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tuin : nāz; kx¼mRrjk[k.M½ ea ty l ā k/kuka ds
mi ; ks dk , d Hkksksfyd v/; ; u



xq i ā kn Fki fy; ky¹] vjfcIn fl g jk.kk²

¹i āDrk] Hkksksy foHkx]

²,kks/k Nk=] Hkksksy foHkx] gs u- c- x<oky dānā; fo'o fo|ky; Jhuxj]

x<oky] mRrjk[k.M-

i Lrkouk &

ty l ā k/ku fd l h nsk dh vkfFkd mlufR eaegROI wkZ; ksnku djrk gā vU; i kdfrd l ā k/kukafeV/h] [kfut] ou vkfn dh rjg ty , d egROI wkZ l ā k/ku gā l eLr i k.kh oxZbl dscuk thfor ugh jg l drk ; g thou dk emy vk/kkj gSbl h fy, ty dksnkaejRu dh l kK nh x; h gā i kphu dky ea tc euq; fopj.k voLFk eaFkk vkdf'kr ty usmUgs, d LFkku i j LFkbbZ: lk l s jgusdsfy, ok/; fd; k ty l sgh [krh vkfn dV/hj m | kskadksfodfl r fd; k bl dh Li 'V i q'V unh ?kkVh l H; rkvka) kjk gkrh gā oržku ; q ea ty dk mi ; ks vud dk; kā eafd; k tk jgk gā nšud thou ds mi ; ks l sydj cMh&cMh i fj; kst uk, Wbl h l s fdz; kflor gkrh gā ty tho/kkfj; ka, oai M i kškadksfy, l okZ/kd egROI wkZ gā l Ei wkZ fo"o ea ty l j {k.k dh vko"; drk gā ft l l s ty dh fujUrjrk cuh jgā

v/; ; u {ks= %tuin #nāz; kx 30°10p mRrjh v{kkāk} 30°50p mRrjh v{kkāk rFkk 78°50p i wZv-{kkāk l s 79°22p i wZv nskkUrj dschp flFkr gš #nāz; kx tuin 1984 oxZfdeh {ks= ea OSy k gqk gā ft l dh vf/kdre ĀpkbZ l epz l rg l s 3886 ehVj dskjukFk , w l cl sl; ure ĀpkbZ 610 ehVj gā tuin #nāz; kx earhu rgl hy; #nāz; kx] m[kheB] t [kksyh gš ftuea 658 vkokn xte 38 xš vkokn xte gš o"Z 2011 dh tux.kuk ds vud kj tuin dh dty tul ā; k 242285 gš tuin #nāz; kx ds xteh.kkadk eq; 0; ol k; df"k gā tuin ds dty dk; Zkhy tul ā; k dk 80 i fr"kr df"k dk; Zeadk; j r gā ; gk; df"k dk mRi knu ekul wka i j fullkj djrk gā

tuin : nãz kx/mRrjk[k.k.M½ ea ty l ð k/kuka ds mi ; ksx dk , d HkkSkkfyd v/ ; u

doy unh ?kkfV; kãesl hfer df" k dh tkrh gÅ df" k dh n"kk Bhd u gksudkj .k ifr 0; fDr vk; de gÅ tuin dh vuod l fjr k, tks mRrj Hkkjr dh thou gÅ orõku l e; eabu ufn; kãeai z kãr ek=k ea ty gÅ tuin ea ufn; kãdsvykok fgekuh] rkyko] rky] Hkãehx r ty l kãr] o'kkz vkfn ds) kj k Hkh ty i kãr gkãk gÅ i gysdh vki {kk ufn; kã fgekuh] rkyko] rky] Hkãehx r ty l kãr] o'kkz vkfn ty l ð k/kukseadeh vk jgh gÅ tuin ea ty l ð k/ku eafujLrj deh gksul sekuo]tho~&tLrj df" k i Hkkfor gksjgsgÅ ftuds l j {k.k dh vko"; drk gÅ



fof/krU= & iLrj v/ ; ; u {ks= eai kFkfed rFkk f) rh; d l kãkadk mi ; ksx fd; k x; k gÅ i kFkfed l kãr eal k{kkRcdkj i z ukoyh; ka {ks= Hkã.k l s, df=r fd; sx; Å f) rh; l ks=kãeafodkl [k.Mkargl hykão ftyk eç; ky; kãrFkk l kãç; dh; i ð rd l si kãr fd; k x; k fo'k; olrãdsl kekl; hãr fo' ySk.k grãv/ ; ; u dh bãk; afodkl [k.M cuk; sx; sGs

ty l ð k/ku & tuin dh vuod l fjr k, tksmRrj Hkkjr dh thouk; uh gÅ bu ufn; kãeai z kãr ek=k ea ty gÅ ufn; kãdsvykok fgekuh] rkyko] rky] o'kkzHkãehx r ty l kãr] vkfn ds) kj k Hkh ty i kãr gkãk gÅ

ufn; kã & v/ ; ; u {ks= ea ty i ð kã rã vR; l r l ?ku gÅ elnkduh] vydulnk , oayLrj unh vi uh fofHku l gk; d ufn; kã l sl ?ku , oamPp rhork l si ð kãr gkãk gÅ tuin dk mRrjorhãz unh i ð kã rã fgePNkãr {ks=kã l si ð kãr gkãk gÅ tuin : nãz kx ea eç; r%rhu vi ð kã {ks= gSftuea i kuh dh ek=k yEckbZrFkk i ð kã {ks= vyx&vyx gÅ tuin ea eç; ufn; kã o uk y} xkM+fUe rkydk eai nf"kr gÅ

rkydk l ç; k 1-1& : nãz kx tuin ea unh i ð kã rã

Dãl -	i eç k ufn; kã	i ð kã fr"kk	yEckbZ fd0eã0	{ks= oxZ fd0eã0	çfl u {ks=Oy oxZ fd0eã0
1	Elnkduh unh	mUkj nf{k.k	73	1392-43	47-25
2	dkyh unh	mUkj nf{k.k	13-5	121-9	4-13
3	enegšoj	mUkj i ð & nf{k.k if"pe	15-3	181-1	6-13
4	e/lq xak	i ð l if"pe	17-1	189	6-43
5	vkãk" k ð kfeuh	i ð l nf{k.k if"pe	7	34	1-15
6	jko.k xak	mUkj i f"pe&nf{k.k i ð l	8	55	1-86
7	l ku xak	mUkj i f"pe&nf{k.k i ð l	11	87	2-95
8	yLrj unh	mUkj nf{k.k	35-5	209	7-08
9	vyduank unh	i ð l if"pe	32	226-52	7-67
10	i ð kã rã xkM	nf{k.k i ð l mUkj if"pe	8	36	1-33
11	D; wt k xkM	i ð l i f"pe nf{k.k if"pe	11	81	2-47
12	0; ã xkM	nf{k.k i f"pe mUkj i ð l	10-11	12-13	-40
13	Nãk xkM	mUkj nf{k.k	8-51	56	1-89
14	D; kj k xkM	mUkj nf{k.k	7	38	1-38
15	oPN.k xkM	nf{k.k i ð l mUkj if"pe	12-5	89	3-42
16	fgyã xkM	i ð l i f"pe nf{k.k if"pe	14-5	62-87	2-20
17	Mkej xkM	mUkj nf{k.k	12-4	77-13	2-62

tuin : nãz kx/mRrjk[k.M½ ea ty l d k/kuka ds mi ; kx dk , d HkSkfkyd v/ ; u

yLrj viokg ræ & yLrj unh #nã ; kx tuin dst [klyh fodkl [k.M eai ðkgr gkrh gA yLrj unh okl e pkv/h l s3750 ehVj dh Åpkbz i j mnxe gkrh gA yLrj unh nf{k.k i f"pe fn"kk eacgrh gpZ35-5 fd-eh- dh njh dsi "pkr-frdyuxj ½676½ ehVj ds l ehi l wZi z kx ea elnkduh eafey tkrh gA yLrj unh l st [klyh yLrj ugj tks35 fd-eh- yEch gA yLrj unh dsi kuh dksdbz xkp fl pkbZds#i eami ; kx ykrsgA nã jh cMh ugj tsh dUMkyh ugj gStks10 fd-eh- nj rd dbZxkeh. kka dksfl pkbZdsfy ; si kuh mlkyC/k djkrh gA rhl jh ugj ræV ugj gStks06 fd-eh- yEch gA tksfl pkbZds#i eami ; kx ykrsgA bl dsvykok Nks/h&Nks/h xwyaacuk ; h x ; h gA tksfl pkbZdsfy ; smi ; kx eatkrk gA yLrj unh bl {ks= ds—f"k fodkl dsfy , cgr mi ; kxch gA i kt .kk uked LFku eagkbM½ Ldhe }kj k yLrj dsi kuh dksfl pkbZds : lk eai z kx fd ; k tkrk gA yLrj unh dk i ðkg {ks= 226-52 oxZ fd-eh- gArFkk unh dk ofl u {ks=Qy 7-08 oxZfd-eh- gA



gyÅ xkM & gyÅ xkM 14-5 fd-eh- yEch gA bl dk mnxe LFky ikydijkyh gA tgl; l s ; g nf{k.k i wZ ea i ðkgr gkdj Vepyh/kjMk] e [kr]y kskjg fjuxj] i \$ rky]vkn xkb gyÅ xkM dsi kuh dksfl pkbZds : lk eai z kx djrsgA ræV/k dsi kl gyÅ xkM yLrj unh eafey tkrh gA gyÅ xkM dk i ðkg {ks= 14-15 oxZfd-eh- gA gA rFkk xkM dk ofl u {ks=Qy 2-20 oxZfd-eh- gA

vydulnk i ðkg rl= & vyduank unh dk mnxe LFky vYdkijh fgekuh l sgA vydulnk unh xkþj ds l ehi : nãz kx tuin eai ðsk djrh gA vydulnk unh fl jkcXM+rd : nãz kx tuin eacgrh gA bl dsckn vydulnk unh fVgjh tuin o i kMh tuin dh l hek , acukrh gpZ i ðkgr gkrh gA vydulnk unh dbZcMh&cMh+unh ofndk vkædk fuekZ k djrh gA tS sxg/kcjkW] l eji g] j rMk] uxjk] i xkþj vkfn i æ[k ofndk ; agA vydulnk unh : nãz kx tuin eadny i ðkg {ks= 32 fd-eh- gA unh dk ofl u {ks=Qy 7-67 oxZfd-eh- gA vyduank unh l æh. kZ?kkfV ; k cgrh gA ft l l sunh dsi kuh dksfl pkbZds : lk eai z kx ugh gksi krk gA

elnkfduh vi okg ræ& elnkfduh unh dk mnxe dsnj f"k [kj dspj kokMh uked fgeun l sgA mUkj nf{k.k fn"kk eacgrh gpZ 73fd-eh- dh njh r ; djusdsckn : nãz kx eavydulnk l sfey tkrh gA enkfduh unh dk i ðkg {ks= 1392 oxZfd-eh- {ks= gA rFkk unh dk ofl u {ks=Qy 47-25oxZfd-eh- gA l kwi z kx eaokl pth xaxk 100 ehVj Åpk ty i ð kr cukdj feyrh gA elnkfduh dsnf{k.k ekxZeadkdMk xkM+14 fd-eh- D ; ptk xkM+11 fd-eh- Mkej k xkM+12 fd-eh- jko .k xaxk 8 fd-eh- njh r ; djusdsckn elnkfduh unh ea fey tkrsgA fryokMk] fl Yyh] vxLR ; euh] fot ; uxj] l ækMh jkei g]]pUnki g]h] Hkhjh] i jd .Mh] xprdk"kh] OkVkj 0 ; pç] noh/kkj] l ksu i z kx] m [kheB] xk]hdqM] eul uk] vkfn xkb elnkfduh unh dsi kuh dksfl pkbZds : lk eai z kx djrsgA elnkfduh unh eadB Nks/h]Nks/h ty fo | r i fj ; kst uk ; æfuekZ kk/khu gA



1 मन्दाकिनी नदी। 2 अलकनन्दा नदी।

o'kkZ & tuin dk okf'kd o'kkZdk vkS r 29-1 l v/hetVj gA; gkllv/kdkk'k o'kkZxh'edky ea80 i fr"kr o'kkZgksh gA "khrdky eauek ek= dh o'kkZgksh gA o'kkZdh fHkUurk dsvk/kkj ij tuin dkspkj HkkxkaeafHkDr fd; k x; k gA

1 vR; kf/kd o'kkZ ds {ks= & tuin eam[kheB] xlg hclqM] jkeokMk] eul uk] xBk.kk] vkfn vR; f/kd o'kkZ ds {ks= gA; gkllv/k'kd o'kkZ dk vkS r 200 l eh0 gA ; | fi bl o'kkZdsty dk l efr mi ; kx ughagsi krk gA o'kkZdk vf/kdkk'k Hkkx ufn; ka l sgkdj cg tkrk gA

2 i ; klr o'kkZ ds {ks= & bl {ks= ea o'kkZdk vkS r 150 l eh0 l s200 l eh0 rd gA tuin dse/; orhZ Hkkxks ea Hkhj] ijd.Mh] xfrdk"kh] QkV[k] 0; px] nsh/kkj] l kuiz, kx] m[kheB] xlg hclqM] eul uk] etuknpy] fpjfoV; k] ol dntkj] oq-uk] nqk?kkj] vkfn {ks= l fefyr gA

3 l keU; o'kkZ ds {ks= & tuin eafjxkM] ikt.kk] jgM] ojfl j] plnh] tk[k.kh] ykck] Mxkh] olnjrksh] l ekMh] l keU; o'kkZ ds {ks= gS

4 fuEu o'kkZ ds {ks= & tuin dsmPp fgeky; h {ks= U; u o'kkZokys {ks= gA bl eadnkukFk pki rk] =htqchukj; .k vkfn LFku l fefyr gA okf'kd o'kkZdk vkS r 100 l eh- l shk de jgrk gA

Hkifexr ty , oaJkr & idfgr ty dsl kFk & l kFk tuin eaHkifexr ty Jkrkadh i ; klrk gA tuin dsl eLr Hkifexr ty Jkrkadk HkkSkkyd v/ ; ; u ugh gksi k; k Hkifexr ty Jkrka l sufn; ksdk fodkl gvk gA tuin eaB.Msty Jkrkadh i zkurk yxHkx l o= gA bu Jkrkadsl ehi gh tuin dsxkoka dh Cl ko fLFkr dksi Hkfor fd; k gA tCk uy vkfn dh l fo/kk, Wmi yC/k ughaFkh rc xk dh ty dh i frZblgh Jkrka) kjk dh tkrh Fkh xh'e dky eabueaty dh ek=k de gsktcrh gA LFkuh; Hkk'kk eablugaexjs/kkjs vkfn ukkal sdgstkrsgA

>hy , oarky & tuin eavud NkV&NkVsrky , oa>hysgA ; s>hy , oarky ud fxd gStuin eafLFkr >hy , oarky ekuo mi ; kxh f"k) ughagsi kbZgA vf/kdkk'k rky i kdfird l kbZ; o /kkfed egrk rd gh l hfer gA dN gh rky , s gA tksufn; kadks mnxe inku djrh gA

tuin : nãz; kx/mRrjk[k.M½ ea ty l ð k/kuka ds mi ; kx dk , d HkkSkfyd v/; ; u

rkydk l ð; k 1-2& : nãz; kx tuin ea eq; rkyk

dZl -	Rkkyk dk uke	{ks=	{ks= Äpkbz l enz ry ½eh-½
1	nøfj; k rky	l kjh] m[kheB	2483
2	uInh dqM	enegsoj	3289
3	pkš kMh rky	dnkjukFk {ks=	3582
4	c?kk.kh rky	dkš/ckaj t [kksyh	1875
5	okl øh rky	dnkjukFk {ks=	4135
6	i š k rky	dnkjukFk {ks=	1260
7	nø rky	dnkjukFk {ks=	3710
8	; e rky	dnkjukFk {ks=	3717

fgekfu; k & tuin dsmRrj o mRrj i øhzmPPk pkšV; k eafge folRr gÅ t gkM selnkduh] yLrj] vyduank ufn; kaeo'kZHj ty i ktr gkrh gÅ l rki UFK] pkš/kokMh fgekfu; k l sty dh n'V l shkij ij gÅ bu pkšV; k l eafu; fer cQZ" khrdky fxjrh gSrFkk xzedky eacQZfi /ky dj ?kFV; kaeacgusyxrh gÅ

ty l ð k/kuka dk mi ; kx & tuin igkMh /kj kry gksul sty dk mi ; kx l epr ek=k eaughagsi krk gS; gkM j uyka) kjk ty dksi husds mi ; kx eay; k tk jgk gÅ Nks/h&Nks/h ugjscukdj [krkaefl pkbzdih tk jgh gÅ vkš l jdkj) kjk i Lrkfor Nks/h&Nks/h i fj; kst ukvkafdz kflor dh tk jgh gÅ tuin eai s ty ds: lk eaeuo i kdfrd Jkrkao l jdkj dh l gk; rk) kjk yxk; sx; suyka) kjk ty dk mi ; kx fd; k tkrk gSbl svkš folRr fd; k tk l drk gÅ tuin ea47-70 ifr"kr tul [; h dksis ty l øo/kk mi y0/k gÅ tofd 52-30 ifr"kr tul [; h dksis ty l øo/kk mi y0/k ugh gÅ tuin eai s ty l øo/kk dh fLFkr fuEu rkydk l sLi 'V gkrh gÅ

rkydk l ð; k 1-3 tuin ds fodkl [k.Mks ea dwpkayuka gS Mi Ei ks }kj k ykHkkflor tul ð; k

fodkl [k.M	dwpka	gSMi Ei	uyka dh l [; k	ykHkkflor tul ð; k
m[kheB		14	120	32706
vxLreqh	6	32	268	43047
t [kksyh	13	10	111	26220
; kx tuin dk	19	56	499	115580

Lkkã [; dh; i=hdk #ni ; kx

fl pkbz & tuin dk l Ei wkZ/kj kry igkMh gksusdsdkj.k ugjka dk fodkl ughagsi k; k gÅ vf/kdkãk df'k o'kkZ ij fuHkj djrh gÅ yEch vof/k rd l ðkk i Musij eq; r% [kj hQ dh Ql y dksHkkjh uqdl ku i gpbkr gÅ bl fLFkr eaf l pkbzdk gksuk vfr vko"; d gkrk gÅ tuin dh ?kFV; ka dh rygvh ij i økfr unh o Nks/&Nks/sxnjs, d ek= fl pkbzds Jkr gÅ Nks/h&Nks/h ufn; ka l sugjs fudky dj i økfr ty dksfl pkbzds mi ; kx eayk; k tk l drk gÅ; gkMdBkš /kj kry dsdkj.k dqa [kkndj i kuh i ktr djuk vl Ehko gÅ ; gkMdh Nks/h&Nks/h ufn; kagh [krka dh l; kl cø-kuaeavf/kd mi ; kxh gkrsgÅ tuin eafuEu fyf [kr fl pkbzds l k/kuka dk iz kx fd; k tkrk gÅ

gkšt & ftu {ks=kaeaty l l kku l hfer gÅ ogkM j gkšt cukdj fl pkbzdih i firZdh tkrh gÅ bu gkšt kaeo'kkZdk i kuh , oavU; Jkrka l sty , d= fd; k tkrk gÅ vko"; drk i Musij fl pkbzdih tkrh gÅ gkšt ka) kjk fl pkbzNks/si škusij gh gkrh gÅ oržeku tuin ea 977 gkšt gSftul sfl pkbz gkrh gÅ

i Ei l š/ & tuin eai Ei l š/ka) kjk fl apr {ks= ux.; gÅ dny mu {ks=kaeai Ei l š/ka) kjk fl pkbzdih tkrh gÅ t gkM j i kuh ds Jkrka l sFlkMh njh ij df'k dh tkrh gÅ oržeku l e; eatuin ea33 ty i Ei dke dj jsgÅ

xny% & tuin dh Nks/h&Nks/h ?kFV; kaeaf'k ; kx Hkie gÅ ; gkM j Nks/&Nks/s [kr cukdj xny l sfl pkbzdih tkrh gS; gkMfl pkbzdk eq; l k/ku xny gÅ tksvf/kdkãk dPph gkrh gÅ tksfd cjl kr eaHkkjh o'kkZ l smRi lu ck< eacg tkrh gÅ ifro'kZfd l kuka ds) kjk vFkd iz kl dj vius [krka rd i kuh i gpbkr gÅ tuin eaf l pkbzds l kFk t øh eq; l eL; k o'kkZ__rqaexny dk og tkuk ; k VW

tuin : nãz; kx/mRrjk[k.M½ ea ty l ð k/kuka ds mi ; kx dk , d Hkkskfyd v/; ; u

tkuk gSorëku l e; eatuin ea782 fdeh yEch xny ds) kjk 6-57 gDVs j df'k Hkrie dh fl pkbZdh tkrh gA

ugj& tuin ÅÞk uhpk i gkMh /kjry gksdsdkj .k cMh ugjscukuk l EHko gA yfdu Nk/h&Nk/h ufn; kMbu ugj kadks ty i fir7 djuseal ðke gkrh gA tuin dh vf/kdkrk ugjs; gkMh Nk/h&Nk/h ufn; ka l sgh fudkyh x; h gStuin esyLrj ugj tks35 fd-eh) tsyh dUMkyh ugj 10 fd-eh) rþv ugj 06 fd-eh yEch gA ftul sfl pkbZgkrh gA

rkfydk l ð; k 1-4 tuin es fl pkbZ ds l k/ku

o'kz	Ukgj ka dh yEckbz fdeh	gkSt ka dh l ð; k	xny fdeh	gkbM'e l ð; k
2007&08	273	967	748	33
2008&09	284	967	748	33
2009&010	342	977	782	33

Lkrf[; dh; if=dk #ni ; kx

ty l ð k/ku dh l eL; k, W, ð l pko

1 tuin dh is ty l eL; k dh l Ursktud fLFkr u gksdk dkj .k is ty ; kstukvka dks fdz; kflor djus l sigys ; kstuk l s l EclU/kr l Ei wki gyn/kadk v/; ; u ughafd; k tkrk gA ty dh "kþ rk dks i j [k dh tk; ; kstuk dks fdz; kflor djrs l e; uykadh fLFkr dk /; ku j [kk tk; A D; kfd cjl kr dsl e; eayksdsVW tkusl si s ty vki firZdkHh l e; rd ugh gksi krh gA

2- o'kz dh vfufe; rk tuin dh eL; l eL; k gA ftl l sdf'k dk; Zi Hkfor gkrk gA bl l eL; k dksnj djus ds fy, fuEu l eL; k fyf[kr rF; kai j tkj fn; stkusdh vko"; drk gA

3-tuin eacMh ufn; kadsvykok Nk/h&Nk/h ufn; katksfd l ky Hkj i dkfgr gkrh gSfl pkbZ; kstuk, afdz; kflor djuseavPNh fLFkr i nku djrs gA buea; kstuk, Wfdz; kflor djus i j de 0; ; ij l eL; k gy fd; k tk l drk gA tcf d cMh ufn; kwi sb l idkj dh ; kstuk i j 0; ; vf/kd gkskA

4-tuin dh ?krfV; kaeadN , ð h df'k Hkrie gA tgvwi j ugj afudkyuseavR; f/kd /ku 0; ; gsrk gA vkj bl idkj ds df'k Hkrie eaunh l sty i Ei) kjk i kuh i gpk; k tk l drk gA

5-fl pkbZgrugjs, oaxny fuezk ds fy, fd l kukadh l gk; rk __.k vkfn dh 0; oLFkk dh tkuh pfg, A

6-ftu xkeh. kka {ks=kaea i kuh de ek=k gA ; gkwi j rkykka o gkSt cukdj ml i kuh dk mi ; kx fl pkbZ ds fy, fd; k tk l drk gA tuin eavij ty jkf" k gSyfdu ml dk ; Fkkfpr mi ; kx ughagsi k; k tuin ea ty fo | r ds fodkl dsl UnHkZ eafuEu fyf[kr rF; kadh vkj /; ku fn; k tkuk vko"; d gA ty fo | r gsrqNk/h&Nk/h ; kstukvka dks dk; kflor dh tkuh pfg, bl i j 0; ; Je de gkrh gSvkj l Qyrk dh i wZvk"kk jgrh gA vr%/kjry dks/; ku eaj [kdj ; gkMh Nk/h ; kstuk, agh ykHkdj h fl) gkl ds chA

7-tuin ea l v[ks dh l eL; k ?krfV; kadh vi s k mPp fLFkr {ks= eavf/kd i Hkrodkj h gkrh gSD; kfd mPp {ks=kaeaf l pkbZ dh l fjo/kk, a yxkuk dfBu dk; ZgA o 0; ; vf/kd gkrk gA vr%, ð l Fkkuka dks l jdkj) kjk , ð h ; kstuk, ar\$ kj dh tkuh pfg, ftl l sogkMl v[ks dk l keuk fd; k tk l dA ÅÞkbz i j fLFkr {ks=kaeackMte dstax yxk; stk; A cMte dso {kka dh tMka) kjk i kuh j kadusdh "kfdR vf/kd gkrh gA

l j {k.k & ty ds vf/kdre mi ; kx gks l sl j {k.k dh vko"; drk gA ; | fi ; gkMv i j ty jkf" k ekst m gSyfdu ml dk l j {k.k o mi ; kx ml : lk eaughagsi k jgk gA ftruh vko"; drk gA tuin dsty l ð k/ku dks l j f[kr djus ds fy, fuEu fyf[kr l pko fn; s tk l drsgA

1-ogn ek=k eaOkuhdj .k fd; k tkuk pfg, ftl l sty l ð k/kuka rFkk ty i firZdksc<k; k tk l ds mu {ks=kaea o {kkj ki .k djuk tgvw ou foukkl dh xfr rhoz gSQyLo: lk o {kka dh tMka) kjk i kuh j kadusdh "kfdR c< tk; sch A

2-fl pkbZ rFkk fo | r ; kstuk, a l kfk&l kfk fdz; kflor dh tkuh pfg, ftl l stuin o n'sk dks ngj k ykHk fey tk, sckA de 0; ; ij vf/kd ykHk gksk fo | r 0; oLFkk ds vykok fl pkbZ dh l fjo/kk "kgyHk gksi k; sch vU; Fkk fo | r mRi knu ds i "pkr-ty jkf" k 0; FkZpyh tk; schA

3 ty ea gsjgs i ntk .k dks j kadus ds mi k; fd; s tk; & i "kq/kadks [kys rkykc ea u ugyk; k tk; xUnh ukfy; ka dks l h/ksufn; ka l su tkM/dj , d xM<seaMkyk tk;] tho i kf .k; kadser "kj hj dksufn; ka eau cgk; k tk; vkfnA

4-[krksdh esksi j >kfM; ksd k j ki .k rFkk eMksdk fuezk fd; k tk; ftl l so'kz dsty i pkg /khek gksk enk dk dVko : dus ds l kfk l kfk i kuh enk esi osk djus ds fy; si z klr l e; fey i k; sck

5-Pkky [kky dk l j {k.k fuezk fd; k tk; bl eao'kz dk ty , df=r fd; k tk l drk gA ftl l sty l j {k.k gks l ds kA

6-Tky l krsdk l j {k.k fd; k tk; i oirh; {ks=kseai s ty dk vf?kdkrk Hkx ty l krs l sgh i klr gkrk gA bl idkj ty dk l epr mi ; kx dj ml sl j f[kr dj tuin dsfgr eayxk; k tk l drk gSvkj i ; kbj .k i kfj fLFkr dh dksuk; s

j[k tk l drk gA

I UnHkZ&

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vjfdln fl g jk.kk²

² kks/k Nk=] Hkukksy foHkkx] gs u- c- x<oky dlnh; fo'o fo|ky; Jhuxj] x<oky] mRrjk[k. M-

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