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# Review Of Research



I eFkZ jkenkl fyf[kr jkt dh; i =s



I kS i kph gear i kVdJ %yks kkoGk%  
fVGd egkjk"V" fo | ki hB i q ks

### i Lrkouk -

I eFkZ jkenkl , d vl keku; 0; DriheRo iR; {k l ekt dkj .k vfk.k viR; {k jkt dkj .k ; kP; kr R; kauh mRre l ello; dskj rgh v/; kRe vfk.k /keLFki uk dk; kP; k cjkcjhus l eFkZps okMe; vQkV vkgs R; kauh okMe; kps vud i zdkj pkskkGys vfk.k vfr'k; l ei d] i kl kfnd] l gt&l kS; k Hkk"kr j puk dY; k- R; kP; k l ozokMe; kr l kektfd n"Vhdku BGdi .ksfnl u; rks

I eFkZP; k l oz okMe; kr l okld"B xfk Eg.kts vFkZrp ^xkjkkt nkl cksk\*- nkl cksk Eg.kts eplv.e.khp vkgs rj R; kpk ^vkrkjk ke gk xfk rl kp mPp LFku vl syk vkgs l eFkZps an; Eg.kts ^nkl cksk\* vkgs rj R; kpk vkrk Eg.kts ^vkrkjk ke^ vkgs rP<; kp cjkcjhus egRokps l eFkZps ^eukps 'ykd\* vgr] vFkZrp gh eukph 'krs vyzkjp vgr- ; kf'kok; l eFkZuh vud 'ykd] vkj R; k] Hkk kG; k] Lrk=] jkek; .k] LQV vk0; k] vk0; k 'kr d] in] ykd l kgr; ] i pd] vHkx fyfgys vgr rj l dh.kz j puk vfk. k fgndkFkuh j puk dY; k vgr-

; k okMe; kP; k rkhpkp] egRoi wZ vl k l eFkZpk i=0; ogkj vkgs l eFkZuh tks i=0; ogkj dskj rksrhu i zdkj pk gkrk- , d jkt dh; i=0; ogkj nj jk l ka nkf; d i=0; ogkj vfk.k frl jk dks/ed i=0; ogkj - l eFkZpk gk i=0; ogkj vfr'k; eW; oku vkgs l eFkZuh Lor% 0; Drihr] o] fDr d thoukr Qkj egRro u nrk rs l kektfd thoup tLr txys l eFkZpk l oz i=0; ogkj vfr'k; vFkZ wZ vkgs R; kd kGkr i=0; ogkj kyk tLr egRro gksr dkj .k vkrkl kj [; k l k/ku&l qo/kk r0gk u0gr; k- tks mi yC/k i=0; ogkj vkgs R; kr l eFkZuh fyfgys h , dks kh l i=s vgr rj R; kauh vkys h i=s vB vgr- Eg.ktp , dqk l Rrkohl i=s vgr- gh l Rrkohl i=s Eg.kts t.kw l Rrkohl u{k=s vgr vl s Eg.kys rjh pky- R; kph i=s okpruk y{kkr ; rsdh l eFkZpk n"Vhdku fdrh fo'kky] mnkR] 0; ki d vkgs

I eFkZpk tks jkt dh; i=0; ogkj vkgs] rks ngk i=kpk vl u R; krhy nku i=s x | : i kr vl u ckdh vB i=s gh i | : i kr vgr-

I eFkZ vfk.k 'lgkthj kts ; kph nku oGk HkV >kyh gsrhp- R; k HkV/h; ; s/keZ LFki uk&Loj kT; LFki uk ; koj l Yy el yr >kyh gsrh] vud ; kst uk Bj Y; k gR; k] R; k d'kk j ckok; P; k ; kpg h vMk [ks ckf kys xys gks

R; ki ek.ks d' .kkdkBh ; Au vki ysd; Zl q dsys vfk.k R; koGhp f'kojk; Lora= jkT; kps Lotu i g s dj . ; kl kBh iz Ru'khy gksr f'kojk; kauh i epkj y; k Lokra= ; qnke/; srs, d d fdYy l j djr gksr vfk.k gk l g; knhp fl g GgGwvki Y; k i a; kr l oz i fj l j /k: i gkr gsrk- l eFkZuk rj l oz bR; Hkr okrkz feGrp gR; k- l eFkZuhgh vkunouHkpkps Lotu i kfgys R; kr f'kojk; kae/; p R; kauh ^f'kodY; k.k jktk\* , d ^tk.krk jktk\* i kfgyk gsrk- vki Y; k fgmp h rFkZks-s ekM. k&; k ed yekuh jkT; kps mPpKVu vfk.k fgmp s l j {k.k gh nkdgh dk; ; d, dkp oGh gh nku egku 0; DriheRos djr gsrh] l eFkZ vfk.k f'kojk; , d vrw ukr

1/2 cj kp dkG 'lgkthj kT kP; k tgkfxjhr pQOG [kk&; kr l eFkZ jgkr Eg.ktp gk i fj l j f'kojk; kpkgh gsrk- i j r q , o<k dkG gks Au] nkskps /; s , dp vl u l qnk l eFkZuk f'kojk; HkVys ukghr ; kph [kr okVr gsrh- Eg.ku l eFkZuh pQOGgu f'kojk; kauh i = fyfgy] R; kr R; kph Lnrh dsh vfk.k xk] o dsk- gsvkohc/n i = l eFkZuh fnokdj xkl koh ; kP; kcjkcj f'kojk; kl kBh /kMys

'fu'p; kpk egkes A cgr tuk h vk/kk: A v [kM fLFkrhp fu/kk: A Jher ; kxhAA1AA  
lkj ki dkj kP; k j j kl hA mnM ?kMrh t; kl hA r; kP; k xq kegRokl h rG. kk dphAA2AA  
uj i fr g; i fr xti frA xMi fr Hki frA i g nj vfk.k vkn'kDrhA i qBHkxhAA3AA  
; 'kor dhrtbrA l kef; br oj norA i q; or uhrorA tk.krk jktAAA4AA  
vkpkj l hG fopkj l hGA nku l hG /keZ hGA l oKi .ks l q hGA l dGk BkbAA5AA  
/khj mnk vfk.k l qjA 'kj fcz; skh rRi jA l ko/ki .ksui oj rPN dSYAA6AA  
rHkZks-sekMyhA cEg.ksLFkuHkZV tkyhA l dy i qoh vknkGyha /keZxyskAA7AA

no/ke&xk&ctEg. kA djko; k l j {k. kA an; Lfk tkyk ukjk; .kA i j .kk dsyhAA8AA  
 'kj i fMr i j kf. kdA dosoj oSnd ; kfkdA /krZrkfdZd l Hkkuk; dA ræP; k Bk; hAA9AA  
 ; k HkæM/GkpsBkbA /keZj {kh , d k ukghA egkj k"V" /keZj kfgyk dkgH rfgkdfj rAA10AA  
 vk. khcdgh /keZjR; spkyrthA vkrJr gksÅfu fdR; d vl rthA /ku; /ku; ræph dhrhZfo'oh foLrkj yhAA11AA  
 fdR; d n"V l gkj ykA fdrcld h /kkd l w/ykA fdrcld h vkJ; kstkykA f'kodY; k. k jktkAA12AA  
 ræpsnd h okLr0; dsyA i jarqorZeku ukgh ?krYA : .kkupzksfolej .k tkyA dk; us kAA13AA  
 l oK eMGh /keZfirA l kx. ksdk; r; kA fra /keZ l Fkki uph dhrthA l khlkGyh i kfgtAA14AA  
 jkt djk .k mnM nkVYA rs kspRr foHkxyA i l æ ulrk fyfgyA {kek dsysi kfgtAA15AA

fdrh l qj i = vkgsgj th [kr okVY; keGsl eFkZuh f'kojk; kauk gsi = fyfgy] n0<hp [kr f'kojk; kauk i .k ykxyh dh vki Y; k fi R; kps vkf. k l eFkZps , o<s tæus . .kkupzlk vkgR] vki Y; k Lojkt; fuferyk ; k ; kx; kps, o<sl gk; gkrs vkf. k vki .k vtæu l ekplj ukgh ?krYk- R; kp {k. kh f'kojk; kauk dYi uk vkyh dh R; kP; k jkt; kr , o<h dæd dæu ; s vkgS

l eFkZuk tjh [kr okVyh vl yh rjh- rh oxG; k i dkljph vkgS R; kauh [kii ekB; k eukuj mnkj var%dj .kkus f'kojk; kauk xkS foys vkgS ifgY; k l gk vk0; kæ/; s f'kojk; kpk d0G xkS o vkgS vucl fo'kSk. ks R; kauk ykoyh vkgR] djk .k f'kojk; Eg. kts i q "kkærep gkrs uj i fr] xMi fr] Hkii fr] ; 'kor] dhrhZor] l keF; bæ Eg. kau Hkikfoys vkgp- rj vkpkj 'khy] foplj 'khy] nku'khy] /keZkhy vkf. k l qkhy Eg. kau dksæd dsys vkgS g; k Hkik. kæ/; s l eFkZuh dægh vfr'k; kDrh fdæk mi gkl dsyk ukgh- l kr0; k vkohr R; kauh Hkij rh; l dærhph 'kku vl yS; k rhFkZks=kph l Fkkrh l kxryh rj n0&/ke&xk&ctEg. k ; kps l j {k. k vkrk gskkij vl s l eFkZ l pfor kr- Eg. ktp l eFkZ vkf. k f'kojk; kP; k an; kr ukjk; . kkus i j .kk fnyh- i æP; k vk0; kæ/; sR; kP; k rhFkZu dkgkryh orl l kxryh vkgRj , o<; k o"kkæ/; s j k"Vfgrkph færk dj .kkjs, dæp rfgph vkgR vl sl eFkZ l ækr- 'k0VP; k vkohr rs f'kojk; kauk l pfor kr dh l xGhdMs ekBsjkt djk .k pkyys vkgS ; k jkt djk .kkæGsræpsfRr fopyr gkr vl sy rjh rfgkayk /keLFkki uk djko; kph vl æ ^/keZ l Fkki d" v'kh 'kk' or dhrhZtxkr jgko; kph vkgS

ræpsns kh okLr0; dsyA i jarqorZeku ukgh ?krYA : .kkupzksfolej .k tkyA dk; us kAA13AA

gh rj koh vkoh [kii egRokph vkgS [kj arj 'kGn'k% vFkZ Eg. kts ræP; k ns kkr] jkt; kr vkEgh ; Åu jkfgyis i .k rfgH vtæu vkepk l ekplj ukgh ?krYk- i jarqR; kpk xFkZ-kFkZ oxGk vkgS ^ræP; k jkt; kr vkEgh okLr0; djr vkgR rs; kl kBh dh ræP; k jkt; kyk vkeP; k okLr0; kpk mi; kx Ogkok- vFkZp vki ys . .kkupzlp rl s vkgS- i jarq mnM jkt djk .kkps 0; ki l khlkGrkuk] i pi d æ l kMfokuk rfgkay fol j i Myk vl kok-^ vFkZrp] ; kcj kcj f'kojk; kP; k HkS/hph rGeG f'kojk; kauk i .k gsi = okpæu tk. koyh-

i l æ ulrk fyfgyA {kek dsysi kfgtA

l eFkZ f'kojk; kph {kek exrkr Eg. ktp R; kP; k n"Vhus f'kojk; kph egkurk d0<h gkrh- {kek v'kkl kBh vkgS dh l eFkZ f'kojk; kauk vukgr l Yyk nr vkgR- ; kph tk. kio l eFkZuk gkrh- i jarqsgcky. ks 'kgktij ktæP; k vxnh fudVP; k LuskeGp gkrs R; kp oGh nd jh cktæw'kh i .k vl sy dh f'kojk; kauk ; k ulr; kph tLr dYi uk ul sy- tksLo/keZ l Fkfi r djrks vkgS v'kk >ækj] dS [kh] i jekFh] {kf=; kP; k HkS/hph R; kP; k toG tk. ; kph l eFkZuk i pM mRdBk gkrh] HkS/hph vki ykxyyh gkrh] Eg. kau mRdV gksÅu l eFkZuh f'kojk; kauk gsi = vki .kguap fyfgyS , d l nxq vki Y; k l fPN"; kph okV i kgr gkr-

gs i = okprkp ex f'kojk; kP; k ftokph rxex l q >kyh- l eFkZp; k HkS/hdjrk vFkZrp rRi j ræsf'kojk; l eFkZuk HkS/k; yk pkQGYk xsys vkf. k R; kP; k vyksdd l eFkZp HkS/ >kyh- l eFkZuh f'kojk; kauk vuqg fnyk vkf. k , dk uohu i okph l q okr >kyh-

2½ ; k vuqgurj l eFkZuh tsnd js i = f'kojk; kauk fyfgyS rs ^jkt/keZ Li "V dj .; kl kBh ; k i =k}kj s l eFkZuh f'kojk; kauk eksyd exh'ku dsys vkgS vFkZp R; kr urk] l æVU] ; qn] vuqk; h ; kP; kcnay fyfgyS vkgS

ueksexyefirZfo;ug: A l j Lorhl ueLdk: A l nxq l æ dsys o: A nk'kj FkAA1AA  
 Jksth ekusy rjh?; koA vFkok nkVju l kMkoA i æ pkdjk .ksLoHkkoA cksyyksehAA2AA  
 Lkko/ki .ksi i p dsykA rsksl q kfp i koykA nh?Z iz; RusekMMykA dk; Hkx l k/AA3AA  
 vk/kh eulj; okG [kkoA ; kx; i kgfju dke l kkoA fudkeh rjh Bokoa ; dhdMAA4AA  
 i kgksu l etku dk; Zdj .kA rskdnkfi u; sm. kA dk; Zdr; kP; k xqkA dk; Hkx gkrkAA5AA  
 dk; Zdriz; Ruh tkMA dkgH ; d vl yk gskMA rjh l eFkZ .ksi kBokMA dsyh i kfgtAA6AA  
 ve; kh fQros [kij A R; kpk dj kok l ækj A 'kks/kyk i kfgtsfopkj A rFkrF; kAA7AA  
 eulj; jkth jk [k. kA ghfp Hkx; kph y{k. kA dBh. ki .ksnjh /kj .kA dkgH ; dAA8AA  
 l e; h eulj; dkek ; sA r; kdkj .ksl kf'ktrA U; k; l kMmrk ex rA l gtpH [kks/AA9AA  
 U; k; l hek mYyæku; Å mYyækrk gkrsvi k; Å U; k; ul rk mi k; A gkbj dæpAA10AA  
 mi k/kl tksdæ/kGyA rskHkx; ki kl æ poykA l e; h /khj l kMMykA rkgH [kks/AA11AA  
 l æVh dæ/kGsu; Å djkosvR; æ mi k; Å rjh ex i kgrk dk; Å mBks vkgAA12AA  
 çlk çlk/kkosu/dA ts kdfj rk prj rplA rlc u gkrk fQdA djk Hkij gkrhAA13AA

/kj us; qnkl h tk. ka v'kh uOgr dh jkt dklj . ka /kj kp dj kfu l km. ka fdr; xl ykdAA14AA  
mnM eMsvl koA l oZgh , d u dj kohA oxGkyh dkes?; koA l ko/ki . kAA15AA  
ekgj k i v/yk vfhkekukA ex rlstokl i kguA ekgj seGofu ukukA ojh pi v/sdj AA16AA  
nq kfu 0; k?kpk pi v/ka ea:si grh ckj k okVA elr tksrksj M ekBkA dk; dj kokAA17AA  
jk; kauh dj kosj kt/keA {k=h dj kos{kk=/keA ctge. kh dj kosLo/keA ukuk i dklj AA18AA  
rj a: 'kL= vkf. k Lokj A i fgyk i gkok fopkj A fuoVwtrk Fkij Fkij A 'k=qi GrhAA19AA  
, d k i i p kpk foodA LoYi clyysldkgh ; dA ; d k eukxrsLokhl oDA vl rk cj AA20AA

f'kojk; r: . k vkf. k l kgl h gkrj Lojkt; l fFki ups ekBs dk; ZR; kauh gkrh ?krys gkr l eFkz k ^l ko/ki . k' gs [kni egRokps  
okVrsR; keGsf'kojk; kauh R; kauh l ko/kfxjh ckGxu jkt; dklj Hkij i gk; yk l kxryk- l eFz Eg. krkr' ek. kl kph i kj [k 0; ofLFkri . ksd: up  
R; kyk R; kP; k ; kK; rpsdke |koj tksfudlekp vkgsR; kyk toG d: u; s dk; ZR; kP; k xq kmp dk; Hkx l k/kr vl rktj tjh , [kknk  
dk; ZrhzgdM vl sy] iz Ru'khy vl sy rj R; kyk i kBh' kh ?kkykos fOros k k kauh rj u l km/rk R; kpk l gkj dskp i kfgtj R; kauh 'kkl u  
Ogk; yk gos vki Y; k l kVurhy ek. kl s ugehp jkth jk[koh] oGid' axh mi; kxh i M. kK; k ek. kl ka kBh tj dkh rks kh i Mr vl sy  
rjh R; koSh l kd koh] i . k U; k; kph l hek vkyk/Mru; s mi k/khl u dA/Grk i d' axh /khj /kj kok- l dVdK vkyk vl sy rj rOgk rRi jrk  
nk[kokoh] vkGl u djrk] oG ok; k u ?kkyork mi k; ; kst uoj fopkj dj kok- c'kusrj v'kh ?kkyok dh prj gh ekuk Mkykorhy-  
; qnl e; h j. k kx. kkoj ed; i qk&; kyk] l siki rhyk i kBokos njoGh Lor% ; qnkl tk. ks ; kK; ukgh- vud urs rP; k  
v[kR; kj hr r; kj >kys i kfgt- vud ekjjs gkrh vl kor] rj a] 'kL=] Lokj oxj p k fopkj i fke dj kok vkf. k R; kauh l axh Bokos  
f'kok; l eFkz k egRokps rRoKku l kxryk vkgs rs Eg. kts jkt kus jkt/kep dj kok] {kf=; kauh {kk=/keZ l kklkGkok] ctge. kauh Lo/keZ  
jk[kok-

i =kP; k v[kj hl l eFkz k ^, d k i i p kpk food\* Eg. kts f'kojk; kP; k ckrhr jk"Vtpk i i p vFkz rP ^Lojkt; kpk i i p\* ; k  
cnay f'kojk; kauh l kxryk vkgs gk mi nsk l eFkz k dG , dk jktkyk mi nsk dsk vkgs

3½ t l k f'kojk; kauh l eFkz k nny vknj gkr r l kp R; kP; k l s d kauh] l siki rhu i . k vknj gkr- ^jkt/keZ nny , dY; koj R; kauh  
vki yk /keZ Eg. kts ^{kk=/keZ ; kcnay l eFkz k dkh mi nsk dj kok vl sokVvixy- ex l eFkz k hgh ^{kk=/keZ i =: i kus fygyk vkf. k  
mi nsk dsk- ; k i =kph Hk"kk vfr'k; ohj j l kushkj ysh] ; qnkyk trkuk LQj . k p<kosv'kh vkgs

^vYi LoYi l d kj oeA ekx ckfyyksj kt/keA vkrk , d k {kk=/keA i jenyHk tAA1AA  
Tk; k l thokpsokVshk; A rs ks {kk=/keZ d: u; A dkh rjh dj kfu mi k; A i kV Hkj koAA2AA  
folle[k Hkj . kh uZgkrhA okpu ; rk ekBh QftrhA bgykd i j ykd trk hA i gkuk dAA3AA  
ekfj rk ekfj rk ej koA rs kxrh l i koloA fQj kfu ; rk HkkskoA egn-HkK; AA4AA  
utj dj kj h j k [k. ka dk; Zi kgu [kry dj koA rs ks j . k' kj kph var%dj . ka pdr gkrhAA5AA  
tS k HkM; kpk xykyka fuHkz Hkij ke/; si fMyka rj k {k=h fj poyka i j l B; ke/; AA6AA  
fu% kdi . kshkj Qv/rhA i joh kpsrodsr/rhA tS k cG; k ?kkyu gkrhA Hk h mBrkAA7AA  
, s svo?kp mBrkA i j nGkph dks k fprkA gj . ksykGoh fprkA nskrs tS kAA8AA  
enrdok l kmru; A Eg. ktsi klr gkrst; A dk; Zi d' x l e; A okG [kkAA9AA  
dk; d' etuk varj A rsdk; >etysfopkj A ; qn dj kos [kcnkj A ykd jkth jk[krAA10AA  
nkgh nG, doVA fel Grkrh y[ky [kkVA ; qn dj kos [k. k [k. kVA l hek l kApuhAA11AA  
no ek= vPnfyka vki yk Lo/keZ cMfroyka ftr; ki jhl' er; qHkyka , d sl etkoAA12AA  
ej k Bk frnptk eGokokA vki yk egkj k"V" /keZ okokA ; sfo" k; h u dj rkr rdok i dzt gkl rhAA13AA  
ej . k gkdarsp puka ngsokpork okpuka foodh gkAu l etkukA dk; dj koAA14AA  
HkysdGor Eg. kkoA rgh oxh gthj OgkoA gthj u gkr d"VkoA ykxy i qAA15AA  
, d trh nku trh i koyka rksdS k Eg. kkok Hkyka rfigk l dGkl dki vkyka rjh {kek dsh i kfgtAA16AA  
nonkgh frnpsdtrA ek: fu ?kkyosi j rA nonkl i korh QRrA ; nFkz l ak; h ukghAA17AA  
no eLrdh /kj k; ka vo?k gydYykG dj koka eyq[k cMok dk cMokokA /keZ l fFki ud k Bh AA18AA  
foodsfopkj l ko/ki . ka n?kz iz Ru dskfop dj . ka rGt koj kpsu xq ka jkej ko. k ekfj . kAA19AA  
vkgsgsrGt kHkokuA i fl /n j keoj nkf; uA j kenkl /; ksrk euhA ; fluferrAA20AA

f'kojk; kpsl B; rj ohj Jhus i j r >kysp gkrj R; krp l eFkz k; k mi nskkusrsHkij ys l gokrhyk l eFz Li "V dj rkr dh] tks  
ftokyk fHkrkr; kus; qn d: p u; j ; qn dj k; psrj fu/kM; k Nkrhus dj kos j . k kx. kkrnu i Guu xY; kl 'koVh uZfegsy vkf. k okpY; kl  
nykdd] Eg. ku l eFz l kkrkr' ^ekj rk ekj rk ej koS] l dkh c'ku 'k=ppk [krek dj kok- vki yh noky; su"V dsh] Lo/keZ cMkyk gsud rs  
c'k. ; ki f'k ej . k cjs LokFkz k Bh HkM. ; ki f'k vki yk egkj k"V" /keZ okok- /kS kLsgsv o'kM dk; Z ukgh dsysrj i dzt kP; k ukokyk dynd  
ykxy- ts l Ttu] d'yor vkgs R; kauh f'kojk; kP; k Lojkt; LFki uP; k dk; ka Rofj r gkrHkij yok; yk ; kos ukgh rj Lo/keZ HkzV &  
gkAu l k'prki dj k; yk ykxy- ns knk; kauh gkdyu ykoko] >km i u dk-kos nok/keZ ps l j {k. k l fFki u dj kos gs Li "V d: u l eFz  
'koVh f'kojk; kauh mnas ku Eg. krkr' T; k rGt kHkokuP; k di us Jhj kekus j ko. kpk l gkj dsk] R; kp j keoj nkf; uhpok oj nglr rP; koj  
vkgs Jhj kela ek. ksrfigkykgh jkejkt; fuekz k dj k; psvkgs no&/keZ xk&ctge. k ; kpsl j {k. k dj k; psvkgs



4½ v[kM I ko/kuurk ckGxkoh ; kl kBh I eFkZuh gs i = fyfgys vlgS Lo/kekZus jkT; pkyorkuk i jekFzi .k djkok vl k mi nsk I eFkZuh dlyk-

^dks kpk Hkj ol k u /kj koA vki yk vki .k fopkj i gkoka rdok mnMfp /kj koA gj , d fo"K; hAA1AA  
ngsnq[ksdnjksu; A mnMfp djkosmi k; A ex I oZl q[kl dk; A m. ksvkgAA2AA  
; dkarh pkG. kk djkoA /kkj .kk mnM /kj koA ukuk fopkj .kk djkoA vfj fe=kphAA3AA  
lkz Ruh popksu; A I q[kokl h dkek u; A I plokukuk mi k; A vuud fo"K; hAA4AA  
/kj us/khj I kMwu; A eF; i d æ popksu; A m | ks jfgr dkek u; A i ' kqS AA5AA  
mi k/khl dA/kGyA fopkj kpk vIGI vkykA Eg. kts tk. kkok poyka c/nhi kl kfuAA6AA  
[kcnkj h vlf. k oxhA rskl keF; Zp<svkxhA ukuk i dklj sdk; HkxhA varjfp u i MAA7AA  
dk; Zdrnjh djkoA i d æ h oip gkrh /kj koA i j r q' kks'kksu i kgoA di Vko"K; hAA8AA  
tFkscgofopkj A rFksbz oj vorkj A eksstkyfFkj Fkj A /kds pi vsl kl kfuAA9AA  
vki Y; k eukl h j k'koA i j k r j ' kks'koA {k. k{k.k. I kkkkGkoA cnysy Eg. kfuAA10AA  
i kfgysfp i kgoAdsysfp djkoA ' kks'kyfp ' kks'koA j k t d j . kAA11AA  
b' k j r h p s c y k s u ; A c y k ; p s f y g s u ; A f y g k ; k p s l k a k u ; s t c k c h u A A 1 2 A A

I eFZ Eg. krkr] d ko/kuurk GsekB; k jkt dh; I eL; k fueZ k gkrkr- jkT; dR; kZuh jkt dh; Mkoip [kGrikuk vfrn{krk ?; koh ykxrs I gti .ksdqkkoj Hkj ol k u djrk fopkj karh] , dkrkr el yr djkoh- eF; i d ækyk i kB fQjork /khj kus i d æ fuHkokok] I rr [kcnkj vl koj vki Y; k euky I rr j k [kkoj I kkkkGkoj dj .k eu cnyr jkgrs v'kk jhrhusl eFkZuh ; k jkT; dR; kZuh i pM I ko/kuurk ckGxyh i kfgtsvl k mi nsk dlyk vlgS

5½ kpos i = gs I eFkZuh fxjhxd koh ; kP; k gLrsf'kojk; kauk i kBoys I eFkZuh i R; {k jkt dj .k u djrk vi R; {ki .ks dj k; ps vl s rRo Boys gkrS R; keGsj k t d j .k djkos i .k rsdqkkyk dGuu nsA u; sgs I = I eFZ I kkkkGr gkrS I eFkZpsf'k"; &egar gj kfxj hps dke brds mRre vlf. k xlrusdj r gkrS dh f'kojk; kauk i .k fdr; dkn dYi uk ul k; ph- vQ>y [kkukl kj [kk cyk<; I siki rh fotki jgw vki Y; k egkj k'Vtoj pkyu ; s vkgj vl sl etY; koj I eFkZuh dYi uk vky dh , d ekBsvfj "V ; s vlgsvlf. k f'kojk; kauk vfr'k; xlrusgk fuj ki ns ; kl kBh I eFkZuh , d v/; kRei j i = fyfgysi .k gs i = I kadfrd gkrsvlf. k R; ko; u I eFkZuh fdrh xlrnk rki ; ir ckGxyh ; kpk vnkT ; rks I eFkZuh gk xlr I nsk f'kojk; kai ; ir I kqkpow i R; d vkgpsh i fgysv[kj I kadfrd vlgS; kpk b' k j k g h f n y k -

^fooddj kosdk; ZI k/kukA tk. k j u j ruwgs tk. kkuA  
i Mhy Hkfo"; kFkZeuA j gks/kpsu; AA1AA  
pkyu; svl UekFkA I R; rk ck. ky; k vaxhA  
j?kphj di k rsi d æ hA nkl egkRE; ok<oh AA 2AA  
j tuhukfk vlf. k fnudj A fur; dfj rh I p k j A  
?kfykrkh ; j > k j A ykfoytke. k txfn'kAA 3AA  
vlfnek; k eGkkoA hA gsl dy cgekMkph LokfeuhA  
; dkkrh foodsdj kkuA b"V ; kst uk dj koA AA 4AA

I eFkZuh vl kgh fuj ki fnyk dh i R; d pj .k kps i fgysv[kj vFkZuh vlgS ; k i =kus^fotki jpk I jnkj fu?kyk vlgS gk xlr I nsk f'kojk; kai ; ir i kqkpyk vlf. k eGkrp n{k vl .k kjsf'kojk; vt u n{k >ys 'koVph vkG ek= I kadfrd ul u fopkj i d ; k ; kst uk vk [kko h vl k I nsk ns k j h vlgS

6½ vQ>y [kkukpsegkj k'Vkr ; s kgs, d ekBs I dV gkrS Loj kT; koj ps vlf. k R; k I dV kpsfuej yu dj .ks Eg. kts, dk j k {kl kpkpsfunkZku gkrS} gs f'kojk; ka qS vkgkup gkrS v'kk oGh I eFkZuh f'kojk; kauk dkGthi ksh i .k f'kojk; ka kj [; k [kchj usRokyk] , dk thokojhy I dVkyk r k M ns ; kl kBh I p u k d j k ; yk gs i = fyfgys Loj kT; kP; k i k s' k a j k y k d' k h [kcnkj h ?; koh] d' kh ; kst uk vk [kko h ; kcnay I p u k d y ; k- d j .k f'kojk; vQ>y [kkukyk HkZk; yk t k. k j gkrS ; k R; kP; k fu. kZ kus I eFkZuh {k. kHkj 'k g j y j .k f'kojk; kP; k i j k d e k o j d r R o k o j R ; k p k f o ' o k l g r a k v l f . k R ; k P ; k e r s g s [ k y f u n k y u d j . ; k l k B h f ' k o j k ; k a u h I T t O g k ; y k p g o s g k r s

Ukkuk oL=sukuk Hkik. kA ; s ks'kj hj 'kakkj .kA food fopkj s j k t d j .kA varj 'kakkj htAA 1AA  
'kj hj I n j I r s t A o L = s H k i k . k s d y s l T t A v a r j h u l r k p k r q Z c h t A d n f i ' k k i k k u i o A A 2 A A  
rM g d k M d B k j o p u h A v [ k M r k y s l k f H k e u h A U ; k ; u h r h v a r % d j . k h A ? s k j u k g h A A 3 A A  
r & g s l h ? k d k i h I n k A d n f i u / k j h e ; k h A j k t d j . k I o k n k A f e G k s p u s k s A A 4 A A  
, d k y k h c b e k u h A d n f i u k g h I R ; o p u h A i k i h v i L e k j t u h A j k { k l t k . k k o k A A 5 A A  
I e ; k l k f j [ k k I e ; k s ; s u k a u e I g l k p k y u k A u e / k j r k j k t d j . k k A v a r j i M s A A 6 A A  
v f r I o E o t k o A i d æ i k g k u p k y k o A g v f u x g h u i M k o A f o o d h i q " k A A 7 A A  
c g r k f p d f j r k g V A r F k s u A f u i M y s r V A d k s k h ; d k p k I o V A t k y k i k f g t s A A 8 A A  
c j s b z o j v l g s l k f H k e u h A f o ' k s k r G t k H k o u h A i j a r f o p k j i k g k f u A d k ; Z d j . k A A 9 A A

v[kMfp l ko/kkukA cgr dk; sdj koh l puka i jarqdkgh ; sd vupekukA vlf. kys i kfgtAA10AA  
l eFkka kl h cgr tuA jkfyg i kfgts l kfhkekuA fu'p; d: fu; keuA ykd vl rhAA11AA  
XyN nqtZu mnMA cgrk fnl kpscaMA ; kdkj .ksv[kMA l ko/kku vl koAA12AA

oL=] vkhkik. ks?kryh rjh , dk l adVkyk l kelj stk; psvkgsgs/; kukr ?kAu f'kojk; kuk fpy[kr ?kkyu tkosv'kh l puk dsh  
vkg; nd &; k vkohr ^pkrq zht tks 'kcn oki jyk vkgR; kr ^cht\* Eg. kts dop v/kkr fpy[kr vl k 'kcn oki jyk vkg; vQ>y[kku  
dl k di Vh vkgj fu; ekpsmYyaku dj .kkj k] fnyysopu u iG. kkj k] cbekuh vl k vkg; R; keGsoGi d a i kgu fu. kz ?; kok] dks kR; kgh  
gVVkyk cGh i Mwu; s vl sl eFkz minsk dj rkr- rj v'kk ; k di Vh [kkuky dks kR; kgh ekxlz l a oyp i kfgts ngh vfr'k; l ko/kku  
jkgu] v'kh l puk nkr- f'kok; l eFz; fks l karkr dh tjh rG t kkokuh rpeP; k i kbh'kh vl yh rjh l oZdk; Zfopkj kus foodkup dj kos  
; k EyPNkpscaM ekMup dk<kos i jarq l ko/kkurk ckGxup- l eFkph vtua , d ok[kk. k. ; kl kj [kh n"Vh Eg. kts r fopkj dj rkr] f'kojk;  
fdrhgh [kchj vl ys rjh [kkukl kj [; k j k {kl k'kh nku gkr dj k; ps Eg. kts dkgh l ki h xkSV uOgrh- R; keGsf'kojk; kps euks kS Zok<fo. kgh  
l eFkka xj tpsokVr gks r oBk ; k i =kru R; kps euks y ok<fo. ; kpgk iz Ru dsh vkg

7½ vQ>y[kkukP; k HkVhl fu?k; ps BjfoY; koj l eFkkuh f'kojk; kuk minskij i = i kBfoys R; kurj R; k ekB; k 'hij ohj kus R; k j k {kl kpk  
l k k {k k R; kpk o/k d: up ykoy- ex l eFkkuh f'kojk; kph Lrph dj k; yk] vfhkunu dj k; ykgh fol jys ukgh- vfr'k; l n j i =kus  
l eFkkuh f'kojk; kuk xkS foys

l dG drkrksbz o: A rskdsyk vixdk: A r; k i q "kpk fopk: A foj Gk tk. kAA 1AA  
U; k; uhrh food fopkj Aukuk i d a i zdkj A i j hf{k. ks i j karj A ns ksz oj kpsAA2AA  
EkGk; Rusl ko/ki .kA l e; h /krfj "V /kj .kA vnHkrkfp dk; Zdj .kA ns ksz oj kpsAA3AA  
; sk dhrtz i rki efgek mRre xqkl h ukgh l hekA ukgh nd jh mi ekA ns ksz oj kpsAA 4AA  
noctge. k vkpkj fopkj A fdrad tukl h vk/kkj A l nk ?kMs i j ki dkj A ns ksz oj kpsAA5AA  
; gykd i j ykd i kG. kA v[kM l ko/ki .ksj kG. kA cgr t ukps l kG. kA ns ksz oj kpsAA6AA  
ndkpk dS {k gks kA ctge. kph fpar okG. kA cgr tukl h iG. kA ns ksz oj kpsAA 7AA  
/keLkki upsuj A rsbz oj kpsvorkj A tkys vkg; i qsgks kJ A ns ksz oj kpsAA8AA  
mRre xqkkpk xkfgdA rdzrh{k. k foodA /kebk uk i q; 'ykda ns ksz oj kpsAA9AA  
l dG xqkue/; sl kj A rtfct k food fopkj A ?s ki kfots i yi kj A vj i =R=hpk AA10AA

i wZ i =kr l eFkkuh f'kojk; kps xqk xk; ys vkg; - ud rp xqk xk; ys ukgh rj R; kuk bz oj kps vorkj l ckskys vkg; l eFkz  
Eg. krkr] vl k foodhfopkj h i q "k foj Gkp vl rks f'kojk; kpk l ko/ki .kk] /krfj "V" ; 'k] dhrtz i rki ] no&ctge. kpk fopkj ] turpk  
vk/kkj ] i j ki j dkj ] v[kM l ko/kkurk] l oZ i zdkj P; k turyk l kd .kj nospk dS {k ?s ks ; k l oZ xqkkpk xkS o l eFkz dj rkr- ; k mRre  
xqkkuk l hek ukgh vl gh l eFkps Eg. k. ks vkg; l eFkph , d fopkj /kkj .kk [ki dks rpl n vkg; ; k i =kr tsts xqk f'kojk; kps l eFkz  
xkS for vkg; rs l oZ bz oj kps ns kS vkg; vl sl eFkz Eg. krkr- R; kpk gk 'kcn iz kx grm d dshyk vkg; ; k fnfot; keGsf'kojk; d kS  
Hkij kou tkA u; r vl k i kelf. kd grml eFkpk gsrk-  
i qsf'kojk; kuk l eFkka , d i = fyfgysrR; kyk ^pkQGph l un\* vl s Eg. krkr- R; keGSR; k i =kyk , frgkfl d egro vkg;

8½ f'kojk; kP; k fu; kZ kurj l eFkkuh l hkt h jktkuk , d vdjk opukpsx | : i i = i kBfoys

^nphr l dRI jh i q; onh uoehl Jh- dh vki yk l a wZ i d a l auh/kph vkgsgk s Eg. kku rsl ebz jkt Jh ¼ hkt h ½ ; kl h fdr; sd di ki d d  
opus&

AA1AA Jh f'kojk dSykl okl h ; kps oaki j d h jkt; Hkx cgr vkg;  
AA2AA o"ki kp i ; r vfr dBh. k vkg; nsh i kfkuk l ko/kkurk s j f kys i kfgts  
AA3AA i foz jkt Jh l ¼ f'kokth ½ jkt/ke] {k=keZ o v[kM l ko/kku , d h i =s i kBfoyh gkrh- rh i =s i d akud kj okpu eukfl vk. ku  
orz kud gkbz rjh R; k opukpk vfhkeku Jh nskfl vkg;  
AA4AA uG l dRI fj f'kofkj h 18 'kL=s l efi zyh rsl ebz & JhpsbPNus jkt Jh ; k l fdrad vk'kthkz opus i kr >kyh rks vFkz dkgh ?kMyk  
vl sy vlf. kdfj }kn'k o"ki mi jh mrdV Hkx; vkg; rsl ebk l adYi okD; yf[kh yf'k gsrk Lej .k ek= | kos dks gs l ebz dks gfl dk;  
?kM. kkj rsl q'ks ?kMy-  
AA5AA l fu/k oL=i k=kfnd tks i nkFz gsrk rls l oZ Jh l efi zyk pkQGh i d akud kj JhP; k nskG; kpk dk; Hkx ?kMku ; bz y gkgh i nkFz  
jkt JhP; k fopkj sR; k fp dk; kZl ykokok vfkok egk] kj h nhi ekyk dj kO; k-  
AA6AA i zekfn l dRI hj l hax. kolMhps eBh jkt Jhuh JhP; k l oZ dk; kpk vkbzdkj dshy ; ki zek. ksR; kuk fuR; mRI l o o ; k=k l ekj h k mRre  
pkyfoyk- i qsbekj rhpgh Lej .k | kosgsR; kuk ekU; dshy; kofj vki .k l T tuxMh l q'ksokLrO; dshy  
AA7AA JhP; k Hkx ephz vk. kfoY; k R; kfp i fr" Bk eYy k f fuacno R; kP; k cdkP; k gLrdsj kfo-  
AA8AA duk d fj rhpj jFk d: u ; k Hkx ephz vk. kou i fro" k z j FkRl ko dshy; kus jkt; kfl dshy; k. k vkg; ok" k z fplg fnl kfu ; bz y- fo' ksk  
fplg fnl kfu ; bz y- R; k mi fj Jhpsbekj rhl h vkj h k dj kok ; sd 'kr ; dohl [kMh /kku; l adYi kph xrh l kakh-

AA9AA Jhpsnoky; v'kDr tkysunh l auh/k vkgS  
 AA10AA iwhz; d id x tkyk gkrk jktJh JHP; k n'kZkl h l TtuxMkl h ; s kj Eg. kksu LFkG fl /nhdkj .ks euq; vkys gkrs rs l e; hps  
 orZkuA mRrj dMhy jkti e-kps vkxeu tkys Eg. kksu , fdys rs l e; h vkrk dk; vkyk Eg. kksu ckyys i jarq; k mi j fg rs i k r hps ykd  
 vuuphy d: u ?kshy rjh mHk; rk ; ksx dk; Zl /nhLo vkgs i jarqRojk i kfgtA ifro"khZ Jhps; k=d h jkt xghw ; d Hkys euq; l j {k. kkl h  
 i kBohr tkoso l ekj kkkfn j FkkRl ko l e; h gLrk 2 d. k2 ok | s tkMs 2 rhok'ks 2 te [kkus 2 'kkfeus 2 ; s ks i ek. ks i kBow Jhpk ; k=k  
 l ekj kkl l i knu i nkFkZQj kAu vk. khr tkosgh fg fu'p; i whp kfp vkgs ysk fg gkrk-  
 AA11AA Jhps i Bps i = n"; djkos dk; ZdrZhr onkohA Jh dk; kZl vfrRij , dkk i q "kP; k ; ksx /keBR/kh vkgs /keBR/khus j kT; oFR/k  
 vkgA

brdsclsyysLoHkkoA ; kr ekuy frnpsg; kdA Jkrh bnkl uoGoA cgqckfyysEg. kksuAA1AA  
 vksh; Z/keBRhA dk; fyfg. ks; ki r hA /keZLFki uph dh r hA l kkkGyh i kgh tSAA2AA  
 nontgh; kpk uk'kfp vkgA l enrhj LFkpk uk'k vkgs

rfgkl j kT; Hkx vkgp i .k vt u dkg h "k d Bh. k vkgr rbgk l ko/krsu j kT; j {k. k dys i kfgtS i whz jktJhuk jkt/keZ  
 {k=/keZ vkf. k v [kM l ko/kku ; koj i =s i kBoyh gkrh rh id akud kj okpu vkpkj .k djkos f'kojk; nf{k.k fnfot; kl fu?ky  
 vl ruk f'koFkj?kGhr n'kZkl vkysR; koGd R; kulk vBjk 'kl=sfnyh- rbgk jkej; kadMuu jktJh vkf'kokh feGkyk- oL=i k=kfnd ts  
 dkg gkrsrs Jhkekauk viZk dys- pKQGP; k noky; kl gk gh i nkFZ jktJhP; k bPNd: u R; k dk; kZ ykokok egk } kj h nhi ekGk dj kO; k-  
 JhP; k Hkxerhph i k. ki fr" Bk eYykjh fuano ; kP; k gLr sdj koh- HkxerhP; k j FkkRl okeGsj kT; kr l qk ukansy-  
 i qS l eFZ fygrkr] mRrj dMhy jkti e-kps vkxeu tkyj Eg. ktp vkj actckpk eyxk egkj k"Vkr vkyk- l eFkph  
 jkt dj .k rhy tix: drk ; fks fnl rs dkj .k vkj actckpk eyxk vdcj gk cki k'kh HkxMuu vkyk gkrk vkf. k cki kyk ekj . ; kl k Bh  
 ej k B; kadMsenrhph ; kpk dj hr gkrk-  
 nj o"khZ JhP; k ; k=d k Bh r eP; kdMuu Eg. kts jkt xghdMuu dks kpk fu; Qrh dj koh ts ks d: u ; k=syk l j {k. k feGy vkf. k l ekj kkl  
 fufoZui .ks i kj i My-  
 Jhdk; kky rRij v'kk i q "kkeG/keB/nh gksAu j kT; o/nh i .k gkbZy- /keLFki uph dh r hZ rfgkyk l kkkGk; ph vkgs

9/2 l kkkth jktkP; k j kT; kFH"ksckP; k id xh l eFkkuh vfr'k; l n j vk'k; kps i = l eFkkuh i kBoys gkrs j kT; kFH"ksck i r hZ N=i r h dks k  
 gskkj ; koj j k; xMkoj [kH HkM. ks pkyh gkrh] R; kru l kkkth jktkwh ts vfopkj h orLu dys gkrs R; kcnay R; kph dkuM?kM. kh  
 l eFkkuh ; k i =kru dys- gsi = | : i kr vkgs

v [kM l ko/kku vl koA nfr pR d {kfi ul koA rtfotk djhr cl koA , dkar LFkGhAA 1AA  
 dkg mxlFkrh l kMkohA dkg l kE; rk /kj kohA fpark yxkoh i j kohA var; k e hAA2AA  
 ekxy vi j k/k {kekoA dkj Hkjh gkrh /kj koA l q kh d: uh l kMkoA dkekdMAA3AA  
 i kVo. kh r e fu?kukA rjh ex i k. kh pkyuka rS sl TtukP; k euka dGysi kfgtAA4AA  
 tukp i dkgkspkykA Eg. ktsdk; Hkx vkvki ykA tu Bk; h Bk; h r epykA Egf. kts [kks/AA5AA  
 JSBh ts tseGfoya R; kl k Bh HkxM r cJ ya ex tk. kko Okoya xfyekd hAA6AA  
 , d sl gl k d: u; A nkksHkxM/rk frl & ; kfl t; A /khj /k: u egrdk; A l etuu dj koAA7AA  
 vk/khp i kMyk /kklrhA Eg. ktsdk; Hkx gks ukLrhA ; k dkj .ks l eLrhA cfnh 'kks'kkoAA8AA  
 jkth jk [krk txA ex dk; Hkx fp yxcxA , d stk. kksu; k l kxA l ek/kku j k [kkoAA9AA  
 l dG ykd ; d dj koA eyhe fui Vuu dk<koA , d sdfj rk dh r hZ /kkoA fnarjh AA10AA  
 vk/kh xktoksrMkdA ex HkxMG /kkdA , d su gkrk /kDdA j kT; kl gkrhAA11AA  
 l e; i d x okG [kkoA j kx fui Vuu dk<kokAvkyk rjh dGksunkoA tuka/; AA12AA  
 j kT; ke/; sl dG ykdA l yxh nAu dj kos l o dA ykdke/; seukpk /kkdA mi tks p u; AA13AA  
 cgr ykd eGokoA ; d fopkj shkj koA d "Vs dj ksu ?k l j koA HyPNkoj hAA14AA  
 vkgs frnps tru dj koA i qsvkf. kd eGokoA egkj k"V j kT; dj kos ft dMsr dMsAA15AA  
 ykd h fgr /kj koA 'krhph rj okj dj koA p<rh ok<rh i nohA i koky ; skAA16AA  
 f'kojk; kl vkBokoA tfoRo r. kor ekukoA bgykdh i j ykdh j k gkos dh r hZ i AA17AA  
 f'kojk; kps vkBokosLo: i A f'kojk; kpk vkBokok l k {k i A f'kojk; kpk vkBokok i rki HkxMG hAA18AA  
 f'kojk; kps dS spky. kA f'kojk; kps dS scsy. kA f'kojk; kps l yxh ns kA dS sv l AA19AA  
 l dG l qkpk R; kxA d: fu l k/hrsrks; kxA j kT; l k/kukph yxcxA , d h vl AA20AA  
 R; kgu dj kos fo'kSkA r jhp Eg. kksi q "kA ; kmi fj vkrk fo'kSkA dk; fygkoAA21AA

l eFkkuh l kkkth jktk e-g h egkj k"V j kT; kps egRo i ktr d: u ?ks ; kps/; s Boys f'kok; mi k; ; kstukgh Li "V dY; k- l eFkZ  
 l kkrkr] v [kM l ko/k vl koj d/khp nfr pr ul koj , dkar rtfotk djhr cl kos vki Y; k l odkps vi j k/k i ksr?kykoj R; kulk l q kh  
 djkos dkeky ykokos eRl | kulk dk; ZR; kulk , dp fBdk. kh u Bork j kT; dkj HkjkP; k dkekr fel Guu | koj , de dka kh Hkx/ykr rj  
 'k=ps Okoy- R; keG/ks kZj n j n'kh .kk Bow egrdk; Zgrh ?; kohr- ykdka h jkth d: u] cfnhkn f'kdonu mnM dkes | kohr- ykdka h  
 , df=r d: u 'k=ll i Gou ykokoEg. kts r eph dh r hZ fnoxr gkbZy- vk/kh 'k=nyk /kdkr Boyj rMk [ks fnys rj l okuk r eppk /kcd



jkghy- jkxkoj fu; æ .k Boko} vkyk rjh nq &; kyk rksdGrk dkek u; s I xG; k turd I [kh djkos EyPNkpscM [kkMhu dk<kos vkf. k  
ftdMsfrcdMsegkj k"V" jKT; djko} Eg. ktsrpph dhrhZok<r tkbzy-

bFki ; rP; k i =kr I eFkZ I hkkth jktka elj f'kojk; kP; k xqkkps drZxkj hpsfp= MkG; kl elj mHks dj rkr- 'koVP; k vk0; kae/; s  
rj I eFkZ Li "Vi .ks I pporr jkt Jhp k] f'kojk; kpk] Eg. ktp I hkkth jktkauh ofMykpk vkn'kz I elj Bokok- R; kpsLo: i ] I k{ki ] i rki ]  
, o<p ukgh rj R; kpsokx. k] cky. k] pky. ks/; kukr Bok; yk I kxrys R; kauh t'kh jkt; I k/kuk dsh r'khp rfigh dj k- R; kauh to<s dsys  
R; ki {kkgh rfigh fo' ksk dj k-

vfr'k; dGdGhu} i ekusfygyysgs i = vkgs I eFkZ uk eukeu okVr gkr dhi I hkkth jktkauh gh Loj kT; kph ?kVh foLdVvnsÅ u; }  
myV vtu etar dj koh] foLr kj koh- vki Y; k fi R; kpsuk j k [kkos T; k d"Vkus jkt Jhuu Lolui rnhZ dsh] rsLolu nkkxwu; s

v'kh gh I eFkZ h fygyyh jkt dh; i =s gh jkt dh; i =sfygrkuk R; kauh dPgh I kelftd Hkku I kMysukgh- vki yso\$ Drhd  
ukrs dPgh e/; svk. kysukgh- f'kojk; kuk tks/; kl gkr k] rkp I eFkZ uk gkr k- R; keGsoGkoGh f'kojk; kuk R; kauh ely kpk I Yyk fnyk vkgs  
drd; kph tk. kho d: u fnyh vkgs R; kpi ek. ksR; kpk xkj o dj rkuk i .k eu ekBsBoys vkgs

v l s; k i =kpsgrO vkf. k I eFkZ P; k R; kekxph Hkfedk [kj p ok [kk. k. ; kl kj [kh vkgs

**I nHkZ xFk**

1½ Jh nkl k; u ¼ I rdkUMRRedpfj =½ Jh- vurnkl jkenkl h

2½ i = I eFkZ h\* Jh- I qhy fopksydj

3½ I exz I eFkZ I kfgR; \* dkyfu. k. ] Jh- t; r I kGxkodj

4½ I eFkZ jkenkl ^ Jh- 'kodj vH; dj

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