

I kjk; fl l

I kjk; fl l , d tfVy jks gSftl dk bykt cgr gh dfBu gA pfd ; g chekj
"kjh dh jks ifrjkskd "kDr de gkus ij geyk djrh gS bl fy, gkE; ki Fkh
fpfdRI k eabl "kDr dks c<kus ds fy, bykt fd; k tkrk gA

, d i Pphl o'khz ; prh viuh ekrkth ds l kFk gel s l kjk; fl l dh l eL; k ydj
feyus ds fy, vkbA oks fi NYks dbZ o'kka l s bl chekj l s xLr FkhA bl ds fy,
vius Lrj ij mlgkus vud iz kl fd; kA pejks fo"kskK l s fey\$ dbZ izdkj dh
nok, j rFkk eYge cny&cny dj fy, A fo"ksk ykhk u feyus ij vk; pnd
nok; ka dk l ou Hkh fd; k A fdl h "kDr d dh l ykg ij mlgkus xkE= dk
l ou Hkh yxHkx 6 ekg rd fd; k A vi\$kr ifj.kke u fey ikus dh otg l s
mlga vR; r fujk"kk rFkk nFk Fkk var Fkddj mlgkus l Hkh izdkj dh nok, j can
dj nhA ij mez c<rs ds l kFk ifjokj tuka dks Hkof'; dh fark l rkus yxhA bl
fLFkfr ea fdl h us mlga gkE; ki Fkh fpfdRI k dh l ykg nhA ekrkth ds ncko dh
otg l sog ; prh gekj s ikl vkbA dd fgLVh yus ij geus tks egROI wkZ ckr
ikbZ og Fkh ?kj ds l nL; ka dk ml ; prh ds ifr udkj kRed 0; ogkj FkhA mlga
Mj Fkk fd ; g chekj ?kj ds vl; yskka rd Hkh QSy l drh gA mudh bu
Hkkr; ka dks nij djus grq geus mlga crk; fd l kjk; fl l vkuokk" kdrk ij
vk/kfjr , d vkVkbE; u chekj gS tks fd Ropk ij i Meus okys yky /kCka ds : i
ea inf"kr gkrh gA ftl ij l On iiMh l h te tkrh gA bl ds fofHku izdkj
gkrs g\$ ftlga ed; r%peMh ij fn[kus okys /kCka ds i ek.k rhork] mudh ykfyek]
[kotyh vkfn dk vkdyu djds bl vk/kkj ij blga oxhZdr fd; k x; k gA
ifjokj ds cot qz l nL; ka us l eL; k l e>us ds ckn vius 0; ogkj ea ifjorZ
fd; kA y{k.kka ea l ekurk ds vk/kkj ij ; prh dks xQkbfVI uked nok nh l kFk
gh xQkbfVI dk eyge Hkh yxkus dks fn; k rFkk chp&chp ea bV/djV/ ds : i ea
Fkntk uked nok nhA bl ds vfrfjDr mlga i frfnu ; ksk djus dh l ykg nh xBA
vHkh mudh fLFkfr igys l s dkQh cgrj gA

D; k l kjk; fl l Nw dh chekj gS

ughA I kjk; fl I Nir dh chekjh ugha gÅ; | fi I kjk; fl I ds /kCka dks nCkus , s
, s h "kdk vo"; mRiUu gkrh gÅ ij I kjk; fl I Is I Øfer 0; fDr vU; LoLFk
0; fDr; ka dks bl chekjh Is I Øe.k ugha djrk gÅ

bl dk dkj.k D; k gS\

fuEu ea Is dkbZ Hkh fLFkfr I kjk; fl I dks vo{kfi r dj I drh gÅ

- 1- HkkoukRed dkj.k] ruko] Hk;] fpark] fpMfpMkgV vkfnA
- 2- fdI h izdkj dk Ropk dk I Øe.k rFkk I u cuZ vkfnA
- 3- vU; "kkjhfjd I Øe.kA
- 4- dN nok; j ¼ yki sFkd¼A
- 5- gkekZy ifjorZuA
- 6- /kzei kuA

I kjk; fl I ea D; k gkrk gS\

; g oLr% dks "kdkvka ds vl keU; xkFk dh otg Is gkrk gÅ I keU; r% Ropk dh
dks "kdk; j iwkr% ifjiDo gkus ea 28&30 fnu dk I e; ysrh gÅ I kjk; fl I ea ; g
I e; ?kVdj ek= 3 Is 5 fnu jg tkrk gÅ vr% ; s dks "kdk; j rsth Is Ropk dh
ckgjh I rg dh vkj , df=r gkus ysrh gS rFkk bl izdkj I kjk; fl I dk yhtu
curk gÅ I kjk; fl I fdrusfnukard jg I drk gS% bl dh dkbZ fuf"pr I e; I hek
ughA gÅ vkj uk gh , s dkbZ eki nM gS ftuds vk/kkj ij dkbZ vuøku yxk; k tk
I dÅ

bu ckrk dks /; ku j [kÅ

- I kjk; fl I Is xfl r 0; fDr; ka dks [kq:yh vkus ij I nD gYds gkFk Is Ropk
dks I gykuk pkfg, A T; knk tkj Is [kq:yh djus vFkok uk [ku yxus Is Ropk
dks tks {kfr i gprh gS oks u; k yhtu cuk I drh gÅ
- Ropk ds fdI h Hkh nI js I Øe.k dks jkus ds fy, mfpr I QkbZ j [kÅ
- BM ds eks e ea Ropk dks : [ki u Is cpkus ds fy, ekMpkjktj dksM Øhe
vkfn dk iz; sx djÅ /; ku j [ks Ropk dk : [ki ku vf/kd [kq:yh mRiUu
djrk gÅ

➤ Luku ds ckn Vkkly I s /khj&/khjs "kjhj dks I [kk; } jxMs-ughA