
v/;k;&1

tukxek vkj mifu"knk dk lkekU; ifjp;

v/;k;&1

tukxek vkj mifu"knk dk lkekU; ifjp;

Kku d v{k; lkr vkxe vkj mifu"kn lkgR; e tu vkj ofnd erkoyfEc;k d leLr ekU;rkvk dk o.ku feyrk gA vkxe vkj mifu"kn nkuk gh ifrfuf/k xUFk gA nkuk gh xUFkk e vkRek dh 'kk'orrk dk min'k] R;kx] ojKx;] l;e] lK/kuk] vkRe&vkj/kuk vkj eukfuxg dk ln'k iklr gkrk gA vkpkj dh nf"V l nkuk gh xUFkk e vfgl[k] lR;] vLr;] cāp;] vifjxg] Lok/;k;] leHkko] Hkrn;k vkj ikf.kek= dh ,drk of.kr gA n'ku vkj thou dk] vkpkj vkj fopkj dk] Hkkouk vkj dUko; dk] lUnj leUo; bl lkgR; e iklr gkrk gA

ftuok.kh vkxe

vkIropu vkxe dgykrk gA vko';dpf.k e dgk x;k g&^**vkxek .kke vUko;.kA¹** rUokFkHkk"; e Hkh vklr d opu dk vkxe dgk x;k gA jkx vkj }"k ekuo d ?kkj 'k= gA jkx vkj }"k dk thru oky dh ftu dgr gA rhFkdjk dh ok.kh blhfy; vkxeok.kh dgykrh g] D;kfd o jkx }"k fotrk gA Hkxoku egkohj d lex vkpkjk ,o fopkjk d lXg dk }kn'kkxh dgr gA tu lldfr rFkk tu ijEijk d ey vkpkj fopkjk dk lkr vkxe ok³e; gA bld lFk gh lFk vkxe lkgR; e vk/;kfRed eY; /kkfed fopkj] nk'kfud rUo] lkekftd] lKl—frd vkj Hkxkfyd fooj.k Hkh iklr gkrk gA bl idkj vkxe Kku d lkr gA

vkxe 0;RifUk vkj vFk

vkxe 'kCn ^vk³* milx iod xe /kkr l ?k' iR;; d ;kx l fu"iUu gA vkxe 'kCn dk vFk g&1- vkxrk] 2- iklrk] 3- mRiUkk pA vkxfr] ikflr vkj mRifUk vkxe 'kCn d rhu vFk gA bue ikflr vFk dk ydj vkxE;r ikl;r vuu bfr vkxeA bl foxg d vulkj %dj.k ?k'½ dj.k vFk e ?k' iR;; l ;g 'kCn cuk gA²

^*kCndYine* e vkxe dk vFk rU='kkL= fd;k x;k g& vk³\$xe\$vp iod vkxe dk vFk rU='kkL= g&

^vixr i'poD=kRr xr'p fxfjtkuuA

er'p oklnol; rLeknxeeP;raA³

JhfHk{k vkxe fo"k; dk'k

;FkkFk Kkrk vkj ;FkkFk oDrk vkxe dgykr gA mipkj l mud opu dk Hkh vkxe dgk tkrk gA lek l foxg iod Bvk& vfHkfof/kuk l dyJrfo"k;0;kflr : i.k] e;kn;k ok ;FkkofLFkri : i.k;k] xE;Ur&ifjfpN|Ur

vFkk% ;u l% vkxe% vFkk r leLr Jr fo"%;k l tk 0;klr g] e;kfnr g]
;FkkFk i:i.kk d dkj.k ftll vFk tku tkr g] og vkxe gA⁴ fu;elkj
e dgk x;k g&

^rLI egXxno;.k i0okoj nklfojfg; l)A

vxefn ifjdfg; r.k ndfg;k gofr rPpRFkAA⁵

vFkk rhFkdj d e[k l fudyh gb ok.kh tk fd iokij nk" k jfgr
vkj 'k) g ogh vkxe g vkj ml rRokFk dgr gA

jRudj.Md Jkodpkj e vkxe dk vFk bl idkj fd;k x;k g&

vklrkiKeuY³?;en"Vfojk/deA

rUokin'k—Rlko'kkL= dkiFk?kêueAA⁶

vFkk tk vlr dfFk gk] oknh ifrokn }kjk [k.Mu dju ;kX; u
gko] iR;{k vueku vkfn iek.kk l fojk/k jfgr gk] oLrLo:i dk min'k
dju okyk gk] lc thok dk fgr dju okyk gk vkj feF;k ekx dk [k.Mu
dju okyk gk og lR;kFk'kkL= gA

/koyk e dgk x;k g&

iokijfo#)kn0;irk nk" k lgrA

|krd% loHkkokuleklr0;kgfrjixe%AA⁷

iokijfo#)kfn nk"kk l jfgr vkj lEi.k inkFk d |krd vkropu
dk vkxe dgr gA

L;k}kne' tjh e lek l 0;RifUkiod vkxe 'kCn dk vFk bl idkj
fd;k x;k g&

**vk l leLr;u vuUr/kefof'k"Vr;k Kk;Ur-oc/;Ur thokthokn;%
inkFkk% ;;k lk vkKk vkxe% 'kk luA⁸**

ftld }kjk leLr vuUr /kek l fof'k"V tho vthokfn inkFk tku
tkr g] ,lh vklrvkKk dk vkxe dgr gA

vkxe ijEijk

tu ijEijk d vulkj vkxe d i.krk vFk:i e rhFkdj vkj 'kCn
:i e x.k/kj dg tkr gA x.k/kjk u Hkxoku egkohj dh ok.kh dk lkj l=
c) fd;kA Lo; Hkxoku u dN Hkh ugh fy[kkA vkpkjx fu;fDr d
vulkj&

vRFk Hkk lb vjgk] lUk xFkfr x.kgjk f.km.kkA

ll.kll fg;ëk,] rvk lUk ioUkbAA⁹

vgr viu vuŮr Kku vkj vuŮr 'kfDr d vkykd e fo'o n'ku
dj lR; dk vFk :i e mnHkkflr djr g] vkj x.k/kj 'kk lu fgr d fy;
ml l= :i e xFkr gA og fo'kky xUFk jkf'k l= ;k vkxe d uke l
idkjh tkrh gA uŮnh l= e vkxe d nk :i iklr gkr gA¹⁰

1- vx ifo"V]

2- vx ckáA

x.k/kj —r vkxe vx ifo"V dg tkr g] vkj LFkfoj —r vux
ifo"V vFkk] vx cká dg tkr gA rhFkdj d e[; f'k"; x.k/kj gkr g
vkj vu; Je.k tk ;k rk prn'k ioŮ g] vFkok n'k&io/kj g LFkfoj gA
x.k/kj —r vkj LFkfoj —r vkxek dk vk/kkj rhFkdj ok.kh gh gkrh gA
{kn'kkxh vx ifo"V g] bld vfrfjDr lEi.k lkfgR; vux ifo"V gA
vkxek dh l[;k

vkxek dh l[;k d lEcU/k e fnxEcj vkj 'orkEcj lEink; e er
fhkUurk gA vkxek dh l[;k d lEcU/k e bl idkj dh fopkj.kk g&84] 45
vkj 32A oreku e efritd ijEijk e 45 vkxek dk ekU;rk iklr g] rFkk
LFkkudok l h] rjkiFk ijEijk e 32 vkxek dk ekU;rk iklr gA vkxe iek.;
d fo"k; e lHkh ,d er ugh gA 'orkEcj efritd ijEijk 11 vx] 12
mikx] 4 ey] 2 pfydk] 6 Nn] 10 idh.kd&bl idkj 45 vkxek dk iek.k
ekurh gA

'orkEcj LFkkudok l h] ijEijk vkj 'orkEcj rjkiFk ijEijk doy
11 vx] 12 mikx] 4 ey] 4 Nn] 1 vko';d&bl idkj 32 vkxek dk
iek.kHkr Lohdkj djrh gA

fnxEcj ijEijk mDr leLr vkxek dk vekU; ?kkf"kr djrh gA
fnxEcj ijEijk dk fo'okl g fd ohj fuok.k d ckn Jr dk Øe'kk gkl
gkrk pyk x;kA Hkxoku egkohj d fuok.k d 683 o"k i'pkr gh vkxe
lkfgR; dk loFkk yki gk x;kA doy 12 o vx nf"Vokn dk gh dN v'k
ektn jgk] ftl ij i"iŮr vkj Hkrcfy vkpk;k u "kV[k.Mkxe dh jpuk
dh vkj x.k/kjpk; u ikpo io Kku&iokn d v'k d vk/kkj
ij&d"kk; ikGM* dh jpuk dhA¹¹

vkxek dk oxhdj.k

efrit d ijEijk&45 vkxe

vx	mikx	pkjey	NnI=
1- vkpkjkx	1- vkiikfrd	1- mUkjk/;;u	1- fu'khFk
2- l=—rkx	2- jkti'uh;	2- vko';d	2 egkfu'khFk
3- LFkkukx	3- thokfHkxe	3- n'kodkfyd	3- ogRdYi
4- leok;kx	4- iKkiuk	4- vk?kfu;fDr	4- 0;ogkj
5- Hkxorh	5 l;iKflr	-	5- n'kkJrLdU/k
6- Kkrk /kedFkk	6- pUn iKflr		6- ipdYi
7- mikldn'kk	7- tEc}hi iKflr		
8- vUr—rn'kk	8- dfYidk		
9- vuUkjkikfrdn'kk	9- dYikorfldk		
10- i'u 0;kdj.k	10- if'idk		
11- foikd	11- i"i pfydk		
	12- of".kn'kkA		

nl idh.kd

1- pr%*kj.k	2- vkrj iR;k[;ku
3- egkiR;k[;ku	4- HkDr ijhKk
5- rUny opkfjd	6- lLrkjd
7- xPNkpkj	8- xf.kfo k
9- noUn Lro	10- ej.k lekf/kA

pfydk

1- uUnhI=]	
2- vu;kx }kja	
'orkEcj LFkkudoklh	ijEijk d vulkj nf"Vokn dk NkMdj lHkh

vkxe ljj{kr gA

vkxe

1- vkpkjkx	2- l=—rkx
3- LFkkuk ³ x	4- leok;k ³ x
5- Hkxorh	6- Kkrk/ke dFkk
7- mikldn'kk	8- vUrdrn'kk

- 9- vuÜkjii kfrd 10- i'u0;kdj.k
11- foikd

mik³x

- 1- vki i kfrd 2- jk t i'uh;
3- thokfhkxe 4- iKkiuk
5- tEc}hi iKflr 6- pUn iKflr
7- l ; iKflr 8- fuj;kofydk
9- dYikorfl dk 10- if"i dk
11- i"i pfydk 12- of".k n'kk

ey

- 1- n'kodkfyd 2- mÜkj/;;u
3- uUnh 4- vu; kx}kj

Nn

- 1- fu' khFk 2- 0;ogkj
3- cgRdYi 4- n'kkJrLdU/k

vko';d

LFkkudokfl;k d leku rjiFk l?k dk Hkh 32 vxek dk ikek.;
Loh—r gA

vxek dh Hkk"kk&lkjk iopu v)ex/kh Hkk"kk e fuc) g] D;kfd
rhFkdj v)ex/kh Hkk"kk e /ke n'kuk djr FkA leok;kxI= e dgk x;k
g&"Hkxo p .k v)exgh, Hkk lk, /kEekbD[kbA^{*12}

uUnh e Hkh dgk x;k g&

^loefi fg iopue)exf/dHkk"kkRede] v)exf/dHkk"kk; rhFk—rk n'kukioÜkA^{*13}

Hkxorh I= e xkre Lokeh d ;g i'u dju ij fd no fdI Hkk"kk
e ckyr g\ mÜkj nr g, Hkxoku egkohj dgr g&

^xk;ek! nok.k v)exgh, Hkk lk, Hkk lfr]

l kfo ;.k v)exgh Hkk lk HkkfITtek.kh fofl l l bA¹⁴

g xkre! no v}ex/kh Hkk"kk e ckyr g vkj ykd e ckyh tku
okyh Hkk"kkvk e v)ex/kh Hkk"kk fof" k"V ,o J"V gA

vxek dk ifjp;

tu lfgR; e lcl ikphu lfgR; vxex lfgR; gA bug on Hkh dgk x;k gA vxek dh l[;k ckjg g] blfy; mUg }kn'kkx dgk tkrk gA vxk dh fo"K; oLr dk o.ku leok;kx vkj uUnhI= e fn;k x;k gA budk l{klr ifjp; bl idkj g&

1- vkpkjxI=

vxek e vkpkjx vxex dk egRoi.k LFkk gA blfy; bl vxex dk vxk dk lkj dgk x;k gA vkpkjx Je.k thou dh vkpkj lfgRk gA ble nk JrLdU/k gA iFke JrLdU/k e 9 v/;;u rFkk f}rh; JrLdU/k e 16 v/;;u gA vkpkjx d iFke JrLdU/k e vkRek dk fo'kn o.ku miyC/k gkrk g] D;kfd vkRerÜo d Kku d fcuk rnudy vkpkj.k vIEHko gA "kMthofudk; d Lo:i dk o.ku] /kulxg dk ifj.kke] vk'kk dk R;kx] ikide dju dk fu"K/k] fojDr efu dk Lo:i] IE;d n'kh dk y{k.k] d"kk; R;kx dk o.ku] vfglk] l;e dh lk/kuk vkfn dk o.ku] d'khy R;kx] l;e e ijkØe] pkfj=] ri vkfn dk o.ku fd;k x;k gA cká 'k= l ;) dju dh vi{kk dke] Øk/k] ek;k] ykHk vkUrfjd 'k=vk l t>u vkj mlij fot; iku dh f'k{kk nh x;h gA vkpkjx d iFkeJr LdU/k d /kr uked NB v/;;u e vpydRo dk o.ku gA efu dk mikf/k R;kx dk min'k djr g; dgk x;k g fd tk efu vYioL= j[krk g] vFkok loFkk oL=jfgr gkrk g ml ;g fpUrK ugh gkrh fd mldk oL= th.k gk x;k g] ml u;k oL= ykuk gA vpy efu 'khrk".k n{kk dk leHkko l lgu djrk g] D;kfd bl l dek dk Hkkj gYdk gkrk gA

foek{k uked vkBo v/;;u e ijh"kg lgu] oL=/kkjh dk vkpkj] oL=R;kx e ri] ly[kuk dh fof/k] lekf/kej.k vkfn dk ifriknu fd;k x;k gA mi/kkuJr uked uko v/;;u e Hkxoku egkohj dh dBkj ri'p;k vkj /;ku i)fr dk fu:i.k fd;k x;k gA yk< n'k e fogkj djr g, egkohj u vud milxk dk leHkko l lgu fd;kA vud milxk dk lgr g, 'kjh dh eerK dk R;kx dj vkReje.k dju oky Hkxoku egkohj viu y{; d ifr vFMx jgA

vkpkjx dk f}rh; JrLdU/k ikp pfydkvk e foHkDr gA ble
 lk/k&l kf/o;k d vkgkj&fogkj lEcU/kh vkpkj dk foLrr o.ku gA ble
 fiM" k.kk] 'k,;"k.kk] b;"k.kk] Hkk"kk tkr" k.kk] oL="k.kk vkfn dk o.ku gA
 vkpkjxl= ij Hknckg u fu;fDr] ftunklx.kh u pf.k vkj 'khykd u ofÙk
 fy[kh gA

2. l=—rkx l=

vxke lkgR; e l=—rkx dk nljk LFkku gA l=—rkx dk
 lrxM] lÙkdM] vFkok l;xM uke l Hkh tkuk tkrk gA Lole; vkj
 ijle; dk Hkn crk;tku d dkj.k bl l;xM dgk x;k gA ble
 lk/k&l kf/o;k d vkpkj dk fu:i.k ,o ijfl)kUr dh lekykpuk dh x;hA
 bl d nk JrLdU/k g&igy e lkyg v/;;u vkj nlj e lkr v/;;u gA

bl vxke d iFke JrLdU/k e ipHkrokn] v}rokn] tho vkj
 'kjhj dk vfHkUu Lohdkj dju oky pkokd erkoyEch] tho dk i.;iki dk
 vdUkk ekuu oky] ikp egkHkrk d l kFk vkRek dk NBk Hkr ekuu oky rFkk
 fdlh fØ;k d Qy e fo'okl u dju oky erokfn;k d fl)kUr dk
 foopu gA ble fu;frokn] vKkuokn txRdrRookn vkj ykdokn dk
 fujlu fd;k x;k gA

l=—rkx vxke vkpkj dh vi{kk fopkji/kku vxke g] D;kfd bl
 vxke e nk'kfud eroknk dk mYy[k vkj [k.Mu e.Mu vf/kd feyrk gA
 ml le; ipfyr lHkh eroknk dk fujlu bl vxke e feyrk g] t l
 onkUr n'ku dk i/kku fl)kUr g&bl txr e lcdN cã :i g] mld
 flok; vudRo fn[kk;h nuk Hke gA lcdN cã gh g*&i#"k ,on] lo
 ;PpHkr ;Pp Hkk0;eA* ,dkReokn dk [k.Mu djr g; ble dgk x;k g&

,oex fÙk tifr] enk vkjHkf.kfll;kA

,x fdPpk l; iko] fr0o nD[k fu;PNbAA

db eÙnefr vKkuh ^vkRek ,d gh g* ,lk dgr g] ijUr fglk e
 vkldR jgu oky 0;fDr ikide dj d Lo; vdy gh n[k lgr g] nlj
 ughA ,dkReokn dk ekuu ij ,d d }kjk fd; x; 'kHk ;k v'kHk de dk
 Qy nlj lHkh dk Hkkxuk iMxk tk fd vufpr ;k v;fDr d gA

fofHkUu eroknk dh leh{kk dj tu fl)kUr kfHker nk'kfud rÙok
 dh vkj vkd" k.k gh bl [k.Mu&e.Mu dk mí'; gA

3. LFkkukx l=

}kn'kkxh e LFkkukx dk rrrh; LFkku gA LFkkukx 'kCn ^LFkku* vkj
 ^vx* nk 'kCnk d ;kx l cuk gA vkpk; nookpd u fy[kk g fd bl

vkxe e ,d LFkku l ydj n'k LFkku rd tho vkj inxy d fofok Hkko
of.kr g] blfy; bldk uke ^LFkku* j[kk x;k gA ftunklxf.k egUkj u
fy[kk g&ftldk Lo:i LFkfir fd;k tk; o Kkfir fd;k tk; og LFkku
gA vkpk; gfjHkn¹⁵ u dgk g&ftle thokfn dk 0;ofLFkr :i l ifriknu
fd;k tkrk g] og LFkku gA bl vkxe e rUok d ,d l ydj n'k rd
l[k;oky inkFkk dk mYy[k g] vr% bl LFkku dgk x;k gA ble
l[k;Øe l tho] inxy vkfn dh LFkkiuk dh x;h g] vr% bldk uke
LFkkukx gA

LFkkukx vkj leok;kx bu nkuk vkxek e l[k;dk i/kkurk nh
x;h gA l[k;d vk/kkj ij fo"kk;dk ldyu fd;k x;k gA dk'k dh 'kyh
e bl vkxe dh jpuk g;h gA ;g 'kyh ofnd vkj ck) ijEijk d xUFkk e
Hkh ik;h tkrh gA egkHkkjr d ouioj v/;k; ,d lk pkrhl e Hkh blh
'kyh e fo"kk;dk ifriknu fd;k x;k gA ck) xUFk vxUkj fudk; e ;gh
'kyh nfVxkpj gkrh gA

LFkkukx e n'k v/;;u gA n'kk v/;;u ,d gh JrLdU/k e gA
v/;;u mÍ'kdk e foHkkftr gA iFke v/;;u e lxgu; dh nfV l
fpuru fd;k x;k gA lxgu; vHkn nfV i/kku gA blfy; lEi.k inkFkk
dk lkekU; :i l Kku djuk lxg u; gA

iFke LFkku d l=k dk oxhdj.k vflrRoI=] idh.kd l=]
inxyin] v"Vkn'k iki in] v"Vkn'k iki foje.k in] volfi.kh&
mRlfi.khin] prfo'kfr n.Md in] HkQ;&vHkQ;flf)d in] nf"Vin]
Ñ".k&'kDy ikf{k d in] y';k in] tEc}hi in] egkohj fuok.k in] noin
vkj u{k= in d :i e fd;k x;k gA bl iFke LFkku d l=k dh l[k;k
256 gA

f}rh; LFkku e nk dh l[k;l lEcfu/kr] rrh; LFkku e rhu dh
l[k;l lEcfu/kr] prFk LFkku e pkj dh l[k;l lEcfu/kr fo"kk;dk
o.ku fd;k x;k gA blh idkj n'kk LFkkuk e nl dh l[k;l lEcfu/kr
fo"kk;dk o.ku gA bl vkxe e nk'kfud ppk d lkFk gh lkFk vkpkj
lEcU/kh o.ku Hkh foLrkj l fd;k x;k gA

nk idkj d /kek dk fu:i.k fd;k x;k g&lxxkj /ke vkj vuxkj
/keA lxxkj /ke dk vkpj.k dju okyk Je.kkikld ;k mikld dgykrk gA
Je.kkikld dh rjg gh Je.k thou d lEcU/k e bl vkxe e egRoI.k
lkexh dk ldyu gvk gA Je.k/ke dh lEi.k vkpkj lgrk LFkkukx l=
e nh x;h gA ble ikp egkor] v"V iopu ekrk] uo cãp;xflr] ijh"kg
fot;] iR;k[k;ku ikp ifjKk] cká vkj vkH;Uvj ri] ik;'pUk] vkykpk
dju dk vf/kdkjh] ifrØe.k d idkj] fou; d idkj] Lok/;k;&/;ku]

vui{kk,] vkpkj d idkj] l;e d idkj] xkpjh d idkj] vkpk;&mik/;k;
d vfr'k;] fuxUFk vkj fuxfUFkfu;k d fof'k"V fu;e vkfn Je.kkpkj
lEcu/kh fu;ekifu;ek dk o.ku gA

fo"K; lKexh dh nf"V l iLrr vkxe dk cgr egUo g D;kfd
fofo/k fo"K;k dk foopu bl vkxe e iklr gkrk gA

4- leok;kx

vxkek e leok;kx dk prFk LFkku g&thou foKku] ijek.k foKku]
lf"vfo|k] v/;kRefo|k] rUofo|k] rFkk bfrgk l d egUoi.k rF;k dk ;g
vuie dk"K gA vkpk; vHk;no u fy[kk g&iLrr vkxe e tho] vtho
vkfn inkFkk dk ifjPNn ;k leorkj gA vr% bl vkxe dk uke leok; ;k
leokvk gA fl)kUrpØorh vkpk; ufepUn u fy[kk g fd ble thokfn
lkn'; lKekU; l fu.k; fy;k x;k gA vr% bl dk uke ^leok;* gA
uUnhl= e leok;kx dh fo"K; oLr nh x;h g&tho&vtho] ykd] vykD]
,o Lole; ijle; dk leorkjA ,d l ydj lk rd dh l[;kvk dk
fodk lA }kn'kkx xf.kfiVd dk ifjp;A

leok;kx idh.kd e Hkh fo"K;oLr dk o.ku g tk uUnhl= dh
fo"K;oLr l vf/kd foLrr gA leok;kx dh 'kyh dk"K 'kyh gA LFkkukx
vkj leok;kx dh dk"K 'kyh ck) ijEijk e vkj ofnd ijEijk e Hkh iklr
gA ck) xUFk vxUkjfudk; e blh rjg fopkjk dk l dyu fd;k x;k gA
egkHkkjr e ouio d 134 o v/;k; e uUnh vkj v"VkoØ dk lokn blh
'kyh e gA mle nkuk i{koky ,d l ydj rjg rd oLrvk dh ifjx.kuk
djr gA Lej.k dju dh nf"V l ;g 'kyh vf/kd mi;kxh gA

leok;kx e lXgi/kku dk"K 'kyh gkr g; Hkh db LFkkuk ij ;g
'kyh vkfn l vUr rd ,d:irk fy; g; ugh gA ,lk irhr gkrk g fd
l[;k dh nf"V l tk Hkh fo"K; lKekU;vk;k mldk l[;k e fuc) dj fn;k
x;kA bl d vfrfjDr vU; fo"K; oLrvk dk nlj :i e fuc) fd;k x;k
gA

leok;kx d iFke leok; e thokthokfn rUok dk ifriknu djr
g, vkRek] vukRek] n.M] vn.M] fØ;k] vfØ;k] ykd] vykD] /kefLrdk;]
v/kefLrdk;] i.;] iki] cu/k] ek{k] vklo] loj] onuk] futjk vkfn dk
lXg u; dh nf"V l ,d&,d cryk;k x;k gA iFke leok; e vkRek dk
fpUru fd;k x;k gA tu n'ku vkRek dk ifj.kkeh fuR; ekurk gA n0; dh
nf"V l tho fuR; g] i;k; dh nf"V l vfuR;A ,d LFkkud leok; e
vkRek vuUr gku ij Hkh lHkh vkRek, vl[;kr in'kh gku l pruro dh
vi{kk l ,d ln'k gA vkRek Ingifjek.k gA vr% vkRek dk ,d dgk x;k
gA

leok; kx d }kjk ,d] nk] rhu vkfn dk ydj Øe'kñ cf) djr
 g; 'kr] lgl= vkj dkVkdV rd d inkFkk dk vkj }kn'kkx xf.kfiVd
 dk dFku fd; k x; k gA leok; kx e ukuk idkj d Hkn&iHkn oky tho
 vkj vtho inkFk of.kr g] rFkk foLrkj l vU; Hkh cgr idkj d fo'k'k
 rUok dk ujd] fr;p] eu"; vkj nox.kk d vkgkj] mPNokl] y'; k] tUe]
 ej.k] mikf/k] onuk] mi;kx] d"kk;] ior dV vkfn d fo'dEHk %pMkb%
 Åpkb] dydj] rhFkdj] x.k/kj] oklnok] cynok dk] {k=k dk foLrkj l
 o.ku fd; k x; k gA

5- 0; k[; kiKflr %Hkxorh%

0; k[; kiKflr vx : i l ikpok vx gA ;g vkxe i'ukÜkj 'kyh e
 fu:fir gA 0; k[; k dk vFk g&foopu djuk vkj iKflr dk vFk g
 le>uka ftle foopuiod rUo le>k; k tkrk g ml 0; k[; kiKflr dgk
 tkrk gA leok; kx vkj uUnh e 0; k[; kiKflr vkj 0; k[; k& nkuk uke
 feyr gA

iLrr vkxe dk nljk uke ^Hkxorh* gA 0; k[; kiKflr l= dh
 viuh fof'k"Vrk FkhA blfy; Hkxorh bldk ,d fo'k'k.k FkhA vc ;g
 fo'k'k.k uke cu x; k gA 0; k[; kiKflr bl le; Hkxorh l= d uke l
 ifl) gk x; k gA ble n'ku 'kkL=] vkpkj'kkL=] thofo|k] ykd fo|k]
 lf"Vfo|k] ijk eukfoKku vkfn fo"k; k dk xHkhj foopu iLrr fd; k x; k gA
 Hkxorh dh fo"k;oLr d lEcU/k e leok; kx e crk; k x; k g fd vud
 nok] jktkvk vkj jktf"k; k u Hkxoku egkohj l fofo/k idkj d i'u iN
 vkj Hkxoku u mldk foLrkj l mÜkj fn; kA ble Lole;] ijle;] tho]
 vtho ykd vkj vykd dh 0; k[; k gA

Hkxorh l= i'ukÜkj 'kyh e fy[kk gvk vkxe gA xkre x.k/kj
 Je.k Hkxoku egkohj l tu fl) kur fo"k;d i'u iNr g vkj egkohj
 mudk mÜkj nr gA xUFk dk ikjEHk ueLdkj egke= l gkrk gA ckãh fyfi
 dk ;gk ueLdkj fd; k x; k gA ble de] dei—fr] 'kjhj] y'; k] xHk'kkL=
 Hkk"kk vkfn dk foopu g] rhFkdj d erk dk mYy[k gA fo"k; ofo/; dh
 nf"V l ;g vkxe egroi.k gA bl vkxe e nk'kfud] vkpkj lEcU/kh
 ,frgkfld] Hkkxkfyd vkj lf"V foKku lEcU/kh vud egÜoi.k tkudkfj; k
 gA

6- Kkrk/ke dFkk

vx l kfgR; e Kkrk/kedFkk dk NBk LFkku gA bl vkxe e
 mnkgj.kk %uk; % d lFk /kedFkkvk %/kEedgk% dk o.ku g] blfy;
 ^uk; k/kEedgkvk* dgk tkrk gA bldh o.ku 'kyh ,d fof'k"V idkj dh gA
 fofhkuu mnkgj.kk] n"Vkurk] miekvk vkj ykdipfyr dFkkvk d }kjk cM

iHkko'kkyh vkj jkpd <x l ;gk l ;e] ri vkj R;kx d vkpj.k dh f'k{kk
nh x;h gA iLrr vkxe e nk JrLdU/k gA igy JrLdU/k e 19 v/;;u
vkj nlj e 10 ox gA vHk;nolfj u bl ij ofUk fy[kh gA

Kkrk/keFkk d iFke v/;;u e jk tkJf.kd mld i= vHk;dekj]
jkuh /kkfj.kh mld i= e?kdekj rFkk e?kdekj d lU;k l dk cMk jkpd
o.ku gA fuxUFk iopu dh n/k"krk crkr g; dgk g&bl iopu e li d
leku ,dkUr nf"V vkj Nj d leku ,dkUr /kkj j[kuh gkrh g] ykg d tk
d leku bl pckuk iMrk g] cky d xkl d leku ;g uhj l g] egkunh
xxk d iokg d fo#) rju rFkk egklen dk Hk tkvk d }kjk rj dj ikj
dju dh rjg nLrj g] rh{k /kkj ij pyuk g] x#rj dk vkyEcu yuk g]
vfl/kkjkor d leku bldk vkpj.k n"dj gA nlj v/;;u e /kU;
l kFkokg mldh Hkk;k Hknk] ckyd nonUk dk o.ku gA rh l j v/;;u e
e;jh d v.M }kjk /kekin'k fn;k x;k gA pkFk v/;;u e nk dNvk d
n"Vkur }kjk /kekin'k fn;k x;k gA blh idkj iR;d min'k lnpkj dh
f'k{kk ij voyfEcr gA bue lkoHkke lR;k dh mnHkkouk g;h gA

f}rh; JrLdU/k e n'k ox gA ble l/kek Lokeh vkj mud f'k";
tEc Lokeh d i'ukUkj d : i e /kedFkkvk dk o.ku gA /kedFkk d ek;/e
l ,frgkfld uxkj;k dk irk pyrk g&okjk.klh] jktxg] JkoLrh]
dk'kkEchA iR;d /kedFkk dh 'kyh ,d t l h g] fdUr fo"k; oLr iFkd
iFkd gA l Hkh dkFkk, vkpkj /ke ikyu dh f'k{kk nrh gA bl idkj ukuk
dFkkvk] vokUrj dFkkvk o.kuk vkj 'kCn i;kxk dh nf"V l iLrr vkxe
cgr egRoi.k gA

7. mikldnlk³x

tuksek e mikldnlk³x lkrok vx gA bl vkxe e nl
mikldk dk thou of.kr gA blhfy; bldk uke mikldnlk³x gA Je.k
ijEijk e Je.kk dh mikluk dju oky xgLfkk dk Je.kkikld ;k mikld
dgk x;k gA Hkxoku egkohj d vud mikld FkA iLrr vkxe e mud
nl ie[k mikldk dk o.ku nl v/;;uk e feyrk g&

vk.kn dkeno ; xlgkofrpy.khfirkA

ljkno pYyl ;,) xkglobdMdkfy,AA

l íkyiùk egk l ;,) ufn.khfi;k yb;kfirkA¹⁶

vkuln] dkeno] pyuhfirk] ljkno] pYy'krd] dMdkfyd]
l íkyiùk] egk'krd] ufnuhfirk vkj yb;kfirk ; nl v/;;u bl vkxe e
gA dgh bud ukek e dN vUrj gA nlo v/;;u yb;kfirk d LFkku ij
lkyb;kfirk uke Hkh iklr gkrk gA

Hkxoku egkohj u efu /ke vkj mikld /ke nkuk /kek dk min'k
 fn;k FkA efu d fy; ikp egkork dk fo/kku vkj mikld d fy; ikp
 v.kork dk fo/kku fd;k FkA mikldn'kkx d iFke v/;;u e ckjg ork
 dk o.ku gA Je.kkikld vkuUn Hkxoku egkohj d ikl tkdj mikld /ke
 dh nh{kk yrk gA mlu /ku] /kku;] fgj.;] lo.; [kkn;] xUFk] oL= vkfn
 vud oLrvk d HkxkiHkx dk fdpr ifjek.k fd;kA mlu vxkjde]
 oude] nrokf.kT; fo"K;okf.kT;] ;=ihMude vkfn iUng denkuk dk R;kx
 fd;kA viu T;"B i= dk dVEc dk Hkj lkdj og dYyk d lfluo'k dh
 Kkr{kf=;k dh ik"K'kkyk e tkdj Je.k Hkxoku egkohj d /ke dk icyu
 dju yxkA xgLfk voLFkk e gh ml vof/kKku dh ikflr g;hA

nlj v/;;u e dkeno mikld dh dFkk gA dkeno u vud
 milxk dk lg] yfdu og viu or dk ugh NkMA Hkxoku egkohj u Hkh
 mldh i'klk dh vkj milxk dk 'kkfuriot lgu dju dh ij.kk nhA

rhlj v/;;u e pyf.kfirk xgifr dh dFkk gA pkFk v/;;u e
 ljno xgifr dh] ikpo v/;;u e pYy'krd dh] NB v/;;u e
 dMdkfyd dh] lkro e líkyi= dEHkdj dh dFkk] vkBo v/;;u e
 egk'krd xgifr dh dFkk] uko v/;;u e ufnuhfirk vkj n'ko e
 lkfyghfirk dh dFkk dk o.ku gA

vxek e mikldn'kkx gh ,d ,lk vxke g ft le Jkodpkj dk
 foLrr o.ku gA Je.kkpkj dk o.ku vud vxek e feyrk g] fdUr xgLfk
 dk vkpkj /ke e[;r% blh vxke e feyrk gA vkpkj 'kkL=h; xUFkk e bl
 xUFk dk ie[k LFkku gA

8- vUr—í'kkx

iLrr vxke }kn'kkxh dk vkBok vxke gA leok;kx e bld nl
 v/;;u vkj lkr ox cryk; x; gA uUnhl= e bld v/;;uk dk mYy[k
 ugh gA doy vkB oxk dk mYy[k gA vHk;noljh u nkuk e lketL;
 LFkkfir dju dk i;k] fd;k gA mud vulkj iFke ox e nl v/;;u g]
 bl vi{kk l leok;kxl= e nl v/;;u vkj vU; oxk dh vi{kk l lkr
 ox cryk; gA uUnhl= e v/;;uk dk mYy[k fd; fcuk doy vkB ox
 cryk; x, gA fdUr bl lketL; dk fuokg vr rd ugh gk ldk] D;kfd
 leok;kx e iLrr vxke d f'k{kkdky ¼mí'ku dky½ nl cryk; x; gA
 unhl= e bldh l[;k vkB gA vHk;nolfj u fy[kk g fd mí'kudkyk d
 vUrj dk vk'k; ge Kkr ughA uUnhl= d pf.kdkj Jh ftunklx.kh egUkj
 vkj ofUkdj Jh gfjHknlfj u Hkh ;g fy[kk g fd iFkeox e nl v/;;u
 gku d dkj.k iLrr vxke dk uke ^vrXMn'kkvk* gA bl vxke e tUe
 ej.k dh ijEijk dk vUr dju oky Jkodk dk o.ku g] rFkk bld nl

v/;;u g] blfy; bldk uke vrxMnlkvk gA ^vrXM* 'kCn d nk lL—
r:i iklr gkr g&vr—r vkj vr—rA vFk dh nf"V l nkuk e dkb
vUvj ugh g] fdUj ^xM* dk ^—r* :i Nk;k dh nf"V l vf/kd mi;Dr gA
iLrr vkxe dh fo"K;oLr cMh jkp d gA oklno —".k vkj mud
ifjokj d lEcU/k e bl vkxe e fo'kn tkudkjh feyrh gA oklno —".k
d NkV Hkkb xtldeky dh nh{k vkj mudh lk/kuk dk o.ku cgr gh
jkepdkjh gA

NB ox e vtuekykdj dh ?kVuk mfYyf[kr gA ,d vkdfled
?kVuk u ml gR;kjk cuk fn;k vkj ,d ilx u ml lk/k cuk fn;kA lex
vkxe e ri d fofHkUu :i nf"Vxkpj gkr gA Hkxoku egkohj u miokl
vkj /;ku&nkuk dk egRo fn;k FkA riL;k d oxhdj.k e miokl cká ri
vkj /;ku vkUrfjd ri gA iLrr vkxe e /;ku dh vi{k miokl ij
vf/kd cy fn;k x;k gA lkro ox e vU—r fL=;k dk o.ku gA vkBo
ox e vud or] miokl vkj rik dk mYy[k gA bl vkxe e vkBdek dk
vKR;fUrd :i l u"V dju oky uC lk/kdk dk ifo= pkfj= g] tk
v"Vx.kkir flf) dk inku dju e leFk gA

9- vuÜkjiiikfrd n'kk

}kn'kkxh e vuÜkjiiikfrd l= dk uok LFkku gA bl vkxe e
vuÜkj uked Lox leg e mRiUu gku oky efu;k l lEcU/k n l v/;;u
g] blfy; bldk uke ^vuÜkjiiikfrdn'kk gA fot;] ot;Uj t;Uj
vijkftr vkj lokFkl) ; ikp vuÜkj foeku gA vU; l Hkh foekuk e J"B
gku l blug vuÜkj foeku dgk x;k gA vuÜkj foeku e mRiUu gku oky
vuÜkjiiikfrd dgykr gA vuÜkj foekuokl h nok dh ;g fo'k"krk g fd o
ijr l lkjh gkr gA ogk l P;r gkdj ,d ;k nk ckj ekuo :i e
tUeydj fuok.k iklr djr gA

ikphu vkxek vkj vkxerj xUFkk e Hkh bl vx d ckj e mYy[k
feyrk gA leok;kx e bld nl v/;;u vkj rhu ox dk mYy[k gA
uUnhl= e doy rhu ox dk mYy[k gA LFkkukx e doy nl v/;;uk dk
mYy[k gA jktokfrd e iR;d rhFkdj d le; e gku oky nl&nl
vuÜkjiiikfrd efu;k dk o.ku gA oreku e iLrr vkxe rhu oxk e
foHkDr gA iR;d ox e Øe'kl nl] rjg vkj nl v/;;u gA bl idkj
rrhl v/;;uk e rrhl egku vkRekvk dk o.ku gA iFkeox e tkfydekj
dk vkj rrh; ox e /kU;dekj dk pkfj= foLrkj l vk;k gA 'k"k pfj=k
dk l{k i e o.ku gA

iLrr vkxe e vud jktdekj rFkk rRlEcU/k vud ,frgkl d
i#"kk dk o.ku fd;k x;k gA bl vkxe e lekV Jf.kd d 23 jktdekj

d l k/kuke; thou dk o.ku gA tu] ck) vkj ofnd bu rhuk l kfgR; d
ijEijkvk e Jf.kd d lEcU/k e i;klr tkudkj h iklr gkrh gA ; |fi l Hkh
xUFk e Jf.kd d lEcU/k e fHkUu&fHkUu fopkj gA ryukRed nf"V l
,frgkfld fu"d" k iklr fd;k tk l drk gA

10- i'u0;kdj.k

i'u0;kdj.k vxel kfgR; dk nlok egRoi.k vx gA leok; kx
l= vkj uUnh l= e bldk ^i.gkokxj.kkb* uke feyrk gA LFkkukx e
i.gkokxj.knlkvk* uke mfYyf[kr gA bl vxke e fglk vkfn ikp vklok
rFk vfglk vkfn ikp lojk dk Li"V vkj fo"kn o.ku g] vkj l k/d thou
d eyHkr i'uk dh l jyre ,o lUnjre 0;k[;k iLrr dh x;h gA
fnxEcj ijEijk d t; /koyk uked xUFk e ^i.gok;j.k* uke feyrk gA

i'u0;kdj.k dk vFk g&i'uk dk 0;kdj.k vFkkr fuopu] mUkj ,o
fu.k;A leok; kx vkj uUnh d vulkj iLrr vxke e vud idkj d
i'uk] fo]kvk vkj fn0; loknk dk o.ku gA fdUr oreku e miyC/k
i'u0;kdj.k e vk/;k fRed fo" k; k dh ppk gA vfglk&fglk ,o lR; &v lR;
vkfn /ek/ke: i fo" k; k dh ppk bl xUFk e gA vklo loj d fu: i.k d
l kFk rRdkyhu nk'kfud er] n.Muhfr] vud vk;] vuk; n'k] xgthou]
dyk] m]kx] i'k] i{kh] Hkkx foyk l] f'kYih] dedkj] Hkouk d fofHkUu : i]
okgu] len; k=k] EyPN tkfr; k L=h i#"k d y{k.k] ,frgkfld pfj=k dk
o.ku] ;) vkfn fofo/k fo" k; k dk o.ku Hkh dkQh egRoi.k gA ikphu
ykd lldfr dk ,d lLi"V : i bl vxke e ifjyf[kr gkrk gA

bl vxke d iFke vklo [k.M e vUreu d fodkj fglk] v lR;]
Lr; &pk;] vcãp; & dkefodkj] vkj ifjxg vFkkr ePNk] vk l fDr ykHk]
r".kk vkfn dk o.ku gA f}rh; loj [k.M e vfglk] lR;] vLr;] cãp;
,o vifjxg d Lo: i dk ,o mud l [kn ifrQyk dk o.ku gA fglk
vkfn dk vklo dgk tkrk gA vklo vFkkr uohu deiokg dk vkRek e
ifo"V gku dk }kjA loj vFkkr vkRe {k= e ifo"V gku oky deiokg dk
fujk/kA vklo l lkj dk gr g vkj loj ek{k dkA vklo vkj loj d
Lo: i dk ft lu le> fy; k] mlu ,d idkj d l k/kuk dk lex rUo gh
vf/kxr dj fy; kA bl vxke dh jpuk dk e[; mÍ'; ;gh g fd l lkjh
tho g; ¼vklok½ dk g; le>dj mikn; ¼loj½ e ioUk gkA

11- foikd l=

}kn'kkxh e foikd l= dk X; kjgok LFkku gA vkpk; ohj lu u dek
d mn; o mnjh.kk dk foikd dgk gA vkpk; gfjHkn vkpk; vHk; no u

ofÜk e fy[kk g fd foikd dk vFk g&i.; iki :i de Qy] mldk
 ifriknu dju okyk l= foikd l= gA leok;kx e fy[kk x;k g fd
 foikd l= l—r vkj n"dr dek d Qy&foikd dk cryku okyk vkxe
 gA

leok;kx vkj uUnh e foikdl= dk ifjp; fn;k x;k gA bl
 vkxe e defl)kUr dk xgu fopu fd;k x;k gA de fl)kUr tu n'ku
 dk ,d ie[k fl)kUr gA lklkfjd tho fofok idkj d de djr g]
 ifj.kke dh nf"V l mUg nk Hkkxk e ckVk x;k g&'kHk vkj v'kHk] i.; vkj
 ikiA u doy tu n'ku e vfir ck) n'ku] lk[;n'ku ;kxn'ku]
 U;k;n'ku] o'kf"kd n'ku vkj mifu"kn e bu Hknk dk mYy[k gA vudyrk
 dk vuHko l[k g vkj ifrdirk dk vuHko nk[k gA de d vulkj tUe
 vkj tUe d vulkj de dh vukfn dkyhu ijEijk gA drdek dk Qy
 Hkkx fcuk tho dk NVdkj ugh gk ldrkA foikdl= e iki vkj i.; dk
 mnkgj.kk d }kjk ljj :i e mn?kkfVr fd;k x;k gA LFkkukx vkj
 leok;kx e de cu/ku d ikp dkj.k crk; x, g&

- 1- feF;kRo
- 2- vfojfr
- 3- iekn
- 4- d"kk;
- 5- ;kxA

dec/k d pkj Hkn g&idfr] fLFkfr] vuHkkx vkj in'ka idfr vkj
 in'k dk cu/k ;kx l gkrk g vkj fLFkfr o vuHkkx dk c/k d"kk; l gkrk
 gA Øk/k] eku] ek;k vkj ykHk ; pkj d"kk; dgykr gA bugh d o'kHkr
 gkdj tho de djr g vkj cu/ku e Qlrk gA foikdl= d nk foHkkx
 g&n[k foikd vkj l[k foikdA iFke foHkkx e n"de dju oky 0;fDr;k
 d thou ilxk dk o.ku g vkj nlj foHkkx e lRde dju oky 0;fDr;k
 d thou ilx gA de vkj iutUeokn l lEcU/kr vud dFkk, bl vkxe
 e xfQr gA

12- nf"Vokn

nf"Vokn }kn'kkx dk vfUre ckjgok vx gA tk bl le; 0;fPNUu
 gA vud nf"V;k dh i:i.kk gku d dkj.k bl nf"Vokn dgk tkrk gA
 nf"Vokn d 0;fPNUu gku d lEcU/k e ,d l vf/kd ijEijk, tuksek e
 feyrh gA "kV[k.Mkxe rFkk /koyk e Hkh 0;fPNUu gku dh ckr vk;h gA

X;kjg vxk e doy Lole; dk ifriknu g] fdUr nf"Vokn e Lole; vkj ijle; nkuk dk ifriknu gA nf"Vokn e loHkkok dh i:i.kk dh x;h gA l{ki e ;g ikp idkj dk g&

- 1- ifjde
- 2- l=
- 3- ioxr
- 4- vu;kx
- 5- pfydkA

ifjde & ifjde dk vFk g&lLdkfjr djukA ;g ,d idkj dh ikFked fof/k g ft l l l= xg.k dju oky lk/d e l=xg.k dh ;kX;rk likfnr dh tkrh gA ;g nf"Vokn dk xg.k djuk rFkk le>u dh i.kkyh gA

l= & l= foHkkx e rhFkd d ererkrjk dk [k.Mu gA n0;] i;k; vkj u;k dk ;gk Li"Vhdj.k fd;k x;k gA

ioxr & rhFkioru d le; rhFkdj viu x.k/kjk dk loiFke ioxr l=kFk dk gh foopu djr g] blfy; bUg io dgk x;k gA

vu;kx & vu;kx dk vFk g&vu:i vFkok vudy ;kxA bl dk rkRi; ;g g fd l= dk viu vFk/k; d vu:i lEcU/k djukA

pfydk & pfydk dk vFk g pkVhA mDr ;k vuDr vFk dk l xg dju okyh xUFk i)fr dk pyk dgk x;k gA nf"Vokn dk tk fo"k; ifjde] l=] io vkj vkj vu;kx e ugh dgk tk l dk m l dk l xg pfydk e gA

Je.k ijEijk e[;r% tu ijEijk e vkpkj ij cgr cy fn;k x;k gA vkpkj dh 'k)rk dk ydj tu /ke e foHkUu lEink; [kM gk x;A 'orkEcj vkj fnxEcj ijEijk e e[;r% ifjxg vkj vifjxg dh 0;k[;k dk ydj gh Hkn gvka 'orkEcjk dh 0;koLFkk d vulkj ePNkHkko gh ifjxg g] oLr ughA bl d foijhr fnxEcj ijEijk e oLrvk dk ifjxg dgk x;k gA 'orkEcj] fnxEcj] LFkkudoklh] rjkiFkh&; lc Hkn vkpkj dk ydj gh g; gA vr% vkpkj dh foLrr 0;k[;k dk tu ijEijk e gkuk lgt ,o LokHkkfod Fkka vxek mudh fu;fDr;k] pf.k;k rFkk mudh Vhdkvk e vkpkj d Åij vR;f/d foLrkj l fopkj fd;k x;k gA tu ijEijk dk vkpkj 'kkL= 0;ofLFkr] fo'kky vkj cgvk;keh gA tu 'kkL=k e ;g vkpkj 'kkL= Jkodkpkj vkj Je.kkpkj d : i e 0;k[;kf;r gA

ofnd lkfgR; ,o mifu"kn

ofnd lkfgR; e Kku dk.M dh nf"V l mifu"kn lkfgR; dk fo'k" egRo gA fgUn /ke d fo'okl d vulkj on vik#"k; gA ehel d onk dk vik#"k; ekur gA mud vulkj _"k;% eU=n"Vkj% _f"kykx eU=k d n"V

g dUkk ughA fdUr u;kf;d onk dk b'oj i.khr ekur gA onk dh fo'k"K
 0;k[;k ckã.k xUFk vkj vkj.;d xUFk gA ;gk rd dedk.M dh i/kkurk
 gA mifu"knk e dedk.M d LFkku ij Kkudk.M dk egRo fn;k x;k gA
 mifu"knk dk onkUr Hkh dgk tkrk g] D;kfd ie[k mifu"kn oneyd gh gA
 onk d e[; fl)kUr dk ifriknu mifu"knk e gA mifu"knk e of.kr ik;%
 l Hkh nk'kfud vkpkj fopkj ofnd eU=k e fn[kyk;h nrk gA mifu"knk e
 mud jgL; dk mn?kkfVr fd;k x;k gA onk dk gh iek.k ekudj Lefr
 'kkL= rFkk l=lkgR; dh jpuk dh x;h gA ofnd ijEijk dk ftruk Hkh
 lkgR; foLrkj g] og lc oneyd gA

mifu"kn dk vFk

ofnd lkgR; dh eyrUo ifrikfndk iLFkku=;h e mifu"knk dk
 ie[k LFkku gA mifu"kn vk/;kfred ekuljkoj g] tgg l Kku dh fuey
 xxk fo'o d nk'kfudk d ân;k dk ifo= djrH gb ,fgdkef'ed exy
 l/kuk djrH gb vkt Hkh vtl : i e iokfgr gk jgh gA

mi ,o fu milx iod ln /kkR l fu"iUu mifu"kn 'kCn dk vFk
 g&og Kku ;k xlr jgL;] tk x# d lehi cBu l iklr gkrk gA lLdr
 /kkrdk'k e ln /kkR db vFkk e i;kx dh x;h gA ogk ij ^ln y
 fo'kj.kxR;olknu"K* vFkk e ln /kkR dk i;kx fd;k x;k gA bldk vFk
 Øe'kh 1- tkuk] pyuk] 2- 'kfDrghu gkuk Eyku gkuk] f[kUu gkuk] 3- l[kuk]
 'k"d gkuk] e>kuk] 4- HkXu djuk] u"V djuk gkrk gA¹⁷

Jh enk|'kdjpk; u dBkifu"kn Hkk"; e mifu"kn 'kCn dk bl
 idkj 0;k[;kf;r fd;k g&^ln/kkrkfo'kj.kxR;olknu"K* kifuioL;
 fDoliR;;kUrL; :ieifu"knfrA¹⁸ mi vkj fu milx iod fDoi iR;; d
 ;kx l ln /kkR dk mifu"kn : i curk gA fo'kj.k] xfr vkj volknu
 vFkk e bl /kkR dk i;kx gvk gA mifu"kn 'kCn cã fo|k dk ifriknd
 gA tk ekfk dkeh i#"k ykfdd ,o ikjykfdd fo'k;k l fojDr gkdj
 mifu"kn 'kCn okP; cã fo|k dk ifj'khyu djr g] mud vfo|k vkfn
 l lkj d cht dk fo'kj.k&fglu gk tkrk gA bl vFk d ;kx l ^mifu"kn*
 'kCn l ;g fo|k dgh tkrh gA

ekfkdeh i#"k dk cã fo|k ijcã d ikl igpk nrh g&bl
 idkj cã d ikl igpku okyh gku d dkj.k bl vFk d ;kx l Hkh cã
 fo|k ^mifu"kn* gA

cãfo|k ykdUrjk e iu&iu% iklr gku oky xHkokl] tUe vkj
 c)kolFkk vkfn mino leg dk volknu vFkkR 'kfFkY; dju okyh gA
 blfy; volknu&'kfFky vFk e Hkh bl 'kCn dk i;kx gvk gA mifu"kn

'kCn l xUFk dk Hkh ck/k gkrk gA fdUr 'mifu"kn* 'kCn cãfo|k e e[;
ofÜk l rFkk xUFk e xk.kh ofÜk l i;Dr gA

gyk;/kdk'k e lekIfoxg iod mifu"kn dk fuopu bl idkj
fd;k x;k g&

^mifu"kl r ikl;r cãfo|k vu;k bfrA

mi\$fu\$ln\$fDoi d ;kx l fu"iUu mifu"kn 'kCn dk vFk /ke]
onkUr'kkL=] Kku] futu LFkku vkj on f'kjkhkkx fd;k x;k gA¹⁹ pkfj=dk'k
e dgk x;k g fd mifu"kn mu lLdr xUFk dk uke g ftudk onk l
cgr fudV dk lEcu/k gA mifu"kn 'kCn dk /kkRoFk g lehi xeu] vFkkr
ftud }kjk cã dk lkehl; iklr gk] vkRek dh miyfC/k gk ogh mifu"kn
gA

mifu"knk dh l[;k

mifu"knk dh l[;k d fo"k; e erHkn gA efDrdkifu"kn d
vul kj mifu"knk dh l[;k 108 gA vkpk; 'kdj u ftu nl mifu"knk ij
viuk egROI.k Hkk"; fy[kk g] o ikphure rFkk ikef.kd eku tkr gA
mud uke efDrdkifu"kn e bl idkj g&

b'kdudBi'ue.Mek.MD;rfÜkfj%A

,rj; p NkUnkX; cgnkj.;d rFkAA²⁰

bl le; mifu"knk d vud lXg idkf'kr g; g] fdUr lcdh
l[;k fHkUu&fHkUu gA 188 mifu"knk dk lXg ^mifu"kr lXg* 'kh"kd l ,d
gh xUFk e nk Hkkxk e txnh'kpUn 'kkL=h }kjk ekrhyky cukjlhnkl
%fnYyh] cukjl] iVuKk d ;gk l idkf'kr gvk g] ftld iFke Hkkx e 120
mifu"kn vkj f}rh; Hkkx e 68 mifu"knk dk lXg gA ekfld if=dk
dY;k.k d mifu"kn vd ¼tuojh 1949½ e 220 mifu"knk dh lph nh x;h
gA mifu"knk dh l[;k d fo"k; e erHkn gku d cnotn lHkh mifu"knk
dk viuk fof'k"V LFkku gA

on] ckã.k] vkj.;d vkj mifu"kn

mifu"kn lkgR; dk v/;;u onk] ckã.kk] vkj.;dk vkj mifu"knk
d ikjLifjd lEcu/kk dk tku fcuk vi.k eku tk;xkA e.Mdkifu"kn rFkk
doY;kifu"kn e vkifu"kfnd Kku dk Li"V 'kCnk e onkUr dgdj onk dk
gh vfUre Hkkx crk;k x;k gA b'kkokL;kifu"kn ijk dk ijk ;ton dh
okt lu;h lfgrk gh gA blh idkj db mifu"knk&dk'khrfdckã.kkifu"kn e
ckã.k rFkk ,rj; vkj cgnkj.;dkifu"kn e vkj.;dk d lfeJ.k l ckã.k
vkj vkj.;dk dk mifu"knk d lFk ,dRo dk ifjp; feyrk gA blhfy,
Hkkjr;h; ijEijk e e= vFkkr lfgrkvk d lFk ckã.k] vkj.;d vkj

mifu"kn l Hkh ,d gh ofnd l fgr; d vfhku vx vFkok fo'kky] ofnd ofk
dh fofHku 'kk[kk, eku tkr gA egf"vkiLrc u Li"V dgk g fd e= vkj
ckã.k nkuk&rFkk ckã.kk d vrxr gku d dkj.k mifu"kn Hkh ^on* inokP;
g,A²¹ vkiLrEc dh Hkkfr gh ck/kk;u u Hkh xál= e e= vkj ckã.k nkuk
dk on cryk;k gA

mifu"kn vkj onkUr

oreku le; e onkr l ik; onkr n'ku le>k tkrk g] ftle
cāl= vFkk mÙkjehek l d lFk onkr d fofHku lEink;k dk leko'k
gkrk g] ijr mifu"knk d vUr l k; l Kkr gkrk g fd ikphudky e
mifu"knk dk gh onkUr dgr Fk vkj ikjEHk e onkr vkj mifu"kn
i;k;okph 'kCn FkA e.Mdkifu"kn d bl dFku l fd ßftUgku onkUr'kkL=
}kjk mld vFkLo:i ijeRek dk HkyhHkkfr fu'p;iod tku fy;k g rFkk
deQy vkj de l fDr d R;kx:i ;kx l ftudk vUr dj.k loFkk 'k) gk
x;k g] ,l l Hkh i;Ru'khy l k/d ej.kdky e 'kjhj dk R;kx djd ijcã
ijeRek d ije/ke e tkr g vkj ogk ije verLo:i gk dj l l k
cu/ku l l nk d fy; eDr gk tkr g]²² bl mifu"knk dk onkUr ekuu
dh ikphu iFkk dk irk pyrk gA onkUr e vFkk mifu"knk e ijexá bl
foj k dk iodYi e ifjr fd;k x;k Fkk] ftldk fpÙk vR;Ur 'kkUr u gk
ml i#k dk rFkk tk i= ;k f'k"; u gk ml bl onkUr foj k dk ugh
crykuk pkfg,A blh idkj vud LFkyk ij onkUr vkj mifu"kn lekukFd
: i e i;kx fd; x; gA bl idkj mifu"knk d vUr l k; l gh ixV g
fd mifu"kn vkj onkUr ,d gh gA

mifu"kn Hkh Jfr g

mifu"kn on&Jfr gA vkiLrc vkfn l=djk u ^e= ckã.k;kon
uke/k;e*&e= vFkk onk d e=k rFkk mud ckã.kk nkuk dk on dgk gA
,lk dgdj bl er dk fLFkj dj fn;k fd ckã.k on g rFkk tk vj.; e
i< tkr g o vkj.;d g] vr vkj.;d Hkh on gA tc ckã.k vkj
vkj.;d on g rk onk dh rjg nkuk Jfr g,A D;k bUgh dh rjg
mifu"knk dk Hkh Jfr dguk lehphu gA ;g rk fufookn g fd on ckã.k
vkj vkj.;d Jfr gA mifu"knk e l i/kku mifu"kn ;k rk dkb on l fgrk
g] dkb l fgrk dk [k.M g] dkb fd l h ckã.k d ;k dkb vkj.;d d gh
v'k gA bl hfy, mud v'k ;k Hkkx Hkh Jfr gA mifu"knk e igyk mifu"kn
b'kkokL;kifu"kn 'kDy;tonh; ek/fnu l fgrk dk pkyh lok v/;k; gA
,rj; mifu"kn _Xon d ,rj; ckã.k d f}rh; vkj.;d d v/;k; 4j5
vkj 6 dk gh l xg gA dukifu"kn l keon d ,d ckã.k roydj dk uoe
v/;k; gA dBkifu"kn] ;ton d rfUkj; ckã.k dk Hkkx gA eMd

mifu"kn vFkoon lfgRk dk vx gA ekMD; mifu"kn Hkh vFkoonh; gA
 NkUnkX;kifu"kn lkeon dh ,d 'kk[kk gA cgnkj.;dkifu"kn vkfn l vUr
 rd ckã.k g vkj ^e= ckã.k;konuke/k;e* d U;k;ku l kj og on vkj Jfr
 gA ckã.k vFkok vkj.;d l bl iFkd djd mifu"kn uke nu l ;g
 mifu"kn on l vU; ugh gk ldrkA

mifu"knk vkj cãl= d Hkk";k e vkpk; 'kdj u vud LFkkuk ij
 mifu"kn d okD;k dk Jfr dgk gA bl idkj mifu"knk d vr% lk{; l
 Kkr g fd mifu"kn Jfr gA

Kku dh ijEijk vkj mifu"kn

mifu"kn Kku dh Hk.Mkj gA mifu"knk e ix&ix ij Kku dk
 min'k vkj rnudy vkpj.k dh f'k{kk feyrh gA Kku d vu"Bku l eu";
 verrÙo dk miHkkx djrk gA b'kkokL;kifu"kn e bl dh efgek dk o.ku
 djr g; dgk x;k g fd&

fo|k p vfo|k p ;Lrn onkHk;e l gA

vfo| ;k eR; rhRok fo| ;k ere'urAA²³

vFkkr tk eu"; Kku d rÙo dk vkj de d rÙo dk l kFk&l kFk
 ;FkFkr% tku yrk g] og dek d vu"Bku l eR; dk ikj djd Kku d
 vu"Bku l ver rÙo dk miHkkx djrk gA dBkifu"kn e Hkh Kku dh
 eguh;rk dk o.ku gA ;e&ufpdrk lokn e Kku dk gh J"B ekuk x;k
 gA ;e u ufpdrk dk vud Hkkfrd l[k l k/kuk dk iykhku fn;k] fdUr
 v/;kRe Kkuh ufpdrk u lcdk R;kT; ekukA ufpdrk ;e d }kjk i l kfjr
 tky e ugh QlRk vkj ;g iekf.kr dj nrk g fd og lkekU; i#"kk dh
 Hkkfr ugh g] tk foykl vkj oHko d iFk dk ân; l Lohdkj dj yr gA
 Kkuh eu"; J; d ekx dk oj.k djrk g vkj vKkuh eu"; Hkkxk d l k/ku
 i; d ekx dk oj.k djrk g&nkuk ekx ijLij vR;Ur foijhr vkj
 fHkUu&fHkUu Qy nu oky gA dBkifu"kn e dgk x;k g&

^njer foijhr fo"lph

vfo|k ;k p fo|fr KkrkA

fo|kHkhfl u ufpdr l eu;A

u Rok dkek cgok-ykyiUrA²⁴

J; vkj i; d ekx dk vulj.k iFkd&iFkd Qy nu okyk g
 vkj ijLij vR;Ur fo#) gA ft l dh Hkkxk e vk l fDr g] og dY;k.k l k/ku
 e vx ugh c< ldrk vkj tk dY;k.kekx dk iFkd g] og Hkkxk dh vkj
 nfV ugh MkyrkA vUr e ;ejt dk dguk iMk fd g ufpdrk! e ekurk

g fd re Kku d gh vfhkyk"kh gk] D;kfd cgr l cM&cM Hkkx Hkh rEgkj
eu e fdfpUek= Hkh ykHk ugh mRiUu dj l dA

cgnkj.;dkifu"kn e Hkh Hkkfrd Hkkxk dk R;kT; rFkk vk/;kfred
Kku dh egÜkk inf'kr dh x;h gA ;kKoYD; e=;h lokn e vkReKku dk
J"B ekuk x;k gA e=;h vkj dkR;k;uh ;kKoYD; dh nk Hkk;k; FkhA e=;h
cãokfnuh Fkh vkj dkR;k;uh lkekU; fL=;k d lekuA lU;kI yu d ilx
e ;kKoYD; u viuh lEifÜk nkuk fL=;k e ckVu dk iLrko fd;kA e=;h
u viu ifr dh lEifÜk dk vk/;kfred Hkkx puk vkj dkR;k;uh d e[k l
dN fudyk gh ugh] D;kfd og i;% dkfeuh Fkh] ml /ku e gh mldk lkjk
l [k fufgr Fkk] fdUr e=;h Fkh J;% dkfeuhA ml u dgk&

[^];Uu e b; Hkxk lok iFoh foÜku i.kk L;kRdFk rukerk
L;kfeFrA⁴²⁵

[^];fn /ku l Hkjh g;h ;g lEi.k iFoh ejh gk tk; rk D;k e vej
gk tkÅxh* ;kKoYD; cky] ^/ku l vejrk dh vk'kk rk ugh dh tk
ldrh] lEiUu i#"kk dk t lk Hkkxe; thou gkrk g] olk gh rEgkj gk
ldrk gA* bl ij e=;h u dgk&

[^];ukg ukerk L;k fdeg ru d;keA²⁶

ftll e vej ugh gk ldrh] ml ydj e D;k d:xhA e> rk
og Kku nhft; ftll e vej gk l dA e=;h dh mRdV Kku fiiklk
n[kdj Hkxoku ;kKoYD; u ml cãKku dk min'k fd;kA bl idkj
;kKoYdh; dk.M e Kkukpkj dk foopu gvk gA tud&;kKoYD; lokn
Hkh Kkukpkj dh J"Brk ij idk'k Mkyrk gA

mifu"knk e lokn 'kyh d ek/;e l Kkukpkj dk mRd"K fn[kk;k
x;k gA D;kfd Kku gh efDr dk l/ku gA bl fo"K; e

[^]_r KkukUu efDr[*] ^Kkukno doY;e*

[^]vFkr ;-U;Fkkrk fonjU;jktuLr {k;ykdk HkoFr*

cgr lh Jfr;k iek.k gA Kkukpkj l gh vkRe lk{kkRdkj gkrk g]
rnuUrj l lkj vkj l lkjcU/ku dk vR;Urkhkko gkdj lo= v'k"K&fo'k"K
'ku; ,d fpnkuUn?ku lÜkk gh jg tkrh gA

;gh Kkukpkj dk iklr0; gA bl idkj ik;% l Hkh mifu"knk e
Kkukpkj dk gh lunj foopu fd;k x;k gA

vkxe vkj mifu"kn

vkxe vkj mifu"kn nkuk dk y{; g lR; dh [kktA tu
erkoyEch d fy; lR; dk vk/kkj g vkxe rk nlj ofnd erkoyEch d
fy; lR; dk vk/kkj g&ofnd lkfgR;A ofnd lkfgR; e vkj.;d] mifu"kn]

jkek;.k] egkHkkjr] Lefr;k] l=lfgR; vkj xhrk vkfn xUFkk dk ie[krk l
 fy;k tkrk gA tu vkxe lfgR; Kku&foKku ,o vkpkj dk v{k; dk" k gA
 tho&txr] n0;&x.k] vkRek&inxy vkfn d lEcU/k e foLrkj d lkFk
 vudkfurd nf"V l ;gk fopkj fd;k x;k gA vkxek e vkrerUo d Åij
 fo'kn foopu fd;k x;k g] D;kfd vkRe rUo dk tku fcuk lRde e ioFk
 ugh gk ldrh&

^i<e uk.k rvk n;k²⁷

igy Kku fQj rnudy vkpj.k vkxe dk ;g mn?kk" k gA ik'pkR;
 txx e Hkh bl ckr ij cy fn;k x;k gA egku nk'kfud ldjkr u Hkh
 dgk g 'Virtue is knowledge' Kku gh lnx.k gA ldjkr dk ekuuk Fkk fd
 tk 0;fDr Kkuh g og vufpr vkpj.k ugh dj ldrk] D;kfd ml vPN
 vkj cj dk Kku gkrk gA ftl vPN vkj cj dk Kku gh ugh] mld
 vkpj.k d ckj e dN ugh dgk tk ldrkA

tukxek e Je.k d fy; crk;h x;h vkpkj lfgrk e ik.kkfrik
 foje.k dk loifke LFkku gA vkpkjx vkxe dk ikjEHk gh vkRe lc/kh
 ftKkIk l gkrk gA vkpkjx e dgk x;k g fd ^vkRek iutUe /kek gA tk
 bu fn'kkvk vkj vufn'kkvk e vulpj.k djrh g] tk lc fn'kkvk vkj lc
 vufn'kkvk l vkdj vulpj.k djrh g] og e gA vkrEn'kh vfgld gkrk
 g] D;kfd og viuh vkRek d leku gh lHkh inkFkk e vkRek dk n[krk gA
 tho dh lekurk gh Kku dk lkj gA Kkuh efu d fy; Lo vkj ij dk Hkn
 lekr gk tkrk gA vkpkjx dk gkn ;gh g&^t vk;k l foUuk;k] t
 foUuk;k l vk;k²⁸ bl lEcU/k e lHkh vkxek dk Loj ,d gA l=rkx e
 Hkh ;gh dgk x;k g&^,r [k ukf.k.kk lkj t u fgIfR fdp.k* Kkfu;k d
 Kku dk lkj ;gh g fd og fdlh Hkh ik.kh dh fgIk u dj] lcdk leku
 le>A tk leLr ikf.k;k dk viuh vkRek d leku le>rk g ml iki de
 dk cU/k ugh gkrkA len"Vk ik.kh dk de dk cU/ku ugh gkrkA og ty e
 deyny dh Hkkfr fufyIr jgrk gA

leRo dh Hkkouk o vfglk

lerk Je.k ijEijk dh ,drk dk ekfyd gr gA Je.k 'kCn dk
 ikdr : ikUrj.k g ^le.k*A tk lc thok dk leku ekurk g og ^le.k* gA
 ^ftl idkj e> n[k fi; ugh g mlh idkj lHkh thok dk ;g fi; ugh

gA* bl l kE; Hkko l tk fdlh ik.kh dk c/k u djrk gj u djokrk gj og
viuh lexfr d dkj.k le.k dgykrk g&

tg ee u fi; nD[k tkf.k; ,eo l oothok.kA

u g.kb u g.kkob ; lee.kb r.k lk le.kkA²⁹

Je.kk dh ;g lerk vfglk ij vk/kkfjr gA bl idkj lerk vkj
vfglk ; nkuk rUo vkxe d eyk/kkj gA Hkxoku egkohj dk thou bl
ckr dk iek.k gA mUgku thou e vud d"Vk vkj ijh"kgk dk leHkko l
lgu fd;kA fo"ke ifjLFkfr;k e Hkh o fopfyr ugh gkr FkA o 'kjhj dk
foltu dj fn; Fk] o vkRek d ifr lefir Fk] blfy; mUgku vR;Ur
d"Vnk;h lHkh milxk dk leHkko l lgu fd;kA tl dop iguk gvk
;k)k l xke&"kh" e fopfyr ugh gkrk] ol gh loj dk dop igu g;
Hkxoku egkohj d"Vk dk >yr g; vkReLFk Hkko l fopfyr ugh gkr Fk&

^ ljk l xkelh l ok] loM rRFk l egkohjA

ifM loek.k Q#lkb] vpy Hkxo jhBRFkAA³⁰

vkxek dh rjg mifu"knk e Hkh vfglk lerk] vkReftKklkj
Hkkfrdrk d ifr vukd"kk dk min'k in&in feyrk gA mifu"knk e
vfglk dk ije /ke ekuk x;k gA ^vkReuH ifrddyfu ij"kk u lekpjr* dk
mn?kk" rFkk ^;kU;uo]kfu dekf.k] rkfu lfor0;kfu] uk brjfk.kA³¹ l lkj e
tk funk"nde g] mUgh dk rEg lou djuk pkfg;] mul fhkUu tk nk" ;Dr
fuf") de g] mudk dHkh Hkydj&Lolu e vkpkj.k ugh djuk pkfg,A

mifu"knk e lgvfLrRo vkj ikjLifjd ie dk vHkrio o.ku
miyC/k gkrk gA mifu"knk e x# f'k"; d ek/;e l ekuo ek= d fy;
lgvfLrRo vkj rtLoh Kku dh miyfc/k dh ij.kk nh x;h gA vkifu"knfnd
fopkj/kkj e ge tkxfrd miyfc/k; k d jE; ,o vkd"kd cu/kuk l fujUrj
Åij mBu dh ij.kk feyrh gA tk eu"; Hkkxk e vkIDr gkdj mudh
ikflr d lk/ku :i vfo]k dk&fofo/k idkj d dek dk vu"Bku djr gj o
mu dek d QyLo:i vKkukU/kdkj l ifji.k fofo/k ;kfu;k vkj Hkkxk dk
gh iklr gkr gA o eu"; tUe d pje vkj ije y{; Jh ije'oj dk u
ikdj fujUrj tUe&eR; :i l lkj d iokg e iM g, fofo/k rkik l
lrlr gkr jgr gA bld vfrfjDr tk eu"; u rk vUr% dj.k dh 'kf) d

fy; d'Ükku d vfhkeu l jfgr dek dk vu"Bku djr g vkj u
 food&ojkX; vkfn Kku d ikFkfed lk/kuk dk gh lou djr g] ijUr
 doy 'kkL=k dk i< ludj viu e Kku dk vkjki djd KkukfHkekuh cu
 cBr g] ,l feF;k Kkuh eu"; viu dk Kkuh ekudj] ^gekj fy; dkb Hkh
 d'Ük0; ugh g* bl idkj dgr g;&d'Ük0; dek dk R;kx dj nr g vkj
 bfUn;k d o'k e gkdj 'kkL= fof/k l foijhr euekuk vkpj.k dju yxr
 gA bl l o ykx l dke Hkko l de dju oky fo"K;k l Dr eu";k dh vi{kk
 Hkh vf/kdrj vU/kdkj dk i'k&i{kh] 'kdj&ddj vkfn uhp ;kfu;k dk vkj
 ?kkj ujdk dk iklr gkr gA

l Hkh mifu"kn vKku] vukpkj] v l Rde dh g;rk vkj Kkukpkj]
 lnpkj vkj l Rde dh vu"B;rk dk ifriknu djr h gA b'kkokL;kifu"kn
 l l k] dh l Hkh oLrvk dk R;kx iod miHkx dh f'k{kk nrk gA oLrr% ;
 HkxX; inkFk fd l h d Hkh ugh gA eu"; Hky l gh bue eerK vkj vk l Dr
 dj cBrk g vkj n[k iklr djrk gA ;g pjpkRed txr b'oj l 0;klr
 gA bl fy; fo'o:i b'oj dh i tk d fy; dek dk vkpj.k djuk pkfg;A
 ;gh dY;k.k dk ekx gA

mifu"knk d fo"K; e ikphudky l ydj vc rd cgr dN fy[kk
 x;k g vkj fy[kk tk jgk g] fdUr lce uohurk gA ofnd l fgrkvk e tk
 Kku viR;{k g] ml mifu"knk e 0;Dr] ixV vkj Li"V fd;k x;k gA l Pp
 vFkk e mifu"kn onk d mí'; vkj fl)kur dk fo'kn dju oky onkur gA
 mifu"knk dk e[; mí'; ekuo dk ;g rF; ân;xe djK nuk g fd og
 ngfun; l?kkr eR;/kek ik.kh ugh g] cfYd og ver cã gh g vkj viu
 bl Lo:i dk Kku vkj l k{kk vuHko dju l gh 'kk'or l [k vkj 'kkfr
 ik l drk gA ;g vkifu"kfnd thou ekx gA on] ckã.kxUFk] vkj.;d]
 mifu"kn] jkek;.k] egkHkkr] xhrk] Lefr] ijk.k rFkk vU; ofnd l fgr;
 vkpj.k dh ifo=rk vkj lnpkj dk gh ?k.Vk?kk"K djr gA

e[; mifu"kn vkj mudk ifrik]

ofnd ijEijk d vulkj mifu"kn onk dk vfure Hkx gA Kku dh
 xfjek l ef.Mr mifu"knk dk gh onkur uke l vfhkfgr fd;k tkrk gA
 mifu"knk dh l [;k d l EcU/k e i;klr erHkn gA ofnd ijEijk e pkj
 idkj dh efDr;k dk mYy[k g&l:k:l] l kykD;] l kehl; vkj l k;T;A ;
 pkjk idkj dh efDr;k Hkxon mikluk l iklr gkrh gA bul iFkd doY;

efDr gkrh gA mld fy; dgk x;k g fd bldh ikflr ek.MD;kifu"kn l
gk tkrh gA ;fn ek.MD; l flf) ugh gkrh g rk nlk mifu"kn i<u dk
fun'k fn;k x;k gA ; nlk mifu"kn fuEufyf[kr g] ftu ij Hkxoku
'kdjpk; dk ifl) Hkk"; g&

b'kdudBi'ue.Mek.MD; frfUkfj%A

,rj; p NkUnkX; cgnkj.;d n'kAA

; nlk mifu"kn ikphu rFkk loFkk ikekf.kd Lohdkj dh x;h gA
bld vfrfjDr dk"khfrd mifu"kn] 'ork'orj mifu"kn rFkk e=k;.kh; Hkh
ikphu ekuh tkrh g] D;kfd 'kdjpk; u cāl=Hkk"; e nlkifu"kn d lkFk
dk"khfrd vkj 'ork'orj dk Hkh mYy[k fd;k g] fdUr ml ij Hkk"; ugh
fy[kk gA bl idkj ; rjg ikphure mifu"kn gA

ik'pR; fo}ku jkcV vuLV °;e %Robert Earnest Hume% U The
Thirteen Principal Upanishads uked viuh iLrd e rjg ikphu mifu"knk
dk Øe bl idkj fn;k g&

- | | |
|----------------------|---------------------|
| 1- cgnkj.;dkifu"kn | 2- NkUnkX;kifu"kn |
| 3- rfUkj;h; mifu"kn | 4- ,rj;kifu"kn |
| 5- dk"khfrd mifu"kn] | 6- dukifu"kn |
| 7- dBkifu"kn | 8- b'kkifu"kn |
| 9- e.Mdkifu"kn | 10- i'ukifu"kn |
| 11- ek.MD;kifu"kn | 12- 'ork'orjkifu"kn |
| 13- e=;h mifu"knA | |

ifl) Hkkjrh; fo}ku Jh jkepUn nUkk=; jkukM u ^mifu"kn n'ku
dk jpukRed lo{k.k* uked viuh iLrd e Hkh rjg ikphu mifu"knk dk
ifjp; fn;k gA mUgku mifu"knk dh fo'k;oLr vkj Hkk"kk lEcU/kh fo'y"%.k
d vk/kkj ij mifu"knk dh ikphurk dk tk Øe fu/kkfr fd;k g og bl idkj
g&mUgku fy[kk g b;fn ge fofo/k mifu"kn;ok÷e; d Lrjk ij fopkj dj
vkj iR;d mifu"kn d fuek.k eyd rUo dh bdkb;k d vk/kkj ij mudk
foHkk tu dj rk mifu"knk dk dkyØe fu:i.k dN n:g gk tkrk gA fdUr
;fn ge mifu"knk d bu fofo/k Lrjk dk NkMDj mu ij lkefgd nf"V l
fopkj dj rk rjg mifu"kn fuEu ikp leg e foHkkftr fd; tk ldr g&

- 1- cgnkj.;d vkj NkUnkX;A
- 2- b'k vkj duA
- 3- ,rj;] rfUkj;h; vkj dk"khfrdA
- 4- dB] e.Md vkj 'ork'orjA
- 5- i'u] e=h vkj ek.MD;A

bofnd l kfgR; vkj lLdfr* uked iLrd e vkpk; cyno
mik/;k; u b'k] duj dB] i'u] e.Md] ek.MD;] rfÜkj;] ,rj;] NkUnkX;]
cgnkj.;d] 'ork'orj] dk"kh rfd] e=h ;k e=k;.kh bu rjg mifu"knk d
l kFk egkukjk;.kkifu"kn] ck"dyeu=kifu"kn] Nkxy;kifu"kn] vk"k;kifu"kn]
'kkudkifu"kn dh Hkh x.kuk dh gA bl idkj bud vulkj ikphure
vVBkjg mifu"kn gA vU; mifu"kn o".ko] 'kkDr] 'ko rFkk ;kxfo"k;d
ijEijkvk l lEcfu/kr gA

ie[k mifu"knk dk fo"k; foopu&

1- b'kkokL;kifu"kn

bl mifu"kn e 18 e= gA mifu"kn d iFke 'ykd d vk/kkj ij
bl dk ukedj.k b'kkokL;kifu"kn fd;k x;k gA bl dk iFke 'ykd g&

b'kkokL;fen lo ;rd¥p txR;k txrA

ru R;Dru Hk¥thFkk ek x/kh dL; fLon /ueAA

bl mifu"kn e Kku dh nf"V l de dh mikluk dk jgL;
le>k;k x;k gA bl mifu"kn e vifjxg iod thu dh dkeuk dh x;h
gA bl mifu"kn dh lcl cMh fo'k'krk g&de vkj Kku dk leUo;A
ije'oj dh vfpUR; 'kfDreÜkk rFkk 0;kidrk dk o.ku bl mifu"kn e
feyrk g&o ije'oj pyr Hkh g vkj ugh Hkh pyrA ,d gh dky e ijLij
fojk/kh Hkkoj x.k rFkk fØ;k ftue jg ldrh g o gh rk ije'oj gA ;g
mudh vfpUR; 'kfDr dh efgek gA b'oj tk viufn0; ije/kke e vkj
yhyk /kke e viufi; HkDrk dk l[k igpku d fy; lx.k ldkj :i e
ixV gkdj yhyk fd;k djr g ;g mudk pyuk g vkj fux.k:i e tk
lonk vpy :i e fLFkr g] ;g mudk u pyuk gA bl h idkj o J)k ie
l jfgr tuk dk dHkh n'ku ugh nr] mud fy; nj l nj g vkj ie dh
idkj lur gh ftu ieh tuk d lkeu pkg tgg mlh {k.k ixV gk tkr
g] mud fy; o lehi l lehi gA bl d vrfjDr o l nk lo= ifji.k
gA ;g mifu"kn vkdkj e NkVk fdUr Hkko e cgr xEHkhj fpUru dk leV
g; gA

2- dukifu"kn

;g mifu"kn lkeon d ^roydkj ckã.k* d vUrxr gA bl
mifu"kn d ikjfeHkd eU= e ^du* 'kCn vk;k g blfy; bl dk uke
^dukifu"kn iMk gA f'k"; x# l iNr k g&

^Aduf^mkr irfr if^mkr eu du ik.kk iFke ifr ;DrA

duf^mkrk okpfeek onfur p{k Jk= d m nok ;ufDrAA³²

bl eU= e pkj i'u gA bue idkjUvj l ;g iNk x;k g fd
tM:i vUr^mdj.k] ik.k] ok.kh vkfn defUn;k vkj p{k vkfn KkufUn;k dk
viuk&viuk dk; dju dh ;kX;rk inku dju okyk vkj mUg viu&viu
dk; e ioUk dju okyk tk dkb ,d lo'kfDreku pru gj og dku g\
vkj dIk g\

dukifu^mkn e pkj [k.M gA nk [k.M i | e g vkj nk [k.M x | e
gA bl mifu^mkn e vkrerUo dk eukoKkfud fo'y^mk.k feyrk gA iFke[k.M
e mikL; cã rFkk fux.k cã e vUrj cryk;k x;k gA nlj e cã d
jgL;kRed :i dk ldr gA ble dgk x;k g&^tk tkur g o okLro e
pjeIR; dk ugh tkur vkj tk ugh tkur o gh tkur gA* bli
vk/;kfRed vK;okn dh >yd iklr gkrh gA rhIj vkj pkFk [k.M e mek
georh d jkpd vk[;ku }jkj ijcã dh lo'kfDreUkk rFkk norkvk dh
vYi'kfDreUkk dk lUnj fun'ku gA ;g mifu^mkn cká vkj vkUrfjd nkuk
lUkkvk e folr d vkyd vkj eu dh ixfr ej mlh ,d pje IR; dk
Lo:i n[ku dk min'k nrh gA

3- dBkifu^mkn

dBkifu^mkn d".k; ton dh dB 'kk[kk d vUrxr gA ble ;e vkj
ufpdrk d lokn:i l cã folk dk lck/k vkj lly :i l o.ku fd;k
x;k gA rUoKku d xEHkhj foopu d lFk gh lFk ufpdrk d pfj= vkj
vkpj.k dk vuie vkn'k Hkh bl mifu^mkn e iLrr gA ufpdrk u tc
n[kk fd fo'oftr ;K e firk oktJok ckã.kk dk th.k'kh.k xk; nku e n
jg gj rk mul u jgk x;k vkj firk l iNk fd&^rr dLe ek nkL;fIA
vki e> fdldk nxA dbokj iNu ij firk u mll ^e r> eR; dk nxk*
,lk dgkA firk dh ckr f'kjk/kk; djd ckyd ufpdrk ftldk 'kjhj
;ejkt dk nku fn;k tk pdk Fkk] vr% vc ml ij ;ejkt dk gh i.k
vf/kdkj Fkk] mudk rk lcl igyk dUko; ;gh Fkk fd o ml ;ejkt dk
lki nA blhl o Hkk tukPNknukfn dh fpurk NkMdj ;ejkt d }kj ij gh
iM jgA rhu fnu i'pkr tc ;ejkt vk; rk mUgku rhu oj nu dk opu
fn;kA

bl idkj tc ;ejkt u n[kk fd o ykfdd vkj ikjykd d Hkkxk
 l loFkk mnkl hu g] mue i.k food fo|eku g] o 'kenekfn l k/kuk l
 loFkk lEiUu g vkj mue rho ee{kk dh ip.M vfXu /k/kd jgh g rk mUg
 mldh 'kkfUr d fy; Kkuker dh o"kk djuh iMhA ;g Kkuo"kk gh lEi.k
 ykdk dk dY;k.k dju d fy; vkt Hkh dBkifu"kn d : i e fo|eku gA

4- i'ukifu"kn

i'ukifu"kn vFkoon d filiykn 'kk[kh; ckã.k Hkkx d vUrxr gA
 bl mifu"kn e filiykn _f"u Hkj}kt i= ld"kk] f'kfodekj lR;dkē
 xx xk= e mRiUu l k;k; .kh] dk'kyn'kh; vk'oyk;u] fonHk fuoklh Hkkxo
 vkj dR; d iik= dcU/kh bu N% _f"u; d i'uk dk mUkj fn;k gA i'uk
 e fuc) gku d dkj.k bl mifu"kn dk uke i'ukifu"kn gA i'uk dk
 fo"u; v/;kRe&txr dh ekU; leL;k; gA _f"u; d i'u g&itk dh
 mRifUk dgk l gkrh g\ fdru nork itkvk dk /kkj.k djr g] dku budk
 idkf'kr djrk g rFkk dku loJ"B g\ ik.kk dh mRifUk] 'kjh e vkxeu
 rFkk fuxe d l gkrk g\ eu bfUn;k rFkk bfUn;k dh fo"u; xg.k'khyrk d
 lEcU/k e rFkk funk] tkxj.k ,o Lolu e dku n"Vv g\ vdkj dh mikluk
 fof/k vkj mldk ifj.kke rFkk "kkM"u dyk lEiUu i#"k fo"u; d i'u bl
 mifu"kn e fd; x; gA v/;kRerUooUkk filiykn _f"u u lHkh i'uk dk
 mUkj ndj lHkh dk lUr"V fd;kA vkpk; filiykn l cã dk min'k ikdj
 mu Ngk _f"u; u filiykn dh itk dh vkj dgk&Hkxou! vki gh gekj
 okLrfod fir k g] ftUgku ge bl l lkj len d ikj igpk fn;kA

5- e.Mdkifu"kn

;g mifu"kn vFkoon dh 'kkud 'kk[kk d vUrxr gA lEi.k
 mifu"kn rhu e.Mdk e vkj iR;d e.Md nk&nk [k.Mk e foHkDr gA ;g
 ef.Mr lU;kf l;k dk y{; dj jph g;h mifu"kn gA bl mifu"kn l Kkr
 gkrk g fd norkv e lcl igy cãk ixV g; vkj mUgku viU lcl
 cM i= vFkok dk cãfo|k dk min'k loiFke fn;kA bl mifu"kn e ijk
 vkj vijk fo|k d ckje crk;k x;k gA vijk fo|k d vUrxr _Xon]
 ; ton] lkeon] vFkoon] f'k{kk] dYi] 0;kdj.k] fu#Dr] NUn vkj T;kfr"u g
 rFkk ijk fo|k og g ft l fo|k l vfouk'kh ijcã rUo tkuk tkrk gA
 ijcã d Lo:i dk crkr g, ble dgk x;k g fd ijcã ije'oj
 KkufUn;k }kjk tkuu e ugh vkr vkj u gh defUn;k }kjk idMu e gh
 vkr gA o vR;Ur l{e] 0;kid] vUrkRek:i l l e Qy g; vkj dHkh
 uk'k u gku oky loFkk fuR; gA o lHkh ikf.k;k d mRifUk lFkku gA lEi.k
 l lkj mul mlh idkj mRiUu gkrk g tl edMh l tky] iFoh l

vk"kf/k;k vkj thfor i#"k l d'k vkj jk, mRiUu gkr gA ;g mifu"kn
v}ronkUr lEer gA cã l iFkd bl txr dh lUkk ugh gA ;g
uke: ikRed txr cã dk gh ifrHkk l gA

bl mifu"kn e ;Kk d egRo mud lEiknu dh fof/k dk o.ku
fd;k x;k gA fdUr tk lk/kd ldkeHkko l budk lEiknu djr g] mUg
fu%Ing ckjckj o)koLFkk vkj ej.k d n%[k Hkkxu iMr gA ble dedk.M
dh ghurk rFkk cãKku dh J"Brk ifriknr dh x;h gA cãKku lEiUu
lk/kd vfo|k tfur xkB dk [kky Mkyrk gA ân; : ih xQk e fNi g;
vUr;keh ije'oj dk tk tku yrk g] og bl eu"; 'kjhj e gh vfo|k dk
u"V dj nrk gA lc idkj d l'k; vkj Hke l jfgr gkdj ijcã
ije'oj dk iklr gk tkrk gA bl mifu"kn e jgL;kRed cãfo|k dk
min'k fn;k x;k gA

6- ek.MD;kifu"kn

ek.MD;kifu"kn e ckjg eU= gA bl mifu"kn e vkdkj dk egUoJ
pr"ikr vkRek dk o.ku vkj prU; dh pkj voLFkkvk&tkxfjr] LoluJ
l"klr rFkk rjh;koLFkk dk o.ku fd;k x;k gA ijeRek d lex : i dk
Kku djku d fy; ble mud pkj iknk dh dYiuk dh x;h gA igyk ikn
o'okuj g ;g tkxfjr LFkku gA ;g cfg"iK g vFkk ck°; txr e Qyk
gvk gA cã dk f}rh; ikn rtl gA ;g Lolu LFkku gA ftl idkj Lolu
e fujkyEc inkFkk dh irhfr gkrh g mlh idkj l{e txr bldk LFkku
gA cã dk rrrh; ikn ikK gA ;gh l"klrLFkku gA ;g ?kuHkr foKku
Lo:i gA ;g vkuUn dk HkkDrk gA cã d pr"ikn d : i e ii¥pki'ke
v}r f'ko dh fLFkr ekU; gA ;g u rk Hkhrj iKokyk g] u cfg"iK g vkj
u rk mHk;r% iK g ;g vn"V] v0;ogk;] vxká] vy{k.k] vfpUR; vkj
v0;in'; gA lkj iipk dk tgk vR;UrHkko g ,lk ;g prFkiKn gA³³
ijcãijekRek vkdkj uke l vfHk/k; gA bl mifu"kn e vlhe i.k cã
ijekRek d pkj iknk dh dYiuk mud LFky] l{e vkj dkj.k&bu rhuk
lx.k : ik dh vkj fux.k fujdkj Lo:i dh ,drk fn[kku d fy; dh
x;h gA

7- rfUkj; & mifu"kn

;g mifu"kn d".k; tonh; rfUkj; 'kk[kk d vUrxr rfUkj;
vkj.;d dk vx gA rfUkj; vkj.;d e nl v/;k; gA mue l lkroJ
vkBo vkj uo v/;k; dk gh rfUkj; mifu"kn dgk tkrk gA
rfUkj;kifu"kn e rhu ofYy;k g&iFke oYyh f'k{kk oYyh] f}rh; cãkuUn
oYyh rFkk rrrh; HkxoYyh gA iR;d ofYy;k vuokdk e foHkkftR gA

f'k{kkoYyh e ;g f'k{kk nh x;h g fd f'k{kk d vulkj viuk thou
fcrku oky eu"; bl ykd vkj iyykd e lokÙke Qy iklr dj ldr g
vkj cãfo|k dk xg.k dju e leFk gk ldr gA blh Hkko dk le>ku d
fy; bldk uke f'k{kk oYyh j[kk x;k gA o.k] Loj] ek=k] i;Ru] o.kk dk
leofÙk l mPpkj.k vkj lf/k dk f'k{k/;k; dgk x;k gA

cãkuUnoYyh e cã d Lo:i dk crkr g; dgk x;k g&lR;
KkueUr cãA ijcãijekRek lRLo:i gA fd l h Hkh dky e mudk vHkko
ugh gkrk rFkk o KkuLo:i g] mue vKku dk y'k Hkh ugh g vkj o
vuUr g vFkr n'k vkj dky dh lhek l jfgr gA ijekRek vfuopuh; gA
eu d lFk ok.kh ml u ikdj ykV vkrh gA ml cã d vkuUn dk tkuu
okyk i#"k dHkh Hk; ugh djrka

rfÙkj; kifu"kn dh rrrh; oYyh HkxoYyh d uke l ifl) gA Hkx
o#.k d i= FkA o: .k u viu i= Hkx _f"k dk ft l cãfo|k dk min'k
fn;k Fkk] mlh dk bl oYyh e o.ku g] bl dkj.k bldk uke HkxoYyh gA
viu firk d ik l tkdj Hkx _f"k u ikFkuk dh&Hkxou ! e cã dk
tkuuk pkgrk g] vr% dik djd e> cã dk rÙo le>k;A rc o: .k u
Hkx l dgk ^rkr! vUu] ik.k] u=] Jk=] eu vkj ok.kh ; lHkh cã dh
miyfC/k d }kj gA ; iR;{k fn[kk;h nu oky lHkh ik.kh ftul mRiUu gkr
g] mRiUu gkdj ft l d lg;kx l] ftudk cy ikdj ; lc thr g] vkj
egkiy; d le; ftue foyhu gk tkr g] ogh rÙo cã gA tk eu"; bl
rÙo dk tku yrk g] og oreku 'kjhj l vyx gku ij mu ijekuUnLo:i
ijcã dk iklr gk tkrk gA bl mifu"kn e vUue;] ik.ke;] euke;]
foKkue; vkj vkuUne; vkRek d uke l ml rÙo dk o.ku fd;k x;k
gA³⁴

8- ,rj; kifu"kn

_Xonh; ,rj; vkj.;d e nlj vkj.;d d pkFk] ikpo vkj NB
v/;k;k dk ,rj; mifu"kn dgk x;k gA bu rhu v/;k;k e e[;:i l
cã fo|k dk o.ku fd;k x;k gA bl dkj.k bugh dk ^mifu"kn* ekuk x;k
gA ble rhu v/;k; gA iFke v/;k; e rhu [k.M rFkk f}rh; vkj rrrh;
v/;k; e ,d&,d [k.M d gA iFke v/;k; e ijekRek d lfV jpuk
fo"kd iFke ldYi dk o.ku gA fgj.;xHk i#"k dk mRiUu djd mld

vx mikxk dk 0;Dr dju d mí'; I tc ijekRek u ldYi:i ri fd;kj
rc ml ri d QyLo:i fgj.;xHk i#"k d 'kjhj e loiFke v.M dh
Hkkfr QVdj e[k fNn fudykA e[k l okd bfun; mRiUu gb vkj okd
bfun; I mldk vf/k"Bkr nork vfxu mRiUu gvKA fQj ukfldk d nkuk
fNn g;] mue l ik.kok; ixV gvK vkj ik.kk l ok; nork mRiUu g;A
fQj vk[kk d nkuk fNn ixV g;] mue l u=fun; vkj u=fun; I mldk
nork l; mRiUu gvKA fQj duk d nkuk fNn mRiUu g;] mue l
Jk=fun; ixV gbA Jk=fun; I fn'kk; ixV g;hA bld ckn Ropk ixV
g;hA Ropk l jke mRiUu g;] jkek l vk'kf/k;k vkj ouLifr;k mRiUu g;hA
fQj ân; ixV gvK] ân; I eu vkj eu l punek mRiUu gvKA fQj
ukfHk ixV gb] ukfHk l vikuok; vkj vikuok; I xnk&bfun; dk
vf/k"Bkrk eR; nork mRiUu gvKA fQj fyx ixV gvK] mle l oh; vkj
mll ty mRiUu gvKA³⁵

f}rh; v/;k; e 'kjhj dh vfuR;rk fn[kkdj ojKX; mRiUu dju d
fy; _f"k okeno dk n"VkuR fn;k x;k gA de vkj iutUe dh dYiuk
,rj; mifu"kn d bl v/;k; e fu'pr :i l iLQVr gb gA rhlj
v/;k; e v}r fl)kUR dh 0;k[k; iLrr dh x;h gA lEi.k lpru vkj
vpru lÜkkvk e ,d gh lkekU; rÜo prU; dh vfHk0;fDr gk jgh gA

9- NkUnK;kifu"kn

NkUnK;kifu"kn lkeon d roydkj ckã.k l lEcfU/kr gA ble
rÜoKku vkj rni;kxh de rFkk mikluk dk cMk fo'kn vkj foLrr o.ku
gA bl mifu"kn e vkB v/;k; g] igy ikp v/;k;k e l"V foKku] de
vkj mikluk dk o.ku g vkj vfUre rhu v/;k;k e Kku vkj ek{k fl)kUR
dk o.ku gA

bl mifu"kn e mikluk vkj Kku nkuk gh fo"K;k dk o.ku gA
nk'kfud vkj vkpkj lEcu/kh fl)kURk dk le>ku d fy; txg&txg
vk[;kf;dk; Hkh iLrr dh x;h g(ftll vud f'k{kk; feyrh gA ble
vkdkj dh mikluk dk egÜo crkr g; dgk x;k g fd tk mikld vkdkj
dh mikluk djrk g] og lEi.k dkeukvk dh ikflr dju okyk gkrk gA
ml v{kj l _Xonkfn =;h fo]k ioÜk gkrh gA iFke v/;k; d ckjgo
[k.M e ,d 0;xkRed fp=.k gA bldk fo"K; Hkkfrd mnn'; i.k eU=&xku
gA ,d ckj cdnkYH;] ftll Xyko&e=; Hkh dgr g Lok/;k; d fy;
,dkUrLFkku e x;A mud lehi ,d lQn dÜkk ixV gvKA mld ik l

nlj dÜkk u vkdj dgk&Hkxou! ge ykx Hk[k g gekj fy; eU= cy l
 vUu mRiUu dj nhft;A lQn dÜk u nlj fnu ikr% dky vku dk dgkA
 cdnkYH; vxy fnu 'oku lEeyu n[ku vk;kA lHkh 'oku ogk bdVB
 g;A ftl idkj ;K d le; ckã.k ;K dk mÜkj; idMdj eU=xku
 djr g; ofndk dh ifjØek djr g] mlh idkj o 'oku Hkh ,d nlj dh
 iN idMdj oØkdj ?keu yxA fQj cBdj ;g eU= xku vkjEHk fd;k&Å
 ge [kk r g] Å ge ihr g] Å nork ge Hkktu nA³⁶ Hkkrfd mí';k dh ifr
 d fy;] eU= lk/kuk dju okyk dk y{; djd ;g iglu lk irhr gkrk
 gA ble dedk.M dh fuUnk dh x;h gA f}rh; v/;k; e vud jgl;kRed
 crk crk;h x;h gA /ke d rhu Ldu/k crk; x; g&K] v/;u vkj nku
 igyk Ldu/k gA ri nljk Ldu/k gA vkpk;dy e jgu okyk cãpkjh tk
 viu 'kjhj dk vR;Ur {kh.k dj nrk g&rhIjk Ldu/k gA ; lHkh i.;ykd
 d Hkxh gkr g vkj verRo dk ikr gkr gA rrrh; v/;k; e cã dk fo'o
 dk l; dgk x;k gA xk;=h d }kjk gh mldk fu:i.k fd;k tkrk gA
 xk;=h gh ; lc Hkr&ikf.kox gA tk Hkh ; LFkkoj txe ik.kh g] o xk;=h
 gh gA bld vfrfjDr 'kkf.MY;&l=] fo'o&et"kk] nodhuUnu d".k dk
 vfxjl dk min'k] ,d fo'kky v.M l l; dh mRifÜk] mikluk fof/k vkfn
 vud fo"k; bl v/;k; e lekgr gA 'kkf.MY; fo]k uked v/;k; e
 v}r onkUr dk ifl) fl)kur ^lo [kfYon cã] rTtykfufu 'kkureiklhr
 of.kr gA³⁷ prFk v/;k; e jDo dk mik[;ku] lR;dke tkcky vkj mldh
 ekrk dh dFkk] midk'ky dk lR;dke tkcky l cãKku dh ikflr dk o.ku
 gA ipe v/;k; e vkRek d xeu ,o iR;kxeu dk fu:i.k gvk gA NB
 v/;k; e vk:f.k dk viu i= 'ordr d ifr min'k dk nk'kfud o.ku
 gA 'ordr u iNk fd Hkxou &ftld }kjk vJr Jr gk tkrk g] ver
 er gk tkrk g vkj vfoKku fo'k" : i l Kkr gk tkrk g] og vkn'k dlk
 g\ vk:f.k u i'u dk mÜkj nr g; dgk&ftl idkj ,d efÜkd d fi.M
 d }kjk lEi.k efÜkd dk dk;leg tku fy;k tkrk g fd fodkj doy
 ok.kh d vkJ;Hkr ukeek= g] lR;rk doy efÜkd g mlh idkj ikjEHk e
 doy vf}rh; lR gh Fkk mlh l lHkh oLrvk dh mRifÜk gbA dkj.k lR
 g] dk;rk dkj.k dk fodkj gA llre v/;k; e lUrdekj rFkk ukjn dk
 orkur gA e=fon ukjn vkRefo]k dh f'k{kk d fy; egf" lUrdekj d
 ikl vkr gA vkRefo]k dk Kku iklrdj ukjn 'kkd l eDr gk tkr gA
 vkBo v/;k; e vkRekuHkfr d fy; mi;kxh rFkk mÜke 0;kogkfjd lk/ku
 crk; x; gA bu lk/kuk l lk/kd cãykd dk ikr djr g vkj fQj ugh
 ykVrkA*

10- cgnkj.;dkifu"kn

cgnkj.;d mifu"kn ; ton dh dk.o 'kk[kk d okt lu; ckã.k d vUrxr gA ;g mifu"kn vU; mifu"knk dh vi{kk cgn gA vj.; e v/;;u dju d dkj.k bl ^vkj.;d dgr gA bl idkj cgn vkj vkj.;d gku d dkj.k bl cgnkj.;d dgr gA ble N v/;k; gA Hkk";dkj Hkxoku 'kdj u ifjek.k d vk/kkj ij bldh cgUkk dk mYy[k fd;k g] fdUr okfrddkj l j'ojpk; vFkr% Hkh bldh cgUkk Lohdkj djr g&^cgUoknxUFkrk-FkkPp cgnkj.;d ere*A bl idkj ifjek.k vkj HkkoxkEHkh; nkuk gh nf"V;k l ;g cgn gA bldk HkkoxkEHkh; blh ckr l Li"V gk tkrk g fd ;gk ft l v'oe/k;K dh ckr dgh x;h g og v'oe/k l k l k f j d v'o d }kjk ugh l EiUu gkrk g] fdUr og ikdfrd l l k/kuk l ifjdfYir v'o l l EiUu gkrk g] t l k f d dgk x;k g fd m"kk gh v'oe/kh; v'o dk flj g] l ; mldk p{k g] ok; mldk ik.k g] o'okuj vfXu mldk [kyk gvk e[k g] loRlj mldk vkRek g] |yk mldk ihB g] vUrfj{k mldk mnj g] iFoh ij j[ku dk LFkku g] pkjk fn'kk; mldk ik'oHkkx g] vokUrj fn'kk; i l fy;k g] _r, vx g] ek l vkj v)ek l io vFkkr l fU/kLFkku g] fnu vkj jkf= ifr"Bk vFkkr ikn gA³⁸ bl idkj ikdfrd l k/kuk l cuk gvk v'o v'oe/k dk vkyEcu gkrk g vkj bl voyEcu cukdj fd;k gvk ;K vkf/kHkkfrd l [k le) d l k Fk&l k Fk vk/;k fRed 'kkfUr inku dju okyk gkrk gA blfy; ykfdd ?kkM d vk/kkj ij v'oe/k dh ckr djuk HkkfUr d flok; vkj dN ugh gA v'oe/k d vk/;k fRed Lo:i dk tkudj tk l k/kd v'oe/k dh mikluk djrk g og eR;t; gk tkrk gA³⁹ bld vfrfjDr v0;kdr dkj.k cge l txr dh mRifUk] txr vkj cã dk vHkn] orehek l k] vf/knon'ku vkfn dk o.ku fd;k x;k gA

f}rh; v/;k; e nlr ckykfd xkX; vkj vtr'k= dk lokn g] cã d nk : ik dk o.ku] ;kKoYD; e=;h&lokn vkj e/kfo]k dk o.ku gA ;kKoYD; d nk ifRu;k Fkh&e=;h vkj dkr;k;uhA e=;h cãokfnuh Fkh vkj dkr;k;uh fL=;k d leku cf)okyhA dkr;k;uh i;%dkfeuh Fkh vkj e=;h J;%dkfeuhA tc ;kKoYD; dh bPNk lU;k l yu dh g;h rk mUgku nkuk fL=;k e viuk /ku ckVu dk iLrko fd;kA e=;h u dgk ^;fn /ku l Hkjh g;h ;g l k j h iFoh ejh gk tk; rk D;k e vej gk tkÅxhA* ;kKoYD; cky&/ku l l EiUu i#"kk t l k Hkkxe; thou fcrk;k tk l drk g] vejrk dh vk'kk ugh dh tk l drhA rc e=;h u dgk] ^ft l l e vej ugh gk l drh] m l ydj e D;k d:xh\ e> rk ogh ckr crkb; ft l l e vej gk l dA⁴⁰ e=;h dh mRdV ftKk l k n[kdj Hkxoku ;kKoYD; u m l cãKku dk min'k fd;kA

e/kfo|k d ilx e crk;k x;k g fd iFoh] ty] vfXu] ok;]
 vkdk"kJ l;] pUnek] fo|r vkj fn'kk vkfn l Hkh inkFk pkjk Hkrk d dk; g
 rFkk Hkr mud dkj.k gA bl idkj ijLij mudk midk; midkj d lEcU/k
 g vkj blfy, o ,d nlj d e/k gA rrrh; rFkk prFk v/;k;k e tud
 rFkk ;kKoYD; dk vk[;ku gA v/;k; d ikjEHk e jtk tud d cgr
 nf{k.k oky ;K dk ilx gA ml ;K e ;kKoYD; u viuh J"Brk fl)
 djr g; nf{k.k Lo:i nl lgl= xk;k dk iklr fd;kA vUr e xkxh [kMh
 g;hA cãokfnuh xkxh u bl ykd l vkjEHk djd iR;d dkj.k dk Hkh
 dkj.k iNkA vUr e tc cãykd dk Hkh dkj.k iNk rk ;kKoYD; u ml
 jkd fn;k] D;kfd ;g vfr i'u FkkA bld i'pkr xkxh mijr gk x;hA
 bld vfrfjDr ;kKoYD; vk#f.k lokn] ;kKoYD; 'kkdY; lokn d ek/e
 l vkRek vkj cã dh ,drk rFkk de fl)kur dk foopu gvk gA

prFk v/;k; e tud vkj ;kKoYD; dk lokn gA bl v/;k; d
 ipe ckã.k e dkR;k;uh rFkk e=;h dk vk[;ku iu% of.kr gA bld
 vfrfjDr uhr fo"K;d] ijykd fo"K;d rFkk l"V fo"K;d nk'kfud i'u
 ble of.kr gA

ipe v/;k; e vud idkj dh miklukvk dk o.ku gA ikjEHk e
 gh ,d jkpd lokn g&itkifr d i=] no] vlj vkj eu"; viu firk d
 ?kj jgdj cãp; dk lou djr g vkj itkifr l min'k dju dh ikFkuk
 djr gA itkifr u mu rhuk dk ,d gh v{kj ^n* dk min'k fn;kA bl
 min'k l Hkxi/kku nork le>r g fd itkifr u ge bfUn;neu dju dk
 min'k fn;k g] Øj idfr d vlj le>r g fd itkifr u ge n;k dju
 dk vkn'k fd;k g vkj vFkykyi eu"; le>r g fd itkifr u ge nku
 dju dh vkKk nh gA bl idkj viuh&viuh idfr d vulkj mi;Dr
 min'k ikdj o drdR; gk tkr gA bld vfrfjDr ân;LFk euke; i#"k
 dh mikluk] ik.kkikluk] xk;=h mikluk vkj mldk Qy ble of.kr gA

NB v/;k; e bfUn;k d fookn }kjk ik.k dh mRd"Vrk fn[kk;h
 x;h gA f}rh; ckã.k e 'ordr vkj iokg.k dk ilx gA ;g ilx
 NkUnkX;kifu"kn e Hkh of.kr gA rhlj ckã.k e JheUFk vkj pkFk ckã.k e
 i=eUFk dek dk o.ku gA ikpo ckã.k e vkpk; ijEijk of.kr gA lefdr
 nf"V l n[ku ij cgnkj.;dkifu"kn e vkRerUo dh gh i/kkurk gA

11- 'ork'orjkifu"kn

'ork'orjkifu"kn d".k ;ton d vUrxr gA bld oDrk
 'ork'orj _f" k gA 'ork'orj _f" k u ijeRek dh iLUurk l cã dk
 tkuk vkj ijeGl lU;kfI;k dk bldk min'k fd;kA bl mifu"kn e
 i lXkul kj l k[;] ;kx] l x.k] fux.k] }r] v}r vkfn db idkj d
 fl)kUrk dk mYy[k gvk gA bl xUFk dk ikjEHk l f"V&ehelk l gvk gA
 txr dk dkj.k D;k g\ ge dgk l mRiUu g;\ fdld }kjk ge thou
 /kkj.k djr g\ dku gekjk vk/kkj g\ fdldh ij.kkk l ge l[k&n%[k dk
 Hkkx djr g\ _f" k; k u txr d dkj.k dh ehelk djr g; dky
 LoHkkokfn ykdifl) dkj.kk ij fopkj fd;kA fdUr mudh vk/kfRed
 ftKkIk 'kkUr ugh g;hA vUr e mUgku /;ku;kx d }kjk ;g vuHko fd;k
 fd b'oj dh Lo:iHkrk ek;k gh txr dk dkj.k gA bl mifu"kn e /;ku
 dh fof/k] /;ku d ;kX; LFkku] vkj /;ku d Qy dk lUnj o.ku fd;k x;k
 gA ipe v/;k; e {kj} v{kj} vkj bu nkuk d ijd ijeRek d Lo:i dk
 Li"Vhdj.k gvk gA NB v/;k; e ijeRek d Lo:i vkj egRo dk
 ifriknu djr g; mlh d Kku l leLr nh[kk dh fuofUk cryk;h x;h gA
 'ork'orjkifu"kn e 'ko rFkk l k[; fl)kUrk dk ifriknu gA
 idfr vkj mld x.kk dk fu:i.k rFkk i#"k ;k vkRek dk o.ku ble fd;k
 x;k g&

vtledk ykgr'kDyd".kk c°ohh itkhl l teluk l : ikkA

vtk °;dk t"kek.kk-u'kr tgr;uk HkDr Hkxketk-U;AA⁴¹

bl e= d }kjk l k[; erkoyEch idfr vkj mld rhuk x.kk lRo]
 jt vkj re dh flf) djr gA bld vfrfjDr ^_f" k **ilr dfiy ;Lrex***
 bl e= d vk/kkj ij l k[;okfn;k u ije" k dfiy dh ikphurk vkj
 ikef.kdrk fl) djd l k[; fl)kUrk dh if"V dh gA fdUr vkpk; 'kdj
 bldk [k.Mu djr g; ^dfiy* 'kCn dk dudo.k fgj.;xHk dk okpd
 crk;k gA bl idkj 'ork'orjkifu"kn l f"V foKku d nk'kfud fl)kUrk dk
 ifriknu djr g; ftle leLr 'kfDr dk vkfndkj.k lo'kfDreku ijcã
 gA

12- dk"kh rfd mifu"kn

mifu"knk dk e[; ifrikn; cã gh gA ;g fojkV fo'o ml vn';
 cã dk n'; Lo: i gA cã lce vkrikr gA mldh lÜkk 'kfDr vkj
 0; oLFkk d vulkj lkj dk; py jg gA ;K&; kxkfn fØ; k; Hkh cã dh
 ikflr dk ek/; e gA dkf"krfd mifu"kn dk ikjEHk ;K dh ifØ; k l gvk
 gA xx d ik= egf"k fp= ;K dju dk fu'p; dj v: .k d i= mnnkyd
 dk ie[k _fRod cuk; kA mnnkyd ml ;K e u tkdj vii i= 'ordr
 dk HktkA 'ordr l fp= u i'u fd; k fd bl fo'o e lkoj.k vkj
 fujkoj.k LFkk dku&dku g\ bl i'u dk mÜkj 'ordr rFkk mld firk
 mnnkyd nkuk u ndj iuH fp= dh ;K 'kkyk e igpA fp= u dgk
 ;Kkfn J"B dek d vu"Bkrk bl ykd dk tc R; kx djr g rk o
 pÜnykd e gh tkr gA mud ik.kk l pÜnek dk cy feyrk g] fdUr
 Loxykd l i.; {kh.k gku ij v/ki ru gku d dkj.k Loxykd dk ydj e
 D; k d: xk\ , lk fu'p; dju ij vejRo ikr djku oky cãKku dh
 ikflr d fy; ogk fopkj foe'k gvkA bl idkj bl dFkkud d ek/; e l
 mifu"knk dk gkn tk cãKku g mldh vkj gh ldr fd; k x; k gA ;gk
 iKk rFkk ik.k dh egÜkk dk fo'kn foopu gvk gA vii dek d vulkj
 tho ukuk ykd l gkrk gvk Åore ykd cãyk d iklr djrk gA
 rrh; v/; ; u e bUn d ikl jtk irnu d min'kkFk tku dk mYy[k gA
 bld vfrfjDr dkf'kjkt vtrk'k= ,o ckykd dk nk'kfud lokn cã d
 Lo: i Kku dh ikflr e cgr lgk; d gA cgnkj.; dkifu"kn e Hkh ;g
 lokn of.kr gA

13- e=k; .kh mifu"kn

bl mifu"kn e lkr iikBd gA iLrr xUFk dk ifrik] fo"K;
 ikphu mifu"knh; rÜo fl)kur dh leh{kk gA e=h _f"K bl mifu"kn
 fl)kur d ioDrk gA cgnFk uke dk jtk vii T; "B i= dk jkT; dk
 Hkkj lki dj riL; k dju d fy; ou e pyk x; kA ou e 'kkdk; u _f"K
 d ikl tkdj mul rÜoKku d fy; ikFkuk fd; kA 'kkdk; u u e=h _f"K
 l tk dN Kku iklr fd; k Fkk og lc jtk cgnFk dk fl[kk fn; kA 'kjh
 l lenHkr rFkk viuh gh T; kfr l T; kfr fo'k) vkRek dk fu: i.k bld
 vÜrrx gA HkrkRek d o.ku d ilx e ble ;g crk; k x; k g fd l r
 rFkk vl r dek d ifj.kkeLo: i og tUetUekUrj d pØ e ?kerh gA x.kk
 d o.ku d ilx e lRo] jt vkj re x.kk rFkk mud dk; k dk o.ku gA
 bl mifu"kn e eg] Hk;] mnklh funk] vkyL;] {k/kk} di.krk] ØK/k] vKku]
 vl; k] fun; rk vfHkeku rFkk ppyrk rexx.k d dk; eku x; gA bPNk
 ie] dke] vk l fDr] Li/kk] vLFkjrk ykHk] b"V l ie ; lc jkt l x.k d

vUrxr eku x; gA bl mifu"kn e : id d ek/;e l vkRek vkj 'kjhj d lEcu/k dk crk;k x;k gA fo'k) vkRek 'kjhj dk lpyd g] ftldh ij.kk l 'kjhj dEHkdj d pkd dh Hkkfr xfr djrk gA ble Kkufun;k dk yxke] defun;k dk v'o] 'kjhj dk jFk] eu dk lkjFkh vkj iofoUk dk pkcd ekuk x;k gA bld vfrfjDr l;kikluk] T;kfr"k fo"k;d fopkj] fux.k rFkk lx.k cã dk Lo:i] vkdkj dk egUo] ik.kk;ke] iR;kgkj] /;ku] /kkj.kk] rd vkj lekf/k "kMx ;kx dk o.ku fd;k x;k gA

ie[k mifu"knk d vfrfjDr vU; l Hkh mifu"knk e Hkh vkpkj 'kkL= dk fof/kor ifriknu gA ijorh mifu"kn lEink; fo'k" l lEcfu/kr gkr g; Hkh vkpkj d lkoHkkfed : i dk idV djrh gA mifu"knk d vfrfjDr vU; ofnd xUFkk e Hkh vkpkj dk lO;ofLFkr Lo:i ifjyfkr gkrk gA Lefr;k] ij.k.kk] jkek;.k] egkHkkjr rFkk vU; ijorh xUFkk e vkpkj d fofHkuu : ik dk o.ku gA

fu"d"k

tu ijEijk e ^vkxe* rhFkdjkiFn"V vFk d Kkid x.k/kjk l lfufo"V 'kcnkRed xUFk jkf'k gA bud }kjk gh ekuo vkfRed fodkl djrk gA ikf.kek= dk mí'; n[k dh vkr;fuRd fuofUk rFkk ml l[k dh dkeuk g ftl l[k dk iklr dju ij iul nlj l[k dk iklr dju dh dkeuk u jgA 'kcnkUrj l bl voLFkk dk ek{k dgk x;k gA pkokd d vfrfjDr iR;d n'ku e ek{k dh ifjdYiuk mldk Lo:i rFkk ml iklr dju d mik; crk; x; gA bl voLFkk rd igpu d fy; ftu dUko; dek dk vu"Bku fd;k tkrk g o gh de tuksek vkj mifu"knk e ifrikfnr gA mifu"kn ofnd ijEijk d lokRd"V xUFk g vkj vkxe tu ijEijk d lokRd"V xUFk gA mifu"knk dh Hkk"kk lLdr g vkj tuksek dh Hkk"kk v/kekx/kh ikdr gA bl lEcu/k e tu lEink; d fnxEcj vkj 'orkEcj ijEijk e ikjLifjd erHkn gA 'orkEcj ijEijk d vulkj vkxe }kn'kkxh d : i e i[kr g] fdUr fnxEcj ijEijk vksek dk mPNn ekurh gA vkxe dh Hkk"kk dk 'orkEcj ijEijk e v/kekx/kh ekuk tkrk g] ogh fnxEcj ijEijk e ml lkjluh ikdr ekuk x;k gA bu erHknk d okotn ble dkb erHkn ugh g fd rhFkdjk u ykdLxg d fy; ikdr Hkk"kk d ek/;e l viu ftu min'kk dk O;Dr fd;k ogh min'k x.k/kjk }kjk l=: i e fyfic) dj fn, x,A ofnd ijEijk d ekU; xUFk mifu"knk e 'kcn dh i/kkurk gA ; 'kcn vukfn vkj vik:"k; g(D;kfd onk dh ijEijk vukfndky l vfofPNUu : i l fujUrj pyrh vk jgh gA bldk dUkk dku g\ vkt rd ;g ckr vfoKkr gh gA ftl idkj j?ko'k] dekjlEHko vkfn xUFkk d jpf;rk d : i e dkfynkl dh Lefr cjkcy cuh

jgrh g og ckr on vkj mifu"knk d ckj e ugh g] blfy, ofnd fo}kuk
 dk dFku g&Bonk **vik#"k; k** **lEink; kfoPNnlfr vle; ek.kdrdrRokrAA** on
 blfy; **vik#"k;** g fd mudh ijEijk vukfndky l vkt rd vfofPNUu
 : i l pyr h vk jgh g] fdUr bl dk dÜkk dku g\ bl ckr dk irk fd l h
 dk ugh gA bl idkj ofnd ijEijk e 'kCn dh ikef.kdrk lokifj fl)
 gkrh gA ble lUng ugh fd eu"; dr oLr lnk" k gkrh g] D; kfd eu";
 Hke] iekfn nk"kk l xLr gkrk g] blfy; mldh dfr loFkk funk" k gk , l k
 ugh dgk tk ldrkA ftl oLr dk eu"; u ugh cuk; k tk ijeRek d
 fu'okl d leku g tk vdf=e g] ogk nk" k dk i' u gh ugh mBrkA bl
 idkj mifu"kn ekuodr u gku d dkj. k funk" k gA

ftl idkj vxek dk le>u d fy; ml ij 0; k[; k xUFk]
 fu; fDr vkfn fy[k x, mlh idkj onk vkj mifu"knk dk le>u d fy,
 Lefr; k] ijk. k] egkHkkjr vkfn xUFk fy[k x, A bfrgk l vkj ijk. k d }kjk
 on d jgL; dk tkuuk pkfg, A tk ykx vYiK g] cgJr ugh g mul on
 Mjrk g fd dgh ; e> u"V u dj nA dkb Hkh dF; 'kCn d fcuk lEHko
 ugh gA blfy; tgk vFk dh i/kkurk ekuh tkrh g] ogk 'kCn dk vflrÜo
 Lor% fl) g] D; kfd 'kCn d fcuk vFk dh irhfr ugh gkrhA blh idkj
 tgk 'kCn dk ik/kkU; g ogk vFk dk ck/k rk gkrk gh g] D; kfd dkb
 i{kkoku 0; fDr fujFkd 'kCnk dk i; kx dHkh ugh djrka okLro e rk 'kCn
 vkj vFk dk rknRE; lEcU/k gA 'kCn l vFk dh mifLFkfr dk gkuk vkj
 vFkiLEkkid : i e 'kCn dk i; kx djuk ; g loekU; fl) kUr gA

'kCn l vFk dk ck/k mlh idkj gkrk g ftl idkj KkufUn; k l
 mud fo" k; k dk ck/k vukfn dky l gkrk vk jgk g&

bfUn; k.kk Lofok; "oukfn; kX; rk ; Fkka

vukfnjFkH 'kCnkuk lEcU/kk ; kX; rk rFkka⁴²

Hkkjr o" k e vkpkj vkj 0; ogkj dh rhu Hkk"kk, ikyh] ikdr vkj
 lLdr ikphu dky l gh i; kx e vkrh jgh gA ck) lLdr dk ipkj
 ilkj ikfy Hkk"kk e fd; k x; k rk tu lLdr dk ipkj ilkj ikdr Hkk"kk e
 fd; k x; kA ; nkuk Hkk"kk, rRdkfyd tuHkk"kk, FkhA tuHkk"kk d ek;/ e l
 ipkj djuk cgtu fgrk; d fy; gkrk Fkka ofnd ijEijk d xUFkk dh
 lLdr Hkk"kk FkhA lLdr ok³e; cgr fo'kky gA

tukxek e Hkxoku _"kHk dk iFke rhFkdj dgk x;k gA _Xon e
Hkxoku _"kHk dk ukekYy[k gvk gA fdUr mudk vFk ifjoru dj nu l
o fookenLin gk tkr gA⁴³ ofnd noh norkvk vkj vorkjk d o.ku d
ilx e Hkxoku _"kHk dk ukekYy[k Hkxorkfn xUFkk e Hkh cM vknj d
lkFk gvk gA ogk dgk x;k g fd egf" k;k }kjk Lrfr fd; tku ij Hkxoku
fo".k ilUu gkdj cky fd ukfHk dk fi; dju d fy; e egjkuih e: noh
d xHk l fnxEcj lU; k l h vkj Å/ojrk efu; k dk /ke ixV dju d fy;
'k) lUoe; foxg l ixV gkÅxkA bl idkj dgdj Jh Hkxoku Lo;
_"kHk d :i e lUox.k lEiUu gkdj ixV g; A Hkxoku _"kHkno ; lfi
ije LorU= gku d dkj.k Lo; lonk gh lc idkj dh vuFk ijEijk l
jfr] doy vkuUnkuHko Lo: i vkj l k{kk b'oj gh Fk] rk Hkh vKkfu; k d
leku de djr g; mUgku dky d vulkj iklr /ke dk vkpj.k djd
mldk rUo u tkuu oky ykxk dk mldh f'k{kk nhA lkFk gh le] 'kkUr]
lân vkj dk#f.kd jgdj /ke] vFk] ; 'k] lUrku] Hkx&l[k vkj ek{k dk
lxg djr g; xglFkkJe e ykxk dk fu;fer fd; kA viU T; "B i= Hkjr
d Åij itkiky d Hkjk ndj o ioT; k xg.kdj fy; A mUg ng/; k l Hkh
ugh FkA mud ik l vkdk'kxeu] euktfoRo] vUr/; ku] ijd; io'k] nj dh
ckr lu yuk vkj nj d n'; n[k yuk vkfn lc idkj dh flf) ; k lokFk
mifLFkr g; h] fdUr ; lc mUg Lo; fl) FkEA⁴⁴

bl idkj ofnd rFkk tu nkuk ijEijkvk e Hkxoku _"kHk dk
pkfj= cgr foLrkj l feyrk gA dN ofHkU; gku ij Hkh nkuk lLdfr; k e
vnHkr lketL; n[ku dk feyrk gA tu lkfgR; e rk ;g Li"V g gh fd
Je.k /ke d vkfn iord Hkxoku _"kHk FkA bl l Li"V g fd Je.k ijEijk
dk mnxe Hkxoku _"kHk l gvk gA t; ?kk" k ckã.k u fuxUFk fot; ?kk" k l
iNk&/ke dk e[k D; k g\ fot; ?kk" k u mUkj fn; k&/ke dk e[k dk'; i
_"kHk gA⁴⁵ ofnd lkfgR; e onk dk /ke dk e[k dgk x;k gA eulefr e
Li"V : i l dgk g fd /ke fo" k; d ftKklk d lek/kku d fy; Jfr gh
iek.k gA on /ke dk ey vkj leLr Kku l ; Dr gA pkjk o.k] rhuk
ykd] pkjk vkJe] Hkr oreku vkj Hkfo"; bu lcdk ifjKku on l gkrk
gA

^uUnh* e vkxe d nk foHkx feyr g&1- vx ifo"V 2- vx ck; A

vx ifo"V dh J.kh e o vxex vkr g tk x.k/kj dr g] x.k/kjk
}kjk i'u fd, tku ij rhFkdj }kjk ifrikfnr gkrk g] tk /ko&'kk'or
IR;k l lEcfu/kr gkrk g] lnh?kdkyhu gkrk g] ,l Jr dk vx ifo"V
dgr gA bld vfrfjDr tk LFkfojdr gkrk g] tk i'u iN fcuk rhFkdj
}kjk ifrikfnr gkrk g] tk py gkrk g&rRdkfyd ;k lkef;d gkrk
g&ml Jr dk uke vx cká gA vx ifo"V vkj vx cká e Hkn dju dk
e[; gr oDrk dk Hkn gA ftl vxex d oDrk Hkxoku egkohj g vkj
ftld ldyf;rk x.k/kj g] og ey Jr g] blfy, ml vx ifo"V dgk
x;k gA oDrk rhu idkj d gkr g&1- rhFkdj 2- Jr doyh
3- vkjkrh;A vkjkrh; vkpk;k }kjk jfpr vxex vx cká eku x; gA

vxex Hkxoku egkohj dh ok.kh d :i e ldfyr g] fdUr
mifu"knk dk dÜkk dkb i#"k fo'k"u ugh gA _f"i;k u ftu e=k dk
lk{kRdkj fd;k ogh mifu"kn gA vxex vkj mifu"knk e bl fo"i; e
lkE; g fd vxex e of.kr IR; dk Hkxoku egkohj u lk{kRdkj fd;k vkj
mifu"knk e of.kr IR; dk _f"i;k uA nkuk ijEijk, 'kk'or IR; dk gh
ifriknu djr gA

UnHk xUFk Iph

- 1- vko';d pf.k i"B 28
- 2- okpLiR;e iFke Hkx] i"B 614
- 3- 'kCndYine] iFke Hkx i"B 165
- 4- JhfHk{k vxex fo"k; dk'k] i"B 80
- 5- fu;elkj@ey] 8
- 6- jRudj.Md Jkodkpkj] 9
- 7- /koyk 3@1
- 8- L;k}knetjh] 'ykd 21] i"B 262
- 9- vko';dfu;fDr] 92] vko';d pf.k i"B 8] 1@1
- 10- uUnhI=] 43
- 11- /koyk i0 1] iLrkouk i0 71
- 12- leok;kx 34@22
- 13- uUnh e o0 i0 83
- 14- Hkxorh I= 5@4@20
- 15- fr"BUR;fLeu ifrik|r;k thokn; bfr LFkkue---LFkkuu LFkku ok thok
LFkkl;Ur] 0;ofLFkrLo:iifriknu;fr ân;eA
uUnhI=] gfjHknh;kofÜk] i0 79
- 16- mikIdn'kkvk] iFke v/;;u] lxg.kh xkgk 1
- 17- ILdr /kkrdk'k] i"B 129
- 18- dBkifu"kn] 'kkdj Hkk";] i"B 12
- 19- gyk;/kdk'k i"B 175
- 20- efDrdkifu"kn] 1@30
- 21- e=ckã.k;konuke/k;e&vkiLrEc&24@1@31
- 22- onkUrfoKkuluf'prkFkk IU;kI;kxk|r;%'k)IRokA
r cāykd"i jkrdky ikerk ifjeP;flr loA
&e.Mdkifu"kn 3@2@6 rFkk doY;kifu"kn 1@4
- 23- b'kkfn uk mifu"kn&b'kkokL;kifu"kn eU= 11
- 24- b'kkfn uk mifu"kn&dBkifu"kn&1@2@4
- 25- cgnkj.;dkifu"kn 2@4@2
- 26- r=o&2@4@3

- 27- n'kodkfyd&4@10
28- vkpkjxHkk";e] 1@5@5
29- n'kodkfyd fu;fDr] xkFkk 154
30- vkpkjxHkk";e 9@3@13
31- rfÜkj;h;kifu"kn 1@11
32- dukifu"kn&eU= 1
33- ukÜr"iK u cfg"i-----prFk eU;Ür l vkRek l foK; &ek.MD;kifu"kn] eU=& 7
34- rfÜkj;h;kifu"kn] cYyh 3] vuokd 10
35- ,rj;kifu"kn& 1@1@4
36- NkUnkX;kifu"kn 1@12@5
37- NkUnkX;kifu"kn & 3@14@1
38- cgnkj.;dkifu"kn& 1@1@1
39- r=o& 1@2@7
40- lk gkokp e=;h ;ukg ukerk L;ke fdeg ru d;k ;no Hkxokuon rno
e cgHfrA &cgnkj.;dkifu"kn & 2@4@3
41- 'ork'orjkifu"kn 4@5
42- o;kdj.kHk"K.k] 'kfDridj.k 6@37
43- _Xon 1@24@190@1] 2@4@33@15] 5@2@28@4] 6@1@1@8
lLdfr d nk iokg] vkpk;Jh egkiK
44- JhenHkxori jk.k &5@4] 5
45- ^/kEek.k dk lok eg* mükj/;;u l=& 25@16

vl;k;&2
vkpkj dh ifjHkk"kk vkj mldh 0;kidrk

v/;k;&2

vkpkj dh ifjHkk"kk vkj mldh 0;kidrk

Hkkjro"k vkpkj i/kku n'k gA ;gk vkpkj dh egUkk ikphu dky l gh ekU; jgh gA vkpkj lEiUu 0;fDr dk gh thou ifj"dr ,o 0;ofLFkr gkrk gA vkpkj d vk/kkj ij voyfEcr fopkj thou dk ifj"dkjd gkrk gA ofnd vkj tu ijEijk e vkpkj fo"k;d xEHkhj fpUru rFkk vkpkj lfgrk dk fo'y"n.k ipj ek=k e ik;k tkrk gA

vkpkj dh ifjHkk"kk

f"nV 0;fDr;k }kjk vuekfmr ,o cgeku; jhfrfjoktk dk vkpkj dgr gA¹ vrhrdky e vkpkj 'kCn fcuk fdlh fo"n.k d Hkh J"Bre vkpj.k d fy; i;Dr gvk gA 'kkfCnd nf"V l vkpkj dk vFk g&^vkpj.ke vkpkj*A eu"; dk tk vkpj.k g] ogh vkpkj gA ;g lnpkj dk |krd gA ofnd rFkk tu lfgr; nkuk e vkpkj dk egUo HkyhHkkfr n'kk;k x;k gA vkpkj 'kCn vk\$pj\$?k¥ d ;kx l fu"iUu g] ftldk vFk g vkpj.k vFkok vu"BkuA gyk;/k dk'k e Hkh blh idkj dh 0;RifUk nh x;h gA ;gk 0;ogkj] pfj=] pkfj=] oUk] 'khy] vkpkj&fopkj vkfn dk vkpkj d vUrxr xfjxf.kr dj fy;k x;k gA ekud fgUrh dk'k e vkpkj dk ifjHkkf"kr djr g; dgk x;k g&ßvkpkj vkpj.k vFkok 0;ogkj dk og ifj"dr ufrd :i g] tk dN fu;ek] :f<;k] fl)kurk vkfn d vk/kkj ij flFkr gkrk g vkj ftldk vulj.k ;k ikyu ykd e vko';d le>k tkrk gAb² vfHk/kkujktUn dk'k e Hkh vk³ iod pj /kkr l Hkko e ?k¥ iR;; djd vkpkj 'kCn dh 0;RifUk fn[kk;h x;h gA vk³ e;knk;k pj.k pkj% e;kn;k dkyfu;ekfny{k.k;k pkj% vkpkj%A e;knk e jgdj 0;ogkj djuk] e;knkiod vkpj.k djuk vkpkj dgykrk gA tuUn fl)kur dk'k e ßviuh 'kfDr d vulkj fuey fd; x; lE;Xn'kukfn e tk ;Ru fd;k tkrk g ml vkpkj dgk x;k gA³ Jh fHk{k vkxe fo"n; dk'k e 'kkL= fofgr vkpj.k] ek{k d fy; fd; tku oky vu"Bku dk vkpj dgk x;k gA⁴

mi;Dr dk'kh; 0;RifUk d vk/kkj ij vkpkj 'kCn dk lkeku; vFk ;gh g fd eu"; dk vkpj.k gh vkpkj gA ;g vkpkj vu"Bku fuoR;kRed HkkokHkko:i gkrk gA vu"Bku HkkokRed gkrk g vkj dnkpj fuoR;kRed gkrk gA lnpkj dk fojk/kh dnkpj gA lnpkj ;fn vu"B; g rk njkpj g; gA njkpj ekuo d iru dk ie[k dkj.k gA blfy; ;g lorkHkkou R;kT; gA lnpkj l eu"; i; d lkFk&lkFk J; dk iklr djrk g] fdUr dnkpj l fdlh idkj i; dk ykHk gk Hkh tk;] rk Hkh og v/kkxfr dk eydkj.k gkrk gA lnpkj vkpkj dk ikyu djr g; J;l dk iklr djrk

g] vkj vUr e ijexfr dk iklr djrk g&^vkpJR;kReu% J;Lrrk ;kfr ijk
xfre*A mifu"knk e Hkh J; vkj i; dk o.ku g] fdUr J; dk J;Ldj
 ekuk x;k gA J; vkj i; nkuk gh eu"; d lkeu vkr gA cf)eku eu";
 mu nkuk d Lo:i ij HkyhHkkfr fopkj djd mudk iFkd&iFkd le> yrk
 gA cf) lEiUu eu"; ijedY;k.k d l/ku J; dk gh J"B le>dj xg.k
 djrk g] ijr eUn cf) eu"; ykfdd ;kx{ke dh bPNk l Hkkxk d l/ku
 :i i; dk viurk gA

fofHkUu ijEijkvk e vkpkj

Hkkjr ikJEHk l gh fofHkUurkvk dk n'k jgk g(fdUr ;gk dh
 lLdfrd mnkUrk d dkj.k bue ,drk dk gh Loj e[kj jgk A ;gk dh
 nk ijEijk, cgr gh ikphu g&ofnd vkj Je.kA Je.k ijEijk dk lEcu/k
 ck) vkj tu lEink; l gA ofnd] ck) vkj tu bu rhuk ijEijkvk dh
 viuh&viuh lLdfrd igpku gA iR;d ijEijk dk nk'kfud vkj vkpkj
 lEcu/kh n"Vdk.k Hkh fHkUu&fHkUu gA ,d gh n'k e vkj ,d gh LFkk ij
 mRiUu] fodflr vkj QyhHkr gku d dkj.k ,d nlj d rUok dk Hkh bu
 /kek u xg.k fd;kA bue l dku ikphu g vkj dku vokphu ;g fookn dk
 fo"K; gA ;g i'u fooknLin blfy, cuk fd Je.k ijEijk d lEfk
 Je.k ijEijk dk ikphu iekf.kr djr g vkj ofnd ijEijk d lEfk
 ofnd ijEijk d kA Mk- y{e.k "kkL=h u ofnd lLdfr dk Je.k lLdfr dk
 ey ekuk gA mudk vfHker g&tu rFkk ck) /ke Hkh ofnd lLdfr dh
 'kk[kk, gA ;|fi lkeU; eu"; bu g ofnd ugh ekurkA lkeU; eu"; dh
 bl HkkUur /kkj.kk dk dkj.k g fd ; lLdfr;k on fojk/kh gA lp rk ;g g
 fd tuk vkj ck)k dh rhuk vfUre dYiuk, de foikd] l lkj dk cu/ku
 vkj ek{k vUrrkxRok ofnd gh gA⁵ mUgku vkx fy[kk g&tu rFkk ck) /ke
 vkifu"kfnd fopkj/kkj d fodflr :i gA

jk"Vdfo fnudj d vulkj ofnd dedk.M thou d pje y{; d
 l/kd ugh gk ldr] D;kfd Kku d }kjk gh eu"; viu y{; dk iklr
 djrk gA blfy; mifu"knk e bl dh egUkk crkb x;h gA mifu"kn ofnd
 /ke d dE; Lox dk v;Fk"V crkdj Kkuekx dk min'k nrh gA fojk/k
 dk ;g Loj blk l 600 o"K io rd vkdj ofnd /ke d f[kykQ [ky
 fonkg dk tUe fn;k ftldk l lxfBr :i tu vkj ck) /ke e ixV
 gvka⁶

tukpkj vkpk;Jh egkiK dk vfHker g fd ftu rUok d vk/kkj
 ij ofnd lLdfr dk Je.k lLdfr l ikphu ekuk tkrk g] o rUo eyr%
 vofnd gA defoikd] l lkj dk cu/ku vkj ek{k loFkk vofnd gA
 mifu"knk d _f"K Hkh Je.k lLdfr l iHkkfor FkA tu /ke ofnd /ke d

fø;kdk.Mk d ifr fonkg dju d fy; leRiUu /ke ugh g vkj vk;/ke d
 iu#)kj d :i e Hkh mldk mn; ugh gvk gA lp rk ;g g fd Je.k
 vkj ofnd&nkuk ijEijk, LorU= :i l mnHkr gA nkuk ,d lkFk jgu d
 dkj.k ,d nlj dk iHkkfor djrh jgh gA Je.k ijEijk d vud lEink;
 Fk] fdUr dky d vfojy iokg e tu vkj ck)&; nk cp] 'k"lc foyhu
 gk x;A dN feV x,] dN tu ijEijk e fey x, vkj dN ofnd ijEijk
 e fleV x,A⁷

lLdfr dk ,d ek= mí'; ekuork dh Hkykb gA l lkj e Hkkjrh;
 lLdfr] ;jkih; lLdfr vkfn ftu&ftu fofHkUu lLdfr;k d uke lu
 tkr g] mu lc e ge mu i;Ruk dk leko'k ikr g] tk le;≤ ij
 ekuo 0;fDrRo d fodkl dh fn'kk e fd, x,A bl nfVdk.k l l lkj e
 ,d gh lLdfr g vkj og g&ekuo lLdfrA

;g ekuo lLdfr Hkkxkfyd nfVdk.k l vud lLdfr;k e
 foHkkftr gk tkrh gA gekj Hkkjr n'k dh vkpkj&fopkj ijEijk] ftlu
 'krkfCn;k io l ekuo dk ,gykfd l[k'kkfUr d lkFk ikjykd
 l[k'kkfUr dk ekx Hkh i'kLr fd;k] og Hkkjrh; lLdfr vFkok vk;lLdfr
 dgykrh gA Hkkjrh; lLdfr dh nkuk /kkjk, ^ofnd vkj Je.k* dk vkpkj
 fopkj v/;kRe dh uho ij fLFkr gA

on vkj ofnd xUFkk e vkpkj

onk dk i/kku y{; v/;kRefo|k ;k c°efo|k gh g] fQj Hkh ;gk
 vkpkj i{k dh mi{k ugh dh x;h gA D;kfd dgk x;k g&vkpkjoku i#"kk
 onA⁸ vFkkr vkpkjoku i#"k gh lE;d Kku dk iklr dj ldrk gA onk e
 vkpkji{k dk foLrr fu:i.k fd;k x;k gA onk e ftl vkpkj i{k dk
 o.ku g og fdlh ,d /ke ;k lEink; d fy; u gkdj ekuoek= d fy;
 gA ;g 0;kid nfV gh onk d vkpkj i{k dk lkoHkke cuk nrh gA nx.kk
 l fuofÜk vkj lnx.kk e iofoÜk gh ofnd vkpkj lfgrk dk y{; gA iofoÜk
 vkj fuofÜk dk e[; lk/ku eu gA blhfy, onk e eu d }kjk f'ko vkj
 lR; ldyi dh dkeuk dh x;h g ^rÙe eu f'koldYielr* ifj.kkeLo:i
 eu"; d lkj vkpkj vkj 0;ogkj 'k) vkj ifj"dr gkr gA vkpkj gh
 ufrd thou dh vk/kkjf'kyk gA ufrd dÜk;k d ikyu l gh thou mUur
 vkj fodflr gkrk gA lnpkj l gh vkfLdrk lPpfj=rk] ekufl d
 ilUurk vkj vkfRed l[k dh vuHkr gkrh gA bld vHkko e vukpkj] iki
 Hkkouk] fglk] vR;kpkj vkj vufdrk dk okrkj.k r;kj gkrk g] vr,o
 on dk vkn'k g fd ijeRek dk lo0;kid eku g; lnp'kHk de djKA
 onk e txg&txg nx.kk l nj jgu vkj lnx.kk dk iklr dju d ekx
 crk; x; gA onkDr vkpj.k dju l ekuo ikik vkj nfopkj l cprk g

vkj lnx.kk e ioÜk gkrk gA lnpkj l[kh thou dh vk/kkjf'kyk gA ft l
 idkj uho ;k vk/kkj d fcuk Hkou d lflFkjrk dh dYiuk ugh dh tk
 ldrh] mlh idkj vkpj.k dh ifo=rk d fcuk l[kh thou dh dYiuk ugh
 dh tk ldrhA vr,o dgk x;k g fd&^lUrkk ,o i#"L; ij fu/kue*
 lUrkk gh lcl cMk /ku gA Hkkfrd oLrvk e vklfDr n[kk dk eydkj.k
 g] blfy, vklfDr dk NmDj R;kx dh Hkkouk l gh lklkfjd Hkkxk dk
 Hkkxuk pkfg,A blh e l[k] 'kkfUr vkj vkuUn gA

thou dk ixfr'khy] idk'ke; vkj l[kh cuku d fy; on gh
 ,dek= lk/ku gA vr,o eu u dgk g ^onk-f[lyk /keeye*&lkj /kek dk
 ey on gA onk e 0;fDr] lekt] ifjokj jk"V vkj fo'o d fy; vkpj
 lfrk nh x;h gA tk budk ikyu djr g] o thou e lnk lQy gkr g]
 mUur gkr g] vkj l[ke; thou 0;rhr djr gA onk e /ke dk lkj fn;k
 x;k gA onk e lcd dÜk0;k dk mYy[k gA tk ofnd f'k{kk d vulkj
 dk; djrk g] og bl ykd e dhfr ikrk g vkj eR; d ckn fn0; l[k
 ikrk gA

onk e of.kr vkpj

on fo'o d ikphure xUFk gA vk;k dh lH;rk] lLdfr /ke vkj
 vkpj.k dh :ij[kk tkuu ,o le>u dk ,d ek= lk/ku on gh gA ijEijk
 l Jr ¼luk gvkkz gku d dkj.k on dk Jfr dgk x;k gA Hkkjrh; lukru
 /ke d ftru 'kkL= g]o lc on eyd gA ikr'dky l ydj jkf= e 'k;u
 i;Ur fdl&fdl idkj 'kkjhfd p"Vkvk d dju l 'kjh dh ;FkkFk mUufr
 vkj mld }kjk ekufld vkj vk/;kfRed mUufr gk ldrh g] ;g fuR; dk
 lnpkj gA eu d vulkj cãkoÜk n'k e ckã.k] {kf=;} o';] 'kn rFkk
 vokUrj tkfr;k dk ijEijkxr vkpj gh lnpkj dgykrk gA blfy;
 ckã.k] {kf=;} o';] 'kn rFkk vokUrj tkfr;k dk viuv&viu o.k rFkk
 tkfr d /ke&de dk ikyu djuk pkfg,A ,lk dju l 0;fDr vkj lekt
 rtLoh curk gA blfy, onk e lkoHkke lekurk dh ckr dgh x;h g&

lXPN/oe lon/o] l ok eukfl tkurkeA

nok Hkkx ;Fkk io] l tkukuk miklra°

eu";k dk feydj pyuk pkfg;] feydj ckyuk pkfg,] ijLij
 fopkjk dk vknku&inku djuk pkfg,A bl l lnk mUufr gkrh gA __Xon e
 lerkoknh lekt dh dYiuk dh x;h gA on dk dFku g fd ijekRek u
 l Hkh dk leku lfo/kk; nh gA ekuo dk dÜk0; g fd og mu lfo/kkvk dk
 Bhd mi;kx djd viuh vkj lekt dh mUufr dja 0;fDrxr vkj
 lkefgd mUufr dk ey g&opkfjd ,drk] Hkkoukvk dk leUo; vkj

fØ;kdyki e ,d:irkA bld fy, gh lHkk vkj lfevr dk xBu fd;k
x;k FkkA _Xon e blh fopkj dk bl idkj ixV fd;k x;k g&

lekuk eU= lfevr lekuk]

leku eu l g fpÙke"kke

leku eU=efHk eU=; o

lekuu ok gfo"kk tgfAA¹⁰

;fn lekt d lHkh oxk e ,d:irk jgxxh rk fuf'pr :i l
lekt mUufr djxkA _Xofnd lekt ekuo ek= dh lekurk okyk lekt
FkkA ogk lekt e Hkn&Hkko ugh FkkA on ikf.kek= dk dY;k.k dI gk]
bldk ekx i'kLr djr g, eu";ek= d dÙko; dk fu'p; djr gA lFk
gh ,gykfdd thou dh lFkdrk d fy; lRde dju dh ij.kk nr gA
blhfy; onk d ifrik] fo"k;k e eu"; dh fnup;k] thoup;k] leku;/ke]
fo'k" /ke] o.kkJe/ke] lLdkj] vkpkj]&fopkj] ;e&fu;e] nku] Jk) ri.k]
i«pegk;K] Lok/;k;] lRlx] vfrfFklok] nokikluk lU/;koUnu] ;K]
orkiokl] defoikd] ik;'pr] i#"kkFk&pr"V; %/ke&vFk&dke&ek{Kk} HkFDr
vkj v/;kRe Kku vkfn fo"k; lekfr gA fof/keyd vkj fu"v/keyd dÙko;k
dk o.ku onk e gA on e ikFkuk dh x;h g&lfj ek-x n'pfjrk}/kLokk ek
lpfjr Hk tA mnk;"kk Lok;"knlFkkeerk vuAAp

^g no! vki lc d fu;Urk gA e> n'pfj= l iFkd dj vkj lc
vkj l lnkpj dk Hkxxh cuk;A e vej nok dk vudj.k d: rFkk mÙke
vk; ,o 'kkHku thou ydj Åij mB tkÅA* lnkpj gh Åij mBkrk gA
njpkj rk uhp fxjku okyk g] vk; dk {kh.k dju okyk gA onk e dgk
x;k g&^_rL; iUFkk u rjfUr n'dr"iA vFkkr njpkjh lR; d ekx dk
ikj gh ugh dj ldrA lR; gh ijcã gA lHkh ikik dk u"V dju oky
lk/kd gh cã in dk iklr djr gA lllDr cuu d fy; lnkpj dk
thou e ie[k lFkku nuk gh iMxkA ;gh thou dk pje y{; gA

lnkpj dh j{kk lokifj vkj lokfr'k; dfBu lk/kuk gA tk bl
lk/kuk dk thou e lk/k yr g] tk bl lk/kuk e lflf) iklr dj yr g]
o lR; dk iklr dj yr g] lR;Lo:i e lflFkr gkdj fo'o e lR; vkj
lnkpj dh T;kfr txexr gA lnkpj l[k&'kkfUr dk nk;d gA vFkoon
e dgk x;k g&

^vuori fir i=k ek=k Hkor leukA

tk;k iR; e/kerh okp onr 'kfUrokeAA¹¹

i= firk dh vkKk dk ikyu dJA ifr iRuh ijLij 'kkfUrnk;d
opuk dk i;kx dJA Hkkb&Hkkb l }"k u dJA cgu Hkh cguk l Lug dj

rFkk ijLij dY;k.k vkj l[knk;h opuk dk i;kx dja leLr itk Hkh
ijLij e/kj opuk dk 0;ogkj dja

onk dk dFku g fd iR;d eu"; lDYi dj fd e dHkh fd l h
ik.kh dk d"V nu okyk dk; u d:A og ikik l efDr gr b'oj dh
mikluk Hkh dja

iki dk vFk ekufl d cjk;k ga vr% eu l 'k) jguk lnkpjk ga
onk e vkpkj d fofHkUu i{kk dk mn?kktVr fd;k x;k ga onk dk ;fn
lnkpjk dk gh xUFk dgk tk; rk dkb vR;fDr ugh gkxhA

onk e pkjk o.kk dk vkpkj

lekt dk l lxfBr vkj l0;ofLFkr cuku d fy; o.k0;oLFkk dh
ijEijk _f"k;k }kjk pyk;h x;hA ;g o.k0;oLFkk dfYir ugh g] bldk
eyk/kkj ofnd Jfr gh ga o.k0;oLFkk d vkfn lkr on gh ga _Xon e
i#"k&lDr d vfrfjDr vU;= dgh ckã.k {kf=;} o'; vkj 'kn&pkjk o.kk
dk mYy[k ugh feyrkA doy i#"k lDr e lekt d Lo:i dk ,d 'kjh
d leku ifrikfnr djr g; pkjk o.kk dk mYy[k fd;k x;k ga _Xon d
vul kj ckã.k lekt d e[k g] jktU; % {kf=; % Hk tk, g] o'; t?kk, o iV
g vkj 'kn ij ga i#"k lDr dk vk/kfud fo}ku ijorhdky dh jpuk ekur
ga _Xon e vU;= ckã.kk vkj {kf=;k dk mYy[k vo'; gvk g] ij o';
vkj 'kn 'kCn doy i#"k lDr e gh vk; ga bli Kkr gkrk g fd
_Xofnd dky e o.k0;oLFkk c)ey ugh FkhA

mÜkj ofnd dky e o.k0;oLFkk fodflr gk pdh FkhA vFkoon]
jktU;] o';] 'kn vkj vk; bu pkj lkekftd foHkxk dk Li"V mYy[k
djr k ga ;gk vk; l dnkfpr ckã.k o.k dk ck/k gkrk ga _Xon d i#"k
lDr dh Hkkfr vFkoon u Hkh ;gk {kf=; o.k d fy, ^jktU;* 'kCn dk i;kx
fd;k ga rfÜkj; ckã.k dk dFku g fd ckã.k dk clUr ej {kf=; dk
xh"e ej o'; dk 'khr e vkj jFdkj dk o"kkdky e vfXugk= djuk
pkfg;A mÜkj ofnd dky e ckã.kk dh lEeku;rk c< xb FkhA ckã.k fn0;
o.k FkA og iFoh ij iR;{k nork FkA mle leLr nork fuokl djr FkA

lkekftd iHkrk vkj ifr"Bk d fy; ckã.kk vkj {kf=;k dh
ifrLi/kk Hkh bl dky e ikjEHk gk x;h FkhA dnkfpr bl h d ifj.kkeLo:i
'kriFk ckã.k e ,d LFkku ij ckã.k dk {kf=; l Åpk crk;k x;k g vkj
nlj LFkku ij {kf=; dk ckã.k l ÅpkA¹² bl h ifrLi/kk l ifjr gkdj
{kf=;k u fo"k; v/;;u vkj yxu d }kjk mifu"kn&dky rd ckã.kk d
leku gh lEeku;rk iklr dj yh FkhA mudh fo}rk l iHkkfor gkdj Lo;
ckã.k Hkh mud lehi v/;;ukFk tkr FkA 'ordr vk#.k; u iokg.k
tofy {kf=; l f'k{kk ik;h FkhA bl h idkj ckã.k xkX; u dkf'kijt vtkr

'k= d lehi v/;;u fd;k FkkA ipkfXufolk dk rk {kf=;k u gh tUe fn;k
FkkA

**Br g fpj oIR;kKki;kYpdkj r gkokp ;Fkk ek Ro xkrekonk
;Fk; u ikd RoÙk ijf folk ckã.kkUXPNfr rLeKn lo"K ykd"K {k=L;o
i'kk lueHkfnr rLe gkokpA¹³**

ml ^;gk fpjdKy rd jgk* ,lh vkKk nh] vkj mll dgk&g
xkre! ftl idkj reu e>l dgk g iodky e rel igy ;g folk
ckã.kk d ik l ugh x;hA bl h l lEi.k ykd e bl folk }kjk {kf=;k dk
gh vu'kk lu gkrk jgk gA mÙkjofnd dky e {kf=;o.k dk egÙo vf/kd gk
x;k FkkA

_Xon e i#"k lDr d vfrfjDr ^o';* 'kCn dk i;kx fn[kk;h ugh
nrkA mÙkj ofnd lkfgR; e bl dk i;kx feyrk gA mÙkjofnd dky e bl
o.k dk ^vU;L; cfydr* dgk x;k gA rfÙkj;h; lfrk dk dFku g fd o';
lenk; i'k&iky vkj vUukRifÙk djr gA ,rj; ckã.k mldh egÙkk dk
Lohdkj djr g; dgrk g fd node vFkok ;kfKd de e o'; lenk; dk
lg;kx vko';d gA

i#"k lDr dk NkMdj _Xon e dgh Hkh 'kn'kCn dk i;kx ugh
feyrkA ijuR mÙkj ofnd dky d lkfgR; e bl 'kCn dk i;kx vud ckj
gvk gA ;gh ugh] bl le; rd 'kn lenk; e vudkud ox gk x;
Fk&pkMky] ikYdl] fu"kn] mx] ekx/k bR;kfNA bl d vfrfjDr vud
tkfr;k dk mYy[k mÙkj ofnd lkfgR; e feyrk gA

ckã.k ,o vkj.;d xUFk vkj vkpkj

^eU= ckã.k;konuke/k;e* d fl)kUrku lkj onk d eU= vkj ckã.k
; nk foHkkx gA oLrr% ckã.k xUFk ;K vkj dedk.M d vk/kkj xUFk gA
fdlh Hkh /ke dh fo'k"rk dedk.M dk fØ;kRed :i gh gkrk gA eU= vkj
ckã.k ,d nlj d ijd gkr g&^eU=ckã.kkRedk on%* d vulkj eU= vkj
ckã.k feydj on dgykr gA ckã.k xUFkk e fof/k] vFkokn vkj
mifu"kn&; rhu [k.M gA fof/k Hkkx e de dk fo/kkukRed Hkkx g tcfd
vFkokn e ijkpukRed vkj mifu"kn e rÙokfHko;fDr dk fo"K; ifrikfnr gA
ckã.k xUFkk e e[;r% ;K de dh egÙkk dk ifriknu gvk gA ^;Kk o
J"Bre de* vFkkR ;K gh J"B de g vkj ;gh vkpkj gA tk dN Hkh

l l k j e d e g k j g k g j m l d k m ù k e k ' k ; K g h g A ; K l e k u o d k d Y ; k . k
g k r k g A ; K l i k i k d k f o u k ' k g k t k r k g A

^Ave/; k o i # " k k ; n u r o n f r * c k ã . k x U F k k e > B c k y u o k y d k
v i f o = d g k x ; k g A c k ã . k x U F k k e l R ; i j c g r v f / k d c y f n ; k x ; k
g A l R ; c k y u k j l R ; l d Y i e y h u j g u k j l R ; d e d j u k c k ã . k x U F k k d
m í ' ; g A v l R ; H k k " k . k d j u o k y d k r t u " V g k t k r k g A } " k d j u o k y k
H k h i k i h e k u k x ; k g A p k j h d j u k j g R ; k d j u k v k f n n " d e k d h J . k h e v k r
g A c k ã . k x U F k e k u o t h o u d f y ; m i k n ; g A l n k p k j d f u ; e b u x U F k k
e l x g h r g A c k ã . k x U F k H k k j r h ; l l d f r d v k / k k j v k j K k u d v F k k g
l x j g A v k p k j l E c u / k h l f e l l f e f o p k j k d k o . k u b u x U F k k e g A

c k ã . k x U F k k d h H k k f r v k j . ; d k d h H k h e g ù k k o f n d l k f g R ; e e k u ;
g A c k ã . k v k j v k j . ; d x U F k k d k v U ; k U ; l E c u / k g A c k / k k ; u / k e l = e
v k j . ; d x U F k k d k c k ã . k x U F k H k h d g k x ; k g A m n k g j . k k F k d k . o e k / ; f n u
' k r i F k c k ã . k v k j c g n k j . ; d k i f u " k n A b l e m i f u " k n j v k j . ; d v k j c k ã . k
r h u k l f e f y r g A v k j . ; d x U F k k e j g L ; k u H k f r d k f o ' k " k i f r i k n u f d ; k
x ; k g A b l h f y ; b u g j g L ; x U F k k d h H k h l K k n h x ; h g A o k u i l F k k o l F k k e
f u t u t x y k e f u o k l d j u o k y _ f " k e f u ; k u f t l d k x # v k l v / ; u
f d ; k F k k v k j v / ; k R e K k u d k l x g f t u x U F k k e f d ; k j o g h v k j . ; d x U F k
g A e [; r l o u e i < k ; t k u ; k X ; g k u l m u d k u k e v k j . ; d g v k & ' v j . ;
, o i k B ; R o k n k j . ; d f e r h ; r A * f t l i d k j x g L F k t h o u d f y ; v k p j . k h ;
d k ; k d k f o ' y " k . k c k ã . k x U F k k e g j m l h i d k j o k u i l F k v k J e o k f l ; k d
f y ; ; K j e g k o r v k f n d k f o ' y " k . k v k j . ; d x U F k k e g A

v k j . ; d x U F k k e o . k k J e O ; o l F k k d k i . k f o d k l f n [k k ; h n r k g A
; K k u H k f r d h n k ' k f u d O ; k [; k v k j . ; d k e i k ; h t k r h g A v k j . ; d k e
l d k e d e d l k F k g h d e Q y d i f r J) k d H k k o d k v H k k o g A L o x { k ;
g k u d d k j . k l r j f p r v k u U n d k e y J k r d e l k / k u k e u g h g j c f Y d
K k u e k x g h m l d k , d e k = l k / k u e k u k x ; k g A v k j . ; d k e v d f j r g k d j
K k u d e d k l o k P p f l) k U r m i f u " k n k e i Y y f o r v k j i f ' i r g v k g j t k
v k p k j d k v k / k k j H k r r u o g A

l n k p k j d k j g L ; k R e d f o ' y " k . k v k j . ; d k e f e y r k g A
c g n k j . ; d k i f u " k n e l U ; k l l c / k h l n k p k j d k e g R o i . k o . k u g & ^ , r e o
f o f n R o k e f u H k o f r A , r e o i o k f t u k y k d f e P N U r l i o t f u r A , r) l e o
r R i o f o } k l l i t k u d k e ; U r f d i t ; k d f j " ; k e k ; " k k u k ; e k R e k ; y k d
b f r A * 1 4 v k R e k d k t k u y u i j l k / k d e D r g k t k r k g A c ä y k d d h d k e u k

dju oky lU;k l ekx ij vkr gA ikphu fo}ku itk dh bPNk ugh djr
vkj dgr g fd vkRek gh mUg b"V gA

bl idkj ckã.k vkj vkj.;d xUFkk e lnkpj dk pMkUr fodk l
gvk gA ykfddrk l ij tk vkpj.k gkrk g ogh lnkpj gA ;g vkpj gh
vkRedY;k.k dk ,d i'kLr ekx gj ftldk vkpj.k dju ij ekuo
ykfddrk l =k.k ik tkrk gA lnkpj d vykfdd l=k l onk dk Hk.Mkj
Hkjk gvk gA lnkpj l fd l h Hkh tkfr ;k n'k dh lldfr dk fuek.k gkrk
gA lnkpj d vHkko e lldfr dk dkb LFkdf;Ro ugh jgrkA l lkj e
Hkjjrh; lldfr v{k.; jgh gj D;kfd ;g lnkpj fu"B vkj vkpj.k i/kku
lldfr jgh gA

ckã.k vkj vkj.;d onk d vfHkUu vx gA ;gh dkj.k g fd bu
xUFkk e ftu 'kk'or lnkpj d fl)kUr dk ifriknu fd;k x;k gj o
vkt Hkh ekfyd vkj vudj.kh; eku tkr gA Hkjjrh; lldfr lnkpj d
bUgh vio fl)kUr l xghr vkj lnfhkr gA

mifu"knk e vkpj

mifu"knk e dgk x;k g fd tk n'pfj= gj ftudk eu v'kkUr
vkj fof{klr gj o iKku }kjk Hkh cã dk ugh iklr dj ldr g ,l ykxk
dk ckj&ckj bl Hkolxj e tUe vkj ej.k d cu/ku e c/kuk iMrk gA
'kkL=k }kjk ifrikfnr lnkpj.k ,o Hkxopj.kk dh itk rFkk HkfDr ifo=
dju oky g vkj l Hkh idkj d ikik dk uk'k dju oky gA

lkeU;r;k ikrty;kxl= e ikp ;ek vkj ikp fu;ek e l Hkh
idkj d lnkpj dk vUrHkko gk tkrk gj fQj Hkh vf/kd Li"Vrk ,o ee{kk
d fy, ikyuh; ork dh fuf'prrk d fy; 'kkf.MY;kfn mifu"knk e budh
l [;k nl&nl crk;h x;h gA bud vulkj vfglk] lR;] vLr;] cãp;]
n;k] ljjrk] {kek] /kfr] ferkgj vkj 'kfprk& nl ;e g rFkk ri]
lUr"k] vkfLrdrk] nku] b'ojitu] 'kkL=h; fl)kUr dk Jo.k] yTtk efr]
ti ,o or ; nl fu;e gA ckã.kkifu"kn d vulkj 'khrk".kkgj] funk ij
fot;] lonk 'kkfUr] fu'pyrk rFkk fo"n;fun;fuxg& ;e g rFkk x#HkfDr]
lR;ekxkujfDr] eukfuofUk] l [kkxr oLr ¼cã½ dk vuHko] lUr"k] fulxrk]
,dkUrok] deQy dh vfHkyk"kk dk u gkuk rFkk ojkX;& fu;e gA

lnkpj d :i e ikyuh; /kek dk o.k] vkJe] vk;] voLFkk] tkfr]
fyx vkfn Hkn l o.ku fd;k tk ldrk gA lR;fu"Bk] lR;or ,o
lR;kpj.k d vHkko e l Hkh or] de ,o ^vkpj.k* fu"Qy gk tkr gA
cgnkj.;dkifu"kn d vulkj ^lR;* gh cã gj lR; gh /ke gA bl lR;

/ke l c<dj dN ugh gA t l iFoh d uhp nch g;h lEifÜk dk Kku
mDr Hkin'k d Åij ?keu&fQju oky 0;fDr dk ugh gkrk] blh idkj
fuR;l"lir n'kk e cã d lehi tku okyh itk dk Hkh viü ân; e
vUr;keh:i l okl dju oky cã dk Kku v lR; l vkPNkfnr gku d
dkj.k ugh gkrkA

lR; cãfo|k dk vk;ru gA lR; e cãfo|k fuokl djrh gA tk
lR; dk vkpj.k djrk g] mlh dh fot; gkrh g] >B dh ughA no;ku dk
foLrkj %lR;* d }kjk gh gvk g&

^lR;eo t;fr ukur lR;u iUFkkforrk no;ku!A*

lR; thou dk ey gA thouo{k dk lEcf/kr dju okyk j l gA
tk >B ckyrk g] mldk thou ley 'k'd gk tkrk gA cãyk d mUgh dk
iklr gkrk g] ftue lR; ifrf"Br g rFkk tk ri ,o cãp; dk i.k:i.k
ikyu djr g] vu"Bku djr gA lR;/ke dk l{kRdkj dju d fy; iR;d
oLr e fufgr fuHkkUr 'k)] lR; dk tkuu ,o iku d fy; ckj l
vkikrr% je.kh; ,o fgrdj fn[kk;h nu oky inkFk :ik d ifr vkIfDr
rFkk ykHk dk ifjR;kx vifjgk; gA :i d pdkpk/k l je.kh;rk ,o
ykHkr".kk l lR; dk e[k vkPNkfnr gk tkrk gA bl vkPNknu dk nj
fd; fcuk lR; dk n'ku ugh gk ldrkA lR; e ok;] l;kfn nork
ifrf"Br gA lR; e gh ok.kh dh ifr"Bk gA lR; ek{k dk ijelk/ku gA
lR; d vfrfjDr ri] cãp;] b'ojfir de] lE;XKku] J)k ,o
fuR;kikluk Hkh ee{k d }kjk vu"Bku d ;kx; ie[k lnpkj or gA

ijfo|k Hkh lR;] ri] onkUrKku] cãp;kfn l gh iklr gkrh g&

,o : ik ijk fo|k lR;u ri l kfi pA

cãp;kfnfk/kyH;k onkUroReukAA¹⁵

NkUnkX;kifu"kn e ri] nku] vkto] vfglk ,o lR; d vkpj.k dk
vkRe;K dh nf{k.kk crk;k x;k gA bl mifu"kn d vulkj /ke:ih o{k d
rhu e[; LdU/k gA iFke LdU/k g&;K] v/;;u ,o nkuA f}rh; LdU/k
g&ri vkj rrrh; LdU/k g&uf"Bd cãp;A ri d lEcU/k e
egkukjk;.kkifu"kn e vu'ku dk vFkok /keu"Bku d fy; dk;Dy'k lgu
dk rFkk cf) ,o fpÜk dh fueyrk rFkk l;ekfn dk ri dgk x;k gA
e.Mdkifu"kn&^;L; Kkue; ri! dgdj lonk prU;Hkko l ;Dr jgu ,o
lR;Kku e fLFkr dk ^ri* Lohdkj djrh gA vkpkj d ifr midkj d gku
d dkj.k _r] lR;] onKku] i'kkUrfpÜkrk] 'ke] ne] nku] ri ,o ;K dk
fo'k"K egRo g&

**_r ri% lR; ri% Jr ri% 'kkUr rik neLri% 'keLrik nku rik
;K rik HkHko% locãrnikLorÛki%A**

mifu"knk e ri dk cgr egRo inku fd;k x;k gA rfÛkjh;
mifu"kn d vulkj _r] lR;] ri] ne] 'ke] ;K ,o vfXu&gk=]
vfrfFk lok] ekuodY;k.k d de] lRku ikyu o'k dh j{kk ,o cf) vkfn
lHkh ri% dek dk djr g; Lok/;k; rFkk iopu dk fuR; ,o fu;fer
vH;k l djuk pkfg,A

rfÛkjh; mifu"kn e Lukrd f'k"; dk min'k nr g, dgk x;k
g&^lR; ckykA /ke dk vkpj.k djKA Lok/;k; l iekn u djKA x# d
fy; nf{k.kk d : i e mudh :fp d vu: i /ku ykdj ieiod nuk] fQj
mudh vkKk l xgLfkkJe e io'k djd Lo/ke dk ikyu djr g, lRku
ijEijk dk l jf{kr j [kukA lR; l iekn ugh djuk pkfg,A /ke l iekn
ugh djuk pkfg,A ,o; nu oky ekxfyd dek ,o lEink l xg l iekn
ugh djuk pkfg,A Lokk/;k; ,o iopu l iekn ugh djuk pkfg,A nodk;
,o firdk; l iekn ugh djuk pkfg,A vkpj.k dh f'k{kk nr g; x#
f'k"; l dgr g fd re ekrk e nocf) j[kuk] firk e no cf) j[kuk]
vkpk; e nocf) j[kuk] rFkk vfrfFk e no cf) j[kukA l l k j e tk&tk
funk"k de g mUgh dk rEg lou djuk pkfg,A mul fhkUu tk
nk"K;Dr&fuf"K) de g] mudk dHkh Hkydj&Lolu e Hkh vkpj.k u djukA
x#tuk d vkpkj 0;ogkj e tk mÛke&'kkL= ,o f'k"V i#"kk }kjk vuekfnr
vkpj.k g] ftud fo"K; e fd l h idkj dh 'kdk dk LFkku ugh g] mUgh dk
redk vkpj.k djuk pkfg,A tk dkb Hkh J"B&o;] fo|k] ri] vkpj.k vkfn
e cM rFkk ckã.k vkfn iT; i#"k ?kj ij i/kkj] mudk] ik| v/;] vkl u
vkfn inku djd lc idkj l mudk lEeku rFkk ;Fkk;kX; lok djuh
pkfg,A viuh 'kfDr d vulkj nku dju d fy, l nk rRij jguk pkfg,A
tk dN Hkh fd l h dk fn;k tk;] og J)kiod fn;k tk;A vJ}kiod ugh
nuk pkfg,A yTtkiod nuk pkfg,A tk dN Hkh fn;k tk;&og foodiod]
mld ifj.kke dk le>dj fu"dkeHkko l dÛk0;de le>dj nuk pkfg,A
lnkpkj d ; eye= gA budk thou e mrkjuk gh flf) gA¹⁶

mifu"knk e ;g Hkh ldr g fd eu"; dh idfr e ft l nk"K dh
i/kkurk gk ml nj dju d fy; viu e mDr nk"K d foijhr x.kk dk
c<ku dk i;k l djuk pkfg,A dkefyllki/kku 0;fDr dk ne ¼ l ;e½ dk]

Øj idfr oky dk n;k dk ,o /ku ykyi 0;fDr dk nku dk vH;k l djuk
 pkfg,A bu rhuk idkj d 0;fDr Øe'kk no] vlj vkj ekuo tkfr dh
 idfr dk ifrfuf/kRo djr gA bl rF; dk cgnkj.;dkifu"kn e itkifr
 }kjk vii i=k&no] vlj ekuok dk doy ,dk{kj ^n* d }kjk min'k nu
 dh y?kdFkk e Li"V :i l ifrikfr fd;k x;k gA oLrr% nx.kk e dke
 Øk/k ,o ykHk lcl vf/kd icy gA JhenHkxon xhrk e bUg ujd d rhu
 }kj crkdj budk ifjR;kx dju dk min'k fn;k x;k gA ; lnpkj d
 'k= gA

mifu"kn doy vkReeyd ijykd 'kkL= gh ugh g] iR;r bue
 fufn"V lnpkj d ikyu l ekuo ,gykddd thou e Hkh vii 0;fDrxr
 thou] dVEc thou] lekt thou ,o jk"Vthou e egku mRd"i iklr dj
 ldr gA lR;x] =rk vkfn ;xk e lekt lnpkj dh nf"V l vR;Ur
 mUur FkkA jktk itkfrg dh nf"V l jkT; dh 0;oLFkk bl idkj l djr
 Fk fd itk Loo.kkJe/ke dk fu"Bk l ikyu dju okyh ,o folk rFkk
 lnpkj l lEiUu gkrh FkhA dd; n'k d jktk v'oifr o'okuj folk d
 Kkrk FkA bl folk d lh[ku d fy; vk, g, _f"i;k l mUgu Li"V :i
 l dgk Fkk fd ej jkT; e ,d Hkh pkj e[i] di.k] vfo}ku] vukgrkfXu
 ¼;K] gke u dju oky½ ,o 0;fHkpkjh i#"k ;k L=h ugh g&

u e Lruk tuin u dn;k u e|i%A

ukukfgrkfXuuk;Tok u LojhLofj.kh dr%AA

vkt d ;x e ,l folk] /ke ,o lnpkj l lEiUu jkT; dh
 dYiuk Hkh vfo'oluh; yxrh gA fdUr lnpkj lEiUu Hkkjr ,d fnu blh
 dkj.k ^Hkk&jr* FkkA mifu"kn deQy e fo'okl djrh g rFkk ;g ekurh g
 fd eu"; 'kHkkpj.k d }kjk mUke ;kfu e rFkk dfrlr vkpj.k d }kjk
 fufunr ;kfu e tUe xg.k djrk gA eu"; dh m/oxfr ;k v/kkxfr mld
 gh ldr ,o n"dr ij fuHkj gA

egkukj;.kkifu"kn dk dguk g fd tl if"ir o{k dh lxU/k dk
 nj l gh irk yx tkrk g] blh idkj i.;de dk Hkh nj l gh mldh
 lRdhfr dh xU/k }kjk Kku gk tkrk gA J"B i#"k ikikpkjh vFkk nijk
 dk vfgr dju oky ikf.k;k d ikidek dk ifrlj.k ugh djrA o mUke
 lnpkj l foHkf"r jgr gA lnpkj gh lRi:"kk dk Hk"i.k gA vr% ,l
 mUke lnpkj dh j{k djuh pkfg,A ;gh mifu"knk dk eUr0; gA

ofnd lkfgR; d i'pkr l= xUFkk e pkjk o.kk d vkpkj dk o.ku
 iklr gkrk gA mifu"knk d i'pkr ckã.k lkfgR; dk ,d cgr cMk Hkkx
 l=&:i e fy[kk x;kA de l de 'kCnk e vf/kd l vf/kd ckr dg nuk
 l= lkfgR; dh fo'k"krk gA l= lkfgR; rhu idkj d g&1- Jkr l= 2-
 xál l= 3- /ke l=

1- **Jkr l=&Jkr l=k** dk fo"K; ;K gA ble ikphudky l pyh vku okyh
 ;kfKd fØ;kvk d vkdkj] idkj] fof/k] fu"K/k vkfn dk o.ku gA budk
 Lo:i dedk.Mh; gA

2- **xál l=&xál l=k** dk ie[k fo"K; xgLFk thou gA bue eu";k d vkpkj]
 dÜk0;] mÜkjnkf;Roj nfud mikluk] ;K] lLdkj vkfn d lEcU/k e
 fofo/k fu;e gA

3- **/kel l=&xál l=k** vkj /kel=k e cgr dN fo"K; lK; gA ble fo'k"K
 vUrj ;gh g fd tgk xál= xgLFkthou d fof/k fu"K/kk dk lfoLrkj
 o.ku djr g] ogk /kel= vR;Ur l{klr :i e mudk mYy[k djr gA
 ijUr xál=k dh vi{k miu;u] fookg vkfn lLdkj] cãp;kJe] Jk)]
 v/; ;u vkfn /kel=k e vf/kd foLrkj d lKfK of.kr gA

,frgflid nf"Vdk.k l l=dkjk e xkre lcl ikphu irhr gkr
 gA ck/kk;u /kel= e xkre dk loiFke mYy[k feyrk gA bl l ixV
 gkrk g fd xkre ck/kk;u l io g; FkA bud vfrfjDr ck/kk;u] vkiLEc]
 ofl"B vkfn ifl) l=dkj g; gA

l= lkfgR; dh vko';drk

l= lkfgR; dk jpukdky NBh 'krkCnh b0 i0 l iFke 'krkCnh b0
 i0 rd ekuk tkrk gA ;gh le; ck) vkj tu /ke d mn; dk Hkh ekuk
 tkrk gA ck) vkj tu/ke d iknHkko vkj ipkj u ckã.k /ke dh eku;rkvk
 ij dBkj?kkf fd;kA vr% ;g vko';d gk x;k Fkk fd bu 0;oLFkkvk d
 fojk/k e ckã.k iu% viuh 0;oLFkk lxfBr vkj ifrf"Br djrA ,lk irhr
 gkrk g fd l= lkfgR; dk ,d cgr cMk Hkkx ck) vkj tu ipkj d
 ifrfØ;k Lo:i gvka on ikek.;] noh o.k0;oLFkk] ckã.k J"Brk] prjkJe
 0;oLFkk] fuofÜk ekxh fopkj /kkjk d fojk/k e xgLFk vkJe dh ifr"Bk]
 tKR;Rd"K ,o tKR;id"K] pkro.k 0;oLFkk d Hkhrj o.k lLdkjk dk lxBu]
 ;K] dedk.M vkfn dk ydj l=dkjk u iu% lekt dk ,dl= e ck/ku
 dk eguh; dk; fd;kA ck) vkj tu/ke u ckã.k /ke dh ftu eku;rkvk
 ij vk?kkf fd;k Fkk] mUgh dk l=dkjk u fQj l ifrf"Br fd;kA

I= IkgR; vkj Lefr IkgR;

I= IkgR; dh ijEijk dk Lefr IkgR; u Hkh thfor j[kkA I=k dh Hkkfr gh Lefr;k&euLefr] ;kKoYD; Lefr vkfn u Hkh /kfed ,o Ikekftd 0;oLFkk dk ifriknu fd;k gA ijUr fQj Hkh nkuk IkgR; e vUrj gA I= IkgR; dk ikjEHk Lefr IkgR; d io gvkA I= IkgR; x| vkj i| nkuk e g| ijUr Lefr IkgR; ,d ek= i| e gA Lefr IkgR; e ekuo vkj lekt d vkpkj vkj fu;e ifrikfnr gA

Lefr IkgR;

Lefr;k dk mÍ'; eu";k dk vkpkj] 0;ogkj vkj 0;oLFkk dh f'k{kk nuk FkkA nIj 'kCnk e dg rk Lefr;k e Lefrdkjk u ofnd fl)kUrK dk fØ;kRed vkj 0;kogkfjd :i fn;kA ;fn eu"; cãKku] v/;kRe vkj n'kuk d fl)kUrK dk tku tk;] ij mud vudy vkpj.k u dj] muG de:i e ifj.kr djd u fn[kko rk mldk Kku vkj foKku lh[kuk fujFkd gA rc ml Kku dk u rk dkb egÙo le>k tk;xk vkj u mi;kfxrk gh gkxh] oju ,lk eu"; ,d nFV l ml egku Kku HkMkj dk Hkh fujFkd vkj mi{k.kh; cuk nxkA

Lefr 'kkL= dk /keKkrk euhf"K;k u rhu Hkxk e e[; :i l foHkkftr fd;k g&vkpkj] 0;ogkj] ik;f'pr vFkok n.MA ; rhu fo"K; ,l g ftud fcuk 0;fDr vkj lekt dk u rk fodkl gk ldrk g vkj u eu"; leLr ikf.k;k d edVef.k dh mPp inoh dk iklr dj ldrk gA ;fn ekuo thou dk y{; [kkuk&ihuk Hkx vkj ituu gh le>fy;k tk; rk mldh fLFkr vU; i'kvk l dN gh fhUu gk ldrh gA ,lh voLFkk e ;fn og viuh cf) dk i;kx djd oKkfud fo"K;k e mUufr Hkh dj yrk] mRifÜk] j{kk vkj miHkx d lk/kuk dh cf) djd 'kkjhfd l[k dk ekx i'kLr dju e leFk gk tkrk rk Hkh mldh fLFkr dk fo'k"K Lig.kh; ugh dgk tk ldrk gA ,lh Hkx i/kku lH;rk dk ^vkljh* gh dgk tk ldrk g] D;kfd tc rd eu";k dh ekufld ofÜk;k dk l/kkj u gk] vk/;kfred x.kk dk fodkl u gk] rc rd vkf/kHkfrd Hkx fodfr;k gh mRiUu djr g vkj mul eu"; iru d xr e gh tkrk gA

bl rF; dh lR;rk dk ân;xe dj Hkkjr; _f"K;k u viu on Kku d lLej.kk] fu"d"kk dk Lefr 'kkL= d :i e ekuo lekt d fgrkFk

ixV fd;kA ft l l o Hkkxokn dh vk l jh/kkj e u cgdj vkRedY;k.k dk
 loiFke /;ku j[k vkj vFk rFkk dke d l kFk gh /ke vkj ek{k d l k/ku d
 fy; Hkh i;Ru'khy jgA

Lefr;k d rhu e[; foHkkx

Lefr;k e e[; :i l ftu rhu fo"i;k dk o.ku fd;k x;k g]
 mue iFke g&vvpkjA

1- vvpkj&eu"; dk vk/;kfRed fodkl rHkh lEHko g] tc og
 viuk vvpj.k 'k) j[k vkj l;e fu;e dk ikyu djrk jgA bld fy;
 Lefrdkj u lkyg lLdkj dk fo/kku cuk;k g] ft le eu"; dk tUe l
 ej.k rd viuk jgu&lgu 'k) vkj l kRod j[kdj efyurk] vifo=rk l
 nj jgu dk vkn'k fn;k x;k gA efyurk vkj vifo=rk pkg cká gk
 vFkok pkg vkUrfjd] eu"; d mPpHkkok dk u"V dj d ml iki dek dh
 rjQ ifjr djrh gA blfy; Lefrdkj u ekuo dk l lLdkfjr cuku d
 mí'; l vud fu;e cuk;] ft l l o vu'kk lu] e;knk] ufrdrk vkfn dh
 f'k{k iklr dj d okLrfod eu";rk dk fodkl dj l dA tUe d le;
 eu"; rFkk vU; ikf.k;k e fo'k"vUj ugh gkrk] oju ;fn n[kk tk; rk
 eu"; dk uotkr f'k'k vU; i'kvk d cPp dh vi{k vkf/kd vleFk vkj
 vl gk; fLFkr e gkrk gA dN cMk gku ij Hkh og Lo; dkb u;h ckr dj
 l du e vleFk gkrk gA ifjokj vkj lekt rFkk viu prfnd okrkj.k l
 og cgr dN lh[krk gA blfy; t l lLdkj mle Mky tk;x olk gh
 vvpj.k og lekt e djxkA

Lefr;k e ft l vvpkj dh f'k{k nh x;h g] ml o.kkJe fl)kurk
 d vk/kkj ij foHkkftr fd;k x;k gA oreku le; e o.kkJe 0;oLFkk
 vR;Ur fodr gkdj ik; VV pdh g] vkj bl le; tk ykx viu dk
 ckã.k] {kf=;} o'; vkj 'kn dgr g] ;k cāp;] xgLfk] okuiLFk] lU;k l
 vkfn vkJek dk uke yr g] mldk dkb fo'k"k egRo ugh gA Lefr;k e tk
 pkj o.kk vkj vkJek dk foHkk tu fd;k x;k g vkj mud tk dÜk; de
 cryk; x; g] mldk ,dek= y{; lkekftd lO;oLFkk vkj 0;fDr dh
 'kkjhfd] ekufld] ckf)d {kerk dk Øe'k fodkl gh gA mle iR;d
 0;fDr vkj lenk; dk mldh iofÜk] ;kX;rk vkj {kerk d vulkj gh dke
 dju dh ij.kk nh x;h g] ft l l lekt dh 0;oLFkk fuck/k :i l l pkfyr

gk l dA vkt dy ;fn dkb Lefr;k d FkkM cgr 'ykd k mnkgj.k ndj
mu ij i{kikr] fujFkdrk] v0;ogkfjdrk dk vkjki djrk g rk mld Hke
dk dkj.k okLro e ^Lefr;k* d eyLo:i vkj vkurfjd eUr0; ij fopkj
u dj d d d y 'kCnk d ihN nkMuk gh gA

Lefr;k d vkn'kk dk LokFkh 0;fDr;k u fd l idkj vFk dk vuFk
fd;k] mld fy; ;gh ,d mnkgj.k i;klr g fd t gk Lefr;k e ckã.kk d
fo'k"v vf/kdkj] lEeku] itk] vpuk] vkfn dk fo/kku crk;k x;k g] ogk
ckã.kk d y{k.kk vkj dUk0;k dk Hkh foLrkjiod foopuk fd;k x;k gA
Lefr;k d ey fl)kUr mudk y{; ekuo tkfr d fy; fgrdkjh gA ijUr
tl&tl n'k] dky] 'kklu vkj lkekftd 0;oLFkk e ifjoru gkr x,
mUgh d vulkj Lo:i Hkh cnyrk x;kA ifj.kke ;g gv k fd dN dky
chru ij tc yxk u mUg u; :i e n[kk vkj mue mud ey mí';
^lo Hkr fgrjrk* d fo#) vud ckrk dk leko'k ik;k rk mu ij l J)k
dk gkl gku yxk vkj vUr e ,lk le; vk x;k tcfd mudk cká :i
gh 'k"v jg x;k ftll lekt 'kkfUr vkj l0;oLFkk j[ku okyh f'k{k l
ofpr gk x;kA Lefr;k lnkpj d ,fgrkfld i{k dk iLrr djrh gA
vvpk; eu u lnkpj dk ifjHkkf"kr djr g; dgk g&ftl n'k dky o
lekt e vvpk.k dh tk ifo= ijEijk; pyrh jgrh g] og lnkpj g&

rfLeu n'k ; vvpk] ikjEi; Øekxr%A

o.kkuk l kUrjkykuk l lnkpj mP; rAA

lnkpj ,d ,lk 0;kid lkoHkke rUo g tk n'k dky dh l dh.k
lhek l vkc) ugh fd;k tk ldrk&tl l; dh jf'e;k lkj llkj d
fy; mi;kxh gkrh g] mlh idkj lnkpj Hkh ikf.kek= d fy; mi;kxh
gkrk gA blhfy; vvpk; eu u bl n'k e mRiUu f'k"V yxk l llkj d
l Hkh eu";k dk viu&viu pfj= dk lh[ku dh f'k{k nh g&

,rÍ'ki l rL; l dk'kknxtUeu%A

Lo&Lo pfj= f'k{kjUiffk0;k loekuok%A

egkHkkjr e on0;k l u Hkh ;gh dgk g fd l Hkh vxek e vvpk gh
i/kku g&^loxxekuk vvpk] iFle ifjdYir*A vvpk l gh /ke dh mRifUk
gkrh gA vvpk /ke dk e#n.M g] ftld fcuk /ke fVd ugh ldrkA
vvpk dk ikyu dju okyk ekuo l Hkh ikf.k;k e J"B g&^xá cã rínn
ccife] ufg eku"kk J"Brj fg fdfpr*A fo'o e ftru Hkh ik.kh g mu l Hkh
e ekuo J"B gA l Hkh ekuok e Kkuh J"B g(vkj l Hkh Kkfu;k e vvpkjoku
J"B gA J"B vvpk gh efDr dk }kj gA

vkpkj dh ifr"Bk d fy; eu vkj ok.kh dh ,d :irk ijeko';d
 gA ,rj;kifu"kn e eu vkj ok.kh dh ifr"Bk ij cgr cy fn;k x;k gA
 vkpkj dh ifr"Bk d fy; lR; dk vu"Bku ijeko';d gA lR; dh ifr"Bk
 vkifu"kn ijEijk l iklr gA /ke d vud lkrk e l lnpkj ,d gA
 bl dk /kel=k e 'khy] lke;kpkfjd vFkok f'k"Vvkpj dgk x;k g vkj
 Lefr;k e vkpkj ,o lnpkjA

ofl"B /kel= e f'k"V dh ifjHkk"kk nh x;h g&f'k"V% iujdkekRek*
 f'k"V og g tk LokFke; dkeukvk l jfgr gA vdkekRek dk gh vkpj
 iek.k ekuk tk ldrk gA vkpj ikyu e ;fn fd l h fo'k"K ifjflFfr e
 f}fo/kk mRiUu gk tk; rk ,l h flFfr e mÙke fopkj j[ku oky] l r ijke'k
 e d'ky] lnpkj e rRij ikf.k;k l ieiod 0;ogkj dju oky Hkni#"k
 t l k 0;ogkj djr gk ol k gh 0;ogkj djuk pkfg,A

f'k"Vvk dk Lo:i ck/kk;u u bl idkj cryk;k g&

**f'k"V% [ly foxreRljk fujgdjk dEHkh/kkU;k vylyik
 nEHkniykhkegØ/kfooft rka¹⁷**

^b";kMkg l jfgr] vgdkj foghu] ykyirk jfgr] ik[kM] ekg vkj
 Øk/k l tk foe[k g] o f'k"V dgykr gA f'k"V tu }kjk vkpfjr vkpj.k
 gh lnpkj dgykrk gA eu dk vkn'k g fd on rFkk Lefr ok³e; e
 ifrikfnr viu fofgr dek e /keeyd lnpkj dk fujkyL;Hkko l ikyu
 djuk pkfg;A lnpkj d ikyu l ,gykfdd rFkk ikjykd dY;k.k dh
 ikflr gkrh gA vkpk; eu dk ;g vkn'k fo'o d l Hkh lEink;k e fd l h u
 fd l h :i e Loh—r gA fo'o e ,lk dkb Hkh lEink; ugh g ftle
 lnpkj dk vuikn; ekuk tkrk gk&pkg og lEink; tu gk] ck) gk]
 fId[k gk] ikj l h gk] blkb gk ;k efLye vkfn tk Hkh gA lnpkj dh
 vkn'k:i e ik;% lo= vf/keU;rk gA og uhfr ;k ioFÙk tk thokRek dk
 rel l T;kfr dh vkj eR; l ver dh vkj vkj l l k l cã dh vkj
 xeu dju e ey ijd gk] lnpkj gA "kMx on] v'k"K Lefr;k] ijk.k]
 tukxe] ck) f=fiVd] x#xUFk lkgc] ckbfcy ,o dju vkfn fo'o d
 leLr ok³e; lnpkj dh gh f'k{k nr g vkj rf}ijh dnkpj ;k
 njkpj dk ifjR;kT; crykr gA njkpjh i#"k ykd e fufunr gkrk g]
 n%[k iklr djr g] vkj vYik;okyk gkrk gA euLefr e dgk x;k g&

^njkpjk fg i#"k ykd HkoFr fufunr%A

n%[kHkxh p lrr 0;kf/krk-Yik;jo pA¹⁸

eu"; dk viuuk vkpj.k lno 'k)] ifo= vkj funk"K j[kuk pkfg;A
 Lefr;k e 'kkjhfd eyk vkj xUnxh dh rjg ekufld eyk dk gkuk Hkh
 ?kf.kr vkj R;kT; cryk;k gA dke] Øk/k] ekg vkj ykHk ekuo d vkurfjd

nx.k gA bu nk"kk dk fujkdj.k dju d fy; Lefr;k e lLdkjk dk fo/kku
fd;k x;k g] ft l l eu"; dk f'k"Vrk vkj lnpkj dk vH;k l gk tk;A

vkpkj.k dh ifo=rk 0;ogkj e ifjyf{kr gkuh pkfg;A ekuo lekt
dh ,d ie[k bdkb gA lekt e jgr g; iR;d 0;fDr dk fuR;ifr vU;
eu";k d lEid e vkuk iMrk gA ml vko';drkulj ijLij yu]nu]
Ø;&foØ;] okn&fookn] [kku&iku vkfn vud idkj d dk; dju iMr
gA ,l volj ij vud 0;fDr U;k;&vU;k;] mfpr&vufpr dk fopkj u
j[kdj viu LokFk dk gh i/kkurk nr gA ;kKoYD; Lefr e jktk ;k
'kkld dk loi/kku dÜk0; itk d ikyu rFkk l j{kk dh ;Fkkfpr 0;oLFkk
djuk dgk gA bld fy; lo l/kkj.k dk U;k; ekx ij pykuk vkj mle
fo?u ck/kk Mkyu oky n"Vk dk fuxg djuk vko';d gA vdyk jktk bl
dk; dk fujh{k.k rFkk fu.k; ugh dj ldrkA vr% ml /ke'kkL= d Kkrk
rFkk i{kikr] ykyp] vkj Hk; l iHkkfor u gku oky fo}kuk dk viuk
lHkkln fu;Dr djd leLr jkT; e /ke;Dr 0;ogkj d vulkj vkpj.k
dju dh 0;oLFkk djuh pkfg;A 0;ogkj e fdlh d lFk HknHkko ;k i{kikr
ugh gkuk pkfg;A ftl idkj l; dk idk'k lcd fy, leku gkrk g] lc
viuh bPNkulj mldk mi;kx djr g mlh idkj n.M vkj ijLdkj e
fdlh d lFk Hkn Hkko ugh gkuk pkfg;A

2- ik;f'pÜk&Lefr;k e ik;f'pÜk dk Hkh fo/kku gA l kotfud rFkk
fdlh 0;fDr fo'k"k d ifr fd; x; vijk/kk d fy; jkt n.M vkj
lkeftd n.M dh 0;oLFkk dh tk ldrh g] ij ftu 'kkjhfd ;k ekufld
ikik dk vU; ykxk dh tkudkj d fcuk fd;k tkrk g] mudk Lo; gh
ik;f'pÜk dju dk fo/kku Lefr;k dh ,d cgr cMh fo'k"krk gA fdlh Hkh
ikide dk 0;fDr ;k lekt l fNik;k tk ldrk g] fdUr viuh vkRek l
ugh fNik;k tk ldrk] D;kfd vkRek lcdk n"Vk gA cj de d fy; vkRek
eu"; dk f/kDdkjrh jgrh g vkj noh n.M dk Hk; fn[kykrh jgrh g]
ftl l ekuo mf}Xu jgrk g vkj 'kkfUr [kk nrk gA ,lh ifjLFkfr d fy;
Lefr;k e ik;f'pr&fof/k cryk;h x;h gA ftl Lo; gh n.M Lo:i lgu
dj d eu"; ekufld Hkkj rFkk lUrki l NVdkjk ik ldrk gA

3- 0;ogkj&vkpkj vkj 0;ogkj dk 'k) cuku ij tkj nr g;
Lefrdjk u vkRedY;k.k dk min'k fn;k gA leLr dek dk vfure mí';
vkRek dk mRFkku vkj m)kj gh ekuk x;k gA vkRek leLr defun; vkj
Kkufun; rFkk mud fo'k;] eu] vgdj] cf) vkfn l Hkh ij gA ;g leLr
idfr ,d {k= g vkj vkRek {k=K gA vkRek d cu/ku eDr gku d fy;
'kkL=k e lU;k l vkj ;kx d ekxk dk fu:i.k fd;k x;k gA ij tk xgLFk
Lefr;k e inf'kr nku] vfrfFk lRdkj] fuR;] ufefÜkd vkfn dÜk0;k dk

gkfnd Hkko l ijk djrk g vkj lR; vkpj.k ij n< jgrk g] og Hkh
fuLlUng efDr dk vf/kdkjh gkrk gA

lkekftd v0;oLFkk ,o lkekftd n0;oLFkk l cpu d fy, gh
vkpkj; eu u lEi.k ekuo thou dk vkj mld lex 0;ogkj dk n'k]
dky] voLFkk] x.k de rFkk ifjLFkr d vulkj oxhdj.k dj fn;k g vkj
iR;d ox rFkk iR;d Lrj d ykxk d fy, ufrd vu'kk lu l fu;fu=r
vkpkj lfrk dh 0;oLFkk dj nh gA blh idkj lR; Hkk'k.k] cMk vkj NKV
d ifr 0;ogkj ,l vud dk; g] ftud fy, gekj okfpd] ekufld vkj
'kkjhfd] lnpkj dh vko';drk gA ;x d vulkj /ke d gkl&fodkl dk
ekur g, Hkh eu ^vkpkj* ij vf/kd cy nr gA mudk er g fd /ke dh
xfr ;|fi vfr rho] xEhkh rFkk v[k.M gkrh g] ekuo lk/kkj.kr;k mld
lkFk vuin pyu e vleFk lk jgrk g] rFkfi og ;fn viu o.k rFkk
vkJe dh ijEijk l iklr vkpkj dk ikyu dj] rk /ke d gkl rFkk fodkl
l mldk dkb gkfu ugh gk ldrhA blfy, o vkReoku d fy; vkpkj dk
ije/ke ekur gA vkReoku 'kCn dk vFk g ftrfuN;A tk ftrfuN; ugh g]
,lk vkpkj Hk"V 0;fDr on d Qy l ofpr jg tkrk gA lnpkj vkRex.k
g] bld }kjk ân; eUFku l tk lR; ixV gkrk g] og g thou dk verA

ofnd ijEijk dh Hkkr tu ijEijk e Hkh vkpkj dk cgr egÜo
fn;k x;k gA tukxek e vkpkj d fo"K; e vud nf"V;k l fpÜru fd;k
x;k gA tu 'kkL=k e vkpkj dk Je.kkpkj vkj Jkodpkj d :i e
foHkDr djd fopkj fd;k x;k gA }kn'kkxh e mikldn'kkx d vfrfjDr
'k"K vkxek e Je.kkpkj dk fopu gA vkxek e mikldn'kkx gh ,dek=
,lk vxek g ftle Jkodk d vkpkj dk o.ku fd;k x;k gA bld
vfrfjDr vud xUFk jRu g ftle vkpkj dk o.ku iklr gkrk gA vkpkjx
vxek e lk/kvk d vkpkj dk o.ku gA vkpkj ikyu e vfglk dk lcl
vf/kd egÜo fn;k x;k gA vkpkj dk efDr dk lk/ku ekuk x;k gA
l=ÑrKx e dgk x;k g fd Kku vkj vkpj.k l efDr iklr gkrh
g&^vfgl foTtkpj.k iekD[*A Kku lEifÜk vkj vkpj.k lEifÜk d flok
vkj dkb ,lh lEifÜk ugh g] tk fd lh fHk{k dk njkpj l cpk l dA

vfglk d egÜo dk crkr g; dgk x;k g fd vfglk d leku
dkb /ke ugh g&^/Eefglkle ufrFk*A Kkfu;k d Kku dk lkj ;gh g fd
og fd lh Hkh ik.kh dh fg lk u dja vfgld fd lh Hkh ik.kh dk d"V ugh
nrkA viuh vkRek d leku gh nlj thok dk le>rk gA

LFkkukx l= e Jr/ke vkj pkfj= /ke d :i e bld nk Hkn fd;
x; gA rÜokFl= e lE;d n'ku] lE;d Kku vkj lE;d pkfj= d :i e
rhu Hkn fd; x; gA¹⁹ mÜkj/; ;u e Kku] n'ku pkfj= vkj ri d :i e
vkpkj d pkj Hkn fd; x; gA LFkkukx e Kkukpkj] n'kukpkj] pkfj=]pkj]

rilkpkj vkj oh;kpkj bl : i e vkpkj d ikp Hkn fd; x; gA l[:kHkn
 gku d ckotn l)kfUrd n"V l ble ,drk gh irhr gkrh gA ,d ckr
 dk vud idkj l le>ku d fy; Hknk dh ifjdYiuk dh x;h gA tukpkj
 d ey e vfglk dh mnkj Hkkouk jgh gA vfglk d vk/kkj ij gh tu
 vkpkj dk fodkl gvk gA

vkpkjx d mi/kkul= e Hxxoku egkohj d rilpkj dk lE;d
 fu:i.k gvk g] ftldk ey vfglk gA vfglk dk lE;d idkj l ikyu
 dju d fy; ;g vko';d g fd xglFkkJe l vyx gk tk;k tk;] D;kfd
 xglFkkJe e jgdj vfglk dk i.k:i l ikyu ugh fd;k tk ldrkA
 doy ?kj dk R;kx djuk gh i;klr ugh g cfYd ?kj d ifr tk ek;k]
 eer] okluk bR;kfn g mudk R;kx djuk vko';d gA ftll vfglk dk
 i.k:i.k ikyu gk l dA tu vkpkj ijEijk d fuokg d fy, Je.kkpkj
 vkj Jkodpkj dk iFkd&iFkd fun'k fd;k x;k gA viuviu vkpkj
 ikyu d }kjk ekuo viu y{; dk iklr dj ;gh vkpkj 'kkL= dk mí';
 gA

tu ijEijk e vkpkj rüo

tu ijEijk e vkpkj rüo ij vf/kd cy fn;k x;k gA bl ijEijk
 e Je.kk d fy; ip egkor vkj Jkodk d fy; ikp v.kor dk fo/kku
 fd;k x;k gA ;g le>dj fd fhk{kvk dh Hkkfr xglFk vfrdBkj ork dk
 ikyu u dj ldx] blfy; xglFkork dh dBkjr de dj nh x;hA
 vfglk] lR;] vLr;] cāp; vkj vifjxg&; ikp vkpj.k lEcu/kh fu;e
 gA Hxxoku egkohj Lokeh }kjk ifrikfnr tu /ke vkpkj l lefuor gA
 mUgku Li"V : i l ;K;kxkfn dk fojk/k fd;kA cká 'kf) ,o dedk.M dk
 fufjFkd crkdj mUgku fo'k) vkpj.k dh ifr"Bk ij cy fn;kA mudk
 fopkj Fkk fd ^tk pfj=kpkj d x.kk l l;Dr g] tk lokÜke l;e dk
 ikyu djrk g] ftlu leLr vklok dk jkd fn;k g] ftlu dek dk uk'k
 dj fn;k g] og foiy müke vkj /koxfr ek{k dk iklr djrk gA²⁰ tu
 ijEijk tlet o.k&o; oLFkk dk vLohdkj djr g, de d vk/kkj ij mldh
 0;k[;k djrh gA de l gh dkb ckā.k gkrk g vkj de l gh {kf=A de
 l gh eu"; o'; gkrk g vkj de l gh 'knA tk vfxu e ridj 'k) fd,
 x, vkj f?kl x, lku dh Hkkfr iki ey jfgr g vkj tk jx&}"k vkj Hk;
 l eDr g] og ckā.k gA tk u vfhkekuh g vkj u nhuofÜkokyk g] ftldk
 itk i'kIk e mUur Hkko ugh g] vkj u fulnk e vour Hkko g] og
 _tHkko dk iklr l;eh ikik l fojDr gkdj l;e dk ikyu djrk gA
 l;e dh l/kuk l vkRek dk eykigj.k gkrk gA tl&tl dek dk {k;
 gkrk g] vkRek Å/oxkeh gkrk gA de d ijek.k vkRek ij fpid jgr g]
 ftll vkRek dk 'k)Lo:i ugh ixV gkrkA vkpkj&fopkj dh 'k)rk vkj

l;e d ikyu l vkRek dk 'k) Lo:i ixV gkrk gA vkReKku gh vkpkj
dk QfyrkFk gA

fHk{k&thou vkr;furd:i l fu;fer vkj vu'kk lu'khy gkrk gA
Jke.; e thou i;Ur foJke ugh gA ;g x.kk dk egku Hkkj gA Hkkjh
Hkjde ykgHkkj dh Hkkfr bl mBkuk cgr gh dfBu gA fHk{k i.kr% vukIDr
jgrk gA og fdlh idkj dk 0;kikj 0;olk; vkj fdlh idkj dh lEifUk
ugh j[krkA lfer vkj l;r fHk{kkofUk gh mldh thfodk gA fHk{kkUu Hkh
leLr fHk{kvk e ckVdj gh xg.k fd;k tkrk gA ;g fu;e tu l?k d
lkefgd thou dk ,d mnkgj.k gA

nlodkfyd l=²¹ e fHk{k dk vVBkjg vLRdek l cpu dk min'k
fn;k x;k g&1- fglk 2- vLR; Hkk"K.k 3- pkjh 4- vcāp; 5- ifjxg 6-
jkf=dkyhu Hk{k.k 7- f{kfr 'kjhjh tho ihMu 8- ty 'kjhjh tho ihMu 9-
vfXu 'kjhjh tho ihMu 10- ok; 'kjhjh tho ihMu 11- okuLifrd tho
ihMu 12- txe tho ihMu 13- oftr oLr 14- xgLfkk d ik=k e Hk{k.k 15-
iyx] pkjkb&dlh vkfn dk i;kx 16- foLrj rfd;k vkfn dk i;kx 17-
Luku 18- vydj.kA

cká vkpkj d lKf&lKf tu /ke u fHk{kvk d vUr% vkpkj ij Hkh
cgr tkj fn;k gA fHk{kvk d fy, vko';d g fd o viu Hkkfrd v'k dk
R;kx] riL;k l neu dJA ^vkRek d }kjk vkRek dk thr* dk tu /ke dk
mn?kk"K ekuoh; i#"kkFk dk ifr"Br djrk gA fHk{kvk dk eul[k] okp]
de.kk i.kr% vfglkor/kkjh gku dh f'k{kk nh xb gA iR;d uokxUrd tu
fHk{k fdlh u fdlh vuHkoh fHk{k d fujh{k.k e f'k{kk iklr djrk gA vr%
tu l?k e x#&ifr"Bk dk cMk egUo inf'kr gA x# pkg vk; vkj f'k{kk
e NKVk gh D;k u gk] fQj Hkh og vknj lRdkj dk ik= gA vkxek e dgk
x;k g fd ^tk x# d ifr fou; djr g(mudh f'k{kk mll Hkkfr
Qyrh&Qyrh g tl ty l lhpK gvk ik/kkA²² tk x# d ifr fou; ugh
djrk mld x.k mll idkj HkLe gk tkr g] tl vfXu l dk"B legA

tu efu dh lEi.k fØ;k, lE;d jhfr l gkuh pkfg,A bld fy,
vkxek e ^lfefr* dk fo/kku gA tho fglk dk ifjgkj dju d fy; Hky
idkj l vkuk tkuk] lEHkk"K.k djuk] xg.k djuk] ekpu djuk lfefr gA
eu dh ,dkxrk] fo'k)rk] l;e dh n<rk ,o pkjf=d fodkl gr
lfefr;k dk vkpj.k vko';d gA pkjf= ,o l;e dh ioFuk d fy, lfefr
d ikp Hkn g&1- b;k lfefr] 2- Hkk"K lfefr 3- ,k.k lfefr 4- vknku
fu{ki.k lfefr 5- 0;Rlx lfefrA²³

1- b;k lfefr&xouxu fo"K;d ;Rukpkj vFkr {kn tho Hkh ijk
d uhp vkdj ej u tk;] ,lk i;Ru djukA dk;ol fnu d le; vFkr

l ; d idk'k e ik'kd ekx l pkj gkFk ifjek.k Hkfe dk vKx n[kr g;
thok dh fojk/kuk cpkr g,] l ;e iod xeu djuk b;k lfevr gA

2- Hkk"kk lfevr&eykpkj e Hkk"kk fo"K;d l ;e dk Hkk"kk lfevr dgk
x;k gA vFkkR fd l h dk ej opu l ihMk u igp] bl mÍ'; l i'kU;]
gk l] dd l] ijfuUnk] vkRei'k l k rFkk jKx}"ko/kd fodFkkvk dk R;kx djd
Loij fgrdkjh opu ckyuk Hkk"kk lfevr gA Je.k dk olh dkb Hkh Hkk"kk
ugh ckyuh pkfg, tk iki ioFÜk ;Dr] fuUnktud] dd l] xlr ee dk
[kkyu okyh gk] Hky gh ;g l R; D;k u gkA

3- ,"k.kk lfevr&mnxekfn nk"K jfgr vkgkj xg.k djuk ,"k.kk
lfevr gA tBjKfXu d nkg dk 'keu dju d fy, fcuk Lokn fy; n'k
dky rFkk 'kFDr vkfn l ;Dr vfufUnr mnxe] mRiknu] ,"k.kk] l ;ktu]
iek.k] dkj.k] vxkj] /ke vkj iR;; bu uo dkfV;k l 'k) vUu dk xg.k
djuk ,"k.kk lfevr gA vFkkR cÜkh l vUrjk;] fN;kfy l nk"K jfgr fcuk
vk l fDr l 'k) kggj xg.k djuk ,"k.kk lfevr gA eykpkj d vulkj vkgkj
l lEcFu/kR mnxe nk"K] mRiknu nk"K rFkk vkgkj xg.k dju e gku oky
v'ku nk"K bul jfgr Hkktu] mikf/k vkj 'k,;k dh 'kf) dju oky Je.k d
,"k.kk lfevr gkrh gA

4- vknu fu{ki.k lfevr&Je.k dk viuh l Ei.k lkexh dk mi;Kx
djr le; ;g n[k yuk pkfg, fd mld }-kjK fd l h tho dh fg l k rk ugh
gkrhA eykpkj e dgk g fd 'kkL= vkfn :i Kkukif/k] fifPNdk :i
l ;ekif/k] 'k) rk gr de.My :i mif/k rFkk blh rjg dh vU; l lRj
vkfn mif/k dk xg.k djr ;k j[kr le; midj.kk dk mi;Kx djuk
vknu fu{ki.k lfevr gA

5- 0;Rlx lfevr&tgk ij LFkkj ;k txe thok dh fojk/kuk u gk]
, l futUr LFkkU e eye= vkfn dk foltu djuk 0;Rlx lfevr gA
eykpkj e dgk g fd Je.k dk eye= dk foltu , l LFkkU ij djuk
pkfg, tgk ,dkUr gk] gfjr ouLifr rFkk =l thok l jfgr gkA , l {k=
e eye= dk R;kx djuk 0;Rlx lfevr gA

ikp lfevr;k d vfrfjDr rhu xflr dk vkpj.k Hkh Je.kk d fy;
vko';d gA xflr dk 'kkfCnd vFk g xkiu djukA eu opu vkj dk; dh
vd'ky ioFÜk;k l j{kk vkj d'ky ioFÜk;k e l ;ktu gh xflr gA
Bl l kjdj.kkkReuk xkiu HkoFr l k xflrAp²⁴ ft l d cy l l l k j d dkj.kk

I vkRek dh xkiu vFkkr j{kk gkrh g] og xflr gA n0; lXg VhdK e xflr
 dk y{k.k djr g; dgk x;k g&Igt 'k) vkRe Hkkouk : i xlr LFkku e
 l lkj d dkj.k Hkr jkxkfn d Hk; I viu vkRek dk tk fNikuk] iPNknu
 ;k j{k.k g og xflr gA eykpj e eu] opu o dk; dk lko| f0;kvk I
 jkduk xflr dgk gA

ikp lfevr;k vkj rhu xflr;k dk ftu 'kk lu e v"V&iopuekrk
 dgk tkrk gA v"Viopuekrk Je.k thou dk vk/kkj gA bld vk/kkj ij
 Je.k thoup;k dk lE;d idkj I ikyu gk ldrk gA tk Je.k iopu
 ekrkvk d ikyu dju e i.k tkx:drk j[krk g] mldk lepk vkpj
 fo'k) jgrk gA

/ke dk ik.krRo g vkpkjA ft l /ke ;k lEink; dh vkpkj ijEijk
 ftruh ln< jgrh g] og /ke mruk gh fpjLFkk;h gkrk gA vkpkj dh
 L[kyuk I /ke dk gk l gkrk gA vkpkj dk ydj gh tu lEink; e fofHkUu
 ererKUj g;A 'orKEcj vkj fnxEcj ijEijk dk foHkk tu Hkh vkpkj d
 vk/kkj ij fn[kk;h iMrk gA 'orKEcj vkj fnxEcj e e[;r% ifjxg vkj
 vifjxg dh 0;k[;k e vUrj ik;k tkrk gA 'orKEcj dh eku;rk d vulkj
 ePNkHkko gh ifjxg g] oLr ughA fnxEcj ijEijk e oLrvk dk ifjxg dgk
 x;k gA tu vkpkj iEijk e lpyokn d ey e ifjxg gh e[; gA
 LFkkud ok l h vkj rjkiUFk dk Hkn fg l k vfg l k dh 0;k[;k gh jgk gA
 'orKEcj] fnxEcj] LFkkud ok l h vkj rjkiFkh&; lc Hkn vkpkj dk ydj gh
 e[; : i e ipfyr g; gA vr% vkpkj dh foLrr 0;k[;k tu ijEijk e
 gkuk lgt ,o LokHkkfod Fkka

ikf.k;k dk cká txr d l kFk lECU/k bfUn;k d ek;/e I gkrk
 gA bl bfUn; fo"k; ykd dk ePNkRed dgk x;k gA ekg I vkf{kIr fpUk
 oky eu";k d ePNk lgt gkrh gA mld mnnhiu e bfUn; fo"k; fufeUk
 cur gA ePNkfHkUu g vkj bfUn; fo"k; fHkUu gA nkuk e Hkn gku ij Hkh
 nkuk ,d nlj d lECU/k d gr cur gA ePNk dk vFk g&jkx }"k dk
 ifj.kkeA tk ckj&ckj bfUn; fo"k;k dk vkLokn yrk g vl;e dk vkpj.k
 djr g] ieUk gkrk g] og i#"k xgR;kxh gkdj Hkh oLrr% xgok l h gA
 l ;e e Je dju oky l k/d Je.k dgykrk gA ;fn vUreku l e dke
 Hkkouk, vxMkb;k y jgh g rk Je.kRo ugh jg ldrkA vkpkj d ikyu I

l ;e l k/kuk e l fLFkjr k vkrh gA Kku] n'ku] pkfj=] ri vkj oh; vkpkj d e[; fcUn gA

Je.k vdyk jgrk g] m l d k u d k b f e= gkrk g vkj u d k b 'k=A og l Hkh l EcU/kk l eDr gkrk gA og v/;kRe dh dyk d k d Hkh t h f o d k i k t u d f y; i ;Dr ugh d j r k A og l n k f t r f U n; j g r k g A

tukxek e Je.kk d vkpkj dh rjg Jkodk d vkpkj d k Hkh o.ku gA Jkod ogh g t k 'k k L=k f p r v k p k j & f o p k j d k i k y u d j r k g A ^ t u v k p k j f l) k U r v k j L o : i * e d g k x ; k g f d d k b 0 ; f D r M k D V j d ? k j m R i U u g k u i j M k D V j u g h c u t k r k c f Y d m l ; k X ; r k d k / k k j . k d j u d o k n g h o g M k D V j c u r k g o g , d , l k x . k g t k t l e t k r i k l r u g h g k r k j v f t r d j u k i M r k g A

v f g l k j l R ;] v L r ;] c ā p ; v k j v i f j x g ; i k p o r v k p k j d e y k / k k j g A b u d k i k y u J e . k v k j J k o d n k u k d j r g A l c d h v i u h & v i u h e ; k n k g k r h g A e ; k n k d v u l k j v k p k j d k i k y u n k u k d j r g A v k p k j l E i U u 0 ; f D r d k t h o u g h l [k h t h o u g A t k t U e r k g j o g v o ' ; g h e j r k g j f Q j p k g j k t k g k ; k j d] L = h g k ; k i # " k A e j . k d l e k u n l j k d k b H k ; u g h g A b l l l k j e d o y / k e g h , d , l h o L r g t k = k . k n l d r h g A t l k d g k H k h g & ^ , D d k g / k E e k u j n o ! = k . k A / k e g h = k . k n l d r k g A / k e d f l o k n l j k d k b j { k d u g h g A

vkpkj d idkj

tukxek e vkpkj fo'kf) ij cgr cy fn;k x;k gA vkpkj gh l k/kuk d k i k . k g A t u k x e k e v k p k j d i k p H k n f d ; x ; g &

n l . k u k . k p f j = r o v k ; k j ; o h f j ; k ; k j A

, l k H k k o k ; k j k i p f o g k g k b u k ; 0 o k A A ²⁵

vkpkj d i k p H k n & 1- n'ku vkpkj] 2- Kkukpkj 3- p k f j = v k p k j 4- r i v k p k j 5- o h ; v k p k j A

d g h & d g h J r / k e v k j p k f j = / k e d : i e v k p k j d n k H k n g A d g h l E ; X n ' k u] l E ; X K k u v k j l E ; d p k f j = d : i e r h u H k n g A d g h K k u k p k j] n ' k u k p k j] p k f j = k p k j v k j r i l k p k j d : i e p k j H k n f d , x , g A L F k k u k x e K k u k p k j] n ' k u k p k j] p k f j = k p k j] r i l k p k j v k j o h ; k p k j & ; i k p H k n f d ; x ; g A v k p k j d H k n & i H k n v k p k j d f o f H k U u i { k k d k l e > u d f y , f d ; x ; g A

1- Kkukpkj&u; vkj iek.k l gku okyk thokfn inkFkk dk ; FkkFk c k / k l E ; X K k u g A K k u d } k j k o L r d L o : i d k K k u g k r k g A K k u d

ckn rnudy vkpj.k gkrk gA blfy, vkpj.k ;k vkpkj ekuo dk
fØ;kRed i{k gA lep Kku dk lkj vkpkj gA Kku ikp idkj dk gkrk
g&

rRFk ipfog uk.k l; vfkfkfuokfg;A

vkghuk.k rb; e.kuk.k p doyAA²⁶

Jr] efr] vof/k] eu|| i;k; vkj doy&; Kku d ikp idkj gA
Kku d ikp Hknk e doy Jr Kku gh vkpj.k dk fo"K; g] ogh Kku
0;ogkjRed gA fu'khFk Hkk"; e l?knkIx.kh u Kkukpkj d vkB idkj
crk; g&

dky fo.k; cgeku] mi/ku rgk vf.k.go.kA

ot.kvRFkrnhk,] vëfo/kk .kk.kel;kjkAA

1- dky&ft l dky e tk dk; fufn"V g] og dk; mIh dky e djukA

2- fou;&Kku iklr dju d fy; fouerki.k ln0;ogkj djukA

3- cgeku&vUreku l e Kku d ifr vujkx gkukA

4- mi/ku&'kkL= i<u d le; fofok idkj d ri dk vu"Bku djukA

5- vfuàò&ft l x# l v/; ;u fd;k g] ml x# d uke dk u fNikukA

6- 0; tu&l= dk okpu djukA

7- vFk&vFk dk le>ukA

8- l=kFk&l= vkj vFk dk lkFk e ck/k djukA

2- n'kukpkj&ft l x.k vFkok 'kfDr d fodkl l rÙo vFkkr lR;
dh irhfr gk] vFkok ft l l g;] K; ,o mikn; rÙo d ;FkkFk food dh
vfHk:fp gk] og lE;Xn'ku gA lE;Xn'ku nk idkj dk g&1- u'pf;d 2-
0;kogkfjdA

u'pf;d lE;Xn'ku dk lEcu/k doy vkRek dh vkuRfjd 'kf) ;k
lR; dh vklFkk l gkrk gA 0;kogkfjd lE;Xn'ku dk lEcu/k l?k] x.k] ;k
lEink; l Hkh gkrkA lE;Xn'ku d vkB vx g&

1- fu'kfdr&ftukDr rÙo] no] x#] /kel?k ;k 'kkL= vkfn e n'kr|| ;k

lor|| 'kdk dk u gkuk lE;Xn'kukpkj dk iFke vx gA

2- fu"dkf{r&dk{kjfgR gkuk fu"dkf{kr lE;Xn'ku gA

- 3- fufopfdRIk&fopfdRIk d nk vFk g&1- /keQy e lUng djuk vkj 2- txllk&?k.kkA f}rh; vFk dk vk'k; g&jRu=; e ifo= lk/k&lkf/o;k dk efyu n[kdj ?k.kk djuk ;k lno] lx#] l/ke vkfn dh fuUnk djuk Hkh fopfdRIk gA fopfdRIk l jfgr gkuk fufopfdRIk gA
- 4- ve<nf"V&e<rk dk vFk g&ekge;h nf"VA noe<rk] x#e<rk 'kkL=e<rk] ykde<rk vkfn ekge;h nf"V;k l jfgr gkuk ve< nf"V gA
- 5- micg.k&IE;Xn'ku dh if"V dju dk micg.k dgk tkrk gA olufUn u miog.k d LFkku ij ^mixgu* euk gA mldk vFk g&iekno'k g, nk"kk dk ipkj u djuk o viu x.kk dk xkiu djukA vkpk; verpUn u mixgu dk micg.k dk ,d idkj euk gA mud vulkj viu vkRex.kk dh of) djuk rFkk ijk; nk"kk dk fuxgu djuk&; nkuk micg.k d vx gA
- 6- fLFkjhdj.k&IE;DRO vFkok pkfj= l pyk;eku gk jg 0;fDr;k dk iu% mlh exx ij fLFkj dj nuk] ;k ml vFkfn dk lg;kx ndj /ke e fLFkj djuk fLFkjhdj.k gA
- 7- okRIY;&vfglkfn /ke vFkok lk/kfedk d ifr gkfnd ,o fu%LokFk vujkx] oRIyHko j[kuk rFkk lk/kfed lk/kox dh ;k Jkodox dh lok djukA
- 8- iHkkouk&iHkkouk dk vFk g&jRu=; l viuh vkRek dk Hkkfor djuk] /ke ,o l?k dh mUufr d fy, fpUru rFkk exye;h Hkkouk djukA n'kukpkj d ; vkBk vx lR; dh vkLFkk d |krd gA
- 3- pkfj=kpkj&vkpkj dk rrrh; Hkn pkfj=kpkj gA pkfj=kpkj dk vFk g lfefr&xflr :i vkpj.kA lfefr dk vFk g IE;d ioFka tk ioFk vfglk l ;Dr gj og lfefr g vkj xflr dk vFk g fuoruA lfefr vkj xflr l[;k e vkB gA buG v"V iopu ekrk dgr gA ikp&lfefr;k vkj rhu xflr;k dk if.k/kku leLr pkfj= d mRiknu] j{k.k vkj fo'kk/ku e vuU; lk/ku:i gA budk ikyu dju l lk/kd dk pkfj= lQy gkrk gA
- 4- rilpkj&tu vkj ofnd nkuk lkfgR;k e ri dk cgr egUo fn;k x;k gA tu lk/kuk d vulkj ri dk vFk doy dk;Dy'k ;k miokl gh ugh] Lok/;k;] /;ku] fou; vkfn Hkh ri gh gA ri nk idkj dk g&cká vkj vkH;UrjA vu'ku] Åuknjh] fHk{kpk;k] jI ifjR;kx] dk;Dy'k vkj ifrlyhurk ;g Ngk ck°; ri dgykr gA bud vkpj.k l ngk/;k l NV tkrk gA bld vkpj.k l eu n"de e ioUk ugh gkrkA vkH;Urj ri d Hkh Ng Hkn g&ik;f'pUk] fou;] o;koR;] Lok/;k;] /;ku vkj 0;lxA bul lk/kuk e tkx:drk ijLijixg dh Hkkouk] eukfld ,dkxrk o bfUn;

fuxg dh {kerk c<rh gA ble vUrx ifj.kkek dh e[;rk jgrh g] tk
Lo|Eo| gA bli thou fo'k) curk gA

5- oh; kpkj&viuh 'kfDr dk xkiu u djr g; Kku] n'ku] pkfj=
ri dh vkjk/kuk e ijkØe djuk oh; kpkj gA n'kodkfyd fu;fDr e dgk
g&

vf.kxfgrcyfofjvk ijDdefr tk tgÙkেকmÙkkA

t tb ; tgkFkke .kk;Øok ohfj;k;kjkAA²⁷

oh; kpkj d NÙkh l idkj g&Kku d vkB vkpkj] n'ku d vkB
vkpkj] pkfj= d vkB vkpkj] ri d ckjg vkpkjA vkpkj thou efDr dk
lk/ku gA tu euhf" k; k u ft l idkj rUok dh l{ere Nkuchu dh g ml h
idkj vkpkj dk l{ere fu#i.k Hkh fd; k gA vkpkj d nkuk i{kk&orkRed
vkpkj vkj Ø;ogkjRed vkpkj dk o.ku vxek e n'kuh; gA orkRed
vkpkj vfglk g vkj Ø;ogkjRed vkpkj&ijLijxug gA

ck) ijEijk e vkpkj rÙo

ck) /ke fuofÙk ekxh /ke gA ck) /ke dk lEcu/k egkRek c) d
fopkj l gA fo'k) ck) /ke d fl)kUr f=fiVd d ey v'k e lfufgr
gA f=fiVdk d v/;;u l Li"V gk tkrk g fd egkRek c) u viu /ke
dh fdruh vf/kd ufrd Ø;k[;k dh FkhA blhfy; ck)/ke dk ;fn vkpkj
'kkL= dgk tk; rk dkb vR;fDr ugh gkxhA

egkRek c) dk vkpkj lEcu/kh nf"Vdk.k vR;Ur Ø;kogkfjd Fkka og
ekuo d pjeRd" k dk lk/ku Fkka og bgykd vkj ijykd dh lex
ekU;rkvk dk ekin.M Fkka mudh nf"V e /ke gh eu";k e J"B g] bl
tUe e Hkh vkj ijtUe e HkhA og thou dk fo" k; g] eR; dk ughA /ke dk
vkpj.k blh thou e fuok.k fnykrk gA egkRek c) d vkpkj lEcu/kh
nf"Vdk.k e vU/kfo'oklk vkj vU/k ijEijkvk d fy; dkb LFkku ugh Fkka
egkRek c) u dkyke {kf=;k dk lEckf/kr djr g, dgk Fkk fd dkykek! u
re Jr d dkj.k fdlh ckr dk ekuk] u rd d dkj.k] u oDrk d
vkpkj&fopkj l] u viu fpj&fopkfjr er d vudy gku l vkj u
blfy, fd ^Je.k gekjk x# g* ;g lkp dj] cfYd dkykek! tc re Lo;
gh tkuk fd ; ckr vPNh] funk" k] foKk l vfufUnr g] xg.k dju e
fgrdj g] rc re mUg Lohdkj djka²⁸

Hkxoku c) dk vkpkj lEcu/kh nf"Vdk.k e/;e ekxh Fkka ;g
e/;ekx nk vUrk dk ifjR;kx gA bue iFke vUr bfUn; ;k dke l[k e
yhu gkuk gA ;g l lk] e i.k vklfDr gA bl Hkxoku u ghu] xkE; vkj
vuk;] vuFkdjh cryk;k gA nljk vUr viu dk d"V nuk gA ;g nh[k]
vuk; vkj vuFk l;Dr gA ;g fojDr gkdj vrhfUn; l[k dh dkeuk

djuk gA ;g l lkj dk loFkk R;kx g] ijUr ;g fuok.k d fy; mi;kxh
 ughA bu nkuk vUr d chp dk ekx e/;e ekx gA ;gh n[k] n[k len;]
 n[k fujk/k vkj n[k fujk/k ekx uked pkj vk; IR;k dk ekx gA bl
 e/;e ekx dk gh min'k Hkxoku u fd;kA bu vk; IR;k dk Kku vgr
 voLFkk e gh i.k :i l gkrk gA tUe] c)koLFkk] jkx] eR;] vfi; l
 l;kx] fi; l fo;kx] bfPNr oLr dh vikflr] lHkh n[k gA f}rh; IR; e
 r".kk l n[k dh mRifUk dgh x;h gA ;g r".kk txr d leLr fonkg rFkk
 fojk/k dh tuuh gA blh d dkj.k jktk] jktk l yMrk g] {kf=;} {kf=; l
 yMrk g] ckã.k] ckã.k l yMrk g] ekrk] i= l yMrh g vkj yMdk ekrk
 l yMrk g vkfNA leLr ikidek dk funku ;gh r".kk gA r".kkeyd ;g
 l lkj gA r".kk gh n[k dk dkj.k gA blh dk lePNn djuk iR;d ik.kh
 dk dUko; gA

rrh; vk; IR; e n[k fujk/k dh f'k{kk nh x;h gA ft l idkj
 l lkj e n[k g] n[k len; g] mlh idkj n[k fujk/k vFkk r n[k l
 NVdkjk Hkh lEHko gA ;g vk;/kfRed vuHko dh vfRe voLFkk gA
 tj&ej.k dk funku gh fuok.k g] ft l dh [kkt e egkRek c) u l lkj dk
 NkMk rFkk egkfHkfU"Øe.k fd;kA ckjg o"k rd dBkj lk/kuk dhA ;g
 HkocU/ku dk loFkk fouk'k gA bl iklr dju l gh tUe dk lkr cUn gk
 tkrk gA lkr d cUn gku l lkj lonk d fy, NV tkrk gA fuok.k
 fuon dh voLFkk gA tUe cU/ku d fouk'k l n[k dk Hkh vUr gk tkrk gA
 Hkxoku c) u Lo; dgk g&fHk{kvkA /;ku nk] eu ver dk ik;k gA e
 mldk min'k rEg djrk gA vc e ver dh nUnHkh ctKÅxkA vc ver
 d }kj [ky x;A bl dk iku ft lu dj fy;k og vej gk tkrk gA vr%
 fuok.k ^v" k" ykHk* ^ije 'kkfUr* ^ije l [k* vkj ije f'ko dh voLFkk gA²⁹

prFk vk; IR; n[k fujk/k ekx g vFkk r fuok.k iklr dk ekx gA
 bl d vkB vx gA blfy; bl v"Vkfxd ekx dgr gA

- 1- lE;d n"V
- 2- lE;d l dYi
- 3- lE;d okd
- 4- lE;d deKur
- 5- lE;d vktho
- 6- lE;d O;k;ke
- 7- lE;d Lefr
- 8- lE;d lekf/k

1- **IE;d nf"V&vfo** |k d dkj.k gh feF;k nf"V mRiUu gkrh gA feF;k nf"V d dkj.k gh vfuR;] n[kn] vukRe inkFkk dk fuR; I [kn vkj vkRe: i ekuk tkrk gA feF;k nf"V dk fuokj.k gh IE;d nf"V gA IE;d nf"V I gh d'ky rFkk vd'ky vkpj.k dk Kku IEHko gA IE;d nf"V vkpkj ekx dk iFke vx gA ck) /ke e d'ky rFkk vd'ky dek dk foHkk tu bl idkj g&

vd'ky

- 1- fg l k ¼ i k . k k f r i k r ½
- 2- p k j h ¼ v n ù k k n k u ½
- 3- 0 ; f H k p k j ¼ f e F ; k p k j ½
- 4- v u r ¼ e " k k o p u ½
- 5- p x y h ¼ f i ' k u o p u ½
- 6- d V o p u ¼ i # " k o p u ½
- 7- 0 ; F k o p u ¼ l y k i ½
- 8- y k H k
- 9- i f r f g l k ¼ 0 ; k i k n ½
- 10- v l R ; K k u ¼ f e F ; k n f " V ½

d'ky

- v f g l k
- v p k ;
- v 0 ; f H k p k j
- v e " k k o p u
- v f i ' k u o p u
- v i # " k o p u
- v l i y k i
- v y k H k
- v i f r f g l k
- v f e F ; k n f " V ¼ I E ; d n f " V ½

bu dek dk Kku rFkk pkj vk; IR;k dk Kku gh IE;d Kku ;k IE;d nf"V gA

2- **IE;d IdYi&tk** IdYi dkeuk vkj fg l k I eDr gkrk g] mI IE;d IdYi dgr gA

3- **IE;d okd&tk** ok.kh IR;] fouerk vkj enrK I IefUor gkrh g mI IE;d okd dgr gA ftu opuk I nIj d ân; dk pkV igp] tk opu dV gk] nIjk dh fuUnk gk] mI dHkh ugh dguk pkfg,A

4- **IE;d deUr&fgUn** /ke d Ieku ck) /ke e Hkh de fl) kUr dk vR;f/kd egUo fn;k x;k gA eu"; d lnxfr ;k nxfr dk dkj.k de gh gA de d dkj.k gh tho bl ykd e I [k&n[[k Hkkxrk g] rFkk ijykd e Hkh I [k&n[[k dk vuHko djrK gA ck) /ke e ikp dek dk vkpj.k eu"; d fy, vfuok; gA bUgh dh IKk g&ip'khyA ip'khy ; g&vfg l k] IR;] vLr;] cãp;] Ijk&ej; vkfn eknd inkFkk dk

vlouA bu dek dk vkpj.k lcd fy; fofgr gA budk ifjR;kx dju
 okyk 0;fDr /kEein d 'kCnk e ^ey [kufÙk vÙkuk* vFkkr viuh gh tM
 [kknrk gA /kEein e dgk x;k g fd ^vkRk gh viuk ukFk Lokeh gA
 viu dk NkMdj viuk Lokeh nljk ugh gA viu dk neu dj yu ij
 gh nyHk ukFk&fuok.k½ dk tho ikrk gA bu l kotuhu dek d vfrfjDr
 ikp de vkj g&vijkgu Hkktu] ekyk/kkj.k] l xhr] lo.k rFkk veY;
 'k,;k dk R;kxA bUg gh nl 'khy dgk tkrk gA fhk{kvk d fuofÙk i/kku
 thou dk vkn'k cuku d fy; c) u fou;fiVd e vU; dek dk Hkh
 vko';d crk;k gA

5- **IE;d vkttho&thfodk** fuokg d fy; mfpr ekx dk vulj.k rFkk
 fuf"k) ekx dk R;kx gh IE;xktho gA ikfyxUFkk e ikp idkj d
 fuf"k) ekxk dk o.ku fd;k x;k g] ftldk mi;kx thfodkiktu d
 fy; ugh djuk pkfg;] D;kfd ; fg l k io.k gku l v;kX; g³⁰&

- 1- lRFk of.kTtk vFkkr 'kL= dk 0;kikj
- 2- lÙk of.kTtk vFkkr ik.kh dk 0;kikj
- 3- el of.kTtk vFkkr ek l dk 0;kikj
- 4- eTt of.kTtk vFkkr e l dk 0;kikj
- 5- fol of.kTtk vFkkr fo"k dk 0;kikjA

6- **IE;d 0;k;ke&'kHk** fopkjk dk xg.k rFkk v'kHk fopkjk dk ifjR;kx dju
 d fy; i;Ru gh IE;d 0;k;ke gA bfUn;k ij l;ej cjh Hkkoukvk dk
 jkdu vkj vPNh Hkkoukvk d mRiknu dk i;Ru] vPNh Hkkoukvk d
 dk;e j[ku dk i;Ru&; IE;d 0;k;ke gA

7- **IE;d Lefr&bl** dk rkRi; g fd 'kjhj] onuk] fpÙk vkj /ke d ;FkkFk
 Lo:i dk le>ukA budk lrr Lej.k gh IE;d Lefr gA IE;d Lefr
 dk egÙo Hkxoku c) u vfure {k.k rd cryk;k g&vlieknu lEiknèk
 vFkkr viekn l budk vkpj.k djuk pkfg,A budk vkpj.k dju l
 fpÙk vuk l Dr gkdj ojkX; dh vkj c<rk g rFkk ,dkx gkrk gA

8- **IE;d lef/k&ck)** vkpkj 'kkL= e lef/k dk lokifj egÙo ifrikfnr
 gA lef/k fpÙk dh ,dkxrk gA ck) /ke e lef/k d pkj vx crk; x;
 gA /;ku dh igyh voLFkk e l/kd ,dkxfpÙk gk] ck°; fo"k;k l /;ku
 dk gVkdj doy vk; lR;k ij gh fpUru d jrk gA nljh voLFkk e
 l/kd d lng nj gk tkr g vkj vk; lR;k d ifr J)k dk mn; gkrk

gA rhljh voLFkk e lk/kd dk /;ku vkun l Hkh gV tkrk g rFkk mld
 eu e mi{kk Hkko dk mn; gkrk g] ijUr nfgd l [k dk Hkku jgrk gA
 pkFkh voLFkk e /;ku tU; vkuUn] nfgd l [k vkfn fd l h dk Hkku ugh
 jgrkA ;g l [k&n%[k l jfgr] i.k 'kkfUr] i.k fojkx rFkk i.k fujk/k dh
 voLFkk gA

^v"VkfXd ekx* ck)/ke dh vkpkj ehek l k dk pje l k/ku gA bl
 ekx ij pyu l iR;d l k/kd viU n%[kk dk i.kr;k u"V dj nrk g rFkk
 fuok.k iklr dj yrk gA blhfy, ;g leLr ekxk e J"B ekuk x;k gA

ck) /ke d vulkj iKk] 'khy vkj lekf/k ; rhu e[; l k/ku eku
 x; gA v"VkfXd ekx blh l k/ku=; dk iYyfor :i gA ck) /ke e
 vkpkj dh i/kkurk gA Hkxoku c) u fuok.k iklr d fy; rUoKku d
 tfVy ekx ij pyu dh f'k{kk dHkh ugh nh] iR;r rUoKku d fo'ke i'uk
 d mUkj e o ekukoyEcu J;Ldj le>r FkA vkpkj gh mudk i/kku y{;
 Fkka vkpkj:i e ifjofrr Kku gh lPpk Kku gA ft l Kkuh dk thou
 vkpkj dh n< fhkfÜk ij voyfEcr ugh g] og vk/;kfRed y{; dh iklr
 ugh dj l drkA

vUr% 'kf)

ekuoh; mRd"k d fy; egkRek c) u l Hkh ck°; vkMEcj k dk
 ifjR;kx dj ,dek= vUr%'kf) ij tkj fn;kA mudk dguk Fkk fd B t l
 ikuh e iM g, l [k dkB dk xyk;k ugh tk l drk] doy FdkoV vkj
 ihMk dh vuHkfr gkrh g] ol gh jktdekjk! tk Je.k ckã.k dk;k }kjk
 dkeoklukvk e yXu gk fopjr g] ;fn mudh dke fiik l k Hkhrj l NVh
 ugh g] 'kfer ugh g] rk i;Ru'khy gku ij Hkh o Je.k&ckã.k rho n%[k
 dk vuHko djr gA rFkkxr u ck; ;Kk vkj gouk dk fojk/k djr g;
 vU;= Hkh dgk Fkk&ckã.k! ydMh tykdj 'kf) er ekuk] ;g ckj dh
 ph t gA bl l 'kf) ugh gk l drhA e nk#nkg R;kxdj Hkhrj dh T;kfr
 tykrk gA vkRek d neu dju l i#"k dk T;kfr iklr gkrh gA³¹

de

ck) /ke e de dk vFk ofnd dedk.M u gkdj eu"; dh leLr
 dkf;d] okfpd vkj ekufld p"Vkvk l gA de gh eu"; d l [k&n%[k dk
 nkrk gA ck) /ke de i/kku /ke gA tk egÜo vkfLrd /kek e b'oj dk g]
 ogh egÜo ck)/ke e de dk gA egkRek c) dk dFku g fd ^tkfr er
 iNk] vkpj.k iNkA uhpdy dk Hkh i#"k /kfreku] Kkuoku vkj ikijfgr

efu gk ldrk gA tk lR; l nku neu;Dr on d vUr dk igprk g vkj
ftlu cāp; ijk fd;k g] ml ;K e iklr ;K&miohr dgkA* de d
vk/kkj ij gh egkRek c) u pkjk o.kk dh 'kf) dk ifriknu fd;k FkkA
mudk min'k Fkk fd tk Hkh eu"; pkg og ckā.k gk] {kf=; gk] o'; gk
vFok 'kn] lE;d de djxk rk og ek{k dk vf/kdkjh gkxkA ikf.k;k dh
fofHkUurk d ckj e i'u fd; tku ij Hkxoku c) u dgk Fkk fd Bk.kh
deLod g] de&nk;kn] de ;kfu] de&cU/k vkj de ifr'kj.k gA de gh
ikf.k;k dk bl mUkerk vkj ghurk e foHkDr djrk gA³² rFkxr dk ;g
mUkj deokn vkj vkpj.k dh 'k)rk dk ifriknd gA bl idkj ge n[kr
g fd vUr' 'kf) vkj lE;d de d Åij tkj ndj egkRek c) u lekt
e ufrd vkn'kokn LFkkfir dju dh p"Vk dhA

vk/kfud fpUrdk d er e vkpkj

riir egf"i;k dh ;g HkkjrHkfe lnk l fpUru i/kku jgh gA ;gh
ij U;k;] o'kf"kd] lk[;] ;kx] ehek] onkur vkfn ofnd n'kuk dk rFkk
ck)] tu t l vofnd n'kuk dk iknHkko gvka bu n'kuk e vkRe fo"i;d
vkj txr fo"i;d fpUru dh tk ijd"iBk miyC/k gkrh g] og vU;= nyHk
gA opkfjd erHkn gku ij Hkh bu n'kuk e rUo dk fo'y"i.k.k cgr l{e
jhfr l fd;k x;k gA fpUru dh ;g ijEijk ;gk dHkh vo#) ugh g;hA
xxkiokg d leku fujUj xfr'khy nk'kfud fpUru&ijEijk vkt Hkh bl
n'k e mlh xfr l iokfgr gk jgh gA vk/kfud Hkkjrh; fpUrdk dk e[;r
nk Hkxk e ckVt tk ldrk g&

1- 'kkL=h; fopkjd&o fopkjd] ftUgku mPpLrjh; f'k{k.k lLFkkuk e
fof/kor f'k{k xg.k dj mu fo"i;k d v/;kiu e lyXu jgA

2- Lokuhlfreyd fopkjd& o fopkjd ftUgku LorU= v/;;u rFkk
o;fDr d lk/kuk d vk/kkj ij viuk thou n'ku fodflr fd;kA

bl idkj d Hkkjrh; fopkjdk e Lokeh foodkuUn] jfoUnukFk
Vxkj]] egkRek xk/kh] Mk- jk/kkd".ku vkj vkpk; egkiK dk uke mYy[; gA
Hkkjrh; ijEijk e vfglk] lR;] vLr;] cāp;] vifjxg t l vk/kfRed
vkpkj d rUo lno l fo|eku jg gA vk/kfud fopkjdk d er e Hkh bu
rUok dk ogh egUo g] tk ikphudky e FkkA

Loket foodkuUn

vk/kfud fopkjdk e foodkuUn u vkpkj d Åij cgr gh xEHkhjrk
l fpUru fd;k gA vkpkj dk {k= cgr foLrr gA tUe l ydj eR;i;Ur
tk Hkh lR fØ;k, dh tkrh g mudk lEcU/k vkpkj l gh gA vkpkj d
nkuk i{k vkUrfjd vkj ckg; ekuo d lokxh.k fodkl d fy, vko';d
gA lR; vfglk] vLr;] cāp; vkj vifjxg dk ikyu dju l ekuo dk
pkfjf=d fodkl gkrk gA ekuo tk Hkh vkpj.k djrk g og dedk.M vkj
:f<;k l iFkd gkuk pkfg;A foodkuUn dk dguk Fkk fd LoHkkor% Hkkouk
vYittho gkrh g] vkj ;fn og vLoLFk Hkh gk] rk Hkh ml l gku okyh {kfr
mruh cMh ugh gk ldrh ftruh :f<tU; {kfr} tk /khj&/khj fun;rkiod
,d jk"V dh ik.k'kfDr dk xl yrh gA mUgku dgk Fkk fd ft l /ke dh
tM iFkk vkj #f< e gkrh g og ^ndkunkjh dk /ke* gkrk gA tgr rd
Luku l dedk.M dk lEcU/k g] ;fn ml eku fy;k tk; rk lcl igy
Lox e eNyh igpxh] D;kfd og rk gj le; Luku gh djrh jgrh gA³³

foodkuUn vkpkj d dedk.Mh; i{k dk vf/kd egUo ugh nr FkA
o vkpkj d ekuorkoknh nf"Vdk.k dh gh f'k{kk nr FkA

jfoUnukFk Vxkj

jfoUnukFk Vxkj dk Hkh vkpkj lEcU/kh nf"Vdk.k ekuorkokn l
vkrikr FkA jfoUnukFk ikjEHk e cālektH FkA mud Åij cālekt vkj
fgUn fopkj/kkj dk Nki Li"V gA /ke d lEcU/k e mudk er g fd ^/ke
thou l Hkkxuk ugh g] ;g rk thou g] vfLrRo gA l Hkh ipfyr /kek e
Hkh thou e jgu d fu;e rFkk vu'kk lu gh crk; x; gA Vxkj dk fopkj
g fd /kkfed lLFkkvk ,o lEink;k u ^/ke* dk fodr dj fn;k gA ,lk
djd o /ke dk mldh ik.k'kfDr l vyx dj nr g] rFkk doy mld
cká i{k ij cy nr gA tcfD lPp /ke e Lor% mUeDrRk] LorU=rk g]
lEinkf;d /ke ^/ke* dk lLFkk dk nkl cuk nr gA lPp /ke d ckj e
mudk dguk g fd vkUrfjd Lo:i dh vfHkO;fDr ml oLr dk /ke g]
tyUo ty dk /ke g] rFkk tykuk vfxu dk /ke gA mlh idkj eu"; d
vkUrfjd Lo:i dh vfHkO;fDr ekuo /ke gA Vxkj ^vkrER;kx d ek/;e l
vkrE pruk dh miyfc/k ij vf/kd cy nr FkA Vxkj d fooj.kk e thou]
y;] lKUn;] lketL;] 0;oLFkk lxBu] ie] vkuUn] lxhr vkfn d Hkko cM
lUnj <x l 0;Dr g, gA ; lc ekuoh; vkpkj d rUo gA

egkRek xk/kh

xk/kh th d vkpkj lEcU/kh fopkjk ij Hkkjrh; lKldfrd eY;k dh Nki Li"V : i l ifjyf{kr gkrh gA xk/kh th u ufrd eY;k dk Lo; thou e mrkjk vkj ckn e mldk min'k fn;kA bu eY;k dk o 'k) thou dk vfuok; vx ekur FkA ol bu lnx.kk d ukedj.k ;k ekfyd Lo:i e dkb uohurk ugh g] mudk mYy[k Hkkjrh; ijEijk e lnk l gkrk jgk g] fdUr xk/kh u bu ij viu <x l ,d u;k fpUru fn;k] rFkk bue fufgr ufrdrk d i{k dk mHkkjA

Hkkjrh; uhfr'kkL= e ikp idkj d lnpkjk dh x.kuk g;h g&vfglk] lR;] vLr;] cāp;] vifjxgA xk/kh th d vulkj bu lnpkjk dk ikyu doy ckg; : i l gh ugh] cfYd eu] opu vkj de l Hkh gkuk pkfg,A

xk/kh th d ufrd fopkjk e vfglk loie[k gA o ml ije /ke %vfglk ije /ke% ekur FkA vfglk dk bruk vf/kd egÙo blfy; g fd lR; ftl xk/kh th b'oj ekur g fd vuHkfr ie vkj vfglk l gh gk ldrh gA xk/kh th d 'kCnk e Btc vki lR; dk b'oj d : i e tkuuk pkg rk mldk ,d ek= mik; g ie vkj vfglkA³⁴ HkkoukRed i{k e vfglk ie g vkj fu"kkRed i{k e vfglk fdlh tho dh gR;k u djuk gA

xk/kh th u lR; dk b'oj dgk gA lR; dk tkuu dk eryl g b'oj dk tkuukA eu"; d Hkhrj dke] Øk/k] en] ykHk]okluk vkj vLr; ; N% 'k= g tk lno ?k.kk] nHkkouk] b";k vkfn mRiUu djr gA ftll ekuo lR; dk ;FkkFk n'ku ugh dj ikrkA xk/kh th d vulkj lR;Hkk"kk.k djuk pkfg,] yfdu vfi; lR; ugh ckyuk pkfg,A blfy; lR;Hkk"kk.k e Li"Vrk d lkFk enrK Hkh gkuh pkfg,A

vLr; d lEcU/k e xk/kh th d fopkjk nk : ik e n[k tkr gA vLr; dk lkekU; vFk g&^pk;ofÙk dk fujlu*A bl 'kCn dk ,d vkj fof'k"V vFk Hkh gA ble ^vLr;* dk vFk gk tkrk g fd ,lh gj oLr dk R;kx ftldh ge vfuok; vko';drk u gkA xk/kh th u nkuk vFkk e vLr; dk i;kx fd;k gA

vifjxg dk vFk g mikt dju dh ofÙk ij jkdA nlj 'kCnk e bl ge ^lUr"kk* dgr gA ftruk g mlh e lUr"V jgukA ifjxg dh ofÙk gh lkekftd cjb;k dh tuuh gA blh l fo"kerk ink gkrh gA blfy; ifjxg ofÙk dk R;kx vkj vifjxg dk vkpj.k gh lnpkjk gA

^cãp;* d lEcu/k e xk/kh th dk er Fkk ^eu vkj bfun;k ij i.k
fu;=.kA* bld fy; vko';d g fd ge viu dk bl :i e vu'kkflr
dj fd ge bfun;k d nkl u gk] cfYd bfun;k gekj i.k fu;U=.k e jgA

bu lnpkjk d vfrfjDr dN vkj lnpkjk dk mYy[k xk/kh th u
fd;k g&vHk;] b'oj d ifr vkLFkk] lekurk vkj vLi';rk dk R;kx
vkfnA

loiYyhj/kkd".ku

vk/kfud ;x d ie[k fopkjdk e jk/kkd".ku dh x.kuk gkrh gA
jk/kkd".ku ekuo thou e ufrd vu'kkluuk dk cgr egÙo nr FkA ufrd
vu'kklu gh vkpkj gA ufrd vu'kklu dBkj i;Ruk dk ekx g] ftle
dÙk0; ck/k rFkk dÙk0; ikyu nuk fufgr gA vkpkj dk lEcu/k gekj
0;ogkj vkj dÙk0; l gA dÙk0; dk ifjHkkf"kr djr g, jk/kkd".ku dgr g
fd ;g ,d ,lk ck/k g ftld QyLo:i eu"; dk viu ^Lo* l Åij mB
txr e fodflr gku dk volj feyrk gA ufrd nf"V l vu'kkflr
thou dk vFk g fd eu"; viuh bfun;k ij fu;U=.k dj] vgdkj d LFkku
ij fouerk viuk,] ifrjk/k d LFkku ij {kek'khyrk dk viuk, vkj ldh.k
?kjk l Åij mB lkoHkke n;k ,o d#.kk dk viuku dh p"Vk dJA ,l
vkpj.k dk vFk g ^LokFkjgr* rFkk R;kx d Hkko d lkFk lkoHkke ie*
mRiUu dju dk i;RuA ;gh ufrd thou dk vkn'k gA

ufrd thou lEi.krk dh ikflr d fy; cgr vko';d gA ufrd
vkpj.k d fcuk thou d y{; dk ugh iklr fd;k tk ldrkA vkpkj d
egÙo dk ijh rjg ekuu d dkj.k gh jk/kkd".ku vkpkj vkj /ke d chp
?kfu"V lEcu/k ekur gA ixfr'khy 'kfDr d :i e /ke dh tM lnpk gh
ufrd fu.k;k e jgrh g] vkj lokPp ufrdrk lnpk eu";k d eu e txr
e ifj0;klr b'ojRo dh vkj ifjr djrh gA ^;fn ufrd fpUru xgu gk rk
og ufrdrk dk fo'o0;kih mí'; inku djxkA ufrd pruk e vkn'kk dh
lR;rk e fo'okl gkuk vko';d gA ;fn vkn'kk dh lR;rk /ke g] rk
ufrd ekuookn de:i /ke d vfrfjDr vkj dN ugh gA ekuo thou dk
vkn'k ufrd vkpj.k e gA thou ,d g vkj mle /kkfed vkj /kefuji{k
d chp dkb Hkn ughA /ke] vFk vkj dke lkFk&lkFk gh pyr gA* nfud
thou dk lnpkjk okLro e ije'oj dh lok gh gA jk/kkd".ku Hkxonxhrrk

d vkn'k l cgr iHkkfor FkA blh dkj.k mudk dguk Fkk fd ^ge l lkj
d R;kx dh ugh eu d rVLFrk dh vko';drk gA vfr'k; ojKX;] tk
vkReihMu] dBkj cãp; rFkk vU; mx vkn'kk e ixV gkrk g] thou
ifØ;k d fo#) ;) ?kk"K.kk d leku gA

jk/kkd".ku d vulkj vfglk ekuo thou dk ,d vifjgk; vx gA
xk/kh th d fopkj l iHkkfor gku d dkj.k jk/kkd".ku vfglk dk tk ie
dk gh ,d i{k g] ufrd thou dh lcl 0;kid vkj lkoHkkfed d lKv
ekur gA tc rd gekjh n"V ie l fIdr ugh gkrh rc rd lR; vkj
v lR; doy veÜk /kkj.kk, ek= gA {kek} R;kx] lfg".krk] 'kkfUr fi;rk] /k;
vkfn lHkh ie d fofHkUu :i ek= gA l lLdkfjrk] l[k] f'k"Vrk] lUryu
dk ie vkj lPpkb d lFk leUo; gkuk vko';d gA jk/kkd".ku thou d
vk/;kfRed vkj Hkkfrd nkuk i{k dk mUur cuku ij cy nr FkA mudk
dguk Fkk fd ^thou dk vf/kd HkO; cuku dh ifØ;k e o lc i;k l Hkh
l fEefyr gku pkfg, ftudk y{; ml vf/kd le) vf/kd l Ei.k] vf/kd
vkuUni.k] fuf'pUr 'kkfUuri.k vkj xfjek l EiUu cukuk gA Hkkfrd lfo/kkvk
dk migl djuk vko';d ugh vkj lH;rk d Qyk dk] ftue foKku vkj
ik l kfxdh }kjk iLrr Qy Hkh 'kkfey g] vkHkkj iod Lohdkj djuk pkfg,A
vkpk;Jh egkiK

vk/kfud ;x d fpUr dk e vkpk;Jh egkiK dk uke cM l Eeku d
l kFk fy;k tkrk gA o ,d ie[k nk'kfud vkj fopkj d gA vkt dh
leL;kvk d l EcU/k e mudk fpUru ekuo dk ,d u;h fn'kk n l drk gA
mud fopkj e tgg ,d vkj nk'kfud xgjjb n[ku dk feyrh g] ogh
nljh vkj vkpkj vkj 0;ogkj dk ifj"dr dju oky l= HkhA

Kku vkj vkpkj&vkpk;Jh egkiK Kku vkj vkpkj e Hkn djr gA
mud vulkj ^vkneh dh dFkuh vkj djuh e cgr vUrj gA vkneh dk
dguk ,d idkj dk g vkj vkpkj&0;ogkj nlj idkj dkA tkuuk Kku dk
dke gA ;g vkoj.k gVkrk g] ft l l tkuu dh {kerk ink gk tkrh gA tk
Hkhrj e Fkk og idV gk x;kA ij Kku gk tku ij folxfr ugh feVrhA
Kku doy idk'k n l drk g] fØ;k ugh n l drkA idk'k nuk ,d ckr g
vkj mld vulkj vkpj.k djuk nljh ckrA Kku vkj vkpj.k d chp ,d
njh g&J)k vkj fo'okl dhA tc rd ;g n"Vdk.k dh njh lelr ugh

gkrh] rc rd Kku vkpj.k dk iHkkfor ugh dj ldrkA thou dh lQyrk
d fy; vko';d g Kku] n'ku vkj pkfj= dh njh dk feVkuk] mle
lketL; LFkkfir djukA*

thou foKku vkj i{kk/;ku&vvpk; Jh egkiK thou foKku vkj
i{kk/;ku d vkfo"dÜkk gA ;g i)fr vkRekoykdu dh ,d ifØ;k gA
vkRekoykdu rHkh gk ldrk g tc eu"; viu vkpkj&fopkj dk l;fer
djA mud vulkj i{kk/;ku dk ?kk"K g&vkRek d }kjk vkRek dk n[kkA* ;g
,d nh?kdkyd ifØ;k gA bld fy; lfe e tkuk iMrk gA 'okl d
LiUnu] 'kjhj d LiUnu] 'kjhj e gku oky jlk;u] 'kjhj dh fo|r rjxk d
LiUnu& lkj lfe gA lk/kd vH;kI d }kjk budk idMrk gA budk
tkuu d ckn fQj /khj&/khj og de LiUnuk dk idMuk ikjEHk djrk gA
bu lkj LFky] lfe lferj vkj lfer LiUnuk dk idMr&idMr og
pruk rd igp tkrk g] vkRek rd igp tkrk gA ;g ifØ;k g vkRek d
}kjk vkRek dk n[ku dhA ;g ifØ;k 'okl d ifjLiUnuk d xg.k l ikjEHk
gkrh g vkj /khj&/khj prU; d LiUnuk rd igp tkrh gA ;g ex g
vkReck/k dk] vkRe n'ku dka

v.kor vkj vkpkj&ekuo dh bPNk, vdk'k d leku vuUr gA
mldh ifr ugh dh tk ldrhA ,d bPNk dh ifr gku ij nljh bPNk dk
tUeA blh idkj ;g Øe pyrk jgrk gA bPNk, rlr ugh gk ldrhA rflr
dk ,d fcUn g&og g ojkX;A mlh d ifjik'o e vfglk] lR;] vpk;]
cāp; vkj vifjxg dk fodkl gvka bu ork dk uke g ^v.kor*A v.kor
ufrdrk dk og egÜoi.k vk;ke g ftl viukdj lklkfjd thou dk
lQy cuk;k tk ldrk gA v.kor pkfj=d fodkl d fy; fd; tku oky
i;Ru dk uke gA vuUr vdk'k g vkj vikj inkFk gA eu ij dkb
fu;U=.k ugh gA ;g [kyh nkM eu"; dk Hkkxh] fgld vkj Øj cuk nrh
gA Øjrk l v'kkUr gk eu"; u lk/; d ckj e lkpka vUr e mlu tku
fy;k fd thou dk lk/; g 'kkfUrA ;g v.kork d }kjk gh thou e vk
ldrh gA

v.kor vkj vkpkj dh ,d gh Hkk"kk gA nkuk dh fn'kk, ,d
g&d#.kk] lekurk] ekuoh; ,drk] ikef.kdrk] ;FkkFk fpUru] dFkuh vkj
djuh e lekurk] Hkkx l;e] eeRo&efDr bud vk/kkj ij gh ork dh jpuk
g;h g vkj budk gh vkpj.k e mrkjuk vkpkj gA bl idkj v.kor vkj
vkpkj nkuk dk y{; g ekuoh; x.kk dk fodkl] ftll vfgld lekt dh
ljuk gk l dA

ik'pR; fpUru vkj vkpkj

fpUru {k= e ik'pR; fopkj/kkjH Hkkfrd l[k&l/kuk dk loLo ekudj vx c<h gA blfy; ik'pR; fopkj/kkjH ij Hkkfrdrk dk iHko Li"V n"Vxkpj gkrk gA ik'pR; fpUrdk dh n"V v/;kReijd u gkdj ckÁkUe[kh gA vkRek dk tkuu dh vi{kH Hkkfrd oLrvk d vUo"K.k vkj fo'y"K.k ij ik'pR; k dk fpUru vf/kd FkkA ik'pR; fpUru dk tUe xhd e gvKA xhdfpUrdk u igy tMtxr dk foopu fd;k] fQj vUre[kh n"V l prU vkRek dk fo'y"K.k fd;kA Hkkjrh; vkj ik'pR; fpUrdk e vkpkj d lECU/k e e[; Hkn ;g g fd Hkkjrh; fopkj d vkpkj dk vkRe'kf) dk l/kU ekur g] tcfD ik'pR; fopkj d u vkpkj dk Hkkfrd l[k&lEiUUrK d vFk e 0;k[;kf; r fd;k gA

ik'pR; fopkj d e loiFke ldjkr dk uke fy;k tk ldrk g] D;kfd budk vkpkj fo"K;d n"Vdk.k vU; ik'pR; fpUrdk d fy; ij.kk Jkr cukA ldjkr d io vud nk'kfudk u viU fopkj 0;Dr fd; g] ijuR mu lcdh n"V Hkkfrdoknh gA ldjkr dk mÍ'; Fkk fd iR;d 0;fDr viU thou dk le>A blfy, mUgku Kku dk vf/kd egUo fn;kA mudk dguk Fkk fd lnx.k Kku g vkj lEiR;;k d }kjH iklr gkrk g&virtue is knowledge, and knowledge is through concepts. mudk fo'okl Fkk fd ;fn 0;fDr dk lnx.k dk Kku jg rk og vo'; gh vPNk vkpj.k djxkA mUgku U;k;] 'kHk] vkRe l;e bR;kfn dk thou Hk min'k fn;k vkj rnudy vkpj.k Hkh fd;kA mudk mÍ'; ekuo dk vkpj n'ku dh f'k{kH nuk FkkA ldjkr dk Kku l/kkj.k 0;kogkfjd Kku ugh] mudk Kku vkRe l;e l mRiUu vkReKku gA blfy, viuh vkRek dk tkuu gh lPpk ufrd Kku gA mifu"kn n'ku e Hkh ;gh dgk x;k g fd tk 0;fDr viU dk tkurk g ogh ;FkFk Kkuh gA

ldjkr d f'K"; lyVk d vkpj&n'ku e 'kHk dk iR;; lokifj gA l lkj dh iR;d oLr 'kHk l lpkfyR gk jgh gA 'kHk dk iklr dju d fy, ufrd vkpj.k dh vko';drk gA lyVk dk fpUru doy Kku fiiklk dk 'kkUr ugh djrk gA budk e[; mÍ'; g fd ekuo viuh pje xfr dk iklr dj ft l l ekuo noRo dk iklr dj vej gk tk;A lyVk d fpUru dk lkj ;g g fd ekuo lnx.kH gk vkj viuh vejrk dk iklr dja lyVk d fpUru e 'kHk dk ogh LFkku g ft l iklr dj yu ij fd l h Hkh rUo dk iklr dju dh bPNk ugh gkrhA

ik'pR; fpUrdk e vjLr dk vkpkji{kH; n"Vdk.k e/;ekxh gA vjLr Lohdkjr g fd l[kokn lgh fl)kUr ugh g] ij l[k dh vogyuk

ugh dh tk ldrhA l[k vkpkj e eVj g vkj cf) QkeA cf) d }kjk
 lgt iofÙk vkj cHk{kk d lpyu e vkuUn iklr gkrk gA blfy; vkpkj
 e l[k dk fu%J; l ugh Lohdkjk tkrk gA vkuUn gh vkpkj dk fu%J; l
 gA ij vkuUn iklr e l[k ifj.kker% iklr gk tkrk gA vjLr u crk;k g
 fd u rk oklukvk dh lrfV dk ufrdrk le>uk pkfg, vkj u rk
 ik'kfod ofÙk;k d mUeyu dk ufrdrk dguk pkfg,A nkuk d e/;e ekx
 dk gh lgh ufrd lnx.k le>uk pkfg,A

xhd;x d ckn fpUru /kkjk e dN ifjoru ifjyf{kr gkrk gA
 e/;;x d vkr&vkr blkb /ke n'ku dk iHkko lo= 0;klr gk x;kA bl
 ;x e J)k cyorh gk x;hA cf) vkj rd dk iHkko de gk x;kA e/;;x
 d ckn fpUru/kkjk ijh rjg cny x;hA oKkfud vkfo"dkjk d
 ifj.kkeLo:i u;h&u;h fopkj/kkjk, lekt e iui jgh FkEA cf)okn vkj
 vuHkookn d :i e mudk iHkko lekt e 0;klr gk jgk FkA cf)oknh
 MdKV] fLiukt vkj ykbcfuRt Kku dk lkr cf) dk eku jg Fk] tcf
 vuHkooknh ykd] cdy vkj g;e u Kku dk eylkr vuHko dk ekukA
 nkuk dk vkpkj n'ku Hkh fHkUu&fHkUu FkA

cf)okn vkj vuHkookn dk leUo; fd;k vk/kfud ;x d ie[k
 nk'kfud dk.V uA dk.V dk vkpkji{kh; nfVdk.k xhrk d fopkjk l lE;
 j[krk gA dk.V leUo;oknh fopkjd FkA dk.V u l[kokfn;k dh rjg
 ufrdrk dk eY;kdu u rk ifj.kke d vk/kkj ij fd;k vkj u gh l[k dk
 thou dk y{; ekuk] vfir mudk ekuuk Fkk fd ;fn ge ckf)d g rk
 lPpfj= gkx] ;kx; gkx] lPpfj= gkx rk l[k vo'; feyxkA

dk.V bfUn;&fuxg vkj bPNk&fu;U=.k ij vf/kd cy nr FkA
 mudk dguk Fkk fd ^A goodwill is a will which wills nothing vFkkr lfnPNk
 ,d ,lh bPNk g tk fdlh dh bPNk ugh djrhA dk.V dh bl mfdR dk
 0;kid ifji{k e n[kk tk ldrk gA ^dÙko; d fy, dÙko; dk fl)kur
 blh ij vk/kkfjr gA bl idkj d dÙko; d ihN 'k) lkfRod Hkkouk gkrh
 gA ;gk u dkb i;ktu gkrk g vkj u dkb ij.kkA ;g xhrk d fu"dke
 de t lk gh gA dÙko; d fy; dÙko; dk fl)kur dk.V d n'ku e
 fuji{k vkn'k g] tk fcuk fdlh vi{k d Lor% ?kfVr gkrk gA bl idkj
 ik'pR; fpUru e Hkh vkpkj dk ogh egUo g tk Hkkjrh; fpUru eA vurj

doy bruk g fd Hkkjrh; fpUru e bldk vk/;kfRed eY; g vkj ik'pkR;
fpUru e 0;kogkfjd eY; vf/kd gA

vkpkj vkj lekt 'kkL=

vkpkj vkj lekt 'kkL= dk ?kfu"B lEcu/k gA ekuo dh vf/kdk'k
fØ;k, lki{k gA fuji{k gkdj ekuo u dN lkp ldrk g vkj u dN dj
ldrk gA blhfy, dgk x;k g] ,d d lFk lc vkj lc d lFk ,dA
bl vi.krk u gh lekt dh vo/kkj.kk mRiUu dh vkj lekt fufer gvka
0;fDr vkj lekt dk lc/k vi.krk l i.krk dh vkj iLFkku djuk gA
ekuo dh vko';drkvk dh ifr d fy; lekt cukA ekuo lekt e jgrk
gA ijLij l[k&n%k dk lEonu djrk g D;kfd og ,d ckf)d ik.kh gA
lonu] lgkuHkfr vkj lg;kx&; rhu rUo 0;fDr vkj lekt dh lgh
0;k[k; k iLrr djr gA lEonu 0;fDrd gkrk gA lg;kx vkj lgkuHkfr
0;fDrd ugh gkrh] ; nkuk lekt dh lhek e vk tkr gA ekuo dk vkpkj
vkj 0;ogkj lekt e inf'kr gkrk gA mifu"knk vkj tukxek e vkpkj
vkj lekt 'kkL= d lEcu/k e vud l= miyC/k g ftud fo'y"%.k l nkuk
d lEcu/k dk Li"V fd;k tk ldrk gA

mifu"knk u u doy vk/;kfRed dY;k.k d fy; ufrd fl)kurk
dk ifriknu fd;k g] vfir mUgku lEku; vkj fof'k"V dUo;k.k dh vkpkj
lfrk Hkh iLrr dh gA mifu"knk e o lkj dk; ufrd eku x; g ftue
eu"; jkx&} "k l eDr gkrk g] tgg U;k; vkj ;fDr dh i/kkurk gkrh g]
tgg eu"; viu {kn LokFkk dk vfrØe.k djrk g] tgg ykdexy gh ijd
'kfDr gkrh g vkj tgg 0;fDr vUr;keh lo0;kih lUkk }kjk fu;Dr
fo'o&lpyu dh ;ktuk e viu dk lgdkjh le>rk gA bld foijhr
lkj vkpj.k vufud gA l;e] mnkjrk vkj n;k lnx.k gA /;ku] nku]
'khy] vfglk] lR; lnpkj ; e[; vkpkj eku x; gA

mifu"knk e ftu ufrd x.kk ij cy fn;k x;k g o doy
R;kxkRed vkj fu"kkRed gh ugh g] fØ;kRed Hkh gA lRde] nku] vkfrF;
dh ;gk i'kIk dh x;h gA mifu"knk e lHkh lnx.kk dk ri dh lKk nh x;h
g&_r ri g] lR; ri g] Jr ri g] 'kkfUr ri g] nku ri g] ;K ri gA

bl idkj mifu"knk e ,d vkn'k lekt dh 0;oLFkk dh x;h gA
vk/kfud lkekftd vkn'kk d ey lkr mifu"kn lkgR; e folEku gA

tukxek e Hkh vkpkj dk lkekftd nf"Vdk.k miyC/k gkrk gA ;gk
0;f"V l lef"V dh vkj pyu dh ckr i/kku :i l crkb x;h gA lef"V
0;f"V dk leg g] blfy, lef"V e l/kkj d fy; igy 0;f"V dk l/kkj

vk'o';d gA blh ckr dk nf"Vxr dj vkpk; rylh u dgk&l/kj 0;fDr]
 lekt 0;fDr l jk"V Lo; l/kjxkA³⁵ tu vkpkj 'kkL= e loiFke 0;fDr
 dk l/kju dh ckr dgh x;h gA 0;fDr d l/kju l lekt dk l/kkj gkxk
 vkj lekt dk l/kkj gku ij jk"V dk l/kkj gkxkA blfy, 0;fDr gh og
 egUoi.k bdkb g ftld l/kkj l lekt vkj jk"V dk l/kkj lEHko gA

oreku 'knh lektoknh vo/kkj.kk dh 'knh gA QyLo:i lHkh
 fn'kkvk l LoLFk lekt jpuk dh dYiuk lkeu vk jgh gA v.kor dk
 nf"Vdk.k i/kku:i l 0;fDr fuek.k vFkok pfj= fuek.k dk gA bl l/kkj
 d ie[k l= g&nljk d vflRro d ifr lonu'khyrk] ekuoh; ,drk] lg
 vflRro dh Hkkouk] lEinkf;d lnhkko] vfglkRed ifrjk/k] 0;fDrxr lxxg
 vkj HkkxkiHkkx dh lhek] 0;ogkj e ikekf.kdrk lk/ku&'kf) vkj vHk;]
 rVLFkrk vkj lR; fu"Bk blh l LoLFk lekt dh dYiuk dh tk ldrh gA

tu /ke dk lekt 'kkL=h; nf"Vdk.k lerk ij vk/kkfjr jgk gA bl
 /ke e ;g 0;olFk nh x;h fd eu"; tUe l ugh cfYd de l egku gkrk gA
 tu /ke dh ;g ij.kk eu"; dk i#"kkFkh cukrh g vkj LoLFk lekt ljpuk
 dh ij.kk nrh gA tu vkpkj 'kkL= e ckg; 'kf) ,o dedk.M dk fufjkd
 crkdj fo'k) vkpj.k dh ifr"Bk ij cy fn;k x;k gA tu l?k e Hkh
 fl)kUrr% tkfr Hkn d fy; dkb LFkku u Fkka leLr tkfr;k d fy; ioT;k
 dk }kj [kyk Fkka bl idkj lnpkj d }kjk gh LoLFk lekt cu ldrk gA
fu"d"k

tu vkj ofnd nkuk iJEijkvk e vkpkj dh egUkk Lohdr gA
 vkpkj 'kCn dk vFk ^vkpj.kekpj%* tk lR fØ;k dh tkrh g ml vkpj
 dgr gA bl dk lECU/k eu vkj ok.kh nkuk l gA eu"; tlk lkprk g
 olk ckyrk g vkj tk ckyrk g ogh djrk gA bl rkjrE; c) f=iVh dk
 gh vkpkj lKk nh x;h gA ;g gk ldrk g fd fdlh d eu e ln fopkjk
 dk mn; gk vkj fdlh d eu e vln fopkjk dk mn; gkA lnpkj vkj
 dnpkj nkuk fHkUu&fHkUu gA lnpkj eu"; dk mUuk;d gkrk g vkj
 dnpkj mld v/k%iru dk dkj.k gkrk gA blfy; lnpkj dh egUkk
 lokifj ekuh tkrh gA lnpkj d fy; lR 'kkL= dk v/;;u] x# l kfuU/;
 rFkk dy iJEijk l vkrk gvk l kfuOd vkpkj ; rhuk vifjgk; gA tk
 0;fDr vkpkjghu gkrk g] og ykd e fufUnr gkrk gh g og ijykd ekx l
 Hkh P;r gk tkrk gA

vkpkj dk lECU/k ckg; fØ;k dykik l Hkh g] t l fuR; Lukukfn
 fØ;k iod lU/;kiklukfnde] nokjk/ku] vfrfFk lRdkj] 'kkL=k dk fu;eiod
 v/;;u] ekrk&firk rFkk x# d ifr J)k dh ifo= Hkkouk vkfnA bu ckg;
 vkpkjk dk ije i;k tu vUr% dj.k dh 'kf) g] D;kfd tc rd vUr%dj.k

ekfyU;kir jgXk mle ln fopkj dk mn; gk gh ugh ldrkA vfglk
 lR;] vLr;] cãp; vkj vifjxg dk vkpkj dk e#n.M ekuk tkrk gj
 fdUr ftl vUr%dj.k e nokluk,] nHkkouk, Hkjh gj ogk ij lR;] vfglk
 vkfn dk mn; dFkefi lEHko ugh gA blfy; vUr% 'kf) d fy; igy
 cká 'kf) vko';d gA blfy; cká 'kf) dh mi{kk ugh dh tk ldrhA
 tk lldfr cká 'kf) dk xk.k ekurh g vFkok mldh mi{kk djr h g ml
 ;g ugh Hkyuk pkfg; fd fcuk ckg;pkj d vUr%'kf) dFkefi lEHko ugh g
 vkj vUr%'kf) d fcuk ln fopkj dk mn; gk ugh ldrkA ln fopkj vkj
 vUr%'kf) dk vfoukHkko lEcU/k gA blfy; jkx}'k jfgr gkdj 'kkL=fofgr
 lrdku"Bku tk ckg;pkj d ifjo'k e vkrk gj mld }kjk eykPNkfnr
 vUr%dj.k dk LoPN djuk ijeko';d gA ftl idkj eyjfr ni.k e
 ifrfcEckiyfC/k gkrh gj mlh idkj fu"dye"vUr%dj.k e gh ln fopkj
 dk ikdV; gkrk gA efDrdkifu"kn e cká'kf) ij vf/kd cy nr g, dgk
 x;k g fd viu ng fd v'kfp xU/k l ftl i#"k dk fojx ugh gkrk g
 mld ojX; d fy; vU; fdl oLr dk dFku fd;k tk;] vFkkr viu
 'kjhj dk ey] e= ijh"kkLFk i;Dr tk v'kfprk gj ogh bl ng d ifr
 fojDrk dh mnHkkfodk gA ng rk vR;Ur efyu g vkj ngh vFkkr vkRek
 vR;Ur fuey gA ,lh fLFkr e ng dh efyurk dk nj djuk rFkk ng l
 vuklDr jguk vko';d gA vkRek dh 'k)rk dh ckr djuk rk vFkghu gh
 gj D;kfd og rk fuR;] 'k) c) lRLo:i gA³⁶

vkpkj d lEcU/k e tukxek ,o vkifu"kn ijEijk e cgr dN
 lekurk, rFkk fofHkUurk, n[ku dk feyrh gA tukxek e of.kr ip
 egkork dk ¼lR;] vfglk] vLr;] cãp;] vkj vifjxg% ;Fkkor Lohdr
 fd;k x;k gA x#vk d ifr vkLFkk] vkjk/; d ifr iT; cf)] vkxek d
 ifr vklrrk ftl idkj tu ijEijk e ekU; g mlh idkj ofnd ijEijk e
 Hkh ekU; gA mUkjk/;;u dh vkpkj eyd xkFkk dk lKE; egkHkkjr d 'ykd
 e of.kr rF; l n"V0; g&

ukiëk okxj fdfp] iëk ok ukfy; o,A

dkg v l Pp dloTtk] /kkjTtk] fi;efli;AA³⁷

fcuk iN dN Hkh ugh ckyuk pkfg,] iNu ij v l R; ugh ckyuk
 pkfg,A Øk/k dk fu"Qy dj nuk pkfg, vkj fi; rFkk vfi; nkuk dk lgu
 djuk pkfg,A

uki"V% dL;fpn c;kr] ukl;U;k;u iPNr%A

Kkuokufi e/kkoh] tMor leikfo'krAA³⁸

fcuk iN fdIh I dkb ckr u cryko] vU;k; I iNu ij Hkh u
dg] tkur g, Hkh e/kkoh tM d leku vkpj.k djA

tukxek e of.kr ip lfevr;k dk vnHkr leUo; euLefr d ,d
'ykd e n[kk tk ldrk g&

bfj;kHkk l l.kknk.k] mPpkj lfeb b;A³⁹

vFkkR b;k] Hkk"kk] ,"k.kk] vknku vkj mPpkj lfevr ; ikp lfevr;k
vkxek e of.kr gA bu rF;k dk ifriknd ;g 'ykd euLefr e n"V0; g&

nf"Vir U;IRikn oL=ir ty fiorA

IR;irk onnokp euHir lekpjrAA⁴⁰

Ikeu n[kdj ij j[kuk pkfg,] ikuh dk Nkudj ihuk pkfg,] IR;
I ifo= ok.kh ckyuh pkfg, vkj eu I ifo= vkpj.k djuk pkfg,A

Ik/k d vkpj e tu vkj ofnd ijEijk e i;kIrr erHkn n[ku dk
feyrk gA tu ijEijk e Ik/k d fy, vnUr/kkou] vLuku] d'kypu]
Lontd"Vijh"kg] cká'kf) d ifr mi{kHkkko vkfn dk vkpj.kh; ekuk x;k
gA ofnd ijEijk e Ik/k d fy, bld foijhr vkpj.k dk fo/kku gA ofnd
ijEijk e Ik/k d fy; 'kkpkpkj] Luku }kjk 'kjhj 'kf)] nUr /kkou
fu;ekul kj d'kdru vkfn dk fo/kku gA

Hknk d gkr g, Hkh R;kxh efu dk fp=.k ft l idkj mUkj/;;u e
feyrk g ol gh egkHkkjr e Hkh feyrk gA

l lk.k lUuxkj ok #D[key o ,xvka

vdDdvk fulh,Ttk] u ; foUkk l, ijAA⁴¹

'e'kku e] 'ku;kxkj e vFkok o{k d ey e ,dkdh efu vpiyHkko
l cB] vklkl d vU; fdIh Hkh ik.kh dk =kl u nA

bld lekukFkd 'ykd egkHkkjr e bl idkj g&

vfudr% ifjriu] o{keyJ;k efuA

v;kpd% Ink ;kxh] l R;kxh ikFk! fhk{kdAA⁴²

efu fcuk ?kj dk gkrk g] d"Vk dk lgrk g] o{kk dk ey gh
mldk vkJ; g] nhuofUk l og ;kpuk ugh djrk] ;kx e fLFkr jgrk g]
R;kx gh mld thou dk loLo gA

bl idkj nuk gh lldfr;k R;kx i/kku] vk/;kfRed nf"Vdk.k dk
egUo inku djrh gA

InHk

- 1- fgUn /ke dk'k&Mk- jktoyh ik.M;] i"B 74
- 2- ekud fgUnh dk'k&iFke [k.M] fgUnh l kfgR; lEeu] i;kxA
- 3- tuUn fl)kUr dk'k] Hkkjrh; KkuihB] Hkkx&1] i"B 240
- 4- Jh fhk{k vkxe fo"k; dk'k] tu fo'o Hkkjrh ekU; fo-fo-] ykMu] i"B 85
- 5- ofnd lLdfr dk fodk l] i- 15
- 6- lLdfr d pkj v/;k;] fnudj] f}rh; lLdj.k] i"B 102
- 7- lLdfr d nk iokg] vkpk;Jh egkiK ¼iFke lLdj.k½ i"B 4
- 8- NkUnkX;kifu"kn&6@14@2
- 9- _x& 10@191@2] vFko- 6@64@1
- 10- _x&10@191@3] vFko&6@64@2
- 11- vFkoon&3@30@2
- 12- 'kr iFckã.k 14@4@1@23
- 13- NkUnkX;kifu"kn 5@3@7
- 14- cgnkj.;dkifu"kn 4@4@22
- 15- ik'kir kifu"kn m0 dk0 32
- 16- rfUkjh;kifu"kn 1@11
- 17- ck/kk;u /ke l= 1@1@5
- 18- euLefr&4@157
- 19- rUokFk l= 1@1
- 20- mUkj/; ;u& 20@52
- 21- n'kodkfyd] 6@8
- 22- r=o 9@2@12
- 23- ^bfj;k Hkk l l.kknk.k mPpkj l feb b;A* mUkj/; ;u 24@2
- 24- n0; l xg xkFkk 35 dh Vhdk
- 25- n'kodkfyd fu;fDr 86
- 26- mUkj/; ;u l= 28@4
- 27- n'kodkfyd fu;fDr 91
- 28- vxUkj fudk; 5@6@5

- 29- fou; fiVd egkoXx %efT>efudk; 1@3@6½
- 30- vxÙkj fudk;] 5
- 31- lUnfjdHkkj}k t lÙk %l ;Drfudk;½
- 32- efT>efudk; 3@4@5
- 33- vk/kfud Hkkjrh; fpUru&fo'oukFk ujo.k] i"B 111
- 34- ;x bf.M;k& xk/kh t h
- 35- v.kor LoLFk lek t jpuk dh vkpkj lfgrk&v.kor vu'kkLrk Jh ry l h]
i- 13
- 36- Longk'kfpXU/ku u fojT;r ;% iekuA
fojxdkj.k rL; fdeU;nifn';rAA
vR;Urefyuk ngk ngh pkR;Urfuey%A
mHk;kjUrj KkRok dL; 'kkp fo/kh;rAA
- efDrdkifu"kn 2@66] 67
- 37- mÙkj/;;u 1@14
- 38- egkHkkjr 'kkfUrio 287@35
- 39- mÙkj/;;u 24@2
- 40- euLefr 6@46
- 41- mÙkj/;;u 2@20
- 42- egkHkkjr 'kkfUrio 12@10

v/;k;&3
vkxek vkj mifu"knk e vkpkj d fofHkUu : i

v/;k;&3

vxek vkj mifu"knk e vkpkj d fofHkUu : i

vxfed vkj vkifu"knk ijEijk e vkpkj d fofHkUu : ik ij
idk'k Mkyk x;k gA vkpkj d lHkh i{kk ij lokxh.k : i l ;gk fpUru
fd;k x;k gA vkpkjx tk tu vkpkj dk eyHkr xUFk g] mle loiFke
vkrEk dh ppk dh x;h gA vkreryk dk fl)kur vkpkjx dk dunh; rUo
gA ble ifrikfnr g fd&

^MlOo ik.kk lOo Hkrk lOo thok lOo lUkk .k gr0ok] .k
vTtko;0ok] .k ifj?kr0ok] .k ifjrko;0ok] .k mío;0okA**1 fd l h Hkh ik.kh]
Hkr] tho vkj lUo dk guu ugh djuk pkfg,] mu ij 'kklu ugh djuk
pkfg,] mUg nkl ugh cukuk pkfg,] mUg ifjrki ugh nuk pkfg,] mudk
ik.k fo;ktu ugh djuk pkfg,A ;g vfglk /ke 'k)] fuR; vkj 'kk'or gA
vfglk /ke vkrEk i#"kk }kjk ifrikfnr gA vfglkor dh vuikyuk e tk
ck/kk, g] tc rd mudk ifjgkj ugh gkrk] rc rd mldk vuikyu lHko
ugh gA mle iFke ck/kk g&n"VA n"V dk vFk g&'kCn] : i] x/k] j l]
Li'kA tk 0;fDr bfUn; fo"kk e vkIDr g] og vfglk dk ikyu ugh dj
ldrkA blhfy, vfgld dk bfUn; fo"kk l fojDr jguk pkfg,A ft l bl
vfglk /ke dk Kku ugh] ml vU; rUok dk Kku dgk l gkxkA ng d ifr
vukIDr eu"; gh /ke dk tku ldrk g vkj /ke dk tkuu okyk gh _t
gkrk gA tk _t gkrk g mldh fo'kf) gkrh gA /ke 'k) 0;fDr e gh
vofLFkr gkrk gA Hkxoku egkohj dk min'k g fd n%[k fgk l mRiUu g]
blfy, fgk dk ifjR;kx djuk pkfg,A ee{k i#"k de dk lc idkj l
tkudj mldk ifjR;kx djA n%[k dk gr g deA n%[k dk {k; dju d
fy, de food vko';d gA de Qyoku gkr gA o vol/; gkr gA mUg
vo'; Hkxuk iMrk gA mUkj/;;u e dgk g&'dMk.k dFek.k .k ekD[k
vfrFA**2 fd, g, dek dk Qy Hkx fcuk NVdkjk ugh gkrkA VPN vkpj.k
l vftr dek dk Qy 'kHk gkrk g] vkj cj vkpj.k l vftr dek dk Qy
v'kHk gkrk gA blfy, Kkuh i#"k dek l fojr gkrk gA

ft l idkj tu 'kkL=k e vkpkj d egUo dk ifriknu fd;k x;k
g] ml h idkj ofnd xUFk e Hkh vkpkj dk egUo ifrikfnr gA JhenHkxon
xhrrk e dgk x;k g fd&

rLeknIDr% lrr dk; de lekpja

vIDrk g;kpjude ijeklukfr i#"kAA³

vkIfDr l jfgr gkdj de djrk gv^k eu"; ijekRek dk iklr gk
 tkrk gA vkRek e je.k dju oky vkj vkRek e rlr vkj l^rV jgu oky
 i#^{"k} d fy; dkb dÜk0; ugh gA ofnd xUFkk e de d R;kx dk ugh
 cfYd de e R;kx dk min^{'k} fn;k x;k gA vukIDr Hkko l fd;k x;k
 de cU/ku dk dkj.k ugh curk gA

vxek e of.kr vfglk dk vkpj.k dju l Je.k ft l idkj
 l lkj l xj l eDr gk tkrk g] mlh idkj ofnd xUFkk e Hkh vfglk dk
 foLrr o.ku feyrk gA ;gk **^vfglk ijek /ke⁴** vfglk gh ije /ke g]
 dgdj vfglk dk t;?kk^{"k} fd;k x;k gA vfglk gh vkpj dk iFke l= gA
 ofnd xUFkk e eul^k] okpk vkj de.kk vfglk d ikyu dk fun^{'k} gA
 ;kx^{n'}kuk e egf^{"k} ir[']tfy u vfglk] lR;] vLr;] cāp; vkj vifjxg
 dk ;e dgk g&**^vfglk lR;kLÜk;cāp;kifjxg⁴** ;e⁴ egf^{"k} irtfy u ;e
 d vUrrx vfglk dk ifjxf.kr djd bl ckr dh vkj ldr fd;k g fd
 vfglk dh ifr"Bk vkifu^{"k}fnid ijEijk l iklr gA

tukxek vkj mifu^{"knk} nkuk xUFkk e vkpkj ij 0;kid n["]V l
 fopkj fd;k x;k gA iLrr v/;k; e vkpkj d fofHkUu i{kk ij tukxek
 vkj mifu^{"knk} d vulkj fopkj iLrr gA

l k/okpkj

Hkkjrh; lLÑfr vkpkj i/kku lLdfr gA bl lLdfr e vkpj.k dh
 ifo=rk ij ftruk vf/kd cy fn;k x;k g] mruk fd l h vU; ij ughA
 vkpkj d cy ij ekuo nork d leku ituh; cu tkrk gA Hkxoku c)]
 Hkxoku egkohj]] Jhenk|[']kdjpk; t l egku 0;fDrRo dk uke vknj d
 l kFk bl hfy, fy;k tkrk g fd blgku viu vkpj.k d }kjk l lkj dk ,d
 u;h fn^{'kk} nhA tu ijEijk e l k/k dk efu] ;fr] vuxkj] Je.k] l;r]
 egkorh vkfn ukek l tkuk tkrk gA Je.k ijEijk e Je.k thou dk
 loJ"B ekuk x;k gA l k/kuk d vudy okrkj.k iku d fy, o^{"k} ifjoru
 djuk gkrk g vkj xgokl&R;kx Hkh vko';d gA doy xg dk ifjR;kx
 dju l vuxkj ugh gkrk] vuxkj ,d egku /ke gA vR;Ur l tx vkj
 lrd jgdj bl /ke dh vkjk/kuk vkj l k/kuk dh tkrh gA doy ckg; l x
 dk R;kx gh i;k l r ugh g] Hkhrj l vlx gkuk vko';d gA tc rd ng
 vkfn d ifr jxkfn lEcU/k jgrk g rc rd l k/kd Hkhrj l vlx ugh cu

l drkA ft l 0;fDRk d ân; e dkeukvk dk ok l g] ogk l lkj g] vuxkj
dkeukvk l Åij mBk gkrk g] blhfy, og vlx gkrk gA tu lldfr e
Je.k dk e[; mí'; g&foHkko l gVdj LoHkko e je.k djuk] ijHkko l
gVdj LoHkko e vkuk] in'ku ugh] vkRen'ku djukA ;gh dkj.k g fd og
doy vkRefodkl d fy, ioT;k xg.k djr k gA

tu vxke l kfgR; e] mld 0;k[;k l kfgR; e vkj vU; vkpkj
l ECU/kh l kfgR; e Je.k thou l ECU/kh vkpkj vkj fopkj dk cgr gh
foLrkj l o.ku gA tu l k/k dh ik=rk d fy, ;g vko';d g fd ml
l lkj dh vl kjr k dk fof/kor Kku gA idfr l 'kkU r] vkpk; d ifr
n<J)koku] foue] /ke d ifr tkx:d] 'ke&ne&frfr{kk l EiUu]
d"V l fg".k] vfg l dofÜk l EiUu 0;fDr gh tu l k/k cuu dk vf/kdkjh gkrk
gA tk 0;fDr eu l k] okpk] de.kk] fd l h Hkh idkj l fg l k ofÜk okyk g]
fof{k l r g] dkeukvk l xLr g] fo" k; ykyi g] og 0;fDr tu l k/k cuu
dk vf/kdkjh dFkefi ugh gA blhfy, tu efu d fy, l ;e gh vknkuh;
gA Je.k fg l k d ifj.kke dk lehphu n"V l le>dj l ;e dh l k/kuk e
l ko/kku gk tkrk gA vkpk; Hknckg u Li"V "kCnk e dgk g fd efDr dk
v0;kck/k l [k iklr dju dk ey vkpkj gA vxk dk lkjrUo vkpkj kx e
dgk x;k gA ek{k dk l k{krr dkj.k vkpkj g] blfy, vkpkj iopu dk
lkj gA vkpkj kx d l E;d Kku d fcuk dkb Hkh Je.k vkpk; in dk ugh
ikl r dj l drkA blhfy, mUg ikjEHk e gh vkpkj kx] n'kodkfyd vkfn
vxkek dk v/; ;u djkdj mudh fu"Bk dk ifjiDo dj fn;k tkrk gA , l k
HkO; tho l Hkh idkj d ifjxgk l eDr vifjxgh cudj Lug l jfgr]
'kj hj l Ldkj dk loFkk d fy, R;kxdj ftuUn Hkxoku }kj k i#fir /ke dk
viu l kFk ydj pyrk gA tk n'ku Kku vkj pkfj= bu rhuk e , d l kFk
vk:< g] ,dkxrk dk ikl r g] mldk Jke.; ifji.k gA bl idkj tk
Je.k l nk Kku vkj n'kukfn e ifrc) rFkk eyx.kk e i;Ruiod fopj.k
djr k g og ifji.k Jke.;oku gA

l k/k d x.k

tu 'kkL=k e Je.k dk vëkbl ey x.kk l foHkf"kr crk;k x;k gA
ey dk vFk g ^i/kku* vkj x.k dk vFk g ^vkpj.k fo'k" k*A blfy, eyx.k
dk vFk gv k&i/kku vkpj.kA eykpj dh Vhdk e dgk x;k g&^ey" kCnk
i/kkukFk ifjx°;r rFkk x.k" kCnk-fi vudkFk ;|fi orr rFkl;lpj.kfo'k" k
oreku ifjx°;rA⁶ eyx.kk dk /kkj.k dju l ftudk pfj= fuey gk pdk
g o l ;r dgykr gA eyx.kk dh l [;k bl idkj g&

^ip ; eg0o;kb lfenhv k ip ft.ko#fíëkA
ipfofn;jkgk Nfli ; vko l;k ykvkAA
vkpyde.gk.k f[kfn l;.kenr?k l.k poA
fBfnHkk;.k;HkÙk eyx.kk vëoh l k nAA⁷

ikp egkor] ikp lfevr] ikp bfUn;k dk fujk/k] Ng vko';d]
 ykp] vkpyD;] vLuku] f{kfr'k;u] vnUr/kkou] fLFkr Hkk tu vkj ,dHkDr
 ; vëkbl eyx.k ftuUnno u ;fr;k d fy, dg gA

1- ikp egkor&fg l kfojfr ¼vfg l k½] lR;] vnÙk ifjotu ¼vLr;½ cãp;
vkj l xfoefDr ¼vifjxg½&; ikp egkor g&

fg l kfojnh lPp vnÙk ifjoT t.k p cHk pA
l xfoeÙkh ; rgk eg0o;k ip i..kÙkAA

2- ikp lfevr&b;k lfevr] Hkk"kk lfevr] ,"k.kk lfevr] fu{kiknku rFkk
eye=kfn dk ifr"Bkiu lE;d ifjR;kx ; lfevr;k ikp idkj dh g&

bfj;k Hkk l k , l.kk f.kD[koknk.keo lfenhv kA
ifnBkof.k;k ; rgk mPpkjknh.k ipfogkAA⁸

3- ikp bfUn;fujk/k&p{k] Jk=] ?kk.k] ft°ok vkj Li'ku&budk fujk/k&
pD[k l kn ?kk.k ft°CHkk Qk l p bfn;k ipA

l x l xfo" k, fgrk f.kj kfg;0ok l ;k ef.k.kkAA⁹

4- Ng vko';d&lkekf;d] Lrfr] oUnuk] ifrØe.k] iR;k[;ku vkj
0;R l x&; Ng vko';d fØ;k, g&

l enk Fkok ; on.k ikfMDde.k rgo .kkn0oA
iPpD[kk.k fo l x xk dj.kh;kok l;k NfliAA¹⁰

5- lkr vl; eyx.k&d'kypu] vkpyD;] vLuku] f{kfr'k;u] vnUr?k" k.k]
fLFkrHkk tu vkj ,dHkDrA

; vëkbl eyx.k Je.kkpkj dh vk/kkjf'kyk gA Je.kkpkj dk ikjEHk
bUgh eyx.kk l gkrk gA

o{key d leku efu d ; vëkbl eyx.k gA bue u rk dHkh
 U;urk gkrh g vkj u vf/kdrkA tk Je.k bu x.kk dk Nndj ckj;;kx
 djrk g] eyx.k foghu ml l k/k d l Hkh ;kx fd l h dke d ugh gkrA

'orkEcj ijEijk e x.kk dh l[;k bll fhUu gA leok;kx l= e
 Je.kk d lÙkkbl x.kk dk mYy[k gA vR;Ur ltx vkj lrd jgdj bl
 /ke dh vkjk/kuk dh tkrh g&¼1½ ik.kkfrikfoje.k] ¼2½ e"kkoknfoje.k] ¼3½
 vnÙkknku foej.k] ¼4½ eFku foje.k] ¼5½ ifjxg foje.k] ¼6½ JkrfUn;fuxg]
 ¼7½ p{k bfUn;fuxg] ¼8½ ?kk.kfUn;fuxg] ¼9½ jlufUn; fuxg] ¼10½
 Li'kufUn;fuxg] ¼11½ Øk/kR;kx] ¼12½ ekuR;kx] ¼13½ ek;kR;kx] ¼14½
 ykHkR;kx] ¼15½ HkkoIR; ¼vUrkRek dh ifo=rk½] ¼16½ dj.k lR; ¼fØ;k dk
 lE;d idkj l djuk½] ¼17½ ;kx lR; ¼eu opu vkj dk;k dk lE;d
 ioru½] ¼18½ {kek] ¼19½ ojKX;] ¼20½ eu lekj.k ¼eu dk ldkpu½] ¼21½ opu
 lekj.k] ¼22½ dk; lekj.k] ¼23½ Kku lEiUurk] ¼24½ n'ku lEiUurk] ¼25½ pfj=
 lEiUurk] ¼26½ onuk vf/k lgu] ¼27½ ekj.kkfUrd vf/k lguA¹¹ Jh 'kkfUrlfjdr
 vÙkj/; ;u cgnofÙk e Hkh vuxkj d lÙkkbl x.kk dk mYy[k g&

[^]o;NDdfeFn;k.k p] fuXxgk Hkko&dj.k lPp pA

[ke;k fojkx;k fo ;] e;ekb.k f.kjkgk pAA

dk;k.kNDd tXfFe] tÙk;k c; .kkfg;k l.k;kA

rg ekn.kfr;fg;k l.k;k] ,,.xXjx.kkAA¹²

fdUr ;gk Øk/k] eku] ek;k vkj ykHk&budk R;kx] ;kx&lR;]
 Kku&n'ku vkj pkfj=lEiUurk&leok;kx e LohÑr bu vkB x.kk dh
 x.kuk u djd jkf= Hkk tu R;kx] iFoh] vi] r t l] ok;] ouLifr] =l&bu
 "kVdkf;d thok dk l;e vkj ;kx ;Drrk ; vkB x.k Lohdr fd; x, gA
 vU; x.kk dk o.ku leok;kx t l k gh gA

ijEijkHkn d vulkj fnxEcj vkj 'orkEcj nkuk lEink;k e
 ipfyr eyx.kk e vUrk Li"V gA fQj Hkh nkuk ijEijkvk e ikp egkor]
 ikp lfefr] ikp bfUn;fuxg budk leku fo/kku gA d'kypu] vLuku]
 fLFkr Hkk tu budk eyx.kk d : i e mYy[k 'orkEcj ijEijk e u gkr g,
 Hkh bu x.kk dk ikyu Je.k leku : i l d jr gA tu ijEijk e tk
 vkpkjlfgrk g] mld ihN vfgl k] vifjxg vkj cãp; dk nf"Vdk.k i/kku
 gA tk fhk{k ork vkj lfefr;k d ikyu e rFkk bfUn;fo"k;k d ifjgkj e
 l nk i;Ru'khy jgrk g] og l lkj e ugh jgrkA

Je.k dk ikp egkork dk ikyu] b;k lfefr l xeu xeu vkj
 ipfUn; fo"k;k l fuofÙk vko';d gA

or

tu lLdfr ork dh lLdfr gA ^or* 'kCn o' oj.k /kkR l vrp
 iR;; l fu"iUu gA fo;r bfr] def.k vrp l p fdrA Je] ri vkj R;kx

i/kku Je.k lldfr e vk/;kfRed eY;k dh egrh ifr"Bk gA
vk/;kfREkd thou d mRd"m dk fujUrj xfr'khy cuk; j[ku d fy, or]
fu;e vkfn d ikyu vkj e;knk l viu vkpkj dk lokjuk vko';d gA

or dk vFk g&fgl kurLr;kc°eifjxgH;k fojforeA fglk] lR;]
pkjh] eFku vkj ifjxg l fuoÜk gkuk] bul fojfr gkukA fojfr vFkr
tkudj vkj iklr djd bu dk;k dk u djukA ifrKk djd tk fu;e
fy;k tkrk g og Hkh or gl ;g dju ;kx; g vkj ;g dju ;kx; ugh g
bl idkj fu;e yuk Hkh or gA bl idkj fglk vkfn ikp ikik d nk"kk
dk tkudj vkRekRd"m d mí'; l budk R;kx ;k bul fojfr dh ifrKk
ydj iu% dHkh mudk lou u dju dk or dgr gA vfglk] lR;] vLr;]
cāp; vkj vifjxg] ; tc e;kfnr :i l xg.k fd; tkr g] rc v.kor
dgykr gA v.kor dk vf/kdkjh xgLfk gkrk gA og fglk vkfn dk loFkk
ifjR;kx ugh dj ldrkA tcfD lk/k&lk/oh ox dk thou xgLfk d
mUkjnkf;Ro l eDr gkrk gA og i.k vkRecy d lFk i.k pkfj= d iFk
ij vxlj gkrk gA vr% bu vLriofÜk;k l ,dn'k fuofÜk dk v.kor rFkk
lon'kfuofÜk dk egkor dgk tkrk g&

vkpfjrktu egfnHk;Pp egkUr i l/k;UR;FkeA

Lo;efi egkUr ;Leku egkorkuHr;rLrkfuAA¹³

oLrr% or viu vki e v.k ;k egr ugh gkr] ;g foHkktu vkj ;
fo'k"m.k or d ikyu dju oky dh {kerk ij fuHkj gA tc lk/kd viu
vkRecy l lon'k :i e ork d /kkj.k vkj fujfrpkj ikyu e i.k leFk
gk tkrk g] rc mld or egkor ,o og egkorh Je.k dgk tkrk gA

vl;e d fufeÜk l gku oky uohu de leg dk fuokj.k :i
egku i;ktu dk lk/ku d dkj.k blg egkor dgk tkrk gA egku i#"kk d
}kjk budk vkpj.k fd;k tkrk g] blfy, ; egkor gA ; Lo; egku g]
vr% blg egkor dgk tkrk gA egkork dh l[;k ikp g&

vfgl lPp p vr.k.k p] rÜkk ; cHk vifjXxg pA

ifMofTt;k ip eglo;kf.k pfjTt /kE ft.knfl;foAAA

vfglk] lR; vpk; ;k vLÜk;] cāp; vkj vifjxg bu ikp
egkork dk ikyu efu dk djuk pkfg,A D;kfd ; ikpk egkor ohrjkx
mifn"V gA

ikp egkor

1- fglfojfr ;k vfglk&vfglk tu vkpkj 'kkL= dk dUnh; rÜo
gA vkxek vkj rni thoh ik;% lHkh xUFkk e vfglk dh eguh;rk dk o.ku
fd;k x;k gA tu Je.k vfglk dk loJ"B lk/kd gA og eu] ok.kh vkj
dk; l fglk ugh djrk] u djokrk g vkj u fglk dju oky dk vueknu

gh djrk gA vpkpkx e vfglk dk eyl= iklr gkrk g&M l0o ik.kk l0o
Hkrk] l0o thok] l0o lÜkk .k gr0ok] .k vTtko;0ok] .k ifj?kr0ok] .k
ifjrko;0ok] .k mío;0okA* fdlh Hkh ik.kh] Hkr] tho vkj lÜo dk guu
ugh djuk pkfg,] mu ij 'kklu ugh djuk pkfg,] mUg nkl ugh cukuk
pkfg,] mUg ifjrki ugh nuk pkfg, vkj mudk ik.k fo;ktu ugh djuk
pkfg,A ;g vfglk /ke 'k)] fuR; vkj 'kk'or gA vgrk u vfglk /ke dk
lcl fy, ifriknu fd;k gA fdlh Hkh ik.kh dk guu ugh djuk
pkfg,&^l0o ik.kk .k gr0ok*&;g J)kuy{k.k okyk jkpd lE;xn'ku gA

Kkuh i#''k dk ;gh mÜke Kku g fd o fdlh tho dh fglk ugh
dj] vfglk dk rRi; gh g fd ^fdlh tho dh fglk u djukA ftl bl
vfglk fl)kur dk Kku ugh g] ml fdlh vU; rÜo dk Kku ugh gk
ldrKA Hxoku egkohj d iopu e lcl vf/kd cy vfglk ij gh Fkk&

rRfke i<e Bk.k] egkohj.k nfl;A
vfglk fum.kk fnëk] l0o Hk,l ltekAA
tkofr yk, ik.kk] rlk vno FkkojA
r tk.ketk.k ok] u g.k] u g.kko,AA
l0o thok fo bPNfr] thfom] u efjftmA
rEgk ikf.kog ?kkj] fuXxFkk oTt;fr .kAA¹⁴

rhFkdj Hxoku egkohj u Je.kkpkj e iFke LFkku vfglk dk fn;k
g] D;kfd vfglk dk mUgku l{e:i l n[kk FkkA mud vulkj lHkh thok
d ifr l;e j[kuk vfglk gA ykd e ftru Hkh =l ;k LFkkoj ik.kh g]
lk/k ;k lk/oh] tkur ;k vtkur mudk Lo; guu u dj vkj u gh nljk
l guu djo] rFkk guu dju oky dk vueknu Hkh u dja lHkh tho
thuk pkgr g] ejuk ughA blfy, fuxUFk lk/k ;k lk/oh ikf.kc/k dk ?kkj
tkudj mldk ifjR;kx dja

ieÜk;kx l ik.kk dk 0;ijki.k&fo;kx djuk fglk gA d''kk;lfr
vkrk dk ifj.kke ieÜk dgykrk gA bl ieÜk dk ;kx vFkk d''kk;lfr
ifj.kkek l eu] opu] dk; dh fØ;k dk ;kx ieÜk;kx gA lHkh thok ij
n;k] d#.kk dk Hko gkuk vfglk egkor gA vfglk viu vflrRo d ifr
tkx:d jguk gA lkFk&lkFk nlj thok d vflrRo d ifr tkx:d gkuk
Hkh gA ;g tkx:drk vkreryk d fl)kur l fodflr gkrh gA vkreryk
dk vFk g viu leku vU; thok dk le>ukA Hxoku egkohj u dgk&^,;
rye..lfl* vkreryk dk vUo''k.k djka l lkj e iR;d ekuo dk l[k&n%[k
dk lEonu iR;{k gkrk g] blfy, l[k&n%[k l0lEonu iR;{k gA nlj d
l[k&n%[k dh vuHkfr l0lEonu d vk/kkj ij gkrh gA tl viu dk l[k

fi; vkj n[k vfi; g] ol gh nlj k dk l[k fi; vkj n[k vfi; gA ;g
vkReryk dk Kku fgl k fojfr ;k vfgl k dk voyEcu curk gA

vfgl k ,d egku ekx gA gj dkb eu"; bl ekx ij ugh py
l drkA tk ijkØeh] ohj gkr g] o gh bl egku iFk d iffkd cur
g&^i.k;k ohjk egkoifg* ohj i#"k egkiFk d ifr lefir gkr gA vfgl k
dk;jk dk ekx ugh g] ;g ijkØe'kkfy;k dk ekx gA 'kkfUr dh vkjk/kuk
dju oky ftru egki#"k g, g] o lc bl egkiFk ij py g] pyr g
vkj pyxA fQj Hkh ;g l dh.k ugh gkrkA blfy, ;g egkiFk dgykrk gA

vfgl k l rRi; g&iFoh] ty] vfXu] ok;] ouLifr vkj =l&;
Ng dlf;d thoj bfUn;] x.kLFkku] ekx.kk] dy] vk; vkj ;kfu&bue lc
thok dk tkudj mBu] cBu] Bju vkfn l Hkh fØ;kvk e fgl k vkfn dk
R;kx djuk vfgl k egkor gA

egkork e ik.kkfrikrfoje.k i/kku eyx.k gA vfgl k ije/ke gA
'k"egkor vfgl k dk fof'k"V cukr gA vr Øe dh n"V l vfgl k dk
iFke LFkku gA vfgl k d egRo d dkj.k gh bl vkRek dgk x;k gA

fu'p; u; dh n"V l vkRek gh vfgl k g vkj ogh fgl k gA tk
vieÜk g] og vfgl d gA tk ieÜk g] og fgld gA

fu;elkj e iFke egkor vfgl k dk ikfjHkkf"kr djr g, dgk x;k
g&

dytkf.k thoeXx.k&Bk.kkbl tk.kÅ.k thok.kA

rLIkj Hkf.k;Ük.k&ifj.kkek gkb iBeonAA¹⁵

tho d dy] ;kfu] ekx] LFkku vkfn dk tkudj thofgl k l cpuk
gh iFkeor ;k vfgl k gA

tukxek e vfgl k dk thou dk i;k; ekuk x;k gA thou d
iR;d fØ;k dykik e vfgl k dh ifr/ofu luk;h iMrh gA pkg pyuk gk]
pkg cBuk gk] pkg ckyuk gk] pkg [kkuk gk&l Hkh e vfgl k dk t;?kk" k gk
jgk gA

tu /ke dk eyk/kkj gh vfgl k gA fgl k dHkh Hkh /ke ugh gk
l drhA bl fojkV fo'o e ftru Hkh ik.kh g] o pkg NkV gk ;k cM gk]
i'k gk ;k ekuo gk] l Hkh thfor jguk pkg r g] dkb Hkh ejuk ugh pkg r kA
vfgl k e l Hkh ikf.k;k d dY;k.k dh Hkkouk fufgr gA i'u 0;kdj.k e
dgk x;k g&=l] LFkkoj l Hkh Hkrfudk;k dk exy dju okyh vfgl k gA

eu"; fglk D;k djrk g\ fglk dk dkj.k D;k g\ bl i'u dk mÙkj vkpkjk^{3x} e fn;k x;k gA fglk dk ie[k dkj.k ekuo dk vKku g&^vê yk,ifjt..k] nLlckg vfotk.k,* rÙo l vufHkK gku d dkj.k eu"; fo"k;] d"kk; vkfn ekufl d nk"kk l ihfMr gA blfy, og fglkRed iofÙk djrk gA Hkxoku egkohj u Ng thofudk;k dh i:i.kk dh gA bue ^ifFk0;lr tkok;oulir;L=lk'p^{*16} iFoh] vi] rti] ok;] ouLifr vkj =l dh i:i.kk dh x;h gA tc rd tho dk Kku ugh gkrk] rc rd fglk l NVdkjk ugh fey ldrkA ;gh ckr vfglk d fo"k; e Hkh gA blfy, lc l igy tho d fo"k; e Kku djuk pkfg,A bl txr e tk eu"; i;ktuo'k ;k fu"i;ktu tho o/k djr g] o Ng tho fudk;k e l fdlh dk o/k dj nr gA

l lkjh tho nk idkj d g&=l vkj LFkkojA mÙkj/;ul= e dgk x;k g&

l lkjLFkk m t thok nfogk r fo;k fg;kA

r lk ; Fkkojk po Fkkojk frfogk rfgAA

=l vkj LFkkoj thok d nk Hkn gA ^=L;fUr mf}tfUr bfr =l k* viuh j{kk d fy, Lo; pyu fQju dh 'kfDr j[ku oky tho ;k =Lr&Hk;Hkh r gkdj xfr dju oky tho dk =l tho dgr gA

LFkkoj ukede d mn;oky ,dfUn; dk LFkkoj tho blfy, dgk g fd og ,d ek= Li'kfUn; d }kjk gh tkurk g] n[krk g] [kkrk g] loudjrk g vkj mldk Lokfero djrk gA /koyk e dgk x;k g&

tk.kfn iLlfn Hktn lofn iklfn,.k ,Dd.kA

d.kfn ; rLlkeÙk Fkko# ,dfnvk r.kAA¹⁷

LFkkoj ukede d mn; l mRiUu gb fo'k"krk d dkj.k iFohldf;d vkfn ikpk LFkkoj dgykr gA l ;eh 0;fDr bu tho fudk;k d ifr fglk dk vkpj.k ugh djrkA vkpkjkx e dgk x;k g fd e/kkoh eu"; Lo; Ng thofudk; dk lekJEHk u dj] nljk l mldk lEkkJEHk u djok, rFkk mldk lekJEHk dju oky fdlh dk vueknu Hkh u djA "kV thofudk; lEcu/kh fglk ikikpkj g] ,lk tkuuokyk efu ifjKkrdek gkrk gA

thok d l kFk Hkn&Hkko lekIr dj] l Hkh d l kFk lerkeyd 0;ogkj djuk leRo;kx dh ,d egku miyfc/k gA fu'p; u; dh nf"V l l Hkh

vkRek, leku g] lHkh e ,d gh rjg dh pruk g] lHkh d x.k&/ke Hkh
 leku g] lHkh dk l[k n%[k dh vuHkfr Hkh leku gh gkrh gA lerk dh
 lk/kuk dju okyk lk/d gh vfglkorh gkrk gA egkork dh ifrKk l io
 "kMthofudk;k d lE;xKku vkj mue lE;d J)ku dh egrh vko';drk
 gkrh gA lk/d egkor d miLFkku d ;kx; rHkh gkrk g] tc og
 "kMthofudk; dk igy lE;d idkj l tku y] mld vflrRo d fo"k; e
 ml n< J)k fo'okl gk tk; vkj mldh irhfr d fy, "kMthofudk;k d
 ifr n.MlHkkjEHk dk eu&opu&dk;k l rFkk dr&dkfjr vuekfnr:i l
 fof/kor R;kx dj nA

oLrr% fglk vfglk u rk tM e gkrh g vkj u tM oLr d dkj.k
 ghA mudh mRifUk LFkku o dkj.k nkuk gh pru gA vr% fglk&vfglk dk
 lEcu/k u doy nlj ikf.k;k d thou&ej.k] l[k&n%[k ek= l gh g]
 vfir vkRek e mRiUu gku oky jkx] }"k] ekg ifj.kkek l Hkh gA tkudjd
 tho fglk djuk vkj vutku e tho fglk gk tkuk bu nkuk d ifj.kkek e
 vUvj gA fdlh tho dh fglk gk tku ij iR;d dk de dk cu/k ,d t lk
 ugh gkrk] fdUr ml o;fDr dh d"kk; dh rhork&eUnrk vkj Hkko/kkj d
 vu:i gh decU/k gkrk gA

tho ej ;k th;] bli fglk dk dkb lEcu/k ugh gA ;Rukpkj
 foghu ieÜk i#"k fuf'pr:i l fgld g] vkj tk i;Ruoku ,o vieÜk]
 lfefr ijk;.k g] mudk fdlh tho dh fglkek= l decU/k ugh gkrkA
 Je.k d eu e fdlh tho dh fglk dk Hkko ;fn ugh g] vkj dnfpr
 vutku e fdlh tho dh fglk gk tk; rk Hkh ifj.kkek e ekju dk Hkko u
 gku d dkj.k n0;&fglk gkr g, Hkh de dk cu/k ugh gkrkA jkx}"kkfn
 v'kHk ifj.kkek dk eu e mRiUu u gku gh vfglk rFkk bu ifj.kkek dh
 mRifUk gh fglk gA

vfglk dh lk/kuk dju okyk Je.k jkx&}"k dk dek dk ch
 ekudj nkuk e leHkko j[krk gA lerk l vkRelkE; dh fuey nf"V iklr
 gkrh gA

vfglk d : i

vfglk dh fofHkUu ifjHkk"kkvk d vk/kkj ij bld nk : ik ij idk'k
 iMrk g&fu"kkRed vkj fo/k;kRedA fu"kkRed : i e fdlh Hkh tho dk
 rhu dj.k vkj rhu ;kx l fglk u djuk vfglk gA vfglk] fglk dk

vHkko gA vfglk dk vFk g&fglk dk u gkuk] fglk dh Hkkouk, vkj fglk tU; fØ;kvk dk vHkko gkukA vfglk d blh vFk e ^loik.kkfrikr foje.k* 'kCn dk Hkh i;kx gvk gA bldk vFk g ^lHkh idkj dh thofglk l fuofùkA ;g vFk] vfglk d fu"l/k eyd i{k dk ixV djrk gA oLrr% vfglk doy fu"l/k e gh ugh vfir fo/k; : i e Hkh gA vfglk dk i.k : i l le>u d fy, mld fo/k; kREkd i{k dk Hkh le>uk gkxkA i'u0;kdj.k&l= e vfglk d lB uke feyr gA vfglk d dk; vkj vFk d vk/kkj ij mldh 0;kidrk fn[kk;h x;h gA mue l vf/kdk'k vfglk d fo/k;kRed i{k dk ixV djr g] t l&fuok.k] lekf/k] 'kkfUr] dhfr] n;k] {kkfUr] lE; DRokjk/kuk ckf/k] uUnk] dY;k.k] exy] j{k} f'ko] viekn] fo'okl] ifo=k] foey] iHkk l k] fuey dj vkfn vfglk d fo/k;kRed i{k dk ixV djr gA

vxek e vfglk d nkuk : ik ij idk'k Mkyk x;k gA vxek e "kVdk; dk rhu dj.k vkj rhu ;kxk l gkfu u igpku dk tk fl)kUr ifrikfnr fd;k x;k g] og vfglk dk fu"l/kkRed : i gA vfglk dk fo/k;kRed i{k Hkh tkuuk mruk egRoi.k g] ftruk fd fu"l/kkRed i{k dk tkuukA ;fn ge vfglk d fu"l/kkRed i{k dk gh vfglk ekudj cB tkr g rk ;g vfglk dh vi.k le> gA vfglk dk i.k : i l le>u d fy, mld fo/k;kRed i{k dk Hkh Kku vkj vkpj.k vko';d g&

fuok.k&leR jkx }"k] d"kk;] de vkfn fodkj dk 'kkUr gk tkuk] c> tkuk fuok.k dgykrk gA bl ek{k Hkh dgr gA fuok.k dk i/kku gr vfglk gA fuok.k ikflr dk i/kku dkj.k gku l dkj.k e dk; dk mipkj dj d vfglk dk fuok.k dgk gA vfglk dk ikyu dju l l k/d dh vkRed ij yx g, jkx}"k o dkeØ/kkfn fodkj 'kkUr gk tkr gA blfy, fuok.k iklr dju e i/kku dkj.k vfglk dk i;k;okph uke ^fuok.k* gA

lekf/k&lerkHkko dk lekf/k dgr gA vlerk fo"kerk ink djrh gA vfglk dk vkyEcu bu lc l nj gVkdj eu e lerkHkko ink djrk gA blhdkj.k vfglk dk lekf/k dgk gA

'kkfUr&vfglk 'kkfUrnkf;uh gA vfglk ojfojk/kk l v'kkUr fo'o dk 'kkfUr nu okyh gA blfy, bldk ^'kkfUr* uke Hkh l kFkd gA

dhfùk&vfglk ikyu dju oky dh dhfr prfnd Qyrh gA dhfr dk dkj.k gku l dkj.k e dk; dk mipkj dj d vfglk dk dhfr dgk x;k gA

n;k&d"V ikr g,] vkÙkukn djr g, nlf[kr ikf.k;k dh j{kk djuk
n;k gA vfglk l Hkh ik.k j{kk gkrh gA blfy, bl n;k dguk ;FkkFk gA
{kkfUr&Øk/k dk fuxg {kkfUr&{kek gA {kkfUr dk vFk lgu djuk ;k
lfg".krk Hkh gA vfglk ikyu dju oky vud vk?kkrk dk lgu djrk gA
blfy, vfglk Hkh {kkfUr:i gA
IE;DRokj/kuk&i'ke] lox] fuon] vudEik vkj vkLFkk] ; ikpk
0;ogkj IE;DRo d y{k.k gA vfglk IE;DRo dh vkj/kuk gA
ckf/k&loKdfFkr /ke dh ikflr dk ckf/k dgr g] vFkok
IE;xn'ku] IE;XKu vkj IE;dpkfj=:i&jRu=; dk Hkh ckf/k dgr g]
vkj og viu vki e vfglk:i gA blfy, vfglk dk ckf/k dgk x;k gA
uUnk&Lo&ij dk vkufUnr dju okyh gku l vfglk dk uUnk dgk
x;k gA vfgld dk dkb 'k= ugh gkrk] blfy, mld fpÙk e lnk
ilUurk jgrh gA vr% vfglk Lo ij&vkuUnnkf;uh gku l ml uUnk dgk
x;k gA
dY;k.k&vfglk 'kkjhfd vkj ekufld vkjX; dk dkj.k gku l
dY;k.k:i gA
exy&exy dk vFk g ^e iki xky;fr Hkokniu;rhfr exye
vFkok ex l[k ykrhfr exye* tk iki dk uk'k dju okyk g]
tUe&ej.k:i pØ dk fuokj.k djrk g] vFkok l[k dk nu okyk g og
exy gA vfglk e ; lc x.k gA blfy, ml e³xy dgk gA
j{kk&vfglk dk fo/k;kRed :i j{kk gA thok dh j{kk dju oky gh
vfglk d vkj/kd gk ldr gA vr% vfglk dk j{kk dgk gA
f'ko&vfglk e fu#inoRo&f'koRo jgrk g] og fujck/k l[k dk
dkj.k gA blfy, bl f'ko dgk gA
viek&viekn dk vFk g&e[] fo"i;k;] d"kk;] fuUnk vkj fodFkk:i
ikp ieknk dk R;kxA vfglk Hkh mDr ikp ieknk dk R;kx dju l gh
fu"iUu gA ieknk d jgr vfglk dk ikyu ugh gk ldrkA blfy, vfglk
dk viekn uke ;FkkFk gA
fo'okl&vfglk leLr ikf.k;k d ifr fo'okl ink djrh gA
vfglk d dkj.k gh ikf.k;k e fo'okl cB tkrk gA vr% vfglk dk fo'okl
uke lKfd gA
ifo=k&vfglk mRd"V ifo=rk gA vfglk viu vki e ifo= gku
l bl ifo=k dgk x;k gA

foey&vkRek l Øk/kkfn eyk d fudyu ij gh vfglk lEiUu gkrh
gA Øk/kkfneyk dk fudy tkuk gh foeyrk gA blfy, vfglk dk foey
dgk x;k gA

iHkkIk&iHkkI dk vFk idk'k gA vfglk vkRek dk mRd"V idk'k
gA vr% vfglk dk iHkkI dgk gA

fuey&vj&vfglk tho dk dejt d ey l jfgr djrh gA vr%
;g fuey&vj gA

i'u0;kdj.k l= e mi;Dr ukek dk vfglk d x.kk l fu"iUu
crk;k x;k gA

vfglk dk egÙo

vkxek e vfglk egkor dk loJ"B or dgk x;k gA Hkxoku
egkohj u lcl vf/kd egÙo vfglk dk fn;k FkkA ftl idkj mifu"knk e
cã dk ^v.kkj.kh;ku egrk egh;ku* vFkkR NkV l NkV vkj cM l cMk
dgk x;k g] mlh idkj vfglk d fo"k; e Hkh dgk x;k g] tl v.k l
NkV dkb n0; ugh vkj vkdk'k l cMk dkb ugh g ol gh vfglk l
egku dkb or ugh gA ftl idkj le# ior ykd d iork e lcl Åpk
g ol gh 'khyk vkj ork e vfglk lcl Åph gA tl Å/oykdj v/kkyd
vkj e/ykd d Hkn l lc ykd vkdk'k d vk/kkj g vkj lc }hi vkj
len Hkfe d vk/kkj g ol gh or x.k vkj 'khy vfglk d vk/kkj gA tl
/kkU; d [kr dh j{kk d fy, pkjk vkj dkV dh ckMh yxk;h tkrh g mlh
idkj l vU; egkor vfglk egkor dh j{kk d fy, gA

vfglk dk Lohdkj dju dk lofofnr dkj.k ;g g fd fglk dju
l vU; ikf.k;k dk d"V igprk g] blfy, fdlh dk d"V igpkuk mfpr
ugh gA ftl 0;ogkj l ,d 0;fDr nlj dk d"V igprk g] ;fn ogh
0;ogkj mld l kFk fd;k tk; rk ml Hkh d"VkuHkfr gkxhA blh dkj.k l
ik;% ykd e vfglk dk ikyu gkrk gA vfglk ikyu dju dk ,d i/kku
dkj.k vkj gA vfglk d ekx ij pyu dk e[; mí'; g vkRe dY;k.kA
fglk dju okyk 0;fDr nlj dk vfu"V dju l igy viuk vfu"V djrk
g] D;kfd thok dk ?kkR viuk gh ?kkR g] vkj thok ij dh x;h n;k viu
ij gh dh x;h n;k gA tk ,d ckj ,d tho dk ?kkR djrk g og Lo;
vud tUek e ekjk tkrk g] vkj tk ,d tho ij n;k djrk g og Lo;
vud tUek e nlj thok d }kjk j{kk fd;k tkrk gA vfgld lcdk leku
nf"V l vkReor n[krk gA mldk dkb Hkh 'k= ugh gkrkA mld eu e
fdlh d ifr jkx&} "k ugh jgrk] blfy, mldk eu nf"kr ugh gkrk]
mldh vkRek 'k) vkj ifo= gkrh gA vkRe'kf) d dkj.k og ek{kekx ij
vxlj gkrk g vkj tUe&ej.k d vukfn dkyhu pDdj l eDr gk tkrk

gA vfgl k d egÙo dk crykr g, i'u0;kdj.k l= e dgk x;k g&^,lk
 lk Hkxorh vfgl k tk lk Hkh;k.k foo lj.k] iD[kh.k foo xe.k] frfl;k.k
 foo lfy] [kfg;k.k foo vl.k] leíeT> o ikrog.k] pmlí;k.k o
 vklei;] ngfê;k.k p vklfgy] vkMoheT> o lR;xe.k] ,Ùkk
 foflërfjdk vfgl k-----l0oHk;[ledjhA¹⁸ ;g Hkxorh vfgl k Hk;krj thok
 dh 'kj.kLFkyh g] if{k;k d fy, vdk'k e mMu d leku g] l;k l l
 0;kdy ikf.k;k d fy, ty d leku g] Hk[k l ihfMrk d fy, Hkktu d
 leku g] len d chp Mcr g, ykxk d fy, tgkt d leku g] i'kvk d
 fy, vkJ; LFkku d leku g] n[k vkj ihMk l vkÙk jkfx;k d fy, vk'kf/k
 d leku gA bl idkj ;g vfgl k iFohdkf;d] ty dkf;d] vfXudkf;d]
 ok;dkf;d] ouLifrdkf;d] cht] gfjrdk;] typj] LFkypj] [kpj] =l
 vkj LFkkoj bu lHkh ikf.k;k dk {ke&d'ky dY;k.k dju okyh gA

lR; egkor

tukxek e f}rh; egkor d :i e lR; dh x.kuk dh x;h gA
 t lk gvk g] olk gh dguk lR; dk lkeU; y{k.k g] ijUr
 v/;kRe ekx e Lo ij vfgl k dh i/kkurk gku l fgr o fer opu dk lR;
 dgk tkrk gA vkpkjx e dgk x;k g&^lPpfl f/kfr d0ogA** vkRen'kh
 efu lR; e /kfr djA ^lR;,* in vudkFkh g&lR] lnHkko] rÙo] rF;]
 lkoHkkefu;e] HkrknHkkou l;e] dk;] Hkko vkj Hkk"kk dh _trk rFkk
 vfoloknu ;kx] ;FkkFkopu] vxfgropu] 0;ogkjfJr opu vkj ifrKk ;
 lR; d vFk gA vkpkjxpf.k e lR; dk vFk g&ifrKkA ifrKk d vulkj
 ork dk ikyu djuk lR; gA vkxek e lR; d vu'khyu ij cy fn;k
 x;k gA vkRefuxg dk mik; g&lR;A lR; dk vFk g&oLr dk ;FkkFk
 Lo:iA tc rd og lE;x :i l Kkr ugh gkrk] rc rd oLr d ifr
 gku okyk fi; lEonu vFkok vfi; lEonu dk xg.k ugh :drkA tk lR;
 dh vkKk e mifLFkr g] og e/kkoh eR; dk rj tkrk gA lR; dh vkjk/kuk
 l dkeukvk dk vUr fd;k tk ldrk gA doy ok.kh l mPpkj.k fd;k gvk
 lR; gh lR; ugh gkrkA ok.kh d lFk eu vkj dk;k dh ,d:irk gkuh
 pkfg,A LFkkukxl= e ^dk;Tt;, Hkk lTt;, HkkoTt;, vfolok;.kk tlx*
 d ek/;e l ;g crk;k x;k g fd dk;k dh ljjrk] Hkk"kk dh ljjrk] Hkkok
 dh ljjrk vkj eu opu dk;:i ;kx dh vfolokfnrk ,d:irk gh lR;
 gA ;gh dkj.k g fd lR; egkorh lk/k] eu] opu] dk;k rhuk ;kxk l lR;
 dk vkpj.k dju dh ifrKk djrk gA

lR; d Lo:i dk Li"V djr g, eypkj e dgk x;k g jkx] ekj
 i'ku;] b";k d }kjk v lR; ckyu dk R;kx djuk vkj nljk dk d"V nu
 oky lR; opu dk R;kx djuk rFkk l= vkj vFk d dgu e v;FkkFk
 opuk dk R;kx djuk lR; egkor gA pf.kdkj ftunklx.kh egÙkj d

vul kj Je.k dk eu] opu] dk;k l lR; ij vk#< gkuk pkfg,A ;fn eu] opu vkj dk;k e ,d:irk ugh g rk og e"kkokn gA dke] Øk/k] YkkHk Hk; ,o gkL; d o'khHkr gkdj&ikidkj] fu'p;dkjh] nljk d eu dk d"V nu okyh Hkk"kk] Hky gh og eukfoukn d fy, dgh x;h gk] Je.k dk ugh ckyuh pkfg,A n'kodkfyd l= e l/okpkj d vUrxr lR; dk cgr egÙo fn;k x;k gA fuxUFk l/k ;k l/oh viufy, ;k nljk d fy, Øk/k l vFok ekuj ek;k vkj ykHk l ijihMktud lR; vkj vLr; u cky vkj u nljk l cyok,] vkj u ckyu oky dk vueknu dJA bl leLr ykd e leLr l/kvk }kjk e"kkokn xfgr g vkj og ikf.k;k d fy, vfo'oluh; gA vr% fuxUFk i.k:i l e"kkokn dk foje.k dJA lR; egkor d vHkko e vU; egkor Hkh Hkx gk tkr gA pf.kdkj ftunklx.kh u fy[kk g&^,d mikld %ck) Jkod½ u e"kkokn d flok; 'k" k pkj f'k{kkin xg.k dj fy;A e"kkokn dh NV d dkj.k og vU; f'k{kkink dk Hkx dju yxkA mld fe= u mll dgk fd re bu ork dk D;k rkMr gkA mlu dgk&^;g >B g] e dgk budk rkMrk g** eu e"kkokn dk iR;k[;ku ugh fd;k Fkk blfy, bu lc f'k{kkink dk ân; e /kkj.k djd j[kk gA bl idkj lR; f'k{kkin d vHkko e mlu 'k" l Hkh f'k{kkink dk Hkx dj fn;kA

bl idkj l Hkh vkxek e viufufeÙk ;k nljk d fufeÙk] nkuk nf"V;k l eu] opu] dk;k l] dr] dkfjr vkj vuekfnr :i l bu lc vLr;kpj.kk dk ifjR;kx l/k ox d fy, vfuok; g] D;kfd vLr; l Hkh erk vkj /kek d l/k i#"kk }kjk fuUnuh; gA

lR; dk egÙo

lR; dh efgek vijEikj gA lR;oknh dk vkx ugh tykrh] ikuh ml Mck ugh ldrkA ftld ik l lR; dk cy g ml rho ox okyh unh Hkh ugh cgk ldrhA lR; d dkj.k nork uelLdkj djr g vkj i#"k d o'k e gk tkr gA lR;oknh] ekrk d leku fo'okl ;kx;] x# d leku iT; vkj cu/k d leku ykdfi; gkrk gA tuleg d e/; e nk"kjfgr lR;opu ckyu l eu"; turk dk ie rFkk tkr e mRd"V ;'k ikrk gA ri] l;e rFkk vU; x.k lR; d vk/kkj gA ;fn eu"; e vU; x.k u gk rc Hkh og ,d lR; d dkj.k l l k j e iek.k ekuk tkrk gA

vnÙkifjotu %vLr; % egkor

vkxek e Lr; vkj vLr; dh foLrkj l 0;k[;k dh x;h gA l keU;r;k Lr; l rkri; g pkjh vkj vLr; dk rkri; g pkjh u djukA tukxek e Lr; vkj vLr; d vud :i crk, gA fd l h dh fuUnk djuk] fd l h d nk"kk dk n[kuk] pxyh djuk] vU; thok d ik.kk dk vigj.k djuk] nlj d vf/kdkj dk Nhuuk] fd l h dh Hkkouk dk Bl igpkuk] fd l h

d l kFk vU;k; djuk vkfn l Hkh Lr; d vUrxr vkr gA vLr; egkor d l k/d dk bu l Hkh iofUk;k l viu dk cpkuk gkrk gA vkxek e Lr; d fy, ^vnÜkknku* 'kCn dk i;kx gvk gA fcuk nh x;h oLr dk Lo; dh bPNk l mBkuk] Lokeh dh vuefr d fcuk fd l h Hkh oLr dk xg.k djuk o mldk miHkkx ,o mi;kx djuk vnÜkknku gA bl gh pkjh dgr gA ,d egkor d :i e tc dkb l k/d bl egkor dk Lohdkj dj d mldk vkpj.k djrk g rc og fcuk fn, fd l h Hkh oLr dk xg.k ugh djrkA rkRi; ;g g fd og oLr pkg xke e gk ;k uxj e gk ;k vj.; e gk] FkkMk gk ;k cgr] l {e gk ;k LFky] l prug ;k vpru] ml mld Lokeh d fcuk fn, u rk Lo; xg.k d :xk] u nlj l xg.k dj Åxk vkj u gh vnÜk xg.k dju oky dk vueknu gh d :xkA ;koTthou rd rhu dj.kk l rFkk eu] opu] dk;k bu rhu ;kxk l Je.k ;g ifrKk djrk gA n'kodkyd l = e Hkh bl h ckr dk vueknu fd;k x;k gA vpk; egkor dk icyu l Hkh l k/k&l k/o;k d fy, vfuo;k; gA

eykpj e vpk; egkor d Lo:i dk Li"V djr g, dgk x;k g&xke vkfn e fxjh gb] Hkyh gb bR;kfn tk dN Hkh NkVh cMh oLr g vkj tk ij d }kjk lxghr g ,l ijn0; dk xg.k ugh djuk vnÜkknku foje.k ;k vpk; egkor dgykrk gA pkjh dju dk dkj.k g ykHkA ckan0; dk l kfuU/; ikdj ykHk de dk mn; gkrk gA ykHk c<u ij eu"; dk; ;k vdk; dk fopkj ugh dj ikrkA t l eUn&eUn pyu okyh ok; c<dj {k.kHkj e Qy tkrh g vkj e?k c<r&c<r vkdk'k e Qy tkrk g] ol gh tho dk FkkMk l k Hkh ykHk {k.kHkj e Qydj tho dk dyf"kr dj nrk gA

vLr; egkor dk /kkjd {kid fd l h Hkh oLr dk fcuk fn, xg.k u dja ;gk rd fd nkr djnu d fy, frudk Hkh ml ugh xg.k djuk pkfg,A¹⁹

cãp; egkor

tukxek e egkork l l Ecfu/kr cãp; egkor dk fo'k"k egUo gA cãp; dk vFk g&vkRefo|k ;k vkRefo|kfJr vkpj.kA cãp;* 'kCn nk 'kCnk d ;kx l cuk g&^cã* vkj ^p;*A ^cã* 'kCn d e[;r% rhu vFk g&cã¼oh;] cã¼vkRek] cã¼fo|kA ^p;* 'kCn d Hkh rhu vFk g&^j{k.k] je.k rFkk v/; ;uA* bl rjg cãp; d rhu vFk g&oh; j{k.k] vkRe je.k vkj fo|k/; ;uA doy oh;j{k ;k tuufUn; fo"%; d l ;e cãp; dk v/kjk vFk gA cãp; dk fo/k;kRed :i rk viuh vkRek ;k ijekRek dh mikluk e yxuk gA oh;j{k djuk] ;kx l k/kuk djuk] fo|k/; ;u djuk] fd l h fo'kky /; ; dk l keu j[kdj ;k fuf'pr dj d rnulj vkpj.k djuk ;

l c vRkik l u k d f y, l g k; d cãp; d f o/ k k; d : i g A l k/ k t h o u e
 b u n k u k : i k d k e u] o p u] d k; k l r F k k d r] d k f j r v k j v u e k f n r : i
 l i k y u d j u k g h cãp; d k i. k 'k) : i g A

^v k p k j k x* e d g k x; k g ^, r l p o c H k p j f r c f H k A v i f j x g h i # " k
 e g h cãp; g k r k g A cãp; d f o " k; e v k p k j k x p f. k e m i L F k f u n;
 f o " k; d l; e] x # d y o k l v k j v k R e j e. k i j v f/ k d c y f n; k x; k g A

cãp; l k/ k u k d k e # n M g A l k/ k t h o u d h l e l r l k/ k u k, t i j
 r i j l e R o j /; k u j d k; k R l x] i j h " k g f o t;] d " k k; f o t;] f o " k; k l f D r R; k x]
 m i l x l g u v k f n cãp; e g k o r d l j f { k r j g u i j g h l j f { k r g] v U; F k k
 ; l k/ k u k, d o y 'k k j h f j d d " V e k= j g t k r h g A cãp; d h l j { k k d f y,
 l k/ k d d k e d F k k u d j] o k l u k i. k n f " V l u n [k] i j L i j d k e d H k k o k d k
 i l k j. k u d j] e e R o u d j] 'k j h j d h l k t l T t k u d j] e k u / k k j. k d j]
 e u d k l o j. k d j v k j l n k i k i d k i f j o t u d j A

^l e o k; k x e cãp; d h l j { k k d u k m i k; c r k, x, g &

1- cãp k j h] L = h] i 'k v k j u i l d l l; D r 'k; ; k v k j v k l u d k l o u u g h
 d j r k A

2- o g L = h d h d F k k u g h d j r k A

3- o g f L = ; k d L F k k u k d k l o u u g h d j r k A

4- o g f L = ; k d h e u k g j v k j e u k j e b f u n; k d k u g h n [k r k v k j , d k x f p ù k
 l m l d k f u j h { k. k u g h d j r k A

5- o g i. k h r j l H k k t h u g h g k r k A

6- o g i k u H k k t u d k v f r e k= v k g k j u g h d j r k A

7- o g i o v o L F k k e f d; x, H k k x v k j Ø h M k v k d k L e j. k u g h d j r k A

8- o g f L = ; k d 'k c n] : i] j l] x U/ k v k j L i 'k d k v u H k o d j i f r r g k u
 o k y k ; k f Q l y t k u o k y k u g h g k r k A

9- o g l k r v k j l [k e i f r c) u g h g k r k A

m ù k j k /; ; u] n 'k o d k f y d v k f n x U F k k e H k h cãp; d h e f g e k d k
 x. k x k u f d; k x; k g A

^e y k p k j* e c) k] c k y k v k j ; o r h d H k n l r h u i d k j d h f L = ; k
 d k e k r k] i = h v k j c f g u d l e k u l E; d i d k j l l e > d j r F k k f p =] y i
 v k f n H k n k e c u g, f L = ; k d i f r f c E c d k , o n o] e u"; v k j f r; p
 l E c U/ k h f L = ; k d : i n [k d j m u l f o j D r g k u k] f L = ; k d d k e y o p u]
 m u d k e n L i 'k] m u d : i d k v o y k d u] m u d u R;] x h r] g k L;]
 d V k { k f u j h { k. k v k f n e v u j k x d k R; k x d j u k] cãp; e g k o r g A c k á : i
 l o r] f u; e v k f n i k y u d j u e g h cãp; d h l k/ k u k l e k l r u g h g k r h]

D;kfd dkeokluk ;k fo"K;k e je.krk vkfn fodkjk d cht rk Hkhrj gA
 vr% Hkhrj fNi fodkjk dk fuey dju d fy, vkRek e je.k djuk ,o
 'kjhj bfUn; vkj eu d fo"K;k e vkuUn [kk tu l fojr gkuk vko';d gA
 vkReLo:i ;k vkReHkkok e je.krk l gh ij je.krk d tky VV ldr gA
 ;gh cãp; dh ifji.krk rd igpu dk jktekx gA

vifjxg egkor

vifjxg egkor dk tkuu d fy, ifjxg dk tkuuk vko';d gA
 ifjxg dk vFk g&eeRo cf) l fdlh oLr dk xg.k djukA ifjxg dk
 0;RifUktU; vFk g&^ifjleLR;u xg.k ifjxg.k] ePNko'ku ifjx°;r]
 vkReHkkou eefr cn/;k x°;r bfr ifjxg* fdlh oLr dk leLr :i l
 xg.k djuk] vFkok ePNko'k ft l xg.k fd;k tkrk g ;k viuiuejiu d
 Hkko l ;g ^ejh g*] bl cf) l ft l xg.k fd;k tk;] ml ifjxg dgr
 gA**

Hkxorh l= e ifjxg d rhu Hkn crk; x; g&

- 1- **de ifjxg&jkx}**"k d o'khHkr gkdj v"Vidkj d dek dk xg.k djukA
- 2- **'kjhj ifjxg&fo'o** e ftru Hkh tho g o l Hkh 'kjhj /kkjh gA 'kjhj xg.k
 djuk Hkh ifjxg gA
- 3- **ckáHkk.Mek= ifjxg&cká** lklkfjd oLr, vkj inkFk vkfna ; l Hkh
 oLr, tho d }kjk xg.k dh tkrh g vkj xg.k dju ij jkx&}"k dk of)
 dju okyh gkrh gA lFk gh lFk vklfDr dk mRiUu djr g] blfy, bUg
 ifjxg dgr gA vkpkjkx vkxe e ^ePNkHkko dk ifjxg* dgk x;k gA bl
 txx e ftru eu"; ifjxgh g] o vYi ;k cgr] l{e ;k LFky] lfpUk ;k
 vfpUk] oLr dk ifjxg djr gA o bu oLrvk e ePNk j[ku d dkj.k gh
 ifjxgh gA inkFk iknxfyd gA og ifjxg ugh gA eu"; d }kjk
 ePNkiod ifjxghr inkFk gh ifjxg curk gA Hkxoku egkohj u ePNk dk
 gh ifjxg dgk gA ifjxg egkHk; dk gr gA ifjxgh 0;fDr dk vkRekuHkfr
 ugh gkrhA tk ifjxg e ieUk g] o inkFkk dk ikdj ilUu gkr g] o
 vkRekuHkfr l ckgj gA lR; dk Lo:i rk l lkj d Hkkrfd inkFkk l <dk
 gvk gA mifu"knk e dgk x;k g&

fgj.e;u ik=.k lR;L;kfifgr e[keA

rUo i"kuiko.k lR;/kek; n"V;AA²⁰

vifjxgh eu"; gh lR; dk n'ku dj ldrk gA tk 0;fDr
 lklkfjd Hkxfoykl e fyrl g ml lR; dk n'ku ugh gk ldrkA
 vifjxgh inkFkk e eeRo ugh djrA vifjxg d rUo dk iklr dj 0;fDr
 viu thoun'kk dk ifjoru dj ldrk gA tc rd inkFk d ifr ePNk dk
 Hkko nj ugh gkrk] rc rd fglk vkj v lR; dk Hkko Hkh nj ugh gk ldrkA

vxek dk ;g dFku i.k :i.k lR; g fd tk u inkFk dk lXg.k djr g
 vkj u mue ePNkHkko j[kr g] o gh vifjxgh cu ldr gA fhk{k dk
 vkUrfjd vkj cká nkuk idkj d ifjxgk l eDr gkuk pkfg,A fhk{k vkj
 xgLfk d chp ;g Hkn g fd tk vifjxgh g ogh fhk{k gA tk ifjxgh g og
 lk/ko'k e Hkh xgLfk gA ifjxg cu/ku dk dkj.k vkj vifjxg ek{k dk
 dkj.k gA tk ifjxg l jfgr g ogh lnk d"kk; :i ifj.kkek dk d'k
 djrk gj D;kfd tl ydMh Mkyu l vxk HkMdrh g ol gh ifjxg l
 d"kk; c<rk gA vifjxgh lo= vku tku e gYdk jgrk gA mldk Lo:i
 uXu vkj fo'okl dju yk;d gkrk gA og lo= Lok/khu jgrk gA mI
 fdlh dk vkJ; ugh yuk iMrkA ifjxg j[ku ij bl ykd vkj ijykd e
 vud nk"k gkr gA fuxUFk lk/k vrhr] vukxr vkj oreku lHkh ifjxgk dk
 drdkfjr vueknu l loFkk R;kx djrk gA leLr cká vkj vkH;Uvj
 ifjxg dk R;kxdj tuefu ifjxg lEcu/kh lc idkj dh fpUrkvk l eDr
 gkdj ilUu jgrk gA

vifjxgh lk/k&lk/oh tk Hkh oL=] iku] dEcy jtkgj.k vkfn
 /kekidj.k j[kr g] o lHkh ,dek= l;e dh j{k d fy, j[kr gA bu
 oLrvk d ifr mud eu e fdlh Hkh idkj dh vk lFDr ugh gkrhA Hkxoku
 egkohj dk vifjxg dk fl)kur vk/;kfRed mUufr d fy, gA ;fn lHkh
 ykx bl fl)kur dk ikyu dj rk dkb Hkh o;fDr nhu vkj nfjn ugh gk
 ldrkA Hkxoku egkohj u xgLfk d fy, e;kfnr ifjxg dk fl)kur fn;k
 vkj Je.kk d fy, i.k vifjxg dk fo/kku fd;kA

lk/k lkf/o;k d oL= j[ku d lEcu/k e tu /ke e nk
 fopkj/kkj, g&,d fnxEcj ijEijk dh fopkj/kkj g vkj nljh 'orkEcj
 ijEijk dh fopkj/kkjA fnxEcj ijEijk dh fopkj/kkj d vulkj Je.kk dk
 oL=kfn ugh j[ku pkfg, vj 'orkEcj fopkj/kkj Je.kk d fy, oL=kfn dk
 fo/ku djrh gA

nh{k d le; Hkxoku ,d 'kkVd FkA d/k ij ,d oL= /kkj.k fd,
 g, FkA Hkxoku u ldYi fd;k ^e geUÜk _r e bl oL= l 'kjhj dk
 vkPNkfnr ugh d:xkA** o thou i;Ur lnh d d"V dk lgu dk fu'p;
 dj pd FkA ;g mudh /kekuxferk FkA Hkxoku u rjg eghuk rd mI
 oL= dk ugh NkMkA fQj vuxkj vkj R;kxh egkohj mI oL= dk NkMdj
 vpyd gk x,A bl idkj tukxek e nkuk ijEijk, ekU; gA

Je.k ;koTthou ipegkork dk ikyu djrk gA ,d dh
fojk/kuk l lHkh ork dh fojk/kuk gk tkrh gA lHkh egkor ,d nlj d
ijd vkj lg;kxh gA ; egkor ,d lKfk gh ?kfVr vkj ,d lKfk Hkx Hkh
gkr gA vr% lHkh ork dk ikyu dju okyk gh Je.k dgykrk gA bu ikp
egkork d vfrfjDr ,d NBk or vkj gA ftle thou i;Ur jkf= Hkk tu
dk R;kx fd;k tkrk gA jkf= e dkb Hkh [kku&ihu dh oLr ikl j[kuk
lk/k d fy, fuf"") gA jkf= Hkk tu l l;e fojk/kuk dk nk"n cryk;k x;k
g] D;kfd jkf= e vU/kdkj gku l =l vkj LFkkoj thok dh j{kk ugh gk
ldrhA l; d vLr gk tku ij iu% io e l; mn; u gk tk; rc rd
lc idkj d vkgjkfn inkFkk d lou dh eu e bPNk u dja Lefr;k e
Hkh ^,d dky pjn Hk{;e* lk/k dk ,dckj Hkk tu dju dk fo/kku gA
n'kodkfyd l= e jkf= Hkk tu foje.k dk NBk or dgk gA rFkk
ik.kkfrikrfje.k vkfn ikpk dk egkor dgk gA Je.k thou d vVBkjg
x.kk dk o.ku djr g, jkf= Hkk tu R;kx dk egkor d lKfk lfefyr dj
'o;NDd* N% ork dk mYy[k fd;k gA Je.k dk bl dk ikyu djuk
pkfg,&

o;NDd dk;NDd vdlk fxfghk;.kA

ify;dfuITtk ; fl.kk.k lkoTt.kAA

mUkjk/;;u e Je.k thou d dBkj vkpkj dk o.ku djr g, Li"V
crk;k g fd ik.kkfrikrfje.k vkfn lo fojfr;k d lKfk gh jkf= Hkk tu
R;kx djuk pkfg, vkj ;g or egkork dh rjg gh n<rk d lKfk ikyu
fd;k tkrk gA

mi;Dr ikp egkork dk ipyu Hkxoku egkohj dh ijEijk l ekuk
tkrk gA mUkjk/;;u l= d vulkj Hkxoku ik'oukFk dh ijEijk e
pkr;ke/ke dh ekU;rk FkhA bl ijEijk e cãp; dh LorU= egkor d :i
e x.kuk ugh Fkh vfir bl vifjxg d vUrxr ekuk FkhA io ipfyr
pkr;ke /ke e Hkxoku egkohj u LorU= :i l cãp; dk ipe egkor d
:i e ipfyr fd;k vkj rc l tu /ke ip;ke /ke cuka Hkxoku ik'oukFk
dh ijEijk d d'kh dekj Je.k vkj Hkxoku egkohj d i/kku f'k"; xkre
x.k/kj d e/; lokn l Kkr gkrk g&

pkmTtkek ; tk /kEek bek ipflfd[kvka

nflvk c)ek.k.k ikl.k ; egke.khAA²¹

tk ;g pkr;ke /ke gj ft ldk ifriknu egkefu ik'oukFk u fd;kj
 vkj tk ;g ipf'k{kkRed /ke gj ft ldk ifriknu egkefu o/keku u fd;k
 gA d'khdekj Je.k u tc xkre l nkuk rhFkdjk d /ke e vUvj dk
 dkj.k iNk rk mUgku crk;k fd rhFkdj ik'oukFk d le; d lk/kvk vkj
 Hkxoku egkohj d lk/kvk dh iKk e egku vUvj FkA vfUre rhFkdj d
 lk/kvk dh cf) oØtM Fkhj cf) oØ gku d dkj.k ifrck/k d le; rd
 ford vkj fodYik dk ckgy; mue gkrk Fkkj ftll lk/kvk d vkpkj dk
 og tku le> yrh Fkhj fdUr mudk ikyu dju e dnkxgh gku l mudh
 cf) drdtky e Qldj tM gk tkrh FkA blfy, mud fy,
 ipegkor:i /ke cryk;k x;kA tcfd nlj rhFkdj l ydj Hkxoku
 ik'oukFk rd %e;/orh ckb l rhFkdjk½ d lk/k tikK gkr FkA o vk l kuh
 l lk/okpkj dk xg.k Hkh dj yr Fk vkj cf)eUkk l mldk ikyu Hkh djr
 FkA blh rF; dk lUnfhkr djr g, mUkjk/;;u e dgk g&

ifjek mTttMk m odtMk ; ifPNekA

efT>ek mTtiUuk ; r.k /kEe ngld,AA

ifjek.k nf0lkt>k m pfjek.k nj.kikyvkA

dlik efT>exk.k r lfolkt>k likyvAA²²

tl&tl ekuo dh idfr e ifjoru vk;k vkj cãp; ikyu dk
 Li"V fun'k u gku l bldh vogyuk dh vf/kd lEHkkouk; lkeu vku
 yxhA Hkxoku egkohj dk bld LorU= egRo ifriknu dh vko';drk
 egll gb] blfy, bldk vyx l ifriknu fd;kA

ikpk egkor ,d nlj d ijd vkj lg;kxh g ,d Hkh or dh
 fojk/kuk dju okyk vU; dh fojk/kuk djrk gh gA ifjxg j[ku okyk fgIk
 l cp ugh ldrk vkj fgIk dju okyk ifjxg l ugh cp ldrkA bl
 idkj ikp egkork d foopu e Je.k/ke d ik.kLo:i vfgIk egkor dk
 ik/kku; nFVxkpj gkrk gA blh dh fo'kf) d fy, lHkh vkpkj fopkj dk
 ifriknu gvk gA Je.k dh iR;d vkpkj eyd fØ;k vfgIk ijd gkrh gA
v"Viopuekrk,

ikp lfevr;k vkj rhu xflr;k dk iopu ekrk dgk tkrk gA²³
 bld nk dkj.k g&

¼1½ bu vkBk e lkj iopu lek tkrk gA

¼2½ vkBk l iopu dk ilo gkrk gA

egkork dh l j{k vkj fo'k) rk d fy, lfevr vkj xflr dk fo/kku
 gA lfevr vkj xflr dk lfevyr uke m'ukj/;;u e ^iopu ekrk** fn;k
 x;k g&

vë io;.lek;kvk lfeb x'kh rgo ;A

ipo ; lfebv'k x'khvk vkfg;kAA²⁴

lfevr vkj xflr:i v"V iopu ekrk, gA lfevr;k ikp vkj
 xflr;k rhu dgh x;h gA ftl rjg ekrk viu i= dh lno n[kHkky
 djr'g] ml l'nk l'uekx ij pyu dh ij.kk nrh g] m'uekx ij tku l
 jkdr'g] ckyd d j{k.k vkj pkfj= fuek.k dk lrr /;ku j[krh g] ml h
 idkj l vkBk iopu ekrk, Hkh iR;d io'uk djr le; l k/kd dh n[kHkky
 djr'g] lrr mi;kxiod l'uekx ij pyu dh ij.kk nrh g] vlr io'uk
 e tku l jkdr'g] l k/kd dh vkRek dk n'io'uk;k l j{k.k rFkk mld
 pkfj= d fodkl dk /;ku j[krh gA blfy, ; vkBk ipu d vk/kjHkr l?k
 dh ekrk gA*

bu vkBk e leLr }kn'kkx:i iopu lek tkrk g] blfy, bu g
 ^iopuekrk* dgk x;k gA bu vkBk e }kn'kkx:i iopu lekfo"V gk tkrk
 g] ,lk dgu dk dkj.k ;g g fd lfevr vkj xflr nkuk pkfj=:i g rFkk
 pkfj= Kku n'ku l vfoukHkko gA okLro e Kku n'ku vkj pkfj= d
 vfrfjDr vU; dkb vFkr' }kn'kkx ugh gA bul }kn'kkx:i iopu dk
 ilo gkrk gA blfy, ; }kn'kkx:i iopu ekrk, gA

lfevr dk y{k.k

tu l k/vk d vkpkj e ikp lfevr;k dk LFkku ie[k gA budh
 l Hkh fØ;k; lfevr;k d vulkj gh gkrh gA Je.k dk pyuk] mBuk] cBuk]
 vkgkj xg.k djuk vkfn fØ;k; iekn jfgr ;Rukpkj iod gkrh gA vxek
 e lfevr d vud vFk fd; x; gA eykp'k e lE;d io'uk dk lfevr
 dgk x;k gA lokFkflf) eA ^ik.kh iHk i'fjgkjFk lE;Xxeu lfevr^{*25}
 ik.kh iHk dk i'fjgkj dju d fy, Hkyidkj vkuk&tuk] mBuk&cBuk] xg.k
 djuk o ekpu djuk lfevr gA ^r'UokFkokfrd* e 0;Rif'uk djr g, dgk g
 fd lE;d idkj l xeu djuk lfevr gA n0;lxg Vhd d vulkj
 ^fu'p;ukulrKkukfnLoHkko fuTkkRefu le≦d leLrjxkfnfoHkkoifjR;ku
 rYyhurkfPplururUe;Rou v;u xeu ifj.keu lfevr^{A*26} fu'p; u; dh
 vi{k l vuLr Kkukfn LoHkko/kkj d viuh vkRek e yhu gkuk] vkRek dk
 fp'uru djuk] rUe; gkuk vkfn :i tk v;u ifj.keu g og lfevr gA
 ifrØe.kl= d of'ukdj vkpk; ufe u lfevr dk ifjHkkr'kr djr g, fy[kk
 g fd ik.kkfrik iHkfr ikik l fuo'uk jgu d fy, i'kLr ,dkxrkiod dh
 tku okyh vxekDr lE;d io'uk lfevr gA

Lo: i ,o Hkn

mijkDr l Hkh ifjHkk"kkvk e lE;DRo ij vf/kd cy fn;k x;k gA
eu dh ,dkxrk] fo'k)rk] l;e dh n<rk ,o pkjf=d fodkl gr
lfevr;k dk vkpj.k vko';d gA l/k dk thou;k=k d fy, ikp vko';d
fØ;k; djuh iMrh g&,d LFkku l nlj LFkku ij tkuk] ckyuk] Hkkttu]
oL=iku vkfn xg.k vkj eye= dk R;kxA lfevr d ikp Hkn g&¼1½ b;k
lfevr ¼2½ Hkk"kk lfevr ¼3½ , "k.kk lfevr ¼4½ vknku fu{ki.k lfevr ¼5½
0;Rlx lfevrA l=drkx] leok;kx] eykpkj] /keker vkfn xUFkk e lfevr
dk Li"V o.ku gA

b;k lfevr

tku vku dh fØ;k dk b;k dgr gA Je.kk d vku tku dh
fØ;k; lfevr iod gkrh gA i;ktu d fufeÜk pkj gkFk vxk tehu]
n[kdj l/k d }kjk fnol e ikldex l thok dk ifjgkj djr g;
xeukxeu djuk b;k lfevr gA mÜkj/;;u e b;k lfevr dh ifj'kf) d
fy; pkj dkj.k crk; x; g&¼1½ vkyËcu ¼2½ dky ¼3½ ekx ¼4½ ;rukA
Je.k dk bu pkj dkj.kk l ifj'k) b;k lfevr iod fopj.k djuk pkfg,A
b;k lfevr dk vkyËcu&Kku] n'ku vkj pkjf= gA blugh d mí'; l gh
og xeu djA dky dk n"V e j[kdj gh ml pyuk pkfg,A l; d
idk'k e gh xeu djA jkf= e b;k 'k) ugh gk ldrhA ;fn ,d xko l
nlj xko e fogkj djr le; ekx e l;kLr gk tk; rk Je.k dk ogh
:d tkuk pkfg,A ml ;g ugh lkpu kpkfg, fd ;gk ij Bgju dk LFkku
Bhd ugh gA ;gk ij i'k o li vkfn dk Hk; gA doy 'kkjhfd fØ;k ;k
Lok/;k; ;k /;ku d fy, jkf= e tkuk gk rk jtkgj.k l iektu djr g,
tk;A ekx l] mUekx dk NkMdj] xeu dj] D;kfd mUekx ij tku l
vkRefojk/kuk vkfn nk"k lEHko gA ;ruk dk vFk g foodA n0;] {k=} dky
vkj Hkko dh n"V l bld pkj Hkn gA n0; dh vi{kk l u=k l ekx
n[kdj py] {k= l ;xiek.k Hkfe dk n[k] dky l tc rd pyrk jg rc
rd n[k vkj Hkko l mi;kx iod xeu djA pyr le; ckrphir] v/;;u]
fpuru vkfn dk;k dk Hkh fu"u/k g] D;kfd pyr le; bu dk;k dk djr
g, tho fgIk dh lEHkkouk jgrh gA Je.k dk /khe] mnox jfgr gkdj rFkk
fpÜk dh vkdyrk feVkdj pyuk pkfg,A

Hkk"kk lfevr

Hkk"kk fo'k;d l;e dk Hkk"kk lfevr dgr gA Øk/k] eku] ek;k] ykHk]
gkL;] Hk;] okpyrk] vkj fodFkk bu vkB nk"kk l jfgr rFkk vko';drk
gku ij Hkk"kk.k e ioÜk gkuk Hkk"kk lfevr gA rÜokFkokfrd e fgr] fer vkj

vlfnx/k opu ckyu dk Hkk"kk lfevr dgk gA eykpkj e Hkk"kk fo"K;d l;e
 ijvf/kd cy fn;k x;k gA vFkkv fdlh dk ej opu l ihMk u igp] bl
 mí'; l i'ku;] gkL;] dd'k] ij&fuUnk] vkRei'kIk rFkk jkx} "ko/kd
 fodFkkvk vkfn dk R;kx djd Lo ij fgrdkjh opu ckyuk Hkk"kk lfevr gA

lR;] vlr;] lR;lfgv vlr; vkj vlr; e"kk ; opu d pkj
 idkj gA lTtui#"kk d fgrdkjh opu dk lR; dgr gA tk opu u lR;
 gkrk g vkj u vlr; ml vlr; e"kk dgr gA bl idkj lR; vkj vlr;
 e"kk opu dk ckyuk rFkk vlr;] dBkjr rFkk pxyh vkfn nk"kk l jfgr
 vkj vuol vFkkv ftll iki dk vklo u gk ,lk opu ckyu oky lk/k
 d 'k) Hkk"kk lfevr gkrh gA tuin lR;] lEefr lR;] LFkkiuk lR;]
 uke lR;] :i lR;] lEHkkouk lR;] O;ogkj lR;] Hkko lR; vkj miek lR;
 lR;opu d ; Hkn gA

lR; d foijhr opu vlr; gA tk opu lR; vlr; vkj lR;
 vlr; l foijhr gkrk g ml vkxek e vlr;e"kk dgk gA og opu u rk
 ,dkUr l lR; gkrk g vkj u ,dkUr l vlr; gkrk g vkj u lR;k lR;
 gkrk gA

, "k.kk lfevr

mnxekfn nk"K jfgr vkgkj xg.k djuk , "k.kk lfevr gA , "k.kk 'kCn
 d vUrxr xo"K.k"K.kk&vkgkj d 'k)k'k) gku dh vUo"K.kk] xg.k"K.kk&vkgkj
 xg.k djr le; nk"K vnk"K dk fujh{k.k vkj ifjHkkx"K.kk&vkgkj dk lou
 djr le; nk"Kknk"K dk fopkj] bu rhuk dk leko'k gk tkrk gA fHk{k
 vfglk egkor dh l j{kk d fy, u rk ipu ikpukfn fØ;k djrk g vkj u
 fdlh l [kjhn ;k [kjhnokdj vkgkj y ldrk g] rFkk u fdlh l viu
 fuokllFkkku e vkgkj exok ldrk g] vr% fi.M"K.kk dh 'kf) d fy,
 fHk{kpk;k dk ex gh lokÙke gA budh fHk{k ^loleIRdjh fHk{k* ekuh x;h
 gA loleIRdjh fHk{k og fHk{k g] ft l R;kxh o vkRe/;kuh O;fDr vfglk o
 l;e dh nfV l lgt iklr djrk gA Je.k }kj xg.k fHk{k ng dk i"V
 cuku ;k iekn vFkok vkyL; c<ku d fy, ugh vkj u gh thok dk
 y'kek= d"V igpku d fy, g] cfYd vkRek d i.k fodkl d fy, iklr
 g, 'kjhj l dk; yu] /ke ikyu dju rFkk thouiokg dk pyk; j[ku d
 fy, gA

/keker vuxkj e Je.k d vkgkj xg.k d lEcU/k e crk;k x;k
 g&Je.k dk fN;kfy l nk"K l jfgr] v/khde l jfgr rFkk pkng eyk l
 jfgr fufo?u vkgkj xg.k djuk pkfg,A lkyg mnxe nk"K] lkyg mRiknu

nk"q] nI 'kfdR nk"q] pkj vxkjfn nk"q ; Ic fN;kyhI nk"q gA , "k.kk
 IfeR d ikyd Ik/k dk bu Ic nk"kk dk Vkydj vkgkj xg.k djuk
 pkfg, A Lo; HkkejhofÜk I Jkodk d }kj ij tku ij tk vkgkj vnhuofÜk
 I iklr gkrk g ogh Ik/k d fy; xk°; gA ftI Hkk tu I Ik/k dk 'kjhj
 fodkxLr gkrk g] bfÜn;en ink gkrk g] og Hkk tu vxk°; gA

vnkufu{ki.k IfeR

I Hkh idkj d /kekidj.k oL=] ik=] iLrd vkj Hkk.M vkfn dk
 food iod xg.k djuk %vknku% vkj thojfgr iekftr Hkfe ij fu{ki.k
 %j[kuk% vknku fu{ki.kk IfeR gA Je.k dk iR;d oLr ;kfpr iklr gkrh
 gA mldk i.k mi; kx djuk mudk dÜk°; gA oLr dk xg.k dju e] j[ku
 e vfglk dh n°V ie[k gA Je.k d ikl tk Hkh /kkfed midj.k g mUg
 vPNh rjg I n[kdj vkj mUg iektu dj d mBkuk vkj j[kuk pkfg,]
 ftI I fdlh tho dh fglk u gA eykpkj e bld Lo: i ij idk'k MkYr
 g, fy[kk g&

.kk.kofg I teofg Impofg v..kelieofg okA

i;n xgf.kD[kok Ifenh vknk.kf.kD[kokAA²⁷

Kku dk midj.k] I ;e dk midj.k] 'kkp dk midj.k] vFkok vU;
 midj.kk dk xg.k djuk vkj j[kuk vknku fu{ki.k IfeR gA mÜkj/; ;u
 I= vkj n'kodkfyd I= e Hkh ;gh dgk x; k g fd ftI midj.k dk
 mBkuk ;k j[kuk gk] mI igy vk[kk I ifry[ku dj y] ftI I mI ij
 dkb tho tUr u gk] fQj jtkgj.k vkfn I iektu dj y] rkfd dkb tho
 tUr gk rk og /khj I gV tk;] mldh fojk/kuk u gA cgr Ie; rd
 j[ku d i'pkr IEePNu thok dh mRifÜk dh IEHkkouk c< tkrh gA vr%
 /kekidj.k dk Iko/kkuh I iu% ifry[ku djuk pkfg, A

5- mRlx IfeR& thok d vfojk/k I ng d ey dk fugj.k djuk
 mRlx IfeR g] vFkkr tgk ij LFkkoj ;k txe %I=I% thok dh fojk/kuk u
 gk , I futUr LFkku e eye= vkfn dk foltu djuk mRlx IfeR gA

Je.k dk eyl= dk foltu , I LFkku ij djuk pkfg, tgk
 , dkuR gk] gfjr ouLifr rFkk =I thok I jfgr vkj xko I nj gA tgk
 dkb n[k u ld] dkb fojk/k u dj ld] , I foLrh.k {k= e eye= vkfn
 dk R; kx djuk ifr"Bkifudk IfeR gA mRlx d LFkku ij ;gk
 ifr"Bkifudk IfeR dk i; kx fd; k x; k gA tk Ik/k ;k Ik/oh vLoLFk
 gku d dkj.k fLFkjokI dj jgk gk] ;k mikJ; kfn e jg jgk gk] vFkok
 xkekuxke fogkj djrk gv k mikJ; e vkdj Bgjk gk] mI iKkoku Ik/k
 dk pkfg, fd og igy gh mld ifjik'o e mPpkj] ilo.k] foltu dh
 Hkfe dk vPNh rjg n[kHkky dj yA tk Ik/k ;k Ik/oh , Ik ugh djrk mI

Lo&ij fojk/kuk dh egkgkfu dk n"ifj.kke n[kuk iMrk gA mÜkj/;;u l=
e ,lh pru LFkf.My Hkfe e nl fo'k"krk, gkuh vfuok; crk;h x;h g&

¼1½ tgg ykxk dk vkokxeu u gk ¼2½ ft l LFkku dk mi;kx dju
l nlj dk fdlh idkj dk d"V ;k udlku u gk ¼3½ tk LFkku le gk ¼4½
tgk ?kk l ;k iÜk u gk ¼5½ phVh dFk vkfn thotUr l jfgr gk ¼6½ og
LFkku cgr l dh.k u gk ¼7½ ft l d uhp dh Hkfe vfpÜk gk ¼8½ fuok l LFkku
xko l nj gk ¼9½ tgg pg vkfn d fcy u gk ¼10½ tgg ik.kh ;k cht Qy
g, u gkA

fodky e mPpkj&ilo.k Hkfe dh ifry[kuk djuk] lk/k dh
lekpkjh dk egroi.k vx gA bldh mi{kk dju l tho fglk dk nk"k
yxrk gA

bu ikpk lfefr;k dk l nk ikyu dju okyk efu N¼ idkj d
thok d leg l Hkj g, ykd e xeukxeu djrk gv k fglk l fylr ugh
gkrk] D;kfd lfefr;k e ioÜk djr g, efu iekn l jfgr gkrk gA thok
dh fglk l cpu d mik;k dk u tkuu okyk ft l {k= e fopj.k djrk g]
thok dh fglk l cpu d mik;k dk tkuuokyk Hkh mlh {k= e fopj.k
djrk gA rFkfi og Kku vkj pkfj= e ckyd d leku vK gk iki l
c/krk g] fdUr mik;k dk tkuuokyk iki l fylr ugh gkrk vkj io e ck/k
g, de dh futjk djrk gA

xflr

^ l lkjdj.kkReuk xkiu Hkofr lk xflr%A* ft l l lkj d dkj.kk
l vkRek dk xkiu vFkkr vkREkk dh j{kk gkrh g og xflr gA xflr dk
'kkfCnd vFk g&j{kkA eu] opu] dk;k d l kFk tc xflr dk ;kx gkrk g]
rc mldk vFk g&eu] opu] vkj dk; dh vd'ky iofoÜk;k l j{kk vkj
d'kyiofoÜk;k e l ;ktuA n0; l xg Vhdk e xflr dk y{k.k djr g, dgk
g&lgt 'k) vkRe Hkkouk : i xlr LFkku e l lkj d dkj.kkkr jxkfn d
Hk; l vkREkk dk fNikuk] iPNknu ;k j{k.k djuk xflr gA

eu] opu] dk; dk l ko] fØ;kvk l jkduk xflr gA lk/k dk
ykdi tk vkfn ykfdd fo"k;k dh bPNk u dj d jRu=;&Lo:i vkREkk dk
jRu=; d ifri{kh feF;kn'ku] feF;kKku vkj feF;k pkfj= l cpku d fy,
iki ;kxk dk fuxg djuk pkfg,A

xflr;k rhu g&eukxflr] opuxflr vkj dk;xflrA ikp lfefr vkj
rhu xflr bu vkBk dk mÜkj/;;u l= e ^,;kvk vë lfebv k* lfefr dgk
x;k gA cgnofoÜk e bld dkj.k dk mYy[k g fd xflr;k ioHPkj vkj

viohpkj nkuk :i gkrh gA vFkkr xflr;k ,dkUr fuofÙk#i gh ugh]
 iofoÙk#i Hkh gkrh gA vr% iofoÙk:i v'k dh vi{kk l mUg Hkh lfefr dg
 fn;k gA lfefr e lfrØ;k dh e[;rk g] tcfð xflr e vlr fØ;k d
 fu"l/k dh e[;rk gA lfefr e fu;er% xflr gkrh g D;kfd mle 'kHk e
 iofoÙk d lFk tk v'kHk l fuofÙk#i v'k g] og fu;er% xflr dk v'k gA

1. eukxflr&lJEHk] lekJEHk vkj vkJEHk e ioÙk g, eu d 0;kikj dk
 jkduk eukxflr gA fd l h dk ekju dh bPNk djuk lJEHk gA ekju d
 l k/kuk ij fopkj djuk lekJEHk g vkj ekju dh fØ;k dk ikJEHk dju
 dk fopkj djuk vkJEHk gA bu rhuk dk jkduk vko';d gA eukxflr
 pkj idkj dh g&

lPpk rgo ek l k ; lPpek l k rgo ;A

pmRFkh v lPpek l k e.kxÙkh pmfoogkAA

lR;k] e"kk] lR;ke"kk vkj vlr;ke"kk eukxflr d pkj Hkn gA

1. lR; eukxflr&eu e lR inkFk d fpUru:i euk;kx lEcu/kh
 xflr dk lR; eukxflr dgr g&t l&txr e tho rÙo g] ;k
 lR; inkFk dk fpUruA

2. vlr; eukxflr&vlr inkFk d fpUru:i euk;kx lEcu/kh xflr
 dk vlr; eukxflr dgr gA t l&txr e thorÙo ugh gA

3. lR;k e"kk eukxflr&lR vkj vlr nkuk d fpUru:i euk;kx
 lEcu/kh xflr dk lR;ke"kk eukxflr dgr g] t l&vke vkfn
 fofok o{kk dk ou n[kdj] ;g vke dk ou g] ,lk fpUru
 djukA

4. vlr;k-e"kk eukxflr&tk fpUru lR; Hkh u gk] vlr; Hkh u gkA
 t l&nonÙk! ?kMk y vk,] bR;kfn vkn'k fun'kkRed opu dk
 eu e fpUru djukA

t k Hkk"kk lR;k g] t k Hkk"kk e"kk g] t k Hkk"kk lR;k e"kk g] vFkok t k
 Hkk"kk vlr;ke"kk g] bu pkjk Hkk"kkvk e l tk e"kk&vlr;k vkj feJHkk"kk g]
 mldk 0;ogkj l k/k l k/oh d fy, loFkk oftr gA doy lR;k vkj
 vlr;k-e"kk0;ogkj Hkk"kk dk i;kx gh mld fy, vkpj.kh; gA mle Hkh
 ;fn lR; Hkk"kk l ko]] vuFkn.MfØ;k;Dr] dd'k] dVd] fu"Bj] dBkj] dek
 dh vk lodkfj.kh rFkk Nnudkj] Hknudkj] ifjrkidkfj.kh] minodkfj.kh ,o
 ikf.k;k dk fo?kkr dju okyh gk rk fopkj'khy l k/k dk eu l fopkj djd
 , l h lR;Hkk"kk dk Hkh i;kx ugh djuk pkfg,A

2- opuxflr&v lR;] dd'k] vfgrdkjh] ,o fglkdjH Hkk"kk dk i;kx ugh
 djuk] L=hdFkk] jkt dFkk] pkjdFkk] Hkk tudFkk] vkfn opu dh v'kHk
 ioFuk vkj v lR; opu dk ifjgkj djuk opuxflr gA

opuxflr d pkj idkj g&¼1½ lR;k ¼2½ e"kk ¼3½ lR;ke"kk ¼4½
 v lR;ke"kkA ;rukoku efu l jEHk] lek jEHk] vkj vkjEHk e ioÙeku opu dk
 fujk/k d jA

eukxflr vkj opuxflr e v lRj ;g g fd eukxflr e eu e
 fp lru jgrk g] tcf d opuxflr e opu l ckyk tkrk gA eu d fp lru
 dk Hkk"kk ox.kk }kjk ixV fd;k tkrk gA

3- dk;xflr&'kkjhfd fØ;k dk l jEHk] lek jEHk vkj vkjEHk e ioÙk u djuk]
 mBu cBu] [kM gku] [kMMk [kkb vkfn yk?ku vkj bfUn;k d i;kx e
 l ;e j[kuk] ;rukiod l r ioÙk djuk dk;xflr gA eykpkj e dgk g
 fd 'kjhj dh p"Vk dh ioFuk ugh gkuk vFkok dk;kR l x djuk dk;xflr
 gA fglkfn dk;k l fuoÙk gkuk dk;xflr gA dk;xflr vFkk r 'kjhj dh
 vifo=rk] vljrk vkj vkifuk e fufeÙkiuk tkudj m l l eeRo u
 djuk dk;xflr gA x.k/kjxkre u Hkxoku egkohj l iNk&dk;xflr l
 tho D;k iklr djrk g\ Hkxoku u mÙkj fn;k&dk;xflr l tho loj
 dk iklr djrk gA loj dk vFk g vd'ky dkf;d ioFuk l mRiUu
 vklo dk fujk/kA tc vd'ky ioFuk;k dk fujk/k gk tkrk g rc
 fglknikiiklo fu:) gku yxr gA ioFuk dk e[; vk/kkj 'kjhj gA
 dk;xflr dh l k/kuk d fy, vkRedfunr gkuk vko';d gA tc l k/d
 dk vkRek d vlRro dk Hkku gku yxr g rc mldh 'kjhj d ifr
 vkl fDr {kh.k gku yxrh gA eeRo] eedkj vkj vgdkj {kh.k gku l
 dk; dh ppyrk {kh.k gku yxrh gA

ikplfevr;k vkj rhu xflr;k ; vkB iopu ekrk, efu d Kku]
 n'ku vkj pkfj= dh lno j{kk djrh gA tl ekrk i= dk ikyu djrh g
 ol gh ; efu d jRu=; dh j{kk djrh gA blhfy; budk iopuekrdk
 uke l kFd gA v"Viopuekrk Je.kkpkj dk vk/kkj gA tk Je.k bu iopu
 ekrkvk dk lE;d ikyu djrk g mldk vkpkj 'k) jgrk gA

ipfun;fujk/k&bUn 'kCn vkRek dk okpd gA vkRek d fpUg vFkk r vkRek d
 l nHkko dh flf) e dkj.kHkr vFkok tk tho d vFk Kku e fufeÙk cu m l
 bfUn; dgr gA iR;{k:i l tk viu&viu fo"k;k dk LorU= vkf/iR;
 djrh g] mUg Hkh bfUn; dgr gA bfUn; d nk Hkn g&¼1½ n0;fun;
 ¼2½ HkkoFun;A n0;fun; d Li'k] jluk] ?kk.k] p{k vkj Jkr ikp Hkn gA
 HkkoFun; d Hkh nk Hkn g&yfc/k vkj mi;kxA

fuxUfkk d fof'k"V vkpkj e ipfun; fuxg ie[k gA ikpk bfun;k
dk fuxg dju oky lk/kd ipfun;fuxgh dgykr gA

p{k] Jkr] ?kk.k] ft°ok vkj Li'k ; ikp bfun;k g vFkr
efrKkukoj.k d {k;ki'ke dh 'kfDr dk uke bfun; gA bfun;k dk
viu&viu fo"k;k dh iofUk l jkduk bfun; fuxg gA ftl idkj l
mUekxxkeh ?kkMk dk yxke d }kjk fuxg fd;k tkrk g ol gh rUoKku dh
Hkkouk d }kjk bfun; : ih ?kkMk dk fo"k; : ih mUekx l gV;k tkrk gA tk
lk/kd fo"k;k l bfun;k dk foe[k ugh djrk] bfun;k mld rt dk u"V
dj nrh gA ftu thok dh bfun;k thfor g] mudk n[k vkikf/kd ugh g]
LokHkkfod g D;kfd mudh fo"k;k e jfr n[kh tkrh g tl] gkFkh cukoVh
gfFkuh d 'kjhj dk Li'k dju d fy, nkMrk g vkj idM fy;k tkrk gA
blh idkj eNyh cfM'k d ekl dk p[ku d ykHk l ik.k [kk nrh gA Hkej
?kk.kfun; d fo"k; l lrk;k gvk ldfpr g; dey e x/k d ykHk l dn
gkdj n[kh gkrk gA irxk nhid dh vkj nkMdj ty ejrk g vkj gfju
Jk=fun; d fo"k;o'k e/kj/ofu d o'khHkr gk f'kdkjh d gkFkk ekjk tkrk
gA bl l Kkr gkrk g fd bfun;k n[k : i gh gA ;fn bfun;k n[k : i u
gkrh rk fo"k; dh bPNk Hkh ugh gkrhA

1- p{k bfun; fujk/k&n[ku dk dk; p{k bfun; d }kjk gkrk gA tk n[k
tkrk g og : i gA blfy, p{kbfun; dk fo"k; : i gA pruvpru
inkFkk d 0;ogkj] vkdkj vkj o.k e jkx&} "k rFkk vfHkYkk"kk dk vHkko
p{kjfun; fujk/k gA p{k : i dk xg.k djrk gA : i ;fn lUnj g rk
jkx dk gr g vkj vlUnj g rk } "k dk gr gA tk lk/kd ml : i e
jkx&} "k ugh j[krk g ogh ohrjx gA p{k bfun; d fuxg l tho
eukK vkj veukK : ik e gkuoky jkx} "k dk fuxg djrk gA bl l
: ifufeRrd de dk cU/k ugh gkrk vkj ioc) dek dh futjk gkrh gA

2- Jk=fun; fujk/k&ftld }kjk luk tkrk g] og Jk= bfun;
g&^J;r-uufrJkre*A Jkrfun; d }kjk xkg; fo"k; 'kCn tk luu e
vPNk yxrk g jkx dk gr g] ml eukK dgk tkrk g] vkj tk } "k dk
gr gkrk g ml veukK dgk tkrk gA tk bu nkuk e le jgrk g og
ohrjx gA²⁸ tk eukK 'kCnk d ifr rho vklfDr j[krk g og jkxkrj
vdky e ol gh fouk'k dk iklr gkrk g] tl 'kCn e vrlr jkxkrj
ex/k ex eR; dk iklr gkrk gA blh rjg tk veukK 'kCnk d ifr rho
} "k j[krk g og ik.kh mlh {k.k viu nnkUr } "k d dkj.k n[k ikrk gA
ble 'kCn dk dkb nk"u ugh gA

3- ?kk.kfun; fujk/k&?kk.kfun; d }kjk xU/k dk xg.k gkrk gA blhfy, ?kk.k
d xká fo"k; dk xU/k dgr gA ohrjxh lk/kd eukK&veukK xU/k d
ifr jkx&} "k l eDr jgrk gA ?kk.k dk xU/k dk xkgd dgr g] vkj

xU/k dk ?kk.k dk xkg; fo"K; dgr gA tk jkx dk dkj.k g] ml
leukK dgr g] rFkk tk }"k dk dkj.k g ml veukK dgr gA tk
lk/kd lxU/k e vkIDr gkrk g vkj nxU/k d ifr }"k djrk g og n[k
leg dk ikr djrk gA blfy, ohrjxh leHkkoh efu mue fylr ugh
gkrkA

4. **jlufun; fujk/k&ftld** }kjk Lokn dk vuHko fd;k tkrk g] og
jlufun; gA ftgok l xkg; fo"K; dk jl dgr gA tk jl jkx dk
dkj.k g] ml eukK dgr g vkj tk jl }"k dk dkj.k g] ml veukK
dgr gA ohrjxh efu bu nkuk e le Hkko jgrk gA eykpj e
jlufun; fujk/k or d Lo:i dk ifriknu djr g; dgk g&v'ku]
iku] [kk] vkj Lok] d Hkn l HkkT; oLr d pkj Hkn gA jkVh&Hkkr
vkfn v'ku g] n/k vkfn i; inkFk iku g] yMM vkfn [kk] g vkj
byk;ph vkfn Lokfn"V oLr; Lok] gA frDr] dVd] d"ky] [kVV vkj
ehB d Hkn l jl d ikp Hkn gA lEePNu vkfn thok l jfgr dk
ikld dgr gA vkxe dfFkr vkgkj d nk"kk l jfgr Hkktu funk"K
dgykrk g] vFkkr tk iki d vklo dk dkj.k ugh g vkj dRlk fuUnk]
Xykfu vkfn nk"kk l jfgr g] ,lk vkgkj pkg eu dk vk"ykndkj d gku
l b"V gk ;k eu dk v#fpdj gku l vfu"V gk] mle vkIfDr ugh
j[kuk] viuh jlufun; dk o'k e j[kuk ft"okt; or gA Hkxoku
egkohj bfun;t;h FkA Hkxoku v'ku vkj iku dh ek=k dk tkudj
Hkktu djr Fk] ikuh ihr FkA vkpkjxI= e fhk{k&fhk{kf.k;k dk
Loknydj [kku d fu"K/k g&l fhkD[k ok fhkD[k.kh ok vI.k ok ik.k ok
[kbe ok vkgjek.k .kk okevk g.k;lvk nkfg.k g.k; lpkjTtk
vkl,ek.k] nkfg.kkvk ok g.k;lvk oke g.k; .kk lpkjTtk vkl,ek.k] l
vk.kk lk;ek.k²⁹ fhk{k ;k fhk{k.kh v'ku] iku] [kk] ;k Lok] dk lou
djrh g;h ck, tCM l nkfgu tCM e u y tk,] rFkk vkLokn yrh
g;h nk, tCM l ck, tCM e u y tk,A o vukLoknu ofUk l vkgkj
dk vkj Lokn dk fol tu dJA

5. **Li'kufun; fujk/k&dk;** d xkg; fo"K; dk Li'k dgr gA tk Li'k eukK
gkrk g og jkx dk dkj.k g vkj tk Li'k veukK gkrk g og }"k dk
dkj.k gA tk bu nkuk e le jgrk g og ohrjxh gA vkpkjxI= d
vulkj Hkxoku egkohj u viu thou e vud dBkj Li'kk dk leHkko
l lgkA mle o FkkMk lk Hkh fopfyr ugh g;A 'khr vkj Å".k Li'kk
dk lgu e mudk eu fopfyr ugh gkrk FkA viuh lehphu iofUk d
}kjk mUgku vud idkj d d"Vv dk lgkA o l;e l gkuokyh vjfr
vkj vl;e l gku okyh jfr dk vfHkHkr dj pyr FkA fuxUFk iopu e
dgk x;k g fd lnh xeh dk lgu dju okyk fuxUFk d"V dk onu

ugh djrkA ;fn dkb xgLFk efu d 'kjhj dk lkQ dj rk lk/k ml eu
 l Hkh u pkg vkj u opu rFkk dk;k l djK,A eykpj e dgk x;k g
 fd Li'k vkB idkj d gkr g&dBkj] dkey] 'khr] m".k] fpdu] : [k]
 Hkkjh vkj gYdA ; l[k grd gk ;k n[k grd&bue vkgykn ugh
 djuk vFkk r g" &fo"kn ugh djuk ;g Li'kufun; t ; gA rRi ; ;g g
 fd tho ;k vtho l mRiUu g,) dd'k vkfn vkB Hknk l ;Dr l [k ;k
 n[k e fufeUkHkr Li'k e tk vfHkyk"kk ugh djrk og Li'kufun; fujk/k
 or gA

bfun;k dk fu;U=.k e j[ku l gh l ;e dh lk/kuk gkrh gA bfun;fujk/k
 dk ;g vFk ugh g fd bfun;k d viU&viU fo" k;k dh xg.k 'kfDr gh
 lektr dj n vfir eu e bfun; fo" k;k d ifr mRiUu jkx&} "k ;Dr
 Hkko dk fu;eu djuk bfun; fujk/k gA d"Vk d le; efu dk bl
 idkj /k; /kkj.k djuk pkfg, fd ;g 'kjhj u'oj g] Hkkfrd rUok l cuk
 gv k g] bldk D;k ekg\ ,d u ,d fnu bldk u"V gkuk gh gA bl l
 tk dN loj futjk : i /ke de dj fy;k tk; ogh J;Ldj gA 'kjhj
 dk d"V ,d idkj l bfun;k dk vl ;e gA bfun;k dk vl ;e] ckg;
 nf"V l n[kr g, l [k : i irhr gkrk g] iju ifj.kke e ,dkUr n[k
 dk gh dkj.k gA tcf d l ;e ikjEHk e bfun;k d vuH;k l d dkj.k
 d"Vdj irhr gkrk g] yfdu ifj.kke e ,dkUr l [k dk gh dkj.k gA
 blfy, bfun;fujk/k l vkREkjk/kuk i"V gkrh gA

"kMko';d&vkReLo: i e fu'py voLFkku d fy, lk/k dk Ng vko';d
 djuk pkfg,A Ng vko';d ikyu dk ,dek= mí'; g&vkRek e fu'py
 fLFkfrA vko';d dk vFk g&vkok l dA tk vkREk e jRu=; dk vkok l
 djkr g&lkef;d] prfo'kfrLro] oUnuk] ifrØe.k] iR;k[;ku vkj 0;R l x
 ;k dk;kR l x bu Ngk dh vko';d l Kk gA

eykpj e dgk g&tk jkx&} "kfn d o'k e ugh gkrk og vo'k g
 rFkk ml vo'k dk vkpj.k ;k dUkO; vko';d dgykrk gA

dUndUnkpk; d vulkj&

tk .k gofn v..kol k rLl n dEe Hk.lfr vkok lA

dEefo.kk l.k tkxk f.koofneXxk fUk f.kTtUkAA³⁰

tk vU; d o'k ugh g og vo'k g] ml vo'k dk dk; vko';d
 g] tk dek dk fouk'kd ;kx ,o fuok.k dk ekx gA fo'k"kvko';d Hkk"; e
 dgk g&vo'; dju ;kx; og fØ;k tk vkRek dk nx.kk l gVkdj lnx.kk

d v/khu dj rFkk vkRek dk Kku] n'ku rFkk pkfj=kfn x.kk l vkokflr
vFkok vkPNkfnr dj og vko';d gA

vu;kx}kj l= e dgk g&

le.k.k lko,.k ;k voLldk;0o; gofr tEgkA

vrk vgk&fuflll m rEgk vkoLl; ukeA³¹

ft l fØ;k ;k fof/k dk Je.k vkj Jkod vgfu'k vo';dj.kh;
le>r g] og vko';d gA fo'k"ko';d Hkk"; e vko';d d n'k ukek dk
mYy[k g&vko';d] vo';dj.kh;] /ko] fuxg] fo'kf)] "kM/;;u] ox] U;k;]
vkj/kuk vkj ekxA

vko';d d Hkn

tukxek e vko';d d Ng Hkn fd; x, gA tukpkj e Je.k vkj
Jkod nkuk d fy, vo';dj.kh; Ng fØ;k; cryk;h x;h gA vkpkj d
ifriknd tuxUFkk e vko';d d Ng Hkn bl idkj cryk; x; g&¼1½
lkekf;d ¼2½ prfo'kfrLro ¼3½ oUnuk ¼4½ ifrØe.k ¼5½ iR;k[;ku vkj ¼6½
0;Rlx ¼dk;Rlx½&; Je.k d vo';dj.kh; vko';d gA

1- lkekf;d&"kMko';dk e lkekf;d dh x.kuk loiFke dh tkrh
gA lko|;kx l cpu d fy, lkekf;d ,dek= i.k vkj ifo= vu"Bku gA
ft l 0;fDr dh vkRek l;e] fu;e vkj ri e tkx:d g] mld lkekf;d
gkrk gA tk =l vkj LFkkoj lHkh ikf.k;k e leHkko j[krk g] mld
lkekf;d gkrk gA

lHkh ikf.k;k e leHkko j[kuk gh lkekf;d gA eykpj e lkekf;d
d lerk ¼lenk½ vkj lkekf;d nkuk ukek dk mYy[k gA eykpj e
lkekf;d d Lo:i dk o.ku fd;k x;k g&IE;dn'ku] Kku] pkfj= vkj
ri d lFk tk tho dk ,D; g og ^le;* dgk tkrk g vkj ml le; dk
gh lkekf;d dgr gA ftUgku milx vkj ijh"kg dk thr fy;k g] tk
Hkkouk vkj lfevr;k e mi;Dr g] ;e vkj fu;e e m|e'khy g] o tho
lkekf;d e ifj.kr gA jkx&} "k dk fujk/k djd lHkh dk;k e lerkHkko
gkuk vkj }kn'kkx rFkk prn'k io:i l=k e J)ku djuk lkekf;d gA
tk efu iki;kx l fojr g] rhu xflr lfgr g] :ikfn fo'k;k e bfUn;k dk
u tku nu l tk ftrfUn; g] ,l l;eh tho gh lkekf;d e fLFkr gkr
gA lko|;kx dk R;kx dju d fy, doyh Hkxoku u lkekf;d dgk gA
xgLFk /ke] vkjEHk vkfn dk ioFuk fo'k" :i gku l llkj dk gr gA ,lk
tkudj l;refu vkRek e fLFkr gkrk g vFkk lkekf;d djrk gA

2- prfo'kfrLro&"kHkno l ydj Hkxoku egkohj rd pkch l
rhFkdjk dk x.kkRdhÜku vFkk x.kxg.k iod uke ydj rFkk itudj eu]
opu vkj dk;k dh 'kf) iod ueu djuk prfo'kfrLro vko';d gA pkch l

rhFkdjk dk x.kdhru dju l tho n'ku fo'kkf/k iklr djrk gA ftuoijk
dh HkfDr l tho iolfpr dek dk {k; vkj lE;DRo dh fo'kf) dj yrk
gA

eykpkj d vulkj fu{ki nf"V l Lro d Ng Hkn gA vijkftrlfj
u eu] opu vkj dk; bu rhu ;kxk d lEcU/k l bld rhu Hkn fd;
g&¼1½ eu l pkchl rhFkdjk d x.kk dk Lej.k djuk euLro gA ¼2½ opu
l ^ykxTtk; ;j* bR;kfn xkFkk e dgh x;h rhFkdjk dh Lrfr ckyuk opu
dr Lro gA ¼3½ yykV ij gkFk tkMdj ftuUn Hkxoku dk uelDkj djuk
dk;drLro gA

Lro dh fof/k&'kjhj] Hkfe vkj fpÜk dh 'kf)iod nkuk ijk e pkj
vxy d vÜrj l leikn [kM gkdj vtyh tkMdj lgt Hkko l Lrou
djuk pkfg; rFkk ;g fpÜru djuk pkfg; fd rhFkdj mÜkeckf/k nu oky
gA

3- oUnuk&oUnuk eu opu vkj dk; dh og i'kLr ofÜk g ft l l
lk/kd rhFkdjkn d ifr rFkk f'k{kk] nh{kk ,o ri vkfn e T;"B vkpk;k ,o
x#vk d ifr J)k vkj lEeku ixV djrk gA

vgÜr] fl) vkj mudh ifrek] ri Jr ;k x.kk e cM x# dk vkj
Lox# dk dfrde iod vFkok fcuk dfrde d eu opu dk; iod i.kke
djuk oUnuk gA mÜkj/; ;u l= e dgk g fd oUnuk l tho uhp xk= dk
{k; rFkk mPpxk= dk cU/k djrk gA og vifgr l kHkxX; dk iklr djrk
gA mldh vkKk vckf/kr gkrh g rFkk nkf{k.; Hkko dk iklr djrk gA
"kMko';d d vÜxr oUnu dk fo/kku g] fdÜr Hkkrfd nO;k l oUnu itu
dk fu"kk tukxe e Li"V:i l fd;k x;k gA bl idkj dk oUnu itu
egkdhpM d leku gA og ,lk l{e 'kY; g tk l jyrk l ugh fudkyk
tk l drk gA ;g tkudj fo}ku i#"kk dk onuk&itk dk ifjR;kx djuk
pkfg,A

eykpkj e dgk g fd ftÜgku viü ?kkfr dek dk {k; dj fn;k g
o vgÜr g vkj tk vkBk dek dk {k; dj pd g o fl) gA xfr] opu]
vkj LFkku d Hkn l vgÜr vkj fl) e Hkn g vFkkr vgÜr eu"; xfr e g
vkj fl) pkjk xfr;k l ij fl)xfr e gA blh idkj tk vÜ; tuk e
ugh ik;h tku okyh bUnkfn }kjk dh x;h itk d ;kX; g o vgÜr g vkj
tk viü Lo:i l i.kr;k fu"iÜu g o fl) gA vgÜrk dk LFkku e/
ykd g vkj fl)k dk LFkku ykdf'k[kj dk vxHkx gA bu lHkh dh
dfrde iod oUnuk djuk] dk;kRl x vkfn d }kjk eu] opu dk; dh
'kf)iod budk i.kke djuk oUnuk gA

voU| dh oUnuk ugh djuh pkfg,A voU| dk oUnu dju l u rk
de dh futjk gkrh g vkj u dhfr gh] cfYd v l ;e vkfn nk"kk d leFku
}kjk decU/k gh gkrk gA

4 ifrøe.k&nk"kk l fuofUk dk ifrøe.k dgr gA Je.k ft l fØ;k d }kjk
fd, g, nk"kk] vij/kk ,o ikik dk i{kkyu djd 'k) gkrk g] og ifrøe.k
dgykrk gA n0;] {k=} dky vkj Hkkoiod fd, g, vij/kk dk eu] opu
vkj dk;k l fuUnk %vkRekykpu ;k viuh Hkyk d ifr vuknj dk Hkko
ixV djuk% vkj xgk %x# d le{k viuh Hkyk dk ixV djuk% d }kjk
'kk/ku djuk ifrøe.k gA

ifrøe.k l tho dk D;k iklr gkrk g\ bld fo"k; e
mUkjk/;;ul= e dgk x;k g fd ifrøe.k l tho Lohdr ork d fNnk dk
cn dj nrk gA fNnk dk cUn dj nu okyk tho vklok dk fujk/k djrk
g] mldk pkfj= vfrpkjk l jfgr gkrk g] og iopuekrkvk d vkjk/ku e
lrr lko/kku jgrk g rFkk lE;d lef/k;Dr gkdj fopj.k djrk gA

ifrøe.k dh fof/k&ifrøe.k ork d vfrpkjk dk nj dju dk
egUoi.k mik; gA blfy, lHkh lk/kdk dk ifrøe.k djuk pkfg;A lHkh
ifrøe.k vkykpukiod gkrk g] rc mll nk"k'kf) gkrh gA ifrøe.k djr
le; 'kjhj] vku vkfn dk fifPNdk l iektu dj yuk pkfg;A vkpk; d
le{k vij/kk dk fuonu fuR; ifr djuk pkfg,A vkt ugh] nlj ;k rhlj
fnu vij/kk dk dgxk] bl :i l Vkyr g; dky{ki djuk Bhd ugh gA
tk lk/k Hkko l l;Dr gkdj ifrøe.k ink dk mPpkj.k djrk g vFkok
lurk g og cgr l dek dh futjk dj yrk g vkj vij/kk dk ifjgkj
dj yrk gA

ifrøe.k dh ijEijk&ifrøe.k dh ijEijk dk mYy[k eykpjk e
Li"V:i l fd;k x;k gA iFke rhFkdj _"kHkno vkj vfUre rhFkdj
Hkxoku egkohj u viu f'k";k dk vfrpkj yx ;k u yx fdUr nk"kk dh
fo'kf) d fy, le;kulkj ifrøe.k dju dk min'k fn;k] fdUr chp d
ckbl rhFkdjk vFkr nlj rhFkdj vftrukFk l ydj rblo rhFkdj
ik'oukFk u vij/kk gku ij gh ifrøe.k dju dk min'k fn;k FkA ft l
or e Lo; ;k vU; lk/k dk vfrpkj gk ml nk"k d uk'kkFk ml ifrøe.k
djuk pkfg;A e/orh ckbl rhFkdjk d f'k"; n<cf)oky] ,dkxeu oky
vkj e<eujfgr gkr FkA blfy, ft l nk"k dk vkpj.k djr Fk mldh xgk
djr gh 'k) gk tkr FkA vk|Ur rhFkdj d f'k"; ppy fpUkoky rFkk
tMcF)oky gkr FkA blfy; b;kiFk] vkgkjxeu Lolukfn e fdllh Hkh le;

vfrpkj gku ;k u gku ij Hkh mUg l Hkh fu;ek ,o ifrøe.k dk min'k
fn;kA

ifrøe.k vkRe'kk/ku dh ,d ifø;k gA iekno'k ;k
v lko/kkuh d dkj.k tk L[kyuk, gk tkrh g] mudk R;kx rFkk Hkfo"; e
iu% olk u gk bl ckr ij fo'k" k cy fn;k tkrk gA

5- iR;k[;ku&v;kx; d xg.k dk ifjR;kx djuk iR;k[;ku gA
Hkfo"; dky d ifr ^vk* e;knk d l kFk v'kHk;kx l fuofÜk vkj 'kHk;kx e
iofÜk dk vk[;ku djuk iR;k[;ku gA uke] LFkkiuk] n0;] {k=} dky vkj
Hkko bu Ng fu{kik d fo'k; e 'kHk] eu] opu vkj dk; d }kjk Hkfo"; vkj
oreku dky d fy, nk"kk dk R;kx djuk iR;k[;ku gA vkpk; dUndUn u
fu;elkj e dgk g&

ekÜk.k l ;ytlie.kkx; lgelgokj.k fdPpkA

vlik.k tk >k;fn] iPPD[kk.k go rLIA³²

leLr okpfud fodYik dk R;kx djd rFkk vukxr 'kHkk'kHk dk
fuokj.k djd tk l k/k vkRek dk /;krk g] ml iR;k[;ku vko';d gkrk gA
tk l k/kd leLr de tfur oklukvk l jfgr vkRek dk n[krk g] mud
ikixeu d dkj.kHkr Hkkok dk R;kx iR;k[;ku gA

tu ekU;rk d vulkj ;g l lkj vukfn gA ;g Lodr gA bl dk
dkb dÜkk ugh gA ekuo bl vukfn l lkj e lcl cf)eku ik.kh gA
mldh vko';drk; vuUr gA mld bPNkvk dh ifr ugh gk l drh] D;kfd
bPNk; vkdk'k d leku vuUr gA tl vx e ?kh Mkyu l vfxu 'kkUr
ugh gkrh cfYd iTTofyr gh gkrh g mlh idkj ,d bPNk dh ifr gku ij
nljh tUe y yrh g] ftld dkj.k ekuo d eu e lno v'kkfr cuh jgrh
gA v'kkfr dk nj dju dk lcl vPNk mik; g eu dk fLFkj djuk vkj
mudk iR;k[;ku djukA iR;k[;ku d }kjk l k/kd v'kkfur vkj r".kk dk
u"V dj nrk gA ol=/kkj.k dju ek= l dkb l k/k ugh curk] xgR;kx
dju ek= l dkb l k/k ugh curk] cfYd xgokluk d R;kx l og l k/k
curk gA tc rd nk"kk dk tkudj mudk R;kx u fd;k tk; rc rd
vÜreku l 'k) ugh gkrkA iR;k[;ku vklo}kjk dk fujk/k djrk gA vkpk;
Hknckg u dgk g] ^iR;k[;ku l l ;e gkrk g] l ;e l vklo dk fu:U/ku
gkrk g vkj vklo d fu:U/ku l r".kk lelr gk tkrh gA r".kk d lelr
gku l vuie mi'ke Hkko mRiUu gkrk g vkj ml l iR;k[;ku fo'k) curk
gA mi'ke Hkko dh fo'kf) l pkfj= /ke ixV gkrk gA pkfj= l de
futfjr gkrk gA bl l viodj.k gkrk gA viodj.k gku l doYKku
doyn'ku dk fn0; vkykd pedu yxrk g vkj ek{k dk 'kk'or l[k iklr
gkrk gA

ifrøe.k vkj iR;k[;ku d Hkn&Hkrdky fo"k;d vfrpkjk dk
 'kk/ku djuk ifrøe.k g vkj Hkr] Hkfo";r rFkk oreku bu rhuk dky
 fo"k;d vrhpjkj dk fujlu djuk iR;k[;ku gA or vkfn d vrhpjkj dk
 'kk/ku djuk ifrøe.k g rFkk vrhpjkj d fy; dkj.kHkr ,l lfpùk] vfpùk
 ,o feJ n0;k dk R;kx djuk rFkk ri d fy; ikldn0; dk Hkh R;kx
 djuk iR;k[;ku gA

bl idkj iR;k[;ku vko';d d }kjk Je.k Lo; dk O;Fk d Hkxk
 l cprk g vkj vkRefpuru e rRij jgrk gA vkRek d vfrfjDr ftruh
 Hkh oLr; g lc ij gA bl l lkj e dkb Hkh oLr =k.k ugh n ldrhA
 blfy, lk/kd iR;k[;ku d }kjk vkRefgr djrk gA

6- dk;kRlx&tu lk/kuk i)fr e dk;kRlx dk egùoi.k LFkku gA
 "kMko";d d vUrxr dk;kRlx dh x.kuk dh x;h gA Je.k d fy,
 dk;kRlx dju dk fo/kku gA dk;kRlx e 'kjhj d ifr eeRo dk R;kx
 fd;k tkrk gA Hkxorh vkjk/kuk dh fot;kn;k Vhd e dk;kRlx dk vFk
 fd;k x;k g&dk; 'kjhj rL; mRlx R;kx dk;kRlxA miyC/fk"Buftun;ko;od
 defuofrr inxyip;fo'k" vknfjkdj0; bg dk;'kCnu xghr brj=
 mRlxL;k l Hkokr o{;ek.kL;A³³

dk; vFkr 'kjhj d mRlx vFkr R;kx dk dk;kRlx dgr gA
 inkFkk dk tkuu dk vk/kkj bftn;k ftldh vo;o g] vkj de d }kjk
 ftldh jpuk g;h g rFkk tk inxyk dk ,d leg fo'k" g] ml vknfjd
 'kjhj dk dk; dgk x;k gA

vkpkjkx e Hkxoku egkohj d dk;kRlx dk o.ku gA lk/kukdky e
 Hkxoku dk 'kjhj d ifr eeRo ugh FkA og lerk Hkko e fLFkr FkA Hkxoku
 egkohj dk;kRlx e fLFkr FkA dN ykx Hkxoku d 'kjhj l ek l Hkh dkV
 yr] Fkd nr] ukuk idkj d d"V nr] fQj Hkh Hkxoku vfopy jgrA mudk
 dk; O;Rlx dk i;kx mùkjùkj fodflr gk jgk FkA Hkxoku 'kjhj dk
 foltu fd, g; FkA vkRek d fy; lefir] d"V lfg".k vkj l[k ikflr d
 ldyi l eDr FkA blfy, mudk leHkko fopfyr ugh gkrk FkA

eypkj e Hkh 'kjhj d ifr eeRo d R;kx dk gh dk;kRlx dgk
 x;k g&

nofl l ;f.k;ekf n l tgùek.k.k mùkdlyfEgA

ft.lx.kfpr.k.tùkk dkmLlXxk r.kfolXxkAA³⁴

nofld] jkf=d vkfn vkxekDr fØ;kvk dk djr g, rFkk ftuUn
 no d x.kk dh Hkhouk l lfr gr g, 'kjhj d eeRo dk ifjR;kx djuk
 dk;kRlx gA 'kjhjkfn ij n0;k d ifr fLFkj Hkko NkMdj fufodYi:i l
 vkRe/;ku djuk dk;kRlx gA bl dh lk/kuk l lk/k viung d ifr eeRo

Hkko dk i.kr% fol tu dj nrk g] D;kfd 'kjhj vU; g vkj vkRek vU; bl idkj d Hkn foKku dk fpuru vkRelk/kuk e vko';d gA bl l fpUk dh ,dkxrk c<rh gA mUkj/;;u e dgk x;k g ^dk;kRlx l tho vrhr vkj oreku d ik;f'pUk ;kX; vfrpkjk dk fo'kk/ku djrk gA ik;f'pUk l fo'k) gvk tho viu Hkkj dk mrkj nu oky Hkkjokgd dh rjg fuoUkân; 'kkUr fpUk gk tkrk g rFkk i'kLr /;ku e eXu gkdj l[kiod fopj.k djrk gA

dk;kRlx dh fof/k&l/kd ,dkUr 'kkUr LFkku e lh/kk [kMk gk tkrk g] 'kjhj dk u vdM dj j[krk g] vkj u >dkdj ghA nkuk ckgk dk ?kVuk dh vkj yEck dj d i'kLr /;ku e fueXu gk tkrk gA pkg milx vkj ijh"kg vk;] mudk og 'kkUrHkko l lgu djrk gA l/kd ml le; u rk l lkj d ckg; inkFkk e jgrk g] u 'kjhj e jgrk g] og lcvkj l fleVdj vkReLo:i e yhu gk tkrk gA dk;kRlx vUre[k gku dh ,d ifo= l/kkuk gA l/kd ml le; jkx&} "k l mij mBdj fuHlx vkj vuklDr gkdj 'kjhj dh ekgek;k dk R;kx djrk gA dk;kRlx l 'kjhj d ifr eer de gkrh gA dk;kRlx e l/kd ;g fpuru djrk g fd e 'kjhj l iFkd g] 'kjhj ejk ugh g] e vtj] vej prU; :i g] e vfouk'kh gA ;g 'kjhj {k.k Hkxj gA bl idkj dk;kRlx e 'kjhj d ifr eer d R;kx dk vH;k l fd;k tkrk gA vko';dfu;fDr e vkpk; Hknckg u dgk g&

oklh pn.kdlik] tk ej.k thfo, ; lel..kk

ng ; vifMc)k] dkmLlXxk gob rLIA³⁵

pkg dkb HkfDrHkko l pne yxk,] pkg dkb }"ko'k cly l Nhy] pkg thou jg] pkg blh {k.k eR; vk tk;] ijUr tk l/kd ng e vklfDr ugh j[krk] oLrr% mlh dk dk;kRlx fl) gkrk gA eykpkj e dgk x;k g&

dkmLlXx ekD[kignl ; ?kkfndEe vfnpkjA

bPNkfe vfgëkn ft.klfon nflnUkkkgAA³⁶

ek{k dk bPNd] funkfot ;h] l= vkj mld vFk e ioH.k] fØ;k l 'k)] vkRek d cy vkj oh; l ;Dr] fo'k) vkRek dk;kRlx dk dju okyk gkrk gA dk;kRlx lE;xn'ku] Kku vkj pkfj= dk midkjd g] Kkukoj.k] n'kukoj.k] ekguh; vkj vUrjk; bu ?krh dek dk u"V djrk gA

dk;kRlx d nk idkj g&n0; vkj HkkoA n0; dk;kRlx dk vFk g&'kjhj dh p"Vkvk dk fujk/k dj d ,dLFkku ij fu'py vkj fuLin ftu

enk e [kM jguk vkj Hkko dk;kRl x dk vFk g&vkÜk vkj jkn n/;kuk dk ifjR;kx dj /ke vkj 'kDy /;ku e je.k djuk] vkRek d fo'k) Lo: i dh vkj xeu djuka

n0; vkj Hkko d Hkn dk le>u d fy, vkpk;k u dk;kRl x d pkj idkj crk; g&

- 1- mfrFkr&mfrFkr&dk;kRl x dh enk e tc lk/kd [kMk gkrk g rc n0; d lkFk Hkko l Hkh [kMk gkrk gA bl dk;kRl x e illr vkRek tkr gkdj dek dk u"V dju d fy; [kMk gk tkrk gA ;g mRd"V dk;kRl x gA
- 2- mfrFkr&fufo"V&tk lk/kd v;kX; g] og 'kjhj l rk dk;kRl x d fy, [kMk gk tkrk g ij Hkkok e fo'k) u gku l mldh vkRek cBh jgrh gA
- 3- mifo"V&mfrFkr&tk lk/kd #X.k g ;k o) g] og 'kkjhfd vlfo/kk d dkj.k [kMk ugh gk ikrkA og cBdj gh /ke /;ku e yhu gkrk gA og 'kjhj l cBk g] fdUr vkRek l [kMk gA
- 4- mifo"V&fufo"V&tk vkylh lk/kd dk;kRl x dju d fy; [kMk u gkdj cBk jgrk g vkj dk;kRl x e mld vUreku l e vkÜk vkj jkn /;ku pyrk jgrk g] og ru l Hkh cBk gvk vkj Hkko l Hkh cBk gvk gA og dk;kRl x u gkdj dk;kRl x dk fn[kkok gA dk;kRl x d bu pkj idkj e iFke o rrrh; idkj dk;kRl x dh nf"V l Bh d gA mld }kjk gh lk/kd lk/kuk d egu y{; dk ikr djrk gA 'k) fpUru d fy; ,dkxrk vko'; d gA dk;kRl x l ,dkxrk vk tkrh gA 'kjhj vkj 'kjhj l lEcU/kr leLr l tho futho inkFkk dk 0;Rl x dju d ckn ,dek= vkRek gh lk/kd d le{k jgrh g] blfy, dk;kRl x l vkRey{kh fpUru gk tkrk gA tk lk/kd bl dk vkpkj.k djr g] o fo'k) vkREkk lodek l eDr gkdj fl) in dk ikr dj yr gA

d'kypu

d'k ypu dk rkr; g viu ;k nlj d gkFkk l flj vkj nk<h eN d ckyk dk ypuiod vyx djuka t?ku; pkj eghu] e/;e rhu eghu vkj mRd"V nk eghu d i'pkr og viu ckyk dk viu gkFk l m[kkMdj Qd nr gA bl l mud vk/;kfRed cy dh rFkk 'kjhj ij l mi{kk Hkko dh ijh{kk gkrh gA ykp dju ij flj e.Mk gk tkrk gA e.Mrk d gku ij fufodkjr vkrrh gA fufodkjr l jRu=; e m[kx gkrk gA bl l gh vkReneu] l[k d ifr vuk l fDr] Lok/khurk] funk"krk vkj fueeRo vkfn Hkkok e ioFÜk rFkk /ke d ifr J)k ixV gkrh gA dk;Dy'k uked

;g mxri g ftld lgu dju l v'khk dek dh futjk gkrh gA efutu
dkMhek= Hkh /ku dk lxxg ugh djr] ftll dh e.Mu dk; dj; k tk
ldA e.Mudk; dju d fy, fdlh vktkj dk Hkh vkJ; ugh yr] D;kfd
mll fpÜk e {kKhk mRiUu gkrk gA o tVkvk dk /kkj.k dj yr gk ,lh
ckr Hkh ugh g] D;kfd ,lh voLFkk e mul mRiUu gku oky t vkfn
tUrvk dh fgIk ugh Vkyh tk ldrhA blfy; ojkX; kfn x.kk dk c<ku d
fy; ckyk dk ykp fd;k tkrk gA

dYil= pf.k e dgk g&d'k c<ku l thok dh fgIk gkrh g]
D;kfd d'k Hkhxu l t mRiUu gkr gA flj [ktyku ij mudh fgIk vkj
flj e u[k l ?kko gk tkrk gA {kj ;k dph l ckyk dk dkVu l vkKkhkx
nk" d lKf&lKf l;e vkj pkfj= dh fojk/kuk gkrh gA ukb viu mLRj
;k dph dk lfpÜk ty l lQ djrk g vr% denk" gkrk gA tu
ekU;rkvk dk vfrøe.k Hkh gkrk gA bu lc nf"V;k l Je.kk dk gkFkk l
d'k ypu dju dk fo/kku fd;k x;k gA

Kkrk/edFkk e Hkxoku egkohj l nh{kk xg.k dju d lKf
e?kdekj u Lo; gh ipef"V ykp fd;k] ;g ckr Li"V :i l mfYyf[kr
g&^r, k l **eg dekj l;eo ipefë; yk; djb^A³⁷** Je.k /ke dk ikyu
dju oky lk/d dk 'kjhj lLdkj oftr gA blfy, d'kypu vko';d gA
vpydRo

^py* 'kCn dk vFk g oL=A ;g 'kCn miy{k.k ek= gA bl l Je.k
voLFkk d v;kX; lEi.k ifjxg dk py 'kCn l O;Dr fd;k x;k gA
vpydRo lEi.k vifjxgh gku dk fpÜg gA ;g mRlx fyx gA blfy;
Je.k dk eu] opu vkj dk; l 'kjhj <du d fy; oL= xg.k dk fu"kk
gA vpydRo d Lo:i dk o.ku djr g; dgk x;k g&oL=] pe vkj
oYdyk l vFkok iÜk vkfn l 'kjhj dk u <duk] lHkh idkj d oL=k ,o
ifjxgk l loFkk jfgr gkdj fuxUFk %uXu% jguk txRiT; vkpyD; eyx.k
gA Je.k oL= ek= dk R;kx dju ij Hkh nlj ifjxgk l ;Dr g rk ml
l;r ugh dgk tk ldrk] vr% oL= d lKf&lKf lEi.k ifjxg dk R;kx
dj nuk vpydRo gA bl l ykHkfn d"kk;k dh fuofÜk ,o R;kx /ke e
iofÜk rFkk yk?ko x.k dh ikflr gkrh gA

fnxEcj vkj 'orkEcj lEink;k e vpydRo fo"kk; ij erofHkU; gA
vkpk; oêdj u eypkj e vpy d fy, ^tgktkn*&Fkk tkr*]
^f.kjcjk*&fujEcjk vkfn 'kCnk dk i;kx fd;k gA

^vpy* 'kCn d oL= dk vHko vkj vYioL=/kkjh nkuk vFk gA
vpyd Je.k vYieY;oky oL= /kkj.k djr g ;k oL=k dk ifjgkj djr

gA ;g Hkh ekuk tkrk g fd oL= j[ku ij Hkh ft l d eu e oL=k d ifr
 fdfpr ek= Hkh vk l fDr ugh g] mUg flQ /kek idj.k vFkok /ke l k/kuk e
 lgk;d le>dj /kkj.k d jrk g] og Hkh vpyd gA Hkxoku egkohj d l?k
 e lpy vkj vpy nkuk idkj d Je.k FkA blfy, ;g dguk fd Hkxoku
 ik'o dh ijEijk d Je.k lpy Fk vkj egkohj dh ijEijk d Je.k vpy
 Fk] ;fDr;Dr ugh gA mUkj/;;u d d'kh&xkre l o n e lpy vkj vpy
 dk mYYk[k gvk gA dekJe.k d'kh u xkre x.k/kj l viu l ung dk
 feVku d fy, ;g ftKklk dh&

vpyxk ; tk /kEek tk bek lUr#Ukja

nf l vk o)ek.k.k ikl.k ; egt l kAA³⁸

Hkxoku ik'o d Je.k o.kkfn l fof'k"V jx fojx oL=k dk mi;kx
 d j r Fk vFkr lpyd /ke egk;'kLoh Hkxoku ik'oukFk u crk;k g] vkj
 vpyd /ke Hkoxku egkohj uA ,d gh efDr:i dk; e ioUk nkuk /kek e
 Hkn dk dkj.k D;k g\ d'kh d bl idkj dh ftKklk dk lek/kku d j r g,
 x.k/kj xkre u dgk fd loKk u doYKku l HkyhHkkfr ;Fkkfpr :i l
 /ke d l k/kuk o"q] fpUg vkfn midj.kk dk tkudj gh mudh vuefr nh
 gA ukuk idkj d midj.kk dk fo/kku turk dh irhfr d fy; gA
 l ;e;k=k d fuokg d fy; g vkj ^e l k/k g* ;Fkkilx bl idkj d ck/k
 jgu d fy; gh ykd e fyx ¼o"½ dk i;k tu gA fu'p; n"V l lE;d
 Kku] n'ku vkj pkfj= gh ek{k d okLrfod l k/ku gA bl idkj ,d l k
 fl)kUr nkuk rhFkdjk dk gA³⁹ vk'k; ;g g fd rhFkdjk u viu&viu ;x
 e n'k] dky] ik= vkfn n[kdj ukuk idkj d midj.kk dk fo/kku fd;k gA

vkpkjx l = e Hkxoku egkohj dh l k/kuk i)fr dk o.ku gA bl
 vxke e lpy vkj vpy dk leUo; fd;k x;k gA efu pkj idkj d gkr
 g&rh u oL= /kkjd] nk oL= /kkjd] ,d oL= /kkjd rFkk vpy&voL=A ;
 l Hkh efu ftu'oj no dh vkKk e gA bu lcdk leku n"V l n[kuk
 pkfg,A efu ;Fkk ifjxghr oL=k dk /kkj.k dj] u NkV k cMk dj vkj u
 lokjA og mu oL=k dk u /kk,] u jx vkj u /kk, jx g, oL=k dk /kkj.k
 djA xkekUrj tkr g, fogk d j r g, oL=k dk fNikdj u tk;A og
 vfr l k/kk.k oL= /kkj.k djA oL= fo"K;d ikphu ijEijk ;g g fd xh"e
 _r d vk tku ij l Hkh th.k oL=k dk] ;fn o vxkeh geUr _r e dke
 vku ;kx; u gk rk folfr dj nA vpy efu yk?ko dk iklr gkrk gA
 Hkxoku u bl vpyRo dk tlk ifriknu fd;k g mld Qyk dk

lE;didkj l tkudj efu lHkh {k= vkj LkHkh dky e lokReuk ;FkkFkHkko
l] fcuk fdIh iopuk] Hk; vkj ek;k l leRo dk gh vuikyu dJA u
vkRekRd" k dk vuHko dj u lpy efu;k dh vogyuk dJA dkb efu nk
oL= j[krk g] dkb rhu oL=] dkb ,d oL= vkj dkb fuoL= jgrk gA
lHkh efu pkg o vpyd gk ;k lpyd lHkh de{k; d fy; l;e dk
ikyu djr gA

tk fhk{k vpy jgu dh e;knk e fLFkr g og ukukidkj d Li'kk
dk lgu dj ldrk g] fdUr xlr vxk d ifrPNknu dk NkMu e leFk
ugh g] bl dkkj.k l og dfVcU/k dk /kkj.k djr gA tk fhk{k yTtk dk
thru e leFk g og loFkk vpy jg dfVcU/k /kkj.k u dJA ml ?kk l dh
pHku gkrh g] lnh] xeh] yxrh g] fQj Hkh og ,dtkrh;] fhkUu tkrh; ukuk
idkj d Li'kk dk lgu djr gA

vkpkjx l= l Hkxoku egkohj dh oL=fo" k;d e;knk dk Kku gkrk
gA ,d 'kkVd dh voLFkk e nh{k] fQj vpydRo dk Lohdj.k ;gh mudh
oL= fo" k;d e;knk FkhA Hkxoku oL= dk fol tu dj pd FkA

vLuku

vLuku dk vFk g fd Luku u djuka Luku vkfn dk R;kx dj nu
l tYy] ey vkj ilhu l lokx fylr gk tkuk efu d ik.kh l;e vkj
bfUn; l;e ikyu dju : i ?kkj x.kLo: i vLukukor gkrk gA Je.k dk
Luku l ugh cfYd ork l ifo= gkuk pkfg;A ;fn or jfgr ik.kh
tykoxkgukfn l ifo= gk tkr rk eRL;] exj vkfn tytUr rFkk vU;
ty tUr Hkh ifo= gk tkr] fdUr dHkh Hkh ml l ifo=rk dk iklr ugh
gkrA ftu Je.kk dh thoup; k l;e vkj lk/kuke; g] tk lnh vkRe'kf)
e gh fujr jgr g] mUg 'kjhj 'kf) d fy, LoHkkor% Lukukfn dh
vko'; drk ugh jg tkrhA D;kfd fo'k) vkRek : ih unh e Luku djuk gh
ije ifo=rk gA ykfdd xxk vkfn rhFkk e Luku ek= l 'kfprk ugh
vkrhA l;e : ih ty l Hkjh lR; : ih iokg] 'khy: ih rV vkj n; k : ih
rjxk dk /kkj.k dju okyh vkRek gh unh gA tk jkx&} "k l mUeUk g vkj
bfUn; k d o'khHkr jgr g o l dMk rhFkk e Luku dju d ckn Hkh 'k) ugh
gk ldrA blfy, cãp; l ;Dr vkj vkfRed vkpkj e yhu efu;k d
fy; Luku dh vko'; drk ugh gA

vkRen'kh Je.k vkRek dh ifo=rk l Lo; ifo= gkr gA Luku rk
 vkjEHk tfur iki g] og 'kjhj Jxkj dk Hkh ,d :i gA bl l 'kjhj d
 ifr eeRo c<rk gA

Hkxorh vkjk/kuk e Hkh dgk x;k g fd Je.k ty Luku vH;x
 Luku vkj mcVu dk R;kx rFkk u[k] d'k] vk"B] dku] ukd] eg] vk[k Hkkg
 rFkk gkFk ij d lLdkj NkM nr gA n'kodkfydl= e Hkh 'khr ;k Å".k
 nkuk idkj d tyk l Luku djuk oftr crk;k x;k g] D;kfd Luku dju
 l Hkfe e jgu oky thotUr og tkr gA Jxkj ,o foHk"kkfn n"V l Hkh
 l;eh i#"kk d fy; Luku dk fu"v/k fd;k x;k gA 'kjhj dk foHkUu
 lxfU/kr n0;k l mcVu djd fpduk] dkey vkj xkj cukuk Je.kk d fy,
 oftr gA ,lk dju l 'kjhj d ifr vkldR c<rh g] vko';drk, c<
 tkrh g] l;e fu;e e f'kfFkyrk vk tkrh gA Lok/;k;] /;ku vkfn
 vko';d fnup;k l eu gV tkrk gA foHk"kk d fy, vud vkjEHk
 lekjEHk;Dr l/k/kuk dk miHkx djuk fglkuikf.kr gku l og vl;e o/kd
 g] lko] cgy gA blfy, tu l/k/vk d fy, Luku fuf"") gA

f{kfr'k;u

FkKM l Hkh fcNku l jfgr vFkok fdfpr ek= lLrj l lfr
 ,dkUr LFkku :i ikld Hkfe in'k e n.Mkdj ;k /ku"kkdkj 'k;u djuk
 vFkok ,d ilokM l lkuk f{kfr'k;u or dgyrk gA bfUn; l [kk dk
 ifjgkj dju d fy;] ri dh Hkkouk d fy; vkj 'kjhj vkfn l fuiligrk
 d fy; Hkfe'k;u or gkrk gA iFoh ij lku l ;k r.k ?kk l ikV vkfn ij
 lku l dkey&dkey fcNku vkfn dk R;kx gk tkrk g ft l l bfUn;k dk
 l [k lektr gk tkrk g] ri'pj.k e Hkkouk c<rh pyh tkrh g] 'kjhj l
 eeRo dk fujkl gkrk g vkj vud x.k ixV gkr gA

vkpkjxkl= d vulkj Hkxoku egkohj dHkh f'kYi 'kkykvk e jgr
 Fk] dHkh l Hkvvk] l;kmvk] i.;'kkykvk e jgr FkA viu l/kukdky d rjg
 o"kk e bu okl LFkkuk e ilUu euk jgr FkA o jkr vkj fnu fLFkj vkj
 ,dkx rFkk vieÜk jgdj lekfr volFkk e /;ku djr FkA Hkxoku 'kjhj
 l [k d fy; vf/kd uhn ugh yr FkA funk dk volj vku ij [kM gkdj
 viu vki dk tkxr dj yr FkA mud eu e funk l [k dh vkdk{k ugh
 FkA

Je.k vfudr gkrk g mldk viuk dkb ?kj ;k LFkku ugh gkrkA
 og d l LFkkuk ij jg ldrk gA tk Hkfe dBkj gk] Åph&uhph u gk] le
 gk] fNn jfgr gk] phVh vkfn l jfgr gk] tUr jfgr gk] {kid d 'kjhj d
 cjkcj iek.kokyh gk] xhyh u gk] etcr vkj xlr gk] idk'k;Dr gk ogh
 Hkfe lLrj:i gkrh gA dkey Hkfe 'kjhj gkFk ij d ncko l nc tkrh gA

Äph&uhph Hkfe e lk/k dk d"V gkrk gA fcy gku l mue jgu oky mul
fudyu oky thok dk ihMk gkrh gA xhyh gku l tydkf;d thok dk
ihMk gkrh gA idk'kjfgr Hkfe e dN fn[kk;h u nu l vl;e l cpko
ugh gk ikrkA

'k;u enkvk d fo"K; e dgk x;k g fd efu dk vk/k ;k lh/k ugh
lkuk pkfg;] vfir nk; ;k ck; fd lh ,d ik'o l ij leVdj /ku"kkdkj
enk e yV dj lkuk pkfg,A bl l vkpkjiky e ck/kk mRiUu ugh gkrhA
'k;u d io Je.k dk flj l ij rd ij 'kjhj dk iekftr dj d ;Rukpkj
iod 'k;u djuk pkfg,A

vnUr/kkou

tu lk/kvk d nUr /kkou dk fu"K/k gA vnUr /kkou or dk Lo: i
eykpkj e bl idkj crk;k x;k g&

vxfy.kgloygf.kdkyhfg ik lk.kNfy; knhfgA

nreyklg.k; l texÜkh vnre.kAA⁴⁰

vxyh] u[k] nkrku vkj r.k fo'K"K d }kjk iRFkj ;k Nky vkfn d
}kjk nkr d ey dk 'kk/ku ugh djuk pkfg,A ;g l;e d j{k: i
vnUr/kkou or gA vkpkjxl= e Hkh nUr/kkou dk fu"K/k fd;k x;k gA
Hkxoku egkohj fojpu] oeu] ryenu] Luku] enu ugh djr FkA

'orkEcj ijEijk e efu d fy; nUri{kkyu vukpkj d :i e
Lohdkj fd;k x;k gA efu nkrku l nUr i{kkyu u dj] mUg u /kk,A
n'kodkyd l= e Hkh nr/kkou dk vukpkj dgk gA fu'khFk l= e dgk g
fd foHk"kk d fy, viu nkrk dk ,d fnu ;k ifrfnu f?kl u] i{kkyu dju]
i/kkou dju l fhk{k nk"K dk Hkxh gkrk gA bl idkj l;e dh j{k d
fy, tuefu bl x.k dk ikyu djr gA

fLFkfr Hkk tu

vxek e Je.k d fy, fLFkfr Hkk tu dk fo/kku gA nhoky vkfn dk
lgkj u ydj tho&tUr l jfgr ijk e pkj vxy iek.k dk vUrj
j[kdj [kM gkdj viu dj ik= e vkgkj yuk fLFkfrHkk tu gA o rhu
LFkkuk dk fujh{k.k dj d vkgkj djr gA viu ij j[ku d LFkku dk]
mfPN"V fxju d LFkku dk vkj ijklu oky d LFkku dk thok d
xeukxeu ;k o/k vkfn l jfgr fo'K) n[kdj vkgkj xg.k djuk gkrk gA
bfUn; l;e vkj ik.kh l;e dk ifjiky dju d fy, Hkh fLFkfr Hkk tu
eyx.k dgk x;k gA

vkpkjxl= e Hkxoku egkohj dh vkgkjp;k dk o.ku feyrk gA
mUgku efu dk y{; dj cuk; g, Hkk tu dk xg.k ugh fd;kA mUgku n[kk

fd mldk xg.k dju l lc idkj l dec/k gkrk gA Hkxoku v'ku vkj
iku dh ek=k dk tkur FkA o jlk e ykyi ugh FkA o Hkktu d ifr
ldYi ugh djr FkA o Lo; ik= ugh j[kr Fk vkj Lo; fdlh nlj d
ik= e ugh [kkr FkA o voeku Hkkt e vkgkj d fy, ugh tkr Fk o ljl
Hkktu dh Lefr ugh djr FkA

vkpkjxpf.k d vulkj ^Hkxoku u nhfkr gku d ckn iFke ikj.kk
e xgLfk d ik= e Hkktu fd;k FkA bld ckn o ^ikf.kik=* gk x;A fQj
fdlh d ik= e Hkktu ugh fd;kA ,d ckj Hkxoku ukyUnk dh
rUrok; 'kkyk e fogkj dj jg FkA ml le; xk'kkyd u dgk&^Hkr! e
vkid fy, Hkktu ykÅA* ^;g xgLfk d ik= e Hkktu yk,xk* ,lk lkdj
Hkxoku u mldk fu"/k dj fn;kA doyKku mRiUuk gku ij Hkxoku rhFkdj
gk x;A rc mud fy, ykgk; uke dk efu xgLfk d ?kj l Hkktu ykrk
Fkj fdUr Hkxoku ml gkFk e ydj gh Hkktu djr Fk] ik= e ugh djr FkA
fnxEcj lEink; d Je.k blh iJEijk dk ikyu djr g] tcf d 'orkEcj
iJEijk d lk/k viu ik= e xgLfk d ?kj l yk;h g;h xkpjh dk viu
LFku ij lfoHkx djd xg.k djr gA n'kodkfydl= e lk/k&lkf/o;k d
vkgkj xg.k dju dh fof/k dk mYy[k gA fhkfk vkoklLFku e vkdj Hkktu
djuk pkg rk fi.Mik= lfr ogk vkdj Hkktu dju dh Hkfe dk ifry[ku
dj y vkj fou;iod mikJ; e io'k djd x#no d lehi vk, vkj
b;kiffkd l= dk i<dj ifrøe.k dj vkj og fpUru dj fd ;fn dkb
lk/k Hkh e> ij ej fgll d vkgkj e l dN yu dk vuxg dj rk e
llkj len l ikj gk tkÅA og ihfrHkko l lk/kvk dk ;Fkkøe l
vkgjxg.k dju dh ikFkuk dj] ;fn mue l dkb lk/k Hkktu djuk pkg
rk mud lkFk Hkktu djA ;fn dkb vkgkj u yuk pkg rk og lk/k Lo;
vdyk gh idk'k;Dr ik= e gkFk vkj eg l vkgkj d.k dk uhp u fxjkrk
gvk ;rukiod Hkktu djA

fnxEcj lEink; d lk/k ,d LFku ij [kM gkdj vkgkj xg.k
djrg vkj vkgkj d fy, ikf.k gh mudk ik= gkrk gA tcf d 'orkEcj
lEink; dh lk/k lkf/o;k mikJ; e vkdj cBdj ik= e vkgkj xg.k djr
gA xeukxeu e tk nk"k yxrk g mldk nj dju d fy, b;kiffkd l=
dk eu gh eu fpUru djr gA

,dHkDr

fnu e ,d ckj fu/kkfjr le; ij vkgkj xg.k djuk ,dHkDr
dgykrk gA eykpkj e bld Lo: i dk bl idkj crk; k x; k g&

mn; RFke.k dky .kkyhfr; ofTt; fEg eT>fEgA

,dfEg nv fr, ok egÜkdKy; HkÜk rAA⁴¹

l; kn; d ckn rhu ?kMh 0; rhr gku ij rFkk l; kLr gku d rhu
?kMh io rd fnu d e/; dky e ,d egÜk] nk egÜk ; k rhu egÜk dky e
,d ckj vkgkj xg.k djuk ,dHkDr eyx.k gA Åuknj] ; FkkyC/k] nk" k jfgr
rFkk j l dh vi{kk jfgr fhk{kkofÜk iod fnu e ,d ckj iklr ; Drkgkj xg.k
djuk pkfg, A

vkpkjx d vulkj Hkxoku egkohj u dHkh dHkh v)ek l ; k ,d
ek l rd ikuh Hkh ugh fi; k o dHkh nk fnu] dHkh rhu fnu] pkj fnu ; k
ikp fnu d miokl d ckn Hkktu djr FkA Hkktu d ifr mud eu e
dkb l dYi ugh FkA Hkxoku egkohj vkgkj d nk"kk dk tkudj Lo; iki
ugh djr Fk] n ljk l ugh djokr Fk vkj djuoky dk vueknu Hkh ugh
dj r FkA o lfo'k) vkgkj xg.k dj l ; r ; kx l mldk lou djr FkA
Hkktu 0; tu lfgr gk ; k 0; tu jfgr] B.Mk Hkkr gk ; k ok l h mMn] lÜk
gk ; k pu vkfn dk : {k vkgkj gk] Hkktu iklr gk ; k u gk bu lc
fLFkr; k e Hkxoku jkx] }"k ugh djr FkA

LFkkukx vkj eykpkj e Ng dkj.kk l vkgkj dju dk fo/kku g]
tk fd HkDriku xo" k.kk dk QfyrkFk gA "kMko"; d fØ; kvk dk ikyu dju
d fy, HkDriku vko'; d gA {k/kk d leku dkb 'kjhj onuk ugh g]
D; kfd {k/kk l ihfMr 0; fDr o; koR; ugh dj ldrkA {k/kk ihfMr 0; fDr
vk[kk d lkeu v/kjk gk tku d dkj.k b; k dk 'kk/ku ugh dj ldrkA
vkgkjkn xg.k fd; fcuk og i{kk vkfn l; ek dk ikyu ugh dj ldrkA
ik.kofÜk d fy, vkgkj xg.k djuk vko'; d gA ik.k dk R; kx rHkh fd; k
tkuk mfpr g] tc vk; ; i.k gku dk dkb dkj.k mifLFkr gk] vU; Fkk
vkRegR; k dk nk" k yxrk gA blfy, thou /kkj.k d fy, vkgkj djuk
vko'; d gA vkrd ¼jx½ gku ij] milx vku ij] frfr{kk d fy,] cāp;
dh xflr; k dh j{kk d fy,] ikf.k; k dh n; k d fy,] ri d fy; rFkk 'kjhj
0; Rlx d fy, efu dk HkDriku dh xo" k.kk ugh djuh pkfg, A

l; e] Kku] /; ku] v/; ; u ,o l k/kuk dh of) d fy, 'k) : i e
vkgkj xg.k djuk Je.k dk vif{kr gA bldh ifr fnu e ,d ckj xg.k
fd; l hfer vkgkj l gh gkrh gA ,dkf/kd ckj vkgkj xg.k dju l
f'kfFkykpkj dh ioFÜk c<rh gA fnu d vfrfjDr vU; le; e vkgkj dk

Bhd l n[kk ugh tk ldrkA blfy, og vfuok; :i l fglk dk dkj.k
gkrk g rFkk ,l vkgkj d lou l vUrx v'kf) 0;Dr gkrh gA Åij
of.kr vkpkj dk ikyu lk/k&lk/o;k d fy, vko';d gA bud ikyu l
Je.k dh vko';drk, lfer gk tkrh gA lk/kvk dk i/kku vkpkj gku d
dkj.k buq eyx.k dgk x;k gA mUkjx.kk dh ikflr d fy; ; x.k eyx.k
#i gA ftl idkj eyjfr o{kk ij dHkh Qy ugh yx ldrk mlh idkj
eyx.kk l jfgr leLr mUkjx.k Hkh dHkh Qy ugh n ldrA tc bu
eyx.kk d ikyu e 'kjhj v'kDr gk tk; vFkkR tc t?kkcy {kh.k gk tk;]
v'tfyiV e vk, g, vkgkj dk Lo; e[k rd u y tk ld] vk[k
detkj gk tk;] mul l{e oLr fn[kykb u n vkj u Hkk tu dk 'kk/ku
fd;k tk ld rFkk JkrfUn; dh 'kfDr {kh.k gk tk; rc Je.k dk HkDr
iR;k[;ku /kkj.k dj yuk pkfg,] fdUr xg.k fd, g, ork e f'kfFkyrk
dnkfi ugh yukuk pkfg,A

efu ftu x.kk dk /kkj.k dj Je.k/ke e nhf{kr gkrk g v)ekx/kh
vxek e mudh l[;k 27 ,o 'kkj luh vxek e og l[;k 28 gA eykpkj
e eyx.kk dh l[;k 28 crkb x;h gA leok;kxI= e x.kk dh l[;k 27 nh
x;h gA

leok;kxI= e of.kr efu d lUkkbl x.k&

- | | | |
|----------------------|---|--------------------|
| 1- ik.kkfrikr foje.k | } | ikp egor |
| 2- e"kkokn foje.k | | |
| 3- vnUkknku foje.k | | |
| 4- eFku foje.k | | |
| 5- ifjxg foje.k | | |
| 6- Jk=fUn; fuxg | } | ikp bfUn; fujk/k |
| 7- p{k bfUn; fuxg | | |
| 8- ?kk.kfUn; fuxg | | |
| 9- j lufUn; fuxg | | |
| 10- Li 'kufUn; fuxg | } | pkj d"kk;k dk R;kx |
| 11- Øk/kfood | | |
| 12- eku food | | |
| 13- ek;k food | | |
| 14- ykHk food | | |

- 15- Hkko lR; %vUrkRek dh ifo=rk½
- 16- dj.k lR; %fØ;k dk lE;d idkj l djuk½
- 17- ;kx lR; %eu] opu] dk;k dk lE;d ioru½
- 18- {kek
- 19- ojKX;
- 20- eu lekgj.k
- 21- opu lekgj.k
- 22- dk; lekgj.k
- 23- Kku lEiUurk
- 24- n'ku lEiUurk
- 25- pkfj= lEiUurk
- 26- onuk vf/k lgu
- 27- ekj.kkfUrd vf/k lgu

} rhu xflr;k

eykpkj l= vkj leok;kx l= e fufn"V mDr eyx.kk d vfrfjDr mUkj/;;u] vkpk;gfjHkndr vko';dofUk] iopulkj vkfn xUFkk e Hkh eyx.kk dk mYy[k fd;k x;k gA Hkxorh l= ,o idh.kd l kfgR; e vuxkj d eyx.k vkj mUkjx.k dk mYy[k fd;k g fdUr mudk ukekYy[k ogk ugh fd;k x;k gA bu x.kk dh vkjk/kuk e dh x;h fojk/kuk d iR;k[k;ku dh ogk ppk dh x;h gA

;gk ;g ckr mYy[kuh; g fd vuxkj x.kk dh l[;k e tgg 27 x.kk dk fun'k leok;kx l= e g] ijorh VhdK l kfgR; e mud ukek e i;k lR; vUrk fn[kk;h nrk gA mUkj/;;u] vko';dofUk e ukek e ,d:irk gA

blh idkj eykpkj e fufn"V x.kk d ukek rFkk leok;kx vkj nkuk ofUk;k e mfYyf[kr x.kk d ukek e ,o l[;k e Hkh vUrk fn[kk;h nrk gA fdUr ijEijk dh nf"V l dN eyx.kk dk NkMdj 'k"keyx.kk dk l{erk l ;fn v/;;u dj rk nkuk xUFkk e ekU; x.k ;k rk eyx.kk e lefgr g ;k mUkjx.kk eA nkuk ijEijk d l k/k bu x.kk dk ikyu J)k d l kFk djr g, pkfj= dh vkjk/kuk djr gA lfevr xflr vkfn dk 'orkEcj ijEijk e eyx.kk e LFkku u ndj mUkjx.kk e LFkku fn;k gA d'kypu vkfn dk LorU= LFkku u ndj mldk leko'k dk;Dy'k e fd;k x;k gA vkpyD; dk nl dYi e iFke dYi ekuk g] ij eyx.k ughA vLUku vkj vnUr/kkou ; nkuk vukpkj e ifjxf.kr g] fdUr eyx.k e ughA lLFkfr Hkk tu Hkh 'orkEcj ijEijk e ugh g] D;kfd 'orkEcj ijEijk e vkgkj LoLFkku e ykdj dju dk fo/kku gA xgLfk d ikl [kM gkdj

Hkk tu dju dk fo/kku ugh gA ,dHkDr or 'orkEcj ijEijk e ^ikphudky
e Fkk] fdUr oreku e ugh gA

mÜkjx.k

ork d vuUrj vFkk mÜkjdy e ftudk ikyu fd;k tkrk g mu
vu'ku vkfn rik dk mÜkjx.k dgr g&orkÜkjdyHkkfoRoknu'kukfnd
mÜkjx.k bfr mPprA* lE;d n'ku vkj lE;d Kku d mÜkjdy e pkfj=
dh mRifÜk gkrh gA oLrr% Je.k vxkeh dek d loj rFkk io lfpr dek
dh futjk gr mÜkjx.kk dk ikyu djr gA Je.k thou e vkfRed mRd"K
dh n"V l mÜkj x.kk d ikyu dh viuh egÜkk g fdUr eyx.kk d eY;
ij ek= mÜkjx.kk dh j{kk ;kX; ugh g] D;kfd eyx.kk d vuUrj ikyu
fd;tku oky mÜkjx.kk dh n<rk bugh eyx.kk d fufeÜk l iklr gkrh gA
vFkk eyx.k mÜkjx.kk d vk/kkjHkr gA

mÜkjx.k d Hkn

fnxEcj vkj 'orkEcj nkuk d eku; xUFkk e Je.k d eyx.kk d
fo"K; e vf/kd vUrj ugh gA tk vUrj n[ku dk feyrk g mldk vUrHko
ijLij fd;k tk ldrk g ;k 0;k[;k lEcU/kh vUrj fn[kk;h nrk gA
mÜkjx.kk d Hknk dh dkb fu/kkfr l[;k ugh g] D;kfd eyx.kk d vuUrj
Je.k d ikyu ;kX; lHkh x.kk dk mÜkjx.k dgk tk ldrk gA eyx.kk d
vfrfjDr lHkh x.k ;k or ;kxkfn mÜkjx.kk d vUrxr vk tkr gA
lkeU;r% ckjg rij ckb l ijh"kg] ckjg Hkkouk,] n'ku] Kku] pkfj=] ri vkj
oh;&; ikp idkj d vkpkj mÜke {kek vkfn nl /ke rFkk 'khy vkfn ;
lc mÜkj x.kk d vUrxr eku tkr gA QyVu l idkf'kr ifr
e&^roifjlgkfnHknk] pkÜkh l mÜkjx.kD[kk ckjg ri vkj ckb l ijh"kg ;
mÜkjx.k pkrhl crk, x, gA⁴² t;lukpk; dr iopul'kj dh rkrri;ofÜk e
dgk g fd bu eyx.kk dh j{kk d fy; ckb l ijh"kg t; vkj ckjg idkj
d ri bl rjg pkrhl mÜkjx.k gkr g&

^Ar"kk p eyx.kkuk j{k.kkFk }kfo'kfrijh"kg t;}kn'kfo/krri'pj.k
Hkn prfl='knÜkjx.kk HkofUrA r"kk p j{k.kkFk noeu";fr;xprudr&
prfo/kki lxt; }kn'kkui{kHkkoukn;'pr;fHkik;%A⁴³ bu pkrhl idkj d
x.kk dh j{kk d fy, no] eu";] fr; 'p vkj vprudr pkj idkj d
milxk ij fot; vkj ckjg idkj dh vui{kkvk dh Hkkouk dh tkrh gA

ri % Lo:ij idkj vkj fo'y"K.k

tukxek e riL;k dk egroi.k LFkku gA tu vkj ofnd euhf"K;k
u riL;k dk lk/kuk dk vifjgk; vx ekuk gA tu 'kkL=k e riL;k dk
vFk dk; Dy'K ;k miokl gh ugh g] cfYd Lok/;k;] /;ku] fou; vkfn lc
riL;k d foHkx gA riL;k ek{k dk ekx g] mll riLoh ek{k dh vkj xfr

djrk gA iR;d l l k j h t h o i f r { k . k d N u d N i o f ù k l n o d j r k g A t c
m l d h i o f ù k # d t k r h g r c o g e D r g k t k r k g A t g k i o f ù k g l o g k d e
i n x y k d k v k d " k . k v k j f u t j . k g k r k g A i o f ù k n k i d k j d h g k r h g ' k H k
v k j v ' k H k A ' k H k i o f ù k l v ' k H k d e k d k f u t j . k v k j ' k H k d e d k c u / k g k r k
g A v ' k H k i o f ù k l v ' k H k d e k d k c u / k g k r k g A

tu l k / k u k i) f r d i e [k p k j v x g & l E ; X n ' k u] l E ; X K k u]
l E ; d p k f j =] r F k k l E ; d r i A v k p k ; d u n d u n u f y [k k g &

. k k . k . k n l . k . k ; r o . k p f j ; . k l ; e x . k . k A

p m f g f i l e k t l x e k D [k k f t . k l k l . k f n è k A A ⁴⁴

K k u] n ' k u] p k f j = v k j r i l l ; e g k r k g r F k k b l d k l e k x e
g k u i j t h o d k e k { k f e y r k g A v k R e k K k u l t h o k f n H k k o k d k t k u r k g l
n ' k u l m l d k J) k u d j r k g l p k f j = l d e k l o d k f u j k / k d j r k g v k j
r i l f o ' k) g k r k g A l o n h [k k l e D r g k u d f y , r i L o h l ; e v k j r i
l i o d e k d k { k ; d j d e f D r i k l r d j r g A

r i D ; k g

r i d e k d h f u t j k v k j v k R e f o ' k f) d k l o k R d " V l k / k u g A t k
K k u k o j . k k f n v k B i d k j d h d e x f u F k d k r i k r k g l t y k r k g l u k ' k d j r k
g l o g r i g A o k l u k ; k b P N k d k f u j k / k d j u k H k h r i d g y k r k g A c k g ;
; k v k H ; U r j f t r u H k h r i g m u d k v k p j . k b g y k f d d r F k k i k j y k f d d
u k e u k l d k e u k ; k o k l u k l j f g r g k d j d o y f u t j k d h n f " V l d j u k g h
/ k e g A t l v f x u g o k d } k j k r . k v k j d k " B k f n d k t y k r h g o l g h
K k u : i h g o k l ; D r ' k h y l e k f / k v k j l ; e l i T o f y r r i : i h v f x u
l l k j : i h c h t d k t y k r h g A t l f e è h v k f n ; D r L o . k / k k r v f x u e
r i k ; t k u i j f o ' k) g k t k r h g l o l g h t h o r i d } k j k d e k d k t y k d j
L o . k d l e k u f o ' k) g k t k r k g A r u o k F k o k f r d e ' d e { k ; k F k r l ; r b f r
r i i * d e { k ; d f y ; t k r i k t k ; o g r i g l , l k d g k x ; k g A

b l i d k j r i d h f o f H k f u u i f j H k k " k k ; n h x ; h g A l H k h i f j H k k " k k v k e
r i l ; k d k v k R e ' k f) d k l k / k u v k j d e k d h f u t j k d k g r c r k ; k x ; k g A
e f D r o ' k k f u r i k l r d j u e r i d h e g r h H k f e d k g k r h g A r i d } k j k
l e L r v i f o = r k l E i . k d Y e " k , o l e x v ' k k f r d k u " V f d ; k t k r k g A
J e . k d l E i . k t h o u e r i d k b r u k v f / k d e g ù o g f d L o k / k k ;] v / ; ; u]
i k ; f ' p ù k l o k o f ù k v k f n J e . k t h o u d h l e L r e y H k r f Ø ; k v k d k r i l K k
n n h x ; h g A n ' k o d k f y d e v f g l k l ; e v k j r i d k m R d " V e x y d g k
x ; k g &

**^ / k E e k e x y e f D d è] v f g l k l t e k r o k *
n o k f o r u e l f r t l l / k E e l ; k e . k k A A ⁴⁵**

, l /ke e ftudk eu yhu jgrk g ml no Hkh ueLdkj djr gA
ri d e[; nk Hkn g&ckg; vkj vkH;UrjA mUkj/;;u e ckg; vkj
vkH;rj :i l ri d nk Hkn dg x; gA leok; kx] n'kodkfyd] eykpkj]
vkfn xUFkk e Hkh ri d nk Hkn fd, x, g&ckg; vkj vkH;UrjA

1- cká ri

cká ri v/;;u vkfn dkj.kk l cká ri dgykrk gA ble ckgjh
n0;k dh vi{kk gkrh g] v'ku] iku vkfn n0;k dk R;kx gkrk gA ;
lol k/kkj.k d }kjk riL;k d :i e Lohdr gkr gA budk iR;{k iHkko
'kjhj ij vf/kd gkrk gA ; efDr d cfgjx dkj.k gkr gA

ftld vkpkj.k l eu n'dr d ifr ioUk u gk] vkUrfjd ri d
ifr J)k mRiUu gk vkj io xghr ;kxk Lok/;k; vkfn ;kxk ;k or fo'k"kk
dh gkfu u gk] og cká ri gA

io vk'kk/kj u fy[kk g&vu'ku vkfn rik dk rhu dkj.kk l cká
ri dgk tkrk g&1½ cká ri dju e ckg; n0; dh vi{kk jgrh g t l
Hkk tu dk R;kx djuk vu'ku] vYiHkk tu djuk] ½2½ viu i{k vkj iji{k d
y kx Hkh n[k ldr g fd ved l k/k u Hkk tu ugh fd;k] ½3½ ckg; ri , l
g ftUg vU; nk'kfud t l ck) kfn rFkk dkikfyd vkfn l k/k vkj xgLfk Hkh
djrg] blfy; mUg ckg; ri dgk tkrk gA cká ri d }kjk Je.k viu
ru vkj eu dk lfg".k cuk yrk gA ckg;ri l l[k'khyrk NV tkrh g
D;kfd l[k'khyrk jkx dk mRiUu djrh gA jkx&jkx dk c<krk g vkj
decU/k d dkj.k nk"kk dk yrk gA mldk NkMu dk mik; g 'kjhj dk
d'k djukA blfy; ckg; ri fd;k tkrk gA

cká ri d idkj

ckg;ri Ng idkj dk g&

½1½ vu'ku ½2½ voekn; ½3½ fhk{kkp;k ;k ofUk l{ki ½4½ j l
ifjR;kx ½5½ dk; Dy'k ½6½ ifr lyhurk vFkok fofodr 'k;uk l uA

1- vu'ku&vu'ku dk vFk g vkgkj R;kxA prfo/k ;k f=fo/k vkgkj
dk ,d fnu] vf/kd fnu ;k thouHkj d fy, R;kx djuk vu'ku ri
dgykrk gA vu'ku dk i;k tu g l ;e ikflr] jkx uk'k] deey fo'kk/ku]
ln/;ku dh ikflr vkj 'kkL=kH;k l A

2- voekn;&voekn; dk ipfyr uke ^Åuknjh* gA bldk vFk g
mnj e Hk[k l de vkgkj MkyukA Hkko ;g g fd midj.k] oL= ;k
HkDriku dh vko';dek=k e deh djukA fu"d"i :i l ;g dgk tk ldrk
g fd n0;] {k=} dky] Hkko ,o i;k; dh nf"V l vkgkj kfn lce deh djuk
voekn; ;k Åuknjh ri gA Åuknjh ri e vYi vkgkj] ifjfer vkgkj rk
fd;k gh tkrk g] fdUr vkgkj d l kFk gh d"kk; vkj midj.k dh Hkh

Åuknjh dh tkrh gA iR;d oLr e l;e djuk] vko';drkvk dk U;u
 dj d bPNkvk dk fu;fU=r djuk Åuknjh ri dk mí'; gA Åuknjh ri d
 rhu Hkn fd, x, g&1½ midj.k voeknfjdk ¼2½ HkDriku voeknfjdk
 ¼3½ Hkko voeknfjdkA bl ri dk dju l l;e e lko/kkuh] okr] fi`k]
 'y"e vkfn nk"kk dk mi'keu vkj Kku /;ku vkfn dh flf) gkrh gA

3- fhk{kkp;k&fhk{kkp;k ri doy l k/k l k/o;k d fy; g] xgLFkk d
 fy, bldk vkfPR; ugh gA rUokFk l= e bldk uke ^ofUkifjl[;ku*
 feyrk g] ftldk vFk fd;k x;k g&vk'kk ¼yylk½ dh fuofUk d fy;
 HkkT; oLrvk dh x.kuk djuk fd e vkt bru n0; l vf/kd ugh ykÅxk
 vFkkr lou ugh d:xk] ;k e vkt ,d oLr dk gh Hkk tu ;k ved iku
 ek= gh d:xk] bR;kfn idkj d l dYi djuk ofUkifjl[;ku gA

4 j l ifjR;kx ri&j l foltu ;k j l ifjR;kx ckg; ri dk
 prFk idkj gA n/k] ngh] ?kh vkfn fLuX/k ,o ikf"Vd] iku] Hkk tu rFk j l k
 dk R;kx djuk j l ifjR;kx ri gA Lokn ij fot; iklr dju ij gh j l
 ifjR;kx gk ldrk gA Lokn e vk lDr l k/kd viu eu dk o'k e ugh j[k
 ldrkA vr ¼j l k l fDr l cpuk pkfg,A vkiikfrdl= e j l R;kx dk
 foLrkj l o.ku gA j l ifjR;Dr l k/kd d rhu ckr Qfyr gkrh g&1½
 l r k" k dh Hkkouk ¼2½ cāp; dh vkjk/kuk ¼3½ oj kX;A Lokfn"V Hkk tu dk
 fodfr dgk tkrk gA blfy; j l ifjR;kx dju okyk 'kkd] 0; tu] ued
 vkfn dk Hkh otu djr k gA

5- dk;Dy'k ri&dk;Dy'k d vUrxr vklu vkfn djuk rFk
 'kjhj d eeRo dk ifjgkj djuk lekfr gA LFkkukx e dk;Dy'k d lkr
 idkj fufn"V g ¼1½ LFkku dk;R l x] ¼2½ ÅdM vklu] ¼3½ ifrek vklu] ¼4½
 ohjkl u] ¼5½ fu" k l k] ¼6½ n.Mk;r vklu vkj ¼7½ yx.M 'k;ukluA
 dk;Dy'k dk vFk g dk;k dk d"V nukA 'kjhj d ifr fueeRo Hkko j[kuk
 vkj vklu vkfn l 'kjhj dk lE;d idkj l l k/kukA 'kjhj dk d"V nu
 dk ;g eryc ugh g fd bl l egku Qy feyrk gA vKkuh l k/kd Hk;d j
 d"V lgu djr k g] fdUr mldk 'kjhj d"V egkQyinkrk ugh gkrkA
 Kkuiod tk ng dk d"V fn;k tkrk g] viuh vkj l de futjk gr
 vud idkj d vklu] /;ku] ifrek] d'ky'pu] 'kjhj ekg dk R;kx vkfn
 d ek;/e l fong Hkko dk Lohdkj fd;k tkrk g] og dk;Dy'k gA dk;
 Dy'k dk fufgrkFk ;g g fd 'kjhj d ifr tk eeRo g og NV tk;]
 ft l l vkRefpUru i"V gA

vkRek d fy, l[kkog ohjkl u vkfn dk vH;k l djuk dk;Dy'k
 ri gA lE;Xn'ku;Dr bl ri l vUrx cy dh of) vkj dek dh futjk
 gkrh gA ;g ekfk dk i/kku dkj.k gA l k/kdk dk /;ku dh flf) d fy,
 bl ri dk fuR; lou djuk pkfg,A

6- ifrlyhurk vFok fofodr 'k;uklu&llkjfhke[k vkRek dk
fo"k; d"kk; l gVkdj vUre[kh cukuk vkj mld fy; icy i;k l djuk
ifrlyhurk ri gA ifrlyhurk ri e vkRek dk ijHkko l gVkdj LoHkko
e yhu cukuk gkrk gA,dkUr ;k vukikr LFkku e jguk] bfun;k dk
viu&viu fo"k;k l nj j[kuk] lyhurk l vkRek dh lfuuf/k e jgu dk
vH;k l djuk ifrlyhurk ri gA

,dkUr vukikr vFkr tgk dkb vkrk tkrk u gk rFkk L=h] i'k
vkfn l jfgr 'k;u ,o vkl u dk lou djuk fofodUk'k;uklu ri
dgykrk gA fofodr olfr e dyg] 0;x dju oky 'kcn] lDy'k] eu dh
0;xrk] vl;rtuk dh lxf] 0;kek] /;ku] v/;u dk fo?kkr bu lc
ckrk l lgt gh cpko gk tkrk gA ,dkUrok l h lk/k l[kiod vkReLo:i
e yhu gkrk gA eu] opu] dk;k dh v'khk ioFuk;k dk jkdrk g rFkk v'V
iopuekrkvk dk ikyu djrk gvk vkRei;ktu e rRij jgrk gA

2- vkH;Uj ri

ftue ckg; n0;k dh vi{kk u jg] tk vUr%dj.k d 0;kikj l gkr
g] ftue vUrx ifj.kkek dh e[;rk jgrh g] tk Lolo] gk] ftul eu
dk fu;eu gkrk gk] tk fof'k"V 0;fDr;k d }kjk ri :i e Lohdr gkr gk
vkj tk efDr d vUrx dkj.k gk] o vkH;Uj ri gA vkH;Uj ri d Ng
Hkn gA leok;xl= e Ng Hkn bl idkj crk, x, g&^Nf0og vfCHkrj
rokdEe i..kUk] r tgk& ik;fPNÜk fo.kvk o;koPp lT>kvk >k.k mLIxkA
vkH;Uj ri% de d Ng idkj g t l&ik;f'pÜk] fou;] o;koR;] Lok/;k;]
/;ku vkj mRlxA vkH;Uj ri i/kku gA vkH;Uj ri 'khk vkj 'k)
ifj.kkek l ;Dr gkrk gA bld fcuk vdyk ckári i.k de futjk dju
e vleFk gA

vkH;Uj ri d Hknk dk foopu Øe'k% bl idkj g&

1- ik;f'pÜk&ik;f'pÜk dk vFk g iki dk fo'kk/ku djukA og fØ;k
ik;f'pÜk g ftld dju l vijk/k dh 'kf) gA iodky e fd; g, ikik
dk fouk'k djd ftld }kjk vkRek dk fuey cuk;k tk; og ik;f'pÜk ri
gA mÜkj/;;u e ik;f'pÜk dk Lo:i bl idkj crk;k x;k g&

vyk;.kkfjgkb;] ik;fPNÜk r nlfogA

t fhkD[k ogb lEe] ik;fPNÜk rektg;AA

vykpukg vkfn tk nl idkj dk ik;f'pÜk g ftldk fhkfk lE;d
idkj l ikyu djrk g] ml ik;f'pÜk dgk tkrk gA Hkxorh rFkk LFkkukx
e ik;f'pÜk d nl idkj crk; g&¼1½ vykpukg ¼2½ ifrØe.kkg ¼3½
rnHk;kg ¼4½ foodkg ¼5½ 0;Rlxkg ¼6½ rikg ¼7½ Nnkg ¼8½ eykg ¼9½
vuOLFkkl;kg ¼10½ ikjfpdkgA

1. **vykpuk** ;kx;&x# d le{k viu nk"kk dk fuonu djuk
vkykpuk g& vk&vfHkfof/kuk l dynk"kk.kk] ykpuk&x#i#r%
idk"ku&vkykpukA vkykpuk LofuUnk gA ij fuUnk djuk
l jy g] ij Lo; d nk"kk dk n[kdj mldh fuUnk djuk
dfBu gA
 2. **ifrøe.k** ;kx;&fd, g, ikik l fuoÙk gku d fy, ^feF;k e
n"dre* ej lc iki fu"Qy gk] ,lk dguk] dk;kR lx vkfn
djuk rFkk Hkfo"; e ikidk;k l nj jgu d fy, lko/kku
jgukA
 3. **rnHk;** ;kx;&iki l fuoÙk gku d fy, vkykpuk vkj ifrøe.k
nkuk djukA
 4. **food** ;kx;&vk; g; v'k) vkgkj vkfn dk mR lx djukA
 5. **o;R lx** ;kx;&pkchl rhFkdjk dh Lrfr d l kFk dk;kR lx
djukA
 6. **ri** ;kx;&miokl] cyk vkfn djukA
 7. **Nn** ;kx;&iki fuoÙk d fy, l;e dky dk Nndj de dj
nukA
 8. **ey** ;kx;&iu% ork e vkjfir djuk] ub nh{k k nukA
 9. **vuOLFkiuk** ;kx;&riL;ki od ub nh{k k nukA
 10. **ikjfpd** ;kx;&HkR luk ,o vogyukiod ub nh{k k nukA
2. **fou; ri&fou;** vkH;U rj ri dk nljk idkj gA [kMk gkuk]
gkFk tkMuk] vklou nuk] x#tuk dh HkfDr djuk rFkk Hkkoiod 'kJ"kk
djuk fou; ri dgk x;k gA LFkkukx] Hkxorh] vkj vkiiikfrdl= e fou;
d lkr Hkn crk, x; g o Øe'k% bl idkj g&
1. **Kku fou;**&Kku d ifr HkfDr] cgeku vkfn djukA
 2. **n'ku fou;**&x# dh 'kJ"kk djuk] vk'kkruk u djukA
 3. **pkfj= fou;**&pkfj= dk ;FkkFk i: i.k vkj vu"Bku djukA
 4. **eukfou;**&vd'ky eu dk fujk/k vkj d'ky dh iofÙkA
 5. **opu fou;**&vd'ky opu dk fujk/k vkj d'ky dh iofÙkA
 6. **dk; fou;**&vd'ky dk; dk fujk/k vkj d'ky dh iofÙkA
 7. **ydkipkj fou;**&ykd o;ogkj d vulkj fou; djukA
3. **o;koR; ri&** vkpk; vkfn l lEcFu/kr nl idkj d o;koR;
dk ;Fkk'kfDr vklou dju dk o;koR; dgk gA l;eh ;k x.kh i#"kk d
n%[k e vk iMu ij x.kkujkx iod funk"k fof/k l mudk n%[k nj djuk

vFkok 'kjhj p"Vk ;k nlj n0; }kjk mudh mikluk djuk] 0;kf/k] ijh"kg
 vkfn dk mino gku ij vk"kf/k] vkgjkiku] mikJ; vkfn ndj midkj
 djuk] tk efu milx ihfMr gk rFkk o)koLFkk d dkj.k ftudh dk;k {kh.k
 gk x;h gk] mudh fuji{k gkdj lok djuk o;koÙ; ri gA mld nl
 idkj g&¼1½ vkpk; dk o;koÙ; ¼2½ mik/;k; dk o;koÙ; ¼3½ LFfoj dk
 o;koÙ; ¼4½ riLoh dk o;koÙ; ¼5½ Xyku dk o;koÙ; ¼6½ uonhf{kr dk
 o;koÙ; ¼7½ dy dk o;koÙ; ¼8½ x.k dk o;koÙ; ¼9½ l?k dk o;koÙ;
 ¼10½ lk/fed dk o;koÙ;A

4 Lok/;k; ri&Lo&viuh vkRek dk] v/;k;&v/;;u djuk
 Lok/;k; g] vFkok vkyL; R;kx dj viuh vkRek dk v/;u djuk Lok/;k;
 g] rUoKku dk iBu&iBu vkj Lej.k djuk Lok/;k; gA itk ifr"Bk vkfn
 l fuji{k gkdj doy deey 'kf) d fy; tk efu ftu'kk lu i.khr
 'kkL=k&vkxek dk HkfDr iod i<rk g mldk JrykHk l[kdkjh gA Lok/;k;
 d ikp Hkn g&¼1½ okpuk] ¼2½ ipNuk] ¼3½ ifjoruk] ¼4½ vui{kk vkj ¼5½
 /kedFkka

rUokFl= e ifjoruk d cny mlh vFk e ^vKEuk;* 'kCn gA

5- /;ku ri&l/kuk i)fr e /;ku dk vR;/fkd egRo gA Hkkjr dh
 lHkh fpuru i)fr;k e /;ku dk egÙo fn;k x;k gA /;ku dh vud
 ifjHkk"kk, feyrh g&^,dkxfpUrkfujk/kk /;kufefr&,d fo"k; e fpuru dk
 fLFkj djuk /;ku g&eykpkjofÙk 5@197A fpÙkfo{ki dk R;kx djuk /;ku
 g&fpÙkfo{kiR;kxk /;ku&lOkFkIf) 9@20@439A /;ku'krd e eu dh nk
 voLFkk; crkb g&¼1½ py voLFkk; ¼2½ fLFkj voLFkka py voLFkk fpÙk g
 vkj fLFkj voLFkk /;ku gA fpÙk vkj /;ku& eu d gh nk : i gA tc eu
 ,dkx] fu:) vkj xlr gkrk g rc og /;ku gkrk gA

/;ku ri d ek/;e l lk/kd fpÙk dh ppyrk jkddj ,dkxrk
 }kjk vkfRed 'kfDr dk fodkl djrk gvk efDriFk dh vkj vxlj djrk
 gA

/;ku d Hkn

leok;kxl= e /;ku d pkj idkj crk, g&^pÙkkfj >k.kk i..kÙkkj
r tgk&vVv >k.k jkí >k.k /kEk >k.k lDd >k.kA46** /;ku Øe'k bl
 idkj g&¼1½ vkÙk /;ku ¼2½ jkn /;ku ¼3½ /kE; /;ku ¼4½ 'kDy /;kuA vkÙk
 vkj jkn] ; nkuk /;ku vi'kLr rFkk /kE; vkj 'kDy] ; nkuk /;ku i'kLr
 /;ku dgykr gA

1- vkÙk/;ku&eukK l;kxk dk fo;kx u gk] mld fy, lrr
 fpuru djuk rFkk veukK d fo;kx d fy, lrr fpuru djuk vkÙk/;ku

gA ble dkek'kIk vkj Hkkxk'kIk dh i/kkurk gkrh gA bld pkj y{k.k
g&vkØUn djuk] 'kkd djuk] vkI cgkuk] foyki djukA

2- jkn/;ku&ft ldk fpÙk Øj o dBkj gk] og #n gkrk gA mld
/;ku dk jkn /;ku dgr gA bld pkj y{k.k g&¼1½ fglk vkfn l ik;%
fojr u gkuk ¼2½ fglk vkfn dh ioÙk;k e tV jguk ¼3½ vkKkuo'k fglk e
ioÙk gkuk ¼4½ ik.kkrdkjh fglk vkfn dju ij Hkh i'pÙkki u gkukA

; nkuk /;ku ikiklo d gr gku l vi'kLr gA l/kuk dh nf"V
l vkÙk jkn ifj.kfre;h ,dkxrk fo?udkj d gh gA

3- /kE;/;ku&oLr/ke ;k lR; dh xo"kk e ifj.kr pruk dh
,dkxrk dk /kE; /;ku dgk tkrk gA bld pkj idkj g&

¼d½ vkKkfop;&iopu d fu.k; e lyXu fpÙkA

¼[k½ vik;fop;&nk"kk d fu.k; e lyXu fpÙkA

¼x½ foikdfop;&deQyk d fu.k; e lyXu fpÙkA

¼?k½ lLFkku fop;&fofo/k inkFkk d vkdr fu.k; e lyXu fpÙkA

4- 'kDy/;ku&vkRek d 'k) :i dh lgt ifj.kfr dk 'kDy/;ku
dgr gA bld Hkh pkj idkj g&

¼1½ iFkDRoford l fopkj&Jr d vk/kkj ij fd l h ,d n0; e fofo/k
u;k }kjk Hkni/kku fpUru djukA

¼2½ ,dRoford vfopkj&/;krk }kjk viu e lHkk0; Jr d vk/kkj
ij ,d gh i;k; :i vFk dk ydj ml ij vHkn i/kku fpUru djuk] ,d
gh ;kx ij vVy jgukA

¼3½ l{efØ;kifrikfr& tc ;kx fujk/k d Øe e l{e dk; ;kx dk
vkJ; ydj 'k"kk ;kxk dk jkd yr g] ml le; dk /;ku l{efØ;kifrikfr
dgyrk gA

¼4½ l efPNuufØ;kfuofÙk&tc 'kjhj dh 'ok l kPNok l vkfn l{e
fØ;k; Hkh cUn gk tkrh g vkj vkRe in'k loFkk fu"idei gk tkr g] rc
og /;ku l efPNuufØ;kfuofÙk dgyrk gA {kek] efDr] enr k vkj _ trk
bl /;ku d pkj vkyEcu gA

6- 0;Rl x ri&mÙkj/; ;u e bl ri d Lo:i dk o.ku djr g, dgk g&

l ;.kk l.k&Bk.k ok t m fhkD[k u okojA

dk;LI fomLI xk Nèk l k ifjfdÙkAA

'k;u e] vku e vkj [kM gku e tk fhk{k 'kjhj l fgyu Myu
dh p"Vk ugh djr] ;g 'kjhj dk 0;Rl x] 0;Rl xuked NBk vkH;Urj ri
dgk x;k gA

bl rjg ckg; vkj vkH;Uvj rik l Hkkok e fo'kf) gkrh gA
 ckári e 'kjhj lEcu/kh l k/kuk d l Hkh fu;e vkj mifu;e vk tkr g vkj
 vkH;Uvj ri e ân; dk fo'k) cuku oky vkpkjk dk leko'k fd;k x;k
 gA ckg; ri fØ;k;kx dk irhd g vkj vkH;Uvj ri Kku;kx dk vkj
 nkuk dk leUo; gh ek{kekx gA

ijh"kg

Je.k thou lerk dk thou gA Hkkfrd l[k&n[k dk Je.k thou
 e dkb LFkku ughA Je.k dh lEi.k p;k vk/;kfRed x.kk l ifji.k gkrh
 gA ft lu l;e d ekx dk Lohdkj dj fy;k g] mld thou e dBkj vkj
 en lonuk dk vkuk vko';d gA l;e d dBkj ekx ij pyu oky l k/d
 d thou e ijh"kgk dk vkuk LokHkkfod g] D;kfd l k/d dk thou pkfj=
 dh e;knkvk l c/kk gA e;knkvk d ikyu l l k/k thou dh l j{kk gkrh
 gA e;knkvk dk ikyu djr le; l;eekx l P;r dju oky d"V ,o
 ldv gh l k/k dh dlkvh g blfy; mu d"V k dk leHkko l lgu dj og
 viu vkpkj dk ikyu dja l k/d d fy; ijh"kg ck/kd ugh l k/d gkr
 gA ek{kekx l P;r u gku rFkk dek dh futjk d fy; ftUg lE;d idkj
 l l gk tk; o ijh"kg gA Hkxoku egkohj dh l k/kuk d vxk e ie[k
 g&vfglk vkj d"V lfg".krkA d"V lgu dk vFk 'kjhj] bfUn; vkj eu dk
 ihfMr djuk ugh] fdUr vfglk vkfn /kek dh vkjk/kuk dk lflFkj cuk;
 j[kuk gA tk l gk tk; og ijh"kg g vkj ijh"kgk dk t; ijh"kg t; gA
 ijh"kg lgu ;k ijh"kg t; dk vFk tkuc>dj d"V k l 'kjhj] bfUn;] eu
 dk ihMk nuk ugh g vkj u vk, g, d"V k dk ykpjkjh l lgu djuk gA
 ijh"kg fot; dk vFk g&n[k ;k d"V vku ij Hkh l Dy'ke; ifj.kkek dk
 u gkuk] ;k vR;Ur {k/kk vkfn onuk mifLFkr gku ij futkreHkkouk l
 mRiUu fufodkj fur;kuUn:i l[kker vuHko l fopfyr u gkuk ijh"kg
 t; gA

ijh"kg d Hkn

ijh"kg ckb l g&

¼1½ {k/kk ijh"kg ¼2½ fiik l k ijh"kg ¼3½ 'khr ijh"kg ¼4½ m".k ijh"kg
 ¼5½ n'k&e'k d ijh"kg ¼6½ vpy ijh"kg ¼7½ vjfr ijh"kg ¼8½ L=h ijh"kg ¼9½
 p;k ijh"kg ¼10½ fu"khf/kdk ijh"kg ¼11½ 'k;;k ijh"kg ¼12½ vkØ'k ijh"kg
 ¼13½ o/k ijh"kg ¼14½ ;kpuk ijh"kg ¼15½ vykHk ijh"kg ¼16½ jkx ijh"kg ¼17½
 r.k Li'k ijh"kg ¼18½ tYy ijh"kg ¼19½ lRdkj&ijLdkj ijh"kg ¼20½ Kku
 ijh"kg ¼21½ n'ku ijh"kg ¼22½ iKk ijh"kgA

ijh"kgk d lgu l Je.k e lfg".krk dh Hkkouk icy gkrh gA
 Je.k thou e vud ck/kk;] ifrdyrk; rFkk milxkfn vkr gh jgr g]
 buG lerkiod lguk gh ijh"kg t; dgykrk gA

fHk{k&ifrek,

fHk{k ifrek, ckjg gA leok;kx] mÜkj/;;u] e budk o.ku feyrk
 gA ifrek dk vFk ifrKk fo'k" gA ;g ckjg idkj dh g&

- 1- ,d ek l dh fHk{k ifrek
- 2- nk ek l dh fHk{k ifrek
- 3- rhu ekf l dh fHk{k ifrek
- 4- pkj ekf l dh fHk{k ifrek
- 5- ikp ekf l dh fHk{k ifrek
- 6- Ng ekf l dh fHk{k ifrek
- 7- lkr ekf l dh fHk{k ifrek
- 8- iFke lkr fnu&jkr dh fHk{k ifrekA
- 9- f}rh; lkr fnu&jkr dh fHk{k ifrekA
- 10- rrrh; lkr fnu&jkr dh fHk{k ifrekA
- 11- ,d fnu&jkr dh fHk{k ifrekA
- 12- ,d jkf= dh fHk{k ifrekA

iFke ifrek /kkjh fHk{k dk ,d nfÜk vUu dh vkj ,d nfÜk ikuh dh
 yuk dYirk gA Je.k d ik= e fn, tku oky vUu vkj ty dh /kkjk tc
 rd v[k.M cuh jgrh g] og nfÜk dgykrh gA /kkjk vUu ij nfÜk Hkh
 lektr gk tkrh gA tgk ij ,d 0;fDr d fy, Hkk tu cuk gk ogk l
 Hkk tu xg.k djuk pkfg,A bl ifrek dk le; ,d ek l dk gA

f}rh; ifrek Hkh ,d ek l dh gA mle Je.k nk nfÜk vkgkj dh
 vkj nk nfÜk ikuh dh xg.k djrk gA blh rjg rrrh;] prFk] ipe] "k"B
 vkj lre ifrekvk e ,d&,d nfÜk vkgkj vkj ,d&,d nfÜk ikuh c<kr
 tkr gA iR;d dh vof/k ,d&,d ek l dh gA

vkBoh ifrek lkr vkgjk= dh gkrh gA ble efu miok l djrk g]
 xko d ckjg jgrk g vkj mÜkkuklu] ik'oklu ;k fu"klklul /;ku
 yxkrk g vkj milxk dk lgu'kkfUrHkko l djrk gA

ukoh ifrek Hkh lkr vkgjk= dh gkrh gA ble Hkh miok l djuk]
 xko d ckjg jguk] n.Mklul yxMklul ;k mRdVdklu l /;ku fd;k tkrk

gA nloh ifrek Hkh vkBoh dh rjg g] ijUr ble xkngkluj vkedCtkluj
 ;k ohjkluj l /;ku djuk gkrk gA X;kjgoh ifrek ,d fnu jkr dh gkrh
 gA vkB igj rd bldh lk/kuk dh tkrh gA ble pkfogkj cyk fd;k
 tkrk gA ble nkuk gkFkk dk ?kVu rd yEck djd n.Mk;eku enk e [kM
 gkdj dk;kR lx fd;k tkrk gA ckjgoh ifrek ,d jkf= dh gkrh gA bldh
 vkjk/kuk pkfogkj ry d }kjk dh tkrh gA xko ;k uxj l ckgj ,dkUr
 'kkUr LFkku ij flj dk fdpr >dkdj] ,d inxy ij nf"V j[kdj
 fufue"u=k l milxk dk lgrk gA

fHk{k ifrekvk d lUnHk e fofHkUu eku;rk, gA dN fo}ku igyh
 ifrek l ydj lkroh ifrek dk dky ,d&,d ekl c<kr g, lkr ekl
 rd ekur g] tl f}rh; ifrek nk ekl dh] rrrh; ifrek rhu ekl dhA
 vkBoh] ukoh] nloh ifrek d fy, dN vkpk;k dk eUr0; g fd pkfogkj
 miokl gh ,dkUrj d :i e o djr gA leok;kx d i'kLr Vhdkdj
 vHk;no] vko';dl= d Vhdkdj gfjHkn u vkj n'kkJrLdU/k e pkfogkj
 miokl dk gh mYy[k fd;k gA

ej.k&vkpkj

tuu vkj ej.k thou d nk Nkj gA thou vkj ej.k d fo"k; e
 Hkkjrh; ok³e; e xHkhj fpUru fd;k x;k gA ikf.k;k d tve vkj eR;
 vud ckj gk pd gA de lLdkj d dkj.k ik.kh vud ;kfu;k e pøe.k
 djrk jgrk gA ftlu tve vkj eR; d ;FkkFk dk le> fy;k g] og bld
 cu/ku l eDr gk tkrk g] ijUr ftl thou vkj eR; dk ;FkkFk nf"Vdk.kj
 ;FkkFk Lo:i le> e ugh vk;k g] og thfor Hkh ej g, d leku gA tk
 thou vkj eR; d jgL; vkj ;FkkFk nf"Vdk.k dk le>yrk g] 'kkL=kudy
 thou ;kiu djrk g] ftl u thu dk ekg gkrk g vkj u eju dk xe] tk
 nkuk ifjflFkfr;k e le jgdj d ri] R;kx] or] fu;e] /kepj.k vkfn l
 viuk dk 'k) dj yrk g ml eR; ekj ugh ikrhA og ejdj Hkh vej gk
 tkrk gA 'kkL=k e 'kjhj dk u'oj vkj vkRek dk vtj] vej vkj vfouk'kh
 ekuk x;k gA eR; dk lEcU/k vkRek l ugh 'kjhj l gkrk gA vkRek dk
 'kjhj dk NkMuk eR; g&ik.kfo;kxkudyk 0;kikjH ej.keA vkRek 'kjhj dk
 rHkh NkMrk g tc vkRek vkj 'kjhj dk tkM j[ku okyk vk;"de ifr{k.k
 {kh.k gkrk&gkrk loFkk {kh.k gk tkrk gA tuksek e ej.k d fofo/k idkjk
 dk mYy[k feyrk g&

ej.k d png Hkn&Hkxorhl= e ej.k d 12 Hkn dg x; g&
 ¼1½ oy; ¼2½ o'kkUk ¼3½ vUrH"KY; ¼4½ rnHko ¼5½ fxfjiru ¼6½ r#iru

¼7½ tyio'k ¼8½ vfxuio'k ¼9½ fo"K Hk{k.k ¼10½ 'kL=koikVu ¼11½ ogk; l
¼12½ x) i"BA

leok;Kx vkxe e ej.k d lrjg Hkn cryk, gA Hkoxrh
vkjk/kuk e Hkh ej.k d lrjg idkjk dk mYy[k g vkj mudk foLrkj
foT ;kn;K VhdK e feyrk g&

leok;Kx

- 1- vkoHfp&ej.k
- 2- vof/k&ej.k
- 3- vKR;fUrd&ej.k
- 4- oyUej.k
- 5- o'kkÜk&ej.k
- 6- vUr% 'kY; &ej.k
- 7- rnHko&ej.k
- 8- cky&ej.k
- 9- if.Mr&ej.k
- 10- cky ifMr&ej.k
- 11- NneLFk&ej.k
- 12- dofy&ej.k
- 13- ogk; l &ej.k
- 14- x) i"B&ej.k
- 15- HkDr iR;k[;ku&ej.k
- 16- bfxuh&ej.k
- 17- ik;kixeu&ej.k⁴⁷

Hkxorh vkjk/kuk %foT ;kn;KVhdK%

- 1- vkoHfp&ej.k
- 2- rnHko&ej.k
- 3- vof/k&ej.k
- 4- vkfn vUr&ej.k
- 5- cky&ej.k
- 6- ifMr&ej.k
- 7- vk l..k&ej.k
- 8- cky if.Mr&ej.k
- 9- l lYy&ej.k
- 10- cyk; &ej.k
- 11- olê&ej.k
- 12- folik.k l &ej.k
- 13- fx) ië&ej.k
- 14- HkDr iR;k[;ku&ej.k
- 15- ik;kixeu&ej.k
- 16- bfxuh&ej.k
- 17- doyh&ej.k⁴⁸

mijkDr lrjg ej.k fofHkUu fofHkV L ifrikfnr gA vkoHfp
vof/k] vKR;fUrd vkj rnHko ej.k Hko dh nf"V l] oyU ogk; l] x) i"B]
o'kkÜk vkj vUr% 'kY; ej.k vKR nk"K] d"kk; vkfn dh nf"V l] cky vkj
ifMr ej.k pkfj= dh nf"V l] NneLFk vkj dofy ej.k Kku dh nf"V l
rFkk HkDr iR;k[;ku] bfxuh vkj ik;kixeu ej.k vu'ku dh nf"V l
ifrikfnr gA

vdleej.k&tk 0;fDr fo"K;k e vk lDr gku d dkj.k ejuk ugh pkgrk]
fdUr vk; i.k gku ij og ejrk g] ml dk ej.k foo'krk dh fLFkr e grk
g blfy, ml vdke ej.k dgk tkrk gA bl ckyej.k Hkh dgk tkrk gA

ldleej.k&tk 0;fDr fo"K;k d ifr vuk lDr gku d dkj.k ej.kdky e
Hk;Hkh ugh grk fdUr ml thou dh Hkfr mR lo : i ekurk g ml 0;fDr

d ej.k dk ldke ej.k dgk tkrk gA bl ifMr ej.k Hkh dgk tk ldrk gA

Je.k ej.k dky iklr gku ij ly[kuk d }kjk 'kjhj dk R;kx djrk gA HkDr ifjKk] bfxuh ;k ik;kixeu&bu rhuk e l fdlh ,d dk Lohdkj dju okyk ldke ej.k l ejrk gA ej.k d bu rhu Hknk dk ifMr ej.k dgk x;k gA ifMr ej.k dk lekf/kej.k Hkh dgr gA lFkkjxg.k dju l io lk/kd ly[kuk djrk gA ly[kuk lFkkj d io dh Hkfedk gA bl l vf/kd fueyrk vkj fo'k) rk gkrh gA

Jkodkpkj

dekn; d dkj.k tho pkj xfr:i llkj e Hke.k djr g vkj mll ukuk nll[kk d rho nokuy l lrlr gkr gA ,l thok d fgr d fy, Hkxoku u }kn'kkx :i iopu e /ke d vkpj.k dk min'k fn;k gA og /ke nk idkj dk g&¼½ vuxkj /ke ¼½ vxkj /ke&xgLfK /keA

vkikfrd l= e dgk g&^ftll lelr dek dk [kikdj fl) Hkxoku fl) xfr dk iklr djr g og /ke nk idkj dk g&¼½ vxkj /ke ¼½ vuxkj /keA

¼½ vxkj /ke&vxkj /ke Hkxoku u ckjg idkj dk dgk gA og bl idkj g&ikp v.kor] rhu x.kor vkj pkj f'k{kk orA ikp v.kor g&¼½ LFky ik.kkfrikr foje.k ¼½ LFky e"kkokn foje.k ¼¾ LFky vnÜkknu foje.k ¼¾ Lonkj lUr"k" ¼½ bPNk ifjek.k orA

rhu x.k or&¼½ vuFknM dk ifjR;kx djuk ¼½ fn'kkvk e tku dh e;knk djuk ¼¾ miHkkx ifjHkkx dk ifjek.k djuk

pkj f'k{kk or&¼½ lekf;d ¼½ n'kkodkf'kd ¼¾ ik"K/kkiok l ¼¾ vfrfFk lfoHkkx vkj vUr e ej.kkfUrd ly[kukA

g vk;"eu! ;g vxkj /ke g tk Je.kkikld ;k Je.kkikldk bl /ke dk ikyu djrk g og Hkxoku dh vkKk dk vkjk/kd gA⁴⁹

mikldn'kkx l= xgLfK /ke dk ifriknu dju okyk ifrfuf/k xUFk gA bl vxke e xgLfK /ke d fy, fxfg/kEe lko;/kEe] vxkj/kEe] moklx/kEe vkfn vud 'kCnk dk i;kx gvk gA bl rjg bl vxke e mikld] Je.kkikld] vxkj] lko; ; 'kCn xgLfK d fy, i;Dr g, gA

oluUnh Jkodkpkj ,o mikldk/;u e Hkh Jkod vkj mikld bu 'kCnk dk cgfo/k i;kx gvk gA 'kkfCnd nf"V l fopkj dj rk mikld dk vFk g lehi cBu okyA

mikld ;k Jkod d fy, v.kork dk ikyu djuk vko';d g]
 blfy, og v.korh dgykrk g] fdUr i.k:i l ork dk ikyu u dju ij
 orkorh] fojrkojr] n'kfojr] n'kl;eh vkj l;ekl;eh Hkh dgykrk gA ?kj
 e jgu d dkj.k og lxxkjH Hkh gA xgLfk /ke dk ikyu dju d dkj.k
 xgLfk/keh Hkh dgykrk gA oluUnh Jkodpkj e bl xgLfk] lxxkj] xgh]
 xgh vkj xge/kh vkfn dgk x;k gA⁵⁰

bu m)j.kk l mikld ;k Jkod d Lo:i dk fu/kkj.k gkrk g fd
 tk ckjg ork dk ikyu djrk g] no] x#] /ke dh mikluk djrk g rFkk
 vkRedY;k.k d ekx e yxrk g] og Jkod gA }kn'kkxh e mikld n'kkx
 d vfrfjDr l Hkh vxk e l/okpkj dk gh o.ku iklr gkrk gA ftl idkj
 vxkek e efu] Je.k] v.kxkj] l/k vkfn dh ifjHkk"kk, iklr gkrh g ml
 idkj mikld ;k Jkod dh ifjHkk"kk vxkek e ugh feyrhA mikldn'kkx e
 Hkh mikld dh ifjHkk"kk ugh nh x;h g] mld dk;k] mld vkpkjk vkj
 mld thou i)fr d o.ku l mld Lo:i dk eY;kdu fd;k tkrk gA

vxkek e Jkodpkj

tukxe lfgr; d LFkkukxl= e vxkj /ke d vUrxr Jkod d
 rhu eukjFkk dk fpUru gvk gA blh xUFk e Jkodk d ikp v.kork dk Hkh
 mYy[k gvk gA leok;xx e Jkod dh X;kjg ifrekvk dk o.ku iklr gkrk
 gA Jkodpkj d ie[k xUFk mikldn'kkx e vkuUn Jkod Hxxoku egkohj
 l ikp v.kor vkj lkr f'k{kkor xg.k djrk g] ckn e X;kjg ifrekvk dk
 Lohdkj dj lYy[kuk djrk gA foikdl= e lckgdekj }kjk Jkod d
 ckjg or xg.k dju dk ilx of.kr gA

vxkek d ijorh xUFkk e vkpk; mekLokfr d rUokFk l= e Jkod
 d ckjgork dk o.ku g] ftue ikp v.kor rhu x.kor] pkj f'k{kkork dk
 mYy[k gA lFk gh vfrpkjk dk Hkh o.ku gA vkpk; gfjHkn u /ke fcUn
 idj.k e tu exkuxkfe;k d irhl x.kk dk o.ku fd;k gA vkpk;
 gepUn u ;kx'kkL= e ikp v.kor] rhu x.kor] pkj f'k{kkork d lFk
 Jkod d nfud "kVde vkj rhu eukjFkk dk Hkh o.ku fd;k gA vkpk;
 ftu'oj u "kVLFkk idj.k e "kVdek dk o.ku fd;k gA vkpk; tokgj u
 xgLfk/ke d ikp v.kor] rhu x.kor vkj pkj f'k{kkork d lFk
 "kVvko';dk dk o.ku fd;k gA bl idkj ijorh lfgr; e Jkodpkj ij
 i;klr lkexh miyC/k gA

fnxEcj ijEijk d vkpk;k e Lokeh lerHkn u Jkodkpkj ij ,d
 LorU= xUFk ^jRudjM Jkodkpkj* dh jpuk dhA ble ckjg ork dk
 fo'y" k.k djr g, mud vfrpkjk dk o.ku fd;k gA 'orkEcj ijEijk e
 Jkod d ckjg ork dk o.ku iklr gkrk gA fdUr fnxEcj xUFk e Jkodk
 d eyx.k vKB eku g] vkj mUkix.k ckjg eku gA Lokeh lerHkn u ikp
 v.kork d lFk e]] ekI vkj e/k dk R;kx dk eyx.k ekuk gA 'orkEcj
 vkxe lkfgR; e fnxEcj ijEijk dh rjg vKB eyx.kk dk o.ku ugh gA

bl idkj 'orkEcj vkj fnxEcj fo}kuk u ikdr vkj lLdr nkuk
 Hkk"kkvk e Jkodkpkj ij y[kuh pyk;h gA 'orkEcj vkj fnxEcj nkuk
 fo}kuk u ijEijk Hkn d vulkj Jkod/ke dk fo'y" k.k fd;k gA nkuk
 ijEijk d xUFk e x.kor vkj f'k{kkork d uke rFk x.kukØe e ,d:irk
 u gkr g, Hkh Hkko e dkb fo'k" k vUrj ugh gA mikIdn'kkx e x.kor vkj
 f'k{kkork dk l;Dr uke f'k{kkor gA bl xUFk e ikp v.kor vkj lkr
 f'k{kkor dk }kn'k or dgk x;k gA Jkodkpkj lEcU/kh tu lkfgR; dk
 i;kykpu dju l ;g rF; lkeu iLrr gkrk g fd lHkh eu"; Jkod ugh
 gk ldrA Jkod ogh gk ldrk g tk 'kkL=k e crk; x, vkpkjk dk
 fof/kor ikyu djrk gA blfy, Jkod lk/kuk dk ey mld ork ij fuHkj
 djrk gA ork d vHkko e Jkod lk/kuk dk dkb eY; ugh gA tu /ke e
 Jkod d vkpkj /ke dk ikFkfedrk nh x;h gA ;g Jkodkpkj }kn'kork d
 :i e tukxe rFk ijorh lkfgR; e iklr gkrk gA bue lcl igy
 v.kork dk o.ku g&

v.kork dk Lo: i

Jkod ftu ork dk ;Fk'kfDr ikyu djrk g o v.kor dgykr gA
 v.kor 'kCn ^v.k \$ or* nk 'kCnk d ;kx l cuk gA v.k dk vFk g NkVk
 ;k y?k vkj or dk vFk fu;e gA nfud 0;ogkj e vkpj.kh; tk
 NkV&NkV fu;e g o v.kor dgykr gA Je.kk }kjk ikfyr fu;e egkor
 dgykr g] ij Jkod mu fu;ek dk ikyu e;kfnr :i e djrk g] blfy,
 mld or dk v.kor dgk tkrk gA okLro e or NkVk ;k cMk ugh gkrkA
 or dk v[k.M xg.k u dj iku ij og v.k dgykrk gA

mikIdn'kkxI= Jkodkpkj dk ifrfuf/k xUFk g bld iFke
 v/;;u e Hkxoku egkohj l /ke Jo.k dju d i'pkr vkuUn Jkod u

dgk fd e nlj jktkvk dh rjg l lkj R;kx dj efuor xg.k dju e vleFk gj iju e ikp v.kor rFkk lkr f'k{kkor eyd ckjg or Lohdkj djuk pkgrk gA⁵¹

ikp v.kor vkj lkr f'k{kkor ; n'k l;eh Jkod d /ke gA tk ml lEi.k Jkod /ke dk ikyd g vFkok viuh 'kfDr d vulkj mld ,d n'k dk ikyd g og Hkh n'k l;eh gA jRudj.Md Jkodpkj e vkpk; leUrHkn u fgIk] >B] pkjh] d'khy vkj ifjxg bu ikp LFky ikik d R;kx dk v.kor dgk gA

nk dj.k rhu ;kx l LFky fgIk vkfn nk"kk d R;kx dk ftuUnno u v.kor dgk gA nk dj.k l rkRi; u Lo; djuk u djokuk vkj rhu ;kx l rkRi; eu] opu vkj dk; l gA ik; l Hkh xUFkk e v.kor d Hknk e vFkx lekurk gj 'kkfCnd Hkn vo'; n[ku dk feyrk gA mikIdn'kkx e iFke v.kor d fy, LFky ik.kkfrikrfoje.k 'kCn dk i;kx fd;k x;k gA

1- LFkyik.kkfrikrfoje.k&tu /ke dk ey vfgIk gA Je.k vkj Jkod dh vfgIk e vuRj gA Je.k fdIh ij fgIkRed fu;U=.k ugh djrkA og vijj/kh dk Hkh Lug l min'k nrk gA og ml fdIh Hkh idkj d"V ugh nrkA fdUr Jkod d fy, ;g fu;e ugh gA og vijj/kh dk n.M Hkh n ldrk gj fdUr n.M nr le; og ifrdkj dh Hkkouk ugh j[krkA og n.M ndj vijj/kh dk l/kkju dk y{; j[krk gA Je.k dh l ofgIkfojfr dh ryuk e Jkod dh vfgIk n'kfojfr gA Je.k eu] opu vkj dk;k l fdIh Hkh ik.kh dh] pkg o =l gk] pkg og LFkkoj gk] u Lo; fgIk djrk gj u djokrk g vkj u djuoky dk vueknu gh djrk gA Jkod bl idkj dh fgIk dk R;kxh ugh gkrk og doy =l ikf.k;k dh fgIk l fojr gkrk gA mldh fojfr rhu ;kx vkj nk dj.k iod gkrh gA mikIdn'kkx e xFkkifr vkuUn u Je.k Hkxoku egkohj l LFky fgIk dk iR;k[;ku bu 'kCnk e fd;k&e thou i;Ur nk dj.kdr o dkfjr vFkkr djuk] djuk rFkk rhu ;kx eu] opu ,o dk;k l LFky fgIk dk ifjR;kx djrk gA foodiod i.k lko/kkuh j[ku ij Hkh ;fn fdIh ik.kh dh fgIk gk tk; rk Jkod d vfgIk or dk Hkx ugh gkrkA mikIdn'kkx d vk/kkj ij Jh noUn efu 'kkL=h u ik.kkfrikr d nk Hkn fd; g&l dYi l vkj vkjEHk

lA Je.kkikld ldyi l thouHkj d fy; ik.kkfrikR dk R;kx djrk g]
 fdUr vkjEHk l ughA ekju dh Hkkouk l fdlh funk"K =l ik.kh dh fcuk
 i;ktu d fglk djuk ldyitk fglk gA xg fuek.k dju e iFoh [kknu
 e] [kr tkru vkfn vkjEHk d dk;k e =l thok dh fglk gk tkuk
 vkjEHk tk fglk gA vkjEHk tk fglk e fglk dk ldyi ugh gkrkA

vfglkor d vfrpkj

Je.kkikld dk LFky ik.kkfrikRfoje.k or d ikp ie[k vfrpkjk
 dk tkuuk pkfg, vkj mudk vkpj.k ugh djuk pkfg,A

; vfrpkj g&^c/k] og] NfoPN,] vbHkkj] HkÜk ik.k okPN,A vFkr
 cu/k] o/k] NfoPN] vfrHkkj] HkDriku 0;oPNnA⁵²; ikpk vfglk v.kor d
 vfrpkj gA budk vkpj.k ugh djuk pkfg,A

bl idkj vfglk v.kor e Jkod eu] opu vkj 'kjhj d }kjk =l
 thok dh vfglk dju rFkk djoku dk R;kx djrk gA LFky R;kx d lFk
 l{e thok dh Hkh vfglk vuko';d :i l ugh djrkA Jkod dk Øk/k e
 vkdj fdlh Hkh tho dk ck/kuk] fdlh dk ekjuk] fdlh dk vx [k.Mu
 djuk] {kerk l vf/kd Hkkj yknuk ,o fdlh d [kku&ihu e ck/kk igpkuk
 ; lc dk; ugh djuk pkfg,A foodh Jkod bu nk"kk l cpdj vfglk dh
 vkjk/kuk djrk g vkj mÜke Jkod dgykrk gA

2- LFky e"kkoknfoje.k&LFky e"kkokn foje.k dk rkRi; g vlr;
 dk ifjR;kxA i'u0;kdj.kl= e vyhd opu dk vlr; dgk gA rUokFl=
 e vkpk; mekLokfr u ^vlnfhk/kkueure* l ;g Li"V fd;k g fd og opu
 ftll ikf.k;k dk ihMk igprh gk] pkg og lp gk ;k >B] vlr; dgykrk
 gA mikld n'kkx e Jkodk d fy; LFky vlr; d e[; ikp idkj crk;
 g] ftudk Je.kkikld ifjR;kx djrk g&¼1½ dU;k d lEcU/k e ¼2½ xk; d
 lEcU/k e ¼3½ Hkfe d lEcU/k e ¼4½ U;k l /kjkjg d lEcU/k e ¼5½ feF;k
 lk{; nu d lEcU/k eA⁵³

mikldn'kkxl= e vkuUn Jkod Hkxoku egkohj d ikl
 lR;v.kor dk xg.k djrk gvk dgrk g fd e ;koTthou nk dj.k rhu
 ;kx l LFky e"kkokn dk i;kx ugh d:xk vkj ugh djkÅxkA

jRudj.MdJkodkpkj e vkpk; leUrHkn u lR; v.kor dk Lo:i
 crkr g, dgk g fd tk ykd fo#)] jkT;fo#) ,o /kefo#) LFky >B u
 Lo; ckyrk g u nljk l cyokrk g] lkFk gh nljk dh foifÜk d fy,

dkj.kHkr IR; dk u Lo; dgrk g] u nljk l dgykrk g og IR; v.kor
dk ikyu djrk gA⁵⁴

**LFkye"kkokn foje.k d ikp vfrpkj&LFky e"kkokn foje.k or d ikp
vfrpkj g&**

1- lglk vH;k[;ku&fdlh ij ,dk,d fcuk lkp le> >Bk vkjki
yxk nukA

2- jgL; vH;k[;ku&fdlh d jgL;&xkiuh; ckr dk ixV dj
nukA

3- Lonkje= Hkn&viuh iRuh dh xlr ckr dk ckj ixV djukA

4- e"kkin'k&fdlh dk xyr jk; ;k vLR;eyd min'k nukA

5- dVy[kdj.k&[kkVk ;k >Bk y[k fy[kuk] nlj dk Bxu ;k
/kk[kk nu d fy, >B tkyh dkxtr r;kj djukA

Jkod dk bu lc vfrpkj l cpdj lE;x idkj l IR; dk
ikyu djuk pkfg,A

3- LFky vnÜkknku foje.k&Jkod LFky vnÜkknku foje.k or
Lohdkj djrk gA mikldn'kkx e vnÜkknku dk gh pkjh dgk gA ble
^vkfn..kknk.k* 'kCn vk;k g] ftldk lkeu; vFk fcuk nh gb oLr dk yu
l gA rÜokFkl= e vkpk; mekLokh u ^vnÜkknku Lr;e* dgdj fcuk nh
gb oLr dk yu dk pkjh dgk gA

mikldn'kkxl= e vLR; dk Lo:i crkr g, dgk g fd e
thouHkj d fy, nk dj.k vkj rhu ;kx l LFky pkjh dk ifjR;kx djrk
g] vFkk e eu] opu vkj dk; l u LFky pkjh d:xk vkj u djÅxkA

vLR;or d vfrpkj

or d ;Fkk'kfDr ifjiky djr g, Hkh iekn ;k vlko/kkuh d
dkj.k tk L[kyuk gk tkrh g mUg vfrpkj dgr gA mikldn'kkx e
vLR; or d ip vfrpkj crk, x, g&

¼1½ Lrukâr&Lru dk vFk pj gkrk g] vkgr dk vFk pj dj
ykb gb oLr gA ,lh oLr dk yuk] [kjhnu] j[kukA

¼2½ rLdji;kx&viu 0;kolkf;d dk;k e pkj dk mi;kx djukA

¼3½ fo#)jkT;kfrøe&fojk/ko'k viu n'k l brj n'kk d 'kkldk
}kjk io'k fu"o/k dh fu/kkfjr lhek yk?kuk] nlj jkT;k e io'k djukA
bl d vÜrxr jkT;fo:) dk;djuk Hkh lekfg gA

¼½ dVrykdVeku&rkyu vkj ekiu e >B dk i;kx vFkkr nu e
de rkyuk ;k ekiuk] yu e T;knk rkyuk ;k ekiukA

½ rRifr: id0;ogkj&0;kikj e vufdrk o vLR;kpj.k
djuk&t l vPNh oLr e ?kfV;k oLr feyk nuk] udyh dk vlyh crykuk
vkfnA⁵⁵

4 Lonkj lUrkkor&ekx d vkjk/kd dk cāp; dh lk/kuk
vko';d crk;h x;h gA Je.ki.k:i l cāp; dk ikyu djr g] fdUr
xgLFkkJe e jgdj Jkod d fy; i.k cāp; dk ikyu djuk vR;Ur
dfBu gA xgLFkkJe dk y{; okluk ifr djuk ugh] oju cāp; d
mPpkn'k dk iklr djuk gA iRuh Hkkx dh oLr ugh oju /ke lgkf;dk gA
blhfy, vkxek e mld fy, /kEelgk;;k] /keiRuh] lgpfj.kh vkfn fo'k'k.k
i;Dr g, gA mikldn'kkx e viuh iRuh d vfrfjDr vU; fL=;k l eFku
lou oftr crk;k x;k gA

Lonkj lUrkkor d vfrpkj

cāp; or d ikp vfrpkj dg x, gA vfrpkj bl idkj g&

¼½ bRofjdifjxghrkxeu&mikldn'kkxVhdk e vkpk; vHk;no u
bl dk vFk HkkMk ndj dN dky d fy; viuh iRuh tlk 0;ogkj djuk
fd;k gA tk L=h viuh iRuh ugh g] ml dN le; d fy, viuh ekuuk
vkj mld lkFk iRuh tlk 0;ogkj djuk vfrpkj g bli vcāp; dk
c<kok feyrk gA

½ vifjxghrkxeu&vifjxghrk dk rRi; ml L=h l g tk fd l h
d Hkh }kjk iRuh :i e ifjxghr ugh gA bl idkj dh L=h d lkFk
lgokl djuk bl or dk nljk vfrpkj gA

¾ vuxØhMk&dkeko'ko'k vLokHkkfod dke ØhMk djukA bld
vUrrx leyfxd lHkkx] vikdfrd eFku] df=e dkeidj.kk l fo'k;
okluk 'kkUr djuk vkfn lekfo"V gA

¼½ ij fookgdj.k&nljk d ookfgd lEcU/k djokuk bl vfrpkj e
vkrk gA ,d xgLFk gku d ukr viu ?kj ;k ifjokj d yMd ;k yMfd;k
d fookgk dk djuk iMrk gh g] ij nljk d ookfgd lEcU/k djoku e
mRld jguk lk/kuk dh nf"V l mi;Dr ugh gA ,lk djuk vfrpkj gA

%5% dkeHkxrhckfHkyk"K&fo"K;Hkx vkj dke ØhMk e rho vklfDr
gkukA mld fy, dkeíhiu djuokyh vk"Kf/K;k dk lou dj fo"K;okluk e
ioÙk gkukA bu vfrpkj l cãp;or nř"kr gkrk gA

bl idkj Jkodpkj e xgLFk d fy, L=h dk i.k R;kx u djd
lkeftd e;knk fuf'pr dj nh x;hA bl or e gku okyh =fv;k dk Hkh
og /;ku e j[krk g rkfd food ,o cf) d }kjk mul cpk tk l dA

%5% LFkyifjxg foje.k or&ifjxg l Hkh idkj d fooknk dh tM gj
fo"kerk dk dkj.k gA bl hfy, Jkod d fy, ifjxg ifjek.kor dk fo/kku
fd;k x;k gA Jkod tk dN Hkh l xg djrk gj og doy vko';drk dh
ifr d fy, djrk gA Jkod dh bl ifjxgofÙk dk LFky ifjxgfoje.k or
dgg gA mikldn'kkxI= e vifjer bPNk 'kfDr dk gh ifjxg dk dkj.k
ekuk gA rÙokFKI= e ^eNkifjxg% dgdj ckg; cLrvk o vkUrfjd eeRo e
tk jkxHkko g ml ifjxg ekuk gA

ifjxgifjek.kor e Jkod vko';d oLrvk dh e;knk dj 'k"K
leLr oLrvk d xg.k o l xg dk R;kx djrk gA t l k fd mikldn'kkx
e vkuUn Jkod d vkpj.k l irhr gkrk gA vkuUn Jkod u /ku&/kkU;]
f}in] pr"in] l ku] pknh] {k=} okgu vkfn dh lhek fu/kkfjr dj yh FkhA

ifjxgifjek.kor d vfrpkj&bl or d ikp vfrpkj gA

%1% {k=okLriek.kkfrØe&{k= dk vFk [krh dju dh Hkfe gA
mikld or yr le; {k= dh lhek djrk gA bu lhekvk dk yk?kuk
vfrpkj gA

%2% fgj.;Lo.kiek.kkfrØe&or xg.k djr le; Jkod l ku] pknh
vkfn cgeY; /kkrvk dk lhekdu djrk gA ml l vf/kd j[kuk vfrpkj gA

%3% f}inpr"in iek.kkfrØe&nk ij oky eu"; nkl nklh] ukdj
ukdjfu;k rFkk pr"in&pkj ij oky i'k] or Lohdkj djr le; bud
l UnHk e fd, x, lhekdk.k dk mYy?ku djuk bl vfrpkj e lfey gA

%4% /ku/kkU;iek.kkfrØe&ghj] ekrh] iUuk vkfn jRu rFkk [kjnhu
cpu dh oLr, /ku gA pkoy] xg] tk vkfn /kkU; gA /ku ,o /kkU; d
ifjek.k dk yk?kuk bl or dk vfrpkj gA

45½ dl;iek.kkfrØe&dl; vFkkr ?kj dk lkeku] t l diM] [kkV]
vklu] fcNkuk vkfnA bl lEcU/k e dh x;h lhek dk y?ku bl or dk
vfrpkj gA

bl idkj vfglk] lR;] vLr;] cāp; vkj vifjxg bu ikpk
v.kork dk Jkod viuh 'kfDr ,o lkeF; d vulkj nk dj.k ,o rhu
;kx l ikyu djrk gA bu ork d vfrpkjk dk Hkh tkudj og mudk
vkpj.k ugh djrkA l k/kuk d ekx e budk vR;f/kd egRo gA

x.kor

v.kork d fodkl Øe dk lO;ofLFkr vk/kkj inku dju d fy;
tukxek vkj 'kkL=k e x.kork dk fo/kku fd;k x;k gA v.kork }kjk
vkRefodkl e mRiUuk dfBukb;k dk x.kor ,o f'k{kkor gh nj djr gA
mikldn'kkxl= e x.kork vkj f'k{kk ork dk l;Dr : i l lkr f'k{kkor
dgk gA mikldn'kkx Vhdk e ork e lgk;rk igpku oky dk x.kor dh
lKk inku dh x;h gA noUnefu 'kkL=h u fy[kk g fd fn'kkifjek.kor]
miHkkx ifjHkkx ifjek.kor] vuFkn.Mfoje.k or&bu rhuk dk x.kor
blfy, dgk tkrk g fd ; v.kor : ih eyx.kk dh j{kk o fodkl djr
gA v.kork e lon0;] {k=} dky] Hkko l fglkfn d }kj [ky jgr gA mu
}kjk dk ve[k n0;] {k=} dky o Hkko dh vi{kk l cUn dju e x.kor
lgk;d gkr gA blfy, v.kork d i'pkr x.kork dk fo/kku fd;k x;k
gA

1- fn'kkifjek.kor&mikldn'kkxl= e bl or d fy, ^fnfloo;*
'kCn dk i;kx fd;k x;k g&ftldk vFk g fofHkUu fn'kkvk e tku d
lEcU/k e e;knk ;k lhek dj.kA io if'pe vkfn lHkh fn'kkvk dk ifjek.k
fuf'prdj mld ckgj gj rjg d lko] dk; dju dk R;kx djuk
fn'kkifjek.k or dgykrk gA jRudjMdJkodkpkj e nlk fn'kkvk dh
e;knk dj d l{e ikik dh fuofUk d fy, ^e bl l ckgj ugh tkÅxk** bl
idkj dk ej.ki;Ur d fy, l dYi djuk fn'kkifjek.kor gA

Je.k d fy, {k= dh e;knk dk fo/kku ugh g] D;kfd mldh dkb
Hkh ioFuk fglkRed ;k LokFkeyd ugh gkrhA og fd l h Hkh ik.kh dk fcuk
d"V igpk; fogkj djrk gA pjofr&pjofr mldh l k/kuk dk y{; gA ij
Jkod dh ioFuk fglkRed Hkh gk ldrh g blfy, mld bl or l e;knk
dk mYy?ku ugh gkrA

fn'kkifjek.kor d vfrpkj

tk l k/d fn'kkifjek.kor xg.k dj yrk g ml viuh e;knk dk
vfrØe.k ugh djuk pkfg,A bl or d ikp vfrpkj g&

¼1½ Å/ofn'kkifjek.kkfrØe&Å/ofn'kk e xeukxeu d fy; tk {k= e;knk fu'fpr dj j[kh g ml {k= dk vutku e mYy?ku dj tkukA

¼2½ v/kfn'kkifjek.kkfrØe&uhph fn'kk e xeukxeu dh {k= e;knk dk vKkr: i l mYy?ku gk tkukA

¼3½ fr;fxn'kkifjek.kkfrØe&io] if'pe] mÙkj] nf{k.k] u_R;] ok;0;] b'kku vkj vku; fn'kk fofn'kkvk e tk {k= e;knk j[kh g ml dk vfrØe.k gk tkukA

¼4½ {k= of)&vlko/kkuh l {k= dh e;knk dk ,d fn'kk d ifjek.k dk ved v'k nlj fn'kk d ifjek.k e feyk nukA ,d fn'kk d fy, dh x;h lhek dk de dj d nlj fn'kk dh lhek l tkM yuka

¼5½ LefrHk'k&bl idkj dk lUng gkuk fd eu lk ;ktu dh e;knk dh g vFkok ipkl ;ktu dhA bld foLer gku ij ipkl ;ktu l ckjg tku ij tk nk"yxr g pkg e;knk lk ;ktu dh j[kh gkA

orxg.k d ilx e ;lfi fn'kkor dk mYy[k ugh g] fQj Hkh xg.k le> yuk pkfg, D;kfd io e vkuUn Jkod u dgk g 'nokylfog lko;/kEe ifMofTtLlkfe* ckjg idkj d Jkod or dk xg.k djrk gA

2. miHkkx ifjHkkx ifjek.kor&tk oLr, ,d ckj dke e vkrh g ml miHkkx rFkk tk oLr, ckj&ckj dke e vkrh g ml ifjHkkx dgk gA miHkkx vkj ifjHkkx e vku okyh oLrvk dh e;knk dk fuf'pr djuk miHkkx ifjHkkxifjek.kor gA Jkod ifrØe.kl= e Jkod dk NCchl oLrvk d ifjek.k dk fuf'pr dju dk dgk gA mikldn'kkxl= e miHkkxifjHkkxifjek.kor e bDdh l oLrvk dh e;knk fuf'pr dh gA

fnxËcj Jkodkpkj xUFkk e ;e vkj fu;e nk idkj l R;kx dk fo/kku gA bu xUFkk e vYidky d fy; tk R;kx fd;k tkrk g ml fu;e vkj ;koTthou d fy, tk R;kx fd;k tkrk g ml ;e dgk x;k gA

miHkkx ifjHkkx inkFkk d lEcU/k e Jkod viu mi;kx dh oLrvk dh e;knk djrk gA ftru oLrvk d mi;kx dh e;knk djrk g ml l vf/kd oLrvk dk mi;kx og viu thou e ugh djrkA

vfrpkj

bl or d ikp vfrpkj gA mikldn'kkxl= e miHkkxifjHkkx d nk idkj crk, gA ble igyk Hkktu rFkk nljk de l lEcU/kr g&

Hkk tu l lEcU/kr vfrpkj&¼1½ lfpÙk vkgkj] ¼2½ lfpÙk ifrc) vkgkj]] ¼3½ viDonk"j] ¼4½ n"iDo nk"j] ¼5½ rPN vk"kf/kA

deknku l lEcU/kr vfrpkj&¼1½ vxkj de] ¼2½ ou de] ¼3½ 'kdV de] ¼4½ HkkVhde] ¼5½ LQkVu de] ¼6½ nurokf.kT;] ¼7½ yk{kkokf.kT;]

¼8½ j l o k f . k T ; ¼9½ f o " k o k f . k T ;] ¼10½ d ' k o k f . k T ;] ¼11½ ; = i h M u d e j ¼12½
f u y k N u d e j ¼13½ n k o k f X u n k i u d e j ¼14½ l j g n r M x ' k k " k . k j ¼15½ v l r h t u
i k " k . k A

bu iUng idkj d dek dk dju l =l thok dh fglk gkuk
vo';Hkko h g] blfy, Jkod bu iUng idkj d deknkuk dk R;kx djrk
g] ft l l m l d v k / ; k f r e d v k p j . k d k f o d k l g k A

vuFkn.M foje.k or&fcuk fdlh m f' ; l tk fglk dh tkrh g m l d k
l e k o ' k v u F k n . M e g r k g A t k f g l k y k f d d n f " V l v k o ' ; d r k ; k
i ; k t u o ' k d h t k r h g v k j f u j F k d d h t k u o k y h f g l k e c M k H k n g A t k
v k o ' ; d f g l k g o g r k { k E ; g] f d U r t k f c u k f d l h i ; k t u d f g l k
d j r k g o g f g l k v { k E ; g A o f U k d k j v H k ; n o l f j u / k e j v F k r F k k
d k e : i i ; k t u d f c u k f d ; t k u o k y f g l k i . k d k ; k d k v u F k n M d g k
g A b l d v f r f j D r x g L F k v i u [k r] ? k j] / k u & / k k U ; d h j { k k ; k ' k j h j i k y u
i H k f r i o f U k ; k d j r k g] m u i o f U k ; k e i k f . k ; k d h f g l k g k r h g] o g
v F k n . M g A f d l h v k o ' ; d d k ; d v k j E H k & l e k j E H k e = l v k j L F k k o j
t h o k d k t k d " V g r k g o g v F k n . M g v k j f u " i ; k t u g h d o y i e k n j
d r g y j v f o o d d d k j . k t h o k d k d " V n u k v u F k n . M g A

vfrpkj&bl or d ikp vfrpkj g] ftudk ifjgkj djuk or d
f o d k l d f y , v k o ' ; d g A o b l i d k j g &

- 1- dUni&dkeok luk dk HkMdku okyh p"Vk, djukA
- 2- dkRdP; &cg:fi;k dh rjg Hk f h o f o d r p " V k , d j u k A
- 3- e k [k ; & o k p k y c u u k] 0 ; F k c k r d j u k] c d o k l d j u k A
- 4- l ; D r k f / k d j . k & ' k L = v k f n f g l k t u d g f F k ; k j k d k b d V B k d j u k A
- 5- m i H k k x i f j H k k x k f r j d & m i H k k x v k j i f j H k k x d k v f r j d v F k k r v k o ' ; d r k
l v f / k d l k e x h d k b d V B k d j u k A

bu vfrpkj dk tkudj budk vkpj.k ugh djuk pkfg,A

f'k{kkor

f'k{kk dk l e k U ; v F k g & v H ; k l A f t l i d k j f'k{kk F k h c k j & c k j
v H ; k l d j r k g o l g h J k o d d k o r k d k c k j & c k j v H ; k l d j u k p k f g , A
v . k o r v k j x . k o r t h o u e , d c k j g h x g . k f d ; t k r g j f d U r f'k{kk o r
c k j & c k j x g . k f d ; t k r g j ; d N l e ; d f y , g h g k r g A b U g
l k e f ; d j n ' k k o d k f ' k d j i k " k / k k i o k l , o v f r f F k l f o H k k x b u p k j : i k e
f o H k k f t r f d ; k x ; k g ⁵⁶ &

1- l e k f ; d o r & , d e g U k r d l k o l i o f U k d k R ; k x d j L o H k k o e
f L F k j g k u d k v H ; k l d j u k l e k f ; d o r g A ; g R ; k x n k d j . k v k j r h u

;kx l gkrk gA jRudj.Md Jkodkpkj e ,d fuf'pr le; rd fgIkfn
 ikpk ikik dk rhu dj.k ,o rhu ;kx l R;kx dk lkef;d dgk gA
 i#"kkFkfl);ik; e bldh vfuok;rk ikr%dky rFkk lU/;k d le; crkb
 g] fQj Hkh vU; le; e dh gb lkef;d dk nk"i.k ugh ekuk gA

xgLFk Jkod dN dky d fy; lkef;d xg.k djrk g] tcfD
 Je.k dh lkef;d thou i;Ur d fy, gkrh gA Jkod dh lkef;d nk
 dj.k vkj rhu ;kx l gkrh g tcfD Je.k dh lkef;d rhu dj.k vkj
 rhu ;kx l gkrh gA vkpk; ftuHknx.kh {kekJe.k dk vfHker g&

lkeb;fēe d, le.kk bo lkovk gob tEgA

,,.k dkj.k.k cglk lkeb; dTtkAA⁵⁷

lkef;d xg.k dj ;|fi Jkod e i.k l/krk ugh vkrh] fdUr
 l/krY; gk tkrk gA

vfrpkj&Jkod dk lkef;d d ikp vfrpkjk dk tkuuk pkfg,
 fdUr ml dk vkpj.k ugh djuk pkfg,A o bl idkj g&

1- euln"if.k/kku&lkef;d d Hkkok l eu dk ckj nkMkuk]
 lkef;d djr le; jkx] }"k] eer] vk l fDr lEcU/kh ckr eu e ykuk]
 ?kjy leL;kvk dh fpUruk e 0;x jguk] ;g lkef;d dk vfrpkj gA

2- opu n"if.k/kku&lkef;d djr le; ok.kh dk n#i;kx ;k
 feF;k Hkk"K.k djuk] n l jk d ân; dk pkV igpku okyh dBkj ckr dguk]
 v/;kREK d ifrdy ykfdd ckr djuk opu n"if.k/kku gA

3- dk;n"if.k/kku&pkfj=lkj e 'kjhj d gkFk] ij vkfn vxk dk
 fLFkj u j[kuk dk; n"if.k/kku ekuk gA lkef;d e 'kjhj l lko] iofÜk
 ugh djuh pkfg,A

4- lkef;d Lefrvdj.krk&tc mikld lkef;d e cB rk ml
 ijh rjg tkx:d vkj lko/kku jguk pkfg,A le; d lFk&lFk ;g Hkh
 ugh Hkyuk pkfg, fd og lkef;d e g] vFkkR lkef;d kfpr ekufld]
 okfpd] dkf;d iofÜk;k l ml nj ugh gVuk gA ; Hky lkef;d dk
 vfrpkj gA

5- lkef;d vuofLFkr dj.krk&Jkod iKflr e lkef;d dk djd
 'kh?k okil leklr dj nuk ;k eueku <x l vuknjiod lkef;d djuk]
 dHkh lkef;d djuk] dHkh u djuk] dHkh lkef;d l igy mB tkuk&;g
 0;fDr d v0;ofLFkr ,o vLFkj thou dk lpd gA ;g vuofLFkr dj.k
 vfrpkj dgykrk gA

2- n'kkodkf'kdor&n'k vkj vodk'k bu nk 'kCnk l n'kkodkf'kd
 or cuk gA n'k dk vFk g&,dHkxA vodk'k dk vFk g&tku ;k dkb dk;

dju dh p"Vk gA ,dHkx rd viu dk lhfer j[kuk n'kkodkf'kd or gA
 fuf'pr le; fo'k" d fy, {k= dh e;knk dj mll ckgj fdlh idkj dh
 lklkfjd iofUk ugh djuk n'kkodkf'kd or gA ;g fn'kkor dk l{ki gA
 ble lk/kuk fnu jkr ;k U;ukf/kd le; d fy, dh tkrh gA vodk'k dk
 vFk fuofUk Hkh gkrk gA vr% vU; ork dk Hkh blh idkj ifrfnu
 le;&fo'k" d fy, tk l{ki fd;k tkrk g] og Hkh bl or e vk tkrk g]
 tl&,d 0;fDr pkchl ?kV d fy, ;g e;knk djrk g fd og ,d edku
 l ckgj d inkFkk dk miHkx ugh djxk] ckgj d dk; lEikfnr ugh
 djxk] og e;kfnr Hkfe l ckgj tkdj ipklok dk lou ugh djxk] ;fn
 og fu;r {k= l ckgj d dk; ldr l ;k nlj 0;fDr }kjk djokrk g rk
 og yh x;h e;knk dk mYy?ku djrk gA

vfrpkj&mikldn'kkxl= e n'kkodkf'kdor d ikp vfrpkj⁵⁸
 cryk, g&

1- vku;u i;kx&mikldn'kkx Vhdk e e;kfnr {k= d vUnj
 mi;kx d fy, e;kfnr {k= d ckgj d inkFkk dk ekxu dk vku;u i;kx
 dgk gA

2- i"; i;kx&mikldn'kkx l= Vhdk e e;kfnr fd; g; {k= l
 ckgj d dk;k dk lEiknu dju d fy; ukdj vkfn dk Hktu dk i";
 i;kx dgk gA

3- 'kCnkuikr&mPpkj.k vkj 'kCn d }kjk fu;r lhek d ckgj dh
 oLr exku dk 'kCnkuikr dgk gA JkodiKflr Vhdk ,o i'ukUkj
 Jkodkpkj e e;knk d Hkhrj l vU; 0;fDr dk tk e;knk l ckgj g]
 [kkl dj ;k 'kCnk dk b'kkjk djr g ml 'kCnkuikr ekuk gA

4- :ikuikr&e;kfnr {k= l ckgj dk dk; djoku d fy, eg l
 dN u ckydj] gkFk] vxyh vkfn l ldr djukA

5- cfg% inxy i{k i&e;kfnr {k= l ckgj dk dke djoku d fy;
 ddM vkfn Qddj nljk dk b'kkjk djukA

ykfdd ,"k.kk] vkjEHk vkfn lhfer dj thou dk mUkjKÙkj
 vkRedfUnr cuku e n'kkodkf'kd or cgr egUoi.k gA e;kfnr lhek d
 ckgj l oLr exkuk] fHk tokuk] 'kCn ldr djuk] :i fn[kkdj viU Hkko
 ixV djuk rFkk ddM vkfn Qddj dk; dh flf) djuk bld nk" gA

3- ik"/kkiokl or&ik"/k dk vFk v"Veh vkfn io vkj miokl dk
 vFk v'ku] iku] [kfn] Lokfne vkfn pkj idkj d vkgkj d R;kx dk
 dgdj bu nkuk d lfefyr :i dk ik"/kkiokl dgk gA⁵⁹ ble miokl
 d lkFk ikie; dk;k dk Hkh R;kx fd;k tkrk gA JkodiFrøe.k l= e ,d
 fnu jkr d fy, pkjk idkj d vkgkj dk R;kx] ef.k] lo.k] i"ieky]

lxfU/kr p.k] ryokj] gy] ely vkfn lko];kxk d R;kx dju dk
ik"/kkioI ekuk gA jRudj.MdJkdpkj e pkj idkj d vkgkj R;kx dk
miokl rFkk ,d ckj Hkk tu dju dk ik"/kkioI dgk gA

vfrpkj&ik"/kor d ikp vfrpkj gA mikldn'kkxl= e budk
o.ku bl idkj g&

1- vifryf[kr&n"ifryf[kr 'k;;kILrkj&'k;;k dk vFk ik"/k
dju dk LFkku rFkk ILrkj dk vFk njh] pVkb vkfn lkekU;fcNkuk g] ft l
ij 'k;u fd;k tk l dA fcuk n[k ;k ykijokgh l n[k g, LFkku o fcNkuk
dk mi;kx djuk bl or dk vfrpkj gA

2- viekftr&n"iekftr 'k;;kILrkj&ik"/k;kX; 'k;;k vkfn dk
lE;d voykdu u djukA

3- vifryf[kr n"ifryf[kr mPpkji lo.k Hkfe&eye= d R;kxu d
LFkku dk lko/kkuh l fujh{k.k u djukA

4- viekftr&n"iekftr mPpkj ilo.k Hkfe&eye= dh Hkfe dk
lkQ fd; fcuk ;k fcuk vPNh rjg lkQ fd, mi;kx djukA

5- ik"/kkioI lE;d vuuiyu&ik"/kkioI dk Hkyh Hkkfr
;Fkkfof/k ikyu u djukA bu vfrpkj l mikld dk cpuk pkfg,A

4 vfrfFk lfoHkkx or&mikldn'kkxVhdk e mfpr:i l efu vkfn
pkfj= lEiUu ;kX;ik=k dk vUu] oL= vkfn d ;Fkk'kfDr forj.k dk
vfrfFk lfoHkkx or dgk gA⁶⁰ mikldn'kkxl= e bl or d fy,
vfrfFk lfoHkkx 'kCn i;Dr gA ;Fkk lfoHkkx 'kCn Hkh bld fy, i;Dr gv
gA Jkod u viu fy, tk vkgkj vkfn dk fuek.k fd;k g ;k vU; lk/ku
iklr fd, g] mue l ,"k.kk lfevr l ;Dr fuLig gkdj Je.k Jef.k;k dk
dYiuh; ,o xká vkgkjfn nu d fy, foHkkx djuk ;Fkk lfoHkkx gA
Jkodifrøe.kl= e fuxUFk lk/kvk dk vfpÜk nk"j jfgr v'ku] iku] [kk]
vkj Lok] vkgkj rFkk vk"/kf/k dk ;kx feyu ij nku nu dk vfrfFk lfoHkkx
or dgk gA

vfrpkj&mikldn'kkxl= e bl or d ikp vfrpkj eku x, g&

1- lfpÜkfu{ki.k&nku u nu dh fu;r l vfpÜk oLrvk dk lfpÜk
ohfg vkfn e feyk nuk lfpÜkfu{ki.k dgk gA

2- lfpÜk fo/kku&nku u nu dh Hkkouk l lfpÜk oLr l vfpÜk
oLr dk <d nuk] ft l l l;eh mldk Lohdkj u djA

3- dkykfrøe&fhk{k dk le; Vkydj fhk{kkn nu dh rRijrk fn[kkukA
;g >Bk lRdkj gA ,lk dju okyk 0;fDr ;g tkurk g fd ml fhk{k ;k

Hkk tu ugh nuk iMxk] mldh ckr Hkh jg tk;xh] dN yx fcuk lRdkj Hkh
gk tk,xkA

4- ij0;in'k&u nu dh fu;r l viuh oLr nljk dh crk nukA

5- eRlfjrk&eRlj ;k b";k l vkgkj vkfn nuk] tl&eu vkidk
,lh oLr nku e nh gj tlh vU; dkb ugh n ldrkA

bl idkj Jkod d ckjgor] ikp v.kor rFkk lkr f'k{kkor d : i
e foHkkftr gA v.kor eyor gA f'k{kkor mud ik"k.k] lo)u ,o fodkl
d fy, gA f'k{kk or dk vFk vH;kI gA ; or v.kork d vH;kI ;k
lk/kuk e fLFjrk yku e fo'k" mi;kxh gA x.kor v.kork d x.kkRed
fodkl e lgk;d g vFkok lk/kd d pkfj= eyd x.kk dh of) djr gA

ly[kuk vFkok lFkjk

tu n'ku d vulkj thou dk vfure y{; g vkRek d lR;
Lo:i dh ikflrA ml ij dek d tk vkoj.k vk; g; gj mUg {kh.k djr
g; vkRekRFkku dh fn'kk e c<r tkuk lk/kuk dh ;k=k gA lk lfkjd dk;
tk ng l l/kr gj o rk ik lfxd gj vk/;kfRed nf"V l ng dk ;FkFk
mi;kx] loj rFkk futjkeyd /ke dk vulj.k gA mikld ;k lk/kd
viuh ng dh ifjikyuk blfy, djrk g fd og mld vf/k"Bku e lg;kxh
gA 'kjhj {kh;ek.k gA o)kolFkk e 'kjhj HkkjLo:i yxu yxrk gA ,lh
n'kk e tu n'ku lk/kd dk ,d ekx nrk g&og ekx g ly"k.kk dkA
ly"k.kk dk vFk 'kjhj ,o d"kk;k dk d'k djuk gA mikldn'kkxl=
e&lyg.kk>l.kkkg.kk,* ly[k.kk] tk"kk vkj vkjk/kuk rhu 'kCn iDr gA
tk"kk.kk dk vFk ihfriad lou gA vkjk/kuk dk vFk vulj.k djuk ;k
thou e mrkjuk g vFkkr ly"k.kk or dk ilUurkiod vulj.k djukA
mikldn'kkxl= e bld nk fo'k"kk fn, x, g ^vifPNe] ekj.kfr;*A
vif'pe dk vFk g vfure ;k vkf[kjh] ftld ckn bl thou e dN djuk
'k"ku jg tk;A ej.kkfUrd dk vFk g ej.ki;Ur pyu okyh vkjk/kukA bl
or e thou Hkj d fy; vkgkj R;kx rk gkrk gh gj lk/kd ykfdd]
ikjykfdd dkeukvk dk Hkh NkM nrk gA rUokFkl= e ej.kdky d
mifLFkr gku ij ihfriad fu;e dk lYy[kuk ekuk gA jRudj.Md
Jkodpkj e milx] nfHk{k} c<kik] jkx vkfn 0;kf/k;k d mifLFkr gku ij
/ke dh j{kk d fy, 'kjhj dk ifjR;kx dju dk lYy[kuk crk;k gA

ly[kuk vkj lekf/kej.k ; nkuk i;k;okph 'kCn gA vkpk; f'kodkfV u
 ly[kuk vkj lekf/k ej.k dk ,d gh vFk e i;Dr fd;k gA vkpk;
 mekLokfr u Jkod vkj Je.k nkuk d fy, ly[kuk dk ifriknu fd;k gA
 vkpk; dUndUn u lekf/kej.k Je.k d fy, vkj ly[kuk xgLfK d fy,
 ekuk gA

'orkEcj tu vkxe lkfgR; vkj vkxerj lkfgR; e lYy[kuk dk
 }kn'k ork e ugh fxuk gA blfy, lekf/kej.k Je.k d fy, vkj ly[kuk
 xgLfK d fy, g ;g dFku lephu ugh irhr gkrk g] D;kfd vkxe
 lkfgR; e vud Je.kk d }kjk ly[kuk xg.k dju dk iek.k leiyC/k gA

bl idkj ftl Jkod e vkRejfr 0;klr gk tkrh g og thou vkj
 eR; dh dkeuk l Åij mB tkrk gA u ml thou dh pkg jgrh g vkj u
 eR; l Hk;A lgt Hkko l tc Hkh ekr vkrh g og mldk 'kkfUrid oj.k
 djrk gA

vfrpkj&ej.kkfUrd ly[kuk d ikp vfrpkj gA mikldn'kkx l=
 e dgk x;k g&^A**ip vb;kjk tkf.k;0ok u lek;fj;0ok r tgk&**
bgylxl llivlx] iyyxl llivlx] thfo;kl llivlx] ej.kk llivlx]
dkeHkxl llivlx^{A61} vFkk bgykd'k lki;kx] iyykd'k lki;kx]
 thfork'k lki;kx] ej.kk'k lki;kx] dkeHkxl'k lki;kx ; vfrpkj d ikp Hkn
 gA jRudj.MdJkodpkj e thu dh vdk{k} eju dh vdk{k} ijh"kg l
 Hk;] fe=k dk Lej.k vkj funku ikp vfrpkj of.kr gA

ly[kuk vkRegR;k ugh g

ly[kuk vkj vkRegR;k e 'kjhj R;kx leku:i l g] ij 'kjhj dk
 dku] dl vkj D;k NkM jgk g\ ;g egUoi.k ckr gA vkRegR;k Øk/k]
 n%[k] 'kkd] ekg vkfn mx ekufld vkoxk e dh tkrh g] ftl thou e
 dkb lgkjk ugh fn[krk] tk thou l fujk'k gk tkrk g] og vkRegR;k
 djrk gA ;g 0;fDr dh detkjh vkj ldYi'kfDr dh deh dk ifjpk;d
 gA ly[kukiod vkej.k vu'ku vkRek dk guu ugh] mldk fodkl g]
 mUu;u vkj mRFkku gA bl fLFkr e lk/kd dke] Øk/k] jkx }"k] ekg vkfn
 l Åij mB tkrk gA⁶²

Jkod&ifrek

tukxek e Jkodk d }kjk Lohdr X;kjg Jkod ifrekvk dk o.ku
 gA LFkkukxl=ofUk e ^ifrek* ifrifUk% ifrKfr;kor* vFkk ifrek dk vFk
 ifrKk fo'k" fd;k x;k gA mikldn'kkxl= e vkuUn Jkod d }kjk
 X;kjg ifrek Lohdkj dju dk o.ku feyrk gA mikldn'kkx Vhd e dgk
 x;k g fd ^ifrek* 'kCn irhd ;k ifrfEc dk okpd gA bl dk vFk

ifreku ;k ekin.M Hkh fd;k x;k gA lk/kd tgk fd lh ,d vu"Bku d mRd"V ifjiky e yx tkrk g] ogk og vu"Bku ;k vkpkj mldk e[; /;; gk tkrk gA mldk ifjiky ,d vkn'k mnkgj.k ;k ekin.M dk :i y yrk g] vFkkR og viuh lk/kuk d }kjk ,d ,lh fLFkr mifLFkr djrk g] ftl vU; ykx ml vkpkj dk ifreku Lohdkj djr gA ;g fof'k"V ifrKk:i gA

'orkEcj vkj fnxEcj ijEijk d xUFkk e ifrekvk d o.ku Øe e dN vUrj iklr gkrk gA 'orkEcj ijEijk d leok;kxl= e n'ku] or] lkef;d] ik"v/k] fu;e] cāp;] lfpUR;kx] vkjHkr;kx] i"; ifjR;kx] mfi"VHkÜk R;kx vkj Je.kHkr bu X;kjg ifrekvk dk o.ku feyrk gA⁶³ fnxEcj ijEijk d jRudj.MdJkodkpkj e ifrekvk dk uke bl idkj g&n'kuk] or] lkef;d] ik"v/k] lfpUR;kx] jkf=HkfDrfojDr] cāp;] vkjHk ifjR;kx] ifjxgR;kx] vuefrR;kx vkj mfi"V R;kxA⁶⁴

'orkEcj vkj fnxEcj ijEijk e of.kr ifrekvk d ukek vkj Øek e vUrj gku ij Hkh bud Lo:i e dkb vUrj ugh gA ckg;ifjo'k dh fhkUurk gku ij Hkh bud ikyu l Jkod vkpkj nfi"V l Je.k rY; gk tkrk gA

bl idkj tukxek rFkk ijorh xUFkk e vkpkj d fofHkUu i{kk ij O;kid fpUru fd;k x;k gA fnxEcj vkj 'orkEcj nkuk ijEijk d xUFkk e vkpkj dk egÜo fn;k x;k gA fnxEcj ijEijk d Je.k d vkpkj dk eyx.k vkj mÜkjx.k d :i e foHkkftr dj d ikyuh; cuk;k x;k gA bl ijEijk d xUFkk e Je.kkpkj dk Li"V foHkktu eyx.kk vkj mÜkjx.kk d :i e gvk g] fdUr 'orkEcj ijEijk d xUFkk e Je.kkpkj dk foHkktu eyx.k vkj mÜkjx.k d :i e ugh fn[kk;h iMrkA gk] bruk vo'; g fd vkxek vkj ijorh xUFkk e lk/kvk vkj Jkodk d vkpkj dk o.ku gA ;Fkk leok;kx e lk/kvk d lÜkkbl x.kk dk mYy[k] n'kodkfyd vkj mÜkjk/;;u e lk/kvk d vkpkj dk o.ku] Kkrk/ke dFkk e ^FkkoPpki=& ln'kulokn* e FkkoPpk i= vuxkj d fou;eyd /ke d ilx e lk/kvk d vkpkj dk o.ku vk;k g] lkFk gh lkFk Jkodk d vkpkj dk Hkh o.ku gA Jkodk d vkpkj d :i e ikp v.kor] lkr f'k{kkor vkj X;kjg mikld ifrekvk dk o.ku] rFkk lk/okpkj d :i e ikp egkor] jkf= Hkk tu foje.k] leLr feF;kn'ku 'kY; l foje.k] nl idkj dk iR;k[;ku] vkj ckjg fhk{k ifrekvk dk mYy[k gvk gA

bl idkj fnxEcj vkj 'orkEcj nkuk ijEijk d Je.k mRd"V vkpkj dk ikyu dj d def;k; djr g; vkRedY;k.k d lkFk ij dY;k.k djr gA

vkifu"kfnd ijEijk

0;fDr lekt vkj jk"V d lokxh.k fodkl e vkpkj dk egUoi.k LFkku gA vkpkj dk vFk g vkpj.k ;k 0;ogkj **vkpj.k bfr vkpkj**A 'kkjL=fofgr tk vkpj.k fd;k tk; ogh vkpkj gA⁶⁵ bldh lKfRodrk fodkl dh tuuh gA vkpkj dh egUkk dk nf"Vxr dj d gh eu u dgk g&^vkpkj% ijek /ke%A* egf" on0;k l u Hkh blh ckr dk y{; dj d dgk g ^loxxekukepkj% iFke ifjdYl;r* vFkkr l Hkh vkxek e vkpkj gh iFke gA /ke dk ey Hkh vkpkj gA vkpkj d fcuk /ke fvd ugh ldrkA bl idkj ;g dgk tk ldrk g fd o;fDr vkj jk"Vh; lKldfrd pruk d fodkl e vkpkj dk egUoi.k ;kxnu gA blfy, dgk x;k g ^vkpk;oku i#"kk on* vkpkjoku i#"k gh Kku dk vf/kdkjh gkrk gA⁶⁶ vkpkjghu i#"k dk on Hkh ifo= ugh dj ldrk **vkpkjghu u iufur onkA** vkpkj dh efgek crkr g, eu u dgk g vkpkj l fo|k iklr gkrh g] vk; dh of) gkrh g vkj ,lk dku lk x.k g tk vkpkj l iklr u gkA⁶⁷ /ke: ih fojkV o{k dk ey vkpkj gh gA vkpkj dh 'kf) l lUo dh 'kf) gkrh g] lUo dh 'kf) l fpUk e ,dkxrk vkrh g] ftll ekuo thou dk pje y{; viuhko dh ikflr gkrh gA bl idkj ekuo d ,fgd vkj ikjykd d l Hkh idkj dh flf) e vkpkj dh ukUrjh;drk dk vi"uo ugh fd;k tk ldrkA

vkifu"kfnd ijEijk dk {k= fo'kky gA mifu"kn on dk gh ,d Hkkx gA rnithoh Lefr;k] jkek;.k vkj egkHkkjr vkfn Hkh mUgh rF;k dk idkf'kr djr g] ftudh vfoJkUr /kkjk onk d }kjk vukfndky l iokfgr gkrh vk jgh gA vkpkj dk 0;k[kf;r dju d fy; onk l lEc) lElr xUFk mikn; gA bu xUFk e vkpkj dh lkrfLouh lrr iokfgr gk jgh gA **onk e vkpkj**

on 'kCn fon /kkr l cuk gA fon dk vFk g KkuA ;g Kku ml v[k.M fuR; Kku dk ck/kd g tk 'kk'ofrd vkRe Lo:i dk vock/kd fdok fuR; fpr Lo:i gA ftldk y'kek= lkj txr u ifj0;klr gA blfy; l|k tkr ckyd dh nX/kiku e iofUk gkrh gA bld vfrfjDr i'k if{k;k dk vkRej{kFk iofUk rFk viuh lUrfr d ifr mRd.Bk dk Hkko ; lkjh ckr Kku i;kT; gA blfy; ;g ckr vlfUnX/k :i l dgh tk ldrh g fd ;g lkj pjkpj txr ml v[k.M Kku dh ifjf/k e ifj0;klr gA

on 'kCn dh 0;RifÜk ckgydkr dj.k e ?k' ;k vp iR;; dju l
 ^o|r Kk;r vkReLo:i ;u vlk onl* vFkkr ftld }kjk Hkkfrd inkFkk dh
 foKflr d lkFk vkReLo:ikiyfc/k gk ogh on gA bld }kjk vrhr] vukxr
 vkj oreku fo"K;d lkj rF;k dk ck/k gkrk gA blhfy, dgk x;k g 'Hkr
 HkO; Hkfo";'p lo onkr ifl/;fr* bl idkj on v[k.M ck/k dk
 vfHk/kk;d gA bldh efgek o.kukrhr gA vkpkj d lEcU/k e onk e i;klr
 o.ku feyrk gA onkfn 'kkL=k e nk idkj d vkpkjk dk o.ku gA mue ,d
 g&iofÜkeyd vkpkj vkj nljk g fuofÜkeyd vkpkjA

ofnd de nk idkj d gkr g&igyk Loxkfn l[klk/kd llkj e
 ioFÜk djku okyk %T;kfr"Vkekfn:i½ ioÜk de rFkk nljk fuJ;l %efDr
 lk/kd½ llkj l fuofÜk djku okyk irhdkiLukfn:i fuoÜkdeA eu";
 ioÜkde dk lou dj nok dh lekurk vFkkr Lox ikrk g vkj fuoÜk de
 dk vkpj.k djrk gvk i'pHkrk dk vfrøe.k dj vFkkr iutUejfgr gkdj
 ek{k iklr djrk gA on vik#"k; g&

firnoeu";k.kk on'p{k{k lkrueA

v'D; pkie; p on'kkL=fevr fLFkfr%AA⁶⁸

firj no rFkk eu";k dk lukru u= on gh g] ;g on vik#"k; g
 vkj vie; g] ,lh 'kkL= 0;oLFkk gA on lkekftd 0;oLFkk d vk/kkj gA
o.k 0;oLFkk

0;fDr vkj lekt ijLij lc) gA 0;fDr vx g vkj lekt vxhA
 lekt dk vlRrRo 0;fDr ij fuHkj djrk gA 0;fDr dk vkpkj] n'ku]
 dÜk0;] fu"Bk vkj lLdfr lekt e ifrfcEcr gkrh gA 0;fDr d fcuk
 lket ugh cu ldrk vkj lekt d fcuk 0;fDr dk vlRrÜo ughA 0;fDr
 dh mUufr dk eyeU= mldk pkfjf=d fodkl gA ble gh 0;fDr e lHkh
 lnx.kk dk leko"K gkrk gA lekt 0;fDr dh vko';drkvk dk ijk djrk
 g] lelo; LFkkrfir djrk g vkj fn'kk fun'k djrk gA lekt x.k/kekulkj
 dk;k dk foHkktu djrk gA tk ftl dk; d fy, ;kX;re gkr g] mUg
 ml idkj dk dk; fn;k tkrk gA bl lkekftd 0;oLFkk d vk/kkj ij gh
 o.kk dh lfV gb FkhA Xon e ,dek= i#"k lDr gh ,lk g tgk pro.kk
 dk mYy[k gvk gA mLe dgk x;k g fd ckã.k ijei#"k d e[k l]
 {kf=; mldh Hkttvk l] o'; mldh tk?kk l vkj 'kn mld ijk l mRiUu
 g,A bl idkj pkjk o.kk d øe e noh mRifÜk dk o.ku gA o.k0;oLFkk dk
 /khj&/khj fodkl gvkA vFkoon jktU;] o';] 'kn vkj vk; bu pkj
 lkekftd foHkktu dk mYy[k djrk gA

ckã.k vkj {kf=;

lekt e ckã.kk dh ifr"Bk lcl vf/kd FkhA ckã.k fn0; o.k FkA og ifFkoh ij iR;{k nork FkA lekftd iHkrk vkj ifr"Bk e {kf=; nlj LFkku ij FkA {kf=; o.k dk dk; j{kk djuk FkA ckã.kk vkj {kf=;k dh ifr"i/kk Hkh py jgh FkhA blh d ifj.kkeLo:i 'kriFk ckã.k e ,d LFkku ij ckã.k dk {kf=; l Åpk crk;k x;k g vkj nlj LFkku ij {kf=; dk ckã.k l Åpk crk;k x;k gA blh ifrLi/kk l ifjr gkdj {kf=;k u mifu"kn dky rd ckã.kk d leku gh lEeku iklr dj fy;k FkA mudh fo}rk l iHkkfor gkdj Lo; ckã.k Hkh v/;;ukFk mud ikl tkr FkA 'ordr vk:.k; u iokg.k tofy l f'k{kk xg.k dh FkhA blh idkj ckã.k xkX; u dkf'kjkt vtkr'k= l v/;;u fd;k FkA ipkfXufok dk {kf=;k u gh tUe fn;k FkA⁶⁹

o';

ofnd dky e ckã.k vkj {kf=; dh vi{kk o'; dk LFkku fuEu FkA fdUr fofo/k 0;olk;k d }kjk jk"V dh lef) c<ku e rRij o'; o.k dh mi{kk ugh gk ldrh FkhA rfUkj; lfrk dk dFku g fd o'; lenk; i'kiky vkj vUukRifUk djr gA ,rj; ckã.k e node vFkok ;kKd de e o'; lenk; dk lg;kx vko';d crk;k x;k gA

'kn

'kn o.k dk de lok FkA 'knk dk LFkku bu rhuk o.kk l fuEu ekuk x;k gA onk vkj iorh xUFkk e 'kn dk mYy[k vud'kl gvk gA

lekftd dUk0;

pkjk o.k lekt:iH Hkou d pkj LrEHk gA lekt dk xkjo pkjk o.kk dh Jhof) ij fuHkj djrk gA ofnd eU=k e ikFkuk dh x;h g&ckã.k fo}ku rtLoh vkj lPpfj= gkA {kf=; 'kn] /ku/kj egkjFkh vkj fot;h gkA i'k/ku â"V&i"V gkA xk; vf/kd n/k n] cy ck> ogu dju e leFk gkA ?kkM rhoxkeh gkA fL=;k leFk gk vkj ifjokj dk Hkkj mBk l dA ;od ox f'k"V] lH; vkj ohj gkA o ft l fn"kk e pyx jk"V Hkh m/kj gh pyxkA df"k dh mUufr d fy, Bh d le; ij o"kk gkA bl idkj jk"V e fodkl vkj ;kx&{ke gkoA lekt e l[kn thou fcrku d fy; vko';d g fd dkb fd l h l }"k u dja lekt dk dkb Hkh ox gk] mPp ;k fuEu] l Hkh l ie dk 0;ogkj djuk vHkh"V gA

ofnd dkyhu lekt vkj lkfgR; e tk dN Hkh vkpkj lEcu/kh fn"kk fun'k feyr g] mudk ey on gh gA onk dh __pkvk e lDrk d ek/;e l mudk o.ku feyrk gA onk e irhdkRed o.ku vf/kd feyrk gA onk e tk vkpkj f'k{kk g og LÜkfrijd g] D;kfd onk d eU= norkvk dk

Iefir gA bu eU=k e lR;] vfglk] ijkidkj] nku] nx.k R;kx] lUekx]
 lRlxfr] i#"kkFk] lnx.k] lRde] lrfuUnk] ifo=rk] 'kkfUr] i lUufpÜkrk]
 tkx:drk] _f"ke] vkj xgLfk /ke l lEcfU/kr vkpj.kh; vu"Bkuk dk
 o.ku gA vkpj f'k{kk d lkFk gh lkFk /kkfed ;Kkfn de] norkvk dk
 o.ku] uhfr f'k{kk] jktuhfr f'k{kk] pkro.; lLdkj] vkJe] 0;oLFkk] jk"Vh;
 dÜk0;] l;e] ri] Kku or vkfn dk o.ku g tk vkpj 'kkL=h; nf"Vdk.k
 l eY;oku gA ofnd nf"Vdk.k d vulkj tk eu"; tlk de djrk g
 mldk olk Qy iklr gkrk gA llkj d lHkh ikf.k;k e ekuo gh cf)
 lEiUu vkj okd lEiUu gA b'oj u ml lkpu] le>u vkj fof'k"V: i l
 dk; dju dh {kerk inku dh gA vU; tho tUrvk e Kku dh U;urk vkj
 okdrÜo dh vi.krk gA vkReLo: ikiyfÜk dk vHkko gA eu"; gh ,d ,lk
 ik.kh g tk viu lRdek l mUur gkdj noRo dk iklr dj ;k n"dek d
 QyLo: i nkuo cu tk;A thou dh lkFkdrk rHkh g] tc og bl llkj e
 viu thou dk fodflr dj ykddY;k.k djr g; llkj d l[kk dk
 vuklDr Hkko l mi;kx dj vkj vfUre y{; ek{k ;k viox dk iklr djA
 bl y{; dk vk/kkj ekudj ikphu _f"ke u vkJe 0;oLFkk dk fo/kku
 fd;kA bl 0;oLFkk dk mí'; Fkk thou dk vk; d vulkj pkj Hkxk e
 ckVdj ekuo thou dk y{; dh vkj vxlj djukA cãp;] xgLfk]
 okuiLFk vkj lU;k l vkJek e thou dk foHkk tu fd;k x;k Fkk&

cãp;lJe

onk e cãp; vkj mldk ikyu dju oky c°epkj d egÜo dk
 fo'knrk.k o.ku fd;k x;k gA thou d ikjfeHkd 25 o"kk e Nk=] x# d
 lehi tkdj fo|k/; ;uidod bl vkJe e jgrk Fkka _Xon d eU= e dgk
 x;k g fd cãpkjh uxjk e ipkj djrk gvk fopj.k djrk g vkj cãpkjh
 norkvk dk ,d v'k gkrk gA vFkoon e dgk x;k g miu;u dju okyk
 vkpk;] fo|ke; 'kjhj d xHk e ml LFkkfir djrk gvk] rhu jkr rd
 cãpkjh dk viu mnj e j[krk g] pkFk fnu nox.k ml fo|k ng l
 mRiUu cãpkjh d lEe[k vkr gA ifFkoh bl cãpkjh dh iFke lfe/kk g
 vkj vdk'k f}rh; lfe/kk gA vdk'k ifFkoh d e/; vfXu e LFkkfir g;h
 lfe/kk l cãpkjh llkj dk lUr"V djrk gA bl idkj lfe/kk] e[kyk]
 ek`th] Je] bfUn;fuxg vkj ng dk d"V nu okyk rFkk vU; fu;ek dk
 ikyu djrk gvk] ifFk0;kfn ykdk dk ik"kk dk djrk gA cãp; d ri l
 jktk viu jkT; dk i"V djrk g vkj vkpk; Hkh cãp; l cãpkjh dk
 viuk f'k"; cuku dh bPNk djrk gA ;gh ugh l[kh xgLfk dh vk/kkjf'kyk
 cãp; gA cãp; dk vFk g l;eh thou 0;rhr djukA viu eu vkj
 bfUn;k dk o'k e j[kuk l;e gA cãp; uho d leku gA l;e dh
 ftruh vf/kd ek=k ckY;dky e gxh mruh gh ikf"Vdrk Hkko thou e

iklr gkxhA dU;k dk Hkfo"; fuekrk ifr gA l;e dh vko'; drk dU;k vkj
oj nkuk d fy; gA vFkoon e dgk x;k g&

cãp;.k dU;k ;oku foUnr ifreA

vuMoku cãp; .kk'ok ?kk l ftxh"lfrAA⁷⁰

dU;k cãp; d ikyu l gh l;kX; ;ok ifr dk iklr djr h gA
cy vkj ?kkM l;e d dkj.k gh dBkj ifjJe djr g] ?kk l [kku dh bPNk
djr gA

xgLfkkJe

lkekftd nf"V l xgLfK vkJe loJ"B ekuk x;k gA eu dk
dFku g fd&

^;Fkk ok; lekfJR;] orUr lotUro%A

rFkk xgLfkekfJR; orUr lovkJekAA

;Lekr =;k-l;kJfe.kk KkuUkkUuu pkuoge

xgLfkuo /kk;Ur rLekTT;"BkJek xghAA⁷¹

ftl idkj lHkh tho ok; d lgkj thfor jgr g] mlh idkj 'k"K
rhuk vkJeh xgLfK vkJe ij gh fuHkj jgr gA xgLfK Kku vkj vUu d
}kjk j{kk djr k gA bl dkj.k xgLfkkJeh gh loJ"B gA fookg lLdkj d
lkfK xgLfK vkJe ikjEHk gkrk gA __Xon e dgk x;k g&

xH.kkfe r lkhkxRok; gLr e;k iR;k tjn"V;Fkk l%A

Hkxk v;ek lfor k ijf/k e°; RoknxgiR;k; nokAA⁷²

;g eU= fookg lLdkj e oj d }kjk dU;k dk ikf.kxg.k djr
le; i<k tkrk gA ;g fookg dk ifrKk eU= gA oj ifrKk djr k g fd
og dU;k d lkhkX; d fy; mldk gkFk idMrk g ft l l og e> ifr d
lkfK o)koLFkk rd jgA ,'o;'kkyh] mnkj] llkj d mRiknd vkj
/kkjdijekRek u rFkk lHkh nok u xgLokfero d fy; redk e> fn;k gA
vFkoon d ,d eU= e iRuh d vkpj.k d lEcU/k e fun'k feyrk g&

v?kkjp{kj ifr/U;f/k

f'kok i'kH; l% leuk l% lopk%

ohj lnodkek L;kuk

'k uk Hko f}in 'k pr"iA⁷³

g o/k! r dkey nf"V l n[kukA ifr dk vfgr er djukA i'kvk
d fy, fgrdj gkukA mPpeu okyh] rtfLough] ohj i=k dk tUe nu okyh
noHkDr vkj fgrdj gkukA gekj ifjokj d eu";k vkj i'kvk d fy,
l[kdj gkukA

ifr vkj iRuh dk ikjLifjd lEcU/k xgLfK thou dk leUur
 cukrk gA onk e nEirh dk ;g f'k{kk nh x;h g fd ;K djK] lUrku iklr
 djK] ikfi;k dk nj Hkxkvk] iRuh dh fLFkfr dk mUur djK] , 'o; e lcl
 mRd"V gk vkj 'k=vk dk u"V dj nkA⁷⁴

xgLfK thou e iR;d nEirh dh ;gh dkeuk gkrh g fd mldk
 thou l[ke; vkj fu"dVd gkA thou ftruk l;eh] fu;fer vkj defu"B
 gkxk] mruk gh xgLfK thou l[ke; gkxkA b'oj l ikFkuk dh x;h g&

vu{kjK _toK lUr iUFkk
;fHkK l[kk;k ;fUr uk oj;eA
le;ek l Hkxk uk fuuh;kr
l tkLiR; l;eeLr nokAA⁷⁵

g nok! gekj ekx fu"dVd] fuck/k] l jy] l[kn gkoA ftu ekxk l
 gekj fe=x.k oj d ?kj dk tkr gA v;ek no ge vPN idkj l y tko]
 Hkx nork % l kHkxX; dk nork% ge vPN idkj l y tkoA g nok! gekjK
 nkEir; thou d'kyrk;Dr] lUnj] l;e;Dr gkoA /kekudy vkpj.k vkj
 viU 0;ogkj e lR; dk viuku l nEirh dk thou lnk l[ke; jgrk g
 vkj l[k 'kkfUr fpjLFkk;h jgrh gA

okuilFk vkj lU;k l

okuilFk vkj lU;k l vkJek e vk/;kfRed mUufr d fy; ioFk
 gkrh FkhA eulefr e dgk x;k g fd ^tc xgLfKJeh id g, cky rFkk
 viU i= d i= dk n[k y rc okuilFk vkJe e io'k djA lonk
 onkH;k l e yxk jg] BMk&xe] l[k&n%[k] eku&vieku vkfn }U}k dk
 lgu dj] lcl e=h Hkko j[k] nku'khy cu] nku u y vkj lc thok ij
 n;k djA⁷⁶

_Xon d eU= e dgk x;k g efu ok; Hk{k d gkr g vkj ihro.k
 d oL= igur gA⁷⁷ efu lHkh nok d fe= vkj lRde dju oky gkr gA
 noRo dk iklr efu ok; dk fe= vkj ok;or xfr'khy gkrk gA

okuilFk vkj lU;k l nkuk vkJek e cãp; dk i.k ikyu djuk
 gkrk gA nkuk vkJek e vUrj ;gh g fd okuilFk vkJe e i#"k L=h d
 l kFk Hkh jg ldrk g] ij lU;k l kJe e ughA okuilFk e vfXu iTofyr
 j[kuh iMrh g] ij lU;k l h vfXu vkfn dk R;kx dj nrk gA lU;k l h dk
 bfUn;k ij l;e j[kuk vkj ijerUo dk /;ku djuk gkrk gA

onk e vkJe 0;oLFkk dk Lo:i D;k Fkk\ ;g Li"V :i l
 ifjyf{kr ugh gkrk] fdUr cãp;] xgLfK] okuilFk vkj ;fr vkfn 'kCn dk

i;kx onk e vk;k gA ;g lEHko vo'; g fd 0;ofLFkr :i l ml le;
vkJe 0;oLFkk ikjEHk u g;h gkA mld i'pkr mle 0;ofLFkr :irk vk;h
gkA

y^{kHkR};lx

onk e lodY;k.k dh Hkkouk fufgr gA on d vkn'k fd lh ox
fo'k"K ;k 0;fDr fo'k"K d fy, ugh gA lotu fgrk; vkj lotu l[kk;
gA on Hkkjrh; lldfr d eyeu= gA o;fDrd mRFkku vkj lkekftd
mRFkku d fy; onk e dUko; fun'k fd;k x;k gA blh l vkfLrdrk]
lPpfj=rk] ekufld ilUurk vkj vkfRed l[k dh vuHkfr gkrh gA
lnkpj.k d vHko e lekt e vukpkj] iki Hkkouk] fglk] vR;kpkj vkj
vufdrk dk okrkj.k r;kj gkrk g] vr% on dk vkn'k g fd ijeRek dk
lo0;kid ekur g; lnk 'kHk de djA viu i#"kkFk l iklr /ku dk gh
mi;kx djA nlj d /ku dh vkj ykHknf"V l un[kkA thou e R;kx dh
Hkkouk tkxr djA bl l gh thou l[ke; gkxkA

l r de dju dk fun'k&lkekftd mRFkku d fy; onk e lrr
de dju dk fun'k fd;k x;k gA

bl ofnd eU= e nk f'k{k; nh x;h g&1% ikdfrd fu;ek dk u
rkM] 2% on dh f'k{kvk d vulkj de djA tk Hkh 0;fDr] ifjokj] lekt
vkj jk"V bu fu;ek dk ikyu djrk g] og lnk le) jgrk gA eulefr e
Hkh bl ckr dk leFku g fd on v{k; Kku d Hk.Mkj g&

; % df'pr dL;fpn /ek] euuk ifjdfr%

l lok-fHkgrk on] loKkue;k fg l%AA⁷⁸

eu u tk dN Hkh vkpj.k lEcu/kh fo/kku cuk; g o lHkh on
lEer gA vkpj.k lEcu/kh lHkh fn'kk fun'k onk e gA

onk e fu"dke de dju dh f'k{k; nh x;h gA fu"dke de J"B
de gkrk g] D;kfd ,lk de dju l eu"; cU/ku e ugh c/krk gA ;ton
d ,d eU= e dgk g&

doUuog dekf.k fttifo"PNr lekA

,o Rof; ukU;Fkrk-flr] u de fyl;r ujAA⁷⁹

de gh thou g] de gh 'kfDr g] de gh j{k d g vkj de gh xfr
gA ekuo thou dh lQyrk de ;k i#"kkFk ij fuHkj gA bl idkj de
djrk g; ekuo dk lk o"K thu dh bPNk djuh pkfg,A eU= e ;g Hkh
fun'k fn;k x;k g fd de e vkldfr ugh gkuh pkfg,A ;g eU= gh xhrk
d vukldfr ;kx ,o de;kx dk vk/kkj gA

l rde dju l eu"; rtLoh gkrk gA lRde] vkfLrdrk]
l k/kuk vkj ;K d }kjk mUufr gkrh gA bl hfy, dgk x;k g&

ldek.kk l#pk no;Ur]

v;k u nok tfuek /keUrA

'kpUr k vfXu oko/Ur bUne]

moh x0;k ifj"kn uk vØuAA

mÙke dk; dju oky] lUnj dkfUr;Dr] noRo d bPNd fo}ku]
ykg d rY; viu thou dk ri:ih rki l 'k) djr g, ;K dh vfXu
dk inhIr djr g, viu ,o; dk fujUrj c<k;A ;K dju l rkr; g
lekt e ;K dk ipkj dJA lekt dk lxfBr dju dk lcl mÙke mik;
;K gA lkefgd ;K e tk Hkh lekt lok] ijkidkj dh ckr dgh tk,xh]
o lHkh oxk rd igpxhA bl idkj lekt dk 'kf)dj.k gkxk vkj
lkeftd djhfr;k d fuokj.k l lekt e rtfLork vk;xhA onk e ;K d
egÙo dk in&in o.ku g] D;kfd onk d vulkj ;K l gh l lkj dh
mRifÙk g;h gA tk dN Hkh gk jgk g og ;K gh gA ;K dk vFk doy ;g
ugh g fd vfXu e g0; inkFk dk Mkyuk] cfYd ofnd ;K lekt o jk"V
d dY;k.k dk vk/kkj gA

;K dh ;g flf) g fd ge T;kfr iklr gb vkj ge vej gk x,A
ifFkoh l [ykd dk x,] nok dk ik;k vkj fn0; T;kfr dk geu ik;kA ;K
LokFk Hkkouk d ifjR;kx dk lpd gA ;K e iMh g;h lkexh fd l h 0;fDr
fo'k" k dh u gkdj l kotfud gk tkrh gA vkReR;kx dh Hkkouk ekuo dk
noRo dh vkj y tkrh gA

l lkj e iR;d eu"; dh ;g dkeuk gkrh g fd mldk thou i.k
l [kh gk vkj og i.kr;k fujkx vkj 'krk; gk] fdUr fcuk dBkj vu'kk lu
ikyu d ;g lEHko ughA on eu=k e Hkn d.kfHk 'k.k;ke nok* bl eu= d
}kjk ;g dkeuk dh x;h g fd ge dkuk l 'kHk opu lu] vk[kk l 'kHk
oLr; n[kA bu fu;ek d ikyu l l;e dh if"V gkxh] eu i lUu gkxkA
tc 'kjhj LoLFk jgkx rk nh?kk; Lo; iklr gkxhA

lR;kpj.k dk fun'k

lHkh /kek e lR; d egÙo dk Lohdkj fd;k x;k g D;kfd lR;
lHkh /kek dk lkj rÙo gA onk e lR; dk _r dgk x;k gA vFkoon e
dgk x;k g lR;] _r] nh[kk] ri] cã vkj ;K ; rÙo ifFkoh d /kkjd gA
bu rÙok l ifFkoh : dh gb g&

lR; cgn _rex nh[kk ri]

cã ;K ifFkoh /kkj;fUrA

Ik uk HkrL; HkO;L; iRuh]

m: ykd ifFkoh u# d.kkfrAA⁸⁰

bu rUok dk /kkj.k dju okyh ifFkoh vrhr] oreku vkj Hkfo"; dh
j{kk dju okyh gA IR; I tkxfr vkj I[k iklr gkrk gA blfy, IR; dk
or yu dk fun'k fn;k x;k g&

oru nh{kkelukfr] nh{k;klukfr nf{k.kkeA

nf{k.kk J)kelukfr] J) ;k IR;ekl; rAA⁸¹

bl eU= d }kjk ;g f'k{kk nh x;h g fd fdI idkj or d }kjk
IR;Lo:i cã rd igp ldr gA or dk rkrI; g ldyi fu'p;] ifrKk
;k vkpj.k lEcU/kh fu;eA fdIh Hkh 'kHkde dk dju d fy, ldyi yuk
iMrk gA tk or ugh yr ;k or rKM nr g] o thou d fdIh Hkh dk; e
lQy ugh gk ldrA or l eu"; nh{k iklr djrk gA or yu okyk dk;
d ifr lei.k Hkko j[krk gA nh{k l nf{k.kk iklr gkrh gA nf{k.kk ;k
n{krk l ml fo"k; e J)k mRiUu gkrh g vkj J)k dk Qy g IR; ;k
IR;Lo:i cã dh ikflrA ijekRek rd igpu dk ;gh ,d ekx g ft l l
eu"; vkRelk{kRdkj djrk gA

ekuo dY;k.k dh Hkkouk

onk e lHkh d dY;k.k dh Hkkouk fufgr gA lkekftd 0;oLFkk dk
;g vk/kkj g fd lHkh 0;fDr lekt e lekurk l jg] Hk[k&l;k l dkb
ihfMr u jgA ijekRek d }kjk inUk lHkh oLrvk dk lHkh eu"; leku:i
l mi;kx djA lektoknh 0;oLFkk dk ixV djr g; eU= e dgk x;k g&

bUn.k nUkk o#.ku f'k"V]

e#nfHk#x% ifgrk u vxuA

, "k ok]kokifFkoh miLFk]

ek {k/Uek r"krAA

ekuo ijekRek dh cgr cMh nu gA bUn] o#.k vkj e#r nok dh
bl ij cgr cMh dik gA b'oj u dekul kj Qy HkxXu d fy, bl tUe
fn;k gA ifFkoh u 'kjhj fn;k g] o#.k u jDr lpkj fd;k g vkj e#rk u
ik.kok; nh g ft l l 'kjhj LoLFk jgA lkekftd 0;oLFkk d fy, ;g vkn'k
fn;k x;k g fd dkb eu"; Hk[kk l;k l u jgu ikoA bl idkj ekuo
dY;k.k dh Hkkouk onk e fufgr gA onkDr vkpkj e IR;] vfglk] vLr;]
vifjxg] cãp;] or vkj ri dk egUo cgr gh fo'knrk l of.kr gA bu
fu;ek dk ikyu djr g; ekuo ek{k dk iklr dj ldrk gA

mifu"knk e vkpkj

mifu"kn Hkkjrh; ekul dh lokrd"V dfr gA ;g doy okfpd
o.ku ek= ugh] cfYd thou e vkpfjr ;FkkFk IR; gA ;g n'ku IR; d
ckj e dkb veÜk fpru ;k ckf) d 0;k;ke gh ugh g ft ldk vkpj.k thou
e v lEHko gkA ;g g n[kk gvk] vuHko fd;k gvk] ft;k gvk] vUrkRek e
fuf'pr 'kk/k vkj LoRo d dFku d vkuUn e ltk;k gvk IR;A blfy,
vkifu"knfnd n'ku vkj vkpkj gh lE;Xn'ku vkj lE;d vkpkj gA blh l
HkoHk; fujkl gkdj vkr;furd vkuUn dh ikflr gkrh gA bl nf"V dk iklr
dj yuk gh ekuo thou dk i/kku mí'; g ;gh ije i#"kkFk gA bl iklr
fd; fcuk thou 0;Fk gA bl u ik lduk gh lcl cMh gkfu gA ;gh ckr
dukifu"kn Hkh dgrh g&

^bg pnonhFk IR;efLr u pfngkonhUegrh foug"VhA

Hkr"K Hkr"K fofpR; /khjkh iR;kLekYykdnerk HkofurAA^{*82}

ekuo tUe vR;Ur nyHk g] bl ikdj tk eu"; ijerÜo dh ikflr
d l/kku e rRijrk d lFk ugh yx tkrk] og cgr cMh Hky djrk gA
tc rd ;g ekuo 'kjhj foleku g] rHkh rd ijekRek dk tku fy;k tk;A
l lkj d f=fo/k rkik vkj fofok 'kyk l cpu dk ;gh ,d ije l/kku gA
cf)eku i#"k bl ckr dk le> yr g vkj blh l o iR;d tkfr d
iR;d ik.kh e ijekRek dk l{kRdkj djrk g, l nk d fy, tUe&eR; d
pØ l NVdj vej gk tkr gA bl idkj ln cã dh ikflr d mí'; l
LFky ,o l{e 'kjhj] bfUn;k] ok.kh] eu] ân; ,o cf) }kjk dh x;h iR;d
p"Vk ,o Hkko lnpkj gA ijerÜo dh ikflr d fy; gh on'kkL=k dk Kku]
ri ,o cãp;kfn lnpkj dk ikyu fd;k tkrk g&

lo onk ;Rinekeufur

rikfl lokf.k p ;n onfura

;fnPNurk cãp; pjfur

rr r in lxxg.k cohE;kfeR;rrAA^{*83}

mifu"knk e dgk x;k g fd tk n'pfj= g] ftudk eu v'kkur
vkj fof{klr g] o iKku }kjk Hkh ijerÜo dk ugh tku ldrA ,l yxxk
dk ckj&ckj l lkj e vkuk iMrk g&

ukfojrk n'pfjrkUuk"kkurk uk lekgrhA

uk"kkurekul okfi iKkuuektu;krAA^{*84}

fdUr tk foKkuoku] l ; rfpÙk vkj l nk ifo= jgu okyk gkrk g]
og ijerÙo dk iklr dj yrk g vkj HkopØ dk Øe u"V gk tkrk gA
mifu"kn blh Hkko dk ixV djr h g&

;Lr foKkuokUHkoFr leuLdH l nk 'kfp%A

l r rRineklukfr ;LeknHk;k u tk; rAA⁸⁵

mifu"knk e ifrikfr l nkpj.k l vUr%dj.k 'k) gkrk g vkj l Hkh
idkj d ikik dk uk'k gk tkrk g&

pj.k ifo= forr ijk.k ;u irLrjfr n"drkfua

ru ifo=.k 'k)u irk vfriklekuejkr rjeAA⁸⁶

vkpj.k d ifo=rk dh ckr ijk.kk e Hkh foLrkj l crk;h x;h gA
ifo= vkpj.k l iki u"V gk tkr gA vkpj.k l 'k) eu"; vR;Ur
iki : ih 'k= dk u"V dj nrk gA

l keU; r% ^ikr' ty; kx l =* e dg x; ikp ;e vkj ikp fu;ek e
l Hkh idkj d l nkpkj dk vUrHkko gk tkrk g] fQj Hkh vf/kd Li"Vrk d
fy, 'kkf.MY;kfn mifu"knk e budh l [;k n l crk;h x;h g&

**^vfgl k l R; k Lr; cãp; n; k -- to{kek/kfrferkgkj 'kkpkfu pfr ;ek
n l A⁸⁷**

vfgl k] l R;] vLr;] cãp;] n; k] l jyrk] {kek] /kfr] ferkgkj vkj
'kfprk ; n l ;e gA

1- vfgl k&vfgl k dk egÙo l Hkh /kek u Lohdkj fd;k gA tukxek
e vfgl k dk foLrkj l o.ku fd;k x;k g vkj ip egkork e vfgl k dk
iFke LFkku crk;k x;k gA mifu"knk e Hkh vfgl k dk egÙoi.k LFkku gA
l Ei.k vkpkj vfgl k ij voyfëcr gA vfgl k dk vFk g eu] opu] dk;k
vkj de }kjk fd l h Hkh ik.kh dk n l [k u nukA vfgl k e Lo vkj ij dk Hkn
fev tkrk g vkj lc txg lerk dh nf"V gk tkrh gA

2- l R; &eu] opu] 'kjhj vkj de l ikf.k;k dk fgrdkjd opu
ckyuk l R; gA fo"ke ifjLFkfr;k e Hkh l R; dk gh vkpj.k djuk pkfg;A
l R; l gh ekuo viu ije y{; dk iklr dj l drk gA e.Mdkifu"kn e
l R; d egÙo dk crykr g, dgk x;k g&

^IR;eo t;fr ukur

IR;u iUFkk forrk no;kuA

IR; dh gh fot; gkrh g] >B dh ughA ijerÙo dh ikflr d fy,
IR; vfuok; Ik/ku gA IR; I gh no;ku ekx vFkkR ijekRek dk iklr
dju dk ekx ifji.k g] mle vLR; Hkk"K.k vkj nEHK] diV vkfn vlr
vvpj.kk d fy; LFku ughA⁸⁸

og ijerÙo Ino IR; Hkk"K.k] ri'p;k] l;e vkj LokFk R;kx rFkk
cāp; ikyu l mRiUu ;FkkFk Kku }kjk gh iklr gk ldrk gA T;kfre;
vUr%dj.k oky rFkk ftud lHkh nk"K {kh.k gk x, g ,l Ik/d gh ml rÙo
dk tku ldr gA IR; dk tkuuk ijerÙo dk tkuuk gA

3- vLR;&Lr; dk rRi; g pkjh vkj mld vHkko dk vLR;
dgr gA vLR; dk vFk g pkjh u djukA eu] opu] dk;k vkj de }kjk
fdlh nlj d n0; d fo"K; e fuLig jguk vLR; gA ikr' ty;kxn'ku e
dgg x;k g fd nlj d LoRo dk vigj.k djuk] Ny l ;k vU; fdlh
mik; l vU;k; iod viuk cuk yuk ^Lr;* g bld vHkko dk uke ^vLR;*
gA

4 cāp;&ofnd ijEijk vkJe i/kku gA mle loiFke vkJe
cāp;kJe gA cāp; dh ln< uho ij gh vvpkj dk egy fVdk gvk gA
cāp; dk rRi; g lHkh voLFkkvk e eu] opu] dk;k vkj de }kjk lc
idkj d eFku dk R;kxA bfun;k cyoku gA viu&viu fo"K;k dh vkj
bfun;k Lor% iofrr gkrh gA cf)eku 0;fDr bfun; fo"K;d l;e dk ikyu
djr gA blfy, miLFkfun; fo"K;d l;e dk Hkh cāp; dgr gA cāp;
dk ikyu dju okyk cāpkjh dgykrk gA NkUnkX;kifu"kn e dgg x;k g
fd cāpkjh vpk;dy e viu 'kjhj dk vR;Ur {kh.k dj nrk gA cāpkjh
nk idkj d g&1½ uf"Bd cāpkjh] ½2½ midok.k cāpkjhA

uf"Bd cāpkjh ;koTthou cāp; or dk ikyu djrk g vkj
midok.k cāpkjh fo|k/; ;u dky rd gh cāp; dk ikyu djrk gA

ikr' ty;kxn'ku e dgg x;k g fd tc Ik/d e cāp; dh
i.kr;k n< fLFkr gk tkrh g rc mld eu cf)] bfun; vkj 'kjhj e vio
'kfDr dk iknHkko gk tkrk gA bl idkj cāp; ikyu l 'kkjhfd rt
c<rk gA

5- vifjxg&ikr' ty ;kxI= e ip;ek d vUrxr vifjxg dh
x.kuk dh x;h g] fdUr 'kkf.MY;kifu"kn e nl ;ek dh x.kuk dh x;h g
ble vifjxg dk ;e d vUrxr ugh ekuk x;k gA ikr' ty;kxn'ku e
dgg x;k g fd viu LokFk d fy, eeriod /ku] lEifUk vkj Hkkx lKexh
dk lp; djuk ^ifjxg* g] bld vHkko dk uke vifjxg gA

bl idkj ;ek dk o.ku mifu"knk e fd;k x;k gA cāyk d mUgh
 dk iklr gkrk g] ftue IR; ifr"Br g rFkk tk ri ,o cāp; dk
 i.k:i.k ikyu djr g] vu"Bku djr gA IR;/ke dk l{kRdkj dju d
 fy; iR;d oLr e fufgr fuHkkUr 'k) IR; dk tkuu ,o iku d fy;
 ckj l vkikrr% je.kh; ,o fgrdj fn[kk;h nu oky inkFk :ik d ifr
 vkIfDr rFkk yHk dk ifjR;kx vifjgk; gA :i dh pdkp/k l je.kh;rk
 ,o yHk r".kk d vkd"k.k l IR; dk e[k vkPNkfnr gk tkrk gA bl
 vkPNknu dk nj fd, fcuk IR; dk n'ku dl gk ldrk gA IR; e gh
 ok.kh dh ifr"Bk gA IR; ek{k dk ije lk/ku g&

^IR;u ok;jokfr IR;ukfnR;k jkpr fnoA IR; okp%

ifr"Bk IR; lo ifr"Br] rLeR IR; ije onfURA*89

IR; d vfrfjDr ri] cāp; %ne% b'ojfir de] lE;XKku J)k
 ,o fuR;kikluk Hkh ee{k d fy, ie[k vu"Bku ;kx; lnpkj or gA
 ijfo]k Hkh IR;] ri] onkUrKku] cāp;kfn l gh iklr gkrh g&

^,o:ik ijfo]k IR;u rilki pA

cāp;kfnfHk/keyH;k onkUroReuka*90

NkUnkX;kifu"kn e ri] nku] vkto] vfglk ,o IR; opu dk
 vkRe;K dh nf{k.kk crk;k x;k gA bl mifu"kn d vulkj /ke:ih o{k d
 rhu e[; LdU/k gA iFke LdU/k g&;K] v/; ;u vkj nkuA f}rh; LdU/k
 g&ri] vkj rrrh; LdU/k g&uf"Bd cāp;A⁹¹ bu vkpkj dk ikyu dju l
 vkRe'kf) gkrh gA lHkh ikf.k;k ij lno dik nf"V j[kuk n;kyrk gA eu]
 opu] dk;k vkj de d :i e 'kkL=h;&v'kkL=h; vkpj.k e iofo{k dj ;k
 fuofok dj nuk fLFkr;k e vkto Hkko j[kuk l jyrk gA {kek vFkr lno
 fi; vfi;} itk vFkok rkMuk gk] rk Hkh lgu djuk] /kfr vFkr /ku dh
 gkfu gk] viu b"V lEcfU/k;k dk fo;kx gk ;k l;kx gk lHkh ifjLFkr;k e
 fpok dk fLFkj j[kuk] ferkgj vFkr Hk[k l de Hkktu xg.k djuk] 'kkp
 vFkr ckj vkj Hkhrj nuk idkj dh 'kf) djuk] ble ty }kj cká
 'kf) gkrh g vkj eu dh 'kf) djuk vUrj dh 'kf) g] ;g 'kf) v/;kRe
 fo]k l gh iklr gkrh g] ;gh okLrfod 'kf) gA

ri] lrk"K] vkLdrk] nku] b'ojitk] 'kkL=h; fl)kUr dk Jo.k]
 yTtk] efr] ti ,o or&; nl fu;e gA⁹² e.Myckã.kkifu"kn d vulkj
 'khrk".kkgjfunk ij fot;] lonk 'kkfUr] fu'pyrk rFkk fo"k;fUn; fuxg&;
 ;e gA x#HkfDr] IR;ekxujfDr] l[kkxroLr dk vuHko ,o ml vuHko
 l iklr rf"V] fuHxrk] ,dkUrok] eukfuofok] deQy dh vfHkyk"kk dk u
 gkuk rFkk ojKX;&; fu;e gA ikr'ty;kxn'ku e ^"kplUrkkri%

Lok/;k;'ojif.k/kukfu fu;ek* vFkkr 'kkp] lUr'k] ri] Lok/;k; vkj b'oj
'kj.kkxfr dk fu;e dgk x;k gA⁹³

egkukjk;.kkifu"kn e ,dLFkku ij vu'ku&vFkkr miokl vFkok
dk;Dy'k lgu dk rFkk vU;= cf) ,o fpUk dh fueyrk rFkk l;ekfn dk
Hkh ri dgk x;k gA⁹⁴ e.Mdkifu"kn ^;L; Kkue; ri;* dgdj lonk
prU;Hkko l ;Dr jgu ,o lR;Kku e fLFkfr dk ri Lohdkj djrh ga
egkukjk;.kkifu"kn ijeRe Kku d ifr midkjd gku d dkj.k _r] lR;]
onKku] i'kkUrfpUkrk] 'ke] ne] nku ,o cãikluk dk ri:i ē Lohdkj
djrh ga

rfUkj;h;kifu"kn e ,lk Hkh mYy[k feyrk g fd _f'k viuh
vfHk#fp] lLdkj ,o vuHko d vk/kkj ij doy ,d gh x.k dk ri :i e
viukdj mlh x.k dk thou e lrr vH;k l dju ij cy nr gA rikfu"B
ik#f'kV ^ri* ij gh cy nr gA enxy d i= ukd efu %eknxY;ukd½
Lok/;k; iopu dk gh ri ekur gA jFkhrj d i= lR;opk uked _f'k dk
dguk g fd dek e lR; gh loJ"B g] D;kfd iR;d de lR;Hkk"K.k vkj
lR;Hkko iod fd; tku ij gh ;FkkFk :i l lEiUu gkrk gA
rfUkj;h;kifu"kn d vulkj _r] lR;] ri] ne] 'ke] ;K ,o vfxugk=]
vfrfFk lok] ekuo dY;k.k d de] lru ikyu] o'k dh j{kk ,o of) vkfn
lHkh ri% dek dk djr g; Lok/;k; rFkk iopu dk fuR; ,o fu;fer
vH;k l djuk pkfg;A tk dN Hkh vkpkj.k fd;k tk; og miyC/k 'kkL=Kku
d vudy gkuk pkfg;A thou e l;e dk D;k egUo g\ l;e ikyu l
D;k ykHk g\ rFkk vfHkeku iru dk dkj.k gA bl 'kkL=h; jgL; dk Bh d
l le>dj bldh Hkkouk dh tk; rk vfHkeku dh 'kdk Hkh ugh dh tk
ldrhA rfUkj;h;kifu"kn e f'k"; dk min'k nr g; dgk x;k g ^lR; ckyA
/ke dk vkpj.k djA Lok/;k; l iekn er djA viu o.kkJe d vudy
'kkL= lEer /ke dk vu"Bku djuk] Lok/;k; l vFkkr onk d vH;k l]
lU/;koUnu] xk;=h ti vkj Hkxouke x.kdhUku vkfn fuR; de e dHkh Hkh
iekn u djuk] x# d fy; nf{k.kk d :i e mudh #fp d vu#i /ku
ykdj ieiod nuk] fQj mudh vkKk l xgLfkkJe e io'k dj d Lo/ke dk
iky d jrh g, lUrku ijEijk dk l jf{kr j[kuk] lR; l dHkh iekn u
djuk] /ku lEifUk dk c<ku oky ykdd mUufr d l/kuk d ifr Hkh
mnk lhu u gkuk] i<u vkj i<ku d tk e[; fu;e g mudh dHkh vogyuk
;k vkyL;iod R;kx u djukA blh idkj vfxugk= vkj ;Kkfn d vu"Bku
:i nodk; rFkk Jk) ri.k vkfn fir dk;k d lEiknu e Hkh vkyL; u
djukA ekrk] fir] vkpk; vkj vfrfFk e nof) j[kukA l lkj e tk funk"K
de g] mUgh dk rEg lou djuk pkfg;A mul fHkUu tk nk"K;Dr fuf'k)
de g mudk dHkh vkpj.k ugh djuk pkfg;A J"B ykxk d vkpkj ;k

0;ogkj e Hkh 'kdk ugh djuh pkfg,A tk dkb Hkh x#tu] J"B ckã.k gk
o;] fo[k] ri vkpj.k] vkfn e cM gk mUg ik| v?;] vkl u vkfn inku
djd lc idkj l mudk lEeku rFkk ;Fkk;kX; lok djuh pkfg,A
;Fkk'kfDr nku djuk pkfg,A tk dN Hkh fn;k tk; og J)kiod fn;k
tk;] fcuk J)k d nku ugh djuk pkfg,] D;kfd fcuk J)k d fd; g,
nku vkfn de vlr eku x; gA yTtkiod nuk pkfg,A* ge fdlh dk
midkj dj jg g ,lh Hkkouk eu e ykdj vfHkeku ;k vfou; ugh ixV
djuk pkfg;A tk dN Hkh fn;k tk; og foodiod fu"dkeHkko l dÜk0;
le>dj nuk pkfg,A⁹⁵

bu lc dk;k dk djr g; Hkh ;fn dÜk0; fuf'pr dju e 'kdk
mRiUu gk tk; rk ,lh fLFkr e ogk tk dkb mÜke fopkj j[ku oky]
mfpr ije'k nu e d'ky] lRde vkj lnpkj e yx g,] fo}ku ck°e.k
;k dkb egki#"k gk o ft l idkj ,l il³xk ij vkpj.k djr gk] mlh
idkj vkpj.k djuk pkfg,A ;gh 'kkL= dh vkKk gA ;gh x#tuk dk viU
f'k";k ,o i=k d fy, min'k gA ;gh ijEijkxr f'k{kk gA blh idkj
dÜk0; ,o lnpkj dk ikyu djuk pkfg,A 0;fDr dk viU thou dk
vu'kkflr djuk pkfg, rFkk bu lc ckrk dk Hkyh idkj tkudj ,o thou
e bUg vkpj.k e ykdj vkRelk{kkrdkj d fy, mikluk e yx tkuk
pkfg,A vkpj d ; gh eyeU= gA budk thou e mrkjuk gh flf) gA
oLrr% f'k"; dk min'k nu d cgku vkpk; d e[k l ekuoek= d fy;
vnHkr vkpj lfrk lrr dh x;h gA on vkj mifu"kn dk lf{lr
vkpj l kj ;gh gA

mifu"knk e ekuo /ke

mifu"knk dh vkpkjRed nf"V cMh 0;kid gA o.k 0;oLFkk dk
vk/kkj fodflr : i e ;gk fn[kk;h iMrk gA ckã.k] {kf=;} o';] 'kn d
:i e vkpj dk foHktu Li"Vr% lekt e LFku ik jgk FkkA fofHkUu
/ke'kkL=k e o.kk d D;k dÜk0; g] mud D;k fo'k" vf/kdkj g] bl lEcU/k
e Hkh fpUru fd;k x; gA mRifÜk d lEcU/k e dgk x;k g fd ml fojkV
i#"k d e[k l ckã.k] {kf=; nuk Hktkvk d : i e g,] o'; nuk m#vk
d : i e g, vkj nuk ijk l 'kn g,A mifu"knk e 0;kogkfjd nf"V l
Hkn dh ckr dh x;h g fdUr vk/kfRed nf"V l lekurk dk 0;ogkj lo=
fn[kk;h iMrk gA ekuo /ke nk idkj d g&¼1½ ykddd /ke ¼2½ ykdÜk
/keA

ykfdd /ke e thou fuokg l lEcfU/kr fØ;k dyki vkr g rFkk
ykdKÙkj /ke e vkReLo:i dk Kku vkj ek{k dk o.ku gA nIj 'kCnk e
blh dk i; vkj J; dgr gA ;e ufpdrk lEokn d ek/;e l bldk
cgr gh lUnj o.ku dBkifu"kn e gvk gA ekuo 'kjhj vU;kU; ;kfu;k dh
Hkkfr doy dek dk Qy Hkkxu d fy, gh ugh feyk gA ble eu"; Hkfo";
e l[k nu oky l k/ku dk vu"Bku Hkh dj ldrk gA mifu"knk e l[k d
nk l k/ku crk; x; g&¼1½ J; vFkk l nk d fy; lc idkj d n½[kk l
NVdj fuR; vkuUn :i cã dh ikflr ¼2½ i; vFkk L=h] i=] /ku] edku]
lEeku] ;'k vkfn bgykfdd dh vkj Loxkyd dh ftruh Hkh ikdr
l[kHkkx dh lkefx;k g] mudh ikflr dk mik;A bu nkuk idkj d l k/ku
e tk eu"; J; e yx tkrk g mldk lc idkj l dY;k.k gk tkrk g]
ijUr tk l k l kfjd l[k d l k/ku e yx tkrk g] og viu y{; dk fl)
ugh dj ikrkA ml rk Hkeo'k l[k:i irhr gku oky o vfuR; Hkkx feyr
g] tk okLro e n½[k :i gh gA J; vkj i; nkuk gh eu"; d lkeu vkr
gA cf)eku eu"; nkuk d Lo:i dk vPNh rjg fopkj djd mudk
iFkd&iFkd dj yrk gA cf)eku eu"; i; l ekx dh vi{k k J; l ekx dk
gh J"B le>dj rnudy vkpj.k djrk gA

cgnkj.;dkifu"kn e Hkh ;kKoYD; vkj e=;h] dkR;k;uh lOkkn e
Hkh J; vkj i; dh ckr mifLFkr g;h gA xgLfk /ke NkMdj lU;k l /ke
Lohdkj dju d igy ;kKoYD; u viuh nkuk Hkk;k;k e viuh lEifÜk
ckVuh pkghA fdUr e=;h J; l ekx dh vuxkfeuh FkhA mlu dgk] ftil
e vej ugh gk ldrh ml ydj e D;k d:xhA e> rk ,lk /ku nift,
ftll e vej gk tkÅ⁹⁶ J; ekx gh vkRekiyfc/k dk l k/ku gA J;ekx
v}r dk ekx gA i; ekx }r dk ekx gA vfo|koLFkk e gh }r dk Hkku
gkrk gA vkRekiyfc/k gku ij }/khdj.k fev tkrk gA ;g vkRek ufr&ufr
d }kjk xE; gA vkRek foKkrk gA fdlh ryuk d }kjk vkRerÜo dk ck/k
ugh dj;k;k tk ldrkA M;un lo fotkukfr r du fotkuh;kr l ,"k ufr
uR;kREkk x°;k] foKkrkjej du fotkuh;kfnR;Drku'kk lukfl e=;h bfr
verÜoe mDrok ;kKoYD;k fotgkja* e=;h dk vkRerÜo d ckj e crkdj
;kKoyD; lU;k l xg.k dj fy;A

;kKoYD;&e=;h lokn d ek/;e l ;g Li"V crk;k x;k g fd
Hkkfrd lEifÜk;k vLFkk;h g] {kh;ek.k gA bl l lkj e doy ,d gh inkfK
,lk g tk dHkh {kh.k ugh gkrk] ftle dHkh fodkj mRiUu ugh gkrk] og
g&vkRekA vr½ vkRek gh iklr0; g] Kkr0; gA ftlu bl tku fy;k og
vej gk x;kA mld fy, bl l lkj e dN Hkh iklr0; ugh jg tkrkA lHkh
on mifu"kn ml gh iklr dju dk min'k nr g&

lo onk ;r inekeufur
rikfl lokf.k p ;n onfura
;fnPNurk cãp; pjfur
rUk in lxxg.k cohE; kfeR; rRAA⁹⁷

lHkh on ft l ijEkin dk ckjEckj ifriknu djr g vkj lEi.k ri
ft l in dk y{; djkr g] ft l dk pkgu oky lk/kdx.k cãp; dk ikyu
djrg og in g&ijerUoA ;g ,d ,lk rUo g tk dHkh u"V ugh gkrkA
JhenHkxonxhkr e dgk g&

u tk;r fe;r ok dnkfpUuk; HkRok Hkfork ok u Hk;IA
vtk fur;% 'kk'ork-; ijk.kk u gu;r gu;eku 'kjhjAA⁹⁸

;g ijerUo u rk dHkh tUe yrk g vkj u dHkh ejrk gA ;g
vtUek fur;] lukru vkj ijkru gA 'kjhj d u"V gk tku d ckn Hkh ;g
ugh u"V gkrk gA blfy, Kkuhtu J;ekx dk gh vkpj.k djrgA

/ke] vFk] dke vkj ek{k thou d pkj i#"kkFk gA mifu"knk e /ke
vkj ek{k dk e[; rFkk vFk vkj dke dk xk.k ekuk x;k gA
cgnkj.;dkifu"kn e pkjk o.kk dh mRifUk d lEcu/k e dgk x;k g cã l
gh pkjk o.kk dh mRifUk gbA ;gk ij ckã.k dk {kf=; dh ;kfu dgk x;k
g&^k=L; ;kfu;ncã*A og cã tc foHkfr;Dr de dju e leFk ugh
gvk] rc mlu o'; tkfr dh jpuk dhA ol] :n] vkfnR;] fo'ono vkj
e#r vkfn nox.k dh x.kuk blh e dh x;h gA fQj Hkh og cã
foHkfr;Dr de dju e leFk ugh gvk mlu 'kn o.k dh jpuk dhA i"kk
'kn o.k gA ;g ifFkoh gh i"kk g D;kfd ;g tk dN g] ;gh bl dk ik"kk.k
djrh gA pkjk o.kk dh lf"V d i'pkr vu"kklu vkj 0;oLFkk dk ikyu
dju d fy, /ke uked rUo dh lf"V gb&^ l J;k: ieR; l tr /ke*A /ke
d }kjk gh fucyi#"k cyoku i#"k dk thru dh bPNk dju yxrk gA og
tk /ke g] fu'p; lR; gh gA blh l lR; ckyu okyk dk dgr g fd ^;g
/kee; opu ckyrk gA* rFkk /kee; opu ckyu okyk l dgr g fd ^;g
lR; ckyrk g] D;kfd ; nkuk /ke gh gA /ke gh ,lk g tk fujd'k dke
dk e;kfnr dj d ek{k vkj vFk] dke d e/; lketL; mRiUu dj ldrk
g vkj /ke gh ,lk g tk vPNh rjg cryk nrk g fd /ke iod vFk vkj
dke dk mi;xx dju l gh ek{k lyHk gk ldrk g vkj /keiod ek{k dk
vu"Bku dju l gh vFk dke d xg.k dju e lfo/kk gk ldrh gA vFkkr
/keul kj thou ferku l gh ykd vkj iyykd nkuk e l[k iklr gk ldrk
gA bl idkj /ke 'kcn dk vFk o fu;e g ftud vulkj 0;ogkj dju l
ykd iyykd nkuk l/kj tk;] vFkkr l lkj l mruk gh vFk vkj dke xg.k
fd;k tk; ftll viuh vk; d fy; Hkxx fey tk; vkj fd l h ik.kh dh

vk; vkj Hkxk e deh mRiUu u gkA ijykd l/kju dk ;gh vfHkik; g fd
 l'v d dkj.kk dk Kku gk tk; ft l l vFk vkj dke dk fu.k; gk l d
 vkj l'v d dkj.kk d Hkh dkj.k ijeKRek d l{k{kkrdkj l tUeej.k dk
 pDdj NV tk; vkj ek{k fey tk;A ;gh dkj.k g fd mifu"knk e /ke dk
 cgr egUo fn;k x;k g] vFk] dke vkj ek{k dk mlh d v/khu j[kk x;k
 gA blh ckr dk b'kkokL;kifu"kn e dgk x;k g fd fd l h Hkh oLr dk
 /kekpj.k iod miHkx dj] fd l h d /ku dk yu dh bPNk u djKA ;gh
 lOkUe /ke gA

mifu"knk e tUe dk ey vkpkj ekuk x;k gA ft l 0;fDr dk
 t l k vkpkj gkrk g ml olh ;kfu e tUe feyrk gA de vkj tUe dh
 ijeijk vukfn g D;kfd de l tUe vkj tUe l de dk gkuk vo';HkkoH
 gA blfy, eu"; dk l r deku"Bku gh djuk pkfg,A lRdeku"Bku dk
 i;olku lnpkj e gh gkrk gA NkUnkX;kifu"kn e dgk g ^tk vPN
 vkpj.k oky gkr g o 'kh?k gh mUke ;kfu dk iklr gkr gA o ckoe.k ;kfu]
 {kf=; ;kfu vFkok o'; ;kfu iklr djr g rFkk tk v'kHk vkpj.k oky gkr
 g o v'kHk ;kfu dk iklr djr gA o dUk dh ;kfu] l dj ;kfu vFkok
 pk.Mky ;kfu iklr djr gA⁹⁹ lo.k dk pkj] e| ihu okyk x#L=hxkeh]
 cãgR;kjk ; pkjk ifrr vkpj.k oky gkr g] mud l kFk l l x dju oky
 Hkh ifrr gkrk gA blfy, cká fo"K;k l fpUk dk gvkdj ,dkx dju dk
 i;k l djuk pkfg,A ft l idkj ydMh d leklr gk tku ij vfxu viu
 vki c> tkrh g] mlh idkj ofUk;k dk uk'k gku ij fpUk viu vki dkj.k
 : i vkREkk e 'kkUr cu tkrk gA fpUk gh l l k] g] blfy, bl i;Ru l
 o'k e djuk pkfg,A t l k ft l dk fpUk olh ml dh xfrA fpUk 'kkUr gku
 ij 'kHk'kHk de u"V gk tkr g] vkj 'kkUr cuk eu"; tc vkRek e yhu
 gkrk g rc ml v{k; vkuUn iklr gkrk gA

mifu"kn dkyhu lekt vkpkj ikyu dh n"V l vR;Ur mUur FkA
 l Hkh ykx Loo.kkJe /ke dk fu"Bk l ikyu djr FkA dd; n'k d jktk
 v'oifr d ikl tc _f"Kx.k o'okuj folk dh f'k{k yu igp rk mUgu
 _f"K;k l Li"V : i l dgk&ej jkT; e ,d Hkh pkj] e| i] di.k] vfo}ku]
 vukgrkfxu ¼;K gke u dju oky^{kk} ,o 0;fHkpkjh i#"k ;k L=h ugh g&

u e Lruk tuin u dn;k u e| iA

ukufgrkfxuukfo}ku u Lojh Lofj.kh drA¹⁰⁰

jktk vkj itk viu&viu o.kkJekfpUk dUko; dk i.k fu"Bk l
 ikyu djr g; thou dk i'kLr cuk; jgr FkA blfy, ogk bfr vkj Hkhfr
 dk dkb Hk; ugh FkA viu&viu fofgr vkpkj dk vuiky u LoPNk l
 fd;k tkrk FkA egukjk;.kkifu"kn dk dguk g fd t l if'ir ofk dh

l xU/k dk nj l gh irk yx tkrk g] m l h idkj i.; de dk Hkh nj l gh
m l d h l R d h f r d h xU/k } k j k K k u g k t k r k g &

^; Fk k o { L ; l E i f " i r L ; n j k n o x U / k k o k R ; o i . ; L ; d e . k k n j k n
x U / k k o k f r A * 1 0 1

vkJekudy vkpj.k dh 0; oLFk

mifu"kn doy vkReeyd ijykd 'kkL= gh ugh g] iR;r bue
fufn"V l n k p k j k d i k y u l e k u o , g y k f d d t h o u] v i u 0 ; f D r x r t h o u]
d V E c t h o u] l e k t t h o u , o j k " V t h o u e e g k u m R d " k i k l r d j l d r k
g A m i f u " k n k e c k á ' k f) d l k F k v k U r f j d ' k f) i j H k h c y f n ; k x ; k g A
b l h f y , H k k t u] o L =] x g v k j x g L F k h d v f r f j D r 0 ; F k v k M E c j d h
v k o ' ; d r k u g h j g r h F k h A r H k h l H k h y k x v i u v k J e k u d y v k p j . k d k
i k y u d j l d r F k A f ' k { k k v k j l H ; r k d i p k j d m í ' ; l t h o u d k p k j
v k J e k & c ā p ;] x g L F k] o k u i L F k v k j l U ; k l v k J e k e f o H k D r d j i R ; d
v k J e k d h e ; k n k d k f u f ' p r d j f n ; k A p k j k v k J e k e b l t h o u ; k = k l
u f d l h i k . k h d k d " V g k r k g] u l u r f r c < r h g] v k j u l f " V e f d l h
i d k j d h v l e k u r k g h m R i U u g k r h g A u k j n i f j o k t d k i f u " k n e d g k
g & v k p j . k d f y , ; g v k o ' ; d g f d J " B d y e m R i U u g , i # " k d k
; f n m i u ; u u g v k g k r k l o i F k e f o f / k o r m i u ; u l L d k j d j u k p k f g , A
b l d i ' p k r f d l h x # d v k J e e t k d j c ā p ; o r d k i k y u d j r g ,
f o j / k / ; ; u d j A f o j / k / ; ; u l e k l r d j d i P p h l o " k r d x g L F k / k e d k
l o u d j v k j i P p h l o " k k r d o k u i L F k h g k d j f u ; e k d k i k y u d j A f Q j
j k x & } " k l Ā i j m B d j e u] o k . k h] d e] n g v k f n d } k j k l c i d k j d h
v k " k k d k R ; k x d j d o k l u k] , " k . k k v k f n d k H k h N k M d j l U ; k l x g . k d j
l U ; k l v k J e e j g d j e k { k i k l r d j u d h d k e u k d j A

l U ; k l d k v f / k d k j h d k u g \ v k j l U ; k l d h f o f / k D ; k g \ b l
f o " k ; i j m i f u " k n k e i ; k l r i d k ' k M k y k x ; k g A ^ v x g h u] u i l d] i f r r]
L = . k] c f / k j] e d] c k y d] i k [k . M h] o r f u d] v / ; k i d] v ; k f K d v k f n l U ; k l
d v f / k d k j h u g h g A t k u f d l h l M j r k g v k j u f d l h d k M j k r k g m l
g h L e f r ; k i f j o k t d d g r h g A l U ; k l d h b P N k r H k h d j u h p k f g , t c l H k h
i n k F k k d i f r e u e i . k f o j f D r g k t k ; A b l d f o i j h r v k p j . k e u " ; d k
i f r r d j u o k y k g A o j k X ; g k u i j g h l U ; k l x g . k d j u k p k f g , v k j e u
e f d f p r j k x H k h j g r k ? k j d k u R ; k x A t k f } t e u e j k x j g r g , H k h
l U ; k l y y r k g] o g v / k e u j d d k i k l r d j r k g A t x r d k f u % l k j
l e > d j l k j o L r d k i k u d h d k e u k l K k u h i # " k i . k f o j D r g k d j
l U ; k l x g . k d j y r g A m i f u " k n k e d e d k i o f U k d k v k j K k u d k
l U ; k l d k i e [k y { k . k d g k x ; k g A f t l e ' k f D r] ' k e] n e] ' k k p l U r k " k]

lR;] l jyrk] nEHkghurk vkj vifjxgh ofÜk gk ogh lU;k l dk vf/kdkjh gA
eu ok.kh vkj de d }kjk fd l h d ifr b";k Hkko u j[kuk lU;k l h dk
dÜk; gA bl idkj d dek dk djr g, ,dkx eu l mifu"knk dk lu
vkj cāp; ikyu djr gvk rFkk Lok/;k; djr gvk f"k .k l eDr
gkA ;Kku"Bku }kjk no .k dk pdk; vkj i=kRifÜk }kjk fir .k l
eDr gkdj lU;k l yA /kfr] {kek] nej vLr;] 'kkp] bfUn; fuxg] āh] fo l k]
lR; vkj vØk/k /kepj.k d nl y{k.k gA tk i#"k Hkrdkyhu Hkxk dk
fpUru] oreku dky e iklr Hkxk dk Lokxr rFkk Hkfo"; e iklr gku oky
Hkxk dh dkeuk ugh djuk ogh lU;k l vkJe e jg ldrk gA

tukxek e Hkh bl h rjg Je.kk d fy, vkpkj ikyu dh 0;oLFkk
gA Je.k d y{k.k D;k g\ fdu&fdu vkpkj dk ikyu Je.k djr g] bu
lc ckrk dk vxek e fo'kn foopu miyC/k gA bl h rjg mifu"knk e Hkh
lU;k l /ke vkj vkpkj dk o.ku iklr gkrk gA mifu"knk e of.kr vkpkj
0;oLFkk dk gkn ;g g fd ^vkReuH ifrdykfu ij"kk u lekpjr* vFkr tk
dk; viu ifrdy gk ml nljk d l kFk Hkh u dja ;gh lerk n'ku gA
lerk dk n'ku vkRen'ku gA mifu"knk e in&in vkRen'ku dk min'k
fn;k x;k gA vkRen'ku ml h dk gkrk g ft l dk l k l k fjd fo" k ;k l i.k
for".kk gk tk; vkj dk'pu rFkk yk"B e leku cf) gk tk;] vguRk
eerk dk l kof=d vHkko gk tk;] ogh 0;fDr vkrerÜo l k f k R dkj dj
l drk gA ;g fLFkr fd l h i.;oku 0;fDr dk gh miyC/k gkrh gA , l
0;fDr d fy, gh dgk x;k g&^;ngjo fojtÜkngjo iotr* vFkr ft l
fnu i.k foj fDr gk tk; ml h fnu lU;Lr gk tk;A ifjR;T; lo otfr
bfr ifjokV* bl ifjokV in dk og vf/kdkjh gk tkrk gA bl idkj
ifjokV dh fu"ifÜk e vkpkj dh l k /kdrk Li"V: i.k ifjyf{kr gkrh gA

bl idkj d foopu l ;g ckr Li"V gkrh g fd ekuo thou d
prfnd fodkl d l kFk&l kFk pje i#"kkFk ek{k dh miyfC/k e Hkh vkpkj
dk v l fUnX/k egÜo gA tukxek e t l k fd o.ku fd;k tk pdk g vkpkj
dk l l Ldr vkj ifo= cuku ij cgr tkj fn;k x;k gA vkn'k thou thu
d fy, eu"; dk vkpkjoku pfj=oku vkj fu"Boku gkuk pkfg,A ofnd
ijEijk e thou dk pkj Hkxk e foHkDr dj mÜkjÜk vkpkj vkj pkfj= dh
ifo=rk ij cy fn;k x;k gA tu ijeijk e ; l fi bu pkj 'kCnk dk
mYy[k rk ugh feyrk] fdUr ukekurj l vkpkj vkj pkfj= dh 'k)rk ij
fo'kn foopu fd;k x;k gA ofnd vkj tu ijEijk e vud ofHku; d gku
ij Hkh vkRek dk vlLrRo vkj mld fodkl] mld Å/oxfr d fy, vkpkj
dh ifo=rk dk ,dek= dkj.k ekuk x;k gA fu"d" k : i e dgk tk l drk
g fd vkpkj dk vf/kdkjh gku d i'pkr ;koTthou vkpkj dk vu"Bku
djuk pkfg,A ble tu vkj ofnd ijEijk e dkb Hkh erHkn ugh gA

mifu"knùkj dlfyd vkpj

ofnd ILdfr u vudrk e ,drk LFkkfir dj d thou dh fofHkUu /kkjkvk dk ,d gh egk.ko e fuefTtr dju dk egkure i;Ru fd;k gA mifu"knk u ftl ILdfr dk tÙe fn;k mldh egkurk ;gh g fd mle leLr ekuork d fy; leku:i l J; vkj fgr dh 0;oLFkk dh x;h gA n'k&dKy rFkk ijEijk dh nf"V l fofHkUu jk"Vk d vkpkj fopkj e fHkUurk gkrh g] fdUr rÙor% lEi.k ekuork d fopkj dk ey mnxe rFkk i;olku ,d gh y{; e fufgr gkrk gA ftl idkj fHkUu&fHkUu ekxk l iokfgr gkrh g;h ufn;k len e igpdj ,ded gk tkrh g] mlh idkj lnpkj d Hkh vud ekx gA lHkh ekuo viu&viu fo'okl vkj jhfr fjokt d vulkj vkpj.k dk ikyu djr g] fdUr lHkh dk y{; ,d gh jgrk g] og g vkRe 'kf)A dBkifu"kn e dgk g&

;nk lo ifHk|Ur ân;L;g xUFk;%A

vFk eR;k-erk HkoR;rko);u'kk lueAA¹⁰²

ftl le; bl thou e eu"; d lEi.k Øk/k] eku] ek;k] ykHk dh xUFk;k dk Nnu gk tkrk g] mlh le; ;g ej.k /kek vej gk tkrk gA vPN vkpj.k dk iklr0; ;gh gA ekuo d /ke de vkj lnpkj dk lkj ;gh gA lHkh /kek vkj 'kkL=k dk ;gh vkn'k Hkh gA lnpkj d ikyu l ,gykfdd rFkk ikjykfdd dY;k.k dh ikflr gkrh gA fo'o e dkb Hkh ,lk lEink; ugh g ftle lnpkj dk vuikn; ekuk tkrk gk&pkg og lEink; tu gk] ck) gk] fID[k gk] ikj lH gk] blkb gk] ;k eflye vkfn tk Hkh gA lnpkj dh vkn'k:i l ik;% lo= vf/kekU;r k gA og vkpj ;k ioFk tk ekuo dk rel l T;kfr dh vkj] eR; l ver dh vkj vkj l lkj l cã dh vkj xeu dju e ed ijd gk] lnpkj gA "kMx on] mifu"kn Lefr;k] ijk.k] tukxe] f=fiVd] ckbfcy] ,o djku vkfn fo'o d leLr xUFk lnpkj dh f'k{kk nr g vkj rf}ijhr dnpkj ;k njkpj dk ifjR;kT; crykr gA vijk ,o ijk folkvk }kjk Hkh lnpj.k dk fun'k gA vijk folk ;Kku"Bku vkfn fofgr fØ;k dykik d }kjk lx.k ije'oj ;k Loxkfn i.;ykd dh ikflr e lgkf;dk g] vkj ijk folk&mifu"kn] xhrk vkfn fux.k] fujtu] v{kjrÙo d lkFk l;kx dj k nrh gA /ke vkj lnpkj nkuk ,d nlj d lekukFkh gA eu d vulkj /ke d ikyu l Jkr&Lekr /ke dk ikyu Lo;eo gk tkrk g vkj Jfr] Lefr vkfn lPNkL=k e fu".kkr gku ij Hkh ;fn eu"; 0;ogkjr% lnpkj h ugh g rk vK gh gA Lefr;k] l=xUFk] ijk.kk] jkek;.k vkj egkHkjr vkfn xUFk e ftl vkpj dk foopu fd;k x;k g] og vkpj onk vkj mifu"knk e l=:i l lekfgr gA dkykUrj e tc on dh Hkk"kk dk le>uk furkur n:g gk x;k] rc

Ih/kh I knh ckyppy dh Hkk"kk e on vkj mifu"knk d jgL;k dk ifriknu
_f"i;k u Lefr;k rFkk ijk.kk e I I kj d midkj d fy, fd;kA vr% Lefr
rFkk ijk.k ifrikfnr fl)kUr onk d gh ekuuh; fl)kUr gA

Lefr;k dk ie[k fl)kUr g&vkpkj 'kkL= dh f'k{kkA vkpkj D;k g]
bl I ECU/k e Lefr;k e dgk x;k g&

vkpkj ijk /ke JR;Dr% Lefr ,o pa

rLeknfLeUlnk ;Drk fuR; L;knkReokfu}tAA

onk rFkk Lefr;k e dgk x;k vkpkj gh J"B /ke gA
vkRefgrkfHky"kh ekuo dk ble i;Ruoku gkuk pkfg,A ;kKoYD;Lefr e
dgk x;k g&

Jfr% Lefr% Inpkj% LoL; p fi;ekReuAA

IE;DI dYi t% dkek /keeyfen LereAA

Jfr %on%] Lefr %/ke'kkL=%] Inpkj %f'k"V i#"kk dk vkpkj%] viu
vkRekk dk fi; dk; rFkk mfpr IdYi I mRiUu dke %bPNk%] ;g /ke dk
ey ekuk x;k gA

eu";k dk Ink gh vkpkj dk ikyu vkj njkpkj dk ifjR;kx djuk
pkfg,A vkpkjghu njkpkjh ik.kh dk u bl ykd e dY;k.k gkrk g] u
ijyk d eA Inpkj:i o{k pkjk i#"kkFkk dk nu okyk gA /ke mldh tM]
vFk mldh 'kk[kk] dkeHkkx mldk i"i vkj ek{k mldk Qy gA

Lefr;k e "kVthofudk;k dk o.ku

Lefr;k e "kVthofudk;k dk o.ku iklr gkrk gA vkReKku d fy;
vko';d g fd eu"; iFoh] ty] rt] ok;] ouLifr vkj =ldkf;d thok
d vflrRo dk Lohdkj djA Hkxoku egkohj u fuok.k ikflr d fy; iFke
Hkfedk vkReKku dk ekuk] D;kfd vkRek gh ugh rk fQj n%[k I eDr gh
dku gkxkA mUgku dgk&^,d vkRek dk tkuk] ml vkRek dk tkuu I gh
lc dN tkuk tk ldrk gA Hkxoku egkohj u vkReKku dk bruk vx
c<k;k fd mudk lo= iFoh] ikuh] ok;] vfxu] ouLifr vkfn e tho gh
utj vk;A gekjh iofUk ,lh gkuh pkfg, fd ftll nljk thok dk ihMk u
igp] D;kfd gekjh rjg lHkh tho l[k pkgr gA vfglk d ihN egkohj
dh vkRekiE; nf"V jgh gA Hkxoku egkohj u l{e:i I n[kk g] lc thok
d ifr l;e j[kuk vfglk gA tukxek dk vkpkj 'kkL=h; nf"Vdk.k vfglk
ij voyfEcr gA

Lefr;k e de d vulkj tUe vkj tUe d vulkj de d
vk/kkj ij LFkkoy rFkk txe ikf.k;k dh lf"V g;h gA LFkkoy ikf.k;k e o
tho vkr g ftudh pruk v0;Dr gkrh g vkj txe ikf.k;k e mu thok

dh x.kuk gkrh g ftle gyu&pyu dh fØ;k; gkrh gA bu thok e xHk
 l mRiUu gku oky thok dk tjk;t dgr g] v.M l mRiUu gku oky
 thok dk v.Mt dgr g] t l i{kh} li vkfn] ilhu l mRiUu gku oky
 thok dk Lont dgr g] cht rFkk 'kk[kk l yxu oky yrk rFkk o{k vkfn
 LFkkoj tho mfnHkt gA iotUe d dek d dkj.k vR;f/kd reX.k l ;Dr
 ; o{k vkfn vUr'prukoky rFkk l [k&n][k l ;Dr g&vUr%IKk HkoUR;r
 l [kn%[k l eflorkA

leLr tholegk d tUe rFkk eR;] dÙko;kdÙko; fu'p; rFkk
 vkpkjk dk o.ku Lefr;k e gA bl idkj tuksek rFkk Lefr;k e
 "kVthofudk;k dk o.ku gA ; lHkh prU gA blfy, Kku lEiUu ekuo dk
 budh fg l k ugh djuh pkfg,A

pkro.; mRifùk

Xon d i#"k lDr e fojkV i#"k d e[k l ckã.k] nkuk Hktkvk
 l {kf=;} t?kkvk l o';] vkj ijk l 'kn dh mRifùk dk mYy[k feyrk gA
 ; ton e Hkh ,rle mYy[k gvk gA blh idkj Jhen HkxonxhRk e
 Hkxoku Jhd".k dk dFku g fd x.k vkj de d foHkk tu d vk/kkj ij ej
 }kjk pkjk o.kk dh lF"V gb gA bu pkjk o.kk ckã.k] {kf=;} o'; vkj 'kn
 d LoHkko l mRiUu x.kk d vulkj bud dÙko; dek dk foHkx fd;k x;k
 gA

euLefr e vk[;kr g fd c°ek u viu e[k] ck] t?kk vkj ijk l
 pkro.; dh lF"V djd mud fy, iFkd&iFkd de Hkh fu/kkfr dj fn;A
 euLefr e Li"V:i l ;g mYy[k g fd ;g 0;oLFkk ykd e lkekftd
 0;oLFkk d vk/kkj ij dh x;h&

ykdruk r foo);Fk e[kckg#iknr%A

ckã.k {kf=; o'; 'kn p fujor;RAA

;kKoYD;Lefr e Hkh ckã.k] {kf=;} o'; vkj 'kn d mRifùk Øe
 dk ,lk gh mYy[k feyrk gA egkHkkjr 'kkfuriO e Hkh pkro.; Lo:i
 fu:fir fd;k x;k gA JhenHkxxor e fojkVi#"k d e[k] ck] m: rFkk
 iknk l pkjk o.kk vkj vkJek dh mRifùk gku dk mYy[k gvk gA ijk.kk e
 Hkh mDr pkjk o.kk dk ije i#"k l mRifùk vkj viu&viu onkDr de
 djd ije xfr iklr dju dk mYy[k gvk gA

o.k 0;oLFkk dk ey dkj.k

Hkkjr; /e'kkL=k e fojkV i#"k d vxk l o.kk dh mRifùk
 ifjdfYir dh x;h gA e[k Hkk tu xg.k djd mnj rd igpkrk g] eflr"d
 Hkh blh l tMk gvk g] tk 'kjh dh fØ;kvk dk ijd vkj fu;U=d gA
 bl egÙoi.k Hkx l ckã.k ox dh mRifùk crkb x;h gA rnudy gh

mud de fu/kkfjr fd; x; gA Hk tkvk l {kf=; k dh mRifÜk dgh x; h gA Hk tk; 'kjhj j{kk dk dk; djr h g] {kf=; d fy, j{kk de fu/kkfjr fd; k x; k gA t?kk] 'kjhj d e/; Hkx mnj l lEiDr gA mnj Hkktu ipkdj 'kjhj dk ik" k.k djr k gA 'kjhj d bl e/; Hkx l o'; dh mRifÜk gb gA o'; dk de df" k] okf.kT; vkfn }kjk lekt dk vkfFkd vk/kkj inku djuk dgk x; k gA ikn 'kjhj dk vk/kkj gA ;g 'kjhj dk xfr inku djr k gA bul 'kn dh mRifÜk dgh x; h gA 'kn viu lok de }kjk vU; o.kk dk lg; kx djd mud dk; dk xfr inku djr gA

bl idkj tl 'kjhj d mi; Dr pkj vx viuuk dk; lEikfnr djr g, 'kjhj dk lpk# : i l lpkfyr cuk; j[kr g mlh idkj pkro.; Hkh lekt : i 'kjhj d pkj vxk dh Hkkr viuuk dk; djr g; ml LoLFk l lxfBr ,o lO; ofLFkr cuk; j[ku e lg; kx inku djr gA euLeFr e ^ykdkuk r foo); Fk e[kckg: iknr" l ;g ckr Li"V gA fd l h dk Äpk ;k uhp fn[kku d fy, ;g O; oLFkk ugh FkhA Äpk ;k uhp eu"; viu de vkj fopkj l gkr k gA /ke" kL= ,o ijk.kkDr pkro.; foHkktu eyr" l ekftd O; oLFkk dk fo/kk; d gA pkj o.k viu&viu vrpj.kk l ,d nlj dk vuxghr djr gA bl idkj ijLij lg; kx ,o l nHkhouk l jgu ij l ekftd e; knk ,o O; oLFkk cuh jgr h gA l ekftd O; oLFkk d ikou mí'; l gh o.k foHkktu fd; k x; k Fk g Li"V gkr k gA

pkro.; vkpkj

eu u o.k&foHkktu dk mí'; ykd foLrkj crk; k gA bl ykd foof) d mí'; l foHkktftr pkj o.kk e ckã.k dk e[k blfy, dgk x; k g fd og lekt e fo|k vkj Kku dh O; oLFkk dj] tk fd e[k fufgr ok.kh dk /ke gA ofnd ;x e ckã.k dk fo|k l fo" k" l EcU/k FkhA euLeFr e dgk x; k g i<kuk] i<uk] ;K djuk] djuk] nku nuk vkj yuk ckã.kk dk de gA /ke" kL=k e ikphu xkre /kel= e l Hkh o.kk d dÜkO; k ,o vrpj.kk dk fu/kkj.k fd; k x; k gA l= l kfgR; e f} tkfr; k ckã.k] {kf=;] o'; rhuk o.kk dk onk/; ;u] nku ,o ;K dju dk vf/kdkj fn; k x; k gA fdUr onk/; ;u] ;K djuk] nku yuk ckã.kk d fo" k" dÜkO; dg x, gA euLeFr e dgk x; k g ^ckã.kk e fo}ku J"B g] fo}kuk e "kkL=kDr drO; cf) j[ku okyk J"B g] bue Hkh "kkL=kDr drO; vrpj.k dju okyk J"B g vkj mue Hkh cãKkuh ckã.k vf/kd J"B gA JhenHkxonxhrc e Hkxoku Jhd".k u vtU l pkj o.kk dk dFku fd; k gA ckã.k de dk ifriknu djr g, Jhd".k dgr g&"ke] nej ri] "kkp] {kkfUr] vkto] Kku] foKku vkj vkfLrdrk ; ckã.k d LokHkxfod de gA¹⁰³ JhenHkxor e Hkh ckã.kk d ;gh de dg x, gA ijk.kk e Hkh blh idkj ckã.kk d dÜkO; k dk o.ku fd; k x; k gA gfjo" ijk.k e ckã.k dk ^"kVdefujr" vFkr Ng dek dk

dju oky^k dgk x;^k gA bu Ng dek e v/; ;u djuk] ;K djuk ,o nku
 nuk ckã.k d l kFk&l kFk {kf=; ,o o'; d Hkh de gA xgLFk ckã.kk d
 fy, on i<kuk] ;K djuk vkj nku xg.k djuk ; rhu ofÜk; k
 ¼ thfodkiktude½ fu/kkfjr fd, x, gA euLefr e pkjk o.kk e ckã.k dk
 loJ"B crk; k x; k gA euLefr e dgk x; k g&ckã.k gh iFoh ij loJ"B
 ekuk tkrk g D; kfd og /ke dh j{kk d fy, gkrk gA iFoh ij tk dN Hkh
 g og lc ckã.k dk gA ckã.k viuk gh [kkrk g] viuk gh igurk g]
 viuk gh nku djrk g rFkk nlj 0; fDr ckã.k dh n; k l lcdk Hkx djr
 gA

bl idkj /ke'kkL=k e ckã.k dk loJ"B dgdj ckã.k d egÜo
 dk ifriknu fd; k x; k g] fdUr ogh ckã.k iT; vkj nku xg.k dju dk
 vf/kdkjh g tk on 'kkL= dk Kkrk gA ifrxg d ik= ckã.kk d fo"k; e
 /ke'kkL=k e cgn foopu miyC/k gkrk gA egkRek eu u rk ;gk rd dg
 fn; k g fd ^nku yu dh lkeF; gku ij Hkh tgr rd gk ld nku xg.k
 dju l cp] D; kfd nku yu ij ckã.k dk rt 'kh?k de gk tkrk gA
 ifrxgeU=] /ke; Drfof/k dk fcuk tku ckã.k dk dHkh Hkh nku Lohdkj ugh
 djuk pkfg, A lo.k] Hkfe] ?kkMk] xk] vUu] oL=] fry vkj ?kh dk nku yrk
 gvk e[k ckã.k vfXu l dk"B d leku HkLe gk tkrk gA¹⁰⁴ ri vkj fo|k
 l ghu tk ckã.k nku yuk pkgrk g og ftl idkj ikuh e iRFk dh uko
 l rjrk gvk 0; fDr ml uko d l kFk gh Mc tkrk g mlh idkj e[knku
 yu oky^k rFkk nkudÜkk nkuk ujd e Mc tkr gA¹⁰⁵ bl idkj Lefr; k e
 tgr ;kX; vkj fo}ku ckã.kk dh i'k l k dh x; h g] ogh v; kX; vkj
 'kkL=Kku l jfgr ckã.k dh fuUnk Hkh dh x; h gA ckã.kk dk thou
 lknxh vkj fu/kurk dk FkkA mudk viu fuokg ek= d fy, gh vUu ku
 lp; dju dh vuefr FkhA onk/; ;u vkj ikjkfgR; mudh vk thfodk d
 l k/ku FkA ckã.k viu pkfj= d dkj.k iT; FkkA euLefr e dgk x; k g&

,rí'kilrl; ldk'kknxtUeu%A

Lo Lo pfj= f'k{kjUifk0; k loekuokAA¹⁰⁶

iFoh ij mRiUu l Hkh ekuo pfj= dh f'k{kk bl n'k e mRiUu
 ckã.kk l xg.k dja euLefr dk ;g mn?kk" k vkpkj lEiUu ckã.kk d
 fo"k; e gA egkHkkjr d ouio e dgk x; k g&^tk ftrfUn;]
 /keijk;.k] Lok/; k; rRij vkj ifo= g rFkk dke vkj Øk/k ftud o'k e g]
 nork ykx ckã.k mUg gh ekur gA ;f/kf"Bj }kjk ckã.kk d y{k.k iN
 tku ij Hkh"e dgr g fd eu ,o bfUn; k dk l; e j[ku oky^k] lke; kx
 djkdj lkejl ihu oky^k] lnkpjkjh] n; ky] fu"dkel l jy] en] Øjrk jfgr
 ,o {kek'khy g ogh ckã.k dgyku ;kX; gA egkHkkjr e lnkpj gh

ckã.kÙo dk ey fu.khr fd;k x;k g] vkpkj l gh ckã.kRo ifrf"Br gkrk
gA

{kf=;k dh mRifÙk fojkVi#"k dh Hktkvk l ekuh tkrh gA Hktk,
cy ,o 'kk; dh irhd gA vr% {kf=;k e rnxr x.kk dk ik/kkU; jgrk gA
xkre d vulkj v/;;u vkfn rhu lkekU; vkpkjk d vfrfjDr {kf=; dk
fof'k"V /ke leLr ikf.k;k dh j{kk djuk gA vkirEHk v/;;u; ;tu vkj
nku bu rhuk d lkFk&lkFk n.M nuk ,o ;) djuk ; de {kf=; d
vf/kd crk; gA euLefr e dgk x;k g ^itk dh j{kk djuk] nku nuk] ;K
djuk] i<uk] fo"n;k e vk l fDr u j[kuk vkfn de {kf=;k d fy, fu/kkfjr
fd; x, gA egkHkkjr e {kf=;kfpr vkpj.k dk fun'k djr g; dgk x;k
g ;) e viu 'kjhj dh vkgfr nuk] leLr ikf.k;k ij n;k djuk] ykd
0;ogkj dk Kku] itk dh j{kk djuk fo"knxLr ,o ihfMr eu";k dk d"V
l NMkuk {kk=/ke gA xhrk e {kk=/ke d ckj e dgk x;k g&

'kk; rtk /kfrnk{; ;) pkl;iyk;ueA

nkueh'ojHkko'p {kk= de LoekoteAA¹⁰⁷

'kjoHjrk] rt] /k;] prjrk vkj ;) l iyk;u u djuk] nku nuk
vkj LokfeHkko {kf=; d LokHkkfod de gA JhenHkkxor e Hkh {kf=;kfpr
vkpj.k dk xhrkDr opu Lohdr gA

o';k dh mRifÙk fojkV i#"k d t?k l ekuh tkrh gA ft l idkj
t?kk, lkj 'kjhj dk Fkke jgrh g vkj mud fgyu Myu l 'kjhj e jDr
dk lpkj gkrk g] mlh idkj o';ox Hkh lekt dk lpkyd ,o thoj{k d
Fkka xkre u o'; dh ofÙk gr df"q] 0;kikj] i'kikyu vkj C;kt l iklr
/ku gh vk/kkj crk;k gA Lefr;k e i'kvk dh j{kk djuk] nku nuk] ;K
djuk] i<uk 0;kikj djuk] C;kt yuk vkj [krh djuk o'; dk de dgk
x;k gA ikjk'kj Lefr e dgk x;k g&

ykhkde rFkk jRu xok p ifjikyueA

df"kde p okf.kT; o';ofÙk :nkgrkAA¹⁰⁸

xhrk e ^df"q] xkikyu vkj Ø;foØ; :i lR; 0;ogkj dk o'; dk
LokHkkfod de dgk x;k gA egkHkkjr] JhenHkkxor vkfn xUFkk e Hkh blh
idkj d de o';k d fy, dg x, gA Kku foKku d pjekRd"n d fy,
ckã.k dk] j{kk ,o ikyu d fy, {kf=; dk tk egÙo g] ogh egÙo ln<
vkfFkd vk/kkj inku dju d dkj.k o'; dk gA gfjo'k ijk.k e o';k d

fy, ^J"B* 'kCn fo'k'k.k:i e i;Dr gvk gA ^J"B* 'kCn dk viHk*k ^lB*
gh ykd 0;ogkj e o';k d fy; vkt Hkh i;kx fd;k tkrk gA

ikphu /ke'kkL=k e 'kn dk dÜk0; f}tk dh 'kJ"kk djuk ,o mul
viuh thfodk iklr djuk of.kr gA xkre _f"u dgk g fd 'kn viu l
mPp o.kk dh lok dj ,o lok dj d mUgh l thfodk dh bPNk j[kA rhu
o.kk e l e[;r% ckã.k dh lok dj] ,lk lEHko u gku ij {kf=; dh lok
dj] vU;Fkk o'; dh lok dj] ;gh 'kn dk vkpkj gA vkpk; eu u lok
dk; dk gh 'knk dk de crk;k gA¹⁰⁹ JhenHkkxor e dgk x;k g fd mPp
o.kk d lkeu foue jguk] ifo=rk] Lokeh dh fu"diV lok] ofnd eU=k l
jfr ;K] pkjh u djuk] lR; rFkk xk ckã.kk dh j{kk djuk 'kn d de
gA

bl idkj pkro.; foHkktu lkekftd 0;oLFkk d fy, fd;k x;k
FkKA lHkh o.kk d dek dk Hkh iFkd&iFkd dj fn;k x;k FkKA lHkh o.kk d
yKx viu dÜk0; de dk dj rk lekt vkj jk"V dh mUufr fuLlUng gk
l drh gA

nk"K;Dr gku ij Hkh lgt de dk ugh R;kxuk pkfg,A u rk dkb
de NkVk g vkj u rk dkb o.k NkVk gA lHkh dek vkj o.kk dk viuk
egÜo gA ifrrikouh xxk Hkxoku fo".k d pj.kdey l fudydj 'kdj
th dk f'kjHk"K.k cu x;h vkj ogk l fudydj bl /kjk/kke ij l/kk /kkjk
dh Hkkfr furfujUrj iokfr gk jgh gA ij ;lfi 'kjhjkx g rFkfi flj dh
vi{kk mldk egÜo de ugh gA itu d volj ij ij dh itk gkrh g u
fd fdlh d flj dhA ftl idkj 'kjhj d lkj vx 'kjhj dk l0;oLFkr
vkj lrfyr cuku e mi;kxh g mlh idkj pkjk o.k ekuo lekt dk ln<
vkj 0;oLFkr cuku e furkUr mi;kxh gA

o.k0;oLFkk tUe l ekuh tk; ;k de l bl lEcu/k e ofnd rFkk
tu ijEijk dk er ofHku; gA o.k 0;oLFkk dk tUeuk vLohdkj djr g;
tukxek e de d vk/kkj ij ml Lohdkj fd;k x;k gA tukxek dk Li"V
mn?kk"K g fd ^de l gh dkb ckã.k gkrk g vkj de l gh {kf=;A de l
gh eu"; o'; gkrk g vkj de l 'knA doy flj eMk yu l dkb Je.k
ugh gkrk vkj u vkdkj dk tki dju ek= l ckã.k gkrk g] vj.; e
fuokl dju ek= l gh dkb efu ugh gkrk vkj u d'kfufur phoj /kkj.k
dju l dkb rkil gkrk gA lEHko /kkj.k dju l Je.k gkrk g] cãp;
ikyu l ckã.k gkrk g] Kku iklr dju l efu gkrk g vkj ri'pj.k dju
l rkil gkrk gA bu dek l tk ifji.k gkrk g rFkk lo fgl kRed dek
l foeDr gkrk g og ckã.k gkrk gA x.k lEiUu f}tkÜke gh viuk vkj

nljk dk m)kj dju e leFk gkrk gA¹¹⁰ Hkxoku egkohj }kjk ifrikfnr
tu /ke fo'k) vkpkj rUo l lefUor gA mUgku Li"V:i l ckã.kk d
;K;kxkfn dk fojk/k djr g, dgk g fd ^g ckã.kk vfXu dk lekJEHk dj
vkj ty eTtu dj cká 'kf) d }kjk vUr% 'kf) D;k djr gk\ tk ekx
doy cká 'kf) dk g ml d'ky i#"kk u b"V ugh cryk;k gA bl idkj
ck°; 'kf) ,o dedk.M dk fujFkd crkdj mUgku fo'k) vkpj.k dh
ifr"Bk ij cy fn;kA ^riL;k T;kfr gj vkRek T;kfrLFkku gj ;kx vFkr
eu] opu vkj dk;k dh 'kHk iofÜk;k dMfN;k gj 'kjhj vfXu inhlr dju
d d.M gj de bu/ku gj l;e d ;kx 'kkfUrikB gA /ke tyk'k; gj
cãp; 'kkfUrrrhFk gj vkRek dh ilUu y';k fuey ?kkV gj tgg Luku dj
vkRek fo'k) gkrk gA _f"K;k d fy, i'kLr thoki?kkrjfggr gkei/kku ;K
gh vkpj.kh; gA¹¹¹ bl vk/;kfrEd nf"V l gh Hkxoku egkohj u viu le;
e ifl)] ckã.k] ;fr] fhk{k] tVh] e.Mh] ;K] tkfr] rhFkLFkku vkfn 'kCnk d
tk vFk turk e ipfyr Fk] mudk cny fn;kA mUgku mUgh 'kCnk dk
vk/;kfrEd nf"Vdk.k l u;k vFk fd;kA ,d pk.Mky tkfr dk tu fhk{k
ckã.kk d ;K e fhk{kFk tkdj mudk ;K dk vk/;kfrEd vFk le>ku e
lQy gkrk gA tc ck°e.kk u dgk fd ckã.k gh nku dk lik= g rk
rjUr gh pk.Mky Je.k mÜkj nrk g fd Bid gj yfdu D;k tk Øk/kh g
ifjxgh gj >B gj pkj gj vc°epkjh gj o ckã.k g ;k tk bu ddR;k l
fojr gj D;k o ckã.k g\ vkxek e lPp ckã.k vkj mud vkpkj d ckj
e dgk x;k g&tk ykd e vfXu d leku lnk ituh; gj tk fi; vkj
vfi; e vuklDr gj tk jkx] }"k vkj Hk; l jfgr gj tk lor vkj 'kkUr
fpÜk gj tk =l vkj LFkkoj thok dk lE;d idkj l tkudj eu] opu
vkj dk;k l mudh fglk ugh djrk] tk Øk/k] gkL;] ykHk&Hk; l vLR;
Hkk"K.k ugh djrk] tk lfpÜk] vfpÜk vkj fcuk fn; oLr dk xg.k ugh
djrk] tk noj eu"; vkj fr;´p lEcu/kh eFku dk eu opu vkj dk;k e
lou ugh djrk] tk dkeHkkxk l fylr ugh jgrk ogh lPpk ck°e.k gA
ckã.k doy on i<u ,o ;K dju ;k tikfn dju ek= l ugh gkrk gA
ckã.k dh igpku {kek] nku] n;k] /;ku] lR;] 'kkp] /k;] Kku foKku vkj
vkfLrD; l gkrh gA blh idkj 'kj.kkxr j{k.k :i x.k l {kf=; gkrk gj
{kf=; dy e mRiUu gku ek= l ;k 'kL= ck/ku ek= l dkb {kf=; ugh
dgykrk gA o'; Hkh df"K i'kikyü okf.kT; vkfn fØ;k l dgykrk gj u
fd tUe lA

ofnd ijEijk e pkjk o.kk dh vo/kkj.kk cM foLrkj l ifrikfnr
dh x;h gA ;g o.k 0;oLFkk tUe d vk/kkj ij gh dgh x;h g u fd de
d vk/kkj iJA euLefr e dgk x;k g fd ykd of) d fy, c°ek u e[k]
ckg] m: vkj ij l pkjk o.kk dh Øe'kH l f"V dhA ;g Øe l f"V d

vkfndky l v|kof/k fujUvj ,d:i l py jgk gA ;gk ;g 'kdk ugh dh
tk ldrh fd cãk d e[kkfn vxk l ckã.kkfnd o.kk dh mRifÜk dI
lEHko g\ D;kfd cãk dh v?kFvr?kVukiVh; l h 'kfDr l lc dN lEHko gA

bl idkj o.k 0;oLFkk dk ifriknu tUe d vk/kkj ij gh fd;k
x;k gA de d vk/kkj ij o.k0;oLFkk ekuu ij cMh folxfr;k gk ldrh
gA eu"; viu thfodk fuokg d fy, viuh ifjfevr thoukof/k e vud
de djrk gA , l h fLFkr e mldk o.k fujUvj cnyrk gh jgxkA og fd l h
,d o.k dk fuf'pr : i l ugh dgk tk ldrkA ,d gh 0;fDr tc rd
v/;;u : ih dk; djxk rk ckã.k dgk tk,xk vkj ogh tc df" de
djxk rk og o'; gk tk,xA bl idkj de l o.k0;oLFkk ekuu ij
o.klkd; dh vuHkh"V vkifÜk gku yxxhA tkfr ;k o.k dk lEcU/k tUe l
g u fd de lA de rk doy mRd"kkid"kk/kk;d gkrk gA cdjh rhu fdyk
n/k nu l Hkl ugh dgh tk ldrh] blh idkj ,d iko n/k nu l Hkl
cdjh ugh gk ldrhA mud dek u mUg mRd"V ;k vid"V vo'; cuk;k
fdUr o o.k d i;ktd ugh g;A Hkl] Hkl gh jgh vkj cdjh] cdjh gh
jghA

tUe e de dkj.k vo'; gkrk g] fdUr og ikDru tUe dk de
gkrk g ftl ikj0/k dgk tkrk g vkj mlh d vk/kkj ij eu"; dk tUe
uhp ;k mPp dy e gkrk gA ;g ckr tu vkj ofnd nkuk ijEijvk e
ekU; gA mifu"knk e dgk x;k g fd je.kh; vkpj.k dju oky vPNh ;kfu
e tUe yr g vkj cjk vkpj.k dju oky uhp ;kfu e tUe yr gA

^tUe lLdkjKH;k oLrflf)* fdlh oLr dh fu"ifÜk u doy tUe l
gkrh g] vfir mld fy; lLdkj dh Hkh vfuok;rk gA [kku l fudyk
gvk lkuk fcuk lLdkj d pedrk ughA blh idkj f}tkfr e tUe yu
okyk 0;fDr ;fn lLdkjghu g rk og viu tkfr mRd"K dk iklr ugh dj
ldrkA ckã.kRo d fy, 'kkL=k/;;u] riL;k vkj tkfr e tUe bu rhuk
dk gkuk vko';d gA tk ckã.k rikghu g] 'kkL=Kku"ku; g og tkr;k
ckã.k dgykr g, Hkh mRd"V ckã.k ugh dgk tk ldrkA blfy, 0;fDr
d ifj"dkj d fy, 'kkL=k/;;u vkj vkpkj dh egÜkk 'kkL=k e ifrikfvr
dh x;h gA tUeuk o.k 0;oLFkk dk ofnd ijEijk e ifr"Bkfir djr g;
mud ikjLifjd Lug vkj lkgkn dh ckr Lefr;k e dgh x;h gA bl
lUnHk e ;kKoYD;Lefr dk ;g 'yk d /;kr0; g&

fo|kde o;kcU/k foUkeU;k ;FkkØeeA

,r% iHkr% 'knk-fi ok/kd ekuegfrAA¹¹²

fo|k] de] voLFkk] cu/k rFkk /ku l ;DRk 0;fDr&Øekul kj
vknj.kh; gkrk g vkj bu lcl ;k ,d l Hkh ;Dr o) 'kn Hkh vknj.kh;
gkrk gA ;gk 'kn d ifr tk vknj dh Hkkouk 0;Dr dh x;h g og pkro.;
d ikjLifjd lkgkn dk gh 0;Dr dj jgh gA

vkJe0;oLFkk vkj mldk vkpkj

vkifu"knfnd vkpkj d vUrxr ftl idkj o.kk d vulkj
iFkd&iFkd vkpkj dk foHkkttu fd;k x;k g mlh idkj lkekftd 0;oLFkk
dk i"V dju d fy, vkJe 0;oLFkk dk Hkh fo/kku fd;k x;k gA
vkJe0;oLFkk Hkkjrh; _f"%;k }kjk fufer og J"B lkekftd 0;oLFkk g
ftld }kjk ekuo thou ifji.krk dh vkj vxlj gkrk gA lk o" d
thou dk viu i/kku y{; fuJ; l dh ikflr dh vkj vxlj djku d fy;
Hkkjrh; euhf"%;k u pkj Hkkxk e foHkDr fd;kA bl foHkkttu e iR;d d
dUk0;k dk bl idkj fu/kkj.k fd;k x;k fd ekuo vH;n; ,o fuJ; l
nkuk dh ikflr dj ld ,o /ke dh ifjHkk"kk dk viu thou e mrkj l dA

ekuo viuh o;fDr d mUufr d lFk&lFk jk"V rFkk lekt dh
mUufr dh fn'kk e vxlj gkrk jg] bl gr leLr ekuo thou dk pkj
Hkkxk e foHkkfttr fd;k x;k g&

căpkjh xgLFk'p okuiLFkk ;frLrFkA

,r xgLFkiHkok'pRokj% iFkxkJeKAA¹¹³

căp;] xgLFk] okuiLFk vkj ;fr ¼ lU;k l½ ; pkj vkJe gA ;
pkjk vkJe ikdfrd&rffUod /kek ij vk/kkfjr gA eu"; d Hkhrj tk
ikdfrd 'kfDr fojeku g voLFkkul kj mle ifjoru vkj fodkl gkrk
jgrk gA eu"; e idr : i l fojeku de vkj Kku d mi;kx d fy,
Hkkjrh; _f"%;k ,o /kepk;k u f"%;k} vH;k l rFkk vU; fu;e fu/kkfjr dj
eu";k dk lklfjd fo"%; Hkkxk ij fot; iklr dju rFkk mPprj fn'kk e
y tku d fy, vkJe /ke dh 0;oLFkk dhA

vkJekpkj dk foopu

o.kkJe 0;oLFkk ofnd dkyhu g] onk vkj mifu"knk e l=:i l
0;kâr ;g 0;oLFkk dkyUurj e lekt e 0;ofLFkr : i l n< gk x;hA
mifu"knk d ,d vk[;ku l Kkr gkrk g fd _f"%;kKoYD; u xgLFk /ke
d i'pkr lU;k l kJe e io'k dju dh eU=.kk viuh Hkk;k l dh FkA ;g
vko';d ugh Fkk fd dkb Øe'k bu vkJek dk ikyu djA ofl"B d
erkul kj eu"; căp; vkJe d i'pkr ifjoktd /ke xg.k dj l drk gA

vkJe0;oLFkk doy f}tkfr;k d fy, gh FkhA 'knk d fy; ,dek=
xgLFkkJe gh FkkA

cãp;kJe

cãp;vkJe vkpkj dk iFke lkiku gA cã fo|k rt vkj b'oj
dk |krd gA vr% fo|k/;;u] rtfLork] vkj b'ojkikluk d fy; thou d
iFke pj.k e ft l or dk /kkj.k fd;k tkrk g] mlh dk cãp; dgr gA
Hkkjrh; /ke'kkL=k e eu] opu ,o de l] lHkh voLFkkvk e] lodky e]
'eFku* dk ifjR;kx gh ^cãp;* dgk x;k gA cãp; vkJe miu;u lLdkj
l ikjEHk gkrk gA miu;u dk vFk g %vkpk; d% lehi %mi% y tkuk
%u;u% vFkok og lLdkj ftld }kjk cãpkjh dk vkpk; d lehi y tk;k
tk;A ;g thou d fuek.k vkj fo|k/;;u dh voLFkk gA cãp; dk
vkpj.k dju oky cãpkjh d vkpj.k d ckj e JhenHkkxor e dgk x;k
g fd cãpkjh x#dyokl dj bfün;k dk o'k e j[k] vkpk; d pj.kk e
ln< vujkx j[kA lk;dky vkj ikr%dky] x#] vfXu] l; dh mikluk dj]
x# d vu'kklu e jgdj onk dk Lok/;;k; dj] 'kkL= dh vkKk d vulkj
e[kyk] expe] oL= tVkj n.M] de.My] ;Kkiohr rFkk gkFk e d'k /kkj.k
dj] viu 'khy dh j{kk dj] L=h fo"k;d ppk l foyx jgA bu dek d
vkpj.k l cãpkjh cã dh vuHkfr iklr djrk gA

thou :ih Hkou dh uho gku d dkj.k cãp; vkJe dk cMk
egÙo gA thou ;k=k ij pyu l io r;kjh blh vkJe l dh tkrh gA
thou Hkj d fy; 'kFDr dk lp;] Kku dk lp; ekuo cãp; vkJe e gh
dj yrk FkkA cãpkjh i'kkUrfpÙk] fuHk;] eu dk o'k e j[ku okyk vkj
b'oj e /;u yxku okyk gkrk gA

xgLFkkJe

cãp; vkJe e LokLF;] pfj= ,o ckf)d ifjiDork iklr dj yu
d ckn c°epkjh dk xgLFk vkJe e io'k djuk pkfg;A euLeFr e dgk
x;k g fd cãpkjh dk pkfg; fd og v[kf.Mr cãp; dk /kkj.k djr g;
onk dk] ;k nk onk dk] ;fn mruk Hkh u dj ld rk ,d on dk eU=
ckã.k Øe l v/;;u dj xgLFkkJe e io'k djA xkre dk dFku g fd
oLrr% vkJe ,d gh g og g xgLFk vkJeA ;gh er ck/kk;u dk Hkh gA
vkiLrEc u rk prkJek e loiFke xgLFkkJe dk gh ukekYy[k fd;k gA
bl vkJe e i#"k vkj L=h fof/kiod ikf.kxg.k lLdkj dj d Hkkfrd nf"V
l i.krk iklr djr gA i#"k vkj L=h nkuk d lg;kx l gh xgLFk vkJe
dh xkMh thou iFk ij vxlj gkrh gA Hkkjrh; euhf"k;k u L=h&i#"k d

ookfgd lEcU/k dk fo/kku dkeokluk dh ifr d fy; ugh vfir
lUrkuRifUk d ifo= mÍ'; dh ifr gr fd;k FkkA

xgLfk vkJe gh nku] fhk{kk ,o vkfrF; lRdkj }kjk vU;
vkJeokfI;k dk ik"K.k dJrk g] bl dkj.k lHkh vkJek dk vkJ; dgk
tkrk gA blh dkj.k ioFukeyd xgLfkJe dk vf/kd egÙo fn;k x;kA
ckã.k /ke dedk.M vkj ;Ki/kku jgk gA bl dk; dk lEiUu dju e i=
dh vko';drk FkhA iju r i= rk xgLfkJe dh gh mRifUk Fkk vU; vkJek
e mldh mRifUk lEHko ugh FkhA bl dkj.k l Hkh xgLfkJe dk egÙoi.k
le>k x;kA

Hkkjrh; /ke'kkL=k d vulkj eu"; dk rhu __.kk dk pdkuk iMrk
g&fir __.k] no __.k] __f"K __.kA bu __.kk dk fcuk ijk fd; lU;kI dk
ikyu dju okyk ujd dk tkrk gA euLefr e dgk x;k g&

__ .kkfu =h.; ikdR; euk ekfk fuo'k;rA

vuikdR; ekfk r loekuk oTr;/kAA¹¹⁴

bu __.kk l m__.k gkdj lnxfr iklr djku d fy; ip egk;K
dju dk fun'k fn;k x;k gA xkre u dgk g fd xgLfk i#"k] nok] firj
eu";] Hkr rFkk __f"K;k dh fuR; itk dJA ;gk ferk{kjk ofUk d vulkj
__f"K itk dk gh cã;K dgk x;k gA ofUkdj u __f"K ;K dk cã;K dk
i;k; ekuk gA eu u Hkh xkre dh Hkkfr ip egk;Kk dk xgLfk gr fo/kku
fd;k gA on dk v/;;u vkj v/;kiu djuk ^cã;K* g] ri.k djuk
^fir;K* g] gou djuk ^no;K* g] cfo'ono djuk ^Hkr;K* g rFkk
vfrfFk;k dk Hkk tu vkfn l lRdkj djuk ^u;K* gA¹¹⁵ JhenHkkxor e dgk
x;k g fd xgLfkJe e jgrk gvk Hkh eu"; vukIDr Hkko l vkpj.k dJA
tk 'kjh vkfn e vgdj vkj ?kj vkfn e eeru ugh dJrk ml ?kj xgLfk
d Qn ck/k ugh ldrA xgLfki#"k vukIDr Hkko l /kepj.k dJrk gvk
prfo/k i#"kkFkk dk iklr dj ldrk gA

tu vkj ck) xUFkk e fuok.k d fy, xg ;kx vko';d ekuk gA
tu vkj ck) ipjkd d vkgoku d ifj.kkeLo:i vudkudL=h&i#"k
viu ikfjokfjd ,o lkekftd dUk0;k dk i.k fd; fcuk xg R;kx djd
fhkfk cuu yxA bl l lekt d fy; ,d Hkkjh lDV mifLFkr gk x;k FkkA
bl lDV dk fujkdj.k dju ,o lekt dk foPN[kyrk l cpku d fy;

ckã.kk u bl idkj d vuÛkjnkf;Roi.k xg R;kx dk fojk/k fd;kA mUgku
 dgk ijekFk d fy, xgLfK thou ck/kd ugh gA xgLfK thou d fof/k
 fu"/kk dk ikyu dju l gh eu"; dk ek{k ikflr gk ldrh gA bl idkj
 d fopkjk dk ifriknu djd ckã.k 0;oLFkkdkjk u fuofÛkekxh fopkj /kkjk
 d fojk/k e xgLfkkJe dk lcl vf/kd egÛkk vkj i/kkurk nhA

okuiLFkkJe

xgLfkkJe d lEi.k mÛkjnkf;Rok dk i.k dju d i'pkr 0;fDr
 okuiLFk vkJe e io'k djrk FkkA eu d vulkj xgLfK i#"k dk tc 'kjhj
 ij >fj;k fn[kk;h n] flj d cky lQn gk tk;] i= d Hkh i= mRiUu gk
 tk; rc ml okuiLFk vkJe Lohdkj dj yuk pkfg,A xgLfK dh /keiRuh
 Hkh okuiLFkkJe Lohdkj djuk pkg rk T;"Bi= dk xgLfkh dk Hkkj lkidj
 ou e tkdj fuokl dj&

lR;T; xkE;ekgj lo po ifjPNneA

i="k Hkk;k fuf{kl; ou xPNR lgo okAA¹¹⁸

okuiLFkh dk ;g /ke g fd og cãp;or dk i.kfu"Bk d lkFk
 ikyu dj&xkeknj.; fu"lR; fuolfUu;rfUn;A* ou d ifo= dUney vkj
 Qy l 'kjhj fuokg dj] oL= dh txg o{kk dh Nky igu vFkok ?kklkr
 vkj exNky l gh dke fudky yA d'k] jk,] u[k] eNnkMh vkfn 'kjhj d
 ey dk gVko ughA ty e io'k dj f=dky Luku] l/;k&oUnu dj vkj
 tehu ij gh 'k;u djA lonk onkH;k l e yxk jg] l[k&n"[k] eku vieku
 vkfn }U}k dk lgu dj] lcl e=h Hkko j[k] nku'khy cu] nku u y vkj
 lc thok ij n;k djA

bl idkj okuiLFkh d fy, cãp; ,o ri lk/kuk] cãp; vkJe
 d /ke rFkk vfXugk=kfn ip egk;K] xgLfK d /ke dk vkpj.k djuk iMrk
 gA thou d bl rrrh; lkiku e ekuo dk lyy] lkfUod ,o lk/kuke;
 thou j[kuk iMrk FkkA okuiLFk vkj lU;k l nkuk voLFkk, ioT;k dh gA

lU;k lkJe

lU;k l Hkkjrrh; vkJe 0;oLFkk dk prFk lkiku gA Hkkjrrh; _f"k;k
 u thou d e[; y{; dh ikflr vFkkrr tUe&ej.k d pØ l efDr iklr
 dju gr lU;k l vkJe dk fo/kku fd;k g&

^prFkek;"kk Hkkx R;DRok lxxUifjotr^{*117}

lU;k l dk okLrfod vFk D;k g\ vtud ,lk iNu ij d".k u
dgk&

dkE;kuk de.kk U;k l lU;k l do;k fonhA
lodeQyR;kx ikgLR;kx fop{k.kkAA¹¹⁸

dkeuk l mRiUu g, dek d R;kx dk gh Kkuhtu lU;k l dgr
gA lU;k l h d x.k crkr g, xhrk e dgk x;k g fd tk i#"k u fd l h l
}"k djrk g vkj u fd l h dh bPNk djrk g og lU;k l h gA euLefr e
lU;k l kJe dk cM foLrkj l o.ku feyrk gA lU;k l h onk dk v/; ;u dij
'kfDr d vulkj ;Kk dk vu"Bku dj vkj ek{k e eu dk yxkoA lU;k l h
,d gh LFkku ij vf/kd le; ugh jg ldrk D;kfd ;fn og ,d gh LFkku
ij jgxk rk ml LFkku fo'k" d ifr vk l fDr mRiUu gk ldrh gA bl nk" k
l cpu d fy, og ,dkdh fopj.k djrk gA ifo= de.My n.M vkfn l
;Dr eku /kkj.k fd;k gvk ?kj l fudyk gvk vkdk{kkvk ij fot; iklr
djrk gA lU;k l h dk pkfg, fd og dHkh Hkh ?kj cukdj u jgA doy fhk{k
iklr dju d fy, gh xko e tk;A xko e ,d jkf= l vf/kd foJke u
djA o"kkdky d vfrfjDr vu; vkB eghuk e lU;k l h vkrerRo dk fpUru
djrk gvk lo= fopjrk jgA eju ;k thu dh pkg u djA

tukxek e lk/kvk d fy, ft l idkj ^lfefr* dh ppk dh x;h g
fd lk/kvk d lHkh dk; lfefr iod gku pkfg, vu;Fkk thok dh fojk/kuk
gk ldrh g] ml h idkj Lefr;k e lk/kvk dk dl vkpj.k djuk pkfg,
ft l l thok dh fojk/kuk u gk] bl ckr dk Li"V : i l mYy[k fd;k x;k
g&lU;k l h n[k dj d ij j[k] diM l Nku djd ifo= ty fi;] lR; l
ifo= ckr dg vkj eu l ifo= de dk vkpj.k djA fd l h d }kjk dgh
x;h ckr dk lgu dj] fd l h dk vieku u dj vkj fd l h d lkFk oj u
j[kA fd l h ik.kh ij Øk/k u dj] viuh fuUnk luu ij Hkh e/kj opu
ckya¹¹⁹

JhenHkkxor e Hkh dgk x;k g fd ;fn lU;k l h oL= /kkj.k dj rk
doy yxkvh yxk y rFkk vkJefpr n.M vkj de.My d vfrfjDr vkj
dkb Hkh oLr viu ikl u j[kA vk[kk l /kjr h dk n[kdj ij j[k] diM l
Nkudj ty fi;] eg l iR;d ckr lR;ir gh fudky] 'kjhj l ftru Hkh
dke dj] cf)iod lkp fopkj dj gh djA ok.kh d fy, eku] 'kjhj d
fy, fu"p"V fLFkr vkj eu d fy, ik.kk;ke n.M g] ftud ikl ; rhuk
n.M ugh g] og doy ckl d n.M /kkj.k dju l lU;k l h ugh gk ldrkA
lU;k l h dk pkfg, fd eu ,o ikpk Kkufun;k dk thr y] Hkkxk dh {knrk
le>dj mudh vkj l loFkk e[k ekM y vkj viu vki gh ijekuUn dk
vuHko djA doy o"k ifjoru l dkb lU;k l h ugh gk tkrkA /ke dk

vkpj.k dju l lU;k l h gkrk gA lU;k l h dk ie[k /ke g&'kkfUr vkj
vfg l kA okuiLFkh dk ie[k /ke g&riL;k vkj HkxonHkkoA xgLFk dk e[;
/ke g&ikf.k;k dh j{kk vkj ;K Hkkx rFkk cāpkjh dk e[; /ke
g&fo|k/;;u d l kFk vkpk; dh lokA

;kKoYD;Lefr e dgk x;k g fd tk viu ifr dy g ml nljk
d l kFk ugh djuk pkfg,A /ke d vkpj.k e vkJe dkj.k ugh g] vfir
/ke vkpj.k l gkrk g&

ukJe dkj.k /ke fØ;ek.kk Hkof) l'A

vrk ;nkReuk-iF; ij"kk u rnkpjraA¹²⁰

bl idkj prjkJek d vkpkj dk ikyu dju l ekuo ek{k iklr
djr k gA pkj vkJek dk viuk&viuk egUo gA fo|k vH;k l] fo"K; lou]
efuofUk vkj lU;k l }kjk 'kjhj dk R;kx pkj vkJek dk l k j gA

lU;kf l;k d idkj

o'kHk"kk ifjoru ek= l dkb lU;k l h ugh gk l drk] lU;k l /ke
dk ikyu dju l gh 0;fDr lU;k l h gk l drk gA ikphu /ke 'kkL=k e
R;kx ,o jgu lgu dh fHkUurk d vk/kkj ij pkj idkj d lU;kf l;k dk
mYy[k iklr gkrk gA egkHkkjr e pkj idkj d lU;kf l;k dk mYy[k gvk
g&dVhpd] cgnd] gl vkj ijeg lA bue iR;d vx okyk fiNy l J"B
dgk tkrk gA

dVhpd ml lU;k l h dk dgr g tk fd lU;k l /kkj.k djd
xgR;kx dj dgh ugh tkrk] vfir viu i=k }kjk fufer dVh e gh fuok l
djr k gA viu dVfEc;k d ?kj l fHk{kk ekxdj mnj ifr djrk gA ;g
f'k{kk] l= ¼tuÅ½] f=n.M vkj de.My /kkj.k djrk gA

cgnd x#, oL= f=n.M ,o de.My /kkj.k djrk gA ;g lkr J"B
ckã.kk d ?kj l fHk{kk ekxdj [kkrk gA ; lU;k l h ued ,o ok l h Hkk tu
xg.k ugh djrA gl uked lU;k l h ior dh [kk g e] unh rV] iM d uhp
jgr g] doy fHk{kkVu d fy, xke e io'k djr gA ; xke e ,d jkf=
vkj uxj e ikp jkf= l vf/kd ugh BgjrA pkUnk;.k or dk ikyu djr
gA

ijeg l lU;k l h o{k d uhp] [kkyh edku e ;k 'e'kku e fuok l
djr gA ; doy dkihu /kkj.k djr g ;k uXu jgr gA ijeg l /ke&v/ke]
lR;&v lR;] ifo=&vfio= d }U}k l ij rFkk lcdk ,d leku le>u
oky gkr gA ; iRFkj vkj Lo.k e Hkn ugh le>r] lcdk viuh vkRek d
leku le>r g vkj l Hkh o.kk d ?kj l fHk{kk xg.k djr gA¹²¹ gfjo'kij.k.k
e ;fr;k dk Kkukfxu l dejkf'k tykuokyk dgk x;k gA lU;k l h 'k)
ân;okyk gkrk gA budk ân; Kku dh T;kfr l idkf'kr jgrk gA ;

KkufXu d }kjk leLr lfpr dek dk HkLedj nr gA ; viu ik.kk dk gh
 ik.k: ih vfxu e gou djr gA bl idkj lU;kIh d lfpr o fØ;ek.k
 de 'k"u ugh jgrA o doy ikjC/k dk Hkkr g; thou 0;rhrr djr gA
 lU;kI /ke Lohdkj dju d ckn Hkh ftldh nf"V lE;d ugh g og lIkj
 l c/krk gA ftldh nf"V lE;d g vFkk lE;d nf"V lEiUu ekuo de
 d cU/ku e ugh c/krkA vfglkj fo"u;k dh vuklfDr] onifrikfnr de vkj
 dfBu ri'pj.kk l bl ykd e cāin dk iklr dj yrk gA

lLdkj

ekuo thou e lLdkjk dk fo'k"u egUo gA lLdkjk dk {k= bruk
 0;kid g fd o ekuo d tUe l ej.k rd gkr jgr gA lLdkj dkj
 dedk.M u FkA ; eu"; d lEi.k 'kkjhfd ekufl d eukoKkfud] pkfjf=d
 ,o lLdfrd fodkl l lEcU/kr FkA fgU/ke dk'k e lLdkj dh ifjHkk"kk
 bl idkj dh x;h g&^'kjhj ,o oLrvk dh 'kf) d fy; mud fodkl d
 lFk le;≤ ij tk de fd; tkr g mUg lLdkj dgr gA ;g
 fo'k"kidkj dk vn"VQy mRiUu dju okyk de gkrk gA Hkkrh;
 lLdfrd'k e lLdkj dk ifjHkkf"kr djr g, dgk x;k g&lLdkj dk vFk
 g 'k) fd;k tkukA o dR; ;k fo/kku lLdkj dgykr g tk tUe l eR;
 i;Ur vko'; d eku x, gA*

lLdkj dh lHkh ifjHkk"kkvk e bl ckr ij vf/kd cy fn;k x;k g
 fd lLdkj ekuo d 'kkjhfd] ekufl d] pkfjf=d fodkl e l gk;d gA
 bl l lnx.kk dk fodkl gkrk gA lLdkjk d fcuk 0;fDr ;k oLr dk
 Lo:i vkd"kd ugh gk ldrkA ftl idkj [knku d iLrj[k.Mk dk
 lLdkfjr djd lMky cuk;k tkrk g] ol gh lLdkjk l 0;fDrRo o pfj=
 dk fuek.k gkrk gA lLdkjk dh lEink mRd"V vkj veY; g] lIkj d /ku
 o oHko mld lkeu dkb eY; ugh j[krA lLdkj fo'k"kr;k f}tkfr;k d
 fy, gh Fk 'knk d dN lLdkj vo'; gkr Fk] ijUr mudh fØ;k, eU=ghu
 gkrh FkA ckā.k] {kf=;} o'; vkj 'kn bu pkjk o.kk e iFke rhu f}t gA
 bud xHkk/kku l vU;f"V rd lHkh fØ;k; lLdkj ofnd eU=k l gkr gA
 euLefr e Hkh f}tkfr;k d fy, xHkk/kku l ydj ej.k i;Ur leLr
 lLdkjk dk fo/kku ofnd eU=k l fofgr gA

lLdkjk dh l[;k

lLdkjk dh l[;k d lEcU/k e /ke'kkL=k e fofHkUu er miyC/k
 gkr gA xkre u 40 lLdkjk dk mYy[k fd;k g&xHkk/kku] ilou]
 lHeUrKU;u] tkrde] ukedj.k] vUuik'ku] pMkde] miu;u] pkjor]
 lekoru] fookg] ikp egk;K] lkr ikd;K] lkr gfo;K vkj lkr lke;KA

vkpk; eu u lldkjk dh l [;k dk Li"V mYy[k ugh fd;k g] doy bruk
 ldr fn;k g fd xHkk/kku l ydj vUR;f"V i;Ur lldkjk l lldkfjr
 ekuo gh /ke'kkL= d v/;;u vkj Jo.k dk vf/kdkjh gA xHkk/kku] tkrde]
 ukedj.k] fu"Øe.k] vUuik'ku] pMkde vkj miu;u lldkjk dk o.ku eu
 u fd;k gA ;kKoYD; Lefr e dgk x;k g&

xHkk/kkuerk il% lou LiUnukRijA
"k"B-"Ve ok lhekUr ekL;r tkrde pAA
vgU;dkn'k uke prFk ekfl fu"Øe%A
"k"B-Uuik'ku ekfl pMk dk;k ;FkdyeAA
,oeu% 'ke ;kfr chtxHk lenHkoeA
r".kherkk fØ;kk L=h.kk fookgLR leU=d%AA
xHkk"Ve-"Ve ok-Cn ckã.kL;kiuk;ueA
jkKkedkn'k ld fo'kked ;FkdyeAA¹²²

xHkk/kku Ldkj _rdky e] ilou xHk lpkyu l io] NB ;k
 vkBo eghu e lhekUrUu;u rFkk ckyd d mRiUu gku ij tkrde lldkj
 gkrk gA tUe d X;kjgo fnu uke lldkj] prFk eghu e fu"Øe.k] NB e
 vUuik'ku vkj dy fu;ekulkj pMkdj.k djuk pkfg,A ; tkrdefn
 lldkj fl=;k d fy; pipki fcuk eU= d gkr g vkj fookg lldkj
 leU=d gkrk gA xHk d vkBo o"k e ckã.k dk miu;u lldkj gkrk g]
 {kf=;k dk X;kjgo vkj o'; dk ckjgo o"k e gkrk gA on 0;k l u lkyg
 lldkjk dk o.ku fd;k g&xHkk/kku] ilou lhekUr] tkrde] ukedj.k]
 fu"Øe.k] vUuik'ku] oiufØ;k] d.ko/k] miu;u] orkn'k] onkjEHk] d'kkUr]
 Luku %lekoru%] mnokg %fookg% vkj =rkfxuA¹²³

"kkMI lldkjk e xHkk/kku] ilou vkj lhekUr lldkj tUe d io
 d lldkj gA tkrde lldkj ilo d ckn lEiUu gkrk gA ukedj.k
 lldkj tUe d X;kjgo fnu lEiUu gkrk gA fu"Øe.k lldkj tUe l pkFk
 ek l e lEiUu gkrk gA bl lldkj e ckyd dk l; dk n'ku dju d
 fy, ?kj l ckjg fudkyk tkrk gA vUuik'ku lldkj e ckyd dk NB ek l
 e e/k vkj [khj f[kyk;k tkrk gA vUu l mld eu vkj 'kjhj dk lEo)u
 gkrk gA pMkde lldkj d }kjk ckyd dk e.Mu lldkj fd;k tkrk gA

pMkde d vuUvj d.ko/k dk fo/kku gA bl ILdkj d le; ^Hkn d.kfHk
J.k;le nok* In'k eU=k }kjk exye;h ok.kh Jo.kfUn; }kjk vkRek e io'k
 djkh tkrh gA miu;u ILdkj dk ;Kkiohr ;k orcu/k ILdkj Hkh dgr
 gA ;g ILdkj c°ep;koLFkk dh iFke lh<h g] ftld }kjk ckyd dh cf)
 dk ifj"dkj gkrk gA bl ILdkj d ckn miuhr ckyd f}tkfr dh J.kh e
 ifj.kr gkrk gA 'kkL= fo/kku d vulkj ck°e.k ckyd dk ;Kkiohr vkB
 o"k dh me e gkuk pkfg,A miu;u d vuUvj x# d vkJe e cāpkjh
 cāp;or dk ikyu djr g, fo|k lektr djrk gA xgLfkkJe e io'k
 dju l io vkpk; ml IR;] vfglkj cāp; vkfn ork d ikyu d fy,
 vkn'k nrk gA x# d vkn'k d lkFk gh og xgLfkkJe e io'k djrk gA
 x# d vkJe e vftr Kku vkj f'k{kkvk dk xgLfkkJe e pfjrkFk djuk
 gh orkn'k gA onkjEHk ILdkj d vuUvj gh ckā.k dk Jkr ILdkjk d
 lEiknu dk vf/kdkj iklr gkrk gA bl ILdkj d fcuk og ;Kkfn dek dk
 vf/kdkjh ugh ekuk tkrk gA d'kkU ILdkj oLrr pMkde ILdkj d gh
 vuUxr gA ble fo'k" kkr ;g g fd d'kk d lkFk&lkFk 'eJ dk Hkh oiU
 fd;k tkrk gA igyhckj 'eJ oiU d mí'; l gh bl ILdkj dk iFkd
 vflrRo Lohdkj fd;k x;k gA lekoru ILdkj onkfn 'kkL=k d
 v/;;ukijjUr x#dy NkMr le; gkrk Fkka bl ^nh{kkU ILdkj* Hkh dgk
 tkrk gA bl ILdkj }kjk ;od viuh iFkekoLFkk dk ijk dj thou dh
 mUkjkoLFkk d u; {k= e io'k djrk gA Hkjr;h; lekt e fookg Hkh ,d
 ILdkj gA bl ILdkj d vuUvj gh og ykd ifr"Bk] lUrkuRifUk vkj
 /kektu dk vf/kdkjh curk gA xkre /kel=kul kj fookg vkB idkj d eku
 x; g&ckā.k] iktkiR;] vk"q] no] xku/ko] vki] jk{k l ,o i'kkpA¹²⁴ eu u
 Hkh fookg d iokDr vkB idkj dk mYy[k fd;k gA fo".kijk.k e Hkh fookg
 d vkB idkj dk mYy[k g¹²⁵ tk euLefr l lE; j[krk gA bl idkj
 onk] mifu"knk] l=xUFkk] Lefr;k vkj ijk.kk vkfn /kexUFkk e tk lnpkj
 crk; x; g ml lnpkj dk fujky l gkdj ikyu djuk pkfg;] D;kfd
 lnpkj dk ikyu dju l nh?k thou iklr gkrk g] lnpkj l ldy
 eukjFk lQy gkr g] lnpkj l gh vry lEifUk iklr gkrh g vkj lnpkj
 dy{k.kk dk Hkh u"V djrk gA

'kkL=fofgr nfud vkpkj

ofnd 'kkL=k e dN ,l vkpkjk dk fo/kku g ft l iR;d ekuo dk
fuR;ifr dju pkfg,A budk ikyu dju l cká vkj vKurfjd nkuk idkj
dh 'kf) gkrh gA fuR;de e 'kkjhfd 'kf)] lU;/koUnu] ri.k] vkj no
itu iHkfr 'kkL=fufn"V de vkpj.kh; gA 'k;;k l mBdj iFoh ij ij
j[ku l io iFoh ekrk dk vfhoknu dj vkj mu ij ij j[ku dh foo'krk
d fy; mul ;g dj {kek ex fd ^len:ihoL=k* dk /kkj.k dju okyh]
ior:iLruk l ef.Mr Hkxoku fo".k dh iRuh iFohfo! vki ej ikn Li'k
dk {kek djA 'kkL=k e 'kkpkpkj ij Hkh fopkj gvk gA ck°; rFkk vKurfjd
:i l 'kkpkpkj nk idkj dk g&

'kkp r f}fo/k ikDr ckáekH;Uvj rFkA

eTtykH;k Ler cká Hkko'kf)LrFkkUjjeAA¹²⁶

feêh rFkk ty l gku okyk 'kkpdk; ckgjh gA bldh
vckf/kr vko';drk g] fdUr vkH;Uvj 'kp d fcuk ;g ifrf"Br ugh gk
ikrkA eukHkko dk 'k) j[kuk vkH;Uvj 'kkp ekuk tkrk gA fd l h d ifr
b";k] }"k] Øk/k] ykHk] ekg] ?k.kk vkfn d Hkko u gkuk vkH;Uvj 'kkp gA

e[k'kf) d fcuk itk&ikB] eU=&ti vkfn fu"Qy gkr g] vr%
ifrfnu e[k 'k) ;Fk nUr/kkou vFok etukfn vo';d djuk pkfg,&

vrk e[kfo'k) ;Fk xg.kh;kn nUr/kkoueA

vkpUrk-l; 'kpfur;edRok nUr/kkoueAA¹²⁷

'kkjhfd 'k) d fy; Luku dk vko';d ekuk x;k gA ikr%dky
Luku dju d i'pkr eu"; 'k) gkdj ti] itk&ikB vkfn leLr dek d
;kX; curk g] vr,o ikr%Luku dk i'kLr ekuk x;k g&^uo fNnkoky
vR;Ur efyu 'kjhj l fnu jkr ey fudyrk jgrk g] vr% ikr% dky Luku
dju l 'kjhj dh 'kf) gkrh gA f}tkfr;k d fy; lU;/k dk fo'k" egÙo
gA lU;/k oUnu dju l eukokfkr Qy dh ikflr gkrh gA lU;/k ckã.k
:ih o{k dk ey g] pkjk on pkj 'kk[kk, g] /ke vkj de iÙk gA vr% ey
dh j{k ;Ru l djuh pkfg,A ey d fNUu gku ij o{k vkj 'kk[kk dN Hkh
ugh jg ldr&

foik o{k eydkU;= lU;/k onkh 'kk[kk /kedekf.k i=eA

rLekUey ;Rurk j{k.kh; fNUu ey uo o{k u 'kk[kkAA¹²⁸

'kkL=k e vfglk dk lo= egÙo fn;k x;k g] fdUr xgLfk d ?kj
e ikp LFky ,l g] tgg ifrfnu u pkgu ij Hkh tho fglk gku dh
lEHkkouk jgrh gA pYgk ¼vfxu tyku e½] pDdh ¼ihlu e½] cgkjh ¼cgkju
e½] Å[ky ¼dVu e½] tyj[ku d LFkku ¼tyik= j[ku ij uhp thok d
ncu½ l tk iki gkr g] mu ikik l eDr gku d fy, cã;K on onkxfn
rFkk ij.k.kfn vk"xxUFkk dk Lok/;k;] fir;K Jk) rFkk ri.k] no;K
norkvk dk itu rFkk gou] Hkr;K cfo'ono rFkk i'pcfy] eu";;K
vfrfFk lRdkj bu ikp ;Kk dk ifrfnu djuk pkfg,A
fu"d"K

bl idkj tukxek ,o mifu"knk e vkpkj 'kf) ij fo'k"K cy fn;k
x;k gA vkpkj dh egÙkk nkuk ijEijkvk e vfuok; :i l Lohdr gA
vkpkj d }kjk gh ekuork vkj i'krk dk foHkktu fd;k tk ldrk gA
blfy; Hkkjrh; lLdfr e vkpkj ,d eguh; rÙo d :i eku; gA tu
vkj ofnd ijEijk dk rk vkpkj gh ik.k gA bruk vo'; g fd tuijEijk
e vkpkj dk lk/kvk vkj Jkodk e foHkDr djd mldh e;knk LFkcfir dh
x;h gA lk/okpkj dk ikyu lotu lk/; ugh gA Jkodkpkj Hkh mu yxxk
d fy; e;kfnr dj fn;k x;k tk mldk ikyu djr gA ble lUng ugh
dh vkpkj d ikyu l 0;fDr dk lokxh.k fodkl gkrk gA

ofnd ijEijk e vfglk] lR;] vLr;] cãp; vkj vifjxg d
iky d Åij cgr cy fn;k x;k gA tu ijEijk dh Hkfr ;gk Hkh
lk/kvk d vkpkj dk cM foLrkj l fu:i.k fd;k x;k gA ofnd ijEijk e
lk/okpkj dk dkfBU; vkj mld ikyu dh n:grk mlh idkj g ftl
idkj tu ijEijk e gA gk bruk vo'; g fd tu ijEijk e vifjxg dk
iky bruh lko/kkuh l gkrk g fd tu lk/k viu ikl dN Hkh ugh j[k
ldrk ofnd ijEijk e ;g ckr ugh gA

lR; dh e;knk vkj mldh okLrfodr dh vuHkfr vkj mldh
vuikyuk tu vkj ofnd nkuk ijEijkvk e leku:i l gA tu /ke n'ku
dk eyeU= vfglk gA vkxek e vfglk dk o.ku in&in vk;k gA
KkrkKkr:i e ;fn dFkfr fglk dk Li'k Hkh gk tkrk g rk mld
fujkdj.k d fy; tu ijEijk e ifrøe.k dk fo/kku gA blh idkj ofnd
ijEijk e Hkh eul[k] okpk] de.kk fd; x; lko] de d fujkdj.k d fy;
lU/;kiklu e ik;f'pÙk dk fo/kku gA "kVthofudk;k e tho d vLrÙo dk
ekuuk vkj ml fdlh idkj dh gkfu u igpkuk nkuk ijEijkvk e
vfglkRed nf"Vdk.k dk ifjpk;d gA tu ijEijk e dgk x;k&^lOo ik.kk

.k gr0ok* vFkkr fdlh ik.kh dh fglk ugh djuh pkfg,A blh idkj ofnd
 ijEijk e Hkh dgk x;k g ^ek fgl;kr lok Hkrkfu* vFkkr fdlh tho dh
 fglk ugh djuh pkfg;A vfglk /ke 'k)] fuR; vkj 'kk'or gA vfglk dk
 vf/kd egÙo nu d dkj.k gh vfglk tu /ke dk i;k; cu x;k gA
 tukxek e vLr; dk {k= cgr 0;kid gA vLr; dk vFk g pkjh u djukA
 ble fdlh dh fuUnk u djuk] fdlh d nk" k dk u n[kuk] pxyh u djuk
 vkfn ifjxf.kr gA blh idkj ikrty ;kx l= e Hkh dgk x;k g fd Ny
 u djuk] ijn0; vigj.k u djuk] fuUnk u djuk vLr; gA vnÙkknku l
 foje.k dh ckr nkuk ijEijkvk e leku:i l of.kr gA cāp; or dk
 vkpj.k vkRefodkl d fy; mi;kxh ekuk x;k gA vkifu"kfnd rFkk
 vkxfed ijEijkvk e bldk ikyu vifjgk; crk;k x;k gA ofnd ijEijk
 vkJe i/kku gA ble cāp; dk iFke vkJe d : i e Lohdkj fd;k x;k
 gA cāp; dh ln< uho ij gh vkpkj dk egy fvd ldrk gA cāp;
 lk/kuk dk e:n.M gA lk/k thou dh leLr lk/kuk, cāp; d ljjfkr
 jgu ij gh ljjfkr gA bl idkj nkuk ijEijkvk e cāp; dh egÙkk
 Lohdr gA blh idkj vifjxg dk o.ku Hkh nkuk xUFkk e miyC/k gA ft l
 idkj tu ijEijk e ipegkork dk ikyu lk/k vkj Jkod nkuk d fy;
 vko';d g mlh idkj vkifu"kfnd ijEijk e Hkh lk/k rFkk xgLfk nkuk
 idkj d ykxk d fy; bu ork dk ikyu vko';d ekuk x;k gA bruk
 vo'; g fd Jkod vkj xgLfk d or ikyu e mruh dBkjr ugh g
 ftruh lk/kvk d fy, fu/kkfjr dh x;h gA blhf, Jkodk d or dk
 v.kor dgk x;k gA ork dh ljjfkr d fy, jkf= Hkk tu dk fu" k tu
 ijEijk e fd;k x;k g D;kfd jkf= Hkk tu dju l =l vkj LFkkoj thok
 dh fglk gk ldrh gA ofnd ijEijk e doy ,d ckj vkgkj dju dk
 fo/kku g&,d dky pjnHk{;e* fdUr ;g vkpkj ofnd lk/kvk d fy; gh
 g] xgLfkk d fy, ughA

tu ijEijk e ikp lfefr;k vkj rhu xflr;k dk fo/kku i'kLr vkj
 0;ofLFkr thou fuek.k d fy; fd;k x;k gA lk/kd dh ekufld] okfpd
 vkj dkf;d fØ;k; lUrfyr gk rFkk fdlh d fy; m}td u gk ;gh
 bldk mí'; gA eu dh ,dkxrk] fo'k)rk] l;e dh n<rk ,o pkfjf=d
 fodkl gr budk vkpj.k vko';d gA ,d LFkku l nlj LFkku ij tkuk]
 ckyuk] Hkk tu] oL= ik= vkfn dk xg.k vkj eye= d R;kx e lko/kkuh
 dju l thofglk ugh gkrhA vkifu"kfnd ijEijk e Hkh ; leLr vkpj.k
 ;Fkkor ifjxghr gA n[k dj d pyuk pkfg, oL= l Nku dj d ty
 ihuk pkfg,] lR; ok.kh ckyuh pkfg;] rFkk eu dh ifo=rk l dkb vkpj.k
 djuk pkfg,A

lcdk fi; yxu okyh lR; ckr ckyuh pkfg,] vfi; lR; ugh
 ckyuk pkfg;A JhenHkxoxor e Hkh dgk x;k g fd ;fn lU;k l h
 oL=/kkj.k dj rk doy yxkVh dkb Hkh oLr viu ikl u j[kA vk[kk l
 /kjr h dk n[kdj ij j[k] diM l Nkudj ty ih;] e[k l iR;d ckr
 lR;Hkr gh fudky] 'kjhj l ftru Hkh dke dj cf)iod lkp fopkj dj
 gh djA ok.kh d fy, eku] 'kjhj d fy, fu"p"V fLFkr vkj eu d fy,
 ik.kk;ke n.M gA ftud ikl ; rhuk n.M ugh g] og doy ckl d n.M
 /kkj.k dju l lU;k l h ugh gk ldrkA lU;k l h dk pkfg, fd og eu vkj
 bfUn;k dk thr yA Hkxk dh Nnrk le>dj mudh rjQ l eg ekM y
 vkj viu vki gh ijeuUn dh vuHkr djA

tu ijEijk e of.kr vkB iopuekrk; efu d Kku] n'ku vkj
 pkfj= dh j{kk djrh gA tukxek e lk/kvk d fy; ft l idkj lfefr dk
 fo/kku fd;k x;k g fd lk/kvk d lHkh dk;lfefr iod lEiUu gk ft l l
 thok dh fg l k u gk] mlh idkj Lefr;k e Hkh lk/kvk dk vkpj.k fd l
 idkj djuk pkfg, ft l l fg l k l cpko gk] Li"V o.ku gA bl idkj
 lfefr;k d lE;d ikyu l vkpkj 'k) jgrk gA

tukxek vkj mifu"knk e vkpkj dh 'k)rk d fy; bfUn; fuxg
 dk vfuok; rUo ekuk x;k gA bfUn;k dk viu&viu fo"k;k dh iofUk l
 jkduk bfUn; fuxg gA ft l idkj l mUekxxkeh ?kkMk dk yxke d }kjk
 fuxg fd;k tkrk g ol gh rUoKku dh Hkkouk }kjk bfUn; : ih ?kkMk dk
 fo"k;k; : ih mUekx l gV;k; tkrk gA tk lk/d fo"k;k l bfUn;k dk foe[k
 ugh djrk] bfUn;k mld rt dk u"V dj nrh gA dBkifu"kn e ,d : id
 d ek/;e l bfUn;k dh cyoUkk dk o.ku fd;k x;k gA bfUn;k ?kkM d
 leku cyoku gkrh g] tk vfoodh ,o vl;r fpUk okyk gkrk g] mld
 v/khu bfUn;k mlh idkj ugh gkrh t l lkjFk d v/khu n"V ?kkMA ijUr
 tk lekfr vkj d'ky fpUk okyk gkrk g] mld v/khu bfUn;k ml idkj
 jgrh g t l lkjFk d v/khu vPN ?kkMA /ke d nl y{k.kk e Hkh bfUn;
 fuxg dh ckr dgh x;h gA bl idkj nkuk ijeijkvk e ;g Lohdkj fd;k
 x;k g fd bfUn;fujk/k l vkRe vkjk/kuk i"V gkrh gA

lk/okpkj e "kMko';d dk fo/kku fd;k x;k gA vkReLo:i e
 fu'py voLFku d fy; lk/kvk dk "kMko';d fØ;k; djuh pkfg;A Ng
 vko';d ikyu dk ,dek= mí'; g&vkRek e fu'py fLFkrA lkekf;d]
 prfo'kfrLro] oUnuk] ifrØe.k] iR;k[;ku vkj dk;kR l x bu Ngk dh

vko';d lKk gA fo'k"kvko';dHkk"; e dgk x;k g fd vo'; dju ;kX;
 og fØ;k tk vkRek dk nx.kk l gVkdj lnx.kk d v/khu dj rFkk vkRek
 dk Kku] n'ku rFkk pkfj=kfn x.kk l vkokflr dj og vko';d gA ft l
 fØ;k ;k fof/k dk Je.k vkj Jkod vgfu'k vo';dj.kh; le>r g og Hkh
 vko';d dgykrk gA

vkxek e of.kr "kMko';d fØ;kvk dh rjg vkifu"kn ijEijk e Hkh
 "kVde dk fo/kku gA ; bl idkj g&eu"; dk Luku lU/;k] ti] noitu]
 cfyo'ono vkj vfrfFk lRdkj ; Ng fØ;k; vko';d crk;h x;h gA
 fo'k"krh ; fØ;k; xgLfkk d fy; gA bu "kVdek d vkpj.k l xgLfK] no
 lEcu/kh] fir lEcu/kh vkj eu"; lEcu/kh rhuk __.kk l eDr gk tkrk gA
 bl ijEijk d lU;k] l h l vu"B; fu;e vfr dBkj gA lU;kfI;k dk l/ku
 pr"V; lEiUu gkuk vfr vko';d gA bl fØ;k e fuR;kfuR;oLr food]
 bgke=kFkQyHkkxfojx] 'kenemijfr frfr{k lek/kku vkj J)k bu Ng
 lEiFük;k l ;Dr gkuk rFkk ee{kRo dh Hkkouk l ;Dr gkuk vko';dA

tu ijEijk e ft l idkj lkek;dj pkch l rhFkdjk dh Lrfr]
 oUnuk] ifrØe.k vkj dk;kRl x dk fo/kku g m l h idkj vkifu"kfnd ijEijk
 e Hkh f=dky lU/;kiklu] noitu] noLrfr vkj ;kfxd fØ;k; fofgr gA

d'kypu] vnUr/kkou] vLuku tu ijEijk dh ekfyd fo'k"krk gA
 ;g ckr mifu"kn ijEijk e ugh gA ;gk ij fuf'pr vof/k e
 l/kk d d'k dÜku dk fo/kku gA 'kkjhfd 'kf) d fy, bl ijEijk e
 nUr/kkou vkj f=dky Luku vko';d eku x; gA Luku d fcuk fd l h Hkh
 ofnd fØ;k dk fo/kku lEHko ugh gA cká 'kf) d fcuk vkH;Urj 'kf)
 dFkefi lEHko ugh g] , l k ofnd ijEijk dh eku;rk gA

l/kk d fy, tu ijEijk e ft l idkj f{kfr'k;u dk fo/kku g ol
 gh ofnd ijEijk d l/kk d fy; Hkh f{kfr'k;u dk fo/kku gA vpydRo dk
 fo/kku tu ijEijk e g olk ofnd ijEijk e ugh g fdUr vYioL= dk
 mi;kx lU;kfI;k d fy; ;gk Hkh i'kLr ekuk x;k gA Luku d lEcu/k e
 tu ijEijk dk er g fd Luku vkRe 'kf) dk l/ku ugh gA fuxUFk
 gfjd'kcy u ckã.kk l dgk ^ty l vkRe 'kf) ugh gkrhA rc ckã.k d
 eu e ftKklk mRiUu g;h vkj mUgku gfjd'kcy l iNk vkidk un
 ¼tyk'k;½ dku l k g\ vkidk 'kkfUrrrhFk dku l k g\ vki dgk Luku dj

dejt /kk r gl vki crkb,A* fuxUFk gfjd'kcy u dgk ^vdyf'kr ,o
 vkRek dh i lUu y';k okyk /ke ejk un ¼tyk'k;½ gA cāp; ejk
 'kkfUrrrhFk g] tgk Luku dj e LoPN vkj l'khry gkdj dejt k dk R;kx
 djrk gA ;g Luku d'ky i#''kk }kjk n"V gA ;g egkLuku g] vr ¼ _f'k;k
 d fy, i'kLr gA bl /ke un e Luku fd; g; egf'k foey vkj fo'k)
 gkdj efDr dk iklr djr gA

bl idkj ;g Li"V g fd vkifu"kfnd ijEijk e cká 'kf) vkj
 vkurfjd 'kf) nkuk dk egUo fn;k x;k gA fdUr tu ijEijk e vkurfjd
 'kf) ij cgr cy fn;k x;k gA

mifu"knk vkj vkxek nkuk ijEijkvk e ri dk fof'k"V LFku gA
 e.Mdkifu"kn e dgk x;k g fd ri d }kjk gh cā lf"V dk fuek.k djrk
 gA thok d deul kj ijcāi#''kkUke e tk lf"V d vkfn e LQj.kk gkrh
 g ogh mldk ri gA mifu"knk e Kku dk ri dgk x;k gA tukxek e ri
 defutjk vkj vkRekiyfC/k dk lokRd"V lk/ku ekuk x;k gA mUkj/;;u e
 dgk x;k g fd tho riL;k d }kjk iofpr dek dk {kh.k dj fo'kf) dk
 iklr djrk gA nkuk xUFkk e riL;k d }kjk dejt dk {kh.k dju dh ckr
 dgh x;h gA dejt d {kh.k gku l vkRe e fueyrk vkrh gA

bl idkj tukxek e of.kr lk/k d vkpkj vkj vkifu"kfnd
 ijEijk e of.kr lU;kfI;k d vkpkj e lKE; vkj o"KE; nkuk fn[kk;h iMr
 gA nkuk ijEijkvk d lk/k vkj lU;kfI;k d fy; ;g vko';d g fd
 mud eu e fdlh oLr d ifr r".kk u jgA fojDr gkdj lU;k l /ke
 Lohdkj djuk pkfg,] D;kfd eu e ;fn jkx&}''k g rk og 0;fDr ujd e
 tkrk gA l lkj dk vlkj ekudj lU;k l h ojkX; dk vkJ; yrk gA mld
 iofUkeyd dek dk uk'k gk tkrk g] iofUk dk gh de dgk x;k g vkj
 Kku lU;k l dk y{k.k gA i'k l k fd; tku ij u rk ml [k'kh gkrh g vkj
 u fuUnk fd; tku ij n[ka nkuk voLFkkvk e lU;k l h dk leku jguk
 pkfg,A lEi.k ukjnifjoktdkifu"kn e lU;kfI;k d of'k"V; dk o.ku gA
 bl h idkj mUkj/;;u e Hkh dgk x;k g fd efu doy xg dk gh u R;kx
 cfYd xgok l d ifr tk okluk g mldk Hkh R;kx djA D;kfd ;fn okluk
 vkj ykylk eu e g rk ?kj R;kx dju l dkb ykHk ugh gkrkA l k lfjd
 oLrvk d ifr fojx dk Hkko efu d eu e gkuk pkfg,A l ;eh efu fg l k]
 >B] pkjh] vcāp; lou] bPNk dke ¼viklr oLr dh vkdk{kkk vkj ykHk bu

lcdk ifjotu dJA fu"d"kr% dgk tk ldrk g fd tuksek e of.kr
 vkpkj vkj mifu"knk e of.kr vkpkj e lKE; fn[kk;h iMrk gA 0;kogkfjd
 : i l Hky gh dN Hkn gk fdUr vk/;kfRed : i l ,drk gh fn[kkb iMrh
 gA

IU;kI vkj Jke.;

pkj vkJek dh 0;oLFkk gku ij Hkh /ke'kkL=] dYil=dkj vkj
 Lefrdkj u xgLFFkJe dk egÙo fn;k gA of'k"B u fy[kk g&vkJe pkj
 g&cāp;] xgLFFk okuiLFk vkj IU;kIA xgLFFk gh ;tu djrk g vkj ri
 rirk gA blfy, pkj vkJek e ogh fof'k"V gA t l lc unh vkj un
 len e vkdj fLFkr gkr g] ol gh lHkh vkJeh xgLFFk vkJe e fLFkr gkr
 gA ofnd ijEijk dh vkJe0;oLFkk lkekftd 0;oLFkk dk /;ku e j[kdj
 dh x;h FkhA ;gk lHkh vkJek dk egÙo fn;k x;k gA

Je.k ijEijk e thou d nk gh fodYi eku; jg gA xgLFFk vkj
 Je.kA Je.k dkb xgLFFk gh curk gA vr% thou dk ikjfeHkd : i xgLFFk
 gh gA of'k"B dk ;g vfHker g fd ^lHkh vkJeh xgLFFkJe e fLFkr gkr
 g** Je.k ijEijk e Hkh eku; gA of'k"B u fy[kk g&t l ekrk d lgj
 lc tho thr g] ol gh xgLFFk d lgj lc fhk{k thr gA**129 fdUr Je.k
 ijEijk xgLFFkJe dh ryuk e IU;kI vkJe dk J"B ekurh gA blfy,
 dgk g ^xkpjx e ifo"V efu d fy; xgLFFk d lkeu gkFk i lkjuk l jy
 ugh gA vr% xgokI gh J; g] efu ,lk fpUru u dJA

tuksek dh eku;rk ;g g fd vor i; g] cu/ku g vkj or J;
 g] efDr gA lorh eu"; Lox dk ikr gkrk g] pkg og fhk{k gk ;k xgLFFkA
 bl l ;g Li"V /ofur gkrk g fd lorh xgLFFk o or lEiUu fhk{k
 dh J"B xfr gkrh gA fhk{k dh J"Brk u rk tUeuk g vkj u o'k ifjoru
 l gA ml dh J"Brk dk ,dek= gr or ;k l ;e gA

^phoj] pe] uXuRo tVh /kkj.k djuk] l?kkVh vkj flj eMkuk ; lc
 n"V vkpj.k oky l k/k dh j{k ugh djrA fhk{k l thou pyku oky Hkh
 ;fn n%'khy gk rk og ujd e gh fxjrk gA Je.k ijEijk e Je.k gku l
 io xgLFFkJe e jguk vko';d ugh ekuk x;k gA dkb 0;fDr ckY;koLFkk
 e Hkh ^Je.k* gk ldrk g ;kou ;k c<ki e Hkh gk ldrk gA mifu"knk e
 Hkh dgk x;k g fd IU;kI dh dkb me ugh gkrhA tc gh eu e lklfjd

fo"K; oklukvk l fojKx mRiUu gk tk;] rHkh lU;k l /kkj.k fd;k tk l drk
gA Je.k ijEijk vkj mifu"kn ijEijk dk bl fo"K; e ,d er gA
bl foopu l ;g Li"V g fd&
¼1½ Je.k ijEijk e xgLFk thou dh vi{kk Je.k thou J"B ekuk x;k g]
tcfD ofnd ijEijk e cãp;] xgLFk] okuiLFk vkj lU;k l lHkh dk
egUo fn;k x;k gA
¼2½ Je.k ijEijk e Je.k thou l gh ek{k dh ikflr ekuh x;h g] tcfD
ofnd ijEijk e fu"dke de dju okyK] lRdeKpj.k dju okyK eDr
gk tkrk gA
bl idkj vkxek vkj mifu"knk e vkpkj dk fo'kn foopu gvk gA

InHk Iph

- 1- v_kp_kj_k³x_{Hkk}"; 4@1@1
- 2- m_Uk_jk/; ;u 4@3]
- 3- JhenHkxonxh_rk 3@19
- 4- eg_kH_{kk}j_r] v_u'_{kk}l_{uio}] v- 115@ 23
- 5- i_kr´ t_y;k_xl= 2@30
- 6- ey_kp_kj & i_Fk_e 'y_kd d_h V_hd_k l
- 7- ey_kp_kj & ey_x._{kkf}/_kd_kj] x_kF_{kk} 2] 3
- 8- r=o] ey_x._{kkf}/_kd_kj] x_kF_{kk} 10
- 9- r=o&ey_x._{kkf}/_kd_kj] x_kF_{kk} 16
- 10- r=o&ey_x._{kkf}/_kd_kj] x_kF_{kk} 22
- 11- %d% l_{eok};k_x l_{eok}; 27@1] %[_k% m_Uk_jk/;u l= 31@18
- 12- c_{gnof}U_k i= 616]
- 13- v_ko' ;d l= g_{fj}H_{kn}h; k V_hd_k
- 14- n'_{kod}k_{fyd} l=] 6@8] 9] 10
- 15- fu;e l_{kj} 4@56
- 16- n'_{kod}k_{fyd} & 4@3
- 17- "kV[_{kM}k_xe 1@1@33@135
- 18- i' u₀;k_dj.k l=&v_{fg}l_k l_{oj} & N_Bk v/; ;u] i"B 532
- 19- v_xl U_{kkf}.k 1] l_{eok}v_k] 9@3
- 20- b'_{kkok}L; k_if_u"_{kn}] e_U= 15
- 21- m_Uk_jk/; ;u l= 23@23
- 22- m_Uk_jk/; ;u l= 23@26] 27
- 23- l_{eok}v_k & 8@2
- 24- m_Uk_jk/; ;u l= 24@1
- 25- l_{ok}F_kl_f) & 9@2@2
- 26- c_{gnn}0; l_{xg}] f_h;k_f/_kd_kj] x_kF_{kk} 35 d_h V_hd_k l
- 27- ey_kp_kj] e_Yk_x._{kkf}/_kd_kj] 14
- 28- m_Uk_jk/; ;u l= 32@35
- 29- v_kp_kj_kx_{Hkk}"; 8@6@101
- 30- fu;e l_{kj} 141
- 31- v_u;k_x}_{kj} l= 29

- 32- fu;elkj 95
- 33- Hkxorhvkjk/kuk fot ;kn;k Vhdj] xkFkk 118
- 34- eykpkj] eyx.kkf/kdkj xkFkk 28
- 35- vko' ;dfu;fDr xkFkk 1548
- 36- eykpkj] "kMko' ;dkf/kdkj xkFkk 654
- 37- Kkrk/kedFkk 1@159
- 38- mUkj/; ;ul= 23@29
- 39- r=o] 23@30 l 33 rd
- 40- eykpkj] 1@33
- 41- r=o] 1@35
- 42- r=o] i"B 5
- 43- iopul]kj xkFkk 208] 209 dh rKri;ofUk i"B 407
- 44- nI.kikg.k] xkFkk 30
- 45- n'kodkfyd 1@1
- 46- leok;kx l= 4@2
- 47- leokvk & 17@9
- 48- Hkxorhvkjk/kuk & xkFkk 25 dh Vhdj
- 49- Jh mikIdn'kkxl= & Jh ?kklhyky th egkjkt i"B 22 l 24
- 50- oIuUnh Jkodkpkj & i"B 21
- 51- ipk.k0ob; lUkfID[kkob; nokylfog fxfg/kEe ifMofTtLIkfe&
mokIxnIkvk 1@12
- 52- mikIdn'kkx 1@45
- 53- Fkyxelkok; le.kkiklvk iPPD[kkb] l ; elkok, ipfog iUuUk] r
tgk dUuky, xoky,] Hkkeky,] .kk lkogkj] dMI fD[kTtA
mikIdn'kk 1@6 vHk;noofUk] i"B 11
- 54- jRudj.MdJkodkpkj 3@55
- 55- mikIdn'kkxl= 1@47
- 56- r=o] 1@11
- 57- fo'k"kk'o';dHkk"; 2690
- 58- mikIdn'kkxl= 1@54-

- 59- mik ldn'kkxVhd&vHk;no] i"B 45
- 60- mik ldn'kkxVhd&efu?kk lhyky] i"B 261
- 61- mik ldn'kkx] 1@57
- 62- tu vpkj fl)kUr vkj Lo:i & Jh noUn efu 'kkL=h i"B 719
- 63- leok;kxI=] 11@1
- 64- mik ldn'kkx ,d ifj'khyu & Mk- lHkk"K dkBkj] i"B 176
- 65- okpLiR;e & iFke Hkkx] i"B 631
- 66- NkUnkX;kifu"kn 6@14@2
- 67- euLefr 4@156
- 68- euLefr 12@94
- 69- NkUnkX;kifu"kn 5@3@7
- 70- vFkoon 11@3@5@17] 18
- 71- euLefr 3@77] 78
- 72- __Xon 10@85@36
- 73- vFkoon 14@2@17
- 74- vFkoon 11@1@21
- 75- __Xon 10@85@23] vFkoon 14@1@34
- 76- euLefr 6@8
- 77- ^eu;k okrj'kuk fi'kxk olr eykAA __Xon 10@136@2
- 78- euLefr 2@7
- 79- ; ton 40@2
- 80- vFkoon 12@1@1
- 81- ; ton 19@30
- 82- dukifu"kn 2@5
- 83- dBkifu"kn 1@2@15
- 84- r=o] 1@2@24
- 85- r=o] 1@3@8
- 86- egkukjk;.kkifu"kn 1@51

- 87- 'kkf.MY;kifu"kn & iFke v/;k;
88- e.Mdkifu"kn 3@2@6
89- egkukjk;.kkifu"kn 79@1
90- ik'kir kifu"kn] 32
91- NkUnkX;kifu"kn 3@17@4
92- 'kkf.MY;kifu"kn 1@2
93- ikr´ty; kxn'ku 2@32
94- egkukjk;.kkifu"kn 78@2
95- lR;onA /ke pjA Lok/;k;kUekienA-----ekrnokHkoA firnokHkoA
vKpk;nok HkoA vfrfFknokHkoA-----J);k n;eA vJ);kn;eA
fJ;kn;eA fg;k n;eA fhk;k n;eA lfonk n;eA rfUkjh;kifu"kn
1@11
96- ;ukg ukerk L;k fdeg ru d;k] ;no Hkxou on rno e cfgA*
cgнкj- 4@5@4
97- dBkifu"kn 1@2@15
98- JhenHkxonxhřk 2@20
99- r| bg je.kh;pj.kk vH;k l k g ;Uk je.kh;k ;kfueki | jUck°e.k;kfu ok
{kf=; ;kfu ok o'; ;kfu okFk ;bg di;pj.kk vH;k l k g ;Uk di;k
;kfueki | ju 'o;kfu ok l dj;kfu ok p.Mky;kfu okA NkUnkX;kifu"kn
5@10@7
100- NkUnkX;kifu"kn 5@11@5
101- egkukjk;.kkifu"kn 8@2
102- dBkifu"kn 2@3@15
103- 'kekneLri% 'kkp {kkřUřjktoeo p
KkufoKkuekfLrD; cãdeLoHkkoteA xhřk 18@42
104- euLeřr 4@186] 187] 188
105- r=o] 4@194
106- r=o] 2@20
107- JhenHkxonxhřk 18@43

- 108- ikjk'kjLefr vkpkjdk.M 1@6
- 109- ,deo r 'knL; iHk de lekfn'krA
 ,r"kkeo o.kkuk 'kJ"kkeul; ;kAA euLefr 1@91
- 110- dEe.kk cEHk.kk gkb dEe.kk gkb [kfÜkvkA
 obLIk dEe.kk gkb l ík gob dEe.kkAA
 u fo ef.M, .k le.kk u vkdkj.k cEe.kkA
 u e.kh j..kokl.k dIphj.k u rkol kA
 le;k, le.kk gkb oEHkpj.k cEHk.kkA
 uk.k.k ; e.kh gkb ro.k gkb rkol kAA
 mÜkj/; ;u 25@33] 31] 32
- 111- rok tkb thok tkbBk.k tkxk l;k 'kjhj dkfj lxA
 dEe ,gk l tetkxk lUrh gke g.kkeh bfl.k i lRFkAA
 /kEe gj, cHk lfUrfrRFk v.kkfoy vÜk; lUuy lA
 tfgfl .gkvk foeyk] fol)k l lhbHkvk itgkfu nk lAA
 mÜkj- 12@44] 46
- 112- ;kKoYD;Lefr] vkpkjk/;k;] 'ykd 116
- 113- euLefr 6@87
- 114- euLefr 6@35
- 115- v/;kiu cã;Kk fir;KLr ri.keA
 gkek nok cfyHkrk u;Kk-frffk itueAA euLefr 3@70
- 116- euLefr 6@3
- 117- r=o] 6@33
- 118- xhrk 18@2
- 119- nñVir U; lRikn oL=ir ty ficrA
 lR;irk on}kp euir lekpjrAA
 vfroknkflrfr{kr ukoeU;r d´puA
 u pe ngekfJR; dohr dufprAA
 Ø);Ur u ifrØ/;nkØ"V d'ky onrA
 lIr}kj kodh.kk u okpeur kAA
 euLefr 6@46] 47] 48
- 120- ;kKoYD;Lefr ik;f'pÜkk/;k; 65

121- /ke'kkL= dk bfrgkI] iFke Hkkx] i"B 495
 122- ;kKoYD;Lefr vkpkj v/;k; 1@11] 12] 13] 14
 123- xHkk/kku ilou lHeUrK tkrde pA
 ukefØ;k fu"Øek·Uuik'ku oiu fØ;kA
 d.ko/kk orkn'kk onkjEHkfØ;k fof/kA
 d'kkUr% Lukue}kgk fookgkfXu ifjxgA
 ==kfXu lxg'po lLdkjk% iKM'k% LerkkAA 0;k lLefr 1@14&15
 124- xkre/ke l= 4@6&13
 125- fo".kijk.k 3@10@24
 126- ok/kyLefr 19
 127- %vkf°ud l=koyh% fuR;de&itkidk'k i"B 20
 128- nohHkkxor 11@16@6
 129- ;Fkk ekrjekfJR;] lo thofUr tUro%A
 ,o xgLFkekfJR;] lo thofUr fhk{kdkkAA of'k"B/ke'kkL= 8@16

v/;k;&4
vkpkj dk vk/kkj de fl) kUr

v/;k;&4 v_kp_kj dk v_k/k_kj de fl)k_Ur

H_kk_jr_h; lLdfr e de dk eg_Uoi.k LF_kku gA l l_kj e lo=
l [k&n_k] [k] g_kfu&y_kH_k] thou&ej.k] nfjnrk&lEiUurk] :X.krk&LoLFkrk v_kj
cf)e_Ukk&vcf)e_Ukk v_kfn ofH_kU; Li"V:i l fn[k_k;h iMrk gA ;g ofH_kU;
n"Vdkj.kk l gh g_k vko';d ugh] dkj.k fd ,l cgr l_kj m_kkgj.k i_klr
g_kr g fd ,d ekrk&firk d ,d l_kF_k t_Ue ;Xe ckydk dh f'k{k_k&n_k{k_k}
y_kyu&i_kyu v_kfn leku g_ku ij H_kh 0;fDrxr :i l mudh ifjLFkfr;k
fH_kUu&fH_kUu g_krh g] t l d_kb #X.k d_kb LoLF_k] d_kb nfjn rk d_kb lEiUu]
d_kb vxghu rk d_kb lUnj vxokyA bu ckrk l ;g Li"V g fd
t_UekUrjh; /kek/ke:i vn"V H_kh bu H_kkxk dk dkj.k gA

H_kk_jr_h; n'ku dh lH_kh fopkj/k_kj_k, tk v_kRek v_kj iut_Ue e
fo'ok l d_jr_h g] o lH_kh deokn dk Lohdkj d_jr_h gA v_kifu"kfnd ijEijk
v_kj tukxek e de'kkL= d lEcu/k e xgu fp_Uru g_vk gA v_kp_kj_kx e
v_kReokn] y_kdkon] deokn v_kj fØ;kokn dk o.ku gA tho D;k g
¼v_kReokn½] tho dgk l v_krk g v_kj dgk pyk t_krk g ¼y_kdkon½] tho dk
D;k d_juk g] D;k ugh ¼deokn½] rF_kk tho ijH_kko ;k foH_kko n'kk l LoH_kko
n'kk e fd l d ek/;e l v_krk g ¼fØ;kokn½&bu lc ckrk dk Kku de
fl)k_Ur d }k_jk g_krk gA

de dk Lo:i

tu n'ku e de 'kCn dk i;kx ft l vF_k e g_vk g] m l vF_k e
vF_kok m l l feyr tyr vF_k e v_U; n'kuk e H_kh bl 'kCn dk i;kx fd;k
x;k gA onk_Ur n'ku e de dk ek;k ;k vfo l_k] l_k]; n'ku e Dy'k]
U;k;&o'kf"kd e vn"V] ck)n'ku e okluk v_kj ehel_k n'ku e vio dgk
x;k gA de 'kCn vud vF_kk e i;Dr gA [kkuk&ihuk] pyuk&fQjuk]
lkuk&tkxuk v_kfn fØ;kv_k d fy; H_kh de 'kCn dk i;kx g_krk gA
o'kf"kd_k u mR{ki.k] vo{ki.k] vkd'pu] i l_kj.k] v_kj xeu d fy; de
'kCn dk i;kx fd;k gA egf"kd.kkn u de dk y{k.k bl id_kj fd;k
g&de og g tk ,d gh n₀; d vkfJr jg] rF_kk Lo; x.k l jfgr gkdj
l ;kx foH_kkx dk fuji{k dkj.k gA

U;k;'kkL= e de dk vn"V dgk x;k gA vn"V v_kRek dk x.k gA
vPN&cj dek dk v_kRek ij lLdkj iMrk g] og vn"V gA tc rd m l d_k
Qy ugh fey t_krk rc rd og v_kREk d l_kF_k jgrk gA de v_kj m l d
Qy d chip] cgr cM_k 0;o/kku n[k_k t_krk gA bl 0;o/kku e de v_kj Qy

d chp lEcU/k LFkkfir dju okyk detU; vn"V ekuuk iMrk g] ftld ek/e l de Qy dk dkj.k curk gA ;fn ,lk u ekuk tk; rk cgr igy fou"V g, de dk cgr ckn feyu oky Qy dk dkj.k ugh dgk tk ldrkA de vkj Qy e lEcU/k u ekuu ij dkj.k fl)kur gh leklr gk tk;xkA vr% de vkj Qy dk vk;k tu dju okyk ;k vn"V dk fu;ked b'oj gA

ehekIk n'ku e de ij xEHkhj fpUru fd;k x;k gA de dk egUo inku dju d dkj.k gh ehekIk n'ku dk onkur n'ku l iFkd ekuk tkrk gA on dk nk Hkkxk e foHkkftr fd;k x;k g&dedk.kM rFkk Kkudk.MA de dk foopu io ehekIk e fd;k x;k gA doy ehekIk e gh ugh] vfir lHkh Hkkjrh; n'kuk e vkpkj %dedk.M% fopkj %Kkudk.M% dk fo'k": i l leUo; jgrk gA bruk vo'; g fd dN n'ku vkpkj dk egUo nr g vkj dN Kku ehekIk dk vf/kd egUo nr gA vkpkj: i de ehekIk n'ku dk ifrik] gA lHkh ofnd n'ku de ehekIk dk ekuur g] ;gk rd fd vofnd n'ku Hkh de ehekIk dk Lohdkj djr gA ehekIk n'ku e de dk rRi; ofnd ;K lEcU/kh dedk.M dk vu"Bku gA ^defr ehekIdk* mfDr bl lEcU/k e ifl) gh gA blh lEcU/k e ehekIdk u vio uked ,d inkFk ekuk gA ;g ;kx 'kfDr: i gA de dju d igy i#"k Lox vkfn dk iklr dju e v;kx; gA n'ki.kekIkfn ;K Hkh vu"Bku d ifgy Lox dk Hkkx nu e vleFk gA bl i#"kxr ;k Ørxr ;kx;rk dk gh ehekIk 'kkL= e ^vio* dgk tkrk g&

deH;% ilx;kx;L; de.kk i#"kL; okA

;kx;rk'kkL=xE;k ;k lk ijk-iofe";rAA¹

vio ;k ;kx;rk ;kx dh l{e voLFkk gA tk de l mRiUu gkrh g vkj Qy dh ikflr gku rd ;teku dh vkREkk e jgrh gA ehekIk dk er g fd eu"; dk on ifrikfnr dekj ij n< vkLFkk i.k fo'okl vkj vpy J)k gkuh pkfg,A ykfdd 0;ogkj d fy; eu"; dk Kku Hky gh ikef.kd eku fy;k tkrk g] ij /kek/ke dk fu:i.k rk on gh dj ldrk gA blfy, mld ifr ge u rk rd dju dk vf/kdkj g] u lUng dju dkA on gh eu"; dk fof/k ij.kk okD; d }kjk de e ioUk djr gA ehekIk d vulkj eu"; dk fujUj ofnd de dk vu"Bku djr jguk

pkfg,A bl de dk Qy rRdky u feydj dkykUvj e feyrk gA de vkj
 Qy d e/; e ,d vio vFkk de k dk 'kHk ;k v'kHk Qy ;k i.;&iki
 jgrk gA ;g vio %dkb vn'; 'kfDr½ gh dkykUvj e de&Qy mRiUu
 djrk gA blhfy, ehek l k e ^'kfDr* vkj ^vio* uked rUok dh dYiuk
 ekfyd gA²

JhenHkxonxhrrk dk Hkh e[; ifrik l de ekx gA ;gk eu"; dk
 lrr de dju dh ij.kk nh x;h gA {k.kHkj d fy; Hkh dkb fcuk de fd,
 ugh jg ldrkA idfr d x.kk }kjk foo'k gkdj ekuo dk de dju iMr
 gA de fd; fcuk thou j{k ;k 'kjhj fuokg Hkh ugh gk ldrkA nlj] ;fn
 lc de djuk NkM n rk lfV pØ dk pyuk cUn gk tk;xkA³ xhrrk mUgh
 dek dk dju dk fun'k nrh g tk 'kkL= fofgr g vkj J"B ykx ft l de
 dk vkpj.k djr gA J"B ykx }kjk vkpfjr de dk l l k j vulj.k djr k
 gA

xhrrk e ft l de dk dju dh ij.kk nh x;h g og de;kx
 dgykrk gA de;kxh og g tk dUkk iu d vfhkeku l jfgr gkdj de
 djA fd l h de d ikp dkj.k gkr g&vf/k"Bku] dUkk] dj.k] p"Vk vkj no
 ;k b'ojh 'kfDrA tc bu ikp dkj.kk l fd l h dk; dk lEiknu gkrk g rk
 doy dUkk dk gh dkj.k eku yuk vgdj gA ekuo doy feF;kfhkeku d
 dkj.k gh viU vkidk fd l h dk; dk dUkk le> yrk gA vr½ vgdj l
 'kU; gkdj de djuk de;kx gA tk deQy e vk l fDr R;kx dj dUk0;
 de djr k g ogh lU;k l h g] ogh ;kxh gA doy vfxu dk R;kx dju okyk
 lU;k l h ugh g rFkk doy fØ;kvk dk R;kx dju okyk ;kxh ugh g&

vulfJr½ deQy dk; de djfr ;%A

l lU;k l h p ;kxh p u fujfxuu p fØ; %AA⁴

blhfy, xhrrk e dek d R;kx dh ugh] cfYd dek d Qy R;kx
 dh f'k{k nh x;h g&

de.;okf/kdkjLr ek Qy" k dnkpu]

ek deQy grHkek r l xk-Lrodef.kAA⁸

fu"dkede b'ojkFk de gA fu"dkede gh cU/ku dk ck/kd rFkk
 ek{k dk l k/kd gA ft le vk l fDr dk vHkko g] og i#"k de djr k gvk
 Hkh ty e dey d iUk d leku iki l fy l r ugh gkrk&

**cã.;k;k; dekf.k lx R;DRok djkr ;%A
fyl;r u l ikuinei=feokEHk l kAA⁶**

vk l fDr jfgr de d l kFk xhrk e de] vde vkj fode d ckj e
foLrkj l o.ku feyrk gA de Lo:i l ,d fn[ku ij Hkh vUr'dj.k d
Hkkok d vulkj rhu Hkkxk e foHkDr gk tkrk g&de] vde vkj fodeA
ldkeHkko l dh xb 'kkL= fofgr fØ;k de cu tkrh gA QyPNk] eeRo
vkj vk l fDr l jfgr gkdj doy nljk d fgr d fy; fd;k x;k de
vde cu tkrk gA 'kkL= fofgr de Hkh ;fn nljk dk n%[k nu d fy;k
fd;k tkrk g rk og fode cu tkrk gA

mifu"knk e de dk vFk fØ;k gA b'kkokL;kifu"kn e dgk x;k g
fd 'kkL=fu;r de djr g; gh l k o"kk rd thu dh bPNk djuh pkfg;A
R;kxHkko l fd;k x;k de cu/ku dk dkj.k ugh curk gA de dk l r vkj
vlr nk :ik e foHkDr fd;k x;k gA 'kkL= lEer de gh l rde g
t l&ekrnok Hko] firnok Hko] vkpk; nok Hko] ;kfu vuo|kfu dekf.k rkfu
lforO;kfu uk brjfk.kA bl idkj vuo|dek dk dju dk fun'k ndj
de d }fo/; dh vkj ldr fd;k x;k gA bl l lkj e dkb Hkh lprk
de fd; fcuk {k.kHkj Hkh ugh jg ldrA t l&gluk] jkuk] [kkuk] ihuk]
vkfn fØ;k; fujUrj bl tkxr e gk jgh g] blfy, fØ;k ;k de ogh g
tk fujUrj fd;k tkrk gA de vkj fØ;k nkuk ,d gh gA

de vfo|k ;k vKku dk i;k; ugh gA ; rk de d i;ktd gk
ldr gA vfo|k d dkj.k Hkn cf)) Hkn cf) d dkj.k jkx&} "k vkj
jkx&} "k d dkj.k de dju dh ijEijk vukfn gA jkx&} "k rHkh u"V gk
ldr g tc eu"; Kku lEiUu gkdj dek dk vkpj.k djA blh lEcU/k e
mifu"knk e dgk x;k g&de vkj vde dk okLrfod jgL; le>u e
cf)eku i#"k Hkh Hkydj cBr gA blh dkj.k de jgL; l
vufHkK KkukfHkekuh eu"; de dk cãKku e ck/kd le> yr g vkj viu
o.kkJekfpr dek dk R;kx dj nr gA dek d R;kx l mUg dek l
NVdkjk ugh feyrk vkj o vkyL;] funk rFkk iekn e viu nyHk ekuo
thou d veY; le; dk u"V dj nr gA bl vuFk l cpu d fy;
,dek= mik; de vkj Kku d jgL; dk le>dj mudk ;Fkk;kX; vkpj.k
djuk gh gA bl Hkko l deku"Bku dju d QyLo:i mldk vUr'dj.k
leLr nx.kk ,o fodkjk l jfgr gk tkrk g vkj og l lkj l xj l rj
tkrk gA ekuo 'kjhj nk rUok dk ;kx g pru vkj vpruA pru e fd l h
Hkh idkj dk ifjoru ugh gkrk vkj vpru ifjoru'khy gA l k[;n'ku d
vulkj vpru rUo idfr dk ifj.kke gA idfr ml dgr g ftle
fujUrj fØ;k gk jgh g&id"k.k dfr% dkj.ke ;= l k idfr%A* fujUrj
fØ;k'khyrk dk idfr dgr gA tc pru rUo vKkuo'kkr idfr l

rknkRE; LFkffir dj yrk g rk idfr dh fØ;k i#k dk de cu tkrh gA
blfy, vKku dk dkj.k 'kjhj Hkh dgk tkrk gA

;kxn'ku e Hkh de dk fØ;k: i gh ekuk x;k gA egf" irtfy u
ikf.k;k }kjk fd; tku oky dek dh rhu Jf.k;k crk;h g&'kDy de
vFkkR i.; de] d".k de vFkkR iki de] 'kDy d".k de vFkkR iki i.;
de dk fefJr : iA 'kDyde mldk dgr g ftudk Qy I[k Hkx gkrk
gA d".kde mldk dgr g tk ujd vkfn n[kk d dkj.k gA fl) ;kxh
d de fdlh Hkh idkj dk Hkx nu oky ugh gkr D;kfd mudk fpÜk de
lLdkjk l 'ku; gkrk gA blfy, mud dek dk v'kDy vkj vd".k dgk
tkrk gA

mifu"knk d vulkj tUe dk l{kkr lEcU/k de l gA ;g dkb
vkdfLed ?kVuk ugh cfYd tUe vkj de dk vfoukHkkoh lEcU/k gA ikf.k;k
e fo|eku l[k&n[k dk lEcU/k mud }kjk fd; x; 'kHk'kHk de gA
NkUnkX;kifu"kn e dgk x;k g fd tk 0;fDr 'kHk de djrk g og vPNh
;kfu e tUe ikrk g vkj tk 0;fDr dfrlr de djrk g og [kjc ;kfu e
tUe yrk gA⁷ cgnkj.;dkifu"kn e Hkh dgk x;k g&tk l/k dke djrk g]
og l/k gkrk g vkj tk ikide djrk g og ikih gkrk gA i.; de l
i.; rFkk ikide l iki gkrk gA bl idkj eu"; d mRFkku&iruj
l[k&n[k rFkk , 'o; vu' o; dk gr de dk crk;k x;k gA⁸
'ork'orjkifu"kn e Hkh dgk x;k g fd tk de;kxh lÜo] jt vkj re bu
rhu x.kk l 0;klr viu o.kkJe vkj ifjLFkr d vudy dÜk; de dk
vkjEHk djd mudk vkj viu vgrk] eer vkj vkldr] vkfn Hkkok dk mu
ijc^oe ijeRek e yxk nrk g rk mu dek l mld dÜkku dk lEcU/k
foPNn gk tkrk g vkj , l de Qynk;d ugh gkrA Qynk;d fØ;ek.k
dek d vHkko e ml 0;fDr d lfr de Hkh loFkk u"V gk tkr gA bl
rgj dek dk uk'k gk tku ij og i#k ijeRerÜo dk iklr dj yrk gA
bl idkj vkifu"knfnd ijeijk e de dk vFk fØ;kijd gh fd;k x;k gA
de cu/ku vkj efDr nkuk dk dkj.k gA tk tlk de djrk g ml olk
Qy iklr gkrk gA de dju d lEcU/k e 'kkL= gh iek.k gA

tu ijeijk d xUFkk e Hkh de dk fo'y".k fd;k x;k g ofnd
n'ku dh Hkfr tu n'ku e Hkh txr ofp=; dk e[; dkj.k de fl)kur
dk gh ekuk x;k gA vkpkjxl= e dgk x;k g de l mifk/k vFkkR n[k
dk tUe gkrk gA lHkh idkj d o"KE; dk eydkj.k de gh gA de l gh
eu"; l[k&n[k iklr djrk gA

lklfjd thou vk'kk&fujk'kk] l[k&n[k] g"kk&fo"kn] lUurk vkj
vilUurk] vkfn vud ifjLFkr;k l ifj0;klr gA le:irk dgh ugh gA
txr dh bl fo'kerk dk dkb u dkb dkj.k gkuk gh pkfg;] D;kfd vgrd

fdlh dk; dh fu"ifÜk ugh gkrhA bl ofo/; vkj o"KE; d dkj.k dk vUo"K.k dju l ;gh fu"d"K fudyrk g fd de gh bldk ,dek= dkj.k gA tu 'kkL=k e de dh vud ifjHkk"kk; feyrh gA Jhfhk{k vkxefo"K; dk'k e dgk g&tho dh 'kHk&v"KkK iofÜk l vkd"V l [k&n][k ,o vkoj.k d gr Hkr inxy LdU/k dk de dgr gA⁹

mÜkj/;;u cgnofÜk e de dh ifjHkk"kk bl idkj dh x;h g&feF;kRo] vfojfr] d"kk; vkj ;kx bu vklok l vuxr vkREkk }kjk tk fd;k tkrk g og de gA¹⁰ tukpk; noUn lfj u de dk y{k.k bl idkj fd;k g&tho dh viuh 'kkjhfd] ekufl d ,o okfpd 'kHk'kHk fØ;k }kjk ;k feF;kRo] vfojfr] iekn] d"kk; vkj ;kx bu dkj.kk l ifjr gkdj jkx}"kkRed iofÜk l pEcd dh rjg vkd"V vkRek] tk djrk g] og de dgykrk gA¹¹

i- l[kyky l?koh dgr g&^tc ik.kh viu eu] opu vkj dk; l fdlh Hkh idkj dh iofÜk djrk g rc pkjk vkj l de;kX; inxy ijek.kvk dk vkd"K.k gkrk gA ogh de gA¹²

tu y{k.kkoyh d vulkj **^vt.kp..ki..k lExxx0o lge&Fkyfn&v.kxfogifj.k,fg v.krfg ikXyfg f.kjrj f.kfpr ykx ifjPN..kk ,o ikXyk dEeifj.kke.ktXxk c/kek.kthoifj.kke iPP,.k c)k .kk.kkfnyf)?kkfr.kk lgnD[k lglgmukemPpk.kh;kxk;rjk;ikXyk dEefr oPpfrA¹³ vtup.k l ifji.k fMcc d leku l{e o LFkykfn vuUr inxyk l ifji.k ykd e de:i l ifj.kr gku ;kX; fu;r inxy tho ifj.kke d vulkj cU/k dk ikr gkdj Kku n'ku d ?kkrd inxyk dk de dgr gA U;k;denpUn e dgk x;k g fd **^n'kkn n'kkurjikflr gr^ ifjLiUnkReifj.kkek-FkL; deA¹⁴ vFkkr ,d n'k l nlj n'k dh ikflr e dkj.kHkr inkFk d ifjLiUnkRed ifj.kke dk uke de gA vkpkjkxHkK"; d dÜkk vkpk;Jh egkiK d vulkj&vkREkk d }kjk viu v/;olk; l vkd"V 'kHk&v"KkK inxy lfpr jgr gA o inxy vkRe iofÜk vFkkr de d }kjk vkd"V gkr g] blfy, o de uke l vfHkfgr gkr gA mudk vk/kkjHkr 'kjhj Hkh dke.k 'kjhj duke l tkuk tkrk gA e[;r] de dk vFk ^iofÜk* gA de l vkd"V inxy Hkh de 'kCn l mipfjr gA vkRek vkj de dk lEcu/k fØ;k d }kjk gkrk gA tc rd vkREkk e jkx}"k tfur idEiu fojeku g] rc rd mldk de ijek.kvk d lFk lEcu/k gkrk jgrk gA blfy, deokn fØ;kokn dk mithoh gA de =dkfyd gA fØ;k g] blfy, mldk dju l dec/k gkrk gA dec/k dk ifj.kke g&thok dk fn'kkvk vkj vufn'kkvk e vulpj.kA fØ;k de inxyk dk vklo.k djrh g blfy, mldk nljkj uke vklo gA vklo 'kCn cu/ku ;k n][k d dkj.k : i e xghr gvk gA¹⁵ de dk mikf/k dgk x;k gA mikf/k 'kCn n][k] ihMk****

vkj cU/ku d vFk e i;Dr gvk gA tc de vkRek d lKfK c/kr g rk
 mudk Qy Hkh Hkxruk iMrk gA blfy, dgk x;k g fd viuk fd;k gvk
 de viu dk Hkxruk iMrk gA tu ijEijk e de nk idkj dk ekuk x;k
 g&Hkcode vkj n0;deA jkx}"kkRed ifj.kke vFkkr d"kk; Hkko de g]
 dke.k tkfr dk inxy&tMrUo fo'k"q] tk d"kk; d dkj.k vkRek d lKfK fey
 tkrk g n0;de dgykrk gA vkpk; verpUn u fy[kk g&vkREkk d }kjk iklr
 gku l f0;k dk de dgr gA ml f0;k d fufeUk l ifj.keu fo'k"i iklr
 inxy Hkh de gA de tk inxy dk gh ,d fo'k"i : i g] vkREkk l fHkUu
 ,d fotkrh; rUo gA tc rd vkRek d lKfK bl fotkrh; rUo dk l;kx g]
 rHkh rd l lkj g vkj ml l;kx d uk'k gku ij vkRek eDr gk tkrk gA¹⁶

tu ijEijk vkj vkifu"kfnd ijEijk d xUFkk e de dh ifjHk"kk d
 lEcU/k e vUrj fn[kk;h iMrk gA tu ijEijk e vkREkk dh ioF0k l vkd"V
 inxy dk gh de dgk x;k gA blfy; tu n'ku e de iknxfyd gA
 ofnd ijEijk e f0;kek= dk de dgk tkrk gA¹⁷ ;gk f0;k eUk vkj veUk
 nk idkj dh gkrh gA veUk f0;k ekufld fpuru d }kjk gkrh g t l ti]
 /;ku vkfnA dk; : i e ifj.kr l Hkh f0;k eUk f0;k; g t l] ;K djuk]
 nku nuk] xg fuek.k djuk] Hkk tu idkuk vkfnA bu f0;kvk dk tu n'ku
 d vulkj n0; de vkj Hkko de dg ldr gA

de d Hkn

tho vkj de dk lEcU/k vukfn gA fdUr ekV rkj ij de d nk
 Hkn fd; x; g&Hkko de vkj n0; deA jkx}"kkRed ifj.kke vFkkr d"kk;
 Hkcode gA dke.k tkfr dk inxy tMRo fo'k"q] tk d"kk; d dkj.k vkRek
 d lKfK fey tkrk g n0; de dgykrk gA bl n0; vkj Hkko de dh
 dk;&dkj.k ijEijk vukfn dky l pyh vk jgh gA jkx&}"k : i Hkcode
 dk fufeUk ikdj n0;de vkREkk l c/krk g vkj mld lEid l vkRek e
 iu% jkx&}"k dk mn; gkrk gA tukxek e vkB dek dk mYy[k feyrk g
 ftul c/kk gvk tho l lkj e ifjoru djrk g&Kkukoj.k] n'kukoj.k]
 onuh;] ekguh;] vk;] uke] xk= vkj vUrjk;A ; vkB de gA¹⁸ bu vkB
 de idfr;k dk Hkh nk Hkxk e ckVk x;k g&?kkfrde vkj v?kkfrdeA

?kkfrde

tk de inxy vkRek l fpiddj vkRek d e[; ;k LokHkkfod
 x.kk dk ?kkr djr g] mudk ?kkfrde dgr gA mu dek dk eykPNnu

gku l gh vkREkk loK ;k lon'kh cu ldrk gA Kkukoj.kh;] n'kukoj.kh;]
ekguh; vkj vUrjk; ; pkj de ?kkfrde dgykr gA

v?kkfrde

tk de vkRek d e[; ;k LokHkkfod x.kk dk ?kkrr ugh dj ikr o
v?kkfrde dgykr gA onuh;] vk;" ;] uke vkj xk= ; pkj v?kkfrde gA¹⁹

vkREkk d x.k vkB g&1½ vuUrKku] 2½ vuUrn'ku] 3½ vuU l [k]
4½ vuUroh;] 5½ vVy voxkgu] 6½ vefrdiu] 7½ vx#y?kiu vkj 8½
yfC/kA²⁰ de inxy vkRek d bu x.kk dk ixV ugh gku nrA blfy,
vkRek dk LokHkkfod : i ixV ugh gk ikrkA

de vkj mud dk;

tu n'ku d vulkj tc dkb de fd;k tkrk g rk ml de d
ijek.k vkB Hkkxk e foHkDr gk tkr g] vkj vkREkk d LokHkkfod x.kk dk
ixV ugh gku nrA bu dek d y{k.k bl idkj g&

1- Kkukoj.kh; de&vkRek vuUrKku lEiUu gA l lkj e ftruh vkRek, g]
mu lce vuUrKku fo|eku gA²¹ ijuR Kkukoj.kh;de vkRek d bl
vuUrKku dk vkPNkfnr dj nrk gA Kkukoj.kh; de vk[k dh iêh d
leku gA ftl idkj vk[k d vx iêh ck/ku l n[ku e #dkoV gkrh
g] ol gh Kkukoj.kh; de vkRek dh Kku'kfDr dk fujk/k djrk gA

2- n'kukoj.kh; de&tk de vkRek dh l{kRdkj dju dh 'kfDr d vkoj.k
dju e fufeÜk g o n'kukoj.kh; de gA n'kukoj.kh; de ifrgkjh d
leku gA tl ifrgkjh jktk d n'ku e #dkoV Mkyrk g] ol gh
n'kukoj.kh; de vkREkk dh n'ku 'kfDr dk vkPNkfnr dj nrk gA

3- onuh; de&ftu dek d iHkko l vkRek futkuUn dk Hkydj l l kfjd
l [k&n[k :i Qyk dk vuHko djrk g ml onuh; de dgr gA
onuh; de nk idkj d g&lkr onuh; vkj vlkronuh;A onuh; de
e/kfylr ryokj dh /kkj d leku gA ftl idkj e/k l fylr ryokj dh
/kkj dk pkVu l Lokn ekye iMrk g] mld leku lkronuh; g vkj
thHk dV tkrh g] mld leku vlkronuh; gA

4- ekguh; de&tk vkRek d ekghHkko d gku e vFkkr jkx] }"k vkj
feF;kRo Hkko d gku e fufeÜk g og ekguh; de gA ekguh; de
e|iku dju d leku gA ftl idkj e|iku dju oky dk l/k&c/k

ugh jgrh] ol gh eguh; de d mn; l thok dh rÙo J)k foijhr
gkrh g vkj fo"K; Hkkxk e vklfDr jgrh gA

5- **vk;"de&bl** de d }kjk vkRek pkjk xfr;k e&ujf;d] fr;d] eu";
vkj no e Hke.k djrk jgrk gA vk;"de cMh d leku gA ftl idkj
dkB dh cMh e iMk gvk eu"; mldk rkM fcuk fudy ugh ldrk] ol
gh vk;"de dk Hkkx fcuk tho ,d Hko l nlj Hko e ugh tk ldrA

6- **ukede&ftl** d iHkko l tho 'kHk ;k v'kHk 'kjhj dh jpuk] iHkko vkfn
iklr djrk g] ml ukede dgr gA bld e[; nk idkj g&'kHk vkj
v'kHkA 'kHk uke d mn; l O;fDr lUnj] vkn; opu] ;'kLoh vkj
iHkko'kkyh O;fDrRo okyk gkrk g vkj v'kHkuke d mn; l bld foijhr
gkrk gA

7- **xk=de&ftl** de d }kjk tkfr] dy vkfn dh mPprk] fuEurk gkrh g]
ml xk= de dgr gA xk= de nk idkj dk g&mPp xk= vkj fuEu
xk=A ; Øe'k mPprk&fuEurk] lEeku vkj v lEeku d fufeÙk cur gA

8- **vÙrjk; de&ftl** de d dkj.k vkREkk dh nku] ykHk] Hkkx] miHkkx vkj
oh; dh 'kfDr e fo?u&ck/kk, ;k #dkoV vk,] inkFk ikl e gkr g, Hkh
mudk HkkxkiHkkx u gk ld] mldk uke vÙrjk; de gA²² vÙrjk;de
jktk d dk"kk/;{k d leku gA ftl idkj jktk dk vkn'k gku ij
dk"kk/;{k d fcuk fn; og oLr ugh feyrh] ol gh vÙrjk;de nj g,
fcuk bfPNr oLr ugh feyrhA

decU/k d dkj.k

tho d lFk de dk vukfn lEcU/k g] ;|fi tho vkj de nkuk
iFk d rÙo gA xkre u i'u fd;k&Hkxou! tho decU/k dl djrk g\

Hkxoku egkohj u mÙkj fn;k&xkre! Kkukoj.kh; de d rho mn;
l n'kukoj.kh; de dk rho mn; gkrk gA n'kukoj.kh; de d rho mn;
l n'ku ekg dk mn; gkrk gA n'kuekg d rho mn; l feF;kRo dk mn;
gkrk g vkj feF;kRo d mn; l tho vkB idkj d dek dk ck/krk gA²³

LFkkukx] leok;kx e rFkk mekLokfr u decU/k d ikp dkj.k crk;
g&¼1½ feF;kRo] ¼2½ vfojfr] ¼3½ iekn] ¼4½ d"kk; vkj ¼5½ ;kx²⁴ decU/k
d pkj Hkn g&idfr] fLFkfr] vuHkko vkj in'kA²⁵ bue idfr vkj in'k dk
cU/k ;kx l gkrk g ,o fLFkfr o vuHkkx dk cU/k d"kk; l gkrk gA

ftl le; tho de dk ck/krk g] rc mldh e[;rH ; pkj
voLFkk, gkrh gA ; gh pkj voLFkk, cU/k d pkj Hkn gA bue idfr dk
vFk g&LoHkkoA de dk cU/k gkr gh mle tk Kku vkj n'ku dk jkdu]
l[k&nH[k nu vkfn dk LoHkko iMrk g og idfrcU/k gA fLFkfr dk vFk
g&dkeye;knkA iR;d de dk c/k gkr gh mldk lEcU/k vkRek l dc rd

jgXk ;g fuf'pr gk tkrk gA vuHkko dk vFk g Qynku 'kfDrA in'k dk
vFk de ijeK.kvk dh x.kuk gA tk de vkRek l cU/k dk iklr gkr g] o
fu;r jgr gA ,d dky e ftru de ijeK.k c/k dk iklr gkr g mudk
oIk gkuk gh in'kcU/k gA ftru Hkh de g o lc bu pkjk Hkxk e cV g,
gA d"kk; gh de cU/k dk e[; dkj.k gA d"kk; d pkj Hkn g&Ø/k] eku]
ek;k vkj ykHkA mÜkj/;;ul= e jkx vkj }"k dk de dk cht dgk x;k
g&

**jkxk ; nkIk fo ; dEech;] dEe ; ekgliHko o;frA
dEe ; tkbej.klI ey] nD[k ; tkbej.k o;frAA²⁶**

jkx vkj }"k de d cht gA de ekg l mRiUu gkrk g vkj og
tUe&ej.k dk ey gA tUe&ej.k dk n[k dgk x;k gA ;gh cU/ku gA

tu n'ku dh rjg vU; Hkkjrh; nk'kfud ijEijkvk e
decU/ku dk dkj.k jkx&}"k] ekg vkj vfo|k dk ekuk x;k gA U;k;n'ku
dk eUr0; g fd 'kjhj] bfUn;] eu] cf) d vukRe gku ij Hkh bue ^e gh
g* ,lk Kku j[kuk feF;kKku vkj ekg gA ;gh decU/ku dk dkj.k gA
lk[;n'ku cU/k dk dkj.k foi;kI ekurk gA ;kxn'ku e vfo|k] vLerk]
jkx&}"k vkj vfHkfuo'k dk Dy'k dgk x;k g vkj ;gh cU/ku dk dkj.k gA
mifu"kn Hkxonxhvk vkj c°el= e Hkh vfo|k dk gh cU/k dk dkj.k ekuk
x;k gA

bl idkj tu n'ku vkj vU; n'kuk e decU/k d dkj.kk e
'kCnHkn vkj ifØ;k Hkn gku ij Hkh ey Hkkoukvk e [kkI Hkn ugh gA

de dh volFkk,

de dh fofHkUu volFkk, gA e[; : i l buG X;kjg Hknk e fofHDr
fd;k x;k g²⁷&¼1½ cU/k] ¼2½ lÜkk] ¼3½ m}ru] ¼4½ vioru] ¼5½ lØe.k] ¼6½
mn;] ¼7½ mnjh.kk] ¼8½ mi'keu] ¼9½ fu/kfÜk] ¼10½ fudkfpr vkj ¼11½
vkck/kkdKyA

¼1½ cU/k&vkREkk d lkFk deijek.kvk dk lEcU/k gkuk] {khj uhjor ,ded
gk tkuk c/k gA idfr] fLFkfr] vuHkx vkj in'k d Hkn l
cU/k d pkj idkj gA

¼2½ lÜkk&vkC) de viuk Qy inku dj tc rd vkREkk l iFkd ugh gk
tkr rc rd o vkRek l gh lEc) jgr gA bl tunk'kfudk u lÜkk
dgk gA

- %3% m}ru&fLFkfr cU/k vkj vuHkkxcU/k d c<u dk m}ruk dgr gA
- %4% vioru&fLFkfr cU/k vkj vuHkkxcU/k d ?kVu dk vioruk dgr gA
m}ruk vkj vioruk d dkj.k dkb de 'kh?k Qy nrk g vkj dkb nj
ej fd l h dk Qy rho gkrk g vkj fd l h dk eUnA
- %5% lØe.k&,d idkj d de ijek.kvk dh fLFkfr vkfn dk nlj idkj d
de ijek.kvk dh fLFkfr vkfn d :i e ifjofrr gk tku dh ifØ;k dk
lØe.k dgr gA
- %6% mn;&de dk Qynku mn; gA ;fn de Qyndj futh.k gk rk og
Qykn; g vkj Qy fn; fcuk gh mn; e vkdj u"V gk tk; rk
in'kkn; gA
- %7% mnjh.kk&fu;r le; d io de dk mn; e vkuk mnjh.kk gA t l
le; l io gh vke vkfn Qy idk; tkr g ol gh l k/kuk l vc)
de dk fu;r le; l io Hkkx dj {k; fd;k tk ldrk gA lkeU;r%
;g fu;e g fd ft l de dk mn; gkrk g mlh d l tkrh; de dh
mnjh.kk gkrh gA
- %8% mi'leu&dek d fo|eku jgr g, Hkh mn; e vku d fy, mUg v{ke
cuk nuk mi'ke gA
- %9% fu/fUk&ftle dek dk mn; vkj lØe.k u gk ld] fdUr
mnoru&vioru dh l Hkkouk gk og fu/kfUk gA
- %10% fudkfpr&ftle m}ru] vioru] lØe.k ,o mnjh.kk bu pkjk
voLFkkvk dk vHkko gk] og fudkfpr gA vFkk vkREk e ft l :i l
de c/kk g mlh :i e Hkkx fcuk ml dh futjk ugh gkrhA
- %11% vck/kkdky&de c/ku d i'pkr tc rd Qy u n ,lh voLFkk dk
vkck/kkdky dgr gA
- bl idkj tukxek e deokn dk egUoi.k LFkku gA l lkj e
fn[kk;h iMu okyh fofHkUurk dk dkj.k de gh gA l=drkx e dgk g fd
lc ik.kh viuk dek d vulkj iFkd&iFkd ;kfu;k iklr djr gA dek dh
v/khurk d dkj.k v0;Dr n[k l n[kh ik.kh tve tjk vkj ej.k l Hk;Hkhr
gkdj l lkj&pØ e HkVdr jgr gA ikf.k;k d 'kHkk'kHkde gh l lkj Hke.k
d dkj.k g&

,o Hko l l k j l l j b] l g l g f g d E e f g A
 t h o k i e k ; & c g y k l e ; x k ; e ! e k i e k ; , A A ²⁸
 deokn dk ; g f l) k U r g f d t k i k . k h t l k d e d j r k g m l d k
 m l d k Q y v o ' ; H k k x u k i M r k g A d e k d k Q y H k k x f c u k l l k j l e f d r
 u g h f e y l d r h &
 v . . k l l n D [k v . . k k u i j ; k b ; b A
 v . . k . k d M v . . k k u k i f M l o n b A A ²⁹
 l l k j e v k o k x e u j k d u d f y ; d e c h t d k u " V d j u k c g r
 v k o ' ; d g A f t l u v i u d e k d k u " V d j f y ; k g m l d k l l k j e H k e . k
 # d t k r k g &
 t g k n M < k . k c h ; k . k] . k t k ; f r i . k v d j k A
 d E e c h ; l n M < l] . k t k ; f r H k o d j k A A ³⁰
 f t l i d k j n x / k c h t k e l i u % v d j Q V u d h ' k f D r u g h j g r h
 m l h i d k j d e : i h c h t k d u " V g k t k u i j m u e H k o : i h v d j m R i U u
 d j u d h ' k f D r u g h j g r h A t c d e c h t u " V g k t k r g r k v k R e k v i u
 ' k) L o : i e f L F k r g k d j y k d k x e f L F k r g k t k r k g &
 t ; k d E e j o f o ù k k . k f l f) x P N b u h j v k A
 r ; k y k x e R F k ; R F k k] f l) k g o b l k l v k A ³¹
 b l i d k j i k f . k ; k d m R F k k u v k j i r u e d e d h e g ù o i . k H k f e d k
 g A v k p k j k x d k ; g m n ? k k " k f d c U / k v k j e k { k i k f . k ; k d v i u v / k h u g]
 l R ; i r h r g k r k g A
 f t l i d k j t u k x e k e d e c h t d u " V d j u d h c k r d g h x ; h g
 m l h i d k j x h r k e H k h d g k x ; k g f d f t l 0 ; f D r d l k j d e d k e u k v k j
 l d Y i l j f g r g k r g r F k k K k u k f X u l l e l r l f p r d e t y t k r g , l
 0 ; f D r d k K k u h t u i f . M r d g r g A
 m i f u " k n k e d e k d L o : i v k j m u d H k n d c k j e d b < x l
 f p U r u f d ; k x ; k g A f u j k y E c k i f u " k r e b l d n k H k n f d ; x , g & d e v k j
 v d e A d e v k j v d e d c k j e ; g k d g k x ; k g & ^ d e f r p f Ø ; e k . k f U n ; %
 d e k . ; g d j k e h R ; / ; k R e f u " B r ; k d r d e o d e A v d e f r p
 d r R o H k k D r R o k l g d k j r ; k c U / k : i t U e k f n d k j . k f u R ; u f e f ù k d
 ; k x o r r i k n k u k f n " k Q y k f H k l / k k u ; ù k n d e A ³²
 x h r k e H k h d e] v d e v k j f o d e d l E c U / k l d e d r h u H k n
 f d ; x ; g A l d k e H k k o l d h x ; h ' k k L = f o f g r f Ø ; k d k d e d g r g A
 Q y P N k] e e R o v k j v k l f D r l j f g r g k d j d o y n l j k d f g r d f y ;

fd;k x;k de vde cu tkrk gA 'kkL=fofgr de Hkh ;fn nljk dk vfgr
 ;k n[k igpku d Hkko l fd;k tk; rk og fode cu tkrk gA³³ de rk
 l Hkh djr g fdUr og de;kx rc curk g tc nljk d fy; fujk l Dr
 Hkko l de fd;k tk;A de l lkj d fy; gkrk g vkj ;kx viu fy;
 gkrk g] bl ckr dk /;ku e j[kdj foodh i#"k l nk de dk de;kx dju
 d fy, ;Ruoku gkrk gA vkifu"kn fl)kur d vulkj de d rhu Hkn
 fd; x; g&fØ;ek.k] l fpr vkj ikjC/kA³⁴

¼1% fØ;ek.k de&bl lph;ek.k de Hkh dgr gA ;g bl thou vkj
 oreku dky e gku okyk de gA bl dk Qy Hkfo"; e feyxkA

¼2% l fpr de&oreku l igy bl tUe e fd; g; vFkok tUeUrj d
 vud eu"; tUe e fd; g; de tk lxghr g] o l fpr de dgykr gA
 bl d Qy dk vH;n; ugh gvk jgrkA ;g l Ldkj cudj le; dh irh{kk
 djrk gA

¼3% ikjO/k de&l fpr dek e l tk de Qy nu d fy; mUe[k gkr g
 vFkr oreku thou e ge tk Hkh Qy Hkx jg g og ikjO/k de dk
 ifj.kke gA l fpr dek e l gh Qy kUe[k dek dk ydj ik.kh d
 ikjO/k dk fuek.k gkrk g] ml no ;k Hkx; Hkh dgr gA ikjO/k de dk Hkx
 djuk ik.khek= d fy; vfuok; gkrk gA i³xykifu"kn e dgk x;k
 g&ikjO/k dei;Urefgfuekdor 0;ogjfrA³⁵ v/;kRekifu"kn e dgk x;k g fd
 'kjhjfn;kfn dh lÜkk ikjO/k dek d v/khu g tc rd
 ikjO/k de vof"k"V g rc rd 'kjhjkfn u"V ugh gk l drA fd l h 'kfDreku
 i#"k }kjk Qdk x;k ck.k rc rd ugh #d l drk] tc rd fd mldk ox
 de ugh gk tkrk] ol gh ft l ikjO/k de d QyLo:i ;g 'kjhj miyC/k
 gvk g ml de dk ox tc rd {kh.k ugh gkrk rc rd 'kjhjkfn fuokj.k
 l EHko ughA³⁶ vFkr ikjO/k de dk vo'; Hkxuk iMrk gA bl Hkxu d
 fy; ikf.k;k dh ioFÜk rhu idkj dh gkrh g&¼1% LoPNk iod] ¼2% vfuPNk
 ;k noPNk iod vkj ¼3% ijPNk ioda

¼1% LoPNk iod&;fn fd l h Hkh eu"; dk fd l h dk; e ykHk gkrk g ;k gkfu
 gkrh g rk ;g ykHk ;k gkfu mld 'kHk ;k v'kHk dek l cu g, ikjO/k d
 Qy gA dk; dk vkjEHk 0;fDr LoPNk l djrk g] fdUr ml tk YkkHk ;k
 gkfu gkrh g og mld 'kHk"khk dek l cu g, ikjO/k dk Qy gA

¼2% vfuPNk iod&dHkh&dHkh eu"; dk vdfYir oLr dk ykHk gk tkrk g]
 ftldh mlu dHkh dYiuk gh ugh dh FkhA bl h idkj vdfYir gkfu Hkh
 vdLekr gk tkrh gA ex e tkr le; fctyh fxj tkuk] dkb eY;oku
 oLr ikr gk tkuk vkfnA l[k:i Hkx ftldk ikr dju dh eu e

lEHkkouk ;k bPNk u Fkh vuk;k l gh nodik l viu vki iklr gk x;h
vfuPNk ikjO/k gA

%3% **ijPNk iod&tgk** fd l h 0;fDr dk nljk dh bPNk l fo'k"y ykHk ;k
fo'k"y gkfu gkrh gA ;g ykHk ;k gkfu mld 'kHk v'kHk dek l cu g;
ikjO/k d Qy rk g] fdUr ml tk ykHk gvk Fk] og fd l h vU; 0;fDr dh
bPNk l gvk FkA bl h idkj ml tk dN gkfu g;h Fkh] og fd l h nlj
0;fDr u viuh bPNk l dj nh FkA bl idkj ml bl
ikjO/k dk Hkx ijPNk iod gkrk gA

/ke] vFk] dke vkj ek{k bu pkjk i#"kkFk e vFk vkj dke dh
iklr e ikjO/k dh e[;rk rFk i#"kkFk dh xk.krk gkrh g rFk /ke vkj
ek{k dh iklr e i#"kkFk dh e[;rk rFk ikjO/k dh xk.krk gkrh gA lElr
ikf.k;k e eu"; ;kfu dh ;g fo'k"krk g fd og ikjO/k de dk Hkx djr
g, fØ;ek.k de dk djr gA eu"; ;kfu l [k&n][k l Åij mBdj ek{k
iklr d fy; gh ifjdYfir gA xhrk e Hk dgk x;k g fd de djr g;
eu"; flf) dk iklr djr gA

ikjO/kkUr nggkfuek;fr {kh;r-f[kyA

ukHkDr {kh;r de tUe dkV 'krjfiA

bu mfDr;k e ikjO/kde d Hkx dk vfuok; ekuk x;k g] fdUr
eu"; ;kfu dh ;g fo'k"krk g fd og bl tUe e gh l r deku"Bkuiod
viu pje y[; dk iklr dj y] D;kfd ;g de ;kfu ;k l k/ku ;kfu gA
no;kfu] dhM&edkM i'k&i{kh ; lElr ;kfu;k Hkx ;kfu;k gA ; doy
viu deQy Hkx d fy; vkr gA oreku thou e bud }kjk fd; x;
de Qynk;d ugh gkr] D;kfd bud }kjk de l dYi iod ugh fd;
tkrA eu"; ;kfu gh de;kfu g] tk bl tUe e l r deku"Bku iod ek{k
iklr djr gA

mifu"kn ijEijk e bu rhu idkj d dek d vfrfjDr vkpj.kh;
vU; dek dk o.ku gA ; de g&fuR;de] ufefUkd de] dK;de]
fuf"K)de] ik;f'pUk de vkj mikluk deA

1- fuR;de ml dgr g ftud dju l fo'k"y i.; dk ykHk u gku ij Hk
u dju l gkfu gkrh gA Luku] l/;k] ti] noitk] o'ono vkj
vfrfFk lRdkj ; N% fuR;de eku x; gA xglFk d ?kj e ikp LFky , l
g tgk ifrfnu u pkgu ij Hk tho fgl k gku dh lEHkkouk jgrh gA
pYgk %vfxu tyku e%] pDdh %ih lu e%] cgkj %cgkju e%] Å[ky %dVu
e%] ty j[ku d LFkku %tyik= j[ku ij uhp thok d ncu% l tk iki
gr g mu ikik l eDr gku d fy;] cã;K&on onkx rFk ij.k.kfn
v'k"xUFk dk v/;;u] fir;K&Jk) rFk ri.k] no;K&norkvk dk itu

,o gou] Hkr;K&cfyo'ono rFkk i'pcfy] eu";;K&vfrfFk
 lRdkj&bu ikpk ;Kk dk ifrfnu vo'; djuk pkfg,A mifu"knk e dgk
 x;k g fd eU=n"Vk _f"k;k u ftu dek dk oneU=k e n[kk Fkk] o de
 _d] ;t% vkj lke&bu rhuk onk e cgr idkj l foLrkjiod of.kr
 gA vr% lklkfjd mUufr pkgu oky eu";k dk mUg Hkyh Hkkfr tkudj
 fu;eiod mu dek dk djr jguk pkfg;A

2. **ufefÜkd de** o g tk fd lh fufeÜk l fd; tkr gA t l&i= d tUe
 gku ij tkrf"V ;K fd; tkr gA

3. **dkE;de** o de g tk fd lh Qy dh ikflr d fy; fd; tkr gA t l
 Loxkfn ykdk d Hkkxk dh ikflr d fy; 'kkL=fofgr 'kHkdek dk vkpj.k
 rFkk fu;ekul kj L=h ilx vkfn Hkkxk dk miHkkx djr g; itk dh of)
 djuk vkfnA

4. **fuf"k)de** o de g ftudk fu"kk/k 'kkL=k e fd;k x;k gA t l&fglk u
 djukA dkE;de vkj fuf"k)de u dju doy fuR; ufefÜkd de djr
 jgu l iR;ok; ifjgkj gkrk gA

5. **ik;f'pÜk de&ikik** d i{kkyu d fy; fd; x; de ik;f'pÜk de dg
 tkr gA t l pkUnk;.k ora

6. **mikluk de&tc** lk/kd dk ^lo [ky bn cã* bl :i e ;g fuf'pr
 gk tkrk g fd ;g pjkpj txr c°e dk Lo:i g rc mle vknjiod
 fpjdky rd viuh eukofÜk dk j[ku d fy; tk de fd; tkr g mUg
 mikluk de dgr gA bu dek e cf) dh 'kf) dh fy; fuR; ufefÜkd
 rFkk ik;f'pÜk de ,o fpÜk dh ,dkxrk d fy; mikluk de fd; tkr gA

mi;Dr N% idkj d dek dk vUrHkko fØ;ek.k de e fd;k tkrk
 g D;kfd budk lEcU/k nfud thou e fd; tku oky dek l jgrk gA
 mifu"knk e deQy:i fuf/k dk vfur; crk;k x;k gA lkFk gh lkFk ;g
 Hkh dgk x;k g fd vfur; de l fur; rÜo dk ugh iklr fd;k tk
 ldrkA tk eu"; Kku d rÜo dk vkj de d rÜo dk ;FkkFkr% tku yrk
 g og dek d vu"Bku l eR; dk ikj djd Kku d vu"Bku l ver dk
 Hkkxrk gA

tu n'ku d vulkj Kkukoj.kh;] n'kukoj.kh; vkfn vkBk idkj d
 dek dk fØ;ek.k] lfpr vkj ikjC/k de e lekfr fd;k tk ldrk gA
 bl tUe e tho d }kjk tk de fd; tkr g o de fØ;ek.k de dg
 tkr gA ogh de tc bdë gk tkr g rc lfpr de dg tkr g vkj tc
 ogh de QykuE[k gkr g rc ikjC/k cudj oreku thou d fu;ked cu
 tkr gA vkifu"kfnd ijEijk e Kkukoj.kh; vkfn ukedj.k ugh fd;k x;k
 gA vkifu"kfnd ijEijk e 'kHk vkj v'kHk :i e dek d nk Hkn fd; x; g

vkj 'kHkdek d vkpj.k dh ckr dgh x;h ga tu ijEijk e Kkukoj.kh;]
n'kukoj.kh;] ekuh; vkj vUrk; bu pkjk dek dk ?kkrde dgk tkrk
gA³⁷ ; ?kkrde gh vkifu"kfnd ijEijk d vulkj v'kHk de gA uke] xk=]
vk;"; vkj onuh; bu pkjk dek dk v?kkrde dgk tkrk gA³⁸ ; pkjk
de 'kHk vkj v'kHk nk idkj d gkr gA vPNk uke] vPNk] xk=] vPNh xfr
vkj l[k dh onuh;rk 'kHk dek dk Qy g rFkk bld foijhr v'kHk dek
dk Qy gA

tukxek e iOR;kRed de nk idkj d ckr; x; g&i.; vkj
ikiA i.; de dk vFk g fujo] iofÜkA og vkpj.k d ;kX; gA ikide
dk vFk g lko] iofÜkA og vukpj.kh; gA³⁹ tukxek e vPN vkj cj
nkuk idkj d dek dk cu/ku dk dkj.k dgk x;k gA cu/ku rk cu/ku gh g
pkg lku dh ttj l ck/kk tk; ;k ykg dh ttj lA de cu/ku dk gh
dkj.k g pkg og vPNk gk ;k cjkA vkREkk dk lEcu/k tc rd dek l
jgrk g rc rd og eDr ugh gk ldrkA vkREkk dk okLrfod Lo:i rk
deeDr gh gA deeDr vkREkk d fy, dkb 0;ogkj ugh gkrkA ldek tho
d fy, 0;ogkj gkrk gA jkx&} "k l c/kk gvk tho ldek gkrk gA l;e
vkj ri d }kjk jkx vkj } "k dk fNUu dj tho ek{k ikr djrk gA

de d Lo:i] idfr] Hkn dk tkuu d i'pkr ;g tkuuk vko';d
g fd vkRek vkj de dk D;k lEcu/k g\ de viuk Qy Lo; nr g ;k
fdlh vU; lÜkk d v/khu gkdj de viuk Qy inku djr gA ifjflFkr;k
dk fdruk ;xnku Qy inku dju e gkrk g] bR;kfn i'u Lor LQÜk gA
bu i'uk dk lek/kku tukxek vkj mifu"knk d ifji{k e vif{kr gA

vkRek vkj de dk lEcu/k

tho pru g vkj inxy vpruA bu nkuk e lh/kk lEcu/k ugh gA
tho viuh iofÜk;k l gh inxyk dk vkd"K.k djrk g] blfy, tc og
'kHk iofÜk e lyXu jgrk g] rc 'kHk inxy vkRehdr gkr g] tk i.;
dgykr g vkj tc og v'kHk iofÜk e lyXu jgrk g] rc v'kHk inxy
vkRehdr gkr g] tk iki dgykr gA vkRek ieÜk n'kk e viu v'kHk
mRFkku] de] cy] oh;] i#"kkdkj rFkk ijkØe l de ik;kX; inxyk dk
xg.k dj dek l c) gk tkrk gA og vieÜk volFkk e 'kHk mRFkku] de]
cy] oh;] i#"kkdkj rFkk ijkØe l de inxyk dk futj.k dj eDr gk
tkrk gA vkRek gh dek dk dÜkk g vkj vkRek gh dek dk fodÜkk g]
blfy, cu/k vkj ek{k vkRedÜkRo lEer gA

ofnd ijEijk e fØ;k ek= dk de dgk tkrk gA ;g fØ;k nk
idkj dh gkrh g&eÜk vkj veÜkA eÜk fØ;k og g tk nfVxr g tl
fdlh oLr dk fuek.k djuk] pyuk] mBuk] cBuk vkfna veÜk fØ;k e

ekufld fpUru djuk] Lej.k djuk] /;ku djuk vkfn lekfgR gA ofnd
 ijEijk d vulkj fØ;k eUk gk ;k veUk tc og i.k gk tkrh g rk mldk
 fgIkc&fdrkc] y[kk&tk[kk l jfkr j[kk jgrk gA de dc QyKue[k gkxk\
 bl ckr dk lo'kfDreku b'oj d vfrfjDr dkb ugh tkurkA de tM
 gku d dkj.k u rk Lo; dk tkur g vkj u viu Qy dk tkur gA fd l
 de dk D;k Qy gkxk\ de Qy mn; e dc vk;xk bu lkjh ckrk dh
 tkudkj b'oj dk jgrh gA dky] LoHko] fu;fr ;nPNk %vkdflEd ?kVuk%
 ikpk egkHkr] thokRek vkfn dek d dkj.k ugh gA dky l ydj
 i'pegkHkr rd crk; g; tM inkFk e l dkb Hkh bldk dkj.k ugh gA
 ; lc tM gku d dkj.k pru d v/khu gA tM oLrvk d ey l dkb
 u;h pht mRiUu gkrh gk ,lh ckr Hkh ugh gA vr% pru loKrUo gh
 bldk fu;ked gA mifu"knk d vulkj vkREkk veUk gA viu dek d
 dkj.k tc ;g 'kjhjkoFPNUu gkrk g] rc llnlko;od l{e 'kjhj dk
 voHkld gkdj ;g de djrk gA deulkj tUe vkj tUe l de dju
 dh thokRek dh vukfn ijEijk gA cgnkj.;dkifu"kn d vulkj eu"; viu
 dek ,o vkpj.k l viuK Hkfo"; cukrk gA tk t l k vkpj.k djrk g] og
 olk gh Qy ikrk gA vPN dek okyk vPNk tUe ik;xk] vkj n"dek okyk
 cjk tUe ik;xkA i.; dek l i.; vkj n"dek l iki gkrk gA de dju
 e tho i.k LorU= g] fdUr vYiK vkj vYi 'kfDreku gku d dkj.k m l
 viu dek d Qy dk Kku ughA 'ork'orjkifu"kn e dgk x;k g fd 'kjhj
 :ih ofk ij b'oj vkj tho ; nkuk l nk l kFk jgu oky nk fe= i{k gh gA
 bue l thokRek: i ,d i{k l l[k&n%[k dk vuHko djrk gvk deQy dk
 Hkxrk gA nljk b'oj : i i{k bu Qyk dk miHkx ugh djrk] doy
 mudk l{k gh cuk jgrk gA vFkr thokREkk gh 'kjhj l lEcfu/kr gkdj
 ekgek;ko'k de djrk g vkj de Qy dk vuHko djrk gA b'oj l{k gh
 n"Vk gA mifu"knk e tho dk dUkRo vkj Qy HkDrRo nkuk ckrk dk Li"V
 mYy[k gA thokRek de d }kjk nljh ;kfu ikr djrk gA dek d vulkj
 Qy Hkxu d fy; fofHku ydk e xeu djrk gvk ukuk 'kjhj dk
 ckj&ckj /kkj.k djrk gA 'kjhj d /kek e vgrk&eerk djd rni gk tku
 d dkj.k ukuk idkj d LFky vkj l{e : ik dk Lohdkj djrk gA ijr
 tUe yu e ;g LorU= ugh g] bli l dYi vkj dek d vulkj vud
 ;kfu;k l bldk lEcU/k tkMu okyk dkb nljk gh gA

tulxek e vkRek vkj de dk lEcU/k

mifu"kn xhrk vkfn xUFkk e fØ;k ek= dk de ekuk x;k g] fdUr
 tu n'ku e de 'kCn fØ;k dk okpd ugh gA bld vulkj de] vkRek
 ij fpid g; l{e iknfyd inkFk dk okpd gA vkRek dh l{e] LFky

ekufldj okfpd vkj dlf;d ioFÜk d }jk de dk vkd"K.k gkrk gj
rnuUrj tho vkj de ijeK.kvk dk ,dhHkko gkrk gA vU; n'ku tgk de
dk lLdkj ;k okluk :i ekur g ogk tuksek e de dk iknxfyd ekuk
x;k gA 'kjhj Hkh iknxfyd gj bldk dkj.k de gA blfy; de Hkh
iknxfyd gA iknxfyd dk; dk leokf;dkj.k iknxfyd gkrk gA⁴⁰ i'u
gkrk g fd tc de iknxfyd gku d dkj.k eÜk g rk veÜk vkRek d lKfk
mldk lEcu/k d lK\ bl i'u d mÜkj e tuksek dk dFku g fd tho nk
idkj d g&:ih vkj v:ihA⁴¹ eDr tho v:ih g vkj l lkjh tho :ihA
deeDr vkREkk dk de c/ku ugh gkrk] l lkjh vkREkk gh dec) gkrk gA
dec) vkREk dFkfpr eÜk gA de dk lEcu/k bl dFV dh vkREkkvk d
lKfk gh gkrk gA tk vkRek, loFkk veÜk de eDr gk tkrh gj mul fQj
de lEcu/k ugh dj ikrA veÜk vkREkk d lKfk eÜk de dk cu/ku ugh gk
ldrk iJur l lkjh vkREkk d ,d&,d vkRein'k ij vuUrkuUr de ijeK.k
fpid g, gkr gj vr% vkRek veÜk gkrh g;h Hkh dke.k 'kjhj d lEcu/k l
eÜkor gkrh gA tc dke.k 'kjhj dk uk'k gk tkrk g rc vkRek veÜk gk
tkrh vkj rc ,lh vkRek dk de Hkh ugh idM ldrA rki; ;g g fd
tc rd vkRek e decU/k dk dkj.k fo|eku gj rc rd dke.k 'kjhj d
}jk deinxv vkREkk d lKfk lEcu/k dj ldr gj vU;Fkk ughA tu
vksek d vulkj vkRek gh viu dek dk dÜkk g vkj l [k&n][k dk HkDrk
gA ijeKRek jx&} "k jfgr gj mldk l lkj l eryl gh D;k\ og
lklkfjd jx&} "k l ij gA fdUr vkifu"kfnd ijEijk d vulkj eu"; dk
de dju e vf/kdkj gj mld Qy e ughA Qy dk fo/kku djuk b'oj d
v/khu gA b'oj gh tho d dek d vulkj ml Qy nrk gA ;gh nkuk
ijEijkvk e vUrj gA

de viuk Qy Lo; inku djr g ;k deQy b'ojk/khu g

de viuk Qy Lo; inku djr g ;k deQy b'ojk/khu g bl
fo"K; ij tuksek vkj mifu"knk e ,der ugh gA mifu"knk d vulkj
eu"; de dju e LorU= gj fdUr mldk Qy Hkxux e LorU= ugh gj
Qy b'ojk/khu gA b'oj dh loKrk vkj tho d dekdeQy dh
fu;kedrk dk o.ku 'ork'orjkifu"kn e fd;k x;k gA b'oj lEi.k tkr
dh jpuk dju okyk] loK vkj Lo; gh viu dk ixV dju d gr gj o
dky d Hkh egdky gA o lHkh x.kk d vxkj vkj loKrk gA o leLr
thok dk] mud dek dk vkj vuUr c°ek.Mk d Hkhrj rhuk dkyk e ?kfVr

gku okyh NkVh l NkVh vkj cMh l cMh ?kVuk dk HkyhHkkfr tkur gA o
idfr vkj tho lenk; d Lokeh g rFkk de dkj.k : i e fLFkr lUo jt
vkj re rhuk x.kk dk fu;U=.k djr gA o gh tUe&eR; : i l lkj pØ e
thok dk mud dekul kj ck/kdj j[kr gA mudk ikyu&ik" k.k djr g vkj
c/ku l thok dk eDr Hkh djr gA de djuk tho d viU v/khu g] fdUr
Qy iklr djuk tho d v/khu ugh g] ;g b'ojk/khu gA 'ork'orjkifu"kn
e b'oj dk dek/;{k Hkh dgk x;k g vFkk b'oj gh lcd dek d
vf/k" Bkrk mudk dekul kj Qy nu oky vkj leLr ikf.k;k d vkJ; g]
rFkk o gh lcd l k{kh 'kHkk'kHk dek dk n[kuoky] ije prukLo: i vkj
idfr d x.kk l vrhr gA

thokRek viU dek d vulkj Qy Hkkxu d fy; fofHkUu ykdk e
xeu djr gvk vud 'kjhjk dk ckj&ckj /kkj.k djr gA thokRek dk ;g
vkoxxeu D;k gkrk g\ bl lEcU/k e mifu"knk e dgk x;k g fd thokRek
viU fd; g; dek d lLdkjk l eu] cf)] bfUn;] ipHkr bud lenk;
'kjhj d /kek l ;Dr gku d dkj.k vgrk] eer vkfn x.kk d o'khHkr
gkdj vudkud 'kjhj /kkj.k djr g] vFkk viU dekul kj fofHkUu ;kfu;k
e tUe yrk gA iju tUe yu e og LorU= ugh gA l dYi vkj dek d
vulkj vud ;kfu;k l mldk lEcU/k tkMu oky lo'kfDreku b'oj gA
bl idkj mifu"kn vkfn xUFkk e tho dk vYiK vkj deQy HkkDrk
Lohdkj fd;k x;k g vkj b'oj dk deQy dk fu;ked ekuk x;k gA

tukxek dh nf"V bl l fHkUu gA ik- egUndekj u ^tu n'ku*
uked viuh iLrd e fy[kk g&^l lkjh tho vkj inxyk d ijLij
iHkkfor dju oky l ;kx&fo;kx l bl lf"V dk egkpØ Lo;eo py jgk
gA bld fy; fdlh fu;U=d] 0;oLFkkid l ;kt d vkj fun'kd dh
vko';drk ugh gA pru vf/k" Bkrk d fcuk Hkh vl[; Hkkfrd ifjoru
Lo;eo viuh dkj.k lkexh d vulkj gkr jgr gA bl LoHkkor% ifj.kkeh
n0;k d egklenk; : i txx dk fdlh u loifke fdlh le; pyk;k gk]
, l dky dh dYiuk ugh dh tk ldrhA blfy; bl txx dk Lo; fl)
vkj vukfn dgk tkrk gA vr% u rk bl txx ;U= dk pyku d fy;
fdlh pkyd dh vko';drk g vkj u bld vUrxr thok d i.; iki dk
y[kk tk[kk j[ku oky fdlh egky[kd dh vkj vPN cj dek dk Qy nu
oky vkj Lox ;k ujd Hktu oky fdlh egkiHk dh ghA tk 0;fDr 'kjk
ih;xk mldk u'kk rho ;k eUn : i e 0;fDr dk viU vki vk;xk ghA ,d
b'oj l lkj d iR;d v.k&ijek.k dh fØ;k dk lpkyd cu vkj iR;d
tho d vPN&cj dk;k dk Hkh Lo; ogh ijd gk vkj fQj ogh cBdj
l lkj thok d vPN cj dek dk U;k; djd mUg l xfr vkj nxfr e Hkt]
mUg l [k&n%[k Hkkxu d fy; foo'k dj] ;g dlh ØhMk g\ njkpj d

fy; ij.kk Hkh ogh n] vkj n.M Hkh oghA ;fn lpep dkb ,d ,lk fu;Urk
 g rk txr dh fo"ke fLFkr d fy; eyr% ogh tokc n; gA vr% bl Hky
 Hky;k d pØ l fudydj oLrLo:i dh nf"V l gh txr dk foopu
 djuk gkxkA ;g txr Lo; viu ifj.kkeh LoHkko d dkj.k iklr lkexh d
 vulkj ifjoreku gA txr rk viuh xfr l pyk tk jgk gA tk djxk]
 ogh HkjxA tk ck;xk ogh dkVxA ;g ,d LokHkkfod 0;oLFkk gA n0;k d
 ifj.keu dgh prul iHkkfor gkr g] dgh vpru lA bldk dkb fuf'pr
 fu;e ugh gA tc tlh lkexh iLrr gkrh g] rc olk ifj.keu cu tkrk gA

bl idkj ,d gh i'u dk mUkj tun'ku vkj mifu"kn n'ku u
 fhkUu&fhkUu idkj l iLrr fd;k gA mifu"kn n'ku e de vkj de Qy d
 e/; b'oj dk fo/kku g] fdUr tu n'ku e fdlh rhljh 'kfdR dh
 mikn;rk Lohdk; ugh gA ;gk eu"; de djrk g vkj de dk Qy Lo;
 iklr djrk gA mUkj/;;ul= e vkRedUkRo dk Li"V fun'k g&

vlik dUkk fodUkk ;] ngk.k ; l gk.k ;A

vlik feUkefeUk ;] nlifëvk l ifëvAA⁴²

vkRek gh dek dk dUkk g] blfy; cu/k vkRedr gA vkRek gh dek
 dk fodUkk g] blfy; ek{k Hkh vkRedr gA vkRek dk dUkRo lo lEer gA
 ;fn b'oj dUkRo dk Lohdkj fd;k tk; rk vkRedUkUo dk guu gkrk gA
 blfy; tu n'ku d vulkj vkREkk gh viu l[k&n%[k dk dUkk] HkkDrk gA
 vkRek gh viu dek dk c/ku djrk g] vkRek gh mu cu/kuk dk rMrk g
 vr% vkRek gh lo'kfdReku gA

de vkj iutUe

de vkj iutUe dk fl)kUr mifu"knk vkj vkxek }kjk eku;
 fl)kUr gA mifu"knk e bl ckr dk ijk fooj.k fn;k x;k g fd eju d
 ckn iutUe dl gkrk g\ dBkifu"kn e dgk x;k g fd viu de vkj
 Kku d vulkj fdru gh tho 'kjhj /kkj.k dju d fy; fdlh ;kfu dk
 iklr gkr g vkj fdru gh LFkkj Hkko dk iklr gk tkr gA bl l ;g fl)
 gkrk g fd de vkj iutUe dk xgjk lEcU/k gA eu"; [krh dh rjg
 idrk g vFkk r th.k gkdj ej tkrk g rFkk ejdj [krh d leku iuh
 vkfoHkr gk tkrk gA mifu"knk e bl pØe.k dk db mnkgj.kk l Li"V
 fd;k x;k gA ftl idkj tkd tc ?kkl dh yEch iUkh d vfUre flj ij
 igp tkrh g rk og lgkj d fy; dkb LFkku [kkt yrk g vkj fQj viu
 dk mldh vkj [khprh g] mldh idkj ;g thokRek bl 'kjhj d vUr ij
 igpdj lgkj d fy; dkb Hkh LFkku [kkt yrh g vkj viu dk mldh
 vkj [khprk gA ftl idkj lukj lku d ,d VdM dk ydj ml ,d
 uohu :i n nrk g mldh idkj ;g thokRek bl 'kjhj dk NkM dj vKku

dk nj dj dkb vkj uohu vf/kd lUnj : i /kkj.k dj yrk gA⁴³ ; n"Vku
iutUe d fl)kuR d db igyv k dk lkeu j[kr gA vkRek oreku 'kjhj
dk NkMu l igy viuh Hkkoh 'kjhj dk [kk t yrk gA vkRek d iR;d
thou dh fLFfr mld mll igy d thou d Kku vkj de }kjk ifrc)
vkj fu/kkfr gkrh gA tk 0;fDRk tl vkpj.k okyk gkrk g] olk gh gk
tkrk gA 'kHk de dju okyk 'kHk gkrk g vkj iki dek ikh gkrk gA tk
tlk de djrk g olk gh Qy iklr djrk gA vKkuh] vic) eR; d ckn
vljk d l;ghu ykd e tkr gA vljk d ifl) ukuk idkj dh ;kfu;k
,o ujd:i ykd g o lHk vKku rFkk n[k Dy'k : i egku vU/kdkj l
vkPNkfr gA tk dkb Hkh vkRek dh gR;k dju oky eu"; g o ejdj mUgh
Hk;dj ykd dk iklr gkr gA NkUnkX;kifu"kn dgrh g fd eR;k d fy;
nk ekx g] ,d idk'k dk vkj nljk vU/kdkj dk] ,d noekx vkj nljk
firekx⁴⁴ tk ri djr g vkj J)k j[kr g o idk'k d ekx e io'k djr
g vkj ekuo thou pØ e iu ugh ykVrA tk doy vkpkjoku g]
ykdki;kxh dk; djr g] o /k, d ekx l tkr g vkj tc rd mud uhp
vku dk le; ugh vkrk rc rd firykd e jgr gA mld ckn o viuh
;kX;rk d vulkj iu tUe yr gA

eu"; tc rd lPpk Kku ugh iklr dj yrk rc rd iutUe gh
mldh fu;fr gA lUnj pfj= okyk dk lUnj ;kuh e tUe vkj dfrlr
pfj= okyk dk cjh ;kfu e tUe feyrk gA bl idkj mifu"knk e de vkj
iutUe dk lEcu/k fn[kk;k x;k gA JhenHkxonxrk e Hkh iutUe d
fl)kuR dk ifriknu g&tl eu"; ijku oL=k dk R;kxdj nlj u; oL=k
dk /kkj.k djrk g] ol gh thokRek ijku 'kjhjk dk R;kxdj nlj u; 'kjhjk
dk iklr gkrk gA⁴⁵ xhrk d vulkj tUe g, dh eR; fuf'pr g vkj ej
g; dk tUe fuf'pr gA iutUe e fo'okl mifu"knk d dky l cjkj
pyk vk jgk gA onk vkj ckã.kk d fopkjk dk ;g ,d LokHkktod fodkl
g vkj mifu"knk e bl Li"V vfHkO;fDr feyh gA

vkxek e Hkh de vkj iutUe dk o.ku iklr gkrk gA vkpkjkx
vkxe e iutUe d fl)kuR dk o.ku bl : i e feyrk g&vRFk e vk;k
vkookb,] .kRFk e vk;k vkookb,] d vg vkihl d ok bvk pvk bg iPpk
HkfoL lfe⁴⁶ vkRek dk iutUe gkrk g vFkok ugh gkrk ;k eju d ckn
vkRek ;g l dgk tkrk g\ ;g lKku lc eu";k dk ugh gkrkA ftudk
vUr%dj.k 'k) gkrk g mUg iotUe dh Lefr gkrh gA tho dk iutUe
dl gkrk g bldk e[; vk/kkj mldk iodr de gA tho viuh gh iekn
l fHkUu&fHkUu tUekurj djrk gA iutUe delxh thok dk gkrk gA vrhr
dek dk Qy gekjk oreku thou g vkj oreku dek dk Qy gekjk Hkkoh
thou gkxkA de vkj iutUe dk vfopNn lEcu/k gA

Hkxoku egkohj u dgk&Øk/k] eku] ek;k vkj ykHk ; iutUe d ey dk ik"K.k dju oky gA uotkr f'k'k d g"K] Hk;] 'kkd vkfn gkr gA mudk ey dkj.k iotUe dh Lefr gA tUe yr gh cPpk ek dk Lruiku dju yxrk g] ;g iotUe e fd; g, vkgkj d vH;kI l gh gkrk gA⁴⁷ t l ,d ;od dk 'kjhj ckyd 'kjhj dh mUkjorh voLFkk g ol gh ckyd dk 'kjhj iotUe d ckn e gku okyh voLFkk gA thou d ifr ekg vkj eR; d ifr Hk; g] og Hkh ioc) lLdkjk dk ifj.kke gA ;fn igy d tUe e mldk vuHko ugh gkrk rk l|tkr ik.kh e ,lh ofUk;k iklr ugh gk ldrh FkhA Hkxoku egkohj u vud 0;fDr;k dk iotUe dk Lej.k dj;k;A e?kdekj efu ioT;k dk NkMu d fy; r;kj gk x;k rc Hkxoku u ml rhIj iotUe dh Lefr dj;k;hA e?kdekj dk Hkh bgk] vkg] ekx.kk] xo"K.kk djr g; 'kHk ifj.kkek] i'kLr v/;olk;k] fo'k) gkrh gb y';kvk rFkk rnkoj.kh; dek dk {k;ki'ke gku l tkfr Lefr Kku mRiUu gvka⁴⁸

foikdl= d iR;d v/;;u e iutUe dh ppk gA bl vxxe e Hkxoku egkohj Lokeh u 'kHk&v'kHk dek d l[k&n][k :i ifj.kkek dk n"VKUriod dFku fd;k gA iutUe l lEcFu/kr ble nk JrLdU/k g&'fookxl;LI nk l;D[k/kk iUurk] r tgg&ngfookxk lgfookxk ;A⁴⁹ foikdl= d vulkj v'kHk ,o 'kHk dek dk ifj.kke Hkh v'kHk ,o 'kHk gkrk gA v'kHk idfr;k iki n][k :i vkj 'kHk idfr;k i.; lkrk:i l[k inku djrh gA dek d Qy dk Hkx fcuk efDr lEHko ugh gA tk tIk de djrk g mldk Qy Hkxu d fy; ml ckj&ckj tUe /kkj.k djuk iMrk gA blh lUnHk e foikdl= d exki= dk n"VKUr n"V0; gA tk viu v'kHk dek d dkj.k nk#.k ;U=.kk dk lgdj thou ;kiu djrk gA⁵⁰ l[k foikd uked f}rh; JrLdU/k e lckgdekj vkfn dk Hkh nh?kdky rd lIkj e jguk iMrk gA fdUr tUe&tUekUrj dk vf/kdk'k Hkx Loxh; l[kk d miHkx e vFok l[ke; ekuoHkok e gh 0;rhg gkrk gA xkre Lokeh }kjk ftKklk ixV dju ij Hkxoku egkohj u lckgdekj d ioHkok dk ;FkrF; o.ku fd;kA de dh lÜkk Lohdkj dju ij mld Qy:i iyykd ;k iutUe dh lÜkk Hkh Lohdkj djuh iMrh gA ftu dek dk Qy oreku Hko e iklr ugh gkrk mu dek d Hkx d fy, iutUe ekuuk vko';d gA iutUe vkj ioHko d u ekuu ij drde dk fugrd fouk'k vdr de dk Hkx ekuuk iMxkA ,lh fLFkr e de 0;oLFkk nF'kr gk tk,xhA bu nk"kk d ifjgkj gr gh deokfn;k u iutUe dh lÜkk Lohdkj dh gA bl idkj vud ;fDr;k ndj mifu"knk vkj vxek e iutUe fl) fd;k gA

vxfed vkj vkifu"fn de dh ryuk

vxek e vkj mifu"knk e of.kr de fl)kur d ifji{k e vufpUru dju ij bruk Li"V :i l nkuk n'kuk dk eku; g fd tkxfrd

fofHkUurk dk dkj.k de gh gA de fl)kUr Hkkjrh; n'ku dk ,d egUoi.k
 fl)kUr gA de dk Lo:i] decU/ku] defoikd] de lfoHkkx bR;kfn dk
 l{ekfrl{e} lO;ofLFkr ,o eukoKkfud fo'y"n.k vkxek vkj mifu"nkn rFkk
 rnithoh xUFkk e gvk gA mifu"nkn e ofnd ijEijk e eku; de fl)kUr
 dk foopu fd;k x;k gA fdUr tukxek e nlj n'kuk d fl)kUr dk
 ifriknu djd mudh lekykpuk djr g, viur er dh LFkkiuk dh x;h
 gA mifu"nkn vkj vkxek d O;k[k;dkjk vkj Hkk";dkjk u LFkku&LFkku ij
 ryukRed nFV viuk;h gA ryukRed nFV l n[ku ij fuEufyf[kr lE;
 vkj o"KE; fn[kk;h iMrk gA

de dk vFk lEcU/kh lE; vkj o"KE;

ofnd ijEijk e de dh O;k[k;fofHkUu idkj l dh x;h gA
 mifu"nkn l io d xUFkk e de dk rkr; ;K&;kxkfn fuR;ufefUkd
 fO;kvk l ekuk x;k gA tu n'ku Hkh de d fO;kijd vFk dk Lohdkj
 djrk g] fdUr bl dk fO;kijd vFk ;K&;kxkfn fO;kvk l lEcU/kr ugh
 gA tu n'ku e de 'kCn fof'k"V vFk e i;Dr gA mld vulkj l lkjh
 tho }kjk jkx&}"k ;Dr gkdj fO;k dju ij mld vkRein'k e ,d fo'k"K
 idkj dk LiUnu gkrk g] QyLo:i og l{e inxy ijek.kvk dk vkdf'kr
 djrk g] ; inxy ijek.k vkRek d lFk fpid tkr g vkj vkRek d
 LokHkkfod x.kk dk ?kr djr gA tu n'ku e tho d ,l O;kikj dk de
 dgk x;k gA ofnd ijEijk e de fl)kUr dk fodkl fn[kk;h iMrk gA
 mifu"nkn e de vkj Kku d lePp; ij cy fn;k x;k gA mifu"nkn e
 de dk vFk fO;k gA ;g fO;k eu] opu vkj 'kjhj rhuk l gkrh gA bl
 l lkj e dkb Hkh ik.kh fcuk de fd; ,d {k.k Hkh ugh jg l drkA gluk]
 jkuk] [kkuk] ihuk] cBuk fopkj djuk vkfn fO;k, fujUrj bl l lkj e
 ikf.k;k;k }kjk gk jgh gA blfy, fO;k;k de ogh g tk fujUrj fd;k tkrk
 gA 'kkL=fofgrde djr g; ekuo dk nh?k thou dh dkeuk djuh pkfg;A
 xhrk e Hkh tho dh leLr fO;kvk dk de dgk x;k gA rUoKkuh n[krk
 gvk] lurk gvk] Li'k djrk gvk] l?krk gvk] Hkk tu djrk gvk] xeu
 djrk gvk] lkrk gvk] 'okl yrk gvk] ckyrk gvk] R;kxrk gvk] xg.k
 djrk gvk] vk[kk dk [kkyrk vkj enr k gvk] bfUn; fo"K;k dk Hkkxrk gvk
 oLrr% bul ij jgrk gA tho d leLr idkj d dkf;d] okfPd vkj
 ekufl d l dYi de gA tu n'ku e Hkh tho d ekufl d] 'kkjhfd ,o
 okfPd fO;kvk dk de dgk x;k g] iJur e[; vUrj ;g g fd tu de
 fl)kUr e bu O;kikj d ey e tho e iR;RiUu gku oky jkx ,o }"k : i
 Hkkok dk lekfo"V fd;k x;k gA mifu"nkn e de vkj Kku nkuk dk o.ku
 fd;k x;k g] fdUr Kku dk de l J"B ekuk x;k gA vkxek e Hkh Kku]
 n'ku vkj pkfj= dh J"Brk fl) gA mUkjK/;;ul= e jkx&}"k dk de dk

cht ekuk x;k gA jkx vkj }"k l c/kk gvk tho ldek gkrk gA Kku d
 }kjk tUe&eR; d pØ dk rkMk tk ldrk gA bl fo"K; ij mifu"knk vkj
 vkxek e lekurk gA

decU/ku d Lo:i dh ikjLifjd ryuk

dek l cU/ku gkrk g] bl rF; dk mifu"kn xhrk] U;k;] o'kf"kd]
 lk[;] ;kx] onkUr] tu vkj ck) lHkh Lohdkj djr gA vkpkjx vkxe e
 de l cU/ku dk Li"V mYYk[k gA vkpkjxpf.k e de l de vkj ml l
 Hko dk cU/ku gkrk g vFkkR de gh Hko dk dkj.k g&

de.kk tk;r de] rr" l tk;r HkoA

HkokPNjhjni[k p] rr'pku;rjk HkoAA⁵¹

tu n'ku e cU/ku d ikp dkj.k ckr; x, g&feF;kRo] vfojfr]
 iekn] d"kk; vkj ;kx⁵² tukxek e ikide vkj i.; de nkuk idkj d
 dek dk cU/ku dk dkj.k ekuk x;k gA iki vkj i.; nkuk cU/kukRed gku
 ij Hkh nkuk d Qy e vU/kdkj vkj idk'k tIk vUrj gA⁵³ ttjh pkg
 lku dh gk ;k ykg dh nkuk ck/ku d dke e vkrh gA blh idkj de pkg
 i.; de gk pkg ikide gk cU/ku d dkj.k gkr gA de vkRek l fHkUu gA
 vkREkk dk Lo:i Kku gA Kku l de fHkUu gA de vkReLo:i dk <ddj
 vkReT;kfr dk ixV ugh gku nrkA tu n'ku e i.; vkj iki nkuk idkj
 d de cU/ku d dkj.k eku x; g] fdUr mifu"kn e i.; de efDr dk
 vkj iki de cU/ku dk dkj.k ekuk x;k gA cU/ku d ey dkj.kk d lEcU/k
 e nkuk n'kuk e lekurk fn[kk;h iMrh gA tu n'ku e decU/ku d dkj.k
 d :i e feF;kRo dk mYY[k mifu"knk e vfo]k vkj ek;k d :i e gvk
 gA JhenHkxonxhRk e Hkh lÜkk d okLrfod Lo:i dk vKku decU/ku d
 gh dkj.k ekuk x;k gA tu n'ku e vfojfr lEcU/kh cU/ku dkjd dh ryuk
 xhrk l dh tk ldrh g&nEHk] eku vkj en l ;Dr eu"; fd l h Hkh idkj
 i.k u gku okyh dkeukvk dk vkJ; ydj vKku l feF;k fl)kUrK dk
 xg.k djd vkj Hk"V vkpj.kk dk /kkj.k djd llkj e fopjr gA tu
 n'ku d cU/ku dkjd iekn dk mYY[k mifu"knk e Hkh gvk gA
 rfÜkjh;kifu"kn e dgk x;k g onk d vH;k l] l/;konu] xk;=hti vkj
 HkxouUke x.kdhÜku vkfn fuR; de e dHkh Hkh iekn u djuka lR; l iekn
 u djuk] 'kHkdek dk dju l dHkh Hkh u pduka nodk; vkj firdk;k d
 lEiknu e Hkh iekn ugh djuk pkfg;A⁵⁴ tu n'ku lEer d"kk; dk
 mYY[k mifu"knk e nF"Vxr ugh gkrk fdUr mld pkj Hkn Øk/k] eku] ek;k
 vkj ykHk dk mYY[k mifu"knk vkj xhrk rFkk vU;kU; xUFkk e ckgY;u
 gvk gA xhrk e rk bl vkljh lEink dgk x;k gA tu n'ku e
 cU/kudkj d ;kx vFkkR tho dh dkf;d] okfpd vkj ekufld ioFÜk dk

Li"V djr g, xhrk e Hkh dgk x;k g leLr 'kHkk'kHk dek dk cU/ku eu]
ok.kh vkj 'kjhj l gh gkrk gA

mifu"knk vkj vkxek d decU/ku d Lo:i ,o mud dkj.kk d
fo'y"n.k l nkuk d cU/ku dkj.kk e dkQh lekurk fn[kk;h iMrh gA tu
n'ku e cU/ku d tk ie[k dkj.kk crk; x; g mifu"knk e Hkh ik; mUgh
dk mYy[k gA nkuk d ukek e dN fHkUurk vo'; g] fdUr vFk e dkb
vUrj ugh gA

decU/ku l efDr lEcU/kh n"Vdk.kk dh ryuk

cU/ku vkj efDr lki{k 'kCn gA ;fn cU/ku g rk efDr Hkh vo';d
gA mifu"knk vkj vkxek e cU/ku vkj efDr d fo"n; e dkQh lekurk gA
mifu"knk e decU/ku l efDr d fy; Kku dk egUoi.k ekuk x;k gA
xhrk e de] Kku vkj HkfdR rhuk dk leUo; fd;k x;k gA
cgnkj.;dkifu"kn e dgk x;k g fd tk vkReLo:i dk tkurk g og
decU/ku l eDr gk tkrk gA NkUnkX; kifu"kn e dgk x;k g fd ft l
idkj dey d iUk ij ty dh cn ugh fVdrh mlh idkj vkReKkuh dk
de n"r ugh dj ldrA 'ork'orj mifu"kn e Hkh dgk x;k g fd ft l
ijerUo dk Kku gk tkrk g] og lc ikik l eDr gk tkrk gA⁵⁵ bl idkj
mifu"knk e lo= de l efDr d fy; Kku dk gh egUo fn;k x;k gA
xhrk e Hkh dgk x;k g fd lcl vf/kd iki dju okyk O;fDr Hkh Kku: ih
ukdk }kjk iki len dk ikj dj yrk gA t l iTofyr vfXu b/kuk dk
HkLe dj nrh g] ol gh Kku: i vfXu lEi.k dek dk HkLedj nrh g]
D;kfd Kku d leku ifo= dju okyk bl l l k j e dN Hkh ugh gA⁵⁶

vkpkjx e Hkh de l efDr d fy; Kku dk J;"dj ekuk x;k gA
ogk dgk x;k g fd efu Kku dk iklr dj de 'kjhj dk idfEir dJA
vkRen'kh eR; l eDr gk tkrk gA tu n'ku l de l NVdkjk iku d
fy; lE;xn'ku] lE;xKku vkj lE;dpkfj= rhuk dk vko';d ekuk x;k
gA⁵⁷ mUkjk/;;u l= e bu rhuk d l kFk lE;d ri dk tkMdj prfo/k
ek{k ekx dk fo/kku fd;k x;k gA tukxek e Kku d l kFk&l kFk J)k ,o
vkpj.k dk Hkh ie[krk nh x;h gA fdUr n[kk tk; rk Kku e lE;xn'ku
,o lE;xpkfj= viR;{k :i l l kfgR g] D;kfd fcuk lE;xn'ku d
lE;xKku ugh gk ldrkA lE;xKku d gku ij gh lE;xpkfj= dh
lEHkkouk gk ldrh gA blfy; decU/ku l efDr d fy; lE;xKku dk gh
vf/kd egUo gA

bl idkj ge n[kr g fd vkxek vkj mifu"knk nkuk e
decU/ku l efDr d fy; Kku dk gh egUo fn;k x;k gA tu ijEijk d
xUFk e Kku d l kFk&l kFk n'ku vkj pkfj= ij Hkh tkj fn;k x;k gA

de dh voLFkkvk dh ryuk

tu ijEijk e de dh nl voLFkk, ekuh x;h g&c/k] lØe.k] mRd"K.k] vioru] lÜkk] mn;] mnj.kk] mi'keu] fu/kfÜk] fudkpuA tu n'ku e of.kr de dh mi;Dr voLFkk, :ikUrj l ofnd ijEijk e Hkh of.kr gA ble de dh lfpr] ikjC/k vkj fØ;ek.k rhu voLFkk; ekuh x;h gA lfpr de dh ryuk tu n'ku dh lÜkk dh voLFkk l dh tk ldrh gA ikjC/kde rFkk fØ;ek.k de dh ryuk tu ijEijk d Øe'k] mn; dh voLFkk rFkk cU/k ;k deklø dh voLFkk l dh tk ldrh gA tu n'ku e of.kr mi'keukoLFkk dk Hkh lfpr de d vUrxr oxhdr fd;k tk ldrk g] D;kfd lfpr dek e l cgr l dek dk Kku d }kjk leklr Hkh fd;k tk ldrk gA xhrk e dgk x;k g fd&KkukfXu l lodekf.k HkLe lkr d:r rFkkA⁵⁸ t l iTofyr vfXu b/ku dk tykdj leklr dj nrh g] ol gh Kku:i vfXu lEi.k dek dk HkLe dj nrh gA

nkuk /kek d xUFkk dh ryukRed leh{kk dju ij ;g Li"V gkrk g fd de dh voLFkkvk d ukek e vUrx g] eyHkr Lo:i e fo'k"K vUrx ugh gA tu /ke d fudkfr de dh ryuk ikjC/k de l dh tk ldrh gA fudkfr de o de gftudk Hkx le; l io ugh fd;k tk ldrkA rFkk mle fdlh idkj dk ifjoru ugh fd;k tk ldrkA ofnd ijEijk d ikjC/k de dh Hkh ;gh fLFkr g&iotledr de ríofeí dF;RA iotUe d fd; x; de dk ikjC/k de dgr gA , l de le; vku ij gh viuk Qy inku djr gA QyHkx d }kjk gh bl de dh lekflr gkrh gA dgk x;k g fd ^AukHkDr {kh;r de tUedkV 'krjfi*A dek dk fcuk Hkx mUg {k; ugh fd;k tk ldrkA blh idkj tu ijEijk d fu/kfÜk de dk mRdV fØ;ek.k e vUrxHkko fd;k tk ldrk gA de dh t l h& t l h mÄVrk gxh m l h idkj m l d Qy nku dh vof/k e rkjrE; gkrk jgxkA vfr mRdV fØ;ek.k de dk Qy rhu o"K] rhu ek l] rhu i{k vkj ;gk rd fd rhu fnu e gh iklr gk tkrk gA⁵⁹ fu/kfÜk dek dh le; e;knk vkj foikd rhork dk de vf/kd dju dh ckr vkrh gA bl idkj mRdV fØ;ek.k vkj fu/kfÜk e dkb ikFkD; ugh gA tu n'ku d lØe.k de dk Hkh ikjC/k de e vUrxHkr fd;k tk ldrk gA lØe.k de e de dh mÜkj idfr;k viu l tkrh; idfr e cny tkrh g] fdUr cnyu d ckotn Qy inku d fy; m l ikjC/k de gkuk rk vko';d gh g] D;kfd fcuk ikjC/k cu g; de viuk Qy ugh n ldrA bl idkj lØe.k de Hkh ikjC/k de dh lhek l ckgj ugh tk ldrkA l tkrh; de e ifjoru d ckn Hkh Qy nu d fy; m l ikjC/k cuuk gh iMrk gA fuf'pr mn;dKy l igy fo'k"K i#"kkFk d }kjk dek dk mn; e y vkuk mnj.kk dgk tkrk gA bl mnj.kk dh ryuk ofnd ijEijk e de dh m l voLFkk l dh tk ldrh g

tgk tij ri vkfn lk/kuk d }kjk lfpr dek dk le; l io
 ikjC/k de cukdj Qykie[k dj fn;k tkrk gA ft l de dh ftruh fLFkfr
 cuh g;h g vkj t lk mldk j l g ml fd l h fufeÜk l c<k nuk m}ruk g
 vkj ml de dj nuk vioruk gA ; nkuk fLFkfr;k ofnd de ijEijk e
 lfpr de e lEHko gA lfpr 'kHkde dh fLFkfr dk tij rij vu"Bku d
 }kjk c<k;k tk ldrk g vkj v'kHk de fLFkfr dk ?kV;k;k tk ldrk gA

deidkjk dh ikjLifjd ryuk

ofnd ijEijk e e[; :i l de d i.;&iki vFkok 'kHk&v'kHk
 :i Hkn fd; x; gA 'kkdjHkk"; e ^i.;k o 'kkL=fofgru i.;u de.kk*
 'kkL=fofgr de dk i.; de dgk x;k g] bld foijhr de dk iki de
 dgk x;k gA fujkyEckifu"kn e de vkj vde d :i e de d nk Hkn
 fd; x; gA tk de vkRekuufr d fy; fd;k tkrk g ml de dgk x;k
 g vkj tk de dÜkRoHkkDrÜokfnvgdkfjd ofÜk l fd;k tkrk g ftldk
 i;k tu cu/k : ih tUekfn g] , l fuR;&ufefÜkd orkfn de vde gA xhrk
 e Hkh de] vde vkj fode d :i e de d rhu Hkn fd; x; gA xhrk e
 ldkeHkko l dh x;h 'kkL=fofgr fØ;k de dgykrh gA Qyk l fDr jfgr
 eeRo vkj vk l fDr l jfgr gkdj fd;k x;k de vde dgykrk gA
 'kkL=fofgr de Hkh ;fn nljk dk vfgr ;k nk[k igpku d Hkko l fd;k
 tk; rk og fode cu tkrk gA bld vfrfjDr fuR;de] ufefÜkd de]
 dkE;de] fuf"k)de] ik;f'pÜk de vkj mikluk de Hkh de dgykr gA
 euLeFr e nl idkj d ikidek dk o.ku g ftldk vkpj.k eu"; dk ugh
 djuk pkfg;A o de bl idkj g&v l R; ckyuk] dV Hkk"K.k djuk] >B
 ckyuk] fuÜnk djuk] fu"i;k tu ckr djuk] vnÜk oLr dk xg.k djuk]
 'kkL= oftr fglk djuk] ij L=h lou djukA tu ijEijk e Hkh ikidek
 dk mYy[k g ftÜg vkpj.k e ugh ykuk pkfg;A , l de fuEu g&
 ¼1½ ik.kkfrik ¼fg l k½] ¼2½ e"kkokn ¼v l R; Hkk"K.k k½] ¼3½ vnÜkknku] ¼4½ eFku]
 ¼5½ ifjxg] ¼6½ Øk/k] ¼7½ eku] ¼8½ ek;k] ¼9½ ykHk] ¼10½ jkx&} "k] ¼11½ Dy'k]
 ¼12½ vH;k[;ku] ¼13½ fi'kurk] ¼14½ ijifjokn ¼15½ jfr&vjfr]
 ¼16½ ek;k&e"kk vkj ¼17½ feF;k n'ku bR;kfnA⁶⁰ xhrk e de] vde vkj
 fode d :i e dek dk tk foHkk tu fd;k x;k g og foHkk tu tu n'ku
 d i.;de] b;kifFkdde vkj ikide d :i e fd;k tk ldrk gA⁶¹
 fuR;ufefÜkd ik;f'pÜk vkj mikluk de dh ryuk tu /ke d
 "kMko';dde l dh tk ldrh gA bl rjg nkuk n'kuk d de idkj
 lEcU/kh fopkjk e l kE; fn[kk;h iMrk gA

de&iutUe lEcU/kh fopkjk dh ryuk

Hkkjrh; lLdfr dk vk/kkj de ,o iutUe gA tk 0;fDr t lk de
 djr k g ml de dk Qy Hkkxu d fy; ml vud tUe xg.k dju iMr

g] D;kfd fcuk de QYkHkx fd; NVdkjk ugh feyrkA ;g idfr dk fu;e
 gA tukxek vkj mifu"knk d n"Vkurk l ;g ckr fl) gA nkuk n'kuk dh
 ;g ekU;rk g fd ;fn eu"; viu dr dek dk QykiHkx oreku thou e
 ugh dj ikrk g rk 'k"k dek d QykiHkx gr ml iu% tUe yuk iMrk
 gA tu n'ku dh Hkkfr mifu"knk e Hkh de vkj iutUe dk leFku djr
 g; dgk x;k g fd eu"; viu dek d vulkj fofHkUu ;kfu;k e xeu
 djrk gA xhrk euLefr] ijk.k vkfn xUFkk e Hkh de vkj iutUe dk
 leFku fd;k x;k gA fryd egkn; ^xhrk jgL;* e fy[kr g ^de pkg
 Hkyk gk ;k cjk] fdUr mldk Qy Hkx d fy; eu"; dk r;kj jguk
 pkfg;A xhrk jgL; e lfpr] ikjC/k vkj vukjC/k :i Hkn dek d crk;
 x; g] o de iutUe dh vo/kkj.kk d Li"V ifjpk;d gA lfprde io
 ,o oreku thou d dek dk lfpr it g rFkk mue i.; ,o iki nkuk gh
 idkj d de lfufgr gA i.; ,o iki nk ijLij fojk/kh dek d Qyk dk
 Hkx ,d lkFk vkj ,d le; e dnkfi lEHko ughA tho ,d le; e ,d
 lkFk ;k rk i.; dek d Qyk dk Hkx dj ldrk g ;k iki dek d Qyk
 dk Hkx dj ldrk gA vr% dek d Qy dk Hkx d fy; iutUe xg.k
 djuk iMrk gh gA bl idkj de vkj iutUe lEcU/kh vo/kkj.kk nkuk
 xUFkk e leku : i l of.kr gA

bl idkj tu vkj ofnd nkuk ijEijkvk e de fo"k;d xEHkhj
 vkj fo'kn fpUru fd;k x;k gA de dh idfr;k vkj voLFkk; vkfn dk
 ydj tu n'ku e ftruk HknkiHkn fd;k x;k g mruk vU;= ugh feyrkA
 eUk vkj veUk dek dh fLFkr vkj cu/k ; nkuk ckr nK; g blfy; xhrk
 e dgk x;k g fd ^xguk de.kk xfr%* de dk tkuuk vkj mldh fLFkr
 vkj cu/k ; lkjh ckr ekuo cf)xE; ugh gA bruk vo'; g fd txr dk
 ey dkj.k de gh gA bl ckr e tu vkj ofnd ijEijk e i.k lekurk
 gA

iR;d ik.kh dh mRifUk] fLFkr vkj volku de d vk/kkj ij gh
 gkrk gA okLro e rk de d 'kHk vkj v'kHk bu nk Hknk e lkj dek dk
 vUrHko fd;k tk ldrk gA tu n'ku e Hkh Kkukoj.kh;kfn dek d vkB
 Hkn djd pkj dk ?kkrh vkj pkj dk v?kkrh ekuk x;k gA ; ?kkrh vkj
 v?kkrh de gh 'kHk vkj v'kHk de gA xhrk deokn dk ie[k xUFk gA ble
 vuklDr Hko l de dju dh ij.kk nh x;h gA vklfDr cu/ku dk ey gA
 ;gh tukxek dk Hkh gkn gA bl idkj vkifu"kfnd vkj tukxek nkuk
 ijEijkvk e leku : i l de dh egUk vkj vfuok;rk crk;h x;h gA

InHk lph

- 1- rU=okfrd] i"B 394
- 2- 'kkL=nhfidk] i"B 4
- 3- u fg df'pr {k.kefi tkr fr"BR;dedrA
dk;r °;o'k de lo idfr tx.kAA xhrk 3@5
- 4- xhrk 6@1
- 5- xhrk 2@47
- 6- xhrk 5@10
- 7- r| bg je.kh;kpj.kk vH;k l k g ;Ük je.kh;k ;kfueki|juA ; bg
di;kpj.kk vH;k l k g ;Ük di;k ;kfueki|juA NkUnkX;k- 5@10@7
- 8- ;Fkdkjh ;Fkpkjh rFkk HkofrA l k/kdkjh l k/kHkofr ikidkjh ikik HkofrA
i.; i.;u de.kk Hkofr iki% ikiuA ;Rde d:r rnfHk l i | rA
cgkj.; dkifu"kn 4@4@5
- 9- vkReu% In l RioÜ;k·d"VklRrik;KX; inxyk deA
fhk{k vkxfo"k; dk'k] i"B 179
- 10- feF;kRokfojfrd"kk; ;kxkuxrukReuk fuoÜ;r bfr deA
mÜkj k/; ;u"kkUR;kpk;ognofÜk 72
- 11- %d½ ^dhjb th,.k gmfg t.k r Hk..k, dEeA*
dexUFk] iFkeHkx] xkFk 1
¼[k½ ifj.kefn tnk vlik l g fEe v l g fEe jkxnl tnkA
r ifo l fn dEej; .kk.kkoj.kkfn Hkko fgAA
iopu l kj] 2@95
- 12- n'ku vkj fpUru] i"B 225
- 13- tu y{k.kkoyh %f}rh; Hkx½] i"B 319] deidfr] pf.k 1] i"B 2
- 14- U;k;d l 0 7 i"B 281
- 15- vkpkj kxHk";] 1@1@6
- 16- foikdl= dh iLrkouk Jh e/kdj efu] i"B 22
- 17- fu;r d: deRo de T;k;k °;de.kAA
'kjhj;k=kfi p r u ifl);nde.kAA xhrk 3@8
- 18- uk.kL l kojf.kTt n l .kkoj.k rgkA
o;f.kTt rgk ekg vkmdEe rgo ;AA
ukedEe p xk; p vrjk; rgo ;A
,oe;kb dEekb vVBo m l ek l v kAA mÜkj k/; ;u 33@2] 3

- 19- Hkxorh l= 1@4
- 20- tho&vtho] vkpk; Jh egkiK] nlok cky] i"B 45
- 21- vkpkjkx Hkk"; 5@5@104
- 22- nk.k ykHk ; Hkkx ;] moHkkx ohfj; rgk ipfogerjk;A
mUkjk/; ;u l= 33@15
- 23- iKkiuk 23@1@289
- 24- ^feF;kn'kukfojfrieknd"k; ;kxk cU/kgro%A* rUokFkl= 8@1
- 25- rUokFkl= 8@3
- 26- mUkjk/; ;u 32@7
- 27- n0; lXgVhdj] xkFkk 33
- 28- mUkjk/; ;u 10@15
- 29- l=drkx 2@1
- 30- n'kkJr 5@15
- 31- mUkjk/; ;u 4@25
- 32- fujkyEckifu"kr mifu"kr lXg] ekrhyky cukj lhnk l] i"B 255
- 33- de.kk °;kfi ck)0; ck/k0; p fode.kkA
vde.k'p ck)0; xguk de.kk xfrAA xhrk 4@17
- 34- Hkkjr h; n'ku] Mk- oh- ,u- flg] i"B 15
- 35- i³xykifu"kr 4@4
- 36- Kkukn; kRijk- .jC/k de KkukUu u'; frA
vnRok LoQy y{; efí'; kRl"Vok.korA
0; k/ko/; k fofueDrk ck.kk i'pkUk xkerkA
u fr"Bfr fHkuR; o y{; oxu fuHkjeA v/; kRekifu"kn] 53] 54
- 37- vkpkjkxHkk"; 5@6@11
- 38- tho&vtho] vkpk; egkiK] nlok cky] i"B 47
- 39- vdjf.kTt iko dEe] vk; kjk 1@174
- 40- tun'ku euu vkj ehelk&vkpk; Jh egkiK] i"B 277
- 41- v : oh lUkk&vkpkjkx Hkk"; 5@6@138
- 42- mUkjk/; ;u 20@37
- 43- cgnkj.; dkifu"kn 4@4@3]4

- 44- NkUnkX;kifu"kn 4@15@5
- 45- okl fl th.kkfu ;Fkk fogk; uokfu xg.kkfr ujk·ijkf.kA
rFkk 'kjhjkf.k fogk; th.kkU;U;kfu l;kfr uokfu nghAA
xhrk 2@22
- 46- vkpkjkxHkk"; 1@1@2
- 47- U;k;l= 3@1@12
- 48- r,.k rLI egLI v.kxkjLI le.kLI Hkxovk egkohjLI vfr, ,oeë
lkPpk fulEe lHfg ifj.kefg i lRFkfg vT>ol.k.kfg ylkfg
foIT>ek.khfg r;kofj.kTtk.k dEek.k [kvkole.k bgkigeXx.kol.k
djek.kLI lf..ki0o tkblj.k leli..k ,;eë lEe vfHk leBA
uk;k/kEedgkvk 1@190
- 49- foikdl= & 1@1@5
- 50- rLI .k fot;LI [kfÜk;LI iÜk fe;k, noh, vÜk, fe;kiÜk uke nkj,
gkRFkKA foikdl= & 1@1@8
- 51- vkpkjkxHkk";] i"B 500 l m)r
- 52- feF;kn'kukfojfrieknd"kk; ;kxk cU/k gro%A rÜokFk l= 8@1
- 53- defoikdl=] ;okpk;Jh e/kdj efu l[kfoikd] i"B 114
- 54- lR;kUu iefnr0;eA /kekUu iefnr0;eA d'kykUu iefnr0;eA HkR;u
iefnr0;e Lok/k;k;iopukH;ke u iefnr0;eA nofirdk;kH;ke u
iefnr0;eA rfÜkjh;k 1@11
- 55- KkRok no loik'kkigkfu]] {kh.kk Dy'ktUeer; igkf.kkA
'ork'orjk- 1@11
- 56- xhrk 5@36] 37] 38
- 57- rÜokFk l= 1@1
- 58- xhrk 4@37
- 59- f=fHko"kfL=fHkek l fL=fHk i{kfL=fHkfnu%A vR;RdV% ikii.;fjgo Qye'urA
fgrkin'k] fe=ykHk 'ykd l- 84
- 60- tu fl) kUr cky l xg Hkx 3] i"B 182
- 61- tu de fl) kUr dk ryukRed v/; ;u & Mk- l xjey tu] i"B] 35

v/;k;&5
v/;kRe vkj vpkj

v/;k;&5 v/;kRe vkj vkpkj

v/;kRe 'kCn vkRefu bfr ^v/;kRee* bl 0;RifÜk d vk/kkj ij vkRefo"K;d vkpkj dk okpd gA rKri; ;g g fd ;gk o vkpkj foof{kr g ftul vkRek dk ifj"dkj gkrk gA tu n'ku e rk vkRek d Åij de inxyk dk l'y"K jgrk gh gj blfy; deinxyk d njhdj.k d fy; ftu vkpkjk dh vi{kk g o gh v/;kRe vkj vkpkj l ifjxghr gkr gA tu n'ku e vkRe 'kf) d fy; fofHkUu or] tij rij mioklkfn dk fo/kku fd;k x;k gA bud }kjk iknxfyd dek dk foy; gk tkrk g vkj vkRek viu 'k) vkj ifj"dr : i e fLFkr gk tkrk gA vkpkjx e dgk x;k g fd vkRedY;k.k dk bPNd 0;fDr riL;k d }kjk de 'kjhj dk {kh.kdj vkRek dk fu"d"kk; dJA tk dN fo"kerk g og d"kk;;Dr gA vkpkjx e bld Øe dk of.kr djr g; dgk x;k g&tk Øk/k djr g] og eku djr gA blh idkj eku dk ek;k l] ek;k dk ykHk l] ykHk dk jx l] jx dk }"k rFkk ekg l fu;r lEcu/k gA bld iHkko l gh ik.kh xHkok l djr gA xHk l tUe] tUe l eR;] eR; l viu dek d vulkj ujd] fr; 'p vkfn xfr;k e tkrk gA mldk vfre ifj.kke g&n[kA l[k&n[k dh yEch J[kyk dk jkdu d fy; rFkk drdek dk Hknu dju d fy; d"kk; dk jkduk vko';d gA fu"d"kk; 0;fDr jkx&}"k l eDr gkrk gA jkx&}"k l efDr dk vFk g HkopØ l efDrA bl idkj vkxek e vkRelEcu/kh vkpkj dk foLrr o.ku gA

mifu"knk e Hkh thokRek dk de l c) gkuk vkj rnulkj QyHkxuxu dh ckr foLrkj l dgh x;h gA mifu"knk e dgk x;k g fd ^eu"; dk 'kjhj ,d o{k g] ml ij b'oj vkj tho ; nk i{kh lKf&lKf jgr gA bu nkuk e ,d thokRek ml o{k d Qy:ih viu deQyk dk ikjO/kku l kj Hkxrk g vkj nljk b'oj mu deQyk l fd l h Hkh idkj dk lEcu/k u j[kr g; doy n"Vkek= jgrk gA bl idkj tho d }kjk de vkj mld QyHkx dh ckr mifu"kn e of.kr gA decU/ku l eDr gku d fy; Hkh mifu"knk e foLrkj l crk;k x;k gA mifu"knk e dgk x;k g fd lc idkj d nk"kk l jfgr gku ij lE;d Kku] cāp; vkj lR; d }kjk vkRel{kRdkj fd;k tk ldrk gA lE;d Kku gh ,d ,lk vkpkj g ftld }kjk fuf[ky dek dk foy; fd;k tk ldrk gA bl Kku dh miyfc/k e cāp; dk ikyu djr g; lR;ku"Bku dh egrh vko';drk gkrh gA lR; dk vu"Bku vkj riL;k d }kjk gh lE;dKku dh miyfc/k gkrh gA lE;dKku l de foy; ijLIj vkRekiyfc/k gkrh gA

vkRek dk u rk vk[kk l n[kk tk ldrk g] u ok.kh l dgk tk
 ldrk g] u rk vU; bfuN;k l ml tkuk tk ldrk g] u riL;k vkj de
 l gh ml tkuk tk ldrk gA ftld }kjk lkjh KkufuN;k viu&viu
 fo"K; dk Kku djrh g ml fdl lk/ku l tkuk tk;A blfy; dgk x;k
 g fd **"Kkuilnu r i";r*** vFkr Kku d }kjk gh ml tkuk tk ldrk
 gA ti] ri fuf[kydeku"Bku ; lkj lk/ku vkRefo"K;d vkpkj e ifjxf.kr
 g] fdUr ; doy fpÜk 'kf) rd gh lher gA 'k) fpÜk e Kku dk
 ikdV; mlh idkj gkrk g tl LoPN dkp e ifrfcEckiyfC/k gkrh gA bl
 idkj mifu"knk e vk/;kfRed vkpkj dk xEHkhj vkj rkfuod foopu fd;k
 x;k gA ofnd vkj tu nkuk ijEijkvk e vkRedY;k.k vFkok vkRe
 lk{kkRdkj d lk/ku ckgY;u miyC/k gkr gA nkuk ijEijkvk e vkRek dk
 fo'kn o.ku gA vk/;kfRed vkpkj dk tkuu d fy; vkRek d Lo:i dk
 Kku vko';d gA

vkRek dk Lo : i

lHkh vkfLrd n'ku fdlh u fdlh :i e vkRek d vflrÜo e
 fo'okl djr g] D;kfd vkRek d vflrÜo dk eku fcuk de vkj iutUe
 dh 0;k[;k gh ugh dh tk ldrhA vkRek gh ,d ,lk 'kk'or rÜo g ftld
 vk/kkj ij ekuo viu vflrÜo dk fl) djrk gA mifu"knk e ftl v/;kRe
 fojk dk o.ku g mldk lECU/k vkRek l gh gA mifu"kn vkRefojk dk gh
 foopu djrh gA **^r Rokifu"kn i#"k iPNkfe] foKkrkjej du fotkuh;kr**
 bu vkifu"kfnd opuk l vkRefo"K;d ftKklk d lek/kku d :i e
 vkReLo:i dk fo'y"K.k mifu"knk e lo= n[ku dk feyrk gA mifu"knk
 dk Hkkjrh;n'kuk dk eylkr ekuk tkrk gA mifu"kn Kku i/kku 'kkL= gA
 ble de vkj mikluk xk.k gA de vkj mikluk fpÜk dh 'kf) vkj
 ,dkxrk d fy; vko';d gA 'k) vkj ,dkxfpÜk e gh vkRerÜo idkf'kr
 gkrk gA bl idkj mifu"kn vkReLo:i d idk'ku d loJB xUFk gA
 dukifu"kn e **^bgpnonhNfLR;efLr u pfngkonhUegrh fouf"V*** d ek/;e
 l dgk x;k g fd ekuo tUe cgr nyHk g] bl ikdj tk eu";
 vkRekiyfC/k ugh djrk og cgr cMh Hky djrk gA tc rd ;g nyHk
 ekuo 'kjhj fojeku g] rHkh rd 'kh?k l 'kh?k ijerUo dk tku fy;k tk;
 rk lc idkj l d'ky gA ;fn ;g volj 0;Fk gk x;k rk egku fouk'k gk
 tk;xk] ckj&ckj eR; :i llkj d iokg e cguk iMxkA llkj d
 f=fo/krkik vkj fofo/k 'kyk l cpu dk ;gh ,d ije lk/ku g fd tho
 ekuo tUe e n{krk d lFk lk/ku ijk;.k gkdj viu thou dk lnk d
 fy; lFkd dj yA eu"; tUe d flok vkj ftruh ;kfu;k g] lHkh doy
 dek dk Qy Hkkxu d fy; gh feyrh gA bl mifu"kn opu d vulkj
 ekuo thou dk ije y{; vkReker dh ikflr gh gA

vkReu 'kCn foe'k

vkReu 'kCn dh 0;RifÜk vud idkj l dh tkrh gA egf" k ;kLd u
Hokfnx.kh; ^vr lkrR; xeu* ,o Lokfnx.kh; *vkly 0;klrk* /kkrl l bl
fu"iUu ekuk gA vkRek lrr xfreku ,o lo0;kid gA vnkfnx.kh; ^vu
ik.ku* /kkrl l Hkh bl fu"iUu ekuk x;k g&^vufr ik.kku /kkj;rhfr vkRek*
vFkkr tk ik.kk dk /kkj.k dj og vkRek gA ^vklukfr ¼0;klukfr½ tkxfrd
fuf[ky inkFkk bfr vkRek* vFkkr tk txr d fuf[ky inkFkk* e 0;klr g
ogh vkRek gA vkpk; 'kdj u dBkifu"kn Hkk"; e fy³xijk.k d 'ykd dk
m)r fd;k g] ftle pkj idkj l vkReu 'kCn dh 0;RifÜk fn[kk;h x;h
gA ^vkRek lcdk 0;klr djrk g] xg.k djrk g] bl ykd e fo" k;k dk
Hkkxrk g rFkk mldk lonk lnHkko g] blfy; ;g vkREkk dgk tkrk gA
ok;ijk.k e Hkh ;g 'ykd miyC/k gA gyk;/kd'k e tkxrkn l Hkh
voLFkkvk e 0;klr gku oky dk vkRek dgk gA

tukxek e vkRek l lEcU/kr vud vk[;ku iklr gkr gA
mÜkj/;;ul= d Vhdkdj u fy[kk g fd ^vrfr&lrr xPNfr
'lf) lDy'kkRed ifj.kkUrk.khR;kRek* vFkkr tk fofo/k Hkkok e ifj.kr
gkrk g og vkRek gA le;ljk d Vhdkdj u& ^n'kuKkupkfj=lf.k vrfr
bfr vkRek* vFkkr n'ku] Kku vkj pkfj= dk lnk iklr gk og vkREkk gA
mRikn0;;/kk0;jk leUrknrfr oÜkr ;% l vkREkk^{*1} vFkkr mRikn 0;; vkj
/kk0; bu rhuk }jk tk i.k:i l foloku jgrk g] og vkREkk gA

vkReLo:i fu/kkj.k e l Hkh Hkkjrh; nk'kfud lEink;k dk viuk
LorU= fpUru gA lk[; vkRek dk fur;] veÜk] pru HkkDrk] fuf"Ø;]
vdÜkk] fux.k vkj l{e ekurk g&

veÜk'pruk Hkkxh] fur; % loxrk-fØ;%A

vdÜkk fux.kh l{e] vkRek dfiyn'kuAA²

lk[;dkfjdk e i#"k ;k vkRek dk pru rÜo rFkk idfr dk
vpru ;k tMrÜo dgk x;k gA i#"k d Lo:i dk crykr g; ;gk dgk
x;k g fd i#"k fur;] lk{kh] doy] fuL=x.;] ek;/LFk mnklhu] n"Vk vkj
vdÜkk gA lk[; d vulkj i#"k pru gA pru gh fo" k;k dk Kkrk rFkk
n"Vk gkrk gA bl vpru ugh iklr dj ldrkA U;k; vkj o'kf"kd e vkRe
lEcU/kh fopkj e l kE; gA bud vulkj vkRek gh og n0; g ftle cf)]
l[k&n%[k] jkx&} "k] bPNk i;Ru vkfn x.k jgr gA ; x.k 'kjhh d ugh
vkREkk d gh gk ldr gA vkREkk ng bfun; vkfn l fhkUu g] fur; vkj
0;kid gA eu l mldk iR;fk gkrk g rFkk e tkurk g] e djrk g] e

l[kh g] e n[kh g bR;kfn l vkRek dk vflrÙo idV gkrk gA
 U;k;o'kf"kd e vkRek dk ie; ekudj mldh flf) dh x;h gA rdlxg
 d vulkj leok; lEcu/k l ftle Kku jgrk g ml vkRek dgk x;k gA
 og vkRek nk idkj dh g] ,d thokRek nljh ijekReKA ijekRek ;k b'oj
 loK g] vkj ,d gA thokRek iR;d 'kjhj e fhkuu&fhkuu 0;kid vkj fuR;
 gA

onkur d vulkj vkRek fuR; 'k) c) eDr gA og lfpnkuUn
 Lo:i gA vkRek Lo;fl) gA mld Lo:i dk fl) dju d fy; fdlh
 iek.k dh vko';drk ugh gA tho vkj cã dk tk Hkn fn[kkb iMrk g og
 ikjekfFd ugh] cfYd 0;ogkfjd gA nkuk gh ;FkkFk e fo'k)
 foKku gA v}r onkur e vkRek vkj cã e vHkn gA vg cãkfle
 %cgnkj.;dkifu"kn 1@4@10] rÙoefl %Nkunx; 6@8@7] v;ekRek cã %
 cgnkj.;dkifu"kn 2@5@19½ bR;kfn JfrokD;k d }kjk nkuk d Lo:i e
 vHkn fn[kk;k x;k gA

ck) n'ku fdlh fuR; vkRe rÙo e fo'okl ugh djrKA tk fuR;
 rFkk LFkk;h irhr gkrk g og Hkh foifj.kke/keh rFkk fouk'k'khy gA l lkj
 dk iR;d inkFk {kf.kd gA ck) n'ku e ipLdu/kk d leg dk vkRek dgk
 x;k gA Hxxoku c) dk vkRe lEcu/kh min'k Hkh e/;ekx ij voyfEcr gA
 mUgu dgk g fhk{kvk! :i vkRek ugh g] onuk vkRek ugh g] lKk vkRek
 ugh g] lLdkj vkRek ugh g] foKku vkRek ugh gA {k.k&{k.k u"V vkj
 mRiUu gku oky foKku vkj :i d l?kkr l lkj ;k=k d fy; i;klr gA
 bul ij dkb fuR; vkRek ugh gA ck) vukReoknh gkr g; Hkh de]
 iutUe vkj ek{k dk Lohdkj djr gA vkRe lEcu/kh i'uk ij Hxxoku c)
 eku jgr FkA bldk dkj.k iNu ij c) dgr Fk fd ^;fn e dg vkRek g
 rk ykx 'kk'oroknh cu tkr g] ;fn ;g dg fd vkRek ugh g rk ykx
 mPNnoknh gk tkr gA

bl idkj lHkh n'kuk dh vkRe lEcu/kh 0;k[;k fhkuu&fhkuu gA
 u;kf;d tgg ,d vkj vkRek dk fuR; vkj foHk ekur g ogh ck) vkREkk
 dk vfur; vkj ipLdu/kk dk lenk;ek= ekur gA lk[; vkREkk dk fuR;]
 vdÙkk] fuf"Ø;] HkkDrk Lohdkj djr gA v}r onkur dk vkRe lEcu/kh fopkj
 mifu"knk l feyrk tyrk gA

vkREkk d lEcu/k e tukxek vkj mifu"knk dh eku;rkvk e lE;
 vkj o"KE; nkuk fn[kk;h iMrk gA vkREkk dk vflrRo g] bl lEcu/k e nkuk

fopkj/kkjkvk e dkb folokn ugh gA vkRek d Lo:i d lEcu/k e er
 ofHkUu vo'; fn[kk;h iMrk gA loiFke vkifu"kfnd ijEijk e vkReLo:i
 dk o.ku iLrr fd;k tk jgk g&

mifu"kn ijEijk e vkReKku dk loJ"B Kku cryk;k x;k gA
 e.Mdkifu"kn e vijk %ckf)d Kku½ vkj ijk %vkReKku½ e Li"Vr% Hkn
 crk;k x;k gA vijkfo|k on] 0;kdj.k] fu:Dr] Nn] T;kfr"k vkfn 'kkL=k
 dk Kku g vkj ijk fo|k doy v{kjcãdk Kku gA NkUnkX;kifu"kn e
 mfYYkf[kr ukjn luRdekj lokn l Hkh ;g Kkr gkrk g fd fo|k; nk g]
 bue l tk ijkfo|k vFkk vkRefo|k dk tkurk g ogh lPpk Kkrk g] og
 l lkj lkxj dk ikj dj tkrk gA mifu"knk e vkRek vkj cã dh ,drk
 dk ifriknu g&,deokf}rh;e %Nk0 6@2@2%] lo[kfYon cã %Nk0
 3@14@1% bR;kfn egkokD;k l vkRek vkj cã e vHkn inf'kr fd;k x;k
 gA ;gh ijerl gA ik;% lHkh mifu"knk e bl ijerÙo ;k pje lR; dk
 i'u mBk;k x;k gA ^og D;k g ftldk Kku gk tku ij 'k"l cdN Lor%
 Kkr gk tkrk gA og D;k g tk lNk lpru jgrk g] lFVdk; e lyXu
 jgrk g] ;|fi 'kjhj funk e vpr iMk jgrk gA og dku lk eyrÙo g
 ftll thou dk o{k v/k voPNnd eR; }kjk ckjEckj dkV tku ij Hkh
 fuR; uohu mfnr gkrk jgrk gA bu i'uk dk lek/kku mifu"knk e fd;k
 x;k gA

mifu"knk dh Hkk"kk e ijerÙo vfre rÙo g] lok/kkj g] lHkh
 oLrvk dk eyLFkku gA rfÙkjh;kifu"kn d vulkj mlh dk eyrÙo dgk
 tk ldrk g] ftll bl txr dh mRifÙk g;h g] tk lHkh oLrvk dh lÙk
 dk vk/kkj g vkj ftle vÙrr% bu lHkh oLrvk dk y; gk tkrk gA rRi;
 ;g g fd mifu"knk e txr dk vkfn vkj vÙr cã dk ekuk x;k gA vr%
 cã gh ijerÙo gA bl gh vkRerÙo Hkh dgr gA

mifu"knk e cã d nk :i eku x; g&eÙk vkj veÙk] eR; vkj
 ver] fLFkr vkj pj rFkk lR vkj R;RA³ cã d fo"k; e lfo'k"l Jfr;k
 vkj fufo'k"l Jfr;k nkuk miyC/k gA cã dk lfo'k"l lx.k Hkh dgk x;k g
 vkj fufo'k"l fux.k HkhA lx.k cã dk ^vij* cã vkj fux.k cã dk ij
 cã dgk x;k gA vij :i e cã lfo'k"l lx.k] liip] lfodYi vkj
 lkif/kd g rFkk ij :i e cã fufo'k"l fux.k fu"ii´p] fufodYid vkj
 fu:ikf/kd gA vij cã dh lKk b'oj Hkh g tk leLr fo'o dk dÙkk]
 /kÙkk] gÙkk vkj fu;Ur k gA ; gh loK vkj lovUr;keh gA ; gh lEi.k
 txr d dkj.k g] D;kfd lHkh ikf.k;k dh mRifÙk fLFkr vkj iy; d LFkku

; gh gA mifu"knk e lx.k cã d nkuk y{k.k miyC/k gA txRdkj.krkJ
leLrdY;k.kx.k lEiUurkJ fo'o0;kidrk] vkj lEiHkrk vkfn lx.k cã d
rVLfky{k.k gA cã txr dh mRifÙk fLFkfr vkj y; dk fufeÙk vkj
miknku dkj.k gA rVLfK y{k.k oLr d vKxUrd vkj ifjoru'khy x.kk dk
o.ku djrk gA

Lo:i y{k.k oLr d rkfRod Lo:i dk ixV djrk gA lx.k cã
dk Lo:i y{k.k g&^lR; KkueuUr cã* vkj foKkuekuUn cãA cãije
lR; g] fo'k) Kku g] vuUr g] v[k.M vkuUn gA ;g cã dk Lo:i gA
cã lR fpr vkuUn g] 'kkUr vkj f'ko gA

mifu"knk e cã dk fux.k :i Hkh iklr gkrk gA fux.k cã d
fuopu e fu"kkRed ink dk i;kx fd;k x;k gA fux.k gku l cã lHkh
lk lKfjd /kek l ij gA vrH ykfdd fo'k"kk dk i;kx cã d fy; ugh
fd;k tk ldrkA vrhUn;] fufodYi] fu#ikf/k vkj vfuopuh; cã] bfUn;]
cf) fodYi vkj ok.kh }kjk xkg; ugh gA cgnkj.; dkifu"kn e crk;k x;k
g fd cã u ekVk g] u iryk g] u NkVk g] u cMk g] u yky g] u no
g] u Nk;k g] u re g] u ok; g] u vdkd'k g] u lx g] u j l g] u xU/k
g] u u= g] u dku g] u ok.kh g] u eu g] u rt g] u ik.k g] u e[k g]
u eki g] mle u vUnj g] u ckgj g] og dN Hkh ugh [kkrk] ml dkb Hkh
ugh [kkrkA⁴

cã d fux.k Lo:i dk ,lk gh o.ku ek.MD;kifu"kn e Hkh feyrk
gA fux.k fujkdj fufo'k"kk cã dk Kku u rk ckgj dh vkj g] u Hkhrj dh
vkj g vkj u nkuk gh vkj g] tk u Kku Lo:i g] u tkuu okyk g vkj
u ugh tkuuokyk g] tk u n[ku e vk ldrk g] u 0;ogkj e yk;k tk
ldrk g] u xg.k dju e vk ldrk g] u fpUru dju e] u cryku e vk
ldrk g vkj u ftldk dkb y{k.k gh g] ftle leLr ii'p dk vHkko
g] ,dek= ijeKRelÙkk dh irhr gh ftle lkj g&,lk loFkk 'kkUr]
dY;k.ke;] vf}rh; rÙo gA dBkifu"kn e dgk x;k g fd cã v'kCn]
vLi'k] v:i] v0;;] vj l] vxU/k] vukfn vkj vuUr gA e.Mdkifu"kn d
vulkj cã vy{;} vxk^o;] vJkr] vo.k] vp{k"d] vikf.kikn vkfn gA
mifu"knk e fux.k cã dk o.ku ufr&ufr :i e fn;k x;k gA bl dk
rkRi; ;g g fd cã vy{k.k vkj vfuokP; gA 'kCnk d }kjk mldk
fuopu ugh fd;k tk ldrkA dukifu"kn e cã dk ok.kh l vuiL;
cryk;k x;k gA tk ok.kh l idkf'kr ugh gkrk] fdUr ftll ok.kh

idkf'kr gkrh gA tk eu l euu ugh fd;k tk ldrk] fdUr ftll eu
 euu djr k gA tk p{k vkfn bfUn;k l loFkk vrhr gA mld fo"k; e
 doy bruk gh dgk tk ldrk g fd ftldh 'kfDr vkj ij.kk l p{k vkfn
 bfUn;k viu&viu fo"k;k dk iR;{k dju e leFk gkrh g] tk budk tkuu
 okyk vkj blg viu fo"k;k dk tkuu e ioUk dju okyk g rFkk ftldh
 'kfDr l ; lc dk; djr g og cã gA

cã dk cf) dh lHkh dkfV;k l ij cryk;k x;k gA bu lk/kuk
 l cã dk Kku lEHko ughA blh dkj.k mifu"kn e dgk x;k g fd ftld
 }kjk ;g lc tkuk tkrk g mldk dl tkuk tk ldrk g %;un lo
 fotkukfr r du fotkuh;kr½ ^;rk okpk fuorUr vikl; eul k lg* bR;kfn
 Jfr;k l ml vok³eulxkpj ekuk x;k g] D;kfd og ykfdd bfUn;tU;
 Kku d ij gA iJUr og vij{kkuHkfr dk fo"k; g vr% cã vK; ugh gA
 fufo'k" vkj vfuopuh; cã dk o.ku ;fn djuk gh g rk fu"kk e[k l
 djuk pkfg;A blhfy; Jfr dgrh g ;g vkRek ufr&ufr gA ufr&ufr l
 cã dh vfuopuh;rk dk ck/k gkrk g] mldh 'kU;rk dk ughA ;kKoYD;
 ;g mn?kk" dju d ckn fd foKkrk dk fo"k; d :i e Kku ugh gk
 ldrk] ;g Hkh mn?kk" fd;k fd Lor% fl) vkj Loidk'k gku l foKkrk d
 foKku dk yki ugh gk ldrk] n"Vh dh nfV dk yki ugh gk ldrk ^ufg
 n"Vn"V% foifjykik fo|r vfoukf'kRokrA ufr&ufr dh ifj.kfr eku e g
 vkj eku lokPp n'ku gA

tukxek e Hkh vkRek dk Lo:i blh idkj of.kr gA vkpkjkx
 vkxe vkReLo:i dk ifrikfnr dju okyk vkxe gA bl vkxe e
 vkiiikfrd vkj dekikf/kfuji{k vFkk eDr nkuk idkj dh vkRekvk dk
 Lo:i of.kr gA

vkiiikfrd ;k dekikf/k;Dr vkRek ukukfo/k'kjhhk dk /kkj.k djr g]
 ukukfo/k ;kfu;k e vulpj.k djr g] ckj&ckj tUerh g vkj ejrh gA
 bl llkj vkRek dgk tkrk gA dekikf/klki{k n0;kfFkdu; d er e ;g
 vkRek 'kjhh e vf/kf"Br gku d dkj.k rdxE; cf)xkg;] i knxfyd x.kk l
 ;Dr] iutUe /kek] L=h&i#" vkfn fyx l lfr rFkk dFkfpn eUk Hkh gA

tho d idkj

vkxek e tho d nk Hkn fd; x; g&

1- l l kjh]

2- fl)A

vko';d pf.k e Hkh dgk x;k g fd tho d nk idkj g&: ih vkj
v: ihA l l kjh tho : ih gA fl) tho v: ih gA

l l kjh tho

vxek vkj mifu"knk nkuk e l l kjh vkj eDr vkRekvk dk o.ku
gA l l kjh tho nk idkj d g&=l vkj LFkkojA tk tho l[k ikflr d
fy; rFkk n[k l fuofÜk d fy; ;=&r= xeukxeu djr g o =l gA
ftu thok e n[kfuofÜk iod l[k ikflr d fy; xeukxeu dh {kerk ugh
gkrh o ^LFkkoj* dg tkr gA Hkxoku egkohj }kjk iKlr Ng tho fudk;
g⁵&

%1% iFohdkf;d

%2% vidkf;d

%3% rtLdkf;d

%4% ok;dkf;d

%5% ouLifrdkf;d

%6% =l dkf;dA

LFkkoj ukede d mn; l mRiUu gb fo'k"krk d dkj.k iFoh
dkf;d vkfn ikpk LFkkoj dgykr gA

1- iFohdkf;d tho&iFoh gh ftu thok dk 'kjhj g o tho iFohdkf;d
tho dgykr gA vkpkjxl= d vulkj iFohdkf;d tho iFkd&iFkd
'kjhjk e vkfJr gA iFoh dkf;d tho tUeuk bfUn; fody] vU/k] of/kj]
ed] ix vkj vo;oghu eu"; dh Hkkfr v0;Dr prukoky gkr gA 'kL=k l
Nnu Hknu dju ij tl tUeuk bfUn; fody i#"k dk d"VkuHkfr gkrh g]
ol gh iFohdkf;d thok dk Hkh gkrh gA bl dk rkr; ;g g fd tl h
vkRek iFohdkf;d thok dh g] ol gh eu"; dh Hkh gA vkRek d Lo: i e
dkb Hkn ugh g] Hkn g doy Kkukoj.kkfn dek dA

2- tydkf;d tho&ty gh ftu thok dk 'kjhj g] o tydkf;d tho dg
tkr gA ty d vkfJr vud tho gkr g o tydkf;d tho ugh g] fdUr
o ty e mRiUu gku oky =l dkf;d tho gA lc idkj d ty vky]

dgjk] vki ; lc tydkf;d thok d 'kjhj gA bu thok d 'kjhj l{e
 gku d dkj.k fn[kk;h ugh nrA ftl idkj bfun; lEiUu eu"; d ijkfn
 dk 'kL= l Hknu dju ij ml vikj d"VkuHkfr gkrh g] ol gh tydkf;d
 thok dk Hkh gkrh gA ty dkf;d thok e doy Li'kfun; gkrh gA
 vldkf;d thok dk fu"ik.k dju oky vud 'kL= cryk; x; gA fu;fDr
 e mudk ukekYy[kiod fu:i.k g&mRlpu] xkyu] midj.k {ke= Hk.Mdk
 /kkou] cknj vldk; ;g l{ki e 'kL=k dk fu:i.k gA⁶

3- vfxudkf;d tho&vfxu gh ftu thok dk 'kjhj g] o vfxudkf;d tho
 gA tk vfxudkf;d ykd d vflrRo dk vLohdkj djrk g] og viuh
 vkRek d vflrRo dk vLohdkj djrk gA vfxu e thoRo dk fl) dju d
 fy, fu;fDrdkj u dN gr iLrr fd;k g] tl [k]kr d 'kjhj dh rtl
 ifj.kr jkf= e idk'ke; gkdj inhkr gkrh g] mlh idkj vfxu e Hkh tho
 d i;kx fo'k"l vkfoHkr idk'k 'kfDr dk vueku fd;k tkrk gA tl
 Toj dh m"ek tho e gh ik;h tkrh g] mlh idkj m"ekoku gku d dkj.k
 vfxu Hkh tho g] ,lk vueku fd;k tkrk gA lHkh idkj d vfxu] vxkj]
 Tokyk vkfn vfxudkf;d thok d 'kjhj gA

4- ok;dkf;d tho&ok; gh ftu thok dk dk; g mUg ok;dkf;d tho
 dgr gA ok;dkf;d tho vfrl{e gku d dkj.k nf"Vxkpj ugh gkrA
 lIkj e ftru Hkh idkj dh ok; g og blh dk; d vUrxr gA
 ok;dkf;d tho tUeuk bfun; fody eu"; dh rjg v0;Dr pruk oky
 gkr gA 'kL= l Nnu Hknu dju ij tl tUeuk bfun; fody eu"; dk
 d"VkuHkfr gkrh g ol gh ok;dkf;d tho dk Hkh gkrh gA

5- ouLifrdkf;d tho&LFkkoj dkf;d thok e ouLifrdkf;d thok dh
 pruk vR;f/kd Li"V gkrh gA iFoh vkfn e ouLifr dh rjg prU; Li"V
 ugh gkrA ouLifrdkf;d thok dh pruk vf/kd Li"V gkrh gA eu"; 'kjhj
 d lKFk ouLifr thok dh ryuk lokxh.k :i l gkrh g&

$\frac{1}{2}$ tl eu"; dk 'kjhj tUe/kek g] ol gh ouLifr dk 'kjhj Hkh
 tUe/kek gA

$\frac{2}{2}$ tl ouLifr;k c<rh g ol gh eu"; dk 'kjhj Hkh c<rk gA

$\frac{3}{2}$ tl ekuo dk 'kjhj Nnu&Hknu gku ij Eyku gkrk g ol gh
 ouLifr;k d Hkh 'kk[kk] Qy] iUk vkfn vo;ofNUu gku ij Eyku gkr
 gA

$\frac{4}{2}$ eu"; dh rjg ouLifr;k Hkh vkgkj xg.k djrh gA

$\frac{5}{2}$ tl eu"; dk 'kjhj vfuR; g ol ouLifr;k Hkh vfuR; gA

%6% t l eu"; dk 'kjhj foifj.kke/kek g ol gh ouLifr dk 'kjhj Hkh
foifj.kke/kek gA

ft l idkj vkpkjx vxex e ouLifr;k e thoRo dh flf) dh
x;h g mlh idkj cgnkj.;dkifu"kn e Hkh ouLifr;k dk l tho crk;k x;k
gA o{k vkj i#"k dh ryuk djr g; ;gk dgk x;k g fd ^ouLifr;k ftu
x.k/kek l ;Dr gkrh g i#"k dk 'kjhj Hkh mUgh x.k /kek l lEiUu gkrk
gA o{k d iUk gkr g vkj i#"k d 'kjhj e iUk dh txg jke gkr gA
i#"k d 'kjhj e Ropk gkrh g] mldh lerk e o{k d ckgjh Hkx e Nky
gkrh gA i#"k dh Ropk l jDr prk g vkj o{k dh Nky l xkn fudyrh
gA i#"k d 'kjhj e ekl] Luk; vkfn gkr g ol gh o{k d vUnj dk"B
vkj Luk; gkrh gA⁷ bl idkj ouLifr;k l tho dh ryuk gkrh gA

LFkojdf;d thok d vfrfjDr =l dkf;d thok dk o.ku vxek
e miyC/k gA =ldkf;d tho rhu idkj d gkr g&

- 1- lEePNut]
- 2- xHkt]
- 3- vkiiufrdA

%1% j l t] lLont vkj mnfhkn ; rhu lEePNut gA lEePNut dk vFk
g xHkk/kku d fcuk gh ;=&r= vkgkj xg.k dj 'kjhj dk fuek.k djukA
bl fof/k l mRiUu gku oky ik.kh lEePNut dgykr gA

%2% v.Mt] ikrt vkj tjk; t ; xHkt gA

%3% ofØ; 'kjhj l tUe xg.k dju oky vkiiufrd dgykr gA no vkj
ukjd vkiiufrd dgykr gA =ldkf;d tho gh l l j.k'khy vkj
xfreku gkr g blfy; mul lEcfU/kr ykd dk l l kj dgk tkrk gA

mUkjk/;;u e dgk x;k g fd =l dkf;d tho pkj idkj d
g&%1% }hfUn; %2% =hfUn; %3% prfjUn; %4% ipfUn;A

bl idkj =l dkf;d thok e nk bfUn; l ydj ikp bfUn; oky
thok dh x.kuk gkrh gA nk bfUn;oky tho d Li'ku vkj jluk ; nk
bfUn;k gkrh gA 'k[kkn tho bld vUrxr vkr gA rhu bfUn; oky tho
d vUrxr phVh vkfn tho gA pkj bfUn;oky tho d vUrxr Hkjk vkfn
tho vkr gA ujdxf] eu";xfr vkj noxfr e gh ipfUn; tho ik; tkr gA

l l kjh tho de djr g vkj dek d vulkj Qy iklr djr gA
tUe vkj de dh vukfn ijEijk gA

dekif/k fuji{k n0;kfFkd u; d er e tho ikfj.kkfed Hkko;Dr
 vkRek eDr vFkok fl) dgh tkrh gA 'kjhj eDr gku d dkj.k ;g vkRek
 veÜk gkrh gA 'kCnk d }kjk mldk o.ku ugh fd;k tk ldrk g] rdk d
 }kjk ml tkuk ugh tk ldrk] cf) d }kjk ml xg.k ugh fd;k tk
 ldrkA vkRek u nh?k g vkj u gLo] u oÜk g] u f=dk.k] u pr"dk.k g
 vkj u ifje.MyA og u Ñ".k g] u uhy] u yky g] u ihr vkj u 'kDy
 gA og u lXU/k g vkj u nXU/k gA og u frDr g] u dV g] u d"kk; g]
 u vEy g vkj u e/kj gA og u dd'k g] u en g] u x# g] u y?k g] u
 'khr g] u m".k g] u fLuX/k g vkj u #k gA og 'kjhjoku Hkh ugh g] og
 tUe/kek Hkh ugh g] og yi;Dr Hkh ugh gA og u L=h g] u i#"k g] vkj
 u uild gA mld fy; dkb miek ugh gA og veÜk vflrÜo gA og
 vin g] mldk ck/k dju okyk dkb in ugh gA og u 'kCn g] u :i g]
 u x/k g] u jI g] vkj u Li'k gA og lor% prÜ;e; gA⁸

mifu"knk e cã d Lo:i dk tIk o.ku g] Bhd olk gh o.ku
 vkpkjxx e eDr vkRekvk dk fd;k x;k gA ftI idkj cã d fy;
 ufr&ufr in dk i;kx fd;k x;k g mIh idkj ;gk Hkh ufr&ufr dk
 i;kx fd;k x;k gA og Ñ".k vkfn o.kk I ;Dr ugh g] og xU/koku ugh
 g] og jIoku ugh g] og Li'koku ugh g] br;kfn d }kjk ufr&ufr dgdj
 mldk o.ku fd;k x;k gA⁹ bul fu:fir lLFkku] o.k vkfn x.k inxy
 n0; e ik; tkr gA bfUn;k dk fo"K;Hkr txr rhu vk;kek&Åpk] uhpK
 vkj frjNk gA vkRek lHkh vk;kek l vrhr gA blfy; iknxfyd n0; l
 mldh fhkUurk ifrikfnr dju d fy; ^ufr* in dk i;kx fd;k x;k gA
 blI ;g fl) gkrk g fd ftIe lLFkku vkfn gkr g og inkFk eÜk gA
 vkRek e ; lc ugh gkr blfy; og veÜk gA

vkRek dk dkb fyx ugh gkrkA fyx dk vkJ; g 'kjhjA tk vkRek
 viU ey Lo:i e fLFkr g og v'kjhjh vkj vdek gkrk g] blfy; og
 fyxkrhr gkrk gA og u L=h g] u i#"k g vkj u uild gA

'ork'orjkifu"kn e Hkh vkRek dh fyxeDr voLFk dk o.ku gA
 thokRek okLro e u L=h g] u i#"k g vkj u uild gh gA ;g tc ftI 'kjhj
 dk xg.k djrk g] ml le; mll l;Dr gkdj olk gh cu tkrk gA tk
 thokRek vkt L=h g] ogh nlj tUe e i#"k gk ldrk g] tk i#"k g] ogh L=h
 gk ldrk gA Hkko ;g g fd L=h] i#"k vkj uild vkfn Hkn 'kjhj dk ydj g]
 thokRek dk ydj ughA thokRek loHkn'ku; vkj lkjh mikf/k;k l jfgr gA

cã i.kIR; g

mifu"knk d vUrxr cã dk o.ku i.k IR; d :i e Hkh feyrk
 gA cgnkj.;d mifu"kn e Li"V:i l dgk g fd cã d vfrfjDr dkb

l'Ùkk ugh gA cgnkj.;d e ;g Hkh dgk x;k g vkRek d n'ku] Jo.k ,o
Kku l lex txx dk Kku gk tkrk gA bl idkj vkifu"kn n'ku e cã
i.k l'Ùkk d : i e of.kr gA

b'oj : i e cã dk o.ku

mifu"knk e b'oj d : i e Hkh cã dk o.ku iklr gkrk gA ;gk
ek;k 'kfDr fof'k"V cã dh b'oj lKk gA 'ork'orj mifu"kn e ije'oj
dk ek;h dgk x;k gA dk"kh rdh mifu"kn e b'oj d lEcu/k e dgk x;k g
fd og u l k/k dek l egku curk g vkj u vlk/k dek l ghu curk gA
ogh ft l dh mUufr pkgrk g ml l k/k de dju dh ij.kk nrk g vkj
ft l dh voufr pkgrk g ml vlk/k de dju dh ij.kk nrk gA

l"Vk : i e cã dk o.ku

cã dk txx dh mRifÙk] fLFkr ,o iy; dk dkj.k dgk x;k gA
o leLr nok rFkk ykd d mRifÙk LFkku gA LFky] l{e] v0;Dr] nk ijk
oky vkj pkj ijk oky lEi.k tho lenk; mUgh dh dik ij vkfDr gA o
gh ije'oj fLFkrdky e leLr cãk.Mk dh j{kk djr g rFkk o gh lEi.k
txr d vf/kifr vkj leLr ikf.k;k e vUr;keh : i l fNi g, gA
mifu"knk e b'oj d fy; fo'odek] egkRek] yxx d ân; e fuokl dju
oky] cf) vkj eu l /;ku e yk;k gvk rFkk jgL; dk tkuu okyk dgk
x;k gA bl idkj fo'ol"Vk d : i e cã dk o.ku fd;k x;k gA

bl idkj mifu"knk e vkRek ;k cã d nkuk : ik dk dFku gA

mifu"knk d leku vkpkjxl= e Hkh vkRek dk dFku fd;k x;k
gA vkRek d v}r:irk dk o.ku djr g; vkpkjx e dgk x;k g&

refl uke lPpo t ^gr0o fùk elufl] refl uke lPpo t
^vTtko;0o* fr elufl] refl uke lPpo t ^ifjrko;0o* fr elufl] refl
uke lPpo t ^ifj/kr0o* fr elufl] refl uke lPpo t ^mí0;0o* fr
elufIA¹⁰ ft l r guu;kX; ekurk g og r gh gA ft l r vkKk e j[ku
;kX; ekurk g] og r gh gA ft l r ifjrki nu ;kX; ekurk g] og r gh
gA ft l r nkl cuku ;kX; ekurk g og r gh gA ft l r ekju ;kX;
ekurk g] og r gh gA bu okD;k e vkRek dk v}r ifrikfnr gA

vkRek g ey n0;

vkRek n0; gA Kku g mldk x.kA n0; l x.k fhkuu g ;k vfHkuu
bl lEcu/k e vkpkjx e dgk x;k g&tk vkRek g] og Kkrk g vkj tk
Kkrk g] og vkRek gA ft l l k/ku l vkRek tkurh g] og Kku vkRek gA
bl dk rkri; g fd Kku vkRe'ku; ugh gA pf.k e Hkh dgk x;k g fd dkb
Hkh vkRek Kku&foKku l jfgr ugh gA t l vfXu vu".k ugh gkrhA m".krk
vfXu l fhkuu inkFk ugh g] blfy, vfXu d dFku l m".krk dk dFku

Lo; gk tkrk gA mlh idkj vkRek d dFku l foKku dk dFku Lo; gk
tkrk g vkj foKku d dFku l vkRek dk dFku Lo; gk tkrk gA Hkxorh
e Hkh vkRek vkj prU; dk vHkn ifrikfnr g&

xkre u iNk&Hkr! vkRek tho g ;k prU; tho g\

Hkxoku cky&'xkre! vkRek fu;er% tho g vkj prU; Hkh fu;er%
tho gA¹¹

bl dk ifrik l g fd vkRek Hkh tho g vkj prU; Hkh tho gA ft l
lk/ku l vkRek tkrh g] og Kku Hkh vkRek gA bl idkj tu n'ku e
vkRek mRikn] 0; ;] /kk0; ;Dr gA vkRek dk vflrUo /ko gA Kku d ifj.kke
mRiUu gkr g vkj u"V gkr gA bl idkj vkRek dk vud : ik e dFku
gkrk gA ijorh tu lkgR; e Hkh bl dk fodk l fn[kk;h nrk gA

iopul kj e Hkh dgk x;k g fd vkRek Kku iek.k g vkj Kku lo
0;kid gA vkRek Kku d cjkj g D;kfd n0; viu&viu x.k i;k;k d
leku gkrk gA vr% tho Hkh viu Kkux.k d cjkj gA vkRek Kku l u
rk vf/kd vkj u de ifj.keu djrk gA Kku K; dk iek.k gA tl b/ku
e flFkr vx b/ku d cjkj g] mlh rjg lc inkFk dk tkrk gvk Kku
K; iek.k gA¹² tu n'ku d vulkj pruk tho dk ekfyd Lo:i gA tho
fulxr% vuUr Kku] vuUr n'ku ,o vuUr pkfj= fof'k"V gA dek d
vkoj.k d dkj.k tho dk 'k) : i vk>y jgrk gA tc dek dk lEi.k
: i l {k; gk tkrk g rk vkRek viu eyLo:i e vofLFkr gk tkrk gA
vkpkjx e dgk x;k g fd bfUn; fo"k; dk ifjR;kx dj lk/kd vdek
gkdj tkrk] n[krk gA bfUn; fo"k; gh i#"k dh vdk{k l ;Dr gkdj
jx&}% d gr cur gA mifu"knk d leku vxek e Hkh dgk x;k g fd
tk lk/kd tUe&ej.k d pØ dk rkM nrk g og bl l lkj l xj l eDr
gk tkrk gA tk l lkj Hke.k dk tkrk g og jkx vkj }%k nkuk vuRk l
nj jgrk gA og lep ykd e u fd l h d }kj Nnk tkrk g] u Hknk tkrk
g] u tyk;k tkrk g vkj u ekjk tkrk gA¹³ xhrk e Hkh bl h Hkko dk 0;Dr
fd;k x;k g fd vkRek dk u rk dkVt tk l drk g] u tyk;k tk l drk
g] u xhyk fd;k tk l drk g vkj u gh l [kk;k tk l drk gA vkRek fuR;
loxr vkj lukru gA

vkRek dk ifjek.k

vxek vkj mifu"knk nkuk xUFk e vkRek d ifjek.k dk o.ku gA
vkpkjx e vkRek d ifjek.k dk bl idkj dgk x;k gA vkRek u nh?k g]

u gLo g] u oÙk g] u f=dk.k g] u pr"dk.k g vkj u ifje.My gA
ldkp vkj fodkp thok dh LokHkkfod ifØ;k ugh gA o dke.k 'kjhj lki{k
gkr gA de;Dr n'kk e tho 'kjhj dh e;knk e c/k g; gkr gA blfy;
mudk ifjek.k LorU= ugh gkrkA dke.k 'kjhj dk NkVkiu vkj ekVkiu xfr
pr"V; lki{k gkrk gA eDr n'kk e ldkp fodkp ugh] ogk vkRek dk tk
voxkg gkrk g ogh jg tkrk gA vkREkk d ldkp&fodkp dh nhid d
idk'k l ryuk dh tk ldrh gA [ky vdkd'k e j[k nhid dk idk'k
vf/kd {k= e foLrr jgrk gA mlh nhid dk ;fn dBjh e j[k n rk ogh
idk'k dBjh e lek tkrk gA ,d ?kM d uhp j[ku l ogh idk'k ?kM e
lek tkrk gA mlh idkj dke.k 'kjhj d vkoj.k l vkRe in'kk dk ldkp
vkj foLrkj gkrk jgrk gA

n0;lxg e tho d Lo:i dk o.ku djr g; ml lng ifjek.k
Lohdkj fd;k x;k g&

thok movxevk vefÙk dÙkk lngifjek.kkA

HkkÙkk l l jRFkk fl)k l k foL l l km<xbAA¹⁴

tho mi;kxe; g] veÙk g] dÙkk g] fut 'kjhj d cjkcj g] HkkDrk
g] l l k e fLFkr g] fl) g vkj LoHkko l Å/oxeu dju okyk gA vxek
d vulkj vkRek nh?k ugh g] ykd0;kih ugh gA og âLo ugh g] vx"B
ifjek.k Hkh ugh gA og 'kjhj ifjek.k gA 'kjhj d vulkj mldk ifjek.k
cnyrk jgrk gA

ipkfLrdk; lxg e Hkh vkRek dk prf;rk] mi;kxyf{kr iHk] dÙkk]
HkkDrk] ngiek.k] veÙk vkj del;Dr ekuk x;k gA

mifu"knk e Hkh vkRek d ifjek.k dh fofHkUu dYiuk, feyrh gA
;g euku; i#"k %vkRek% vUrj ân; e pkoy ;k ;o d nku ftruk gA
;g vkRek v.k l v.krj vkj egku l Hkh egÙkj tho dh ân; :ih xgk e
fLFkr gA vkREkk gh cã l ydj LrEc i;Ur l Ei.k ikf.k lenk; dh
xgk&ân; e fufgr gA e.Mdkifu"kn e vkRek dk xk= vkfn mikf/k;k l
jfgr rFkk ckã.k vkfn o.kxr Hkn ,o jx vkj vkdfrr l Hkh loFkk jfgr]
KkufUn;k vkj defUn;k l Hkh lnk jfgr] vR;Ur l {e 0;kid] vUrjRek
: i l l c e Qyk gvk vkj dHkh uk'k u gku okyk loFkk fuR; dgk x;k
gA vkREkk dk vx"Bek= Hkh dgk x;k gA¹⁵ bl idkj tuksek vkj mifu"knk
e vkRek d ifjek.k dk Lohdkj fd;k x;k gA

vkREkk dh vejrk

vxek vkj mifu"knk nkuk xUFkk e vkRek dk vej vkj 'kjhj dk
fou'oj ekuk x;k gA tu n'ku vkRek dk 'kk'or ekurk g vkj l kFk gh
ifjoru'khy Hkh ekuk gA vkRek ifj.kke /kek gA ifj.keu vfuR;rk dk

y{k.k gA tu n'ku dh nⁿV e vkRek fuR; rFkk vfuR; nkuk gA vkRek dk prU; Lo:i dnkfi ugh NVrk] vr% vkRek fuR; gA prU dHkh vpru vkj vpru dHkh prU ugh cu ldrKA vkRe in'kk e ifjoru ugh gkrk bl nⁿV l vkRek vej gA vkREkk d in'k dHkh ldfpr jgr g] dHkh fodflr jgr g] dHkh l[k e] dHkh m[k e vkREkk d vud idkj dh voLFkk, gkrh jgrh gA bu dkj.kk l rFkk i;k;kUj l vkRek vfuR; gA¹⁶

mifu"knk e vkRek dk vej] fuR; rFkk vifj.kkeh dgk x;k gA dBkifu"kn e dgk x;k g fd vkRek u mRiUu gkrk g] u ejrk g] ;g u gh fd l h vU; dkj.k l gh mRiUu gvk g vkj u Lor% gh dN vFkkUj; i l cuk gA ;g vtUek fuR; 'kk'or vkj ijkrU g rFkk 'kjhj d u"V gku ij Hkh ugh u"V gkrKA xhrk e Hkh dgk x;k g fd ;g vkRek fd l h dky e u rk tUerk g vkj u ejrk g rFkk ;g u mRiUu gkdj fQj gku okyk gh g] D;kfd ;g vtUek] fuR;] 'kk'or vkj ijkrU gA 'kjhj d ekj tku ij Hkh ;g ugh ekjk tkrk gA ;fn ekju okyk vkRek dk ekju dk fopkj djrk g vkj ekjk tku okyk ml ekjk gvk le>rk g rk o nkuk gh ml ugh tkur] D;kfd ;g u rk ejrk g vkj u ekjk tkrk gA¹⁷ xhrk Hkh bl h ckr dk dgrh g fd tk bl vkRek dk ekjuokyk le>rk g rFkk tk bldk ejk ekurk g] o nkuk gh ugh tkur] D;kfd ;g vkRek okLro e u rk fd l h dk ejrk g vkj u fd l h d }kjk ekjk tkrk gA vkRek dk 'kL= dkV ugh ldr] vx bl tyk ugh ldrh] ty bl xhyk ugh dj ldrk] ok; bl l[kk ugh ldrhA ;g vkRek vPN]] vnkG;] vDy] vkj v'kk"; gA ;g fuR;] loo;kih vpy] fLFkj jgu okyk vkj lukru gA¹⁸

tukxek e i;k;k'k dh nⁿV l vkRek vfuR; fdUr n0;k'k dh nⁿV l vkRek fuR; gA vkRek 'kjhj l fhkUu Hkh g vkj vfHkUu Hkh gA Lo:i dh nⁿV l fhkUu Hkh g vkj l;kx rFkk midkj dh nⁿV l vfHkUu gA vkREkk dk Lo:i prU; g rFkk 'kjhj dk Lo:i tM gA blfy, nkuk fhkUu gA l lkjkoLFkk e vkRek vkj 'kjhj dk n/k&ikuh dh rjg] ykg vfXufi.M dh rjg ,dkRe l;kx gkrk gA blfy, 'kjhj l fd l h oLr dk lLi'k gku ij vkRek e lEonu vkj de dk foikd gkrk gA tho dh l lkjkoLFkk 0;kogkfjd nⁿV l gA 'k)u; dh vi{kk l tho KkuLo:i gA tc rd tho jkx&} "k] Øk/k&ekg vkfn fodkjk l xLr jgrk g] rc rd og l lkj e HkVdrk gvk] de foikd dk Hkxrk gA de cu/kuk dk rkMu d ckn og ykdKx e tk igprk g vkj 'k) prU; e yhu gk tkrk gA

vkxek vkj mifu"knk nkuk e vkRek d Lo:i ij idk'k MkYk x;k gA vkRelEcu/kh fpuru e nkuk ijEijvk e lKE; Hkh g vkj o"KE; Hkh gA l{ki e mUg bl idkj n[kk tk ldrk g& vkxek d vulkj&

¼1½ vkRek dk vflrÙo gA
 ¼2½ vkRek, vuUr gA
 ¼3½ vuUr vkRekvk dk LorU= vkj iFkd&iFkd vflrÙo gA
 ¼4½ vkRek, fdlh ,d b'oj d v'kHkr ugh gA tu n'ku e vkREkk dk
 vflrÙo LorU= g blfy; mldk viuk dÙkRo Hkh LorU= gA
 ¼5½ vkRek vkj inxy nkuk dk lEcU/k vukfn gA vkRek pru rFkk inxy
 vpru gA
 ¼6½ vkRek veÙk g vkj inxy eÙk gA
 ¼7½ vkREkk d nk : i g&llkj ;k c) vkRek] nljk g eDr vkRekA
 ¼8½ llkj vkRek 'kjhjoku tÙe/kek vkj lxoku gA og fur; ifj.kkeh gA
 ¼9½ eDrRek yi;Dr ugh g] og tÙe/kek Hkh ugh gA
 ¼10½ vkxek e vkRek dk 'kjhj ifjek.k ekuk x;k gA bl e/;eifjek.k Hkh
 dgr g] vFkk vkRek NkV 'kjhj e NkV vkj cM 'kjhj e cMk ifjek.k
 okyk gk tkrk gA tu ijEijk e vkRek d nk v'kk dk Lohdkj fd;k
 x;k gA ,d n0;k'k dgykrk g vkj nljk i;k;k'k dgykrk gA bu
 nkuk e n0;k'k dk dkb lgt ifjek.k ugh gkrk vkj i;k;k'k dk
 e/;e ifjek.k gkrk gA blh vk/kkj ij vkREkk dk e/;eifjek.k dgk
 tkrk gA
 vkifu"kfnd vkRek d fofo/k:i dh tunf"V l ryuk djr g;
 vkpk;Jh egkiK u tun'ku euu vkj ehekI¹⁹ e fy[kk g fd&
 ^vkifu"kfnd lf"VØe e vkRek dk LFkku igyk gA ^vkRek* 'kCn okP; cã
 l vdkk'k mRiUu gvk] vdkk'k l ok;] ok; l vfxu] vfxu l ikuh] ikuh l
 iFoh] iFoh l vk"kf/k;k] vk"kf/k;k l vUu vkj vUu l i#"k mRiUu gvk gA
 og ;g i#"k vUu&jle; gh g] vUu vkj jl dk fodkj gA²⁰ bl vUu
 jle; i#"k dh ryuk vknkfjd 'kjhj l gkrh gA bld flj vkfn vxkikx
 eku x, gA ik.ke; vkRek ¼'kjhj½ vUue; dk'k dh Hkkfr i#"kdkj g] fdUr
 mldh Hkkfr vxkikx ugh gA²¹ igy dk'k dh i#"kdkjrk d vulkj gh
 mÙkjorh dk'k i#"kdkj gA igyk dk'k mÙkjoÙkh dk'k l i.k gA bl
 ik.ke; 'kjhj dh ryuk 'okl kPNokl&i;kflr l dh tk ldrh gA
 ik.ke; vkRek tl vUue; dk'k d Hkhrj jgrk g ol gh euke;
 vkRek ik.ke; dk'k d Hkhrj jgrk gA²²
 bl euke; 'kjhj dh ryuk eu% i;kflr l gk ldrh gA euke;
 dk'k d Hkhrj foKkue; dk'k gA²³
 fu'p;kfRedk cf) gh foKku gA og vUr%dj.k dk v/;olk; : i
 /ke gA bl fu'p;kfRedk cf) l mRiUu gku okyk vkRek foKkue; gA

bldh ryuk Hkkoeu] prU eu l gkrh gA foKkue; vkRek d Hkhrj
vkuUne; vkRek jgrk gA²⁴ bldh ryuk vkRek dh l[kkuHkfr n'kk l gk
ldrh gA

mifu"knk d vk/kkj ij ijerÙo dk l{ki e o.ku bl idkj fd;k
tk ldrk g&

^Avfo|k dke defof'k"Vdk;dj.kk ikf/kjkRek l lkjh tho mP;rA
fuR;fujfr'k;Kku'kDR;ikf/kjkRekUr;keh'oj mP;r] l ,o fu#ikf/kk doY'
'k) Lou LoHkkouk{kj ij mP;rA²⁵ vfo|k dke vkj defof'k"V ng ,o
bfUn;:i mikf/kokyk vkRek l lkjh tho dgk tkrk gA fuR; fujfr'k;
Kku'kfDr:i mikf/kokyk vkRek vUr;keh b'oj dgk tkrk gA ogh mikf/k
'kU; doY' vkj 'k) gku ij viu Lo:i l v{kj ;k ij dgk tkrk gA
mikf/kHkn l gh nlj Hkn g vkj fd l h idkj dk Hkn ugh gA l{ki e bl
bl idkj dgk x;k g&

1- thokRekA

2- b'oj ;k lx.k cãA

3- ijekRek ;k fux.k cãA

mi;Dr fo'y"kk d vulkj thokRek&

%1½ ek;k dh efyulRokikf/k l ;Dr gkrk gA

%2½ ;g 0;f"V vKku dk voHkkld gkrk gA

%3½ vgdkj vkfn dk dkj.k gku l ;g dkj.k 'kjhj dgk tkrk gA

%4½ ;g l{e 'kjhj dk voHkkld g rFkk vUr%dj.kkofPNuUu prU dgk tkrk
gA

%5½ dÙkÙo vkj HkkDrÙo dh lkjh ckr bl h e gkrh gA

lx.k cã ;k b'oj&

%1½ ek;k dh lRokikf/k l ;Dr b'oj gkrk gA

%2½ ;g lekf"V vKku dk voHkkld gA

%3½ txr dk dkj.k gku l ;g dkj.k 'kjhj gA

%4½ LFky&l{e iip dk y; LFkku ;gh gA

%5½ txr dÙkRo bl h e gA

fux.k cã&

%1½ ijekRek dk Lo:i 'k) prU; gA ;g leLr 0;ogkj] leLr Kku]
leLr vuHko dk vf/k"Bku gkr g, Hkh mll ij gA ;g lfPpnkuUn
Lo:i gA

%2½ ;g fuR; vkj vfodkj h gA

3% tkr Loiu l"flr fd l h Hkh voLFkk l og ckf/kr ugh gkrkA
 4% og u tle yrk g vkj u ejrk gA og f=dkykck/; ,o v}r vkj
 fufodkj h lÜkk gA
 5% og vkuUnLo: i gA tkxfrd vkuUn ml vkuUn dk yoy'kek= gA
 6% og Jkr dk Hkh Jkr g] eu dk Hkh eu g] ik.kk dk Hkh ik.k g] p{k dk
 Hkh p{k gA mld prU; l idkf'kr ok.kh eu] p{k] Jkr vkj ik.kkfn
 lfØ; gkr gA blfy; ; lc mld tkuu d lk/ku ugh gk ldrA
 cgnkj.; dkifu"kn e dgk x;k g fokkrkjej du fotkuh;krA
 7% ok.kh] eu] cf) dk fo"k; u gku d dkj.k ufr&ufr dgdj mldk
 o.ku fd;k x;k gA

cã ;k ijeRek dh bl vfuopuh;rk dk nf"Vxr dj dgk x;k g
 fd ;g ijeRek u iopu d }kjk 0;Dr fd;k tk ldrk g] u cf) d }kjk
 bldk o.ku fd;k tk ldrk g] u cgr v/;;u djd bldk o.ku fd;k
 tk ldrk gA og rk mlh 0;fDr dk ikr gkrk g ftld fy; og Lo;
 viU dk ixV dj nrk gA ;g ijeRek vUue;] ik.ke;] euke;] fokue;
 vkj vkuUne; bu ipdk'kk l vfrfjDr tkr] Lolu l"flr rhuk
 voLFkvvk dk n"Vkj l{k}h fufodkj fuey vkj lfpnkuUn Lo: i gA ^vg*
 iR;; ol vFkk ftld fy; ^vg vLe* ,lk i;kx fd;k tkrk g og
 lkhk l pru ;k vU"dj.kkofPNuU pru tho dgk tkrk gA bl tho d
 Lo: i e fpr vkj tM nkuk fey g, gA blfy; thokRek dk fpr tM
 xfuFk dgr gA ble tMk'k l=g vo;o gkrk g] tk fpnkHk l l lofyr
 gkdj fØ;k'khy gkrk gA bl h dk l{e 'kjhj Hkh dgk tkrk gA

fo"kerk,

1% tukxek dh nf"V e vkRek fuR;kfur;] x.ki;k;k l ;Dr] ifr 'kjhj
 fhkUu] l[;k e vuUr rFkk 'kjhj ifjek.k 0;kih gA fdUr vkifu"kfnd
 vkRek fuR;] foHk] v)r] lo0;kid rFkk prU;Lo: i gA
 2% vkifu"kfnd vkRek vifj.kkeh gA mRifÜk fouk'k l jfgr ,d 'kk'or
 lÜkk g] ijUr tu nf"V l og /kok/ko gA
 3% vkRek ;k cã gh tkr dk dkj.k gA mlh l lEi.k tkr mRiUu gkrk
 g vkj mlh e foyhu gk tkrk g] ijUr tu n'ku e vkRek dk dkj.k
 d : i e ugh Lohdkj fd;k x;k gA tu n'ku d vulkj vkRek dh
 rjg tkr Hkh vukfn gA
 4% mifu"knk d vulkj vkRek u tle xg.k djrk g vkj u ejrk gA tle
 vkj eR; rk 'kjhj dk gkrk gA ftl idkj eu"; ijku oL=k dk R;kx
 dj u; oL=k dk /kkj.k djrk g] mlh idkj vkRek Hkh ijku 'kjhj dk
 R;kx dj u; 'kjhj dk /kkj.k djrk gA vkRek vtj vkj vej gA²⁶ tho

fpnkuUne; vkRek gku d dkj.k ej.k/kek ugh g rFkfi dkeukvk l
i.k dk;k dk dju l rFkk mldk Qy Hkkxu d fy; 'kjhjku rj dk
xg.k dju l ble ej.kRo dk vkjki fd;k tkrk gA tuksek d
vulkj vkiiikfrd vkRek ukukfo/k 'kjhjk dk /kkj.k djrh g vkj
ukukfo/k ;kfu;k e vulpj.k djrh gA ckj&ckj tUerh g] ejrh gA
bl l lkjh vkRek dgk tkrk gA dekikf/k lki{k n0;kfFkdu; d er e
;g vkRek 'kjhj e vf/kf"Br gku d dkj.k rdxE;] cf)xkg;]
iknxfyd x.kk l ;Dr] iutUe /kek L=h i#"k vkfn fyxk l lfgr
dFkfpr eUk gA

%5½ tu n'ku d vulkj vkRek, fd l h ,d b'oj d v'kHkr ugh gA tu
n'ku e vkRek dk vflrUo LorU= gA blfy, mldk viuk dUkRo Hkh
LorU= gA mifu"kn vkfn ofnd xUFkk e len e rjx dh Hkkfr vkRek
dh vuUrrk dk vkikf/kd ekuk x;k g] t l ok; :i mikf/k d lekr
gku ij len ek= vof'k"V jgrk g vkj rjx dh lUkk mle foyhu gk
tkrh g] mlh idkj vfo|k :i mikf/k d u"V gku ij tho cã gk
tkrk gA

%6½ vkRek ,d g ;k vud ;g nk'kfud n"V l fookn dk fo"K; jgk gA
tu n'ku d vulkj vkRek, vud g vkj ifr 'kjhj vkRek fHkUu gA
;fn vkRek dk ,d ekuk tk; rk ufrd n"V l vud leL;k, mRiUu
gkrh gA vkRek dk ,d ekuu ij lHkh thok dh efDr vkj cu/ku ,d
lkFk gkxA lHkh 'kjhj/kkfj;k d ufrd fodkl ,o iru dh fofHkUu
volFkk, Hkh ;xin gkxA yfdu ,lk fn[krk ughA vkRek dk ,d ekuu
ij o;fDrdrk lekr gk tkrh gA o;fDrdrk d vHkko e ufrd
fodkl] ufrd mUkjnkf;Ro vkj i#"kkFk vkfn ufrd iR; ;k dk dkb vFk
gh ugh jg tkrkA fo'k"kk'o';d Hkk"; e vkRek dh vudrk dk Lohdkj
djr g, dgk x;k g fd l[k&n%[k] tUe&ej.k] cu/ku&ek{k vkfn d
lUr"k"kin lek/kku d fy; vud vkREkvvk dh LorU= lUkk ekuuk
vko';d gA lk[;dkfjdk e Hkh tUe&ej.k] bfUn;k dh fofHkUurk]
vyx&vyx iofUk] fuofUk vkj ufrd fodkl dh fofHkUurk d vk/kkj ij
vkREk dh vudrk fl) dh x;h gA mifu"kn n'ku ,dkReoknh n'ku gA
mifu"knk d vulkj ft l idkj pUnek ,d g] fdUr ty dh iFkdrk
l ogh pUnek fHkUu&fHkUu irhr gkrk g] mlh idkj vkRek ,d g vkj
'kjhj dh iFkdrk l ogh vkRek vud :ik e ifrHkkf"kr gkrk gA

vkRefodkl d lliku

vkxek e vkfRed x.kk d fodkl dh pkng volFkvvk dk o.ku
feyrk gA bu volFkvvk dk ^x.kLFkku* dgr gA x.k ;k LoHkko ikp idkj

d gkr g&vknkf;d] vki'kfed] {kkf;d] {kk;ki'kfed vkj ifj.kkfed] ;
 thok d ikp Hkko gkr gA ; Hkko Øe'k de d mn;] mi'ke ¼'kkfUr½] {k;]
 {k;ki'ke rFkk mn;kfn d fcuk doy LoHkkoek= dh vi{kk l gkr gA pfd
 tho bu x.kk okyk gkrk g] blfy, mld LFkku dk x.kLFkku dgk tkrk
 gA ; pkng x.kLFkku Øe'k fuEu idkj g&

- | | |
|------------------|---------------------|
| 1- feF;knf"V | 2- lkLoknu lE;xnf"V |
| 3- lE;dfef;knf"V | 4- vfojr lE;xnf"V |
| 5- fojr kfojr | 6- ieÜk l;r |
| 7- vieÜk l;r | 8- fuofÜkcknj |
| 9- vfuofÜkcknj | 10- l{elEijk; |
| 11- mi'kkUrekg | 12- {kh.k ekg |
| 13- l;kx doy h | 14- v;kx doy h |

x.kLFkkuk d bl foHkktu e ekg d p<ko vkj mrkj dk
 vf/kd iHkko gA x.kLFkkuk dk ;g foHkktu mRd"V efyu ifj.kkek l ydj
 mRd"V fo'k) ifj.kkek rd rFkk mll Åij t?kU; ohrijx ifj.kke l
 ydj mRd"V ohrijx ifj.kke rd dh foHkktu voLFkkvk d Øe d vk/kkj
 ij fd;k x;k gA budk Lo:i l{ki e bl idkj g&

- 1- feF;knf"V&tk tho rÜok d ;FkkFk Lo:i e #fp u j[kdj vlR; #fp
 ;k J)k j[krk g] ml feF;knf"V dgr gA bl dk eydkj.k feF;kRo
 idfr dk mn; gkuk gA vkpk;k u feF;knf"V dh miek fiÜkToj d jkxh
 l nh g] D;kfd fiÜkToj d jkxh dk ft l idkj ehBkj l Hkh vPNk ugh
 ekye iMrkj ml h idkj feF;knf"V dk ;FkkFk /ke vPNk ugh yxrk gA
- 2- lkLoknu lE;xnf"V x.kLFkku&ft l dh nf"V lE;DRo d fdfpr Lokn
 l fgr gkrh g] ml 0;fDr d x.kLFkku dk lkLoknu lE;xnf"V x.kLFkku
 dgk tkrk gA lE;xnf"V 0;fDr mi'ke lE;DRo l P;r gkdj tc rd
 igy x.kLFkku dk ugh igp ikrk rc rd dh ml e/orh voLFkk dk
 uke lkLoknu lE;xnf"V x.kLFkku gA Qy o{k l fxjrk g] ijUr iFoh
 d N tku d igy dh voLFkk d leku ;g f}rh; x.kLFkku gA
- 3- lE;x feF;knf"V x.kLFkku&bl x.kLFkku dk feJ x.kLFkku Hkh dgr gA
 ;g vkRek dh lUng l fgr nkyk;eku voLFkk gA ble fopkj/kkj fuf'pr
 ugh gkrhA vkpk; ufepUn u xkEeV l kj thodkM e dgk g fd ft l

idkj ngh vkj xM dk Hkyh idkj l feyk nu ij mldk Lokn u doy
[kêk gkrk g vkj u doy ehBk] cfYd [kêk&ehBk fefJr Lokn gkrk g]
mlh idkj rhlj x.kLFkku e lE;DRo feF;kRo :i fefJr ifj.kke gkr
gA

4- vfojr lE;xnf"V x.kLFkku&ftl lE;x nf"V iklr gk] fdUr fdlh
idkj dk orkpj.k u gk] ml 0;fDr d x.kLFkku dk vfojr lE;xnf"V
x.kLFkku dgr gA ;g or jfgr lE;xn'ku dh voLFkk gA lR; d ifr
vLFkk gk tkrh g] fdUr mldk vkpj.k dju dh fLFkr ugh curhA

5- fojrfojr x.kLFkku&ikpo x.kLFkku dk n'kor] l;rkl;r vkj
fojrfojr dgr gA ufrd fodkl dk ;FkkFk vkjEHk blh x.kLFkku l
gkrk gA tk l;r Hkh gk vkj vl;r Hkh gk ml fojrfojr dgr gA
vFkr tk =l thok dh fglk dk R;kxh vkj ;Fkk'kfDr viuh bfUn;k ij
Hkh fu;U=.k j[krk g ml fojrfojr dgr gA xgLFk dk tk pkfj=
crk;k x;k g] og fojrfojr dk gh pkfj= gA orh xgLFkk dk
fojrfojr dgr gA

6- ieÜk l;r x.kLFkku&tk i.k l;e dk ikyr g, Hkh iekn d dkj.k
dHkh&dHkh dN vlko/kku gk tkr g mu Je.kk dk ieÜk l;r dgr gA
ieÜkl;r tho efu ;k egkorh dgykrk gA

7- vieÜk l;r x.kLFkku&tk iekn d u gku l vL[kfyr l;e dk ikyu
djr g mUg vieÜkl;r dgr gA lkro x.kLFkku l vkx nk Jf.k;k
ikjEHk gkrh g&¼1½ mi'ke J.kh ¼2½ {kid J.khA ftl J.kh ij tho dek
dk mi'ke djrk gvk p<rk g] ml mi'ke J.kh dgr g vkj ftl J.kh
ij dek dk u"V djrk gvk p<rk g ml {kid J.kh dgr gA vieknh
lk/k d x.kLFkku dk vieÜk l;r x.kLFkku dgr gA bl voLFkk e
iekn dk vHkko gkrk g] vrh ;g NBh voLFkk l vf/kd fo'k) gA

8- fuofÜkcnj x.kLFkku&bl x.kLFkku dk nljk uke viodj.k Hkh gA dj.k
dk vFk g ifj.kke ;k HkkoA tk fo'k) ifj.kke igy ugh mRiUu g, Fk
mudk mRiUu gkuk ^viodj.k* x.kLFkku gA bl x.kLFkku e LFky d"kk;
dh fuofÜk gkrh gA bl voLFkk e vkRek LFky:i l d"kk;k ¼Øk/k] eku]
ek;k] ykHk¼ l eDr gk tkrh gA bl voLFkk e u rk fdlh de dk

mi'ke gkrk g vkj u {k;} fdUr mld fy; r;kjh gkrh gA bl voLFkk
e tho d Hkko mPp l mPprj gkr py tkr gA

9- **vfuofÜcknj x.kLFkku&ftle** LFky d"kk; dh vfuofÜk gkrh g ¼vFkr
d"kk; FkkMh ek=k e jgrk g½ ml vfuofÜcknj dgk tkrk gA bl
voLFkk e vkRek d"kk; l ik;½ fuofÜk gk tkrh gA vkBo x.kLFkku e
d"kk; dh fuofÜk FkkMh ek=k e gkrh g] blfy; ml fuofÜcknj dgk
x;k gA uo x.kLFkku e d"kk; FkkMh ek=k e 'k" jgrk g] blfy; bl
vfuofÜcknj dgk x;k gA

10- **l{e lEijk; x.kLFkku&l{e lEijk;** dk vFk g l{e d"kk;A vpk;Jh
egkiK d vulkj ^lEijk; dk vFk g ykHk d"kk;A ftle ykHk d"kk;
l{e v'k e fo|eku gk] mld x.kLFkku dk l{e lEijk; x.kLFkku
dgk tkrk gA bl voLFkk e Øk/k] eku] ek;k ; rhu d"kk; mi'kkr ;k
{kh.k gk tkr g] flQ ykHk d"kk; vYiek=k e jgrk gA

11- **mi'kkÜrekg x.kLFkku&**g vkRefodkl dh og voLFkk g] tgg leLr
ekguh; de dk mi'ke gkrk gA bl x.kLFkkuorh lk/kd d leLr
d"kk;k dk 'keu mlh idkj gk tkrk g t l rkykc d ty l dhpM
d uhp cB tku l ikuh LoPN gk tkrk gA leLr ekguh; de d
'keu gk tku l vkRek fo'k) gk tkrk gA bl voLFkk e vof'k"V
ykHk dk mi'ke gkrk g] fdUr ley foPNn ughA og jk[k l <dh
vkx dh rjg iuh HkHkd tkrk gA

12- **{kh.kekg x.kLFkku&{kid J.kh ij p<u oky efu ekg dk**
/khj&/khj u"V djr g, tc ml lonk fuey dj Mkyr g rk mUg
{kh.k ekg dgr gA bl idkj lkro x.kLFkku l vkx c<u oky /;kuh
lk/k pkg igyh J.kh ij p<] pkg nljh J.kh ij p<] o lc vkBok]
uook vkj nlök x.kLFkku iklr djr gh gA nuk J.kh ij p<u okyk
e bruk gh vUrj gkrk g fd iFke J.kh okyk l nljh J.kh okyk e
vkRefo'kf) vkj vkRecy fof'k"V idkj dk gkrk g] ftld dkj.k
igyh J.kh oky efu n'ko l X;kjgo x.kLFkku e igpdj nc g;
ekg d mnHkr gk tku l uhp fxj tkr g vkj nljh J.kh oky ekg
dk loFkk u"V djd nlo l ckjgo x.kLFkku e igp tkr gA
ekguh; de d i.k {kh.k gk tku l ftldk fpÜk LQfVd d fuey
cru e j[k g, ty dh rjg fuey gk x;k g bl idkj d lk/k dk
ohrjfx;k u {kh.kd"kk; dgk gA

13- **l;x doyh x.kLFkku&leLr** ekguh; de d u"V gk tku ij ;g
x.kLFkku iklr gkrk gA ekguh; de d u"V gk tku l 'k" dek dh

'kfDr {kh.k gk tkrh gA ckjgo x.kLFkku d vUr e Kkukoj.k] n'kukoj.k] ekguh; vkj vUrjk; bu pkjk ?kkfrdek dk uk'k dj d {kh.k d''kk; efu l;kx doyh gk tkrk gA Kkukoj.k dek d u''V gk tku l mld doykku ixV gk tkrk gA doyh ?kkfrdek dk u''V dj nu d dkj.k thou eDr gkdj vfjgr voLFkk dk ikr gk tkr gA bl x.kLFkku dh ryuk mifu''kn n'ku d thoueDr voLFkk l dh tkrh gA²⁷

14 v;kx doyh x.kLFkku&tc doyh /;kuLFk gkdj eu] opu vkj dk;k dk lc 0;kikj cUn dj nr g] rk mld x.k LFkku dk v;kx doyh x.k LFkku dgk tkrk gA v;kx doyh v?kkfrdek dk Hkh uk'k dj d /;ku : ih vfXu d }kjk leLr de HkLe dj d de vkj 'kjhj d cu/ku l NVdj ek{k ykHk djr gA

mi;Dr x.kLFkkuk d foopu l Li''V g fd vkRek mUkjUkj fodkl drrh gb pkngo x.kLFkku e viu v''Vdek dk {k; dj d fl) vkj eDr dgyku yxrh gA

tukxek e vkREkk d fodkl d fy; ftu pkg x.kLFkkuk dk ekuk x;k g] ml idkj dk fodk'k mifu''knk e ekU; ugh gA ;gk rk vkRek dk 'k)] c)] fu''dye''k ekuk x;k gA lokoHkkld ogh gA KkufUn;k Hkh mlh d idk'k l idkf'kr gkdj fo''k; dk idk'k drrh gA blhfy; dgk x;k g fd 'og Jkr dk Jkr g] eu dk Hkh eu g] ik.k dk Hkh ik.k g] og ok.kh dh Hkh ok.kh gA mldk o.ku ok.kh d }kjk ugh fd;k tk ldrk mlh dh 'kfDr l ok.kh ckyh tkrh gA

fodkl rk ikdr oLrvk dk gkrk gA vkRek ikdr ii'pkrhr gA blfy; mld fodkl dk dkb i'u gh ugh gA vkifu''kfnd ijEijk e tk dN fodfr grrh g og cf)xr grrh gA cf) gh idfr dk iFke fodkj gA blfy, mlh dh 'kf) d fy; i;k] fd;k tkrk gA xk;=heU= e Hkh dgk x;k g fd 'f/k;k ;k u% ipkn;k rFkk ^rUe eu% f'koldYielr* bl idkj ofnd okD;k d }kjk eu vkj cf) d ifj''dkj dh ckr Lohdr gA blh ckr dk dukifu''kn e bl idkj dgk x;k g&ml lfpnkuUn ijcã dk ikdr vUr'dj.k vkj bfUn;k ugh tku ldrhA o ogk rd igp gh ugh ikrhA ml vykfd d fn0; rUo e budk io'k ugh gk ldrkA bue tk pruk vkj fØ;k dh irhfr grrh g og mlh rUo dh 'kfDr l grrh gA

tgk rd fodkl dk i'u g og lklkfjd oLrvk e gkrk gA gkl vkj fodkl dk {k= txr gh gA vkRek bl l iFkd ,d : i] ,d j l] 'kk'or] v[k.M vkj ii'pkrhr gA blhfy, vkRek d fy, dgk x;k g fd

^jlk o l vFkkr og vkuUnLo:i gA mle fd l h Hkh idkj dk fodkl]
gkl ugh gkrkA
cu/ku vkj ek{k

Hkkjr; nk'kfud vkRek vkj 'kjhj d l;kx dk cu/ku rFkk vkRek
vkj 'kjhj d fo;kx dk ek{k dgr gA cu/ku l lkj g rFkk ek{k fuok.k gA
l lkjh vkRek dek l tdmh gb gku d dkj.k ijrU= gA l lkjh vkRek
vlx ugh g] blfy, og dek l fujUrj c/krk gA og dek l c) gkrk g]
blfy, de 'kjhj mldk lgorh gkrk gA og de 'kjhj d lkFk l;Dr
gkdj u,&u, LFky 'kjhj vFkok vknkfjd vkfn 'kjhjk dk fuek.k djrk gA
ogh vkRek leRo dh vuHkfr l de 'kjhj dk fo;ktu dj eDr gk tkrk
gA vkpkjx e blh rF; ij idk'k Mkyk x;k g fd ^c/k vkj ek{k rEgkjh
vkRek e gA* c/k dk gr g inkFkk d ifr jkx vkj ek{k dk gr g inkFkk
d ifr fojkxA vkRek gh dek dk dUkk g] blfy; c/k vkRedr g vkj
vkREkk gh dek dk fodUkk g blfy; ek{k Hkh vkRedr gA vkRek ieUn'kk e
viu v'khk] mRFkku] de] cy] oh; i#"kkdkj rFkk ijkØe l deik;kx;
inxyk dk xg.k dj dek l c) gk tkrk gA ;gh vkRek dk cu/ku gA
vkREkk gh vieUk voLFkk e 'khk mRFkku de] cy] oh; i#"kkdkj rFkk ijkØe
l de inxyk dk futj.k dj eDr gk tkrk gA ;gh ek{kkoLFkk gA

vkpk; mekLokfr u rUokFl= d vkBo v/;k; e c/k dk Lo:i
crykr g, dgk g fd ^d"kk; ;Dr tho d }kjk de ;kx; inxyk dk
xg.k djuk cu/k gA* vkpk;Jh egkiK u dgk g fd ^tho d vl[; in'k
gA feF;kRo] vfojr] iekn] d"kk; vkj ;kx d fufeUk l tho d vl[;kr
in'kk e dEiu ink gkrk gA bl dEiu d QyLo:i ftl {k= e
vkRein'k g ml {k= e fojeku vuUrkuUr de ;kx; inxy tho d
,d&,d in'k d lkFk fpid tkr g] cu/k tkr gA tho in'kk d lkFk bu
de inxyk dk bl idkj fpid tkuk cu/k dgykrk gA tho vkj de dk
;g lEcu/k Bh d olk gh g t lk n/k vkj ikuh dk] vfxu vkj ykg fi.M
dkA²⁸

mifu"knk e cu/ku dk dkj.k vfo|k dk ekuk x;k gA dBkifu"kn e
dgk x;k g ^vfo|k d Hkhrj jgr g, vkj viU vkj dk cf)eku vkj Kkuh
ekuu oky Hkkx dh bPNk dju oky e[k ykx ukuk; kfu;k e pkjk vkj
HkVdr g, Bh d ol gh Bkdj [kkrr g t l vU/k eu"; d }kjk y tk; tku
oky vU/k eu"; HkVdr vkj d"V Hkkxr gA vFkkr vfo|k gh cu/ku dk ey
dkj.k g vkj fo|k ;k Kku gh ek{k dk dkj.k gA vfo|k d o'khHkr gkdj
tho de djrk g vkj de cu/ku e c/krk gA cgnkj.;dkifu"kn e Hkh dgk
x;k g tho ftle vR;Ur vkIDr gkrk g mlh Qy dk lfhkyk" gkdj

de d lfgr iklrk djrk gA bl ykd e ;g tk dN Hkh djrk g] ml de
 dk Qy iklr dj ml ykd l de dju d fy; iu bl ykd e vk tkrk
 gA bl idkj dkeuk dju okyk i#"k tUe vkj eR; d cU/ku e c/kk jgrk
 gA b'kkokL;kifu"kn e Hkh tUe vkj eR; dk cU/ku dk dkj.k crk;k x;k
 gA ble dgk x;k g fd ekuo 'kjhj vU; l Hkh 'kjhjk l J"B gA ,l 'kjhj
 dk ikdj Hkh tk eu"; viu de leg dk u"V ugh djrk] cfYd dkeuko'k
 de djrk gvk viu dk vkj vf/kd de cU/ku e tdMrk g] bu dke Hkx
 ijk;.k yxk dk pkg o dkb Hkh D;k u gk] mUg pkg l lkj e fdru gh
 fo'kky] uke] ;'k] oHko ;k vf/kdkj iklr gk] eju d ckn dek d QyLo:i
 ckj&ckj ddj 'kdj] dhV] irxkfnfofHkUu 'kkd l rkii.k vkljh ;kfu;k e
 vkj Hk;kud ujdk e HkVdr g] vkj ckj&ckj cU/ku d tky e
 c/kr gA tho d c) gku dk eydkj.k de gh gA tUe vkj de dh vukfn
 ijEijk e iMk gvk tho c) tho dgk tkrk gA mld cU/ku d eydkj.k
 de dk funf'kr djr g, mifu"kn e dgk x;k g&

de.kk c/;r tUrfo] ;k o foeP;ra

rLekRde u dofur ;r; ikjnf'kuAA²⁹

de dju l tho c/ku e vkrk g vkj fo]k vFkr Kku d }kjk
 c/ku l efDr gkrh gA blfy; Kkuh ykx ldke de dk vkpj.k ugh
 djrA

;gh ckr tu n'ku e Hkh dgh x;h gA tu n'ku e dgk x;k g
 fd vklok Hkogr% L;kr lojk ek{k dkj.keA vklo vFkr dek dk vkREk
 dh vkj vkuk gh vklo g vkj dek dk :d tkuk ek{k gA dek dk vkRek
 d lkFk lEcU/k gkuk gh cU/ku g vkj ;gh vklo gA

vkpkjxI= d Hkk";dkj vkpk;Jh egkiK u Hkk"; djr g, fy[kk
 g fd&^vflr fØ;k] rukflr decU/k] vflr decU/k] rukflr fn'kk l
vufn'kk l ok vulpj.keA fØ;k deinxykuklofr] ru vL;k vij uke
vklok fo]rA l ,o oLrr% fn'kk l vufn'kk l ok vulpj.kL; grjflrA³⁰

fØ;k g blfy; decU/k gA decU/k g blfy; fn'kkvk ;k
 vufn'kkvk e vulpj.k gkrk gA fØ;k deinxyk dk vklo.k djrh g]
 blfy; bldk nljk uke vklo gA ogh okLro e l lkj Hke.k dk gr gA

vkpkjx e dgk x;k g fd ;g i#"k] tk fØ;k dk ugh tkurk
 vkj ugh R;kxrk] ogh bu fn'kkvk ;k vufn'kkvk e vulpj.k djrk g]
 viu dr dek d lkFk lc fn'kkvk vkj lc vufn'kkvk e tkrk gA vud
 idkj dh ;kfu;k dk l/kku djrk g vkj ukuk idkj d vk?kkrk dk
 ifrlonu djrk g] vuHko djrk gA ;gh tho dk cU/ku gA bl idkj
 tukxek vkj mifu"knk nkuk xUFkk e de dk gh cU/ku dk dkj.k ekuk x;k

gA fdUr d'ky i#"kk d }kjk fd;k x;k de cU/ku dk dkj.k ugh gkrkA
d'ky i#"k u rk c) gkrk g vkj u eDr] og cU/ku vkj ek{k l loFkk ij
gkrk gA d'ky dku g\ bl lEcU/k e dgk x;k g fd tk cU/ku vkj ek{k
d dkj.kk dk vUo"kk.k djr k g] og d'ky g] e?kkoh g ^**dly i.k .kk c)**
.kk eDd*A mUkj/;;ul= e Hkh dgk x;k g fd Hkxk e miyi gkrk g
vFkr tk miHkx djr k g ogh cU/ku e c) gkrk gA vHkxh vFkr Hkx u
dju okyk mifyl ugh gkrkA cU/ku vkj efDr d fy; fof/k vkj fu"kk
nkuk dk tkuuk vko'; d gA d'ky i#"k ft l dk vkpj.k djr k g og fof/k
g] ft l dk vkpj.k og ugh djr k og fu"kk gA ; nkuk cU/ku&efDr d gr
gA vukph.k dk vkpj.k djuk cU/ku dk gr gA

xhrk e Hkh dgk x;k g ;kx;Dr l k/d fØ;k djr k gvk Hkh fylr
ugh gkrkA tk ;kx ;Dr g] fo'k) g] foftrkRek vkj ftrfUn; g] tk l Hkh
ikf.k;k dk viU leku le>rk g] og fØ;k djr k gvk Hkh fylr ugh gkrkA
cU/k d Hkn

leok;kxl= e cU/k d pkj Hkn crk, x, g^{31&}

%1½ idfrCU/k

%2½ fLFfrcU/k

%3½ vuHkxCU/k

%4½ in'kCU/kA

1- idfrCU/k&idfr dk rRi; g LoHkkoA de&ijek.k dk;Hkn d vulkj
vkB oxk e cV tkr gA budk uke idfr c/k %LoHkko&0;oLFkk½ gA de
dh ey idfr;k vkB g&Kkukoj.k] n'kukoj.k] onuh;] ekguh;] vk;"]
uke] xk= vkj vUÜkj;A de inxyk dk tho d l kFk lEcU/k gku ij]
Kku dk jkdu dk LoHkko] n'ku dk jkdu dk LoHkko] bl idkj
fhkUu&fhkUu LoHkko dk gkuk idfr&cU/k dgykrk gA

2- fLFfrcU/k&ftru le; rd de:i inxy ije.k vkRek d in'kk e
,d gkdj Bgjr g] ml dky dh e;knk dk fLFfrcU/k dgr gA dek dk
fuf'prdky rd d fy, tho d l kFk c/k tkuk fLFfrcU/k gA

3- vuHkxCU/k&vuHkx dk vFk g Qynku 'kfDr dh 0;oLFkA rUokFl= e
Hkh dgk x;k g fd ^fofo/kidkj d Qy nu dh 'kfDr vuHkx ;k
vuHkocU/k dgykrh gA dN de rhoj l l c/kr g vkj dN de eUnj l
lA 'kHkk'kHk dk; djr le; tho dh ftruh ek=k e rho ;k eUn iofÜk

jgrh g] mlh d vu:i de Hkh c/kr g vkj mue Qy nu dh olh gh
'kfDr gkrh gA

4 in'lcU/k&,d inxy ijek.k ftruk LFkku ?kjr k g] ml in'k dgr gA
mipkj l inxy ijek.k Hkh in'k dgykrk gA vr% inxy dek d
in'kk dk tho d in'kk d l kFk cU/k gkuk in'k cU/k dgykrk gA xg.k
d le; de inxy vfoHkDr gkr gA xg.k d i'pkr o vkREkin'kk d
l kFk ,dhHkr gkr gA ;g in'k cU/k %;k ,dhHkko dh 0;oLFk% gA

decU/k d dkj.k

tukxek e decU/k d ikp dkj.k eku x; g&

%1% feF;kn'ku

%2% vfojfr

%3% iekn

%4% d"kk;

%5% ;kx

rUokFkl= e Hkh bugh ikpk dk c/k dk dkj.k ekuk x;k gA
leok;kx e d"kk; vkj ;kx dk c/k dk dkj.k dgk x;k gA eykpkj e
oêdj u cU/k d feF;kn'ku] vfojfr] d"kk;] ;kx vkj vk; dk ifj.kke ;
ikp dkj.k cryk; gA eykpkj e iekn d LFkku ij vk; d ifj.kke dk
cU/k dk dkj.k dgk gA

%1% **feF;kn'ku&**feF;kn'ku foihr J)ku gA feF;kn'ku d dkj.k rUok dk
;FkkFk J)ku ugh gkrkA Hkxorh vkjk/kuk e dgk x;k g fd thokfn inkFkk
dk J)ku u djuk feF;k n'ku gA

%2% **vfojfr&**vfojfr dk vHkko vfojfr gA fglk vkfn ikp ikik dk ugh
NkMuk ;k vfglkfn ikp ork dk ikyu u djuk vfojfr gA

%3% **iekn&**iekn dk vFk g mRd"V:i l vkyL; dk gkukA Øk/kkfn d
dkj.k tho dh lRdek e #fp ugh gkrhA blfy, l d"kk; voLFkk dk
iekn dgk x;k gA

%4% **d"kk;&**Øk/k] eku] ek;k] ykHk vkfn vkRek dk dxfr e y tku d dkj.k
vkRek d Lo:i dk dlr g] blfy, bug d"kk; dgk tkrk gA pkfj=
ifj.kke d dlu d dkj.k Hkh ; d"kk; dgykr gA

%6% **;lx&**eu] opu vkj dk; d }kjk gku oky vkRein'kk d ifjLiUnu dk
;kx dgr gA bugh d dkj.k de vkREk l c/kr gA

tu n'ku e c/k dh oKkfud ifØ;k dk mYy[k gvk gA
decU/k d dkj.kk d fo"K; e tu n'ku vkj vU; n'ku e erHkn vo'; g]
fdUr fo'k"K vUrj ugh gA ik; Hkh nk'kfud feF;kKku ;k vfo|k dk cU/k
dk dkj.k Lohdkj djr gA

vU; Hkkjrh; n'kuk e cU/k d dkj.k

Hkkjrh; n'ku e vud nk'kfud lEink; g] ftUgku cU/ku dk
foopu fd;k gA cU/k gkrk g] bl lHkh Hkkjrh; nk'kfud Lohdkj djr gA
lk[;nk'kfud Lohdkj djr g fd cU/k i#"k ;k vkRek dk ugh] cfYd idfr
dk gkrk gA i#"k u cU/kuxLr gkrk g vkj u eDr gh gkrk gA tUeej.k
:il lkj vFkok cU/ku vkj ek{k ; lc /ke okLrfod e Hkkx; Hkkx]
Hkkx lk/ku] Hkkxk; ruHkr vud inkFkk dh vkJ;Lo:ik idfr d gh gA ;g
cU/ku D;k gkrk g\ bl lEcU/k e lk[;dkfjdk e dgk x;k g fd cU/ku dk
dkj.k vKku gA ;kx n'ku e Hkh vfo|k] vLerk] jkx] }"k vkj vfHkfuo'k ;
ikp Dy'k dg x; gA ; ikpk gh thoek= dk l lkj pØ e ?kekuoky
egkn[knk;d gA ;gh cU/ku d dkj.k gA U;k;l= e Hkh feF;kKku dk lHkh
n[kk dk dkj.k ekuk x;k gA feF;kKku gh ekg gA 'kjhj] bfUn;] eu]
onuk vkj cf) d vukRe gku ij Hkh bue ^e gh g* vkj ; ej g , lk tk
Kku gkrk g ;gh ekg g] ;gh de cU/ku dk dkj.k gA ck)n'ku e Hkh
vfo|k dk cU/ku dk dkj.k ekuk x;k gA pkj vk; lR;k dk vKku gh
vfo|k gA vfuR; n[k vkj vukReHkr txr e vkRek dk [kk tuk ;k l[k
dk [kk tuk vfo|k gA vfHk/kedk"K d Hkk";dkj vkpk; olcU/k iotUe dh
Dy'kkoLFkk dk gh vfo|k dgr gA vfo|k d dkj.k gh tUeej.k dk pØ
pyrk gA

v)ronkUr e vfo|k dk cU/ku dk dkj.k ekuk x;k gA vfo|k d
lEcU/k e dgk x;k g&"vfo|kRedk fg ch t'kfDrjO;Dr 'kCnfun';k
ije'ojkJ;k ek;ke;h egk l"flr% ;L;k Lo:iifrc/kjgrk% 'kjr l lkj.kk
thokA³² l lkj d lHkh ik.kh vfo|k d o'khHkr jgr g] ftll mUg
vkReLo:i dk Kku gh ugh gk ikrkA vfo|k d dkj.k vkRek e vukRek dk
v/;kl gkrk g] ftll l fPpnkuUnLo:i vkRerUo l hfer] dUkk vkj HkkDrk
fn[kk;h iMrk gA 'kdjpk; u cU/ku dk Lo:i bl idkj fu:fir fd;k
g&

vrflElrncf)% iHkoFr foe<L;relk
foodkHkkok} LQjfr Hk tx jTtf/"k.kkA
rrk-uFkokrkfuirfr l eknkrjfk d
Lrrk;k-Inxkg l fg HkofrcU/kh J.k l [kA³³

rekx.k d iHkko d dkj.k tho dk vkRek e vukRek dk feF;kKku
 gkrk gA food u gku l gh jTt e li dk feF;kKku gkrk gA ,lh cf)
 okyk dk gh vuFkk dk leg ?kjr gA vr% vlr dk lr eku yuk gh
 cu/ku gA

c/ku d Lo:i dk ,d: id d }kjk 0;Dr djr g; vkpk; 'kdj
 dgr g&

cht l lfrHkfetL; r rek ngkRe/khjdjk]
jlx% iYyoeFc de r oi% LdU/kk-lo% 'kkf[kdkA
vxk.khffUn; lgfr'p fo"k; k% i"ikf.k n%[k Qye]
ukukde lenHko cgfo/k HkkDrk= tho% [kx%AA³⁴

l lkj :ih o{k dk cht vKku g] ngkRecf) mldk vdj g] jkx
 iùk g] de ty g] 'kjhh ruk g] ik.k 'kk[kk, g] bfUn;k mi'kk[kk, g] fo"k;
 i"i g vkj ukuk idkj d dek l mRiUu gvk n%[k Qy gA tho :ih i{kh
 bldk HkkDrk gA ;g vKku tfur cu/ku LokHkkfod rFkk vukfn gA ;gh
 tho d tUe ej.k] 0;kf/k vkj tj k vkfn dk dkj.k gA

mifu"knk e tho d cu/ku xLr gku d dkj.kk dk mYy[k ie[k
 :i l gvk gA tho cu/kuxLr blfy; gkrk g fd og vkREkLo:i dk ugh
 igpku ikrk] og vkREk l viu dk iFkd le>rk gA dBkifu"kn e dgk
 x;k g fd tk ikidek l fuoÙk ugh gvk g] ftldh bfUn;k 'kkUr ugh g]
 tk vlekfgr g vkj ftldk fpÙk 'kkUr ugh g og vkRek dk ugh tku
 ldrk vkj vkReKku d fcuk og cu/ku e gh jgrk gA cu/kxLr tho dk
 vkRek d okLrfod Lo:i dk Kku gk gh ugh ikrkA tk iekn dju oky g
 vFkkr ftudk fpÙk i= i'k vkfn i;ktuk e vkldR g vkj tk /ku d ek
 e vkoÙk g] mudk lR; dk Lo:i ugh fn[kk;h iMrk gA ;g n';eku ykd
 gh lcdN g] bli vU; vkj dN ugh g] tk i#"k bl idkj ekuu okyk
 g og ckjEckj tUeydj eR; d ik'k l c/krk gA mifu"knk e ldke dek
 dk cu/ku dk dkj.k ekuk x;k gA ldke dek dk djr g, gh o viu
 dÙk0; dh bfrJh eku yr gA lklkfjd dek e yx g, eu";k dh Hkkxk e
 vR;Ur vkldR gkrh g] bl dkj.k o lklkfjd mUufr d flok dY;k.k dh
 vkj n"V gh ugh Mky ikr vkj ijekRe ikflr d fy; p"Vk u dj d tUe
 eR; d pø e Ql jgr gA

vkifu"knfnd n'ku e lo= ;gh crk;k x;k g fd vfo|k vkj
 vfo|k tfur l lkj gh cu/ku dk dkj.k gA e vK g] e l[kh g] e n[kh
 g] vkj e 'kjhh g bR;kfn vud idkj l mldk vuHko gkrk gA
 l[k&n%[k dk ftruk Hkh vuHko gkrk g] mldk ey dkj.k cu/ku gh gA ^u
 g ol'kjhl; lR% fi;k-fi; ;kjigfrjflr^{*35} vFkkr tc rd 'kjhh dk lEcU/k

jgXk rc rd fi; vkj vfi; dk vigku vFkkr uk'k ugh gk ldrKA tc
rd fi; vkj vfi; dk uk'k ugh gkXk] rc rd tho cU/ku l eDr ugh gk
ldrKA vKReD;Lo:i Hkh de vkj deeyd 'kjhjkfn lEcU/k :i ik'k
foekpu d fcuk nyHk gA bl idkj Jfreyd mfDr;k l Li"V g fd
vfo|k gh cU/ku g vkj vfo|k dk u"V gkuk gh ek{k gA

ek{k

Hkkjrh; n'ku dh l Hkh fopkj/kkjvk e ek{k fo"K;d xEHkhj fpUru
miyC/k gkrk gA ek{k dk ije i#"kkFk dgk x;k g D;kfd ek{k thou dk
ije y{; gA pkokd nk'kfudk dk NkMdj 'k"K l Hkh nk'kfudk dh ;gh
ekU;rK gA pkokd vFk vkj dke dk thou dk loLo Lohdkj djrk gA
ek{k dk ijein] fuok.k] doY;] viox] fuJ; l vkfn ink l Hkh tkuk
tkrk gA ek{k cU/ku dk i.k fouk'k g rFkk vkRek d ijeKuUn dh fLFkr gA
blfy, ek{k dk vHkkokRed ;k vR;furd n[k fouk'k vkj HkkokRed vkuUn
dh ikflr dgk x;k gA l lkj dk iR;d ik.kh iklr l[k dh vi{kk vf/kd
l[k dh vfhkyk"kk djrk g] vkj iklr n[k fuofUk dh vi{kk vf/kd n[k
fuofUk pkgrk gA ek{k ;k viox mlh voLFkk dk dgr g] ftl iklr dj
yu ij eu"; d fy; dkb iklr0; oLr ugh jg tkrhA blh voLFkk dk
l[k ;k n[k fuofUk dh ijdK"Bk dgr gA Jfr;k u fofHku idkj l blh
voLFkk fo'k"K dk o.ku fd;k g t l&^lk'ur loku dleku* ^lk-Hk; xrk
HkoFr*] ^verRo'p xPNfr*A ;g verRo ;k vHk;Ro ije ek{k dh voLFkk g
vkj fujfr'k; n[k fuofUk l gh eu"; vHk; gkrk gA ;gk ^lolu dleku
v'ur* l fujfr'k; l[k ikflr vkj ^vHk; xrk HkoFr*] ^verRo'p xPNfr*
l fujfr'k; n[k fuofUk gh lfpr gA³⁶

Hkkoh n[k dh vk'Kdk l fpUk e tk fodyrk mRiUu gkrh g] mlh
dk uke g Hk;A n[k dk y'kek= jgu l Hkh Hk; dh lEHkkouk cuh jgrh g]
blfy, loFkk n[k l jfgr gkuk vR;furd n[k fuofUk dh voLFkk e gh
lEHko gA tUe&ej.k l mRiUu gku okyk n[k lcl Hk;dj n[k g] vkj
bl tUe&ej.k d pDdj l NVuk gh n[k l vR;furd :i l NVuk gA
blhfy, Jfr;k ek{k dk o.ku djr g, dgrh g fd ftl le; lEi.k
dkeuk, NV tkrh g ml le; ;g ej.k/kek vej gk tkrk g vkj bl
'kjhj l gh cãHkko dk iklr gk tkrk g] vFkkr eDr gk tkrk gA ftl
le; ikpk KkufUn;k eu d lfgr vkRek e fLFkr gk tkrh g vkj cf) Hkh
p"Vh ugh djrh ml voLFkk dk ijexfr dgr gA

tuxek e bl voLFkk dk 'ky'kh voLFkk dgk x;k gA tc lk/kd
;kx dk fujk/k dj 'ky'kh fLFkr dk iklr gkrk g] rc og dek dk {k;dj
jteDr cu flf) dk iklr djrk gA tc eu"; dek dk {k;dj jteDr

cu flf) dk iklr djrk g rc og ykd d eLrd ij fLFkr 'kk'or fl)
 gkrk gA ;g ije'kkfUr dh voLFkk g] tgk igp tku ij lIkj pØe.k
 lnk d fy; lekIr gk tkrk gA ;gh ekfk dh voLFkk gA

tu ijEijk e ekfk

vkpj.k dh ifo=rk l ekuo thou dk mRFkku lEHko gA tu n'ku
 e t l k lE;x Kku dk egUo g olk gh lE;d vkpj.k dk gA dkj Kku
 ;k dkj vkpj.k l ekfk ugh feyrkj fdUr nkuk d mfpr l ;kx l gh ekfk
 iklr gkrk gA tu ijEijk e Kku] n'ku] pkfj= vkj ri bu pkjk dk ekfk
 ekx cryk;k x;k gA tho Kku l inkFk dk tkurk g] n'ku l mu ij
 J)k djrk g] pkfj= l vku oky dek dk jkdrk g vkj ri l c/k g,
 dek dk rkMdj vkRefo'kf) djrk gA

rUokFkl= e ekfk d ekx dk fun'k fd;k x;k gA vukfndky l
 'kjhj dk de l tk lEcu/k g mld nj gk tku ij tho dh LokHkkfod
 vkj 'k) voLFkk tc ixV gkrh g rk ml ekfk dgk x;k g vkj lE;d
 n'ku] Kku vkj pkfj= dk ekfk dk ekx crk;k x;k gA

mUkj/;;u l= e Kku] n'ku] pkfj= vkj ri dk ekfk ekx crk;k
 x;k g vkj rUokFkl= e lE;d n'ku] Kku vkj pkfj= dk ekfkekx dgk
 x;k gA rUokFkl= e ri dk iFkd o.ku ekfkekx e ugh gA bl dk dkj.k
 ;g g fd ;lfi ri pkfj= dk gh ,d vx g] rFkfi de{k; dju dk
 fof'k"V l/ku gku d dkj.k ri dk vxek e fof'k"V LFku fn;k x;k gA
 vr% ;g doy vi{kkHkn gA vko'; dfu;fDr e dgk x;k g fd Kku idk'k
 dju okyk gA ri 'kk/ku dju okyk gA l;e xflr fuxg djrk gA bu
 rhuk d lek;kx dk ftu 'kk lu e ekfk dgr gA le;lkj e dgk x;k
 g&^vkRecu/k;kf)/kdkj.k ekfkA³⁷ vkREkk vkj cu/ku dk vyx&vyx dj nuk
 ekfk gA vkpkjxl= e tUe vkj eR; d cu/ku dk rkMu dk ekfk dgk
 x;k gA

eDrkRek dk Lo: i

dN Hkkjrh; nk'kfudk dh ;g eku;rk g fd eDr vkRek fujdkj
 gkrh g] iju tu nk'kfudk dh eku;rk bl l fHkUu gA tu n'kfudk dh
 eku;rk g fd ;lfi eDrkREkk fujdkj gkrh g] D;kfd og bfun;xE; ugh
 gkrh] yfdu o;ogkj u; dh vi{kk og ldkj gkrh gA vkpkjx d l=k dk
 Hkk"; djr g, vkpk;Jh egkiK u fy[kk g fd vkiiikrd vkRek ukukfo/k
 'kjhjk dk /kkj.k djrh g vkj ukukfo/k ;kfu;k e vulpj.k djrh g]
 ckj&ckj tUerh g vkj ckj&ckj ejrh gA bl lIkjh vkRek dgr gA
 dekikf/klki{k nO;kfFkdu; d er e ;g vkRek 'kjhj e vf/kf"Br gku d

dkj.k rdxE;] cf)] xk°;] iknxfyd x.kk l ;Dr] iutUe/kek] L=h&i#"k
vkfn fyx l lfgr rFkk dFkfpn eÜk Hkh gA

dekif/kfuji{k n0;kfFkdu; d er e tho ikfj.kkfed Hkko;Dr
vkRek eDr vFkok fl) dgh tkrh gA 'kjhjeDr gku d dkj.k og vkRek
veÜk gkrh gA blfy, og u 'kCnxE; g vkj u rdxE;A og cf) d }kjk
vxk°; gA og vkRek inxy ijek.kvk l jfgr gA mle L=h&i#"k vkfn
fyxHkn ugh gkrA og doy ifjKLo:i gA

eDrkRek d Lo:i dk o.ku 'kCnk d }kjk ugh fd;k tk ldrk g]
rd vkj cf) d }kjk Hkh mldk o.ku ugh fd;k tk ldrkA eDrkRek u
nh?k g] u gLo g] u oÜk g] u f=dk.k g] u pr"dk.k g vkj u ifje.My
gA og u d".k g] u uhy g] u yky g] u ihr g vkj u 'kDy gA lHkh
idkj d jlk vkj Li'kk l Hkh jfgr gA eDrkREkk dk viuk dkb 'kjhj ugh
gkrk g] lHkh idkj d fyxk l Hkh og jfgr g] mld fy, dkb miek ugh
g] og vin g] og u 'kCn g] u :i g] u xÜ/k g] u jl g vkj u Li'k
gA³⁸

mÜkjk/;;ul= e Hkh eDrkRek dk veÜk dgk x;k g] ml bfün;k
ugh n[k ldrhA og fuR; gA tu n'ku e deeyk l eDr vkRek dk fl)
dgk x;k gA dUndUnpk; u fu;elkj e dgk g fd fl)] {kkf;d
lE;DRo] vuUrKku] vuUr n'ku] vuUroh;] l{eRo] voxkguRo] vx#y?kRo
vkj v0;kck/kRo bu v"Vx.kk l ;Dr ije] ykdkx e fLFkr] fuR; gkr gA
/koyk e Hkh dgk x;k g "ftud v"Vde u"V gk x; g] tk lHkh n[
lfgr g] l[k :ih lxxj e fueXu g] fuR; g] vkBx.kk l ;Dr g] funk"k
g] loK g] lon'kh g] vdkjfoghu vkj vrhfün; g] o eDr gA

bl idkj tu n'ku e c/k d grvk dk vHkko vkj futjk d }kjk
lcdek dk vkR;fur d {k; djuk ek{k dgk x;k gA loj d }kjk tc de
ijek.kvk d vkxeu dk jkd fn;k tkrk g rc u, dek dk lECU/k vkRek
l ugh gkrA tk de igy l vkRek e fpid g mUg futjk d }kjk u"V
dj fn;k tkrk gA dek d iokg d :d tku rFkk igy l bdVBk
deijek.kvk d vkRek l iFkd gk tku ij vkRek viu 'k) Lo:i e
vofLFkr gk tkrk gA eDrkRek dk LoHkko Å/oxkeh gA ft l idkj vfXu dh
f'k[kk LoHkkor Åij dh vkj mBrh g] mlh idkj tho dk LoHkko Å/oxeu
djuk gA tc rd de tho d LokHkkfod 'kfDr dk jkd jgrk g rc rd
og Å/oxeu ugh dj ikrkA eDr tho Å/oxeu djrk g] fdUr bldk vFk
;g ugh g fd og ge'kk Å/oxeu djrk jgrk gA eDr tho ykdkx rd gh
tkrk g] bld vx og ugh tk ldrk] D;kfd mldh xfr e lgk;d
fufeÜk dkj.k :i /kefLrdk; n0; dk vHkko gkrk gA mekLokfr u Hkh dgk
g&/kefLrdk; kHkkokRA³⁹

ykd x e igpdj l Hkh eDrtho ,d LFkku fo'k" e fojkteku
jgr g] ft l vxe dh Hkk"kk e ^fl) f'kyk* dgr gA⁴⁰ ykd d eLrd ij
igpu d ckn fl) vkrk iu tUe /kkj.k ugh djrk vkj u ykd e dHkh
vkrk g vkj 'kk'or fl) : i e ogh jgrk gA

vU; Hkkjrh; nk'kfud ijEijvk e ek{k Lo: i dh ehelk

Hkkjrh; nk'kfudk u ek{k dk thou dk vfure y{; ekudj ml ij
xEHkhjrkiod fpUru fd;k gA tukxek vkj mifu"knk e of.kr ek{k fo'k;d
fpUru dju d i'pkr vU; Hkkjrh; n'kuk e ek{k Lo: i fo'y"k.k vko';d
gA U;k;&o'kf"kd ijEijk e n[k d vkr;furd mPNn dk ek{k dgk x;k
gA ek{k rUoKku lk/; gA rUoKku gku ij feF;kKku Lo; u"V gk tkrk
gA feF;kKku d u"V gku ij ioFuk d dkj.k tk jkx&} "k vkfn nk" g] o
Lo; u"V gk tkr gA nk" d u"V gku ij ioFuk Hkh u"V gk tkrh g vkj
ioFuk d u gku ij tUe Hkh ugh gk ldrkA tUe d u gku ij n[k dk
vkr;furd mPNn gk tkrk gA U;k; n'ku e blh vkr;furd n[k fuoFuk dk
ek{k dgk x;k g&

^n[k tUeioFukn"feF;kKkukueUkjUkjik; rnuUrkik; kniox⁴¹

vFkk r n[k tUe] ioFuk] nk" vkj feF;kKku bud mUkjUkj d uk'k
l io&io d uk'k gku d dkj.k viox gkrk gA u;kf;dk d vulkj n[k
bDdh l idkj d g⁴²&

- 1- 'kjhj
- 2- "kMbfun;k %ikp bfun;k vkj eu%
- 3- "kMfo" ; %l Hkh bfun;k d }kj xg.k dju ;kx; fo" ; %
- 4- "kMcf) %N% bfun; tU; Kku%
- 5- l [k vkj n[kA

bDdh l idkj d 'kjhj vkfn n[k dk dh vkr;furd fuoFuk gh
ijeefDr gA thoUeDr ft l le; viu 'kjhj dk ifjR;kx dj nr g mUgh
vkrk vk dk ijeeDr dgr gA thoudky e feF;kKku] feF;kokluk] ,o
feF;k0;ogkj l loFkk 'ku;gkdj jguk gh thoUeDr gA bl d i'pkr 'kjhj
dk ifjR;kx dj nuk gh fuok.k gA ikjC/kdek d vulkj l [k vkj n[k d
lk/kuk dk 'kjhj d lFk vfure {k.k rd lEcU/k cuk jgrk gA rUo
lk{kRdkj gk tku ij lk/kd dk fd l idkj dk 0;kekg ugh jgrkA tc
ifrjk/kd de d miHkx l ikj0/k vkj lpr dek dk Hkh vur gk tkrk g

rc 'kjhj d lKfk lNk d fy; lEcU/k NV tkrk gA og Lo:i ifrf"Br gk
tkrk gA ;gh voLFkk ijfu%J; l ;k fongefDr gA

tunk'kfud U;k; n'ku d ek{k fl)kur l lger ugh gA
tunk'kfudk d vulkj U;k; n'ku lEer ek{k vHkkokRed gA tuk d
vulkj ;fn U;k; o'kf"kd ;g ekur g fd vkRetU; vrhfUn; x.kk dk
vR;Ur mPNn gk tkrk g rk mudk ;g eUr0; Bh d ugh] D;kfd vrhfUn;
cf) vkfn x.kk d mPNn gku l vkRek iRFkj d leku tM gk tk,xhA
U;k; o'kf"kd d ek{kLo:i l f[kUu gkdj fopkj d u ,lh efDr iku dh
vi{k ou e xhM cudj jguk Lohdkj fd;k gA⁴³ onkurn'ku e Hkh ek{k
ijekuUn dh voLFkk g] HkkokRed gA

lk[;nk'kfudk d vulkj idfr vkj i#"k dk food Kku gku ij
i#"k dk viU Lo:i e fLFkr gkuk ek{k gA leLr tM inkFkk dk
eydkj.k idfr gA idfr f=x.kkRed g vkj i#"k f=x.kkrhrA⁴⁴ idfr tM
g vkj i#"k prUA bu nkuk d HknKku l gh efDr gkrh gA lk[; n'ku
dh ,d vU;re fo'k"krk ;g g fd ;g n'ku cu/k vkj ek{k i#"k dk ugh
ekurk] cu/k vkj ek{k idfr e gkrk gA i#"k e rk mudk ,dek= mipkj
gh gkrk gA t l ;) e okLrfod :i l t;ijkt; lfudk dh gkrh g
jktk e rk mldk doy vkjkiek= gh gA 'kjhj vkj vkRek d i.k Hkn dk
Kku gh idfr vkj i#"k d ikFkD; dk Kku gA ;gh 'k) food g] ;gh
ek{k gA lk[;n'ku e blh dk food[;kfr dgk x;k gA food gh ek{k dk
lk/ku gA de pkg vPN gk ;k cj] de doy de gh mRiUu dj ldrk gA
tc rd de gkrk jgxk] rc rd Lox ;k ujd dh ikflr gkrh jgxhA bl l
cu/ku rFkk n%[k c<xk ghA ikjC/kdek d Hkx d lelr gk tku ij LFky vkj
lfe nkuk idkj d 'kjhj lelr gk tkr gA idfr Hkh i#"k l loFkk d fy,
iFkd gk tkrh g vkj rc vdyk i#"k ,dkfUrd vkj vKR;fUrd:i l
thoUeDr vkj fongedDr nkuk idkj dh efDr;k dk iklr dj yrk gA

lk[;er e vkuUn dh vfHko;fDr ek{k ugh g t l k fd onkUr h
ekur g ;k vkRek d leLr x.kk dk mPNn gk tkuk Hkh ek{k ugh g t l k
U;k; nk'kfud ekur g] vFkok vkREkk dk uk'k gkuk Hkh ek{k ugh g] cfYd
i#"k dk idfr l iFkd gkdj viU Lo:i e fLFkr gkuk gh ek{k gA

tunk'kfudk u lk[; d mi;Dr ek{k Lo:i ij fpUru djr g;
dgk g fd doy prU; Lo:i e fLFkr gkuk gh ek{k ugh g] D;kfd doy
prU; gh vkREkk dk Lo:i ugh g] cfYd vkRek lE;d Kku] n'ku vkj
pkfj= Lo:i okyk gA ;fn i#"k dk vuUr Kkukfn Lo:i okyk u ekuk
tk; rk vkRek loK ugh gk ldxkA vr% doy prU; e fLFkr gkuk gh
vkREkk dk ek{k ugh gA

ck) nk'kfudk dh nf"V e fuok.k ije 'kkfUr dh voLFkk gA t l
 nhid ry vFkok cÜkh d u jgu ij 'kkUr gk tkrk g ol gh bl lÜo d
 ipLdU/kk dk fuok.k iklr gkuk] miye gk tkuk vkj jkx&} "k ,o ekg l
 eDr gk tkuk gh fuok.k gA ft l idkj nhid d c> tku ij idk'k dk
 vUr gk tkrk g mlh idkj dek d {k; gk tku l fuok.k e fpÜk lUrfr
 dk fouk'k gk tkrk gA

vkpk; ukxlu u 'fefyUni'u* e fuok.k dk l{e foopu fd;k gA
 mudk dguk g fd r".kk dk fujk/k gk tkuk gh fuok.k gA ft l idkj
 tyrh g;h vlx dh yo c>u ij fn[kk;h ugh iMrh mlh idkj fuok.k
 iklr lÜo Hkh fn[kk;h ugh iMrkA fuok.k e n[k dk ley fouk'k gk tkrk
 gA fuok.k l [k gh l [k gA fuok.kegklen dh rjg vuUr l [k dk Hk.Mkj g]
 Dy'kk l vfylr g] 'kkUr g] u ink gkuk] u ijuk gkuk] u ejuk vkj u
 vkokxeu dk gh iklr djuk gA⁴⁵

ck)n'ku e fuok.k nk idkj dk ekuk x;k g l klf/k'k" fuok.k vkj
 fu#ikf/k'k" fuok.kA⁴⁶ iFke voLFkk e vfo|k jkx vkfn dh loFkk lekflr gk
 tkrh g] ijUr i'p miknku LdU/k 'k" jgr gA ble lk/d dk 'kjhj 'k"
 jgrk gA tc ipLdU/k Hkh lekflr gk tkrk g rk fu#ikf/k'k" fuok.k iklr
 gkrk gA ;g ipLdU/kk dk loFkk fujk/k gA 'kjhj d jgu ij lk/d onuk
 dk vuHko djrk g] ijUr tc 'kjhj lekflr gk tkrk g rk onuk vkj fopkj
 Hkh lekflr gk tkr gA iFke thoueDr vkj f}rh; fong eDr voLFkk gA

bl idkj ek{kikflr Hkkjrh; n'ku dk vfure y{; gA leLr
 Hkkjrh; n'ku ¼pkokd dk NkMdj½ vkRek dk 'kjhj /kkjh gkuk c/ku rFkk
 c/ku dk fouk'k gh ek{k ekur gA bld fy; vkReKku dh vko';drk dk
 vifjgk; ekur gA Hkxoku egkohj vkj Hkxoku c) u tjk vkj ej.k ij
 fot; iklr dju d fy; gh l lkj dk R;kx fd;k vkj vuojr lk/kuk d
 i'pkr ek{k dk ex [kk t fudkykA mifu"knk e lo= v/;kRefo|k dk o.ku
 g ft l d tkuu ek= l l Hkh l klfjd okluk; Lor% NV tkrh g vkj tho
 eDr gk tkrk gA bl idkj l Hkh Hkkjrh; n'ku e 'kkdkrhr voLFkk d ikj
 tku dk ex crk;k x;k gA ex l Hkh n'ku d iFkd&iFkd g fdUr
 mí'; lcdk ,d gh gA l Hkh Hkkjrh; nk'kfudk u ek{k dk Lo:i vkj
 ml dh ikflr dh ifØ;k dk l{e rd lxr vkj oKkfud foopu fd;k gA
 ek{k rÜo dk iklr d i'pkr ik.kh l lkj lkxj l eDr gk tkrk gA

ek{kikflr d fy; ek{kexk dk lkp;

lE;dn'ku jfgr tho dk lE;x Kku ugh gkrkA lE;x Kku d
 fcuk pkfj= x.k ugh gkrkA pkfj= x.k d fcuk ek{k ¼de{k;½ ugh gk l drk
 vkj ek{k d fcuk fuok.k ¼vpy fpnkuUn½ ugh gkrkA

Kku] n'ku pkfj= rFkk ri] bl ek{k ekx ij vk:< tho ek{k dk
 iklr djr gA tu n'ku e cU/k rFkk cU/k d dkj.kk d vHkko l rFkk
 ioc) dek d {k; l gku okyk i.k vkfRed fodkl ek{k g] vFkkR Kku
 vkj ohrjxHkko dh ijkd"Bk gh ek{k gA ek{k dk le>u d fy; ek{k ekx
 d Lo: ik dk Kku vfrvko';d gA ek{k ekx e igyk LFkku lE;d Kku
 dk gA lE;d Kku D;k g\ bl lEcU/k e mÜkj/;;u l= e dgk x;k g
 fd u; vkj iek.k l gku okyk thokfn inkFkk dk ;FkkFk ck/k lE;XKku gA
 ftl x.k vFkkR 'kfDr d fodkl l rUo ¼ l R;½ dh irhfr gk] ftle g;]
 K; vkj mikn; d ;FkkFk food dh vfhk:fp gk] og lE;Xn'ku gA
 lE;dKku iod dk"kkf;d Hkko vFkkR jx&} "k vkj ;kx dh fuofÜk l gku
 okyk Lo: ije.k lE;d pkfj= gA

ek{k d fy; rhuk lk/kuk dk gkuk vko';d gA lE;Xn'ku vkj
 lE;XKku lgpjkh gkr g] ijUr lE;d pkfj= d lkFk mudk lkgp;
 vo';EHkkoh ugh gA lE;d n'ku d fcuk Kku lE;d ugh gk ldrk vkj
 lE;d Kku d fcuk Hkkopkfj= ugh gkrKA vkRefodkl e pkfj= dh ikflr
 rc gkrh g tc lE;d n'ku vkj Kku gkr gA lE;d n'ku vkj lE;d
 Kku ifji.k : i e gk rHkh lE;d pkfj= ifji.k : i e gk ldrk gA ,d Hkh
 lk/ku d vi.k jgu ij ifji.k ek{k ugh gk ldrKA ek{k d fcuk fuok.k
 fongefDr dh ikflr ugh gkrhA ri vkRe'kf) dk lk/ku gA ri d }kjk
 vkRek dk 'k) fd;k tkrk gA ek{k d fy; pkjk ekxk dk lkgp; vko';d
 gA vkRek Kku l thokfn inkFkk dk tkurk g] n'ku l mu ij J)ku
 djrk g] pkfj= l uohu dek d vklo dk fujk/k djrk g vkj ri l
 iolfpr dek dk {k; djrk gA bl idkj tho ek{k iklr djrk gA

tu n'ku d vulkj vuUr tho eDr gk pd g] vuUr tho eDr
 gkxA l lkj e vuUr tho vkj vuUr thok d eDr gku ij Hkh vuUr tho
 jg tk;xA l lkj dk vUr dHkh ugh gkxA ,lh n'kk e ;g 'kdk djuk fd
 thok d eDr gku dk Øe cjkcj tkjh jgu ,o eDr thok d iu% l lkj e
 u ykVu ij lklkfjd thok dh l[;k ,d fnu leklr gk tk,xh] Bhð olk
 gh g tl ;g 'kdk djuk fd ,d phVh d ty myhpr jgu l len dk
 ty leklr gk tk,xkA

mifu"knk e ek{k

Jfr;k e vfo|k l fuofÜk vkj cãKku dk ek{k dgk x;k gA
 vfo|k gh cU/ku dk ey gA vfo|kxLr tho vkREkk d Lo: i dk ugh tku
 ikrk vkj 'kjhj dk vkRek ekudj lklkfjd l[k&n%[k dk miHkx djrk gA
 l[k&n%[k dk dkj.k g tho d }kjk fd;k tku okyk deA de d o'khHkr
 gkdj tho tUe&tUeUrj dk xg.k djrk g ftll HkkopØ pyrk jgrk gA

vfo|kxLr tho ijein ek{k dk ugh iklr dj ldrk vkj ckj&ckj
tue&eR; :i l lkj pø e gh HkVdrk jgrk gA

vfo|k l efDr iku dk ie[k lk/ku g rUoKkuA rUoKku l
jlx&} "k leklr gk tkrk gA jlx&} "k d u"V gk tku l fpUkofUk 'kkUr gk
tkrh gA fpUkofUk d 'kkUr jgu l u dN fi; jgrk g vkj u dN vfi;A
fi; vkj vfi; dk lEcU/k gh cu/k g vkj mldk vHkko gh ek{k gA bl
voLFkk e eDrkRek vkj ijeRek e dN Hkh Hkn ugh jg tkrkA ftl idkj
'k) ty e 'k) ty feyk nu l Hkn Hkklr ugh gkrk m l h idkj eyrUo
d lk{kkrdkj dj yu l vkRek ijeRek l fHkUu Hkklr ugh gkrkA

Jfr;k e bl idkj dk ek{k vkRe lk{kkrdkj l gh lEHko gA
lk/kukUrj dh vi{k dk fu"K/k Lo; Jfr djrh g&

reo fofnRokfr eR;efr ukU; iUFkk fo|r-;uk;A⁴⁷

ml ijeRek dk tkudj gh eu"; ver vFkk eDr gk tkrk gA
efDr d fy; nljk dkb ekx ugh gA iul Jfr dgrh g ftl idkj fryk
e ry] ngh e ?kh] Åij l l[kh gb unh d Hkhrjh lkrk e ty rFkk
vjf.k;k e vfxu fNih jgrh g] m l h idkj ijeRek tho d ân; :ih xQk e
fNik jgrk gA tk dkb lk/kd fo"K;k l fojDr gkdj lnpkj lR;Hk"K.k rFkk
l ;e:i riL;k d }kjk fujUrj /;ku djrk jgrk g ogh ml rUo dk iklr
djrk gA ijeRerUo dk tku yu oky tho Kku l rlr gk tkrk gA ml
fdl h idkj vHkko dk ck/k ugh gkrk] og i.kdke ije'kkUr gk tkrk gA

bl l ;g fl) gkrk g fd ek{k ekx e vkReKku ijeko';d g]
vkj Hkh de] mikluk] ri vkfn ek{k d tk lk/ku crk; x; g mudk fu"K/k
Hkh ugh gkrk] D;kfd fpUk'kf) d }kjk Kkuikflr e mldh mi;kfxrk
vo';d jgrh gA Kkuikflr d ckn mldh mi;kfxrk ugh jg tkrhA xhrk
e Hkh dgk x;k g fd ^;K] nku vkj ri&; cf)eku i#"kk dk ifo= dju
oky gA cgnkj.;dkifu"kn dk ;g opu Hkh bl h rF; dk iekf.kr djrk g
^rer onkuopuu ckã.kk fofofn"kfUr ;Ku nkuu ri l k* bl Jfropu dk
rkRi; ;gh g fd doy Kku ikflr e gh ;K] nku vkj ri dk mi;kx gkrk
g] Kku ikflr d ckn ughA Kkuikflr d ckn vUrldj.k fuey gk tkrk gA

mifu"knHkk";dkj vkpk; 'kdj d er e ek{k dk lk{kkr dkj.k Kku
g] D;kfd ek{k vkRek dk futh Lo:i g] blfy, og fur; inkFk gA fur;
inkFk fd l h fØ;k dk dk; ugh gkrk] blfy; ek{k de }kjk lk/; ugh gA
;gh dkj.k g fd 'kdj Kkude lePp; ckn dk ?kkj fojk/k djr gA fdUr
bl dk ;g eryc ugh g fd vkpk; 'kdj de] /;ku] mikluk vkfn dk
egUoi.k ,o mi;kxh ugh ekurA idkjUrj l ; lc fpUk] 'kf) d lk/ku
g] 'k) fpUk gh Kku ikflr d ;kx; gkrk gA

l l k j d k d k j . k g v k l f d r A f t l d k e u v R ; U r v k l D r g r k g
og Q y d k l k f H k y k " k g k d j d e d l f g r i k l r d j r k g A b l y k d e o g
t k d N H k h d j r k g j m l d e d k Q y i k l r d j m l y k d l d e d j u d
f y ; i u h b l y k d e v k t k r k g A t k d k e u k u d j u o k y k i # " k g v F k k r
f u " d k e g m l d f o " k ; e J f r d g r h g f d o g v d k e j f u " d k e j v k j
v k R e d k e g r k g j m l d i k . k k d k m R Ø e . k u g h g r k j o g c ã g h j g d j c ã
d k i k l r g r k g A

ek { k v i u H k o g A b l d k f o i j h r i u H k o ; k i u t U e g j f t l g h
t U e & e j . k d k p Ø ; k l l k j d g k t k r k g A m i f u " k n l l k j d k c U / k u
e k u r h g v k j b l c U / k u l e D r g k u d k e k { k A

ek { k v k R e k d k l k { k k r K k u g A ; g , d R o n ' k u g A b l d k i k l r
d j u i j ' k k d e k g u g h j g t k r j l k j c U / k u j l k j l ' k ; v k j l k j d e { k h . k
g k t k r g A t k t h o , l k n ' k u i k l r d j r k g m l d f y ; d k b o L r v i k l ;
u g h j g t k r h A

t M p r u e ; l E i . k t x r e t k d N H k h l { e v k j L F k y : i l
O ; k l r g m l i j e k R e k u g h c u k ; k g A b l h f y , m u d k u k e ^ l d r * ¼ v i u
v k i c u k g v k k g A ; g v H k k o k R e d u g h j c f Y d H k k o k R e d v k u U n g A j l
L o : i g j ; g h o k L r f o d v k u U n g j D ; k f d v u k f n d k y l t U e e R ; : i ? k k j
n % [k d k v u H k o d j u o k y k t h o k R e k b l j l e ; i j c ã d k i k d j g h
v k u U n ; D r g r k g A t c r d b u i j e i k l ; v k u U n L o : i i j e k R e k d k l ; k x
u g h g r k j r c r d b l f d l h H k h f L F k r e i . k k u n j f u R ; k u U n j v [k . M k u U n
v k j v u U r v k u U n u g h f e y l d r k A b l d l k e u l l k j d l c v k u U n Q h d
v k j L o k n g h u g A

ek { k d i d k j

m i f u " k n k e t h o U e f D r v k j f o n g e f D r n k i d k j d h e f D r c r k ; h
x ; h g A e k { k k o L F k k H k n l i j d h v o L F k k g A b l e L o v k j i j d k H k n
l e k l r g k t k r k g A l o = , d R o d k g h n ' k u g r k g A

e D r i # " k i k f . k e k = e i j e k R e k d k n ' k u d j r k g j o g f d l h H k h
i k . k h l ? k . k k ; k } " k u g h d j r k A m l d h l o = H k x o n n f " V g k t k r h g A l c
d N d j r k g v k H k h v k R e j e . k d j r k g A m i f u " k n k e b l h d k t h o U e D r
v o L F k k d g k g A b l v o L F k k e t c e u " ; K k u i k l r d j y r k g r k o g
t U e & e j . k d p Ø l l n k d f y ; e D r g k t k r k g j i j U r i o l l d k j v H k h
i . k r % u " V u g h g , j g r A v r l l l d k j k d h l e k f l r r d K k u h d k ' k k j h f j d
v o L F k k e j g u k i M r k g A b l v o L F k k e K k u h d } k j k f d ; k x ; k d e m l
c U / k u e u g h M k y r k A x h r k e H k h b l v o L F k k d k o . k u f d ; k x ; k g t k
i # " k , d h H k k o e f L F k r g k d j l E i . k i k f . k ; k e v k R e : i l f L F k r i j e k R e k

dk n'ku djrk g] og lc idkj l cjrrk gvk Hkh cU/ku e ugh iMrkA
 thoUeDrn'kk e tho d ân; dh vfo|k u"V gk tkrh g] lEi.k l'k;
 lelr gk tkr g vkj leLr 'kHkk'kHk de Hkh NhM gk tkr gA tc lEi.k
 de {kh.k gk tkr g rc ik.kh thfor voLFkk e gh vej gk tkrk g vkj
 ijein dk iklr dj yrk gA cgnkj.;dkifu"kn e ;kKoYD;&e=;h lokn
 d :i e ,d vuk[kk mik[;ku Hkh bl lUnHk e foopuh; gA e=;h dk
 min'k djr g, ;kKoYD; dgr g&^;g vkRek gh ije ie dk LFkku gA
 ;g lr Lo:i] fpr Lo:i vkj vkuUn Lo:i gA nork] ykdiky vkfn d
 vkuUn l ;g vkuUn mUkjUkj l dMk x.kk mRd"V gA ;g cãkuUn len d
 leku gA vkRek tho Hkh mlh dk Lo:i gku l vkuUn :i gA vfo|k l
 vUridj.k <d tku l ;g iekrk] dUkk] HkkDrk] L=h&i#"k vkfn :ik e
 ixV gkrk gA vud /kek dh viu e dYiuk dj] Lo; dk vi.k ekurk
 gA lk/kd tho] x# min'k ;k 'kkL= d }kjk viu Lo:i dk tku ldrk
 gA Lo:i Kku d fy; gh leLr Kkudk.M vkj leLr dedk.M i;Dr
 gkr gA ml tkuuk gh verUo :i ek{k gA mle n[k dk lEcU/k ugh gA
 ;g fuR; l[k gA ;g Lox vkfn Qy d leku dk; ugh] vfir ;g Qy
 vfody gA lk/kd tc rd bl rUo dk ugh tku ikrk rHkh rd nlj dk
 l?krk g] nlj dh ckr lurk g] nlj d n[k l n[k]kh gkrk g] nlj d
 l[k l l[k]kh gkrk g] nlj d fy; fpUrK djrk g] ijuR tc tho vkReK
 gk tkrk g rk dku fdldk n[kxk] dku fdldk l?kxk] dku fdldh ckr
 luxk] dku fdld n[k l n[k]kh gkxk\ ml fLFkr e lc oLr, vkRek gh
 g] ,lk irhr gkxkA vkRek rk vxk^o;] v'kh;] vlx] cU/ku jfgr vkj eR;
 jfgr gku l ver :i gA egf"k ;kKoYD; d bl min'k l e=;h verUo
 :i ije in dk iklr dj thforkoLFkk e gh eDr gk x;hA onkUr l kj e
 thoUeDr dk y{k.k bl idkj crk;k x;k g&^thoUeDrk uke
Lo: ik[k.McãKkuu rnKkuc/ku}kjk LoLo: ik[k.Mcãf.k lk{kRdr-Kku
rRdk; l f'pr del'k;foi;;knhukefi ckk/rRokr vf[kycU/kjfgk cãfu"BA⁴⁸

v[k.McãKku d }kjk vKku dk njdj vkj mll mRiUu dk; e
 ,df=r de] lUng] foi;; vkfn dk u"V dj lEi.k cU/kuk l ghu cã e
 fu"Bkoku i#"k thoUeDr dgykrk gA

thoUeDr tho d tM&pru dh xfUFk lelr gk tkrh gA mld
 lkj l'k; nj gk tkr gA mld lkj l fpr de u"V gk tkr gA ikjC/kde
 dk Hkkx l gh {k; gkrk g] blfy, thoUeDr tho Hkh ikjC/k dek d Qy
 dk Hkkx djrk g vkj blh d vulkj mldh fØ;ek.k fØ;k, Hkh gkrh g]
 fdUr ; fØ;k, mlh idkj Qynkf;dk ugh gkrh t lk Hktk gvk ch
 vdjRiknu e leFk ugh gkrkA

vkfn 'kdjpk; u thoeDr dk o.ku djr g; fy[kk g fd
 ^ftldh iKk fLFkj g] tk fujUj vkRekuUn dk vuHko djrk g] ftlu
 lEi.k tkxfrd iipk dk Hkyk fn;k g] og thoeDr dgykrk gA⁴⁹ bl
 idkj mifu"knk e lo= ;gh fn[kk;k x;k g fd thoeDr d }kjk fd;k
 x;k de cu/ku dk dkj.k ugh gkrk gA ek{k dh nljh voLFkk fongefDr
 gA bl voLFkk e ;kxh d lEi.k io lLdkj lelr gk tkr gA lLdkj d
 lelr gk tku ij ;kxh vkokxeu d pØ l loFkk eDr gk tkrk gA
 thoeDr voLFkk e 'kjhj jgrk g vkj fongefDr voLFkk e 'kjhj dk loFkk
 vHkko gk tkrk gA fongefDr voLFkk e vkREkk fo'okRek dk :i /kkj.k dj
 yrk gA iu" 'kjhj l mldk lEcU/k ugh gkrkA fongefDr dk ifriknu
 djr g, e.Mdkifu"kn e dgk x;k g fd ^ftUgku mifu"knk d lE;d
 Kku}kjk ijeRek d Lo:i l rknkRE; LFkkfir dj fy;k g rFkk deQy
 vkj deklfDr d R;kx :i ;kx l ftudk vUr%dj.k loFkk 'k) gk x;k
 g] ,l lHkh i;Ru'khy lk/d ej.kdky e 'kjhj dk R;kx dj d ijcã
 ijeRek d ije/kke e tkr g vkj ogk ije verLo:i gkdj l lkj cu/ku
 l lnk d fy, loFkk eDr gk tkr gA eDr gku d ckn thokRek vkj
 ijeRek dk ,dhHkko gk tkrk g&

def.k foKkue;'p vkRek

ij-0;; lo ,dhHkofUrAA

;g ,dhHkko fd l idkj dk g bl e.Mdkifu"kn e bl idkj
 crk;k x;k g&

;Fkk u] % L;UnekuK len-Lr xPNfUr uke:i fogk;A

rFkk fo}ku uke: ikn foeDr% ijkRij i#"keifr fn0;eA⁵⁰

ft l idkj len dh vkj cgu okyh ufn;k viu uke vkj :i dk
 R;kxdj len e yhu gk tkrh g mlh idkj cãKkuh uke vkj :i l
 jfgr gkdj ijkRij fn0; i#"k ijcã ijeRek dk iklr gkdj lorkHkkou
 mUgh e foyhu gk tkrk gA ân; e fLFkr lc idkj d l'k;] foi;;]
 ngkfHkeku fo"k;k;lfdR vkfn xfUFk;k l loFkk NVdj vej gk tkrk gA
 tUe&eR; l jfgr gk tkrk gA dBkifu"kn e dgk x;k g fd tk eu";
 decU/ku l eDr g og eDr gk tkrk gA Hkk";dkj 'kdjpk; u bl ij
 Hkk"; djr g, fy[kk g&'bgokfo|kdrdke decU/kufoeDrk HkofrA foeDr'p
 lfUoeP;r iu" 'kjhj u /kkj;rHr;FkA⁴⁵¹ tho bl ykd e gh vfo|kdr

dke vkj decU/kuk l eDr gk tkrk gA bl idkj og eDr ¼thoueDr½
gvk gh eDr ¼fongedr½ gkrk g] vFkkriu ¼'kjhjxg.k ugh djrk gA

vkReKkuh tho d fy; fongedr dk o.ku NkUnkX;kifu"kn e Hkh
fd;k x;k gA lEi.k bfun;k dk viu vUrldj.k e LFkkfir dj yu okyk
tho vk; dk lelr dj cāyk d ikir djrk g] vkj fQj ugh ykVrkA

thouedr vkj fongedr nkuk idkj dh eDr;k dk o.ku
mifu"knk e ek{k d ilx e fd;k x;k gA

thouedr voLFk e eu dk uk'k gk tkrk g doy : i 'k" jgrk g vkj
fongedr voLFk e eu dk Hkh uk'k gk tkrk g vkj : i dk Hkh uk'k gk tkrk gA
tho cā Hko dk ikir gk tkrk g vkj l lkj Hke.k lno d fy; lelr gk tkrk
gA ;g 'kk'or l [k gA bl l c<dj l lkj dk dkb Hkh l [k ugh gA

ryuk

tukxek vkj mifu"knk nkuk xUFkk e cU/ku vkj ek{k d Lo: i dk
o.ku fd;k x;k gA cU/ku D;k g\ cU/ku D;k gkrk g\ cU/ku l eDr d l
gk ldrh g\ bu l Hkh i{k ij nkuk xUFkk e l {e foopu fd;k x;k gA
tukxek e vklo dk l lkj dk dkj.k ekuk x;k gA vklo d }kjk thokRek
de inxyk dk vkd"k.k djrk gA ; deinxv vkRek ij fpid tkr gA
vkRek ij deinxv dk fpiduk gh cU/ku gA

vkRek vkj de dk lEcU/k vukfn gA thokRek ijku dek dk uk'k
djrk gvk uohu dek dk mktu Hkh djrk jgrk gA tc rd ;g iokg
pyrk jgrk g] rc rd vkRek dh c)koLFkk jgrh gA dekiktu d nk
dkj.k eku x; g&kx vkj d"kk;A 'kjhj ok.kh vkj eu dh ioFuk dk uke
;kx g vkj Øk/kkfn ekufld vkoxk dh lKk d"kk; gA d"kk;;Dr ioFuk;k
de cU/ku dk dkj.k ekuh x;h gA

; lfi vkRek veUk gA mldk eUk de d l kFk cU/ku ugh gk
l drk] iju veUk gkrh g;h Hkh vkRek dke.k 'kjhj d lEcU/k l eUkor gk
tkrh gA ;g dke.k 'kjhj iokg : i l vukfn lEcU/k okyk gA ml dke.k
'kjhj dh fojekurk e gh vkRek ij de ijek.k fpidr gA ;gh tukxe
lEer cU/ku gA

vkifu"knfnd iJEijk e vKku dk cU/ku dk dkj.k ekuk x;k gA ;g
vKku vfo[k] ek;k] v/;k l vkfn 'kCnk l dgk tkrk gA ;g vukfndkfyd
gA vKku dh okLrfodr e LokuHkfr gh iek.k g] D;kfd iR;d vkneh
dgrk g fd ^vg vK[*] ^vg vK[*] ;g vuHkfr lcdk gkrh gA bl l ;g
ckr Li"V gkrh g fd ;g vKku vukfn dkfyd vkj 0;kid gA bl vKku

d dkj.k gh eu"; vrr dk rr le>u yxrk gA l lkj dh irhr rk gkrh
g] blfy, bldk viyki ugh fd;k tk ldrk] fdUr irhr gku ek= l
bl ge lr Hkh ugh dg ldrA vkrEl{kkrRdkj gku d ckn l lkj dk ck/k
gk tkrk gA ftl idkj jTt dk foor li gkrk g] l fDr dk fooUkjtr g]
mlh idkj cã dk fooUk ;g txr gA tgk fooUk gkrk g ogk vf/k"Bku
dh lR;rk vkj vf/k"B; dk feF;kUo fuf'pr gkrk gA ftl idkj jLlh
lR; g vkj li feF;k g rFkk l fDr lR; g vkj jtr feF;k g mlh idkj
cã dh =dkfyd lUkk g mle vkjkfir txr feF;k gA ik.kh bl l lkj
dk gh lr ekudj mle fueXu g vkj vkIDr g] ;gh mldh c)rk gA
mldh c)rk dk eydkj.k vKku gA Kku gku d ckn gh vKku dh fuofUk
gkrh gA e.Mdkifu"kn e Hkh cU/ku dk dkj.k vKku dk ekuk x;k gA
HkxkIDr eu"; d fy, lklkfjd Hkx d ftru Hkh l/ku crk; x; g]
mUgh dk loJ"B dY;k.k l/ku ekur gA mul fHkUu fu"dkehHko l
dUkO; ikyu djuk ,o ijekRek dk tkuu d fy; ftru Hkh ije dY;k.k d
l/ku g] mUg o ugh tkurA vr% o viu i.;dek d QyLo: i Loxykd
rd d l[kk dk Hkx dj i.; {k; gku ij iu% bl eu"; ykd e vFkok
bl l Hkh ughph 'kdj&ddj] dhV&irx vkfn ;kfu;k e ;k jkjokfn ?kkj
ujdk e py tkr gA

vkpk; 'kdj u dgk g fd ^c) tho dk tuuej.kfoPNny{k.k
vudkuFkifjlyr bl HkokVoh e vkuk&tkuk fujUrj cuk jgrk g&

^iujfi tuu iujfi ej.ke

iujfi tuuh tBj 'k;ue*

c) tho dk ;g Øe rc rd pyr k jgrk g] tc rd og fo"k;
for".kk l eDr ugh gkrkA vkpk; 'kdj dgr g&^c) ogh g tk fo"k;k e
vujDr gA*

bl txr e Hkr&Hkkfrd lelR iip ek;k d gh ifj.kke gA ek;k
d l kFk rFkk ek;k d ifj.kkek d l kFk prU dk tk lEcU/k g] ogh cU/k gA
cU/k dh vfHkO;fDr vGUrk vkj eer k d }kjk gkrh gA tM 'kjhj tk ^vg*
in dk okP; ugh g mle ^vg* cf) gkuk rFkk ftll vkrk dk dkb
lEcU/k ugh g ml tM inkFk e eer k dh cf) gkuk gh cU/k gA tc rd
^vgUrk vkj eer k* dh irhfr gkrh g rHkh rd l[k&n%[k dk vuHko Hkh
gkrk gA Jfr Hkh dgrh g&^u g ol 'kjhjL; lR% fi;kfi;;k% **vigfrjflR⁵²**
'kjhj d jgr g, fi; vkj vfi; dk uk'k ugh gkrkA fi; l lx dk l[k
rFkk vfi; l lx dk n%[k dgk tkrk gA ;gh fi;kfi; l lx gh cU/k dgk
tkrk gA ;gh ^vrflEu rr cf)* dgk tkrk gA ;gh vKku gA

cU/k vkj ek{k e vKku dh i;kt drk vo'; gA t gk vKku dh
 lÜkk l c)rk gkrh g] ogh vKku d feVu ij ek{kkoLFkk gk tkrh gA Jfr
 Hkh blh idkj dgrh g&^vfo|k-LÜke;k ek{k% lk p cU/k mnkgr%A* vfo|k
 dk vLr gkuk gh ek{k g vkj mldk lEcU/k gh cU/k gA ftl idkj
 vU/kdkj dk nj dju d fy, idk'k dh vko';drk gkrh g mlh idkj
 vKkukRed vfo|k dk u"V dju d fy, KkukRed idk'k dh vko';drk
 gkrh gA blfy, dgk x;k g fd ^_r KkukUu efDr%A

bl idkj vkifu"kn ijEijk e vKkukofPNUu tho dk c) ekuk
 tkrk gA tho rk viu Lo:i l 'k)&c) vkj fu"dYe"k gA mle dkb
 fodkj ugh gkrk] fdUr tc rd og vfo|k d o'khHkr g] rc rd c) ekuk
 tkrk gA tho dh c)rk vkj efDr] ; nkuk voLFkk; tukxek e Hkh
 ifrikfnr g] fdUr ftl idkj dh c)rk vkj efDr mifu"kn ijEijk e g
 ml l fhkUu tukxek e dgh x;h g] tk fuEu idkj l g&

%1½ mifu"kn ijEijk e thokRek veÜk g] fdUr tuijEijk e og dFkfr
 eÜk Hkh gA

%2½ mifu"kn ijEijk e vkRek e dkb ifj.kke ;k fodkj ugh Lohdkj fd;k
 x;k gA og lnk ,d :ij ,d jl jgrk gA bld foijhr vxek e
 thokRek dk ifj.kkeh fuR; ekuk x;k gA

%3½ mifu"knk e vKkukofPNUu pru dk c) ekuk tkrk g] fdUr vxek e
 vkRek d Åij de&inxyk dk fpiduk c)rk ekuh x;h gA

%4½ feF;kn'ku] vfojfr] iekn] d"kk; vkj ;kx dk tukxek e cU/ku dk
 dkj.k ekuk x;k gA mifu"knk e lEi.k nk"k cf)xr eku tkr gA

%5½ mifu"knk e dÜkRo vkj HkkDrÜo vkfn cf)xr /ke eku x; g] tcf
 vxek&ijEijk e ; lc thokRek d /ke eku x; gA

%6½ mifu"knk e vkReLo:ikiyfc/k dk gh ek{k ekuk x;k g] fdUr vxek e
 de inxyk l jfgr vkRek d 'k) Lo:i dk ek{k ekuk x;k gA

%7½ vkReLo:ikiyfc/k d fy; mifu"knk e Jo.k] euu] vkj fufn/;klu dk
 vko';d ekuk x;k gA vxek e ipegkork dk ikyu] tij ri vkj
 Lok/;k; dk de inxyk dk nj dju d fy, vko';d ekuk x;k gA

%8½ vkREkk dk viu Lo:i e fLFkr gkuk ek{k g ;g ckr nkuk ijEijkvk e
 leku gA fdUr vxek e eDr vkREkk dh vofLFkr fl)f'kyk ij gkrh
 g ;g ckr mifu"kn ijEijk e eku; ugh gA mifu"knk e vkRek dk
 lo0;kid ekuk x;k g] blfy; vkRek dk dgh vkuk tkuk ugh gkrkA
 nlj 'kCnk e vkRek lo= 0;klr gA

%9½ vkRek dh vejrk d lEcU/k e Hkh nkuk ijEijkvk e lekurk gA

InHk Iph

- 1- n0; lXg] xkFkk 57 ij cãnodr Vhdk
- 2- tu n'ku euu vkj ehek l k] vkpk; Jh egkiK] i"B 272
- 3- } oko cã.kk : i er poker p eR; pker p fLFkr p ; Pp lPp
R; PpA cgnkj.; 0 2@3@1
- 4- cgnkj.; d 3@8@8
- 5- NTthof.k; k uke·T>; .k le.k.k Hkxo; k egkohj.k dk lo.k iob; kA
r tgg&iBfodkb; k vkmdkb; k rmdkb; k okmdkb; k o.kL l bdkb; k
r l dkb; kA n'kodkfyd] 4@3
- 6- mfl l p.k&xkyu&/kko.k ; moxj.keUkHkM ; A
ok; jvkmDdk, ,; r l ek l vk l RFkAA
vkpkjxfu; fDr xkFkk 113
- 7- cgnkj.; dkifu"kn 3@9@1] 2] 3] 4] 5] 6] 7] i"B 824 l 829 rd
- 8- vkpkj kx Hkk"; 5@6@126^140
- 9- r=o 5@6@127&131
- 10- vkpkj kx Hkk"; 5@5@101
- 11- Hkxorh 6@174
- 12- ^vknk .kk.kiek.k .kk.k .k; iek.kefîë
.k; yk; kyk; rEgk .kk.k r l Oox; A iopul kj] 1@23
- 13- vxfr xfr ifj..kk;] nkfg fo vrfg vfnLlek.kA l .k fNTtb] .k
fhkTtb .k MT>b] .k gFeb dp.k l Ooyk, A vkpkj kx Hkk"; 3@3@58
- 14- cgnn0; lXg 1@2
- 15- vx"Bek= i# "kk·U r j kRek l nk tukuk gn; l fufo"V A dBk0 2@3@17
- 16- tu n'ku euu vkj ehek l k&vkpk; Jh egkiK] i"B 279
- 17- gUr k pUeU; r gUr gr'pUeU; r greA
mHkk rk u fotkuhrk uk; gfUr u gU; rAA dBkifu"kn 1@2@19
- 18- xhrk 2@23] 24
- 19- tu n'ku euu vkj ehek l k&vkpk; Jh egkiK] i"B 274
- 20- rfUkj h; mifu"kn 2@1@1
- 21- r=o 2@2@1
- 22- r=o 2@3@1

- 23- r=o 2@4@1
24- r=o 2@5@1
25- cgnkj.;dkifu"kn 3@8@12 dk 'kkdjHkk";] i"B 783
26- xhrk 2@22
27- fhk|r ân;xfUkf'N|Ur lol'k;kIA
 {kh;Ur pk"; dekf.k rfeUn"V ijkojAA e0 mi0 2@2@8
28- tho&vtho&vkpk;Jh egkiK] i"B 50
29- lU;kIkifu"kn 2@98
30- vkpkjKx Hkk";&vkpk;Jh egkiK] i"B 26
31- leok;kx l= 4@5
32- cãl= Hkk"; 1@4@3
33- foodpMkef.k&Jh 'kdjKpk;] 'ykd 140
34- foodpMkef.k&Jh 'kdjKpk;] cu/kfu:i.k] i"B 49
35- NkUnKx;kifu"kn 8@12@1
36- "kMn'ku jgL;&if.Mr jxukFk ikBd] i"B 3
37- le;lkj] vkRe[;kfr xkFkk 288
38- vkpkjKx Hkk";] l= 5@6@123 l 140
39- rUokFkl= 10@8
40- rRFk fl)k egkHkkxk yk;xfEe ibfë;kA
 HkoliopmEeDdk flf) ojxb x;kAA mUkjK/;;u l= 36@63
41- xkrel= 1@1@2
42- n[kkfu pdfo'kfr% 'kjhje] "kM bfUn;kf.k] "kMfo"k;k] "kM c);] l[k
 n[k pfrA rdIxg] i"B 55
43- oj oUnkou okl% Jxky'p lgf"kreA
 u r o'kf"kdh efDr] xkreK xUrfePNfraA
 "kMn'ku lePp; i"B] 287
44- f=x.kefoofd fo"k;% lkeK;epriu ilo/kfeA
 0;Dr rFkk i/kku rf}ijhrLrFkk piekuAA lk[;dkfjdK] 11
45- Hkkjrh; n'ku&Mk0 uUnfd'kkj nojkt] i"B 190
46- rnr lHkkork ,dfo/kfEi] ImikfnllfuCcku/kkrA
 vuikfnllfuCcku/kkr pfr nfo/k gkfr dkj.kifj;kuuAA
 vfHk/kEeRFkl³xgk] :iifjPNn] fuCckuHkn 6@63

47- 'ork'orjkifu"kn 6@15

48- onkUr l kj] l = 216

49- ;L; fLFkrk HkoRiKk ;L;kuUnk fujuRj%A

```
i i pkfoLer i k;% l t hoUeDr b";rAA
```

foodp.kkef.k] 'ykd l 0 429

50- e.Mdk0 3@2@8

51- dBkifu"kn] 2@2@1 ij 'kkdjHkk";] i"B 126

52- NkUnkX;kifu"kn] 8@12@1

v/;k;&6
vpkj dh lkoHkkfedrk

v/;k;&6 vkpkj dh lkoHkkfedrk

vkpkj ,d lkoHkkfed rÙo gA vkpkj dk ikyu lHkh n'k vkj ifjflFkr e ,d leku gkrk gA vkpkj dk lEcu/k ekuo l gA ekuorj ikf.k;k l vkpkj ikyu dh vk'kk ugh dh tk ldrh] D;kfd ekuorj lHkh ik.kh ioFÙk;k d o'khHkr gkdj dk; djr gA ekuo gh ,d ,lk ik.kh g] tk cf) l dk; djrk g vr% mld gh vkpj.k ij ufrdrk ;k vufdrk dh egj yx ldrh gA xhrk e lnkpjkh vkj njkpjkh d vkpj.k dk foLrkj l crk;k x;k gA lnkpjkh i#"k d y{k.k dk crykr g; dgk x;k g fd&^Hk; dk loFkk vHkko] vUr%dj.k dh i.k fueyrk] rÙoKku d fy; /;ku;kx e n< flFkr] bfun;k dk neu] x#vk dk lRdkj] vfXugk=kfn mÙke dek dk vkpj.k ,o on 'kkL=k dk iBu ikBu] Lo/keikyu d fy, d"Vlgu] 'kjhj rFkk bfun;k lfgv vUr%dj.k dh ljyrk] vfglk] lR;] Øk/k u djuk] dek e dÙkku d vfHkeku dk R;kx] fpÙk dh p'pyrk dk vHkko] ikf.k;k ij n;kHkko] ykd vkj 'kkL= d fo#) vkpj.k u djuk] rt] {kek] /k;] ifo=rk] fdlh e Hkh 'k=Hkko dk u gkuk vkj viu e iT;rk d vfHkeku dk vHkko ; lc lnkpjkh i#"k d y{k.k gA¹

^nEHk] ?ke.M] vfHkeku] Øk/k] dBkjr vkj vKku ; lc njkpjkh i#"k d y{k.k gA dke] Øk/k rFkk ykHk&; rhu idkj d }kj vkRek dk uk'k dju oky vFkr mldk v/kkxfr e y tku oky gA vr,o bu rhuk dk R;kx nuk pkfg;A tukxek e Hkh dke] Øk/k] ykHk vkj ekg dk d"kk; dgdj R;kT; cryk;k x;k gA tukxek dk lkj gh vkpkj gA vkpkj Kku dk lkj gA /ke e ftldh ?kfr ugh jgrh mld fy; vkpkj vkj vukpkj dk Hkn egÙo ugh j[krA tk /ke e /kfreku g og vkpkj dk fuHkkrk g vkj vukpkj l cprk gA vkpkj /ke ;k dÙko; g vkj vukpkj v/ke ;k vdÙko;A tk vu"Bku ekfk d fy; gk ;k tk O;ogkj 'kkL=fofgr gk og vkpkj g vkj 'k"k vukpkjA bl lEcu/k e lHkh /kek dh eku;rk leku g] blfy, vkpkj ,d lkoHkkfed rÙo gA

ijkru dkfyd vkpkj

ijkru dkfyd vkpkj 'kkL= fofgr vkpkj gA ekuo d vkpkj vkj fopkj dk fu;fU=r dju e 'kkL= gh iek.k ekuk x;k gA xhrk e dgk x;k g fd ^dÙko; vkj vdÙko; dh O;oLFkk e 'kkL= gh iek.k gA tk 'kkL=fofgr de g ogh vkpkj gA ofnd lkfgR; vkj tu lkfgR; e dk;kdk; ij xgurk l fopkj fd;k x;k gA vxek e Je.kkpkj d

fu:i.k e vfglk dh J"Brk lofofnr gA Jke.; dk vk/kkj gh vfglk g
 vkj vfglk gh vkpkj gA lHkh thok d ifr l ;e gh vfglk g&

^Avfglk fum.k fnVBk] l0o thol ltekA²

tk tho dk ugh tkurk] vtho dk ugh tkurk] tho vkj vtho
 nkuk dk ugh tkurk og l ;e dk dl tku ldrk gA vlko/kkuh iod dh
 x;h ekuo dh lEi.k iofük vukpkj dgykrh g] blfy, vkxek e
 ;rukiod iR;d iofük dju dk fun'k fn;k x;k gA v;rukiod
 pyuokyk] v;rukiod [kMk gku okyk v;rukiod cBuokyk] v;rukiod
 lkuokyk] v;rukiod Hkktu dju okyk vkj v;rukiod ckyu okyk =l
 vkj LFkkoj thok d ifr fglk djrk g vkj fglk vukpkj gA dl py\
 dl [kM gk\ dl cB\ dl lk,\ dl [kk,\ dl cky\ ftll ikide
 dk cu/ku u gkA bu i'uk d mÜkj e dgk x;k lko/kkuh iod pyu [kM
 gku] cBu] lku] [kku vkj ckyu l =l vkj LFkkoj thok dh fojk/kuk ugh
 gkrh vkj ikide dk cu/ku Hkh ugh gkrkA tk lc thok dk vkReor ekurk
 g] tk lc thok dk lE;d n^oV l n[krk g] tk vklo dk fujk/k dj pdk
 g vkj tk nkUr g ml ikide dk cu/ku ugh gkrk D;kfd mldk vkpkj
 lE;d gA

xhrk e Hkh dgk x;k g fd ^Aftldk eu viu o'k e g] tk
 ftrfün; ,o fo'k) vUr^odj.k okyk g] vkReor loHkr^ok dh Hkkouk l
 ftldk eu vkrik g] ,lk de;kxh de dk vkpj.k djrk gvk Hkh fyrl
 ugh gkrkA rÜoKkuh n[krk gvk] lurk gvk] Li'k djrk gvk]
 l?krk gvk] Hkktu djrk gvk] xeu djrk gvk] lkrk gvk] 'okl yrk gvk]
 ckyrk gvk] R;kxrk gvk] xg.k djrk gvk] vk[kk dk [kkyrk vkj enrk
 gvk Hkh bu l vLi^oV jgrk gA³

vkxek vkj mifu^oknk nkuk xUFkk e of.kr vkpkj dh mnkÜk ijEijk
 dk ikyu djr g, nh?k thou dh dkeuk dh x;h gA ofnd 'kkL=k e
 ikr^odky tkxj.k l ydj jkf= 'k;u i;Ur rFkk tUe l ydj eR;i;Ur
 lEi.k fØ;k dykik dk foopu fof/k fu^ok/k :i e gvk g tk eu"; d
 dÜk0;kdÜk0; vkj /kek/ke dk fu.k; djrk gA blfy; onkfn leLr 'kkL=k
 e fuR; vkj ufefÜkd dek dk ekuo d fy, ije /ke vkj ije dÜk0; dgk
 gA vkpkj dk e[; ifrQy ;gh g fd bldk ikyu dju l ekuo dk

vUr%dj.k 'k) jgrk gA 'k) vUr%dj.k e gh Kku dh fuey/kkj iokfgr
gkrh gA

vkpkj dh oreku dlfyd mikn;rk

vkpkj dh mikn;rk =dfyd gA Hkr] oreku vkj Hkfo"; rhuk
dkyk e lnkpkj dk mikn; vkj dnkpkj dk g; ekuk x;k gA bruk
vo'; g fd ;x d vu:i 0;oLFkk e ifjoru gkrk g vkj tc 0;oLFkk e
ifjoru gkrk g rc eu"; d Åij Hkh mldk iHkko iMrk g vkj mld
vkpkj fopkj e Hkh ifjoru vkr gA dN ph t 'kk'or gkrh g mue dHkh
ifjoru ugh vkrkA t l xf.kr d fu;e] lR; ckyuk] fg l k u djuk vkfn
'kk'or gA dN 0;oLFkk, lkef;d gkrh gA le; fo'k" e gh mudh
l kFkdrk jgrh g] fdUr dkyURj e ifjofrr :i e ;k u; :i e mudk
lekt e inki.k gkrk gA vfg l k] lR;] vLr;] cāp; vkj vifjxg
'kk'ofrd eY; gA lHkh /kek vkj lEink;k e budk leku egÙo gA

ofnddkyhu vkpkj ijEijk e o.k 0;oLFkk dk egÙoi.k LFkku gA
;g 0;oLFkk doy Hkkjr rd gh l hfer gA Hkkjr e ofnd ijEijk vkj Je.k
ijEijk e bl 0;oLFkk ij fHkUu fHkUu n"Vdk.kk l fopkj fd;k x;k gA bl
0;oLFkk dk vk/kkj ;g g fd eu"; d pkj ?kVd g&'kjhj] eu] cf) vkj
vkRek] ftUg Øe'k% vFk] dke] /ke vkj ek{k p kfg,A vFk eyr% 'kkjhjd Je
l vftr gkrk gA Jfed ox tk vFkikt u d jrk g] ikphu Hkk"kk e ml
'kn dgk x;kA eu dh dkeukvk dh ifr d fy; tk ox inkFkk dk forj.k
djrk g og o'; dgyk;kA /ke dh LFkkiuk dju dk dk; {kf=; dk vkj
ek{k ex dk ifriknu djuokyk ckā.k gA lekt d ; pkj o.k lekt
i#"k d pkj vxk d leku gA ij 'kn gA ft l idkj ij ij ijk 'kjhj
fVdk jgrk g mlh idkj Jfed ij lkj lekt fVdk gA ;fn Jfed Je
u dj rk lekt 0;oLFkk gh lekIr gk tk;A o'; mnj d leku g] tk
dN Hkh iV e Mkyk tkrk g iV ml viu ikl ugh j[krk] lkj 'kjhj e
vko';drkulj forfjr dj nrk gA o'; dk Hkh lekt d fy; ;gh dk;
gA {kf=; Hk tk gA Hk tk; 'kjhj dh j{k dkjrh g] {kf=; Hkh lekt dh j{k
djrk gA ckā.k lekt e Kku dk ilkj djrk g vkj Kku gh ek{k nu
okyk cu tkrk gA

ikphudky dh ;g o.k0;oLFkk vk/kfud ;x e tkfriFkk e cny
x;h gA viu ey:i e bl 0;oLFkk e vud dfe;k jgh gA lcl cMh
deh g ^Åp&uhp dk HknHkko ;g bl 0;oLFkk dk vx cuk jgkA fl)kUrr%
pkjk o.k ,d gh lekt i#"k d pkj vx g vkj pkjk dk leku egÙo g]
fdUr 'kn d ifr vU; o.kk dk HknHkko lofofnr gA _Xon e dgk g fd
'kn ijei#"k d ij l mRiUu gvk gA bl vk/kkj ij 'kn dk lcl fuEu

eku fy;k x;kA ;|fi ;g 0;k[;k ;fDr lxr ugh FkhA ijei#"k d l Hkh
 vx ifo= gkr g] m l l mRiUu gku oky dk vNr ekuuk ;fDr lxr ugh
 FkhA ;fn iko l mRiUu gku d dkj.k 'kn vifo= gkrk rk m l h dkj.k Hkfe
 dk Hkh vifo= ekuk tkuk pkfg, Fkk] fdUr Hkfe dk ekrk ekudj iT; ekuk
 x;k gA ;ton e c<b] jFkdj] dEHkdj vkj ykgjk dk ueLdkj fd;k
 x;k gA cgnkj.;dkifu"kn e dgk g fd 'kn dk lEcU/k i"kk nork l g
 vkj og i"kk nork gh lcdk ik"kk.k djr gA⁴ ;g lc gku ij Hkh bl ckr
 l bUdkj ugh fd;k tk ldrk fd bfrgk l e 'knk d l kFk HknHkko dh
 fLFkr cuh jghA

vk/kfud ;x e o.k0;oLFkk vkj tkfr 0;oLFkk e ifjoru Li"V
 ifjyf{kr gk jgk gA NvkNr ;k HknHkko dk lo/kkfud nf"V l n.Muh;
 ekuk x;k gA ;kX;rk dk vk/kkj tUe ugh cfYd de gA viuh ;kX;krk d
 vk/kkj ij l Hkh o.kk vkj tkfr;k d ykxk dk mPpin iklr dju dh NV
 gA volj dh lekurk u o.k tkfr d chp HknHkko dk de dj fn;k gA

vkxek e o.k0;oLFkk dk egUo ugh fn;k x;k gA vkxek e tUeuk
 o.kk dh mRifUk d fl)kur dk eku;rk ugh nh x;hA vkxek e dgk x;k g
 fd 'de l eu"; ckã.k gkrk g] de l {kf=; gkrk g] de l o'; gkrk g
 vkj de l 'kn gkrk gA⁵ eu"; dk vkpj.k gh J"B gA lekt e fd l h Hkh
 o.k ;k tkfr dk vkneh gk ;fn og J"B vkpj.k djr g rk mldh i'k l k
 gkrh g vkj ;fn og njpj.k djr g rk mldh fuUnk gkrh gA

ikphu lekt e o.kkJe 0;oLFkk ipfyr Fkh vkj fof/kor mldk
 ikyu fd;k tkrk FkhA fdUr vk/kfud ;x e ;g 0;oLFkk gklkUe[k gA bl h
 idkj lldkj d fo"kk; e Hkh n[kk tkrk gA igy lkyg lldkj l lEiUu
 0;fDr vkpkjoku Kkuoku vkj rtLoh gkrk Fkk] fdUr vkt dN gh lldkj
 dk ikyu fd;k tk jgk gA ikphudky e idfr dk 'k) dju d fy;
 cM&cM ;Kk dk vk;ktu fd;k tkrk Fkk ft l l i;koj.k 'k) jgrk Fkk]
 fdUr vkt mudk Hkh vHkko fn[kk;h iM jgk gA ipegkork d ikyu e
 vkt 'kfFkY; n[kk tkrk gA fg l k c< jgh gA >B] pkjh] ij/kukigj.k vkfn
 vufrd dk;k l ekuo thou Hkh l jf{kr ugh jgk gA

lnkpj d ikyu e gkl d dkj.k lekt e vud leL;k, mRiUu
 gk jgh gA bl oKkfud ;x e Hkkfrd lk/kuk dh of) vo'; gk jgh g]
 fdUr vk/;kfred eY;k d gkl l Hkh bUdkj ugh fd;k tk ldrkA jk"V dk
 fodkl doy Hkkfrd lk/kuk d fodkl l ugh gk ldrkA fodkl d fy;
 vko';d g fd Hkkfrdrk vkj v/;kre e leUo; gA vk/kfud ;x e ;fn
 vkpkj mif{kr jgk rk oKkfud fodkl fouk'k e ifjofrr gk ldrk gA

i ;koj.k vkj vkpkj

i ;koj.k vkj vkpkj dk ?kfu"B lEcU/k gA gekj pkjk vkj tk dN Hkh g og lc i ;koj.k dk lgk;d rUo gA thou dk vflrRo ikdfrd rUok d lryu ij fvdK gA ftl okrkoi.k l iFoh f?kjh g ml okrkoi.k e iR;d rUo ,d vuikr e gA ;fn bl vuikr e ,d lhek l vf/kd vUrj iM tk; rk thou leklr Hkh gk ldrk gA i ;koj.k d fuek.k e iFoh] ty] rt] ok;] vdkd'k] ouLifr] ekuo rFkk ekuorj lHkh ikf.k;k dk egUoi.k ;kxnu gA i ;koj.k dh lj{kk d fy; doy bruk le>uk vko';d ugh g fd idfr gekj fy; mi;kxh gA le>uk ;g g fd ge idfr d ,d vo;o gA ftl idkj gee thou g mlh idkj idfr d iR;d d.k&d.k e thou gA ekuo idfr dh mi{kk djd viu vflrUo dk ugh cpk ldrkA ;fn ml viu vflrUo dh j{kk djuk g rk thou d gj :i dk i'k&i{kh} iM&ik/k] iFoh] ty] vfxu] ok; vkj vdkd'k rd dk ljf{kr j[kuk gkxkA bu ikpk rUok dh lj{kk vkj lj{kk eu"; ij fuHkj gA idfr u ekuo dk miHkkx d fy; ,d v{k; [ktkuk fn;k gA ;fn bl dk lni;kx fd;k tk; rk ;g leklr gku okyk ugh g] fdUr ;fn bu rUok dk n#i;kx fd;k tk,xk rk leklr Hkh gk tk;xk vkj ekuo d vflrUo d fy; ldv Hkh mifLFkr gk tk;xkA idfr d bl dk'k l ekuo ftruk xg.k dj mruk nu dk Hkh i;k l dj rk yu&nu e lUryu cuk jgxx vkj nkuk d vflrRo dh Hkh j{kk gkrh jgxhA blfy; ljf{kr i ;koj.k ekuo d vflrUo d fy; vko';d gA

ikphudky d _f'k vkj egf'k i ;koj.k dh lj{kk d ifr cgr gh lp"v FkA idfr d ifr vk;/kfRed nf"Vdk.k d dkj.k i ;koj.k fo'k) jgrk FkA cgnkj.;dkifu"kn e ouLifr;k dh i#"k l ryuk dh x;h g&^o{k vkj i#"k ,d leku gkr gA o{k d iUk gkr g vkj i#"k d 'kjhj e iUk dh txg jk, gkr gA i#"k d 'kjhj e tk Ropk g mldh lerk e o{k d ckgjh Hkkx e Nky gkrh gA i#"k dh Ropk l jDr prk g vkj o{k dh Nky l xkn fudyrk gA ftl idkj vk?kk yxku ij o{k l jl fudyrk g] mlh idkj pkV [kk; g, i#"k 'kjhj l jDr iokfgr gkrk gA i#"k d 'kjhj e ekl gkrk g vkj ouLifr d 'kdj %Nky dk Hkhrj v'k%A i#"k d Luk; tky d Hkhrj t l gMMh gkrh g] ol gh o{k e fdukV d Hkhrj dk"B g rFkk eTtk rk nkuk e eTtk d leku gh fuf'pr dh x;h gA**6 ;fn o{k dk eylfr m[kkM fn;k tk; rk og fQj mRiUu ugh gkxk] blh idkj ;fn eu"; dk eR; Nnu dj n rk og fd l ey l mRiUu gkxkA

mifu"knk e o{k vkj eu";k e leku tho dh dYiuk dh x;h gA _f'k;k dk nf"Vdk.k o{k d ifr vk;/kfRed Hkko l lEiUu FkA blfy;

ouLifr;k vkj o{kk dh itk gkrh FkhA xhrk e Hkxoku Jhd".k dgr g fd
o{kk e e v'orFk o{k gA⁷ ; lc mfDr;k o{kk vkj ouLifr;k d ifr
J)kHkko ixV djrH gA xhrk e ipegkHkrk iFoh] ty] vfXu] ok; vkj
vkdK'k dk Hkxoku d".k u viuh idfr dgk gA⁸ ; rUo ekuo d fy,
mru gh ituh; g ftru dh b'ojA budh itk djuk b'oj dh itk djuk
gA ;gh dkj.k g fd o{kk e noRo dk vkjki djd gekj n'k e o{kk dh
itk dh tkrh gA

miHkkDrkoknh lldfr d c<r iHkko d dkj.k eu"; viu iju
vkn'kk vkj ijEijkvk dk Hkydj ikdfrd rUok dk vU/kk/kU/k nkgu dj jgk
gA vko';drk l vf/kd oLrvk dk mi;kx ekuo d vufrd vkpj.k dk
ifj.kke gA

mifu"knk e i;koj.k d ifr vk/;kfRed nf"Vdk.k d dkj.k
ikdfrd miknkuk dk l{j.k fd;k tkrk FkkA ;gh vk/;kfRed nf"Vdk.k
tukxek e Hkh fn[kk;h iMrk gA vkxek e Hkh ouLifr dh ryuk eu";k l
dh x;h gA vkpkjix vkxe e dgk g] ^t l eu"; dk 'kjhj tUe/kek g]
ol gh ouLifr dk 'kjhj Hkh tUe /kek gA t l eu"; dk 'kjhj c<rk g]
ol gh ouLifr dk 'kjhj Hkh c<rk gA t l eu"; dk 'kjhj prU; ;Dr g]
ol gh ouLifr Hkh prU; ;Dr gA t l eu"; dk 'kjhj fNUu gku ij Eyku
gkrk g] ol gh ouLifr Hkh fNUUk gku ij Eyku gkrh gA eu"; dk 'kjhj Hkh
vkgkj djrk g] ouLifr Hkh vkgkj djrH gA eu"; 'kjhj Hkh vfuR; g]
ouLifr Hkh vfuR; gA eu"; 'kjhj Hkh v'kk'or g] ouLifr Hkh v'kk'or gA
eu"; 'kjhj Hkh mifpr vkj vifpr gkrk g] ouLifr Hkh mifpr vkj
vifpr gkrh gA eu"; 'kjhj Hkh fofo/k voLFkkvk dk iklr gkrk g] ouLifr
Hkh fofo/k voLFkkvk dk iklr gkrh gA bl idkj ekuo 'kjhj d l kFk
ouLifr thok dh ryuk lok³xh.k : i l gkrh gA^{**9} mifu"knk vkj vkxek
dk bl lEcU/k e erD; gA nkuk fopkj /kkjk; ekuo vflrUo d leku
ouLifr;k d vflrRo dk Lohdkj djrH gA

ikphu dky dh eukofUk vkt dh eukofUk l loFkk fHkUu FkhA
ikdfrd miknkuk e v/;kReofUk d dkj.k i;koj.k fo'k) jgrk FkkA
i;koj.k dh fo'kf) ikf.kek= d l[ke; vkj 'kkfUre; thou d fy;
viffkr gA

i;koj.k vLUryu

fodkloknh oKkfud ;x e ekuo dh vko';drk; c<h gA
vko';drk dh ifr d fy; ekuo vufrd vkpj.k dju d fy; Hkh dfVc)
gA l;e dh lhek, Hkh mlu rKM nhA l;e vfglk g vkj vl;e fglk gA
ftruk&ftruk l;e mruh&mruh vfglk] ftruk&ftruk vl;e

mruh&mruh fglkA vkt vl;e d dkj.k fglk c<h gA i;koj.k d lEcU/k
 e Hkh bl rF; dk n[kk tk ldrk gA vkt i;koj.k vlUrfyr gk jgk gA
 bld vud dkj.k gA ukfHkdH; foLQkV Hkh mUgh dkj.kk e l gA oKkfudk
 dk dguk g fd ;fn ukfHkdH; ;) gvk rk fo'ofLFkr e Hkkjh ifjoru
 vk;xkA lEi.k fo'o dk ifjn'; gh cny tk,xkA dgh rkieku de gk
 tk,xk vkj dgh cgr vf/kd c< tk;xkA dgh Hk;dj lnh iMxh vkj dgh
 Hk;dj xehA bl idkj lEi.k okrpØ gh ifjofrr gk tk,xkA ;g ukfHkdH;
 foLQkV vkj v.k;) dh foHkhf"kd dk dk ifj.kke gkxkA

i;koj.k vlUryu e nljk dkj.k g ouk dh v/kk/kk dVkbA ou
 ekuo dk iR;{k vkj viR;{k :i l lg;kx inku djr gA ouk dh dVkb
 l dkcUMkbvkdIkbM dh ek=k c< jgh gA bld c<u l rkieku c<rk gA
 rkieku d c<u l j{kk dop vktku Nrjh Hkh VVrh pyh tk jgh gA
 vktku Nrjh d u"V gku l l; dh ijkcxuh fdj.k ekuo d vflrUo dk
 Hkh u"V dj ldrh gA i;koj.k d vlUryu e ekuo dk ;kxnu lcl
 vf/kd gA ekuo u vud oLrvk dk viU miHkkx d fy; r;kj dj fy;k
 gA bl idkj ekuo dh vfu;fU=r bPNk'kfDr gh mld fouk'k dk dkj.k
 fl) gkxhA i;koj.k dk lUryu fcxMk vkj lIjk d fy; ekr dk
 fueU=.k vk x;kA ;g lUryu D;k fcxM jgk g\ bldk dkj.k vkpkjkx
 vxex e bl idkj fn;k x;k g&^ekuo oreku thou dk l[kh cuku d
 fy,] i'klk lEeku vkj itk d fy,] tUe&ej.k vkj ekpu d fy, vkj
 n[k ifrdkj d fy,* lEi.k dk; dj jgk gA¹⁰ i;koj.k foKku dk
 egUoi.k l= g inkFk lhfrr g] blfy; miHkkx de djKA inkFkk dk
 miHkkx de gk] ikuh dk 0;; de fd;k tk;] miHkkx dk l;e fd;k tk;A
 Hkxoku egkohj u HkxkxiHkkx d l;e dk tk or fn;k] og i;koj.k foKku
 dk egUoi.k l= gA bu l=k dk le>dj gh i;koj.k dk l{jfkr j[kk tk
 ldrk gA i;koj.k dh l{jkk thou dh l{jkk gA

vkpkj vkj thou

vkpkj dk lEcU/k ekuo l gA ekuo ,d food'khy ik.kh gA
 lnkpkj vkj njkpkj dju e og LorU= gA ;fn lnkpkj d }kjk thou
 ;kiu djrk g rk og lnxfrr iklr djrk g vkj ;fn njkpkj d }kjk
 thou ;kiu djrk g rk og v/kkxfr dk iklr djrk gA 'kkL=k dk v/;;u
 vkj lk/lxfr ; nk lIjk: ih fo"o ofk d Qy gA¹¹ 'kkL=lEer e;knkvk
 dk ikyu gh vkpkj gA thou ;kiu djuk dkb cMh miyfc/k ugh gA dku
 dl thrk g] bl vk/kkj ij miyfc/k;k dk eki gkrk gA dN ykx viU
 fy, thr g] dN nljk d fy, thr g vkj dN nkuk d fy, thr g]
 viU fy, thu oky LokFkh dgykr g viuh fpUrK NkM nljk d fy, thu
 oky ijkFkh dgykr g vkj tk 0;fDr viU fy, ijk thou thr g vkj

nlj dh vi{kkvk dk Hkh vun[kk ugh djr] o mHk;e[kh 0;fDrRo l lEiUu
 gkr gA vxek e Hkh rhu idkj d 0;fDrUok dh ppk g vKRekudEih]
 ijkudEih vkj mHk;kudEihA vKRekudEih LokFk dh ifjØek djrk gA
 ijkudEih viuh mi{kk djd Hkh nljk dh fgrfpUrK djrk gA mHk;kudEih
 0;fDrRo lUryu dk l{kHh curk gA lUryu dk ck/k thou ;k=k dh
 lQyrk dk ,d fpUg gA ekuo thou e lUryu rHkh vk ldrk g tc
 mldh , "k.kk lelr gkA bl lIkj e rhu idkj dh , "k.kk; g&i="k.kk]
 foUk" k.kk vkj ykd" k.kkA¹² ekuo QyLo:i i;ktu l ifjr gkdj gh lKj
 lK/kuk dk Lohdkj djrk gA tc rd ekuo dh , "k.kk lelr ugh gkrh] rc
 rd lE;d vkpj.k dh vk'kk ugh dh tk ldrhA

Hkkjrh; lldfr d 'kk'or eY;k e ekuo dk vkpj.k ifrfcEcr
 gvk gA b'oj l ikFkuk dh x;h g fd ^g b'oj! e> vlr l lr dh vkj
 y pyk] vU/kdkj l idk'k dh vkj y pyk vkj eR; l vejro dh vkj
 y pykA¹³ lR] idk'k vkj vejro iklr gku d ckn eu"; dk pkfg, gh
 D;k\ ekuo dh lHkh idkj dh , "k.kk vkj bPNk lelr gk tkrh gA og
 vlrdke gk tkrk gA vxek e i#"kkFk d lEcU/k e ij.kk nh x;h gA
 i#"kkFkh 0;fDr viu b"V dk lEcy ;k vkyEcu iklr dj ldrk gA vxek
 e dgk x;k g fd ^veXx ifj;k.kkfe eXx moliTtkfe] vUuk.k ifj;k.kkfe
 uk.k moliTtkfe] fePNÜk ifj;k.kkfe lEeÜk moliTtkfeA

deX dk lou ugh djuk pkfg,] lUekX dk vulj.k djuk
 pkfg,A vKku dk NkMdj Kku ekX dk vkJ; yuk pkfg,A feF;kRo dk
 NkMdj lE;DRo dk vkpj.k djuk pkfg,A

Ig vflrÜo vkj vkpj

Ig vflrÜo dk vFk g viu vflrÜo d leku vU; thok d
 vflrÜo dk Lohdkj djukA lIkj d lHkh inkFk vflrRooku gA lHkh inkFk
 e ijerÜo dh vkHkk idkf'kr gk jgh gA d.k&d.k e b'oj dk okl gA
 mifu"kn e dgk x;k g fd ^vf[ky cãk.M e tk dN Hkh tM&pru Lo:i
 tXr g] og lc b'oj l 0;klr gA¹⁴ bl tXr dh jpuk djd o Lo; Hkh
 mle ifo"V gk x;A ifo"V gku d ckn eÜk vkj veÜk :i l vFkr n[ku
 e vku oky iFoh] ty vkj rt bu Hkrk d :ik e rFk ok; vkj vkdk'k
 bu u fn[kk;h iMu oky Hkrk d :i e ixV gk x;A blhfy, Kkuhtu ;g
 dgr g fd ^;g tk dN n[ku&luu vkj le>u e vkrk g] og lc dk
 lc lR; Lo:i ijeKRek gh gA ;g lEi.k pjkpj tXr b'oj d vflrÜo
 l vflrRooku gA¹⁵ tc lHkh inkFk e ,d gh rÜo dh lÜkk dk idk'k
 idkf'kr gk jgk g rk lIkj d lHkh inkFk mru gh vflrÜooku g ftruk
 fd eu";A lIkj d lHkh ikf.k;k dk thou fi; g] ejuk dkb ugh pkgrA

;g lHkh thok dk leku vfHkik; gA blfy; Lo; l fHkUu ikf.k;k dk vii
 leku n[kuk pkfg;A ;g vkReryk dk fl)kur gA vkReryk d lUnHk e
 vkxek dk ;g vkn'k g fd ^fdlh Hkh ik.kh] Hkr] tho vkj lUo dk guu
 ugh djuk pkfg,] mu ij 'kklu ugh djuk pkfg,] mUg nkI ugh cukuk
 pkfg,] mUg ifjrki ugh nuk pkfg, vkj mudk ik.k fo;ktu ugh djuk
 pkfg,A¹⁶ mifu"knk e ikf.k;k d l kFk ojHkko dk NkMdj l kFk&l kFk iR;d
 dk; dju dh ij.kk nh x;h gA bli l kfgdrk dh Hkkouk dk fodkl
 gkrk gA l lkj e ftru Hkh =l vkj LFkkoj ikk.h g mud vflrUo dk
 Lohdkj djuk pkfg; vkj lHkh ikf.k;k d l kFk e=h Hkko j[kuk pkfg,A
 lg&vflrUo d lUnHk e vfglk dk foopu vko';d gA oLr rUo dk
 tkuu oky 0;fDr ikf.kek= dk vkRery; le>dj ihfMr ugh dja o
 le>r g tl dkb 0;fDr e> ekjr g] xkyh nrk g] cykRdkj l
 nklnklh cuk viuh vkKk dk ikyu djrk g] rc e tlk n[k vuHko
 djrk g] ol gh nlj ik.kh Hkh ekju&ihVu] xkyh nu l n[k vuHko dja
 gkxA blfy, fdlh Hkh ik.kh dk ekjuk] d"V nuk] cykr vkKk euokuk
 mfpr ughA¹⁷ mUkj;/;u e dgk g ^lcdk lc idkj l v/;kRe b"V g]
 lHkh ikf.k;k dk viuk thou fi; gA Hk; vkj }"k l fuoUk l k/d fdlh Hkh
 ik.kh d ik.kk dk guu u dja

lekt vkj jk"V Hkh lg&vflrUo d vk/kkj ij fvd g, gA 0;fDr
 lldkj dk iryk gA mle lcl vf/kd ?ku lldkj viuh l[k lfo/kk d
 gkr gA inkFkofUk d lldkj LokFk l de gkr gA inkFk dh Hkh db
 Hkfedk; g&ifjokj] tkfr] lekt] ikr vkj jk"V] fQj eu"; vkj ik.kh
 txrA bue Øe'k 0;kidrk gA 0;fDr dk Lo ftruk fo'kky curk g]
 mruk gh og Lo; fo'kky cu tkrk gA ;g vkRekiE; cf) ;k vkReryk dk
 foLrkj {k= gA igy ekuo vii ikfjokjd tuk dk vii leku le>u
 yxrk gA fQj mlu Øe'k viuh tkfr] lekt] iku vkj jk"V d 0;fDr;k
 dk vii leku ekuA vx tdkj ekuo&ekuo] Hkbb&Hkbb dk Loj xtkA
 vflre pj.k e ^ikf.kek= leku g* ;g cf) e lek x;kA lg&vflrRo
 lerk dk n'ku gA

mifu"knk e lerk] lg&vflrRo vkj vkReryk dk o.ku in&in
 feyrk gA mifu"kn n'ku vkRen'ku gA vkRen'ku dk vFk g fd tk eu";
 vii leku lHkh thok dk vkj lHkh thok e vii dk n[krk g og
 vkRen'kh gkrk g vkj fdlh ik.kh l ?k.kk ugh dja xhrk e Hkh dgk x;k
 g fd lo0;kikh vuUr pru e ,dhHkko l flFkfr:i ;kx l ;Dr
 vkRekokyk rFkk lcdk leHkko l n[kuokyk ;kx vii dk lEi.k Hkrk e
 flFkfr vkj lEi.k Hkrk dk vii e dfYir n[krk gA¹⁸

IUnHk Iph

- 1- vHk; I ÛoI 'kf) Kku; kx0; ofLFkfr%A
nku ne'p ;K'p Lok/;k;Lri vktoeAA
vfglk I R;eØK/kLR;kx% 'kkfUrji'kueA
n;k Hkr"oykylRo ekno ghjpkkiyeAA
rt% {kek /kfr% 'kkpenkgkukfrefurkA
HkofUr lin nohefHk tkrL; HkkjrAA xhrk & 16@1] 2] 3
- 2- n'kodkfyd 6@8
- 3- xhrk 5@7]8]9
- 4- l uo 0;HkoRI 'kkn o.kel tr i"k.kfe; o i"k; ghn lo i";fr ;fnn
fd'pA cgnk0 1@4@13
- 5- dEe.kk cEHk.kk gkb dEe.kk gkb [kfUkvkA
oblIk dEe.kk gkb lík gob dEe.kkAA mUkjk/;;u 25@33
- 6- ;Fkk o{kk ouLifrLrFko i#"kk-e"kkA
rL; ykekfu i.kkfu RoxL;kRikfVdk ofg%AA
Rod ,okL; :f/kj iL;fun Rod mRiV%
rLekUknkr..kkrr ifr jlk o{kkfnokgrkrAA
eklkU;L; 'kdjfk.k fdukV Luko rr fLFkjeA
vLFkhu;Urrjk nk:f.k eTtk eTtkiek drkAA
cgknkj0 3@9@1]2]3
- 7- Å/oeye/kk'kk[ke'oRFk ikgj0;;eA xhrk 15@1
- 8- Hkfejkik-uyk ok;% [k euk cf) jopA xhrk 7@4
- 9- vkpkjkx Hkk"; 1@5@113
- 10- beLI po thfo;LI] ifjon.k&ek.k&i;.kk,] tkrh&ej.k&ek;.kk,]
nD[kifm?kk;gmA vkpkjkxHkk"; 1@5@103
- 11- l lkjfo"ko{kL; } ,o jloRQyA
dk0;kerjlkLokn% l 3xe% ITtu% l gA
fgrkin'k] fe=ykhk] 'ykd 146
- 12- ckã.kk% i="k.kk;k'p foUk"k.kk;k'p ykd"k.kk;k'p 0;RFkk;kFk fhk{kkp;
pjfurA cgnkj0 3@5@1
- 13- vlrk ek lr xe;] relk ek T;kfrxe;] eR;k% ek verxe;A ofnd
lkfgr; dk bfrgkl & Mk- jktfd'kkj flg i"B 231
- 14- b'kk okL;fen lo ;fRd'p txR;k txrA b'kkol;kifu"kn] eU= 1

- 15- rfÙkj h; kifu"kn oYyh 2] vuokd 6
- 16- l0o ik.kk l0o Hkrk l0o thok l0o lÙkk .k gr0ok] .k vTtko;0ok] .k
ifj/kr0ok] .k ifjrko;0ok] .k mío;0okA vpkjkx Hkk"; 4@1@1
- 17- l=drkx 2@1@15
- 18- loHkrLFkekReku loHkrkfu pkRefuA
b{kr ;kx;DrkRek lo= lenf'ku%A xhrk 6@29

mi l gkj

mi lgkj tu vxek vkj mifu"knk dh vkpkj ehelk

lklkfjd ikf.k;k e ekuo dh food lEiUurk lofofnr gA Kku
lEiUu gkr g; Hkh ekuo vkIfDr d o'khHkr gkdj vklo d
ek/e l de inxyk dk lp; dj bl l lkj l kxj e vUrghu ;k=k dk
ifFkd cuk gvk gA ekuo dh ;g l lkj ;k=k d l lelr gk] bld fy;
'kk'ofrd dY;k.k dk ekx 'kkL=k e mifn"V gA vkRedY;k.k ;k
vkRel{k}kkRdkj dk gh 'kkL=k u thou dk ije y{; crk;k gA /ku /kku;
bR;kfn Hkkfrd oLr, u'oj gA bul eu"; dHkh lUr"V ugh gk ldrkA
dBkifu"kn e dgk x;k g fd /ku l eu"; dk dHkh rlr ugh fd;k tk
ldrkA ykd e /ku dh ikflr fdlh dk Hkh rlr dju okyh ugh n[kh x;hA
vkRedY;k.k ;k vkRel{k}kkRdkj gh J; gA bl y{; dk iklr dju d fy;
lE;d n'ku] Kku vkj pkfj= dk vlk/kkj.k dkj.k ekuk x;k gA ;lfi ;
rhuk feydj vkRekUuk;d gkr gj rFkffi mue pkfj= dh egUkk lokifj gA
pkfj= dh i"BHkfe vkpkj gh gA blfy; dgk x;k g fd ^;Lr fØ;koku
i#"k% l fo}ku* fØ;koku vFkkr vkpkjoku i#"k gh fo}ku gkrk gA tu
ijEijk e vkpkj dh vfHkO;tuk tgg vxek e g;h g] ogh ofnd ijEijk e
mifu"knk e crk;k x;k g fd ftruk n'; inkFk g] og lHkh vfuR;] vi.k
,o n[k:k i gA bu inkFk e l[k dh bPNk rFk dYiuk Hkeek= gA ; lkj
inkFk doy thou ;kiu e lgk;d gA ; gekj lk/kuek= g] lk/; ughA
blfy; bud ifr ePNk dk R;kx vko';d gA lklkfjdfo"n;k e eeUocf)
tc rd jgxh] n[k[k dh vR;furd fuofUk [ki"ikf;r gh jgxhA tc rd
cf) ekgkPīUu g] rc rd vfo]k l efDr ugh fey ldrhA
b'kkokL;kifu"kn e dgk g&^tk eu"; Hkkxk e vkIDr gkdj mudh ikflr d
lk/ku:i vfo]k dk fofo/k idkj d dek dk vu"Bku djr g] o mu dek
d QyLo:i vKkukU/kdkj l ifji.k fofo/k ;kfu;k vkj Hkkxk dk gh iklr
gkr gA o eu"; tUe d pje vkj ije y{; dk u iklr dj fujUrj tUe
eR; ;i l lkj d iokg e iM g, fofo/k rkik l lrlr gkr jgr gA nlj
tk eu"; u rk vUr%dj.k dh 'kf) d fy; dUkku d vfHkeku l jfgr
dek dk vu"Bku djr g vkj u food ojKX;kfn Kku d ikFkfed lk/kuk
dk gh lou djr g] ijUr doy 'kkL=k dk i<dj viu e fo]k dk Kku
dk feF;k vkjki djd KkukfHkekuh cu cBr g] ,l feF;kKkuh eu"; viu
dk Kkuh ekudj] ^gekj fy; dkb Hkh dUko; ugh g* bl idkj dgr g;
dUko;dek dk R;kx dj nr g vkj bfUn;k d o'k e gkdj 'kkL=fof/k l
foijhr euekuk vkpj.k dju yxr g] ,l eu"; i'k&i[kh] 'kdj&ddj
vkfn uhp ;kfu;k dk iklr gkr gA Kku l gh vKku nj gkrk gA 'kkL=

ifrikfnr Kku vkj rnudy vkpj.k gh J"B ekx g] tk ekuo dk viu
xUr0; rd igpk ldrk gA

Kku dh mikn;rk vkj vKku dh g;rk

vkxe vkj mifu"kn lPNkL= gA nkuk vKkuku/kdkj dk nj dj
Kku:ih idk'k l ykd dk idkf'kr dj jg gA nkuk 'kkL=k dk ck/k gh
lE;d ck/k gA ,d e ;fn vfglk ij vf/kd cy fn;k x;k g rk nlj e
Kku iJA vxek e ;gk rd dg fn;k x;k g fd ^tLI .kfrFbek .kkb]
v..kk rLI dvk fl;k⁴² vFkk r ftl vfglk /ke dk Kku ugh g] ml vU;
rUok dk Kku dgk l gkxk\ vfglk thou g vkj fglk eR;A tUe vkj
eR; thou d nk Nkj gA vxek e tUe vkj eR; nkuk l Åij mBu dh
ckr dgh x;h gA ^u thu dh vdk{k dk vkj u eju dh bPNk djKA
thou vkj ej.k nkuk e vkIDr er cukA* tUe&eR; d iokg dk rju
okyk efu rh.k] eDr vkj fojr dgykrk gA

tu vkj ofnd nkuk ijEijkvk e efDr lcdk okfNr gA ;gh
thou dk pje y{; gA vukfndky l thou ej.k d pØ e ?kerk gvk
;g tho eDr gkdj viU Lo:i e vofLFkr gk tk,] blh d fy; tu vkj
ofnd ijEijk dk miØe gvk gA mí'; dh lekurk gku ij Hkh mí'; ifr
d l/kuk e nkuk txg Hkn n[kk tkrk gA tu ijEijk e tgg lE;d n'ku
Kku vkj pkfj= dk nMpØ phoj U;k; l efDr dk l/kuk ekuk x;k g ogh
mifu"knk e doy Kku dk gh efDr dk l/kuk ekuk x;k gA Kku idk'k g
vkj txr idk'; gA bl dh okLrfodr dk idkf'kr dju d fy; rFkk
vkReLo#i d l{k{kRdkj d fy; idk'k Lo:i Kku dh gh vko';drk gA
vU/kj dk idk'k l gh nj fd;k tkrk gA blfy; vKku :ih cu/kuk l
eDr gku d fy; Kku:ih idk'k ftl v[k.M ck/k dgk tkrk g mlh dh
mikn;rk vkifu"kn ijEijk e eku; gA dgk Hkh x;k g fd fcuk Kku d
efDr ugh gkrhA Kku l tho d Lo:i] l j{k.kkik; vkj Qy dk ck/k gkrk
gA xhrk e Hkh Li"V :i l dgk x;k g Kku d leku dkb Hkh ifo= oLr
bl txr e ugh gA Kku:ih vfXu l Hkh dek dk HkLe dj nrh gA²

cgtu fgrk; vkj cgtu l[kk; dh dkeuk

mifu"knk vkj vxek e ekuoh; vkpj.k dk fu;fU=r dju d fy;
fn'kk fun'k fn; x; gA ;g fun'k fd l h ,d 0;fDr ;k fd l h ,d tkfr d
fy; ugh vfir leLr ikf.kek= d fy; vkpj.kh; gA opkfjd n"V l ;g
ckr fufookn g fd eu"; leLr ikf.k;k e loJ"B Kkuoku ,o fpUrd gA
ml viU Lo:i ,o y{; nkuk dh fof/kor tkudkj gA iekno'k vKku ;k
feF;kRo dk vkyEcu dj eu"; bl HkopØ e HkVd jgk gA lkhkx; l
ml dh n"V tc feF;kRo ijk³e[k gkrh g] rc og viU y{; dh vkj

mUe[k gkrk g vkj mldh ;g Hkkouk cyorh gk tkrh g rFkk og Jfropuk
dk vulj.k dj mld fy; fofgr vkpj.k dk vu"Bku djrk gA

Ikekftd lnhkk e vkpkj dk egÙo

fdlh Hkh vkpkj n'ku dk ekuo thou d lUnHk e D;k eY; gk
ldrk g] ;g bl ij fuHkj g fd og ekuothou ,o ekuo lekt dh
leL;kvk dk lek/kku dju e dgk rd leFk g vkj ekuo thou rFkk
ekuo lekt d fy; mldk D;k vkj fdruk lfØ; ;kxnu gA tu vkj
mifu"kn vkpkjn'ku dk eY;kdu dju d fy; ;g fopkj djuk gkxk fd
og o;fDrd ,o Ikekftd fodkl rFkk o;fDrd ,o Ikekftd thou dh
leL;kvk d lek/kku d fy; dku l l= iLrr djrk g vkj o l=
leL;kvk d lek/kku ,o thou dh ixfr e fdru l{ke g] Ikekftd
thou ij mudk D;k iHkko jgk g vkj mlu ;x dh Ikekftd leL;kvk
dk lek/kku fd l : i e iLrr fd;k g\

mi;Dr rF;k d lEcU/k e mifu"kn vkj vkxek e lKE; rFkk o"KE;
nkuk n[ku dk feyrk gA mifu"kn ijk fol k gA ijk fol k ogh gkrh g tk
vkrEl{kRdkj d }kjk tho dk viu y{; rd igpk nrh gA tho dk
y{; ekfk gA blfy; mifu"kn dk ek{kfol k Hkh dgr gA ;g ykdokn]
deokn] vkj fØ;kokn vkfn Hkkfrdokn l Åij mBdj doy vkrEokn dh
0;k[k;k djrh gA ykdokn vkfn idfr l lEcU/kr tMokn dh 0;k[k;k
djr gA mifu"kn bu ikdfrd ii'pk dk NkMdj Kkuokn dk 0;k[k;r
djr gA

o;fDrd n"V l mifu"kn 0;fDr d pje fodkl dk ifriknu
dju d lFk Ikekftd n"Vdk.k l loHkr leHkko dk min'k nr gA bl
b'kokL;kifu"kn e bl idkj dgk x;k g bl cãk.M e tk dN Hkh
n"Vxkpj gkrk g og b'oj ¼vkrEkk½ l 0;klr g] blfy; ikf.kek= e
vkrEn'ku djuk pkfg;A ,lh cf) gku ij ikjLifjd jkx&} "k ,o ?k.kk dk
Hkko mRiUu gh ugh gk ldrk vkj Ikekftd 0;oLFkk foJ[kfyr ugh gk
ldrhA³ xhrk tk mifu"knk dk lkjHkr xUFk g mle Hkh len'ku dk egÙo
ifrikfnr gA tk ekuo viu leku lc txg lHkh ikf.k;k dk n[krk g]
l[k vFkok n[k dk Hkh lce le n[krk g] og len'kh gkrk gA⁴ len'kh
0;fDr dfrlr de l loFkk fojr gk tkrk gA mldk ;g len'ku
Ikekftd 0;oLFkk dk e;kfnr j[ku e leFk gkrk gA vkrEor loHkr" k dh
ifo= Hkkouk l vkrikr] lE;Xn"V vkfn x.kk l lEiUu len'kh tho fg lk
djrk gh ugh] mld ân; e LokHkkfod :i l vfglkfu"Bk gkrh gA og
lo= vkrEn'ku gh djrk gA og u rk eR; dk n[krk g] u jkx dk vkj u
n[kRo dk ghA og lcdk vkRe:i gh n[krk gA tc tho dk vUr%dj.k

'k) gkrk g] rc fu'py Lefr gkrh g rFkk Lefr dh ikflr gku ij lEi.k
 xfUFk;k dh fuofÜk gk tkrh gA xfUFk;k dh fuofÜk gk tku ij tho
 vKkukU/kdkj dk ikj dj tkrk gA bl idkj mifu"kn vkpkj ehekIk e
 ,dRon'ku] loHkrfgdkeuk] vfglk] lR;] vLr;] cãp; vkj vifjxg dk
 ikyu] jx&} "k R;kx] Øk/k] eku] ek;k] ykhk] ekg] R;kx] 'kkL=ifrikfnr
 dek dk vkpj.k] lo= vkRen'ku djuk] fir&ifjr'k] x#tuk dk lEeku]
 fuR; ufefÜkd dek dk vu"Bku] bfUn; l;e d lFk gh lFk thou d
 lk/kkj.k l lk/kkj.k fØ;k dykik dk Hkh o.ku gA ;Fkk ikr%dky dc mBk
 tk;] mBu d ckn loiFke D;k fd;k tk; bld fy; 'kkp] nUr/kkou]
 Lukuj Hkktu] 'k;u vkfn lHkh dh fof/k crk;h x;h gA vr% bld vulkj
 thou /kkj.k djuk gh J; iFk dk voyEcu gA

vxek e vkpkjehekIk dk dUnh; LFkku iklr gA og /ken'ku dk
 ik.khkr gA vU; /kek e Hkh vkpkj dk de egÜo ugh fn;k x;k g] fdUr
 lHkh /kek e ml dUnh; LFkku ugh iklr gA Hkkrh; n'ku d lHkh lEink;
 viuk lkr mifu"knk e [kk tr gA U;k;&o'kf"kd] lk[;&kx] ehekIk rFkk
 onkUr lHkh n'kuk d e[; fopkj mifu"knk e fc[kj g; gA fdUr lHkh /ke
 n'kuk dh opkfjd i)fr] KkuehekIk vkj vkpkj ehekIk iFkd&iFkd gA
 opkfjd fofHkUurk d gkr g, Hkh onikek.; e lHkh ,d er gA ofnd
 n'kuk e lk[; n'ku ;kxn'ku dk gh rÜon'ku i{k gA U;k; e[;r] iek.k
 'kkL= g rFkk o'kf"kd inkFk 'kkL=] io ehekIk dk e[; ifrik] /ke vo';
 g] fdUr ml /ke dk Hkh dUn vkpkj u gkdj de&dk.M gA ijh Je.k
 ijEijk dedk.M d fo:) ufrd Loj dk ie[krk nrh gA ofnd dedk.M
 d rhu ie[k LrEHk g&K] nork rFkk LoxA tu vkpkj ijEijk d
 ifriknd vkpkjx tl ikphu vxex e bu rhuk dk gh mYy[k ugh gA
 bud LFkku ij vxek e vfglk] l;e vkj ri dh ppk gA ehekIk n'ku
 dk /ke vik#"k; gA mldk vk/kkj on gA on ifrik] /ke dk Kku doy
 on }kjk gh lEHko g] iR;{k ;k vueku iek.k }kjk ughA tu vkpkj ehekIk
 loFkk i#"k ifrikfnr gA vklr i#"kk }kjk ifrikfnr vxex mldk lkr g
 vo';] fdUr iR;{k ;k vueku iek.k d }kjk Hkh tu vkpkj ehekIk d rÜo
 xE; gh eku x; gA Hkxoku egkohj tl rhFkdj lR; dk lk{kkRdkj Lo;
 djr g] 'kkL= ;k x#opuk }kjk ughA tu /ke e ekuoh;rk vkj ufrdrk
 ij fo'k"ky fn;k x;k gA tu /ke dk ;g iHkko mifu"knk ij Hkh fn[kk;h
 nrk g&x°; cã rfnn colfe u fg eku"kkPN"Brj fg fdf'prA* vkpkj
 dh ifji.krk dk iklr eu"; e HkxoÜkk dh LFkkiuk tu vkpkj ehekIk dk
 ,d fof'k"V ;kxnu g] ftll LokoyEcu dk ,d egÜoi.k Loj e[kfjr
 gkrk gA

mifu"kn fl)kurk dk vk/kkj ekudj pyu oky lEink;k e onkur
 ie[k gA onkur dk ie[k fl)kur g vkRek vkj ijeRek dk v}rA vkRek
 vkj ijeRek d lk{kkRdkj dk ie[k lk/ku onkur e Kku g] tcf d tu
 n'ku e vkRek d ijeRe in dk iklr dju dk ie[k lk/ku pkfj= gA tu
 n'ku e vkRek gh ijeRek ugh g] cfYd vkRek e ijeRek cuu dh {kerk
 gA tu n'ku e vkpkj dk dUnh; LFkku iklr gA tu x.kLFkkuk dk fodkl
 Øe pkfj= dk fodkl Øe g] Kku dk ughA ;Fkk[;kr pkfj= dh iklr ij
 Kku ifji.krk dk iklr gk tkrk g] fdUr mldk Øfed fodkl vfuok;
 ugh gA x.kLFkkuk dh ;k=k iekn l viekn vkj d"kk; l {kh.kd"kk; dh
 ;k=k gA bl idkj ;fn leLr Hkkjrh; fpUru ijEijk e ;kx dk
 /;ku'kkL=] U;k; dk iek.k 'kkL=] ioehelk dk dedk.M'kkL= rFkk onkur
 dk Kudk.M'kkL= ekuk tk; rk tu n'ku dk lryrk l vkpkj 'kkL=
 dgk tk ldrk gA tu vkpkj/ke 'k)) fuR; vkj 'kk'or gA vkReK vgrk
 u ykd dk tkudj bldk ifriknu fd;k gA n'kodkfyd e dgk g fhkfk
 'kjhj dk R;kx n fdUr /ke'kklu dk u NkMA

vkxek e ekuo thou d ekgRE; dk cgr o.ku feyrk gA
 l=drkx e fy[kk g fd bl ekuoykd e /ke dk vkpj.k djd tho l lkj
 lkxj l ikj gk tkr gA ekuo dk NkMdj vU; xfr oky tho flf) dk
 iklr ugh gkr] D;kfd mue ,lh ;kx;rk ugh gA tukpkj 'kkL= e o;fDr d
 thou dk de egUo ugh fn;k x;k gA miuf"kn n'ku e tgg lo=
 vkRen'ku dh ckr dgh x;h g] ogh tu 'kkL=k e iFkd&iFkd ekuok e
 vkRen'ku dh ckr djd ekuo LorU=rk dk mn?kk"kd;k x;k gA vkpkj
 'kkL= e ftu eY;k dk ifriknu fd;k x;k g o 'kk'or gA iR;d ;x e
 mudk eY; ;Fkkor jgk gA vkpkj ehelk d lUnHk e ip v.kork dk
 vk/kfud ;x e lokf/kd egUo gA vkfFkd nf"V l ;fn budk eY;kdu
 fd;k tk; rk vfglk d vUrxr] 'kk"kd dk R;kx] lR; d vUrxr 0;olk;
 e bekunkjh] vLr; d vUrxr dky /ku dk ifjR;kx] cãp; d vUrxr
 lhfer ifjokj rFkk vifjxg d vUrxr vR;Ur vko';d lkexh dk NkMdj
 'k"kd lkexh d lxxg dk lekt dY;k.k d fy, R;kx ;g vFk fd;k tkuk
 pkfg,A

tu /ke fuofUk i/kku g vkj vkt dk ;x iofoUk i/kkuA lklkfjd
 fo"kd; Hkkxk l cpuk gh fuofUk gA ;g thou d'k dh ukd ij fvd g,
 vLFk] ,o ok; l idfEir gkdj fxju oky tyd.k dh Hkkfr {k.kHkxj gA
 Hkxoku egkohj u tc ;g ver ok.kh luk;h fd lcdk viuk thou fi; g
 vr% u fdlh dk ekj] u fdlh ij 'kklu dj] u fdlh dk nkl cuk,] u
 fdlh dk ifjrkj n vkj u fdlh dk ik.k fo;ktu dj] ml ;x e bl
 ok.kh dk tk egUo Fkk vkt mll dgh vf/kd egUo g] D;kfd ml le;

fglk d lk/ku mru 0;kid ugh Fk] fdUr vkt d ;x e ijek.kfod
 vL=&'kL=k dk i;kx ekuo&ldfr d lkj fodkl dk iyd >idr gh
 u"V dj ldrk gA Hkxoku egkohj bl ckr dk vPNh rjg tkur Fk fd
 vifjxg d fcuk vfglk lEHko ugh gA blhfy, mUgku lc dN R;kx dj
 vfglk dk ikyu fd;kA 'kk"K.k eDr lekt d fuek.k d fy, vifjxg
 fl)kUr dk vkpj.k vko';d gA

lkeftd lUnHkk e o.k0;oLFkk dk egùo

lekt 0;oLFkk d lUnHk e vkifu"kn ekU;rk ;g g fd o.k0;oLFkk
 dh ifji"V vk/kkjf'kyk ij gh lekt e;kfnr vkj l0;ofLFkr jg ldrk gA
 mifu"knk e cã l ckã.k] {kf=;} o'; vkj 'kn dh mRifÜk fn[kykb x;h
 gA cgnkj.;d dk dFku g fd ^vkjEHk e ,d cã gh FkkA vdy gku d
 dkj.k og foHkr;Dr de dju e leFk ugh gvKA mlu vfr'k;rk l {k=
 bl i'kLr :i dh jpuk dhA blh l {kf=; l mRd"V dkb ugh gA fdUr
 ckã.k dk {kf=; dh ;kfu crk;k x;k g] vr% tk {kf=; ckã.k dh fglk
 djrk g og viuh ;kfu dk gh fouk'k djrk gA {kf=; vkj ckã.k nk o.kk
 dh mRifÜk d i'pkr Hkh lekt ljpuk l0;ofLFkr ugh gk ldh rk o';
 vkj 'kn o.k dh jpuk g;hA bl lEcU/k e dgk x;k g&og cã foHkr;Dr
 de dju e leFk ugh gvKA mlu o'; tkfr dh jpuk dhA ol] :n]
 vkfnR;] fo'ono vkj e#r BR;kfn nox.k blh o.k d gA budh jpuk d
 ckn Hkh lkeftd 0;oLFkk lUrfyr u gk ldh rk 'kn o.k dh jpuk dhA
 i"kk 'kno.k gA ;g iffkoh gh i"kk g D;kfd og lcdk ik"K.k djrh gA⁵ ;
 pkjk o.k /ke l vu'kkflr gkr gA blfy; /ke gh loJ"B dgk x;k
 g&/keRij ukflr* vFkkr /ke l J"B dN Hkh ugh gA⁶ ykfdd i#"kk }kjk
 fd;k tku okyk 0;ogkj :i /ke g] og fu'p; gh lR; gA lR;
 'kkL=kudy vFk dk uke gA 'kkL=kudy vFk gh vu"Bku fd; tku ij /ke
 dgykrk gA Kku vkj vu"Bku:i /ke 'kkL=K vkj v'kkL=K lHkh dk
 fu;eu djrk gA vkifu"kfnd o.k0;oLFkk fdlh dk Åp&uhp crku okyh
 ugh g] og rk lekt dk fu;fU=r vkj lUekx ij pyku okyh gA lekt
 dh fLFkrk vkj xfreÜkk d fy; Kku] l j{kk ik"K.k vkj lok ; pkj cgr
 vko';d rUo gA mifu"knk e ckã.k dk lEcU/k Kku l] {kf=; dk lEcU/k
 j{kk l] o'; dk lEcU/k ik"K.k l vkj lok dk lEcU/k 'kn l fn[kk;x;k
 gA ikphudky e o.kk d vk/kkj ij jfpr lkeftd 0;oLFkk e dkb HknHkko

ugh FkkA vkt ;g o.k 0;oLFkk tkfr iFkk e cny x;h gA bldh lcl
 cMh deh Åp&uhp dk HknHkko gA fl)kUrr% pkjk o.k ,d gh lekt&i#"k
 d pkj vx gj blfy; pkjk dk leku egÜo gA
ck°;kpj d LFku ij vUrfjd vkpj 'kf)

vxek e ckákpj dk egÜo ugh fn;k x;kA Je.k ijEijk u u
 doy onk }kjk ifrikfr ;K&kx dh ijEijk dk fojk/k fd;k] oju] tu
 ijEijk dh ng n.Mu dh riL;kRed i.kkyh dk Hkh fojk/k fd;kA Hkxoku
 egkohj u nuk gh i{kk e leÜo; LFkkfir dju dk i;Ru fd;k vkj ;g
 crk;k fd ufrdrk dk lEcU/k fdlh ox fo'k" k l ugh vfir lEi.k ekuo
 tkfr l gA vkpj.k d cká i{k d :i e fØ;k dk tk LFku gj mll Hkh
 vf/kd LFku vkpj.k d vUrfjd ijd dk gA dk; fd l Hkkouk l fd;k
 tk jgk gj ;g cgr egÜo dh ckr gA ;fn Hkko nf"kr g rk dk; dk ufrd
 ugh ekuk tk ldrkA n0; vkj Hkko nuk :i l vkpj.k dk lE;d gkuk
 vko';d gA Je.k ijEijk e ekuo ek= dh lekurk dk mn?kk" k gA vxek
 e mPprk ;k uhrk tUe d dkj.k ugh cfYd de d vk/kkj ij fu/kkfr
 g;hA tu fopkj/kkj u tUeuk tkfrok dk fojk/k fd;kA ,d vkj gjd'kh
 cy tl fuEu dykRiUu dk rk nljh vkj xkre tl ckã.k dykRiUu
 lk/kdk dk viu lk/kuk ekx e leku:i l nhf{kr fd;kA doy tkfrxr
 HknHkko gh ugh cfYd vkfFkd vlekurk Hkh lk/kuk d fy, dkb egÜo ugh
 j[kr hA blfy; leLr bfUn;k dk llekfgr dj d vkRek dh lrr j{kk
 djuh pkfg,] D;kfd vjff{kr vkRek tUe&ej.k ijEijk dk iklr gkrk g vkj
 ljjf{kr vkRek lc n%[kk l eDr gk tkrk gA⁷

mHk; lLdfr;k dk vkJel;oLFkk lEcU/kh nf"Vdk.k

ofnd /ke e lkekftd thou 0;oLFkk d fy; fofgr pkj vkJek e
 xgLFkkJe dk loJ"B crk;k x;k] fdUr tu ijEijk e lU;k lkJe dk
 vk/;kfRed nf"V l loJ"B crk;k x;k gA R;kx vkj l;e d vkpj.k }kjk
 decU/ku vkj tUe&ej.k dh ijEijk l eDr gku d fy; lokÜke efui;k;
 gA xgLFkkJe lkekftd nf"V l Hky gh egÜoi.k gj fdUr vk/;kfRed nf"V
 l og ik;% cu/kudkj d gA decU/ku dk i.kr;k dkVu e rFkk vkRek dh
 ohrjxrk dk iklr djku e efui;k; gh l{ke gA efui;k; e fg l k] >B]
 pkjh] eFku vkj eeRoiod l xg] ifjxg vkfn ikitud dk;k dk loFkk
 R;kx fd;k tkrk gA vkjEHk] ifjxgkfn dk ble dkb LFku ugh gA ekuo
 thou e iklr dju ;kx; pkj i#"kkFk g&/ke] vFk] dke vkj ek{kA bu pkj
 i#"kkFk dh iklr d fy, pkj vkJek dk fo/ku gA cāp;kJe fo|ktu d
 fy, gA ble fo|kFkh x# l kfu/; e jgdj Kku iklr djrk FkkA
 xgLFkkJe e vFk vkj dke i#"kkFk dh flf) d fy, fo'k" k i;Ru fd;k

tkrk FkA /ke dh lk/kuk okuiLFkkJe e vkj ek{k dh lk/kuk lU;kI vkJe
e dh tkrh FkA NkUnkX; mifu"kn e rhu vkJek dk foopu miyC/k gA
lU;kI vkj okuiLFk lkekU;r;k ,d gh eku x, Fk] yfdu ijorh lkgR;
e pkjk vkJek dk o.ku iklr gkrk gA ofnd ijEijk e vkJe fl)kur
thou dk pkj Hkxk e foHkktftr dj mue l iR;d Hkx e ,d&,d vkJe
d vulkj thou 0;rrr dju dk fun'k nrk gA iFke Hkx e cāp;] nlj
e xglFk] rhIj e okuiLFk vkj pkFk e lU;kI vkJe xg.k dju dk fo/kku
gA fdUr ble dkb ck/;rk ugh FkA vkJe 0;oLFkk e cāp;kJe d
i'pkr xglFk] okuiLFk ,o lU;kI e l fdlh Hkh vkJe dk xg.k fd;k tk
ldrk FkA tkckyifu"kn d vulkj tc Hkh ojkX; mRiUu gk tk; rHkh
icT;k xg.k dj yuh pkfg,A⁸ vkpk; 'kdj u Hkh bl er dk leFku fd;k
gA mudk thou lk{krr bl dk mnkgj.k FkA

tu ijEijk vkj vkJe fl)kur

tukxek e vk; d vk/kkj ij vkJek d foHkktu dk fl)kur
miyC/k ugh gkrA ofnd fopkj/kkj dh nf"V l ryukRed fopkj dju ij
Kkr gkrk g fd tu ijEijk e lU;kI vkJe gh lokPp g vkj 0;fDr dk
tc Hkh ojkX; mRiUu gk tk; rHkh bl xg.k dj yuk pkfg,A rtLoh i#"kk
e mRd"n d fy, voLFkk dkj.k ugh gkrhA fdlh Hkh voLFkk e lU;kI
vkJe dk xg.k fd;k tk ldrk gA mifu"knk e vkpk; d lflu/; e
cāp;okl iod Kkukt dh ftl ijEijk dk mYy[k g og vxek e ugh
g fdUr thou d ikjfeHkd dky e f'k{k xg.k dju dk mYy[k vxek e
Hkh of.kr g tk fd mifu"kn ijEijk d leku gh gA ykfdd thou dh
f'k{k xg.k dju d fy, lkekU;r;k ckā.k f'k{k dk d ikl gh fo|kFkh tkr
Fk] fdUr x#dyokl dh ijEijk dk mYy[k vxek e ugh fn[kk;h nrkA
Je.k/ke Lohdkj dju d i'pkr vkpk; d lflu/; e lk/k ipegkork dk
ikyu djr g, lk/kukjr jgr gA

vkJe 0;oLFkk ftl idkj mifu"kn ijEijk e ekU; Fkh olh tu
vxek e Lohdr ugh fn[kk;h nrhA ijorh tukpk;k u tu ekU;rkvk d
vu:i cukdj bl Lohdkj fd;kA vkpk; ftulu u vkfnijk.k e ;g
Lohdkj fd;k g fd cāp;] xglFk] okuiLFk vkj fHk{k ; pkjk vkJe tu
/ke d vulkj mUkjKŪkj 'kf) d ifjpk;d gA⁹ cāp;dky dk ykfdd
thou dh f'k{k dky d :i e rFkk xglFkkJe dk xglFk/ke d :i e ,o
okuiLFk vkJe dk cāp; ifrek l ydj mfí"Vfojr ;k Je.kHkr ifrek
dh lk/kuk d :i e vFkok lkekf;d pkfj= d :i e Lohdkj fd;k tk
ldrk gA lU;kI vkJe rk Je.k thou d :i e Lohdr g ghA bl idkj
pkjk vkJe tu ijEijk e Lohdr gA¹⁰ lkekU;r% vkJe ijEijk dk mí';

;gh Fkk fd eu"; ufrd vkj vk/;kfRed ixfr djrk gvk viuh oklukvk
ij fot; iklr dj ek{k dk iklr dj l dA

ILdkj IEcu/kh nf"Vdk.k

vkifu"kn vkpkj ijEijk e ILdkjk dk egÜoi.k LFkku gA ekuo
0;fDrRo d fodkl d fy, ILdkjk dk vR;f/kd vko';d ekuk x;k gA
ofnd xUFkk e dgk x;k g fd tUe I IHkh eu"; ILdkjghu gkr gA
ILdkjk d dkj.k gh mudh f}tkfn IKk gkrh gA tu ILdfr e /kkfed
nf"Vdk.k I ILdkjk dk dkb egÜo Lohdkj ugh fd;k x;k g] D;kfd
ILdkjk dk IEcu/k e[;r;k 'kjhj I g vkj tu ILdfr 'kkjhfd ILdkj
dh vi{k vkurfjd ILdkj dk vf/kd egÜo nrh gA vxek e ILdkjk dk
Ikeftd egÜo of.kr g] /kkfed ughA

/ke'kkL=k e ILdkjk dh I[;k d IEcu/k e fhkuu&fhkuu er gA
ijUr lkyg ILdkjk dk egÜo thou e vR;f/kd gA tu vkj ofnd nuk
e iFke ILdkj xHkk/kku ekuk x;k gA tu xUFkk e f}rh; ILdkj tkrde
g] tk i=kRifUk d iFke fnu fd;k tkrk FkA bl d vfrfjDr tkxfjd]
pUnl;n'kfudk] 'kfpde] bR;kfn fd; tkr FkA ckjgo fnu firk lUnj
oL= ,o vydj.kk I lIfTtr gkdj viu l x IEcfU/k;k vkj dvfEcvk
dk ?kj ij fuefU=r dj Hkk tu iku }kjk lUr"V djd i= dk ukedj.k
ILdkj djrk FkA¹¹ d.k o/k] d'kdÜku] dykxg.k ILdkjk dk Hkh o.ku
tukxek e ;=&r= feyrk gA¹²

ryukRed nf"V I n[ku ij ofnd xUFkk e ILdkjk dk ftruh
fo'knrk vkj ie[krk I o.ku iklr gkrk g mruk vxek e ughA bl d
e[; dkj.k ;gh irhr gkrk g fd 'kkL=dkjk u 'kjhj d ifr eeRo dk
R;kx dj fn;k FkA 'kjhj dk ;g Lo:i g fd t l k og Hkhrj e jDr vkfn
/kkre; vkj vifo= g] olk gh og ckjg e gA t l k og ckjg e jDr vkfn
/kkre; vkj vifo= g] olk gh og Hkhrj e gA¹³ blfy, vxek e ILdkjk
dk Øe c) o.ku ugh gA

vfglk IEcu/kh vkpkj

mifu"knk vkj vxek e vfglk] IR;] vLr;] cāp; vkj vifjxg
dk ikyu leku:i I fufn"V gA vxek e egkor vkj v.kor d :i e
budk foHkk tu dj Je.kk vkj Jkodk d fy; budk iFkd&iFkd fo/kku
fd;k x;k gA n'kodkfyd e vkpkj d vBkjg LFkkuk dk o.ku gA tk vK
lk/k bu vBkjg LFkkuk e I fd l h ,d dk Hkh fojk/ku djrk g] og
fuxUFkrk I Hk"V gk tkrk gA vBkjg LFkku ; g&Ng or %i kp egkor vkj
NBk jkf=Hkk tu foje.k or% Ng dk; %iFoh] ty] vfXu] ok;] ouLifr vkj
=l] bu "KM thofudk;k IEcu/kh I;e djuk% vdYI; %vxk°; HkDr ikukfn

inkFkk dk ifjR;kx djuk⁴²] xgLFk d oÜku e vkgkj ikuh xg.k lou dk
R;kx djuk] i;d dk mi;kx u djuk] fu"K|k ¼xgLFk d ?kj ;k vkluKn
ij u cBuK⁴²] Luku rFkk 'kjhj dh 'kkHkk dk R;kxA¹⁴ vkpkjLFkku dh fojk/kuk
l efu/ke u"V gkrk gA bldk dkj.k g fd tc dkb 0;fDr fdlh ekfyd
vkpkj&fu;e dk mYy?ku djrk g] rc og vKku vkj iekn l ;Dr gk
tkrk gA vKku vkj iekn l ;Dr gku l og Lor% ifrr vkj Hk"V gk
tkrk gA vfglk tu /ke dh ifgpku gA vfglk /ke dk ftruh fof'k"Vrk
d lkFk tu /ke e vkpj.k fd;k tkrk g mruk vU;= ughA Hkxoku egkohj
d min'k e vfglk dk iFke LFkku fn;k x;k gA vfglk] l;e vkj ri dk
mRd"V exy dgk x;k gA

tu nf"Vdk.k l ekuo thou dk pje y{; fuok.k iklr djuk
ekuk x;k gA ekuo i.k vfgld thou 0;rhR dj vuUr Kku] vuUr n'ku]
vuUr l[k ,o vuUr 'kfDr:i fuok.k dk iklr dj ldrk gA ;|fi l;e
rFkk ri vfglk d gh :i g] fdUr pje y{; dh ikflr d fy; l;e rFkk
ri dh Hkh vko';drk crku d fy, vfglk d lkFk l;e rFkk ri dk
fun'k fd;k x;k gA

InHk Iph

- 1- vpkjkx Hkk"; & 4@1@8
- 2- u fg Kkuu ln'k ifo=feg fo|rA
KkukfXu% lodekf.k HkLeIkr d:r·tu%AA Hkxonxhkr 4@38
- 3- b'kkokL;kifu"kn & el= 1
- 4- xhkr 6@29
- 5- l uo 0;eoRl 'kkn o.keltr i"k.kfe; o i"k; ghn lo i";fr ;fnn
fd'pA cgnkj.;d- 1@4@13
- 6- cgnkj.;dkifu"kn 1@4@14
- 7- vlik [ky l;; jfD[k;0ok
l f0ofn,fg l|lekfg,fgA
vjfD[kvk tkbig mob]
l jfD[kvk l0ongk.k ePpbAA n'kodkfyd l=] f}rh;pfydk] 16
- 8- tkokykifu"kn 3@1
- 9- vkfnijk.k 39@152
- 10- tu] ck) rFkk xhkr d vpkj n'kuk dk ryukRed v/;;u] Hkkx 2 &
Mk- lxxjey tu] i"B 185
- 11- Kkrk/kedFkk 1@20
- 12- tu vx 'kkL= d vulkj ekuo 0;fDrRo dk fodk l] i"B 224
- 13- tgk vrk rgk ckfg] tgk ckfg rgk vrkA vpkjkxHkk"; 2@5@129
- 14- n'kodkfyd 6@7

fo"K;kuØef.kdk

v/;k; i"B I[;k

iFke% tukxek vkj mifu"knk dk lkekU; ifjp; 1&43

ftuok.kh vkxe] vkxe 0;RifÜk vkj vFk] vkxe ijEijk]
 vkxek dh I[;k] vkxek dk oxhdj.k] vkxek dk
 ifjp;] ofnd lkfgR; ,o mifu"kn] mifu"kn dk vFk]
 mifu"knk dh I[;k] mifu"kn vkj onkUr] mifu"kn Hkh
 Jfr g] Kku dh ijEijk vkj mifu"kn] vkxe vkj
 mifu"kn] leRo dh Hkkouk o vfglk] e[; mifu"kn vkj
 mudk ifrik] fu"d"K] lUnHk xUFk lphA

f}rh;% vkpkj dh ifjHkk"kk vkj mldh 0;kidrk 44&89

vkpkj dh ifjHkk"kk] fofHkUu ijEijkvk e vkpkj] on vkj
 ofnd xUFkk e vkpkj] onk e of.kr vkpkj] onk e pkjk
 o.kk dk vkpkj] ckã.k ,o vkj.;d xUFk vkj vkpkj]
 mifu"knk e vkpkj] l= lkfgR; dh vko';drk] l=
 lkfgR; vkj Lefr lkfgR;] Lefr lkfgR;] Lefr;k d rhu
 e[; foHkkx] tu ijEijk e vkpkj rÜo] vkpkj d idkj]
 Kkukpkj] n'kukpkj] pkfj=kpkj] rilpkj] oh;kpkj] ck)
 ijEijk e vkpkj rÜo] v"VkfXd ekx] vUr%kf)] de]
 vk/kfud fpUruk d er e vkpkj] Lokeh foodkuUn]
 jfoUnukFk Vxkj] egkRek xk/kh] loiYyh jk/kkd".ku]
 vkpk;Jh egkiK] ik'pkr; fpUru vkj vkpkj] vkpkj
 vkj lekt'kkL=] fu"d"K] lUnHk xUFk lphA

rrh;% vkxek vkj mifu"knk e vkpkj d fofHkUu : i 90&218

lk/okpkj] lk/k d x.k] ikp egkor] ikp lfejr] ikp
 bfUn; fujk/k] Ng vko';d] lkr vU; ey x.k] or]
 ikp egkor&fglkfojfr ;k vfglk] vfglk d :i]
 vfglk dk egÜo] lR; egkor] lR; dk egÜo] vnÜk
 ifjotu ¼vLr;½ egkor] cãp; egkor] vifjxg
 egkor] v"V iopu ekrk,] lfejr dk y{k.k] Lo:i ,o

Hkn] b;k lfe[r] Hkk"kk lfe[r] , "k.kk lfe[r] vknku
fu{ki.k lfe[r] mR l x lfe[r] xflr&eukxflr] opuxflr]
dk;xflr] ipfUn; fujk/k] "kMko'; d&lkef;d]
prfo'kfrLro] oUnuk] ifrØe.k] iR;k[;ku] dk;kR l x]
dk;kR l x dh fof/k] d'kypu] vpydRo] vLuku]
f{kfr'k;u] vnUr/kkou] fLFkfr Hkk tu] ,dHkDr] mÙkjx.k]
mÙkjx.k d Hkn] ri% Lo:i] idkj vkj fo'y"k.k] ri
D;k g] cká ri] vkH;Urj ri] ijh"kg] ijh"kg d Hkn]
fhk{k ifrek,] ej.k&vkpkj] Jkodkpkj] vkxek e
Jkodkpkj] ikp v.kor&LFkyik.kkfrikrfoje.k] LFky
e"kkoknfoje.k] LFky vnÙknku foje.k] Lonk] lUr"kor]
LFky ifjxg foje.k or] x.kor&fn'kkifjek.kor]
miHkkxifjHkkxifjek.kor] vuFkn.M foje.k or]
f'k{k kor&lkef;d or] n'kkodkf'kd or] ik"v/kkiok l
or] vfrfFk lfoHkkx or] ly[kuk vFkok lFkkj] Jkod
ifrek] vkifu"knfnd ijEij] o.k 0;oLFkk] lkeftd
dÙk0;] cāp; vkJe] xgLFkkJe] okuiLFk ,o lU;k l]
ykhkR;kx] lR;kpj.k dk fun'k] ekuo dY;k.k dh Hkkouk]
mifu"knk e vkpkj] vfglk] lR;] vLr;] cāp;]
vifjxg] mifu"knk e ekuo/ke] vkJekudy vkpj.k dh
0;oLFkk] mifu"knÙkj dkfyd vkpkj] Lefr;k e "kV
thofudk;k dk o.ku] pkro.; mRifÙk] o.k 0;oLFkk dk
ey dkj.k] pkro.; vkpkj] vkJe 0;oLFkk vkj mldk
vkpkj] lU;kfl;k d idkj] lLdkj] lLdkjk dh l[;k]
'kkL=fofgr nfud vkpkj] fu"d"q] lUnHk lphA

prFk v/;k;&vkpkj dk vk/kkj de fl)kur 219&250

de dk Lo:i] de d Hkn] Kkukoj.kh; de]
n'kukoj.kh; de] onuh; de] ekguh; de] vk;" de]
ukede] xk=de] vUrjk; de] de cU/ku d dkj.k] de
dh voLFkk,&cU/k] lÙkk] m}ru] vioru] lØe.k] mn;]

mnhj.kk] mi'keu] fu/kfÜk] fudkfpr] vkck/kkdky]
 mifu"knk e de] fØ;ek.k de] lfpr de] ikjC/k de]
 vkRek vkj de dk lEcU/k] tukxek e vkRek vkj de
 dk lEcU/k] de viuk Qy Lo; inku djr g ;k
 deQy b'ojk/khu g] de vkj iutUe] vxxfed vkj
 vkifu"kfnd de dh ryuk&de dk vFk lEcU/kh lE;
 vkj o"KE;] dec/ku d Lo:i dh ikjLifjd ryuk]
 decU/ku l efDr lEcU/kh nf"Vdk.kk dh ryuk] de dh
 voLFkkvk dh ryuk] de idkjk dh ikjLifjd ryuk]
 de&iutUe lEcU/kh fopkjk dh ryuk] lUnHk xUFk
 lphA

ipe vl;k; %& vl; kRe vkj vkpkj

251&297

vkRek dk Lo:i] vkReu 'kCn foe'k] tho d
 idkj&lIkjh] fl)) cãi.k lR; g] b'oj :i e cã
 dk o.ku] l"Vk :i e cã dk o.ku] vkRek g ey n0;]
 vkRek dk ifjek.k] vkRek dh vejr] vxek vkj
 mifu"knk dh vkRek lEcU/kh ryuk] vkRe fodkl d
 lkiku] cu/ku vkj ek{k] cu/k d idkj&idfr] flFkfr]
 vuHkkx] in'k] dec/ku d dkj.k&feF;kn'ku] vfojfr]
 iekn] d"kk;] ;kx] vU; Hkkjrh; n'kuk e c/k d dkj.k]
 ek{k] tu ijEijk e ek{k] eDrkRek dk Lo:i] vU;
 Hkkjrh; nk'kfud ijEijkvk e ek{k Lo:i dh ehelk]
 ek{k ikflr d fy; ek{k&kekxk dk lkgp;] mifu"knk e
 ek{k] ek{k d idkj&thouefDr] fongefDr] ryuk] lUnHk
 xUFk lphA

"k"B vl;k; %&vkpkj dh lkoHkkfedrk

298&309

ijkru dkfyd vkpkj] vkpkj dh oreku dkfyd
 mikn;r] i;koj.k vkj vkpkj] i;koj.k vlryu]

vkpkj vkj thou] Ig&vfLrÙo vkj vkpkj] IUnHk xUFk
IphA

mi lgkj

310&321

Kku dh mikn;rk vkj vKku dh g;rk] cgtu fgrk;
vkj cgtu I[kk; dh dkeuk] Ikekftd IUnHkk e
vkpkj dk egÙo] Ikekftd IUnHkk e o.k 0;oLFkk dk
egÙo] ckápkj d LFkku ij vkurfjd vkpkj 'kf)]
mHk; ILdfr;k dk vkJe 0;oLFkk IEcu/kh nf"Vdk.k]
tu ijEijk e vkJe fl)kur] ILdkj IEcu/kh nf"Vdk.k]
vfgIk IEcu/kh vkpkj] IUnHk xUFk IphA