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vi ulkbz] ftl dsdkj.k os, d h l kfgR; /kjkvkvads l kFk Hkh U; k;
dj l dstdks"kdy th neokj l ejpr egRo i klr ughadj l dh Fkh
A vkykpd ds: lk eanfoonh th dk of"k'V; vkpkl; Z"kdy th ds
fo'k; ea muds fuufyf[kr dFku l s Li 'V gkrk g&phkkjrh;
dk0; kykpu"kkó dk bruk xkkhj vks fopkj d fghnli earks
nl jk gyk ugh A Bhd ugh dg l drA "kk; n ugha gyk A
vydkj"kkó ds i R; d vks ij l fpru er FkA os brus xkkhj
vijs dBkj Fksfd muds0; Dr0; kadh l j l rk mudh cnpf/k dh vko
l s l f k tkrh Fkh vks mudserkdk yfpkyi u tkrk jgrk FkA
vi dks; k rks'gk^ cguk i Msk ; k 'uk^ chp ea [kMs gkusdk dkbz]



mik; ugh mudk vi uk er l s yg vksuvi uk gA osrudj dgrsgs; es, l ekurk gJ rfgkjsekuusdh egsi jokg ughagA fQj Hkh
"kdy th i kfor djrsgs; u; k yksd mul smjrk g; i jkuk ?kcjkrk g; i Mr fl j fgykrk g; osi jkuh dh xykeh i l n ughadjs
vijs uohu dh xykeh rksmudsfy, , dne vi g; g; "kdy th bl h ckr eacMsgSvijs bl h txg mudh detkjh g; b

vkpkl; Z ḡtkjhi d kn nfoonh dk vkykpd : i %

vkpkl; Z ḡtkjhi d kn nfoonh dli; g fot"k'Vrk gSfd mlgkusbl detkjh l scpusdk i z kl fd; k gA mudk vFkkg i kMR;
fdl h dksMjkrk ughavfi rqvnforh; mnkjrk , oal gtrk dsl elo; dsdkj.k i jkusrFkk u, l Hkh i dkj dsykskedsfy, l keku : i
l svkd'k d g; ; g vkd'k l vuk; kl ughag; vfi rqmudsvkykpd 0; fDrRo dh dfri ; fot"k'Vrk, jv/kksyf[kr g;

1 + kMR; dk i Hkk0%

vkpkl; Z ḡtkjhi d kn nfoonh dk 0; fDrRo cgyk; keh FkA bllgkusfofo/k fo'k; kdk xgjk v/; u fd; k gyk fn [kkbZnjk gA
buchd eyi ij . lk dsokr Hkkjrh; rRo fpru dsnk"kud xkkjgsgs; bl h dsifj.lke Lo: i mudk 0; fDrRo i kMR; l si fj i wkzfns [kkbZ
njk gA l Ldr l kfgR; l sfghnli eavk, FkA l Ldr dk0; rFkk dk0; "kó dsl kFk gh n"kk] v/; kRe] /kezkkó] i jk.kj mi fu'kn vlfn dk
xkkhj v/; u mlgkusfd; k FkA bl dk i fj.lke ; g gyk fd eyi kskard i gipuk mudsfy, cgr l gt gksk FkA l kfgR; d , oa
l kldfrd pruk dsvfotNlu i dkg dsvkdyu eamudh l keF; Zdk jgL; ; gh FkA

2 fo' ysk.k {kerk}%

vkpkl; Z ḡtkjhi d kn nfoonh th dh , d i eqk fo"kskrk mudh fo"ysk.k {kerk g; l Ldr , oafghnli l kfgR; dk v/; u djus
grqymllgkusbl {kerk dk i wkzifjp; fn; k gA osi jh vfkLrdrk dsl kFk i jk.kj mi fu'knkarFkk /kfebd l kfgR; dk v/; u djrsgs;
fdl qmudk fo"ysk.k djrsI e; osjks neok ; k Hkkodrk l sfcydly i kfor ughagksfdl h dkj.k mudsfpru eaelFdrk fn [kkbZ
i Mrh gA fd l h l kfgR; d /kkj dk fo"ysk.k djrsgs; osml dh l helvkadkshkysughA fghnli l kfgR; dh Hkkedk eas l Ldr dk0; ds
l dk eamudk fuufyf[kr dFku mi ; Dr rF; dksiekf.kr djrk g; 0; fDrRo dh bruh tcjnLr mi {kk l d k j dsl kfgR; eanykk
g;

nfoonh th dk l Ldr l kfgR; dsifr vi he vuqkx gSvk; ml dh ijh i jajk dsifr mudshkrj vklFkk , oJnAk dk Hkk0

fon: eku gA fQj Hkh ml dk fo"ysh k djrsqg osml dh I hekvkarFkk nqlyrkvkdh mi qk ughadjsrvfi rphu nqlyrkvkdksdkj . k os mDr I kfgR; dh egkurk dksutjvnkt ughadjsA

3 + qcksk%

vkykpd ds: i eanfoonh dh , d cgr cmh fo"kskrk ; g gsdh osfdl h dky dsl kfgR; ij fopkj djrsi e; ml ; qk dh i fijflfkr; ka, oai dfrr; kdksvo"; /; ku eaj [krsgA mudh Li 'V eku; rk gB l kfgR; dh eku; rk, i thou dh eku; rkvlal sfopPNu ughakshA ubzifjflfkr; kaeatc euq; u, vutko i lkr djrk gsrFkk tkxfrd 0; kiklavkj ekuoh; vkkjkarFkk fo"okl kadsel; ml dseu eAV; k c<+tkrsgA l Hkh ekuo dseV; eadN i jkust ldkj vls u, vutko gkrsgA ; qk dsthou eV; esifjorl dsl gt Lokhkkfod ekuusdsdkj . k vpk; Znfoonh dh bfrgkl n'Vh nli jsfopkj kadh ryuk esvf/kd mnkj fliklu , oafof'kV gA bfrgkl dby 0; fDr ; k euq; dk ughacfYd I ekt vls ml dsi fjosk dk gkrk gA ekuo iz Ru vls i fjosk dh vVW i ja jk gh bfrgkl gA og ml dh v [km /kjk dsl eku gsf t dsi dkg eadkykrj eal l dfr; kadsvuok"; d emz rRo u'V gkrsgjrsqgsvkj vko"; d mi ; kxh thou rRo i okghr gkrsgjsgA bl i ddkj bfrgkl usnfoonh th dksvelok "koi nku fd; k gA ft l dksdkj . k vlfndkyhu vls e/; dkyhu fgmk l kfgR; eamudk i dsk l gt vls l pjd gksl dk gA bl i ddkj l kfgR; dks bfrgkl dh l rr i okgeku , oauthor i k.kjk d: i eanskusdsdkj . k vpk; Znfoonh "kk"or l ukru thou eV; kadsl kf k l kf k ; qk ckdk dh vnforth; i frhkk l sl i lli gA osl Hkh ; qkdsi kfgR; dseV; kdu dsfy, vflsV mnkj , oai xfr"kh" l fe{kk nf'V vi ukuseA l efkzgq gA

4 + i ja jk , oavk/kfudrk dk l ello; %

; qcksk ds l kf k gh vpk; Zgtkjhi l kn nfoonh l ello; oknh n'Vh Hkh mYy[kuh; gA os, d vls vr; r i jajkoknh gsrks nli jh vls vlfudrk dh ubzidfr dksvi ukusdsfy, vi usan; dk nekj [kryk j [krsgA l ello; n'Vh mudh vkykpukRed n'Vh dks [kryki u i nku djrh gA os vlfud l kfgR; dh vud i dfrr; kdh dMh+ vkykpuk djrsqA fdrqbl dh vud fo"kskrkvkdh izkdk fd, fcuk ughajgrA bl h i ddkj ikphu l kfgR; dksdk0; osko dksosepr dB l sLohdkj djrsqgfdqml dh I hekvkdsvdu eaostjk Hkh l ddkp ughadjsA

bl dsl kf k gh l kf k os l kfgR; l eh{kk dsl e; vi usl ldkjkal sABdj l eh{kk l kfgR; dh ns k dkyxr fo"Vrkvkdks l e>usdh vko"; drk i cy nrsgA

5 + tkrh; l kfgR; dh vko/kkj . kk%

"kkfr fudru dsl cdk gkuskusdsdkj . k cakyk l kfgR; dsv/; u dkk l qkx gtkjhi l kn nfoonh th dksiklr gvk FkkA bl dks l kf k gh dfonz jfonz vls vpk; Zf{kfrekgu l s dsl kfu/; dk yHkh mUgaiklr gvk FkkA ft Kkl pfrR dksdkj . k mUgkau vU; kU; Hkkj rh; Hkkvkvkdh l kfgR; d , oai kldfrd i ja jk vkdak Hkh xgu v/; u fd; k FkkA bu l cdk si fj. kke Lo: i mueafopkj /kjk d dh mnkj rk fn [kkbzI Mrh gA foHkklu l kldfrd , oai kfgR; d i ja jk vkaefdl vknku ivku gkrk jgk gB fd l i ddkj Hkkj rh; thou n'ku] l dfr, oai ja jk usl exzHkkj rh; l kfgR; dks i Hkkfor fd; k gB bl dsvkdyu eanfoonh th l Qy qg gA vpk; ZbI h nf'V l stkrh; l kfgR; dh ckr djrsqA l kfgR; l gpj* "krikd xsk ds*tkrh; l kfgR; * "krikd fucdk eaosdgrsgS ejp tkrh Hkh , d 0; fDr euq; dh Hkkfr gA ft l i ddkj 0; fDr euq; dHkh l ksk gB dHkh tkxrk gB dHkh l kprk fopkj rk gA dHkh vkuu dskjgku NkMrk gB Bhd ml h i ddkj l jh tkrk Hkh vi us thou eaHkklu voLkkvkal sxtjrh gB bl fy, tc ge fd l h l kfgR; dsbfrgkI dks i <fsgrksolr%ml tkfr dh l awkfrpu "kfDr vutkfr i ja jk vls l onu"kyrk dk i fp; i uk pkgrsgA l kfgR; dsu, eV; * "krikd fucdk eal kfgR; jpkdkj , oavkykpd nksukdh fpRrxr mleDrrk cmh pht gB D; kfd og cmh l Hkkouk l skjh gA ml dk Lokxr gkuk pkf, ml dkk Lofk fodkl gvk rksHkkj rh; l kfgR; dk vPNk v/; u gkx vls ml dseeZdkse vPNsrjg l sl et l dksdk gtkjhi l kn nfoonh ckj ckj Hkkj rh; l kfgR; dh gh ckr djrsqA tksmudsnf'Vdksk dh mnkj rk , oao"kyrk dk i fpjk; d gA l dfr ok3e; gh cakyk rFkk nli jh Hkkj rh; Hkkvkvkdsl kfgR; dsxgu v/; u l smUgkusuvi uh vkykpuk nf'V dks0; ki d cuk; k gA

6 + l kldfrd l eh{kk nf'V%

gtkjhi l kn nfoonh dks l kldfrd l eh{kk dkg tkrk gA fucdk vkykpukjmi U; kI rFkk vi usl awkly[ku esgtkjhi l kn nfoonh l dfr dh vfoPNu i okge; h /kjk dsvuqkhyu l s l cdk fn [kkbzI MrsgA , d l dfr fd l i ddkj nli jh l dfr dskhkrj cht : i eaoeku , oathfor jgrh gsrFkk fd l i ddkj g; qk i ja jkxr rRokal suoohu l aDr dj tkrk gA bl dsvuqkhyu ea much fo"ksk : fp jgh gA mudh ; gh : fp , oai dfrr mudh l kfgR; d vkykpuk dks i Hkkfor djrh gA osl kfgR; dks l dfr dk gh vks ekursgq] l kfgR; dsek/; e l sfal h tkfr dsl kldfrd fodkl dsv/; u i j cy nrsgA bl nf'V l sos; gh vFkkde, d l kldfrd l eh{kk dgst k l drsgA bl i ddkj gtkjhi l kn nfoonh usl sAkkfrd , oao; kogkfjd l eh{kk dsnksukagh {ks=kaeaeGroi wklz; kxnu fd; k gSA nfoonh th euq; l R; dsl mHkZeal kfgR; dh 0; k[; k djrsqA jI , oai k[; ZrRo dh 0; k[; k Hkh l ef'V fpRr dh l onu"kyrk ds: i eadjrsqA osbllgk ef'V euq; ; k Lofk l keftd ekuorkokn dsvkfkld] l keftd vls jktuhfrd "kksk. k l s efDr dh Hkkouk ds: i eafjHkkfkr fd; k gA

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b1 i dkkj vpkp; Zgtkjhi d kn nfoonh fgnh ds1 qfl nA vkykpd gA vkykpk ds{ks= eav i uk Lo= fopkj j [kuokysJsb vkykpd gA budh b1 dfr dh l eh{k djrsgq fn[kkbznsrgq ; gh budk vkykpk ds{ks= eal oUjsB ; kxnu gA

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3 +MKWd gtkjhi d kn nfoonh
I ik fo"oukFki d kn frkjh

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