj fy; k tkrk gS rFkk dk; l l eklr gks  
tkus ij ml h okYo }kjk bl s cln dj fn; k tkrk gS A

Qk; j gkbMjV 4 iækj ds gkrs gñ %

1- cky okYo Vkbi gkbMjV A

2- lyx Vbi gkbMjV A

3- LØw Mkmu Vkbi gkbMjV A

4- Lyqt okYo Vkbi gkbMjV A

1- cky okYo Vkbi gkbMjV %

; g cgr ij kus fdLe dk gkbMjV gS ; | fi vc cgr de iz kx ea vk jgk gS A gkbMjV ds vkmVyV  
ea l [r ydMh dk cky %xan% jgrk gS A ikuh ds iækj l s vkmVyV dks cln dj nrk gS , d fo'k'k  
iækj ds LVSM ikbi }kjk bl ds cky dks nck dj ikuh ys fy; k tkrk Fkk rFkk dke [kRe gks tkus ij  
cln dj fn; k tkrk Fkk A bl l s ydMh dk cky ; k xsyh tYnh [kjk gks tkrk Fkk vkj yhd gkus  
yxrk Fkk A nil js bl cky ds vojks'k ds dkj.k ikuh Hkh de feyrk Fkk A eu ea fdl h vl; dkj.k l s  
iækj de gks tkus ij Hkh gkbMjV ij fj l us yxrk FkA

2- lyx Vkbi gkbMjV %

bl iækj ds gkbMjV ea fLif.My ea l kfyM okYo yxk jgrk gS tks fLif.My ds ?ækus ij [ky tk; k  
djr k gS o cln gks tkrk gS ; ?kfi bl ea ikuh dk iækj vPNk feyrk gS ijUrq fLif.My fi l tkus ds  
dkj.k gkus yxrk gS A

3- LØw Mkmu Vkbi gkbMjV %

vkt dy bl h Qk; j gkbMjV vf/kd iz kx ea vk jga gñ A ; g eu ykbu ds Åij fd; k tkrk gS A  
, d e'k: e okYo gkbMjV ds /kjry ij fQV jgrk gS tks fLif.My ea cuh pñM% ka }kjk cln dj fn; k  
tkrk gS tc bl gkbMjV dks [kkyuk gkrk gS fLif.My dks <hyk djrs gñ] e'k: e Vkbi okYo ikuh  
ds iækj l s viuh txg NkM+ nrk gS vkj ikuh eu l s fudy dj gkbMjV dh ckMh ea vk tkrk gS  
rRi'pkr-gkbMjM ds vkmVyV ; s l s okVj fudyus yxrk gñ

4- l ynt okYo Vkbi gkbMjV %

; g gkbMjV eu ikbi ij fQV ugha gkrk cfYd eu l s , d vyx fudkys ikbi ea fQV jgrk gS A , d  
xw ckyo }kjk bl s [kky o cln fd; k tkrk gS A ; g xw ckyo fLif.My dks gh ?ækus l s Åij uhs

gkrk gS viuh dk; l {kerk ds vuq kj ; g l cl s vPNk gkbMjV ekuk tkrk gS D; kfd xM ckYo ds gv tkus ij i kuh ds exl ea vojksk ugha jgrk vkg vf/kd l s vf/kd i k j l s i kuh i klr gkrk gS A

okVj eu ij fQVx ds vuq kj gkbMjV 2 i xkj ds gkrs gA

1- xkmUM gkbMjV

2- fi yj Vkbi gkbMjV

1- xkmUM gkbMjV %&

tehu ds yfcy l s uhps jgra gA eu ij fQV djus ds i'pkr bl s i Dds xM<s l s ?kj fn; k tkrk gS bl xM<s dks gkbMjV fQV dgrs gA A bl fi V ij , d y'gC dk cDI tS k yxk; k tkrk gS fd ftl l s <Ddu Hkh yxk gkrk gS A bl s gkbMjV dk ckDI ; k gkbMjV fi V Hkh dgrs gA dgha dgha ij gkbMjV fi V ds Aj l h/ks l h/ks ykgs doj <ky fn; k tkrk gS A bl s Hkh gkbMjV doj dk gkbMjV fi V dgrs gA

tc gkbMjV l s dk; l djuk gkrk gS gkbMjV doj dks [kky dj gkbMjV ds vkmVyV ij LVSM ikbi fQV djds vkmVyV dks tehu l s Aj dj yrs gA rkd bl ea l kV l D'u ; k gkMZ l D'u l jyrk l s iz; kx fd; k tk l drk gS A rRi 'pkr gkbMjV dh o okj }kjk gkbMjV dks [kkyus o cln dj nrs gA

2- fi yj Vkbi gkbMjV %&

bl i xkj ds gkbMjV tehu ds uhps u j [k dj tehu ds Aj Nk/s LrEHk ds : lk ea gkrs gA ; g LrEHk tehu l s 3 ; k 4 fQV gkrk gS A bl h ea vkmVyV cuk jgrk gS A bl vkmVyV ij gkMZ ; k l kV l D'u l h/ks fQV jgrk gS A i kuh LVSM ikbi dh vko' ; drk ugha i Mfh A bl h fi yj ds Aj chipka chip ea vFkok vyx l s gkbMjV [kkyus cln djus dh 0; oLFkk jgrh gS A

xkmUMgkbMjVds vko' ; d Hkx %&

1- gkbMjV fi V & gkbMjV dks ?kjs i Ddk x<Mk A

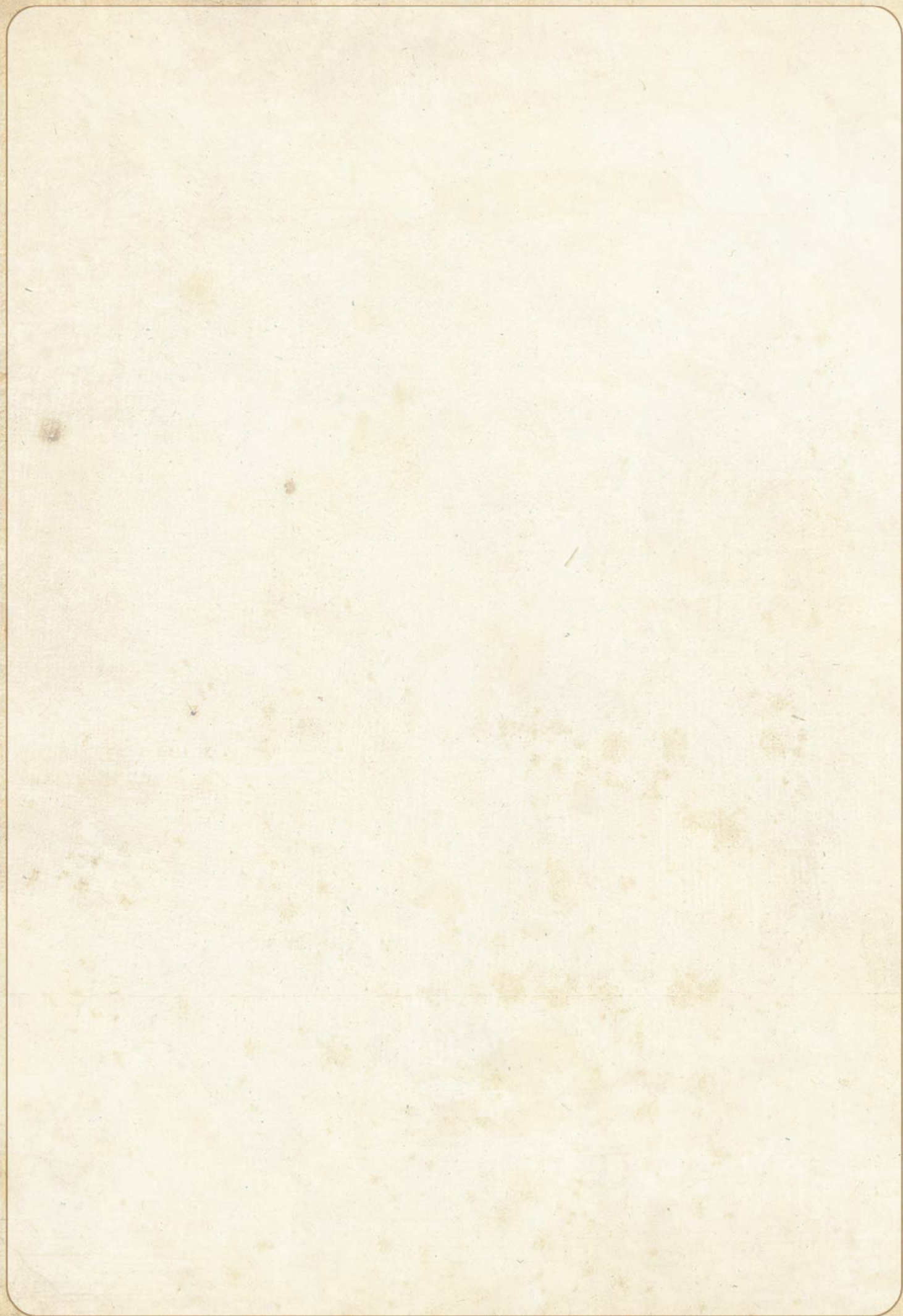
2- gkbMjV ckDI vFkok fi V doj &gkbMjV ds x<Ms dk <Ddu A

3- fLi f. My okYo dks [kkyus cln djus ds fy, xu esVy dh pMhvkj NM+ A

4- gkbMjV dS & xu esVy dh NM+ ij ykgs dk cuk dS ftl ij fLi f. My gkbMjV dks fQV djds fi LVu dks ?k; k tk l drk gS A

5- XyM fLi My ds pkjka vkj l s i kuh u fjl s bl fy, fxyM i fda x yxk gkrk gS rFkk usV ; k dS }kjk dl k jgrk gS A

6- vkmVyV fJyst & gkbMjV l s i kuh vkus dk jkLrk bl h txg pMhvkj di fyx fQV jgrk gS ftl ij LVSM ikbi yxk jgrk gS A



gkbM3JV cy5d d5 %&

gkbM3JV ds vkmVy5V ij yxk gkrk g5 rkd ml ea ea<d] d5dM] iRFkj vkfn u tk; sA

gkbM3JV pd &bl ds }kjk eu ikbi dk 9lyp ij uV ckyVks }kjk dl fn; k tkrk g5A

gkbM3JV xs l z %&

- 1- gkbM3JV doj dh ; k gkbM3JV doj fy9Vj & gkbM3JV doj dh [kkyus ds fy, , d Nk5/k ; U= A
- 2- gkbM3JV dh & ykgs dh ek5h NM+ftl ea , d vkj vkby5V cuk jgrk g5 nll jh vkj gkbM3JV d5 gks tkus dh 0; oLFk jgrh g5 bl h vkby5V ea ckj Mky dj ?kpkrs g5 vkj gkbM3JV dks [kky yrs g5 A
- 3- gkbM3JV dh ckj & gkbM3JV dh ds l kFk iz kx vkus okyh NM+ dHkh dHkh dh ds l kFk gh fQV jgrh g5 dHkh vyxA
- 4- gkbM3JV fi V Dyhuj & gkbM3JV ds x<Ms dk i kuh fudyus ds fy, ek5k LVi iEi t5 k ; U=A
- 5- gkbM3JV bf.Md5j ly5V %& gkbM3JV cukus okyh ly5V tks nhokj ij ; k iRFkj ij yxk nh tkrh g5 bl ij , d , Q ; k , Q , p cuk jgrk g5A

gkbM3JV l s dke yrs l e; ; kn j [kus ; kX; ckra %&

- 1- gkbM3JV doj [kkydj cy5d d5 gVkdj vkmVy5V ea LV5M ikbi fQV dhft, A
- 2- iYl fLif.My ; k gkbM3JV d5 ij gkbM3JV dh yxk dj /khjs /khjs Fkk5k l k [kkfy, rkd tx yxk xUnk i kuh fudy tk; s rRi 'pkr-cln dj ds gkst ikbi ; k l DI i yxkb; s A
- 3- ges kk gkbM3JV dks /khjs /khjs [kkfy, A
- 4- dke l ektr gks tkus ij ?khjs /khjs gh cln dhft, rkd eu ij >Vdk u yxs A
- 5- tc ; g foLokl gks tk, fd gkbM3JV iwk: lk l s cln g5 rHkh LV5M ikbi fudkfy, A
- 6- tgW rd l EHko gks gkbM3JV fi V dks i kuh l s [kkyh dj nhft, A
- 7- gkbM3JV doj dks Hkyh HkkWr cln dj nhft, A

gkbM3JVfujh{k.k %&

vx5 ds l e; l gh l gh dk; z djus fy, ; g vkoL; d g5 fd bl dk l e; l e; ij cd fd; k tkrk jgs i fr 2 ekg ; k 3 ekg lk"pkr gkbM3JV dk fujh{k.k gkrk jguk pkfg, fd l h izdkj dh =fV feyus ij okVj ckDI dks rjUr l fpr djuk pkfg, A

- 1- fi V doj [kkfy, vkmVy5V d5 gVkdj LV5M ikbi fi V dj ds nf[k, fd Bhd l s fQV gks x; k g5A ; k rk; kr ds ckj.k gkbM3JV ckDI f[kl dus l s LV5M ikbi ; k gkbM3JV dh yxus ea dkbZ dfBukbZ rks ugha gkrh A
- 2- gkbM3JV d5 pd dhft, Bhd yxk g5 ; k ugha A <hys d5 l s flfM.y [kjc gks tkus dh l EHkkouk jgrh g5A
- 3- gkbM3JV dh }kjk gkbM3JV [kky dj cln dj nhft, rkd gkbM3JV dk xUnk i kuh fudy tk, A
- 4- LV5M ikbi ea cy5d d5 yxk dj gkbM3JV dks /khjs /khjs [kkfy, vkj nf[k, fd gkbM3JV dgha l s fj l rks ugha jgk g5 rRi 'pkr-/khjs /khjs cln dhft, A



5- i w k z : i l s c l n g k s t k u s i j g h L V S M f u d k f y ; s A

6- g k b M S J V d H k y h H k k w r / k k s M k f y ; s f i V d k H k h i k u h f u d k y d j l k Q o l w [ k k j f [ k ; s A  
g k b M S J V d s u V c k s V p d d j y h f t ; s A L V M y h d r k s u g h a A

7- g k b M S J V v k m V y w i j d s f Q V d j d s d o j y x k n h f t , A

8- g k b M S J V b f . M d s j v F k o k g k b M S J V c u k u s o k y s f p l l g y x s g s ; k u g h a A

9- g k b M S J V d s A i j [ k k s p k n p k u e r j [ k u s n h f t , A

10- g k b M S J V i j d w k d p j k H k h e r M k y u s n h f t , A

# 5½ gkst fQfVXd

## iLrkouk %&

vx cþkus ds fy, gkst dks iz; kx djrs l e; dñ vl; l g; æka dh vko'; drk i Mfh gš blga gkst fQfVd dgrs gA tš s difya cklp ] , MkiVj] chfpa LVS M i kbi bR; kfn] Qk; j eš dks bu l c gkst fQfVd ds ukeka o dkeka dk Kku gkuk vR; a vko'; d gA

## difya %&

nks gkst ikbika dks , d nil js ea tkMus rFkk gkst ea fdl h vl; mi dj.k dks tkMus dks fy, ftl mi dj.k dk mi ; kx djrs l e; ml s difya dgrs gA

ijh difya nks Hkkxka ea gkrh gš , d esy difya o nil jh Qhesy difya dgykrh gA

## esy¼uj½ difya %&

difya dk og Hkkx dks nil jh difya ds vlñj

## Qhesy¼eknk¼difya %&

difya dk og Hkkx dks tks nil jh difya ds vius vlñj fQV djrk gš ; k tks nil jh difya ds Åij fQV gks tkrk gš Qhesy difya dgykrk gš nkuka eay o Qhesy difya fey dj , d tkM+ difya dgykrk gš gkst ikbi ds nkaks fl js uj i kuh , d fl js ij esy difya rFkk nil js fl js ij Qhesy difya etcrh ds l kfk ckk nh tkrh gA

cukov ds vud kj difya tkM+ l kekl; nks izdkj ds ns[kus ea vkrs gA

## 1& pMhñkj LØ Vki difya %

bl izdkj dh difya ea pMhñkj k cuh gkrh gA esy difya ea Åij dh vkj rFkk Qhesy difya vlñj dh vkj pMhñkj k dVh gkrh gA blgha pMhñkj ks }kjk nkuk Hkkxka dks , d nil js l s dl nrs gš l d' u gkst ea pMhñkj }kjk difya Hkh cVkh gkrh gA

## 2& [kkVdnkj rRdky tMtus okyh bl VufV; y difya %

bl izdkj dh difya ea pMhñkj k u gkdj fo'ks'k cukov gkrh gš esy difya l ikv o <yok cudj fl js ij xksykbZ ds fy, gkrk gš rFkk Qhesy difya Hkh l ikv gkrh gš ijñr bl ds vlñj , d ; k nks nkq fliaz }kjk yxs gkrh gA tks esy difya dh xksykbZ gks dks idM+ yrs gš vkj oki l ugha gkus nrs gš bl [kVh dh l gk; rk l s bl idM+ dks Nñk; k tk l drk gA bl [kVh ; k [kV; ka dks yx dgrs gA ; g difya , d nil js ea Ql kua vFkok tkMus ea , d [kVds ds l gkjs rRdky tM+ tkrh gš A bl s [kVdnkj difya dgrs gA

fMyhojh ght es blVfu; l difya gh cakh tkrh gš gkst Qhesy difya dks vkj l syi v/ k gkrk gš , d yx , d , d gkfk l s idM+ dj fcNk; k tkrk gš , s k djrs l e; difya yxs ds vlñj [knerh gš vkj gkst [kgyrk tkrk gš geskk es difya i Ei ; k gkbMñV dh vkj j [krs gq s Qhesy difya dks vx dh vkj ys tk; k tkrk gA rFkk bl h ea nil jh gkst ds l sy difya dks tkM+ dj vkxs c<rs tkes gš Qhesy difya ea fi "ks'k izdkj l s cuk gqk j c dk dkyj gkrk gš tks tkM+ dks okVj ¼u fl us okyk ½ cuk nrk gA

fMyojh gkst ea dgha dgha pMhinkj di fyax Hkh yxk gkrk gS tks nks i xkj dh pMh k ns[kus ea vyx gA

1& jkmM fkm 1/2ksy pMh k 1/2 jkmM fFkxM 1/2kj nkj pMh k 1/2 ejg dks di fyax dks dl us ds fy, di fyax ea pMh ka ds Hkx ea yk; s tkr gA

I D'ku gkst ea pMh k fxurh dh cka'kh tkrh gS esy I D'ku gkst di fyax ea nks fLFkj gkrs gS rFkk Qhesy di fyax ea ?kneus okys uV ij 4 yx gkrs gA bu di fyax ka dks tkMtus [kksyus ds fy, nks I D'ku fjpka dh vko'; drk i Mh gA iR; sd di fyax ij fjp yxk; k tkrk gA

I D'ku fjUp % I D'ku gkst dh di fyax dk dl us o [kksyus ds fy, ftl mi dj.k dk iz kx djrs gS ml s I D'ku dgrs gA

I D'ku fjUp Hkh nks i xkj ds iz kx ea yk; s tk jgs gA

1&dlo'kuy 1/2fMxl 1/2 I D'ku fjUp

2&; uhol zy I D'ku fjUp

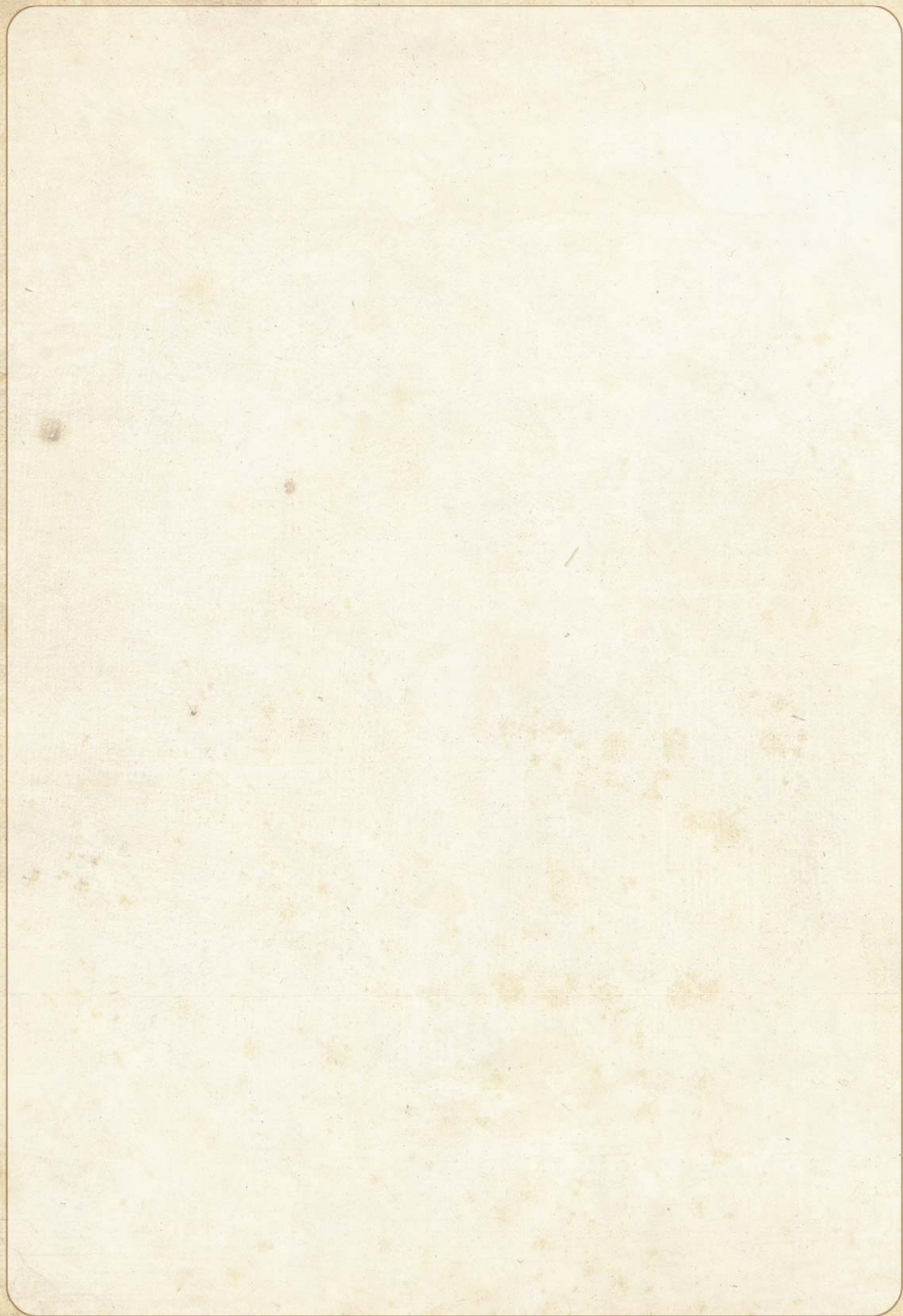
dlo'kuy I D'ku fjUp %

ykgS dh , d Nks/h NM+I s cuk; s tkr gA bl dk , d fl jk ihV dj ml I s vkus/khjs ch I dy nk tkrh gA tks fd di fyax ds vkdkj ds vuq kj gkrk gS bl fl js ij , d Nan cuk gkrk gS tks di fyax ds yx ds cjkcj gh gkrk gA iz kx ds I e; fjUp dh xksykbz ij j [k dj yx I s QI kuk pkfg, A mYVk QI kus I s yx VVus dh I EHkkouk jgrh gA

; g fjUp di fyax d I kbt ds vuq kj gh iz kx fd; k tkrk gA cMk fjUp Nks/h di fyax vFkok Nks/h fjUp cMh di fyax ds I kFk iz kx ugha fd; k tk I drk A

; uhol zy I D'ku fjUp %

fodfl r I D'ku fjUp gA bl s gj I kbt ds di fyax ds I kFk iz kx fd; k tk I drk gA og Hkh ykgs ds V; w I s cuk gkrk gS ftl dk , d fl jk fpiVk fd; k gvk dN eMk gvk vks fl js ij vk/kk xksy [kpk dVk gvk gkrk gS bl fl js I s yxHkx 7 1@2 bp nij , d piVh iVh dCts dh rjg tMha gkrs gA og iVh Hkh dN eMh gpz rFkk bl ds fl js I s , d bp ij , d v.Mkdj Nan gkrk gS yhVj vkeZ dgrs gA yhVj vkeZ dk Nan di fyax



ds yx ij QW k fn; k tkrk gA tcfD V; m ds fl js ij cuk vk/kk xky [kkpk l keus ds yx ij fVdk  
fn; k tkrk gS vksj bl izdkj uV dl us ; k [kkyus ; k 'kDr yxkbz tk l drh gA

ckUPk ikbi %

ckUp %tS k fd vke rksj l s i qkjk tkek gS /kkrq dk cuk og fo'ks'k vkdkj izdkj dk ikbi gS tks gkst  
ds vflre fl js ij difyax ij fQV dj fn; k tkrk gA bl l s i kuh dh xfr%osyksi Vh% rst djds vx  
ij i Hkko 'kkyh /kkj ; k Qqkj Qadh tkrh gA

ckUp ea , d vksj bli uVfu; l es difyax cuk gkrk gA rFkk nil jh vksj xkykbz NksVh gkrs gkrs  
1&3@4 bp ij esy pMhmkj fl jk gkrk gA blgha pMhmk k ij uktud fQV dj fn; k tkrk gA uktuy  
dh xkyhbz Hkh Hkhrj /khjs /khjs de gkdj vlr ea mruh jg tkrh gS ftrus l s ml uktuy dks ; k /kkj  
dks tkuk gkrk gA

ckUpka dks rhu eq; Jf.k; ka ea cka/k tk l drk gA

1& os ckUp tks /kkj ds : i ea i kuh Qadrs ga bl s ckUp idMus okyk fu; f=r ugh dj l drkA  
vkmLujh ckUp

2& os ckUp ftuea fu; a.k ds l k/ku gkrs gA ckUp idMus oktk /kkj dks Qqkj dks 'kDy ea vFkok  
Qqkj dks foHkku ea vFkok /kkj dks cln Hkh dj l drk gA gS M dUVksy ckUp

3& os tks dny gkst jhy gkst ij dke vkrs gA

vkmLujh ckUp %

vke rksj ij ; k es/y ; k vYE; fu; e vyk; ds gkrs gS blga bli Vufu; e gkst diftæ l s fQV djus  
ds fy, , d vksj LVSMMLZ esy bli VuMfu; e difyax cuh gkrh gA buds fudkl okys fl js ij 1&1@3  
bp oh FkM %pMhmkj ifr bp %gkrh gS ftlga LVSMMLZ uktud ds Qhesy gM l s tkmk gA ckUp ds  
vlnj dh l rg fpduh gkrh gA

Hkjr h; ekud 903&1965 ds vuq kj ckUp dh yEckbz 200 feyh ehVj %B bp% gkuh pkfg, A

gSM dUVksy ckUp % &ckUp dks idMus okyk bl dks LorU= : i l s fu; f=r djds pkgs /kkj] ; k  
Qqkj ; k nks ukd cuk l drk gA Qqkj dks dN gn fdl h Hkh bf{kr dks k ij yk; k tkrk gA /kkj dks  
cln Hkh fd; k tk l drk gA

bl izdkj ds ckUp iz; kx djrs l e; geskk Qqkj dks tV cln djus l s igys [kky nuk pkfg; s rkfd  
gkst ykbu ea HkVdk u yxA

fMQ; wtj ckUp % &; g Hkh glr fu; f=r ckUp gA bl rjg dh ckUp l s vx cækus ds fy; s  
mi ; kxh /kkj vFkok de T; knk mxrk okyh Qqkj cuk l drs gS /kq a dks gVkus ds fy, ; k dejs ds  
okrkoy . k dks B. Mk djus ds fy; s vR; Ur mi ; kxh gA

Qkx ckUp % &bl izdkj dh ckUp ea Hkh gSM dUVksy gkrk gA vko'; drkuq kj /kkj dh 'Dy ea ; k  
Qqkj dh 'kDYk ea cnyk tk l drk gA bl dh Qqkj cgr eghu dgy ds : i ea gkrh gA ft l l s ry  
dh vx Hkh cækbz tk l drh gA

bl izdkj ds cklp ea , d ikbi c<k dj ml ds fl js l s Qqkj s %Qkx½ Qædk tk l drk gA , llyhdVj dgræ gS A

fjokfYoæ cklp % & bl izdkj ds cklp ds gM ij vyx vyx dks k cukrs gq s tV ds Nn gkrs gA gM Njks okth ofjæ ij ikuh ds nco l s ?kærk gS vkj pkjks vkj mij uhps ikuh Qædk gA rg[kkuka dh vx ds fy, mi ; kxh gkrk gA

xwtuSd cklp % & , d fo'k'k izdkj dk cklp gS tks VSD bR; kfn Hkjus ds fy; s mi ; kxh gkrk gA vxsth ds p ; wB ds vkdkj dk gkrk gA

vtDI cklp % & bl izdkj ds cklp ea uktæ ds ctk; , d fo'k'k izdkj dh lyV fQDI gA ftl ea fofHkuu izdkj ds Nn cus gA bf{kr l kbt dh /kkj ds fy; lyVs dks ?kæp dj Nn l keus dj fy; k tkrk gA

Md QM cklp % & bd fo'k'k izdkj dk cklp gS tks ikuh dks pM+ Qqkj ds : i e Qædk gA bl dk uTkyy piVk gkrk gS ftl l s piVh ; k pMh /kkj fudyrh gA bl /kkj l s vx ds iki l fLFkr e; phtka cMh cMh Vfd; ks vkfn dks B.Mk cuk; s j [kk tk l drk gA

jfM; y cklp % & fo'k'k izdkj ds cklp gS cMh cMh vxka ij tgka vf/kd ifjek.k ea ikuh Qæds dh vko' ; drk iMfh gS jfM; y cklp iz; kx fd; k tkrk gA bl cklp ds l kFk dke vkus okyk uktæy 1&1@2 blp l s 3 blp Mk; ehVj ds gkrs gS blgs cklp i dMæus okyk l keku; r% fu; f=r ugha dj l drk vr% buds l kFk vU; l kt l keku Hkh jgrk gA tks bl s Hkfe ij fLFkj j [kus ea l gk; d gkrk gS , d gFks }kj k bl s mhpk uhpk fd; k tk l drk gS A

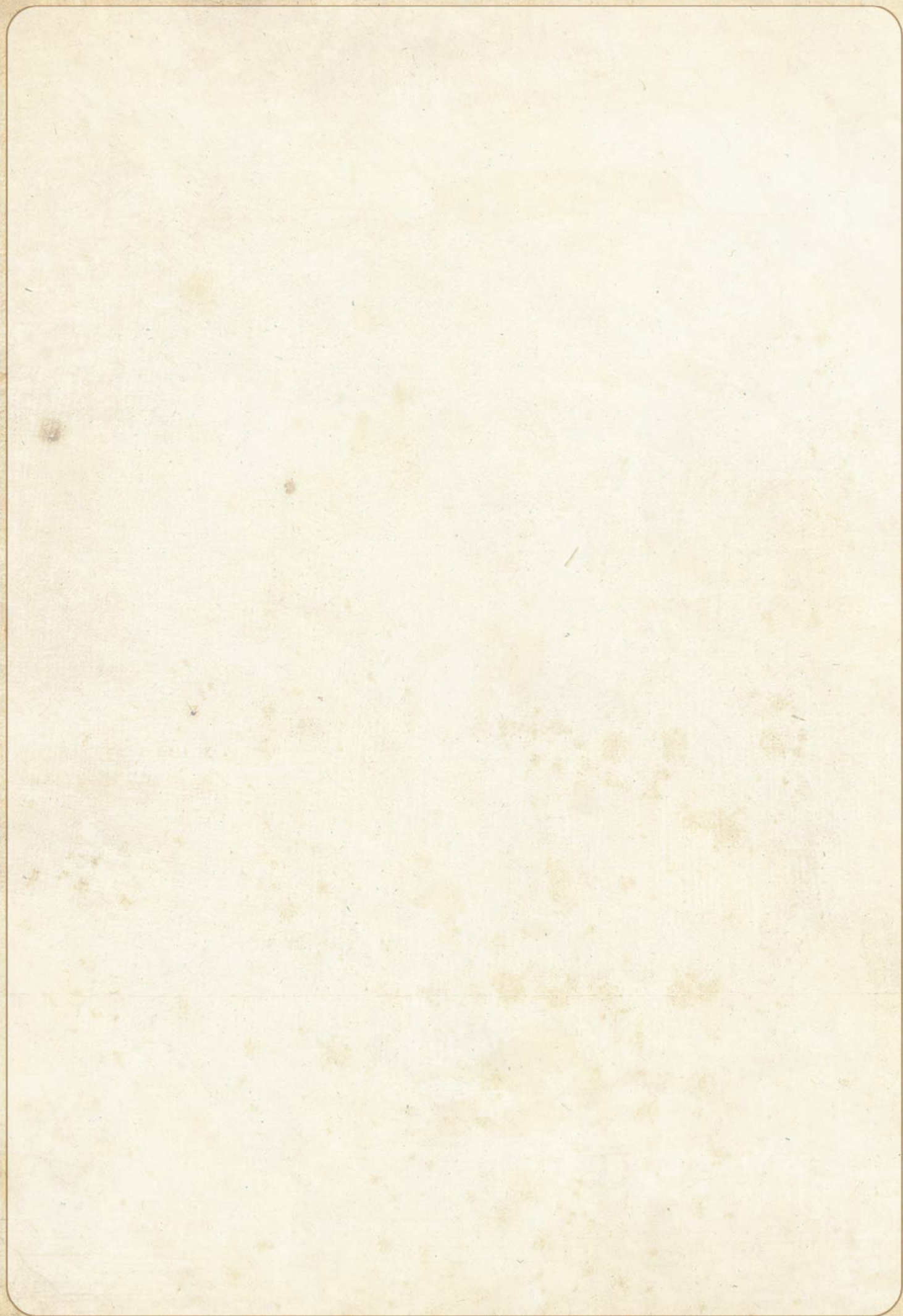
ekuhVj % & ekuhVj Hkh ml ifjLFkr ea iz; kx fd; s tkr s gS tc /kkj ds : i ræ vf/kd ikuh Qæds dh vko' ; drk gks ; s nks izdkj ds gkrs gA

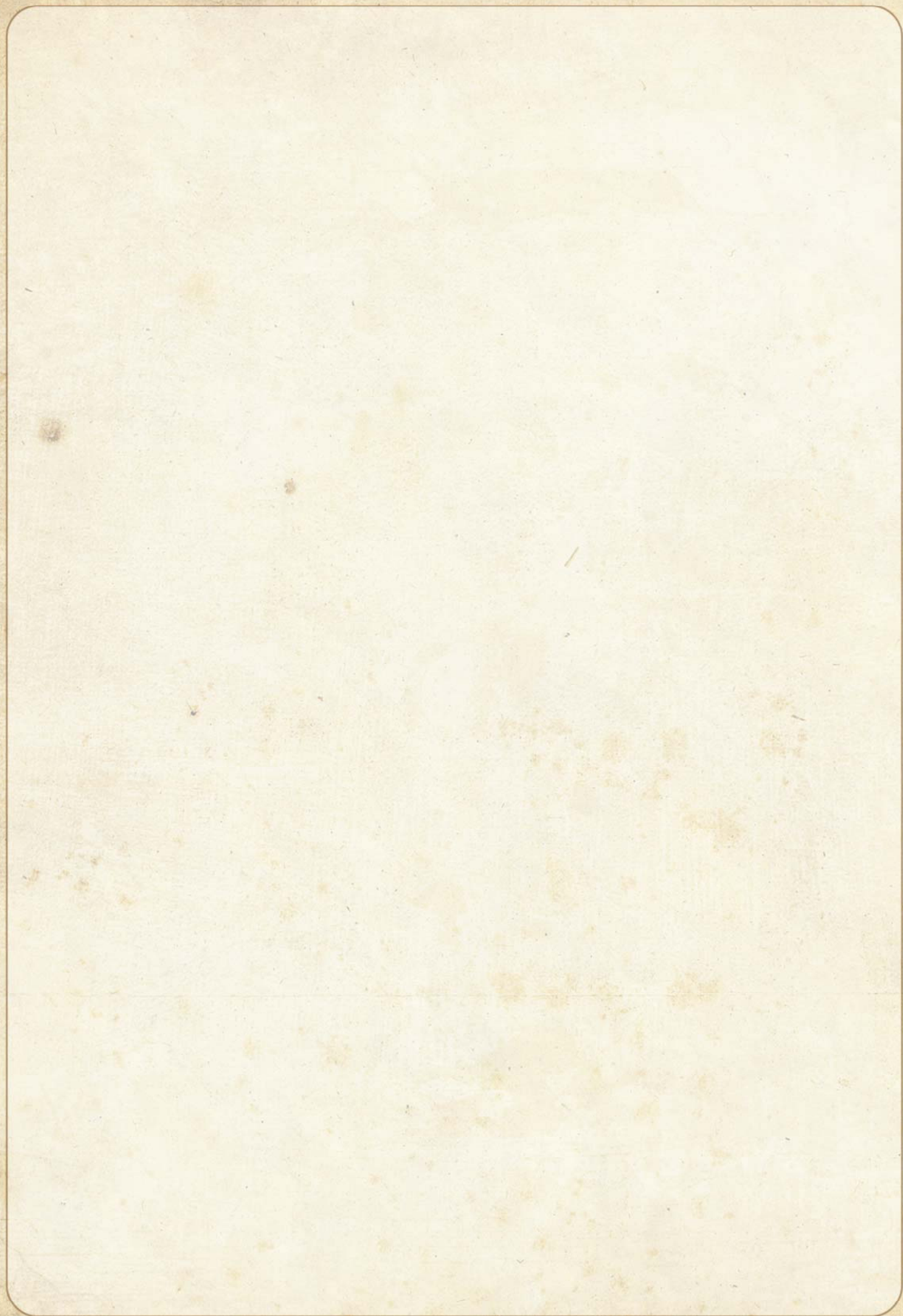
ikVæy ekuhVj % & tks tehu ij j [kus ds fy; s cuk; s tkr s gS A e[; r% bl l e; dke djrs gq s /kkj dks [krjukd txg ea NkMuk t: jh gks tS s tgkWhokj fxjus dk Mj gks bl l s Hkh 2 bap ; k <kbZ blp rd ds uktæy gkrs gA

LFkk; h ¼QDI M½ ekuhVj & tks ^VuZ Væy yMj] ekvj cksV ; k ØS'k VS Mj bR; kfn ij LFkk; h : lk ea fQV dj fn; s tkr s gS A

vl hfer ikuh feyus ij ekuhVj l s 100 ikV ifr oxZ blp izkj l s 3&1@2 blp uktæy l s 3000 xSyu ifr feuV rd ikuh Qæd l drs gS A

cklp gkSyMj % & cklp ds Hkkj ml dh ifdz; k/tV fj; D' u½ dks l Hkkyus ds fy; s cklp i dMæus okys dh l gk; rkFkZ cklp gkSyMj cuk; s tkr s gS A dN cklp gkSyMj , d s Hkh gkrs gS ftluga ; Fkk LFkku yxkdj vdsyk Hkh NkMk tk l drk gS A tS s & vxj cklp dks fdl h , d l h txg yxkuk gks tgkWh [krjs dk vlns kk gks cklp esu bl s yxkdj l gf{kr LFkku ij [kMk gks tkrk gS A







Ukktiy %&ckllp ds vflure fl js ij /kkj dh eks/kbz ds vuq kj txk; s tkrs gS A xu eMy vFkok ,Y; fefu; e ,yk; ds cus gkrs gñ A ukty ds vlnj dh l rg fpduh gkrh gñ bl ds ckllp ea fQV djus okyk Hkkx pMh+ nkj gkrk gS rFkk dl us [kkyus ea l fo/kk ds fy, 6 igym gkrk gñ rkfd Lisuj iz; kx fd; k tk l ds A ; | fi gkFk l s dl k tkM+ gks lk; klr gkrk gS A

Ukktiy ds eq[k fl js ij dkbz [kjkp ; k xM<s ugha gkus nuuk pkfg, A ml dh vlnj dh l rg fpduh gkuh pkfg, A vU; Fkk /kkj QVus dh l EHkkouk gkrh gS A

LVMZ ckllp ds l kFk iz; kx djus ds fy, 3@16 blp l s ydij , d blp ; k 1&1@2 blp l kbt rd ds ukty cuk; s tkrs gñ

fdax ukty %& ml s dgrs gñ tks vx ij l cl s igys dke es yk; h tkus okyh ckllp ij yxk jgrk gñ vke l kbt 3@4 blp gS A yfdu ; g LFkkuh; ij fLFkfr; ka ij Hkh fuHkj djrk gS de ; k vf/kd Hkh gk l drk gS A

l hedV Lis %& ; g Hkh , d fo'k'k izdkj dk ukty gS tks ckllp ij fQV dj fn; k tkrk gS bl dh cukoV , d h gkrh gS bl dh Qgkj pkjka vkj fxjrh gS cd ea/ Lis rg[kkus dh vx ; k tgkt ds [kko ¼' ki gkM½ dh vxka ij iz; kx ea vkrk gS A tgm l c vkj B.Md i gpkus dh vko; 'drk gkrh gS A

, Ykoks Qkj ukty %& ; g /kkrq l s cuk , d mi dj.k gS ftl s ckllp vkj ukty ds chp ea yxk; k tkrk gS A rkfd i kuh dh /kkj ckllp l edks k cukrh gpl Qadh tk l ds A bl s l h<+ ij l s iz; kx fd; k tk l drk gS A vFkok rg[kkus vkj tgkt ds [kko dks vxka ij iz; kx djrs gñ

Ukktiy Lisuj %& ukty dks [kkyus o dl us ds fy, iz; kx fd; k tkrk gS A

chfpax %& ekVs rkj ij chfpax nks dkeka ea vkrs gñ gkst dh , d ykbu dks nks ykbu l s ckllp us ds fy, ; k gkst dh nks ykbuka dks tkM+ dj , d ykbu cukus ds fy, bluga Øe" k% uE , d fMokbfMx chfpax& dyfDVax chfpax dgrs gñ

fMokbfMx chfpax %& bl dk dk; l gkst dh , d ykbu dh nks ykbuka dh , d ?kVuk gS bl ea , d vkj 2&1@2 blp Mk; ehVj dh bukVuVfu; y esy di fyax rFkk nil jh vkj 2&1@2 blp Mk; ehVj dh nks bli VuufV; y Qhesy di fyax gkrh gS A

fdl h cMh+ vx dks c-pkus ds fy, ; fn ckllp ij vPNk i skj fey jgk gks rks bl ; U= }jkk , d ykbu l s dj yh tkrh gS rkfd nks vkj l s vx dks c-p; k tk l ds A

dUVksy fMokbfMx chfpax %& bl izdkj dh fMokbfMx chfpax ea , d okYo ds ek/; e l s , d ; k nks vkmV yM l s i kuh l s fu; fl=r djus dh l fo/kk gkrh gS A bl l s ; g l fo/kk jgrh gS fd gkst dh ykbu dks cln fd; sfcuk dkbz Hkh ykbu cln dh tk l dri gS ftl l s dke djrh gpl gkst dks l jyrk l s c<k; k tk l drk gñ

dysfDVæ chfpæ % & bl dk dk; l nks gkst ykbuka l s mrjrs gq i kuh dks tek djds , d gkst l s fudkyuk gA vr% bl ea nks i æs k }kj ¼buy½ rFkk , d fudkl }kj ¼vkmV [ksy½ gkrk gA bu oš/ ij 2&1@2 Mk; ehVj dh bli VuVfu; l esy rFkk vkmV yš/ ij , d 2&1@2 blip Mk; ehVj dh Qhesy difyæ gkrh gA

, MkIVj , MkIVj % &nks fofHku i ækj dh vFkok , d gh vdkj i ækj dh difyæka dks tkMæus ; k vl; fdl h mi dj.k dks tkMæus ds fy; s ftl ; U= dk iz; kx fd; k tkrk gS ml s , MkIVj dgrs gA ; g Hkh /krq l s cus gkrs gA buds nkuka fl jka ij difyæcuh gkrh gA vkš ru 4 l s 6 blip yEcs gkrs gA , d gh VpMæ ea <ys gkrs gA

fMyhojh gkst , MkIVj % &fMyhojh gkst difyæka ds l kFk iz; kx gkrs gA

¼v½ , d gh rjg ds difyæks ds nks esy ; k nks Qhesy dks tkMæus okys , MkIVj

esy l s esy jkm. M FkM] ch FkM ; k

Qhesy l s Qhesy bliVVšfu; l

¼c½ fHku i ækj dh difyæka dks tkMæus okys , MkIVj

esy l s esy jkm. M FkM l s bliVšfu; l

Qhesy l s Qhesy ch FkM l s bliVšfu; l

esy l s Qhesy

gkbMšV , MkIVj % &gkbMšV l s dk; l djrs l e; bl dk dHkh dHkh iz; kx djuk vfuok; l gks tkrk gA bl ea , d vksj LØw Vkbi Qhesy difyæ gkrh gS rFkk nil jh vksj bliVšfu; l Qhesy difyæ gkrh gA

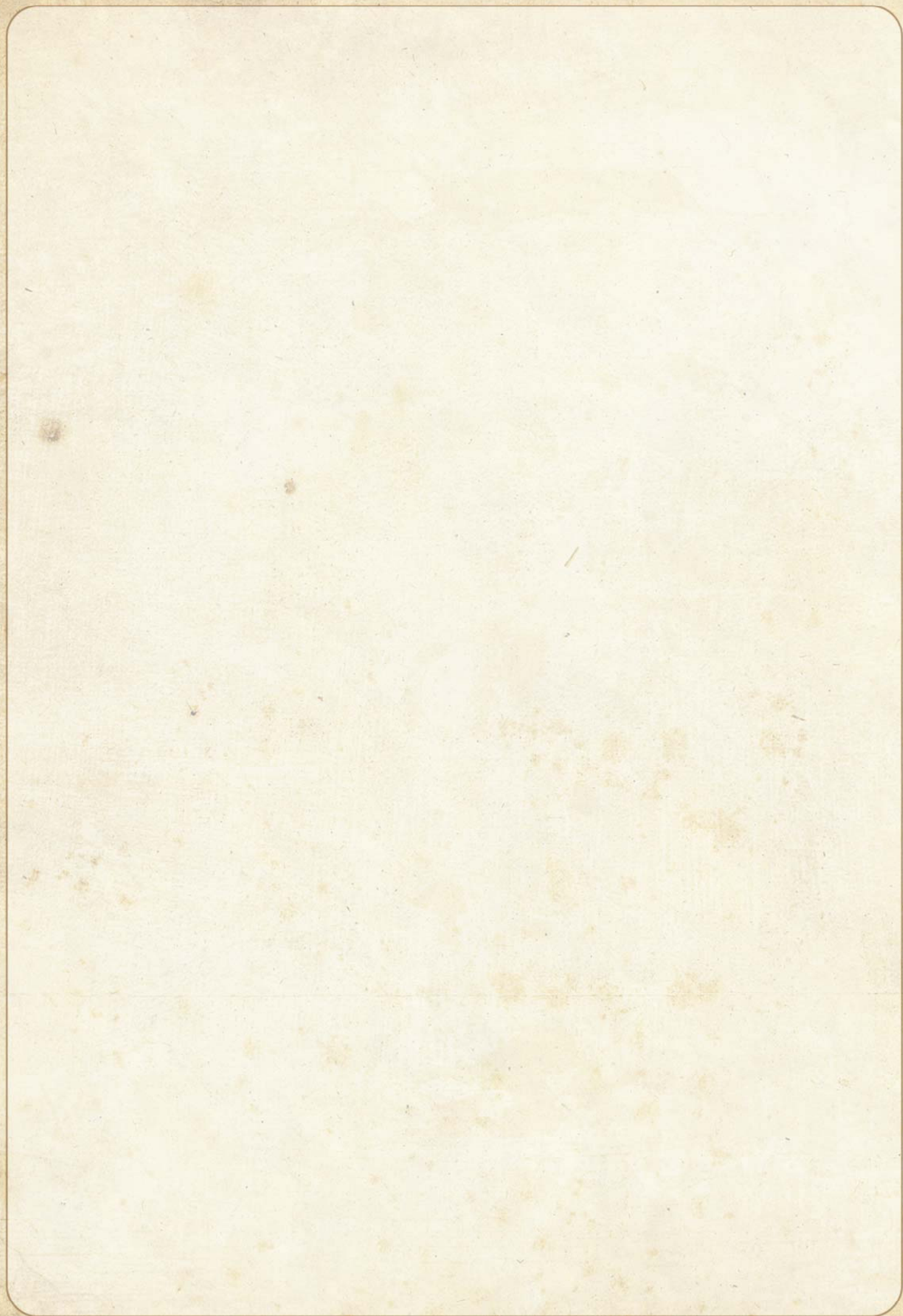
; krk; kr ds dkj.k gkbMšV ckDI f[kl d tkus ij gkbMšV ds vkmVyš/ ea tc LVSM ikbi fQV ugha gks i krk rc bl , MkIVj l s gh dke fy; k tkrk gA

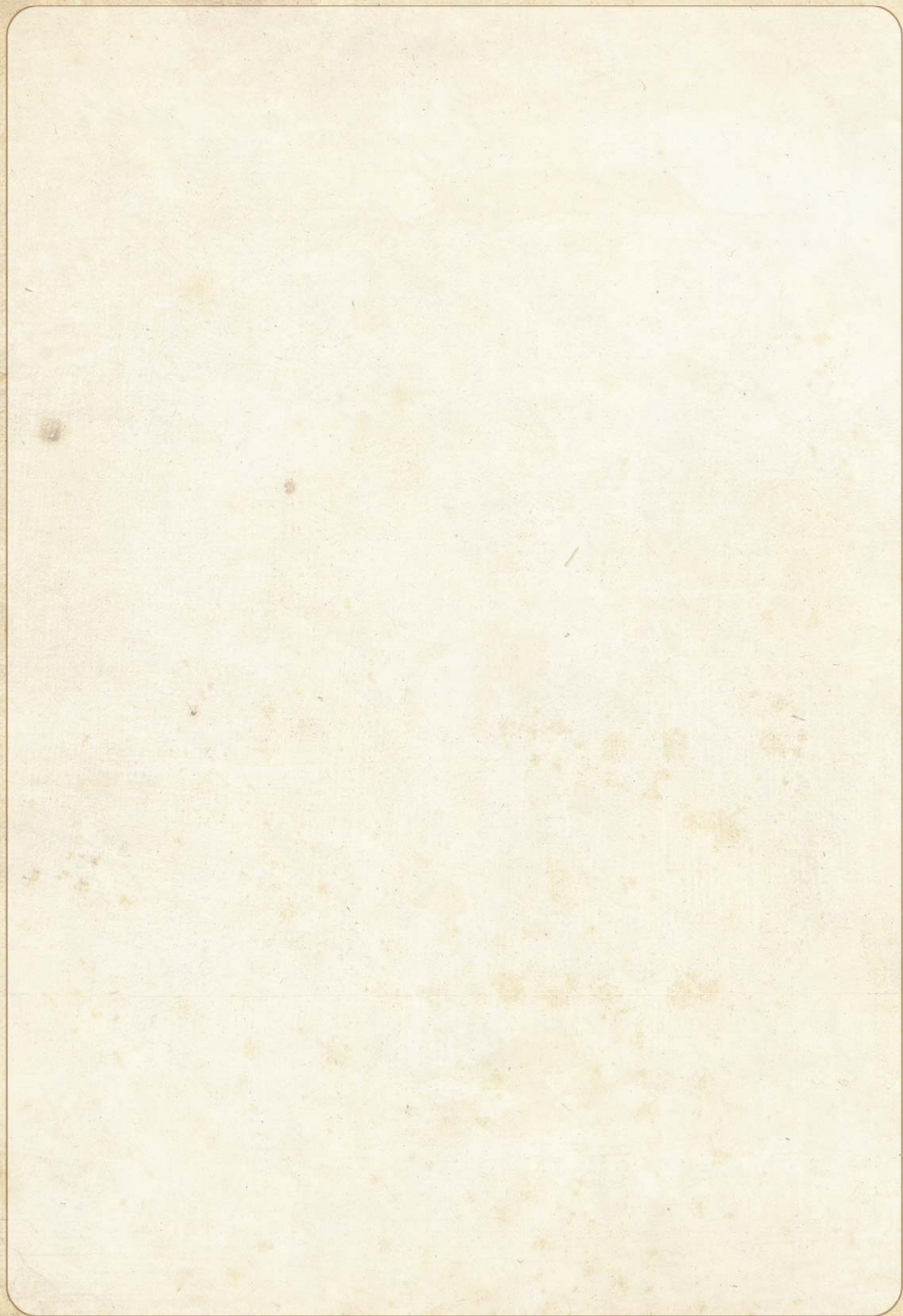
l D'ku gkst , MkIVj % &dbz rjg ds l D'ku , MkIVj ik; s tkrk gA fMyhojh gkst dh gkbz l D'ku ea tkMæus ds fy; s ; vā i hE Qk; j l foZ ea l kekl; r% 2 i ækj ds ns[kus ea vkrs gA

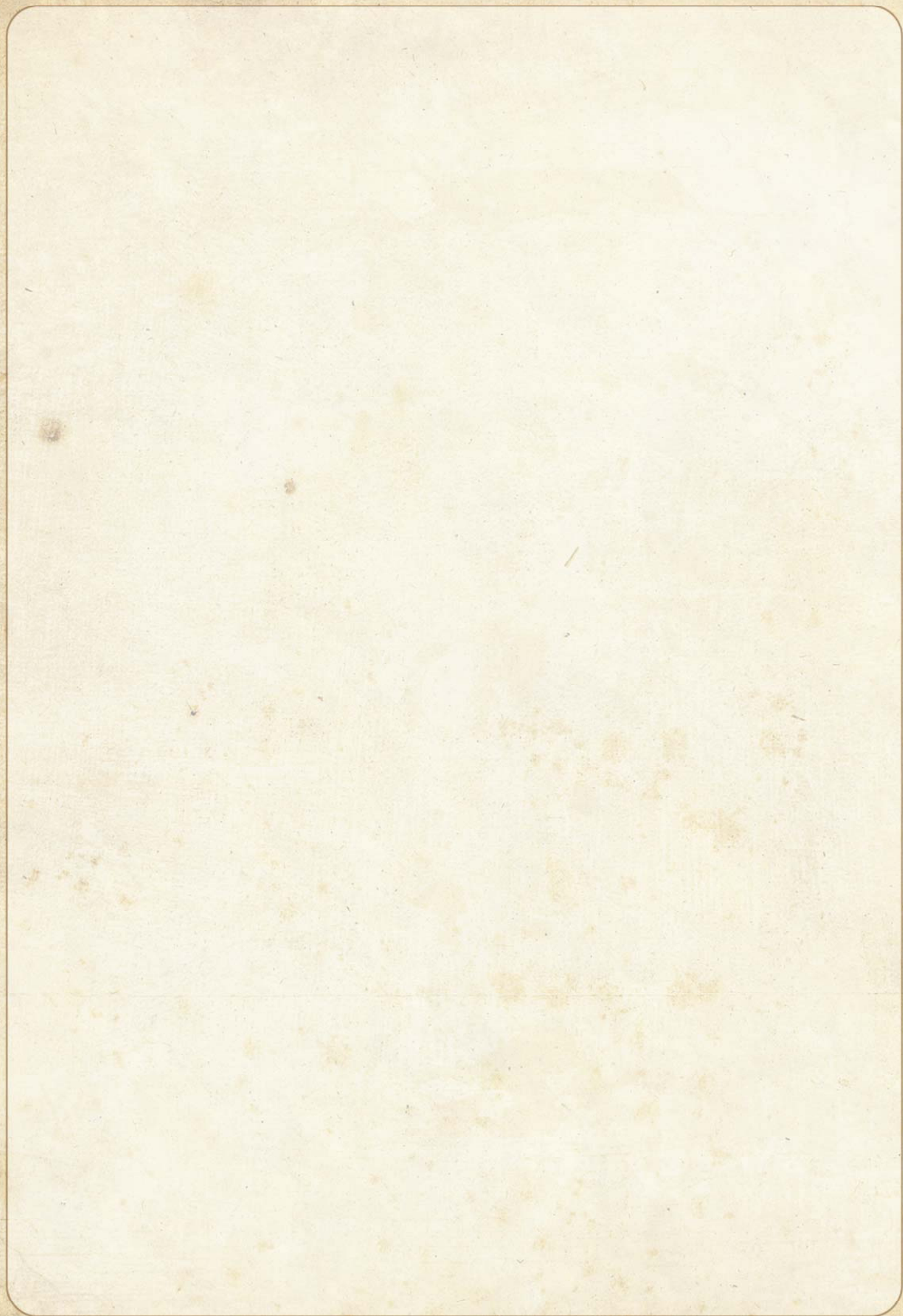
l D'ku , MkIVj % &bl ea , d vksj 2&1@2<sup>^</sup> Mk; ehVj dh esy difyæ rFkk nil jh vksj 3<sup>^</sup>4<sup>^</sup> ; k 5<sup>^</sup> l kbt dh LØw Vkbi Qhesy difyæ gkrh gA

dysfDæ/x gM , MkIVj % &; |fi ; g Hkh l D'ku , MkIVj gh gA bl ea , d vksj 2&1@2<sup>^</sup> Mk; ehVj dh bliVšfu; l difyæ rFkk nil jh vksj LØw Vkbi 6<sup>^</sup>4<sup>^</sup> ; k 5<sup>^</sup> l kbt dh esy difyæ gkrh gA

dysfDæ/x gM % &ik; % xu esy dk gh cuk gkrk gA bl ea , d vksj pMhinkj Qhesy difyæcuh gkrh gS ftl ds }kjk bl s iEi ds l D'ku buyš/ ij ; k l D'ku ij fQV dj fn; k tkrk gS nil jh vksj nks ; k nks l s vf/kd 2&1@2 Mk; ehVj ds bliVuVfu; l esy difyæ yxs jgrs gA bu difyæka ea ¼uku flVucy½ ; kuh , d k izl/k jgrk gS fd buea i kuh doy tk l drk gS oki l ckj ugha vk l drk gA







Tkc dbz gk; MšVka l s iEi rd ikuh vkrk gš bl mi dj.k }kjk bdVBk djds iEi dks fn; k tkrk gš ; fn fdl h gkbMšV dk iškj de gks rks mi jkDr i zll/k ds dkj.k ikuh oki l ugha gks i krkA

I D'ku LVuj %& I D'ku ikbi dk tks fl jk unha Vsd rkykc ea Mkydj ikuh [khp k tkrk gš ml h fl js ij LVuj ckrk fn; k tkrk gš rfd iEi dh e'khu ea ikuh Nudj vk; s vks {kfr igpkus okyh Bkl oLrq ka dks ckgj gh jkds j [ks A nks izdkj ds gksr gš 1& eš/y LVuj 2& okLdš LVuj

eš/y LVuj %& rEck Jihry ; k fefJr , yk; l ; s cyukdkj gkrk gš bl ea Nkš&2 brus Nan gksr gš ftl l s I D'ku gkst dh vf/kdre {kerk l s dehu vk; s l kfk gh ydMh} iRFkj vks vU; Bkl oLrq a I D'ku ea u vkus ik; s A bl ea , d pMhmkj Qhesy difyax gkrh gš ftl ds }kjk I D'ku ij dl fn; k tkrk gš

mFkys ikuh l s dke djus ds fy, , d fo'kšk izdkj dk I D'ku LVuj cuk; k tkrk gš bl ea dšy LVuj dh ryh ea gkdj gh ikuh vlnj vk l drk gš tc rd ryh ikuh ea Mich jgsh ikuh mBrk jgsh A

ckLdš LVuj %& g eš/y LVuj ds l kfk gh iz kx fd; k tkrk gš dhpM+ bR; kfn ea eš/y LVuj /ka l drk gš ijUrq; g Vkdjh ue LVuj tks eš/y LVuj dks <da jgrk gš dhpM+ ds mij fVd tkrk gš vks {ks=Qy vf/kd gkus ds dkj.k dkQh Hkkx [knyk jgrk gš vks eš/y LVuj fcuk fdl h : dkoV ds dke djrk gš

ckLdš LVuj eš/y LVuj dks {kfr l s Hkh cpkrk gš

cr dh rhy; ka l s xksy Vkdjh uek cuk gkrk gš , d vks [knyk jgrk gš A ftl ea l s eš/y LVuj vlnj dj fn; k tkrk gš dšcd dh , d /k/kfj; k ¼LdV½ l h bl ds bl fl js ij fl yh gkrh gš ml h dks Mkšh l s I D'ku ikbi ij dl fn; k tkrk gš

QV okYo %& eš/y LVuj ds LFku ij dHkh&2 QV okYo iz kx fd; k tkrk gš bl ea , d uku fjVfuž okYo dk clnkLr jgrk gš tks ikuh dks I D'ku ea vkus nrk gš ijUrq oki l ugha tkus nrk iEi ikbfeax fl Lve ea ; fn dkbz =fV gks tk; s rks QV okYo }kjk I D'ku dks djds i fEi ax fd; k tkrk gš

LVS M ikbi %& Qk; j gk; MšV l s dke djrs l e; bl dh vko'; drk i Mrh gš gk; MšV ds vkmV yš dks tehu ds mij rd c<kus ds fy, LVS M ikbi iz kx fd; k tkrk gš bl l s gkbMšV ea gkst txkus ea l fo/kk jgrk gš

Rkkcs ds eksšs ikbi ij , d vks <ykbz fd; k gpk , d vk/kkj jgrk gš ftl ea pMhmkj Qhesy difyax cuh gkrh gš rFkk peMš dk ok'kj yxkus ds fy, [khp k Hkh dVh gkrk gš bl h vk/kkj }kjk LVS M ikbi dks gk; Ms V ds vkmVyš ij dl fn; k tkrk gš ikbi ds mij dh vks LVS M ikbi dk gM cuk gkrk gš bl ea 2&1@2<sup>m</sup> Mk; ehVj dks buLVuVfu; l Qhesy difyax yxh gkrh gš ftl ea dšy , d iškj fjyht yxk gkrk gš ; g gM fdl h Hkh vks ?kpk; k tk l drk gš

fofHku izdkj ds Qk; j gkmMs Vka ds l kfk fy; s LVS M ikbi Hkh fHku&2 izdkj ds gksr gš

Cyš dš %& Cyš dš fdl h buyš ; k vkmVyš dks cln djus ds dke vkrk gš tš s I D'ku buyš iEi vkmVyš] LVS M ikbi da vkmV yš dyfDax gM ds buyš bR; kfnA ; g /kkrq dh <yh gkrh gš bl dk , d fl jk cln jgrk gš rFkk nil js fl js ij , d ey ; k Qhesy [kVdškj ; k pMhmkj difyax gkrh gš A tš s iEi ds buyš ds Cyš dš ea pMhmkj Qhesy difyax rFkk vkmVyš Cyš dš ea bui Všfu; y difyax gkrh gš A Cyš dš , d Nkšh tathj ds l kfk mi dj.k l s cWkk jgrk gš

gkst jEi %gkst ikbi ds Åij l s ; fn Hkkjh xkfM+ k ekVj dkj] V'd vkfn fudys rks gkst dks {kfr  
iglp l drih gS A vr% , d h ifjLFkfr ea gkst ikbi dk gkst jEi ds chp ea l s fudkyk tkrk gS A  
gkst jEi ydMh vFkok /kkrq ds cus gkrs gS A

gkst jEi dh cukoV , d h gksh gS fd bul s gkst ds nkuka vkj <yok jkLrk cu tk; s buea bruh  
xqt; l jgs fd xkMh ds ifg; s i kuh Hkkjh gkst ykbu dks u Nq A bl ds Åij l s xkfM+ kwl g {kk i wZd  
vk tk l drih gS

# 6½ Qkæ ; k Qkæ bD; qj esIV

## iLrkouk %&

vke rks l s Qk; j l foal }kjk vx cækus dk rjhdk vx ds vupny tV Wkkj½ ; k Qk; ds : i es tyrh gþz l kexh ij ikuh Mky dj mudk rkieku de djds gkrk gS tks dnyæ eFKM dgykrk gS ijUrq dñ inkFkZ , d s gâ tks vfxu"keu ds nf'V dks k l s [krjukd gS A tS s 'kh?k vx i dMæus okys rjy inkFkZ rsy i s/ky ?kh vkfn A buea vf/kdrj ikuh l s gYds gkus ds dkj.k ikuh ij rjus yxrs gA

okLro ea rjy inkFkZ dh vx geskk ml dh Åijh l rg ij yxrh gS tc bu inkFkZ ij ikuh Mkyk tkrk gS rks {k.k Hkj ds fy, ml dk rkieku de dj nrk gS vksj inkFkZ dh l rg dks FkkMk cgr B.Mk djrk gævk ml dh fupyh l rg ea cB tkrk gS vksj ml dh l e; i p% tyus yxrh gS A ; fn ikuh fujUrj Mkyk tkrk gS rks og dUVuj dks Hkj dj ckgj vk tkrk gS ; k vkus yxrk gS rFkk vx Hkh ml ds vuq kj c<us yxrh gS A , d h fLFkr ea rjy inkFkZ dh vx ij ikuh dk Mkyuk [krjukd gkrk gS A bl ij fLFkr ij dka i kus ds fy, Qkæ dk vfo"dkj fd; k x; k gS A

Qkæ ikuh ds >kxka ; k ckjhd ckjhd cæcyka dks dgrs gS bu cæcyka ea gok Hkjh gkrh gA bu cæcyka dks l okf/kd l e; rd fLFkj j [kus ds fy, s fo'ks'k inkFkZ dk iz, kx fd; k tkrk gS ftl s LVs ykbtj dgrs gA ; g >kx rjy inkFkZ ea [kæus ugha i krs gYds gkus ds dkj.k tyrs gq rjy dh l rg ij rjrs gA ; fn cgr l k >kx tyrs gq rjy inkFkZ ij Mky fn; k tkrk gA rks og rjy dh l rg ij %eks/h pknj ; k dEcy dh rjg½ , d eks/h ijr te tkrh gS vksj vx rd vkDI htu ugha igæbus nrhA vx fcuk vkDI htu ds ?k/dj %Lenfjæ eFKMZ l ½ cæ tkrh gA

Vkx cækus ds fy; s 2 izdkj dk Qkæ iz, kx fd; k tkrk gS A

- 1- dfedy
- 2- esdfudy Qkæ

## dfedy Qkæ %&

tS s fd uke l s izdV gkrk gA dfedy ; k jkl k; uka }kjk cuk; k tkrk gS dñ j l k; u , d s Hkh gâ tks vki l ea feydj Qkæ mRi l u djrs gA tS s vYekfu; e l YQV vksj l kFM; e ckbz dckkLus/ dks ikuh ea vvx&2 ?kkydj feyk; k tk; rks ; g fey dj xkMk ekM tS k % , Y; fefu; e gkbMksvkDI kbM½ vksj dckL Mkbz vkDI kbM xS cukrs gA tks gypy i sñk dj ekM dks >kx ds : i ea i jf.kr dj nrh gA dfedy Qkæ ds cæcyka ea l hâ vka Vâ xS Hkj tkrh gS A Qkæ Vbke dfedy , DI fV; Xjka ea ; gh el kys iz, kx fd; s tkr s gA tks j l k; u i fr fØ; k }kjk Qkæ cukrs gA A

## esdfudy Qkæ %&

>kx cukus l s l EcfU/kr 'kks'k dk; Z l s i rk pyk gS fd vxj ikuh ea mi fLFkr feyk dj ml s [kncnk; k tk; rks j l k; fud Qus l s feyrs tyrs Hkkf rd xqkka okyk Qus gkrk gS A yfdu bl Qus ds cæcyka ea l hâ vka Vâ xS u gkdj dny gok Hkjh gkrh gA ; g fl /n gks ppk gS fd bl l %cæcyka ea gok Hkjh jgus l ½ ds vfxu'kkesd xqkka ij dckbz i Hkko ugha i Mærk gA D; kfd >kx dk vx ij i Hkko vfuok; % tyrh gþz olr q dks <kdus l s gkrk gS A j l k; fud Qkæ ds cæcyka ea Hkjh l hâ vka Vâ bl i fØ; k ea ux.; l k Hkx yrh gA bl izdkj cuk; k gævk >kx esdfudy Qkæ ; k dhkh dhkh , ; j Qkæ dgykra gA



dfedy , DI fVE; ij dks NkMdj vfxue'ku l ok ea j l k; fud Okæ dh txg ; kf=d Okæ us ys yh gA vr%bl fo'k; ea eq; r% esdfudy Okæ ds : l ea vkus okys l kt l keku ij gh fopkj fd; k x; k gA

dfedy Okæ dk mRi knu %&

tc dfedy , DI hfVE; wj l s cuus okys Okæ l s vf/kd ek=k ea cukuk gkrk gA l c ; k rks dfedy bfltu ; k dkbz yxkrkj Qsuk cukus dk rjhdk dke ea yk; k tkrk gA ; |fi dke djus dk fl /nkUr ogh gS tks dfedy , DI fVE; ij ka ea gkrk gA

vf/kd ek=k ea dfedy Okæ cukus ds 2 rjhds gA

1- vko' ; drkuñ kj mu 2 rRoka ds ?kksy vki l ea feyus ij >kx cukra gA

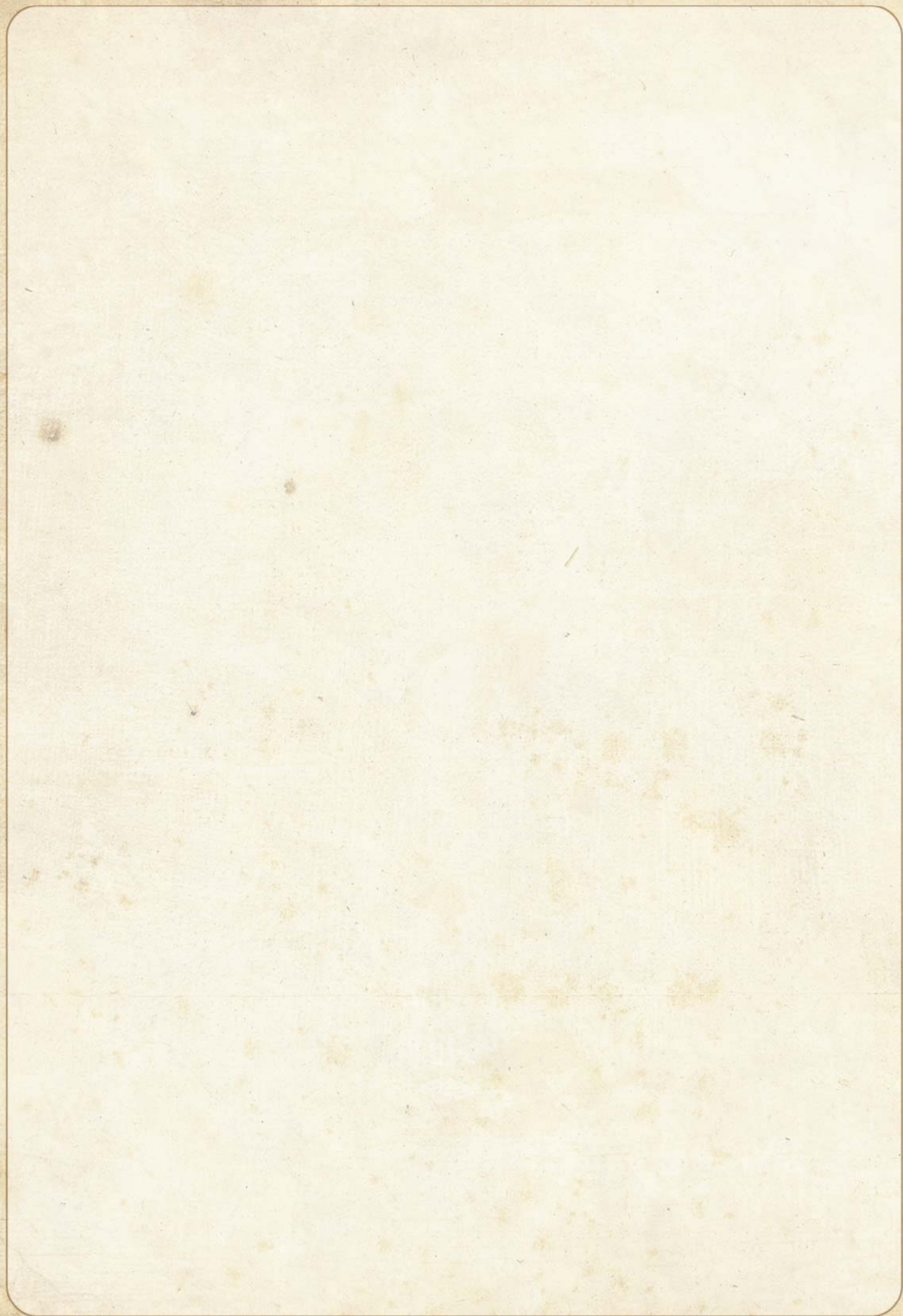
2- gkt dh ykbu ea pqkz dh 'kDy ea nksuka rRoka dks i dsk djkdj i kuh dh mi fLFkr ea pqkz ?ky tkrk gA muea j l k; fud i frfØ; k gkrh gS vkj Qsuk cu tkrk gA

1- nks ?kksyka l s cuus okyk Okæ %&

iR; d el kyka dks i kuh ea vvx&vyx ?kksy dj vvx&vyx Vfd; ka ea j [kk tkrk gA A viuh&viuh Vfd; ka l s nksuka ?kksy , d gh gkst ykbu ea iEi fd; s tkrk gA gkst ea , d l kFk cgus ds dkj.k mRi l u gypy l s og vki l ea vPNh rjg ?ky fey tkrk gA A bl dke ds fy, fo'k'sk i xdkj dk iEi ftl ds fl ys Mj vvx&vyx ?kksyka dks iEi djrs gA A dke ea yk; k tkrk gA D; kfd ?kksyka ea l gh vuñ kr feykuk gkrk gA tks l keku; r% 2% gkrk gS A nksuka ?kksyka dh 'kDr ea mfor l ek; kstu dj fy; k tkrk gA l keku; r% 1&1@2 Mk; ehVj okyh ckUp vxk ij Okæ Qæus ds dke ea ykbl tkrh gA

pwkz l s cuus okyk Okæ %&

?kksy dh l q[ks pwkz i kmMj ds : l ea j l kl uka dks j [kus ea l fo/kk gkrh gA ; s txg Hkh de ?kj rh gA nksuk , d l kFk feyk dj l hycln fMCcka ea rS kj j [kk tkrk gA j l k; fud i frfØ; k ml h l e; gkrh gS tc i kmMj xkys gkrk gA A ; k ?kksy ds : lk ea gkrk gA jkl k; fud i kmMj dks gkst ykbu ea i fo"V djkus ds fy, , d fo'k'sk e'khu gkrh gA tks Okæ tujVj dgykrh gA tujVj dks gkst ykbu ds chp ea yxkus dh 0; oLFk jgrh gA vFkk bl ea , d esy o Qhesy di fyæ



Ykxh jgrh gA tujVj ds Äij , d cMk+ dhi ts k ½gk½ yxk jgrk gA ftl ea ikmMj Hkj fn; k tkrk gA ikuh pkyw djrs gh ikuh dh /kkj ea ikmMj fxjus yxrk gA vks jlk; fud ifrfØ; k l s Oke cuus yxrk gA tc rd ikmMj dh l lykbz jgrh gS >kx dk mRiknu yxrkj gkrk jgrk gA ikmMj dks gkij ea mMæurs jgrs gA A >kx cjkj curk jgrk gA

tujVj dks ckUp ds fudV l keku; r% 100 fQV njih ij ?k'kz k l s >kx u'V gku dh l EHkkouk jgrh gA de njih ij ikmMj ikuh es Hkyh HkkW r ugha fey ikrk gA bl ds l kFk 1&1@2^ l s 2^ Mk; ehVj ds ckUp dh vko'; drk gkrh gA

Oke tujVj ds buyV ij 100 iksM ifr o'kz bap iškj l s 54 xsyu ifr feuV ikuh nus ij 750 xsyu ifr feuV Oke curk gS vksj 100 l s 105 iksM ifr feuV ikmMj [kpl djrk gS A

efdfudy Oke dk mRi knu %&

; g crk; k tk pdk gS fd ikuh dh /kkj ea mi; Ør ; kfxd feJ.k ifjr djds ml ea gok feyus l s >kx cuk; k tk l drk gS A bl ; kfxd dks Ok; j l foZ ea Ohe dEi kmUM dgrs gS A bl s ikuh ds rst /kkjka ea eWkdj >kx cuk; s tkrk gA bl ds >kxka ea gok Hkj tkrh gA Oke dEi kmUM dks ikuh o gok ea efkus okys mi dj. kka dk Ohe bdi eW ; k Ohe viV l dgrs gA efdudy Ohe cukus ds fy, fuEufyf[kr mi dj. kka dh vko'; drk i M-rh gA

1- ikuh dks vko'; d iškj inku djus ds fy, , d iEi A

2- ikuh dks vko'; drkuq kj iEi l s ys tkus ds fy, gksta

3- ikuh dh /kkj ea Oke dEi kmUM ifjr djus ds fy, dkbz l k/ku A

4- ikuh vksj Oke dEi kmUM ds feJ.k ea gok feyus dk l k/ku rFkk gok feyus ds ckn >kx dks vkx lkj l k/ku vFkok ckUPka

Oke efdax ckUp ikbi %&

fo'ks'k iZdkj l s cuk; k x; k ckUPk ikbi tks viuh fo'ks'k cukoV }kjk ikuh] Oke dEi kmUM vksj gok dks eFk dj >kx ds : lk ea ckgj Odrk gA vius Oke cukus dh {kerk ds vuq kj foHku vkdkj iZdkj ds ns[kus ea vkrs gA vke rksj l s uå 2 Oke efdax ikbi gS vf/kdrj iz kx ea vkrk gA bl dh dk; l iz kkyh fuEufyf[kr gA

l Ei wZ ckUp ds rhu eq; Hkkx gkrk gA uå 1- okVj gM] 2- fefDI æ pEj 3- fMLpktZ V; w A

bl ds okVj gM ea , d gh duD"ku jgrk gS ftl ds }kjk Oke dEi kmUM l lykbz gkrk gA Oke dEi kmUM j [kus ds fy, , d vyx l s Vadh gkrh gS ftl dk usi l si Vsd dgrs gA

uå 2 Oke efdax ckUp ikbi dks l k/kj.k ckUp dh HkkfW gh gkst ykbu l s tkM+fn; k tkrk gS A rFkk , d jcj ikbi ds }kjk usi l sd Vsd l s tks ckUp esu dh ihB ij ckWk fn; k tkrk gS ; k tkM= fn; k tkrk gA

gkst l s ikuh l cl s igys okVj gM ea vkrk gA ; gkwl s ; g 4 /kkjka ea ifjofr-r gks tkrk gA ikuh okVj gM ij 4 ukty cus gkrk gA buea l s 3 ukty 3 vksj l s frjNs : [k ij bl iZdkj j [ks tkrk gS fd bu rhuka l s fudyk gqk ikuh , d dksi cukrk gqk , d LFkku ij feyrk gA okVj gM ds chps chp vFkok bu rkuka uktyka ds chp ea pkFkk ukty jgrk gA bl ukty dh cukoV fo'ks'k iZdkj dh gkrh gA rFkk okVj gM ea , s h 0; oLFkk jgrh gS fd bl ea l s vkus okyk ikuh vius l kFk usi l sd Vsd l s Oke dEi kmUM Hkh [khp dj ys vkrk gS A rFkk ikuh vksj Oke dEi kmUM dk feJ.k fudy dj igys ds rhuu uktyka }kjk cuk; s gq s dks k ds f'k[kj ij Vdjkrk gS vksj Vdj k dj ; s /kkj k; a Qqkj ds : l ea cnydj ckWk ds vluj xskybz ea Hkj tkrh gA ; g Qqkj rsth l s ckUp ds fudkl }kjk dh

rjQ c<rh gA ckUPk ea bl ds dkj.k fiLVu dh rjg iHkko mRiUu gkrk gS ftl l s okVj gM ds pkjka vkj cusjklrs l s gok [khp dj fefDI x pEej ea vk tkrh gA

QyLo: lk Oke dEi kmUM dh Ogkj vkj ikuh dh rst /kkjk l s mRiUu gypy ea gok ?kd dj >kx iñk dj nrh gA ; gh >kx fMLpktZ V; m ds l h/ks ekxz dj xqtj dj ekVh /kkj dh 'kDy ea ckj fudyrk gA ftl l s rjy inkFkZ dks vkx ij Mkyk tkrk gA

eu okVj buyV ij ,d Vkh/h yxh jgrh gS rkfd t: jr iMus ij ikuh [kksyk ; k cUn fd; k tk l dA

Oke dEi kmUM l d'ku gkst ij Hkh fu; U=.k ds fy, ,d Vkh/h yxh jgrh gA bl ds }kjk Oke dEi kmUM dh l lykbZ dks fu; U=.k ea djds Oke dks xk<k ; k iryk fd; k tk l drk gA  
Ukã 1 l fVax ij % døy iryk Oke curk gS ; g døy vH; kl ] fMy vkfn djrs l e; dke ea ykuk pkfg, A Oke dEi kmUM Hkh de [kpl gkrk gA

Ukã 2 % l fVax lkj iVksy vkj rjy dh vkx cþkus ; kx; vPNs fdLEk dk Oke curk gA vkj 1&1@3 xSyu ifr feuV Oke dEi kmUM [kpl gkrk gA

Ukã 3 l fVax ij % uã 2 l s xk<k Oke curk gS tks vydkgy vkj bUMFLV; y l kyotV dh vkxka ij mi ; kxh gA bl ea 1&3@4 xSyu ifr feuV Oke dEi kmUM [kpl gkrk gA

bl izdkj Oke efdax ckUp ikbi ckUp eSu ds iWkZ fu; U=.k ea jgrk gA tc Oke dh vko'; drk gkrh gS rks og ikuh o Oke dh VksV; kW [kksy nrk gS A ; fn døy ikuh dh vko'drk gkrh gS rks Oke dEi kmUM dh Vkh/h cUn dj nrk gS vkj tc vkx cþ tkrh gS rks og ikuh Hkh cUn dj l drk gS rkfd Okyrw cgs ikuh l s vU; dkbZ gkfu u gks rFkk Oke dh fcNh ijr dks Hkh ikuh }kjk dkbZ gkfu u gkus ik; A

uS l d Vd %&

tS k fd Åij o.ku fd; k x; k gS uã 2 Oke efdax ckUp ds uS l d Vd dk iz kx fd; k tkrk gA bl ea 4 xSyu Oke dEi kmUM vkrk gA bl s Ok; j eSu dh iHb ij ckWk fn; k tkrk gA

Vd ea dEi kmUM Hkj us ds fy, cMk Nn gkrk gS A bl ea ,d fudkyk tk l dus okyk pyuk Hkh fQV jgrk gS A ; g Nn 'kh?kz [kayus cUn gkus okys <Ddu l s cUn jgrk gS A bl <Ddu ea gok ds vkokxeu ds fy, 2 ckjhd Nn gkrk gA tks ges'kk l kQ j [kuk pkfg, A oukZ tc Oke dEi kmUM ckUPk ea i fo"V dj; k tkrk gS

jgk gks ml l e; Vadh ds Åij ok; e.My dh gok ugha i gþxhA QyLo: lk Oke dEi kmYM Vadh l s fudyuk cUn gks tkrk gA

uS l d Vadh ds vkmVyV ij Vkh/h fQV jgrh gS bl h vkmVyV l s jcj ikbi }kjk ckUPk ikbi dks Oke dEi kmUM l lykbZ fd; k tkrk gA

cMh&cMh rjy inkFkZ dh vkx ij tgkW vf/kd Oke dh vko'; drk gkrh gS ogkW cMs vkdkj izdkj ds Oke efdax ckUp dk iz kx fd; k tkrk gA buds Oke cukus dh {kerk fuEufdr gA

uã 2 Oke efdax ckUp ikbi &bl ckUp dks ; fn 100 iKSM ifr oxZ bp iñk l s 50 xSyu ifr feuV ikuh feys rks og 450 xSyu ifr feuV Oke cuk; xk vkj 1&1@4 l s 1&3@4 xSyu ifr feuV Oke dEi kmUM [kpl djskA

uã 10 Oke efdax ckUp ikbi %&

bl ckllp dks ; fn 100 i sUM ifr oxl bp i skj l s 100 xSyu ifr feuV ikuh feys rks ; g 800 xSyu ifr feuV Qke cuk; sk , oa 3 xSyu ifr feuV Qke dEi kmUM [kpz djsxk A

ua 20 Qke efdax ckllp ikbi %

bl ckllp dks ; fn 100 i sUM ifr oxl bp i skj l s 200 xSyu ifr feuV ikuh feys rks ; g 1600 xSyu ifr feuV Qke cuk; sk A ; g 6 xSyu ifr feuV Qke dEi kmUM [kpz djsxk A

ua 30 Qke efdax ckllp ikbi %

bl ckllp dks ; fn 100 i sUM ifr oxl bp i skj l s 300 xSyu ikuh ifr feuV fn; k tk; rks ; g 2400 xSyu ifr feuV Qke cuk; sk , oa 9 xSyu ifr feuV Qke dEi kmUM [kpz djsxk A

mijkDr 10&20 vks 30 uEj ds ckllpka ea vf/kdrj Qke cukus ds l kFk&l kFk Qke dEi kmUM Hkh vf/kd [kpz gkrk gA buds l kFk us l sd Vsd dk dk; l djuk vl EHko gA ; fn fdl h nil js cM\$ Vsd l s ckllp rd dEi kmUM igpbk; k tk; rks ckllp esu dks dk; l djus ea vl fo/kk gksxh A , d h ifjLFkfr ij dkcw ikus ds fy, cM\$ l kbtka ds ckllpka ds l kFk bu&buMDVj] buykbu i z kskuj ; k eYVhiy tV b.MDVjka dk iz, kx fd; k tkrk gA

tc doy ua 10 ckllp blreky ea gks rks buykbu bUMDVj iz, kx ea yk; k tkrk gA tc cgr l h ckllp ; k , d cM\$ l kbt dk ckllp gks eYVhiy tV b.MDVj iz, kx fd; k tkrk gA b.MDVj ikuh dh /kkj dh ckllp ij igpbus l s igys ml ea Qke dEi kmUM ifo'V dj nrk gA bl hfy, ua 10 ckllpka ea l k/kk.k Qke dEi kmUM ds fy, buyv ugha gksr gA Hkhj ds tV/ka dh 0; oLFkka ua 2 ckllp tV/ka dh Hkhjr gksr gA fl ok; bl ds fd bl ea bat'DVj okyk chip dk tV ugha yxk gkrk gA ; kfu dh buyv ij fu; a.k ds fy, Vka/h Hkh bl ea ugha gksr ; | fi bl ds vlnj gok ds fl /nkUr oS s gh gA tS s ua 2 efdax ckllpka ea gksr gA

buykbu b.VDVj%

bu ykbu b.MDVj dks iEi dh fMyojh ykbu ea fQV fd; tkrk gA l kekl; r% ckllp ea 100 ; k 200 fQV ds chip yxk; k tkrk gA

LVhy dk cuk , d ckDI tS k gkrk gA ftl ea 5 xSyu Qke dEi km.M vk tkrk gA bl ds mij ; k uhps cfYd vk/kfud buMDVjka ea Vsd dCtnkj <Ddu ea gh fo'k\$ 0; oLFkka jgrh gA bl ea , d vks 2&3@4^ vkdj bULVu Vfu; l esy difyax rFkk nil jh vks Qhesy difyax yxh jgrh gA bl h ; a- ea pynkj Qke dEi km.M fi dvi yxk jgrk gA fi dvi V; ic ea , d rjOk %uku fjVfuX% okYo yxk jgrk gS tks dh fi dvi V; ic dks l h/ks [kMh voLFkka ea djus vks ikuh ds b.MDVj ea gkdj fudkyus ij Qke dEi km.M ds cgko dh fn'kk ea [kpyrk gA

b.MDVj ea i skj ; Dr ikuh , d irys tV l s fudydj nil jh Hkhx ea Qsyrsg 'kacdkj jkLrs ea vkxs c<+ tkrk gA irys tV l s fudyrs l e; ikuh dh xfr bruh rst gks tkrh gS fd b.MDVj ds FkV %xy% ea ok; w.e.My ds ncko l s de ncko gks tkrk gA bl h txg fi dvi V; ic fQV jgrk gA vr% Qke dEi km.M ok; w.e.My ds ncko l s fi dvi V; ic ea gkdj ikuh dh /kkjka ea i oSk dj Qsyrsg 'kacdkj jkLrs ea vkxs c<+ tkrk gS vks gkdt ykbu ea gkrk gvk Qke efdax ckllp rd igpb tkrk gA

bub.MDVj ea , d vkg l s nll jh vkg i kuh tkus ea i kuh ds i'kj ea dkQh deh gks tkrh gA  
; g l Hkh cgko ds l kFk cnyrh jgrk gA i gkus Vkbi b.MDVjka ea 40 ifr oxl rd i'kj de gks tkrk  
FkkA i jUr w u; s Vkbi ds b.MDVjka l qkkj fd; k x; k gA fQj Hkh yxHkx 25 i kM ifr oxl blp i'kj  
buea l s de gks tkrk gA bl h fy; s bu ykbu b.MDVj dks tgkW rd gks l ds ckp l s 100 fQE ds  
vlnj gh vlnj j [kuk pkfg; s vkg 200 fQV l s vf/kd njih ij ugha j [kuk pkfg; A

vPNk Qke cukus ds fy, ckp ij 90 i kM ifr oxl blp i'kj l s i'kj l s de ugha gkuk  
pkfg; A cfYd gks l ds rks 90 ; k 100 i kA ifr oxl bp i'kj dh vko'; drk i M-rh gA

mi l gkj %&

i f'k{kfFkZ; ks dks Qke , oa Qke mi dj . kka l s ifjpr dj; k x; kA Qke efdax ckp i kbi dh dk; Z fof/k  
l e>kb x; h

vH; kl ds fy; s i'z'u %&

- 1- vfxu 'keu ea Qke D; k i Hkko Mkyrk gA
- 2- Qke fdrus i'z'kj ds gkrs gA
- 3- Qke efdax ckp i kbi uE nks dk o. kLudjka
- 4- eS l S Vsd dh {kerk crkb; s dgkWi z; ksx gk-rk gA

# 7½ Ldš yMj&3

iLrkouk %&

mP&2 Hkouka ea tgka 30 vkš 35 QhV , DI VŠ'ku yŠj Nkš/h iMfh gš ogka ij 50 ; k 55 QhV rd c<kbz tk l dus okyh , d vU; l h<h iz; kx dh tkrh gš bl ea rhu l h<h; ka rys mij QW k dj , d fo'kš'k dšj; u ij j [kh jgrh gš nl dšj; j ds uhps nks cMš cMš i fg; s Hkh yxs gkrs gš rkfd bl Hkkjh l h<h dks , d LFkku l s nil js LFkku rd <dsy dj l jyrk l s ys tk; k tk l ds A l h<h; ka dks ok; j jki }kjk c<k dj 50 QhV rd fd; k tk l drk gš

cukoV %&

; g l h<h rhu Hkkxka ea gkrs gš uhps okys Hkkx dks eu yMj] e/; Hkkx eq; Hkkx dks fefMy , DI VŠ'ku vkš mijh Hkkx dks vij , dl VŠ'ku dgrs gš rhuka Hkkx , d nil js ea QW k dj j [ks tkrš gš e/; Hkkx eq; Hkkx ea , oa mijh Hkkx e/; Hkkx ea f[kl drk gš vkxs c<rk gš f[kl dus ea l fo/kk ds fy, eq; vkš e/; l h<h ds gM ij jksyl l vkš l kbM cfdV yxs jgrš gš yMj i kVI dks Hkh 0; oLFkkjgrh gš rkfd l h<h dks bPNkuđ kj c<k dj jkcdk tk l ds , oa Qk; j jki %dfcy½ ij l h<h dk Hkkj u jgš

rhuka l hf<; kW , d fo'kš'k vk/kkj ij j [kh jgrh gš bl vk/kkj ij eq; l h<h Hkh vkxs [kl drh gš A bl vk/kkj dks LykbfMx dšj t dgrš gš LykbfMx dšj t ds uhps nks cMš i fg, yxs jgrš gš bu i fg; ka dks dšj t gš dgrš gš bl gš dke dšj t l e; , d LFkku ij fLFkj j [kus ds fy, ydMh dh vkš yxk nh tkrh gš blga cMš pkd dgrš gš tks fd , d iryh tathj }kjk dšj t ea gh c'kh jgrh gš

eq; l h<h ds gohy ij ij nks vfrfjDr M.Ms l edks k cukrs gš s yxs jgrš gš bul s yMj l EHkyus ea cgr l gk; rk feyrh gš blga cšd Qykbz l %yhoj vkeI ½ dgrš gš iR; d M.Mk eq; l h<h dh iR; d fLVx ea tMk jgrk gš rFkk vU; M.Mka l s nkuka vki l ea c'ks jgrš gš yhoj vkeI l keku; r% dčtka }kjk eq; yMj l s tMš jgrš gš rkfd vko'; drki Mšs ij blga ekMdj eu yMj l s feykj j [kk tk l dš dke ds l e; yhoj vkeI l dks eq; l h<h l s l edks k fLFkfr ea j [kus ds fy, nks NMš vkš yxh jgrh gš tks fd yhoj LVs dgykrh gš yhoj vkeI l vkš eu yMj ds tkM+ ij gh nks Nkš&2 i fg; s yxs jgrš gš tks fd yhoj gohy dgykrs gš A bul s Hkh yMj dks b/kj m/kj ys tkuš /kəkuš mBkuš >pkus ea l fo/kk gkrs gš

eu yMj gohy ij gh , d etar r[rk] uV cšV }kjk tMk jgrk gš tks gohy cMš dgykrk gš A cšd Qykbz ij gh l h<h dks fd l h Hkh dks k ij j [kus o c<kus ds fy, fo'kš'k ;= yxs jgrš gš tks dšj t xs j vkš , DI VsfMx xs j dgykrk gš l keku; r% mij okyk , DI Vsf.Mx xs j o uhps okyk dšj t xs j gkrs gš fdl h&2 yMj ea eu yMj ds uhps gh dšj t xs j yxk; k tkrk gš bu xs jka dks ?kəkus ds fy, fop gš. My yxs jgrš gš

ed; I h<h ds gM l s nkuka vkj yhoj vkEl Z rd nks ok; j cl/ks jgrs gA tks fd I h<h dks c<krsl e;  
ed; I h<h dks l Hkkyus ea l gk; d gkrsl gA blga xkbz ok; j dgrs gS l cl s mij okyh I h<h ds gM ij  
, d fl js ij nks NkV&2 ifg, yxs gkrsl gA rkfd I h<h dks c<krsl e; I h<h nhokj ij jxMus u  
ik; A cfYd l jyrk ; s f[kl d l dA blga gM vk; ju , .M jksyl Z dgrs gA dHh&2 yhoj vkEl Z ds  
uhps nkukl vkj Mki oksV fQV gkrsl gS tks fd yMj dks i hNs f[kl dus l s jkcdsl gA

dSjt xs j %&

dSjt ij yMj dks vkxs i hNs f[kl dus vFkok I h<h ds Aj uhps m<kus >pkus ds fy, dSjt xs j  
dk iz kx fd; k tkrk gA

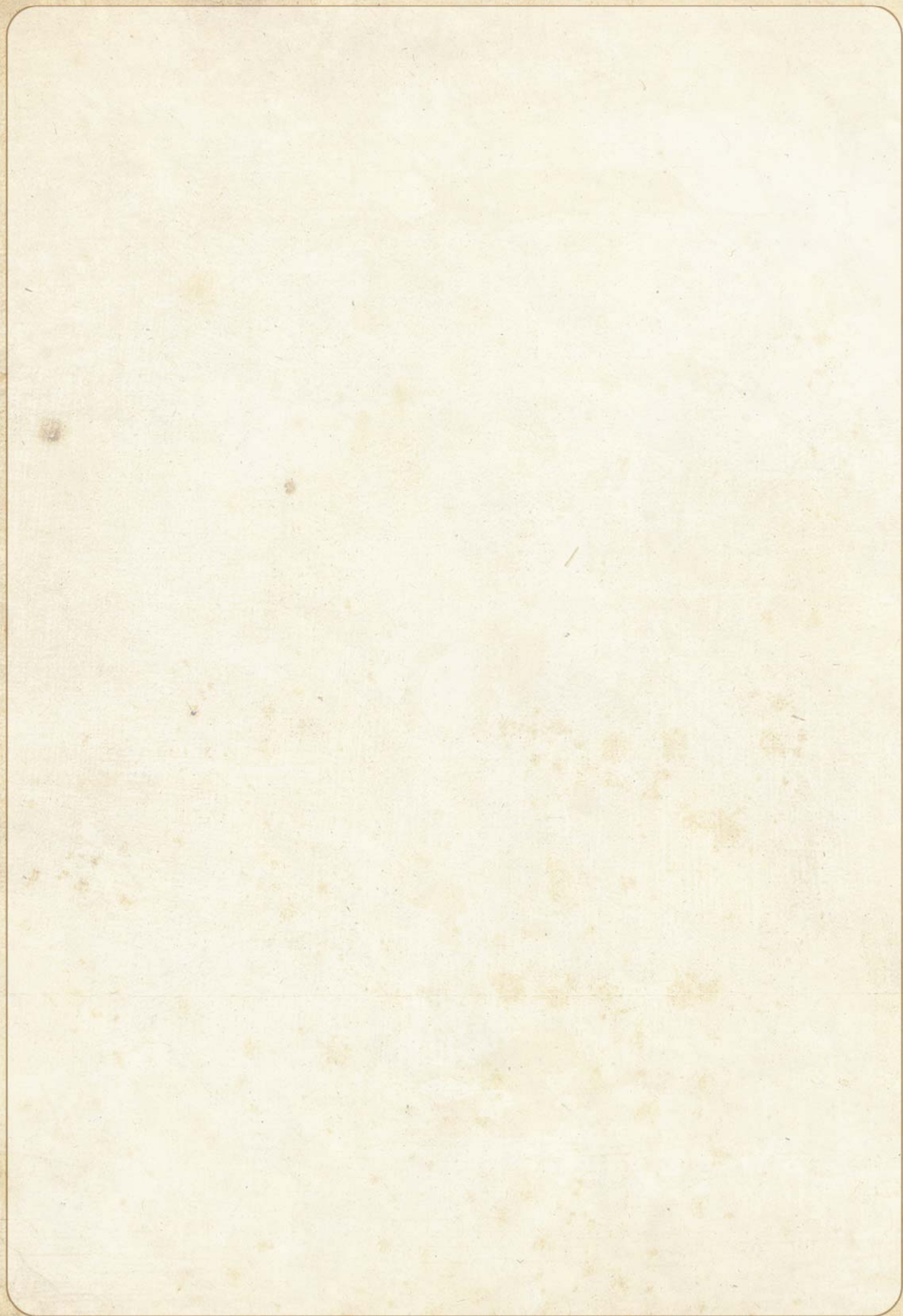
dSjt xs j Me ij , d ok; j jki %dfcy% yi v/ k jgrk gS ftl dk fl jk f?kjlz ka ea gkrk gvk eu  
yMj dh gohy ij gpd }kjk QW k jgrk gA tc dSjt xs j ds gSUMy dks ?kpk; k tkrk gA dSjt cs j Me  
ij dfcy fyi Vus yxrk gS vkj eu yMj dh gohy yhoj gohyka ds l gkjs f?kl Vrh gpl dSjt gohyka  
ds fudV vkus yxrh gA l kFk gh l kFk yMj dk gM Aj dh vkj mBus yxrk gS vkj mBr&2 75^  
fMxjh dk dksk rd mB tkrk gA bl dksk ij vk tkus ckn gh , DI Vf. Max xs j }kjk I h<h dks  
vko' ; drkuq kj c<k yrs gA I h<h ds dksk dSjt xs j }kjk mij uhps djds gh l ek; kfr fd; k  
tkrk gA I h<h ds gM dks uhps >pkus ds fy, gS. My dks mYVv ?kpk; k tkrk gA bl l s Me ea fyi Vv  
gvk rkj [kkyus yxrk gS vkj eu yMj vi us Hkky ds dkj. k yhoj gohyka ds l gkjs i hNs f[kl dus  
yxrh gS vkj dSjt gohy l s nij gkus yxrh gA l kFk&2 yMj dk gM Hkh uhpv gkrk tkrk gS , d  
fuf"pr LFkku ij vkdj I h<h dk f[kl duk Lo; a : d tkrk gA

vl y ea I h<h dk i hNs f[kl duk fl ykbfMax dSjt ea fuf"pr LFkku ij dkbz jkd yxk jkcd tkrk  
gA vFkok , d tathj }kjk jkcd tkrk gA bl tathj dk , d fl jk dSjt Ye ij rFkk nil jk&fl jk  
gohy ckMz ij cak jgrk gA fuf"pr njih vk tkus ij ; g tathj ij ru dj I h<h dks vkxs ugha  
tkus nrh gA bl tathj dks gohy psu dgrs gA

, DI Vf. Max xs j %&

I h<h dks c<kus ds fy, dfcy%ok; j jki % dk iz kx fd; k tkrk gA , d dfcy , DLVf. Max xs j Me  
ij yi v/ k jgrk gA bl dk nil jk fl jk gohy ckMz ea yxh f?kjh ea gkrk gvk eu yMj ds uhps Ajh  
jkmUM ea cak f?kjh l s fudy dj fefMy , DLVs u %e/; yMj% ds fupys jkmUM ea yxs gpd ea QW k  
jgrk gA , d nil jk dfcy eu yMj ds Ajh jkmUM ij yxs gpd ea cak jgrk gA bl dk nil jk fl jk  
fefMy , DLVs u ds mijh jkmUM ij yxh f?kjh ea l s gkrk gvk vij , DLVs u ds l cl s fupys jkmUM  
ea yxs gpd ij cak jgrk gA tc , DLVf. Max xs j ds gS. My dks ?kpk; k tkrk gA igyk dfcy  
, DLVf. Max xs j ds Me ij fyi Vus xrk gA rkj dk nil jk f[kl i Mus ij e/; yMj dks Aj  
[kkyus yxrk gS e/; yMj ds Aj c<us l s nil js dfcy ij Hkh ruko i Mus yxrk gA QyLo: i Aj  
, dVlu Hkh l kFk gh l kFk Aj dh vkj c<us yxrk gA bl idkj e/; vkj Ajh yMj c<dj I h<h  
dks Aj c<kus yxrs gA yMj ds iky }kjk I h<h dks , fPnd Apkbz ij jkcd tk l drk gA iky yx  
tkus ij I h<h dk Hkky dfcy ij ugha jgrk gA  
I h<h fu/kfjr Apkbz l s vf/kd Aj u fudy tk; bl ds fy, Hkh fo' ksk 0; oLFk jgrh gA vl y ea  
eu yMj ds dfcy ea , d LFkku ij jkd yxk nh tkrh gA I h<h ds fuf"pr Apkbz rd f[kl tka  
ij ; g jkd dfcy dks f?kjh l s vkxs ugha tkus nrhA





lykfEcax xs j %&

tc l h<h dks fdl h Åp&uhps ; k <yok LFkku ij yxk; k tkrk gA frjNh l h<h ij p<uk [ktjukd gkrk gA bl l eL; k dks gy djus ds fy, l h<h ea fo'ksk 0; oLFkk dh x; h gA ftl ds }kjk l h<h dks fcuk gVk; s ogha ij l ek; kftr djds l h/kk dj fy; k tkrk gA bl h 0; oLFkk dks lykfEcax xs j dgrs gA

lykfcax xs j }kjk yMj ds gM dks l kr ¼7 fMxjh½ b/kj ; k m/kj fd; k tk l drk gA lykfEcax xs j fl ykbfMax dsjt ea gh yxk jgrk gA

l dVh fMokbl st %&

l h<h ea l j {kk ds fy, Hkh dbZ 0; oLFkk, a dh x; h gA tks fd fuEufyf[kr gA %&

1-ikftfVo iKYI %&

dsjt xs j; k LVf. Max xs j dks?kpekus ea vf/kd 'kDr u yxs vFkok gF. My mYVk ?kue dj pkV u igbk; s bl fy, bu xsjks dks >eus okyh l kIVka ij fo'ksk nkar nkj xjkjh yxk; h tkrh gS ml ds narks ea , d xq/dk yxk jgrk gS tks fd l kIV dks dpy , d vkj gh ?kueus nrk gA mYVk ugha ?kueus nrk gA mYVk ?kueus ds fy, bl ds xq/ds dks narks l s vyx djuk iMrk gA bl h xq/ds dks i kftfVo iKYI dgrs gA

tc yMj dks fdl h Hkou ij yxkuk gks dsjt xs j }kjk Åij mBkuk gks vFkok , DLVf. Max , dl Vf. Max xs j }kjk c<; k tkuk gks nkuka xs l Z ds ikftfVo iKYI ; Fkk LFkku ij QW s gkuk pkfg, A

bl h izdkj l h<h+ dk uhps djrs l e; bu iKYI dks gVk dj gh gF. My dk mYVk ?kpek; k tk l drk gA ; gkW gF. My ?kpekus okys 0; fDr dks fo'ksk l ko?kkuh , oa l rdrk dh vko' ; drk gS D; kfd iKYI ds gVk; s tkrh gh yMj dk Hkkj gF. My ij vk tkrk gA vr% gF. My dks ij h 'kDr l s idMf s gg /khj&/khjs mYVk ?kpekuk gksxk ; | fi ; gkW ij Hkh l j {kk ds fy, vkj Hkh 0; oLFkk jgrh gS tks gF. My dks , dne ugha ?kueus nrh bl s fYDI u dgrs gA

2- fYDI u cad %&

; | fi ; g Hkh ikftfVo iKYI dh rjg gkrk gS ijUrq bl dh xjkjh ftu ij ; g yxrk gA ?kueus okyh u gkdj fo'ksk Me ij gkrh gA ftl ea fd cad fl LVe yxk gkrk gS tks 'kkIV dks , d vkj rks Yh ?kueus nrk gS vkj ml jh vkj mYVk ?kpek; s tkus ij cad yxk nrk gS vkj gF. My }kjk ?kpek; s tkrh gh /khj&/khjs ?kueus nrk gA bl izdkj ikftfVo iky dks gVk nus l s tks gF, y ij Hkkj iMf s yxrk gS ml s ; g fYDI u cad l gu dj yxrk gS rFkk dk; Z l Ei lu djus ea l fo/kk inku djrk gS

3- yMj iKYI %&

yMj dks okfNr Åp;kbZ ij jkd yxkrs gh yMj dk Hkkj , DI Vf. Max dpy ij ugh jgrk vk/kfud l hf<; ka ea Loa pkfyr yMi kWI gkrs gS vkj iR; rd c<us okyh l hf<; ka dh fgy ij yxs gkrs gA

i kWI yxkus ds fy, I h<h dks dN FkkMk uhps vkus fn; k tkrk gA i kYI gVkus ds fy, I h<h dks FkkMk Åij [khpuk i Mrk gA

Ldsi ekmfUVEI %&

Ldsi YkMj fdl h fo'k's'kK vi ykbl ¼Ldsi dSj; j½ ds ihNs ykndj nqkVuk LFky ij ys tk; k tk I drk gA Ldsi yMj ea fl ykbfMx dSjt ds uhps cus , d vfrfjDr Ýe ea fo'k's'k ; æ 0; oLFkk dh tkrh gSA ftl ea ekm.fVax dh vksj fLofxax gpd gkrk gS tks fd Ldsi dSjx vi ykbl ds ihNs fo'k's'k cfdV ij yMj dks I jyrk I s Vkkus ea I gk; d gkrs gA A yMj dk gM Mkboj dscu dh Nr ij j[kdj ½gM fl D; ksjx xs j }kj k½ Hkyh HkkWr ckWk fn; k tkrk gA bl I kjh 0; oLFkk dks Ldsi ekm.fVax dgrs gA

Ldsi yMj iz kx djrs I e; ; kn j [kus ; kX; ckr %&

1&yMj dks vi ykbu I kbt I s I ko/kkuh i wd mrkfj; A , d LFkk I s nI js LFkk rd ys tkus ds fy, gM dks uhpk djds dSjt gohyka ij yVdk dj pfy, A

2&yMj dks ftl f[kMdh ij yxkuk gks ml dh I h/k ea i fg; ks dk /kj k j [krs gq yMj dks jkfd, rRi' pkr ?kpb; A

3& yMj dks ?kpkrs I e; yhoj gohy dks tehu I s mBk yuk pfg, A

4& dSjt gohy ea pkd yxkrs I e; , d gkFk ea yMj jf[k, A

5& yMj dks Åij c<krs I e; /; ku jf[k, fd yMj dk gM eqMjs I s de I s de 3 jkm.M Åij jguk pkfg, A

6& yMj dk i kYI yxkrs I e; nf[k, fd i R; d yMj ds jkm.M , d I h/k ea gh vk tkus ij gh i ky dl A

7& ; fn yMj ea Mki okYV yxs gA rks mlga Hkh yxkb; s A

8& nhokj ij yMj yxkus ds lk'pkr /; ku jf[k; s fd yMj ds nkuka Qsjt gohy o yhoj gohy Hkh Hkfe ij fVds jga ; fn buea I s dkbz Hkfe ij Vkkk jg tkrk gA rks I ef>; s fd yMj I gh ugha yxk gSA ml ij p<uk [krjukd gkskA

ukV %& dpy fcftax djrs I e; gh yhoj gohy Åij gks I drs gA

9& yMj jkm.M idM+gh pf<; s fLVax er idfM+ s A

10& yMj I s eqMj ij mrjrs I e; eqMj dh cjkcj okyh jkm rd vFkok , d jkm.M Åij rd p<dj ckj okys i j dks fudky dj eqMj ij mrkfj; s ; kfu ck; ha vksj mrjus ds fy, ckW k i j dk vksj nk; ha vksj mrjus ds fy, nkfgus i j dks igys fudky dj eqMj ij jf[k, A

11& ml h i zkj f[kMdh ; k eqMj l s yMj ij mrjrs l e; l oñ Fke yMj dk gM vk; ju ; k du/ks  
dh l h/k okyk jkm.M i dfM± s rRi 'pkr eqMj l s Åij okys jkm.M ij i § j [krs gg nñ js gkFk  
l s nñ jk jkm.M o nñ jk i § j f[k; A

12& yMj ij mrjrs o p<rs l e; i § vks gkFk l kQ&l kQ jf[k; s A ; kuh ck; W i § ck; kW gkFk vks  
nkfguk i § vks nkfguk gkFk , d l kFk mBkdj jf[k; s A

13& ; fn Qk; j eñ fyIV }kjk fdl h 0; fDr dks mrkj k tk jgk gS rks yMj ds nkfguh vks l s gh uhps  
mrkjuk pkfg, l fo/kk ds fy, nkfguh vks dk xkbz okVj Hkh fudkyk tk l drk gñ nkfguh vks  
l s mrj dj cka h rjQ dks i hNs efm± s rkfd du/ks ij cWkh gpz dStqYVh dk l j Q§j t gohy l s  
u Vdj k; A

14& yMj dks oki l mrkjrs l e; l oñ Fkr yMj ds gM dks Hkou l s vyx mBk yhft, A rRi "pkr gh  
yMj dks uhps dhft; s ; k gVkb; A

15& ; fn , DI Vñ.Mk dfo y <hyk ; k yVdk gqk fn[ksyk; h ns rks l e> yhft, fd yMj dk Åij h  
dgha vVdk gqk gS tks fd fdl h Hkh l e; , dne f[kl d dj yMj o Ø; w ds l nL; ka dk [krjk  
i ñk dj l drk gñ

16& fcftx ds fy, yMj iz kx djrs l e; /; ku jf[k; s fd 30 fQV l s vf/kd njh l s fy, fcftx u  
dh tk, A

17& fcftx eaj [kh yMj ij , d l e; eñks l s vf/kd 0; fDr yMj ij u p<ñ A

18& jkr ds l e; l Mēd ij yMj iz kx dh tk jgh gks rks ml ds yhoj vKl l ds vki kl yñi vkfn  
tyk dj i zdk'k 0; oLFk dhft, rkfd vkus tkus okyh xkfM± ka l s VDdj u yx tk; A

ns[k js[k%&

yMj dh l e; & l e; ij ckjh dh l s tkWk djrs jguk pkfg, ml ds LVñMk ; k d§j t xs j  
dfo y n'kk ns[krs jguk pkfg, yMj ds i R; d Hkx dh Hkfy Hkfr l Qkbz gkrh jguh pkfg, A gj dr  
djus okys i j tka ea xhfl x vk; fyax djrs jguk pkfg, A  
LVñMMZ VLV %&

yMj dks i fr ek g vx ij iz kx djus ds lk"pkr vFkok vU; fdl h fo'ksk dkj .k l s vol j  
ij fuEufyf[kr VLV djuk pkfg, A

yMj dks i jk p<k dj ml ds gM dks fdl h nhokj ij fvdkuk pkfg, A chip okyh l h<h ds  
chipks chip i R; d fLVx ij nks cjkj M.Mka ds i kl , d jLI h ckWk dj uhps yVdkuh pkfg, A vc  
i R; d jLI h ij nks&nks 0; fDRk yVd dj Hkj Mkys A o Hkj gVk ys A Hkx gVks l e; gh l h<h dks  
viuh l keW; fLFkr ea vk tkuk pkfg, A

mij kDr i jh{k.k ds lk"pkr l h<h ds jkm.M VLV djuk pkfg, jkm.M VLV ds fy, yMj dks  
tgkWr d l EHko gks vf/kd l s vf/kd [kMh fLFkr eaj [kuk pkfg, A ; fn l EHko gks rks ml dk gM fdl h

oLrq l s ckWk dj j [kuk pkfg, A rFkk nks 0; fDr yMj ds yhol Z dks n<rk l s idM\$ jgaxs rkfd yMj  
vf/kd fgys Mays rc rd 0; fDr l h<h ij p<dj Åij rd tk; sk rFkk iR; d jkm.M ij din din dj  
ij [ksk A dnrs l e; jkm.M l s doy , d jkm.M uhps dnrs A dnrs l e; nkuka ij QSyk dj fLVax  
ds fudV jkm.M ij dnuk pkfg, A dnrs l e; l h<h l s vkokt u fudyA

yshj ijh{k.k ds l e; fuEukfdr ckrka ij fo'ks'k /; ku nsuk pkfg, %&

v& dscyl (okVj jki) Bhd l s fi jks s gq s gks vkj vi uh f/kfjZ ka (i gyt) ij l perk l s pyrs gka  
c& ,DLV\$.Max xs j vkj dfjt xs j ds ikftfVo iKYI vkj fOD'ku iKYI Bhd&2 dk;Z dj jgs ga  
fd ughA

l & l h<h dks ck/kus okys gpl ckV ; Fkk LFkku yxs gs fd ugh mudh ekmfVax vFkok LVhy fdfyII  
; Fkk LFkku yxh gs fd ugh A

n& dfoy ds ij tka ea tax rks ugh yx jgh gA blga l kQ dj nhft, ; fn vko'; d gks rks i dV dj  
nhft, ) dkbZ fjfi V Vm/h rks ugh gA

j& jkm.M tgl fLVax ea fQV gks gs dfjt LVhYI vkj yhoj gohYI ds M.Mka dh pnya iz kx  
gks&2 vf/kd f/kl dj <hyh rks ugh gks x; hA

N&ekh VLV %&

ifr NS ekg i 'pkr mijkDr ijh{k.k ds vrfjDr fuEufyf[kr tkps Hkh gkuh pkfg, A  
l h<h dks >pk dj tehu ds l ekkkUrj j [krs gh ml ds gM dks fdl h mfpr LVs M ij j [kdj l h<h ds  
iR; d Hkkx dh ckjh dh l s tkp djuh pkfg, A

xs l Z 'kkIV cFjæ] i gyt vkj i KYI Hkyh Hkfrl kQdj ds tkpukpkfg, fd os Bhd&2 dk;Z dj  
jgs gs ; k ugh vf/kd f/kl ; k dV QV rks ugh x; s gA eq; r% yMj i KYI dks nf[k, vk; fayax xhfl æ  
dj nhft, A uV oksV Ldnt dl nhft, A

fjfi V tkM oM M M tkM] pV [ks Vm/s rks ugh gA Vm/h Qm/h fjifyV fi uks dks cny nhft, A

dfoYI dh tkp dhft, f/kl tkus ; k vf/kd ruko i M- tkus ds dkj.k rkj Vm rks ugh x; s  
gA muea rks tax rks ugh yx jgh gA mlgs l kQ djds i vkfy; e tsh ; k fyfl M vk; y l s mi pkfjr  
djuk pkfg, A

mijkDr tkp ij [k ds i "pkr l h<h dks [kM dhft, rFkk [khp dj p<kdj nhokj ij yxk dj i u%  
ij [k yhft, fd og l gh&2 dk;Z dj jgh gs ; k ughA

mi l gkj %&

if'k{kkfFkZ ka dks Qk; j l foZ ea iz kx gkus okyh Ldsi yMj l s ifjpr dj; k x; k bl dh cukov  
mi ; kfxrk , oa iz kx ea vko'; d l ko/kkfu; ka dk Kku dj; k x; ka

&% vH; kl ds fy, izu %&

1- gwhy Ldsi fdl s dgrs gA

2- gwhYM Ldsi ds eq; ; &2 Hkkxka ds uke o dke crkb; A

3- gndhYM Ldsi ei lyfex xs j dk D; k dke gA

4- gndhYM Ldsi dh dN I Vh fMokbl st dk o.ku djka

5- Ldsi yMj iz, ksx djrs I e; D; k&2 I ko/kkfu; k j [kuh pkfg, A

6- Ldsi yMj dh LVSM VLV dk o.ku djka

# 8½ yMj , .M cšV

gpd yMj , d iđkj dh gYdh l h<h gšftl ds gM ij , d yEck gpd yxk jgrk gšftl s f[kMdh dh  
 pkšKV vkfn ij QW k dj l h<h ij p<rs gq Āij igpb tkrš gA rRi 'pkr l h<h dks mBk dj nil js  
 [k.M dh f[kMdh ij yxk nrs gš vks i q% l h<h ij p<rs gq Āij pys tkrš gš vks bl h iđkj Ālph  
 bekjrka ea tglW nil jh l hf<; kll dke ea ugha ykbz tk l drh] gpd yMj ds }kjk thou j {kk ds fy,  
 vFkok bekjr ea QW s i kf.k; ka dks [kkstk fudkyus ds fy, rFkk vkx cākus ds grrq Hkou dh fdl h Hkh  
 efty rd igpb tk l drk gA  
 cukov %&l kekl; r% gpd yMj ydMh vFkok ,Y; fefu; e ,yk; l s cuk; h tkrh gA

gpd yMj dh LVšMMZ yEckbz 13 fQV 4<sup>^</sup> vks pkšMkbz nkuka flā/x ds chp ea 9<sup>^</sup> gkrh gš jkm.M ds  
 e/; 12<sup>^</sup> dh vlurj gkrk gA l h<h dk Hkkj 24 l s 28 i kM rd gkrk gA

l h<h ds gM dh vksj 2 fQV 2<sup>^</sup> yEck LVhy dk fo'kš iđkj dk gpd yxk jgrk gA gpd ds  
 uhps dh vksj dbz nkll s ¼ kekl; vkB nkll ½ bl iđkj dVs gkrš gš fd tc fdl h f[kMdh dh pkšKV  
 bR; kfn ij l h<h j [kh tk, rks os ml ea xM+ tk; a vksj fdl h 0; fdr ds l h<h ij p<rs l e; ckgj dh  
 vksj i Mhks okys f[kpko ds dkj.k l h<h dks fQl yus l s jkds jga A gpd ds ckgjh fl js ij , d kpp  
 tš h ¼cuh½ jgrh gš tks vius l cl s Āij ds Hkkx l s ukd rd 6<sup>^</sup> yEck gkrh gA gpd dks ekM+ dj  
 l h<h ea cus ¼fo'kš E; ku½ ckmM ea j [kk tk l drk gA gpd dks [kyh flFkr ea cuk; s j [kus ds fy,  
 flāxnkj fiu gkrh gš tks gpd ds dl/ks ij frjNh pyr h gš vksj , d Nn ea vkdj QW tkrh gA fiu  
 dl tkus ds ckn gpd eM+ ugha l drk A gpd dks ekM+ dj ckmM ea j [kus ds fy, bl fiu dks  
 fudkyuk iMrk gš A vl/kj s ea l fo/kk ds fy, gpd dks l Qn jax ea jax fn; k tkrk gA

l h<h ds gM dh vksj gh bl gpd dh foijhr fn'kk ea , d l šVh fjax Hkh yxh gkrh gA ftl ea cšV  
 dk gpd QW k dj Qk; j ešk vius nks gkFk l s vl; dk; Z dj l drk gA ; g fjax pedk dj j [kuk  
 pkfg; s rkfd ml ea gkus okyh [kj kch rjUr fn [kkbz ns l dA

ydmh dh l h<h dks etarh nus ds fy, ml ds nkuka flVāx ea vlurj dh vksj jaxok dj LVhy dk rkj  
 yxk; k tkrk gA jkm.M ds uhps ¼vkbjkm½ Mkydj etarh nh tkrh gA ; g flVāx ij fjfi V fd; sjgrs  
 gA l cl s Āij ds rhu M.Mka vksj flVāx ea ekBYM LVhy dh V; ¼ Mkydj etarh nh tkrh gš ; s  
 V; ¼ gpd j [kus okys LFku ¼ckmM½ ea l s gkdj fudyrš gš rkfd iz kx ds l e; gpd ij dk ruko gv  
 tk; A

l h<h dh flVāx ij nil js jkm.M ds l keus ykgs dh nks Vkdja ¼vki; k½ tMh jgrh gš tks l h<h dks  
 bekjr ds l kFk fpi dus l s cpkrh gš rFkk Qk; j eš dks l h<h ij p<r&mrjrs l e; jkm.M ij iš  
 j [kus ea l fo/kk nrh gA

l h<h dh ōghy ij ykgs dh lyš yxh jgrh gš tks ml s {kfr l s cpkrh gA

iz; ksx fof/k %&

gpd yMj iz; ksx djrs le; fo'k'k i f'k(k.k , oa l w> c w> dh vko'; drk i M+rh gA gpd yMj dks tehu  
l s mBkrs le; l oñ fke gpd dks vi us l s foi jhr fn"kk ; kfu ckgj dh vksj j [krs gq l h<h dh Oghy  
dks mBkb; A

l h<h ds rhl js M.Ms dks ckW gkFk l s rFkk Nks/s M.Mka dks nkfgus gkFk l s idM+ dj , d gYds  
>Vds ds l kFk ml gM dks Eij mBkb; s l h<h dks l h/kk yEcor- [kMk dj yhft, A ; gkWHkh gpd vi us  
foi jhr fn"kk ea gh jf[k; s A l Urqy cuk; s gq s f[kMdh dh vksj nkM+ dj pfy, A

f[kMdh ij yxkrs le; gpd ftruk vlñj tk l ds tkus nuk pkfg, A tgkW rd l EHko gk  
l h<h dks f[kMdh ds , d vksj j [kuk pkfg, A rkfd dke djus ds fy, vf/kd l s vf/kd LFku fey  
l ds l h<h ij i M+us okyk l kjk Hkkj ml ds gpd ij gh i M+uk pkfg, ml ea Bgjk Hkh vkuk pkfg, A  
gpd ds uhps ds nkW ml ds oLrq ea xM+ tkus pkfg, ftl ij og j [kh gks rkfd fQl yus u ik; A

l h<h Vki hl st Hkou ds fdl h mHkjs Hkkx ij u fVds vksj l h<h dk Hkkj vf?kd : lk l s vi us  
Åij u ys A vr% yMj ij p<us l s igys FkkMk Hkkj Mkydj jf[k; s fd yMj fgyrh Mgyrh rks ugha  
gA

l h<h ij p<rs le; cnu l h/kk vksj f[kpk gqv k jf[k; A gkFka dks l h/kk jf[k; s A vi us du/ks  
o Nkrhdh l h/k okyk jkm. M idfM+ A fuxkg gkFka dh idM+ ij vFkok rfud Åij jgA gkFk o i j  
, d l kFk mBkb; s A ; kuh ckW k i j&ckW k gkFk nkW k i j nkfguk gkFk l kFk&l kFk mBkdj j [krs gq  
l ko/kkuh i wZd pf<; A

Hkou ea izos'k djus ds fy, l h<h ds Åij l s ml js M.Ms rd p<rs pys tkb; s vc l h<h ds  
gM dks vi us nkuka gkFka l s bl izdkj idfM+ s fd rtLuh ckgj dh vksj jgA bl ds ckn nkfgus i j dks  
f[kMdh ds pks[kV ij j [kuk pkfg, rRi 'pkr ckW k i j ml h izdkj j [kuk pkfg, A vc gkFk ij gYdk  
l k cy ndj l h/ks [kMs gks tkb; A

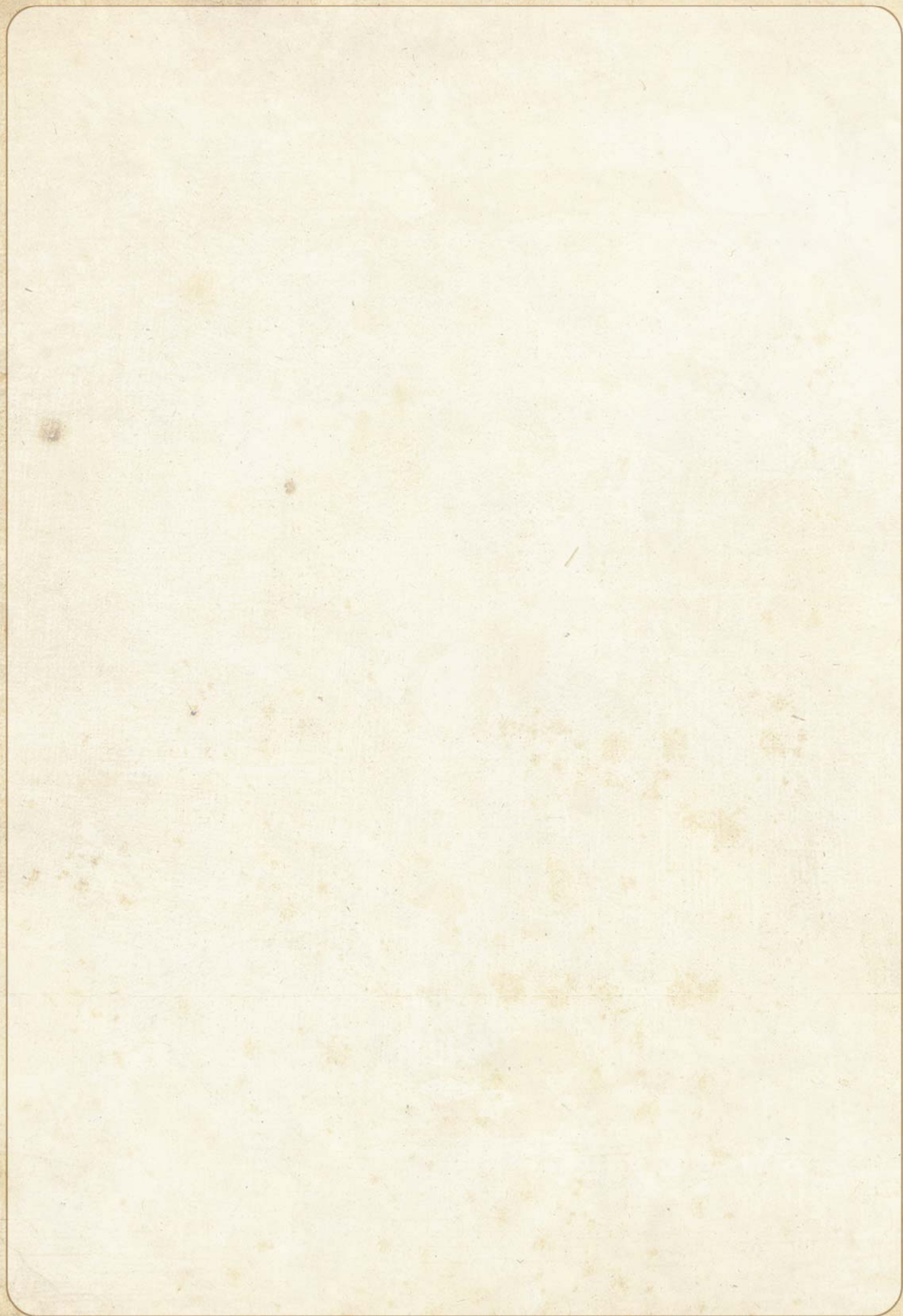
Hkou l s l h<h ij mrjus ds fy, l h<h dks vi us ck; a j [kdj l h<h ds gM ij vi us nkuka gkFk  
, d s j [ka fd vi us fudVortz fLVx ij ckW k gkFk rFkk ckgjh fLw/x ij nkfguk gkFk jgA rtLuh mlkyh  
uhps dh vksj jgsxh A ihB l h/kh j [ka vc vi uk i j gpd dh E; ku dks l Wkyrs gq s l cl s fupys M.Ms  
ij j [ka vksj vi uk Hkkj l h<h ds gM ij Mkyrs gq s vi uk ckW k i j nkfgus i j ds uhps okys M.Ms ij  
j [ka A rRi 'pkr vi us nkuka cktw [khp dj l h/ks dj ya vksj mrjus yxA

gpd yMj l s f[kMdh dh pks[kV ij cBuk %&

gpd dh E; ku l s , d M.Mk igys l s gh ckW k i j f[kMdh ea mkyuk pkfg; s A , d k djrs le;  
Vkkks l h/kh gh jga vksj fLVxds gM dks idM+ jga tc rd fd 'kjhj dj Hkkj pks[kV ij j [kh Vkkka  
vksj tkWka ij u i M+ tk; s A bl ds ckn nkfguh Vkkk dks yMj l s mBkdj yVdkrs gq s nhokj ds l gkjs  
yXk yA

mrjrs le; l cl s igys nkfguh Vkkk dks gh E; ku ds uhps okys M.Ms ij jf[k; A l h<h ds gM ij  
vi uk Hkkj





Mkyrs gq s vi us ckW s iſ dks ckj fudkyrs gq s nkgus iſ I s jkm. m ij j [k yuuk pkfg; A ; fn I h<h  
pkſkV ds ckW h rjQ yxkbz x; h gks rks i oſk ds I e; igys nkguk iſ Mkyk tk; sk rFkk mrjrs I e;  
igys ckW h Vkkk I h<h ij j [kh tk, xhA

Åij dh efty ea I h<h mBkdj yxkus ds fy, I h<h dk Hkkj nksuka gkFkka ij , d I eku  
I Wkkyuk pkfg, A I h<h dks Åij p<kr s I e; nksuka gkFkka dks fLVx ij vkl kuh I s ¼cuk >Vdk fy; ½  
rsth I s pyuk pkfg, A , d k djrs I e; I h<h dk gpd vki dh foijhr fn"kk ea gkuk pkfg, tc gpd dh  
pkp okfNr f[kMdh rd igp tk; s tc ml s vUnj dh vksj ?kpkdj gpd dks f[kMdh ea ftruk tk  
I ds tkus nuk pkfg, A I h<h dks tgkWI lko gks f[kMdh ds , d gh vksj j [kuk pkfg, rkfd dke djus  
ea vf/kd I s vf/kd txg feyA

Lkko/kkfu; kW%&

- 1- yMj ij dHkh , d 0; fDr I s vf/kd Hkkj u jf[k; s dpy VLV ds I e; gh vf/kd Hkkj j [kk tk  
I drk gA
- 2- nks yMj dHkh , d ml js ij ugha p<kuk pkfg, A
- 3- nksuka gkFk NksMtus I s igys pd dj yhft, fd osV fjæ ea Hkyh HkkWrQW xbz gA
- 4- gpd yMj ij viuk Hkkj cjkj jf[k; s A , d fdukjs ij Hkkj iM+ tkus ij yMj fLyi gks tkus dk  
Mj jgrk gA

Lkhf<; ka dh ns[kjs[k vksj tkp %&I hf<; ka dh fu; fer : Ik I s tkp djus ds vfrfjDr mudh  
ns[k&Hkky vko' ; d gA I h<h dks fujUrj fMy vkfn ea iz, kx fd; k jguk pkfg, A

- 1- j [k&j [ks I h<h [kjc gks tkrh gA
- 2- I h<h dh ydMh QV I drh gA QVko 'kq gks s gh ml ds [kj njsi u dks jxeky I s jxM+ nuk  
pkfg, A vf/kd [kjc gks rks ml s [kj pus o nkckjk okfuž k djus ds fy, dkj [kkus Hkst uk pkfg, A
- 3- I h<h dh cukoV ds tkMka dh okfuž k dh ijra yxkdj bl rjg j [kuk pkfg, fd os I Va jga vksj  
ml ea ikuh u tkus ik, vksj pnyka ea ueh i oſ djds tkM+ cukus okyh ydMh+ dks I M+ nſ vxj  
okfuž k m[kM+ xbz gks rks vPNh okfuž k dh rkth irz p<k nuk pkfg, A
- 4- I h<h dh ejEer fo' ks'kKka }kjk djkuh pkfg, tks mudh cukoV I s vijfpr gka mlga ejEer djus  
dk iz, kl ugha djuk pkfg, A

Ekud ij h{k.k ¼LVS MMZ VLV½ %&I h<h dh eghus okj vkx ij iz, kx djus ds ckn vksj fMy I s  
igys ij [kuk pkfg, A cfYd fMy ds fy, dke vkus okyh I hf<; ka dh fujUrj tkp djrs jguk  
pkfg, A VLV djus I s igys tkp dhft, fd I hf<; kWekd e ds i Hko ds dkj .k [kjc rks ugha i Mh gA  
mudh ydMh viuh txg I s fgyh rks ugha gA uV oksV LØw <hys rks ugha i M+ gA i Ppjs <hys rk  
ugh a i Mh+ gA /kkrq ds Bhd gA ; k ughA

1- I h<h dks tgkll rd gks l ds l h/kh [kMh+ fLFkfr ea nhokj ds l gkjs yxkuk pkfg, A , d k djrs l e; gpd E; ku ea j [ka o nhokj dh rjQ jgA fQj l h<h dks ckWk dj ftrus M. Mka ij gks l ds dln&dln dj ij [kuk pkfg, rRi "pkr l h<h dks lkyV dj ½ghy Åij djd½ 'ks'k cps M. Mka dks ij [kuk pkfg, A

2- I h<h dks fdl h nhokj ; k f[kMdh dh pks[kV ij gpd l s bl i dki yVdkuk pkfg, fd gpd ds ukps nhokj ; k pks[kV ij fVdh jgA pka o pks[kV dks {kfr l s cpkus ds fy, ml dh pkaoka ds ukps ydMh dk VpdMk j [k nuk pkfg, A , d h fLFkfr ea l h<h tgll rd l EHko gks l ds ckj fudyh jgA bl h fLFkfr ea l h<h ij nks 0; fDr yVd dj ij [ka l h<h dks nksuk 0; fDr; ka dk Hkkj l EHky yuk pkfg, A Hkkj Hkh /khj&/khjs Mkyk tkuk pkfg, A

3- I h<h ij yxh l qVh yx dks [kuc pedkdj j [kuk pkfg, vkj [kjkch dk i rk yxkus ds fy, ml dh ckjh dh l s tkll djuk pkfg, A

gpd dh Hkh tkll djuh pkfg, A ; g {kfrxLr u gks <hyk Hkh u gkA dln djus i jog ckmM ea Bhd cBrk gk fLiænkj fi u l gh dke dj jgh gkA l h<h dh 0ghy lyV o Vksil dh tkll djuh pkfg, A

gpd yMj cV %

gpd yMj ds l kFk dke djrs l e; gpd yMj cV dk iz, ks fd; k tkrk gA gpd cV cf<; k fdLe dh Åuh fuokM+ l s cuk; k tkrk gA bl ea peMs dk vLrj yxk jgrk gA ; g yxHkx 4-5<sup>m</sup> pkmk vkj 4 fQV 2<sup>m</sup> bap yEck gkrk gA cV rks rLeka l s ckWk tkrk gS tks ck; a l s nkfgus dl s tkrk gA rkfd buds fl js LVhy gpd dh the ea u QW s A cV ea , d fLiænkj LVhy dk gpd yxk jgrk gS tks vko'; drku d kj ckW s ; k nkfguh vkj fd; k ykrk gA ifguus okyk bl gpd dks yMj ea cus l qVh fjæ ea QW k yrk gA cV ea , d rLek dVgkMh ds i kbi dks yVdkus ds fy, rFk , d vl; fo'ks'k rLek ckfcu i kbi dks ckWkus ds fy, yxk; k tkrk gA i kbi ea ckfcu ykbu jgrh gA

I kekl; r% gpd yMj cV onhZ ds Åij gh igus tkrk gA vr% gpd cV bruk yEck gks fd bl dk iR; d rLek nkuka oLrjka ea dl k tk l ds A bl dk uki ml l e; Bhd l e>k tkrk gS tc buds nkuka fl js vki l ea fey tk; a vFkok ekVh iryh dej ij l ek; kfr djrs l e; bl ds fl js , d bap Eij p<a ; k de j [ks tk l drs gA ; g cV Hkh rHkh Bhd l ek; kfr l e>h tkrh gS tc bl s ifguus okyk 0; fDr cV ifguus ds lk"pkr vi uk 'kjhj fgyku&Mykus ea LorU=rk vuuko dja l kFk gh tc ml s lk; klr l gkjk feys A ml s cgr <hyk Hkh ugha j [kuk pkfg, A

gpd yMj cV dk ekud i jh{k. k%&

gpd yMj cV dks l h<h ds l kFk gh rLeh ea yxkdj fdl h fjæ cV ea ; k ml jh fdl h vFkok fdl h vpy oLrjka ea cV dk gpd Ql kdj ml ij nks 0; fDr; ks dks yVdk dj vi uk Hkkj Mkyuk pkfg, bl ds ckn cV dh ckjh dh l s tkll djuh pkfg, fd og [kjk rks ugha gkus tk jgh gS og vf/kd f?kl h rks ugha ] ml dk gpd Bhd l s dke dj jgk gA ml dh thk <hyh rks ugha gS [kjk i dV gkus ij vko'; d ejEer ds fy, Hkst nuk pkfg, A

## 9½ , DI VŠ'ku yMj

Qk; j l foł dełpkfj; ka dk vxk cękrs l e; ; k jłD; w djrs l e; fdl h Hkou ea Āij tkus dk thuk ; fn vxk l s tydj u'V gks tkrk gš vxk l s f?kj tkrk gš /kš s ; k tgjhyh xš l s Hkj tkrk gš rks mlga fofHku i zdkj dh yMj dk iz kx djds mijkDr dk; Z djuk i Mřk gA

Qk; j l foł ea mijkDr ifjLFkfr; ka ea dk; Z djus fy, , DI VŠ'ku yMj dk iz kx fd; k tkrk gš A ; g l ky] Vhd] 'kh"ke dh ydMh] ; k /kkř tš s & , Y; řefu; e , yk; dh cuh gkrh gA Qk; j l foł ea oržeku l e; ea , Y; řefu; e , yk; dh cuh gpl 7-5 ehVj ]13-5 ehVj dk iz kx ea yk; h tkrh gA bl ds nks Hkkx gkrs gA 1 ykšj i kvZ ¼uhps dk Hkkx½ ]2 vij i kvZ ¼Āij dk Hkkx½] c<ks ij uhps ds Hkkx ij fQl yrk gvk Āij mBrk gA , DI VŠ'ku yMj ds eq; fuEufyf[kr Hkkx gkrs gA 1- ghy] 2- gšM] 3-flŁ/x] 4- jkm.m] 5- iŷh] 6- iky] 7- , DI VřMx ykbŁ] 8- LVkiJA

dHkh dHkh ghy ea jcj ds xđ/dsyxs jgrs gš tks fd yMj ds ghy dks fQl yus l s jkdrk gA

Qk; j l foł ea , DI VŠ'ku yMj dk eq; fuEu dk; Z gš %&

1- Hkou dk thuk {křxŁr gks tkus ij ; k Hkou ds Āij tkus ; kš; u jgus ij Hkou ds Āij Hkkx ea i gpbus ds iz kx ea yk; h tkrh gA

2- Hkou ds Āijh Hkkx vFkkř 10 ehVj dh ĀpbkŁ rd i gpb dj vxk cękus o jłD; w dj dk; Z djus ds fy, iz kx ea yk; h tkrh gA

3- Hkou ds Āijh efty l s l keku dks uhps mrkjus ds fy, iz kx dh tkrh gA

4- nks nhokyka ds chp ea fczt cuk dj vxk cękus ; k jłD; w djus ds iz kx ea yk; h tkrh gA

5- vxk ; k jłD; w ds l e; fxjus okyh nhokj dks ckŁk o ydMh ds vHko ea l gkj k nđj vxk cękus ; k jłD; w djus ds fy, iz kx ea yk; h tkrh gš A

6- dHkh&dHkh bl i zdkj dh Nks/h yMj LVřj u jgus ij fo'kš'k ?kk; y ; k cękš dštęYVh dks l gřf[kr LFkku ij i gpbkus ds fy, iz kx dh tkrh gA

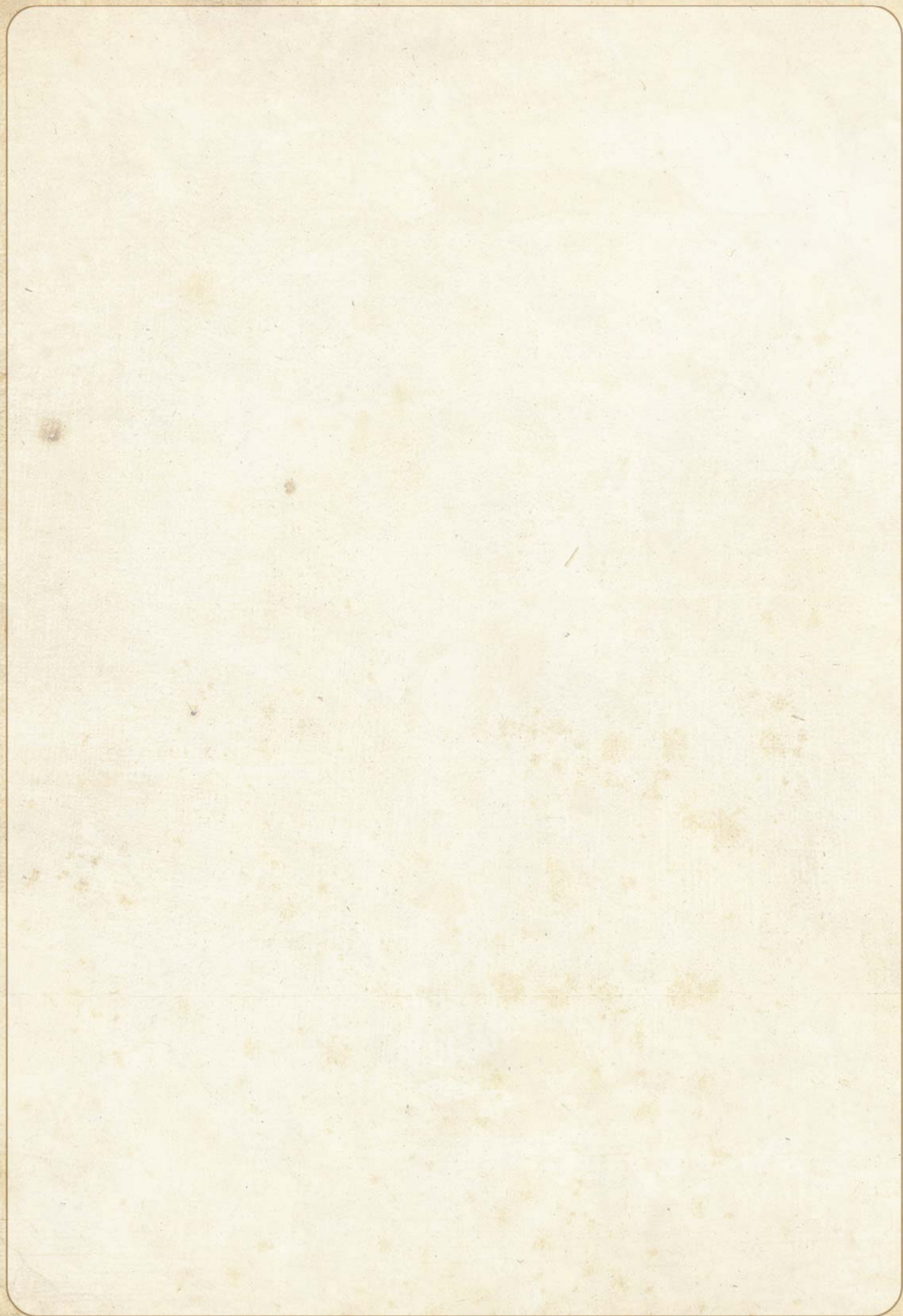
7- vko'; drkuđ kj Hkou ds Āijh Hkkx ea jLI h ds ek/; e l s yMj ij yškyQ yxkdj mi dj .k ys tkus ds iz kx ea yk; h tkrh gA

8- bl dk iz kx l djh xfy; kř rg[kkus bR; kfn ea mrjus rFkk , d s LFkku tgkŁ vŁ; fo'kš'k i zdkj dh yMj ugha i gpb ikrh ogkŁ vkl kuh l s iz kx dh tk l drh gA

vxk cękus ; k jłD; w djrs l e; , DI VŠ'ku yMj dk iz kx djrs l e; fuEu l ko/kkfu; kŁ j [kuh pkfg, A

1- vxk cękrs l e; ; k jłD; w djus ds fy, yMj dk rHkh iz kx djuk pkfg, tc Hkou dk eq; thuk u'V gks x; k gks vFkok vxk cękus o jłD; w djus ds fy, l gřf[kr u jg x; k gA

- 2- , DI Vñ"ku yMj dks fcfYMaæ ea ,d s LFkku ij yxkuk pkfg, t gkll s vxk cækus ; k jLD; w dk dke l ækerki wbd fd; k tk l dA
- 3- t gkll rd l EHko gks yMj f[kMdh ds nkfgus rjQ yxkuh pkfg, rkfd Qk; j eñ dks dStqYVh yxj yMj l s mrjus ea l fo/kk gk; ; fn yMj ds nkfgus /kqkll vxk dh xehz fudy jgh gks rks ml s ckW s rjQ Hkh yxk; k tk l drk gS ; fn f[kMdh l Wdjh gks ft l l s dStqYVh dks yxj vxk ds vxks fudyuk gks rks yMj dks f[kMdh ds fdukj s nhoky ij gh yxk; k tk l ds A
- 4- yMj vko'; drkuñ kj c<k nus ij iky dks jkm.M ij Bhid izdkj yxk gkuk pkfg, vU; Fkk yMj dk Åijh Hkx fQl y tk; sxA
- 5- yMj f[kMdh ij yxkus ds lk' pkr ml ds de l s derhu jkm.M f[kMdh&pkS[KV ds Åij mBs gkuk pkfg, rkfd Åijh jkm.M dks idM+dj vlnj tkus vFkok vlnj l s vkus ea l fo/kk gkA
- 6- l kekl; r% yMj yxkrs l e; /; ku j [kuk pkfg, fd yMj ghy ml dh Åp kbz ds vuñ kj nhoky l s 1@4 l s 1@5 nj gkuk pkfg, rkfd yMj ij p<us o mrjus ea l fo/kk gk; bl izdkj 10-5 ehVj yMj dks ijk c<k+nus ij ml dk ghy nhoky l s 2-5 ehVj nj gkuk pkfg, A
- 7- yMj l s dk; Z djrs l e; yMj ds ghy ds ikl nks ; k rhu 0; fDr ml s vo"; idM+ jguk pkfg, rkfd yMj fQl yus u ik; s A
- 8- yMj ij p<rs o mrjrs l e; cnu dks l h/kk fuxkg l keus jguk pkfg, rFkk gkFk o iko dks yMj ds jkm.M ds e/; jguk pkfg, A
- 9- yMj ij p<rs o mrjrs l e; nkfguk gkFk nkfguk i j ]ckW k gkFk ]ckW k i j l kFk j [kuk pkfg, rFkk yMj ds jkm.M dks idM+rs l e; gkFkka dks du/ks o dej ds chip ea j [kuk pkfg, A
- 10- ; fn ij nj rd dk; Z djuk gS rks vko'; drkuñ kj yx ykd dk iz ksx djuk pkfg, A
- 11- ; fn yMj l s dk; Z djrs l e; idM+us ds fy, 0; fDr; ks dh deh gS rks yMj dh ghy ds ikl ml ds nkuka fLV&x dks vk; ju fi dV ½ykgS ds [kll½ xk<+dj ckllk nuk pkfg, A
- 12- yMj ij , d l e; ea nks 0; fDr; ks l s vf/kd , d l kFk ugha p<uk pkfg, A
- 13- yMj dks eghus ea , d ckj vxk ; k jLD; w ij iz ksx djus ckn LVSMMZ VLV vo"; dj yuk pkfg, A
- 14- ydMh dh cuh gpz yMj tks VLV Vkbi dh gkrh gS mudh ejEer vko'; drkuñ kj gkF'k; kj dkjhj l s djuk pkfg, A



# 10½ LVŠMMZ VLV

jkm.M VLV %&yMj ds nksuka Hkkxka dh jLI h [kkydj vyx dj nrs gā A i R; d Hkkx dks nhoky I s yxkdj , d 0; fDr I cl s Āijh jkm.M dks idMēj vi us nksuka i gka dks feykdj jkm.M ij cjkj mNyrk gvk uhrs vkrk gā bl idkj Āij cps gq Hkkx dks myV dj VLV dj fn; k tkrk gā

, DI VŠUMx ykbu VLV %&yMj dk yxkus ds lk'pkr ml ds , DLKVSUMx ykbu ds , d Hkkx dks i ky ea ckkrs gq Hkkx ds jkm.M dks nks 0; fDr jLI ka I s idMēj yVdkrs gā ftI I s yMj u rks c<us i krh gS rFkk jLI h dk VLV gks tkrk gā

FLVx VLV %&yMj dks ijk c<k nrs gā ] rFkk tgkĀij vks ykoj yMj ds Hkkx , d ml js ds Āij jgrs gā ml ds e/; ea nksuka fLā/x ij , d jLI h I s Dykgr ckk nrs gā vks ml jLI s dks rhu vkneh idMēj /khjs /khjs yVdkrs gā vks fQj ml s vi us LFku ij NksM+ nrs gā ; fn yMj vi us i wZ fn"kk ea i gP tkrh gS rks FLVx Bhid gS vU; Fkk ; fn ; g dN > d tkrh gS rks FLVx I rks'ki n ugha gā

vH; kl ds fy, izu

- 1- , DI VŠ'ku yMj ds eq; Hkkx dk uke fy[kk \
- 2- , DI VŠ'ku yMj dh Qk; j I foI ea mi ; kfxrk crkvs \
- 3- , DI VŠ'ku yMj I s dke djrs I e; D; k I ko/kkf; kWj [kuh pkfg, \
- 4- yMj dk LVŠMMZ VLV fy[kks \

# 11½ VuZ Vcgy yMj

vk/kfud ; x ea tcf d uxjka dk fodkl rsth l s gks jgk gA cM&cM+ uxjka ea Åp&Åp Hkouka dk fuekZk gks jgk gA vkl & ikl LFkku dh deh vksj HkhM+ HkhM+ ds dkj .k Ldsi yMj ds iz, ksx ea Hkkjh vMpu iMfh gA Ldsi yMj bu cgr[k.Mh Hkouka NksVs Hkh iMfhS gS ; fn Ldsi yMj l dks vksj c<k; k tkrk gS rks os brus Hkkjh gks tkrs gS fd Qk; j esu ds gkFkka }kjk iz, ksx djuk dfBu gks tkrk gA blga okVj Vkoj dh Hkkir iz, ksx djuk Hkh l EHko ugha gsrk vr, o , d u; s izdkj dh l h<h dh vko'; drk vuqko dh xbz tks %

1- orZeku Ldsi yMj l s vf/kd Åpbbz rd c<k; h tk l dA

2- fcuk fdl h l gkjs [kMh fd; k l ds ftl dk vk/kkj bruk l q<+ gks fd okVj Vkoj cukus ds fy, bl ds gM ij ckUp dk iz, ksx fd; k tk l dA

Li"V gS fd mijDr 0; oLFkk djus ds lk"pkr Hkh yMj bruh Hkkjh gks tk; xh fd Qk; j esu ds gkFkka dh 'kDr }kjk iz, ksx djuk l EHko ugha gskA bl hfy, bl yMj dks , d fo'ks'k cfl l ij cuk; k tkrk gA

VuZ Vcgy yMj okLro ea QhYM Ldsi yMj dk gh fodfl r : lk gA ; g 100 fQV l s 110 fQV rd c<kbz tk l drh gA bl dh cgr l h 0; oLFkk Ldsi yMj l s feyrh tgrh gA bl ea emy vUrj tS k fd bl dk uke dV gsrk gS ; g VuZ Vcgy vk?kkj ij j [kh jgrh gS rFkk fdl h Hkh vksj FkkMh l h vFkok i wZ xksykbz ea pkjka vksj ?kne l drh gS A bl s nhokj ij fvdikus dh vko'; drk ugha jgrh cfYd ; g vi us cfl l ij fcuk fdl h l gkjs [kMh jg l drh gA

cukoV %

igys VuZ Vcgy yMj ydMh+ dh cuh gsrh Fkh vksj rtorh ds fy, , fxy vk; ju vksj LVhy VSI x dk iz, ksx fd; k tkrk Fkk ijUrq vkt dy ydMh ds ctk; LVhy dh l h<h cukbz tk jgh gA

VuZ Vcgy yMj l keku; r% pkj Hkkxka ea gsrh gA igys eq; Hkkx dks Ldsi yMj ] nil js dks QLVZ , DI VSI"ku yMj jrh l js dks l ds M , DI VSI"ku vksj pkFks dks Vki , DI VSI"ku dgrs gA pkj Hkkx Ldsi yMj dh gh Hkkir , d nil js ea QW kdj j [ks tkrs gA rFkk qlySDI cy dfcy l s c<k; s tkrs gS tS k fd Ldsi yMj ea gsrk gA ; | fi bl yMj ea l c dk; Ze'khu ; k batu }kjk l Ei l u fd; k tkrk gA bl ea Hkh yMj i kYI dh 0; oLFkk jgrh gS tks yMj dks okfNr Åpbbz rd Lo; a jkd l drs gS vksj bl ea dcy ij yMj dk Hkkj ugha jgrk A

mijDr pkjka l hf<; kW , d gbh cfl l ds Åij i hNs dh vksj fj; j&, DI y ds Bhd Åij cus LVhy ds etar <kpS ij ftl s QyØe Ye dgrs gS j [kh jgrh gA ; g Ye l h<h ds Hkkj dk Hkh l gu djrk gS rFkk bl ds vUrj yMj dks iz, ksx djus ds ; U= vkfn Hkh fQV jgrs gA QyØe Ye , d vl; ; = ] ftl s VuZ Vcgy dgrs gS ij fQV jgrk gS A VuZ Vcgy , d fo'ks'k vk/kkj ij xksykb ea ?knerk gA ; g vk/kkj pfl l ij oksVka }kjk dl k jgrk gA QyØeYe ds l cl s Åijh Hkkx ij cfjx vFkok ; fu; u ij , d vl; Ye cWkk jgrk gS tks Lohfex ; k byofVx Ye dgykrk gA



yMj dk mBkuk 1/2 byos'ku1/2 vksj nckuk 1/4 Mi s'ku1/2

byos'Vax fx; j }kjk gh fu; fl=r fd; k tkrk gS A yMj ijh yEckbz ea c<k nh tkrh gS rc  
bl dh vf/kd yEckbz ds dkj.k ; g vfuok; Z gS fd yMj frjNh ; k vkmh u jgs bl ds fy, bl ea Lds  
yMj dh Hkkrr lykEcax xs j dh 0; oLFkk dh tkrh gS tks 7<sup>m</sup> rd b?kj&m?kj lek; kftr djus ea  
l gk; d gkrh gA

l fMh fMokbl st %&

Vu1/cy yMj ea foHkku iadkj dh ; kf=ad 0; oLFkk; a dh tkrh gS tks dHh yMj ds xyr iz kx gkus  
ij l j {kk ds fy, Lo; a dk; Z djus yxrh gS tS s %&

1- fyfeV LVKEI %&

bl ; U= }kjk yMj dh pky dk /khek fd; k tkrk gA pky dh l hek ykpkus ij dk; Z jkadk tk  
l drk gS tcfD yMj dks A1pkj uhpk ; k c<k; k tk jgk gkA

2- b. VjehfM, V LVKEi %&

, DI V1'ku vksj fMi s'ku dks l hfer djus ds fy, rkfd yMj ea fLFkjr kuh jgs iz kx ea yk; k tkrk  
gSA tcfD yMj dk pfl l ds foijhr iz kx fd; k tk jgk gkA ; g d0y , d 0; fDr ds Hkkj dh  
l hekad kj dk; Z djrk gS bl s l fMh LVki Hkh dgrs gA

3- bEi DV LVKEi %&

yMj dks iz kx djrs l e; chp ea dkbz vojks'k vk tkus ij ml l s Vdjkus l s dh Hkh 0; oLFkk; a gA  
yMj ds gM ij ekuhVj ckUp fQV jgrk gA vko'; drk iMus ij yMj c<kus l s igys , d gh tkM+  
fn; k tkrk gA l keku; r% ekukhVj ckUp dks , d Ok; j eu }kjk vkijV fd; k tkrk gA ; |fi  
vko'; drk iMus ij bl s , d jLI h ds }kjk uhps l s fu; fl=r fd; k tk l drk gA ckUp dh l fo/kk , oa  
l xerk ds fy, yMj ds gM ij , d dCts }kjk lys' QkeZ dh 0; oLFkk jgrh gS A ckUp eu dh l j {kk  
ds fy, , d Vks xkMZ Hkh fQV jgrk gA tks yMj ds , DI V1'ku ds l e; ckUp eu ds ij ka dk QW us  
vksj ?kl hVus l s cprk gA gM ij , d LVhy dh fja dh Hkh 0; oLFkk jgrh gS ftl ea ckUp eu vius  
i fEi; j cVv dk gpd QW kdj l j f {kr [kMk+ jg l drk gA ckUp eu vksj yMj vkijVj ds chp  
ckrphr b'kkjs ] l dr nus ds fy, mi ; Dr 0; oLFkk 1/2 syhOku vkfn1/2 jgrh gA

tSd %&xkMh ds pfl l ds fi Nys nkuka ifg; ks ds vkxs i hNs 4 tSd yxs jgrs gA yMj iz kx djrs  
l e; blga fxjk fn; k tkrk gA bl iadkj yMj dks Bkd vk/kkj Hkh feyrk gS rFkk ifg; ks o jkM  
fLiacka ij yMj dk Hkkj Hkh ugha jgrk A

, fDI y ykldax fMokbl %&

bl 0; oLFkk ea pfl l ea LVhy ds nks gpd ; k DyEi yxs jgrs gS ftlga , d fo'ks'k yhoj }kjk fi Nys  
, fDI y ea QW k fn; k tkrk gS rkfd c<h gpd yMj ds fdl h , d vksj >plus vksj fLiacka ij mBus l s  
dkbz dfBukbz u mRi uu gkA

pkd %fi Nys i fg; ks ea vks/ yxkus ds fy, oMu pkDI Hkh fn; s tkrsgA yMj dks vki jv/ djus ds  
fy, i koj Vsd vkID }kjk bftu dh 'kDr dk iz; kx fd; k tkrk gA

vki krdkyhu fLFkr ds fy, yMj dk gkFk }kjk vki jv/ djus dh Hkh 0; oLFk jgrh gA dN VuZ Vcy  
yMj dh pfl l ea , d fcYV bu iEi dh Hkh 0; oLFk jgrh gS tks , d vU; i koj Vsd vkID }kjk  
bftu dh 'kDr l sgh pyr k gA

; fn iEi dk viuk vyx bftu gks rks vPNk jgs rkfd yMj vks iEik dks vyx l s fu; U=.k djus ea  
l fo/kk jgA

# 12½ i fDVdy Qk; jeſuf'ki

i Lrkouk %&

vx cꝑkuk dkbz l k/kkj .k dk; Z ugha gA bl ds fy, l ꝑ&ꝑꝑ , oa l kgl i w k z i f'k{k.k dh vko'; drk gkrh gA ; ꝑ rks i R; sd 0; fDr vx ij i kuh Qad l drk gS ijUrq; g i kuh Hkh dHkh&dHkh Hk; ædj fLFkr mRiUu dj l drh gA Qk; jeſu dk dk; Z cMꝑ mRrjnkf; Ro dk gkrk gA ml dh rfud l h Hkwy ; k vnijnf'krk ds dkj .k dꝑN gh {k.kka ea yk[kka dh l Ei fRr jk[k ds <j ea cny l drh gA

Qk; jeſu ea fuEu fyf[kr xqk ; k fo'k's'krk; a vko'; d g%

- 1- Qk; jeſu LoLF; j fujksx vksj Qfrzyk gkuk pkfg, ftl ea og vfxu"ke dk; Z lgt vksj l jyrk l s dj l dA
- 2- Qk; jeſu dks dꝑkkxz cf) dk gkuk pkfg, A ; g vksj r l s vf/kd cf) eku gkuk pkfg, A
- 3- l kgl ] /kꝑ Z vksj l fg"k.krk dk gkuk vko'; d gS rkfd dfBu l s dfBu ifjLFkr ea Hkh grkl u gks vksj vius drD; dk ikyu djA ifjLFkr fo'k's'k ea 'kh/kz l s 'kh/kz fu.kz; yus okyk gkA
- 4- l k/ku l EiUu gkuk pkfg, rkfd ifjLFkr vksj vol j ds vuq kj l kꝑ dj mi yC/k l k/kuka l s gh dk; Z dj l dA
- 5- l oꝑk.k djus dh {kerk , oa dk; Z dꝑky gkuk pkfg, rFkk ; Fkkspr dk; bkgh djus dh ; kꝑ; rk gkuk pkfg, A
- 6- vius dk; Z ea n{k , oa dk; Z dꝑy gkuk pkfg, A vfxu"keu l Ecl/kh vk/kꝑud rdudka l s ifjpr gkuk pkfg, AoLrꝑ% Qk; jeſu thou i; Dr , d fo|kFkhZ ds : i ea gkrk gA i R; sd vx l s og dꝑN u dꝑN l h[krk gS vksj Hkfo'; dſy, vuꝑkoka l s ykHk mBkrk gA
- 7- Qk; jeſu dks LoHkko l s enꝑkk"kh uez , oa n; kyq gkuk pkfg, rkfd i hfMꝑ ifjokj dks l gkuꝑkr , oa l kUrrouk ns l dꝑ /khjt cꝑkk l ds vksj muds fnyka ea vius fy, fo'okl mRiUu dj l dA
- 8- uez , oa n; kyq gkuk pkfg, rkfd i hfMꝑ uez , oa n; kyq gkuk pkfg, rkfd i hfMꝑ Qk; jeſu dks vuqkkl u dk n<+ gkuk pkfg, A vuqkkl u dk bl l ok ea fo'k's'k egRo gA

Qk; jeſu ds drD; %

Qk; jeſu dk eq; drD; vfxu nqkMuk ij thou vks I Ei fRr dh j{k djuk rFkk vU; nqkMukvka ea Hkh ik.kh ek= dh l ok djuk gA vius dk; l ea Hkh l Qyrk iklr dj l drk gS tcf d bl ds fy, dfBu i f'k{k.k iklr dj pprk gkA

r\$ kjh%

vx cprkus ds fy, ml h i xkj dh r\$ kjh dh vko'; drk gkrh gS tS s fdl h 'k=q l s yM+us ds fy, i wZ r\$ kjh djuh i M+rh gA ; g ; kn jf[k; s fd vx cprkuk , d i s kk ugha cFYd i wZ fokku gA

vfxu nqkMuk ij ; fn fuf'pr ; kstuk vuq kj dk; l fd; k tk; s rks ml ds Hk; xdj nqi fj.kkeka ; Fkk thou gkfu dks jksdk tk l drk gA ; | fi i R; x vx , d tS h ugha gkrh gS fQj Hkh igys l s gh fuf'pr dj fy; k tk; s fd fdl 0; fDr dks D; k djuk pkfg, vks fdl i xkj djuk gS rFkk nkf; Ro dks i wZ djs rks vx fdl h Hkh n"kk ea fu; a.k l s ckj ugha gks l drhA

Vks kskQh %

Qk; jeſu dks vi us LVs ku l s HkyhHkkfr i fjfpr gkuk pkfg, ml dks Kku gkuk pkfg, ml ds {ks= ea fuEu fyf[kr LFkku dgk; ij lFkr g%

- 1- uxj ds egYys rFkk ml ea cl us okyh vkcknh rd igpus ds fy, l fo/kktud ekxA
- 2- uxj dh cMh&cMh bekjrd 0; ki kfjd l LFkku] Ldny] ckfMx gkml] gks/y] /keZ kkyk] vLi rky] fl usek rFkk vU; l koZfud LFkku tgi; dkQh l a; k ea ykxka ds , df=r gkus dh l EHkkouk gkA
- 3- QDVh] odZ kki] feYI] xknke] foLQkVd inkFkkZ ds LVks l nprkua tgi; vfxu nqkMuk gks l drh gS mu rd 'kh/kkfr' kh/kz igpus ds fy, Nks/s eks/s l fo/kktud ekxA
- 4- uxj ds Qk; j gkbMIV] LVfVd Vsd] unh] rkykc] ugj] >hy bR; kfn ikuh ds l k/kuA
- 5- jsyos ykbu dkfl x] HkhM+ HkhM+ i wZ ekxZ bR; kfn tks fd l e; ij ck/kk mRiUu dj l drs gS vks /kVuk LFky rd lkgpus ea foyEc dj l drs gA

VuZ vkmV e' khua %

iR; d Qk; jeſu dk drD; gſfd vx ij tkus okyh e' khuka dh iwZ tkudkj jgA ml s  
irk gkuk pkfg, fd xkMh ea dks&dks I k l keu dgk; j [kk gpk gA Qk; jeſu dh  
; uhQke vlykbll ea ; k xkMh ij j [kh gkuh pkfg, vkj bl dæ ea j [kh tk; ſfd og  
de l s de l e; ea igpk; h tk l dA

VuZvkmV %

nqkVuk dh l puk feyra gh okp: e M; w/h okyk , ykeZ ctk; A LVs ku ds l eLr  
depkjh x.k Hkkxdj vk; sA dſy QLV VuZ vkmV M; w/h okys 0; fDr vi u&vi us vuZ  
vkmV dh xkfM; ka ij cBdj 'kh/kkfr' kh/kz ; uhQkeZ iguuk vkjEHk dj nxA okp: e  
M; w/h l puk i = nqkVuk ij tkus okys vf/kdkjh dks nsx vkj nqkVuk LFky dk irk  
tku yuk pkfg, rFkk rjUr nqkVuk LFky dh vkj jokuk gkuk pkfg, A depkj x.k  
jklrs ea viuh onhZ igurs tk; s rkd /kVuk LFky ij igpr&igprs l Hkh 0; fDr  
vi uk iwZ onhZ ea gkA VuZ vkmV 'kh/kkfr' kh/kz gkuk pkfg, A VuZ vkmV ds l e; fd l h  
iZkj dk 'kkj ugha gkuk pkfg, rkd iR; d 0; fDr nqkVuk dh ckr tku l dA nqkVuk  
ds l Ecu/k ea M; w/h okys dks l kQ&l kQ vkj Åph vkokt ea crkuk pkfg, A ; fn nks  
e' khua tk jgh gka rks fi Nyh xkMh okys dks iwZ irk l kQ Kkr djds pyuk pkfg, A  
dſy ; g l kpdj dh vxyh xkMh dks irk Kkr gſ vkj ml h ds ihN&ihNs pys tkuk  
mfpr ughA

, ykeZ %&

nqkVuk LFky dh vkj trs l e; xkMh ea /k.Vs dks ctkrs gq tk; s bl ea nks ykHk  
g&

- 1- /k.Vs dh vkokt l udj jklrk l kQ gkrk tk; sA jklrs ea pyus okys , d vkj  
gkdj jklrk NkM+nxA
- 2- nqkVuk ea Qil s 0; fDr dks /k.Vs dh vkokt l udj mudks l kURouk feys muea vi us  
dks cp tkus dh vk'kk mRiUu gksxA

; krk; kr fu; e%&

/kVuk LFky ij trs l e; Mkoj dks ; krk; kr l Ecu/kh fu; eka dk ikyu djuk gksxA  
dſy og /k.Vk ctkrs gq py l drk gſ xkMh dh xfr Hkh c<k l drk gſ ijUrq fu; æ.k  
ds ckj u gkus ik; A

jkM , DI hM\$V%&

; fn jkLrs ea , DI hM\$V gks x; k gks rks , d Qk; je\$u dks , d QLVZ , M ckDI ds l kFk nqkMuk LFky ij mrkj fn; k tk; xkA bl Qk; je\$u dk drD; gksxk fd ; fn , DI hM\$V ea dkbz 0; fDr vkgr gks x; k gks rks ml s QLVZ , M nsdj fudVorthz vLi rky ea igppkus dh 0; oLFkk dja nqkMuk dh l upuk ikdj LV'sku vksj ifyl LV'sku dks nA ; fn , DI hM\$V xEHkhj gks ftl ea xkMh dk nqkMuk LFky ij ys tkuk l EHko u gks rc Qk; j LV'sku ij l upuk Hkst dj nil jk VuZ vkmV djkus dh 0; oLFkk djuh pkfg, A

iUpj gks tkuk%&

; fn jkLrs ea xkMh ds fdl h ifg; s ea iUpj gks tk; s rks , d h fLFkfr ea ; fn /kVuk LFky ikl gh jg x; k gks rks vko'; d midj.k ysdj i\$ny gh igp tkuk pkfg, A ; fn /kVukLFky nij gks rks Qk; j LV'sku ij l upuk Hkst dj nil jh e'khu Hkstus dh 0; oLFkk djuh pkfg, rFkk 'kh/kz l s 'kh/kz ifg; s cnyus dh dk; bkgk vkjEHk dj nsuh pkfg, A

VfQd tke%&

; fn jkLrs ea VfQd tke gks rFkk xkMh dk yk\$; k tkuk Hkh dfBu gks rc Qk; j LV'sku dks l upuk nsdj nil jh e'khu nil js jkLrs l s /kVuk LFky ij Hkstus dh 0; oLFkk djuh pkfg, A

/kVukLFky ij igpprs gh dbz ckrka dk /; ku j [kuk i M+r k gA

t\$ks nqkMuk LFky ij vknfe; ka dks cpkuk] vx dks Qsyus l s jksduk] vx c-pkus ds fy, i kuh dh 0; oLFkk bR; kfn A vr% l eLRk depkfj; ka dk eu ea nqkMuk LFky ds ckjs ea l kpr\$ fopkjr\$ pyuk pkfg, A t\$ s fd nqkMuk fdl i\$dkj dh gA ; kfu ?kuh vkcknh okyk gA cktkj vkskksxd {ks= gA vLi rky} ?kjsy] /keZkkyk bR; kfn gA i kuh ds l k/ku D; k gA A gkbM\$V] LVfVd vl; dkbz ikdfrd l k/ku miyC/k gA bl i\$dkj l kpr\$ fopkjr\$ vi us dks i wZ : i k r\$ kj djds gh i gupuk pkfg, A

nqkMukLFky ij vkxeu %&

?kVuk LFky ij igpprs gh , lykba st dks l M\$ ds , d rjQ [kMk dhft, rkfd ; krk; kr l s vl fo/kk u gks A Qk; j LV'sku ij gh nks ckj VsyhQksu djds irk yxkuk pkfg, A ny ds vl; l Hkh bl h fudVorthz ; k Qk; j gkbM\$V dh [kkst dj ya rFkk vko'; d midj.k fudky dj r\$ kj j [k\$A

; fn vx yxh fn [kkbz l M+r h g\$ rks Qk; j vkfQl j , y-, Q-, e- rFkk , d Qk; j e\$u vi ykbl \$l l s mrj dj vx ds LFky ij tk; x\$ A vx dk l oZk.k djds l e\$pr dk; bkgk dk vknsk n\$A 'ks'k depkjh mijkDr r\$ kjh dj\$A

I ožk.k %&

vx cþkus ds fy, Hkh ml h iðkj fd; k tkrk gS tS s fd fdl h ; qn fNM+ tkus ea gkrk gA vx ij vkØe.k l sigys I ožk.k , d fuf"pr ; kstuk ds vuq kj dk; bkgb djuh pkfg, A ?kcjkgV dks ikl u QVdus nhft, A 'kkfUri wðd , oa vkRefo"okl i wðd dk; bkgb djus ij gh 'kh?kz I Qyrk feyrh gA

I ož , oa I ožk.k %&

bl fl yfl ys nkj dk; bkgb dks dgrs gA ftl ds }kj k ?kVuk ; FkkFKZ 'kh?kark"kh?kz fuf'p; fd; k tk l ds A l w>cw> , oa prjkbz i wðd fd; k x; k I ožk.k gh vkØe.k ea I Qy gkus dh dqt h gA

I ož Fke irk yxkb; s fd dkbz 0; fDr vx ea QW k rks ugha gA ; fn gS rks os dgkW ns[ks x; s Fks ; k dgkW gks l drs gA A vx dk emy mRi fRr dk LFkku dgkW gA ml ea D; k ty jgk gA vx dh n"kk D; k gA ; kuh ekemyh vx gS ; k xalkhj : I ys pcdh gA , d LFkku l s f?kjh gpz vFkok c<us l EHkkouk gA rRi "pkr- euu ys dhft, fd vx cþkus ds mi ; Dr l k/ku l kexh vki ds vlykbUl d ij ekStm gA vFkok fdl h vU; l k/ku dh vko' ; drk i Mxh tLk Qke dEi kmUM l hf<; kV gkst ikbi l Vsyj iEi bR; kfn rRi "pkr 'kh?kark"kh?kz okfNr dk; bkgb grq fu.kz; fd; k tkrk gA

i dsk %&

tgkW rd l EHko gks edku ds eq[; }kj l s i dsk djuk pkfg, A bl iðkj ds dej[ cken[ thu[ ckyduh rFkk Nr ij l øerk l sigwbk tk l drk gA ; fn eq[; }kj l s ?kd uk l EHko u gks rc fdl h vU; }kj l s ?kd us dk iz Ru dhft; A ; g fu; e cuk yhft; a fd vfxu"keu ?kVuk LFky ij dhkh [kkyh gkFk er tkb; A cfYd ; Fkk fLFkr dñ u dñ mi dj.k l kFk ea ydj pfy, A ftudks vki l e>rs gS fd budh vko' ; drk i M+ l drh gS tS s ikuh] , DI fVx; qkj] gkst jhy] njokt tkM+us o [kksyus ds fy, Leky xs l Z rFkk jkr ds l e; ykbV] VkpZ bR; kfnA

; fn edku ea ?kd us ds fy, njokts ds rkys f[kMdh [kksyus ds fy, 'kh'ks rkM+us i M+ rks ml l e; pksd; a ugh ijUrq vflure iz kl gkus pkfg; A tcfv vU; iz kl vl Qy gkA bl ea Hkh de l s de gkfu gkA

; fn fny nkj fdokM+ ¼i Ssy Mks ½ vUnj l s cln gks rks dqMh ; k fl Vfduh ds ikl okyk fnyk rkM+ fpVduh [kksyh tk l drh gS vFkok fdokM+ dk fupyk fny rkM+ dj ?kd us vksj gFky; ka ds cy rkM+ dj jax dj vUnj ?kd k tk l drk gA

tc f[kMdh dk 'kh"kk rkM+us i M+ rks 'kh"ks dks geskk dguh ds Åij dh vksj djds rkM+; A f[kMdh pksKV ij 'kh"ks d VpM+ l Q dj nuk pkfg; s rkfd fudyrs l e; bl ij iS u i M+us ik; A

; fn Nr dh [kijsy ; k Vkyby gvkdj ?kd uk i Ms rks Aj dh vkj l s Vk; y dks gvkdj  
i kjEHK djds uhrs dh vkj gvkdj pkfg; A bl izdkj l kjh [kijsy gvkus dh vko'; drk  
ugh i MxhA

Tkc dHkh , s njoktk dks [kksyus i Ms ftl dh nll jh vkj vkx ty jgh gks rks fo'ksk  
l ko/kkuh cjruh pkfg; a ml dks , dne er [kksy nhft; a vl; Fkk 'ko' vkDI htu ig  
dj l gyxrh vkx HkMdrh l drh gS rFkk dHkh dHkh fu; a.k l s ckgj Hkh gks l drh gA  
vr% fdokM+ [kksyrs l e; fo'ksk l ko/kkuh jf[k; A ; fn njoktk vlunj dh rjQ [kysr  
gks rks viuk , d is fdokM+ ds fupys Hkx ij j[kdj FkkMk >ddj nf[k, fd vkx  
fdokM+ [kksyus l s HkMdrh rks ughA ; fn fdokM+ ckgj dh vkj [kksyrs gka rks nksuks  
fdokMka ds chp es is j[kdj fdokM+ dks fcYdy [ky tkuk l s jkfd, vkj >ddj  
nf[k, fd fdokM+ ds [ky tkus l s vkx HkMdrh ugh gA iwz i l s fo'okl gks tkus ij  
fd vkx ds HkMdrh dh dkbz l EHkkouk rks ugh rHkh njoktk ijk [kksy, A njoktk  
[kksyus l s igys ogh fu; e ; kn jf[k, ; kuh vkx cdkus ds l keku rS kj jf[k, [kkyh  
gkFk er [kksy, A

vkx cdkus ds fofHku l k/ku %&

uhrs fofHku izdkj ds vkx cdkus ds l k/ku fy[ks tk jgs gA ; | fi bl l s cgr l s  
l k/ku vfxu'keu l ok ds ikl gj l e; miyc/k u gks rksA

v&i kuh

- 1- i k/ky , DI fVx; d kj
- 2- gSM i Ei ; k LVhi i Ei
- 3- gkst jhy
- 4- 4- gkst ykbll

c&Qke

l &rjUr Hkki es i fjonu gkus okys no

n&dkL Mkb&vkDI kbM

; &blVl xJ

j&ckym

y&Mkbz dfedy i kmMj

o&LVhe

Nksh eksVh vkxftu ij mijkDr l k/ku dh vko'; drk ugh i Mfh fuEukfdr mik; ka  
l s cdk; h tkrh gA

"k&cydfVx %&td dj½

{k&fjepy %&gvkdj ; k fNrjk dj½

g&fcfVx vkmV %&hV i hV dj½



vx dk ed; LFky ¼ hv vkQ Qk; j½ Kkr gks tkus ij gh ; g fu.kz fd; k tk l drk  
gS fd vx cþkus ds fy, fdl fl ) kUr , oa l k/ku dk iz; kx djuk mi ; kxh gksxA  
; | fi ; g Hkh nks ikdj dk gkrk gA

1- vx tyus okyh l kexh dh iðfrA

2- vx dh n"kk ; kuh vx Nksh ; k l k/kj.k gS ; k cMh vx dks fuEu fyf[kr ij  
fuHkj cka/k x; k gA

Vx dk oxhdj.k %& vfxu"keu dh l fo/kk ds fy, vx dks fuEu fyf[kr oxkz ea  
cka/k x; k gA

, &Js kh dh vx l k/kj.k tyus oky inkFkz tS sydMh] di Mk] ydMh dk

Quhþj] fclrj] dkxt bR; kfn bu ij ikh }kjk B.Md igþ dj vx cþkz tkh gA

ch&Js kh dh vx Toyu"kuh noka dh vx tS s ið/ky ry okfu'k fLiM rkjdys bR; kfn  
fu.kz es l fo/kk Toyu"kyh noka dks Hkh nk oxkz ea cMk x; k gA

1- tks ikh ea ?kny tkrs gA

2- ; s tks ikh ea ?kyrs ugh cfYd Åij ; k uhs cB tkr gA bu Hkxka dks Okæ ; k  
>kxka l s ikh ds Qgkj l s Hkki ea ifjofr tkus okys noka l s dkcL&Mkz vkDI kbM , oa  
Mkz dfedy ikMj l s cþk; k tkrk gA

l h&Js kh dh vx xS vkj no tks xS es ifjofr tk tkr gS tks fd idj ds l kfk  
fl ys Mj ea Hkh gkrh gA dh vkrs gA C; w/su dfdax xS bR; kfn rFk ikMj fl ys Mj  
ea B.Mk djus ds fy, Okæ Hkh mi ; kxh gkrk gA buVl xS vkj Mkz ikMj Hkh iz; kx  
fd; k tkrk gA

Mh&Js kh dh vx /kkrq tS esuhf"k; e , Y; wefu; e l kFM; e bR; kfnA bu vxka ij  
ikh ugh Mkyk tk l drk gA cfYd fo'k'k rduhdh }kjk fo'k'k ikMj }kjk  
cþk; htkh gA

b&Js kh dh vx fctyh ds midj.kka ; æka dh vxij Hkh ikh ugh Mkyk tkrk gS  
cfYd , d h vx cþkus ds fy, inkFkz iz; kx fd; s tkrs gA tks fd fctyh ds djsV l s  
iHkfor ugh gkr gA tS s fctyh dh vxka ij djsV vkQ djus ds i'pkr  
, OchOl hOMhO dh fdl h Js kh dh vx dh rjg dk; z fd; k tk l drk gA

l k/kj.k vx dks cþkus ds fy, l keku; r^ ikh gh l cl s l qe vkj l Lrk l k/ku gA  
; | fi ikh dks vx ij Mkyus ds rjhdka ea cgr l s l q'kj fd; s x; s gA ikh dks iHko  
i w k z <æ l s iz; kx djus ds fy, ml dk vf/kd l s vf/kd Hkx vx ds l Ei dZ ea vk; A  
vxj vx cþkus ds fy, vko'; drk l s vf/kd ikh Mkyk tk; rks vrfjDr ikh  
cgdj vl; l keku dks fHkxka dj [kjc djsxA gks l drk gS fd ml l s [kjc gkus okyk  
l keku vx l s gkus okys upl ku l s Hkh c<+ tk; A vr% vko'; drkuð kj ikh iz; kx  
djus dh fof/k dk iz; kx djuk pkfg; A ; fn vx Nksh o l k/kj.k gks vkj FkM; ikh  
dh vko'; drk gks rks okVj Vki ; k l kMk , fl M , DI fVX; qkj gS Mi Ei LV<sup>9</sup> Ei iz; kx  
fd; s tkus pkfg; A

; fn vx burh cMh gks fd mijkDr , DI fVX; d kj l s u c>k; h tk l dA rks gkst jhy dke ea yk; h tkrh gA vr% l k/kkj.k l k/kkj.k vx ds fu; æ.k l s ckgj gkus dk [krjk u gks vksj vx , lybl st l s nij dh u gks rks gkst jhy }kjk gh vkdæ.k djuk pfg; A vx ds c<us dk [krjk gks rks gkst ikbi yxkdj vkdæ.k dhft; A vx c>kus ds fy, ftruh Åpkbz vksj njih rd ekj djuh gks rks njih ds vuq kj fofHku l kbt o fdLe ds ukty dke ea yk; s tkrh gA vksj cklp o vx dh njih de gks rks Qgkj ykHknk; h gS rFkk vx ds ikl /kpk dks gVkus ea Hkh dkQh dh njih de gks rks Qgkj ykHknk; h gS rFkk vx ds ikl /kpa dks gVkus ds fy, ea Hkh dkQh dh njih de gks rks Qgkj ykHknk; h gS rFkk vx ds ikl /kpk dks gVkus ea Hkh dkQh l gk; rk feyrh gA dN cklp tV ; k Qgkj ; k nkuuk cukus ds fy, fMtkbu dh x; h gA dN vk/kfud cklp tV dh /kkj dks cgr eghu /kkj ea cny nrh gA

bl izdkj ikuh rjUr vx ij pyk tkrk gA rFkk ikuh ds fQgy [kpz dks jkd fy; k tk l drk gA ; | fi ; g rduhd fo'ksk ifjLFkfr ea Hkh dke ea yk; h tkrh gA

ikuh }kjk vx ij vkdæ.k dk eq; mnns; ; g gsrk gS fd vx ds ey LFku rFkk ml ds vkl ikl N.Md igbj igbk; h tk, A vr% cklp dh /kkj dks vx ds ey LFku ij gh Qfd, A yiVka vksj /kpkW ij er Qfd, rFkk ikl dh oLrqka dk dkQh /; pku jf[k, fd vf/kd xel gks tku ij og vx u idM+ l ds vFkok Qsykus ea l gk; d gkA l e; l e; ij bu ij B.Ms ikuh dk Qgkj Mkyrs jguk pfg; a vFkok gks l ds rks cps l keku dks ckgj fudyokys dh 0; oLFkk dhft; s ijUrq bl l keku gVkr l e; 'k) gok izsk dj vx dks c<ku ea l gk; d u gkus ik; A

vx c>krs l e; cgr l >c> l s dke djuk iMrk gA viuh vksj vius l kFk; ka dh l j {kk ds fy, geskk l rd jguk pfg; A trys gq dejs ea izsk l s dejs dh Nr ikuh dh /kkj 'kh?kark l s Mkfy, rkfd Nr ij tks lykLVj bR; kfn fxjus okyk gks og fxj tk; s vksj ml h txg ij [kM\$ gkdj dk; l dhft; a tgkW ij Nr nhokj vFkok ml ds eyok fxjus dk [krjk u gks ; k [krjk gkus ij ge rjUr ckgj vk l dA iz; kx ea Hkh l ko/kkuh cjfr; A vx ij mruk ikuh Mkfy; a ftuk vko'; d gkA ; kn jf[k; a ikuh ea out gsrk gA T; kn ikuh Nr ea Hkus l s Nr fxjus dk [krjk jgrk gA vr% ikuh dks : dus er nhft; A

dN oLrq ikuh dks l ks[krh gA vksj Qny dj c<rh gA vksj otunkj gks tkrh gA tS s : bz tW pk; vukt tW dh xkLBA 40 ifr'kr : bz dh xkLBA 30 yxkrkj j [kh x; h gA rks Qnydj nhokj dks ckgj dh vksj /kDdk ndj fxjk nrh gA

LVhy ds xkMj xel gksdj c<rs gA viuh txg vk tkrh gA vksj xel gksdj uel iM+ tkrh gA rFkk Nr fxjus dh l EHkkouk c<+ tkrh gA dbz fctyh ds l fdV gka vFkok fctyh ds l fdVka dh vksj vx c<us dh l EHkkouk gks rks eu fLop vkQ djok nhft; A fctyh ds rkjka ij ikuh dh /kkj er Mkfy; A

dN vxka ij tS s ikuh ea u feyus okys Toyu'khy noka dh vx ij Hkh ikuh ugh Mkyuk pfg; A Qke , DI fVX; d kj iz; kx fd; k tk l drk gA cMh vx ij Qke Vki cklp ikbi iz; kx fd; k tk l drk gA

dHkh&dHkh jkl k; fud inkFkkz ea fudyh gpl x9 t9 s gok ea fu: fir gkdj [krjukd  
gks tkrh gA rfud lh fpuxkjh ij Hka dj foLQksV ea ifjofnr gks tkrh gA , d s  
LFkkuka ij id j ; Dr fMO; wtj ckUp iz; kx djuk pfg; A Qgkj dk ckUp pkyw gks tkus  
ij oshVhysku }kjk vfxu'keu d dk; L dks l j y o l x e dhft; A

oshVhysku %&

vx xys gq edku t9 s xehz /kq a vksj x9 ka dkfdl izdkj ckjg fudkyus , o ogkll ds  
okrkoj.k dks , d h fLFkfr ea ykus ds fy, dk; bkg h dh tkrh gA ml s oshVhysku dgrs  
gA

Qk; j QkbfVax ea oshVhysku dk cgr vf/kd egRo jgkr gA ; fn l gh l e; oshVhysku  
djkn; k tk; rks vx dks 'kh?kz cp>k; k tk l drk gA

- 1- vx dks Qsyus l d jkdus ds fy, vx l s mRi l u xel ok; q o /kqka Aj mBrk gA  
; fn ml s ; gkll s fudyus dk jkLrk ugh feyrk gS rks og okrkoj.k dks xel dj  
nrk gA rFkk ml okrkoj.k dh oLrqka ij Hkh vx yx l drk gA
- 2- /kq ll s gkus okyh gkfu dks jkdus ds fy, dejs ea : dk gqk /kqka j [kh gpl oLrqka  
dks Hkh [kjc dj nrk gA vks og oLrq mi ; kx ds ; kx; ugh jgrhA eq; r% [kkus  
i hus dh oLrqka feBkbz Qy bR; kfn i fUVax di Mk vkfn jk[k gks tkrs gA dN x9 s  
mRi l u djrh gA tks thou dks gkfu igpkrk gA vksj ykx ne ?kq/us l s ej tkrs  
gA
- 3- Qk; j esy dks l fo/kki wzd dk; L djus ds fy, dN inkFkkz dk /kqka [krjukd gsrks  
ml ea jgrs gq dk; L djuk vl ehko irhr gsrk gA Qk; jesu dks Hkkjh vl fo/kk  
gsrh gA oshVhysku }kjk /kq a vksj xehz fudy tkus l s okrkoj.k l keku; gks  
tk; sxA rks vx cp>kuk Hkh vkl ku gks tk; sxA

oshVhysku Hkh djuk vkl ku dk; L ugh gA bl ea cMh l w>cm> vksj vuqko rFkk  
l ko/kkuh dh vko'; drk gS rfud Hkh njnf'kzk vksj l ko/kkuh l s vx c<dj fu; a.k  
l s ckj gks l drh gA vr% oshVhysku djus l s igys fuEufyf[kr l ko/kkuh cjruh  
pkfg; A

- 1- nqk/ukxLr edkuka ds vlunj tkus okys dks ckjg fudyokdj l jf{kr LFkku ij  
i gpbk nuk pkfg; s rks gks l drk gS fd oshVhysku dk i Hkko mYVk i M+ vksj edku es  
gkus okys [krjs ea i M+ tk; A
- 2- nqk/ukxLr edku ds vkl &ikl ; k feyk gqk dkbz nqdku xknke , d h rks ugh  
ftl ea j [kh gpl oLrqka dks vx yxus dk [krjk gkA
- 3- oshVhysku djus l s vx ds vksj HkMed tkus dh l EHkkouk rks ughA pkj ckUpka dks  
rS j j [kuk pkfg; a rkd mijkDr [krjk gkus ij l eSpr dk; bkg h dh tk l dA  
vx dk c<us l s jkdus ds fy, ijk izu/k djds oshVhysku djuk pkfg; A ; fn rfud  
Hkh [krjk gks rks oshVhysku ugh djuk pkfg; A l gh oshVhysku Bhd l e; ij  
ijh&ijh rS kjh ds l kFk gh LFkku ij oshVhysku djuk pkfg; A

odVhys ku djus ds <\*

- 1- nqkVukxLr edku ds l cl s Åijh Hkx tgka ij xel gok rFkk /kq/ka ds Qsyus dh l EHkkouk gks rks ml ds jks kunku f[kMfd; k bR; kfn [kqok; a tk; A
- 2- vlx ds LFkku ds uhp&uhps dh f[kMfd; k [kxsh tk; A
- 3- mijh jks kunku ds 'kh'ks [kxsh fn; s tk; A
- 4- Nr ; k [kijSy dks rksMrs l e; gok dk : [k ns[k dj cBuk pkfg; A gok vki ds i hB dhs vkj l s l keus dks gks ; fn l lko gks rks yv dj dk; l dhft; a l fo/kk gksxA
- 5- ; fn dejs ea tgjhyk /kq/ o xS l e>rs gS rks odVhys ku djrs l e; chfnæ vkijvI dk iz kx djuk pkfg; A ; | fi dkbz Hkh vlx , d tS h ugh gqk djrh rFkfi iR; sd vlx ij dk; l djs l e; fuEufyf[kr ckrks dks /; ku j [kuk pkfg; A

d- ?kVukLFky ij igprs gh vlykbUI st dk l Mæ ds , d vkj j [kuk ml rfd izdkj ; krk; kr ij dk; l djus ea vl fo/kk u gksA

[k- ml h izdkj Vsyj iEi dks Hkh iz kx djrs l e; l Mæ ds , d vkj ml LFkku ij yxkb; a tgkV l s ml l s vf/kd l s vf/kd dk; l fd; k tk l dA vFkkr gkbMv l s dk; l djrs l e; vfxuLFky ds fudV rFkk LVfVd Væd rkykc ; k ugj l s dk; l djrs l e; i kuh j [kuk pkfg; A

x-gkst Qsykrs l e; tgka rd l EHko gks l ds ogka rd gkst dks l jdkjrs gq s l h/kh ykbu ea Qsykb; A

?k- ; fn gkst dks l Mæ ds nil jh vkj ys tkuk gS rks gkst jEi dk iz kx dhft; A vFkok ; krk; kr dks cln djkb; a ; k nil js ekxZ ij ekM nhft; A

p- ; fn gkst dks nil jh efty ; k Åijh efty ij ys tkuk gS rks ml s NksVs l s NksVs ekxZ rd igpk dj jLI h }jkk uhpshf; s arc 0; fDr ml efty rd thuk ; l h<h }jkk pyk tk; A bl izdkj l e; dh cpr gksxA gkst Hkh de yxskA vkj fiDI u ykl Hjh de gksxA

N- Åijh efty ij p<rs l e; nkM dj u tkb; a fd vki dk ne Qm tk; a vkj ogka ij dN dk; l u dj l dA vr% l ko/kkuh iæd ne j [krs gq s mij tkb; A

t- l gh uki dk ckUp iz kx dhft; a gksV /keZ kkyk vFkok fdl h edku ds fy; a tgka ij ckUp ckj&ckj , d LFkku l s nil js LFkku rd ys tkuk i Ms NksVs ukty ds ckUp iz kx djsA cM&cM LVkd l dkj [kkuka ; k [kfygkuka ij tgka vf/kd i kuh dh vko' ; drk i Ms ogka cM ukty }jkk iz kx fd; k tk; A

>- vko' ; d gks rks NksVs vkdkj ds ukty iz kx djæ vU; Fkk i kuh Hjh cækj tk; skA ; fn vko' ; d gks rks jf[k, fd dbz de idj ds ckUp l s rxM&iæ j dk ckUp ykHknk; d gsrk gA

| - ijh ykbu Qsy tkus ij gh i kuh [kxyokb; a Mkboj iEi vkijvJ /kh&/khj i kuh [kxyrk gA , d Qk; jeU fi Nys ikbi ds l kFk l kFk nkMrs gq s rFkk i kuh

}kjk iMus okys gkst ea ekM cy vksj , Bu Hkh gkrk gA ikuh iklr gkrs gh  
ckUpeSu vxk dks gkst ea ey LFkku ij gh ikuh dh /kkj Mkya Mkys gq s ij ikuh  
Mky dj l e; dk cjckn er dhft; A

V-vc vxk ij tkj l s ?kj iMfh gS r cog fu; æ.k es vkrh gA vr% vxk ds  
LFkku ds fudV rd igpp dj vkdæ.k dhft; A Hk; dj : i ea tyus okyh vxk ds  
rki ds dkj.k vxk ds ikl igppuk dfBu gkrk gA , d h ijfLFkfr ea ea fd l h  
oLrq dh vkM ydj vxks c<k tk l drk gA

B-vkx ij mruk gh ikuh iMuk pkfg; a ftruk fd vko'; d gks Qkyrw cgs ikuh  
; ; k : ds gq s ikuh l s tyus l s cp x; a l keku dks gkfu igpp l drh gA vFkok  
[krjs mRi luu gks l drs gA

M-tyrs gq dejs vxk cækus ds fy, iæsk ds iæz dejs dh Nr ij ikuh dh /kkj  
Mkfy; a rkfd Nr dk detkj lykLVj vkfn fxjus okyk gks rks fxj tk; s æes kk  
LVhy gæesV igus jfg; A

<-vxj vxk ds pkjka rjQ /kpkka Nk; k gks rks vius dks ckUp ikbi l s fudV  
jf[k; A ikuh dh /kkj dks Bhd i hNs dh goka l nS l kQ gkrh gA

.k- /kpk vksj xehz l s cpus ds fy; s odVhys ku djkus dk iz; kl dhft; A

; - xel gok mij gkrh gA , oa LoPN gok f[kMdh vksj njoktk l s gksdj vkrh gA

j- ; g Hkh jf[k; a f dbi dk; bkg h l s vkl ikl ds nil js Hkouka ea vxk u Qsyus  
ik; A

y- tgka dh fctyh ds l jfdV gks ; k fctyh ds l jfdV dh vkj vxk ds Qsyus dh  
l EHkkouk gks rks esu fLop cln dj nhft; a fctyh ds rkjka ij ikuh dh ?kkj er  
Mkfy; A edku ea vkDI htu dh deh ds dkj.k vxk døy l yxrh gA bl l s Hkh  
; krk; kr njoktk [kky fn; k tk; ckgj dh 'kq) gok ds l kFk vkDI htu ikdj vxk  
HkMæd l drh gA

l - dN oLrqka ds tyus l s cgr tgjhys fdLe dk /kpkka fudyrk gA ftl ds  
vUnj ?kq uk ?kkrd gkrk gA vr% , d s okrkoj.k ea chfnæ vki jv/ dk iz; ksx  
djuk pkfg; A

'k- dHkh&dHkh jkl k; fud inkFkkz l s fudyh gq xS s gh gok ea fefJr gksdj  
[krjukæd gkrh gA rfud l h fpUxkj h ikdj Hka dj foLQkV ea ifjofræ gks tkrh  
gA , d s LFkkuka ij iæ j ; Ør fMQ; wtj ckUp dk iz; ksx djuk pkfg; A

"k- dkVu fey vkfn bu inkFkkz ds ckjhd d.k ok; æ.My ea Qsys gS vksj vxk ds  
fo'k'k feJ.k rd ; fn dkbz fpUxkj h fey tkrh gA rks bl l s Hkh Hka dj foLQkV gks  
l drk gA vr% ; gkV ij iæ j ; Ør fMQ; wtj ckUp mi ; Ør gksxka

g- rsy dh vx ij Qke efdax ckUp iz; kx fd; k tkrk gA i sV okfuak dky  
vYdkgy vkfn dh vx ij Qke iz; kx djuk pkfg; A i sVky rkj vYdkgy fLiV  
Q; Wl nj rd Qsy tkrk gA tks fd fplXkjH ikdj cjs okrkj.k ea vk tkrk gA  
; gka ij Qke ckUp dk iz; kx mi; kxh gkrk gA

{k- vx cpkus ea ikuh dk iz; kx djrs l e; /; ku j [kuk pkfg; s fd ikuh ea out  
gkrk gA ikuh Nr ij : d dj Nr dks u cBk na vr% ikuh ds fudkl dk Hkh  
izcl/k dhf; tA

=- tW : bz fgLI ka ea vdsys vFkok fcuk l kffk; ka d er tkb; A

n-vx cpkrs l e; vius cpko dk /; ku jf[k; A , s h txg ij [kM\$ gkdj dk; Z  
tgkWij Nr nhokj vkfn fxjus dk [krjk u gkA

### Ekdku fxjus dk fplg %&

- 1- lykLVj puuk bV eyok vkfn dk fxjuk
- 2- Nhokjka ds pVdus ij ml ea njkjs i Muka
- 3- Nhokj dk , d vkj > p tkuk ; k ckj dh vkj Va< k gkuka
- 4- Nr ; k Nr ds mij nhokj l s vyx gkuka
- 5- eq; r% tgka LVhy xkMj iz; kx es gkA
- 6- f[kMdh njoktka ds Aj cus MkV %vp% dk pVdk dj txg NkM nuka
- 7- dkLV vk; ju ds [kEHks dk pVd tkuk vFkok viuk LFkku NkMdj nuka

tS s gh vx fu; a.k ea vk tk; a Qkynw ckUp dks cln dj nuk pkfg; s rkfd vf/kd  
ikuh cg dj vU; l kexh dks [kjc u dj na tys gq l keku dks myV igV dj  
i wZ : i l s Bmk dj nhft; a rkfd vx nckjk u HkMedus ik; A

vfXu 'keu ds i'pkr %& vx cp tkus ij vkj i Hkkjh vf/kdkjh ds vkns'k fey  
tkus ij l kjk l keku yiV dj jf[k; a dkbz mi dj.k ?kVukLFky ij u iMk jg tk; A

gkst ikbi dks fu; ekuq kj yiV dj cps gq l w[ks ikbi l s vyx jf[k; A ckLV gkst  
dks yiV dj vyx jf[k; a rkfd ml s ejEer ds fy; s Hkstk tk l dA vU; mi dj.kka  
dks Hkh ; FkkLFkku jf[k; A

gkst jhy Vsd vFkok esu okvj Vad dks tgka rd l Hko gks l ds ?kVukLFky ij gh  
ikuh Hkj yuk iz; kl dhft; a rkfd vxyh l puuk ds fy; s rS kj jgA iz; kx yk; s x; k  
gks rks ml s Hkh Hkjokus dh 0; oLFkk dhft; A ckYc [kky nhft; a rFkk Hkj tkus ij ckYc  
cln dj nhft; A

?kVukLFky ij vx l s cpk; s x; s l keku dks vFkok vU; fdl h eW; ou l keku dks  
tS s tøjkr nLrkost dkx tkr vkfn dkbz feyrs gks rks mudh , d rkfydk cuokdj  
ekgYys d l Ttu 0; fDr ; k ifyl dh mi fLFkr ea vl y gdnkj dks l kS fn; k tk; A

Vx cpkus ds fy; ; fn dkbz rkys rkM\$ ; k [kksys x; s gka vkj ?kj ; k l keku dk  
vf/kdkjh mi fLFkr u gks rks modk pktZ Hkh ifyl dks l kS fn; k tk; A vx ea ; fn

dkbz yk'k bR; kfn feys rc ifyl dks l fpr fd; k tk; A ifyl ds vkus rd  
?kVukLFky ds fdl h phT dks gVkus er nhft; a rFkk rc rd ?kVukLFky ds fdl h  
phT dks gVkus er nhft; a rFkk rc rd l rd rki wZ dk; Z dhft; s rkfd ?kVukLFky  
dh de l s de fd my?V i qV gkA

fdl h Hkh oLrq dks cdkj l e> dj Qfd; a erA gks l drk gS gd bludok; jh ea mudk  
dkbz egRo gkA , p-l h-0 vkj Mkboj xkfM; ka ds midj. kka dks pfd djds i Hkkjh  
vf/kdkjh dks fji kV dj s a rFkk l c Bhd fji kV fey tkus ij gh xkfM; ka , QO, l O ds  
fy; s i LFkku dj d a hA

Qk; j LVs ku oki l vkus ij %&

- 1- iEi e' khuks bR; kfn dks vPNh rjg l s /kqyokb; a ; fn iei rkyk ugj vkfn ij  
iz; kx fd; s x; s gks vFkok Qka dEi kmUM ds l kFk iz; kx ea yk; s x; s gks vkfn ij  
iz; kx fd; s x; s gks vFkok Qka dEi kmUM ds l kFk iz; kx ea yk; s x; s gks rks  
MkbMjV l s dN nj rd i fEi a djds e"khuka o midj. kka dks Hkh HkkUr l kQ  
djkb; A l eLr e' khuka ea i Vksy rsy bR; kfn Hkj dj r\$ kj jf[k; a
- 2- iz; kx fQVax Leky xs l Z , oa vU; midj. k pfd dhft; a rRi 'pkr l q[kkus ds fy; s  
Vax nhft; a
- 3- gkst fQVxI Leky xs l Z , oa vU; midj. k pfd dhft; a =fV; ka dks nij dhft; a  
vFkok mlgs cny nhft; a l gh midj. k jf[k; a =fVi w kZ midj. k ejEer ds fy; s  
Hkft; a

thou j{kk %& ; fn ; g Kkr gks tk; a fd dkbz i k. kh nqkVukxLr gS rk thou j{kk  
ds fy; s i kFkfedrk nuh pkfg; a vkj Qad gq 0; fDr ; k 0; fDr; ka dks cpkus ds  
fy; a gj l Hko iz; kl djus pkfg; a

thou j{kk ds fy; a Qk; jeU dks fo'ks'k ; kx; rk dqqkxz cf) l kl g LOfrZ , d l kgl  
'kkfUr" khy gkuk pkfg; a vkj Qad gq s 0; fDr ; k 0; fDr; ka dks cpkus ds fy; s gj  
l EHko iz; kl djus pkfg; a

l oZ i Fke edku dh vU; ykxks i Mkd h vFkok n'kZdks l s Kkr dhft; a fd  
nqkVukxLr depkjh dgka ; k fdl [k. M ea vFkok vfre ckj dgka ns[ks x; s FkA  
vDI j ; s ns[kk x; k gS fd tyrs edkuka ea tYn l s tYn Hkx fudyus ds fy; s  
?kCjkgV ea ykx l keU; ekxZ l s fudyus ds fy; ctk; f[kMdh ds Nr ij l s  
nI jh vkjs ; k dHh&dHh xyh ea HkhM+ ds mij gh Nykax yk nrs gA ; | fi BMS  
fnekx l s l kprs gS fd cMh vkl kuh l s fudy cpk; s tk l drs gA nqkVukxLr  
edku dh f[kMdh njoktks ckydfu; ka ; k Nr ij Qad s gq s ykx fn[kykbZ i M\$ rks  
edku dh mlgs l oZ Fke mlgs /k\$ l c/kkb; a vkj fo"okl fnykb; a f dos /kcjkb; a  
ughA mlgs l j f{kr n'kk ea fudkyus ds fy; a iz; kl fd; s tk jgs gA vkj mlgs 'kh?kz  
gh fudky fy; k tk; xkA rkfd os ?kCjkgV ea dkbz xyr dk; bkg h u dj MkyA

tgka rd l EHko gks ml h LFkku rd yMj yxokb; a tgka ij og vflure ckj ns[ks x; a FkA gkst ykbu fcNkdj i kuh pkyw djokb; a , a bl vkj c<kus okyh vkx dks 'kkUr dhft; a vFkok Qayus l s jkfd; a cpko dk; l djus okys Ok; jeSu dk ckUp Qgkj }kjk ml s l kQ djus dk iz, kl dhft; a

f[kMdh , oa njoktka l s ; fn /kopka fudy jgk gks rks ckUp dh Qgkj }kjk ml s l kQ djus dk iz, kl dhft; a l lko gks rks i kuh pkyw djkus ds i'pkr odVhys ku djkb; s rkfd cpko dk; l ea l fo/kk gkA ; fn vf/kd 0; fDr; ka d Qa s gkus dh l EHkkouk gks rks , Ecyd cyk nhft; a

jkr ds vaksj ea dk; l djrs l e; i zdk'k dk Hkh izU/k djkb; a

fdl h 0; fDr ds ikl igpp dj mlgs rl Yyh nhft; a l kgl c/kkb; a rfud ?kcjkb; a ughA mijh efty l s uhps ykus ds fy; a yMj dk iz, ksx fd; k tkrk gA , d Qk; jeSu igys mrj dj fn[kykb; a bl ds ckn vius ihNs ihNs mij okyka dks dgs rRi 'pkr nil js Qk; jeSu dks ml ds ihNs ihNs mrjuk pkfg; a bl izdkj blgs fo'okl mRi luu gkskA cPpka dk xkn ea yjd mrjk tk l drk gA

cgks k 0; fDr; ka dks Qk; jeSu fyQV }kjk du/kka ij ykn dj yk l drk gA Hkkjh 0; fDr; ka dks ykofjx ykbu ; k ps u ukV dq hUek xkIB cukdj mrjuk pkfg; a

; fn vf/kd l a; k ea ykx Qa s gkj tS s gkV y fl uek QDVh vLirky vkj /keZ kkyk bR; kfn ea gks rks tYn fudkyus ds mik; l kpus pkfg; a tS s Nr rkdMdj din dj ikl ds nil js edku ij igpp; k tk l drk gA

; fn edku bekjr dk gS rks iR; d efty ij iz, kl djds ; fn l lko gks rks nks&nks 0; fDr; ka dks l kFk&l kFk ea tkdj ryk'kh djuh pkfg; a eq; r; k /kq a l s Hkjs edku ea 0; fDr; ka dks tkus ij fo'okl o l kgl feyskA rFkk ryk'kh dk; l ea l gk; rk gksxhA

dejs dh ryk'kh l 0; ofLFkr : i l s gkuh pkfg; a rkfd dkbZ Hkh LFkku fcuk ns[ks u jg tk; a dejs ea ?kd us ds i'pkr , d vkj dh nhokj ds vi uh vkj 1/2 vkxs dh vkj VVksyrs gq s pDdj yxk; k tk; a rRi 'pkr chp ea o. kbr 1/4Mk; xyu 1/2 ns[kk tk; a vkj fo'okl dj fy; k tk; s fd dkbZ LFkku fcuk ns[ks ugh jg x; k gA vkx ea Ql s 0; fDr eq; r% fclRjka cPps fyi V dj i yax ds mij ; k uhps est ds mij vkyekjh ea f[kMfd; ka ea Nq k tkrs gA vr% ryk'k djrs l e; bu LFkkuka dks Hkh Hkyh HkkUr ns[k fy; k tk; a fdl h LFkkuka ea Quhp j fey tk; s arks nf[k, dgha Qa k gvk 0; fDr bl rjdhct }kjk f[kMfd; ka jks kunku ds dejs ds ckj fudyus ea l Qy u gks x; k gkA

; fn mij kDr ryk'kh dgh dkbZ mBkdj ykuk Hkh rks ml s fudkyk tk; A /kq a l s Hkjs dejs ea fdl h 0; fDr dks mBkdj ykuk Hkh dfBu gkrk gA [kkl h vkj vkM k dku ukd l s i kuh cjgus dh l EHkkou cuh jgrh gA



, d h i f j f L F k f r e a f p Y y k f p Y y k d j m l d s n k u k s g k F k k a d y b ; k a i j : e k y l s c k a k n h f t ; a r R i " p k r e a f p Y y k f p Y y k d j d i N > p l d j m l d s c a k s g k F k e a d s c y p y r s g q s e j h t d k s ? k l h V d j f u d k y u k p k f g ; A

T k h u s l s d s t q Y V h m r k j u k % &

t c f d l h c g k s k 0 ; f D r d k s t h u s l s m r k j u k g k s r k s e j h t d k s f p r g h f y V k n h f t ; a m l d k f l j t h u s d h v k j j f [ k ; A L o a t h u s d s u h p s n k s l h < h u h p s m r j d j e j h t d h v k j e g d j A v i u s g k F k k a e a e j h t d k f l j v k i d s c k a g i j f V a d t k ; A r R i ' p k r t h u s l s m l h d h H k k f r e j h t d k s u h p s d h v k j ? k l h V r s g q m r k f j ; A l k Q g o k e a y s v k u s i j e j h t d k s r j U r c u k o V h l k a n s u v k j E H k d h f t ; A m l s g k d e a y k b ; A v F k o k r j U r v L i r k y H k s t n h f t ; A

y k o f j a x % & d H k h c g k s k d k s y k o f j a x y M j l l s m r k j u k d f B u g k s r k s y k o f j a x y k b u d s l g k j s u h p s m r j u k i M + l d r k g A c k r k s d k s / ; k u e a j [ k u k p k f g ; A

- 1- y k o f j a x y k b u d s N k s / s x i j d h v k j e j h t d k f l j j f [ k ; a r k f d e j h t d s f [ k l d u s d h l E H k k o u k u j g A
- 2- x k M Z y k b u } k j k e j h t d k s n h o k j l s ? k l h V u s l s c p k b ; A
- 3- ; f n y k o f j a x y k b u u g h g s r k s v k e y k b u l s d k e p y k b ; a b l d s l k F k e a o s j u k V x k B y x k d j , d f l j s d k s y k o f j a x r F k k n i l j s f l j s d k s x k M z y k b u d h H k k f r i z ; k s x d h f t ; A
- 4- j L l h d k s g k F k l s f [ k l d k u s e r n h f t ; a c f Y d , d g k F k l s n i l j s g k F k e a c < k b ; a g k s l d s r k s f d l h f L F k j o L r q a ? k d j f u d k f y ; A
- 5- f [ k M e d h ; k e d M j d s u p d h y h / k k j k a l s j L l h d k s f ? k l u s l s c p k b ; A g k s l d s r k s m u i j c k j h v k f n M k y n h f t ; A
- 6- c g r N k s / s c P p k a d k s d i M s d h > k s y h c u k d j v k j m l e a c B k d j j L l h d s l g k j s y V d k d j u h p s y k ; k t k l d r k g A

j L l h v k j l h < h d s l g k j s u h p s m r j u k % &

; f n l h < h H k h m i y C / k g k s , o a f d l h , d h f [ k M e d h ; k n j o k t k s l s m r j u k g k s f t l d s m i j l h < h d k s f V k d u s d s f y ; s n n o k j H k h g k s r c f u E u f y f [ k r v k g r d k s v k x l s m r k j u k l j y g k x k A

- 1- l h < h d k s c < k d j f [ k j M e d h ; k n j o k t k a d s l j n y l s r h u ; p k j Q h V m i j f n [ k k b ; A
- 2- v k g r d k s p s j u k V e a Q a k b ; a r F k k y k o f j a x o k y k f l j k f [ k M e d h d h l j n y d h l h / k o k y k j k m M d s m i j x k m U M e s l s n h o k j d h v k j f u d k y d j , d 0 ; f D r i d M e d j p s j u k V i j y V d u t k , A
- 3- m i j o k y s 0 ; f D r e j h t d k s p s j u k V i j y V d m k d j x k M Z y k b u d k s u h p s f x j k n s x A
- 4- v k i / k h j s / k h j s y k o f j a x o k y k f l j k g k F k f [ k l d k r s g q s v k g r d k s u h p s y ; k t k ; s k A ; f n y k b u } k j k e f t y d h n h o k j l s ? k l h V u s l s c p k ; k t k ; s k A

tkuojka dks cpkuk %& tkuoj vx ns[kdj HkMdrS gA tkuoj vius ekfyd dks  
igpkurs gA ml dh vkokt igpkurs gA vr% ml ds cpko dk; Z l s l kko gks ml ds  
ekfydk dks Hkh l kFk ea j [kk tk; rks mRre gksxkA HkMdrS l s cpkus ds fy; s mudh  
vkl[ks ij diMk vkfn Mky fn; k tk; ; k ckWk fn; k tk; rks vPNk jgxA , d  
tkuoj ds fudyus ij vl; tkuoj ml ds l s i hNs Loq pyus yxrs gA tkuoj dks  
fudkyus ds i "pkr nj l s tkdj NkMuk pkfg; A dgha nqkj k vius LFkku ij u  
igp tk; A

### LVSMM VLV

vfxu'keu l ok l ekt dh , d vfuok; Z l ok gA jk'V dh l EufRr vkj thou j {kk  
dk egROI wkZ dk; Z bl l ok dks l Ei lu djuk gsrk gA vr% bl l ok ea dk; j r  
0; fDr; ka e' khuka vkj mi dj . kka dks l nS mPp Lrj ij dk; Z khy j [kuk vfuok; Z gS  
rkfd fdl h Hkh l e; vko'; drk i MUs ij os i wkZ {kerk ds vuq kj dk; Z dj l dA  
i R; d mi dj . k dks , d fo' ksk Lrj rd dk; Z djuk gsrk gA l e; & l e; ij budk  
Lrj ij h {k . k gsrk jguk vfuok; Z gS rkfd i fj l Fkfr; ka fo' ksk ea ml mi dj . k dh  
vko'; drk i MUs ij l qerki wd iz kx fd; k tk l dA bl fu/kkfjr Lrj ij  
ij h {k . k dks LVSMM VLV dgrs gA

cgr l s LFkkuka ij mi dj . kka dks , d 0; fDr ds Hkkj ; k , d l s vf/kd 0; fDr; ka ds  
Hkkj }kj k ij h {k . k fd; k tkrk gA 0; fDr eks/k iryk gYdk Hkkjh dS k gks bl ds  
fy; a Hkh Lrj fu/kkfjr gA , d 0; fDr dk Hkkj 75 fdyksxke ds yxHkx gkuk  
pkfg; A bl h izdkj tgka l s , d l s vf/kd 0; fDr ds Hkkj dh vko'; drk i MUs ogka  
Hkh vkj r Hkkj 75 fdyksxke l s vf/kd ugh jguk pkfg; A fu/kkfjr l a ; k l s vf/kd  
0; fDr; ka dk Hkkj fdl h Hkh n'kk ea ugh c<kuk pkfg; A

### gkSt %&

i R; d fMyojh gkSt vFkok gkSt jhy V; fca dks

v&i R; d vx ij iz kx ds l'pkr vFkok

c&l ky ea , d ckj vo'; VLV djuk pkfg; A

fMyojh gkSt VLV djrs l e; ckllp ij %@2 bp l kbt dk ukfty iz kx djuk  
pkfg; A rFkk gkSt jhy V; fcy ij gkSt jhy ukfty iz kx djA

1- dluol gkSt dks 8 fd0xk0 ifr oxl l Deh0 i d j vkj , A

2- jcj ykbu gkSt dks 10 fd0xk0 ifr oxl l Deh0 i d j vkj

3- gkSt jhy V; fcy dks 8 fdxk0 ifr oxl l Deh0 l s VLV fd; k tk; sxA

i s kj /khj&/khj s c<kuk pkfg; a rkfd gkSt dks ruko l gu djus ds fy, l e; fey  
l dA tgkW dgh gkSt yhd gsrk gS rks dkc l i f l ly l s fu'kku yxkuk pkfg; A  
rRi 'pkr ejEer djukh pkfg; A ; k ejEer ds fy, odZ kki Hkstuk pkfg; A bl h  
l e; gkSt dh difya ml ds ok'kj vkj yx bR; kfn Hkh ns[kus pkfg; A yxka ea  
gYdk rsy Mky nsuk pkfg; A

2&iEi %& iEi ea gYdk rsy Mky nuk pkfg; A

V&eUFkyh vkmViϕ VLV

c&eUFkyh oD; e VLV

I &fl dl eUFkyh fMi fyQV VLV

v&eUFkyh vkmViϕ VLV %& ; g VLV eghus ea , d ckj fd; k tkuk pkfg; A iEi dks LVfVd Vad ; k rkyk ij yxk; k tk; sxkA ikuh dh njih iEi buyM l s 3 ehVj l s vf/kd xgjh u gkA iEi dh iR; d fMyhojh vkmViϕ ea gkst rFkk ckUp yxk; k tk; sxkA vvx&vyx izkj ds iEi ka ea gkst o ckUp dk l kbt fuEukfdr gA iEi ka ea gkst o ckUp dk l kbt fuEukfdr gA iEi LVkVZ fd; k tk; sxkA vkj ikuh mBkdj 5-5 fd0xk0 oxZ l VhehVj i j l s 15 feuV rd pyk; k tk; sxkA bl vof/k ea iEi XySM difya fl LVe bR; kfn pfd fd; k tk; sxkA iEi ea ; fn dkbZ =fV ugh gS rks iEi Bhd l e>k tk; sxkA

| dDI 0 | iEi               | i fEi x<br>dS fl Vh@{kerk | fMyhojh vkmVyS<br>iz; kx dh tk; sxhA | Ukty l kbt |
|-------|-------------------|---------------------------|--------------------------------------|------------|
| 1     | पोर्टेबुल पम्प    | 275ली० / मि०              | 1                                    | 12.8 एम०एस |
| 2     | स्माल ट्रेलर पम्प | 500-680 ली० / मि०         | 1                                    | 18 एम०एस०  |
| 3     | मीडिल ट्रेलर पम्प | 1125-1575 ली० / मि०       | 2                                    | 18 एम०एस०  |
| 4     | लार्ज ट्रेलर पम्प | 1575-2250 ली० / मि०       | 2                                    | 18 एम०एस०  |
| 5     | हैवी पम्प         | 2250-3200 ली० / मि०       | 3                                    | 25 एम०एस०  |

c&eUFkyh oD; e VLV %&

eUFkyh vkmViϕ VLV ds rjllr ckn ; g VLV djuk pkfg, A iEi ds l D'ku buyS ij cyd dS %ok'kj l fgr½ yxk nrs gA fMyhojh vkmVyS ds cyd dS fudky nrs gA ikbfex okYc dEi km. M xst okYc [kys gkus pkfg; A iEi dks LVkVZ dj ds ikbfex fl LVe dks pkys dj nrs gA rFkk oD; e xst dh l pZ dks ns[krs gA oD; e xst dh l pZ 45 l dsM ds vlnj 'ku; rd 24 ij igp tkuk pkfg; A tc l pZ 24 ij igp tk; s rks ikbfex fl LVe dks cln dj nuk pkfg; § rFkk oD; e xst dh l pZ dks ns[kuk pkfg, a ; g l pZ ; fn 10 bp 01 feuV l s igys AVrh gS rks l ef>; s fd iEi ea yhdst vf/kd gA nf[k; s fd iEi XySM <hyk ; k =fViwZ rks ugh iei xstka ds duD'ku <hys o yhd rks ugh gA fMyhojh vkmVyS okYc =fViwZ rks ugh l D'ku difya <hyk rks ugh cak gA bu =fV; ks dks nij dhft ; s ; k odZ kki Hkst dj Bhd djkb; A iEi dks gkbMIV l s tkM dj ds Hkh mijkDr yhdst ns[k tk l drs gA

I &fl DI eUFkyh Mhi fyqV VLV %

; g VLV ifr N% eghus ea , d ckj djuk pkfg; A xgjs i kuh ; kuh iEi buyv I s i kuh dh I rg pkj I s N% ehVj rd gkuh pkfg; A iEi dks i kuh mBkus ea 02 I sdsM ifr Qv I s vf/kd ugh yxkuk pkfg; A eUFkyh vkmViV VLV dh Hkkwr 5-5 fdxk0 ifr oxZ I eh0 i skj I s 15feuV rd pykdj ns[kuk pkfg; A bl vof/k ea dkbz =fV feys vfkok iei i kuh u mBk I ds rks ml s odZ kki Hkstdj Bhd djuk pkfg; A

3- I D'ku gkst % I eLr I D'ku gkst ikbika dks nf[k; } fd mudh difya Bhd g\$ ok'kj ; Fkk LFkku gA Vm/s ; k I u[ks rks ugh gA difya ds dkyj o pM; ks ij gYdk xhl yxk nhft; A I eLr I D'ku gkstks dh , d nil js ea nhft; A rFkk vfræ I D'ku ij cyd ds yxk dh f0; k i q% fMyhojh vkmVysV ea cyd ds fudky nhft; A rRi 'pkr oD; e VLV dh f0; k i q% nkgjkb; s o xst dh I pZ nf[k; A ; fnb yhdst vf/kd ekya i Ms rc difya ds ckj pd dhft; s rFkk i R; d I D'ku dks vyx vyx djuk pkfg; A I D'ku dks yhdst okVj i skj }kj k Hkh Kkr fd; k tkrk gA tks fuEukdar g%

vfræ I D'ku dk cyd ds fudky dj o , MkIVj yxk dj gkbMIV I s tksM; A gkbMIV dk LVsvd i skj 3-5 fdxk0 oxZ I eh0 I s vf/kd ugh gkuk pkfg; A iEi dk , d fMyhojh vkmVysV [kkydj j [kuk pkfg; } rkfd iEi ds vUnj dh gok fudky I ds rRi 'pkr gkbMIV dks /khjs /khjs cUn dj nuk pkfg; A ijUrq /; ku jgs fd bl ea 3-5 fdxk0 ifr oxZ I eh0 I s vf/kd i skj u cuA ; fn i skj vf/kd gks rks vkmVysV dks [kky gh jgus nhft; A I D'ku ea dgh yhdst fn[kk; h i Ms rks ml s Bhd djus ; k djkus dk iz kl djA

4- gkst jhy %

gkst jhy midj .kks dks ifr I lrg VLV djuk pkfg; A gkst jhy iEi dks LVkV djds i skj nf[k, A ukty Bhd dke dj jgk gA ; k ugh gkst fjy V; e ds duD'ku difya bR; kfn VkbV gA yhd rks ugh gkst fjy dk XysM yhd rks ughA vko' ; drk gks rks I ek; kfr dj nuk pkfg, A gkst jhy VAd geskk ijk Hkj jguk pkfg, A

5- LV<sup>q</sup> iEi %

LV<sup>q</sup> iEi iufr ekg VLV djuk pkfg, A iEi dks ckYVh ea j [kdj pykdj nf[k; } fd I eLr okYc Bhd dk; Z dj jgs gA XysM yhd rks ugh gA fMLpktZ ikbi ds duD'ku yhd rks ugh g\$ rRi 'pkr iEi dks i wkl : lk I s [kkyh djds LV<sup>q</sup> vkfn I kQ djds j [kuk pkfg, A laytj V; e ea rsy yxk dj i kN nhft, A fi LVu okYc Qv okYc ea Hkh vk; y ea Hkh vk; y dsu I s vk; y Mkfy; A =fV; kV feyus ij Bhd dhft, vFkok Bhd djus odZ kki Hkft; A

6- Ldš yMj %&

yMj dks ifr ekg vx x ij iz kx djus ds i'pkr vU; fdl h fo'ksk izdkj ij fuEukfdr <x l s ij [kuk pkfg, A

l h<h dks ijk c<k dj ml ds gM dks fdl h nhokj ij fVdkuk pkfg, A chp okyh l h<h ds chpks chp iR; sd fLVx ij nk cjkj M.Mks ds ikl , d , d jLI h ckWk dj uhps yVdkuh pkfg, A iR; sd jLI h ij nks nks 0; fDr dgy 4 0; fDr yVdj Hkkj Mkyxs o gVk yx A ij h{k.k vf/kdkjh dk l h<h ds 50 QhV nij [kMs gksdj ns[kuk pkfg, A

v-QLVZ ¶ykyj yMj %&

l h<h dks l keU; djus dh rjg nhokj ij yxk dj ml ds gM dks ckWk nsuk pkfg, A rRi 'pkr ftrus >.Mka ij l EHko gks l ds , d 0; fDr dks dn&dn dj jkm.M VLV djuk pkfg, A bl ds ckn l h<h dks myVk dj ds yxkuk pkfg, vks 'ksk cps >.Mka dks dn dj ij [kuk pkfg, A

c- 30 vksj 35 QhV , DI Vsk ku yMI Z %&

l h<h dks ijk c<kdj nhokj ij bl izdkj yxk; a fd ml dk gM nhokj l s fVdk jg A 30 QhV dh ghy nhokj l s 60 QhV dh njih ij rFkk 35 QhV dh yMI Z dh ghy nhokj l s 08 QhV dh njih ij jg A t gkW e[; rFkk , DI fVx; dkj 'kuVd'ku , d nll js ij jgrh g A ml ds e/; l s nkuks fLVx ij nks cjkj ds jkm.Mks ds ikl , d jLI h bl izdkj ckWkdj yVdk nh tkrh g A f db l jLI h ij rhu o; fDr; ka dk Hkkj t gkW rd gks l ds nkuks fLVx ij cjkj Mkyk tk l dš vksj gVk; k tk l d A Hkkj gVkr a gh l h<h dks l keU; fLFkr ea vk tkuk pkfg, A fdl h Hkh ifjLFkr ea ykbu dcy jkm.M ij ugh ckWkuh pkfg; A bl VLV ds ckn o; fDr dks l h<h ij p<dj iR; sd jkm.M ij dn&dn dj VLV djuk pkfg, A

n- , DI Vfm x ykbu VLV %&

l h<h dks fcuk c<k; s fdl h nhokj ij fVdk fn; k tkrk g A bl ds ckn ftruk fups gks l ds jLI h ij nks 0; fDr yVdkdj Hkkj Mky A l kFk&l kFk nll js nks 0; fDr l h<h ds , DI Vd'ku okys Hkkx dks viuh txg ij jkds jgus ds fy; s ml ij viuk Hkkj Mkyrs g A bl ds i'pkr l h<h dks ijk c<k dj jLI h dk 'ksk Hkkx Hkh bl h izdkj VLV fd; k tkrk g A

l - 13 QhV , DI Vsk ku yMj %&

l h<h ds nkuks Hkkxks dks vyx dj ds dn dn dj ds jkm.M VLV fd; k tkrk g A

n-Ldfyæ yMj %&

bu l hf<; ks dh tkp djrs l e; ml ds M.Mks o l kfdVks dh rjQ vkj tkMks ij l hf<; ks ds l Fkkf; Ro dh rjQ fo'ks'k /; ku nsuk pkfg, A bl ds ckn tgkll rd gks l ds iR; sd l h<h ds jkm.M din din dj VLV djuk pkfg, A

8- gpd yMj %&

Lkfh<+ ka dks eghusokj vxk ij bLræky djus ds ckn vkj fM'y l s igys VLV djuk pkfg; a cFYd fM'y ds fy, dke vkus okyh l hf<+ ka dks fujUrj VLV djuk pkfg; A

l h<h dks tgkll rd gks l ds l h/kh [kMh fLFkfr ea nhokj ds l gkjs yxkuk pkfg; A , d k djrs l e; ml dk gpd E; ku ea o nhokj dh vkj jgA fQj l h<h dks ckWkdj ftrus jkm.M gks l ds din&din dj VLV djuk pkfg; A rRi "pkr l h<h dks iyV dj j [ks vkj 'ks'k jkm.M ml h izdkj din&din dj djuk pkfg; A l h<h dks fdl h nhokj ; k f[kMdh dh pks[kV ij gpd ds l gkjs bl izdkj yVdkuk pkfg; s fd gpd dh pks p nhokj ; k pks[kV ij fVdh jgA pks o pks[kV dks Nr l s cpkus ds fy, ml dh tkp ds fyys , d ydMh dk VpMk j [k nsuk pkfg; A l h<h tgkll rd l lko gks ckj jga bl fLFkfr es l h<h dks nks 0; fDr; ka dk Hkkj l gu djuk pkfg; d rFkk Hkkj vkfgLrk&vkfgLrk Mkyk tkuk pkfg; A l h<h ij yxh l Vh fjæ dks [kuc pedkdj j [kuk pkfg; a vkj [kjkch dk irk yxkus ds fy; a ml dh ckjh dh l s tkp djuh pkfg; A gpd dh Hkh tkp djuh pkfg; A og <hyk {kfrxLr u gka cUn djus ij /; ku ea Bhd cB tkrk gka fLiænkj fi u Bhd l s dke dj jgh gka l h<h dh Bkdjks o ghy lyvka dh Hkh tkp djuh pfg; A

9&gpd yMj cYV %&

gpd yMj cYV dks l h<h ds l kFk gh VLV djuk pkfg; A cYV ds rLea yxkdj fdl h fjæ cYV ea ; k nil jh fdl h vpy oLrq ea cYV dk gpd Ql k dj dN 0; fDr; ka dks yVdkdj VLV djuk pkfg; A bl ds ckn cYV dh ckjh dh l s tkp djuh pkfg; A fd og [kjc rksugh gkus ik jgh gA og vf/kd f?kl rks ugh jgh gA ml dh gpd Bhd l s dke dj jgh gAml dh thHk <hyh rks ughA [kjkch izdV gkus ij ejEer ds fy, Hkst nsuk pkfg; A

10-jki , .M ykbUI %&

Qk; j l foZ dh jfLI ; ka dks eghusokj vxk ; k jLD; w ij bLræky djus ds ckn vkj yksvfjæ fM'y l s igys VLV dj yuk pkfg; A l eLr jfLI ; ka dh ckjh dh l s tkp djuh pkfg; A yksvfjæ ykbu ykx ykbu bR; kfn dks fdl h iM+ ; k vl: n< LFkku ij ckWkdj 6 0; fDr; ka }kjk iwKz rkdr l s [khp dj VLV fd; k tkrk gA igys , d vkj rRi 'pkr nil jh vkj ckWkdj nil jh vkj [khp dj [khpus ea >Vdk ugh nsuk pkfg; A

11-chnax vki VI %&

iR; d vi VI eghus kj bLræky djus ds ckn muds fuekz'kvka ds funs'kkud kj VLV djuk pfg; A ftl ea yhdst VLV 'jyka VLV bR; kfn gA

I keku; r% ns[kHkky ds fy; a uhps fy[kh ckra ; kn j[kuh pfg; A

1- bLræky ds ckn] vko'; drkuð kj l p; U= dks l kQ j[kuk pfg; A

2- eq[kVv vkj 'ol u uhyh /kkus pfg; a vkj dhVv.kkup'kd nok l s mi pkfjr djuk pfg; A nkckjk ij ts tkM+us l s igys ijk l a U= dks vPNh rjg l s l q'kk yuuk pfg; A

3- vkt[k dks 'kh'ks ; k okbtj /kq a l s cpko ds fy, mi pkfjr djus pfg; A

4- vxj fl ys Mj ea xj dk ncko ml ds Hkjus ds vf/kdre ncko 5@6 de gks rks ml s ijs fl ys Mj l s cny nuuk pfg; A

5- VLV ds l e; [kjc ok'kj ; k ml js [kjc ij ts cny nus pfg; A

6- uV dl rs l e; vR; f/kd tkj ugh yxuk pfg; a bl l s pfm+ ka Hkh l drh gA

7- rsy ; k xhl l a æ ds fdl h Hkh ij ts ds l Ei dz es ugh vkus nuuk pfg; A

12- fjl fl Vs ku vi VI %&

iR; d vi VI eghus kj vx ; k jLD; w ij bLræky ds ckn muds fuekz'kvka ds funs'kkud kj VLV djuk pfg; A l keku; r% fuEufyf[kr ckra dk /; ku j[kuk pfg; A

1- fl ys Mj ea xj dk i j pcd dhft; a 1/20 , VekLQs j gkuk pfg; 1/2 pcd djus ds i'pkr okYc dks i wkl : i l s cln dj nhft; a rkd xj yhd u gkA

2- eq[kkS/s ij yxs okYc ; fn jcm+ ds gS rks pcd dhft; a fd os Bhd dk; l dj jgs gA [kjc rks ugh gks x; s gA

3- nqkM/ukLFky ij vFkok fM'y ea iz; ksx ds i'pkr l a æ ds eq[kkS/s o 'okl u uhyh dk l kcu i kuh l s ?kyokb; A rFkk i kuh fxjkdj l q'kkb; A dhVv.kkup'kd nok l s mi pkfjr dj nhft; A

13- dfedy , DI fVx; qkj %&

v- l kMk , fl M , DI fVx; qkj %& rhu eghus es , d ckj tkp ds fy; s [kksys tkus pfg; A ds ds oV ghy ukty rFkk fl i Vh okYc 1/2tgka yxk gk 1/2 dh tkp djuh pfg; a vkj buea Qd h xnz ikfy'k bR; kfn l kQ dj nuuk pfg; A ds oki l yxkrs l e; ml ds ok'kj dh tkp djuh pfg; A rri'pkr ds dks dUVuj ij Hkyh Hkkir dl nuuk pfg; j rkd tkM+ l s xj u fja l dA

iR; d , DI fVx; qkj dks o'kz ea , d ckj pykdj VLV djuk pfg; A ; g l e; ml rkfj [k l s ekak tkrk gA tc , DI fVx; qkj dks fi Nyh ckj pyk; k x; k gkA 1/2pks vxj ij pks VLV ij 1/2A ifr pkj o'kz ckn , DI fVx; qkj dk gkbMkfyd VLV djuk pfg; A 17-5 fdykxte ifr oxl l eh0 ds i'kj l s <kbl feuV rd VLV djuk vfuok; l gA

c& Qke Vkbi , DI fVx; qkj %& rhu eghus ea , d ckj tkb ds fy, [kksyuk pfg; A ; g ns[kk x; k gs fd budh vUroLrq dks fgyuk t: jh ugh gA frekgh i kfy'k ds l e; ds ds oVgksy uklt y ns[kuk pfg; A buea dQ dpjk i hry] i kfy'k BR; kfn Qm k gkrks ml s fudky dj l kQ dj nuk pfg; A , DI fVx; qkj ds ga Mea yxs l hy djus okys yhoj dh tkb djuh pfg; A rRi 'pkr ds dUVuj ij Hkyh&HkkWr di nuk pfg; A

, DI fVx; qkj dks l ky ea , d ckj pykdj VLV duk pfg; A i fr nks o'kz ckan 17-5 fdxk0 i fr oxz l eh0 s i skj l s <kbz feuV rd VLV djuk pfg; A

L&l hOVhOI hO , DI fVx; qkj %& iEi Vkbi dkcU VV/k Dykj kbM , DI fVx; qkj l lrg ea , d ckj ; g ns[kus ds f; s tkb djuk pfg; A fd os fjLrs rks ughA i fr ekg uklt y Aj , d nks LVksd pykdj nf[k, fd l c okYc dke dj jgs gs fd ughA , d l kQ o l q[ks crU ea bl dk no fudky dj lyatj jkM ea gYdh l h fpdukbl yxk dj i kN Mkfy; a rRi "pkr no dks i q% dUVuj es Hkj nhft; a de gks rks vkj Mkfy; a rRi 'pkr no dks i q% dUVuj ea Hkj nhft; a de gks rks vkj Mkfy; A xS dkfVjt Vkbi , DI fVx; qkj dks rhu ekg ea , d ckj [kksydj tkb djuk pfg; A uklt y ds ds oV gksy cln u gkA ds Bhd gky ea gkA lyatj jkM Bhd pyrk gkA no dk yfoy ijk djds ds i q% di nuk pfg; A , DI fVx; qkj dks i q% i kuh l s cpk dj jf[k, A

i fr o'kz dUVuj dks gkbMkyd i skj l s VLV djuk pfg; A dUVuj dks l o'kz Fke gok ea l q[kkuk pfg; A l w'k tkus ij i skj VFLVx e'khu l s 17-5 fdxk0 i fr oxz l eh0 i skj l s <kbz feuV rd VLV djuk pfg; A LVkMZ i skj Vkbi dks i fr rhu ekg i 'pkr rky djds ns[kuk pfg; a ; fn deh gkrks dEi uh Hkstuk pfg; A i fro'kz , DI fVx; qkj dks pyk dj nf[k, A

n&dkcU Mkbz vkDI kbM , DI fVx; qkj %& , DI fVx; qkj dks i fr ekg rky dj ns[kuk pfg; A i R; d , DI fVx; qkj dh ckMh ij ml dk 1/2 xS l fgr o xS jfgr 1/2 Hkkj vdr jgrk gA ; fn vdr Hkkj l s 10 i fr'kr l s Hkkj de gks rks ml s nckjk Hkjus ds fy; a dEi uh Hkstuk pfg; A tc dEi uh Hkstk tk; rc dEi uh l s vug'k dj ; a dks 210 fdxk i fr oxz l eh0 i skj l s VLV djuk pfg; A

/k&efFky cksekbM Vkbi , DI fVx; qkj %& dks Hkh 6 ekg i 'pkr rky dj ns[kuk pfg; A ; fn vdr Hkkj l s de gks rks ml s nckjk Hkjus ds fy; s Hkstuk pfg; A

u&Mkbz dfedy i kmMj , DI fVx; qkj %& i fr rhu ekg i "pkr , DI fVx; qkj dks [kksydj nf[k, A ds ds i skj Bhd gA dkVtjat oLVZ djus okys i qt l gh dke dj jgs gA oV gksy dUVuj dk fMLpktZ i kbi uklt y dkl a a-d pd dhft; A bl ea fpdukbl ; k rsy ugh yxkuk pfg; a 1/4 kmMj pd dhft; a ml es nuk ; k jkMh ugh i Mus pfg; 1/2 dUVuj ea ekspz rks ugh fn[kk; h i M'kA xS dkVtjat rks rkydj nf[k; a ml ea vdr Hkkj ea ekspz rks ugh fn[kk; h i M'kA xS dkVtjat dks rkydj nf[k; a ml ea vdr Hkkj l s 10 i fr'kr de gks rks ml s u; s fl ys Mj l s cny nhft; A



iR; d , DI fVX; dkj dks 5 o'kz ckn 31-5 fdxk0 ifr oxz l eho i'kij l s <kbz feuV rd VLV djuk pkfg; A

4&l pkj 0; oLFkk , d mi dj .k %&

v- VsyhOku %& ifr fnu VLV djuk pkfg; A [kjkch gkus ij rjUr fjikV djuh pkfg; a o Bhd djkus dh 0; oLFkk djuh pkfg; A

c- vkVkefVd Qk; j vykez fl LVe %& tks fd futh l LFkkvka QSDV<sup>a</sup>; ka vkfn l s Qk; j LVsku dk l h/kk l a/k j [krs bl 0; oLFkk dks Hkh ifrfnu fu/kkFjr l e; kud kj VLV djuk pkfg; A

l - dky ikmMj bULVky'sku %& ifrfnu pd djuh pkfg; A

n- jfM; ka mi dj .k %& ; g Hkh fnu es de l s de , d ckj vo"; djuk pkfg; A

5& Qk; j gkbM\$V %&

Qk; j gkbM\$V l ky es de l s de nks ckj vFkok 4 ckj VLV gkuk pkfg; A gkbM\$V fi V] gkbM\$V ckDI fi V] doj bR; kfn dks nf[k, A fd ; krk; kr ds ckj . k viuh txg l s f[kl d u x; s gkA gkbM\$V lyV bR; kfn rfk LFkk yxh gA o'kz ea de l s de , d ckj fuEufyf[kr : i ea vo"; d VLV djuk pkfg; A

v&LVSM ikbi dks vkmV yV ij dl dj nf[k, fd vkmV yV dh pifM; kW Bhd gA

c&LVSM ikbi ea cyd ds yxkdj gkbM\$V okYc dks ijk [kksy dj VLV dhft; A fd Bhd dk; l djrk gA rRi'pkr cln dj nhft; A bl h chp ; g Hkh nf[k, fd gkbM\$V dgha l s fj l rks ugh jgk gA

l &mi jkDr VLV ds i'pkr gkbM\$V dks /kks Mkfy, A uV ck\$V bR; kfn pd dhft; a <hys fi V dk ikuh fudky nhft; A rRi'pkr vkmV yV ij cyd ds yxkdj doj dks Bhd l s <d nhft; A

16& ukty vkj cklp %&

Ukty dh ckjh dh l s tkp dhft; a fd mudh Hkhrjh nhokj l kQ vkj fpduh gA ml ea [kjkp ; k njkj vkfn rks ugh iM+jgh gA xksykbz l gh gA rfud Hkh =fV ij /kkj Bhd ugh curh gA l eLr ukty ifr 6 ekg i'pkr i'kij }kjk VLV djus pkfg; a 1/4 s i Ei VLV ds l e; 1/2 fM; ; wtj cklp gSM dUV\$y cklp bR; kfn Hkh ifr 6 ekg ds i'pkr i'kij ij VLV djuk pkfg; A fd os l ark\$ktud : i ea dk; l dj jgs gA fd ughA =fVi wkz ukty cklp dks ejEer ds fy; a odz kki Hkft, A

17- jcj Xyct %&

jcj Xyct Hkh vU; mi dj .kka ds l kFk ifr l l rkg pd djrs jguk pkfg; A l eLr Xyct rhu ekg i'pkr ckj o Hkhrj l s tkpus pkfg; A fd dV&fi V rks ugh x; s

gA muea [kjkp rks ugh i Mh gA /; ku jga fd bl i d kj fd tkp ds l e; Xyct  
dh maxfy; ka dks vf/kd [khfp; a pkmkb; a , fB; a ughA mu ij vf/kd ruko gh  
Mkfy, A ; fn dkbz =fv fn[kkbz i Ms rks fji s j ds fy; s Hkst nhft; A

18- ykbV4 %&

v- Mkbz cVjh Vkbi byfDVd gSM ySM ifr l l rkg Qk; j vFkok fMy ea iz kx  
ds i' pkr VLV djuk pfg; A yEi dks tyk dj nf[k, f dog iz kx ds ; kx; gS  
fd vFkok ughA cVjh fudky dj nf[k,] fd l syka dUVuj ea ta ds vkl kj rks  
ughA duD'ku l kQ dj nhft; A

c- , dkekyVj Vkbi gSM yEi ; k ckDI yEi chfnx vkiMl yEi dks ifrfnu  
VLV djds ns[kuk pfg; A fd os iz kx ; kx; gS ; k ughA cVjh , dkekyVj dk  
ifr l l rkg fudky dj nf[k, fMLVy okVj de gks rks Mky nhft; a vko'; d gks  
rks pktZ dj nhft; A l Hkh Vjfeuy duD'ku , o vU; /kkrvka ds i qt d dks l kQ dj  
nhft; A l Hkh Vjfeuy ij os yhu yxk nhft; A

l - dkjckbM yEi ifr ekg VLV djuk pfg; A dUVuj Hkyh&Hkkwr l kQ o l v[ks  
jf[k, A

19- VWI %&

, lykbUI d ij j [ks gq l eLr VWI o xs l Z dks ifrfnu pd djuk pfg; A , oa  
=fv feyus ij rjUr nij djus ds iz kl djuk pfg; A

Vk; l Z %& l Hkh e' khuka ds Vk; l Z pd djrs jguk pfg; a ifr l l rkg i skj xst l s  
mudk i skj uki uk pfg; a , oa muds Vk; j ds vuq kj fu/kkZjr i skj jguk pfg; A  
l kFk&l kFk ; g Hkh tkp rjrs jguk pfg; a fd Vk; j xyr , ykbeV ds dkj .k fi V rks  
ugh jga gA muea Ql a d d .k i RFkj fudky nhft; A

fofo/k mi dj .k %& %fel yfu; l xs j 1/2

mi ; Dr mi dj .kka vrfjDr ftuds LVS MZ VLV dk foj .k fn; k xk gS vU; fofo/k  
mi dj .k Hkh xs l Z i j j [s gkrs gA ; | fi budk dkbz LVS MZ VLV fu/kkZjr ugh gA  
fQj Hkh mudh l e; & l e; ij ns[kHky gkuh pfg; A rkfd muds i qt d iz kx' khy  
cus jga mi dj .k ds xyr iz kx vFkok ns[kjs[k ea yki jokgh ; k vU; fdl h dkj .k  
l s mudh dk; [kerk i Hkkfor u gkA

jfM; y ckUp tS s fo' k'k mi dj .k ?kpkdj ij [krs jguk pfg; a rkfd os iz kx' khy  
cus jga vkStkj tS s vkjh] pkdij dVgkMh , oa vU; rkm+ Qkm+ djus okys vkStkj  
ftul s l gh dke yus ds fy; a budk rst vkj i suk u vko'; d gA budh l e;  
l e; ij ns[kjs[k gksh jguh pfg; a rFk ?kkjka dks i suk cuk; s j [kuk pfg; A

LVS MZ ikbi Qke efdx ckUp ikbi us l si Vsd bUMDVj bR; kfnA ftuea LVuj  
yxs gkrs gA l e; l e; ij blgs l kQ djrs jguk pfg; A ykyVu o vU; yEi ka  
dh Hkh ns[kjs[k vko'; d gA buds dYys fpeuh l kQ , oa l gh&l gh p<h gkuh

pkfg; A rsyHkjk gkuk pkfg; A rkfd vko'; drk iM+us ij l gh dk; Z dj l dA  
l kYost vkj di yka dks l q[kkdj jf[k, vkj pd djrs jfg, fd buea fpi fpi kgV  
ugh vkus i k, A

Ns[kjs[k vkj ijh{k.k dk ewy mnns; ; g gS fd , lykbll st ij j[kk iR; d  
mi dj.k mPp Lrj dk cuk jgA rkfd vko'; drk iM+us ij viuh iwKZ n{krkuq kj  
dk; Z dj l dA

# 13½ iEi dk LVSMMZ VLV

mnns ; %&

i f' k{kffk; ka dks fofHkUu iEi ka dk VLV djus dk Kku djuk pkfg; A

iLrkouk%&

Qk; j l foZ ds iEi ka dk Hkh , d fo'k'k ekud fu/kkFjr g\$ ftl a fuf'pr l e; ij djrs jguk pkfg, A rkfd vko'; drk iMus ij mudh iwkZ dk; Zkerk iklr djrs gq cs[kVds iz; kx fd; k tk l dA

Lk/kkj.kr; % iEi dk LVSMMZ VLV rhu izdkj dk gkrk gA

- 1- eUfkyh vkmViV VLV
- 2- eUfkyh o\$doe VLV
- 3- N% eUfkyh Mhi yhLV VLV

1- eUfkyh vkmViV VLV %&

; g VLV eghus es , d ckj fd; k tkrk gA iEi dk LVfVd VLV rkykc unh ugj ; k >hy vkfn dgha ij dj; k tk; sxkA ml ds ikuh ds l rg iEi buyV l s 10 bp l svf/kd xgjh u gkA iEi ea ifr fMyojh , d gks o , d ckUp yxkdj fHkUu izdkj iEi ka ea ckUp ukty dk l kbt fuEukfdr g\$ LVkVZ fd; Hkst dj =fV dks Bhd dj; k tk; sxkA iEi XykbM dfyax fl LVe bR; kfn p\$d fd; k tk; sxkA bl vof/k ea iEi ea dkbZ [kjch ; k =fV vk xbz gA rks ekyme gkus ij nij fd; k tk; sxkA vFkok odZ kki Hkst dj =fV dks Bhd dj; k tk; sxkA

| dDI 0 | iEi             | i fEi x d\$ fl Vh@{kerk | fMyhojh vkmVy\$ / iz; kx dh tk; sxhA | Ukty l kbt |
|-------|-----------------|-------------------------|--------------------------------------|------------|
| 1     | ikVcy iEi       | 60 thoiho, l 0          | 1                                    | 1@2        |
| 2     | Leky V\$yj iEi  | 120 l s 150 thoiho, l 0 | 1                                    | 3@4*8      |
| 3     | ehfMy V\$yj iEi | 250 l s 350 thoiho, l 0 | 2                                    | 3@4**      |
| 4     | yktZ V\$yj iEi  | 350 l s 500 thoiho, l 0 | 2                                    | 1          |
| 5     | g\$oh iEi       | 500 l s 700 thoiho, l 0 | 3                                    | 1          |

2- eUFkyh oSdoe VLV %&

eUFkyh vkmViϕ VLV ds rjUr ckn djuk pkfg; A iEi ds I D'u buyV ij cySd ds ok'kj l fgr yxk nrs gA fMyojh vkmViϕ d cySd ds fudky nhft; A i kbfeax okYc dEi km. M xst [kys gkus pkfg; A iEi dks LVkVZ djds i kbfeax fl LVe dks pkyw dhft; a rFkk oSdoe xst dh l pZ nf[k, A oSdoe xst dh l pZ 45 l ds M ds vlnj 0 l s 24 ij igϕ tkuk pkfg; A tc l pZ 24 ij igϕ tk, rks i kbfeax fl LVe dks cln dj nhft; A rFkk oS; e xst dh l pZ dks nf[k, ; s l pZ 10 ejdjh bϕp 01 feuV l s igys ?kVrh gA rks l ef>; a fd yhdst vf/kd gA nf[k, iEi XykbUM Bhd ; k =fVi w kZ rks ugh gA xst duD'u yhd rks ugh gA bu =fV; ka dks nij dhft; A fMyojh vkmViϕ okYc =fVi w kZ rks ugh gA I D'u difyax <hyh rks ugh c'kh gA bu =fV; ka dks Hkh nij dhft; A ; fn Lo; a ugh dj l drs rks odZ kki ea Bhd djkb; A iEi dks gkbMϕV l s duDV dhft; s rks mijkDr yhdst ns[kk tk l drs gA

4- eUFkyh fMi fyϕIV VLV %&

; g VLV ifr Ng eghus ea , d ckj gkuk pkfg; A xgjkBZ l s i kuh iEi l s mBk dj VLV fd; k tkrk gA bl ea iEi buyV l s i kuh dh l rg 07 bap l s 20 bap rd gkuk pkfg; A iEi dks i kuh mBkus es d k/kkj .kr; % 01 l ds M ea 01 fQV gkuk pkfg; A fdUrϕ vf/kd l s vf/kd ifr fQV ds fgl kc l s vko'; d : i l s i kuh mBk pkfg; A eUFkyh vkmViϕ VLV dh HkkUr 80 i km ifr oxl bap l s 15 feuV rd pykdj ns[kuk pkfg; A bl vof/k ea ; fn iEi es dkbZ [kjch feys vFkok i kuh mBk ik; s rks =fV dks Bhd dja ; k fji kV djds Bhd djkb; A

I D'ku gkst %&

l eLr gks ikbiks dks nf[k, fd mudh difyax Bhd gA ok'kj LFkku ij gA bV ; k l w[ks rks ugh gA difyax ds dkyj o pM+ ka ij gYdk l k xhl yxk nhft; A l eLr I D'ku gkst dks , d nll js l s tkM+ dj iEi buyV ea dl nhft; A ; fn vf/kd yhdst ekye i Ms rks difyax ds oklj pd dhft; A iR; d I D'ku dks vyx vyx pd djuk pkfg; A I D'ku dk fydst okVj i skj ds }kjk Kkr fd; k tkrk gA

vfire I D'ku dk cySd ds fudky dj , MkIVj yxkdj gkbMϕV l s tkfM+ A gkbMϕV LVfVd i skj 50 i km+ ifr oxl bap l s vf/kd ugh gkuk pkfg; A iEi dk fMyojh okYc [kkydj j [kuk pkfg; A rkfd iEi ds vlnj gok fudy l dA bl ds ckn gkbMϕV dks dks /khj s /khj s [kkfy, tc fMyojh vkmViϕ l s i kuh fudyus yxs rks fMyojh okYc dks /khj s /khj s gks fMyojh okYc dk [kqyk jgus nhft; A I D'ku ea dgh&dgha yhdst gks tk, W rks ml s Bhd dja ; k djkus dk iz kl djA

gkst jhy %&

gkst jhy mi dj .kka dks i fr l l rkg pcd djuk pkfg; A gkst jht iEi dks LVkVZ djds  
i s kj dhft; A ukty Bhd dke dj jgk gS; k ugh yhd rks ugh gA ; fn vko'; drk  
gks rks gkst jht dh XySM yhd gks x; k gks rks l ek; kftr dj nuk pkfg; A gkst jhy  
Vsd geskk i jk Hkjk gkuk pkfg; A

LV<sup>9</sup> iEi %&

LV<sup>9</sup> iEi i fr ekg VLV djuk pkfg; A iEi dks i kuh l s Hkjh ckYVh ea j [k dj pykdj  
nf[k, fd l eLr okYc Bhd dk; Z dj jgs gA i kuh XySM l s yhd rks ugh gA fMLpktZ  
ikbi ds duD'u yhd rks ugh gA rRi'pkr LVki iEi dks i wZ : i l s [kkyh djds  
Liuj vkfn dks l kQ djds j [kuk pkfg; A lylltj jkM es vk; y yxkdj i kN nhft; A  
fi LVu okYc Qvcky ea dh vk; y du l s Mkfy; A =fVi wZ feyus ij Bhd dhft; a  
vFkok djkb; A