GOLDEN RESEARCH THOUGHTS

jk"Vh;rk vk�'| lkEinkf;drk dsfud'k ij jkekorkj dk iuqe/;kdu

Ekkfudk ?kiYyk

vfl LVNV ikS} Mh-,-oh dkWyst]vckgj]fgmh foHkkx

lkjka'k :-

fiatkc dsircq) dfo;kausftu o.;&fo'k;kaij ys{kuh mBkbA] muesfo'.kqdh pkfhg dyk lEiwkZ vorkj ykdj{kd jkepUnzdh ikou thou xkFkk dk fof"k'V LFkku gA uj lsukjk; .k dsvrjky dksjke pfj= dh ikourk lsHkjk x;k vkS} thou ds lkefhgd mRFkku dk ,d ek= vk/kkj jke&dkR;kadksLohdkj fd;k x;kAAiatkc esajfpr jke dk0; gekjh lLdfr dk lj{kd o lio)d lrqdk dk;Zdj jgk gA&iatkc esajfpr jke dk0; dh yMh eaxq# xkifcUn th }kjk jfpr jkekorkj "kh'kLFk gAjkekorkj ds izk;u dk mnn%; u dly iatkfc;kavfirql EiwkZ Hkkjrh;kaeajk'Vh;rk o lkEinkf;drk ds lnHkkouk dkstkxr djuk Fkk D;kfd ml le; dh ifjfLFkfr;kaifrdny FkhAjkekor eajke dk Lo:lkjk'Vh; Lrj ij HkkouekRed ,drk dsfojkV-Hkkotxr~ij ifrf'Br gAjke ds "khy eaHkkjr dk "khy]jke dsl k9n;Zeajk'Vh;rk dk lkWu;]vkS] jke ds "kk$ZeaHkkjr dk "kk$Zviuh pje iwkiZrk dslkFk pfjrkFkZgqyk gA dFkk lkBu]fcc ;kstuk vkS} pfj=&fp=.k lHkh dsek/;e l sjkekorkj dkjk'Vh; o lkEinkf;drk dl nHkkouk dk Loj eq{kfjr gqvk gAjke usviuh lquk esfofo/k tkfr;kao l Eink; dsykxksadks,df=r djdsl kEinkf;drk dsl nHkkoukvkadk l j{k.k fd;kAjkekorkj dsjke doy lk{kkr-vuhfr jko.k dkstMeay lsugh feVkrsvfirql EiwkZHkkjrh; kaeaubZijjskk] u0; LQfrr]unu lLdkj dkslpkfjr djrsgAbl inkj jkekorkj dsjke lPpsvFkkeaHkkjrh; dsije jk'V°iq 'k vkS} mudh ykdfo/kk; uh nf'V ds dkj.k oslkEinkf;drk dl nHkkoukvkadslj{kd gA

cht "kC0n&xq#jkekorkj]"khyjke]xkfcUn fl }g

jk”Vh; rk vkSj lkEinkf;drk dsfud’k ij jkekorkj dk iquen/Y;kdu

iLrkouk

iatkc dsiraQ dfo;kausftu o.;&fo’k;ksaij ys[kuh mBkbl] muesfo’.kqdh pKng dyk l EiwkZvorkj ykdj{dl jkepUnzdh ikou thou xkFkk dk fof”k’V LFkku gSAokLro eajke pfjr dk ;”kkxu djusdke\y mnrnS’; vkn”kZ/kkj.kk jgh gSAiatkc rFkk iatkcrj dfo;kaustc&tc jke dspfjr= dksdk0; fo’k; cuk;k]rnudh nf’V Hkxoku dh ykd eaxydkjh j{kd “kfDr; kadh vkSj jgh gSAHkkjrh; l ekt dsl eLr vkn”kakdksjke dFkk ea[kkstk ,oa<kyk x;kAuj l sukjkt .kdsvorjky dksjke pfjr= dh ikourk l sHkjjkk x;k vkSj thou dsl ketfnd mRFkku dk ,d ek= vk/kkj jke&dR;kdks dksLohdkj dj fy;k x;kAl k/kkj.krk dk0; dh ijEijkdh vkjEHk ckYehfdl jkek;.k l sekuk tkrk gSAl l inaZjke dFkk dk dkbZvfLrRoemiyC/k ugh gkrk]fdlUrqckYehfdl jkek;.k dh ita&dk0; “kSyh vkSj fo”okl iajk.k rFkk ykd dFkk ea\l dscht vo”; FkA;g cht mu NkVh&NkVh dFkkvkadks: lk eafc[kjsgq FkkAckYehfdl usmu l c dks l ev/ dj dFkk dk ,d lkxfBr vkSj l 0;ofLFkr : lk iinku dk fn;k]k gSAijUrqiatkc eajfpr jke dk0; dk okLrfod pyu vk/kfud ;x l sghekuk tkrk gSAl l inzZe/;dky eajke “kCn dk i/z,kx ijkRij cgek dsfy, fd;k x;kAiatkc eajfpr jke dk0; vU;k; vkSj vR;kpkj dsfo:) l?k’kZ l dk ijrhd g&vuad l /nj jkek;.k .kdu;&&u;si/z,kx ,oau0; mnHkkouk,aml ;x dk /kjkgj g&iatkc dsjke dk0; eaJ)k HkfDr dk Loj l jif{kr rksgS\ ijUrqjke dspfj= dk mn?kkVu ohj jl e&Hkh ifrQfyr gkrk g&vU; jke;.kkaeatgkajke dsnml js: ikakdk fp=.k foLrr : ika eafeyrk g&ogkaiatkc eajfpr jke&dk0; eaohj jl dk fp=.k g&iatkc eajfpr jke dk0;kaeaxq xfgc ds v/;kRe jkek;.k .k]dlyiij pn f=[kkk dk jkek; .k]xkdsUn fl e dk jkekorkj]lkfgc jk; dk jkek;.k i ijk.k]xgyxykc fl e dk v/;kRe jke;.k .k]jkjkenkl dk l kj jke;.k .k]lorkZk fl e dk ckYehfdl jkek;.k .k]dfo dhjr fl e dk dhjr jkek;.k .k vkfn mYy[kuh; g&iijUrqjke dk vkjEHk Hkkkjrh; l kfgR; dsvkfn dfo }kjk jfpr jkek;.k l lgkrk g&jkke dk0; l n& lgh Hkkkjrh; l iLdfr dk ikkd jgk g&iatkc ea jfpr jke dk0; l n& lgh Hkkkjrh; l iLdfr dk i j{kd o l n)d l iq dk dk;Zdj jgk g&iLdfr dh l iLdfrd fojkl r bl dk0; ea>ydrh g&jke dk0; eajk’Vh; ,drk dk l icYi l kdj gqvkk gS\ fo’k; eaMkU c cfly[krsg&**fl [k x#vkadk0; kid l keftd nf’Vdksk ftl us>iyskHkkjr dksjk’Vh; ,drk ds l l = eafijksfn; kAbl l scMkkjk’Vh; rk dk l nYi vkSj D;k gksl drk gSA**

iatkc eajfpr jke dk0; dh yMh&eax# xkbfcUn th }kjk jfpr jkekorkj “kh’kZFkk gSAq xkbfcUn fl e dk tUe fcgkj iaUr dsiVuk uked LFkku ij 1666 bZ dksgqvkkAviusfirk dsfu/ukdsijUr l kr o’kZdh vk; qeaghosiatkc iaUr dsvkUunig uked LFkku ij x#invkl hu gq vkSj fl D[k l Eink; ds/kkfebl]lkLdfrd]jkrughrd ,oa iFk in”kZu dk nkf;Ro l Hkkkyk&Axq xkbfcUn fl e g theuu”khy fpard]l kfgR; eeK ,oajk’Vuk;d FkkAl kfgR; d : fp dsdkj.k k mUgkkuasviusnbZjipuk,ajpnAvki dk l epk dk0; l axg *n”ke&xUFFk* dsuke l sifl l) gS*tkbi *vdky Lr(jr] *fofp= ukVd *] *p.Mh pfj= =*] *pkB&l vorkj] *”kCn*] *loS’k] vkSj *p.Mh nh okj* vkfn e((; gS\jkekorkj xq xkbfcUn fl e th dh jpuk *pkB&l vorkj *ea l vyx fp=.k.k g&gSftl sxq thusvU; vorkjkadh vi{kk vf/kd euk;skx l si Lr.qr fd;k g&vkvkykP; dfr eamUgkkuas26 idlj.k.kdls864 NUnkeajke dFkk dksviusgh<x l s<kyk g&jkekorkj dk jpukdky 1698 bZ g&jkekorkj dh i#jh dFkk dk foLkkku ckydk.M l s l hrk Lo;aoj rd] v;k/;kdk.M l souukl rdvj.; dk.M l s l hrk gj.k jrd]fdf’dakdk.M l s l ckfyo/krd]l iinjkdk.M l sguq euu dh “kkSk rFkk ;w)jkfEHk rd]yadkdk.M l sl hrkfeyur rd]mRrjdk.M l svUur rd bl i idj l sfd l x;k g&jkekorkj dsiZk;;u dkmnnS’; u dboy iatkfc;kavfirq l Eiwk/z Hkkkjrh;kaeajk’Vh; rk o l kEinkf;d l nHkkouk dkstkxr djuk Fkk D;kfd ml l e; dh ifjfLFkfr;kaifrdwy FkhAl kfgR; ifjfLFkfr;kadh mit gksrk g&rRdkyhu ifjfLFkfr;ka ,oaexy vR;kpkjkadsdkj.k turk d’Vkavkk§ volknkeaMrch gqbZFkhAiatkc dh fLFkfr *ksk Hkkkxkl svf/kd “kkpuh; FkhAvR; pkfj; kadsjk’V°inq’k dk fl e } kj gkusdsdkj.k iatkc ds tuekul dsl Ee[l l EkL;k fodjky : lk/kkj.k dj p#dh FkhAvR; pkfj; kadsneu dh ijskkku usdsfy, xq thusjkekorkj dh jpuk dhA e;/kkkai’kkkre jke fo”okkRek ds\ijkRij ijekRek dsujkorkj g\l kFk gh olnuh;]kaHkkkjrhkfee dsver i# gSvr%Hkkkjr dh jk’V°Rek Hkkh g&Axq xkbfcUn th usiatkc eajk’Vh; l kEinkf;d l l Hkkkouk dksk.l k Qufdku pkgrsFkkAjk’Vh; rk dk Lo: lk e;yr%tuuh] tUe Hkkfee ,oaekrHkkk’kk’kk dsifr v[k.M vkLFkk vkSj viusjk’V°dh ykdijEaji ,oa”kkkL=e];e]khk dsifr xgu xkSjo nf’V dh v[k.Mrk ea0; Dr gksrk g&jksrh dh idkj ij l Eiwk/Zfo”o dsdgn; Lo: lk Hkkkjr n’k§k eaguqk FkkAvR;%qxq xkbfcUn th usl e; dh mit dksijjk[krsgq jkekorkj dh jpuk dh]D;kfd jke&dFkk ds0;kid ifjos’k eajk’Vh; rk dh l gt vfHk0;fDr gksl drk FkhA

jkekorkj eajke dk Lo: lk jk’Vh; Lrj ij Hkkkouk/Red ,drk dsfojkjV°Hkkkotxr~ij ifrf’Br gSAjke ds“khy eaHkkkjr dk “khy]jke dsl k!Bn;Zzeahkkjr dk l kSn;Z]vkSj jke ds“kkSZ ZeaHkkkjr dk “kkZ Zviuuh pje iwkjrk dsl kFkl pfjrFkZZguvk gSAqAdVkds l qkjj dsfy, o l rksdsl m)kj dsfy, vtjjvej vkSj cgek vorkj /kkj.k fd;k djrsgSAiatku/atu dljh jk’Vuk;d dl }jkk “kkfr l oZ’kkfDr]l d[k l EiUUk jkT; eagh jk’Vh; rk dk iwkZifjfjkd l Hkko g&jkekorkj dsvUUrrZ jke dstUe l sgh nqVkdks l Igkj vkSj l k/kkydksm)kj dh ifr/ofu xqtk;eku gksrh gSAxq thusjkksfo’.kkqdk vorkj ekurslq rFkk l l kj dsikyd ds: lk eaHkkkjr n’k§k eagq vorkj ekurdsl e; vfHko;Dr gksl drk FkhA

ekl =;kn”kh p<;;karc l Uru grqm/kkjA
jko.k fjiqijxV Hk;stx vku jke vorkjAA

bl idkj xq xkbfcUn fl e th us;g Li’V dj fn;k gSfd jkekorkj dk grqg&jk{kl h vR;kpkjjkal l#Lr/kjk dk m)kjAuj : lk eaos/keKJuhrerK]Kkuoku]pfj=okku]k]n`<;+ifrrKk vkSj l R; ijkdeh g&mues”kfDr]“kh y vkSj l kSn;Z/dk vkykd

jk”Vh; rk vkâ l kEinkf; drk dsfud’k ij jkekorkj dk iþueY;kdu

I kekU; mRd’kZgâAjkekorkj eajhfrdky cksk gkrsgþ Hkh l ef) vkâ l keUrh okrkoj.k dh vi{kk ifjosk’kku[kj ohj Hkkouk ,oa pfjr uk;d jke dk ohj : Ik fpf=r gþvk gâAosjke dksjkºk] mnkj] I þkhy] Hkk DroRl y] vkfn nþkrsgþ Hkh ijkºku /kkj.kk ds vuq Ik ,d ,dk vorkj ekursgþ tksifj=k.k.ke; Ik/kþke~fouk”k; p]nþkdþrke~/kjrh ij vorfjr gkrsgâAmUgkusfcEckRed “kCnkoyh dsek/; e l sjko.k dh fodjkyrk dk o.kZu fd;k gâAfd jko.k n le[kkl sfoHkUu dk;Zdj jkx gâ,d e[kl soksf”ko dk tkî dj jkx gâ]mn jsl sl hrk dk l kØn;Zdksnþk[kjkx gâ rhl jsl sohjkadksyyakj jkx gâ pkFksl sekjktseksjkjisdj jkx gâ ikþosl sgueku dksv/khjrk l sn þkjkx gâ NBs l sfoHkh’k.k dksnþkj dj dÿ gksjkx gâAijUrqyJh jke viuh ohjrk l sjko.k dh cjkjb;kadkvUr dj nrsgâAxq xkfcUn th Jh jke dsohj vorkr dsfo’k; ekfy[krsgþSfcl &

**jke ijme ifo= gâj?k&kol dsvorkjA
nqVn fâ u dsl?kkjd l þriku v/kkjAA**

dfo jke dksjk’Vªuk;d dsmsmUUkk; d ds: Ik eafpf=r djuk pkgrsFkAdfo dksjkeke dk ogh Lo: Ik xûg;÷ gþftl esjke dsck.k vkR; kpkj vkâ vU;k; dh VDdj eafujUrrj fot;h gkrsgâAbl hfy, bl jpuk eajke dsohj : Ik dksifrf’Br djusdkgh iz; kl dfo }kjk gh l ol=jkx gâ&

**L=h j?kqnu dksHkqt rstc?kkj l jkl jcu mMkuA
Hkkfie vdk”k irkj pgÿpd ij jgsugh tkr iNkuAA**

v;ksf;kâl l s,dkdh pydj dry vuqt vkâ v)kíxxuh dsl kFkk jke dk ou ou HkVduk]jk”Vh; thou dh fo?kVudkjh ifjfLFkfr;kal ifjp; iÿr djdsl kjh ifFkoh dksjk{kl ghu djuskdk nÿ<+l ¹dYi djuk okuj Hkkkyy¹kadh oU;;&tkfr;; kadsl ×Bu }kjk vkRefuHkkj jk’V¹uk dk l xBu dj jk{kl l þgkj ds}kjk ykdexydkjh l Iol ¹{koØl I EiUk jkT; dh LFkkiuk djuk &;g ftl ukVdh; ofo/; ; dsl kFkk jkekorkj eaof.kr gâS og vuid vaâkkl jk’Vh; nf’Vdksk dk ifjpk; d gâAdFkk l aâBu] fcrc ;ksrku vkâ pfj=&fp=.k l l Hkh dsek/; e l sjkekorkj dk jk’Vh; o l kEinkf; d l nHkkouk dk Loj e[kfjr gÿvk gâAjke vkâ jko.k ds;½) dsl e; jke ,d jk’Vuk;d vkâ vkâ ohj;k;k) k ds: Ik eafpf=r gÿ g&

** tÿ Vschja ANyÿ Vsrhja A< dh <ky Adkgsdky AA
Fkdls<ky⁠ Ac⁠dscks y⁠ AdPNsl L=A⁠ vPNsvL=AA
>slÿja A?kⁿeesgÿjÿ ApDdSpkjÿ AcDdSekjÿ AA
fHkÿ) scje Af NPNspjes Arÿÿ Vs[kXxÿ AmVBs[kXxÿ AA**

I kho l hrk dh [kkst dsfy, okujkadksfofHkUu fn”kkvkaeaHkkstrsl e; fo’knrk dsl kFkk nÿk dsftu fofo/k iÿdfrd LFkykadk foLrr fun?k’k vkâ l ÷dr djrsgþ] muesrksl kjsnÿk dk gh ugh tÜ sl kjjsl ÷kj dk Hkkâ&kkfyd ifjp; l kj : Ik eavk x;k gâ; g Hkh bl nÿk dh jk’Vh; rk dsihNsfoeku fojkV~&Hkkâ&kkfyd i’BHkkfie dk ÷krd gâAHkkxoku jke dkk svkVl ÷gekpy Hkkjr Hkkfie l svupÿjkx gÿmsm l dsd.k&d.k ke muudk g;; jerk gâAv;;kf; k] fefFkyk] rhFkjjkt izkx]fp=dÿV n.M&dkj.;] fdf’dÿkk l þÿy] yo.k Hkkk mUgsfiz gâSbl iÿkjksl l ÷Ldfrdrk dsifr vVVW ie dks0;Dr djrsgâAjkekorkj ea yÿdkdk.Ueea;) &idÿxkadk vk;kstu Hkkh jke dksjk’Vuk;d o l þLdfr dsikLkd ds: Ik eaghfpf=r djuadsfy, gh fd;k x;k g&

**jkÿk Hkjsj.keksjj?kÿukFk dekku yÿck.k vuÿd pÿk, A
Ckfit xth xt jkt ?kusjFkjkt cusdfj jksk mVÿk, AA**

jke dk l rikydvkâ ntÿVuk”kd Nfo dfo vius; ea ifrf’Br djuk pkgrsFkkAD;ÿⁿfd n þ’k dk jk’VÿUk; d o l kEinkf; d l nHkkoukvkadk dÿ krd ,d ohj iÿ ’k o l Ur gksl drk gâAog Jh jke dsl ÷r vkâ fl ikgh dsl : Ik dksl ekt ds l Ee[k ij;þkkL=kr ds: Ik eaiLr djuk pkgrsFkkAbl fy, viuh dFkk ;kstuk eadfo jketÜe dsjk{kl kadsu’V djusokys mnÿÿ’; dksl nkiie[kj j[krk gâAjke dksou eHkstdj jk{kl kadksu’V djuadsfy, cgek Lo;;aeFkjk dksv;kï;k Hkstrsg&

**eFkjk bd xkU/kho cgee i Bh frg dkyA
Ckt l kt l .kSp<dl Hkk l þkz?kMy mrkyAA**

Xkq xkfcUn fl ⠋g thusjkeoÿ’k dh ml h ijEijkñk dksthfor j[krsgÿ “kfDr vkâ HkfDr dk l nÿ’k fn; kA[kM×xgLFk gksdj “kfDr dh mikl uk djdsvkR; kpkj dk ifrdkj fd;k rFkk Jh jke dsthou dsvkn”kkÝ dksifrikfnr fd;kAmUgkusdHkh vius vki dks*vorkjh iq ’k* ugadgk &

**tkstkssge dksijes mpfj gÿA
Rkstu ?kkj ujd eaifj gÿAA**

mUgkusl rk≥QdhjkÿegkRkekvkÿ vkâ vdk; iq ’k ijefirk Jh jke dsvkn”kkÝkij pyusdk l n’k fn;kAosLo; aijjeohj ;k) k FkA,d vkâ ohjRo vkâ nÿjjh vkâ HkfDr Hkkouk dh Hkko xÿk mudsgÿ; eafujjrj iÿkfgr gksrh jgrh FkhA l Ein;okn vkâ tkfrokn dsos?kksj fojkkh FksAHkkkjr dh l EkfUor l þLdfr dsikskd FkAeqqxy “kkl dkdsvkR; kpkjkvkâ neu pdkkdk mUgkus?kkÿ ifrdkj fd;k fdUrqu rksmudsifr vkâ u gh bLyke dsifr mu dseu eaHkh fdl h Hkh iÿdkj dk fodkj vk;kAn;k] k]{kek vkâ d#.kk Hkkko l smUgkusl l c dksxysysyxk;kkA,d l gh xÿkal smUgkusviusjkekorkj dsjke dksifjÿr fd;k gâAjke usviuh l uk ea fofo/k tkfr;kao l Einkf; dsyksxkadks l ekosk fd;kA;gka rd dh tc Jh jke vl þ jka dkl ÷kj djrsFksrksl kFkk gh l kFkk mu nÐ;kadksifr dkbZvutÿpr Hkkouk ugh FkhAxq thLo; ajkkepfjr dsJo.k&iBu dsegkRe; dk o.kÿ djrsgÿ muudseu ea vl þ;kao nÐ;kadsifr dkbZvutÿpr Hkkouk ugh FkhAxq thLo;; ajkkepfjr dsJo.k&iÐBu dsegkRe; dk o.kÿÿ djrsgÿ fy[kk g&

jk"Vh;rk vkSj l Einkf;drk ds fud'k ij jkekorkj dk iqeY;kdu

** tksbg dFkk l qSv# xko&nq[k iki frg fudV u vko&A
fcl u Hkxfr dh, Qy gkb&vkf/k 0;kf/k NoSI dSu dkb&A**

jk'V²y{eh dsj{kkFkkZnskHkDr dk #f/kj [kkSy mBuk Hkh jk'V ie dsvksti{k dsmHkkj dk |krd g&vukpkjh dsifr bl h jk'Vh; jksk dk vkstHkjk Loj x&khj l &dfrd e;&hk dsHkhrj jfpr g&folU/; vkSj fgeky; gekjs jk'Vh; xkSjo ,oa LokfHkeku rFkk xak ;euk fl&kq l j; w gekjs Lof.ke bfrgkl ds ToyUr irhd g&jke }kjk rkMedk]l&kgy ekjhp] e&kukFk]dq&tkkd.kZ vkSj jko.k vkfn dso/k }kjk xq xkbrcUn th viuh mfDr ** l ok yk[k[k l s,d yMkm] rcSxkbtcUn fl &g uke dgkm* dksegkekuo jke ij pfjrkFkkZdjdsl EiwkZturk eal k/kkj.khdfr fdl;k g&

bl indkj ipkkc eajfpr jkedk0; dh vkj ykdaurk dfo;kadh : fp;kadk ;gh euy dkj.k g&fdl jke pfj= vU;k; vkSj vR;kpkj dsfo:) l&k'k'k dk irhd g&bl h Hkko l siifjr gkdkj xq th usjke dksviuh jpuk jkekorkj dk pfjruk;d cukuk Lohdkj fd;kAfofHkU/ku dkskkal sjke dk thou vkn''kkidk f''k{kd cu 0;fDr] ifjokj] l ekt]]ykd/kekkaeabu xqkkadk mn; djus yxkA;Fkk dRRkb];]dez'khy thou jkedFkk dsl mHkkkil smtkxj gqvk g&vk&S e/; dkyhu ipkkc tkfr tksfonf''k;kadsvR;kpkjka ,oavuhfr dsik''k''k c) eaLora=rk dsfy, rM&rh vkSj tw&rh jgh Fkh]l w Z: ih jke dsl k{kkRdkj }kjk funkL R;kx u dny l ne&) eaifjofrr gbZcfYd vufpr dk fojks/k'k djuseal eFkZ gksxxbAD;kfd jkekorkj dsjke dksy l k{kkr~vuhfr jko.k dks tMewy l sugh feVkrsvfirql Einkz/kkkjrh;kaeanbZijskk] u0; LQfrrt]uvuru l &dkj dks ipkkr djrsg&Abl indkj jkekorkj ds jke l Ppsv Fkk&eaHkkkjr ds ijeje jk'V²iq 'k vkSj mudh ykdfo/kk; uh nf'V dsdkj.k os l k&Einkf;d l nHkkkoukvkadksl l j{kd g&Ajkekorkj dsjke tu tu ds Jh jke g&]nhucU/kq g&]ifrr ikou g&]vl jj l &gkjd g&]eeDrnk;d g&vr% jkekorkj jk'Vh;rk o l &Einkf;drk dh ije Hkk0; xkFkk g&Abl jpuk ds ekM/; e l sxq th viuh bl ok.kh dks ipkfjr o izl kfjr djrsgq u dny Hkkjrh; vfirql EiwkZl &dkj dh turk dksjke dsl Uro fl ikgh : l k dksvkRel kr-djus dsfy, ifjr djrsgq fy[krsg&fdl&

**ng fl ok cj ekfg bgSl &lk djeu rsdcgnu VjkkA
Uk MjkSvfj l kStc vkb yjkk&ful pSdj viuh thr djkk&A**

l wph&

1&xq xkbfcUn fl &g vkSj mudh fgnh dforkl]MkkWeghi fl &g]uskuy ifC;yf''kax gkml]fnYYh
2&xq#e&[kh fyfi miyfC/k fgnhl HkfDr l kfgR; dk vkkykpkukRed v/;;;u]gjjeg&lnzfl &g cnh]
3&tu tu dsjke]MkkWjek ''kdj ik.Ms;-uhydkB]euqindk''ku fnYYh
4&jkedFkk fofo/k vk;ke]l Eikfnr MkkWHkxhjFk feJ]MkkWjkeukFk f=ikBh vfHkuunu l efefr }kjk indkf''kr
5& ipkkc dk fgnh l kfgR;]l euekgu l gxy
6&ipkkch l kfgR; nh bfrgkl jf[kk]ekgu fl &g
7&ipkkch jke dk0;]Hkk'kk'kk fofHkkx ifV;kyk
8&fgnh l kfgR; dk ieakf.kd bfrgkl]d''.k&Hkkkopd
9&fgnh l kfgR; dk bfrgkl]gqinepn jktrkky
10&ipkkch ikUrrh; fgnh l kfgR; dk bfrgkl]pinckkUr okyh
11&ipkkc dk fgnh l kfgR;]''ke''kj fl &g v''kkd
12&ipkkc dk bfrgkl]dk;ky fl &g ukjx