



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç-] Hki ky
½kj k I ok/kdkj I jf{kr½
fMlyek bu ,T; dsku ¼Eke o"½
izu i= & v"Ve

fo"i; k{k % 'kys LoPNrk

iB Øekd & 6

fo"i; % i{k.k.k LokLF; ,oa 'kjhjd f'k{k

bdkb 6 & 'kys LoPNrk

fi z; Nk= f'k{k}

i dzbdkbz eavki us; fDrxr LoPNrk ds vLrxZr] vk{k] ukd] xyk] nkar dh LoPNrk] uk [k] cky ,oa 'kjhj dh LoPNrk] LokLF; I ædkh vPNh vknrk rFk LokLFk ij çjh vknrk ds iHko dk foLr v/; ; u fd;k

bl v/; k; ds vLrxZr 'kys LoPNrk ds fo"i; eafuEu fclnyka ds vLrxZr v/; ; u dja&

- 1- 'kys LoPNrk dk vFZ ,oa 'kys xteh.k dh I QkbA
- 2- 'kkyk ,oa d{kvk dh I QkbA
- 3- i hus ds i kuh dh 0; oLFk ,oa I QkbA
- 4- e=ky; ,oa 'kky; dh I QkbA
- 5- f'k{k&Nk= vfHkkod I g; kxA
- 6- Nk=ka ds LokLFk dk ijh{k.k ,oa mudk vfHky; kA

¼½ 'kys LoPNrk dk vFZ ,oa 'kys ifjI j dh I QkbZ %

fo | ky; dk okrkoj.k & Hkkrd ,oa I dskRed nku ka gh f'k{kdk vkj fo | kFZ; ka ds LokLF; ij

i Hkko Mkyrk gA okrkoj.k LoPN gskuk cgr vko'; d gA fdUrqLoPNrk Lo; agh ughavk ik; xhj bl dsfy, , d vlg rks fo|ky; Hkou Bhd izdkj l s cuk gskuk pkfg, rks nll jh vlg ml dk j [k&j [kko okfNr gskuk pkfg, A ; fn fo|ky; Hkou xns, oa vokaNuh; LFky ij fLFkr gA izdk'k vlg ok; q dh mfpr 0; oLFkk ugha gA rks fu'p; gh ckyd ds thou , oa LokLF; ij bl dk cjk i Hkko i MxkA

'kky; {ks= dh l Qkbz ds vUr xR LoPN i kuh dh 0; oLFkk] d{kka dh l Qkbz] ew#ky; , oa 'kky; dh l Qkbz] Nk=ka dL LokLF; ij h{k.k vko'; d gA

½½ ew#ky; , oa 'kky; dh l Qkbz %&

i R; d fo|ky; eamfpr LFku ij ew#ky; , oa 'kky; i ; kR l d ; k eacus gskuk pkfg, rFk muea 'k) ok; qo izdk'k l pkj dh i ; kR 0; oLFkk gskuk pkfg, A yxHkx 100 Nk=ka ds chp , d 'kky; gskuk cgr vko'; d gA i kuh dk mfpr izU/k vko'; d gA ft l l s 'kky; dh mfpr l Qkbz dh tk l dA bl dsfy; s de l s de nks ckj ¼ d fnu eA l Qkbz fQukbzy ds }kjk gskuk pkfg, A bl rjg 'kkyk dk okrkoj.k l kQ o LoLFk jg l dskA

½½ i hus ds i kuh dh 0; oLFk , oa LoPNrk %&

fo|ky; ea i hus dk i kuh LoPN , oa i kuh dh vki fir i ; kR gskuk pkfg, A i kuh ea dhVk.k ugha gskuk pkfg, fo'kSkdj tglai kuh d vki i k [k ka ¼ i kuh Hkjs xM<kz BR; kfn l svkrk gSogka; g n [k ysk vko'; d gSfd ml ea chekj h QSykus okys dkbz thok.k rks ugha gA i R; d fo|ky; dks i hus ds i kuh dh vlg fo'kV /; ku nsk pkfg, fd ml ea dgha dkbz xnxh u gka i kuh dsfy, eVdka dh 0; oLFkk djuh pkfg, , oa <Ddu }kjk dln j [kuk pkfg, A i frfnu eVdka dks /kkdj i kuh cnydj Hkjuk pkfg, A

i kuh dh Vadh dh Hkh l e; & l e; ij vko'; d l Qkbz djuk pkfg, A l l rkg ea, d ckj ml ea i kV/s'k; e ij exuV vFkok Cyhfpax i kmMj Mkyuk pkfg, rkfd 'k) i kuh Nk=ka dks i hus dsfy, fey l dA

LoPNrk izdk ea i kuh dh fudkl h dh mfpr 0; oLFkk vfuok; ZgA 'kkyk ea Hkou fuekZk ds l e; gh , d h 0; oLFkk gskuk pkfg, fd xnk i kuh 'kh?kz <yh gpbZ ukfy; ka ; k ykgs ds i kbi ka }kjk cg tk, vlg 'kkyk l snj LFku ij Qdk tk, A

¼½ 'kkyk , oa d{k vka dh l Qkbz %&

i R; d 'kkyk ea mfpr l Qkbz dk izU/k gskuk pkfg, A fo|ky; i fj l j ea xM<a ugha gskuk pkfg, A

'kkyk ds de jka ea LoPNrk vko'; d gA i frfnu 'kkyk dscm gkus ij l Hkh d{k vka dh l Qkbz gskuk pkfg, A dHkh&dHkh Q'kz ij ty fNMel dj Hkh l Qkbz djuk pkfg, A eghusea, d ckj de jka dk fol Øe.k djuk pkfg, A i R; d d{k ea l pkyu dh 0; oLFkk gskuk pkfg, rkfd ok; qdk l pkj gks l dA

d{k vka ea j [ks Quhpj dh l Qkbz Hkh i frfnu gskuk pkfg, A

1/5 1/2 f'k{kd] Nk=] vfHkkod l g; kx %&

'kky; LoPNrk dsfy, f'k{kd vlsj Nk= nksuka dk l g; kx vko'; d gA f'k{kdka dks pkfg, fd 'kkyk dksLoPN j [kus dsfy, Nk=ka dk Hkh l g; kx ya f'k{kd Nk=ka dk l eoj cuk l drs gA tks l Qkbzd h 0; oLFkk dk mRrjnkf; Ro ya , oai husds i kuh dk ijh{k.k djafd i kuh 'kq) gS; k ughA

Nk=kaeal Qkbzdsifr tkx: drk mRiUu djus dsfy, 'kkyk eaLoPNrk fnoI dk vk; kstu fd; k tkuk pkfg, rFkk l cl sLoPN , oa0; ofLFkr d{kvkadks ijLdkj fn, tkus pkfg, A bl izdkj Nk=ka dk l g; kx yd j ifj l j eaLoPNrk j [kh tk l drh gA

1/6 1/2 Nk=ka ds LokLF; dk ijh{k.k , oamI dk vfHky{k %&

iR; d fo | ky; ka ea fo | kFkz ka ds LokLF; ijh{k.k dk izU/k djuk ijeko'; d gA fo | ky; eavud , d sNk= vkrsgaftudsdku] nkar] vka[k jksx; Dr gkrsgAvfHkkod /ku dh deh dsdkj .k bl vlsj /; ku ughans ikrsgaft l dsdkj .k jksx Hk; dj : i /kkj .k dj yrk gA vr%vko'; d GS fd fo | ky; ka ea Nk=ka ds LokLF; dk l e; & l e; ij fujh{k.k gkrk jgA fo | ky; ea iR; d Nk= dk de l sde pkj ckj LokLF; ijh{k.k djokuk pkfg, A iFke ijh{k.k rksml l e; gksuk pkfg, tc Nk= fo | ky; ea iDsk djrk gA

l keU; ijh{k.k} iFke ijh{k.k ds2 ; k 3 o"lzcn yh tk,] rhl jh LokLFk ijh{k.k Nk=ka dh fd'kksj koLFkk ea yh tkuh pkfg, A pkBkh ijh{k.k rc yh tk; s tc Nk= fo | ky; NkMf k gA iR; d Nk= dsfy; s LokLF; ijh{k.k dk , d dkMZ fu/kkZjr gksuk pkfg, A

fpdRI d dks pkfg; sfd og Nk=ka dh fpdRI k l Ecu/kh fji kVZ foLrkj l sfy [ksft l dh , d ifr Nk=ka ds vfHkkod dks inku dh tk, rFkk nI jh 'kkyk ds vfHky{k eayxk; h tk, A fji kVZ }kj k ftu jkska dk irk pys mudk mi pkj djus dsfy, fo | kFkz ka dks i s jr fd; k tk, A

iR; d Nk= dksfn, x, dkMZ ea LokLF; l dkh fuEkuq kj tkudkjh gksuk pkfg, &

1/1 1/2 ijh{k.k dh frFFk

1/2 1/2 otu

1/3 1/2 vk; q

1/4 1/2 LoPNrk&'kkjhfd rFkk oL=ka l Ecdkh

1/5 1/2 i kSk .k

1/6 1/2 us=

1/7 1/2 nkr

1/8 1/2 xyk&rFkk ukd

1/9 1/2 dku

1/10 1/2 tHk

1/11 1/2 peZ 1/80pk1/2

¼1 2½ I Øked jksx

¼1 3½ fo'ksk jksx

¼1 4½ efLr"d

¼1 5½ fo'ksk

¼1 6½ i gys ds jkskka dk fooj .k

¼1 7½ Åpkbz

dkMZ ds nñ jh vñj fpfdRI d }kjk vfñkñkkodkarFkk 'kkyk dksfuEukuñ kj I ðuk nh tkuh pkfg, & mi pkj

fnukd	jksx	vLi rky eafpfdRI d }kjk mi pkj dk fooj .k
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i R; d Nk= dk pkj ckj LokLFk i jh{k.k gksuk pkfg, A

i qjkoykdu

- 1- fo |ky; dk okrkoy .k f'k{kdkavñj fo |kFFk; ka ds LokLF; ij i ðkko Mkyrk gñ 'kkyk LoPNrk ds vñrxñ 'kkyk {ks= ds vkokl] LoPN i kuh dh 0; oLFkk] eñky; 'kñky; dh I Qkbz , oa de jka dh I Qkbz vkrh gñ
- 2- eñky; , oa 'kñky; dh de I s de nks ckj fQukby I s I Qkbz gksuh pkfg, A
- 3- i husdk i kuh 'kñ gksuk pkfg; A i husdk i kuh <pdj j [kuk pkfg, i kuh dsfudkl h dh mfpr 0; oLFkk gksuh pkfg, A
- 4- d{kñvka dh i frfnu I Qkbz gksuk pkfg; s , oa I ðkyu dh mfpr 0; oLFkk gksuh pkfg, A
- 5- 'kkyk LoPNrk dh 0; oLFkk dsfy, Nk=ka dsfy, Nk=ka dk i jk I g; ksx ysk pkfg, A
- 6- fo |ky; eal e; & I e; ij Nk=ka ds LokLF; dk i jh{k.k djuk pkfg, A LokLF; fj i kñZfolRkkj I sfy [kh tkuh pkfg, , oamñ dh , d i fr Nk=ka ds vfñkñkkodka dks i nku dh tkuk pkfg, , oamñ jh i fr fo |ky; ds vfñkyñk ea j [kh tkuk pkfg, A

vñRe i jh{k.k izu

- izu 1& i hus ds i kuh dks 'kñ djus okys fdUghñ nks jkl k; fud i nñFkk ds uke fyf [k; ð
- izu 2& 'kkyk ea i hus ds i kuh dh 0; oLFkk dk o.kñ dh ft, \
- izu 3& 'kkyk LoPNrk ea f'k{kdk&Nk= vfñkñkkod I g; ksx dh egRrk ij izk'k Mky, \
- izu 4& Nk=ka dk LokLF; i jh{k.k fdl izdkj vñj D; ka djokuk pkfg, \



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç-] Hkiky
 ½kjk l ok/kdkj l jf{kr½
 fMlykek bu ,T;øðku ijh{k & f}rh; o"z

izu i= & v"Ve~

fo"k; k{k % i{k.k] LokLF; ,oa 'kkjhfjd f'k{k

iB Øekd & 7

fo"k; % l kep{k; d LokLF;

fi z Nk= f'k{k]d]

LokLF; ekuo dh l keku; rFkk l k/kj.k fLFkr vjg ml dk tlefl) vf/kdkj Hkh gA ; g og fLFkr gSftl ea0; fDr 'kkjhfjd] ekufi d o okroj.k l Ecl/kh ikdfrd fu; eka ds vuq kj vi uk thou ; ki u djrk gA ; s ikdfrd fu; e LoPN o rktk gok] l wZ dk izdk'k] l rfyR Hkstu] fu; fer 0; k; ke] ruko jfgr fLFkr] funk vjg 'kkjhfjd LoPNrk l s l æð/kr gA

v/; ; u dh l fo/kk ds fy; s iLr q iB dh iB; & oLr q dks fuEukidR mi & bdkb; ka ea foHkDr fd; k x; k gA

7-1 l kep{k; d LokLF; dk vFkz , oa {k=

7-2 u'khs inkFkæ l sgkfu; ka , oa ikFkfed mi pkj

7-3 l Øked jks dh ifjHkk"kk

foHkku izdkj ds l Øked jks

l Øked jkska ds QSyus ds dkj . k

I Øked jkska ds jkdFkke ds mik; A

7-1 I kepkf; d LokLF; dk vFkZ , oa {ks= %&

ekuo ds Hkkðrd fodkl] LokLF; , oanþi fj.kke Mkyus okys dkj dka tksfd ekuo ds Hkkðrd okrkoj.k ea fo|eku jgrsgµmu ij fu; æ.k ikus dh dyk dks gh I epkf; d LokLF; dgrsgµ bl dk eq; mĩs; jkska dh jkdFkke djuk rFkk I keku; tu ds LokLF; ea I ðkkj yuk gµ bl /; s dh iñrZdsfy; sekuo dks ty vkgkj edku] oL= rFkk cy LoPNrk vkfn dkjdka ij fu; æ.k ikr djus dh vko'; drk gkrh gµ

I kepkf; d LokLF; ds vLrxZ foHklu igywgµ tksfd LokLF; ij iR; {k ; k viR; {k : i l s i Hkko Mkyrs gµ bl ea l sieçk gµ i; kbj.k ftl dh LoPNrk u gkus l sl epsl epk; ij çjk vl j i Mrk gµ

Hkkjr ea vLoLFkrk dk ieqk dkj.k gµ nkski wkZ okrkoj.k vksj fo|eku vk/kkjHkr orZeku l eL; kvkaeaq; gS I jf{kr i kuh dk forj.k u gkus rFkk ey , oadM/dk LoPN , oal jf{kr rjhds l sfudkl u djuk gµ

euq; ds vkl ikl fo|eku Hkkðrd okrkoj.k ea ikdfrd rFkk df=e inlk.k dkjd l oZ ik; s tkrsgµ rFkk rki] ueh] o"kkZ ty] ok; qfeVvh ey dMk] tkuojkads'ko] /kq/kj /kqy 'kksj vkfnA i; kbj.k dh LoPNrk dsfy, vko'; d gSfd ge fuEufyf[kr fclnq/ka ij l epr fopkj djµ

¼1½ ty dk forj.k

¼2½ ok; qdk 'kq) dj.k , oa l okru

¼3½ ey] dMk; 'ko dk fudkl

¼4½ edku dh 0; oLFkk 'kgj vksj xkµ ea edkuka dh ; kst uk

7-1-1 ty& ty thou dsfy; seyhkr vko'; drk gµ v'kq) ty tu l keku; ds LokLF; ds Lrj eafxjkoV ykusdk , d ieqk dkjd gSvr%ty dks l jf{kr j [kuk ml sl gh : i l smi ; ksx eaykuk rFkk v'kq) ty ds fudkl h dh mfpr 0; oLFkk djuk okrkoj.k , oa ty dks'kq) j [k l drk gS l jf{kr ty eafuEuxqk vi f{kr gµ

¼1½ gkfudkj d thok.kq/ka l seDr gµ

¼2½ gkfudkj.k jkl k; fud inkFkk l seDr gµ

¼3½ Lokn e/kj gks vksj ikpd gµ

¼4½ ?kjsywm; ksx dsfy, iz Dr fd; k tk l dµ

I Øfer ty ; k v'kq) ty ea l Øked ijJ; h dkjdka dh miLFkr gkrh gS fo"kkDr jkl k; fud inkFkZ ; k vksj kSxd ey ; k xns ikuh dk feJ.k gkrh gS rkrri ; Z ; g gSfd euq; dh fdl h Hkh fØ; k l siz Dr ty rnlrj LoPN ughajg ikrk vksj inñ'kr dgykrk gµ

ty dh mi ; kfxrk dks ekS/srkj ij ge plj Hkkxka ea foHkkftr dj l drs gA &

1/1½ ?kjsywm i ; lxx dsfy, tS sihu} [kkuk cuku} Luku dju} di M/s/kksr rFkk l QkbZ ds fy, A

1/2½ l koZtfud mi ; lxx dsfy, rFkk l QkbZ vlx c@ku} m | ku vkfn dh fl pkbZ rFkk ns[kHkkky dsfy, A

1/3½ vks} kfxd mi ; lxx dsfy, ykqk LVhy ; k dxxt dsm | lxxka dsfy, vf/kd ek=k ea i kuh dh vko' ; drk gsrh gA

1/4½ d'k l aLkh mi ; lxx dsfy, vko' ; d Hkkstu o dPpseky dsfuekZk o [kr dh fl pkbZ dsfy, ty dh vko' ; drk gsrh gA

vr%ty tc thou dk eq ; L=kr gSrksml dh ns[kHkkky vR; Ur vko' ; d gA ty L=kr dsvkl ikl dk okrkj.k nfr'kr ughagksuk pkfg, A tS srkykckj ufn; ka ea xlnxh dks ugha c<kuuk pkfg; svU; Fkk ty inlk.k l shk; dj chekfj ; kagks dh l Hkkouk c<+tkrh gA i kuh dh Vid; ka dh fu; fer l QkbZ vko' ; d gA d@kae dh vk.kuk'kd nok Hkh l e; & l e; ij Mkyuk vko' ; d gSbu l c crka dks xka ea crk; s tkus dh vko' ; drk gA

7-1-2 ey dM/s dsfudkl dh mfpr 0; oLFkk &

bl ds 0; ofLFkr : i l sfudkl u fd, tkus l sok; qinlk.k dh l EHkkouk, arhoz gks tkrh gA ey , oa dM/s l s QSyusokys vud idkj ds jkx LopNrk j [kus l sugha i uir s gA ey dsfudkl dh mfpr 0; oLFkk l s Hkkstu] ty [kk | l kexh vkfn nfr'kr gks tkus l scp tkrh gA

ey , oa dM/s dk fuLrkj.k &

dM/s dj dV ds fuLrkj.k dh vud fof/k; ka gA

1/1½ [kMMka ea Hkj uk

1/2½ fu; a=r Hkfe Hkj .k

1/3½ HkLehdj .k

1/4½ dei kLV cukuk

1/5½ [kkn ds xM<ka ea Hkj uk

1/6½ l eqz ; k unh ea i dkfgr dj uk

1/7½ fd.ou

7-1-3 ekuo ey ds fu"dkl u , oa fuLrkj.k dh fof/k; ka &

ekuo ey l Oked jkxka dks QSykus dk eq ; L=kr gA bl l si ; kbj .k nfr'kr gsrk gA vr% i R; d l kelftd , oa l ekt dk dRrD; gSfd ; g l efprr jhdsl sey fu"dkl u rFkk fuLrkj .k djA ekuo ey l shkfe nfr'kr gsrh gA tyk'k ; v'kq gsrk gS Hkkstu fo"kkDr gsrk gS eD[kh ePNj

vkfn i ui rsgāvuſd chekfj ; ka¼; Fkk VkbQkbV] i ſ;KVkbQkbM] i ſp'k] vfr l kj] gſt:k] oDd jksx] vkarka
dh chekj h vkfn½ Qſyrh gā

ey fu"dkl u dh dñ fof/k; kafuEu gāftudk mi ; ksx 'kgjka o xkoka eafd; k tkrk gā

¼1½ I foI 'kkſky; ¼ yHk dkElyDI ½

½2½ uku I foI 'kkſky;

½3½ i firZ dqM

¼4½ ckj&gky 'kkſky;

½5½ xEHkhj or&'kkſky;

½6½ tyh; 'kkſky;

¼7½ jkl k; fud 'kkſky;

7-1-4 ok; q i nll.k

ekuo vius vkl & ikl ds okrkoy .k ea ok; q ds l kfk iR; {k : i l s l Ecā/kr jgrk gā ok; q
tkuoj] i M&i kſks vi; klr gſ ok; q i nll.k l si dfr ds l rgy pØ eaxMeMā mRi l u gks l drh gſ
ok; q i nll.k vDI j /kq/kā /kwy] fo"kkDr xſ] jkl k; fud ck/kk] thok.k] ok; j l vkfn l sgksk gā

ok; q fuEu dkj .kka l s v'kq] gks h gā

¼1½ tkuoj] o{k o ekuo dh 'ol u fØ; k l ā

½2½ dks yk] xſ] rgy vkfn ds tyus l ā

½3½ dkctud in kFkā ds l Mā s rFk fo?kVu l ā

0; ol k; ; krk; kr] vks] kſxd l LFkkukā ftuds dkj .k /kwy] xſ] ok"i vkfn fudyrsgā

7-1-5 i ; kōj.kh; v'kq) ; ka ds jkdFke ds mik; &

1- mfpr l okru & ok; q ds LoPNhdj .k l s fo"kkDr ok; q dks 'kq] fd; k tkrk gā

2- iqLFkā u & fo | q rFk ikdfrd mi ; ksx dks ys ds LFkku ij djuk pkfg, ubz
oſk fud , oarduhdh i fØ; kvka dh l gk; rk l s bāku ds fy, u; s rjhds vi uk, ā

3- ruqj.k & o{k kjsi .k ākj k dñ fo"kkDr xſ ka dk vo'kksk.k rjUr gks tkrk gā vr-%
vks] kſxd LFkkuka o edkuka ds vkl & ikl gfj; kyh gks rks fo"kkDr ok; q dk ruqj .k gks tkrk gā bl
ckr dh tkudkj h iR; d ukxfjd dks l ekpj i = dsek/; e l s Vh-Ogh o jſM; ks ij i d kfjr dj
vkl kuh l s l e>k; h tk l drh gā

4- dkuu }kj k & /kq ads vf/kd mRi knu gks l s xkfM+ k] eks/j] Vd dks i frcfU/kr djuk
bl ea 'kkfey gks uk pkfg; ā vks] kſxd bdkb; ka ij Hkh dMā fu; e ykxwfd, tk; ā

7-1-6 I økru &

I økru dh i fjHkk"kk bl izdkj dh tk I drh gSfd og foKku ftl dh I gk; rk I si; kbj .k dh ifjLFkfr; ka dks , d s fu; f=r djuk ftl I s ml dk iHkko ekua 'kjhj ij I qo/kki wkZ rFkk LokLF; dj gkA

I økru nks izdkj dk gk-rk g& vkrfjd rFkk ckg; I økru dk vFkZ; g gk-rk gSfd dejsdh nfi'kr] xej vknz-ki wkZ xnh ok; q dks ckgj fudkyuk rFkk ml ds LFkku ij vi{kkdr 'kq] Bm/h] xfr'khy LoPN ok; q dk Hkhrj ifo"V djukA

edkudsckgj 'kq] ok; qjgsbl scgj; I økru dgrsgA bl dsfy, vko'; d gSfd I Meda cMh gk] pkMh gka rFkk I h/kh gka cflr; ka ea [kyk LFkku vFkZr i kdZ vkfn gkA I Medka ds nksuka vkgj Nk; knkj gj&Hkjsok {k yxsgkA 'kgj dh I QkbZ dh mfpr 0; oLFkk gks vkj dMsdjdV dk fu"dkl u mfpr rjhdsl s gk] o{kkjki .k ij vR; kf/kd tkj fn; k tkuk pkfg, A

7-17 xteh.k LokLF; , oa LoPNrk&

Hkkjr nsk dh 82 ifr'kr turk xkoka eajgrh gSvr% xkø dh [kqkgkyh gh nsk dh [kqkgkyh dk dkj .k cu I drh gS xkø ea LokLF; dsfy, fuEufyf[kr vko'; drk dh ifrZ vko'; d gksh pkfg, A

1/1½ I gh izdkj ds edkuka dh 0; oLFkkA

1/2½ xUns ty dk I gh o 0; ofLFkr fudkl A

1/3½ dMsdjdV dk I gh fudkl A

1/4½ ty L=kr 1/2 dkyk rkyk] uydii ½ dh I gh n[kHkky , oaj [k&j [kkoA

1/5½ tkuojka , oa L=kr ka I sfudyus okys vo' kSkka dk I gh fu"dkl u , oami ; kxA

1/6½ I Øked jkska dsu QSyus nsus ds mi k; crkukA

mi ; Ør I Hkh crka dks xte ipk; r i Vsy vFkok eq[k; k dsek/; e I svPNh rjg xteokfl ; ka dks I e>kusgrq 0; oLFkk dh tk I drh gA

xte LokLF; I qkkj dsfy, fuEufyf[kr igypka ij fopkj djuk vR; Ur vko'; d gA

1/1½ fpdfRI k I øk mi yC/k dj; A

1/2½ ekr&f'k' kq dMæ LFkfi r djA

1/3½ ifjokj fu; kstu , oai fjokj dY; k.k dh I øk; ami yC/k gkA

1/4½ fo | ky; hu LokLF; I øk I siklr gkA

1/5½ 0; kogkfjd i kSk .k dk; Øe pyk; a tk; A

1/6½ jksx ifrj{k d Vhdka dh 0; oLFkkA

1/7½ LokLF; f'k{k i k&+f'k{k rFk tul ã dZ dsfy, I epr 0; oLFk gkA

1/8½ xteka eafpdrI ky; dh I ã; k c<kuk pkfg, A

mi; Þr I Hkh ckrkadsv/; ; u l s; g fu"d"z fudyrk gSfd tu tkxj.k gsrqLokLF; , oa
Ldnyh f'k{k dk gksuk vR; Ur vko'; d gS; g dk; Zxkoka l sgh i kjHk dj ml s i kFkfedrk nh
tkuk vko'; d gS rHkh vkusokyso"kkã eaHkkjr nsk dsiR; d vks r euq; dh vks r vk; qea, oa
l k{kjrk ea of) gksxA

7-2 u'khs inFkã l s gfu; la ,oa iFkfed mipkj

Hkkjr gh ugha l epsfo'o dk ; pk oxZu'khs inFkã ds l ou dk vknh gsrk tk jgk gA
ftl l s ml dk thou rks [kkfkyk gks jgk gS l ekt ij Hkh ml dk cjk vl j i M+jgk gA os
Lofoosd eadk bZ Hkh jpuRed dk; Zdjuseavi usvki dsl eFkZ ugha dj ik jgsgA ml dk fparu
yxHkx l eflr dh vj gA mudh v/; ; u dsifr : fp ,oa >pkko de gA u'khs inFkZ l ekt
eads j dsl eku Qy jgsgA ftl dh idM+i kjHkd Lrj ij dj ikuk vl EHko l k irhr gks
jgk gS vks ml s jkdsus ij 'kh?kz fopkj ,oa mfr dk; bkgH djuk vko'; d gA

u'khs inFkZ tks iæ[k : i l s; pk ih<h }jkk mi; ks ea yk; s tk jgsgA os fuEufyf[kr
g&

1/1½ fl xjv

1/2½ rEckdw

1/3½ fofHku i djk ds 'kjk

1/4½ Hkka ,oa xktk

1/5½ ckmu 'kxj

1/6½ gjkbu

1/7½ Leð

1/8½ vQhe ,oa vll; dbZ inFkZ tks os Lo; ar\$ kj djrs gS fd bu l ou l s thou dk
okLrfod vkuln i l r gksxA

7-21 u'khs inFkã l s gfu; k%

u'khs inFkã ds l ou djus l s dbZ gfu; kaftudk foj.k fuEukuq kj g&

1/1½ 'kjh geskk vLoLFk ,oa chekj jgrk gA

1/2½ tfVy jks t\$ s ds j gksus dh vf/kd l Hkkouk gA

1/3½ ; dr dk [kjk gks tkukA

1/4½ ân; jks l s i hMf gksukA

1/5½ mPp , oafuEu jDrpki l sihfMf gkukA

1/6½ i{k?kk r gks tkuk l lko gA

mi ; Þr ckrkædsvfrfjDr tc ; þk ih<h u'khyis inkFkæ dsl þu dh vknh gks tkrh gSrkog ml siklr , oami ; kx djusdsfy, fuEulrj dk dk; Zpkjh , oa yskæal sm/kkj ysuk 'kq dj nrk gSftl l sl ekt , d syksæadksghurk , oafrijLdkj dh n'V l sn[kusyxrk gA vr%u'khyis inkFkZ l ekt ea dks+l eku gA u'khyis inkFkæ ds jkdFkke dh vR; Ur gh vko' ; drk gA

7-22 u'khyis inkFkæ dk l þu dks jkdus ds i kFkfed mi pkj &

; þk ih<h u'khyis inkFkæ dk l þu viuscMka , oa Lotuka dsl e{k ugha djrs gA bu inkFkæ dsl þu og viusvk; ql egg , oafoksk LFkkukai j Nq dj , oajkf= dsl e; djrk gA bl ds jkdFkke dsfy, i kFkfed mi pkj ka dk fooj .k fuEukuq kj gA

1/1½ ; þk ih<h dks jpuRed dk; kæ dh vkj vkdf"kr djukA

1/2½ u'khyis inkFkæ dks cpus okys yskæ dks dkun l s dMh l s dMh l tk fnyokukA

1/3½ u'khyis inkFkæ tS sfl xjv/ 'kjc vkfn ij dkun }kjk jkd yxkukA

1/4½ fo | ky; eaf'k{kdkæ }kjk bl ds Hk; ædj ifj .kkæal s Nk=ka dks voxr djukA

1/5½ u'khyis inkFkæ dh fcØh ij jkd yxkukA

1/6½ u'khyis inkFkæ ds cpus ds vMMka dks l ektr djukA

1/7½ u'khyis inkFkæ dsl þu c<kok nsus okys fxjkg dks dkun l s dMh l tk fnyokukA

1/8½ egkfo | ky; ea ; g jksx çjh rjg QSy jgk gS vr%ml sjkdus dsfy, mfpr mik; djuk pkfg, tS &

1/9½ u'khyis inkFkZ l þu djus okys Nk=ka dks i dsk ugha nsukA

1/c½ u'khyis inkFkZ cpus okys yskæa ij dMh utj j [kukA

1/4½ v/; ki dka }kjk bl ds l þu l sgks okyh gkfu; ka l s voxr djukA

1/9½ dkun , oa ifyl dh enn l sbl /kaks ea yxs yskæa dh /kj i dM+djukA

1/10½ l ekt l þh l LFkkvka tS sjk/jh yk; d Dycka l sl g; kx ydj yskæa ea bl ds l þu u djus dh tkx: drk ykukA

1/11½ ipkj ek/; e tS & jfM; kS Vh-oh , oal ekpj i=ka dsek/; e l sbudsupl ku crkukA

7-3 l Øked jkx muds QSyus ds dkj .k , oa mudh jkdFkke ds mik; &

l Øked jks gekjs ns k ea rhork l s QSyrs gA ; g ifØ; k xkæ ea vf/kdrj i kbz tkrh gA bl dk eq; dkj .k gSbu jksæa dh tkudkj dh dsckjseavuffkKrk vks fuj{kjrkA fo | ky; ka eabudh jkdFkke dsfy, fo'kSk : i l sl tx jg dj 0; oLFk djuk vko' ; d gA ifro"lz l Øked jksæa ds

dkj.k dbzckyd ekr dsf'kdj gks tkrs gA

7-3-1 I Øked jks dk vfkz

I Øked jks dk vfkzmu jkska l sgstksfd , d 0; fDr l snl js0; fDr dksvR; Ur utnhd jgusl syx tk; k djrs gA ok; q ty] Hkstu vkfn ds }kjk jks dk , d 0; fDr l snl js0; fDr dksyx tkuk gh I Øked jks dgykrk gA

bl dsfoijhr tc jks viR; {k l Ei dZLi 'kz vkfn½ }kjk nll js0; fDr rd igprk gS rks ml s l d xZ jks dgrs gA mnkgj.k&, M+] [kkt& [kqt; yh vkfnA

7-3-2 I Øked jks ds dkj.k&

I Øked jks gks ds iæ[k dkj.k Nks&Nks/ s thok.kq (Bacteria) gS bu thok.kq/ka ds }kjk gh fofHku I Øked jks QSyrsgA iR; d jks ds thok.kq dhVk.kq/ka dk viuk fof'k"V : i gsrk gS dñ thok.kq dks ¼ ds vdkj ds dñ ?kks ds vdkj ds dñ csyukdj Hkh gsrsgA; svdkj ea brus l ve gsrsgA fd blga euq; viuh l k/kj.k n"V l s ugha n[k l drk gA blga døy l ven'kz }kjk gh n[k iuk l Hko gA fdl h u fdl h ek/; e ea; s'kj hj ea iðsk dj tkrs gA vks 'kjhjd 0; oLFk ds vuq kj budh vlnj gh vlnj of) gsrh gA ft l l s'kj hj jksxLr gks tkrk gA

7-3-3 I Øked jks QSyus ds dkj.d&

(i) **ok; q }kjk& dñ jks ok; q }kjk QSyrsgA jksch dh Nhd Lokl dh ok; q rFk Fkd ea dhVk.kq feys jgrs gA nll jk 0; fDr bl thok.kq; q r ok; q ea l ka yrk gS rks ml dh 'okl ds l kFk&l kFk jks ds thok.kq Hkh muds 'kj hj ea iðsk dj tkrs gA vks nll jk 0; fDr Hkh jksxLr gks tkrk gA**

ok; q }kjk QSyus okys iæ[k jks&bu]yq tk Nks/h pppd dñj [kka h [kl jk ri fnd rFk d.kQj vkfn gA

(ii) **Hkstu ,oaty }kjk&n"kr Hkstu ,oaty }kjk gStk i spl rFk eksh>jk e[; : i l s QSyrsgA efD[k; ka jksk.kq q r Hkstu l smMej 'kq [kku&i hus dh oLr/ka ij cBrh gS vks ml s jksk.kq q r dj nrh gA 'kj hj ea Hkstu ds l kFk&l kFk jksk.kq Hkh i fo"V gks tkrs gA**

ri fnd ds tkuojka dk nll i hus l ri fnd ds dhVk.kq'kj hj ea iðsk dj tkrs gA bl h i d kj jksk.kq q r ty Hkh I Øked jks QSyrsgA ea l gk; d gsrk gA

(iii) **dhV }kj&dN dhMstS sePNj fiLI w[kVey rFk tvekua 'kjhj dk jDriku djus** dsVH; Lr gkrsgātc ; sjkxh ds'kjhj dk jDriku dj yrsrgāvls mudsckn LoLFk 'kjhj ij viuk geyk djrsrgārk; s viusMā dsl kFk ¼kyj dsl kFk½ LoLFk 'kjhj ea jks ds dhV/k. kq/ka dks i dsk dj k nrsrgā bl izdkj jksck.kq'kjhj dsjDr earsth l siā kfjr gkrsgāvls og eul; jksxLr gk tkrk gā dhV }kjk QSyusokys jkska ea eyfj; k] i hr] Toj] lys rFk dkyk Toj vkfn gā

(iv) **I ā dZ ds }kj&jkxh 0;** fDr ds vf/kd I ā dZ ea jgus l s Hkh LoLFk eul; jks ds f'kdj gk tkrsgā [kl jk [kqy] ekrk] nkn vkfn eul; : i l sl ā dZ ds }kjk gh QSyrgā jkska eadoy jkxh dk I ā dZ gh ughal gk; d gsk oju-½jkxh }kjk iz kx dh tkusokyh oLrka ¼tS s dā h] est] di Ms vkfn½ ds iz kx l s Hkh LoLFk eul; jksxh gk tkrk gā

(v) **peZdek/; e l & ; | fi peMh gekjs'kjhj ij jksck.kq/ka dsfo:)** , d vkoj.k dk dke djrh gs i jUr qdHkh&dHkh fVvud vls , FkDI ds jksck.kqpeZ l āk'iz }kjk gh 'kjhj ea i dsk dj tkrsgā

(vi) **KkusUnz ka ds ek/; e l & l qkd vls xehz tS s jks KkusUnz ka }kjk QSyrgā** os; kxeu ; g jks , d eul; l sni jseul; ea igp tkrsgā

7-3-4 I Øked jks dh jkdFke&

LokLF; foHkx , oat kudkj foHkx }kjk fuEu mik; bu jkska dh jkdFke grqfd; s tkrsgā ¼½ Np&Nir ds trusHkh jks gā buds QSyus dh l pūk LokLF; foHkx dks 'kh?kz nh tkoj ft l l sos jkska dh jkdFke dk l e; kof/k eamfpr izdk dj l dā

¼½ i FkDdj.k&Nir ds jks , d nil jsd sl ā dZ l s QSyrgā vr% jks; ka dks LoLFk 0; fDr; ka l snj j [kuk vko'; d gā

¼¾ vyx djuk&Nir ds jks l si hfMf jkxh dks fo | ky; ea ugha tkus suk pfg, ml s chekjh Bhd gkus rd vodk'k inku fd; k tk l drk gā

¼½ jks {kerk dh mRi fRr djuk&jksck.kq/ka l s'kjhj dh j {kk jkska ds fujk kd Vhdsyxkdj dh tkrh gā gSt s vkfn ds Vhdsyx tkus l s'kjhj ea jksck.kq/ka dsfo:) {kerk mRi lu gk tkrh gā jks ds c<us dk Hk; de jgrk gā

¼½ fujk ki ku dky&tk 0; fDr l Øked jks , oaokrkoj.k ea jg pds gā rFk ftul s Nir yxus dk Hk; gā , d s 0; fDr; ka dks l ā kfir dky ds igys l ektr gkus rd fo'kSk n[kj]k ea j [kk tk; Å bl dky ds i'pkr o e/; ea jks fplg izdV gk tk; aks; k Nir l s Np/dkj k i ktr gk tkoskA

¼½ fol Øe.k&jkxh ftu oLrka dk iz kx djrk gā os jksck.kq qR gk tkrh gā vr% jks dsol=] crū] fclrj] est] dā hz vkfn l Hkh iz kx dh xbZ oLrka dks l ko/kkuhi wZd u"V dj fn; k

tkuk pkfg, ; k dbzckj jksk.kq Ør vkskf/k; ka l smipkfjr dj ysk pkfg, A

7-4 fofHku izdkj ds l Øked jks&

¼½ pppd ½½ [kl jk ½½ Nk/h ekrk ¼½ gStk ½½ d. BjksVMh ½½ {k; jks ¼½ eksh>jk ½½

dkyh [kka hA

; k& l Øfer jks , oa, M+ &, p-vkbzch-

; k& l Øfer jkska l scpko ds mik; &

; k& l Øfer jks&osjks tks; k& fØ; k }kjk Qsyrsgmlga; k& l pkfjr jks dgrsg& ; k&

jkska ea vkerkj l sgks okys jks xukfj; k] fl Qfy l] gshvkbv l ch] , M+ vkfnA

; sjks bu nkska l si hfM+ 0; fDr l svl gjfkr ; k& l æak j [kus l sQsyrsg& dHh&dHh bu

jkska ds y{k.k fn [kklz ughans; k dHh osbrus l kekl; gksrsg&fd blga vuns [kk dj fn; k tkrk
g& buds y{k.k g%

¼½ i s kkc ea tyu egl w djukA

½½ i v/ dsfupysfg l l seannA

¾½ l EHkks ds l e; i hMk dk vutko djukA

¼½ ; k& v&ka ea , d ; k T; knk QkM/s vkj ?kko gksukA

½½ ; k& k&ka ea vl kekl; rka

; sjks vi usvki Bhd ugha g&A bl fy; sbudk bykt u djuk ; k blga vl; ykska dks

u crkdj Nqk, j [kuk] 0; fDr ds ?krd g&rk g& bykt ds l kfk bul scpko dh tkudkjh gea
gksuk pkfg, A

y{k.k fL=; ka e&

1- ; ksuekxZ l s, d vyx rjg dk L=ko ; k nq&lk vkukA

2- ukfhk vkj iztuu v&ka ds chp dh txg ea nnz gksukA

3- ; k& l sekl d /kez ds vfrfjDr L=ko gksukA

4- l EHkks ds l e; ; k& ds , dne vk&jh Hkx ea nnz gksukA

fL=; ka vkj i q "kka e&

1- iztuu v&ka dk egj ds i kl ?kko ; k Nkys gksukA

2- i q "kka ea i s kkc djrs l e; tyu vkj nnz gksukA

3- xysea l utu

4- cd[kkj] nnz vkj dEiu 9lyw dh rjgA

; k& l Øfer jkska l scpusd mik; & bl jks dh jkdFkke 0; fDr vkj l ekt dsfy, cgr

t: jh gSvkš l eLr fodkl o l j{kk dsdk; Øe cln gks l drsgA bl dh jkdFkke dsfy, iæq{k mik; fuEukuq kj gA

¼1½ ge l c ; k& o mudsy{k.kka dks l e>srFkk tc Hkh y{k.k fn[kkbZns ; k dN ijs kkuh vutko gks rks rjUr fdl h ; k& ; pfdRI d l srRdky tko djkdj bykt dj k, A uhe gdhe l s bykt u dj k, A

½2½ vi us'kj hj] fo'kSkdj tuuk&kadksLoPN j [kA Luku ds l e; LoPNrk ij fo'kSk /; ku nA

¾3½ thouHkj ; k& l kFkh , d gh j [kA

¼4½ nfr'kr jDr] l pZ ka o fl j tka ds mi ; k& l scpA

½5½ ; k& l Øfer jks okyh efgyk dks xHkZkj .k ugha djuk pfg, A

½6½ ; k& l Øfer gks i j , p-vkbZoh- l Øe.k dh l Hkkouk n l xqk c<+tkrh gA , pvkbZoh l Øe.k ds dN o"kk&ckn , MI ys tkrk gA ftl dk dkbZ bykt ugha gA bl fy, ; k& jks&kadk rRdky bykt dj k, A

, M+ Acquired Immune Deficiecnysyndrome dk l qkflr : i gA i R; d ekuo 'kj hj ea jks&kal scpusdsfy, jks& ifrj{k d ræ gsrk gS tks 'kj hj dks l Øe.k vkš chekj ; ka l scpkrk gA , pvkbZoh uked ok; j l tc fdl h dkj .ko'k 'kj hj ea i oš k ik tkrk gS rks /khj & /khj s dN o"kk& ea 'kj hj dk jks& ifrj{k.k ; æ fu"dk; ; k vi Hkkoh gks tkrk gA , d h n'kk ea tks Hkh jks& 'kj hj dks gsrk gS bl dk bykt ugha gks i krk gA pfdRI dka usekuo 'kj hj dh , d h n'kk dks , M+ dgk gS ftl ea 'kj hj dh jks& ifrj{k d ræ fu"Øh; gks tkrk gS vkš , d& , d dj ds 'kj hj ea jks& c<rs tkrsgA bu jks&kadk bykt ugha gks i krk gS rFkk dN l e; i'pkr eut; dh eR; qgks tkrh gA

y{k.k&, M+ ds i kj Hkd y{k.k& l s HkFk u yxuk] otu ea deh] Toj jguk] Ropk ij nngs gkš FkdkoV jguk vkfn gA ; g y{k.k fdl h vl; chekj h ds Hkh gks l drsgA vr% pfdRI d l s ij ke'kZ yuk egROI w kZ gsrk gA , M+ ds i wZ fodfl r : i ea jks& ifrj{k d r k u"V gks tkrh gA

eut; vud jks&kal sf?kj tkrk gA , M+ ds dkj .k l cl svf/kd gks okys jks& fuekfu; k rFkk Ropk dš j gš tks tkuyok gks tkrk gA

cpus ds mi k; &

¼1½ yMedka dks 21 o"kZ rFkk yMfd; ka dks 18 o"kZ dh vk; qrd u rks vi uk fookg djuk pfg, vkš u fdl h idkj dk ; k& l a dA

½2½ vi us dks l æhr] fp=dyk ; k vl; l sjputRed dk; Zeayxk nuk pfg, A bl l s ; k& l ækh vkos&ka ij fu; æ.k ikuk l jy gks&kA

1/3½ fookg mi jkUr I jf{kr ; k& I á dZ vius thou I kFk I sgh djuk pfg, A

1/4½ dHkh&dHkh yMds yMfd; ka d& æ ea iMdj v'yhy fp=A fl u&fp= fQYeka dks n[kdj vFkok fdI h foo'krk dk f'kdj gk& pkg&vupkgs ; k& I á dZ dsfy, r\$ kj gks tkrs g& , d s l e; ea yMed&yMfd; kankaka dks I jf{kr ; k& I á dZ dj tkj nsuk pfg, A vU; Fk , MI gksus dk [krjk cuk jgrk g&

1/5½ nfu; k ds 3 dj&M+, pvkbzh ekst m yk&ka ea I s vk/ks 10 I s 24 o"lz ds g& Hkkjr ds , pvkbzh yk&ka I s, d 15 I s 19 o"lz dk g& i jUrqvki ?kjk, augh& mi ; Dr ckrka dks I e>avk& i ky dja vx&th e&dgkor g&"Care costs nothing but saves a lot " vki Lo; a l ko/kku gks vk& vius I á dZ e&vkusokysi R; d fd'k&g o ; pk dks I jf{kr ; k& I á dZ djus dk egRo I e>kb; A , pvkbzh&, M+ dk e& ; dkj.k 'kjhj ea, pvkbzh }kjk 'kjhj ds j& i frj{kd r& dksu"V djrk g& , pvkbzh- (H.I.V.) vx&th ds 'k&nka&ea Human Immuno_deficiency virus dk I &{kr : i g&

, p-vkbzh- ml ok; j l ; k fo"kk. k& dks dgrs g& tks b& kuka ds vlnj chekj I s cpus okyh rkdr dks de dj nrk g& , p-vkbzh- c&g gh Nk&/k , d cky ds g&tkjo&Hkkx I s iry g&rk g& ; g , d c&My cuh g&Z i wk&f[kys g& I j&te[&h ds Qm& t& k y&rk g& , p-vkbzh- dk irk [ku dh tkp I s g&rk g&

y{k.k&, p-vkbzh- ds 'kjhj ea i g&pus ds d&N I Irkg ckn d&N yk&ka dks Fkd&ku] c[&kj] 'kjhj eann& y&krkj nLr fl jnn&Z vkfn Qy&w t& s y{k.k g&rs g& , d i Hkkfor 0; fDr dks , d s y{k.k g& gh] , d k t: jh ugh&g& d&N I e; ckn p&yst&rk&g& jDr dh tkp djok dj gh , p-vkbzh- I &e.k dk irk pyk; k tk I drk g&

tc dks 0; fDr , p-vkbzh- I s I &fer g&sk&tkrk g&srks ml ds r&g&Ur ckn [ku dh tkp djkb&Z tkus ij tkp ds ifj.k&e I gh ugh&v&kr&v&F&Z~tkp I s irk ugh&pyrk fd 0; fDr dks , p-vkbzh- I &e.k g&st&cf&d 0; fDr , p-vkbzh- I &fer g&sk&p&lk g&sk& g&sb l dk dkj.k ; g g&sf&d , p-vkbzh- ds , h c&M&+ mRi lu g&ks I s 2 I s 12 I Irkg y&x t&rk g& ; g i h&j; M fo&M&ks dgy&krk g&, pvkbzh- I s H&fer I &fer yk&ka dks [ku dh tkp gj N% e&g ds v&lrj I s djok&rs j&guk pfg, A cpus ds mi k; %

1/4½ vl jf{kr ; k& I &dk ugh& j [kuk pfg, A d&M&ke dk mi ; k& djuk pfg, A

1/2½ tg&ka rd I EHko dks f&M&Li kd &y fl fj&tk& dk mi ; k& djuk pfg, A

1/3½ fdI h v&K&r , oa 0; ol kf; d n&rk&v&ka I s jDr ugh&fy; k tkuk pfg, A

- (4) geškk HIV jfgr jDr gh iz kx fd; k tkuk pkfg, A
 ½½ 'kjhj ea xknuk xpkuš ukd&dku fNnokuš nkMh cuokuš , D; i škj vkfn djokusdsi wZ
 mi ; kx ea ykbZ tkus okyh I kexh iwKz : i I sLVjykbZt dh tkuh pkfg, A
 i kB I kjk k%
- & I kepkf; d LokLF; dk vFkZ gSfd tu I epk; , oafo | ky; ka ea Nk=ka dks LokLF; ds
 ifr voxr djuk vkš ml dh vPNkbZ ka dks I e>ukA
- & I kepkf; d LokLF; ds varxh vkus okyk vo; oka dk v/; ; uA
- & ty dk forj.k mfpr , oa0; ofLFkr gkA
- & ok; qdk 'kf) dj.k , oa I pkyu vko'; d gA
- & ey] dM&djdV dk 0; ofLFkr fu"dkl u gksuk vko'; d gA
- & edkuka dh mfpr 0; oLFkA
- & esys ea tyI ka ea LoPNrk ij fo'kSk /; kuA
- & ty ds inlk.k dks jkdud vko'; d gš vU; Fkk I Øked jkska ds QSyrus dk Hk; cuk
 jgrk gA
- & ok; qds inlk.k dks jkdus dsfy, ey , oa dM/djdV dk I gh : i I s, oamfpr fofek
 I sfu"dkl u vko'; d gA
- & xte LokLF; I qkkj gsrq mfpr ekxh'kZu nuka
- & LokLF; f'k{kk} i kš+f'k{kk} rFkk tul a dZ dh mfpr 0; oLFk djukA
- & ifjokj fu; kst u vkš ifjokj dY; k.k dšnka dh xketa ea LFkki uk djukA
- & ekr&f'k' kq dšnka dh LFkki uk djukA
- & fo | ky; ka dh LFkki uk djukA
- & u'khyš inkFkA I s gksus okyh gkfu; ka I s; øk i h<h dks voxr djuk vko'; d gA
- & bl I s fofHkUu chekfj; ka tš & dš j] ân; jks i {kk?Kkr gks tkrk gA
- & I ektI øh I LFkKvka , oa'kkl dh; ræ ds mi Hkks I sbl /kaks dks I ekr fd; k tk; A
- & I Øked jksx] , d jksx 0; fDr I snw jsLoLFk 0; fDr ds viR; {k : i I syx tkrk gA
- & I Øked jksx] I were thok.kp/ka dsek/; e I s QSyrsgš blga dšy I wen'kZ dsek/; e
 }kjk gh nškk tk I drk gA
- & I Øked jksx ok; ij ty] Hkks tu] dhV I a dZ peZek/; e vkfn I s QSyrsgA
- & I Øked jksx] dh jkdFkke dsfy, fofHkUu mik; fd; s x; s gA
- & jksxh dks LoLFk i q "kka I s i Fkd j [kukA

& Nir ds jksch dks Bhd gksus rd dh fLFkr ea vyx j [kus dh 0; oLFkk djukA
 & jksx fujkskd Vhdka dh 0; oLFkk djuk rFkk mudk ipkj ,oa i l kj djukA
 & jksch dh oLrjka dks t\$ soL=] fclRj] est] d d hz vkfn dks vPNh rjg l su"V djuk
 rlf d ml ds dhV k.kq ugha QSy l dA

& t\$ k fd igysgh crk; k tk p p k gsf d l kmpkf; d LokLF; dk vFkZ gsf d tuekul
 dks LokLF; l æ dkh l Hkh ckrka dk Kku gksuk vko'; d g\$ bl ea l cl sey/Hkur ckr ftl ij /; ku
 fn; k tkuk vko'; d g\$; g i ; kbj .k f'k{kk g\$

i ; kbj .k dh LoPNrk ds vx x r &

& i ; kbj .k dks inll .k l scpkuk vko'; d g\$

& ty inll .k] ok; q inll .k] /ofu inll .k vkfn l s LokLF; ij foijhr vl j i Mrk g\$

& ty inll .k dks jks d us ds fy, mfr mik; crk; s tk, A

mi ; r l Hkh ckrka dsek/; e l sgh l kmpkf; d LokLF; dk l gh vFkZ, oa Kku i l r gks l drk
 g\$; k l l Øfer jksx ,oa ,M† , p-vkbzoh- ds y{k .k ds mik; A

vkRe ijh{k.k izu

fuEufyf[kr izuka dsmRrj fyf[k; srFkk viusmRrj d d th@i k B dh l gk; rk l sLo; a tkp
 dhft , A

1- l Øked jksx dk vFkZ Li"V djks

2- l Øked jksx QSyus ds iæ d k dkj .k fyf[k; \$

3- l Øked jkska dh jkdFkke ds fy, D; k mik; fd; s tkrs g\$ fyf[k; A

4- foHkku izdkj ds l Øked jkska ds uke fy[kka

5- l kmpkf; d LokLF; l svki D; k l e>rs g\$ l kmpkf; d LokLF; dks i Hkfor djusokys
 dkj dka ds uke fyf[k; \$

6- ty inll .k fdl izdkj gsrk g\$ mul sgksus okyh gkfu; ka dk o.ku dhft , \

7- u'khs in kFkZ D; k g\$ mul sgksus okyh gkfu; ka dk o.ku dhft , \

8- u'khs in kFkZ dh jkdFkke ea l ekt l dh l LFkkvka dh Hkfedk dk mYys[k dhft , \

9- vki viusi ; kbj .k dh l j{kk fdl izdkj dj l drs g\$ l foLrkj fy[kka

10- ,M† l scpus ds mik; fyf[k; \$



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç-] Hki ky
 ½kj k l ok/kdkj l jf{kr½
 fMlyek bu ,T; øðku ijh{k ½}rh; o"½
 izu i= & v"Ve

fo"K; % iKk.kj LokLF; ,oa 'Kjhfjd f'k{k

iB Øekd & 8

fo"K; ðk % inlk.k l txrk

fi z f'k{k d&Nk=k}

ekuo ds' kjhfjd ekuf l d] HkkoukRed , oaeukoKkfud fodkl ea i ; kbj.k dh egRoi wkZ , oa nh?kZ i Hkkoh Hkkedk gA chl oha l nh dsvire nksn'kdkae tul [; k foLQkV/ l smRi Uu vko' ; drkvka dh i firZdsfy, i kdfrd i ; kbj.k dk l Uryu cjh rjg Mxexk x ; k gA fnukinu vf/kd in'kr gkrk tkusokyk i ; kbj.k Lo; abl l R; dk l k{k gh gA vr% tuekul ea i ; kbj.k inlk.k ds i fr l txrk mRiUu djuk l e; dh ekax gA

; g l R; mHkdj l keusvk x ; k gSfd rsth l sin'kr gkrstkusokysi ; kbj.k dkj Lo; aekuo ds vflRro dh j{k gqvksj vf/kd in'kr gkus l scpkuk gksk] inlk.k dks i ; kbj.k ij gkoh gkus l sHkj ij jkduuk gksk rFkk i ; kbj.k dks inlk.k jfgr cukusrFkk cuk; sj [kus ds mi k; ka dks [kist dj i Hkkoh : i l siz Ør djuk gkskA

bl mĩs; dh i firZdsfy, l oã Eke tuekul ea inlk.k l txrk txkuh gkskA Hkkoh f'k{k dka dks bl l s i jfpr djuk gh bl iB jpuk dk i Eke mĩs; gA

bl iB ds v/ ; ; u l svki fuEukfdr izuka ds mRrj i kus ea l eFkZ gks l dkaA

i ; kbj.k l s D; k rRi ; Z gS

i ; kbj.k inlk.k D; k gkrk gS

fofHkUu izdkj ds inlK. kka ds D; k dkj .k gS rFkk mudsfuokj .k ds D; k mik; gS
xteka ,oamudsvkl ikl dsi ; kbj .k dks inlK .k jfgr cukusgrqtkx: drk ds smRiUu dh
tk; s

v/; ; u dh l fo/kk dh n"V l s bl ikB ea iLrq fo"K; kAk dks fuEukfdr mi bdkbz ka ea
foHkDr fd; k x; k gS

8-1 i ; kbj .k D; k gS

8-2 i ; kbj .k inlK .k D; k gS

8-3 inlK .k ds izdkj

8-4 ok; ty ,oahkfe /ofu inlK .k ds dkj .k ,oafuokj .k ds mik; A

8-5 xte ,oaml ds vkl ikl ds LFkkuka dh LoPNrk grqtkx: drkA

i ; kbj .k D; k gS

0; fDr ds vkl ikl dk Kkr ,oavKkr] ikdfrd ,oal keftd okroj .k gh i ; kbj .k gStks
iR; {k ; k viR; {k : i l s 0; fDr ds thou vks dk; Z dks iHkkfor djrk gS

Hkfe] ok; q ,oaty Hkfrd i ; kbj .k ds varxZr vkrs ga tgka Hkfrd i ; kbj .k fofHkUu : i ka ea
thou ds vLrRo dsfy, vko'; d gSogh tSod i ; kbj .k l seut; dks thou ds vLrRo dsfy,
[kkuk ihuk ,oavU; oLrq a i klr gsrh gS l R; rks; g gSfd eut; i M& i kSka ,oatUrq thoka dsfcuk
ughajg l drk Hkfrd i ; kbj .k ,oatSod i ; kbj .k dk ,d nll js ij l rr iHkko i Mrk gS vks
ml ds QyLo: i bueafujUrj ifjorU gsrk jgrk gS

8-2 i ; kbj .k inlK .k D; k gS

fofHkUu i ; kbj .k rFkk Hkfrd i ; kbj .k] tSod i ; kbj .k] ikdfrd i ; kbj .k l ikdfrd i ; kbj .k
vkfn fofHkUu rRokadks nfr djus okys dkjd inkfz inlK d dgykrsgarFkk bu inlK dka ds dkj .k
fdl h i ; kbj .k ea gkus okyk ekuo vLrRo ,oalLFk thou dsfy, gkfudkj d ?krd iHkkoh
ifjorU i ; kbj .k inlK .k dgykrk gS

Hkrie] ty , oa ok; ij ikdfrd i; kbj.k dsie[k rRo gš ftudk LoPN] 'kq , oa mo] rFkk vko'; drkvdh i firZgrqokāNr inkFkādsink; djusdh {kerk ea l eFkZgksuk} ekuo vflrRo , oa thoup; kZdsfy, furkUr vko'; d gš bl sni'kr djusokys inilkd [kuu] jkl k; fud [kkn oukadh dVkb] uxjka dk dMk djdV dy dkj [kkuka dk fo"ksyk dpjk vks fo"kkDr ty] bāku /kq/k fo"ksyh xš a rFkk c<fk gqk 'kqj gā bu inilkdka }kjk i; kbj.k ij gkfudkj d i Hkko mRiUu djusokys ifjorū inilk.k dgykrs gā

i; kbj.k inilk.k ds ifj.kkeLo: i ftl feVVh ds xqk xkrs dfo dHkh Fkdrk ugha Fkk ogha feVVh vkt rd py gšvks gekjh l qyk l Qyk 'kL; '; keyk /kjr h cat j curh tk jgh gā ou fouk'k ds dkj.k Hkrie dk {kj.k c<fk tk jgk gš rFkk i; kbj.k ea ty 0; oLFkk ea u; si zdk vks dij zdk usi kdfrd ojnu ty dsL=karkadks [krjseaMkydj mu ij fuHk] ekuo l ekt dk Hkfo"; pšV djusdh Bku yh gā [kfut rsy] xš vks dks yk ydMh rFkk xksj dMk vkfn bāku ds: i eatyuk tul [; k of) dh vko'; drk i firZds l kFk c<fk tk jgk gš buds/kq al sgksokyk inilk.k vc [krjsdsLrj l sĀij p<+pyk gā dy dkj [kkuka rFkk rst xfr l spyusokys [kfut rsy] bāku , oadks yk tykusokys okguka i; kbj.k dks/kq al sHkj dj nri'kr djusds l kFk&l kFk Hk; kud 'kqj l s inri'kr dj fn; k gā

8-3 inilk.k ds izdkj &

ikdfrd i; kbj.k ds e[; rRo Hkrie] ty , oa ok; q gā vr% buds Āij i Hkko Mkyus okys gkfudkj d ifjorū mRiUu djusokys inilkdka ds vk/kkj ij ikdfrd inilk.k dks e[; r%pkj izdkj ka eafokDr fd; k tk l drk gā

- | | |
|------------------|------------------|
| 1- Hkrie inilk.k | 2- ok; q inilk.k |
| 3- ty inilk.k | 4- /ofu inilk.k |

ekuo vflrRo ij eMjkr sbl Hk'k.k [krjs l sfui Vusdsfy, l Hkh izdkj ds i; kbj.k inilk.k ds oržku , oa l EHkoh dkj dka dh mRi fRr ds dkj .kka dk irk yxkdj muds fuokj.k ds dkj xj mik; ka dks l quf'pr djuk vks i HkkoH : i l soLr r% mudks ykxw djuk] ekuo dks cuk; sj [kus ds fy, vR; ko'; d gā

8-4 Hkrie] ty] ok; q, oa/ofu inllk.k ds dkj .k , oafuokj .k&

ikdfrd i; kbj .k dse[; rRokaHkrie] ty , oook; qds inllk.k ds dkj .kka dh foopuk, amuds fuokj .k grqmi; kskladk l fuf'pr djusdsfy, bueal si R; d dksi Fkdr%foLrr : i l sl e>uk gksxk] rRi 'pkr~budh vUrfØ; k ea , oaijLij l cadk ij 0; k[; k dh tk l drh g&

gekjsnsk eaed[; r%rhu izdkj dh Hkrie g& df" k dh Hkrie] ou dh Hkrie rFk pkjxkg dh Hkrie bueal spkjxkg dh Hkrie l cl svf/kd mi \$kk dh xbZ g& ik; %cM&cM% l Hk h pkjxkg df" k Hkrie ea ifjofr' dj fn; sx; sgft l l si 'kq/kadsfy, pkj t'kus dk nkf; Ro ouka , oafQj df" k dh Hkrie ij vk i M k g\$ vr% i 'kq i; kbj .k ds 'k=qekus tkus yxs g&

Hkrie ds inllk.k l svfHk k; Hkrie dk vius us fxZl xqka dks [kksdj mo] k 'kDr l sjfgr Hkrie {kj .k rFk chgM+, oacatj Hkrie eacny tkuk g&

8-4-1 ½½ inllk.k ds dkj .k&

o\$ srks Hkrie inllk.k gksuk LokHkkfod gSfdUrq, d l hek rd gksusokys Hkrie inllk.k dks izdfr Lo; ai frfØ; k l sl r'fyr djrh jgrh g\$ i jUrqvkt gksjgsRofjr Hkrie inllk.k ds fuEukfdr dkj .k g&

(i) **pkjxkgka dh fujUrj ?kVrh fLFkr&**

vf/kdkf/kd i 'kqpkjk t'kus dsnkf; Ro ds l kFk fujUrj df" k ea ifjofr' gks' tkus ds dkj .k pkjxkgka dh l [; k , oa {ks= fujUrj ?kVrk tk jgk g&

(ii) **Hk[kj .k , oa chgM+ fuekZ k&**

/kjr h ij ouLifr dh idM+tc etcir ugh jg i krh rks o"kkZ dk ty oghadh feVVh dks vius l kFk cgk tkrk g\$ bl sHk[kj .k dgrsg& T; k&T; ka Hk[kj .k ds l kFk o"kkZ ty ds i Dkg ekxZ/kjr h dh feVVh ea xgjs curs tkrs g& rks njka ds cuus ds ckn Hkrie chgM+ eacny tkrh g&

(iii) **[kuu&**

/kjr h l sHkkrj l si klr djusdsfy, [kpkbz dk dk; Zpkgs [kqyh [kpkbz; k Hkrie xr [kpkbz [kuu dgykrk g& [kuu fØ; k ea mMeusokyh /kqy ml l kjs {ks= ea Qsydj Hkrie dh Hkrie catj gks tkrh g& Hkrie [kpkbz ea tehu ds /ka us dk l n& [krjk jgrk g& dks yk [knkuka ea rks vxk yxus dk Hkjh [krjk rFk vxk yxus l sml sc-kus dh dfBukbz l n& cuh jgrh g&

(iv) **dj dkj** [kkuka l s fudyus okyk /kq/k&

vks| kfxd i xfr ds l kfk LFkfi r dy&dkj [kkuka l sfudyusokyk /kq/k fujUrj /kjr h ij ijr
 cudj cBrk tkrk g\$ vks| ml dh mojk 'kfdR dks?kVkrk tkrk g\$

(v) **rst vka/k; ka&**

jrhys LFkkuka dh vks| l s pyus okyh rst vka/k; ka ds dkj .k Hkh /kjr h dh Åijh ijr ij l s
 jr ds gVrs rFkk u; s LFkkuka ij ters jgrs g\$

8-4-1½ **Hfe inlk.k ds fuokj.k&**

Hfe inlk.k ds iæq[k dkj .k pkj kxkgka dk de gksr tkuk] Hkj {k.k , oa chgM+fuekZ k crj rhc
 [kuu dy&dkj [kkuka l sfudyk gq/k /kq/k rFkk rst vka/k; ka g\$

¼½ l v[ks vks| v/kl v[k {ks=ka ea l keftd okfudh ds vxzr , d s fd; k tk,
 rks tykus dks bZku rFkk i 'kq/ka dks pkj k nrs g\$ l kfk gh QI y dV tkus ij [kr ea i 'kq pj kus dh
 ij Ei jk dks cuk; sj [kuk g\$

½½ Hkj {k.k , oa chgM+fuekZ k l s Hfe dks cpkus ds fy, Hkh ouLi fr l s l e) djuk gksck
 bl ds fy, ouka dh dVkbZ can gh ughafu; fer vo'; djuh pkfg, A chgMka dks i gys pkj kxkgka ea
 fQj df"k Hfe eacnyuk gksckA

¾½ [kuu m | ks dks pykus ds l kfk gksus okys ouka ds dVku] mojk Hfe dh cjcknh rFkk
 ty ds inff"kr gksus dks jksduk gksck [kuu ds/ka usds [krjs dks Vkyus ds dkj xj mik; djus gksckA

¾½ dy dkj [kkuka l sfudys/lq adh ijr l s Hfe dks inff"kr gksus l scpkus ds fy, iR; d
 , d sdkj [kkus dks i nll.k fuokj .k mi dj .k yxkuk] vfuok; Zgksuk pkfg, rkd /kq/k fd l h Hkh mi ; ksch
 : i l s LFkkuka r fjr fd; k tk l ds vks| ml l s gksus okys i nll.k dh gkfu l scpk tk l dA

¾½ ; | fi rst vka/k; ka l s gksus okys i nll.k l s Hfe dks l h/ks cpkus dk dkbZ mik; vHkh
 dkj xj ugha gsfQj Hkh vka/k; ka vkus dh fn'kk ea vf/kd Åps rFkk l ?ku ou jks .k l s vka/k; ka ds
 pyu dh rhok dh vo'; de fd; k tk l drk g\$

8-4-2¼½ ty inlk.k D; k g\$

LoPN ty ekuo eny vko'; drkvka ea l s, d g\$ ty dk mi ; ks euq; ka , oa i 'kq/ka ds i hu\$
 Hkktu cukus; df"k dju\$ ÅtkZ mRi Uu djus rFkk dkj [kkuka , oa m | kska ea gksck g\$

tc Hkh] ftl dkj.k l sty vuq; kxh gkstrk gŕ rksml sty inll.k dgrsgA inŕ'kr ty] dk ekuo thou] thou tUrŕ/ka rFkk ouLifr ij cjk iHkko iMŕk gA

8-4-2½ **ty inll.k ds dkj.k&**

izfr ea ty inll.k fujUrj gkrk jgrk gS ijUrql kFk ml inll.k dk uS fxBd fof/k; ka l s fuokj.k Hkh gkrk tkrk gA bl izkj , d l rgyu LFkkr jgrk gA

fdUrq tul Œ; k c<us ds l kFk vc ; g l rgyu xMeM+gks x; k gA ekuo }kjk gh ty dk vfedkf/kd inll.k fd; k tkrk gŕ ftl sizfr l rŕyr ugha dj ik jgh gA

¼½ **df"k ea fo"ksj j l k; ula dk iz kx&**

vkt dy df"k eadhVuk'kd j l k; ukŕ [kji rok&uk'kd j l k; ukarFkk vU; jkl k; fud [kknka dk Hkji j iz kx fd; k tkrk gA ; s j l k; u , oajkl k; fud [kkn o"kkZ ds ty ds l kFk cgdj unh eafey tkrsgA

ml l smudk ty inŕ'kr gks tkrk gA

½ **dMk dpjk , oa ey ew fu"dkl u&**

c<rh gŕZ tul Œ; k dsdkj.k dMk dpjk , oaxn xh eyew dk fu"dkl u , d Hk; dj l eL; k cu xBZgA ; sl Hkh vif"V rkyckŕ ufn; ka eacg fn; s tkrsgŕftl l smudk ty inŕ'kr gks tkrk gA

⅓½ **m | kx /kka , oa dkj [kuka l s fudyk vo'ks&**

ty dk mi ; kx djusokysm | kx /kU/kka , oadkj [kuka l sfudyk ty Hk; kud : i l sfo"kkDr gkrk gSftl eavud fo"ksj jkl k; fud inkFkZ gkrsgŕvkŕ bl h xns ty dsrkyk ; k unh ea i gpus l si jk ty inŕ'kr gks tkrk gA j r hysLFkkuka eabl izkj dsfo"kkDr vif"V; ŕr ty dsfj l dj Hkfiexr ty eafeyus l sdŕ/kŕ uydi ka dk ty Hkh inŕ'kr gks tkrk gA

¼½ vUrr% I kxjka ds ty dk Hh inlk.k&

vc rks ; g Hkh ugha I kp I drsgdf I kxj eavullr ty gD; kkd QQmuk'kd ds : i ea iz q r i kjk& ; kSxd , oafoksk idkj ds i s / sy rFkk bZku ds dke vkusokys I hl s dk vif'k"V Hkh vUrr%cgdj I kfk ty eal efo"V gks tkrk gA tgka I sml dsckgj fudyusdh ifO; k gkrh gh ugha gA bl idkj fujUrj I kxj&ty inff'kr gks tk jgk gA I kxj ty ds inff'kr gkus ea , d egRoiwkdj.k i s / sy ; e , oa [kfut ry gSftl dk gj o"kyk [kka Vu fjl dj I kxj ty Lrj ij Qs ty tkuk dkys dhpM+dks mRi Uu djukA

8-4-2½ ty inlk.k dk fuokj.k&

ty inlk.k ds ied[k df"k ea fo"ksysj I k ; ukadk iz kxj dMk dpjk , oa ey e# fu"dkl u m | kx /kalka , oadkj [kkuka I sfudyk vo'kSk] I kxj&ty eafeyrs i kjk& ; kSxd I hl k , oa [kfut ry gSvr%bl inlk.k ds fuokj.k mik ; ka ea ied[k gA

¼½ df"k ea iz q r fo"ksysj I k ; ukadso"kkZ ty ea?kydj ufn ; ka , oal kxj eafeyus I sjkdus ds dkjxj mik ; djus gks vFkok bu fo"ksysj I k ; ukadsmi ; kx dks i frcf/kr djuk gkskA

½½ dMk dpjk , oa fu"dkl r eye# dks ty ea cgk fn ; s tkus ds LFkku ij mudh mi pkfjr dj df"k , oa vU ; mi ; kx ea ykus ds I a ka dk I e fpr mi ; kx djuk gkskA

¾½ m | kx /ku/ks , oadkj [kkuka I sfudys vo'kSkka dks ukyka ufn ; ka ea cgkus ds LFkku ij bl h iz kstu grq [kksnx ; s xgjs xM<ka ea tekdj mi pkfjr fd ; s tk , arFkk dkbZ Hkh fo"ksys vo'kSk unh ukyka ea ugha cgk ; s tkoA

dŋ , d n'kd l sok; ꝥ. My eadlcū Mkb̄/k̄DI kbM dk vuq̄kr c<ƒk tk jgk gSftl ds QyLo: i idfr l syk [kka o'kka l scukdj j [kk x; k] l Uryu xMεMkr tk jgk gā ok; qeadlcū Mkb̄/k̄DI kbM] /ny dsd.k vU; fo"kyh xS kavkfn dk ok̄Nr vuq̄kr l sc<+tkuk gh ok; qinlk.k dgylrk gā

8-4-3½ ok; q inlk.k ds dkj .k&

ok; ꝥ. My eamifLFkr dlcū Mkb̄/k̄DI kbM dk i kf.k; k̄ ouLifr; ka, oaok; ꝥ. My eafujlŋj fofu; e pØ pyr̄k jgr̄k gā ok; ꝥ. My l s dlcū Mkb̄/k̄DI kbM ouLifr; ka ea tkrh gS tc ouLifr; ka l Mrh gS rks i q% dlcū Mkb̄/k̄DI kbM muea l sfudydj ok; ꝥ. My eafey tkrh gā

bl ds vfrjDr cM&cM& dkj [kkuk̄] okguka rFk vU; ?kjsyw l k/kuka l sfudyk gq̄k /kq̄k , oa fo"kyh xS ka ea ok; qinlk.k gkr̄k gā

bl idkj ok; qds iæŋk dkj .k g&

¼½ c<ƒh i kf.k l ŋ; k }kj k fu"dkfl r dlcū Mkb̄/k̄DI kbM&

fnuk̄nu c<ƒh tul ŋ; k] i 'kqif{k; k̄ dhV i rakadh cS k̄kj c<k̄kj h ds QyLo: i okrkoj .k eadlcū Mkb̄/k̄DI kbM dk vuq̄kr c<us l sok; qinlk.k gkr̄k gā

½ fujlŋj ?kVrh ou&l E ink&

df"k Hkfe gr̄qoukadsdVuS b̄lku dsfy, ou fouk'k i ŋclax o Quh̄j gr̄qydMh i kusdsfy, oukadh dVkb] l kelftd okfudh dsuke ij vuq̄; kxh l Qn dh jki .kh vkfn l sou l E ink fujlŋj ?kVrh tk jgh gSftl ds QyLo: i ouLifr l sokrkoj .k dks i ktr gkusokyk vkDI htū dk vuq̄kr ?kVus l sok; qinlk.k gkr̄k gā

⅔ dks yk [kuu , oady dkj [kkuka ea dks yk tyuk&

dks yk [kuu l smMεsokyh dks yh dh l ?ku /ny okrkoj .k eafeyrh gS dks yk tyus l s fudyusokyk /kq̄k rFk vU; fo"kyh xS ka ds okrkoj .k ea Qsyus l sok; qinlk.k gkr̄k gā

¼½ ?kjsywb̄lku rFk okguka l sfudyk /kq̄k&

?kjsywb̄lku ds: i eaydMh dks yk vkfn tyusrFk l Mdka ij nkMfsvl ŋ; okguka }kj k tyk; s tk jgs [kfut ds /kq̄a vkS; fo"kyh xS ka l sHk; ŋdj ok; qinlk.k gkr̄k gā

1/5½ egluxjh; cgeñtys Hou rFk >lxh cLrh&

>ki Mh dh cflr; k tul ã; k vf/kd rFk LFku dh deh dsdkj .k Hkh ?krd ok; q i nllk.k gkrk gA

8-4-31/2 ok; q i nllk.k dk fuokj.k%

vk/kfud I H; rk dsc<rs pj .kka ds I kFk gkus okys bl ok; q i nllk.k dks I oFk jksduk vl Hko g} gla bl s ?krd i Hko dks de djus ds mik; vo'; fd; s tkus pfg,] ftuea i e[k gA

(i) tul ã; k fu; eu&

I ã kj dh c<rh gpZ tul ã; k dh of) nj dks ?kvdj ok; q i nllk.k eafujLrj gkus okyh of) dks de fd; k tk I drk gA

(ii) ou fouk'k jksduk rFk oukji.k&

vf/kdlf/kd gkus oysou fouk'k dks jksdus rFk vf/kd I svf/kd u; sou jki us I sok; q i nllk.k dks de fd; k tk I drk gA

(iii) dy dkj [kula ea ok; q i nllk.k fuokj.k ; ãka dk iz ks&

dy dkj [kula I s fudyus okys /kq a dk i nllk.k fuokjd ; ãka }kj k mi pkj djus I s Hkh ok; q i nllk.k dh ?krd rk dks de fd; k tk I drk gA

(iv) fu/kã bãku rFk ogula dh fu/kãrk&

bãku ds: i eai jEi jxr ydMh dks yk u tykdj vk/kfud xS rFk I k} Å tkz ds mi ; ks djus vk} ogula ea tyk; s tkus okys [fut ry dks fu/kã Lrj ij j [kus I sok; q i nllk.k I scpk tk I drk gA

(v) LoPN o 'k} ok; q ; ðr Hou 0; oLFk&

bl izdj dh Hkou 0; oLFk djuk fd ykska dks 'k} ok; q feyrh jgA ; g 0; oLFk ok; q i nllk.k ds i Hko dks de dj I drh gA

8-4-41/2 /ofu i nllk.k D; k g&

vk/kfud I H; rk rFk rst xfr ds ogula dh nsu , d vR; k/kfud i nllk.k /ofu i nllk.k gA , d fu'pr Lrj I svf/kd rhork , oafujLrj rk okyh /ofu I sokrkoj .k ea /ofu i nllk.k gkrk gA

okguka ds gkuZ dh rhork ds dkj.k nqkZ/ukvka dh I q; k c<+xbZ gA ckf/kjRo] ds j rFkk vull; fuæuk'k ds jks yx I drsgA /ofu i nllk.k dk Luk; qI LFku ij dq Hkko i M+k gA

I qj vkpfyd xteh.k okrkj.k dh 'kDr rFkk uxjh; HkM+dh v'kkar dh rnyuk I s/ofu i nllk.k dk vockk gkrk gA

8-4-4½ /ofu i nllk.k ds dkj.k&

okgu dh xfr dsc<usds I kfk ml I sgkusokyh /ofu i nllk.k dh rhork Hk c<rh tkrh gA

(i) jSM; k; Vhoh] ymMLihdj rFkk rst gku&

bl ; q dh nu jSM; k; Vhoh] ymMLihdj rFkk rst gkuZ dh fujlrj c<rh /ofu o 'kjs I s Hk; dj /ofu i nllk.k gkrk gA

8-4-4¾ /ofu i nllk.k dk fuokj.k&

/ofu i nllk.k ds fuokj.k ds fy, /ofu i nllk.d dkj dka dks dke djuk gkskj rFkk

(i) okguka dh xfr vuko'; d : i I s u c<k; s rFkk gkuZ I s gkus okys /ofu i nllk.k I s cpk; A

(ii) ?kjkaeao edkuka ij Hk jSM; k; Vhoh- /kheh vkokt eapyk, arFkk ?kjka ds vkl i kl i M+ i kks yxk; A

(iii) ?kjkae arFkk ckj /kheh vkokt I s crk djA

(iv) okguka ds bñtuka dh fu; fer I eqpr n[khky djarkd osde I s de 'kjs dja okguka earst /ofu okys gkuZ iz, lxx u djA

8-4-5 xte ,oa ml ds vkl i kl ds LFku dh LoPNrk gsrq tix: rk

ekuo cflr; k; fo'kksdj xte rFkk xnh cflr; ka ds vkl i kl ds LFku dks LoPN j [kus I s i nllk.k ds nqi Hkko I s cpk tk I drk gA xte ,oa vkl i kl dh LoPNrk cuk; s j [kus ds fy, xteokfI ; ka dks LokLF; , oa LoPNrk dh fof/kor f'k[kk nh nh tkuh pkfg, vkj LoPNrk ds i fr muea tutxfr txuh pkfg, A

xteokfl ; ka exkte , oaml dsvkl ikl dsLFkkuka dsfy, LoPNrk cuk; sj [kusdh tix: drk dks mRi uu djus dsfy, fuEukidr mik; djuk vko'; d gA

(i) **xyh I Mdla dh LoPNrk&**

xyh I Mdla dks ; FkkI Hko dMk&dpjk I sxlnk u fd; k tk, A ?kja dk dMk dpjk fuf'pr LFku ij cus [kMMka ea tek dj fn; k tk, rFkk dEi k&V [kkn cukus , oavU; fof/k; ka l smi pkfjr dj mi ; kxh cuk; k tk, A

(ii) **ey ew o vif'kV fu'dkl u 0; oLFk&**

fnu ifrfnu c<rh tul d; k dsfy, eyew o vif'kV fu'dkl u dh mfpr 0; oLFk I Lrs LoPN 'kpk; , oamueafu'dkl r vif'kV ds mfpr mi pkj i 'pkr~mi ; kxh cukus ds dkjxj mik; djus dh vknr Mkyh tk; A

(iii) **?kja ea fu/ka pVgla dk iz kx&**

?kja ea , d sfu/ka pVgs iz kx fd; s tk, aftul sok; q inlk.k de l s de gka

(iv) **dyka rFk unh rlykla dh LoPNrk&**

dyka dks <ddj mueayky nCck] Cyhpa x i kmMj vkfn l sdhV.k. kpk'k vks fu; fer l QkbZ l s inlk.k l scpk; k tk, A

(v) **LoPN thou ds <x&**

xteokfl ; ka dks Lo; aLoPN jgus vks vius vkl ikl dsLFkkuka dh LoPNrk cuk; sj [kusdh vknr Mkyus dks mRi kfgr fd; k tk, a; s dk; ZLo; axteokfl ; ka ds }kjk vks l kefgd tutkxj.k dsfy; sfd; k tk l dsxkA

iB iqjkoykdu

0; fDr dsvkl ikl dk Kkr , oavKkr] ikdfrd , oal keftd okrkoj.k gA Hkkrd i ; kbj.k ds eq; rRo Hkkr] ok; q , oa ty gA

i ; kbj.k inlkdk }kjk i ; kbj.k ds fofHku rRoka dks n'kr djus vks mu ij i Hko mRi uu djus okys ifjorZu dks i ; kbj.k inlk.k dgrsgA

rRoka ds vk/kkj ij i ; kbj.k inllk.k e[; r%pkj idkj dk gkrk g&

1- Hkrie inllk.k

2- ok; q inllk.k

3- ty inllk.k

4- /ofu inllk.k

pkjxkgka ds ?kVu\$ Hk(kj).k gk\$ [kuu rFkk dkj [kkuka l sfudys/kq vls rst jshyh vkfek; ka
l s Hkrie inllk.k gkrk gA dF"k eafo"ksys dhVuk'kdka m | kx /kalka l sfudys fo"ksys vo'kSk rFkk Qds
x; s dMk dpjk ds ty eafeyus l s ty inllk.k gkrk gA ouka dh dVkb] c<rh tul q; k dks yk
rFkk [kfut rsy dk /kq/k bu l cl sok; q inllk.k gkrk gA vR; f/kd xfr okysokguk dy dkj [kkuka
ds 'kij rFkk jSM; k\$ Vh-oh- vkfn dks Aph vkot ea pykusea/ofu inllk.k gkrk gA

inllk.k l txrk thou&; ki u dh , d vknr gSftl dk fodkl tu&tu eafd; k tk l drk
gA

vkRe ijHk.k izu

ukV& fuEufyf[kr izuka ds mRrj fyf[k; s rFkk vius mRrj dh mRrj d@h@i kB dh l gk; rk l s
Lo; a tlp dhft, A

izu&1 i ; kbj.k inllk.k D; k g\$ inllk.k dk o.ku djka

izu&2 xte , oaml ds vkl ikl ds LFkkuka dh LoPNrk g\$ q tkx: drk dsfy, mik; ka dk o.ku
djka

izu&3 /ofu inllk.k dk ekuo 'kjhj ij D; k d q Hkko i M=k gA



i =kp kj iB; Øe
ek; fed f'k{k e.My e-ç-] Hki ky
 ½kj k I ok/kdkj I jf{kr½
 fMlyek bu ,T; p{sku ijh{k&f}rh; o"Z
 izu i= & v"Ve

bdkbZ 'kkjhfd f'k{k

iB Øekd & 9

mi bdkbZ 'kkjhfd f'k{k ds m{S; ,oa egRo

mi bdkbZ & 9-1

'kkjhfd f'k{k m{S; ,oa egRo

- 1- 'kkjhfd f'k{k ds m{S; ,oa egRo
- 2- 'kkyk ds iB; Øe ea 'kkjhfd f'k{k dk LFku
- 3- vk; ij fyax ds vuq kj 'kkjhfd dk; Zdyki ka dk puko

'kkjhfd f'k{k , d vyx fo"K; ds: i eaekU; rk i klr dj p{dk g{ i kphudky ea 'kkjhfd f'k{k ds nks LFky Hksn ekU; Fks i Eke gB ; k{xd i fØ; k, a rFkk f}rh; I jf{kRed n"V I sI æ{kr fofHku i zkj ds; k; ke , d rhl jk : i Hkh ge eku I drsg{og g{eukj at ukFZ fofHku i zkj ds 'kkjhfd d{sky dk in'kzA i Eke : i ea 'kkjhfd f'k{k dk m{S; 'kkjhfd] ekufI d vkj vk; kFRed m{ufr djuk FkA gB; k{xd fØ; k, aeuf; dksi wZ i q "k dh fLFkr rd i gpkuseal Qy FkA vkt Hkh 'kkjhfd f'k{k dsbl : i dsegRo dksI kj I a kj Lohdkj djrk g{ 'kkjhfd f'k{k dk n{ jk : i I jf{k dh n"V eaj [kdj fufeZ fd; k x; k FkA i kphudky ea; q) ea 'kkjhfd 'kFDr dk cMk egRo FkA 'kkjhfd 'kFDr dksfodfl r djusdsfy, i R; d vak dks i qV vkj cfy" B cukus dsfy, fofok i zkj ds; k; ke , oavud i zkj ds 'kkjhfd d{sky fl [kkusdk i ko/kku Fk] ftI ea

uV fo | k i æ [k L F k k u F k k A b l i z d k j i k p h u d k y d h ' k k j h f j d f ' k { k k i) f r ; k a e a g B ; k s x d f Ø ; k v k a d k s l o k p p L F k k u i k l r F k k v k s ; g ' k k j h f j d f ' k { k k i) f r e u t j ; d k s t h o u t h u s d h d y k e a i w k z : i l s i f ' k f { k r d j u s e a l e f k z u g h a j g h F k h A v k t f o K k u d s f o d k l d s l k F k r F k k l o F k k m i ; Ø r ' k k j h f j d f ' k { k k e a : i k l r j . k v k o ' ; d g k s x ; k g A

'k k j h f j d f ' k { k k d s m i s ; &

'k k j h f j d f ' k { k k d s m i s ; j k " V a d h o r z e k u v k o ' ; d r k v k a d s v u o p h y g k u k p k f g , A b l d k i æ [k m i s ; N k = k a d k ' k k j h f j d v k s l o s k r e d f o d k l d j u k r F k k m u d s , d s o ; f D r x r x q k k a d k f o d k l d j u k g s t k s f d n l j k a d s l k F k v k u l n i w z d t h o u 0 ; r h r d j u s e a l g k ; d g k A ' k k j h f j d f ' k { k k d s f u e u f y f [k r m i s ; g k s l d r s g A

- 1- l q < + , o a l q k s y ' k j h j d k f o d k l d j u k A
- 2- u r R o v u o p j . k r k j l g d k f j r k r F k k l k e k f t d r k d h f o ' k s k r k v k a d k f o d k l d j u k A
- 3- f p j d k y r d L o k L F ; d k s c u k ; s j [k u k r F k k d H k h H k h g k u s o k y s j k s k a l s ' k j h j d k s e Ø r j [k u k A
- 4- m R l k g l f g " . k r k j v k R e & f u ; æ . k j b z k u n k j h j U ; k l v k f n x q k k a d k f o d k l d j u k A
- 5- l n b m R l k f g r , o a L Q f i r z h k ; d t h o u 0 ; r h r d j u s d h ' k f D r d k s i f j o f r r d j u k A
- 6- 0 ; f D r R o d k s , d R o d s : i e a f u f e r d j u k A
- 7- N k s & N k s / s j k s k a d k i f r j k s k A

i R ; d N k = d k s ' k k j h f j d e k u f l d , o a l o s k r e d n f " V ; k a l s L o L F k c u k u s d k m i s ; l H k h L o h d k j d j r s g s i j l r q b l d s v f r f j D r N k = k a e a , d h o s f D r d r F k k l k e k f t d f o ' k s k r k v k a d k f u e k z k H k h g k u k p k f g , t k s n l j k a d s l k F k l q [k j [k q k h] l g ; k s l s t h u s v k s v P N s u k x f j d c u s e a l g k ; d f l) g k A b l i z d k j ' k k j h f j d f ' k { k k d k m i s ; v x f y f [k r H k h g k s l d r k g A

- 1- ' k k j h f j d l q k k ; r k d k f o d k l A
- 2- u k v h & i s k h ; d k s k y d k f o d k l
- 3- 0 ; f D r R o , o a p f j = d k f o d k l A

'kkjhjd f'k{kk dk egRo&

1- ikdfrd fodkl ea l g; k&

'kjhj dsmfpr fodkl l sgh 0; fDr eafufgr l kkkouk; amtksj gkrh g& 'kkjhjd f'k{kk dh eyHkr mi; k&xr k ekuh tkuh pkfg, A

2- dk; k l k&n; &

thou ea l Qyrk i klr djusdk i Fke l # gSdk; k l k&n; A l t[nj] l tMky vls vld"kd ng l cdksvkdf"kr dj yrh g& l kphudky eadk; k dks l t[nj] l tMky cukusdsfy, fofok iz; kl fd; s tkr sFk& eka i s'k; ka dsmHkkj ij dk; k l k&n; ZfuHkj djrk g& 0; k; ke dsek/; e l sng dks, s k xB ysukj t& s dqky f'kyih ds }kjk fdl h efirZ dks fufeZ fd; k tkrk g&

3- i tB ,oa LoLFk dk; k&

'kkjhjd f'k{kk ds }kjk dk; k dks i tV vls LoLFk cuk; k tk l drk gs i tV dk vFkz gS, s k 'kjhj tks 'kkjhjd Je djus l sd"V dk vuHko u dj l q[k dk vuHko djrk g& thou&; ki u dh l kjh vko'; drk; aJe ij vkfJr g& i tV dk; k LoLFk Hkh gkrh gSjkska dsfojksk dh ml ea {kerk jgrh g&

4- vkRefo'okl dh ixk<rk&

'kkjhjd f'k{kk ds }kjk 'kjhj dks i tB vls LoLFk j [kusea tksyHk gkr s g& mudh fo'k&krk; a cMh Qycn gkrh gS dgkor gSfd LoLFk dk; k ea LoLFk eu fuokl djrk gS vls i tV 'kjhj] eu vls vkRek dks i tV cukdj eut; ea vkRefo'okl dks n<+cukrk g&

5- vuqkl u dh of) &

'kkjhjd f'k{kk l svkRekuqkl u ds l kFk&l kFk ckg; vuqkl u dh of) gkrh g& thou ds fy, vuqkl u o& sgh egRo i wkz gS t& s Hkktu 'kkjhjd thouA

6- pkjf=d xfjek ea of) &

'kkjhjd f'k{kk 'kDr vls l k&n; Z dh of) ea Hkh i R; {k : i ea eut; ea 'khy pfj= dk Hkh fuekzk djrh g& vuqklfl r thou l spfj= dk fuekzk gkrk g& l t[nj pfj= l sl ekt vls jk"V^a dh l idfr vls l H; rk dk vkn'kz : i idV gkrk g&

7- I ekt cksk txkus ea l gk; d&

'kkjhfd f'k{kk ds }kjk eut; ea l ekt cksk dks txr djusea cMk l gk; rk feyrh gA
'kkjhfd f'k{kk Vhe fLiV dks cMk egRo nrh gA , d Vhe ifjokj dk : i gkrh gSftl sl ekt dh
, d Nks/h bdkbzekuk tk l drk gA 'kkjhfd f'k{kk dh 0; oLFk ftl l ekt eamfpr <x l si Lr
gSogka l ekt dks vkj fo'o cksk dsminsk dh vko'; drk ughajg tkrh 'kkjhfd f'k{kk vutkus
ea l s , d vkn'kz ukxfjd dks tle nsnrh gA

fo'ofokj; f'k{kk vk; lx ds vuq kj 'kkjhfd f'k{kk dk y{; gS'kkjhfd LoLFkrk Nk= dh
ekuf l d vkj pkjf=d idfr ds vxr (Interlocked) gA 'kkjhfd f'k{kk dk /; s gSfd Nk= dks
eu vkj 'kjh ds df=e vkk ea foHkfr u djds ml sml ds , dRo : i eamllur djA

fu"d"l

fu"d"l: i eadgk tk l drk gSfd 'kkjhfd f'k{kk eut; dks thou thus dh dyk ea i jkar
djr h gA og muds 'kkjhfd] ekuf l d vkj pkjf=d fodkl ea l g; lx ndj ml ds 0; fDrRo ea
i wkz rRo inku djrh gA 'kkjhfd f'k{kk l seut; 'khy vkj l kn; l dh f=oskh cu tkrk gA

mi bdkbz 9-2

'kyk ds iB; Øe ea 'kkjhfd f'k{kk dk LFku&

'kkjhfd f'k{kk dsdk; Øe eaftruh Hkh fØ; kvka l shkx yusdk vol j feyrk gSrFk ftruk
Kku vtU djus dh l fo/kk feyrh gA os l c dk egRo vU; fo"k; ka ds v/; ; u djusea gkrk gA
rFk mu fo"k; ka l sl af/kr iz kxka dks viukusea l gk; d gkrk gA bl fy, vko'; d gSfd f'k{kk
ds iB; Øe ea 'kkjhfd f'k{kk dk gsk vko'; d gA

D; kaid vU; fo"k; ka dk i k; ksd i {k LoLFk 'kjh l sgh l Ehko gA l Hkh Nk=ka dks viuh f'k{kk
dks , d l rfy: i ns ds fy, 'kkjhfd f'k{kk ds l S kaid , oa ik; ksd : i ka l svoxr gsk
furkar vko'; d gA

jke dk bfrgkl bl ckr dk l k{kh gSfd ogkadsyxs Lo; a [ksydin vls 0; k; ke eaHkkx ugha yrsFkA osdoy n'kZd gksuk vf/kd i l n djrsFkA v [kM+eankl x.k yM+&fHM+sFksvls uxvfjd doy rek'kk n[krsFkA Qyr%jke o ml dh l ldfn dk i ru gq/kA gekjs'kS{k d dk; Øe eaHkk"kk bfrgkl] xf.kr rFkk foKku vo'; i < k, a tk; sfdUrq; fn gkFk i s vls /kM+dk iz ksx djrs gq mi; Dr fo"k; ka ds Kku dks thou ea iz ksx ugha fd; k tkrk rks bu fo"k; ka ds l s kãrd i {k dh tkudkj j [kus okys Nk= , oa f'k{k dka dk ogh gky gksk tksjkokoyka dk gq/kA

'kkjhfd f'k{k dsek/; e l sge viusfopkjka dks 0; Dr djrs gA i kphudky ea l Hkh /kkfeZd f'k{k, a uR; }kjk nh tkrh FkA bl h uR; ds }kjk euq; viuk l kelftd rFkk /kkfeZd jhfr; ka dk i n'kZu djrk FkA ml l e; Hkk"kk l svf/kd xk; d fØ; kvka }kjk vfhk; fDr dk i pyu FkA blgha xte fØ; kvka dsegRo dks/; ku eaj [krs gq f'k{k tkr ea 'kkjhfd f'k{k dk LFku fufobkn gA fu% ang ; g 'kkjhfd f'k{k gekjs 'kkyk ds i kB; Øe dk , d egRo i wZ vax gA

'kky; thou ea [ksydin dk , d fo f'k"V LFku gA vLoLFkrk vls vkyL; dse/; fo | k vè; ; u vl Hko gA vuojr v/; ; u l sckydkadk eflr"d cks>y gksmBrk gA mudh ekufi drk : X.k gks tkrh gS vls osv/; ; u l sv: fp j [kusyxrsgA i kB'kkyk tkr l e; vls vkrs l e; mudk eu f [klu jgrk gA fo | ky; hu [ksydin eamudk eflr"d rktk gks tkrk gA 'kkjhfd LOfirZ Hkh cuh jgrh gA v/; ; u vls eukjatu dk l g; ksx i kdj Nk= 'kky; thou dks cgr pkgusyxrk gA bl l s 'kkyk dh gj fØ; kvka dks og l gt gh ân; æe dj yrk gS vls ml ds vflrRo dh l okh.k fodkl dh l Hkkouk, a c<+ tkrh gA [ksydin Nk= ds fy, foVkfueu gA [ksyfoghu f'k{k&f'k{k ds vfkZ l s gh ofpr gks tkrh gA

'kkyk i kB; Øe ea [ksydin dk l ekoš k vfuok; Z : i l s gksuk pkfg, A ; gh dkj .k gS fd f'k{kfonkaus l nk gh i kB; Øe ds l kfk [ksydin dks egRo i nku fd; k gA vkt dy 'kkl u fo | ky; ka ea [ksydin dh 0; oLFkk dk fo'kSk izdk dj jgh gA v/; ; u ea: fp mRiUu djus LokLF; dks Bhd j [kus rFkk vuqkkl u dh f'k{k i ktr djus vkn ea [ksydin l gk; d gkrk gA bl ds vfrfjDr nsk ds Hkko dky f [kykM+ ka dk ey L=kr blgha 'kkykvka ea gkrk gA vPNsf [kykM+ i ktr dj nsk dk uke mTtoy djus ds fy, ; g vko'; d gSfd 'kky; thou ea [ksy ds i fr mRiUu dh tk; A

I kjkak

gekjs fo | ky; ka ea 'kkjhfd f'k{kk dk; Øe rFkk i kB; Øe dk 0; ofLFkr : i l s l pkyu gksuk vfuok; ZgA l Hkh Lrjka ij 'kkjhfd f'k{kk i kB; Øe dh 0; oLFkk Hkyh i zdkj gksl dsbl grq i kFkfed , oaek/; fed fo | ky; ka ds Nk=ka ds LoHkko&y{k.k rFkk : fp; ka , oa vko'; drkvka dh tkudkj gksuk vko'; d gA bl dk ifj.kke dk; Øeka dks i Hkko cukus dh n"V l s l kuphy i Mfk gA

fo | ky; ka ea 'kkjhfd f'k{kk dh l epr 0; oLFkk Hkh egROI wKz gA 0; oLFkk dh n"V l s 'kkjhfd f'k{kk dk; Øe rhu Hkxka ea foHkDr fd; s tkrs gA; Fkk] [ksydm ds l keW; dk; Øe dh 0; oLFkk] ; kx; rk in'kz dk; Øeka dh 0; oLFkk rFkk vlurfoz| ky; hu i fr; ksrk ds l ek; kstu dh 0; oLFkkA

'kkjhfd f'k{kk dsegRo vKj mnas; ka dks n"V eaj [kdj bu dk; Øeka dks i; klr l e; feyuk pfg, A fo'kSkKa dk er gSfd yxHkx , d ?ka/k i frnu bl sfeyuk pfg, A l e; dk l nq; kx gsrFkk l Hkh Nk=ka dks l Hkh n"V fclny/ka l svko'; d vol j fey l dsbl dsfy, l e; foHkx pØ dk 0; ofLFkr : i l sfu; kstu fd; k tkuk pfg, A bl h ds l kFk vko'; drkuq kj vPNseBku] 0; k; ke 'kkyk; arFkk l ktl keku vKj 'kkjhfd f'k{kk d{k , oarRl ædkh i qrdkads, d y?qi qrdky; dh Hkh 0; oLFkk dh tkuh pfg, A e; r% i kB; Øe , d n'kz ij vk/kfjr gsrk gA ml h n'kz ij vk/kfjr dfri; mnas; fu/kfzr fd; s tkrs gA ftl dk i l æ i k; % i kB; Øe fuekz k eavk; k djrk gA i kB; Øe dh vuHkr; ka }jk i æk mnas; ka dh mi yfc/k gsrh gSvKj l ekt mul sykHkflor gsrk gA

mi & bdkbZ 9-3

vk; q fyx o : fp ds vuq kj 'kkjhfd dk; Bkyika dk puko&

i R; d {ks= dksml dh vk; qrFkk fyx ds vuqhy 'kkjhfd fØ; kvkadh vKj funi' kr djuk pfg, A fo | ky; ea Nk/h vk; q ds Nk=ka ds fy, 'kkjhfd dk; Øe ea , d h fØ; kvkadh 0; oLFkk vko'; gksuh pfg, tS s Nk/s Nk/s cPpka dh nkM+mNyuk dmuk vkfnA vxj gks l ds rks bl i zdkj dh fØ; kvkadh l æhr ds l kFk tkM+nuk pfg, A dñ , d h Hkh 'kkjhfd fØ; k; s gA tks yMfd; ka ds fy, ugha gsrh tS h dq rh] ePdskth vkfnA bl ds vykok ; g Hkh vko'; d ugha gSfd tks 'kkjhfd fØ; k, a vf/kd vk; q ds Nk=ka ds fy, mi ; kxh gka os Nk/h vk; q ds cPpka ds fy, Hkh mi ; kxh fl) gka vkerKj ij Nk/s cPpka dks, d s [ksyka ij Hkx ysus dh vi {kk] ftuea 'kFDr rFkk l gu 'kFDr dh vko'; drk gsrh gA , d s [ksyka ea Hkx ysuk pfg, tks dq kyrk ds

fodkl eal gk; d fl) glæ ekè; fed fo | ky; eaf'k(kd }kjk Nk=ka ij dksky l ædkh 0; k; ke rFkk muds'kkjhfd fodkl dh vks /; ku fn; k tk, rFkk 'kfDr dsvud kj , oal g'kfDr l æekh 0; k; ke djok; k tk, A egkfo | ky; dky ea; ødkædksfu; ekuð kj l eLr izdkj ds0; k; ke djuspkg, A tks0; fDr iks+rFkk vf/kd vk; qokysgâmlgædksky l ædkh [ksyka ij fQj l soki l vk tkuk pkg, l æfBr gkdj [ksyusokys [ksy g&Qv/cky gkdh] dcMMh] ckyhoky] fØdV] okLdV/cky] V&ul vks jLI kdl hA ; fn bu [ksyka dk vk; kstu dðky vks çf] eku 0; fDr }kjk fd; k tk, rksmi ; ksh ykHk ikr fd; s tk l drsgâ ; g ik; k x; k gSfd tks0; fDr , d l svfekd [ksyka ea Hkkx yrk gSog l k/kj .k dðkyrk ikr djuk gSrFkk vPNh izdkj l sjg l drk gâ vk; q, oafyæ dsvud kj fØ; kvka dk oxhZdj .k bl izdkj fd; k x; k gâ

1- ; kôukjEHk l si wZ ds Nk=ka vks Nk=kvka dsfy, fuEukâdr 0; k; ke dk l øko fn; k tkuk pkg, t\$ suR;] ?kæuk] /kuðkck.k pykuk] xkVQ] V&ul] gkHh] cQZ ij Ld&Væ djuk jLI s ij p<uk nkM&uk rFkk [ksy dsæhku ds l k/kj .k [ksy vkfnA

2- fd'kkjkoLFkk ds Nk=ka ds fy, Åij fn, x, 0; k; keka ds vfrfjDr fuEufyf[kr 0; k; keka dk l øko fn; k tkuk pkg, A t\$ sckHdV/cky] çf cky] rFkk ioZka ij p<ukA

3- fd'kkjkoLFkk ea Nk=kvka ds fy, iLrkfor 0; k; ke bl izdkj gâ ur;] r\$uk] x& Q&uk] ?kH+ okjh djuk] Ld&Væ] nkM&uk] /kuðkck.k rFkk Nks/sæhku okyh gkHhA

4- egkfo | ky; ds Nk=ka dksæhku ds l Hkh [ksy [ksyuspkg, A rFkk bl dsvykok r\$uk çf cky] dðrh fteukfLVd , oa ioZkjkg .k vkfnA

5- ; kôukjEHk l si wZ Nk=ka dsfy, bu 0; k; kekadk fu"ksk gksuk pkg, t\$ &Qv/cky otu Q&uk] ifr; k&xrk ea r\$uk] dðrh] ckLdV/cky] eðdskth] fteukfLVd rFkk ioZkjkg .k vkfnA

6- fd'kkjkoLFkk ea tks0; k; ke fu"ksk gksuk pkg, osg& Qv/cky ¼0; fDr fo'ksk dsfy, ½ nij rd r\$uk] vf/kd njih okyh nkM+eðdskth rFkk dðrhA

7- fd'kkjkoLFkk ea tks0; k; ke Nk=ka dsfy, fu"ksk gksuspkg, osg&yEch nkM+Hkkj mBkuk rFkk Q&uk] Qv/cky] dðrh rFkk eðdskthA

fu"d"l&

Nk= dsfd l h Hkh 'kkjhfd fØ; kdyki eaHkkx y&sl sigysml dh LokLF; ijHk vk'o' ; d gksuh pkg, A

vkRe ijh{k.k izu

uhpsfn; sx; sizuka dsmRrj fy[kdj ikB l sfeyku djds vius ikl gh jf[k; A

izu&1 'kkjhfd f'k{kk dsmnns; karFkk egRoka ij idk'k Mkfy, A

izu&2 ikB; Øe fueZk ea^{^^}kkjhfd f'k{kk dk LFkku** ij idk'k Mkfy, A

izu&3 'kkjhfd f'k{kk dsfofHku vk; qrFkk fyax l egj dsfy, 0; k; kekadk o.ku dhft, A

izu&4 'kkjhfd f'k{kk dsckjs ea, d fucdk fyf[k, A



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç] Hki ky
 ½kj k l ok/kdkj l jf{kr½
 fMykek bu ,T; dsku ijh{k&f}rh; o"Z
 izu i= & v"Ve~

bdkbZ 'kjhfd dk; Zykika ds izkj

iB Øekd & 10

mi bdkbZ ¼Vd boVI ¼nkl+ l s l æf/kr½ foHku [kyla ds fu;e dh tkudkjH
 ½½; k; ke
 ¼¾; kkl u] ; kkl u dk 'kjh ,oa eflr"d ij iHko]
 ¼¾ MI\$ djKs rFk ,jkcdI
 ¼½foHku [kyla ds fu;e dh tkudkj] eka ,oa;/ku ; k dk egRo

mi bdkbZ & 10-1

'kjhfd f'k{k mİ\$; ,oa egRo

Vd boVI ¼nkl+ l s l æf/kr½ foHku [kyla ds fu;e dh tkudkj &

Vd dh r\$kj &

fd l h Hkh , Fks;SVDI ifr; ksrk dks vk; kstr djus ds fy, ge bl l s l æf/kr l Hkh
 ØHvleka dsek; : i l snksHkxka eafokftr djrsg ftudsuke gSVd ,oafQYMA vUrjzVh;
 fu; eka ds vuq kj Vd dh ,d fu/kkZjr eki g

bl h eki dsvuð kj víðr fd; sgq Vð dschp ds{ks= dksge QhYM l sl æá/kr djrs
 gA Vð ea fofHku idkj dh nkM+ rFkk QhYM ea fofHku idkj dh dm rFkk Qdus dh
 i fr; kfxrk, avk; kstr dh tkrh gA tgka Vð dh fuf'preki gSogka QhYM ea vk; kstr fd; s
 tkusokys fofHku ØhMk LFkyka dh fLFkr dsckj sea dkbZ fuf' pr fu; e ughagA ; | fi QhYM
 ds fofHku ØhMk LFkyka dseki Hkh fu/kkj r fu; eka }kj k fu; ã=r fd; s tkrsga ogkage Vð dks
 víðr djus dh fof/k dk foLrkji mðl mYys[k dj jgs gA

Vð dh cukoV &

Vð dh cukoV dk fuekZk dk; Zpkj pj. kka ea fofHkfr fd; k tk l drk gA

¼1½ LFku dh i kfr , oa x. kuka

¼2½ Vð dks víðr djus okys fclnq/ka dk fu/kkj .ka

¼3½ /kkod i fVvdkvka dk l hekuA

¼4½ nkM+ dh jokuxh o l ekfr dks víðr djuka

¼1½ LFku dh i kfr , oa x. kuka

fu/kkj r Lrj ij Vð og gSftl dh yeckbz 400 ehVj gks rFkk ftl eade l sde N%
 rFkk vf/kd l svf/kd vkB /kkod i fVv; kagka ; g 400 ehVj dh njh nks l jy i Fk] nks xkykb; ka
 ear; dh tkuh pkfg, A Vð víðr djus dsfy, l oL Eke gea {ks= dh mi yfC/k dks /; ku ea
 j [kuk pkfg, A l jy /kkod i fVvdkvka dh y- 75 eh- l s90 eh- gkuh pkfg, D; kñid bl l sde
 yeckbz djus ij Vð dh xkykb; kac<+tk, xh ftl l s /kkod dks nkM+us ea dfBukbz; kavk l drh
 gA

bl dsvfrfjDr n'kdka vf/kdkj hx. k] f[kykM+ ka dh i kj ãHkd r\$ kjh dsfy, rFkk /kkod
 i fVvdkvka dks víðr djus dsfy, LFku dk fu/kkj .k djuk pkfg, A

x. kuk&

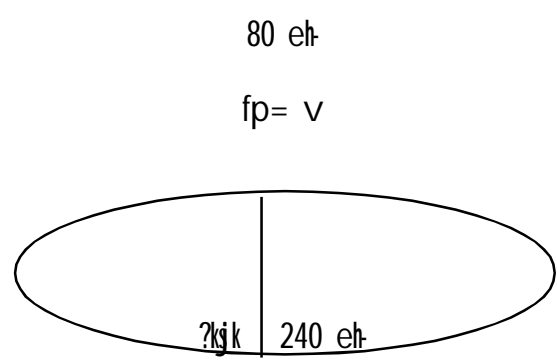
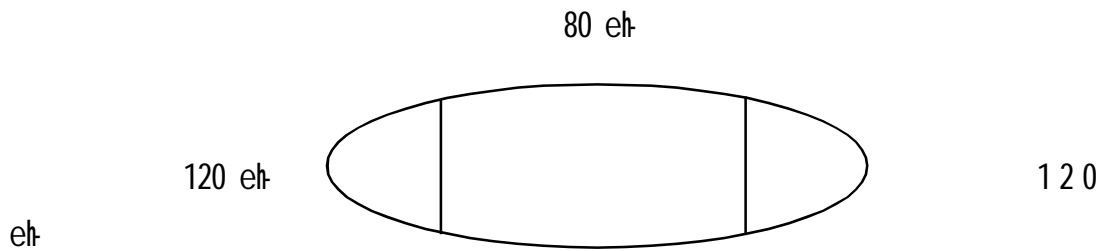
tš k fd ge tkursgšfd fdl h Hkh I jy /kkod i fVv; ka dh y- 75 eh l s 90 eh- rd gksh gš

ekuk dh I jy /kkod i fVvdk dh ya 80 eh gš bl h izdkj nll jh vks dk I jy /kkod i fVvdk dh ya Fkh 80 eh- gh gkshA 80 eh- dks/; ku eaj [krs gq ge vc nll jh x.kukvka dk eki fudkyrs gš

Všl dh dty yčkbz & 400 eh-

nksuka vks dh I jy /kkod i fVvdkvka dh dty ya 180 \$ 80 & 160 eh- eh-

vFkkz-og njih tks nksuka xks/ kb; ka ij r; dh tkrh gš $400 + 160 = 240$ eh- tš k fd fp= v l sirhr gš



fp= c

nksukavks dh I jy /kkod i fVvdkvka dksvyx djustij geaorR i tlr glrk gš ft l dk

240 eh gA fp= 1/2

tS k fd ge tkursgA

$$2\pi r = 240 \text{ eh}$$

$$2\pi r = 240 \text{ eh}$$

$$\therefore \frac{1}{2} \cdot 2\pi r = 240 @ 2$$

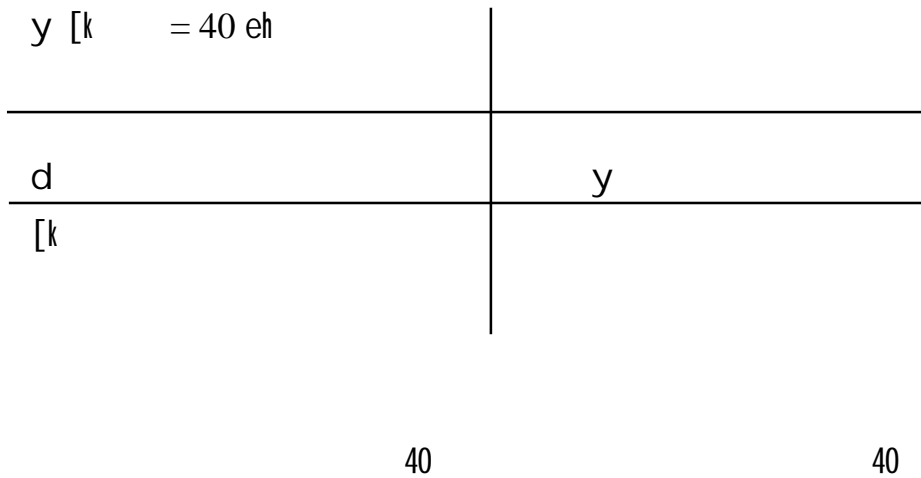
$$\pi = 22/7$$

$$= 240 \times 7/2, 22 = 1680/44 = 38.18 \text{ eh}$$

vc ge VEd cukuk vkjkk djrs gA vc ftI {ks= eageaVEd dk fuekZk djuk gSmI {ks= dschpkachp ge ,d yEch I jy js[kk [kprsgA vc bl js[kk dk e/; fclnq^y** ydj nksuka vkj 40] 40 eh ij fu'kku yxk yrs gA ftudsuke fp= ea^d** ^[k** gA

$$vc y d = 40 \text{ eh}$$

$$y [k = 40 \text{ eh}$$

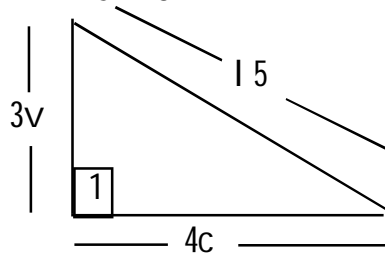


vc ikbFkkxkjI iEs dh I gk; rk I sfclnqd vkj [k ij yEc fxjkrsgA

ikbFkkxkjI iEs fl) djrh gA

$$v^2 + c^2 = l^2$$

$$\pi \Delta = 90^\circ$$



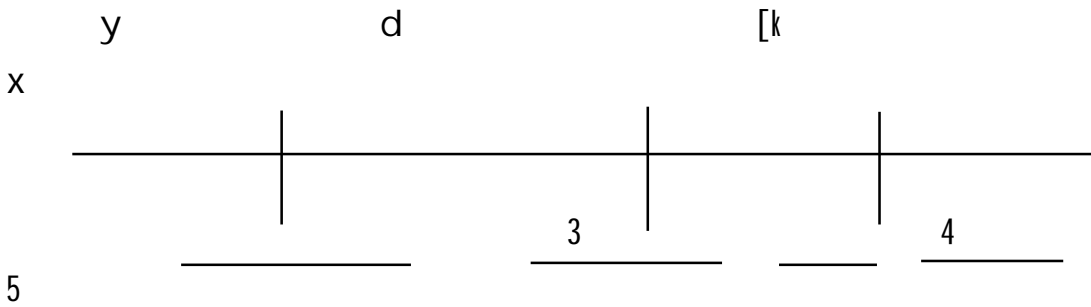
$$3^2 + 4^2 = 5^2$$

fp=&l

i kbFkkxkj l i es ds iz kx djus dh fof/k&

, d yEch jLI h ydj ml rhu fu'kku 3 Qv 4 Qv vj 5 Qv dh yEckbz ij yxkb; s t\$ k fd&

fp= ua n l sirhr gkrk gA jLI h



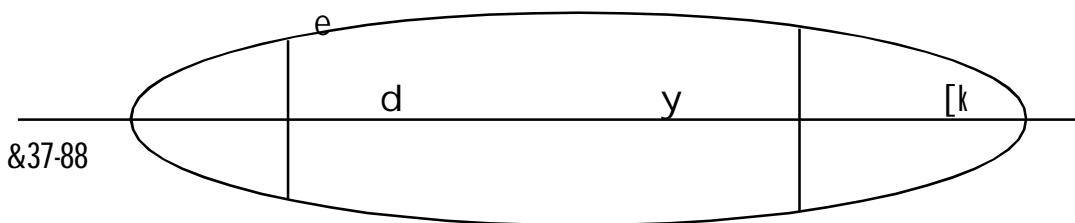
fp= n

vc d vj [k dhys xkM+fn; s tk, A jLI h dsnkukafi jsy vj x dksfeykdj [khrs gg e fclnqij xkM+fn; k tk, t\$ sfd fp= ua n l sirhr gkrk gA

bl izdkj dksk e d [k 90° dk cuk vFkr~e d fclnqdd ij yEc gA ftl xksykbz ij /kkod nkM+k gSml dh yEckbz 38-18 ehVj gA

vc gearhl jk eki Kkr djuk gS tksfd l heku v/k; kl (Marketing Radius) gS ftl dsfy, nkM+v/k; kl (Running Radius) ea l seh- 3/4 37-88

ge 30 l seh- bl fy; s?kVkrsgSD; kid tks/kkod igyh /kkod i fVvdK eaHkkxrk gSog v/k; kl ds vlnj fdukjs l s30 l seh- nij Hkkxrk gA



fp=&7

2- Vð dks víðr djusokysfclnq/ka dk fu/kkj .k fd; sLFkkuka dks dhyka }kjk LFkk; h dj fn; k tkrk gA

fu; ekuq kj

, d /kkod i fVVdk dh pkb/mbz 1-22 ehVj

6 /kkod i fVVdkvka dsfy, ge 7-3 ehVj (1.22x6) dh pkb/mbz LFkkbz: i l svídr dj yus gA

3- /kkod i fVVdkvka dk l heka du&

xky /kkod i fVVdkvka dks víðr djus dh fuEufyf[kr nks fof/k; ka gA

1- rkj }kjk

2- jLI h }kjk

1- **rkj }kjk**

rkj dk , d fl jk e/; fclnqij tgka l sxkykbz dk l heka du fd; k x; k gSLFkk; h dj fn; k tkrk gA vc bl rkj dks v/kd; kl js[kk ij [khp dj 1-22 ehVj dh njh ij 5 fu'kku yxk fn; s tkrsgA tksfd /kkod i fVVdkvka dh pkb/mbz dks n'kkrs gA vc bu i kpa fclnq/ka ij , d&, d vkneh [kvlk dj fn; k tkrk gSvks rkj dks xkykbz ea?kpk; k tkrk gSrFkk 1 l s2 QW dh njh ij dhyka l siR; d fclnq/ka ij fu'kku yxk; k tkrk gA bl izdkj bu fclnq/ka dks pws l sfeyk fn; k tkrk gA

2- **jLI h }kjk**

jLI h }kjk /kkod i fVVdkvka dks víðr djus dsfy, ge , d Qhrs dk iz ks djrs gA ftl dsfy, Qhrs dks Vð dsvlnj dsfl jsij jLI h ds l kfk feykrsgq LFkk; h dj nrs gsvks fQj ml h izdkj 1-22 eh- dh nfij; ka ij i kp vkneh dhy l sfu'kku yxkrs tkrsgA rFkk fclnqkj js[kkvka dks pws l sfeyk fn; k tkrk gA

v/kd; kl dh l gk; rk l s Vð cukuk

tc gekjs ikl xkykbz dk v/kd; kl gks rks Vð fuelz k dsfy, fuEufyf[kr fof/k vi ukbz tkrh gA l cl sigysgea; g tkuuk t: jh gsd ; g v/kd; kl /kkod ds nks usdh xkykbz dsvlnj dsfl j l s30 l seh- dh njh ij nks l f k gA

$i f j f / k \frac{1}{2} k \frac{1}{2} \frac{3}{4} 2\pi r$

; gka r = 38-18 ehVj

2x22x38.18/7 eh-

$\frac{3}{4} 240$ ehVj

Vid dh dgy yEckbz^{3/4} 400 ehVj

nksuka xksykbz ka dh dgy yEckbz^{3/4} 240 ehVj

nksuka vlgj dh l jy /kkod ifVVdkvka dh dgy yEckbz^{3/4} 400&240 ehVj ^{3/4} 160 eh

, d vlgj dh l jy /kkod ifVVdkvka dh dgy yEckbz^{3/4} 160@2^{3/4}80 eh

tc bl s/kkod ifVVdkvka dk l hekodu djuk gksrc 38-18 l seh- l s30 eh- ?kVv nrsrgA

^{1/4}^{1/2} nkM+ij l Hkh jokuxh o l ekflr j²kkvka dks v²idr djuka

Vid ij l Hkh nkM/s, d gh LFkku ij l ekflr gkrh gA

jokuxh j²kk

vyx&vyx nkM/ka ea i LFkku j²kk, avyx&vyx gA ftudk fooj.k fuEufyf[kr gA

100 ehVj vlgj 110 ehVj ck/kk nkM/A

; snksuka nkM+l jy 110 ehVj nkM+vlgj 110 ehVj dh ck/kk nkM+dh jokuxh j²kkvka dh

l hekodu djus dsfy, l jy j²kk dks gh Øe'k%20 ehVj vlgj 30 ehVj i hNs dh vlgj c<k nrs gA

^{1/2}^{1/2} og nkM+ tks xksykbz l s'kq gkrh gA

1500 ehVj dh nkM+dsfy, /kkod dks Vid ds3 pØ yklus i Mfs gA

nkM+dsfu; e iR; d [ksy ds dN fu; e gksrgAftudk ikyu f[kykfM+ ka dks gh djuk

i Mf²k gsmu fu; eka dh vogsyuk djus ij ml sn.M feyrk gA nkM/ka ds Hkh dN fu/kkZjr fu; e ftudk ikyu nkM+us okys f[kykfM+ ka dsfy, vfuok; Z gA

l k/kj.k nkM+

1- Nks/h nkM/ka ea/kkod dgy viuh gh ifVVdkvka ea nkM+l drk gA nkM+fs l e; viuh /kkod ifVVdk dks nkM+us ij /kkod v; kx; ?kks"kr dj fn; k tkrk gA

2- 100 ehVj dh nkM+l h/kh /kkod ifVdk ea gh nkM/h tkuh pkfg, A

3- i LFkku l s i wZ /kjrh dks Nnus okys l Hkh vak i LFkku j²kk l s i hNs gksus pkfg, A

4- l s/ dh fLFkr ea'kjhh ds l Hkh vak fLFkj rFkk xfr 'kM; gksusvko'; d gA , d k u gksus dh n'kk ea/kkod dks prkouh ns nh tkrh gA

5- ; fn dkbZ/kkod l s/ ds vkn'sk ds ckn rFkk xks ds vkn'sk l sigysgh i LFkku djrk gS rksml sprkouh nh tkrh gS rFkk nkskj fujUrj , d k djus ij /kkod dks v; kx; ?kks"kr dj fn; k tkrk gS vlgj og ml nkM+ea Hkx yus l so²pr dj fn; k tkrk gA

6- /kkod ds cktwfl j rFkk i j dks nkM/dj 'kjhh ds vU; vak ft l Øe ea l ekflr j²kk ij cakn Mkg h dks Li'kZ djrs gA ml h ds vuq kj i fr; kfxrk ea ml ds LFkku dk fu.kz gksrk gA

ck/kk nkM

1- ft l i fr; kfxrk ea vrjk"Vh; Lrj dh gMzy iz kx ea ykbz tkrh gA ogka/kkod l sfdruk Hkh gMzy fxjus ij fu; e ck/kd ughagksrkA ijUrqvU; LFkku ka ij rhu ; k vf/kd gMzy fxjus ij /kkod dks v; kx; ?kks"kr dj fn; k tkrk gA

2- tku c>dj gMz fxjus ij Hkh /kkod dks v; kx; ?kks"kr dj fn; k tkrk gA
fjys nM+

1- cnyko {ks= dsckgj cBusdsvknku&inku djusij Vhe dksv; kx; ?kks"kr dj
 fn; k tkrk gA

2- cBusdsvknku&inku dsle; cV/u dh tehu ij fxj tkusij /kkod ml s
 mBkdj Hkx ys l drk gSc'krzfd cV/u fdl h vl; Vhe dh ifVvdK ea u fxjh gkA

3- iR; d /kkod cV/u dks døy gkFk ea ydj nM+ l drk gA

4- ftl /kkod l scV/u fxjs døy l gh /kkod ml s mBk l drk gA

fu"d"K&

Vd ea fofHku idkj dh nM+rFk QhYM ea fofHku dM rFk Qdus dh ifr; ksrk
 vk; kstr dh tkrh gA tgkaVd fuf'pr eki gS ogkaQhYM ea vk; kstr fd; stkusokysfofHku
 dhMk LFkyka dh lFkfr dsckjs ea dkbz fu'p; fu; e ugha gA

fdl h 'kkjhfd dk; Zdsfy, /kkod ; k f[kyMh dks vi us 'kjhj dh eka i s'k; ka l tx
 djuh iMh gA eka i s'k; ka dks l tx djus dh fØ; k dks ge xjekuu dh l kkr nrs gA

mi & bdkbZ 10-2

0; k; ke (Exercise)

'kkjhfd fodkl dsfy, mi; Ør 0; k; ke vko'; d gA ftl idkj vPNsLokLF; dsfy,
 l rfy rHkstul 'k) ty rFk l wZdsidk'k dh vko'; drk gSml h idkj 'kkjhfd 0; k; ke Hkh
 'kjhj , o eflr"d ds l rfy fodkl dsfy, de vko'; d gA 0; k; ke u djus l s'kjhj vkyl h
 vkS jksh gks tkrk gA 0; k; ke dsu djus l s ikpy fØ; k Hkh Bhd ugha jgrhA bl dsfoijhr
 0; k; ke djus l seup"; QhYk a"V&iV vkS fujks jgrk gA ugh jgrhA fujks eut; dk 'kjhj
 vkS eflr"d i wZ: i l sfodfl r gksuk gS tks 0; k; ke }kjk gh l EHko gks l drk gA 0; k; ke djus
 okys 0; fDr ea vkrfo'okl dh Hkkouk i pj ek=k ea vk tkrh gA

0; k; ke l s ykH&

1- ân; dh xfr rhoz gks tkrh gA , d k gks l s ân; n<+vkS a"V&iV jgrk gA

2- jDr dk vf/kd vkDI htU iklr gsrh gS rFk dksZu MkbZ vkDI kbM 'kh?krk l s
 ckj fudy tkrh gA

3- jDr ifjHk.k rst xfr l sgkrk gS vkS ml h dkj .k 'kjhj ds vka dks i kskd rRo
 vf/kd ek=k ea iklr gks gA

4- eka i s'k; ka vf/kd fodfl r gsrh gS vkS Fkdku nj gsrh gA

5- fodfr; ka l qkjus ij 'kjhj l n<+, oal qnj jgrk gA

6- ikyu fØ; k rFk ey vkS ew= R; kx fØ; k i kRl kfgR gks tkrh gA

7- 'okl dh xfr , oae=k ea of) gks tkrh gA

8- l kefgd [kyka }kjk vuqkl u ikyu] 'kh?kz fu.kz] fot; vkS ijkt; l si Hkkfor
 u gksuk rFk ijekfZ dsfy, LokfZ R; kx dh f'k{kk feyrh gA

0; k; ke ds fu; e%

- 1- 0; k; ke l nō [kqyh gok eadju k pfg, rkd 'kō) gok i klr gks l dā
- 2- fM'y }kjk Fkd ku vf/kd gkrh gš bl fy, de vk; qdscPpkadks i frfnu ; k 20
feuV l s vf/kd fM'y ugha djuh pfg, A Fkdus ij mlga vkjke fn; k tkuk pfg, A
- 3- Hkktu djus ds rjUr ckn 0; k; ke ugha dju k pfg, A
- 4- 0; k; ke i frfnu dju k pfg,] vf; fer 0; k; ke l s gkfu gkrh gā
- 5- 0; k; ke vk; qLokLF; rFkk i fjLFkr ds vuqhy gksuk pfg, A

0; k; ke oft' g&

- 1- 'kh?krk l s c<us okys cPpkā ds fy, vf/kd 0; k; ke ugha gksuk pfg, A
- 2- 13 l s 16 o"l'z dh vk; q dh yMfd; ka dks vf/kd 0; k; ke ugha dju k pfg, A
- 3- xFB; k jksx l s i hfMf cPpkā ds fy, 0; k; ke oft' gā , d s cPpkā dk ān;
detkj gā
- 4- jksx gksus ij vf/kd 0; k; ke ugha dju k pfg, A

fu"d"l'z

'kkjhjd fodkl ds fy, mi ; Dr 0; k; ke vR; Ur vko' ; d gā i jh{k. kka }kjk Kkr gks
pplk gSfd 0; k; ke }kjk jDr teus ugha i krk oju tes gq jDr dks nfor djus ea 0; k; ke
l gk; d gsrk gS l kekl; r%0; k; ke jDrpki dks de dj nrk gS vkš ān; dh /kMdu dks eln
dj nrk gā vr%vPNs LokLF; ds fy, 0; k; ke rFkk [kydm ea Hkkx yxkrkj ysuk pfg, A
0; k; ke l s chetj; ka dh jkdFkke djus dh l gk; rk gkrh gš ān; etcir gsrk gā
0; k; ke dk ykhk dōy 'kjhj rd gh l hfer ugha gā oju-bl dk cgr cMk ; ksnku
ekuf d LokLF; ea Hkh gsrk gā

mi bdkbz 10-3

ckg; [ky&[ky ds iz; kstu cgqv; keh gā [ky [kyus l sruko dh eqDr gkrh gā rFkk
thrus eavkulln dh vuqkrA bl l sf[kykrM+ ka eal g; kx Hkkouk vkš fo'okl mRiUu gsrk gā
ckg; [ky ckgj ea [kyk tkrk gā ckg; ea, d l eku fu; e gksrge Hkh dN f[kykMā nū jka
dks ryuk ea vf/kd l Qy gksr gā dkj.k Li"V gS [kyrs l e; os vius i fr}āh dh pky dk
igys l sgh vuqku yxk yrs gā

f[kykMā dh l kjh l Hkkfor l okz/kd pkyka ij l kp fopkj djdsos l okz/kd l Hko pky
dk vuqku yxk l drsgā bl sōe i fjonū , oal ā kstu fl) kr dgrsgā dHkh&dHkh f[kykMā
vxj , d k gsrks , d k gsk fl) klr dk vuq kru djrs gā fdl h xā dks Qudusea yxusokyh
rkdr djrs l e; os ; ā=drk ds {ks= ea vk tkrsgā

f[kykrM+ ka dks foHku ckg; [kyka }kjk f'k{k ea mlufr vol j feyrk gā os [ky gā
gkdh] Qvcky] kychky] dcMMh] fØdV/ vkfnA buds }kjk i ; klr f'k{k i klr djuh gsrks ; s
dk; Zdyki l ū; kštr] i nZfopkjr l q frca/kr rFkk 'kkl r okroj.k eafd; s tkus pfg, i R; d
[ky [kyus ds fy, vPNh izdkj l s i f'kr{kr vkš fo'kšk 'kkjhjd f'k{k dh vko' ; drk gkrh

gSD; kld I Hkh [ksyka dh fØ; k, a, d fo'kSk izdkj dh ddkyrk , oa i Dh. krk ij vk/kkfjr gSBhd fof/k ds [ksyus l su døy dk; Zdh ddkyrk c<rh gsvfi rql Hkh 'kkjhfd vakra ea yphyki u vkrk gS rFkk Nk=ka ea JSB f[kykmh gksus dh Hkkouk, amRi lu gsrh gA tks mlga vkum inku djrh gS bl l sthou eamlufr l Qyrk vksj i Dh. krk ikr djus dh bPNk tkxr gsrh gA bl l sfu/kkfjr fu; eka ds ikyu dju\$, , d nlr js dks l g; kx nxs vksj gksus dh 0; kogkfjd f'k{kk feyrh gA , d vPNk f[kykmh cuus dh bPNk tkxr gsrh gA f[kykmh+ ka dks mu jgL; ka dk i rk yxkus ea vkl kuh gks tkrh gS tks rRo 'kjhj dks 'kDr' kkyh cuk, j [kus, oa LQfir Z vksj 'kDr inku djus ea l gk; d gkA

vr%; g l R; gSfd ckgk [ksy eñku ea ikr fd; stkusokysvutko l dkdjh gksrgsvks buds }kjk Hkh tks l h[kk ; k fl [kk; k tkrk gA og vf/kd LFkkbZ vksj eV; oku gsrk gA

f[kykmh dsfd l h Hkh 'kkjhfd fØ; kdyki ea Hkkx ysus l sigys ml dh LokLF; ij h[kk vo'; dj ysuk pkfg, A ; fn fdl h izdkj dh 'kkjhfd detkjh utj vkrh gS rks ml ij utj j [krs gq ml h vuq kr ea 'kkjhfd fØ; kdyki ka dk cks> Mkyuk pkfg, A tks f[kykmh gkfuZ, ka l s i hfMf gS mlga de l s de , oa l hfer ek=k ea 'kkjhfd fØ; k dj kuh pkfg, A

mi bdkb&10-4

; kskl u] ; kskl u dk 'kjhj , oa eLr" d ij iHko

; kskl kuka dk eQ; y{; gS 'kjhj ds l c vakra dk fodkl djuk mul snh?Z thou vksj y{; ; kbu dh i kflr gsrh gA 'kjhj vksj eLr" d nksuka dks; kskl ukal sl epr : i eacy feyrk gA ; kskl ukadk vH; kl djus l seut; dh 'kDr l apr gsrh gS vksj 'kDr l p; eut; dks vf/ kd kf/kd LoLFk cukrk gA ; g 'kDr mu y{; ka dks fl f) ea cMh l gk; d gsrh gS tks fdl h Hkh 0; fDr ds thou eam l ds l keus gksrgA bu vkl ukal seut; dh 'kkjhfd l gu' kDr c<rh gS vksj vkerk; ij ; kskl u djus okys 0; fDr dks fdl h Hkh izdkj ds jks vi uk f'kd kj ugha cuk i krs gA

; kskl ukal dh nlr jh fo'kSk rkr ; g gSfd mudh otg l s, d s'kkjhfd vakra dk 0; k; ke gks tkrk gS tks l kekl; r% fucy jgrs gA; k v'kDr ugha rks de l s de mudk dkbZ 0; k; ke fdl h vl; vk/kfu d i) fr }kjk ugha gks i krkA mnkgj .k dsfy, vkt dy dh i) fr; kae tks l kekl; r% i pfy r gA muea i s/ vkrk; xBk; k; l ka dh ufy; karFk ul ka dk i jk& i jk 0; k; ke gksuk l Hko ugha gA bl dsfoi jhr ; kskl ukal }kjk mDr vakra vksj eut; ds l eLr Luk; qtky dk 0; k; ke gks tkrk gS vksj osetar vksj 'kDr' kkyh gksrgA

; kskl u LFkyrk ; k eks/ki s dks nij djus dk Hkh l cl svPNk l k/ku gA ; kskl; kl l su døy eks/ki k nij gsrk gS cfYd eut; ds l kRod rst dh of) gsrh gS vksj ml ds, d snqz kka dk uk'k gsrk gS ftueam l ds 'kjhj ij fdl h Hkh izdkj ds ifrdwy i Hko dh l Hkkouk gsrh gA 'kjhj fujks vksj eu i Qy jgrk gA vPNs LokLF; ds dkj .k vk; qdh Hkh of) gsrh gA es n. M ds vkl ukal sml dk yphyki u c<+ tkrk gS i s/ ds l c fodkj nij gks tkrsgA ml h izdkj dk m | kx Hkh djuk i Mf k gA

vko'; d fu; e&

; kskl u l k/ka dks dñ vko'; d fu; eka dk ikyu djuk cgr t: jh gS rkd os ml l si jk&ij k ykHk mBk l ds vks mlgafdl h izdkj dh gkfu u gksus ik, A uhp sdñ , d sfu; e fn; s tk jgsgdf tuds djust l s l k/ka dksfdl h izdkj dh 'kkjhjd ; k LokLF; l ædkh dfBukbz ugha mBkuh i MæhA

1- vkl u] l æg ; k 'kke nksuka l e; fd; s tk l drsgñ ijUrql æg dk l e; vPNk jgrk gA

2- vkl u djus ds l e; pkj ; k ikp ?ka/s igys dñ ugha [kkuk pkfg, A

3- ; fn vkl u 'kke dksfd; s tk, arks vkl u djus ds l e; l spkj ; k ikp ?ka/s igys dñ ugha [kkuk pkfg, A

4- vkl u djrs l e; de l s de di Mæi guus pkfg, A yMæka ds fy, rks tkf?k; k gh dkQh gS yMfid; ka tkf?k; k vks cfu; ku vFkok l yokj deht Hkh igu l drh gA

5- vkl uka dk vH; kl goknj vks , dkkur LFku ea djuk pkfg, A

6- vkl uka ea vH; kl fu; ferrk cgr vko'; d gS vks mudk ij k ykHk rHkh feyrk gS tcd ; scjkj fu; e i wZl Bhd l e; fd; s tk, A

7- ; kskl u ds l k/ka dk Hkstu , d k gksuk pkfg, fd tks gYdk gks vks vkl kuh l sip tk; A

8- 'kq & 'kq eadñ vkl u Bhd izdkj l sughagks ik, æA yfdu bl l s?kcjk tkus dh t: jr ughagSyxkrkj vH; kl l s; g viusvki Bhd gksusyxæsvks mudk ykHk Hkh gksæA

9- ; kskl uka ds l k/ka dksæp; Zdk ikyu djuk pkfg, A ; g cgr gh egRoi wZ gSbl dk ; g vFkZ ughafd xgLFk thou gh NkM+nA rRi ; Z; g gSfd vkgkj&fogkj ea l a e j [kk tk, A

10- l k/ka dks fl xjV rEckdwvkn u'knyh phtka dk l ou ugha djuk pkfg, A

11- l l rkg ea, d ; k nksckj ijs'kj hj ij tS w ; k l j l kadsrsy dh ekfy'k djuk pkfg, A

12- vkl uka dk vH; kl djus ds dksZ nks ?ka/s ds ckn Luku djuk pkfg, A

13- vkl u djrs l e; ; fn dHkh Hkh ; g vuHko gksfd fdl h væ fo'ksk ij cgr T; knk tkj i M+jgk gS rks vkl u Qkj u cln dj nsk pkfg, A ; kskl u djusea l æcæ vks l keU; Kku l s dke cgr t: jh gA

; kskl u dk 'kjhj , oa eflr" d ij iHko&

'kjhj vks eflr" d nksuka dks; kskl uka ea l efp r : i l scy feyrk gA bl fl yfl ys ea 'kH'kZ u djuk cgr gh ykHknk; d gA

'kH'kZ dk vFkZ gS Åij dk fclnq; k fl j bl vkl u ea l k/ka dks fl j dscy ij k vkl u djuk i Mæk gA bl fy; s bl s 'kH'kZ u dgk x; k gSbl l s l k/ka dks 'kkjhjd 0; k; ke ds , d vkl u l sftruk Hkh vf/ka l svf/ka ykHk fey l drk gSog feyrk gA bl hfy, bl svkl uka

dk l eKV dgk x; k gA

ifø; k

dEcy dksplj jrk dk vkb ijr djdsj [k yA bl dsckn ?k/uka dscy cB tk; agkFka dh maxfy; ka dks, d nll js l sMkydj nksuka gkFka dks tkM+yA bl dsckn bu gFky; ka ij vi uk ij j [k yavkj /khj&/khjsVkasmbkdj Åij dh rjQ nhokj dk l gkj Hkh ysl drsgA ; g vkl u dks djusea cgr vf/kd l gk; rk dh vko'; drk ugha iMfh gA vkl u dj yus dsckn /khj&/khjs i j ka dks u hpsysvk; A bl l s; g ckr /; ku eaj [kus; kx; gSfd 'kjhj dksfd l h izlkj ds>Vds ugha nus pfg, A bl vkl u l s [ku dk nls l arfy gk tkrk gA

ykhk&'k'kkl u eal kjk 'kjhj mYV k gk tkrk gA urhtk ; g gkrk gSfd [ku dk cgko tks ik; %fny l si j ka dh rjQ gkrk gSog l c jDr eflr"d dh rjQ gkrk gSog l c eflr"d dk rjQ igpus yxrk gSft l l seflr"d dks rkt [ku dh deh ugha jgrhA ul k vka [k] ukd] dku vls xysd l kjsnnz bl vkl u l snj gk tkrk gA ul ka dsfy, rks; g vkl u Vkfud t s k gA fpj&; kdu dsfy, ; g vkl u cgr gh ykhki n gA bl l s l k/kd vkst Loh curk gS 'k'kkl u l s l kjk 'kjhj cyoku gkrk gSvls 'kk; n gh dkbz, d k jks gk tks bl l snj u gkrk gk rkeflr"d ul kavls xdfk; ka dsfy, ; g vkl u cgr mi; ks vls bl hfy, bl vkl u o vlt; kl l s ik; %'kjhj dsl c jks nj gk tkrk gA Lej.k 'kDr c<rh gA pajs ij u; h vkhk gsvls Økar dsn'ku gks gA ; g vkl u yMfd; ka ds Hkh cMk dke dk gS i jUr qefl d /keZ ds l e; bl vka u dks ugha djuk pfg, A ; g vkl u l kekl; r% nks feuV l s vf/kd ugha djuk pfg, A

tMks

tMks ds nka ip oKkfud vk/kkj ij fufeZ gA bl dyk dk if'k(k.k yusokys dks pfg, fd og l oL Eke vius 'kjhj dks LoLFk j [ka 'kjhj dks l cy cukus ep eka if'k; kavls tkMka eaypd isnk djusea bl dyk dk vlt; kl cgr l gk; d gA

tMks ea dyk&dksky] prjkbz vls c) dh iph.krk vkfn e; gA e; r% if'k(k.k ds nls ku 'kjhj dh eka if'k; kavls ukMh&l dFkuka dk rFk ekfeZ LFkyka dk vPNk vlt; kl dj; k tkrk gA

tMks tki ku dh , d ykdfiz dyk gSft l ea yMus vls vkØe.kdkfj; ka ds vkØe.k l s cpus vls iyVdj vius izlkj djus ds rjhds cuk; s x; s gA tMks okLro ea tki ku dh ikphu Btqrl h dyk dk gh , d fodfl r vls vk/kfud : i gA

tMks dks vkRej {kk dk l okRe l k/ku djkj nsfn; k x; k gS ; fn nqeu vki dks fugRFk vls vdyk ikdj vki ij vkØe.k djuk gS rks vki rRdky tMks dyk dk iz ks djds vi uk cpko dj l drsgA fugRFks gksrsg Hkh vki pcdh Nj; yk Bh] LVhy jkM] fi Lrky ; k clud l s vkØe.k djusokys; fDr dks viuso'k eadj l drsgA vi uh j {k vls nll jkadh l j {k dsfy, vki bl s t: j l h [kuk pkaA

tMks&dyk ds vlt; kl l s vkrfo'okl rFk vkRel a e mRiUu gkrk gsvPNh vknrka dk mn; gkrk gA vPNs0; ogkj dh vknr iMrh gS LoPNrk dk l eko k gkrk gS rFk vius Åij

fo'okl gkus ds dkj .k eu l n0 i QfYr vls vkufnr jgrk gA tMks Lo; a, d 0; k; ke gS ft l l sckgka dh eka i f'k; kacu'kkyh gkrh gA Vlaklq ihB rFkk i s/ ds Hkx etcir rFkk fujks gkrs gA

tMks ds i f'k{kFkZ dks B tMks h uked oniz 1/4 1/2 tksfd eks/srFkk etcir di Ms dh cuh <hyh & <kyh tksr rFkk <hyk iktlek] iguuk i M r k gS l kFk gh dej eacVM 1/4 3/4 Hkx ckd kuh gkrh gA tMks eacV dk dyj gh i f'k{kFkZ ds o.kz, oa Jskh dks l EckS/kr djrk gA

tMks dk i f'k{k.k yus okyk i f'k{kFkZ tMks dk dgykrk gA

tMks dk vH; kl djrs oDr l j {kk fu; eka dks ij h rjg ikyu djuk vfuok; Zgksuk gS tMks ds fu; eka rFkk vuqkl u dk ikyu djuk iR; d f[kyMh ds fy, vko'; d gkrk gS l Hkx vPNs f[kykM; ka dks viuh i fr} h l s l Tturk vls 'kkyhurk dk 0; ogkj vko'; d : i l s djuk pfg, A

djVs

vc, s k l e; vk x; k gSfd dks zn jsdh rksD; k j {kk djsk viuh [kq dh j {kk djuk Hkx l Hko ugha jg x; k gA xqMkxnh yw ekj] ekj i h v] pklh Nj s ckth] vigj .k vls cykRdkj tS h vusd ?kVuk, ajkst kuk gkrh jgrh gA

, s h vusd ?kVuk va l s tu us vls xqMka, oan deuka l s Vdj kus ds fy, djVs tS h dyk gh mi; ksch fl) gks l drh gA

djVs l h [kk gpk 0; fDr vpkud geyk gkus ij] vdsyk vls fugrFkk jgdj Hkx nk&rhu n deuka 1/2 geykoj k dk epkcyk dj l drk gA B dj kV & V duh dh gh, s h gS tks vki dks /kekdw ; q & 'k fDr ea i f jor u dj l drh gA

djV sea [kysgkFk] e d d s maxfy; ka ds i kj k ?k/uk dksuh rFkk i s vls fl j dk [ky dj iz ksch fd; k tkrk gA djV sea bl ckr dk fo'k k Kku dj; k tkrk gSfd eut; ds 'kjh ds dks & dks l svak dkey; k detkj gksr garFkk ogkafdl idkj dh pks/ dh tk, A djVs [kys ds ftrushk nk0 ip gsmu l cdk mi; ksch 'kjh dsukt vls detkj vaka ij gh fd; k tkrk gA djVs vH; kl djus l s 'kjh ds l Hkx vaka dk i f j pkyu gkrk gS bl h dkj .k i j s 'kjh ea, d u; h pqrh o Qr h dk l pkj gkrk gA

djVs ds i f'k{kFkZ dks B dj kV d k dgk tkrk gA bl dyk ead jVs dk ds e d s ml dks dksuh] mYVsgkFk ds fdukj s i s ka ds ryos, oa, fM+ k bR; kfn gh ml ds vL= 'kL= cudj n deu ij dgj <krs gA djVs l h [kus ds fy, fu; fer vH; kl l fgr dBkj 'kjh fjd, oa dBkj 'kjh fjd, oa ekuf l d vuqkl u dk ikyu djrs gq ij h yxu vls vkRefo'okl dh vko'; drk gA

djVs dh dyk eut; ds l Ei wkZ 0; fDrRo dks, d fuf'p lrrk inku djrh gA bl dyk dk vH; kl djds bl ean {krk i ktr djuk fL=; ka vls i q "ka ds fy, l eku : i l smi; ksch vls ykHknk; d gA fL=; ka dks rks bl l s nkgjk ykHk gkrk gS, d vls muds fy, ; g 'k fDr' kkyh vkRej {kd vL= cu tkrk gS rks n h vls muga djVs ds fu; fer vH; kl ds } kj k 'k fØ LokLF;] l kn; Z vls LQ rZ i ktr gkrh gA

bl dk if'k{k.k fdl h ; kx;] vuðkoh vks eku; rk ikr if'k{k d vFkok djKVsDyc eayuk
pkfg, A xyr if'k{k.k gkfudkj d gls l drk gA

,jkfcdI

I oð Fke ,jkfcdI uked 'kCn dk bLræky MKW duFk dLij }kjk 1960 ds i kjEHk eafd; k
x; k FkA

,jkfcdI D; k g& tS k fd ge tkursg&fd fdl h Hkh izdkj ds dk; Z dks djus ds fy,
, d izdkj dh Åtkz dh %fo | r] rki h;] jkl k; fud] , Vkfed ; k dkbZ vks ½ vko'; drk gkrh gA
tc Hkh ge dkbZ dk; Z djrsg&rksvkDI htu dh enn l sHk& ; inkFkZ dks tykdj Åtkz i s&k djs
gA tS nksM& pyus; k rjus vkfn eagekjs 'kjhj ds vlnj fØ; k dh xfr dkQh rst gks tkrh
gsftl l svkDI htu dh vf/kd vko'; drk gkrh gA yfdu l kFk gh dN , s i zdk; dh fØ; k; a
Hkh gkrh gS ftl ea dkQh de vkDI htu dh vko'; drk i M&h gS tS s fLiM] Fk& tEi ; k
Hk&j k&rk&syu vkfnA

blgha nks izdkj dh fØ; k; kv& dks ,jkfcd , oa , u ,jkfcd dk; Z dgrs gA

,jkfcdI , oabl dk fQftvksykftdy i Hkko

dbZ izdkj dh fØ; k; aftul seut; dh ,jkfcd l keFZ ; k {kerk c<rh gSm l s ,jkfcd
dgrs gA tS sfd i s&y pyuk] /kh&/kh&snksM&uk] Fk&M& l e; ; k Fk&M&h n&jh ds fy, nksM&uk] E; f&td
ds l kFk vH; kl djuk] M&kl] ftEukf l d 0; k; ke E; f&td ds l kFk fcuk E; f&tdA dbZ izdkj dh
,jkfcd vH; kl iz, k& eaykbZ tkrh gsftl l seut; Lo; adks LoLFk , oa Q&h&yk j [k l drk gS tS s
fd&

,jkfcd tkfx&] ,jkfcd nksM& ,jkfcd pky] ,jkfcd l kbdfy&] ,jkfcd dne rky]
i fr; k&klRed ,jkfcd vkfnA

,jkfcd dh fØ; k; avf/kd i Hkko , oavkd"kd rjhds l sl &hr y; ds l kFk dh tkrh gA
,jkfcd fØ; kv& adk p; u 0; fDr dh bPNk mi yC/krk] l f&o/kk; } 'kkj hfjd {kerk] me] ek& e , oa
l e; dh mi yC/krk ij fuHk& djrk gA

i Hkko&

& dkfM& k& os dyj {kerk c<rh gA

& jDr dks' kdk; a c<rh gA

& vkDI htu xg.k dh {kerk c<rh gA

& 'ol u r& LoLFk gkrk gA

& ikpu r& d&ky gkrk gA

& xfr] 'kfDr yphyki u] Q&h&yki ku , oa' kjhj dk xBko , oaxk Bhyki u mHk&rk gA

vkt dy vf/kdrj fQYeka ds xhr , jkscd vH; kl ij vk/kkfjr gkrs gñ ftI ea ukprs
xkrs vH; kl djrs gñ

mi & bdkbz 10-5

fofHku [ksya ds fu; eka dh tkudkjH%

'kkykvka ea cgr I s [ksy [ksys tkrs gñ ijUrqdñ fo'kSk [ksya ds fu; e fuEkuq kj g%

1- fØdV/ & bl [ksy ea f[kykfM+ ka dh I ð; k X; kjg gkrh gS tcf d ijH Vhe 16
f[kykfM; ka dh gkrh gS [ksy nks Vheka ds e/; [ksyk tkrk gñ

x.košk & fØdV/ f[kykMh I Qn x.košk ea gkrs gñ

bfuax dk puko & iR; sd Vhe nks bfuax I ckjh & ckjh [ksyrh gñ bfuax dk puko ØhMk
LFky ij Vkl }kjk gkrk gñ cYyskth Vhe dk dlrku eþ ds nks ku fdl h Hkh I e; bfuax
I ekfir dh ?kkSk.kk dj I drk gñ

vEik; I & eþ f[kykus ds fy, nks vEik; I Zgkrs gñ ekS e dh [kjch ds dkj .k [ksy
jkcd fn; k tkrk gñ

ju x.kuk & cVl eñ }kjk ekjh xbz xñ tc rd ckyj ds gkFk ea ugha vk tkrh gS rc
rd ckyj ju cVkrk gñ ; fn xñ I hek j[kk dks ikj dj tkrh gS rks ml ds fcuk nks Mspkj
ju fey tkrs gñ bl spkdk dgrs gñ ; fn cYysl scky yx dj I hek j[kk ds ckj Vlik [kkrh
gS rks ml sNDdk dgrs gñ ; g ju vius vki fey tkrs gñ

fodV/ dk fxjuk & tc I gh cky fodV/ dks fxjk nrh gS rks fodV/ fxjk gñ ekuk tkrk
gñ

eMsa vkj & ftI vkj ea dkbz ju ugha curk gS ml seMsa vkj dgrs gñ

QkV/ksu & ; fn dkbz Vhe viuh igyh ikjh eanñ jh Vhe I s 150 ¼ru fnol h; eþ ½
; k 200 ju ¼ kp fnol h; eþ ka ek cukdj gh vkmV gk tkrh gS rks nñ jh Vhe ds fQj I s
Qkyksku fey tkrk gS vks ml dk dlrky igyh Vhe dks [ksyus dks dg I drk gñ

eþ dh vof/k & V&V eþ i kp fnu dh vof/k ds gkrs gñ vkt dy , d fnol h; fØdV/
dh [kuc /kne gñ

Mk & ; fn dkbz Vhe u eþ thrrh gS vks u og Vjrh gS rks ml sMk dgk tkrk gS I cl s
vf/kd ju okyh Vhe fot; h gkrh gñ

½½ ckyhcky & bl [ksy dk tud fofy; e ekZu gñ ckyhcky [ksy dk ij kuk uke
Bfeu Vkuks/hp Fkka fLiak QhYM dkyst ds MkW , -Vh- gkVl VM bl dk uke ckyhcky j [kka

bl [ksy ea [ksyus okys f[kykfM+ ka dh I ð; k 6 gkrh gS s s , d Vhe eaf[kykfM+ ka dh

I 4; k 12 gkrh gA

I 3/4 & ; g [ksy 5 I 3/4 dk gkrk gS tksVhe 3 I 3/4 thr tkrh gS fot; h gkrh gA
15 lokbUV4 dk , d I 3/4 gkrk gS 14&14 vad cjkcy gksus ij yHM vkQ 2 lokbUV4 gkrk gS
vFkkZr tksVhe 16 vad cuk yrh gS fot; h gkrh gA 15&15 vad cjkcy gksus ij 17 vad ij
fotrck dk fuekZk gksxA

fu.kkZ d eMy& ep dks [ksyusdsfy, 1 jQh] 1 I dsM jQh] 1 I ØV/jh rFkk 2 ykbZu
jQh gksrs gA rFkk 6 cky lok; t gksrs gA

; g [ksy 3 Vp dk gkrk gA cykfdax dh fLFkr ea4 Vp dh vuøfr gkrh gS; g [ksy
jkS/kku dk gkrk gA vr%i iR; d fLFkr eaf[kykfM+ kadh I 4; k 6 gh j [kuh pkfg, A fMfcfyax]
gksYMx] us/ Vp] e/; j[kk ij djuk] I foI djrs I e; ykbu Vp vkfn Okmy ekuk tkrk
gA iR; d Vhe , d I 3/4 eankscj foJke dsfy, I e; dh ekax dj I drh gA ; g vof/
k 30 I dsM dh gkrh gA

1/3 1/2 cd &cky& bl s I kIV cky Hkh dgrs gA og [ksy vesj dk ea ykdfiz; gA
vkt dy Hkkjr eaHkh bl dk vr; f/kd ipyu gA iR; d oxZ dsL=h iq "k bl [ksy dks [ksyrs
gA

bl [ksy eaf[kykfM+ kadh I 4; k 9 gkrh gS; g [ksy nksVheka dse/; [ksy tkrk gA
, d Vhe cSvax rFkk nI jh Vhe foYMax djrh gA ; fn cSj fcuk vkmV gq igyS nI jS rhl js
cd ij nM/dj mlgaNursgq Vhe lyV ij igp tkrk gS rksml s1 vad ikr gkrk gA I okZekd
vad i kusokyh Vhe fot; h gkrh gA ; g [ksy i kp i kjh dk gkrk gA bl [ksy dk fu.kkZ d
, d gh gkrk gA xan dk Hkkj vf/kd I svf/kd 6-5 vkS vkS de I sde 6 vkS gkrk gA xan
dk 0; kl 12-25 bp I svf/kd vkS 118 bp I sde ughagksuk pkfg, A

1/4 1/2 Vfcy&Vful % ; g [ksy cgr gh euekgd [ksy gS; g [ksy , d Vfcy ds A ij
I Qn jax dh yky , oacV ds }kjk [kyk tkrk gA ; g rhoz xfr dk [ksy gA bl buMkj xe
dstlenkrk gksus dk Js bkySM dks tkrk gA Jh tEI fxcI usbl [ksy dk vkfo"dkj fd; kA
; g [ky L=h iq "k nksuka gh [ksyrs gA

bl [ksy ea21 vad gksrs gA Vfcy Vful ep cd V vkQ Fkh I ØVI gksrs gA VKW djds
I kbM vFkok I foI i I n dh tkrh gA cky dks cV I sVful ij Vlik nsuk vkS nI jh vkS
I gh <ax I scy dks Bhd ykS/kuk ekuk tkrk gA Vfcy ds ckgj xan Qnduk vFkok xan dks
tky eaQd kuk =fvi wkZ I foI ekuh tkrh gA xfr'khy voLFkk ea [kMs gksuk] jSyh cukuk] I gh
<ax I scV I dMuk] I gh LVs j [kuk] I h/so mYVsgkFk dh Mkbfoax] 'kkV] fLi u vkfn bl [ksy
dh egROI wkZ ckra gA

1/5 1/2 ykku Vful & ; g [ksy fofok izdkj dseHkuka ij [ksy tk jgk gA ; g [ksy u

døy jk"Vh; Lrj vfir qvarjk"Vh; Lrj ij LFkfi r gks pøpk gÅ

Vful dksZvk; rkd kj gkrk gÅ ; g 23-77 ehVj yEck rFkk 8-23 ehVj pK/Mt gkrk gÅ nks i ksyksea tky cÅkh gkrh gÅ tky dh Åpkbz 0-91 ehVj gkrh gÅ tky dks 5 I seh- ekVj rkj I svllnj , d dsuokl dh iVVh ds I kFk fyiVk jgrk gÅ , dy , oa; qy nksuka izkj dsf[kykMh [ksyrsgÅ f[kykMh tky dsnkuka vkj [kMs jgrsgÅ tksigysl foZ djxk og I oJ rFkk xan dksfj I ho djxk ml sfj I hoj dgrsgÅ Vful xan dk Hkkj 56-7 xte I s 85-8 xte rd gkrk gSrFkk xan dk 0; kl 6-35 I seh- I s 6-67 I seh- rd jgrk gÅ dksZ ds pjka vkj tkyh kj dukra yxkbz tkrh gÅ rkfd xan dks cgr nj tkus I sjkd tk I dÅ I okZ/kd vad i kusokyk fot; h gkrk gÅ Vkbzi Muis ij gkbZad dj ep dk fu.kZ; fd; k tkrk gÅ fu.kZ; d eMy ea , d jQjh Ldkj rFkk mn?kSkd gkrk gÅ

½ cMfeV/u& ; g ykd fi; [ky gÅ vkt dy ckyd] ckyd kvk L=h iq "k I Hkh vk; qoxZ dse/; cgr gh fi; [ky ds: i eaekU; rk i klr dj pøpk gÅ bl [ky dk 'kjkjEHk 17oha 'krkCnh ea gypk FkA ; g [ky iuk ea vaxstka }kjk [kyk tkrk FkA 'kVy dh mMku ds I kFk gh ; g [ky Hkh pjka vkj Qy x; kA ; g [ky 'kVy rFkk jSIV }kjk [kyk tkrk gÅ

; g [ky , dy rFkk ; qy : i kaea [kyk tkrk gÅ , d Vhe eaf[kykM+ ka dh I ; k 5 gksuh pfg, A f[kykMh dk ifj/kku I Qn gkrk gÅ

'kVy fxjus ij vad feyrsgÅ Qkmy [ky ij foi {kh dks vad fn; s tkrsgÅ , d xte 15 vad ka dks gkrk gS tks igys vad cuk yrk gSog fot; h gkrk gS 14&14 vad I eku gkus ij [ky 18 vad kard pyr k gÅ efgyk vad dk [ky ¼ dy ½ 11 vad ka rFkk ; qy 15 vad ka dk gkrk gÅ 11&11 vad cjkj gkus ij 15 rd [kyk tkrk gÅ

'kVy vad ea 16 ij rFkk 2 I seh- Qkd gkrh gÅ i j ka dh yEck bz 7 I seh- vkj 'kVy dk Hkkj 5 xte gkrk gÅ jSIV dk gMy 15 I seh- yEck gkrk gÅ ft I ea 22 I seh- dh vkxs jkM yxh gkrh gÅ

fu.kZ; d eMy ea jQjh I foZ fujh{k.k} ykbZu tt rFkk Ldkj gkrk gÅ

ekÅ rFkk vkr fujh{k.k

ekÅ] ml dk vH; kl rFkk ml ds ykHk

feyh&t;yh muds izkj dh ckrphr djuk cgr cjk Lohko gÅ bl I seu vid"V jgrk gÅ ; g eu dks I nk cfge[k cukrk gS vkj eut; vk/; kRed I sgV tkrk gÅ I lrg ea , d ckj ekÅ&or dk ikyu vo'; djuk pfg, A ckyusea cgr 'kDr dk vi 0; ; gkrk

gA

okd-bflnz; eu dks cjh rjg vi d"V djrh gA

bl h izdkj ukfl dk Hkh eu dk pj .k g\$ D; kfd ukfl dk ds }kjk gh l @kus; kX; i nkFkka
dksvki iklr djrsgA bl izdkj p{kqvks Jks= Hkh eu dspj .k gA ; g eu ca dsplj pj .kka
dk Lo: i gA

eu%jgL; vksj fuxg

okd&bflnz; l sfdl h ckr dks ckj u vkus nA eku jgA bl l s vki dks l gk; rk
feysxA eku jgus l svl he 'kkar feyrh gA okd-'kDr vkt 'kDr eacny tkrh gA l dYi
cgr ?kV tkrsgA bPNk 'kDr cyorh gks tkrh gA vc vki usmi no dk , d cMk dkj .k can
dj fn; kA vc vki dks 'kDr feysxh vc n<+fu'p; ds l kFk ca dk /; ku djA

vk/; kRed l k/kdka dks fuR; gh dN ?k.Vka ds fy, eku jguk pkfg, A

ckysus l sigys vi us 'kCnka dks pouseal rdZ jgA ckysus l sigys nk&rhu ckj l kp
yA fopkj djafd vki ds 'kCn ni jsdseu ij D; k i Hkko Mkyas dN o"kkard eku jgA og
ckMe; ri gA

vuko' ; d fookn u djA fookn l sfojksk] mRrstuk c<fsgavks 'kDr {kh.k gksrh gA
i R; d 0; fDr dk vi uk&vi uk er] fopkj] Hkko vks fo'okl gksrk gA ni jkadser dksnyuk
vfr dfBu gSni jka dks fo'okl fnykusdk iz Ru u djA tc rd vki l k/kd gA vks /kfeZd
fo"k; ka ea tkudkj h iklr gh dj jsgg] tc rd vki ds fopkj ifji Do vks fLFkj u gks tk, a
ni js l sfookn u djA

eu dk vuoku l nk ckr dks c<k; k djrk gA vR; qDr , d izdkj dk vl R; gA
l kekka dks vR; qDr ugha djuh pkfg, A mlga xf.krh; rFk oSkfud ifj'kq rk l s'kCn ckysus
pkfg, A

eu dk eku

eu dk eku ok.kh dseku l smRre gA eku Lo; agh vkuk pkfg, A ; g LokHkfod gksuk
pkfg, A cyiwd eku djus l seu ds l kFk >xMek i Mfk g\$ iz Ru djuk i Mfk gA ; fn vki
l R; ea fuokl djarks eku Lor%gh vk; sKa rc gh iwz 'kkar gksxA

i kdfird eku vks ekuf l d uxurk gksuh pkfg, A 'kjhfd uxurk fujFkd gA ; g ev[ka
dk rkefl d ri gSftl dk 'kL= vks cf) vuoknu ugha djrs gA tholleDr ea uxurk
LokHkfod gks tkrh gS tc og l lre Hkfedk ea igp dj ca ea yhu jgrk gA

vrRefujh{k.k D;k gS vLj ; g D;k djrk g&

Lo; EHkvcā useu vLj bflnz; ka dks cfge[kh cuk; k gA Lej .kkhr dky l scfge[k gkuk eu dh cMh gkfudkj d vknr gA bl fy, vki ckā txx dks n[krs g[fdUr qvUrj kRek dks ugha n[krA fo{ki 'kfDr ; k ek; k vki dks ckgj dh vLj [khrh gA cpi u l sgh vki dks cā txx dks n[kuk fl [kk; k tkrk gS vLj vUrj dsekufi d txx dh vLj fcYdy gh /; ku ughafn; k tkrkA vki us varfujh{k.k dh dyk dks fcYdy [kks fn; k gA eu ds vUnj D; k py jgk gA bl dks Hkyh izdkj tku yus ds fy, 'k[c[) vLj vUr fujh{k.k dh l [e c[) dh vko'; drk gA vki dks eu dks vLue[kh djuk gks kA fQj bl dh l kjh 'kfDr; ka dks bdVBk dj ds Lo; aeu ds Åij Mky nuk gks k ftl l sf d eu viuk Lo: i tku tk; s vLj fo'ySk.k dj yA ; g jkt; kx gA

Lo; avius vLrtkr-ea [k[Nkuchu djA viuseu vLj bflnz; kaij fo'okl u djA L=h vLj /ku vki ds 'k=q gA ; s nksuka egku cjk b; ka gA

varfujh{k.k ea eu gh Lok/; k; dk fo"i; gsk k gA eu dk , d Hkx 'kSk eu dk v[; ; u djrk gA mPp eu fuEu eu dh ijh{k djrk gA varfujh{k.k vkrck k gA tS svki etnij dk dke n[krs g[bl h izdkj eu dk , d vā k 'kSk eu dh f[; kvka dks n[krk gA ; fn vki eu dks vius l svfHku tkurs g[; fn vki l snkEi R; djrs gA rks vki vius nkska dks ugha tku l drA ; fn vki eu ds l k[kh cuar Fkk vrRefujh{k.k djarks vki dks vius vusd nkska dk irk pys kA

/; kui w[d fujh{k.k l scgr l snsk ekym i Mfsg vLj mi ; [r l /ku l sosnij fd; s tkrk gA , dkr dejs ea cB tk; j fur; 15 feuV ikr% l k; aeku gks tk; a vLj /; kui w[d eu dk varfujh{k.k fd; k djA eu ; k rks fopkj djrk gks k ; k ; kst uk cukr k gks k ; k tkurk gks k ; k bPNk djrk gks k ; k bflnz; Kku ikr djrk gks kA varfujh{k.k l svki dks ekym djuk gks k fd bl l e; ij eu D; k dj jgk gA bl dk vH; kl djus ds fy, v[re[kh ofRr] vrRefu"B eu rFk l [e c[) dh vko'; drk gA n'k['kkL= ds Lok/; k;] l Rl [k] bflnz; fuxg vLj l kR[od Hkktu l sc[) dks l [e cuk; k tk l drk gA gfj vkne} ukjk; .k] jke] f'ko vkfn ijekRek ds ifo= uketa dk fujUrj mPpkj.k djrs jgus l seu 'k[gsk gS vLj vLre[k gks l s l gk; rk feyrh gA

vLrfujh{k.k ds s djA

vki gh viuseu ds l cl svPNs fu.kkz d gA , d ?k/s vdsysjg dj ; k 'kkur dejs ea pi ds cBdj fujh{k.k djA , dkr dejs ea us= cln dj ds vdsys cB dj eu dh f[; kvka dks n[kA rc vki dks eu ds nsk vLj n[rkvka dk Hkyh izdkj Kku gks tk; skA

rRi 'pkr-vki dksmlgafudky nssdh vko'; drk ekyme gksuh pkfg, A vki dk LoHkko Hkh ifjorū ds vuphy cu tkuk pkfg, A nkska dks nj djus dk Bhd&Bhd mik; Hkh vki dks ekyme gksuk pkfg, vksj og mik; ckj&ckj dke ea yukuk pkfg, A rHkh l qkkj vkjEHk gksxkA l k/kuk dk fujUrj mi; ksx vijfgk; Zvko'; drk gA dHkh&dHkh l lrg ep i {k ea; k ekl ea, d ckj vi uh mlufR dks Hkh ns[krsjguk pkfg, A vi uh mlufR dk foj .k ¼vk/; kRed nSifUnuh½ vo'; j [kuk pkfg, A /; ku l sn[skafd vki v/; kRed ekxZ ea mlufR dj jgs gA tgka Fks ogh gA; k i hNs gV jgs gA vki dk eu , dkxZ gS; k fo{klr gA ; fn eu ea fo{ksi gS rks /kS 7 10Zl mi; Dr iz Ruka l s bl fo{ksi ds d kj .kka dks , d&, d djds nj djuk gksxkA ; fn , d mik; l sb"V mlufR u i klr gks l ds rks nks mi k; ka dks ¼ ksxfok /k rFkk fopkj dks feyk dj dke ea yukuk pkfg, A

vkRe&fo' ySk. kj LokcyEcu] vkRe fu. kZ bl f=i gh dks; kn j [ka vki dh vk/; kRed l k/ kuk ea; g vki dks vrho ykHkd kjh gksxhA vlrfuj h{k.k ds }kjk vkRe fo' ySk. k djA vi uh dfr; ka ds y{k.k [kst dj ekyme djafd fdl l e; ea dks l k xqk l Ro izkku gA vki dk eu y{; ij ½bz oj] cā] dksZ fopkj] i nkFKZ ckg; ; k vH; Urj½ fujUrj fLFkj jg l drk gA l kjs i nkFKZ dks NkMej dōy xykc ij gh vki dk eu fdrus dky rd fLFkj jg l drk gA nks l ds M] nks fefuV] i k p fefuV ; k vk/kk ?k. V\ ; g vkRe fo' ySk. k dgykrk gA vi us Åij fuHkj jgA vki vi uk gh m }kj djus okys gA dksZ vki dks ekSk ughans l drkA , d&, d ix djds vk/; kRed i Fk ij vki dks Lo; agh pyuk gksxkA i qrdavks xq rks vki dks ekxZ crk dj gh pyk l drsgA ; g vkRe yEcu gA n<+fu'p; djsfd Bešbz oj dks i klr d: akA eš vfuf'pr Hkfo"; ea ugha cfYd bl h {k.k vkRe&l k{kkrdkj ; k cā keutHkko i klr dj ykka og vkRe fu. kZ dgykrk gA

l d kjh eut; ka dks dN feuVka ds fy, Hkh thou dh l eL; kvka rFkk thou ds jgL; ka ij fopkj djus dk l e; ugha feyrkA jkx ds d kj .k mudk eu fo" k; Hkks ds i nkFKZ dh vksj nks l r k gA mudh ekuf l d 'k fDr; kang ds fopkj k [kks vks] i guus ds fopkj k L=h] cPpka vks] fe=ka ds fopkj ka rFkk dk; ky; vks] 0; ki kj l cākh fopkj ka ea 0; ; gks h gS vks] bl iz d kj fnu i jk gks tkrk gA fnu&i frnu] l lrg&i fr l lrg ; gh Øe pyr k gA o"ka chr tkrsg vks] thou 0; FkZ pyk tkrk gA ; g cMh 'kpuh; ckr gA

tksvlre k ofRr ds }kjk euu vks] vlrfuj h{k.k djrk gS dōy ogh i q "k vi uh l d kjh iz dfr dks cny l drk gA dōy ml h eut; ea cā dk Hkko LFkk; h : i l s Bgj l drk gA

/; ku ; ksx&

/; fu ; ksx dk vH; kl fo'o dh mlufR] 'kkr vks] l dfr ds fy, , d egROI wZ vkekkj curk tk jgk gA ; g vk/; kRed T; ksr dk ; g vkhkl gS ft l snk' kZud , oal dfr Hkh vkt rd ugha dj k ik; A vkt rd l kelftd , oajktuhfrd ræ fl QZ/keZ vks] vke; kRed Kku dk

gh cksk djkrsgA ; gh otg gSfd thou dsbl nkj ea ufrd eV; ka eafujUrj fxjkoV vkrh
tkrh gA ; g vko' ; d gks x; k gSfd 0; fDr ; kx dks viuk; svkš ml dk ykHk mBk; A

/; ku ; kx dk egRo bruk c<+x; k gSfd dkbZ Hkh l epk; /keZ vkš l dfr dks jkd
ugha ik; xhA thou eV; kavkš ufrd eV; ka dsfd l h Hkh l ek/kku grqeut; dks /; ku ; kx dk
ykHk ysik iMxkA

l e; vk x; k gSfd ge /; ku ; kx dh mi ; kxrk dks l e>š bl sviuk, svkš bl sthou
, d egRo iWZ vak cuk; A gekjs ikl oDr ughadgdj bl dh mišk u djA

/; ku ; kx vki dks vkrE cksk djkrk gA vki dks viuh igpku djkrk gsviusvki dks
cnyus ea l gk; rk djrk gS vkš vki ds 0; fDrRo eafu[kkj ykrk gA /; ku ; kx , d l EiWZ
'kkjhjd , oaeukfl d foKku gA ekuo l fn; ka l s; g l oky djrk vk jgk gSfd eš dgla l s
vk; k gV vkš eš dgla tkuk gš bl dk tcko /; ku ; kx l sgh iklr fd; k tk l drk gA

ikrkafy jkt ; kx ea tc dkbZ fopkj fdl h vU; l kp&fopkj] vkdkj&iZdkj] xdkj
vkot vkš Lokn dk vkHkl fd; scxš viuh pruk dks dšnz fclnqij , dkxfpr gkdj dšnr
djA ; gh /; ku ; kx gA vDI j nškk x; k gSfd /; ku ; kx djusokyk 0; fDr dk eu ; kx djrs
oDr dšnz fclnq l sHkVdusyxrk gš fopfyr gkusyxrk gSvkš foHkUu iZdkj dsfopkj vkus
yxrs gA og viuh pruk dks dšnz fclnqij dšnr ughadj ikrk gA ckj&ckj izkl ds
ckotm Hkh og l Qy ughagk ikrk gA bl hfy, eu fopfyr u gš , dkxfprR cuk jgš dšnz
fclnqij gh /; ku dšnr jgs , d k /; ku ; kx eagh l Hko gA

I kjkA

vPNsekuf l LokLF; dsfy, vPNk 'kjhj cgr t: jh gA ; g jgL; gekjs f'k efu
rFkk vU; iWZt cgr igysgh l e> x; sFkA bl hfy, mlgkudgk gS'kjhjek | [kyw/keZ l keku
vFkk' 'kjhj gh l Hkh /keA ds ikyu djus dk l k/ku gA

; kxkl u 'kkjhjd vkš ekuf l LokLF; dk , dek= mfpr l k/ku gA ; kxkl u ds
vH; kl dk ey y{; bZoj dk l k{kkRdkj djusokys 0; fDr l sl eš/kr gA ; kxkl ukadh i) fr
ds 0; k; ke l sykska dh fpdfRI k gsrh gSvkš jkska l spko HkhA

vkRe ijh{k.k izu

uhpsdN izu fn; s tk jgsgA ftuds mRrj fy[kdj iKB l sfeyku djds ikl gh jf[k; A

ižu&1 nkM+l ekflr dk l cl svPNk rjhdk dks l k gA

ižu&2 cBdj iLFkku yuseaD; k ykHk gS

ižu&3 0; k; ke LokLF; dsfy, mruk gh vko'; d gSfttruk iks"Vd Hkkstu] bl dFku dks
fl) dhft, A

ižu&4 fjys nkM+dsfu; eka ij idk'k Mkfy; S

ižu&5 djkrS ij l {klr fVli .kh fyf[k; S

ižu&6 eka dk 'kjhj ds LokLF; l sD; k l caak gS

i kB dks if<+s, oamRrj fyf[k; A

ekf' keeHk&686&fo | ksr&23-03-2009&6]300

i =kp kj i kB ; Øe
ek/; fed f'k{k e.My] e/; çnškj Hki ky
½kj k l ok/kdkj l jf{kr½



fMyk ek bu ,T; wšku i jh{k

½}rh; o'k½

i zu i = & 8

i k.k LokLF; ,oa 'kjhfjd f'k{k
iB l ;k 6 l s10



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç] Hkiky
 ¼kj k I ok/kdkj I jf{kr½
 fMlyek bu ,T; qđku ¼Eke o"½
 izu i= & v"Ve

fo"k; % 'kkyş LoPNrk

iB Øekd & 6

bdkbz 6 & 'kkyş LoPNrk

fi z; Nk= f'k{kcd]

i wzbdkbz eavki us0; fDrxr LoPNrk ds vLrxr] vka[k] ukd] xyk] nkar dh LoPNrk] uk[kau] cky ,oa 'kjhj dh LoPNrk] LokLF; I całkh vPnh vknrkarFkk LokLFk ij cjh vknrka ds iHko dk foLr r v/; ; u fd;k

bl v/; k; ds vLrxr 'kkyş LoPNrk ds fo"k; eafuEu fclny/kadsvLrxr v/; ; u dj&

1- 'kkyş LoPNrk dk vFkZ ,oa 'kkyş xteh.k dh I QkbA

2- 'kkyk ,oa d{kcvka dh I QkbA

3- i hus ds i kuh dh 0; oLFkk ,oa I QkbA

4- e=kky; ,oa 'kkky; dh I QkbA

5- f'k{kcd&Nk= vfHkkod I g; kxA

6- Nk=ka ds LokLFk dk ij h{k.k ,oa mudk vfHkky[ka

¼½ 'kkyş LoPNrk dk vFkZ ,oa 'kkyş ifjIj dh I QkbZ %&

fo | ky; dk okrkoj .k &Hkđrd ,oa I oskrRed nksuka gh f'k{kcdka vkj fo | kFkZ; ka ds LokLF;

ij i Hkko Mkyrk gA okrkj.k LoPN gskuk cgr vko'; d gA fdUrqLoPNrk Lo; agh ughavk i k; schj bl dsfy, , d vlg rks fo|ky; Hkou Bhd izdkj l s cuk gskuk pkfg, rks nll jh vlg ml dk j [k&j [kko okfNr gskuk pkfg, A ; fn fo|ky; Hkou xans, oaavokNuh; LFky ij fLFkr gA izdk'k vlg ok; q dh mfpr 0; oLFkk ugha gA rks fu'p; gh ckyd ds thou , oa LokLF; ij bl dk gjk i Hkko i MxkA

'kky; {ks= dh l QkbZ ds vUrXr LoPN i kuh dh 0; oLFkk] d{kk dh l QkbZ ewky; , oa 'kky; dh l QkbZ Nk=ka dk LokLF; ij h{k.k vko'; d gA

½½ ewky; , oa 'kky; dh l QkbZ %

iR; d fo|ky; eamfpr LFku ij ewky; , oa 'kky; i ; klr l ; k ea cus gskuk pkfg, rFkk muea'k) ok; qo izdk'k l pkj dh i ; klr 0; oLFkk gskuk pkfg, A yxHkx 100 Nk=ka dschp , d 'kky; gskuk cgr vko'; d gA i kuh dk mfpr izU/k vko'; d gA ft l l s 'kky; dh mfpr l QkbZ dh tk l dA bl dsfy; s de l s de nks ckj ¼ d fnu eA l QkbZ fQukbZy ds }kjk gskuk pkfg, A bl rjg 'kkyk dk okrkj.k l kQ o LoLFk jg l dsxkA

½½ ihus ds i kuh dh 0; oLFkk , oa LoPNrk %

fo|ky; ea i hus dk i kuh LoPN , oa i kuh dh vki fir'i ; klr gskuk pkfg, A i kuh ea dhV.k.k q ugha gskuk pkfg, fo'kSkdj tglai kuh d vki i kS kj ka ¼ i kuh Hkjs xM<kz BR; kfn l svkrk gSogka; g nS[k ysk vko'; d gSfd ml ea chekjH QSykus okys dkbZ thok.kqrks ugha gA iR; d fo|ky; dks i hus ds i kuh dh vlg fo'kV /; ku nsk pkfg, fd ml ea dgha dkbZ xnxh u gka i kuh dsfy, eVdka dh 0; oLFkk djuh pkfg, , oa <Ddu }kjk clh j [kuk pkfg, A i frfnu eVdka dks /kSdj i kuh cnydj Hkjuk pkfg, A

i kuh dh Vadh dh Hkh l e; & l e; ij vko'; d l QkbZ djuk pkfg, A l l rkg ea , d ckj ml ea i kS'k; e ij exuS/ vFkok Cyhfpax i kmMj Mkyuk pkfg, rkfd 'k) i kuh Nk=ka dks i hus ds fy, fey l dA

LoPNrk izdk ea i kuh dh fudkl h dh mfpr 0; oLFkk vfuok; ZgA 'kkyk ea Hkou fuekZk ds l e; gh , d h 0; oLFkk gskuk pkfg, fd xnk i kuh 'kh?kz <yh gpbZ ukfy; ka ; k ykgs ds i kbi ka }kjk cg tk, vlg 'kkyk l snj LFku ij Qadk tk, A

¼½ 'kkyk , oa d{kkvka dh l QkbZ %

iR; d 'kkyk ea mfpr l QkbZ dk izU/k gskuk pkfg, A fo|ky; i fj l j ea xM<a ugha gskuk pkfg, A

'kkyk ds dejka ea LoPNrk vko'; d gA i frfnu 'kkyk ds can gskuk ij l Hkh d{kkvka dh l QkbZ gskuk pkfg, A dHkh&dHkh Q'kz ij ty fNMel dj Hkh l QkbZ djuk pkfg, A eghusea , d ckj dejka dk fol Øe.k djuk pkfg, A iR; d d{kk ea l pkyu dh 0; oLFkk gskuk pkfg, rkfd ok; q dk l pkj gks l dA

d{kkvka ea j [ks Quhpj dh l QkbZ Hkh i frfnu gskuk pkfg, A

1/5 1/2 f'k{k|d] Nk=] vfHkHkod I g; kx %&

'kky; LoPNrk dsfy, f'k{k|d v|k; Nk= nksuka dk I g; kx vko'; d gA f'k{k|dka dks pfg, fd 'kkyk dks LoPN j [kus dsfy, Nk=ka dk Hkh I g; kx ya f'k{k|d Nk=ka dk I e; cuk I drs gA tks I QkbZdh 0; oLFk dk mRrjnkf; Ro ya, oai husds i kuh dk ijh{k.k djafd i kuh 'kq) gS; k ughA

Nk=kaeal QkbZdsifr tkx: drk mRi lu djus dsfy, 'kkyk ea LoPNrk fnol dk vk; kstu fd; k tkuk pfg, rFkk I cl sLoPN ,oa0; ofLFkr d{k|kvka dks ijLdkj fn, tkus pfg, A bl idkj Nk=ka dk I g; kx yd; ijf I j ea LoPNrk j [kh tk I drh gA

1/6 1/2 Nk=ka ds LokLF; dk ijh{k.k ,oa ml dk vfHky{k %&

i R; d fo | ky; ka eaf o | kffk; ka ds LokLF; ijh{k.k dk izl/k djuk ijeko'; d gA fo | ky; eavud , d sNk= vkrsgaftudsdku] nkr] vka{k jksx; Dr gkrsgavfHkHkod /ku dh deh dsdkj .k bl v|k; /; ku ughans ikrsgaft I dsdkj .k jksx Hk; d; i /kkj .k dj yrk gA vr%vko'; d GS fd fo | ky; ka ea Nk=ka ds LokLF; dk I e; & I e; ij fujh{k.k gkrk jgA fo | ky; ea i R; d Nk= dk de I sde pkj ckj LokLF; ijh{k.k djokuk pfg, A iFke ijh{k.k rks ml I e; gksuk pfg, tc Nk= fo | ky; ea idsk djrk gA

I keld; ijh{k.k} iFke ijh{k.k ds2 ; k 3 o"zckn yh tk,] rhl jh LokLF ijh{k.k Nk=ka dh fd'kksj koLFk ea yh tkuh pfg, A pkskh ijh{k.k rc yh tk; s tc Nk= fo | ky; NkMf k gA i R; d Nk= dsfy; s LokLF; ijh{k.k dk , d dkmZ fu/kkZjr gksuk pfg, A

fpfdRI d dks pfg; sfd og Nk=ka dh fpfdRI k I Ecl/kh fj i kZ/foLrkj I sfy [ksft I dh , d i fr Nk=ka ds vfHkHkod dks inku dh tk, rFkk ml jh 'kkyk ds vfHky{k eayxk; h tk, A fj i kZ/}kj ftu jkska dk i rk pys mudk mi pkj djus dsfy, fo | kffk; ka dks i s; r fd; k tk, A

i R; d Nk= dks fn, x, dkmZ ea LokLF; I dakh fuEukuq kj tkudkjh gksuk pfg, &

1/1 1/2 ijh{k.k dh frfFk

1/2 1/2 otu

1/3 1/2 vk; q

1/4 1/2 LoPNrk & 'kkjhfd rFkk oL=ka I Ecakh

1/5 1/2 i kSk .k

1/6 1/2 us=

1/7 1/2 nkr

1/8 1/2 xyk & rFkk ukd

1/9 1/2 dku

1/10 1/2 thk

1/11 1/2 peZ Wopk 1/2

- ¼1 2½ I Øked jksx
 ¼1 3½ fo'ksk jksx
 ¼1 4½ eflr"d
 ¼1 5½ fo'ksk
 ¼1 6½ igys ds jkskla dk fooj.k
 ¼1 7½ Åpkbz

dkMZ ds nñ jh vñj fpfdRI d }jkk vfñkñkkodkærFkk 'kkyk dksfuEukuñ kj I pñuk nh tkuh pkfg, & mi pkj

fnukad	jksx	vLi rky ea fpfdRI d }jkk mi pkj dk
--------	------	------------------------------------

fooj.k

iR; d Nk= dk pkj ckj LokLFk ijñ{k.k gksuk pkfg, A

iñjkyokdu

- 1- fo|ky; dk okrkoj.k f'k{kdkæ vñj fo|kfkz ka ds LokLF; ij iñkko Mkyrk gñ 'kkyk LoPNrk ds vñrxñ 'kkyk {ks= ds vkokl] LoPN i kuh dh 0; oLFkk eñky; 'kkyk; dh I Qkbz, oa de jka dh I Qkbz vkrh gñ
- 2- eñky; , oa 'kkyk; dh de I s de nks ckj fQukbz I s I Qkbz gksuh pkfg, A
- 3- i hus dk i kuh 'kkyk gksuk pkfg; A i hus dk i kuh <pdj j [kuk pkfg, i kuh ds fudkl h dh mfpr 0; oLFkk gksuh pkfg, A
- 4- d{kvkæ dh ifrfnu I Qkbz gksuk pkfg; s, oa I pkyu dh mfpr 0; oLFkk gksuh pkfg, A
- 5- 'kkyk LoPNrk dh 0; oLFkk ds fy, Nk=kæ ds fy, Nk=kæ dk ijñ I g; ksx ysuk pkfg, A
- 6- fo|ky; ea I e; & I e; ij Nk=kæ ds LokLF; dk ijñ{k.k djuk pkfg, A LokLF; fj iñkz foLRkkj I sfy [kh tkuh pkfg, , oamI dh , d ifr Nk=kæ ds vfñkñkkodkæ dks iñku dh tkuk pkfg, , oamñ jh ifr fo|ky; ds vfñky [k eaj [kh tkuk pkfg, A

vñRe ijñ{k.k iñu

- iñu 1& i hus ds i kuh dks 'kkyk djus okys fdllghñ nks jkl k; fud iñkñkæ ds uke fyf [k; ð
- iñu 2& 'kkyk ea i hus ds i kuh dh 0; oLFkk dk o.kz dhft, \
- iñu 3& 'kkyk LoPNrk ea f'k{kdk&Nk= vfñkñkkod I g; ksx dh egrrk ij iñk'k Mky, \
- iñu 4& Nk=kæ dk LokLF; ijñ{k.k fdI iñkj vñj D; ka djokuk pkfg, \



i =kp kj iB; Øe
ek/; fed f'k(k e.My e-ç-) Hkky
 ½kj k l ok/kdkj l jf(kr½
 fMlyek bu ,T; øðku ijh(kk & f}rh; o"z

izu i= & v"Ve~

iB Øekd & 7

fo"k; % l kep kf; d LokLF;

fi z; Nk= f'k(kd]

LokLF; ekuo dh l kekl; rFkk l k/kj.k fLFkr vls ml dk tUefl) vf/kdkj Hkh gA ; g og fLFkr gSft l ea0; fDr 'kkjhfd] ekuf l d o okrkoj.k l Ecl/kh i kdfrd fu; ekaðsvuq kj vi uk thou ; ki u djrk gA ; s i kdfrd fu; e LoPN o rktk gok] l wZ dk izdk'kj l rfy r Hkktu] fu; fer 0; k; ke] ruko jfgr fLFkr] funk vls 'kkjhfd LoPNrk l s l æð/kr gA

v/; ; u dh l fo/kk ds fy; s i Lr r iB dh iB; & oLrq dks fuEukfdr mi & bdkb; ka ea foHkDr fd; k x; k gA

7-1 l kep kf; d LokLF; dk vFkZ , oa {ks=

7-2 u'khy s inkFkk l sgkfu; ka , oa i kFkfed mi pkj

7-3 l Øked jks dh i fj Hk"kk

foHkku izdkj ds l Øked jks

l Øked jks ka ds QSyus ds dkj . k

I Øked jkska dskjkdFkke dsmik; A

7-1 I kepkf; d LokLF; dk vFkZ , oa {ks= %&

ekuo dsHkkðrd fodkl] LokLF; , oantji fj.kke Mkyusokysdkjdka tksfd ekuo dsHkkðrd okrkoj.k eafo|eku jgrsgåmu ij fu; æ.k ikus dh dyk dksgh I epkf; d LokLF; dgrsgå bl dk e[; mĩs; jkska dh jksdFkke djuk rFkk I kekl; tu ds LokLF; ea I ðkkj ykuk gÅ bl /; s dh iirZdsfy; sekuo dks ty vkgkj edku] oL= rFkk cy LoPNrk vkfn dkjdka ij fu; æ.k iklr djus dh vko'; drk gkrh gÅ

I kepkf; d LokLF; ds vlrzr fofHklu igywgå tksfd LokLF; ij iR; {k ; k viR; {k : i I si Hkko Mkyrsgå bl eal siæ[k gåi ; kbj.k fti dh LoPNrk u gksul sl epsl epk; ij cjik vlj i Mrk gÅ

Hkkjr ea vLoLFkrk dk iæ[k dkj.k gS nkski wkZ okrkoj.k v[; fo|eku vk/kkjHkr orZeku I eL; kvkaeaæ[; gS I jf{kr ikuh dk forj.k u gksuk rFkk ey , oadM/s dk LoPN , oal jf{kr rjhds I sfudkl u djuk gÅ

eu[; ds vkl ikl fo|eku Hkkðrd okrkoj.k ea ikdfrd rFkk df=e inHk.k dkjd I oZ i k; s tkrsgårFkk rki] ueh] o"kkZ ty] ok; qfeVVh ey dMk] tkuojkads'ko] /kq/kj /kqy 'kjs vkfnA i ; kbj.k dh LoPNrk dsfy, vko'; d gSfd ge fuEufyf[kr fclnq/ka ij I epfr fopkj djÅ

¼1½ ty dk forj.k

¼2½ ok; qdk 'kq) dj.k , oa I økru

¼3½ ey] dMk] 'ko dk fudkl

¼4½ edku dh 0; oLFkk 'kgj v[; xkø ea edkuka dh ; kstuk

ty& ty thou dsfy; seyHkr vko'; drk gÅ v'kq) ty tu I kekl; ds LokLF; ds Lrj eafxjkoV ykus dk , d iæ[k dkjd gSvr%ty dks I jf{kr j [kuk ml sl gh : i I smi ; ksx eaykuk rFkk v'kq) ty dsfudkl h dh mfpr 0; oLFkk djuk okrkoj.k , oa ty dks'kq) j [k I drk gS I jf{kr ty eafuEuxqk vi f{kr gÅ

¼1½ gkfudkj d thok.kq/ka I seDr gkÅ

¼2½ gkfudkj.k jkl k; fud inkFkk I seDr gkÅ

¼3½ Lokn e/kj gks v[; i kpd gkÅ

¼4½ ?kjsymmi ; ksx dsfy, iz Dr fd; k tk I dÅ

I Øfer ty ; k v'kq) ty ea I Øked ijkJ; h dkjdka dh miLFkr gkrh gS fo"kkDr jkl k; fud inkFkZ ; k v[; ksd ey ; k xns ikuh dk feJ.k gkrh gS rkrri ; Z ; g gSfd eu[; dh fdl h Hkh fØ; k I siz Dr ty rnlrj LoPN ughajg ikrk v[; inHk'kr dgykrk gÅ

ty dh mi ; kfxrk dks ekS/ srkš ij ge pkj Hkkxka ea foHkkftr dj I drsgš &
 1/1½ ?kjyumi ; kx dsfy, tš si huš [kkuk cukuš Luku djuš di Ms/kksurFkk I Qkbz ds
 fy, A

1/2½ I kožfud mi ; kx dsfy, rFkk I Qkbz vlx cękuš m | ku vkfn dh fl pkbz rFkk
 nš[kHkkky dsfy, A

1/3½ vks| kšxd mi ; kx dsfy, ykš LVhy ; k dxt dsm | kška dsfy, vf/kd ek=k
 ea i kuh dh vko' ; drk gkrh gš

1/4½ d'k I cdkh mi ; kx dsfy, vko' ; d Hkkstu o dPpsky ds fuekZk o [kr dh
 fl pkbz dsfy, ty dh vko' ; drk gkrh gš

vr%ty tc thou dk e[; L=kr gšrksml dh nš[kHkkky vR; Ur vko' ; d gš ty L=kr
 ds vkl ikl dk okroj.k n'kr ughagksuk pkfg, A tš srkyckš ufn; ka ea xlnxh dks ugha c<ku
 pkfg; svU; Fkk ty inkk.k I shk; dj chekfj ; kagsus dh I Hkkouk c<+tkrh gš i kuh dh V'ed ; ka dh
 fu; fer I Qkbz vko' ; d gš d'kae dh vk.kuk'kd nok Hkh I e; & I e; ij Mkyuk vko' ; d gš bu
 I c crka dks xkø ea crk; s tkus dh vko' ; drk gš

ey dMs ds fudkl dh mfpr 0; oLFk &

bl ds0; ofLfr : i I sfudkl u fd, tkusI sok; qi nkk.k dh I EHkkouk, arhoz gks tkrh gš
 ey , oa dMs I s QSyusokys vud idkj ds jkx LopNrk j [kus I sugha i uirsgš ey ds fudkl
 dh mfpr 0; oLFk I shkstu] ty] [k | I kexh vkfn n'kr gks tkusI scp tkrh gš

ey , oa dMs dk fuLrkj.k &

dMs dj dV ds fuLrkj.k dh vud fof/k; ka gš

1/1½ [kMMka ea Hkj uk

1/2½ fu; a=r Hkfe Hkj .k

1/3½ HkLehdj .k

1/4½ dei kLV cukuk

1/5½ [kkn ds xM<ka ea Hkj uk

1/6½ I epz ; k unh ea i dkfgr djuk

1/7½ fd.ou

ekuo ey ds fu"dkl u , oa fuLrkj.k dh fof/k; ka &

ekuo ey I Øked jkška dks QSyusdk e[; L=kr gš bl I si ; kbj.k n'kr gkrk gš vr%
 I ekt dk dRr; gšfd og I epz rjhd I sey fu"dkl u rFkk fuLrkj.k djš ekuo ey I shkfe
 n'kr gkrh gš tyk'k; v'kø gkrk gš Hkkstu fo"kkDr gkrk gš eD[kh] ePNj vkfn i uirsgš vud

chekfj; ka ¼; Fkk VkbQkbV] i sp'kj vfrl kj] gStkj oDd jksx] vkar ka dh chekj h vkfn ½ Qsyrh gA
 ey fu"dkl u dh dN fof/k; kafuEu gâftudk mi ; ksx 'kgjka o xkoka eaf d; k tkrk gA
 ¼1½ I foI 'kkpky; ¼ gHk dKELYDI ½
 ½2½ uku I foI 'kkpky;
 ½3½ i firZ dqM
 ¼4½ gky 'kkpky;
 ½5½ xEHkhj or&'kkpky;
 ½6½ tyh; 'kkpky;
 ½7½ jkl k; fud 'kkpky;

ok; q i ntk.k

ekuo vi usvkl & ikl dsokrkoj.k eaok; qds l kFk iR; {k : i l sl Ecâ/kr jgrk gA ok; q
 tkuoj] i M&i kks vi ; klr gâ ok; q i ntk.k l sidfr ds l rgyu pØ eaXMeMh mRiUu gks l drh gS
 ok; q i ntk.k vDI j /kq/kj /kwy] fo"kkDr xS] jkl k; fud ck/kk] thok.kj ok; j l vkfn l sgrk gA

ok; q fuEu dkj .kka l s v'kq] gkrh gA

¼1½ tkuoj] o{k o ekuo dh 'ol u fØ; k l A

½2½ dks ykj xS] rgy vkfn ds tyus l A

½3½ dkcud inkFkâ ds l MsrFkk fo?kVu l A

0; ol k; ; krk; kr] vks] ksd l LFkkuk ftuds dkj .k /kwy] xS] ok"i vkfn fudyr gA

i ; kbj.kh; v'kq] ; ka ds jkdFke ds mik; &

1- **mfr l okru** & ok; q ds LopNhdj .k l s fo"kkDr ok; q dks 'kq] fd; k tkrk gA

2- **iqLFkâ u** & fo | q rFk ikdfrd mi ; ksx dks yds LFku ij djuk pkfg, ubZ
 oKkfud , oarduhd i fØ; kvka dh l gk; rk l s bZku ds fy, u; s rjhds vi uk, A

3- **ruqj.k** & o{k kjsi .k gkj dN fo"kkDr xS ka dk vo'kksk.k rjUr gks tkrk gA vr-%
 vks] ksd LFkkuk o edkuka ds vkl & ikl gfj; kyh gsrks fo"kkDr ok; qdk ruqj .k gks tkrk gA bl
 ckr dh tkudkj h iR; d ukxfjd dks l ekpj i = dsek/; e l s Vh-ogh o jSM; ks ij i l kfjr dj
 vkl kuh l sl e>k; h tk l drh gA

4- **dku jkj** & /kq a ds vf/kd mRi knu gks l s xkfM+ k] ekj] Vd dks i frcfU/kr
 djuk bl ea 'kkfey gks uk pkfg; A vks] ksd bdkbZ; ka ij Hkh dMs-fu; e ykxwfd, tk; A

l okru &

l okru dh i fjHkk"kk bl idkj dh tk l drh gsf d og foKku ft l dh l gk; rk l si ; kbj .k

dh i fjfLFkr; ka dks , d s fu; f=r djuk ftl l s ml dk i Hkko ekuo 'kjhj ij l qo/kki wkz rFkk LokLF; dj gkA

I Økru nks izkj dk gkrk g& vkrfjd rFkk ckg; I Økru dk vFkz; g gkrk gSfd dejs dh nfr'kr] xe] vknzrki wkz xnh ok; qdksckgj fudkyuk rFkk ml dsLFkku ij vi {kkdr 'kq] Bm]h] xfr'khy LoPN ok; qdk Hkhrj ifo"V djukA

edkudsckgj 'kq] ok; qjgsbl scgj; I Økru dgrsgA bl dsfy, vko'; d gSfd I Mela cMh gk] pkmh gkarFkk l h/kh gkafLr; ka ea [kyk LFkku vFkzr i kdZvkfn gkA I Medka ds nksuka vkj Nk; knkj gj&Hkj so{k yxsgkA 'kgj dh I Qkzdh mfpr 0; oLFkk gks vkj dM]s-djdV dk fu"dkl u mfpr rjhdsl sgk] o{kjki .k ij vR; kf/kd tkj fn; k tkuk pkfg, A

xteh.k LokLF; , oa LoPNrk&

Hkjr nsk dh 82 ifr'kr turk xkoka eajgrh gSvr% xkdh [kqkgyh gh nsk dh [kqkgyh dk dkj.k cu l drh gS xkdh ea LokLF; dsfy, fuEufyf[kr vko'; drk dh ifrZgkuh pkfg, A

1/1½ I gh izkj ds edkuka dh 0; oLFkka

1/2½ xlns ty dk l gh o 0; ofLFkr fudkl A

1/3½ dM]s-djdV dk l gh fudkl A

1/4½ ty L=kr 1/2v] rkyk] uydii 1/2 dh l gh nsk Hkky , oaj [k&j] kkoA

1/5½ tkuojka , oaL=krka l sfudyus okys vo' kskka dk l gh fu"dkl u , oami ; kxA

1/6½ I Øked jskka dsu QSyus nus ds mik; crkukA

mi ; Ør l Hkh ckrka dks xte ipk; r i vSy vFkok eq[k; k dsek/; e l svPNh rjg xteokfl ; ka dks l e>kusgrq0; oLFkk dh tk l drh gA

xte LokLF; l qkj dsfy, fuEufyf[kr igyq/ka ij fopkj djuk vR; lr vko'; d gA

1/1½ fpdfRI k l Øk mi yC/k dj; A

1/2½ ekr&f'k'kq d]æ LFkfi r djA

1/3½ ifjokj fu; kstu , oaj ifjokj dY; k.k dh l Øk; ami yC/k gkA

1/4½ fo|ky; hu LokLF; l Øk l s i klr gkA

1/5½ 0; kogkfjd i ksk.k dk; Øe pyk; a tk; A

1/6½ jksx ifrj{k]d Vhdka dh 0; oLFkka

1/7½ LokLF; f'k{k i kS+f'k{k rFkk tul i dz dsfy, l efpr 0; oLFkk gkA

1/8½ xteka ea fpdfRI ky; dh l [; k c<uk pkfg, A

mi ; Ør l Hkh ckrka ds v/; ; u l s; g fu"d"Z fudyrk gSfd tu tkxj.k grqLokLF; , oa

Ldnyh f'k{kk dk gksuk vR; Ur vko'; d gS; g dk; Z xkoka l s gh ikjHk dj ml s i kFkfedrk nh tkuk vko'; d gSrHkh vkusokyso"kkāeaHkkjr nsk dsiR; d vks r euf; dh vks r vk; qea, oa l k(kjrk ea of) gkschA

u'khyS inkFkā l s gkfu; ka , oa i kFkfed mipkj

Hkkjr gh ughal epsfo'o dk ; φk oxZu'khyS inkFkā ds l ou dk vknh gkrk tk jgk gā ftl l s ml dk thou rks [kk[kyk gks jgk g\$ l ekt ij Hkh ml dk cjk vl j iM+jgk gā os Lofood eadkbZHkh jpukRed dk; Zdjuseaviusvki dks l eFkZughadj ik jgsgā ml dk fpru yxHkx l ekfir dh vkj gā mudh v/; ; u dsifr : fp , oa>φko de gā u'khyS inkFkZ l ekt ead\$ j ds l eku Qy jgsgā ftl dh idM+i kjHkd Lrj ij dj ikuk vl EHko l k irhr gks jgk gS vks ml s jkds ij 'kh?kz fopkj , oa mfr dk; Zkgh djuk vko'; d gā

u'khyS inkFkZ tks i e[k : i l s ; φk i h<h }kjk mi ; ks ea yk; s tk jgsgā os fuEufyf[kr g&

1/1 1/2 fl xjV

1/2 1/2 rEckdw

1/3 1/2 fofHku idkj ds'kjk

1/4 1/2 Hkka , oa xtkk

1/5 1/2 ctmu 'kqj

1/6 1/2 gjkbu

1/7 1/2 Le\$

1/8 1/2 vQhe , oa vl; dbz inkFkZ tksosLo; ar\$ kj djrsgfd bu l ou l sthou dk

okLrfod vkulln i ktr gkskA

u'khyS inkFkā l s gkfu; k%

u'khyS inkFkā ds l ou djuS l s dbz gkfu; ka ftudk foj.k fuEuku\$ kj g&

1/1 1/2 'kjhj geskk vLoLFk , oa chekj jgrk gā

1/2 1/2 tfVy jks t\$ s d\$ j gks dh vf/kd l Hkkouk gā

1/3 1/2 ; dr dk [kjk gks tkukA

1/4 1/2 ān; jks l s i hfMf gkskA

1/5 1/2 mPp , oafuEu jDrpki l s i hfMf gkskA

1/6 1/2 i {kk?kk r gks tkuk l Hko gā

mi ; φr ckrka ds vfrfjDr tc ; φk i h<h u'khyS inkFkā ds l ou dh vknh gks tkrh gS

riksog ml siklr ,oami ; lsk djusdsfy, fuEulrj dk dk; Zpkjh , oaykska l sm/kkj ysuk 'kq dj
nrk gSftl l sl ekt , d sykska dksghurk , oafrijLdkj dh nfv l sn[kusyxrk gA vr%u'khy
i nkFkZ l ekt eadks+l eku gA u'khy i nkFkZ ds jkdFkke dh vr; Ur gh vko' ; drk gA

u'khy i nkFkZ dk l ou dks jkds ds i kFked mipkj&

; pk ih<h] u'khy i nkFkZ dk l ou viuscMka , oalotuka dsl e{k ugha djrsgA bu i nkFkZ
dsl ou og viusvk; ql eeg , oafok'kSk LFkkukai j Nq dj , oajkf= dsl e; djrk gA bl ds jkdFkke
dsfy, i kFked mipkjka dk foj.k fuEukuq kj gA

1/1 1/2 ; pk ih<h dks jpkFked dk; ka dh vkg vkdf"kr djuka

1/2 1/2 u'khy i nkFkZ dks cpus okys ykska dks dkuu l s dMh l s dMh l tk fnyokukA

1/3 1/2 u'khy i nkFkZ tS sfl xjv 'kjk vkfn ij dkuu }kjk jkd yxkukA

1/4 1/2 fo|ky; eaf'k{kdk }kjk bl ds Hk; dj ifj.kkka l s Nk=ka dks voxr djukukA

1/5 1/2 u'khy i nkFkZ dh fcØh ij jkd yxkukA

1/6 1/2 u'khy i nkFkZ ds cpus ds vMMka dks l ektr djuka

1/7 1/2 u'khy i nkFkZ ds l ou c<kok n&us okys fxjkg dks dkuu l s dMh l tk fnyokukA

1/8 1/2 eglfo|ky; ea; g jks cjh rjg Qy jgk gS vr%ml sjkdsdsfy, mfpr mik;

djuk pfg, tS &

1/9 1/2 u'khy i nkFkZ l ou djus okys Nk=ka dks i dsk ugha n&ukA

1/c 1/2 u'khy i nkFkZ cpus okys ykska ij dMh utj j[kukA

1/d 1/2 v/; ki dka }kjk bl ds l ou l s gkus okyh gkfu; ka l svoxr djukukA

1/10 1/2 dkuu , oafiy l dh enn l s bl /k&ks ea yxs ykska dh /kj i dM+djukA

1/10 1/2 l ekt l dh l LFkkvka tS sjk/jh] yk; d Dyckal sl g; lsk ydj ykskaeabl ds l ou
u djus dh tkx: drk ykukA

1/11 1/2 ipkj ek/; e tS & jSM; kS Vhoh- , oal ekpkj i =ka ds ek/; e l s buds upl ku

crkukA

7-3 I Øked jks muds Qyus ds dkj.k , oamudh jkdFkke ds mik; &

I Øked jks gekjnsk earhok l s Qyrs gA; g ifØ; k xkø ea vf/kdrj i kbz tkrh gA
bl dk eq; dkj.k gSbu jkska dh tkudkj dsckjseavufHkKrk vkg fuj{kjrkA fo|ky; kaebudh
jkdFkke dsfy, fo'kSk : i l sl tx jg dj 0; oLFk djuk vko'; d gA ifro"l I Øked jkska ds
dkj.k dbZ kyd eks ds f'kdj gks tkrs gA

7-3-1 I Øked jks dk vFkZ

I Øked jks dk vFlZ mu jkska l s gS tks fd , d 0; fDr l s nlt js 0; fDr dks vR; Ur utnhd jgusl syx tk; k djrsga ok; j ty] Hkktu vkfn ds }kjk jks dk , d 0; fDr l s nlt js 0; fDr dks yx tkuk gh l Øked jks dgykrk ga

bl dsfoijhr tc jks viR; {k l EiddZ ½ i 'kz vkfn ½ }kjk nlt js 0; fDr rd igprk gS rks ml sl d xZ jks dgrsga mnkgj .k&, M+] [kkt& [kq; yh vkfnA

I Øked jks ds dkj .k&

I Øked jks gkus ds iæf[k dkj .k NkV&NkV/s thok.kq (Bacteria) gS bu thok.kq/ka ds }kjk gh foHkkU l Øked jks QSyrsga iR; d jks ds thok.kq dhVk.kq/ka dk viuk fo'k"V : i gsrk gS dñ thok.kq dks ½ ds vdkj ds dñ ?k?ks ds vdkj ds dñ cyukdkj Hkh gksrsga ; s vdkj eabrul i e gksrsgfd blgaeut; viuh l k/kkj .k n"V l sughanf[k l drk ga blgaeuoy l ien'kz }kjk gh ns[k ikuk l Hko ga fdl h u fdl h ek/; e ea ; s 'kjhj ea iðsk dj tkrsga vks 'kkjhjd 0; oLFk ds vuq kj budh vUnj gh vUnj of) gsrh ga ft l l s 'kjhj jksxLr gks tkrk ga

I Øked jks QSyrsga ds dkj d&

(i) ok; q }kjk&dñ jks ok; q }kjk QSyrsga jksch dh Nhd Lokl dh ok; q rFk Fkd ea dhVk.kq feysjgrsga nlt jk 0; fDr bl thok.kq; Dr ok; qea l ka ysrk gS rks ml dh 'okd ds l kFk&l kFk jks ds thok.kq Hkh muds 'kjhj ea iðsk dj tkrsga vks nlt jk 0; fDr Hkh jksxLr gks tkrk ga

ok; q }kjk QSyrsga iæf[k jks&buñyq tk NkV/h ppd dñj [kka h [kl jk ri fnd rFk d.kQj vkfn ga

(ii) Hkktu ,oaty }kjk&n"kr Hkktu ,oaty }kjk gStk i spl rFk eksh>jk e[; : i l s QSyrsga efD[k; ka jksk.kq Dr Hkktu l smMej 'kq [kku&ihus dh oLrka ij cBrh gS vks ml s jksk.kq Dr dj nrh ga 'kjhj ea Hkktu ds l kFk&l kFk jksk.kq Hkh i fo"V gks tkrsga

ri fnd ds tkuojkadk nlt ihus l ri fnd ds dhVk.kq 'kjhj ea iðsk dj tkrsga bl h idkj jksk.kq Dr ty Hkh l Øked jks QSyrsga ea l gk; d gsrk ga

(iii) dhV }kjk&dñ dhMs-tS sepNj fi l l w[kVey rFk tvekua 'kjhj dk jDriku djus ds vH; Lr gksrsga tc ; s jksch ds 'kjhj dk jDriku dj ysrsga vks mudsckn LoLFk 'kjhj

ij viuk geyk djrs gðrks ; sviusMad ds l kFk ¼ykj ds l kFk½ LoLFk 'kjhj ea jksk ds dhV/k.kq/ka dks iðsk dj nrs gð bl izdkj jksk.kq'kjhj ds jDr ea rsth l sil kfjr gkrs gð vksj og eult; jksxLr gks tkrk gð dhV }kjk QSyusokys jkska ea eyfj; k] i hr] Toj] lysx rFkk dkyk Toj vkfn gð

(iv) l a dZ ds }kjk&jksch 0; fDr ds vf/kd l a dZ ea jgus l s Hkh LoLFk eult; jksk ds f'kdj gks tkrsgð [kl jk [kq;yh] ekrk] nkn vkfn e[; : i l s l a dZ ds }kjk gh QSyrs gð jkska eadoy jksch dk l a dZ gh ughal gk; d gkrc oju-jksch }kjk iz kx dh tkus okyh oLrq/ka ¼tS s d[h] est] di Ms vkfn½ ds iz kx l s Hkh LoLFk eult; jksch gks tkrk gð

(v) peZ dsek/; e l & ; | fi peMh gekjs 'kjhj ij jksk.kq/ka ds fo:) , d vkoj.k dk dke djrh gS ij Urq d Hkh&d Hkh fVvud vksj , FkD l ds jksk.kq peZ l a k'kz }kjk gh 'kjhj ea iðsk dj tkrsgð

(vi) **Kkusñz kadsek/; e l & l qtkd vksj xehz tS s jksk Kkusñz ka }kjk QSyrs gð os; kxeu ; g jksk , d eult; l sni jseult; ea igp tkrsgð**

l Øked jks dh jkdFke&

LokLF; foHkkx }kjk fuEu mik; bu jkska dh jkdFkke gsrqfd; s tkrsgð

¼1½ Nq/k&Nir ds ftrus Hkh jksk gð buds QSyus dh l puk LokLF; foHkkx dks 'kiz nh tko] ft l l sos jkska dh jkdFkke dk l e; kof/k ea mfr izak dj l dA

¼2½ i FkD dj .k&Nir ds jksk , d ni js ds l a dZ l s QSyrs gð vr% jksx; ka dks LoLFk 0; fDr; ka l sni j [kuk vko'; d gð

¼3½ vyx djuk&Nir ds jksk l si fMf jksch dks fo | ky; ea ugha tkus nuk pfg, ml s chekjh Bhd gkus rd vodk'k inku fd; k tk l drk gð

¼4½ jksk {kerk dh mRi fRr djuk&jksk.kq/ka l s 'kjhj dh j {kk jkska ds fujkdkd Vhds yxkdj dh tkrh gð gSts vkfn ds Vhdsyx tkus l s 'kjhj ea jksk.kq/ka ds fo:) {kerk mRi lu gks tkrh gð jksk ds c<us dk Hk; de jgrk gð

¼5½ fujkdk i ku dky&tk 0; fDr l Øked jksk , ookrkoj.k ea jg pps gð rFkk ftul s Nir yxus dk Hk; gð , d s 0; fDr; ka dks l a kfir dky ds igys l ekir gkus rd fo'kSk ns [kj]k ea j [kk tk; A bl dky dsi 'pkr o e/; ea jksk fplg izdV gks tk; aks; k Nir l s Nq/dkjk i klr gks tkoskA

¼6½ fol Øe.k&jksch ftu oLrq/ka dk iz kx djrk gð os jksk.kq Ør gks tkrh gð vr% jksch ds oL=] crZ] fclrj] est] d[h] vkfn l Hkh iz kx dh xbZ oLrq/ka dks l ko/kkuhi dZ u"V dj fn; k tkuk pfg, ; k dbZ ckj jksk.kq Ør vksf/k; ka l smi pfr dj ysuk pfg, A

7-4 fofHkUu izkj ds l Øked jks&

¼1½ pppd ½2½ [kl jk ½3½ Nks/h ekrk ¼4½ gStk ½5½ d. BjksVMh ½6½ {k; jksx ½7½ eksh>jk
½8½ dkyh [kka hA

; k& l Øfer jksx , oa , M+ & , p-vkbzch

; k& l Øfer jkska l scpko ds mik; &

; k& l Øfer jks&os jksx tks; k& fØ; k }kj k QSyrsgåmlga; k& l p kfjr jksx dgrsgå

; k& jkska ea vkerfj l sgks okys jksx xukfj; k] fl Qfy l] gfi hvkbv l ch] , M+ vkfnA

; sjksx bu nksuka l si hfM+ 0; fDr l s vl gjfkr ; k& l æak j [kus l s QSyrsgå dHkh&dHkh
bu jkska ds y{k.k fn [k kbZughans; k dHkh osbrus l keU; gksrsgåfd blgavun [kk dj fn; k tkrk
gå buds y{k.k g%

¼1½ i s kkc ea tyu egl | djuka

½2½ i s/ dsfupysfg l sea nnA

½3½ l EHkksx ds l e; i hMk dk vutko djuka

¼4½ ; k& v&v&ka ea , d ; k T; knk QkM+ vksj ?kko gksuka

½5½ ; k& k&ka ea vl keU; rka

; sjksx vi usvki Bhd ughagksA bl fy; sbudk bykt u djuk ; k blgav l; ykska dks
u crkdj Nq k, j [kuk] 0; fDr ds ?krd gksk gå bykt ds l kfk bul scpko dh tkudkj gea
gksuk pkfg, A

y{k.k fl=; ka e&

1- ; k&uekx l s , d vyx rjg dk L=ko ; k n&ak vkuka

2- ukfHk vksj iztuu v&ka ds chp dh txg eannz gksuka

3- ; k&u l sekl d /keZ ds vfrfjDr L=ko gksuka

4- l EHkksx ds l e; ; k&u ds , dne vksjh Hkx eannz gksuka

fl=; ka vksj i q "kka e&

1- iztuu v&ka dk egg ds i kl ?kko ; k Nkys gksuka

2- i q "kka ea i s kkc djrs l e; tyu vksj nnz gksuka

3- xysea l utu

4- c[k j] nnz vksj dEi u 9lywdh rjgA

; k& l Øfer jkska l scpus ds mik; & bl jksx dh jkdFkke 0; fDr vksj l ekt ds fy,
cgr t: jh gsvksj l eLr fodkl o l gj {kk dsdk; Øe cln gks l drsgå bl dh jkdFkke ds fy,

iæ[k mik; fuEukuđ kj gA

¼½ ge l c ; kA o mudsy{k.kka dks l e>srFkk tc Hkh y{k.k fn[kkbZns ; k dñ i j s kkuh
vudko gks rks rjUr fdl h ; kA ; fpdfRI d l srRdky tko djkdj bykt dj k, A uhe gdhe l s
bykt u dj k, A

½½ vi us 'kjhj] fo'kSkdj tuukacka dks LoPN j [kA Luku ds l e; LoPNrk ij fo'kSk
/; ku nA

¾½ thoutkj ; kA l kFkh , d gh j [kA

¼½ nñ'kr jDr] l ðz ka o fl fj tka ds mi ; kx l scpA

½½ ; kA l Øfer jkx okyh efgyk dks xHkZkj.k ugha djuk pkfg, A

¾½ ; kA l Øfer gkus ij , p-vkbZoh- l Øe.k dh l Hkkouk nl xuk c<+ tkrh gA
, pvkbbh l Øe.k ds dñ o"ka ckn , Ml ys tkrk gA ftl dk dkbZ bykt ugha gA bl fy,
; kA&jkxka dk rRdky bykt dj k, A

, M+ Acquired Immune Deficiecny syndrome dk l kflr : i gA iR; d ekuo 'kjhj
eajkska l scpus ds fy, jkx ifrj{k d ra= gkrk gS tks 'kjhj dks l Øe.k vls chekfj; ka l scpkrk
gA , pvkbbh uked ok; j l tc fdl h dkj.ko'k 'kjhj ea i osk ik tkrk gS rks /khj & /khj s dñ o"ka
ea 'kjhj dk jkx ifrj{k.k ; æ fu"dk; ; k vi Hkkoh gks tkrk gA , d h n'kk ea tks Hkh jkx 'kjhj dks
gkrk gS bl dk bykt ugha gks i krk gA fpdfRI dka usekuo 'kjhj dh , d h n'kk dks , M+ dgk gS
ftl ea 'kjhj dh jkx&ifrj{k d ra= fu"Øh; gks tkrk gS vls , d&, d djds 'kjhj eajks c<+ s tks
gA bu jkxka dk bykt ugha gks i krk gS rFkk dñ l e; i'pkr euq; dh eR; qgks tkrh gA

y{k.k&, M+ ds i k j Hkd y{k.kka l s Hk[k u yxuk] otu eadeh] Toj jguk] Ropk ij nñjs
gkS FkdkoV jguk vfn gA ; g y{k.k fdl h vl; chekjh ds Hkh gks l drs gA vr% fpdfRI d l s
ijke'kZ y suk egROI w kZ gkrk gA , M+ ds i wZ fodfl r : i eajks ifrj{k d r k u"V gks tkrh gA

euq; vud jkska l sf?kj tkrk gA , M+ ds dkj.k l cl s vf/kd gkus okys jkx fueksu; k
rFkk Ropk dñ j gS tks tkuyok gks tkrk gA

cpus ds mik; &

¼½ yMelka dks 21 o"kZ rFkk yMfid; ka dks 18 o"kZ dh vk; qrd u rks vi uk fookg djuk
pkfg, vls u fdl h idkj dk ; kA l a dA

½½ vi us dks l æhr] fp=dyk ; k vl; l sjpukRed dk; Zea yxk nsuk pkfg, A bl l s
; kA l ækh vkoxka ij fu; æ.k ikuk l jy gkska

¾½ fookg mijkUr l jf{kr ; kA l a dZ vi us thou l kFkh l sgh djuk pkfg, A

¼½ dHkh&dHkh yMelsyMfd; ka dđ æ ea iMelj v'yhy fp=A fl u&fp= fQYeka dks n[kdj vFlak fdl h foo'krk dk f'kdj gk pkg&vupkgs; k& l á dZ dsfy, rš kj gks tkrsgA , d sl e; ea yMel&yMfd; kankuka dks l g{f{kr ; k& l á dZdj tkj nsuk pkfg, A vU; Fkk , MI gksus dk [krjk cuk jgrk gA

½½ nfu; k ds3 djM+, pvkbzh ekStm yk&ka ea l svk/ks10 l s24 o"lZ ds gA Hkkjr ds , pvkbzh yk&ka l s, d 15 l s19 o"lZ dk gA i jUrqvki ?kcjk, aughA mi ; Dr ckrka dks l e>avkš ikyu djA vxat h eadgkor gS "Care costs nothing but saves a lot " vki Lo; a l ko/kku gks vkš viusl á dZ eavkusokysiR; d fd'kš o ; pk dks l g{f{kr ; k& l á dZ djus dk egRo l e>kb; A , pvkbzh&, M+ dk e[; dkj.k 'kjhj ea, pvkbzh }kjk 'kjhj ds jks ifrj{kd ræ dks u"V djrk gA , pvkbzh- (H.I.V.) vxat h ds 'kCnka ea Human Immuno_deficiency virus dk l f{kr : i gA

, p-vkbzh- ml ok; j l ; k fo"kk.kq dks dgrsgš tks ba kuka ds vUj chekj l scpusokyh rkdr dks de dj nrk gA , p-vkbzh- cgr gh Nks/k , d cky ds g tkjoa Hkkx l s iryk gsrk gA ; g , d cMy cuh gpZ i wkZ f[kys gq l j te[kh ds Qny tš k yxrk gA , p-vkbzh- dk irk [ku dh tkp l s gsrk gA

y{k.k&, p-vkbzh- ds 'kjhj ea i gpus ds dñ l l rkg ckn dñ yk&ka dks Fkd ku] c[kkj] 'kjhj eannš yxrkj nLr fl jnnZ vkfn ųywtš sy{k.k gksrsgA , d i Hkkfor 0; fDr dks , d sy{k.k gks gh] , d k t: jh ugha gA dñ l e; ckn pystkrsgA jDr dh tkp djok dj gh , p-vkbzh- l De.k dk irk pyk; k tk l drk gA

tc dkbZ0; fDr , p-vkbzh- l sl ųfer gks tkrk gS rks ml ds rjUr ckn [ku dh tkp djkbZ tkus ij tkp ds ifj.kke l gh ugha vkrs vFkZ~tkp l s irk ugha pyrkd 0; fDr dks , p-vkbzh- l De.k gStcfd 0; fDr , p-vkbzh- l ųfer gks pdk gsrk gS bl dk dkj.k ; g gSfd , p-vkbzh- ds , h ckM+ mRiUu gks l s2 l s12 l l rkg yx tkrk gA ; g ihfj; M foMks dg ykrk gS, pvkbzh- l s Hkfer l ųfer yk&ka dks [ku dh tkp gj N% ekg ds vUj l s djokrs jguk pkfg, A cpus ds mi k; %

¼½ vl g{f{kr ; k& l c&k ugha j [kuk pkfg, A dM&e dk mi ; ksx djuk pkfg, A

½½ tgkard l Hko dks fMLi kd sy fl fjtk& dk mi ; ksx djuk pkfg, A

¾½ fdl h vKkr , oa0; ol kf; d nkrkvka l s jDr ugha fy; k tkuk pkfg, A

(4) geškk HIV jfgr jDr gh iz ksx fd; k tkuk pkfg, A

1/5½ 'kjhj eaxknuk xqkuš ukd&dku fNnokuš nkMh cuokuš , D; iłkj vkfn djokusds
i wZ mi ; kx ea ykbZ tkus okyh l kexh i wKZ : i l sLVjykbZt dh tkuh pkfg, A

i kB l kjka k%

& l kempf; d LokLF; dk vFkZgsfd tu l empk; , oafol ky; ka ea Nk=ka dks LokLF;
ds ifr voxr djuk vkš ml dh vPNkbZ ka dks l e>ukA

& l kempf; d LokLF; ds varxř vkus okyk vo; oka dk v/; ; uA

& ty dk forj.k mfpr , oa0; ofLFkr gkA

& ok; q dk 'kf) dj.k , oa l pkyu vko'; d gA

& ey] dM&djdV dk 0; ofLFkr fu"dkl u gkuk vko'; d gA

& edkuka dh mfpr 0; oLFkA

& esyea tyl ka ea LOPNrk ij fo'kš /; kuA

& ty ds inlk.k dks jksduk vko'; d gš vl; Fkk l Øked jkska ds QSyus dk Hk; cuk
jgrk gA

& ok; q ds inlk.k dks jksdus dsfy, ey , oa dMsdjdV dk l gh : i l s , oamfpr
fofek l s fu"dkl u vko'; d gA

& xte LokLF; l qkkj grqmfpr ekxř'ku nsukA

& LokLF; f'k{kk} i k&+f'k{kk rFkk tul ä dz dh mfpr 0; oLFk djuka

& ifjokj fu; kstu vkš ifjokj dY; k.k dšnka dh xteka ea LFkki uk djuka

& ekr&f'k'kq dšnka dh LFkki uk djuka

& fo|ky; ka dh LFkki uk djuka

& u'khy inkFkka l s gkus okyh gkfu; ka l s ; pk i h<h dks voxr djuk vko'; d gA

& bl l s fofHku chekfj; ka tš & dš j] ân; jks i {kk?Kkr gks tkrk gA

& l ektl dh l LFkka, oa'kkl dh; ra= ds mi Hkks l sbl /kaks dks l ekr fd; k tk; A

& l Øked jks] , d jksch 0; fDr l snl jsLoLFk 0; fDr ds viR; {k : i l syx tkrk

gA

& l Øked jks] l (ere thok.kp/ka dsek/; e l s QSyrgš blgadšy l (en'kř dsek/

; e }kjk gh n[kk tk l drk gA

& l Øked jks ok; j ty] Hkks tu] dhV l ä d] peZ ek/; e vkfn l s QSyrgA

& l Øked jks] dh jksLFkke dsfy, fofHku mik; fd; s x; s gA

& jksch dks LoLFk i q "kka l s i Fkd j [kukA

& Nir ds jksch dks Bhd gksus rd dh fLFkr ea vyx j [kus dh 0; oLFkk djukA
 & jksx fujkskd Vhdka dh 0; oLFkk djuk rFkk mudk i pkj , oa i d kj djukA
 & jksch dh oLrqvka dks t\$ soL=] fclRj] est] d d hzvkfn dks vPNh rjg l su"V djuk
 rkd ml ds dhVk.kq ugha Qsy l dA

& t\$ k fd igys gh crk; k tk pplk g\$ fd l kmpkf; d LokLF; dk vFkz g\$ fd
 tuekul dks LokLF; l eadh l Hkh crka dk Kku gksuk vko'; d g\$ bl ea l cl s enyHkr crk
 ftl ij /; ku fn; k tkuk vko'; d g\$; g i ; kbj.k f'k{kk g\$

i ; kbj.k dh LoPNrk ds vxzr&

& i ; kbj.k dks inlk.k l scpkuk vko'; d g\$

& ty inlk.k] ok; qinlk.k] /ofu inlk.k vkfn l sLokLF; ij foijhr vl j i Mrk g\$

& ty inlk.k dks jksdus ds fy, mfpr mik; crk; s tk, A

mi ; Dr l Hkh crka ds ek/; e l s gh l kmpkf; d LokLF; dk l gh vFkz , oa Kku i kr gks
 l drk g\$; k\$ l Dfer jksx , oa, M+ , p-vkbZoh- ds y{k.k ds mik; A

vkRe ijh{k.k izu

fuEufyf[kr izuka dsmRrj fyf[k; srFkk viusmRrj dltth@iKB dh l gk; rk l sLo; atkp
 dhft ,A

- 1- l Øked jksx dk vFkz Li "V djks
- 2- l Øked jksx Qsyus ds iæ[k dkj.k fyf[k; \$
- 3- l Øked jkska dh jksdFkke ds fy, D; k mik; fd; s tkrs g\$ fyf[k; A
- 4- foHkku izdkj ds l Øked jkska ds uke fy[kk\$
- 5- l kmpkf; d LokLF; l svki D; k l e>rs g\$ l kmpkf; d LokLF; dks i Hkfor djus
 okys dkjdka ds uke fyf[k; \$
- 6- ty inlk.k fdl izdkj gsrk g\$ mul s gksus okyh gkfu; ka dk o.ku dhft , \
- 7- u'khy inkfz D; k g\$ mul s gksus okyh gkfu; ka dk o.ku dhft , \
- 8- u'khy infkka dh jksdFkke ea l ekt l oh l LFkkvka dh Hkfedk dk mYys[k dhft , \
- 9- vki vius i ; kbj.k dh l j{k fdl izdkj dj l drs g\$ l folrkj fy[k\$
- 10- , M+ l scpus ds mik; fyf[k; \$



i =kpkj i kB; Øe
ek/; fed f'k{k e.My e-ç-] Hkiky
¼kj k l ok/kdkj l jf{kr½
fMlykek bu ,T; qðsku ijh{k ¼}rh; o"½
izu i = & v"Ve

iB Øekd & 8

fo"k; % inlk.k l txrk

fi z f'k{k d&Nk=l

ekuo ds' kkhfjd ekuf l dj HkkoukRed , oaeukoSkfud fodkl eai ; kbj.k dh egRo iwZ , oa
 nh?kz i Hkkoh Hkkedk gA chl oha l nh dsväre nksn' kdkaeat ul [; k foLQkV/ l smRi lu vko' ; drkvka
 dh i firZdsfy, i kdfrd i ; kbj.k dk l Uryu cjh rjg Mxexk x; k gA fnukinu vf/kd inñ'kr
 gkrk tkusokyk i ; kbj.k Lo; abl l R; dk l k{k kh gA vr% tuekul ea i ; kbj.k inlk.k ds i fr
 l txrk mRi lu djuk l e; dh ekax gA

; g l R; mHkj dj l keusvk x; k gSfd rsth l sinñ'kr gkrk tkusokys i ; kbj.k dkð Lo; a
 ekuo ds vLrRo dh j{k graqvls vf/kd inñ'kr gkus l scpkuk gksk] inlk.k dks i ; kbj.k ij gkoh
 gkus l sHkj ij jkduuk gksk rFkk i ; kbj.k dks inlk.k jfgr cukus rFkk cuk; sj [kus ds mik; ka dks
 [kkst dj i Hkkoh : i l siz q r djuk gkskA

bl mİš; dh i firZdsfy, l oñ Eke tuekul ea inlk.k l txrk txkuh gkskA Hkkoh f'k{k dka
 dks bl l s i jfpr djuk gh bl iB jpuk dk i Eke mİš; gA

bl iB ds v/; ; u l svki fuEukidr izuka ds mRrj i kus ea l eFkz gks l d&A

i ; kbj.k l s D; k rRi ; Z gS

i ; kbj.k inlk.k D; k gkrk gS

fofHkUu izdkj ds inlkk.ka ds D; k dkj.k gS rFkk muds fuokj.k ds D; k mik; gS
 xteka, oamudsvkl ikl dsi; kbj.k dks inlkk.k jfgr cukusgrq tkx: drk ds smRiUu dh
 tk; s

v/; ; u dh l fo/kk dh nf"V l sbl ikB ea iLrq fo"k; kdk dks fuEukaDr mi bdkbz; ka ea
 foHkDr fd; k x; k gA

8-1 i; kbj.k D; k gS

8-2 i; kbj.k inlkk.k D; k gS

8-3 inlkk.k ds izdkj

8-4 ok; ty , oahkie /ofu inlkk.k ds dkj.k , oafuokj.k ds mik; A

8-5 xte , oam l ds vkl ikl ds LFkkuka dh LoPNrk grq tkx: drkA

8-1 i; kbj.k D; k gS

0; fDr ds vkl ikl dk Kkr , oavKkr] ikdfrd , oal keftd okrkoj.k gh i; kbj.k gS tks
 iR; {k ; k viR; {k : i l s 0; fDr ds thou vks dk; Z dks iHkkfor djrk gA

Hkie] ok; q, oa ty Hkkrd i; kbj.k ds varxZ vkrsga tgka Hkkrd i; kbj.k fofHkUu : i ka
 ea thou ds vLrRo ds fy, vko'; d gSogh tSod i; kbj.k l seut; dks tohu ds vLrRo ds
 fy, [kkuk ihuk , oavU; oLrq aikr gsrh gA l R; rks; g gSfd eut; iM&iKka , oa tUrq thoka
 dsfcuk ughajg l drk Hkkrd i; kbj.k , oa tSod i; kbj.k dk , d nW jsij l rr iHkko iMfk
 gSvks ml ds QyLo: i bueafujUrj ifjorU gsrk jgrk gA

8-2 i; kbj.k inlkk.k D; k gS

fofHkUu i; kbj.k rFkk Hkkrd i; kbj.k] tSod i; kbj.k] ikdfrd i; kbj.k l dfrd
 i; kbj.k vkfn fofHkUu rRoka dks nfr djus okys dkjd inkFkZ inlkkd dgykrsgarFkk bu inlkkdka
 ds dkj.k fd l h i; kbj.k ea gksus okyk ekua vLrRo , oa LoLFk thou ds fy, gkfudkj d ?krd
 iHkkoh ifjorU i; kbj.k inlkk.k dgykrk gA

Hkrie] ty ,oaok; ij ikdfrd i ; kbj.k dsieq[k rRo gš ftudk LoPN] 'kq , oamoj rFkk vko' ; drkvdadh i firZgrqokāNr inkFkkādsink; djusdh {kerk eaI eFKZgksuk} ekuo vflrRo ,oa thoup; kZdsfy, furkUr vko' ; d gš bl sni'kr djusokys i nllkd [kuu] jkl k; fud [kkn oukadh dVkb] uxjkaclk dMk djdV dy dkj [kkukaclk fo"ksyk dpjk vks fo"kkDr ty] bāku /kq/k fo"ksyh xš a rFkk c<rk gqk 'kqj gā bu inllkda }kjk i ; kbj.k ij gkfudkj d i Hkko mRiUu djusokys ifjorū inllk.k dgykrs gā

i ; kbj.k inllk.k ds ifj.kkeLo: i ftI feVvh ds xqk xkrs dfo dHkh Fkdrk ugha Fkk ogha feVvh vkt rd py gšvks gekjh I qyk] I Qyk 'kL; ' ; keyk /kjr h cat j curh tk jgh gā ou fouk'k ds dkj.k Hkrie dk {kj.k c<rk tk jgk gš rFkk i ; kbj.k ea ty 0; oLFkk ea u; s i cak vks dij cak usi kdfrd ojnu ty dsL=karkadks [krjseaMkydj mu ij fuHkj ekuo I ekt dk Hkfo"; pšV djusdh Bku yh gā [kfut rsy] xš vks dks yk ydMh rFkk xksj dMk vkfn bāku ds: i eatyuk tul q; k of) dh vko' ; drk i firZdsI kFk c<rk tk jgk gš buds/kq al sgksokyk inllk.k vc [krjsdsLrj I sĀij p<+pyk gā dy dkj [kkukarFkk rst xfr I spyusokys [kfut rsy] bāku , oadks yk tykusokysokguka i ; kbj.k dks/kq al sHkj dj nri'kr djusds I kFk&I kFk Hk; kud 'kqj I s inri'kr dj fn; k gā

8-3 inllk.k ds idkj&

ikdfrd i ; kbj.k dseq; rRo Hkrie] ty ,oaok; qgāvr% budsĀij i Hkko Mkyusokys gkfudkj d ifjorū mRiUu djusokys inllkda ds vk/kkj ij ikdfrd inllk.k dseq; r%pkj idkj ka eafokDr fd; k tk I drk gā

- | | |
|------------------|------------------|
| 1- Hkrie inllk.k | 2- ok; q inllk.k |
| 3- ty inllk.k | 4- /ofu inllk.k |

ekuo vflrRo ij eMjkr sbl Hk'h".k [krjsI sfui Vusdsfy, I Hkh idkj ds i ; kbj.k inllk.k ds oržku ,oa I Hkko dh dkj dka dh mRi fRr ds dkj .kka dk irk yxkdj muds fuokj.k ds dkj xj mik; ka dks I quf' pr djuk vks i Hkko : i I soLr q% mudks ykxw djuk] ekuo dks cuk; sj [kus ds fy, vR; ko' ; d gā

8-4 Hkfe] ty] ok; q ,oa /ofu inllk.k ds dkj.k ,oa fuokj.k&

i kdfrd i ; kbj.k dseq[; rRokaHkfe] ty , oaok; qdsinllk.k dsdkj.k kadh foopuk, amuds fuokj.k grqmi ; kskladk l fuf'pr djusdsfy, bueal siR; d dksiFkdr%oLrr : i l sl e>uk gksxk] rRi 'pkr~budh vUrfØ; k ea ,oa ijLij l cak ij 0; k[; k dh tk l drh g&

gekjsns'k eaed[; r%rhu izdkj dh Hkfe g& df"k dh Hkfe] ou dh Hkfe rFk pkjxkg dh Hkfe bueal spkjxkg dh Hkfe l cl svf/kd mi {kk dh xbZg& i k; %cM&cM+l Hk pkjxkg df"k Hkfe eaifjofr' dj fn; sx; sgftl l si'kqka dsfy, pkj t'pkusdk nkf; Ro ouka ,oafQj df"k dh Hkfe ij vk i M+ g\$ vr%i'ki ; kbj.k ds 'k=qekus tkusyxs g&

Hkfe ds inllk.k l svfHki k; Hkfe dk vius u\$ fxZl xqkka dks [kkdj mojk 'kDr l sjfgr Hkfe{kj.k rFk chgM+, oacatj Hkfe eacny tkuk g&

inllk.k ds dkj.k&

o\$ srksHkfe inllk.k gksuk LokHkkfod gsfduq, d l hek rd gksokysHkfe inllk.k dks izdf Lo; airfØ; k l sl r'fyr djrh jgrh g\$ijUrqvkt gksjgsRofjr Hkfe inllk.k dsfuEukfdr dkj.k g&

(i) pkjxkgka dh fujUrj ?kVrh fLFkr&

vf/kdkf/kd i'kqpkj t'pkusdsnkf; Ro ds l kFk fujUrj df"k eaifjofr' gksr tkusdsdkj.k pkjxkgka dh l [; k ,oa {ks= fujUrj ?kVrk tk jgk g&

(ii) Hkfe{kj.k ,oa chgM+fuelZk&

/kjrj ij ouLifr dh idM+tc etcir ugh jg ikrh rks o"kkZ dk ty ogka dh feVh dks vius l kFk cgk tkrk g\$ bl sHkfe{kj.k dgrs g& T; k&T; ka Hkfe{kj.k ds l kFk o"kkZ ty ds ipkg ekxZ/ kjrh dh feVh ea xgjs curs tkrs g& rks njka ds cuus ds ckn Hkfe chgM+eacny tkrh g&

(iii) [kuu&

/kjrj l sHkhrj l si klr djusdsfy, [kpkbz dk dk; Zpkgs [kyh [kpkbz ; k Hkfe xr [kpkbz [kuu dgykrk g& [kuu fØ; k eamM+usokyh /kny ml l kjs {ks= ea QSydj Hkfe dh Hkfe catj gks tkrh g& Hkfe [kpkbz ea tehu ds/ka usdk l n& [krjk jgrk g& dks yk [knkuka earksvkx yxus dk Hkjh [krjk rFk vkx yxus l sml scpkus dh dfBukbz l n& cuh jgrh g&

(iv) dj dkj [kkuka l sfudyusokyk /kq/k&

vkš] kfxd i xfr ds l kfk LFkfi r dy&dkj [kkuka l sfudyusokyk /kq/k fujUrj /kjr h ij
ijr cudj cBrk tkrk gš vkš ml dh mojk 'kfDr dks?kVkrk tkrk gš

(v) rst vkš/k; ka&

jshysLFkkuka dh vkš l spyusokyh rst vkš/k; ka ds dkj .k Hkh /kjr h dh Åijh ijr ij l s
j s ds gVrs rFkk u; s LFkkuka ij tersjgrs gš

Hñe inñk.k ds fuokj.k&

Hñe inñk.k ds i e [k dkj .k pkj kxkgka dk de gksr tkuk] Hñj {k.k , oachgM+fuekZ k crj rhc
[kuu dy&dkj [kkuka l sfudyk gq/k /kq/k rFkk rst vkf/k; ka gš

¼1½ I v [ks vkš v/kl v [ks {ks=ka ea l kelftd okfudh ds varxZ , s so {kka dk jki .k fd; k
tk, tks tykus ds fy; sbZku rFkk i 'kq/ka dks pkj nrsgš l kfk gh QI y dV tkus ij [kr ea i 'kq
pkus dh ijEi jk dks cuk; sj [kuk gš

½2½ Hñj {k.k , oachgM+fuekZ k l s Hñe dks cpkus ds fy, Hkh ouLi fr l sl e) djuk gksck
bl ds fy, ouka dh dVkbZ can gh ughafu; fer vo'; djuh pkfg, A chgMka dks i gys pkj kxkgka ea
fQj dñk Hñe eacnyuk gksckA

½3½ [kuu m | ks dks pykus ds l kfk gksus okysouka ds dVku] mojk Hñe dh cjcknh rFkk
ty ds inñ'kr gksus dks jksduk gksck [kuu ds/ka usds [krjs dks vkus ds dkj xj mi k; djus gksckA

¼4½ dy dkj [kkuka l sfudys /kq a dh ijr l s Hñe dks i nñ'kr gksus l scpkus ds fy,
i R; d , s dkj [kkus dks i nñk.k fuokj.k mi dj .k yxkuk] vfuok; Zgksuk pkfg, rkd /kq/k fd l h Hkh
mi; ksch : i l s LFkkuka rjir fd; k tk l ds vkš ml l sgksus okys i nñk.k dh gkfu l scpk tk l dš

½5½ ; | fi rst vkš/k; ka l sgksus okys i nñk.k l s Hñe dks l h/scpkus dk dkbZ mi k; vHkh
dkj xj ugha gš fQj Hkh vkf/k; ka vkus dh fn'kk ea vf/kd Åps rFkk l ?ku ou jki .k l s vkš/k; ka ds
pyu dh rhok dh vo'; de fd; k tk l drk gš

ty inñk.k D; k gš

LoPN ty ekua eny vko'; drkvkaeal s, d gš ty dk mi; ksx eut; ka, oa i 'kq/ka ds i huš
Hkstu cukuš; dñk djuš ÅtkZ mRi lu djuš rFkk dkj [kkuka , oa m | kska ea gksck gš

tc Hkh] ftl dkj.k l sty vuq; kxh gks tkrk g} rksml sty inlk.k dgrsg} inff"kr ty] dk ekuo thou] thou tUrq/karFkk ouLifr ij cjk iHkko iMrk g}

ty inlk.k ds dkj.k&

izdfr ea ty inlk.k fujUrj gkrk jgrk gS i jUrql kFk ml inlk.k dk us fx}d fof/k; ka l s fuokj.k Hkh gkrk tkrk g} bl izdkj , d l rgyu LFkkr jgrk g}

fdUrqtul [; k c<usds l kFk vc ; g l rgyu xM+gksx; k g} ekuo }jkk gh ty dk vfeokf/kd inlk.k fd; k tkrk g} ftl sizdfr l rgyr ugha dj ik jgh g}

¼½ **df"k ea fo"ksys j l k; ula dk iz kx&**

vkt dy df"k ea dhVuk'kd j l k; uk} [kji rok&uk'kd j l k; uka rFkk vU; jkl k; fud [kknka dk Hkj i j iz kx fd; k tkrk g} ; s j l k; u , oajkl k; fud [kkn o"kkZ ds ty ds l kFk cgdj unh eafey tkrsg}

ml l smudk ty inff"kr gks tkrk g}

½½ **dMk dpjk ,oa ey ew fu"dkl u&**

c<rh gpZ tul [; k ds dkj.k dMk dpjk ,oa xnxh eyew= dk fu"dkl u , d Hk; dj l eL; k cu xbz g} ; s l Hkh vif"V rkyck} ufn; ka ea cgk fn; s tkrsg} ftl l smudk ty inff"kr gks tkrk g}

¼¾ **m | kx /kka ,oa dkj [kkuka l s fudyk vo'ks&**

ty dk mi ; kx djus okys m | kx /ku/kka ,oa dkj [kkuka l s fudyk ty Hk; kud : i l s fo"kkDr gkrk gS ftl eavud fo"ksys jkl k; fud inkFkZ gkrsg} vk} bl h xns ty ds rkyk ; k unh ea igpus l i jk ty inff"kr gks tkrk g} j r hys LFkka eabl izdkj ds fo"kkDr vif"V; Dr ty ds fjl dj Hk}exr ty eafeyus l s d r k} uydi ka dk ty Hkh inff"kr gks tkrk g}

¼½ vUrr% I kxjla ds ty dk Hh inlk.k&

vc rks ; g Hkh ugha I kp I drsgãfd I kxj ea vullr ty gãD; kãd QQmuk'kd ds : i
 eaiz Ør ikjk&; kãxd , oafokãk idkj ds iã/ãsy rFkk bãku dsdke vkusokysl hl sdk vif'k"V Hkh
 vUrr%cgdj I kFk ty eal efo"V gks tkrk gã tgka l sml dsckgj fudyusdh ifØ; k gksh gh
 ugha gã bl idkj fujlurj I kxj&ty inã"kr gks tk jgk gã I kxj ty ds inã"kr gkusea , d
 egRoiwãzdkj.k iã/ãsy; e , oa[kfut rsy gSftl dk gj o"ãzyk[kkaVu fjl dj I kxj ty Lrj ij
 QSy tkuk dkys dhpM+dks mRiUu djukA

ty inlk.k dk fuokj.k&

ty inlk.k ds iã[k df"k ea fo"ãsysjl k; ukã dk iz kãx] dMk dpjk , oaey e# fu"dkl u
 m | kã /kãkã , oadkj [kkuka l sfudyk vo'ãkã] I kxj&ty eafeyrs ikjk&; kãxd I hl k , oa [kfut
 rsy gSvr%bl inlk.k ds fuokj.k mik; ka ea iã[k gã

¼½ df"k ea iz Ør fo"ãsysjl k; ukã dso"ããz ty ea?kã/dj ufn; ka , oa l kxj eafeyus l s
 jãdusdsdkjxj mik; djugkãsvFkok bu fo"ãsysjl k; ukã ds mi ; kã dks iãrcã/kr djuk gkãkã

½½ dMk dpjk , oafu"dkfl r eye# dks ty eacgk fn; s tkus ds LFkku ij mudh
 mi pkfjr dj df"k , oa vU; mi ; kã ea yukus ds l a ãka dk I eãpr mi ; kã djuk gkãkã

¾½ m | kã /kã/ks , oadkj [kkuka l sfudys vo'ãkã dks ukyka ufn; ka eacgkus ds LFkku ij
 bl h iz kstu gãq [kããsx; sxgjs xM<ka ea tekdj mi pkfjr fd; s tk, a rFkk dkbãz Hkh fo"ãsys vo'ãkã
 unh ukyka ea ugha cgk; s tkoã

dN , d n'kd l sok; e. My eadkcZu MkbZ/kDI kbM dk vuq kr c<rk tk jgk gSftl ds QyLo: i idfr l syk[kka o"ka l scukdj j [kk x; k] l Uryu xMeMerk tk jgk gA ok; qe adkcZu MkbZ/kDI kbM] /ky dsd.k vU; fo"kyh xS kavkfn dk okiNr vuq kr l sc<+tkuk gh ok; q inlk.k dgykrk gA

ok; q inlk.k ds dkj.k&

ok; e. My eami fLFkr dkcZu MkbZ/kDI kbM dk ikf.k; k ouLifr; ka, oaok; e. My eafujlrj fofu; e pØ pyr k jgrk gA ok; e. My l s dkcZu MkbZ/kDI kbM ouLifr; ka ea tkrh gS tc ouLifr; ka l Mfh gS rks i u% dkcZu MkbZ/kDI kbM muea l sfudydj ok; e. My eafey tkrh gA

bl dsvfrfjDr cM&cM&dkj [kkuk] okguka rFkk vU; ?kjsyw l k/kuka l sfudyk gq/k /kq/k , oa fo"kyh xS ka ea ok; q inlk.k gkrk gA

bl idkj ok; q inlk.k ds iæ[k dkj.k g&

¼1½ c<rh ikf.k l æ; k }kjk fu"dkf l r dkcZu MkbZ/kDI kbM&

fnukinu c<rh tul æ; k] i'kq if{k; k dhV i rakka dh c'skækj c<h&kjh ds QyLo: i okroj.k eadkcZu MkbZ/kDI kbM dk vuq kr c<us l sok; q inlk.k gkrk gA

¼2½ fujlrj ?kVrh ou&l E ink&

df'k Hkfe grqouka dsdVuS bZku dsfy, ou fouk'k i fda o Quhp j grqydMh i kus ds fy, oukadh dVkb] l kelftd okfudh dsuke ij vuq; ksch l Qn dh jki .kh vkfn l sou l E ink fujlrj ?kVrh tk jgh gSftl ds QyLo: i ouLifr l sokroj.k dks i ktr gkusokyk vkDI htu dk vuq kr ?kVus l sok; q inlk.k gkrk gA

¼3½ dks yk [kuu , oa dy dkj [kkuka ea dks yk tyuk&

dks yk [kuu l smMeusokyh dks yh dh l ?ku /ky okroj.k eafeyrh gS dks yk tyus l s fudyusokyk /kq/k rFkk vU; fo"kyh xS ka ds okroj.k ea Qsyus l sok; q inlk.k gkrk gA

¼4½ ?kjsywbZku rFkk okguka l sfudyk /kq/k&

?kjsywbZku ds: i eaydMh dks yk vkfn tyus rFkk l Mdka ij nkMfsvl æ; okguka }kjk tyk; s tk jgs [kfut ds /kq avkS fo"kyh xS ka l sHk; æj ok; q inlk.k gkrk gA

½ egkuxjh; cgefitysHkou rFkk >lxh cLrh&

>ki Mh dh cflr; k tul ; k vf/kd rFkk LFkku dh deh ds dkj .k Hkh ?krd ok; q i nllk .k gkrk gA

ok; q i nllk .k dk fuokj .k%

vk/kfud I H; rk dsc<rspj .kka ds I kFk gksusokysbl ok; q i nllk .k dks I oFkk jksduk vl Hko g\$ gka bl s ?krd i Hko dks de djus ds mik; vo'; fd; s tkus pfg,] ftuea i e[k gA

(i) tul ; k fu; eu&

I d kj dh c<rh gpz tul ; k dh of) nj dks ?kVkdj ok; q i nllk .k ea fujUrj gksus okyh of) dks de fd; k tk I drk gA

(ii) ou fouk'k jksduk rFkk oukjsi .k&

vf/kdkf/kd gksusoy sou fouk'k dks jksdusrFkk vf/kd I svf/kd u; sou jki us I sok; q i nllk .k dks de fd; k tk I drk gA

(iii) dy dkj [kkuka ea ok; q i nllk .k fuokj .k ; a-ka dk iz ksc&

dy dkj [kkuka I sfudyusokys /kq adk i nllk .k fuokj d ; a-ka }kjk mi pkj djus I sHkh ok; q i nllk .k dh ?krdrk dks de fd; k tk I drk gA

(iv) fu/kk bZku rFkk oguka dh fu/kk&

bZku ds : i ea ijEijkr ydMh dks yk u tykdj vk/kfud x\$ rFkk I k\$ Åtíz ds mi ; ksc djus vk\$ oguka ea tyk; s tkusokys [kfut rsy dks fu/kk Lrj ij j [kus I sok; q i nllk .k I scpk tk I drk gA

(v) LoPN o 'k) ok; q ; Dr Hkou 0; oLFkk&

bl idkj dh Hkou 0; oLFkk djuk fd ykcka dks 'k) ok; q feyrh jgA ; g 0; oLFkk ok; q i nllk .k ds i Hko dks de dj I drh gA

/ofu i nllk .k D; k g&

vk/kfud I H; rk rFkk rst xfr ds oguka dh nsu , d vr; k/kfud i nllk .k /ofu i nllk .k gA , d fuf'pr Lrj I svf/kd rhor , ofujUrjrk okyh /ofu I sokrkoj .k ea /ofu i nllk .k gkrk gA

okguka ds gkuZ dh rhork ds dkj.k nqkZ/ukvka dh I [; k c<+xbZ gA ckf/kjRo] ds j rFkk
vull; fuækuk'k ds jksx yx I drsgA /ofu i nllk.k dk Luk; qI LFku ij dq Hkko i M+k gA

I qj vkpfyd xteh.k okrkj.k dh 'kfDr rFkk uxjh; HkhM+dh v'kkar dh ryuk I s/ofu
i nllk.k dk vockk gkrk gA

/ofu i nllk.k ds dkj.k&

okgu dh xfr dsc<usdsI kFk ml I sgkusokyh /ofu i nllk.k dh rhork Hkh c<rh tkrh gA

(i) jSM; k\$ Vhoh] ykmMLihdj rFkk rst glu&

bl ; q dh nu jSM; k\$ Vhoh] ykmMLihdj rFkk rst gkuZ dh fujlrj c<rh /ofu o 'kksj
I sHk; dj /ofu i nllk.k gkrk gA

/ofu i nllk.k dk fuokj.k&

/ofu i nllk.k ds fuokj.k ds fy, /ofu i nllk.d dkjdka dks dke djuk gkskj rFkk

(i) okguka dh xfr vuko'; d : i I su c<k; srFkk gkuZ I sgkusokys/ofu i nllk.k I s
cpk; A

(ii) ?kjkaeao edkuka ij Hkh jSM; k\$ Vhoh- /kheh vkokt ea pyk, arFkk ?kjka ds vkl ikl
i M+i k\$ks yxk; A

(iii) ?kjkae arFkk ckgj /kheh vkokt I sckr djA

(iv) okguka ds batuka dh fu; fer I eqpr n\$khky dja rkd osde I sde 'kksj dja
okgukae arst /ofu okys gkuZ iz; kx u djA

xte ,oa ml ds vkl ikl ds LFku dh LoPNrk grq tkx: rk

ekuo cflr; k\$ fo'k\$kdj xte rFkk xnh cflr; ka ds vkl ikl ds LFku dks LoPN j [kus I s
i nllk.k ds nqi Hkko I s cpk tk I drk gA xte ,oa vkl ikl dh LoPNrk cuk; sj [kus ds fy,
xteokfI ; ka dks LokLF; , oa LoPNrk dh fof/kor f'k\$kk nh nh tkuh pkfg, vk\$ LoPNrk ds i fr muea
tutxfr txuh pkfg, A

xteokfl ; ka ea xte , oa ml ds vkl ikl ds LFkkuka ds fy, LoPNrk cuk; sj [kus dh tkx: drk dksmRiUu djus dsfy, fuEukidr mik; djuk vko'; d gA

(i) **xyh I Mda dh LoPNrk&**

xyh I Mda dks; Fkkl Hko dMk&dpjk I sxUnk u fd; k tk, A ?kjadk dMk dpjk fuf'pr LFkku ij cus [kMMka ea tek dj fn; k tk, rFkk dEi kV [kkn cukus, oa vU; fof/k; ka l smi pkfjr dj mi; kxh cuk; k tk, A

(ii) **ey ew o vif'kV fu'dkl u 0; oLFk&**

fnu ifrfnu c<rh tul ; k dsfy, eyew o vif'kV fu'dkl u dh mfpr 0; oLFk I Lrs LoPN 'kpk; , oa mueafu'dkl r vif'kV ds mfpr mi pkj i 'pkr~mi ; kxh cukus ds dkjxj mik; djus dh vknr Mkyh tk; A

(iii) **?kja ea /k/k jfgr pVgk dk iz kx&**

?kja ea , d s/k/k jfgr pVgs iz kx fd; s tk, aftul sok; q inlk.k de l s de gkA

(iv) **dyla rFk unh rkykla dh LoPNrk&**

dyla dks < ddj mueayky n'ckj Cyhfpax ikmMj vkfn I sdhvk. kpk'k vks fu; fer I QkbZ I s inlk.k l scpk; k tk, A

(v) **LoPN thou ds <x&**

xteokfl ; ka dksLo; aLoPN jgus vks vius vkl ikl ds LFkkuka dh LoPNrk cuk; sj [kus dh vknr Mkyus dksmRi kfgr fd; k tk, a; s dk; ZLo; a xteokfl ; ka ds }kj k vks I kefigd tutkxj.k dsfy; s fd; k tk l dsxkA

iB iqjkoykdu

i ; kbj.k 0; fDr ds vkl ikl dk Kkr , oa vKkr] ikdfrd , oa l keftd okrkoj.k gA Hkkrd i ; kbj.k ds eq; rRo Hkkr ok; q , oa ty gA

i ; kbj.k inlkka }kj k i ; kbj.k ds fofHkUu rRoka dks n'kr djus vks mu ij i Hko mRiUu djus okys ifjorU dks i ; kbj.k inlk.k dgrs gA

rRoka ds vk/kkj ij i ; kbj.k inlk.k eq ; r%pkj izlkj dk gsrk g&

1- Hkrie inlk.k

2- ok; q inlk.k

3- ty inlk.k

4- /ofu inlk.k

pkj kxkgkads?kVu\$ Hk/kj .k gksu\$ [kuu rFkk dkj [kkuka l sfudys/kq vks] rst jshyh vkfek; ka
l s Hkrie inlk.k gsrk g& dF"k eafo"ksys dhVuk'kdka m | kx /kalka l sfudysfo"ksys vo'kSk rFkk Qds
x; s dmlk dpjk ds ty eafeyus l s ty inlk.k gsrk g& ouka dh dVkb] c<Fh tul q ; k dks yk
rFkk [kfut rsy dk /kq/k bu l cl sok; q inlk.k gsrk g& vR; f/kd xfr okysokgukh dy dkj [kkuka
ds 'kjs rFkk j\$M; k\$ Vh-oh- vkfn dks Aph vkokt ea pykusea/ofu inlk.k gsrk g&

inlk.k l txrk thou&; ki u dh , d vknr gsftl dk fodkl tu&tu eafd; k tk l drk
g&

vkRe ijh{k.k izu

uk\$& fuEufyf[kr izuka dsmRrj fyf[k; srFkk viusmRrj dh mRrj dqt@iKB dh l gk; rk l s
Lo; a tlp dhft, A

izu&1 i ; kbj.k inlk.k D; k g& inlk.k dk o.ku djka

izu&2 xte , oaml ds vkl ikl ds LFkkuka dh LopNrk gsrq tkx: drk dsfy, mik; ka dk o.ku
djka

izu&3 /ofu inlk.k dk ekuo 'kjhj ij D; k dq Hkko i M=k g&



i =kp kj i k B; Øe
ek/; fed f'k{k e.My e-ç] Hkky
 ½kj k I ok/kdj I j{kr½
 fMlyek bu ,T; dsk u ijh{k&f}rh; o"z
 izu i= & v"Ve

bdkb & 'kkjhfd f'k{k

i k B Øekd & 9

mi bdkbZ & 9-1

'kkjhfd f'k{k mİs; , oa egRo

- 1- 'kkjhfd f'k{k ds mİs; , oa egRo
- 2- 'kkyk ds i k B; Øe ea 'kkjhfd f'k{k dk LFkku
- 3- vk; ij fyax ds vuq kj 'kkjhfd dk; blyki ka dk ppko

'kkjhfd f'k{k , d vyx fo"k; ds: i eaekU; rk i klr dj ppk gA i kphudky ea 'kkjhfd f'k{k ds nks LFky Hkn ekU; Fks i Eke gB ; ksd i fØ; k, a rFk f}rh; I j{kRed n"V I sI æd/kr fofHku idkj dsO; k; ke , d rhl jk : i Hk ge eku I drsgog gseukjat ukFz fofHku idkj ds 'kkjhfd dskY dk in'kzA i Eke : i ea 'kkjhfd f'k{k dk mİs; 'kkjhfd] ekufI d vks vkè; kRed mlufr djuk FkA gB; ksd fØ; k, aeuf; dks iwz i q "k dh fLFkr rd i gpkuseal Qy FkA vkt Hk 'kkjhfd f'k{k dsbl : i dsegRo dks I kj I a kj Lohdkj djrk gA 'kkjhfd f'k{k dk nw jk : i I j{k dh n"V eaj [kdj fufeZ fd; k x; k FkA i kphudky ea; ij] ea 'kkjhfd 'kDr dk cMk egRo FkA 'kkjhfd 'kDr dks fodfl r djusdsfy, i R; d vax dks i ij vks cfy" B cukus dsfy, fofo/k idkj dsO; k; ke , oavud idkj ds 'kkjhfd dskY fl [kkusdk i ko/kku Fk] ft I ea

uV fo | k i æ [k L F k u F k A b l i z k j i k p h u d k y d h ' k k j h f j d f ' k { k k i) f r ; k a e a g B ; k s x d f Ø ; k v k a d k s l o k p p L F k u i k r F k k v k s ; g ' k k j h f j d f ' k { k k i) f r e u t j ; d k s t h o u t h u s d h d y k e a i w k z : i l s i f ' k f { k r d j u s e a l e f k z u g h a j g h F k h A v k t f o K k u d s f o d k l d s l k F k r F k k l o F k k m i ; Ø r ' k k j h f j d f ' k { k k e a : i k l r j . k v k o ' ; d g k s x ; k g A

'k k j h f j d f ' k { k k d s m i s ; &

'k k j h f j d f ' k { k k d s m i s ; j k " V a d h o r e k u v k o ' ; d r k v k a d s v u p j g k s k p k f g , A b l d k i æ [k m i s ; N k = k a d k ' k k j h f j d v k s l o s k r e d f o d k l d j u k r F k k m u d s , d s o ; f D r x r x q k k a d k f o d k l d j u k g s t k s f d n l j k a d s l k F k v k u l n i w d t h o u 0 ; r h r d j u s e a l g k ; d g k A ' k k j h f j d f ' k { k k d s f u e u f y f [k r m i s ; g k s l d r s g A

- 1- l q i + , o a l m k s y ' k j h j d k f o d k l d j u k A
- 2- u s R o v u p j . k r k j l g o k f j r k r F k k l k e k f t d r k d h f o ' k s k r k v k a d k f o d k l d j u k A
- 3- f p j d k y r d L o k L F ; d k s c u k ; s j [k u k r F k k d H k h H k h g k s s o k y s j k s k a l s ' k j h j d k s e Ø r j [k u k A
- 4- m R l k g l f g " . k r k j v k r e & f u ; æ . k j b e k u n k j h j U ; k l v k f n x q k k a d k f o d k l d j u k A
- 5- l n o m R l k f g r , o a L O f i r z h k ; d t h o u 0 ; r h r d j u s d h ' k f D r d k s i f j o f r z d j u k A
- 6- 0 ; f D r R o d k s , d R o d s : i e a f u f e r d j u k A
- 7- N k s / & N k s / s j k s k a d k i f r j k s k A

i R ; d N k = d k s ' k k j h f j d e k u f l d , o a l o s k r e d n f " V ; k a l s L o L F k c u k u s d k m i s ; l H k h L o h d k j d j r s g s i j l r q b l d s v f r f j D r N k = k a e a , d h o s f D r d r F k k l k e k f t d f o ' k s k r k v k a d k f u e k z k H k h g k s k p k f g , t k s n l j k a d s l k F k l q [k j [k q k h] l g ; k s l s t h u s v k s v P N s u k x f j d c u s e a l g k ; d f l) g k A b l i z k j ' k k j h f j d f ' k { k k d k m i s ; v x f y f [k r H k h g k s l d r k g A

- 1- ' k k j h f j d l q k k ; r k d k f o d k l A
- 2- u k M h & i s k h ; d k s k y d k f o d k l
- 3- 0 ; f D r R o , o a p f j = d k f o d k l A

'kkjhjd f'k{kk dk egRo&

1- ikdfird fodkl ea l g; kx&

'kjhj dsmfpr fodkl l sgh 0; fDr eafufgr l hkkouk; amtkxj gkrh gA 'kkjhjd f'k{kk dh eyHkur mi; kfxrk ekuh tkuh pfg, A

2- dk; k l kOn; &

thou ea l Qyrk ikr djusdk iFke l w gSdk; k l kOn; A l qnj] l qkSy vks vkd"kd ng l cdksvkd"kr dj yrh gA ikphudky eadk; k dks l qnj l qkSy cukusdsfy, fofo/k iz kl fd; s tkrsFkA eka is'k; ka dsmHkj ij dk; k l kOn; ZfuHkj djrk gA 0; k; ke dsek/; e l sng dks , d k xB yaukj tS sdqky f'kYih ds }kjk fdl h efrZ dksufefr fd; k tkrk gA

3- iQB ,oa LoLFk dk; k&

'kkjhjd f'k{kk ds }kjk dk; k dks i qV vks LoLFk cuk; k tk l drk gS i qV dk vFkZgS, d k 'kjhj tks 'kkjhjd Je djus l sd"V dk vuHko u dj l q[k dk vuHko djrk gA thou&; ki u dh l kjh vko'; drk; aJe ij vkfJr gA i qV dk; k LoLFk Hkh gkrh gS jkska dsfojksk dh ml ea {kerk jgrh gA

4- vkRefo'okl dh ixk<rk&

'kkjhjd f'k{kk ds }kjk 'kjhj dks i QB vks LoLFk j [kusea tks ykHk gkrsgAmudh fo'kSkrrk; a cMh Qycm gkrh gS dgkor gSfd LoLFk dk; k ea LoLFk eu fuokl djrk gS vks i qV 'kjhj eu vks vkRek dks i qV cukdj euq; ea vkRefo'okl dks n<+cukrk gA

5- vuqkl u dh of) &

'kkjhjd f'k{kk l svkRekuqkl u ds l kFk&l kFk ckg; vuqkl u dh of) gkrh gA thou ds fy, vuqkl u of sgh egRo i wkZ gS tS s Hkktu 'kkjhjd thouA

6- pfjf=d xfjek ea of) &

'kkjhjd f'k{kk 'kDr vks l kOn; Zdh of) ea Hkh i R; {k : i ea euq; ea 'khy pfj= dk Hkh fuekZk djrh gA vuqkfl r thou l spfj= dk fuekZk gkrk gA l qnj pfj= l sl ekt vks jk"V^a dh l idfr vks l H; rk dk vkn'kz : i idV gkrk gA

7- I ekt cksk txlus ea l gk; d&

'kkjhfd f'k{kk ds }kjk euþ; ea l ekt cksk dks txr djuseacMh l gk; rk feyrh gð
'kkjhfd f'k{kk Vhe fLiV dksCMk egRo nrh gð , d Vhe ifjokj dk : i gkrh gSftl sl ekt dh
, d Nks/h bdkbzekuk tk l drk gð 'kkjhfd f'k{kk dh 0; oLFkk ftl l ekt eamfpr <x l siLrþ
gSogka l ekt dks vkj fo'o cksk dsminsk dh vko'; drk ughajg tkrh 'kkjhfd f'k{kk vutkus
ea l s , d vkn'kz ukxfjd dks tle nsnrh gð

fo'ofokj; f'k{kk vk; ksx ds vuþ kj 'kkjhfd f'k{kk dk y{; gS 'kkjhfd LoLFkrkA
'kkjhfd f'k{kk dk /; s gSfd Nk= dks eu vkj 'kjhj ds df=e vkkæ ea foHkkftr u djds ml s
ml ds , dRo : i eamLur djð

fu"d"kz

fu"d"kz : i eadgk tk l drk gSfd 'kkjhfd f'k{kk euþ; dks thou thus dh dyk ea
ijkar djrh gð og muds 'kkjhfd] ekuf d vkj pkjfd=fodkl ea l g; ksx ndj ml ds
0; fDrRo eaiwZrRo inku djrh gð 'kkjhfd f'k{kk l seuþ; 'khy vkj l kðn; Zdh f=oskh cu tkrk
gð

mi bdkbz 9-2

'kkyk ds iB; Øe ea 'kkjhfd f'k{kk dk LFKu&

'kkjhfd f'k{kk ds dk; Øe eaftruh Hkh fØ; kvka l s Hkkx ysus dk vol j feyrk gS rFkk
ftruk Kku vtZ djus dh l fo/kk feyrh gð os l c dk egRo vl; fo"k; ka ds v/; ; u djusea
gkrk gð rFkk mu fo"k; ka l sl æ/kr iz kska dks viukusea l gk; d gkrk gð bl fy, vko'; d gS
fd f'k{kk ds iB; Øe ea 'kkjhfd f'k{kk dk gksuk vko'; d gð

D; krd vl; fo"k; ka dk ik; ksd i{k LoLFk 'kjhj l sgh l EHko gð l Hkh Nk=ka dks viuh
f'k{kk dks , d l rþyr : i nsus ds fy, 'kkjhfd f'k{kk ds l s) krd , oa ik; ksd : ika l svoxr

gksuk furkar vko' ; d gÅ

jke dk bfrgkl bl ckr dk l k{kh gsfed ogka ds ykx Lo; a [ksydm vlsj 0; k; ke ea Hkkx ugha yrs FkA os døy n'kd gksuk vf/kd il n djrs FkA v [kkMs ea nkl x.k yMf&fHkMfs Fks vlsj ukxfjd døy rek'kk n[krs FkA Qyr%jke o ml dh l h dfr dk i ru gÅ FkA gekjs 'k{k{kd dk; Øe ea Hkk"kkj bfrgkl] xf.kr rFkk foKku vo' ; i <k, a tk; sfdUrq; fn gkFk i s vlsj /KM+dk iz kx djrs gg mi ; Dr fo"k; ka ds Kku dks thou ea iz kx ughafd; k tkrk rksbu fo"k; ka ds l s kãrd i {k dh tkudkj h j [kus okys Nk= , oa f'k{kda dk ogh gky gksk tks jkækoyka dk gÅ FkA

'kkjhfd f'k{k dsek/; e l sge vi usfopkj ka dks 0; Dr djrs gÅ i kphudky ea l Hkh /kkfeZd f'k{k, a uR; }kjk nh tkrh FkA bl h uR; ds }kjk euq; viuk l keftd rFkk /kkfeZd jhfr; ka dk in'kz djrk FkA ml l e; Hkk"kk l svf/kd xk; d fØ; kvka }kjk vfhk0; fDr dk ipyu FkA blgha xte fØ; kvka dsegRo dks /; ku ea j [krs gg f'k{k tkr ea 'kkjhfd f'k{k dk LFku fufobkn gÅ fu% ang ; g 'kkjhfd f'k{k gekjs 'kkyk ds i kB; Øe dk , d egRo i wZ vak gÅ

'kky; thou ea [ksydm dk , d fo f'k"V LFku gÅ vLoLFkrk vlsj vkyL; dse/; fo | k vè; ; u vl Hko gÅ vuojr v/; ; u l s skydædk eflr" d cfs > y gismBrk gÅ mudh ekufi drk : X.k gks tkrh gS vlsj os v/; ; u l sv: fp j [kusy xrs gÅ i kB'kkyk tkr l e; vlsj vkrs l e; mudk eu f [klu jgrk gÅ fo | ky; hu [ksydm eamudk eflr" d rktk gks tkrk gÅ 'kkjhfd LQfirZ Hkh cuh jgrh gÅ v/; ; u vlsj eukjat u dk l g; kx i kdj Nk= 'kky; thou dks cgr pkgusy xrk gÅ bl l s 'kkyk dh gj fØ; kvka dks og l gt gh ân; æe dj yrk gS vlsj ml ds vflrRo dh l okæh.k fodkl dh l Hkkouk, a c<+ tkrh gÅ [ksydm Nk= ds fy, foVkeu gÅ [ksyfoghu f'k{k&f'k{k ds vFkZ l s gh oãpr gks tkrh gÅ

'kkyk i kB; Øe ea [ksydm dk l ekošk vfuoK; Z: i l s gksuk pkfg, A ; gh dkj .k gsfed f'k{kfonkaus l nk gh i kB; Øe ds l kFk [ksydm dks egRo inku fd; k gÅ vkt dy 'kkl u fo | ky; ka ea [ksydm dh 0; oLFkk dk fo'k{k izdk dj jgh gÅ v/; ; u ea: fp mRiUu djus LokLF; dks Bhed j [kus rFkk vuqkkl u dh f'k{k i klr djus vkfn ea [ksydm l gk; d gkrk gÅ bl ds vfrfjDr nšk ds Hkkoh dqky f [kykfm+ ka dk emy L=kr blgha 'kkykvka ea gkrk gÅ vPNsf [kykMh i klr dj nšk dk uke mTtoy djus ds fy, ; g vko' ; d gsfed 'kky; thou ea [ksy ds ifr mRiUu dh tk; Å

I kjka k

gekjsfo | ky; ka ea 'kkjhfd f'k{kk dk; Øe rFkk i kB; Øe dk 0; ofLFkr : i l s l pkyu
gksuk vfuok; ZgA l Hkh Lrjka ij 'kkjhfd f'k{kk i kB; Øe dh 0; oLFkk Hkyh i djkj gksl dsbl gsrq
i kFkfed , oaek/; fed fo | ky; ka ds Nk=ka ds LoHko&y{k.k rFkk : fp; ka , oa vko'; drkvka dh
tkudkj gksuk vko'; d gA bl dk i fj.kke dk; Øeka dks i Hkko cukus dh n"V l s l kupy
i Mfk gA

fo | ky; ka ea 'kkjhfd f'k{kk dh l epr 0; oLFkk Hkh egROI wZ gA 0; oLFkk dh n"V l s
'kkjhfd f'k{kk dk; Øe rhu Hkxka ea foHkDr fd; s tkrsgA; Fkk] [ksydml ds l keW; dk; Øe dh
0; oLFkk] ; kx; rk in'kZu dk; Øeka dh 0; oLFkk rFkk vlurfZ | ky; hu i fr; ksrk ds l ek; kstu dh
0; oLFkkA

'kkjhfd f'k{kk dsegRo vksj mnas; ka dks n"V eaj [kdj bu dk; Øeka dks i; kZr l e;
feyuk pfg, A fo'kSkKa dk er gSfd yxHkx , d ?k/k i frnu bl sfeyuk pfg, A l e; dk
l nq; kx gksrFkk l Hkh Nk=ka dks l Hkh n"V fclnq/ka l svko'; d vol j fey l dsbl dsfy, l e;
foHkx pØ dk 0; ofLFkr : i l s fu; kstu fd; k tkuk pfg, A bl h ds l kFk vko'; drkuq kj
vPNseñku] 0; k; ke 'kkyk; arFkk l kt l keku vksj 'kkjhfd f'k{kk d{k , oarRl ædkh i qrdkads, d
y?qi qrdky; dh Hkh 0; oLFkk dh tkuh pfg, A e[; r%i kB; Øe , d n'kZu ij vk/kfjr gsrk
gA ml h n'kZu ij vk/kfjr dfri; mnas; fu/kfzr fd; s tkrsgA ftl dk i d æ i k; %i kB; Øe
fueZk eavk; k djrk gA i kB; Øe dh vuHkr; ka }kj i æ[k mnas; ka dh mi yfc/k gsrh gsvksj
l ekt mul sykHkflor gsrk gA

mi & bdkbZ 9-3

vk; q fyx o : fp ds vuq kj 'kkjhfd dk; ðykila dk pako&

i R; d {ks= dks ml dh vk; q rFkk fyx ds vuqhy 'kkjhfd fØ; kvka dh vksj funs'kr
djuk pfg, A fo | ky; ea Nk/h vk; q ds Nk=ka ds fy, 'kkjhfd dk; Øe ea , d h fØ; kvka dh
0; oLFkk vko'; gksuh pfg, tS s Nks/s Nks/s cPpka dh nkM+mNyuk dmuk vkfnA vxj gksl ds
rksbl i djkj dh fØ; kvka dks l chr ds l kFk tkM+nuk pfg, A dN , d h Hkh 'kkjhfd fØ; k; s
gS tks yMfd; kadsfy, ugha gsrh tS h dqrh] e[dskth vkfnA bl ds vykok ; g Hkh vko'; d
ughagSfd tks 'kkjhfd fØ; k, a vf/kd vk; q ds Nk=ka ds fy, mi ; kxh gka os Nk/h vk; q ds cPpka

dsfy, Hkh mi ; ksch fl) gkA vkerkš ij Nkš/scPpkadks, š s [ksyka ij Hkkx ysus dh vi {kk} ftuea 'kfDr rFkk l gu 'kfDr dh vko'; drk gksh gA , š s [ksyka ea Hkkx ysuk pkfg, tks dđkyrk ds fodkl eal gk; d fl) gkA ekē; fed fo | ky; eaf'k{k d }kjk Nk=ka ij dksky l ædkh 0; k; ke rFkk muds'kkjhfd fodkl dh vkš /; ku fn; k tk, rFkk 'kfDr dsvuđ kj , oal g'kfDr l ædkh 0; k; ke djok; k tk, A egkfo | ky; dky ea; ødka dksfu; ekuđ kj l eLr idkj ds0; k; ke djus pkfg, A tks0; fDr i kš+rFkk vf/kd vk; qokysgāmlgādksky l ædkh [ksyka ij fQj l soki l vk tkuk pkfg, l æfBr gkdj [ksyusokys [ksy gāQv/cky gkdh] dcMMh] ckyhoky] fØdš] okLdš/cky] Vfu l vkš jLI kd l hA ; fn bu [ksyka dk vk; kstu dđky vkš cđ] eku 0; fDr }kjk fd; k tk, rksmi ; ksch ykHk iklr fd; s tk l drsgA ; g ik; k x; k gsfd tks0; fDr , d l svfekd [ksyka ea Hkkx yrk gsog l k/kkj .k dđkyrk iklr djuk gsrFkk vPnh idkj l sjg l drk gA vk; q, oafyak dsvuđ kj fØ; kvka dk oxhdj .k bl idkj fd; k x; k gA

1- ; kšukjEHk l si wZ ds Nk=ka vkš Nk=kvka dsfy, fuEukfdr 0; k; ke dk l øko fn; k tkuk pkfg, tš sur;] ?kæuk] /kuđkck.k pykuk] xkšQ] Vfu l] gkHh] cQZ ij LdšVæ djuk jLI s ij p<uk nkMæuk rFkk [ksy dsæku ds l k/kkj .k [ksy vkfnA

2- fd'kkj koLFkk ds Nk=ka dsfy, Åij fn, x, 0; k; keka ds vfrfjDr fuEufyf[kr 0; k; keka dk l øko fn; k tkuk pkfg, A tš sckHdš/cky] cđ cky] rFkk ioŕka ij p<ukA

3- fd'kkj koLFkk ea Nk=kvka dsfy, iLrkfor 0; k; ke bl idkj gA uR;] ršuk] xñ Qđuk] ?kH+ okjh djuk] LdšVæ] nkMæuk] /kuđkck.k rFkk Nkš/sæku okyh gkHhA

4- egkfo | ky; ds Nk=ka dksæku ds l Hkh [ksy [ksyus pkfg, A rFkk bl ds vykok ršuk cđ cky] dđrh fteukfLVd , oa i oŕkj kš .k vkfnA

5- ; kšukjEHk l si wZ Nk=ka dsfy, bu 0; k; keka dk fu"kk gkuk pkfg, tš &Qv/cky otu Qđuk] ifr; kšxrk ea ršuk] dđrh] ckLdš/cky] epdskth] fteukfLVd rFkk ioŕkj kš .k vkfnA

6- fd'kkj koLFkk ea tks0; k; ke fu"kk gkuk pkfg, os gā & Qv/cky 10; fDr fo'kk ds fy, ½ nij rd ršuk] vf/kd njih okyh nkM+epdskth rFkk dđrhA

7- fd'kkj koLFkk ea tks0; k; ke Nk=ka dsfy, fu"kk gkus pkfg, os gā yEch nkM+ Hkkj mBkuk rFkk Qđuk] Qv/cky] dđrh rFkk epdskthA

fu"d"k&

Nk= ds fdl h Hkh 'kkjhfd fØ; kdyki ea Hkx yus l s igys ml dh LokLF; ijh{kk
vko'; d gkuh pkfg, A

vkRe ijh{k.k izu

uhpsfn; s x; s izuka ds mRrj fy[kdj ikB l sfeyku djds vius ikl gh jf[k; A

izu&1 'kkjhfd f'k{kk ds mnns; ka rFkk egRoka ij izdk'k Mkfy, A

izu&2 ikB; Øe fuezk ea ^kkjhfd f'k{kk dk LFku** ij izdk'k Mkfy, A

izu&3 'kkjhfd f'k{kk ds foHku vk; qrFkk fyax l eg ds fy, 0; k; keka dk o.ku dhft, A

izu&4 'kkjhfd f'k{kk ds ckjs ea, d fuczkk fyf[k, A



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç] Hki ky
 ½kj k l ok/kdkj l jf{kr½
 fMlykek bu ,T; dsku ijh{k&f}rh; o"Z
 izu i= & v"Ve~

bdkbZ 'kjh fjd dk; Zykika ds izkj

iB Øekd & 10

mi bdkbZ & 10-1 Vd boVI ½nkf+ l s l æf/kr½ foHku [kyla ds fu; e dh tkudkjH
 ½2½; k; ke
 ½½; kxkl u] ; kxkl u dk 'kjhj ,oa eflr"d ij iHko]
 ½½; MI\$ djK/s rFk ,jkcdI
 ½½; foHku [kyla ds fu; e dh tkudkjH] ekh ,oa /; ku ; kx dk egRo

mi bdkbZ & 10-1

Vd boVI ½nkf+ l s l æf/kr½ foHku [kyla ds fu; e dh tkudkjH &

Vd dh r\$kjH &

fd l h Hkh , Fks; SVDI ifr; ksrk dks vk; kstr djus ds fy, ge bl l s l æf/kr l Hkh
 ØhMkva dksed[; : i l snksHkxka eafokftr djrsgh ftudsuke gSVd , oafQYMA vUrjZVh;
 fu; eka ds vuq kj Vd dh , d fu/kkZjr eki g

bl h eki dsvuð kj víðr fd; sgq Vð dschp ds{ks= dksge QhYM l sl æá/kr djrs
 gA Vð ea fofHku idkj dh nkM+ rFkk QhYM ea fofHku idkj dh dm rFkk Qdus dh
 i fr; kfxrk, avk; kstr dh tkrh gA tgka Vð dh fuf'preki gSogka QhYM ea vk; kstr fd; s
 tkusokys fofHku ØhMk LFkyka dh fLFkr dsckjseadkZ fuf'pr fu; e ughagA ; | fi QhYM
 ds fofHku ØhMk LFkyka dseki Hkh fu/kkj r fu; eka }kj fu; ã=r fd; s tkrsgaogkage Vð dks
 víðr djus dh fof/k dk foLrkji mð mYys[k dj jgs gA

Vð dh cukoV &

Vð dh cukoV dk fuekZk dk; Zpkj pj. kka ea fofHkr fd; k tk l drk gA

¼1½ LFku dh i kfr , oa x. kuka

¼2½ Vð dks víðr djus okys fcln/ka dk fu/kkj .ka

¼3½ /kkod i fVvdkvka dk l hekuA

¼4½ nkM+ dh jokuxh o l ekfr dks víðr djuka

¼1½ LFku dh i kfr , oa x. kuka

fu/kkj r Lrj ij Vð og gSftl dh yeckZ 400 ehVj gks rFkk ftl eade l sde N%
 rFkk vf/kd l svf/kd vkB /kkod i fVv; kagka ; g 400 ehVj dh njh nks l jy i Fk] nks xkykb; ka
 ear; dh tkuh pfg, A Vð víðr djus ds fy, l o] Eke gea {ks= dh mi yfC/k dks /; ku ea
 j [kuk pfg, A l jy /kkod i fVvdkvka dh y- 75 eh- l s90 eh- gkuh pfg, D; kíd bl l sde
 yeckZ djus ij Vð dh xkykb; kac<+tk, xh ftl l s /kkod dks nkM+us ead fBukbZ; kav l drh
 gA

bl ds vfrjDr n'kdka vf/kdkj hx. k] f[kykM+ ka dh i kj Hkd r\$ kjh ds fy, rFkk /kkod
 i fVvdkvka dks víðr djus ds fy, LFku dk fu/kkj .k djuk pfg, A

x. kuk&

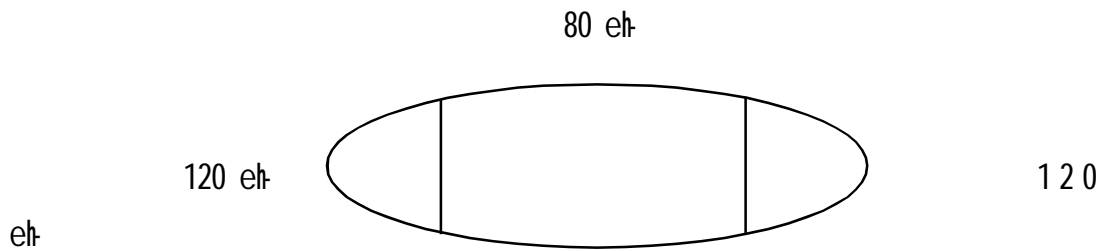
tš k fd ge tkursgšfd fdl h Hkh I jy /kkod i fVv; ka dh y- 75 eh l s90 eh- rd gksh gš

ekuk dh I jy /kkod i fVvdk dh ya 80 eh gš bl h izdkj nll jh vks dk I jy /kkod i fVvdk dh ya Fkh 80 eh- gh gkshA 80 eh- dks/; ku eaj [krs gq ge vc nll jh x.kukvka dk eki fudkyrs gš

Všl dh dty yčkbz & 400 eh-

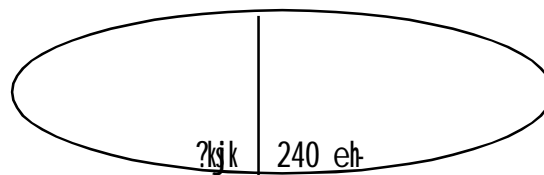
nksuka vks dh I jy /kkod i fVvdkvka dh dty ya 180 \$ 80 & 160 eh- eh-

vFkkz-og njih tks nksuka xks/ kb; ka ij r; dh tkrh gš $400 + 160 = 240$ eh- tš k fd fp= v l sirhr gš



80 eh-

fp= v



fp= c

nksukavks dh I jy /kkod i fVvdkvka dksvyx djustij geaorR i tlr glrk gš ft l dk

240 eh gA fp= 1/2

tS k fd ge tkursgA

$$2\pi r = 240 \text{ eh}$$

$$2\pi r = 240 \text{ eh}$$

$$\therefore \frac{1}{2} \cdot 2\pi r = 240 @ 2$$

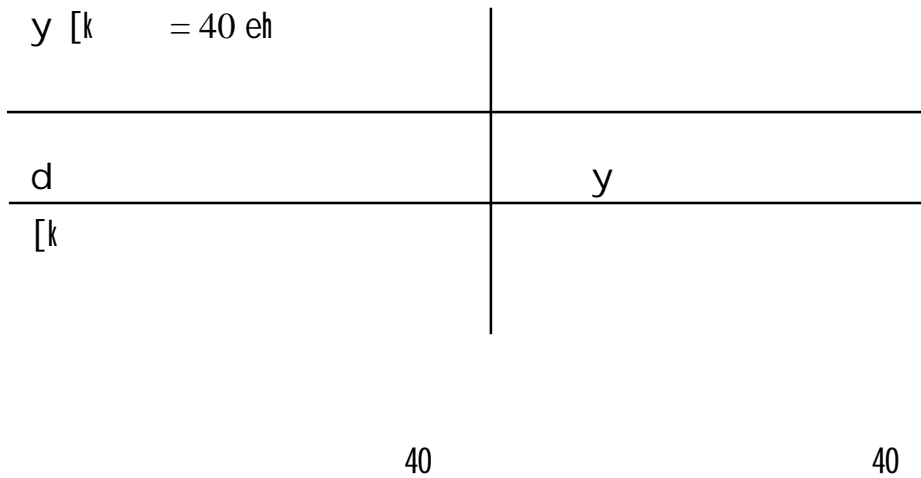
$$\pi = 22/7$$

$$= 240 \times 7/2, 22 = 1680/44 = 38.18 \text{ eh}$$

vc ge VEd cukuk vkjkk djrs gA vc ftI {ks= eageaVEd dk fuekZk djuk gSmI {ks= dschpkachp ge ,d yEch I jy js[kk [kprsgA vc bl js[kk dk e/; fclnq^y** ydj nksuka vkj 40] 40 eh ij fu'kku yxk yrs gA ftudsuke fp= ea^d** ^[k** gA

$$vc y d = 40 \text{ eh}$$

$$y [k = 40 \text{ eh}$$

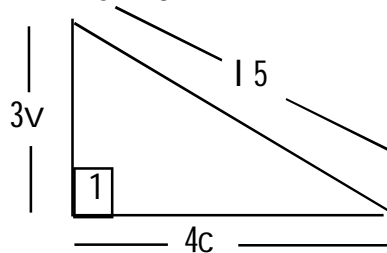


vc ikbFkkxkjI iEs dh I gk; rk I sfclnqd vkj [k ij yEc fxjkrsgA

ikbFkkxkjI iEs fl) djrh gA

$$v^2 + c^2 = l^2$$

$$\pi \Delta = 90^\circ$$



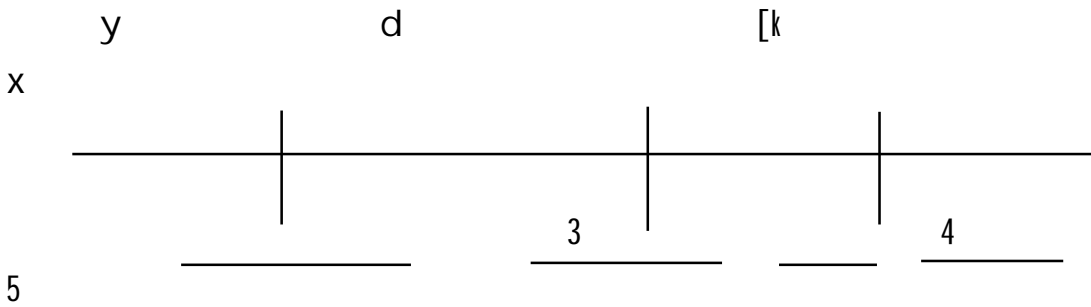
$$3^2 + 4^2 = 5^2$$

fp=&l

i kbFkkxkj l i es ds iz kx djus dh fof/k&

, d yEch jLI h ydj ml rhu fu'kku 3 Qv 4 Qv vj 5 Qv dh yEckbz ij yxkb; s t\$ k fd&

fp= ua n l sirhr gkrk gA jLI h



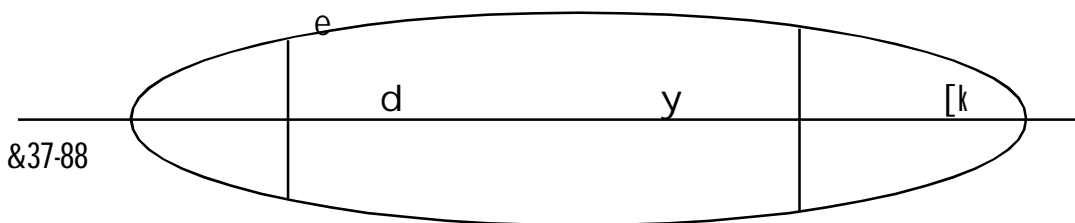
fp= n

vc d vj [k dhys xkM+fn; s tk, A jLI h dsnkukafi jsy vj x dksfeykdj [khrs gg e fclnqij xkM+fn; k tk, t\$ sfd fp= ua n l sirhr gkrk gA

bl izdkj dksk e d [k 90° dk cuk vFkr~e d fclnqdd ij yEc gA ftl xksykbz ij /kkod nkM+k gSml dh yEckbz 38-18 ehVj gA

vc gearhl jk eki Kkr djuk gS tksfd l heku v/k; kl (Marketing Radius) gS ftl dsfy, nkM+v/k; kl (Running Radius) ea l seh- 3/4 37-88

ge 30 l seh- bl fy; s?kVkrsgSD; kid tks/kkod igyh /kkod i fVvdK eaHkkxrk gSog v/k; kl ds vlnj fdukjs l s30 l seh- nij Hkkxrk gA



fp=&7

2- Vð dks víðr djusokysfclnq/ka dk fu/kkj .k fd; sLFkkuka dks dhyka }kjk LFkk; h dj fn; k tkrk gA

fu; ekuq kj

, d /kkod i fVVdk dh pkb/mbz 1-22 ehVj

6 /kkod i fVVdkvka dsfy, ge 7-3 ehVj (1.22x6) dh pkb/mbz LFkkbz: i I svídr dj yus gA

3- /kkod i fVVdkvka dk I heka du&

xky /kkod i fVVdkvka dks víðr djus dh fuEufyf[kr nks fof/k; ka gA

1- rkj }kjk

2- jLI h }kjk

1- **rkj }kjk**

rkj dk , d fl jk e/; fclnqij tgka l sxkykbz dk I heka du fd; k x; k gSLFkk; h dj fn; k tkrk gA vc bl rkj dks v/kd; kl js[kk ij [khp dj 1-22 ehVj dh njh ij 5 fu'kku yxk fn; s tkrsgA tksfd /kkod i fVVdkvka dh pkb/mbz dks n'kkrs gA vc bu i kpa fclnq/ka ij , d&, d vkneh [kvlk dj fn; k tkrk gSvks rkj dks xkykbz ea?kpk; k tkrk gSrFkk 1 l s2 QW/ dh njh ij dhyka l siR; d fclnq/ka ij fu'kku yxk; k tkrk gA bl izdkj bu fclnq/ka dks pws l sfeyk fn; k tkrk gA

2- **jLI h }kjk**

jLI h }kjk /kkod i fVVdkvka dks víðr djus dsfy, ge , d Qhrs dk iz ks djrs gA ftl dsfy, Qhrs dks Vð dsvlnj dsfl jsij jLI h dsl kFk feykrsgq LFkk; h dj nrs gsvks fQj ml h izdkj 1-22 eh- dh nfij; ka ij i kp vkneh dhy l sfu'kku yxkrs tkrsgA rFkk fclnqkj js[kkvka dks pws l sfeyk fn; k tkrk gA

v/kd; kl dh l gk; rk l s Vð cukuk

tc gekjs ikl xkykbz dk v/kd; kl gks rks Vð fuelzk dsfy, fuEufyf[kr fof/k vi ukbz tkrh gA l cl sigysgea; g tkuuk t: jh gsd ; g v/kd; kl /kkod ds nks m us dh xkykbz dsvlnj dsfl j l s30 l seh- dh njh ij nks m f k gA

$i f j f / k \frac{1}{2} k j k \frac{1}{2} \frac{3}{4} 2\pi r$

; gka r = 38-18 ehVj

2x22x38.18/7 eh-

$\frac{3}{4} 240$ ehVj

Vid dh dgy yEckbz^{3/4} 400 ehVj

nksuka xksykbz ka dh dgy yEckbz^{3/4} 240 ehVj

nksuka vlgj dh l jy /kkod ifVVdkvka dh dgy yEckbz^{3/4} 400&240 ehVj ^{3/4} 160 eh

, d vlgj dh l jy /kkod ifVVdkvka dh dgy yEckbz^{3/4} 160@2^{3/4}80 eh

tc bl s/kkod ifVVdkvka dk l hekodu djuk gksrc 38-18 l seh- l s30 eh- ?kVv nrs gA

^{1/4} nkM+ij l Hkh jokuxh o l ekflr j²kkvka dks v²idr djuka

Vid ij l Hkh nkM/s, d gh LFkku ij l ekflr gkrh gA

jokuxh j²kk

vyx&vyx nkM/ka ea i LFkku j²kk, avyx&vyx gA ftudk fooj.k fuEufyf[kr gA

100 ehVj vlgj 110 ehVj ck/kk nkM/A

; snksuka nkM+l jy 110 ehVj nkM+vlgj 110 ehVj dh ck/kk nkM+dh jokuxh j²kkvka dh

l hekodu djus dsfy, l jy j²kk dks gh Øe'k%20 ehVj vlgj 30 ehVj i hNs dh vlgj c<k nrs gA

^{1/2} og nkM+ tks xksykbz l s'kq gkrh gA

1500 ehVj dh nkM+dsfy, /kkod dks Vid ds 3 pØ yklus i Mfs gA

nkM+dsfu; e i R; d [ksy ds dN fu; e gkrs gA ftudk ikyu f[kykfM+ ka dks gh djuk

i Mf k gsmu fu; eka dh vogsyuk djus ij ml sn.M feyrk gA nkM/ka ds Hkh dN fu/kkZjr fu; e ftudk ikyu nkM+us okys f[kykfM+ ka dsfy, vfuok; Z gA

l k/kj.k nkM+

1- Nks/h nkM/ka ea/kkod dgy viuh gh ifVVdkvka ea nkM+l drk gA nkM+fs l e; viuh /kkod ifVVdk dks nkM+us ij /kkod v; kx; ?kks"kr dj fn; k tkrk gA

2- 100 ehVj dh nkM+l h/kh /kkod ifVdk ea gh nkM/h tkuh pkfg, A

3- i LFkku l s i wZ /kjr h dks Nnus okys l Hkh vak i LFkku j²kk l s i hNs gkus pkfg, A

4- l s/ dh fLFkr ea'kj hj ds l Hkh vak fLFkj rFkk xfr 'kM; gkusvko'; d gA , d k u gkus dh n'kk ea/kkod dks prkouh ns nh tkrh gA

5- ; fn dkbZ/kkod l s/ ds vkn'sk ds ckn rFkk xks ds vkn'sk l sigys gh i LFkku djrk gS rks ml sprkouh nh tkrh gS rFkk nkskj fujUrj , d k djus ij /kkod dks v; kx; ?kks"kr dj fn; k tkrk gS vlgj og ml nkM+ea Hkx yus l so pr dj fn; k tkrk gA

6- /kkod ds cktwfl j rFkk i j dks nkM/dj 'kj hj ds vU; vak ft l Øe ea l ekflr j²kk ij cakn Mkg h dks Li'kZ dj rsga ml h ds vuq kj i fr; ksrk ea ml ds LFkku dk fu.kz gkrk gA

ck/kk nkM

1- ft l i fr; ksrk ea vrjk"Vh; Lrj dh gMzy iz kx ea ykbz tkrh gA ogka/kkod l sf druk Hkh gMzy fxjus ij fu; e ck/kd ughagkrka i jUrqvU; LFkku ka ij rhu ; k vf/kd gMzy fxjus ij /kkod dks v; kx; ?kks"kr dj fn; k tkrk gA

2- tku c>dj gMz fxjus ij Hkh /kkod dks v; kx; ?kks"kr dj fn; k tkrk gA
fjys nM+

1- cnyko {ks= dsckgj cBusdsvknku&inku djusij Vhe dksv; kx; ?kks"kr dj
 fn; k tkrk gA

2- cBusdsvknku&inku dsle; cV/u dh tehu ij fxj tkusij /kkod ml s
 mBkdj Hkx ys l drk gSc'krzfd cV/u fdl h vl; Vhe dh ifVvdK ea u fxjh gA

3- iR; d /kkod cV/u dks døy gkFk ea ydj nM+l drk gA

4- ftl /kkod l scV/u fxjs døy l gh /kkod ml s mBk l drk gA

fu"d"K&

Vd ea fofHku idkj dh nM+s rFk QhYM ea fofHku dM rFk Qdus dh ifr; ksrk
 vk; kstr dh tkrh gA tgka Vd fuf'pr eki gS ogka QhYM ea vk; kstr fd; stkusokysfofHku
 dhMk LFkyka dh lFkfr dsckjs ea dkbz fu'p; fu; e ugha gA

fdl h 'kkjhfd dk; Zdsfy, /kkod ; k f[kyMh dks vi us 'kjhj dh ekd i s'k; ka l tx
 djuh i Mh gA ekd i s'k; ka dks l tx djus dh fØ; k dks ge xjekuu dh l kkr nrs gA

mi & bdkbZ 10-2

0; k; ke (Exercise)

'kkjhfd fodkl dsfy, mi; Ør 0; k; ke vko'; d gA ftl idkj vPNsLokLF; dsfy,
 l rfy rHkstul 'kØ ty rFk l wZdsidk'k dh vko'; drk gSml h idkj 'kkjhfd 0; k; ke Hkh
 'kjhj , o eflr"d ds l rfy fodkl dsfy, de vko'; d gA 0; k; ke u djus l s'kjhj vki h
 vkS jksh gks tkrk gA 0; k; ke dsu djus l s ikpy fØ; k Hkh Bhd ugha jgrhA bl dsfoijhr
 0; k; ke djus l seup"; QhYk a"V&iV vkS fujks jgrk gA ugh jgrhA fujks eut; dk 'kjhj
 vkS eflr"d i wZ: i l sfodfl r gksuk gS tks 0; k; ke }kjk gh l EHko gks l drk gA 0; k; ke djus
 okys 0; fDr ea vkrfo'okl dh Hkkouk i pj ek=k ea vk tkrh gA

0; k; ke l s ykH&

1- ân; dh xfr rhoz gks tkrh gA , d k gks l s ân; n<+vkS a"V&iV jgrk gA

2- jDr dk vf/kd vkDI htu iklr gsrh gS rFk dksZu MkbZ vkDI kbM 'kh?krk l s
 ckj fudy tkrh gA

3- jDr ifjHk.k rst xfr l sgkrk gS vkS ml h dkj .k 'kjhj ds vka dks i kskd rRo
 vf/kd ek=k ea iklr gks gA

4- ekd i s'k; ka vf/kd fodfl r gsrh gS vkS Fkdku nj gsrh gA

5- fodfr; ka l qkjus ij 'kjhj l n<+, oal qnj jgrk gA

6- ikyu fØ; k rFk ey vkS ew= R; kx fØ; k i kRl kfgr gks tkrh gA

7- 'okd dh xfr , oaek=k ea of) gks tkrh gA

8- l kefgd [kyka }kjk vuqkl u ikyu] 'kh?kz fu.kz] fot; vkS ikt; l si Hkkfor
 u gksuk rFk ijekfZ dsfy, LokfZ R; kx dh f'k{kk feyrh gA

0; k; ke ds fu; e%

- 1- 0; k; ke l nō [kyh gok ea djuk pkfg, rkd 'kō) gok i klr gks l dā
- 2- fM'y }kjk Fkdku vf/kd gkrh gš bl fy, de vk; qdscPpkadks i frfnu ; k 20
feuV l s vf/kd fM'y ugha djuh pkfg, A Fkdus ij mlga vkjke fn; k tkuk pkfg, A
- 3- Hkktu djus ds rjUr ckn 0; k; ke ugha djuk pkfg, A
- 4- 0; k; ke i frfnu djuk pkfg,] vf; fer 0; k; ke l s gkfu gkrh gā
- 5- 0; k; ke vk; qLokLF; rFkk i fjLFkr ds vuqhy gksuk pkfg, A

0; k; ke oft' g&

- 1- 'kh?krk l s c<us okys cPpkā ds fy, vf/kd 0; k; ke ugha gksuk pkfg, A
- 2- 13 l s 16 o"l'z dh vk; q dh yMfd; ka dks vf/kd 0; k; ke ugha djuk pkfg, A
- 3- xFB; k jksx l s i hfMf cPpkā ds fy, 0; k; ke oft' gā , d s cPpkā dk ān;
detkj gā
- 4- jksx gksus ij vf/kd 0; k; ke ugha djuk pkfg, A

fu"d"l'z

'kkjhjd fodkl ds fy, mi ; Dr 0; k; ke vR; Ur vko'; d gā ij h{k. kka }kjk Kkr gks
pplk gSfd 0; k; ke }kjk jDr teus ugha i krk oju tes gq jDr dks nfor djus ea 0; k; ke
l gk; d gsrk gS l keU; r%0; k; ke jDrpki dks de dj nrk gS vkš ān; dh /kMdu dks eln
dj nrk gā vr%vPNs LokLF; ds fy, 0; k; ke rFkk [kydm ea Hkx yxkrkj ysuk pkfg, A
0; k; ke l s chkfj; ka dh jkdFkke djus dh l gk; rk gkrh gš ān; etcir gsrk gā
0; k; ke dk ykhk dōy 'kjhj rd gh l hfer ugha gā oju-bl dk cgr cMk ; ksnku
ekuf d LokLF; ea Hkh gsrk gā

mi bdkbz 10-3

ckg; [ky&[ky ds iz; kstu cgqvk; keh gā [ky [kyus l sruko dh eqDr gkrh gā rFkk
thrus ea vkulln dh vuqkrA bl l sf[kykrM+ ka ea l g; kx Hkkouk vkš fo'okl mRiUu gsrk gā
ckg; [ky ckgj ea [kyk tkrk gā ckg; ea, d l eku fu; e gksrge Hkh dN f[kykmā nū jka
dks ryuk ea vf/kd l Qy gksr gā dkj.k Li"V gS [kyrs l e; os vius i fr}āh dh pky dk
igys l sgh vuqku yxk yrs gā

f[kykmā dh l kjh l Hkfor l okz/kd pkyka ij l kp fopkj djdsos l okz/kd l Hko pky
dk vuqku yxk l drsgā bl sōe ijforū , oal ā kstu fl) kr dgrsgā dHkh&dHkh f[kykmā
vxj , d k gsrks , d k gsk fl) klr dk vuqkru djrs gā fdl h xn dks Qudusea yxusokyh
rkdr djrs l e; os ; ē=drk ds {k= ea vk tkrsgā

f[kykrM+ ka dks foHkUu ckg; [kyka }kjk f'k{k ea mlUfr vol j feyrk gā os [ky gā
gkdh] Qvcky] kychky] dcMMh] fØdV/ vkfnA buds }kjk i ; klr f'k{k i klr djuh gsrks ; s
dk; Zdyki l ū; kštr] i nZfopkjr l q frca/kr rFkk 'kkl r okroj.k eafd; s tkuspkfg, i R; d
[ky [kyus ds fy, vPNh izdkj l s i f'kr{kr vkš fo'kšk 'kkjhjd f'k{k dh vko'; drk gkrh

gSD; kld I Hkh [ksyka dh fØ; k, a, d fo'kSk izdkj dh ddkyrk , oa i Dh. krk ij vk/kkfjr gSBhd fof/k ds [ksyus l su døy dk; Zdh ddkyrk c<rh gsvfi rql Hkh 'kkjhjd vakra ea yphyki u vkrk gS rFkk Nk=ka ea JSB f[kykmh gksus dh Hkkouk, amRi lu gsrh gA tks mlga vkum inku djrh gS bl l sthou eamlufr l Qyrk vksj i Dh. krk ikr djus dh bPNk tkxr gsrh gA bl l sfu/kkfjr fu; eka ds ikyu dju\$, d nlr js dks l g; kx nxs vksj gksus dh 0; kogkfjd f'k{kk feyrh gA , d vPNk f[kykmh cuus dh bPNk tkxr gsrh gA f[kykmh+ ka dks mu jgL; ka dk i rk yxkus ea vkl kuh gks tkrh gS tks rRo 'kjhj dks 'kDr' kkyh cuk, j [kus, oa LQfir Z vksj 'kDr inku djus ea l gk; d gkA

vr%; g l R; gSfd ckgk [ksy eñku ea ikr fd; stkusokysvutko l dkdjh gksrgsvksj buds }kjk Hkh tks l h[kk ; k fl [kk; k tkrk gA og vf/kd LFkkbZ vksj eV; oku gsrk gA

f[kykmh dsfd l h Hkh 'kkjhjd fØ; kdyki ea Hkkx ysus l sigys ml dh LokLF; ij h[kk vo'; dj ysuk pkfg, A ; fn fdl h izdkj dh 'kkjhjd detkjh utj vkrh gS rks ml ij utj j [krs gq ml h vuq kr ea 'kkjhjd fØ; kdyki ka dk cks> Mkyuk pkfg, A tks f[kykmh gkfuZ, ka l s i hfMf gS mlga de l s de , oa l hfer ek=k ea 'kkjhjd fØ; k djkuh pkfg, A

mi bdkb&10-4

;kskl u] ;kskl u dk 'kjhj ,oa eLr"d ij iHko

;kskl kuka dk eQ; y{; gS 'kjhj ds l c vakra dk fodkl djuk mul snh?Z thou vksj y{; ; kbu dh i kflr gsrh gA 'kjhj vksj eLr"d nksuka dks; ksxl ukal sl eipr : i eacy feyrk gA ; ksxl ukadk vH; kl djus l seut; dh 'kDr l ipr gsrh gS vksj 'kDr l p; eut; dks vf/ kd kf/kd LoLFk cukrk gA ; g 'kDr mu y{; ka dks fl f) ea cMh l gk; d gsrh gS tks fdl h Hkh 0; fDr ds thou eam l ds l keus gksrgA bu vkl ukal seut; dh 'kkjhjd l gu'kDr c<rh gS vksj vkerk\$ ij ; ksxl u djus okys 0; fDr dks fdl h Hkh izdkj ds jksx vi uk f'kd kj ugha cuk i krs gA

;kskl ukal dh nlr jh fo'kSk rkrk ; g gSfd mudh otg l s, d s 'kkjhjd vakra dk 0; k; ke gks tkrk gS tks l kekl; r%fucy jgrs gA; k v'kDr ugha rks de l s de mudk dkbZ 0; k; ke fdl h vl; vk/kfu d i) fr }kjk ugha gks i krkA mnkgj .k dsfy, vkt dy dh i) fr; kae tks l kekl; r% i pfy r gA muea i s/ vkrk xBFk; k; l ka dh ufy; karFkk ul ka dk i jk&i jk 0; k; ke gksuk l Hko ugha gA bl dsfoi jhr ; ksxl ukal }kjk mDr vakra vksj eut; ds l eLr Luk; qtky dk 0; k; ke gks tkrk gS vksj osetar vksj 'kDr' kkyh gksrgA

;kskl u LFkyrk ; k eks/ki s dks nij djus dk Hkh l cl svPNk l k/ku gA ; ksxl; kl l su døy eks/ki k nij gsrk gS cfYd eut; ds l kRod rst dh of) gsrh gS vksj ml ds, d snqz kka dk uk'k gsrk gS ftueam l ds 'kjhj ij fdl h Hkh izdkj ds ifrdwy i Hko dh l Hkkouk gsrh gA 'kjhj fujksx vksj eu i Qy jgrk gA vPNs LokLF; ds dkj .k vk; qdh Hkh of) gsrh gA es n. M ds vkl ukal sml dk yphyki u c<+ tkrk gS i s/ ds l c fodkj nij gks tkrsgA ml h izdkj dk m | kx Hkh djuk i Mf k gA

vko'; d fu; e&

; ksxl u l k/ka dks dñ vko'; d fu; eka dk ikyu djuk cgr t: jh gS rkd os ml l si jk&ij k ykHk mBk l ds vks mlgafdl h izdkj dh gkfu u gksus ik, A uhp sdñ , d sfu; e fn; s tk jgsgdf tuds djust l k/ka dksfdl h izdkj dh 'kkjhjd ; k LokLF; l ædkh dfBukbz ugha mBkuh i MæhA

1- vkl u] l æg ; k 'kke nksuka l e; fd; s tk l drsgñ ijUrql æg dk l e; vPNk jgrk gA

2- vkl u djus ds l e; pkj ; k ikp ?ka/s igys dñ ugha [kkuk pkfg, A

3- ; fn vkl u 'kke dksfd; s tk, arks vkl u djus ds l e; l spkj ; k ikp ?ka/s igys dñ ugha [kkuk pkfg, A

4- vkl u djrs l e; de l sde di Mæi guus pkfg, A yMæka ds fy, rks tkæ?k; k gh dkQh gS yMæid; ka tkæ?k; k vks cfu; ku vFkok l yokj deht Hkh igu l drh gA

5- vkl uka dk vH; kl goknj vks , dkkur LFku ea djuk pkfg, A

6- vkl uka ea vH; kl fu; ferrk cgr vko'; d gS vks mudk ij k ykHk rHkh feyrk gS tcd ; scjkj fu; e i wZl Bhd l e; fd; s tk, A

7- ; ksxl u ds l k/ka dk Hkstu , d k gksuk pkfg, fd tks gYdk gks vks vkl kuh l sip tk; A

8- 'kq & 'kq eadñ vkl u Bhd izdkj l sughags ik, æA yfdu bl l s?kcjk tkus dh t: jr ughagSyxkrkj vH; kl l s; g viusvki Bhd gksusyxæsvks mudk ykHk Hkh gksæA

9- ; ksxl uka ds l k/ka dksæp; Zdk ikyu djuk pkfg, A ; g cgr gh egROI wZ gSbl dk ; g vFkZ ughafd xgLFk thou gh NkM+nA rRi ; Z; g gSfd vkgkj&fogkj ea l a e j [kk tk, A

10- l k/ka dks fl xjv rEckdwvkn u'knyh phtka dk l ou ugha djuk pkfg, A

11- l l rkg ea, d ; k nksckj ijs'kj hj ij tæw ; k l j l kadsrsy dh ekfy'k djuk pkfg, A

12- vkl uka dk vH; kl djus ds dksZ nks ?ka/s ds ckn Luku djuk pkfg, A

13- vkl u djrs l e; ; fn dHkh Hkh ; g vuHko gksfd fdl h væ fo'ksk ij cgr T; knk tkj i M+jgk gS rks vkl u Qkj u cln dj nsk pkfg, A ; ksxl u djusea l æcæ vks l keU; Kku l s dke cgr t: jh gA

; ksxl u dk 'kjhj , oa eflr" d ij iHko&

'kjhj vks eflr" d nksuka dks; ksxl uka ea l efp r : i l scy feyrk gA bl fl yfl ys ea 'kHkZ u djuk cgr gh ykHknk; d gA

'kHkZ dk vFkZ gS Åij dk fclnq; k fl j bl vkl u ea l k/ka dks fl j dscy ij k vkl u djuk i Mæk gA bl fy; sbl s 'kHkZ u dgk x; k gSbl l s l k/ka dks 'kkjhjd 0; k; ke ds , d vkl u l sftruk Hkh vf/ka l svf/ka ykHk fey l drk gSog feyrk gA bl hfy, bl svkl uka

dk l ekV dgk x; k gA

ifø; k

dEcy dksplj jrkd vkB ijrkdjdsj [k yA bl dsckn ?k/uka dscy cB tk; agkFka dh maxfy; ka dks, d nll js l sMkydj nksuka gkFka dks tkM+yA bl dsckn bu gFksy; ka ij vi uk ij j [k yavkš /khj&/khjsVka smBkdj Åij dh rjQ nhokj dk l gkjk Hkh ys l drsgA ; g vkl u dks djusea cgr vf/kd l gk; rk dh vko'; drk ugha iMfh gA vkl u dj yus dsckn /khj&/khjs išk adksu hpsysvk; A bl l s; g ckr /; ku eaj [kus; kx; gSfd 'kjhj dksfd l h izlkj ds>Vds ugha nus pfg, A bl vkl u l s [ku dk nkš l arfyr gks tkrk gA

ykhk&'k'kkā u eal kjk 'kjhj mYVk gks tkrk gA urhtk ; g gkrk gSfd [ku dk cgko tks ik; %fny l siškadh rjQ gkrk gSog l c jDr eflr"d dh rjQ gkrk gSog l c eflr"d dk rjQ igpus yxrk gSft l l seflr"d dks rkt [ku dh deh ugha jgrhA ul kš vk[k] ukd] dku vkš xysd l kjsnnZbl vkl u l snij gks tkrk gA ul ka dsfy, rks; g vkl u vkfud tš k gA fpj&; kōu dsfy, ; g vkl u cgr gh ykhki n gA bl l s l k/kd vkst Loh curk gS 'k'kkā u l s l kjk 'kjhj cyoku gkrk gSvkš 'kk; n gh dkbZ, d k jks gks tks bl l snij u gkrk gks rkeflr"d ul kavkš xāfk; ka dsfy, ; g vkl u cgr mi; ks vkš bl hfy, bl vkl u o vlt; kl l sišk; %'kjhj dsl c jks nj gks tkrk gA Lej.k 'kDr c<rh gA pajs ij u; h vkhk gSvkš Økār dsn'kū gks gA ; g vkl u yMfd; ka ds Hkh cMk dke dk gš ijUrqefl d /keZ ds l e; bl vka u dks ugha djuk pfg, A ; g vkl u l kekl; r% nks feuV l s vf/kd ugha djuk pfg, A

tMks

tMks dsnkō ip oŠkfud vk/kkj ij fufež gA bl dyk dk if'k(k.k yusokys dks pfg, fd og l oā Eke vius 'kjhj dks LoLFk j [kA 'kjhj dks l cy cukus ep eka if'k; kavkš tkMka eaypd išk djusea bl dyk dk vlt; kl cgr l gk; d gA

tMks eadyk&dksky] prjkbZ vkš cī) dh ioh.krk vkfn eē; gA eē; r% if'k(k.k ds nkš ku 'kjhj dh eka if'k; kavkš ukMh&l āFkkuka dk rFkk ekfeZ LFkyka dk vPNk vlt; kl djk; k tkrk gA

tMks tki ku dh , d ykdfi; dyk gSft l ea yMūs vkš vkØe.kdkfj; ka ds vkØe.k l s cpus vkš iyVdj vius izlkj djus ds rjhds cuk; s x; s gA tMks okLro ea tki ku dh ikphu BtqtR l dyk dk gh , d fodfl r vkš vk/kfud : i gA

tMka dks vkRej {kk dk l okRe l k/ku djkj nsfn; k x; k gš ; fn nqeu vki dks fugRFkk vkš vdyk ikdj vki ij vkØe.k djuk gS rks vki rRdky tMks dyk dk iz ks djds vi uk cpko dj l drsgA fugRFks gks rsgq Hkh vki pcdh Ngš; yk Bh] LVhy jkM] fi Lrky ; k clnnd l s vkØe.k djusokys; fDr dks viuso'k eadj l drsgA vi uh j {kk vkš nll jkadh l j {kk dsfy, vki bl st: j l h [kuk pkgA

tMks&dyk ds vlt; kl l svkRefo'okl rFkk vkRel a e mRiUu gkrk gS vPNh vknrka dk mn; gkrk gA vPNs0; ogkj dh vknr iMrh gS LoPNrk dk l ekoš k gkrk gS rFkk vius Åij

fo'okl gkus ds dkj .k eu l n0 i QfYr vls vkufnr jgrk gA tMks Lo; a, d 0; k; ke gS ft l l sckgka dh eka i f'k; kacu'kkyh gkrh gA Vkaclp ihB rFkk i v/ ds Hkx etcir rFkk fujks gkrs gA

tMks ds i f'k{kFkZ dks B tMks h uked oniz 1/4 1/2 tksfd eks/srFkk etcir di Ms dh cuh <hyh & <kyh tkdr rFkk <hyk iktlek] iguuk i Mrk gS l Fk gh dej eacVM 1/4 3/4 Hk cka kuh gkrh gA tMks eacV dk dyj gh i f'k{kFkZ ds o.kz, oa Jskh dks l EckS/kr djrk gA

tMks dk i f'k{k.k yus okyk i f'k{kFkZ tMks dk dgykrk gA

tMks dk vH; kl djrs oDr l j{kk fu; eka dks ijh rjg ikyu djuk vfuok; Zgksuk gS tMks ds fu; eka rFkk vuqkl u dk ikyu djuk iR; d f[kyMh ds fy, vko'; d gkrk gS l Hk vPNs f[kyM; ka dks viuh i fr}h l s l Tturk vls 'kkyhurk dk 0; ogkj vko'; d : i l s djuk pfg, A

djVs

vc, d k l e; vk x; k gSfd dks nri jsdh rksD; k j{kk djsk viuh [kq dh j{kk djuk Hk l Hko ugha jg x; k gA xqMkxnh yvekj] ekj ihv] pka h Nj sckth] vigj.k vls cykRdkj tS h vusd ?kVuk, ajkst kuk gkrh jgrh gA

, d h vusd ?kVuk ka l s tu us vls xqMka, oand euka l sVdj kus ds fy, djVs tS h dyk gh mi; ksch fl) gks l drh gA

djVs l h[kk gpk 0; fDr vpkud geyk gkus ij] vdsyk vls fugrFkk jgdj Hk nk&rhu ndeuka 1/2 geykojka dk epkcyk dj l drk gA BdjKv&Vduhdh gh, d h gS tks vki dks /kedw ; q & 'kDr ea ifjorZ dj l drh gA

djVsea [kysgkFk] eDdS mafy; ka ds i kj ka ?ka/uka dksuh rFkk i s vls fl j dk [kydj iz ksch fd; k tkrk gA djVsea bl ckr dk fo'kks Kku dj; k tkrk gSfd eut; ds 'kjh ds dks & dks l svak dkey ; k detkj gksr garFkk ogkafdl idkj dh pks/ dh tk, A djVs [kys dsftrushk nk0 ip gsmu l cdk mi; ksch 'kjh dsukt vls detkj vaka ij gh fd; k tkrk gA djVs vH; kl djus l s'kjh ds l Hk vaka dk i fjpyu gkrk gS bl h dkj .k i js'kjh ea, d u; h pqrh o Qrhz dk l pkj gkrk gA

djVs ds i f'k{kFkZ dks BdjKv dhp dgk tkrk gA bl dyk ead jVs dk dseDdS ml dks dksuh] mYVsgkFk dsfdukj s i s ka ds ryos, oa, fM+ k bR; kfn gh ml ds vL= 'kL= cudj ndeu ij dgj <krs gA djVs l h[kus ds fy, fu; fer vH; kl l fgr dBkj 'kkjhjd, oa dBkj 'kkjhjd, oa ekuf l d vuqkl u dk ikyu djrs gq ijh yxu vls vkRefo'okl dh vko'; drk gA

djVs dh dyk eut; ds l Ei wkZ 0; fDrRo dks, d fuf'purrk inku djrh gA bl dyk dk vH; kl djds bl ean{krk i ktr djuk fL=; ka vls iq "ka ds fy, l eku : i l smi; ksch vls ykHknk; d gA fL=; ka dks rks bl l s nkgjk ykHk gkrk gS, d vls muds fy, ; g 'kDr'kkyh vkRej{kd vL= cu tkrk gS rks nri jh vls muga djVs ds fu; fer vH; kl ds }kjk 'kFØ LokLF;] l kn; Z vls LQfirZ i ktr gkrh gA

bl dk if'k{k.k fdl h ; kx;] vutkoh vks ekd; rk ikr if'k{k(kd vFkok djKVsDyc eayuk
pkfg, A xyr if'k{k.k gkfudkj d gls l drk gA

,jkScDI

I o7 Fke ,jkScDI uked 'kCn dk bLræky MKW duFk dLij }kjk 1960 ds i k j EHk eafd; k
x; k FkA

,jkScDI D; k g& tS k fd ge tkursg&fd fdl h Hkh izdkj ds dk; Z dks djus ds fy,
, d izdkj dh Åtkz dh %fo | r] rki h;] jkl k; fud] , Vkfed ; k dkbZ vks ½ vko'; drk gkrh gA
tc Hkh ge dkbZ dk; Z d j rsg&rk svkDI htu dh enn l sHk& ; i nkFkZ dks tykdj Åtkz i nk d j r s
gA tS nksM& pyus; k rj us vkfn eagekjs 'kjhj ds vlnj f0; k dh xfr dkQh rst gks tkrh
gsftl l svkDI htu dh vf/kd vko'; drk gkrh gA yfdu l kFk gh dN , s i zdk; dh f0; k; a
Hkh gkrh gS ftl ea dkQh de vkDI htu dh vko'; drk i M&h gs tS s fLiM] Fk& tEi ; k
Hk&j k&rkyu vkfnA

blgha nks izdkj dh f0; k; kv& dks ,jkScd , oa , u ,jkScd dk; Z dgrs gA

,jkScDI , oabl dk fQftvksykftdy i Hkko

dbZ izdkj dh f0; k; aftul seut; dh ,jkScd l keFZ ; k {kerk c<rh gSm l s ,jkScd
dgrs gA tS sfd i ny pyuk] /kh&/khj s nksM& Fk&M s l e ; ; k Fk&M h n j h ds fy , nksM& E; f r t d
ds l kFk vH; kl djuk] Mka] ftEukf l d 0; k; ke E; f r t d ds l kFk fcuk E; f r t d A dbZ izdkj dh
,jkScd vH; kl iz k& eaykbZ tkrh gsftl l seut; Lo; adks LoLFk , oa Qrhyk j [k l drk gs tS s
fd&

,jkScd tkfx&] ,jkScd nkM& ,jkScd pky] ,jkScd l kbdfy&] ,jkScd dne rky]
i fr; k&klRed ,jkScd vkfnA

,jkScd dh f0; k; avf/kd i Hkko , oavkd"kd rjhds l sl æhr y; ds l kFk dh tkrh gA
,jkScd f0; kv& adk p; u 0; fDr dh bPNk mi yC/krk] l f0/kk; } 'kkj hfjd {kerk] me] ek& e , oa
l e; dh mi yC/krk ij fuHk& djrk gA

i Hkko&

& dkfMz ks os dyj {kerk c<rh gA

& jDr dks' kdk; a c<rh gA

& vkDI htu xg.k dh {kerk c<rh gA

& 'ol u r& LoLFk gkrk gA

& ikpu r& dqky gkrk gA

& xfr] 'kfDr yphyki u] Qrhyki ku , oa' kjhj dk xBko , oaxk Bhyki u mHkj rk gA

vkt dy vf/kdrj fQYeka ds xhr , jkscd vH; kl ij vk/kkfjr gkrs gñ ftI ea ukprs
xkrs vH; kl djrs gñ

mi & bdkbz 10-5

fofHku [ksya ds fu; eka dh tkudkjH%

'kkykva ea cgr I s [ksy [ksy tkrsgñ ijUrqdñ fo'kSk [ksya ds fu; e fuEkuñ kj gñ

1- fØdV/ & bl [ksy ea f[kykfM+ ka dh I ã; k X; kjg gkrh gS tcd ijH Vhe 16
f[kykfM; ka dh gkrh gS [ksy nks Vheka ds e/; [ksy k tkrk gñ

x.košk & fØdV/ f[kykMh I Qn x.košk ea gkrs gñ

bfuax dk puko & iR; sd Vhe nks bfuñI ckjh & ckjh [ksyrh gñ bfuax dk puko ØhMk
LFky ij Vkl }kj k gkrk gñ cYyskth Vhe dk dlrku eþ ds nks ku fdl h Hk I e; bfuax
I ekfir dh ?kkSk.kk dj I drk gñ

vEik; I & eþ f[kykus ds fy, nks vEik; I Zgkrs gñ ekS e dh [kjch ds dkj.k [ksy
jkcd fn; k tkrk gñ

ju x.kuk & cVl eñ }kj k ekjh xbz xñ tc rd ckyj ds gkFk ea ugha vk tkrh gS rc
rd ckyj ju cVl krk gñ ; fn xñ I hek j[kk dks ikj dj tkrh gS rks ml ds fcuk nks s pkj
ju fey tkrsgñ bl spkdk dgrsgñ ; fn cYysl scky yx dj I hek j[kk ds ckj Vlik [kkrh
gS rks ml s NDdk dgrsgñ ; g ju vius vki fey tkrsgñ

fodV/ dk fxjuk & tc I gh cky fodV/ dks fxjk nrh gS rks fodV/ fxjk gñ ekuk tkrk
gñ

eMsa vkj & ftI vkj ea dkbz ju ugha curk gS ml seMsa vkj dgrsgñ

QkV/ksu & ; fn dkbz Vhe viuh igyh ikjh eanñ jh Vhe I s 150 ¼ru fnol h; eþ ½
; k 200 ju ¼ kp fnol h; eþ ka ek cukdj gh vkmV gk tkrh gS rks nñ jh Vhe ds fQj I s
Qkyksku fey tkrk gS vks ml dk dlrky igyh Vhe dks [ksyus dks dg I drk gñ

eþ dh vof/k & V&V eþ i kp fnu dh vof/k ds gkrs gñ vkt dy , d fnol h; fØdV/
dh [kuc /kne gñ

Mk & ; fn dkbz Vhe u eþ thrrh gS vks u og Vjrh gS rks ml s Mk dgk tkrk gS I cl s
vf/kd ju okyh Vhe fot; h gkrh gñ

½½ ckyhcky & bl [ksy dk tud fofy; e ekZu gñ ckyhcky [ksy dk ij kuk uke
Bfeu Vkuks/hp Fkka fLiak QhYM dkyst ds MkW , -Vh- gkVl VM bl dk uke ckyhcky j [kka

bl [ksy ea [ksyus okys f[kykfM+ ka dh I ã; k 6 gkrh gS s s, d Vhe eaf[kykfM+ ka dh

I 4; k 12 gkrh gA

I 3/4 & ; g [ksy 5 I 3/4 dk gkrk gS tksVhe 3 I 3/4 thr tkrh gS fot; h gkrh gA
15 lokbUV4 dk , d I 3/4 gkrk gS 14&14 vad cjkcy gksus ij yHM vkQ 2 lokbUV4 gkrk gS
vFkkZr tksVhe 16 vad cuk yrh gS fot; h gkrh gA 15&15 vad cjkcy gksus ij 17 vad ij
fotrck dk fuekZk gksxA

fu.kkZ d eMy& ep dks [ksyusdsfy, 1 jQh] 1 I dsM jQh] 1 I ØV/jh rFkk 2 ykbZu
jQh gksrs gA rFkk 6 cky lok; t gksrs gA

; g [ksy 3 Vp dk gkrk gA cykfdax dh fLFkr ea4 Vp dh vuøfr gkrh gS; g [ksy
jkS/kku dk gkrk gA vr%i iR; d fLFkr eaf[kykfM+ kadh I 4; k 6 gh j [kuh pkfg, A fMfcfyax]
gksYMx] us/ Vp] e/; j[kk ij djuk] I foI djrs I e; ykbu Vp vkfn Okmy ekuk tkrk
gA iR; d Vhe , d I 3/4 eankscj foJke dsfy, I e; dh etax dj I drh gA ; g vof/
k 30 I dsM dh gkrh gA

1/3 1/2 cd &cky& bl s I kIV cky Hkh dgrs gA og [ksy vesj dk ea ykdfiz; gA
vkt dy Hkkj r eaHkh bl dk vr; f/kd ipyu gA iR; d oxZ dsL=h iq "k bl [ksy dks [ksyrs
gA

bl [ksy eaf[kykfM+ kadh I 4; k 9 gkrh gS; g [ksy nksVheka dse/; [ksy tkrk gA
, d Vhe cSvax rFkk nI jh Vhe fQfYMax djrh gA ; fn cSj fcuk vkmV gq igyS nI jS rhl js
cd ij nM/dj mlgaNursgq Vhe lyV ij igp tkrk gS rksml s1 vad ikr gkrk gA I okZekd
vad i kusokyh Vhe fot; h gkrh gA ; g [ksy i kp i kjh dk gkrk gA bl [ksy dk fu.kkZ d
, d gh gkrk gA xan dk Hkkj vf/kd I svf/kd 6-5 vkS vkS de I sde 6 vkS gkrk gA xan
dk 0; kl 12-25 bp I svf/kd vkS 118 bp I sde ughagksuk pkfg, A

1/4 1/2 Vfcy&Vful % ; g [ksy cgr gh euekgd [ksy gS; g [ksy , d Vfcy ds A ij
I Qn jax dh yky , oacV ds }kjk [kyk tkrk gA ; g rhoz xfr dk [ksy gA bl buMkj xe
dstlenkrk gksus dk Js bkySM dks tkrk gA Jh tEI fxcI usbl [ksy dk vkfo"dkj fd; kA
; g [ky L=h iq "k nksuka gh [ksyrs gA

bl [ksy ea21 vad gksrs gA Vfcy Vful ep cd V vkQ Fkh I ØVI gksrs gA VKW djds
I kbM vFkok I foI i I n dh tkrh gA cky dks cV I sVful ij Vlik nsuk vkS nI jh vkS
I gh <ax I scy dks Bhd ykS/kuk ekuk tkrk gA Vfcy ds ckgj xan Qnduk vFkok xan dks
tky eaQd kuk =fvi wkZ I foI ekuh tkrh gA xfr'khy voLFkk ea [kMs gksuk] jSyh cukuk] I gh
<ax I scV I dMuk] I gh LVs j [kuk] I h/so mYVsgkFk dh Mkbfoax] 'kkV] fLi u vkfn bl [ksy
dh egROI wkZ ckra gA

1/5 1/2 ykbu Vful & ; g [ksy fofok izdkj dseHkuka ij [ksy tk jgk gA ; g [ksy u

døy jk"Vh; Lrj vfir qvarjk"Vh; Lrj ij LFkfi r gks pøpk gÅ

Vful dksZvk; rkd kj gkrk gÅ ; g 23-77 ehVj yEck rFkk 8-23 ehVj pkmk gkrk gÅ nks ikykse ea tky ckh gkrh gÅ tky dh Åpkbz 0-91 ehVj gkrh gÅ tky dks 5 I seh- ekVj rkj I svlnj , d dsuokl dh iVh ds I kFk fyiVk jgrk gÅ , dy , oa; qy nksuka izkj dsf[kykMh [ksyrsgÅ f[kykMh tky dsnkuka vkj [kMs jgrsgÅ tksigysl foI djxk og I oJ rFkk xñ dksfj I ho djxk ml sfj I hoj dgrsgÅ Vful xñ dk Hkkj 56-7 xte I s 85-8 xte rd gkrk gSrFkk xñ dk 0; kl 6-35 I seh- I s 6-67 I seh- rd jgrk gÅ dksZ ds pjka vkj tkyhñkj dukra yxkbz tkrh gÅ rkfd xñ dks cgr nj tkus I sjkd tk I dÅ I okZ/kd vad i kusokyk fot; h gkrk gÅ Vkbzi Mesi j gkbZad dj ep dk fu.kZ; fd; k tkrk gÅ fu.kZ; d eMy ea , d jQjh Ldkj rFkk mn?kkskd gkrk gÅ

½ cMfeV/u& ; g ykd fi; [ky gÅ vkt dy ckyd] ckyd kvk L=h iq "k I Hkh vk; qoxZ dse/; cgr gh fi; [ky ds : i eaekU; rk i klr dj pøpk gÅ bl [ky dk 'kjkjEHk 17oha 'krkCnh ea gypk FkA ; g [ky iuk ea vaxstka }kjk [kyk tkrk FkA 'kVy dh mMku ds I kFk gh ; g [ky Hkh pjka vkj Qy x; kA ; g [ky 'kVy rFkk jSIV }kjk [kyk tkrk gÅ

; g [ky , dy rFkk ; qy : i kaea [kyk tkrk gÅ , d Vhe eaf[kykM+ kadh I d; k 5 gksuh pfg, A f[kykMh dk ifj/kku I Qn gkrk gÅ

'kVy fxjus ij vad feyrsgÅ Qkmy [ky ij foi {kh dks vad fn; s tkrsgÅ , d xte 15 vadka dks gkrk gS tks igys vad cuk yrk gSog fot; h gkrk gS 14&14 vad I eku gkus ij [ky 18 vad kard pyr k gÅ efgyk vadk [ky ¼ dy ½ 11 vadka rFkk ; qy 15 vadka dk gkrk gÅ 11&11 vad cjkj gkus ij 15 rd [kyk tkrk gÅ

'kVy vad ea 16 ij rFkk 2 I seh- Qkd gkrh gÅ i jkadh yEckbz 7 I seh- vkj 'kVy dk Hkkj 5 xte gkrk gÅ jSIV dk gMy 15 I seh- yEck gkrk gÅ ft I ea 22 I seh- dh vkxs jkM yxh gkrh gÅ

fu.kZ; d eMy ea jQjh I foI fujh{k.k} ykbZu tt rFkk Ldkj gkrk gÅ

ekÅ rFkk vkRefujh{k.k

ekÅ] ml dk vH; kl rFkk ml ds ykHk

feyh&t;yh muds izkj dh ckrphr djuk cgr cjk Lohko gÅ bl I seu vid"V jgrk gÅ ; g eu dks I nk cfge[k cukrk gS vkj eut; vk/; kRed I sgV tkrk gÅ I lrg ea , d ckj ekÅ&or dk ikyu vo'; djuk pfg, A ckyusea cgr 'kDr dk vi 0; ; gkrk

gA

okd-bflnz; eu dks cjh rjg vi d"V djrh gA

bl h izdkj ukfl dk Hkh eu dk pj .k gš D; kšd ukfl dk ds }kjk gh l Økus; kX; i nkFkš
 dksvki i ktr djrs gA bl izdkj p{kqvš Jks= Hkh eu dspj .k gA ; g eu cā ds pkj pj .kka
 dk Lo: i gA

eu%jgL; vš fuxg

okd&bflnz; l sfdl h ckr dks ckj u vkus nA ekš jgA bl l s vki dks l gk; rk
 feyxhA ekš jgus l svl he 'kkšr feyrh gA okd-'kDr vkt 'kDr eacny tkrh gA l dYi
 cgr ?kV tkrsgA bPNk 'kDr cyorh gks tkrh gA vc vki usmi nš dk , d cMk dkj .k cš
 dj fn; kA vc vki dks 'kDr feyxh vc n<+fu'p; ds l kFk cā dk /; ku djA

vk/; kRed l k/kdka dks fuR; gh dN ?k.Vka ds fy, ekš jguk pkfg, A

ckysus l sigys vi us 'kCnka dks pouseal rdZ jgA ckysus l sigys nk&rh u ckj l kp
 yA fopkj djafd vki ds 'kCn nš jsdseu ij D; k i Hkko Mkyas dN o"kkšrd ekš jgA og
 ckMe; ri gA

vuko' ; d fookn u djA fookn l sfojksk] mRrstuk c<fsgš vš 'kDr {kh.k gksrh gA
 i R; d 0; fDr dk vi uk&vi uk er] fopkj] Hkko vš fo'okl gksrk gA nš jkadser dksnyuk
 vfr dfBu gSnt jka dks fo'okl fnykus dk iz Ru u djA tc rd vki l k/kd gš vš /kkfšd
 fo"k; ka ea tkudkj h i ktr gh dj jgs gš tc rd vki ds fopkj ifji Do vš fLFkj u gks tk, a
 nš js l sfookn u djA

eu dk vuøku l nk ckr dks c<k; k djrk gA vR; fDr , d izdkj dk vl R; gA
 l kškdka dks vR; fDr ugha djuh pkfg, A mlga xf.krh; rFk oš k fud ifj'kø rk l s'kCn ckysus
 pkfg, A

eu dk ekš

eu dk ekš ok.kh dsekš l smRre gA ekš Lo; agh vkuk pkfg, A ; g LokHkšod gksuk
 pkfg, A cyi d ekš dju l seu ds l kFk >xMek i Mf k gš iz Ru djuk i Mf k gA ; fn vki
 l R; ea fuokl djark ekš Lor%gh vk; ška rc gh i wš 'kkšr gkschA

i kdfrd ekš vš ekuf l d uXurk gksuh pkfg, A 'kkj hfj d uXurk fujFšd gA ; g ev[kkš
 dk rkefl d ri gš ft l dk 'kkL= vš cš) vuøksnu ugha djrs gA tholleDr ea uXurk
 LokHkšod gks tkrh gš tc og l lre Hkšedk ea igp dj cā ea yhu jgrk gA

vrRefujh{k.k D;k gS vls ;g D;k djrk g&

Lo; EHkvcā useu vls bflnz ka dks cfge[kh cuk; k gā Lej .kkhr dky l scfge[k gkuk eu dh cMh gkfudkj d vknr gā bl fy, vki cā txx dks n[krs g[fdUr qvUrj kRek dks ugha n[krā fo{ki 'kfDr ; k ek; k vki dks ckgj dh vls [khrh gā cpi u l gh vki dks cā txx dks n[kuk fl [kk; k tkrk gS vls vlrj dsekufi d txx dh vls fcYdy gh /; ku ughafn; k tkrk vki us varfujh{k.k dh dyk dks fcYdy [kksfn; k gā eu ds vlnj D; k py jgk gā bl dks hkyh izkj tku yus ds fy, 'k) c[) vls vlr fujh{k.k dh l [e c[) dh vko'; drk gā vki dks eu dks vlu e[kh djuk gkskA fQj bl dh l kjh 'kfDr; ka dks bdVBk djds Lo; aeu ds Åij Mky nuk gksk ftl l sf d eu viuk Lo: i tku tk; s vls fo'yšk.k dj yā ; g jkt; kx gā

Lo; avius vlr tkr-ea [k Nkuchu djā vi useu vls bānz kaij fo'okl u djā L=h vls /ku vki ds 'k=q gā ; s nksuka egku cjk b; ka gā

varfujh{k.k ea eu gh Lok/; k; dk fo"i; gskk gā eu dk , d Hkkx 'kšk eu dk vè; ; u djrk gā mPp eu fuEu eu dh ijh{k djrk gā varfujh{k.k vkReckk gā tS svki etnj dk dke n[krs g[bl h izkj eu dk , d vā k 'kšk eu dh fØ; kvka dks n[krk gā ; fn vki eu dks vi us l svfHku tkurs g[; fn vki l snkEi R; djrs gā rks vki vi us nkska dks ugha tku l drā ; fn vki eu ds l k[kh cuar Fkk vrRefujh{k.k djā rks vki dks vi us vud nkska dk irk pyskA

/; kui w[d fujh{k.k l scgr l snsk ekym i Mfsgā vls mi ; Ør l /ku l sosnj fd; s tkrk gā , dkr dejs ea cB tk; j fur; 15 feuV i kr% l k; aeku gks tk; a vls /; kui w[d eu dk varfujh{k.k fd; k djā eu ; k rks fopkj djrk gksk ; k ; kst uk cukrk gksk ; k tkurk gksk ; k bPNk djrk gksk ; k bflnz Kku ikr djrk gkskA varfujh{k.k l svki dks ekym djuk gksk fd bl l e; ij eu D; k dj jgk gā bl dk vH; kl djus ds fy, vā e[kh ofRr] vrRefu"B eu rFk l [e c[) dh vko'; drk gā n'kū 'kkL= ds Lok/; k;] l Rl x] bflnz fuxg vls l kRd Hkktu l sc[) dks l [e cuk; k tk l drk gā gfj vkne} ukjk; .k] jke] f'ko vkfn ijekRek ds ifo= uketa dk fujUrj mPpkj.k djrs jgus l seu 'k) gskk gS vls vlu e[k gksus l s l gk; rk feyrh gā

vrRefujh{k.k ds s djā

vki gh vi useu ds l cl svPNs fu.kkz d gā , d ?k/s vdsysjg dj ; k 'kkur dejs ea pi ds cBdj fujh{k.k djā , dkr dejs ea us cln djds vdsyscB dj eu dh fØ; kvka dks n[ka rc vki dks eu ds nskk vls n[zyrkva dk hkyh izkj Kku gks tk; skA

rRi 'pkr-vki dksmlgafudky nssdh vko'; drk ekyme gksuh pkfg, A vki dk LoHkko Hkh ifjorū ds vuphy cu tkuk pkfg, A nkska dks nj djus dk Bhd&Bhd mik; Hkh vki dks ekyme gksuk pkfg, vksj og mik; ckj&ckj dke ea yukuk pkfg, A rHkh l qkkj vkjEHk gksxkA l k/kuk dk fujUrj mi; ksx vijfgk; Zvko'; drk gA dHkh&dHkh l lrg ep i {k ea; k ekl ea, d ckj vi uh mlufR dks Hkh ns[krsjguk pkfg, A vi uh mlufR dk foj .k ¼vk/; kRed nsflnuh½ vo'; j [kuk pkfg, A /; ku l sn[kafd vki v/; kRed ekZ ea mlufR dj jgs gA tgka Fks ogh gA; k i hNs gV jgs gA vki dk eu , dkxgS; k fo{klr gA ; fn eu ea fo{ksi gS rks /ks 7 10Zl mi; Dr iz Ruka l s bl fo{ksi ds dky .kka dks , d&, d djds nj djuk gksxkA ; fn , d mik; l sb"V mlufR u i klr gks l ds rks nks mi k; ka dks ¼ ksxfok/r Fkk fopkj dks feyk dj dke ea yukuk pkfg, A

vkRe&fo' ySk. kj LokcyEcu] vkRe fu. kZ bl f=i gh dks; kn j [ka vki dh vk/; kRed l k/ kuk ea; g vki dks vrho ykHkd kjh gksxhA vlrfuj h{k.k ds }kjk vkRe fo' ySk. k djA vi uh dfr; ka ds y{k.k [kst dj ekyme djafd fdl l e; ea dks l k xqk l Ro izkku gA vki dk eu y{; ij ½bz oj] cā] dksZ fopkj] i nkFKZ ckg; ; k vH; Urj½ fujUrj fLFkj jg l drk gA l kjs i nkFKZ dks NkMej dōy xykc ij gh vki dk eu fdrus dky rd fLFkj jg l drk gA nks l ds M] nks fefuV] i k p fefuV ; k vk/kk ?k. V\ ; g vkRe fo' ySk. k dgykrk gA vi us Åij fuHkj jgA vki vi uk gh m }kj djus okys gA dksZ vki dks ekSk ughans l drkA , d&, d ix djds vk/; kRed i Fk ij vki dks Lo; agh pyuk gksxkA i qrdavksj xq rks vki dks ekxZ crk dj gh pyk l drsgA ; g vkReyEcu gA n<+fu'p; djsfd Bešbz oj dks i klr d: akA eš vfuf'pr Hkfo"; ea ugha cfYd bl h {k.k vkRe&l k{kkRdkj ; k cā kekuHkko i klr dj yxkA og vkRe fu. kZ dgykrk gA

l d kjh eul; ka dks dN feuVka ds fy, Hkh thou dh l eL; kvka rFkk thou ds jgL; ka ij fopkj djus dk l e; ughafeyrka jkx ds dky .k mudk eu fo"K; Hkks ds i nkFKZ dh vksj nksMf k gA mudh ekuf l d 'k fDr; kang ds fopkj k [kks vksj i guus ds fopkj k L=h] cPpka vksj fe=ka ds fopkj ka rFkk dk; ky; vksj 0; ki kj l cdkh fopkj ka ea 0; ; gks h gS vksj bl izdkj fnu i jk gks tkrk gA fnu&i frnu] l lrg&i fr l lrg ; gh Øe pyr k gA o"ka chr tkrsg vksj thou 0; FkZ pyk tkrk gA ; g cMh 'kpuh; ckr gA

tksvlre k ofRr ds }kjk euu vksj vlrfuj h{k.k djrk gS dōy ogh i q "k vi uh l d kjh izdfr dks cny l drk gA dōy ml h eul; ea cā dk Hkko LFkk; h : i l s Bgj l drk gA

/; ku ; ksx&

/; fu ; ksx dk vH; kl fo'o dh mlufR] 'kkr vksj l dfr ds fy, , d egROI wZ vkekkj curk tk jgk gA ; g vk/; kRed T; ksr dk ; g vkhkl gS ft l snk' kZud , oal dfr Hkh vkt rd ugha dj k ik; A vkt rd l keltd , oajktuhfrd ræ fl QZ/keZ vksj vke; kRed Kku dk

gh cksk djkrsgA ; gh otg gSfd thou dsbl nkj ea uSrd eV; ka eafujUrj fxjkoV vkrh
tkrh gA ; g vko' ; d gks x; k gSfd 0; fDr ; kx dks viuk; svkš ml dk ykHk mBk; A

/; ku ; kx dk egRo bruk c<+x; k gSfd dkbZ Hkh l epk; /keZ vkš l dfr dks jkd
ugha ik; xhA thou eV; kavkš uSrd eV; ka dsfd l h Hkh l ek/kku grqeut; dks /; ku ; kx dk
ykHk ysik iMxkA

l e; vk x; k gSfd ge /; ku ; kx dh mi ; kSxrk dks l e>š bl sviuk, svkš bl sthou
, d egRo iWZ vak cuk; A gekjs ikl oDr ughadgdj bl dh miškk u djA

/; ku ; kx vki dks vkrE cksk djkrk gA vki dks viuh igpku djkrk gSviusvki dks
cnyus ea l gk; rk djrk gS vkš vki ds 0; fDrRo eafu[kkj ykrk gA /; ku ; kx , d l EiWZ
'kkjhjd , oaeukfl d foKku gA ekuo l fn; ka l s; g l oky djrk vk jgk gSfd eš dgla l s
vk; k gV vkš eš dgla tkuk gš bl dk tcko /; ku ; kx l sgh iklr fd; k tk l drk gA

ikrkafy jkt ; kx ea tc dkbZ fopkj fdl h vU; l kp&fopkj] vkdkj&iZdkj] xdkj
vkot vkš Lokn dk vkHkl fd; scxš viuh pruk dks dšnz fclnq ij , dkxfpr gkdj dšnr
djA ; gh /; ku ; kx gA vDI j nškk x; k gSfd /; ku ; kx djusokyk 0; fDr dk eu ; kx djrs
oDr dšnz fclnq l sHkVdusyxrk gš fopfyr gkusyxrk gSvkš foHkUu iZdkj dsfopkj vkus
yxrs gA og viuh pruk dks dšnz fclnq ij dšnr ugha dj ikrk gA ckj&ckj izkl ds
ckotm Hkh og l Qy ughagk ikrk gA bl hfy, eu fopfyr u gš , dkxfprR cuk jgš dšnz
fclnq ij gh /; ku dšnr jgs , d k /; ku ; kx eagh l Hko gA

I kjkA

vPNsekuf l LokLF; dsfy, vPNk 'kjhj cgr t: jh gA ; g jgL; gekjs__f'k efu
rFkk vU; iWZt cgr igysgh l e> x; sFkA bl hfy, mlgkudgk gS'kjhjek | [kyw/keZ l keku
vFkkz 'kjhj gh l Hkh /keA ds ikyu djusdk l k/ku gA

; kskl u 'kkjhjd vkš ekuf l LokLF; dk , dek= mfpr l k/ku gA ; kskl u ds
vH; kl dk ewy y{; bZoj dk l k{kkRdkj djusokys 0; fDr l sl eš/kr gA ; kskl ukadh i) fr
ds 0; k; ke l sykska dh fpdfRI k gsrh gSvkš jkska l spko HkhA

vkRe ijHk.k izu

uhpsdN izu fn; s tk jgsgA ftuds mRrj fy[kdj iKB l sfeyku djds ikl gh jf[k; A

ižu&1 nkM+l ekflr dk l cl svPNk rjhdk dks l k gA

ižu&2 cBdj iLFkku yuseaD; k ykHk gS

ižu&3 0; k; ke LokLF; dsfy, mruk gh vko'; d gSfttruk iks"Vd Hkkstu] bl dFku dks
fl) dhft, A

ižu&4 fjys nkM+dsfu; eka ij idk'k Mkfy; S

ižu&5 djkrS ij l {klr fVli .kh fyf[k; S

ižu&6 eka dk 'kjhj ds LokLF; l sD; k l caak gS

i k B dks if<+s, oamRrj fyf[k; A

ekf' keeHk&686&fo | kspr&23-03-2009&6]300

i =kp kj i kB ; Øe
ek/; fed f'k{k e.My] e/; çnškj Hki ky
½kj k l ok/kdkj l jf{kr½



fMyk ek bu ,T; wšku ijh{k

½}rh; o'k½

izu i= & 8

i k.k LokLF; ,oa 'kjhfjd f'k{k
iB l ;k 6 l s10