



**Ek: eṣk**  
**fdl ku bḷ & if=dk**  
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**I ʃetḥok I sdh/svḷḷ jkḷadh jkḷFke**

**: ifl g] bjQku [ku] nṣkjkt xḷ] dḷnyhi fl g pḷor vḷḷ egḷe dḷḷj ;kno**  
 ih, pMh Ld,yI ] jktLFkku —f" k egkfo | ky; ] egjk.kk ḷrki —f" k , oa ḷks| kḷxḷdh fo' ofo | ky; ] mn; ij  
 ʃjktLFkku½ 313001  
 b&ey: [roop0008@gmail-com](mailto:roop0008@gmail-com)

vkt dy fdl ku T; knk mRi knu dh pkg ea vR; kf/kd jI k; fud dhVuk'kdka dk ḷ; kx dj jgk gḷ ftl I si; kbj.k ḷnḷk.k dks c<kok feyk gḷo bl ds nḷi fj.kke I keus vkus yxs gḷ ḷ—fr ea cgr I s, ḷ s I ʃetho gḷ tḷ s fo"kk.kḷ thok.kq, oa QOm] tks 'k=q dhVka ea jkx mRi lu dj mlga u"V dj nrs gḷ blgh fo"kk.kḷ thok.kq, oa QOm vkfn dks oḷkfudka us igpku dj ḷ; kx'kkyk ea bu dk cgrḷku fd; k rFk ḷ; kx grq mi yCk dk jgs gḷ ftudk ḷ; kx dj fdl ku yḷk ys I drs gḷ

**I ʃe tḷod dhV uk'kd**

**1- thok.kq ʃdVḷfj; kḷ**

fe= thok.kq ḷ—fr ea Lorḷ : i I senk ea ik, gḷ tks dhVks dh jkḷFke ds fy, mi; kxh ik, x, gḷ ijUrḷ buds mi; kx dks I jy cukus ds fy, blga —f=e : i I s ḷ; kx'kkyk ea budh I hQ; w dks c<kdj cktj ea igpk; k tkrk gḷ ftl dk ḷ; kx [krks ea eq,r; k yḷi MḷḷVjk oxZ ds dhVks dh jkḷFke ds fy, djrs gḷ

**cfl yI fḷḷjutsḷ I ʃeNḷḷ** ; g , d cḷVḷfj; k gḷ ftl dk mi; kx tḷod dhVuk'kd ds : i ea fd; k tkrk gḷ bl ds ḷks/hu fufeḷ fḷLVy ʃḷḷkḷ ḷks/hu½ ea dhVuk'kd xqk ik, tk, gḷ tks dhVks ds fy, ʃkrd tgj gḷ ; g , d fodYih cḷVḷfj; k gḷ tks QI yk ea uḷI ku igpkus okys dhVks tḷ s pus dh I ʃh] rEckḷdh I ʃh] I feyij] yk ckykj I ʃh] I ḷud dhV , oa Mk; eM cḷ ekḷ vkfn dh jkḷFke ds fy, , d fdxk ḷr gḷVḷ j dh nj I smi; kx djus ij vPNs ij.f.kke feyrs gḷ

0; kiḷjd uke: ; g cktj ea c,; ks yḷ] c,; ks vLi] fM; ks i sy] nḷYQu] c,; ks fcV] grYV vkfn ukeka I s feyrs gḷ

**2- ok; jI**

U; ʃyḷv j ikyh gMḷ I ok; jI ¼ u-i-hoh½ og I ʃethoh tks dḷy U; ʃdyd , fl M , oa ḷks/hu ds cus grs gḷ ok; jI dgykrs gḷ bu ok; jI ka I s ḷHkfor i Ūk dks [kus I s I ʃh] I oḷFke I ʃfer I ʃh] I ḷr gks tkrh gḷ [kkuk NḷM+nḷh gḷ, oa I Qn jḷ ea ifjofrḷ grh gḷ vḷḷ ckn ea dkys jḷ ea cny tkrh gḷ rFk i Ūk ij myVh yVd tkrh gḷ vḷḷ 4&7 fnu ds vḷrjky ea ej tkrh gḷ bl tḷod mRi kn dks 250 , y-bḷ ʃyḷkolḷ bḷḷyḷ½ ḷr gḷVḷ j dh ek=k I svko'; d ikuh ea feykḷ QI y ea fNMdko djḷ

0; kiḷjd uke: ; g cktj ea gsyhI kbM] ck; k&ok; jI &, p] gḷyḷḷ sy] ck; k&ok; jI &, I ] Li kMḷ I kbM] ḷkMḷ ds uke I smi yCk gḷ

xḷyḷ I ok; jI ʃthoh½ bl I ʃetḷod ok; jI dk ḷ; kx xḷuk dk rukNnd] bḷ/jukM ckj] xḷkḷ dh I ʃh] vkfn dh jkḷFke ds fy, fd; k tkrk gḷ

ḷ; kx: & , d fdykḷe i kmMj dks 100 yḷVj i kuh ea ʃkydj fNMdko djḷ

**3- QOmh**

C; ʃj; k cfl ; kuk: bl QOmh dk ḷ; kx yḷi MḷḷVjk oxZ dh I ʃh] ; ks tḷ ḷ pus dh I ʃh] ckykj I ʃh] onyḷ , fQM] I Qn eD[h , oa Li kbMj ekbV vkfn dh jkḷFke ds fy, fd; k tkrk gḷ

0; klfjd uke: ; g cktkj ea ck; ks fju] ykokz fl y] neu ,oa vueky c,l ds uke l smlyC/k gA  
eV/kjft; e ,uhl ki yh: ; g ,d cgm; ksxh tfod QOmh gš bl dk ç; ksx nhed] xtl g,i,j] lyk/ g,i,j]  
onyh ,fQM] ,oa chVy dh jkdfk ds fy, djrs gA fe= QOmh; ka dks ç; ksx djus dh fof/k: fe=  
QOmh; ka dh 750 xte ek=k dks LVhdj , tV ds l kfk 200 yhVj ikuh ea feyk dj , d , dM+ {ks=Qy ea  
l çg o 'kke ds l e; fNMdko djA

**l fe tfod jks uk'kd:** 1- VrbzlkMek: l ; g ,d fe= QOmh gš tks Ql y dks upl ku igpkus okys  
gkfudkj QOmh dks u"V djrh gA VrbzlkMekZ dk ç; ksx enktfur jkska tš § mdBk] tM+xyu] d,yj  
l Mu vkfn ds çcku ds fy, fofhku çdkj dh nyguh] fryguh] l fct; ka o dikl ea ç; ksx fd; k tkrk  
gA VrbzlkMekZ dh fofhku çtkfr; ka ea VrbzlkMekZ fofjMh vlg VrbzlkMekZ gftz; kue dk ç; ksx vf/kd fd; k  
tkrk gA

0; klfjd uke: ; g cktkj ea ck; kMekZ fui jkV] vuekyMekZ vkfn ds uke l smlyC/k gA

**2- L; Mlekl l lyjk bl :** ; g ,d thok.kq gš ftl dk ç; ksx xluuk ea yky l Mu] Tokj ea dkyj l Mu ,oa  
vU; enktfur jkska dh jkdfk ds fy, fd; k tkrk gA

**ç; ksx fof/k:**

**1- cht 'kku:**

chtki pkj ds fy, 5&10 xte ikmMj çfr fdyks cht ea feyk; k tkrk gA i jUrq l fct; ka ds cht ds fy,  
; g ek=k ikp xte çfr 100 xte cht ds fgl kc l smi; ksx ea ykbz tkrh gA

**2- Hfe 'kku:**

, d fdxt ikmMj dks 25 fdxt- dEikV [kkn ea feydj , d l lrg rd Nk; knkj LFku ij j [kdj ml s  
fxys kgh l s <dk tkrk gš rkd Likj vdfjr gks tk; § fQj bl dEikV dks , d , dM+ [kr ea feydj  
Ql y dh cks/kbz dh tkrh gA

**3- [Mh Ql y ij fNMdko:**

i kka ea jks ds y{k.k fn [kzb i Mus ij chekj dh çjfhkd volFk ea gh 5&10 xte ikmMj dks çfr yhVj  
ikuha ea ?kkydj fNMdko djus ij vPNk ifj.kke fn [kzb i Mrk gA