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o"kkZ ckjksd]¹] MKW foosd vol j²]

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²i kpk; ¶ukf'kdjko frji ¶s 'kkjhfd] f'k{k.k egkfo | ky;] ukxi j] -

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[kGkyk Qkj egRokpsvkgst; k0nkjs gkp ekuoh thoukpk vi re ekuokph l qn<rk] pkxys LokLFk mnask gks - vl . ; kl enr gkrkr- [kG gk ygku eyka kl u rj o/n 0; Drh ; k l okkpk vkoMrk fo'k; fdok eukj at ukRed vl rks [kG gs ekuokpseukj at u djou 'kkjhfd l qn<rk ns [ky ok<for vl rs 'kkjhfd 0; k; ke0nkjs eu%okLFk Eg.ktp ekuf drk l qnk l qn< jkg. ; kl enr gkr s tj 'kj hj l qn< vl s rj eu ns [ky nn< jkg hy- **Sound mind in a sound Body.** 'kj hj vkf.k eu ; k , dkp uk. ; kP; k nku cktw vkg- dkj.k 'kj hj o eu ; k nkdggh xksVh 0; oLFkhr jkgr vl rhy rjp 0; Drh ugeh vkunh o l ek/kkuh jkghy fdok vkun

Ekksy dkGkrhy 'kkjhfd f'k{k.k %&

ikphu dkGh 'kL= pkyfo.ks gh R; kdkGkph xjt gkrh- 'kj hj j {k.k vkf.k 'kj hj l o/kkkl kBh 0; k; kekph xjt ikphu dkGki kl u ekuokyk Hkkl yhrdkGh cy] l keF; Z vkf.k ; Drh ; kpk oki j i keq; kus/kekpsj {k.k} n"Vkaps ifji R; dj . ks o l j {k.kkl kBh dj. ; kr ; s vl s ikphu dkGkrhy fdok eksy dkGkrhy ykdkpk LoHkko o pfj = ; kpk 0; k; kekoj i qdG i Hkko i Mrks c d n h c G] l k a V; k] Qkl s vl s c B; k [kGki kl u rj f'kdkj



dKrh] y<kb] ryokj ckth] ykBh&dkBh v'kk enkLuh [kGki ; Brr l ozi dKjps [kG ykd [kGr gks-
 i vohP; k dkGh y<. ; kph i /nr v'kh gksrh dh rs, desdkauk >kck>kach d: u l ekjP; kyk i jkthr djr vl s ekuokus
 t l t l h i xrh dsh r l & r l h y<kbZ f d o k ; qn i /nrhr i xrh gksr xsh- y<kbZ; æ. kkr l qkij . kk djou 'k=P; k yka mhks j kgu
 R; kyk ekj . ; kl kBh f d o k 'k=pk i kMko dj . ; kl kBh ryokj] Hkkyk vkf. k /kuq; ck. k ; kl kj [; k 'kL=kpk okij d: ykxy-
 eksykauh i kj bhk l okRre nku 'kDrhps f'k{k.k ?; k; yk i j bhk dshk gksr- i fgyh 'kDrh Eg. kts ekuf l d 'kDrh vkf. k
 nd jh 'kDrh Eg. kts 'kkj hfj d 'kDrh gks - rRdkyhu f'k{k.kkps nku Lo: i gksr Eg. ktp ekuf l d f'k{k.k o 'kkj hfj d f'k{k.k-
 ekuf l d f'k{k.kke/; s/kkfeZl f'k{k.k fnY; k tkr gksr vkf. k 'kkj hfj d f'k{k.kkr ; qnfo |pk vH; kl dshk tkr gksr- ekuf l d
 f'k{k.k Eg. kts vkrfj d fodkl o 'kkj hfj d f'k{k.k Eg. kts ckg; fodkl gks - elsxy gs fpoV o dKv d i oRrhps gksr
 R; kP; keuke/; s/kekPkh Hkkouk vkf. k gkrkr 'kks kph ryokj gksr- R; kpi ek. ks eksykauh vki Y; k l Ø; kr /kkfeZl i j . kk fuekZ k
 d: u f d o k tkr d: u ryokj hP; k tkj koj Lor%psj kT; LFkki u d: u l k e T; foLrkj dshk-
 elsxy l yrur dKGr tsf'k{k.k ns kjs xq gksrR; kauk ^mLrkn* vl s Eg. kr- mLrkn gk i R; d 'kkj hfj d xrfrof/ke/; s
 rks i kfo. ; i ktr vl k; pk- mLrkn gk fo | kF; kauk osxoxGs 'kkj hfj d fØ; kpsf'k{k.k nr vl s T; ke/; s dKrh] ?kMk okij h] Hkkyk]
 ryokj ckth gs f'kdfor vl s fo | kF; kP; k l okZk.k fodkl kl kBh Eg. ktp 'kkj hfj d] ekuf l d r l p vk/; kRehd fodkl koj
 tklr y{k fnY; k tkr vl s

eYfo|k o [kG %

i kphu dkkGki kl nu i pfyr vl sysh , d fo | k Eg. ktp eYfo|k gks - ; kykp nd j suko Eg. kts dKrh gks - dKrh gk
 enkLuh [kG vkgs ; k [kGkrhy 0; k; kekus 'kj hj krhy l oZLuk; wo fuj fuj kGh bânz setar o dk; Zke curkr- dKrh [kGY; kus
 euq; kph d o G 'kj hj ; "Vhp r; kj gksr vl sukgh rj R; kps eu ns khy [kchj gkouu R; kP; kr pi Grk o 'kj hj dk; Zkerke/; s
 nf [ky ok< gksr dKrh ; k [kGkp 0; k; ke dY; kus 'kj hj l q<] eu i z [kj] pggj k vkt Loh r l p 'kkj hfj d d"V o ekuf l d
 f d o k l gu dj . ; kph {kerk fuekZ k gksr dKrh gk 'kj hj vkf. k vo; okauk fodl hr dj . k k j k 0; k; ke vkgs
 eYfo | d kBh dks kR; kgh l kfgR; kph xj t Hkkl r ukgh- QDr R; k [kGkr 'kDrh vkf. k Mko i pkph xj t vl rs i kphu
 dkGh [kGke/; s eYfo | syk mPpdk/hps LFkku i ktr >kys gksr ; k [kGkr Hkhe] cyj ke] d d ; kl kj [ks egkHkkr dKGrhy
 dl yys vkf. k rjst vl yys; k s ns o eYy gksr rRdkyhu i d ach dKrh ; k [kGkps vk; kst u dY; k tkr gksr v'kkr , d
 mrl o i d ach dkkusd". k vkf. k cyj ke ; kauk dKrh dj hrk fuef=r dsysgksr o vki Y; k eYy; kP; k gkr u R; kauk ekj . ; kpk dV
 f d o k "kM; æ j pyk gksr- i j arw". k vkf. k cyj ke ; kauk pk. kj o eqVhd ; k eYy; kauk ekj ys
 elsxy dKGe/; s jkt?kj.k ; krhy r l p mPp dshu fl=; ki . k [kG [kGr vl s vcj ckn'gk jkt?kj.k ; krhy
 fl=; kauk f d o k j k . ; kauk v'ou s q ; i ktr Ogkos; kl kBh rsj k . ; ka kor i kys [kG [kGr vl s vdcj kph j k. kh tks'kh gh /kufoZ] k]
 i kg. kj ryokj ckth] cqnhcG ; kl kj [; k [kGkr rh rj t o gksr-

vk[kkMk %

cBdk] eYy [kkæ] tkj oxj s dj . ; kpk tksyk vk[kkMk vl s uk o vkgs l adre/; s vk[kkM; kyk ^eYyxg* vl s
 Eg. krkr- i kphu dKgi kl nu Hkkr rkr eYfo | k gh mPpdk/hyk i kgyph gksr- vk[kkMk gk fof'k"V i /næhusckakysyk vl rksrks
 Eg. kts vk[kkM; kyk f [kMdh oxj sul nu QDr njokt vl k; pk tks i q k a . ks can vl k; pk- fhkrhP; k ckyk nku&vMhp Qv/
 mpphk vk/k ckakysyk vl rksrkyeP; k l ekj th ekdGh tkxk vl rsR; k tksr dKrh; k [kG. ; kdjhrk tkxk r; kj dshy tkxk
 vl rsfryk ^gshk* Eg. krkr- fgnP; k rkyehr ^ek: frpi* LFkki uk dshy vl rsrj elsxyP; k rkyehr ^vYy kpk i atk* B o ysyk
 vl rks R; kph fgnw' kfuokj h rj elsxy xq okj h i q k dj k; psrkyehr l oZ/kekP; k ykdkauk i o s k vl rks rkyehph oG i gkV s o
 l q kLrki urj ph vl k; ph-

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 v&dkBhus l eku vl . kkl; k ykd kph dKrh gksr gksr- cynM 0; Drhph eYyK; qnkl kBh fuoM dY; k tkr gksr- R; k dkGkr
 emnke i frLi /kkzyk t [keh d: 'kdr uOgr] vl s > kY; kl eYykl nks'kh Bjou f'k{k dksh tkr vl s
 elsxy o k kpk l LFkki d ckj gk dKrh [kG. ; kr i fo. k gksr- R; kyk dKrh [kG. ; kpk o i kg. ; kpk Nan gksr- rks
 uggh dKrhps vk; kst u djhr vl s , dnk ckj usR; kP; kp nj ckj krhy eYy l knhd vkf. k cyky ; kP; ke/; s dKrhps vk; kst u
 dsysgksr nks'kh vk[kkM; ke/; s, d nd U; k l ekj vKY; koj eYy l knhdps Mko i p gseYy cyky i {kk dks'p k l i n gksr R; kus
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- 1-l Hkkl n c[kj] fou; fi Vhdk-
- 2-Hkkj rh; l d'rh Kkudksk] [kM 7 ok-
- 3-Hkkj rh; l d'rh Kkudksk] [kM 2 ok-
- 4-Hkkj rh; l d'rh Kkudksk] [kM 1 ok-
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