

# mRrj Hkjr h; ykd l xhr ea vou | ok | ka dk foopu

uhrw dɛkj h\*

ykd l xhr rky ok | ka dk ç; kx l okl fj gkrk gsrFkk folrkj {ks= Hkh vf/kd gA l keld; r%ykd l xhr eaok | ka dh l eLr l kexh çÑfr tU; gSykd l xhr eaok | ka dk egRo 'kkL=h; l xhr dh vi {kk vfekd gkrk gA fo'kSk : i l s rky ok | dk ftl ds vlrxr vou | ok | vkrs gA ykd l xhr vkt Hkh çÑfr , oa LoNU n okrkoj.k ea i f'ir , oa i Yyfor gks jgk gA og vkt Hkh Ñf=rek l snj gSbl fy, ml eagearky ok | ka dk jkT; fn [kkbz nsk gA l f'V ea; g rky ds çfr ekuo dh fo'kSk : fp gsrFkk bl ea y; ] rky l e; vFkok ek=k ç/kku gkrh gS çR; d y; dkjh vjg rky dk l kOn; Z, d nll jh rky ds l kOn; Z l s fHkuu gkrk gA nrr rky dh ppyrkj e/; rky dk çokgRedrkj l qnjrk rFkk foyfEcr rky dh xEHkjr vyx&vyx l kOn; khd gS bl h foHkuurk l s l xhr dh l wcu dh rFkk ml dh ; kx; rk dk irk pyrk gS Loj rky y; ; q r jkx dk pjekd "kz 'l e\* ij vkdj ekus l kOn; Z dk vkdkj LodfYir gkrk gA bl çdkj Hkjr h; l xhr bl fl ) kur dh vo/kkj .kkvka dks l ekfgr fd; sgg s jgrk gS vjg ogh ml dk l kOn; Z 'kkL=h; vk/kj gA

vou | ok | peMsdse<so çals gkrsgA bl fy, blga vou | ok | dgk tkrk gA dky dk l Ecu/k gks ds dky .k ; g rky ok | Hkh dgs tkrsgA bl ok | ka dk ç; kstu mRl o xku jkttkva ds eay dk; Iookg] deñri kr&iç tUe vkgn ds vol j ij çtk; s tkrsgA; qrs l Hkh çdkj ds ok | ka dk ekuo thou ea viuk , d vyx LFkuu gSyfdu vou | ok | us vi uh fo'kSk ds Hkredk ds dkj .k fo'k'V LFkuu dks çkr fd; k gnyk gA vou | ok | dk Js kh ead bz çdkj ds ok | vkrs gA tS & uDdkj] <kyd] rcyk] enax] [katjh] uky] i [kkot] [kky] i Vg] en] uxkMk vkfn ok | vkrs gA ; sosok | tks dñ 'kkL=h; l xhr ds l kFk ç; kxsf; s tkrsgA rFkk dñ ok | ykd l xhr eaç; kx fd; s tkrsgA

\*'kSk Nk=k l xhr rcyk Mh-bzvkbz n; kyckx} vlxjk

ykd l xhr 'ykd rFkk 'l xhr\* bu nkska ds l a kx l sfeydj cuk gS ykd dk vFz tu l k/kj .k vjg l xhr xk; u oknu vjg uR; dk fefJr : i gS vFkz-tks tu l k/kj .k ykxla }kjk xk; k çtk; k tk; sog ykd l xhr dgykrk gA ykd l xhr tu thou dh mYykl e; vFkO; fDr gS ftl ea ykd l xhr ykdjatu dh vkurfjd Hkkoukva dk çrdh gkrk gS; g l jy Hk'kk] l jy dkO; ] l jy /kuka l s vlc) l xhr ea fdl h 0; kdj .k vFkok 'kkL= ds fu; U=.k dh vko'; drk ugha gkrh gS D; khd ; g çkÑfrd : i l s Lo; a çLQfVr gkrk gA **l w dj.k ifjd&ykd xhr ekuo thou dh ml ds meax dh ml ds d: .kk dh ml ds : nu dh , oaml ds l çk nçk dh dgkuh gA\***

**Jh dç fcgjh th ds 'kOnk ds vuq kj & 'ykd xhr mu ykxla ds thou dh vuk; kl çokgRedrk dh vFkO; fDr gS tks l q ãÑr rFkk l q H; çHkoka l s çkj jgdj de ; k vf/kd : i ea vkfne volFkk ea fuokl djrk gA**

ykd l xhr ea Loj] jpuk fdl h jkx fo'kSk Loj oSp=; ; k xk; d vkfn dk i w k fu/kkzjr cu/k ugha gkrk fQj Hkh ; s l kachfrd rRo ykd xhr ka ea LokHkkfod : i l s fufgr jgrk gA ; | fi ykd l xhr vi f'j "Ñr] vfodf l r l H; rk dh vjg l çr djrk gA rFkfi vi uh ij f/k ea ykd l xhr dh Hk'kk ds ek/; e l s mykguk nsk ufrd eW; ka ds l Ecu/k ea funk nsk jhr fjokt , oa l kÑfrd : i jçkk djuk ykd xhr ka dh fo'kSk gS; gk ykd xhr ds çokg dh n'V l 'tukRed xSk gks tkrk gA vjg xhr l kefgd cu tkrk gS tks fd ekuo dks , d l w ea fi jkx ea l gk; d fl ) gkrk gA

Hkjr h; vou | ok | ka ea ykd l xhr dk l kOn; kRed rRo ok | ka ds }kjk gh >ydrk gA ykd l xhr eaç; q r dñ vou | ok | ka dk ç; kx gkrk gS ftl dk foj .k bl çdkj gA ftl <kyd] uDdkj] [katjh] uky] vkfnA bl vou | ok | ka l sgh ykd l xhr ea jpukRed , oa l kOn; kRedrk : i ea >ydrk gA mu ok | ka dk o.ku bl çdkj gA **<kyd&<kyd] vke] çrtk] 'kh'ke] l kxk] uhe vkfn dh ydMh l s curh gS bPNkuq kj vkdkj cukus okys ds fy, ydMh dks vlñj l s ikyk dj fn; k tkrk gS bl ds nkska eçk çj ds ds peMh l se<sgkrsgA; g [kky Mj; ka }kjk dl h tkrh**

gA bl Mksj; ka ea NYys jgrs gA tks fd [kky vlg Mksj; ka dks dl rs gA <ksyd  
dk nfguk e[ k Åps Loj ea rFkk ck; k elnz Loj ea cksyrk gA <ksy dk ck; ka e[ k  
ekv/h [kky l se<k tkrk gA rFkk bl [kky ds Hkjrj , d fo'kSk çdkj l syi  
yxk; k tkrk gA ftl l svlnj xat mRiUu gkrh gS<ksyd ok | ds l kFk dbZçdkj  
xk; u 'kSy; ka ds l kFk ç; kx eadh tkrh gS tS s l ldkj xhr] fookg l Ecadh xhr]  
Hktu] elaxfyd dk; ; d0okyh] txj.k vkfn ds l kFk bl dk oknu fd; k tkrk  
gA rFkk bl dh l qnrk c<+ tkrh gA

[k&jh&; g ydMh dk Nks/k ekv/k yxHkx 6 bp dsoÜk dk ?kj gSftl l s , d  
vlg [kky e<h jgrh gSbl dsfy, cdjSDh [kky dk ç; kx fd; k tkrk gSbl s  
doy , d gh gkFk l s ctkrs gS dHh bl ds ?kj s ea ihry dh Nks/h >kH s Hkh  
yxk; h tkrh gS; g jktLFkku dycsy; k vlg tksx; k dh e.My }kjk ctk; k  
tkrk gS bl dk ç; kx e.Myh xhr e] Hktu] d0okyh] eaycdk; ; ioknRl o  
vkfn ij ctk; k tkrk gSftl eadh ; g rky ndj ctk; k tkrk gA

dS s [ksyu tkb; ka l kou dk dtfj; k&cnfj; k f?kj vk; s xksj; k  
l kouh&l kou ds eu; kou eghus ea >ys ds xhr eYgkj bR; kfn xk; s tkrs gS  
os l kouh xhr dgykrs gA

**^l kou>j ylxhyk /khj&/khj\$ cknj>j yxhyk /khj&/khj\$**

fojgk&; g xhr ; knoka ea çpfyr gS fookg ds vol j ij dU; k&i {k oj i {k  
ds; gk; tkdj fofHku i f; jskth fn [tkrs gq jkr Hkj fojgk xkrs gA

fuogh&l kou ea [kr&fujkrs l e; ea xhr xk; s tkrs gA

pansh&; g xhr f'k'kq ds tle ds l e; xk; k tkrk gA

>ej&; g dbZçdkj dk gkrk gS tS &fojgk >ej dtyh >ej ftl so"kl \_\_rqa  
xkrs gA rFkk rhl jsçdkj dk >ej 'khyk noh dh i ntk ds l e; xk; k tkrk gA

vkYgk&vkYgk Any ds , frgl d yMkbZ dk o.ku , d fo'kSk rtZeaçk/kdj  
xk; k tkrk g\$ rc bl s vkYgk dgrs gA

ckjg ekl k&fojg&çæ rFkk Hkxoku jke vlg Ñ".k dh yhykva dk o.ku djrs  
gq ckjg&eghuka ds uke ftl xhr ea vk tkrs g\$ ml s ckjg ekl k dgrs gA

eM&; g jkti rkkuk ekjokM+ dh vlg xk; k tkrk gA

**l nHkZ xlfk&**

- dèkÅpñh ykd xhr rFkk l xhr&'kkL=h; i fjoška MKW T; ksr frokjh& 2002
- Hkjrj; l lÑfr 'kk'kor~thou n"V , oal xhr&MKW : fp xlrk&2006
- l xhr dyk fcgkj&vcy&2009
- l xhrk; u&l hek tkj h&2003

