



I ɔdɔr ok³e; ea l ɔhr

Mkɔ byk ekyoh;

, l kɔl , v i kɔd j , oa foHkkxk/; {k}

l ɔhr xk; u

vk; ɔU; k fMxh dkkyst

bykgkckn

I ɔdɔr Hkk"kk dk ok³e; dk0;] ukVd] 0; kdj .k] nk' kɔud xFkka l s vR; Ur l e) gA l ɔdɔr l kfgR; nks Hkkxka ea c}vk gqvk gS & ofnd l ɔdɔr l kfgR; , oa ykɔdd l ɔdɔr&l kfgR; A l ɔhr rRo bu nksuka gh Hkkxka ea ipj ek=k ea feyrk gA l Ei wZ l ɔdɔr l kfgR; l ɔhrkRedrk l s ifji wZ gA ^l E; d xhre-bfr l ɔhre^ vFkkɔr-vPNk xku l ɔhr dgykrk gA bl izkj xhr ok| vksj ur; dh l ef"V l ɔhr 'kcn okP; gS %& pxhra ckaka rFkk ur; a =; a l ɔhr ep; rAB¹ __Xon dh __pkvka ea xhrkRed rRo iwZ : isk gA __Xon dh __pkvka ea xhrkRedrk rRo iwZ : isk l ekfgr gA l keon rks l ɔhr dk vkfn xɔFk ekuk gh x; k gA l ke ea xku f0; k gh iɔq[k gA

bl ds vfrfjDr ykɔdd l kfgR; ea dkfynkl] t; n0 vkfn egku dfo; ka dh dɔr; kj , oa vU; dfo; ka dh jpukvka ea Hkh l ɔhr rRo ipj ek=k eea fo| eku gA y; kRed vksj xs kRedrk dh vf/kdrk l ɔdɔr l kfgR; ea nf"Vxkpj gksh gA fo' ksk : i l s xhfr dk0; ka vksj jkx&dk0; ka ea dfo; ka us l ɔhr 'kkL= ds fu; eka dk i kyu fd; k gA pxhr ok| vksj ur; bl =; h ea xhr l n0 vxd j jgk g\$ 'ksk nks ml dɔd vuɔkeh gA² fo}ku dk0; drkz/ka us l kfgR; vksj l ɔhr dk l ello; vR; Ur

dqkynki wbd fd; k gA l kfgR; vksj l æhr dk iz ksx l kaus ea l qfU/k tS k l a ksx cu
x; k gSftl ds dkj.k ; sjpuk, j u dny fo}Ttukads e/; oju-tuekul ea hkh vi uk
LFkku cuk l dh gA

l ddr dk foigy l kfgR; vya djkj mi ekuka o oØkDr; ka l s foHkfr"kr gS
fdUrq LFkk; h i hko vkt Hkh mu xFkka dk gSftuea l æhr rRo dk feJ.k gA egkdfo
dkfynkl dk ^e?knir^ uked xhfr dk0; , d ih; Wko"Kz t; no ds ^xhrxkfoune^
uked jkxdk0; bl ds l 'kDr mnkgj.k gA l Hkor% rRdkyhu jpukdkj bl ds nij xkeh
i Hko dks igys gh Hkqi o x; s Fks vksj mUgkaus e?knir dh ijEijk ea vud niradk0; ka
vksj xhrxkfoune-dh ijEijk ea vud jkxdk0; ka dh jpuk, a dj MkyhA

l ddr Hkk"kk Hkjr dh vf/kdkk Hkk"kkvka dh tuuh gA bl dk ok³e;
vFkkg l kxj : i ea vud jRuka l s ifjiwKz gA vr% l exz l ddr ok³e; ds LFkku
ij eS ml ds , d i {k xhfrdk0; vksj jkxdk0; ea l æhr rRo ij idk'k Mkyuk
pkgjxhA xhfrdk0; mu [k.Mdk0; ka dks dgk tkrk gSftuea ekuo thou dh fdl h
fo'kSk ?kVuk dks cMh gh rle; rk , oajkxkRedrk ds l kFk /ou; kRed 'kSyh ea NUnkc)
fd; k x; k gksA bu dk0; ka ea vRRekuHkfr dh l j l 0; atukRed vfhko; fDr vksj xs rk
Hkh nf"Vxkpj gkrh gA NUnkc) gkus ds dkj.k xhfrdk0; ka ea y; kRedrk Lor% vk
tkrh gA xhfr dk0; ka dk o. ; &fo"K; dgha Jækj dgha /kel rks dgha uhfr gkrk gA
bu dk0; ka ea l o= in ykfyR;] j l orrk vksj iz kn 'kSyh dk iz ksx gkrk gA

vU; l kfgfR; d fo/kkva dh rjg xhfrdk0; ka dk Hkh vkfn l ksr on gh gA
tc __f"K dh Hkkouk, j vR; Ur izy gks mBh gS rc mudh ok.kh Lor% l æhre; h
cudj iLQfVr gpz gA , s LFkyka ij Hkk"kk vfr e/kj] l j l vksj ykfyR; i wKz gks
xbz gS tS s m"kk noh dh LrfRA xs rk rks on ea-ka dh fo'kSkrk gS vr% ; g dgk tk
l drk gSfd onka ea xhfrdk0; ds i ; kdr cht mi yC/k gA

__Xon ea mnkRr] vupkRr vksj Lofjr f=fo/k Lijka dk o.kZu gA l æhr
'kkL= ea ekU; "kM-tkfn l Ir Loj mUgha mnkRrkfn Lojka ds væHkfr gA mnkRr Loj l s

fu"kkn x/kj vumkRr l s __"kHk] /kRr rFkk Lofjr l s "kM-t] e/;] i pd Loj mRi Uu
ekus x; A

mnkRr fu"kknxkU/kkj kS vumkRrs __"kHk /kRrkA

Lofjr i Hkok árs "kM-te/; e ipek% A³-

I Ldr l kfgR; dk i je je.kh; , oa e/kj vx xhfrdk0; gA ekuo thou
ds , d gh i {k dk fp=.k gkus ds dkj.k ; s vkdkj ea y?kq gA bu xhrka ea tks
l xhrkRedrk gkrh gS og Jo.k] l q[kn , oa xs gkus ds dkj.k fpUkkd"kd gA l xhr
vkj l kfgR; dk ?kfu"B l Ecu/k gkus l s ; g eu dks ex/k vkj l Ei wKz pruk dks
j l /kkjk l s vklykfor dj nrk gA xhfrdk0; ds rhu i eq[k rRo ekus x, g& dYi uk]
Hkkouk vkj l xhrA i Fke nks rRo vkuRfjd vkj rhl jk l xhr rRo cká gA

i n rFkk y; l s ; Dr vkj o.kz vkfn l s vydr xku f0; k dks ^xhfr^ dgrs
gA ^xhfr&dk0; ka ds vfrfjDr l Ldr ds jkxdk0; Hkh gA jkx dk0; ea l Ei wKz dFkk
dks x; inka ea i Lnr fd; k tkrk gA jkxdk0; ka ea l xhr l s l EcfU/kr jkxka vkj
rkyka dk iz ksx fd; k tkrk gA ^xs' /kkrq l s Hkko ea ^Dr^ i R; ; dj ds xhr 'kCn curk
gA bl h 'kCn ea l e-mil xl yxkdj ^l xhr^ 'kCn cuk gA xhr vkj l xhr 'kCn ds
vFkz ea Hkn gS ok | vkj uR; ds l kFk xhr dks l xhr dgrs gA xhr vkj l xhr l s
; Dr jkxdk0; , d h jpuk, j gS ftuea l Ei wKz dFkk dks xs in ds : i ea i Lnr fd; k
tkrk gA

ukjnh; f'k{kk ea "kM-tkfn l kr Lojka dh mRi fRr i 'kq f{k; ka dh /ofu l s
Lohdkj dh x; h gA tS & e; j l s "kM-t] o"khk l s d"khk] vtk l s x/kkj] fl g l s
e/; e] dkfdy l s ipe] v'o l s /kRr rFkk xt l s fu"kkn Loj dh mRi fRr gpA⁴
budk l xhre; vfhku; fd; k tkrk gS rFkk xhr xk, tkrk gA jkxdk0; ka ea dFkk
; kstuk vYi rFkk Hkkoka dh mnHkkouk foLrkj i nd gkrh gA

__Xon ea ^ok.k^ uked ræh ok | dk o.kū i klr gkrk gS l kei kflr ds fy,
bl dk oknu vko' ; d ekuk x; k gA uokfnr m"kk ds n'kū l s __Xofnd __f'k urzd
dk Lej.k djrk gA⁵

; tōh ea l æhr ds vud rRoka dk o.kū i klr gkrk gA 'kōy ; tōh dh
okt; uf; l fgrk ea l r] 'kSyWk] urzd] oknd] oh.kkoknd oā khoknd] nōnōHkoknd
vkfn dk o.kū i klr gkrk gA

vFkobn ea vud'k% ykdzhr 'kCn dk mYys[k gS ftl l s Kkr gkrk gS fd
ofnd ; æ ea Hkh ykdzhrka dk i; klr ipyu FkA

ofnd ; æ l s iokgeku l æhr dh /kkjk ijorhZ l kfgR; ea Hkh nf"Vxkpj
gkrh gA ; g l ofofnr gS fd vtū us moZ kh uked nokæuk l s uR; dh f'k{k i klr
dh FkA bl ds vfrfjDr dfo l ekV dkfynkl] HkoHkr] if.Mrjkt txlUkFk] t; nō
tS s dfo; ka dk l Ei w kZ dk0; l kæhfrd rRoka l a vuq kf.kr gA dkfynkl ds xDfka ds
v/; ; u l s Kkr gkrk gS fd mlgkæus onkfn 'kkL=ka ds l kFk l æhr 'kkL= dk Hkh xgu
v/; ; u fd; k FkA dek] l EHko ea mlgkæus ftl l wferk l s oh.kkoknu ds fofok i {kka
dk mYys[k fd; k gS ml l s muds l æhr fo"k; d i kf.MR; dk Kku gkrk gA bl ds
vfrfjdr mlgkæus Hkj h] ej t] nōnōHk] ?k.Vk] oh.kk] oā kh vkfn ok | ka rFk ePNZuk] xte
vkfn dk Hkh o.kū fd; k gA eSknir dh ; f{k.kh vi us ; {k ds uke l s ; Ør Lojfpr
xhr dks xkuk pkgrh gS fdUrq fojg 0; Fk ds vkf/kD; ds dkj.k Lojfpr ePNZuk dks
ckj&ckj Hkwy tkrh g&

mRl Ms ok efyuol us l kE; fuf{kl; oh.kk]

enxks=k³dfjfpri n xs enxknōkka

rU=heknlū; ul fyy% l kjf; Rok dFk«pn}

Hkwy kblkw % Lo; efi d'rka ePNZuka foLejUrAA⁶

dfo dh dkyt; h j puk vfhkKku'kkdŋrye- ea Hkh l æhr'kkyk] xhrj puk
vkfn dk o.ku iklr gkrk gŝ if.Mrjkt] txlUkFk dh j l e; h i }de muds dk0; ea
l æhrkRedrk mRiUu dj nrh gŝ xs rk dh nŋV l s mudh i kŋp ygj; ka rFkk
HkkfHkuh foykl uked xŋFk egRoi w kZ gŝ i kŋp ygj; ka ds uke bl i d k j gŝ & xæk
ygj h] d: .kk ygj h] verygj h] y{eh ygj h vŝ l qkk ygj h A

j kx dk0; ka ea i æŋ[k dk0; dfo t; nŋ }kjk jfpr xhrxkfolne-gŝ ft l eea
24 v"Vi fn; k; gŝ buds vfrfj Dr Jh jkeHkVŋ }kjk jfpr ^xhfrxkfolne^ Jh t; nŋ
}kjk jfpr ^l æhr j?kŋUu^ rFkk ' ; kekke dfo }kjk jfpr ^xhri hrol u^ vkfn
i fl) j kx dk0; gŝ

i æŋ[k j kx dk0; ka ea j kx ^cl r^ ^jkefdjh^ ^j kxekyo^ xŋt j h] d.kkV/d]
^nŝ kLFk^ Hkŝ oh] oj kVh] foHkk l] dnkj] vki koj h] xkMekyo] nŝ kk[k ykV okedjh vkfn
j kx ka dk iz kx i p j r k l s gŋk gŝ l kFk gh y; vŝ NUnka ds fuokŋ ds fy, : i d]
i fre.B] ; fr] , drky vŝ vkMo vkfn rkyka dk iz kx gŋk gŝ v"Vi fn; ka ds Å i j
j kx , oa rky dk mYys[k gŝ ; | fi rkyka ds uke fy[k s x, gŝ fdUrq mudh ek=kvka
ds ckjs ea dkbZ l æŋr ugha gŝ j kx dk0; ka dk i Hkko dŋy xk; u ds gh {kŝ= ea ugha gŝ
vfi rq vfHku; vŝ uR; 'kŝy; ka dks Hkh bu dk0; ka us l e) fd; kA Hkj rukV; e]
ef. ki g h] vkfMI h] dphi Mh vkfn uR; 'kŝy; ka ea bu dk0; ka dk iz kx cŋr k; r l s gkrk
gŝ j kx dk0; ka vŝ xhfrdk0; ka us Hkkrh; tuekul dks vR; f/kd i Hkkfor fd; k vŝ
l keU; tu ds e/; vi uk egRoi w kZ LFkku cuk; kA

I nHkZ xFk

- 1- I æhr 'kkL= & d0 okl qn0 'kkL=h i'0l 0 1
- 2- Hkkjrh; I æhr dk bfrgkl & MK00 'kjin pUnz ijkat; s i'0l 0 1
- 3- i kf.kuh f'k{kk & i'0l 0 12
- 4- v&ki re-& 52 ognr's kh xFk
- 5- __Xon & 10@7616
- 6- depj I Hko & i'0 1@42