

1

^tiq̄ th l kgc l oky tokc

1½ ^tiq̄ dk D;k vFkz gS

^tiq̄ dk vFkz gS l fejuA i Hkq dk Lej.k gh tho dh i Hkq
l sngh feVl l drk gSA ck.kh ^tiq̄ eabl ^l feju* dh gh
0; kj0; k dh x; h gS bl h fy, bl dk uke ^tiq̄ j [kk x; k gA

2½ ck.kh ^tiq̄ eafdrus 'ykd rFk fdruh imMh; lagA

ck.kh ^tiq̄ eafdrus 'ykd rFk 38 imMh; lagA
igyk 'ykd ^vfn l pq txfn l pq---* ck.kh ds i j EHk
eagSrFk n j k 'ykd ^io. l q x q i k.kh fir k---* ck.kh
ds vUr e agA

3½ Jh xq xBFk l kgc eack.kh ^tiq̄ dgk ntZgS

ck.kh ^tiq̄ Jh xq xBFk l kgc ds i j EHk eavx ¼i "B½ 1
ls8 ij ntZgA

4½ ck.kh ^tiq̄ eajgkA dk D;k vlnsk gS

bl ck.kh eajgkA ughagA jgkA dk vFkz Bgiko vFkz

_____ ^tiq th l kfgc l oky tokc _____

bl iDr ea dthh Hko gA
dN fo }kukadk fopkj gSfd ; g l kjh ck.kh gh Jh xq xtkFk
l kfgc dk jgkA gA bl ea l eph xjck.kh dh fopkj /kjk
ewy : i eaeksm gA

5½ ewy ea dgk rd gS

ewy ea A l sxj iz lfn rd gA ml dscln ck.kh dk uke
^tiq gA

6½ ^tiq ck.kh dk igyk 'ykd o bl dk HkoFKZD; k gS

igyk 'ykd gS &
vkn l pqtqkn l pqAA
gSfHk l pqukud gkl h fhk l pqAA
bl dk Hko gSfd vdky iq [k vkjEHk l sgh gS ; qka ds
vkn ¼ kjEHk½ l sgh l Ppk gS vc Hk rFk vlxshh og
l nD l p jgsk A

7½ igyh imth dgk l svkjEHk gksh gS

l kps l kpo u gkobz -----

8½ igyh imth eaxq l kfgc usdu crkædk [k.Mu fd; k gS

xq l kfgc uspkj crkædk [k.Mu fd; k gS%
1- 'kjhj dks Luku djkus l seu ifo= ughags l drkA
2- pij jgus l seu dh 'kflr ughags l drh A
3- cgr l kjs inFKZ , d- djus l sHk eu dh r" .kk nij

_____ ^tiq th l kfgc l oky tokc _____

ughags l drh A
4- yk [ka prjkbz ka gkus ij Hk , d Hk prjkbz l kFk ugha
nrh A

10½ igyh imth eaxq l kfgc D; k izu djrsgsrFk D; k mlkj nrs gA

izu gSfd ge l niq "k dS scu l drsgsrFk gekjsvlhj
l s >B dk inlz dS sVW l drk gA
mlkj gSfd vdky iq [k ds gDe ea jgus l sgh l niq "k
cuk tk l drk gsrHk >B dk inlz VW l drk gA

11½ ik.kh dh iHql sc<rh njih dS sfeV l drh gS

iHq dk vknsk ekuus l s A

**12½; g njih dS & dS suglagV l drh **

nku] rHFZ i.k.k; ke ; k prjkbz ka l s ; g njih ughagV
l drhA

13½ mljh imth dsvuq kj gekj vgalj dS snj gkl drk gS

vdky iq "k ds vknsk dks l e>us l svgdkj nij gkl drk
gA ¼ ukud gpeS tscpSr gmeS dgSu dks AA½

14½ mljh imth dsvuq kj vdky iq [k ds vknsk ead; k gks jgk gS

_____ ^tiq̄ th l kfgc l oky tokc _____

vknsk ea

- & thokads 'kjhj cu jgs gA 1/2 gkofu vkdkj 1/2
- & thokadk tle gks jgk gA 1/2 gkofu thv 1/2
- & thokads 'kikk fey jgh gA 1/2 fey Sofl/vkbl 1/2
- & dksZ ik.kh vPNk cu jgk gSrFk dksZ cjik 1/2 mreq uhp 1/2
- & ik.kh nqk l qk Hkoc jgs gA 1/2 nqk l qk ikbz/vfg 1/2
- & vuska ij dik gks jgh gA 1/2 [kl hl 1/2
- & vuska tle ej.k dspDdj ea Qj sgq gA 1/4 nk Hkoblz/vfg 1/2
- & l c dN iHkq dh jtk ds vuq kj gks jgk gSrFk gple dsfcuk dN Hk ugha A

15% gple ekuusdk d; k rjhdk gS

iHkq dh izka k djuh@mie k djuh A

16% ik.kh dS si jekRek dh miek dj jgs gS

- fuEu vuq kj tho iHkq dh ml rfr dj jgs gS %
- & dksZ i jekRek dh cMh rkd r dks xkrk gA
- & dksZ ml dh dik dks fu'kku l e> dj xkrk gA
- & dksZ i Hkq ds l qnj xqka dh efgek dk o.ku djrk gA
- & dksZ fo|k dscy l svkRed Klu dsdfBu fo"ka; ka ij v/; ; u djrk gA
- & dksZ dgrk gSfd vdky iq [k 'kjhj cuk dj jk[k dj

_____ ^tiq̄ th l kfgc l oky tokc _____

nrk gA

- & dksZ dgrk gSfd gjh , d 'kjhj ea l stku fudky dj nll jseaMky nrk gA
- & dksZ dgrk gSvdky iq [k nij fn[krk gA
- & dksZ dgrk gSfd vdky iq [k l oD; ki d gA

17% vdky iq [k dh ckyh 1/2 [kvl 1/2 D; k gS

vdky iq [k dh ckyh iE gA

18% vdky iq [k dk njckj dS sfn[k l drk gSrFk dks l s

opuladk l qdj og geal; kj dj l drk gS

ver oys 1/4 kr-% dky 1/2 okfgxq dk uke tiusrFk xqka dh fopkj djus l sgh okfgxq dh ikr gks l drh gA

19% okfgxq ds njckj l sdik dS si nr dh tk l drh gS

ft l usvdky iq [k dk lej.k fd; k ml usdik ikr dj yh A 1/4 tfu l sovkr frfu ikfb; k ekuq AA 1/2

20% ge viuk nqk dS snj dj l drsgS dS sl qk dksân;

eacl k l drsgS

1/2 vdky iq [k ds xqk xk; u djus l s 1/2 kothv 1/2

1/2 vdky iq [k ds xqk l pus l s 1/4 qkv 1/2

1/2 eu ea iE fvdkus l s 1/2 efu j [k vSHk m 1/2

bl rjg ge viusnqk nij dj yrs gSrFk ân; ea

_____ ^tiq̄ th l kgc l oky tokc _____

l d[k cl k yrs gā 1/4 d[k ijgfj l d[k ?kfj ys tko AA½

21½ **gekjsfy, f'ko xkj [k] cgek rFlk iloZh dli gā**

xq gh gekjsfy, f'ko g\$ xkj [k g\$ xq gh cgek gSrFlk
iloZh gā

22½ **ilpoh rFlk Nohaimlyh eage xq th l sD; k ekrs gS**

ge fourh djrs gSfd gsxq th ! l Hkh thok dh tfodk
nsus okys i Hkq dks dgha eS Hkyk uk nā

23½ **gekjsvuhj ijekek dsxqk dS siik gkl drsgā**

gekjh c[d] ds vuhj xq ka ds jru] tokgj rFlk ekh iik
gls tkrsgā ;fn ml okfgxq dh , d f'k[k dks l q yā
1/2 fr fofp jru tokgj ek. kd tsbd xj dh fl [k l qh AA½

24½ ;fn **ejhmezcgq T; lmk gskt,] cgq l kjsy k ejsiHs**

yx tk, h ;fn eSl kjslā kj eavPNh 'Hkh ikr dj yw
rksD; k ;g fuf'pr gSfd vdky iq [k dsnjckj eaeqs
vlkj&l dli feyxk

th ugha
mijkr l c d[gkrsgq Hkh ;fn gekjs ij vdky iq [k
dh dik n[V ugha ghZ rksge ml 0; fDr dh rjg gks
ftl dh dks [k j ugha i krk A ge vdky iq [k ds l keus
, d ekewh dHMs ds r[; gksa rFlk gekjs ij uke dks Hkyus
dk n[sk yxsxk A bl fy, nā; koh dkj & fogkj djus ds l kfk

_____ ^tiq̄ th l kgc l oky tokc _____

&l kfk i Hkq Lej.k vfr vko'; d gā

25½ ;fn **ge fl QZCms vPNsdk; Zdjrsjgsrksvdly iq [k**

dsnjckj eal qHkr gksa\ ;fn ugharksv[fdl pht
dh ikr t: jh gS

vdly iq [k dsnjckj eal qHkr gks ds fy, vPNsdk; k
ds l kfk l kfk i Hkq dh dik ikr dh t: jr gā i Hkq dh dik
gks h t: jh gā

26½ **HDrkdseu eal nS vlth dS scuk jgrk gS**

uke l qus rFlk uke ea/; ku t[us l s HDrkd s ān; ea
l nk vlun cuk jgrk gSD; kd i Hkq efgek l qus l s gh
muds n[ka rFlk i ki kd uk'k gls tkrk gā

27½ **eaš rFlk ^eaS ead; k vlrj gS**

eas dh pkj i mlyh vka ea igyh i mlyh ea ^eaš 'kcn vk; k
gSrFlk ckdh dh rhu i mlyh vka ea ^eaš vk; k gā
^eaš dk vFZ gS ft l useku fy; k gS rFlk ^eaš dk vFZ
gā ^; fn eku yā

29½ **efu tk kSefu dks* dk D; k vFZ gS**

efu dk vFZ gS eku ds n[ka rFlk efu dk vFZ gS eu ea!
vFZ ;fn dks gn; l sekudj n[k y[tcjnLrh ugha
cfd fny l sekus A

_____ ^tiq̄ th l kfgc l oky tokc _____

30½ ip* dk D;k vFlZgS

^ip* og eutq; gđftUgksuke l qk gSrFlk ekuk gđ Hkko ftudk /;ku Lej.k ea tFlk gSrFlk ftuds vUnj i Hkq ijekRek dk Hkjkd k vk x;k gđ ip dk vFlZ ^ip* ½½ ugha gđ

**31½ kjrh dh flFlr dscljseaykkaeD;k Hle Flk rFlk xq l kfgc usD;k rdZfn;k rFlk D;k cny fn;k **

ylska ea Hle Flk fd /kjrhdks ,d cŷ usviusfl xka ij mBk j [kk gđ xq l kfgc us izu fd;k fd fQj cŷ dgk [kMk gđ mlgk us Li"V fd;k fd /keZ : ih cŷ ds l gkjs gh l d kj fVdk gq/k gđ

32½ kjrh dksdli l scŷ usmBk;k gq/k gS

/kjrhdks/keZ : ih cŷ usdk; e j [kk gq/k gđ Hkko /keZ : ih cŷ/kk gq/k fu; e gh bl l f"V dks pyk jgk gđ

33½ /keZfdl dk iq gSrFlk /keZdk iq dli gS

/keZn;k dk iq gSrFlk bl /keZus l rks[k dks tle fn;k gđ Hkko n;k l s/keZ i sk gq/k gSrFlk /keZ l sgh l rksk dk tle gsrk gđ

34½ t i q̄ h l kfgc eafdl Qjelu dk vFlZgSfd olgqxq] tks r q̄ svPNk yxrk gSoghack; ZHky gS

tks r q̄ HkkoS l kbZ Hky hclj AA

_____ ^tiq̄ th l kfgc l oky tokc _____

35½ vl i k dh imfl; ladsvuqkj vdky iq [k dh jpuk ea th fdl fdl rjg dsdle dj jsgđ

vdky iq [k dh jpuk ea vufxur th fuEufyf[kr dk; Z dj jsgđ

& Lej.k dj jsgđ ¼tiq̄

& vl; thokalsie dj jsgđ ¼ikmđ

& intk dj jsgđ ¼itk½

& ri l k/kuk dj jsgđ ¼ri rkmđ

& /kfeZ i q̄rdk ds ikB dj jsgđ ¼xkFk eq[k on ikB½

& ;ks l k/kuk dj jsgđ ¼tks½

& HkDr gđ

& nukh gđ

& ;ks; gđ

& eksr/kjh gđ

& egke[kZ gđ ¼e[kZ vdk ?Nj ½

& plj gđ

& ijk;k eky gM+us okys gđ ¼gje [Nj ½

& nitjka ij vknsk rFlk tle djus okys gđ ¼xyoM½

& dkfry gđ

& ikih gđ

& >B ckyus okys LoHkko ds gđ ¼dM+vkj ½

& [k/h cŷ) okys gđ ¼eyN½

_____ ^tiq̄ th l kgc l oky tokc _____

& v[kk] i nkFkZ [kkus okys gA
& funad gš ¼ulnk djus okys gA

36½^tiq̄ th l kgc eaog dka l k Qjelu gSft l dk vFkZ
gSfd vdky iq [k gj txg 0;kid gSrFk dloZ txg
, d h ughatgk vdky iq [k uk gls\
tsrk dhrk rsk ukmqAA fouqukoSukgh dks FkmA

37½gfk iš fdl l seyhu gks gSrFk dš s/ks tkrsgā
gkfk iš ; k 'kjhj feVvh vkfn l s xlns gks gsrFk i kuh
l s/ks i j eš mrj tkrh gA

38½gekjh cf) dš seyhu gks h gSrFk dš s/ks h tk l drh gS
gekjh cf) iki l s xlnh gks h gSrFk vdky i j [k dk
Lej.k djus l sbl dks /ks k tk l drk gA

39½tš k ge cht rsgSoš k gh Qy [krsgS bl l EclVh ea
^tiq̄ th l kgc eaD;k dgk x;k gS
vkischt vkisgh [kkqAA

40½l w l fr* l sD;k Hko gā
l w l fr* dk vFkZ gSrgh t; gkš rwl nk vVy jgarFk
ešrsjk gh l gkjk yrk jgA

41½vNFk dk D;k vFkZ gS
ek; k l d k fjd fopkj A

_____ ^tiq̄ th l kgc l oky tokc _____

42½vdky iq [k l nš flFkj gSrFk ml dsân; ea l nš
i d l urk gš l EclVh Qjelu fy [ksA
l fr l gk.k l nk efu plmqAA

43½o [krq̄ u i kbv l s dlnh; k' dk D;k xYr vFkZ fudlyk
t l rk gSrFk Bhd vFkZ D;k gS
i a k c ds xj nkl i j ftys ea dlnh; k uked l Fku ij dñ
y l k a } j k ; g i p k j f d ; k t k r k g S f d x q u k u d n š t h
u s f l D [k a d s v k n s k f n ; k f d u x j d k n h ; k e a i x V g k s
o k y s i x E c j d k s e d h c r e a u M k y a A ; g x Y r g A
b l x q Q j e l u d s l g h v F k Z g ā f d ; g l d k j d c c u k
g š b l l e ; d h d k f t ; k a d s [k c j u g h a y x l d h u g h a
r k s o g H k h v k ; r s b D d B h d j d s b l l E c l V h f o p k j f y [k
n s A

44½; g l d k j d c c u k \
f t l j p u k d k j u s b l t x r d k s i š k f d ; k g S o g L o ; a
g h t k u r k g S A t x r d h j p u k < p u h f l D [k d k t h o u
e u k j F k u g h a A

45½unh; larFk ukys l eqzeafxjusdschn fQj vYx l s
ughai gplustk l drsA bl mlkj.k l sxq l kgc gea
D;k l ašk nsjgsgā
i HkqLej.k djus okys i k.k ml vdky i j d k e a g h y h u

_____ ^tiq̄ th l kgc l oky tokc _____
gls tkrsgārFk vdky iq [k bruk fo'kky gSfd ,s
ik.kh dksvdly iq [k lsvyx ughaigpkuk tk l drk gA

46½^va dkj.k dsysfcyyk* dk D;k vFkz gS
dbz ik.kh vdly ij [k dk vUr ½xgjkb½ <pus dh dks'k'k
dj jgs gA ijUrq ik.kh ml dk vUr ugha ik l dA

47½^cgqk dghvScgqk gk* dk D;k vFkz gS
tš stš s;g ckr dgh tk, fd vdly ij [k fo'kky gš
oš soš sog všj cMk všj cMk irhr gksyxrk gA

48½^cgqk dje fyf[kvk u tlb* dk D;k Hko gS
dje dk vFkz gS dik A ml vdly ij [k dh dik bruh
cMk gSfd fy[kh ugha tk l drh A

**49½^nqk dksvdly iq [k dh dik elusl EcU h D;k vlnsk
gS**
dšrvk nqk Hkqk l n ekjAA ,fg fHk nkr rgh nkrkjAA

50½^ek;k dsc/kulal sNvdjk dš sfey l drk gS
ek;k dsekj : ih cl/ku l sNvdjk vdly iq [k dsvlnsk
eajgus l sgh fey l drk gA

**51½^vdly iq [k dh dik dsfcuk dkbzeuq; ;fn c/kulal s
eDr fnykusd nok djarkxgck.kh vuqkj og dkk gS
rFk ml dk D;k gky gk'k gS**

_____ ^tiq̄ th l kgc l oky tokc _____
xgck.kh ds vuqkj og ik.kh dPpk gS e[kz gA bl e[k'k ds
dkj.k gh og vius egg ij pks/a [krsgSHko nq[kh gk'k gA
ts dks [kfbd vk[kf.k ikfg AA
všj tk.kS tshvk egg [kfg AA

**52½^tiq̄ th l kgc ds vuqkj geavdly ij [k lsviuh
t: jrsdš sekuzh pfg, **
vkis tk.kS vkis nbAA
vFkz vdly iq [k Lo;agh thok dh t: jrs tkurk gS
rFk Lo;agh dik djrk gA

**53½^t l ik.kh dksvdly ij [k viukule&lej.k c [k'k'k
djrk gS og D;k cu tkrk gS**
og ik.kh ik'r'kgk adk ik'r'kg cu tkrk gSHko l jguk
dh l okp inoh ik'r dj yrk gA

**54½^tiq̄ th l kgc dh l rbl ohaimh ^lajqdgk----* l s
geaD;k ij.k feyrh gS**
bl imh l s ij.k feyrh gSfd ;fn l kjh l f'v gh vdly
iq [k dsvlnskud kj py jgh gS rks gea Hkml dh efgek
xk; u djuh pfg, A iHkq dsvlnsk dh mY?kuk dsckjs ea
ughal kpuk pfg, A

**55½^l kZ l kZ l nk l pql kgc l kp l kph ulkZAA
gSHh gk h tlb u tlb h jpk ftfu jpkZAA**

_____ ^tiq̄ th l kfgc l oky tok _____

dk fo Jle l fgr Bhd mPpkj .k fy [ka

l kbz l kb] l nk l p] l kfgc l kpk] l kph ukbAA
gSHkh] gkl h] tkb u tkl h] jpuk ftfu jpkbZAA

56½ [Mk dlyqdykj dkb; k tqr Mmk ijrrAA

dk fo Jle l fgr l gh mPpkj .k fy [ka

f [Mk dky] dlykj dkb; k tqr] Mmk ijrr AA

57½ dlykj dkbvk tqr* dk D; k vFZgS

'kjij dlsfodkj l scpk dj j [kukA ; g gh ; lx dh e; kzk gA

58½ vkbz i bkt* D; k gS

; kx; ka ds 12 fofHku i bkt ea l okp ^vkbz i bkt* crk; k
tkrk gA

59½ dK l k ik kh okLro ea ^vkbz i bkt* okyk gS

tk l Hk dks viuk l kfk rFk fe= l e>rk gSogh i k kh
okLro ea ^vkbz i bkt* okyk gS JSB gA

60½ vknq dk D; k eryc gS

vknq qdk vFZgS iz kke A

61½ D; k l fV cge] fo". h egSk (Trinity of gods) ds} kjk

pykz tk jghgS rhu ds ikl dK l sfoHx crk; stlrs
gA

th ugh l fV rksdoy vdky iq [k gh pyk jgk gS

_____ ^tiq̄ th l kfgc l oky tok _____

ij d] ykx l e>rs gScgek nfu; k dks i bk djrk gS

¼ d kjh] fo". kHkStu nrk gS ¼ Hk kj h] rFk f'ko i k. k fudky
yrk gA ¼ ykb nhck. k

62½, dk elb] tqr fovlbZ----dsvuq kj D; k xq l kfgc

bl cr dsekursgfd l d kj dsdk; Zcge] fo". kqrFk
f'lo pyk jgsgS

th ugh xq l kfgc dk ck kh jpuk dk < x , d k gSfd
og igys ipfyr fefkvl dk o. ku djrsgS fQj ml dk
tokc nrsgA bl im] ea vlxsfy [k gSfd tS sml
vdky iq [k dks tks vPNk yxrk gS tS sml dk vknk
gsk gS oS sgh og Lo; al d kj dk dk; Zpyk jgk gA ¼ to
fr l qHkS fros pykSfto gkS Qj ekuA ½

63½ pMwSgle bdhl* l sD; k Hko gS

^bdhl* dk vFZgS, d : i gks dj ¼ viuh ^eS xokdj ½
vdky iq [k dks ikr djusdsfy, tks ekZ gS ml ij
vqdkj dks R; lx dj fuezk l sgh pyk tk l drk gA

64½ dM dMSBH* dk D; k vFZgS

dM BH* vFkZ > Bh xi ! dMSHko > Bseuq; dhA
vdky iq [k dh dik l sgh ml dksfeyk tk l drk gS
ugh rks i Hk Lej. k dk fn [k k djuk > Bseuq; ka dh doy
> Bh xi gh gA

_____ ^tiq̄ th l kfgc l oky tokc _____

65½^tiq̄ th l kfgc eadlk l silp [k.Madk ftdz gS

deokj fy[ks\

/kje [k.M

fxvku [k.M

lje [k.M

dje [k.M

lp [k.M

66½ilpla[k.Madk l f{lr HloFKZ djs\

/lje [k.M & tho vius drD; dks igpkurk gSA

fxvku [k.M & oge o Hke mM+tkrsgSrFkk Kku ds }kjk

gh l e> vkrh gSA

lje [k.M & uke fl ej.k dh esur l s;/ku] fnekx

rFkk cŷ} dk fodkl gks tkrk gSA

dje [k.M & vdky ij[k dh dik gkrh gSrFkk l nŷ

iz lkrk cuh jgrh gSA

lp [k.M & vdky ij[k eayhu gks tkrk gSA

67½^l hrls l hrlk* dk D;k Hlo gS\

^l hrls l hrlk* dk Hko gS iwkrkŷ ij fl ;k ijs k gŷkA

68½l Pph VDI ky eadlk l h l kr phtagls h gS\

;g l kr xqk gŷ & tr] /khjt] efr] fxvku] Hkmq̄ rirkmq̄

rFkk Hkmq̄A

_____ ^tiq̄ th l kfgc l oky tokc _____

tr vkpj.k ifo= gks

/ŷZ nŷ jkadk l Hko l gus dh {kerk gŷ

l gu'hyrk A

efr rFkk Kku Åph rFkk fo'ky l e> gks

Hkmq̄ iHkq dk Hk; gn; eadk jgs A

rirkmq̄ l ok dk vH; kl fu;fer djuk A

Hkmq̄ nŷ; k ds ykks ds ifr iŷ gn; ea

cl k jgs A

bu xqka dks ^tiq̄ th l kfgc eaxq ukud nŷ th us, d
Lo.kkjk dh mnkgj.k ysdj l e>k; k gŷ ¼; fn½ tr&: i ¼ fo=
vkpj½ nŷku gŷ /ŷZ LoZ kdkj cuŷ euŷ; dh viuh cŷ)
^vfgj.k* gks rFkk bl ^vfgj.k* ij Kku dk gFkk cts A

vdky ij[k dk Hk; ^kduh* gŷ esur }kjk dh xbZ dekbZ
vkr gŷ iŷ dŷkyh gks A gs HkoZ! ml dŷkyh eavdky ij[k
dk vŷr uke xykvs ¼; kykŷ A vŷ h l Pph VDI ky eaxq ds
'Kŷn dh dekbZ dh tkrh gŷ ftu ij ml iHkq ijekrek dh n; k
nŷ"V gŷ dh dik gŷ os ik.kh vdky ij[k dh dik nŷ"V
l svŷr vkufuŷr rFkk l ŷkh gks tkrsgŷ

69½^io.lqxq* dk D;k Hlo gS

tŷ s'kjhj dsfy, ik.k vFkkz 'okl] gok t: jh gS ml h

rjg gh xq Hko tho vRek dsfy. t: jh gŷ

70½ l d kj dh [ky dš h gš

l d kfd tho jkr dks l kus rFkk fnu ea dke ea yxsgg
gš bl rjg fnu rFkk jkr nksuf [MMkok rFkk f [MMkoh gš rFkk
; g l kj l d kj muds gkFka ea [ky jgk gš

71½ el dfr ?My* dk D;k vFkz gš

el dfr dk vFkz gš egur rFkk ?My dk vFkz gš ^l Qy
gls k' vFkz ftu i f.k; kaus vdky ig [k dk fl eju fd; k
gš og viuh egur l Qy dj x; sA

72½ dsh Nqh ulfy* dk D;k vFkz gš

Lej.k djus oky l dh l ar ea v kš Hkh dbZ tho ek; k ds
cl/kuka l seDr gks tkrs gš

73½ ^tiq dk l okre Vhdk ¼vFkz l xg½ d k l k gš

ck.kh ^tiq ds vusd fo }kuka us Vhds ¼vFkz½ fd; s gš
0; kdj.k ds vuq kj i kš j l kfgc fl ak th us Vhdk fd; k
gš ikj fEhd xjefr Kku ds ckn okLro ea vFkz thodh
vUr j kRe l s izV gsk gš ; gh l okre Vhdk gls l drk gš

2

^tiq th

izqk 'lOkads vFkz

Å

mPpkj.k ds l e; bl ds rhu Hkkx fd, tkrs
gš 1, U v kš > ¼dkj½ vr% mPpkj.k
gš, d v l vdkj A , d vdky ig [k tks
, d j l 0; ki d gš

l frueq

ml dk uke l R; gš vFkz og l nš gš og
okLro ea gš l Ppk gš vUr dky rd gš
l eLr l P'V dk jpukdkj o ml ea 0; ki d gš
og fd l h ds Hk; ds v l hu ugra gš vFkz
fd l h l s Hkh Mjrk ugra gš

djrk iq [k fujHkm

og fd l h ds l kFk bZ; kZ ugra djrk u gh
ml dk fd l h ds l kFk fojk k gš

fujos

og l e; ds i Hko l seDr gš dky jfgr
gš vFkz l e; uq kj cnyrk ugh uk' k ugra
gsk kA

_____ ^tiq th l kfgc l oky tokc _____	
[kq]	Lokq] jk[k
tkiS	yxrk g\$ irhr gk\$rk gS
gknjk gnij	I Hkh txg gkftj g\$ gkftj&ukftj
dFkuk	dguk
rk\$V	xqkka dks o.ku djusdk var
dFFk dFFk dFFk	dg] dg dj dgk g\$ vufxur
	ckj o.ku fd;k gS
dksV	djkk/+
nsk	nsusokyk
txk txarfj	I Hkh txkaeh ge\$kk gh
[kgh [kfg	mi ; kx djrs pys vk jgs g\$
gpleh	vknsk dk ekfyd vdky ij [k
jkq	jkLrk] ekx] I d kj dk deZ
fcxI S	i/ lu gks jgk g\$
os jokq	fpark eDr] c\$QØ
I kpk	fLFkj] I n\$ vflrRo gks
Hk\$ [kvk	ckyh] Hk\$kk
Hkm	iE
vik:	cs/ur] vullr
vk [kfg	ge dgrs g\$

_____ ^tiq th l kfgc l oky tokc _____	
exfg	ge ekxrs g\$
fd	D;k
egkS	eg] s
fd cky.kq	dku I k opu
vfer osyk	iwlZvkulh dk Ie;] ftI Ie; eut; dk
	eu I k/kj.kr;k I d kj ds >esyka seDr
	gk\$rk g\$
djuh	iHkqdh dik I s
unjh	ijekRek dh dik n"V
ek [kq	eDr
,oS	bl rjg
I Hkq	I Hkh txg
Fk\$ivk u tk,	LFk\$ir ughafd;k tk I drk
dhrk u gks	gekj\$scukus I s ugha curk
fujat uq I s	vat u %ek; k] fodkj k\$ I s jfgr] vdky
	ij [k
ekuq	vkj
xqkh fu/kkuq	xqkka ds [k tkus dks
efu	eu ea
Hkm	ijekRek dk I ; kj
nq [kq ijgfj	nq [k dks n\$ djds

_____ ^tiq̃ th l kfgc l oky tokc _____	
?kfj	ân; ea
xjeq[k	xq dh vki eg djusokyk] xq dsjklrs ij pyusokyk
ukn;	vkokt] 'kcn] uke] ftlnxh dh jkud]
on;	Kku
jfgvk l ekbz	l oZ 0; ki d
bZ jq	f'ko
cjek	cák
gÁ	eð
xjk	gs l frxq
cq-kbz	l e>
fol fj	Hky
ukok	eðLuku d: j
Hkok	eð vPNk yxp
fo.kqHk.k	ijekRek dks vPNk yxus dsfcuk
fd ukb djh	ugk ds eðD; k d: j
trh	ftruh
fl jfB	l f"V] l d kj
mi kbZ	i ðk dh gðZ
fo.kqdjek	i Hkq dh dik dsfcuk

_____ ^tiq̃ th l kfgc l oky tokc _____	
efr fofp	euq̃; dh cf) vñj
ekud	ekrh
tq pkjs	pkj ; qkaftruh
vkj tk	mez
nl wkh	nl xqkk
uok [kñk fofp	l kjh l f"V ea
tl q	'kðk] ; 'k
dhjfr	'kðkk
unfj	dik nf"V ea
dhv/k vñfj dhv	dhvka ea dhv] Nk/k l k dhvk
fujxq.k	xqk ghv euq̃; ea
xqkoðrvk	xqkh euq̃; ka ea
l q.kvS	l qus l } ; fn uke ea vkRek dks tk tk,
fl /k	og ; kxh ft l usfl) h i ðr dj yh gks
l fj	nors
/koy	cS] /kjr dh dk vkl jk
yksv	ykd] Hkou
nhi	/kjr dh dks ckVus okys l kr) hi
i kfg	Mjuk] i Hkko Mkyuk
foxkl q	vkuflnr] [kqkh
bZ :	f'ko
bmq	blnz nork

_____ ^tiq th l kfgc l oky tokc _____

eq[k eg l s
l kykg.k l jkguk] i jekRek dh ml rfr djuk

tlx txf ; l x ds l k/ku
l rql ark[k nku rFkk l arkSk
vBl fB 68 rFkZ
l jk xqkk ds cs/Ur xqkk dk

xkg [kst djusoky} tku igpku okys
vl xkg xgjk l etn] l l kj
gkFk gkS vl yh; r dh l e>
epusdh ekuus okys dh

xfr gkyr] volFkk
efu tk.kS J)k j[k dj n[ks eku dj n[ks
efu eu ea
epuS ;fn eku y; ;fn iHkqds uke ds l kFk
yxu ¼; kj½yx tk,
eukLFkk Åph gks tkrh gS

l jfr gkS eukLFkk Åph gks tkrh gS
cf/k tkxfr
l f/k [kcj] l e>uk
efg eg ij

_____ ^tiq th l kfgc l oky tokc _____

te dS l kFk tela ds l kFk
ekjfx jklrsea
Bkd jkd

ifr fl m bZtr ds l kFk
ijxVq ifl f) gkuk
ek[kqnyk: efDr dk njoktk
ijokjS ifjokj ea
l k/k: vdky ig[k dk vkJ; n<+djokrk gS
rjS xq Lo;a ikj fudyrk gS
rkjsfl [k fl [k adks ikj djokrk gS
Hkofg u fHk[k t: jrka dh [kfrj nj nj ughaHkVdrs
fQjrs

ip og euq; ftlgk us uke ¼xq mins½ l qk
gS rFkk ml dks ekuk gS

xq , dq dby xq gh
f/kvkuq l jfr dk fu'kkuk] eu dh , dkrk
djrs dS djuS djrkj dh dqjr dk

l ek: ys[k tk[k
/kSyq cS
nfbvk dk iurq n; k l s i sik gpyk
l fr e; khk ep l # ea

	^tiq	th	l	kfgc	l	oky	tokc
/k/eq		v	dky	i	j	[k	dk fu;e
/k/rh gks		/k/rh	ds	uhps	v	kj	cS
i jS		m	l	s	uhps		
ryS		m	l	cS	ds	uhps	
do.kq tks		d	k	l	g	kj	
ds uko		d	b	z	u	k	a ds
oMk dyke		d	y	e	d	s	j k d us ds f c u k g h
i l km		i	l	k	j	k	l d k j
dokm		o	p	u	g	e	
l v k f y g q		l	t	j			
d w q		u	k	i	v	h	k t k
d q j f r		r	k	d	r	l	e f k z
do.k		d	k	l	h	\	
o k j v k u k t k o k		e	j	k	D ; k	v	f l r b o g S \
l k b z d k j		o	g	h	d	k	e
l y k e f r		v	v	y	l	f	l f k j
v l k		v	u	f	x	u	r] f t u d h f x u r h u k g l d s
H k m		l ;	k	j			
r i r k m		r	i	k	a	d	k r i u k
m q k l j g f g		m	i	j	k	e	j g r s g a
l r h		n	k	u	h	e	u t ;
n k r k j		d	i	k	l	k	j] d i k c l w u s o k y k

	^tiq	th	l	kfgc	l	oky	tokc
l j		;	k	s	k	'k	j o h j
H k [k l k j		'k	l	=	k	a	ds o k j l g u s o k y s
f y o y k b o r k j		, d	j	l	e	u	k o l f k k d s t k l e j
e j [k v a k ? k j		i	f	k	e	J	s k h d s e f k z
ve j		g	e				
t k j		T ;	k	n	r	h	
x y o < +		x	y	k	d	k	l w u s o k y k] d k f r y
d f m w k j		>	B	s	L	o	H k k o o k y s
d m s		>	B	s	e	a	g h
e y n		e	m	c	f)	o k y s
H k [k [k f g		H	k	l	k	a	1/4 N k i u 1/2 d h r j g [k u s o k y s
v x e		t	g	k	r	d	i g p u k g l d s
y l s /		H	k	o			
v [k j h		v	{	k	j	k	a d s } k j k
l k y k g		i	z	k	a	k	
x q k x k g		x	q	k	a	d	s t k u d k j
f y [k . k q c k f . k		c	k	.	k	h	d k f y [k u k
c k f . k c k s y . k q		c	k	.	k	h	d k c k s y u k
v [k j k f l f j		v	{	k	j	k	a } k j k
o [k f . k		c	r	k	;	k	t k l d r k g S

_____	^tiq	th l kgc l oky tokc	_____
HkjlvS		;fn Hkj tk,	
[ksj		feV/hj /ky	
iyhrh		xmkj eSy lsifjiwkz	
ybzrS /kks		/ks yrs gā	
efr		cfj)	
ukoS ds l fx		uke ds l Fk iæ	
dfj dfj dj.kk		vius vius deZ djds	
vkogq tkgq		vkvkxs vlg tkvkxs	
varjxfr rhjFk		vUrZeu rIFkz ij	
efy		ey&ey dj] vPNh rjg	
l q l fr		vkidsfot; gks	
cjekm		cākk	
vkfFk		ek; k ¼/ku½	
l fr		fLFkj	
l gk.kq		l qnj] l; kjk	
osyk		l e;	
o[krq		l e;] oDr	
ft		ugharks	
gksS		gksrk g\$ cuk gksrk gS	
ys[kq ijk.kq		ijk.kq: ih ysk	

_____	^tiq	th l kgc l oky tokc	_____
fljBh dm		txr dks	
l kts		iSk djrk gS	
fdo dfj		fdl rjg	
l kykgh		ešvdky ij[k dh miek d: j	
ukbZ		miek	
vxSxbvk		vdky ij[k ds }kj ij tkdj	
vkMl		vUr] vkf[kj	
bd okr		,d ckr] ,d tçku gkdj	
l gl		gtkj	
drck		bZ kbZ er rFk bZyke vkfn dh pkj	
		i qrdadgku] vāhy] rks rFk tçj	
		ew	
vl gyw		,d vdky ij[k	
bdq/kkrq		fgl kc fdrkc dk vUr	
fo.kk l q		izk k ; ks ijekrek	
l kykgh			
,sh l jfr		bruh l e>	
okg		ofg.kj ukys	
l ep 'kkg l qrk		l ep ds ckn'kkg rFk l yrku	
fxjgk l sh		igMkafrua	
rty		cjkj	
erq		lyk	

_____	^tiq	th l kfgc l oky tokc	_____
ikjkok:		vkj vls ikj dk fduljk	
vr dkjf.k		vür ½gn½ <rus ds fy,	
Fkm		vdky ig [k dk fuokl LFku	
ukm		ifl f)] miek	
töM		ftruk cMk	
vkfi vkfi		doy vki gh	
djeq		dik	
rekfb		yky p] r".kk	
oskj		fodkjka ea	
[kfi rlyfg		dg dg dj uk'k gksr gâ	
ed: ikfg		viuh ckr l s ihNsgV tkuk]	
		epdj gks tkuk	
[kgh [kfg		[k, gh tk jgs gâ	
cfn		cU/ku l s	
[kykl h		edDr] Nlydkjk	
[kbdq		dPpk eut;] ewkz	
vk[kf.k ikb		dgus dk ; Ru djs	
fl fhk		; g ckr Hkh	
dbz db		dbz eut;	
i kr' kgh i kfr' kgg		ckn' kggka dk ckn' kkg	

_____	^tiq	th l kfgc l oky tokc	_____
vey		veW;] ft l dk dksZ eW; u gks	
okikjh,		0; kikj djusoky] 0; kikjh	
Hkb		ie ea	
l ekfg		yhu gâ fylr gâ	
nhck.kq		jkt&njckj	
ryq		ry ½ryuk½	
ijok.kq		ryusokyk ckV	
uhl k.kq		dik dk fu'ku	
veyksveyq		vlnktka l s Hkh vksx	
fyo ykfb		/; ku tkM+dj	
cjes		dbz câkk	
fnp		blhz nork	
rs		vls] rFk	
bz j		f'ko	
ckk		egkrek cã	
nkuo		jk{kl] nr	
l kpk l kfo		fLFkj] ft l dk dksZ vür u gks	
ckyqfoxMM+		cMeky] k] cky&ck.kh dksfcxMMusokyk	
ukn		vkokt] 'kn] jkx	
oko.kgkjs		ctkusokys	
ijh		jlxuh	

_____	^tiq	th	l	k	f	g	c	l	o	k	y	t	o	k	_____
flmq		l	er]	l	k	j	s								
fprqxiqrq		t	h	o	l	a	d	s	v	p	n	&	c	j	s
		de	k	z	dk	fgl	kc								
		fy	[k	u	s	o	k	y	s					
cš rj		v	l	x											
fbnkl f.k		b	l	h	z	d	s	v	k	l	u	d	s	Å	i
nøfrvk ukys		n	ø	r	v	k	l	e	r						
fl /k		o	g	0;	f	d	r	t	k	s	e	u	t	;	l
		o	d	h	s	J	s	k	l	s	Å	i	j		
		g	s	r	f	k	n	ø	r	k	v	l	e	l	s
		u	h	p	s										
fopkjs		l	k	p	&	l	e	>	d	j					
l rh		n	k	u	h										
ohj djks		c	g	k	n	j	;	k	s						
j [khl j		c	m	s	c	m	s	_	f	'	k				
ekg. khvk		l	q	j	f	l	=	;	k						
eN		e	k	r	'	y	k	d	e	a					
ibvkys		i	k	r	k	y	e	a							
mik, srjs		r	j	s	i	l	k	f	d	;	s	g	q		
vBI fB		8	v	k	j	60	H	k	o	68	v	B	I	B	
egky		c	k	g	q	y	h								
[k. kh pkjs		p	k	j	[k	.	k	h	;	k	v	l	t]
[k		f	g	l	l	k]	f	d	l	h	p	h	t	dk
eM		,	d	H	k	x									
		c	â	k	.	M	dk	,	d	p	Ø	f	t	l	e
		,	d	p	l	e	a	,	d	l	j	t			
		,	d	p	l	h	e	k	r	f	k	/	k	j	r
		v	k	n	v	k	n	f	x	u	s	t	k	r	s
		g	å												

_____	^tiq	th	l	k	f	g	c	l	o	k	y	t	o	k	_____
ojHk		l	k	j	h	l	f	v							
dfj dfj		c	u	k	d	j	j	p	u	k	d	j	u	k	
jrs		j	a	s	g	q									
jl kys		j	l	dk	?	k	j	j	f	l	v	k			
ukbZ		m	i	e	k										
tkb u		t	l	e	u	g	h	a	y	s	u	k			
u tkl h		u	k	gh	e	j	u	k							
jakh jakh		d	b	z	j	a	k	a	d	h					
Hkrh		d	b	z	f	d	l	e	k	a	d	h			
ftul h		d	b	z	f	d	l	e	d	s	m	r	i	n	d
u dj.kk tkbZ		u	g	h	a	f	d	;	k	tk	l	d	r	k	
l kgk ikr l kfgcq		'	k	g	w	k	j	k	a	dk	i	k	r	'	k
emk		d	k	u	s	d	h	e	m	k					
ljeq		m	n	e											
irq		i	k	=]	c	r	z	u						
fchkr		x	k	j	;	k	d	k	y	s	d	k	t	y	k
		d	j	c	u	k	b	z							
ijrlfr		J)	k	;	d	h	u							
vkbZ i kq		;	k	s	;	k	a	d	s	12	l	e	g	g	
		m	u	e	a	l	s	l	c	l	s				
		Å	p	k	g	s	;	g	l	e	g				
tekrh		f	e	=]	n	k	r							
vknd q		i	z	k	e										

_____	^tiq	th	l	kfgc	l	oky	tokc	_____
frlS		ml	vdky	ij	[k	dlS		
vkn		'kq	vkr	l	§	vkn	l	tM+lS
vuhq		ifo=]	'kq	Lo:	i]	dyd	jfgr	
vukn		ftl	dh	dkbz	'kq	vkr	ugh	vkn lsepr
vukgr		uk	'k	jfgr]	,	d	jl	
Hkqfr		pijek						
HkMkjf.k		HkMkj	ck	usokyh				
?kV&?kV		iR;	d	'kjh	ea			
oktfg		ct	jgs	gā				
ukn		'kn						
ukFh		o'	Hkur					
fjfk		irki]	miek					
flf/k		l	Qyrk]	djkekr				
vojk		vks	vdky	ij	[k	l	snij	ys tkus oky§
		ukLrd	fopkj	/kjk	okys			
lkn		Lokn]	etsy&	ysdj	dkbz	pht	[kkuk	
l atksq		esy	¼	a	ks	o'	k	fdl h l sfeyuk½
fo tksq		fcNM	uk					
nb		nks	ka					
,dk		vdsyh	¼	vdsy	k½			
ekbz		ek;	k]	/ku				

_____	^tiq	th	l	kfgc	l	oky	tokc	_____			
tqfr		rjhds									
fcvkbZ		id	wh	gkuk							
ijok.kq		iR;	{k								
l d kjh		?kj	xgLFh	okyk							
HkMkjh		HkMkj	sdk	ekfyd							
nhck.kq		njckj]	dpgjh								
unfj u vkOS		vn'	;	tk	fn	[krk	ugh	gls			
foMk.kq		vk'	p;	Z							
vkl .kq		fdl	h	txg	cBuk]	fuokl	LFku				
yksb yksb		iR;	d	Hkou	ea						
,d nw tHMS		,d	tHk	lS							
ohl		chl									
xMk		Qjs	ysuk]	fdl	h	pht	dspDdj				
		ea?	neuk								
ifr ioMk		ifr	dk	feyus	dsfy,	tk	l	f<+k	gā		
gksb bdhl		,d	:	i	gksdj]	viuk	vgdkj	R;	kx	dj	
unjh		vdky	ij	[k	dh	d'ik	dh	utj	ds	l	kfk
ikbz/S		ikl	r	gk	rk	gS					
dMS		>	B	seut;	dh						
dMk Bhl		>	B	h	ckra						
tkS		l	e	Fk]	eu	ethZ					

	^tiq	th	l	kfgc	l	oky	tokc
lgrh		vkrEd	:	i	l	st	tkxuk
jkrrh		jkra					
: rh		_rqa]	fefr&	frf			
okj		fnu					
/kjel ky		/wfeZl	dk;	Z	djus	okyk	LFku
djuh djeh		deks	ds	vud	kj]	deks	ud kj
frFKS		vdky	ij	[k	ds	njckj	ea
ijok.kq		iR;	{k	:	i	l	s
unjh djfe		vdky	ij	[k	dh	dik	ds l kfk
ioSuhl k.kq		miek	dk	fu'	ku	¼	rhd½
dp		dPpkiu]	det	kj			
idkbz		iDdkiu]	etc	r			
tkiStkb		tkuk	tkrk	gS	ns	[kk	tkrk
/kjq		dUKD;] vPNk	deZ	djuk		
djq		dke]	dk;	Z			
egs		f'ko					
?Mfir ?Mfvfg		?Muk	¼	cuk;	k½	tk	jgk
ds od		dbZ	HKS	ka	ea		
dje Hkie		dke	djus	okyh	/kjr		
ej		es	ioZ				
/kw		/kp	Hkx	r			

	^tiq	th	l	kfgc	l	oky	tokc
cdk		vorkj					
nsh od		nsh;	ka	ds	igj	kos	
nkuo		jk{kl					
efu		eksa/kjh					
ikr		ikr'	kg	¼	ckn'	kg½	
ufjan		jkts					
lgrh		fyo	¼	grh½			
ijpMq		rst]	cyoku				
ukn		jkx					
fcukn		rek'kk					
dkM+		dk&d]	¼	k'p;	Z	tud	dk;
lje		egur					
ck.kh		cukoV					
vuiiq		vfr	¼	cgq½	l	thj	
efu cf/k		eu	ea	tkxfr			
fl /kk dh l f/k		fl)	ka	okyk	fnekx	
dje		dik					
tk		cy]	rkdr				
jkeq		vdky	ij	[k			
l hrsl hrk		iwlZ	:	i	l	sfl	; k&f
ds yksv		dbZ	Hkouka	dk			
l pk l ksb		og	l	Ppk	ijet	Rek	

_____	^tiq	th	l kfgc	l oky	tokc	_____
l p[kM		l p[kM		¼lox	½ ea	
dfj dfj		l f"V		dh	jpuk dj	
unfj fugky		vR; Ur		[k]k	inku djusokyh utj	
		ds		l kfk		
o[KS		ns[krk g\$		l kky	djrk g\$	
ojHkM		cak.		M		
foxl S		[k]k		gk	g\$ i l lu gksk	
djMk l k:		dBkj		t\$	sykjk gks	
trq		viuh		'k]fjd	bflhz; k dks eukfodkj k	
		dh		rjQ	l s jk d ds j [kuk	
i kgjk		Lo.		k]kj	dh nqku] l kus dh nqku	
osq		Kku				
gFkMk:		gFkMk				
HkMq		vdky		ij	[k dk Mj ¼k; ½	
[kyk		/kduh				
rirkmq		rik		adk riuk]	egur djdsfdl h	
		pht		dks	<kyuk	
HkMk		dkyh		¼t l ea	l kus dks <kyrs g\$	
HkMq		ie]		l;	kj	
Vd l ky		og		txg	tgk l jdkjh : i,]	
		fl		Dds	vkfn cuk, tkrs g\$	
unfj		dik		dh	utj	

_____	^tiq	th	l kfgc	l oky	tokc	_____
frudkj		mu		euq;	kadk ;g dke g\$	
fugky		[k]k]		vkulh		
unjh		dik		dh utj	okyk i kkw	
egrq		cMk				
fnol qnkbovk		fnu		f[kyk	sk f[kykus okyk g\$	
jkfr nkbz		jkfr		f[kykus	okyh nkbz g\$	
okpS		ij		[krk g\$	¼y [ks gq ½ i M+k g\$	
el dfr		egur				
?kfy		l Qy		djds		
ds h		dbz		tho		
Nq h		efDr		gks	x; h	
ukfy		mudh		l ar	¼ kfk ½ ea	

3

^tiq th lkfc HkoFkZ

Å I fruleqdrk iġ [lqfujHmqfujos
vdky ejfr vtuh l xaxġ izlkn AA

vdky iġ [k ,d g\$ ml dk uke vflrRo okyk g\$ l f"V dk
jpugkj g\$ lozO; ki d g\$ Hk; l sjfgr g\$ ¼uMj g\$ fd l h dk
ndeu ughag\$ ml dk Lo: i dky dspDdj l sijs g\$ ¼Hko og
uk'k jfgr g\$ og tle&ej.k dspDdj ea ugha vkrk ml dk
izk'k viusvki l sgqk g\$ rFk og l frxq dh dik l siġr
gkrk gA

*ukl %;g eyea gSA Jh xq xlfk lkfc ds'iq earfk
yxllx iġ;sl jlx ds'iq eaHh ey el- ntZgA*

AA tiqAA

;g ck.lh dk uke gA ^tiq dk vfkZ g\$ tiuk] fleju djukA

vkn l pqtqkn l pqaA

gSHh l pqukud gld h Hh l pqaA 1 AA

gs ukud ! vdky iġ [k vkn l sgh vflrRo okyk gA ; xka ds
ikjEHk l sgh ekst m gA bl le; Hkh ekst m g\$ rFk vkusokys
le; eaHh ekst m jgsk vfkZ~vdky iġ [k l nō gh ¼Hkrdky]
oržeku o Hko"; ½ gkftj&ukftj gA

¼gyh im¼¼¼

l l pSl k p u glōbz ts l l p h y [k olj AA

p q Sp q u glōbz ts y lb j g k fyorkj AA

;fn eāyk [k ckj Luku vkn l s 'kjh dks l kQ l qkj j [k rks Hkh
eu ifo= ughags l drk A ;fn eā 'kjh dh yxkrkj l ek/k yxk
ds j [k rks Hkh bl rjg p q j gus l se u dks 'kUr ugha fey
l drh A

Hk k vk Hk k u m r j h t s c u k i ġ h v k H k j AA

l g l f l v k k i k y [k g k g r b d u p y S u k y AA

;fn eā l kjs Hkouka ds inkfkZ ds < j l EHky yprks Hkh r".kk ds
v/kto jg dj r".kk nij ughags l drh A ;fn ejs ea g t k j k
yk [ka prġkbZ k g k rks Hkh , d prġkbZ Hkh l kfk ugha n s h A

fdo l fpvkj gkz, sfo dms r v s i ky AA

gqlfe j tkbzpy.k ukud fyf [kvk ukfy AA

rksfQj l p dk ikyu djusds ;kk; d s scu l drsg r Fk gekjs
vlnj ds > B dk inkZ d s s V W l drk gA vdkiy iġ [k ds

_____ ^tiq̄ th l kfgc l oky tokc _____

vkns'kkud kj pyus l sA

gsukud ! ; g fof/kj tc l s l a kj cuk g\$ fy[lh pyh vk jgh gA

¼h jh im¼h

gqleh glöfu vldkj gqlequ dfgvk tkbz AA

gqleh glöfu thv gqfe feySofMv/bz AA

vdky ij [k ds vkns'kkud kj l kjs 'kjhj ; k inkFkZ curs g\$ ij ; s vkns'k crk; k ugra tk l drk fd ; g d\$ k g\$

ijekRek ds vkns'k l s gh l kjs tho tle yrs gA rFk vkns'kkud kj gh thoka dls 'kkkk feyrh gA

gqleh mrequispqqfe fyf[k nqk l qk i/bz/fg AA

bduk gqleh c[kl hl bfd gqleh l nk Hlobz/fg AA

ijekRek ds vkns'k l s gh dkbz tho vPNk cu tkrk gS dkbz cjkA i.k.kh ml ds vkns'k eagh viusfd, gq deZ ds fy[ks vuq kj nqk l qk Hkkxrk gA

vkns'k eagh dbZeut; ka ij dik gsrh gSrFk ml ds vkns'k eagh dbZeut; fuR; tle&eR; qds pDdj ea iM\$ jgrs gA

gqleSvafj l Hqdksclgj gqle u dkbz AA

ukud gqleStscqsr gmeSdgSu dkbz AA

iR; d tho ijeRek ds vkns'k eagh g\$ dkbz Hh vkns'k l sckj

_____ ^tiq̄ th l kfgc l oky tokc _____

;ku vkns'k ds myV ugra tk l drk gA

gsukud! ; fn dkbZeut; vdky ij [k ds vkns'k dls l e> ys rks fQj og vgo kj ; k LokFkZ dh ckra ugra dj l drk A

¼h jh im¼h

xloSdksrk.kqleSfd l Srk.kqAA

xloSdksnkr tk.lSuhl.k.kqAA

ftl fdl h eut; ea l eFkZ gsrh gS ogh ijeRek dh ml rfr djrk gS Hko ml dh miek djrk gSrFk ml dsckj seaog 'kcn ckyrk gSft l l sm l dh cMh rkd r izdV gkA½ dkbZeut; ml dh dik dksgh xkrk gSD; k d bl dik dksog ijeRek dh n; k dk fu'ku l e>rk gA

xloSdksxqk ofMv/bz/k plj AA

xloSdksfofnvk fo[leqolpk: AA

dkbZeut; gjh ds l qj xqk rFk dikvka dk o.ku djrk gA dkbz fo|k dscy l sdfBu Kku dksxkrk gSHko vkfRed Kku ds dfBu fo"ka ij v/; ; u djrk gA

xloSdks l kt djsruq[lg AA

xloSdks thv ySfQfj ng AA

yfdu dkbzxkrk g\$ vdky ij [k 'kjhj dks cuk dj fQj l sjk[k dj nrk gA dkbzxkrk g\$ ijeRek ¼kjhjka ea l ½ i.k.k fudky dj

_____ ^tiq th l kgc l oky tok _____

ml js 'kjhjka eaMky nrk gA

xloSdks tkisfnl Snfj AA

xloSdks oS l Sglnjk gnfj AA

dlbz eut; dgrk gS vdky ig [k nij yxrk gS nij fn [krk gS
yfd u dlbz dgrk gS ugh og utnd gS og l c txg gktj
gS l c dks n [k jgk gA

dFluk dFlh u vloSrlS/ AA

dFFk dFFk dFlh dlh dlS/ dlS/ AA

tcfd djklagh thokaus vufxur ckj ijekRek ds vknsk dk
o.ku fd; k gS bl rjg vknsk dk o.ku djds vknsk dk l gh
Lo: i ugh i l r fd; k tk l dk A

nsk nsySsFlkd iKg AA

tAk tAafj [Kgh [Kg AA

dikyq vdky ig [k nrk gS ijlrq tho y&ydj fld tkrk gA
vdky ig [k l c thok dks; aks; qklrjka l sns jgk gA l Hh tho
l nk l sgh ; g inkFlz [kr} ol= vkn igur} mi; kx djrspys
vk jgs gA

gqeh gqepyk, jkgqAA

ukud foxl Sos jolg AA 3AA

ml vdky ig [k dk vknsk gh l d kj ds l Hh dk; Zpyk jgk gA
gs ukud ! og fujakj l nd cS00 jgrk gA brus cMsdk; Z
djus l s ml dks dlbz ?kcjkgV ugha gkrh A og l nk vkufhr

_____ ^tiq th l kgc l oky tok _____

jgrk gA

1/2p1S h im1/2

l kpk l kgcql kqulb HM [k/k Hkm vik: AA

vK [Kg exfg nfg nfg nkr djsnrk: AA

vdky ig [k flFkj gS ml dk fu; e Hh l nd vVy gA ml dh
clsh iæ gS rFk og Lo; avFkg gS csUr gA

ge tho ml l sdik ekrs gS rFk dgrsgS gs vdky ig [k
gsdik l xj gekjsij dik dja og dikyq thokaj n; k djrk
gS rFk l nd fd, gh tk jgk gA

Qsj fd vxSj [hvSftrqfnl Snjck: AA

eg1Sd cky.kqckh, ftrql qk /kjsfivk: AA

tc l c dQ nsosokyk gh og ijekRek gS rksfQj ge ml vdky
ig [k ds vksD; k Hh djarkfd geaml dikyqdk njckj fn [kus
yxs\ ge egg l s dks l k cpu cky dS h vjnk l dj} ft l dks
l qdj og geal; kj djusy x tk, Hko ijekRek dks i l r djus
dsfy, dks l h ; qDr 1/4of/1/2 viuk, a\

vfer oyk l pqum ofMv1bZolpk: AA

djeh vloSd iMk unjh ek1knqk: AA

ukud ,oS tk h, l Hqvki s l fpvk: AA 4AA

iwlz-% vkulh ds l e; i Hkqdsuke dk fl eju djarFk ml dh
miekvla dk otkj dja A i Hkq dh dik l s 'kjhj : ih diMk

_____ ^tiq̄ th l kgc l oky tokc _____

feyrk gSrFkk ml dh dik n^rV l sgjh dk }kj i^lr gsk tkrk gA
gsukud ! bl rjg ; g l e> vk tkrh gSfd og l PpsvLrRo
dk ekfyd vdkyij [k ek^m gA nku djus l s tho dh i^lkq l s
nyh feV ughal drh D; ksd ; g l c dⁿ ¼ku] inkFkZ vkn¹/₂ rks
ml i^lkqdk gh fn; k g^rvk gA ml i^lkqds l kfk ckraml dh viuh
Hk^rkk eagh gsk l drh gSrFkk og Hk^rkk gS i^e A vPNsde^kokyk
eut; i^r%dky mB dj ml dh ; kn earFkk fopkj eat^rrk gA
i^lkqdsj fge dje ¼n; k¹/₂ l s; g ekuo thou feyrk gSrFkk i^lkq
dh n; k l sgh l d kj l seDr i^lr gsk h gA bl l s; g Li^v gsk k
gSfd og i^lkqLo; agh l c dⁿ gA

¼k poh im¹/₂

Fkⁱvk u t^b drk u gl^b AA

vki svki fuj¹/₂ uq l^b AA

ml i^lkq dks fd l h txg LFk^rir ughaf d; k tk l drkA uk gh
ml dks i^ldk fd; k l drk gSrFkk uk gh gekjk cuk; k g^rvk gA og
vdkyij [k ek; k l seDr gSD; ksd og Lo; a l sgh fufe^r gA

ftu l f^ovk frfu i^bvk eluqAA

ukud xloh, xq^h fu/kuq AA

ftu eut; k^ous vjk/kuk dh] ml g^ous ml i^lkqdh dik i^lr dj
yh gA gsukud ! vkvks ge Hk^h ml xqk^o ds [k tkus gjh dh

_____ ^tiq̄ th l kgc l oky tokc _____

Hk^rDr djaA ml dh miek djaA ml ds xqk^o dk xk; u djs A

xloh, s l qh, sefu j [k, Hk^m AA

n^olqijgj l^olq^o ySt^b AA

vkvl^o vdky ij [k ds xqk xk; u dj^o l q^oavk^o vius^oan; ea
ml ds i^r i^e Hk^ouk i^ldk djaA tkseut; , d s djrk g^o og n^ol^o
ny djds l^ol^o dks^oan; ea cl k y^rk gSvFk^o-an; dh J) k l s
i^lkq miek xk; u djuso l^ous l seu dks l^ol^o ig^oprk gA

x^ojet [k ul^oax^ojet [k os^oax^ojet [k j fgvk l ek^oZAA

xq b¹ : xq x^ol^o [k^ojek xq i^lkjcrh ek^oZAA

ml i^lkqdk uke rFk Kku xq }kjk i^lr gsk gA xq }kjk gh
; g ckr l e> ea vkrh gSfd og i^lkq l od; ki d gA xq gh gekjs
fy, ekrk i^lkjorh gA xq dh ; gh egkurk gSog l Hk^h n^ot^on^orkv^o
l s J^oB gA

tsgm tk k v^l [k ulgh dg. k d fkuqu t^bZAA

x^ojk bd n^og c^ol^oZAA

l Huk thvk dk bdqnrk l seSfol fj u t^bZAA

; fn vdky ij [k ds bl vkn^osk dks e^o l e> Hk^h y^ovrk^oHk^h bl dk
o. k^o e^oughadj l drk A vdky ij [k ds vkn^osk dk d fku ugha
fd; k tk l drk A

ejh rks g l frxq ! vki ds vks vj nkl ¼four^oh^ogSfd e^os

_____ ^tiq th l kfgc l oky tokc _____

;g Kku nsnsfd l Hkh thokadksjst&jks/h nsusokyk , d iHkqgš
ešml dksHkyk uk nŋ l nš ;kn j [lŋA

iæ dksu eacl kdj tkseuŋ; iHkqdh ;kn ea tŋf+k gš
ml dsân; ea l nk l ŋk rFk 'kŋŋr dk fuokl gkšk gš ;g ;kn]
;g HkŋDr xq ds }kjk i kŋr gkšk gš xq gh ;g n<+djokrk gš
fd iHkqgj txg cl rk gš xq ds }kjk gh tho dh iHkqdschp
nijh de gkšk gš bl fy, xq l s iHkqHkŋDr dh d'ik elxs A

1/2 krohainŋ

rhjffk ulok tsfrl qHk fo.lqHk ksf d ulb djh AA

tsh fl jfB mŋkzoš k fo.kq djek fd feySybZAA

eš rŋFZ ij tk dj rHkh Luku d: } ;fn ,š k djus l s ml
ijekRek dks [kqk dj l dŋA i jŋr;fn bl rjg ijekRek [kqk
ugha gkšk] rks eš rŋFZ Luku dj ds D; k i kŋr d: xk\ vFkŋr ;fn
eš ml dks vPNk yx tk Å; rks eš s fy, ;gh rŋFZ Luku gš vdky
ij [k dh i šik dh gŋZ ftruh Hkh nŋu; kae šns [krk gŋbl ea i jekRek
dh d'ik dsfcuk fd l h dks Hkh dŋ ugha feyrk] dks Z dŋ ughays
l drk A

efr fofp jru tokgj ek.l d

tsbd xj dh fl [k l qh AA

;fn l frxq dh ,d f'kŋk l ŋ yh tk, rks euŋ; dh cŋ) ds
vlhj jru] tokgj rFk elsh i šik gks tkrs gš Hko i jekRek ds

_____ ^tiq th l kfgc l oky tokc _____

xqk i šik gks tkrs gš

xjk bd nŋ cŋkZAA

I Huk thvk dk bdqnrk l kseSfol fj u tkZAA

bl fy, gs l frxq ! ejh rjs vks vjnk l gš fd ešs ;g
l nŋ) nsfd tks l kjs thokadksjst&jks/h nsus okyk gš og
vdky ij [k ešs l nš ;kn jgs dHkh Hky u tk, A

1/4 krohainŋ

tstŋ pkjsv kj tk gš ni ulh glš AA

uok [Hk fofp tk.h, ulky pySl Hqdlš AA

;fn fd l h euŋ; dh vk; qpkj ; xk\ ftruh gks tk,] bruh gh
ugh cŋd bl l s Hkh ni xqk vŋ mezgsk tk, A ;fn og l kjs
l d kj ea Hkh izdV gks tk, rFk i R; d 0; fDr ml ds i hNs pyus
yxs A

pzk ulm j [Hb dSt l qd hjfr tfx yb AA

tsfrl qunfj u vlobZr ok u iŋSds AA

dHk vafj dH/qdfj nkl h nkl q/kjs AA

;fn og vPNh ifl f) dekdj l kjsfo'o ea 'kŋk Hkh i kŋr dj
yš i jŋr;fn og vdky ij [k dh dik&nŋV ea ugha vkrk rks
vdky ij [k dsnjckj ea dks Z ml dk glypky Hkh ugha i Hsk A
vFkŋr bruk bT trnkj gks gq Hkh gdhr eaog cs/kl jk
1/4 t l dk dks Z vflrRo u gš gh gš cŋd ,š k 0; fDr vdky

_____ ^tiq̄ th l kfgc l oky tokc _____
ij [k ds njckj ea ,d r̄N dhMk gh gA vdky ij [k ml dks
nkSkh tkudj ml ij uke ¼ i jekRek dk fl eju½ dksHky tkusdk
vkjki yxkrk gA

ukud fujxk.k xqkqdsxqkqfrvk xqkqnsAA

rgk dkbZu l qbzft fr l qxqkqdk djsAA

gs ukud! og vdky ij [k xqkghu 0; fDr ea xqk i dik dj nrk
gSrFk xqkh 0; fDr; ka dks ogh xqk inku djrk gA

, d k bl l fV ea dkbZ vkj ugh; tks i Hkq dks dkbZ xqk ns
l drk gA vFKr i k.k; ke dh l gk; rk l smezc<k dj l d kj ea
pkgsfd l h 0; fDr dk vknj l Eeku pkgsc<+tk,] ij Urq; fn og
HkDr foghu gSrks i Hkqdk dik ik= ughacu l drk gA i Hkqdh
nfV ea rks , d k uke foghu tho , d Nk/k l k dhMk gA ; g
HkDr okyk xqk] tho dks i jekRek dh dik }kj k gh i dr gks
l drk gA

¼/Bohaim¼

l k.k, sfl/k ihj l ij ukFk AA

l k.k, s/kjfr /loy vldkl AA

l k.k, snhi yk/ ikry AA

l k.k, silkg u l dSdlyqAA

ukud Hkrk l nk foxkl qAA

l k.k, nqk iki dk ukl qAA 8AA

_____ ^tiq̄ th l kfgc l oky tokc _____
; g uke ân; eac l kus l sgh dik gks tkrh gSfd l k/kj . k 0; fDr
fl) k̄ i hjk nsrk vkrFk ukFk dh mik/k i dr dj yrs gsrFk
mlga; g Kku gks tkrk gSfd /kjr h vdk'k dk l gkj k og i HkqgS
tks l kjs) hi k̄ i krlyk̄ ykcl ¼ oxZykcl Hkkykcl u dj ykcl ½
vkn ea 0; ki d gA fQj mudks er; qdk Mj Hk; Hkr ugha dj
l drk A

gs ukud ! vdky ij [k ds fleju ea /; ku tM us okys
HkDr tuka ds ân; ea l n̄ [k k] iz l urk cuh jgrh gSD; k̄ d
ml dh Lrfr miek l qus l s 0; fDr ds n̄ k rFk iki ka dk uk'k gks
tkrk gA

¼/Bohaim¼

l k.k, sbZ : cjek baqAA

l k.k, sef[k l kykg . k enqAA

l k.k, stk tgr rfu Hk AA

l k.k, slkl r fl fetr on AA

ukud Hkrk l nk foxkl qAA

l k.k, snqk iki dk ukl qAA 9AA

vdky ij [k dsuke ea /; ku d̄ hr djus l l k/kj . k euq̄; Hk
f'ko] cak rFk blnz dh mik/k rd igp l drk gA eln cf)
okyk 0; fDr Hk i jekRek dh miek djusyx tkrk gA l k/kj . k
cf) okys dks Hk 'kj hj ds vlnj dh xgj h ckrka vFKr vk [k̄
dkuk̄ tHk vkn vaks ds pky&pyu rFk buds fodkj ka ds Hk

_____ ^tiq̄ th l kfgc l oky tokc _____

dk irk yx tkrk gA

i Hkqfeyki dh ; fDr dk Kku gkstkrrk gS 'kL=lq̄ fl efrvka
rFkk onka dk Kku gkstkrrk gS vFWZ /WfeZd i qrdka dk vlyh
mPp fu'kkuk rHkh l e> iMrk gS tc ge iHkqfleju ea/; ku
tkMfsgA ugharksfl OZ 'kCnka dks gh i<ej NkM+nrs gA vlyh
xgjkbz rd ugha igprsfll xgjkbz ea igpp dj mu /WfeZd
xtFka dh jpuk dh xbz glsrh gA

gs ukud! uke fleju ls ie djus okys HdRtuka ds
vUrZu ea geskk izlurk cuh jgrh gSD; kicd i Hkq dh miek
l qus l seut; ds nqkarFkk iki kadk uk'k gkstkrrk gA

tS & tS s/; ku fleju ea tMf k gS tks0; fDr igysfodkjh
Fkk] og Hkh fodkj NkM+dj miek & Lrfir okyk LoHko n<+dj
ysrk gA bl hrjg ; g l e> vkrh gSfd dS sxyr jkLrs ij iM-
gg Kkusuhz; i Hkq l snij djrs garFkk bl njih dks feVkus dk dks
l k l kku gS uke & fleju ea/; ku tkMfsg /WfeZd xtFka ds
Kku dk izk'k ekuoh; eu ea gsrk gA

1/2 l o h a i m 1/2

l q̄.k, sl rql ark l qfxvkuqAA

l q̄.k, svBl fB dk bl ukuqAA

l q̄.k, sifM+ifM+ilofg ekuqAA

l q̄.k, sykSl gft f/kvkuqAA

_____ ^tiq̄ th l kfgc l oky tokc _____

ukud Hkrk l nk foxkl qAA

l q̄.k, snqk iki dk ukl qAA 10AA

i Hkqdsuke ds l kfk tMf us l s an; eanku nsusdk LoHko] l arsk
rFkk izk'k izv gkstkrrk gA vFWZ vBl fB rFka dk Luku
uke 1/2 i Hkq fleju 1/2 djus l s gh ijk gkstkrrk gA

tksvlnj 0; fDr fol k i<ej ikr djrs gS og HdRtuka
dks vdky ig [k dh ; kn ea tMf ej ikr gkstkrrk gA uke fleju
l qus l s0; fDr ekufll d vMkyrk dks ikr djrk gA

gsukud! vdky ig [k dsuke fleju ea/; ku dshr djus
okys HdRtuka ds an; ea l nb izlurk cuh jgrh gSD; kicd
vdky ig [k dh Lrfir l qus l seut; ds nqkarFkk iki kadk uk'k
gkstkrrk gA vFWZ uke fleju ea/; ku tkMf us l s gh eu fo'kky
gsk gS t: jreUnka dh l ok rFkk l Ursk okyk thou curk gA
i Hkq fleju dk vkulh ysuk gh vBl fB rFka dk Luku gA l d kj
dsfd l h eku & l Eeku dh bPNk ugha jg tkrh A vUrZu l gt
volFkk ea exu jgrk gA

1/2; kj o h a i m 1/2

l q̄.k, sl jk xqk dsxlg AA

l q̄.k, sl k ihj ikr l lg AA

l q̄.k, sv dks ilofg jlgqAA

l q̄.k, sglFk gl Sv l xlgqAA

———— ^tiq̄ th l kfgc l oky tokc ————

ukud Hxrk l nk foxkl qAA

l f k, snq̄k iki dk ukl qAA 11AA

vdky ij [k ds l fe' u ea /; ku t k l usokys l k / k j . k 0; fDr dks
vulr xqk d k Kku ikr gk tkrk gA 'k [k] ihj rFk ikr' k gka
dh i) oh ikr gk tkrh gA

; g i Hkuke l qusdh gh d'ik gSfd v l v k v Kkuh eut; Hkh
vdky ij [k dks ikr djus dk exz < k yrs gA vdky ij [k
ds Lej . k ea /; ku l sb l l d kj & l etnz dh ok l rfodr k l e > ea
vkrh gA

gsukud ! vdky ij [k dsuke Lej . k ea /; ku d l hr djus
okys HkDr tula ds an; ea l n b i l urk cuh jgrh gS D; k d
vdky ij [k dh Lrfr l qus l sekuo ds n [k r Fk i ki k d k uk' k
gk tkrk gA

1/2 k j o h a i m 1/2

ea sdh xfr dgh u tk AA

tsdksdgSfiNSiNq̄k AA

dkfn dye u fy [k k j AA

epsdk cfg djfu o h p j AA

, d k u k e f u j t u g g l b

tsdksefu tk ksefu d l b AA 12 AA

ml 0; fDr dh A ph vkRed volFk crk; h ugh tk l drh
ft l us vdky ij [k ds l feju dks Lohdkj dj fy; k gA ; fn

———— ^tiq̄ th l kfgc l oky tokc ————

dkbz 0; fDr C; ku djrk gS rksog ckn ea i Nrkok gh djrk gSfd
e s r r p N ; Ru fd; k gA

tho bdVBSgkdj i Hkqfl eju ea j xsgq HkDr dh vkRed
volFk dk vlnk tk yxkrsgs y s du d k z e ut; dkxt ij dye
l s fy [kus dh l k p ugh l drk A

vdky ij [k dk uke l feju l o z j s b g S r Fk og /ku inkFk
ds i Hkko l se p r gA bl l s t k l usokyk Hkh A ph vkRed volFk
okyk gk tkrk gS i j urq; g ckr r Hk l e > ea vkrh gS; fn d k z
eut; vius v h j y x u y x d j n s [k

uk / % i m 1/2 u e c j 12 e a n k s t x g ' k n ^ e a s] c k d h v x y h
l Hk i m q l + k s e a ^ e a s ' k n v k ; k g A n k s i k ' k n k a d s v F z f H k u g A
^ e a s d k H k o g S e k u s g q 0 ; f D r ; k a d k A ^ e a s d k v F z g S
^ e k u y s i l j ; f n e k u y a A

1/2 g j o h a i m 1/2

ea S i j r g l s e f u c f k AA

ea s l x y H k o . k d h l f k AA

ea S e f g p l k u k [k b AA

ea S t e d S i k f k u t k AA

, d k u k e f u j t u g g l b AA

tsdksefu tk ksefu d l b AA

ftu 0; fDr; k adseu ea i Hkuke dh yXu yx tk,] mudh l k p

_____ ^tiq th lkfgc loky tok _____

Åph gsktrh gš mudseu eatkxř vk trkh gÅ vFkř ^ek; k' eaxLr eu tkx iMřk gš l eę Hkouk dk Kku ikr gsktrk gš fd iHkqgj txg 0; kid gÅ

og 0; fDr lkd fjd fodkjka dh pkv vius eę ij ugra [krkA Hko l d křd fodkj ml ij nco ugraMky l drsrFk ; enř ds l křk l a'k'z ugra gkřk] og tle&ej.k dspDdj eals cp trkř gÅ

vdky ij [k dk uke l feju loZŠB gš og /ku inkřkř ds iHko l seřr gÅ bl l s tMūsokyk Hk Åph vkřed volFkř okyk gsktrk gÅ ijUrq; g ckr rHk l e> eavkrh gš; fn dkbz 0; fDr vius vlnj yXu yxkdj nřka

½přgohaimř½

eaSeljř Bld u ilb AA

eaSifr flm ijxVqtřb AA

eaSexqu pySiřkAA

eaS/kje lřh lucřkAA

,ř k uke fujřtuqgřb AA

tsdřseřu tkřseřu dřb AA 14 AA

;fn euř; dk eu iHkřLej.k eajak tk,] rlsftlhxh ds l Qj eafodkj dkbz: dkoV iřk ugra djřd og 0; fDr l d kj ea 'křkřk ik dj bTtr ds l křk trkř gÅ

_____ ^tiq th lkfgc loky tok _____

ml tho dk /keZ ds l křk l h'kř fj'rk cu trkř gš vřkj řQj og nřu; k dsfořHku /keřdscrk, ekřZ ij ugra pyřk vFkř ml ds vlnj ; g Hkouk ugra jgrh fd og jkrk vPnk gš og cjk gÅ tho bu phtkřs Åij mB trkř gÅ

vdky ij [k dk uke Lej.k loZŠB gš rFkř og /ku inkřkř ds iHko l seřr gÅ bl l s tMūsokyk Hk Åph vkřed volFkř okyk gsktrk gÅ ijUrq; g ckr rHk l e> eavkrh gš; fn dkbz 0; fDr vius vlnj iHkř l feju dh yXu yxkdj nřka

½agohaimř½

eaSilofg ekřkřnřk: AA

eaSijokřSI křk: AA

eaSrjSrjřsxq fl [k AA

eaSukud Hřofg uk řHřk AA

,ř k uke fujřtuqgřb AA

tsdřseřu tkřseřu dřb AA 15 AA

;fn eu esiHkřLej.k dh yXu yx tk, rls tho >B l seřr ikus dk ekřZ <ř yřsgÅ ,ř k tho vius ifjokř eaHkř vdky ij [k dsifr J) k n<+djokřk gÅ Lej.k eaeu tMūs l sgh iHkř fl eju dřsekuusokysLo; al d kj l křj l s ikj gsktrkřsgřřFkř vř; fl D[řsdřsHkř ikj djokřsgÅ xq dh l řr ea ,ř sxř fl [k gkřsgř tksLo; auke tirs gš iHkř fl eju eayhu gkřsgř řFkř

_____ ^tiq̄ th l kfgc l oky tokc _____
vius ifjokj o nkt.r] fe=] xjfl [kka dks Hkh Hkol kxj l s ikj
djokrs gā

i Hkqlej.k ea eu t M us l sgh] gs ukud! tho nj&nj ij
Hkh[k ugha elxrk fQjrk A

vdky ij [k dk uke fl eju l oZSB gSrFk og /ku in kFkā
ds i Hko l seDr gā bl l st M usokyk Hkh Åph vkfRed volFk
okyk gls tkrk gā yfdu ; g ckr rHkh l e> ea vkrh gā ; fn dksZ
0; fDr vius vlnj i HkqHk fDr dh yXu yxkdj n[kā

¼ kygoaim ½

ip ijokk ip ij/kuqAA

ipsilofg njxfg ekuqAA

ips l sfg nj jktkuqAA

ipk dk xq ,dqf/kvkuqAA

ftu thokdk /; ku i Hkq fl eju ea t M k jgrk gSrFk ftuds vlnj
i Hkq dsfy, yXu cu tkrh g\$ ogh 0; fDr l d kj eafo [; kr gkrs gā
l Hkh dk ifrfuf/ro djrs gā vdky ij [k ds njckj ea Hkh og ip
tu vlnj i Hk djrs gā jkt njckj ea Hkh ; gh ip tu gh 'kalk
i Hk djrs gā budsfcuk jkt&njckj Hkh l ak'z dk v [M k cu tkrk
gSrFk l d kj dk Hkyk ugha gk l drkā bu i p tuka dh eu kLFk dk
vk/kj dōy ,d vdky ij [k gh gSHko xq 'kcn ea t M s jguk gh
budk vl yh fu'kkuk gā

_____ ^tiq̄ th l kfgc l oky tokc _____
tsdksdgSdjSotpk: AA
djrsdsdj.kSulgh l ek: AA

vdky ij [k dh izfr dk dksZ fgl kc ugha vFkz dksZ vlr
ughā gā pks dksZ dg dj n[k ys ; k fopkj djds n[k y\$
ije krek rFk ml dh l fV dk vlr < p: ukj ml i Hkq ds dk; kā dks
fxuuk vl EHko gā

/ksyq/kjeqnbvk dk iwqAA

l arkqFki jf[kvkftfu l fr AA

tsdks c q Sgk S l fpvk: AA

/loySmifj dsk Hk: AA

/kjr h gk ij Sgk gk AA

fr l rshk: rySdo.kqtks AA

; g fo'okl Bhd ughafd /kjr h fd l h cSy ds fl akads l gkjs [M k
gā okLro eavdky ij [k dk /keZ: ih fu; e gh cSy gS tks l fV
dks dk; e j [k jgk gā ; g /keZ n; k dk i e gā vFkz vdky
ij [k us viuh d'ik djds l fV dks l gh flFkr eaj [kus dsfy,
/keZ: ih fu; e cuk fn; k gā bl /keZ us viuh e; kōk vud kj
l ark k dks tle fn; k gS Hko i Hkq ds vkn s k ea gh ; g cāk.M cMs
l ark [k l s xfr'kny gā ½

; fn dksZ tho bl Åij crk, x; sfopkj dks l e> ys rks
og bl ; k; gls tkrk gSfd ml ds vlnj vdky ij [k dk izk'k
gls tk, A ugha rks l kps fd cSy ds Åij /kjr h dk fdruk

_____ ^tiq th lkfgc loky tok _____

vf/kd Hkj g\$ og cpljk bruk Hkj d\$ smBk l drk gA

nl jk fopkj ; g g\$fd ; fn /kjrhd suhps c\$y g\$ rks og
dgl [Mk g\$ ml c\$y dks l gkjk nus dsfy, uhps v\$ /kjrhd
glxh] ml /kjrhd suhps v\$ c\$y] ml dsuhps/kjrhd fQj v\$
c\$y dks l gkjk nus dsfy, uhps v\$ /kjrhd glxh] ml /kjrhd ds
uhps v\$ c\$y] ml dsuhps/kjrhd fQj c\$y bl rjg v\$ure c\$y
dk Hkj l gusdsfy, ml dsuhps dks l k l gkjk glxk bl /kjrhd
l s vyx xxu e. My ea cs/ur v\$ /kjrhd; k g\$ mudk Hkj
fd l usmBk; k g\$ g\$

thv tkr jxk dsulo AA
l huk fyf[kvk oth dyle AA
, gqy\$ k fyf[k tk l s d l b AA
y\$ k fyf[kvk dsk glb AA
dsk rk l q l w l y g q : iq AA
dsh nkr tk l s d l s l q d w q AA
drk i l m , s l s d o k m AA
fr l r s g l s y [k n j h v k m AA

l f"V ea dbz tk r k a ds dbz fd l e k a ds r f k dbz u k e k a ds th gA
d f k u r k ; g g\$fd , d rst pyrhdye l sbudsy [k fdler]
de] Qy] n [k & l q k v l f n fy [k s t k r s g s i j u r q b u y s [k a d k r f k
i j e k e k dh j p u k dh x g j k o z r d d k o z H k h th u g h a i g p
l d r k A ; f n f g l k c fy [k H k h t k , r k s ; g v l n k t k u g h a y x

_____ ^tiq th lkfgc loky tok _____

l drk fd fgl kc fdruk cMk gls tk, xk

vdky ij [k dk fdruk cMk cs/ur cy g\$ cs/ur l thj
: i g\$ cs/ur ml dh dik g\$ & budk vlnk tk dks ns l drk
gA

vdky ij [k usviusvlnsk l s l k j l d k j cuk fn; k] ml
vlnsk l sgh ftlnxh dh yk [k a un h; k cu x b A H k o H k f r & H k f r
ds th o & t l u r q r f k i z f r c u k o z x ; h A

dqjfr do.k dgk olpk: AA
okjvk u tlak , d olj AA
tsr d q H k o s l k o z H y h d j AA
rwl nk l ylefr fujalkj AA 16 AA

vr%ejh D; k rldr g\$fd i Hkqdh j p u k d s c k j s e a v / ; ; u
d j l d k g s v d k y i j [k e a r k s v k i d s A i j , d c k j H k h d c k u
g l s y k ; d u g h a A e j k v l r l u o c g r g h r e N g A

gs fujalkj ! rwl n b vVy j g u s o k y k g\$ t k s r e s v P N k
y x r k g\$ o g h d k e v P N k g A r i g k j s v l n s k e a j g u k g h B h d g s
D ; k d r e g h l n b v V y e a j g u s o k y s g l a

1/4 r k j g o h a i n t 1/2
v l a k t i v l a k H k m AA
v l a k i t k v l a k r i r k m AA

vdky ij [k j p u k e a v u f x u r th t i & r i d j r s g\$ H k f D r

_____ ^tiq th lkfgc loky tok _____

djrs gš vullr tho J)k rFk l; kj j [kus okys gš dbz tho
intk dj gš rFk vl; dbz tho ri l k/kuk dj jgs gš

vl k xjk et [k on iB AA

vl k tk efu jfg mkl AA

cs/vr tho onkr Fk /wfe d xbfka dk iB egg lsdj jgs gš
; k l k/kuk djusokys vullr ekuo viuh vllr k dksfodkjla
l seDr djusokys iz ru djrs gš Hko iB] ; k l k/kuk rFk
mkl h djusokys vullr gš

vl k Hkr xqk fxvku otkj AA

vl k l rh vl k nrkj AA

vdky ij [k dh jpuk eavufxur HDr gš tksvdky ij [k ds
xqka dk kku l fgr v/; ; u dj jgs gš vuslagh nukh rFk
dikyqHh gš

vl k l y eg Hk [k l kj AA

vl k elu fyo ykzrkj AA

vdky ij [k dh jpuk eacsvr ; k) sgš tks [k k k [k k h 'kl =kads
okj l grsgš vusl gh ekš/kjh gš tks , d gh l ek/k yxk dj
cBsgš ; k u vullr gh ; k) sgš rFk vufxur gh ekš/kjh ; ksh
HDr gš

dqjfr do.k dgk otk: AA

okjvku tlak ,d okj AA

tsr d qHkoSl kbz Hyh dkj AA

_____ ^tiq th lkfgc loky tok _____

rwl nk lylefr fujalkj AA 17 AA

ejh D; k rldr gšfd iHkqdh l jpuk C; ku dj l dk gsvdky
ij [k ! ešrksvki ds Åij , d ckj Hh d qku gksyk; d ugh
; k u] ejk vflrlo cgr gh rPN gš

gs fujalkj ! rwl nš vVy jgusokyk gš tks ršs vPNk
yxrk gšogh dke vPNk gš ršgkjs vknš k ea jguk gh Bhd gš
D; k d rš gh l nš vflrlo ea jgusokys 0; fDrlo gks A

1/2 Blj gohaim 1/2

vl k ej [k v k ? k j AA

vl k plj gjle [k j AA

vl k vej dfj tkj tkj AA

fujalkj dh jph gbz l` fV eavusl gh egke [k j gš vusl gh
plj gš tks nš jka dk l eku pj k pj k dj mi ; k x dj jgs gš rFk
vusl gh , d s eut; gš tks nš jka ij vknš k rFk vR; kpkj
dj&dj ds vlr dks bl l d kj l spys tkrsgš Hko l d kj ea
e [k k j] plj h] vR; kpkj] cbekuh vkn nš k l s i f j i w k z 0; fDr; k
dh fxurh Hh vl k gš

vl k xyo <+grvk delg AA

vl k ikh ikiqdfj tkj AA

vuslagh dkfry eut; nš jkadsxysdkV jgs gš rFk vuslagh
ikh eut; iki dekdj vllr %bl l d kj l spys tkrsgš

———— ^tiq̄ th l kfgc l oky tokc ————

vl ɛk dɛlɔkɔ dɛlɔkɔ AA

vl ɛk eyɔ eyqɛk [k] AA

vudkə gh >B ckyus okys LoHko ds0; fDr >B ckyus ea gh
0; Lr gārFk vudkə gh elh cɛ) ik.kh ey ; kfu v[kk] ½tk
inkFkZ [kɔs; k; u gɛ½ inkFkZ [k; s tk jgs gɔ >Bs vɛj tɔs
jklrka ij pyusokys ik.kh vufxur l ɛ; k ea gɔ

vl ɛk fuad fl fj djfg Hk: AA

ukudqulɔdgSolpk: AA

vudkə pɔy [kɔ] pɔy; k dj dj ds vius fl j ij fullnk dk
cl> mBk jgs gɔ gs fujɔkj ! vud gh tho dbz vɛj dɛlɔk ea Qj s
gɔ ukud cɔpkj rls ; g mij kDr rɛN l sfopkj išk djrk gɔ

okjvku tlək , d okj AA

tsrɔqɛlɔs l kɔz Hɔy dɔj AA

rwl nk l ylefr fujɔkj AA 18 AA

gs vdky ij [k! eɟh D; k rkdr gSfd iHkɔ dh l jɔuk dsckj s
ea C; ku dj l dɔk gs iHkɔ eɟ rls cɔr gh rɛN ik.kh gɔ gs
fujɔkj ! rwl nɔ vVy jgusokyk gɔ tsrɔs vPNk yxrk gɔ
ogh dke vPNk gSHko rɛgkjs vlns k ea jguk gh Bhd gSD; kɔd
rɛ gh l nɔ vlLrɔ ea jgusokys 0; fDrɔo glɔ

———— ^tiq̄ th l kfgc l oky tokc ————

½nuh oh imɔ½

vl ɛk ulo vl ɛk Fko AA

vxe vxe vl ɛk yk/ AA

vl ɛk dgfg fl fj Hk: glɔ AA

l fV ds vudkə tho rFk vl; vullr inkFkZ ds vl ɛ; gh uke
gārFk vl ɛ; gh muds ¼ [k.M] cɔk.M ds vlnj ½ fuokl LFku
gɔ l fV ea vufxur Hkou gɔ tgk rd eul; dk igɔuk
vl EHko gɔ ijUrɔtk ik.kh l fV dk v/; ; u djusdsfy, 'kɔn
^vl ɛk ½ vufxur] cɔvUr] vullr ½ mi; k djrs gSmuds fl j
ij Hk cl> glɔk Hko og Hk xyrd djrs gɔD; kɔd ^vl ɛk 'kɔn
Hk mɔr ugha gɔ 'kɔn ea ml dks C; ku djuk l EHko ugha gɔ

v[kj h uleqv [kj h l kyg AA

v[kj h fxvkuqxr xqk xlg AA

v[kj h fy [k kɔky . kɔk k AA

v[kj k fl fj l ɛkɔqo [k.k AA

ftfu , fg fy [k s fr l q fl fj ulg AA

fto Qɔek, fro fro ilg AA

ml vdky ij [k dh l jɔuk dk v/; ; u djusdsfy, ^vl ɛk
'kɔn rksnj dkbz Hk vl; 'kɔn iz klr ugha gɔ ijUrɔvdky ij [k
dk uke Hk v{kj kɔ ds } kjk gh cuk gɔ ml dh Lrɔr] mi ek Hk
v{kj kɔ ds } kjk gh dh tk l drh gɔ vdky ij [k ds Kku dks Hk

_____ ^tiq̄ th l kfgc l oky tokc _____

v{kjka}kjk ohpkj fd;k tk l drk gā v{kjka}kjk gh ml dsxtr
rFkk xkuka l s ifjpr gqk tk l drk gā

Hk"kk dks ckyuk rFkk fy[kuk Hkh v{kjka ds }kjk crk;k tk
l drk gā bl fy, 'kCn ^vl d'k iz kx fd;k x;k g\$ o\$ sft l
vdky ij [k us thokadh l gk; rk dsfy, ; g v{kj fofDr fd,
g\$ ml dk dkZ tho v/; ; u ughadj l drk ftl rjg vdky
ij [k vlnsk djrk g\$ ml h rjg ik.kh viuk thou 0; rhr djrs
g\$ rFkk i Hkq dh Lrfr] l jguk djus dh ; k; rk i dr djrs gā

tsk dlrk rsk ukm AA

fo.kukoSulgh dksFkm AA

; g l jk l d kj] tks vdky ij [k uscuk; k g\$ og ml dk Lo: i
g\$ ml dk uke gh l o&0; kid gā dkZ txg vdky ij [k dsuke
rFkk Lo: i l s [kkyh ugha gā Hkko iR; d LFku ; k inkFz ea
vdky ij [k dk Lo: i gā l f"V dk d.k&d.k vdky ij [k dk
Lo: i g\$ Hkko djrk ij [k viuh jpuk ea uke : ih gkdj
l ek; k gqk gā

dqjfr do.k dgk ohpk: AA

okjvku tlak ,d okj AA

tsr d'k Hkko l kZ Hkh dkj AA

rwl nk l ylefr fujalkj AA 19AA

egh D;k rkdr g\$ fd i Hkq dh l jpuk ds ckj sea i qz v/; ; u

_____ ^tiq̄ th l kfgc l oky tokc _____

dj l d'k gs i Hkq! e\$ rks cgr gh rPN ik.h gā gsfujalkj ! rw
l n\$ vVy jgus okyk gā tks r\$ s vPNk yxrk g\$ ogh dke
vPNk g\$; kfu r'gkjs vlnsk ea jguk gh Bhd g\$ D; k d r\$ gh
l n\$ v l r l u ea jgus okys 0; fDr l u gks A

1/2hl ohaime/2

Hgh,sgFlqi\$ ruqng AA

ik.kh /k\$ Smrj l q[lg AA

; fn gkFk i\$; k 'kjhj xlnsgs tk, a ; k e\$ s gks tk, arks ikh l s
/k\$ dj e\$ mrj tkrh gā

ew iyhrh diM+gk\$ AA

ns l kulqyb,svlgq/k\$ AA

; fn dkZ diMk ey&e# Hkko 'kjhj d xlnxh l sxlnk gks tk, rks
l kq yxkdj ml dks /k\$ yrs gā

Hgh,sefr ikik dSl \$x AA

vlgq/k\$ SuloSdSj \$x AA

ijUrq; fn eut; dh c') i k i k l s eyhu gks tk,] rks ml dks
vdky ij [k dsuke Lej.k l sl; kj djus l sgh /k\$ k tk l drk
gā i Hkq l eju eu] dh e\$ dks nij dj n\$ k gā

i qh i kih vk[k.kqkfg AA

dfj dfj dj.k fyf[k yStlgqAA

vkischt vkisgh [Hq \$A

———— ^tiq̄ th l kfgc l oky tokc ————

ukud gqleh vlogqtigqAA 20AA

gsukud! iq; delz; k iki h døy dgusek= l sugragā l pep
gh ekuo tš s dje djsxk] oš s gh l adkj vlnj /kij.k djds
l kfk ys tk, xkA tks dñ Lo; a chtkxš ml dk Qy Lo; a gh
[kvlksā vius delē ds vud kj tle ej.k ea i <š jgksā

½dl lolaim½

rhjflqriqnbvk nrqnkuqAA

tsdks ilošfry dk eluqAA

rtfkz; k=k] rikadh l k/kuk] thola ij n; k djuh] fn; k gypk nku
bu delē dscnyseafdl h eut; dksdkzml rfr fey Hk tk,
rksog uke ek= gh gkrh gā

l q.kvk efuvk efu dhrk Hkm AA

vaxfr rhjfk efy ukm AA

ij ftl ik.kh us vdkiyij [k ds lej.k ea /; ku yxk; k gš
ftl dk ân; i Hkqlej.k ea je x; k gšrfkk ftl us viuseu ea
vdkiy ij [k dk l; kj xg.k fd; k gš ml eut; usekuls vius
vlnj ds rtfkz dk ey&ey dj Luku dj fy; k gā Hkko ml
ik.kh us vius vlnj eu ea clsgq vdkiy ij [k ds l kfk tñelj
½uke lej.k dj½ vPNh rjg viuseu dh eš ½xUnxñ½ mrkj
yh gā

l fhk xqk rjseSulgh dlē AA

———— ^tiq̄ th l kfgc l oky tokc ————

fo.lqxxk dhrsHkxfr u glē AA

l w l fr vKfk ck kh cjekm AA

l fr l gk.kl nk efu plm AA

gsvdky ij [k ! ; fn rwLo; a vius xqk ejš ea i bk uk djs rks
ejš l sHkDr ughags l drh A ejk dlēz vflrRo ughafd eš rjs
xqk xk l dñ ; g l c rjh dik ds dkj.k gh gā

gsfujdkj ! rjh l nō t; gkā rwLo; a gh ek; k gš rñLo; a
gh ok.kh gš rñvki gh czāk gš vFKz-bl l fV dks cukusokys
ek; kj ck.kh ; k czāk vki l svyx vflrRo okysugha gš tš sfd
yks l kprsgā rñlFkj gš l ñj gš rjseu ea l nō id l urk
gš bl tñr dk jpukdkj rñgh gš rēsg h irk gšfd bl tñr
dks rñus dc cuk; k \

do.kl qoyk o [krqdo.lq

do.k ffr do.kqok: AA

dof.k fl : rh elqdo.lq

ft rqqks/k vldk: AA

dkā l k l e; rFkk oDr Fk] dkā l h rkjh [k Fk] dkā l k fñu
Fk] dkā l k ekš e Fk rFkk dkā l k eghuk Fk] tc ; g l d kj
cuk Fk\

oş u ilēz/k iMrh ft glōSyš l qij k l qAA

o [krqu ilbvksdlnhv k ft fy [kfu yš l qdij k l qAA

_____ ^tiq̄ th l kfgc l oky tok _____
dc ;g l d kj cuk \ ml le; i fM fka dks Hkh irk ughayxk]
ugh rksbl fo"k; ij Hkh , d ijk.k fy [lk gksr kA ml le; ds
dkft; ka dks Hkh [k c j uk gq h] vU; Fkk og bl dsckjs ea t: j
fy [krs t s ml gkaus vk; ra , d= dj dj k.k fy [lk FkA vFkz
/WfeZl eq [k; ka usbl I fV dh jpk dsfnu dsckjseafolrkj
I s t: j fy [k nsak FkA

fM r ok: uk tkh tk IS: fr elgquk dlbZAA

tk djrk fl j Bh dm l ktsvki st k IS l bZAA

tc I fV cuh Fkh] rc dks I h rkjh [k Fkh] dks I k fnu Fk] ; g
ckr dks Hkh ; lch ugha tkurk A dks ik.kh ugha crk l drk fd
rc dks I k ek e Fk r Fk dks I k eghuk FkA

ftl I jpk d kj usbl txr dks i sik fd; k g\$ og Lo; agh
tkurk g\$fd l d kj dc jpk x; k \

fdo dfj vk [k

fdo l kylgh fdm ojuh fdo tk.k AA

ukud vk [k.k I Hqdsvk [ISAA

bd nvdqf l vk.k AA

e\$fdl rjg vdky ij [k dh miek d: } fdl rjg vdky
ij [k dh Lrfr d: } fdl rjg vdky ij [k dh efgek dk o.ku
d: ; rFk fdl rjg le> l d w \

gsukud! ir; d tho viusvki dks n j s l s Kkuh le>
dj vdky ij [k dh miek crkusdk ; Ru djrk g\$ i jUr qcrk

_____ ^tiq̄ th l kfgc l oky tok _____
ughal drkA ; kfu gj ik.kh ; g le> cBrk g\$fd ml dksbl
l d kj dh jpk dk Hkh irk yx x; k gA

oMk l kfgc qomh ulbz drk tk dk gloSAA

ukud tsdksvki st k IS vxSxbvk u l k gSAA 21AA

vdky ij [k l cl s cMk g\$ ml dh efgek vijakj g\$ tks dN
l d kj eagls jgk g\$ og l c ml dh dik l s gks jgk gA

gsukud! ; fn dks ik.kh viuh vdy ds l gkjs ml i Hkqdh
efgek dk vUr tkuusdk iz kl dj\$ og vdky ij [k dsnj ij
vknj ugha i dr djrk A Hko i Hkqnj ij 0; fDr dh le> 1/2 kku 1/2
dk v g d kj Lohd kj ugha gksr k A

1/2 lbz oha im 1/2

ikryk ikry y [k vlxkl k vlxkl AA

vMl vMl Hky Fldson dgfu bd okrAA

ikryk ds uhs vks ikry gsr Fk vldk'ka ds A ij vks yk [ka
vldk'k gA vullr _f'k efu buds vUr dks i kus dh dks'k'k
djrs fkd x; \$ i jUr q< k + ughal dsA l Hkh on , d l j gkdj ; g
ckr dgrs gA

l gl vBkjg dgfu drsk vl y nvdq / HrqAA

y\$ k glo r fyf [k, sy\$ lsglo fo.kl qAA

elyeku rFk b l kbz vkn dh pjk drc a dgrh g\$ fd dy
vBkjg gtlj / kjr h 1/2 vkye] xg 1/2 g\$ ftudk d h z , d vdky

_____ ^tiq̄ th l kfgc l oky tok _____
ij [k g\$ i jUrql R; rks ;g gSfd 'kcn ^gtkjā rFk ^yk[ka Hkh
ijekRek dh l j p u k d s f y , m i ; k s u g h a f d , t k l d r s A v d k y
ij [k d h l j p u k d k f g l k c r k s r H k h f y [k t k l d \$; f n f g l k c
g k s l d r k g l a

; g f g l k c r k s g k s g h u g h a l d r k j f g l k c d j r & d j r s f x u r h
[k r e g k s t k r h g a f x u r h d s v { k j g h [k r e g k s t k r s g a

ulud omk vk[h,svki stk.ksvki qAA22AA

gsukud ! ft l v d k y i j [k d l s l k j s l d k j e a c M k d g k t k j g k
g \$ o g L o ; a g h v i u s v k i d l s t k u r k g S H k o v i u h e f g e k d l s
o g L o ; a g h t k u r k g a

1/2bl oha im 1/2

l kylgh l kylg , rh l j r u i k b z k AA
unhvk vrSolg iofg l efn u tk hvfg AA

L r f r ; k ; v d k y i j [k d h e f g e k d k c k j & c k j 0 ; k [; k u d j d s
H k h f d l h i k . k h d l s b r u h l e > u g h a i M h f d o g b z o j h ; i d k j
d k H k s i k l d s A H k D r t u r k s v d k y i j [k e a g h y h u g k s t k r s
g \$ t \$ s u n h o u k y s l e m z e a i M r s g \$ f Q j v y x l s i g p k u s u g h a
t k l d r s u g h o s l e m z d s v f l r R o d k v l r i k l d r s g a

l eqal ky l yrku fxjgk l sh ekyq/kuqAA
dhMh rfy u glouh tsfrl qeugqu ohl jfg AA 23 AA

_____ ^tiq̄ th l kfgc l oky tok _____
l e m h a d s c k n ' k g l a r F k l [r k u] f t u d s [k t k u k a e a i g M h a f t r u s
/ k u i n k F k a d s < j g l i H k q d h H k D r d j u s o k y k a d h u t j e a ; g
l c , d d H M h d s c j k j H k h u g h a g k s \$; f n g s v d k y i j [k l m l
d H M h d s e u e a l s r g h ; k n n i j u g k s H k o i H k q ; k n e a y h u , d
d H M h H k h m u l [r k u k a r F k c k n ' k g l a l s v P N h g S f t u d s a n ; e a
i j e k R e k d k M j u g h a A

1/2plsh oha im 1/2

varqu fl Qrh dgf.k u varqAA
varqu dj.kSnk.k u varqAA
varqu o\$K.k l qf.k u varqAA
varqu tkiSfdvkefu erqAA

v d k y i j [k d s x q k a d k d k b z v l r u g h f x u r h d j u s l s H k h x q k a
d k v l r u g h a g k s l d r k v F k z f x u s u g h a t k l d r a v d k y i j [k
d h j p u k r F k d i k d k v l r u g h a g k s l d r k a n \$ k u s r F k l q u s
l s H k h m l d s x q k a d k H k s u g h a i k ; k t k l d r k A m l v d k y i j [k
d s a n ; e a D ; k o h p k j g S & b l c k r d k H k h v l r u g h a i k ; k t k
l d r k A

varqu tkiSdhrk vldk: AA
varqu tkiSijlok: AA

v d k y i j [k u s ; g l d k j t k s f n [k j g k g \$ b l d h j p u k r F k
f u e k z k f d ; k g s i j U r q f Q j H k h b l d h v k j f E H k d r F k v l r e
n h o k j 1/2 d u k j k 2 u t j u g h a v k r h A

———— ^tiq̄ th l kgc l oky tok ————

vā dġf.k dssfcyylg AA

rkdsvā u ik, tġg AA

dbz ik.kh vdky ij [k dk vlŕ <us ds fy, rMŒ jgs gġ
yŕdu ml dk vlŕ ughaik; k tk l drk A ¼vkt dsoKkfud ;
ea Hkh oKkfudkæ us ; gh fu" d"lZ fudkyk gSfd bl l f"V dkj
vlŕfj {k dkj bl ds vk/kj dk dkbz vuŕku ugha yxk; k tk
l drkA

,ggvāqu tk.lSdlb AA

cgŕk dgh, scgŕk glb AA

vdky ij [k dsxqkædk dbz ik.kh v/; ; u djusdh dġ'k'k dj
jgs gġ yŕdu dkbz ekuo ml dk vlŕ ugha ik l dk gA tS s tS s
; g ckr dgrsgāfd og cgr cMk gS os s os s og vġ cMk
ml l s Hkh cMk irŕ gks yxrk gA

oMk l kgcqĀpk Fkm AA

Āpsmifj Āpk ulm AA

,oMqĀpk glbSdlb AA

fr l qĀpsdm tk.lS l b AA

vdky ij [k cMk gS ml dk fuokl l Fku Hkh Āpk gA ml dk
uke Hkh l oZSB ¼Āpk ½ gA ; fn dkbz vġ ml ftruk cMk glġ
og gh ml mPpre vdky ij [k dks l e> l drk gSfd og
fdruk cMk gA

tōMqvki tk.lSvki vki AA

———— ^tiq̄ th l kgc l oky tok ————

ukud unjh djeh nkr AA 24AA

ijekRek Lo; agh tkurk gSfd og fdruk cMk gA gs ukud!
iR; d dik n; k dh n"V djusokysvdky ij [k dh dik l sgh
feyrh gS rFk bl l R; dk Kku ikr gk k gSfd og ijekRek
vius vki dks Lo; agh tkurk gS D; kġd og cgr Āpk cMk
rFk cs vlŕ gA

¼ phl oħaim ½

cgŕk djegfyf [kvk u tġb AA

oMk nkrk fryqu relb AA

vdky ij [k vijEikj di kvædk [ktkuk gS ml dks fry Hkj Hkh
yky p ughaml dh dik bruh fo'ky gSfd fy [kh ugha tk l drkA

dssæfg tġk vilj AA

dŕrvk x.kr ugh oħp: AA

dss [ki rġfg osġj AA

vulŕ ; k) s rFk dbz vġ ftudh fxurh ij oħpkj ughafd; k
tk l drk] vdky ij [k ds }kj ij dik dh Hkh [k ekx jgs gA
dbz ik.kh ml dh nh gġ phtkædk mi ; kx dj ds fodkjæagh Qj
dj uk'k gks tkrsgA

dssySySeq: ikg AA

dsselj [k [kgh [kġg AA

vulŕ tho vdky ij [k l s inkFZ ikr dj eqdj gks tkrsgA
Hko dHkh ijekRek dk 'kġ; k vnk ugha dj rŕsf l Hkh i nkFZ i Hkq

———— ^tiq̄ th l kfgc l oky tok ————
dik l sgh ikr gksjsgs vudkæwiz inkriz y&ydj [k jsgs]
ijurqmi di kyw i hq dks ; kn ugra djra
drvk nkr Hkr l n ekj AA
,fg fhk nkr rjh nkrj AA
vudkæ thokads deka l nō ekj] dyg rFk Hkr gh fy [kh gš
ijurqgsn; koku vdky ig [k ! ; g Hkh rjh dik gh gš D; kōd bu
nqkædys'kædsdkj .k gh eut; dks i hkvks'k eapysdh l e>
iMf h gā

cfn [kykl h Hk l Sglb AA
gls vk [k u l dSdlb AA
inkræ dsekj : ih cl/ku l sNvdkjk vdky ig [k ds vks'kud kj
pydj gh gsl drk gā bl dsfcuk dkbzvl; rjhdk ik.kh ugra
crk l drk Hko dkbz ik.kh ugra crk l drk fd i hkvks'k ea
pyus l sfcuk ekj l sNvdkjsdk dkbzvl; Hkh l k/ku gsl drk
gā tc i hkv dks vPNk yxrk gš rc gh l d kjd ekj ek; k l s
efDr i kr gsl drh gā

tsdks [kbdqv k'k ikb AA
vlqatk l Stshvk efg [k b AA
ijurq; fn dkbz e w /kukfn ds ekj l sNvdkjs dk dkbzvl;
l k/ku crkusdk ; Ru djš rksogh tkurk gšfd fdruh pkaog
bl e w krk dsdkj .k viuseg ij [krk gš; kfu ek; k l scpus
dk , d gh rjhdk gšfd ik.kh i hkv dshk; eajgā ijurq; fn dkbz

———— ^tiq̄ th l kfgc l oky tok ————
e w [k dkbzvl; rjhdk < rFk gš rksog vls T; knk nq kh gks'k gā
vkistk l Svksnb AA
vk [kg fl fhk dbzdb AA
l kjsvdRK ughag vudkæ ik.kh ; g ckr Hkh dgrsgšfd vdky
ig [k Lo; agh thokadh t: jræ dks tkurk gš rFk Lo; agh dik
ckvrk gā

ft l uksc [kl sfl Qfr l kyg AA
ukud ikr l gh ikr l l gqAA 25AA
gs ukud ! ft l ik.kh dks vdky ig [k viuh dik] n; k]
c [k'k'k djrk gš og ikr'kg ¼ Ppk cln'kg ½ cu tkrk gā i hkv
Lrfr gh l okp dik gā , d k ik.kh gh J'SB gš vehj gš rFk
egku gā

Alch olaim ½
vey xqk vey okij AA
vey okijh, vey Hkrj AA
vey vlōfg vey yStkg AA
vey Hkb veyk l ekfg AA
vdky ig [k ds xqk vveys gš mudk dkbz e w ; fu/kj .k ugra
gsl drk A bu xqkæ dk 0; kij djuk Hkh vveys gā mu
i k .k; kæ dk Hkh e w ; ugh tks vdky ig [k ds xqkæ dk 0; kij
djrs gā og ik.kh Hkh vveys gā tksbu b'zoh; xqkæ dk 0; kij

_____ ^tiq̃ th l kfgc l oky tok _____
djusdsfy, l d kj ea vkrsgā og Hkh vPNs de k̃ okys gā tks
bu bZojh; xqk̃a: ih l k̃k [kjm dj bl l d kj l systkrsgā
tksik.kh vdky ij [k ds iæ eseXu gārFk tksik.kh ml vdky
ij [k ea yhu gā og Hkh vueky gā

veyq/kjeqveyqntck.kqAA
veyqrqveyqijok.kqAA
veyqc[K'k'k veyquh k.kqAA
veyqdjeqveyqQjek.kqAA

vdky ij [k ds jkt njckj rFk dkuu vueky gā og rjktw
vueky gā ml ij j [kus okys ck/ v ueky gā ft l l s vdky
ij [k i k̃.k; k̃ ds vPNscj s de k̃ dks rkyrk gā ml dh d'ik rFk
dik dsfu'ku Hkh vueky gā vdky ij [k dh n; k rFk vkñk
dk Hkh eW; ughagā fdl h dk Hkh vlnkkt ughayxk; k tk l drkA

veysveyqvK[kvk u tlb AA
vK[k vK[k jgsiyo ylb AA

vdky ij [k l c vupekua l svkxsgā ml dk dkbZ vupekua ugha
yxk; k tk l drk gā tks ik.kh /; ku tkm+ dj %eu , dkiZ
vdkyij [k dk vupekua yxkrsgā vrr%og dñ Hkh ikr ugha
dj ikrsA ; kfu vdkyij [k dh eW; k̃du izkkyh vnHkq gā
ml dh n'k; k fn'k dk dkbZ irk ugha yx l drk A

vK[Kg oa iB ij k.k AA
vK[Kg iMsdjfg of[kvk.k AA

_____ ^tiq̃ th l kfgc l oky tok _____
vK[Kg cjesvK[Kg ba AA
vK[Kg xksh rSxlkōa AA

onk̃ ds el= rFk ij k.k Hkh vdkyij [k dk vupekua yxkrsgā
fo) ku ij "k Hkh] tks ñl jk̃ dks minsk djrs gā vdky ij [k
dsckj se a.o.ku djrs gā dbZ cāk] dbZ blh] dbZ xk̃i ; k rFk
dbZ dKqk] vdkyij [k dk vlnkkt yxkrsgā

vK[Kg bZ j vK[Kg fl /AA
vK[Kg dssdlrscqAA
vK[Kg nkuo vK[Kg nōAA
vK[Kg l f̃j uj efu tu lōAA

dbZ f'ko rFk fl)] vdkyij [k }kj k išk fd; s gg cs/Ur
cā] j k̃kl rFk nō} nō LoHko ekua] _f'k&efu ykx rFk
l od vdkyij [k dk vupekua yxkrsgā

dssvK[Kg vK[K.k iKg AA
dssdfg dfg m̃B m̃B tKg AA
,rsdlrsgk̃j djfg AA
rk vK[k u l dfg dbZdb AA

vufxur tho vdkyij [k dk vlnkkt yx jsgārFk vufxur
gh yxkus dk ; Ru dj jsgā cs/Ur yxk&yxk dj bl ñfu; k
dks ÑM̃elj tk jsgā l d kj ea brus tho išk fd, gā tks o.ku
dj jsgā ijUrqsgjht ; fn rrvk̃ Hkh vulr tho išk dj
ns rks Hkh dkbZ tho r̃jk vupekua ugha yx l drk A

_____ ^tiq̄ th l kfgc l oky tokc _____

tøMqHNoSrøMqglø AA

ukud tkISI kpk l k AA

tsdksvk[ISckyqfoxM+AA

rk fy[h, sfl fj xlokjk xlok: AA 26AA

gs ukud! ijekrek ftruk pkrk g\$ mruk gh fo'ky gk tkrk
g\$; kfu bZojh; rkdr dk iZ kj vdkiyij [k dh etiz dsvud kj
gkrk g\$ vdkiy ij [k tc pkgs viuh l f"V dksfo'ky dj yrk
g\$ og flFkj jgus okyk gjh Lo; agh tkurk g\$fd og fdruk
fo'ky g\$;fn dksZ cMekyk euq; crkus yxsfv vdkiyij [k
bruk cMk g\$ rks og eq"; egk e[iz fxuk tkrk g\$

¼ rkbZ olaimM½

l kn: dgk l k?k: dgk ftrqcfj l jc l ekysAA

oktsukn vusl vl k dk dysolo.lkjjsAA

drs jk ijh fl m dghvfu drsxlo.lkjjsAA

og nj&?kj cMk gh vuk[kk g\$ tgk ij cBdj g\$ fujækj! rw
l kjs thokadh ikyuk l EHky dj jgk g\$ rjh bl jph gøZ l f"V
ea vufxur ckts rFk jkx g\$ cs/Ur gh tho mu cktk
¼ jolnd ; l=½ dksctkusokysg\$ jkxfu; kaler cs/Ur gh jkx
dgs tkrsgårFk vudlagh tho bu jkxkadsxkusokysg\$ tksrø
¼ rjs xqkæ dks xk jgs g\$

_____ ^tiq̄ th l kfgc l oky tokc _____

xlofg rgulsim.kjkk h c\$ r: AA

xloSjktk /kj eqnøkjjsAA

xlofg fprqxqrfyf[k tk fg

fyf[k fyf[k /kj eqohpkjsAA

gs fujækj ! iou] ikuh] vfxu rjs xqk xk jgs g\$ /kejt rjs
}kj ij [Mk gkdj rjh efgek xk jgk g\$ og fp=xkr Hk tks
thokads cjs Hkys delæ dk fgl kc fy[kuk tkurs gårFk ftuds fy[k
gq dk /kejt otkj djrk g\$ og l Hk rjh miek dj jgs g\$

xlofg bZ : cjek nøh l kfu l nk l okjsAA

xlofg ba bnk f.k cBsnøfr vk nj ukysAA

gs vdkiy ij [k ! nøh; k f'ko rFk cåk tks rjs cuk; sgq g\$
røsxk jgs g\$ dbZ blhz viusikl cBsgq nørkaler rjsnj
ij rjh efgek xk jgs g\$

xlofg fl /k l ek/k vafj xlofu l k fopkjjsAA

xlofu trh l rh l æk h xlofg ohj djjsAA

fl) yk l ek/k yxkdj røsxkæ dks xk jgs g\$ l kqtu
fopkj ppkZ djds rjh efgek dk 0; k[; ku dj jgs g\$ trh] nukh
rFk l æk h iq "k rjs xqk xk jgs gårFk cs/Ur cyh ; k) srjh
miek xk; u dj jgs g\$

xlofu iælr iMku j [kl j tæqtæqonk ukysAA

xlofg elg.hvk euqelgu l jxk eN ibvkysAA

gs vdkiy ij [k ! if.Mr rFk egk _f" k tksonkæ dks i < rsg\$ onkæ

_____ ^tiq̄ th l kgc l oky tokc _____
l es rjsxqk xk jgs gā l thj fl=; k tks Lox] ekrykd rFk
ikry ea; kfu gj txg iq "k dk eu ekj yrh gār fkgjxsxqka
dk xk; u dj jgh gā

xlofu jru mik, rjsvBlfB rhjFk ukysAA
xlofg tkk egky l jk xlofg [k.kh pljsAA
xlofg [k l emy ojHk djf djf j [k/MjsAA

gsfujdkj ! rjs i s̄k fd, gq jru vBlfB rFk l es rfgaxk
jgs gā ckgcyh ; k) s rFk egkyh l j es rjh efgek xk; u dj
jgs gā pkjka gh [k.k; ka ds tho&tUr q r̄s ; kn dj jgs gā rFk
rjh Lr̄r dj jgs gā l kjh l P̄V] l P̄V ds l kjs [k.M rFk pDdj] tks
rus i s̄k djs mudks vLr̄p c ['k g\$ r̄s xk jgs gā

l bZrdukslofg tksrdqHlofu
jrsrjsHkr j l kysAA
gkj d r̄s xlofu l seS̄pfr u vlofu
ukudqdvk ohpjksAA

gsvdky ij [k ! okLro earlsogharjsiæ eaMcsHKDr tu rjs
xqka dks xkrs gā Hko mlgha dk xkuk l Qy gS tks r̄s xk vPNs
yxrsgā vuslka vl; tho r̄s xk jgs gā tksejs l sfxusHk ugha
tk l drsA Hkyk ukud cpkj k D; k ohpj dj l drk gS

l bZl bZl nk l pq l kgcq l kpk l kph ukbZAA
gSHh gkl h tlb u tkl h jpuk ftu jpkbZAA

_____ ^tiq̄ th l kgc l oky tokc _____
ftl vdky ij [k us ; g l P̄V i s̄k dh g\$ og bl l e; Hk
ekm gS rFk l n̄b jgs k] uk ml dk tle gvk gS rFk uk gh
ml dh ek̄ gkxhA og vdky ij [k l n̄b flFkj g\$ og ekfyd
l Ppk g\$ ml dh efgek Hk l n̄b vVy gā

jxh jxh Hkrh djf djf
ftul h ekvk ftu mlbZAA
djf djf n̄S̄dhrk vki .k
fto frl nh ofMvkbZAA

ftl vdky ij [k us dbZ jxk fdekarFk tkr; ka dh ek; k
jp nh g\$ og t\$ sml dh [k k gS vFk̄ ftruk cMk vki g\$
mruscM̄s̄to'ky 1/2 an; l s l d kj dks i s̄k dj d\$ vius i s̄k fd; s
gq dh l EHky Hk dj jgk gā

tkfrl qHMoSl bZdj l h gqlequ dj .k tlbZAA
l si krl kgq l kq i krl kgcq
ukud jg.kj tlbZAA27AA

tksdn vdky ij [k dks vPNk yxrk g\$ ogh og djska dkbZ Hk
tho vdky ij [k ds vks vkn̄k ugha dj l drk] ml dks ; g ugha
dg l drk ^, d su dj , d k dj* vknA vdky ij [k ikr'kg g\$
i krl'kg adk Hk i krl'kg gā gs ukud! thokadks ml dh jtk ea
jguk gh vPNk yxrk gā

———— ^tiq̄ th l kfgc l oky tokc ————

1/2Bbl lola im 1/2

eqk l r k l q l jeqir q > kyh

f/kvlu dh djfg fchfr AA

f[llk dkyq d q kjh dlvk t qfr M k i j r l fr AA

gs ; kxhl ; fn rwl Urk [k dks viuh dku dh eqk, cuk; A egur dks crZu rFk > kyh A vdkyij [k ds / ; ku dh jk [k 'kjh ij eyaA ek dk Mj rjh xla M k gksA 'kjh dks euk f o d k j k l scpk dj j [kuk rjsfy, ; kx dh e; kzk gsr Fk J) k dks M k cuk,] rHk vlnj l s > B dh nhokj VW l drh gA

vlnz i k h l xy telrh efu trStxqt h r q AA

vln d qfr l Svln d qAA

vln vuh y q vln vulgr

t q q t q q , dks o d qAA 28AA

tlk ik.kh l kjh l f"V dsthok dks viuk fe= l e > rk g\$ okLro eaogh ^vkbz i k k* 1/4 oZSB i k k 1/2 okyk gS; fn 0; fDr Lo; adseu ij fot; i k r dj y\$ rks l k j s t x r ij gh fot; i k r dh tk l drh gA Hko t x r dh ek; k 1/4 o d k j 1/2 i j e k R e k l s n i j u g h a d j l d r h A

>B dh nhokj n i j d j u s d s f y , d o y m l v d k y i j [k d k s i z k e d j k\$ t k l H k h d k e w g\$ t k s 'k o) Lo: i g\$ f t l d k d k b z v l n d 1/4 k j E H k 1/2 u g h a < k + l d r k t k s d H k u k 'k u g h a g l s l d r k r F k l n d , d t\$ k g h j g r k g A

———— ^tiq̄ th l kfgc l oky tokc ————

1/2nurhl olaim 1/2

H qfr fxvlu q n b v k H k j f . k

?NV ?NV oktfg uln AA

vki ulFlquFlh l Hk tk dh

fji/k fl f/k voj k l n AA

l a k q f o t k q n h

dj pylofg y\$ lsvlofg H k x AA

gs ; kxhl ; fn vdkyij [k dh l o & 0; ki drk dk Kku rjsfy, Hk.Mkjsdk pyk gk\$ n; k bl Kku : ih Hk.Mkjs dks cl w / u s o k y h g k A i R; d tho dsvlnj py jgh ftlnxh dh / M l e u e k u s u k n h c t j g h g l s A

rjk ukFk 1/4 i kyugkj 1/2 Lo; avdkiyij [k gk\$ ft l d s i H k o e a l k j h l f"V g l s A ; k x & l k / k u k } k j k i k r g b z f j / k h ; k & f l / k h ; k l c 0; FkZ g\$; g l c f l) h ; k r k s f d l h v l s j r j Q / ; k u y s t k u s o k y s l o l n g A

vdky ij [k dh ^l a k x* r F k ^ f o ; k x* l U k k n k u k a f e y d j b l l a k j d s d k ; k a d k s p y k j g s g A H k o f i N y s l a k x k a d s d k j . k i f j o k j v l n d s t h o ; g k a i j v k d j , d = g l r s g A i j e k R e k d s v l n d k u d k j o s f Q j f c N m + d j v i u h & v i u h k j h l s ; g k l s p y s t k r s g a r F k l c t h o l a d s f d ; s x ; s d e l a d s v u d k j l q l k & n d k d k i l k n f e y j g k g A

vln d qfr l Svln d qAA

_____ ^tiq̄ th l kfgc l oky tokc _____

vfn vulyqvuln vulgr tqtq, dksd qAA29AA
vr%>B dh nhokj nij djusdsfy, døy ml vdky ij [k dks
izlke djk tks l Hk dk ey g\$ tks 'k) Lo: i g\$ ft l dk dksZ
vfn ¼ i kj EHK ½ ugha < p + l drk] tks dHk uk'k ughagls l drk vls
l nð , d t\$ k gh jgrk gA

¼ hl ohaim ¼

, dk ebZ tqr fovlbZrfu pysijok kAA

bdql d kjh bdqHh kjh bdqyk, nck kAA

ylkkaea; g ckr l k/kj .k; rk ipfyr Fh fd vdyh ebZfd l h
; fDr l sid fir ghZrFk iR; {k : i l sml dsrhu i e i s k gksx; A
muea l s, d cåk cu x; k tks tho tlrpka dks i s k djus
yx i M k A , d fo" .kj Hk. Mkj dk ekfyd cu x; k ; kfu thokads
tfodk dk izl/k djus yxk rFk , d f'ko vnkyr yxkrk g\$
Hko thokads ekjrk gA

fto frl qHh Siro Spylo Sfto gloSQjek kAA

vlgqo\$ l Svlsk unfj u vloScgqk , gqfoMk kAA

ijlurqokLrfodr k ; g gSfd t\$ sml vdky ij [k dks vPNk
yxrk gsrFk t\$ sml dk vlnsk glrk g\$ r\$ sgh og Lo; a l d kj
dsdk; Zpyk jgk gA bu cåk] fo" .kqrFk f'ko dsgrk ea dN
ughA ; g cMk vk'p; žud [ky gSfd og vdkyij [k l c
thokads n\$ k jgk g\$ ijlrq thokads og vdkyij [k ugha

_____ ^tiq̄ th l kfgc l oky tokc _____

fn [krkA

vlns qfr l Svlns qAA

vfn vulyqvuln vulgr tqtq, dksd qAA 30AA

vr% cåk] fo" .kj f'ko vfn dh txg døy ml vdkyij [k dks
izlke djk ft l l sgh l cdk vlrRo g\$ tks 'k) Lo: i g\$
ft l dk dksZ i kj EHK ¼ vfn ½ ugha < p + l drk] tks dHk uk'k ugha
glrk gsrFk l nð , d t\$ k gh jgrk gA ; gh , d l kku g\$ ml
i Hk l s njh ? k/vkus dk

¼ drhl ohaim ¼

vkl .kylb ylb Hh kj AA

tksfdNqilbvkl q, dk okj AA

dfj dfj o\$ l S l jt .lgj AA

ukud l psdh l lph dkjAA

vdky ij [k dsHk. Mkj k adk fuokl iR; d Hkou eagSHko iR; d
Hkou eavdky ij [k dsHk. Mkj spy jgsgA tks dN vdkyij [k
usbu Hk. Mkj k ea Mkyk g\$, d ckj gh Mky fn; k g\$ ml dsHk. Mkj s
l nð Hkjsgq gãmuea dHk dksZ deh ugha vk l drh A l f"V dks
i s k djusokyk vdkyij [k thokads i s k djds mudh l EHKy
dj jgk gA gsukud! flFkj jgusokys vdkyij [k dh l f"V dh
l EHKy okyk ; g dk; Z l nk vVy gA

vlns qfr l Svlns qAA

_____ ^tiq̄ th l kfgc l oky tokc _____

vkn vulyqvukn vulgr tqtq, dksol qAA 31AA
doy ml vdkyij [k dks izkke djks tks l Hk dk ey g\$ tks
'kq) Lo: i g\$ ftl dk dksZ vkjEHk ugha<pk+l drk] ftl dk dHk
uk'k ugha gks l drk] l n\$, d t\$ k gh jgrk g\$; gh , d
l k/ku g\$ ftl l siHkqvkj euq; dschp eacuh njh dksfeVk; k
tk l drk g\$

1/2rhl oha im 1/2

bd nwtHMSy [k glg y [k glfg y [k ohl AA
y [lqy [lqxMk vk [lhvfg , dquleqtxnhl AA

;fn , d tHk l syk [k tHka gks tk, a rFk yk [k tHka l s chl
yk [k cu tk,] bu chl yk [k tHka l svdky ij [k dsuke dks
, d&, d yk [k ckj cly rlsHk ;fn euq; ; g l kpsfd e\$ vius
bl rjhd l siHkqLej . k dj vdkyij [k dks ikr dj l drk gw
rls ; g >Bk vgokj g\$

,sqjkg ifr ioMk; k pMh, glb bdhl AA
l fu xyk vldkl dh dhvk vlbZjh AA

iHkqfeyu ds jkLrs ea vdkyij [k dks ikr djus ds fy, tks
l lf<+ka g\$ mu ij Lo; a dks U; k\$koj djds gh p<+l drsg\$
yk [k tHka }kj k fxurh ds l ej . k l sHk d\$ ugha curkA
vgokj dksnj fd, fcuk ; g fxurh ds i kBkaokyh f0; k v\$ sgS
ekuls vldk'k dh ckra l qdj dhMh; ka dksHk bPNk vk x; h gks

_____ ^tiq̄ th l kfgc l oky tokc _____

fd ge Hk vldk'k ij igp tk, a
ukud unjh ilbz, sdMh dMSBH AA32AA

gs ukud! ;fn vdky ij [k dik n\$V djs rks gh ml dks ikr
fd; k tk l drk g\$ ugharks>Bseuq; dh Lo; adh gh >Bh miek
g\$fd e\$ l feju dj jgk g\$

1/2rhl oha im 1/2

vk [k.k tks pqSug tks AA
tks u exf.k n\$ k u tks AA
tks u thf.kejf.kug tks AA
tks u jkt ekf efu l k AA

ckys ea rFk pq jguseaHk dksZ viuh etiz ugha g\$ uk gh
ekus ea gekjh euethz pyrgh g\$uk gh ns\$ ea thou ea rFk
ejuseaHk gekjh l eFk dke ughansh A jkt&Hkx ikr djus
eaHk gekjk tkj ughapyrk] ftl jkt&Hkx dsdkj . k gekjseu
ea vgokj gkrk g\$

tks u lgrh fxvku ohpkj AA
tks u tgrh NqSlak AA
ftl qgf k tks dfj o\$ l k AA
ukud mreqlpqu dlb AA 33AA

vkrEd /; ku e\$ Kku ea rFk ohpkj ea jgus dh gekjh l keF; Z

_____ ^tiq̄ th l kgc l oky tokc _____
 ugra gā bl ; ŋr ea jgusea Hkh gekjh ethz ugra py l drh̄
 ftl l stle ej .k dks [kRe fd; k tk l drk gā ogh vdky iq [k
 jpk djds gj rjg l sm l dh l EHky djrk gš ml ds gkfk ea
 gh l eFk gā gsukud ! viusvki ea uk dksZ eut; mūke gS
 rFk uk gh utp A Hko thok dks l nkpjh ; k nkpjh cukusokyk
 og i hq gh gā ; fn uke fl eju dh cjd r l s ; g fu'p; cu
 tk, rHkh ijekrek l s tho dh njih de gkrh gā

¼pšh oħaim¼

- jk rh : rh fFkrh okj AA**
- io.k ik.h vxuh ikrky AA**
- fr l qfofp /kjrh̄ Fkfi j [h/kje l ky AA**
- fr l qfofp thv t̄fr dsjx AA**
- fru dsuke vusl vuar AA**

jkf=] _r̄ frFk rFk fnu] gok] i kuh] vx rFk ikrky bu l Hkh
 ea vdky ij [k us/kjrh dks/keZ dekusdk LFku cuk; k gā bl ea
 dbz izkj ds rFk dbz jxka ds tho cl rs gš ftuds vufxur
 rFk vudkaue gā

- djeh djeh gk oħpk: AA**
- l pk vfi l pk njck: AA**
- frFIS l qfu ip ijok kAA**
- unjh djfe ioSuhl k kAA**

_____ ^tiq̄ th l kgc l oky tokc _____
 vudkauekarFk jxka okys thok ds viusvki dh; s gq de k
 ds vud kj QŠ yk gkrk gā vdky ij [k Lo; a l Ppk gš ml dk
 njckj Hkh l Ppk gā ml njckj ea l Urtu iR; {k rkš ij
 fojkteku gkrš gš rFk dik n"V djus okys vdky iq [k dh
 dik lš mu dsekFs ij dik dk fu'ku ped iMrk gā

dp idkzvšks iħAA
ukud xbv k tk iStk AA 34 AA

bl l d kj ea dksZ cMk gS dksZ Nk/k gā bl dk dksZ egro ugh̄
 budk dPpkiu&iDdkiu vdky iq [k dsnj ij tkdj ekye
 gkrk gā gsukud! vdky iq [k dsnj ij tkus l s gh l e>
 iMrh gšfd oklro ea dks iDdk gš rFk dks dPpk \

¼šh oħaim¼

- /kje [ħM dk ,gk/kjeqAA**
- fxvku [ħM dk vk l ggdjeqAA**

/kje [ħM dk dōy ; gh drD; gStks Å ij o.ku fd; k x; k gš
 vc fxvku [ħM dk drD; ¼o'kškrk½ Hkh l e> yk

- dsio.k ik.h oŠ aj**
- ds sdu egš AA**
- ds scjes/Mħr /Mħvfg**
- : i jx dsod AA**

_____ ^tiq̄ th l kfgc l oky tok _____
vdky iḡ [k dh jpuḡ ead̄bz izdkj dh gok, j̄] ikuh rFk vfxu; ka
gā dbz d".k gā rFk dbz f'ko gā dbz cgek iḡk fd; s tk jgs gā
ftudsdbz : i] jx rFk oḡk gā

dsh; k dje Həh ej d̄rsd̄rs/kumind AA
d̄rsba pa l j̄ d̄rsd̄rselmy nd AA
d̄rsfl /k c̄k uk d̄rsd̄rsnoh od AA

vdky iq [k dh jpuḡ eacs/Ur /kjrh; k̄ gā cs/Ur es ioz̄]
vllur /k̄p HkDr rFk mudsmiḡsk gā vudkablzn̄oḡ} cs/Ur
plhek̄] vufxur l j̄t rFk vufxur Hkou p̄Ø gā vllur
fl } vorkj gā cs/Ur uk gā cs/Ur nohv̄ka ds igjos gā

d̄rsno nkuo efu d̄rsd̄rsjru l̄oḡ AA
dshvk [kuh dshvk ck.kh d̄rsikr ufj) AA
dshvk l j̄rh l̄od d̄rsukud vr̄qu vr̄qAA 35AA

vdky iq [k dh jpuḡ eacs/Ur n̄oḡsrFk n̄; gā cs/Ur efu]
no] vufxur izdkj dsjru rFk jruka ds l̄oḡz gā tho jpuḡ
eacs/Ur [kuhv̄ka gā cs/Ur ck.kh; k̄ gā cs/Ur ckn'k̄g rFk
jks gā vufxur izdkj ds /; ku gā tks tho eu eaj [krs gā
vllur l̄od gā gsukud ! vdky iq [k dk d̄bz vllur ugha<pk̄
tk l drk !

_____ ^tiq̄ th l kfgc l oky tok _____
Wrl̄h̄l̄ ōa im̄l̄l̄
fxvku [k̄l̄ efg fxvkuqijp̄l̄qAA
frFISuk̄ fcula d̄l̄l̄ vanqAA

fxvku [k̄l̄ eaHko 0; fDr dh Kku volFk eafxvku gh cyoku
gk̄rk gā bl volFk eaekuka l Hk̄ j̄ak̄} rek'karFk vk'p; p̄fDr
djus okys djroka dk Lokn vk tkrk gā

I je [k̄l̄ dh ck.kh : iqAA
frFIS?M̄l̄r ?M̄l̄vScgq̄ vuū AA

Je Hko esur okyh volFk dh cukoV l̄th̄jrk gā Hko bl ea
vldj eu fnu&c&finu l̄th̄j cuuk 'l̄q̄ ḡs tkrk gā bl volFk ea
u; h fl j̄tuk ds dkj.k eu c̄gq̄ l̄th̄j m̄Rilu gk̄rk gā

rk dhvk xyk dFk̄vk uk t̄k̄g AA
tsdksdgSfiNSiNq̄l̄b AA

bl volFk dh ckraC; ku ugha dh tk l dr̄h̄a ; fn d̄bz i.k.kh
djus dh p̄šBk djrk gS rks og iNrkos ea gh jgrk gā

frFIS?M̄l̄h, l̄j̄fr efr efu c̄f̄k AA
frFIS?M̄l̄h, s l̄j̄k fl /k dh l̄f̄k AA

bl esur okyh volFk ea i.k.kh dh l̄j̄fr ¼; ku ½ rFk c̄f̄) dh
'l̄q̄) rk dh tkrh gā Hko l̄j̄fr ¼; ku ½ rFk c̄f̄) Āph ḡs tkrh
gSrFk eu ea t̄x̄fr iḡk ḡs tkrh gā l̄je [k̄l̄ ea n̄oḡkarFk

_____ ^tiq̄ th l kfgc l oky tok _____

fl) laokyk fneix eut; ds vlnj i s k g s tkrk gA

¼ s h o h a i m ½

dje [M dh ck h t k AA

frFISgk u d k z g k AA

frFIS t k k e g k c y l j AA

fru efg j l e q j g v k H j i j AA

dik okyh voLFk dh cukov cy gSHko tc eut; ij ml vdky ij [k dh dik dh utj gkrh gsrksml ds vlnj , d k cy i s k g r k g s f t l d k j . k f o d k j v i u k i H k o u g h a M k y l d r s D ; k d m l v o L F k e a e u t ; d s v l n j v d k y i j [k d s v k y k o k n l j k d k z j g r k g h u g h a b l v o L F k e a t k e u t ; g s o g ; k s } e g k c y h r F k i j k Ø e h g A m u d s v x v x e a v d k y i j [k c l j g k g A

frFIS l r k s l r k e f g e k e k g AA

r k d s : i u d F k u s t k g AA

u k v k g e j f g u B k s t k g AA

f t u d S j e q o l S e f u e k g AA

bl dik okyh voLFk ea igpsgg 0; fDr dk eu vdky ij [k dh ml rfr eafij s k j g r k g A m l d s l t n j L o : i d k o . k u u g h a f d ; k t k l d r k A b l v o L F k e j f t u d s e u e a v d k y i j [k c l r k g s o g v k f r e d e k s u g h a j r s r F k e k ; k t k y m u d s B x

_____ ^tiq̄ th l kfgc l oky tok _____

ughal drk gA

frFISHkr ol fg dsykv AA

djfg vanql pk efu l k AA

ml voLFk ea dbz Hkoua ds HkDr tu clrs g s t k l n b v k u f l n r j g r s g s D ; k d o g l P p k v d k y i j [k m u d s e u e a e k s m g A

l fp [M ol S f u j a l k j AA

d f j d f j o s k s u n f j f u g k y AA

l p [k . M] v d k y i q [k l s , d : i g k s o k y h v o L F k e a e u t ; d s v l n j o g v d k y i j [k L o ; a g h c l r k g s t k l r V d h j p u k d j d s d i k d h n r V l s m l d h l E H k y d j r k g A

frFIS [M e M y o j H M AA

t s d l s d F I s r v l r u v l r AA

frFIS y k v y k v v l d k j AA

f t o f t o g o l e q f r o S i r o d k j AA

o s k s f o x l S d f j o l p k : AA

u k u d d F k u k d j M k l k : AA 37AA

vdky ij [k l s , d : i g k s o k y h v o L F k e a e u t ; d k s c s v l r [M] v u l r e . M y r F k v u f x u r c z e k . M f n [k r s g s b r u s c s v l r v d k y i j [k d l s ; f n d k z 0 ; f D r d F k u d j u s y x s r k s m u d k v l r u g h a i k ; k t k l d r k A

bl voLFk ea vufxur Hkou rFk vldkj fn [krs g s f t u

_____ ^tiq̄ th l kfgc l oky tokc _____

l Hkh ea ml h izdkj ds dk; Z py jgs gā tš s vdky ij [k dk vknšk gkrk gSHko bl volFk ea igpp dj euq; dls gj txg vdky ij [k ds vknškkud kj dk; Z gkr s fn [krs gā

ml si R; {k utj vkrk gsf d vdky iq [k ohpkj dj l Hkh thok dh l EHky djrk gS rFk [k k gkrk gā gs ukud! bl volFk dk dFku djuk cMk gh ef' dy gS bl volFk dls C; ku ughaf d; k tk l drk] dōy vutko gh fd; k tk l drk gā

½Brhl ohaim½

trqilgjk /kj tqi luvkj AA

vgjf.k efr onqgFhv kj AA

;fn ^tr* : ih nōku gš /š ZLo.kdkj cuš euq; dh viuh cū) ^vfgj.k gš ml cū) vgjf.k ij Kku dk gFkMk pyā

Hm [kyk vxfu ri rkm AA

HmMk Hm verqfrrq<ky AA

?Mh, sl cnq l ph Vd l ky AA

;fn vdky ij [k dk Mj /kūuh ½pōgs ea vlx tykus dsfy, mi; kx gkus okyk ; U=½ gš fdjr dekbZ vlx gis iē dōkyh ½t l ea l kus vkn /kruvka dls xyk; k tkrk gš gš gsHkōZ! ml dōkyh ea vdky ij [k dk veir ule xyk vka D; kō fd , d h l Pph Vd l ky ea gh xq ds 'kōn dh dekbZ dh tk l drh gā

ftu dm unfj djeqfru dkj

_____ ^tiq̄ th l kfgc l oky tokc _____

ukud unjh unfj fugly AA 38AA

;g dk; Zmu euq; kōdk gš ftu ij dik dh nf"V gis tkrh gš n; k gis tkrh gā gs ukud ! og euq; vdky ij [k dh dik nf"V l s vkuflnr gis tkr s gā ijUrq; g Åph vkfRed volFk rHkh cu l drh gš ;fn vkpj.k ifo= gš nq jkōdk vR; kpkj l gus dh fgeEr gš Åph vls fo'ky l e> gš iHkō dk Mj gn; ea fVdk jgs A l Pph lōk dls vk/kj cuk; k tk,] l Pps ekfyd rFk ml dh izdr dk l; kj fny ea gks A

;g tr] /š] cū)] Kku] Hk;] ?kyuk ½d l h dk; Z dls yxkrkj n<rk l sdjrs jguk½ rFk iē ds l kr xqk , d l Pph Vd l ky gš ft l ea xj & 'kōn dh ekj cuk; h tkrh gā Hko ml Åpha vkfRed volFk ea tks 'kōn l frxq usmPpkj.k fd; k gs fl [k dls Hkh og 'kōn ml h vkfRed volFk ea ys igpprk gā

AA l ykldqAA

io.kqxq ik.kh firk ekrk /kjfr egrqAA

fnolqjfr nq nkbZnfbvk

[kySlxy txrqAA

iou vFkZ ik.k 'kjij dsfy, , s gš tš sxq thok dh vkRk dsfy, gš ikuh l Hkh thok dsfy, firk gS rFk /kjrh l c dh cMk ek gā fnu rFk jkr nksuf [kMkōk o f [kMkōh ½cPpka dls [ky f [kykus oky ½ gš l jk l d kj [ky jgk gS l kjs tho jkr dls l kus rFk fnu ea dkj fogkj djus ea yhu gā

přkvbž/k cfj vlvž/k okpS/kj eqgnfj AA

djeh vkiksvki. h dsuMSdsnfj AA

/keZjkt vdky ij [k dsnjckj eathokdsfd; sgq vPNso cjs
dk; k dk v/; ; u djrk gA vius vius fd; s gq dek ds
vuq kj dbz tho vdky iq [k dsutnd gls tkrsgA rFk dbz
nj gls tkrsgA

ftuhuleqf/klvkvx, el dfr ?Wfy AA

ukud rsefk mtysdrh NqVh ukfy AA 1 AA

gsukud ! ftu i k. k; kausvdky ij [k dk uke Lej. k fd; k gš
og viuh egur l Qy dj x; sA vdky ij [k dsnj ij og
mTtoy eqk okysgA rFk vls Hh dbz tho mudh l x r ea jg
dj ^dM+dh ikf* ½ B dh nhokj ½ dks rM+dj ek; k tky ds
clvku l svtkn gls x; sgA AA 1AA

; g txx , d jx Hne gsftl eathof [kyMh viuh viuh
[ky] [ky jgsgA iR; d tho ds [ky dks i Hkq xgj kbz l snk jgk
gA tks doy ek; k dh [ky gh [ky x; s og i Hkq l snjh cukrs
x; } ij l r qft l gkus fl eju dh [ky [kyh og viuh egur l Qy
dj x; svls dbz thok dks bl jkLrsdh jkg fn [krsgq i Hkq dh
njxkg ea izk. k gls x; s A

4

^tiq̄ th eack h jpuk dk <x

bdql a kjh bdqHkjh

bdqyk, nckkq

l u~1980 ds ikj Hk dh ckr gA fnlyh ea , d cMx xje fr
l ekxe ea , d jxh fl ak dhrz djr & djrs0; k[; ku djusyx
^l k l x r thj xq ukud no th dk gpe gsf d bl
l d kj dks czek] fo". k] egsk pyk jgs gA ge ifrfnu tiq̄ h
lkfgc ea i < fsgA **

, dk ekbz txf r fovlvž rfu pysijok. kA

bdql a kjh bdqHkjh bdqyk, nckkq

Hko , d ekrk Fh] tks ; Pr l si l k r g b z r Fk ml ds rhu cPps
gq A muea l s , d l a kjh gSHko tks l a kj dks tle nsjgk gš
mRifr dj jgk gš og czek th gA

^bdq Hkjh" gA HkMkjk ; kfu Hkstu nrk gA l c dks
tlfodk igpkrk gš og fo". k] th gA

_____ ^tiq th l kfgc l oky tokc _____

'bdqyk, nhck.kq gStks thokadh vnkyr yxkrk gA vFKZ
ekf dscln vPNscjgsdk; kadh ij [k djrk gA ; g f'ko th gA
l k/k l ar th] ckyks th okfgxq **

l ar eacBs l pr xj fl D[kadks; g ckr gTe ughagsjgh
Fkh fd bl l d kj dks cgek&fo". kq egsk pyk jgsgA xq l kfgc
usrks txg&txg ij vdky ij [k dksgh l ozkDreku] crk; k
gA 1/4tle nusokyk] ikyu gkj] ekjusokyk 1/2fQj rhukads l adyi
dlsxq ukud no th usdS slohdkj fd; k A ck.kh ^tiq eagh
xq ukud no th vknsk djrsgSfd gekjsfy, gekjk xq gh
bz j 1/4'ko 1/2 gS xkj [k gS cgek gSrFk xq gh gekjsfy, ikozh
ekoz gA gearfd l h vks dh rjQ nskus dh ; k tkus dh t: jr
ughA vdky ij [k gh l ozkDreku rFk l c dQ djusokyk gA
i jUrqnw jh rjQ jlxh fl ak usxjck.kh dk Qjeku Hkh crk fn; k
rFk ml ds vFKZ Hkh Bhd&Bhd gh dj fn; s gA

D; k xjck.kh ea vlrj fojksk gS imMh 50ta 1/4xq bz j xq
xkj [k cjek 1/2 dks Bhd ekus ; k imMh 300ta dks \ , s h xEHkj
nfo/kk vHkh tkjh Fkh fd fd l h ctqZ l Ttu us, d ipiz dhj ruh
tFFks dks nh vks us l e; l s igysgh l ekrrh dj nh A

; g ctqZ l Ttu FismPpdksV ds i kd LVst h dsdfo Kkuh
jke ukjk; u fl ak njnh A dh ruh tFFks dscln budksurRo eagh
dfo njckj gksk FkA

nnhZ l kfgc usdfo njckj dks i kjEHk djus l s igysdhrZuh

_____ ^tiq th l kfgc l oky tokc _____

tFFks }kjk Mkyh x; h nfo/kk dk mlkj isk dj fd; k fd xjck.kh
dgha Hkh cgek&fo". kq egsk ds l adyi dks ugha ekurh A**

th gA ; g rks l R; gSyfdu-----\ mijkDr iDr; k Hkh rks
tiq th l kfgc th dh gSrFk buds vFKZ Hkh ; gh gA fQj l R; D; k
gS

oklro eack.kh ^tiq eal sgea xjck.kh dh jpuk jfrr rFk
<ak dk Hkh cksk gsrk gA xq l kfgc dk ck.kh <ak bl idkj gA

- 1- igys ipfyr crk C; ku djuk A
- 2- fQj ml ij l oky djuk A
- 3- mijkDr ml dk tokc nsk

vyy vyy 'knkaeamijDr rhuka; k dby nksgh crka ij
cht : i ea ; k foLrkj eafopkj gsrk gA

ck.kh ^tiq dsbl xq Qjeku dscln dk Qjeku D; k gS
; g tkuuk l R; rd igpusdsfy, t: jh gA vksx Qjeku gS

**fto frl qHkoSfroSpyloSfto gloSQjek kA
vlgqo fKsvlak unfj u vloScgqk , gqfoMk kA**

Hko okLrfodr rks ; g gSfd tS sml vdky ij [k dks
vPNk yxrk gS tS sml dk vknsk gsrk gS ml h rjg og Lo; a
gh l d kj dsdk; Zpykrk gA vl y eabu cgek] fo". kq rFk f'ko
ds gkFk dQ Hkh ugha A

fQj xq l kfgc dik djrsgSfd ; g cMh vk'p; Zdh ckr
gS deky gSfd og vdky ij [k l c thokadks nsk jgk gS i jUrq

_____ ^tiq̄ th l kfgc l oky tok _____
 thokædlsvdky ij [k ughafn [krk A tho bu rhukædls [kqk djus
 ea yxs gā ij l r q vl y h dk; Zrkz rks vdky iq [k gh gā
 vr% ck.kh tiq̄ ea xjck.kh jpuk dk ;g <æ n<+djds
 l e> yafd

1½ ftl Qjeku dk vFkz l e> u vk, ; k ; g yxsfd
 ; g 'kCn kFkz xjck.kh fopkj/kjk ds vuply ugha gS rks
 ml l s vxyh , oafi Nyh i Dr Hkh i <æ A

2½ ftu 'kCn ka eq ^jgkmq̄ gks ogka jgkmq̄ gkys Qjeku l s
 funz̄k yafd Bhd vFkz D; k gā

3½ ; fn fd l h l eps 'kCn ds ckjs ea gh Hke ; k xYrh
 yxs rks ml ds vxysfi Nys 'kCn Hkh i <æ rFk l anHkz
 <æ us dk iz Ru dja A

_____ ^tiq̄ th l kfgc l oky tok _____
5

ea srFk ea S

xjck.kh dōy ekFk Væus ds fy, gh ugha cfYd i <æ s
 l e> us rFk vey djus ds fy, gā xjck.kh xk; u djuh gS
 l q̄uh gS rFk eu ea J}k l; kj i s̄k djuk gā

bl l c ds fy, t: jh gSfd xjck.kh dk mPpkj.k l gh
 gl̄ foJke l gh txg ij yxs A ; fn mPpkj.k ea dkbz deh gS; k
 foJke l gh ugha yxs rks dbz ckj vFkz dk vuFkz gks tkrk gS A
 bl fy, ; g t: jh gS ds ge 'kCn ka rFk 'kCn ko y h dks xgjkbz l s
 v/; ; u djus dh vkr Mkyā

vkvls ck.kh tiq̄ ea Bhd mPpkj.k dh rjQ /; ku nā
 bl ck.kh ea l f̄.k, srFk ea s dh pkj pkj i mlyh; ka gā ckjogha
 i mlyh ea Qjeku gS **ea s dh x̄r dgh u t̄b AA**

tcd vxyh rhu i mlyh; ka ¼ rjoh] p̄k̄goharFk i angohz
 ea 'kCn ea s gā

ea S l j̄r gl̄ s efu c̄f̄ AA -----

ea S ekj̄x Bhd u i b̄ AA -----

; gl̄ ea s ds vFkz Hkæ dks l e> uk t: jh gā ea s dk Hko
 gS ft l usuke dks eku fy; k gS rFk ea s dk vFkz gS; fn dkbz
 uke ¼ i Hkq̄ mi n̄sk̄z dks eku yā

5

vk; kRed Klu Åph djusokyh v l k dh rhu im l k

tš k v/; ; u oš h l k p A tš h l k p oš sfopkjA vf/kd
tkudkj h l sfo'kky l k p ! fo'kky l k p l s v P N s fopkj A tš s
dq adk ead l k p r k g s f d d q a l s c M k i k u h d k H k l k j v l k d g h a

D; k a

D; k a f d m l u s t h o u H k j d q a c k g j t k d j t y d k
f u f / k 1/4 H k l k j 1/2 n s l k g h u g h a

D; k ead xYr l k p r k g s

'k; n u g h a ; f n m l d h t k u d k j h l f e r g s r k s m l d h
l k p H k h m r u h g h g l s c h A f u . k z H k h o s s g h g l a d a ; f n m l u s c M s
c M s t y d s H k . M k j n s l s g l a s r k s o g v Y x r j h d s l s l k p s k l
f o ' k k y l k p s k A

f d l h y [k d u s f y [k k F k f d t c e s i s i g y h f d r k c i < h
r k s e a s y x k f d e a v d s y k f o } k u u g h a e j s l s i g y s b l f d r k c

d k y [k d H k h g s t k a f o } k u F k A t c v l k n l s f d r k c a i < h r k s
l k p r k g s f d ; g H k h c M s f o } k u g a e j s l s i g y s g q g s r F k e j s
l s v P N h l k p j [k r s g a t c m l u s v l k i < k v l k i < k r k s d g u s
y x k e a r k s i h N s g a e a r k s d l q H k h u g h a

t k s f d l h l e ; v i u s d k s l o k p e k u r k F k v k t v i u s
v k i d k s r p N l e > j g k g a

; g D ; k s \

tš s g h v k ; k R e d K l u c < r k g s T ; k n k l s T ; k n k t k u d k j h
g l s h g s l k p f o ' k k y g l s h g s r F k O s y s v P N s g l s r t k r s g s A

c k . k h ^ t i q̄ e a v l k d h r h u i m l k ; k a 1/4 17 o h a 18 o h a F k
19 o h a H k D r d s K l u d k s Å p k m B k r h g a b u d h f o p k j d j u s l s
g n ; c i) d k { k r z f o ' k k y g l s k g s i g y s i k . k h L o s d l h r g l s k
F k i j U r q v c o g L o a d k s r p N t k u r k g s A i j e k R e k d h l j p u k
d h f o ' k k y r k d k v u l k o e u] r u d k s H k k o f o H k j d j n s k g a

17 o h a i m l k d s v u l k j v d k y i j [k d h j p u k e a
v u f x u r t h o %

- ◆ H k f D r d j j g s g a
- ◆ J } k r F k l ; k j d j u s o k y s g a
- ◆ i n t k d j r s g a
- ◆ r i l k / k u k d j r s g a
- ◆ o n k a r F k v l ; / k f e z l x t F k a d k i k B d j r s g a
- ◆ ; k s l k / k u k d j j g a g a

----- ^tiq th lkfgc loky tok -----

- ◆ eu eagh ek;k tky lscpsjgrsgA
- ◆ HkDr gA
- ◆ Kku l sxqk xk;u djrs gA
- ◆ nkuh gA n;koku gA ;k;k gA
- ◆ eg ij vkdæ.k lgrsgA
- ◆ ek&/kjh gA
- ◆ ,dkxfpr /;ku tkMfsgA

bl h rjg 18oha imMh eanWjh rjg ds vufxur thoka
dk o.ku gStS svud tho

- ◆ eWk egk eWk gA
- ◆ plj gA ijk;k eky gM+ dj jgsgA
- ◆ nWjsij tkj tcjnLrh dj jgsgA
- ◆ dRy vkn dj jgsgA
- ◆ ikih gA iki dj jgsgA
- ◆ >B ds LoHko okys >B eagh 0; Lr gA
- ◆ elh cQ) okys v; k; inkFkZ gh [k jgsgA
- ◆ fumd gA fulnk dk Hkj mBk jgsgA

bl h rjg 19oha imMh ds vud kj %

- ◆ thoka dscs/Ur uke gA fuokl LFku gA
- ◆ cs/Ur Hkouard thoka dk igppuk vlEHko
gA

----- ^tiq th lkfgc loky tok -----

- ◆ ;g l c dN v{kjka }kjk gh o.ku gsl drk gA
- ◆ l eps l d kj ea iHkq dk gh id kj gA

bl rjg rhuka imMh; ka dk fopkj ftKkl qds Kku dks
Apk mBkrk gA bl rjg vf/kd tkudkjh l s l kp Hkh fo'ky
gksh gSrFk fo'ky l kp l sefr dh voLFk Hkh mUkerk dh vlg
ijsr rFk d&Uhr gksh gA

7

^tiq̄ fopkj dsimbo

ck.kh tiqdsfopkj dksxgjkz l s le>usrFkk ml ij vey djusdsfy, geafuEufyf[kr ckrk dks /; ku eaj [luk glosk A

- ◆ jkst kuk ^tiq̄ th l kfgc dk ikB djukA
- ◆ ^tiq̄ th l kfgc dks ; kn djukA
- ◆ ^tiq̄ l kfgc ds vFkz dks le>ukA
- ◆ ^tiq̄ th l kfgc ds vuq kj thou 0; rhr djukA

1½ **ikB djuk&** ekrk fir k rFkk v/; ki dks dks cPpka ea jkst kuk ^tiq̄ th l kfgc dk ikB djusdh vknr Mkyuh vfr t: jh rFkk mi ; lskh gA rhl jh&pkh dscPps ikp imMh; ka vkl kuh l s i<+yrs gA cMh d{k vka okyscPps l kjk ikB ifrfnu dj l drsgA

2½ **dB djuk&** tc fu;fer rks l s ikB djusdh vknr iM+tk; sh rls/khj&/khjsck.kh dB gksyx tk; sch Nks/h

d{k vks l s gh cPpa dks igyh imMh ikp imMh; k 15 imMh; ka-----, s s/khj&/khjs l epk tiq̄ th l kfgc dB djusdh vknr MkyA

3½ **vFkz le>& tS stS svFkz le>xa ikB** djusdk vkulh vf/kd vk, xkA vPNh ckr rks ; g gSfd 'kq l s gh iR; d imMh ds vFkz djarFkk djok; aA nskusea vk; k gSfd dN vkl ku Qjeku ; fn chp&chp ea l s gh fopkj us vkj EHk djar l s l kjs ikB dh fopkj djusdh : fp c<rh tkrh gA

4½ **thou ea/kj.k djuk&** doy vFkz fopkj rd : d tkuk Hkh vgakj dks cykok nsus okyh ckr gA bl fopkj dks thou ea/kj.k djuk vko' ; d gA iz Ru dja gekjk thou Hkh tiq̄ th l kfgc ds vuq kj cu tk, A **eg l sck kh i<seu eavFkz dk fopkj dja** ftruk vH; kl djsq vf/kd l svf/kd ikB ea eu dk fvdko 'kq gks tk, xkA bl dk vkulh foLeKn gh glosk A

8

^tiq̃ th

jkt luk ckyoky dh 'kcnloyh cus

tc xq ukud nō th ustiq̃th ck.kh mPpkj.k dh ml
l e; ^xkoSdksrk.kq-----* Qjeku ea^rk.kq 'kcn ds vFkz l c
dksLi"V FkA rkdr] cy] tkj dsfy, vkt Hkh ykx ^rk.k* 'kcn
dk mi ; kx djrs gA

fdruk ^rk.kq gS rjk] n[k ysa-----

; k

i Hkqfurkf.k; ksnk rk.k gA

ijUrqvkt ; g rk.k 'kcn gekjh ckyoky dh Hk"kk ea l s
ytr gksx; k gA bl rjg vks Hkh vuska, d s 'kcn gāftuds vFkz
tkuus dsfy, vc gea fMD'kujh] Vhds ; k l Vhd dh t: jr
iMfh gA

, d fopkj gSfd ; fn xjck.kh ds, d s 'kcn tksfd l h
l e; gekjh vke cky&py dk fgLI k Fls vkt ge l Hkh bu
'kcnks dks n[ckj mi ; kx djuk 'kq nark; dhuu l kjh ck.kh ds
vFkz /khj & /khjs Li"V gksus 'kq gks tk, xA

vkvla v/; kl &1 eafn; a 'kcnla dh l ph ea l s n[ka fd
budh ge l k/kj.k ckyoky ead s mi ; kx dj l drs gA

1½ vt l ojs eSw?kj rksfudyu yfxvk ekckby Qksu
ySik fol j gh x; kA

2½ eSwHkjk k gSfd rgMh de fop dks oh Bkd ugha ik
l dskA

3½ dbz oja l e>k; k gS ij vks, /l k cky foxk<+gSfd
gjad uky yMak jgak gA

4½ xy bg ughafd rgMh vkj tk fduh gSvl y xy rka
, g gSfd rd hade fd gksftgs dhrs guA

5½ xj irki fl ak th usegur dhrh ij fou djek fd
feySybz Hkko fcuk dik ds D; k fey l drk gA

9

^tiq th jru tokgj ef.kd

uhps^tiq th l kfgc ea l sdN eu Hkku rfk xjfer
fopkj/kjk dh 0; k[; k djrsdN jru tokgj ef.kd ntZgA cM\$
fo|kfkZ l gtrk l sbuds vfkZ l e> dj vkbun dh ikfr dj
l drsgA dN 'kcnkadiscM\$ v{jkkaeaHk ntZfd; k x; k gS& bl
rjg ; g l n\$ gekjh ; kn ea 'kfey gks tk; xa A

- 1 gDfe jtkbz py.kk
- 2 ukud fyf[kvk ulfy
- 3 gDfe feySofMvkbZ
- 4 **gDfeh mreqlpq**
- 5 gDfe fyf[k nqk l qk ikbz/fg
- 6 **ftfu l \$; krfu iMbvkeluq**
- 7 l q.k, sykxS l fgt f/k; kuq
- 8 euS l jfr gk\$efu cf}
- 9 Hkofg u fhk[k
- 10 **tsrDqHk\$ l kbZHyhdkj**

- 11 vlqk fund fl fj djfg Hk:
- 12 tsrk dhrk rsk ulm
- 13 fo.kqukoSukgh dksFKm
- 14 **bd nwbdqfl vk.kk**
- 15 **vkistk.lsvkisnb**
- 16 l eq l kg l yrku
- 17 fxjgk l rh ekyq/kuq
- 18 dHk rfy u gk\$uh
- 19 **fryqu reb**
- 20 [kfi rfyg oskj
- 21 fl Qfr l kykg
- 22 ikfr l kgh ikfr l kgq
- 23 veyks veyq
- 24 vkf[kvk u tkb
- 25 vkf[k u l dfg dbZ db+
- 26 **tsMqHk\$ r\$Mqglb**
- 27 fpfr u vkofu
- 28 **tkb u tkh**
- 29 jg.kjtkbz
- 30 lxy tekhr
- 31 **efu thrStxqthrq**
- 32 pMk, s gkb bdhl

- 33 dMh dMS Bhl
- 34 mrepuhpqu dkb
- 35 dfj oS[KS
- 36 ioSuhl k.kq
- 37 unfj djeq
- 38 **djeh djeh glb otk:**
- 39 dp idkbZ v[KS ikb
- 40 varqu varq
- 41 fxvkuq i jpbMq
- 42 unfj fugky
- 43 efgek ekfg
- 44 onqgFkvk:
- 45 l hrks l hrk
- 46 ?Mfir ?Mh, s
- 47 djfg vumq
- 48 dFkuk djMk l k:
- 49 fnol qjfr nb nkbZ nkbvk
- 50 **[kySlxy txrq**
- 51 okpS/kjeqgnfij
- 52 vki ks vki .kh
- 53 x, el dfr ?Mfy
- 54 rsef[k mtys

10

^tiq̄ th

xjefr fopkj/kjk dk vk/kj

Jh xq xBFk l kfgc th ea ey ea dsckn vkjFEHkd ck.kh tiqgh gA 2 'kykska rFk 38 imylh; ka dh ck.kh fl D[k txr eabruh ipfyr vknj.kh; rFk fur; deZea'Wfey gSfd bldk uke gh ^tiq̄h vFkZ ^tiq̄ th l kfgc iM+x; kA

^tiq̄ th l kfgc dks l kjsgh xq xBk l kfgc th dk l kj ; k fupkM+: i ekuk x; k gA ^tiq̄ th dsckjseafy[kuk , d k gS tS s l eps Jh xq xBFk l kfgc th ckjseafy[kuk gA ftрук ^tiq̄ th l kfgc dsckjseadgus dk ; Ru djxsmruh gh fo'ky ; g yxus yx tkrh gA l kjs fl) krla dk ey l kjh xjefr fopkj/kjk tiqth gA

tS s tS s gekjh l kp dk fodkl gkrk gA oS s oS s gea tiqth T; knk feBkl Hkjh yxusyxrh gA ; fn dkbZ ckr l e> ughayxrh rks ; g dguk mfrpr ughafd ; g xYr gS ; k vumfpr gScfYd oklro eam l e ; gekjh l kp bruh fodfl r ughagbZ gkrh fd ge ml ckr dks l e> l dA

_____ ^tiq̄ th l kfgc l oky tokc _____
 ,d vuøku ds vuøkj tiq̄th ds vc rd 200 ls
 vf/kd Vhds gls pøps gÅ fofHku ykka us viuh&viuh le>]
 Kku ds vuøkj tiq̄th ds vFkZfd, gÅ bueacgq T; knk fHku
 Hkn ugha gS ijUrq vuøko rFk vFkZ cksk dh nF"V ls iR; sd
 Vhdkdkj us tiq̄th dk Hko vius <x ls išk fd;k gÅ
 dN Vhds 0; kdj.k dh 0;k[; k djrs gÅ dN Vhds
 vk/; kRed e.My dh ckra l ukrs gS dN Vhds xjefr ds
 fl) kR ds vuøq i gÅ dN fo}kuka us tiq̄th dls nk'kud nF"V
 ls : ieku fd;k gS rFk dN us /keZ dh foLekn izdr dks
 j l ; Ør : i ea izrøq fd;k gÅ
 tiqeal sdN fl) kRkødk o.ku , d sfd;k tk l drk gÅ
 1½ **vdky iq [k dk vflro] Lo: i ,oadk; Z l hel%**
 xjefr fopkj/kjk ds vuøkj bl l F"V dk jpudkj
 ikjEHk l § ; øka l § vc Hkh rFk vlxHkh , d gh Fk vkj , d
 gh jgskA tiq̄th ds igys 'ykd eagh ; g ckr Li"V
vkN l pÅA tÅkn l pqAA
gÅ Hh l pÅA ukud gk h Hh l pqAA
 rFk
l Huk thvk dk bdqnrk
l keSoflj u tlbAA
 vdky iq [k ds Lo: i ds ckjs ea xq l kfgc dk
 Qjeku g&

_____ ^tiq̄ th l kfgc l oky tokc _____
FWiivku tlb drku glbAA
vkisvki fujøtuql lbAA
 og xqk fu/kku cšjokg l kjh l F"V dks išk djrk gS
 rFk ikyu&išk.k djrk gÅ
 ♦ **nøk nsyÅsFkd iKg AA**
tøk tÅfj [Kgh [Kg AA
 ♦ **dfj dfj oFkSfl jt.lgk: AA**
 , d s l Pps išk ijekrek dh l Pphkj dks C; ku djuk vl EHko
 dk; Z gÅ og Lo gh vius Lo: i dks tkurk gÅ ml ftruk
 cMk l oZdyk l eFkZ gh ml dh miek dk o.ku dj l drk gÅ
 ♦ **ido dfj vk[k fdo l kylgh -----**
 ♦ **ukud tsdksvki stk lsvxSxbvk u l lgSAA**
 ♦ **ukud oMk vk[h,svkusvki stk lsvki qAA**
 ♦ **vøqu fl Qrh dgf.k u vøqAA**
 ♦ **,rsdhrsgkj djgAA**
rk vk[k u l dfg dbZ dbAA
 vdky ij [k ds Lo: i l Ecu/h xjefr dk xfr'khy rFk
 l pr nF"V dks tiq̄th l kfgc ea l FkFk ir fd;k x; k gÅ bl dk
 edkcyk fo'o dh dks Hkh fopkj/kjk ; k l kfgR; d jpuk ugha
 dj l drhA ; g j l ; Ør vk/; kRed nk'kudrk gS ft l dk
 Bgjko rFk fuokl l Fkku l Ppseut; dsgn; ds vlnj gkørk gÅ
 gkykfd ; g ckr etkd eagh dgh tkrh gSfd 0; fDr us

_____ ^tiq̄ th l kfgc l oky tokc _____
 vdky iq [k dsLo: i dh bruh efrz kajp nh gâfd iHkq dks
 <uk ef' dy gksx; k gSfd eâfdl efrzeagñ ; g Hkh dgk tkrk
 gSfd vkneh us iHkq ds brus psgj scukdj ml l scnyk fy; k gS
 fd ml us Hkh brua psgj k okyseut; i ßk fd; sgâ xjefr I f'V
 dks pykus ds fy, fofHku norkvâ ds vLrRo dks ugha ekurhA
 I kjh xjck. kh minsk nsh gSfd txr dk tle nkrk]
 ikyu gjk rFk efrnrk , d vdky iq [k gh gâcgek] fo". lq
 ; k f'ko ugha

- , sk ekZ tæfr fovlbZfrfu pysijok lqAA**
- bdql ð kjh bdqHkh bdqyk, nrck lqAA**
- fto frl qfroSpyloSfto gloSQjek lqAA**
- vlgqo fSvksk unfj u vloScgqk , gqfoMk lqAA**

2- I f'V dh mRi fr rFk fo'kyrk %

I f'V dh jpuk dc gñ dS sgbZbl dk irk yxkuk ; k
 bl dh fo'kyrk dk v/; ; u djuk vl EHko dk; Zgâ ml vdky
 iq [k ds vksk eagh ; g vdkj mRiUu gqk rFk l kjk i l kvks
 ¼ ð kj ½ ml ds , d dokmq ¼ / kns k ½ l s gh gqk gS %

- ♦ gqeh glofu vldkj gqequ dfgvk tkZAA**
- ♦ dlrk i l km , dlsdokm AA**
- ♦ ffr oljguk tksh tkus: fr elgquk dñ AA**
tk djrk fl jBh dm l ktsvks tk. lS l ð AA

_____ ^tiq̄ th l kfgc l oky tokc _____
 gkykd tigea jekRek dh I f'V rFk i l kj dk o. kZ u gS
 i jUrqm l ds vLr rd igpus dk nok ugha fd; k x; k rFk uk
 gh xjefr fopkj/kjk , ð k eukj Fk j [kus dh i f'V djrh gâ

- ♦ dshvk dje Hkh ej dssds/kmind AA**
dssbn pa l j dssdsseMy nd AA
- ♦ ilrkyk irky y [k vkk AA**
- ♦ djrsdSdj. lSulgh l ek: AA**
- ♦ , gqy f k fyf [k tk. lSdl ð AA**
y f k fyf [k vk dsk gk' AA
- ♦ dsk rk l q l wkygq: iqAA**
dsh nfr tk. lSdlSkdqAA

; g I f'V fd l h Hkâ rd vk/kj ij ugha [kMh cfYd /keZ
 gh bl dk vk/kj gâ

- ♦ /Hsyq/kjeqnb; k dk iwqAA**
l æk l qfwi jf [k vk ftfu l fr AA

; gla ; g crkuk t: jh gSfd cgr I kjs oSkfudks us
 /kjrh ds vLrRo rFk fodkl dsckjseafofHku fl }kUr fn; sgâ
 vc Hkh [kst tkjh gSA xjefr bl [kst dsfo: } ugha yfdu
 ; fn dñZ vdky ij [k dh i klr dsfy, ; g l e>sf d I f'V dh
 mRi fuk ; k fo'kyrk dsckjsea tku dj gh ml vdky ij [k dh
 i klr gsch ris ; g fu'p; gh ml dh Hky gsch A

fxvku [kM dk v/; ; u djus l s I f'V dh fo'kyrk dk

_____ ^tiq̄ th l kfgc l oky tok _____
 vutlko rFk Kku dh i kfr gk tkrh gSA vRk Kku; ka dls v/
 ; kRedrk ds }kjk rFk Hkfrd oSkfrudka dls oSkfrud [kst ds }kjk
 ogh vutlko gsk ftldk o.ku tiq̄ th l kfgc eafd; k x; k gSA
 3½ /leZdsHed : iladk [k.Mu &
 xjck.kh ea vuska txgka ij Hke] deBkM] ik[k.M
 vkn dk [k.Mu fd; k gSA ^tiq̄ th eaHh ew : i ea, d svusd
 o.ku feyrs gS%

- ◆ l pSl k p u gløbZ ts l ph y [k olj AA
- p qSp q u gløbZ ts ylb jgk fyo r k j AA
- Hk [kvk Hk k u mrjh ts ylb i ghvk Hk j AA
- l gl fl vkt; k y [k gl g r bd u pySAA
- ◆ rhj f k ulok ts fr l qHk
- ◆ v r j x fr rhj f k e fy ulm AA
- ◆ rhj f k r i qnb; k nrq nku qAA
- ts dls iloS fry dk eku qAA

xjefr l d kj ds dk; Z pykus ds fy,] vYx vYx nsh
 nørkvks ds vflRro dls Lohdkj ugha dj rhA gekjs fy, gekjk
 xq gh xkj [k] cgek rFk ikozh gA og vdky ij [k Lo gh
 ck.kh rFk cgek : i gA ml dks gh ueLdkj %

- ◆ l p l fr v k f k ck.kh cjelm
- ◆ xq b l : xq xkj [k cgek
- ◆ , dk elbZ t x fr fovlbZ

_____ ^tiq̄ th l kfgc l oky tok _____
 vdky ij [k dh i kfr txykaeatk dj ; k ri vkn dj ds
 ugha gskh cfYd 'kjhj : ih crZu ea gh og ^olRq Bgjh g p Z gA
 efr fofp jru tokj ekf.kd AA
 ts bdq xj dh fl [k l qh AA
 4½ eut; dsidkj] idfr rFk dk; Z %
 i Hk q ds v fl R ro ea; dhu j [kusokyseut; v fl R rd dgs
 tkrsg rFk vU; uk l R dA ^tiq̄ th ck.kh eamu dk o.ku gS
 tks i Hk q dls l oZ0; ki d ekurs gA ogha, d sv fl R rd Hk gS ft l ga
 vdky ij [k nj yxrk gA

- ◆ x loS dls t ki S fn l Sn fj AA
- x loS dls o S l S gn j k gn fj AA

vdky ij [k dh j puk eavufxur tho vPNs rFk cjs
 dk; Z dj jgsgA v l ur tho ti q ri i n k] i e] i k B] fopkj
 vkn dj jgsgA n l jh r j Q vuska egk e v [k z gj ke [k j] > B S
 ey S] eyhu] p x y [k j r F k i k i h H k g A v u s k a t h o
 v f / k d k j i o d v i u k v k n s k e u o k d j l d k j l s d p d j p o s g A

- ◆ v l k v e j d f j t k g t k j AA

vulr ; ks rFk dbZ vU; vdky ij [k ds nj ij
 fHk [k j h gA tks i n k F Z i r d j ds H k h ' k p z q k j u g h a g A i j U r q
 n l j h r j Q , d s H k h g S f t u d k v x v x] ' o k l & ' o k l ' k p j k u s d h
 gh fourh djrk gA

- ◆ v k i s t k l S v k i s n b AA

———— ^tiq̄ th l kfgc l oky tokc ————
vdky ij [k ds cs/vr l od gā tks cs/vr idkj ds
/; ku tM+dj ml dks ; kn djrs gā

◆ **ds hvk lgrh l od dss**
ukud vāqu vāā

gekjk thou eukjfk i hq dh efgek dk xqkxku djuk gsrFk
; gh l c l scMā i kr' wgh ¼ Pph ckn' wgh½ gS %

ft l uksc [k sfl fQr l kyq
ukud ikr l gh ikr l gqā

5- xk; u vlg l xrd idr; kadh lo: i jpuK %

l knjqdh imMā l sLi"V gSfd xq ukud l kfgc dk l g
e. My xk; u idr eacMā gh fu'p; gā xjefr l xhr dk L=kr
tiq̄h l kfgc dh ; g imMā gS

◆ **oktsukn vudl vl k dssolo. kqjsAA**
dssjk ijh fl m dghvf u dssxlo. kqjsAA
xokg rgulaim. kqk. h cS ā: AA
xloSjktk /kjqnqkjsAA
xokg fprq xqrfyf [k tk. kg
fyf [k fyf [k /kjqnqkjsAA
xlofg bā : cjek nōh
l kfu l nk l okjAA
xlofg ba bakl f. k cBsnōfr ; k nfj ukyAA

———— ^tiq̄ th l kfgc l oky tokc ————

xlofg fl /k l ekh vnj xlofu l k fopkjAA
xlofg trh l rh l k h xlofg ohj djkjAA
xlofg iMā i Mā j [h j t q t q o n k ukyAA
xlofg ek. hvk euqekfu l jxk eN ibvkysAA
xlofu jru mik, rj svBl fB rhjfk ukysAA
xlofg tkk egky l jk xlofg [k. h pljAA
xlofg [M eMy oj h h k dfj dfj j [ks / h jAA
l bZ r d q k xlofg tkr d q h lofu jrs r j s hkr j l kyAA
gk j d s s xlofu l seS pfr u v lofu
ukud q d v k o p k jAA

6- ufnj & dje dk fl }kr %

xjefr d q f e z k a ; k i k i ; k a d k s ; g y k y p n d j u g h a
c y k r h f d r i g k j s l k j s i k i e k Q d j f n ; s t k ; a s ; f n r e x q d h
'k j . k e a v k t k v k s a ; g r k s v k i s c h t v k i s g h [k q q d s f l } k r
i j i g j k n s h g ā v l d k v f k z ; g h h u g h a f y ; k t k l d r k g s f d
x q d h 'k j . k e a v k u s l s r f y r ; k a d h e k Q h u g h e k x h t k l d r h
; k m l g s e k Q u g h a f d ; k t k l d r k A

^d j e h v k i k a v k i . h d s u M S d s n f j * ds vkn skud kj
dkbzvdky ij [k dsu tnhd gks tkrk gsrFk dkbz n j A elh delz
euf; ; fn nqkj l Ppseu l s l r l xfr ea t M ; v PNs deZ dj
vufnu l fdr ¼ v P N h f d j r ½ d j a v k j ; fn mu ij n ; k g k s t k ,

_____ ^tiq̄ th l kfgc l oky tokc _____
rksfu'p; gh ml ij dik gkrh gā fcuk dik dsrksdoy >Bh
xi okyh volFKk gkrh gā

ukud unjh ilbzsdMh dMSBH AA

7- thou nī'V rfk foxkl idfr dh lāpuk %

l eph xjefr l kō vk'koknh gā bl ea thou l 2k'iz l s
Hkxusdk ughacfYd Hktu ½dhr½ }kjk egur djusrFK l Qy
gksusdk minsk gā uke ck.kh ds vH; kl l sgh l nō vkufnr
jgusdk l msk g&

◆ **ukud Hkrk l nk foxkl qAA**

l qk, snqk iki dk ukl qAA

xjefr vdky iq [k ds vksk eajgusdk minsk nrh
gā gekjh viuh l kō l c 0; FKz gS tks djrkj us djuk gS ogh
gkrk gā ogh vPNk dk; Z gS tks ml dks i l un vk, A

◆ **tsrdqHkoS l kbZHyh dlj AA**

bl dk eryc ; g ughafd xjefr fopkj/kjk geavkije
djusdh ; k fu [KVVqcuusdh l ykg nrh gā cfYd ^uke tils
^fdjr djs rFk ^oM ½cW½ Ndks gekjs rhu ew fl }kkr gā
'kcn dk vH; kl djusdh l PpsVd l ky ea tr] /kZ cfj } os
½Kku½ Hk;] Hkm dh ckr gS ogh l kfk ea ^rirkvā vFKz
egur djuk Hh vko'; d gā ^fdjr* ½egur½ dh vfxu ds
fcuk 'kcn dk vH; kl 'kcn dh i ktr dS sdh tk l drh gS vls

_____ ^tiq̄ th l kfgc l oky tokc _____
l Hh l nxqk gksfQj Hh fdjr djuh vfr vlo'; d gā

xjefr fopkj/kjk ^nqk dks thou dk vlo'; d vx
ekurh gā tc yxrkj l qk dh l st nqknk; h cu tkrh gS rks
^nqk, d nok dk dke nrk gā vls rksvls xjck.kh nqk eagh
l qk ekuusdk minsk djrh gā ^tiq̄ th l kfgc eajstluk ; g
fourh dh tkrh gSfd, d ; k nl chl nqk ughacfYd fdrusgh
nqk Hk rFk l nekj ½gešk i M usokyh ekj½ D; ka u vk tk, a
budls Hh vdky iq [k dh dik gh ekus%

◆ **dfrvk nqk Hqk l n ekj AA**

,fg fHk nkr rjh nkrkj AA

l qk nqk ea^l nk eu plmā cuk jguk gh ^tiq̄ th rFk xjck.kh
ds dsh; minsk ea l s, d gā fl D[k thou l ej l rk] l gtrk
dk thou gā gešk p<nh dyk ½Aph l kō] Aph volFK½ eajgus
dk thou gā ^tiq̄ th l kfgc ea Aj fn; s gq minsk gekjs fy,
nqknkz >Vds l gu ; a (lock barber) dk dke nrs gā

◆ **gqfe fyf [k nqk l qk ilbz/fg AA**

xkus l us rFk an; ea iæ Hko dks mRi lu djds
l qk dk fuokl gkrk g&

◆ **xloh, s l qh, sefu j [k, sHm AA**

nqk ijgfj l qk?kj yStk AA

ekuoh; ghjs dks rjk'kus ea l c l s vf/kd 0; ki d rks
ij fpidk gvk jks vgakj dk gā vgakj ; k bl ds l ekufz

_____ ^tiq̄ th l kfgc l oky tokc _____

'kcn dbzgtkj ckj xjck.kh ea v k, gA Mk- tlor fl ?k usdh ds vud kj 'kk; n bruh ckj dbz cM s ed[; l adYi uke] gpe] ek; kj dky] unj vkn Hkh ugha v k, A ^tiq̄ th ea v g d kj dh nq̄ fr z dk vlnk tk l kroha im h ea l gtrk l sfey tkrk gA

◆ **tstq̄ p k j s v l j t k g l j n l u h g l b AA**

p k g s f d r u h y e c h m e z g l s t k ,] u l s [k . M k a d s y k s J } k y q r f k v k k d k j c u t l a] r k s H k h g s e l [k ! e u t j ; ; f n i t k q d h d i k u g h a g b z r k s m l d s n j c k j e a d h v k v l h j d h v , d e k e y h l k d h M k g l o c k A f d l h u s r f g k j h [k e j u g h a y u h A v a g d k j d l s n i j d j u s d k l c l s v P N k < a m l v d k y i j [k d s v k n s k d l s l e > u k g h g A

◆ **u k u d g a l e s t s c a s r g m e s d g s u d l b AA**

r f g k j h d k z m i e k u g h i d k z x q k u g h a l c m l h i j e f i r k i j e k e k d h g h n s u g A

◆ **l f l k x q k r j s e a u l g h d l b AA**

f o . l q x q k d h r s h k f r u g l b AA

8- ekuoh; , d : i r k r f k f o ' o ' k f u r %

j k ' v h ; , d r k d h c k r r k s l a l p r / k j . k k g A x j e f r n ' k u e k u o h ; , d r k d h c k r d j r h g s D ; k e d ; g , d v d k y i j [k l s l c d h m R i f u k e k u r h g A

^tiq̄ th ea ekuoh; , drk rFk fo'o 'kfuR dk l msk

_____ ^tiq̄ th l kfgc l oky tokc _____

g s t k s f d x j e f r f o p k j / k j k d k v k / k j g A ^ l x y t e k r i t d k m i n s k d o y ; k s x ; k a d s f y , g h u g h a c f y d l e l r i k . k h e k = d s f y , g A l H k h d l s v i u k f e = r f k l k f k e k u k s ; f n d k s z H k h v e h j & x j h c] f d l h H k h t k r / k e z b y k d s j a x : i o k y k 0 ; f D r i t k q d k s l e j . k d j s k o g v i u h e s u r d k l Q y % e l d f r ? k f y % d j y s t k , x k A

ftuh uleq / k v l b z / k x , e l d f r ? k f y AA

; s d o y f l [k a d s f y , g h u g h a c f y d l e l r e k u o r k d s f y , g A i p i j o k . k q g k s d s f y , f d l h f o ' k ' k / k e z d k v u q k ; h g l u k t : j h u g h a l H k h t h o k a d k , d g h i k y u g k j g A o g l H k h d h t f o d k d k l k / k u g A l H k h d h i k y u k d j j g k g s ^ t i q̄ d k ; g f l } k u r x q l k f g c u s v i u s t h o u e a v i u k ; k g s r f k b l d k i p k j f d ; k A ; g d g u k f d d o y f l [k a d l s g h v d k y i q [k d h i k f r g l s l d r h g a c k d h / k e z o k y k a d h u g h a & ; g ? k v h v k l k p g A

9- v l u r d k % b l r j g ; g d g k t k l d r k g s f d t i q̄ t h l k f g c d s l k j s x j e f r f l } k u r k a d k v / ; ; u r f k f o p k j d j s y s r k l e p s J h x q x a k l k f g c t h s d s f o " k ; o l r q r f k f l } k u r d s c k j s e a k k u g l s t k ; s k A t i q̄ t h d l s f u r u e e a i < f s j g u s d k b l d h e d k u d h (m e c h a n i c a l l y) e g k j u h d j u k u g h a g A c f y d x j e f r d h f o p k j / k j k d h x g . k d j u s d s f y , ^ t i q̄ t h l k f g c d l s f u R ; i f r f o p k j u k] l e > u k r f k b l d l s v u t k o d k f g l l k c u k u k g h f l [k

_____ ^tiq̄ th l kfgc l oky tokc _____

dsfurue dk mnš; gA

tiq̄th ds l Ecl/k eadkb/vire 'kcn dg nš , d hfdl h
ea {kerk ugha gA ftruk Hkh dg ys rks Hkh l Hkh dñ ugha dg
l drsA

;g Nks/k l k dk; , d ueLdkj gš iakl k gšvknšk gš
ml] di kfuf/k vdky iq [k dks tiq̄h dks rFk ^tiq̄ ds
jpukdkj xq ukud dksA bl jpuk dh bPNk ;gh <pusrFk
crkusdh gšfd xjefr dh cyth fopkj/kjk dk vk/kj tiq̄th
tš h xq ukud dh jpuk cuh tks fl D[kh fl }kura dk eq;
L=kr gA , d dks'k'k gš tiq̄h dks l e>us vls l e>kus dh A
vFkz cksk l sfl }kwr dh fn'kk ys l ds ;g i kFkZuk djuh tho dks
'kkskk nš h gA

_____ ^tiq̄ th l kfgc l oky tokc _____

ekly izu

1- Qjelu ijk djs%

1½ thv tkr jak dsuko AA -----

2½ cgrk djfe fyf[k; k uk tkb AA -----

2- fjdR LFkulaea'kn dsvFkZfy [kA

1½ rku %- -----

2½ vl k % -----

3½ l kWr mñj nksA

1½ ijeRek Lo; agh thok dh t: jrla dks tkurk gšFk
Lo; agh mlganku nrk gA bl l Ecl/h ea ^tiq̄ th
l kfgc ea l s , d Qjelu ¼ i dr ½ fy [kA

2½ eus vls ea Sea D; k vrj gš

4½ vius'knlaefy [kA\

1- tiq̄h l kfgc dk ikB rFk fopkj djus ds ckn
vki th dks D; k&D; k irk yxk A

2- ^tiq̄ th l kfgc l eph xjck.kh dh fopkj/kjk dk
l kj gSA dš š

———— ^tiq̄ th lkfgc loky tokc ————
JAP JI SAHIB - SWAL-JWAB

© bl iqrd dk dkbz izdk'ku vf/kdkj ughag& dkbz Hkh ITtu o
l &Fk ipkj fgr fcuk v&FkZd ykHk dh ykylk l s bl s Nki dj
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yfkd %jslqk l jcthr fl ?k

**fgah vuqkn ,oa l äku &
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tkudkj dsfy, Lidz dja
3454 Qd &2] nqjH yf/k; kuk
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lg;k jk'k %20@&

———— ^tiq̄ th lkfgc loky tokc ————

fo'k; & l ph

- 1- ^tiq̄ th& loky tokc
 - 2- ^tiq̄ th & i&f k 'kcnk ds vFkZ
 - 3- ^tiq̄ th & HkkokFkZ
 - 4- ^tiq̄ th ea ck.kh jpuk dk <x
 - 5- ^eas rFk ^eas
 - 6- l jfr ¼; ku½ Åpk djus okyh vl f k dh imfH; ka
 - 7- ^tiq̄ th & fopkj ds imko
 - 8- ^tiq̄ th & jkst kuk ckyoky dh 'kcnkoyh cus
 - 9- ^tiq̄ th & jru&tokj&ekf.kd
 - 10- ^tiq̄ th & xjefr fopkj/kjk dk vk/kj
 - 11- eMly isj
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—— ^tiq th l kfgc l oky tok ——

—— ^tiq th l kfgc l oky tok ——

tiq th l kfgc

l oky&tok

fnYyh fl [k xq }kjk izUld deYh

l fØr

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