

yfuž fMI ,fcfyVh

c<rs gq cPpka dh l eL; kvka dh ikydka ds fy, l e>uk vkl ku ugha gkrkA vDI j tc Hkh cPpk l h[kus ea l kekl; l s vf/kd nj yxk jgk gks rks l Hko gS fd ml s yfuž fMI ,fcfyVh dh l eL; k gkA ikyd cPps ds Dykl ea Qsy gkus ij Hkh ml s fpfdRI k ds ikl ys tkuk mfpr ugha l e>rA yfuž fMI ,fcfyVh ; kuh l h[kus dh v{kerk vHkh fpfdRI k foKku ds fy, Hkh vHkh rgyukRed : i l s ubZ [kkt gA vkerk ij , s yska dks i <už fy [kuž Li fya cukus vFkok xf.kr ea l eL; k, j gkrh gA bl fLFkr ea ikyd vius cPpka ds fy, ; s f"kd; rs djrs gA

- egh 10 o'khz i e h fiz k dks i <uk fcYdy uki l n gA og cgr /khj&/khj i <rh gA rFkk "kCnka dk Li 'V mPpkj.k ugha dj i krh gA
- ejs c/s dh fy [kus dh LiHM cgr de gA ml dh Vhpj ge'kk Li fya felVd dh f"kd; r djrh gA
- ejs c/s k i <us ea rks cgr rst gA ml s ; kn Hkh tYnh gkrk gS ij fy [k ugha i krkA i sj ijk ugha fy [k i krkA gkykd ml dks vkrk l c dN gA i Nus ij rks og l c dN l gh crkrk gS ij fy [k usea detkj gA

egRo i uZ rF;

- ; g l Hkh mez rFkk oxZ ea gks l drk gA
- ; g l Hkh l ekt rFkk vkfFkd fLFkr ea gks l drk gA
- ; g ekuf l drk v{kerk ugha gA cLRq% , s cPpka ds ckS) d l pdkad vf/kd gkrk gA
- bl ds l kFk 0; ogkj l c/kr l eL; k, j tS sfd vkfr ppyrk vkfn l eL; k, j gks l drh gA
- ; g i kFked : i l s 0; fDrRo ds HkkoukRed] ekuf l d rFkk 0; kogkj d fodkl ds l e; gkus okys fopyu dh otg l s gkrk gS tks cPps dks ?kj rFkk Ldny es l ek; kstr ugha gkus nrs gA

yfuž fMI ,fcfyVh ds i d kj

- ❖ i <us ea l eL; k ¼MI ySDI ; k½ bl ea i <rs l e; cPpk "kCn dks /; ku i ½d ij k djus ds ctk, igys v{kj ds vk/kkj ij "kCn dk i ½kZuøku ¼vankt½ yxkrk gA bl] otg l s /khj&/khjs i <+ i kuk] "kCn ds v{kjka dks Hkny tkuk] u, "kCn Lor% tkMuk] vkfn l eL; k, j iLrø gkrh gA
- ❖ fy[kus dh l eL; k, j ¼MI xkfQ; k½ fy[kus l e; Li fyak feLVd] v{kjka dk fjol ÿ vkfn l keku; l eL; k gA bl ds vfrfjDr okD; ds fuekZk ¼l UFKl l ½ dky ¼vbl ½ vkfn ea xyrh ikbZ tkrh gA
- ❖ xf.kr l æakh l eL; k, p ¼ fMI ySDI ½ bl ea l keku; tkMus ; k ?kVkus vkfn ea xyfr; k; gkrh gA pfd , s cPps ea l keku; ckf) d rdZ {kerk detkj gkrh gs vr% bl ea vanj Ågki kg vkj vfuf"prrk vf/kd gkrh gA

vfkkod D; k dja

, s h fLFkr ea vki dks vR; Ur l e>nkjh rFkk /k\$ Z j [kdj cPps dh l eL; k dks l e>uk pkfg, A ckj&ckj MkWuk] ekjuk vFkok vU; cPpkal srøyuk djuk u fl QZ vki ds cPps dks grk&l kgr djæh] cfYd ml ds l YQ dkWQMS ij Hkh foijhr i Hkko MkysxhA bl ds vfrfjDr ?kj ds l nL; ka dk vki l h l keatL; Hkh vR; ar egROI wkZ gA Ldny ea cPps ds l kFk gkus okys 0; ogkj ds i fr Hkh l ko/kkuh j [kuh pkfg, A Hkstu l s l æa/kr l ko/kkuh , s cPpkal dks tgk; rd l Hko gks fMccan [kk | inkFKZ rFkk is; inkFKZ uk n] buemi fLFkr fi ztoVo inkFKZ udl ku i gpkus okyk gks l drk gA

gkE; ki Fkh fdl rjg gS dkjxj

, s h fLFkr ea gkE; ki Fkh vR; ar dkjxj gA pfd gkE; ki Fkh ea 0; fDrRo fo "kskrk ds vk/kkj ij pfdRI k dh tkrh gS vr% ; g fMI yDI h;] fMI xkfQ; k] fMI dypfy; k vkfn ea vR; ar egROI wkZ Hkfedk vnk djrh gA bl l s cPps ds eflr'd ds mPp dnz tks l kpus vkj l e>us dk dk; Z djrs gS ea mYyS [kuh; of) gkrh gA cPps 0; fDrRo ea ik, tkus okys fo "ksk y{k. kka ds vk/kkj ij nok dk puko fd; k tkrk gA bl ds vfrfjDr cPps dks i ½Z ea gks pph chekfj; k; rFkk ifjokj ea ikbZ tkus okyh fdl h Hkh vkuøka"kd chekjh dk Hkh vkødu fd; k tkrk gA bl izkj pph gq nok dks tc mfpr ikv/ d h rFkk ckj ckj fn; k tkrk gA

rc okNr ifj.kke vo"; iklr gksr gÅ bl fLFkr ea l kekl; r% mi ; kxh nok, j
yk; dki kSM; e] ydfl l] LVkksu; e] eMkj kbue vkfn gÅ