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Hkhy , o vU; tutkfr; ks ds esys , o uR;



v' ksd d^ekj tkVo

Short Profile

Ashok Kumar Jatav is a Professor. He has completed M.A., B.Ed., L.L.B. He has professional experience of 28 years.

Co-Author Details

js[kk xdrk



vLF[k] fo'okl Li"V ns[usdksfeyrk qA

I kj̥ kā k̥k̥s
fo' o eaiR; s̥ t̥l̥r̥ dh i g̥p̥ku mudsik̥phu i oZR; k̥kj̥
I sg̥l̥sh̥ g̥H̥y̥ , o vll̥; tutl̥fr̥; k̥sd̥s i oZR; k̥kj̥ks]̥
uR; k̥dk̥ d̥k̥Q̥h̥ i j̥k̥uk̥ b̥fr̥g̥k̥ g̥s̥ mudsR; k̥kj̥] uR;
i j̥k̥f̥. k̥dr̥ d̥s̥ l̥f̥k̥; F̥M̥k̥f̥k̥ fy̥; sg̥l̥sg̥H̥x̥k̥; k̥e sy̥k̥
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i k̥j̥f̥k̥d̥rk̥ ch̥ i x̥k̥-+l̥h̥g̥a b̥l̥h̥ i d̥k̥j̥ uR; H̥h̥ fo' k̥k̥
m̥R̥ kg̥ ; k̥ 'k̥k̥ dk̥; k̥d̥k̥ l̥s̥k̥ n̥s̥sg̥ b̥l̥ I s̥i̥n̥z̥l̥ek̥i̥z̥
"ko I suR; dj̥ v̥k̥af̥=r̥ i Q̥y̥r̥ r̥l̥e̥; rk̥ d̥s̥ l̥f̥k̥
; q̥k̥ ; q̥fr̥; H̥H̥ g̥"k̥H̥k̥ y̥s̥sg̥
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i Lrkouk %

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iR; sl tlf;r; kadsvyx & vyx eys, o uR; glosgA ij "hy tutlf;r; kadvyx ghNlk gA "hy , o vU; tutlf;r; kadlQhegurh] bEunkj] drD; fu"V glosgA "k'k] igukok] dyldfr] lhdfr] /keleys, o uR;] R; k'skj vlfn lHh ifl /n igyngA bI rjg tutlf;r; kadsdBzvlg eys, o uR; Hh glosgA tksmnns ; kadsij .k. cjudsfy , glosgA gj izdkj lsdkZHh 'k'k dk; Zesyo uR; dseW; e lsghbI tutlf;r; keadjusdhfo'k'krkgBft l s gj vk; qds; qd] ; qfr; k'k yssgA l Hh fEfyr glosgA ft l l sdk; zde vld"kd yxrk gA

Hkhy , o vU; tutkfr; ks ds esys , o uR;

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2-tutkr efgyk e/; insk dsleftd l 'Mdrdj.k 2011 eerk Hkoy usvius'kki= esefgyk uR; kdksmYyfkr fd; k gA tutkrh ifjokjseafofHk dk; kdksvylok l e; l e; ij uR; kdh ijEijk pyh v/k jghgA l HhoxZdh plgsxjtc gks; k vhej efgykvkaeuR; ijEijk : lk l spysvk jghgA

3- tutkfr 2011 'kks/k i = ds' kdkqus%

vknokl h l hafr e/; insk eatfor ok l Eilu fofHk yk uR; ikjEifjd uR; dsin'k uR; ejkT; vby gA nsk dh vknokl h l hafr eansk l c segRoiw yk uR; kdsfy; sifl/n gA

4-2007 jktdepkj okfy; k usvkfnokl h esyk %

vknokl ;ks{kj k fofdl r tfo mRiknadsfy, ,d ep] i lrd eavknokl ;ksdseyshxkj; k] e< bZesysdks "h l fefyr fd; kA vknokl h esyk ;gk vknokl ;ks{kj k mRiknrs tfo mRiknadsfy, cmkep inku djkrgStgk vknokl h xtm ea, DI iksdk nsk fd; k rksQknj iky jkt useysdks mi ;kxhcrk; kA

5-vknokl h fodkl foHkkx dh fj i kV 2006 es%

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viuh l lrd eatutkr; ksds l hafrd uR; esyvlfm ,oa'e/; insk dh tutkr; l hafr^MhukFk 'kekZ2010 use< bZ, o "xkj; k ea uljk; .kij dhe< bZeyk dk dkQh jkpd o.ku fd; k gA bI h izdkj "xkj; keysdk "ho.ku dkQh vPNkfd; k l kjxHk gjsxhksdk o.ku "hgA

'kks/k dk; kdk i fj dYi uk %

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uR; dsikf k l kf budk l xtr xluk Hhur; djusolyk xkrk, oactkrk gSdikQh vld"kd i kphu gksh gA [kjh dk "lo fy; sgksgA n'kd "h muds gkstksikf k l kf xkrscdksgA

i zek esys, o uR; kdk i dkj %

1-Hkxkj; k eykA

2-e< bZeykA

3-rskth eykA

Hkhy , o vU; tutkfr; ks ds esys , o uR;

4-cskoj esyA

i æf k uR; %

- 1-djek uR; A
- 2- l ſk uR; A
- 3-ny ny ?Mh uR; A
- 4- ij /Kih uR; A
- 5-n'lgj k uR; A
- 6-Fki Vh uR; A
- 7-gydh uR; A
- 8-HMe uR; A
- 9-nky uR; A
- 10-vVkj h uR; A
- 11- l ſe uR; A
- 12-pVdlyk uR; A
- 13-ygxh uR; A
- 14-ngdk uR; A
- 15- "xfj ; k uR; A
- 16-dkl l j uR; A

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bI dh , frgkI d iñV "fe "hgfd yokuk l jnkj >Cwus"hy jktkvñdsijkkr dj >kçyk uxj dh LFki uk dh FkA ; gW sI kyg fd- eh- ny bI {k dk l e) 0; kikjd uxj ^Hxkj ^ "hydsdh jkt /kukFkA ogW hy jktk dI nej elyokujsk "kt dlsI B; I g; kx djrsf bI Hxkj xW eal e; I e; ij "hyksdsfeyu ioZrFk l ekjkg glosjgrsfa

vyhjkt ij bl "hy tñr dk id kj l e; dhxfr l s/kjhrFk [kjxk vpyksea"hgksx; k] rc Hxkj ds"hyksdsHxkj ; k dgk tlusyxA
; gh ij viusbV nørk Hxkj no^dh intk dsfy , uR; dk "hv k; ktu djrsfA

; gW g mY{k djuk "h ik fd gA fd "hy ol; tñr gA ; pd ; pfr ; WbgWbPf k dk; Zvk[W vñn dsfy , feyrsgj grsgA , dñurd {kseayuk] ifjp; ixkkrk vñj ijLij vñdk. k eacnyusyxrk gA rc osviusl cñdsifr & ifru ds: lk eaLFk ir djuk plgrsgA bl dsfy , l keldt d vñLohdfr fnykuseab l Hxkj ; k gV dh egloiwZ"feck gkshgA

mR o dh ekufI drk ea>ersxkrsI tsI ajs]rMh dsu'keaeIrc ; pd&; pfr ; ksdsI kefgd uR; ds: i eavldj tc vkeusI keusgksgA rc ; pd&; pfr ; ksdsI vñkeyseav iufiz ; k pgsscls<W jghgkshgA , d nñjsdsI keusvkrsgh ; pd viuhbPNr "hy clyk dsxkykij xyky yxk nsrk gA ; fn ; pfr "h thou l khl cokusdh bDNq gSrlsog "h ; pd dsxkykij xyky yxk nsrk gA vU; Fk iñl ysh gS xyky iñlusdk eryc l fc/k dh vñLohdfr gA

gV l syñusdscln oj i{k dh vñj l sdU; k i{k ds ; gWpsh vñj rhj "sk tkrk gA ; fn dU; k i{k dksfj 'rk eatj gA rksphj [k dj rhj oki l yñk fn; k tkrk gS ; fn fj 'rk ukeajj glsk gSrlsrhj j [kdk pkyhoki l yñk nh tkrhgA

ifro"zv k; ktr gkisolvysb l Hxkj ; k gk dksnñkusnskfonsk dsylk vñrsgA bl rjg ls"hy tutñr dk ; g iefk R; kjg gekjh l adfr dk vñLuu vx gA

Hkhy , o vU; tutkfr; ks ds esys , o ur;

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: g xM rFk mI dh I elr mi tkr; kdk egBoiwzesyk gA bI dk vk; ktu e. Mykftyseagks gA embzdsvk; ktu dsfy, u rksipbx ea'kkr egwzdh vlo'; drk gkshgA vlg u frffk ; k i oZdh budsvk; ktu dsfy; sfrffk; Wizfu; r gis" h I drhgSvlg ugha" hA dgh dgh vyx vyx {s-lad eMbzdhfrffkfu; r gkshgA

eMbzdk mnns; gS& xE; nork dk vklj/lkul fiz tuks lsfeyu rFk vlo'; d oLrvlsdh [kjlm&fcda] embzdksysdJ fdoafr; W'h ipfyr gS eMbzexxeh.k tu QI y vksdh i dWrk] I qm thbu dk I thsk vFlok fd I h fo'kmiyf/c/k dh I puk vki I eanssgA bI dh I puk de I sde , d I lrg iDegrne dseW; e I sdW }kjs}kjkfudVre cktkjseaf<<jkj iW/dkj nh tkrh gA embzear Eefyr gkssdsfy, embzckusokyskoksrsFk i . Ms itkjhtutkr; ksds?kj ?kj tkdj ikjEikjd uR; djrsqg ykd ok|kach>dkj ij I Eiwzifjosk dksMykl e; cuknrsqgA

bI dscin embzok/Witkr gA tutkr; ksdsVLFk vlg fo'okl I stMh I kefxz k] cM] ydmh xMh ylg elg i{h I qMh f=ky] ulkj; y ,oa I Qa] yky jx irdkk, WcWdaj embzdk lo: i fn; k tkrk gB bI dseW; e I svkn 'WDr ij. k L=koudj tutkr; ksds thbu eaubZvkl dk I pkj djrhgA

eMbzdkLoa i .Mk rFk mI dsc: vkJ [krsqg dej ea, d I Qk dk iVvk cMk tkrk gA bI dsl gkjs"kjh "jde xMh yk embzysdJ tuleg ds I Fk i sky cktkj rd dh ; k= k i jhdjrsqgA

cktkj igpusdscin embzdsI Fk I Eiwzcktkj dh ifjdek yxlbztrh gA embzavk; sqg ifjfprks fe=kofj'rskjkal smudk dqlk {e i Mhj I qk l ef} dh 'Wldkeuk, Whdj feyu dk dk; Zde tkjhjgrk gA ifjdek I sih "W I sih forj.kfd; k tkrk gB bI dscin ylk cktkj es[kjlmkjhdjrs gSvlg jk= eaijEifjd tutkrhylk ok|ksdsI Fk ykd uR; ; kykd ulk; ksdsI Fk ykdjatu djrsqgA

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&%vkfnokf ; kdk ed[; i oZcs ks oj esyk %

"hy I ke o elghufn; kdsifo= I x e ij Mqdh yxk usdsi 'pkr "xoku f'lo dsn'ku dsfy, cskoj efnj tksdksgj dksZcslc jgrk gA ; g volj gksgk gcskskoj eysdk tkvknokf ; kdk ed[; R; kqj gA

Ehk 'ky ifuklek dsvoIj ij jktLFku dsifl } , frgkfd 'kqj Mxj ij I s60 fd-eh- dhnjh ij cskoj efnj dsifj lkj eayxusolyk ; g esyk "xoku f'lo dksI efiZ gksgA I ke o elghufn; kdsI x e ij cusbl efnj dsfudV "xoku fo". kdk "hefnj gA ft I dsckjseelk; rk gSfd tc "xoku fo". kdsworkj elo thus; g rIL; kdhFk } ; g efnj mlhle; cukFk

plj fnukard pyusoky ; g esyk ed[; r%bI {e dh vknokl h "hy tkr dk e[; R; kqj gSrkf bI eyseajktLFku dsvykok e/; insk , oa xtjkr I sgtkjavknokl h "hy I ke o elghufn; kdsifo= I x e ij Mqdh yxk usdsi 'pkr "xoku f'lo dcskskoj efnj rFk vkl ikl dsefnjkeainitk vpzuk djrsqgA eysdsnqk rjg rjg dseukl tu dsl kkuksdsvykolj tlnqzrek'ko djrckdk in'ku rFk 'ke esykl dydkjlanekj k izq I xh , oa uR; dsdk; Zde i ; Wdkdksvldf'k djrsqgA "hy vknokl h I egkseav iuh ikjafj d kskdkdksigusukorsxksbI iozij Luku djuvsrksgA ; mksbI eyseaihpsfmu yksdk vlu k tkjhjgrk gA ijtrqfukl dsfmu Luku , o intk djuksoky J}kyk yk gte neksgh curk gA eysdk vklun mBlusds nkjuk ; glavkulosoky ; Vd Mxj ij ds, frgkfd fdylk , oaefnj kdksnfuk ugha"yrA vjcoh i oJ yk dse/; cI sMxj ij dh uI 13 oh'krknh ds vr ejkoy ohj fl g usj [h FkA ; gladsie[k n'kuh; LFlykseamn; foykl iSyd] oklrqdyk dsfy, fo[; kr I kr eftiy tukegy] viuh vuBh ikfrd NVk dsfy, e'kqj gA xE I xk Mly eackVx rFk cMzollpx dsvrxz iokl h if{k; kdksnfusdk "h vkk mBk; k tk I drk gA vusl mRd"V : i I s fufer efnj kdsI egi rFk "xoku f'lo dk fot; jkt & jktsoj efnj] oklrqfWih; odko dk ifrd gA vlg J}kyk yk , o "Drkdh vLFk dk dthA tks i ; Vd ikphu efrZ kdksnfusdk 'M6l j [krsqgA mudsfy, jkt dh; ijkRoh; I xgky; , d mRe LFku gS; glal s24 fd-eh- nj noukfhth dk efnj] 58 fd-eh- nj xfy; kdkf lfkr t& efnj rFk Q[k: lu dh 'kunkj etkj cgr i fl /n gS tgkamZdsnqk gtlkj J}kyq, d= gkrsqgA i& ij 187 fd-eh- /z eseko thdsefnj ean'ku djuksoky kdk rkrk yk jgrk gA

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Hkxkj ; k uR; es; g <ky fo'kldj ctk;k tkrkgA bI dsvylok uR; eai,dr gkusokysokj&Nkks<ky ¼kyd l scMk ½elny] <kd dMh] Fkkyh vlg ckljh
A <ky lsdksidh<ky dsmMks l s/atlgauxM+kdgkrsqA ctk; k tkrkgA

djek uR; %&

; g mRI o cskmjW vkn tutkfr; lsdko" Wdklyhu mRI o gsktskhnin elg ea,d [kyesku ejt l s'ft l s^v[WWk dgrsgA vK; ktr fd;k
tkrkgA

djek uked o'k dhMfy; lsdksdWdj ml dskpiksvlg mRI o eukusrFk uR; djusdsdkj.k bI mRI o rFk o'k dk uke djek iMA djek o'k
dh rhu Mlys vutBlu iqd dkh dj txy l sv[WWseaykdj jk'sir dh tkrkgA ml ij Qy p<krsgA rFk o'k ijk eau6s ds: i eangh p<krsgA bl
mRI o eau6nu iu7vutBlu iu7 toksols tkrsgA rFk ml dh Vkdj; Wdjek o'k dsl keusj [kdj l eizkfd; k tkrkgA fQj toksj[kdj mlgisijLij

Hkhy , o vU; tutkfr; ks ds esys , o uR;

, d n̄j seaoV/krkgA ;qd mugadku ea[yrssgA rFk ;qfr; yshgSrRi 'pkr I kjhjkr ijheLrheaijEifjd djekuR; djrhgA vUraes^djek & no ^ftlbadjek jktk "hdgrsgA dk v'k'kln iU fd;k tkrkgA cIn esf=; k dh 'kk, Bkdj xW dh ifjdekJrhgA

bl vof/keadN yMfd; NnaDr feVvhdk?M ft l dsvaj nhid ty jgk gk gfl j ij j[kdj uR; djrhgZxW & xW ?edj njokts& njokstkdj i\$ sl for djrhgA ml l sxB 1/4 lefgd "kt½vk; ktr fd;k tkrkgA

I Syk uR; %&

^I Syk ^; k ^k^dk vFkioz gk gA folv; , o I riukoulesfuokl dJusokyhxW tutkfr }jkfd;k tksokyk ;g uR; ohj uR; gA ;g uR; n'kjgsj svkjEhk gk dj ijs'kij _rqdhjkrk eapyrk gA xW viusvfn no dsiU u dJusgsgA uR; dk vk; ktu dJrsqA ;g doy iq "ks}jk fd;k tkrkgA bl eal knh osk "kk eaM. Mk ysdj , oaijseaM: ck/kdj xky ?ik ouk dj uR; dJrsqA igys,d xk;d , d nk gk okyrk gA fQj ml s nk jkdj ukprsgA elaj bl dk ief(kok) ;& gA

ngy ngy ?kkMh uR; %&

;g eyrk jktLFku dk uR; gA ijUvdkfry; kij] xqk] jktx<] f'loijh eal gsj ;k tutkfr; knjik ;g uR; fd;k tkrkgA bl l s<ky] uxM; k>hdkrFk el d okj ;& d okm; kx fd;k tkrkgA

i j ?kkUh uR; %&

e. Myk ftysdhosk tutkfr esfoolg dsvol j ij gk; & fouk dsfy, ;g uR; gk gA ;g cjk vkeu dse; vldzk.k dk dthagk gA o&k cjk vxxoku hcls i j?Mh dJrsqA bl fy, bl uR; dk uke ij?Mh iM ft l l snfud thou eami; kx vksokyh olryk; Fk [kk] dEc y ck] eNyh idMusdk f>Vdk vlg l i vkn dsiz kx l s, d gFk ouk; k tkrkgA ft l ij nk gk dk "kZoBrk gS vlg ml dsxysdh jLl hcls idMej nk gk du cjk gFk dksvxpkhLk y ij pjk vlg ukprhgA ij?Mh uR; eaoj , o dU; k i{k dsiq "k , oafgyk, Eefyr gk gA bl eaknj] Nedh pVdkyj fbI dI uxM, oaksy d ej; okj ;& gkrsqA

n'kgjk uR; %&

o&k vknokl heipfyr fosHku ykd uR; lsdksn'kgjk uR; dsuke l stluk tkrkgA , d ok"kd mRi o ds: i eavk; ktr gk usokyn'kgjk uR; ea uR; dk de egk gsvlg jfir fjoctavlg ijEijkvdk egk vf/kd gA o&k ;qld }jk ulpk tksckyk ;g l kftd uR; ifro"kdqj ipeh l s'kq gk dj dfrz velol; krd tkjhjgrkgA

Fkki Vh uR; %&

pF & cS k[k eadkj dwl=h , o iq "k l lefgd uR; dJrsqA ;qfr; lsdsgFk seafpj djk okj gk gA vlg ;pdkdsqFk ea, d iAk vlg >la uled okj ;& gk gA osxkyk dkj ifjdekJrsgA nk, k ck, k q &> ej dj uR; dJrsqAFkki Vh dsef; okj a; & <ky vlg <kyd gA xte eYgkjx< [k. Mok ds"hekthky dkj dFkki Vhdsifr"Br dydkj gA

ngydh %&

;g uR; ejj ;k tutkfr; heipfyr gSb l eauR; dsI kfghbI dsxhr fo'kk vld"kk j[krsqA nydh uR; eayMds, oayMfd; knkskgh "k yrss gA bl ea; g xk; k tkrkgA fd jktk jkuh dS sjgrsgA vU; xtrsea; qd & ;qfr; kdh 'kkjfd l jpk dsifr l oky&toko gkrsqA tS sApk yMfd fdI dkA nydh uR; dHkHhulpk xk; k tk l drkgA

Hkhy , o vll; tutkfr; ks ds esys , o uR;

"Me uR; %

b1 dsdbZuke ipfyr gA xjjuwl lgh] "Muh] eMubZ] ;k exxe vfn A ;g elkj; k tutkfr dk ;g uR; foog dsl e; fd; k tkrkgA b1 uR; ea <kyd] Nvedh] >l>] dk iZ kx fd; k tkrkgA lekj xfr ea/khs/khs/versgg l xfr dh rly dsl kfk dne feyldj ;g uR; fd; k tkrkgA cip & cip ea nks"holystkrsqA

nkny uR; %

;g uR; dlydwutkfr; k jkj fd; k tkrkgA ;g uR; T; \$B&vK<+dh jkrsefd; k tkrkgSb1 uR; dsl kfk Hkxj xfr xk; stkrsgA uR; djrs le; , d njsij NksNks M.Mksl sijj fd; k tkrkgA uR; dsl kfk <kyd] Nvedh] cWjh] enx vfn ok; ;aksdk iZ kx fd; k tkrkgA

vVkjh uR; %

;g c|y[k.M ds"fe; k okskvksdk uR; gS ;g orjyk dkj gksk gS, d iq "k dsl/ksij nksvlnheh vk: <gkrsqA, d 0; fDr rkyhctkrsgq "hrj okj tkrkjgrkgA oind ik'oleajgrsgA

I fse uR; %

;g "kj; k vknokl hefgykvk}jk fNlhoMk , o tcyij esfoog dsvolj ij fd; k tkrkg\$bl uR; eagsEseadthjk fy, ;ofr; ksdsns ny >pdj uR; djrsqA

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;g uR; ok; uR; gS ftI spVj & pVj dhe/ij /ofu fudyrh gA ckl dh dekuh vj ydMh dh pdfR; ksI sfufeZ b1 ok; ;a dh iR; d urd viusgFkseaidMkj b1 otkrsgq uR; djrsqA ;g , d I g uR; gS tke. Mykftyasipfyr gA ;g uR; xky ?jk] v?Z?jk] ifDr] cBdks, oa I ihhxfr vkn eagskga uR; dhosWkk] xfr , oao; ;ks; gA

ygxh uR; %

;g I gjf; k daj loaj iq "k}jk fd; k tkrkgA Jlo. kekl esfd; k tksokyk , d leg uR; gS tks"tfj; k dsty dsvks& vks; g uR; fd; k tkrkgA

ngdk uR; %

c|y[k.M esdky tutkfr dk lkefjd xfr izku uR; gA

jhuk uR; %

cSk rFk xM vknokl hefgykvk}dk nhkoyh dscin fd; k tkud olyku uR; gA

"hyksdsiefk uR; "xkj ;k ;k "xkj ;kgA "xkj ;k dsvylok 'kk vIB "hy uR; cM+; nkq; xgj] xjch vVak ?kj] Qjcnv vj ikyhga

Hkhy , o vll; tutkfr; ks ds esys , o uR;

"xij ; k uR; %

"xij ; k gIV dschp ulokj tlusokyk uR; "xij ; k uR; dgylrk gA "hy {& eai; stlusokysulSizkj dsuR; k ea" xij ; k uR; dk : i vR; f/dk l ekj lgA ; g uR; "xij ; k gIV ds, d vlg clMsefku easf l s" xij ; k Fku dgrsgA ij euk; k tkrk gB bI "xij ; k Fku dschp , d "kjh ydMh dk [Eck xMekgk gA cktkj xte dk ef[k; kft l dsinZhal sbI vIk; ktu dh vxobzpyh vlbzgA l c l sigys[Ecsvlg ml dsikl vius<ky dh int djrsgA fQj l Hh nhn nork/ledsuke l sgk /u fn; k tkrk gA bI dscln <ky ij ef[k; k dsuxMschpky iMrhga vlg bI dsI Mfkg gIV eaVk;s

I HhurZ nyksds<ky ct mBrsgS <ky dsI MfK l MfK cMjh dhrlu vlg Fkyh dhFki ct mBrhgSvlg yksdsulp xluk dk l ek cM tkrk gA "xij ; k ds vol j ij xk; stlusokyk xtrkdk l dyu Jh 'kxylc eai; dr fd;k , d xtr &

veyhek esykesyksk; ksj

d&fj ; kylyA

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veyhek esykesyksk; ksj

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VFKL%& beyh dso{k dsuIpseyk yxk gSvlg vlsckye cktkj igusejk ; k u ep y jgk gA beyh dsim+dsuIpseyk yxk gSvlg okjxhysckye ej s dkguh dhgIV/ds/ l Hh. l Hh l k d j ejk ; k u ygjk jgk gA beyh dsim+dsuIpseyk yxk gA vlg fiz re ejh cayh l Hh. l Hh l ds"kj l s>kdk [k jgk gA

dkdI j uR; %& vcpkem+igMehfgy ij ekj: dk uR; dkQh vyx gA bI uR; eaviusdkkij Meh?Madsystkusvlg folrq l dJ ea/hjs /hjsdne c<krsgA ckj 'k l sigysclrj dsgj xl eafj ; l fdI lu vPNh QI y dVkbzdsfy, nork dh int djrsgA ; qk yMels, o yMfd; kabI uR; ea nork l svk'khlh iltr djusgsq"lx yrsqg yMfd; k l t/kt, o xgusigu dj vlrhga tcfd yMels, d yesl Qa clxsdl, d vtho l hikld igudj uR; djrsgA ; g uR; fo'k vol j inku djrsgA vlg 'knh dsmRI lg dscln eaeuk; k tkrk gA

mi l gkj %& Hkjrh; Hkhy tkr; k}kjo'o'zescbZR; k}kj euksrgA Hkxkj ; k i o'zesdlQh vgfe; r j [krk gB D; kcd 'knh dsigyoj-o/kwki l esv iuk pqllo Lorark iD djrsgA emZeysesxk; nork dh vklj/luk fiz tuks l sfeyu rFk vlo'; d oLrvksdh [kjlnh-fcdh] buds iR; sl mRl oks, o eykes uR; ksesl ask gksgA okrfodrk>ydrhga iR; sl dk v iuk vyx ghegR o

&% l mHkZ l iph %&

"kjrh; l ekt 'M= & i ls Mh , l o | y

1-ekuo , o l bdfk & ' ; keloj . knos

2- "l jrh; xteh.k l ekt 'M= & i ls , e- , y-xljk , o Mh-Mh 'keZ

3- , - jktFku fo ist & oh- vkj- plglu

4-{sh; l ekt 'M= & jk/lkdey efkthz

5-e-iz l uhsk & ekfI d if=dk

6-e-iz l keU; v/ ; u l xg & MWl oZkfl ga

Hkhy , o vll; tutkfr; ks ds eys , o uR;

7-tutkfr; kfodkl dsklj n'ld	&	vkj- , e- Jhokro
8- "hy "xkj ; k	&	ekxhyly lkydh
9-e/; insk dsvfnokl h	&	MWf'kodly frokjh
10-e/; insk dh tutkfr; lkdfr	&	MWf'kodly frokjH

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