

eS, wy&5

dk, k; dsfu; æ.k eaj [k t kus okys vfHkys] ka dk foaj . k &

fuxe }kj k Q ol kf; d xrfof/k, kaed; ky; Hki ky] 6 {s-h dk, k; o 47 ft yk@'kk[kk
dk, k; , oa5 mRi knu bdkbZ ka dsek/; e l sl pkyr dh t kjgh gSA eq; ky; Lrj ij
dk, ZfoHkt u ds vuq kj , p vj Mh 1/2kuo l a k/ku 1/2 izkl u] foRr] i k DV] ykxy ekd[Væ]
mRi knu foHkx }kj k vyx vyx dk, Zfd; k t krk gSA

ekuo l a k/ku fodkl 1/4 p vj Mh&

e0i0 jkT; df'k m|ks fodkl fuxe eaekuo l a k/ku fodkl 1/4 p vj Mh1/2dk dk, Zvyx
vf/kdkjh dks vkoVr gSA foHkx dk eq; dk, Zvf/kdkj; k@deZkj; ka dk p; u , oa
fu; Dr@inkufr@dekufr djusdk gSA eq; ky; Lrj l sgh {s-h dk, k; } ft yk
dk, k; o mRi knu bdkbZ ka dk fu; æ.k fd; k t krk gSA vf/kdkj; ka dsfo:)
vuqkl ukRed dk, Zlgh f'kdk, r@t u f'kdk, rka dk fujkdj . k fd; k t krk gSA bl h i zkj
U, k ky; hu okn ij fu; ekud kj dk, Zlgh djuk rFk deZkj; ka dh l eL; kva dk fu; eka dh
i fjf/k ea fujkdj . k Hh l fefyr gSA foHkx ea l akfj r fd; st kus okys fjdMZe; r%
fuEuku kj gS%

1@ vf/kdkj; k@deZkj; ka dk l ok fjdMZe

2@ vuqkl ukRed dk, Zlgh l sl af/kr fjdMZe

3@ f'kdk, r , oat u f'kdk, r l af/kr fjdMZe

foRr foHkx&

foRr foHkx dk i edk dk, Zys[kk dk l gh l akj . k djuk vk; Q ; , oamudk fgl kc
j [ku] QM dk l gh i zak djuk ok'kZl ys[ksrS kj djuk gSA fuxe ea ys[ks fodl h d r
dE; Wj h d r vk/kj ij ft yk dk, k; } mRi knu bdkbZ ka ea vyx vyx j [k t krs gSA vr%
foHkx dk dk, Z'kk[kkva, oamRi knu bdkbZ ka dks foRr h; ekeyka ea funZk o ekxZ'kz Hh nsik
gSA fuxe ds ys[ka dk l kof/kd vad\$kk o"lZkj egkys[kkdkj o egkys[kkijh[kd] ubZ
fnYyh }kj k fu; Dr l kof/kd vad\$kd }kj k fd; k t krk gSA eq; ky; ea fuEu fjdMZe j [k t krs
gS%

- 1@ dškcq dE; Wjhd̀r
- 2@ t juy dE; Wjhd̀r
- 3@ yt j dE; Wjhd̀r
- 4@ fpfdRl k , oa; k=k nš d jft LVj
- 5@ pšl jft LVj , oacšl i= Q ogkj ufLr; ka
- 6@ dško t juy iək kd A
- 7@ oru i=d
- 8@ foRrh; i=d
- 9@ ct V uLrh , oays[k ufLr; ka

- l eib; @l dšV^a, y 'kk[kk
- l eib; 'kk[kk }kj k fo/ku l Hk l pkyd eMy dh cšd , oal k/kj .k l Hk dh cšd
- vk, št r djus dh dk, žkgh dh t krh gSA l kfk gh l e; ij dk, žkgh foj .k i flrdk ea
- dk, žkgh foj .k bhjkt dh t krh gSA eq; ky; Lrj ij d{k eafuEu fj d kMzj [k t krs gS%&
- 1@ l pkyd eMy dh cšd l sl aškr ufLr; ka
 - 2@ ok'kZl l k/kj .k l Hk dh cšd l sl aškr ufLr; ka
 - 3@ dk, žkgh foj .k jft LVj
 - 4@ vkrfjd cšd l sl aškr ufLr; ka
 - 5@ fo/ku l Hk l sl aškr ufLr; ka
 - 6@ U; k; ky; hu i zj .ka l aškr fj d kMz

foi .ku foHkx&

foi .ku 'kk[kk dk mnæs; df'k vknku t \$ s& jkl k; fud mozd] t šod [kn] t hok kq

[kn] VDVj iWj fVyj] iEi l V] df'k midj .k Vid fl plbZ; æ] išk l j{k k fV' ; wdYpj]

gkZcM ct @išk foi .ku]Vy fdV] cVj] V; j V; w] rky dWš iDyhu] MLVku] df'k

midj .k Vsy] Vsl] ck; kx\$ LVhy Me& fuekZk , oaink] dh fu/Wj r njka l s'kk[kk

dk; k; ; dks voxr djuk A 'kk[kk dk; k; ; ka dks df'k vknku dh mi yC'krk l fuf' pr djuk

A fufonkv adsek; e l sdz l aak i fdz k l Ei ū djus dsmi jkr fodz nj fu/Wj r fd; s

t krs gSA eŋ; ky; Lrj l s 'kk[kk dk; kŷ; k dks funZk ekZn'kzi o l ɸko fn; st krs gSA
foi.ku 'kk[kk eafuEu fj dkmZj [ks t krs gS%

- 1@ i nk; dks l kfk fd; sx; svučak , oaufLr; ka
- 2@ 'kk[kk l sfd; sx; si=kpkj , oaufLr; ka
- 3@ Ldák dh fLFkr
- 4@ eŋ; ky; Lrj l sfd; st kusokys Hxrk dh uflr; ka
- 5@ vkoZ eokj fodz dh t kudkj h
- 6@ fufonk iz=k dh t kudkj h o fufonk iz=k l sl af/kr uflr; kaA

mRi knu foHkx &

mRi knu foHkx dk dk; Zmfpr xqkoRrk , oafu/Wj r ekud ds vuq lk mRi knu dk; Zdjuk gS
A l kfk gh mRi knu bdkbZ k dks jk eVfj; y o QM mi yC/k djuk fufeZ mRi kn ds fodz
dh ; k uk o fodz vkn'sk mi yC/k djuk gSA l kfk gh mRi knu bdkbZ k dks vko' ; d fn'kk
funZk o ekZn'kzi nuk gSA

mRi knu d{k eafuEu fj dkmZj [ks t krs gS%

- 1- i nk; dks l kfk fd; sx; svučak , oaufLr; kaA
- 2- mRi knu bdkbZ k l sfd; sx; si=kpkj o uflr; kaA
- 3- 'kk[kk l sfd; sx; si=kpkj o uflr; kaA
- 4- eŋ; ky; Lrj l sfd; st kusokys Hxrk dh uflr; kaA
- 5- fufonk iz=k dh t kudkj h o fufonk iz=k l sl af/kr vfHkys k A
- 6- jkdM i d rd] yt j] t juy o iek kd A

mRi knu bdkbZ ka

fuxe }kj k i ksk k vlgkj dYpj ¼ tok kq [kn ½ vkxZud eSj yj i LVhl kbM dk
mRi knu o ch Mh bEi yheV dk Qfcd'sku dk; Zfd; k t krk gSA fuxe dh fuEu bdkbZ k ea
mRi knu dk; Zfd; k t k jgk gSA

- 1- vkj-VhbZ Iykw] ckm] ft yk jk; l s & i ksk k vlgkj dk mRi knu A

- 5- cht | iLVhl kbM] moZd o bysDVdy iWZ vknsko i=kpkj uLrh
- 6- jkdM iQrd] ytj] tjuy o iekkd
- 7- 'kk[kvhao eq; ky; l sfd; sx; si=kpkj uLrh
- 8- LFWbZl Ei fRr jft LVj
- 9- fufonk iz=kadh t kudkj h o fufonk iz=kal sl af/kr vfhkysk A

, xh , Dl iWZt ku foHkx &

fuxe }kjk , xh , Dl iWZt ku ds vrxZ l eb; o t kxfr dk dk; Zfd; k t k jgk gSA
 dk; Zde dsmns; kadh i frZdsfy; sfdl ku l ok ink; d vls fu; kZ dkd vki l h l eb;
 djds vlo'; d df'k mRi knu dk; Zde yus vls mRi kn ds iLV gloZV izaku dsfy; sjkT; o
 dshz' kd u dh; k ukvkd ykHk dsl ak eal ak'B; kavk; kst r dh t krh gSA fuEu fjdkMZ
 j [kst krs gSA

- 1- vk; kst r l ehukj dk fooj.k
- 2- vuqk k dh xbZi k DV dk fooj.k
- 3- l ehukj ij gqsQ ; dk fooj.k A

i k DV foHkx &

foHkx }kjk [kk| iz Ldj.k ea=ky; dh ukMy , t a h gkus ds dkj . k m | fe; ka }kjk iz Ldj.k
 m | k LFki uk grqi hr izrko Lohdfr grqdshzljdkj ds [kk| iz Ldj.k ea=ky; dks Ht s
 t krs gSA bl l ak eam | fe; k dks; k uk ds ykHk l svoxr djk; k t krk gSrFlk ekxZ' kZ
 fn; k t krk gsA fuEu fjdkMZj [kst krs gSA

- 1- ikr i k DV fj i W dk fooj.k
- 2- Ht sx; si zj. hao LohdRk izdj. hao dh t kudkj h
- 3- i k DV d{k }kjk fd; sx; sQ ; dh t kudkj h

{s=h dk; ky; &

'kk[kkvksdsk; kZij fu; æ.k djusgrq{ks-h; vk/kj ij 7 {ks-h; dk; kZy; dk; Zr gSA buds }kj k 'kk[kk dk; kZy; ksdsdk; Zdk ifj\$kk o fujh{k k fd; k t krk gSA 'kk[kkvksdheks ds vuq kj l kexh dh ink; xh rFkk o"lkj 'kk[kkvksdset V] fodz c<kusgrqvko'; d ekxZ'kZi fn; k t krk gSA {ks-okj v/khLFk dk; Zr 'kk[kkvksdk foj.k fuEkuq kj gSA

- 1- Hki ky {ks-h; dk; kZy; & Hki ky| jkt x<| gk'kckkn] cSw] fofn'kk fl gkj] jk l su] l kxj] nek] Nrjij] iUuk Vdex< A
- 2- {ks-h; dk; kZy; mTt Si & mTt Si] nokl] enl k] jryke] 'kt ki q] bnl\$] [kjxku] [kMok] >kcyk /kj A
- 3- {ks-h; dk; kZy; t cyiq & t cyiq] ujfl giq] fl ouh eMyk ckyk?kkV] fNnokMk jhok l ruq l h'k] 'kgMky A
- 4- {ks-h; dk; kZy; Xokfy;j & Xokfy;j] fHk M nfr; k f'koigh xqk ejSi k A

{ks-h; dk; kZy; eafuEu fjdkMZj [k t krs gS%&

- 1- mi fLFkr i t h A
- 2- l kexh vks'k uLrh A
- 3- cTKV uLrh A
- 4- 'kk[kkvksal sfd; sx; si=kpkj o uLr; kaA
- 5- {ks-h; Lrj l scykbZxbZfufonk iz=ksdh t kudkj h o fufonk iz=ksal sl aakh vfHky\$ k A

'kk[kk dk; kZy; &

'kk[kkvksal sdf"kvksksdk fodz l h'ks d"kdksed; ky; }kj k fu/kZr nj ij fd; k t krk gSA l kFk gh 'kk dh; foHksksdk Hh l kexz kafodz dh t krh gSA 'kk[kk Lrj ij fuEu fjdkMZj [k t krs gS%&

- 1- mi fLFkr i t h
- 2- LVk Zi t h

- 3- dšleek@fcy cd@pkyku cd
- 4- jkdM iŕrd dEI; ũjhdŕ
- 5- ytj dEI; ũjhdŕ
- 6- tjuy dEI; ũjhdŕ
- 7- jkdM iŕrd] tjuy dsiekkd
- 8- 'kk[kk dh vŕre yŝkk uLrh
- 9- 'kk[kk Lrj l sdz l aakh uLr; ka
- 10- fodz l aakh i=kpkj uLrh
- 11- yŝcr m/kjh dh l ph o l aŝkr uLr; ka

fuxe dsikl ; k v/huLFk dk; kŷ; kaemi yŝk nLrkt kaesi oxkZ ds vuŝ kj fooj.k

dz	i oxZ	nLrkt dk ule , oa, d iŝDr eaifjp;	nLrkt iŝr djus ds fy; s iŝdz k	/kj d@fu; a. k/ku
1	iŝkk u 'kk[kk	mi fLFkr iŝ h vkod t kod jft LVj fot hVl Z jft LVI Z	vkonsi dsek; e l s	eq; ky; ea mi egki zŝkd iŝkk u , oavŝ dk; kŷ; ka ea dk; kŷ; iŝdk
2	l fpoky; hu 'kk[kk	dEi uh vf/kfu; e ds vŝrxZ l akj r fd; st kus okyh jft LVI Z	vkonsi dsek; e l s	eq; ky; Lrj ij mi egki zŝkd l fpoy; hu
3	l fpoky; hu 'kk[kk	dEi uh vf/kfu; e ds vŝrxZ l pkyd e. My dh cŝd dk dk; ŝgh fooj.k jft LVj] l pkyd ds ŝ fDrxr fooj.k l pkyd e My dh cŝd ea mi fLFkr l aakh jft LVj]	vkonsi dsek; e l s	eq; ky; Lrj ij mi egki zŝkd l fpoy; hu

4	l fpoky; hu 'kk[kk	vák/kkj; kadh ok'kZl l k/kkj . k l Hk l sl af/kr mi fLFkr i t h	vlonsu dsek/; e l s	ed; ky; Lrj ij mi egki zakd l fpoy; hu
5	LFki uk 'kk[kk	1-dez/kkj; k@vf/kdkj; k dh uLr; ka, oal ok i fLrdk a 2-foHxh; t k p ds uLrk; ka	vlonsu dsek/; e l s	ed; ky; Lrj ij i zakd LFki uk , oa {k=h dk; k; Lrj ij {k=h i zakd mRi knu bdkbZ kaj i Hkj h mRi knu bdkbZ
6	fof/k 'kk[kk	U; k; ky; eafopkj/khu i dzj. kadh t kudkj h	vlonsu dsek/; e l s	ed; ky; Lrj ij mi egki zakd fof/k
7	foi .ku d{k	fuxe dsQ ol k; grqdz fodz njk dsfu/kz . k i dz k l sl af/kr uLr; ka	vlonsu i = ds ek/; e l s	foi .ku l sl af/kr l Hh 'kk[kkv k ds i Hkj h vf/kdkj h
8	e/kpD[kh ikyu d{k	e/kpD[kh ikyu l sl af/kr uLr; ka, oat kudkj h	vlonsu i = ds ek/; e l s	ed; ky; Lrj ij ed; egki zakd@i zakd e/kpD[kh ikyu
9	ys[k d{k	ok'kZl i fronsu dh i frfyfi; ka	vlonsu i = ds ek/; e l s	ed; ky; Lrj ij mi egki zakd@i zakd foRr