

डाक पंजीयन क्र. : म.प्र./भोपाल/367/2018-20  
आर.एन.आई. क्र. : 56428/92  
प्रेषण : प्रतिमाह दिनांक 7-8

प्रकाशन दिनांक 05 फरवरी, 2020  
पृष्ठ संख्या : 120  
मूल्य : 175/-

तुलसी मानस प्रतिष्ठान मध्यप्रदेश की मुखपत्रिका

# तुलसी मानस भारती

प्रतवडै प्रथम  
भारत के चरना

जनवरी - फरवरी 2020  
पौष/माघ/फाल्गुन 1941  
विक्रम संवत् 2076

वर्ष 31 अंक 4-5  
(मानस समाचार/मानस भारती सहित)  
वर्ष 47 अंक 1-2 (संयुक्तांक)

# एक झलक

वर्ष 2019 में आयोजित विभिन्न कार्यक्रम



श्री सिद्ध रघुनाथ राम दरबार

मंदिर में विराजमान भक्त केवट



महारास लीला समिति द्वारा  
माननीय श्री पी.सी. शर्मा द्वारा  
रासलीला संचालक का सम्मान करते हुये

कार्याध्यक्ष श्री रमाकांत दुबे  
द्वारा स्वागत उद्बोधन



विनम्र श्रद्धांजलि



रामानुरागी नित्य साकेतवासी श्री रमाकांत दुबे

जन्म : 10 दिसंबर 1926

निर्वाण : 3 फरवरी 2020

# प्रबंधन और कर्मठता के सजग व्यक्तित्व पंडित रमाकांत दुबे



## रामानुरागी श्री रमाकांत दुबे का श्री राम की नित्य लीला में विहार

श्री रमाकांत दुबे ने श्रीराम की नित्य लीला में अविरल विहार हेतु दिनांक 3 फरवरी 2020 को प्रातः 11 बजे अपनी देह का संवरण कर लिया। वे कुछ समय से सामान्य से अस्वस्थ तो थे किन्तु अर्वांतर से मानस भवन भी आते रहे। यहाँ तक की प्रभु राम में संविलीन होने के कुछ क्षण पूर्व भी वे मानस भवन आने की ही इच्छा जता रहे थे। लगभग 35 वर्ष तक मानस भवन और इसके पूर्व 40 वर्ष की सरकार की प्रशासकीय सेवा का उनका सुदीर्घ काल जैसे उनकी प्रभु भक्ति ने ही उन्हें समय का शास्ता बनाकर सौंप दिया था।

उनका जन्म 10 दिसम्बर 1926 को नागपुर में संभ्रांत विप्र कुल में हुआ। अपने प्रारम्भिक जीवन के 8 वर्ष उन्होंने आकाशवाणी नागपुर में उद्घोषक और समाचार वाचक के रूप में बिताए। उसके पश्चात् 1954 में उप जिलाधीश के रूप में चयन तथा तत्पश्चात् अखिल भारतीय प्रशासकीय सेवा में संविलयन के पश्चात् वे जिलाधीश, संभागीय आयुक्त, सचिव और अध्यक्ष माध्यमिक शिक्षा मण्डल आदि पदों पर प्रतिष्ठित रहे। वर्ष 1987 में अपनी सम्पूर्ण सेवा मानस भवन को अवेतनिक सौंपने के पूर्व उन्होंने मध्य प्रदेश हिन्दी ग्रंथ अकादमी में अनेक विषयों की पाठ्य पुस्तकें प्रकाशित करने का भी महत्वपूर्ण कार्य किया।

तुलसी मानस प्रतिष्ठान, मानस भवन के कार्याध्यक्ष के रूप में उनकी कार्यावधि में राजधानी के संभ्रांत क्षेत्र में मानस भवन के प्रशासकीय भवन, 2 बड़े व्याख्यान कक्ष, उत्तरायण का खुला प्रांगण, समृद्ध पुस्तकालय और सिद्ध रघुनाथ मंदिर के निर्माण का एक मात्र श्रेय उन्हीं को जाता है। सभी लोगों के प्रिय श्री दुबे जी मानस भवन के पर्याय हो गए थे। उनकी संपूर्ण भारत में तो कीर्ति परिव्याप्त थी, साथ ही उनकी ख्याति यूरोप, रूस और अमेरिका भी पहुंची। उनकी राम भद्र के चरणों के प्रति परम प्रीति और प्रतिष्ठान के प्रति निष्काम निष्ठा उनकी कालजयिता का ही प्रमाण है। उनके देवलोकगमन पर अनेक धार्मिक, सांस्कृतिक, साहित्यिक एवं सामाजिक संस्थाओं के प्रतिनिधियों ने शोक व्यक्त किया है। पं. रमाकांत दुबे अपने पीछे दो बेटे—एक बेटा और नाती—पोतो सहित भरापूरा समृद्ध और खुशहाल परिवार छोड़ गये।

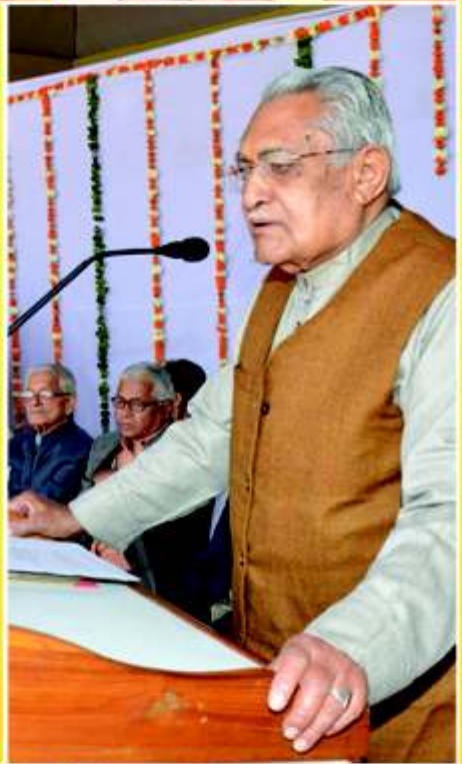
समस्त तुलसी मानस प्रतिष्ठान परिवार उनकी भक्ति और आदर्श के प्रति श्रद्धान्त होकर उन्हें अपनी श्रद्धांजलि अर्पित करता है।

तुलसी मानस प्रतिष्ठान मध्यप्रदेश एवं तुलसी मानस भारती परिवार, भोपाल





र  
मृ  
ति  
शे  
ष



पंचायत एवं समाज सेवा संचालनालय मध्यप्रदेश द्वारा समस्त पंचायतों एवं प्रौढ़ शिक्षा केन्द्रों के लिए, शिक्षा विभाग द्वारा समस्त महाविद्यालयों, उच्चतर माध्यमिक विद्यालयों/हाई स्कूलों, शिक्षा महाविद्यालयों, बुनियादी प्रशिक्षण संस्थाओं, राज्य स्तरीय संस्थाओं तथा केन्द्रीय एवं जिला पुस्तकालयों के लिए, स्थानीय शासन विभाग द्वारा नगर निगमों एवं नगर पालिकाओं के लिए तथा आदिमजाति कल्याण विभाग द्वारा आदिवासी शालाओं के लिए स्वीकृत। उ.प्र. शासन द्वारा जिला पुस्तकालयों एवं वाचनालयों के लिए अनुमोदित।

तुलसी मानस प्रतिष्ठान मध्यप्रदेश की मासिक मुखपत्रिका

## तुलसी मानस भारती

I kFkki d I ā knđ		i jke'kz
i a xkšyky 'kDy		NW j eš kpn' kg] i Hh, ky fek
i zkku I ā knđ		I gk; d I ā knđ
, u-, y- [kšyoky		noh d ekj j kor

v u p e f . k d k

I E knđ h		
txq ti jke jkeq ti tgh	, u-, y- [kšyoky	03

ekul dsv kškj pšj kšj r

yš k		
i æfir & Hkj r	i a jkefd d j mik/; k;	07
ryl h dsfi z ik= Hkj r	egkegki k/; k; nof'kz dykukfk 'kkL=h	13
Hkj r ckgpy I hy xq	i kpk; Z MKW fo'okl i kVhy	16
ʾrkr Hkj r rēg I c fcf/k I k/kā	MKW f'kooak i k. Ms	20
fp=dW eā I Hkk&fpru	MKW i j'kjke 'kDy fojgh	26
d for k		
ckgj gšek; k	MKW d'ik'kdj 'kekz ^vpd*	29
jkedik I sgh dN fy [kuk	Hkkuqūk f=i k Bh] e/kj d	30

Hj r dh Hk o H f e d k

yš k		
Hkj r dh fp=dW ; k=k	I ukru d ekj okt i š h 'l ukru*	31
Hkj r ds ifr vk' k d k, i	MKW e d n / f c g k j h y k y ek f k j	37
i u om; i E ke Hkj r ds pj . kk	vkpk; Z MKW jkeš oj i d kn x q r	40





Hkjr pfjr dfj ueq	MKW 'kkkkdkur >k	44
jkejKT; dh iWZ i hfBdk Hkjr&jkT;	i Hkq; ky feJ	50
funkk Hkjr dk vijk/k&ckk	MKW xacki d kn xqr ^cjl \$ kã	54
Hkjr dh fp=dW ; k=k dsfux+rRo	'kkar nðbnz [kjs	60
jkeiæ jI korkj&Jh Hkjryky	røukFk prpñh	64
tsliugpftu /kje u Mkya	i ts ckyd".k dækor	69
dforK		
jkepfjr ekul	i ts l hch JhokLro ^fonX/k*	74
fo'o: i Hkxoku	fo'oukFk 'kekZ ^foey*	75

### Hjr dk xI ksk nHk

yf k		
Hkjrth gh Jhke dk çfrfcEc gð	MKW ujbæ dækj egrk	77
I kdr vkj jkepfjrekul ds Hkjr %		
I kE; &oSkE; ds fof'k"V fcinq	MKW 'kdqryk dkyjk	81
ekul ds ^pj.k&iknqk* i d æ		
dh i q0; kZ; k dk l e;	MKW iæ Hkjrth	91
vpj l pj pj vpj djr dks	MKW nknjke 'kekZ	96
Hk; m u Hkqyu Hkjr l e HkkbZ	jke'kj .k frokjh	100
Hkjr % vkt ds l UnHkZ ea	MKW gj i d kn 'kekZ	104
Hkjr l fj l dksjke l ugh	ia uohu vkpk; Z	108
L=d pinu cfunkfnd Hkksk	nðbnz dækj jkor	110
fo'o Hkju i ksku dj tkbz rkdj		
uke Hkjr vl gkbZ	v: .k pljfl ; k ^i dkg*	113
i fr "Bkul ekpkj		115
i kEd fy [ ksgj		116

ग्राहक शुल्क : वार्षिक रु. 250.00, पंचवर्षीय रु.1100.00, आजीवन रु. 2500.00 इस अंक का रु.175-00

विदेश में : फिजी आयरलेण्ड, मॉरीशस व अन्यत्र समुद्री डाक से (भारतीय रुपये में) वार्षिक रु. 1250.00, पंचवर्षीय रु. 5000.00 आजीवन रु. 12500.00, हवाई डाक से वार्षिक रु. 1500.00 पंचवर्षीय रु. 6000.00 आजीवन रु. 15000.00

सम्पर्क : तुलसी मानस प्रतिष्ठान मध्यप्रदेश, मानस भवन, श्यामला हिल्स, भोपाल-462002,  
दूरभाष : 0755-2661196, 2660010

[tulsimanasbharati@gmail.com](mailto:tulsimanasbharati@gmail.com)

[www.manasbhawanbhopal.com](http://www.manasbhawanbhopal.com)

मम्पादकीय



# txqti jkejqti tgh

jkedFkk dspfjruk; d Jhjde rFkk vl; vud i k= Hkkjrh; I LÑfr dsmu xqkkaadk i fruf/ARo djrsg] tsekue&eY; ka dsfy, ey/Hkar gA 0; fDr 0; fDr dsvki I h fj' rka dh i fo=rkj vlnk; ] mnkUkrkj i e] R; kx vlg I eizk dk tks vkn'kzekul eai Lrqr gvk g] og , d k foy{k.k fo/kku gStksl nk&l nk dsfy, vudj.kh; vlg vuqe gA bl hfy, jolUnukFk VSxkj usjkepfjrekul dks xgLFk thou dk egkd0; dgk gA

i R; d i fjokj dh cfu; kn i e vlg R; kx ij vk/kr gkrh gA , d h cfu; kn ij fufe' vki I h fj' rsvdkA] i Dds vlg fpjLFkk; h gkrsgA mueafo?KVu vlg fc[kjko dHkh ughagkrkA , d sfj' rkae Jhjde vlg Hkjr dschp dk fj' rk ijLij i hfr vlg R; kx dh vnHkr fel ky gA Hkjr pfj= bruk i fo= gSfd xkt.okehth dsvuq kj&

Hkjr pfjr dfj usqrgl h tksl knj I qfgA

I h; jke in i sqvofl gks Hko fjI fcjfrAA

I d kj I sfojfr vlg I hrkjke ds pj.kka ea i hfr Hkjr&pfjr I qus dh QyJfr gA Hkjrth dk ue] or] jkepj.kkae i hfr] ykd&dY; k.k dh Hkkouk] dguh&djuh ea, d: irkj I Hkh omuh; vlg vfhkumuh; gA Jh Hkjrth dh jgfu bruh fuey gSfd Jhjde Hkh mudk ti djrsg&

txqti jkejqti tgh&

Hkjrth Jhjde dh n<sup>m</sup>V eai ijsfo'o eavi usl jh[ksvdsysg&

I qgpy[ ku Hky Hkjr I jhl ka

fcf/k i zp eg; I qk u nhl ka

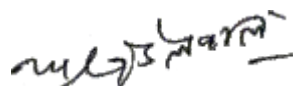
ikjLifjd i hfr vlg pkjf=d mnkUkrk dsekeyseagh ughajkt dkt ds ekeyseaHkh Hkjr vuqe gA jke dsouxeu dsckn Hkjrth dksv; k; k dk jkt dkt I Hkkyuk i Mfk g] etcjh gA yfdu Jh Hkjr jkT; &0; oLFkk dk

I pkyu] ; g ekudj djrs gsfid ; g jkT; rFkk jkT; dh I kjh I á fRr rls Jhjde dh g& I á fÜk I c j?kj fr dSvkghA

JHkjr Jhjde dh ppj.k&i knpklB fl gkl u ij j [kdj vjg Lo; aunnxte ea Jhjde dh Hkkár oYdy /kkj.k dj I efi r Hkko I s 'kkl u dk I pkyu djrs g& xkklhth ds VL Vhf' ki fl ) kar I sbl dh nyuk dja ; gkajke dh I á fÜk dk vFkZ bturk dh I á fÜk I e>A

vkt ifjokj fo?kfVr gksjgsg&vjg ykdre- dk foNr : i gekjsl keusg& HkZVkpj pje ij

gSrFkk ykd&i fruf/k LokFkZ I k/kuseafyIr g& Hkjr pij= dk vuq j.k 0; fDr; kavjg jkturkvka nksuka dsfy, vkn'kZ vkpj.k&I fgrk gks I drh g& ifjokjkaeHkjr I jh[kk i e&Hkko i fjokjka dks fo?kVu I scpk I drk gSvjg PR; kxi wZlB jkT; dk I pkyu I jkt vjg I qkkI u dh xkj/h gks I drk gS fdUrqp0; fDr&LokFkZ rFkk Hkksxi wZlB jkT; dk I pkyuB pyrs pi jktB vjg pi kfjokjd dY; k.kB dh dYi uk ex&ejhfpdk gh fl ) gkschA

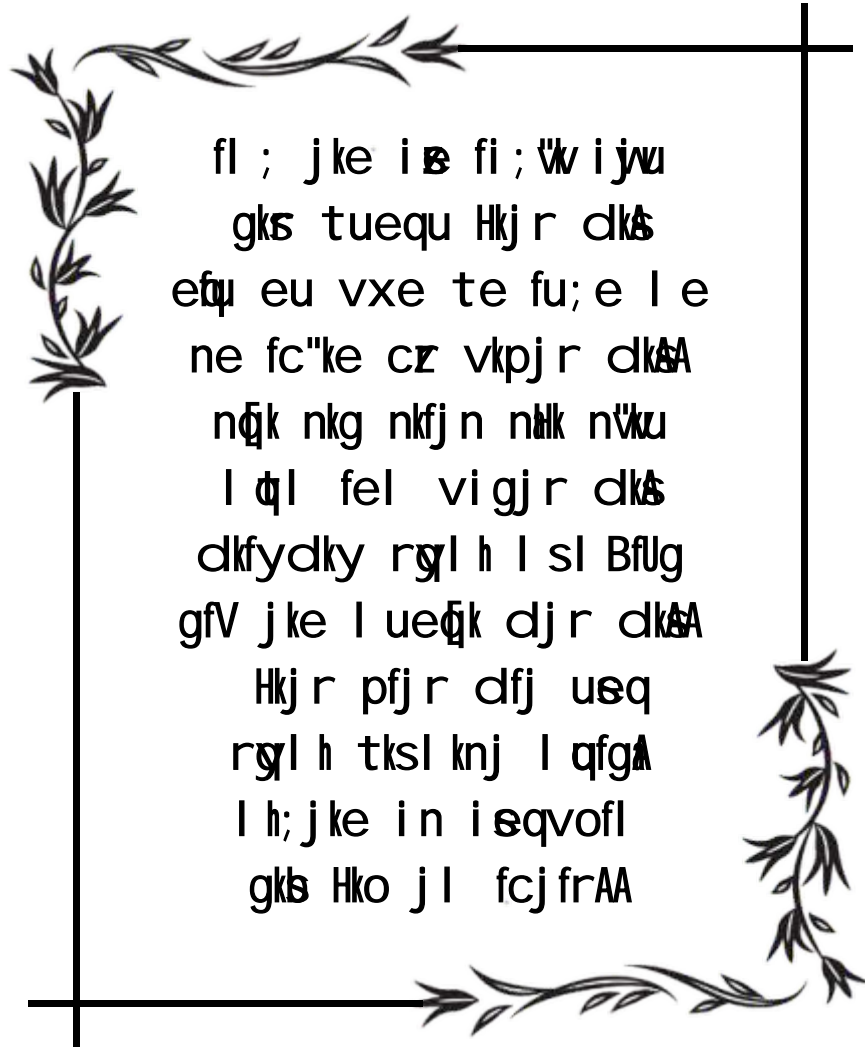


¼, u-, y- [kMsyoky ½





ekul dsv kkkj pfj kHjr





# i æelf&Hjr

i a-jkefdødj nink/ k

egkjkt Jh fong dh , dklr i .kzlh/A Jh  
 I u; uk th dN I e; i wZ gh Jh dksKY; k I s  
 feydj vkbz gA ogka I s dksKY; k th dk , d  
 fo'kSk i Lrko ycdj ykS/h gA og g& by{e.k th  
 ?kj dksyK/ tk, avkS jk?kobnz dsl kFk Hkjr ou  
 dks tk, AB D; ka \bl dk dkj .k ogk; Li "V fd; k  
 tk pøpk gA dksKY; k vEck Hkjr dsR; kx vlg  
 Lug dksn[kdj e/k gA og rts , d izdkj I s  
 fuf'pr gh gks pøpk gSfd i Hkqou tk, aA , d h  
 i fjfLFkr eaHkjr vkKki kyu dh i q"V I svo/k  
 ykS/ I drs gS fdlurq mlga ftruk d"V gkøk  
 ml dh dYi uk okRI Y; e; h vEck dksvPNh ugha  
 yxrh&

xwH ug Hkjr eu ekgh  
 jgsuhd ekfS ytxr ukghA  
 ds}kj k mlghausvi usHko 0; ä dj fn, A  
 og h i Lrko I u; uk th us; kSxjkt tud ds  
 I e{k j [kA bl dsi wZdh I eLr ?kVuk; , egkjkt  
 I u; pøpsgS vlg i R; d eaHkjr dh egkurk dk  
 n'kz gkrk gA ml egkLugh dk Lej.k gkrsgH  
 'kjhj ea jkekp vk; k vlg vk[kka ea i ekJA  
 eu&gh&eu dN {k. khard Hkjr dh izka k djrs  
 jgA dfoRo LQijr gøp& mi ek nus dh bPNk  
 tkr gøp] ij <rusij Hkh i klr ughagrHA rc

, d dYi uk djrs g&  
 I ka I øp/k I dK I fl I k: A  
 Hkjr dk 0; ogkj ekuS Lo.kz vlg I qll/k dk  
 I a kx gS; gkaHk Hkjr dk øfur; LugB gh Lo.kz gS  
 tksfojgkfxu ea<kyusi j vlg Hkh ped mBk&  
 dudfga cku p<ø fte nkgS  
 frfe fi zre in us fuckgA  
 Hkjr }kj k i wZ i æ dk fuokg LopN Lo.kz gA  
 Lo.kzeal qll/k ughagrHj fQj Hkh I Hkh vknj i wZ  
 /kij .k djrs gA ij ; fn dgha ml ea I qll/k vk  
 tk, ] rks dguk gh D; kA Hkjr ds i æ Lo.kz ea  
 I kS Hk Hkh gA og I kS Hk mudk 'khy gA i Hkq us  
 mlga fu.kz dk vf/kdkj ns fn; kA fQj Hkh os  
 jk?kobnz dksjpek= I dkp ea ugha Mkyuk pkr  
 Hkys gh Lo; a dks fojgkfxu ea tyuk i MA ; g  
 'khy gh i æ Lo.kz ea I qll/k gS tks fl )  
 jfl de/kø ka dks Hkh vi uh vlg vkN"V djus ea  
 I eFkZgkrk gA fl ) tu Hkh bl mPp euLrj dh  
 ; kpuk djrs gS tgla bLol qkB dk ysk u jgA  
 fdlurqJh tud dks bl mi ek I s Hkh I Ursk u  
 gøpA Lo.kz earst vlg LFKS Zgkus ij Hkh dkfBU;  
 gSvlg I qll/k rksdøy ukfl dk }kj k ekul rfr  
 gh inku dj I drh gS LFKk; h j l ; k ykHk ugha  
 rc dgrsgøpI qkk& ver dsl eku nø; ] rjy]

e/kj] l f&okn v&g i ku d&usij vejRo dk nku nusokyh& b&jke Hkxr vc vfe; v?kkg& e&ekjrk gh e/kj rkA v&fiki k; ; g fd ; | fi , d shh i æh g& tks g& rks vrho Lugh] fd&urq mudk 0; ogkj v&Vi V&k g&A t&S s&dv thA Lug g&ks&sg& Hk cM& v&Vi Vs 'k&Cnka ea v&Loh&N&fr n&rs g&A ekjhp d&ls x&k&okeh th i æh Loh&dkj d&jrsg&pp&y&k j&ke in i æ v&H&ak&B fd&urq ml dk 0; ogkj v&Vi V&k gh ugh& d&M&pk Hk g&A vr%mi j&k&D&r i f&e; k&ads0; ogkj d&ls p&l f&kk&B ugh&a dg l dr&ð fd&urq Hkjr dk 0; ogkj p&l f&kk&B g&A

og l f&kk Hk fof'k"V gh g&A p&l f&kk l fl l k: B&A l k/k&j .k l f&kk dk i ku d&jds n&ox .k fu&H&h&id g&ls x,] fd&urq ml ds l k&F&k gh muea m&le&U&kr&k v&kb&Z v&g& n&B; k&ad&k uk'k d&jds H&ks&okl uk e&ayx x, A l k&F&k gh og l f&kk b&Z; k&Z dk Hk d&j .k cu x&b&A n&ox .k bl s n&il js d&ls ugh&a n&uk p&kg&rs F&ls v&g& bl dsfy, cM&A&cM&A l ak&e g&g&A fd&urq p&ln&ek ea j&g&us ok&y&k ver y&kd&&d&Y; k.k&dk&jh g&A ouLi&fr; k&ad&ks'k&f&ä i nku d&jrk g&A l Ur&lr&ka&cks 'k&h&ry&rk dk nku n&sr&k g&S v&g& vi uh l f&kk&&of"V l c th&ok&i j l eku : i l s&d&jrk j&gr&k g&S&ek&us ; g l f&kk&dj p&l Ur&B g&A

'k&j&n&ri fuf'k 'k&'k vi j&g&j&b&Z

l r nj'k f&tf&e i k&rd V&j&b&A

bl h id&k&j Hkjr Lug 0; ogkj Hk p'k&'k& l k&j&l f&kk&B g&A v&f[ky y&kd&&d&Y; k.k&dk&jh g&A fo"k; &r&ki &l Ur&lr t&uka d&ls H&k&f&ä dh 'k&h&ry&rk dk nku n&sr&k g&A l k&/k&d : i ouLi&fr; k&ad&ks i f"V nku n&sr&k g&S v&g& p&dl&j : i fl ) ka d&ls v&kg&y&kn dk nkuA

bl id&k&j eu&g&h&eu Jh Hkjr ds l q 'k dh

l j&kg&uk d&jus ds i 'p&kr-os vi us us= [k&sy&rs g&A v&g& n&oh l q; uk d&ls l Eck&S/k&r d&jds Hkjr&; 'k dg&uk i k&j&EH&k d&jrsg&A

l ko/k&u l q&ql e&f&[ k l g&ks&fu&A

Hkjr d&F&k Hko c&rk fo&ek&sf&u&A

p&l e&f&[k l y&kp&fu&B Hk ; g&k l k&f&ik&i k; g&A r&e&us Hkjr dh p&pk&Z&dh bl fy, p&l e&f&[k&B g&S v&g& us=ka l s Hkjr t&S s i æh dk n'k&u fd; k] bl fy, p&l y&kp&fu&B g&A ; gh bud&k v&f&ik&i k; t&ku i M&F&k g&A ml ds i 'p&kr-eg&k&j&kt us t&ks'k&Cn dg&sg& os cM&A gh eg&roi w&k&Z g&A vr% l f&ks i ea l c ij d&N Li "V&hd&j .k dj&uk v&ko"; d t&ku i M&F&k g&A

l cl s ig&ys vi uh vl e&f&kr&k dk o.k&u Jh tud th us&f&d; k&&

/k&je j&ktu; c&ä&f&op&k: A

b&g&kj t&F&ke&fr e&ks i p&k: A

l k&se&fr e&ks Hkjr e&f&ge&k&g&A

d&g&S&dl&g N&fy N&q&fr u N&kg&h&A

n&fo! e&jh c&i) /k&e&j j&ktu&fr v&g& c&ä f&op&kj ea d&N i&B&k j[k&rh g&A fd&urq e&jh og e&fr Hkjr e&f&ge&k dk o.k&u H&ky&k d&S s d&j&S tc Ny d&j&ds H&h ml dh N&k; k d&ls Li 'k&Z&ugh&ad&j i k&rhA

; g&kj Jh Hkjr dh e&f&ge&k dk i&Z&ku v&f&ik&i k; mud&k p&i&B g&A p&i&B d&ls eg&ku&f&kk&oka us p&v&fu&o&pu&h; B& ek&uk g&S&D; k&id og l f&er&j g&S& x&d&j f&g&r&ð d&le&uk j&f&g&r&ð i f&er&{k.k o/&Z&ku&ð v&fo&P&N&U&ua l f&er&j&ð v&u&lp : ia i&e&Lo: ia %uk&l w 54%

og i æ ft&l ds&an; e&ag&ð ml dsfy, v&u&f&ko : i g&A f&Q&j l f&er&j g&ks&l s n&il js&dh c&i) ml ea d&S si fo"V g&ls l dr&h g&A vr%bl ok&L&r&f&od i æ dk Li 'k&Z&r&ks&g&ks&l s j&g&k&A rc ml dh N&k; k dk gh

Li 'kz djA Nk; k dk vflki k; gS iæ dk cká  
 y{k.k& tksiæh ds'kjhj vFkok ml dh pSVk }kjk  
 izdV gkrk gA cká pSVk dksns[kdj Hkh fdápr-  
 vupku fd;k tkrk gS ân; LFk Hkkoka  
 dk&i qi okfVdk eal [kh ds'kjhj eajkekp] vkj[kka  
 eavJqns[kdj vl; I f[k; kausvupku dj fy; k  
 FkA ; fn bl h izdkj Jh Hkjr dh Nk; k dk Li 'kz  
 djuk pkg] rks og Hkh I EHko ugha gA Nk; k rks  
 i Mfh gA vflki k; ; g gSfd I kFrod Hkkoka dk  
 mn; rks'kjhj eagkrk gS&

i gfd I jhj I Hk; Hk, Bk<A  
 uhjt u; u xg ty ck<A

fdUrq bl I s Hkjr th dh fopkj/kjk dk  
 vupku ugha fd;k tk I driA mudh  
 fopkj&i ) fr I oFk vykdd gA

mngj.k dsfy, ge ml h i/ x dksysy  
 t gk; ; g pks kbZgA I Hkh yskaus; g dYi uk dh  
 Fkh fd os vc ykVus dk i Lrko djA fdUrq  
 mudk vupku Hked fl ) gA vr%efgek gh  
 ugha ml dh Nk; k dk Hkh Li 'kz ugha fd; k tk  
 I driA pNfyB 'kcn dk vflki k; gS/kks[ks I sHkA  
 tS segf'kz us prjkbZ I sHkjr ds ân; dh ckr  
 tku yuh pkgj] fdUrq os rks u tkus I ds vj  
 vi uk Hkn crk cBA Hkjr vFkg I epzgh cusjgA  
 pi kor uko u ckgr cjkAB

vr% Jh Hkjr vfuopuh; gA fdUrq  
 vfuopuh; gkusdk ; g vFkZugafds osl ekt ds  
 fy, fujFkd g& vfi rqi je dY; k.kdkjh gA

1	2	3	4	5
fcf/k xui fr vfgi fr fl o I kjnA				
6	7	8	9	
dfo dksn cA cD fcl kjnAA				

Hkjr pfjr dhjfr djrvA  
 /kje I hy xq foey folkrvA  
 I eqr I qr I qkn I c dkgw  
 I qp I qj fj #fp funj I qkAV  
 mi jkã pks kbZeauo 0; fDr; kadsuke fxuk,  
 x, g] tks rhuka ykd dk ifrfuf/kRo djrs gA  
 fof/k] x.ksk] f'ko vjS 'kkjnk Lo.kz ykd dk]  
 Hlxoku 'kSk i krky ykd dk vjS dfo] cãKkuh]  
 cak vjS fo'kSk fo}ku eR; ykd dk ifrfuf/kRo  
 djrs gA xkokehth dk uo vad ds ifr , d  
 fo'kSk vujix gA bl dk dkj.k vad'kkL= eauo  
 dk LFku I cl s cMk gA bl fy, os cgr ds  
 ifriknu eauo dk gh I gkjk yrs gA mngj.k  
 Lo: i—

1				
req	plggqj	fr	I	gt mnkl kA
1	2	3	4	5
fuxq]	fuyt]	dqS]	di	kyhA
6	7	8	9	
vdg]	vxs]	fnxEcj]	0;	kyhAA
Bhd	bl	dsfoi	jhr	__f'k; kausfo".kqea cgr
xqk	fn	[kk,	og	Hkh&
1	2	3	4	
vfr	I	qj]	'kcp]	I qkn] I qhykA
5				
xlofga	os	tkl	q;	'k yhykA
7				
nVku	jfgr	I	dy	xqjkl hA
8				
9				
Jhi	fr	i	qj]	oSkB fuokl hAA
fdok	i	Hkqfdl	h	Hkh izdkj dk i ki h gks ml s
'kj.k	ea	ys	yrs	gA ogkaHkh uo izdkj ds i kfi ; ka



dk mYyç[k g&

1 2 3 4 5

Øjv dæfr] [ky] dfBu] dydhA

6 7 8 9

uhp] fu' khy] fujh' k] fu' kadhAA

, s vud m)j.k fn, tk l drs gA

Hkj&pfj= l cdk l çkn gA ; g in' k' djus

ds fy, os uo 0; fä; ka dk mYyç[k djrs gA

mudk pfj=] dhfr] drD; Kku] /te&iky]

'khy] xqk] fueçy] , s o; Zvkn xqk rtsLi "V gA

osl e>usvç] l qusealHh l çkn gA vflki k; ; g

gSfd Hkysgh mudh efgek dksge i mZj hfr l su

tku l d& muds iæ rd fd l h dh i gp u gA

ij vud , s Hkh xqk g] ftlgage ân; æe dj

l drsg& mul sykk mBk l drsgA uo xqkkaea

nksxqk piæß vç] mudh egkurk l svkr&i kr

0; ogkj ; g rksvfuopuh; gA fdllrqbuds l kfk

gh mudsvll; l kr xqk g] tksykçl exydkjh

gA ifo=rk ea xak dh vi çkk Hkh os JSB gA

xak&Luku dk Qy 'kjhfd 'kç) vç] er; qds

i 'pkr~LoxZ gA fdllrq buds xqkka ea voxkg

djus l sefä vç] iæ nksuka l gyHk gks tkrk gA

Lokn eal çkk dksHkh yfTtr djusokyk gA l çkk

, d ek=k rd gh iku dh tkrh g] fdllrq

Hkj&pfj=&l çkk dk i ku djus l si ku dh bPNk

c<rh gh tkrh gA dY; k.k dh n"V l srksdkbz

ryuk gh ughA ifo=rk vç] l çoknq nksuka xqk

, d= gksuk dfBu gA i px0; ifo= rks g] fdrq

l çoknq ughA vr% ml dk ik'ku l c ugha dj

l drA Hkj&pfj= Jo.k e/kç ughA vr% l gt

gh l cdk dY; k.k djuseal efkZgA

bruk dgr&dgrs; kçxjkt l ko/kku gksx, A

mlgkaus l kpk eçs xqkka dh x.kuk dj nh gA dN

oLrçka l sryuk Hkh dh gA vr%dkbz mlgabuea

gh l hfer u eku yA fQj i ç% dgrsg&

fujof/k xq fu#i e i ç" k Hkjrdkj l e tkfuA

dfgv l eç fd l ç dfcdç efr l dçkfuAA

fo'o dh l eLr mi ek, a l ç ds l n'k gA

vfkç-tç sryk ds, d iyMçij l ç j [kdj l ç

l soLrçka dks rkyk tkrk gSvç] crk fn; k tkrk

gSfd bl oLrq dh fdruh xq rk gA bl h i zdkj

mi ek nçj ykçkadk Hkkj fuf' pr fd; k tkrk gA

fdllrqD; k l eç dks l ç ds }kjk rkyusdk iz, kl

dkbzçç) eku dj l drk gS\ ugha\ bl h i zdkj

Jh Hkj r ds: i l eç dks Hkh mi ekvka }kjk ugha

l e>k tk l drkA

fdllrqegkjkt dksyxk tç seç l si ç% Hky

gksxbA mi ek dk [k.Mu djrs gç Hkh eçsmudh

efgek dks l eç dg gh MkyA bl çkj vi uh

vi efkç dksgh mi ek }kjk 0; ä djrs g&

vxe l çfg çjur çjçuhA

ftfe tyghu eh u xeq/kçuhAA

Hkj r efgek dk o.ku ml h i zdkj vi Ehko g] tç s

tyghu Hkçie ij eRL; dk pyukA dfoko 'kfä

gh eh u g&

/kçu vçç dfor xç tkrhA

eh u eukçj rs çgçHkrhAA

ykskçads; 'k: i ty eagh og vi usç usdh

dyk dk in'ku djrh gA fofok i zdkj l svi uh

dyk dk in'ku djrs gç ikj dj l drh gS

fdllrq Hkj r efgek ty ugha Hkçie gA bl s Hkh

Li"V fd; k tk l drk gSfd ty dk vk/kç Hkh

i Foh gh g&

ftfe Fky fcuqty jfg u l dkbZ  
 dks/ Hkkr dks djasni kbZA  
 ml h izlkj l eLr ; 'k ty Hkjr dsfdipr xqkka  
 dsgh vkfJr gA muds, d Hkh xqk dk vuqj.k  
 djust s; 'k i klr gsl drk gA ; gh vkfJr gskuk  
 gA Hkjr th vkJ; gA bl dk vflki k; ; gh gSfd  
 Hkjr l eLr&xqkx.kkU; i Hkq ds l n'; gh gA  
 rni gA vr%tS sehu dk dk; Zty rd l ffer  
 gS Fky ea, d ix Hkh ughapy l drih ml h izlkj  
 Hkjr efgek dk o.kU Hkh vl Etko gA  
 egkjkt usdgg fd bvf/kd D; k Hkjr efgek  
 jke dks NkM+ dkbZ ni jk 0; fDr ugha tkurkj  
 fdUrqoshkh o.kU ugh dj l drB&  
 Hkjr vfer efgek l qojkuhA  
 tkufgajkequ l dfg c [kkuhAA  
 bl dsi 'pkr-Kku&eply&ef.k dksKY; k th  
 dsiLrko ij vkrgA igysgeadksKY; k th ds  
 iLrko dh Hkkouk ij FkkMk fopkj dj ysuk  
 pkfg, A muds iLrko dh ey fflkUk bl /kij.kk  
 ij vkfJr gSfd Jh Hkjr dsan; eajke dsifr  
 xw+Lug gA ; |fi osLi"V : i l s; g ughadgax  
 fd vki y{e.k dks ykS/kdj ep-s l kfk yspyj  
 fdUrqmudsan; ea; g bPNk vo'; gkchA i Hkq  
 ; fn y{e.k dks l kfk ysx; } rksri Loh Hkjr ml s  
 l gu rksdj yakS fdUrqmugaHkh" k ekul d"V  
 gkck fd jk?kolnzusep-s l kfk ystkkuk mi ; Dr u  
 l e>kA fdUrq; g rksdksKY; k ekrk dk okRI Y;  
 gS tksmuga, s k l kpusdksck/; djrk gA izu gS  
 fd vEck dk ; g rdZmi ; Dr gS; k ugha\tgla  
 rd l /kij.k 0; fa dYi uk dj l drsgal Hkh dks  
 , s k i rhr gskx fd vEck dk rdZmfpr gA bl h  
 dsl eFku eegkjkt usdgg Hkh fd&

cgjfga y [kuq Hkjr qcu tighA  
 l c dj Hky l c dseu ekghAA  
 fdUrqJh Hkjr dh Hkh ; gh fopkj/kkj gS , s k  
 ughadgk tk l drkA mudk i e rdZ dk fo" k;  
 ughA JSB l s JSB rkdZl dk rdZ Hkh muds  
 fo" k; ea>Bk fl ) gskcA bl hfy, Jh tud us  
 dgk fd ykcka dk viuh n"V l s, s k l kpuk  
 mi ; Dr gA fQj Hkh og l R; ughA cMh gh  
 cf) ekul l sbl dk dkj .k crkrs g&  
 nfo i jrdHkjr j?kqj dhA  
 i kfr i zhr tkb ufgarjd hAA  
 bl ckr dks os vjS Hkh Li"V djsrgA Jh  
 Hkjr eerk vjS i e dh l hek gS vjS jk?kolnz  
 l erk dh l hek gA mudh n"V ea Hkjr vjS  
 y{e.k ea Hkn dS sl Hko gA , d dks ykS/kukj  
 ni jsdksystkkuk fcuk fo"ke gq dS sgsl drk  
 gA vr%i Hkqdh vjS l s, s k i Lrko vl Etko gA  
 ; fn dgk tk; fd ifj.kkeLo: i Hkjr dks nq[k  
 gskxj rks; g Hkh Hkred gA tS sl eRo dh l hek  
 gkus l sjk?ko , s k ugha l kpaS ml h izlkj Lug  
 vjS eeRo dsdkj .k Hkjr dks Hkh nq[k u gskcA  
 bl svjS Hkh Li"V ; ka l e>uk pkfg, fd tgl  
 eeRo vjS i e i wkZ gkxk gS ogk fiz dh fdl h  
 fO; k eankSk ughanh [krkA dBkj fO; k Hkh i e;  
 nh [krh gA

p<# u pkrd fpr  
 dggfi z i ; ks dsnkSA  
 rksri B i ; kS/k dh  
 rgl h uki u tkS kAA  
 pkrd dsAj eSk i RFkj cjl k; svjS vU; ka  
 dks ty nS rks Hkh pkrd dsan; ea; gh Hko

vkrk gsf d hvgl! ešk dk ep ij fdruk vi uRo  
 gA ijk; ka dk gh I Rdkj i gysfd; k tkrk gA  
 rllh rksog nll jkadksthounku nsjgk gAB ; fn  
 dkbz iN ysf d pfQj Hkyk rø ij iRFkj D; ka  
 cjl krk gS \B rks og mUkj nsk gA brø D; k  
 tkukj og dBkjrk }kjk Lug fNi krk gA I kFk gks  
 ejs; 'k dh of) Hk rksdjuk pkgrk gB &

i ø u ijf [kv i # "ki u

i ; n fl [kou , gA

tx dg pkrd i kr dh

Ål j cjl segAA

eeRo vjg Lug dh I hek gks ds dkj .k Jh  
 Hkjr dsân; eafu" Bjrk dh dYi uk gh mRi Uu  
 ugha gks I drhA os ml ea Hk i Hkq dk Lug vjg  
 eeRo gh n[ka fQj y(e.k th dks yk/kdj  
 Lo; a tkus dh vldk/kk JHkjr dsân; ea D; ka  
 mRi Uu gksch \ LokFiz dks NkM+Hkysgh og I kgp; Z  
 I qk dk LokFiz gks , d h vldk/kk ds smRi Uu gks  
 I drh gA tgard eal e>rk gr Jh Hkjr rks  
 Lotu eaHk LokFk& i jekFiz dh ckr ughal kprsg&

ijekjFk LokjFk I qk I kjA Hkjr u I iugg  
 eugpfugkjAA

egkjkt dsdgusdk vfilki k; ; gh gsf d ge  
 , d k i Lrko bl hfy, djrs gsf d i Hk& I kgp; &  
 I qk&: i& i jekFiz dsifr gekjh egRo n"V gA  
 ij Hkjr dkeu I elr I qk kadksdoy pj.k i e  
 dksgh vi uk I k/ku o I k/; nksukæurk g&

I k/ku fl f) jke ix ugW

ekfj yf [k ijr Hkjr er , gAW

pfiz re I kFk j [ka ; k R; kx nA thou Hk

foLer j [ka fdllrqmudspj .kkaeajk Lug cuk  
 jgAB ; gh gSI Pps i eh dh vldk/kkavjg Jh Hkjr  
 pkgrsllh ; gh g&

tyn tue Hkj I jfr fcl kjmA

tkpr ty ifo i lgu Mj mA

pkrd jVfu ?kV?kV tkbZ

c<si ø I c Hkjr HkykbZA

vr% I kFk u j [kus I s mlga {kdk gksk ; g  
 /kjk .kk Hkted gA Jh Hkjr dh iZ Uurk i Hkq dsgh  
 vlfJr gA os mudh vkKk dk ân; I si kyu  
 djka jk?kollnz dh bPNk dsfo#) I Pps i eh ds  
 eu eadkbZ I dYi mB gh ughal drk g&

Hkjsghkj u i fygfga

eul gqjke jtkbA

dfjv u I ksd ug

cl dgms Hkivfcy [kbbAA

okLro ea Kku&vxx.; xik+i eh egkjkt  
 tud Jh Hkjr ân; dsvf/kd ikj [kh fl ) gkrs  
 gA vU; I Hk ykoka dh vi fka vjg , d k gkuk  
 LokHkrfod gS D; kkd nksukagh xik+i eh g&

xwW ug Hkjr eu ekgh

clnm; ij tu I fgr fcngW

tkfg jke in xwW ugW

nksuka, d gh i e/kjk dsmi kl d gks dsuks  
 vU; kadh vi fka vf/kd fudV gA egkjkt dh gh  
 fopkj/kjk , d h tku i Mfh gS ftlea  
 Hkjr&fopkj kadsifr vU; k; ughafd; k x; k g&

Hkxor jfl d dh ckr sjfl d

fcuk dks I efp I dsukAA

pi æfir Z Hkjr B I s I kkkj





# nyl hds fi z i k Hjr

eglegi k/ k nof'kd y kukFK' kL=h

e; kzk i#kike HkÄoRl y jke okYehfd]  
 nyl h vkfn l Hkh dkyt; h \_f'k; ka ds mi kL;  
 rFkk o.; Zfo"K; jgs gA mudh efgek dk c[kku  
 djusokysy{k' k% i | fofHkUu Hk"krvkaeami yC/k  
 gA muds fi z; Hkkrvka ea y{e.k vlg Hjr  
 l i fl ) gA mudk pfj= Hkh Lo.kkZkjkaeafy [kk  
 feyrk gS fdarq l Ur nyl hnl ds jkepfjr  
 ekul vkfn jkedFkk i d kjd xbfkkaeaHjr dk  
 pfj= ftl efgek vlg eguh; rk ds l kFk of. kR  
 gSog fo'kkr% mYyS[kuh; gA Hjr dk jke ds  
 i fr vVw vug[kx] foy{k.k Hkfä vlg l okBxh.k  
 l eizk nyl hnl usftl yxu ds l kFk of. kR  
 fd; k gSog l fofnr gA

Hjr dk R; kx vlg l eizk fuf'pr : i l s  
 ml pfj= dks foy{k.k xfjek nrk gA Hjr dh  
 ekrk dds h ekurh Fkh fd ml dsfookg ds l e;  
 ; g 'krZj [kh xbZFkh fd n'kjFk muds i e dksgh  
 jkT; dk vf/kdkjh cuk, xspkgsog T; SB gks; k  
 dfu"BA ; g rF; okYehdh; jkek; .k ea of. kR  
 gA bekrkegs l ekJkStin-jkT; 'kR'd euqki eAB  
 ; g 'ykd/kZjke dh mfä gA fQj Lo; an'kjFk us  
 dds h dksopu nsfn; k Fk fd jke dks rks plng  
 o"kaek ouokl gksk vlg Hjr dk jkT; kfk"kdA bl  
 i d kj jkTxh ij Hjr dk i jk vf/kdkj Fk fdUrq  
 ml gaus vi usT; SB Hkkr ds vf/kdkj dksgh ekul  
 Lo; a l c dN R; kx dj plng o"kaerd mudh

i knqk dh Nk; k eav; k; k dk jkT; pyk; kA  
 T; SB ds i fr ; g Hkfä] ; g l Eeku] ; g R; kx  
 muds pfj= dks l okN"V xfjek nrk gA  
 bl hfy, nyl hnl Hjr ds pfj= dks Lo.kkZkjka  
 eafpf=r djrs gA l oZ= Hjr dk xqkxku djrs  
 gq Fkdrs ugh Lo; a jke ds e[k l s Hjr dh  
 vuqe izk k djokrs gA muds pfj= dks  
 l okN"V cukrs gA; g rF; rks l fofnr gh gA  
 ml dsfoLrkj dh vko'; drk ughA Hjr l fj  
 dks jke l ughA tx ti jke jke ti qt gh B tS h  
 mfä; k; rFk Hjr dFk Hko cak foekpfuB  
 1/4; k; kdk.M] 281&2½ tS h ?kksk.kk, i fl ) gA

tsu gks tx tue Hjr dks  
 l dy /kje /kj /kjfu /jr dks\  
 1/232@11½

Hk l i fl ) mfä gA  
 jkepfjrekul dk i jk v; k; kdk.M Hjr dh  
 foig izk k l s Hkj i Mk gA , d LFku ij rks  
 Lo; a cgl i fr nrkvka l s dgrs gA fd Hjr ds  
 pj.kkadk i e vr; r eaydkjh g&

l fu l ger l pxe  
 dgs Hly rEgkj cM-Hkxq  
 l dy l exy eyw  
 t; Hjr pju vug[kxq  
 1/265½

bl izlkj dh 'kr'k%mfä; k; fl ) djrh gä  
 fd xkkokch ryl hnl th dsekul eaHkjr ds  
 ifr tksJ)kj Hkfä vlg vujkx gäog mPpre-  
 Lrj dk gA ; gk ep-s, d vlg iäk.k dh ; kn Hkh  
 vk jgh gStksLi "V djrk gSfd ryl hnl dh  
 ftgök ij Hkjr dk uke l nk jgrk FkA muds  
 l edkyhu , d fe= us; g rF; vldr fd; k gS  
 fd ryl hnl th ik; %ftl xhr dksxuxukrs  
 jgrsFksog Hkjr l sl c) FkA

ryl hnl th ds l edkyhu l @}j Fksjkew  
 f}onh tks muds izk d Hkh FkA mudk fy[kk  
 'kknly foØHMr NUn eafuc) , d i | gStks  
 ryl hnl th dh Nfo dkj igukos dkj  
 jgu&l gu dk o.kü djrk gS vr% vr; r  
 cgeV; gA og i | bl izlkj g&

xkS Bjkb i nek= l aJo.krisl; Hvyk<sup>3</sup> eljn  
 o{k% Jh ryl h iz < xFy dleky a i Vh' kfyueA-  
 okja okjfena i na Bkjr rdkS Bk<B fr xk<Lojs  
 xk; Urauj: fi .la defi raolns uo|al jAA

bl i | eao.kü gSfd ryl hnl th xkS o.kz  
 FkS jke dk bjkb v{kj l qrsgh jkeläpr gismBsFkS  
 o{k ij ryl h dh ekyk /kkj .k djrsFkS , d dals  
 ij nq Vvk j [krsFks vlg l e; &l e; ij viuk  
 in Bkjr rdk, Bk<sdj tkS p xkrsjgrsFkA , d s  
 uj: ih nRo Fks ryl hnl A bl i | dks l qdj  
 ryl hnl th us vius dks nRo crykus okys  
 'kcn ij vki fuk dh] rc bl scnydj jkewf}onh  
 us; kadj fn; k

pxk; Urauj: fi .la defi raolnsuok|afgreAB

vFkz~ ekuo 'kjh/kjh ejs fgr fplrd  
 ryl hnl dks olnu djrk gA bl i | ea; g  
 Li "V fd; k x; k gSfd os xhrkoyh dk og i Fk  
 mPp Loj eaxkrsFksft l dk vkjkk Bkjr Hk, Bk<

dj tkSjB l sgkrk gA bl l shh i rhr gkrk gSfd  
 Hkjr dk pfj= mlgafo' kSk fi z; FkA

pxhrkoyh dk ; g i | l fofnr g&

Hkjr Hk, Bk<sdj tkSjA

gS-u l dr l legSl dpol

l ef> ekrdj [kSjAA1AA

fQj gSfd/kSjQju dfggS

i kkdpylfi dkyrk ekSjA

ân; l k p ty Hkjsfoykpu

ug ng Hko HkSjAA2AA

cuokl h i jylk egletu

fd, gSdlBd&l sdksjA

nShJou l qoSdls

tg;rg;jgsi B eu dksjAA3AA

ryl h jke l Hko l fefj

mj /kij /kjtfg cglkSjA

ckyscpu fcuhr mfor

fgr d#uk&jl fg fupkSjAA4AA

v; kS; kdk.M @70

Hkjr th ouokl ea; g jke dks i u%v; kS; k  
 ykS/usdksseukusx, gä vlg djc) i kFkZuk djus  
 okys gä fdllrq l dlpkrs gä fd dgha jke bl  
 fou; c) fuonu dks ugha ekus rks D; k gkskA  
 \_\_f'kx.k rFk vU; ouokl h Hkh vk'kädrc gä  
 vueusglsjgsgA vlr ea; g /; ku vkrk gSfd  
 jke i je Ni kyggä # "V gksgh ugha l drA rc  
 viuh d#.k i kFkZuk l Eed[k j [krs gA pd: uk  
 j l fg fupkSjB inka l sbi xhr dh l ekfir ml  
 l i fl ) nkgS dh ; kn fnyk gh nrh gS tks  
 jkepfjr ekul dsv; kS; kdk.M eabl h i l ak ea  
 fy[kk x; k g&





# Hjör dögur í hy xju

í kpk INN fo' ok í kmhy

jkepfjrkeul ea Hkjör th dk pfj= ,oa pkyjx; Þjke&Hkjör feyki ß í ð æ eaf[ky mBk gA dFkk] dk0;] fp=] fp=iV] f'kyi vkfn foHkku dykRed ek/; ekaeHkjör th dspfj= dh ; g >kdh í oE= ípfyr ,oa í ofofnr gA ufugky í soki í ykS/Hkjör th dh dgkuh Þtkds fi z; u jke cngth dk Li "V í ðkku djrsgg ekrk dæts h dh HkRí Zuk djus okys Hkjör th dh pkyj= d fo' kkrk Hkh xkrh gA jkek; .k dk , d fu%kr dsk gS ÞyðkdMB dk ÞHkjör&guæku feyki ßA y{e.k th dks' kDr yxh gA osj .kkie ea fxjsgA guæku th í Þsk os] dks ykrs gA ntskxfj mBk dj y{e.k th dh í ok eai gprsgð bl í ð æ ealHkjör th vk, gA

Hkjör th vlg guæku th dk ; g í Eke feyu gA guæku th Þvrþyr cy/kkelß gA ; g í ð æ jkek; .k dk , d fo' kV í ð æ gA í ð æ dk vkjHk gkrk g& guæku th ds ntskxfj dks ns[kus ds í kFk vlg í eki u gkrk gS í Hkq in dh eu ea ckjckj í jkguk djrsgg vo/ki gh í sykS/rsgg í oudekj dsl kFkA

guæku th í oð dks ns[k jsggA vskf/k dks í gpk ugha ik, gA ml í e; guæku th us , dne í oð dks m[kkM+fy; k gA í oð yd] jk= ea gh vkdk'k elx í s mMfs gq – nkMfs gq vo/ki gh ds Áij x, gA guæku th usdkyufe

í j fot; í kbZ gA ml sekj fxjk; k gA ogk í s cgr 'k?k gh ntskxfj í j í gps g& vR; r nlfreku fn [kkbZ nussokyh vskf/k; k; guæku th dks ns[krs gh vn"; gks tkrh gA Þfofl í le; s okl onr í uð1 & , d vyx o.ku feyrk gS Þvn"Vök pksk/khLr= fxj eð í kv; í RojB2& í c vskf/k; ka í s ; Þr í okkrek; Þr í oð JSB dks ns[kkA vskf/k; k; u fn [kkbZ nussij í oð f'k[kj gh m[kkM+fy; kA okYehfd jkek; .k vlg v/; kRe jkek; .k dk ; g er gSfd vskf/k; kadsu í k dj] u í gpkuus ds dkj .k f'k[kj dks m[kkMk gA xhrkoyh dh ; g jk; gSfd í Hkh vskf/k; k; fn0; FkA guællukVd dk er gSfd cðV; k; pænk ds í eku í ðk'keku FkA nðnk# ds í eku fdj .kka okyh FkA mu jRu: í h cðV; ka dks ns[k guæku th us í oð f'k[kj dks gh m[kkM+fy; kA , d er ; g Hkh gSfd guæku th dks ns[kdj jko.k dh vkKk í s ntskxfj dk í ð wkZ cu nshl; eku cuk fn; k x; kA os] jkt í Þsk ustksfpgu crk; k Fk og ml Ñf=e í ðk'k ; kstuk dsdkj .k <ð x; k Fk vr%guæku th }kj í oð m[kkM+fy; k x; kA guæku th vo/ki gh í sgkdj elx ðe.k dj jgs gA eÞNðr y{e.k th dks ns[k dj jke fogey gksx, A 'kkokrj gksdj dks ysfð guæku ds gkrsgg Hkh rø í j vki fuk vkB vkt gekjs cakHkjör tks; gk gkrsrksvo'; ríqkj j ftk gðz

gkrh 3& pguæku th dsvo/ki jh tkusdk e[; dkj.k rks i Hkq dk vknsk gA Hkjr dh d[ky vpy ysvk, m pfydb 4ogk tkusij guæku th dk vfhkeku Vw/A i Hkq dh i frKk gSfd osHDr ds an; eoxozdk v[di fodfl r ughagksnrsgA

Hkjr th usvkd'k eavR; r fo'kry Lo: i n[ kA ; g dkbzfo'kry fu'kcpj gS; g Hkko muds eu ea tkxkA mlghaus vkd.kz i R; pk [khp dj fcuk Qj dk ck.k pyk; kA l e; vekzjkf= dk gA Hkjr th ufinxte eaughavo/ki jh eagA Hkjr th v/kzjkf= rd tkxr gA guækuLukVd dk dFku gS fd 5 &pl fe=k th dks, d n[olu vk; k gA Lolu l sos tkx xbz gA mlghaus ml n[olu dh [kj dks Y; k th dks crkbz gA dks Y; k th us i jkgr ofl "B th dks crkbz gA ofl "B th us Hkjr th dks 'kL=l Tt fd; k gA ?kr dsgke l s 'kfr grqHkjr th dks l kFk eacBk; k gA ; K ea i wkgjfr vfir dh tk jgh gS Bhd ml h l e; vR; r ox l s i i tofyr vfxu ds l eku nifireku ioR dksydj guæku th ekSt m gq A n[olu ds i Hkko ds dkj.k Hkjr th dksyxk fd dkbzfu'kcpj gA ; g ioR vo/ki jh ij Qadusdk n[ fu.kz ysdj u vk; k gA

Hkjr th usfpu QjB dk ck.k ekjk gA cy ds l kFk cf) food ds ifjp; dk ; g i l ak gA fu'kcpj dk vuæku ek= gA dkbz i Ddh [kj ughagarks tku l sekj Mkyusdk fopkj ughagA ?k; y djuk gA f'kFky djuk gA ekj fxjkuk ughagSdoy fxjk nsuk gA fo'okfe= dh ; K j {k dsufelk tc jke , oay{e.k pysFksrc ekxZea vk, gq ekjhp dsfy, i Hkqusfcu Qj dsck.k dk iz kx fd; k gA pfcuqQj ck.k jke rfg ekj kA B fcu Qj dk ck.k ekjhp dksekj gA dkj.k ; g gS

fd ; K fufozu l i lu gkfo?u ck/kk, Vy tk, A bl i l ak ea; K l ekfir dsfcniqj fcuqQj dk ck.k pyk; k x; k gA ; K i wkdjrs l e; ofl "B th us Hkjr th dks /kufk ck.k ysdj l kFk ea fcBk; k gA bl dk Hk dh dkj.k l e> eavk tkrk gA osbl Hkfo"; dkyhu l dV dk vuæku i gysgh yxk ppsgA ; g bl ?kVuk dk l nHkz gA

ck.k dk vk?kr gksrsgH guæku th /kjr ij vk dj fxjrs gA pjke jke j?kuk; dB bl egke= dk i k B dj jgs gA bu fiz, opukadkHkjr th us l uk gA mB dj mrkoyh djrs nkmfS gq guæku th dsfudV i gps gA guækuLukVd ds vuq kj guæku th ePNr gksdj /kjr ij fxjs i MsgA guæku th fxjrs rks ioR dgk x; k \ioR ykay ds vxz Hkx ij #dk jgkA xhrkoyh ds vuq kj ioR dks iou nork us /kj.k fd; kA nksuka erka dk , dh dj.k ; ka gis l drk gS fd ykay ij tks ioR fVdk Fk ml s iou no vkdk'k eavn"; : i l sjkds gq FkA

guæku th dks0; kdoy n[ dk dj Hkjr th us mlgaan; l syxk fy; kA mlga txkusdk iz Ru dj jgs gA guæku th gksk ea ugha vk jgs gA Hkjr th dk edk Eyku gksx; k gA oseu eacgr n[ kh gA vk[ka much vki pka l s Hkjr vkbz gA muds edk l s; g opu fu% r gq g& pft l fo/krk usep sjke foedk fd; k ml h usfQj ; g dfBu n[ k fn; k gAB os l kp jgs gA pvxj ru&eu&opu l s ejk Jh j?kukFk pj.kka ea fu"dllV i e gk; fn Jh jkepiz th ep ij i l lu gkarks; g okuj Je v[ i Hk jfgr gks tk, BA ; g opu l qrs gh guæku th pdkkyifr dh t; gkS dk ukn djrs gq mB cBsgA



Hkjr th usdfi dksân; I syxk fy; kA Hkjr th dh dk; k i yfdr gksxbzga vk[ kkaevkl wvk x, A j?kqdy f'kjkef.k jkepanz th dk Lej.k dj ân; eai hfr I ek ughajgh ga Hkjr th dk jke iæ I kfrrod vullkkokadsek/; e I siwkkzLFkk dks iklr gksdj idV gq/k ga mÜkj dkm ea guæku th us Hkjr th dsifr i Hkq jke ds vixeu dk I nsk fn; k ml I e; Hkh Hkjr th dh voLFkk bl h idkj dh gpbzga

Hkjr th eu ea0; ffr ga bgk nb] eätxr ea D; ka½ kusfd 0; Fkzgh½ i ñk gq/k tks i Hkqdsfdl h dke u vk I dkaB dñ e; tkudj eu ea /kz /kz.k dj cyohj Hkjr th guæku th dsifr cksybsrkr] rædsktuseanj gsch vsj I qg gksul sdke fcxM+tk, xk vr%ræ i oñ I fgr ejs ck.k ij p<+ dj tkvka eä rædsk tgk n; kl xj Jh jke th ga ogh igpk nAB bguæluKVdB ds guæku th us Hkjr th ds ckgqy dh ftKkl k dsufedk ; g Hkh dgk gSfd eä Jkr gksx; k ga bl i oñ dksytkusdh ep ea'kfr ughajg xbzga vki bl srjar igpk nA bl ij Hkjr th usmlgai oñ I fgr viusck.k ij p<k; k ga7

Hkjr th dsopu I q dj guæku th dseu eavfilkeu mri lu gq/k fd ejs Hkq I sck.k ds s pysxk \i jr qfQj jke i Hkqdsirki dk Lej.k dj osgkfk tkM+dj pj.k onuk dj cksyusyrsga Hkjr th dk ck.k guæku th dsotzyykv ij yxk vsj osePNr gksx, A fxj x, A ck.k us vfilkeu dk vad ekulsmudsyykv I sfeVkn; k FkkA guæku th usl epzyk?kA yndk eax, A rc mudseu eavfilkeu ugha tkxk FkkA bckyk cpu fcxr vfilkeukB , d k mudk o.ku ryl h ckck

djrsga ogk guæku th usdkg Fkk pl ksl c ro irki j?kj kbA ukFk u dNqekfj i HkqkbB8 yfdu I athouh chw yuspysrksvfilkeu tkxkA bpym i Hkatul q cy Hkqkb nls ki oñ mBk vo/ki gh rd pysrks i q'p vfilkeu tkxk bekjs Hkq pfyfg fdfe ckukBA i Hkq us ml vfilkeu dks pij dj fn; k D; kfid mudh ifrKk gSbmj vadim xoz r# Hkqjha cfx I kseMkfjgm; mi kjhAAB

guæku th Hkjr th dh pj.k onuk djrsga cksyrsgapgsi Hkq dsukFk! vki dk irki vsj i Hkq dksân; ea /kj.k dj eä rjar igp tkApxkAB , d k dgdj vkKk ik dj pj.k ea eä izkke dj guæku th py i MA Hkjr th dsvikj ckgqy] 'kny] xqk vsj vikj i Hkq in iæ dks eu ea ckjckj I jkguk djrsgq iou dækj guæku th pyrsk jsga I efkz dsirki dk Lej.k djus ek= I sgh cM&cMsd; Zl gt gh ; kusvuk; kl gh fl ) gsktrsga Hkjr th usvkKk inku dhA vkKk ikusdsi 'pkr-guæku th usiq'p izkke fd; kA pl a f; ckgq HkjrL; okfXk89 &; g Hkko ekuls Hkjr ckgq cy I hy xq i Hkq in ifr vikjA eu egg tkr I jkgr iqu iqu iou dækj AAB10 eal ek x; k ga

Hkjr&guæku iz æ ea , d fo'ksk rF; ; g gkFk yxrk gSfd guæku th vo/ki gh ds Äij vk, bl ?kVuk dks ydj tc rd mudk vfilkeu pij&pij ughagq rc rd ryl h ckck uspdfi B ; k bdl B 'kcn dk gh iz kx fd; k ga i Lr q iz æ dk o.ku djusokysnkgk vsj pkj v/kzy; kaeai kp ckj pdfi B 'kcn dk iz kx fd; k x; k ga guæku th dk I kjk 0; ogkj ekuls dfi rF; gksx; k ga Jh jke th dh t; t; dkj djusokysdfi dsfy, bdi h'kb dgk gSyfdu u

guëku] u iou dekj u vrfyr cy/kke uk vatfu l rA bl izdkj dsvfllkeku] cy ; k ox ds l pd 'kcn ; k uke ugha gA gk] i Hkq irki dk Lej.k gkrs gh Piou dekjB vlg pguëarB uke vk, gA pyrsl e; guëku th usHkj th dks izkke fd; k gsm l e; pguëarB dgk gSvlg yadk eaj .k{k= eai gpusi j eku l pd pguëkuB 'kcn dk iz; kx fd; k x; k gA

guëku th jke dFik dsMTtoy u{k= gA i Hkq irki dk Lej.k u djuk] vius drD; dk vflkeku ikyuk] iru dk elxz gA bl dkj.k fou; ] yhurk dsl eku 'kqk xqk frjkgr gsktrks gA onuh; i w; egkRek dksHh izkke u djusdh mÍM Hkkouk eu eatkxrh gA , s k m) r Hkko eu eatkxusij guëku th dsl eku jkefiz, HkDr dh Hkh nqzkk gplz gA Hkj th dspfj= usguëku th dk eu ekgy fy; k gA guëku th Hkj th ds xqkka dh izk k djrs gq o[kjh dk iz; kx ugha dj ikrs gA beu egg l jkgrB mlga eu gh eu l jkgrsgq ospy i MfsgA Hkj th dspfj= ea il akko/kku gA drD; n{krk gA /kS l vlg l fpoed gA

I nHkzI =

- ¼½ okYehfd jkek; .k 6@74]61]62]64
- ⅓½ guëklukVd 13%1
- ⅕½ guëklukVd 13@25
- ⅗½ guëklukVd 13@27 l s30
- ⅙½ guëklukVd 13@30

Pi fu dfi l u ckyscyohjB ; g gSHkj th dk pfj= vlg Pi fu dfi eu mi tk vflkekuB ea guëku th ds }a dk l eukgj fp=.k fd; k x; k gA ; g il ak 'kDr'kkyh Hkj th vlg vgaokjh guëku th ds chp ds }a dk fp=.k djrk gA l vrfyr cy/kkeB guëku th vlg l vgg nb ea dr tx tk; mB bl izdkj l sifjrki djusokys Hkj th dseu dk }a gA

I kfe= th dsckgpy dh izk k djusokys ukuk il ak ik; % l Hkh jkek; .kka ea feyrs gA 'k=qu rksuke l sgh i jkØeh gkusdk funz k nuss okyk uke gA muds ckgy dh irftr vl; jkek; .kkaeyo.kkl g o/k dsil ak eafn [kkbznrh gA jkek; .k dk ; g il ak Hkj th dsckgpy dh efgek dks j[kkdr djus okyk gA bl dh fo'kkrk ; g gSfd 'kjh cy dsl kFk Pl hy xqub vlg Pi Hkq in iftr vikjB muds an; i{k dks mn?kkfVr djus okyk i{k gA Pi gyfdr ruq ykpu l tyB mudh HkDr efgek dks izV djus okyk i{k gA , d gh il ak dsufelk Hkj th dk mnkgj.k yrs gq ryl h ckck usru&eu vlg opu dh efgek dk i kdV; djk; k gA

Ñ".kkojh] l jLorh dkykuh] 'kgknk] eks 9403848907] 9767487483





# Ark Hj r n fgl c fcfki kkt

Nf kod ki k Nf

e; kzk i # "kdkke Jhike dh Hkkfr Jh Hkj r th dk pfj= Hkh vuqj .kh; vlg i mtuh; jgk gA Jh Hkj r usvuq: ds: i eaHkr ie dk tS k vuie n"Vkr i Lrq fd; k gSoS k fo' o&l kfgR; eavU; = fdl h pfj= dk vn; kof/kd ughagls dk gA

jkedFkk dk vk/kj eg"lz okYelfd Nr bjkek; .k8 vlg pHk"kb ea fyf[kr ryl hnkI dh vejNfr bjkepfjrekul B ekuk x; k gA oS srks eg"lz dEcu dh jkek; .k] Jh jakukFk jkek; .k] NfrokI jkek; .k] v/; kRe jkek; .k] ykel jkek; .k] Lo; EHk jkek; .k] vkuln jkek; .k] vnhkr jkek; .k vkfn bl rdksVB jkek; .kka dh ppkz gA ij bl vkys[k ea d0y okYelhdh; jkek; .k vlg bjkepfjr ekul B dsvk/kj ij gh Jh Hkj r dspfj= dsvkn'kkI e i {kka dk fnXn' kU djkus dk ukfrnif?iz iz; kl fd; k tk jgk gA bl fy, okYelfd jkek; .k dksvk/kj : i earFkk Jh jkepfjr ekul dks Hkk"; : i ea foopu&fo'ySk.k dk vk/kj cuk; k x; k gA vk; i ekt dsvf/kdkjh fo}ku Lokel cæeju th viuh i qrd bjkek; .k dh fo'kSk f'k{k, B ea fy[krsg& jkek; .k eaHkj r th dk LFkku Åpk gA Hkj r th eae; kzk dk] /kfedrk dk] jke ds

i fr vknj o Lug vlg T; SBkupfUk vR; f/kd FkhA ftI jktxrh dks i kusdh I puk i kdj ykxkadks vl he vkuinr gkus dh vk'kk dh trrh Fkh os Hkj r dsml I ðkn dksI udj foyki djrsqg I Kk'kk; gkstrsg&

BvfHk"ks; fr jkearjktk ; Kauq {; rAs bR; ga NrI dYi ksn"Vk ; k=Hk; kI "keAAP ; g gS Hkj r ds I kStU; ] I kgnz dk i Fke n"; A Hkj r d0y jkT; dk gh ifJR; kx ugha djrs vfi rQ Jhike dks eukdj v; k; k oki I ykus dsfy, ij tu] ifjtu I fgr fp=dW ds fy, i LFkku djrsqg Jhike dkseukuseavl Qy gkus ij mudh pj.ki knpk dks fl gkl u ij j[kdj Lo; a ullhxte vkJe ea 14 o"ks rd ouokl h dk thou fcrkrsgA JhHkj r us Jhike dh pj.k i knpk yrsqg dgk Fkk vFkkz-I dYi fy; k Fkk&

Bl i knqsl Ei zE; jkeapuec0hrkA prqZk fg o"kkZk tVkpj/kjls ágeAAP rokxeuekdks {tu ol u oSuxjln-cfg%A ro i knq; kS; Z; jkT; rU=a ijri A prqZkfg I Ei vko"ksfgu j?kueAA u nZ; kfe ; fn Roka rQ oS; kfe gqk' kueA

v; k&; kdk.M l xZ 112&2 'ykd l a 23&25  
^vFkZr~mu i knqkVka dks iz kke dj JHkjr  
us dgk& ohj j?kqulnu! efi Hkh plng o"ks rd  
tVk vlg phj /kkj.k djds Qy&eny dk Hkstu  
djrs gq vki ds vixeu dh irh{k ea uxj ds  
ckgj gh jgpkA brusfnuka rd jkT; dk l kjk  
Hkjk vki dh bu pj.k i knqkVka i j gh j [kdj ea  
vki dh ckV tigrk jgpkA ; fn plng o"z i wZ  
gkus ij uru o"z ds i fke fnu gh ep-svki dk  
n'kz ughafeyxk rkesi tyrh gpZvix ea i dsk  
dj tkApkA\*\*

Jh jke ds vixeu dh irh{k ea JHkjr yk  
dh D; k fLFkr Fkh bl dk cMk gh an; kotZ  
o.kz okYehfd th usvi uh jkek; .k eafd; k g&

pnn' kZHj ranhu N' keJeokl ueA-  
tfVyeyfnX/kk<sup>3</sup> xa Hkz0; l u df' kZEAA  
Qyeykf' kuan kUra rki l a/keZkfj .keA-  
l etur tVHkja oYdykftuokl l eAA  
fu; ra HkforiRekua cZi" kZl ers l eA-  
i knqssi gLNR; i zkl Ura ol rjkeAAB  
okYehdh; jkek; .k&; q dk.M l xZ 125&  
'ykd l a 29&32

^v; k&; k l s, d dkl dh njh ij Jh gupeku  
usHkjr th dks Jh jke ds vixeu dh i wZ l puk  
nusds e eavkeokl h Hkjr dks nqk tks phj  
ol= /kkj.k fd; snq[kh , oanqy fn [kkbznsjgsFkA  
muds fl j ij tVk c<k gpZ Fkh] 'kjhj ij esy  
te x; k Fkk Hkzb dsouokl ds nqk usmlgacgr  
gh d'k dj fn; k Fkk Qy&eny gh mudk Hkstu  
FkA osbfInz; kadk neu dj riL; k eayxsgq Fks

vlg /keZ dk vkpj.k djrs FkA fl j ij tVk dk  
Hkjk cgr gh Apk fn [kk; h nsk Fkk] oYdy vlg  
expeZ l smudk 'kjhj <dk FkA oscMsfu; e l s  
jgrsFkA mudk vUr%dj.k 'kq Fk vlg oscZi"Z  
ds l eku rstLoh tku i Mfs FkA Jh jke th dh  
nksuka pj.k i knqkVka dks vixs j [kdj os i Foh dk  
'kkl u djrsFkA\*\*

Jh Hkjr ds l cak eavxt Jh jke vlg fi rk  
Jh n'kjFk dk opu nq[k, &foHk" k.k dks vi us  
l { eafeykusdk vkpR; i fri knr djrs gq Jh  
jke l qcho l sdgrsgfd

bu l oZ Hkz jLrkr HkofUr Hkjr kse kA  
ef}/kk ok fi nq i e% l qnsok Hkof}/k% AAB  
&; q dk.M 18@15

^vFkZr~rkr~l qcho! l d kj eal c Hkz Hkjr ds  
l eku ugha gk l dra cki ds l c c/s ejs t s  
ughagkrs vlg l Hkh fe= rjgkjsgh l eku ughagv  
djrs gA\*\*

dbd; h dkseukrsgq Jh n'kjFk dgrsg&  
bu dFkpnrs jkeln~ Hkjr kjs jkT; ekol sA-  
jkelnfi fg ra eu; s /keZ ks cyoUk jeAAB  
v; k&; k&l xZ 122&'ykd 61&62

^vFkZr~Jh jke ds fcuk Hkjr fd l h rjg jkT;  
yuk Lohdkj ugha djka D; kad ejh l e> ea  
/keZ kyu dh n"V l skjr Jh jke l sc<ep<sgA\*\*

Jh Hkjr ds futh pfj= vlg ml ds l cak ea  
Lo; avxt Jh jke vlg fi rk Jh n'kjFk dsopuka  
l syxrk gsfid Jh Hkjr dk pfj= fdruk Apk  
gA Jh jke us jkT; dk i fjR; kx fd; k vlg  
ouokl fy; k] cykr~vFkZr~fi rk dh vkKk l s

ijrq Hkjr th us jkT; oBko dks R; kxk vlg  
 okuiLFkh cus LoPNk lA Jhke ds ifr  
 T; SBkupfuk /keZ, oae; khk dsfuokg ds vFiz ea  
 JHkjr dk R; kx Jhke dsR; kx l sde egRo dk  
 ughagA vfi rqdbznfV; ka l sApk gh gA bruk  
 gh ughaHkjr dsfopkj rksbl ek; useavlg ApS  
 Flstc og vi uh ekrk dksl Eef[k j [k dgrsg&  
 pl k RoefXua i fo'k ok Lo; aok fo'k n. MdkaA-  
 jTtop) oFlok d. Bsu fg nBU; r ijk; .keAA  
 vgel; ouha i krs jkes l R; ijkOehs  
 NrNR; ks Hko"; kfe foi xfl r dYe"WAAB  
 ok-jk- v; k'; kdk.M l xZ74&'ykd 33&34  
 ^vFkkz-i ki iwkZl dYi djusokyh ikfi fu m  
 tyrh vx ea idsk dj tk ; k Lo; an.Mdkj. ;  
 pyh tk vFlok xyseajLI h ckykdj ik.k nsnj  
 bl dsfl ok rjsfy, ni jh dkbz xfr ugha gA  
 l R; ijkOeh Jh jkeplnz th tc v; k'; k dh  
 Hke ij inkiZk djksrHk ejk dyd nij gkxk  
 vlg rHk eaNrNR; gA xkA\*\*  
 , oa fo/k Li"V gS fd fo'o ds ikphure  
 , frgkfl d xHfK bjkek; .kb ea egf"K okYehfd us  
 Jhke dsvuq: Jh Hkjr th dsHkrRo vlg Hkr  
 iæ dh , d h e; khk; j LFkfr dh gA ftl dk  
 mnkj.k vl; = feyuk ngyBk gA xkokeh  
 ryl hkl th us Hk viuh vejNfr  
 bjkepfjrekul B ea Hkjr&pfj= ds bl  
 l eTtoy i {k dks foHku dks ka l smn?krVr  
 dj ; gfl ) dj fn; k gSfd&  
 bukFk l i Fk fi ropju nkgkZ  
 Hk; m u Hkqu Hkjr l e HkbZAB  
 v; k'; kdk.M&248&4

JHkjr dsHkriæ dsmnkUk Lo: i dh ppkZ  
 djrsgg xkokeh ryl hkl eakykpj.k Lo: i  
 Jhke ifjokj dh omukOe ea l oFke Jh Hkjr  
 dspj .k dh gh omuk djrsg&  
 pi ziom; i Eke Hkjr dspjuka  
 tkl qus oz tko u cjukaAB  
 kcydk.M 16&4  
 vlg Lo; aJhkeplnz th dseqk l sJh Hkjr ds  
 ckjseadgykrsg&  
 pl qgcy [ku Hky Hkjr l jhl ka  
 fof/k i zp egj l qk u nhl kaAB  
 v; k'; kdk.M 230&8  
 Jh Hkjr , d sHkrk gA ftl Uga Hkr n'ku vlg  
 l kflu/; l qk dsvykok dkbz vl; l qk&l Ei nk  
 ughapkg, &  
 hvjFk u /je u dke #fp xfr u pgmj fujckua  
 tue tue jfr jkein ; g ojnkuqu vkuAAB  
 v; k'; kdk.M&nkgk 204  
 jkedFk dk dkbz , d k ik= ugha gS ftl us  
 Hkjr dsHkriæ ds ifr vxk/k J)k ugha0; Dr  
 dh gA fl ok; jke HkrDr eapj y [kuyky vlg  
 og Hk vYi dky dsfy, A  
 Jhkeplnz th Lo; a fp=dW dh l Hk ea  
 JHkjr dh efgek dk c [kku bl i zdkj djrsg&  
 pdgm; l Hkm l R; fl o jk [ka  
 Hkjr Hkæ jg jkmfj jk [kaAB  
 v; k'; k&263&1  
 vlg fi rk dksopu l svf/kd HkbzHkjr ds iæ  
 dksvf/kd egRo nrsg&  
 brkl oppu eSr eu l kplv

rfgarsvf/kd rfgkj l dksAAB  
v; k'; k&263&7

fp=dW Jhike vif JHkjr dk feyu nls  
'kjhjka dk ughavfi rqnks vkRekva dki an; dk  
feyu gStgk HkDrdrk dk i wZ{k; gStkrk gSvif  
i wZgfnZdrk dk mn; gStkrk g& Hxoku jke ds  
pj. ka i j JHkjr th i Me-gq ga dN dnyrsugh  
i ei wZvif wcgk jgs ga Hxoku Jhike pj. ka i smlga  
mBkdj an; l syxkyrs g&

bcjcl fy, mBkb mj yk, N'ik fu/kua  
Hkjr jke dh feyfu yf[k fcl jsl cfgavi kuAAB  
v; k'; kdk. M&nkgk 240

Jhike gh ugha Jhike dh ekrk dks KY; k dksHk  
Jhike l svf/kd Hkjr dh fpLrk FkA ; g JHkjr  
dspfj= dk og i {k gStksmlgaLo& i j dh l hek  
l scgr Apk mBk gvk fn[kkbZnrk gS&  
by[kugjedf ; tkgpu Hky i fjule u i kst  
xgoj fg; jdg dks yke kfg Hkjr dj l kstAAB  
v; k'; k nkgk 282

jktifjokj eal okPp eku ifr"Bk j [kusokys  
jktx# Jh of"KB Jh Hkjr dksbl idkj eku  
nrsg&

pukFk l i Fk fi ropju nkgkbZ  
Hk; m u Hkqu Hkjr l e HkbbZAB  
v; k'; k 258&4

bdgmj l klm l R; fl o l k[ ka  
Hkjr Hk&v jg jlmfj jk[ kaAAB  
v; k'; k&263&1

v; k'; k jktifjokj ea x# dsckn l okZ/kd  
ifr"Bk jtkk tud dh Fkh tks Lo; a KkukEc/k

ekus tkrFkA Hkjr dsckjseamuds fopkj Hkjr  
pfj= dh mnkUkrk dsi fr"Bk; d g&

Hkjr pfjr dhjfr djrvA  
/kje l hy xq fcey foHkrtAA  
l eqr l qr l qkn l c dkgw  
l qk l pl fj #fp funj l dkgAAB  
v; k'; k 287&7

v; k'; kokfl ; ka l sydj fp=dW tkus okys  
ekxZ ea feyus okys xteh. ka \_"k&efu; ka  
fu"knjkt vkfn jkeHkDrka ds JHkjr ds l cafk ea  
ds smnkUk fopkj jgs FkA bl dsvoykdu l shkh  
Jh Hkjr ds Hkri e] 'khy] Lug , oa i jki dkfjrk  
dk ifjp; feyrk ga fp=dW tkus ds ekxZ ea  
JHkjr dksn[kdj xkE; cafk/kadh i frfO; k g&

Hk; i Hkxfr Hkjr vkpjuw  
dgr l qr nqk n'ku gjumw  
tksdNodgc Fkjs l f[k l kstZ  
jkeca/kqvl dksu gksZAB  
v; k'; k 222&12

jkLrsea JHkjr th dh HkA/ tc fu"knjkt l s  
gksh gSrkfu"knjkt Hkjr ds 'khy vif Lug dks  
n[kdj pfongB cu tkrsg&

pnE[k Hkjr dj l hy l usw  
Hk fu"kn rfg l e; fongw  
l dq l usqeksqeu ck<ka  
Hkjrfga fpror , dVd <k<kaAB  
v; k'; k&194&4&5

fu"knjkt Hkjr dks l c fcf/k l k/wdh efgek l s  
vyNr djsrg&

prkr Hkjr rfg l c fcf/k l k/w

jke pju vuqpx vxk/WAB

v; k'; k 204&7

Hkjr ds Hkriæ I s Hk; Hkhr I jkt dks  
I e>krsqg I jx# cgLifr dgrsgfd Hkjr dk  
pfj= I oFkk fo' kq) gA jkejfr dsfl ok ml sclN  
ughapkg, &

bjke Hkxr ijfgr fujr ij nqk nqk n; kyA  
Hkxr fl jstfu Hkjr rstfu Mji gqI j kyAAB

v; k'; k nkgk 219

Hkjr rskHkDr vkj iæ dserZLo: i gA mlga  
Jhke dspj .kadsfl ok dN ughapkg, A osLo; a  
, d h gh ; kpuk djrsg&

^vjFk u /kje u dle #fp xfr u pgm;fujckuA  
tue tue jfr jke in ; g cjnuqu vkuAA\*\*

v; k'; k&nkgk&204

jktk n'kjFk ds i eka dk ukedj .k djrsgq  
x# of' k'B HkjrB uke ds xqka dk fo' ySk.k  
djrsgq dgrsg&

pfLo Hkju i kku dj tksZ

rdkj uke Hkjr vl gksZAB

v; k'; k 196&7

Jh Hkjr dspfj= dsfofHkUu i {kka i j ml ij  
foHkUu I ar} euh'k; kadsfopkj kads tkuusdsckn  
I ekl r%; gh dgk tk I drk gSfd Jh Hkjrky  
piæ i ; kS/kB Fk&

^i e vfev en# fcjgdHkjr qj ; kSk xHhA

effk i xVns I j I k/kgr Ni kfl akj?kqjAA

v; k'; k&nkgk&238

Jh Hkjrky dk Jhke dsifr , dklurd iæ  
, d k gS tgl; cgek] fo".kj egSk dk eu Hk

I kerk I sughai gp I drk&

lvxe I ug Hkjr j?kqj dks

tg;u tko euqcf/k gfj gj dksAB

Jh Hkjrky dk vxzt iæ bl rjg mlga  
HkkokfHkHk fd, gq Fkk fd Jhke dsouxeu dh  
ckr I qrsgh osvi uh I qkqk [kscBksvkg ek; ds  
ifr Hk ve; kEnr 'kCnka dk iz, kx djus ea Hk  
mlgkusvYi I dkp ughafd; k&

^Hkjrfgafcl jns fi røju I qr jke cu xkGk  
gsgvi uim tkfu ft; ; Fkdr jgs/kfj ekSA\*\*

v; ksnks 160

dSibZdr tueh tx ek>kA

tkStueh Hko dlgsu ck>kAA

v; k'; k 163&4

y[kuyky ds, d k dgusij fd Hkjr jkten  
ea dN Hk dj I drsgA Jh jkeplnz th us tks  
mUkj fn; k ml I sLi "V gkrk gSfd Jhke dks  
Hkjr ds, dklr Hkriæ ij fdruk Hkjd k Fk&

^Hkjrfg gks u jktenqcf/k gfjgj in i kbA  
dcgqfd dkt h I h jfu Nhjfl akofcul kbAA\*\*

v; k'; k nkgk 231

mlgafo'okl Fkk fd Hkjr dksbjktenB dHk  
gksgh ughal drkA gk] , d en gksl drk gSvkj  
og en gS bjkeenBA bjkeen/kkj h dks  
ukeen/kkj h dks bjktenB gkus dh xqk; 'k gh  
ughagA Hkjr tS k HkbbZ I d kj ea u gqk gSu  
gksk&

Hk; m u Hkqu Hkjr I e HkbbZ

v; k'; k&258&4

fp=dW igprs nj I s gh tc fu"knjkt

'kxdeXu Hkj rth dks og i .kzlvh fn[kykrsg  
tgk; Jh jkel hrk fuokl djrs gâ rks Hkj r th  
ukFk] ukFk dgrsgq ydlv/ dh rjg Hkary ij  
fxjdj n. Mor djrs g&

pi kfgukFk dfg i kfg xks kbZ

Hkary i jsydvj dh ukbZAB

v; k; k&nkgk 239 pks2

Hkkr fo; kx ea Hkj r dh D; k fLFkr Fkh bl s  
xkkokehth dsgh 'kknkaeal q&

pfufi u uhn ufga HkVrk

fnu Hkj rfcdy I qp I kSA

uhp dhp fcp exu ti

ehufg I fyy I dksAAB

v; k; k&nkgk 252

vUr eal jx# cgLi fr jke ds i fr Jh Hkj r ds  
ie dh vull; rk ij ; g dgdj fojke yxk nrsg&

peu fFkj djgqns M# ukghA

Hkj rfga tkfu jke i fjNkghAAB

v; k; k&265&4

, ofo/k Li "V gSfd HkDr] Hkbb] I od] i#  
vkfn I Hkh : i ka ea Jh Hkj r , d pl k/kq i # "k8 Fks  
ftI dh I jkguk I Hkh yxk I eku vknj Hkko I s  
djrsFkA

prkr Hkj r rEg I c fcf/k I k/k&v

v; k; k 204&7

yhyk /kke] 3@307] U; # i kvfyi# dkykwh] i Vuk&800013



gekjs iz; kst u gh gekjsLoxZdk fuekZk djrs gsvk] gekjs iz; kst u ds  
i fjorZu dsl kFk&l kFk gekjk LoxZHkh fHkUu&fHkUu : lk /kkj .k djrk gA  
; fn ge bl izdkj ds, d LoxZea tk, j tgk; vullr bfUnz, &l qk i klr  
gks rks ml txg gekjh mlufv ugha gks I drh tks fo" k; Hkksx dks gh  
thou dks, dek= mnns; ekursg] osgh bl izdkj dsLoxZdh i kFkZuk  
djrs gA ; g okLro eexydkjh u gkdj egku-vexydkjh gkskA

Lokhefood kulh





# fp=dVeaI HkSaru

## Ni j' kje' kPy fojgh

foI; kVoh dsQyd ij i Nfr&fprjh usft I  
 eukje dW fp= dh jpk dh g ml dk uke gS  
 fp=dWA Jh jke fp=dW eajgsbl fy, og rHFz  
 cu x; k vlg ml dk uke gisx; k fp=dW /ke]  
 tke/; insk dsl ruk ftyseafLFkr gA I hrk]  
 jke vlg y{e.k dsjgusl sifo=rk vlg [; kfr  
 i ktr fp=dW eav; k; k vlg tudij dsl ekt  
 vlg jkt i fjokja us jke dks eukus %yK/kus ds  
 fy; % ea vud fnu 0; rhr fd, FkA xgu  
 dKrkj kPNkfr ml ioz insk ea uxja ds  
 fuokl h L=h&i # "ka dks jke ds i Hko I sd"V dk  
 vutko ugha gA fp=dW dh i Nfr I tnh us  
 tS sl cdkl Eekgr dj fy; k FkA Hkr dsl kFk  
 dVx# of'k'B th Fks vlg I hrk th dsfirk Jh  
 tud Fk tks fong dgykr FkA jke ou I s  
 v; k; k yK/ py bl mIs; dks ydj Hkr  
 I cdkl ydj fp=dW igps FkA efu of'k'B]  
 egkkt tud] Hkr & 'k=qu] ea=lx.k] uxj  
 fuokl h] dV] dky] Hkr] i'k; i {kh vkfn dh  
 fojKV I Hk eajke] I hrk vlg y{e.k dsyK/usds  
 ckjs ea fopkj & foe'kz gA FkA fp=dW ea  
 dks kY; k] I {e=k] dks h] I q; uk vlg vl;  
 I Uukfj; k Hk i gph Fkha vlg osl c jkt efg'k; k

pkgrh Fkha fd jke yK/ py bl fo'k; ij gPz  
 ppkZea/keZ dh 0; k [; k gPz Fkh] uhr dh fopuk  
 gPz Fkh] jkt uhr ds vkn'k; dh ppkZ gPz Fkh] Hkr'  
 i e] drD; ] fu"Bk vlg ekuoh; 0; ogkj ds  
 ifreku i fr"Br fd, x, FkA  
 I oi Fke dVx# I cds I e{k vi us fopkj  
 i Lr; djrsgg Jh jke dks I w bak dk I w Zdgrs  
 gS/keZ/kj k] dgrsgg vlg Lora= Hkxoku dgrs  
 gA egkdfo us jke dks PLool Hkxoku dgk gA  
 bl dk vFz; g gA fd vl; tks Hkxoku gS os  
 Loo'k ugha gA , s k gh gA f=no I cl s cM; Hkxoku  
 ekus x, gA muds vi u&vi us dk; & {k= gA cZk dk dk; ZgS I "V djuk fo". kq  
 dk dke gS I "V dk ikyu djuk vlg f'ko %egkn0/2 dk dke gS I gkj djuk cZk egkn0  
 dk dke ugh dj I drs vlg egkn0 cZk ; k fo". kq dk dke dj us ds vf/kdkjh ugha vr%; g  
 dgk tk I drk gS fd f=no ka ea I s dkbZ Loo'k ugha gA  
 jke f=no I s Aij gS osi jkri j ca gA f=no mudsv/khu gA  
 osfd I h dsv/khu ugha gA Lora= gA bl i zkj dk fopkj  
 Bjkepfj rekul B eavU; = Hk 0; Dr gA gA of'k'B th vi us oDr0; ea vKxs dgrsgg fd

jke I R; dh j {kk n<+fu' p; dsl kfk djrs gA os  
 on dh e; kzk dsj {kd gA I a kj dsdY; k.k ds  
 fy, gh mudk tle gvk] osx#] fi rk vlg ekrk  
 dsopukadsvuq kj pyusokysgavlg norkvla  
 dh fgr&j {kk djrs gq n|vka dk fouk'k djus  
 okysgA uhr] i e] i jekfkZ vlg LokfkZ dk ; FkkfkZ  
 Kku ftruk jke dks gsmruk vlg fdl h dksugha  
 gA cZk] fo". kj egknø I w ] plnek] fnd+ky]  
 thou] I Hkh de] dky] 'kSk th] i Hkko 'kDr okys  
 I Hkh jkTk %pkgs os dgha Hkh gkz on&'kkL=ka ea  
 of.kr I Hkh izkj ds; kx dh fl f); kj bu I Hkh  
 dsA ij jke dh vkKk gA ; fn xEhhj rk I sfopkj  
 djark; g ckr , dne Li "V gskh fd Jh jke gh  
 I cds , d ek= egsoj gA vr% jke dh vkKk  
 vlg # [k dk ikyu djuseagh ge I cdk fgr  
 gskA bl ckr dsl e>dj vki I c I ; kusytx  
 I oZl Eer I ek/kku dsvuq kj dke djA jke dk  
 jkT; kfk'kad I cds I qk nusokyk gskA I cds  
 dY; k.k vlg vkuln dk I kku Hkh ogh gskA vc  
 ; g fopkj djuk gS fd Jhjke fdl izkj  
 v; k'; k ykV pyA vki I c tksfopkj dj dgkz  
 ml h dsvuq kj mi k; fd; k tk; skA

efuJSB of'k'B dh uhr] i jekfkZ vlg LokfkZ  
 %ykd dd fgr% I sl jkck ok.kh dsl udj fdl h  
 dks dkbZ I q-ko ugha I w-kA I cds piq nskdj  
 Hkjr us fl j uokdj gkfk tkM% vlg dgk&  
 pl w bak ea, d I s, d cM% jkTk gskx, gA I Hkh  
 ds tle dsdkj.k fi rk&ekrk gkrsgavlg muds  
 'kdk&v' kdk deka dk Qy fo/kkrk nrs gA gs  
 x#JSB] vki dk vk'khokh gh , d k gS tks I c

izkj ds nq [ka dk nyu djds I Hkh izkj ds  
 dY; k.k dk fo/kk; d gA I jk I a kj bl ckr dks  
 tkurk gA gsLokel] vki ogh g] ftl usfo/kkrk  
 dh xfr dskHh jkd fn; kA vki us tksVcd&Vcd  
 nh vFkkr~tkfu'p; dj fy; k ml s dks Vky  
 I drk gA vc vki gh ep I smi k; i nrs gA ; g  
 ejk nHkz; ugharksvlg D; k gS B

Hkjr dh ckr I udj d yx# of'k'B dsan;  
 eahkjr dsifr vuglx tkxr gvk vlg oscksy&  
 bgsrkr] riqkj h ckr I R; gS fdllr qeS tksd qn dj  
 I dk gpl c jke dh N ik dsdkj.k dj I dka tks  
 jke&foe [k gkrk gSml srksLolu eahk fl f) ugha  
 feyrh gA gsrkr] ea, d I q-ko nuk pkgrk gmf d  
 cf) eku ytx I oLo tkrk nskdj vk/ks dks  
 cpkuseavk/ks dksR; kx fn; k djrs gA vr%ejk  
 er gSfd rø vlg 'k=qu ou ea tkvsvlg jke]  
 I hrk rFk y(e.k v; k'; k dh vlg ykV A x#no  
 of'k'B dk ; g er I udj Hkjr vlg 'k=qu  
 i l lu gskx, A muds'kj hj rstkrhkr gskx, vlg  
 ml gaxk ekukajkTk n'kjfk th mBsgavlg jke  
 jkTk gskx, gA vl; ytx Hkh muds I kfk i l lu  
 gq A Hkjr usg"z0; Dr djrs gq x#th I sdgk  
 fd Jhjke ; fn ykV rsgar ksg nku ka HkkrZ Hkjr  
 vlg 'k=qu %pkng o"kkard D; k thou Hkjr ou ea  
 jgusdsfy, rS kj gA vki vi usopu I R; fl )  
 dlft, ukfk!B

vrjtkh jkeqfl ; rEg I jcx; I qkuA  
 tksQj dggq ulfk fut dlftv cpud okuAA  
 Hkjr cpu I fu nE [k I uslv

I Hkk I fgr efu Hk, fcngAA  
 Hkjr egk efgek tyjkl IA  
 efu efr Blf<+rhj vcyk I hAA  
 xk pg i kj trufcg; gjsA  
 i kofr uko u cksgrqjsAA  
 vks dfjfg dksHkjr cMkZ  
 I j l h l fi dksfl /koj ekbAA

Hkjr usdgd fd jke vls I hrk I cdseu dh  
 ckr tkuusokysgavls vki prj rFk I oK gA  
 gsukFKj ; fn vki usejsvls 'k=qu dsou eatkus  
 dscnyseajke dksyK/kusdh ckr I p dgh gSris  
 ml siekf.kr djus dh N'ik dhft, A Hkjr dh  
 ckr I udj of'k'B th viuh I qk&cajk Hkoy x, A  
 osfong gksx, vls ijh I Hkk Hkh ml h idkj ek/k  
 gkdj viuh I qk&cajk Hkoy xB Hkjr dsR; kx dh  
 efgek ekuksejk tyjkr'k vFKZ~I epz Fkh vls  
 of'k'B dh efr ml dsfdukjsij vcyk L=h ds  
 I eku [kMh Fkh] tksml I kxj dsikj tkusdk  
 mik; [kist jgh FkhA ml su rksuko fey jgh Fkh]  
 u dkbZ tgmt fey jgk Fkk vls u ukokadk dkbZ  
 cMk fey jgk FkA vFKZ~Hkjr dh efgek ds  
 I kxj dsikj djusdk dkbZmik; ughaFkA efu  
 of'k'B tS segkKkuh Hkjr dk ; 'lxku ugha dj  
 I drsrksvls dksu dj I dsxA tS srkyk dh  
 Nkvh I h I h h ea I epz ugha I ek I drk ml h  
 rjg I k/kj.k ylx Hkjr dh c<kbZ djus ea  
 vl eFKZfl ) gkA Hkjr dsifr meMsvujkx I s

ifjpkfyr dyx# jke ds I efk viuk i Lrko  
 j [krsgarc jke usdgd& gsukFKj] mik; rksvki  
 gh dsgkFk eagA vki dk # [k j [kuseavls vki dh  
 vkKk dks I R; dgdj ml dk ikyu djuseagh  
 I cdk fgr gA i gysrisep svkKk nhft, fd ea  
 D; k d: ; \ ea vki dh I h [k dks vi usekFks ij  
 ekj.k d: xkA jke us viuh ckr ea dgk fd  
 of'k'B th dh vkKk dks I R; ekudj ikyu  
 d: xkA bl dk rRi ; L; g gSfd vkKk ea I R; dh  
 j {k gksuh pkfg, A jke dk dFku I udj of'k'B th  
 usl eL; k ij fopkj djuseaviuh vl eFKZ idV  
 dh D; k Hkjr dsifr mudk tksie meMk ml I s  
 fopkj djuk ckr/kr gvkj Hko fopkj dksnck nrk gS  
 bl fy, Hkouk dks eukfodkj dgk x; k gA x#  
 of'k'B jke I sdgrsg&

Hkjr fcu; I knj I fupv]  
 dfjv fcpk: cgljsA  
 djc I [ker] ylsdr]  
 ui u; ] fuxe fupjsAA

Hkjr dh I knj fou; dks I fu, vls fQj gs  
 jke] ml ij fopkj dhft, A fopkj djusdscn  
 , I k dke dhft, ftl I sl Ttu i # "k] turk  
 I ger gk tksjktulfr dsvuuply gksvls onka  
 dsKku dk ftl ea I kjak gkA dyx# dk jke  
 dks; g I p-ko gSfd I Hkh ckrka ij cgr xEHkjr k  
 I s fopkj djds tks vki fu" d" kZ fudkye ml ds  
 vuq kj dke dhft, A

nhi je dkykuh f'kojjh e-iz 473551





dgj ggek k

NM di k kdj ' kek ^ v pnd \*

Hhrj dk rksl p gh gksk ckgj gSek; KA  
 Hkyv Hky, Ssdh uxjh esD; ksdj Hkjek; KA  
 ckj ckj dk vkuk tkuk  
 ; g vkr dSh \  
 esk rjk ; gh cgluk  
 > Dsoz tSHA

vk' kvksdk yxrk esk bl esD; k i k; k  
 Hhrj dk rksl p gh gksk ckgj gSek; KA  
 dc l s[ Mlk+ i Mrk jgrk  
 i rk fBdkusdks  
 xyh ekYyk l kjk Nkuk  
 ml dksi kusdks

Hhrj dsgj Qj l j /kkk gh [kk; k  
 Hhrj dk rksl p gh gksk ckgj gSek; KA  
 gj i y cqrh jgrh [kk; k; k  
 l r jxh l i us  
 ru eu fQj Hkoqrto'k gks  
 yxsuke ti us

pyk vplud NM-gkSyk tksysl j vk; k  
 Hhrj dk rksl p gh gksk ckgj gSek; KA  
 l lxj ugha unh cu tkvs  
 bl vpx/ eu dks  
 dks'k'k l sl c dñ gsktrk  
 thrsthou dks

fcNMk+ehr nsjgk gsk mft; kjk yk; k  
 Hhrj dk rksl p gh gksk ckgj gSek; KA

38&,) fot; uxj] djrkji jk t; ij&302008

कविता

j ledi kl sghdNfy [ kuk

HkupUkf=i kE] eAjd

eugj xlr fy[veSdSjkg fujh vutkuh gS  
 jleNi k l sgh dN fy[kuk vi uh jledgkuh gSA  
 xlr d kj ; k l dfo cuyeS  
 , sk dN vflleku ugh  
 esgh Kluoku gvt x es  
 , sk Hh vflleku ugh  
 , d i vZi jesoj gh rksl dy dylfon-Kkuh gS  
 jleNi k l sgh dN fy[kuk vi uh jle dgkuh gSA  
 og Hh dSk dfo&ySkd tks  
 vgd kj dks[ksu l dk]  
 vi uk l cdN vfi Z djds  
 i kqdk l ed gksu l dk]  
 vgd kj usckr l R; dh ugh dHh Hh ekuh gS  
 jleNi k l sgh dN fy[kuk vi uh jledgkuh gSA  
 osvfr /ku; &eU; gStx eS  
 ftudksi kqdk i B feyk]  
 ftudsd y dfoRo l sl cds  
 eu dk Hko&i z wf[kyk]  
 og gh J) k&T; kE] yksl estksthou j l nkuh gS  
 jleNi k l sgh dN fy[kuk vi uh jledgkuh gSA

l kfgR; e.Mi plnykd dkykuh] 'kgtknij vdcji.g] vEcMdj uxj] m-i-z&224122





ဟဲရ သဲဟဲဟဲက



# Hjr dhfp=dw; k=k

I ukr u d ekj okt i s h' ukru\*

Jh Hjr dh fp=dw ; k=k ekul dkj ds vuq kj I k(kr-Jh)ke i e dh ; k=k gA

Jh Hjr ufugky I sv; k'; k okfi I vk; A i js uxj eaf0"kn dscnyA u dghag"ku mYykl A tksHh I keusi Mfs t gkj dj fcuk dN ckysegj Qj yrA Hjr HkdpdA dN Hh rksughal e> ik jgsFksoA D; k gksx; k vkt vo/k dks\ I kpk ekj dsegy ea i Hkq Jh jke] ekri] firij I Hh i fj tu vkum euk jgs glkA yi drs gq i gps ogkA ekj d'eds h g"zeaf0HkA vkjrh I tk; svdsh [kMh Fkh ogkA vU; dkbZ ughA Hjr I sughajgk x; kA i n cBs ekj I svU; ylx dgk gA\ekj d'eds h us vi us NfrRo dh i jh dgkuh I qk nh mlgA I qdj Hjr griHkA i Hkq Jh)ke dk ouokl A fir k dk ej.kA v; k'; k ds jkT; otko dk yHkA ey ea ekj dk i e&ekjA I cdh tMheHkjrA D; k djrsosi Hkq ds fo/kku dka I a kj dh ; gh jhfr gA

vc Hjr ekj dksKY; k dh xkn eagA QW i Mh fogeyrka jks i Ms-os QW&QW/djA Luge; h ekj dk gkFk fl j i jA ughal Hkky i k jgsFkshkjr vi us vki dka

x# of' k'B ds vkn'skkud kj nu jsfnu fir k n'kjFk dh vUR; s'V dk I eki uA x# of' k'B dk Kkue; min'skA Hjr dks jkT; fl gkl u ij vfhk'kDr djus dh ; kstuka x#oj dk vkn'skA

efi=; ka dh ea.kkA Kkue; h ekj dksKY; k dh Lug fl Dr I e>kb'kA I c 0; FkA Hjr dk ,d gh vlxg%ns[kscfuqj?kphj in] ft; dh tjfu u tkbA bl fy, i kr%dky pfygka i Hkq i kgha I cus I qkA Hjr dsLo: i dks i Fke ckj I e>kA I c r\$ kj gksx; sl kFk eaou tkusdka dkbZv; k'; k eajgusdksr\$ kj ughA

v; k'; k dh I j (kk dh 0; oLFk dj Hjr py i Msfp=dw dh vkjA I a fUk rks I c j?kq fr dh gA fcuk I j {kk fd; s tkr s rks d\$ s \ ekri; a Mksy; ka eA x#oj of' k'B jFk eA prj'x.kh I suk I ak eA I Hh ykx I eipr okguka eA vdsyHkjr i ko i ; kns I cds vlxA v'o [kkyh muds i hNA d'edMj dfV i j kaeapHk jgs gA txg&txg [ku Nyd jgk gSmudA dghai j [krsg] dghai Mfs gA jke&i e dh eLrh ea eLrA ng cks I si jA I a kj I smijrA jke&i e ea i wZ i xs I A Lug I qkk j I ea Nds I A I oZ= Jh)ke dsn'kuA jke rRo ds vfrfjDr an; eadN Hh 'k'sk ughA

ekj dksKY; k usHkjr dh n'kk ns[khA I e>k; kA cV/kj v'o ij I okj gks tkvka vU; Fk r'igkj h ns[kk ns[kh I c ylx i sy pyuk i kj Hk dj naxA I c nq[kh gA d'k gA Hjr usl qkA ekj dh vkKk dk vuq kyu fd; kj fdUrq vkf[kj dc rdA I kprs gA ej s i Hkq fcuk in =k.k ds i kp i ; kns

dk/vka ddmka l s ; Ør ou ea pknng o"lz rd  
 HkVdrsfQja vks gekjsfy, ; sjFk] ?kkM/ gkFkh  
 vks jkt l h BKvckVA dš h foMEcuk gS; gA D; k  
 ; gh iæ dk Lo: i gS\ D; k bl sgh l øk&/keZ  
 dgrsgā\ fl j Hkj tkÅamfpr vl ejkA ; g  
 ejk /keZ gā Ūkaxoj ij dh fudVrkA fu"knjkt  
 vl eatl eA Jhjke ouokl hA Hkjr fo'kry  
 prjix.kh l suk ds l kFA fu'pr gh foxzg dh  
 vk'kadA vi uk jkT; fu"dv/d djusdh ; kstuka  
 eA Jhjke dk l ød) ejsgsrHkjr dk ; g l kgl A  
 xak i kj ugha dj ik; øA l kkkX; e; h eR; qdk  
 oj.kA Jhjke dk dk; Z vks muds Hkkbz ds gkFk  
 ekFA Hkys [kr jgwi j Hkjr dks; gkal svkxsc<us  
 ughanckA rHk dN 'kxqA , d o) dk ijke'kA  
 Hkjr foxzg ds fy, ugha Jhjke dks eukdj  
 v; k; k okil ykus dks tk jgs gā vr% eel  
 tkuuk vko'; d gā l gl k dk; Z djus l si hNs  
 i 'prki djuk i M-rk gā fu"kn l ger gksx; k  
 bl l A

fu"kn Hkjr dsl ekt dsl e{k nj l sgh Hkfe  
 ij yV dj l cdksn.Mor izkke djrk gā x#  
 of'k'B Hkjr dksml dk ifjp; nrs gā ; g Jhjke  
 dk l [kk fu"knjkt gā

Hkjr usl qkA yxk tš sJhjke l sgh HkV/ gks  
 xbz gks mudhA mNy i M-jFk l A l eV fy; k  
 fu"kn dks vi us vad eA us=ka l s>j&>j vJq  
 Vi d jsgā ān; Hkj k gvk gā ok.kh xnxn-gā  
 iæ dk l kxj meM+i M+ gā Hkjr ij h rjg fueXu  
 gks pps gā ml eA fu"kn Hk M+ x; k Hkjr ds  
 l kFA ifgpku x; k Hkjr dsl Pps iæ dka /kU;  
 gksx; k og l ekt l sfrjLÑr fu"knA Jh jke  
 dk n'kz vks ml ds ifrQy Lo: i l k{kr-iæ

dh efrZJh Hkjr l se/kj feyuA l k{kr-jke&iæ  
 dk vorj.kA jkf=okl oghA l Hkh yks foJke  
 eA ij Hkjr dkspsu dgk\ ; g og i kou LFkyh  
 gStgkaej s i Hkqusfu'kk fcrkbZFkA fdruh i kou  
 gS; g Hkfe \ fdruk l kkkX; 'kryh gS; g fu"kn \  
 bl s i Hkq dh l øk dk vol j feykA l kā fn; s  
 vi us gkFk fu"kn ds gkFka eA Hkjs gq ān; l s  
 cky& HkS kj ep-s ml LFku ds n'kz dj k nks  
 t'gkaej s i Hkqu d qk 'kS k ij fu'kk fcrkbZFkAB ys  
 x; k fu"kn ml gaml LFky i jA QQd i M+HkjrA  
 dkey 'kj hj okysej s i HkA ; g dBkj HkfeA i Ūka  
 dh 'kS k ij mudk 'k; uA vkg) ejh ; g Nkrh  
 fonh.kZD; kaughags tkrhA yxrk gSog dfy'k  
 l sHk dBkj gā fxj i M+n.Mkdkj gksdj ogkA  
 /m/ dksyxk jsgā vi us fl j vks us=ka eA D; k  
 ; g l keld; /m/ gS\ bl usej s i Hkq ds Jh pj.kka  
 dk Li 'kz tks fd; k gā fu"kn ml gamBkus dh  
 psVk dj jgk gā ij Hkjr Hkjr gkarc uA osrks  
 jke e; gksppsFkA mudk l kflu/; fey x; k Fk  
 Hkjr dka ngk/; kl l si jsFisoA

ni jsfnu i kr% fu"kn us vad ukoæ eakbz  
 l c , d l kFk i kj gksx; sl j l fj l A ' ; keo.khZ  
 fgykjs yrh gpbZ; epkj ty ij n'V i M+ Hkjr  
 dhA l kpusyxA ej s i HkqHk rks' ; ke o.kZ dsgā  
 D; k eāmlgha dsn'kz rksughad j jgk \ i yfdr  
 gks mBs HkjrA vc Hkj jkt efu ds vkJe eA  
 l ødipr Hkjr l keuk ugha dj i k jgsFks mudkA  
 efu us l e>k; kA Hkjr rē 0; FkZ vi us dks  
 vij/kh eku jsg gks vks ek dks nksk ns jsg gkA  
 rēgjk ; 'k rksfu"dyd plnek dh rjg i fo=  
 gā rēgjs ān; eajke iæ dk okl gā rē  
 l k{kr-jke&iæ dh efrZgkA ge l Hkh iz kxokl h



/kU; g8ftUga i HkqJh jke dsn'kU gq A vKj i Hkq  
n'kU dsQyLo: i ge rfigkjsn'kU dj jgsgA  
rø I dfr fcYdy er gks/vKj bl vkJe ea  
vkt jkf= foJke dk ejk vka=.k Lohdkj djka

D; k djrsHkjrA \_\_f" k dh vkKk dk mYy?ku  
dS sdjrs\l c #d x; s jkf= ea ogka fl f) ; ka  
, oal ødkadsek/; e l svfrffk; kadsvkfrF; dh  
JSBre 0; oLFka Hkks dh l elr l kefxz; ka dh  
mi fLFkr fdUrjke i øh Hkjr dk Hkkska l sD; k  
iz kst u \l d kj l s i wZ mi jkerk tks Fkh ogka  
Hkjr dk an; rks Jh jke i ø dk xHkhj fl U/kqFka  
Jh jke dsvfrfjDr vkh rd dkbz tku Hkh rls  
ugha l dk Fkk bl jgL; dka vr% ml sl cds  
l e{k i jkl usdh i Hkqdh gh yhyk Fkh l cA ; Fkk&

i ø vfev en# fcjgdHkjr i ; kSk xHhJA  
effk i xVas l j l kicgr Ni kfl U/kj?kjAA  
; fn Jh jke ou xeu dk il x u curk rls  
Hkjr dsan; fl U/kqeaFNisbl jke i øker dks  
i klr dj ykx dS s/kU; gksi kra

Hkjr tS svfrffk dks i kdj /kU; gks x; k og  
\_\_f" k dk vkJeA ogkami fLFkr l Hkh ykxA

i kr% \_\_f" k dks i z kke dj i Fk&n'kZlkadsl gkjs  
py i Ms l Hkh vkxA T; k&T; kaHkjr vkxsc<fsga  
R; k&R; ka mudk i ø xgjk gkrk tkrk gA tgla  
dghaj t eanf"V i Mfh gSi Hkqdspj .k fpguka i j  
Hkjr ekFkk Vcl nrsgA oglaekxZea tksHkh jkgxhj  
feyrs ga mul s i Nrs ga vi us i Hkq dk i rka  
ftudh Hk/ i Hkq l sgZgSmueamUgal k(kkr-i Hkqds  
n'kU gksrgA ekxZdh >kfM; ka l § o{kka l sfy i V  
dj jksyxrsrgA Jh HkjrA /kU; gS; sl cA l Hkh us  
i Hkqdk l kflU/; tksi klr fd; k gSvKj , d fu"Bj  
e8ft l dsdkj .k ; g l c nqZ kka ejk tle gh i Hkq

dksd"V nusdsfy, gø/k gA bl l d kj eadkU  
gkxk eø l k ulp \ dghaejsuke dks l ødj i Hkq  
Jh jke ek l hrk vKj y{e.k l fgr vU; = u pys  
tk; a\

fQj i HkqJh jke dsLohko dk Lej .kA i Hkqrks  
ije mnkj gA vi us tu dsnkSk nS krsgh ughA  
mrkoys gkdj ix i MeusyxrsgA Hkfe i JA g"Z  
l ekrg ughaân; eA fQj vpkud ek dsNfrRo  
dk /; kuA mRI kg BMk gkstkrc gSI kjka ix i hNs  
i Meusyxrsg&

tc l eqr j?kqkFk l HkAA  
rc i Fk i jr mrkby i kAAA  
Qjfr eugapkrqNr [ kjsA  
pyr Hkxfr cy /khjt /kjsAA  
Hkjr nl k rfg vol j dShA  
ty i økj; ty vfy xfr tSiAA

Jh Hkjr tc jkeuke dg dj yEch ml kl  
yrsgArc pkjkavkj i ø dk l enzl k meM+i Mfk  
gA ; Fkk&

tcfgajke dfg yfga ml kl ka  
mexr i ø eugapgoj kl kAA  
nøfga cpu l fu dfy l i "kuka  
i jtu i ø u tlb c [ kuka  
; g Fkk Jh Hkjr dh fp=dW; k=k dk Lo: i A  
tga tga jke ckl fcJkka  
rga rga djfga l i ø i zikaAA  
fl fky vx ix ex Mfx MksfgA  
fcgøy cpu i ø cl cksfgAA

Jh jke vl eat l eA y{e.k Hkfer gA  
fuf'pr gh Hkjr vi us jkT; dksfu"dø/d djus  
vk jgs gA ij ejs gkrs D; k l Hko gks l dsk \  
vkt nksukaHkbbZHkjr vKj 'k=øu fuf'pr gh l ej

Hkfe ea'k; u dj&A i HkqJhjde dh l e>kb'k&  
 l qgoy [ku Hky Hkjr l jhl ka  
 fcf/k i žp egal qk u nhl kAA  
 Hkjrfgagks u jkten]  
 fcf/k gfj gj in i kbA  
 dcdgpdh dlati l hdjfu]  
 Nhj fl d'kqcul kbAA  
 i HkqvJe dh fudVrika fu"kn usl dtr l sgh  
 Hkjr dks ml ds n'kū djk; A ofndk ij i Hkq  
 fojktekuA okek<sup>3</sup>x eaek l hrika efu eMyh ds  
 l kfk l RI &A y(e.k ohjkl u ea l ok ea l lu) A  
 Hkoy x; sHkjr l c dNA mex dj py i M+ml  
 vkiA Hkjr dk vi dZ i e n'k fu"kn Hkh Hkoy x; k  
 ekx& norkvkaus i qi o"kl dj ekxZ dk funž ku  
 fd; ka vkJe dh l hek eai dsk djrsgh Hkjr ds  
 l kjs nq'k l ektr gksx; A l k/kuk dk i wZ Qy  
 i ktr gksx; ka i Hkqdsn' kū gksx; A  
 i kfg ukfk dfg i kfg xks kbZ  
 Hkroy i jsyd'v dh ukbZA  
 Hkjr jksyx&A Jh jke usl qkA nkM+i Mshkjr  
 dksxysyxkusc' qk l sgkdj &  
 pysjke l fu i B v/hjkA  
 dgd'j V dgd'fu"lak /kuqrhjkAA  
 Jh jke usyxk fy; k Nkrh l sJh Hkjr dka  
 Jh jke jke ughajgA Hkjr Hkjr ughajgA ek= i e  
 dh i zkurk&  
 feysi B i ju nks HkbbZ  
 eu c'k fpr vgfefr fcl jkbZA  
 dks dNqdfgv u dks dNqj MA  
 i B Hkjk eu fut xfr NMAA  
 vc l eL; k Fkh i Hkq Jhjde v; k'; k dS s  
 okfi l py& x# of'k" B us; QDr crkbA

req dkuu xougqnes HkbbZ  
 Qšvfg y [ku l h; j?kpbZA  
 Hkjr usl qkA cky i M&  
 dkuu djgq'tue Hkfj ckl &  
 , fg rsvf/kd u ekš l o'kl Mv  
 x# of'k" B HkqpdA ufgal e> i k; sFksvHkh ; s  
 Hkjr dh fprofuk dka /keZ/otk /kkj .k djusokys  
 Jhjde dksy's/kuk l jy dke ughaFA Hkjr usi nk&  
 px#no vki vius dflu dls l R; djk nift; &B  
 x#no fu#i k; FA d'j) dks h gksx&A Hkjr dsie dh  
 efgek dsl e(k oscgr Nks'cu x; &  
 Hkjr egk efgek ty jkl ha  
 efu efr Blf<+rhj vcyk l ha  
 xk pg i kj tru cgq'jsA  
 i kofr uko u cksgr cjskAA  
 vlr eaHkjr usi HkqvKk dksgh JSB ekurs  
 gq l cds vl eat l dks nj djrs gq i Hkq l s  
 plng o"zvi usthou dsfy, voyEc dh ; kpuk  
 dhA i Hkq Jhjde us mlga vi uh pj.k i knq'k; a  
 i nku dj nhA ; Fkk&  
 og voyEc nš ekšj nšZ  
 vof/k i kj i kolst'fg l sZA  
 i HkqJhjde rks i je mnkj gA Hkysgh Lo; adk  
 l dYi rkm'ek i MafdUrqHkDr dsl dYi dh j'kk  
 gkA ; gh mudk fu; e gA i Hkq tkursg'fd Hkjr  
 rksej'spj .kka dsi q'kjh gāogharksmudk voyEc  
 gA  
 jke pju i d't eu tkl Mv  
 yq'q e/kq bo rtb u i kl Mv  
 l e> x; si Hkqjke Hkjr ds'er0; dka Hkjr  
 ejs pj.k plgrsgA vFkkZ~l k'kr ejh rk'Rod  
 mi l Fkfr v; k'; k eap'grsgA i HkqJhjde opu

Hkh rksnspdsFks&

Hkjr dgsl ksd; shkylbZ

'kjhj l sv; k'; k ykSuk rks l Hko ugh FkA ns  
nhaHkjr dk vi uh pj .k i knplk, A l k{kr-vi us  
pj .kA 'kDr Lo: ik l hrk l fgr vi usvki dka  
Hkjr efnr gksx; A ; gh dkeuk rksFkh mudhA ; s  
Hkdrd i knplk; aughagA l k{kr ejs i Hkqvks ek  
l hrk gA mBkdj /kkj .k dj fy; k Hkjr usmlga  
vi usf l ij&

i Hkqpfj N i k i kpjh nhUghA

l knj Hkjr l hl /kfj yhUghAA

pju i hB d#.kk fu/kku dS

tuqtq tkfed izk i ku dSA

l i kj Hkjr l ug jru dS

vk[kj tq tuqtho tru dSA

dq diW dj dqy dje dS

foey u; u l sk l dje dSA

Hkjr efnr voyEc ygsrS

vl l qk tl fl ; jke jgsrAA

; g FkA i Hkq dh pj .k i knplkva dk Lo: i A  
ek; k e; 'kjhj ou eA rRo Lo: i i HkqHkjr ds  
l kFkA v; k'; k eA

U; kl h cudj Hkjr v; k'; k ds jkT; dk  
l pkyu dj jgs gA jkT; kl u ij i Hkq dh  
i knplk; avkl hu gA mlghadk fur; i ntu] vpZ  
vks mlghadh vkKk l sjkT; dk l pkyu&  
fur i vr i Hkqi kpjh] i hr u an; l ækrA

ekfx ekfx vk; l qdjr] jkt dkt cgqHkrAA

; g Fkh Hkjr dh fp=dW ; k=k vks mudh

i je mi yfC/kA l k{kr-i je i Hkqi jekRek Jhjde ds  
pj .kkadh i kflrA

ge vki l c rhFkAdk l ou djrsgA fp=dW/  
n'kZ] xak Luku] Hktu] i ntu vpZ vkn fur;  
deZ l a knr djrsgA fQj Hkh jgrs tgk dsrgk  
gA gekjh mi yfC/k 'k'; gksrh gæek=] l e; dh  
cckzh vks Hkæ cuusdk vkMEcj ek= brusdk  
gh fuoZu gksi krk gSgel A Hkxoku dh i kflr gea  
dHkh ughagksrA vkf[kj D; ka, d h fLFkr gSgekjh\  
D; k Hkjr l k Hko cu i krk gSgekjk \  
cl] bl h izu dk l ek/kku gSHkjr dh ; g

f=dW ; k=kA ge bl i æ eie l svokgu  
djA Jh Hkjr dk vuqeu djA Hkjr e; gks  
tk; A ftl {k.k , d h fLFkr cu tk; sx jke e;  
gksuseafoyEc ughayxskA fo'okl j [ka i Hkq dh  
i kflr l quf'pr gS l kjk tx Jhjde dk ti  
djr k gA Jhjde Lo; Hkjr dk ti djrsgA ; Fk&

Hkjr l fj l dksjke l ughA

tx ti jke jke ti tghAA

jkefga dsy i æfi ; kjkA

tku yfga l kstufugkjAA

vkb; } ge i æ l si Hkqpj .kka l stqAA Hkjr ds  
l n'k i Hkqpj .kkadsvul; i æh cuA i Hkq dh i kflr  
l quf'pr gA

eku l Hkjr h] uoEcj] 2008





# Hj r dsi fr v'kkdk;

## Ni ep (Mfcg) hy ky ekffj

tul k/kkj.k ea ,d /kkj.kk ;g Hkh gS fd jkek; .k dsi Hkko i w'kZ e[; uk; d rksHkjr gA Jh jke fo".k qds vorkj FkA mUgaekuo : i ea i w'kZ e; kZnr jgdj ,d vkn'kz LFkfi r djuk FkA bl fy; sosekrk d'eds h v'kZ fi rk dh vkKk dk i ky u d jrsqg plng o"zou eajgA Hkjr rks, d jkt d'ekj FkA tksjkt; mudks viuh ekrk v'kZ fi rk dh v'kZ I sfeyk FkA %l eaHkysgh n'kj Fk us /ke&l dV ds d'k .k I gefr nh FkA ml s mUgk us viuh LoPNk I sR; kx fn; k FkA bruk gh ugha Jh jke ds ykS/us rd ml h jkt; dh mfpr 0; oLFk dh FkA rikh rksHkjr dks\_f'k Hk j }kt us pfu"i ki Hk jr B] Jh jke usp/keKB f=oskht h uspl c izdkj I s I k/kB dgdj I EckS/kr fd; k FkA jkep fjr ekul eanorkvkaus; g rd dg fn; k fd& p'tksu gkr tx tue Hkjr dsi dy /kje /kj /kjfu /kjr dksA bl ugha Hkjr dh /k'fed i f'fr] I k'rod ofuk] R; kx Hkkouk] I E; d n'V] I n-pfj=rk] e; kZnr 0; ogkj] an; dh fuey'rk vkfn dsi fr vk'kkdk; ;0; ä dh xBA

I o' Fke Jh jke dksgh yA mUgaHkjr dksjkt; fn; s tkus dk v'flok Lo; a dksou ea eajgus dk fd'apr Hkh n'k] k ugha FkA mUgafi rk n'kj Fk rFk ekrk dks Y; k v'kZ I fe=k dh cgr fpark FkA

Hkjr dh I en'Vrk] e; kZnk v'kZ an; eafuey'rk ij i w'kZ fo'okl ugha FkA y{e.k dks v; kS; k ea jgus ds fy; s I e>krsqg mUgk us dgk Hkjr Hkh jkt; i kdj d'eds h ds v'khu jgus ds d'k .k n'k] k; k dks Y; k v'kZ I fe=k dk Hk j .k i kSk.k ugha d'k %k'Yehdh; jkek; .k 2 d'k.M@311 xZ@14 'yk d' B%ou eai gpkus d'k I kFk vk; sqg I fe= I s oki I v; k; k ykS/ tkus ds fy; s Jh jke us dgk Hkjr dksgekjk ; g I ns'k dg n'ft; sfd r'igkj h n'V ead'eds h dk t'sLFku gS ogh I eku : i I s I fe=k v'kZ ejh ekrk dks Y; k dk Hkh g'kuk mfpr gS bu I c ead'k bZ v'U r j u j [kuk %2@5@35%AB pl s gqekrql dy I e tkub rFk %v'kZ f'ckgsgg Hk; i Hk bZ] d'fj fi r'q ekrq I q'u I d'k b' B %jkep fjr ekul dk.M 2@p'kS kbZ 152%ou ea t'krsqg iz kx eaxak d'k i kj dj ou ea, d jkr jgdj Jh jke us y{e.k dks ogha I s v; kS; k ykS/ tkus ds fy; s n'k] k I e>krsqg dgk fd bl I e; Hkh I k'kkX; dsen I sefgr g'pZ d'eds h ejs d'k .k dks Y; k v'kZ I fe=k d'k d"V i gpk I drh gA %2@54@18% Jh jke dgrsx, %keK y{e.k! d'eds h ds deZcM% [k'v/s g'og }Sk&o'k vU; k; Hkh dj I drh gA r'igkj h , oaejh ekrk dks te j Hkh ns I drh gA\* bruk gh ugha Jh jke

dks Hkjr ds jtkk cu tkus ij fir k n'kjFk ds  
 thou rd dh Hkh fpark FkhA mlGkaus y{e.k dk  
 l ko/kku djrsqq dgk dgha, d k u gksfd jkuh  
 dñs h Hkjr dksvk; k n[ k jtkk dsfy; segjkt  
 dks i k. kkal slkh foeä dj na12@54@71A

y{e.k dks Hkjr dse; kñr jgusv[ äñ; ea  
 fueÿrk dsifr v[akdk FkhA y{e.k dh fpark  
 Jhike dh dqkyrk dsfy; svf/kd FkhA Hkjr ds  
 l suk l fgr ou ea vkus ds l ekpj feyrs gh  
 mlGkaus Jhike l s dgk Hk[ k! fu'p; gh og  
 dñs h dk i e Hkjr g[ tksv; k[; k ea v[llr"ä  
 gkdj vi us jkT; dk fu"d. Vd cukusdh bPNk  
 l sge nksak dskkj Mkyus dsfy; s; gkavk jgk g[  
 12@96@171A v[ fd br[ vktqjke in i kbA  
 pys/kje ej tkn eVkbAA d[vy d[akq d[vol j  
 rkdA tkfu jke cuokl , dkdhAAB 1/2 kepfjr  
 ekul 2@2281/2 y{e.k ds Øk[ dh dkbZ l hek  
 ughajgh v[ og dgusyxspohj j?kukFkth! ; g  
 Hkjr gekjk 'k=qgsv[ l keusvk x; k g[ vr%o/k  
 dsgh ; k[; g[ 12@57@231A y{e.k us Hkjr ds  
 l kFk vi us Nk[ s Hk[ bZ dks Hkh 'k=q l eku gh l e>k  
 v[ dg fn; k b[ke fujknj dj Qyqi kbA l kogg  
 l ej l st nksn Hk[ bAAB 1/2 kepfjr ekul 2@2301/2

dk[ Y; k dks Hkjr ds jtkk cuusij tgkaLo; a  
 dh dqkyrk dh vk'k[dk Fkh] ogha Hkjr }kj  
 Jhike dks jkT; yk[ vkus dsifr Hkh vk'k[dk FkhA  
 tc Jhike ou tkus dh vkKk y[us dk[ Y; k ds  
 ikl x, rks vi us äñ; dh i hMk 0; ä djrsqq  
 mlGkaus dgk& be[ dñs h dh nkfl ; ka ds cjkj  
 vFkok mul slkh x; h&chrh l e>h tkrh g[ tks  
 dkbZejh l ok ea jgrk ; k ejk vu[ j.k djrk g[

og Hkh dñs h dscV/sdksn[ kdj p[ gks tkrk g[  
 e[ l s ckr ugha djrk g[ 12@20@42&431/2  
 dk[ Y; k us n'kjFk l s dgk b[ Jh jkeplnz dks  
 ouokl ndj l Qy eukj Fk g[ l Hkxk dñs h  
 l nk l ko/kku gkdj e[ s =kl nrh jgschAB  
 12@43@31A Hkfo"; dsifr l ko/kku djrsqq  
 dk[ Y; k us fQj dgk& p; fn i l n[goa o"iz  
 Jh jkeplnz i q%ou l syk[ s rks Hkjr muds fy; s  
 jkT; v[ [ktkuk NkM+n[ , d h l EHkkouk ugha  
 fn [kk; h nrh g[ 12@61@111A

jktk n'kjFk ; | fi ; g ekurs Fksfd Jhike ds  
 fcuk Hkjr fdl h rjg jkT; ysuk Lohdkj ugha  
 djaks bpg ru Hkjr H[ir rfga Hk[ B 1/2 kepfjr  
 ekul 1@361/2 fQj Hkh , d vk'k[dk vo'; Fkh  
 fd Hkjr jkT; l Ük dk i yk[ku NkM+ugha i k, aA  
 bl ckr dh l EHkkouk bl l e; v[ vf/kd  
 cyorh gks tkrh g[ tc jtkk us dñs h l sdgk  
 b[fxu ds l ehi e[ dk i k B dj ds r[ sft l gkFk  
 dks i dMk Fk[ ml svkt NkM+jgk g[ l kFk gh r[ s  
 v[ vi us }kj k mRi Uu gq r[ s i e[ dk Hkh R; kx  
 dj jgk g[ 12@14@141A

v; k[; kokfl ; ka ea Hkh , d oxZ , d k Fk ft l s  
 ; g vk'k[dk Fkh fd Jhike dksou ea h[st use Hkjr  
 dh Hkh l Eefr v[ l gefr g[ p, d Hkjr dj  
 l er dggh 1/2 kepfjr ekul 3@481A

ouokl ; ka dks Hkh Hkjr ds äñ; dh fueÿrk  
 v[ l Tturk dsifr l ng FkhA tc fu"knjkt  
 x[ us x[ck unh ds rV ij Bgjh g[ Hkjr dh  
 l suk n[ kh rks ml us vi us Hk[ B c[ak/ka l s dgk  
 b[fu'p; gh bl ea n[ Hkjr Hkh vk; k g[ v[ g[ e[  
 l e>rk g[ fd ; g vi use[ =; ka }kj k i gys ge

ylskædk o/k dj Mkysxkj rRi 'pkr n'kjFk ulnu  
 jke dks Hkh ekj MkysxkAB ½@84@14%  
 fu"knjkt dh vk'ædk bruh icy Fkh fd ml us  
 ; |fi Hkjr dsl kFk gh Jhjde l sfeyusdh bPNk  
 idV dj nh Fkh] fQj Hkh Hkjr dls i n gh fy; k  
 pi jUrq, d ckr crkb; svuk; kl gh egku i jkØe  
 okys Jhkeplnzth ds ifr vki dkbz nHkzok  
 ysdj rksugha tk jsgs\ vki dh ; g fo'ky l suk  
 ejseu l s'ædk l h mri lu dj jgh gß ½@85@71%  
 ptki sft; ; u gkr dlykba rksdr ytlg l æ  
 dVdkbB ½kepfjr ekul 2@189%

l ka kjd cakula l s rFk jkx&}Sk l seæ  
 \_f'k&efu; ka ea Hkh Hkjr ds ifr l nHkzok vj  
 fo'okl ugha FkA xak ikj djds tc Hkjr  
 Hkj)kt&vkJe igpsrksesuoj usmul sdg gh  
 fn; k præ rksjkt; dj jsgksu \ejk eu rfgkj  
 vj l s'æ ughagsjgk g& ejk fo'okl ræ ij  
 ugha terk gA bl fujijk/k Jhjde vj ml ds  
 Nks/s Hkz y{e.k dk ræ vd.Vd jkT; Hkxus  
 dh bPNk l s dkbz vfu"V rksugha djuk pkgrs  
 gks\B ½@90@10&13%

; g LokHkfod gSfd Jhjde ds ifr vfr'k;  
 Lug vj J)k ds dkj.k] mudk ou tkuk  
 l udj] l Hkh ysk 0; ffr gg vj viuk jkSk

idV fd; kA l Etkor; k fdl h us Hkh Hkjr dh  
 ifrfØ; k vFkok Li"Vhdj.k dh irh{kk ughadhA  
 , d k yxrk gSfd cgr l e; l s Hkjr eafdl h  
 okLrfod vFkok dkYi fud deh dh vk'ædk dks  
 0; ä djus dh icy bPNk ds fy; } dhkh dkbz  
 cgmuk vFkok vol j <æ jgsFkA

vk'ædk rc gkrh gStc vi f{kr dk; ZvFkok  
 0; ogkj ean<+fo'okl ughagkrk gA fo'okl ds  
 dbzLrj gkrsgA l cl smPp Lrj ij gkrk gS  
 vfmX fo'okl A bl fLFkr eaviuh vi f{kk ds  
 ifrdy dk; Z; k 0; ogkj n[ks l qus ij Hkh  
 fo'okl cuk jgrk gSvj ifrdy gksusdsfo#)  
 dkbz exz <æ rsgA vire Lrj ij gkrk gS i wZ  
 vfo'okl tgka vi f{kr dk; Z vj 0; ogkj  
 n[ks l qus ij Hkh ml eal ng cuk jgrk gSvj  
 vuqyrk dks vLokHkfod crk fn; k tkrk gA  
 bu nkuka Nkj dschp eaf'okl dsdbzLrj gks  
 l drs gA tS s vk/kk&v/kjk fo'okl ]  
 ifjLFkr tU; fo'okl vkfnA

; |fi Hkjr ds ifr l Hkh vk'ædk; j vlr ea  
 fuey gh jgha i jUrqHkjr ds 0; fäRo vj pfj=  
 ij , d [kntud /kkyk l k i Hko Mky xB] vj  
 og ; g fd rc Hkjr ea l ekt dk vVW vj  
 vfmX fo'okl ughaFkA

ræk-Hk- vi sy 2007





# i uomi fte Hjr dspj . k

i Lr k&v kpk ZNfj kes oj i l knxqr

Jhke pfjr ekul egkdk0; ekuo thou dsl qk l Ei Uu cukusdk 'kkkku  
 l fo/kku gA xktokeh ryl hnkI us vi uh bl l qfr ea vkrEKku ; k  
 i jekRe&l q'kL i R; {k djkus ds l qnj l ä ; k l pU= l atks sgA mlUgkus  
 Li "V fd; k gSfd fu%ig ; k fu"dke thou thusokys0; fä dsân; ea  
 i jekRek fuokl djrsgq smI svi uh mi fLFkfr dk cks'k djkrk gS&  
 ^tkfg u pkfgv dcgpdNq rfg l u l gt l ugA  
 cl gqfujrj rkl qeu] l ksikmj futxgAA\*\*  
 jk-p-ek- 2&131

Jhke dsvuqt Hjr th dk pfj= fu%ig fu'Ny] l jy rFkk fuey gkus  
 l svkt Hkh ykd dsfy; svuqj .kh; vkn'kzds: i eai je 'yk?kuh; cuk gqvk  
 gA ; gk tudY; k.k fgrk; Jh Hjr th dspj= dks i R; {k djkusdk l gt  
 l kfkdl l nq Øe i Lr qgA

pdhjr Hkfufjr Hkuv Hkfy l ksz  
 l qfj l e l c dgj fgr gksAB  
 jk-p-ek- 1&13&9  
 vFkz& dlfrrl dfork %ok.kh½ vlg l Ei fÜk  
 ogh müke g; tks xakth ds l eku l cdk fgr  
 dja  
 Hjrth dh l qhrrl ykd ds fy; s ije  
 dY; k.kdkfj .kh gA budsfo"K; eamYys[k Hkh gS  
 fd tksl d kj dk Hkj .k i ksk.k djrsgävFkz-vi us  
 l qnka l s l Hkh i kf.k; ka dks l rV djrs g; og  
 Hjr uke/kkj gA ; Fkky[k gSfd&

pfclO Hkju i ksu dj tksz  
 rdj uke Hjr vl gksAB  
 jk-p-ek- 1&196&7  
 xktokeh ryl hnkI th usmDr os'k"V; ds  
 vk/kj ij gh Hjr th dks i Fke l pU| ekuk gS  
 vlg ; g Hkh Li "V fd; k gSfd Hjr th bl fy; shkh  
 i Fke i w; g; D; kkd mudk fu; e vlg or  
 vo.kLuh; gA ; Fkk&  
 pi zomj i Eke Hjr dspjuka  
 tkl qus oz tlb u cjukaAB  
 jk-p-ek- 1&16&3

Jhjk dsuqt JHkjr dk pfj= LoPN 'kh' ks  
 dh Hkfr fuey gA mYy[k gSfd Jh Hkjr th dk  
 LoHko jkedFk : ih l fjr-dh l qnj 'khyrk gS  
 tksl nk , djl , oavo.kZuh; gA ; Fkk&

PHkjr l kkm l qhryrkZ

Ink , djl cfu u tkbZAB

jk-p-ek- 1&41&8

0; fä dsl Ppfj= dk vk/kkj 'khy gA 'khy gh  
 0; fä dk JSB Hkk. k gA dgg Hkh x; k gSfd p'khy  
 i jaHkk.keAB Hkjr th 'khyxqkxkj gA

Jh Hkjr th l naxqka dk i q: gA ekrlj firkl  
 Hkkb] ifjokj] lugh] iztk l c muds fy; s  
 i.k.&fiz; gA os Nyjfg] ifo= vj l jy  
 l pk.kh dsvxkj gA ; Fkkä gSfd&

PNyfoghu l qp l jy l qkuhA

ckyslkjr tkj tæ i kuhAAB

jk-p-ek- 2&166&4

vj Hkh dF; gSfd&

pekrdHkjr dsopu l qp] l kpsl jy l k; A  
 dgr jle fiz rlr rEg] l nk cpu eu dk; AAB

jk-p-ek- 2&168

Hkjr th eafu%igrk vj fouerk iwk isk  
 'kshkr FkhA jkT; dk l q[k vj Hkx mlgkuscMh  
 gh fouerk l sr; kx fn; k FkA ; Fkk&

pekj jkt gfB nbggqt cghA

jl k jl kry tkbfg rcghAAB

jk-p-ek- 2&178&2

pvki qp nk#u nhurkl dgm; l cfg fl # ulkA  
 nEks cuq? qk in] ft; dStjfu u tkbAAB

jk-p-ek- 2&182

Jhjkpfjr ekul ea Hkjr th , dsl Nrh  
 egki #k dgsx; sgftuds n'ku ek= l s0; fä  
 Hko jkckal seä gkstrk gA ; Fkkä gSfd

prsl c Hk; si je in tkAv

Hkjr njl esk Hko jkAAB

jk-ek- 2&216&2

Hkjr th dh vijfer xqkflor efgek l sgh  
 i jekRek Lo: i jke Hkh mudk xqkkuqkn djrs  
 gq ifn"V gA ; Fkk&

PHkjr l fj l dksje l ughA

txqti jke] jkeqti tghAAB

jk-p-ek- 2&217&7

bdgr Hkjr xq l hyd kAAB

i i ; ksk exu j?kAAB

jk-p-ek- 2&231&8

ek; k dh ek; k Hkh Hkjr th dsxqk xjso ds  
 l e{k vl gk; , oa fu#ik; fufnZV gA ; Fk  
 of.kZ gSfd&

pfcf/k gfj gj ek; k cfm-HkjhA

l k u Hkjrefr l db fugkjAAB

jk-p-ek- 2&294&5

Jhjkpfjr ekul ea Hkjr th , d egkekuo  
 ds: i eafu: fir gA mudh i hr] uerk fou;  
 vj cMkbZvo.kZuh; dgh xbZgA ; Fkk&

PHkjr i hr ufr] fou; cMkbZ

l qr l qkn cjur dfBukbZAB

jk-p-ek- 2&302&4

Jhjkpfjrekul ea Hkjr th dksfo | k] cf)  
 vj food dh =; h l s l Eilu , oa l e) dgg  
 x; k gS , oa de] opu vj eu ds , D; l s



I eflor Hkh dgk x; k gA i je /kekTek Hkjr th  
 dsl eku d0y Hkjr th gh mfYyf[kr gA ; Fkk&  
 brkr Hkjr rEg /kje /kjhukA  
 yksl c8 fcn i 8 i 8hukAAB  
 jk-p-ek- 2&303&8

bdje cpu ekul foey]  
 rEg l eku rEg rkrA  
 xg l ekt y?kqz/kqxq]  
 d0e; fdfe dfg tkrAAB

jk-p-ek- 2&304

Jhjkpfjr ekul k8Yyf[kr jke v8g Hkjr dk  
 Hkr'i 8 vkt dsl nHkZ eavkn'k' mRi j d] vknr  
 , oavkpj .kh; gA ; Fkk8 gSfd&

pr8 fcyk8d j?kqj Hkjr]  
 i lfr vuvvi kjA  
 Hk, exu eu ru cpu]  
 l fgr fcjlx fopkjAAB

jk-p-ek- 2&317

ijekReLo: i Jhjke usHkjr dh JSBrk dk  
 eu opu de/ds, D; , oai lfr v8g fo'okl dk  
 o. ku fd; k gA ; Fkk fufnZV gSfd&

pl qgqy[ku Hky Hkjr l jhl kA  
 fcf/k i 8p egj l qk u nh l kAAB

jk-p-ek- 2&230&8

pi lfr i zlfr cpu eu djuhA  
 Jhe8k jke i 8 cl cjuhAAB

jk-p-ek- 2&320&5

jkT; ds 'kkl u dks vuqkkl u ds l kFk  
 l HkkyusokysHkjr th fcuk fd l h jlx dsvFlok  
 vukl ä gkdj or v8g fu; e dk ikyu djrs

gq /kek8j.k eayhu jgA mudh bl l 8f8k ds  
 fo"k; eadgk x; k gSfd&

8vl u cl u ckl u oz uskA

djr dfBu fjf"k /kje l i 8kAAB

jk-p-ek- 2&323&4

vkt ds 'kkl u v8g izkkl dka dsfy; sHkjr  
 th dk mä l nvkpj.k jk"V8uf8r ds fy; s  
 vfuok; Z: i l svkpj.kh; gA Hkjr th dk i qhr  
 vkpj.k e/kq] eat j ekn v8g eaxy dksdjusokyk  
 dgk x; k g8&

pi je i qhr Hkjr v8pju8v

e/kq] eat 88q eaxy djuhAAB

jk-p-ek- 2&325&5

Jhjkpfjrekul e8Hkjr th vgfuz'k t8xr  
 izkkl d ds : i ea fufnZV gA xk8okeh  
 ryl hnl us t8xr euq; dh ijHk"kk dk  
 mYy8[k bl izdkj fd; k gSfd&

8tkfuv rcfga tho tx t8xkA

tc l c fo"k; foykl foj8xkAAB

jk-p-ek- 2&92&4

Jh Hkjrth fo"k; foykl l sjfgr gkdj  
 l pruv8g t8xr gkdj jkT; dk; Zds l Hkkyrs  
 FkA Jh gu8ku th tc l athouh v8k8f/k ; 8  
 i o8 fy; s v; k8; k ds Åij l s tk jgs Fk8 r8s  
 jkT; j{k8FkZ l pruv8g t8xr Hkjr th usmlga  
 fuf l pj l e>dj ck.k&i gkj l suhpsfxjk fn; k  
 FkA ; Fkk8 gSfd&

8n8k Hkjr fcl ky v8r]

fuf l pj eu v8k8f8A

fcu8qj l k; d ekj8]

pkj Jou yfx rifuAAB  
jk-p-ek- 6&58  
;gk; ij Hkjrth dk l pru ckgcy  
pvykiddb : i l sinf'kr gA  
fu"d"l; g gSfd 'knykfn l nxqkflor Jh  
Hkjr th dk pfj= ije ifo= rFk izka uh; gA  
os, d l Ppsekuo vlg vPNshkzbzds: i eavknr  
dgsx; sgA osekuoh; xqkack HkMkj jgsgA /kS ]  
{kerk} bfn; l a e] ifo=rk] fu%igrk] cf)]  
foord] ri] l R; ] eu] ok.kh vlg deZ ds , D; ]

'kkjhfjd&'kfä , oa vkrRecy vkfn l Hkh JSB  
xqkadsvxkj in"V gA vkt dsekuo&l ekt  
eal kgnzvlg l nkpj.k rFk ekuork ds; kx , oa  
{ke&fgrkFkZJHkjrth dsl nxqk vuoplj.kh; gA  
Jhjkpfjr ekul ea mfYyf[kr Hkjr th ds  
l nxqk i R; d eul; ds}kj vkRel kr-djus; kx;  
gA Hkjr th dsblghavi kj l nxqkadsn'kz l sgh  
xkokeh nyl hnk] us"i uom; i Fke Hkjr dspjuk"  
l ää dgdj Jh Hkjr th dks vijfer l Eeku  
inku djusdk Js i klr fd; k gA

Jherh y{eh xtrk Hkou] m | kx folhdx ds ikl ] fl foy ykbll ] nfr; k %e-i z% 475661



I ä kj dsl k0n; Zdksg us= l sn[krsg} tkseu dsl g; kx l sfn[kk; h  
nrk gA l ä kj ds l k0n; Z dks cf) l s ns[kuk l gh ugha gS  
D; kfid rc rks l k0n; Zfn[kk; h gh ughanska bl h rjg l sfpRr dh  
n"V l srks l ka kfjd l k0n; Zdk dkbZvFkZgh ughagA i j Hkxoku-jke]  
Jhl hrkth vlg Jhy{e.kth dsl k0n; Zdk; fn eu] cf) vlg fpr bu  
rhukadksyxkdj ns[karksvf/kd vkuln dh vultkr gkxhA  
  
i a-jkefdadj nhk/ k



# Hjr pfjr dfj uej

NW' kkkdkt > k

bjkepfjr ekul B uke l spfjr dk0; rksgh ml dk ifrik | Hkh pfjr d0nr gA ; g j?kukFk xkFk gsvlg ; g xkFk dk0; pfjr i zku gkrk gA ekul ds l kjs pfjr jkepfjr&oj&rx ea bl rjg xfkdj i Lrf fd; s x; s g fd vrhr ds gkdj Hkh vkt dsgA pekul B dsgkdj Hkh tuekul dsgA thollr g& vi usl eps xqk&nkda ds l kFA bl thollrrk ea. k u vlg n' k u dk vi w l a kx gA dF; vlg dFku dh , l h fndelkykrir i Lrf g tksfdl h Hkh Nfr dls dkyt; h cukrh gA bl h i Lrf dk , d dkyt; h pfjr Hjr pfjr gA ue i zku pfjrA /eZl kj pfjrA de dkydj Hkh vf/kd dkyusokyk&

tku gks tx tue Hjr dks  
 l dy /kje /kj /kfu /kjr dks  
 v; kskM] 233

/eZkjU/kj Hjr pfjr dk ue v; k; kdkM ds e/; l svkjkk gkrk g& ou xeu dsefed i z x l ; v; k; k eavix yxkusokysdkM l A fQj rls l kjk dkM Hjr dsckgj &Hkrj l ek x; kA ry l h dh l kjh dforbzHjr xkFk xk&xkdj vJqvg vkulln ea ugk mBhA l qB&l dkn&l a kstu o fopkj xkdkh; l s vl; dkMka dh vi s k v; k; kdkM T; knk l dsj cu i Mk gA l Hkor%

bl sgh Hkqi dj NRhl x<+dh i Suh ykd n"V ea pekul h l r"VB dsckjsea, d dgkor x<+yh g& cky dk vfn mRj dk v rA v; k; k dse/; ] tksl e>sl ksl rAA v; k; k dse/; eafojktusokysxgLFk l r Hjr dls l e>uk vkl ku ughg& jke pfjr dh rjgA l e>us dsctk; pfjr dk ; Fkfeir FkkM cgr c[kku dj yak gh T; knk Js Ldj yxrk gA ufugky l sykV/usdsckn Hjr usT; kugh l qk fd n'kjFk ugha jgs vlg jke&l hrk Hkh ou dks pys x, rks os LrC/k jg x, A ml ij l s l kjs vuFkZ dh tM+eavi usdksekudj Hjr dh n'kk vlg vdfkuh; gls x bA osfoyki ] i' pkrki vlg vkl wea M& l s x, A os ekrk dksKY; k ds ikl muds vkl w i kNus x, vlg vi us dks vijk/kh ekudj Lo; a vJqkjk ea cgrs jgA fuezy rFk d#. kke; h dksKY; k us Hjr dks Nkrh l syxk fy; kA muds o"ke l s n/k jfgr Lru l s nkk l for gkus yxkA ; g nkk dk l for gkus Hjr pfjr dh fuezyrk dk i ek.k dgk tk l drk gA ; g Hkh dgk tk l drk gSfd Hjr vlg jke ea dkbz Hkn ugha ekr` okRl Y; ml dk i ek.k gA : ] xqk] 'khy] LoHko l c ea Hjr jke dh i frNfr gh rksFA

ekrk dlskY; k vls of'k'B l s; g iek.k ik  
 yusij Hkh fd Hkjr ?kfVr vuFkZdsew ughagj  
 funkkj fuezy gjs mlga l rksk ughagrkA x# , oa  
 ekrk ds }kjk ; g dgs tkus ij Hkh fd nb dk  
 fo/kku Vkyk ugha tk l drkj vr% rfiga 'kkcd  
 NkMaj jkt dk; Z l Egky ysk pfg, A bl h ea  
 iztk dk fgr gsvls fi rk dh vkkk dk ikyu Hkh  
 gS i jUrqHkjr dks ckr gte ughagk ik jgh gA  
 vij/k ck/k l sosmcj ugha i k jgsgA yk[k l Qkbz  
 nus ij Hkh mlga yxrk gsf dguh tc rd  
 djuh eamrj ugha tkrh rc rd og crdgh gh  
 cuh jgrh gS pfj= dk fgLI k ugha /keZ tc rd  
 vkpj.k dk fgLI k ughacu tkrk rc rd minsk  
 gh cuk jgrk gA n'ku thou ea ?kydj gh  
 l ldkj&l lNfr cu tkrk gS oju og dskj  
 fpru g& cB&Bkys dk rd&fordl okd&  
 tkyA ?kj ea vix yxh gks vls dkbz n'ku dh  
 igyh c&k jgk gks rks n'ku Hkh nX/k gsk tkrk gA  
 cgw dk phjgj.k gsk jgk gsk vls dkbz Hkh'e  
 fi rkeg cudj jkt/keZ dhj HkhDr dhj fu; fr dh  
 ngkbl ns jgk gsk rks og jkt/keZ ds k vls og  
 Hkh'e fi rkeg ds k! ml sldu egRo nsk \dku  
 Lohdkjxk \ykdckpj vls ykdck okn , s k icy  
 gsrk gS fd ml ea jke dh Hkh ugha pyrA  
 on&ij.k.k /kjs ds /kjs jg tkrsgA ryl h yk[k  
 dga fd noka ds dgus l s l Lorh usefikj dh  
 efr Qj nh vls dds h dh efr ekjh xbl ij  
 ykd dgl ekuusoky! vkt Hkh foekrk dsfy,  
 xkpa ea; g dgrsik; k tkrk gsf d tc l ksyh  
 ek jke tS s ds fy, viuh ugha gsk l dh rks  
 dfy; k dh foekrk D; k gsk l drh gS gSbl dk

dkbz tokc \  
 Hkjr dk cf) & food ykd&l kp vls  
 ykdckj/ku dksHkyh&Hkhfr tkurk gS bl fy, og  
 jke dks vknji mZl yk/k ykus l ykg nrk gA  
 jkt in Lohdkj djus l s mZl jke&in dk  
 ueu&n'ku djus dh l ykg nrk gA djuh ds  
 }kjk ekr` djrnr dk l inr gkus ds ukrs {kyu  
 djus ds fy, isjr djrk gA  
 Hkjrfga gks u jkt enq  
 fof/k gfj gj in ikbZ  
 ; g iek.k i = jke l sikus ds i gys D; k Hkjr  
 pfjr l ak; ds ?kj seaughavk x; k Fk \D; k  
 fu"knjkt Hkjr dks l ny&cy vkrs ns[k  
 vk' kdr ughagks x; s Fks \ l kFk&l kFk jgdj Hkh  
 D; k y[ku yky Hkjr dsl ny&cy vxexu ij  
 {kFkr ugh gq Fks \ D; k fu"knjkt dk vk' kdr  
 gksuk vls y[ku yky dk mnosyr gksuk 0; FkZdk  
 vkox Fk \vkekjghu vk' kdr Fkh \jke&ie dh  
 vfr'k; rk dh vfrfjDr vfhk0; fDr Fkh \ughj  
 ykd 'kdrkvadk izVhdj.k FkA ; FkFkZ l smi ts  
 gq {kdk vls l ak; FkA , d ckj tc fd l h  
 pfj=&pln ij xg.k yx tkrk gS rks/kck /kks s  
 Hkh ugha /kyrk gA ykd ea rks ; gh ns[kus dks  
 feyrk gA Hkjr jke dks ijh rjg cpiu l s  
 tkursg mlga jkeRo ij rfud Hkh l ang ughagS  
 fQj Hkh iztkj ifjokj ykd&on l cdls vkdy  
 djus okyh ubz ifjflFkr dk rdktk Hkh dj  
 Hkjr l c dh l Eefr dk l Eeku djrsgq Hkh jke  
 dksoki l ykus ds fy, py i MfsgA mlga jke dh  
 Hkhok dh fprk de gS D; kdr osjke dks tkurs  
 gS vls jke mlga tkursgA mlga ykd dh fprk

gA mlgaufir e; kzk dh fprk gSfd ykd ea; g  
 xyr l nsk u tk; sfd jkT; dh [kfrj dds h  
 rks dds h] Hkjr&tS s ykx Hkh ds &ds s  
 njkpkj.k djrsg&

bjkt; gsk dFla i ki epjfur en-fo |% tulkAB  
 &ok-jk

I Rrk i kfr dsfy, cki dks dñ dj ysk  
 dñ tS sdk dke gks l drk gS Hkjb; kadh gr; k  
 dj 'kku xnah ul hu gks l drk gS I Rrk ij  
 dkfct jgusdsfy, nsk fgr dksnjfdukj dj  
 nsuk] ok/ cbl ij vkf/ki R; cuk; sj [kusdsfy,  
 I kelftd l nHko ea iyhrk yxkrsjguk Hkjr  
 dsvkt dh ?kfv; k jktufir dsdkjukesgls drs  
 gS Hkjr tS seke&kj Uekj dsugha Hkjr dk Hkjr  
 R; kx dk nsk jgk gA , d&nñ js ds fy,  
 ukr&ug dsl jkckj dh Hkfe jgk gA e; kzk j {kk  
 grqej feVusdk l dckj ; gk dh feVvh eagA  
 jkT; Hkh /kez l s vuqkfl r jgk gA blgha l c  
 l nskka dksydj Hkjr fpfurr gA osykdl akz  
 dsHko l sfp=dw tkusdsfy, m | r gA vkn' k  
 HkrRo dh i fr" Bk rFkk eW; {kj .k dksjkdusgrq  
 dk; Zkjh Hkh Hkjr l dFYi r&l syxrsGA

Hkjr yky ds pfj= ds l epsi u ij fopkj  
 fd; k tk; rksryl h dsbl dFku earfud Hkh  
 l ak; rFkk Hkko kfrj d fd xq kb' k ughayxrh fd  
 mudspfj= dsue dk vuq j.k djdsjke& i e  
 dh i kfr vjg Hko fojfr dh vuqkfr ?kfvr gksuk  
 ijh rjg l Hko gA bl pkfj=d l epsi u ea  
 ulfrxr] e; kzkxr] l kelftd vkn' kkr l exrk  
 g& bekul B dh l exrk dh rjgA Hkjr jke& i e  
 dh vfr' k; rk dksvi usrd gh l a fer j [krsgA

Hkko prk dks drñ; dsfl j ij l okj gksus ugha  
 nrA osu jke dksjke& dkt djustl sfojr djrs  
 gS u Lo; aml dkt dsl Eiknu l segg ekMfsgA  
 mudsfopkj vjg rnuq kj vkpj.k dks nsk kdj  
 l Hkh Kkuh&/; kuh Hkjr dh /kU; rk dh l jkguk  
 xn&xn eu l sdjr g&

Hkjrfg dgfgal jkfg l jkghA  
 jke i e ejfr ruqvghAA  
 /kU; /kU; /kU; eay eyAA  
 l j l jkfg rfg cjl fga QyAA  
 Hkjr cpu l fpu nsk l HkAA  
 l fgr l etk l jkgr jkAAA  
 l e vxe enqat qd Bkjs  
 vjFkqfer vfr vk [kj FkAA

&v; k; kdkM] 294

bl rjg Hkjr ds LoHkoj Hkko] fopkj]  
 dYi &fodYi] ug&0; ogkj l cdh l jkguk na]  
 efu] jkt&l etk l c ds efnr e/kq edk l s  
 ry l h us dj; h gA ckj&ckj dj; h gA  
 Bk&Bk ij i zka k dh xbz gA mudspfj= dh  
 /kU; rk bruh vf/kd gS fd c [kku djus ea  
 ckj&ckj ry l h dh dforkbzytk tkrh gA dg  
 ugha i krhA vk/kk&v/kjk dg dj 'kSk l e>us  
 okyka j NkM+nsh gA jke dksHkh tc dgrsugha  
 cuk] dkbz miek ugha l h] rks Hkjr dh miek  
 Hkjr l sgh nrscuk&

dje cpu ekul fcey  
 rEg l eku rEg rkrA  
 xq l etk y?kq/kq  
 xq dbe; jfdfe dfg tkrAA

&v; k; kdkM] 304

, d sde] opu vlg eu l sfuey Hkjr pfjr  
 dk ue fullkkus l } vknj i m d l ou&xquus l s  
 dku ugha l h; &jke in dk ieh cu l drk gS  
 vlg ds su jke ml ds gks l drs ga \ l h; &jke  
 in dk ieh gkus dk vFkZ mudh yhykva ds  
 ek/; e l sLFkfi r ekuo&eV; kadk l ugh gksuk gS  
 ftUgkaus l Rrk dks rPN l e>dj R; kx fn; kj  
 firrk dh vkkk ds cggus vorkjRo ds  
 mRrjnkf; Ro dks fullkkus ou dks tkuk drD;  
 l e>kA mlgkaus jkt&l ekt dks jko.k&Hk; l s  
 eDr djkus dsfy, Hkjr ds vikus dh Hkh irh{kk  
 ugha dh] D; kad 'kk; n mlga vans kk Fkk fd HkkbZ  
 Hkjr dk iæ ml scl/k l drk ga bjg&jg tx ea  
 mBrs jko.k&t; &Hk; B l seDr fnykus dh jkg  
 eaHkjr&jkx jsk cu l drk ga u dny l ekt  
 jko.k tS ka ds Hk; l s xLr Fkk vfi r qe; khkghu  
 Hkh gks x; k FkkA i mRka ea xky ctkus dh ofRr  
 vlg l kelrka o tixh nkjka ea okl uk&foykl &  
 'kSk.k dh d q ofRr c<+pyh FkhA fQj iztk ds  
 nq[k dk D; k dguk&

cs&i jtu fcgto l ofk]  
 dek]x] dks/ dpy pyh gS  
 dky djky uilky djky u]  
 jkt l ekt cMksZnyh gSA

dforkoyh mRrj dkM] 85  
 oLr% jke&ou&xeu&i l x , d e[;  
 yhyk ga ml yhyk dk vk'k; fo'o fot; ; k  
 jko.k o/k ugha gS vfi r q fo'o 0; oLFkk ga  
 l 0; oLFkk gh fodkl dk eny ga tks 0; oLFkk tç  
 drjds krst y Hkst nsvlg nsk drjds k Nq/Vs  
 l k<+dh rjg pju&v?kkus dsfy, NkM+n; og

fodkl dh nhd ga og iztkræ dks vFkZghu  
 cuk nrh ga LorU=rk dks cekuh cuk nrh ga  
 vlg ; g 0; oLFkk rc iuirh gS tc ?kjs  
 l Rrk&ekg vlg gcl h vFkZ&ykk eul; rk dsfl j  
 ij l okj gks tkrS ga jktufir l s /keZ dks  
 cfg"Nr dj fn; k tkrk g& ekeZ fuji {krk ds  
 cguA 0; oLFkk dks fudky&ckgj dj fn; k  
 tkrk g& vkt dso) kadh rjg] ; g dgdj fd  
 ejsvæusearjk D; k dke gS\Hkysgh vkau d/h  
 dks o) ka us Nok; k ga jke us bl rjg dh  
 v0; oLFkk&ve; khk rFkk vkrd&vR; kpkj ds  
 fo#) ij 'kjke ds cM&dk; k& dks i jk djus ds  
 fy, /kuqkz k mBk; k FkkA vkrZ=k.k dks /kuqkz k  
 dk /keZcuk; k FkkA jke HkDr foHk'k.k dh cxor  
 Hkh , d izkj l sydk ds dY; k.k dh n"V l s  
 i j r FkhA jke HkDr LokFkiz gks gh ugha l drkA  
 jke l ugh R; kx] l ok] /keZ dks thou ds dnr ea  
 j [kdj thou dks thrs ga Hkjr rks jke dh  
 i freirZg] bl fy, Hkjr usvi us LokFk&l ug l s  
 jke dksv; k; k oki l h dsfy, foo'k ughafcd; kA  
 ospj.k i knpk fl j ij /kij.k dj Lo; aoki l vk  
 x, A

pj.k i knpk dksfl j ij /kij.k djus dk Hkh  
 xk+vk'k; ga 'kkl d vlg l Rrk hu dsfy,  
 l nsk gSfd jkT; jke dh /kjkg ga ml jke dh]  
 tks tu&tu eajesga ckj&Hkrj oræku ga  
 l kjk tx fl ; kje dh i freirZgh rks gS bl fy,  
 jke dh pj.k i knpk iztk Hkxoku dh l Rrk dh  
 pj.k i knpk ga bl sl Eeku i m d Hkjr useLrd  
 ij /kij.k dj tx dks ; g l Unsk fn; k gSfd  
 jktræ gks; k iztkræ] l Rrk/kjh dks l Rrk : i h

pj.k i knpdk vi usfl j ij [kq dksml dk l od  
 l e> dj vknj i wzd /kkj.k djuk pfg, A l Rrk  
 dh l ok l od cudj djuh pfg, u fd Lokeh  
 cudjA 0; fDr in dh ifr"Bk c<k; } in dh  
 xfjek ea pkj&pkp yxk; } ijUrq in l s cMk  
 vi us vki dks u l e>A nsk vlg ny l s cMk  
 vi usvki dks l e>usoky l Ppk jkt l dh ughagls  
 l drk l Rrk Hkxh gkrk gA in l svi usvki dks  
 cMk l e>usoky i noku in l svyx gkrsg h ix  
 dh /ny dh rjg /kney gkstrk gA in jke dh  
 pj.k i knpdk gsvlg ge l c Hkj r gA bl h Hkko l s  
 jkejkt; dh LFkki uk l EHko gA ; gh i knpdk /kkj.k  
 dk Hkj r&l nsk gA Hkj r pfj= dsue g&  
 fur i vr i Hkqi kpjh i fr u an; j l ekfrA  
 elfx elfx vk; b djr jkt dkt cgdfrAA  
 jkst&jkst Hkj r pj.k i knpdk dh intk djrs  
 gA ; g vpuk fur; useRrd del dh rjg  
 fui vkuk ughagA i hri wzd gyfl r eu l s jke  
 dks vi usHkrj jekuk gA intk rksge Hkh jkst  
 djrs gA Hlxoku dks gkFk ugykrk jgrk gA egg  
 ea= i<rk jgrk gsvlg eu ; gk&ogk pklMh  
 Hkj r jgrk gA ml Hkko dk l oFk vHko jgrk gA  
 ft l l s Hlxoku jh> l drsgA ufnxke dk jkt  
 l r Hkj r dh ckr gh foy{k.k gA i e l ek ugha i k  
 jgk gA an; ds HkrjA , d k Hkh ughagSfd jke  
 i e eaMwdj osjkt dkt Hky trsgA ugh l Hkh  
 idkj ds jkt dk; l dk {kerki wzd l pkyu  
 djrs gA os i knpdk&intk dks del intk l stkMej  
 n[krsgA ugha rksrkb, fd cpkj h vcky i knpdk  
 D; k vknk nsl drh gA\ njvl y l i knpdk intk  
 l ok /keZg ft l dk fuokg l okZ/kd dfBu ekuk

trk gA ; g ml dh intk gA ml in dh ifr"Bk  
 gA ft l dk /keZgh l ok djuk gA tks'kj h dks  
 [kMgkusk vk/kj nsk gA xfr nsk gA Lokeh  
 dks Hkh l od dk \_\_.kh cuk nsk gA ; g intk  
 in&en dks fu; f=r djrh gA 'khy l ug dks  
 cuk; sj [krh gA vfhkeku l snj j [krh gsvlg  
 Lokeh ds l ehi i gpk nrh gA rikh rskHkj r jke  
 ds brus l ugh cu trks gA brus fudV igp  
 trks gA fd , d k l kkkk; l nk fudV jgrsg gA Hkh  
 y [kuyky dks i ktr ughagls dk&

Hkj r l fj l dksjke l ughA

tx ti gke jke ti qt ghAA

Hkj r pfj r jke pfj r dh dbz ek; us ea  
 Ok/kdkWh gA Nk; ki fr gsvlg ekfyd HkhA tx  
 exy dh l kp l sl pkyr Hkj r food de&/keZ  
 l kp 'khy Hkko 0; ogkj R; kx&os kx; &thou  
 dh l kjh 0; kogkj drkva ds chp l ello; djds  
 pyr k gA og u os kx; dks iyk; u dk i; kZ  
 cuus nsk gA u ug&xg dks cakA Hkj r vi us  
 pfj= ds }kj k /keZ dh ubz0; k[; k i Lr q djrs gA  
 os/keZ dseeZ l sigpku djkrsg ekuk dgrsg  
 fd 'kkL= dsopu viuh txg gA thou l anHz  
 , oa nsk&dky ds ifji; ea 'kkL= opu ds  
 vk'k; dks l e>uk pfg, A /kkj.k vkj vkpj.k  
 djuk pfg, A vNr 0; fDr dh v'kqprk gkrh gA  
 0; fDr ughA di V Ny&fNn nqZr l snj jgus  
 okyk fuey tu jke dks fi; gA fu"kn-dksxys  
 yxkdj Hkj r us Hkh ; gh i ekf.kr fd; k gA  
 LokFk&ijekFk l s Hkh Aj mBdj u ml gaus jke  
 dksy k/ usdsfy, foo'k fd; k u vi us dks drd;  
 foe[k gausfn; kA bl fy, x# of'k'B th dks Hkh

dguk i Mk fd Hkjr rfgau&fu; e dk minsk  
D; k nA rē rks tksl e>ks; dgksvks djksos  
/keZdsI kj cu tk; k&

I eqc dgc djc rēg tksZ

/kje I k# tx gksfg I kszA

&v; k'; kdkM] 323

bl /keZ I kj Hkjr pfjr dk tks 0; fDr  
ue&iē iwd I qsk fu'p; gh ml dk  
I h; jke&in eaiē gksk vks I d kj dh vkl fDr  
I sml seDr fey I dsxA nyl h dsbl dFku ea  
xynJq HkkoDrk ugh; fo'okl g; rdZJr  
fo'okl gA tc Hkjr jke dh ifrefrZg; muds  
ugj ue] 'kny vkpj.k&l cdk n; jk : i gh g;  
rksbl eal ak; dsfy, dkbZtxg ughacprh fd  
Hkjr pfjr dks I knj I qus okys ea I h; &jke  
pj.k ea jfr ughags I drhA 'krZ, d gh gSfd

vkni i wd Hkjr pfjr ea voxkgu fd; k tk; A  
J) k fo'okl dsfcuk u dkbZea tki Qynk; d  
gkrk g; u dkbZde&/keA ftI dseuj opuj deZ  
ea FkkMh Hkh fueZyrk g; eV; ka, oa e; khvka ds  
ifr fu"Bk g; I xqk vks I nkpj ds ifr yxko  
g; ogh jke pfjr dks I q I drk gA Hkjr pfjr  
dks xk I drk gA xkusokysdseu ea jke&jke  
mitxkA Hko jI fojfr dk rkrI; Z (kqz  
fo'k; &okl uk I sfojfr g; tseul; I seul; rk  
Nhu yrh gA i 'kqk i uikrh gA nyl ekul  
thou dks feVh ea feyk nrh g; vr%  
Hkjr&pfjr&iZkku v; k'; kdkM] ds var ea  
nyl hnkI cM; fo'okl ds I kFk QyJfr dk  
vk[; ku djrsg&

Hkjr pfjr dfj usqrgI h tksl knj I qfgA  
I h; jke in i sqvofl gks Hko jI fcjfrAA  
&v; k'; k dkM] 326

I rkskh pksd] dqkkyi g] jk; ij] fi u&492001 WNRrhI x<½



geavi uh vkRek eavlošk.k djdsns[kuk gksk fd ogk; D; k gA gesml s  
I e>uk gksk vks I e>kdj ml dk I k{kkrdkj djuk gkskA ; gh /keZ  
gA yEch&pkMh ckrkaea/keZughaj [kk gA vr, o] dkbZbz oj gS; k ugh;  
; g rdZ I siēkf.kr ughags I drk] D; k; id ; qDr nksuka vks I eku gS  
fdUrq; fn bz oj gSrsog gekj svUvj eagh gA

Lokhefood kulh





# jkejkt; dhi di hBdkj Hjr&kt;

i Hh, ky feuk

tc jke dks jkt; kfhk"kdR fd, tkus dh  
?kksk.kk gkrh gS rks jke l okz/kd egRoi wLz , d  
ey 0; oLFkk dk ; g izu mBkrsq&

tUes, d l x l c HkkbZ  
Hkksu l ; u dsy yj dkbZ  
djuc& mi ohr fcvkgkA  
l x l x l c Hk, mNkgkAA  
foey cak cM+vufr , dlv  
calkfcgkb cMfg vfhk"ksAA

%/; k; k 9@3&4%

vFkz~Jh jke jkt; eamRrjkf/kdkj dsLFkku  
ij ; k; 'kkl d ds p; u ds i {k/kj FkA ; g  
itzkrl= dk ey Lo: i gsftl dsvkn iorZ  
jke dgs tk l drs gA Lo; avius ije irkih  
l wZak dh bl l qFkfir ifjikVh ij izu  
mBkdj jke jkt dya ds i joriz 'kkl u dky ea  
mRi lu gkusokysml dyg vsj "kM; = dk; Zdk  
eykPNn djus dks tS s ifrl difYir Fis tks  
orZku ; q eal y/r ik; gA ; gk; jke us; g ugha  
dgk gSfd {kerk vsj vko'; drk dh n"V l sos  
viusLFkku ij Hjr dks jtk cuk, tkusdh ckr  
dj jgs gSfdUrqvixs tkdj ; gh Li"V gkrk gSfd  
jke ds vuL kj mudsLFkku ij v; k; k dk jtkk  
i Fker%Hjr dks cuk; k tkuk gh ; k; rj fodYi gA  
; gk; gea jkejkt; dks ydJ dN vU; ckra

l e> ysk Hkh mfpr gA ykdekul ea jkejkt;  
dsl cak ea jkepfr ekul dsmUkj dk.M eankgk  
Øekad 19@4 l svkjHk&jkejkt; cBs=Sykdk l s  
nkgk Øekad 31 rd tks ykd dh vkf/knsod]  
vkf/khksrd vsj vk/; kRed ixfr dk o.ku gS  
og tS sekuoh; fodkl dh ijkdK"Bk Fkh tks  
Lokhkfod : i l s l Hkh dkyka ea /kjr h dsfy,  
ojs; gks tkrh gA ; g jke ds jkt; dk  
0; kogkfj d fun'ku gA ; g 0; oLFkk iwLz  
turkfu=d FkhA Jh jke }kjk cykbz xbz ml  
l keku; l Hk dh ?kksk.kk l s Li"V gks tkrk gS  
ftl dk o.ku mUkj dk.M eankgk Øekad 42 l s47  
rd of.kr gA ; gk; jke us vius vki dks tS s  
viuh iztk dsfu; =.k eaNkMfsgq s; gk; rd dg  
fn; k g&

tksvulfr dNqHk [ HkshkbbZ  
rtSeksj cjtÅ Hk; fcl jkbZ

mUkj dk.M 42@3

fuf'pr gh jkejkt; dh bl ifjdYi uk dk  
ey Hkjr h; 'kkl= vsj l fgrkvkaeafol eku gA  
nyl h us tS sb l c dk l ekgj djrsgq gh  
fy[kk&

nyl h izk l Hkx rstkiivHkkuqf ksgksA  
cjl r gj"r yk l c dj"r y [kS u dksAA  
vFkz~jktk iztk l sml h izdkj bdjB xg.k

djrk gS tS s l w Z ty dk fcuk nS[ks vld"Kz k  
djrk gSfdllr qykska dks i z lu djrsgq ml dh  
i fji w kzo"kkz dj nsk gA v; kS; kdk. M eaHkjr ds  
fy, jke Lo; ajtkk vS iztk ds vUr% I Ecl/kka  
dh tfo d vfoHkKt; rk dk ; gh vkn'kz i Lr q  
djrsg&

edj;k; k edj k l kspfg, [ku i ku dga, d  
i kysiks l dy vak rgl h l fgr foos l  
v; kS; k&315

; gk rd fd Lokh vS l o dka ds l cak dk  
i sekuk Hkh yxHkx bl h l erknyd l ekt dk  
i f jpk; d g&

l od dj in u; u l sejk l ksl kfgc gks  
rgl h i l r dh jir l q l dfo l jkgfga l kSAA  
v; kS; k&306

okYehd jkek; .k ds vuq kj rks Hkjr ds  
fp=dW i gprsg h fof{klrik; Hkjr dks jke jktk  
ds drD; &ckk dk cgr folr r ikB viuh  
i z ukdyrk eav; kS; kdk. M eaLdl/k 100 ds 76  
'yk dka ea l gl k l e>k tkrsgA bl f'k{k ea  
jktulfr] dWulfr] 0; ogkj vS izkl u ds  
vud l = fon; eku gA 'yk d 61 ea jke ds  
vkn'kz ea, d jktk dks x#] o)] ri Lohj nork  
vS vfrfFk; ka dh Jskh ea exZ ds o{k dks Hkh  
ueldkj djuk vHh"V g&

d f p p n x q ' p o h / k u ' p r k i l W n s r i f r F h u ~  
p S k a p p l o k z n / k f w z d g E . k a p u e l ; f l A

j k t k d s f u f ' p r g h v k f F z d n " V l s l n < +  
v S l E i l u g k u k v k o ' ; d g S b l d s f y , 0 ; ; d h  
r y u k e a v k ; v f / k d j g u s d k f l ) k l r l o e k u ; g &

v k ; L r s f o i g % d f p p r ~ d f p p n Y i l s 0 ; ; %  
% o k Y e h d j k e k ; . k 100 @ 54 %

tS s bl h ds l ek/kku ea Lo; a okYehd us  
mUkj dk. M eaHkjr ds 0; ogkj l sbl src i ekf. kr  
Hkh dj fn; k gS tc ouokl l syks/usi j Hkjr us  
jke dks l puk nh fd mudk jkT; dks k n'k xqk  
c<+papk gSD; kkd iztk us LoPnk l sgh djka d k  
Hkx rku fd; k gS rFkk mlgkaus bl vof/k eadkbZ  
vfrfjDr dj Hkh vk; r ughafd; k gA

jke ds ouokl dh dFkk l s tgka jke ds  
vorkjRo dh fl f) gksh gSogha Hkjr ds pfj=  
dh vFkz=k dk Hkh vflkuo mn?kV u gksh gA  
Hkjr ds l cak eal kekl; /k j .kk ; gh curh gSfd  
Hkjr usv; kS; k dk jkT; Lohdkj u dj cgr cM s  
R; kx dk i fjp; fn; kA vke rS ij jkek; .k ds  
v/; rk Hkjr ds HkkrRo dh i jkd k" Bk bl ?kVuk ea  
gh nS[kdj bl smudspj= fodkl dh i fji w k r k  
eku yrs gA fdUr q; gk Hkjr ds pfj= dk tks  
cgr l e vS xgu i {k gSog tS sNW tkrk  
gA fopkj .kh; gSfd Hkjr dspfj= dk oLr q % og  
i {k D; k gS tks mlga Lo; a jke] of" k" B] tud]  
dks rY; k] n o x . k s r F k k x k o k e h r y l h d s  
dk 0; Ro dk i f j e k . k c u k r k g S \

; g Li "V gS fd Hkjr ou ea gh jke dks  
jkT; k f k k " k D r d j u s d h r S k j h l s f p = d W i g p r s  
gA mlga fo'okl gS fd Jh jke b v k i u t k f u B  
mudk R; kx ugha djka os; g Hkh tkurs Fksfd  
muds jkT; k j k g . k v S j k e d s o u o k l e a e g k j k t  
n'k j F k d h j p e k = l g e f r u g h F k h v S u g h  
bl dh dkbZ jkttkk gh i z k f j r g o z F k h A b l  
l c d s i j s ; f n H k j r d s j k t k c u k g h f n ; k x ; k  
F k k r i s o s J h j k e d s f y , b l i n d k s N k M e u s d s  
f y , L o r % g h i L r q F k A b r u s l c d s c k n v l ;  
vud fodYi Hkh mudsi kl Fk&

1- t9 sHkjr dk 'k=qu ds l kFk Lo; aou tkuk  
 1/1 kuqt i fBb; ekg cuB v; ks nkgk 268½  
 2- nksukaHkbb; ka dk ykS/vuk vlg Hkjr dk jke ds  
 l kFk ou tkuk 1/ur: Qj vfga cakq nkm ukFk  
 pygqeal kFk 268 nlg mUkj/k/½  
 3- Hkjr] y(e.k) 'k=qu rhuka Hkbb; ka dk cu  
 tkuk rFk  
 4- l hrk ds l kFk jke dk ykS/vuk 1/ur: tkfga  
 cu rhum HkbbA cgjfga l h; l fgr j?kj kbB  
 268@1½ vlg  
 5- Hkjr dk thouHkj dk ou iokl ys ysk&  
 dkuu djgq tue Hkj ckl j bfgsvf/kd u ekg  
 l q kl w ½@256½A brus l c ds ckn Hkjr dk  
 Lor% ykS/ vkus dk fu.kz; gh D; k muds food  
 dh i jkd k" Bk ughagstkrk \  
 fp=dw eajke dsi R; kxeu i Lrko dksydj  
 rhu egROI w k jkt & l Hk, agbA bueal si R; d ea  
 Jh jke usfu.kkz, d Hkfedk Hkjr dksgh i nku dh  
 vlg l cl scMk vk'p; L; gh jgrk gSfd Hkjr us  
 jke l sykS/ pyus dk vlxg ughafd; k tcf  
 rhulackj Jh jke usvfire rlg ij fu.kz; yusdk  
 vf/kdkj Hkjr ds A i j gh NkM+j [kk FkA  
 1- i Fke l Hk ea x# of' k" B dh LFk; ; gh g&  
 ekg's tku Hkjr #fp jk [kA tks dhft; l ks l Hk  
 fl o l k [kh ½@257@4½ vlg jke dk Hk bl ea  
 ; gh dguk Fk&Hkjr q dgfga l kb fd, j HkykbA  
 vl dfg jke jgs vj xkbA ½@258@4½ rFk&  
 euqi l lu dfj l dp rft dggq djka l ksvktA  
 ½v; ks 2@62½ fdUrq bl egrh l Hk ea vrr%  
 Hkjr dh fu.kkz, d LFki uk; gh g&  
 LokjFk ulFk fQjS cgh dA  
 fd, ij tkb dks/ fcf/k uhdk  
 ½@2267@3½

vFkz-jke dsyKs/useak= l Hk vi uk LokFkZ  
 gh n[ krs gā tcf d mudh vkKk i ky u bl l s  
 djkb/ka xuk JSB gA vr% osjke ij gh fu.kz  
 NkM+rsgq dg nrs g&  
 i Hkoj z Uu eu l dp  
 rft tkstfgavk; l cglk  
 l ksf l j /kfj /kfj djfg  
 l c feVfg vur vojSA  
 2@269  
 2- ni jh l Hk tud th dsvkus ds ckn l Ei Uu  
 gksh gA bl dh i w l i h fBdk eavo/k vlg feffkyk  
 dh egkj kfu; kj egkjkt tud vlg l q; uk rFk  
 egkjkt tud vlg x# of' k" B ij Lij xgu  
 i jke' kZ d jrs gā fdUrq mlga dkbz; kx; fodYi  
 ughal q r kA bl l Hk eajke 'ki Fki w d; g rd  
 dg nrs g&  
 jkmj jk; jtk; l cglkZ  
 jkmj l i Fk l gh fl j l kslZ  
 2@295@4  
 ; ghaxk k okeh ryl hnk l usHkjr dh cf) dks  
 Hkxoku ds o jkg vorkj ds i rhdkFkZ ea l Hk ds  
 'kksd dh mnAkj drkZ i fri kfnr fd; k gA bl  
 l Hk ea Hkjr Jh jke l sgh fcuk fd l h vlxg ds  
 ; kx; vkns k i l kfjr djus dk vujk k djrs gā  
 D; kfid mudser eajke dh; kx; l ok ek=; gh  
 gksch&  
 bvKk l e u l q l fgc l stA  
 ½@300@2½A  
 bl h vol j ij jke l od vlg Lokeh dh  
 t'od l Uk ds: i ea vfoHkft; rk dk; g  
 fl ) kUr i fri kfnr djrs gā ft l dsi 'pkr-Hkjr  
 dksvi usvFki k; dh fl f) Lohdkj djus dh Hk

dfBukbzughajg tkrh& ukFk Hk; sn l qk l kFk x,  
dks12@306@31A

3- vfire l Hkk Hkjr dks b i k o j h B dk p v o y e B  
i n k u d j u s d s f y , l E i U u g k r h g s f t U g a i k l r  
d j H k j r d k s b r u k l a r k s k i k l r g k s t k r k g S f d  
p v l l q k t l f l ; j k e j g s r B & e k u k a j k e v k j  
l h r k g h m u d s l k F k y k s / p y s g k A

Hkjr ds HkkrRo dk ; g vkn'kz ekul ds  
0; k[; kdkj egkHkjr dky rd [khpdj ; g rdz  
nrsgfd ; fn dks o vks i k M o ] p k g s i k M q v k j  
/k r j k " V " d h c k r g k s v F k o k ; q / k " B j v k j n q k z k u  
d h j } k i j ; q e a v l r R o e a j g r k r i s e g k H k j r  
; q d h v k o ' ; d r k g h m r i U u u g k r h A f d U r q  
d N v k j f o p k j i m z l n [ k u s i j ; g h L i " V g k r k g S  
f d J h j k e d s j k T ; k f H k " k o d d s i m z H k j r d k  
j k T ; k j k g . k , d i j e k o ' ; d f l F k f r F k h @ g A v r %  
l = : i e a b l d s l e F k z e a d N v k / k j f u / k z j r  
g k s t k r s g &

v- jke dk jkT; orZeku ; q ds cger dk  
'kkl u u gkdj l okLupfr dh 0; oLFkk gA  
jkejkt; dh LFkki uk eavYier dsrtj ij ek=  
2&efkjk vks dds h dh fLFkr Hk Lohdk; Zugh  
dh tk l drhA

vk- jke dk jkT; /keZ q r l R; ds LrEHk ij  
gh LFkfi r gskA /keZvks l R; dh bl varjxrk  
ij egkHkjr vks jkepfjr ekul ea yxHkx  
l eku ckr dgh xbz g& ukfLr l R; k r i j k s / k e z

vegkHkjr 156@24% vks /kje u n i j l R;  
l ekul vekul 2@95% Jfir ea tks \_r-gSog  
l P V d k ' k k ' o r f o / k k u g A l Z V k d s b l l u k r u  
n ' k z d k l H k h d k s v i u h l e x z p s V k e a i k y u  
d j u k l R ; f u " B k g A v r % e g k j k t n ' k j F k } k j k  
d s d s h d s o p u i k y u d h i f r c ) r k j k e v k j  
H k j r d s f y , l o F k k v o y e u h ; g A b l e a 0 ; k [ ; k j  
0 ; o L F k k v k j i f j e k t z d k m u d s f y , d k b z  
f o d y i ' k s k j g u s d k i z u m i f l F k r u g h a g k r k A

b- jke ds p/keZ Fk ea l R; vks 'khy dk  
vnHkq l ello; gA jkejkt; dk l R; fu" B j vks  
fu" i . k . k u g h g A b l e a l R ; d h / o t k v k j ' k h y  
d h i r k d k O g j k r h g & l R ; l h y n < + / o t k  
i r k d k % @ 8 0 % A e k u l e u h " k h i m r j k e f d o d j  
t h m i k / ; k ; u s b l H k k o d h m u k e 0 ; k [ ; k d j r s  
g q s ; g h i f r i k f n r f d ; k g S f d j k e j k T ; d s b l  
/ o t d h / o t k d s l R ; L o : i J h H k j r r F k k  
' k h y o k u L o ; a J h j k e g A l R ; d k s t h o u e a r i j  
R ; k x v k j v k R e k u q k k l u d h t k s v u s d i j h { k k , j  
n s u h g k r h g A m u d k l E i w k l k { k r d k j H k j r d s  
p f j = e a f d ; k t k l d r k g A

bz Li"V gSfd jke ds imz Hkjr dk jkT;  
vUrfje gh gS fdUrq buds pfj= ea jktt dk  
vkn'kz vks iztk dsvf/kdkj rFkk drd; cksk dk  
i kn'kz QyHkkr gkrk gS tks jke ds jkT; dh  
nh?kzkfydrk dh imzi hfBdk fl ) gkrk gA

35 bMu xkMZu] puiHkVvH] dksykj jkM] Hkks ky 16





# functiōr dkv i j k & k

Ni xaki i kxqr 'ejl s k\*

I c dñ i kdj Hkh fojlxh] jktk gkdj Hkh ; kxh] 'kDr'kyh gkdj Hkh vi uh I jyrk&fuezyrk ea I gt] fou; h ije /kfeb I r] vxzka ds I e(k urfl j jgusokyk enhkk'kh i k= ; fn vki dksdgha feyxxk rksog gksk n'kjFk i e-] jkekuqt Hkjr tks I Ei wIz fo'o&l kfgR; ea vi us izdkj dk , d gh 0; fä gA ftl dh ryuk fdl h vIš ni jsi k= I s dh gh ugha tk I drhA Hkjr I s /koy&ikou&fgeky; h pfj= dsl e(k I kjs pfj= ckusyxrs gA fdUrqnHkK; fdl h dksNkM/rk ughA ; g Hkjr dk nHkK; gh Fkk fd mudh ekkr dšs h] usegkjkt n'kjFk I snksojnku ekx fy, & Hkjr dks jktxih vIš jke dks pšng o'iz dk ouokl A ; g Hkjr dk gh ugha I Ei wIz jkt i fjokj vIš v; kš; kokfl ; ka dk Hkh nHkK; FkkA i fj.kker% egkjkt n'kjFk dh eR; qgks xBA ekkr; afo/kok gks xBA jke usHkKbz y(e.k vIš I hrk I fgr oYdy /kij .kdj pšng o'iz dsfy, ou xeu fd; kA ; g I kjk nHkNR; dšs h dk Fkk fdUrqHkjr vkt hou vi jk/kcksk I s xLr jgs D; kAd mlgkaus ekuk fd I kjk dkm muds dkj .k gA oš s Hkjr rks ml I e; v; kš; k eaFisgh ugha mlgabI dh j p Hkud Hkh ughaFkhA

I ekt eukuk izdkj dh I kp vIš ekufI drk dsyxk gksrs gA vf/kdkk turk usbl NR; ds fy, dšs h dksgh nškh ekuk vIš ukuk izdkj I s

vi uk vkšks k dVre 'kCnkaedšs h dsi fr 0; ä fd; kA fdUrqdñ , d syks Hkh Fks tksHkjr i j Hkh 'kck djrsFkA mudk I kpuk Fkk fd bl dpyk ea Hkjr dk Hkh gkFk gSD; kAd Hkjr dsfy, gh dšs h us I kjk dkm fd; k g& p, d Hkjr dj I Eer dgghAB bl izdkj dsvuFkdjh fopkjkaokysyxk I nš vIš I ož jgs gA ni jh vIš osyxk Hkh Fks tks I oFkk >B ekurs gq dgrs Fk& p, d dgfg ; g ckr vyhgkAB

, d h vk'kckvka dh /ofu Hkjr rd u i gph gIš ; g vl Hko gA i fjokj eadk bZ Hkh vi jk/k djš i jk i fjokj ykNR gkrk gA ; g I oškl; I R; gA fQj dšs h rksHkjr dh ek FkhavIš I kjk dkm Hkjr dks jktxih fnykus dsfy, gA vr% ykska us; fn vk'kck; a dha rks vLokHkKfod ugha gA Hkjr bl I s vkNrs ugha j gA osHkh vi us dks vi jk/k ekurs jgs vIš jke dsv; kš; k ykS/rsrd bl vi jk/k csk I s ešä ughags I dA eukokKfud n'V I s Hkjr bl 0; kf/k I scjkcj t rsgA ; | fi mlgkausckj & ckj I QkbZnšsdh pšVh dh vIš HkKbz jke dsi fr v[kM fo'okl 0; ä fd; kj fdUrqosLor% jke I sHkM/ gkaus rd vk'kck ešä ughags i k jgs FkA dgrs jgs pš I B I nk I nšsAB

Hkjr vi uh ek dšs h ds NR; I svR; ar nHk vIš {k/k FkA tš s gh dšs h us ojnku ekxuš n'kjFk dh eR; qgkaus vIš jke y(e.k tkudh ds

ouxeu dh ckr crkbz Hkjr 0; kdy gksdj  
QW&QWdj jkus yxs vls viuh ek dsl; h dks  
Øksk eahkj dj i kfi uh] dyfiduh] dy?kkfruh vkfn  
dBkj 'kcnkal sf/kDdkjKA vk[kkal snj gV tkusdks  
dglA ; gk rd dgk fd poj ekxr egg Hkbzu i hjKA  
xfj u thg egg i jsu dhjKAAB vxj rfigkjsHkhrj  
, d h dæfr Fkh rksep-s i snk gkrsgh ekj D; kaugha  
Mkyk& btuer dkgsu ekjfl ekghAP ekj ; g i je  
nHkZ; gSfd eadsl; h dsi v l si snk gvkA Hkjr  
dksyxk fd l okl/kd vl; k; rksekrk dksKY; k ds  
l kfk gvk ftlga vius i e vls i e o/kw l sfoepr  
gksk i Mka osrgj dkl Y; k l sfeyusmudsegy  
x, A okYelrd jtek; .k ds vuq kj dksKY; k dks  
tS sgh Hkjr dsvkusdh l puk feyh osØksk vls  
{kdk l sHkj Hkjr ij cjl i Mka pØj deZdjus  
okyh dsls h dsi e Hkjr vk x; sgA oscMenjn' kiz  
gaeSmilganq kuk plgrh g&

vlark Øjvdk; kiz% dsls; % Hkjr% l oPA  
regan"VæPNkfe Hkjr nh?kZnf' kizka

ok-jk-  
; gh ugha 0; x; Hkko l s dgk& pcvk ræ jkT;  
plgrsFksu \ l ks; g fu"da/d jkT; rfiga klr gks  
x; kA fdUrq [kn gSfd dsls h ustYnckth eacMs  
Øj deZ l s bl sik; k gA- ejs cv/s dks ou Hkst  
fn; kA vc ræ ep-sHkh oghajke dsiki ou flktok  
nk&

bnj rsjkT; dkeL; jkT; a i l redv/deA-  
l Ei kiz or dsl; ; k 'nh?kz Øjv deZka  
i zFKl; phj olua i e es ouokfl ueAA  
dslshda xqr= i'; fr Øjvaf' kizha  
f{ki z ekafi dslsh i zFKl f; rq egz-A  
fgj.; ukels ; Uklrs l oqs es l egk; 'HAAA

ok-jk-

; g /ku/kkU; l sl Ei Uu rFkk gkFkh] ?kkMs, oaj Fkka  
l s Hkjk&i jk foLr r jkT; dsls h us rfigafnyk; k  
g&

bnaro foLrh.kz/ku/kkU; l ekfpreA-  
gLR; 'ojFk l Ei vMzj kT; fu; kZr rarFkAA

ok-jk-

dkl Y; k ds, d s0; x; HkjsphkrsdBkj 'kcnkadks  
l qdj fuji jk/k Hkjr dks cgr i Hk ghA mlga  
yxk fd ekkr dkl Y; k Hk ep-snksh eku jgh gA  
vr%mlgkaus fouerki wZl i kFkZuk djrs gq viuh  
funkr'krk dh l Okbznh vls vucl l kSkak [kk; hA  
; g Hkjr dsvlreZu dh i Hk gh Fkh fd , d h dl ea  
[kk; hA bl ds i hNs Hk eukokkfud nqyrk dh  
Hkkouk gh gA dfooj ryl hnl usbl i l x dks  
nh js: i ea i Lr r fd; k gA mudsvuq kj nq[kh  
dksKY; k Hkjr dksnq kdj Hkkoksk eaePNr- gksdj  
fxj i Mka esys ol=ka ea fyi Vh dksKY; k dh  
nhun'kk nq[kdj Hkjr mudspj .kkaefxj i Ms vls  
0; fFkr Loj eajkrsgq dgk&

bekrqrkr dgj nfg fn [kkbZ  
dgjfl ; jkey [ku nks Hk bZ  
dslsZdr tueh tx ek>KA  
tkStuer HkbZdkgsu ck>KA  
dg dyd tfg tue s ekgh  
vi tl Hkktu fi ztunkgh  
dksfrHkqu ekfg l fj l vHkxhA  
xfr vfl nqj ekrtfg ykxhA  
fi r q j j ou j?kaj dsAv  
eSdey l c vujFk gsvv  
f/kx ekfg Hk; m; csqcu vlxhA  
nqg nkg nqk n'vku HkxhAB

&ekul

Hkjr dh fouhr ok.kh l qdj dksKY; k us

okRI Y; Hkko I sHkjr dksNkrh I syxk fy; k vlg  
 I; kj I sl e>k; k fd oRI HkX; dh xfr vVy gA  
 bl fy, cjk I e; tkudj Xykfu er djka bl ea  
 rfigjk dkbZnksk ughagSvfi rnejk nHkZ; gSrhk  
 rk&

fi rqv; I dHkV u cl u rkr rtsj?kqjA  
 fcLem gj"ku an; i dNqi fgjscydy phjA  
 pysofi u I qvfl ; I x yxh-

Hkjr usekrk dks Y; k dksl e>k; k vlg I QkbZ  
 nh fd e>sbI dh rfud Hk tkudkj ughagSu  
 bl ea ejh dkbZ I gefr gA vius eu dh  
 eukoKkfud 0; Fk dks0; ä djrsq dks Y; k ds  
 I e{k I kSkaka [kbafd ; fn bl dpo eaejh vYi  
 I gefr Hk gks rks e>so I kjsiki tx tk; tks  
 dBkjre vij/k djusl sgksrg&

tsv?k ekrqi rk I q ekjs  
 xkb xkB efgl j i j tkjs  
 tsv/k fr; clyd c/k dHUGs  
 ehr eghi r ekjg niUGA  
 tsi krd mi i krd vggH  
 dje cpu eu Hko dfo dgghA  
 rsi krd ekfj gkgfo/kria  
 tks; g gks ekjs erekrAA  
 tsi fgj gjfgj pju  
 Hktfga Hkxxu ?kjsA  
 rfg dfj xfr ekfj nM  
 fof/k tkStuuh efr ekjs-

BR; kfn &jkepfjr ekul  
 ekrk dks Y; k us; gk Hkjr ij dkbZnkskjsi .k  
 ughafd; k fdUrqHkjr Hkhrj gh Hkhrj dks h i e-  
 gkus ds ukrs vi us dks vij/k/h eku jgs gA mlga  
 yxrk gSfd ykxka dh vj[kamUga' kck dh n"V I s

gh nqk jgh gA ; g 0; fä ij eukoKkfud i Hkko  
 gkrk gA eukfoKku dk ; g fl ) klr gSfd 0; fä  
 dk vlrHkZ I d kj dks ml h : i ea nqkrk gS tks  
 ml dsHkhrj gkrk gA tcfdekrk dks kY; k us; gh  
 dgk fd Hkjr I d kj dN Hk dgsfdUrq r e dkbZ  
 , d k dk; Z dHk ughadjksstksjke dsi frdny gk&

jke i kugqrsi ku rEpkjs  
 req j?kqfrfga i kugqrsi; kj s  
 fc/kfo" k poSl ØSge vlxhA  
 gks olfj pj ckfj fojlxhA  
 Hk, Kku o# feVSu ekjv  
 req jkefga i frdny u gkav  
 er rEpkj ; gqtkstxqdgghA  
 I ksl i usq qk I efr u ygghA

&jkepfjrekul

bl i dklj ekrk dks kY; k usmlgavk' oLr fd; k  
 fdUrq vk' kck dh Hkhouk mudk fi M ugha NkM+  
 jghA Hkhrj gh Hkhrj muea dptv/ cuh gbl gA  
 bl hfy, tc v; k; k dsjktfl gkl u ij cBusds  
 fy, x# tulk I fpok ekrkvkus vlxg fd; k vlg  
 oner] ykder dh ckra dgha ijEijk dh ngkbZ  
 nh& ptfj fi rqnbl I kskob VhdkAB yfdu Hkjr  
 r\$ kj ughagq A mudh vlrj kRek mlga jkdrh jghA  
 osLi "V dgrsg&

bekfj mi ns niUg x# uhdIA  
 i zk I fpo I Eer I cgh dIA  
 ekrqmfpr /kj vk; I qnHUGA  
 vo fl I fl /kfj pkm; dHUGA  
 req tksngq jy fl [k I ksz  
 tksvkpr ekjs Hky gksA  
 t|fi ; g I eqr gkshds  
 rnfi gks ifjrkqu th dAB

Hkjr dk ; g dFku fd eš ; g l kjh ckraHkyh  
 izkj l e>rk gpfQj Hkh ejs eu ea l rksk ugha  
 gkrkA rnfj ^gkr ifjrk u th dš & ; gh Hkkouk  
 Hkjr dk ihNk ugha NkMfHA D; kfd pgr gekj  
 fl ; ifr l odkbA l ksgfj yllg ekrqdfVykzA eš  
 vuəku nfk eu ekgh vku mik; i ekj fgr  
 ukghAB ekrqdfVykz dsl kp l shkjr eə ughags  
 ik jgA ; g Hkko mlga ifr{k.k eFkrk jgrk gA  
 bl hfy, osdgrsgfd ep tš siki h dskjt nus  
 l scMk vuFkzgstk; xk&

bl fy, eštc rd visu i Hkqjke dsn'ku ugha  
 dj ypkj rc rd ejs Hkhrj dk vijkek rki nj  
 ughagkckA

vki fu nk#u nhurk l cfga dgm; fl j ukbA  
 nšisfcu j?kpfk in ft; dStjfu u tkbAA

bl h pft; dh tjfuB l shkjr ifriy cpš u gA  
 osvuk fu'p; ?kš'kr djrs gfd i k%dky gkrš  
 gh eš Jh jke dsiki tkApxkA , d vjg Hkhrj dk  
 vijj/k&ckskj ni jh vjg jke ds ifr v[kM  
 fo'okl A , d h }U}kRed fo'ke eukkkouk l shkjr  
 t> jgsg&

t | fi ešv uey vijj/khA

ešekj dkju l dy mi k/hA

rnfj l ju l ueqk ekj nš kA

Nfe l c dfjgfga Ni k fol šhAA

; gk pl c {tek djub dsfo'okl ds ihNs ogh  
 vijj/k ckš gA vl; Fk {tek D; k djuk gA Hkjr us  
 rksdkb/vijj/k fd; k ugha fQj Hkh osekursgfd  
 jke dk ouokl mudsdkj .k gpkA dšš h usmuds  
 fy, gh rksvfu"Vdkjh ojntu ekasFkA ; gh mudk  
 vijj/k gA Hkysgh ml eahkjr dk gkFk u gkA oscMš  
 fo'okl l sdgrsg&

bt | fi tue dekrqš

eš B l nk l nksA

vki fu tkfu u R; kfxgfgj

ekj j?kqj Hkjkš AB

dekrk dšš h l stle yusdsdkj .k gh eānkšh  
 gA bl l R; dksnyk Hkh ugha tk l drk rc Hkh  
 epš i jk Hkjd k gšfd i Hkqjke ejk ifjR; kx ugha  
 djakA

Hkjr usv; kš; k dh ijh 0; oLFk dj jke l s  
 feyus ds fy, iLFku fd; kA jkT; dh l kjh  
 l Elnk rksi Hkqjke dh gA vr%ml dh l j {k t: jh  
 g& pl Ei fuk l c j?kqj fr ds vkgghAB ; k=k eaHkjr  
 dh i Fke HkA/ Ukaxoj i j eafu"kn l sgršh gA fu"kn  
 l si Hkqjke&y{e.k tkudh dsl kjs l ekpj i kdj  
 osvR; f/kd nq[kh gkdj vi usdksgh f/kDdkj rsgA  
 mudsdkj .k gh jktoBko dk l qk Hkksusokys i Hkq  
 jke&l hrk o Hkkbzy{e.k txy ead"V mBk jgsgA  
 ; g l c ejsgh dkj .k gpk &

pešf/lx f/lx v?k mnf/k vHkxhA

l c mrikr Hk; m tšg ykxhAA

dj dyd dfj l tš fo/kkrkA

l kb; nks ekj dhUg dekrkAAB

dekrk dk iē gkus dh pk/ mlga gj iy  
 l kyrh gA dšV us bl s šj fo/kkrk dh djuh  
 dgdj l e>k; k vjg vk' oLr fd; k fd jke dseu  
 ea vki ds ifr vR; f/kd iē gA os ; gk jkr Hk  
 vki dh l jkguk djrsjg&

pršg jkfr i fpu&i fpu djfga

i Hkqj knj l jguk jkojhAB

LFku&LFku ij Hkjr viuh vkrfjd vijj/k  
 Hkkouk ukuk izkj l s0; ä djrs gA vjg l Hkh mlga  
 vk' oLr djrs gA fd jke ds eu ea vki ds ifr  
 xgjk iē gA f=os kh dk Hkh ; gh dFku g&  
 bckfn xykfu djgəu ekghA



rē l e jkefga dks fi z ukghAAB  
 ; gh ckr efgJAB Hkj }kt th Hkh dgrsgS  
 prēg xykfu ft; tfu djgq  
 l efg ekrqjrfvAA  
 rkr dSbfga nks qugha  
 xbZxjk efr /kfvA  
 rgm; rēgkj vyi vij/kwv  
 dgSl ksv/ke v; ku vl k/kvAB  
 osHkj dks crkrsg&  
 Pl qgdHkj j?kqj eueghA  
 i øi k= rē l e dks ukghA  
 y[ku jke l hrfga vfr i l r hA  
 fuf l c rēfga l jgr chrhAA  
 rkr xykfu djgqft; tk, AA-B  
 yfdu Hkj dks ihfM+ djrk gS i Hkq  
 jke&l hrk&y(e.k dsouokl dk d"VA Hkj dks  
 og , d (k.k dksHkh ughahayrk vls ; g Hkh fd  
 beaksg dkj . k l dy mi k/kvAB  
 vftu cl u Qy vl u  
 efg l ; u Mkl dlq; krA  
 cfl r# rj fur l gr  
 fge vkri cjl k ckrAA  
 ; fg nqk nkg ngb fnu NkrhA  
 HkV k u ckl j uhm u jkrhA  
 , fg djks dj vks/kqulghA  
 l kds; l dy fcLo eu ekghA  
 ekrqer c<bZv?keyvA  
 rēg gekj fgr dhUg cl yvA  
 ekfg yfx ; g dBVqfsg BKvA  
 ?kyf l c tx ckjg cVvAA  
 bekrqerB dsdkj . k tksfo"ke flFkr; k; cula  
 mul shkj dk vij/kh eu i fr{k.k cpv jgrk gS

D; kld ^; fg djks dj vks/k ukghA\* ; g djks rks  
 rHkh Bhd gis l drk gS tc& pfeVb dqtks jke  
 fQfj vk, A cl b vo/k ufgavku mi k, AB okYefcd  
 jke; . k eaHkh Hkj ; gh dgrsgfd i Hkqjke l s  
 feydj mlgauekdj v; k'; k oki l ykApxk fdUrq  
 ekrk dSls h dk eukj Fk i jk ughagkusnpxkA dSd; h  
 dk eukj Fk mlgal oE [KVdrk g&  
 u l dkeka dfj"; kfe Lokferxki/kuheA-  
 ousoRL; kE; ga nqzj kelsjktk Hkfo"; frAA  
 ejh ekrk ustksiki fd; k gSml seidHkh i l Un  
 ughadjrk&  
 b; fn ekrk Nra iki a ukga rnf i jkrAB  
 tc Hkj fu"knjkt ds l kFk i Hkqjke ds i kl  
 tk jgs Fksrc Hkh mudk eu vk' l fdr FkA eu ea  
 ukuk idkj ds Hko&dHko meM&?kpM+ jgs FkA  
 }U}xLr Hkj ekrk dh djr r ckj&ckj ; kn dj  
 'kcdk djus yxs fd dgha ejk uke l qdj  
 jke&y(e.k&tkudh vl; = u pystk; A vij/kh  
 eu fd l h fu"d"zi j ugha g p jgk&  
 pjke y[ku fl ; l fu ee ukm  
 mfBtfu vur tkfga rft BlmAA  
 ekrqerseg tkfu ekfg  
 tksdNqdjfga l ksFkjsAAB  
 fQj nH jsgH {k.k jke dsifr mudk fo'okl h  
 ekulsvk'oLr djrk gSfd ughajke dnkfi , d k u  
 djks cfYd osejsl kjsvij/k vi uk tkudj {kek  
 djks l dYi&fodYi l stwrsHkj tS sgh i Hkq  
 jke dsfudV i gprsgmlgans[krsgH&  
 pi kfgukFk dfg i kfg xkskbZ  
 Hkry i jsydtq dh ukbAB  
 m/kj i Hkqjke ustS sgh nS[kk fd Hkj nMor  
 izkke dj jgsgrgUr mBsvls Hkj dksan; l s  
 yxk fy; k&

pmBsJke l fpu i v?hij kA  
 dgpi V dgpfu"lak /kuophj kAA  
 cjcl fy, mBkb mj yk, Ni kfu/kuAB  
 Hkjr dsan; dh l kjh vk'kadk; a frjksgr gks  
 xbaftul svc rd osirkfMf FkA i Hkqjke dsl kFk  
 gh ekrk l hrk dks l Hkh izlkj l svuophy ikdj os  
 fpurkefj gksx; & phtsful kp mj viMj chrkAB  
 l kjk Hk; ] l kjk vij/k/cksk l ektr gksx; kA  
 Hkjr rsl dFYi r gdi Hkqjke dksv; k'; k oki l  
 ystkusdka vij/k/cksk rks'kar gvk fdUrqi Hkq  
 jke dS soki l v; k'; k pyi bl h fpurk eamuds  
 fnu&jkr chr jgs gA D; k'ad ouokl rks muds  
 dkj .k gh gvk gA Hkysgh i Hkqdsu ea, d k dkbZ  
 eyky u gkA Hkjr dks i w'k'ar rks rHkh feysxh  
 tc jke v; k'; k ykS/dj jktakt l HkkyA mlga  
 ykS/kusdsfy, osx#tul efitul egjkt tud  
 rFkk ekrkvka l s ijke'kZ djrs ga yfdu dkbZ  
 l fuf' pr elxZ l e> eaughavk jgkA Hkjr usvi us  
 rFkk rhuka Hkbb; ka l fgr ou tkus dh chr dgh  
 fdUrqi Hkqjke fdl i izlkj l ger ughagA osvar ea  
 vi uk fu.kZ l qkrsgq Hkjr l sdgrsgafd fir k  
 dh vkKk i ky u eagh gekjk rfigjk vlg l Hkh dk  
 dY; k.k g&  
 pekS rEgkj i je i e"nkj FkA  
 Lokj Fkq q l q'kje i jekj FkA  
 fi rqv; l q kyfgangq HkbbZ  
 ykisl os Hky HkivHkykbZ  
 efgk; k eqk l kspkg, [ku i ku dks, dA  
 i kyb i kSb l dy vx rgl h l fgr foosIAAB

Hkjr us i Hkqjke dh vkKk f'kjkskk; Z dh fdUrq  
 dgk& esjkt fl gkl u ij ughacBkA oghejk vf/kdkj  
 ughagA bl fy, vki viuh i knqk; aep-sinku dJA es  
 mlgafl gkl u ij LFkfi r dj mudh vkKkuq kj vki ds  
 vkrskadk i ky u d: xkA ifj .ker% i Hkqjke usviuh  
 i knqk; Hkjr dksinku dh&  
 pi Hkqdfj Ni k i kojh niUghA  
 l knj Hkjr l hl /kfj yHghAAB  
 mu i knqk/vkadksi z kke djdsHkjr usJhike l s  
 dgk& pgsohj j?kqulnu! esHkh pksng o"kaard tVk  
 vlg phj /kkj .k dj Qy&Qy dk Hkktu djrsqg  
 vki ds vxexu dh izrh{k ea uxj l s ckgj gh  
 jgkA i jri! brusfnukaard jKT; dk l kjk Hkij  
 vki dh bu pj.k i knqk/vka ij gh j [kdj vki dh  
 ckV tkgrk jgk&  
 pl i knqsl Ei lzKE; jkea opuecøhrA  
 prqZk fg o"kaZk t; phj /kjsgegeA  
 Qyeyk' kulsohj Hkosa j?kqulnuA  
 rokxeukdeku ol u oSuxjkn-cfg%A  
 ro i knq; kS; Z; jKT; ræa i ja ri AB  
 &ok-jk-  
 D; k'ad mudsHkhrj ; g onuk cjkj ptkrh jgh  
 fd ou ea muds HkbbZ ekrk l hrk 'Hkfe l ; u  
 cydy cl u vl u dn Qy ey\* dk d"Vdj  
 thou tc rd th jgs gA rc rd mlga Hkh  
 l qk&Hkox dk thou Lohdkj ughA vlg mlgkaus  
 v; k'; k l sckgj d/h cukdj xQk ea ri Loh dk  
 thou jke ds v; k'; k ykS/us rd fcrk; kA rHkh  
 mlgamä vij/k/cksk l sefj feyhA

103] xls y fogkj] [ktjuk x.kk efinj ds ikl] bnkS 1/2-izh 452016





# Hjör dhfp=dM; kkkdsfuxkk+r R

'kkfr naur [kjs

,d Hktu dh iä gS pl cl s Äph iæ  
 l xkbBA l xkbZ 'kcn vi useacMk fo'krykFkZ gA  
 l xkbZ dk vFkZ döy fookg dh , d jLe ughagS  
 oju ; s'kcn vull; re fuxk+iæ dk l ä v gkrk  
 gA bl l ä v ea }s rksl ek; k jgrk gS ij ml  
 }s dh vlrjkRek; a, d j l eagh Mch jgrh gA os  
 bruh xgjkZeaMch jgrh gSfd og bj l ksoSl %  
 dh e/kprh Hkiedk ea vk tkrk gA Hjör dh  
 fp=dM ; k=k eabl h fuxk+iæ dh i fj0; kfr gA

Hjör jke dso jke Hjör dksvfr'k; fiz gA  
 bekul B ea bl vull; iæ ds n"Vkr vud  
 LFkuka ij feyrs gA y{e.k jke dh Nk; k ds  
 l eku thou Hkj mudsl kFk yxsjgS ijUrqHjör  
 dh vull; rk dN vyx gh FkA

il æ gS Hjör o 'k=qu nkska ufugky ea gS  
 vSj x# of'k'B dk l nsk i kdj tc v; kS; k ds  
 fy; spyrsgarc vi usekrk fi rk o l c i fjokj  
 l sfeyusdh mRd.Bk fy; sgq spysvk jgs gA  
 eu ea , d cyorh vldk&k& cMs HkbbZ jke l s  
 feyusdh ykyl k l cl sÄij gA dgk Hkx; k gS  
 fd Hjör jke dh gh vugkj gA

ekxZ dfBurk l s dVrk gA ufugky ea Hk  
 mlgavi 'kdu fn [kusyxsFkS ekxZea vud i zdj  
 dh d"Vdj vullkr; k gksyxhA

v; kS; k vkdj mlga tksHk vdYiuh; ns[kus  
 l qusdksfeyrk gS osbrusVW tkrsgSfd mlga  
 vi uh ekrk dks gh nppu dgus i Mfs gA ; gk  
 rd fd poj ekpr eu Hkb ufgai hjkA xfj u thg  
 egg i jsu dhjkBA

ftl jke&n'kZu dh mRd.Bk l s os v; kS; k  
 vk; s FkS ml s nks nqi dFk; ka us l Qy u gkus  
 fn; kA ; s nks nqi fofk; k; Fk& ykik vSj ve"ZA  
 ykik dh irhd cuh mudh ekrk dSs h vSj  
 ve"Z dh irhd eFkjA dSbz tksjktekr cuus  
 dh nqæuh; vkdk&k l shka dj vuFkZ dj cBhA  
 mlga Lej.k gh u jgk fd muck i# , d s  
 vl Ekkouh; ÑR; dsfy, fdpr Hk l Lr u  
 gkskA osLoa jkten l spj FkS vi usek; dsds  
 otko vSj vi usfi rk dh egRokdk&k l A ml ij  
 jtkk n'kjFk dh opuc) rk us mlga nks dfBu  
 ojnku ekpxusi j foo'k dj fn; k; fcuk ; g fopkjs  
 dh ; g l ä wkZ i fjokj dh , dl rerk eac/kh e; kzk  
 dksfNUu&fHku dj nsckA i kfjokjd Lug&jTtq  
 l sc/ks Hkbb; ka ea Hkn dh vkjh pykdj l oZk'k  
 dj nsckA u döy i fjokj dk vfi rQLo; avi uk  
 Hk bg o i jykul k Mkyk bl ekrk uA ve"Z  
 dh irhd eFkj us dSs h dh ykkoFk dh vix  
 ea?kh Mkyus dk dk; Zfd; k l ksr; k Mkg dse-

Qnd&Qnddj ekrk dseu dksfo"ksyk I yk[kka l s  
 chrk fn; kA Hkjr vk; src jke ou tk ppls FkA  
 fi rk Hkh fnoxr gks ppls FkA bu nks nopluk; ka us  
 Hkjr dks vius iæ Hkrtu l sfeyus u fn; kA  
 v; k'; k eajke l sfeyuk u gksl dka

vc HkXu ân; Hkjr dks vius drd; fuožu  
 dsi 'pkr-vi uk vHkh"V fl ) djuk Fkk tksmlga  
 jke ds l kflU/; ea gh fey l drk FkA muds  
 ân; ea tksnkg mRi luu gksx; k Fkk] ml dk 'keu  
 dny jke dspj. kkaea'kj. kxxr gksus j gh l Hko  
 FkA fcuk jke dksn[ksmu nksukanji dfluk; ka }kjk  
 fd; sx; siki ka dk fujkdj. k gks gh ugha l drk  
 Fkk] eu ea, d gh vkrZ i plj xat jgh Fkh pfcuq  
 n[ksj?kphj i n] ft; dStjfu u tk; AB

eu ea, d vVw fo'okl ; g Hkh Fkk fd jke  
 ij tks iæ mudk gSmruk gh oju~ml l s Hkh  
 vf/kd iæ jke dk Hkjr ij g&

peSi HkqNik i hfr ft; tkgH  
 gkjgq[ks ftrkofga ekgHAB

Hkjr dk vxexu fp=dw eagtrk gA ogk, d  
 /kei Hkk gtrh gSftl ij pkj fnukard fopkj  
 foe'kz gksrjgA og l kei; /kei Hkk ugha FkA ogk  
 ulfr&ihfr] jktulfr] /kei ve; kRe] LokFk]  
 i jekFk] Kku] o]kx; ] Hkkouk vlg drd; vxog]  
 HkkX; j[tk dh vdkV; rk vkfn ij xHkhj foe'kz  
 gksuk FkA l cl sÅij Hkjr dh nhurk vlg vkr'rk  
 vlg ml l s Hkh Åij l R; l æk jke dk tkxr  
 foord o Lug dh ifj l heka

ogk vo/k jktifjokj rls Fkk gh] l kfk ea  
 tudjkt ifjokj Hkh mifLFkr FkA jktk tud  
 tksKku f'kjkef.k fong dgs tkrs Fk] l hrk ekrk

l q; uk o jke ekrk; j Kkuh x# of'k'B o ri Loh  
 efu okeno o vl; efux.k l c mifLFkr FkA  
 , d gh izu Fkk Hkjr jke dksoki l v; k'; k ys  
 tkdj jkT; Hkjr l ka usdk l dYi ydj vk; sFk  
 o jke fi rk dsopukadks i wkZdj yusdh i frKk  
 fd; scBsFkA ; g i frKk Hkh , dkach ugha FkA bl ea  
 vkrk; h nqtZuka l s/kjrh dh j{kk dk Hkjr Hkh Fkk]  
 ftl smlgabl h izdkj i jk djuk FkA Hkjr bl  
 l e; jke iæ dh jTtq l sc/ks Fks fd l ek/kku  
 gksuk dFbu gksjgk FkA

Hkjr dseu dh Xykfu mlga vkr'rk dh l hek  
 rd ys vkrh gA mudk iæ tc eu ds xgu  
 xgej l sfudydj vk; k gS rc og vkr'rk ea  
 cny tkrk gSmudk dFku&

pepxm; Hkh [k R; kfx fut /kjeAv  
 vkjr dkg u djb dajjeAB

Hkjr , d tle ugha tle tleUrj rd vMksy  
 efr l s, d sc/ks gafd mlga dkbZ l qfr Lohdkj  
 ughag&

lvjFk u /kje u dke#fp]  
 xfr u pgm; fujokuA  
 tue tue jfr jke i n]  
 ; g ojnku u vkuAAB

1/rls 204½

bl /kei Hkk eaekrk dksKY; k R; kx dh i rhd  
 g] os l Hkk ds l p-koka ds vkykd ea dgrh gafd  
 x# tuka us tks , d mik; crk; k gS fd Hkjr  
 'k=q u ou pys tk; a vlg jke y[ku l hrk  
 v; k'; k ykS/ tk; j ; gk mudh R; kxofuk l keus  
 vkrh gA dkbZ Hkh i q ou tk; sk n[kh rksekrk gh  
 gkxH mudk dFku&

pjke y[ku fl ; tkfgaou]  
 Hky i fjule fcl i kpa  
 xgcfj fg; dfg dks ykj  
 ekfg Hkjr dj l kpaAB  
 osHkjr ds i e dh Apkz dks l e> dj jke  
 dk ou tkuk Hkh JSB eku yrh gA l hrk ekrk  
 l u; uk dk l dr Hkh gSfd jtkk tud Hkjr dh  
 #fp ns[kdj jke dksmudh bPNkuq kj djusds  
 fy; s dgj i jUrq tud rls Kku f'kjkef.k vls  
 food pmlkef.k gAmudk er g& fd Hkjr jke dh  
 fcl h Hkh vkKk dksf'kjkskk; Zdjxsgjh eu l sHkh  
 jke dh vkKk dksos Bpdjk gh ugha l drj vr-%  
 i e o'k , d k l kpusl sHkh ykik ughag&  
 Hkjsghkjr u i sygfgj eul gajke jtkbA  
 dfj; u l kpa l us cl ] Hkiwdgms fcy [ kbaAB  
 1/2kgk- 289%  
 x# of'k'B Kkuh jtkk n'kjFk dsjkt i fjokj  
 dh ogUkj vls l (erj xfrfof/k; kads i kj [kh vls  
 l ek/kkudrkz g& i jUrq bl vol j ij mlga Hkh  
 efr Hke gks jgk gA Hkjr ds vfr'k; i e dh  
 xgjkzmlgavFkk l kxj dsl eku fn[krh gsvls  
 Lo; adh efr ml dh Fkk i kuk rls nij vupeku  
 yxkuseHkh l eFkzughai k jgh&  
 Hkjr egkefgek ty jkl hj  
 efr efr Bk+rhj vcyk l hA  
 xk pg i kj truofg; g&]  
 i kor uko u dksgrc kbaAB  
 bl h izkj \_\_f'k okeno& tksri Loh g& ri  
 dh efgek l svl Hko dke gsrk tkursg& i jUrq  
 dkbz fu.kz ugha ns ik jgA bl Hkpojtky ds  
 l eku vkbz fodV l eL; k dk dkbzm) kj d ugha

fn[krkA ; gk Kku vls o'gk; ] ri Hkh dks i M+  
 tkrsgA  
 i e rksog i jekofUk g& tgl i e h o i e Hkktu  
 dschp , d , d h , drkurk cu tkrh gSfd osnks  
 gkdj Hkh vlurjkrek l s, d gh gkrsgA Hkjr dk  
 jke ds ifr , d k gh ykdkkij i e g& ftl dh  
 dcy l jkguk gh dj l drsgal c ykxA ; g i e  
 l dckbzHkh g& tl dsfy; shkjr dk er g&  
 pfl j Hkj tlmj /kje vl ekstA  
 l c rsl ed /kje dBkjsAB  
 ml i e dsfy; sykdd vls vylkdd rRo  
 Hkh i e ds vfkllor gks tkrsgA f=oskh l sok.kh  
 gkrh g&  
 prkr Hkjr req l c fof/k l k/wv  
 jke pju vujpx vxk/wAB  
 Hkj)kt efr dk Kku l kxj Hkh fgyijsyusyrk g&  
 pl qgdHkjr j?kaj eu ekgh  
 i e ik= req l e dks ukghAB  
 jke dh ok.kh rksi gysgh y(e.k l sdg pph g&  
 pl qgqy [ku Hky Hkjr l jh [kA  
 fof/k i zp eg l qk u nh [kAAB  
 ; gk rd fd nskard dksdguk i M&  
 btksu gks tx tue Hkjr dks  
 l dy /kje /kij /kjfu /kjr dksAB  
 ; fn Hkjr bl izkj l s LFku&LFku ij  
 l jkgs tk jgsg&rls; g rls, d vdkV; l R; gSfd  
 Val dh fohkr pkrd vls ga dh Hkh l jkgh tkrh  
 gA pkrd Lokfr ty gh fi; sk vls ga epk gh  
 ppskA Hkjr dh Val dh l jkguk D; kau gks\  
 vius i e Hkktu ds ifr i e h dk vull; kfJr  
 l eizk Hkh tc ml dksV rd igp tkrk g&

ftl d vlxsjkg ugha gsrks og vrr% Hkfä ea  
 i ; bfl r gkstrkrk gÅ  
 ije l Ükk l s, dkrE gksuk Hkh Hkfä dk izdkj  
 gÅ Hkjr dsfy; sjke bl l e; ije l Ükk dh  
 dkfV eai gpp ppsgÅ jke eav [kM Kku gsvkj os  
 ije l Ükk ds: i e&  
 PKku v [k.M , d l hrkoj\*\* gÅ  
 ftl Äpobz i j ; snkukaHkbbzi gpp ppsgÅfd  
 xktokeh th us, d v) kyh dh j puk dh&  
 btx ti gjke jke tti tghMAB  
 ti , d , dh xgu npxkfeuh ekufi d  
 i fØ; k gÅ ftl ds } kjk tki d vj ml dsvkj k/;  
 dschp dh njh de l s derj gsrh tkrh gÅ  
 i fj.kfr ij tki d JSB gkstrkrk gÅ og viuh

bl ekufi d i fØ; k l svkj k/; dls i k yrk gÅ  
 bl ti dsdkj.k Hkjr jke l s JSB gkstrkrk gÅ  
 D; kfd vj k/; l nk JSB gkrk gÅ  
 bl izdkj Hkjr Lugh Hkkrk l od] iæ ds  
 l kxj] vkrz; kpd vj vrr%Hkä gÅ fp=dW ea  
 vkdj Hkjr v; k/; k vkdj rksjke dksugha i k  
 l ds Fk ij fp=dW ea vkdj Hkä us vius  
 Hkxoku dks i k fy; kA rikh u uflnxte eapknfng  
 l ky rd Hkxoku dh i kqjh i nch xba  
 ; gh Hkjr dh fp=dW ; k=k dsfuxk+rRo gÅ  
 vklFk dh ueuh; rk vj ck) d foe'kz dh  
 mRN"Vrk] nskai j pruk ds Ä/ohdj .k dk ogr-  
 i R; k[; ku dgh tk l drh gS; g fp=dW ; k=kA

}kj k Jherh xfej [kj} 9lyV ua 501] Vkoj 36] l DVj 100] uls Mk ¼m-i z/201304



i Hkqdk i gyk fuokl e; kzhk dh Hkfe v; k/; k eagÅ ogk i Hkqdspfj = ea  
 i x&i x ij bl dk n'kzu Hkh gkrk gsvkj ogk i Hkqu; h e; kzhkvdh  
 LFkki uk Hkh djrsgÅ bl ds l kFk gh v; k/; k ea, d vnHkq Ckr vkrh  
 gÅ os svi us l R; dh j {kk djusdsfy; sd"V l gusokysegki q "k rks  
 vud gq i j n' jsdh l R; &j {kk dsfy; sd"V mBkus dh Hkfedk dk  
 fuokz i HkqHjke djrsgÅ

i a-j kefdidj nhk/ k



# j lei æ j l kar kj & k h k r y k y

r x u k f k p r p h

egkdfo& l r f'kjkef.k ryl h nkl th us  
 vi usfo'o ifl ) dkyt; h xfk jkepfjr ekul  
 eatgkæ; k h k Hkxoku Jh jke dks i j cã fu: fi r  
 djds txroal cuk; kj ogha jkekuqt Hkjryky  
 dks nørkvk egki # "ka }kjk gh ugh oju Lo; a  
 Hkxoku Jh jke }kjk Hk onuh; ] eguh; , oa  
 vfkunuh; fpf=r fd; k gA ryl h usHkjr dks  
 jke HkDr dk i jekpk; Zekursgq Hkjrpfj= dks  
 jkepfj= l s Hk v f/kd efgekeMr fd; k gA  
 ys[kd dk ; g fu"d"z vfr'k; kDr ugh  
 Lo; il ) , oai kef.kd gA

Hkjr th dk pfj= v; k'; k d k M ds vr l s  
 mUkj d k M ds i k j k rd xk; k x; k gA Hkjr  
 pfj=ker dh efgek v; k'; k d k M dh fuEu  
 QyJjr dsl kfk xkbzxbzgs%

Hkjr pfjr dfj ueqrgl h tks knj l qfgA  
 l h; jke in i eqvofl gks Hko jl fcjfrAA  
 vl; 'kcnkaeaHkjr pfj= dsfpruj vu[keu]  
 vu[ j.k l sgh l h; jke dspj .kkaea i æ Hkko dks  
 i ktr fd; k tk l drk gA Hkjr pfj= ij tks Hk  
 l kfgR; mi yC/k g\$ og l kfgR; d&cl\$) d n r V  
 l srksmPpdksV dk g\$ fdUr qHko&n r V l sl a qV  
 ughagA ryl h usrks; glard dg fn; k fd&  
 vxe l sig Hkjr&j?kqj dks  
 tga u tkb euqcf/k gfjgj dksA

vr% bl ys[k ds ek/; e l s Hkjr pfj= ds  
 vrj eai osk djusdk iz kl fd; k tk, xkA pplz  
 fuEu fclnykai j gh d f l nr jgsch&  
 ¼1½ Hkjr yky dh uke&efgek]  
 ½2½ Hkjr th dh thou&ofUk]  
 ¾3½ Hkjr dsjke&i æ dh efgek]  
 ¼4½ Hkjr th dh Lo: i efgek]  
 ½5½ mi & l gkjA  
 Hkjr th dh uke efgek

uke&onuk ea ryl h dgrs g&  
 i zoma i Eke Hkjr dspjukA  
 tkl qus&cz tkb u cjukAA  
 jke pju i æ t eu tkl w  
 yq q e/kq bo rtb u i kl w  
 ukedj.k d j rsgq efu of' k'B dgrsg&  
 fcLo Hkju i k\$u dj tks z  
 rkdj uke Hkjr vl gks zA  
 mi ; Dr dFkuka ea Hkjr dsue] cr] jke&i æ  
 , oamudh drD; & i jk; .krk dh vj l æ r ek=  
 gh fd; k x; k gA

Hkjr rhu v{kjka dk uke g\$ fdUr q mudh  
 efgek , oa Hkko txr ij euu djus l s bl ds  
 vucl xk+r k R i ; Zmn?k f V r gk rsg&  
 ½d½ tks jke&i æ l s , d egkl kxj dh Hkkr  
 fujrj Hkjr k jgdj Hk vr l r gh jgrk gA

¼[k½ tks jke&HkDr&jl l kxj ea fujrj  
 rjfxr] rle; jgrsgA  
 ¼x½ tkj dkj ¼ke¼ rdkj ¼ hrk½ vFkz~  
 l hrkjke ; qy iæk HkDr dh ifrefirZgS  
 osgâJh Hkj rykyA  
 vl; 'kCnka ea ftuds ân; ea jke&iæ dk  
 l kxj fgykjsyrk jgrk gS, d sgâJh Hkj rykyA  
 Hkjr th dh thou ofÜk  
 muds0; fDrRo dk i Hkko bl h rF; l stkuk  
 tk l drk gSfd fp=dW ea vk; kstr l Hkk ea  
 ftl eaefu of'k'B th , oaegkjkt tudth tS s  
 egkefge 0; fDrRoka dse/; , d Loj l s, d gh  
 ckr e[lfjr gkrh g&  
 l Hkk jkm] xj] efgl j ea=ha  
 Hkjr Hkxfr l cdSefr ta=haA  
 Hkjr i lfr] ufr] fcu; cMkæZ  
 l qr l qkn cjur dfBukbAA  
 Hkjr th eul kj okpk] dezkk jkeHkDr gA , d  
 l k/kd] l r vFkok HkDr dh l gh igpku mudh  
 jguh gA jfl d l rka dserkuq kj&  
 jguh dguh , d l h fru l kSdfg, l rA  
 gfj jl : i l dk fi, l nk jgSefrAA  
 Jh jke us l koztud : i l s Hkjr dh fu"Bk  
 dksi ækf.kr djrsgq dgk fd&  
 dje] cpu] ekul fcey]  
 rEg l eku rEg rkrA  
 i lfr&i zhr cpu] eu&djuhA  
 Jheqk jke iæ cl cjuhAA  
 cuokl dky ea tS h l kRod jguh HkS k jke  
 dh gS os h gh jguh v; kS; k ds eukhr jktk  
 Hkjr dh gA fVli .kh djrsgq nyl h dgrsg&

vo/k jktq] j jktqfl gkgMA  
 nl jFk /ku l fu /kuncytkghMA  
 rfga i j cl r Hkjr fcuojlxkA  
 ppjhd fte pa d clxkAA  
 l fu cz us l k/kq] dpgMA  
 nE[k nl k efujkt ytkghMA  
 bl izdkj Hkjr th dk 0; fDrRo] thou&ofÜk]  
 l nkpkj] R; kx] riL; k , oaufdrk dsmPpre-  
 vkn'kziLr q djrk gA  
 Hkjr ds jke&iæ dh efgek  
 Hkjr th jke&iæ ds l k/kd gh ugh] Lo; a  
 fl ) g] mikl d gh ugh] mikL; dkV ea gA  
 bl h okLrfodr k dks mtkxj djrs gq efuoj  
 Hkjr }kt th ds'kCnkae&  
 jke Hkxfr j l fl f) fgr Hk ; g l em xud A  
 mudk l a wZ thou jke iæ e; gA muds  
 fy, l ka kfjd ukr ux.; g] D; kfid mudh  
 Hkko fu"Bk g&  
 tkdsi z u jke&cSghA  
 rft, rkg dkV/ c] l e  
 t|fi ije l ughAA  
 ; gh dkj.k gSfd ekrk&fi z tu] x#] l fpo  
 , oa iztkuka }kj k v; kS; k dk jkt in Lohdkj  
 djus ds vixg dks vLohdkj djrs gq] os ; gla  
 rd dg nrsg&  
 ekfj jktqfB nbggqt cgh]  
 j l k j l kry tkbfg rcghA  
 Hkjr dsbl izdkj ds0; ogkj dk vFZe; kkh  
 dh voggyuk u gkdj , dek= mudk jke&iæ  
 gh gA vr% mudsjke&iæ dh n<rk dksn[ kdj  
 ekr] l fpo] xj] i j ujukj hA



I dy I ug fcdy Hk, HkjhAA  
 Hkjrfg dgfg I jkfg I jkghA  
 jke i e ejfr ruqvkgHAA  
 jke dseukusdsfy, tkrsl e; ; |fi jkT;  
 dh 0; oLFk dsifr osl tx rksG&D; kfid muds  
 fopkj e& I a fuk I c j?kqfr ds vkgh] ijUrq  
 mudh /kk.k I jkguh; g&  
 tjm I ksl a fuk I nu I qkq gn ekrdi rdHkBA  
 I ueqk gks tksjei n djSu I gl I gkbAA  
 ekxLeaosiwkz isk I hrk&jke&y[ku e; gA  
 xga fu"kn dks jke I [kk tkudj ml l s an;  
 yxkdj feyrsl e; mlGay[ku I sHkV/ gksudk  
 vutko gkrk g\$ jke ?kV dks iz kke djrs gq  
 Hk\$ kjke I sHkV/ gksudk v\$ /kjr h ij I Msfeys  
 I hrkth dsdud fclnq/kadksLrd I syxkdj  
 I hrkth dks iz kke dk vutko djrs gA  
 f=oskh I ae ij axkth ds/koy v\$ ; euk  
 th ds ' ; ke ty dks n\$kdj mlGa  
 I hrk&jke&y[ku dk Lej.k gks vk; k g\$ v\$ os  
 i e exu gks tkrsgA f=oskh I sos, d gh ojnu  
 elxrs g&  
 I hrkjke pju jfr eks  
 vutou c< n vuzg rksBA  
 muds jke&i e dks vutko dj e[uj  
 fl )&l k/kd x.k Hkh vk'p; pfd r gks tkrsg  
 D; kfid Hkjr dsfu%okl I sNydrs i e j l ds  
 i Hkko I s l eLr okroj.k gh jke&i e; gks  
 tkrk g&  
 tcfga jkeqdfg yfga ml kl kj  
 mexr i e eugopgoj kl kAA  
 viuseu dh Xykfu dks vutko djds l kpus  
 yx tkrsg&fd dghamul sfeyuk u pkgdj Hk\$ k

jke fp=dW I svll; = u pystk; A yfdu mudk  
 jke i e e; eu Lo; agh I ek/kku Hkh [kkt yrk g\$  
 fd , d h fLFkr eosjke dh pj.k I knpklvach gh  
 'kj.k ys ykA mudh ; g Hkko n'kk n\$kdj xg  
 fu"kn Hkh fong I n'k gkstkrsgA  
 enkfduh rV ij j?kqkFk th dspj.k fpguka  
 dks ifgpkudj ml jt dks an; eLrd l s  
 yxkdj jke feyu t\$ k l [k vutko djrs gq  
 mlGaf o'okl Hkh gks tkrk g\$fd vc jke vo';  
 fey kA mudh i e n'kk n\$kdj ex] [kx] tM-  
 tho rsi e exu gks tkrsg&v\$ xg fu"kn vki k  
 Hkydj ekxZl sHkVd tkrsgA  
 i kfgukFk dfg i kfg xkl kb] Hkjr ds vkrZukn  
 v\$ I efi r i e i wZ opuka dks l udj Jh jke  
 Lo; a v/khj gks tkrsg&v\$ vkrj rko'k fLFkr  
 ; gkard i gp tkrh g\$fd&  
 dgoj V] dgoj u"ka] /kuqrij kA  
 ryl h ds Hkko k dks ; fn l e> tk; a rks  
 I dr& I n\$ k ; gh g\$fd tc tho vi useu  
 cf) ] fpUk] vgoj I sfjDr an; eavi usi Hkq dks  
 LFkfr dj yrk g\$ rks Hkxoku Hkh vi us cká  
 vkoy.k dks R; kxusdsfy, ck/; gkdj feyusds  
 fy, vkrj gks tkrsg&v\$ vi us fo'kq Lo: i  
 vek; k R; kxdj 1/2 l sgh vi us HkDr dks vi ukrsg  
 ; gh fLFkr bl vi wZ feyu ea n'kkz h xbz gA  
 ryl h dgrsg&  
 i je i e i ju nks HkkoZ  
 eu cfk fpr vfgfevr fcl jkbAA  
 fo'kq i e dh i jkd k" Bk Hkh ; gh gA  
 tho dk vi usi Hkq l sfeyu dsfy, NVi Vku k  
 rks l kkl; ckr g\$fdUrq Hkxoku dk vi us HkDr  
 I sfeyusdsfy, v/khj vkrj gks gh l Pps i e

dh i kef.kdrk gš D; křd Hkxoku dk [kku&i ku  
vks-uk&fcNKšuk vřš fu'okl Hkh dšy i e gh gš  
Hkjr th dh Lo: i efgek

, š k i rhr gšrk gšfd ryl h usHkjr th dh  
efgek dlsu dšy l okř/kd egRo i nku fd; k gš  
oju- nšh&nšrkvřš rřFkj kt] \_\_f'k&efu  
egkjkt tud] ekrk, a ,oa ea-hx.k rFkk Lo; a  
Jhjde dk d.Bgkj gh cuk fn; k gš bl dk i Fke  
dkj.k rks ; g gšfd jke us vi us Hkxonh; &  
bz ojh; Lo: i dks; Fkkl Hko xks uh; j [kk vřš  
ftUgabl rF; dk Kku Fkk] muds}kjk mn?křfVr  
ugha gksus fn; k vřš nř js ; g fd ekul ds  
jpf; rk ryl hnl us mlga HkřDr dk i jekpk; Z  
ekudj mudspřj= ,oaLo: i dksefgek eřMr  
fd; kA tgkay [kuyky Hkxoku Jhjde dh ; 'k  
i rkd ds n.M gš ogha Hkřryky jke&i e dh  
i rkd gš l eLr v; kř; k mlga jke&i e dh eřrZ  
ekurh gš

f=osh dser eaHkjr gj i d kj l s l k/kq gš  
Hkj}kt th dseu eaHkjr /kjansg tuqjke l usw  
gš l kFk gh ; g Hkh dgk fd dhUgsm l g/Hk l qkk  
cl qkk gš vřxs dgrs gšfd l eLr thou dh  
riL; k dk Qy Hkxoku Jhjde dk n'kš i kř  
gřk vřš muds n'kš dk l Qy Hkjr th dk  
n'kš ykk gřkA nšx# cšLi fr , d u; sjgL;  
dksmtlxj djšrgg dgrsgřfd&

txqti jke jkeqti tghA  
fl ) l k/kd x.k dh nřV eaHkjr th&  
i e vřv en# fcjg Hkjr i ; křk xřHjA  
effk i xVš l j l křdgr Ńi k fl d kř?křjAA  
egkjkuh l q; uk dserkuđ kj Hkjr l kus ea  
l qřk vřš plnek dsver dk Hkh l kj gšegkjkt

tud , d l oFkk vuBh ckr djšrg&  
Hkjr vřv efgek l qđkuhA  
tkufga jkequ l dfga c [kkuhAA  
nřo 'kkjnk dgrh gš& Hkjr ān; afl ; jke  
fuokl AA

dyx# ,oa Hkxoku Jhjde ds f'k{k x#  
of'k'B th dsfo" k; eadgk x; k fd

Hkjr egk efgek ty jkl hj  
efu efr BkM+vřš rñj vcykl AA  
Hkxoku jke rks glard dg nšsgšd&  
l qđgy [ku Hky Hkjr l jhl kA  
fcf/k i žp egal qk u nhl kAA  
Hkřřg gks u jkt enř  
fcf/kgfj gj i n i kbA

vřš Hkř k Hkjr l s ; g Hkh dgrs gš& rřg  
l eku rřg rkrA

vřkř-l eLr l řV eaHkjr dh l eku rđjus  
okyk nř jk gšgh ughA

mi ; řr l jkgukvka vřš , d nř js l s  
c<&p<đj Hkjr th dh efgek xku dk jgL;  
vřf [kj D; k gš\

tš k fd vřkd'kok.kh eacr k; k x; k fd&  
vř Ug l fgr euđ vorkjA  
yřma fnudj cā mnkjAA

Hkxoku jke i jkři j cř] Hkjr fo".kqđš y [ku  
'křk th ds vřš 'k=řu cřk ds vorkj ekus tkrs  
gš vuđ i křhu jkek; .křavřš i jk.k l křgR; ea  
Hkxoku fo".kqđšgh cř ekuk x; k gšvřš ekU; rk  
; gh gšfd osgh l e; & l e; i j vorřj gkđj  
Hkřrt ukadh j (kđj i Foh dk Hkřj mřkj rsgřr Fkk  
osgh l řV dsi kyu dřkřHkh gš ryl h usjke dks

<p>ijRij cã vlg Hkjr dlsfo".kqHkxoku dk vâk  ekuk gA vr%vorkj dky ds vfrfjDr fo".kq  Hkxoku gh cãk ekustkrsgA  Hkxoku Jhke e; kzk ds vkn'kz gâ rks  Hkjryky jke iæ ds vkn'kz gA Hkjr] jke dk  Lej.k djrsgârsjke Hkjr dk&amp;  txqti jke jkeqti tgh rFk  I fêjr ftUgfgajkeçeu ekghA</p>	<p>Hkjr vlg jke] nksuka, d nti jsdsi æh vlg iæ  ek= g&amp;  I qgdHkjr j?kqj eu ekghA  i æ ik= rëg I e dks ukghAA  nksuka ea ijLij feyus dh vkrjrk gâ tgka  Hkjr dgrsgâfd nçksfcuqj?kukFk in ft; adh  tkfu u tk; ] oghajke Hkh foHk"K.k I sdgrsg&amp;  Hkjr ni k I fêjr eksg fufe"K dYi I e tkrA</p>
--	---

ekul Hkjrthj uocj] 2008



I qçfpu I rUg dsxq dgÅ;  
ftUg rseñUg dæcl jgÅ;  
"V fcdkj ftr vu?k vdlekA vpy vfdpu I qp I çk/kkAA  
vfer çkç vuhg ferHkzshA I R; I kj dfc dksn tkshAA  
I ko/kku ekun enghukA /hij /keZxfr ije i zhuAA  
xqkxkj I ð kj nçk k jfgr fcxr I ngA  
rft ee pju I jks fi z frUg dgçng u xgAA  
fut xq Jou I qr I dpgHk ij xq I qr vf/kd gj"kgHAA  
I e I hry ufgaR; kxfga uhrhA I jy I kkm I cfg I u i brhAA  
ti ri cz ne I æte uskA xç xkçon foizi n i çkAA  
J) k Nek e; =h nk; kA efprk ee in i br vek; kAA  
fcjfr fccsl fcu; fcC; kuka çkç tFkjFk çs i çtuAA  
nkk eku en djfga u dkAA Hkky u nçga dekje i kAA  
xkofga I qfga I nk ee yhykA gsdjgr i jfgr jr I hryAA  
efpu I qd k/kg dsxq tsæ dfg u I dfga I kjn Jçr rshA  
j kepfj rekul



# tsl i ugft u /je u Nsya

i k-cky d". kdjekor

Jh jkepfjrekul ,d I kolkké ,oa  
 I koZkfyd xFk gA bl ea0; kogkfjd thou ds  
 mPp vkn'kka-dk i wkZekxh'kZ feyrk gA thou  
 dh fHkU&fHkU i fjfLFkfr; kaeeakuo dk 0; ogkj  
 dS k gk bl dk mRN"V fun'kZ bl egkd0; ea  
 i ktr gkrk gA ; gk I qki eakuo dsl ok/keZdh  
 ppkZ dh x; h gS ftl dk I oZSB ifriknu  
 v; kS; kdk.M eaqvk gA

Jh Hkjrth tc Hkxoku Jhjte dk v; kS; k  
 ykS/kus ds fy; s i LFku djrs gS rks muds eu ea  
 I gt gh fopkj vk; k fd I kjh I Ei rRr rks j/kpukFk  
 th dh gA vr%bl dh mfr j {kk gksh pkfg, &

Hkjr tkb ?kj dhUg fcpk: A  
 ux# ckt xt Hkou HkMk: AA  
 I i fr I c j?kqfr dSvighA  
 tks cuqtru pykSft righAA  
 rksI fjute u ekSj HkykbZ  
 i ki fl jksfu I kb; nsgkbZ  
 djb Lokfe fgr I sdd kSZ  
 n'vu dks/ nb fdu dksZ  
 vl fcpkfj I fp I od cysS  
 tsl i ugft u /je u MksyAA  
 dfg I cpejq/kjedky Hk"WA  
 tktstfg yk; d I ksrfga jk [ kA  
 1/2 k-p-ek- 7@10%

bu i fä; kaal ok/keZdk n'kZ fNi k gvk gA  
 ifjokj gks; k I ekt vFkok jk"V" I od dk i je  
 /keZ gS fd Lokh ; k jk"V" ds ifr og vi us  
 nkf; Roka dk fuokg djrs I e; I rdZ I ko/kku  
 , oal efi Z jgs rFk Lolu eaHh vi us drD; I s  
 fopfyr u gA I oHkou rFk I oZ dkjSk Lokh  
 ds; k jk"V" ds fgr dk /; s gks vSj , s k djrs  
 I e; dkbZ vkykpuK djs; k nksk ns rks ml dh  
 fdipr-Hh i jokg u djS; g I ok/keZdk eelgA  
 pl qp I odb dk rki; ZI ok/keZ su padusokyS  
 Hkjkl sokyS fo'okl ik= rFk fu"di V I od I s  
 gA Lokh dsfgr eavi uk LokFkZ Hh fcxM+tk;  
 rks ml dh Hh i jokg ugha djuh pkfg; A Lokh  
 ftl eal qk i koS Lokh dh ftl eaHkykbZ gkS ogh  
 djuk I od dk i je /keZgkuk pkfg; A

pl Ei fr I c j?kqfr ds vkgb okD; kak ea  
 U; kl /krfjrk dk fl ) kUr 1/2 Principle of  
 Trusteeship 1/2 fufgr gA I Ei fUk; k I c j?kqfr  
 1/2 Fkkr-jk"V" dh gS vSj ge I c budsU; kl h gS  
 u fd Lokh A U; kl h dk drD; gkrk gSfd U; kl  
 dh I Ei rRr dh i wkZ i sk j {kk gkS ml dh {kfr u  
 gks rFk og Lokh dks ml h : i eal kS nh tk; A  
 ; g U; kl /krfjrk dk fl ) kUr jkejKT; dk , d  
 vk/kj Hkr fl ) kUr gA egkRek xk/kh usLojkt dh  
 I rdYi uk ea ; k jkejKT; dh LFki uk ea bl

fl )klr ij cgr cy fn;k FkkA m|ksifr  
 jk"Vh; I Ei fRr; ka ; k l d k/kuka ds VL Vh g&rFkk  
 Jfed Hkh jk"Vh; I Ei fRr; ka ds VL Vh g& bl  
 Hkkouk l s dk; Zdjusea jk"V" dh i xfr dk l =  
 fufgr g& Jh Hkjr th usjk"V" dh I Ei fRr dh j {kk  
 dsfy; } ns[kkky dsfy; s, d l o dka dh fu; @Dr  
 dh tksi wkz-%fu"Bkoku] fo'ol uh; gkarFkk Lolu  
 ea Hkh viuh fu"Bk] drD; ijk; .krk vjg  
 b&ekunkjh l sfopfyr ugha g& Hkjr th dh ; g  
 vo&ekj .kk oLr-% jkejKT; dh LFkkiuk dh  
 cfju; kn FkA jk"V"ea; fn fu"Bkoku l o d gsrFkk  
 jk"V" ds ifr i wkz-% l efi r gks og jk"V" , d  
 vkn'kz jk"V" ekuk tkrk gS vjg ml jk"V" dh  
 'kkl u] 0; oLFkk vkn'kz l e>h tkrh g& pks g o"z  
 ds jk"V" ds l pkyu ea Jh Hkjr th us bl s gh  
 , dek= vi uk vHkr"V l e>ka p=sr; Hkb Nr t&  
 dSdjub jkejKT; dh l cl scMh fo'kSkrrk FkA  
 bl ea Jh Hkjr th dh gh i z&f k Hkfedk jgh g&  
 l o k/kezd k eel Jh jkepfjr ekul ea Jh Hkjr th  
 usgh HkyHkfr l e>k rFkk ml dk i wkz-%fuokz  
 fd; kA

Jh jkepfjrekul eabl cr dksj [kk&dr Hkh  
 fd; k x; k g&

fl j Hkj tlm; mfpr vl ejsA  
 l c n&l sd /kjeqplBjsAA  
 n&[ k Hkjr xfr l fu e&ncpuhA  
 l c l sd xu xjfga xykuhAA

1/2 k-p-ek- 2@2031/2

jk"V" ds uk; d rFkk l o dka eabl izlkj ds  
 l o k /kezd sfuokz dh ft tifo"kk gksrks jk"V" /kU;  
 gks tkrk g& Hkjr th dh 'kkl u&0; oLFkk bl dk  
 i Ddk i&ek.k g& Jh jkepfjrekul ea l o k /kezd

dsfuokz dsfoyl{k.k i d akadk o.ku fd; k x; k  
 g& l o d dks Lokh l s Lokf&Hkfr Dr ds vfrfj Dr  
 nr jh dkbz Hkh vk'kk ugha j [kuh pfg; A , d k  
 l o d Hkxoku dksi k.kkadsl eku fiz gkrk g&

l R; dgm; [kx n&fj l pp l o d ee i kufi zA  
 1/2 k-p-ek- 7@87 [k1/2

vi usdksmi dkj djusokyk eku dj l o k dk  
 vflleku djds l 0; dks vi us l s uhpk ekuuk]  
 ml ij , gl ku djuk ml ds }kjk NrKrk rFkk  
 iR; i dkj iklr djus dk vi us dks vf/kdkjh  
 l e>uk vjg u feyusij ml sNr?u ekuuk 'kq  
 l o k ugha g& ; g rts 0; k i k j gh g& l o k djuk  
 ugha l o d dgykuk vjg l o d : i eavi usdks  
 inf'kr djuk& ; g , d izlkj dk n&Hk i k [k.M  
 vjg iki gal o k djus dh 'kq bPNk l svi usdks  
 iklr ru&eu opu ds }kjk ; Fkk; kx; l 0; ds  
 vko'; drkuq kj l o k djds i d Uurk dk  
 vkr&l rksk iklr djuk gh l Pph l o k dgh tk  
 l drh g& xk&okeh th dgrsg&fd l o d dk /kezd  
 f'koth ds i o r l s Hkh Hkjh g& pgjxfj r&x&f  
 l o d /kje& 1/2 k-p-ek- 2@253@61/2 vFkk&-  
 dSyk l mBk yuk l jy g& fdrq l o k/kezd k Hkjh  
 mBkuk dfBu g&

l o k ea t&gk vi us l d k dk Hkko vk; k] vi us  
 Lokf&Z dk Hkko vk; k] ogk; l o d dks l d k&'kkr  
 iklr g&uk dfBu g& l o k ea l o d dks bruk  
 mnkj jguk pfg; sfd vi us Lokh l svi us Je  
 dk ij Ldkj ikus dh bPNk u djs vjg viuh  
 dk; i Vrk ds fy; s eku&cMkbz dh Hkh bPNk u  
 djA ; gk; d&V dk mnkgj.k nZV0; g& og  
 dgrk g& vc dNqukFk u pfgv ejs  
 nhun; ky vuz&g rjsA Lokh dh l o k&Hkko l s

Ny NkMelj djuh pkfg; A okujkt I qcho th  
ustkudhth dh [kkt dsfy; shkstsx; sokujkadks  
I ok&/kelch f'k(kk nrsqg dgk g&

Hkuqj hfB I sv mj vlxhA  
Lokfeg I oZtko Ny R; kxhAA  
½k-p-ek- 4@23@4½

vFkz- Lokeh dh I ok Nyjfg djuk  
pkfg; A Lokeh dh I ok ea I [k&nq[k dk fopkj  
ugha gksuk pkfg; } fu%okFz vlg fu' NyHko I s  
I ok gksuh pkfg; A I ok ea LokFz fclpr Hkh ugha  
gksuk pkfg; } I ok earu] eu vlg opu yxk nsuk  
pkfg; A , s k okujkausHkxoku-Jhike dh I ok ea  
fd; k Hkh& bjke dkt y; yhu eu fcl jk ru dj  
NkgAAB ½k-p-ek- 4@23½ tks I od Lokeh dh  
vkKk I qdj mRrj n, , s I od dks n[kdj  
yTtk Hkh 'kellnk gkstrh g&

mr# ns I fu Lokfe jtkbZ  
I ksl sdqyf[k ykt ytkbZ  
½k-p-ek- 2@269@5½

I r dchj usdkg gsf d I od dksl nb Lokeh  
dh I ok ea I yXu jguk pkfg; } vl; dgha Hkh  
ml dk /; ku ugha tkuk pkfg; A I [k&nq[k vi us  
Aj j [krsqg I ok djrk jg&

I od I ok esjgsvUr dgyufga tk; A  
n[k k I [k fl j Aj I gsdgsdcj I e>k; AA  
JhenHkxor ea mYy[k gS fd tks I od  
Lokeh I svi uh dkeuk, j i wkdjuk pkgrk gSog  
I PpsvFkzeal od ughag og rksyu&nu djus  
okyk cfu; k g&

p; Lr vkf' k'k vk' kLrs  
u I HkR; % I oSof.kdAAB  
½henHk- 7@10@4½

e; kiki # "kkke jke dh I ok eaHkkyz(e.k us  
ekrk I fe=k dsmi ns k dk v{kj 'k%i kyu fd; k gS  
vlg ospkng o"zrd vgfuzk I ok ea I lu) jgA  
ekrk I fe=k usmlgami ns k fd; k Fk fd&

jkeqj kscpfj "kk enqelgW  
tfu I i usqplg dscI gkgW  
I dy i zlkj fcdkj fcgkbZ  
eu Øe opu djgd sckbZ  
tfga u jkeqcu yfga dy sW  
I q I ks djgqgb mi nsW  
½k-p-ek- 2@75@5&6-8½

jlx ¼ k kfd i e¼ Økk] bz; k en vlg  
ekg& ; s I c I ok dsck/kd gkrs gA Lokeh dh  
I ok ea budk i wkd-%R; kx djuk gh I Pph I ok  
dk eyell= gA Hkjr feyki ds I e; xkkokeh  
nyl hnl th usy(e.kth ds I ok/ke/dk ekfed  
fp=.k i Lr r fd; k g&

I kud I [k I es exu euA  
fcl jsgj" k I ksl I qk nqk euAA  
i kfg ukFk dfg i kfg xkskbZ  
Hkny i jsydcj dh ukbZ  
cpu I i Ø y[ku i fgpkus  
djr i zkedkjr ft; j tkuAA  
c/kq ug I j I , fg vlgA  
mr I kfgc I ok cl tkgAA  
fefy u tkb ufg xqjr cubZ  
I qfc y[ku eu dh xfr HkubZ  
jgsj[k k I ok i j Hk: A  
p<h-px tuq[k [k [k: AA  
½k-p-ek- 2@240@1½

Hkkyz vlg I [kkl fgr Hkjrth eu ea exu g  
g"z&'kkd vlg I [k&nq[k I eng] I c Hky x; & gS

ukFk! j{kk dhft; } gs xq kbZ j{kk dhft; &  
dgdj iFoh ij ydlv dh rjg fxj iMA ; g  
?kVuk y{e.kth ds i hB i hNsgksjgh g\$ bl fy; s  
iæe; opuka l sy{e.kth us igpku fy; k vks  
th ea tku fy; k fd Hkjrth izkke dj jgsgA  
b/kj) , d rjQ rksHkKZdk iæ vf/kd vks m/kj  
nñ jh rjQ Lokeh dh l ok izyA u rks tkdj  
feyrs curk g\$ vks u gh NkMfs gh curk gA  
y{e.kth dh euks'kk dk bl izdkj o.ku gwpk  
g& osl ok ij HkKj j[kdj jg x; sekusp<h gpbZ  
irak dksf[kykMh [khp jgk gkA irak [khpusea  
; g l koekuh j[kh tk jgh gSfd Mkj u VW/A os s  
gh y{e.kth Hkjrth ds Lug dks l Hkkyrs g\$fd  
og Hkh u VW/svks Lokeh dh l ok Hkh jgA nksukadks  
j[kusdsfy; &

dgr l iæ ukb efg ekFAA  
Hkjr iæke djr j?kqkFAA

½k-p-ek- 2@240@7½

xh/kjkt tVh; qus rksjke dh l ok ea vius  
i.k.kka dk Hkh mRI xZ dj fn; kA jko.k }kjk gjh  
x; h l hrkth dh vkrZi ptkj l qrsgh osjko.k l s  
; q djrs g\$ pkr l sjko.k dk 'kjhj fonh.kZdj  
nrs g\$ bl l sjko.k {k.k HkKj dsfy; sePNr gks  
tkrk gA vlr ea jko.k }kjk [kMx l si d k dV  
fy; stkusij osePNr gks tkrs g\$ &  
/kkok Økskor [kx ds A

NVb ifc ijcr dgpt SAA  
dkVß i d k i j k [kx /kj u hA  
l fofj jke dfj vnhkq dj u hA

½k-p-ek- 3@29@10-22½

l ok ea i.k.kka dk mRI xZ l ok/keZ dh i jkd k" Bk  
gA tc Hkxoku Jhike us; g n"; n\$kk rksvi uh

xkn eaydj xh/kjkt l sdgk&

ty HkKj u; u dgfgaj?kqkZ

rkr deZut raxfr i kbAA

½k-p-ek- 3@31@8½

Lokeh dh l ok ea l lu) i oui e gupeku rks  
viusvki dks i wkr% l efi r dj nrs g\$ & mudks  
viusLokeh dh vkKk ds ikyu earfud foJke  
Hkh Lohdkj ughagA eskd io r }kjk foJke dk  
l rko j[kusij osml sizkke djrs gq bl ckr  
dks j\$ kkr djrs g\$fd Jhikeplnzh dk dke  
i jk fd; sfcuk e p s foJke dgk \e p s dk; Z dh  
Rojk g\$ fnu chr jgk gA esujkLrseau Bgjusdh  
i frKk dh g&

i brksfLe ÑrekrF; a eu; j'kksi uh; rkeAA

Rojrsdk; Zkyksesvg' pkl; frorzS

i frKk p e; k nRrk u LFkr0; fegUrjAA

½ok-jk- 5@1@130&131½

gupeku rfs ij l k dj i fup dhUg izkeA

jke dktqdlUg sfcu p k s dgk foJkeAA

½k-p-ek- 5@1½

viusLokeh dh l ok ea Jhgupeku th fd l h Hkh  
izdkj dh yTtk l dkp) iekn ; k nEh ugha  
djrs g\$ i R; d izdkj dh ck/kk dks i j djrs g\$  
i R; d i frdy ifjLFkr dk l keuk djrs gA  
mudk l oki f y{; g\$ Lokeh dk dk; Z l Ei lu  
djukA jko.k dh vkKk l se9ku n tc gupeku th  
dks ukxi k'k eack/kdj jko.k dh l HkK eaykrk gS  
rksosjko.k l srksLi "V : i l sdgrsg\$fd &

ekfj u dNqck/ksdb yktIA

dhUg pgm; fut i HkKdj dktkAA

½k-p-ek- 5@22@6½

jko.k us tc gupeku th l si fjp; i n k rksos

vi uk ugh vi usLokch dk gh i fjp; i zkku : i  
 I snrsgq vi usdkmudk Nk/k nrr crykrsg  
 ds h LokfelfDr! ds k l eiZk vlg ds h fu"Bk&  
 I qgjkou cZkM fudk; kA  
 i kb tkl qcy fcjpr ek; kAA  
 tldscy fcjfp gfj bZkA  
 i kyr l tr gjr nl l hl kAA  
 tk cy l hl /kjr l gl kuuA  
 vMdkS l es fxfj dkuuAA  
 /kjb tksfcf/k nb l j=kria  
 rfg l sl BUg fl [krouqkrkAA  
 gj dksM dfBu tfg HkA  
 rfg l es ui ny en xatAA  
 [kj n'wu f=fl jk v# ckyhA  
 cpsl dy vrfyr cyl kyhAA  
 tldscy yoyS rstrgopj kj >kfjA  
 rkl qnveStk dfj gfj vluqfi z ukfAA  
 1/2 k-p-ek- 5@21@4&9] nkgk 211/2  
 i je HkDr gupekuth dh l ok l s Hlxoku-  
 Jhjk nfor gkstrsgvlg NrKrk idV djrs  
 gq l ok dh l jguk djrs gA rks gupekuth dks  
 fcljpr Hkh vflkeku ughagkrk gA vfi rposi z ka k  
 dks jkellkDr ea ck/kd ekurs gq i Hkq l s  
 p=kfg&=kfgB dh ; kpuk djrs gA ; g gS JSB  
 l od dk l eiZk vlg l ok/kez ds ifjiky dh

dl kS/h&  
 I qodfi rfg l eku mi dkjhA  
 ufg dks l j uj epu rurdjhAA  
 i tr mi dkj djksdk rjsA  
 I ueqk gks u l dr eu ekAA  
 I qd q rfg mfju eSughA  
 nSks; dfj fcpkj eu ekghAA  
 i fu i fu dfi fgafpro l j=kria  
 yksu uhj i gd vfr xkrAA  
 I fu i Hkoppu fcykfd]  
 eqk xkr gjf'k guera  
 pju i js i Bkdq]  
 =kfg =kfg HlxorAA  
 1/2 k-p-ek- 5@32@5&8 nkgk 321/2  
 bl idkj l ok/kez i Hkq dh fo'kSk N'ik i kflr  
 dk JSB vlg l cl sApk l kku gA fu%okfz l ok  
 gh okLrfod l ok gA ekul eal ok/kez dk vkn'kz  
 fo'kSk : i l sifrf'Br gA l oktre ckr rls; gh  
 gSfd l od&l 0; Hkko l sHlxoku-dh mi kl uk dh  
 tk; vFkok l a kj ds l Hkh i kf.k; ka ealHxonHkko  
 j [krsgq] mlgaHxonni l e>rsq mudh l ok  
 dh tk; A l ok dks drD; l e>dj xg.k dj  
 fy; k tk; rlsthou dsl kFkd gkuseadkbZ l ng  
 ughajg trkA

9 vktkn uxj] mTtS e-iz 456010





कविता

## jkepfjr ekul

i k- l hch JktokLr o ^fonXk\*

jkepfjr ekul e/kj vuqpe xBfk egku  
 ftl dsv/; ; u euu l sfueZy gkssi lz kA  
 dFkk l gkou jke dh dfooj rgl hnkI  
 Hkj nh , d&, d NUh esftuusvej feBkl A  
 pjkeB : i Hlxoku dki] i kou mudk uke  
 ftudsqd xk; u] Hktu l Qy djegj dkeA  
 jke uke gj nqkh dsfy; scMk-vk/kkj  
 ftl dh l qki n 'kj.k l sdVrsnq[k gtjA  
 jke uke dk Lej.k nsk eu dks' kfr  
 HkDrksdksnsk l cy] feVl l dy Hko&HkfrA  
 l cdk gSjh jke ij eu pkk vf/kdkj  
 eu esxgjh HkDr j [k dj mUgsksl; kjA  
 jkedFkk eu dksl nk nsh foey i zlk' k  
 jke uke dkscl k eu dksZu dHh mnkl A  
 jkek; .k dsi kB esgSv/; kRed Klu  
 l cdsj {kd vS l [kk l nk Jh HlxokuA  
 jkeNik l qknf; uh r# dh Nkp l eku  
 euknsnk; h l nk jke xdk xkuA  
 Nk k Hko ij jke dSftudk gS  
 fo' okl Qyrk fl f) l c vkrh mudsi kl AA

akky ua , &1 , e-ih-bZch f'kykdq] tcyij





ဟဲရ် သဲက; ဝါ ကိရဲကါ ဂါ



fo' a i Hxoku

fo' oukFK' kek ^foey \*

fo' o: i Hxoku r&gS' kr&' kr | rr-ueu|  
 r&gjh N i k vu&g | sgh f[lyrsl qu peuA  
 mRrj fn' k es[ M+fgky; Åpk | kg f' k[kj]  
 /; ku djrh efgek gj dh | gj fj pyh fudjA  
 dy&dy djrh ufn; la cgrha > juscg&fu [kj]  
 txy ' k&kr Qy&Qy&sl s/kjrh fxj&fc [kjA  
 bZoj dh efgek dks&rs/kjrh dsokl hj  
 mudh N i k vu&g | sgh | &k&l f&/k [kl hA  
 | y&Unzrkjlx.k i k&pk i kdj r& i zlf' kr]  
 /kjrh i kod ok; qnl h dsjgr&fuf' k fnu v&fJrA  
 | c y&ks&dsLok&h g&f&lk&qt x dkj .k i k&pn&u]  
 | &k&l kxj d# .k dsv&lxj | c vkr&g mu n' k&ZA  
 | rekjx ij ogh py&rs&l y&Z: i esn' k&Z]  
 os' k&L= mudk x&q x&rs&dj r&sefgek o. k&ZA  
 i kp rRo | suj ru fufe&Z | Hh rRo i k&cfufe&Z  
 dj&sonuk gjne mudh efgek cM&+v&l hferA  
 J) k H&fDr i & Hko | sdfj; si k&pk xk; u]  
 tx dsLok&h g&ukj; .k ueu-| rr-mu i k; uAA

120] egkcyh uxj] dksykj j k&M] Hk&ki ky





# Hjrt hghukjle dkçfr fcEc g

Ni uj læd pekj egr k

Hkj r dh foHklu Hk"kkvka eajfpr çk; %I Hkh  
Jhjke dFkkvka eahkj r th Jhjke th dsçfrfcEc ds  
: i ea ifjyf{kr gkrs gA tks Jhjke gñ ogh  
Hkjr th gA bl rjg Jhjke , oahkj r th , d gh  
gA ge Jhjke dFkkvka eahklu ughadj l drsgñ  
; Fkk&

Hkjrfg tkfu jke ifjNkgmA

Jhjkepfjr ekul v; ks 266&3

ekul ea of.kr Jhjke dFk ea Jhjke ds , oa  
Hkjr th dspfj= dh ekfeZl dFk , i RFkj dksHkh  
fi?kykus okyh gA Jhjke ds ouxeu rFk  
egkjkt n'kjFkth ds ijykd xeu ds i'pkr-  
Hkjr vñ 'k=q u dsufugky l sykVusdsmi jkUr  
gh Hkjr th ds pfj= dh fo'kkrkvka dh >yd  
ekul ea ; =&r=&l o= viuh vfeV Nki  
NkMfh pyh tkrh gA Hkjr Jhjke dksegy eau  
nç[kdj vR; Ur gh nç[kh gkstkrs gA ekrk dñs h  
Hkjr dksçl uu djusdsfy; sl kjh dFk l uk nrth  
gA rc Hkjr nç[kh gkdj ml l sdgrsg&

cj ekxr eu Hkb u ihjka

xfj u thg eg ijñ u dhjkaA

Jhjkepfjr ekul v; ks162&2

Hkjr th usek= bruk gh ughaml l shkh vfekd  
ekrk dñs h dks tks dñ dgk og Jhjkepfjr

ekul ea xik+ xEHhj&fpuru&euu djus dk  
fo" k; g&

gd çd qn'kjFkqtudç jke y[ku l shkba  
tuuh rvtuuh HkçZfcfek l u dNqu cl kbAA  
Jhjkepfjr ekul v; ksns161

Hkjr th ekrk dñs h l sdgrsgñep sl w çakj  
n'kjFkth tñ s fi rk vñ Jhjke&y{e.k tñ s  
HkçZ feyç fdUr qgs tuuh! ep s tile nus okyh  
ekrk r w gA D; k fd; k tk; foekrk ds vkxs  
fd l h dk dñ Hk o'k ughapyrk gA

bl nkg s dks okYehfd jkek; .k ds v; kè; k  
dk.M eal xZ35 ds l UnHkZ eançkk tk, rks, d k  
Hkh l çr , oahkokFkZ gks l drk gA Hkjr viuh  
ekrk dñs h l sdgrsgñfd gsek; r w viuh ekrk  
vukuhç ds l eku gksxbZrFk tñ h rñh ekrk ekrk  
u gkdj dçkrk Fkhj r w , d h gh gks xba bl  
dçkrk dsçl æ dks okYehfd jkek; .k ea Jhjke  
dsouxeu dsçl æ eae h l çæ , oadñs h ds  
chp , d vlrdFk dsekè; e l sfd; k x; k g&

vñHktR; afg rselU; s; Fk ekrtçrFk6 pA

u fg fuEckr-l çs {kaylsfuxfnraop%AA

ok-jk- v; kè; kdk.M l xZ 35&17

Jhjke ds ouxeu ds l e; eae h l çl=th  
dñs h l sdgrsgñfd gsdñs; ! eal e>rk gñfd

rīgkjh ekrk dk vi usdy %oak½ dsvuq i tš k  
 Lohko Fkk] oš k gh rīgkj k Hh gA ykd ea tkuus  
 okyh ; g dgkor l R; gh gšfd uhe l s eekq  
 % kgn½ ugha Vi drk gA l øl=th n'kjFkth ds  
 ek= ea=h gh ugha oju- n'kjFkth ds fe=]  
 l [kk&l kjFk ,oa ifjokj ds l nL; Fkš ftlga  
 jtkk dsegj eadghh vkustkusdk fo' kkkfkdj  
 FkA bl rF; dks; gk; ,d dFk çl x }kj k bl  
 jkek; .k ea Li "V nškk tk l drk gA Jhke ds  
 ouxeu ds i øl=th usdšs h dšs bl nŀ-R;  
 grq QVokj yxkz rFk bl dFk ds ek; e l s  
 ml dh ekrk dspj= dk o.ku fd; k g&

ro ekrj n xga fone i øz ; Fk J qeA-  
 fi rbrs ojn% df' pr~ nnkS ojeuŀeeAA  
 ok-jk- v; ks l xZ 35&18

rīgkjh ekrk ds nŀkxg dh ckr Hh ge tkurs  
 gA mudsckjseai gystš k dgk l uk x; k gš og  
 crk; k x; k gA ,d l e; fdl h l kēq us rīgkjs  
 fi rk dks, d JSB oj fn; k Fk&

l øk# rarLeKr- l at Ksol økfeki %  
 rš fr; Xxrkulap Hkukula fofnra op%AA  
 ok-jk-v; ks l xZ 35&18

ml oj ds çHko l s dšs ujšk l eLr  
 çf.k; kadh ckyh l e>usyxA fr; Zl ; kš eai Mš  
 gq çf.k; kadh ckrHh mudks l e> eavk tkrh  
 FkA ,d l e; dh ckr gšfd&

fi rbrs fofnrks Hko% l % r= cgēkgl rAA  
 ok-jk-v; ks l xZ 35&19

dšs ujšk 'kš; k ij yšs FkA ml h l e;  
 tHk uked i (th dh vkokt mudsdukuaei MhA

ml dh ckyh dk vflkçk; os l e> x,] vr% os  
 dbzckj gj usyxA

ml h 'k.; k ij rīgkjh ek Hh l ks h FkA og  
 ; g l e> cBh fd jtkk ml dh gj h mMk jsggA  
 vr%Økēkr gkdj xyseaeš dh Ql h yxkus  
 dh bPNk j [krh gpl ckyh& gs l kš; ! ujšoj!  
 rīgkjs gj us dk D; k dkj .k gš; g eš tkuuk  
 pkgrh gA rc jtkk us dgk nšo! ; fn eš gj us  
 dk dkj .k rīgacrk nšck rksml h {k.k eš h eR; gkš  
 tk, xhA bl ckr dšs l øusdšcn rīgkjh ekrk  
 us jtkk l s dgk fd rē tivšs; k ejs eš rks  
 gj us dk dkj .k crkuk gh gkçk rkd Hko"; ea  
 rē eš gj hetkd ughadj l dka

bruk l ødj jtkk ml oj nusokys l kēq ds  
 ikl x, rFk i Ruh dh l kjh ckr crkA rc ml  
 oj nusokys l kēq us jtkk l s dgk fd egkjkt!  
 jkuh ejs; k ?kj %egy½ l sfudy tk, rē dnkfi  
 ; g ckr ml su crkukA ; g l ødj jtkk usD; k  
 fd; k Fk \ og bl çdkj g&

l rPNok opLrL; çl Uueul ksui %A  
 ekrjarsfujL; k' kçotgkj dšorAA  
 ok-jk- v; ks l xZ 35&26

çl uu fpØkokys ml l kēq dk ; g opu  
 l ødj dšs ujšk us rīgkjh ekrk dšrj l r ?kj  
 l sfudy fn; k vš Lo; adçj ds l eku fogkj  
 dj usyxA

l øl=th usdšs h l s dgk fd gsdšs hA rē  
 Hh rīgkjh ekrk ds ekxZ ij pydj egkjkt  
 n'kjFkth l svuŀpr nŀkxg dj jgh gA ; g  
 ykšfä vkt Hh çR; {k eš l kyg vkus l R;  
 yx jgh gšfd iē fir k ds l eku gkrs gš rFk

i q-h ekrk ds l eku gkrh gA d f d s h bruk l c  
dN l qusdsi 'pkr-Hkh VI l sel ughagpA

; g dFk çl æ d f d s h rFk l øU= ds eè;  
gqvk Fkk l Hkor%Hkj rth dksbl çl æ dsckjsea  
fdl h l s tkudkj h feyh gkschA vr% mlgkaus  
vi uh ekrk d f d s h dh rgyuk mudh ukuh l sdj  
dsdgk fd& ptuuh rntuuh HkbAB

Hkj rth usbl çl æ dks; gk fojke u ndj  
ekrk dksdyd u yxsvr%bl pks kbZdsvlr ea  
; g dg fn; k fd & cfek l u dNqu cl kbAA  
vFkr-gs ekrk rø D; k dj l drh gks fofek ds  
foekku ds l e f k fdl h dk D; k o'k pyrk gSgs  
ekrk tks gksx; k rks gksx; k vc rø dN Hkh ugha  
dj l drh gkA bl ckr l s Hkj r ea Jhike ds  
l eku {kek' khyrk dk l eku xqk çdV gkrk gA

Hkj rth ds pfj= ea Jhike ds 'khy l a e l  
n; k l d# .kk l {kek vkrn l n x q kka dk Hk. Mj FkA  
Hkj rth dh {kek' khyrk dk , d mnkj . k ekul ea  
ml l e; çkr gkrk gS tc 'k=øuth dks Kkr  
gkrk gSfd eUFjk us d f d s h dsdku Hkj dj Jhike  
dks ouokl fnyk; k rks mlgkaus eUFjk dh dncM+  
ij ykr ekj fxjk; kA og egg dscy fxj i Mh  
rFk egg l sjä cgusy xk , oa'k=øuth ml dk  
> k/k idM dj ?kl hVusyxA ml l e; Hkj rth  
usml s {kek dj 'k=øuth ds gkFka l sNMk fn; k&

l çu fji gu yf [k ujo fl [k [k sA  
yxS?kl hVu ?kfj ?kfj > k sA  
Hkj r n; krfek nifUg NMk sZ  
dksY; k i fga xsnks HkbZ

Jhikepfjrekul v; ks 161&4  
n; krfek Hkj rth useFjk dks 'k=øu th l s

NMk fn; k vls nksukaHkbZrjUr ekrk dksKY; k th  
dsi kl x, A Hkj rth dspfj= ea {kek' khyrk vls  
n; k dW&dW dj Hkj h FkA

Hkj rth dspfj= dh l cl scMh fo'kkrk ; g gs  
fd Jhike th Hkh mudk l nk Lej . k d j rsgs; Fk&  
; g cfM+ckr Hkj r db ukgh  
l çejr ftufg jkeçeu ekghA

Jhikepfjrekul v; ks 217&2  
Jhike dk Hkj rth ds çfr fdruk çæ Fk\; g  
; gk Li "V gkstrk g&

Hkj r l fjl dksjke l ughA  
txqti jke jkeqti tghA

Jhikep- v; ks 218&4  
vr ea; g pks kbZHkj rth dspfj= dh ç'ka k  
ea tudth us Hkh vi uh çç; rejkuh l ç; ukth  
dksfp=dW ea Jhike , oaHkj rth ds Hk/ dsl e;  
dghA ml ea Hkj rth ds pfj= ds ckjs ea bl l s  
T; knk dN Hkh dguk l w Z dksnhi d fn [kkuk g&

vxe l cfg çjur çjçjuh  
ftfe tyghu eh x; ekjuhA

Jhikep-ek- v; ks 289&1  
gsJSB o. kdkyh ¼ ç; ukZ Hkj rth dh efgek  
dk o. kZ djuk l Hkh dsfy, oS sgh vxe gS tS s  
tyjfr i Foh ij eNyh dk pyukA gs jkuhA  
l çkç Hkj rth dh vijfer efgek dks , dek=  
Jhikeplæth gh tkurs gS fdUrq os Hkh ml dk  
o. kZ ughadj l drA

dN çl ækaeaHkj rth Jhike th l sc<dj rks  
ughaj Jhike ds l ed f k muds in fpguka dk  
vuçj . k d j r s gq çrhr gkr s gA mlgkaus  
v; kè; kigh dk pdkpkk Hkj k jkt dh; oBko

R; kxdj okuçLFk l k thou ; ki u fd; kA  
 Jhjketh rksvi usfi rkth n'kjFk vlg ekj dñl; h  
 dh vkKk l spkñg o"lzou dsfy, çLFku dj rsgã  
 fdllrq Hkj r dks rks jKT; kñk"kd dh vkKk ekrk  
 dñs h nrh gS fQj Hkh os ml s vLohdkj dj  
 jktëkuh v; kè; k l snj uñxte eafuokl dj  
 vius dÜk; dk fuožu dñkyrki ðd dj  
 jkt dh; dk; kã dk l pkyu dj viuh çtk dks  
 d"V ughagks nrsrgã mlglks vi usT; SB Hkkrk ds  
 fo; kx eajkt l h BKVckV dks frykat fy nsnh FkhA  
 egkdfo nyl hnl th fy [krsg&

rfga i jcl r Hkj r fcuqj kxkA

ppjhd fte pã d cixkAA

Jhjkpfjr ekul ] v; kè; k 324@4

Hkj rth!! v; kè; ki gh ds Hkx foykl dks  
 R; kx dj fl j ij tVktw vlg efu; kã ds l eku  
 oYdy ekj .k dj Hkñe dks [kndj ml ds vnj  
 dñk dh vkl uh fcNkrs gã rFk Hkstu oYdy]  
 crZj or&fu; e l Hkh \_\_f" k; kã ds l eku dfBu  
 èkel dk vkpj .k dj rsgã uñxte eahkj r dks, s k  
 R; kx dj rsnç k ç—fr eahkç k Hkh pã k ds cix ea  
 pã k ds Qy ij dkeno ds fl gkl u ds l eku

l e>dj dHkh Hkh ughacBrk gã

tc gupekuth l athouhoVh dh [kkt dsfy,  
 vkdk'k ekxZ l s fudyrs gã vlg Hkj rth mlga  
 vkØe.k dj uñps mrkj nrs gã vlg tc  
 okLrfodrK Kkr gkrh gS rks os vR; fekð  
 i'pkrki dj rsgã vlg Jhjk tc v; kè; k ykS/rs  
 gã rks os mul s vlg [k mBkdj ppkz dj us ea  
 l dprsgã egkdfo nyl hnl th dgrsg&

tksdjuh l eq SçHkçkñA

ufga fuLrkj dyi l r dksHAA

Jhjkpfjr ekul mÜkj dk.M nkgk 1 ½ d ½ 3

Jhjk dsouokl dsykV/usdk , d fnu 'kñk

jg x; k rc Hkj rth eu ea l kprsgãfd Jhjk

ejh djuh ij è; ku narksl ksdjkm+dYi kard Hkh

ml dk fuLrkj vFkzr-Ny/dkj k ughagls drk gã

çHkqrts l nk l ðd dks voxqk gks ij Hkh {tek dj

nrsrgã ; gk geahkj rth dsLoHko dk vijkek çk

ifjyf{kr gkrk gã Hkj rth vlg mudk pfj= vkt

dh ih<h dsfy, , d vuçj .kh; fo'kñk fy, gq

gã i kfjokjd oëul; vlg foHktu l s; fn gea

cpuk gS rts Hkj r&pfj= gekjk mfpr ekxh'kz dj

l drk gã

l UnHkZ xñFk&

1- Jhjkpfjr ekul vktokh nyl hnl —r½

2- Jhe)kYehdh; jkek; .k Yegf"z okYehfd½

l hf u- , evkbzth&103] 0; kl uxj] \_\_f" kuxj foLrkj] mTtñ ½e-ç-½





# I kdr v k j k e p f j r e k u l d s H j r % I k E & S' k E d s f o f' k' V f a n j

N' k d p y k d k y j k

ik= vk[; ku ; k dFkk dk dÜkkz rFkk Hkkäak  
gkrk gA fdl h Hkh dfo dh ik=&dYi uk dk Kku  
ml ds }kjk jfpr pfj=ka ds vk/kkj ij gkrk gA  
ik=ka dh I'V djrs le; jpukdj ml dk  
pfj=&fo/kku djrk tkrk gsvk; ml h eaml dk  
mís; , oal Unsk 0; ä gkrk jgrk gA xqr th ds  
dk0; &pfj= ij ryl hnl dk l okz/kd i Hkko  
gA vf/kdk ik= eS'kyh'kj.k th dks i jEi jk l s  
gh i klr gq gA i wZdfYir ik=ka dsi q% 'tu , oa  
i q% i 'kz }kjk dfo usml gafdäpr uohurk vo' ;  
i nku dh gSi jUr qe[; r; k osi jEi jk ds vuq i  
gh gä rFkk mudh ey/Hkr fo' kSkrrk, jyxHkx ogh  
gA tks okYefdl ryl h vkfn ifl ) i wZr h  
dfo; ka dsk0; eafu: fir gA

jke ds vfrfjDr tks pfj= ikBdka dks  
vR; f/kd vkN'V djrk gSog Hkjr dk gA ekul  
vk; I kdr ds ik=ka ea l cl smnkÜk pfj= Hkjr  
dk gh gA jke ds 0; fDrRo dh og ekuka n' jh  
ifrek gh gA jke dk l kÖn; j' 'khy] Hkkr'&i e]  
LokFz&R; kx] fuykHkrk] /kfebrk] l d k p' khyrk]  
nku' khyrk vkfn xqk Hkjr eaHkh gA dbZi i akaea  
Hkjr dk 0; fDrRo jke l sHkh vf/kd fu[kjk gqk  
gA bekul B eav; k; kdkM dh ; kst uk ekukaHkjr  
dsmnkÜk , oamTtoy pfj=&fp=. k ds iz; kst u  
l sgh gPZ gA v; k; kdkM dsmÜkj/kz ds uk; d

Hkjr gh gA bl dkm dh l kjh ?kVuk, ; Hkjr ea  
dÖUnr gA bekul B ds vkjEHk ea gh Hkjr ds  
0; fDrRo dh , d >yd fn[kkbzxbz g&  
i zom; i Eke Hkjr dspjuka  
tkl qus oz tkb u cjukAA  
jke pju i dt eu tkl w  
yqç e/kq bo rftb u i kl w

jk-p-ek- 1@17@2

Hkjk }kt th ds vuq kj rks Hkjr jke&i e dh  
ifrefrZ gA l kdr okl h Hkh Hkjr dks jke dh  
i e&efrZ dgrsgA fu"knjkt Hkh Hkjr dh jke ds  
ifr Hkfr dh iz ka k djrs gA Lo; a Hkjr Hkh  
jke&Hkfr dk gh oj nku ekarsg&  
vjFk u /tje u dke  
#fp xfr u pgm; fujokuA

tue tue] jfr jke in ; g cjnkuqu vkuA  
jk-p-ek- 2@204 nkgkA

Pl kdrB eaHkh Hkjr jke ds ifr bl h izdkj  
vVW i e j [kusokysgA dksKY; k Hkjr ea jke ds  
gh n' kÜ djrh g&

fey x; k ejs eqsr vjke]  
rvogh gSfHkuu dsy ukeA

I kdr] i "B&205  
bekul B eaHkh dksKY; k jke&fo; kx ea nq[kh



Hkjr dks tc ân; l syxkrh gâ rks ml s , d k  
yxrk gsf d Hkjr ds : i ea ekula jke gh ykV/  
vk, gâ l lre l xl ea Hkjr vlg 'k=qu tc  
l kdr ykV jgsârksdfo fy [krk g& bykV vk,  
jke vuq: l er \b l kdr i "B&183

Pl kdrB ealhkh Hkjr dk pfj= vkn' kZkkbzvlg  
jke dsvull; HkDr dk pfj= gâ Hkjr dspfj=  
fp=.k eaxqr th usdkbzefyd ifjorzu ugha  
fd; k] bl hfy, ; gk Hkjr ds pfj= ea fo' ksk  
uohurk ugha gâ Hkjr dh fu%okFkzrkj  
fou; 'khyrkj R; kx' khyrkj HkkrHkDr] ufrdrkj  
dÜk; & ikyu vkfn dk o.ku nksukaal eku : i  
eafd; k x; k gâ l oã Fke Pl kdrB dsl lre l xl  
ealhkr dsn' kZ gkrsgâ

osufugky l sykV jgs gâ ij mlga bekul B  
vlg Pl kdrB nksukaal uxj ea i dsk djrs l e;  
?kij vol kn dh Nk; k fn [kkbznrh gâ pgjvlg  
vi 'kdu gh vi 'kdu fn [kkbznrsgâ dñ vfi;  
?kVuk dh vk' kdk l s Hkj tkrs gâ uxj ea Nkbz  
?kij mnkl h mlgapkdkrh gâ l fpo l e= l smlga  
i rk pyr k gsf d jk tk n' kj Fk fnoær gq A fdUrq  
bekul B eamlgal e= l sugh l h/ksdñs h l si rk  
pyrk gâ Hkjr igys Lo; a l cl s dqky&ke  
i Nrs gâ l Hkh ekrvkavlg fi rk dsfo" k; eai Nrs  
gâ vlg rc dñs h mlga crkh gâ fi rHkDr Hkjr  
fi rk dh er; q l udj Hkery ij fxj i Mfsgâ  
; gk ekul vlg l kdr nksukaal Hkjr dh i frfØ; k  
, d l eku gâ bekul B ea Hkjr Lo; a dñs h l s  
fi rk&Hkj .k grq i Nrs gârks dñs h mlga vkfn l s  
vlr rd l c dFk l qkrh gâ Pl kdrB eadñs h  
Hkjr dks crkh gsf d og Lo; a i fr ?kfruh gâ

bekul B vlg Pl kdrB nksukaal Fkkae dñs h Hkjr  
l sdgrh gâ fd ml us tks dñ Hkh fd; k gS og  
Hkjr ds jk tfl gkl u grqgh fd; k gâ vr%vc  
Hkjr l ekt l fgr jkT; dja dñs h dh ckr  
vlg ml dseukkkko tkudj Hkjr gri Hk jg tkrs  
gâ ekul vlg l kdr nksukaal Fkkae Hkjr dh  
i frfØ; k l eku gâ og bl ÑR; dsfy, dñs h  
dh [k: HkRI Zk djrs gâ jke&ouxeu l udj  
rks Hkjr fi r&' kkd rd dks Hkh Hny tkrs gâ Hkjr  
dh ; g n' k nksukaal Fkkaeal eku gS&  
ekul &

Hjrfga fol jrs fi røju l qr jke cu xkq  
gsqvi uim tlfu ft; ; Fkdr jgs/kj ekq  
jk-p-ek- 2@160 nkgk

l kdr&

vk; Zdk vksR; ; g voyksl]

l ge&l k ejk x; k fi r&' kkslA

l kdr] i "B&194

bl l c vufkz dsey ea ekul vlg l kdr  
nksukaal Fkkae Hkjr vi usdksgh nkskh ekuusyxr  
gâr Fk vkRexykfu ealhjsog vi uh HkRI Zk djrs  
gâ l kFk gh dñs h dh Hkh HkRI Zk djrs gâ  
bekul B ea Hkjr rks dñs h dks pi kfi utb rFk  
pdgyuk' ktb rd dgrsgâ vkRexykfu ealhkdj os  
; gk rd dg Mkyrs g&

dñb dr tueh tx ek>kA

tkstuf r Hkb dlgsu ck>kA

jk-p-ek- 2@164@2

Pl kdrB ea nM ns eus fd; k ; fn i ki &  
dñs h dsbl i dklj dgusi j osdgrsg&  
/ku; rjx {k/kr i e&Lug]

[k x; k tkskwdj i fr nga  
xld djdsvc eqsgsrIr]  
vls ukpsfut nj' k; &n1rA

I kdr] i "B&197

osvkrExyxfu eaHkj dj vi uh vls dls h dh  
fullnk djrsga mlga jkt in l sgh ?k.kk gks tkrh  
ga ekrk dksvi 'kcn dgusdsvk/kkj ij dfri ;  
vkykpdka usHkjr dspfj= ij nksk yxk; k ga  
fdUrq/; kuiwd nsk tk, rks; g Hkjr dspfj=  
dk nksk ugha ga ; gk Hkjr dls h dk frjLdkj  
ughad j ggs vfi r q dls h dh ml Hkkouk dk  
frjLdkj dj jsgaft l dso' kHkkr gks dls h us  
nksojnku ekasFkA oLr% nksk 0; fDr ughagkrk  
nksk gsrh gsmi dh og nHkzbu k tksml si fj  
djr h ga xqr th usHkjr dspfj= dsbl nksk  
dk i fjgkj fd; k ga

dls h dh Hkri Luk dsckn Hkjr dksKY; k ds  
ikl tkrsga vls dls h dsbl dNR; eaLo; a  
dks dkj.k crksgq vi uh fullnk vls i rkmek  
djrsga Hkjr dksKY; k dksvi uh l QkbZ nrs ga  
fd jke&ouxeu eamudk dkbZ gkFk u Fkk] og  
l c dN Hkjr dh bPNk vls efr l snj FkA tks  
dN ?kVr gvk os dN Hkn ugha tkurs FkA  
ekul &

rft Jfri Fkople i Fk pygh  
cpd fcjfp csk txqNyghA  
frug xfr ekq l dj nAA  
tuuh tks; gqtkuSksAA

jk-p-ek-2@168@4 vls Hkh 2@167@3&4  
Pl kdrB eaHkh Hkjr dls h dh Hkri Luk dsckn  
'k=qu l fgr dksKY; k ds ikl tkrsga fdUrq

; gk Hkjr dksKY; k dks l QkbZ ugha nrs oju-  
vi uh Hkri Luk djrsgafd ep v/ke dsdkj.k gh  
og vkt i frfoghuk vls i q ghuk g&

pi fr&foghuk] i e&ghuk vEc!

Hkjr&vi jk/kh Hkjr&gSi ldr-

i ldr gS; g jkT; kgkj h plj

njvl s"KM; U=dkjh ?kjsA

vk x; k esgdyyg dk eyj

n.M nks i j nksi nksdh /kyAb

I kdr] i "B&204

pekul B ea tgl Hkjr dksKY; k dks; g Li "V  
djusdk iz kl djrsgafd os"KM; U=dkjh ugha  
gs osfd l h Hkn dks ugha tkurj ogk pl kdrB ea  
nqk vls xyxfu ea Hkj dj Hkjr Lo; a dks  
"KM; a=dkjh vi jk/kh jkT; &plj vls xg&dyyg  
dk ey dg dj l Eck/kr djrsga dksKY; k l s  
nM nrs dh i kFkZuk djrs ga i jUrq; gk Hkh  
dksKY; k dseu eaHkjr dsifr dkbZvkØks k ugha  
ga og Hkjr dh fu"dytkrk dks tkurh ga ; g  
tkurh gSfd Hkjr fu"iki ga Hkjr ea vfhkl i/k  
dh rksxU/k rd ugh gkl drh&

Hkjr esvfhkl i/k dk gksxU/kj

rkseqsfut jke dh l kSU/kA

I kdr] i "B&205

pekul B eaHkh dksKY; k Hkjr dh jke dsifr  
vudpyrk vls ml dseul kj okpkj dez.kk Lug  
dks tkurh ga ; g tkurh gSfd Hkjr dks jke  
i.k.kal shkh vf/kd fiz ga vr, o ; g er Hkjr  
dk ugha gks l drkj bruk gh ugh tks Hkjr ij  
l Ung djæz os Lolu ea Hkh l qfr i ktr ugha

dj&A dksKY; k dksHkjr jke dsl eku gh i rhr  
gkrk g&

fey x; k ejk eqsrvjke]  
rvogh gSHkUu døy ukeA  
Hkj xbZQj vkt ejh xks]  
vj] eqsnsjke dk&l k eksA

I kdr] i "B&205

pekul B eaHh dksKY; k Hkjr dksbl h izdkj  
viuh xkn ea fcBykrh gA dksKY; k Hkjr dks  
drD; & ikyu dh ij .kk nrh gA rhh of'k"B th  
Hh vkrsg&vj] Hkjr dksvucl izdkj I sminsk  
nrsgA Hkjr Hkjh eu I sfi rk dk vire I &dkj  
djrsGA osfu'p; djrsG&fd osou ea tkdj  
jke dksv; k'; k ofi I ykV/k yk, acsD; k&id muds  
fy, rksjkt; dky cudj mul si hNs i M& gA  
Hkjr vi usfu'p; dks i wZ djrsGA ospf=dw/  
i gpa ogkjke I sfeydj vi usv&al smuds  
pj .k&deyka dks/k&s kA ; gk; ; g mYy&kuh; gS  
fd tgl; pekul B eaHkjr I cdsI e>kusij jke  
dsiki tkusdksr& kj gkrsg& ogh&pl kdr&B eaos  
Lo; afu.kz djrsGA Hkjr dh ; k=k I Ei Uu gkrh  
gA pekul B eaHkjr dh HkV fu"knjkt I sgkrh gS  
vj] os muds I kfk jke dsiki tkrs G&fdUrq  
pl kdr&B ea bl ; k=k dk dkbZ o.kU ugh gA  
pekul B eaHkjr dk pfj= jke ds' kCnkaeb/keZdh  
/otk& dks /kkj.k djus okyk gA vr% Hkjr ds  
pfj= ij 'k&dk djuk eu dksiki eaM&pkuk gA  
i NR; k fu'Ny ,oa I PNhy Hkjr ij vk(ki  
yxkusdk I kgl fdl h dksughagr&kA

pekul B ea xg vj] y(e.k dseu eaHkjr ds  
m&S; dsl &ak ea'k&dk gkrh gA pl kdr&B eadøy

y(e.k dseu eaHkjr dsifr nHk&B mRi Uu gkrk  
gSD; k&id xggjkt vj] Hkjr dk feyu pl kdr&B ea  
of.k& gh ugh&GfdUrqekul dkj usdF&k dksbl  
< & I sfu; k&tr fd; k gSfd fu"knjkt Hkjr ds  
foj&k& ea i wZ r&S kj djus ds i 'pkr-Hh Hkjr dh  
I PpkbZdsI Ee& k > & pl tkrk g&

xgg&HkV HkV I fev I c

y&eje fefy tk&Z

cf& fe= vfj e/; xfr

rl rc dfjgm; vkb&A

jk-p-ek- 2@192

nks&ax&F&k&eay(e.k Hkjr dsfp=dw/ vkusds  
m&S; I svu&HkK jgusds&dkj .k vk' k&dr g&&  
ekul &

d&fy dq&kd&qol j rkd&A

tkfu jke cuokl , dkd&A

dfj de& eu I kft I ekt&w

vk, djsvd.Vd jkt&w

Hkjrfg nks q&B dkstk, A

tx ck&B jkt i nqj k, AA

jk-p-ek- 2@228@2&4

I kdr & I qurk g& vk; sHkjr ; gk ny&cy I }  
ou vj] xxu gS fody pe&dy dy I s  
fou; h gk&dj Hh djau vkt vu; os\

foLe; D; k gSD; k

ugh&Loekr&ru; os\

I kdr] i "B&237

y(e.k ds&n; dk ekul&I q&r ohj tkx mBrk  
gSvj] osnks&kaHk&B; ka dks&ekj usdsfy, r&S kj gks  
tkrsGA nks&ax&F&k&eay(e.k Hkjr dksvi usck.k

dk fu' kkuk cukuk pkgrsg&  
ekul &

jke fujknj dj Qy i kbZ  
I ksgpl ej I s nks HkbZ  
jk-p-ek- 2@230@2

I kdr&

mudksbl 'kj dk y{k ppxk {k.k ejs  
i fr"ks vki dk Hkh u I qpxk j.k es  
I kdr] i "B&237

bl idkj nksuka xDFkaeay{e.k I Ppfj= Hkjr  
dh Hkkouk dks I e>us ea Hny djrs g& vlg ; g  
I e>rs g&fd Hkjr ny&cy I fgr ; @ dsfy,  
vk jgs g& nksuka xDFka ea tgl y{e.k Hkjr dh  
I Ppfj=rk ij I Ung djrs g& nI jh vlg jke  
ogk fu'Ny ,oa I PNhy Hkjr dks Hkyh Hkfr  
tkursg&

ekul &

Hkjrfg g& u jkt enqcf/k gfj gj in i kbA  
dcgpf d kth I hdjfu Nhfj U/kqfcu kbA  
jk-p-ek- 2@231 nkgkA

I kdr&

ij ejk gh fo' okl I R; gSI kjkA  
ekrk dk pkgk fd; k jke usvkgkA  
rkshkr dj&SD; ksu fi rk dk pkgkA  
I kdr] i "B&238

pekul B vlg pl kdrB nksuka xDFkaeajke Hkjr  
dsoukxeu dsmis ; dksl e> tkrsg& og Hkjr  
dsLohko vlg pfj= I shkyh&Hkkr i fjfpr g& os  
tkurs g&fd Hkjr mlga gBi nd jkT; xg.k ds  
fy, foo'k dj&A bl h dkj.k os xHkhj g& vlg  
vr; Ur fpfurr g&D; kfd , d vlg fi rk dk opu

vlg nI jh vlg Hkkbzdk Lug &  
ekul &

I ksl fu jkefg Hk vfr I kplv  
br fi rcp br c&kd dkslv  
Hkjr I Hkm I efp eu ekgh  
i Hkqpr fgr ffr i kor ukgh  
jk-p-ek- 2@237@2

I kdr&

ij fpfurr gylgt i B dsdkj.kA  
gBi nd eqdskhkr djs; fn okj.kA  
I kdr i "B&239

bl idkj y{e.k dh 'kdk dks jke fuey  
fl ) dj nrs g& i Nfr I sfu'Ny vlg I Ppfj=  
Hkjr ij ouxeu i z x I shkh fdl h usvk{ks ugha  
yxk; kA v; k'; k dh iztk eal sfdl h usHkjr ds  
fo"k; eal Ung fd; k Hkh gksrksnI jsusml dsrdZ  
dk [kMu djrs gq rFk ; g dgdj fd , d k  
dgusl srhgkjs i q; u"V g&Hkjr dspfj= dh  
fu"dydrk dk I eFku fd; k g& fdl h usjke  
ouxeu dks Hkjr dh ij .kk ughaekukA Hkjr ds  
ufugky I syks/us ij mudk eku }kj k Lokr  
gkrk g& ; gk Hkh dN ylx , df=r gq g& osvkg[k  
mBkdj Hkjr dks dN dguk pkgrs g& yfdu  
dN u dgdj vi uk fl j >pk yrs g& Hkjr dks  
yxrk g&tS sosmu ij yxsfdl h vfilk; kx dks  
dguk pkgrsg& ij dg ugha i krA mi fLFkr ylx  
Hkjr dk fufobkj eqk vlg mudh fu'Ny i Nfr  
dksn[kdj eku g&tkrsg&

pkgrsFkst u& dj&vk{ks]  
nh[krsFsi j Hkjr fuy&A  
n&k mudk eqk I e{k I egs]

Hkvw tkrSFksl Hkh fonksA  
 I kdr] i"B&190  
 ekul dkj usfp=dW ea jke&Hkjr feyu dk  
 vR; Ur I tñj o.ku fd; k g&  
 dgr I i s ukb efg ekfWA  
 Hkjr i zke] djr j?kqkFkAA  
 mBsJkedf fu i s v/hj kA  
 dgpj V dgpfu"lx /kuqthj kA  
 cjcl fy, mBkb mj yk, Ni kfu/kkuA  
 Hkjr jke dh feyfu yf[k fol jsl cfg vi kuAA  
 feyfu i kfr fdfe tkb cjokuhA  
 dfcdgr vxe dje eu ckuhA  
 ije i s iju nks HkkbZ  
 eu ctk fpr vgfefr fcl jkbZ  
 jk-p-ek- 2@240@4]  
 nkgk 240 rFkk 241@1  
 fp=dW ea x# of' k'B Hkjr dh Hkr&HkfDr  
 dh I jkguk djrsg& Hk; m u Hkju Hkjr I e  
 HkkbB vsj ostHkjr dksjke I sãn; dh ckr dgus  
 dsfy, dgrsg&  
 rc efu dsgHkjr I u I c I d p q r t r k r A  
 Ni kfi U/kfi z cu/kq u dggoãn; dScrA  
 jk-p-ek- 2@259 nkgkA  
 Hkjr x# dsopu I udj vsj jke dk #[k  
 tkudj vR; Ur fody eu I svi uk nq[k 0; Dr  
 djrsg&rFkk og fi rk&ej.k vsj jke&ouxeu  
 dks ekrk ds ek/; e I s gpl fo/kkrk dh dpyk  
 ekurs gq vi us HkX; dh funk djrs gA os  
 fou; i nzd i kFkZuk djrsg&  
 ns , d fcurh I fu ekshA

mfpr gks rl djc cglshA  
 fryd I ektd lft I cqvkuka  
 dfjv I Qy i HkqtksEuqpkuka  
 jk-p-ek- 2@268@4  
 pekul B dh Hkfr pl kdrB ea Hkh Hkjr vi us  
 HkX; dh fullnk djrsg& vsj jke I sfourh djrs  
 gafd og ?kj ykV tk, vsj mudsLFku ij og  
 ou eajgdj fi rk dh vkkk&i kyu djka osjke  
 I sfuonu djrsg&  
 prc Hkh gs rpl sfou;] ykV ?kj tkvk-B  
 ¼ kdr] i"B&257½ Hkjr ds iLrko ij  
 fopkj&foe' kZdjusdsfy, A fp=dW eal Hk dk  
 vk; kstu gsrk gA I Hkh ekú gA bl 'kñri wZ  
 okrokj .k eajke dh gh xdkhj ok.kh xpt rh g& pgs  
 Hkjr Hknj vc dgks vHkfrll r vi ukB ¼ kdr]  
 i"B&246½ftl dksl qrsgh I kjh I Hk I tx gks  
 mBh vsj Hkjr eekgrA bvHkfrll rB 'kñ I qrs  
 gh os >Vi V mBrs gA muds eu dh Xykfu]  
 d#.kk] Lug] nB; bu 'kñkae0; Dr gsrk g&  
 p-i k; k reusr#&rysvj.; &cl jk]  
 jg x; k vHkfrll r 'kñ rnfi D; k ejs \B  
 I kdr] i"B&246  
 ; gk; ; g n"V0; gSfd tgk pekul B ea x#  
 of' k'B Hkjr dksvi usãn; dh ckr dgusdsfy,  
 dgrsg&ogk pl kdrB ea Lo; ajke gh Hkjr I s  
 mudk bvHkfrll rB i Nrs gA pekul B vsj  
 pl kdrB nksuka ea Hkjr jke I svi us nB;] 0; Fkk  
 dks vR; Ur fody ok.kh ea0; Dr djrsg& Hkjr  
 jke&ouxeu vsj fi r&ej.k nksukadk mUkjk; h  
 Lo; adsl e>rs gA Hkjr dh vfr fody ok.kh

dks l qdj bekul B dsjke nq[k l sHkj mBrsgā  
vlg Hkjr dksl krouk nrsg&

rkr tk; jft; ; djgqxykuhA  
bZ v/hu tho xfr tkuhA

jk-p-ek- 2@203@3

; gh fLFkr xqr th dsjke dh gā Hkjr dh  
nū; n'kk ns[kdj jke dk ān; nq[k vlg Xykfu  
l sHkj mBkA os Hkjr dks ān; l syxk vius  
vkl qka l smūga fHkxkusyxj jke dksyxk] tS s  
mūgkustHk Hkjr dh Hkkouk dks l e>useaHky dh  
gā Hkjr dks jkT; dk dkbZykHk ughagā osR; kxh  
vlg fu%okFkhZ gā ekul dkj ds Hkjr pfcf/k  
gfj&gj inB ikdj Hkh dHkh en ea ugha vk  
l drā mudsfy, rkscl jke gh mudsl oLo  
gā mudk fgkrfgj jke gh gā bekul B dsHkjr  
dsfy, tS sl Hkh l qk&Hkox 0; FkZgā pI kdrB ds  
Hkjr dsfy, Hkh jkT; frudsds l eku R; kT; gā  
ogk Hkh mūgajkT; dk ykHk ughā osrks pkrsgā  
fd jktin gh l ektr gks tk, tksykHk dk ey  
gā mudh bl egku R; kx' khyrk dk o.kū djrh  
gpZdkskY; k dgrh g&

i kdr vi usvki gh ; g jkT; ]  
dj fn; k r.k&r& ; reusr; kT; A

I kdr] i "B&211

Lo; ajke Hkh Hkjr dsfy, vi nZvykHk vlg  
R; kxh 'kcn dk iz kx djrs gā fofp= }U}gā  
ylox jkT; & i kfr dsfy, ijLij ; q djrs gā  
; gk jkT; R; kx dsfy, }U}gksjgk g&

pvgks eq dksdHj ugha l e> i Mfk gS  
naisdksmYVv k jkT; }U} i Mfk gSS

I kdr] i "B&259

jke dsrdZHkjr dksfoo'k cuk nrsgā jke  
dh dfBukbZ, oadrD; dks l e>dj irthd fpge  
ds: i eanh xbz mudh i knpklvka dks l kFk ydj  
mudks l ij tu ykSuk i Mfk gā bekul B eajke  
dsHkjr dkscgq Hkfr l e>kus ij Hkh l rsk u  
gksus ij Hkjr dsLug eafoo'k gā Hkjr ij Nīk  
djds viuh pi kojhb nrsg&

i kqdfj Nīk i kqjh nūghj

I knj Hkjr l hl /kfj yūghā

jk-p-ek- 2@316@2

pI kdrB eHkjr Lo; ajke l si knpkl elarsg&

cl feysi knqk eqS mūgasystkAA

& l kdr] i "B&263

jke dh i knpkl ydj osbvof/kB ikj tkuk  
pkgrs gā bl izdkj nksuka xBFka ea jke dh  
pj.k&i knpklvka dks l gkl u ij vki hu djkdj  
Lo; avupj ds l eku l ok dk or yrs gā bl  
LFky ij Hkjr dk , d vnHkr] fou; 'khy , oa  
vkn' kZvuqt dk : i Li "V gwpk gā bekul B vlg  
pI kdrB nksuka eagh Hkjr] bl : i dsn' kZu ghrs  
gāog l Hkh Hkoxka l sfojr jke ds v; k; k ykS/ us  
rd dBk] ri i mZ-thou fcrkusdh i frKk djrs  
gā 'k=qu jkT; dk l eLr Hkij l Hkysgq gā  
Hkjr vgfuzk jke ds /; ku ea exu jgrs gā os  
jktk gkrsgq Hkh ; kxh cu tkrsgā ; gk Hkjr dk  
vull; jke&HkDr dk Lo: i Li "V gksmBk gā

bl dsi 'pkr-pkng o" kZrd dfo i k; %Hkjr  
dks Hky tkrsgā , d LFky ij nksuka dfo; ka us  
Hkjr dks; kn dj fy; k gā y{e.k dh ePNk dks  
nj djus dsfy, gueku th nks kkpay dksmBk,  
gq vkdk'kekxZ l stk jgsFlā tc osv; k; k ds

Áij l sgkdj fudysrlnkukadfo; kausHkjr ds  
 ck.k dk irki fn[kyk; k gA ftl ds yxrs gh  
 guæku th uhpfsxj tkrsgA fdUrqtc Hkjr dks  
 y{e.k dh n'kk dk i rk yxrk gSrts, d k l kpdj  
 fd guæku dks?kk; y djuseay{e.k dsmi pkj  
 eafo?u i M+x; k gS mlga vR; Ur {kkk gkrk gA  
 yfdu rjar gh og guæku l svi usck.k ij cBus  
 dsfy, dgrsgarkfd og guæku dks'kh?kHkstus  
 eal gk; d gksl d&

p<+ee l k; d l S l eskA  
 i Boksrg tg; Ni kfudskA

jk-p-ek- 6@ 60@3

Pl kdrB ea Hkh Hkjr y{e.k l s l c oUkkUr  
 tkuusdmi jkUr vR; Ur nq[kh gks tkrsgA ekus  
 mlghausdkbz nq[olu nq[kk gks&

pkid Hkjr&'k=qu&ekMoh] ekuka; g nq[olu  
 foykdA

vkSf/k nsj Hkh dNj mul s  
 dg u l dsl gdj og 'kksA

l kdr] i"B 449

pekul B vsj Pl kdrB nksuka ea Hkjr }kj  
 guæku th dks vi usck.k ij Hkst uk of.kr gA  
 ; gk; Hkjr dk ri Loh 0; fDrRo ohjRo dh Hkkouk l s  
 eAMr fn[kk; k gA

pekul B dsHkjr ij ; gk; ij vk{ki gSfd jke  
 dsvull; HkDr gkrsgq mu ij vkbZgpZfoi fUk  
 dks tkudj og pi cBs jgrsgA jke dh fo"ke  
 i fjfLFkr dk Kku gks tkus ij ek= {kkk 0; Dr  
 djdsgh jg tkrsgA Hkjr dspfj= dh ; g deh  
 [kVdrh gA pekul B dsHkDrx.k bl eaHkh Hkjr ds  
 pfj= dh egkurk ekurs gA fd l d/keZ cMk

dBlj gkrk gA jke us mlga v; kS; k l kA h FkA  
 jke dh /kjsgj : i v; kS; k dks NkMaj Hkjr  
 ds stk l drsFkA fdUrqbudk nH jk i {k Hkh g&  
 vkt jke foi fUk eag] ekrk l hrk 'k=qdscU/ku ea  
 i Mh gA i k.k fi z Hkkbz y{e.k er; ql stw> jgk gA  
 , d h fo"ke i fjfLFkr eaD; k , d l d dsfy,  
 ; g mfr ughafd osjke dh j{kk dsfy, tk, A  
 ; fn fdl h dkj .ko'k Lo; au tk l darksde l s  
 de 'k=qu dksgh l uk l fgr Hkst nA ekul ea  
 Hkjr ds'kS & i n'ku dk ; g mi ; Dr LFku Fk]  
 fdUrq; gk; ekul dkj usHkjr dksekU dj fn; k  
 gA Bxirkoyh ea vo'; ryl hnl us ekrk  
 l fe=k dsan; ea {kf=; Ro meMfsgq fn[kk; k  
 gS ftl dsifj .kkelo: i og vi usie 'k=qu l s  
 dgrh gAfd bl vol j ij vi usHkkbz dh j{kk ds  
 fy, ræ guæku dsl kFk tkvk&

l [u] ju ?kk; y y[ku i jsgA

Loket&clt] l æke&l HqV

l ksyfg yydlfj yjsgS

rkr! tkgqdfi l æ]

fj i bqu mfB] dj tlfj [kjsgS

xhrkoyh] yadkdkM] in l æ; k&13

xqr th dsHkjr dks; g dgk; vflkV Fk fd  
 jke ij vkbZgpZfoi fUk tkudj ; g pi pki cBs  
 jg tk, A jke dsvull; HkDr Hkjr dk {kf=; Ro  
 bl vol j ij l tx gks mBrk gA osyætk ij  
 p<kbz dsfy, rR{k.k m | r gkrsgA mlgavi uh  
 l k/krk <kæ yxusyxrh g&

Hkjr&y{eh i Mh-jk{kl ksdscU/ku eS

fl ækj kj og fcy[k jgh gS; kdq eu eS

cBk gæSik.M l k/kk /kj.k djds

vi usfeF; k Hkjr uke dksule u /kj dls  
 l tsvHh l kds] ctsgkj t; dk Madkj  
 jg u tk; vc dghafdl h jko.k dh ycdAB  
 l kdr] i "B&464

l kdr eaHkjr dspfj= dk ; g l oFk uohu  
 i {k gA vl; ikjEifjd jke&dFkkvka ea rFk  
 pekul B eaHkjr dsbl : i dk dghafp=.k ugha  
 feyrkA Hkjr dspfj= dsl cak ea; g l kdr dh  
 ekfyd mnHkrouk dgh tk l drh gA vkt  
 l k/kqk dksNkMlej mlgkausohjrk dsHkko dk oj .k  
 fd; k gA os 'k=?u' k=?z ycdk&l ej ea igp tkuk  
 pkgrsgj mlgaekrkvla l shh vkKt yasdk vodk'k  
 ugha os 'k=?u l smfezyk dsfy, , d l nsk ndj  
 i LFku djrsGA vi usv'o ij cBdj mudk ?Mk  
 gok dh xfr eamlgaystkrk gA

PHkokFkZjkek; .k b tS sdN jke&dk0; ka eajke  
 ds v; k'; k ykS/us ij Hkjr rjUr jke dks jkT;  
 Hkj l ka nrsGAvkj cMk mRl qrk dsl kFk muds  
 jkT; kFk"ksd dk i cak Hh djrs gA pekul B ea  
 , d k o.ku ughagA ml eajkelxeu ij Hkjr dls  
 vR; Ur i d Uu fn[kk; k x; k gA Hkjr jke dk  
 igokfl ; ka l fgr Lokxr djrs gA  
 jke&Hkjr&feyu dk ekul dkj usvR; Ur l qnj  
 fp=.k fd; k g&

i Hkofeyr vuqfg l kg eks  
 i fga tkfr ufgami ek dghA  
 tuqj B v# fl xkj ruqfj  
 feyscj l qek yghA

jk-p-ek-7@5 nkgk l s i mZ Nan 1 rd  
 pl kdrB ea Hh Hkjr 'k=?u l fgr jke dk  
 Lokxr djusdsfy, i Lrq g&

Hkjr vjS 'k=?u uxj rjS.k ds vlxS  
 ekul&Fki rfcEc i Eke gh mudstlxS  
 l kdr] i "B&491

vjS jke Hh i qi d foeku l smrj dj l cl s  
 igys Hkjr l s gh feyrsgA l kdrdkj us Hh  
 Hkjr&jke&feyu dk vR; Ur Hk0; fp= vdr  
 fd; k g&

oj foeku l sdny x#M+l sT; ksi q "WkE  
 feyskj l sje f{frt esl U/kx u l ea  
 l kdr] i "B&491

jke Hkjr dk gh i yMk Hkj h ekursg&  
 pmB Hk0Zng l dk u rq l sjke [Mk+gS  
 rjS i yMk+cMk; Hk0v ij vkt i Mk+gA  
 l kdr] i "B&492

pekul B eaHkjr }kj jke dks jkT; Hkj l ka us  
 dk o.ku ughagS ogk; g dk; Zof'k'B th ds  
 vknS k vjS usRo eagkrk gA fdUrqp l kdrB ea  
 Hkjr jkT&fyrd ea ; kx nku nrs gA os p{k=B  
 fy, 'k=?u dsl kFk jke ds jkT; &fyrd dsfy,  
 i Lrq g&

{k= fy, Fkshkjr] pS 'k=?u /kjsFkS  
 ekrvkdsstlx vkt l kssl stlxS  
 i gpsi gpsjke jkT&rjS.k ds vlxS  
 l kdr] i "B&493

Hkjr&fo"K; d pfj=&fp=.k ds foopu&  
 fo'ySk.k ds mi jkr l kjk k : i ea; g dgk tk  
 l drk gS fd PHkjrB nku ka dfo; ka ds vkn'kz  
 pfj=kaeal s, d gA xqr th ds Hkjr dk pfj=  
 i vkr; k ryl h ds Hkjr l s i Hkfor gS muds  
 pfj= ea xqr th usdkbzelsyd i fforu rksugA



fd; kj dghamuds0; fDrRo eavfrfjDr xqkka dk vlsj vull; HkDr dk gA Hkjr dh fu%okFkz-kj  
 I ekošk vo' ; fn[kk; k gA vfekdrrj ijEi jk dk drD; &ijk; .krkj HkrLug] fou; 'knyrkj e; kzkj  
 gh ikyu fd; k gA dgh&dghaHkjr dspfj= dh fu'Nyrkj I kRrodrrkj /kfezlrkj food'knyrkj  
 js[kk, apekul B I sHkh vf/kd mHkhj gpzvlsj Li "V ufrdrkj fuyHkrkj R; kx'knyrk vkfn xqk muds  
 gA nks.kaxbFkkaeaHkjr dk pfj= , d vkn' kZHkbbz pfj= dksegku , oamnkuk cukrsgA

, u-Mh-&57] ihrei gkj fnYyh&110034

### bz oj dsn' ku

Jhjkedq.k no tc bz oj dh ckra djrj rksmul sHkDr ylx i Nrs &  
 begkjt! D; k geaHkh bz oj dsn' ku gks I drsgs\B Jhjkedq.k dgrs  
 &D; kaughagks I drsgsB rc HkDr ylx i NrsFks&P gean' ku ds sgks  
 I drs gAfdl izkj I sgks I drs gA B fdl izkj I sgks I drs gA B  
 Jhjked" .k no dgrs& P D; k rpe ylx bz oj dkspkgrsgks\ ; fn I pep  
 bz oj dkspkgrsgks rks rfga bz oj dsn' ku gks I drsgs ij dgk dksu  
 bz oj dkspkgrk gsjs\ I c dkbz rksbz oj I spkgrsgA bz oj dksHkyk  
 dksu pkgrk gsB ds h foy{k.k ckr gs ge bz oj I spkgrsgj bz oj dks  
 rksughapkrA bz oj I suke] I Einnk pkgrsgj /ku pkgrsgj ge mul s  
 i fr"Bk pkgrsgj pkgrsgj in pkgrsgj I Eifr pkgrsgj j dksu bz oj]  
 dks pkgrk gs os dgrj pns[kj ; fn rwbz oj dks pkgrk gs rks bz oj  
 feyxA 0; kdjy gkdj i qkj rks I gh! dHkh&dHkh osdgrs& P eankos  
 I sdgrk gw; j rhu fnu vlsj rhu jkr dkbz bz oj dksi qkj I dsj bz oj ds  
 fy, jks I dsj rksbz oj I keusvkdj ds [kMags tkrsgAB ds h foy{k.k  
 ckr gs doy rhu fnu vlsj rhu jkr dh ckr dg jgsgA gekjsthou ea  
 fdruso" kZchr tkrsgs , d o" kZea365 fnu] 365 jkragsrh gA

Lokhv krekun



ekul ds ^pj. k&knplk\* i l æ  
dhi u0lE ; kdkl e;

Ni i æ Hkj rh

ekul vujkxh , d l Ttu usep l svkxg fd; k  
fd pekul ea, d svudl i l æ gâftudh vkt ds  
l nHkZ ea i u0; kE; lB djus dh vko'; drk gA  
mueapj. k&iknplk i l æ ij vllh rd u, l nHkZ  
ea cgr gh de ppkZ l uos dks feyh gA tks Hkh  
ppkZ gsrh gSog jke jkT; l pkyu dh Hkfedk  
dksydj gh dh tkrh gA l k/kj. k Jkrk Hkh bl  
i l æ dksbl l svf/kd egRo ughansrA vr%D; k  
, d k pflru Hkh bl i l æ dksydj gkl drk gS  
ftl dk vk/kud l nHkZ earyl h usl dr fn; k  
gkA bl ij vo'; fopkj djuk pfg, A

oklro eamu l Ttu usepj. k&iknplk i l æ  
ij ep l stksvi {kk dh ogh fopkj ea i k Boka ds  
l e{k j [k jgk gA

l cl sigys okYelfd jkek; .k rFkk vk/; kRe  
jkek; .k dksvk/kj ekudj ; g fopkj eu eavk; k  
fd jke rksuaxi s v; k; k l sou dksvk, Fk rks  
; spj. k&iknplk, adgk l svkA bl l æk eal r  
ejkjh cki musvi usi opu eacr; k fd fu"knjkt  
xg n'kjFk dsfe= FkA , d ckj ex; k grqou ea  
vk, n'kjFk th dh j {kk fu"knjkt usfga d  
i'kA l s dhA rc n'kjFk th us Jaxojij dk  
mUke bykdk fu"knjkt dks nsfn; kA , d ckj  
n'kjFk th dstle fnol ij fu"knjkt ustax

dh ydMh l sfufeR [kMkA n'kjFk dksHkA/ dhA  
of'k'B th dh l Eefr i kdj n'kjFk usrc og HkA/  
Lohdkj dj yh vlg ; g fu.kZ gvk fd bu  
i knplkva dh j?kpa k ea i tck gkschA rc l s; g  
ijEijk cuh fd j?kpa k ea jkT; djusokyk gj  
jktk ml dh i tck djskA vc tc jke dks  
v; k; k dsjkT; dsLFku ij ou dk jkT; fey  
x; k rksHkj vi usl kFk ; spj. k i knplk, al cl s  
fNi kdj ou dks ys x, A fdUrq l Hkh izdkj ds  
vixg dks Vkydj jke Hkj rh dks v; k; k dk  
'kkl u l Egkyus dh vknk nrs gA rks mu  
i knplkva ij vi us i s j [kdj mlga Hkj rh dks  
yKs/k nrs gA Hkj rh us blgha pj. k&iknplkva dks  
fl gkl u ij j [kdj mudh i tck djsr gq  
jkt dk; Zpyk; kA nyl h fy [krs g&

fur i vr i kqil pjij i l r u an; l efrA  
elfx elfx vk; l qdjr jkt dkt cgq HkA  
v; k; k; kdk. M&nkgk Ø- 325½

l r ejkjh cki wdsbl dFku dh i fV okYelfd  
jkek; .k dsfuEufyf [kr 'ykdal sgrh g&  
vf/kjgk; Zi knH; la i knqsgs HkA  
, rsg l oZyksl; ; k {ksa fo/kk; rAA  
l ksf/k : g; 0; k?zi knqsd; oelj pA

i lz PNr~l egkr\$ k Hkjr; egkReuAA  
 l xZ nks v/; k; &112 'ykd l [; k 121&22  
 vFkz& Hkjr usjke l sdgk& vk; l ; s nks  
 Lo. kkkkr i knpk, a vki ds pj. kka ea vfi r gA  
 vki bu ij pj.k j[kdj l Ei wZ txx ds  
 ; kx&fæ ds fuokg ; kx; blgacuk, A rc egk  
 rstLoh i # "k fl g Jh jke usmu pj.k i knpkvka  
 ij p<ej mlgavyx djdsHkjr th dksl kA  
 bl h i dzkj dk mYy\$ k v/; kRe jkek; .k eaHh  
 feyrk g&

i knqsnfsg jktbnzjkt; k; ro i ftrb  
 ri kS l aka dj kS s ; konxuea roAA  
 bR; Dklok i knqsfno; s; kS; kekl si ln ; kA  
 jkeL; rsnnkSjekSHkjr; kfr HkDr%AA  
 ¼ x&2] v/; k; 9] 'ykd l [; k 49&50%  
 vFkz& Hkjr th usjke l sdgk& gs jktbnz  
 vki ep-sjkt; 'kkl u dsfy, viuh txx i r;  
 pj.k i knpk, anift, A tc rd vki yk\$ksrc  
 rd e\$mlghadh l ok djrk jgkA , d k dgdj  
 Hkjr th usmudspj. kkaeans [kMkA i guk nHA  
 Jh jke usHkjr dk HkDrHkko n\$[dj og i knpk, a  
 Hkjr th dksnsnHA

bu dFkukdsvk/kkj ij ; g Li "V gSfd Hkjr  
 gh bu i knpkvka dk v; kS; k l svi us l kFk yk,  
 FkA ryl h usekul eabl i l ak dksxk\$ j [kk gA  
 yxrk gSukuk i jk. kka fuxe&vixe vkn ea dbz  
 i l ak foj k\$kk h gA bl fy, ryl h us mudh  
 ?kVuk&izkku i Lrfr ds LFku ij jke dspfj=  
 dsek/; e l sv/; kRe izkku i Lrfr dksgh vf/kd  
 egRo fn; k gA osekursg\$ jk\$ h& jkst h] di Ms-dh  
 l eL; k l s vf/kd fpurk 'k\$&fopkja vj\$

'k\$&vkpj .k ds vHkko dh gA mudh bl ekl; rk  
 dh i f"V vk/kjud nsegku Økkr; ka& 0; ki kfj d  
 rFk vks\$ k\$xd Økkr dsl anHzeans[kusl syxrk  
 gA bl l sjk\$ h& jkst h dh l eL; k [kRe ughagbzG  
 vfi rrvetjkavj\$ xjhckadschp dh [kkbzgh c<h  
 gA bl fy, rhl jh Økkr ds : i ea vk/; kRed  
 Økkr dh vko' ; drk vkt l cl svf/kd gA bl h  
 vk/kj ij mlgkousvi usegkdk0; dk uk; d jke  
 dksppkA mlgab l : i eai Lrfr fd; k fd eul;  
 thou eafdrus gh d"V vk, a mlga gea gd dj  
 >yuk gSv\$ l R; dh i fr"Bk djuk gA

; fn Jh jke ou&xue dk d"V ughamBkr\$ rks  
 l cdk l [k&n[k d\$ s l e>rs \ytxka l s feys  
 fcuk] mudk l [k&n[k l e>s fcuk ; fn os  
 v; kS; k ea gh cBs jgrs rks ol; insk dh  
 l eL; kvkadk mlgai rk gh ughapyrkA bl fy,  
 jkt&keZ dk fuokg egy ea cBdj ugha gks  
 l drk] ml dsy, ou&i klrj eaHh tkuk i Mfk  
 gS vr% fdl ?kVuk vFkok fØ; k ea dks l k  
 dY; k. k fufgr gSbl dks crkuk ryl h dk y{;  
 jgk gA bl dks l k/kj .k 0; fDr l jyrk l sugha  
 l e> i krk gA ; fn ge jke dks Hkxoku ekudj  
 mudh i k\$ djrs jgk\$ rks muds pfj= dk  
 vuqj .k ughadj l drA

Jh jke ds vkpj .k ea bruh egkurk Fh fd  
 , d vkn' kzekuo dk n' kZu mudsek/; e l sgkrk  
 gA ; fn mlgaHkxoku eku Hk fy; k tk, rksos, d s  
 Hkxoku Fks tks l cds l kFk gjl & [kys vj\$ ckyA  
 ; gh dkj .k gSfd ryl h usppj .k& i knpk h i l ak  
 dks bl i dzkj i Lrfr fd; k gS tks jk"V&/keZ ds  
 i ky dh f' k\$kr n\$rk gA bl dksor\$ku l anHze

n[ka]rksvkt tksjkV<sup>a</sup> l ok dsuke ij e=h cu  
tkrsgasose=h cudj jkV<sup>a</sup> dh l ok ugh djrs  
oju-Lo; adksosjkV<sup>a</sup> l ok dsuke ij 0; fDrxr  
fgr l k/ku eayxk nrsrgA jkV<sup>a</sup> dh l ok rksogh  
yks dj l drsga tksfcuk ifrnku fy, viuk  
thou jkV<sup>a</sup> l ok eayxk nrsrgA

ryl h pkgrsgafd jkT; l pkyu dh e; kkh  
, d h gksuk pkfg, fd ftl dks eu; an; l s  
Lohdj djA jke jkT; dh e; kkh dh i Fke j[kk  
Hkjr ds ek/; e l s mtixj djrs gq ryl h  
ppj.k&i knpdk ds irhd dks cM+ xgjs vFkz ea  
fo'ko 0; kogkfjd /kjry ij i k Bdk ds l e(k  
ykrsgA ykdra= dsbl Lo: i dksbl h dkj.k  
egkRek xkakh us Lohdkj fd; k FkA dgus dk  
vk'k; ; g fd ryl h dh n<sup>r</sup>V eajkT; dh e; kkh  
ykdfgr dh dl ksh ij [kjh mrjuk pkfg,  
vl; Fk , d k u gksus ij iztk vjkt d gsk tk, xh  
vlg l kjs jkT; dks rgl & ugl dj nshA vks  
ppkz c<kus ds i mZjke ds mu opuka ij /; ku na  
tks mlgk us jkT; l pkyu gsrq Hkjr dks fn, FkA  
ryl h dgrsg&

ef[k; k e[ k l k splfg,] [kku&i ku dgq, d  
i lyb i ksh l dy vak] ryl h l fgr foosAA  
1/2; k; k d k M] nkgk Ø- 315 1/2

; g Kku Hlxoku jke us Hkjr dksbl fy, fn; k  
rkfd os Bhd l sjkT; &/keZdk fuokg dj l da&

jkt/kje l jcl q ruksZ  
ftfe eu ekj eukjFk xksAA  
c/koj zks dh Ug cgq HkjrA  
fcuqv/ke eu rks u l k r hAA

vFkz& jkt/keZdk l oLo 1/4 kj 1/2 bruk gh gS  
fdUr q dkbZ voyEcu vk/kkj ik, fcuk Hkjr ds  
eu eal rksk ughagv/k vlg 'kkr Hkh ughA v/kj  
1/2 voyEcu 1/2 dk ; g irhd pj.k i knpdk, acutavlg  
Hkjr us mlgavknj i mZ fl j ij /kj.k dj fy; kA

bu pj.k i knpdk vkadk egRo Hkjr dh n<sup>r</sup>V ea  
D; k Fk] ; g crkrsgq ryl h fy [krsg&

pj.ki hB d#uk fu/ku ds  
tuqt& tkfed izk i ku dAA  
l i q Hkjr l ug jru ds  
vk[kj t& tuqtho tru dAA  
dg diV dj dgy dje ds  
foey u; u l ok l dje dAA  
Hkjr efnr voyE ygsrA  
vl l qk tl fl ; jkegjsrAA

vFkz& d#. kfu/ku Jhike ds nksuka [kMkA  
iztk ds i k. kka dh j[kk ds fy, ekus nks i gjsnj  
gA Hkjr th ds i e : ih jru ds fy, ekus fMck gA  
vlg tho ds l k/ku ds fy, ekus jke&uke ds nks  
v[kj gA j?npy dh j[kk ds fy, nks fdokM+ gA vlg  
Jsb deZdj us ds fy, nks gkFk gA l ok : ih /keZds  
l e-kus ds fy, fuey us= gA Hkjr th bl voyEcu  
ds fey tkus l s i je vkufnir gA mlga i knpdk  
i kdj , d k l [k g v k] tS k Jhike ds jgusl sgrkA

dgus dk vk'k; ; g gSfd Hkjr ds fy; s; s  
pj.k i knpdk, aHkkr d oLr qek= ugh jgha cfYd  
v[k.M ij .kk dk l kr jgha ft l l sosvi ul] vi us  
i e dh] tho ds l k/ku dh] dgy , oai ztk dh j[kk  
dh l k/ku cuhA ft l ds vk/kkj ij deZvlg /keZ  
ds i kyu ea ospkng o"iz l g/xu jgA mlgk us bl

voyEcu dls ydJ jkT; /keZ dk ,d k ikyu fd;k tksHkfo"; dsfy, Hkh ,d vkn'kZjkT; dk vk/kkj cukA os jkT; ds eq[k;k gh ugha JSB vkpj.k fu"B ukxfjd cudj iztk dsfy, ,d vkn'kZ Hkh cuA bl fy, ; g fu% adkp dgk tk l drk gSfd jke jkT; dh i"BHkfe Hkjr jkT; us LFkfi r dj nh FkA okLro eajke jkT; dscká y{k.k rHkh fn[kkbZ nrs gá tc var% txr- ea ml dh LFkfi uk gS tk, A dñ yskad h nñV ea Hkysgh Hkjr usv; ká;k dk jkT; u ydJ dkbZ cgr cMh l Ei rRr xpk nh gSfdUrqHkjr dks tks i ktr gvk ml sckbzUgha i ktr dj l dkA Hkjr dh ; g l k/kuk bruh Áph gSfd l d kj Hkysgh jke dks tirk jgs fdUrq btx tiqjke jke tiq tghAB vsj bl izkj jke Hkjr ds Lug ,oa l eiZk ds gkFkafcd x, A

Hkjr dk ; g l eiZk bruk tcnLr Fk fd vo/k dk l eLr jktdkt os Jhike dh pj.k i knpdkval si Ndj djrs g& fur i var i kqj kqjh i ktr u ân; j l ekfA elfx elfx vk; l qdjr] jktdkt cgoHkfrAA %v; ká;k dk. M nkgk Ø- 325%

; g l eiZk vkt Hkbb; k&Hkbb; kadschp dgk n[kus dks feyrk gA ; g iæ bruk xgjk Fk fd Hkjr usjke dsoukl l sykVusrd ri Loh dk osk /kij.k dj v; ká;k ds fudV unhxte ea rikú"B thou fcrk; kA vi uscM&HkbbZ dsfy, ru&eu&opu l s l Hkh l qk R; kxus dh i rHkK dhA ftl v; ká;k ds jkT; dks n[kdj banz Hkh bZ; kZ djrs Fks tgka dh /ku&l i nk dks n[kdj d&g Hkh yTtk dk vutko djrs Fk ml jktin

dks Hkjr us r:k ds l eku R; kx fn; k vsj vukl Dr Hkko l sfl j ij tVktW vsj 'kjhj ij efu oL= /kij.k dj dfBu \_f'k&/keZdk ikyu fd; kA cBus ds fy, Hkh tehu [kndj ,d xM<k cuk; k vsj ml h xM<seadqk dh vki uh fcNkdj jgusyxA ijsekul eaHkjr&feyki B dk i d ak bl h nñV l sl okZ/kd eeLi 'kizgA

R; kx efrZHkjr ds jkT; l pkyu dks n[kdj gekjsvkt ds jktuhrKkadksHkh ; g è; ku j [kuk pkfg, fd os turk ds l e{k puko thrus ds fufeÜk tksok; nsdjrs gá mudks d q iz feyrsgH Hkyk, aughafdarq; g rHkh l Hko gStc fdl h dk; Z dks os Hkxor ijk; .k gkcdj dj&A tS s HkS k dey i qi ka dks NkMej efyu i nkFks dh vsj eu ughankMkrk gSml h rjg Hkjr v; ká;k ea, d l k/kij.k ukxfjd dh rjg jgrs FkA os sgh gj 'kkl dh; l od dks vi us dks igys ukxfjd ekuuk gkckj fQj 'kkl dh; l odA l ok gh mudk iæ[k y{; gkuk pkfg, fQj pkgsfdl h Hkh ny dk 'kkl u D; kau gkA deZdsi fr l eiZk dh ; g l ok&ofÜk rHkh nsk eal qkkl u dh Hkkouk ân; ea LFkfi r djus ea l efiz gkch rc ge ryl h ds bl l nsk dks vkRel kr dj&A pj.k&i knpk i d ak dh ppiz bl hfy, ryl h us foLrkj l s dh gSfd jke&jkT; Hkh Hkjr tS s d qky 'kkl d ds vkpj.k dk ikyu djus dh ofÜk ds dkj .k gh LFkfi r gvkA vr%bl vsj gekjk /; ku vo'; tkuk pkfg, vsj ykdfgr ea gh l kjsfu.kZ gkuk pkfg, vsj ; g rHkh l Hko gkck tc gekjstu&uk; dk&eajk"Vh; &pfj= dh Hkkouk dk fodkl gkckA

Hkjr dk ;g pfj= ekul ea bl fy, i Fke onuh; jgk fd bl l s ;g l anšk feyrk gSfd tc&tc 0; fDr LokFk&ijk; .k gkdj døy viuh HkykbZ dsfy, iz; kl jr jgrk gSrc rc vaxy dh gh l "V gkrh gA cky usvi usHkkbZ l qcho dks rFk jko.k us vi usHkkbZ foHkh".k dks jkt en ikdj fuokZl r fd; k Fkk fdUrq mluga vius ik.k xokus iMA tc 0; fDr LokFkZ dk vfrØe.k dj l koZtfud fgr dh l kprk gSrc og fo'o dsfy, ojnku Lo: i gkstkrk gA Hkjr bl dsmRÑ"V mnkgj .k gA osiæ] R; kx] food] drD; ijk; .krk vlg l eizk dh , d h i frefirZgS fd u døy l kl kfjd vfi rqv/; kRed n"V l s Hkh ekuo ds pje eaxy dk fo/kku djrs gA ryl h dgrsg&

i zoÅ; i Eke Hkjr dspjuka  
tkl qus oz tibZu cjukAA  
jke pju iædt eu tkl av  
yqQ e/kq bo rtbZu i kl av

; nrksjkedFkk ds l Hkh ik= jke dsHkDr gA n'kjFk vlg dksKY; k okRI Y; Hkko l } gupeku nkl; Hkko l } l hrk dkrk Hkko l } jko.k cš Hkko l s fdUrq Hkjr dh i hfr jke ds pj.kka ea gA pj.k&iknplkva dks ikdj ykdd thou ds s ft;k tk,] ;g rksHkjr Li "V djrsgh gSfdUrq

yk&thou ds ikj ykdd vkn'kz dks Hkh os fo'kSk 0; Dr djuk pkgrsgA bl izdkj ryl h us Hkjr dspfj= dksydj ppj.k&iknplkB il æ ea muds xlg o dh og i "Bhke j [kh gSft l l s l ekt ea ykd&exy dh l oæxh.k ifjdYiuk LFkfi r gisl dA

jke ds in&fpguka dks ekudj i knplkva dks intuk , d vyx ckr gS vlg l ðkk ds in dks Hlxoku ds in l s tkMej ; g l gh euko ðk gA ryl h us Hkjr pfj= dh bl h fo'kSk dks bl il æ l s tkMej ; gh l anšk fn; k gSfd in døy in'kz dh oLrqcudj u jgš Hlxoku ds pj.kka l s tkMej og /k; gkst; vkt ds l anHkZ ea; g Hkko bl fy, Hkh egROI wlgSfd dN ylx fujlurj l ðkk dh Nhuk&> i Vh eayxsjgrsgavlg n'jh vlg ryl h dh n"V gSfd 0; fDr dks l od cudj l ðkk dk l pkyu djuk pkfg,] Lokh cudj ughA ryl h dh ekl; rk gSfd tc jktuhrK jkT; dksuhr ds l kFk&l kFk /kel l s tkM+naxš rksjkT; &/kel dk Bhd l sfuokZ gkskA bl l svf/kd dY; k.k dh ckr vlg D; k gsl drh gA jkek; .k dk ;g il æ cgr gh ekfed gS bl fy, nšk&dkykuq kj bl dh 0; k[; k gkr s jguk pkfg, A

, Q&9@49] ryl h uxj] Hkks ky





# v p j | p j p j v p j d j r d k s

N n k j e ' k e k

n'kjFk ds l e; ds l ekt ij nks vlsj l s  
 vkØe.k gksjgsFkA Hkhrj l si 'krk tkxr gksjgh  
 FkA eul; bflnz & ijk; .k vlsj LokFkz gksr tk  
 jgsFkA iæ ds vHko eal ekt ea uhj l rk : ih  
 tMrk Qs y jgh Fkh vlsj i jLi j fojksk vlsj LokFkz  
 ds Vdjko l sl ekt dh 0; oLFk dks [krjk i shk  
 gksx; k FkA ekuork dk gjk&Hkjk cxhpk i 'krk  
 dh vix ea ty jgk FkA n'kjFk dh  
 dke&ijoj'krk vlsj dæds h dh ojnu i kfr  
 bl ds ToyUr mnkgj.k gA l ekt ftuls  
 l Ri Fk&in'ku dh vk'kk djrk gß ftluga/keZ dh  
 dl ksh l e>rk gß l æV ds l e; ftluga viuk  
 , dek= voyEc ekuork gß osgh rikcy vlsj Kku  
 ds izdk'k l sl d kj dk dY; k.k djusokys\_\_f'k  
 fl )] l k/kd vlsj Kkuh l ekt ds fgr l s  
 mnkl hu gks x; s FkA Kku dh vfxu l s ml gkaus  
 vi us l eLr jkx&rRo dks tyk fn; k FkA an;  
 ds iæker ds L=kr dks l [kk Mkyk FkA v; ks; k  
 eafdruk cMk folyo gksjgk FkA i 'krk dh fot;  
 vlsj ekuork dh ijkt; gksjgh FkA l ekt dk  
 vkn'kzekuk tkusokyk jktk gh ftl sft rslnz  
 gkus p kfg, FkA ukjh ds dke&i'k'k ea caldj  
 i plj mBk FkA&

pdgqdfg jdfg djksuj s w  
 dgqdfg ul fga fudkl kshs wxß  
 bl l sc<dj bflnz ijk; .krk vlsj D; k gks  
 l drh gß ftl eajktk Lo; aL=h dsfy, U; k; dk  
 xyk rd ?kk/usdh ?kksk.kk dj cBs\keZ dh vkm+  
 ydj jktk dh opuc) rk vlsj dke ijo'krk dk  
 ykHk mBkdj dæds h dk LokFkz thr x; k FkA  
 jktk bl r l ug br opu mrp dh nfo/kk ea  
 i MeJ NVi Vk jgk FkA oLr r%ml ds an; ea  
 i Ruh&iæ vlsj iæ&iæ dk }U}gksjgk FkA og  
 p kgrk rksjke&ouokl dk nli jk ojnu nusi s  
 dæds h dks euk dj l drk FkA fdUrj ml us  
 Hkko h uifr jke dks l pep ns'k&fudkyk ns  
 fn; kj ml s jæd cuk MkykA ; fn dæds h dks  
 , dklr eafn, x, opu dk ikyu /keZ FkA rks  
 jkt l Hk ea jke ds jkT; kfhk'kad dh ?kksk.kk D; k  
 FkA \ fQj HkH Hkjr dks jkT; nsuk mudsopu dk  
 fd l h vak rd ikyu FkA bl fy, ml s/keZ dgk  
 tk l drk gA fdUrj vU; nsi Vjkfu; kads i.k.k  
 l; kjs iæ ka dks vlsj tudjkt dh iæ h l hrk dks  
 ou ds vi kj d"Vkaæ<dsyuk dks&l k /keZ FkA \  
 mudsopu ikyu l s gkaus okys /keZ % | fi og  
 jke ds jkT; kfhk'kad dh ?kksk.kk ds fo#) FkA

rFkfi i nkl j Øe l sigys dls h dksfn, x,  
 opu dk ikyu /keZgh gksk½vlg jkt i fka dksou  
 ds vl á d"Vka ea <dsyus ds v/keZ i kfjokfjd  
 fo?kVu dksjkd l drsFksD; kfd jktk ij /keZdk  
 vlg /keZx#vkacl 'kkl u pyr k FkA fdUr qsrks  
 tS s [kM& [kMsrek'kk n[ k jgsFk fongjkt Hk  
 dkbZ gLr{k i u dj l dA bl rjg l ekt ea  
 mnkl hurk dh tMf k Nk xbzFkA

nl jh vlg nfk.k l s fu'kkpjka dk l keT;  
 QSyk vk jgk FkA mudk l ekV jko.k Hkdrdk  
 dsl okpp fl gkl u ij cBdj ekuork dksdpy  
 jgk FkA nRo dks irkfMf dj ml dk migkl  
 dj jgk FkA ml usvi us Nk s Hk kbZ dh i Ruh dls  
 Nhudj /keZ dh e; kñk l ekr dj nss okys  
 okujkt ckyh l sfe=rk dj yh FkA n.Mdkj.;  
 ea [kj & nkk.k dsl saki frRo eaog , d cMh QkSt  
 Nkouh Hk cuk pplk FkA ml dk nkgjk iz Ru py  
 jgk FkA , d vlg og bflnz; & ijk; .k dksy  
 fdjkr] Hkhy vifn ol; tkfr; kadsivi useafeyk  
 jgk Fk vlg nl jh vlg ekuork dk ml eyu dj  
 jgk Fk R; kx vlg ri dh eku; rlvka dks /oLr  
 dj jgk FkA bl rjg eul; rk vlg /keZdk rRo  
 fuf"Ø; vFkok fu' pSV gkspyk FkA

tc rd eul; bflnz; & ijk; .k gS ml ea  
 LokFk jrk gS rc rd /keZdk rRo ml ds Hkhrj  
 fuf"Ø; i Mk gS vlg pkjka vlg l ?k"lz epk gA  
 i 'krk vlg fu'kkpjrk v/keZ ds py Lo: i gS  
 v/keZpj ½py½ vFkz~fujlurj xfr'khy gA ml s  
 bvpjB vFkz~vpy djus okyk&jkklus okyk  
 vlg l d kj dk l oFk R; kx dj nssokysmkl hu  
 ½Kkuh] fl )) l k/kd vlg \_f"½ ftl s tM+

l e>dj NkM+nrs gS vlg vkrk ds vkulln ea  
 l prk dk vuiko djrs gA ml gaml 'kð vlg  
 ifo= iæ ea Mps nss okyk dk gS \fdl us  
 bvpjB ½t Mhkr] fez ek.k] pSVkghu vFkok fLFkj  
 n<+; k x#rki w½ /keZ dks l ekt ea pl pjB  
 ½ py] i d kfjr] xfr'khy ; k 0; klr½ fd; k gS  
 QSyk; k gS \og Hkr gS ftl us ek; dks ml dh  
 LokFk jrk dsfy, QVdkkj fir k dh i joj'krk  
 ij [kn 0; ä fd; k vlg x# dh mnkl hurki w½  
 vkK ekuus l s bckj dj fn; kA og jkT; ds  
 okko dh fruds dsl eku mi s k djds tMhkr  
 l ekt dks b/keZ kjB ½keZ dh okLrofdrk½ dk  
 Kku djrk gvk] dksy&fdjkr tS s btMh  
 ½vKkuh ; k i'kopfuk ijk; .k½ eul; kadsiekuork  
 dk i k B i <krk gvk] muea/keZ dh pruk txkrk  
 gvk] tks iæ dks tMf k ; k ekg eku jgsFk mu  
 ohrjox mnkl hu of'k'B vlg tud th tS s  
 Kkfu; kadsân; eaHk iæ dk mnad djrk gvk  
 l cdh l krod] fu%okFk vlg lgt iæ dk  
 0; kogkfjd Kku djkus dsfy, vi uscMhkkbzjke  
 l sfeyustk jgk gA xkLokh th dgrsg&

bi æ vfe;] eUn# fojg]

Hkr i ; kS k xHkA

effk i xVb l j&l k/kefgr

Ñi k fl U/koj?kqj AAB

jke usHkr dsân; dk eku djds iæ : i h  
 ver fudkykA bl iæ dsver dsi hdj l ekt  
 us LokFk : i h c&k k vlg bflnz; ijk; .krk : i h  
 ekt dks thr fy; kA FkMs l s /ku dsfy, tgk  
 Hk kb&Hk kbZ dsi k. kack l; kl k gkstkrk gS cS/k cki  
 dk xyk dkV yrk gS ogk bruscm+l keT; dks



frudsdsi eku gš I e>dj NkM+nusokysHkjr  
 dk R; kx I sHkj ifo= Hkriæ I pep vR; Ur  
 nyZk ver gš ftl sihdj I Ttu i#k vlg  
 nørk ÑrkFkZgq A I jkavlg I k/kp/ka/nørkvkavlg  
 I Ttuk dk thou fu%okFkZekuork dh HkykbZ  
 djusdsfy, gh gÅ nørkvkædk y{; vi usLoxZ  
 ds jkT; dh j{kk djuk vlg I k/kp/ka dk y{;  
 I ekt dh mi {kk djds cã ds fplru ea yhu  
 jguk vFkZr-Lo; adh gh efä ugha gÅ Hkjr ds  
 R; kx vlg mudk tufgr dk Hkko tkx i Mka  
 Hkjr dsän; I sfudyusokys i æker dh rjg  
 ry I h ds fo'kry þekul B I s fopkjka dk ; g  
 cgeV; ekrh fudyk g&

þgis u Hkry Hkko Hkjr dks  
 vpj I pj pj vpj djr dks\B  
 þ/keB ds I exz Lo: i dks brus FkkM- vlg  
 I tñj 'kCnkaecrykuseadkZfojyk gh egki #k  
 I Qy gpk glockA ÞHkjr dshkkoB dk rRi ; &  
 ¼½ fo'o dk Hkj .k&i ksk.k djuk vFkZr~/keZ  
 dh LFkki uk djuk gš ftl I s i R; sd tu  
 0; fäxr LokFkZ: I s mBdj I ekt dh  
 fgr&l k/kuk ; k I ekt&fuekZk dj I ds  
 vlg  
 ½½ R; kx&i wZiæ gš tktu&tu dsän; ea  
 I j l rk mRi lu dj I ekt eacl/kko vlg  
 I kgnZdh LFkki uk dj nsk gÅ  
 Hkxoku-dsvorkj dsnksmíS ; g&  
 ¼½ I ekt ea/keZdh LFkki uk djuk vlg  
 ½½ nqVka ; k fu'kcpjka dk I ðdkj] fu; eu ; k  
 fouk'k djuka  
 Hkjr : ih ešk us iæ dk ver cjl kdj

eul; rk dsv/ktyscxhpsdks i k fy; k vlg ml s  
 fQj I sgjk&Hkjk dj fn; kA ml usbl cxhpsæ  
 iæ dk cht cks kj ftl I s R; kx dk i M+mRi lu  
 gpkA ml ea yxus okys /keZ ds ehBs Qy dks  
 [kkdj fo'o ÑrkFkZgksx; k vlg I ekt ea/keZdh  
 LFkki uk gksxbA

Hkjr dk dk; Zjke I s Hkh egku-Fkk rHh rks  
 I ð kj ftlga tirk gšosgh jke mlga tirs Fk&  
 þtx ti jke] jke ti tghB D; kãd I ekt ea  
 /keZdh LFkki uk dk dk; Zvf/kd egku gš nqVka; k  
 fu'kcpjka dk fouk'k ml I s de egRo j [krk gÅ  
 Hkxoku-us þxhriB ea vi us Hkhrjh 'k=q/ka %dke]  
 Øskk] ykkk] LokFkZ ijk; .krk vkrn½ dks cká  
 'k=q/ka dh vi {kk vf/kd I cy] ?krd vlg  
 gkfudkj d cryk; k gš rFkk mlgha dks thrus ij  
 vf/kd cy fn; k gÅ D; kãd os gh eul; vlg  
 I ekt dks i ru dh vlg ystkusokysgÅ I ekt  
 ea , drk cuk; sj [kus ds fy, rFkk I ekt dks  
 I ?kZl scpkusdsfy, LokFkZ dk R; kx t: jh gÅ  
 Hkjr us i R; sd eul; dks Hkhrj I s cy nclj  
 I ekt ea , drk dh LFkki uk dh] ekuoka dks  
 LokFkZ jrkl s Åij mBkdj R; kx dsmPp&mnkÜk  
 /kjry ij i frf"Br fd; kA ; gh mudh I ekt ea  
 /keZ LFkki uk FkA mudh bl egÜkk ds vixs  
 of'kV dk Kku xoz pwrkZ gks x; kA os Hkh ml dh  
 Fkkg u i k I d& ÞHkjr egk efgek ty jkl hj efu  
 efr rhj Bkf<+vcykl hB vlg geskk cã I s  
 tMkk v; k; k dk I ekt bl ifo= iæ I qkk dks  
 i hdj pšU; gks x; kA I pep gh Hkjr us vpj  
 dksl pj vlg pj dksvpj dj fn; kA  
 vkt dk eul; Hkh cMk LokFkZ gks x; k gÅ

pkjka vjg Nhuk>i Vh eph gpz gA vi usbfünz;  
 I [k ds i hNseult; nhokuk gks x; k gA vc og  
 vkNfr l sgh eult; dgk tk l drk gSVU; Fkk og  
 fcuk l hax i pN dk i 'kqcu x; k gA og Hkh vkgkj]  
 funkt] Hk; vjg eFkq ds Hkkoka l s i 'kq/ka dh gh  
 rjg isjr gks jgk gA bl fy, ml ds Hkhrj  
 eult; rk dk rRo] /keZ dk rRo tM+gks x; k gA  
 foKku us Hkksrdokn dks tile fn; k vjg  
 fodkl okn ds ipkj us0; fäokn dh uhd Mkyh]  
 ft l dsdkj .k pkj i #''kkFkk& /ke] vFkZ dke vjg  
 ek{k eal s/keZvjg ek{k dh ekl; rkvkadk l okk  
 eayki gkrk tk jgk gSVjg pvFk rFk pdkeß gh  
 eult; ds y{; cu x; s gA /keZk; vFkZ dk  
 miktü vjg vfu; i=r dke 1/0''k; PNI]  
 Hkksyky l k½ usfQj bjko. kRoß dk; e dj fn; k  
 gA ,d vjg bfünz; ijk; .krk dk : i i 'krk  
 eult; rk dksnck jgh gSrsnñ jh vjg Hkksrdokn  
 dh fu'kkpjrk ml s dpys Mky jgh gA nks  
 fo'o; 0 i 'krk vjg fu'kkpjrk dh Hk; drk ns{k  
 ppls gA vjg rhl jsfo'o; 0 ds dxkj ij [kMk  
 ekuo txr , d /kDdsdh jkg ns{k jgk gA

I ekt dh bdkbz ifjokj gA og Hkh ijLij  
 iæ ds vHko vjg LokFkZ jrk ds dkj .k fo?kfVr  
 gkrk tk jgk gA i R; d 0; fä vjg actc dh rjg  
 vi usHkb; ka ds fl j dkVdj vjg fi rk dks dñ  
 djds l Ei fük gffk; kus dh pSVk dj jgk gA  
 i fo= iæ vjg R; kx ds vHko eal kekt drk u"V

gksh tk jgh gA vkt vi uh LokFkZ f) dsfy,  
 ge ; k rksCMs l scMk in gffk; kuk pkgrsgä; k  
 nñ jkadk [ku pñ dj /kul xg dh gkM+eal cl s  
 vksxfudy tkuk pkgrsgA cMk in u ik l dus  
 ij mnkl hu ykxka ds pep&pkVpkj cudj  
 p'oku ofükß vi uk yrs gA vFkok l c vjg l s  
 foQy vjg fujk'k gks tkus ij eufkjk dh rjg  
 pdkm uñ gks geadk gkubß dgdj mnkl hu gks  
 tkrs gA

vkt l ekt dksfQj ml h Hkj r dsHko 1/4 fo=  
 iæ vjg R; kx½ dh vko'; drk gß tks gekjh  
 tMør-; k fez ek.k eult; rk dks tkxr djs vjg  
 l ekt eaQSyh i 'krk dks jkadA geai 'kq l kekl;  
 /kjry l sÄij mBkdj eult; rk dsmPpkl u ij  
 cBk, A geavius drñ; dh ij .kk nñ l Ri Fk dk  
 in'kz djs vjg fu'kkpjrk dk ml eyu dj  
 nRo dh i fr"Bki uk djA

,d ckj fQj eult; rk dks i 'krk vjg  
 fu'kkpjrk l s eß djus vjg bjejkT; B dh  
 LFki uk djus dsfy, xkykh bl Hkary ij vk; s  
 FkA os ri vjg R; kx ds tkToY; eku i q; FkA  
 ml gkaus/keZ ds i zdk'k l sfo'o dks i zdk'kr djus  
 dh pSVk dh Fkh fdUr q fu'kkpjrk dk vdkdj  
 ml ga fuxy x; kA vr% ekuork dks  
 i #Tt thfor djus dsfy, geafQj /keZ dh  
 vjg ykS/uk gkskA

egkj kx clx] HkS oxat] fl ouh] ftyk&fl ouh 1e-i z/ 480661





# Hk mu Hv u Hj r l e Hk b

j ke' kj. kfr dj h

Hkjr ds l eku Hkbbz fo' o eadkbz ugha gqvk  
 ryl hnk l th bl l svf/kd iz ka k Hkjr dh ugha  
 dj l drs FkA jkepfjr ekul eaHkjr dsckj sea  
 tks Hkh ; gk ogk fy [kk x; k gsm l slkjr pfj =  
 ijh rjg l smtkxj gks tkrk gA cMshkbbz dsifr  
 vl he iæ rksdoy , d vk; ke gA Hkbbz dsifr  
 iæ ds Kkr vjg vKkr gtkjka ekeys glkaA  
 Hlxoku jke rhuka Hkbb; ka l scgn iæ djrs FkA  
 rhuka Hkbbz Hkh jke l scgn iæ djrs FkA ; g rks g b z  
 vki l h iæ dh ckrA Hkjr dh vl; fo' ksrk, j  
 mlga , d vifre uk; d cuk nrh gA LFkfr  
 i j jkvka dsifr mudk fo' okl bruk n<+Fk fd  
 mudk mYyaku og fdl h Hkh dher ij cniz r  
 ugha dj l drs FkA mudk ekuuk Fk fd ; øjkt  
 jke gh l kekT; ds mlkj kf/kdkjh gA vjg ekrk  
 dds h usegkjkt n'kj Fk ij ncko Mkydj vi us  
 iæ dks jktt cuok; k gA fir k dh vl kef; d  
 er; qvjg jke y{e.k ds ouokl dh tkudkj h  
 mlga ml l e; feyh tc og Hkkr 'k=q u ds  
 l kFk ufugky x; sgg FkA tkudkj h feyh ij  
 mlga , dk, d fo' okl ugha gqvkA cngokl nksuka  
 Hkbbz v; k; k ds fy; sjokuk gqA igpdj tks  
 flFkfr mudh utj eavkbz ml l smlgavk' p; ZHkh  
 gqvk vjg Øsk Hkh vk; ka gkykfd Hkjr dk  
 jkT; kfrk'kd ugha gqvk Fk fd l r q l ekV n'kj Fk dh  
 er; qvjg jke dsouxeu l slkjr ; kuh l ekV rls

cu gh x; sFkA mlga; g nskdj vk' p; Zgqvk fd  
 ekrk, j bruh cMh nqkz/ukvka ds ckn Hkh l kekU;  
 l h utj vk jgh Fkha vjg Øsk bl ckr ij fd  
 ekrk dds h usn'kj Fk ij ncko Mkydj jke dks  
 ouokl vjg ml sjktt cuok; ka

gekjh jk/kk bZ/ji kbtst uked l LFk fi Nys  
 25 o'kka l svl; xfrfof/k; ka ds vykok jkek; .k  
 vjg egkHkjr ea of.kz ?kVukvka ij vuq akku  
 dj jgh gA vufxur vk[; kuka vjg xBfka ds  
 v/; ; u dsckn tks l Ppkbz l keusvkrh gSog gea  
 ; g l kpusij etoj djrh gafd cgr l h ckrA  
 fdønflur; kj dYi ukvka vjg fo' okl dsvk/kj ij  
 fy [kh xbz gA jkek; .k eadds h dks, d dVY  
 jkuh ds rjg ij vjg eFkj dks [kyukf; dk dh  
 rjg fpf=r fd; k x; k gA Hkjr vi uh ekrk dks  
 [kj h [kk/h l qkrsgA vjg eFkj dh rksykr ?kl ka  
 l sejer dh tkrh gA okLro eaHkjr usrhuka ea  
 l sfdl h ekrk l sckr ugha dhA i j flFkfr tU;  
 flFkfr; kavjg jktegy ds iæ [k l ønkj ka l sppkz  
 dj ds Hkjr dks fo' okl gks x; k Fk fd ml dh  
 ekrk jke dsouokl vjg fir k n'kj Fk dh ek' ds  
 fy; sftEenkj gA jkepfjr ekul dh rhu ckrA  
 /; ku nusyk; d gA egkjkt n'kj Fk us dds h  
 dks nsojnku fn; sFks, d k o.ku gA dds h usnks  
 ojnku ekas ft l ea Hkjr dks jktt cukus okyh  
 ckr rkspyh Bhd gS fd l r q j ke dks plng o'kz ds

ouokl dh ekax ojnku ughaekuk tk l drkA  
 egkjkt n'kjFk fdl h vuipr ekax ij dš s  
 l ger gksx; A nō nkuo ; ④ ean'kjFk nōkadh  
 rjQ l s l suk ds l kFk ; ④ djus tk jgs Fks rks  
 dšs h Hkh gB djds l kFk gksyh FkhA og vL=  
 'kL= pkyu eafui qk Fkh ; g n'kjFk dksHkh i rk  
 FkhA fdUrq mudh cgkngh nškdj n'kjFk cgr  
 i l lu gq vŷ fot ; ki jkUr n'kjFk usdšs h dh  
 i z k k dh vŷ dgk rŷgkj h dksZHkh bPNk eš i wŷ  
 d : ak ¼ fn ejs o'k ea gŷ dšs h us mlŷa  
 /kU ; okn fn ; k vŷ dgk tvo' ; ] eš l e ; vkusi j  
 ; kpuk d : achAB nŷ jh ckr jke dksouokl nus  
 dh gŷ ; fn plŷg cjl dk ouokl fn ; k x ; k rks  
 jke fp=dw eagh jke y{e.k vŷ l hrk dsl kFk  
 vkulni wŷ l e ; kof/k ij h dj l drs FkhA ij k  
 nŷ{k.k dksky ikj djds ,d vyx nš  
 ½df'dakk jkT ; ½ ea tkdj i pŷVh ½oržku  
 Hknŷpy e&vŷkŷ ea i .kz dŷ/hj cukdj #duk  
 fdl h ; kstuk dk gh fgLl k gks l drk gŷ FkhMh  
 nŷh ij gh jko.k dšplŷg g tkj l ŷud [kj vŷ  
 nŷ.k dsurRo ea Mŷk Mkysgq FkhA rhl jh ckr  
 fdf'dakk jkT ; ea jko.k dsl ŷudkadh mi flFkr  
 fu"i z kst u ugha gks l drhA mi jkšä rhuka ckrka  
 ij fdl h Hkh yŷkd usdkbz i z k' k ugha Mkyk gŷ  
 ; FkhFkzeaoLrŷlFkr l oFk fHku gŷ egkjkt  
 n'kjFk ân ; jksx l si hMf Fks vŷ mlŷavŷHkh  
 gksx ; k Fkh fd og vŷ/kd fnu tŷfor ughajgŷA  
 vr%T ; ŠB i e jke dks jkT ; l kŷ us dk fu.kz  
 mlŷgŷusdj fy ; kA mudsân ; jksx dh tkudkj h  
 rhukajkfu ; k x# of'k'B vŷ jkT ; oš dsvykok  
 fdl h dks ugha FkhA jke ds jkT ; kŷHk'kad dsfu.kz  
 ij x# of'k'B) egkeR ; l eŷr] dks ky ; k vŷ  
 l ŷe=k l ger gks x ; s Fks fdUrq dšs h l ger  
 ugha gŷA dšs h u dŷy ; k) k Fkh cŷd

jktufRk vŷ nŷn'kz Hkh FkhA jke dh cŷ)  
 dksky] ohjrk vŷ vU ; {kerkvaosog HkyHkŷdŷr  
 ifjŷr FkhA ml us dgk eŷ s l kpus dk oä  
 nŷt ; A nŷ jŷfnu ml usjke dkscykdj n'kjFk  
 dh bPNk crkbz vŷ dgk brŷgkjs jktk cuusi j  
 eŷ s i l ŷurk gh gŷch] fdUrq Hkŷr dšpkj i kŷ  
 l kSNk/scMŷ jktkvkaeare Hkh , d jktk cudj  
 l hekvkaeac/kdj jg tkvks rks rŷgkj h {kerkva  
 dk l eŷr mi ; kx ugha gks ik ; sk , d k eŷ s  
 yxrk gŷ jk'V earjg&rjg dh l eL ; k, agvŷ  
 yŷk dk l ekV jko.k vi us l kekT ; dk foLrkj  
 djus dŷvc) gŷ yŷk l s nŷ fdf'dakk nš ea  
 cgr cMh l suk [kMh djus dk D ; k i z kst u gks  
 l drk gŷ eŷ s rks fdf'dakk l ekV ckfy dh Hkh  
 feyHkxr gksus dk l ng gŷ ml us dŷ l e ko  
 fn ; s tks jke dks Bhd yxŷ nŷkŷ us foLrŷr ppŷ  
 dškn ; kst uk cukbA nš jst ckn n'kjFk us i qŷ  
 dšs h dh jk ; i nŷ rks ml us ; kn fnyk ; k fd  
 vki usdbz o'kz i gyseŷ l sdgk Fkh fd vki eŷh  
 dksZHkh bPNk i wŷ djakA n'kjFk usgkeh Hkh rks  
 dšs h us dgk jktk Hkŷr dks cukb ; A jke vŷ  
 Hkŷr dh mez ea vŷ/kd vrj ughagŷvŷ jke Hkh  
 ; gh pkgrsgŷ n'kjFk usdgk eš jke l si nŷ yrk  
 gŷvŷ i nŷ us i jke usHkh dgk Hkŷr l oFk ; kŷ ;  
 gŷ vr% mlŷa v ; kŷ ; k l kekT ; dk l ekV cuk  
 nŷt ; A eŷh dŷ ; kst uk , j gŷ tks jktdkt dh  
 0 ; Lrrk ea i jh ughagks ik ; achA fQj l kekT ; dk  
 foLrkj Hkh djuk gŷ egkjkt n'kjFk dks  
 l eL ; kvka dh tkudkj h FkhA jke dh ; kst uk , j  
 l eŷdj i Hkŷfor gq vŷ Hkŷr dks l ekV ?kŷ'kr  
 dj fn ; kA muds fu.kz l s Hkŷr l ger ughagq  
 vŷ mlŷgŷus jke dks eukdj oki l ykus dk  
 Qš yk dj fy ; kA

jke&y{e.k vlg I hrk dgl; gaks; g Hkjr dks  
 ugha irk FkA Ula:ojij rd dh tkudkjh mlga  
 egka=h I er I sfey xBA ni ckjg iHko'kkyh  
 I kellaradksydj vlg ?kM/ai j I okj gkdj Hkjr  
 fudyA Ula:ojij I sfu"knjkt dks Hkh I kfk ys  
 fy; kA jkLrsea tkudkjh yrsqg I Hkh fp=dW/  
 igp x; A Hkjr ikp jkst rd fp=dW/ ea#ds  
 jgA eku euk&y pyrk jgkA Hkjr dks n<+  
 fo'okl Fkk fd T;SB ief gh jkT; dk  
 mUkjf/kdkjh gA jke ,dk, d viuh ; kstuk Hkh  
 Hkjr dks ugha crkuk pkgrs Fks rkfd I cdk  
 tkudkjh u gls tk; A bruk t: j mlgkaus dgl  
 fd fir dh vkKk I sog ouokl ij g&vlg ; g  
 Hkh fd ekrk d&h h dk bl ea dkbZ n&sk ugha gA  
 vr ea jke us i jh ; kstuk Hkjr dks I e>kbZ vlg  
 ; g Hkh crk; k fd Hkjr ds vksudk bartkj fd; s  
 fcuk jke v; k'; k I sD; kafudy x; A x&rpjka I s  
 egkjkt n'kjFk dks tkudkjh i klr g&Z Fkh fd  
 jko.k nf{k.k dksky ij vkOe.k dh r& kjh djds  
 vi usl s&ki fr; ka [kj vlg n&k.k rFkk pl&ng g&tj  
 I sudka dks fdf" d&kk jkT; dsmUkj ear&skr dj  
 ppk gA jke dsj .k dksky vlg ohjrk I sn'kjFk  
 i Hkkfor FkA Hkkupar 1/n'kjFk ds'ol g 1/2 dkbZ N&K/s  
 ekv/jktk ugh FkA mudh I suk Hkh [kj n&k.k I s  
 VDdj ysusea I efkz FkA fdUrq Hkkupar o) FkA  
 Hkjr dks tc i jh ; kstuk dk irk yxk rks mlga  
 ekrk d&h h I s ppkZ ugha djus vlg mlga  
 [kj h [k&h I ukusdk i 'pkUkki g&vka I pep jke  
 y{e.k dks nf{k.k dksky Hkst us ds fy; s dkbZ  
 cgkuk vko'; d Fkk vlg i jh ; kstuk I kp  
 I e>dj cukbZ xbZ FkA ou xeu ds dkj .kka I s  
 vk' oLr g&kdj Hkjr usjke I sdg /W; gSy{e.k  
 tks vki dk I g; k&x ns&sr Rij g&vka e&Hkh I kfk  
 pyrk fdUrqvki ds i fruf/k ds: i eajkt dkt

I Hkkryuk Hkh vko'; d gS; g e&l e>rk gA I ekV  
 rksvki gh g&vr%fl gkl u ij vki dh i kn&pk, j  
 LFkkfir g&kh vlg e&viuh ; k&k; rk ds vud kj  
 'kkl u d: akA jke us bl ds ckn rdZu djds  
 viuh i kn&pk, j Hkjr dks I ka nhavlg Hkjr I kerka  
 I fgr v; k'; k ykV x; s vlg jkt dkt I Hkkry  
 fy; kA  
 egkjkt n'kjFk pOortiz I ekV FkA pkyhl  
 ipkl jktk mlga I kekT; dk vf/ki fr ekurs FkA  
 Hkkjr vktknh ds igys, d n&sk dHkh ugha jgkA  
 cgr cM&H&kkx ij igyse&kyka dk vlg ckn ea  
 vak&ka dk 'kkl u jgkA ikphu Hkkjr ea bfrgkl  
 fy[kus dk pyu gh ugha FkA ijs Hkkjr dk  
 bfrgkl fdl jkT; ea vlg d&u fy[krk  
 \tkudkjh ds I k/ku Hkh ugha FkA dN cM&cM&  
 I ekV vo'; FkA mUkj dksky ea egkjkt n'kjFk  
 nf{k.k dksky ea egkjkt Hkkupar] fdf" d&kk ea  
 egkjkt dkfy] y&dk I ekV jko.k vkfn ds uke  
 gea j?k&akj jkek; .k] egkHkkjr vkfn x&FkA I s  
 feyA I ka N&frd I ekurk vlg de&h&M dh  
 i) fr; ka i jh Hkkjr dh fo'k&srk FkA I ekVka ea  
 jkT; fyll k ughag&us ds dkj .k ; O) ughag&rs FkA  
 jko.k gh , d I ekV Fkk tks nf{k.k i m&h ns&ka ij  
 vkf/ki R; ds ckn Hkkjr h; H&kkx ij Hkh utj  
 xMk, FkA egkjkt Hkjr dks vi us fo'kky  
 I kekT; dh i jh tkudkjh Fkh vlg i jh O; oLFk I s  
 jkT; I jf{kr FkA nf{k.k dksky ij eMjks [krjs  
 ds ckjs ea Hkjr us dHkh ugha I kp& FkA ekrk  
 d&h h dh n&nf' k&rk vlg ; kstuk ij mlga x&Z dh  
 vut&fir g&Z vlg jke y{e.k dk j.k dksky] /k&Z  
 vlg vl; {kerkv&al shkjr HkyH&fir i fjfpr FkA gA  
 fQj Hkh jkey{e.k dk foN&g tks y&ck vlg d'Vdj  
 Fk Hkjr dks I kyrk jgkA I Hkh fLFkr; kadk vk&dyu  
 dj Hkjr ust&sfu. k&Z fy; k og fo'o ds bfrgkl ea

vl; = dgfahh ughafn [kkbznsrka

Hkjr ekrvka vlg x# of'k'B l s vk' khokh  
 ydij v; k'; k l s dN nij ufinxlp i gpdj i .kz  
 dlyhj cuok; k vlg v; k'; k l s jkt fl gkl u  
 eakdj ml eajke dh pj .k i knpdk, acBk nHA vc  
 l ketT; dh jkt/kkuh ufinxlp cu xbA bruk gh  
 ughaf l j ij tVktW /kkj .k djds\_ f'kefu; kads  
 l eku ol= /kkj .k dj fy; A fdl h rjg dk  
 vkhkk. k jkt l h fpga nki R; thou l snij Hkjr  
 us riLoh dk thou viuk fy; kA ekrr, j vlg

x#of'k'B Hkjr ds Lohkko] vtpj .k vlg T; SB  
 Hkrrk jke dsifr iæ vlg l eizk dh Hkkouk l s  
 ifjfr Fks vr%fdl h us dksz ck/kk ugha MkyhA  
 ekMoh us Hh mfezyk dh Hkfr ifjflFfr; ka l s  
 l e>k'k dj fy; kA jkt dkt dsdke eadkz<hy  
 u gsb l dk /; ku Hkjr dlsge'kk jgrk FkA v; k'; k  
 ea 'k=qu jgdj gj rjg dk l g; kx djrs FkA  
 l pep nyl hnk l dk dFku pfo'o ea Hkjr ds  
 l eku dkszHkzughagv'kS , d l PpkbzgA

, &3] ug: uxj] fcyki j W-x-½



ekul l Eeyu i plekxkoeapy jgukjle pfr ekul l Eeyu  
 dsl ekuij ldehfur kunegjkt udgk  
 Hkxoku dsi fr iæ u j [ kusoky keut]; epids l eku

i plek xkoeapy jgs53 oaHjkepfjreku l Eeyu dsl eki u fnol ij dFkk  
 0; kl Lokeh fur; kun egkjkt , oaeul fo | ki hB dsvkpk; Zi a-l gjnz 'kkL=h dsi opu  
 gq A ft l eaLokeh fur; kun egkjkt usdgk fd Hkxoku usge l Hh dksbl l d kj ea  
 iæ l ok] d: .kk , oaHkfrDr dsfy, Hkst k gA eut; ; sl Hh Hkwydj vi usLkkFz dsfy,  
 th jgk gA Lokeh th usdk l k/kd dlsfujlrj vkr efujh{k.k djuk pkfg, fd ml ea  
 dksu&dksu l h cjk b; kacph gA

dFkk ea iæ [k Jkrvka ea i w l ka n jkesoj uh [kj k] {ks=h; fo/kk; d nðlnz i Vy]  
 l gjlnz f<eksy> vfer uh [kj k] jkggy j?kpa kh] HkSM; k] l kgcyky frokj h] cztfd' ksj  
 fruxij; k] vthr JhokLro] prjukj; .k j?kpa kh] Hkxoku fl g j?kpa kh] jkedekj  
 j?kpa kh] jktlnz j?kpa kh] txnh'k j?kpa kh vkfn us l Hh l ar egkRekva , oa ekul  
 i dDrkvkack l Eeku fd; kA

i Lrfr l j l w r f g j p d kh  
 , NkdM] i plekm; i j k j k l u



# Hjr %&kt dsl Whtea

Ni gj i l kn' kek

, d ckr r; gSfd vkt ij kus thou&eV; ka  
 l s dke ugha py l drk gA muea dN l [kkj]  
 dN i fjonu , oauohu dk l eko'sk vko'; d gA  
 ; g dk; Z dS s gkS bl dk; Z dks dksu djS ; gh  
 fopkj .kh; fo"K; gA bl l eak eatc fopkj djrs  
 gA rks ikrs gA fd vius l e; ds ipfyr  
 thou&eV; ka dsf [kykQ Hjr us, d , d h Økär  
 dh Fkh fd ml dksml l e; Hkh ykkausl gt gh  
 Lohdkj dj fy; k Fkk vls Hjr Hkh vkt rd  
 ollnuh; cusgq gArFkk ml dk vuq j.k vkt Hkh  
 mi ; kxh gisl drk gA

Hjr dsl e; ea, d l kekl; ekl; rk Fkh] tks  
 vkt Hkh gSfd&

ekr]jfi rk i Hkoxe] dSckuhA

fcufig fopkj dfj; Hky tkuhAA

Hjr us bu l cdh ckrka dks foueHkko l s  
 vLohdkj dj fn; k Fkk vls bruk djrs gq Hkh  
 , d vuq e ykdekl; cusFkA

ckr ; g gSfd Hjr us tks dN fd; k Fkk og  
 , d fuf'pr dl kS/h ij dl dj fd; k FkkA og  
 dl kS/h vkt Hkh mruh gh l kFkd gSftruh ml  
 l e; FkhA igysml dl kS/h dh gh ppkZ dj kA

ykcd&l xg dh n"V l s vkrEi {k vls  
 ykdi {k eal elo; vko'; d gSbl fy, ykder

egROI wKZ gA pñd ekuo&l ekt pruvls l nk  
 fodkl 'khy gkrk gS bl fy, iR; dl ; q ea  
 ; qkkupluy /kel dh ifr"Bk gksuh LokHkKfod gA  
 fdarq; g ; qkkupluy /kel vi uh fi Nyh i ja jk dk  
 gh i fj .kke gkrk gA , dk, d i knHkär ugha gkrk  
 gA fi Nyh vucl : f<+ k ipfyr jgrh gA bl  
 ykder vls i ja jk dsl kFk gh l k/kq, oafok tuka  
 ds fopkj ka dk l ekt ea fo'kSk vknj jgrk gS  
 D; käd mudsfopkj l ekl; tuka svf/kd xHkhj]  
 l [pñrr] l gy>s gq rFkk vkn'kZ wKZ gksr gA  
 eul; i k; %thou ds; FkkFkZ dk HkKDrk rls gkrk gS  
 fdarqi ut d og mnkÜk vls vkn'kZ dk gh gkrk gA  
 bl fy, ykcd&0; oLFkk ds Hkhrj dN fo'kSk oxZ  
 ds ykx tS & f'k"V] fo}ku] /keiprd] 'kkl u  
 dk; Z ij fu; q r vf/kdkjh] nsk j {kk ea i k.k nuss  
 dks rS kj ohj bR; kfn vls ka l s vf/kd l Eeku  
 i n" k"r u djuk vi jk/k gA fQj iz kkl d oxZ dh  
 vi uh vyx ftEenkfj; k; rFkk muds fuokg dk  
 nkf; Ro gkrk gS ml ds fy, ml ds vi us dN  
 fl )klr ; k /kel gksr gA bl izdkj ykder]  
 l k/kp r] jkter rFkk i ja jkxr er ; s l c  
 feydj gh vkn'kZ ykcd/keZ dh ifr"Bk djrs gA  
 jke , oa Hjr bu l cdks l kFk ydj pyrs gA  
 rHkh rks of" k" B th Jh jke l sdgrsgäfd&  
 Hjr fou; l knj l [u;] dfj; fopkj cgkS jA

djc l k/ker ykder ui u; fuxe fupkjAA  
 vFkk~fdl h izu ds l cdk ea fopkj djrs  
 l e; pkj ckrka ij fopkj djuk pfg, A ml  
 izu dsckjseal k/ker }ku , oacj) tifo; ka  
 dk er½D; k g} ykder }turk dk er½D; k g}  
 ml dk jktulfrd /kjry D; k g}ck v} ij jk  
 ij ml dk D; k i Hkko i Mæck rFk dgk rd og  
 i j jk dsvuphy g}ckA rkr; L; g fd Hkjr dh  
 fou; dk v}pR; fu: i .k bu pjka vk/kjka l s  
 fuf' pr g}ck fdl h , d ds l eFku l sugh} v}g  
 g}ck Hk h og g} jke ou dks tkrsg}yk/usugha  
 tcf d mudsyk/usds i (k ea ykder) l k/ker  
 v}g jkter i w} i l s FkA tc Hkjr jke dls  
 eukusdk i Lrko j [krsg}rc l c bl izdkj l s  
 vupknu djrsg&

Hkjr opu l c dgji z ykx&  
 jke l ug l dk tu i kx&  
 l k/ker fpo x} i } ujukjHA  
 l dy l ugqody Hk; shkjhA  
 vofl pfy; ou jke tgA  
 Hkjr ea Hky dhUgA  
 l ksl fl /kqM} l c fga  
 rEg voycu nhUgAA

x} } k/ker½ l fpo }kter½rFk i }ujukjh  
 }ykder½ i w} %bl dk l eFkd g} y}du i j jk  
 ij bl dk mfpr i Hkko ugha i M}kA i j jk ; k  
 Hkko h i f<+ k ; g vo' ; dgrha g} fd jke ds  
 fo; kx eajtkk us'kjhj R; kx fn; kj fdruk x}+  
 i } Fk mudk} fdUqjke usmudh l R; l }krk dh  
 j (k ughadhA ; fn ; g dgdj fd jke dsyk/us  
 ea x} of'k'B) l fpo , oa iztktu dh Hkko

dkj .k Fkh) l k}ouk nusdk iz kl fd; k tkrk rc  
 Hk h mfpr gy u fudyrkA os l c rks lUg  
 tM}ko'k} os k dj jgsFks, } k dgdj mlUgVky  
 fn; k tkrkA Lo; ahkjr , } k gh dgdj mudser  
 dlsfouez Hkko l svLohdkj dj nrsg} ; gk ij  
 Hkjr dh vu}e }kr n'k}h; g} mudks  
 jkti n Lohdkj djusdsfy, ml dk g} izdkj l s  
 v}pR; fl ) djrs g} dgk tkrk g& D; k}d  
 ekrk d} s h usrksLi "V : i l sojntku gh ek}k  
 Fk fd }ngq, d oj Hkjr f}g VhdkAB x} of'k'B Hk  
 dgrsg}fd

bjk; jkti nq} dg nhUgA  
 fi rk opu Q} pfg; dhUgA\*\*  
 rFk

osfofnr l }er l cghdkA  
 t}g fi rqn} l ksi kob VhdkAA  
 ekrk d}kY; k Hk h dgrh g}fd 'fl j /k} xq  
 vk; l qvud jg}

l fpo Hk h dgrsg}fd&  
 dhftv x} vk; l qvofl ]  
 dgfga l fpo dj tk}A  
 j?k}r vk, i mfpr tl ]  
 rl rc djc cgk}AA

rc Hkjr dgrsg}fd&  
 ek}g mi nsk nhUg x} uhdA  
 i zk l fpo l }er l cgh dkAA  
 ekrcmfpr /k} vk; l qnhUgA  
 vofl l hl /k} pfgm; dhUgAA  
 ep s x} } k/ker½ us Bhd mi nsk fn; kA  
 l fpo) iztk }kter} ykder½ Hk h l }er g}



fdllrpe-eajtkk cuusdh ; kx; rk gh ughagA eš  
 rlsdVY gj jtkk dsfy, viš(kr xqk gh ep ea  
 ughag&

dšsh l q dšyefrA  
 jkefoedk xr yktAA  
 req plgr l qk ekš cl A  
 ekš l sv/ke dsjktAA

vki l c cgr fopkj'kny gšfdlŕqbl l e;  
 LugtMŕko'k olŕŕLFkfr dk l gh vkadyu ugha  
 dj jgsgävr& l fopkfjr ckr ughadj jgsg&

ekš uš dfj Hky vki u pggŕv  
 l š l ug tMŕko'k dggŕv  
 l d ; l hy i š cl vggŕv  
 l cb mfpr l c tšdNqdggŕv

bl fy, &

, db vŕd bgb euekghA  
 i kŕDky pfygm; i kŕkŕghAA  
 ršg i š l p ekš Hky ekuhA  
 vk; l qvŕl "k ngd qkuhAA  
 tšga l fu fou; ekšga tuqkuhA  
 vlogppcgj jke jt/kuhAA

Hkj ds; sopu l cdkscgr fiz yxrsğävis  
 l c fpYyk i Mŕsg&

vofl pfy; ou jke tgj  
 Hkj eš Hky dhUgA  
 l kšfl /kqMŕ l cfgj  
 ršg voycu nhUgAA

bl idkj xš ¼ kŕr¼ l fpo ¼kter¼vis  
 iztk ¼kder¼ tšHkj dšjktin xg.k djus  
 dk vixg dj jgsFšvis ml sfu; r vupŕy crk

jgs Fš ogh Hkj ds }kjk ou pydj jke dš  
 eukusdk i Lrko j [kusi j] , der l šlohdkj dj  
 yrsğA

tc l kŕr] jkter rFkk ykšder bu rhuka  
 dšgh mfpr eku jgk gšvFkkŕ-Hkj dk jtkk  
 gšuk Hh viš jke dk ykš vkuk Hh rc pLug  
 tMŕ dgdj ml sl gt gh Vkyk tk l drk gš  
 bl hfy, i jš jk dšHh /; ku eaj [kk tkrk gš  
 dšbz dk; l vi uh fi Nyh i jš jk l sfdruk ey  
 [krk gšfdruk ml dsvupŕy gš fdruk ml l s  
 l effŕr gš rFkk vŕxs ml dš i Hko dk D; k  
 i j .kke gšck] og 'kŕk gšck ; k v'kŕk vkfn l Hh  
 ckrk i j fopkj djdsgh dk; l djuk pŕfg, A jke  
 viš Hkj bl dk i jk /; ku j [krsğA rHh vkt  
 vkn'kzds: i eafŕ" Bk ik; sgg gš ; fn Hkj us  
 l cdh ckr ekudj jktin xg.k dj fy; k kŕk  
 ršvkt mudk tšl Eeku gšog ughajgrkA

Hkj us LFkkfir l kŕr] jkter rFkk  
 ykšder dh tgka fouez Hko l smi škk dh ogha  
 vius u; s dk; l ds fy, bu l cdh rRdky  
 l gefr Hh gŕl y dhA l kFk gh mudsdŕŕ; ds  
 ey eau ršmi škk dsfy, mi škk dk Hko Fkk] u  
 Loškpj dk Hko Fkk] u LokFŕl k/ku dk Hko Fkk]  
 cŕYd R; kx , oad"V l fg". kŕk rFkk l kŕRodrk  
 dk Hko FkkA i jk; seankš [kštusdsctk; [kŕ  
 dšnkšh ekuusdh Hkkouk rFkk Lo; adšri kdj  
 l kŕkjusdh Hkkouk FkhA

vkt Hh ; qd] tšŕŕ dšvxnŕ dgstkrš  
 gš rFkk oršku flFkfr l svl ŕŕV gkdj ml ea  
 ifjorŭ ds fy, iz kl 'kny gš dŕN djus ds  
 igys vius dŕŕ; deš dšmi ; ŕŕ dl kšh ij  
 dl yavš rc djus dš i ŕŕk gš ml jš'kŕknae

; p dka ; k vl; I qkkjoknh ykka dh ubz Økkr  
 Hkkouk ; k I qkkjoknh Hkkouk dk Lo: i bruk  
 mTtoy , oal oztu xkã gksfd I Hkh dk I efkz  
 ml s fey tk; s rFkk I Hkh ykx ml s ân; I s  
 Lohdkj dj yã fdl h Hk; ; k vkrad I s ugha  
 cfYd ml dh xqkoÜkk dsdkj . k ml svi uk; ; rFkk  
 i jkus dks Lor% dh i j . kk I sgh NkM+nã I kFk gh  
 , j k djus ea djus okya dh dk; ZkSyh ea dgla  
 Loj kpkj rFkk LokFkz dh xãk ugha vkuh pfg, A  
 rHkh os, d u; sl ekt dk fuekz k dj I dæ} tks  
 i jkus dk fodkl gkskj i jkus vj} u, dk

feyk&tyk Lo: i gkskj ftl ea uohu dh I Hkh  
 vPNkb; k; vkRel kr gkch vj} dty feyk dj ; k/keZ  
 dsvuclty I ekt gkskA ; fn bl dl kVh ij fcuk  
 dl shkokošk eadkzdk; Zfd; k tk, xk ris

Pl gl k dfj i kNsi fNrkghAB

t} h fLFkr dk I keuk djuk i M+I drk gA  
 D; kãd u rks djus okya dks I ekt dk fo'okl  
 fey I dsk vj} os I Ung dh n"V I s n[ks  
 tk, xA , j h fLFkr ea I Qyrk dh dkeuk d} s  
 dh tk I drh g\

, e&21] fujkyk uxj] HknHknk jkM] Hkks ky 462003

## Jk kat fy

### Jkv kj -NA' kpy

ekuo vk; kx dsi wZv/; {k U; k; efrZJh vkj-Mh- 'kpy gekjschp ughaj gA fnuad  
 17 fnl e j 2019 dks; g n[kn I puk i klr ghpA osU; k; dsdbZegRo i w kZ, oa' kh"z  
 i nka i j vki hu jgA vki usvi uh fu"i {krk usrdk vj} drD; fu"Bk I sbu I Hkh  
 i nkadh xfjek c<kbA

vki dqky oDrkj ekxh'kãd vj} vi usl r Lohko I sge I cds i j . kk L=kr  
 FkA ; g , d n[kn I a kx gh dgk tk; xk fd fnuad 17@12@2019 dks ryl h  
 ekul i fr"Bku dh dk; Zkfyj . kh dh cBd ea t gkavki dh xfjeke; h mi fLFkr dh  
 i r h{kk dh tk jgh Fkh osi Hkqpj . kadh 'kj . k eaI ekfJr gksjgsFkA

vki ds vkd fLed fu/ku I s ryl h ekul i fr"Bku i fjokj dks vi wkhz; {kfr  
 ghpA ekul Hkou i fjokj dh vj} I sfouezJ) kat fy —

I i kno



# Hjr l fj l dksjke l ugh

i a uohu v kpk l

egkdfo ryl hnl fo'o dsegku dfo; kadh vfxe ifä ea ifr"Br gA mudh rnyuk dfo : i eaHkjr dsokYelfd] 0; kl ] dkfynkl l sch tk l dri gA jkepfjreku l ryl h dk l oZSB xfk gA fo'o bfrgkl eafdl h egku dfo us tu&thou dksbruk vf/kd i Hkfor ughafd; k ftruk ryl hnl usfd; k gA osikjEifjd iæ ,oa l onuk l svkrkr ekuo thou ds egku ifriknd gA og mnkÜk thou&eW; ka ds ifr"Bki d vlg l ä kj&l kfgR; ds vull; dfo gA mudsxfk ds, d&, d 'kcn eal k{kr Jhike i Hkqdk okl gA i Bu ek= l si Hkqdh vlr%lj .k ea vullkr gsrh gA xfk dk , d&, d ik= jkeHkfä ea[kks k gpyk gA l cds l c l efi r Hkä gA

Hjr jkeiæ dh ijkd"Bk gA bl fy, Hkj }kt eju Hjr dksjkeiæ dh l kdj ifrek ekursgA Hjr dsbl jkeiæ dh ijkd"Bk dk gh ifj .kæ gSfd ftl jke dksHxoku ekudj l kjk tx tirk gSoghajke Hjr dksvkjk/; ekudj mudsudek tki djrsg&

Hjr l fj l dksjke l ughA

txqti jke jkeqti tghAA

%ekul 2@218@4%

Jhike ds l eku R; kx] o]kX; ] iæ] d#.kk]

/k\$ ] n<rk] food] ohjrk] xkEhh; ] fou; t\$ s mlur xqk Hjr eahk fo | eku gA i HkqJh jke dks osvi uk Lokh ekursgA Hjr dk : i l kbn; ZHkh Jhike dsl eku gh FkA

ekul eaHkjr iæ dsvuie irhd ds: i ea iLrq fd; sx; sgA Hxoku jke ds ifr mudk iæ lgt ,oa l oFk funkk gA og iæ dh dl kvh ij [kjk mrjk gA Hjr eu] deZ vlg opu l s Jhike ds l Pps vuq k; h gä bl fy; s mudk eu jke dk l tho efinj g&

Hjr ân; fl ; jke fuokl Av

Hjr Hxoku jke ds iæ eabrusMæ x; sgäfd jke : i gksx; sg&

Hjr gh tku jke ijNkghA

LokFk diV vlg vge iæ dsije 'k=qgA Hxoku jke ds l Pps iæh gksus dskj .k Hjr ds ân; eabudk yskek= Hkh l ekos k ughagA Hjr dh fu%okFk k dk iæk.k ; gh gSfd mlGkaus v; k'; k ds jkT; &olko dks l cds vlxgka rFk cMæ ds vkn's kka ds cko t m l fou; Bpljk fn; kA Hjr dh fu"di Vrk dk iæk.k ; gh gSfd mlGkaus vi uh ekrk&d&ls h dsdi Vhko dksi v; nusds LFku ij jke l sdiV djusokyh vi uh ekrk dks gh l nk dsfy, R; kx fn; kA

Jh jke firrk dh vkkk dk ikyu dj iRuh  
 tkudh o Hkkbz y{e.k ds l kfk ou dks iLFku  
 djrsgA jke fo; lx eægkjkt n'kjFk i.k.k R; lx  
 nrsg&vlg Hkjr x# of'k'B dscykusij v; k'; k  
 igprs gA os v; k'; kofl ; ka dh d: .k fLFkr  
 n[kdj griHk jg tkrsgA ekrk d&ls h l sl Ei w&Z  
 ?kVukØe tkuus ds i'pkr~mudh Xykfu dh  
 l hek ugha jgrh gA os Lo; a dks vlg ekrk dks  
 f/kDclj rsgA

Hkjr dks n&[kh n&[k ekrk dks KY; k mlga i&e  
 okRl Y; l sl e>krih gA /khj t inku djrh gA os  
 x# dk vkns k ikyu dj firrk dk v&ure l &ldkj  
 i w&Z djrsgA x# of'k'B , oa ekrk dks KY; k ds

, &403] fr: ifr gkbv4 ] ukuk[k&Mh] mTt&u& e-iz

l e>kusij v; k'; k dk jkT; xg.k djrsgA  
 fojg i&e dh l ok&ke dl k&h gA Hkjr ds i&e  
 dks p&ng o'k&rd bl dl k&h ij dl k x; k vlg  
 og ml dl k&h ea [kjk mrjka Jh jke i&e us  
 Hkjr dks jke; cuk fn; kA

bl eg&Rek Hkjr us vi us v&pj.k l shkrRo  
 dsu; si freku LFkfi r fd; sgA ekuo e&v; ka ds  
 uohu f{kfrt dk l &dku fd; k gA de&u"Bk dk  
 u; k bfrgk jpk g&

i je i qhr Hkjr v&pj&v  
 e/k& eat&e& e&y dj&v  
 gju dfBu dfy dy& dys&v  
 eg&e&g fufi nyu fnu&v

## J& lat fy

J&j k&k; le' kek

ek[kuyky pr&nh jk"Vh; i=dkfjrk ,oa l &pkj fo'ofok y; ds  
 l &Fki d o egkfun&kd Jh jk/k& ; ke 'kek& th dk 28 fnl &j dks i p&dyk  
 &pMhx<ke&fu/ku gksx; k gA ose/; i n&k ds vxz kh i =dkjkaeal s, d FkA

Jh jk/k& ; ke th l dkj&red i=dkfjrk ds tud FkA ekul Hkou l s  
 ml dk fo'k&k vk&eh; l &ak gA vki usok&v& i fj l &knksvlg l Eesyukaea  
 rFk vi usy&[k&sdsek/; e l sekul dk fu"Bk l so&gr-i &pkj fd; kA vki ds  
 vkdfLed fu/ku l sl i w&Z ekul i fjokj dks t&ks{kfr g&v&og vi w&Z h; gA  
 nyl hekul i fr"Bku i fjokj dh vlg l sfouezJ) kt&fyA

l i k&nd



# Hkj lxx fo' kkkkukhjr

nauhdpekj j kor

L=d pinu cfuokfnd HkkskA  
 nE[k gj" k fcl e; cl ykksA  
 ; g il x Hkj) kt efu dsvkJe dksq\$ tglq  
 fp=dW tkrsl e; Jh Hkj r vk; k\$; kokfl ; kads  
 l kfk vkJe eajkf= foJke djrsgA ml l e;  
 Jh Hkj } kt efu us vius i Hkko l s u doy  
 i kdfrd vuqlyrk, ; mi fLFkr dhavfi r qvi us  
 peRdkfd i Hkko l s ekyj pny vlg fl=; ka  
 vkfn ds l [k Hkksx Hkh bu fp=dW; kf=; ka dks  
 mi yC/k dj k fn; sFkA rc izu mi fLFkr gsrk gS  
 fd Jh Hkj) kt t\$ sefu usbl rjg l shtu  
 vlg Hkksx t\$ snfo/kk mRi lu djusokys l k/ku  
 D; kami yC/k dj k; sFks\ bl il x dsvk\$pr; &  
 vuk\$pr; ij fopkj djabl ds i wZ; g izu Hkh  
 mBrk gSfd D; kj gekjk eu Hkh ifr{k.k bl h  
 izlkj dh nfo/kk dk l keuk djrk gS vlg fcuk  
 fd l h peRdkj ds l keku; : i l svk; h gpbZ, d h  
 i fjLFkr; ka ea eu Hktu dksR; kxdj Hkksxks dh  
 vlg vkdf"kr risugh gks tkrk \ ; fn bu izuka  
 dk mRrj gk; g\$ rks; g il x vkt Hkh i kl kixd  
 g\$ rFkk crkrk gSfd , d h nfo/kk dh fLFkr eagea  
 vkRe l a e l seu ij fd l izlkj l sfu; e.k dj  
 i ru l scp l drsgA bl h l anHkZeaegku /kuqkj  
 vtqj usilkh Hkxoku Jh d". k l s JhenHkxonxhirk

eai zu fd; k A  
 pvFk ds i zD; ks; a i ki pjfr i q"l%  
 vfUPNUUkfi ok". k\$ oykno fu; kstr%  
 vFkr-gsd". k eul; Lo; au pkgrsgq sHkh cykr-  
 fd l si fj r gkdj i ki dk vkpj. k djrk gS. ris  
 mRrj eafiz, l [kk vtqj l s Hkxoku Jhd". k us  
 eu dsfu; e.k dh tksfof/k crkbZgSekusml ds  
 vuq kj JHkj) kt th us Jh Hkj r dsek?; e l s  
 l ek/ku i Lr r fd; k gS Jh jkep fj rekul eabl  
 l anHkZeaefy [kk gA  
 Pl a fRr pdbZ Hkj r pd]  
 efu vk; l f [kyokj  
 rfg fuf l vJe i hatjk  
 jk [kshk fHkuqkj B  
 vFkr l a fRr pdoh g\$ rks Jh Hkj r pdok gsefu  
 dh vkKk cgfy; k gS tks nkuka dks vkU; : i h  
 fi atjseadn fd; sgq sgA , d h fLFkr ea Jh Hkj r  
 ushtu ds i Hkko l seu ij fu; e.k dj fy; k  
 vlg i Hkkr gks x; k gA ; gk; pdok pdoh dh  
 mi ek nxsds i hNseku; rk ; g gSfd ; snksuka i {kh  
 jkf= eafcyx jgrsgq s i Hkkr dh i r h {kk fd; k  
 djrsgSekus ; kchtu /; kuLFk jgrsgq s fo" k;  
 Hkksks l snj jgrsgA ckr ; g Hkh gSfd vdsys Jh  
 Hkj r gh ugh g\$ cfYd vk; k\$; k l sl kfk vk; sl Hkh

uj&ukfj; ka us Hkh jken'ku ds fy, fu; e  
or/kkj.k dj fy; sFA bl fy, mlgaHkh ; gh mi ek  
ekul jpuokkj usnh g\$fy [kk gS

bpØ pfDd ftfē i jg uj ukjh

pgr i kē mj vkjr Hkhjh B

vFkkz v; k\$; k dsl Hkh uj&ukjh JHkhjr dsl kFk  
fp=dw tkusdsfy, jkf= eal k/kukjr jgrsgSA

rc osd\$ sJh Hkj) kt th dsvkJe eaHktu  
dksR; kxdj Hkxka dh vlg vldf'kz gkrā vRk%  
Li "V gkrk gSfd HkFDr ds i Hkko I smRi Uu gpbZ  
ān; dh ifo=rk gekjs ijLi j 0; ogkj dks Hkh  
i Hkfor djrh gSI kFk gh ; g Hkh fd i q "kkaadsg  
viuh n"V eai fjorū djuk pfg, vlg I e>uk  
pfg, fd iru dk dkj.k mudh viuh  
dkeRed n"V gsrh gS vU; dkbZ ughā bl  
I nHkZ eafL=; ka ea tksdeuh; rk gsrh gSog rks  
izfr i nRr gā izfr usvi usl kōn; Zds i l kj  
vlg I 'tu dsl ā kj dh vnHkq I kēF; Zmlgsnh  
gā osl fVdriz dh vueky dfr g\$ vlg ml ds  
dk; Zeal gk; d Hkh gā tjk I k\$; sfoKku vlg  
v/; kRe eai klr mi yfē/k; kavlg fo'kSkKrkvladk  
D; k vflRro jgrk ; kfn L=h ea okRI Y; vlg  
ekrRo dk ; g fo'kSk xqk ughagkrk \ vi usbu  
fo'kSk xqkkaadsg dh kj.k fL=; ka l ā kj eajgrsgq  
Hkh ; k\$; kē efu; ka t\$ h vlr%dj.k dh ifo=rk  
i klr dj yrh gā ; gh dkj.k gSfd og cgk Hkh  
; k\$; ka ds?; ku I smrj dj okRI Y; dk I qk  
i kus dHkh dHkh budh xkn ea vk tkrk gā  
Jh jkepfjr ekul eafy [kk gā

p0; ki d cgk fujatu fuxā fcxr] fcuksJA

I lsvt iē Hkfr cl dksY; k dsxds AAB

vFkkz~og I od; ki d] ek; kjfgr fuxā kj foukn  
jgr] vTKlek cgk iē vlg HkFDr ds o'k ea  
dksY; k th dh xkn rd fcgkj djrk gā rc  
tgk cā Hkh budh I ehi rk pkrk gS rks vU;  
D; kaugh \ fdUrqtgk budh n"V viuh cnyrh  
gpbZ Hkfedk ds vuq kj cny tkrh gā ik; % i q "k  
, j k ugha dj i krgā rc buds i fr d n"V I s  
e; kkh, j rkj rkj gsk tkrh gS vlg ekuork djkg  
mBrh gā bl fy, /keZ ds/kkj.k dj usdsegro ds  
ckj sea' ykd eafy [kk gS&

ykslsu ps L; kn ; fn /keZ, "k

Hk; kZcfxU; k\$Fkd kfenk L; kr d%

dYi yrkfeok/kk i ki kRe 'kēkz iork eke?k!

; fn ykd eal ukru /keZ ugha gkrk rks i Ruh  
vlg cfgu ea D; k Hkn jgrk vlg dYi yrk dh  
Hkfr I f"V vkfn eagh i fr"Br bl ekuork dh  
i ki : i h i 'kqI sdxū j {kk djrk \ ; gh dkj.k Fk  
fd fookg t\$ sl ā dkj eagekjs \_f" k&efu; ka us  
fofHku /kfeZd fo/kkuka dks fo'kSk egro fn; k gā  
/keZ dk I exz rRo Hkh ; gh gSfd thou eal ā e  
cuk jgā bl I nHkZ ea Jh Hkj ) kt ds vkJe ea  
?kVr Jh Hkj dks dke&fot; dk i l x vU;  
i l aka I s fHku gS; gk u Jh Hkj u gh fdl h  
vk; k; kōk h ea dke fot; I smRi Uu vgdkj  
fn [kkbZ nsk g\$ u gh fdl h ds i fr vl kēU;  
vl gt 0; ogkj A I cus vius vRel ā e ds  
ek; e I sekus; g I d r n s d h dks' k' k dh gS  
fd ; g I gt thou &/keZ g\$ ftl dh I ekt ea  
i fr {k.k vko'; drk gā bl I Ec/k ea fofHku  
/kēā ea Hkh 'ke&ne&; e&fu; e vkfn dk fo'kSk  
egro ckrk; k x; k g\$ ftuds vuq kj eu ij

fu; æ.k ds fy, dBkj l k/kuk dk i ko/kku gš  
 fdUrq0; ogkj esns[kk x; k gSfd bu i frcalksdh  
 'kq vkr fL=; ka l s dh tkrh gš ftl l s muds  
 0; fDro , oadfrRo ij foijhr i Hkko i MFrk gA  
 bl ds foijhr vk/kjdrk ds uke ij tgl  
 i frcalkka dksf' kFky fd; k tkrk gA ogkj vUrRk%  
 'kksk.k dk f'kdj fL=; k; gh gkrh gA bl h l nHkZea  
 ykxkaealkh ; g Hkkr gš fd ri vj i æ nksvyx  
 vyx /kp gSbl fy, gh dHk , d dh vf/kdrk  
 vj n'js i{k dh deh l s tgl; thou ea  
 vl gtrk vk tkrh gš ogh Hko jkx %ekul jkx%  
 k<+tkrsgSrc budsfunku dsfy, , d Hkojkx  
 fo'kSkK dh vko'; drk gkrh gStksl a fer jgrk  
 gA Jh Hkjr bl n'V l stgl; ije ri Loh gš og

jke iæ dh l k(kkr-efrZHk gA muea; g vnHkr  
 l ello; mlgab l Jsk ea ysvkrk gSfd ekul ds  
 ey jpukdj Hkxoku f'ko vj mudh d'k l s  
 nyl hkl th dks muds l Ecak eabl h i d x ds  
 vUrXr dguk i MhA

brsl c Hk, ije in tkxjv

Hkjr njl esk "o jkxMv

vFkr ftUgkus Jh jke th dsn'kz fd; sos ds  
 vf/kdkjh cu x; } fdUrq Jh Hkjr n'kz i Hkko l s  
 rks ek{k ds vf/kdkjh cuus ds l kFk&l kFk muds  
 Hko jkx Hk feV x; A vr%Hkj }kt th vi usi fr  
 iz ufplg mi fLFkr gkus ds ckn Hk Jh Hkjr ds  
 bl Lo: lk dks l d kj ds l e{k ykus ea l rksk  
 vo'; gqk gkxkA

[yV ua 107] eglhz Ldk; l j ckofM; k dykj Hkki ky

**i fr "Buds v kxkehdk Zæ**

jfookj 8 ekp] 2020	l d; k 7%0 cts	varjkZVh; efgyk fnol
'kQokj 13 ekp] 2020	l d; k 7%0 cts	gkyh feyku l ekjkg
'kfuokj 21 ekp] 2020	i kr%9 %80 ctsl s	'kkr i kB vk; kst u %Jherh 'kjin nsh Lefr dk; Zæ½
x#okj 2 vi &y] 2020	i kr%9 ctsl s	jketlekl o %l njd.k.M , oaegkvkj rhi½
l keokj 6 vi &y] 2020	i kr%9 %80 ctsl s	l njd.k.M i kB %Jherh vat nsh Lefr dk; Zæ½
l keokj 22 tu] 2020	l k; a4%0 ctsl s	i zalkkfj .kh cBd
'kQokj 17 tykb] 2020	i kr%10 %80 ctsl s	l kekl; l Hk %okf'kd i fronu½



fõ oHui kludj t krdj ue Hjr vl gđ

v: . kplđ fl ; k↑ rkg\*

e; křk iq "křre Jhike yđk fot; dsi 'pkr v; kř; k vk; s rks l Hkh vo/ki ğh ds uj&ukjh cky&xki ky] mudh vxokuh ea iyd&i kđMs fcNk dj] vxexu ekzdks i ği ka l sl tkdj] nhi ekfydkvka l s ekx? ?kj & Hkou , oa vVkfj; ka dks izkf'kr djrs gq] Jhike] Jh tkudh] Hkkbz y{e.k th] guęku th , oafolHk" k.k th o vl; vlxrpkka dk Lokr vkReh; rk l s \*t; t; Jhike\* dst; dkjka dsl kFk fd; k A

i Hkq Jhike] Jh tkudh o Hkřk y{e.k dsl kFk ou xeu djus dsi 'pkr Hkjr th fody gkdj foyki djrs jgs vř Jhike dks v; kř; k oki l ykus ds fy; s vkrğ gks jgs FkA mudh bl h eukn'kk dks xkkokeh ryl h nkl th us\* jkepřr ekul \* eabl rğ nř kř fd; k g&

\*\*vku mi km ekřg ufgal vřk] dksft; dS?kqj fcu cřvA , dfga vřđ/ jgbZeu ekğh I Hkř dky pfyg ĀV Hkř kğhA\*\*

; gk ij ; g mYyř kuh; gřfd Jhike dspkřg cjl ouokl ea0; rhr djus, oaegkjkt n'kjFk dsLoxbkl hgskstkul sfjDr gq jkt fl ğkl u ea Jhike th dh [kMkĀa dks jkt fl ğkl u ij LFkřr djrs gq Jh jke vuř Jh Hkjr th us dkskyi ğh ds l eLr jkt nkř; Roka dk fuokğ]

l Ů; kl h dh Hkřr bl rğ fd; k& \*\*eř k; k eřk l křpkř; ř [ku i ku dks, dA i kysi křsl dy vř] rğ l h l fgr foosl AA\*\*

fp=dř ealHkřk Jhike l sfeyusij Hkjr th mlgarjg&rğ l sv; kř; k oki l ykř/ usdsfy; s eukrsjgs i jUrq\*\*j?křdy jřr l nk pyh vřbA ik.k tk; ai j opu u tkbAA\*\* dh jřr dk ikyu djrs gq Jhike th usekrk&fi rk dsopuka dk ikyu djrs gq ou eagh jguk Lohdkj fd; kA rc xq tuladsl e>kusij Hkjr th us Jhike th dh pj.k i knřk dks fl ğkl u ij vř hu djrs gq v; kř; k dk jkt dkt l Egkyus dh ckr Lohdkj dh &

\*\*i Hkřpřj dĩ k i křjh nhUğh I knj Hkjr l hl /kfj yřUğhA\*\*

Hkjr th dsjkt dkt eajktegy] jktulřrd tuinğ Hk.Mkj] 0; ki kj] dksk] l 8; , oaU; kf; d 0; oLFkk] ykřd 0; ogkj ij dHkh Hkh dkbz izu fplg ughayxkA Hkjr Lo; arki l h ořk ea, d l r dh ukbz umh xte ea i.kz dlyh cukdj] vxzt Hkřk Jhike dh [kMkĀa dks l křh ekudj l kjh 0; oLFkk, Wl pk: : i l s l i é djrs jgA bu 0; oLFkkvka ea Hkkbz 'k=řu th Hkh mudk i mř



I g; kx djrsjgA Jh jke dspkng cjl dsoukl  
dky eav; k'; k ij fdl h Hkh l edkytu jktk us  
vi uh dntV Mkyusdk l kgl ughafd; k A

Jh jke th ds l kFk Jh tkudh ,oa HkkbZ  
y{e.k th dsou xeu ds i'pkr Hkjr th mlga  
v; k'; k oki l ykusdsmnæs; l stc fp=dw/  
tkusdsfy; sm|r gq rksmuds l kFk i j okl hj  
ekrk, j xq tu] l Hkk l nka dk fo'kry l eug Hkh  
Jhjke l sfeyusdsfy; shkjr th ds l x gksfy; s  
FkA bl l sfl ) gkrk gSfd Jhjke th ds l kFk  
HkkbZ Hkjr dk fu%okFkZ iæ l Hkh dks fofnr FkA  
Hkjr ds ifr ekrk dslbz ds vuglx l s dæjh  
efkjk ds }kjk ekrk dslbz dh efr Hkfer fd; s  
tkus ds dkj .k egkjt n'kjFk th l sekax; s  
opu l s mRiæ gblz nq'kn fLFkr ds fy; s  
v; k'; kofl l k; xq tukj ekrk dks kY; k o ekrk  
l æ=k ushkjr th dksdHkh Hkh nkskh ughækuka

Hkjr th ds }kjk Jhjke ou xeu ds i'pkr  
jkt dkt dk dk; Z fu%okFkZ Hkko l s i m k z fu"Bk]  
/kekZuq kj] ykd ulfr dk ikyu djrs gq]  
\*ol qno dlvicde² dh Hkkouk dks vkRel kr dj]  
i R; d tho ds Hkj.k i kSk.k dk mRrjnkf; Ro  
fulHkkrsgq j?kplg f'kjkef.k Jhjke dspj .kkj fon  
dksân; ea/kkj .k djrs gq] i dh.krk l s gá ds  
l eku \*\*nkk dk nkk] i kuh dk i kuh\*\* tS h U; k;  
0; oLFk l quf'pr dh A

oræku l anHkZeaHkjr th dspfj= dk ikyu  
vkn'kz l e>dj fd; k tkuk i je vko'; d gA  
vkt ds tu ifrfuf/k Lo; a LokFkZ l f) dks  
l okl fj j [kdj Lo; a, oaLo; ads i fj tukadsykHk  
dks i kFk fedrk ndj l oZkjk oxZdsfy; s?kks'kr  
; kst ukvka ea yk [kks&dj k/ka ds ?kks/kys dj vke

turk dks i klr gkaus okys ykHka l s mlga oifpr  
j [krs gq] Lo; a LokFkZ l f) ea jr gA l ekt ea  
HkkbZ&HkkbZ dse/; l á fRr] i S'd Hkæe ca/okj svkfn  
dsfy; sfookn ,oa [kæ [kjck gks jgk gS, s sea  
Hkjr th }kjk fd; sx, R; kx] ri] Hkkr iæ ,oa  
itzk dsfy; sfd; sx, drD; dk ikyu fuf'pr  
gh xtg; o vu plj .kh; g&

Hkjr foey tl qcey fc/kq  
l efr pdkS dekfjA  
mfnr foey tu ân; uHk]  
, dVd jgh fugkfjAA

Hkjr th dk l q'k fueÿ plnæk gS vlg  
l qnj cf) pdkS gS tks HkDrka ds fueÿ ân;  
; ih vkdk'k eaml smfnr nq[kdj] , dVd nq[k  
jgh gSA

vxzt Hkkrk Jhjke th dspj .k i knplkvædks  
l k(kh ekudj /kekZuq kj jkt dkt ds  
mRrjnkf; Ro dk fuokZ djrs gq plng cjl  
i'pkr Jhjke th dsou l sv; k'; k oki l vkus  
ij] Jhjke th dks l g'kZ jktfl gkl u ij vki hu  
djuk l r ân; ] R; kx dh egkefir] /kel /ot]  
iækuUn] xqk'khy] Hkkr' HkDr \*Hkjr\* th ds  
mPpkn' kks dk vuBk n'kz bl /kjk ykd ea  
vf}rh; ,oavo.kZu; gA tu ekul eaHkjr th  
tS k vkpj .kj 0; ogkj] n'kz vlg R; kx gh bl  
dfy dky ea'jke jkT; \* dh vuHkkr dj k l drk  
gA Hkjr pfj= ds vuq j .k l s gh ?kj] i fjokj]  
jkt l ekt o jk"V"bd u; svk; ke o mRl xZ dks  
i klr gks l dsxkA

\*\*Hkjr l fj l dksjke l ugh]  
txqti jke jkeqti tghA\*\*

, p&31] vij oSaxak dky/ksh] 'kkL=h okM] fl ouh] ftyk&fl ouh 1/æ- i z/ 480661



# प्रतिष्ठान समाचार

## Jhff ) j?kukFk efinj dhLFki ukfnd dsmy{; eai pe o'kdhHDri w kvk kt ul i W

Hkci kyA ryl h ekul ifr"Bku ds ifr"Bku ds ifj l j ea24 fnl Ecj 2014 dksJh fl ) j?kukFk efinj dh ik.k ifr"Bk ipe o'kz ds HkfdDri wkv; kstu ¼ Hkqdsi kdV; fnol ½ ikr%10%0 cts l s l xhre; l qj dkm dh iLrfir Jh ; qyfd'kjh feJ , oamudsl g; kfx; ka }kjk dh x; hA bl dk; Dø ea egkvjrh ds vol j ij dk; kZ; {k Jh jekdr nq; Jh dSyk'k tks kh Jh deysk tfeuh Jh jktbnz 'kelz Jhefr d".kk JhokLroj Jh vkeAdk'k fl gyl Jhefr l qkhyk 'kpyk Jherh vkjrh fl g pkoku Jh vt; frokj Jh egsk l Dl suk Jh fnuak 'kelz Jh egbnz fuxe Jhefr , oa Jh l jsk geukuh , oa ekul Hkou ifjokj mi fLFkr FkA nki gj 12%0 ctseglvkjrh , oai il kn forj .k fd; k x; kA

vkt ekfj j?kaj dh l fjk vk; hA Jh fl ) j?kukFk efinj dh ipe o'kz dh LFki uk ds miy{; ea l qj dkm ikjk; .k ds l kFk&l kFk l k; a N% cts l s Hktu l a; k dk vk; kstu fd; k x; kA bl vol j ij Jh jktbnz 'kelz Jhefr d".kk JhokLro rFk ifr"Bku ds funskd Jh dSyk'k tks kh ds }kjk nhi i Toyu dj dk; Dø dk 'kpkjkk fd; kA Hktuktfy dk; Dø ea Jhefr dh frznqsus'xkb, x.ki fr tx onul l dj l wj Hkokuh ds unu" dh l qj iLrfir l sd; Dø dk 'kpkjkk fd; kA rri 'pkr l qfl ) xk; d Jh vt; frokj vif mudsl g; kfx; ka }kjk l qj Hktu iLrfir fd; s x; A dk; Dø dk dqy l pkyu i cdkkfj .kh dk; Zlkfj .kh ds l nl; Jh deysk tfeuh ds }kjk fd; k x; kA

noibnz dekj jkor

### JkydkauxkH0 l mkek kakeafnj

e/; i nsk l jdkj Jhydk eal hrk&ekrk dk Hk0; efinj cuok, xhA eq; ea-h Jh deyukFk usvf/kdkfj; ka ds l kFk cBd dj dgk fd efinj ds fuekZk ds fy, vf/kdkfj; ka dh , d l fefr cukbz tk, xhA

I fefr efinj fuekZk dk; kadh fuxjkuh djs xh ft l l sefinj dk fuekZk r; l e; eagls l ds kA Jh deyukFk usdgk fd efinj ds fMtkbu vif bl h foUkh; o'kz eavko'; d /ku jkf'k Hkh mi yC/k djokbz tk; xhA tul i dZ ea-h Jh i-h-l h- 'kelz usHkh eq; ea-h ds l kFk cBd eapplz dh tkudkj hA Jh 'kelz usdgk fd vxj cgrj ok; qI ok, ami yC/k gkark e/; i nsk ds ylx Hkh l hrk efinj ds 'k?kark l sn'ku dj l dksA

na x nfu; kl sl kHj

पाठक लिखते हैं

pryl h ekul HkkjrtB l stM/s [kM/yoky th ,s 0; fä gä ftUgkausLora-rk i 0Z  
 Hkkjr ds i kjHkd fnuka dks ckY; dky ea ns[kk vlg Lora-rk&l ake dks vi us  
 ; pkdky ea ns[kkA Lora-rk i kflr dsckn Hkkjr dsfodkl vlg mRFkku dks ns[kk  
 vlg vc o) koLFkk ea jktl Ükk o usrdrk ds LokFkZ vkpj .k dks Hkh ns[kk jgs gä  
 bl fy, mudh dye l stksLoj fudyrsgäos, d jk"V"i eh tkx: d dsgrsgä

bl vad ¼wDVicj½ dsys[kkaeatgk xk/khth dsthou l sdbzi {k mtkxj gq gä  
 mueai e Hkkjrtj] nknjke 'kekZrFkk l pñk feJ dsys[k fo'kSk : i l smYys[kuh; gä  
 feJth usxk/khth dh fuHkhZdrkj Li "Vokfnrk rFkk jk"V"i e dh mRdV fu"Bk dh  
 vflk0; fDr dk tks i l æ i Lrq fd; k gä og vkj[k [kkyusokyk gä bl h izdkj MkW  
 'kekZusxk/khth ds, dkn'k orkadh ppkZdj rsgq mudh dfri ; nq;yrkvadksHkh  
 bñxr fd; k gStksfopkj .kh; gä

xak i knj i k

103 xk y fogkj [ktjkuk x.kSk efnj ds ikl bank & 452016 ¼e-i½



vki ds; 'kLoh l ä knu ea izdkf'kr ^ryl h ekul Hkkjrt\*\* dk vflkuo vad feyKA  
 bl ds i 0ZHkh vad feysgä vki dsbl mnkj l kStU; dsgrfnZd vkhkijA if=dk dk  
 vfody&vuojr- izdk'ku vki ds egr l n+z kl &l k/kuk , oa l rr- l eFZ  
 l ä knu&dksky dk jpr% iek.k gä viuh mükekäke jkpd] ij d] mnekäkdj  
 Kkuo/kZd mi ; lch l kexh dscy ij iR; d vad i Buh; euuh; gh ugha vfi rq  
 vofLej .kh; ] l æg.kh; Hkh gkrk gä fgluh i =dkfjrk ds l nHkZeaabl mYys[kuh;  
 l ä knu&izdk'ku grw'kr'k% l k/kpkn] c/kkBA

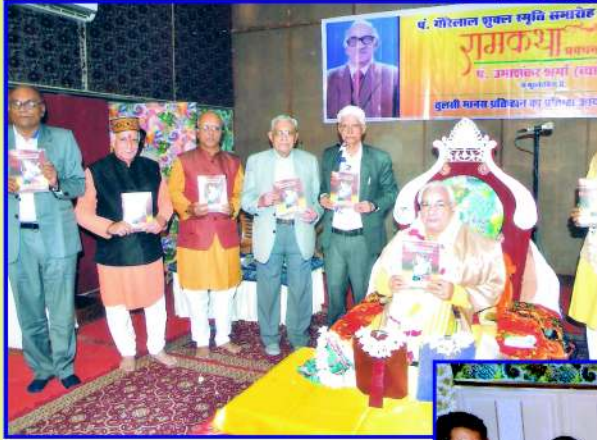
HkunÜkf=i kB] e/Äs k  
 l i knl l gd kj i f=dkj' lgt kni j





स्वामी अनुभवानंद का सम्मान करते हुए  
कार्याध्यक्ष एवं अन्य पदाधिकारीगण

तुलसी जयंती 2019 के अवसर पर  
पूज्य मंदाकिनी रामकिंकर के साथ  
मानस भवन के पदाधिकारीगण



गौरिलाल शुक्ल स्मृति समारोह में  
तुलसी मानस भारती पत्रिका माह नवम्बर  
का विमोचन करते हुए पं. उमाशंकर शर्मा एवं  
मानस भवन के पदाधिकारीगण

विद्यावाचस्पति डॉ. रामाधार शर्मा का  
व्यासपीठ का पूजन करते हुए  
निदेशक श्री कैलाश जोशी एवं परिवार





दुर्गा उत्सव 2019 पूजन करते हुए  
कार्याध्यक्ष श्री रमाकांत दुबे



महारासलीला 2019  
फूलों की होली खेलते हुए  
रधाकृष्ण



श्रद्धालु श्रोतागण