

yky cgnq "kl=h jkVh i zkk fud vdkneh el jm ea
i zkk f/d kj; kadsekuh jkT; i ky egka; dkl aksu

fnuka 19 fl rEcj] 2022/2

t; fglh!

yky cgnq "kl=h jkVh i zkk fud vdkneh el jm ds
funšk] vf/d kj hx. k] vks i zkk f/d kj hx. k

eqsvki l c dschp mi fLkr gkdj vR ut i z ur k gksj gh
gA

l ozi ze ešvf[ky Hkrh l okvadsvki l Hh i zkk
vf/d kj; kaf foy l ok eap; u dsfy, vks vki dsJ B
i zkk kgsqkfnz c/kbznskgvks mToy Hfo'; dsfy,
gkfnz "kad leuk, ansk gA

gek hi kpu i j ajk crk hgSfd Kku dksj fn"kl si hr
djuk pfg,] vki Kku dh m hijajkl svkxsc<+j gsgA
vks vki usnsk l ok d k ex Zpqk gA

ešvi ust hou dsplyh l ky nšk dh l ok eafcrk gA
nšk dh l ekv ai j] nšk dsv uhj vks fonškaeaHh nšk ds
fy, dk Zdjusdk vol j feyk gA

vi us vuho ds cy ij ešdg l drk gwfd gek k
fglhrku i j nfu; k ea, d vyx gh fnOrki fo=rk vks
HOrk dsfy, fo[; k gA nfu; k bl hl Eku l sgeanšk h
gA

Hkr ghog nšk gSt ksdHh fo"o xq Fk vks fQj l sfo"o
xq cuzkA

I kasd h f p f M k d g y k u s o k y k ; g L o f . k z H k j r F k j f t l s
geus f Q j l s o g h L o f . k z H k j r] I k a s d h f p f M k H k j r c u k u k
g A

ge k j s i k l v k i t S s i f r H k k y h ; o k g A v k t d k f g u h r k u
u ; s l i u s y d j v k x s c < j g k g A v k t g e k j h c s / ; k a t k x
[k v h g o z g A c s / ; k a d h i f r H k j d k z d y r k j v l S i f r c) r k
d s c y i j g e v o " ; g h v i u k y { ; i h r d j x A

v k i l c d k s ; g n < f o " o k t g l a k p k f g , f d g e v i u s k k u
d s c y i j ; g d j l d r s g A o s k a e a , d " k n v k r k g S
Ø r o % b l " k n d k v F z g k s k g S k u] f u ' p ;] l a Y i] b P N k j
v f H y k k , d g h " k n d s v F z g A e s d g l d r k g v d v k i
l H h Ø r o % g A

x q x l s o a f l g t h u s d g k &

f u " p ; d j v i u h t h r d j k A

v i u h t h r d k i j k f u " p ; d j A ; g h l P o k K k u g A L o ; a
d h f o t ; d k f u " p ; d j u k g A

v k i d k a k k u d k s c < k s g q i z k k k d k , d & , d { k k d k
m i ; k x d j u k g A

g e k j s e g k i q ' k a u s n s k d h v k t k n h d k s v i u k y { ; c u k k F k k
v l S m s i h r f d ; k A v k t d s f n u g e k j k y { ; g S f o d f l r
H k j r] f o " o x q H k j r d k A

v k i i g y s c p d s v k f Q l j g l s f t u d s l k e u s , d f D y ; j
f o t # g S f o d f l r H k j r * c u k u s d k A

v k i d k s b l y { ; d k s i j k d j u s e a v i u k ; k x n k u n s k g A

n s k d k s v l s n s k o k f i ; k a d k s g t k j k a o ' k z d h x y k e h d s f p a k a
d k s f e v k u k g S o s f p g u t k s g e s g e k j s x l s o] v k f e f o " o k]
L o k H e k u d k s B s i g p k u s o k y s g A

, d xkSo "kyh Hkj r dsfy, LokfHe kuh v kS v kfo"ok
l si vZHkj r dsfuekZk eat kshhckkk agamsnjdjuk gA
l k] fopkj v kS k. k dsLrj ij i R d Hkj r ok h dks
l e) v kS l "kDr cukuk gA

Hkj r fo"o dh l cl si kphu l Hrkvkaokyk nsk gA Hkj r
dk vrhr l e)] Kku l E W] "kDr l E W v kS , So; Z
l E W jgk gA

gj {k eagekj si vZ ka uscgq gh xgj kZeat kdj dk Z
fd; k gA

gekjh ck d l E nk nfu; k ea v f} rh gA gt kja l ky
i gysd sfopkj] k. k a v ubaku] fuekZ] LFki R] l kfgR]
dyk avkt Hht ma v kS i k ad gA

geagekj h bl fojkr ij xoZdjuk gA bl svkxsykuk gA
nsk v kS nfu; k ds l keusbl syksa dsdY; k k dsfy,
ekuork dh Hk kZdsfy,] fo"o cukp dsfy, mi; k ea
ykuk gA

fodfl r v kS fo"oxq Hkj r dsgekjsy {; k ea

l adr Hkk] ; k] vk qz] eeZ fpfdR k] v /; k e gekjh
"kDr; k agA Kku] LoLF;] v kS l ef) dh jlg fn[kusokys
gA fodfl r Hkj r dk v kFZ nfV l st kshh ekud gks
y sdu gekjsfy, fodfl r Hkj r dk v kZgSK kuh] LokfHe kuh]
LoLFk v kS l e) Hkj r A

; sl Hh y {; gekjsi jv nskokf ; k ds y {; gkas p kfg,
v kS , d Hkj r] J B Hkj r] l e j l Hkj r dsfy, dk Zdjuk
gA

geal foeku v kS nsk d segku i z h kadkl Eku c < kuk gA
Lorark ds oh kadk nsk ij ej feVus okys "lgmkadk
cfynku; kadksl Eku nsk gA j kV^a dh, dr k] v [k v k v kS

l aHk dh j {k dj uh gA j kV^a dh fopkj ekj k vjS j kV^a ds
vkn' kZevl adhj {k dj uh gA Hk r h l a fr dk l jkk
dj ml sc<kok nsk gA

çR d ukxfj d k adk l Eku] Lokhekuk c<kuk gA nsk dh
l ank dh j {k dj rsgq fodfi r Hk r dsfy, bl sc<kus
ea; k nku nsk gA

oBkud ekunadk svi ukdj jkV^a dsfodk dsfy, Kku
ds{ks eaof) dj uh gA l koZfud l afuk dh j {k gekj s
drØ gA jkV^a ds fodk gsq l keft d dk kZ ea
vi uk; k nku nsk gA l qkkr vjS J B Hk r cukuk gA

; sl c ge , drk l dYi vjS drØ Hkouk dscy ij gh
dj l drsgA

geavi usi Msh nsk adsl kfk l adk adsl osu' kyrk vjS
l pukv kof r fod k r y dksv k k k cuk dj dk Zdj uk
gkA

vkj vi uh l e> dksgekj si Msh nsk ad sclj seaxgj hv kS
vfd l ve l e> dk fodk dja

geavi usnsk dh ml uhr dksH l e>uk gk k fd gekj s
fy, ↑ Msh hi gyš dh uhr D kavjS fdr uhv fuok ZgA

eqscgq [k h gSfd vkj vi usf" k k dk Øe ea, d: i rk
dsl kfk gekj sukSi Msh nsk ad sclj seafopkj foe" kZdj jgs
gA

i Zk k k d oyrk dlsy k k gA vkj Hh vi uh bl i Zk k k
vofk eansk vjS nq; k dsi fj i s eaç' k k fud] l keft d]
v k f d vjS jkt uhr d ok koj. k ij vi uh l ve vjS xgu
nfV nsk A

fi foy l sd dk dk ZvR Ut mR jnk, Poi vZv kS pqkS; ka
l shj k gsk gA vki dksyl dY; kk v kS jkV dY; kk nkska
ghHkouk v adksl kFkydj pyuk gA

i f'k k dsek; e l svki vi usO fDr Ro dksd o ky v kS
pbr nqLr cuk A v fkd l svfkd ykard l jdk ds
dk l adky kki g p sbl ck dk /; ku j [kA

vki dks, d rSkj hdj jgsgA, d l gkht hou dh] ck d]
us d] 'kij d v kS vk; kRed n fV l svki d ksegkurk ds
f'k k d k Nuk gskA

v fkd kak i f'k k ka v kS l koZ fud t hou ea vk; kRed
fodk dhck ugradht k h gSy d u e svk; kRed "kDr
(Internal Power) ij l cl svfkd cy nA

Hijr dh "kDr m d svk; kRed ea gA m ds (Internal
Power) ea gA ; g vk; kRed "kDr gh vki dks foi j hr
i f j f LFr; k ea l B i n " kZ dsfy, i f r dj s hA

l elb;] l gd k f r k l e g l a Bu ; s, b s " k n g s f t ueacgq
cMh " kDr l ekfgr gsk h gA geal elb; v kS l gd k f r k dh
Hkouk l sd k Zdj uk gskA

i s o j] ck d v kS Hkouk Red fodk] l o k h k fodk]
fopk kad h Lor ar k v u d k u l si v k m p r e v k u s d
ekud k Oogk ds ekunA v kS , d fi foy l sd ds
O fa xr v k p j . k d k s c n f k Z d j u k A

Hijr dsuk x f d kadht : j r kadksi j k d j usd sfy, l q k u
d s f i) k a s v kS mud sv k o s u d h l j k g u k d j A

Kku] d[Sy] v[š n{k k gkfi y djA vFzA] dkuw] çcàu]
ykd ç'kk u] jkt uhr] l puk] l pk] çkškdh
vkvof, y bafy t a] ç'kk u] jkt uhr] vFzA]
l lekt ; sy{; foacgA

l e[;] l ok Hkouk] l e) ijajk bfr gk] l a-fr v[š nšk
dh fofo[k] LoLFk ru v[š eu v[š v[š dksv[š k
dja

fu"i {k] fl) ka&d[š v[š ev&pkfyr gkA
v[š d k h ç' k[š adsi šoj] ckš d v[š Hkouk] fodk
dksl fofo[k] ud cukusdšy, l ok[š l a[š f[š k l lexh
v[š l a[š o[š ; adšy, , D i k[š çnku djukA

v[š d k h ç' k[š adks, š k ok koj. k çnku djuk t kšckš d
fodk v[š l ok[š h k fodk dksck[š kgr djA

e[š v d kneh d sv f[š d k[š ; adks mudh v[š dsl fgr fny dh
xgj k; ka[š sc[š k[š v[š "k[š d leu[š anšk p[š gr k g[š v

e[š v d kneh d š funšk v[š mudhi j[š v[š dksbl d[š øe
dsl [š v[š k[š u dšy, è[š ok nšk g[š v

e[š v k[š l H[š H[š h v[š d k[š ; adks fny dh xgj k; ka[š s
"k[š d leu[š anšk p[š gr k g[š v

v[š dhl Qyrkdhd leu[š d j r k g[š v

e[š scr k k x; k g[š d v[š H[š r dsi M[š dsl k[š d eg[š
dsl ad[š eafo" k[š i[š k[š k[š M[š y wij v[š ; u dj j g[š g[š

bl ij l š k[š d t kud k[š h v[š dks v[š dš fo} ku~Q[š Wh
e[š l Zdhv[š l snht kjghg[š

y[š du , d l š d g[š ad suk seš H[š r h l k[š v[š m[š d s
j. kuh[š d l adks v[š p[š k[š ; adks e[š svi usl š k ead h x; h
l ok d n[š ku v[š h[š fd; k g[š

Hkj r , d l ähqv kS "kDr" kky hj kV^a gA gejk fot u i Msh
i Ze dkj gk gA

eSs Jh yalk] cky knsk] phu] i kdr ku] vQxkuLr ku]
Hku] ekynho] E kaj] usky l st vA gejk snšk dhl tek ka
ij dk Zfd; kgA

cgq l snška eat kdj Hh l kefjd] dVuhfr d l aaks ds
vuqi dk Zfd; kgA eavki dks; g v k'olr djuk pkgr kgw
fd gejhj {k r Skfj; kai ksfDvo gA

gejk hj {k uhfr] fonšk uhfr Li 'V y{: mtejk ušku QLVZ
v kS i kko" kky h gA i zku eah th, d cnyko yk gA gj
ukxfjd cnyko egl twdj jgsgA

ge t kshh dle dja, d ckj ; g t: j l kpa& nšk dsfy,
v FNk D, kgS

I ekt dsfy, D, kv FNk gSv kS

gejk sfy, D, kv FNk gS; sckr l k p dj ghfdl hdk Zdk
dja

Lorark dsckn i gyh ckj , d cky kd kV gA xyoku ij
phu dhj. kuhfr; ka/olr gqZgA fi zfdVo* uhfr ↑ ksfDvo*
gqZgA

v kS vU ea, d ckj fQj i k p i zk &

dr Ø i ky u

, drkv kS, d t vrk

foj k r] l Hrk] l adfr] l k p] fopkj] kky. kkij xoZdj A

xgkeh dhl k p l snšk dksckgj fudky A

fodfr Hkj r dsy{: dksi hr dj useat vA

t; fguh!