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fnukad %5-05-2018

id foKflr

gfj }kjA {ks= i p k; r #Mēh dh cBd {ks= i p k; r iē[k t jhu dh v/; {krk , oaf tykf/ kdkjh Jh nhi d jkor o e[; fodkl vf/ kdkjh Jherh Lokfr Hknkšj; k dh mi fLFkr ea #Mēh fLFkr fodkl [k.M l Hkkxkj ea l Ei l u g p A cBd ea Cykkl #Mēh ea fofHku l jdkjh ; kst ukvka ds cgrj l pkyu ij ppkz g p A l kFk gh LokLF;] f" k {kk} l ekt dY; k.k] m | ku] i f r] fodkl] Mj h vkfn foHkkxka ds vf/ kdkfj; ka }kjk {ks= i p k; r l nL; ka dks vi uh & vi uh foHkkxh; ; kst ukvka dh foLrkj l s tkudkj nh x; hA

cBd ea v/; {k@Cykkl iē[k t jhu us vf/ kdkfj; ka l s dgk fd vf/ kdkjh x.k xte i p k; r Lrj ij gksus okyh cBdka ea Hkh fofHku l jdkjh ; kst ukvka dh tkudkj xteh. kka dks na rkfd vf/ kd l s vf/ kd turk ; kst ukvka dk ykHk ys l dA

cBd ea ftykf/ kdkjh Jh nhi d jkor us dgk fd tuin ea l jdkjh ; kst ukvka dk cgrj l pkyu gks bl ds fy, ftyk i z' kkl u dks tui rfuf/ k; ka ds l g; kx dh l okz/ kd vko"; drk gA ml gksus #Mēh ds {ks= i p k; r l nL; ka [kk l rkš ij efgyk i rfuf/ k; ka dks i fjr d jrs gq dgk fd vxyh ckj tē og cBd ea mi fLFkr gksa rks tui rfuf/ k; ka l s i n s x a fd vkf [kj muds }kjk {ks= ds fdrus Ldny u tkus okys cPpka dks Ldnyka ea nkf [kyk fnyok; k x; k gA fodkl dk; kA dh xqoRrk ij /; kukd' kr d jrs gq ftykf/ kdkjh us xte i z' kuka l s dgk fd euj xk ds rgr ftrus Hkh dk; Z gka os xqoRrk; p r gka dgk fd os 10 yk [k #i; s l s cM s fuek. k z o vll; fodkl dk; kA dk LFkyh; fujh {k.k Lo; a d j s x A dk; kA dh xqoRrk dh vuns [kh cnkz' r ugha dh tk; xhA ftykf/ kdkjh us dgk fd ft l xte i z' kku }kjk djok; k x; k t kšj M+ l Qkbz dk; Z l cl s cgrj gksk ml xte i z' kku dks vkxkeh Lorl =rk fnol 1/15 vxLr 1/2 ij #i; s 15 gtkj dk udn buke ndj l Eekfur fd; k tk; xkA ml gksus dgk fd f" k {kk} LokLF;] vkxau ckMh] vk" k dk; Z f =; ka ds dk; kA dk tui rfuf/ k Lo; a fujh {k.k d j a rkfd dk; Z i k j n" khz r j h ds l s l Eikfnr gka ; fn bu {ks= ka ea dk; J r vf/ kdkfj; ka @ de p k f j; ka dh dkbz f" kdk; r gks rks ntz djok, A , d h f" kdk; raftudh fLFkr Qks/ kxk Q l s Li ' V gks l drh gS muds orekz Qks/ kxk Q l k {; ds #i ea i Lr r fd; s tk; a rkfd f" kdk; r dks l e > us ea l f o/ k k j g A ml gksus dgk fd fd l h vf/ kdkjh l s nj Hkk' k vFkok ekkby l s l Ei dZ l k/ kus ij ; fn vf/ kdkjh }kjk Qksu ugha mBk; k tkrk gS rks, l , e, l ds ek/; e l s l pūk ndj Qksu ij ckr djus ds fy, dgA ftykf/ kdkjh us f" k {kk foHkkx ds vf/ kdkfj; ka ds vuj k k ij fo | r foHkkx dks {ks= ds, d s nks fo | ky; ka ds duD" ku t k M s ds fun' k fn; s ft uk dk duD" ku fo | r foHkkx }kjk fcy Hkx rku u fd; s tkus ij dkV fn; k x; k FkA

cBd ea e[; fodkl vf/ kdkjh Jherh Lokfr Hknkšj; k us xte i z' kuka l s dgk fd xte l Hk cBdka dk vk; kst u gj nks ekg ea fd; k tk; A cBd dh l pūk n s us ds fy, xkē ea epknh djok; h tk; rFk cBd dh fofM; kxk Qh Hkh dh tk; A ml gksus tui rfuf/ k; ka dk vkgeku fd; k fd os viuh "kFDr dk mi; kx {ks= ea l dkj kRed i f jor z ykus ds fy, d j a rkfd f" k {kk vkš LokLF; ds {ks= ea fi N M k gekj tuin l dkkj dh vkš vxl j gks l dA ml gksus dgk fd xte i p k; r {ks= ea gksus okys fuek. k z dk; Z LFk; h i d f r 1/4 Dds dk; Z ds fd; s tk; a rkfd turk yEch vof/ k rd bu ; kst ukvka dk ykHk ys l dA ml gksus xte i z' kuka dks xte i p k; r {ks= ka ea gksus okys fuek k z o vll; fodkl dk; kA dks euj xk l s MoV s y a k d jrs gq djus dks dgkA

cBd ea fo/ k k; d Jh n s' k j k t d. k bky us vi us fo/ kku l Hk {ks= ds, d s fo | ky; dks ft l ea Quh p j ugha gS #i; s 10 yk [k ndj Quh p j mi y C/ k dj k; s tkus dh ckr dghA l kFk ml gksus dgk fd muds fo/ kku l Hk {ks= ds xte ea euj xk l s MoV s y a k gksus ij Hkh tks fuek. k z dk; Z v/ k j k j g tk; xk ml ds fy, Hkh vkf Fkz l g; kx inku d j s x A

fo/ k k; d Jherh eer k j k d s' k us cBd ea efgyk i z' kuka ds cM & p < d j Hkx y us ij g' k z t k f g j fd; kA ml gksus ftykf/ kdkjh l s dgk n s h; vki nk ds dk; Z c j l kr ds l ht u l s i w z gh i w k z dj k fn; s tk; A

cBd ea ftyk i p k; r j k t vf/ kdkjh Jh ješ k f = i k B h] [k.M fodkl vf/ kdkjh Jh eufolnj dš] , l h, evks v" kkd d p k j] ftyk i f r z vf/ kdkjh j k g y "kek z ftyk dk; Z dē vf/ kdkjh epy p k š j h] l ekt dY; k.k vf/ kdkjh nhi j k t v f l u g s = h l f g r f o f H k u f o H k x k a d s v f / k d k j h m i f L F k r F k A

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