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thfor jguk tš s Lo; a dk vf/kdkj gš rks nlt jka dks thus nœk Hkh
i R; æ tho dk i Fke , oa izkku dUkD; gš tks nlt jka dks l d k
i gpk; s k] og Lo; a Hkh l d k i klr djsæ , oa tks nlt jka dks d'V nœk
og Lo; a Hkh d'V i klr djsæA bl hf; ; s i v k p k ; k a us dgk gš p tho
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5- vl; dh j{kk Lo dh j{kk	38
6- egkHkkjr ea of.kz vfgd k	46
¼½ vfgd k %e eka e/kqR; kx½ dk Qy	47
¼II½ fgd ke; ; K dk i kjEHk	51
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¼v½ eka R; kfx; ka ds uke	53
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¼vI½ eka Hk{k.k dk Qy	60
¼vII½ foFHku xDFka ea fgd k , oa vfgd k dk o.ku	61
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¼x½ Let me bring love	67
¼xI½ ejh Hkouk	68

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vi uk gh nſ[k ekudj ml dks'kkar djuk vupeik gſA

**I ŋyſka ekuſtſle yC/kok ek Dyſkik=k.f.k oFkſ HkrtA
/keſ 'kſks Hkrfgs ; r/ofek; ōek | ſfi pſſ nſ kſAA**

"vfr nſyſk eul; tſle i kdj oFkk gh Dyſk ds i k= er cuka i kf.k; ka
dsfy, dY; k.kd k jh /keZeau yxkvkſ" BR; kfn mi nſ k kads}kjk fd, x; svFlok
Hkfo"; eafd; stkusokysmi kdj dh mi ſkk dsfcuk vupeik djuk pſfg, A

**i q; kl ōa I k f=fo/kupeik I ęſkq i ęa tuuh 'kſkſAA
'orkupeik i kkokf}i q; k"kkds erk vl; ę i fYkeh; ſAA**

; s rhuka i zkj dh vupeik i q; deZ dk vkl ō d jrh gſ og tſ s
ekrk i ę dsfy, 'kſk gkrs h gſ ml h i zkj 'kſk gſ ml vupeik I s gq i q; ds
foi kd I sejdj LoxZe a nſ gkrs gſA

B. 'kſ I áz kx & 'kſ i z kx dsnks Hkrs gſ & , d ; fr I eakh 'kſ I áz kx vſſ
nſ jk xgLFk I eakh 'kſ I áz kx A

1- ; fr dk 'kſ I áz kx & eſ t hoka dk ?kk r ughad: pſkA >B ughacksypſkA pſj h
ughad: pſkA Hkksxka dks ugha Hkksxk pſkA /ku dk I ōu ughad: pſkA 'kjh j ea vR; Ur d"V
gksu i j Hk j kf= ead Hkst u ughad: pſkA 'kſk h {kk yzdj cgnſk i wZſkſk] eku] ek; k]
ykſk I svkſk vſſ i f j xg I sl eak ughaj [kſkA tſ s d k bZeul; fl j j eplv ekyk
/kkj .k d j ds vſſ gkFk ea/kuſk ck.k yzdj fHk{k ekſsr'ks' kſkſk ughansrka ml h i zkj

; fn eðnh{kk yd] yT tk R; kx dj] nkskka dksogu d#; rks' kkkkk ughans'kA egku-
 ___f'k; kacl fyax Lohdkj d]dsvkš Luku vkfn dsfcuk 'kjhj /kkj .k d]dsorkacs
 Hkax dk fopkj u d]rsgq dke l ou vkfn dk l a xzēdš sdj l drk gA eš/kš Z
 [kkcl] nhu cudj vuk; kēds }kjk vkpj .k d]jus; kx; p; kZdš sdj l drk gA
 'kjhj eafodkj ; qā gkdj ?kēusi j l k/kvgkdj fl j eA/kuk 0; FZgSbr; kfn i zdkj l s
 'kqk deZdh fpark djuk fl)] v]jgar] vkpk; l mi k/; k;] i frek] l ?k vks ftu' kkl u
 eaHkfā] oš kx; xqkkaeavujkx] fou; ; qā i d'fYk] l a e] viēkni uk] i fj. kkekae
 dkēyrk] {kek] vktb] l rksk] vkgkj kfn l Kk] feF; kRo vkfn 'kY; vks ___f) vkfn
 dsen dks thruk] mi l xZvks i fj "kg dks thruk] l E; Xn' kZ] l E; XKku] l jkx
 l a e] nl i zdkj dk /keZ/; ku] ftu i ut k] ftu i ut k dk mi nš k] fuē kadr vkfn
 vkB xqk] i z kLrjxk] ri kshkkouk] i kō l fefr] rhu xqir bR; kfn 'kō l ā z kx gA

2- xgLFka dk 'kō l ā z kx& xg. k fd; s gq orka ds /kkj .k vks i ky u dh
 bPNk , d {k.k dsfy, Hk or Hkax dksb"V u ekuuk] fujlur ; fr; ka dksnku nš k]
 J) k vkfn fof/ki dō v"m vkfn nš k] HkkskadksHkksxdj Hk Fkdku nj d]jusdsfy,
 viuh Hkksxl fā dh fulnk djuk] l nk ?kj NkMus dh Hkkouk djuk] /keZ Jo.k
 d]jusdksfeysrks eu dk vfr r]v gksk] Hkfā i dō i pi ješBh dk Lrou vks
 i z kke djuk] mudh i ut k djuk] nū jka dks /keZ ea fLFk] djuk] /keZ dks c<kuk]
 l kekehōkRl Y;] ftuēnz nō ds Hkāka dk mi dkj djuk] ftu 'kkl=ka dk vH; kl
 djuk] ftu' kkl u dh i Hkkouk djuk vkfn Jkodka dk 'kō l ā z kx gA vuqEi k
 vks 'kō l ā z kx l s foi jhr i fj. kke v' kqk deZdsvkl d ds }kj gA

v'kō Hkko l siki cak gksk gsrFkk iki l sbgykd&i jykcl eafofHk"m
 i zdkj ds 'kkjhj d] ekuf d] Hkksrd] l kekt d] ik—frd] vkfn nq[k gksrs gA
 'kqk Hkko l suohu iki cl/k ugha gksk gš i kphu iki dh fut j k ½ gRl ½ gksh gš
 rFkk i q; clēk dsdkj .k bl tle earFkk ij tle eafofHk"m i zdkj ds 'kkjhj d]
 ekuf d] Hkksrd] l kekt d] ik—frd vkfn l q[k i klr gksrs gA 'kō ifo=
 Hkkouk l sl eLr i zdkj ds deZ u"V gks tkrs gā ft l l sv{k;] vullr vk/; kRe]
 vkRek&Fk l q[k&'kkār] vfgd k&l erk] Kku] oh; Z dh mi yf/c k gksh gA

; l s u gflr u ?krfr] u ftulfr u tkirā

feYta l s l oollrd q oja rLI u duplfrAA egkRek cō

tk s Lo; afdl h dk ?kkr djrk gš u nū jka l s djokrk gš u Lo; a
 fdl h dks thrrk gš u nū jka dks thrrk gš og l oZ i kf.k; kacl fe= gksk gš
 ml dk fdl h ds l kFk cš ugha gkskA

^vkrēku% ifrdy/kfu ijskka u l ekpjsrA" euēfeR

tk s dk; Z rēga i l Un ugha gš ml snū jka ds fy, dHk er djka

l Yošk eš-ha xq.k'k i zēn]

fdy"Vsk thošk —ik ijRoeA

ek/; LFkHkkoa foi jhr orkš

I nk eekrek fon/krqoAA Hkkouk }kf=d kkfrdk

gsHkxoku~! ejk iR; d thoka dsifr eš-h Hkko jgš xqkhtuka ea iækn
Hkko jgš nqkhtuka dsfy, d#.kk Hkko jgš nqkuka dsifr ejk ek/; LFk Hkko
¼ KE; Hkko½ jgÅ

, dšlnz; tho l s yd j i k; % i 'kq rd ipfyr fd l h Hkh /keZ ds
vuq k; h ughagksu s i j Hkh tš s i k; % i R; d /kekbyEch mlgafo/kehz ekudj ?k. kk
>škj Hkn&Hkko) Nuvk&Nur vkfn ugha djrs gš ml h i z k j t k s e u t j; v l u; /keZ d k s
ekurs gš muds l k f k e a ?k. k k f n u d j d s e s h H k k o j [k u k p k f g, A i j a r q [k n k R e d
v k ' p; l; g g s f d f o / k e h z i ' k q v k f n d s i f r t k s ?k. k k f n H k k o u g h a d j r s o g
?k. k k f n H k k o f o / k e h z e u t j; ¼ g k j r d f d L o & / k e Z d s f H k ' k i f k d k s e k u u s o k y k a d s
i f r H k h d j r s g Å b r u k g h u g h a v i u s H k k b & c l u / k j x # & f ' k "; d s i f r H k h d j r s g Å
x q k h t u i f r i æ k n e k u s x q k i f r g h i æ k n g Å i j a r q v f / k d k a k 0; f ä x q k h d s
i f r H k h ?k. k k f n d j r s g Å t g k j f D y " V] n q [k h] f o i " k] v l g k;] v l e f k z e u t j; ; k
v l u; i ' k q i { k h v k f n t h o d s i f r - i k] l o k] l g k; r k] l j { k k f n d j u k p k f g, A
i j a r q l Y k k & l ä f y k & ' k f ä l s; e ä t h o k a d s i f r r k s l g u t k k i r v k f n H k k o j [k r s
g Å i j a r q v l g k; v k f n t h o k a l s Ø j r k f n d k 0; o g k j d j r s g Å ; F k k & n q V H k h
f d U r q / k u h] j k t k] u r k j v k f n l s v P N k 0; o g k j d j æ s i j a r q x j h c v k f n e u t j;
r F k k i ' k q i { k h d s i f r Ø j r k d k 0; o g k j d j æ Å f t l d s H k k o] 0; o g k j] / k e z n
f o i j h r g Å m l d s i f r H k h l k E; H k k o j [k d j l e r k d k 0; o g k j d j u k p k f g, A
u g h a r k s e R L; U; k; l s, d n i j k a d k s d " V n s u s d h Ü k ä k y k d H k h H k h l e k t r u g h a
g k s h A , d s H k k o] 0; o g k j l s; e ä t h o g h e k e k z u p l e i k f n x q k k a l s; e ä g š v l u; F k k
m l d s v f g d k] l o k] i j k i d k j k f n x q k ; F k k F k z u g h a g Å

/keZ i q "kFkZ/kkfeZ d k; Øe] /kkfeZ i f k & e r & l E i n k; k a e a H k h /k e Z d s t k s
; F k k F k z L o: i l e r k] l f g ". k q k j " k k f U r i f o = r k] l g t & l j y r k j i e] l g; k s x] i j k i d k j]
, d r k] n; k] { k e k } f u y k k r k] R; k x] l k n k t h o u & m P p f o p k j v k f n g Å i k; % m l l s
f o i j h r f o " k e r k] v l f g ". k q k j v " k k f U r v k M E c j f n [k k o k v k f n i k b z t k r h g Å c k ä
f Ø; k & d k. M] " k k j h f j d D y s k d k j d i j U r q H k k o k R e d l Ø y s k d k j d H k h f Ø; k v k a d k s
/k e z e k u r s g Å d o y d p y h R; k x l s f o " k / k j l i z f t l i z k j v l š H k h [k r j u k d g k s
t k r k g s m l h i z k j , d s / k k f e Z 0; f ä [k r j u k d g k r s g Å

v/; k; &2

vfgd k gh ver] fgd k gh egkdky

{kpkkr}{kpnz , dšUnz tho l s yd] fodkl 'khy , oa fofdl r i pšUnz
 egkl Ro/kkj h tho rd l [k k pgrs gā , oa n[k l s ?kckjrs gā bl l [e xgu
 vē; ; u l s voxr gkrk gšfd i R; d tho dk 'k) Lo&LoHkko vtj&vej]
 vfouk'kh] vuurKku] n'kū] l [k] oh; ž; ver Lo: i gšbl hfy; si R; d tho
 foijhr LoHkko : i fouk'k&eR; ij ?kkr&mi ?kkr] Dys k] l dV l s Hk; Hkhr gkrk
 gšv[š ml l scpuk pkrk gšRfkk thou eal [k&'kkf] i wkz k] vfouk'krk dks
 pkrk gā bl fy; si R; d tho dks pkg , oa vf/kdkj] tš s thus dh gš ml h
 izdkj n[js thoka dks l [k;e; thou thus ds vf/kdkj dks Hkh Lohdkj djuk
 pkfg; A bl hfy; si R; d ; x ea i R; d egki # "k p-thivk v[š thus nks Live and
 Let Live dk ea fo'o ds fy; sfn; k gā dkbz Hkh tho fo'o dh l Ei wkz foHkkr
 dks yd] Hkh vi usfz ; ik.k nsus ds fy; s rš kj ugha gkrk A bl l s l) gkrk gš
 fd rhu ykd dh foHkkr l s Hkh fiz ; ik.k dk eV; cgr vf/kd gšvr , o fo'o
 dh fdl h Hkh Hkšrd l Ei fū] foHkkr ds fy; s fclgha Hkh fujhg funkz ; k i f. k; ka dk
 guu l dYi i dZ ugha djuk pkfg; A Lo&ifo= dÜk; dk ikyu djrs gq]
 thoka dh j {kk dh Hkkouk l s vkr i kr gkdj eu] opu] dk; dh i dfr djrs
 l e; fdl h Hkh tho dk ?kkr gkus ij Hkh tho fgd k dk nkš k ughayxrk D; k d
 v[urjx n["kr Hkko l s i šj r gkdj Loij dks d"V nsuk gh fgd k gā

ykd ea ver "kCn dk cgr i pyu gā oLr q% ver , d h dkbz , d
 Hkšrd oLr qugha gšft l dsl ou l s tho vtj&vej cu tkrk gš i j Urqvfgd k
 gh ; FkkFkz l s ver gš D; k d vfgd k ds l ou l s gh ; g tho vtj&vej]
 'kk'ofrd ver Lo: i ekš k r ūo dks i klr dj l drk gā "kkfCnd n["V l s Hkh
 fopkj djust ij vfgd k dk vfkz ver ¼všer¾ ugha ejukš gkrk gā bl vfgd k
 dscy ij gh tho Lo&ij dk ?kkr ugha djrk gš ft l l s vfgd k gh Lo&ij
 ds fy; s ver Lo: i gā tš } vcdk'k ea l Ei wkz inkFkz l ekgr gš ml h izdkj
 vfgd k ea l Ei wkz /kē] dÜk;] U; k;] uhfr] l nkpj fufgr gā ikphu vfgd k
 ds eeKka us dgk Hkh g&

rPN) ÷ 'k) cksk; s U; k; kU; i dfrk
U; k; ks n; knš fūRoell; k; % i kf. ketj . teAA

bl 'ykdl ea' ykd dkj usl Ei wkz /kē] uhfr , oal; k; &uhfr dk l kj Hk
 fn; k gā 'ykdl dk dguk gšfd 'k)] v'k)] U; k; , oa vU; k;] fgd k , oa
 vfgd k eagh xfkz gš tgk ij vfgd k] n; k] iæ] d: .kk gš ogk ij gh "k)] U; k;]
 uhfr] l nkpj gš , oatgk ij fgd k] Øjrk] ccjrk] bz; k] }š k gš ogk gh v"k) , oa
 vU; k; gā bl fy; srsl d d r dsegkdk; dsjpf; rk on; kl usdgk g&

vfgd k ijeks /teLrFk-fgd k ijksne
vfgd k ijea nku vfgd k ijea ri
vfgd k ijeks ; KLrFk-fgd k ije QyeA
vfgd k ijea fe=efgd k ije l [teAA

Pl oðkrn; k rñfkð

vfgð k gh l oZ JSB /kel gð vfgð k gh ije neu gð vfgð k nku l oðJSB nku gð ri ea vfgð k l okð fj gð ; K ea l oZJSB ; K vfgð k ; K gð vfgð k l oZJSB Qy gð thokadsfy, ije fe= vfgð k gh gð l oZ ðk ea JSB l ðk vfgð k l ðk gð bruk gh ughð l oZ thokads Æij n; k : i vfgð k gh ije&ifo= l oZJSB rñfkð gð døy Øjrk : i l s thoka dk l økj djuk gh fgd k ugha gð ijlrq thou&; ki u ds fy, vYi nk skin "kð" "kkdkgj dks NkðMj eka kgkj djuk f'kd kj [ksyuk] eð fopj.k djus okys i'kø/ka dks cløku ea Mkyuk] fgd rRed iz kkyh l s cuh gð iz l k/ku&l kefx; ka dks iz; kx ea ykuk vkfn Hkh fgd k gh gð D; kðd "kkdkgj ds fy; s tð } /kk; &Qy kfn ouLifr; ka l sl jyrk l s iklr gð h gð ml h izdkj eka fdl h Hkh ouLifr; ka l s ughafeyrk gð eka dsfy; scðjk&xk; &Hkð] eqðz eNyh vkfn cM&cMð thoka dks funz; Hko l s dry djuk i Mf k gð dry ds ckn Hkh og eka tho l sjfgr ugha gð D; kðd eka ds iR; sd d.k ea ftl tho dk eka gð ml tho tkfr ds l ðe fuxkfn; k tho vl ð; kr dks v iR; sd l e; ea jgrs gð tð } mnkgj.k : i ea xk; dk eka gð ml eka ea xk s tkrh; i pðlnz; l ðe fuxkfn; k tho gkrs gð os eka dks i dks l e; Hkh jgrs gð i Do gkus ds ckn Hkh vfkðz-i dkus ds ckn Hkh jgrs gð eka dks Nus ek= l svud tho ej tkrsgð bl h izdkj iR; sd l e; eavl ð; kr thoka dk ?kkr gk r k jgrk gð ; g gð lnð; fgd kA fcuk Øj funz; ifj.kke l s eka dsfy; sfdl h tho dk ?kkr ugha gð l drk gð vksj Hkkoka ea tks dBkjrk ¼funz; Hkko½ gð ogh egku-Hkko fgd k gð bl fy; s eka Hk{k.k l s nð; fgd k , oa Hkko fgd k gk r h gð

dkbz tho fopkj djsfd Lðk; aejs gq tho ds ekð ds [kkus ea dbz nksk ugha gð fd l r qmi jksä of.kz rTtkrh; thoka dk l nHko gkus l s, oamu thoka dk ?kkr gkus l sfuf"pr : i l snksk yxrk gh gð

dkbz dgðk fd cuk gøk eka [kjndj [kkus ij fdl h Hkh izdkj dk nksk ugha yxsk] ij l r qmi eka ea Hkh vl ð; kr tho jgrs gð ftl eka dks cktkj l s [kjndj yk; s gð mu thoka dh fgd k gkus l snksk fuf"pr : i l s yxrk gh gð bl izdkj tks of/kd eul; tho&fgð k djrk gð og rksfgð k dk Hkxh gh gð ij l r q tseka i dkrk gð og Hkh fgd k dk Hkxh gð tseka i jkl rk gð og Hkh nksk dk Hkxh gð tseka [kkrk gð og Hkh nksk dk Hkxh gð

dkb&dkbz ftgok&yksyð h] dð dh z ew+i # "k ekurs gð fd vkt dy dk Ñf=e v. Mk ¼gk; cM v. Mk½ ftl ea l s tho mri "k ugha gk r k gð og v. Mk eka ugha gð "kkdkgj gð ij l r q, s vKkuh ugha tkurs gð fd og v. Mk] jt vksj oh; Z ds l a kx l s cuk gð eqðz ds xHkz ea v. Mk c<k xHkz l s v. Mk fudyus ds ckn Hkh dñ l e; rd of) dks iklr gk r k gð ; fn tho ugha gk r k s og v. Mk c<f k dð s c<us ds dkj.k vfkðz-of) gkus ds dkj.k ml ea tho fuf"pr gð ij l r qmi ea bruh thou "k fä ugha gð fd ml l se qðz dk cPpk mri "k gks l dA tð } dñ of) dh "kk[kk dks dyeh djus l suohu of) mri "k gk r s gð vksj dñ l s mri "k ugha gk r s gð fd l r q nkska izdkj dh "kk[kk tho l s l a eð gð nkska

"kk [kk; a c<f h gñ nksuka i ùks i òi & Qy /kkj .k djrs gñ dnkfr- vki dserkuq kj i {kh dk tho ugha gñ rks Hkh ml eka earTtkrh; tho djks/ka dh l ð; k ea jgrs gñ v.Mk Hk{k.k eamu thoka dk ?kkr gkrk gh gñ

i ñfr ea, d idkj dk l Uryu jgrk gñ l Uryu ds vHkko ea, d fo{ki mRi™k gkrk gñ ftl l s vud idfrd folyo gkrk gñ tñ s vuko'V] nñ'kr ok; e. My] vud jkska dh mRi fùk vkfnA mnkgj .k Lo: i] dñ o'kz i wZ Hkjr l jdkj us [kr dsfy; s, oa vks] kfxd dk; Z dsfy; sou l Ei fùk dks dkV MkykA ouLifr; ka dh deh l s vùk l itu ¼ k. k&ok; ð dk vHkko gwpkA m". krk c<h ftl l so"kkz gksuk de gksx; kA okroj .k nñ'kr gksx; kA jksx dh of) gñ] ouLifr l Ei fùk dk gñ gwpkA ou; i "kwpkA dk vHkko gksus yxkA

rki c<uso vù; xñ ka tñ } Qhvkkñ ¼ MkbDylyj ks Mkb&lylyj ks ehFku½ vkfn ds djkj .k i Foh ds Æij mi fLFkr vktkuk Òh; j eafo "kkr-%mùkj h /knp ij yxHkx 25 fdeh- pkMk fNnz cu x; k gñ ftl l s l wZ dh ijk c&uh fdj .ka ¼ vYVt&okW yV jst½ "kkz"kr u gks i kus l s Ropk jksx rFkk vuopk' kd rdudh ¼ tu sVd bat hfu; fjx½ cny tk; xh ftl l s oKkfud o euq; tkfr vR; Ur fpñrr gñ bu l c mijkã nqk/vuk dks l jdkj vuHko djds i p% o{kjki .k i kj EHk fd; kA ; fn dpy fuEu Js kh; thoka ds ?kkr l s bruk folyo gks l drk gñ rks D; k vHk tks l jdkj i pñnz tho xk;] cdjk l pñ] epkz eNyh vkfn dk fuez Hkkoka l svjcka dh l ð; k ea ?kkr dj jgh gñ ml l s D; k l Qyrk fey l drh gñ vFkkz~rhu dky ea Hkh ugha fey l drh gñ

ekd ea cholesterol ¼ dksy l Vjksy½ fo'k jgrk gñ bl l s Blood Pressure ¼ äpki ½ c<rk gñ, oa 'okl Qnyus yxrh gñ bl eaufgr rùo C.27/. H. 46.0- / gñ eka l s dñ j vkfn Hk; dj jksx gkrk gñ bl ds l kFk&l kFk tyk'k; l s eNyh] ea-d vkfn dks ekjus l s i kuh nñ'kr , oa dhMka l s Hkj tkrk gñ D; kñd eNyh vkfn nñ'kr vâk dks [kkdj i kuh dks LoPN j [krs gñ vLoPN i kuh ds l ou l s jksx gkrk gñ

i f{k; ka dks ekjus l s fo"kkã dhMka dh l ð; k c<f h gñ fl) kurr% l Ei wZ fo'o i ñfr dk "kj hj gñ ouLifr i "kñ i {kh euq;] tyok; ð vkfn i kñfrd "kj hj ds vo; o Lo: i gñ tñ s, d euq; ds, d gkFk dks d'V naks rks ml jk gkFk ugha l kpsx fd ep-s rks d'V ugha ns jgk gñ rks eâ ml dk D; ka fojksk d: a \ i Uryu "kj hj , d gksus l s ftl dks {kfr ugha i gñ jgh gñ og gkFk Hkh "kj hj dh j {kk dsfy; s, oa l gñ {kk dsfy; s fojksk djxk] i frdkj djxkA bl h idkj i ñfr dsfd l h Hkh vo; o dks; fn euq; {kfr i gpkrk gñ rks euq; dks tku ysk pkfg, fd l Ei wZ idfr ml ds fojksk ea folyo djxh vkñ euq; l ekt dks /oa djds gh jgsxA

e | eka k'kua jk=k Hkktua dUnHk{k.keA
; s dñr ofkk rskñ rhFkz k=k tiLri% ekt

e | i ku jeka Hk{k.k] jkf= Hkktu] tehdUn&l ou ¼ vkyj l; kt] eñy] xktj] ygl p vkfn½ tks djrk gñ vFkkz [kkrk gñ ml dh rhFkz; k=k] ti&ri l c ofkk gks tkrs gñ

; koflir i 'kǫkæk.kh i 'kǫk=skǫ Hkkj r 9A
rko} 'kǫ gl=lf.k i P; rs i 'kǫ ?kkrdk 9AA
'kǫ 'kǫf.kr I Hkrra ; ks eka a [lknrs uj 9A
tyrs dǫ rs 'kǫpa gl rs r= nǫrk 9AA
vǫlFkfu ol fr : nLrFk eka s tukn 9A
'kǫs ol fr cǫk rLekleka u Hk{k; rAA fo'.kǫ i gk.k

i "kǫ eaftrus jkǫ jgrsgǫ ml i "kǫ ds ?kkr l s og i 'kǫ ?kkrd mrus
gh g tkj o'kǫ ujd ea d'vka dks i ktr djr k gǫ t s } , d tho ea 100 jkǫ gǫ
rks ml i 'kǫkkrd dks 100 x 1000 3/4 1]00]000 1/4 d yk [k 1/2 o" k z rd ujd ea
; kruk; a Hkksuh i MǫkA fopkj djs fd , d tho eafdrus djkm+jkǫ jgrsgǫ
rks ml i "kǫkkrd dks ujd eafdrus o" kǫ rd nǫk mBkuk i MǫkA

i kf.k; ka ds 'kj hj dk jt & oh; Z l s fuekz k gkrk gǫ tks eka & v. Ms
ox s g [kkrk gǫ og nǫr kr jt oh; Z dks [kkrk gǫ eka [kkdj Āij l s ikuh l s
'kj hj dh "kǫ) dju l s d Hkh Hkh "kǫ) ugha gks l drh bl fy; s eka Hk{kh ty ea
'kǫ) djr k gǫ rc nǫrk ykx ml sn s [kdj gǫ rs gǫ

tho dh gǫ h ea #nzokl djrsgǫ eka eaf o" .kǫokl djrsgǫ "kǫ ea
cǫk okl djrsgǫ bl fy; s eka ugha [kkuk pkfg; A

; i a fNRok i 'ku- gRok dRok : f/kj dn ǫeA

; | ǫa xE; rs Loxǫ ujd a d u xE; rAA

vǫgǫ k l R; eLrs a cǫp; Z l ǫ a e 9A

e | eka kfn R; kx'p r } s /keL; y{k.keAA egkkkj r "kǫfri ol

vǫgǫ k l R; eLrs a cǫp; Z l ǫ a e 9A

e | & eka & e/kǫ R; kxks jkf= Hkstu ot ǫeAA etjd. Ms i gk.k

tks ; i 1/4; K dh fo' ks' k ydM 1/2 dks Nndj i "kǫ dks ekj dj] #f/kj dks
dhpM+cukdj ; fn LoxZ tkos rks ujd fd l i ki l s tk; sk \

vǫgǫ k l R;] vpk s] cǫp;] mǫke l a e] eka kfn dk R; kx /keL ds
y{k.k.gǫ vǫgǫ k l R;] vpk s] cǫp;] mǫke l a e] e |] eka] e/kǫ l ǫu R; kx]
jkf= Hkstu R; kx /keL gǫ eka kglfj; ka dks yydkj rsgǫ dchj nkl usdgk g&

Hkka] eNyh] l gikiu] tks i k.kh [tk; A

rhFk] cjr v# ue fd; s l c s j l kry tk; AA

Hkka [kkuk] eNyh [kkuk] vks l gikiu tks & tks i k.kh djrsgǫ osfdrus
Hkh rhFk; k=k djǫ orkfn ikyu djǫ fu; e /kǫj.k dja rks Hkh os l c j l kry
1/2 ujd 1/2 ea tk; xA

eǫ yeku ekjs djn] fgl nǫ ekjs ryokj A

dg dchj nkska feyh] tk; s te ds } kjAA

eǫ yeku djn 1/2 pkdml sxyk dkVrk 1/2 djr k gǫ fgn nǫ ryokj l sxyk dkVrk
gǫ dchj dgrsgǫ d eǫ yeku vks fgl nǫ nkska feydj ; e ds } kj ij tk; xA

eka kgljh ekuo] ijrN jk{k l vxA

frudh l xfr er djǫ ijr Hktu ea HkkaAA

tksekā [kkrk gʃ og i R; {k jk{k| gʃ ml dh l æfr er djks D; kfid ml l s Hktu&dhrZu eʃ i Hkq uke xkus eʃ /keZ dk; Z ea foi fUk vkrh gʃ

gʃHkyk rjk bl h eʃ eka [kkuk NkM+nʌ

bl eʃkd iV eʃ dcz cukuk NkM+ nʌA

bl h eʃrj h HkykbZgʃfd rweka [kkuk NkM+nʌ D; kfid eka [kkusl srjk ifo= iV dcz[kkuk cu tkrk gʃ r wugha [kk; sck rksrjk iV dcz[kkuk ughacuskA

tk f'kj dKVs vʃj dk] viuk jgs dVt; A

/hʃ&/hʃs ukudk] cnyk dgha u tk; AA

tksnit jka dk fl j dKvrk gʃ ml dk fl j , d u , d fnu dV tkrk gʃ fl D[k ds vkfn xʃ ukud nʌ dgrs gʃfd cnyk dHkh pdrk ugha gʃ

tkj ä txs dki Mʌ ttek gnos ifyra

tsj ä fios eku r'k] fru D; ka fuey fpUkAA

di Mseajä yxus ij di Mʌ vifo= gks tkrk gʃsvʃj tks eutj; jä i hrk gʃ eka [kkrk gʃ ml dk eu ifo= dʃ s gks l drk gʃ

Thou shaln't kill **bl k el hg**

dkbz Hkh ik.kh dks er ekjka

fgd k i l wku l ol nʃ[kfuA

fgd k l Ei wʃz nʃ[kka dks tle nrh gʃ

Animal food for those,

Who will fight and die,

And Vegetable food for those,

Who will live and think.

eka vkgkj mudsfy; s gʃ tks yMaks , oaejka 'kkdkgkj mudsfy; s gʃ tks thfor jgaks , oafplru djka

fglwn/kezeadgk x; k gʃfd i gys/kekʃek "kkdkgkj h cka .k /keZ "kfä l s vkdk'k eamMej xeu djrs Fk] i jUrqctä .k ykxkadseka [kkusl s/kkfed 'kfä {kh.k gksx; h rc l sctä .k ykx tehu ij pyusyxA bl l sfl) gksrk gʃfd eka ugha [kkusl sfdruh vk/; kfRed "kfä c<rh gʃsvʃj [kkusl sfdruh {kfr gksrh gʃ

l Ei wʃz thou ea tks eka dks fo"k rʃ; R; kx dj nrk gʃ of"kB Hkxoku-dgrs gʃfd og LoxZ l Ei fUk dks ikr djrk gʃ ; Fkk&

; koTthoa p ; ks eka a fo"koRifjotZ rA

of'k'Blks Hkxok'kg i kluq kr- LoxZ l Ei neAA

vU; = Hkh dgk gʃ

jä ek= iokgsk L=h funk tk; rs LQVA

f]/kkrqta ipekä a ifo=a tk; rs dFteAA

__Rkprh ds l e; ea vFkZ~jt fudyus l s L=h vifo= gks tkrh gʃ vkʃ fu"p; l s fullnuh; gksrh gʃ i jUrqekä jt] oh; Z l s curk gʃ rc eka ifo= dʃ s gks l drk gʃ dnkfi ugha gks l drk D; kfid bl ea rks nks vifo= olrʃka dk feJ.k gʃ

vfgd k] fgd k dh ifjHkk"kk

vi knHkkbr% [kyq jkxnhuka HkoR; fgd sra

rskkeokri fufgd] sr ftukxel; I (ki %AA44 iq fi-

vius "kq] ki; ksc: i ik.k dk ?kkr jkxlfnd Hkkoka l s gkrk gš vr, o jkxlfnd Hkkoka dk vHkko gh vfgd k gš vksj "kq] ki; ksc: i ik.k?kkr gkaus l smulgha jkxlfnd Hkkoka dk l nHkko fgd k gš ije vfgd k /keZ ifriknd tš /keZ dk ; gh jgL; gš

; R [kypl'kk; ; kskRi k. ktua nD; Hkko: i k. kkeA

O; ijki .kL; dj.ka l fuf'prk HkoFr l k fgd kAA43

ftl i # "k dseu eš opu eš dk; ea Økskkfnd d"kk; i dV gkrsgš ml ds "kq] ki; ksc: i Hkko ik. kka dk ?kkr rks igys gkrk gš D; kfid d"kk; ds i knHkkb l s Hkko i k. k dk O; ijki .k gkrk gš ; g i Fke fgd k gš i "pr-; fn d"kk; dh rhork l snh?kz "okl kPNokl l š gLr i knkfn l sog vius vak dks d"V i gprk gš vFkok vkr?kkr dj yrk gš rks ml ds nD; ik. kka dk O; ijki .k gkrk gš ; g nū jh fgd k gš fQj ml ds dgs gq eeBknh dppukfn dka l s ; k gkL; kfn l sy{; i # "k ds vjæ ea i hMk gkdj ml ds Hkko i k. kka dk O; ijki .k gkrk gš ; g rhl jh fgd k gš vksj vlr eabl dh rhoz d"kk; vksj i æn l sy{; i # "k dks tks "kkjhjd vak Nnu vkfn i hMk igpök; h tkrh gš l ks ij nD; ik. kO; ijki .k gkrk gš ; g pkskh fgd k gš d"kk; l svius ij ds Hkko i k. k o nD; ik. k dk ?kkr djuk ; g fgd k dk y{k. k gš

vkReifj.kkefgd ugr'okri oèø fgd sra

vuropukfndoyenkarf'k'; ckskk; AA42

ikpka iki 1/fgd k]vur] Lrs] vcā] ijfxp/fgd k ea gh xffkzr gš D; kfid bu l c i ki ka l s vkrk ds "kq] ifj.kkeka dk ?kkr gkrk gš bl dkj.k ikpka iki fgd k ds gh Hkn gš

okfDpūkuHk; = u Lolusfi iorhA

pjflFkjkm-xeuka ?kkrLrnk | a orehfjreAA7 Kkulo.ki:-171

ftl or ea opujeu vksj "kj hj l s Lolu ea Hkh = l & LFkkoj i kf. k; ka dk ?kkr ugha i dYk gkrk gš og vk | or & i Fke vfgd k & egkor dgk x; k gš

vd"kk; Hkko ; = u Loiji hMueA

l k vfgd k verekrk l oš /keZ i /ktueAA

tgk ij ekuf l d nfoßkj ugha gš vksj Lo & i ji hMue ugha gš ogk ij vfgd k : ih verekrk fuokl djrh gš vfgd k l Ei wkz /keZ ea i zkku /keZ gš vkRe vfgd d & i je vfgd d

; ækpj .kL; l rks jkxk | kostellrjs kkfi A

u fg HkoFr tkrq fgd k ik.kO; ijki .kknøAA45 iq "kkfktl) : q k;

; fn fd l h l Ttu i # "k ds l ko/kkurk i wZl xeukfn djus ea Hkh ml ds "kj hj l Ecu/ l s dkbz tho i hMue gks tkoš rks ml sfgd k dk nkk. k dnkfi ughayx l drk] D; kfid ml ds ifj.kke d"kk; ; æ ugha Fka ; gh dkj .k gš fd]

“i eÜk; tsxRik.ü; i jtsi .la fgd k” ; g fgd k dk y{k.k dgk gÅ ; fn döy
“i k.ü; i jtsi .la fgd k” vFkz~ i k.kka dks i hMk gksuk ek= gha fgd k dk y{k.k
dgk gkrk rks , s svol j ij vfr0; kflr ntk.k dk l nHkko gkrk] bl dsfl ok;
v0; kflr ntk.k dk Hkh iösk gks tkrkA tks vks ds “ykd l si dV gkskA

eirs ok tlfors ok L; kTUlqrks iæfnuleA

cl/k , o u cl/k% L; kfnl ; k l örkReukeAA8 Kkuk.kb

tksi kf.k l eü dsfo“k; eai ækn; eü gkrsg& mudaj {k.k eavl ko/kku
gkrs gÅ muds i k.kka dk ?kkr gks vFkok u Hkh gkÅ deçU/k gkrk gh gÅ fdUrq
ftudh vkRek vfgd k l sl örk g&tksi k.kh j {k.k eal nk l ko/kku gÅ muds dHkh
deçU/k ugha gkrk gÅ

; fn eu eafdl h dksd“v nusdh Hkkouk gsvkÅ fdl h dkj .k o“k d“V
ughans ik; srks Hkh fgd k dk iki yxsxk ghA tÅ s , d Mkdwni jka dks Qk; fjak
djds/ku ywuk pkgrk Fkk i jUrqfu“kku pædus dscdkj .k l keusokys0; fä dks
fu“kku ughayxk vkÅ og cp x; k] rks Hkh U; k; k/kh“k ml pkÅ dks n.M nsxk]
D; kfid ml dk ekjusdk bjknk Fkk] vkÅ , d mnkjg.k yhf t , & , d /khoz eNyh
i dMæusdsfy; si kuh ea tky Mkyrk gSfdUrqfnuHkj tky fcNkdj cBusij Hkh
eNyh u i dMætkusij Hkh fgd k ; k vij k/k dk Hkxch gksk ghA

; fn vUrxk ea d“kk; Hkko vFkz~n“kr i fj .kke ugha gÅ i jUrqgBkr-
fdl h tho dk ?kkr gks tkusij Hkh fgd k dk ; k vij k/k dk Hkxch ugha gksk
tÅ &egtefu pkj gkFk tehu uhs ns[kr&ns[krs pyrs l e; dkbz {kqz i k.kh
vdLekr-iÅ dsuhsncdj ej tkusij Hkh egtefujkt nksk&vij k/k ds Hkxch
ughagÅD; kfid eju ea thokadh fojk/kuk e- l sughagksbl Hkko dsjgrsgq vi uh
vkj l srks l ko/kkuh ¼ z Ru½ i d d py jgsFksvFkok tÅ s , d d“kd [kr eadk; Z
djrk gÅ gy tkrrsl e; vud thokadh ?kkr gkrk gSrksHkh ml sfo“kSk fgd k dk
nksk ughayxsxA fdUrqm | kx tfur nksk yxsxk] D; kfid ml ds i fj .kke tho
ekjusdk ughagSfdUrqvukt mri“k djusdk gsvFkok n; kyqi ækf.kdrk MKD Vj
jksch dksfujksch cukusdsfy; svk w j s ku djrk gÅ nß ; kx l svkÅ vk; qi wkz gksus
i j jksch dk ej .k gksus dscdkj .k Hkh MKD Vj dks fgd k dk nksk ughayxsxk D; kfid
MKD Vj ds i fj .kke jksch dks cpkusdsfy; sgkrsgÅ u fd ekjusdA

tc d“kk; Hkko mri“k gkrk gSml h l e; LokRek dh fgd k gks tkrh
gSHkys og Lo; a dh ; k vU; dh nß; fgd k dja ; k u dja

vkRe?kkr djuk Lodh; nß; fgd k , oaHkko fgd k gÅ bl fy, vkRe?kkr
djuk l cl scMh fgd k gÅ n“kr eukHkko l sni jka dks ?kkr djusij ; fn d“V
i klr djusokys tho eady“kr i fj .kke ugha gq rks ml dh döy nß; fgd k
vFkz~ “kj hj dks gh d“V feysxk] yfdu d“V nus okys dks nß; fgd k ds
l kFk&l kFk Hkko fgd k Hkh gkschA

d“V i kus okyk Lox&eksk Hkh tk l drk gS fdUrq d“V nus okyk
egki ki cl/k djds ujd kfn nqzr dks i klr gkskA bl hfy; s d“V l guk
vkRek“kr dsfy; sver rÅ; gsvkÅ d“V nus fo“k rÅ; gÅ vkpk; kaus vfgd k
dks ver ekrk rÅ; cryk; k gSD; kfid ekrk ds l eku vfgd k i æHkko l sl rku

dh j {kk djrh gA veriku djus l stS stjk&ej .k 0; kf/k : ih jksx d"V u"V
 gks tkrsgAmI h iZdkj vfga k l sfga kj ; Ø] dygj f"kdkj] i j i hM u vkfn d"V
 u"V gks tkrsgA iR; d tho thuk pkrk gS l qk gh gksuk pkrk gS, oa l j f {kr
 jguk pkrk gA dkbz Hkh ejus ds fy; } d"V i kus ds fy; s ugha pkrk gS, oa
 vl j f {kr ugha jguk pkrk gA , d tho dks l Ei w kZ ykd dh foHkkr n d j Hkh
 ml l s i k .k p g a s r k s Hkh og i k .k ugha n s c A bl l s fl) gkrk gS fd , d tho
 dk eW; rhu ykd dh foHkkr l s Hkh v f / k d gkrk gA tks, d tho dh Hkh j {kk
 djrk gS og ekuo rhu ykd dh foHkkr dk nku n r k gA bl hfy; s Hxoku
 egkohj uscrk; k fd l o z / k e z dk eW v k / k j vfga k gA vfga k dks n < } fuey
 , oa of) djus ds fy; s vl; / k e z i f j p k j d gA

Bi jogk vkn ogk gkbB

i j o / k v k R e k o / k gh gS tks n u j k a d k s d " V n r k g S o g L o ; a d k s g h d " V
 n r k g A

tho ft.koj ts eqkfg ft.koj tho eqkfgA

rs le Hko ijfVB; k ygq f.kOk.k ygfAA

tks iR; d tho dks ftuInz Hxoku- ds l eku ekurk gS, oa ftuInz
 Hxoku-dks tho dscjkcj ekurk gSog l eHko dks i k r g k d j " k h ? k f u o k z k d k s
 i k r g k s t k r k g A

nD; r% L k k e k U ; tho , oa v j g U r , oa f l) Hxoku- e a d k b z H k n u g h a g A
 D; k i d B L k O s Ø k g q l Ø . k ; k A B " k Ø n D ; k f F k d n f " V l s l e L r tho f l)
 l n ' ; g A bl fy, tks d k b z H k h tho d k s d " V n r k g S o g l k { k r - i j e k R e k d k s
 d " V n r k g S t k s t h o k a d h l Ø k d j r k g S o g f t u d h l Ø k d j r k g A bl hfy; s
 b z k e l h g u s c r k ; k F k f d e k u o l Ø k g h H x o k u - l Ø k g A

fe=L; kga p(kkk l ok.k Hkrkfu l eh{kA

eS eS-h dh n"V l s l c i k f . k ; k a d k s n s { k A ; t Ø h

bflnz, k. kte- fujksu jkx } Sk {k; s k pA

vfga Roa p HkrkukeerUok; dYi rAA euqer

nqV bflnz, kach nqj ØfUk ds fujksk l } j k x & } S k d s { k ; l s v k j vfga k
 rUo l s t h o k a d k s v e r r U o d h i k f i r g k s h g A

vfga k ijeks / k e L r F k k - f g d k i j k n e A A

vfga k ijea nku vfga k ijea ri A A

vfga k ijeks ; K L r F k k - f g d k i j e a Q y A

vfga k ijea fe=efgd k ijea l q k e A A e g h k j r

vfga k gh ije / k e z g S vfga k gh ije n ; k g S vfga k gh ije nku
 g S vfga k gh ije ri g A vfga k ije ; K g S vfga k ije Q y g S vfga k ije
 fe= g S vfga k ije l q k g A

fgd k ds 4 Hkn & 1/2 vkj EHKH] 1/2 m | ksxh] 1/3 foj ksKh] 1/4 l dYi hA

vkj EHKH fgd k % x g L F k l E c l / h d k ; Z e a t k s f g d k g k s h g S m l d k s v k j E H k h f g d k d g r s g A
m | k s h f g d k & d f " k j o k f . k T ; v k f n d k ; Z e a t k s f g d k g k s h g S m l s m | k s h f g d k
d g r s g A

fojksk fgd k&vkrE j{kk dsfy,] ns'k j{kk dsfy,] /keZj{kk dsfy,] "kj.kkxr
dh j{kk dsfy,] vl gk; L=h , oackyd dh j{kk dsfy,] /keZhr dsvuq kj
fojksk/k; ka dsl kFk ; @ djusl stksfga k gkrh gsmI dksfojksk fgd k dgrsgA
I dYih fgd k& nfr Hkkouk I fgr nrl js thoka dks ekjus dk Hkko mri "k gkaus
dks I dYih fgd k dgrsgA

, d vkn"lz xglFk uxxfjd dksfga k ugha djus dh Hkkouk gkaus i j Hkh
vkjEHk] 0; ki kjfn djuk i M=k gS, oans'k vkfn dsfy, ; @ Hkh djuk i M=k gS
bl hfY, og mi jksa rhuka fgd k&vkjEHk] m |kskh] fojksk fgd k I s cp ugha
I drk gS i jUrql dYih fgd k dk R; kx djuk ml dsfy, furkur vko"; d gA

I Ukk] /ku&I Ei fUk] [; kfr&dhrZ; k }Sk vkfn I stks, d ns'k nrl js i j
vkOe.k djrk gSog I dYih fgd k gA eka dsfy, eRL; ikyu djuk] eqhZ
iky u djuk] cpM+ [kkuk [kksyd] thoka dk ?kr djuk I dYih fgd k gS j'skeh
oL= dsfy,] j'skeh dh Mka dks ftUnk mckyuk I dYih fgd k eagh xHkZ- gA

vfga k ; fn ver gS rks fga k fo" k gA vfga k izdk" k gS rks fga k
vakdkj gA vfga k I sgh vfhkof)] iæ] fo"oes h I æBu gks I drk gA doy
ukjckth] usrfxjh] vkOe.k i pfUk I } vuhfr] vR; kpkj I } "kkks.k uhr I s
"kkir LFkfi r ugha gS I drh gA tS &euq; dksftUnk jgus dsfy, vf/kdkj
gS ml h izdkj i 'kq vkfn i kf.k; ka dks Hkh ftmk jgus dk vf/kdkj gA Hkxoku-
egkohj us dgk Fk ½Live and Let Live½ **^th; k vS thus nS** thus dk tS k
rfqgjk vf/kdkj gS ml h izdkj nrl jka dks thus nuk rfqgjk dUkD; gA bl hfY; s
i R; d ekuo ,oajk"V^a ds d.kZkkjka dks pkfg; sfd eka dsfy, ; k vl; fdl h
LokfZ dh fl f) dsfy, fdl h Hkh izdkj dh fga k u dja

Lokh I elrHknz us Lo; Hkw L=k r ea dgk g&

^vfga k Hkruka txfr fofnra ca ijee^A

vfga k e] vfga k dk ikyu djus okya dsfy; s I Ei wZ txr-ije
cae; fn [kklz nrk gA dks VY; pk.kD; us crk; k&

^R; tr- /keZ n; k ghua n; kghu /keZ dk R; kx djk^A

bl dsl kFk ml gksuacr; k gSfd tksn; kghu /keZ dk R; kx ugha djrk
gS ml dks I qk&"kfuR&oBko&eks&LoxZ vkfn Lo; eo gh NkM/dj pys tkrsgA
fyak; r /keZ dsl oK dfo us dgk& ea vfga ke; tS /keZ dks fl j ij /kkj.k
djrk gpfdlurq tksfga ke; /keZ gS ml s plvga ea Mkydj tyk nka

fga k djus oky i jHko ea vi ?kr I sejr k gA ujd fr; p xfr ea
tIle yrk gA ; fn dnkfr-euq; tkfr ea tIle fy; k rks ogk; ij xHkZ eagh
ej.k dks i klr gks tkr gS; k vYik; qeajks; k nqkZ/uk ; k "kL= igkj I sejr k
gA ; fn ftUnk Hkh jgk rks jks I } /kukHkko I } ekugkf u I } va&mi ka ds
Nnu&Hknu I } vud "kkj hfjd] ekuf d nqk kka dks I gu djrk gA

I ol ork/kj vfga k dk ekgrE;

I R; k | Rk jfu% ksk ; etr fucl/keA

"kys o; ; kZ| f/ Bkufgd k [; a eglore AA6 Kt-v- 8&171

vfga k uke dk egkor vkxs ds tks I R; egkor kfn: i I elr orka

dk l eg gš ml dk dkj .k g& mu l cdh fLFkr bl vfgd k egkor ij vkfJr
g& l kfk gh og vBkjg gtkj "khyka ds LokfeRo vkfn dk Hkh vk/kkj g& ml ds
fcuk bu "khyka ds LokfeRo vkfn dh l EHkkouk ugha g&

, rRl e; l oLo& rRl) kR tHforeA

; TtUrqtkrj {kkfz Hkko'kq} ; k n'ca oreAA29

tkš thoka dh j {kk ds fy, ij .kkaka dh fueZyrki n& n'crk l s or
fd; k tkrk g& i kf.kfgd kfn dk i fJR; kx fd; k tkrk g& ; g l c erka dk l kj
gS vkš ; gh vkxe dk ik.k g&

Jr rs l oZ kL=skq l oZkq l e; skq pA

vfgd k y{k.kkš /keLrf} i {k'p ikrdeAA30

; g l c gh "kkL=ka ea vkš l c gh erka ea l qk tkrk gSfd /keZ dk
y{k.k vkfgd k gSbl dsfoijr tks i kf.k; ka dk ?kk r fd; k tkrk gSog iki g&A

vfgd b txlekrfgd b kulni) fr%

vfgd b xfr% l k/oh Jhfgd b "k'orhAA31

vfgd k gh fo'o dh ekrk gS vfgd k gh vkuln ¼ q'k½ dk ekxZ gš
vfgd k gh mlke xfr gS vkš vfgd k gh vfou'oj y{eh g&A

vfgd b f'ko l rs nlls p f=fnofJ; eA

vfgd b fgra dq kž- 0; l ukfu fujL; frAA32

vfgd k gh LoXZdh y{eh dksnrh gS vkš eksk dksmRi "k djrh gS rFkk ogha
vfgd k 0; l ukadk& l c i zdkj dh vki fUk; ka dksu "V dj dsi k. kh dk fgr dj rh g&

l r } hi orh /kk=h dytpy l eflorkA

uŠl i kf.ko/kkRi l uua nllk nkška 0; i kgfrAA33 i:101k.

nku eanh x; h dykpyka l s l a q̄ l kr } hi okyh i Foh , d i k. kh ds
?kk r l smRi "k gq nkšk dks ugha u "V dj rh g& vfhki k; ; g gSfd , d i k. kh
ds ?kk r l sbruk Hkkjh i ki gkrk gSfd tks l kr } hi ka okyh l eLr i Foh dsnku
nšs l s Hkh u "V ugha gkrk g&

l dytyf/koštokfj l heka /kfj=ha uxjuxl exta Lo. kj Rukfni wkk&A

; nej.kufelš dksfi n | kr- dF&pr- rnf l u euqkula thfor; kx cŷ) %A34

ft l dh l hek l eLr l epz dk fdukj gš tks cgr l suxjka, oai oZ-ka
l s l fgr gS rFkk tks l ō.kz o j Ruka vkfn l s i fji wZ gš , d h fo "kky i Foh dks
Hkh ; fn dkbZ ejus ds fufelš nrk gS rks Hkh eut; ka ds thou nšs dh cŷ) ; k
ejus dh bPNk&fd l h i zdkj l s Hkh ugha gkrh g& vfhki k; ; g gSfd eut; ka dks
fo "kky l kekT; vkfn dh višk viuk thou gh vf/kd fiZ gkrk g&

ijek.kš i ja ukYia u egn- xxur i jeA

; Fkk fd&pUkFkk /kekZ ukfgd ky{k.kkRi j %A40

ft l i zdkj i je.k. q l smt jk dkbZ Nkš/k ugha gS rFkk vdkd "k l smt jk
dkbZ cMk ugha gS ml h i zdkj fgd k l s fud "V nš jk dkbZ i ki ugha gS rFkk
vfgd k l smRd "V dkbZ /keZ ugha g& l c /kek& ea vfgd k gh mRd "V g&

ri % Jr; eKku/; kunkuln deZ k&A

l R; 'khy orknhukefgd k tuuh ekrkAA41

og vfgd kj ri] Jq] l a ej Kku]/; ku vks nku vkfn fØ; kvkædh rFkk
l R;] 'khy vks orkfn dh tuuh ekuh x; h gA vFhki k; ; g gSfd&ftl izdkj
ekrk l Urku dks iQV djrj gSml h izdkj vfgd k mi; æ ri Jqkfn dks iQV
djrj gA ml vfgd k dsfcuk os l c 0; FkZjgrsgA

d: .kknz p foKkuokfl ra ;L; ekul eA
bflnz; kFkZkq fHk% æ rL; fl)a l ehfgrAA42

ftl dk eu n; k l sHkxk gq/kj foKku ¼food½ l sl ldr] vks bflnz
fo" k; ka dh eNkZ l sjgr ¼ueælo½ gks ppk gS ml dk vHk"V fl) gq/k gh
l e>uk pkfg, A

vfgd Sdkfi ; RI kS; a dY; k.keflok f'koEA
nÜks rİfguka uk; a ri %Jq; ekRdj%AA46

, d gh vfgd k i kf.k; ka dsfy, ftl l qk dk dY; k.k dks vFkok ekSk
l qk dks nrh gSml s; g ri] Jq vks l a e dk l epk; Hkh ughans l drk gA

tleksHkæHkhrkulefgd Sksk/kh i jka
rFkkeji jha xUrq i kFks a i fFk i QdyeAA48

l d kj : i Hkæ&jks l s Hk; dks i ktr gq i kf.k; ka ds fy, mRd"V
vkskf/k vfgd k gh gS rFkk og vfgd k veji jh dk&LoxZ vFkok ekSk dk&t kus
dsfy, i pj i kFks &exZ ea [kkus ds; kx; Hkksu gA

fo); fgd S Hkarkula ekro fgrdkfj.khA
rFkk jef; rQ dkkrk fourq p l jLorhAA49

i kf.k; ka dk ekrc ds l eku fgr djusokyh vfgd k gh gA ml vfgd k
ea je.k djus dsfy, L=h rFkk f'k{k kus dsfy, l jLorh l e>ka

tk; Urs Hkæ; % i q ka ; k% di kdkr prl ka
fpjskfi u rk Dæq "kæk nB; fi Hkjr hAA52

ftudk fpÜk n; kyq gS mu i # "kka dh tks l Ei nk gksh gSmudk o.ku
l jLorh nsh Hkh egr dky i; Dr djs rks Hkh ml l s ugha gks l drkj fQj vl;
l s rks fd; k gh ds s tk l drk gA

fda u rira ri Lru fda u nÜta egkReukA
foÜkh.kæHk; a ; su i hfreyEC; nfgukeAA53

ftl egki # "k us thoka dks vkJ; ndj vHk; nku fn; k ml egkRek us
dku l k ri ugha fd; k vks dku l k nku ugha fn; k vFkk-ml egki # "k us
l elr ri] nku fn; k D; kfd vHk; nku ea l c ri] nku vk tkrsgA

; Fk ; Fk æfn LFKS æ djksr d: .kk u.kæA
rFkk RkFk foodxh% i jka i fra izdk'krAA54

i # "kka dsân; ea tS sd: .kkHko l Fkjr k dks i ktr djrk gS rS & rS s
food: ih y{eh ml l s i je i hr izdV djrj jgrh gA Hkko k Fk&d: .kk/7; k½
food dks c<krh gA

vl; ; ks0; oPNnknfgd k JhftuxæA
ijSp ; ksæk=sk dhfrZk l k ; nPN; kAA56

ftuðnzHkxoku-dsexzZearksvfgd k vU; ; kx0; oPNn I sdgh gSVFkkz-
vU; erkaea, d h vfgd k dk ; kx ughagA bl ftuer earksfgd k dk I oFkk fu"ksk
gh gSVkS vU; efr; kaus tksvfgd k dgh gSI ks; kxek= I sgh dgh gSVFkkz-dgha
vfgd k dgh gSVkS dghafgd k dk i kSk. k fd; k gA I kSLobPNki mðl mÙeUk dh Hkkfr
dgh gA ftukxe eafgd k dk I oFkk fu"ksk gSfdUrqvU; efr; kaus i kxy ds tS s
dgharksfgd k dk fu"ksk fd; k gSVkS dghaml dk i kSk. k fd; k gA

r"kkflr thoykds ftuðnnðlnz pØdY; k.ka

; Riklupflr euqk u thoj {tkuq jkxskAA57

bl thoykd ea ¼txr-ea ½ euq; tho&j {kk ds vugjx I s l eLr
dY; k.k: i in dksgh iklr gkrs gA, d k dkbZ Hkh rhFkZj nðlnz pØofUkRo: i
dY; k.ki n ykd ea ugha gS tks n; koku-ugha i koa vFkkz-vfgd k ¼n; k½ I okUke
in dh nsus okyh gA

T; kfr; 'pØL; plnks gfjjerHkqka p.Mjkspxjk.ka

dYikæ% i kni kuka I fyyfuf/kji ka Lozk'kSyks fxjh.ka

nø% Jhoirjkxfl=n'kefux.kl; k= uk; ks ; Fkk; e-

r}PNhyorkuka 'ke; eri I ka fo}; fgd ka i zkkukaAA59

gs Hk0; tho! ftl i zdkj T; kfr"kpØka ea i zkku Lokeh plnek
gSrFkk noka ea bln] xgka ea l w] o{ka ea dYi o{k} ty'k; ka ea l ep] i oZka ea
es vks noka ea epu; ka ds ukFk ¼Lokeh ½ Jh ohrjkx nð i zkku gA ml h i zdkj
'khy vks orka earFkk 'kellko; e ¼eglor ½ vks rika ea vfgd k dks i zkku tkua
, d s vfgd k eglor dk o.ku fd; k x; kAA

u ckã.klI rn fdf'p I s; ks I nk ful s'ks eul ks fi; fga

; rks ; rks fgd euls fuðkkz rrrks rrrks I Eefr , o nØ [kAA8

ckã.k dsfy; ; g ckr de dY; k.kdkjh ughagS tksog fiz ¼i nkFkkz
I s eu gVk yrk gS tgl&tgk I s eu fgd k I s eflrk gS ogk&ogk I s nØk
¼vo'; ½ gh 'kkUr gks tkrk gA

vli ekns veri na i ekns eppuls ina

vli eUk u eh; flr ; s i eUk ; Fkk erkAA1

i ekn u djuk ver in dk I kkd gSVkS i ekn djuk er; qn dka
vi eknh ugha ejrsfdUrq i eknh rks ejs rY; gh gA

, ra fol d rks 'Rok vli eknefeg if.Mrka

vli ekns i eknlur vfj; kua xtpjs jrtAA2 /kEin

if.Mr ykx vi ekn ds fo"k; ea bl s vPNh rjg tku] cð }kjk
mifn"V vkpj.k ea jr glq vi ekn ea i efjnr gkrs gA

v/; k; &3

vfgd k ds l kfkz 60 uke

rRfK i Beavfgd k tk l k l npe.kq kl gLI ykxLI Hkofr nhoks rk.kal j .ka
 xrrh i bVBk 1 fu0ok.kj 2 fu0opj 3 l ekgh] 4 l Ükh] 5 fdÜkh] 6 dÜkh] 7 jrh
 ;] 8 fojr h ;] 9 l q ak] 10 frÜkh] 11 n; k] 12 foeÜkh] 13 [karih] 14 l eÜkk"kg.kk]
 15 egrh] 16 ckgh] 17 cf)] 18 f?krh] 19 l fe)h] 20 fjf)] 21 fo)h] 22 fBrh]
 23 i vBh] 24 unkl] 25 Hk]k] 26 fol q]h] 27 y)h] 28fofl VBfnVBh] 29 dYyk.kj
 30 exy] 31 iekvkj 32 foHkr] 33 jD[kk] 34 fl)koki kj 35 v.kk okj36
 döyh.kBk.kj 37 fl o] 38 l febj 39 l hy] 40 l at ekfÜk ;] 41 l hyi fj/kj kj 42
 l ðjks ;] 43 xÜkh] 44 ool kvkj 45 mLI vkj 46 t"kkj 47 vk; r.kj 48 t; .kj
 49 vliekrkj 50 vLI kl kj 51 ohl kl kj 52 vevkj 53 l oolI fo vek/kvkj 54
 pkD[k] 55 i foÜkk] 56 l rh] 57 i w k] 58 foey] 59 i Hkl k ;] 60 fuEey; jfr]
 , oeknif.k fu; exqkfufEe; kba i T toukef.k gkfr vfgd k, Hkxorh, AA2

izu0; kdj.k l = va 6-

mu i kpa l ðjkaeal si Fke l ðj vfgd k gA ; g i wka vfgd k nðkj
 eutj; kavkj vl gjkads l fgr l Ei wkykd dsfy; svk; nkrk }hi dh rjg gSvFkok
 vKkukl/kdkj dk uk" k djusokyh nhi d gA ; g l cdh j {kk djusokyh} 'kj .k nus
 okyh vkj dY; k.kkfkkyk" k; kadsfy; si ktr djus; k; gA ; g l c xqkka vkj l [kka
 dk i fr" Bku gA ; g fuokz k dk dkj .k gS vkfRed LoLFkrk dk dkj .k gS l ekl
 l erk dh tuuh gS vkfRed "kfä dk dkj .k gSvFkok "kkfr : i gA ; g dhfrZdk
 dkj .k gSvkj vkfRed vkj "kkjhfd dkfUr c<kusokyh gA ; g jfr ¼ hfr½ dk
 dkj .k gSvkj i ki ka l sfojfr djkusokyh gA J rKku gh bl dh mri fuk dk dkj .k
 gA ; g rflr dk dkj .k vkj thon; k : i gS ; g dkekuka sefjä fnykrh gS {kkfUr
 : i gA ; g l E; d&n"ku dh vkjk/kuk : i gSvFkok l E; d-i rhrfr : i gA ; g l c
 orkaeægku-i zkku gA ; g döyh i #fi r /keZdh i ktr djkusokyh gSvkj cf) dks
 l Qy cukusokyh gA ; g /kr& ekS Zi ðk djrh gS vkfRed l ef) rFkk _f) dk
 dkj .k gS ; g i q; of) dk dkj .k gS i ki dks?kVkdj i q; dksi qV djusokyh gS
 vkj vkullnkf; uh gA ; g Loi j & dY; k.kdkfj .kh gS i ki {k; dj vkRek dh fo"kf)
 djusokyh gS döy Kkukfn yfc/k; k; i ktr djkusokyh gS vuoklurokn l sfof" k"V
 n"V : i gS dY; k.k] exy vkj i ekn dk dkj .k gA ; g , s'o; Zi ktr eafufeÜk gS
 thokadh j {kk djusokyh rFkk fl) ka i jekRekvkads i kl fuokl djkusokyh] efjä
 i ktr djkusokyh gA ; g deZck jkklusokyh gksul svukJo: i gS döyKkfu; ka
 dk LFkku gS vkj f"kofu: i nð: i gA ; g l E; d-i ðfÜk ¼ febr½ : i
 fujkdyrk&l ekëku&: i vkj l a e : i gSrFkk "khy&l nkpkj dk i hjj & fi rXg
 g&l ðje; h gA ; g eu&opu&dk; k dh nqi ðfÜk; ka dks jklusokyh gS fof" k"V

0; ol k; fu"p; dk dkj .k vksj Hkkokadh m"kr : i gA ; g Hkko; K : i ; k Hkko i utk : i g\$ xq kka dk vk; ru&vkJe gsvksj ; ruk : i gsrFkk vHk; nku : i gA ; g vi&kn : i g\$ ikf.k; kadsfy; svk'okl u : i fo'okl dk dkj .k vksj vHk; i \$k djus okyh ; k vHk; nk=h gA ; g l eLr ikf.k; kadsfy; svekfj?kksk.kk : i gA ; g LoPN g\$ ifo= g\$ vksj ifo=rk dk dkj .k g\$ vksj Hkkokadh fuezyrk : i Hkko i utk dk dkj .k gA ; g vkRk dksfoey cukusokyh] rst l si dkr"kr djusokyh vksj thoka dksdej tey l sjfgr& vR; l r fuezy djusokyh gA bl Hkxorh vfgd k ds; s vksj , d sgh vl; futxqk l sfu'ie l kfkzd i ; kz; okpd uke gA

I ožtho adk vk/kj vfgd k

, l k l k Hkxorh vfgd k tk l k Hkh; k.k foo l j .ka i D[kh.kafi o xe. kA frfl ; k.kafi o l fyyp [kfg; k.kafi o vl .kA l eNeT>so i krog. kA pml i ; k.kao vkl ei ; a ngfê; k.kap vksj fgcya]v. oheT>so l R; xe. kA , rksfof l ðrfj dk vfgd k tk l k i ffo&ty vxf.k&ek ; &o.kl l b&chtgfjr&typj&Fkypj] [kgpj] rl ; koj &l oohk [kædjka ; g og Hkxorh vfgd k g\$ ft l svl he ¼vullr½ Kku vksj n"ku ds/kkj d] "khy&xqk fou; ri vksj l a e dsuk; d ekxzn"kd l l kjsfo'o ds i kf.k; kads i fr oRl y] rhuka ykdkaea i w; ftuplnz rhfkdj kaus¼vullr Kku] n"ku }kj k½Hkyh&Hkkr n\$kk gA fo"K"V vof/kKkfu; kausbl sfo"ksk : i l stku k g\$ _tæfr eu% i ; kz; Kkfu; ka us bl sfo"ksk : i l s n\$ k& i j [k fy; k g\$ foi yefreu% ; kz; Kkfu; kausbl sfo"ksk : i l stku fy; k gA prnZ'k wZkfkj ; kaus bl dk v/ ; ; u dj fy; k g\$ ošØ; yfc/k/kkj dkausb l dk vkt hou i kyu fd; k gA bl h i d kj efrKkfu; kA JpKkfu; kA vof/kKkfu; kA eu% ; kz; Kkfu; ka vksj døy Kkfu; kausbl dh vkj/kuk dh gA fo"K"V ri ds }kj k gkfk vkfn l sNusek= l s vkskf/k : i cu tkusdh vke"kkSkf/kyfc/k i k; sgq s__f"k; kausFlwd ds vkskf/k : i cu tkusdh [kykSkf/kyfc/k i k; sgq sefu; kaus ftuds"khj dk i l huk] eš vkfn dh vkskf/k : i gksx; k g\$, d h tYyKsfek&yfc/k/kkfj ; kaus ftudk ey&ew gh vkskf/k : i cu x; k g\$, d h foi kkskf/k uked yfc/k i klr efu; kaus; "khj dsl eLr vo; o gh ftuds vkskfek : i cusx; sg\$, d h l okBkfyfc/k i k; sgq segki e#"kkausbl dh l kekuk dh gA ewy vFkz dskt kuj l kj k dk l kj k fo"ksk vFkz tku yusokyh cht cfj) : i yfc/k ds/kkj dkauš , d ckj tku yus i j l nk ; kn j [kusokyh dksB cfj) uked yfc/k l s ; eA efu; kaus , d in l sl dMka i nka dks tku yus okyh i nku d kfj .kh yfc/k l Ei "k i e#"kkaus "khj dsi R; d vo; o l splj kavkj l s"Kkndks l qusdh "kfä vFkok "Kn j l vkfn fo"k; kads, d l kfk xg.k djusdh bflnz kadh "kfä ; k , d l kfk mPpkj .k fd; sgq svud i d kj ds "Kkndks fHk"&2 : i l s tkusdh "kfä "kkyh l Hk" &l kr yfc/k l s ; eA i e#"kkausbl dk i kyu fd; k gA JpKku ds/kkj dkauš eukcfy; kaus opucfy; kaus d k; cfy; ka l s ; eA i e#"kkaus Kkufy; kaus n"ku cyl Ei "k i e#"kkaus n<pfj=cyl s ; eA i e#"kkausbl dk Hkyh&Hkkr

vkpj . k fd ; k gā nllk dsl eku e/kj opu o"kkZdjusokyh {khj okoh yfC/k ds/kkj dka
 uš e/kqdsl eku e/kj opu "kfä : i e/kp koh yfC/k l s ; ä i # "kkauš ?kr dsl eku
 flUx/k okD ; cksyusokyh l fi žkoh yfC/k i k ; sqg sefu ; kauš ft l yfC/k dsi Hkko l s
 Hkktu dh l kexh de u gkš , š h ^v{kh.kegkul * uked yfC/k ds/kuh efu ; kauš
 bl dk l E ; d-vuŋBku fd ; k gā vkdk" k ea xeu djusdh fo | kpj . k yfC/k ds
 äkkj d pj . k efu ; kausvFkok t žkkpj . kyfC/k okysefu ; kauš gj i zdkj dsi z'uka dk
 mlkj nsl dusdksvaxŋBkfn fo | k fl) fd ; sqg sfo | k/kj efu ; kauš , d mi okl l s
 ydŋ 6 eghusrd dh riL ; k djusokysri flo ; kausbl dh l k/kuk dh gā Hkktu
 cukusl sfudkysqg sHkktu dksgh xg . k djusdsfu ; e okykauš Hkktu i dkusds
 i k= l snl jsi k= eafudkydj j [ksqg sHkktu dksgh xg . k djusdsvfHkxg okyka
 uš xgLFk dsHkktu dj yusdsckn "kš jgšHkktu dksgh yusdsvfHkxg okykauš
 cpsqg srŋN vkgkj dksgh yusdh i frKk okykauš : [kk&l vkk vkgkj gh xg . k
 djusdsl ŋYi /kkfj ; kauš : [kk&l vkk] B.Mk] cpk&[kp k tš k Hkh vkgkj fey
 tk ; ml svXyku&nhurk jfgr Hkko l sxg . k djusdsvfHkxg okykauš vFkok tc
 vkgkj fd ; fcuk Xyku gksyxš rHkh vkgkj yusdsvfHkxg/kkfj ; kauš eka /kkj . k
 djdsfHk{kk yusdsl ŋYi dÜkkz/kauš fcuk fd l h HknHkko l smPp] uhp] e/ ; e l Hkh
 ?kjka l sfHk{kk xg . k djusdh p ; kžokykauš vkVsvkfn l svfy l r gkFk ; k crZ l sgh
 vkgkj yusdh i frKk okykauš tksHkktu lfn nš nš ; gš ml h l sgkFk ; k i k= Hkjsgks
 rksvkgkj yusdsfu ; e okykauš nkrk dsudVorhZvkgkj kfn dksgh xg . k djusds
 vfHkxg okykauš 'ka k vkfn fHk{kk ds42 nkškal sjfgr vkgkj vkfn dksgh yusdh
 i frKk okykauš vkgkj kfn olrŋka dh nŋk dh l ŋ ; k fuf"pr djds vkgkj yus
 okykauš vi usi kl dsn" ; eku LFku l sykbžgžolrŋqdksg xg . k djusdsl ŋYi
 okykauš i gysu nŋ{kh gžv n"V olrŋqdksg yusdh i frKk okykauš 'gsLokfeu-!
 veŋ i nkFkZvki dsfy ; sdYi uh ; xkš gš* bl i zdkj i nDj vkgkj kfn nusokys
 l sgh vkgkj kfn yusdsfu ; e okykauš l nk vk ; fcy ri djusokykauš i frfnu
 l w kš ; l snki gj rd vkgkj yusdk R ; kx djusokykauš i frfnu , dk"ku djus
 okykauš ?kh nllk oxšg fodfir tud vfoXxb½ i nkFkšdsR ; kx djusokykauš [kf . Mr
 gq seknd vkfn dksgh xg . k djusdh i frKk okykauš i ffer Hkktu xg . k djus
 dh i frKk okykauš xgLFk ds [kkusdsckn cpsqg sHkktu dksgh l ŋu djusds
 fu ; e okykauš rŋN o B.Mk Hkktu gh l ŋu djusdsfu ; e okykauš ghax vkfn l s
 Nkšk gŋk u gkš , š svl ŋdr Hkktu dk gh l ŋu djusokykauš j l ghu vkgkj dks
 gh yusdsfu ; e okykauš : [kk&l vkk vkgkj gh dj yusdh i frKk okykauš
 l kjghu ; k vR ; Yi vkgkj djusdh gh i frKk okykauš xgLFk dsHkktu l scpsqg s
 Hkktu i j gh thoulkj fuokž dj yusdsvfHkxg okykauš j l ghu Hkktu l sgh l nk
 thou cl j dj yusokykauš : [ksvkgkj i j gh l kjk thou fcrk nusokykauš
 l kjghu ; k rŋN LoYi vkgkj eagh vkt hou l UrŋV jgusdsfu ; e okykauš vkgkj

I UekxZ dks&l k gS ; gh ogh ekxZ gSftl eā NkV&l &NkV/s tho dh
j{kk dk ijk /; ku jD[kk tkōA

fgā k njkr- l eŕl T; ; ukfgā k l eknrk

mnrk% l fg foKs % i ki R; kfx'kq oS /kpeAA5

ftu ykxkausb l i ki e; l kā kfjd thou dksR; kx fn; k gS mu l c eā
ed; og i#k gStksfgā k dsi ki l smj dj vfgā k ekxZdk vuđ j .k djrk gā

vfgā korl Ei éks /k; ks flr d: .kte; %

l ožkl h; eks l; L; thous u {teks HkorAA6

/k; gSog i#k ftl usvfgā kor /kkj .k fd; k gā eR; q tks l c thoka
dks [kk tkrh gSm l dsl ŕnuka ij geyk ugha djrhA

foi flkdkys l Eikrs i krs p i k. kl dVA

rFkl; U; fi z i k. kku- ek tfg Roa n; knžknAA7

rŕgkjs i k. k l dV eāHkh i M tkosrc Hkh fd l h dh l; kjh tku er ykA

Jq rs cfynku yH; Urs ojl Ei n%

ifo=L; i ja n'VKS rklrŕNk'p ?k. kkl i nkAA8

ykx dgrsgāfd cfy nysl scgr l kjsojnku feyrs gS ijUrqi fo=
ān; okyā dh nf'V eā os ojnku tks fgā k djus l s feyrs gā t?k; vks
?k. kkl i n gā

; skta thoufuokžkfgā k; keo fuHkž %

focfkkula l q'VKS rs e' Loknd l féHk%AA9

ftu ykxka dk thou gR; k ij fuHkž gS l e>nkj ykxka dh nf'V eā
os e'rdHksth dsl eku gā

i frxU/kl ek; ŕra i 'p "kh. kž QysjeA

l ?krdpjs uua cŕkŕ; ueh; rAA10 dŕydh; &33 vfgā

nŕkž og vkneh ftl dk l Mk gŕk 'kj hj i honkj ?kkōa l sHkj k gŕk gS
og fi NysHkōa eaj ä i kr cgkusokyk jgk gkskŕ , d k cŕ) eku ykx dgrsgā

egrka fg /kua fpra d: .kkl l HkreA

vU; n- nŕ; a ; rls ykōs ghuož fi n' ; rAA1

n; k l s yckyc Hkjk gŕk ān; gh l d kj eā l cl s cMh l Ei flk gS
D; kād Hkŕrd foHkr rks uhp euq; ka dsi kl Hkh nŕkh tkrh gā

; Fkŕeā l eh; ŕ n; ka fpŕks i ky; rA

l ož /kež fg Hk'kŕs n; k ekŕl; l k/kueAA2

Bhd i) fr l sl kp fopkj dj ān; ean; k /kkj .k djksvŕš ; fn rē l c /kekā l sb l
ckj seai nDj nŕkksrksrŕgākye gksk fd n; k gh , dek= eŕDr dk l /ku gS

vl ŕ kž uke ; s ykōk vU/ku rel kōrkA

rŕlrs i ŕ; u xPNflr ; skta fpŕks n; kyŕtAA3

ftu ykxkldk ân; n; k l svks&i ks gSosvzkdkji wkZujd ea i ošk
u djxÅ

vgl ka u Oya rskå Hkqrs l oñ; kjrÅ

; Ska Lej.ket=sk unekrek izEi rAA4

tkseuq; l c thoka ij dik rFkk n; k fn[kykrk gS ml s mu
i ki i fj.kkka dks ugha Hkksxuk i Mrk ftUgan[kdj gh vkrrek dka mBrh gÅ

n; ky& iq "kks uš tk; rs DyskHktueA

l kf{k.kh r= okrkula oy; šFVrk eghAA5

Dyšk n; kyqi # 'kkadsfy, ughagš okroy; &of"Vr i Fohi bl ckr dh l k(kh gÅ

gür ; u n; k/keLR; ä% i ki ku/kpr l kA

foLera ru HkQrookfi /keR; tuniQyeAA6

[kn gSml vkneh ij ftl us n; k/kez dks R; kx fn; k gš vksj i ki ds
Qy dks Hkksxdj Hkh ml s Hkny x; k gÅ

; Fkk oškoghuk; uk; a ykd% l qkdkjÅ

u rFkk ijykdksfi dk: .; {kh.košk; ÅA7

ftl izdkj ; g ykd /kughu dsfy, ughå ml h izdkj ijykd funz h
euq; dsfy, ugha gÅ

, ghdkFiz i fj {kh.k% dnkfpn- /kfudks HkorÅ

ija Hkrrn; kfj äks uteq- l fnuks; ÅA8

, fgd oško l s "kk;] xjhc ykx rksfdl h fnu l ef) "kkyh gks l drsgå ijUrq
tksyks n; k vksj eer k l sjfgr gÅ l pep gh osdaky gš vksj muds l fnu
dHkh ugha fQjrÅ

l gyhka uks ; Fkk l R; a d'kk; o'kofrLÅ

izkLra rFkk dk; i l qja fu'BjkrEukAA9

fodkj xLr euq; dsfy, l R; dks i k yuk ftruk l gt gš ughadBkj
ân; okysi # 'k dsfy, uhfr dsdke djuk Hkh mruk gh vki ku ughagÅ

nqya okf/krq Øj ; nkli kgu psVI Å

rRins Loa rnk eRok fpUr; Lo futflFifreAA0 djydk; & 25n; k

tc rē fdl h nqy dks l rkus dsfy, m | r gks rks l kps fd vi us
l scyoku euq; ds vxks Hk; l s tc rē dkj kxs rc rēga dš k yxsxkÅ

vfgd k orh pk.Mky] noka }kjk i ftr

full | % "oikdksfi l jšusd% l i ftr% "hyQyu jtkiA

l i ; Hktoa g; q i uhrøkLra "hya rrska [kyq i ky; kfeAA8

"khy ds i Hkko l svfr'k; fullnuh; pk.Mky Hkh vsud noka ds }kjk
i ftr gkdj jtkk ds }kjk Li "kz djus ds ; kx; fd; k x; k gÅ bl fy, ešml
"khy dk ifjiky djr gÅ

bl h vk; Țk.M ds Hkhrj i knuij eajtkk egkcy jkT; djrk FkKA ml dsi e dk uke cy FkKA jtkk usulnh"oj Țv'Vkfadk½ i oZdh v'VeH dksvkB fnu rd tho fgd k u djusdh ?kksk.kk dj; hA m/kj ml dk i e cy dækj vfr eka fiz; FkKA ml usbu fnukaefdl h Hkh i # 'k dksu nēkdj xlr jhfr l scxhps eajtkk dse:sdk o/k dj; k vlsj ml si dkdj [k; kA jtkk dks tc ml dso/k dk l ekpj Kkr gvr rc ml scgr Øksk vk; kA ml usmä es:sdsekjusokys euq; dks [kkst uk i kjEHk fd; kA tc cxhpseog es:k ekjk tk jgk Fkk] rc ofk ds Åij p<sgq ekyh usml snēk fy; k FkKA ml usjkr eae:sdsekjusdh ckr vi uh L=h l sdghA ml sogk i kl eafLFkr fdl h xlrpj usl u fy; k FkKA ml ustkdj es:sdsekjs tkusdk orkur jtkk l sdj fn; kA rc i Hkkrdky eog ekyh ogk cyk; k x; kA ml usml h i zdkj l sfQj l sog oYkkur dg fn; kA egh vtkk dksejk i e gh Hkx djrk g; ; g l kpj jtkk dksØksk mRi "k gvrA rc ml usdksoky dksdækj dsuks [k.M djkusdh vkkk nhA rRi "pkr-dækj dksekjusdsLFkku ea ystkdj tksjki # 'k pk.Mky dksyusdsfy; sx; sFksmlganēkdj pk.Mky us vi uh i Ruh l sdgk fd gsfiz ! rē bu i # 'kka l sdg nēk fd vkt pk.Mky xkp dksx; k gA ; g dgdj og ?kj dsdkusea Nq x; kA rRi "pkr-mu i # 'kka }kj k pk.Mky dscyk; s tkusij pk.Mkyuh usmul sdg fn; k fd og vkt xkp x; k gA ; g l qdj mu i # 'kka usdgk fd og i q; ghu gs tksvkt xkp dksx; k gA vkt jkt dækj dk oek djusij ml scgr l ø.kzvksj jRuka vkfn dk ytkk gkaus okyk FkKA mudsbl dFku dks l qdj ml pk.Mkyuh dks/ku dk ytkk mRi "k gvrA rc ml uspk.Mky dsHk; l scj&ckj ; gh dgk fd og rksxkp dksx; k gs i jUrqbl dsl kFk gh ml usgkFk dsl ær l sfn [kyk Hkh fn; kA rc mu ykxka us ml s?kj dsHkhrj l sfudkydj ekjus l sfy, ml dækj dks l efi z fd; kA bl ij pk.Mky usmul sdgk fd eavkt prnz kh dsfnu tho&fgd k ughadjrk gA rc mu ykxkausml systkdj jtkk dksfn [kykrsgq dgk fd nō! ; g jkt dækj dksughaekj jgk gA bl ij ml pk.Mky usjtkk l sdgk fd gsnō! , d ckj ep-s l izusdkV fy; k Fkk] rc ykx ep-sejk gvr l e>dj 'e'kku ea ysx; } ogk; eā l okkēf/k_f) ds/kkj d efi ds "kjhj l sl ær ok; qdsLi "kz l st hfor gksx; kA rc eāusmudsl ehi prnz kh dks thokadh fgd k u djus: i vfgd k.kprr dks xg.k dj fy; k FkKA bl fy, eāvkt tho o/k ughadj jgk gA vc vki tksmfpr l e> djA pk.Mky dsbl dFku dks l qdj jtkk usfopkj fd; k fd Hkyk pk.Mky dsHkh or gks l drk gA cl ; gh l kpj ml dk Øksk HkMd mBKA rc ml usmu nkskadksgh cakokdj f"kk"ækjng/vgd d tytlur/kal s0; klr rkyk½ ea i Vdok fn; kA i jUrqml pk.Mky uspfid ej .k dsl Ueēk gkaus ij Hkh vi us xg.k fd; sgq vfgd k.kprr dksugha NkMk Fkk bl fy, ml or dsi Hkko l sty nōrk usml sty dse/; eaf l gkl u ndj ef.ke; e.Mi) ntjnHk vls l k/kp kj Ț l k/kq dre-l k/kq dre-; g "kCn½ vkfn i kfrgk; Zfd; A bl ?kVuk dks l qdj egkcy jtkk cgr Hk; Hkhr gvrA bl i zdkj pk.Mky Hkh tc "khy ds i Hkko l s nōka }kj k i fr r gvr gSrc nll jk dkbz vfgd d] nōka }kj k D; kai fr r ughagksk\ vo"; gkskA

v/; k; &4

vkRe&fgd d ije&fgd d

0; &FkkukokLFkk; ka jkxknhuka o'ki dÜkk; keA

fez rta thols ekok /ktoR; xs /kpa fgd kAA46

tks ieknh tho d"kk; ka ds o"khHkr gkdj xeukfn fØ; k ; Ru i wZl ugha djrk og "tho ejs vFkok ughaejs" fgd k ds nkSk dk Hkxh vo"; gkrk gS; D; kfid fgd k d"kk; Hkkoka l smRi "k gkrh gS vSj bl ds d"kk; Hkko dk l öko gS ghA bl okD; l s i k. kka dks i hMk- u gkrh Hkh fgd k fl) gkrh gS ; fn i wZl fFkr i k. k 0; i jk. . k ek= ¼ k. khi hMk=½ y{k. k dgk gkrk rks vD; kflrnWk. k vkrkA fcuk fdl h ds i k. kka dk ?kkr gq gh fgd k D; ka gks x; h \ bl i'z' u dk l ek/kku vkxs ds "yk d l s gks tk; xkA

; LekrI d"kk; % l u- gUR; kRek i FkeetReukRekueA

i'pkTtk; r u ok fgd k i k.; Urjk. kka rAA47 i q "wFkz l); q k; %

fgd k "kCn dk vFkz ?kkr djuk gS i jUr q ?kkr nks izdkj dk gS , d vkRe?kkr) nI jk ij ?kkrA ft l l e; vkRek ea d"kk; Hkkoka dh mRi fÜk gkrh gS ml h l e; vkRe?kkr gks tkrk gS i hNs ; fn vU; thoka dh vk; q i jh gks x; h gks vFkok i ki dk mn; vk; k gks rks mudk Hkh ?kkr gks tkrk gS vU; Fkk vk; qez i wZl u gvk gS i ki dk mn; u vk; k gks rks d q Hkh ugha gkrk j D; kfid mudk ?kkr muds deka ds v/khu gS i jUr q vkRe?kkr rks d"kk; ka dh mRi fÜk gkrh gh gks tkrk gS vSj vkRe?kkr rFkk ij ?kkr nksuka gh fgd k gS fgd k ds Hkn %

l j EHKfnf=da ; kx% d"kk; 0; fgra Øekr-

"kre"Vkf/kda Ks a fgd kHkS l r q fi f. MreAA9

l j EHK vkfn rhu dks Øe l s rhuka ; kxka vSj pkj d"kk; ka l s xij. kr djds i q % fgd k Hknka l s dr) dkfjr vSj vuqknuk bu rhu l s Hkh xij. kr djus ij l c Hkn , d l kS vkB 1/8 x 3x3x4=108 1/2 tkuuk pkfg; A

fgd k ds l dYi djus dk uke l j EHK gS ml ds l k/kuka dks t p/kuk o mudk vH; kl djuk bl sl ekj EHK dgk tkrk gS rFkk ml ea i dÜk gks tkuk ; g vkj EHK gS ; srhuka eu&opu vSj dk; l sl Ecu/k gkdj Lo; afd; s tkrsgS ml js dks i fjr djds dj k; s tkrsgS rFkk fdl h dks d jr & dj krs n q kdj muds fo "k; ea i z "krk Hkh i x v dh tkrh gS ; l c gh Øks kkn pkj d"kk; ka ea l sfd l h & u & fdl h d"kk; dh vi s k kd jrsgS bu Hknka dks bl izdkj l sl e>uk pkfg; A

- 1- Øks/kdr dk; l j EHK] 2- ekudrdk; l j EHK]
- 3- ek; kdrdk; l j EHK] 4- ykkdkrdk; l j EHK]
- 5- Øks/kdkfjrdk; l j EHK] 6- ekudkfjrdk; l j EHK]
- 7- ek; kdkfjrdk; l j EHK] 8- ykkdkkfjrdk; l j EHK]

9- Økskkupærdk; I jEHK] 10- ekukuærdk; I jEHK]

11- ek; kuærdk; I jEHK] 12- ykkkkupærdk; I jEHKA

bl izdkj ; s12 Hkn dk; I jEHk ds gq] bl h izdkj 12&12 Hkn opu
I jEHk vks] eu I jEHk ds Hkh gkæA bl izdkj ds I jEHk ds I c Hkn NÜkhI ¼36½
gks tkrsgA bl izdkj 36 I ækjEHk ds 36 gh vkjEHk ds Hkn djus ij I c Hkn
108 gks tkrsgA ; fn Økskkfn d"kk; ka eavuarukuU/kh o vi R; k[; kuko] .kkfn: i
fo' ksk Økskkfn dh foo{kk gks rksos I c Hkn 432 ¼108x4½ gks t k; æA ¼Kkuk.kb½

vfgd k i frKk ds fcuk fgd k

fgd k; kvfoje.la fgd ki fj.keuefi Hkofr fgd kA

rLekriæÜk; lxs i k.k0; ijki .la fur; e- AA48 Kkuk.kb

ijtho ds ?kk: i fgd k nks izdkj dh gkrh g&igyh vfoje.k: i
vks] nit jh ijfj.keu: iA

1-vfoje.k: i fgd k&ml s dgrs gð tks tho ds ij ?kk ea iæÜk u gkaus ij Hkh
fgd k R; kx dh i frKk dsfcuk gæ/k djrh gA fØ; k dsfcuk gh ; g fgd k D; ka
gkrh gS\ bl iz'u dk mükj ; g gSfd ftI i # "k dsfgd k dk R; kx ugha gS
og ; |fi I krs gq fcyko dh rjg fdl h I e; fgd k ea iæÜk ugha Hkh djrk
ijUrqml ds vlrjæ eafgd k djus ds Hkko dk I nHkko gA vr, o og vfoje.k
: i fgd k dk Hkxh gkrk gA

2- ijfj.keu: i fgd k&ml s dgrs gð tks tho dks ij tho ds ?kk ds eu] opu]
dk; I siæÜk gkaus ij gkrh gA bu nskukai zdkj dh fgd kvkæai ækn I fgr ; lxs dk
vflRro ik; k tkrk gsvks] te rd iækn ik; k tkrk gS rc rd fgd k dk vHkko
fdl h izdkj ughagls drk] D; kfd iækn ; lxs eal nkdly ij tho dh vi{kk Hkh
i k.k?kk dk I nHkko gkrk gA vr, o iækn ds ijfgkj kFZ ij thoka dh fgd k ds
R; kx ean<+i frKk gksk pkfg; } ftI I snskukai zdkj dh fgd kvkai scpk jgA

fgd kQy ospæ; %&

vfo/kk; fi fg fgd k fgd kQy Hkæ- HkoR; æ%

dRokI; i jk fgd k fgd kQy Hkktua u L; kr- AA51

ftI ds ifj .kke fgd k : i gq pkgsos ifj .kke fgd k dk dkbz dk; Zu
dj I ds gks rks Hkh og fgd k ds Qy dks Hkksæxk vks] ftI tho ds "kjhj I s
fdl h dkj .k fgd k rks gks x; h ijUrq ifj .kkeka eafgd k ugha vkbz og tho fgd k
djus dk Hkxh dnkfi ugha gksæA

, dL; kYik fgd k nnkfr dkys QyeuYieA

vU; L; egk fgd k LoYi Qyk Hkofr ifj jkdAA52

tks i # "k cká fgd k rks Fkkk/h dj I dk gks ijUrq vi us ifj .kkeka dks
fgd k Hkko I svf/kd fylr j [ksgk] og rhoz deZU/k dk Hkxh gksæ vks] tks i # "k
ifj .kkeka eafgd k ds vf/kd Hkko u j [kdj cká fgd k vpkud cgr dj x; k
gks og eln&deZU/k dk Hkxh gksæA

, dL; I b rhoa fn'kfr Qya I b ellnell; L; A

ortfr I gdlkfj.kkfji fgd k ofsp; e= QydkyAA53

; fn nks i#''k feydyj fgd k dja rks muea l s ftl ds ifj.kke rhoz d''kk; : i gg gk ml sfgd k dk Qy vf/kd Hkksxuk i Mæx vksj ftl ds ifj.kke elln d''kk; : i jgs gla ml s vYi Qy Hkksxuk i MæxA

itxo Qyfr fgd k fØ; ek.kk Qyfr p drtfa

vkjh; drædrk-fi Qyfr fgd kuHkksouAA54 i q fl -

fdl h usfgd k djusdk fopkj fd; k i jUrqvol j u feyus l s ml fgd k dsdjusdsi fgysgh mu d''kk; i fj.kkka ds }kjk %tueafgd k dk l dYi fd; k x; k Fkk½calksgq deka dk Qy mn; eavk x; k vksj rc bfpNr fgd k djus dksl eFkZgksl dkj , d h voLFkk eafgd k djusl si gysgh ml fgd k dk Qy Hkksx fy; k tkrk gA bl h idkj fdl h usfgd k djusdk fopkj fd; k vksj ml fopkj }kjk ck/ksqg deka ds Qy dksmn; eavkusdh vof/k rd og ma fgd k djusea l eFkZgksl dk rks, d h n''kk eafgd k djrs l e; gh ml dk Qy Hkksxuk fl) gkrk gA fdl h usl keku; r%fgd k djdsfQj ml dk Qy mn; dky eai k; k vFkkRk-dj pæplusij Qy i k; kA fdl h usfgd k djusdk vkjEHk fd; k Fkk i jUrqfdl h dkj .k fgd k djusea l eFkZughagksl dk rFkfi vkjEHk tfur cak dk Qy ml svo''; gh Hkksxuk i Mæx vFkZr-u djusij Hkh fgd k dk Qy Hkksx tkrk gA iz kst u døy bruk gh gSfd d''kk; Hkkokadsvud kj Qy feyrk gA

, d% djkr fgd ka Hkofür QyHkksxuks cgo%

cgoks fon/kfr fgd ka fgd kQyHkksouAA55

fdl h tho dks ekjrs nskdj vl; nskus okys tks vPNk dgrs vksj i d ''k gkrsgA os l c gh fgd k Qy ds Hkksxh gkrsgA bl h l s dgrsgA fd , d djrk gS vksj Qy vuad Hkksxrs gA rFkk bl h idkj l æte eafgd k rks vuad i q ''k djrs gA i jUrqmu ij vkKk djusoky jktt ml l c fgd k ds Qy dk Hkksxh gkrk gS vFkZr-vuad djrs gA Qy , d Hkksxrk gA

dL; kfi fn'kfr fgd k fgd kQyeden QydkyA

vl; L; I b fgd k fn'kr; fgd k Qya foiyeAA56

fgd k QyeijL; rq nntR; fgd k rq i fj.kkeA

brjL; i qfjgd k fn'kr; fgd kQya ukU; rAA57 i q ''kkFkz fl -

dkbz tho dscjk djusdk ; Ru dj jgk gk i jUrqml %tho½dsi q; l s dnkfr-cjsdh txg Hkyk gkst k, rksHkHk cjk bzdk ; Ru djusokyk cjk bzds Qy dk Hkksxh gkskA bl h idkj dkbZoS uhjksx djusdsvFkZfdl h jksxh dh vksk/k dj jgk gksvksj og jksxh dnkfr-dkj .ko' k ej tkosrksosj vfgd k dsgn Qy dksHkksxkA

fgd b ujdckjirkyh i kkkfoxgkA

dßjho f}/kk dræ Hkksk 'kykfr funèkAA12 Ktuk.tb

; g fgd k ujd: i ?kj ds Hkhrj i fo"V gkus ds m"kr 'kjhj okyk
½Åpk½ xki j }kj g&ft l i dtkj fd l h uxj ; k fo"ky i kl kn ea i fo"V gkus ds
fy, ml dk i zku }kj gh dkj.k gkrk gsm l h i dtkj ujdka ds Hkhrj i oš k i kus
dk e[; dkj.k og fgd k gh gÅ ogk; ujdka ea i k.kh ds "kjhj dks [k.M&[k.M
djus ds fy; sog fgd k d Bkjh ½ d gkV½ ds l eku rFkk ml dks fN" & fHk" djus
ds fy, og vfr" k; d Bk j "kjh ds l eku gÅ

{kefnij eknkjš žš kl of/kr'pjeA

gl; rs l {k.knš fgd ; k /kež kni AA13

tks /kež i o{k {kek&eknbkfn : i vfr'k; egku- l a eka ds }kj k
fpjd ky l s c < k; k x; k Fkk ml s fgd k {k.kHkj eagh u"V dj nrš gÅ

riš el ek/thua nkuk/ ; u dež kkeA

ruR; fojra i hMka āfn fgd k {k.kā fLFkr AA14

fgd k {k.kHkj Hk ān; eafLFkr gkdj ri] l a e] l ekf/k] nku v kš Lok/
; k; vkfn fØ; kvkadksi hMk i gpkrh gÅ vfkki k; ; g gSfd ; fn {k.kHkj ds fy; sHk
i kf.k?kkr dk fopkj fd; k tkrk gS rksml l sri & l a ekfn l c gh u"V gkstrks gÅ

vgkš 0; l ufo/oLršyk d% i k [kf.MfHkožykrA

uh; rs ujdā ?kja fgd' kkl=ki nš kdš AA15

[kn gSfd 0; l uka l svgr gkdj fgd d 'kkl=ka dk mi nš k djus okys
fgd k fo/kk; d 'kkl=ka dh j puk o mudk oš k 0; k [; ku djus okys /krž eut;
i kf.k; kadks tēju Hk; kud ujd ea ys tkrsgÅ vfkki k; ; g gSfd tks ml j ka l s
fgd k ds mi nš k dks l udj ml eavuj Dr gkrsgā os fu; e l sujd ea tkrsgÅ

'k kkn"q /kš škfo' k fUr fi f'krk'kuk' A

ršoš fg dn'; Ūrs tUr qkr d rksj ek' AA16

tks i k.kh ekd dk Hk {k.k djrs gÅ rFkk vU; i kf.k; ka ds ?kkr ea
i z, Ru' khy jgrs gā os Hk; kud 'k k ¼ kroha i Foh eafLFkr , d ukjd fcy½ vkfn
ujdka ea i fo"V gkdj ogha ij i hMk dk vu kko djrs gÅ

fgd š nqž }kja fgd š nš jr.k.kš A

fgd š ujdā ?kja fgd š xgure' AA18

fgd k gh ujd kfn: i nqžr dk }kj gš ogh i ki dk l epz g]S ogh
Hk; kud ujd gš v kš ogh xk < + vU /kdj gÅ

fu% i gRoā egloā p uš k'; a n dja ri' A

dk; Dyš k' p nkuā p fgd dkuke i k f k d e AA19

fuežr k] egkur k] r".kk dk i f j R; kx] n d] j ri dk; Dyš k v kš nku ; s
l c fgd d thoka ds 0; Fkz gkrsg & fgd k eafujr gkus l sm l gā budk d n Hk Qy
ogha i klr gkr kA

vkRebš fg {kl; ršk'kq i f {klr% 'oHk kxjā

LugHkž k; sfi ; s fgd k l eff k r k AA35

ftl eutj; usLugj Hkxfur vFkok Hk; ds dkj.k Hkh fgd k dk l eFkZ
fd; k gSml usvi usvki dksmBkdj 'kh?krk l sujd : i l enzeOad fn; k gA
cfyflknpyL; k= fØ; rs ; % ijkhkoA

ijykdS l rlrLeinulr% ifo"karAA37

cyoku-ikf.k; ka ds }kj k tks ; gk npy ik.kh dk ijkhko fd; k tkrk
g&ml sftruk d"V igpk; k tkrk gS ml dh vi\$kk os ijykd ea vullrxqks
d"V dks l grsgA

fufLr'k bo fufLr'ka ; L; prksflr tUrqlA

ri% Jrk|uqBkua rL; DYS'kk; dbyeAA43

ftl dk vlr%dj.k ikf.k; ka ds fo"K; ea ryokj ds l eku dBkj
g&n; k l s jfgr g&ml ds }kj k fd; k tkus okyk ri"pj.k vj\$ vkxekH; kl
doy DYS'k dk gh dkj.k gkrk g& ikf.k n; k ds fcuk os nkska fujFkd gA

}; kjfi l ea i ki a fu.khA ijekxeA

o/kkuekn; k% dUkkj l RI dYi l j; krAA44

tk ikf.ko/k dks Lo; a djrk gS vj\$ ml dh vu\$knuk djrk g&ml s
Hkyk l e>rk g&mu nkskadsgH iki dks ijekxe ea l eku fuf"pr fd; k x; k
gA dkj.k bl dk ; g gSfd t\$ k fuN"V fopkj o/k djus okys dk gkrk gS o\$ k
gh fud"V fopkj ml dh vu\$knuk djus okys dk Hkh gkrk gA

nw rs ; Lr.kukfi Lo'khjs dnhz rA

l funz % i jL; k}S dFla "kL=a fui kr; rAA47

tkseutj; vius "khj ds fruds }kj k Hkh i hMf fd; s tkus ij 0; kdoy
gkrk gSog funz gkdj nH j s i k.kh ds "khj ij "kL= dk igkj d\$ sdjrk gA
rkr; ; Z; g gSfd eutj; dks viuh i hMk dsgh l eku nH j s i k.f.k; ka dh Hkh i hMk
dk vutko djuk pkfg, A

LokW; ; kj l; ukykP; l q[ka nq[ka fgrkfgreA

tUru- ; % ikrdh gu; kr- l ujRosfi jk(kl %AA50 Kkuk.kb

tk s i k i h eutj; vius vj\$ tks nH j ka ds Hkh l q[k&nq[k dk rFk
fgr&vfgr dk fopkj u djds ikf.k; ka dk ?kr djrk gS ml seutj; ds : i ea
jk(kl l e>uk pkfg, A

fgd k dk Qy&

ykV n\$ ds Hkx dPN uxj ea jktk ykdiky jgrk FkA ogha , d
ekuiky uked l B jgrk FkA ml dh L=h dk uke /kuJh FkA /kuJh tho fgd k
l s dN Hkh fojr ugha Fkh vFkZ~fujUrj tho fgd k ea rRij jgrh FkA ml dh
l qnjh uke dh i e-h vj\$ xqki ky uke dk i e- FkA tc /kuJh ds vj\$ i e- ugha
gwk Fk rc ml us , d dqMy uked kyd dk i e- cQ) l s ikyu&ikSk.k
fd; ka l e; ikdj tc /kuiky dh eR; qgks xbZ rc xqk vj\$ nkska dks tkuus
yxk rc ml l s "kdr gkdj /kuJh us dqMy l s dgk fd es xk\$kj ea xk ;

pjkus ds fy, xqki ky dks taxy Hkstaçh l ks rø ml ds i hNs yxdj ml sogk; ekj Mkyks ftl l s ge nkuka dk LopNUh jguk gks tk; sk&dkbz jkd ugha l dskA ; g l c dgrh gøz erkr dks l ðnjh us l u fy; kA bl fy; sml us vi us Hkbbz xqki ky l s dg fn; k fd vkt jkf= ea xksku ydj xkskj ea ekkr rfiga taxy Hkstaçh vksj ogk; dqMy ds gkfk l s rfiga ejok Mkyach] bl fy, rfiga l koekku jguk pkfg, A

/kuJh us jkf= ds fi Nys igj xqki ky l s dgk&gs i e ! dqMy dk "kj hj Bhd ughagSbl fy, vkt rø xkskj ea xksku ydj tkvka xqki ky dkB dks di M+ l s <edj fNi dj cB x; kA dqMy us vkdj ^; g xqki ky gS , d k l e>dj oL= l s <ds gq dkB ij i gkj fd; kA ml h l e; xqki ky us ryokj l s ml sekj MkykA tc xqki ky ?kj vk; k rc /kuJh us i nk fd js xqki ky ! dqMy dgk; x; k \ xqki ky us dgk fd dqMy dh ckr dks rks ; g ryokj tkurh gA rnulrj [ku l s fytr ckgq dks nçkdj /kuJh us ml h ryokj l s xqki ky dks ekj fn; kA Hkbbz dks ekj rh nçk l ðnjh us ml seil y l sekjuk "kq fd; kA bl h chp ea dks yky gkus l s dkr oky us /kuJh dks i dMej jk tk ds vkxs mi fLkr fd; kA jk tk us ml s x/ks ij p<k; k rFkk dku] ukd vkfn dVokdj nf. Mr fd; kj ftl l s ejdj nçr dks i klr gøA

ekf i e "kkfz tks fd mi ; ðà rhuka i e "kkfz l s l okp mik; gS ml ea Hkh i k; % l keku; /kekbyech l s ydj l k/ke l ar rd l dh. k /kek/ k] døj i f k & er] i vt k & i k B] j h r & f j o k t] v u i j ; k s x h c k á f Ø ; k d k . M e a f y l r j g r s g s r f k v l ; l s H k s & H k k o] b z ; k & ? k . k k f n d j r s g s m l u g a u h p k f n [k k u s e a r f k k L o ; a d k s l P p k] v P N k & m P p f l) d j u s e a f o f f k é v ; k k ; m i k ; k a d k v k y E c u y r s g A o s i j y k d l [k d s c g k u s l s L o & i j d k s i h M k i g p k r s g A t c o r z e k u d s l k / k u , o a d k ; Z i h M k d k j d g s r c H k f o " ; d & i j y k d d s l k / ; , o a d k ; Z d s s l [k d j g k s l d r k g S . d n k f i u g h a i j U r q l d h . k & d B k j] / k e k / k] l d h . k z L o k f k z ; g l c u t k u r k g s u e k u r k g s u v i u k r k g A

v/; k; &5

vu; dh j{kk % Lo dh j{kk

voflur ns'k dsf"kjh" k uked xte eþ tgl; dsm | kukæal Hkh tu&l egg
vkulln i wðl fopjrs gð exl s uke dk /kvoj jgrk Fkka , d fnu og d/ks ij
yVdk, gq efNy; ka ds Qil kus ds d k vso tky vkfn l k/kuka dks yd j eNyh
ykus ds fy, fopjrk gqk , d h f{ki k unh dh vlg pyk] tks fd vi uh rjacka
ds ty i bkg }kj k rVorh z o{k Jskh dks vlg [k-ka dks Mqks jgh Fkha

ekxZ ea ml us Jh ; "kkskj vkpk; Z ds n"ku fd; } tks fd l eLr efju; ka
dh l Hkk ea JSB Fks vlg l eLr HkkX; "kkyh jktkvka }kj k i ftr Fks vlg feF; kRo
l sjfgr ¼ E; Xn'ku i wðl ½ /keZ dk vkpj . k djus okys FkA

ml /kvoj dk ân; fudV ea iq; iklr djus; kx; Fkk] bl fy; sml us
i ki ktZ ea l gk; d tky vkfn mi dj . k&l egg nij LFkku ij NkM+fn; s vlg
vkpk; Z Jh ds ikl i gpk vlg mlga l knj l k"Vak ueLdkj fd; k] ml l e;
ml ds i ki fo"ksk : i l sxy jgs Fks vlg ml dh fpÙkofuk Hkh , d kx Fkha fQj
ml us dgk&gs l k/k&l ekt ea JSB vlg l eLr egkefu; ka ea ml ke efujkt !
vkt HkkX; l sgh iq; &l p; dk ; g vol j iklr gqk gð vr%ejsfy, dkbZ
or ndj vuqghr dhft, A*

; g l qdj efujkt usl kpk&fuL l lng cxgk&l jh [ksfujl rj eNfy; ka
dk ?kkr djusea funz h fpÙk okys bl /kvoj dk eu or&xg . k ds dgusea d s
fuiqk gqk\ fu% lng ykd ea , d h tu Jfr gS fd ik; % ikf . k; ka dh idfr
¼LoHkko½ mlkj dky eagkus okys fgr&vfgr dsfcuk ugha i yVrh * ; g l kpdj
mlgkaus vof/kKku dk mi ; sx dj ml s vYik; qfu"p; djrs gq dgk&gs "kfk
eukofuk ds vkJ; ! vkt tks igyh eNyh rñgkjs tky ea Qil tk;] ml s rø
ughækjuk vlg tc rd rñga vi uh thfodk : i eka iklr u gkS rc rd ds
fy; s rñgkjs eka dk R; kx gS vlg ; g i fhl v{kj kadk i fo= i p ueLdkj el=
gð bl dk fujl rj l qkh o nq[kh voLFkk ea /; ku djka*

exl s us i f; dh tks vkKk * , d k vflki k; dj ds or xg . k dj fy,
vlg f{ki k unh ij igp dj tky Mky dj "kh?k ogredk; ¼CmH½ eNyh i dM+
yhA ml us vi us or dks Lej . k dj ds igpku ds fy, ml eNyh ds dku ea
di Ms dh /kT th ck/kdj ty ea thfor NkM+fn; kA fQj fudV ea l qk dks iklr
gkus okys ml us ml js LFkku l sunh ea tky&fo{k} vkfn dk; Zfd; kA fdUr qogh
eNyh tky ea fQj vkdj Qil xbZ vr%ml us ml sfQj thfor NkM+fn; k vlg
tc ogh eNfy; ka ea JSB ogredk; okyh egkeNyh ml ds tky ea i kp ckj
Qil dj vki fuk ea Qil h rks Hkh ml us ml s thfor ty ea NkM+fn; kA

brusea l wZvLrkpy ioz ij vkfJr gqk&vLr gks x; kA

bl dsi "pkr-Lohdkj fd, gq or dk ikyu djus l siZ "k fpÙk gkdj
[kkyh gkFk ykS/sqg /kfeZd exl s dks vkrsgq tkudj ml dh i Ruh ?k . V k ml
ij fo"ksk dñi r gðZvlg ; ejkt dh ?k . V k&l jh [kh d . k&dVqxkyh xykSt cdrh
gðZvi uh >ka Mh+eapyh xbZvlg vlnj l sfdokM+fuf' Nnz¼Cln½ dj ds cB xbA

iRuh }kjk xg ea i d'sk jksdk gwvk exl su Hkh ip ueLdkj el= ds
 Lej.k djusea l ayXu fpÜk gwvk ,d th.kz o'k ds [k.M dks rfd; k cuk dj
 eLrd dsuhpsj [kdj xk<+funk ysjg Fkk fd brusea ml o'k dh tM+ds
 Hkhrjh Hkx l sfudysgg l kji dscPpsusml sMI fy; k] ftl dsdkj.k fo'kSk
 d"V volFkk eaifo"V gwvk& ej x; kA i Hkkr gkaus ij tc ml dh /ka/k uke dh
 L=h usml sejk n'skk rc ml usvi uh fo"ksk fullnk djdsfo"ksk "kkdkdy gkdj
 bl h dsl kFk vfxu ea ty tkusdk fu"p; fd; k rFkk ml usfunku fd; k] fd
 ^tktbl dk or Fkk ogh ejk Hkh gSvkj nll js tle eaHkh ; gh ejk i fr gkA* ml ds
 ckn ml usbzku l siZTofyr dkfUr okyh fprk dh vfxu ea?kh&l jh[kh fpduh
 vi uh ng dh vkgfr nsnh&vi uh ng gke nHA

os; kvka ds us= : ih deyka ds }kjk n'qpuh gpbz rky.k&iäa okyh
 mTtf; uh uxjh ea"fo"o xqk* uke dh i êjkueh dk Lokeh v'k iztk dk ikyd
 "fo"oEHkj* uke dk jktk FkA ogha ij xqki ky uke dk l B FkA ml dh /kuJh
 uke dh fiz k Fkh v'k l qU/kq uke dh i q-h FkA tc xqki ky ds eukj Fk : ih
 i ffkd dsfy, ihfr : ih l; kA&l h ml dh iRuh bl exl su /ktoj ds vk; sgq
 tho l sxHkbrh gpbz rc ogk ds jktk fo"oEHkj dsfoVka dsl kFk okrkzyki djus
 ea "kkfey gkaus ds dkj.k Hk.Mtu cgr fiz FkA vr% ml us ue'keZ uke ds
 fonkkd ds i q- ue'keZ ds fy, xqki ky l B l s l eLr dykvka dh Js kh l s
 vy³er o l okk l tñjh i q-h dh ; kpuk dhA n'qij) jktk dh bl ekx l s
 xqki ky usfu"p; fd; k&^; fn fonkkd ds i q- dks dU; k nrk gw rks vo"; dty
 ijEijk dk mYy'ku gsrk gS , oa vi dhfrZ Hkh OSyrh gS v'k ; fn Lokeh dh
 vkKk dk mYy'ku djds Hkh ; gk; fLFkr jgrk gw rks l oLo vigj.k ds
 l kFk&l kFk i.k.k Hkh tkrsgA* , d k fu"p; djdsjRu tVr dj/kuh l svydr
 t'kkvka okyh vi uh iRuh dks rks vi usfiz fe= JhnÜk l B ds ; gk; j [kh v'k
 l kj l Ei fÜk&l h vi uh i q-h dks vi us v/khu djds ¼ kFk yd j ½ ØHMK ouka o
 ty'k; ka dh LFkkuHkkr ^dks kkech * n'sk dh v'k i LFkku fd; kA*

bl h chp ea/kuk<; v'k fu/kZka ds xgkaeal eku fpÜk ofÜk i n'z l Hkkn
 u j [krs gg ½ vkgkj p; kZ ds fy, fogkj djus okys f"koxt'ur o efux'ur uke ds
 nks efujkt ka us JhnÜk ds vkaku ea cBh gpbz /kuJh dks n[kk] ftudk i Mxkguk
 JhnÜk ds fudV jgus okys ¼ Mkl h½ Jkod }kjk ; Fkk fof/k fd; k x; k Fkk , oa
 ftudh "kkjhfd l ok&"kqJkk dh xbz FkA

mueal sefux'ur efu us, d h /kuJh dks n[kdj dgk]&^vjsvk"p; Zgs
 fd fu% Unsg bl dh d'k ea , d k dksZ egku- i ki ka dk LFkku %cMk i ki h½
 egki #k vk; k gwvk irhr gsrk gS ftl n'V i q- ds xHkZ ea vkus ek= l s bl
 fcpkj us, d h "kkpuh; n"kk dk vkJ; fd; k gA*

mä ckr l qdj efu; ka ea ed; ; k T; SB "f"koxt'ur* efujkt us
 dgk&efux'ur! , d k er dgk D; k'ed ; | fi ; g l Bkuh d'N fnukard , d h
 "kkpuh; n"kk dk vullko djrh gpbz nll js ds xg eajg jgh gS rFkfi bl dk i q-
 l eLr of.kdka dk Lokeh jkt&JSBh o fuLl he fuf/k dk Lokeh , oa fo"oEHkj
 jktk dh jkt d'ekjh dk oj gskuk pkfg, A* vi us xg ds cká }k j ij cBs gg
 JhnÜk usmä __f"k dh ckr l qdj 'fu% Unsg egf"z }kjk dgh gpbzok.kh i k; %>Bh
 ughagr" , d k fu"p; djdsml usvi uh fpÜkofÜk dksml i zdkj n'V l dYi dh

vkj yxkzftl idkj n"V&fo"k okyk I kji n"ku ek= I snqV I dYi dh vkj
yxkrk g& i d o dsfnu I ekir djds/kuJh usi e dks tle fn; kA

JhnÜk usfopkj fd; k&fu% Unq; g cPpk vfxu dh rjg vi usvkJ;
dk Hk(kd g) ekrk dk bl ij Lug mRi"m gks ds i dZ bl dk xqr o/k dj nsuk
Js Ldj g& vr%ml us/kuJh dks i d fir dsd"V I sfo"ksk ePNkZ dk vkJ; djus
okyh VefPNr&cgk's k/2 fu"p; dj vi usdV/c dh , d o) L=h dseq k I s cPpk
ejk gh i h k gvk gS , d h i f l f) djds dVY Hkk"kk dsjgL; ds LFkku Hkr gq bl us
I ok dk i i p djusoky&?k [kkj , d pk.Mky dks cykdj o/k dk I dr djrs
gq ml dsfy, cPpk I eizk dj fn; kA og pk.Mky Hk jkgq l jh[ks N".k dkUr
okysgkFk I spln&l jh[kscPpsdksvPNkfnr djds, dkUr LFkku ea:yx; kA ogk;
i q; & i jek.kvka dsi qe t & t s l qnj "kj h j & /kkj d bl cPpsdksn[k dj bl sfo"ksk
d: .kkj l mRi"m gks i sb l dk eq k i d "k gksx; k] vr%og thfor cPpsdks l q k l s
fyVkdj vi usLFkku ij pyk x; kA

bl dsi "pkr-Jhkl dk Nk/k cgukbZ "blnnÜk" uke dk I B) tksfd
I Hkh of.kd&0; ogkj ea JSB Fkk] cpus dsfy, bdVBs fd; sgg cSya ds >qM
dh v/khurk okys LFkku ds fudVoriZ xkdjy ea igpk vkj ml s , d k kyd
i klr gvk] tksfd cNMka dsfy, fgrdkj d ins'k ds fudV ØHMK djus dsfy,
vk; sgg Xokyka ds cPpk dh eq k i jEijk ds okrkzyki I s vkj Nk/s cNMka ds
>qM I s f?kjk gvk Fkk , oa tks vu d plndkUr ef.ke; h f"kykvka ds chp ea
ekSt m FkA tks , d k ekye i Mf k Fk&ekuk&yky ef.k; ka dh fuf/k gh g& ml us
dHkh Lo; ai e d k eq k ugha n[kk Fkk] vFkZ&ml dsi e ugha Fkk] bl fy, ml us
bl svi usi e dh cf) I smBk fy; kA ml usfo"ksk vx xgi dZ vi uh i Ruh jkekk
I s dgk&l nk cPpk dh ykyl k ds /; ku ea vi uh cf) i jr djus okyh fiz s
jk/ks! ; g riqjks xw+xHkZ I smRi"m gvk i e g& ml us mDr idkj i f l) dks
of) ar djrs gq i e k i fÜk dk egku egk&l o fd; kA

JhnÜk d.kz i jEijk I s ; g I ekpj I udj cPps dk ?kr djus ds
nj fHki k; I s ; ejkt&l jh[kk gkdj blnnÜk ds ?kj ij igp dj ml I s
cSya&blnnÜk ! ; g HkkX; "kkyh Hkk t k ejs gh LFkku ij cMk gkuk pkfg, vkj
cfgu&l fgr cPps dks vi us xg ij ysvk; k , oa i dZ dh rjg funz h cf) okys
ml us o/k djus ds fy; s cPps dks pk.Mky ds fy, nsfn; kA og pk.Mky Hk
i e&: i h crü dks ydj 'kh?kz gh , dkUr xQk dh vkj py fn; kA tc ml us
, d s xqki ky ds f" k" kq dks n[kdj] tks fd ok; q ds l pjk I s f t l ds Åij I s
e&k& i Vy dk vkoj .k gV x; k gS , d spln&l jh[kk us ka dks l; kjk g& ml dk
ân; n; k I s n dHkr gks x; kA vr%ml us ml s LFky o[kka l s 0; klr unh ds rV
ds l ehi Nk/Mdj i dZ dh rjg ogka I s "kh?kz py fn; kA

bl dsi dZ k f t r i q; dsi Hkko I sogk ij Hk , d h xkdjy dh xk; ka l s
bl dk fudVoriZ LFkku jkd k x; k tks , d h ekye i Mf k Fk&ekuk& bl dh ekk , jgh
g& bl cPpsdksn[k us l sftuds Fkukal smk > j jgk FkA f t l gkus vkuln I sfo"ksk
jHkkus dh /ofu idV dh FkA tks pjus dsfy, ogk; vkbz g p Z Fkha vkj ftuds Fku
i pjg ek= k eanvk I s h k jsgksus dskj .k dqM&l jh[ks FkA tc l U/; k ds l e; v"kkd
o[k ds xPNk&l jh[kk eukK I w ZvLrky ij eqV/&l jh[kk "kkkk; eku gks jgk

Fkk] rc bl ds ikl vk, gq xkj {kk ea prj Xokyka us bl sn [kk vks] l eLr
xkclj & xks' kkyk ds Lokhe o Xokyka ds oak ea JSB , oa vi uh ed [k & dklur } kjk
dey kadh dklur dksrj Ldr djusokys' xkfoln * uke ds Lokhe l sdgkA i e & Lusg
l so vkuln l segku-xkfoln Hkh ml cPpsdksydj ?kj vk; k vks ml usân; ea
mRi "k gq vkuln okyh l qulnk uke dh fi z, k dsfy, l Eki Zk dj fn; kA y[eh ds
l eku bl cyd dk uke ?kudhfrZ j [kka

bl ds i "pkr-Øe l s cky; koLFkk dks NkMdej Jh ifr l jh [ks bl us
, d h ; økolFkk iklr dh] ftl ea Hkputu dseu ds xg.k djusea cpus&; kx;
½/kz k; ½ ; kbu l s i e f n r g p z x k f i ; k a d h u s = : i h H k e j J s k h } k j k v k L o k n u
djus; kx; yko. ; : i h i q i j l i k ; k t k r k g a

, d f n u i p i j ? k h d s o ; k i k j } k j k / k u k i k t z u d h b P N k l s ; g k j v k ; s g q
J h n ù k u s b l s n [k d j x k f o l n l s b l d h i k f i r d s f o " k ; e a f o l r k j l s i n k v k s
m l l s d g k & ' x k f o l n ! e p s v i u s x g i j v i u s i e l s d n t : j h c k r f u o n u h ;
g a v r % i n " V ? k y / U k k a o k y s b l ; ø d d k s ; g i = n [k d j " k h ? k z H k s t n k a "

xkfoln us dgk & ^ J s " Bu- , d k g k a *

ml us i = ea ; g fy [kk Fkk & 'eki & rky dh dyk ds Kkrk egky !
; g ; ød gekjsoak dks/oa djusdsfy, vfxu&l jh [kk g s vr% ; k rks ; g fo" k
n d j ? k r d j u s y k ; d g s ; k e l y a } k j k o / k d j u s ; k x ; g a f i r k ½ x k f o l n ½
v k s o s ; i f r ½ J h n ù k ½ } k j k v k k f i r g y k / k u d h f r z m l e n f d r i = d k s v i u s
x y s d k v k H k k . k : i f e = c u k d j m l m T t f ; u h u x j h d h v k s p y f n ; k j t k s
f d i n z t l e e a f d ; s g q m i d k j d s v / k h u g p z e N y h d s t l e d s f y , c M s
r M k x & l j h [k h g s v k s u x j h d s f u d V i g p d j o g u x j h d s i o s ' k & e k x z d s
f u d V o r i z o u e a e k x z d h F k d k o V n j d j u s d s f y , v k e o { k d h D ; k j h d s l e h i
n s ' k e a f u f " p r r k i n d z l l s x ; k A

bl h vol j i j i q i & p ; u dh ØhMk djusokyh] viusl ød & tuka ds
l fgr] l eLr fo | kvka eafui q k] i n d k o ½ e N y h d h i ; k z ½ e a f d ; s g q m i d k j
l s m l l s L u g d j u s o k y h , o a l a t h o u h c h / h & l j h [k h t h o u n k = h v u a l s u k u k e
d h o s ; k j m l h v k e o { k d s u h p s x b z v k s , d s / k u J h d k s n [k d j f u " p y u s = k a
o k y h g p z v F k k r & V d V d h y x k d j n s [k u s y x h t k s , d k e k y e i M r k F k k & e k u k a
i q i : i h c k . k k a d h i j k / k h u r k l s j f g r g y k ½ c k . k k a d s f c u k ½ d k e n o g h g & t k s
i n z t l e d k f e = g s , o a f t l d k " k j h j l e L r " k k k y k . k k a l s l q k k s f r g a b l d s
c k n m l u s l i " V t k u h g p z d . B d h r h u j s [k k v k a l s e u k K e / ; H k k x o k y s m l d s
d B n s ' k l } t k s , d h e k y e i M r h F k k & e k u k a m l d h f p j k ; j y [e h o l j L o r h d s
l e k x e d k s l f o r d j u s o k y h r h u j s [k k , i F k h i = x g . k d j d s i < k] f t l e a
e k u d h f r z d s o / k d j u s d h l ø d v { k j ; ä p k j k a v k s f y [k h g p z F k h A

bl ds ckn ml fuN"V of.kd-dks ân; l s f/kDdkj nsh g p z ml us
vi us u s = : i h v a t u d h f M f c ; k l s x g . k f d ; s g q v k s m i o u d h y r k v k a d h
u b z d k i y a d s j l e a ? k k s y s g q d T t y l s p k r h d h v F k o k r . k k a d h l y k b z
½ y s [k u h ½ } k j k m l h i = i j i g y s d s v { k j f e v k d j n i j k y s [k f y [k k a y s [k b l
i z d k j F k k & ^ ; f n l B k u h e p s v k n j . k h ; o p u k a o k y k e k u r h g s v k s ; f n e g k y

ep-s, d k fir k ekurk gđ ftl dsopu&l ewj mYy?kuh; ughagđ rks l kr ih<h-
rd fo'kSk ijhf(kr oák y{eh okysbl /kudhfrZ dsfy, fcuk fopkj dh vi{kk
fd; scđā.k o vfxu dh l k{kh i wđ ngst dsl kFk ejh i e-h Jhefr nsuh pkfg, A*

; Fkkor-ekxl okysbl yđk dksml dsxyseack/kdj vuak l suk pyh
xbA tc fpjdky ds ckn /kudhfrZ dh xk<+funk dk ox nij gpk rks og
mRd.Bki wđ mBk vđš JhnÜk ds ?kj i gpk vđš ml usekrk&l fgr egkcy ds
fy, i= fn[kk; k] ftl l sog Jhefr dk ifr gks x; kA

JhnÜk bl l ekpkj dks l udj "kh?kz gh ykS/ vk; k vđš ml us
ekudhfrZ dk o/k djus ds fy, jkt/kkuh ds cka ins'korth pf.Mdk noh ds
eflnj ea l "kL= o/k djus dk l dr fd, gq i#k dks, oa full | deZ dk
vkpj .k djusokyh fi "kkph&l jh[kh noifrt dk L=h dksfu; eā djds vi us xg
dks pyk x; k vđš vr; Ur dW&diV dh cđ) okys ml us, dKUr ea /kudhfrZ
dks cykdj fQj l sdgk&^i e ! fu"p; l sejs xg dh , d h jhfr gSfd uohu
dđ .k&cl/ku dks lohdkj djus okys uohu fookfgr dU; k ds ifr dks jkf= ds
vxys Hkkx ea dkr; k; uh noh ds itax.k ins'k ea tkdj dđ Hkh jak l sjaxs gq
oL= ds vKJ; okyh ¼/FkkZ&dđ Hkh oL= ifgdj½, oa ihl sgq mMñ l scus
gq feBkb; ka dh cfy nsuh pkfg, A*

bl sl udj /kudhfrZ dksy&fi rkth ! tš h vki dh vkKIA*

/kudhfrZ dagnork dsfy, vfi r djus; kx; oLrq; ydj uxj dh
chp dh xyh l sfudyk rksml dksml dsl kysegkcy usn[kdj dgk&ekudhfrZ
bl xgu v/kjh jk=h dh cyk ea vdsys dgk; tk jgs gks *

egkcy ! ekek dh vkKk l scfy nus dsfy, nqkzhoh ds eflnj dks
tk jgk gA*

^, fn , d k gS rks rē ukxfjdka l s vijfpr glš vr% xg dks ykS/
tkvka nqkzhoh dks ; g Hkx/ nus dsfy, eš tkrk gA ; fn fir kth dñi r gkax
rks eš mudk dks nij dj nqkA*

/kudhfrZ vi us xg ij x; k vđš egkcy ; ejkt dh mnj: ih xQk ea
l ek x; kA

i e&ej .k ds "kkcd l sl ehi nē[kr gq JhnÜk usvi uh fi z k 'fo'kk[kk*
l sl elr orkUr fuofnr djds dgk&^i elr xgdekā ds fu; ei wđ djus ea
fo".k&l jh[kh l eFkZ vđš ejseu ea l ċk mRi "k djus dsfy, plnā āā&l jh[kh
'fo"kk[kk" l Bkuh! bl vHkkxsclyd dks tksfd ejk ošk u"V djuseadkj .k gS
vđš ejš jkjk fd; s gq vuđ diViwZ ?kkrd mik; ka ds fouk" k djus ea
dš&tš k l eFkZ gA

dš sejuk pkfg, \

^ l Bkuh ! ¼ fuž&t dkdj ds vñki k; l s vfopkj d gkus ds dkj .k
vFkok fvli .khdkj ds vñki k; l ½ o) gkus ds dkj .k rēus l c dk; Z v; kx;
fd; kA vr% foyko l s Mjs gq eqž ds cPps dh rjg rē pi cBkA vki ds l c
eulš Fk iwZ gkaxA*

nñ jsfnu l Bkuh usvi us ifr dk thou 0; fFkr djus okys yMMñwka

ea tgj feykdj Jhefr i e-h l s dgk & i e-h Jhefr ! bu yMMq/ka ea l s dtjn o
d e p n & i q i l j h [k h d k f u r o k y s " o r y M M q r k s v i u s i f r d k s n s u k v l g / k u f j r
"; ke / k k u ; & l j h [k s " ; ke y M M q v i u s f i r k d k s n s u k * b r u k l d r d j d s
f u d V o r t z e j . k o y h l B k u h u n h e a L u k u d j u s d s f y , p y h x b A b l d s i " p k r -
J h e f r i e - h u s , d k f u " p ; f d ; k f d " o r o . k z o k y s [k k u s ; k k ; m u k e y M M q r k s
i t ; f i r k t h d s f y , n s u k p k f g , A *

Jhefr dks ekrk ds fpuk dh dVyrk dk irk ugha Fkk vlg og
fu"diV eu okyh Fkh] bl fy, ml usmu nksuka dsfy, iLrr yMMqmyV dj
ns fn; A vFKZ & fo"ky yMMq vi us fir k dsfy, vlg fufozk yMMq vi us i fr
dsfy, f[kyk fn; A ftl l s ml dk fir k Jhnuk dky & dofyr gks x; kA

tc fo"kk [kk Luku djds vkbz rks ml dk i fr ej pdk Fkk] bl fy,
og txy & l j h [k s i f r & " k u ; x g e a v k d j c M h n j r d j k b z v l g c k y h & i e = !
D ; k e g k e f u d h o k . k h f e f ; k g l r h g s \ " d o y r i g j s f i r k v l g e s o) k u s
v i u s f l F k j o a k d k s u " V d j u s d s f y , b l d R ; d k m R F k i u f d ; k g A b l f y ,
v c " k k d d j u k 0 ; F k z g A v r % v c d Y i o { k d s l k F k d Y i y r k & l j h [k h r w n b d s
} k j k j { k k f d ; s g q b l i f r d s l k F k } d Y i d k y r d b f u n z & l { k o , \$ o ; Z l { k k a
d k s H k x - k A * , d k v k " k h o k h n d j m l u s H k h , d t g j h y k y M M q [k k f y ; k v l g i f r
d h v u k f e u h g l s x b & e j x b A

tc /kudhfrZ ds l kFk l l j Lo; afd; sgg nj fhk i k; l s i e & e j . k l s
fo"ksk "kk d k d y g k d j d k y d o f y r g q r c /kudhfrZ i n o z t l e l E c l u /k h i q ; d s
e k g R E ; l s H k ; k u d f o ? u k a o k y h i k p f o i f u k ; k a d k s m Y y a k u d j d s f n u k i n u
m f n r g k s u s o k y h l E i f u k l s l q k k s H k r g y / k A , d f n u ' f o ' o b k j * j k t k u s m l s
n s [k k] m l d h y k o . ; l E i f u k n s [k d j j k t k d k s f o " k s k v k " p ; Z g y / k A m l u s m l d s
l k F k v i u h j k t d e k j h d k f o o k g d j f n ; k v l g j k t l B i n i j H k h v f / k r " B r
d j f n ; k A v F k z & b l i z d k j /kudhfrZ f o o k g k R l o o J s " B i n k R l o b u n k s u k a
m R l o k a l s l q k k s H k r g y / k A

tc /kudhfrZ ds fir k xqki ky us f d o n U r h i j E i j k t u e l k / k j . k d h
[k j % l s v i u s i e / k u d h f r Z d h d Y ; k . k i j E i j k l q u h r k s o g d k s k k E c h l s m t t f ; u h
u x j h e a v k d j v k " p ; z t u d , \$ o ; Z k k y h v i u s i e d s l k F k l f e e f y r g y / k A

, d c k j L = h i e o f e = k f n l s ; e a / k u d h f r Z i e d s l k F k v l g n ' k z u
d s f y , v k b z g p z v u a l s u k d s l k F k v u k e u d j u s o k y s x q k i k y l B u s e f r]
J r] v o f / k o e u % ; z K k u d s / k j h , o a l e L r e f u ; k a d h e . M y h e a J s B J h
; " k k o t v k p k ; z d s f y , u e L d k j d j d s f o " k s k f o u ; i n d i n k & H k x o u - ! b l
/ k e z f r l / k u d h f r Z u s i n o z t l e e a , d k d k s & l k i q ; l p ; f d ; k F k \ f t l d s
d k j . k b l u s c p i u e a H k h , d s H k h " k . k n e [k u " V f d ; } t k s f d b l d s d o y H k k x ;
d h " k j . k } k j k n j f d ; s t k l d r s F k s , o a f t l l s ; g b l t l e e a H k h y k d l s
i p j y [e h o y k o . ; l E i f u k l s l E i " k g y / k A f t l d s i H k k o l s ; g o s k n s k a
} k j k H k h u " V u f d ; s t k u s o k y k r s t L o h g y / k t s c g y e s k i V y l E c l u / k h
o t k f u d k r s t i q t f d l h d s } k j k u " V u f d ; s t k u s o k y s r s t o k y k g k r k
g A f t l d s i H k k o l s ; g i j k . k & i e " k k & r h F k z d j k f n & d s i { k d s m u & m u x q k k a d s
l k F k f u r ; l E c l u / k d j u s o k y k g y / k A

t s s ; g f o j u k k d k v k j ; g s m n j r k x q k d k L F k k u g A ; g v o n k u
1/2 k = q / k a d k [k . M u] l o d k y u] l o d n k u v F k o k ' k o) d e l z d k L F k k u g A ; g

l eLr i kf. k; ka ds i fr eS=Hkko dh mojk 'kfä gA bl l sLolu eaHkh dVfichtu
 dseu ea [kn; k v i j/k mRi™k ughagv/k, oaL=h&l eW dsfy; sdeno&l jh [kk
 fo"ksk l; kjk gA bl fy, iW; oj ! vki , d s/kudhfrZ dh i wZtLe ea l p; fd; s
 gq iq; dh dFkk dfg,] tksfd of.kd&i fjo r-ea uez; k vujä g\$ ftudk
 eu l eLr "kL=ka ea fui qk gS tks l eLr vlf Jr tuka ds l kFk okrkj/ki djus
 ea e/kj gA tks l nkpj l s "kfkz g\$, oaf t l dk dFkkorkj : i h plnek f"K"; tuka
 dseu: i h dpy; vPolnfo dkl dey½ dks i efrn&fodfl r djus oky gS vlg
 tks i z'kLr dhfrZku gA efujkt us bl ds i wZtLe dh dFkk dg l pkbA

tks i wZtLe ea l ehi jgus okyh bl dh ?k. Vk uke dh L=h Fkh) og
 funku cl/k djds vfxu ea ty ejh Fkh) og bl tLe ea bl dh fi z; k Jherh gpZ
 gS vlg tks eNyh Fkh) ftl sexl u usty ea thfor NkM+fn; k Fkk) og dkyØe
 l si wZ; kZ; NkM/fej nñ jh i; kZ; /kjk. k dj vuaxl suk gpZ g\$ vr%, d fnu fgd k
 u djus dk Qy bl HkK; "kkyh dks i ktr gq/k gA /kudhfrZ us mä vpkp; ka ds
 opuka l sviuk Jks=ekxZ i fo= fd; ka bl dh Jherh l svlg vuaxl suk uke dh
 oS; k usviuk i wZko l qdj vU/kdkj &l eW; i o f k ds i os'k &l jh [kS; d's'k &i k'kka
 dk y' pu djds mUghafo } ku-vpkp; Z ds l ehi vi u h; kK; rku d kj nh{k k xg. k
 dh vlg tS u ekxZ ds vu d kj fpj dky rd jRu=; dk vjk/k u fd; k vlg
 euko fuk l s fufoZurk i wZ l ekf/kej. k fd; ka /kudhfrZ l okfZ l f) foeku dks
 i ktr djuse adhfrZku gq/k vlg Jherh vlg vuaxl suk Hkh LoZkykd eanö gq A

i'pdRok fdyL; eRL; L; kfgd ukRi gkA
vkkR; 'pk; nts rtkR; /kudhfr% i fr% fJ; gA

fu% Ung /kudhfrZ ftl us i wZtLe ea, d eNyh dh i kp ckj j {kk dh
 Fkh) ftl l s og i kp Hk; kud vki fuk; k; i kj djds y {eh dk Lokoh gq/kA
 ; "kLryd pEi wdko; s

mi; ä fo"K; ka l s eP-s i ktr f'k{k; a
 mi; ä fo"K; ka l s eP-s; g f'k{k i ktr gpZfd t c vU; ykx Lo&i j rFkk
 bgykd&i j ykd nñ [k dkj d 0; ogkj %LokfZz ea 0; Lr gArFkk vuad eLr Hkh gA
 rc ea Lo&i j rFkk bgykd&i j ykd l q[kdj Hkko&0; ogkj %LokfZz ea 0; Lr rFkk
 eLr D; kau j gW\ ejs LokfZ l sejk rks dY; k. k gksx gh bl ds l kFk&l kFk bl l s
 nñ j kadk dY; k. k gks; k u gks de l s de rks ejs l snñ j kadk v dY; k. k rksugha
 gksx rFkk d"V ugha i gpxkA i je LokfZ f l f) dsckn ea vuur dky rd l q kh
 j gpxk rFkk eP l svuur dky rd l a kj dk vuur thokadksfd l h Hkh i zdkj ds
 nñ k ughagsl drk gA tS k fd i ZTofyr nhi d ds l Ei dZ l scp-sq Hkh vuad
 nhi d i ZTofyr gkdj nñ j snñi dkadsi ZToyu dsfy, Hkh fufellk cu l drsgA
 ugharksde l s de i ZTofyr nhi d l si gysdk vU/kj k nñ j gkrk gS vlg uohu vU/
 kjk ml nhi d ds i zdk'k ds (ks= eai os'k ughadj l drk gA os'k gh egh LokfZ f l f)
 l snñ j kadh Hkh LokfZ f l f) gks l drh gS ugharksde l s de ea vPNk cupk rks
 l a kj l s, d rksdj k tho de gksck ghA
 l c nñ j kadks vPNk cukus dsfy, mi nñ k nrsgñ nñ j kadks nkSk nñ j
 djuk pkgrs gArks eP-s de l s de nñ j kadks mi nñ k dk ykHk mBkdj Lo; a
 dks vPNk cukuk J; gSHkys i jki nñ k nñ s okys Lo; adks vPNk Hkh u cuk; A
 mul srkse mi Nñ gkApxk ghA %rUokutj pUru----vpkp; Z duduunh th½

v/; k; &6

egklkkj r ea of.kr ^vfgd k'

glr fu%J; l a tUrkg a o{; kE; u0keeA

vfgd ketJ; a /keZ ; % l k/k; fr oS uj% AA3

=hu- nksku- l o0krstq fu/kk; i #'k% l nka

dke0kks p l a E; rr% fl f) eoklu rAA4 i-5852

vc e0euq; dsfy, dY; k.k ds l oZsB mik; dk o.ku djrk gA tks euq;
vfgd k; 0 /keZ dk ikyu djrk g\$ og ekj en vks eRl jrk: i rhuka nkska dks
vll; l eLr ikf.k; ka ea LFkfi r djds, oal nk dke&0k k dk l a e djds fl f)
dks i klr gks tkrk gA

vfgd dkfu Hkrkf u n.Mu fofugflr ; %

vkReu% l qkefl oPNu- l iR; u l qkh HkorAA5

tks euq; vius l qk dh bPNk j [kdj vfgd d i kf.k; ka dks M/s l s
ekjrk g\$ og ijykd ea l qkh ugha gkrk gA

vkREkks eLrq Hkrstq ; ks oS Hkofr i #'k%

U; Lrn.Ms ftr0k% l iR; l qkeskrAA6

tks euq; l c Hkrka dks vius l eku l e>rk gS fdl h ij igkj ugha
djrk %n.M dks ge'kk dsfy; sR; kx nrk gS 1/2 vks 0k dks vius dkcweaj [krk
g\$ og eR; ` ds i "pkr- l e Hkksrk gA

l o0krkREkHkrL; l o0krkf u i'; r%

nok-fi ekx' egklflr vinL; inf'k.k%AA7

tks l Ei wZ Hkrka dk vkRek gS vFkz- l cdh vkREk dks viuh gh vkRek
l e>rk gS rFk tks l c Hkrka dks l eku Hkko l s nq'krk g\$ ml xeukxeu l s
jfgr Kkuh dh xfr dk irk yxkrs l e; norK Hkh ekj ea i M tkrs gA

u rra i jL; l n/; kr- i frdya ; nkReu%

, o l qk rks /ke% dkeknll; % i or'AA8

tks ckr vius dks vPNh u yx\$ og nll jka ds i fr Hkh ugha djuh
pkfg; A ; gh /keZ dk l kflr y{k.k gA bl l s flk' tks 0; ogkj gkrk g\$ og
dkeuk& emyd gA

iR; k[; kus p nkus p l qk nq'ks fiz; kfiZ; A

vkRekS E; u i #'k% i ek.kef/kxPNfrAA9

ekxus i j nus vks blldkj djust l qk vks nq'k igpus l srFk fiz
rFk vfiz; djus l s i #'k dks Lo; a tS s g'k&"kkd dk vutko gkrk g\$ ml h
izlkj nll jka ds fy, Hkh l e>A

; Fk i j% i 0ers i jstq rFkijs i 0ellrs i jfleuA

rFk rsLriek thoykd; ; Fk /keZ us qkuki fr'V%AA10 1/4 : 5852 1/2

tS s, d euq; nll jka i j vk0e.k djrk g\$ ml h izlkj vol j vkus

ij nñ jsHkh ml dsÅij vkØe.k djrs gÅ bl h dksrø t xr-eavi usfy, Hkh
n"VKur l e>kÅ vr%fdl h ij vkØe.k ugha djuk pkfg, A bl idkj ; gk;
dksky i wzd /keZ dk min'sk fn; k gÅ

prfoZks a fufnZVk áfgd k cãkokfnflkÅ

, dñrksfi folhzVk u Hkor; fjl muAA4 ¼i - 5853½

Hkh'e th usdgl& "k=q mu ! cãoknh i#'kka us'yeu l } ok.kh l srFkk
deZ sfgd k u djuk , oaekd u [kkuk bu½pkj mik; ka l svfgd k /keZ dk ikyu
cryk; k gÅ buea l sfdl h v'ak dh Hkh deh jg xbzgksrksvfgd k /keZ dk iwkZ-%
iky ugha gksrkA

vfgd k ijeks /keLrFtkfgd k ijs neÅ

vfgd k ijea nkuefgd k ijea ri ÅA28

vfgd k ije /keZ gš vfgd k ije l a e gš vfgd k ije nku gš vfgd k
ije riL; k gÅ

vfgd k ijeks ; KLrFtkfgd k ija QyeA

vfgd k ijea fe=efgd k ijea l qkeAA29

vfgd k ije ; K gš vfgd k ije Qy gš vfgd k ije fe= gš vksj
vfgd k ije l qk gÅ

l oZ Kskq ok nkua l o'rhFkZkq ok - lyreA

l ohkuQya okfi us'ókq; efgd ; kAA30

l Ei wkZ; Kkaea tksnku fd; k tkrk gš l eLr rhFkkaea tks xkrk yxk; k
tkrk gš rFkk l Ei wkZ nkuka dk tks Qy gÅ ; g l c feydj Hkh vfgd k dscjkcj
ughagks l drkA

vfgd=L; riks {k; efgd=ks ; trs l nkA

vfgd=% l oñkrkuka ; Ftk ekrk ; Ftk fi rkAA31

tksfgd k ugha djrk ml dh riL; k v{k; gksrh gÅ og l nk ; "k djus
dk Qy ikrk gÅ fgd k u djus okyk euq; l Ei wkZ i kf.k; ka ds ekrk&fi rk ds
l eku gÅ

vfgd k ½e | &ekd &e/kq R; kx½ dk Qy

: i e0; ³xrk; qj) a l Uoa cya LefreA

l klrøkešjšfgd k oftrk oš egkReflk ÅA6

tks l qj : i] iwkZ³xrk] iwkZ vk; j; mÙke qj) l Uo cy vksj
Lej .k"kfä l klr djuk pkgrs Flš mu egkRek i#'kka us fgd k dk l oFkk R; kx
dj fn; k FkkA

; ks ; trk'oesku ekfl ekfl ; rorÅ

otZ ½e/kq ekd a p l eern- ; q/kf' BjAA8

; q/kf' Bj! tks i#'k fu; ei wzd or dk ikyu djrk gvk ifr ekl
v"oesk ; K dk vuqBku djrk gš rFkk tks døy e| vksj ekd dk l fjR; kx
djrk gš bu nkuka dks , d&l k gh Qy feyrk gÅ

I l r'kz; ks okyf [KY; kLrFk] p ejhpi kA
vekd Hk{k.ka jktu- iz'kd fur euhf'k.kAA9
 jktu! I l r'kz okyf [KY; rFk l w z dh fdj .kka dk iku djus okys
 vU; kU; euh'kh egf'kz ekd u [kkus dh gh iz'kd k djrs gA
u Hk{k; fr ; ks ekd a u p gU; k'k ?kkr; sA
rflera l oBkrkuka euq Lok; EHkops coh-AA10
 Lok; EHkops euqdk dFku gSfd tkseuq; u ekd [kkrk gSvkj u i "kqdh
 fgd k djrk gSvkj u ni jsl sgh fgd k djrk gS og l Ei wkz i kf.k; kack fe= gA
v/k'; % l oBkrkuka fo"okL; % oztUrqkA
I k/wuka l Eeris fur; a HkoBekd a footz uAA11
 tks euq; ekd dk ifjR; kx dj nrk gS ml dk dkbz Hkh i k.kh
 frjLokj ughadj l drk gS og l c i kf.k; ka dk fo"okl ik= gks tkrk gSrFk
 JSB i #k ml dk l nk l Eeku djrs gA
Loekd a ijekd u ; ks o/kz; rfePNfrA
ukjn% itg /kekdek fu; ra l ksol hnrAA12
 /kekdek ukjn th dgrs g& tks ni js ds ekd l sviuk ekd c<kuk
 pkgrk gS og fu"p; gh nq[k mBkrk gA
nnkfr ; trs pkfi riLoh p Hkor; fiA
e/kpda fuoY; fr itg pba cglifrAA13
 cglifr th dk dFku g& tks e| vkj ekd R; kx nrk gS og nku
 nrk gS ; K djrk vkj ri djrk gSvFkkz-ml snku] ; K vkj riL; k dk Qy
 i ktr gkrk gA
ekfl ektL; 'oesku ; ks ; tr "kra l ekA
u [kknfr p ; ks ekd a l eerlvera eeAA14
 tks l kSo'kzrd ifrekl v"oesk ; K djrk gSvkj tks dHkh ekd ugha
 [kkrk g&bu nksuka dk l eku Qy ekuk x; k gA
l nk ; tfr l =sk l nk nkua iz PNfrA
l nk riLoh Hkofr e/kpda footzkrAA15
 e| vkj ekd dk ifjR; kx djus l seut; l nk ; K djus okyk l nk
 nku nus okyk vkj l nk ri djus okyk gkrk gA
l oiz onk u rr- dq # l oiz ; Kk'p HkjrA
; ks Hk{kf; Rok ekd kfu i'pknfi fuor-AA16
 Hkjr ! tks igysekd [kkrk jgk gks vkj i hNj ml dk l oFk i fjR; kx
 dj n} ml dksft l i q; dh i kflr gkrh gS ml s l Ei wkz on vkj ; K Hkh ugha
 dj k l dra
nqda p j l Kkus ekd L; ifjotueA
prq orfena JSBa l oiz k. ; Hk; i neAA17
 ekd ds j l dk vkLoknu , oa vutko dj yus ij ml s R; kxuk vkj

l elr ikf.k; ka dks vHk; nsus okys bl l oZSB vfgd k or dk vkpj.k djuk
vR; Ur dfBu gks tkrk gA

l oBkrstq ; ks fo}ku- nntR; Hk; nf{k.k.kA

nkrk Hkofr ykds l i.k.kkuka uk= l dk; %AA18

tkso}ku- l c thoka dks vHk; nku dj nsk g\$ og bl l dkj ea
fu% ng ik.knkrk ekuk tkrk gA

, oa oS ijea /kei iz'kd flur euhf'k.kA

i.k.kk; Fkk- Reuks Hkh'Vk Hkrkukefi oS rFkkAA19

bl izdkj euhf'k i#k vfgd k: i ije/keZ dh iz'kd k djrs gA tS s
euq; dks vius ik.kfz; gksrsgml h izdkj l elr ikf.k; ka dks vius & vius ik.k
fiz tku iMfs gA

vrRekS E; u elr0; a cf) efö'd'rkReflkA

eR; rks Hk; eLrhfr fonqka HkrfePNrteAA20

fda i qgD; ekukuka rj k thforkfKzka

vjxsk.kkei ki kuka iki k ki ki thfofHk% AA21

vr% tks cf) eku vj\$ i q; kRek gS mlga pkfg, fd l Ei wkz i kf.k; ka dks
vius l eku l e>A tc vius dY; k.k dh bPNk j [kus okys fo}kuka dks Hkh eR; q
dk Hk; cuk jgrk g\$ rc thfor jgus dh bPNk okys fujks vj\$ fujjkk
i kf.k; ka dks tks ekd ij thfodk pykus okys iki h i#kka }jkk cyi wd ekjs
tkrs g\$ D; ka u Hk; i klr gkskA

rLeKn- fof) egkjkt ekd L; ifjotueA

/keL; k; rua JsBa LoxL; p l qkL; pAA22

bl fy, egkjkt ! rfiga; g fofnr gksuk pkfg; sfd ekd dk ifjR; kx
gh /keZ LoxL vj\$ l qk dk l okk ke vk/kkj gA

vfgd k ijeks /keLrFkkfgd k ija ri %A

vfgd k ijea l R; a ; rks /ke% ior-AA23

vfgd k ije /keZ g\$ vfgd k ije ri gS vj\$ vfgd k ije l R; g\$
D; kcd ml h l s /keZ dh i d'uk gksr h gA

u fg ekd a r.kkr- dk'Bknq ykn- pkfi tk; rA

arok tUrq rris ekd a rLeKn- nskLrq Hk{k.kAA24

r.k l } dkb l svFok i RFkj l sekd ugha ink gksrk g\$ og tho dh
gR; k djus ij gh miyC/k gksrk g\$ vr% ml ds [kkus ea egku-nsk gA

LokgLo/ke'rkHkq'ks nok% l R; ktbfiz; kA

Ø0; knku- jk(kl ku- fof) ftgekuri jk; .kkuAA25

tk yks Lokg 1/2; K 1/2 vj\$ Lo/kk 1/2; K 1/2 dk vuqBku djds
; Kf'k'V ver dk Hkktu djus okys rFkk l R; vj\$ l jyrk ds iæh g\$ osnork
g\$ fdUrq tks d'vyrk vj\$ vl R; Hk'k.k ea ior gksdj l nk ekd Hk{k.k fd; k
djrs g\$ mlga jk(kl l e>kA

dklurkjsofk ?kkjskq nqzlkq xguskq pA
jk=kogfu l á; kl q pRojjskq l Hkk l q pAA26
m | rskq p "kL=skq eXR; kyHk; skq p
vekd Hk{k.ls jktu- Hk; eU; ðil xPNfrAA27

jktu- tks euq; ekd ugha [kkrk] ml sl æVl wZ LFkkukq Hk; ælj nqkã
, oa xgu oukae jkr&fnu vkj nksuka l á; kvka e j plj kgka i j rFkk l Hkkvka ea Hkh
nlt jka l s Hk; i klr ugha gksrk rFkk ; fn vi us fo#) gFfk; kj mBk; s x; s gka
vFkok fgd d i "kq, oa l i kã ds Hk; l keus gks rks Hkh og nlt jka l sugha Mjrk gA

"kj .; % l oðkkukula fo'okL; % l oztUrqkã
vuðxdjls ykds u plk; } trs l nkAA28

bruk gh ughã og l eLr i kf.k; ka dks "kj .k nsusokyk vkj mu l cdk
fo"okl ik= gksrk gA l á kj ea u rks og nlt jka dks m}sx ea Mkyrk gS vkj u
Lo; a gh dHkh fdl h l s mf}Xu gksrk gA

; fn pr- [kkndls u L; ké rnk ?kkrdls HkorA
?kkrd% [kkndkFkkz rn- ?kk; fr oS uj%AA29

; fn dkbZ Hkh ekd [kkusokyk u jg tk; s rks i "kq/ka dh fgd k djus
okyk Hkh dkbZ u jgð D; kãd gR; kjk euq; ekd [kkusokyka ds fy, gh i "kq/ka
dh fgd k djrk gA

vHk{; erf nfr oS bfr fgd k fuorãA
[kkndkFkz rks fgd k exkhuka i orãAA30

; fn ekd dks vHk{; l e>dj l c ykx ml s [kkuk NkM n j rks i "kq/ka
dh gR; k Lor%gh dln gks tk; ð D; kãd ekd [kkusokyka ds fy; s gh ex vkfn
i "kq/ka dh gR; k gksrk gA

; Lekn- xl hr pðk; fgd dkula egk | qA
rLekn- footz ðekd a ; bPNn- Hkãre kReu%AA31

egkr s kLoh u j s k ! fgd dkadh vk; qdksmudk i ki xl yrk gA bl fy,
tks vi uk dY; k.k pkgrk gkð og euq; ekd dk l oFkk i fjR; kx dj nA

/ku; a ; 'kL; ek; q; a LoX; ð LoLR; ; ua egrA
ekd L; kHk{k.ka i kgfu; rk% i je'kz %AA35

fu; e i jk; .k egf'kz ka us ekd &Hk{k.k ds R; kx dks gh /ku] ; "k] vk; q
rFkk LoXZ dh i kflr dk i zkku mik; vkj i je dY; k.k dk l /ku cryk; k gA

v/k'; % l oðkkukuket; ðeku- uh: t% l nkA
HkoL; Hk{k; u- ekd a n; koku- i kf.kulfegAA40

*tks euq; ekd ugha [kkrk vkj bl txr-eal c thoka i j n; k djrk
gð ml cdk dkbZ Hkh i k.kh frjLdkj ugha djrs vkj og l nk nh?kkz q, oa fujksxh
gksrk gA

fgd ke; ; K dk i kjEHk

fgj .; nkuSkthkuðkãentus; l oZ kãA
ekd L; kHk{k.ls /kãz fo'k'V bfr u% Jq r%AA41

‘l p.khku’] xsknu vkš Hkfenku djus l s tks /ke/ i ktr gskrk gš eka
dk Hk{k.k u djus l smudh vi škk Hkh fof’k’B /ke/ dh i ktr gskrh gš ; g gekjs
l qus ea vk; k gš

Hk{kf; Rokfi ; ks eka a i’pknh i fuor’A

rL; kfi l øgku- /ke/ ; % i ki kn- fofuor’AA44

tk sigys eka [k kus dskn fQj ml l sfuor gks tkrk gš ml dks Hkh
vR; Ur øgku- /ke/ dh i ktr gskrh gš D; kkd og iki l sfuor gks x; k gš

bnell; Øk o{; kfe i æk.ka fof/kufel’ea

igk.kef’kfkkt’Va onskq i fju’BreAA46

vc eš bl f’ok; eanl jk i æk.k crk jgk gwtks l k{kkr-cæk th ds
}kjk i frikfnr i jkru] __f’k; ka }kjk l for rFk onka ea i frf’Br gš

i ofØky{k.kts /ke% iztkfFzHk: nkar’A

; FkDra jkt’kknj u rq rlek{kdk{k.k.keAA47

ui JSB! iztkfFz i #’kka us i ofr : i /ke/ dk i friknu fd; k gš i jUrq
og ekš{k dh vHkyk’kk j [kus okys fojDr i #’kka ds fy, vHkh’V ugha gš

; bPNr- i q ’kts R; UrekRekua fu: i nœA

l otz r- eka kfu i kf.kukfeg l oz’k’AA48

tkseuq; vi us vki dks vR; Ur mi nœ jfgr cuk; sj [kuk plgrk gš
og bl txr-ea i kf.k; ka ds eka dk l oFk i jR; kx dj nA

fgl kled ; K dk fu.kz nus dk Qy

Jw rs fg igk dYis u.kka ofge; % i’kpa

; sakt; Ur ; Toku% i q; ykd i jk; .kk’AA49

l qk gš i nœZYi ea euq; ka ds; K ea i jk’k’k vkfn ds: i ea vluu;
i “kq dk gh mi; kx gskrk FkA i q; ykd dh i ktr ds l k/kuka ea yxs jgus okys
; kfKd i #’k ml vlu ds }kjk gh ; K djrs FkA

__f’kfk% l dk; a i’Vks ol qpsni fr% i jkA

vHk{; efi eka a ; % i kg Hk{; fefr i Hk’AA50

i Hk’k i kphu dky ea __f’k; ka uš pšnjkt ol qus vi uk l ng i nK FkA
ml l e; ol qus eka dks Hkh tks l oFk vHk{; gš Hk{; crk fn; kA

vkdk’kknofua i ktrLrr% l i fFkoi fr’A

, rno i q’pkDrok foost /kj.khryeAA51

ml l e; vkdk’kpkjh jktk ol qvuqpr fu.kz nus ds dkj.k vkdk’k
l si Foh ij fxj i MA rnlrj i Foh ij Hkh ; gh fu.kz nus ds dkj.k os i krky
ea l ek x; A

bnarq J.k jktØnz dnr; ækua e; ku’kA

vHk{k.k.ks l oš qka eka L; euqt kf/ki AA52

fu’iki jktØnz! euqtsoj ! ejh dgh gpbZ; g ckr Hkh l qks&eka &Hk{k.k
u djus l s l c i dkj dk l qk feyrk gš

; Lr q o"z kra i wā ri Lrl; s- l qk: .ka
 ; 'pō otz ſekl a l eer lera eeAA53
 tkseuq; l kso'kkārd dBlj ri l; k djrk gſrFkk tksdōy ekl dk
 i fjR; kx dj nrk g&; snksuka ejh n'V ea , d l eku gā
dkēns r q fo'ksks k "kōyi {ks ujf/ki A
otz ſe/kekl kfu /kekl ā= fo/h; rAA54
 ujs'oj ! fo"kskr% "kjn_rq] "kōyi {k ea e| vksj ekl dk l oFkk
 R; kx dj nŕ D; kīd , d k djusea /keZ gkrk gā
prjokf'kzku- ekl ku- ; ks ekl a i f j o t z ; r A
pRokj Hknk. ; oklukr dhrēk; q Z kksyeAA55
 tkseuq; o'kkz dſpkj eghuka ea ekl dk i fjR; kx dj nrk gſ og pkj
 dY; k.ke; h oLr q ka & dhrē vk; ſj ; "k vksj cy dks i klr dj yrk gā
vFkok ekl esla oS l oZ ekl k; Hk{k; u- A
vriR; l o h q k f u l q ka thofujke; rAA56
 vFkok , d eghus rd l c izdkj dsekl ka dk R; kx djus okyk i #'k
 l Ei w k z n q k a l s i k j g k s l q k h , o a f u j k x t h o u 0 ; r h r d j r k g ā
otz ſlŕ fg ekl kfu ekl 'k% i {k'ksfi oA
rskka fgd kfu o'kkuka cāykdls fo/h; rAA57
 tks , d&, d ekl vFkok , d&, d i {k rd ekl [kkuk NkM nrs gſ
 fgd k l snj gVsgq mu euq; ka dks cāykd dh i klr gkrh gā 1/2 QJ tks dHk
 Hk ekl ugha [kkr} muds ykHk dh rks dkbZ l hek gh ugha gā 1/2
ekl R; kfx; ka ds uke&
ekl a r q dkēna i {ka of t r a i k f i z j k t f i k
l o b k r k r e h k r l f k ſ o t n r k f k ā j k o j r A A 5 8
u k H k x s u e c k j h ' k s k x ; s u p e g k r e u k A
vk; q k f k u j . ; s f n y h i j ? k j w f i k r A A 5 9
d k r b h ; k f u :) k h ; k a u g q k s k ; ; k f r u k A
u x s k f o ' o x ' o u r F k ā " k ' k f c l n q k A A 6 0
; p u k ' o u p r F k f ' k f c u k s k h u j s k p A
e p p l n s u e k u / k k = k g f j ' p l n s k o k f o H k k A A 6 1
 d l j r h u l n u ! f t u j k t k v k a u s v k f " o u e k l d s n k s u k a i { k v F k o k , d i { k e a
 ekl & Hk { k . k d k f u ' k s k f d ; k F k k } o s l E i w k z H k r k a d s v k r e : i g k s x ; s F k s v k s m l u g a
 i j k o j r ſ ſ o d k K k u g k s x ; k F k A m u d s u k e b l i z d k j g & u k H k k x } v E c j h ' k j
 e g k R e k x ;] v k ; ſ j v u j . ;] f n y h i] j ? k j i q] d k r b h ; ſ v f u :)] u g q k] ; ; k f r] u x]
 fo"ox"o] "k"kfolln; ; p u k ' o] m " k h u j i e f " k f c] e p p l n] e k u / k k r k o k g f j " p l n A
l R ; a o n r e k l R ; a l R ; a / k e % l u k r u A
g f j ' p l n z p j f r o S f n f o l R ; s u p l n o r A A 6 2
 l R ; c k s y k s v l R ; u c k s y k s l R ; g h l u k r u / k e z g ā j k t k g f j " p l n z
 l R ; d s i H k k o l s v k d k " k e a p l n e k d s l e k u f o p j r s g ā

“; sfp=sk jkt0nz l kedu oäst pa
jðrs jflrnou ol uk l ¥t; s pAA63
, rSpkl; Sp jkt0nz diSk Hkjru pa
nq; Ursu d: 'ksk jkelydLjLrFkkAA64
fo: ik'ou fufeuk tudu p /kherkA
, ysu iFluk pð ohlusu pð g AA65AA
b{okdqkk "kEHkk p "orsu l xjsk pA
vtu /kq/kqk pð rFkð p l çtguKAA66
g; Zou p jkt0nz {kjsk Hkjru p A
, rSpkl; Sp jkt0nz ijk eka a u Hkf{kreaAA67

jkt0nz! “; sfp=] l ked] od] jðr] jflrnou ol q l ¥t;] vl; kl;
uj'sk] di] Hkj]r nq; Ur] d: 'k] jke] vyd] uj] fo: ik"o] fufe] çt] eku]t]ud]
i q jok] i Flk] ohl] s] b{okdqk "kEHk] "or] l xj] vt] /kq/kq] l çkq] g'k'z'o] {kq]
Hkj]r&bu l cus rFk vl; kl; jktk]vka us Hkh dHkh eka ugha [kk; k Fkk A

**cäykdS p fr'Bflr Toyekuk% fJ; kflork%A
mi kl; ekuk xL/ko% L=hl gL=l eflork%A68**

osl c ujs'k vi uh dkflr l siãTofyr gkrsqg ogk çäykd eafojkt
jgsg] xL/ko]mudh mi kl uk d]rsg]v]k] l gl kafn0; kakuk, jmlga?k]sjgrh gA

**rnrn0]ka /keBfgd k/ky{k.keA
; s pjflr egkReus ukdi'BS ol flr rAA69**

vr% ; g vfgd k : i /keZ l c /keda l s mÿke gA tks egkRek bl dk
vkpj.k d]rsg] os Lox]yk]d eafuokl d]rsgA

**e/k eka p ; s fur; a otz Urhg /kfeBdk%A
tlei Hkfr e|a p l oã rs eu; % Lerik%A70**

tks /kekRek i #'k tle l s gh bl t]xr-ea "kgn] e| v]k] eka dk
l nk ds fy, i f]R; kx dj nrs g] os l c e]u ekus x; s gA

**bea /keBek] kna ; 'pjPNko; hr okA
vfi pr- l n]kpk]js u tkrq fuj; a otrrAA71**

tks eka Hk{k.k ds i f]R; kx : i bl /keZ dk vkpj.k d]rk vFlök bl s
n] jka dks l qurk g] og fdruk gh n]kpk]j]h D; ka u jgk g] ujd eafu gha i MrkA

**i Bn- ok ; bna jkt ¥A'.k] kn- okl; Hkh{.k' k%A
veka Hk{k.k fof/ka i fo=e'f'ki ft reAA72**

foe]a% l oã ki ð; % l oã keB]gh; rA
fof'k'Vria Kkfr'k] p yHkrs uk= l ðk; %A73

jktu! tks __f'k; ka }k]k l Eekfur, oa i fo= bl eka Hk{k.k ds R; kx
ds i d]j.k dks i <rk vFlök ç]Eck] l qurk g] og l c i ki ka l se]a g]s l Ei wkZ
eukok]N]r Hkks}k]k l Eekfur g]k]k g]s v]k] vi us l tkrh; çl/kq/ka eafof"kv
LFiku i k]r dj yrk g] bl ea l ðk; ugha gA

vkil'u'pkins eŋ; n- c)ks eŋ; r cl/kukrA
eŋ; ŋkFkk- rjks jksxn- nŋ[kkleŋ; r nŋ[krAA74

bruk gh ughabl dsJo.k vFkok i Bu l svki fŋk eai Mki+gŋk vki fŋk l }
cl/ku eac/kk gŋk cl/ku l } jksch jksx l svkŋ nŋ[kh nŋ[k l sNŋ/dkj k i k tkrk gŋ

fr; X: kŋua u xPNr- : iokl p HkoŋkjAA
__f) eku- oŋ dq JSB i kluq kPp egn- ; 'kAA75

dq JSB! bl ds i Hkko l s euŋ; fr; ŋ; kŋu ea ugha i MfK rFkk ml s
l ŋnj : i j l Ei fŋk vkŋ egku-; "k dh i kflr gkrh gŋ

, rŋks dffkra jktu- eka L; ifjotŋA
i ŋŋks p fuoŋks p fo/kuef'kfufeŋAA76 i- & 5855 l s 5860

jktu! ; g eŋs nŋgs __f'k; ka } kjk fufekr eka R; kx dk fo/kku rFkk
i ŋfŋk fo'k; d /keZ Hkh crk; k gŋ

beŋ oŋ ekuok ykd u'ka k eka xf) uAA
fol T; fofu/kku- Hk{; ku- egkj (kks.k boAA1

; ŋ/kf' Bj dgrsg&fi rkeg! cMs [kn dh ckr gŋfd l d kj ds; sfunz h
euŋ; vPN&vPNs [kk | i nkFkk d k i fjr; kx dj dsegku- jk(kl ka ds l eku eka
dk Lokn- yŋk pkgrs gŋ

vi i ku- fofu/kkdkjka kdkfu fofu/kku pa
[k.k. Moku- j l ; kskŋu rFkPNŋur ; Fkk- fe'keAA2

Hkkr&Hkkr ds ekyi ŋ/kj ukuk i dkj ds "kkdka rFkk j l hyh feBkb; ka
dh Hkh oŋ h bPNk ugha j [kr} tŋ h #fp eka dsfy, j [krs gŋ

rfnPNke xqkkŋ- jkrq eka L; k'k(k.ks i Hkka
Hk{k.ks pŋ ; s nkskkLrka pŋ iq 'k'kkAA3

i Hkks i # 'k i ŋj! vr-%eŋeka u [kkus l sgksokys ykHk vkŋ ml s [kkus
l s gksus okyh gkfu; ka dks i ŋ% l ŋuk pkgrk gŋ

l ol rŋuŋ /keK ; Fkfoŋg /keŋAA
fda p Hk{; eHk{; a ok l oŋrn- onLo eAA4

/keK fi rkeg ! bl l e; /keZ ds vuŋ kj ; Fkkr- : i l s ; gkj l c
ckraBhd&Bhd crkb, ! bl dsfl ok ; g Hkh dfg; s fd Hkksu djuŋ; kŋ; D; k
oLrq gŋ vkŋ Hkksu u djuŋ; kŋ; D; k oLrq gŋ \

; Fkŋn- ; ŋ'ka pŋ xqkk ; s pL; otŋA
nkskk Hk{k; rks ; sfi rŋes cŋg fi rkegAA5

fi rkeg! eka dk tksLo: i gŋ; g tŋ k gŋ bl dk R; kx dj nŋs ea
tks ykHk gŋ vkŋ bl s [kkusokys i # 'k dks tksnksk i ktr gkrsgŋ ; s l c ckraep-s
crkb, A

, oerŋlegkckgk ; Fkk onfl HkkrA
fooftŋs rŋ cgoks xqkk% dkŋ olkŋuŋA
; s Hkofŋr euŋ; k. kta rku- es fuxnr'ŋ. kAA6

Hkh'e th usdgd&egkckgks! Hkjr UkUnu! rē tš k dgrsgksBhd oš h
gh ckr gA

dkšo ullnu! ekd u [kkus ea cgr l s ykHk gš tks oš s euq; ka dks
l gYHk gkrs gš eš crk jgk gA l pks

Loekd a ijekd u ; ks o/kē; rfePNfrA

ukfLr {kqrjrLeKr- l u'kd rjks uj%AA7

tks nū jka dsek l sviuk ekd c<kuk pkgrk gš ml l sc<dj uhp
vkš funž h euq; nū jk dkbZ ugha gA

u fg ik.kr- fiz rja ykds fdpu fo | rA

rLeKn- n; ka uj% dq kē- ; Fk- . Refu rFk ijAA8

txr-ea vius ik.kka l svf/kd fiz nū jh dkbZ oLrq ugha gš bl fy,
euq; tš svius Åij n; k pkgrk gš ml h rjg nū jka ij Hkh n; k djA

"kØkPp rkr l EHkirek l; g u l ik; %

Hk{.ks rq egku- nkskts fuor; k i q; eP; rAA9

rkr! ekd Hk{k.k djusea egku-nsk gš D; kēd ekd dh mri fYk oh; Z l s
gksh gš bl eal žk; ugha gA vr%ml l sfuoYk gksuseagh i q; crk; k x; k gA

u ár% l n'ka fdipfng ykds ij= pA

; r- l of'og Hkarsk n; k dkšoullnuAA10

dkšoullnu ! bl ykd vkš ijykd eabl dsl eku nū jk dkbZ i q;
dk; Z ugha gš fd bl txr-ea l eLr ikf.k; ka ij n; k dh tk; A

u Hk; a fo | rs tkrq ujl; g n; kor%A

n; korlfees ykdK% ijs pkfi ri fLoukeAA11

bl txr-ea n; kyqeuq; dks dHkh Hk; dk l keuk ugha djuk i MrkA
n; kyqvkš ri Loh i #'kka dsfy, bgykd vkš ijykd nksuka gh l [kn gkrs gA

vfgd ky{k.kks /keZ ujl; g n; kor%Abfr /keTonks fonqA

; nfgd kReda deZ rr- dq kēkReoku- uj%AA12

/keK i #'k ; g tkurs gš fd vfgd k gh /keZ dk y{k.k gA euLoh i #'k
ogh deZ djš tks vfgd kRed gkA

vHk; a l oLkri; ks ; ks nntfr n; ki j%A

vHk; a rL; Hkarkfu nnrriR; uqkqPAA13

tks n; k i jk; .k i #'k l Ei wZ Hkarka dks vHk; nku nrsk gš ml s Hkh l c
i k.kh vHk; nku nrs gA , d k geus l p j [kk gA

{kra p l [kfyra pš i frra d'VekgreA

l oLkarkfu j{kflr l eskq fo'keskq pAA14

og ?kk; y gkš yM& [kMkrk gkš fxj i Mk gkš i kuh dscgko eaf [kpdj
cgk tkrk gkš vkgr gks vFkok fd l h Hkh l e&fo'ke volFkk ea i Mk gkš l c
i k.kh ml dh j [kk djrs gA

uŠia 0; kyexk ?ufur u fi'kpk p jk{kl k%A

eP; rs Hk; dkyskq ek{k; n- ; ks Hk; s i jkuAA15

tks nlt jka dks Hk; I s Nq/krk gš ml su fgd d i "kq ekjrs gā vks u
fi "kko rFkk jk{kl gh ml ij igkj djrsgā og Hk; dk vol j vkusij ml I s
eā ejā gls tkrk gā

ik.knkukr~ i ja nkuā uHkra u Hkfo'; frA

u ākReu% fiz rj% fdāpnLrhg fuf'preAA16

ik.k nku I sc<dj nlt jk dkbZ nku u gqk gSvks u gkskA vi us
vkRek I sc<dj fiz rj oLrq nlt jh dkbZ ugha gā ; g fuf"pr ckr gā

vfu"Va I oHkrtuka ej.kā uke HkjrA

eR; pkyS fg Hkrtuka I | ks tk; fr os FkqAA17

HkjruUnu ! fdl h Hkh ik.kh dkseR; qvHkh'V ugha gš D; kād eR; &dky
ea I Hkh i kf.k; kā dk "kjhj rjUr dkpi mBrk gā

tkfrtVetjknq{kSUr; a I ā kj I kxjā

tUro% ifjorDrs ej.knq}tflr pAA18 i:-5860

bl I ā kj I epzeal eLr ik.kh I nk xHkZkl J tUe vks cāki k vkrn
ds nq{kka I s nq{kth gkdj pjka vks HkVdrs jgrs gā I kfk gh eR; q ds Hk; I s
mf}Xu jgk djrsgā

ukReus flR fiz rj% i fFkoheud R; gA

rLekr~ i kf.k'kq I oākq n; kokukReoku- Hkor-AA22

bl Hkē.My ij viuh vkRek I sc<ej dkbZ fiz oLrq ugha gš
bl fy, I c i kf.k; kā ij n; k dja vks I c dks viuh vkRek gh I e>A

I oēkd kfu ; ks jktu- ; koTthoa u Hk{k; rA

Loxā I foigya LFkka ikluq k'krz I āk; qAA23 i:-5861

jktu-! tks thou Hkj fdl h ik.kh dk ekd ugha [kkrk] og Loxā ea
JsB , oa fo"ky LFkka ikrk gš bl ea I āk; ugha gā

fgd k vks ekd Hk{k.k dh ?kij fulnk

pr{ozts a fufnZVk āfgd k cāokfnfHk%

, dātrksfi foHkZVk u Hkor; fjl nuAA4

Hkh'e th us dgk&"k=q nu! cāoknh i #'kka us'eu I } ok.kh I srFkk
deZ I sfgd k u djuk , oa ekd u [kkuk&bu½ pjki mik; kā I s vfgd k /keZ dk
ikyū cryk; k gš buea I sfdl h , d vāk dh Hkh deh jg x; h rks vfgd k&ekeZ
dk i wkr-% ikyū ugha gksrA

; Fk I oZ prqikn- oS f=fHk% i knSiz fr'BfrA

rFkbs a eghi ky dlij.k% i kP; rs f=fHk%AA5

eghi ky! tS s pjki i } kā okyk i "kq rhu i } kā I s [kMk+ ugha jg I drk]
ml h i dki dōy rhu gh dkj.kka I s i kfy r gōZ vfgd k i wkr-% vfgd k ugha dgh
tk I drhA

; Fk ukxinsU; kfu inkfū inxifeukeA

I oāZ; oāki /kh; Urs in tkrkfu dks' t jAA6

, oa ykdsfoga k rø fufnZVk /keT% jkA

deZk fyl; rs tUrøpøk p eul kfi pAA7

tS sglFkh dsij dsfpa eal Hkh inxkeh i kf .k; ka dsinfpà l ek tkrs
gš ml h i dzkj i wdky eabl tXR-dsHkhj /keT%vfga k dk funžk fd; k x; k gš
vFkZr-vfga k /keZeal Hkh /keka d k l ekoš k gk stkrk gš , d k ekuk x; k gš

i wZ rø eul k R; DRok rFk okpFk deZkA

u Hk{k; fr ; ks eka a f=fo/ka l foeø; rAA8

tho eu] ok. kh vKš fØ; k ds }kj k fga k dsnsk l sfylr gkrk gšfdUrqTks
Øe" k% i gyseu l } fQj ok. kh l svkš fQj fØ; k }kj k fga k dk R; kx dj ds dHkh
eka ugha [kkrk] og i wka rhukai dzkj dh fga k dsnsk l shk eø gk stkrk gš

f=dkj .ka rø fufnZVa Jø rs cāokfnfHkA

euls okp rFk . Lokns nskkásq i frf'BrkAA9

cāoknh egkRekVka us fga knsk ds i Zkku rhu dkj .k cryk; s gš eu
Vekd [kkus dh bPNk] ok. kh Vekd [kkus dk mi nš k ½ vKš vkLokn ¼ R; {k : i
ea eka dk Lokn ysuk½ ; s rhuka gh fga k&nsk ds vk/kj gš

u Hk{k; UR; rks eka a rikš øk euh'k. kA

nskkärq Hk{k. ks jktUk- eka L; g fuckš eAA10

bl fy, riL; k ea yxs gø euh'kh i ø'k dHkh eka ugha [kkrs gš
jktu! vc eš eka &Hk{k.k ea tks nsk gš mudks ; gk crk jgk gš l øka

i ø eka ki ea tkuu- [kkns ; ks fop{k. kA

eka a ekgl ek; ø% i ø'k% l ks/ke% LerAA11

tksef[kZ; g tkursgø shk fd i ø dseka ea vKš nit jsl k/kj .k eka ka
ea dkbZ vUrj ugha gš ekgo" k eka [kkrk gš og uj/ke gš

fi r'ekr' ek; kxs i ø-Roa tk; rs ; FkA

fga ka dRoko'k% i ki ks Hk{k; 'Ba tk; rs rFkAA12

tS sekrk vKš fi rk dsl a ks l si ø dh mri fUk gkrh gš ml h i dzkj fga k
djusl si ki h i ø'k dksfoo" k gkdj ckj Eckj i ki & ; ksu ea tle ysuk i Mrk gš

jl a p ifrftgø; kftàk; k Kkua i Kk; rs ; FkA

rFk "kkL=sk fu; ra jkxs ákLokfnrn- HkorAA13

tS stHk l stc jl dk Kku gkrk gš rc ml dsifr og vkd"V gksu
yxrh gš ml h i dzkj eka dk vkLoknu djusij ml dsifr vki fä c<rh gš
"kkL=kaeHkh dgk gšfd fo'k; ka ds vkLoknu l smudsi fr vki fä mri é gkrh gš

l ádrkl ádr% i Dok yo.kkyo.kkLrFkA

iztk; Urs ; Fk HkkoLrFk fpra fu#/; rAA14

l ádr Vél kys vkfn Mkydj l ádr fd; k gø k ½ vl ádr Vél kyk
vkfn ds l ádkj l sjfgr¼ i Do] døy ued feyk gø k vKš vyksuk&; s eka
dh tk&tk voLFk; j gkrh gš mlgh&mlgha ea #fp&Hkn l s eka kgkj h eu; dk
fpUk vki ä gkrk gš

Hkjh enax'kCnkdp ru=h'kCnkdp i qdykuA
fu'kfo'; flur os elnk eka Hk{kk% dFia ujktAA15

eka Hk{kh eufkz euq; LoxZ ea iwiz-% l yHk gksus okys Hkjh] enax vlsj
ok.kh dsfn0; e/kj "kCnkta dk dS sJo.k dj l dæx' D; kfd osLoxZ ea ugha tk
l drsA

ijstka /ku/kku; kuka fgd dklRkodkLrFkka
iz'ka dk'p eka L; fur; a LoxZ cfg'dir'kAA

nijka ds /ku&/kku; dks u'V djus okys rFkk eka Hk{k.k dh Lrfr
iz'ka k djus okys euq; l nk gh LoxZ l s cfg'dir gks's gA

vfpfURkrefufnZVel dFYi rep pa
jl x) ; kfkHkwrk ; s iz'ka flur QytfFkZAA16

ts eka dsjl ea gksus okyh vkl fa l s vffHkwr gksdj ml h vHkr'V
Qy eka dh vffkyk'kk j [krs gA rFkk ml ds ckjEckj xqk xkrs gS mlga , d h
nqZr i klr gksh gS tks dHkh fpuru ea ugha vk; h gA ftl dk ok.kh }kjk dgha
funZ'k ugha fd; k x; k gS rFkk tks dHkh eu dh dYi uk ea Hkh ugha vk; h gA

HkLe fo'Bk dfeokfi fu'Bk ; L; n'kh /kpkA
l dk; % iji hMkfk% dFia /kk; k foif'prkAA

iz'ka k a0 eka L; nskdeDytfllorkAA17

ts eR; q ds i "pkr-fprk ij tyk nus l s HkLe gks tkrk gS vFkok
fdl h fgd d i k.kh dk [kk | cudj ml dh fo'Bk ds: i ea ifj.kr gks tkrk gS
; k ; ka gh Qad nus l s ftl ea dhMs i M tkrs g&bu rhuka ea l s ; g , d u , d
ifj.kke ftl ds fy, l fuf'pr gS ml "kjhh dks fo}ku-i # 'k ni jka dks i hMk
ndj ml ds eka l s ds s i ksk.k dj l drk gS \ eka dh iz'ka k Hkh i kie;
deDy l s l Ecl/k dj nrsh gA

thfora fg ifjR; T; cgo% l k/koks tukA
Loekd % ijekd kfu ifjiK; fnoa xrkAA18

m"khuj f"kfo] vkfn cgr&l s JSB i # 'k ni jkad h j {kk ds fy, vi us
i k.k ndj] vi us eka l s ni jka ds eka dh j {kk dj ds LoxZ ykd ea x; s gA

, oeskk egkijt prfHk% dkj.kB'ka
vfgd k ro fufnZVl l oZkeZud fgrtAA19 i:5853&5855

egkijt! bl idkj pkj mik; ka l s ftl dk ikyu gkrk gS ml vfgd k
/keZ dk rfgkjsfy, ifriknu fd; k x; kA ; g l Ei wZ /keka ea vkr&i kr gA

ykHkkn- ok cf) egktn- ok cyoh; kFkEo pa
l d xkhFk i ki kute/keZ fprk u.kteAA33

ykHk l } cf) dsekj l } cy&oh; Z dh i kflr ds fy, vFkok i kfi ; ka ds
l d xl ea vkus l s euq; ka dh v/keZ ea #fp gks tkrh gA

Loekd a ijekd u ; ks o/kZ; rfePNfrA
mf}Xuokl ks ol hr ; = ; =kflktk; rAA34

tks nlr jka ds eka l sviuk eka c<kuk pkgrk gš og tgl; dgha Hkh tle yrk gš pš l s ugha jgus i krk gš

; ks fg [tknfr eka kfu i kf.kuka tlfors'k. kka grkuka ok ertuka ok ; Fk glrk rFk l rAA37

tks tlfors jgus dh bPNk okys i kf.k; ka dks ekj dj vFkok muds Lo; a ej tkus ij mudk eka [krk gš og u ekjus ij Hkh mu i kf.k; ka dk gR; kjk gh l e>k tkrk gš

/kus Øf; dks glrk [knd' pki Hkksr%

/krdks o/kcl/kkl; kfer; sk f=fo/kks o/kAA38

[kjh nusoky /ku ds }kj k] [kkusoky mi Hkks ds }kj vkš ?krd o/k , oa cl/ku ds }kj i "ka/ka dh fgd k djrk gš bl idkj ; g rhu idkj l si kf.k; ka dk cl/k glrk gš

v [knd uækn p Hkknksk k ekuo%

; ks uæknfr glu; Ura l ks fi nksk fyl; rAA39

^tks eka dks Lo; a ugha [krk rFk [kkus okys dk vuækn djrk gš og euq; Hkh Hkknksk ds dkj .k eka ds dkj .k eka Hk{k.k ds i ki dk Hkxh glrk gš bl h idkj tks ekjus okys dk vuækn djrk gš og Hkh fgd k ds nsk l s fylr glrk gš

[kndL; d'rs tUru- ; ks glu; kr- iq 'kk/ke%

egknksrjLr= ?krdks u rq [knd rAA42

^tks eka [kkus oky ka ds fy; s i "ka/ka dh gR; k djrk gš og euq; ka ea v/ke gš ?krd dks cgr Hkjh nsk yxrk gš eka [kkus okys dks mruk nsk ugh yxrk

bT; k; KJfrdrš k ekš c/kks/ke%

glu; kTtUru- eka x/uš l os ujd Hk³uj rAA43

tks eka ykllh eifkz , oa v/ke euq; ; K&; ks vkfn ofnd ekxka ds uke ij i kf.k; ka dh fgd k djrk gš og ujd xkeh glrk gš

vkgrkz pkuælrk p fo'klrk Ø; foØ; hA

l ddrkz pki Hkksk p [knd% l ol , o rAA45

tks euq; gR; k ds fy, i "ka ykrk gš tks ml sekjus dh vuæfr nrk gš tks ml dk o/k djrk gš rFk tks [kjhnrk cprk] i dkrk vkš [krk gš os l c ds l c [kkus okys gh ekus tks gš vFkz- os l c [kkus okys ds l eku gh i ki ds Hkxh glrk gš

eka Hk{k.k dk Qy

trk' pki; o'klr= fPNekuk% i q% i q%

ikp; ekuk' p n"; Urs foo'kk eka xf) u rAA20

eka ykyq tho tle ysus ij Hkh ijo" k gksr gš os ckj & ckj "kl=ka l s dks vkš idk; s tks gš mudh ; g ccl h i R; {k nqkh tkrh gš

dēhkhikds p iP; Urs rla rla ; kſueq̄lxrkſA

vkØE; ek; ðk.k'p Hkte; Urs oS i q% i q%AA21

os vi us i ki ka ds dkj .k dēhkhikd ujd ea jkska tkrsvkſ fhk'k&fhk'k
; kſu; ka ea tle ydj xyk ?kkā/&?kkā/ dj ekjs tkrsgā bl i d kj mluga cjk Eckj
l ā kj p d ea HkVduk i Mrk gā

; s Hk{k; flur eka kfu Hkrkuka tlfors'k.kteA

Hk{; Urs rsfi Hkrſrſjfr es ukfLr l ā k; %AA24

tkstfhor jgus dh bPNk okys i kf.k; ka ds eka dks [kkrs gſ os nū js
tle eamlgha i kf.k; ka }kj k Hk{k.k fd; s tkrsgā bl fo'k; ea ep-s l ā k; ughagā

eka Hk{k; rs ; Lekn- Hk{kf; ; s rel; geA

, rleka L; eka Roeuq̄; Lo Hkj rAA25

Hkj rulnu! ſt l dk o/k fd; k tkrk gſ og i k.kh dgrk gſ& ^eka l
Hk{k; rs ; Lekn- Hk{kf; ; s rel; geA vFkkz-^vkt ep-s og [kkrk gſ rks dHkh eſ
Hkh ml s [kkmpxkA* ; gh eka dk eka Ro gſ bl sgh eka "kcn dk rkr i ; Zl e>kā

?kkrdks o/; rs fuR; a rFkk o/; fr Hkf{krka

vkØksVk Øq; rs jktā rFkk }ſ; RoekturAA26

jktu-! bl tle eaftl tho dh fgd k gkrh gſ og nū js tle ea l nk
gh vi us?kkrd dk o/k djrk gā fQj Hk{k.k djusokys dks Hkh ekj Mkyrk gā tks
nū jkad h fullnk djrk gſ og Lo; aHkh nū jkadsØksk vkſ }sk dk i k= gkrk gā

; s ; s "kjhjsk ; n- ; r- dež djkr ; %

rsu rsu "kjhjsk rūkr- Qyeq̄'urAA27

tkstf l &ft l "kjhj l st k&tk dež djrk gſ og ml &ml "kjhj l s
Hkh ml &ml dež dk Qy Hkksrk gā

fofikké xHfka ea fgd k , oa vfgd k dk o.kū

1- ; ks u% d'pn- fjfj{fr j{klrou er; %

Lo% 'k , oS fjfj'kh'B ; q̄L% _Xon&W@18@13%

tkso; fā fdl h dks jk{kl Hkko ½nHkko½ l s u'V djuk pkgrk gſ og
Lo; a vi us gh i ki deka l s u'V gks tkrk gſ vinLFk gks tkrk gā

2- ek fgd hLrlok iztkAA ; tōh&W@32%

rw vi us "kjhj l s fdl h dks Hkh i hfMr u dja

3- ek fgd H% i q 'ka txxAA ; tōh&W@6@3%

euq; vkſ take ½xk;] Hkð vkfn ½ "ka/ka dh fgd k u djs A

4- dfonðs u nHk; r- Lo/kokuA vFlobn& W@1@7%

Økurn"khz JsB Kkuh , 'so; Zl sl e) gkdj Hkh fdl h dks i hMk ugha
nrs gſ l c ij vuqg gh djrsgā

5-ekiz exL; nŪrkA vFlobn& W@3@6%

fgd z 0; k?kz vkfn ds nkr ew- gks tk; } Hk{k.k djusea vl eFkz gks tk; a
vFkkz-VR; kpljh ykska dh l gkd "kfä dſ.Br gks tk; s A

6- I xtes obljeA I xtes fg Øja fdz rA cā.k I k&1@2@5@16
; Øj gkrk gA ; Øj ea Øj dke fd; s tkrsgA

7-ukU; ksU; a fgL; krteA cā.k I k&3@4@1@24

ijLij , d nū js dks fgil r vFkkz- i hfMr ugha djuk pkfg, A

8- vl q lz uke rs ykdj

vl/kr rel kor'tA

rkLrs i R; kfHkxPNfUr]

; s dptReguls tukAA mifu'n- I k&3

tks euq; vkRk dk guu djrs gš R; kx i wZd Hkksx ugha djrs gš os

xgjs vl/kdkj I svkor vl q &ykd ea tkrsgA

9- vfgd k ijeks /ke% I oī k.kkrta oja eghHkr&11@13

I elr ikf.k; ka dsfy; s vfgd k I cl smūke /ke% gA

10- vfgd kdks Kkurir% I cāki uegrA eghHkr&189@6

tks vfgd d gš vksj Kku&foKku I srir gš ogh cāk ds vki u ij

cBus dk vf/kdkjh gkrk gA

11- ; Leké} trs ykdks ykdé} trs p ; %

g'kē'k; ks; xj eprk ; % I p es fiz % H-xhr&12@15

tks u fdl h nū js ik.kh dks mf}Xu djrk gš vksj u Lo; agh fdl h vl;

I smf}Xu gkrk gš tks g'k&"kcd I srFk Hk; vksj m}x I seā gš og Hkā
epr-dks fiz gA

12- vfgd ; Ø Hkarkuta dk; Z Js ks uqkl ueA euqefr 2@159

vfgd k dh Hkkouk I svuq kf.kr jgdj gh ikf.k; ka ij vuqkl u djuk

pkfg; A

13 vytkk u fo'tknh L; kytkk pδ u g'kz rA euqefr&6@57

vytkk }ofPNr oLrqu feyus ij½ ea "kcdkdy ugha gkuk pkfg; svksj

ytkk ea vf/kd Qny mBuk ugha pkfg; A

14 nqVa fgd k; keA I fād.k&6&1&15

fgd k ds dkj.k vPNk I svPNk I k/ku Hkh nqV }efyu½ gks tkrk gš

15 vfgd ki fr'Bk; ka rRI fé/kS ofR; kx% I fād.k&2@35

vfgd k dh i fr'Bk }i wZ fLFkr½ gkus ij ml ds I kfé/; ea I c i k.kh

fuoq gks tkrsgA

16- Lox% I Uoxqkkn; % I fād.k&11@19@42+

I Uoxqk dh of) gh LoxZ gA I fā f=osth

fgd k , oa vl R; dk Hk; kog i fj.kke

LokfLrdkorh uke dh , d I ŋj uxjh FkA ml ds jtkk dk uke

fo"okol qFkA fo"okol qdh jkuh Jherh FkA ml ds , d ol quke dk i e FkA

ogha, d {khj dnEc mi k/; k; jgrs FkA oscMs I pfj= vksj I jy&LoHkko

FkA ftu Hkxoku-dsoshkÄ Fks vks gkæ] "kkfUr&fo/ku vkfn tSu fØ; kvka }kjk
 xgLFkka ds fy; s "kkfUr&I q'kkfKZ vuqBku djuk mudk dke Fkka mudh L=h dk
 uke LofLrerh Fkka ml ds ioR uke dk , d iF Fkka HkKX; I sog iki h vks
 nQ; I uh gpkA deka dh ds h fofp= fLFkr gsfd firr fdruk /kekBek vks
 I jy vks ml dk iF ngkpkjha bl h I e; , d fons'kh ckä.k ukjn] tksfd
 fujfHkekuh vks I Ppk ftu HkÄ Fk] {khjdnEc ds ikl i<us ds fy; s vk; kA
 jktdepkj ol i ioR vks ukjn ; srhuka, d I kFk i<usyxA ol qvks ukjn dh
 cf) vPNh Fkh] I ks os rks Fkks gh I e; ea vPNs fo}ku gks x; A jgk i oR I ks
 , d rks ml dh cf) gh [kjk] ml ij iki ds mn; I s ml s dN ugha
 vkrk&tkrk Fkka vi us iF dh ; g gkyr nskdj ml dh ekrk us, d fnu vi us
 ifr I s xqI k gkdj dgk&tku i Mrk gS vki ckgj ds yMdka dks rks vPNh
 rjg i<krS gS vks fo"ksk vi us iF ij vki dk /; ku ugha g&ml s vki vPNh
 rjg ugha i<krA bl hfy; s ml s brus fnu rd i<rs jgus ij Hkh dN ugha
 vk; kA {khjdnEc us dgk&bl eaejk dN nksk ugha gA eS rks I cds I kFk , d I k
 gh Je djrk gA rñgkjk iF gh eFkZ gS iki h gS og dN I e>rk gh ugha
 cksyk; vc bl ds fy, eS D; k d; ; \ LofLrerh dks bl ckr ij fo"okl gkS
 bl fy; s ml us rhuka f" k; ka dks cykdj dgk&iF k nsk rñga, d&, d i kbZ nh
 tkrh gS bl s ydj rF cktkj tkvks vks vius cf) cy I s bl ds }kjk pus
 ydj [kkvks vks i kbZ i hNs okfi I Hkh ykS/k ykvka rhuka x; A muea i oR , d
 txg I spus eksy ydj vks ogha [kk&i hdj I us gkFk ?kj ykS/ vk; kA vc jgs
 ol qvks ukjn] I ks blgkaus i gys rks pus eksy fy; s vks fQj mlga b/kj&m/kj
 ?kFkdj cpk] tc mudh i kbZ ol ny gksxbZrc ckdh cpspuka dks [kkdj os ykS/
 vk; A vkdj mlgkaus x# th dh vekur mlga okfi I I ka nhA bl ds ckn
 {khjdnEc us , d fnu rhuka dks vkVs ds cus gq rhu cdjs ncdj mul s
 dgk&n[kk] blgays tkdj vks tgi; dkbZu nsk i k; s, d s, dklr LFkku eabuds
 dkuka dks Nsn ykvka x# dh vkKkuq kj rhuka fQj bl u; s dke ea yx x; A
 i oR us rks, d txy ea tkdj cdjsdk dku Nsn Mkyka ol qvks ukjn cgr
 txg x; ; I oE mlgkaus, dklr LFkku <Mkyk] ij mlga dghamudseu yk; d
 LFkku ughafeyk vFkok ; ka dfg; sfd mudsfopkjkuq kj , dklr LFkku dkbZ Fk
 gh ugha os tgi; i gprs vks eu esfopkj djrs ogha mlga pln] I w } rjk] nQ
 0; Urj] i "kj i {kh vks vof/kKkuh efu vkfn tku i Mrs A os ml I e; ; g
 fopkj dj fd , d k dkbZ LFkku ugha gS tgi; dkbZu nsk rkrk gkS okfi I ?kj ykS/
 vk; A mlgkaus mu cdjka ds dkuka dks ugha Nsnka vkdj mlgkaus x# th dks
 ueLdkj fd; k vks vi uk I c gky mul s dg I qk; kA I p g& cf) deZ ds
 vuq kj gh gpk djrh gA mudh cf) dh bl idkj prjrk nskdj mi ke; k; th
 us vi uh fi z; k I sdgk& D; ka nsk I cdh cf) vks prjrk \ vc dgls nsk eS k
 ; k i oR ds HkKX; dk \

, d fnu dh ckr gsfd ol qI s dkbZ, d k vi jk/k cu x; k] ft I I smi k/; k; us
 ml scgr ekjka ml I e; LofLrerh uschp eai Mdj ol qdks cpk fy; kA ol qus
 vi uh cklusokyh x# ekrk I sdgk& ekrk] rF usep scpk; k bl I scMk mi dr

gʷkA dgksrʔigaD; k pkfg; s\ ogh ykdj eārfīga i nku d: A LofLrerh usmūkj
esjkt dēkj l sdgk& i ʔe| bl l e; rks eʔsdʔN vko"; drk ughagʃ ij tc
gksxh rc ekpʷkA rwejsbl oj dksvHkh vi us i kl gh j [KA

, d fnu {khjdnEc dseu ea i zdfr dh "kkkk nʃkus dsfy; smRdBk
gʷA og vi us l kFk rhuka f" k"; ka dks Hkh bl fy; sfyok ysx; sfd mlga ogha i kB
Hkh i <k nʃkA og , d l ʔnj cxhps ea igʷA ogk; dkbz vPNk ifo= LFkku
nʃkdj osvi us f" k"; ka dks cgnkj .; dk i kB i <kusyxA ogha vʃ nks _f) ekkj h
egketu Lok/; k; dj jgs Fks A muea l s Nks/ s eʃu us {khjdnEc dks i kB i <krs
nʃkdj cMs euhjkt l s dgk& i Hkʃ nʃ [k, dʃ s i fo= LFkku eam i k/; k; vi us
f" k"; ka dks i <k jgs gʷA x# us dgk& vPNk gʃ ij nʃ [kʃ buea l snks rks i q; kRek
gʷvʃ osLoxZea tk; ʷsvʃ nks i ki ds mn; l sudk dsnʃ [k l gʷA l p gʷ

dekā ds mn; l s thoka dks l ʔ [k ; k nʃ [k Hkksuk gh i Mrk gʷA eʃu ds
opu {khjdnEc us l ʔ fy, A og vi us fo | kFkʃ; ka dks ʔkj Hkst dj eʃujkt ds
i kl x; A mlga ueLdkj dj ml us i Nk&gs Hkxou-! gs tʷ fl) kʷr ds mʷke
fo } ku-! di kdj eʃsdfg, fd ge ea l s dks nks rks LoxZ tkdj l ʔ kh gks
vʃ dks nksudz tk; ʷs dke ds "k= eʃujkt us {khjdnEc l sdgk& Hk0;] LoxZ
tkusokykaea, d rks rʷftuHkā vʃ nʃ jk /kekRek ukjn gʷvʃ ol qʷFk i oʷ
i ki ds mn; l sudz tk; ʷA {khjdnEc eʃujkt dks ueLdkj dj vi us ʔkj
vk; kA ml sbl ckr dk cMk nʃ [k gʷk fd ml dk i ʔ ujd ea tk; sʷk D; kʷd
eʃu; ka dk dgk vullrdky ea Hkh > Bk ugha gʷkA

, d fnu dkbz, d k dkj .k nh [k i Mk] ft l l sol qdʃsi rk fo" okol qvi uk
jkt& dkt ol qdʃsi kā dj vki l k/kqgksx; A jkt; vc ol qdʃsyxA, d fnu
ol qou& fogkj dsfy, mi ou ea x; k gʷk FkA ogk; ml us vʃ d k" l sy ʔ dj
fxjrs, d i {kh dks nʃ kA nʃ kdj ml svk" p; ZgʷkA ml us l kʷk i {kh dsy ʔ dʃs
gʷ fxjusdk dkbz dkj .k ; gʷk vo"; gʷk pkfg, A ml dh "kkk yxkus dʃst /kj l s
i {kh fxjk Fk m/kj gh yʃ; cʷk/dj ml usck.k NkMKA ml dk yʃ; 0; Fkz u x; kA
; | fi ml s; g ugha tku i Mk fd D; k fxjk ij bruk ml sfo" okl gksx; k fd
ml dsck.k dsl kFk gh dkbz Hkjh ol Rqʃxjh t: j gʷ ft/kj l sfd l h ol Rqʃsfxjus
dh vkokt ml sl ʔ i Mh Fkh og mēkj gh x; k ij rc Hkh ml sdʔN ugha nʃ k i MKA
; g nʃ k ml us ml Hkx dks gʷFkka l s Vʃkyuk "k# fd; kA glrLi "kz l s ml s, d
fueʃ [kEHk] tksfd LQʃVd&ef.k dk cuk Fkʃ tku i MKA ol jktk ml s xʃjʃfr
l svi usegy ij ysvk; kA ol qus [kEHk ds spkj ik; scuok; svʃ U; k; & fl ʷkl u
fy, dsyxok fn; A mu i k; ka dsyxus l s fl ʷkl u , d k tku i Musyxk ekusog
vkdk" k ea Bgjk gʷk gʷA /kʷZol qvc ml h ij cBdj jkt; "kl u dʃsyxA
ml us l c tʃg ; g i xV dj fn; k fd "jktk ol qʷMk gh l R; oknh gʃ ml dh
l R; rk ds i Hkko l s ml dk U; k; fl ʷkl u vkdk" k ea Bgjk gʷk gʷA bl i zdkj
di V dh vM ea og vc l oʷ k/kj .k ds cʷgʷ gh vknj dk ik= gksx; kA l p
gʷek; koh i #/k l d kj eD; k Bxkbz ugha dj rA b/kj l E; XnʃV] ft uHkā {khjdnEc
l d kj l sfoj ä gʷdj ri Loh gksx; k vʃ vi uh "kfä ds vuʃ kj ri L; k dj vʃr
ea l ekfekej .k } kjk ml us LoxZ yHk fd; kA fi rk dk mi k/; k; in vc i oʷ dks
feykA i oʷ dks ftruh cʷ) Fkh] ftruk Kku Fkʃ ml ds vuʃpʷy og fi rk ds

fo | kffkz, kaclksi <kusy>xkA ml h ofuk ds }kj k ml d k fuokzj gkrk FkA {khj dnEc ds
 l k/kgq ckn gh ukjn Hkh ogkj l svll; = py fn; kA o'kkard ukjn fons'kkæa?kæk
 fQjka ?kær&fQjrsog fQj Hkh , d ckj LofLrdki gh dh vksj vk fudyka og
 vi usl gk/; k; h vksj x#i e ior l sfeyusdksx; kA ior ml l e; vi usf" k; ka
 dksi <k jgk FkA l k/kkj .k d qky i'z'u dscn ukjn oghacB x; k vksj ior dk v/
 ; ki u dk; l nsf kus yxkA idj .k deZd .M dk FkA ogkj , d Jfr Fkh
 & "vtš ZV0; ferf" nijkxg iki h ior us ml dk vfkz fd; k fd "vtš Nlx\$
 iz; 'V0; ferf" vFkr&cdjkadh cyh ndj gke djuk pkfg; A ml l ack/kk ndj
 ukjn usdgg&ughl bl Jfrh dk ; g vfkzughagSA x#th usrlsgeabl dk cryk; k
 Fk fd vtfl=ofldfll; Si; 'V0; e- vFkr&rhu o'kz ds i gkus /kku l } ftl ea
 mRi lu gkusdh "kfä u gks gke djuk pkfg, A i ki hj rw; g D; k vuFkdjrk gStks
 myVk gh vfkz dj fn; k \ ml ij iki h ior usnj kxg dso" k gks; gh dgk fd ugha
 rñgkj k dguk l ofek feF; k gA vl y l sbvtb "kcn dk vfkzcdjk gh gkrk gsvksj
 ml h l sgke djuk pkfg, A Bhid dgk g&

ftl snqzr eatkuk gkrk gš og h i#k tkudj Hkh , d k >B cksyrk gA
 rc nksukaal Ppk dksu gš bl dsfu.k; Zdsfy, mlgkuskjtk ol qdks/; Lfk puka
 mlgkusk ijLij eafirKk dh fd ftl dk dguk >B gks ml dh tcku dkV nh
 tk; A ior dh ek dks tc bl fookn dk vksj ijLij dh ifrKk dk gky ekye
 gvk rc ml usior dksckj dj cgr MkVv vksj xh l seavkdj dgk&iki hj ruus
 ; g D; kavuFkzfd; k \ D; kaml Jfrh dk myVk vfkzfd; k \ r#sughaekye fd
 rjk fir k tš/keZdk i wkJJ) kuh Fk vksj og vtš ZV0; e-bl dk vfkzrhu o'kz ds
 i gkus /kku l sgke djus dk djrk Fk vksj Lo; a Hkh og i gkus /kku l sgh l nk
 gkefnd fd; k djrk FkA LofLrerh usml svksj Hkh cgr QVdkjkl ij ml dk
 Qy dñ ughafudyka ior viuh ifrKk ij n< cuk jgkA i e dk bl idkj
 dk njkxg nskdj og v/khj gksmBhA , d vksj i e ds vl; k; i {k dk l efkz
 gkdj l R; dh gr; k gkrh gš vksj nñ jh vksj i e&i e ml s vius dYkD; l s
 fopfyr djrk gA vc og D; k djs \ i e i e eaQd dj l R; dh gr; k djs; k
 ml dh j {kkdj viuk dYkD; ikyu djs \ og cMsl dV ea i MhA vkf [kj nksuka
 "kfä; ka dk ; q) i e&i e us fot; i ktr dj ml s vius dYkD; i Fk l s fxjk
 fn; k&l R; dh gr; k djusdksml sl é) fd; kA og ml h l e; ol qdsi kl i gph
 vksj cksyh&i e&rñga; kn gksx fd ejk , d oj r#l sikuk ckdh gA vkt ml dh
 ep-s t#jr i Mh gA bl fy, viuh ifrKk dk fuokz dj ep-s drkfkz djka ckr
 ; g g&ior vksj ukjn dk fd l h fo'k; ij >xMk gksx; k gA ml dsfu.kz ds
 fy; smlgkusrñga/; Lfk puk gA bl fy, eärñgadguadksvkbzgnrd r# i or ds
 i {k dk l efkz djuka l p g&tkLo; a iki h gksr gš os nñ jka dks Hkh i ki h cuk
 MkyrsgA tš sl i ZLo; atgjhyk gkrk gsvksj ftl s dKvrk gSml shkh fo'k; q# dj
 nrk gA i kfi ; kadk ; g LoHko gh gkrk gA

jktl Hk yxh gñz FkhA cM&cM depljh ; Fk LFku cBsqq FkA jktk
 ol qHkh , d lñj jRu tMsfl gkl u ij cBk gvk FkA brusea ior vksj ukjn
 viuk U; k; djkus dsfy, jktl Hk ea vk; A nksuka viuk U; k; djkus dsfy,
 viuk&viuk dFku l qkdj vlr eafdl dk dguk l R; gsvksj x#th us vi us

dksvtš ZV0; e-bl dk D; k vFkZ l e>k; k Fkk] bl dk [kykl k djusdk Hkkj ol q
 ij NkM fn; kA ol qmä okD; dk Bhd vFkZ tkurk Fkk vksj ; fn og pkgrk
 rks l R; dh j{kk dj l drk Fkk] ij ml svi uh x#vk.khth dsekxsqg oj us
 l R; ekxZ l s<dsy dj vlxgh vksj i {ki krh cuk fn; kA feF; k vlxg dso" k gks
 ml us vi uh ekue; khk vksj ifr' Bk dh dN ijokgu dj ukjn ds fo#)
 Qs yk dj fn; kA ml us dgk fd tksioR dgrk gSogh l R; gS vksj x#th
 usgea, d k gh l e>k; k Fkk fd vtš ZV0; e-bl dk vFkZ cdjka dks ekj dj mul s
 gke djuk pkfg, A izdr dks; g egk vl; k; l gu ughagv kA ml dk ifj. kke
 ; g gvk fd jktk ol qftl LQFvd dsfl gkl u ij cBdj ifrfnu jkt dk; Z
 djrk Fkk vksj ykxka dks; g dgk djrk Fkk fd ejs l R; ds iHkko l sejk
 fl gkl u vdkd" k ea Bgjk gvk gS ogh fl gkl u ol qdh vl R; rk l sVW iMk
 vksj iFoh ea?kq x; kA ml dsl kFk gh ol qHk iFoh ea tk /k] kA ; g nš k ukjn
 usml sl e>k; k&egkjkt] vc Hkh l R; & l R; dg nhft,] x#th us tš k vFkZ
 dgk Fkk og ixV dj nhft, A vHk dN ughax; kA l R; or vki dh bl l dV
 l svo"; j{kk djsxkA dqr ea0; FkZ vi uh vkrk dks u ys tkb, A vi uh bl
 ij nqz'kk ij Hkh ol qdks n; k ugha vkbA og vksj tks'k ea vkdj ckyk&ugh
 tksioR dgrk gSogh l R; gA bruk ml dk dguk Fkk fd ml ds iki ds mn;
 usml si fFkohry ea igpk fn; kA ol qdky ds l q nZ gvkA ejdj og l kroa
 ujd ea x; kA l p gSftudk an; nqV vksj iki h gkrk gSmudh cf) u'V gks
 tkrh gS vksj vlR eamllga dqr ea tkuk iMrk gA bl fy, tks vPNs i#'k gA
 vksj iki l scpuk pkgrs gAmllga i k. kka ij d'V vkus ij Hkh dHk >B u ckyuk
 pkfg, A ioR dh ; g nqVrk nš kdj iztk ds ykxka usml sx/ks ij cBk dj "kgj
 l sfudky ckj fd; k vksj ukjn dk cgr vkj&l Rdkj fd; kA

ukjn vc ogha jgus yxkA og cMk cf) eku vksj /kekRk FkkA l c
 "kkL=kaeaml dh xfr FkhA og ogk jgdj ykxka dks /keZ dk mi nš k fn; k djrk]
 Hkxoku-dh iut k djrk] i k=ka dks nku nš kA ml dh ; g /keZ ijk; .krk nš kdj
 ol qds ckn jkT; fl gkl u ij cBusokyk jktk ml ij cgr [kqk gvkA ml
 iz érk eaml usukjn dksxfjrv uked uxjh dk jkT; Hkx/ eansfn; kA ukjn
 uscgr rd ml jkT; dk l qk Hkxka vlR eal d kj l smnkl hu gkdj ml us
 ftunh{kk xg. k dj yhA efu gkdj ml us vud thoka dks dY; k. k ds ekxZ ea
 yxk; k vksj riL; k }kjk ifo= jRu=; db vkj/kuk ds vlR ea og l okFkZ l f)
 x; k] tksfd l okk] ke l qk dk LFkku gA

I khkj&vkj/kuk dFkdk's'k i+ 215&224

Let me bring Love

- Lord make me an instrument of Thy peace
- "where There is "hate, "That I may" bring love.
- "Where There is"offence, "That I may" bring pardon.
- "Where There is" discord " that I may" bring union.
- "Where There is" error, " That I may" bring truth.
- "Where There is" doubt. "That I may" bring faith.
- "Where There is" despair, "That I may" bring hope.
- "Where There is" darkness. "That I may" bring light.

“where There is” sadness, “That I may” bring joy.

gs i Hkq eþs vi uh “kkfUr dk , d ; U= cukA

t gk; ?k. kk gš ogk; eš i æ yk l dÞ

t gk; vkØe.k gš ogk; eš {kek yk l dÞ

t gk; erHkn gš ogk; eš esy feyki yk l dÞ

t gk; Hkay gš ogk; eš l Ppkbz yk l dÞ

t gk; l lng gš ogk; eš fo“okl yk l dÞ

t gk; fujk“kk gš ogk; eš vk“kk yk l dÞ

t gk; vl/kdkj gš ogk; eš i zk“k yk l dÞ

t gk; mnkl h gš ogk; eš i d urk yk l dÞ

Saint Francis l r Ýkál l

^ejh Hkkouk*

‘My Prayer’*

^jgs l nk l Rl æ mlgħa dk /; ku mlgħa dk fuR; j gš

mu gh tš h p; kZ ea; g fpÜk l nk vuġ ä jgA

ugħa l rkÁ; fdl h tho dks >Þ dHkh ugha dgk d: j

ij/ku ofurk ij u yHkkÁ; l rkskker fi; k d: AA*

May I always associate with such aforesaid Holymen;

May my mind be constantly occupied with their contemplation ;

May the longing of my heart be always to tread in their footstep ;

May I also never cause pain to any living being ;

May I never utter untruth ; and

May I never covet the wealth or wife of another !

May I ever drink the nectar of contentment !

dkbz cj k dgks ; k vPNk y{eh vkos ; k tkoš

yk [kka o“kká rd thÁ; ; k eR; qvkt gh vk tkoA

vFkok dkbz dš k gh Hk; ; k ykyp nus vkoš

rks Hkh U; k; ekxz l sejk dHkh u ix fMxus i koAA

Whether people speak of me well or ill;

Whether wealth comes to me or departs;

Whether I live to be hundreds of thousand years old;

Or give up the ghost this day;

Whether any one holds out any kind or fear or with wordly riches he tempts me;

In the face of all these possible things may my foot steps swerve not from the path of truth !