

j KVñ çk\$ksdhl bñku mñj kñ d spr ñZnhkka
I ekj kg eaeuuñ j kt; i ky egk; dk l aksu

104 uoEcj 2023½

t ; fgñh!

j KVñ çk\$ksdhl [bñku] mñj kñ d spks
nhkka I ekj kg eam fñk I bñku dsfunsk çkQsj
y fyr dekj volfñj cksZv, Q xouZz, oal hñs ds
I nL; x. kñ Mu vls foHxk' {kñ ehfM k dsl nL; x. kñ
I ak , oadeþkj h. kñ vfr ffk x. kñ vfhñkod x. kñ fc;
Nk=&Nk=kv kñ

j KVñ çk\$ksdhl [bñku] mñj kñ d spks nhkka
I ekj kg eav kñ I Hñ d schp vldj eäsvRa cl ürk
gksj ghga

J huxj x<øky , d , f gkf d] I kñ d fr d vls "ksf kd
I ef) d h Hñ gä mR j kñ k M dsbfr gk eabl Lñku
dk cgq ghegRo vñLñku gä

ft I i økj I si jk mR j kñ M gekj h I adfr] i j E j k
vls Kku d h Hñ gäml hi økj I sj huxj dh; g kñ r h
Hñgä

; gka fgeky; I s nø ufn; ka i økfgr gksh gä ; gka
i x&i x i j eñj] rñkñ xq} kñs vls i fo= Lñku

g\$; gkad h i fo= Hf gekj sâñ; dksv k' kFrd ' k
v kS v kua l sh nsh gSm h i dk l sJ huxj {k Hh
gekj h l kad frd v kS " kskd l ef) dh Hf g\$
; gkai kskd Jh dey soj egknø dk eñj g\$ v kñ
t xnq " kaj kpk Zt hdh ri Lfky hg\$ekak h nsh d k
i fo= eñj g\$ bl i dk l snkarks; g J huxj dh
kj r h Hh nørkv kad h Hf] ck frd l ajrk dh Hf]
v k' kFrd rk v kS l ka frd l ef) dh Hf g\$
; ghal sd n jh i j oj ekksfl g Hk Mj h dk xl g\$
t ksfd vi uh ek Hf ea fod k v kS l ef) dsfy,
egku ; knku dsfy, t kust kr sg v kt mud ks Hh; kn
dj uk cgq t : j h g\$ 16 hal nh ds v fe n"kd eat le
y asoky soj ekksfl g Hk h usv i usx k ds[ks k ad ks
gj Hk cokusdsfy, i gkM d kspj dj ogkal sugj
fud ky ykusdk v k p; Z ud dk Z fd; k FkA mud h
ojrk dh dgfu; kacr kr h g\$fd bl dsfy, m j acgq
cM k cfynku Hh ns k i M FkA
, ksvl å; egk q' kadsR kx] cfynku v kS l kgl ds
cy i j ; g m R j k k M d h Hf oj Hf v kS l S Hf
ds: lk eafo[; kr gbZg\$
; gkad sv k Fkoku y k k ad h " k j k ojrk deBr k v kS
mkj rk ge l cd sfy, i j k nk h g\$

vc jkvñ i hñskd h l bñku dh lfñk uk l s; g hñ
rduhd hf' kñk d hñ hñ cu x; hgñ
, bñh i fo= hñ i j i gñmñ ds chp lfñk r jkvñ
i hñskd h l bñku ds bl nhñkñt l ekj kg ea; gñal s
fñkñckr djusoky sgj , d Nk=&Nk=k dks; g l ašk
vo"; nsik pkgnk fd vñk ust ks f' kñk vft z dh gñ
m l sbl no hñ d sfod k ead k ; knku gñsl drk
gñ bl fopkj dksvi usl kf k vo"; ysj t kñarkfd
vñk dhf' kñk dk y kñk no hñ mñj kñk Mdksfey l dñ
nhñkñt l ekj kg ds bl vol j i j eamí kf k kav kñs eñy
i hr djusokysl hñ Nk=k dks gñfnñ cñkñbñz nsik gñ
vñt dk fnu vñk dst hñou ea, d egñoi vñkñf fñu gñ
vñt dk fnu vñk ds vñs vñk dse kñf r k ds fy,
xñskñflor djusoky s{k k gñ

fol k vñs dñky i hr djusdsckn vñk vi ust hñou
dh, d ubZ; kñk ' kñq djñkñ g"kñvñs mykñ dk; q
drØ vñs t hñou dh pñkñ; kñeacny t kñ xñkñ yñdu
eqsi vñkñfo' ok gñfd vñk ust ksKñu vft z fd; k gñ
og geskk vñk dk ekxñkñ dñkñ dñkñ df; j eal Qyrk
gñf y dj rsgq vñk vi usi fj okj , oabl l bñku dk
Hñule j kñku djñkñ

f' kñk i xfr dh vñkñf kyk gñ f' kñk ea t hñou dks
cny us dh rkdr gñ f' kñk ea xj hñ dh t ažj kñdks

rksusdh "kDr gS f'kk Qfa] I ekt vks jkv^a dks
I 'ka cukusoky h'kfä gS
oghar duhdhvks i ksx dhv kkd fo"o dhr\$ xfr
dsl kfk dne I sdne feykrsgq vks sc<usdk cgq
cMek; e gS

fodfl r Hjir] vks fuHjir] fo"oxq Hjir dsl i uks
dsl kfk, d I kspxy h djkA nskof; kavks fo"o dh
I cl scM; qk "kDr dsgksy ladscy ij Hjir r\$
xfr I sfodk dsekZij nf; k ea, d cMek edke
gkf y djusdhvks vks sc<+j gk gS
f'kk i ksx dhj uokpj dsek; e I snsk dh xfr cgq
r\$ gksx; hgS geao'kZ2047 rd fo"oxq dsy {; dks
i vks djuk gS geafodfl r Hjir vks vks fuHjir
dsl i uks dks jk djuk gS

ejsk ekuuk gSfd f'kk dk ykk I Hh dksfey uk pkf, A
f'kk dh fdj. k gj , d dsfy, I gHgk gksh pkf,] pkgs
mudhl left d ; kvkfk flfr d Hh gkA
vk usj kvh i ksx dh l bfk eat ksKlu vks dksy
çkr fd; k gSm dk m; k I ekt dh Hh kZdsfy,
djA

vk rksi ksx dh l bfk dsNk= gS rksfQj vk I s
csrj dks tku l drk gSfd vkt dk; q rduhdj

i ~~ks~~ xdh v ~~ks~~ uoplj dsl kfr r\$ xfr l sv ~~ks~~ sc<us
dkl e; g~~A~~

vkt dk l e;] xfr] "kDr v ~~ks~~ cxfr dscy ij r\$
xfr l s n~~sk~~ eacnylo ykusdk l e; g~~A~~ vkt u; k
Hjr] fodfl r Hjr] v ~~ks~~ refuH~~Z~~ Hjr dsl aYi dk
Hjr gj fn"kk ear\$ xfr l sv ~~ks~~ sc<+j gk g~~A~~
ge vafj {k l sy slj l eqzdh xgj kbZkard u; sy {; ka
dksqkl y dj j gsg~~A~~ ge kjrhdh xgj kbZkal sy slj
vkl eku dh ÅpkbZkard Hjr ek k ds mR'kZ dh
/ot k dksQgj kj gsg~~A~~

pþek dsf^lo "kDr d bhzrd Hjr h Kku] foKku]
dy k dksy dsuo fpþ~v fdr gksj gsg~~A~~ Hjr j {k~~l~~
ok. kT;] m k~~s~~] f'k{k~~l~~ fpfd R k Åt k~~l~~ i f ogu] lk Xlu]
I bdf^l] l Hrk gj , d {ks eau; h mi yfCk kads l kfr
v ~~ks~~ sc<+j gk g~~A~~

i ~~ks~~ xdh ds {ks ea Hjr h ; qk fo"o ds fofoH~~u~~
I bRkukadku sR o dj j gsg~~A~~
Hjr Kku] foKku v ~~ks~~ vubaku dscy ij Hjr ds
i kphu osb dhi q%k~~l~~ uk dh fn"kk eav ~~ks~~ refuH~~Z~~ Hjr]
xgj leh dh ekuff drk l seDr Hjr dh l k~~s~~ dsl kfr
v ~~ks~~ sc<+j gk g~~A~~

vkt H¹ir p²shv³ks⁴xd Økr^{*} dk usRo dj jgk g⁵
m⁶ k⁷ 40^{*} eah⁸ H¹ir vi usm⁹ k¹⁰av¹¹ vi uh vR¹² oLF¹³
dks¹⁴ q% f¹⁵ H¹f¹⁶kr dj useal Qy g¹⁷k g¹⁸
t c nf¹⁹; k dh v f²⁰d k²¹ak v R²² oLF²³ a²⁴eh xfr l sv k²⁵s
c<+j gh g²⁶rc H¹ir vi uh r\$ fod k²⁷ nj dsl k²⁸
vkt fo"o dhi pohl cl scM²⁹ v R³⁰ oLF³¹ cu x; hga³²
; g l c H¹ir dsd³³ky] i k³⁴n" k³⁵ fod k³⁶ m³⁷gk usRo
vks³⁸ m³⁹ dhf⁴⁰M⁴¹ Vy Økr dscy ij l H¹b g⁴²k g⁴³
H¹ir nf⁴⁴; kea, d u; k usRo ds; lk eamH¹ik g⁴⁵ geus
vH¹t h⁴⁶ dh v / {k⁴⁷ k dh g⁴⁸ nf⁴⁹; k dsn⁵⁰] H¹ir dks
xH¹ir k l st ku j gsg⁵¹ i gpk⁵² j gsg⁵³
H¹ir , d u; hi gpk⁵⁴ dsl k⁵⁵l Oyr k dse⁵⁶ Zi j vks
c<+j gk g⁵⁷ H¹ir dh; qk "k⁵⁸Dr vi usd⁵⁹ky dscy ij
u; hn{k⁶⁰ k dsl k⁶¹, d ubZØkr yk j gsg⁶²
ge f⁶³M⁶⁴ Vy V⁶⁵D⁶⁶uks⁶⁷, t h⁶⁸ v, V⁶⁹esku] v kf⁷⁰/D⁷¹f⁷² k y
ba⁷³y t b⁷⁴] fcx M⁷⁵ b⁷⁶j u⁷⁷ v, Q f⁷⁸ k⁷⁹ 1/2OT⁸⁰ 1/2 v U
d f⁸¹a , t 1/2Cutting Edge⁸² vks⁸³ v R k⁸⁴ud rd uhd; ka
dsl ek k⁸⁵ u dsl k⁸⁶ vks⁸⁷ c<+j gsg⁸⁸
2lohal nh eagek⁸⁹ s d⁹⁰ky vks⁹¹ {ker kv k⁹² dks l H¹h ds
m⁹³ku d sfy, bl fuj aj fod f r gksj gsi f⁹⁴-'; ds
v ud yw gksk pkf⁹⁵, A

fç; Nk=kj

e\$v k dksKku v kkkj r Økf eal fØ; Hxhmkj cuu\$
m| e' kyrk, oal ekt eai fjor dscfr fuf/k cuusd k
I glo nsk ga

V\$ukos ds: i e\$v k dsi k V\$uk, t hy hM Z cuus
dhvi kj {kerk gA vi uh rduhd h fo' krk fod fl r
dj av kS cfr Li Aed c<ft cuk j [kar kf d vki ge\$kk
nfi; kdkusR dj I da

vki dksde ykr oky so\$fyi d Åt kZe, M dsfod k]
I shd A\$Vj fpi fuekZk , oa v kVQf k y b\$y t h
v kS e' kku y fuZ t ShvR kfu rduhd kad k m ; k
dj d sfod R k m dj. ksfuekZk eat kuk pkfg, A
bu ç; k kal su d sy v kffl I 'kfä dj. k v kS j k\$ xkj
I tu dksck fey sk cfYd o\$od ekufp= ij gekjs
egku j kV^a d si q#Rku eahh; k\$nu fey skA
o\$odj. k ds ; q e\$ covid-19 egkekjh ds nk\$u
v kRefuHr k dk egR d kQh Li "V gksx; k g\$ bl fy,
vki vi uhj pukR ed rk dk m ; k Lonshl a kkulav kS
rduhd kad k bLr sky dj I ekt dhl skdja
eqsfo' ok gSfd vki dh fo' krk m ; k\$rkokn ds
y{; ea; k\$nu , oal ekt dsfi NMox Zi j I d k\$ Red
çHko My usd h{kerk j [k hga

v k^Z k^Z h v k^S, uv k^Z h t Sscfr f'Br I b^Zku v ub^Zku
d h u^Z g^St ksl ekt v k^S ekuor k d sy k^Z dsfy, Klu
d sfolr k^S eaegRoi v k^Z fud k fuHr sg^S
cg^S fo" k d v ub^Zku l e; dh e^S g^S v k^T ge ft u
t fVy p^Sq^S; k^S d k l keuk dj j gsg^Smu^Sal sdbZds
fy, fofolk {k^Skaeal g; k^S dhv k^O'; dr k g^S
mk^Sgj. k d s fy, ck k^Sl y ba hfu; f^S x v ub^Zku
ba hfu; f^S x] t h foKku] fpfd R k v k^S QleZhrd Q^Sk
g^S k g^S e^S v k^Z k^Z h 1¹/4T¹/₂, uv k^Z h
1¹/4T¹/₂, v k^Z k^Ze, l 1¹/4IIM¹/₂v k^S v k^Z k^Ze 1¹/4M¹/₂
t Sscfr f'Br I b^Zku^Sal sgek^Ssl ekt v k^S l exzj k^V^ads
y k^Z ds fy, ek^S m^S p^Sq^S; k^S d s fuok^S. k dj us dk
v kg^Sku dj r k g^S

v k^S j k^V^a dsfuek^Z k [k^S g^S H^S" dsfuek^Z k g^S v k^S
dy dk m^Tto^S H^S"; g^S bl fy, vc l e; v k x; k g^S
fd ge vi uk / ku v f/k^S k^S d h ppk^Z l sgVkdj vi us
dr Ø k^S si ky u i j d^S d^S dja

cR d l ekt eam^S d suk^S f^S d k^S sv f/k^S k^S av k^S dr Ø ka
d sc^S p, d t fVy l agu g^S k^S g^S t cfd v f/k^S k^S
gel^S h Qfa xr Lor ar k v k^S l j^S k^S l fuf pr dj usds
fy, v k^O'; d g^S dr Ø H^S m^S usgh egRoi v k^Z g^S D k^S
osl lekt d r k^S k^S usd k^S cuk^S j [kuseaenn dj r sg^S
v k^S l lef^S d Y; k k e^S; k^S nku dj r sg^S

dr Ø gekj sl ekt] dk Zky] I ekt dsv fod fl r ox Z
gekj si fj okj vks I cl sc<dj gekj sl; kj sn sk dscfr
ft Eskj; kad h, d folr r Jaky k ga vi usdr Økai j
t kj nsj ge l lekt d , dt yr k dksc<kok nsl dr sga
vi usl ekt dhuho dkset cwdj I dr sga vks v fkd
I ekosk vks U k l ar Hfo"; dh fn' kk eadke dj
I dr sga

t cfd vfkd kj Øfa ; kad ks l 'ka cukr sga dr Ø
I exz: i l sl eqk dk l 'ka cukr sga bu l k>k
ft Eskj; kad sek'e l sgh ge , d l ket L; i vks vks
cxfr' ky I ekt dk fuekZk dj I dr sga

ge vi uh v kt knh ds77oao"Zeaga; g , d egRoi vks
vol j gSt c ckueahJ huj aeeksh t hds v koku i j
i jsn sk usfr j ak egR o euk kA

geav kt knh gkf y dj useav i usi oZ kad scfy nku vks
d M¹egur dk; kn j [kuk pkf, A

eav kt knh dk ver egR o] frj ak; k=k vks ejsh ek/h
ejsk n sk eukuseal ei Zk vks mR lg dsfy, , uv kbZk
muk k k dhl j kguk dj rk ga

; g vkt knh vufxur cfy nkuk adsl kf d M¹egur I s
vft Z dh xbZg vks vc ; g gekj k dr Ø gSfd ge
vi usj kV^a dh cxfr dsfy, dke dj avks bl svxys
n' kd esubZÅ plbz kai j yst k A

ç/kuueah eksh th us gekjs fy, , d njm' kbz y{
fu/kir fd; k g& @2047 rd Hjir dks, d fodfl r
nšk eacny už vkb, ge bl ft Esakjh dks-<+l dYi
vls i ei Zk dsl kfk Lohd k j dja
fc; Nk=ks ekuuh ç/kuueah Jh uj æ eksh th ds
xfr' ky vls çHko' kky h usRo easy xHx rhu n' kd kads
ckn j KVh f Kkk uhr 1/4ubZh/y kbZx bZgA
eaj KVh f Kkk uhr 2020 dsl Qyr k oø fØ; kflor
djusdsfy, j KVh çks ksdh l afku] muk k k dks
c/kbZnsk ga f Kkk vls i h kuseaOk d VBuks, th
dk l ek ks u] Hkk l EcUkh ckkk k dksnjwdju\$ vls
f Kkk; ks uk vls çcau d ksc<kusdsfy, , ubZh&2020
dhçfr c) rk l j kguh gA

, ubZh 2020 egt , d nlr ko\$ gh ughagScfYd ; g
Nk=ks gekjsj KVadsl exzfd k d sfy, , d n' k
vls Ok d fn' k&funsk dk crhd gA ; g çkj fü
nšk ky vls f Kkk dsl koHs edj. k vls i Hh Hjrh
Hkk l aea l h kusdksc<kok nsj o\$od ulxfjd kads
fuekZk d kekZc' kJr djrk gA

eä ubZh 2020 eal Hh Hjrh Hkk l ad segRo ij t k
nsdsdfy, ç/kuueah Jh uj æ eksh th d k vHk Oä
djrk ga egs ; g crks gq [kkh gks j gh gS fd
muk k k Me\$, ubZh 2020 gekjh f Kkk ç. kky h d ksgekjs

j k̄; d h fof' k̄V v̄lo'; drkv̄ kav̄ l̄s i k̄-frd l̄ ef̄) ds
l̄ k̄k l̄ jas̄ k̄ djusdk̄, d vuB̄k vol j̄ çnku djrk̄
ga

v̄kb, ge bl̄ cnylo dksmR̄ kg v̄ls i ei Zk̄ dsl̄ k̄k̄
vi uk̄ av̄ls vi usegku j̄k̄V^a dsfy., , d mTToy H̄fo";
dksv̄kd̄kj̄ na

fç; Nk̄-k̄s LVk̄V̄i b̄M̄k us, d et cm̄ LVk̄V̄i
bd̄ks̄ LVe dkscl̄ok̄ nsdsfy, fofH̄lu dk̄ Øe 'k̄q̄
fd̄, ga; si gy H̄j̄r̄ dksuk̄sj̄h pkgsokȳ k̄ad sct̄ k̄
uk̄sj̄h nsosokȳ k̄ad sn̄sk̄ easnȳ j̄ghga

eS̄v̄ki dks LVk̄V̄i b̄M̄k v̄fH̄ku dk̄ fgŪ k̄cudj̄
H̄fo"; dsm̄ eh cuusdsfy, çk̄R̄ k̄gr̄ djrk̄ gat̄ ks̄
nlw̄j̄ k̄ad k̄svol j̄ v̄ls v̄kt̄ h̄fod̄ k̄çnku dj̄ l̄ da
vi usrh̄ j̄snh̄ka l̄ ek̄kḡ dsck̄ l̄ sh̄j̄r̄h̄ i k̄sk̄d̄
vi ukusdsfy, eS̄ uv̄b̄z̄h̄m̄j̄k̄ k̄adhl̄ j̄kguk̄ djrk̄
ga

; ḡ gek̄h̄ l̄ e) l̄ k̄-frd̄ fojk̄r̄ v̄ls i j̄ajkv̄ka l̄ s̄t̄
t̄k̄o dksn' k̄z̄k̄ gSt̄ k̄ge l̄ cdsfy, xoZv̄ls̄ çs̄. k̄
dk̄ fo"k̄ ga

va eS̄eabl̄ ck̄ i j̄ t̄k̄ nsak̄ pkgr̄ k̄gaf̄ v̄kī gek̄s̄
egku j̄k̄V^a dk̄ H̄fo"; ḡst̄ S̄&t̄ Ssv̄k̄ v̄k̄sc<1̄j̄k̄V^a
ds eV̄k̄a v̄ls i k̄-fr̄ dks; kn̄ j̄[k̄ ft̄ uḡas v̄kī ds̄

Qfā Rō dksv kd k̄ fn; k ḡ egsbl ead k̄ Zl ag ughagS
fd v̄k vi uspqsgq j k̄r si j geax k̄ Sokfbr dj x̄A
va ēv̄k dksv i usl b̄Fku] I ekt v̄k̄ j k̄V̄a dsçfr
I ei Zk dsegRō dks; kn j [kuk pk̄g, A v̄k̄ dhl Qyrk
ghl b̄Fku dhl Qyrk ḡS v̄k̄ ds; knku I sh̄koh
i h̄f̄+k̄dks muds l i usgkf̄ y djuseaenn fey x̄A
v̄k̄ dks v̄kus oky s Nk̄ k̄adsfy, ç̄j. kk dk I k̄ cuuk
pk̄g, A

, d ck̄ fQj ēs bl egRoi v̄k̄ vol j i j I H̄h fm̄k̄b̄
ç̄kr dr k̄k̄ muds x̄k̄ Sokfbr ekr k̄fi r k̄ v̄f̄H̄k̄od k̄
f̄ k̄ld k̄av k̄S I b̄Fku dsc' kk̄ u dks ḡkn̄ c̄k̄b̄Zn̄sk
ḡav

t ; fga!