

^ekuoh; , drk ds ifji; ea ^/keZ*

x.lsk fl g*

^/keZ ekuo thou ds l Hkh i {kka dks i Hkkfor djus okyh og 0; kid vfhkofRr tks l okZ/kd eW; oku] ifo=] l oZ= rFkk 'kDr'kkyh l e>s tkus okys vkn'kz vls vylsyd mikL; fo"K; ds ifr v[k.M vLFLk , oa iwLz ifrc) rk ds QyLo: i mRi lu gkrh gS vls eut; ds nSud vkpj.k rFkk i kFkZuk] i wt k] i k B] tolur; vkfn okg; deZk.M ea vfhko; fDr gkrh gA**

**/keZkkL= **

gea /keZ dh dkbZ , d fuf'pr , oa l oZkU; i fj Hkk"kk [kxst us ds LFkku ij dN , d s l oZkU; rF; ks dks [kxst us dk iz kl djuk pkfg, ftluga ^/keZ ds ewy rRo* dgk tk l ds vls tks fdl h u fdl h : i ea l Hkh /keZ ea i k , tkrS gA mnkgj.k Lo: i] ^i Fke fdl h vylsdd ; k vfrekuoh; 'kDr vFkok Lrj ea fo'okl /keZ dk vk/kkjHkr vfuok; ZrRo gSftl dsfcuk ml dk vLrRo l Hko ugha gA bl vylsdd 'kDr ; k l Rrk dh i wt k vFkok mikl uk /keZ dk nw jk eW; rRo gA /keZ dk rhl jk vk/kkjHkr rRo gS mu l eLr 0; fDr; k] LFkku k] i qrdkar Fkk oLrq/kadks vfr ikou ; k ifo= ekuuk ftudk l eak bl vylsdd 'kDr vFkok l Rrk l sgA pkfkk vk/kkjHkr rRo eut; dsfy, nq[k l sefDr dk vk'okl uA ; g i R; d /keZ ea fdl h u fdl h : i ea vo'; fo|eku jgrk gA bl dh i fO; k vls bl dh i kflr ds mik; fHkUu&fHkUu gks l drs gS fdlurq l Hkh /keZ fdl h u fdl h : i ea eut; dks nq[k l sefDr dk vk'okl u vo'; nrs gA /keZ dh ; gh ewy Hkkouk 0; fDr; ka dk 0; fDr; ka ij fo'okl cuk; sj [kus dk ewy dkj.k Hkh gA ; g Hkkouk vFkZr nq[k ka l sefDr dk Hkkouk tkfr oxl l epk; /keZ ea l kku ds : i ea vvx&vyx gks l drs gS ij l k; ds : i ea ughA

egku i jEi jkvka dh jk"V^a Hkkjr eagtkj ka o"kk l svyx&vyx /keZ dk l j {k.k gkrk jgk gA /keZ dh dkbZ tkfr ugha gkrh gS fdlurq/keZ eut; ds vkpj.k dk , d k rRo gS tks ekuo dks l d k joku cukr gA /keZ vkpj.k dh oLrq gS foKki u i n'ku vFkok fn [kks dh ugha gA /keZ /kkj.k dk rRo gS l gkj.k dk ugha eutfeR ea /keZ ds pkj y {k.k crk; s x; s gS; Fkk&

*'kSk Nk= bykgkckn fo'ofokj; bykgkckna

on%Lefr l nkpj] LoLF; p fiz ekr; uA , dP; qfoZ] k i kn% l k {KlbeL; y {; .keAA?

__fr] Lefr] l nkpj vls vkRek dh l UrkSk ; gh l k {kkr~/keZ ds pkj y {k.k] igpku d l ksh dgs x; s gA i kphu Hkkjr; vkpk; Z bu pkj ka y {k.k dks /keZ uphy ekxz dk fun'ku ekurs gA blghar Roka dks Li"V d jrs gq jkt bnf l g fy [krs gS fd ^/keZ oLrq% l kjs ctgek.M dks /kkj.k djus okyk , d l oZkjd rRo gS ftl s oSnd Hkk"kk ea i k" k.k-dgrs gA bl h dk , d LoYi & vak eut; ek= ds l nkpj dk tud gA**3 ; g l Hkh i k.f.k; ka ea vLrfuzgr gA mudh vkRek dk vkpj.k cudj mlga l nekxZ ij pyus dh ij .kk nrsk gA bl h ckr dh eutfeR 4 %@92% ea fuEukadr <x l s dgk x; k gA

^/kfr% {kek nekLr; s 'kKfefa ni iuxZA

/kfoZk l R; eOks n'kda /keZ y {k.keAA**

vFkZr /keZ {kek l fg".kqk] pkj h u djuk] ckj & Hkhrj dh 'kq) bflur; ka ij fu; a.k] l E; dUrku] vkRe Kku] fo/kk v/; ; u] l R; vls Oks u djuk ; s /keZ ds nl y {k.k gA

bu l Hkh y {k.k ds l kFk thou dks vuqkfl r d jrs pyuk gh /keZ dks /kkj.k dj thou 0; rhr djuk ekuk tkrk gA /keZ Hkn ugha djrk uk gh 0; fDr & 0; fDr ea /keZ rj ds dkj.k foHkn djrk gA Hkkjr ds Kkfu; ka us 0; fDr dks /keZ l s Apk ugha ekuk gS vls u gh fo'kSk] fQj Hkh /keZ dks /kkj.k dj 0; fDr JSB gks tkrk gA /keZpk; kZ dh ^nf"V ea /keZ l sfoghu ekuo i 'kq dh rjg gkrk gS fQj Hkh eut; ds l kFk /keZ ygl q e agks us okyh xak ds l eku gkrk gA bl xak : i h /keZ dks ekuo 'kjhj l svyx ugha j [k tk l drk gS fdlurq tks i k.kh /keZ y {k.k ds vuq kj vkpj.k ugha djrk vls /keZ l s dkbZ yxko ugha j [krk og fuf'pr gh /keZ sfoghu vyxkooknh vls /keZ l sfuji {k jgus okyk 0; fDr gkrk gA**5 Hkkjr eabl rjg l s /keZ l sfuji {k jgus dh dkbZ i jEi jk ugha j gh gS fdlurq tks l ukru Lo: i l s dkbZ vi {k ugha j [krk jgk ml s v/keZ rks ugha dgk x; k fdlurq bl sgh /keZ l sfuji {k ekuk x; k gA jkt bnf l g us vi uh i qrd eabl h ckr dks , d i dR ea dgk gSfd tks oLrq% /keZ fuji {k gkrk gS og v/keZ iwLz dk; Z djsk gh] bl ea l Unsg ugha gA Hkkjr; eut"K; ka us Hkh i kphu dky eagh dg fn; k Fkk fd ^dy dsfy, , d dk xte dsfy, dy dk tuin dsfy, dy dks vls vi usfy, l c dks NkM+nuk pkfg, A ; gka ij cM+fgrks dsfy, Nk/s fgrks ds i jR; kx dh ckr dh x; h gS fdlurq vi uh 0; fDr r dsfy, l c dks NkM+nus dh ckr dh x; h gA

onka ea /keZ dks fo'o 0; oLFkk rFkk ml ds eny fu; e dk /keZ ds : i
 ea xg.k fd; k x; k gA mnkgj.kkFkZ __Xon ea dgk x; k gSfd ^/keZ gh fo'o
 dk eny rRo ; k vk/kkj gA** onka ds i' pkr~mi fu"knka ea /keZ dks l R; vLj
 drD; dks tLkM/dj ml s vfuoK; Z%uSrdrk ds l kFk l Ec) dj fn; k x; k gA
 ^ognkj.; d* mi fu"kn ds vuq kj ^l R; rFkk /keZ eny r%, d gh gA⁷ bl h izdkj
 mi fu"knka ea o.kkZ e/keZ dk Hkh mYyS[k feyrk gSftl ea dgk x; k gSfd i R; d
 0; fDr dks vi us o.kZ rFkk vkJe ds vuq i l eLr drD; ka dk ikyu djuk
 pkfg, A Hkxor~xhvk vLj /keZ kL=ka ea Hkh /keZ dk ; gh vFkZ Lohdkj fd; k x; k
 gA Hkxonxhvk ea Hkxoku Jhd".k us vtq; dks bl h vFkZ ea Lo/ke&i ky u dh
 f'k(kk nh gA ckS) /keZ ea 'khy vLj v"Vki=d ekxZ dks /keZ ds vUrXr ekudj
 ml ds uSrd i {k dks fo'kSk egRo fn; k x; k gA bl izdkj ; g Li"V gSfd
 Hkjr h; euhf'k; ka us ^/keZ 'kcn dk og vFkZ Lohdkj ugha fd; k gS tks vkt
 l keW; r% i pfyr gA ml gkaus /keZ dk , d , d h thou i) fr ds : i ea xg.k
 fd; k gS ftl ds vuq kj euq; viuk thou 0; rhr djrk gS vLj ftl ea
 Lodrd; ikyu dh l okZ/kd egRo gA dks VY; us vius ^vFkZ kL=* ea vLj euq
 us viuh ^euqefr* /keZ ds Lodrd; & ikyu l EclU/h bl h i {k dks fo'kSk egRo
 fn; k gA muds }kjk crk; k x; k /keZ dk vFkZ ^egkHkjr* ea dh x; h 0; k [; k ds
 vuq i gh gA ftl ea l nkpj , oa Lodrd; ikyu dks /keZ ds vfuoK; Z y{k.k
 ds : i ea Lohdkj fd; k x; k gA on 0; kl }kjk jfpr bl xhFk ea ^kt&/keZ]
 ^fe=&/keZ] ^itzk&/keZ vkfn dk mYyS[k feyrk gS ml ea /keZ dk vFkZ vi us
 drD; dk ikyu gh gA ^bl h izdkj fofHku ekuo&l epk; ka ds of'k"V vkpj.k
 dks /; ku ea j [krs gq mDr xhFk ea ^nsk&/keZ] ^tkfr&/keZ] ^o.k&/keZ] ^vkJe
 /keZ] vkfn dk mYyS[k fd; k x; k gA** Lodrd; & ikyu rFkk vkpj.k l s
 l eLr /keZ ds bl h vFkZ dks Lohdkj djrsgq euqsm l dspkj eny l kr crk, a
 gS 1/2 =fr&on] mi fu"kn vkfn 1/2 Lefr&/keZ kL= 1/3 l nkpj & egki q "ka }kjk
 fn [k; k x; k ekxZ 1/4 vkRe&rj"VA¹⁰ bl izdkj Hkjr h; fopkj dka ds erkuq kj
 Lodrd; & ikyu rFkk l nkpj l EclU/h thou i) fr dh vk/kkj /keZ gA

fu"d"kr-%ge ; g dg l drsgA fd /keZ gh l Ri q "ka dk fgr gS l R;
 gh /keZ i q "k dh vkJ; gS vLj pjkpj rhuka ykSd /keZ l sgh pyrs gA 0; fDr; ka
 ea , drk ykuk gS rks geal oL Eke /keZ ds ifr dVVjrk dks R; kx djuk gkskA
 jke] jghe] dks l Eink; iWd u nS[kdj l kgnl Wd nS[kuk gkskA Hkjr ds
 ifji; ea /keZ dk vFkZ fofu/krk ea , drk ds ikyu ea fufgr gA

I UnHkZ

- 1- dka ks i h0oh0 ^/keZ kL=* dk bfrgkl i "B l [; k 85
- 2- euqefr 2-12-
- 3- fl g jktWnz%/keZfo:) jktuhfr dh ifj.kfr] i "B l @ 44] pSkk&l d kj
 izdk'ku] blnkS
- 4- ^euqefr* 6@92
- 5- dka ks i h0oh0 % /keZ kL= dk bfrgkl] Hkx 4] i "B l [; k 165
- 6- __Xon] 1-87-
- 7- ^ognkj; d] 1-4-14-
- 8- ^rSjh;] mi f'kn] 1-11
- 9- ^egkHkjr* ^vuqkkl u ioZ rFkk m | ksx ioZA
- 10- ^euqefr] 2] 6] 12-

