

Lohj ke fgeky; u fo" ofo| ky; d s6anh(ka l ekj kg
eækuuh j kT; i ky egka; d kl aæku

1mud 21 uoEcj] 2023½

t; fglh!

I oZFe eS cã nsk plgrk gyl Lohj ke
fgeky; u fo" ofo| ky; d sl Hh Nk= Nk=vlj Qd Yh
v fHh od kav jS v U oksl c egkuo ft ud scR {k; k
v çR {k l g; k l svkt dk' k fnu l Ho gksi k jgk
gA l; k sNk= Nk=vlj ækuo t hou eaf' k{k xg. k dj us
dh; k=k vuojr xfreku jgr hg\$vlj S nh(ka) bl ; k=k
dk i Mæ ek= gA nh(ka) f' k{k xg. k dj us dk l ekj u
l ekj kg ugÈ g\$ vfi r q; g i Mæ gekj sy {; kadh çkfr
dj us dh; k=k dk çkj Hk gA

I kfk l

gj j kV^a] gj çnsk d lsv k sc<k useaf' k{k] fui dk vlj
j kV^a l ok dh çj. k l sv k çk ; dk kadh egPoi vZ
Hæd k gksh gA vlj l kfk gh bl dk Zeamp f' k{k k
l aFku kadh fo' k Hæd k gksh gA eqsi rk gSfd ; g
egku l aFku 30 o"ka l smuj k l vlj vk i k ds
j kT; kadsfuokl ; kadh l ok dj jgk gA eSi tuh M-
Lohj ke] t ks, d egku ekuor kkn] nk kZud] y \$kd]
dykdj] dfo vlj l aFku kadsfuelZk dksJ) k fy

vÆr djuk plgrk gA Lohet husmUj k[kA d s y k s k a
dsfy, , d mTtoy Hfo"; dh dYi uk dh] eq; : i l s
LokLF; v l S f k k ds { s k a e a , l v k j , p ; w w k t m
l i u s d k s l k d k j d j u s d s : i e a [k v k g A

eqscrk k x; k gSfd Lohet jle vi uh; qk oLFk eabl
fgeky; h { s dh i g k v , h a v l S ? k f v ; k a l s g k d j x t j r s
Fk A bl { s e a x o p o u k i v z LokLF; l o k j f k k v l S
d k s y f o d k t d h v k o ' ; d r k u s m u d s v k a f j d v f l r R o
d s e y w d k s x g j k A l s n o k v l S m u g a s e k u o r k d h l o k
e a b u t : j r k a d k s i j k d j u s d k l e Y i f y ; k A b l u s
d l e d s f y ,] v k o ' ; d l a k e u s a d h v k o ' ; d r k Fk A
m u d h m R - V j p u k f y O x f o n n f g e k y ; u e k L V I Z
d h 20 y k [k l s v f e d c f r ; k a f c d E A b l i b r d d h
f c O h d h v k u s e y w l a F k u] f g e k y ; u b a V h i W
g , f l i V y V E V ' k q d j u s d s f y , c j f a h d e u c n k u
f d ; k A n o u ; k H j l s m u d s f k ; k a u s H h b l u s d l e d s
f y , f n y [k s d j ; k s n k u f n ; k A

eqscrk k x; k gSfd fgeky; u b a V h i W g , f l i V y
V E V d s f y , Lohet h d k f e ' k u i j s n s k d s f y , v l S
n o u ; k H j e a o p r v k c n h d s f y , L o k L F ; n s k H k y v l S
f o d k t d s f y , , d h r v l S y k x r c h k o h - f V d k s k
f o d f l r d j u k F k A V E V d k s m u g a s t k s v k n ' k Z o k D
f n ; k o g F k k l ; k j] l o k j ; k n j [k u k A Lohet h u s

fl [kk k fd t hou dk m' s; I qh gsk v kS i hM Hk
v kS nqka seä gsk gA

eS l e>rk gafd Loh t h us fgeky; u baVVi W
g, fLi Vy VLV dsekè e l sft u i gys l aFku dh
LFki uk dh Fk] mual s, d xehk fodk l aFku
1/4 k Mv k 1/2 Fk] ft l us LokF; n[skHy] f k[k] d kSy
fodk] t y v kS LoPnr k] v kS fd' k s i j k e' kZd s { s k a e a
3 n' k d k a l s v f e d l e; l s d A e g P o i v kZ m i y f e k l a
g k l y d h g S f o' k k : i l s i g k M a d s n i m j k t d s { s k a
e a L o h t h u s f g e k y ; d h r y g v h e a r P o k y h u c a j
H e v e a f g e k y ; u v l i r k y v k S e s v d y d , y s d k
f u e k Z k f t l u s l - f V l s ' k q f d ; k F k] o g v c
* e s v d y , a l , t d s k u y f l V h * e a c n y x ; k g S t k s m u
y k s a d s t h o u d k s N v j g k g S f t l o g a s f d l h H h { l e r k e a
l a F k u l s [k q d k s t k s k g A

e j k - < + f o " o k g S f d l a F k d h l Q y r k d h d g k u h
L o h t h d s f k ; k a d s v k e h ; k a n k u d s e k e e l s
l a b o g a g S t k s v i u h l k n x h] f o u e z k v k S f n O r k d s
l k F k f u L o k F Z : i l s l o k d j j g s g A e s m u l H h e k
v k e v k a d k s c e k A n s k g v f l o g a e k u o r k d h l o k d s f y ,
l o Z k a e k u } k j k p o k x ; k g A

e s y x k k j f o " o f o | k y ; d h m i y f e k k a d s c k j s e a f o f H u
l k a l s t k u d k j h c k r d j r k g j v p k s o g L o k F ; l o k]

f k k fonk vubaku ; kv kmvj hp l skv ka eagla eqs; g
t kudj çl urk gã gSfd fo" ofo| ky; dk fgeky; u
vLi rky , d fut hvLi rky gksdscot m vk çku
Hkj r ; k uk* dsrgr LokF; nçkHky l sk a çnku
djusea nsk ea *uaj 1* LFku ij gSv|ç vc rd
bl ; k uk dsrgr 1-5 yk k l svfed j kç; kadks
mi plj çnku fd; k gã

fo" ofo| ky; dh mi y fçk la v|ç fujaj l Qyrk
fo" ofo| ky; l st vç dã l eAer yk la ds l k fçd
ç; k la dk i fj. ke gã eç fo" ofo| ky; ds l Hh
çfr Hk ky h v|ç l eAer uskv ç l ak l nL; k
fpfd R d k ' kç dr v|ç LVkQ l nL; k v|ç Nk= kadks
çkã nsk gçft l gks vi us t çu| t hou ' kã v|ç
vk' kç n dsl kçk fo" ofo| ky; dk st roa cuk k gã

eçvD j Luk d Nk= kad sj kç xk dsvol j ryk kusds
ct k LVkç vi m eh cuusd kç ççr djrk gã eqs
crk k x; k gSfd vki usm fer k dks çç kçr djus
v|ç m Hh r sm| fe; kad sfy, çf k k k çç. k v|ç l a kç
çnku djusd sfy, , d buD vçku l ç ' kç fd; k gã
eqs m Eem gSfd , l v|ç, p; vçs Luk d m eh cuas
v|ç gekj sj kç; v|ç j kV^a ds; qv kadks j kç xk ds
vol j çnku dj kç ; g j kç; ds fodk ds fy, , d
t çj nLr c < kçk g kç ; fn ; sm| eh x kç k { kç kaavi us

m| e LFkfi r djrsgār k\$ i yk u dh l eL; k dk Hh
l ekk u gksl drk gā eāscrk k x; k gSfd Loh t h
dst lē LFku Pksh B eaO kol k; d d k\$y çnku djus
v|S bl çdkj i yk u dh l eL; k dksde djusv|S
flr ffk la dks cny us ds fy, fgy d\$ l Hh LFkfi r
fd; k x; k gā

ejsl; kjsNk= k\$ vkt l svk dh uĀ ; k=k' kq gksh gā
vc rd] vk t hou dh; k=k dsfy, [kq dksr S|j dj
jgsgā t hou vk dsl keus dĀ pql\$; kayk xkA bu
pql\$; kadksvi usfodk dsvol jkad s: i ean\$ka
Hk v|S vl j|k dshk vi useu eak vkusna vk dks
t k\$ ke mBkuk gSrksmBk;] vk vi ust hou eafd l h
Çnqij vl Qy Hh gk\$ bl ead kĀ l ag ugĒ gā
y\$du vk dh -<+ bPNk kĀ vk dks l Qyrk vo';
fnyk xh] vi usvk ij fo"ok djk\$ vi uh {ker k v k\$ ij
fo"ok j [k\$ vk"olr jgā l Qyrk vk dh gksh dHh
fujkku gā dHh ni hNsedij u n\$ka fcuk fd l hnclo
eavk gq l Qyrk dsfy, vi uk l oZ\$B çnku dja
vi ust qw v|S vaKkz dk i ky u dja vi usvk l s
l Ppsjgā dHh Hh fd l h v|S dsjkrsij u pyā
l dk kRed] l \$k d] l fØ; v|S mRkd cuā t hou
eacnyko dsfy, [kpsjgav|S l h kusv|S [kq dks
[k\$ usd sfy, bu vol jkad k mi; k\$ dja nlykav|S

mud s fopkj ka ds çfr I Eku j[k y fdu nly ka ds
I qlokads' kjs eavi uhv kafjd vlok dksMvusu na
Luk d vjS Luk d ksj fvkz çkr djusokys Nk= kav jS
i h, pMh fvkz çkr djusokys' kkkkE kadsl Eekur
djuk ejsfy, I Eku dh çkr gA eavki dsHfo"; ds
ç; k kaal Qyrkdhd leuk djrk gveas; dhu gSfd
vki vi usKku vjS dky dksi jm Aekunij hv jS fu"Bk
dsl kfk ykwdj aA bl -<+fo"ok dsl kfk] vi us
I kfk çk. k kadhd d'yrki vj] fuLokkZ vjS çsi vj
I okdj a

ejsl; kjs Nk= ka va eA eA, d çk fQj vki I Hh I s
fo"ofol ky; ds us d evka dsekZij pyusdk
vupk djrk gA vi us t hou ea gesk ekuork ds
dY; kk ea fulokkZ Hk I sl; k vjS I ok djrsjgA
fulokkZ Hk I sl ok djuk A"oj dhi vk gA vki vi us
vkleh t hou ; k=k ds nly çkr gq t hou dh
f k k ka ds vke l k djrs gq] vi uh çfr Hk vjS
vafjd vflr Po dhi vzk dsl kfk vki dsvk & i k ds
I Hh yk kadst hou eacnyko ykl drsgA

t ; fga!