

, d s ugha # dsk vkradokn

*fouhr ukjk; .k

epbz ij gg vkradoknh geys l s N% egROI wkz fcaq mHkjs gA 1- , Vh, l us vius rhu l oZsB vf/kdkjh bruh vkl kuh l s D; ka [kks fn, A 2- l rdzrk , stfl ; ka dh i wZ prkouh ds ckotm epbz ds l epn ekxz ij l rdzrk D; ka ugha cjr h x; h \ 3- cakd cuk, tkus dh n"kk ea vkradokfn; ka l s ckr djus ds fy, LFkkuh; Lrj 0; oLFkk, a D; ka ugha dh x; h gA \ 4- , d s vpkud geyka l s fui Vus ds fy, Rofjr dkjokbz djus ; kx; nLrs jM&, yVZ ij D; ka ugha jgrA 5- ikp fl rkjk gk/y tS s 0; oLkf; d ifr"bku viuh l j {kk dsfy, vkrRe fuHkz D; ka ugha gS \ 6 vki n izaku ds ekeys ea ge brus <hys D; ka gS

ekjs x, rhuka ifyl vf/kdkjh gear djdj} fot; l kyLdj vks v"kkd ders epbz ifyl ds l oZsB vf/kdkjh FkA fuMj vks fuHkz gh ugha cfYd cf) eku] dky vks vke turk ds gd ds fy, yMys okys HkA ; s oks vf/kdkjh Fks tks ed; ea h l s ; g dgus ea Hkh ugha fgpdrs Fks fd os l j {kk dfez; ka dks vke turk dsfy, rskr djaks vki ds : V izak dsfy, ugha

tc Hkh , d h ?kVuk gkrh gS l kjk xpl k ifyl vks l drzk , stfl ; ka ij fudkyk tkrk gA l kyl djus ij kgr dks ekysk dkaM ea D; k Nwfn; k fd l kjh f"ko l suk ml ds ihNs i M+x; hA ge ifyl dks vk/kud gFk; kj naxs ugha ge vko"; drk l s 1@20 fgLI k ifyl dh HkrtZ djaxA ge ifyl dks turk dh l j {kk dh ctk; ohvkbz h dh l j {kk dsfy, rskr djaxA ge ifyl dks Lora fu.kz yus dh NW ugha naxA vxj os vius food l s dN dMs dne mBk ya rks ge mlga vnkyr ep ehM; k ea vks ekuo vf/kdkj vk; kx ea bl rjg ?k h vaxs fd vxyh ckj os dN djus l sigys nl ckj fBBd tk, A tc geus ifyl okya ds gkFk is cakdj Mky fn, rks vkradh geys ds s : d l drs gA \ fQj ogh iatkc dk mnkj .k ngjuk i Mxk gA ds h, l fxy dks tc cs r fl g vks ujfl g jko us iatkc dk vkradokn [krRe djus dk vkrak fn; k rks fxy crkrs gA fd mlgkaus "krZj [kh Fkh fd vki nksuka vks vki dh jkT; o dmz l jdkja ejs dke ea n[ky ugha naxA mudh "krZ ekuh x; h vks iatkc l s vkradokn [krRe gks x; kA ; s fQnkbZ gk y" dj&, &rbck gla ; k fgtcy edkfgnnhu gka l c fBdkus yxk fn, tk, xsvxj fgnturku dh ifyl dks vks QkSt dks NW ns nh tk, fd re feydj nsk l s vkradokn dk l Qk; k dj nka gekjs ifyl okya dks vR; k/kud gFk; kj Qkju fn, tkus dh t: jr gA tks , d ds 47 l s cjl rh xkfy; ka dk epkcyk dj l dA

ftl rjg vkradoknh LihM ckV l s epbz ds l cl s T; knk jksud okys bykds ea c[kkQ cskM ed pys vk, ml l s ; g l oky mBuk LokHkkfod gSfd bl [krjs dh vk"kkck igys l s Fkh fQj l epn rVka ij dkbz ekdwy fuxjukh vks , d h fLFkr l s fui Vus dsfy, l "k= Vhea ogka rskr D; ka ugha dh x; ha \

gj ckj tc vkradoknh ykxka dks cakd cukrs gA rks mul s okrz djus dsfy, fo"kskK fnYyh l s gh D; ka cyk, tkr gA \ gj cMs egkuxj ea bl ; kx; rk ds vutkoh ykx LFkkuh; : i l s rskr jgus pkfg, tks Qksu vkradokfn; ka l s okrz pkyw dj l ds rkd fLFkr dks fcxMys l s jkdk tk l dA

N=ifr f"kokth VfeZy ij vkradoknh xksh dh cNkj djrs gg ?kd s vks mudk epkcyk djus ds fy, l keus Fk jy ifyl dk , d fl ikbz viuh [kVkj cmod fy, A tks tkfgju ekjk x; kA , d h ?kVuk, a ftl rjg epbz ea pkja rjQ gpbz os h fLFkr l s fui Vus dsfy, jSi M , d"ku Qkd Z egkuxjka ea geskk miyC/k gksh pkfg, A tks [kj feyrs gh vk/kud gFk; kja dk tokc os s gh gFk; kja l s ns l dA bl ds l Fk gh , l i hth dekaMks dks Hkh epbz dydRrk tS s egkuxjka ea Hkh

LFkk; h : i l s r&kr jguk pkfg, A vHkh rks mlga fnVyh l s cyokuk i Mf&k gA ft l ea dkQh oDr cckh gks tkrk gA

rkt gkV/y ea tks gprk ml l s l c gS ku vks n[kh gA egROI wZ ckr ; g gS fd rkt ds gkV/y ds depljh vks vf/kdkjh tku ij [ksydj vi us egekuta dks cprks jgs vks "kghn gks x, A , s cM& m |ksxka dks viuh l j {kk dsfy, l jdkj l s vi s{kk ugha j [kuh pkfg, A [kn br tke djuk pkfg, A

HkpkY gks ; k l ukeh] vkrdh geyk gks ; k dkbZ cM& nqkV/uk] vki n izdku ds ekeys ea ge gj ckj vl Qy fl) gksr gA vki n izdku dh fn"kk ea dkbZ Bkd dke D; ka ugha fd, tk jgs gA \ dgy feyk dj ckr bruh l h gS fd jktu s rd bPNk "kfDr ds vHkko ea epbz tS h ?kVuk; a vDI j gsrh jgach vks vke turk ; ugh cckh gsrh jgsxA bl ckj nDdu eqtkfgnnhu us tks b&sy Hksth gS og cM& [krjukd gA bl ea fy [kk gS fd eq yeku Hkjr ds , d cM& fgLLks dks eq yekuka ds dkuu ds fgl kc l s pykuk pkgrs gS vks tc rd os bl s gkfl y u dj ys fgmp/ka dks bl h rjg viuh xksy; ka dk fu"kkuk cukrs jgaxA ; g xdkhj prkouh gS vks l e; dh ekax gS fd bu HkVds gq ukStokuka dks djku dk l gh l nsk or&ku ifji s{k ea fn; k tk, rkfd muds cgr l s Hke VW l dA

nfu; k Hkj ds Vsyhfotu p&ryka ij djku & "kjhQ vks vke vkneh ds l &dkka dks l e>kus okys dk; Ze iLr& fd, tk, a vks bu ukStokuka dks [kk l rks ij bl cgl dk fgLI k cuk; k tk, rkfd os d&M+ vks eksh dk QdZ l e> l dA cgr l kjs ekp& ij , d l kFk , d tV gkdj yMuk i M&ka rc dgha tkdj vkrdokn ij udsy i M&hA ojuk dgy jktu s rd c; kuckth gkdj jg tk, xh vks tehuh Lrj ij dN ugha cnyskA

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