

jsrhys {ks=ka ea o{kkjksi .k

MKW jfo dēkj
i k/; ki d] okfudh foHkkx
pkškjh pj.k fl g gfj; k.kk df"k fo'ofol ky;
fgl kj&125004

mRrj if'peh Hkkjr dk 'kqdrk l s i Hkkfor {ks= e[; r% jktLFkku 1/68-6
ifr'kr¼ xqtjkr 1/21-8 ifr'kr¼ iatkc 1/5-2 ifr'kr½ ,oa gfj; k.kk 1/4-5 ifr'kr½
jkt; ka ea QSyk gpk gā 'kqdrk dk ied[k dkj.k vi; klr ,oa vl rfy r o"kkZ gā
ok"iu&ok"i kRl tū dh okf"kd ek=k bl {ks= dh vkš r o"kkZ ds vuq kr ea cgr
vf/kd gā bl fy, ueha u gkus dh otg l s l ky Hkj 'kqdrk cuh jgrh gā gok, a
uehjgr gsrh gā rFkk buea l kišk vknrk ik; % 16&30 ifr'kr rd gh cuh jgrh
gā l kjkāk ea vi; klr ,oa vl rfy r o"kkZ mPp ikš fofdj.k] de ok; e.Myh;
vknrk rFkk ueh jgr rst gok, abl 'kqd {ks= dh ied[k fo'kskrk; a gā

gfj; k.kk ea e[; r% fHkokuh] egbnx<} fjokMh] fgl kj] Qrjgckn ,oa fgl kj
ftys bl l eL; k l s xfl r gā rFkk jkt; dk djhc 147-76 oxZ fdykehVj Hkk&Hkkx
bl l eL; k l s i hfMf gā bl oxZ ea vkus okyh enk, a jsrhys xBu dh gsrh gā
buea thokāk inkFkZ dh deh ik; h tkrh gā vr%u=tu dh Hkh deh ikbz tkrh gā
buea ik; QkLQkj l dk Lrj Hkh l k/kkj.k gsrk gā ikš/kf'k; e o vl; l e rRoka
dk Lrj iškka dh l keku; vkko'; drk dk vuq i gsrk gā

bu bykdka eafdl ku Hkkbz o{kkjksi .k dj Hkfe dh Hkšrd ,oajkl k; fud xqkka
ea l qkkj dj l drs gā rFkk o{kka dks cktkj ea cp dj viuh vk; ea Hkh of) dj
l drs gā 'kqd ,oa v) Zkqd {ks=ka ea fuEufyf[kr o{k iztkfr; ka dks l qerkl s
mxk; k tk l drk gā

jsrhyh Hkfe ds fy, mi ; Ør o{k

, ds'k; k VkjfVyh]] dh[dj] tkMh] fl fj]] uhe] egk: {k dš rFkk l St ukA

mFkyh Hkfe ds fy, mi ; Ør o{k

, ds'k; k VkjfVfy]] bl jk; yh ccwy] egk: [k

o{k yxkus dk l e;

l kekl; r%o{k ekul w ds vxneu ds ckn yxk; s tkrsgā ij dbz ckj vxLr
fl rEcj egk ea Hkh rkieku c<+ tkrk gS rks i kšks ej tkrsgā bl fy, bu {ks=ka ea
fl rEcj dk vflre l lrg ; k vDmēj ds 'kq ea o{kjksi .k djuk ykHkdjkh gksrk
gā

o{kjksi .k dh fof/k

o{kjksi .k l s igys 2½ l s 3 Qw xgjk xM<k [kkn yrs gā bu {ks=ka ea
xM<ka ea xkcj dh [kkn Mkyus l s nhd dk izdki c<+ tkrk gā vr% ijh rjg
l Mh xyh [kkn gh Mkyuh pkfg, A o{kjksi .k ds rjUr ckn i kška ea i kuh ds l kFk
nheduk'kh dk iz kx djuk vR; Ur vko'; d gā bl ds fy, Dykj ik; jhQkl
¼15&20 fe-yh½ , d ckYVh i kuh ¼10&15 yhVj½ ea feykdj i kška ea Mkyuh pkfg, A
o{kjksi .k ds ckn xM<k Hkjs l e; /; ku j [ka fd feVh dk <ky i kšks dh rjQ gks
rkfd ckfj'k dk i kuh i kšks dh tMka ds vkl i kl gh jgā

i kšks LoLFk gkā vDmēj egk ea o{kjksi .k ds ckn 15 fnl Ecj rd djhc
10&15 fnuka ds vlrjky ij i kuh yxkuk pkfg, A i kška dks l nhz ds ekš e ea i kys o
B.M l s cpkus ds fy, ml s ?kkl ; k l jdUMh l s <d nsuk pkfg, rFkk fl pkbz
fu; fer vlrjky ij djrs jguk pkfg, A vokjk i 'kq/ka l s i kška dks cpkus ds fy,
o{kjksi .k okys {ks= ds pkjka rjQ dā/hys rkj dh ckM+ yxk nsuh pkfg, A l nhz dk
ekš e [kRe gkus ij Qjojh egk ea i kšks ds pkjka rjQ yxk; s l jd. Mka dks gVk nsuk
pkfg, A ekpz l s ydij ckfj'k vkus rd i kška ea fu; fer vlrjky ij fl pkbz vR; Ur
vkok'; d gksrh gsojuk i kšks rst xehz o 'kqd gok ea ej tk; kā bl izdkj djhc

, d o"lz rd n[kHky djus l s i kSks LFkfi r gks tkrsgA vkus okys l e; ea fu; fer
vUvjky ij fl pkbz dju\$ ikys o B.M l s cpkus ij i kSka ds ejus dh l EHkkouk
dkQh de gks tkrh gA

dhdj] uhe] 'kh'ke] tkA/h rFkk egk: [k vkfn o{kka ea i kSka dks cpkus ds fy,
[kkjs i kuh 1/250 fe-yh- yo.kka dh l kark1/2 l s Hkh , d ; k nks fl pkbz chp&chp ea
dj l drsgA

bu bykdka ea vkt dy egk: [k dkQh l gtrk l s mx tkrk gA gea
, fy, UFl , Dl syl k uke l stkuk tkrk gA ; g , d rsth l s c<us okyk o{k gS tks
8&10 l ky ea r\$ kj gks tkrk gA vkt dy bl dh ydMh dk ctkj ea Hkh vPNk
eW; fey jgk gA

bl izkj fdl ku Hkkbz 'kt d , oajrhys bykdka ea l gh l e; ij o l gh o{k
dk puko dj o{kjksi .k }kj k viuh Hkfe dks vijnu l s cpk l drsgA pkj i l r
dj l drsgA rFkk vrfjDr vk; i l r dj viuh vkenuh ea c<srjh dj l drsgA

&&&