

t ut k h x l s o f n o l d s v o l j i j e k u u h j k t ; i k y  
e g k a ; d s l a k s u g s o f c a a

15 u o a j ] 2023 1/2

- t ut k h x l s o f n o l v l s H k o k u f c j l k e a k t h d h  
t ; a h d h v k i l H h d k s c / k b z k u d k e u k A
- > k j [ k a l { s d s H k o k u f c j l k e a k l f g r v u s o j k a  
v l s o j k a u k v a u s t u t k h k a d s x l s o r F k n s k d s x l s o  
d l s H h c < k k g A
- U k d s f g r e a l o z o c f y n k u d j u s d h H k o u k j  
t u t k h l e k t d h f o ' k r k j g h g A L o k e h u r k l a l e e a  
f h u & f h u f o p k e j k v k a v l s x f r f o f e k k a d h e g P o i v z  
H f e d k j g h g A
- H k j r d s l H h { s k a d h l k a f r d f o j k r d s l e )  
d j u s e a t u t k h l e q k k a d k e g P o i v z ; k s n k u j g k g A  
l e j l r k d s l k k t u t k h f o d k t d h ; g h e y v H k o u k  
l c d s f y , y k H k d g A

- v fēd kāk t ut k h { l s ou , oa[ kūt | E i nk | sl e )  
j g s g a ç—fr ij v l e k j r t h o u ; k i u d j | E e k u i o z  
ç—fr dh j { k k H h d j r s g a
- f c v ' k ' k k u d s n k f u ç k —fr d | ä n k d k s ' k k k | s  
c p k u s d s f y , t u t k h | e q k d s y l s k a u s H h k k | ä k z  
f d , F l a
- ou | ä n k d k | j ä k k d k Q h g n r d m u d s c f y n k u | s  
g h l ä b g l s l d k a v k t d s l e ; e a t y o k q i f j o r z v l s  
X y l s y o k e z d s n k s e a t u t k h | e k t d h t h o u ' k s h  
v l s ou | j ä k k d s ç fr m u d s — < + f u ' p ; | s l H h d k s  
f k k y a s d h t : j r g a
- t u t k h | e k t } j k e k u o | e q k ] o u l i fr ; l a r F k  
t h o t a q l a d k s l e k u e g P o f n ; k t k r k g a v k n o k h  
| e k t e a Q f a d s l F k u i j | e g v d k s ç fr l i ä k z d h t x g  
| g ; k s d k s v l s f o f k V r k d h t x g | e k u r k d k s v f e d  
e g l ü b f n ; k t k r k g a
- L = h & i # " k d s c h p d h l e k u r k H h v k n o k h l e k t d h  
f o ' k r k g a t u t k h | e k t e a t ä j & j s k k s | l e k u  
v l c n h d h r g u k e a c g r j g a t u t k h | e k t d h ; s  
f o ' k r k a l H h n s l o k f ; l a d s f y , v u d j . k n g a

➤ dæljdkj vjS jkT; ljdkj ust ut krh l eqk ka  
dsfodk dsfy, fo'kk dne mBk ga l exzjkVh  
fodk vjS tut krh l eqk dk fodk , d nlysl s  
t vjSgg ga

➤ , ssvud c; k fd, tk jgs gSft ul st ut krh  
l eqk kadh vflerk cuh jg\$ mueav kE&xjSo dk Hko  
c<sv jS l kfkghosv kEud fodk l sykkHfor HngkA

➤ vkt tut krh xjSo fnd dsvol j ij ekuuh  
i zkueah t h} kki ezk l jdkh; k\$ uk kadsv fkd k/d  
i pjk&i zk ds fy, ^fodfl r Hkj r&l dYi ; k←k\*  
dk > k [ kA/l s" k k k fd; kA

➤ vki l Hhdks; g crk sgq g'kZgksj gk gSfd vkt gh  
tut krh xjSo fnd dsvol j ij ekuuh i zkueah  
thus, d l k\$kr nhga moga s24 gt kj dj kM: lk sds  
ct V l s^ zkueah i hort lVh fe"ku\*\* dh" kqvkr dhga  
bl fe"ku ds vaxZ fo"sk : lk l sdet jS tut krh  
l eqv dsmFku vjS mudsfy, vlok ] l M] njv pjk  
duS DvfoVh fct yh] LoPN i st y] f" k k vjS i k\$ k vkn  
cu; khl k p/k kadksl q<+fd; k t k xkA

➤ bl vol j ij jkt Hou l s Hh vkt fodfl r  
Hkj r&bl l dYi ; k←k dks "kq fd; k x; k ga eqs

fö"okt gSfd bl l aYi ; k=k l sgekj si n"sk dst ut kr h  
l eqk dsl k&l kfvU t ul eqk y kHfor glkA

➤ i oBj jkT; læavi uhl ok dky dsnlku yEcs l e;  
rd , bsyk&adschp dk Zdjusdk eldk feyk gA eqs  
t ut kr l eqk dh l a-fr vjS jgu&Lgu dks cgn  
djæ l st kuusdk eldk feyk gA

➤ mUj kM dh t ut kr; kai n"sk ds fodk læavi uk  
egPoi vZ; k&nku nsj ghaG vHh d d fnu i oZdh n"sk  
dhekuuh jkVfr th}kj; gladht ut kr h l eqk  
l sjkt Hou eaeykd dhxbZft l l sog cgn i kHfor  
HngpA mglasl Ht ut kr h l ekt dksv kH : k l s  
l "Dr glsdkv geku fd; kA

➤ gea t ut kr; la ds mFku vjS dY; kk ds fy,  
l lefyd izk djusdht: jr gA ge l Hhdh; g Hh  
ft EeskhgSfd t ut kr l eqk dksv ksc<kusdshj i jw  
vol j çnku fd; st k av kS mudsf k k vjS j k xkj ea  
l g; k& nA