

es wy 6

ckMZ] i fj"knk l fefr; ka, oavU fudk; kZdk fooj.k

fuxe dh l eLr xfrfof/k; kadk l pkyu l pkyd e. My ds  
fu. kZkadsvuq kj fd; k t krk gSA fuxe ds vkWhZYl vkQ  
vl kl , 'ku dsvuq kj l pkyd eaMy eady 12 l nL; ka  
dk i to/ku gSft l esvf/kdre 3 l nL; dsHz'kl u }kjk  
ukeladr fd; st k l drsgSA orZku eal pkyd e. My ds  
l nL; kadh dy l a; k 7 gSft l ea2 l pkyd dsHz'kl u  
}kjk ukeladr fd; sx; sgSA orZku l pkyd e. My ds  
l nL; kadh l ph l yXu gSA

De	l nL; dk uke	i nuke
1	Jh eaklyky t h	v/; {k
2	Jh t s, u dU kV; k	i zak l pkyd
3	Jh , l l h t S  l pkyd V DVj V sux , oa V SLVx l Vj c quh	l nL;
4	Jh t h o S  Vj k euh Mk j DVj  [k  iz l dj.k e a ky;   1/2 k j r l j d k j 1/2 i p' ky Hou ub Zfn Yyh	l nL;
5	Jh ok; ds pro zh   l pkyd df'k vfH; k = dh e/; i z s'k H k i ky	l nL;
6	Jhefr vk' k fl g  1/4 wZ egki k 1/2 ckck gkml   i jkus i kLV vkfQl ds ikl   jhok	l nL;

fuXe dseq; dk; Zlkjh vf/kdkjh	Jh t s, u dU kV; k vk -, -, l - i z ak l pkyd
fuXe dseq; dk; ky; dk irk	, e ih LVW , xks bUMLVt MoyieW dki kZfy- r r h; ry] i pkuu Hou] ekyoh; uxj] Hki ky
{k-h dk; ky;   ft yk dk; ky; ka, o mRi knu bdkbZ ka dsirs	eH vy d eka 1 eaof. kZ fd; sx; sgSA
l pkyd e. My dh cBd dh vlofr	dEi uh vf/kfu; e dsvUrxZ i R; d 3 ek g eafd; s t kus dk i ko/ku gSA
D; k cBd eat urk Hkx ys l drh gS	cBd eadEi uh , DV dsvUrxZ 'kl u }kj k ulekdr l nL; gh Hkx ysl drs gSA
cBd dsdk; ZRr	cBd ds i vZl pkyd e. My dks , t Mk r\$ kj dj Hk k t krk gSrFk cBd dk dk; Zlgh fooj. k l pkyd e. My ds l nL; ka dks Hk k t krk gSA muds l q ko] ifjorZ vkn dk Hh l eko'k fd; k t krk gS vls dk; Zlgh fooj. k ij dr dk; Zlgh l s Hh voxr dj k; k t krk gSA
t urk }kj k dk; Zlgh fooj. k i Hr djus ckr	t urk dks cBd dk , t Mk , oack; Zlgh fooj. k mi yC/k ugh dj k; k t krk gSA