

Hkkjrh; I kekftd 0; oLFkk ea fL=; ka dk LFkku I nk gh vR; Ur egRo iwk
jgk gA fgUnqI ekt ea mudk I Eeku vKj vknj ikphu dky I svkn'kRed vKj
e; knkz; Dr FkA mudc ifr I ekt dh LokHkkfod fu"Bk vKj J)k jgh gA
ifjokj] I epk; rFk I ekt ea mudc }kjk fd; s tkus okys ; ksnku dk I o=
egRo vKj xKjo jgk gA Hkkjrh; /keZkkL=ka ea ukjh I oZkfDr I Ei Uuk rFk fo |k]
'khy] eerkl] ; 'k vKj I Ei fUk dh irhd I e>h x; hA xg dh I keKh dc: i ea
ml sifr"Bkfir fd; k x; k rFk ?kj dc vU; I nL; ka dks ml dc 'kkl u ea jgus dc
fy, funf'kr fd; k x; kA 'ku% 'ku% I ekt ea ml dk bruk vf/kd egRo c<t
fd ml dc fcuk vdsyk iq "k viwkZ vKj v/kjk ekuk x; kA iq "k 'kcn dk
fufeZ h&L=h] I Urku vKj 0; fDr dh I ef"B I sekuh x; hA L=h] Lug vKj I Urku
feydj iq "k dk fuekZk djrs gA og eutj; dc thou dks I [k&I ef) I snhr
vKj i qUtr djus okyh dgh x; h] ml dk vkxeu iq "k dc fy, 'kkl] I kJHke;
vKj I Eekutud FkA ftI dc I EidZ ea ml dk 0; fDrRo eq[kj vKj I flufo"B gks
mBrk FkA

fL=; ka dh n'kk ea ; qka dc vuq i ifjorZu gkrk jgk gA mudh fLFkr ea
ikphu dky I s ydj ck) dky rd vud ifjorZu vkrs jgA ofnd ; q ea
fL=; ka dh voLFkk vR; Ur mUur vKj ifj"Nr FkA ijUrq/khj&/khjs mudh fLFkr
ea ifjorZu ikjEHk gks x; k tks voufr dc: i ea ckn rd pyr k jgA iq "ka dh
ngyuk ea fL=; ka dks J\$ Ldj LFkku ugha feyk] cfYd mlga vi\$kkNr xKsk LFkku
gh i ktr gpyk] ftI dc i ed[k dkj.k jktuhfrd vLFkjrk] I kekftd I dh.kZk; a
vKj I kFk tbdh; , oaeukfI d vkfn nKsk FkA

Hkkjrh; I ekt ea fL=; ka dk f'k{kk} /ke] 0; fDrRo rFkk I kelftd fodkl
 ea egku ; kxнку jgk gA og LorU=ki wZd f'k{kk} xgj.k djrh Fkh] iq "kka dh
 rnyuk ea og fdl h Hkh izdkj I s fuEu rFkk vutpur ugha FkhA og I ekt dh
 LFkk; h rFkk xk\$ o'kkyh vak FkhA og I q'kf{kr} I q aÑr rFkk I q H; FkhA
 I kelftd rFkk ikfjokfjd drD; ka dk og fu"Bki wZd ikyu djrh FkhA iq "kka dh
 rjg og Hkh cāp; Z thou 0; rhr dj f'k{kk} xg.k djrh Fkh vks] vius dks
 fonqkh cukrh FkhA I w=ka vks] Lefr; ka dC dky ea vkdj fL=; ka dh fLFkfr fuEu
 vks] n; uh; gPz os ful gk;] fucy vks] ijrU= cu x; hA /keZ kfkL=; ks a us
 mudh I kelftd] /kfeZd] vkfFkZd] jktuhfrd vks] 0; SDrd I Hkh fLFkfr; ka ij
 ifrcU/k yxk; s mudC cu/kuka dC ?kjs ea ml dk 0; fDrRo fl eV dj jg x; k vks]
 ifjokj Lo: i ml dk fodkl : d I k x; kA bl n"V I s ; fn Hkkjr dh
 I kelftd] I kaÑfrd] /kfeZd] vkfFkZd vks] jktuhfrd ifjLFkfr dk Kku ikr
 djuk gS rks ck\$ dFkkvka dk LFkku vU; I kfgR; dHkh Hkh xzk ugha dj I drA
 ck\$ dgkfu; k; ikphu Hkkjrh; bfrgkl ea mi ; Dr vks] egRoiwZ LFkku j[krh gA
 iZrq 'kkskxbl/k ea dk; Zks= deh n"V I s ck\$ ka dC vfrfjDr I edkyhu I kfgR;
 dh I gk; rk Hkh yh x; h gA

ck\$ dky ea Hkh ukjh dh ekrk dC : i ea i; kZr izka k gpz gA D; kfd
 L=h dk ekrk dk : i I nD R; kxe; jgk gS t\$ sL=h dk I Urku&ikfir dC fy; s
 rRij jguk] vikj d"V vks] vl he iHMKLk dks I gu dj I Urku dks tle naxk]
 vR; f/kd eerk rFkk okRI Y; rk I s ml dk ikyu&iksk.k djuk vkfna bl I cdC
 vfrfjDr ekrk dh ; gh bPNk jgrh Fkh fd ml dh I Urku ; kX;] dQky] fuiqk]

i dh.k rFkk l n x q kh cuA ekrk l Urku dks fdl h Hkh izdkj d d "V ea ugha ns[kuk
pkgrh FkhA ikphu dky ea ekrk d d vfrfjDr i Ruh dks Hkh cgr I s vf/kdkj i klr
Fks ifj.kke Lo: i ml dh fLFkfr vPnh Fkh ml s ifjokj ea l Eeku tud LFkku
i klr FkhA ck) dky ea ukfj; ka dh fLFkfr dkQh fuEu ekuh x; h Fkh rFkk bl
dky ea ukfj; ka dh dkQh fullnk dh x; h vkj mlga fullnuh;] ?kf.kr rFkk ikfi u
t s 'kCnka l s Hkh i pljk x; k FkhA L=h dks l n d iq "kka l s ghu ekuk x; k rFkk
bl dky ea d n ukfj; ka dks i ru dh vkj vxl j gkdj o s ; k dk thou Hkh
fcrkuk i Mrk FkhA bl l e; 0; fHkpkfj.kh L=h dks ik; f'pr djus rFkk n.M nus
dk i ko/kku Hkh FkhA

ck) dky ea , dh vud ukfj; ka Fkh tks ifronk rFkk l n x g LFk Fkh vkj
foijhr ifjLFkfr; ka ea Hkh vius ifjokj rFkk ifr dk l kFk ugha NkMfH Fkh vkj
vudkud d "Vka vkj i hMevka dks l gudj ukjh /keZ dks fuHkkrh FkhA ukfj; ka dh
n d Vrj n d pfj=rk vkj vukpkj dks inf'kr djus okyh ml l e; dh vud
d gkfu; k mi y C/k g d l e; vkj ifjLFkfr d d vud kj ukjh fLFkfr ea ifjorZu d d
dkj.k foHkku voljka ij ukjh dh izka k vkj fullnk nksuks gh gkrh jgrh FkhA
dgh&dgha i e h d d tle dks cjk ekuk x; k vkj dgh&dgha i e h d d tle dks i e
d d l n 'k [kqkh dk migkj Lohdkj fd; k x; kA ck) dky ea i e h Hkh i e d d l eku
vHkh"B gkrh Fkh vkj mud d tle ij i e d d l eku mRl o dk vk; kstu fd; k
tkrk FkhA ml l e; fdlh ifjokj ea i e vkj i e h d d tle ij dkbz HksHkko
ughaeuk tkrk FkhA xks e c d d Lo; a dksky d d jktk ikl uknh dks ml d d ; gka
i e h d d tle yus dh ckr ij 'kka idV djus d d fy, f>Mdk FkhA c d d

vuq kj i e h & i e dh vi {kk vPNh I Urku gkrh FkhA rRdkyhu I ekt ea i e h dh
i klr vfuok; Z gksus dh /kkj.kk 'kh?krk I s foyqr gkrh tk jgh FkhA c) d
vuq kj ftI 0; fDr dks i e i klr ugha gkrk Fkk ml s Hkh fuokzk i klr djus dk
vf/kdkj Fkk c'krã og ifo= thou 0; rhr dja viuh 'khyrk vkj I n p f jr I s
dU; k; a Hkh dgy dk uke mTtoy djrh Fkh vkj foi fuk ea dgy d fgr d e i e
d e I eku mUkjnkf; Ro dk fuoZu Hkh djrh FkhA vr% dU; k; a i fjokj vkj I ekt
nksuka d e pfj= dh dl ksh ekuh tkrh FkhA

i kphu dky I s vkb izdkj d e fookg&cãk] n b vk"q i ktkiR;] vki g]
xU/ko] jk{kl , oai Skkp ipyu ea jgs gA bl d e I kFk & I kFk Lo; o j fookg i Fkk
dk Hkh ipyu FkhA dU; k dks Lo; a vius ; kX; o j p qus dh LorU=rk Fkh] i jUrq
; fn dU; k }kjk p qus x; s o j I s dU; k d e fi rk I UrqV ugha gkrh Fks rks ml dk
fookg vU; = fi rk dh i l Un d e o j I s dj fn; k tkrk FkhA fookg d e vol j ij
dU; k dks cgr I s mi gkj rFkk Hk w ngst d e : i ea fn; s tkrh Fks i jUrq fQj Hkh
vkt dy dh Hk d r ngst & i Fkk dk ipyu ugha FkhA

ck) x b Fkka ea ink & i Fkk vi R; {k : i I s gh fo | eku FkhA I k/kkj.k fL=; ka
vifjpr iq "k d e I e {k ugha tkrh FkhA jkek; .k vkj egkHkjr dky ea
ijnk & i Fkk dk ipyu ugha FkhA v/; ; u dky ea fookfgrk L=h ; fn fd l h
dkj.ko'k ifr I s I Ecu/k foPNn dj ys ; k ifr ml I s fookg foPNn dj ya rks
I ekt }kjk ml s i qfoZkg dh vkKk i klr FkhA ofnd dky I s pyh vk jgh
ekU; rk d e vuq i ck) dky ea fo/kok dks fulnuh; n f"V I s n [kk tkrk Fkh i jUrq
, d k i rhr gkrk gS fd ck) ka ea ukjh d e pfj= dks vuko'; d : i I s fd l h

"kM; U=dkjh ;kstuk dċ o'khkwr gkdj vfr ?k.kktud vufrd : i l s i l r r
fd; k x; k gA okLro ea ejs nf"Vdksk ea iq "k viuh okl uk ij vċdk u yxk
ik l dus dċ dkj.k nkSk ukjh ij gh Mkyrk jgk gA euċ; ikflr dċ fy; s viuh
LokFkz fl f) gks viuh ikNfrd Hkks okl uk dks trkus dċ fy; s ukjh dks ?kf.kr
crkrs gq s nj jgus dk funk k fn; k gS tks ekuoh; nf"Vdksk l s mfpr ugha gA
okLor ea ukjh dk 0; fDrxr pfj= mnkjrkl Hkkoċ] iċ euċ; dċ fy; s
vuċj.kh; gA dN nċpfj= ukfj; ka dks NkMċj l keU; ukjh cpi u l s yċj
o)kolFkk rd euċ; dh fofHkUu : ika ea fu%LokFkz l ok djrh jgh gS l f"V
l pkyu ea tks egRo fglnw noh norkvka dk Lohdkj fd; k x; k gS xg l pkyu
ea ukjh dks ogh LFkku fn; k x; k gA

; gh ukjh cċ) xkŋe] xkċkh] jke] egkohj] vkfn egku vkRekvs dks tle
nsus okyh ekrk gA vr% budk l Eeku djuk ekuo /keZ gksuk pkfg; A okLor ea
ea cċ) dky ea ukjh dks cċ] ekuk tkrk Fkk ijUrq cċ) dky ea tu thou ea
ukjh dks LFkku viuh egRoiwkz Hkfiċk vnk djrk gS vuċ ijEijk; s rFkk
jhfrfjokt ukjh dċ pkjka rjQ ?kerh FkA fookg dċ fofHkUu <æ ngst vkfn dh
iFkk; a ipfyr FkA l ekt ea 'kċk exy fċ; kvkċ or miokl] l ċdkj vkfn dk
egRo nf"Vxr gkrk gA cċ) dkyhu l ekt l Urkŋki ċċ] LokLF; in Hkktu xg.k
djus ea fo'okl j[krk FkA l kt l tk ,oa vyċj.k ea l Hkh izdkj l s fd; k
tkrk Fkk] oL=ka dks vkd"kd cuk; s j[kus ea ukfj; ka dh cgċ vf/kd : fp FkA
l kŋn; Z iz k/kuka dk iz ksx vko'; drkuċ kj fd; k tkrk FkA

cċ) dky ea f'k{kk izkkyh dk mċs; l ekt ea pfj= fuekzk /kfeċd

m]s; dh ifr] ikphu l ãÑfr dh l j{k}k] 0; ogkfjd] l kekftd xgLFk thou dç
m]s; dh ifrZ , oa Hkkoh çq) eku ih<h dç uofuekzk ea fufgr jgk gA f'k{k}k dç
m]s; ka dks nç[krs gq çk) dky ea f'k{k}k vfuok; Zk Hkh nf"Vxr gksh gS ijUrq
l ekt dç iR; d oxZ dç fy; s f'k{k}k vfuok; Z ugha Fkh dÑ ifjLFkfr; ka ea ukjh dç
fy; s Hkh f'k{k}k vfuok; Z irhr gksh gA çk) dky ea f'k{k}k l Ecl/kh l ãdkj ofnd
; ç dh rjg fd; s tkrs Fkç , d k irhr gksh gA bl fy; s ; g dguk xyr ugha
gksh fd l kekl; r; k çk) dkyhu f'k{k&i) fr ofnd dkyhu , oa onktrj dky
tç h gh FkhA xq vka dç vkJe ea jgdj xq dç ifr J)k , oa HkfDr j[kdj
dBkj ri l k/kuk djrs gS ijUrq ukjh f'k{k}k dç irhr gksh gS vf/kdkkr% /kuh
ifjokj ; k 'kkgh ifjokj l s l Ecl/k j[kus okyh ukfj; ka f'kf{kr gksh Fkh ft l l s
vuçku yxk; k tkrk gSfd ukjh f'k{k}k dh 0; oLFk ?kj gh dh tkrh Fkh tks /kuh
ifjokj gh djrs FkA çk) dky ea ukfj; ka mPp inka ij Hkh fu; çr gksh Fkh rFk
fontkh Hkh gksh Fkh ijUrq dÑ dU; kvka dh f'k{k}k i k; % dky rd gh l hfer FkhA
uR;] l xhr vkç dk0; kRed l kfgR; dk fL=; ka ea fo'ksh ipyu FkA