

## iek.k&i =

iekf.kr fd;k tkrk gS fd **Jh food dękj fl g** 'kk&krkZ  
 vFkZ kL= foHkkx l gdkjh ih0th0 dkyst fegjkkj tk&ij ¼ Ec) ohj  
 cgknj fl g i wpy fo'ofokj;] tk&ij½ us **tk&ij tuin ds vFkd**  
**fodkl eaLFkH; l hFkvladh Hfedk\*** fo"k; ij ih&, pOMh0 mikf/k grq  
 fo'ofokj; dsfu; ekuq kj viuk 'kk&iZU/k ejsfunZ ku ea iwZ fd;k gA  
 ih&, pOMh0 'kk&krkZ ds : i ea fd;s x;s vuq dku dk ik: i buds  
 0; fDrxr vuqkhyu ,oa ifjJe ij vk/kfjr gA ;g budk iwZ-% ekSyd  
 dk; Z gA

fun&kd

**ikp; Z**  
 l gdkjh ih0th0 dkyst  
 fegjkkj tk&ij

**MM vki0i0 iBd**  
 , l k&l , V~ik& j , oa v/; {k  
 vFkZ kL= foHkkx  
 l gdkjh ih0th0 dkyst  
 fegjkkj tk&ijA