

**Mh, M- iFke o'Z
ižu&i= r`rh;**

fo"K; &fo | ky; i z`ak , oa fu; kst u

75 v`d

bdkbz kj v`d foHkt u

| bdkbz Ø- | bdkbz dk uke | v`d | dky [k. M |
|-----------------|--|------------|------------------|
| 1- | d{kk , oafo ky; i z`aku] fo ky; Hkou | 08 | 15 |
| 2- | f'k{kd | 08 | 15 |
| 3- | i z`kuk/; ki d | 08 | 15 |
| 4- | l .Fkkxr fu; kst u , oafo ky; l j {kk | 08 | 15 |
| 5- | f'k{kk l æ`akh fu; e , oa v`fHky]k | 06 | 10 |
| 6- | i kB; l gxkeh fØ; k, a | 05 | 10 |
| 7- | l e; foHkkx pØ , oa f'k{k.k vf/kxe i fØ; k | 06 | 10 |
| 8- | vuq kkl u | 06 | 10 |
| 9- | f'k{kk l æ`akh uohu ; kst uk, j | 10 | 25 |
| 10- | Hkkjr ea jk"Vh;] jkT;] l Hkkx , oaftyk Lrj ij f'k{kk dh i z`kkl fud l j puk | 10 | 25 |
| | l j krd | 75 | 150 |
| | l =xr dk; z | 25 | & |
| | dy ; kx | 100 | 150 |

**Mh, M- iFke o'Z
^r`rh; ižu i=****

fo | ky; i z`aku , oa fu; kst u

| | | |
|--------------------|----------|---|
| bdkbz & | 1 | d{kk , oa fo ky; i z`aku] fo ky; Hkou |
| | 1-1 | d{kk , oa fo ky; i z`aku dk v`Fk] vko' ; drk , oa egRo |
| | 1-2 | LFkku p; u] fo ky; Hkou dk Lo: iA |
| | 1-3 | fofHkku d{k] Nk=kokl] ØhMk LFky dh vko' ; drkA |
| | 1-4 | l kt l Ttk , oa mi dj . kka dh 0; oLFkka |
| | 1-5 | vHkko dh i firz grq tu l g; kx dk egRoA |
| bdkbz & | 2 | f'k{kd |
| | 2-1 | izkra= ds l mHkz ea f'k{kd ds dUkØ; A |
| | 2-2 | fo ky; mnas ; ka dh i firz ea f'k{kd dk nkf; RoA |
| | 2-3 | jk"Vh; , oa HkkoukRed , dh dj . k dh fn'kk ea f'k{kd dk ; kxnkuA |
| | 2-4 | l Qy f'k{kd ds xqk&ekuoh;] 0; kol kf; d] l kekt d , oa ufrdA |
| | 2-5 | f'k{kd dh i fr) rk, j Lo; a ds i fr] Nk= ds i fr] l ekt ds i fr] fo ky; ds i fr] l fo/kku ds i frA |

- bdkbz & 3 i zkkuk/; ki d**
 3-1 fo | ky; ea i zkkuk/; ki d dh fLFkfrA
 3-2 i zkkuk/; ki d ds xqkA
 3-3 fo | ky; ds mnns; ka dh i firZ ea ml dk nkf; RoA
 3-4 i zkkuk/; ki d ds vf/kdkj , oa dUKO; A
 3-5 i zkkuk/; ki d dk Nk=k f'k{kdk} vf/kdkfj; ka , oa l ekt ds ifr vi s{kr 0; ogkjA
 3-6 d{kk f'k{k.k , oa i ; bskdA
- bdkbz & 4 I hFkxr fu; kst u , oa fo | ky; I j{kk**
 4-1 vFkZ , oa egRo
 4-2 i zdkj & vYi of/k] e/; kof/k] nh?kkof/k fu; kst u
 4-3 'kkyk dk ifjn';
 4-4 ; kst uk dk fuekZk , oa fØ; kko; u
 4-5 fo | ky; i pkx %dymj½
 4-6 I hFk ea mi yC/k I k/kuka dk vkdyu , oa mi ; kx
 4-7 fo | ky; ifjosk dh I hkkfor vki nk, & i zdkj , oa muds Lo: i] vki nk vka ds
 i Hkk] Hkkrd] eukKkfud] I keftd , oa 'k{k{kd i Hkk] vki nk I j{kk ds mi k; A
- bdkbz & 5 f'k{k I a/k fu; e , oa vfHky{k**
 5-1 f'k{k I fgrk & I kekJ; ifjp;
 5-2 fo | ky; vfHky{k] i zdkj] dkgkVZjftLVj] vkbzi h, e, l - , oa MkbI
 5-3 y{k vfHky{k&i zdkj , oa l akk.k i fØ; k
 5-4 'kkyk vka ea l pkfyr ; kst uk vka dk vfHky{k I akk.k
- bdkbz & 6 iB; I gxkeh fØ; k, j**
 6-1 vFkZ Lo: i] iB; I gxkeh , oa iB; ijk fØ; k vka dh vo/kkj .kk, j
 6-2 iB; I gxkeh fØ; k vka ds vk; kst u dk mnns;] egRo , oa fØ; kko; u
 6-3 iB; I gxkeh fØ; k vka ds i zdkj
 6-4 jk"Vh; i ok dk vk; kst u , oa jk"Vh; i rhdk dh xfjek , oa fu; eka dh tkudkj h
- bdkbz & 7 I e; foHkx pØ , oa f'k{k.k vf/kxe ifØ; k**
 7-1 vko' ; drkj mnns; , oa egRo
 7-2 fuekZk ds fl)kr vkj vk/kkj
 7-3 , d v/; ki dh; , oa cgw/; ki dh; fo | ky; dk I e; foHkx pØ
 7-4 I e; foHkx pØ e& cly dSunr] I eg f'k{k.k] {k= Hke.k dk I ekošk
- bdkbz & 8 vuqkkl u**
 8-1 vFkZ egRo , oa Lo: i
 8-2 ckg; , oa vkUrfd vuqkkl u
 8-3 i jHkd Lrj ij vuqkkl u dh I eL; k , oa fujkdj .k
- bdkbz & 9 f'k{k I a/h uohu ; kst uk, j**
 9-1 i kyd f'k{k{d I ak] f'k{k I a/h ; kst uk vka eaf=Lrjh; i pk; rh jkt I hFk vka
 dh Hkfiedk
 9-2 'kkyk I akj ; kst uk fodkl , oa fØ; kko; u ekMy DyLVj 'kkyk
 9-3 enj l k o I hNr fo | ky;
 9-4 vkJe 'kkyk, j

- 9-5 I r q i k B ; Ø e
- 9-6 ' k k y k i q r d k y ;
- 9-7 f o f H k U u i z k j d h N k = o f Ū ; k j
- 9-8 c k y k ¼ c f Y M a x , t , y f u a k , M ½ (B A L A)
- b d k b z & 10 H k k j r e a j k " V h ;] j k T ;] I H k k x , o a f t y k L r j i j f ' k { k k d h i z k k l f u d I j p u k
- 10-1 L d n y f ' k { k k f o H k k x d h i z k k l d h ; I j p u k
- 10-2 ¼ r ½ & j k " V h ; I h F k k , a & j k " V h ; ' k s { k d v u d a k k u v k s i f ' k { k . k i f j " k n] (N C E R T)] j k " V h ; ' k s { k d , o a i z k k l u f o ' o f o | k y ; (N U E P A) } { k s = h ; f ' k { k k I h F k k u (R I E) j k " V h ; v / ; k i d f ' k { k k i f j " k n (N C E T) A
- ½ c ½ & j k T ; L r j , o a I H k k x L r j I h F k k , & y k d f ' k { k . k I p k y u k y ; f t y k , o a C y k d L r j h ; i z k k l u j k T ; f ' k { k k d b n z (R S K) j k T ; f ' k { k k d b n j j k T ; f o K k u f ' k { k k I h F k k u t c y i g] e - i z i k B ; i q r d f u x e j e k / ; f e d f ' k { k k e . M y] f ' k { k k e u k f o K k u , o a I n ' k Ū e g k f o | k y ; t c y i g] i n o z i k F k f e d i f ' k { k . k I h F k k u] ' k k l d h ; f ' k { k k e g k f o | k y ;] ' k k j h f j d f ' k { k k f o | k y ;] v k k y H k k " k k f ' k { k . k I h F k k u] f t y k f ' k { k k i f ' k { k . k I h F k k u] t u i n f ' k { k k d b n j t u f ' k { k k d b n A e - i z f o ' k s k f o | k y ; & u o k n ; f o | k y ;] j k T ; v k s i u L d n y] I a h r f o | k y ;] f o ' k s k v k o ' ; d r k o k y s c P p k a (C W S N) d s f y , f o | k y ; A



i=kpkj i kB; Øe
ek;/fed f'k{k e.My e-ç-] Hki ky
 }kj k l okl/kdkj l jf{kr
 fMlykek bu ,T; qđsku
 iEke o'kz
 izu i= rrh;

fo"K; & fo |ky; i zaku

i k B l f; k & 1

fo"K; kAk % d{kk , oafo |ky; izu/ku dk vfkz vko'; drk , oa egRo
 d{kk} fo |ky; @'kkyk izu/ku

i Lrkouk

fi z; Nk=w; ki d

rrh; izu&i= dh bl bdkbz dh fo"K; oLrqdks; gkav/; ; u ea l fo/kk dh n"V l si kp
 mi & bdkbz, ka ea foHkDr fd; k x; k gA i R; d mi bdkbz ds vUr ea i qj koykzdu fclnqrFkk i k BxR
 izu Hkh fn, tk; xA ge vk'kk djrs gSfd fn, x, funz kkuq kj v/; ; u dj ds vki l Ei wZ i k B
 dks Hkyh Hkkr l e> l dAx

fdl h Hkh dk; Z dks djus Qj oks nSud thou l sl xA/kr gks; k 'kkyk ; k vU; fo"K; ka l s
 l xA/kr gks ml sl pk: : i l s djus ds fy, ge ; kstuk rS kj djrs gA bl ; kstuk ds vk/kkj ij
 ml dk; Z dh l Qyrk fuf'pr gkrh gA

bl bdkbz dsek/; e l sge vki dks; scrkusdk iz kl dj jgs gAfd 'kkyk i zaku D; k gS
 ge bl i qrd o i k B; i qrd ds }kj k 'kkyk dh l eLr xrfof/k; ka dks l e; c) rjhdsl s
 pykus ds fy, d{kk , oa'kkyk i zaku dS sdjxS bl ds fy, geafdu&fdu ckrka dks/; ku j [kuk
 gksxA bl bdkbz dsek/; e l sfo |ky; ds l pkyu eafo |ky; i zaku dk egRo vkj vko'; drk
 dks Hkh tku l dAx

mnAS;

bl bdkbz ds v/; ; u ds ckn i f' k{k. kFkz bu egRo i wZ fclnq/ka l s i fjpr gks l dAx

& 'kkyk i zaku dh 0; oLFkk dks tku l dAx

& 'kkyk dh l eLr xrfof/k; kA fuf'pr l e; ea dS sl pkfyr dh tkrh gS ml l s i fjpr
 gks l dAx

& 'kkyk ds l pkyu ea i zaku egRo i wZ o vko'; d gS bl sl e> l dAx

& 'kkyk i zaku dsegRo dks l e> dj vius fo |ky; @ 'kkyk dks cgrj l pkfyr dj
 l dAx

mi bdlb&1

d{kk ,oa fo |ky; izaku dk vfkz vko'; drk ,oa egRo

(Meaning of School Management or educational management)

d{kk ,oa fo |ky; izaku ds vfkz o l eiR; ; dks l e>us ds i wZ izaku dks l e>uk vfr vko' ; d gA D; kfd izaku ds vfkz ds l eak ea vucl n"Vdks k ipfyr gA l kedu; rkj ij ge izaku dk vfkz vU; 0; fDr; ka; k de p f j ; ka ds dk; Z djokus l syrs gA , d fo}ku us izaku ds vfkz dks Li "V djus ds fy, vaxst h ds 'kCn Management dh 0; k[; k bl izkj dh gA Manage+ment+actfully bl izkj izaku dk vfkz 0; fDr; ka l s dke ysuk gA

bl izkj ge dg l drs gA fd ?kj gks ; k vi uh l l Fk ; k dkbz Hkh dk; Z {ks= dk; Z djus ds fy, gea ; kst uk cukuh gsrh gA bl ; kst uk ea mi yC/k l k/kuka t\$ s 'kfDr] /ku] l e; vkfn dks /; ku ea j [krs gq vi us dk; Z dks i k Fk fedrk , oa l fo/kk ds vuq kj Øec) rk ds l kFk djuk ; gh izaku gA

Md j ds vuq kj "izaku iR; d 0; ol k; dk xfr'khy , oa thou nk; d rRo gA ml ds usRo ds vHko ea mRiknu ds l k/ku] l k/ku ek= gh jg tkrs gA dHkh mRikn ugha cu ikrA**

d{kk} fo |ky; @'kkyk izaku

d{kk} fo |ky; @'kkyk izaku ea Hkh izaku dh l kedu; ckra vkrh gA vkt ds dN o"kkz i wZ 'k{k}kd izaku dks vko' ; d ugha ekuk tkrk FkA y\$du vkt vU; izakuka dh rjg 'k{k}kd izaku egRo i wZ gsrk tk jgk gA 'kkyk izaku l svk'k; 'kkyk dks 0; ofLFr o cgrj pykus ds fy, vko' ; d fu; kstr iz kl djuka l l Fk eagksusokyh fofHku xfrfof/k; ka dh ; kst uk, ; cukuk] l k/ku t\$ /kuk o xfrfof/k; ka dks l pkyr djuka

'kkyk izaku dk l eak ekuoh; rRoka o Hkdsrd rRoka l sgA ekuoh; rRoka ds vUrxzr izkku/; ki d] v/; ki d , oa l g; kxh o l epk; ds l nL; vkrs gA tks feydj 'kkyk dh xqkorrk dk sc<kusdk iz kl djrs gA Hkdsrd rRoka ds vUrxzr fo |ky; Hkou] l kt l Ttk] mi dj.k l kexh vkfn vkrs gS bl dh mi yC/krk , oa mi ; kx izaku }kjk l fuf'pr fd; k tkrk gA

ikBxr izu&

iz 1 izaku dk vfkz Li "V djA

iz 2- 'kkyk izaku D; ka vko' ; d gS

mi bdlbZ 2

LFku p; u] fo |ky; Houka dk Lo: i

LFku p; u

l kphu ; q ea xq dgy f'k{k}k iz kkyh FkA izlfr dh jEk.kh; xkn ea [kys vkd'k , oa dqt vfkzr i Mha dh Nk; k ea xq f'k"; dks f'k{k}k nrs FkA orZku l e; ea vucl i fof/k; k techniques 1/2 vks mi dj.kka ds vfo"dkj gks pds gsr Fk l ekt 0; ofLFr Hkh i fjo fr r gks p d h gA vkt ds ; q ea fo |ky; Hkou f'k{k}.k l l Fk dk vk/kkj gA c<rh gZ Nk= l a; k] iz kx'kkyk, j i fjo fr r f'k{k}.k fo/kk, j fo |ky; Hkou eagh l EHko gA fo |ky; Hkou ds vHko ea n{k , oa l q k; dk; Z drkz Hkh vl Qy fl) gks l drs gA f'k{k}.k dk; Z ds fof/kor l pkyu gsrq LFk; h Hkou vR; Ur vko' ; d gsrk gA

fo |ky; Hkou ds fy, LFku dk puko ; k p; u djrs l e; fuEufyf[kr ckra dk /; ku j [kk tkuk pfg, A

& Hfe p; u& fo |ky; Hkou ds fy, mi ; q r Hkfe dk p; u fd; k tkuk pfg, A Hkfe l hyu; q r u gk l kedu; /kj kry l s Fk Mh Aph gks t gk

& cLrh o xlp l snj gk& Hkou [kys e\$ku eagksuk pfg, A l kFk gh ; s Hkh /; ku j [kk tkuk pfg,

dh Hkou bruh nj Hkh u gks fd fo | kFkZ; ka dh i gpp l snj gkA
 & 'kar LFkku] Hkfe ea ty 'kksk.k 'kFDr gkš l w z ds izdk'k dh 0; oLFkk gkš i ; kZr LFkku gkš okrkoj .k
 vFkZr peMk dkj [kkuk] HkFVV; k] dMš dk <j] efnjky; vkfn uk gkA
 & i kuh o gok dh i ; kZr 0; oLFkk gkA

ikBxr izu

izu 3 fo |ky; Hkou dk puk d jrs l e; ge dks&dks l h ckrka dks /; kua j [kuk pfg, \
 fo |ky; Hkouka dk Lo: i

bdkb&3

Hkou dk ik: i

fo |ky; Hkou fufeZr djus ds i w z LFkki R; ; fo'kksK (Architect) }kj Hkou dk ik: i cuokuk
 pfg, A Hkou dk ik: i ^j k'Vh; Hkou vuq dku l LFkku**] (National Building Research Institute) }kj
 fu/kZj ik: i ka ds vuq kj gkuk pfg, A vk/kfud ; x ea fo |ky; Hkouka dk ik: i E, H, U, V, Y, L vFkok
 vnj i k.k okyh vkdr dk gsrk gA

Hkou dh jpuk& fo |ky; Hkou dh jpuk ds l e; fuEu rF; ka dks /; ku ea j [kuk pfg; A
 & **Hkou dh uo&** dkQh xgjh gkuk pfg, A uo ea dkQh fcNh gkuk pfg, tks Ms+Qv ek/h
 gkA rRi 'pkr fnokja mbkuh pfg, A
 & nhokja LFkkuh; l kexh dk iz kx djuk pfg, A iRFkj o bZ/ka dk iz kx djuk pfg, A
 & Nr vR; f/kd l nhz o xehz dscpko grq Hkou dh Nr etcir gkuk pfg, A xvjka dk mfpr LFkku
 ij iz kx fd; k tkuk pfg, A i kuh ds fudkl dsfy, l efp 0; oLFkk gkuk pfg, A
 & Hkou dh eity vko'; drkuq kj Hkou dh eityka dk fuekZk djuk pfg, A
 & **njokta, oaf[Mfd; k&** fo |ky; Hkou ea i ; kZr njokts o f[kMfd; k] gkuk pfg, ft l l s LOPN
 ok; q, oa izdk'k vk l dA

ikBxr izu

iz 4 Hkou dh pplZ d jrs l e; dks&dks l h ckrka dk /; ku j [kuk vko'; d gA

fofHMu d{k] Nk=kokl] ØHk LFky dh vko'; drk

d{k d{k&

d{k d{k 30x20x15 ds vdkj ds gkus pfg, rfd 30&40 fo |kFkZ vkjke l s d{k ea cB l dA
 d{k ea i ; kZr ek=k ea Quhpj gkuk pfg, A fo |ky; Hk[k.M rFkk LFkkuh; Nk= l q; k ds vk/kkj d{k d{k
 dk vdkj Nk/k Hkh fd; k tk l drk gA

& izkkuk/; ki d d{k izkkuk/; ki d d{k fo |ky; dh /kj h gA

& f'k{k d d{k

& fpdfRI d fujh{k.k d{k

& Hkstu d{k

& oL= ifjorZ d{k

& gky (Hall)

& i rdky; , oa okpuky; d{k

& dksu : e 'Nk=kvka dk d{k½

& , fPNd fo" k; ka dk d{k
 & 'kky; , oa e#ky;
 & i kuh dh 0; oLFk
 & 0; k; ke' kkyk & Nk=ka ds l okh.k fodkl dh n"V l s 0; k; ke 'kkyk dh 0; LFk gksuh pfg, A
Nk=kokl

, d vkn'kzfo | ky; ds l ehi gksNk=kokl dh 0; oLFk Hkh gksuh pfg, A ; g Hkou prh dsvdkj
 dk gksuh pfg, A Nk=kokl ds iR; d d{k eade l sde nks vf/kdre rhu Nk=ka ds jgus dh 0; oLFk gksuh
 pfg, A Nk=kokl eaokpuky;] eukjat u] Hkst uky;] [kky dk e#ku] i kFfed fpdfRI k vkn d{kka dh i Fkd
 i Fkd 0; oLFk gksuh pfg, A 'kky; , oa e#ky; dh Hkh 0; oLFk gksuh pfg, A

ØHk LFky dh vko'; drk&

[kky dk e#ku ckyd ds'kjhfjd o ekufi d fodkl eavR; r egROI wkgA [kky dse#ku eackyd
 l g; kx] enn iæ vkn ds Hko tkr gks gA , d vkn'kzfo | ky; ds fy, [kky dk e#ku gksuh vR; Ur
 vko'; d gA

iBxr izu

iz [kky l s ckyd dk&&&&&&& &&&&&&&&fodkl gkrk gA

mi bdk&4

I kt I Ttk ,oa midj.ka dh 0; oLFk

I kt I Ttk

fo | ky; i zdk dka dks i Lrkfor Hkou ds de jka rFk I kt I Ttk dh i wkg l ph r\$ kj djuk pfg, A
 bl l ph dk fu/kk.k or#ku , oa Hkoh vko'; drk vka dk /; ku eaj [kdj djuk gkska bl l ph ea iR; d
 vko'; d de jsdk eki fn; k tk; vkj bl ds iz, kx dk l fklr fooj.k rFk ml Hkou eaml d{k dh fLFkr
 dk mYys[k fd; k tkuk pfg, A

midj.ka dh 0; oLFk&

fo | ky; ds Quhpj ea l cl segROI wkg oLrq M&d] d d hz rFk ' ; kei VV dks ekuk tkrk gA
 & d h& d hz dh cukoV bl izdkj dh gksft l ij cBdj fo | kfhz vki kuh l scBdj d{k ea vi uk dke
 dj l dA

& M&d d{k o fo | kfkz ka ds vuqny gksuh pfg, A l okRke izdkj dh l hv i Fkd M&d rFk d d hz ekuh
 tkrh gA

& d{k d{k ea l hvka dks j [kus dh 0; oLFkA

v½{krt : i e& bl <x l s 0; ofLFkr djus ds fy, M&dka dks l h/kh js{k ea {krt : i eaj [krs pys
 tkr gA

c½'k&ed : i e& Verticle way - bl ea M&d , oa d f l z ka 'k" k&ed : i l s 0; ofLFkr dh tkrh gA
 bl eaf'k{k d dh est ds ikl l sydj i hNs rd , d ds ckn n h M&d , oa d d hz j [krs pys tkr gA

l ½v/kkykdj <x& Semi circular way- bl ea vf/kd LFku dh vko'; drk gkrh gA bl dkj.k ; g
 0; oLFk fer0; ; h ugha gA ; g 0; oLFk [kyyh gok iz.kyyh (Open air system) ds fy, mi ; dr gA

' ; kei VV ½Black Board½

' ; kei VV f'k{k.k dk egROI wkg mi dj.k gA iR; d fo | ky; ea bl dh 0; oLFk gksuh vko'; d gA
 f'k{k d bl dh l gk; rk l svi us i k B dks j kpd rFk ckskuh; cukus ea l Qy gkrk gA

& ' ; kei VV ds izdkj

& nhkj ' ; kei VV ½Wall black Board½; s vf/kdk k fo | ky; ka ds d{k vka dh nhokj ka ij fuf' pr LFku
 o vdkj eadkys jx l s i r k gkrk gA

& Ye; dr nhkj ij ½Framed wall Board½; s, d ydMh ij i v ij gkrk g s t ksg d ds l gkjsyVdk; k



i=kpkj i kB; Øe ek;/fed f'k{kk e.My e-ç-] Hkiky

}kjk I ok/kdkj I jf{kr
fMlylek bu ,T; qf\$ku
i Fke o'kz
izu i= r`rh;

fo"K; fo|ky; izaku

i k B I ; k & 2

fo"K; kAk % f'k{kd

mi bdkbz ka iz kra ds I mhz eaf'k{kd ds dRrD;

fo|ky; o mnas ; ka dh i kfr eaf'k{kd ds nkf; Ro
j k"Vh; , oaHkkoukRed , dh d j .k dh fn'kk eaf'k{kd dk ; ksnku
I Qy f'k{kd ds xqk
o\$ fDrd xqk
0; kol kf; d xqk
I kekftd xqk
f'k{kd ds ufrd xqk
f'k{kd dh ifrc) rk, j Lo; adsifr] I ekt dsifr] fo|ky; dsifr] I fo/kku dsifr
Lo; adsifr ifrc) rk, j
I ekt dsifr ifrc) rk, j
fo|ky; dsifr ifrc) rk, j
I fo/kku dsifr ifrc) rk, j

fi z Nk=k/; ki d

i Lrkouk

f'k{kk thou i ; Dr pyusokyh i fØ; k gSvkj vks pkfjd f'k{kk grqI cl smRre I LFkk ¼LFku½ 'kkyk
g\$ t gkWi j , d fuf'pr I e; eafuf'pr vk; øxZdsfo | kFkZ ka dksuf'pr i k B; Øekuq kj f'k{kk ¼Kku½nh
tkrh gA f'k{kk nsus dk dk; Z f'k{kd }kjk fd; k tkrk gA f'k{kd f'k{kk foHkkx , oaf o|ky; dh xR; kRed
'k fDr gA f'k{kd og /kj h gSft I dspkj ka vkj 'k\$kd xfrfof/k; kVfØ; k'khy jgrh gA ; g I R; gSfd 'kkyk
Hkou] i k B; Øe] I g'k\$kd xfrfof/k; kV i k B; i qrd I Hkh dk 'k\$kd dk; Øe eægROI w k z LFku g\$ fdUrq
f'k{kd dh vuq fLFkfr ea; g I Hkh vuq; ksch gA
gekjsnsk ea i k\$kf.kd dky I sgh f'k{kd dk LFku I Eekuh; jgk gA dfo dchj ds 'kCnka e&
^xq xk\$om nk\$ & [kM\$ dkds ykxwi kBA
cfygyjh xq vki dh] xk\$om fn; kscrk; AA**

f'k{k d fo | k f k z , ka ds Kku & di k v [k s y d j H k k o h t h o u d s f y ; s r \$ k j d j r s g A , M e d s v u d k & ' f ' k { k d d k s e u t j ; d k f u e k z r k d g k g A * b l f y ; s f ' k { k d e a , d l Q y f ' k { k d d s x q k k a d k g k u k v f r v k o ' ; d g A

v k t d s b l y k d r u = h ; l e k t r f k k / k e z f u j i { k j k T ; e a t g k w v u s d r k e a , d r k d s n ' k z u g k r s g j f ' k { k d k a d s n k f ; R o c g r c < + t k r s g A v r % m l s v i u s l k e k u ; d r D ; k a , o a n k f ; R o k a d s v y k o k m u n k f ; R o k a d d r D ; k a d k H k h f u o k z j d j u k g k r k g s t k s i z t k r a e d k s l q i < c u k u s r f k k j k " V h ; , o a H k k o u k R e d , d r k d h u h o d k s e t c w d j r k g A g p k w w d c h j d s v u d k j & ' f ' k { k d , d j k " V a d k f u e k z r k g A **

mnas ; &

b l b d k b z d s v / ; ; u d s c k n v k i % &

& ' k k y k e a f ' k { k d d h v k o ' ; d r k l e > l d s x A

& f ' k { k d d k e g R o l e > l d s x A

& f ' k { k d d k 0 ; f D r R o f ' k { k . k i f 0 ; k v k a d k s i H k k f o r d j r k g s l e > l d s x A

& f ' k { k d d s i z t k r a e d s l a n H k z e a d R k D ; g j l e > l d s x A

& f o | k y ; m n a s ; d h i f i r z e a f ' k { k d d s n k f ; R o l e > l d s x A

& j k " V h ; , o a H k k o u k R e d , d h d j . k e a f ' k { k d d k ; k s x n k u l e > l d s x A

& l Q y f ' k { k d d s s c u l d r s g s l e > l d s x A

& f ' k { k d d h i f r c) r k , & L o ; a l e k t] f o | k y ; l f i o / k k u d s i f r d k u & 2 l h g s l e > l d s x A

mi bdkb&1

izkrae ds l a n H z e a f ' k { k d d s d R r D ; &

H k k j r , d i z t k r k a = d n s k g s f t l e a n s k d s l H k h u k x f j d k a d k s f c u k H k n H k k o d s v i u & 2 f o d k l d s i w k z v o l j f n ; s x ; s g A y f d u i z t k r a e d h l Q y r k r i H k l H k o g s t c i R ; d l u k x f j d v i u s d R r D ; k a d k i k y u d j A v k t d s N k = @ N k = k , j g h d y d H k k o h u k x f j d g A b l g a v k n ' k z u k x f j d c u k u s d s f y , b u e a v k R e f u H k j r k] l g ; k s x] u s r d r k d h H k k o u k t i x r d j l d r s g s f t l s i z t k r k f u = d d R r D ; k a d h i w k z t k u d k j h g k A

i z t k r a e d s l a n H z e a f ' k { k d d s d R r D ; , o a H k k o u k e g R o i w k z v k s i H k k o ' k k y h g k r h g A f ' k { k d b l l a n H z e a v i u s d R r D ; d k f u o k z j f u e u i z d k j d j l d r k g s &

1- **vuqkl u , oavkkikyua** & f ' k { k d N k = k a d k s v u q k l u c) j g u s d h f ' k { k k n o d j n s k d s d k u u] l f i o / k k u] y k d r a e h ; l a F k k v k a o l a d f r d s e y r R o k a d k l E e k u d j u s d h i j . k k n s l d r s g A o g j k " V h ; f g r k a d s l a n H z e a l e > k l d r k g A N k = k a e a , d h H k k o u k , W H k j l d r k g A t k s e k u o h ; x q k k a l s v k s & i k s r g k A

2- **vf/kdkjvkvj dRRD; kadk Kku** & f ' k { k d d k s N k = k a d k s v f / k d k j v k s d R r D ; k a d s K k u d s l k F k & l k F k n k a u k a d s e / ; l e l o ; d k i f ' k { k . k H k h n s u k p k f g ; s D ; k a d v f / k d k j k a , o a d R r D ; k a d s m f p r l e l o ; i j g h i z t k r a e d h l Q y r k f u H k j g A f ' k { k d N k = k a d k s c r k ; s f d l a k j d h l c l s v f / k d u ; k ; i w k z i z k k y h i z t k r a e g h g A b l i z d k j f ' k { k d N k = k a e a i z t k r a e k R e d ' k k l u i z k k y h d s i f r J) k m R i U u d j l d r k g A

3- **urRo dsxqkka d fodkl** & i z t k r a e e a t h o u d s i R ; d { k s =] l k e k f t d] 0 ; k o l k f ; d] v k s l k s x d] j k t u h f r] e a , d d q k y u R r R o d k g k u k v f r v k o ' ; d g A f ' k { k d v i u s f ' k { k . k] ' k s { k d d k ; D 0 e [k s y d m , o a v l u ; f o | k y ; h u f 0 ; k d y k i k a d s e k / ; e l s N k = k a e a u r R o d s x q k k a d k f o d k l d j l d r k g A

4- **jk"Vh; , drk dh Hkouk dk fodkl** & H k k j r e a f o f H k u / k e l l E i n k ; t k f r v k s H k k " k k c k s y u s o k y s y k s j g r s g A l a h . k z H k k o u k v k a v k s e r H k n d s d k j . k V o d j k g v d h l F k f r m R i U u g k r h g s f t l l s y k d r a e i H k k f o r g k r k g A v r % j k " V h ; , d r k d h f u r k l u r v k o ' ; d g A

o r z e k u i f j l F k f r ; k a e a f ' k { k d] v i u s i H k k o ' k k y h f ' k { k . k , o a ' k s k f . k d x f r f o f / k ; k a } k j k l a h . k z r k d h H k k o u k d k s l e k l r d j m u e a j k " V h ; , d r k d s e g R o d k K k u d j k l d r k g A

ikBxr izu

i z l - i z t k r a e d s l a n H z e a f ' k { k d d s r h u d R r D ; f y f [k ; A

mi bdkb&2

fo | ky ; mnas ; ka dh ifrz eaf'k{k d ds nkf ; Ro %

i R ; d e k r k & f i r k d h ; g p k g r g s f d m u d k c P p k i < + f y [k d j t h o u e a d l Q c u d j f n [k k ; A b l h v j e k u d s l k F k m l s f o | k y ; H k s t r s g A m u d h v i { k k j g r h g s f d o g f ' k { k d : i h i k j l d s l a d z e a m u d k c P p k l k a s t s s e w ; o k u v k s e g k u c u t k ; s x A ' k k y k e a c P P k a d s l o k a c h . k f o d k l d k d b n z f c l u n g g A ' k s { k d u h f r ; k a d k s 0 ; o g k j : i e a i f j f . k r d j u s r f k k m l g a i H k k o ' k k y h : i l s f 0 ; k f l o r d j u s d k n k f ; R o f ' k { k d d k g h g A f ' k { k d d s f u e u f y f [k r n k f ; R o g &

fo | ky; ds mnas; , oa f'k{k.k y{; ka dk fu/kk̄.k %

'k{k{kd mnas ka dk fu/kk̄.k jk"V^a dh nk' kuzd I kekftd] jktuhfrd] I ka dfrd fopkj/kkj kvka rFkk vob'; drkva dks/; ku eaj [kdj fd; k tkrk gStcfd fo | ky; ds y{; ka dk fu/kk̄.k i z kkl d o v/; ki d feyt ydj fo | ky; , oa l kepkf; d vko'; drkva dks/; ku eaj [kdj djrs gA ; sy{; jk"V^a ds' k{k{kd mnas; kadh i kflr eagh I gk; d gkrsgA

vr%, d v/; ki d dks Nk=ka ds 0; ogkj eavi f{kr ifjorū ykus, d f'k{k.k vf/kxe i fØ; k dks i Hkko' kkyh cukus ds fy, f'k{k.k dk; ZI siwZ bu y{; ka dks Li"V : i I si f j Hkkr"kr dj ysuk p kfg; A ; sml dh f'k{k.k fØ; kvka dk ekxh'kū inku djuseal gk; d fl) gkrsgA

f'k{k.k I Ecl/kh nkf; Ro %

i R; d f'k{k{kd dk ; g i je dRRkØ; gSfd og I kFkd mnas; I S kflrd , oa 0; kogkfjd egROI wkz f'k{k.k fclnq/ka dk fu/kk̄.k djavkš vumš kRed mnas;] i kB; I kexh dh i dfr , oa Nk=ka dh mfr; kA 'k{k{kd I w-kā dks kyka dh i fof/k; ka dk iz kx djds jkpd <x I s f'k{k{kk inku djA og vi us i kBka dks cPka ds e/; mRl kg] yxu vkš I okRe fof/k I si Lr djA cPka dks Hkh vi us f'k{k.k dk; Øe ea Hkx ysugr qI fØ; cuk; A t kka fMoh ds vuq kj & ^tksf'k{k{kd vi us nkf; Ro dk ftruh vPNh rjg fuokz djrk gSog I ekt eamruk gh vPNk] ykdfiz , oal Eekutud gkrk gA**

d{k ka ea vuqkkl u

i R; d f'k{k{kd dk nkf; Ro gSfd og vi uh d{k vkš 'kkyk eavudkkl u cuk; aj [ka f'k{k.k bl dk; Zeaftruk I Qy gkxk mruk gh vi us nkf; Roka ds fuokz ea I Qy gkxkA bl ds fy; s Nk=ka dks I gt : i ea l x BukRed , oa vuqkkl ukRed xrfof/k; ka dk I pj.k djuk p kfg; A f'k{k{kd dks Nk=ka ea Lokuqkkl u dh vknr fodfl r djuk gA D; kād n.MkRed vuqkkl u mruk I Qy ugh gkrkA

i kB; I gxkeh fØ; kvka I s I fcl/kr nkf; Ro &

f'k{k{kd i kB; I gxkeh fdz kvka dsek/; e I s Nk=ka dk ekufI d 'kkjhfd p k j f=d vkš I ekftd fodkl dj I drk gA bl ds fy; sog fofHku dk; Øe tš sdfork i kB] fucl/k y[ku] vflku;] okn fookn i fr; ksrk] [ksyd m v fndk vk; kst u fd; k tkuk p kfg, A i kB; I gxkeh fØ; kvka ea i R; d Nk=&Nk=kvka dh Hkxhkhkh I fuf' pr gkrFkk mlga muds: fp ds {ks= ea c<kok Hkh fn; k tkuk p kfg, A

fo | k f k z ka ds p k j f=d fodkl I Ecl/kh nkf; Ro &

f'k{k{kd dk i e f k nkf; Ro gSvi us Nk=&Nk=kvka eap k j f=d xqkka dk fodkl djA bl ds fy; s Lo; a Hkh dRrØ; fu"Bl] bēkunkjh] I nkpj vkfn mPp xqka I s; Ør vkn'kz rFkk mPp p j f=d dk mnkgj .k cPka ds I e{k i Lr dj a D; kād Nk= vi us f'k{k{kd ds v k p j .k I scgr i Hkfor gkrsgA j ekWV dk er gSfd f'k{k{kd dks mu I Hkh ckrka dk R; kx djuk p kfg, tks r P N , oaghu gka D; kād ml h i j I eLr Nk=ka dk n"V yxh jgrh gA bl fy, ; g vko'; d gSfd og I nō vkn'kz , oa fopkj ka dks eu opu rFkk deZ I s 0; ogkj eayk; sftudk ckydka i j I okRe i Hkko i M+I dA

I kekftd fodkl I Ecl/kh nkf; Ro

f'k{k{kd Nk=&Nk=kvka dks fo | ky; hu fu; æ.k eaj [kdj vuqkkl u I h[kk nrs gA rFkk vl; fo | ky; hu fØ; kdyki] i kB; I gxkeh] fØ; kvka ds }kj k muea I g; kx] I gdfjrk ds xqk fodfl r dj I kekftd fodkl I Ecl/kh nkf; Roka dk Hkh fuokz djrs gA

jk"Vh; Hkoku vka dks fodfl r djus I Ecl/kh nkf; Ro &

f'k{k{kd dk ; g dRkØ; gSfd og Nk=&Nk=kvka ea jk"Vh; Hkoku vka I g; kx esy feyki] ekuo eW; ka vkš vl r j k z Vh; I n Hkoku; a/kk̄.k djus I Ecl/kh fopkj ka dks tkxr djA og Nk=&Nk=kvka ea/kkfeZl Hkn Hkko] tkfr Hkn vkš Nw/k&Nw vkfn dks I ekI r djA Nk=ka dh I dh. k z eukofRr dks 0; ki d vkš I fg". k r k ds n"V dks k eacnyA

usRo ds xqka dk fodkl &

vkt dk fo | k f k z dy dk ukxfjd rFkk usk gA i z k r æ ea thou ds fofHku {ks=ka ea vPNsusRo dh t: jr gkrh gA f'k{k{kd vi us f'k{k.k] 'k{k{kd dk; Øe] [ksyd m rFkk vl; fo | ky; hu fØ; kdyki ka dsek/; e I s Nk=ka ea usRo ds xqkka dk fodkl dj I drk gA

f'k{k.k i fof/k; k&

f'k{k.k ds f'k{k.k dh i j E i j k x r i) fr; ka dks Nk/dj ek. V d j h] fd. Mj x k N L z] M k Y V u] i k s t D V] v l o s k . k] I e L ; k I ek/kku] okn&fookn] i n'kū] i z kx o 'k{k{kd Hke.k vkfn dk i z kx dj a f t I I s Nk= I fØ; gkdj vf/kxe dj j ; i R; {k vuqkka dks I h[ka rFkk vi uh vl r fu z gr ; kx; rkvka , o {kervka dk i wkz fodkl dj I dA

Nk=&Nk=kvka ds dk; ks ,oa ixfr dk eW; kaðu

v/; ki d dks Nk=&Nk=kvka eaf d, tkus okys okāNr i fjoRz ds eW; kaðu ds fy; s oS] fo'ol uh; , oa oLrfu" B ijh{k. kka dk fueZk djuk pkfg; A ijh{k. kka l sikr i fj. kke ds vk/kkj ij Nk=ka dk funkukRed ijh{k. k , oa mi pkj kRed f'k{k. k djrk gA f'k{k d Nk= ds dk; Z, oa ixfr dk eW; kaðu dj Nk= mi yfC/k; ka ds fo" k; eal eLr l p u k, a ixfr if=dk rFkk f'k{k d ikyd l ak dh cBd }kjk vfHkHkkod rd igpkrk gA

d{k{k icU/ku

f'k{k d d{k{k&d{kka ds HkkRrd okrkoj. k dks mRre cukus dk iz kl djrk gA vr%, d f'k{k d dks d{k{k , oa d{k{k f'k{k. k l sl Ecflu/kr l Hkh vko'; d l kexh tS A Quthpj] pkd] MLVj] ' ; kei VV vkfn ds 0; oLFkk , oa dfe; ka ds fo" k; eal kpk; Z dks l fipr djrs jguk pkfg; A d{k{k d{kka e agok o idk' k dh mfpr i cU/k gkscPpkadh xg dk; Z l a dkh i qLrdkvk i xfr if=dkvk mi fLFkr] i at dk] Vh, y-, e- vfHky[k o jftLVj dks l g f{kr j [kus dh mfpr 0; oLFkk gksh pkfg; A

funzku ,oa ijke'kz

f'k{k d cPpka l s 0; fDrxr l Ei dz j [krk gS ml s Nk=ka dh 0; fDrxr dfe; kA LoHkko] i "BHkfe] i frHkk, j ; kA; rkvka dh vf/kd tkudkj gksh gA vr% f'k{k d dks fi NM; i frHkk' kkyh] l tukRed] vl keU; , oa l eL; k okys ckydka dks igpku dj mfpr f'k{k dh 0; oLFkk djus dk nkf; Ro f'k{k d dk gh gA ft l sog i kpk; Z, oa vfHkHkkodka ds l g; ksx l si jk dj l drk gA f'k{k d mu Nk=ka dks ftudh f'k{k i jh gkspdh gS 0; ol k; dk p; u djus ds fy; s mi ; ksh l ykg nsl drk gA

fØ; kRed vuq akku

v/; ki dka }kjk f'k{k. k vf/kxe l a dkh l eL; kvka dk l ek/kku djus rFkk fo | ky; dk; Øeka dks i Hkko' khy cukus ds fy, fØ; kRed dks i Hkko' kkyh cukus ds fy, fØ; kRed vuq akkukaf d; s tkus pkfg; srFkk rF; ka dh oLrfu" B rjh ds l s [k st chu dj ds l eL; k mRi lu djus okys dk j dka dk oSkfud , oaeukoSkfud < x l sl ek/kku djuk pkfg; A

vfHkHkkod ,oa l epk; ds l Fk l EcE/k&

v/; ki d fo | ky; dk gh ughaoju- l ekt dk Hkh usk gA ml sl nD vfHkHkkodka ds l ei dZ eajguk pkfg; A f'k{k d ikyd l ak ds xBu rFkk muds mfpr l pkyu }kjk gh f'k{k d o vfHkHkkod fey tyd j Nk= dk mfpr fodkl dj l drsgA f'k{k d dks l Fkkuh; l kepkf; d xfrfof/k; ka ea Hkx y d j l epk; dh dfBukb; ka, oal eL; kvka ds fuokj. k grqmfr ekxn' kZ nusuk pkfg; A

izkl fud nkf; Ro&

v/; ki d dks fo | ky; dh uhfr; ka, oadk; Øeka ds fu/kkj .k eal fØ; Hkx y suk pkfg; A 'kS{k d dk; Øeka ds fØ; k lo; u dk i a d k nkf; Ro f'k{k d dk gS Nk=ka ds i ds k] oxh d j .k] mi fLFkr] 'k d l xg] i jh{k l pkyu] i jh{k d{kka dk fujh{k. k] mRrj i qLrdkvka dk eW; kaðu tS s dk; kA dk nkf; Ro f'k{k d }kjk xHkjrki d d ogu fd; k tkuk pkfg; A

ikBxr izu&

- 2- f'k{k dsmnns ; ka dks i jk djus ds fy, f'k{k d dk l cl si a d k , oa egROI wkZ nkf; Ro D; k gA
 ¼/½ Nk=ka dk l keft d fodkl ½ f'k{k. k dk; Z
 ¼ ½ Nk=ka dk ekuf l d fodkl ¼ i kB; l gxkeh fØ; k, j
- 3- f'k{k d Nk=ka dks vi uk d q ky urRo fd l izkj inku dj l drk gA

mi bdlb&3

jk"Vh; ,oa HkkokRed , dh d j .k dh fn'kk ea f'k{k d dk ; kx nku

Hkkjr , d fo'kky nsk gA ; gk yxHkx 90 dj kM ykx jgrsgA Hkkjr eafgUnh ed yeku] fl D [k] ckS] tS i kj l h vkfn foHkUu /kek rFkk fglUnh cak yk] i atkch] d' ehjh xqjkrh rkfey] dUuM] r y x i eY; kye] ejk Bh vkfn vusd Hk"kk; aksyusokys ykx jgrsgA bu ykx ka dks vkpkj fopkj jifr fjokt] [kku i ku vkfn fHkUu&fHkUu gA , d h fLFkr ea jk"Vh; , drk , d l eL; k cuh gpZ gA

jk"Vh; o HkkokRed , drk ds vkn' kZ dks i klr djus ds fy, nsk dh f'k{k ; kst uk ml h ds vuq i cukuh pkfg, nsk ea, drk dh LFki uk djus ds mRrj nkf; Ro l sf'k{k vi uk egg ugh ekM l drhA HkkokRed , drk l feir ds gh 'kCnka e& ^HkkokRed , drk dks l n< cukuseaf' k{k egROI wkZ Hkredk vnk dj l drh gA ; g vuHko fd; k x; k gS fd f'k{k dk mnns ; Kku nusuk gh ughaoju Nk= ds 0; fDrxr foHkUurkvks dks /; ku eaj [kdj mfpr f'k{k. k fof/k] 0; fDrRo ds l Hkh i {kka dk fodkl djuk gA bl dks pkfg, fd Nk=ka ds n"V dks k dks foLrr djsft l l sfd l adh. kZ nyxr LokFkhZ dks fo'kky nsk&fgrka eal ekfgr fd; k tk l dA

- jk"Vh; , oaHkkokRed , drk dsfodkl grqf'k{k d fuEukidr : i l sviuk ; kxnku nsl drk gS%&
- 1- Nk=ka ea i e l g; kx l fg". kqk dh Hkkouk vka dk fodkl djusdk iz kl djuk pkfg; A
 - 2- Nk=ka dh l dh.kZeukofRr; kadksnj dj Nk=ka dsnf"Vdksk dks0; ki d vkj mnkj cuk; A
 - 3- , frgkfl d i "BHKie dk mYyqk djrsgq ijLij i e Hkkouk dk fodkl dj ; g crkuk fd gekjsnsk eafofHkUrk ea, drk gSvkj tc dHkh Hkh mudh jk"Vh; , drk detkj i Mh gSnsk VWk gSRFkk jk"V" dh izfr vo:) gqZgA
 - 4- nsk dh egkurk , oafokkyrk l kldfrd fojkl r dk ifjp; djkdj f'k{k d mueansk i e dsl 'kDr Hkko tkxr dj l drk gA
 - 5- i ; M/u , oahke.k rFkk f'kfoj eavyx&2 in'sk dsyxs , d l kFk jgæsrksmueai e l g; kx , drldk Hkkouk HkbpkjkcVxka
 - 6- f'k{k d l kefigd Hkkt }kj k Hkh Nk=ka eaHkshkko dh Hkkouk dks l ektr dj esy&feyki o , drk dh Hkkouk fodfl r dj l drk gA
 - 7- fo|ky; ea l e; &l e; ij jk"Vh; Hkkouk ij vk/kfjr ukVdka dksvk; kstu djukA
 - 8- nsk dksvuh l ok; , inku djusnsk i e rFkk nsk l g {kk grqifrfnu Nk=ka l s'ki Fk xg.k djkuh pkfg; A
 - 9- fo|ky; eafok"V 0; fDr; ka }kj k HkkokRed , drk* ij 0; k[; ku djuk pkfg; A
 - 10- f'k{k d l Hkh tkfr oxZ dsfo | kFkz, ka l sl ekurk dk 0; ogkj djA
 - 11- f'k{k d dks i <krsl e; dkbZ , d h ckr ugha djuk pkfg; sft l l s tkrh; rk ; k l kEinrk; drk dks c <kok feyA
 - 12- f'k{k d dks fo" k; dsl kFk & l kFk l kldfrd xfrfof/k; ka l s ifjpr gksuk pkfg; A
- f'k{k d gh jk"Vh; , oaHkksksyd l hekvka dks yk?kdj fo' o 0; oLFkk rFkk ekuo tkfr dks mluftr dsl Fk ij vxl j djrk gA vr%dgk tk l drk gSfd ekuo l ekt , oansk dh mluftr mRre f'k{k d ij fullkj gA

ikBxr&izu

1- l oZtkrh; , drk dksfodfl r djusdsfy; sf'k{k d D; k dj l drsgA

2 Hke.k , oai ; M/u dk egRo crkb; s

mi bdkb&4

l Qy f'k{k d ds xqk

dkBkjh vk; kx 1964&66 ds vuq kj & Hkkjr ds Hkkk; dk fuezk ml dh d {kk eafd; k tkrk gA**
 eW; ka dk fodkl d {kk earFkk d {kk dsckg fo |ky; eafd; k tk l drk gA eW; ka ds fodkl grqf'k{k d dksgh l efr okrkoy .k mRi lu djuk gsrk gA
 ek/; fed f'k{k k& vk; kx usvi us ifronu eafy [kk gSfd & ^vi f{kr f'k{k ds i qfuZk ea l cl segROI wkZ rRo f'k{k d & ml ds0; fDrxr xqk ml dh 'k{k d ; kx; rk, } ml dk 0; kol kf; d i f'k{k.k vkj ml dh fLFkr tksog fo |ky; rFkk l ekt eaxg.k djrk gh gA fo |ky; dh ifr"Bk rFkk l ekt ds thou ij ml dk i Hkko fuLI ng : i l smu f'k{k d ka ij fullkj gS tksfd ml fo |ky; eadk; Zdj jgs gA**

oS fDr d ; k ekuoh; xqk&

mRre LokF; , oathou 'kDr & LoLF; 'kjhj eagh LoLFk eflr" d dk fuokl gsrk gA gjcVZ Li l j dk er g& ^thou ea l Qyrk i ltr djusdsfy, vPNk i k.kh gksuk vko'; d gA**

; fn f'k{k d dk LokLF; [kjk gS rksog l Qyrki dZ v/; ; u dk; Zughadj l drk D; k d 'kDr , oaLo frZ f'k{k d ds dk; Zeavk'kkokh rk mRi kg , oathou 'kDr tkrh gA

l oxkRed l Uryu & f'k{k d ea l oxkRed l Uryu dk gksuk ijeko'; d gA bl ds vHkko ea og vi us Nk=ka dk HkkokRed fodk djusea vl Qy jgska

cf) eku] food'khy vj v/; ; u ieh&, d l Qy f'k{k d dks cf) eku] food'khy rFkk v/; ; u ieh gksuk pkfg; A ml sl Hkh i fjLFkr; kadks l e>usvkj mfr fu.kZ yusdh {kerk gksuk pkfg; srkfd og vi uh d) vkj food l s Nk=ka dh tFvy l eL; kvkadks l gt Hkko l sgy djusea l gk; d gks l dA

mnkjnf"Vdksk & , d l Qy f'k{k d dks mnkj nf"Vdksk oky 0; fDr gksuk pkfg; A mnkj 0; ogkj ml s Nk=ka dsl ehi i gpusea l gk; rk djrk gSRFkk og mudh l eL; kvkadks HkyHkkr l e>dj l efr i d kj l sl ek/kku dj l drsgs dBkj LoHkko okys f'k{k d ka l s Nk= nj Hkxrs gA

l g; kx dh Hkhouk l s ifjw& fd l h Hkh fo |ky; dh izfr f'k{k d o Nk=ka ds ijLij l g; kx ij fullkj djrh

gA vr%fo | ky; I xBu rFkk fofHkUu 'k{kd dk; Øekao ; kst ukvka dks0; kogkfjd : i nuseai wkZl g; kx i ktr dja
dy'k ekxh'kz& f'k{k(d eaf0 | kFkZ kadksmfr ekxh'kz ndj fofHkUu dfBukbZ kadksy djuseal g; kx djuk
pkfg; A fo | ky; hu Lrj ij Cykd] ftyk] I Hkkx o jk"Vh; Lrj ij gksusokyh ifr; kfxrk ijh{kkvkaeal fefyr gksus
grq, oaf'k{k mi jkUr 0; ol k; dsp; u eadqky ekxh'kz nsuk pkfg; A

foukn fiz rk& f'k{k(d dksfoukn fiz, LoHkko okyk 0; fDr gksuk pkfg; } D; k{d foukn LoHkko d{k(d dsokrkoj .k
dks l j l o jkpd cukuseal gk; d gsrk gsrFkk d{k(d dh uhj l rk] ruko] dBkgrk Lor%gh l ektr gks tkrh gA
0; kol kf; d xqk&

0; kol kf; d nF"V l svkn'kzf'k{k(d eafuEu xqkka dk gksuk t: jh gA

f'k{k dsmnS; kadsifr tkx: d& , d l Qy f'k{k(d dk iæ[k mnS; Nk=kadksf l Qzi qrdh; Kku nsuk ugha
gkrk cYd ckydka dks f'k{k(d dsegkure y{; kadh ikfr eavf/kd l svf/kd l g; kx nsuk gkrk gA

fo"K; dk iwZ Kku& f'k{k(d dks vi us fo"K; dk iwZ Kku gksuk pkfg; A , d fo}ku ds vuq kj& ^, d v; kx;
fpdRI d ejht ds'kkjhjd fgr dsfy, [krjukd gA ijUrq, d f'k{k(d jk"V" dsfy; sbl l sHk vf/kd ?krd gS
D; k{d og u dpy vi us Nk=kadsefLr"d dksfodr djrk gSfYd mudsfodkl dksvo:) djds mudh vkRek
dks ejkM+nrk gA

bl fy; s, d f'k{k(d dks vi us fo"K; dk fo | kFkZ cuk jguk pkfg; A

iz k{Red nF"V dsk & , d l Qy f'k{k(d dHk Hk ijEijkr f'k{k.k fof/k; ka l s l UrqV ugha gks i krk] cYd Lo; a
Hk iz kx }kj f'k{k.k dh uohu fof/k; kadh [kst djrk gS, oad{k(d ekwHkr 'k{kd l eL; kvkads l ek/kku dsfy; s
vuq U/kku djuk pkfg; A

0; kol kf; d if'k{k.k& vPNs, oa i Hkko'kkyh f'k{k.k dsfy; s f'k{k(d dks fo"K; ds Kku ds l kFk&l kFk f'k{k.k fof/
k; ka rFkk euksKkfud l Fkfr; kadh Hk l efr tkudkj gksuk vko' ; d gA , d fo}ku usdgk gSfD **, d vi f'k{k(kr
f'k{k(d , d vPNk 0; k[; ku rksnsl drk gSfDUrqf'k{k.k dk; ZvPNh rjg ugha dj l drkA** f'k{k(d if'k{k.k f'k{k(d
dks0; ol kf; d : i l sdqky o l {ke cukrk gA 0; kol kf; d Kku dksuohu cuk; sj [kusdh nF"V l sf'k{k(d dks l ehukj]
fopkj l Eesy] fofHkUu xkS"V; ka eal gHkkrk djuh pkfg; A

0; kol kf; d fu"Bk& f'k{k(d dh vi uh fo"K; , oa0; ol k; eafu"Bk gh ml s dk; Zdjus dsfy; s i kRl kgr djrh gA
ekdZ i sVI u dk dFku g& ^, d vPNs f'k{k(d dk i Fke xqk ; g gSfD og , d v/; ki d gks vkSj dQn ugha vkSj ml s
, d f'k{k(d ds: i eaf'k{k(kr fd; k tk; A**

iK& l gxkeh f0; kvlaea: fp& orëku ; q eaf'k{k(d dk dpy v/; ki u dk; Zea gh fui qk gksuk egROI wkZ ugha
gSfYd fo | ky; dh fofHkUu iK& l gxkeh f0; kvk tS sukVd] , d kadh] LdkA fVax] okn&fookn fucak y[ku
vkfn f0; kvkaea Nk=kadk ekxh'kz djs, oaLo; aHk bu dk; k{ea: fp j [ka

euksoKku dk Kku& f'k{k(d dks euksoKku , oacky euksoKku dk Kku vko' ; d gsrkfd og Nk=kadh eukofRr]
0; fDrxr fofHkUurk vknr] idfr 0; ogkj dks l e> l dA

vPNh okd-'kDr& f'k{k(d dks vPNk oDrk gksuk pkfg; A vi uh mRre Hk"K.k 'kDr ds }kj og vi us fopkj , oa
fo"K; oLrqdksi Hkko <x l sNk=kadsl e{k l zrq dj l dsbl l sog Nk=kadk /; ku Hk vi uh vkSj vkdfkr dj l drk
gA

I keftd xqk&

f'k{k(d jk"Vh; thou rFkk l eku dk LrHk gkrk gA l h-bz, e- tkM usdgk gSfD f'k{k(d l ekt ds l nL; ka
dsfopkj kadks <kyuS mudsvkpj .k dh fn'kk fu/kkZjr djus vkSj mudh usrd /kkj .kkvka dk fuekZk djus dk dk; Z
, d sl e; ij djrk gStc l ekt ds l nL; fd l h l Hkko dks l okZ/kd l jyrk l sxg.k djus dh voLFkk eagks gA
og mueal oFke Hky&cj} l keftd fgr&vfgr l qnj vkSj dq i dks igpkuus dh {kerk mRi lUu djrk gA**

vr% l keftd nF"V l sf'k{k(d eafuEufyf[kr xqk gksuk pkfg, A

I ekt dk iFk in'kz& f'k{k(d gh Nk=kadks f'k{k(kr dj mudk iFk&in'kz djrk gSogh l ekt ea0; klr cjkbz ka
dks nj djusrFkk l keftd fu; eka dk ikyu djuk l h[kkrk gA

jk"V" dk fuekZk& f'k{k(d jk"V" dk fuekZk] Hkko] dQky , oal gu'khy ukxfjd ndj djrk gSbl fy; sml sjk"V" dk
fuekZk dgrsgA gek; Wdch usdgk g& ^vki eq-s FkMsl l vPNs f'k{k(d nhft; } eSvki dks, d vPNk 'kDr'kkyh
vkSj l q<+jk"V" nPKA**

f'k{k(d ds usrd xqk%

Lokeh fooskuan usokLrfod f'k{k(d dsfy, ; g dgk gSfD& ^og Nk=kadsLrj ij vkdj mlga l e>usdk

f'k(kd dh fo |ky; ds ifr ifrc) rk; %

f'k(kd dksKku] v/; ; u] ftKkl k vls I e>nkjh dk emz i gksuk pkfg; A f'k(kd dks, d sl LFkkuka dh ; k=k djuh pkfg; stgk ij Kkuki ktZu gksvks vl; v/; ki dkarFkk fo'kSkKkadsI kFk vi usvuttkokadksvknku&i nku djuk pkfg; A f'k(kd dksf'k{k.k dk; ZvR; r jkpd <æ I smRI kg yxu] I okRe fof/k I sdjuk pkfg; A vuq akku ds }kjk f'k{k.k dsrjhdkæarFkk cPpkadsfy; sv/; ; u I kexh r\$ kj djuseamRd"Vrk fodfl r djuh pkfg; A vkRefo'okl h , oairc) v/; ki dka dksHkh vi usI kFk; kadsI kFk I g; kx , oal g'kkl u eaiDRr gksuk pkfg; A bl sjk"V^a dsfueZk dk dk; ZI e>dj ml dsifr fu"Bk fn[kk; h tkuh pkfg, A

f'k(kd dh I fo/ku ds ifr ifrc) rk

f'k(kd ykdrk=d I ekt eaykdræ dh Hkkouk dk iL kj djusokyh egRoI wkZ'kFDr gksrk gA f'k(kd eal Hkh ykdræh; xqk fo |eku gksupkfg; srkfd og ckydkæabudk fodkl dj I dA f'k(kd vi usdk; Z0; ogkj I sl ekt I ok o I keft'd nfk; Roka dsfuogu dksckydka dsfy; sLokHkkfod cuk nrk gA og ckyd eauro dh Hkkouk dk fodkl djrk gA jk"Vh; pfj= dk fodkl dj HksrHkko o I æh.kZrk dk vUr dj ykdrk=d fl) kUrkh 0; ogkjka vks I LFkkuka dsifr J)k rFkk I Eeku tkxr djrk gA

n\$ k eaykdrk=d ukxfjdkadk fueZk gks jk"Vh; , drk rFkk HkkoukRed , drk rFkk jk"Vh; Hkkouk dksI q<+ cukusdsmnas; ka dh ifrZ dh fn'kk eaf'k(kd dh egRoI wkZ Hkkfiedk gksrk gA

, d fo) ku usdgk Fkk fd ^vki eP-sFkkMsl sf'k(kd nhft; seavki dksvPNk I q< , oa'kFDr I EiUu jk"V^a npxkA** vr%f'k(kd oxZ dh dqkyrk) n{krk vks fu"Bk jk"V^a fueZk dh egRoI wkZ dqh gA

bdkbz I kjk&

f'k(kd ekua bfrgkl dk fueZrk g& , p-th oYI

- f'k(kd og /kjh gSftI dspkjs vks 'kS(kd xrfof/k; k; fØ; k'khy jgrh gA
- f'k(kd gh fo |ky; rFkk f'k(kk i) fr dh okLrfod xR; kRed 'kFDr gA
- iztkæ dsI mHkZ eaf'k(kd ds dRRkD; &

vuqkkl u , oavkKki kyu dk egRo I e>kukA
vf/kdkjka vks dRrD; ka dk Kku djukA
urRo ds xqkka dk fodkl djukA
jk"Vh; , drk dh Hkkouk dk fodkl djukA

fo |ky; mnas; ka dh ifr eaf'k(kd ds nfk; Ro

fo |ky; ds mnas; , oaf'k{k.k y{; ka dk fu/kkZ .k djuk

f'k{k.k I Ecl/kh nfk; Ro dk fuckZ djuk

d{k k eavudkkl u LFkfi r djuk

i kB; I gxkeh fØ; kvka I sl EclU/kr nfk; Roka dk fuokZ djuk

Nk=ka ea pkjf=d xqkka dk fodkl djuk

I keft'd fodkl I EclU/kr nfk; Roka dk fuokZ djuk

jk"Vh; Hkkouk vka dks fodfl r djus I EclU/kr nfk; Ro

f'k(kd ifof/k; ka dk fodkl djuk

Nk=ka ds dk; kZ , oa ixfr dk eW; ka du djuk

d{k k i cu/ku djuk

funZ ku , oaijke'kZkrk ds: i eadk; Z djuk

fØ; kRed vuq akku djuk

vfHkHkkod , oal epk; ds I kFk I æk j [kuk

iZkkl fud nfk; Ro dk fuokZ djuk vkfnA

jk"Vh; , oa HkkoukRed , dh dj .k eaf'k(kd dk ; ksnku

Nk=ka ea iæ I g; kx I fg".kqk dh Hkkouk vka dk fodkl djukA

I æh.kZ eukofRr; ka dks nj djukA

, frgkl d i"BHkie dk mYyZ[k djrsqg ijLij iæ Hkkouk dk fodkl djukA

n\$ k dh egkurk rFkk fo'kkyrk I sijp; djuk

i ; /u rFkk Hkæ.k dk vk; kstu djukA
 I kefigd Hkkst dk v; kstu djukA
 jk"Vh; Hkkoukvksä j vk/kkfjr ukVdkæ dk vk; kstuA
 nskiæ rFkk nsk I j {kk grqifrfnu Nk=ka l s'ki Fk xg.k djukA
 fof"K"V 0; fDr; ka ds 0; k[; ku dk vk; kstu
 I Hkh tkfr oxZ ds Nk=ka ds l kFk f'k{k d dks l ekurk dk 0; ogkj djuk
 f'k{k d dks l kldfrd xfrfof/k; ks l si f jfpr gksuk pkfg; A
 vr% f'k{k d dh Hkæiedk , d vkn'kz f'k{k d ds : i eagksuk pkfg; A vr% , d I Qy f'k{k d ea fuEu xqkka dk gksuk
 vko'; d gA

I Qy f'k{k d ds xqk

| | | |
|---|---|---------------------------------|
| ekuoh; xqk | 0; kol kf; d xqk I keftd xqk | ufrd xqk |
| ● mRre LokLF; , oa | ● f'k{k dsmnæs ; ka | ● I ekt dk iFk in'kd l mPp pfj= |
| thou 'kDr | dsifr tkx: d ● jk"V ^a dk fuekzrk | ● fu"i {k , oaU; k; iwkZ |
| ● I oxkRed I rgyu | ● fo"K; dk iwkZ Kku | ● /k\$ Z , oa l gu"khryk |
| ● çj) eku] food'khy | ● iz kxkRed n"Vdks k | ● nsk HkæfDr |
| rFkk v/; ; u iæh | 0; kol kf; d i f'k{k.k | |
| ● mnkj n"Vdks k | i kB; I gxkeh fØ; kvka | |
| ● I g; kx dh Hkkouk | ea: fp | |
| ● dQky ekxh'kd | eukfoKku dk Kku | |
| ● foukn fiz rk | vPNh okd-'kDr | |
| ● f'k{k d dkseut; ka dk fuekzrk jk"Vfuekzrk f'k{k (i) fr dh vk/kkfj'kyk rFkk I ekt dksxfr inku d jusokyk ekuk | | |

x; k gS
 ● f'k{k d dh Lo; adsifr] I ekt dsifr] fo|ky; dsifr] I fo/kku dsifr] ifrc) rk, j gA
 ● f'k{k d oxZ dh dQkyrk] n{krk vk\$ fu"Bk jk"V^a fuekzrk dk egROI wkZ dæh gA
 ● johlukFk VSkj us'f'k{k d dks tyrh gq nhi d dh mi ek nh gStksvU; nhi dka dks i ofyr dj I drk gSft l ea
 rsy vk\$ okrkZgSrFkk Nk= ml nhi d dsl eku gSft l ea sy vk\$ckrh gSfdUrqyk Sughag\$ f'k{k d bl yBdks i ofyr
 djrk gA dQy fo"K; ds Kku I sNk=ka dsefLr" d ea cks> ughaj [krkA

vræ ijh{k.k ds izu

- 1- f'k{k d dks jk"V^a fuekzrk dgk tkrk gA D; ka Li"V dhft; A
- 2- iztkræ dsl anHkZ eaf'k{k d ds iæ[k dRrD; ka dk mYy\$[k dhft , A
- 3- f'k{k d ds , d s dk; k\$ dh I ph cukb,] tks ml sjk"Vh; , oa HkkoukRed , dh dj .k dh fn'kk ea dj uspkfg; A
- 4- f'k{k d I ekt dk iFk&in'kd gA Li"V dhft , A
- 5- , d I Qy f'k{k d ds i k p 0; kol kf; d xqkka dk mYy\$[k dhft; A
- 6- f'k{k d Nk=ka dks viuk dQky usRo fdl idkj inku dj I drk gA

olrpu"B izu&

1- f'k{k d dk iz kx Nk= dsl kFk iæ-or-0; ogkj ml dsfdl xqk dk I pd g&
 1/2 0; kol kf; d xqk 1/2 ekuoh; xqk 1/4 1/2 ufrd xqk 1/4 I keftd xqk
 2- fuEukædr ea l s , d xqk f'k{k d ea vo'; gksuk pkfg; &
 1/2 iz kkl dh; ; kx; rk 1/2 0; kol kf; d fu"Bk 1/4 1/2 I æk cukus dh {kerk 1/4 1/2 vi usfo"K; dk iwkZ Kku
 3- jk"Vh; , drk dk; e dj usea egROI wkZ dk; Dæ g&
 1/2 jk"Vh; xku 1/2 I kefigd i hfr Hkkst 1/4 1/2 I keku; x.ko\$ k 1/4 jk"Vh; , drk ij Hkk"K.k ifr; k\$ xrk
 2-10 fu; r dk; @ xfrfof/k; k;
 I vi usfo|ky; hu thou ea l cl svf/kd i l n fdl f'k{k d dks djrs Fks vk\$ D; ka djrs Fks fyf[k, (
 I f'k{k d og /kj h gA ft l dspkj ka vkj I Ei wkZ f'k{k iz kkyh pDdj yxkrh gA** bl dFku dh I R; rk dh tkp dhft; A
 bdkbz dks i <us dscn vki fdlUghafcln/ka i j dnkfr vkxspkZ djuk pkgæs; k cgrrj l e> dsfy, dhl
 Li"Vhdj.k pkgæA , d sfcUn/ka dks uhpsuk\$ dj nhft, (



i=kpkj iB; Øe ek;/fed f'k{k e.My e-ç-] Hkiky

}kjk I okZ/kdkj I jf{kr
fMykek bu ,T; qdsku
iFke o"Z
izu i= rrrh;

fo"K; & fo|ky; izaku

iB I ;k &3

fo"K; k{k % ç/kukpk; Z
mi bdkbz ka fo|ky; ea izkuk;/ki d dh fLFkrA

izkuk;/ki d ds xqkA

fo|ky; ds mnns; ka dh i frZ ea izkuk;/ki d dk nkf; RoA

vf/kdkj ,oa drD; izkuk;/ki d dk Nk=ka f'k{kdkka vf/kdkfj; ka ,oa I ekt
I svi f{kr I ECU/k ,oa 0; ogkjA

d{k f'k{k.k ,oa i ; b{k.kA

fi z; Nk=k; ki d

iLrkouk&

iR; d ifjokj dk ,d eq[k; k ¼ ifjokj i æ[k½ gkrk gA ft I ds; kK; ekxh'kZu] vutko ,oal ykg
ij ifjokj ds vU; I nL; vi u&vi us dk; k{dks I pk; ,oal q; ofLFkr : i I sdjrs gA

gekjk fo|ky; Hkh ,d ifjokj : ih I LFk g\$ ft I ea Nk=] f'k{kdk] vU; deþkj h feydj ,d I æBu
cukrsgS, oaf'k{k dsmns; ka dh i kfr dsfy; svi uk vi uk dk; Zdjrs gA bu dk; k{ds I ello; ,oal Qy
I pkyu dsfy; surRo dh vko'; drk gkrh gS fo|ky; ea surRo vls ekxh'kZu dk dk; Zi zkkuk;/ki d ds
}kjk fd; k tkrk gA

fo|ky; i æ[k dks izkuk;/ki d dgk tkrk gS; g I Ei wZ fo|ky; dh i xfr dk ij .kk L=kr gA

fo|ky; ea, drk cuk; sj [kus fo|ky; hu xfrfof/k; ka dse/; I Uryu cukus fo|ky; i jei jkvka
dks thfor j [kus fo|ky; dks i xfr dsekxZij ystkus dsfy, izkuk;/ki d ,d ij .kk L=kr dk dk; Zdjrk
gA

jkW ,y fQUh ds' kCnkae& fo|ky; & izkkl u dsdk; Zdksnks i æ[k Hkxk& izkkl fud dk; ZrFk
uhfr fu/kkZ d ea cka/k tk I drk gA iFke izdkj dk dk; Zdoj nplkunkjh gS vls ni jk 'k{kdk uhfr I s
I ECU/kr gA f'k{k izkkl d vi uh iFke fLFkr ea fo|ky; ft I fLFkr eagSml h dk I pkyu djrk gS vi uh
ni jh fLFkr eaog 'k{kdk uhfrd dsukrs fo|ky; dks o' k cukrk gS t\$ k fd ml sgkuk pkfg; A ,d : i

eaog vkt dsfo|ky; dkspyk jgk gsvkš nū js: i eaog dy dsfo'o dkspykrk gā**

orēku eaf'k{k dh uohu eku; rk, agš i dfr; k; gš l eL; k, agā bu l Hkh dsgksrsgg Hkh geaf'k{k ds l ukru eV; k; mnāš; ka dh i kfr dsfy; smfpr i zU/ku , oaekxh'kū dh vko'; drk gkrh gā LFkkuh; Lrj ij ; g ekxh'kū i nku djusdk dk; Z i zkkuk/; ki d dk gkrk gā

mnāš; %

bl bdkbz ds v/; ; u dsckn vki

- fo|ky; ea i zkkuk/; ki d dh vko'; drk o egRo dks l e> l dāA
- fo|ky; ea i zkkuk/; ki d dh fLFkr dks l e> l dāA
- i zkkuk/; ki d ds 0; fDr dk f'k{k.k&i fØ; k ij i Musokys i Hkko dks l e> l dāA
- fo|ky; ds mnāš; ka dh i firZ ea i zkkuk/; ki d ds nkf; Roka dks l e> l dāA
- i zkkuk/; ki d ds vf/kdkj , oa drD; ka dks tku l dāA
- i zkkuk/; ki d dk Nk= vU; depkj rFk l ekt dsifr vi fkr 0; ogkj dks l e> l dāA
- d{k f'k{k.k , oai; bšk.k dsegRo dks l e> l dāA

mi bdkb&1

fo|ky; ea i zkkuk/; ki d dh fLFkr&

fo|ky; ea i zkkuk/; ki d dk l okp LFkku gā og fo|ky; dk l cl scMk inkf/kdkjh vks f'k{k dka ea i zku gā jk; cuZdsvuđ kj& ^fo|ky; ea i zkkuk/; ki d dk LFkku mruk gh egRo i wkZ gš ftruk , d tgkt eadlrku gā i zkkuk/; ki d fo|ky; ds ofHku vāka dks, dh dj.k ds l = eackdkj j [kusokyk og ekuoh; l k/ku gStks l Ei wkZ 'kkyk ea l Uryu cuk; sj [krh gsvkš l kfk gh bl ckr dh psvk djrk gSfd ml dk 'kfr i wkZ l okxh.k fodkl gkrk jgā ogh fo|ky; dh xfr dk fu/kkj d gsvkš ogh mu i jEi kvka dks tks l e; l e; ds l kfk fodfl r gkrh jgrh gš , d fuf'pr : i nūsokyh 'kfr gā vr%; g vko'; d gSfd og dōy , d mPp pfj= okyk eut; gh u gksvfi r q og , d fu"Bk okyk 0; fDr Hkh gš ft l svi us 0; ol k; ea J) k gks vi us Nk=ka eafu"Bk gš ekuo LoHko eafu"Bk gks vks vi us f'k{k dka eafu"Bk gā**

fo|ky; l āBu ea i zkkuk/; ki d dk egRo , oafLFkr dk mYys[k fuEkuđ kj fd; k tk l drk g&

fo|ky; hu xfrfof/k; ka dk dānz fcln& i zkkuk/; ki d fo|ky; dh l eLr xfrfof/k; ka dk dānz fcln gkrk gsvfkr i zkkuk/; ki d l kš e.My dk dānz l wZ: ih 'kfr gā ft l dspjkavkš xg mi xg : ih f'k{k d Nk= vU; depkj rFk l eLr fo|ky; hu fØ; k, apDdj yxkrh gā fo|ky; ds l eLr f'k{k d vks depkj i zkkuk/; ki d dsfunšk , oaiFk in'kū dsvuđ kj vi uk dk; Z l Ei l u djrsgā vr% i zkkuk/; ki d dh fLFkr fo|ky; eaut; 'kjhj eaān; ds l eku gā

fo|ky; hu fØ; k dykila dk ij.kk L=kr& fdl h 'kkyk dh i xfr vFkok ml ufr i zkkuk/; ki d ds 0; fDrRo {kerk , oa dōkyrk ij fuHkj djrh gā i Hkko mPp pfj= dk /kuh i zkkuk/; ki d f'k{k d rFk Nk=ka dk ij.kk L=kr curk gā jk; cuZdsvuđ kj& ^i zkkuk/; ki d dspfj= dk l cl segRo i wkZ xqk g& ml dh ij d 'kfr Nk=ka dksfeyusokys l eLr l q kxka dk l epr mi ; kx djusdh ij.kk nrsjguk] rkd osvi uh bz o j i nRr 'kfr; ka ds vuq i vi uk fo'okl mRi l u djusdh ij.kk nrsjgā

fo|ky; dk ifrfc& i zkkuk/; ki d mnkj] i xfr'khy] foosdi wkZ rFk v/; ; u'khy LoHko dk 0; fDr gksck rks fo|ky; dh i R; d xfrfof/k; ka ea i zkkuk/; ki d ds bu xqka dh Nfo fn [k bz nshA i h l h jū ds 'kOnkae& fo|ky; ea i zkkuk/; ki d dk ogh egRo i wkZ LFkku gStks?kMh eadekuh dk] e'khu earst vxz pØ ¼jykbZogh½ dk vks ty; ku eabatu dk gkrk gā

'k{k d dk; Zeavge-Hedk& fo|ky; dh l Ei wkZ ākš[kd] i fØ; k , oaf'k{k.k& 0; oLFk i zkkuk/; ki d ds funškkuđ kj l pkyr gkrh gSog bl grql el r l k/kuka dh 0; oLFk , oai f j fLFkr; ka dk fuekZ k Hkh djrk gā ftuea f'k{k d vi us 'k{k d dk; Z dks i Hkko <ā l s l Ei l u dj l dā

fo|ky; vks l ekt dschp dMh& i zkkuk/; ki d , d vks fo|ky; i fjokj ds Nk=@Nk=kvka f'k{k dka rFk 0; oLFk i d vkfn l s t f k gkrk gS rks nū jh vks fo|ky; i fj l j l sckgj og l ekt rFk v f Hk k dka l s t f k

oš fDrđ & mRre LokLF; , oaLOfir] drđ; ijk.k; rk] bžkunkj] vkrē I Eeku

I kekftd & I kekftd I eL; kvka dk Kku] /kefuji {krk

uŕrd & mPp pfj=] fu"i {k , oaU; k; fi z

0; kol kf; d& 0; kol kf; d Kku] fo) rk] iz; kxkrē] nř"Vdks k

iz kkl dh; & dđky iz kkl d] dđky I xBudr] dk; Zdk I eku forj .k

vU; & dđkyoDrk] [ksydm ea: fp

1- usRo dh {kerk %

izkkuk/; ki d 'kkyk dk dšnzfclh] I ūFkk dk usrk fu; a=d gsrk gā ml eausrRo rFkk vxpkbz djusdh {kerk gksuk vko'; d gSftI I sf'k{kk dsfu/kkzjr mnās; kadh iŕrZdh tk I dā bl grqml eausrRo dh i; klr ; kx; rk gksuh pkfg, A

2- pfj= I EiUrk %

izkkuk/; ki d ij I Hkh dh utj gsrh gā ml eafdl h Hkh izdkj pkjf=d nřyrk ughagkuh pkfg, A fuezy pfj= okyk I ūdkjoku gsrk gā ml I sl Hkh ij .kk ikr djrs gā Nk=kads thou dks <kyusokyh 'kkyk I tx vks I efi z izkkuk/; ki d ds gkFka ea I jf{kr jgrh gā

3- dđky I xBu drk %

'kkyk izdk dk dke , d Vhe dsl eku gsrk gā izkkuk/; ki d I eLr dk; kōdk oxhčj .k djdsml dksfofHku 0; fDr; kadschp mudh ; kx; rk 'kkyš vko'; drk rFkk : fp dsvuđ kj forfjr djrk gā ubz; kstukvka dksdk; Z i nsuk Hkh ml h dk nkf; Ro gā 'kkyk dh fuUjz i xfr gkš bl dh fprk Hkh ml sdjuh gsrh gā bl I eLr egRoI wkZdk; kō dsl pkyu grqml sdđky I xBudrkz gksuk vko'; d gā

4- I g; kx dh Hkkouk %

izkkuk/; ki d dksv/; ki d e.My I sdke ysuk gsrk gSvr%ml sl g; kx Hkkouk I sdke djuk pkfg, A vf/ kdj] vkKk iz kkl u rFkk n.M vkfn dk vf/kd iz; kx iđ kōxd ughagā Nk=kadk Hkh I g; kx vfuok; Z, oa vko'; d gā

5- eš-hi wkZ 0; ogkj %

izkkuk/; ki d dksv/; ki d e.My I sdke ysuk gsrk gSvr%ml sl g; kx Hkkouk I sdke djuk pkfg, A vi us I kFkh I g; kx; kadsxqk mtkxj djrs gā ml ūga i krl kfgd djuk pkfg, A nkš ; k xyfr; kafudkyuk ykHknk; d ugha gā eš-hi wkZ I Ecu/k j [krsgq Hkh e; kōk Hkx u gkš ; g food gksuk vko'; d gā

6- I gkuHfir i wkZ 0; ogkj %

izkkuk/; ki d dksvi usl g; ksch v/; ki d rFkk Nk=kads I kFk I gkuHfiri wkZ0; ogkj djuk pkfg, A mudsi fr I Ppk vkReh; Hkko ān; ea/kkj .k djuk pkfg, rFkk iđ xō'k Hkoy gks tkus ij ml sl đkkjusdk ijke'kZ nsuk pkfg, A ; Fkk I Hko 0; fDrxr dfBukb; kadsfujkdj .k dk iz; kl djuk pkfg, A Nk=kads I kFk rks i e I eku 0; ogkj gksuk pkfg, A

7- iztkrU=kRed i đrR %

fo | ky; dk I pkyu iztkrU=kRed Hkko I sgksuk pkfg, A I ožer ; k cgēr dsvk/kkj ij dke pykuk pkfg, A izkkuk/; ki d dh Hkiedk gpe'kkg dsl eku vknš k nsokysfd ughagā vuđkkl u dsfo"k; eaHkh Nk=kadsfo'okl ea yđj dk; Z I kō uk mřpr gksx % 'kkyk ea Nk= i fj"kn dk xBu djuk] ml dspuko vkfn ea turU=kRed i đrR; k vi ukul] vi uk Lo; adk gLr {ki u djuk vkfn iztkrU=kRed i đrR dsfy, I gk; d gkxā

8- Kku ds iŕr mRl đrk %

izkkuk/; ki d dksLo; aKku fi ; kl qgksuk pkfg, A oržku eaf'k{kk txr eaf'o Hkj eavud u; si z kx gks jgsgā f'k{kk I xkth fofHku dk; Zvuđ I ūFkk, apyk jgh gā ml sbu I Hkh dk Kku gksuk vko'; d gsmI sfujzj I pr

yxkdj ikB; Øe ijk dj; k tkuk pfg; A

3- ikB; i qrdka dk p; u % ikB; i qrdajk'Vh; dr gsrh gA fu/kkZjr ikB; i qrdka ds vrfjDr Nk=ka ds ekufi d Lrj ds vuq kj vrfjDr ikB; I kexh dk p; u rFkk vuqka kj f'k{kdkal s ijke'kz dj izkkuk/; ki d dks djuk pfg; A

4- eW; ka du dk; & Nk=ka ds ekufi d rFkk 'k{kdk Lrj dks Åpk mBkus rFkk mudh fofHku 'k{kf.kd miyfc/k; ka dk eW; ka du djus dsfy, vko'; d gsfid ijh{k izkkyh dks I kFkd rFkk i Hkko'khy cuk; A

½ fo |ky; I pkyu vls dk; Z funku nlf; Ro&

1- dk; ZfoHktu & izkkuk/; ki d dk iæ[k nlf; Ro gsfid fo |ky; dsf'k{kdkadse/; dk; Zdk fofHktu mudh : fp] ; k; rk vuq kj I eku : i I s djA

2- ikB; I gxkeh fØ; kvka dh 0; oLFkk & Nk=ka dk I okzh.k fodkl djus dsfy; s ikB; & I gxkeh fØ; kvka dks Hk i kB; Øe dk gh Hkx ekuk tkuk pfg; A vr%i zkkuk/; ki d dks bu fØ; kvka dk mfpr izdj I s fo |ky; ea I æBu , oafHktu dj ; k; , oadqky v/; ki dka }kj I pkfyr djokuk pfg; A

3- I e; rkydk dk fuekz& I e; rkydk fo |ky; dh nlf jh ?kMh gsrh gA vr%i zkkuk/; ki d dk nlf; Ro gsfid d{kokj} f'k{kdkoj I e; rkydk dk fuekz dkj sft I eaf'k{k.k dk; Z ds I kFk vU; ikB; I gxkeh fØ; kvka dk Hk I eko'sk gkA

4- vuqkkl u , oapkfj=d fodkl & vuqkkl u fo |ky; dk ik.k gsfid fo |ky; eavudkkl u gsrk gSogkl dk I Hk fØ; kdyki I Ø; ofLFkr : i I s I pkfyr gsrh gA vr%i zkkuk/; ki d dks fo |ky; ea'kq rFkk ufird okrkoy.k cuk; s j [kus grq' k{kdk vfHkkod o turk ds ifr"Br 0; fDr; ka dk I g; s; y; uk pfg; A

5- Nk=ka ea i <us dh : fp dk fodkl & izkkuk/; ki d dks fo |ky; ea jhfMax : e vls i qrdky; dh mfpr 0; oLFkk djuh pfg; s bl ea I ekpj i =& if=dk, Wcky mi ; ksh I kfgR; , oai qrdka dh i ; klr ek=k ea 0; koLFkk gsrh pfg; A ft I I s Nk=ka ea i <us dh : fp dk fodkl gskA

6- 'kjhfd LokLF; o f'k{k dk izdk& ik/kuk/; ki d dks Nk=ks ds ck) d fodkl ds I kFk& I kFk 'kjhfd fodkl dh Hk I epr 0; oLFkk djuk pfg; sbl dsfy, I e; rkydk ea 0; k; ke] i h-Vh [kydm dsdky [kM vo'; j [kuk pfg; A

7- dk; kZtko , oai ; /u vkfn dh 0; oLFkk & dk; kZtko Nk=ka ds thou dsfy; smi ; ksh gsrk gSvr% Nk=ka dks gkFk I s dke djds I h [kus vls dk; kZtko dh 0; oLFkk gsrh pfg; A bl h izdj 'k{kdk o 0; kogkj d Kku ofnA dsfy; s

¼ ½ i ; bskd , oafujh{k.k nlf; Ro& fo |ky; dh fofHku ; kst uk , , oadk; Øe pgs fdrus gh 0; ki d ; k i Hkko'kkyh gksfdurq; fn mudk mfpr <æ I si ; bsk.k , oafujh{k.k ughafd; k tkrk rls I Hk fØ; kdyki vLr 0; Lr gk tkrsgS vls fo |ky; hu ea vuqkkl ughurk vls yki jokgh dk okrkoy.k Qsy tkrk gA vr% izkkuk/; ki d dk nlf; Ro gsfid og&

1- f'k{k.k dk; Z2- ikB; I gxkeh fØ; kdyki 3- iz s'kkyk dk fujh{k.k 4- Nk=kokl dk fujh{k.k 5- dk; k; ; dk; Z vls fofHku dk; k dk fujh{k.k 8- is ty o 'k{kky; dk fujh{k.k I e; & I e; ij djrk jgA

½ 'kkyk fodkl I EcuVh nlf; Ro& fo |ky; ea i R; sd o"z Nk=ks ds izsk dh I æ; k ea of) gsrh jgrh gA fo |ky; I kt& I Ttk] Quhpj] Vkv& i VVh] mi dj.k f'k{k dh uohu rduhdks fof/k; ka iz ksk rFkk f'k{k.k dk; Øeks I EcuVh/kr dbz I eL; k; j mRi Uu gk tkrh gA vr%i zkkuk/; ki d dk ; g nlf; Ro gsfid 'kkyk fodkl I feir dk xBu dj muds I g; s; I s fofHku iz kst ukvka dks pyk; s rFkk vko'; drkuq kj vkfkd vHko dks nj dj 'kkyk fodkl ea ; ksnku djA

½ I Ei dZ I EcuVh nlf; Ro %& fo |ky; dks I pk : i I s I pkfyr djus rFkk ml ds cgyk; keh fodkl

vkns kj funzk rFkk ekxh'ku nsus dk iwZ vf/kdkj gA

& foHkxh; fu; eka ds varxh f'k{kdk dks n.M , oa ijLdkj nsus dk vf/kdkj gA

4- ijh{k I aakh vf/kdkj izkkuk/; ki d dks foHkxh; f'k{k dysMj ds vuq kj ijh{k dh oLFkk djuk, oa foHkxh; fu; ekuq kj d{kkufr nsus dk vf/kdkj gA

& izkkuk/; ki d dks fu; ekuq kj i%fo | kfFkz, ka dh ijh{k ¼ ij d½ vFkok di ka nsus dk vf/kdkj gA

5- f'k{kd ikyd I ak o 'kkyk fodkl I febr dk xBu&izkkuk/; ki d dks foHkxh; fu; eka ds vuq kj f'k{kd ikyd I ak o 'kkyk&fodkl I febr dk xBu , oa fo?KVu djus dk Hkh vf/kdkj ikr gA

izkkuk/; ki d ds vf/kdkj I hfer gkrs gq Hkh 0; ki d vkj egRoiwZ gkrs gA vf/kdkj dk {ks= 'kkyk rd I hfer gkrs gq Hkh nijxkeh ij.kke fy, gkrk gA vr% izkkuk/; ki d dks izkkl fud vf/kdkj 'ks{k d I g 'ks{k d vf/kdkj] U; k; I Ecu/kh vkfFkZ vf/kdkj rFkk vU; vf/kdkj {ks= ikr gA

izkkuk/; ki d ds dRrD; %& ^fo'o ea dN gh 0; fDr izkkuk/; ki d I s vf/kd mPp dRrD; , oa mRrjnlf; Ro j [krs gA ; g dFku iwZ; k I R; gSD; kid jk"V^a dk fuekz fo/kku Hkkvka dkj [kkuka ea ughagkrk oju-fo | ky; ka eagkrk gA fo | ky; eamu Hkkoh ukxfj dka dk fuekz fd; k tkrk gA ftuds mij I ekt] jk"V^a , oa fo'o ds dk; ka ds I pkyu dk Hkj jgrk gA**

0; fDr I ekt , oajk"V^a dh vko' ; drkvka vkn' kiz , oavkd{k kvka dks/; ku eaj [kdj f'k{k dsmnns ; ka dk fu/kkz .k fd; k tkrk gA bu mnns ; ka dks vf/kdkj : i ea ikr djuk gh izkkuk/; ki d dk ieqk dRrD; gA

I ki ea izkkuk/; ki d ds dRrD; , oa nk; Rolæ dk mYy{k bl izkj g&

v=- fu; kstu& foHkku dk; ØekarFkk fØ; kvkadh ; kstuk cukuka ; g fu; kstu rhu Lrjka ij vo' ; djuk pfg; A

d- fo | ky; [kyus I s iWZ &

xh'ekodk'k i'pkr~fo | ky; [kyus dh frfFk dh ?kksk.kk djuka

& idsk ijh{k frfFk dk fu/kkz .k , oamDr frfFk ij ijh{k dh 0; oLFkka

& ukVI ckMz ; k I kekpkj i= }kjk ijh{k frfFk dh I puk nsuka

& idsk I aakh fu; eka dk fu/kkz .k , oa idsk I febr dk xBu djuka

& fo | ky; eamiyC/k I a k/ku rFkk vfrfjDr I a k/ku dh 0; oLFkka djuka

& vko' ; d jftLVj o Okby dh 0; oLFkka djuka

& ok"kd daysMj r\$ kj djokua

& fo | ky; Hkou dh i rkbZ Quhj dh iky'k 0; oLFkka djuka

[k- fo | ky; [kyus ds fnu&

& I e; I kj .kh dk fuekzka

& f'k{k dks dh : fp ; k; rk , oa dk; Zkerk vuq kj dk; Z dk foHkktua

- & f'k{kdkls dks muds dk; kZuq kj l kexh mi yC/k djukA
- & fo|ky; , l Ecyh dh r\$ kjh u; s'f'k{kdkls l s i fjp; A
- & uohu i d\$ kh Nk=ks dks 'kkyk dh xfrfof/k; ka , o fu; eka l s voxr djukA
- & fo|ky; ea vko'; drkuq kj Hkk\$rd l fpo/kkvka ds fy; s 0; oLFkk dj;k; A
- & f'k{kdkls l s i kB; Øe dk bdkbz okj foHkk tu , oa i kB; kst uk r\$ kj djukA

x- l = ds nk\$ku&

- & f'k{k.k dk; Z dk l BuA
- & eW; ka du dh 0; oLFkkA
- & fo'k\$Kka ds Hkk" k. kka dk vk; kt uA
- & fo|ky; vfHky\$kk\$ Nk=ka ds vfHky\$kj Nk=kka ds fyf[kr dk; Z ds l R; ki u dh 0; oLFkkA
vU; dRrD; ks dk mYy\$ k fo|ky; hu mnas ; ka dh i frZ grq nkf; Ro ea fd; k tk pplk gA

?k- l = dh l ekfr ij&

- & okf"kd ijLdkj forj.k fnol dk vk; kst uA
- & Nk=ka ds okf"kd i fronu r\$ kj djukA
- & mi l Fkfr] Qhl vkfn dk fgl kc p\$ djukA
- & d{k k i k\$fr ds fu; eka dk fu/kk\$.ka
- & vxys l = dh r\$ kj grq fopkj foe'kz djukA

ikBxr izu

- izu&6 i R; d 'k{kdk l LFkk dk fu; kst u fuEu ea l sfdu Lrjka ij djuk pfg, A
1/4 1/2 fo|ky; [kyus l s i dZ 1/4 1/2 fo|ky; [kyus ds fnu
1/4 1/2 l = ds nk\$ku rFkk l = dh l ekfr ij 1/6 1/2 mi jkDr l Hkh
- izu- 7- izkkuk/; ki d l o\$ Eke-----g\$vk\$ fQj-----
1/4 1/2 izkkuk/; ki d ea-----djus dh d\$kyrk dk g\$uk ijeko'; d gA
- & f'k{k\$ foHkkx izU/k l fefr rFkk vU; l s i = 0; ogkj ds fy; s 0; oLFkkA

mi bdkb&5

izkkuk/; ki dka dk Nk=l\$ f'k{kdk\$ vf/kdkfj; ka , oa l ekt ds i fr 0; ogkj

- 1-& Nk=ks ds l Fk 0; ogkj& izkkuk/; ki d dk l cl sfudV dk l ECU/k Nk=ka l s gkrk gA fo}ky; dh
vf/kdrj xfrfof/k; W/t\$ s i Bu&i kB; Rrj fØ; k&Dyki] [ky d m vkfn Nk=kka grq gh gkrh gA
bl dk l eqpr l a kst u dk dk; Z izkkuk/; ki d dk gkrk gA 'kkyk dk i e\$ k mnas ; Nk=ka ea mfpr
i dfr; ka dk fodkl djuk gA bl dkj.k izkkuk/; ki d Nk=ks dh vko'; drk Hkkouk , oa ofRr; ka vk\$
eukfoKku dks Bhd l s l e>A Nk=ka l s ml dk 0; ogkj fi rk l eku Lugi wkZ g\$uk pfg, A Nk=ks ds i fr
ml dk n"Vdks k mnj rki dZ fuLokFkZ rFkk U; k; ; Ør g\$uk pfg; A og feyul kj gks i jUrq Nk=ks ds

chp vknj i wkznijh cuk; sj [kse; kzk Hkx u gksnNk=ka ds ifr l nHkkou j [ks, oamudsfg eal kpA
Nk=ka dsfy, minskd u cudj ij .kkL=ks cuA

- 2- **f'k{kdkla ds l kfk 0; ogkj&** izkkuk/; ki d fo |ky; hu fØ; kdyki ks dk l pkyu vi uh l g; kxh
f'k{kdkadh l gk; rk l sdjrk gSft l l sog f'k{kdkds dh ; kx; rk] i frHk] vko' ; drk , oa l eL; kvks l s
voxr gkrk gA vr% vi us l g; kxh f'k{kdk ds ifr ml sJ) k , oafo' okl j [kuk pfg; smudsusRo
ea ekuoh; i {k dh izyrk gkA l Hkh dh l eefr ydj fo |ky; ds l pkyu ea mudk l g; kx i klr
djA u; s f'k{kdkds dks ekxh' kZu nsdj mRl kfgr djA

vi us l g; kfx; ka dh l Hk vk; kft r djs mlgs vi us fopkj ks dks Loræa: i l s0; Dr djus dk vol j
nA Lo; ads vknk id kfjr u dj l kefgd er , oa bPNk ds vuq i fu. kZ djA

izkkuk/; ki d dk n"Vdksk l qkkj kRed gksuk pfg; s ml s f'k{kdkla ij nkskjkj ki .k u djds mudh
l eL; kvkZ dfBukbz ka ij vo' ; /; ku nsuk pfg; A f'k{kdkds ds mfpr rFk t: jh dk; Z tS &
vodk' k] HkRr} osu of)] i kfoMsV QUM l s __.k] mPp ij h{k eacBusgrqvuefr] cd l syku vkfn
ds dk; kZ dks fu; ekuq kj rjUr fui Vk nsuk pfg; A

izkkuk/; ki d dks vi us v/khu rFk vl; deplkj; ka dk fe=] l ygdkj vkZ i Fki n'kd cu dj jguk
pfg; A bl ea muea e/kj l æzk cus jgrs gS rFk fo |ky; mluf r djrk gA

- 3- **vf/kdkfj; ka ds l kfk 0; ogkj&** fo |ky; ds dk; Z dks l pk: : i l s pykus grq izkkuk/; ki d dks
vi us foHkx ds ofj "B vf/kdkfj; ka l s o"kkj dk; Z i Mfk gS bl fy, ml si =&0; ogkj ds l kfk&l kfk
0; fDrxr l Ei dZ cuk; sj [kuk pfg; A vf/kdkfj; ks ds l e{k vi uk i {k , oa oLrq l Fkfr fufHkZ drk l s
j [kuk pfg; A muds l g; kx ds cxj fo |ky; dh ixfr ugha gksxA

bl ds vykok dbZ LFkkuh; vf/kdkfj; ka tS si fyl] i pk; r] uxj fuxe] gfjtu rFk tutkfr
dY; k.k foHkx] jktLo foHkx] ykd fueZk foHkx l s Hk l g; kx ysuk i Mfk gA fo |ky; ea
vuq kkl u] l QkbZ Nk=ofRr] vfrfjDr] Hkfe l a knu] Hkou fueZk k] ejEer tS s dk; kZ dsfy; sbu vf/
kdkfj; ka dk l g; kx ysuk i Mfk gS vr% izkkuk/; ki d dks bu foHkx ds vf/kdkfj; ka l s vPNs l æzk
j [kus pfg; A

- 4- **l ekt ds l kfk 0; ogkj&** fo |ky; l ekt dk ifrfcEc gS l kfk gh l ekt ds l g; kx ds cxj
fo |ky; dk l pkyu dfBu gA f'k{kdk ds mnæs; ka dh l Qyrk dsfy, Nk= , oa vfHkHkkod oxZ ds
l kefgd iz kl ks , oa l Ecu/kka dh vko' ; drk gA fo |ky; vkZ l ekt dk l ello; gksuk pfg; A iz
kkuk/; ki d fo |ky; vkZ l ekt ds chp dh dMh gA vfHkHkkod l Ei dZ dks fujUrj cuk; sj [kus ds
fy,] 'kkyk vfHkHkkod fno l rFk vl; dk; Øeka ea vfHkHkkod ka dh mi l Fkfr o l ghkfxrk vfuok; Z
gksuh pfg; A l ekt ds i Hkko' khy ; kx; rFk dN paps gq 0; fDr; ka l s fo' ksk l Ei dZ cukdj j [kuk
pfg, A vPNs fo |ky; l s Hkfo"; ea vPNs ukxfjd i klr glrs gS vkZ ; sgh ukxfjd l ekt] nsk rFk
jk"Vª dh mluf r djrs gA

ikBxr izu&

iz 8 izkkuk/; ki d dk Nk=ks ds ifr fir k rY; 0; ogkj dks Li "V dfj; A

iz 9 izkkuk/; ki d gksuk pfg; &

¼½ dBlj i zkl d ½½ vkn'kz pfj=oku , oa dRrD; ijk; .k
¼ ½ vPNk fØdV f[kyMh ¼½ I g&Hko; Ør

mi bdk&6

d{k f'k{k.k , oa i ; d{k.k

d{k f'k{k.k& d{k f'k{k.k dk vFkz I kefgd f'k{k.k gA fo | ky; ka es Nk=ka dk oxhZj.k vk; j
ekufi d o 'k{k{k;d ; kx; rk ds vuq kj d{k{kva ea dj fn; k tkrk gSf'k{k{k;d bu d{k{kva ea d{k f'k{k.k
}kj , d I kFk Nk=ka dks Kku inku djrs gA

d{k f'k{k.k ds ykk %&

- & fo | kFkz; ka dks 0; ogkj dQky cukrh gA
- & fo | kFkz; ka ea rdZ 'kDr] dYiuk rFk fpUru 'kDr dk fodkl gkrk gA
- & fo | kFkz; ka ea usRo ds xqkks dks fodfl r djrh gA
- & fo | kFkz; ka ea ifr; kSxrk dh Hkouk dk fodkl gkrk gA
fo | kFkz; ka ea I nxqka dk fodkl f'k{k{k;d ds vkn'kz ds vuq j .k djus I s gkrk gA
- & d{k f'k{k.k ea fopkj dk vknku inku gkus I fo | kFkz; ka dh dk; Z dQkyrk c<rh gA

d{k f'k{k.k ds nk&

- & ; g fof/k d{k dSUnr g} tcf d f'k{k{k oky dSUnr gkuh pkfg; A
- & ; g fof/k I e; & I kj .kh ds vuq kj f'k{k{k rFk Nk=k dks ikB; Øe dh fui/kZjr fo"k; oLrq ds
I dQpr {ks= ea ckWk nrh gA
- & bl ea f'k{k{k I Ø; rFk Nk=k fuf"Ø; jgrk gA
- & d{k f'k{k.k es , d gh fof/k I si<us ds dkj .k em cQ) ckyd ihNs jg tkrs gA
- & bl fof/k I s f'k{k{k fo | kFkz; ka dh 0; fDrxr I eL; k gy ugha dj ikrk ft I I s ml ds 0; fDrRo dk
fodkl : d tkrk gA

d{k f'k{k.k dks iHfor djus okys dkj d&

- & **d{k dk okrkoj .k %&** d{k f'k{k.k okyh d{k dk HkDr d o I keftd okrkoj .k tS smfpr izdk'kj
gok] cBus d mfpr 0; oLFk fo | kFkz; ka ea ijjLi jd eS-h Hko gkuh pkfg; A
- & **f'k{k.k fof/k %&** f'k{k.k dk eq; mnas; gS I h[kuk bl fy; s'f'k{k{k dks vPNh f'k{k.k fof/k I gk; d
I kexh rFk fo"k; ds I jy rRoks dk I Ei .k djuk t: jh gkrk gA
- & **Nk= %&** Nk=@Nk=kvks dh vk; q emy vldk{k; } cks) d Lrj] vknrs Hk d{k f'k{k.k dks iHfor
djrh gA
- & **fo"k; oLrqdk p; u %&** fo | kFkz; ka ds fy; si Buh; I jy inks ea Øec) rjh dks I fo"k; dk f'k{k.k
Nk=ka ea : fp mRi lu djrk gA
- & f'k{k.k ds mnas; ks dh tkudkj gkuh pkfg; s rkd vi S{kr mnas; ka dh i kfr ds fy, i ; kZr I k
ku rFk I qo/kk; a f'k{k.k ds fy, tQk I dA

& **f'k{k}d dk 0; fDrRo %** f'k{k}d dk 0; fDrRo d{k{k} f'k{k}.k dks i Hkkoh cukusokyk i e{q}k dkjd gS t\$ s fo"i; ij ml dk LokfeRo] Nk=ka ds i fr enq0; ogkj] Åb{h vkokt] fu"i {krk pfj= ml dh ; kx; rk dh vfeV Nki fo | kFkZ ka ij i Mfh gA

& o\$ fDr fofHkurkvs dk Kku % f'k{k}d d{k{k} f'k{k}.k ds nk\$ ku fo | kFkZ ka dh 0; fDrxr fofHkurkva t\$ s cf) Lrj] vfHkofr] : fp] vknr] vkdk{k}kvs vkfn dks /; ku ea j [kdj d{k{k} f'k{k}.k dks i Hkkoh cukrk gA

& **iB ; ktuk dk fueZk %** d{k{k} f'k{k}.k l q; ofLFkr i kB; ; ktuk dk fueZk djds fd; s tkus ij vf/kd i HkkodkjH gkrk gSD; k{d bl ea f'k{k} ds mnas k l ekfgr jgrs gA

& fo"i; ka ds l kFk l g l a; k ij vk/kfjr d{k{k} f'k{k}.k % d{k{k} f'k{k}.k ea fo"i; dk vU; ds l kFk l Ecu/k t kMdej f'k{k}.k djkus ij d{k{k} f'k{k}.k cgr i HkkodkjH gkrk gA

fo | ky; ks dk i ; b\$ k.k % f'k{k} l ekt dh vko' ; drkvs dh i firZ djus dk , d l k/ku gS f'k{k} i f0; k dks i Hkko' kkyh cuusgrq l Hkh f0; kvka dk l ek; kstu l aBu , oa iz; sx vko' ; d gS bl dk; Z es i ; b\$ k.k vf/kd l gk; d gks l drk gA

i ; b\$ k.k dk vFkZ %

, MBI , oafMDds ds vuq kj % ^ k{k}d i ; kbj .k f'k{k}.k dks l q{kj us dk , d l fu; k{tr dk; D0e gA**

MCY; wfdaky ds vuq kj % ^ i ; b\$ k.k , d vPNs f'k{k}.k rFkk l h[kus dh i fjLFkr; ka ds fodkl ea l gk; d gkrk gA**

cVU ds vuq kj % ^ i ; b\$ k.k dk mnas ; & f'k{k}.k dk fodkl gA**

i ; b\$ k.k ds mnas ; %

& f'k{k}dks ds l Ee{q}k f'k{k} ds mnas ; ka eW; ks rFkk mi yfC/k; ka dks Li "V : i l siZrq djuka

& f'k{k}dks dks Nk= , oa l ekt dh vko' ; drkvs o l eL; kvks l si fjfpr djks i fj i firZgrq i k{I kfgR djuka

i ; b\$ k.k ds izkj &

i ; b\$ k.k ds fofHku i zkj dks fuEu i zkj l e> l drsg %

- 1- l q{kj kRed i ; b\$ k.k & bl es i ; b\$ kd dk n"V dks d{k{k} ea gkusokyh =qV; ka dks < uk jgrk gS rFkk budks l q{kj us grq fd; s x; s iz; kl gh l q{kj kRed i ; b\$ k.k gA
- 2- fujk{k}Red i b\$ k.k & i ; b\$ kd vius vu{ko }kj k Hkfo"; ea vkusokyh dfBukbZ ka ds i fr f'k{k}d rFkk izkkuk/; ki d dks l tx dj ml l s gkus okys i fj . kkeka l s cpus grq ekxh' kU nsk gA
- 3- jpukRed i ; b\$ k.k & jpukRed i ; b\$ k.k dk mnas ; , s sokroj .k dk fueZk djuk gS ft l l sf' k{k} l s l Ecu/k r l Hkh 0; fDr l 'kDr] ck\$) d rFkk l 'tukRed thou 0; rhr dja i ; b\$ kd l e{pr l q-ko ndj f'k{k} ds mnas ; ka dh i kfr ea f'k{k}d ka dh l gk; rk djrk gA
- 4- vf/kdkfjd i ; b\$ k.k & bl dks iz kkl dh; i ; b\$ k.k Hkh dg l drsgA bl ea iz kkl dh; vf/kdkjks dk i n' kU rFkk fujh{k}.k v\$ fun\$ ku dh izkkurk j [krh gA
- 5- turkfu=d i ; b\$ k.k & bl ikj ds i ; b\$ k.k ea l g; sx o Lug ij vf/kd cy fn; k tkrk gA bl ea

f'k{kdkadh l eL; kvka dk /; ku l s l uk tkrk gA vlsj muds l q-koka dks vko'; d l Eeku fn; k tkrk gA bl eafdl h izdkj dh dBkjr k vlsj vf/kdkj in'ku dk LFkku ugha gA

- 6- oKkfud i; bsk.k& ; g i; bsk.k dh 0; ofLFkr vlsj fo'ol uh; fof/k gS bl ea oKkfud fl)karka ij iz lxx djrs gq oLrfu"B <ak l s l eL; kvka dk fo'ySk.k vlsj l ek/kku fd; k tkrk gA

i; bsk.k dh fof/k; k &

i; bsk.k dh fof/k; ks dks nks Hkkxka ea okW l drs g&

0; fDrxr , oa l kefigd fof/k; k

¼ ½ 0; fDrxr fof/k; k/ %&

- 1- d{kk fujh{k.k & bl l s i; bskd f'k{kdk dh d{kk es tkdj f'k{k.k dk voykdu dj =fV; ka dk i rk yxkrk gS vlsj f'k{k.k dscn fopkj foe'kz dj l dkj graq l q-ko nrk gA
- 2- iz lxx&f'k{k ds {ks= esfd; s x; s u; &2 iz lxx dk Kku ndj f'k{kdk dks d{kk f'k{k.k ea vk/kfudre iz lxxka dks vi ukus graq i kRl kgu nsuk pfg; A i; bsk.k }kjk l e; & l e; ij tkp dj f'k{kdk dk mfpr ekxh'ku fd; k tkrk gA
- 3- 0; fDrxr xkSBh&0; fDrxr xkSBh esnkuka i {k f'k{k.k dks l dkj usea: fp j [krs gA ; g d{kk fujh{k.k ds rjUr ckn fo|ky; l e; esgh vk; kstr dh tkuh pfg; s A
- 4- f0; kRed vuq akku& f'k{kdk Lo; a gh d{kk ea mRi l u l eL; kvka ds l ek/kku graq 0; ofLFkr , oa l fu; kstr iz kl djrk gA okLro eaf0; kRed vuq akku fof/kor rFk l ko/kkuhi mZl fu; fu=r 'kks kdk; Z gS tks d{kk rFk 'kkyk dh mluf ds fy; sfd; k tkrk gA

¼ ½ l kefigd fof/k; k/

- 1- dk; ZxkSBh bl eaijLij fopkj foe'kz djus vkRe f'k{k.k ds vol j inku dju\$ uohure f'k{k.k fof/k; ka rFk iz lxxka l s voxr djku\$ f'k{k.k l kexh r\$ kj dju\$ vkRe eW; kdu djus ds fy; s dk; Z xkSB; ka dk vk; kstu fd; k tkrk gA
- 2- f'k{kdk xkSBh&f'k{k dsmn\$; ks dks i ktr djus ds fy; s i R; d f'k{kdk iz Ru'khy jgrk gA fdUr qNk=ks ds l okxh.k fodkl ds fy; s l Hkh f'k{kdk dks ijLij l g; lxx rFk l kefigd iz kl djuk pfg; A f'k{kdk xkSBh 0; fDrokn dks l ektr dj l eW dk; Z ea l ello; LFkfir djus ea l gk; d gA
- 3- i f j p p k & l kefigd i; bsk.k ea fo'kSk l e; ea iz kku/; ki d rFk f'k{kdk dks cykdj f'k{k.k l Ecl/kh l kefigd l eL; kvka ij ppkZ dh tkuh pfg; sfdUr q; g l Qy usRo ea l fu'pr rFk 0; ofLFkr gkuh pfg; s 0; FkZ oknfookn es l e; u"V u fd; k tk; A
- 4- l kefigd d{kkoykdu& d{kk f'k{kdk dk l kefigd voykdu fd; k tkrk gA voykdu ds i'pkr fopkj foe'kz rFk 'kdk l ek/k dh 0; oLFk djuh vko'd gA
- 5- l kefigd xkSBh& i; bskd fofHku fo"K; ds LFkkuh; f'k{kdk dh l kefigd xkSB; k/vk; kstr dj l drk gA i R; d f'k{kdk dk d{kk&d{kk 0; ogkj] ; kx; rk] : fp] {kerk vkyx&vyx gsrh gA l kefigd xkSBh l s f'k{kdk ea l ello; vkrk g\$ f'k{kdk dk fu; kstr l Hko gA bl ea u; s fodkl ks dk Kku] ubZ dfBukb; ks dk i rk rFk muds mi k; ks ds l ek/kku ij fopkj gsrk gA

i ; b{kd , oa ml ds dk; Z

- 1- f'k{k.k&xk{B; ks dk vk; kstu djukA
- 2- f'k{k[d] Nk= rFkk vfHkHkkodks dh I Hkk ea Hkx yuA
- 3- dk; k{y; dk; Z dk I pkyu djuk
- 4- i zkkuk/; ki dks ds I kFk I Ei dz LFkfi r djukA
- 5- i n'k{u i kBs dk vk; kstu djukA
- 6- i ; b{kd dks vPNs rFkk d{ky ijekzhkrk ds : i ea Hkh dk; Z djuk i M-rk gA

iBxr izu

izu 10 ¼½ I kefgd f'k{k.k dk gh n{ jk vFkz -----gS

½ i ; b{k.k , d-----fØ; k gA

bdkbZ I kjk{k

- & fo | ky; i æ[k dks i zkkuk/; ki d dgrs gA f'k{k ds mnæs ; ka dks i klr djus ds fy; } fo | ky; hu I nL; ka } kjk fd; s x; s dk; k{ ds I Qy ur2Ro grq , d d{ky ekxh'kd gA ; g fo | ky; dh i xfr dk i jd L=kr gA
- & fo | ky; ea i zkkuk/; ki d dk LFkku mruk gh egroi wkz gS ftruk , d tgtk eadlrku dkA**
- & i zkkuk/; ki d ml I kje.y dh , d vnhkr 'kDr gS fI ds pkjka v{ I Hkh f'k{k i gpdz Nk= mi xg dh Hkkr dk; j r jgrsgA ogh fo | ky; ea i zkk u dk vf/k"Bkrk gA fo | ky; I pkyu eamI dk dk; Z ogh gS tks , d ?kMh ea e[; dke fLiæ dk gA
- & i zkkuk/; ki d fo | ky; , oa I ekt ds chp dh dMh gA
- & ^; g i zkk/ud usrk i zkk d] 0; ki jh] fun{ kd] I a kst d] fujh{k d] f'k{k dka dk i Fk i n'kd nk'k{ud rFkk fe= I c dN gA**
- ^vki , d oru ea I sdbz oLrqrc rd mMysdj fudky ugha I dr{ tc rd fd og ml eaj [k u nh gA ; fn f'k{k d Kku , oa oq) dh n{v I sghu , oa [kk[kyk gS ; fn ml eaT; ksr inku djus dh 'kDr ugha gS rksog vi uscky dka dsef"r" d dks i [kj ; mudh Hkkouk vka dsekuoh; ; i inku ugha dj I drkA ; fn og Lo; a inhr ugha gS rksog n{ jka ds Kku ds i zkk'k dks i d kjr djusea vl eFkz jgs kA**

dsth I \$ n{

- fo'o ds dN 0; fDr gh i zkkuk/; ki d I s vf/kd mPp drD; , oamRr jnkf; Ro j [krs gA** ; g dFku i wkz; k I R; gSD; k{d j k"V^a dk fuekz k fdUgha dkj [kkuka ea ugha cfYd fo | ky; ka ea gks jgk gA
- ^Hkjr ds Hkfo"; dk fuekz k ml dh d{k vka ea gks jgk gS & dkBkj h vk; kx
- i zkkuk/; ki d dks f'k{k ds mnæs ; ka dh i firZ grq fuEu nkf; Roka dk fuokzgu djuk gsrk gS &
- 1- 'k{k d nkf; Ro & f'k{k.k dk; Z i kB; Øe I Ecu/kh] i kB; i qrdka dk p; u] eW; kdu dk; Z
 - 2- fo | ky; I pkyu & dk; Z foHktu] i kB; I gxkeh fØ; kvka dh 0; oLFk] I e; rkfydk , oa dk; Z fun{ ku nkf; Ro & fuekz k] vuqkkl u o pfjf=d fodkl dk; k{u ko o i ; v u dh 0; oLFk

- 3- i ; b{ k.k , oa fujh{k.k dk; Z & fo | ky; hu mi dj.k] I d k/ku rFk dk; ka dk I e; & I e; ij
i ; b{ k.k o fujh{k.k dk; Z djukA
- 4- 'kkyk fodkl I ECU/kh nkf; Ro 'kkyk fodkl I febr dk xBuA
- 5- I Ei dZ I ECU/kh nkf; Ro & fofHku fof'k"V 0; fDr; ka I d.Fkkvka f'k{kfonka I s I Ei dA
→ i zkkuk/; ki d fo | ky; dk i frfoEc gA bl I sfo | ky; hu i zkkI u] f'k{k.k , oa'kkyk I pkyu ds0; ki d
vf/kdkj i klr gA
→ i zkkuk/; ki d ds i æq{k vf/kdkj gS %&
¼½ dk; ky; hu vf/kdkj
¼i½ Nk= I ECU/kh vf/kdkj
¼ii½ f'k{k d I ECU/kh vf/kdkj
¼v½ i jh{k I ECU/kh vf/kdkj
¼v½ f'k{k d i kyd I a k o 'kkyk fodkl I febr xBu I ECU/kh vf/kdkj
→ i zkkuk/; ki d ds i æq{k dr0; , oanf; Ro
¼½ fu; kst u
→ 'kkyk [kyus I s i dZ
→ 'kkyk [kyus ds fnu
→ I = ds nkj ku
→ I = I ekfir ij
¼ii½ fo | ky; hu mnas ; ka dks i klr djus I ædkh I eLr nkf; RoA
→ i zkkuk/; ki d dk Nk= ds i fr 0; ogkj &
fir k I eku Lug i wkZ
feyul kj
Nk=ka ds i fr I nHkkouk , oa muds fgr ea I kps
Nk=ka dh Hkkouk] eukofRr dks I e>s
Nk=ka ds i fr mnkj rk] fuLokFkZ , oa U; k; ; Dr
→ i zkkuk/; ki d dk f'k{k dka ds i fr 0; ogkj &
f'k{k dka dh ; ka ; rk] i fr Hkk] vko' ; drk] I eL; kvka I s voxr gkuk
f'k{k dka dk i wkZ I g; kx o ekxh' kZ
f'k{k dka ds i fr I eHko] J) k o fo' okl j [kuk pfg; A
I dkj kRed nf"V dks ka
→ i zkkuk/; ki d dk vf/kdkfj; ka ds I Fk 0; ogkj
vf/kdkfj; ka I s i = 0; ogkj ds I kFk I kFK 0; fDrxr I ECU/k cukukA
LFkkuh; vf/kdkfj; ka o I d.Fkkvka I s I g; kx yuka

- I ekt ds I kFk 0; ogkj
 vfHkHkKodka I sfujUrj I Ei dZ cuk, j [kuk
 I ekt ds fof'k"V 0; fDr; ka dk I g; x y suk
 fo | ky; hu xrfrof/k; ka ea vfHkHkKod o I ekt ds fof'k"V 0; fDr; ka dh I gHkfxrk djokua
- d{k{k f'k{k.k dk vFkZ gS %& I kefigd f'k{k.k
 & d{k{k f'k{k.k I sykHk %&
 Nk=ka ea rdZ kfDr] dYi uk rFk fplru 'kfDr dk fodkl gsrk gA
 Nk=ks ea usRo ds xqk dk fodkl gsrk gSA
 Nk=ks ea I nxqkka dk fodkl gsrk gSA
- d{k{k f'k{k.k dks iHkfor djus okys dkjd
 d{k{k dk okrkoj .k
 f'k{k.k fof/k
 Nk=
 fo"k; oLrq dk p; u
 f'k{k(d dk 0; fDrRo
- i ; b{k.k dk mnas ; &f'k{k.k dk fodkl gS & cVU
 i ; b{k.k dk ied[k mnas ; gS %& fuf'pr mnas ; ka ds i kfr gsrq f'k{k(dks ds iz kl ka dk eW ; kdu djokua
- i ; b{k.k ds izkj &
 I qkkj kRed
 fujkskRed
 jpukRed
 vf/kdkfjd
 turka=d
 oSkfud
- i ; b{k.k dh fof/k; kwnks izkj dh gA
 0; fDrxr & d{k{k fujh{k.k} iz kx] 0; fDrxr xkSBh] fØ; kRed vuq akkuA
 I kefigd&dk; Z xkSBh] f'k{k(d xkSBh] ifjppk] I kefigd d{k{koykdu
 i ; b{k(d dks vPNs rFk dky ijke'kkrk ds : i ea Hkh dk; Z djuk i Mrk gA
- vrRe ijh{k.k ds izu**
- 1- ^, d ?kMh es tseq; dk; Zfli x dk gS fo | ky; esogh LFku izkkuk/; ki d dk gSA bl dFku dh
 0; k[; k dhft; s
- 2- izkuk/; ki d ds ykdra=kRed nf"Vdksk I sD; k vk'k; gS



i=kpkj iB; Øe
ek;/fed f'k{k e.My e-ç-] Hki ky
 }kjk I okz/kdkj I jf{kr
 fMlykøk bu ,T; qđku
 iFke o"z
 izu i= rrh;

fo"k; & fo|ky; izdku ,oa fu; kstu **iB Iđ; k &4**

fo"k; kæk % I ðFkxr- fu; kstu ,oa fu; kstu

- vFkz , oa egRo
 - izdkj ¼vYi kof/k] e/; kof/k] nh?kkzf/k½
 - 'kkyk dk ifjn';
 - ; kst uk dk fuekZk , oa fØ; kluo;
 - fo|ky; i ptx
 - I ðFk ea mi yC/k I k/kuka dk vkdyu , oa mi ; kx
 - fo|ky; i fjošk dh I ðkkfor vki nk, W
 - vki nk vka dk Lo#i , oa izdkj
 - vki nk vka ds i ðkko
 - vki nk vka I spko ds mi k;
-

fiž Nk=k/; ki d

ižrkouk

f'k{k 0; fDr dks I H; vkš I q ðÑr cukdj I ekt dks mlur cukrh gA vkš pkfjd : i
 I s; g dk; Z fo|ky; ka ea gkrk gA fo|ky; ka dh LFkki uk Li "V mnas; ka dh i firZ grq dh tkrh gš
 vkš bu mnas; ka dh i firZ grq fo|ky; dk I pkyu fd; k tkrk gA rFk I Qy I pkyu grq
 ; kst uk) dk; Z fd; k tkuk vko'; d gš D; kfd I Qyrk ftu rRoka ij fuHkj djrh gš muea
 ; kst uc) dk; Z djus okyk rRo i eŕk gkrk gA

mnas;

bl v/; k; ds v/; ; u I s vki fuEu fyf[kr ckrka dks I e> I dka

- ¼½ I ðFkxr fu; kstu ds vFkz , oa egRo dka
- ¼i½ I ðFkxr fu; kstu ds izdkj dka
- ¼iii½ 'kkyk ds ifjn'; dka
- ¼v½ I ðFkxr ; kst uk ds fuekZk , oa fØ; kluo; u dka
- ¼v½ fo|ky; i ptx rFk ml ds egRo dka
- ¼vi½ I ðFk ea mi y/k I k/kuka ds vkdyu , oa mi ; kx dh tkudkj dka

1/2iii1/2 fo | ky; ifjošk dh I Hkkfor vki nkvk] mudsLo: i , oa izdkj dka
 1/2iii1/2 vki nkvka ds Hkkf rd] eukokkfud] I kekftd , oa 'k{k{kd i Hkko dka
 1/2x1/2 vki nkvka I s I g {kk ds mi k; dka

mi bdkb&1

I hFkxr fu; kstu dk vFkZ , oa egRo

I hFkxr fu; kstu I srkRi ; Z , d h ; kstuk I s gkrk gS tks dkbZ I hFkx 1/2fo | ky; 1/2 vi usmnns ; ka dh
 i fir] fodkl o I Qy I pkyu dsfy, cukrh gA I hFkxr fu; kstu fd I h I hFkx }kj k fufeZ dk; Deka dk
 fooj.k gA nvi js 'kCnka ea dgk tk I drk gA fd ; g mu dk; Deka ; k fØ; kdyki ka dk C; kj k gkrk gS tks
 I hFkx I = Hkj ea mi yC/k I k/kuka ds vk/kkj ij ixfr grq cukrh gA

vr% dgk tk I drk gS fd I hFkxr fu; kstu eq ; : i I s 'kkyk fodkl] Nk=ka , oa f' k{kdk dh
 'k{k{kd vko'; drk vka rFk I kepkf; d vdkakkkvka I s tM/s i Lrkfor dk; Deka dh vfhko; fDr gS ftlga dk; Z
 ea ifjorZ djus dsfy, I Hkh , d I kFk feydj iz kl djrs gA

I hFkxr fu; kstu ds egRo dks fuEufyf [kr fclnq/ka ds vk/kkj ij I e>k tk I drk gA

- 1- bl ea I hFkx I ædkh fofHku {ks=ka ea I qkkj dh ; kstuk cukbZ tkrh gA
- 2- bl ds }kj 'k{k{kd mnns ; ks dks 0; kogkfjd : i fn; k tkrk gA
- 3- bl ea mi yC/k I k/kuka ds vf/kdre iz ks ij cy fn; k tkrk gA
- 4- bl ea okLrfodr ds /kj kry ij I eL; kvka dk I ek/kku fd; k tkrk gA
- 5- bl ea ekuo dh dk; Zkerk] vutko] I w>cu> vkfn dks c<kus ij cy fn; k tkrk gA
- 6- bl ea I kefgd fu.kz yus ij cy fn; k tkrk gS vr% ; g ykdrki=kd gkrk gA
- 7- I æ; kxr fu; kstu ea I epk; dk I g; ks i klr gkrk gA
- 8- bl ea I hFkx dk iR; d I nL; , d bdkbZ ds : i ea dk; Z djrk gA
- 9- I hFkxr fu; kstu yphyk gkrk gS vFkZ~vko'; drk vuq kj ; kstuk ea ifjorZ fd; k tk I drk
gA
- 10- I hFkxr fu; ktu] I hFkx dks jk"Vh; , oa i kUrh; ; kstuk vka I s tM/s dk dk; Z djrk gA

ikBxr izu

ukv % fuEukidr izu gy djus ds i' pkr i kB ds vr eanh xbmRrj rkfydk I svi usmRrj ka dk feyku
 dja A

I R; @ vI R; fy [kka

- 1- I hFkxr fu; kstu jkT; }kj k fufeZ dk; Deka dk fooj.k gA
- 2- I hFkxr fu; kstu ea I eL; kvka dk I ek/kku okLrfodr ds /kj kry ij fd; k tkrk gA
- 3- I hFkxr fu; kstu ea jk"Vh; o i kUrh; ; kstuk vka dks I fEefyr ugha fd; k tkrk gA
 I Qy I hFkxr fu; kstu I Qy 'k{k{kd 0; oLFkx dk ifjpk; d gA

mi bdkbZ 2

I hFkxr fu; kstu ds izdkj

vof/k ds vk/kkj ij I hFkxr fu; kstu ds rhu izdkj gkrk gA

- 1- vYi kof/k
- 2- e/; kof/k
- 3- nh?kkzf/k
- 1- vYi kof/k
 , d h ; kstuk tks 1 I s 3 o"iz ds fy; s cukbZ tkrh gS ml s vYi kof/k ; kstuk ds vxZ j [k tkrk gA
- 2- e/; kof/k
 , d h ; kstuk ftl dk I e; 3 I s 5 o"iz rd dk gkrk gS e/; kof/k ; kstuk dgykrh gA

3- nh?kzbf/k ;kst uk

, d h ; kstuk tksl rrr : i l sfodkl grqiz Ru'khy jgrh gš nh?kzbf/k ; kstuk dgycrh gš i k ; %5 o"kl s v f/kd ; k 10] 15 vFkok 30 o"kkā dsfy, rš kj d tkrh gš bl dk n{krk} njnf' k'rk vks prjkbz dh vko' ; drk gkrh gš f' k{kk dh uhfr ; karFkk dk ; Dēkadksyxwdjus, oaf' k{kk dk fodkl djusgrqnh?kzbf/k ' kš{k d fu ; kst u dk fuekz k fd ; k tkrk gš

bu ; kstukvkadsfuekz k dk vk/kkj rkrdkyhu , oalkfo" ; eavkusokyh l l ; kvkadsfy ; sl qkkj dk ; Dē fuekz k gkrk gš bl idkj l eL ; k dsvk/kkj ij ; kstuk dk fuekz k fd ; k tkrk gš ; s ; kstuk, ayphyh gkrh gsrFkk l ; kuq kj buea ifjorū l lko gkrk gš pīd vYikof/k o e/ ; kof/k ; kstukvkadk y{ ; de l e ; ea ijk gk tkrk gš bl fy, fo | ky ; dh ixfr grqbu ; kstukvkadk fuekz k djuk vko' ; d gsft l l sfo | ky ; dh ixfr de l e ; ea i R ; d {ks= eadh tk l dā

ikBxr izu

ukv/ %fuEukādr izu gy djusdsi' pkr ikB dsvr eanh xbzMrj rkydk l sviusMrjka dk feyku dj& l gh tkMh feykbz &

- | | | |
|----|---------------------|--------------------------------|
| | 1/2 | 1/4 |
| 1- | 1 l s 3 o"kl | vof/k dsvk/kkj ij |
| 2- | 5 l s v f/kd o"kl | e/ ; kof/k ; kst uk |
| 3- | 3 l s 5 o"kl | vYikof/k ; kst uk |
| 4- | fo ky ; fodkl | grqmi ; q̄r nh?kzbf/k ; kst u |
| 5- | rhu idkj dh ; kstuk | vYikof/k o e/ ; kof/k ; kst uk |

mi bclb&3

'kkyk dk ifjn' ;

'kkyk eafol kfkz tc igyh ckj iōsk djrk gsrks' kkyk ifjošk ml dsfy, u ; k gkrk gš ml okyeu ij l cl sigyk i lko 'kkyk Hkou dk i M-rk gš vr%' kkyk Hkou , oaml dk l ā wkZokroj . k l gt o vkd"kl gsk pfg, A fuEufyf[kr fclnqkadsvk/kkj ij 'kkyk dsvkn'kl ifjn' ; dks l e>k tk l drk g&

- 1- 'kkyk Hkou eackyd dh LoPNUnrk , oaLokHkkfodr dks/ ; ku eaj [kk tkuk pfg, A
 - 2- 'kkyk Hkou vks ml dk ifjošk 'kš{k d mnās ; ka dks n'V eaj [kdj cukuk pfg, A
 - 3- LFku dk p ; u bl idkj fd ; k tkuk pfg, fd og LFku ikydka , oackydka dsfy, l jf{kr gka
 - 4- 'kkyk ifj l j 'kks xy] i n'lk . k] Nfcxgka vks cktkjka l snij gsk pfg, A
 - 5- 'kkyk LFku goknkj gks ds l kfk gh l kfk idk'k ; q̄r Hkh gsk pfg, A
 - 6- unh] ukysrFkk rkykka l snij gsk pfg, A
 - 7- 'kkyk ifj l j ea i ; klr ek=k ea rFkk 'kq̄ is ty dh 0 ; oLFkk gsk pfg, A
 - 8- fo | kfkz ka ds 'kjhfd fodkl grqi ; klr [ksy dk eñku gsk pfg, A
 - 9- 'kkyk Hkou dh l q̄nrk rFkk i ; kbj . kh ; LoPNrk dks/ ; ku eaj [krsgq cxhpk gsk pfg, A
 - 10- ckydka dckš) d fodkl grql eq̄r i q̄rdka l s ; q̄r i q̄rdky ; gsk pfg, A
 - 11- , d vfrfjDr okpuky ; Hkh gsk pfg, A
 - 12- 'kkyk Hkou iz kx' kkyk mi dj . kkarFkk l aš/kr fp=ka o pkVkl l sl q̄ FTtr gsk pfg, A
 - 13- , d cMk l Hkk d{k gsk pfg, A
 - 14- v/ ; ki dka grq, d foJke d{k gsk pfg, A
 - 15- i k/kkukpk ; Z d{k ds l kfk & l kfk Nk=kokl dh Hkh 0 ; oLFkk gsk pfg ; ā
 - 16- i ; klr ek=k eadq̄ h] Vcy gks pfg, A
 - 17- d{k ds vuq kj ' ; kei VVj dh 0 ; oLFkk gsk pfg, A
 - 18- i R ; d Lrj ds vu : i Quhpj dh 0 ; oLFkk gsk pfg, A
- tš & i kfkfed Lrj ij de Āpkbzokysogh ek/ ; fed ea i kfkfed Lrj l s Fkk/ s v f/kd Āpkbzokya

- 19- dejka dk vkdkj l efpr gksuk pfg, A
- 20- orëku dsl kfk pyrsgq vk/kfud mi dj. kka dh 0; oLFkk gksuh pfg, A tš sdEl; wj] vks, p-i-h- vknA
- 21- Lrjkuq kj 'kkyk dk LFkku rgyuk eæk/; fed Lrj dh 'kkykvkaeavf/kd LFkku gksuk pfg, A
Li "V gS, d LopNk] l tñj , oavkd"kd vlg LoLFk okrkoj .k l sepr fo | ky; vfhkkkodka, oaf | kfkz kacskvi uh vlg vkdf"kr djrk gA l kfk gh l kfk Nk=kads' kkhfjd , oaeuf l d fodkl ij Hkh eukoKkfud i Hkko Mkyrk gA pñd gfj; kyh dk vHkko mnkl hurk mRiUu djrk gSvr% l e; & l e; ij fo | kfkz, ksdh Hkxhkhkj }kjk o{kjksi .k fd; k tk l drk gA fp=] mi dj. kka l sl q fttr iz, kx' kkyk l efpr i qLrdkal seq; i tñrdky; rFkk d{k tš sfo' ksk fo'k; kadsvyx&vyx dkkadh 0; oLFkk 'kkyk Hkou dks l q fttr djrh gA

oš s'kkyk dk ifjn'; vlg Hkh vkd"kd gksk tc 'kkyk ea, š h fØ; kvkadk l Ekkoš k fd; k tk, xk tks Nk=kaeajk"Vh; , oahkkoukRed , dh dj .k dks LFkfi r djusgrqdh tk, xhA ; sfØ; k, a Nk=kaeavki l h l g; kx' i e , oal nHkko dh Hkkouk i šk djsxhA

ikBxr izu

ukv %fuEukñdr izu gy djusdsi' pkr ikB dsvr eanh xbz mRrj rkydk l sviusmRrjka dk feyku dja

fn, x, 'Cnka ds iz, kx }kjk fjDr LFkku dh iñrZdjkk&
½ i tñrdky;] 'kkhfjd l Hkkd{k} l gt , oavkd"kd l idk'k; pr ½

- 1- 'kkyk Hkou , oam l dk l a wk okrkoj .k-----gskk gA
- 2- fo | kfkz, kads ckš) d fodkl grq'kyk ea-----gskk gA
- 3- 'kkyk ea ØhMkx .k fo | kfkz, kads-----fodkl ea l gk; d gA
- 4- 'kkyk Hkou goknkj , oa-----gksuk pfg, A
- 5- 'kkyk Hkou ea , d cMk -----gksuk pfg, A

mi bdkb&4

;kstuk dk fuekzk ,oa fØ; kko; u

l ðFkxr fu; kst u dk mnas; mi yC/k l k/kukadsvk/kkj ij fu/kkjr l e; eafuf'pr mnas; ksdks i ktr djuk gskk gA bl grq l Qy l pkyu vko'; d gA l Qy l pkyu dk; Zdh ; kstuk ij fuHkj djrk gA ; kstuk ftruh l jy] Li "V o y{; xkeh gsrh gsmruh gh ml dsl Qy gksudh l Hkkouk c<+tkrh gA vr%; kstuk dk fuekzk l ko/kkuh o /; kui ðd fd; k tkuk vko'; d gA ; kstuk vi us0; kogkfjd : i earHkh vkrh gStc og fØ; kflor gsrh gA bl idkj ftruk egROI wkZ; kstuk dk fuekzk gsmruh egROI wkZ ml dk fØ; kko; u Hkh gA

;kstuk fuekzk &

; kstuk dk fuekzk fuEu fyf[kr fl) karkadsvk/kkj ij fd; k tkuk pfg, &

- 1- **mnas; kaj vk/kfjr&iR;** d l ðFk ds viusmnas'; kaj vk/kfjr& iR; d l ðFk ds viusmnas; ka gsrsgSvr% ; kstuk fuekzk dsl e; mu mnas; kadk /; ku j [kk tkuk pfg, rFkk ; kstuk mnas; kaj vk/kfjr gksuk pfg, A
- 2- **vko'; d l puk dk l dyu djuk&** mnas; kads l kfk gh l kfk vko'; d l puk dk l dyu Hkh dj ysuk pfg, tš & f'k{k d Nk=k l [; k] f'k{k&fo | kfkzvuq kr] vkfkd l k/ku] mi yC/k l k/ku vknA
- 3- **iFfedrk Øe LFfir djuk&** ; kstuk ea; g fuf'pr djuk dh fd l dk; Z dks igysfd; k tkuk gA
- 4- **dk; ZfoHktu&** fofHku fØ; kvkarFkk dk; Øekads/; ku eaj [krA gq 'kkyk dsv/; ki d rFkk fo | kfkz, kadk ; kx; rk , oa: fp dsvuq i dk; ZfoHktu djuk pfg; sA
- 5- **mi yC/k l k/kukadk vf/kdre mi ; kx&** tks l k/ku 'kkyk eami yC/k gS tš & 'kkyk Hkou] [ky dk ešku] Quhpj vkn dk vf/kdre mi ; kx fd; k tkuk pfg, A
- 6- **l g; kx , oal gkfjrk&** l g; kx , oal gdfjrk 'kkyk izkl u dk iæqk vk/kkj gA 'kkyk , d l kekftd l ðFk gA vr%; kstuk cukrs l e; bl ckr dk /; ku j [kk tkuk pfg, fd v/; ki d ox] fo | kfkz vfhkkkod rFkk l ekt dsl nL; kadse/ ; l g; kx , oal gdfjrk l sdk; ZgkA
- 7- **izkrk=d dk; Zizkyl&** gekjs nsk ea izkrk=d 'kkl u 0; oLFkk gA vr% l ekt ea izkræ dh Hkkouk mRiUu djusdh n"V l s; kstuk fuekzk bl idkj fd; k tkuk pfg, fd 'kkyk ea l eLr fØ; kvkadk izkl/k, oal pkyu

iztkrkf=d izkkyh }kjk gkA

8- ekuoh; vk/kj& izl/ku ea ekuoh; 0; ogkj gksuk pkfg, A I Hkh 0; fDr; ka ij dk; Z dk Hkkj mudh {kerk , oa' kfDr dks/; ku eaj [kdj fn; k tkuk pkfg, A

9- Li"Vrk& ; kstuk ea Li"Vrk gksuh pkfgA vfuf' prrk I sml s0; kogkfjd : i fn, tkuseal eL; k vk I drh gS

10- I jyrk o yphyki u& ; kstuk I jy gksus ds I kFk& I kFk yphyh gksuh vko' ; d gSft I I su; &u; s iz kska dks LFkku fn; k tk I dA

11- iB; I gxkeh f0; kvla dks LFku& ; kstuk ea iB; I gxkeh f0; kvla dks mfpr egRo nsuk pkfg; A ckydka ds I okzh.kfodkl grq; sf0; k, a vko' ; d gA

; kstuk dk f0; kb; u&

; kstuk fuekZk ds vk/kkj ij ml sf0; kfulor djuk pkfg, A ; kstuk ds vk/kkj ij gh dk; k&dk foHktu fd; k tkuk pkfg, rFkk I e; & I e; ij eW; kadu Hkh fd; k tkuk pkfg, A

dgk tk I drk gSfd ; kstuk , d I dYi gS tks' kkyk ij jokj ds I kefgd iz Rukal sijk fd; k tkrk gA bl ea iR; d rFkk I kefgd nksukagh I ekfgr gksr gA

iBxr izu

ukv% fuEukadr izu gy djus ds i' pkr iB ds vUr eanh xbZ mRrj rkydk I svi usmRrj ka dk feyku djA

1- I gh fodYi pfu, &

1- ; kstuk gksuh pkfg, &

1/2 yphyh 1/2 dBkj 1/2 vLi "V 1/2 v0; ofLFkr

2- ; kstuk f0; kb; u 0; ofLFkr gksk] tc ; kstuk e&

1/2 I jyrk gksuh 1/2 Li"Vrk gksuh 1/2 i kFkfedrk dk 0e gksk 1/2 dkbZ Hkh ugha

3- ; kstuk ea ekuoh; vk/kkj dk dkj.k g&

1/2 fo | ky; , d bdkbZ gS 1/2 dk; bgu drkZ pruk ; Dr , oa I f0; tho gS

1/2 fuekZk drkZ tho gS 1/2 dkbZ dkj.k ugha

4- ; kstuk ea iztkrkf=d dk; Z izkkyh vko' ; d g&

1/2 I ekt ea iztkræ dh Hkkouk fuekZk grq

1/2 gekjsns k dh 'kkl u 0; ofLFk gS

1/2 izkkukpk; Z dh bPNk grq

1/2 v/; ki d dh 0; ofLFk gS

5- iB; I gxkeh f0; kvla dks LFkku fn; k tkuk&

1/2 vko' ; d gA 1/2 vR; ko' ; d gA 1/2 vfuf' pr gA 1/2 etcjh gA

mi bdkb&5

fo | ky; i p k x % d s y m j 1/2

fo | ky; i p k x fo | ky; dsf0; k dyki ka dh ^okf"kd& ; kstuk** gksrk gA bl ds vR xZ 'k{k d i k B; r j , oa vU; 'kky s xfrfof/k; k; vkrh gA ; g fo | ky; I pkyu ea i Fk in'kd dk dk; Z djrk gA

: i j k k &

bl ds vR xZ orEku I = ds i R; d ek g ea tks f0; k, W, oadk; Z I Ei Uu gksuk gSog Li"V jgrsgA i p k x cur s I e; 'kkyk ds i k B; Rrj 1/2 [ky dm] I Eesy 1/2 ij h {kk} eW; kadu rFkk vU; I Hkh dks/; ku eaj [kk tkrk gA bl ds fy, 'kkyk dh xfrfof/k; ka dks fuEufyf [kr 'kh"kdka eackWk tkrk g&

1- 'k{k d xfrfof/k; k;

2- I kfgR; d , oa I kadfrd I adkh xfrfof/k; k;

3- ij h {kk , oa eW; kadu I adkh xfrfof/k; k;

4- ij h {kk , oa eW; kadu I adkh xfrfof/k; k;

izkl fud o vU; vko'; d xfrfof/k; k

'kys dSsmj dk ik: i

| | | | | |
|--------------------|--|---|---|---|
| ekg | 'kys xfrfof/k | l kfgR; , oa l ka.Nfr xfrfof/k; k | ijh{kk , oa eW; kaU l Ecu/kh xfrfof/k; k | izkl fud xfrfof/k; k |
| t _y kbz | l Hkh fo"K; dh i Fke bdkbz i wZ | Nk=ka dk i k j L i f j d l pkyu l fefr dk xBu | i Fke bdkbz i wZ | Nk=ka dks djuk] d{kkvka dk fuekZk |
| vxLr | f}rh; , oa rrh; bdkb; ka dk l eki u | 15 vxLr ds l ekj kg dh r\$ kjh ryl h t; arh vfn | i R; d bdkbz dk y\$kh; eW; kaU | Nk=] ofRr] vkonu] ukekaU i = Hkjuk] vfn |
| fl rEcj | prfKZ bdkbz dk l eki u | f'k{k d fnol dh r\$ kjh | bdkbz dk y\$kh; dk fuekZk , oa i Fke =ekf l d ijh{kk | okf"kd ijh{kk 'kYd , oa ckMZ ijh{kk ds vkonuka dh i fir-] fo ky; 'kYd |
| vDVicj | i pe bdkbz dk l eki u | xkakh t; arh dh r\$ kjh | bdkbz dk eW; kaU | & |
| uoEcj | NBh bdkbz dk l eki u | cky fnol grq r\$ kjh | bdkbz dk eW; kaU | nks ekg dk 'kYd tek djuk |
| fnl Ecj | 1 l s 6 rd bdkbz dk i p j k o y kaU | Lug l Eesyu dh r\$ kjh | v/kZ okf"kd ijh{kk ijh{kk | tuojh , oa Qojh dk 'kYd ysk |
| tuojh | 7 , oa 8 oha bdkbz dk l eki u | 26 tuojh dh r\$ kjh | bdkbz, ka dk y\$kh; eW; kaU | & |
| Qojh | 9 oha o nl oha bdkbz dk l eki u | eW; kaU | bdkbz, ka dk fj d k MZ tek djuk | ekpZ l s t w rd 'kYd |
| ekpZ | 7 l s 10 oha bdkbz rd dk i p j k o & y kaU o ijh{k.k | fo ky; dh vare d{kk ds Nk=ka dh fonkbz o 'k{k d keuk; a | okf"kd ijh{kk dh r\$ kjh] | & |
| vi &y | & | & | okf"kd ijh{kk; a , oa i j . kke | & |
| ebz | & | & | ijd ijh{kk | 'kkyk ds LVkQ dk HkKrd l R; ki u l = & l eki u |

egRo& i p k x vR; r mi ; kxh , oa egRo i wZ i y\$ k g k r k gA 'kkyk ds l a wZ fØ; kdyki bl h ds vuq i pyrsjgrs
gA ; g l pkyu eal fo/kk i nku djrk gA ; g 'kys fØ; kdyki ka dh vk/kj f'kyk gkrh gA bl l sfo | ky; dh xfrfof/
k; ka eafuf' prrk ds l kfk vfuok; rk cuh jgrh gA l kfk gh l kfk 'kkyk eal fØ; rk Hkh cuh jgrh gA

iBxr izu

uk%& fuEukidr izu gy djusdsi'pkr ikB dsVlr eanh xbzMRrj rkfydk l svi usmRrjkadk feyku dja
l gh fodYi puk&

1- 'kkyş i p k x , d i z k j d h &

¼½ ; kst uk gS¼i½ vnAZ okf"kd ; kst uk ¼ii½ okf"kd ; kst uk ¼v½ =&kf l d ; kst uk

2- 'kkyş i p k x d h : i j { k k c u k r s l e ; 'kkyk d h x r f o f / k ; k a d k ----- 'k h " k z l k a e a c k W k t k r k g &

¼½ 2 ¼i½ 4 ¼ii½ 3 ¼v½ 5

3- 'kkyş i p k x d k e g R o ----- d s f y , g &

¼½ fo | ky ; d h x r f o f / k ; k a d k s f u f ' p r r k j v f u o k ; r k n s r k g &

¼i½ fo | ky ; d h x r f o f / k ; k a d k l p k y u d j r k g &

¼ii½ fo | ky ; d h x r f o f / k ; k a d k s l i " v d j r k g &

¼v½ fo | ky ; d h x r f o f / k ; k a d s e W ; k a d u e a l k g k ; d g k r k g &

mi bdkbz 6

l b F k e a m i y C / k l k / k u k a d k v k d y u , o a m i ; k s

fdl h l & ; k e a m i y C / k l k / k u k a d k s n k s H k k x k a e a c k W k t k l d r k g & e k u o h ; , o a H k k s r d A e k u o h ; l k / k u k a e a
o s l H k h N k s / & c M s v f / k d k j h t k s l & F k e a d k ; j r g k r s g & l f E e f y r f d , t k l d r s g & r F k k m u d k v k d y u m u d h e k = k
d s l k F k & l F k d k ; z k e r k } k j k H k h f d ; k t k r k g & o g h a H k k s r d l k / k u k a d k s J & k y k c n A f d ; k t k l d r k g S v k j m u d k
v k d y u m u d h e k = k d s l k F k & l F k m u d h m i ; k s x r k i j H k h f u H k j d j r k g & f d l h H k h l & ; k e a f u e u f y f [k r H k k s r d
l k / k u k a d k s g k s k p k f g , &

1- v k d " k z l] L o P N] i z k ' k ; Ø r] g o k n k j ' k k y k H k o u A

2- ' k k y k H k o u e a d e j } n j o k t } f [k M f d ; k j v i z k ' h v k f n d k i z a k L o k L F ; d s n f " v d k s k l s g k A

3- l k b f d y ' k M] ' k k f p k y ;] e w k y ;] L u k u ? k j v k f n g k A

4- L r j k u d k j ¼ k F k f e d @ e k / ; f e d ½ Q u h i p j d h 0 ; o L F k k A

5- Ø h M k g r q Ø h M k x . k A

6- i k p k ; & d { k d s v f r f j D r v / ; k i d & d { k n f r j] Ø h M k & d { k m i d j . k & d { k ¼ L v k j ¼ n ' ; & J 0 ; m i d j . k d { k l H k k x g
¼ g k W ¼ e u k j a t u d { k A

7- i ; k l r e k = k e a m i y C / k i l r d k a ; Ø r i l r d k y ; , o a v f r f j D r o k p u k y ; & d { k A

8- l k a d f r d d k ; k z d h r s k j h g r q d Y k k & d { k A

9- Ø k f V f ' k { k g r q Ø k f V d { k A

10- m i ; Ø r m i d j . k k a r F k k p k v k z ; Ø r f o K k u , o a H k k s y d { k A

11- ' k Ø o L o P N i k u h d h i ; k l r 0 ; o L F k k A

12- f o | k f F k z k a d h l & ; k d s v k / k j i j v / ; ; u & d { k A

13- v / ; ; u & d { k k u q i ' ; k e i V v A

14- l a h r d s m i d j . k ; Ø r l a h r d { k A

15- L o k L F ; , o a l j { k k d h n f " v l s v k o ' ; d m i d j . k A

16- m i ; Ø r l k / k u k a ; Ø r i z k s x ' k k y k A

17- ' k k y k H k o u d s f u d V c x h p k A

l & ; k e a m i y C / k l k / k u k a d k m i ; k s x H k h v k o ' ; d g & ; k s t u k f u e k z k d j r s l e ; ; g v k o ' ; d g s f d l & ; k
e a m i y C / k e k u o h ; , o a H k k s r d l k / k u k a d k ; k s t u k e a v f / k d l s v f / k d m i ; k s x f d ; k t k l d A ; g v k o ' ; d u g h a g S
f d c k g ; ; k v f r f j D r l k / k u k a d k s t Ø / k u s d k i z k l f d ; k t k ; A D ; k f i d ; s i z k l l e ; v k j ' k f D r d k 0 ; ; e a v i 0 ; ;
g & m n k g j . k d s f y , f o | k y ; e a i z k s x ' k k y k] i l r d k y ;] c k p u k y ;] Ø k f V d { k l H k h g S i j U r q ; f n f o | k f F k z k a d k s
i z k s x ' k k y k e a u t k u s f n ; k t k ,] i l r d k y ; l s i l r d s u n h t k ,] i l r d k a d s i < u s g r q , d d k y [k . M u y x k ; k t k ,]

ØkV dsf'k(kd dh fu; qDr u dh tk, ; k ml sØkV dh d{k u yusnh tk, rksbu l cdh mi yC/krk 0; ; gA bu l k/kuka dk iz kx bl nfv l sfd; k tkuk pkfg, fd budsiz kx l sl q; k dh iæfr l Hko gksrFkk l ekt eaml dh vi uh, d vyx igpku cu l dA oS sLi"V gSfd fo|ky; eami yC/k l k/kuka dh ek=k l sdghavf/kd mudk mfpr mi ; kx egro j [krk gA

ikBxr izu

ukV% fuEukidr izu gy djusdsi'pkr ikB dsvar eanh xbzMrj rkydk l svi usmRrjka dk feyku dja l R; @v l R; fyf[k; &

- 1- 'kkyk Hkou dksek= goknj gh gksuk pkfg, A
- 2- l q; k dsekuoh; l d k/ku ml eadk; jr l Hkh oxZdsdepkjh gksrgA
- 3- 'kkyk Hkou eaHkkrd l k/ku dh miyC/krk ml dh mi ; kxrk ij fullj ughadjrha
- 4- l k/kuka dsvkdyu dk mudh mi ; kxrk l sl h/kk l adk gA
- 5- ekuoh; o Hkkrd l k/kuka dh i ; kZr miyC/krk l q; k dh l Qyrk ea l gk; d gA
- 6- vf/kd l k/ku vf/kd l Qyrk ds ifjpk; d gksrgA

mi bdk&7

fo|ky; ifjoSk dh l Hkfor vkink,W

fo|ky; ifjoSk dk l keW; vFkZfo|ky; okrkoj.k vFkZ ek= Hkou l sgh fy; k tkrk gSijarqbl dk {ks= 0; ki d gA bl dsvarxZ fo|ky; l sl ad/kr l Hkh oLrpkadks l feefyr fd; k tkrk gA tS s; fn fd l h fo|ky; ea Nk=kokl gA rksog Hkh ml ds ifjoSk dk gh, d vak gkskA ftl idkj l ekt ea?kVr iR; ad ?kVuk ; k nqkZ/uk l Ekt dks i Hkfor djrh gSoS sgh fo|ky; Hkh ml ea; k ml ds vki ikl gksusokyh ?kVukvkal si Hkfor gksrk jgrk gA oS s; fn bfrgl eatk; k tk, rks ikphu dky l svc rd, d h vud ?kVuk ; k nqkZ/uk, WgSftlga l phc) fd; k tk l drk gA xkS l snqk tk, rks bulgavkin, adg tkuk l oEkk mfpr gksk D; kkd ; s?kVuk, W; k nqkZuk, Wvpkud idV gks vi us i Hko dks fn [krh gA tS & >xMk] vx l kFk gh l kFk i kdfrd vkink, WtS s nQku] Hkudá vkfnA bl idkj fo|ky; ifjoSk dh vkink, aikdfrd o ekuo tU; nkuka idkj dh gks l drh gA

vkinkva dk Lo: i ,oa idkj&

Lo: i ,oa idkj ds vk/kj ij vkink, Wnks idkj dh gsrh g& ikdfrd , oaekuo tU; A bu vkinkvadks bl idkj l e>k tk l drk g&

vkinkva ds idkj

- | | |
|-------------------|---------------------|
| ikdfrd | ekuo tU; |
| 1- Hkudá | 1- vx |
| 2- nQku | 2- >xMk |
| 3- egkekjh | 3- l kEinkf; d >xMk |
| 4- vfr of"V | 4- depkjh gMrky |
| 5- vfr xbi"e@'khr | 5- fofHku nqkZuk, W |

1/2 ikdfrd vkink, W

ikdfrd vkinkvadsvarxZ osvkin, Wvkrh gSftlga idfr tle nrh gA bl dsvarxZ fuEufyf[kr vkinkvadks l feefyr fd; k tk l drk g&

1/4 HkudEi& Hkie dk vpud QV tkuk Hkudá dgk tkrk gSrFkk bl l sfuf'pr gh /ku rFkk tu nkukagkfu; kllgkrh gA

1/2 rQku& gokvkd vR; f/kd rst idkg nQku dks tle nrk gA ; svkin vi us l kFk eul; ds vfrfjDr Hkou dks Hkh mMkus dh {kerk j [krh gA

1/3 egkekjh& l Øked jks dk QsY tkuk gh egkekjh gsrk gA l Øe.k dk i Hko ftruk vf/kd gsrk gA tugkfu mruh gh gsrh gA Hkkrd nfv l s; g 'kkyk dks i Hkfor ughadjrha bl dsmngj.k Vk; QkbM] Maxj Lokou jlyvkvfn gA

1/4 1/2 v f r o f " V & vf/kd o"kkz dbz l el; kvka dks tle nrh gA tS sjkLrka dk Mc tkuk] fudVre unh] rkyckca dk mQuuk] ?kjkae ikuh dk vk tkuk] fo |ky; Hkou ea ikuh Hkj tkuk vkfnA

1/5 1/2 v f r x h " e @ " k r & Xyky o k f e k d s p y r s i R; d e k s e d h l h e k v i u s u , & u , f j d k M Z c u k j g h g A t g k W i g y s f l Q Z v f r o f " V g h l q h t k r h F k h v k t g e v f r x h " e o " k h r H k h l q u l d r s g A v f r x h " e d s p y r s f d l h H k h i d k j d s l D e . k d h l H k k o u k c < + t k r h g A o g h a v f r " k h r L o k L F ; d k s i H k k f o r d j r h g A ; s v k i n k , W f o | k y ; d s H k k s r d l k / k u k a d k s m r u k i H k k f o r u g h a d j r h f t u r k e k u o h ; l a k / k u k a d k a

1/6 1/2 e k u o t u ; & ekuo tu; vki nk vka dk tle ; k r k e k u o } k j k g k r k g A ; k e k u o d h v l k o / k k u h } k j k g k r k g A b l d s v r x r f u E u f y f [k r v k i n k v k a d k s f y ; k t k l d r k g &

1/4 1/2 v l x & fo |ky Hkou ead b z H k k s r d l k / k u g k r s g A m l g h a e a o r z e k u e a x s f l y s M j d k e g R o H k h c M k g A e / ; k l g H k k s t u d s p y r s i R ; d f o | k y ; e a b u d h m i f l F k r v f u o k ; z g s p y h g A o g h a f c t y h d h m i f l F k r h r k s v i s { k r g s g h A ; s o s l k / k u g a t k s v l k o / k k u h d s p y r s v l x y x u s d k i F k e d k j . k g k l d r s g A t k s t u o / k u n k a k a g h i d k j d h g k f u ; k a d k i e d k v k / k j g k s t k r s g A

1/2 1/2 > x M k & fo |k f k z k a e a m f n r e u e v / k o ; k f o | k f k z i z d k u d s e / ; v f k o k v / ; k i d f o | k f k z d s e / ; m f n r e u e v / k o d b z c k j c M s > x M s d k s t l e n r k g A t k s m u d h " k j h f j d g k f u d s v f r f j D r f o | k y ; l a f r r d h g k f u d k H k h d k j . k c u r h g A

1/3 1/2 l k i n f ; d > x M k & fo |ky; og l k e f t d l a ; k g s t g k W i R ; d l E i n k ; d s f o | k f k z f " k { k k i k l r d j r s g A i j U r q / k e z l a d k h v / k j s K k u r F k k v l k e f t d r R o k a d s i z R u d s p y r s d b z c k j o s l k e l l ; f o o k n k a d k s c M s > x M k a e a c n y n r s g A i f j . k k e L o : i t u g k f u d s l k F k & l k F k f o | k y ; l a n k d k s H k h { k f r i g p r h g A

1/4 1/2 d e p j h g M r k y & v f u ; i = r i z k k l u ; k v o ; o f l F k r i z d k u d s p y r s d b z c k j l a F k k e a d k ; j r d e p j h v l r k s " k r g k s v i u h e k k a d h i f i r z g M r k y } k j k d j r s g A f t l d s i f j . k k e L o : i f o | k y ; i f r " B k l k k f o r g k r h g A

1/5 1/2 f o f H U u n a k / u k , W b l d s v r x r f o | k y ; e a g k s u s o k y h f o f H U u i z d k j d h n a k / u k v k a d k s H k h v k i n k v k a d s v r x r f y ; k t k l d r k g A t S & [k j k e e / ; k l g H k k s t u d s d k j . k f o | k f k z k a d k L o k L F k ; [k j k e g k s t k u k] l k a d f r d d k ; D e e a v p k u d e p d k V W t k u k] [k y d s e n k u e a [k y r s l e ; f o | k f k z d k ? k k ; y g k s t k u k] e k s e d h [k j k c h d s d k j . k f o | k f k z k a d s L o k L F ; d k [k j k e g k s k l] f o | r d s r k j V W u s l s n a k / u k g k s k v k f n A

vki nk vka ds i Hko &

fo |ky; i f j o s k d h v k i n k p k g s i k d f r d g k s ; k e k u o k t u ; o g i R ; N ; k i R ; { k : i l s f o | k y ; i j i H k o M k y r h g A b u i H k k o k a d k s f u E u f y f [k r { k s = k a } k j k l e > k t k l d r k g &

1/4 1/2 H k s r d i H k o & fo |ky; Hkou , o a m | k u u " V g k s t k r k g A f o | k f k z d k v a k & H k a g k s l d r k g s m l e a e k u f l d v L o l F k r k v k l d r h g s v k f n A

1/2 1/2 e u l k k f u d i H k o & bu vki nk vka d s p y r s f o | k f k z f " k { k d n k u k a i j n k s i z d k j d s i H k o n s [k s t k l d r s g A l d k j k R e d o u d k j k R e d A l d k j k R e d : i e a o s v k i n k v k a d k n < r k l s l e u k d j u k l h [k r s g A o g h a u d k j k R e d : i e a m u e a f o | k y ; 0 ; o l F k k d s i f r v : f p m R i U u g k s l d r h g A

1/3 1/2 l k e f t d i H k o & l e k t r F k k f o | k y ; d k ? k f u k " B l a d k g k r k g A v f H k k o d H k h i R ; { k ; k v i R ; { k : i l s f o | k y ; l s l a i / k r j g r s g A f t l f o | k y ; d h N f o l e k t e a v P N h g k r h g S o s L o k H k k f o d : i l s v f H k k o d k a d k s v k d f " k r d j r s g A o g h a v k i n k v k a l s v l g j f { k r f o | k y ; l e k t e a i f r " B k i k l r u g h a d j i k r s g A

1/4 1/2 ' k f k d i H k o & f " k { k 0 ; o l F k k e k u o h ; o H k k s r d l k / k u k a d s l g ; k x l s p y r h g A 0 ; o l F k r l p k y u r c g h g k r k g A t c f " k { k . k v f / k u k e i f 0 ; k H k h 0 ; o l F k r : i l s l a U u g k r h j g r h g A L i " V g s v k i n k , W d g h a u d g h a i R ; { k ; k v i R ; { k : i l s H k k s r d o e k u o h ; l a k / k u k a d k s i H k k f o r d j r h g A v r % f u f ' p r g h f " k { k H k h i H k k f o r g k r h g A

c p l o d s m i k ; &

o s s r k s v k i n k v k a d s ? k f v r g k s u s d k l e ; f u f ' p r u g h a g k r k g s f Q j H k h n i j n i " V j [k u s g q d i n l k o / k k f u ; k a d k s v i u k d j b u v k i n k v k a l s c p k t k l d r k g &

1/4 1/2 i k d f r d v k i n k v k a l s c p k o &

1/4 1/2 H k o l E i & H k o l E i j k s l h d { k k a d k f u e k z k f 0 ; k t k u k p k f g , r F k k H k o l E i v k u s i j f o | k f k z k a d k s [k y s L F k k u i j t k u s

dguk pfg,

1/2 rdku& fo|ky; Hkou fuekzk eamPp Lrjh; I kexh dk iz, kx djuk pfg, A rdku dsl e; i Mka dsuhps [kMk ughagkuk pfg, A

1/3 eglekjh& jkskadh jkdFkke grqyxok, tkusokysVhdka dh 0; oLFkk djuk pfg, A jks I adkh I iwz tkudkjh fo|kfkz, ka o vfhkHkkodka dks nh tkuh pfg, A

1/4 vfrf"V& fo|ky; ea ikuh i dsk u djsbl grqfo|ky; vk/kkj Apk cuok; k tkuk pfg, A nhokja I si kuh vlnj u vk, bl grqmPp Lrjh; Hkou fuekzk I kexh dk iz, kx fd; k tkuk pfg, A 'jsh M\$?kks"kr dj vodk'k Hkh fn; k tk I drk gA

1/5 vfr xh'e@'kr& ; snksuka gh fo|kfkz, ka ds LokLF; dks i Hkkfor djrs gsvr% xh'e ea I De.k I scpk grq I kQ&LoPNrk dk fo'kks /; ku j [kk tkuk pfg, A fo'kksdj ty dka vfr 'khr I scpk grqfo|ky; eavodk'k fn; k tk I drk gS I kFk gh I kFk ok; qjksk mi k; ka dh 0; oLFkk dj fo|kfkz, ka dks 'khr ds daj Hkko I scpk; k tk I drk gA

1/6 ekuo tU; vkinvka I scpk&

1/7 vx& bl grqvix c-kus ds I a U=ka dh mi yC/krk vko'; d gA jsh dk iz, kx Hkh fd; k tk I drk gA

1/2 >xM& fo'kks vuqkl u dh 0; oLFkk dh LFki uk dh tk, bl grqf'k{kdka dks fu; Dr fd; k tkuk pfg, A fo|kfkz, ka ea ijLij I Eeku] iæ dh Hkkouk dk fodkl fd; k tkuk pfg, A

1/3 I kink; d >xM& bl grqvl kelftd rRoka ds i dsk dks I [rh I sfo|ky; ea fu'kks fd; k tkuk pfg, a /kfeD I dh. kzk I snj j [krsqg 0; ki d I kp , oal ejl rk dk iB i<k; k tkuk pfg, A

1/4 depkj; kadh gMrky& fo|ky; ea iztkrk=d okrkoj .k dk fuekzk fd; k tkuk pfg, A iR; d Lrj ds 0; fDr dks ml dk er j [kusdk vf/kdkj gkuk pfg, A izdku grqvutkoh o I e>nkj 0; fDr; kadk p; u fd; k tkuk pfg, A

1/5 fofHku nqW/uk, & i kFked fpdfRI k dh 0; k[; k gksuk pfg, A Hkksu I adkh dk; k ea fo'kks I ko/kkuh j [kh tkuk pfg, A iR; d dk; Zmfpr 0; fDr dks I ka k tkuk pfg, A

bl izkj mi jkDr cpkoka dks vodk'k dj vinkvka scpk tkuk pfg, A

iBxr izu

ukv%& fuEufyf[kr izu gy djus ds i'pkr iB ds vlr eanh xbzmRrj rkfydk I svi usmRrj ka dk feyku djA

- 1- fuEufyf[kr vkinvka dks i dfrd o ekuoh; vkinvka ea oxhZdr dhft, & Maxj xS fl ysMj dk QVuk] Nkrkadk Vi duk] iM dk fxj tkuk] /keZdsuke ij >xMuk] /kjrj dk fgyuk] f'k{kdka dk u iMkuk] fo|ky; ea ikuh dk Hkj tkuk] fo|kfkz dk ?k; y gksuk] ep dk VW tkukA

bdkbZ I kjk&

^{6/39} I LFkxr fu; kst u mu dk; Deka; k fD; kdyki kadk C; ksj k gsrk gStks I LFk I = Hkj eami yC/k I k/kukadsvk/kkj ij ixfr grqcukrh gA

^{6/39} vof/k dsvk/kkj ij I LFkxr fu; kst u rhu izkj dsgrsg& vvi kof/k] e/; kof/k o nh?kzb/kA 'kkyk ifjn'; I [nj] vkd"kd] LokHkkfod rFkk I Hkh izkj ds mi; Dr Hkksrd o ekuoh; I k/kuka I s; Dr gksuk pfg, A

^{6/39} ; kstuk dk fuekzk] fl) kar ka ds vk/kkj ij I ko/kkuh i dZ fd; k tkuk pfg, rFkk ml dsfD; kko; u ea iR; d o I kelfgd nksuka izkj ds iz, Ruk I feefyr gsrsgA

^{6/39} fo|ky; i pks fo|ky; dsfD; kdyki kadh ok"kd&; kstuk gsrk gA

^{6/39} I LFk eami yC/k I k/kuka dk vkWbyu mudh ek=k dh vi fkk xqoRrk ij ; k mi; ksrk ij fuHkj djrk gA

^{6/39} fo|ky; ifjosk dh I Hkkfor vkin, Wnks izkj dh gsrh g& ikdfrd tS & HkdEi] rdku vkfn o ekuo tU; tS & vx; ; k vl; dkbZ nqW/ukA

^{6/39} ; svkin, WHkksrd] eukS klfud I kelftd rFkk 'k{k}kd I Hkh {ks=ka dks i Hkkfor djrh gA

^{6/39} I e>nkj] tkudkj rFkk mi; Dr I k/kukadh I gk; rk I sbu vkinvka I scpk tk I drk gA

$\frac{1}{4}\frac{1}{2}$ $\frac{1}{4}\frac{1}{2}$
 $\frac{1}{2}\frac{1}{2}$ $\frac{1}{2}i\frac{1}{2}$
 $\frac{1}{3}\frac{1}{2}$ $\frac{1}{2}ii\frac{1}{2}$
 I R; @ vLkR; fy[kk&

$\frac{1}{4}\frac{1}{2}$ v I R;

$\frac{1}{2}\frac{1}{2}$ I R;

$\frac{1}{3}\frac{1}{2}$ v I R;

$\frac{1}{4}\frac{1}{2}$ I R;

$\frac{1}{5}\frac{1}{2}$ I R;

$\frac{1}{6}\frac{1}{2}$ v I R;

ikdfrd vkink, W

M&w

Nkrk&dk Vi duk

i M dk fxj tkuk

/kjr h dk fgyuk

fo | ky; ea i kuh Hkj tkuk

ekuoh; vkink, W

xj fl ysMj dk QVuk

/kel dsuke ij >xMk djuk

f'k{kdk&dk u i Mkuk

fo | kFkz dk ?kk; y gkuk

ep dk VW tkuk



i=kpkj iB; Øe
ek;/fed f'k{kk e.My e-ç-] Hkkky
}kjk I ok/kdkj I jf{kr
fMlykæk bu ,T; qđku
iFke o"z
izu i= rrrh;

fo"K; & fo |ky; izdku ,oa fu; kst u iB I ;k & 5

fo"K; kák % f'k{kk I Ecu/h fu; e ,oa vfHky{K

f'k{kk I fgrk I keku; i fjp;
fo |ky; vfHky{K & izdkj
dkgkVZjftLVj
y{kk vfHky{K izdkj ,oa I dkkj.k i fØ; k
'kkykva ea I pkfyr ; kst ukva dk vfHky{K I dkkj.k

fiZ; Nk=k/; ki d]

f'k{kk I Ecu/h fu; e ,oa vfHky{K

iLrkouk %

f'k{kk foHkkx }kjk fo |ky; ka ds I Qy I pkju fu; æ.k vksj vud izdkj ds mRrjnkf; Roka ds fØ; kUo; u gsrqjkt; 'kkl u ,oadbnz 'kkl u }kjk dñ fu; eka dk I dyu fd; k x; k gđ ft I dsvk/kkj ij mudk vfHky{K khdj .k fd; k x; k gđ foHkku f'k{kk 'kkL=; ka }kjk fn; sx, vfHkerka dks jkt; , oajk"Vh; rk ds fodkl dsfgr dks/; ku eajkdj fu; eka ds vfHkyf[kr fd; k x; k gđ f'k{kk} 'kkjhfd f'k{kk , oavU; {ks=ka ea'kđ[kd dk; Z dks i jEHk djd} I ekflr rd fyf[kr : i I svfHky{K ka ds }kjk I jf{kr j [kk tkrk gđ fo |ky; dh mRi fRr] fodkl n'kk i fjfLFkr; kñ mnñ; ka egRokdkkva , oami yfC/k; ka vkfn ds fo"K; ea tkuus ds fy, fu; fer vfHky{K ka dk fueZk gksuk vR; ko'; d gsrk gđ

mnñ; k%bl bdkbZ ds v/; ; u mi jkUr fuEu fcUnq/ka ds I Ecu/k ea Kku i klr gks I dsckA

- & f'k{kk I fgrk dk I keku; i fjp; A
- & fo |ky; I s I Ecu/kr foHkku vfHky{K ka dh tkudkj h
- & vfHky{K ka dks I dkkj .k

mi bdkb&1

f'k{kk I fgrk I keku; i fjp; %&

'kkyk ds I Qy I pkju djus ds fy, izkkl dl h; , oai zU/ku I s I Ecu/kr vfHky{K ka ds fof/kor

I dkkj .k dju} I uFkxr&; kstuk dsfuekZk , oafØ; kko; u] LFkki uk , oafOrrh; Kku dsfy, f'k{k I fgrk dk fuekZk fd; k x; k gA

i wbrhzo ipfyr&fu; ekadksvk/kkj ekursgg MKWch:ih- vxzy VdrD; LFk vf/kdkjh½ }kjk f'k{k I fgrk dk u; k : i 1&8&1973 dksfo/kkul Hkk ea iLr r djokdj fo/kkul Hkk }kjk ikfjr gkdj vkt rd fØ; k'khy gA

bl I fgrk earhu Hkkx g&

i Eke Hkkx eafu; eka dk mYyq[k gSA

f}rh; Hkkx eaf'k{k vf/kdkjh dsl mHkZdsfy, fofHkUu ifjf'k"V fn; x, gA rrrh; Hkkx ea I Ei wkZ'kky; f'k{k ea, d : i rk ykusgrqfu/kkZjr ii =kadsueusfn; sx, gA

I Ei wkZ f'k{k I fgrk eady 190 fu; e gA ; sfu; e 20 v/; k; ka ea I ekfo"V gA%&

v/; k; Øekad

1 iLrkouk rFkk ifjHkk"kk, a

2 foHkkx dk I æBu izkkl dh;

3 ikFkfed i wZek/; fed , oamPp ek/; fed 'kkykvka dk i zU/ku

4 jkT; Lrjh; I uFkku rFkk I fefr; ka

5 Nk=kokl

6 ikB; i qrd] i qrdky;] 'kkykvka dsfy, i qrda , oaf'k{k.k I kexh dk p; u

7 ijh{k yusokys i kf/kdj .k

8 'kkjhfd f'k{k ikB; Urj dk; Zdyki rFkk Nk= dY; k.k Nk=ofRr; k; vkj f'k"; ofRr; kA

9- f'k{k 'kq'd

10 'kky; forr

11 Hkqrku dbrka I Ecu/kh fu; e

12 ifrHkr tek fo"i; d fu; e

13 gkfu , oax.ku ds izdj .kka ea dk; bkgH

14 vkdfLedrk, arFkk vkdfLed 0; ;

15 Hk.Mkj I kexh dh [kjhn rFkk vf/kj{k

16 yq{k i qrdarFkk OkeZ

17 dk; ky; hu izkkl u

18 f'k{k dka dk i f'k{k.k

19 fo'kSk 'kky;

20 foHkkxh; ijh{k, a

mi bdk&2

fo|ky; vflky{k & idkj

fo|ky; vflky{k fo|ky; dh i xfr] dk; i) fr] rFkk ml dh I gh fLFkr dks tkuusdh nf"V I sfo|ky; eaf'k{k.k] i dsk] fo|ky; R; kx] 0; ;] oru] Nk=kadh i xfr gr] 'k{k}kd] [ksydm] yq{k rFkk Hk.Mkj fujh{k.k i ; kbj .k vkod&tkod] Mkd ogh] fo|kfFkz ka dh mi fLFkr] 'kq'd ijh{kQy vkfn I Ecu/kh vflky{k gksr gA

vflky[k dk egRo %

- & f'k{k dh i xfr dsfy, vflky[k egRo i wkZ gsrk gA
- & fo | kFkZ; ka dh ; kst uk] i DFR] dk; Z, oa' kkjhfd&fØ; kvka dh i xfr dk i rk yxkusgrqegRo i wkZ gsrk gA
- & fo | ky; dh | eLr xfrfof/k; ka ds fo' ysk. k grqegRo i wkZ gsrk gA
- & Hkkoh fodkl dh vk/kkj f'kyk ds : i ea egRo i wkZ gA
- & I LFkkuka dks vuqku inku djus dsfy, vflky[k gh vk/kkj gsrk gA
- & 'k{k{kd dk; Øeka ds eW; ka du ea vflky[k I gk; d gsrk gA
- & fo | ky; I ECU/kh I puk; i inku djus dsfy, vflky[k vk/kkj gsrk gA
- & vuq dku ds dk; Øeka ea l kexh inku djusea l gk; d gsrk gA
- & fo | kFkZ; ka rFk 'kkykvka dks oxhZr i xfr , oa 0; oLFkki u ea vflky[k I gk; d gsrk gA

vflky[ka ds i d kj %

- fo | ky; ds I Qy I pyu dsfy, fuEu i d kj ds vflky[ka dk I dkkj .k fd; k tkrk g&
- a. 'k{k{kd vflky[k
- b. i z kkl fud vflky[k
- c. foRrh; vflky[k
- d. 0; fDrxr vflky[k
- e. I apr vflky[k
- f. I kekl; vflky[k
- A.** 'k{k{kd vflky[k % bl d vUrxZ fuEu d kj vflky[ka dk I dkkj .k fd; k tkrk g&
- & i Dski at h] , oa Ldkyj i at h
- & d{k{kokj Nk=&Nk=k mi fLFkr i at h
- & fo" k; f'k{k{kd mi fLFkr i at h
- & LFkkukUrj .k i ek. k i = i qLrdk
- & fo | kFkhZ i xfr i qLrdk
- & Nk= QM i qLrdk
- & 'k{k{d efdR i qLrdk
- & v/; ki d mi fLFkr i at h
- & d{k{kokj f'k{k{kd vuq kj I e; I kj .kh
- & fo | kFkhZ i jh{k k i at h
- & ekfI d i xfr i at h
- & I rr-eW; ka du i at h
- & v/; ki d I Hkk i at h
- & I apr vflky[k i at h

B. izkkl fud vflky{k %bl ds vllrxr fuEukuq kj vflky{kka dk l dkkj.k fd; k tkrk gS&

& vkod iath

& tkod iath

& HkR; iath

& vflkn'kd iath

& fujh{k.k iath

& f'k{k d Mk; jh

& izkkuk/; ki d ifjoh{k.k iath

& vkn'sk l puk iath

& izfr iath

& ijh{k ik ifj.kke iath

& dk; Hkkj iath

& l kexh forj.k iath

& HkMkj&iath

& vkdfLed vkodk'k iath

& depkjh mi fLFkr iath

& l ekt l ok fooj.k iath

& l ekt l ok fooj.k iath

& ;kstuk iath

& Lefr i = iath

& l kekl; i Hkkj iath

C. foRrh; vflky{k %bl ds vllrxr fuEukuq kj vflky{kka dk l dkkj.k fd; k tkrk gS&

& oru iath

& ctV iath

& 0; ; iath

& LFkkuh; en dSk cpl

& jk dM+cgh dSk cpl 'kkl dh; dSk

& vunku Lo: i nh xbzjfk'k l Ecu/kh iath

& Nk=ofRr iath

& dSk pkyku iath

& 'kq d efr iath

& cd vFkok dSkky; dh 'kSk tek jkf'k n'kkZus okyh iath

& 'kq d ikfr iath

& 'kkl dh; fcy jftLVj dkskky; l Ecl/kh

& ikfjrkfkd forj.k iath

& vkdfLed jkf'k iath

& ikyd & f'k{kk dksk iath

& jl hn dVvk tkjh djus l Ecl/kh iath

& ofj"B vf/kdkjh dksHkstx xbz jkf'k l Ecl/kh iath

D. 0; fDrxr vfhky{k %fuEukuq kj vfhky{k l dkkj.k fd; k tkrk gS%

& oru iath

& tkus& vkusdh l e; nf'kdk iath

& f'k{kd n&fUnuh

& 0; fDrxr uLrh

& n&ud i fronu iath

& i kB ; kst uk iath

E. l fpr vfhky{k %bl dsek/; e l sNk=&Nk=kvka dh ixfr] fo |ky; l ek; kstu vkfn dk Kku gkrk gA
fo |ky; dsfo | kfFkz k; ; kx; rkvka rFkk vl; 0; fDrxr tkudkj h i ktr gkrh gA

F. l kkl; vfhky{k %bl ds vlrxr fuEukuq kj vfhky{k ka dk l dkkj.k fd; k tkrk gA

& ekfl d cBd iath

fo |ky; fu; ekoyh iath

& x.kkl; ukxfj d; vfFok ofj"B vf/kdkfj; ka }kjk fn; sx, ekxh'ku vfFok l q-ko gsrq iath

& depljh , oaf | kfFkz ka dh l eL; k n'kZus okyh iath

& f'kdk; r iath

mi ; Dr vfhky{k ka ds vfrfjDr vko'; drkuq kj LFkki uk] ctV l ok i qLrdk foHkxh; vkns k] xki uh; i =] i =kpj puko funku Ø; iath] i qrdky; iath] Hkqrku iath] nku iath vodk'k iath vkfn Okby ds l kFk iath dk fu/kkz.k fd; k tkrk gA

dkgVZ jftLVj %

i kFked f'k{kk u dny ekuo thou dh vki pkfjd f'k{kk dh 'kq vkr gsoju ; g Hkko l exzfodkl dsfy, uho dk dk; ZHkh djrh gA ykdrkfu=d ifjošk eavko'; d gSfd iR; d ukxfjd dh de l sde i kj fEHkd f'k{kk xqkoRrki wkz gka

xqkoRrki wkz i kj fEHkd f'k{kk dsfy, l ozf'k{kk vfhk; ku dsek/; e l sge l c , d tV gA i kj fEHkd f'k{kk ds vlrxr iR; d cPpsdks viuk d{kk 1 l s8 rd dk f'k{kk Øel rr~, oal pk: : i l sfu/kkzjr o"ka ea i wkz djuk pkfg, A ; g fdl h Hkh f'k{kkra= foHkku 'kSf.kd ; kst ukvka, oa'kkyk dh xqkoRrki , oamPp i Hkkodkj h {kerk dksn'kz-k gA e-i z 'kkl u usvucl ; kst ukvka dsek/; e l s i kj fEHkd f'k{kk ds y{; dks i ktr djus dsfy, iz kl fd; k gA

dkgV , d s0; fDr; kadk l emg gSftu ij ?kVukvka dh fdl h J'[kayk dsfy,] , d fu/kkzjr vof/k dsfy, v/; ; u fd; k tkrk gA cPpka ds, d , d l emg dk v/; ; u gh 'kkyk dkgV gS tksfd l h fu/kkzjr vof/k em l h 'kSf.kd l = earFkk vkxsds l =ka ea Øekur gkrsg ml h d{kk eankskjk i <rs g} i <kz jkd

nrsg& ; k vřřre o"lzrd l Qyrk iklr djrsg& l rr-o"lznj o"lzd{kkokj cPpkadh fLFkr ;pkřM Vřřd&A
 dk irk yxkuk gh dkgkV g& dkgkV fl QZl & ; k gh ughř cfYd l Hkh cPpkadks vkxsys tkuseavkusokyh
 ck/kkvka dks tkuuk Hkh g& dkgkV l s ; g tkudkj h iklr gkrh gSfd 'kkyk] tuf'k{kk dlnř fodkl [k.M]
 ftyk ,oa jkT; dks i kjfEHkd f'k{kk ds {ks= eafdruh l Qyrk feyh gř dgka dgka vřř rř kjh djus dh
 vko' ; drk g&

- ew mlř; %& ; g ; kstuk fdl h fuf' pr vof/k dsfy, rks gSfd l rřokLro ea ; g ; kstuk cPpks ds f'k{kk ds vf/kdkj
 ds i fr l Hkh eafřEenkj h dh Hkkouk dks izy djus ds fy, g& t : jh gSfd f'k{kd] ekrk&fi rk] l ekt gj
 , d cPpsij vkt dy vřř l rr-utj j [ksvřř mlgs 'kkyk eade l sde i kjfEHkd f'k{kk i j h djus dk vol j
 'kkyHk dj kuseal g ; kxh cu&A i R ; d cPpk l rr-5 o"lze& ; 11 o"lzd h mez e& 5oha d{kk dh i j h{kk mRrh. kZ
 dj ys, oa l rr-8 o"lze& ; 14 o"lzd h mez e& 8oha d{kk dh i j h{kk mRrh. kZ dj ya
- & 'kkykA l dlyA fodkl [k.M ,oa ftyk Lrj ij cPpkadh d{kkokj mRrh. kZ nj ; i&ks ku jřA Kkr djuka
- & 'kkykA l dlyA fodkl [k.M ,oa ftyk Lrj ij i kFked f'k{kkA i wZ ek/ ; fed řefM yř f'k{kk dh i wZ k nj
 ř dElyh' ku jřA ř tkuuk
- & d{kkA l dlyA fodkl [k.M ,oa ftyk Lrj ij i wZ ek/ ; fedA ek/ ; fed f'k{kk ea i dř k nj] l ře. knj
 ; řRUth' ku jřA dks Kkr djuka
- & i kFked ,oa i wZ ek/ ; fed Lrj ij Bgjko nj ř j řř' ku jřA ř dks Kkr djuka
- & i kFked ,oa i wZ ek/ ; fed Lrj ij ,oa fofHku d{kk Lrj ij 'kkyk R ; kxh nj Kkr djuka
- & cPpkads 'kkyk R ; kxh gks ds fofHku dkj .kka dk v/ ; ; u djuka
- & d{kkokj] l ře. k nj dk i wZ k nj ij i Hkko dk v/ ; ; u djuk
- & d{kkokj cPpkadh mi fLFkr nj ř fr'kr eř rFkk xMokj mi yfC/k Lrj Kkr djuk
- & i kFked Lrj ij dkgkV v/ ; ; u dsfy, fu/krřj r vof/k& i kp o"lzd gkrh gSfd l ea d{kk 1 ea ntZ cPpkads
 l eř dh fofHku fLFkr ; ka dk vkdyu l rr i kp o"lzd rd fd ; k tkrk g&
- & fdruscPpsbl ds řkj k fcuk f'k{kk př ř d{kk 1 l s 5 ,oa 6 l s 8 ř i wZ fd ; s'kkyk NkM+přřřg&
- & fo'křk l eř ds 'kkyk R ; kxh cPpkadh i gpk dsfy, oxhřř] fy&okj ,oa tkřokj cPpkadh tkudkj h
 i klr dj fo'křk j .kuhř dř scukbZ tk ; \
- & , ř h dks l h d{kk, agřřtuea ; k rks cPps vf/kd Qy gkrřřg& ; k vf/kd 'kkyk R ; kxh gkrřřg& bl i dkj
 osv iuh dk ; řhř cukuseal ře gks vřř bu d{kkvka ij fo'křk / ; ku ns l d&A
- & cPpks ds 'kkyk R ; kxh gks ds fy ; s fofHku dkj .k dks l sgř d{kkokj& l ře. k nj dk i wZ k nj ij D ; k
 i Hkko l kMrk gř d{kkokj cPpkadh mi fLFkr nj ř fr'kr eř rFkk xMokj mi yfC/k Lrj fdruc g&

कोहॉट संकलन प्रपत्र

कोहॉट अध्ययन (वर्ष 2000-01 से 2004-05 प्राथमिक स्तर) कोहॉट प्रपत्र छात्रों की जानकारी

| क्र. | छात्र/छात्रा का नाम | प्रवेश क्रमांक (स्कालर नं.) | प्रवेश दिनांक | जन्म दिनांक | जे.ए.ए. कोड | जा.ए.ए. कोड | CWSN कोड | परिवार का व्यवसाय कोड | BPL परिवार हों/नहीं (Y/N) | शैक्षणिक सत्र में बच्चों की स्थिति | | | | | | | | | | | | | | | | शाला त्यागी होने का कारण कोड | |
|------|---------------------|-----------------------------|---------------|-------------|-------------|-------------|----------|-----------------------|---------------------------|------------------------------------|----|--------------|-------|--------------|----|--------------|----|--------------|-------|--------------|----|-------|----|----|----|------------------------------|--|
| | | | | | | | | | | वर्ष 2000-01 | | वर्ष 2001-02 | | वर्ष 2002-03 | | वर्ष 2003-04 | | वर्ष 2004-05 | | वर्ष 2005-06 | | | | | | | |
| | | | | | | | | | | कक्षा | AA | G | कक्षा | AA | G | कक्षा | AA | G | कक्षा | AA | G | कक्षा | AA | G | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | |

हस्ताक्षर एवं नाम प्रविष्टिकर्ता

हस्ताक्षर प्रधानाध्यापक
पद मुद्रा

कोहॉट अध्ययन (वर्ष 2002-03 - 2004-05 - माध्यमिक स्तर) कोहॉट प्रपत्र-2 विद्यार्थियों की जानकारी

| क्र. | छात्र/छात्रा का नाम | प्रवेश क्रमांक (स्कालर नं.) | प्रवेश दिनांक | जन्म दिनांक | जे.ए.ए. कोड | जा.ए.ए. कोड | CW SN कोड | माता की शिक्षा कोड | पिता की शिक्षा कोड | परिवार का व्यवसाय कोड | परिवार की वार्षिक आय कोड | | | | | | | | | | | | | | | | शाला त्यागी होने का कारण कोड | BPL परिवार हों/नहीं (Y/N) |
|------|---------------------|-----------------------------|---------------|-------------|-------------|-------------|-----------|--------------------|--------------------|-----------------------|--------------------------|----|----|----|--------------|----|----|----|--------------|----|----|----|--------------|----|---|--|------------------------------|---------------------------|
| | | | | | | | | | | | वर्ष 2002-03 | | | | वर्ष 2003-04 | | | | वर्ष 2004-05 | | | | वर्ष 2005-06 | | | | | |
| | | | | | | | | | | | स्थिति | AA | M | | स्थिति | A | M | | स्थिति | AA | M | | स्थिति | AA | M | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | | |
| 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

हस्ताक्षर एवं नाम प्रविष्टिकर्ता

हस्ताक्षर प्रधानाध्यापक
पद मुद्रा

कोहॉट अध्ययन (वर्ष 2000-01 - 2004-05 - प्राथमिक स्तर) कोहॉट प्रपत्र-1 (शाला की जानकारी)

जिला कोड [] नाम [] वि.ख.कोड [] नाम [] ज.शि.के. का नाम [] विधान सभा क्षेत्र कोड []
 शाला का नाम [] शाला का डायस कोड [] मा वर्ष [] प्रथम पंचवी परीक्षा का वर्ष []
 शाला लगने के दिवस सत्र 2000-01 [] सत्र 2001-02 [] सत्र 2002-03 [] सत्र 2003-04 [] सत्र 2004-05 []

सामान्य निर्देश:-

1. यह प्रपत्र जिले में संचालित सभी शासकीय प्राथमिक शालाओं से भराया जाना है।

2. यह प्रपत्र प्रधानाध्यपक की उपस्थिति में भरा जावेगा।

प्रपत्र भरने संबंधी निर्देश:-

- कोहॉट के लिए 30 सितम्बर 2000 तक की स्थिति में कक्षा 1 में अध्ययनरत छात्र/छात्राओं के नाम ही लिखें। कक्षा 2 से कक्षा 5 तक नव प्रवेशी छात्र/छात्राओं को कोहॉट में न लिया जावे।
- प्रवेश क्रमांक स्कालर पंजी अथवा उपस्थिति पंजी से लेवे।
- प्रपत्र भरते समय सलग्न सारिणी अनुसार कोड प्रयोग करें।
- कक्षा-स्तंभ क्रमांक 11,14,17,20,23,26 में संबंधित वर्ष में छात्र ने जिस कक्षा में अध्ययन किया वह कक्षा लिखे।
- A.A-स्तंभ क्रमांक 12,15,18,21,24 में संबंधित वर्ष में छात्र के कुल उपस्थिति दिवसों की संख्या अंकित करें।
- G-स्तंभ क्रमांक 13,16,19,22,25 में संबंधित वर्ष में छात्र द्वारा वार्षिक परीक्षा में प्राप्त ग्रेड (A,B,C,D) अंकित करें।
- स्तंभ क्रमांक 26 में सत्र 2005-06 में जिस कक्षा में प्रवेश लिया है वह कक्षा अंकित करें।
- P.T.C.- पास होकर T.C. लेकर गए, F.T.C.- फेल होकर T.C. लेकर गए बच्चों के लिए सलग्न सारिणी अनुसार कोड प्रयोग करें।
- स्तंभ क्रमांक 7 में जाति कोड भरने के साथ ही यदि बच्चा अल्पसंख्यक की किसी स्तर में आता है तो उसे जाति कोड के बाद इस तरह दर्शाएँ (1-4/5-9)

प्रपत्र में उपयोग होने वाले कोड

| परिवार का व्यवसाय | | जाति | | CWSN Code | | शाला लगनी होने का कारण कोड | |
|-------------------|-----|------------------|-----|-----------------|-----|---------------------------------|-----|
| व्यवसाय | कोड | जाति | कोड | प्रकार | कोड | कारण | कोड |
| कृषि | 1 | सामान्य | 1 | दृष्टि बाधित VH | 1 | मजदूरी करना | 1 |
| खेतिहर मजदूर | 2 | अ.जा. | 2 | अस्थि बाधित OH | 2 | भाई बहिनों की देखभाल | 2 |
| स्वयं का | | अ.ज.जा | 3 | श्रवण बाधित MH | 3 | जानवर चराना | 3 |
| उद्योग/व्यवसाय | 3 | अन्य पिछड़ा वर्ग | 4 | मानसिक MR | 4 | परिवार की कमजोर आर्थिक स्थिति | 4 |
| औद्योगिक मजदूर | 4 | अल्पसंख्यक | 5 | | | | |
| | | मुस्लिम- | 5 | | | | |
| व्यापार | 5 | सिक्ख- | 6 | | | | |
| शासकीय सेवक | 6 | जैन- | 7 | | | | |
| अनिपमित मजदूरी | 7 | ईसाई- | 8 | | | | |
| अन्य | 8 | अन्य- | 9 | | | | |
| | | | | जेण्डर कोड | | | |
| | | | | जेण्डर | कोड | | |
| | | | | बालक | 1 | | |
| | | | | बालिका | 2 | | |
| | | | | | | शाला का वातावरण अच्छा न होना | 8 |
| | | | | | | पलायन | 9 |
| | | | | | | शिक्षक की अनुपस्थिति | 10 |
| | | | | | | परीक्षा में अनुत्तीर्ण होना | 11 |
| | | | | | | शाला में मूलभूत संसाधनों की कमी | 12 |
| | | | | | | अन्य | 13 |

| T.C. | कोड |
|--------|-----|
| P.T.C. | 1 |
| F.T.C. | 2 |

| क्र. छात्र/छात्रा का नाम | प्रवेश क्रमांक (स्कावर नं.) | प्रवेश दिनांक | जन्म दिनांक | PWSD कोड | माता की शिक्षा कोड | पिता की शिक्षा कोड | परिवार का व्यवसाय कोड | परिवार की वार्षिक आय कोड | शैक्षणिक सत्र में बच्चों की स्थिति | | | | | | | | | | | | शाका त्यागी होने का कारण कोड | BPL परिवार हैं/ नहीं (Y/N) | | | | | | | |
|--------------------------|-----------------------------|---------------|-------------|----------|--------------------|--------------------|-----------------------|--------------------------|------------------------------------|----|--------------|--------|--------------|----|--------------|----|--------------|--------|--------------|----|------------------------------|----------------------------|--------|----|----|----|----|----|----|
| | | | | | | | | | वर्ष 2000-01 | | वर्ष 2001-02 | | वर्ष 2002-03 | | वर्ष 2003-04 | | वर्ष 2004-05 | | वर्ष 2005-06 | | | | | | | | | | |
| | | | | | | | | | स्थिति | AA | M | स्थिति | AA | M | स्थिति | AA | M | स्थिति | AA | M | | | स्थिति | AA | M | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

हस्ताक्षर एवं नाम प्रविष्टिकर्ता

हस्ताक्षर प्रधानाध्यापक
पद मुद्रा

कोर्ट कोड [] नाम [] वि.ख.कोड [] नाम [] ज.शि.के. का नाम [] ग्राम/वार्ड [] बसाहट [] विधान सभा क्षेत्र कोड []
 जिला कोड [] नाम [] शाला का डायस कोड [] नाम [] ज.शि.के. का नाम [] ग्राम/वार्ड [] बसाहट [] विधान सभा क्षेत्र कोड []
 शाला का नाम [] शाला का डायस कोड [] नाम [] ज.शि.के. का नाम [] ग्राम/वार्ड [] बसाहट [] विधान सभा क्षेत्र कोड []
 शाला लगने के दिनांक सत्र 2002-03 [] सत्र 2003-04 [] सत्र 2004-05 []

सामान्य निर्देश:-

- यह प्रपत्र जिले में संघटित सभी शासकीय प्रथमिक शालाओं से भराया जाना है।
 - यह प्रपत्र प्रधानाध्यापक की उपस्थिति में भरा जावेगा।
- प्रपत्र भरने संबंधी निर्देश:-**
- कोर्ट के लिए 30 सितम्बर 2002 तक की स्थिति में कक्षा 6 में अध्ययनरत छात्र/छात्राओं के नाम ही लिखें। कक्षा 7 से कक्षा 8 तक नव प्रवेशी छात्र/छात्राओं को कोर्ट में न लिया जावे।
 - प्रवेश क्रमांक स्कालर पजी अथवा उपस्थिति पंजी से लेवे।
 - प्रपत्र भरते समय संलग्न सारिणी अनुसार कोड प्रयोग करें। कक्षा-स्तंभ क्रमांक 11,14,17,20 में संबंधित वर्ष में छात्र ने जिस कक्षा में अध्ययन किया वह कक्षा लिखें।
 - AA-स्तंभ क्रमांक 12,15,18 में संबंधित वर्ष में छात्र के कुल उपस्थिति रिकॉर्ड की संख्या अंकित करें।
 - G-स्तंभ क्रमांक 13,16,19 में संबंधित वर्ष में छात्र द्वारा वार्षिक परीक्षा में प्राप्त ग्रेड (A,B,C,D) अंकित करें।
 - स्तंभ क्रमांक 20 में सत्र 2005-06 में जिस कक्षा में प्रवेश लिया है वह कक्षा अंकित करें।
 - P.T.C. पास होकर I.T.C. लेकर गए P.T.C. फेल होकर गए बच्चों के लिए संलग्न सारिणी अनुसार कोड प्रयोग करें।
 - स्तंभ क्रमांक 7 में जाति कोड भरने के साथ ही यदि बच्चा अल्पसंख्यक की किसी स्तर में आता है तो उसे जाति कोड के बाद इस तरह दर्शाएँ।
(1 4/5-9)

प्रपत्र में उपयोग होने वाले कोड

| परिवार का व्यवसाय | | जाति | | CWSN Code | | | | शाला तयगी होने का कारण कोड | |
|-------------------|-----|----------------------|-----|--------------|-----|---------------------------------------|-----|----------------------------|--|
| व्यवसाय | कोड | जाति | कोड | प्रकार | कोड | कारण | कोड | | |
| कृषि | 1 | सामान्य | 1 | दुर्घट बाधित | VH | मजदूरी करना | 1 | | |
| खेतिहर मजदूर | 2 | अ.जा. | 2 | अस्थि बाधित | OH | माई बहिनो की देखभाल | 2 | | |
| स्वयं का | 3 | अ.ज.जा. | 3 | श्रवण बाधित | MH | ज्ञानवर चराना | 3 | | |
| उद्योग/व्यवसाय | 4 | अन्य पिछडा वर्ग | 4 | मानसिक | MR | परिवार की कमजोर आर्थिक स्थिति | 4 | | |
| औद्योगिक मजदूर | 5 | अल्प संख्यक मुस्लिम- | 5 | जेण्डर कोड | | माता-पिता की शिक्षा के प्रति उदासीनता | 5 | | |
| ब्यापार | 6 | सिक्ख- | 6 | जेण्डर | | बीमारी | 6 | | |
| शासकीय सेवक | 7 | जैन | 7 | बालक | 1 | विकलांगता | 7 | | |
| अनियमित मजदूरी | 8 | ईसाई- | 8 | बालिका | 2 | शाला का वास्तव्य अर्थात् न होना | 8 | | |
| अन्य | 9 | अन्य- | 9 | | | | | | |
| I.T.C. | | | | | | पलायन | 9 | | |
| P.T.C. | 1 | | | | | शिक्षक की अनुपस्थिति | 10 | | |
| F.T.C. | 2 | | | | | परीक्षा में अनुत्तीर्ण होना | 11 | | |
| | | | | | | शाला में मूलभूत संसाधनों की कमी | 12 | | |
| | | | | | | अन्य | 13 | | |

काहॉट अध्ययन (वर्ष 2002-03 - 2004-05 - माध्यमिक स्तर) काहॉट प्रपत्र-2 विद्यार्थियों की जानकारी

| क्र. | छात्र/छात्रा का नाम | प्रवेश क्रमांक (स्कूल र नं.) | प्रवेश दिनांक | जन्म दिनांक | पिता का नाम | माता की शिक्षा काड | पिता की शिक्षा काड | परिवार का व्यावसाय काड | परिवार की वार्षिक आय काड | वर्ष 2002-03 | | | | | वर्ष 2003-04 | | | | | वर्ष 2004-05 | | | | | वर्ष 2005-06 | शाला त्यागी होने का कारण काड | BPL परिवार हों/नहीं (Y/N) |
|------|---------------------|------------------------------|---------------|-------------|-------------|--------------------|--------------------|------------------------|--------------------------|--------------|----|----|--------|----|--------------|--------|----|----|--------|--------------|----|--------|----|---|--------------|------------------------------|---------------------------|
| | | | | | | | | | | स्थिति | AA | M | स्थिति | AA | M | स्थिति | AA | M | स्थिति | AA | M | स्थिति | AA | M | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | |
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हस्ताक्षर एवं नाम प्रविष्टिकर्ता

हस्ताक्षर प्रधानाध्यापक
पद मुद्रा

ikBxr&izu

- 1- f'k{k I fgrk dsuohu Lo: i dsfufeŕ djusokys dRrD; LFk vf/kdkjh----- gA
- 2- f'k{k I fgrk dk uohu : i fo/kkul Hkk eafnukd-----dks i Lrŕ fd; k x; kA
- 3- f'k{k I fgrk ea dŕ-----v/; k; -----fu; e gS
- 4- fo | ky; ka ds I Qy I pkyu grŕ-----]
 -----] -----]
 -----] -----]
 -----] dk I akkj.k fd; k tkrk gA
- 5- dŕgkV , d s0; fDr; ka dk I eŕg gSftu ij-----dh fdI h-----dsfy, , d-----dsfy, v/; ; u
 fd; k tkrk gA
- 6- 'kkykA I dŕyA fodkl [k.M , oafTykLrj ij cPpka dh -----] -----dks----- ds }kj k
 Kkr fd; k tk I drk gA

mi bdk&3

y{k vfhky{k& idkj , oaI akkj.k i f0; k y{k I EcU/kh vfhky{k i R; d I LFkk dsfy, vR; ko' ; d gS I LFkkA
 fo | ky; kseavk; &0; ; fooj.k I EcU/kr I eLr tkudkj y{k vfhky{k kseavŕdr gkrk gA 'kkl dh; 0;
 fu; eka dsvk/kkj ij I keku 0;] Nk=kaI siklr gksokys 'kŕd dk fooj.k vkfn foHkUu tkudkj I fŕP;
 rFkk L; kgh }kj k i ath eavŕdr gkrk gA bl vfhky{k dk ij h{k.k gkrk gS rFkk vR; Ur I ŕf{kr j [kuk i Mrk
 gA bl eafdl h Hkh idkj dh dk/ Nk/A vkŕj jkbvAx Lohdkj ughagr h gA

i eŕk y{k vfhky{k fuEukuŕ kj gS%

& dS k cŕl

& nŕ d i ŕtdk

& 'kŕd i klr i ath

& oru i ath] ; k=k HkRrk i ath

& ij h{k} 'kkyk fodkl] foKku f0; kdyki fuf/k] Nk=kokI dh jkdM i ath

& fo | ky; I Ei fRr i ath

& Nk=ofRr fooj.k i ath

& 0hMk foKku] LVs kujh] LFkk; h&vLFkk; h Hk.Mkj ds LVkd i ath

& mnŕks rFkk i ŕrdky; ds Hk&Mj i ath

& dks k fu{k i ŕtdk

& I keU; Hkfo"; fuf/k i ath

& fŕdRI k 0; ; i ath

& vupku i ath

& dks kxkj & i ek.kd i ath

& y[ku l lexi i at h

& i k B; l gxkeh fØ; k dyki Hk&kj&forj.k i at h

& Hk&kj i at h

& vkdfLed fuf/k i at h

LkeLr vfHky[kk&dksi wkz i l sl gjf{kr j [kuk] i R; d f'k{kda i zkkuk/; ki dA i kpk; A x.kdA fyfi d vkfn
dk usrd mRrj nkf; Ro gkrk g&

mi bdkb&4

'kkykvla ea l pkyr ;kst ukvla dk vfHky{k l Hkj.k %

'kkykvla ea l pkyr fofHku ; kst uk, j jkT; f'k{k dln} ykd f'k{k l pkyuky;] ek/; fed f'k{k eMy
i pk; r , oaxkeh.k fodkl foHkx] vkfne tkfr , oavuq ipr tkfr dY; k.k foHkx }kj k l pkyr dh tk
jgh g& fofHku foHkxka }kj k fuEukuq kj dln ; kst uk, j %

jkT; f'k{k dlnz %

& xrfrof/k vk/kkfjr f'k{k.k

& l oZf'k{k vfHk; ku& l ekof'kr f'k{k

& l rr-f'k{k & n{krk l d&ku

& dkfydk f'k{k& l fØ; vf/kxe i fof/k

& fu%'kq d i k B; i qrd forj.k

& fu%'kq d x.ko k forj.k

& jk"Vh; i frHk [kkst] jkT; Lrjh; p; u ijh{k

& Hkjrh; l Ø; egkfo |ky; ngjknw ea i d k grq; kst uk

& jk"Vh; ehll de esjV Nk=ofRr ; kst uk

ykd f'k{k.k l pkyuky; %

& fu%'kq d l kbZdy forj.k ; kst uk

& cpl cid ; kst uk

& Nk= ofRr ; kst uk

& jk"Vh; i dh.krk Nk= ofRr ; kst uk

ek/; fed f'k{k eMy

& gkbZdny ijh{k ea i Eke 10 LFku i klr Nk=ka dks Nk=ofRr

& gk; j l dUMh Ldny ea l dk; okj Nk=ofRr

& gkbZLdny rFk gk; j l dUMh ijh{k dsnf"Vghu ewd cf/kj] ijh{k kfkz ka dsfy, Nk=ofRr; ka

& ftyk Lrjh; Nk=ofRr; ka%gkbZdny@gk; j l dUMh ijh{k½

i pk; r , oaxkeh.k fodkl foHkx %

& e/; klq Hkstu ; kst uk

vkine tkir ,oa vuq fpr tkir dY;k.k foHkx%

& jkT; Nk=ofRr

& d{kk 11 l s 12 ds Nk=kokl h Nk=ka dks vfrfjDr lkkLV eSV'd Nk=ofRr

& i kL V eSV'd Nk=kokl ka ea vkokxeu HkRrk

& fof'k"V i fcyd Lcnyka ea i ds k

& jkT; 'kkl u ds Jkr l s i kL V eSV'd Nk=ofRr

& ckMZ i jh{kk 'kq'd dh {kfr i fir Z

& dU; k l k{kjrk i kkl kgu ; kst uk

& vuq fpr tkir ds fo | kfkz ka gr q jkT; Nk=ofRr

& fu; eä tkir Nk=ofRr

& vuq fpr tkir ds Nk=&Nk=kvka ds fy, i koh.; Nk=ofRr

& vuq fpr tkir oxZ ds fo | kfkz ka gr e; i kL V eSV'd Nk=ofRr

& vLoPN /ku/ka ea dk; jr i fjokjka ds cPpka ds fy, fo'kSk Nk=ofRr ; kst uk

mi jkDr l eLr ; kst uk va l s l EcfU/kr l eLr vfHkyS[kka]ds k cpl] fu jh{k.k i at h] f'k{k d mi fLFkr ¼ ghkxh½
vknSk i at h] ykk cpl] l e; foHkx pØ] Hkqrku i at h] aHkM/kj i at h] vkfn½ dks i wkz isk l gjf{kr LFkkuka i j
l gjf{kr j [kuk pfg,] ml eafdl h Hkh i dzj dh dka/ Nka/] vkaj j kbvax ughag suk pfg,] l e fpr vf/kdj h
dh eka ij voykdu kfkZ i Lr q fd; k tk l drk ga l Hkh vfHkyS[k foHkx ds fu; eka vknSk rFkk funz ku
ds vuq kj l gjf{kr j [kuk vko'; d ga fo | ky; dh i xfr dk; i) fr rFkk ml dh l gh fLFkr dks tkuus
dh n"V l s 'kkyk vfHkyS[kka dk vR; f/kd egRo gkrk ga

ilBxr izu %

7- fo | ky; ea vk; &0; ; dk C; kSk-----i at h ea j [kk tkrk ga

8- i ds k i at h ea-----dk fooj.k jgrk ga

9- fo | ky; ds egROI wkZ vfHkyS[kka dks-----ea j [kk tkuk pfg; A

10- e/; i nSk ea 'kkyS f'k{k foHkx ds fu; eka ,oa vfHkyS[kka dk mYyS[k-----ea fd; k x; k ga

11- Nk=&Nk=kvka dh n"V l s-----l okZ/kd mi ; kxh gS

12- f'k{k d tks Hkh dk; Z djrk gS-----ea v fdr djrk ga

bdkbZ l kjkak

bl bdkbZ ds v/; ; u ds mi jkDr f'k{k l fgrk ds l EclU/k ea tkudkj h ds l kfk&l kfk] foHkku i dzj
ds vfHkyS[kka] dks jkVZ jftLVj] yS[kk vfHkyS[kka ds l EclU/k ea tkudkj h oal akj.k i fØ; k] 'kkyk va eal pkyr
; kst uk va dh tkudkj h] vfHkyS[kka ds l j {k.k l s l EcfU/kr KkuktZu dj l ds xA

vkRe ijh{k.k ds izu

& f'k{k l fgrk D; k gS

& f'k{k l fgrk eadks & dks l s Lrj dh 'kkyk va ds fu; eka dk mYyS[k gkrk gS

& fdUgha 4 'kSkf.kd vfHkyS[kka dsuke fyf[k,

i = kpkj i kB; Øe

ek/; fed f'k{kk e.My] e/; i nš k]
Hkks ky

¼kj k I ok/kdkj I ġf{kr½



fMlykək bu ,T; qđšku
¼ Fke o"½

izu i = r`rh;

fo |ky; ičk , oafu; kt u
1 I s5



i=kpkj i kB; Øe
ek;/fed f'k{k e.My e-ç-] Hki ky
 }kjk I ok/kdkj I jf{kr
 fMykek bu ,T; qđku
 iEke o"Z
 izu i= rrh;

fo"k; & fo|ky; izaku

i k B I ĩ ; k & 6

fo"k; kık % i k B; I gxleh fØ;k, a

vFkz Lo: ij i k B; I gxleh ,oa i k B; ĩkj fØ; kvla dh vo/kj.kk, a

i k B; I gxleh fØ; kvla ds vk; ktu dk mıs; egRo] fØ; kb; u

i k B; I gxleh fØ; kvla ds izdkj

jk"Vh; iok dk vk; ktu ,oa jk"Vh; irhdla dh xfjek ,oa fo"k; la
 dh tkudkjH

i ĩrkouk

fi z Nk=k/ki d

fi Ny i k B ea vki us f'k{k I adkh vfhky[i <k FkkA rrh; izu i= dh bl bdkbZ dh
 fo"k; oLrqdks; gkav/; ; u ea I fo/kk dh n"V I spkj mi bdkb; ka ea foHkă fd; k x; k gA i R; d
 mi bdkbZ dh vUr ea i k Bxr izu Hkh fn; s tk; xA

mi bdkbZ 1

vFkz ,oa vo/kj.kk

" The participation in co-curricular activities was more likely to produce whole-
 some and attractive personalities than routine class work."

- J.R. Shannon.

dN I e; i wZ [ky&dm] okn&fookn] ukVd] I xhr vkfn fØ; kvla dks i k B; Øe ds {ks= I s
 ckj dh oLrqekuk tkrk Fkk vġ mudks vfrfjă i k B; Øe fØ; k, j dsuke I s i qkj tkrk FkkA

ml l e; fo |ky; vf/kdkjh bu fØ; kvka ea dkbz #fp ugha yrs Fks vlsj dHkh&dHkh budks 'kfä , oa l e;
 dsnf"Vdksk l s0; FkZ ekurs FkA ml l e; budk Lokxr ugha fd; k tkrk Fkk] oju-budks l gu fd; k tkrk
 Fkk(ml l e; fo |ky; ka ea bu fØ; kvka ds LFkku ds fo"k; ea fookn i pfyr FkA i jUrq buds 'kS{k d]
 l kelftd rFkk Nk=ka dh l h[kus dh i fØ; k ea fn; s x; s buds oS fäd ; ksnkuka us bl fookn dks l ekir
 djus ea cgr l gk; rk nhA

" The controversy that has flickered for years as to the proper place of the student activity programme has been resolved rather effectively through the justification of student activities on the basis of educational, social and personal contributions to student learning."

- Stanley, W. Williams.

, p-l h eSdKu us vfrfjä i kB; Øe fØ; kvka ds fodkl ds rhu Lrj crk; sgA i Fke og Lrj gS ftl
 l e; f'k{kdkarFkk iz kkl dka }kjk bl dh vogsyuk dh tkrh FkhA f}rh; Lrj og gS ftl ea budk [ky&vke
 fojksk fd; k tkrk Fkk rFkk r}rh; Lrj vk/kfud ; q dk gS ftl ea 'kS{k d mıs ; ka dh i kflr ds fy, budk
 mi ; kx vko' ; d l e>k tkrk gA

vk/kfud dky ea f'k{k&'kL=h bl ckr ij l ger gks x; sgA fd ; fn bu fØ; kvka dks l e fpr : i
 l si Fk&inf'kr fd; k tk; rks cM; gh 'kS{k d eglo dh fl) gkxhA vkt budks i kB; Øe l gxkeh fØ; kvka
 ds : i ea ns[k tkrk gSrFkk budks i kB; Øe dk , d vfhké vax ekuk tkus yxk gA tks Hkh vuttko ; k fØ; k
 'kS{k d eglo j [krh gS og i kB; Øe dk , d vax gA vr% ; s fØ; k ; j oLr% i kB; Øe&l gxkeh fØ; k ; j gA

iBxr izu

- 1- i kB; Øe&l gxkeh fØ; kvka ds fo"k; ea vk/kfud /kkj .kk D; k gS \ l fki ea crkb; A
- 2- eSdKu us vfrfjä i kB; Øe fØ; kvka ds fodkl ds dks & dks & l s Lrj crk; s gA \

mi bdkbZ 2

i kB; Øe&l gxkeh fØ; kvka ds mıs ;

ykdru=h; l ekt dh ; g izy ekx gS fd ml ds ; pdka dks l kelftd vuttkoka dh iz kx'kryk i klr
 gkS ftl ea os d{k&d{k ea i <k; s x; s ykdru=h; fl) kUrka dks iz kx ea yk l dA vr% l kefigd fØ; kvka
 f'k{k d&clyd l Ei dz ds vol jkarFkk mu fØ; kvka i j cy fn; k tk; ftueackyd Hkx ydj ykdru=lRed
 vuttko i klr dj l dA bu fØ; kvka ds fuEufyf[kr mıs ; g&

- 1- fo |ky; ds l Ei wZ 'kS{k d dk; Øe , oa fo |ky; dh pkj f=d Hkkouk dks mér cukukA
- 2- Nk=ka dks Lo'kkl u (Self-Government) rFkk ykdru=h; i fØ; kvka ds iz kx ea cgr; vuttko

- inku djuk ftl l sos dđky ykdrl=h; ukxfjdrk i klr dj l dā
- 3- fofhké okrkøj .kka l svk; sckydkæa l g; kx , oal g&vflrRo dh Hkkouk dk fodkl djuk rFkk mudks HkkokRed : i l s , d cukuk ftl l sjk"Vh; , drk ds exZ dks iz kLr fd; k tk l dā
- 4- fo |ky; , oal ekt ds i kjLifjd l Ecu/kka dks mér cukuk rFkk l ekt dks fo |ky; ds dk; Øekæa #fp yus ds fy, i k&l kgu nsukA
- 5- ckydka ds l okæh.k fodkl ea ; ksnku nsukA
- 6- ckydka dks vi us vodk'k dk l nq; kx djus ds fy, rš kj djukA

iB; Øe&l gxleh fØ; kvka dk egRo

fo |ky; dh ; sfØ; k, j ml dh thou&'kfä gā budk ckydka ds thou ea cgr egRo gš D; kšd muds0; fäRo ds fodkl ea budk cMk ; ksnku gā bu fØ; kvka }jkk ckydka dk 'kkj hfj d] ekuf l d] ušrd , oal kelftd fodkl gkrk gā buds egRo ds fo"k; ea ek/; fed f'k{k&vk; kx dk fopkj gšfd ; sfØ; k, j ckydka dks vi us oš fäd xq kka {kerkvka rFkk vkRe&fo'okl dks fodfl r djus ds fy, vol j inku djrh gā buds l kFk gh ; s vuđ kkl u , oal usRo ds l g; kxh xq kka ea ckydka dks i f'k{k.k nrh gā bu fØ; kvka ds egRo dk foopu fuEufyf[kr g&

1- **ošfäd vlo' ; drkvadh i firZea l gk; d& i R; d 0; fä nvl jka ds }jkk vfhkLohdkj fd, tkus dh , d enyHkur vko' ; drk j [krk gā bl ds l kFk gh og l j {kk Hkh pkgrk gā l j {kk dh Hkkouk ; g vi {kk djrh gšfd l ekt }jkk ml dks vk'okl u i klr gā Nk=&fØ; kvka dk dk; Øe bu enyHkur vko' ; drkvka dh i firZea cgr l gk; rk inku djrk gā og dk; Øe bu vko' ; drkvka ds vfrfjä vkRekfhk0; fä] Lo; a dks rFkk nvl jka dks tkuus dh l e>nkj h] Lo; a dh #fp; ka dks0; ki d cukūš Lo; a ds dk; k&dks fu; fl=r ojus dh 'kfä rFkk uohu i fjflFkr; ka ea 0; ofLFkr gkus dh vko' ; drkvka dh i firZ Hkh djrk gā**

2- **I kelftd vlo' ; drkvadh i firZea l gk; d& l kelftd vko' ; drk, j bu ošfäd vlo' ; drkvka l s?kfu"B : i l s l Ecu/kr gā 'l kelftd* (Social) 'kčn dk iz kx nvl jka ds l kFk l Urkštud l Ecu/k fodfl r djus dh Hkkouk l sfđ; k x; k gā i R; d 0; fä nvl jka ds l kFk dk; Zdjus rFkk l Ecu/k LFkfi r djus dh {kerk dks fodfl r djus dh rhoz Hkkouk dks vuđko djrk gā ; g vko' ; drk ml dks dñ vkpkj&fopkj] l e>nkj h] nvl jka ds l kFk vPNk 0; ogkj djus ds Lohñr <akka dks l h[kus ds fy, ck/; djrh gā Nk=&fØ; k, j bu l kelftd fu; eka , oal nkpj .k ds Lohñr vaka dks fl [kkusea cgr l gk; rk inku djrh gā bu fØ; kvka ds }jkk ckyd 0; ogkj : i ea bu l cdk Kku i klr djrsgā bl ds vfrfjä ; sfØ; k, j 0; fä dks usRo djus , oal vuđ kkl u ea jgus dh 'kfä rFkk fofhku l kelftd l āk"ka dks nij djus dh ; kx; rk Hkh inku djrh gā**

3- **ukxfjd i f'k{k.k& Nk=&fØ; kvka dk dk; Øe ckydka dks okLrfod flFkr; ka dk l keuk djus rFkk l epk; dh l ok , oal LorU= fu.kz djus ds fy, cgr vol j inku djrk gā bl ds vfrfjä ; g muea**

ykdrlu=h; ukxfjdrk dk Hkh fodkl djrk gA bu fØ; kvka ds }kjk ckydka eafofHkUu ukxfjd dqkyrvka , oa vknrka dk fuekZk gsrk gS rFkk mudks 0; kogkfjd : i l s ukxfjd if'k{k.k iklr gsrk gA vr% Nk=&fØ; kvka l s ckydka eamu xqkka usRo] mÜkjnkf; Ro i wkZ djus dh {kerk} nu j s ds vf/kdkjka ds vkj dh nFV l s n[s kus dh Hkkouk] l keftd ixfr dsfy, mRI kg rFkk dk; Z dh {kerk} nu jka ds dY; k.k dh Hkkouk vkfn&dks fodfl r fd; k tkrk gS tks dqky ykdrlu=h; ukxfjdrk ds vko'; d rüo gA

4- **fd'kjkloLFkk dh vko'; drkva dh ifrZ &** ; g voLFkk cgr gh uktpl gsrh gA bl voLFkk eackyd ds vfrfjä 'kfä dk vkf/kD; i k; k tkrk gA bu fØ; kvka ds }kjk ml dh vfrfjä 'kfä , oa ewy i dFÜk; ka dks fofHké mi ; kxh /kkj kvka eai dkgf fd; k tkrk gA buds }kjk fd'kjk ckydka dh us fZd i dFÜk; ka dks muds l keftd 0; fäRo ds fodkl , oal ef) dsfy, fofHké dk; kseal ayXu fd; k tkrk gS vkj fo |ky; ka ea Dycka , oal xBuka ds ek/; e l sf'd'kjkloLFkk dks ck) d o l oskrRed vko'; drkva dh i frZ dj ds mudk l keftd , oa usrd fodkl fd; k tkrk gA

5- **'kjhjd fodkl & fofHké i kdj dh 'kjhjd fØ;** kvka }kjk ckyd l fØ; , oa 'kfä' kkyh curk gA [ksy&dm] fM'y] 0; k; ke vkfn l s ml dk 'kjhj ä"V&i qV gsrk gA

6- **usrd xqkka dk fodkl &** bu fØ; kvka ea Hkkx yus l s ckydka ea l R; rk] bZkunkjh] vkRefo'okl] U; k; fi z rk] /kS] n<rk] fou; vkKki kyu vkfn xqkka dk fodkl gsrk gS tks vPNs pfj= dk fuekZk dj rsgA ckyd bu fØ; kvka ea Hkkx ydj vi us LokFkZ dks nu jka ds fgr dsfy, R; kxuk l h[k tkrk gA

7- **fo'kSk #fp; kadk fodkl &** fofHké i kdj dh fØ; k; j ckydka ea fo'kSk #fp; ka ds mri é djus ea cgr l gk; d gA fo |ky; ka ea l xBr fofo/k mÍs; h; l fevr; k; , oa fØ; k; j ckydka ea l EHKO; xqkka 0; kol kf; d dqkyrvka , oal kfgR; d #fp; ka vkfn dk fodkl djrh gA ; s fofHké #fp; k; , oa dqkyrk; j ckyd ds Hkko thou dks l e) l Qy cukus ea cgr l gk; d fl) gsrh gA bu fØ; kvka }kjk ckydka ds fi z &0; ki kj kads fodkl dsfy, fofHké vol j inku fd; s tkrsgA ; s'fi z &0; ki kj* ckydka dks vi us vodk' k dk l nq; kx djus ea l gk; d gsrsgA

8- **vuqkl u LFkfi r djus ea l gk; d&** Nk=&fØ; kvka l s fo |ky; ea vuqkl u LFkfi r djus ea cgr l gk; rk feyrh gA buds ek/; e l s ckydka dh os fäd fofHkérvka o xqkka dh vfHkLohNfr fo |ky; vuqkl u dh l eL; k dk cgr egüoi wkZ l ek/kku gA dk; Z dh l ayXurk mudks fofHké cjh vknrka , oa dpØka dks Ql us l scprh gh ughoju-mudks vi us os fäd xqkka , oa {kerkva rFkk vkRe&fo'okl dsfy, vol j inku djrh gA

i kB; l gxleh fØ; kvka dk fØ; kb; u

; gk ge l xBu] i z kkl u , oafujh{k.k l Ecl/kh mu eq; ckrka dk foopu dj jgs gâftudk vuq j .k djus l s mi ; ä , oa egüoka dks l jyrk l s iklr fd; k tk l drk gS ; Fkk&

1- fo |ky; eaft l fØ; k dk l xBu fd; k tk;] og fo |ky; mÍs; ka dh i frZ ea l gk; d gksuh pkfg, A

og døy vkulln inku djusokyh fØ; k gh ugha gkA

2- fo |ky; eafdl h fØ; k dls l pkyr djus l si wZ ml dh ; kstuk cuk yuh pkfg, A bl ; kstuk dk fuekZk Nk=ka rFkk f'k{kdk&nkuka dsgh l g; kx l s gkA ; kstuk dk fuekZk djrs l e; fo |ky; ea l k/kuka dh mi yfc/k ij /; ku nsuk vko'; d gA

3- ; kstuk dks fØ; kflor djus l si wZ i zkkuk/; ki d l s LohÑfr i ktr dj yuh pkfg, A bl l EclU/k ea og tks l øko inku dj} mu ij fopkj &foe'kZ djds; kstuk ea LFku inku fd; k tk; A i z kkl d gkus ds ukr ml s fØ; k ; k l æBu ds i Lrko ij fo'kSkf/kdkj i z kx djus dk vf/kdkj i ktr gkuk pkfg, A

4- bu fØ; kvka ds i z kkl u ea Nk=ka dks vf/kdkf/kd nkf; Ro inku fd, tk, A mlga bu nkf; Roka ds i wZ djusea tc dHh dfBukZ dk vuHko gk} rHh mudsmfpr i Fk&in'kZ dsgrqf'k{k d rRij jgA f'k{k d oxZ muds dk; k ea vuko'; d : i l s gLr{k i u djA ; fn muds }kjk 0; Fk ds gLr{k i fd; s tkrsg rks ckyd ml fØ; k dh vkj l smnk hu gkdj viuh igydneh o mRl kg [kks cBrs gA f'k{k dka dks bu fØ; kvka dh l j {krk dk nkf; Ro viuh ; k; rk , oa #fp ds vuq kj yuh pkfg, rFkk vko'; drk gkus ij mfpr ijke'kZ o l gk; rk }kjk ckydka dk i Fk&in'kZ djuk pkfg, A

5- i z kkl u dks l jy cukus rFkk fofHkÉ l ?k'kks dks nj djus ds fy, bu fØ; kvka dks fo |ky; dh l e; &rkydk ea LFku inku fd; k tkuk pkfg, A bl l sbu fØ; kvka dk eglo Hh Nk=ka o f'k{k dka dks l e> ea vk tk; s kA

6- bu fØ; kvka ds l EclU/k ea ckydka dks mfpr fun}ku inku fd; k tkuk pkfg, A bl fun}ku dk; Z dks Hh fo |ky; ds vl; fun}ku dk; Øe ea LFku inku fd; k tk; (vFkk~ft l i z kj ckydka dks i k B; Øe & l EclU/kh fØ; kvka ds l EclU/k ea fun}k & dk; Z ðkkZ/ka }kjk fun}ku fn; k tkrk gS ml h Hkfr bu fØ; kvka ds l EclU/k ea Hh i Fk&in'kZ fd; k tkuk vko'; d gA

7- fdl h fØ; k ds l æBu dks l Qyrki wZ i f jpkfy djus ds fy, ml dk l e; & l e; ij fujh{k.k gkuk vko'; d gA vr%fo |ky; &vf/kdkfj; ka }kjk l eLr fØ; kvka dk fujh{k.k gkuk pkfg, A i jUrq; g ckr /; ku ea j [kuh pkfg, fd fujh{k.k }kjk budka vf/kÑr u dj fy; ktk;] D; kfd vf/kÑr gks tkus l sbudh LokHk fodr u"V gks tk; s h rFkk bul s ckyd Hh usRo] igydneh] mRl kg , oa vuqeu&'kfä dk fodkl djus ea vl eFlz j gA

8- bu fØ; kvka ds fgl kc&fdrkc dh n[kj s k f'k{k dka ds l g; kx l s gkuk pkfg, A

iB; Øe&fØ; kvka ds dk; Øe ds i z kkl u ea f'k{k dka dk LFku

Nk=&fØ; kvka ds dk; Øe dks l æfBr djus l si wZ i zkkuk/; ki d dks vi us f'k{k d & oxZ dh ; k; rkvka , oa {kerkvka dks tkuk pkfg, A bl dk; Øe dh l Qyrk ; k vl Qyrk vf/kdk kr% f'k{k d & oxZ ds nf"V dks k

, oamRI kg ij fuHkj gA Nk=&f'k{kdkal s l gk; rk o ijke'kz gh i klr ugha djr} oju-osmul sij .kk ikdj vius l EHkO; xqkka dk fodkl dj i krs gA vr% vlxS Nk=&fØ; kvka ds iz kkl dh; l aBu dk pKVZ i Lr r fd; k tk jgk g} ftl ea izkkuk/; ki d] f'k{k d rFk Nk=ka ds l g; kx dks Li "V fd; k x; k g&

izkkukpk; Z

i k B; Øe l gxkeh fØ; kvka dk l pkyd ¼' k{k d oxL ea l ½

; kst uk l febr ¼bl ea f'k{k dka rFk Nk=&nkuka ds l nL; ½

Nk= i fj "kn~

fofHké fØ; kvka ds l aBudÜkkZ ¼Nk=ka ds l nL; ½

bu fofHké fØ; kvka ds l aBu ea v/kfyf[kr vf/kdkjh gk&

1- ijke'kzkrk ¼' k{k d oxL ea l ½

2- vf/kdkjh ¼Nk=ka ds fuokpr vf/kdkjh/ & i zku] mi & i zku] l ØVjh vkfnA

3- l nL; A

iBxr- izu

1- i k B; Øe&l gxkeh fØ; kvka ds mÍs ; ka dks l aki ea crkb; A

mi bdkbZ 3

iB; Øe&l gxkeh fØ; kvka ds izkj

; fn Nk=&fØ; kvka l s l EcfU/kr l kfgR; dk v/; ; u fd; k tk; rks ; g Li "V gks tkrk gS fd ek/; fed fo |ky; ka ea fofo/k izkj dh Nk=&fØ; k; i pfyR gA fofHké fo}kuka us budks oxhÑr djus dk iz Ru fd; k gA , Mxj th tWl Vu rFk jlyl l h Qmll usbu fØ; kvka dks 11 oxks ea foHkftr fd; k g} tks fuEufyf[kr g&

1- fo |ky; ds l aBu] izUk rFk fu; U=.k ea Hkx yus l s l EcfU/kr fØ; k, & bl oxL ds vUrxr Nk=& i fj "kn} Nk= l epk;] l huV] dk; Zkfj .kh l febr; k; vkfn vkrh gA

2- l kpfk; d fØ; k, & bl ds vUrxr f'k{k l l rkg] LokLF; l l rkg] l {kjr k l l rkg] tfu; j ukxfjd Dyc vkfn vkrs gA

3- /kfeZl , oa l kftd dY; k.k Dyc& /kfeZl f'k{k l Ecu/kh l aBu] LdkmfVx] l kftd l ok Dyc] tfu; j jMØKW] i kFkfed fpdfRI k l eWj vkfnA

4- l kftd fØ; k, & fidfud] uR;] Lokxr l febr] fofHké i kfVz; ka dk vk; kst u vkfnA

5- 'kijfjd if'k{k l Ecu k fØ; k, & l kfgd [ky] clá , oa vUrfjd oS fäd [ky] 0; k; ke] i h

Vh vknA

- 6- fo|ky; idk'ku& fo|ky; I ekpj&i=] fo|ky; &if=dk] fo|ky; okf"kd ifronu vknA
 7- ukVd rFk Hk'k.k I EclVh fØ;k, & ukVd] , dkdh ukVd] okn&fookn ifr; kfxrk vknA
 8- I xhr I EclVh fØ;k, & I xhr Dyc] cSM Dyc] vkdLVk vknA
 9- fo'k; xr I EclVh&xf.kr] foKku] I kekftd foKku] okf.kT; vkn fo'k; ka ds I epk; A
 10- fofok Dyc&buds vlrxr fo'k; xr Dycka ds vrfjä vU; Dyc vkrs gß mnkgj. kfk&jSM; kß QkV&l xg Dyc vknA

- 11- , I Ecyh&i zkkukpk; } f'k{kd] Nk= ; k I ekt ds uskvka }kjk Hk'k.k] fQYe&'kks vknA
 bzds ÝvoSy usek/; fed fo|ky; ea ipfyr fØ; kvka dks v/kkfyf[kr Jf.k; ka ds vlrxr j [kk g&
 1- Nk= ifj"kn-rFk I ekt&l ok I xBu] 2- foHkxh; rFk fo'kSk #fp I s I EclVh Dyc] 3- idk'ku
 I EclVh I xBu] 4- Hk'k.k rFk ukVd I EclVh I xBu] 5- I xhr I EclVh I xBu] 6- [ky&dm I EclVh I xBu
 mi ; ä fo}kukaustks oxhbj.k i Lrnf fd; sgß ; svejhdk dsek/; fed fo|ky; ka ea ipfyr fØ; kvka
 ds fy, gß gekjs ek/; fed fo|ky; ka ea Hk cg&l h Nk=&fØ; kvka us LFku iklr dj fy; k gß
 mnkgj. kfk&Nk=&ifj"kn- ukVd] okn&fookn ifr; kfxrk, (I kekftd fØ; k, (tß &Jenk] LdkmfVx]
 tfu; j jMØW] I kekftd I ok I xBu] I xhr I EclVh fØ; k, (tß &ykd xhr , oa uR; ka dk vk; kst u
 I xhr&e.Myh] fo|ky; idk'ku] I xg Dyc] fo'k; xr I epk;] [ky&dm vknA ge bu fØ; kvka dk
 v/; ; u vxfyf[kr 'kn'kdka ds vlrxr dj&

- 1- Nk=&Lo'kkl u I s I EclVh I xBu] 2- I ekt&dY; k.k I EclVh fØ; k, j 3- I ka Ñfrd fØ; k, j
 4- I kfgR; d fØ; k, j 5- 'k{k d , oa I kfgR; d fØ; k, j 6- 'kjhfd fØ; k, j 7- fo'k; xr I epk;] 8- fofok
 fØ; k, A

$\frac{1}{2}$ Nk=&Lo'kkl u I s I EclVh I xBu&xM] ds f'k{k&'kndk'k ds vuq kj ^Nk=&Lo'kkl u
 I Ei wkl fo|kfkz I ekt ea Lo; a Nk=ka }kjk fuokzpr ifrfuf/k; ka }kjk fo|ky; ka ea 0; oLFk , oa vkpj.k
 I EclVh ekeyka dk fofu; eu djuka** ; gk iz u mBrk gSfd D; k Lo'kkl u I Ehko gS\ bl idkj dk mUkj
 nrs gq ggh I h eßlmu us dgk gSfd ^ughä D; kfd Nk=ka ea fu.kz dk vHko rFk vij i Dork gksh gß
 I kfk gh izkkuk/; ki d oßkufud : i I s fo|ky;] ml dh I kexh , oaml ds Nk=ka ds dY; k.k ds grq mUkjnk; h
 gksh gß vr%Nk=ka ds Äij , d k mUkjnkf; Ro ugha Mkyk tk I drk gß gekjk fopkj gSfd ; g I R; gSfd
 Nk=ka ds Äij i wkl-% , d k mUkjnkf; Ro ugha Mkyk tk I drk] ijUrq I hfer : i I s Nk=&Lo'kkl u f'k{k dka dh
 ns[kj]k ea I Ehko ughä okNuh; gß f'k{k dka dk dÜkD; gSfd osns[kafd Nk= dgha dkbZcMh Hkoy u dj cBA
 bl ds I kfk gh Nk=ka dk Hk dÜkD; gSfd f'k{k dka I s ijke'kz ydj dk; Z djä f'k{k dka ds i Fk&in'kz ea
 Lo'kkl u I s v/kkfyf[kr mfs; ka dh iklr gk I drh g&

- 1- fo | ky; dh I keld; p{fj=d Hkkouk dk fodkl djuka
- 2- ykdrU= ea ckydka dks I fØ; thou 0; rhr djus ds fy, r\$ kj djuk rFkk mudks mfpr : i I s vi us urkvka dks pous ds fy, i f' k{kr djuka
- 3- ckydka dks vf/kdkf/kd vkrE&funf' kr cukuka
- 4 'kfa ds i fr vkj dh Hkkouk j [kus ds fy, r\$ kj djuka
- 5- ckydka ea dkuu , oa 0; oLFkk ds Hkkoka dks tkxr djuka
- 6- ckydka ea muds fo' kSk xq kka ; kK; rkvka dks fodfl r djuka
- 7- I kelftd I g; kx dk i k B i < k u k r F k k , d & n i j s ds fopkj ka ds i fr I fg". k r k j [kus ds fy, r R i j cukuka
- 8- ckydka ea mUknkf; Ro dks I e>us dh Hkkouk dks tkxr djuka
- 9- ckydka dks vi us fopkj ka dks vfHkO; ä djus ds fy, vf/kdkf/kd vol j inku djuka
- 10- fo | ky; ds i z kkl u dks I fo/kki w d pykus ea I gk; rk nsuka

fo | ky; & I Hk dk I xBu

Nk=&Lo'kkl u I s I EcfU/kr I xBu dks fofHkUu fo | ky; ka ea fofHké ukela I s i pdkj tkrk g\$ t\$ &Nk=&i f j "kn-i kfyž kesV] Nk=&I žk vkrnA fnl Ecj] I u-1955 ea 'l BVy bulVh; W vkrD , tuds'ku* ea 'Nk=&Lo'kkl u* ij , d I ehukj gprka bl ds }kjk ; g fu.kz fd; k x; k fd fo | ky; ea, d 'fo | ky; I Hk* gkus pkfg, ftl dk fuekZk Nk=ka }kjk fuokpr i frfuf/k; ka rFkk fofu; ä I nL; ka }kjk gka osfofu; ä I nL; f'k{kdk}kjk fu; ä fd, tk; A bl I Hk ds v/khu 5 e. My gk ftuds I nL; kadk fuokpu I Hk ds fuokpr I nL; ka }kjk fd; k tk; A ; s e. My fuEufyf[kr I s I EcfU/kr gk&

- 1- vuqkkl uA
- 2- LokLF;] LopNrk rFkk Hkkt uA
- 3- [ky&d mA
- 4 i k B; Øe&I gxkeh fØ; k, &fi z &0; ogkj] Hkæ.k vkrnA
- 5- I kelftd dY; k.k I EcfU/kh fØ; k, &I k{kjrk vfHk; ku] ck<&i hfM+ka dh enn] vdkyxLr {ks=ka ds ykxka dh I gk; rk vkrnA

i R; d e. My dks ijke'kz nsus ds fy, f'k{kdk gka f'k{kdk dks ml e. My dh ehVax ea mi fLFkr gkus dk vf/kdkj gk\$ ftl dk fd ijke'kzkrk gA ijUrq ml dks ok/ nsus dk vf/kdkj ugha gkus pkfg, A i R; d e. My dh v/; {krk , d el=h dj\$ tksfd ml e. My dk I nL; gka bl izdkj i k pka e. My ka ds i k p el=h gkxs tks fo | ky; & I Hk dh dk; Zdkfj.kh dk fuekZk djax\$ vls og dk; Zdkfj.kh i p k; r ds uke I s i pdkjh tk; A i R; d e. My ds v/khu fofHké mi &I fevr; k; gk ftuds I nL; ka dh fu; ä el=h ijke'kzkrk dh

I ykg I sdjA I ehukj ea I ol Eefr I s; g Hkh fu.kz; fd; k x; k fd I kekl; r%efl=; ka dh I [; k i kp gksuh
pkfg, A i jUrqbudh I [; k ea deh ; k of) fo | ky; dh fLFkr; kads vuq kj gks I drh gA fo | ky; ea dksZ
I afBr jktufrd ny ughagk ftl dsvk/kj ij fo | ky; ds I nL; ka dk fuokpu fd; k tk; A bl I Hkk dh
vof/k 1 o"q vFkkz~, d fo | ky; &I = gkA

fo | ky; &fu; U=.k ea Nk=&I g; ks ds yHk

- Nk=&I g; ks I s Nk= , oa fo | ky; &nksuka gh ykHkkflor gksr gA ; s ykHk fuEufyf[kr g&
- 1- Nk=&I g; ks }kjk i kB; Øe&I gxkeh fØ; kvla dk mÙke : i I s l aBu , oa l pkyu gksrk gA
- 2- f' k{kdka dks vi us Nk=ka dh fo' ksk ; kx; rkvla dks tuus dsfy, vf/kd mi ; ja vol j i klr gksr gA
bl ds I kfk gh muds chp e/kj I Ei dz LFkfi r gks tkr gA
- 3- Nk=&Lo' kkl u }kjk ckydkaea vPNh ukxfjdrk ds xqkka dk fodkl gksrk gA bl I s ckydkaea vkr&
funz ku dh 'kfä dk fodkl gks tkrk gS vsj os i R; d ekeys ea vi uh igydneh dk iz ks , oa
LorU= : i I s fu.kz; djuk I h[k tkr gA I kfk gh muea usRo] vi us uskvla ds i fr vknj Hkko]
vuqeu , oavi usnkf; Roka dks I e>us dh 'kfä; ka dk fodkl gksrk gA buds vfrjä muea I g; ks
, oa l keft drk dh Hkkouk fodfl r gsrh gA ; s l eLr xqk ukxfjd cuus dsfy, vko' ; d gksr gA
vr% Nk= Lo' kkl u I s dky ykdrU=h; ukxfjdrk dk fodkl gksrk gA
- 4- bl I s ckydkaea fofHké usrd xqkka /kS] bZekunkjh] I gu' khyrk] U; k; fi z rk] I nHkkouk] I gkuHkr]
fu"i {krk] dÙk; ij k; .krk] I kekl; fgr dsfy, dk; Zdjus dh Hkkouk vkfn dk fodkl gksrk gA ; s
usrd pfj= dsfuezk ea cgr I gk; d gA bl izdkj ds xqkka I s; ja ckyd fo | ky; dh I kekl;
pkjf=d Hkkouk dks mPp cukus ea cgr I gk; rk inku djrs gA
- 5- Lo' kkl u I s ckyd Lo; a dks fu; fl=r djuk] 'kfä ; k vf/kdkfj; ka ds i fr food; ja vknj &Hkko
j [kuk vkfn I h[k tkr gA vkr&fu; U=.k Lokuqkkl u dsfy, ijeko' ; d gS% bl izdkj Nk=&
I g; ks ckydka dks vkrkuq kfl r djds fo | ky; ds vuqkkl u dks mPp cukrk gA
- 6- Lo' kkl u }kjk ckydkaea l aBu djus dh dyk dk fodkl gksrk gA bl I smueamu xqkka dk fodkl
gksrk gS tkfd , d I aBudÙkz ea gkus vko' ; d gA

; fn mi ; ja ykHka dks i klr djuk gS rks Nk=&Lo' kkl u dks bl izdkj I afBr fd; k tk;] ftl ea
ckyd I fØ; Hkx ydj fo | ky; dsfu; U=.k ea l eqpr : i I s dk; Zdj I dA bl dsfy, gea v/kkfyf[kr
ckrka ij /; ku ea j [kuk pkfg, &

- 1- fo | ky; }kjk Nk=ka ds I g; ks dh vko' ; drk dk vuqko fd; k tk; rFkk ml dh ekx dh
tk; A ; fn Nk= I g; ks fo | ky; ij yknk x; k rks ml I s bfPNr ykHka dh i kflr ughagk
I drhA
- 2- Nk=&Lo' kkl u dsfy, tks Hkh dne mBk, tk,] os /khj &/khj s mBk, tkus pkfg, A bl {ks=

dsgrqplnk , df=r djuk rFkk mudksHkktu o oL= igppkuk] I Øked jkska ds QSyus ij] fdl h mRI o ; k
 esysdsvol j ij ; k fdl h vU; vol j ij tgl; vudkfl r <æ I sdk; Zdjusdh vko' ; drk gkA bu Dycka
 dh mi ; ksrk bl ckr eafufgr gSfd , d rkskyd I ekt dh okLrfod ifjLFkr; ka I sifjpr gks tkr
 gA ni j; mueal keftd xqka&l g; kx] I gkuHkr] i æ] n; k] I gu'khyrk vkfn dk fodkl gkrk gS tismuds
 I keftd 0; fäRo dk fuekz k djrs gA ; si qrdæ , oa Nk=ofÜk; k; nsdj ; k vU; : i eafok|ky; dsxjhc , oa
 vHkoxLr Nk=ka dh I gk; rk djrs gA i R; d fo |ky; ea , d sDycka dk I æBu vo' ; fd; k tkuk pkfg, A

(ii) I gdkjh fØ; k, æ fo |ky; dk iæqk dÜk; ckydka dks I g; kx dk i k B i <kuk gA bl mÍs ;
 dh i kflr dsfy, fo |ky; eafokhé I g; kxh fØ; kvka dk I æbu fd; k tkrk gA I g; kx ds i k B dks i <kus
 dsfy, fo |ky; ea I gdkjh I febr; ka dk Hkh I æbu fd; k tkrk gA bu I febr; ka dk iæqk mÍs ; ckydka
 ea I g; kx dh Hkkouk mRI é djuk gA ckyd vi us I g; kx , oafgLI ka dh I gk; rk I sfo |ky; ea I gdkjh
 nqku] I gdkjh cfd ; k tyiku&xg vkfn LFkfi r djrs gA bu dk; kæ dks djus I s tks yHk gkrk gS og
 mu fo |kfkz; ka ea muds fgLI s ds vudk kj ckV fy; k tkrk gS ftUgkous muds I pkyu ea vi uk I g; kx , oa
 fgLI k fn; k FkA , d h ; kstukvka dk I æBu Nk=ka dh I gdkjh I febr; k; djrh gA buds I pkyu dk i wk
 nkf; Ro Nk=ka ij jguk pkfg, A ij Urqmuds i Fk&in'ku dsfy, , d f'k(kd fu; æ gks rks vPNk gA ckydka
 dh I gdkjh nqku ij mu oLrqvka dk gksuk vko' ; d gS tismuds i frfnu dh t: jr dh gS tS &dkxt]
 dkW] i dI y] vkfnA I gdkjh nqku ds I pkyu dsfy, Nk=ka dh , d Nk/h I febr cuk nh tk; tkfd muds
 fgl k&fdrk dks j [ksrFkk oLrqvka dseV; ka dk fu/kkz .k djA fo |ky; ds ckydka dks bl nqku I s oLrq;
 [kjh nus ds fy, i kBI kgu nsuk pkfg, A izkkuk/; ki d dk bl I Ecu/k ea egüoi wk nkf; Ro ; g Sfd og
 I gdkjh I febr ds }kjk I pkfyr I gdkjh nqku] cfd] tyiku&xg vkfn ds fgl k&fdrk dh tkp djA
 ; k dj; svk; ; g ns[ksf d ckydka dks mfpr nj ij oLrq; fey jgh gA ; k ughA bu I g; kxh fØ; kvka dh
 mi ; ksrk bl ckr eafufgr gSfd os I g; kx ds i k B dks I h [kus ds I kFk&I kFk 0; ki kj I Ecu/kh fofhké ckrka
 I sifjpr gks tkrsgS tkfd muds Hkkoh thou ea yHk in fl) gkrh gA

(iii) Jenku& I keftd n^oV I s bl fØ; k dk Hkh cgr egüo gA bl ds }kjk ckydka ea
 'kkj hfjd Je dsegüo dks I e>us dh 'kfä dk fodkl fd; k tkrk gA i R; d fo |ky; ea bl fØ; k dk
 vk; kstu vfuok; Z: i I sfd; k tkuk pkfg, A fcv' kdkyhu f'k{k us f' kfk{kr Hkkj rh; ka ds ân; ka ea 'kkj hfjd
 Je djus okyka ds i fr ?k.kk dh Hkkouk mRI é dj nh FkA vkt ifjLFkr; ka ifjofr r gks x; h gA vc gea
 bl Hkkouk dks I ekr djuk gA bl ?k.kk dh Hkkouk dks nj djus dsfy, Jenku ij cy nsuk vko' ; d gA
 ckyd ea Je dks vknj dh n^oV I sn[kus dh Hkkouk dks tkxr djus dsfy, fo |ky; }kjk fofhké dk; Zdj; k
 stk I drsgA mnkgj .kkFk&xkka ea I Melka dk fuekz k] jkLrka dh I Qkb] [kkn dsfy, xM<s [kqokus] fo |ky;
 dh I Qkbz vkfnA bu dk; kæ ds djud I s , d rks I epk; fo |ky; ds fudV I Ei dz ea vk tk; sk] ni j;
 cf) thoh rFk Jet hoh oxka ds chp tks [kkbz mRI é dj nh x; h Fk] ml dks I ekr fd; k tk I drk gS rhl j;
 bl I s ckydka dk 'kkj hfjd fodkl Hkh gkska

(iv) **LdkmfVax ,oaxyZ xkbMx&** bl l xBu dk 'k{k kd eglo cgr gA bl ds }kjk ckydka dks iNfr ds l E i dZea yk; k tkrk gSrFkk 'kkj hfjd , oaufrd if' k{k.k Hkh i nku fd; k tkrk gA i jUr qbl dh l cl s cMh mi ; kfxrk bl ckr ea gA fd bl ds }kjk vuqjnk; h , oa LodsUnr ckyd dks fo'ol uh; , oa l gk; d ukxfjd ea ifjofrZ fd; k tkrk gA bl l hFkk ds }kjk ckydka , oa ckydka dks [ky ea l eLr idkj dk if' k{k.k i nku fd; k tkrk gA ek/; fed f' k{k&vk; kx usbl dseglo dksbu 'kCnka ea 0; ä fd; k&

"LdkmfVax pkjf=d if' k{k.k rFkk vPNh ukxfjdrk ds xqka ds fodkl ds fy, l cl s eglo i wkZ l /kuka ea l s, d gA bl ea cgr&l sxqk fufgr gA D; kd bl ds }kjk fofkké vk; qds ckydka dks viuh vj vkdf"Zr fd; k tkrk gSrFkk mudh cgr[kh 'kfä; ka dks fodl r fd; k tkrk gA bl ds fofkké [ky, k fØ; k/ka rFkk i kfof/kd dqkyrkva }kjk l ekt&l ok ds vkn'kk. l nkpj .k] urkva ds fy, l Eeku] jkT; ds i fr Hfä rFkk i R; d idkj dh fLFkr dk l keuk djus dh rRi jrk dh vk/kj f'kyk j [kuk l Etko gA**

"Scouting is one of the most effective means for the training of character and the qualities necessary for good citizenship. It has the great merit that it appeals to pupils of all ages and taps their manifold energies. Through the various games, activities and technical skills, it is possible to lay the foundation of the ideals of social service, good behaviour, respect for leaders, loyalty to the state and preparedness to meet any situation."

-Report of the Secondary Education Commission, p.127

bl l hFkk dk l j jkVZ oMsu i ksy us tle fn; k FkA mlguas bl l hFkk dk fueZk 'k=&i {k dh l puk i ltr djus ds fy, fd; k FkA i jUr qckn ea bl vkUnksu us i R; d nsk eavi useglo dh /kkd tek yhA Hkkj ro"Z ea bl dks l u-1911 bZ ea vi uk; k x; kA bl dk l xBu vk; qds vk/kj ij fd; k x; k gA bl ds l xBu dh : ij [kk fuEufyf [kr g&

cMh LdkmV dk l xBu

- 1- 7 o"Z l s 11 o"Z rd ds cPps 'kj cPps dgykrs gA
- 2- 11 o"Z l s 17 o"Z rd ds ckyd LdkmV dgykrs gA
- 3- 17 o"Z l s vf/kd vk; qokys jkaj dgykrs gA

xyZ xkbM dk l xBu

- 1- 11 o"Z l s de vk; qdh ckyd, i **cy cy** dgykrh gA
- 2- 11 o"Z l s 16 o"Z rd dh vk; qdh ckyd, i **xyZ xkbM dEiuh** ds vlrxZ vkrh gA
- 3- 16 o"Z l s vf/kd vk; qokyh yMfd; k; **jatj dEiuh** ea vkrh gA

vkT l sdN l e; i nZ rd gekj s vf/kd k k fo | ky; ka ea bl l xBu dks LFkku i ltr FkA i jUr qvc A,C.C., N.C.C. vkfn dh LFkku l srFkk l e; ds i Hkko l s bl dh vj de /; ku fn; k tk jgk gA i jUr q

bl ds' kš(kd) ušrd] pŕfj=d vŕfn {kš= dsegŕo dksnš[kus l sLi "V gks tkrk gšfd bl l æBu dks i R; d
fo |ky; ea LFkku fn; k tkuk pŕfg, A oLrŕ%; g l æBu jk"Vh; , oa vŕrjkZVh; Lrj dk gÅ bl ds }kjk
jk"Vh; pŕj= ds fuekZk ea Hkh l gk; rk fey l drh gÅ

(v) **tŕu; j jMØkl , oa iFkfed pfdRI k ny&** ; s l æBu vi uk fo'kšk egŕo j [krs gš
D; kšd bl ds }kjk ckydka dks l kelftd l øk djus; kš; cuk; k tkrk gšvŕš muea oš fäd , oa l kelftd
xqkka dks fodfl r fd; k tkrk gÅ ek/; fed f'k{k vk; kx dk fopkj gšfd i R; d ckyd dks tŕu; j jMØkl
rFkk i kFkfed pfdRI k dsdk; Zea i f'k{k {kr gksuk pŕfg,] D; kšd ; g i f'k{k.k ckydka rFkk l ekt] nkska dsfy,
ykhhi n fl) gkska i R; d fo |ky; eabu l æBuka dk vk; kstu fd; k tkuk pŕfg, A bl l e; cgr de
fo |ky; ka ea buds fy, 0; oLFkk dh x; h gÅ tŕu; j jMØkl uked l æBu vŕrjkZVh; Lrj dk gÅ bl ds
i e[k mš; & nŕl jka dh l øk] LokLF; dh of) rFkk HkrRo Hkkouk dk fodkl djuk gÅ ; g l LFkk vi us 0 ;
dks l nL; ka l splnk yd] , oa ckydka }kjk fufeš djuk gÅ ; g l LFkk vi us 0 ; ; dks l nL; ka l splnk yd] ,
oa ckydka }kjk fufeš foŕkē oLrŕka dks cpdj pykrh gÅ i kFkfed pfdRI k ny dk mš; ckydka dks
vkgr 0; fä; ka dks bykt djus dh f'k{k inku djuk gÅ fo |ky; ea bl dk l æBu LdkmV&ekLVj ; k
LokLF; & f'k{k dh v/; {krk ea fd; k tk l drk gÅ

3½ I kšfrd fØ; k, æbu fØ; kvka ds vŕrxš i kB; & fØ; k,] ykd xhr] ykdur;] dhrš]
Hktu] l æhr l Ecl/kh vl; dk; Øe vkrsgÅ bu fØ; kvka dk vodk'k dk l ŕi; kx djusea cMk egŕo gÅ
l æhr l Ecl/kh fØ; k, j ckydka ea 0; kol kf; d dŕkyrkvkarFkk l æhr dk l kšfrd eŕ; ka du djus dh {kerk
mRi é djrh gÅ bu fØ; kvka }kjk ckyd vi us l kšfrd eŕ; ka dk Kku i kŕ djusea l eFkz gksrsgÅ buds
vŕfj ä mudks buds }kjk vkrkFkk; fä dsfy, vol j inku fd; s tkrsgÅ buds }kjk ckydka dks eukj at u
ds l kFk&l kFk l kšn; kšhŕir dsfy, vol j i kŕ gksrsgÅ ukVdka dsp; u eamuds l kšfrd o 'kš(kd egŕo
ij cy fn; k tkuk pŕfg, A

bu fØ; kvka ds l pkyu dsfy, fo |ky; ea, d i Fkd l kšfrd l feŕr gksuk pŕfg, A ml l feŕr
dk i Fk& i n'kš , d f'k{k }kjk fd; k tkuk pŕfg, A i jŕqog f'k{k bu dk; kšea: fp j [krk gksrFkk ml ds
l æBu , oa l pkyu dh i fØ; kvka l s i jfpr gÅ

4½ I kŕfR; d fØ; k, æbu fØ; kvka ds vŕrxš okn&fookn i fr; kšxrk] dfo&xkš"B; k; , oa
dfork& i fr; kšxrk, j Hkk" k. k] fucl/k , oa dgkuh i fr; kšxrk] vŕr; k{kj h] fopkj & xkš"B; k; vkfn fØ; k, j vkrh gÅ
; s fØ; k, j 'kš(kd nŕ"V l s cgr egŕo i wkZ gÅ buds }kjk ckydka dh foŕkē ekuf l d 'kš; k&Li "V fpŕru]
Lej .k] rd] fo' ysk.k fu.kz vkfn dks i f'k{k {kr fd; k tkrk gÅ buds }kjk buds i [k] cukus dsfy, foŕkē
vol j inku fd, tkrsgÅ bl dh mi; kšxrk bl dkj .k Hkh gšfd buds }kjk ckydka dks vkr& i n'kš ds
fy, vol j feyrs gÅ rFkk ckyd vi us fopkjka , oa rd kš ds mi; ä <æ l s 0; ä djuk l h[k tkrk gÅ ; s

fØ; k, i ckydka dh yTtk'khy i dñk dksnj djuseacgr l gk; d gârFkk ckydka ea urRo dsxqkksdk fodkl
 djrh gA ; s fØ; k, i ckydka ea l kfgR; ds fy, #fp , oa iæ tkxr djrh gârFkk ckydka ea mudh
 l kñ; kùtkfir djusdh 'kfä dk fodkl gkrk gA

bu fØ; kvka ds l æBu , oal pkyu dsfy, i Fkd l febr dksmùkjnk; h cuk; k tk; rFkk , d f'k{k d
 dks ml ds ijke'kñrk ds : i eafu; ä fd; k tkuk pkfg, A fofhké izkj dh ifr; kfxrkvka , oa xk'B; kads
 fy, Nk=ka ds ekuf l d Lrj ds vuq kj fofhké fo" k; ka dk p; u gks rks vPNk gA bl ds vfrfjä ckydka dk
 mu fo" k; ka dh r\$ kjh ds grqm fpr izkj l si Fk&in'kù fd; k tkuk pkfg, A

½ ½ 'k{k d , oal kfgR; d fØ; k, & fo | ky; & izk'ku vf/kdk k fo | ky; ka ds thou dk , d
 egloi wkz vx cu x; k gA fo | ky; if=dkj l ekpj&i= vkfn ckydka dks l tukred y[ku ds fy,
 egloi wkz vol j inku djrs gA buds }kj k ckydka dks l e) , oa veV; 'k{k d vu[ko inku fd; s trks gA
 i k B; & i rd ds vfrfjä vl; i rd a i < us dsfy, i k l kgu feyrk gA bu izk'kuka ds }kj l ekt dks
 fo | ky; dh i xfr] dk; l l kkl; pkj f=d Hkkouk vkfn l s voxr dj; k trk gA Lih; l Z rFkk yklls us
 fo | ky; & izk'ku ds fuEufyf[kr dk; l crk; s g&

- (i) fo | ky; ds dk; l l s l ekt dks voxr djukA
- (ii) fo | ky; dh ?kvukvka , oal puvkva dks izkf'kr djukA
- (iii) fo | ky; dh l Ei fùk dks vfhk; ä djukA
- (iv) fo | ky; ka ds vkn'kæ , oam dh pkj f=d Hkkoukvka dks 0; ä djukA
- (v) vl rj & fo | ky; ka ea mùke l Ec/kka dks fodl r djukA
- (vi) vfhkHkkodka rFkk fo | ky; ds chp l g; kx LFkfi r djukA
- (vii) l nkpj ds Lrj dks mPp cukusea l gk; rk nsukA
- (viii) mi ; ä fØ; kvka dks i k l kgu nsukA

fo | ky; & izk'ku ds l pkyu dsfy, , d l Eiknd e. My dh LFkki uk dh tk; A bl ea Nk=ka ds
 i frfuf/k gks pkfg, i jUrq mudk mpr i Fk&in'kù f'k{k d&oxZ ds }kj fd; k tkuk pkfg, A bl ds fy,
 ckydka dks y[k] fucl/k] dgkuh] dfork vkfn fy[kus dsfy, i k l kfg fd; k tkuk pkfg; A bu fofhké l ægka
 dh mi ; ä rk dk fu.kz; Nk= , oa f'k{k d feydj djA fo | ky; ds izk'ku; ki d dk bl {ks= ea cMk gh
 egloi wkz nkf; Ro gA og Nk=ka ds izk'kuka dh n[kHky djA bl ea tks y[k cMk gh egROI wkz nkf; Ro gA
 og Nk=ka ds izk'kuka dh n[kHky djA bl ea tks y[k izkf'kr gk osml izk'ku ds mís; dh i frZ djrs
 gq l ekt o fo | ky; ds chp e/kj l Ei dZ LFkfi r djusea l gk; rk inku djusokys gks pkfg, A i jUrq bl
 l Ecl/k ea; g /; ku j [kuk vko'; d gsf d dgha fo | ky; & izk'ku , dek= ipkj ds l k/ku gh u cu tk; A
 , d k gks ij mudk 'k{k d egRo l ekir gks tk; skA

½ 'kjhfd fØ; k, & buds vlrzr I æfBr [ksy&dm] i h-Vh 0; k; ke vfn fØ; k; j; vkrh gÅ
 ckyd ds 'kjhfd fodkl ds fy, [ksy&dm] 0; k; ke] 'kjhfd f'k{k i jeko'; d gÅ [ksyka }kjk
 ckyd ds 'kjh dks â"V&i qV cuk; k tkrk gS i jUrqfo |ky; eabudk egRo 'kjhfd n"V I sgh ughoju-
 eukKkfud] I keftd] ck) d , oaurd n"V I s Hkh gÅ

eukKkfud eglo& eukKkfud [kstk:us ; g fl) dj fn; k gSfd ckyd eavfr'k; 'kfä gkrh
 gS; g 'kfä eq; r%fd'kjkLoLFkk eavf/kd ik; h tkrh gÅ ; fn vfr'k; 'kfä dks mfpr /kjkvka ea i dkgr
 ughafd; k x; k rksog 'kfä xyr ekxka eacgusyxsxh ftl dk ifj .kke vuq ; ä 0; fäRo gkska [ksyka }kjk
 bl vfr'k; 'kfä dsfy, okNuh; ekZ inku fd, tkrsgÅ ckyd [ksy&dm }kjk vius LokLF; dh of)
 ds I kFk&I kFk bl vfr'k; 'kfä dk I nq ; ksx Hkh dj yrk gÅ bl ds vfrjä [ksyka }kjk ckydka dh
 dke&okl uk] fo/kk; drk] I kefigdrk] ; q ß I k vfn ey&i ðÜk; ka dk 'koku gkrk gÅ

I keftd eglo& I keftd n"V I s [ksy&dm dk cMk eglo gS D; käd ckyd I eg eajgdj
 rFk I kFk [ksydj U; k;] I g; ksx] I fg" .kqk] urRo] I a d tS s xqka dks 0; kogkj d : i I s I h[krk gS rFk
 vius I keftd 0; fäRo dk fuekZk djrk gÅ

ck) d eglo& ck) d n"V I s Hkh bl dk cgr eglo gÅ buea ckyd Hkx ydj viuh
 fu.kz &'kfä] dYi uk] rd&'kfä eflr"d dh rRi jrk vfn dk fodkl djrk gÅ bl ds vfrjä [ksy&dm
 I sml dseflr"d dk I Uryu Bhd jgrk gÅ [ksy&dm ekufI d LQfirZ Hkh inku djrs gÅ

ufrd eglo&ufrd n"V I s budk eglo bl ckr eafufgr gSfd buds }kjk mu xqka&I kgl]
 /kS] vRe&fo'okl] vRe&fuHk] rk] I Ppkb] U; k; &fi z rk] fu"i {krk vfn&dks fodfl r fd; k tkrk gS tks
 ufrd pfj= dk fuekZk djrs gÅ ek/; fed f'k{k vk; ksx dk fopkj gSfd I kefigd [ksyka dk bl dkj .k fo'k
 eglo gSfd buds }kjk 'kjhfd fodkl rFk euk] at u inku djus ds I kFk&I kFk Nk=ka ds pfj= dk fuekZk
 Hkh gkrk gÅ

vuqkl uRed eglo& [ksy&dm dk fo |ky; ea vuqkl u dh LFki uk ds fy, Hkh cgr eglo
 gÅ bl ds }kjk ckyd Lo; adks fu; fl=r djuk I h[k tkrsgÅ bl ds vfrjä muea vRe&R; kx dh Hkkouk
 dk Hkh fodkl gkrk gÅ fo |ky; vuqkl u ds vfrjä [ksy&dm fo |ky; ds I kefigd thou ds fuekZk ea
 Hkh cgr I gk; d gS D; käd buds }kjk ckydka ds vki I h I Ecu/kka rFk f'k{k dka , oa Nk=ka ds mfpr I Ei dks
 dks n<+cuk; k tkrk gÅ

ukxfjd eglo& [ksy vfn ckydka dks ukxfjd i f'k{k.k Hkh inku djrs gÅ [ksy dsehkuka eackyd
 n" jka ds vf/kdkjka dks vknj dh n"V I s ns[kuk I h[k tkrsgÅ ; gha os urRo djus rFk fu; eka ds vuq kj
 dk; Z djus dh Hkkouk dks xg.k djrs gÅ bl ds vfrjä [ksyka }kjk muea fu; ferrk] dÜk; ijk; rk]
 I g; ksx; ka ea fo'okl] /kS] Vhe Hkkouk vfn xqka dk fodkl fd; k tkrk gÅ bl i dkj ds [ksyka }kjk ckyd
 0; kogkj d : i I s ukxfjd i f'k{k.k i klr djrs gÅ

mi ; ðä foopu l sLi"V gks tkrk gSfd ckyd ds l okxh.k fodkl ea [ksyka d k cMk ; ksnku gA ; fn
gea [ksyka dseglo dks i klr djuk gS rks ml dk l æBu mi ; ðä <æ l sdjuk ijeko' ; d gA mi ; ðä l æBu
dsfy, v/kkfyf[kr ckrka ds /; ku eaj [kk tk l drk g&

- 1- fo |ky; &l ekt ds LokLF; &fodkl dsfy, vko' ; d gSfd vf/kdkf/kd ckyd [ksy ds
eñku dk iz, kx djA bl dsfy, vko' ; d gSfd [ksy&d m dk; Øe fofo/k , oa0; ki d gks
ft l l sfo |ky; ds l eLr Nk= vi uh vk; , oa #fp ds vuq kj [ksyka ea Hkkx ys l da vkj
muds eglo dks i klr djus ea l eFkz gks l dA
- 2- iR; d l kefigd [ksy dsfy, , d f'k{k d dks v/; {k cuk; k tk; i jUrqv/; {k cukr s l e;
f'k{k d dh ; kx; rkvka , oa #fp; ka dks /; ku eaj [kuk vko' ; d gA ; fn f'k{k d dks , s [ksy
dk v/; {k cuk fn; k x; k ft l ear ksm l dh #fp gS vkj u ml dsfo" k; ea d kbz Kku j [krk
gS rks , s h l Fkr ea og vi us ckyd ka dk ekx&i n' kzu djus ea vl eFkz j gskA
- 3- ckydka dks foHkÉ [ksyka l s l EcfU/kr fu; eka dks l e>k nsk pkfg, A
- 4- i frfnu fuf'pr l e; ij iR; d ckyd dk [ksy ds eñku ij i g p uk vfuok; Z dj fn; k
tkuk pkfg, A ØhMk&LFky ij mi l Fkr ys us dh Hkh 0; oLFk dh tkuh pkfg, A
- 5- Nk=ka dks foHkÉ [ksyka dsfy, p; u djrs l e; bl ckr dks /; ku eaj [kk tk; fd Vhe ea
l kelt; ; kx; rk j [kus okys ckyd p; u fd, tk; A
- 6- [ksy&d m dh i Fkd l e; &rkfydk dk fuekz k fd; k tkuk pkfg,] ft l l s l Ei wkz dk; Øe
0; ofLFkr : i l s l pkyr gks l dA
- 7- vUrj&fo |ky; ka i fr; kxrkvka dk Hkh vk; kstu fd; k tkuk pkfg, A i jUrqu i fr; kxrkvka
dk /; s 0; kol kf; d f [kykMh cukuk u glj oju-bl ds fo i jhr foHkÉ fo |ky; ka ds chp
l nHkkouk] iæ , oa l gkuHkr i wkz l Ei dZ LFkkr djuk pkfg, A
- 8- [ksyka ds Lrj dks mPp cukus dsfy, fo |ky; ea foHkÉ d {k vka rFk foHkÉ Vheka ds chp
i fr; kxrk, j dj; h tkuh pkfg, A
- 9- [ksyka dk l pkyu , oafujh{k.k mfpr : i l sfd; k tkuk pkfg, A bl dsfy, , d ØhMk&LFky
dh fu; ðä djuh pkfg, A mudh l gk; rk dsfy, foHkÉ [ksyka ds v/; {k gks us pkfg, A Nk=ka
dks l g; kx i klr djus dsfy, , d [ksy&d m l febr dk Hkh fuekz k fd; k tkuk pkfg, A
[ksy&d m l EcfU/kh l kexh dh 0; oLFk] muds [kjhrus ØhMk&LFky dh LoPNrk vkfn dk; k
ea bl l febr ds l g; kx ea l gk; rk feyschA

¼½ fo" k; xr l enk; & ; s l enk; fo |ky; ka ea i <k; s tkus okys fo" k; l s l EcfU/kr gks r s g
mnkgj .kkFk&bfrgk l &l enk;] Hkkksy&l enk;] foKku&l enk;] okf.kT; &l enk;] Ñf" k&l enk;] xf.kr&l enk;

vkfnA bu l epnk; kadsfuekz k l sl cl scMk ykHk ; g gSfd budh fØ; kvka }kjk ckydkaeafok; ds i fr #fp mRi é gkrh gÅ nll j} bl dk l æBu , oa l pkyu djus l smuea fofHké xqkka dk Hkh fodkl gkrk gÅ bu l epnk; kadsfuekz k dh i Fkk vf/kdkkr%dkWyst Lrj ij gh gÅ i jUrq; sfo |ky; Lrj ds ckydka ds fy, Hkh ykHknk; d fl) gsl drs gÅ bu l epnk; kads }kjk fo" k; l sl EcfU/kr dfBukb; kads njs jdu} ml dk thau eaD; k eglo g} vkfn ckrka dks Li "V fd; k tk l drk gÅ bl ds vfrfj ä] bu l epnk; ka }kjk fofHké 'kS{k d ek=kvka dk Hkh vk; kstu fd; k tk l drk gÅ mnkgj .kkFk&bfrgkl dk l epnk; LFkkuh; , srgkfl d bekjrka dksfn [kkus ds fy, ; k=kvka dk vk; kstu dj l drk gÅ bl ds vfrfj ä og ckydka dks nll js, srgkfl d LFkkula ds Hkē.k ds fy, ys tk l drk gÅ bl idkj fofHké l epnk; kads }kjk vi us fo" k; l sl EcfU/kr eglo dh oLrpk/ka ds fujh{k.k ds gsrq ; k=kvka dk vk; kstu fd; k tk l drk gÅ bu l epnk; ka dk fuekz k Nk=ka }kjk fuokzpr l nL; ka , oa vf/kdkfj; ka }kjk fd; k tk; sxA bl ds i Fk&i n'kz ds gsrq fo" k; dk i æ[k f' k{k d ml l epnk; dk ofj "B v/; {k gksuk pkfg, A

1/8 1/2 fofo/k fØ; k, & buds vllrxz os fofHké fØ; k, j; vkrh g} tkd 'kS{k d eglo dh gksus ds l kF&l kFk eukjat u inku djusokyh Hkh gkrh g} mnkgj .kkFk&fi z &0; ki kj] fi dfud] Hkē.k] fo |ky; &fnol] vl Ecyh vkfnA fo |ky; eafofHké idkj ds fi z &0; ki kj dh 0; oLFkk gsl drh g} t} &ckxokuh] QkV/kxkQh] fVdV l æg djuk] fl Dds l æg djuk vkfnA budk l cl scMk eglo ; g gSfd buds }kjk ckydkaeafofHké idkj dh #fp; k; tkxr gkrh gÅ vk} l kF&l kFk eukjat u Hkh inku djrh gÅ vodk' k ds l e; dk l nq; kx djus dh n"V l s Hkh budk cMk eglo gkrk gÅ fi dfud rFkk Hkē.kka dk Hkh cMk eglo gÅ vk/kfud f' k{k.k&fof/k; k; ea Hkē.k dk cMk eglo i wkz LFkku gÅ muds }kjk ckydka dk n"V dksk foLr' gkrk gÅ os fujh{k.k&i) fr l smu oLrpk/ka , oa LFkkuka ds fo" k; ea l vekfr l ve Kku i klr djusea l eFkz g} ftuds fy, ; k=k ij x; sgÅ fo |ky; &fnol ka dk Hkh cMk 'kS{k d eglo gÅ i jUrqbuds' kS{k d eglo dks rHkh i klr fd; k tk l drk g} tc buds vk; kstu , oa l æBu ea Nk=ka dk vf/kdkf/kd l g; kx gÅ buds }kjk ckydka ea l g; kx] usRo] l kLÑfrd #fp; k; vkfn dk fodkl gkrk gÅ fo |ky; ka ea i k; %fofHké fnol ka dks euk; k tkrk g} t} &okf"kd k l o] Nk=l æk fnol] ij kru Nk=&l Eesyul jk"Vh; i ok&dk vk; kstu] vfhkHkod fnol vkfnA

'kS{k d n"V l snbud vl Ecyh dk cMk eglo gÅ vl Ecyh ea ckydka ds Kku dks foLr' dju} ml dh #fp; ka ea of) djus rFkk vodk' k ds l e; dk l nq; kx djus ds fy, vodk' k inku fd, tkrs gÅ bl ds vfrfj ä bl l sl kefigd f' k{k ds l vol j feyrsgÅ buds dk; Døe ea l kefigd i kFkz k] fofHké nsud ?kSk. kkvk} i zkkuk/; ki d] f' k{k d , oa vfrfFk; kads Hk" k. k vkfn dks Hkh LFkku fn; k tkrk gÅ i jUrqbl ds dk; Døe dk l pkyu f' k{k dkr Fkk Nk=ka ds i kj Li fj d l g; kx }kjk gksrks vPNk gS vk} bl ds dk; Døe dks LFkku fn; k tk; tks vf/kdkf/kd 'kS{k d eglo j [krh gka rFkk Nk=&usRo , oa i gydneh ds fy, vol j inku djrh gÅ

; | fi vk/kfud fopkj/kkj ds vuq kj Nk=&fØ; kvka dks i kB; Øe dk , d vfHkÉ vax ekuk x; k gS i jUrqf' k{kdk, oa vfHkHkdkodka ds n^oVdksk ea dkbZ fo' kSk i fjonZu ugha vk; k gA vc Hkh cgr & l s vfHkHkdkod , oaf' k{kdx.k blga l e;] /ku , oa 'kfä dk vi 0; ; ek= gh l e>rs gA gekjs n^sk eabudh l Qyrk ea; g n^oVdksk cMk ck/kd gA buds vfrfjä /ku ds vHkko ds dkj . k Hkh cgr & l h mi ; ksx fØ; kvka dks fo | ky; ea LFkku ughafey ikrkA fo | ky; ds ikl vl; l k/kuka dk vHkko rFkk ij h{kk dk ik/kkU; Hkh bu fØ; kvkadh i xfr ea ck/kk mRiÉ djrk gA i jUrqbu ck/kkva dks nij djusea fo | ky; vf/kdkjh egüoi wkZ n^oVdksk l s bu ck/kkva dks nij fd; k tk l drk gS vS l kFk gh budh l Qyrk dks vo' ; EHk; h cuk; k tk l drk gA

ikBxr izu

- 1- i kB; Øe & l gxkeh fØ; kvka ds izdkj crkb; A
- 2- fo | ky; ea Nk=& l g; ksx ds pkj ykHk crkb; A

mi bdkbZ 4

jk^oVh; i okæ dk vk; kstu , oajk^oVh; i frdka dh xfjek , oafu; eka dh tkudkjh
 ❖ gekjs jk^oVh; i rhd , oafplgk i {i} i 'kq i {kh dh igpku o mudsegRo dks tkuuka
 ❖ jk^oVxku o jk^oVhr rFkk muds l Eeku l ædkh funðkA
 ❖ jk^oV^ot vS ml dk l Eeku ds s djA

Ø- **R; ksjj dk uke** **euk, tkus ds dkj .k**

- 1- Lorærk fnol 15 vxLr n^sk dks Lorærk feyus dh [kq kh ea
- 2- x.kræ fnol 26 tuojh l fo/kku cuus ds dkj .k

i R; d R; ksjj dk l k.Ñfrd jk^oVh; ; k l keftd egRo gsrk gA dN R; ksjj gea n^sk dh i æ[k ?kVukva; k egki æ^oka dh ; kn fnykrsgarFkk dN R; ksjj /kfeZ l k.Ñfrd eku; rk] QI y dVus dh [kq kh ; k _rq ifjonZu ds vk/kkj ij euk, tkrs gA

i R; d R; ksjj ds eukus dk fnu vS rjhdk vyx&vyx gsrk gA

ge l Hkh ukxfjdkæajk^oV^o ds ifr iæ gsrk gA jk^oVh; i rhdka ds ifr l Eeku n'kkZj jk^oVh; xS o o xfjek dks viuh igpku cukdj bl s 0; Dr fd; k tkrk gA

gekjk jk^oV^ot] jk^oVh; fplg] jk^oVxku] jk^oVxhr] jk^oVh; i {k} jk^oVh; i 'kq o jk^oVh; i {i} u døy jk^oVh; , drk vfirg gekjh Lorærk ds i rhd gA

jk^oVh; i rhdka dk l Eeku djuk gekjk drD; gA

jk^oV^o /ot

jk^oVh; /ot frjæx ea l eku vuqkr ea rhu vkMh ifê; k; gA buea l cl s Åij dh i êh ea xgjk dS kfj; k jæ] chp dh i êh ea l Qn rFkk uhpsokyh i êh ea gjk jæ gsrk gA

/ot dh yækbz vksj pkbzdk vuqkr 3½ gA l Qn iêh dschp ea uhysjak dk , d pØ gA bl pØ ea24 rhfy; ka gA bl dk ik: i l kjukFk ea lFkr v'kkd Lrêk ij cus pØ l sfy; k x; k gA

/ot ea lFkfir rhu jak ¼½ dskfj; k R; kx] 'kks Zo cfynku dk irhd gA ; g jak Lorærk l æ'kz ea viuk thou l; kkoj djus okyæ ds cfynku vksj nsk HkfdR dh fujrj ; kn fnykrk gA

½½/ot dh 'or iêh l R; o 'kkâr dk irhd gA ; g jak gea l Ppk] 'kØ o l jy cuus dsfy; s isjr djrk gA

¾½ xgjs gsjak dh iêh thou mRi kndrk vksj [kqkgkyh dks n'kkz h gA gjk jak fo'okl o n<æk dk Hkh irhd gA

jk"V%ot ea 'or iêh dse/; xgjs uhysjak l svidr pØ dk , frgkl d egRo gA l kjukFk ea l ekV v'kkd }kjk cuok; k x; k , d Lrêk gA ft l sbl lFku ij Hkxoku cØ }kjk fn; s x; s i Fke mi nsk dh Lefr ea cuok; k x; k Fkk v'kkd ds Lrêk ea; g pØ /keZ dk irhd gSpØ xfr] ixfr vksj mRl kg dks baxr djrk gA ; g gea/keZ, oa l Ppkbz ds jkLrs ij pyus vksj nsk dks mlufv vksj l ef) dh vksj ystkus dsfy, Hkh isjr djrk gA

tc Hkh jk"V%ot Qgjk; k tk,] bl svknj feyuk pkfg, A Hkjr h; yskæ }kjk jk"Vh; o vlurjkzVh; [ksyæ ea jk"V%ot dk in'ku djuk viuh nsk HkfdR vksj nsk iæ dh Hkkouk dks n'kkz k gA

jk"V%ot dk l Eeku djuk i R; d ukxfjd ds ey drD; ka ea l s , d gA

jk"V%ot Qgjkus ds fu; e&

tc jk"V%ot Qgjk; k tkrk gß rc gea bl ds l Eeku ea l ko/kku dh emt ea [kM+ jguk pkfg, A /ot dh dskfj; k jak dh iêh l nð Åij dh vksj jguk pkfg, A

ifrfnu egRo i wZ l jdkjh Hkkouk ij jk"V%ot Qgjkuk pkfg, rFkk l wZ l l si wZ mrkj yæk pkfg, A vc ge jk"Vh; i =ka ij vius ?kjæ ij Hkh jk"Vh; /ot Qgjk l drs gA

jk"V%ot dk iz kx l tkov dsfy, ugha djuk pkfg, A

Hkjr dh l fo/kku l Hk ea jk"Vh; /ot dk ik: i 22 tykbz 1947 dks viuk; k x; k gA jk"Vh; fplg

; g fplg l kjukFk ds v'kkd Lrêk l sfy; k x; k gA bl fplg eagearhu 'kj fn [kkbz nrs gß okLro ea; s l æ; k ea pkj gA pkkk 'kj i hNs dh vksj tØk gkus ds dkj . k gea døy rhu gh fn [krs gA 'kj ka ds uhps dh pks dh eack; havkj , d ?kkMk nk; havkj , d cSy vksj chp ea, d pØ fn [kkbz nrk gA uhps nœukxjh fyfi ea l R; eo t; rš 'kcn fy [kk gA bl dk vFz gS døy l R; dh gh fot; gkrh gA

pØ /keZ 'kj l kgl] , so; Zo 'kfdR] ?kkMk Åtkz vksj ox] cSy egur vksj n<æk dk irhd gA

nsk ds i R; d ukxfjd dks mi jkDr xqka dks vius 0; ogkj vksj pfj= ea n'kkz us dk l dYi djuk pkfg, A

jk"Vh; fplg Hkjr l jdkj dh ekj ½epk½ dks vius 0; ogkj vksj pfj= ea n'kkz us dk l dYi djuk pkfg, A

jk"Vxku

gekjsjk"Vxku dsjpf; rk x#nø jfolnukFk Bkdj gA bl xku eagekjh ekrHkie dsifr J)k dh Hkkouk idV dh xbzgA jk"Vh; ioksij jk"V?ot Qgjkus dsckn jk"Vxku xk; k tkrk gA jk"Vxku gekjs eu ea jk"Vh; , drk dh Hkkouk tkxr djrk gA

jk"Vxku gekjh ekrHkie dh izkd k dk xhr gA ; g geal gu'khyrk o jk"Vh; , drk dk l nsk nsk gA bl dsxk; u vFkok /kq ctus ds l e; geA

l ko/kku dh eqnk ea [kMs:jguk pfg, A

xkrs l e; pyuk vFkok ckra ugha djuk pfg, A

l eug ea xkrs l e; , d Loj o tsk l sxkuk pfg, A

jk"Vxku dsxk; u dh vof/k yxHkx 52 l dsM gA i Eke , oavire i fDr; ka ea yxHkx 20 l dsM dk l e; yxrk gA

jk"Vh; xhr

bl xhr dh jpuk cãdepln pVtHz us dh gA bl xhr us Lorærk vknsyu ds l e; nsk ds ukStokuka ea jk"VHkfr dh Hkkouk i fofyr dh FkA vr%bl sHk jk"Vxku ds l eku l Eeku fn; k x; k g\$ rFk bl a ^tu&x.k&eu---* ds l eku ekU; rk i ktr gA

jk"Vh; i ti

dey] Hkkjr dk jk"Vh; i ti gA dey dhpM+eaf[kyrk g\$ ij ; g ml l s Åij jgrk gA ; g bl ckr dk irhd gSfd gjkbz ds chp jgdj Hkh vPNk cuk tk l drk gA ikphudky l s dey dks Hkkjrh; l ãÑfr dk irhd ekuk x; k gA

jk"Vª i {kh

l tñj] vkd"kd ekj Hkkjr dk jk"Vh; i {kh gA bl i {kh dk Hkkjrh; dFkkvk l kfgR; v\$ ykd thou ea egROI wLzLFkku jgk g\$ ekj dk uR; ¼fo' kskdj o"kkZ_rqeb ns[kus; kx; gkrk gA Hkkjrh; ol; i k. kh l j {kk vf/kfu; e 1972 ds vxzr bl si wLz l j {k. k i ktr gA ekj dks ekjuk n. Muh; vij k/k gA

jk"Vh; i 'kq

'kfr v\$ 'kku dk irhd ck?k Hkkjr dk jk"Vh; i 'kq gA ck?k vi uh n<Fk] LQfirZv\$ vij 'kfr dsfy, tkuk tkrk gA nsk ea ck?kka dh ?kVrh gpz l ã; k dks n[krs gq buds l j {k. k dsfy,] vi \$y 1973 ea ck?k ifj; kstuk i kjHk dh xba bl ifj; kstuk ds vxzr vc rd 27 ck?k vH; kj.; LFkfr fd; s x; s gA ck?kka dk f'kdj ; k mlga ekjuk nMuh; vij k/k gA

e/; insk jkT; ds irhd %jkT; fplg ; k emk&jkT; i {kh&nWkjkt] jkT; dk o{k&cjxnA

jk"V?ot] jk"Vh; fplg] jk"Vxku] jk"Vxhr dk geal Eeku djuk pfg, A

jk"Vh; i {kh] jk"Vh; i 'kqo jk"Vh; i ti gekjh jk"Vh; , drk o Lorærk ds irhd gA

frjæk gekjk jk"Vh; /ot gA

tu&x.k&eu---- gekjk jk"Vxku gA

i qjbykdu

i kB; I gxkeh fØ; k, a vFkz Lo: i] i kB; I gxkeh , oa i kB; skj fØ; kvka dh vo/kkj .kk, a

i kB; I gxkeh fØ; kvka ds vk; kstu dk mĩs; egRo] fØ; kJo; u

i kB; I gxkeh fØ; kvka ds idkj

jk"Vh; i ok&dk vk; kstu , oajk"Vh; irhdka dh xfjek , oafok; ka dh tkudkjA

iBxr izu

1- gekjs jk"Vh; /ot* ea dks&dks I sjak gS\

2- jk"Vh; /ot* ea vīdr pØ fdl ckr dk irhd gS\

3- jk"Vxku* dh jpuk fdl us dh Fkh \

4- olns ekjre~ dh jpuk fdl us dh Fkh \

vkReijh{k.k izu

2- nŕkz mŕkj; izu&

v- jk"Vot Qgkus ds dks&dks I sfu; e gA\

c- jk"Vxku* dc xk; k tkrk gS\ bl sxkrs I e; fdu&fdu ckrka dk /; ku j [kuk pkfg, \

l- gekjs jk"Vh; i {kh o i ŕi dks&dks I sgA\ budh tkudkj nhft, A

3- [kkyh Lfkuka dh irz dft ,

v- jk"Vh; irhdka dk----- djuk gekjk drD; gA

c- jk"Vot dh y&kbz vkj pks&kbz dk vuq kr ----- gA

l- jk"Vot ds Åij dh vkj dh i êh dk jak----- gkrk gA

n- jk"Vh; fpŕg ds uŕps----- 'kŕn vīdr gA

; - jk"Vxku ds xk; u dh vof/k yxHkx ----- I ds M gA

4- I gh tkMh culb; &

| | v | c |
|----|--------------|----------------|
| v- | jk"Vot | olnekjre----- |
| c- | jk"Vxku | dey |
| l- | jk"Vh; xhr | tu&x.k&eu----- |
| n- | jk"Vh; fpŕg | frjæk |
| ;- | jk"Vh; i 'kq | v'kcd Lrŕk |
| j- | jk"Vh; i {kh | ck?k |
| y- | jk"Vh; i ŕi | ekj |

vkReijh{k.k ds izu

1- i kB; Øe&l gxkeh fØ; kvka ds fØ; kJo; u ea fdu ckrka dks /; ku j [kuk vko'; d gS\

- 2- i kB; Øe&l gxkeh fØ; kvks ds dk; Øe ds iz kkl u ea f'k{kdkæ ds Lo: i dk mnkgj.k l fgr
Li"V dhft, A
- 3- Hkjrh; fo |ky; ka ea fdu&fdu i kB; Øe&l gxkeh fØ; kvka dks LFkku i klr gS \
- 4- ^Nk=&Lo'kkl u fo |ky; dh cgq&l h l eL; kvka dk l ek/kku djrk gS** bl dFku dks mnkgj.k
ndj Li"V dhft, A
- 5- fo |ky; &fu; U=.k ea Nk=&l g; kx ds D; k ykHk gâ \ Li"V dhft, A
- 6- Nk=&Lo'kkl u dks l æfBr djrs l e; vki fdu ckrka dks /; ku eaj [kæS \
- 7- fo |ky; ea l kelftd fØ; kvka dks l æfBr djus l s D; k ykHk gâ \
- 8- LdkmfVæ rFk Jenku ds 'k{kdk egûo dks Li"V dhft, A
- 9- l kfgR; d fØ; kvka l s Nk=ka dks D; k ykHk i klr gkæS gâ \ l æki ea Li"V dhft, A
- 10- ^[ky dk ehku iztkrU= dk ikyu gS** bl dFku dks mnkgj.k ndj Li"V dhft, A
- 11- l æfBr [ky&dmlæ ds egûo dks Li"V dhft, A
- 12- [ky&dmlæ dks ykHki n <x l s l æfBr djus ds fy, vki fdu fl) klrka dks /; ku eaj [kæS \
- 13- fo"k; xr l epk; ka ds 'k{kdk egûo dks Li"V dfj; A
- 14- fo |ky; vl æcyh ds dk; kæ, oaml ds 'k{kdk egûo dks l æki ea crkb; A
- 15- i kB; Øe&l gxkeh fØ; k, j oS fâdd rFk l kelftd vko'; drkva dh i firZfdl izdkj l gk; d gS

oLrfu" B izu

- 1- l kfgR; d i kB; l gxkeh fØ; k g&

| | | | |
|----|----------------------|----|-----------------------|
| ¼½ | fno l ka dk vk; kstu | ½½ | okn&fookn i fr; kSxrk |
| ¼½ | fuekZk djuk | ¼½ | Hkæ.k |
- 2- i kB; Øe l gxkeh fØ; k, j vk/kfjr g&

| | | | |
|----|-------------------------|----|--------------------|
| ¼½ | fØ; k ds fl) klr ij | ½½ | #fp ds fl) klr ij |
| ¼½ | fu; kstu ds fl) klr ij | ¼½ | mi; æ I Hkh ij |
- 3- i kB; Øe l Ecu/kh fØ; kvka dk fl) klr ugha g&

| | | | |
|----|----------------------------|----|--------------------------|
| ¼½ | mís; i wkZk dk fl) klr | ½½ | l eku fØ; k dk fl) klr |
| ¼½ | i wkZ fu; kstu dk fl) klr | ¼½ | mi yC/k l e; dk fl) klr |
- 4- i kB; Øe&l gxkeh fØ; k, j fuEu ea l s fd l dh i firZ ea l gk; d gâ \

| | | | |
|----|---------------------------------|----|-------------------------|
| ¼½ | oS fâd vko'; drkva dh | ½½ | l kelftd vko'; drkva dh |
| ¼½ | fd' kjk koLFk dh vko'; drkva dh | ¼½ | mi; æ I Hkh dks |
- 5- i kB; Øe&l gxkeh fØ; k, j l gk; d g&

bdkbz Øekd & 7

I pdkd & Mh ,M- (III)/ (7)



i=kpkj iB; Øe
ek; fed f'k{k e.My e-ç] Hki ky
 }kj k I ok/kdkj I jf{kr
 fMlykek bu ,T; qđku
 iEke o"l
 izu i= rrrh;

fo"K; & fo|ky; izaku

iB I k & 7

fo"K; k k % I e; foHkx pØ ,oa f'k{k.k vf/lxe i fØ;k
 vko'; d mıs; ,oa egRo
 fuekz k ds fl)kkr vlg vk/kj
 ,d v/; ki dh; ,oa cgw/; ki dh; fo|ky; dk I e; foHkx pØ
 I e; foHkx pØ e&clydshur] I e; f'k{k.k] {k= Hk.k dk I ekošk

i Lrkouk

fi z; Nk=k; ki d

fi Nys iB ea vki us iB; I gxkeh fØ; kvla ds ckjs ea i <k FkkA

fo|ky; ea Nk=ka ds i ps k ds ckn oxZ, oa d{k ds vuq kj oxhZdj.k djus ds i'pkr ; g
 vko'; d gk tkrk gsf d 'kkyk eami yC/k I d k/ku %ekuoh; , oa Hkkd rd ½ ds vuq kj] f'k{k ds mıs; ka
 dh i kflr ds fy, fu/kkZj r iB; Øekuq kj f'k{k.k dk; Z'kkyk I e; ea i wkZ djus graq, d dk; Z kst uk
 cukbz tk; d bl dk; Z kst uk dks gh I e; rkfydk ; k I e; foHkx pØ ds uke I s tkuk tkrk gA
 fo|ky; ds fu; kstu ,oa 'kkyk i k/ku ea I e; rkfydk dk fo'kšk egRo gkrk gA I e; rkfydk dk
 fu; kstu ,d dfBu dk; Z gS bl fy, f'k{k rd rFk i Zkkukpk; Z dks I e; rkfydk ds fuekz k ds dks ky
 dk Kku gkuk vko'; d gA

" It is generally recognised that the making of a satisfactory schedule is one of the first tests of the competence of a principal."

- Jacobsar

,p-th LVst egkn; ds vuq kj &

fo|ky; dh ftl rkydk%; kstuk ; k pkVZ ds vuq kj ifrfnu dsfu/kkZjr l e; dksfofHkUu fo"k; k
fØ; kvka , oa d{kkvka ds e/; inf'kz fd; k tkrk gS l e; rkydk dgykrk gS vr% l e; rkydk 'kkyk
fØ; kdyki ds eny/kkj gA

mís; & bl bdkbz ds l h[ksu ds ckn vki

l e; rkydk dks l e> l dks

l e; rkydk dh vko'; drk dks l e> l dks

l e; rkydk ds mnas; ka dks l e> l dks

l e; rkydk dk fo|ky; ea egRo l e> l dks

l e; rkydk fuezk ds ied{k fl)kurka dks tku l dks

, d v/; ki dh; 'kkyk dh l e; rkydk ea l kefgd dk; Z 0; oLFk dks tku l dks

l e; rkydk cky dflnr gkuh pkfg; } l e> l dks

l e; rkydk ea l em f'k{k.k dk egRo l e> l dks

l e; rkydk ea {ks= Hkz.k ds l eko{k l s gkus okys yHk dks l e> l dks

mibdk&1

l e; rkydk dh vko'; drk mís; , oa egRo

vlo'; drk&'kkyk i zaku dsfy, fo|ky; dk dk; Zdqyrki wd djus dsfy, rFk fo|ky; dh
vkrfjd 0; oLFk dks cuk; sj [kus dsfy, fo|ky; ds l Ei wZ dk; Z dh foLr; kstuk gkuh pkfg; sft l ea
'kkyk l e; dh foHkUu fo"k; ka , oa fØ; kvka ds chp foHkft r fd; k x; k gkA ; fn fo|ky; l e; dk l gh
i zkj l sfoHktu ugha fd; k x; k rks ogkVl Hk dk; Z vLr 0; Lr gks tk; ks rFk v0; oLFk , oavjkt drk QSy
tk; xh rFk , d dk; Z dks vud ckj i qj kofUk gkus dh l Hkkouk jg xhA bu nkska l s cpus dsfy; s rFk
fo|ky; ds f'k{k.k , oa vU; dk; k dks l pk: : i l spykus dsfy; } l e; rkydk dh vko'; drk gkuh gA
bl ds l kfk gh mlke l e; rkydk 'kfä l e; rFk /ku ds nq i; ks dks jkdrh gS rFk ckydka dks vi us
0; fäRo ds fodkl ds i wZ vol j inku djrh gA vr% fo|ky; ds mnas; ka dh i kflr dsfy, fo|ky; ds
l eLr rRok&Hk&rd , oa ekuoh; dks dk; Z : i ea i jf.kr djus dsfy; s l e; rkydk i je vko'; d gA
ftl l s l eLr mís; ka dh i kflr dsfy, l q; ofLFkr : i l s dk; Z fd; k tk l ds
a l e; rkydk dk fuezk ckydka rFk f'k{k&nksuka ds n'Vdksk l s vko'; d gA

oS svk/kqud ; x ea vud f'k{k'kkL=h gq gSmUgkuf'k{k.k dh ub&ubZfof/k; k fodfl r dh gA mu
l Hk ds vuq kj] Lo; ads vuqko ds vk/kkj ij fo"k; dk Kku gkus pkfg; A os l e; rkydk dks vko'; d
ugha ekuA

fdUr qfcuk l e; dsfoHkx pØ ¼ l e; rkydk½ ds cuk; s'kkyx xfrfof/k; ka dks fu; f=r ugha fd; k
tk l drk vS u mlga l gh fn'kk gh nh tk l drh vr% l e; rkydk dh vko'; drk l s bdkj ugha fd; k
tk l drkA

mís; & l e; rkydk cukus gsrq fuEu mnas; gS %&

l e; dk l nq; ks djuk& fo|ky; hu dk; Zeka dk 'kkyk l e; vuq kj mpr foHktu dj
l e; dk l nq; ks djukA

iR; d fo"k; dh Kku Hkouk dk fodkl djuk&Nk=ka dks iR; d fo"k; dk l rfyR Kku i klr

gls l ds vr% l e; rkfydk ds }kjk iR; d fo"K; dsfy, mfpr l e; fuf'pr djukA

fu;fer dk;Z djus dh vknr fodfl r djuk&l e; rkfydk l s f'k{k d rFk Nk= l e; ij dk;Z i kjk djusrFk l e; l hek eadk;Z i wZ djus dh vknr Mky yrs gSft l l s l Ei wZ thou eafu; fer dk;Z djus dh vknr i Mfh gA

cydka ij euk&Kfud i Hk Mkyuk&l e; rkfydk dk fueZk djrs l e; bl ckr dk /; ku j [lk tkrk gSfd f'k{k k fo"K; kadk Øe euk&Kfud vk/kkj ij gls ft l ea [kyusrFk eukjat u dsfy, i; kR l e; fey l dA

vuqkl u LFfir djus dk l k/ku&l e; rkfydk ds }kjk 'kkyk dk l Ei wZ thou 0; ofLFkr] fuf'pr ,oadqyrk i wZ pyrk gSft l l s; g 'kkyk ea vuqkl u LFfir djus dk eQ; l k/ku gA

fo|ky; hu fØ; kdyki ka dls egRo ,oa Hkj ds vuq kj foHkä djuk&l e; f'k{k i k B; &l gxkeh fØ; kvla vKj [kydm vkfn l Hk 'k{k d dk; Øeka dls vk; kstr <æ l s foHku dky [ka/ka eamuds egRo ,oa Hkj ds vuq kj foHkä djukA

fo|ky; dh foLr' dk;Z kstuk dk fueZk ,oa fØ; klu; u&foHku fo"K; ka ds f'k{k k grq Hk&rd] ekuoh; ,oa euk&Kfud fl) kRka dk ikyu djrs gq fo|ky; dk;Z dh foLr' dk;Z ; kstuk dk fueZk ,oa fØ; klu; u djukA

l e; rkfydk dk egRo&

l e; rkfydk ds egRo ij izk'k Mkyrs gq , l -, u-eQ kthz fy [krs gSfd ^l e; l kj.kh egRo i wZ gSD; kfd ; g , d k nizk gS tks l eLr 'k{k k d dk; Øe dgy l R; rk ds l kFk ifrfcEcr djrk gA**

l e; rkfydk ds egRo dk mYys[k fuEukuq kj fd; k tk l drk gS %&

l e; &rkfydk dk usrd n"V l s cgr egRo gA bl ds vuq kj dk;Z djus l s cydka ea foHku vknrka ,oa xqka dk fodkl gsrk gA mnkgj .kkF&l e; ds egRo dks l e>us dh 'kFDr fu; ferrk] fof/kor- n"Vdks kj drD; ijk; .krk vkfn! bl dk f'k{k dka dsfy, Hk egRo gSD; kfd ; g f'k{k dka ea Hk dk;Z ds i fr fof/kor-n"Vdks k mRi lu djusea l gk; rk inku djrh gA

l e; &rkfydk dk euk&Kfud n"V l s Hk cgr egRo gSD; kfd bl dk fueZk cydka dh : fp; ka ,oa vko'; drkva dks /; ku ea j [kdj fd; k tkrk gA , d mÙke l e; rkfydk dk l h [kus dh i fØ; k dks l j y cukusea egRo i wZ gkFk gS ft l eacydka dh : fp] muds foHku i {kka ds fodkl dsfy,] foHku fØ; kvla ds fu; kstu vkfn dsfy, mfpr l e; inku fd; k tkrk gA

l e; &rkfydk fo|ky; ea dk;Z dh i qjko fÙk vKj vjkt drk] v0; oLFk dh fLFkr dks jkdus ds fy, egRo i wZ mi dj.k gA

; g f'k{k d vKj Nk=ka ds l e; rFk 'kFä ds l e fpr mi ; kx dk ij .kk L=kr gSrFk buds vi 0; ; dh l Hk koukva l s l g f'kr j [kus ea egRo i wZ ; kx nku nrk gA

okLro ea l e; rkfydk i j s fo|ky; ij fu; æ.k dk dk;Z djrh gA l e; rkfydk dk egRo ekuoh; l k/ku ka ds l nq; kx dsfy, cgr vf/kd gA

iBxr izu

izl l e; foHkx pØ dk fueZk fd l ds }kjk fd; k tkuk pfg, &

v- d{k&f'k{k d c- izkuk/; ki d l - f'k{k dka dh l fefr n- izkuk/; ki d , oaf'k{k dka dh l ehfr

i2 I e; rkydk ----- LFkfi r djusdk mlke I k/ku gA

mi bdkb&2

I e; &rkydk fuezk ds fl)ur vlg vk/kj

fl)ur& I e; rkydk dsfuezk dk dk; ZvR; Ur gh I u>cu> okyk rFk tfVy gA I e; rkydk fuezk dUkz dk Kku gsk i jeko'; d g\$ ml scgr nijn'kz , oafopkj'khy gsk vko'; d gSD; kAd ml sI Hkh mi yC/k ekuoh; , oaHkrd I k/kuka dk i wkz I elb; djrs gq] I eku Hkj I Hkh I g; ksch du/ka i j Mkyrsgg oKkfud I e; rkydk dk fuezk djrk g\$ bl dsfuezk ds I e; dN iæ[k oKkfud I e; rkydk dk fuezk djrk gA bl dsfuezk ds I e; dN iæ[k fl)urka dk ikyu djuk vko'; d gA ; g fl)ur fuEufyf[kr g\$%&

f'k{k foHx dsfu; e& fdl h&2 jkT; ea I e; rkydk fuezk ds cM&0; ki d fu; e fn; s x; s gA ft I ea o'kz eaf | ky; yxus dsfnu] fo" k; kuq kj egRo] fo | ky; Lrj vkn dsfy; sfu; e gA i kFfed fo | ky; de I e; dsfy; syxrk g\$ tcf d mPrj ek; fed fo | ky; vf/kd I e; dsfy; syxrk gA I e; I kj .kh cukr I e; bu I Hkh ckrka dk /; ku j [kuk pfg; A

fo" k; dk dFBU; & iR; d fo" k; dk dFBU; Lrj vvx&2 gkrk g\$ I e; I kj .kh cukr I e;] Hkxky] bfrgk l] vFk kL= t\$ sfo" k; ka dsfy; s i frfnu , d dky [kM] xf.kr foKku] vaxst h fo" k; ka dsfy; s i frfnu 2 dkyk k , oa Øk[V] rrh; Hk"kk dsfy; s I Irkg ea 3 dkyk k gh i ; kRr gkrsgA dfBu fo" k; ka dk f'k{k.k ml I e; j [kk tk, tc ckyd de Fdku dk vuHko djrs g\$ vlg i <us dsfy, vf/kd rRi j jgrs gA

yphykiu& I e; rkydk vf/kd dBkj rFk fLFkj ugha gsk pfg, A vko'; drk i M&us i j ; fn bl ea i fjorU fd; k tk; srks bu Hkko i fjorUka dk fo | ky; dh I Ei wkz 0; oLFk i j dkbz i Hkko ugha i M&uk pfg; A

I k/kuka dh mi yC/krk& I e; rkydk cukr I e; I Hkh mi yC/k ekuoh; , oa Hkrdh; I k/kuka dk /; ku j [kuk pfg; A f'k{k d d{k} iz kx' kkyk Hkou] mi dj .k vkn I Hkh mi yC/krk I e; I kj .kh dks i Hkfor djrh gA vr% I e; I kj .kh fuezk d s I e; bu I cdk /; ku j [kuk pfg; A

Fdku dk /; ku& I e; &rkydk dsfuezk ea ckydka rFk f'k{k dka dh Fdku dk Hkh /; ku j [kuk pfg; A dN fo" k; vf/kd Fdku nrsg\$ tcf d dN fo" k; j kpd gkrsgA I e; I kj .kh ea Fdku dks nij djus dsfy, fuEufidr mi k; djus pfg; s %&

i Fke dkyk k ea Nk= ekuf l d : i I s , dkxz ugha gkrsg i j muea Hkh ugha gkrh vr% bl dkyk k ea vi \$kk N r de dfBukbZ Lrj ds fo" k; ka dks j [kuk pfg, A

nH js rFk rhl js dkyk k ea ckydka dks Fdku Hkh ugha gkrh rFk rRi jr k Hkh vk tkrh g\$ vr% bu dkyk k ka

ea I cl s dfBu fo" k; j [kus pfg, fdllrq budh i Nfr vvx&2 gskh pfg; s t\$ s v dxf.kr , oa chtxf.kr

I kFk&I kFk ugha gskh pfg, A

rhl js dkyk k dsckn vYi kodk' k j [kk tk, A dfBu fo" k; ka I s Fdku gsk tkrh g\$ vr% FkMk ekuf l d i fjorU vko'; d gA

pkfks o i kpos dkyk k ea l jy fo" k; ka dk f' k{ k. k dk; Z j [kuk pkfg; s bl ds i ' pkr e/; kUrj gksuk
pkfg, A

e/; kgu ds i ' pkr- Nk= ka ea i q% rktxh o LQfir Zvk tkrh gSvr% NVos dkyk k ea i q% dfBu fo" k;
i < k; k tk l drk gA l kroead N l jy rFk vkBoadkyk k ea l okZ/ kd Fkdku gks tkrso Nk= ka dk eM Np/ Vh
dk gks tkus ds dkj. k vR; Ur l jy fo" k; dk f' k{ k. k j [kuk pkfg; A

l lrg dsfnu dk Hkh v/; ; u dh rRi jr k ij i Hkko i M= k gS l kookj Np/ Vh l svkus ds dkj. k , oa
' kfuokj rd Fkd tkuso Np/ Vh dk eM cu tkus ds dkj. k nksuka fno l mi ; eja ugha gA vr% dfBu fo" k; ka
dsfy, eayokj] cdkokj rFk cglifrokj vf/ kd mUke gksr s gA

dkyk k dh yEckbz dk Hkh /; ku j [kuk pkfg, A Nks/ h d{ kkvka dsfy, Nks/ s dkyk k j [kus pkfg, A
el e dk /; ku & l e; l kj. kh fuezk ea ekd e l Ecu/ kh rRoka dk Hkh /; ku j [kuk pkfg, A l keku; r%
; g Lohdkj fd; k tkrk gSfd xh" e __rqea dkyh" k Nks/ s rFk ' khr __rqea dkyk k cM= gksus pkfg, fdUrq
; g l Hko ugha gks i krk D; kAd ' khr __rqea fnu Nks/ s gksr s gS rFk xh" e __rqea cM= vr% dfBu fo" k xh" e
__rqea igys i < kuk pkfg, D; kAd fnu Bmk jgrk gA

f' k{ kdk dk /; ku & l e; & rkfydk ds fuezk ea f' k{ kdk dh l fo/ kkvka dk Hkh /; ku j [kuk pkfg, A
f' k{ kdk dks mudh : fp] n{ krk o ; kx; rk ds vuq kj fo" k; fn; s tk, j mlga chp&2 ea [kkyh dkyk k fn; s
tk; A l Hkh f' k{ kdk dks l eku : i l s dk; Hkj fn; k tk, A f' k{ kdk ds l kFk i { ki kr u fd; k tk, A

0; ki drk & l e; & rkfydk ea l Hkh fo" k; k mi fo" k; ka , oa vU; i kB; l gxkeh fO; kvka dh i wZ , oa
Li " V 0; oLFk gksuh pkfg, A

fofHkurk dk fl) kR & l e; rkfydk ea fofokrk , oa fofHkurk gksuh pkfg, i R; d dkyk k ea
fofo/ krk gksuh pkfg, vFkZ- l eku i Nfr ds fo" k; yxkrkj nks dkyk kka ea u i < k; s tk; A ; g fl) kR
i z kskRed f' k{ k. k ij ykxw ugha gksr kA

l e; rkfydk fuezk ds iek rf; ; k vk/kj &

l e; & rkfydk dksfo | ky; dh ml jh ? kMh dsuke l stkuk tkrk gA ; g mu ? k. Vkadk foj. k i nku
djrk gS ftul sfo | ky; dk; Z fd; k tkrk gA l e; rkfydk dh JSVrk fo | ky; dh mlufir ea mUkj kskj
of) dj l drk gS vls bl dh vuq ; eark ml ds dky l pkyu ea ck/ kd fl) gks l drh gA ; | fi mUke
l e; & rkfydk ds fuezk dsfy; s dkbZ fuf' pr fu; e ugha gS ftudks vk/kkj ekudj l eLr fo | ky; vi us
fy, mUke & rkfydk dk fuezk dj l d; ij Urq fQj Hkh fuEufyf [kr egRoi wZ vk/kkj gS ftudks /; ku ea
j [kdj l Ursktud l e; & rkfydk dk fuezk fd; k tk l drk gS %&

mibdk&3

,d v/; ki dh; rFk cgw/; ki dh; fo | ky; dh l e; rkfydk

i ztkra=kRed n'sk ea f'k{k dk fo'kSk egRo gskrk gA gekjs n'sk ea Hkh i ztkra=kRed 'kkl u izkkyh dks vi uk; k x; k gA 6 l s 14 o"lz ds l Hkh ckydka dks vfuok; } fu'kyd l oz l gyHk f'k{k n'ss ds fy; s cky vf/kdj vf/kfu; e 09 ikfjr fd; k x; k gA bl dkj .k xlpka ea dbZ i kFked 'kkykva dh LFki uk dh xbZ gA yfdu dbZ dkj .kka l s 'kkykva ea , d l s vf/kd v/; ki dka dh fu; qä ugha gks i krh tcf d {k{k, a4&5 rd pyr h gS, d h n'kk ea , d gh f'k{k d , d gh l e; eadbZ d {kkykva ea i <krk gS, d h 'kkykva , d v/; ki dh; dgykrk gA , d h 'kkykva ds fy, l e; rkfydk dk fueZk djuk , d tfVy l eL; k gks tkrh gA bl fo"k; eafuEu ckrka ij fo'kSk : i l s/; ku n'ss dh t: jr gS&

1- , d v/; ki dh; 'kkyk ea nks f'k{kVka dk iz, l x fd; k tk l drk gA , d f'k{kV i kr% dky yxok; h tk l drh gS, oanil jh 'kSk l e; eabl rjg dh 0; oLFk }kj , d v/; ki d l Hkh d {kkykva ds Nk=ka dks Bhd <ak l si <k l drk gA

2- f'k{k d , d v/; ki dh; 'kkyk eafnuokj f'k{k.k , oa vU; dk; Z l Ei l u d jusokyk l e; &foHkx pØ Hkh cuk l drs gA

3- dlnh; 'kkykva dk fueZk fd; k tk; s rFk buea 4&5 d {kkykva dks i <kus dh 0; oLFk dh tk; A

4- , d d {k{k dks fp=dyk vFkok gLrdyk dk dk; Z ndj vU; d {k{k ea f'k{k.k dk; Z fd; k tk l drk gA

5- l kelU; foKku] fxurh] i gkMh; fgluh dk i Bu i kBu dh l fEefyr d {k{k, aHkh pyk; h tk l drh gA

6- d {k{k ekuhVj izkkyh dk iz, l x fd; k tk l drk gA mPp d {k{k dk Nk= Nk/h d {k{k ea f'k{k.k dk; Z dj l drk gA

7- d {k{k 1 ds ckydka dks vyx djds i <k; k tk; A 'kSk d {kkykva dks feyk dj i <k; k tk; A ckydka l s fyf[kr dk; &l gy{k fxurh fy[kus dk dk; Z T; knk djok; k tk; A

8- 'kkyk ea vxj mi yC/k gks rksfoHkU d {kkykva ds fy; scVjh rFk fo | q okysVi &fj dKMj dk mi ; l x Hkh fd; k tk l drk gA

9- dEl; Wj ; k njn'kU ij 'k{k{k d l hMh- dk mi ; l x Hkh fd; k tk l drk gA

10- f'k{k d , d xbu ckMz ij vxsth fy[kusokyh pkj ykbu i l/ djokdj ml ij Aa....., Animal, fruits, Days vkn fy[kdj vU; d {k{k ea f'k{k.k dk; Z dj l drk gA

11- fgluh , oa vxsth 'kCnka dh vUr{k{kjh }kj 25&25 'kCn ekuhVj dsekxn'kU ea Nk=ka l s xbu ckMz ij

fy[kok; s rFkk f'k{k d vU; d{kk ea f'k{k.k dk; Z djA
v/; ki dh; 'kkyk dh l e; l k.kh&

cgq, s h 'kkyk, a tgl; d{kk dks fo" k; okj i < kus okys f'k{k d mi yC/k gA og 'kkyk cgq v/; ki dh;
'kkyk dgykrh gA , s h 'kkyk dh l e; l kj.kh fueZk djus grqmu l Hkh l keU; fl) kUrka dk ikyu djrs
gD tks l keU; 'kkyk dh l e; l kj.kh fueZk ds fy; sfd; s tkrsgA

orZku ea 'kkl u }jk e-iz jkT; i kFfed fo | ky; ka ea ABC (Activity base learning) rFkk
i kFfed , oae/; fed Lrj ij n{krk l e/ku dk; Øe rFkk ek/; fed fo | ky; ka ea A.C.M. ; kst uk pykbZ
tk jgh gA A.C.M. ea 90 fefuV dk , d dkyak gsrk gsvr%; kst uk fu; ekuq kj l e; rkfydk dk fueZk
djuk pkfg; A

i k B x r i z u

i 25 ftu fo | ky; ka ea vu d v/; ki d gsrsg ogk;----- ds fueZk ea fd l h i z kj dh vl qo/kk ugha
gkrhA

i 26 cgq s kh f'k{k.k ds fy, fuEu ea l s fdu ckrka ij /; ku nsuk pkfg, \
v- d{kk ea mfpr cBd 0; oLFkk c- l e; & l kj.kh dk fueZk
l - f'k{k.k uhr; ka n- mi jkDr l Hkh

m i b d k b & 4

l e; foHkx pØ ea cky dñnr] l e g f'k{k.k} {k= He.k dk l ekoš

cky dñnr f'k{k.k} okLro ea cky dñnr f'k{k.k vR; Ur i Hkko'kkyh vj {k=ki ; kxh gkrh gA bl ea f'k{k.k
, oaf'k{k.k dk dñnr fclnqcky d gsrk gA vr% l e; l kj.kh ea cky dñnr f'k{k.k dk l ekoš k gsrk pkfg A
bl ds fy; s l e; foHkx bl i z kj dk gsrk pkfg, fd ckyd l Hkh xfrfof/k; ka ea Hkx ys l ds vj; vi uk
cgq kh fodkl Lor% f'k{k.d dsekxh'kz ea djusea l eFzgd l e; foHkx pØ ea [kyd m ifjppk] lookpu]
Lo v/; ; u vkfn ds dky [k/k dh Hkh 0; oLFkk dh tkuk vko'; d gA i Ñfr l s l h/ks l Ei d; 0; kogkfj d dk; Z
l Ei lu djus dh fØ; k; a vkfn ckrka dk l e; foHkx pØ ea l ekoš k gsrk pkfg,] rHkh cky dñnr f'k{k.k ds
fl) kUrka ds vuq i dk; Z l Ei lu djuk l Eho gsrkA

l e g f'k{k.k & fo | kFkz; ka dh ekuf l d rFkk 'k{k d mi yC/k; ka rFkk fo | ky; ka ea f'k{k.d ka dh deh ds dkj .k
l e g f'k{k.k dk Qh mi ; kxh gsrk gA gekjk ns k fodkl 'khy gA , s ea l e g f'k{k.k dks l quf'pr rFkk
l fu; kstr < x l sykxwfd; k tkrk gA rks i k B; Øe o i k B; oLrqea yxs ykx n{krk dks i ktr dj l ds xA
l e; rkfydk ea l e g f'k{k.k ds l ekoš dk fo'kSk egRo gA bl f'k{k.k ds vUrxZ i w k z i l sr\$ kj

I e; rkfydk dk eukokkfud nf"V I sHkh fo'ksk egRo gā

I e; rkfydk dk fuekzk fuEu fl) kŭrka dks /; ku ea j [kdj djuk pkfg; s %&

f'k{k fohkx ds fu; eka dk ikyu

fo"k; dk dlfBU; Lrj

yphyki u

I k/kuka dh mi yC/krk

Nk=ka ds edku dk /; ku

ekŭ e dk /; ku

f'k{k dka dk /; ku

fofHkUurk dk fl) kŭr

I e; rkfydk fuekzk ds enyHkŭr vk/kkj gS %&

ckydk ds fgr I Ecu/kh vk/kkj

f'k{k dka ds fgr I Ecu/kh vk/kkj

fo | ky; I kexh I Ecu/kh

fof" k"V i fj fLFkr; ka ds I kFk I ek; kst u

ft I 'kkyk ea , d gh f'k{k d dbZ d {kkrvka ea i <krk gS ml s , d v/; ki dh; 'kkyk dgrs gā

, d v/; ki dh; 'kkyk ea Hkh I e; rkfydk dk fuekzk fd; k tkuk pkfg; A

, e v/; ki dh; 'kkyk dk I e; rkfydk fuekzk djrs I e; /; ku j [kus ; kx; fcln&

nks f'k{k Vka dk iz kx fd; k tk I drk gS

I l rkg ds fnuokj f'k{k .k o vU; dk; Z

dbnh; 'kkyk vka dk fuekzk

ekuhVj iz kkyh dk mi ; kx

dN fo"k; I fEefyr djds i <k; s tk; s

Vi fj d kMz dk mi ; kx

cgŭ /; ki dh; I e; rkfydk dk fuekzk I keU; I e; rkfydk ds fuekzk ds fl) kŭrka ds

vuq i gh fd; k tkrk gā

I e; rkfydk ea I enj f'k{k .k rFk {ks=Hke .k ds I ekoŭk dk fo'ksk egRo gS

I e; rkfydk ckydŭnr gkuk vko' ; d gā

vReijh{k.k ds izu

1- fo | ky; ea I e; rkfydk dh vko' ; drk D; ka i Mfh gS \ bl ds i æ[k mnŭŭ ; ka dks fyf[k; A

- 2- I e; rlfydk ds fuekZk ea Nk=ka ds fgr I EclU/kh fl) kUrka dks fyf[k, A
- 3- I e; rlfydk fuekZk ds fl) kUrka ds vk/kkj ij f'k{kdk dh dfBukb; ka vksj fgrka dks /; ku ea j[kdj fdu&2 ckrka dk I ekoš k vko'; d gA
- 4- , d v/; ki dh; 'kkyk dh I e; rlfydk ea dks&dks I s dk; Z I kefigd djkus dh 0; oLFkk dh tk I drh gA
- 5- I e; rlfydk ds foHkkUrk ds fl) kr I svki D; k I e>rs gA

ikBxr itu

mRrjdqth& I e; foHkk pØ

- mÜkj 1 n- i zkkuk/; ki d , oaf'k{kdk I elfr
- mÜkj 2- vuqkkI u
- mÜkj 3- v- ?kMh
- c- Nk= , oaf'k{kdk
- mÜkj 4- I i Fke , oavflre
- mÜkj 5 I e; &I kj .kh
- mÜkj 6 n- mi jka I Hkh
- mÜkj 7 bdkbz dk fclnq dk voykdu dfj ; A
- mÜkj 8 I e; f'k{k.k ds vUrxZ i wkZ i I s r\$ kj f'k{kdk viuh ikB; kst uk dks HkyHkkfr Nk=ka ds I e{k I Ei \$k.k dj nrk gSrFkk vf/kdkf/kd , d I kFk ykHkkflor gks I dsbl f'k{k.k eaf'k{kdk eaf'k{kdk viuh ; kx; rkvka rFkk f'k{k.k dk ijk mi ; kx djrs gSrFkk , d dkyak ea vf/kdkf/kd Nk=ka dks ykHkkflor djrk gA bl izdkj f'k{kdk I e; f'k{k.k }kj I e; dh cpr Hkh djrk gA

uk/%& vkrE ij h{k.k ds iz uk ds mÜkj Nk= I Ei wkZ ikB ds v/; ; u ds vk/kkj ij gy djus dk iz Ru djA



i=kpkj i kB; Øe
ek;/fed f'k{k e.My e-ç-] Hkiky
½kj k l okz/kdkj l jf{kr½
fMlykek bu ,T; qđku
¼Fke o"½
izui=&r rh;

fo" k; & fo | ky; izWk ,oa fu; ktu

i k B l ¼; k&8

fo" k; k& vuđkkl u

¼r½ vFk egRo ,oa Lo: i

¼c½ clk; ,oa vkrfjd vuđkkl u

¼d½ i k fMed Lrj ij vuđkkl u dh l eL; k, a gS
,oa muds fujkdj.k ds mik;

¼n½ vFk ,oa Lo: i

i Ľrkouk

fi z; Nk=k; ki d

r rh; iz u i = dh bl bdkbz dh fo" k; oLrqdks; glav/; ; u ea l fo/k dh n"V l splj mi bdkb; ka ea foHkÄ fd; k x; k gA i R; d mi bdkbz dh vlr ea i k Bxr iz u Hk fn; s tk; xA

mi bdkb&1

vuđkkl u 'kCn l Ľdr Hk"kk dk 'kCn gS 'kkl u 'kCn dk vFk "vuđ" mi l xZyxkdj bl 'kCn dh jpuk gpz gA 'kkl u 'kCn "k l " /krq l s cuk gS ftl dk vFk gkrk gS fu; e dk fu; æ.k bl izdkj LoPNki wZl fu; eka; k fu; æ.k dks Lohdkj djuk gh vuđkkl u gA" bl sge vkrE l a e Hk dg l d r s gA

i ratfy us vi us " ; kx l " " ea vuđkkl u dk vFk "vFk; kxkuđkkl u" fd; k gA Lokeh foosdkuln us fprR dh , dkrk dks vuđkkl u ekuk gA

"fMfl flyu" (Discipline) 'kCn dh mRi fuk yfVu 'kCn 'Disciplina' l s ekuh tkrh gS ftl dk vFk g&0; oLFk] fu; e] f'k{k] vH; kl] v/; ki u] i f'kf{krkoLFkA vaxsth Hk"kk ea vuđkkl u ds fy; s "fMfl flyu" (Discipline) 'kCn dk iz; kx fd; k gA vaxsth Hk"kk ea ; g 'kCn fMl kofi y (Disciple) l s fufeR gq/k gS ftl dk vFk gS "f'k"; " f'k"; i kphu

dky l sfdl idkj xq ds }kjk fu/kkzjr fu; e rFkk ijEijkvka dk J) ki wZd ikyu djrk Fkk vlsj min s kka
dks Lohdkj dj uerki wZd thou 0; rhr djrk FkkA Nk= }kjk bl idkj dk thou 0; rhr djuk gh vuqkkl u
gA dgk x; k g&

fu; fer thou dk l nD t; Jh djrh g\$
; Fkk l e; dh of"V l f"V dk fgr djrh gA

bl l sLi"V gSfd fo |ky; l svfHki k; dk; Zdjus dk 0; ofLFkr <æ] fu; ferrk , oavkns kka ds ikyu
l sgA ^vuqkkl u* 'kCn dk vFKZ 0; ki d gS vr% buds Lo: i ds ckj s ea nks /kkj.k.kk, a g&

¼½ l dh.kz ipfyr ; k ijEijkxr /kkj.kk
½½ uohu 0; ki d ; k vk/kfud /kkj.kk

vuqkkl u dk ijEijkxr Lo: i%

dN n'kd i wZvuqkkl u ds vaxr ckydka ds fu; æ.k grqvi ukbzxbzvf/kdkj i wZ iz kkyh dks bl
/kkj.kk ds vaxr ekuk tkrk gA bl l e; dk ifl) ukj M.Ms dks Nk/Ms vlsj ckyd dks fcxk/Ms FkkA fu; eka
dk mYyaku djus ij fo |kfkZ, ka dks nAmr fd; k tkrk FkkA bl idkj ckydka ds 0; fDrRo dks 'kkj hfjd n.M
}kjk nckp fn; k tkrk FkkA ml l e; 'kDr , oancko gh vuqkkl u cuk; sj [kus ds , dek= mik; FkA l k/
kkj.k =qV; ka ds fy; s ckyd dks Hk'k.k 'kkj hfjd ; kruk, anh tkrh FkA bl idkj ijEijkxr vuqkkl u ij k\$
udkj kRed , oaf/oa kRed FkA

vuqkkl u dk uohu 0; ki d ; k vk/kfud Lo: i%

vuqkkl u kZudka , oaf' k{kkonka us ipfyr vuqkkl u dh dBkj vkykpkuk dh vlsj muds i Hkko ds dkj.k
bl iz kkyh ea /khj&/khj s ifjorZu gq/kA iæ dh l gkuHk'ir us n.M , oa Hk; dk LFkku ysfy; kA

iLVkykth us dgk g&vuqkkl u iæ ij vk/kkzjr gksuk pkfg, vlsj iæ }kjk fu; æ=r gksuk pkfg; A

: l h ckyd dh Lorærk dk izy l efkZd Fkk rFkk ml usml dk ipkj fd; k fd&^i R; d dk; Zi dfr
ds vuq kj fd; k tkuk pkfg; A

Ýkcy us ckyd dh : fp; ka , oafØ; kvka }kjk l h [kus ij cy fn; kA bu egku fopkj dka us ckyd ds
f'k{k dk dlnz fcUnq ekuk vlsj ml dh izdfr ds vuq i f'k{k dh 0; oLFkk dhA bl s l Hk' fu; eka , oa 0; Fk ds
calkus dks m[kkM+Qndk tks ckyd ds Lorær 0; fDrRo ds fodkl ds ekxz ea ck/kk Fks A jk; duZ ds 'kCnka
ea^l Ppk vuqkkl u rHk i klr fd; k tk l drk gStcfd fo |kfkZ, ka dh gkfnZ Lohdfr i klr dh tk l dsrFkk
tks dN fd; k tkrk gSog Lo; aml dk vksPR; l e> l dA ^ bl idkj 0; ki d vFKZ ea vuqkkl u dk ifj .kke
vkrRe fu; æ.k gksuk pkfg; A tks ckyd dh vknr cu tk; s rkd ; g fo |ky; ds ckj rFkk foal kfkZ thou
ds i'pkr Hk' fn[kkbZ nA

bl idkj mDr Lo: i ka dks n\$ [kus ds i'pkr l Pps vuqkkl u dk vFKZ fuEu idkj l s 0; Dr fd; k tk
l drk g&

¼½ vuqkkl u eflr"d vkpj.k vlsj vfhk0; fDr dk if'k{k.k gA tc rd ckyd ds fplru
nF"Vdks k vlsj 0; ogkj es LFkk; h ifjorZu u gks rc rd vuqkkl u ughA

- 1/2½ eiy iðfRr; ka ds 'kksku dks vuðkkl u dgk tk l drk gð nli js 'kCnka ea ekuo i ksfod iðfRr; ka ij fu; æ.k dj ml ea ekuokspr xqkka dk l pkj djuk gh vuðkkl u gð
- 1/3½ okfNr vknrka ds ek/; e l slgt iðfRr; ka dk : i kUrj djuk vuðkkl u gð
- 1/4½ fu; eka ds vaxr nku dh xbzLoraerk dk nli jk uke vuðkkl u gð
- 1/5½ 0; ogkj dk fu; æ.k , oa l ðxks dk 'kksku vuðkkl u gð Øksk] bz; k] }sk] ?k.kk vkfn l ðxka dh vfHk0; fDr fu; ã=r , oa l a fer <æ l sdjuk vuðkkl u gð
- 1/6½ vuðkkl u vkRel a e , oa vkRe funðku dks dgrsgð bl ds vuð kj 0; fDr vi uh vfHk0; fDr djrs l e; Lo; aij fu; æ.k dj l dsrFkk fdl izdkj 0; ogkj djuk bl fn'kk eavi usvki dks funð'kr dj l dð og vuðkkl u gð

ckyd".k tks kh ds vuð kj & "vuðkkl u , d f'k"V vkpj.k gS tks l keatL;] vkum] mRrjnkf; Ro ds mPp izdkj ds cksk] cMka ds ifr vknj Hkk0] 0; ol k; ds ifr iæ] fu; ferrk ds l kFk vi us drD; ka dk ikyu nli jka dh l gk; rk djus dh bPNk rFkk fo"ke ifjLFkr; ka ea ekuf l d l rgyu cuk; sj [kus ea l gk; d gks l dA**

Vh- ih- uu dh jk; eæ" vuðkkl u ds vaxr 0; fDr dh iðfRr; k] Hkkoukvka , oa 'kfDr; ka dks fu; eka ds vuð kj <kyuk l fEefyr gSft l ea 0; oLFkk ds LFku ij 0; oLFkk] vi 0; ; , oa i Hkko ghurk ds LFku ij fer 0; ; rk , oadk; Zdqyrk ykbz tk l dA** vuðkkl u dh vk/kj ud /kkj.kk vkum vkj Loraerk dk feJ.k gð fo |ky; vuðkkl u dk okLrfod iz kstu fo |ky; ds l keftd thou ds ek/; e l s ckydka ea mfpr vfHko fRr; k] vknrka rFkk vkpj.k ds vkn'kka dk fodkl djuk gð

vuðkkl u dk egRo

vuðkkl u fdl h Hkh ns k jk"V^a ; k l ekt ds thou dh veW; fuf/k gSft l izdkj vuðkkl u dk eW; jk"V^a thou eavf/kd gSml h izdkj 0; fDr ds thou ds fy; s Hkh egRo i wkZ gð D; kaid ekuoh; l ekt ds fy; s ckyd fo |ky; earð kj fd; s tkrsgð bl fy; sfo |ky; ka ea vuðkkl u dk vR; f/ke egRo gð fo |ky; ka dk l æBu Hkh dñ fo f'k"V fu; eka ds vk/kj ij gksuk pkfg; svU; Fkk l ekt }kjk osft l mnæð; ds fy; s LFkfi r fd; s x; s gð og vl Qy gks tk; s kA

fo |ky; ka ea ckydka dks vkj EHk l sgh bl ckr dh /kkj.kk cB tkrh gSfd drD; ijk; .krk , d 0; fDr ds fy; s l cl seW; oku oLrqgð ckydka ea l keftdrk dh Hkkouk dk fodkl dj fn; k tkrk gSvkj mudh mu iðfRr; ka dks tks 0; fDrxr gS rFkk l ekt ds fy; s gkfudkj d gS mfpr : i l s 'kksku dj ds Bhd ekxZ dh vkj mledk dj fn; k tkrk gSfd l r qmi jkDr dk; Z r Hkh l Hko gS tc fo |ky; ea vuðkkl u gð vr% vuðkkl u dk egRo l okZ/kd gð ft l izdkj thou ea vuðkkl u dk cgq egRo gð iR; d ekuo dk thou vuðkkl u dsfcuk i æqgð bl ds vHkko ea ekuo izdrnrRr 'kfDr; ka dk mfpr mi ; s x ugha dj l drk ml h izdkj fo |ky; izak Bhd l spykus ds fy; s vuðkkl u egRo i wkZ gð vuðkkl u ds vHkko ea fo |ky; ugha py l drkA fo |ky; dk cgq egRo gð iR; d ekuo dk thou vuðkkl u dsfcuk i æqgð bl ds vHkko ea ekuo izdrnrRr 'kfDr; ka dk mfpr mi ; s x ugha dj l drk ml h izdkj fo |ky; izak Bhd l spykus ds fy; s vuðkkl u egRo i wkZ gð vuðkkl u ds vHkko ea fo |ky; ugha py l drkA fo |ky; dh ixfr vuðkkl u ij fuHkj gS bl ds vHkko ea l o= v0; oLFkk] f < ykbz rFkk vufr drk fn [kkbz nsxhA v/; ki dka dks Nk= vknj l l eku ugh næx rFkk Nk= mn.Mrk djæA

Nk= vPNh vknrsfo |ky; ea l h[krsgA fo |ky; dsmfpr vuđkkl u eamuesl ni đfRr tkxr gksch vksj osl ekt ds ; kx; l nL; cudj jk"V^a fuekz k ea ; kx nku dj l dksA Nk=ka dks muds vlnj fNih llr 'kDr; ka dk vladju djuk gksk rFkk osmfpr mi ; kx dj l dksA nsk ea izkra= dks l Qy cukusea Nk=ka ea vuđkkl u dk egRo gA vc vuđkkl u o 'kDr gsf t l ds }kjk 'kDr] l ekt] fo |ky; ; jk"V^a dks mluf r ds iFk ij vxl j fd; k tk l drk gA

ikBxr izu

fuEufyf[kr izu dks gy djus ds i' pkr vi us mRrj ka dk feyku mRrj d q h l s djA

izu&1 vuđkkl u ds vFkz dks Li"V dfj; s \

izu&2 'kkyk ea vuđkkl u dk egRo crkbz; s \

mi bdkbz 1/2 1/2

ckg; ,oa vkrfjd vuđkkl u

ckg; vuđkkl u & vuđkkl u ds nks izdkj gks r s g & 1/2 1/2 ckg; vuđkkl u 1/2 1/2 vkrfjd vuđkkl u A

1/2 1/2 ckg; vuđkkl u

ckg; vuđkkl u ds vuđ kj Nk=&Nk=kvka dks LFkfi r 'kkl u 0; oLFk ds vuq i cukuk gS vFkz~ vi us pkj ka vksj ds okroj .k ea LFkfi r 0; oLFk ds fu; eka dk ikyu dj Nk=&Nk=k, a ml ds vuq i cuA ; g vuđkkl u dk ckg; : i gA

bl vuđkkl u dks neukRed n^oVdksk okyk Hkh dgk x; k gA fuj adq krkoknh n^oVdksk gA bl n^oVdksk ds vuđ kj f'k{k d vi uh d Bkij rki w d fof/k; ka l sfu; e rFkk 0; oLFk vka dks Lohdkj djrk gS ml dk M. Mk rFkk MkV & Mi V vuđkkl u LFkfi r djus ds egku l Qy ; a gA Nk=ka ds rd dks dkbz LFku i klr ugh gA Hk; i škdj ckyd dks 'kkur j [kuk bl n^oVdksk dk fl) kur gA ; g n^oVdksk ; g ekudj pyr k gS fd ckyd i đfRr l s gh n"V i đfRr dk gksk gS ft l dh n q v i đfRr dk neu djus gh vuđkkl u LFkfi r fd; k tk l drk gA ckg; vuđkkl u ds varxh , d vksj n^oVdksk vi uk; k tkrk gS ft l s i HkkokRed n^oVdksk dgrsgA ckyd ds 0; ogkj dks v/; ki d vi us vpkj 0; ogkj rFkk dk; ka ds }kjk Hkh i Hkfor djrk gA v/; ki d vi us i Hkkok i kn d dk; ka ds }kjk Hkh i Hkfor djrk gS v/; ki d vi us i Hkkok i kn d dk; ka ds }kjk d {kk ea vuđkkl u LFkfi r dj l drk gA ckyd vuđj .k Hkh l h [krk gA v/; ki d tš k 0; ogkj djrk gS Nk= ml dk vuđj .k djrs gA

ckg; vuđkkl u LFk; h ugh gksk gS rFkk bl sn. M] Hk; cy iz kx vkrn ds }kjk LFkfi r fd; k tkrk gA f'k{k .k dh l Qyrk rHkh ekuh tkrh gS tc ckg; fu; a .k vkrfjd vuđkkl u dk : i ysyA fu; e bl n^oV l scuk; s tkrsgA i Fker% osckgj l sykns gq s tš sykrs gS ckn ea vpkj & fopkj rFkk l dckj ka ds vH; kl l seut; mlga eu l s Lohdkj djrk gS vksj mlgs fgrdkjh ekurk gA ey rFkk l dckj ka ds vH; kl l seut; mlga eu l s Lohdkj djrk gS vksj mlga fgrdkjh ekurk gA ey i đfRr; ka dk i f"dkj vuđkkl u }kjk fd; k tkdj mudk mi ; kx f'k{k eaf d; k tkrk gA v/; ki d ckg; ncko l s LFk; h vuđkkl u i šk ugha dj l drA ckg; vuđkkl u ds n^oVdksk dk i kn Hkz ; k bl fopkj dh dYi uk dk mnHko i f'pe ea gprka

1/2 1/2 vkrfjd vuđkkl u

i wZ ea vuđkkl u dk ckg; Lo: i fd; k x; k ft l ea , d M. Mk vksj , d i qLrdk f'k{k inku djus ds l cl seiv; oku l k/ku l e> s tkr s Fk l kjs fo |ky; dk okroj .k vf/kuk; dRp ; s i wZ vksj d Bkij gksk FkA

bl izkj dk vuqkkl u ckydka dks fuf"Ø; cuk nrk gA os vkRefo'okl [kks cBrs gA

vuqkkl u dk nr jk Lo: i vkrfjd vuqkkl u gsrk gStksegrOiwkzrFkk okLrfod gsrk gA Hkkjrh;
I k/kuk ea vuqkkl u dk I ECU/k vius vlrj ; k gn; I s gA vkrfjd vuqkkl d 0; fDr gh ckg; : i I s
vuqkkl r gsrk gA bl h ckr dks I keusj [krs gq s Jh vjfoln us dgk gSfd ^gekjs ckg; fØ; kdyki ka dh
I j puk gekjs vlrj }kjk gksuh pfg; A Hkkjrh; ifjdYi uk ea vkrfjd vk/kkj ij gh vuqkkl u dh LFkki uk
dh xbz gA vuqkkl u dh Hkkouk Nk=&Nk=kvka dseu ea Lor% mRi uu gsrh gSckgj I s Fkki h ugha tkrhA bl I s
vuqkkl r Nk=&Nk=k, a Lor% vkrReuqkkl r gsrk gA**

teZu ds ifl) f'k{kfon ^Økoy** us vkrfjd vuqkkl u dks egRo inku fd; k gA vuqkkl u dk
; g uohu nr"Vdksk Lokuqkkl u ds: i eagA bl dh eq; fo'kSkrrk vkRefu; æ.k gA v/; ki d rFkk vfHkHkkod
kydka ea Nk&h vk; qI s gh vkRefo'okl vks drD; ijk; .kk dh Hkkouk dk fodkl dj I drs gA mlga pfg,
fd os; g pSVk djafd ckyd Lo; avi us drD; fuHkkus ds ifr mfr Hkkouk dk fodkl dj I drs gA mlga
vi us dk; Z dks djus dh Lorærk i klr gks vks os Lorærki dD okrkoj.k ea vuqkkl r jgus ds eW; dks
I e>A ckydka dks dk; ka ea Lorærk inku djus I s; g vk'k; dnkfi ugh fd ckydka dks euekuh djus ds
fy; s LoPNm NkM+fn; k tk; A ckydka eafu; eka dk ikyu djus rFkk I Rrk dk vuknj djus dh vknrka dk
Hkh fuekz.k ugh gksus usuk pfg, A dN f'k{k 'kkL=h uohu vkrfjd vuqkkl u ds nr"Vdksk dh vkykuk djrs
gq s dgrs gSfd ; g bl izkj Åij I s I c rjg ds fu; æ.k mB tkrs gSfdUrq, d h /kkj.kk =fVi wkZ gA
fo|ky; dh ckyd dh I tukRed fØ; kvka dh mit gA ; g vk'kk dh tkrh gSfd ; fn ckydka dks vkRe
izkkl u ds vol j inku dj fn; s tk; rks vuqkkl u vks 0; oLFkk rks vius vki gh gks tk; xhA ckyd dh
dq dfr; ka dk neu ugha gkska ckyd vuqkkl u ds okLrfod vFkZ dks Lo; a I e> yæA

fo|ky; vuqkkl u I s rkr; Z; gh gSfd ckyd ea mfr i dfr; ka rFkk vknrka dk fuekz.k gks tk; s
vks og I keftd thou ea I g; ks rFkk i æi wkZ thou 0; rhr djuk I h[kA ; gh vkRe fu; eu vks vkRe
fu; æ.k vkrfjd vuqkkl u ; k vkrReuqkkl u gA

vkrfjd vuqkkl u dh i"BHkfe vk/; kfredrk ij vk/kfjr gksus ds dkj.k& bl ea, d I qk gS I rksk
gSrFkk rstfLok gA bl eafu; eka dh nkl rk dk cksk ugha gsrka vkrfjd vuqkkl u dk pje y{; gS0; fDr
dk vk/; kfred fodkl I keftd fodkl rks xksk : i I svi us vki gks tkrk gSD; kAd 0; fDr&0; fDr feydj
gh I ekt cukrk gA

ikBxr izu

- fuEufyf[kr izu dks gy djus ds i'pkr vius mRrjka dk feyku mRrj dch I s djA
- izu&1 ckg; vuqkkl u fdI s dgrs gA\
- izu&2 vkrfjd vuqkkl u dks I e>kb; s\

mi bdkbZ 1/2

ikRed Lrj ij vuqkkl u dh I eL; k, a , oa ml ds fujkdj.k ds mik;
fo|ky; }kjk vuqkko dh tkusokyh vud I eL; kvka ea I cl svf/kd mxz I eL; k vuqkkl u I s I eL;

kr gA f'k{k.k ea l Qyrk dk iæq[k ekun.M f'k{k(d }jkk d{k ea vuqkkl u cuk; sj [kus dh ; kx; rk gA

cPpkæa vuqkkl u LFkki uk dh i Fke i k B' kkyk ml dk ?kj gkrk gA ?kj ds i R; d l nL; ka ds vuqkkl u dk i R; {k i Hkko ml ij gkrk gSA ; fn ckyd ds i fjokj ds l nL; vuqkkl r gks rks fuf' pr gh ckyd vuqkkl r jgsxk fdUrq; fn ckyd dh vuqkkl ughurk n[kh tkrh gS rks i Fke n"V ea i fjokj vkrk gA

MkV i jkat i s us vuqkkl ughurk dh i fjHk"kk bl izkj dh g&

^, d h dkbZ Hkh ckr rks vi us l g; kfx; ka dks gkfu i gpk; A fo |ky; ; k fdl h vU; l ka dfrd l LFkk ds dk; Z l pkyu ea ck/kk mi fLFkr dja vFkok ft l ea n" jka dh Lorærk dk vi gj .k gk; vuqkkl ughurk ea fxuh tk; xhA**

i k Fkfed Lrj ij fo |ky; ka ea vuqkkl ughurk ds vusd dkj .k gA ; sdj .k fo |ky; rFkk fo |ky; ds ckgj vU; ?kVdka l s Hkh l æu/kr gksr gA l k/kj .kr; k bu l eLr dkj .kka dks fuEuoxka ea foHkf tr dj l drs gA

¼ ½ ikjokjd dkj.k& ik; % fuEukadr i kfjokjd dkj .k ckydka ea vuqkkl ughurk dh Hkkouk fodfl r djrs gA

- 1- ekrk&fi rk dk : [kk 0; ogkj
- 2- i kfjokjd dyg
- 3- vR; f/kd cM& i fjokj
- 4- ekrk&fi rk dk i {ki kr i wkZ 0; ogkj
- 5- vR; f/kd ykM&l; kj ; k frjLdkj
- 6- ?kj dk n"kr okrkoj .k

½ ½ fo |ky; l EcVh dkj.k& l k/kj .kr; k fo |ky; ds fuEu dkj .k Nk=ka ea vuqkkl ughurk i ñk djrs gA

- 1- v/; ki dka dk Nk=ka ds i fr mi {kki wkZ 0; ogkj
- 2- f'k{k(dka ea i jLij nycnh
- 3- v; kx; rFkk vi f'kf{kr f'k{k(dka }jkk v/; ki u
- 4- f'k{k(dka ea usRo xqkka dk vHkko
- 5- d{k ea cgr vf/kd Nk=ka dh l æ; k dk gksuk
- 6- fo |ky; ea i k B; Øe l gxkeh fØ; kvka dk vHkko
- 7- i zkkuk/; i d }jkk Nk=ka dh l eL; k dh mi {kk
- 8- f'k{k.k fof/k dk uhj l gksuk

¾ ½ l kftd dkj.k& fuEufyf[kr l kftd dkj .k Hkh ckydka ea vuqkkl ughurk dks mRi l u djrs gA

- 1- I ekt ea 0; klr cjkbz; ka rFkk Hk'Vkpj
- 2- I ekt ea ufrdrk dk vHkko
- 3- i kphu vkn'kz eW; ka ds ifr I ekt dk I ngkLin nf"Vdksk
- 4- ckydka dh fe= eM/yh ea vokāNr I nL; ka dk gksk
- 5- nk'ski wkz pyfp=

¼½ jktufrd dkj.k& dN LokFkz rFkk Hk'V jktufrd usk Nk=ka dks nf"kr jktufrd d'k'kdj cukdj vi us LokFkka dh ifrZ djrs gA ; gkard fd os Nk=ka ea nyclnh djokdj vuqkkl ughurk OSykr's gA

½½ vkfkd dkj.k& i k; % vR; f/kd fu/kz ; k I Ei Uu ifjokjka ds ckyd vuqkkl ughu gks's gA

½½ eukSkfud dkj.k& dN eukSkfud dkj.k Hkh vuqkkl ughurk dsfy; smRrjnk; h gA Nk=ka dks mudh jpkurRed rFkk I 'tukRed 'k'fDr; ka ds fodkl dk vol j u feyus ij ; s'k'fDr; kafo/od kRed dk; ka ea yx tkrh gA bl h idkj ik'f'ked Lrj ij vuqkkl u I Ecl/h mDr I eL; kvka ds dkj.k fo | ky; ka ea vuqkkl u LFkfi r ugh gks i krk gS blga nij djus ds dN mi ; k fuEukādr gA

I eL; kvka ds fujkdj.k ds mik;

1- v/; ki dka ds Lrj ea mlufr

I ekt ea v/; ki dks dks eku I Eeku , oa vknj dk LFkku feyuk vko'; d gA bl nf"V I sf'k'kd I Eeku] i gLdkj ; kstuk] f'k'kd fnol] xq intu mRl o vkn dk; Øe mi ; Ør gA

f'k'kdka dk vkfkd Lrj I dkkjus dh nf"V I smlga vPNs osrueku , oa vL; I fo/kk, a mi yC/k djkuh pkfg; A bl fn'kk ea I jdkj I fØ; gA

2- I hfer idsk

fo | ky; ea ik'f'ked Lrj dh d{k'vka ea ckydka dh Hk'V+u c<s bl fy; sd{k'k ea idsk I hfer djuk pkfg; A de I [; k ea fu; æ.k Bhd gks'k gA

3- Nk= v/; ki d ds e/hj I EcWk

v/; ki d Nk=ka ea rFkk Nk=ka ds vfHkHkodka I sfudV dk I Ei dzj [ka bl I sl eL; kvka dk fujkdj.k gks'ka vuqkkl u LFkfi r djus dh fn'kk ea ; g i Hk'koh mik; gA

4- I dkjRed nf"Vdsk viukuk

; | fi gekjh f'k'kk iz'kkyh] 0; oLFk vkn nk'ski wkz gS rFkfi r budh vkykpuk vyki us I s dk; Zfl) ugh gks'ka fujk'kk ds LFkku ij mTtoy Hk'fo"; bl fLFkr ea dS s I Hko gks \ bl dk fopkj djuk pkfg; A ; g fLFkr I r'k'ski n ekuuk pkfg; sfd I ekt ds vucl ?kVd f'k'kk 0; oLFk I sfpārr gS rFkk bl s I dkkjus ds fy; s iz Ru'khy gA

5- I gxkeh fØ; k, a

I gxkeh fØ; kvka dsek/; e I s Nk=ka dks I e; & I e; ij I ekt I øk dsfy; s i kRl kfgr fd; k tk; A muds vfrfjDr 'kfdR fuekZk , oal 'tu ea yxuh pkfg; A Nk=ka ea dykRed : fp; ka dk Øe de vk; qea pkyw gksuk pkfg; A

ml h izkj f'k{kk cgeq[kh cukusdsiz; kl djuspkfg; sftl I s Nk= fdl h u fdl h dk; Zdyki ds I kFk tM+rFkk viuh : fp ds dk; Zea mlufR djA

6- iHko'kkyh usrd f'k{kk dk izUk

7- Lo vuqkkl u

fo |ky; ds dk; ka dk mRrjnkf; Ro Nk=ka ij gh Mkyuk pkfg; sftl I smuea viusvki Lovuqkkl u vkrk gA

8- ckg; iHkoka dk fu; a.k

9- i gLdkj

bl izkj mDr mik; ka ds }kj k vuqkkl u I ædkh I eL; k nj dh tk I drh gA

bdkbZ dk I kjk

mi bdkbZ 1 ¼½ esvki us tks i < k gS ml ds fuEu fclnq fuEukádr g&

0 vkarfjd : i I sfu; eka dk ikyu gh vuqkkl u gA

½½ vuqkkl u ds Lo: i ds I ædk ea nks /kkj .kk, a 0; klr g&

iFke & I æh.kz ipfyr ; k ijEijkxr /kkj .kk ftl ea n.M 0; oLFkk dh iæq[krk gA

f}rh; &vuqkkl u dk uohu 0; ki d vk/kfud Lo: i ftl ea vkarfjd vuqkkl u ij cy fn; k x; k gA

¾½ 'kkyk ea vuqkkl u dk egRoA

mi bdkbZ ½½ esvki us tks i < k gS ml ds fuEu fclnq fuEukádr g&

¼½ vuqkkl u nks izkj dk gsrk gS iFke ckg; vuqkkl u tks Hk; ds }kj k LFkfr fd; k tkrk gS ftl dks neukRe ; k fujæq[krkoknh n"Vdksk Hkh dg I drs gA

½½ vkarfjd vuqkkl u tks Loi s jr gsrk gS rFkk ftl I s Nk= viusfu; eka ea jguk I h[krk gS bl s Lokuqkkl u Hkh dgrs gS ftl dh fo'kkrk vkRe fu; a.k gA

mi bdkbZ 3

1- i kFkfed Lrj ij vuqkkl u dh I eL; k rFkk bl ds dbZ dkj .k gS ftl ea i kfjokfjd fo |ky; I ædkh I keftd] jktu s rd rFkk vkfFkd dkj .k iæq[krk gA

2- i kFkfed Lrj ij vuqkkl u dh I eL; kvka dks nj djus ds mi k;

ikBxr izu

fuEufyf[kr izu dks gy djus ds i'pkr vi us mRrj ka dk feyku mRrj d q h l s dj A

izu&1 i k f k fed Lrj ij vuq kkl u dh dks l h l eL; k, agS \

izu&2 vuq kkl u dh l eL; kv ka ds fuokj .k ds mi k; crkb, \

vkRe ij h k k izu

- 1- vuq kkl u dk vFkZ crkbz, A
- 2- vuq kkl u dk Lo: i crkbz, A
- 3- fo |ky; ea vuq kkl u dk D; k egRo gA
- 4- ckg; vuq kkl u dk D; k egRo gA
- 5- v k l r f j d vuq kkl u f d l s d g r s g A
- 6- i k f k fed Lrj ij vuq kkl u dh dks l h l eL; k, agA
- 7- vuq kkl ughurk nj djus ds mi k; ka dks Li "V dfj; s

ikBxr izu mRrj d q h

mi b d k b & 1 izu Ø e k d & 1 & b d k b z , d ds i f k e i " B 36 ij n f k A

izu Ø e k d & 2 & b d k b z , d ds r r h; i " B 38 ij n f k A

mi b d k b & 2 izu Ø e k d & 1 & b d k b z n k s ds i f k e i " B Ø a 39 ij n f k A

izu Ø e k d & 2 & b d k b z n k s ds i " B Ø a 39 ij n f k A

mi b d k b & 3 izu Ø e k d & 1 & b d k b z Ø a 3 ds i f k e i " B Ø a 40 & 41 ij n f k A

izu Ø e k d & 2 & b d k b z Ø a 3 ds i " B Ø a 42 & 43 ij n f k A

u k v % vkRe ij h k k ds iz u ka ds m ū k j N k = l E i w k z i k B ds v / ; ; u ds v k / k k j ij gy djus dk iz Ru dj A



i=kpkj iKB; Øe
ek; fed f'k{k e.My e-ç-] Hkiky
½kj k I ok/kdkj I jf{kr½
fMlykek bu ,T; qđku] ijh{k
iEke o'k

izu i= & rrrh;

-
- fo"K; & f'k{k I ædh uohu ; kstuk; a i KB&9
- fo"K; k&k& 1- ikyd f'k{k I ædh f'k{k I ædh ; kstukvka eaf=Lrjh; ipk; rh jkt I bFkvka dh Hfedk] 'kyk I qk] ; kstuk fodkl] enjlk o I Ñr fo|ky;
- 2- vUe 'kyk e] I r{KB; Øe] 'kyk iqrdky;
- 3- fofMbu izlkj dh Nk=ofUk; k] clyk ½cfYMa , t yfua , M½
-

fi z; Nk=w; ki d

fi Nyh bdkbz ea vki us vuqkl u dk vFk eglo cká , oa vkrfd vuqkl u] vuqkl u dh I eL; kvka dk v/; ; u fd; kA bl bdkbz ea ge f'k{k I ædh uohu ; kstukvka dk v/; ; u dj&

mibdk&1

f'k{k&ikyd I æk dh vko'; drk&

kyd ds I okx.h.k fodkl ea fo|ky; , oa ?kj nskaka dk eglo gA D; k&d ckyd yxHkx 6 ?k/s fo|ky; ea jgrk gA

iLVkykHh ds vuq kj&?kj f'k{k dk I cl smUke I k/ku gS , oagj ckyd dk iEke fo|ky; gA** ckyd mBuk cBuk] ckyuk , oal keld; vkpkj 0; ogkj vi us?kj ea jgusokys I nL; ka I s I h[krk gA bl fy; sftl rjg Nk= dh izfr dsfy; sf'k{k mUjnk; h gsmI I sT; knk ikyd mUjnk; h gA ikyd rFkk f'k{k dk I e; & I e; ij vki I eafeyrsjguk t: jh gA bl n'Vdsk I sfo|ky; ka ea f'k{k , oa i zq) ikydka dh , d I fefr dk xBu fd; k x; k gA ftl sf'k{k ikyd I æk dgrs gA

Nk= ds I okx.h.k fodkl ea f'k{k&ikyd I æk dh Hfedk&

f'k{k&ikyd I æk ds }kj Nk=ka dh dfBukb; ka tS s fi NM; ckydka dh I eL; k] [kydm rFkk I k.Ñfrd dk; k&dk vk; kstuj I ekt ds mi; ksch dk; k&ea I g; kx tS s Jenku] LokLF; I ok vky esyk vkfn

dk; Øeka ea ckyd , u-l h-l h-LdkmV] xkbM }kjk turk dh l ok , oa , frgkfl d Hke.k dk vk; kst u vkfn
dk; k&dk l á knu djuk gkrk g& Nk=ka ds ?kja dh i fjfLFkr dk vkadyu ikydka ds l g; kx dscxj l Hko
ugha g& l e; & l e; ij ikydka rFkk f'k{kdk dks , d txg cBkdj Nk=ka dh l eL; kvka vlsj vU; dk; k&ds
fo"k; ea fopkj&foe'kz djuk cgr t: jh g&

dHkh&dHkh Nk= vuqkkl u l æzkh l eL; k Hkh i ñk dj nrs g& tS s gMfky] mnM/rk rFkk rkmQkM
vkfnA , d h fLFkr eaf'k{kdk ikyd l ñk }kjk fopkj&foe'kz dj ml l eL; k ij xHkhjrk l sfopkj dj ml dk
dkj.k Kkr djus ds ckn ml dk l ek/kku [kstk tk l drk g&

; fn fo |ky; eaf'k{kdk vlsj ikyd dHkh&dHkh feyrsg& rks ikydka dks fo |ky; dh i&fr vkfn dh
tkudkj h gkrh jgrh g& ml ea t: jh l ðkj grq l ðko ns l drsg& rkd fo |ky; vlsj i&fr dj l d& bl
rjg f'k{kdk&ikyd l ñk fo |ky; ds fodkl , oam l ea turk dh Hkxhkhkj ea vge Hkfedk fuokj djrs g&
vkt ds ykdrk=d l ekt ea bl dk cMk egUo g&

f'k{kdk ikyd l ñk , oa l k&f; d l gHkfxrk&

l fjokj rFkk fo |ky; nku kagh ckyd ds l okx.k fodkl ea vi uk ; kx nku nrs g& bl fy; sckydk
ds fy; sf'k{kdk , oa ikydka dk l rr-l á dz cgr t: jh g& f'k{kdk&ikyd l ñk dk rRi ; l , d , d l æBu
l sgft l ea , d fo |ky; ea i <us okys ckydka ds ikyd , oa i <us okys f'k{kdk 'kkfey gka vlsj os vkil ea
feydj ckydka ds fodkl grq dk; l dj l d& fdl h , d 'kkyk ea i <us okys ckydka ds ikydka , oaf'k{kdk
l sfeydj cus l ñk dks f'k{kdk&ikyd l ñk dgrs g&

f'k{kdk ikyd l ñk dk xBu fof/kor fd; k tkrk gS tks fuEu i dzkj l s gkrk g&

¼1½ l ðFkk iæq{k }kjk eukshr l ðFkk ds nks f'k{kdk] Nk=ka ds vfHkHkkod ds pkj i frfuf/k tks vfHkHkkod
}kjk pqs tk; x&

¼2½ bl rjg xBr l febr f'k{kdk ea : fp j [kus okys mi ; ð 0; fDr; ka dks l a k&tr dj l d&hA

¼3½ l ðFkk 'kkyk/vka grq ; Fkk l Hko efgyk/vka dh gh l febr cuk; h tk; x&hA

¼4½ l ðFkk dk i zku l febr }kjk l ñk dk l a kst d gksk , oa l ñk vlsj l febr ds l fpo ds : i ea dk; l
djs&kA

¼5½ l febr ds l nL; ka dk dk; Zky , d o"z dk gks&kA

¼6½ l febr ds v/; {k dk fuokpu l febr ds l nL; ka }kjk gks&kA

l k&f; d l gHkfxrk& vfHkHkkod rFkk f'k{kdk feydj l ðFkk ds fy; s fuEu dk; l djrs g&

¼1½ Nk=ka , oa l ðFkk grq dk; Zkyi ka vlsj dY; k.k ds i fr ykd : fp i ñk djukA

¼2½ 'kkyk l ðkj ds fy; smfpr iz Ru djukA

¼3½ dkbZ Hkh vU; ekeyk tks l ðFkk ds i zku vfok foHkx }kjk ml s fufnZV fd; k tk; x&kA

I žk xfrfof/k; ka dksT; knk jkpd cuk I dsbl dsfy; silyd fnol vk; kštr fd; stk; xA ml fnu I Hkh vfHkHkkodka dh I Hkk gksxh , oa v/; {k foxr o"Z dh xfrfof/k; ka }kjk ixfr dk ifronu cBd ea isk djskA

f'k{k I ałh ; ktukvka ea f=Lrjh; ipk; rh jkt I bFkvla dh Hmedk&

insk ds ikFkfed rFkk ek/; fed 'kkyk, a , oe vks pkfjdRrj f'k{k dlnka ds fodkl , oe I pk: I pkyu dsfy; siR; d , d sxke] ftl ea'kkl dh; ikFkfed 'kkyk I pkfyr gSdsfy; se/; insk 'kkl u Ldy f'k{k foHkx ds ifji= fnukd 13 tu 1994 ds tfj; sxke f'k{k I febr xBr djus dsfy; sfunžk tkjh fd; sx; A ; g xke f'k{k I febr dkxBu 15-8-1994 rd iwZ djus ds funžk fn; sx; s FkA

xke f'k{k I febr dk xBu fuEukuđ kj fd; k tkok&

- 1- I ał/kr xke ipk; r ds I jip & v/; {k
- 2- I ał/kr xke ipk; r ds mil jip & mik/; {k
- 3- I ał/kr xke ipk; r }kjk eukshr 3 ip ftl ea de I sde , d efgyk ip gkA
- 4- xke ea fLFkr ikFkfed , oaek/; fed gkbLdy@gk-I s 'kkyk ea v/; ; ujr Nk=ka ds vfHkHkkodka ea I s xke I Hkk }kjk eukshr 5 vfHkHkkod ftuea I sde I sde nks efgyk; a , oe de I sde nks 0; fDr vud npr tkfr@vud npr tutkfr , oafi NMsoxZ ds gkA I Hkh Ldyka dks i fruf/kRo fey I dA
- 5- ikFkfed 'kkyk ds ykd 0; ki hdj .k ds y/; ds ifr I efiR 4 LFkkuh; 0; fDr ftlga tuin ipk; r }kjk eukshr fd; k tkoskA bu pkj 0; fDr; ka ea de I sde 3 efgyk; a de I sde nks 0; fDr vud npr tkfr] tutkfr , oafi NMsoxZ ds gkA
- 6- LFkkuh; fo/kk; d }kjk eukshr , d 0; fDrA
- 7- insu I nL;

xke f'k{k I febr ds dk; Z , oa Hmedk&

xke I febr; ka ds dk; Z fuEukuđ kj g&

- 1- xke ea i kj fEHkd f'k{k ds ykd 0; ki hdj .k ds fy; s I Hkh vko'; d dk; žkgh djuka
- 2- 'kkykva rFkk vks pkfjdRrj f'k{k dlnka I s I epr I pkyu dsfy; s LFkkuh; I epk; I s vf/kre I g; ks t/kukA
- 3- i kj fEHkd ykd f'k{k 0; ki hdj .k ds fy; s vko'; d foRrh; rFkk vU; I d k/ku ; Fkkl Hkou LFkkuh; Lrj ij t/kukA
- 4- 'kkykva@vks pkfjdRrj dlnka ea dk; kZlor gkus okyh foHkku dk; Žeka dk vudj .k djuka
- 5- 'kkykva rFkk vks pkfjdRrj f'k{k dlnka dk fujh{k.k djuka
- 6- ikFkfed 'kkykva ds i zkuk/; ki d , oe I gk; d f'k{k dka dk vkdfLed vodk'k LohŃr djuka

- 7- xte ea pyk; s tk jgs i k+, oe l Ei wkZ dk; Øeka dk fu; æ. kA
- 8- xte ea py jgh vka uokMh ij fu; æ. kA
- 9- xteh. k Lrj ij f'k{k l s l æf/kr l Hkh dk; Øeka rFkk dk; ZbrkZ/ka ds chp l ello; LFkfi r djuk ft l ea f'k{k dk ykd 0; ki hdj. k gks l dA
- 10- xteh. k Lrj ij vks pkfj ds j f'k{k d bñka dks fu; æ. k djukA

uxj ipk; r {s- ds uxj f'k{k l febr dk xBu fuEukuq kj gksk&

- 1- l æf/kr uxj ipk; r ds v/; {k & v/; {k
- 2- l æf/kr uxj ipk; r ds mik v/; {k & mik/; {k
- 3- l æf/kr uxj ipk; r }kjk eukshr ik'kñ ftuea l s de l s de , d efgyk gkA
- 4- uxj ea l Fkr i kFkfed@ek/; fed@gkbZ@gk- l s Ldwy ea v/; ; ujr Nk=ka ea l s i kp Nk=ka ds vfhkkkod vekrk , oafirk nkska dy 10½ ftuea l s de l s de nks vuq tk t- tkfr , oe fi NM& oxZ ds gkA p; u bl izdkj gksk fd iR; d Lrj i kFkfed@ek/; @gk- Ldwy@gk- l s dks i frfuf/kRo fey l dA
- 5- i kFkfed f'k{k ds ykd 0; ki hdj. k ds y{; ds ifr l efi r pkj LFkkuh; 0; fDr ftUga uxj ipk; r }kjk eukshr fd; k tkoxkA bu pkj 0; fDr; ka ea l s de l s de nks efgyk; a rFkk de l s de nks 0; fDr vt@vuqt-tk , oe fi NM& oxZ ds gkA
- 6- LFkkuh; fo | ky; }kjk eukshr , d 0; fDr
- 7- i nsu l nL; & iR; d 'kkl dh; i kFkfed@ek-@gkbZ@gk- l s Ldwy l Fkk i nsu l nL; gkskA bu ea ofj" B l Fkk i æ[k l fpo gkskA
- 8- uxj ea vks pkfj ds j f'k{k d bñz l pkfyr gks dh n'kk ea ofj" Bre vka uokMh dk; ZbrkA
- 9- uxj ea vka uokMh l pkfyr gks dh n'kk ea ofj" Bre vka uokMh dk; ZbrkA

uxj ufxe@uxj ikfydk ds mu oMks ea l s ftuea fo | ky; l pkfyr gks pa f'k{k l febr dk xBu fuEukuq kj gkskA

- 1- l æf/kr okMZ ds i k'ñ & v/; {k
- 2- okMZ ea l Fkr i kFkfed@ek/; fed@gkbZ@gk- l s Ldwy ea v/; ; ujr Nk=ka ea l s Nk=ka ds vfhkkkod vekrk , oafirk dy&10½ ftuea l s de l s de nks v-tk@vuqt-tkfr@fi NM& oxZ ds gkA p; u bl izdkj gksk fd iR; d Lrj i kFkfed@ek/; fed@gk@gk- l s dh i frfuf/k fey l dA

'kkyk l qkj ; kst uk fodkl &

i zkkuk/; ki d dk dÜk; gSfd og vi uh 'kkyk ea l qkj vks fodkl gsrq l Hkh rjg ds iz; Ru djA i R; d o"Z Nk=ka ds i osk dh l q; k ea yxkrkj of) gsrh jgrh gA fo | ky; ea l kt l T tkj l keku Qutpj] VKV& i VVh vkfn dh Hkh VW QW gsrh gA vr-% dkyarj eaHkou Qutpj] mi dj. k rFkk l kt l kexh dk vHko

gksuyxrk gA bl dsvfrfjä f'k{k dh uohu rduhdk fof/k; ka rFk iz, lœka, oaf'k{k.k dk; Øeka dsfoLrkj vkfn ds dkj.k Hkh dbZ l eL; k; a i ñk gks tkrh gA vkt dy dh; Wj }kj k f'k{k inku djus dh , d u; h fof/k dk fodkl gA , d h fLFfr ea 'kkyk&fodkl I ædkh dbZ nkf; Roka dk fuokg Hkh izkkuk/; ki d dks djuk i Mf k gA izkkuk/; ki d dks pfg; sfd og bl I ædk ea 'kkyk fodkl I febr dk xBu dja , oaml ds I g; lœ I s'kkyk&fodkl dh fofHku i k; kst ukvka dks pyk; s vj vko'; drkuq kj vkfFkd vHko dks n j dj 'kkyk fodkl ea; ksnku nA cixokuh rFk Ñf" k dk; ZHkh 'kkyk fodkl dk , d vœ gœrk gS bl fy; s izkkuk/; ki d dks pfg; sfd og bl rjQ Hkh viuk /; ku nA

'kkyk fodkl ea i p k; r rFk vfHkHkodka dk ; ksnku furkar vko'; d gA 'kkyk Hkou VKV i VVh i s ty 0; oLFk [ksy dk eñku ckydka ds i ð k] fo | ky; I e; ij vkus rFk mudh fu; fer i < kbZ dh 0; oLFk dh tkuk vi f {kr gA

enjl k&

Hkj rh; I fo/kku dh eny vkRe /keZfuj i {krk gA bl h dks/; ku eaj [krsgq sl jdkj dk iz kl jgrk gA

Hkj r o"Z eajgusokys I Hkh /keks dk vknj dja I Hkh Hk"kkvka ea I e>a vj jk"V ds fueZk dh mlufr ea; ksnku nA bl h mîs; I s vYi I æ; d I epk; dh Hk"kk ds I kFk Hk"kk fguHh Hkh I h [ka

enjl k ckMZ }kj k vYi I æ; dka ds fy; sfo | ky; eamni ds I kFk&I kFk fguHh xf.kr o i; kbj.k dk v/; ki u dk; Zfd; k tk jgk gA I a wZ f'k{k dsmîs; rkyhe ds I kFk&I kFk vU; fo" k; dk f'k{k.k dk; Zgœrk gS rkd ckyd dk I okxh.k fodkl gks I dA

'kkl u usbl 0; oLFk dks I Qy cukus dsmîs; I smu fo | ky; ka ea; kx; f'k{k detZ dh fu; qDr dh gA vYi I æ; dka dks jk"V ds vU; 0; fDr; ka ds I kFk , d I œ ea f i jkus dk iz kkl dh; iz kl gA

I ãÑr fo | ky; &

geaviuh I ãÑr I s i f j p r gks ds fy; seny Hk"kk I ãÑr dk Kku gksuk pfg; A gekjs I Hkh xñk eny : i I s I ãÑr eafy [ks gq sgA gekjs I Hkh I ãdkj ka , oai vtk vkfn eae= k p kj gœrk gA I Hkh œ I ãÑr Hk"kk ea gA ; g ekuk tkrk gSfd yxHkx I Hkh Hk"kkvka dk eny mnxe I ãÑr Hk"kk gh gA gekjk I ãÑr I kfgR; vfr I e) gA

vr% I ãÑr Hk"kk ds i p kj vj i ã kj ds fy; senjl k ds I ekukarj I ãÑr fo | ky; Hkh pyk; s tkr gA tks i k bejh I sydj mPprj ek/; fed Lrj rd f'k{k.k dk; Zdjrs gA e-iz ea e g f"Z i artyh I ãFku gS tks f'k{k.k , oai jh{k; a vkfn dk; Z I a é djrk gA bl ea I Hkh fo" k; ka dk v/; ki u dk; Zgœrk gA 'kkl u dh vj budks fo' ksk I fo/kk; a nh tkrh gA fo | ky; I sfudyusokys Nk=ka dks Hkfo"; ea vPNk Ldksi Hkh gA fons kka ea I ãÑr Hk"kk ds xñkka dk vuokn dk Oh i < k tkrk gA dbZ ns k vius; gka I ãÑr Hk"kk dk f'k{k.k dk; Zdjus ea #fp fn [krs gA bl izdkj I ãÑr Hk"kk ds Kkrk dk egRo gA

ilBxr izu

- 1- ikyd&f'k{kcd I žk dh vko'; drk D; ka gS \
- 2- xte f'k{k I febr ds dk; Z crkb; s \
- 3- 'kkyk fodkl ea vfhkHkkodka dh D; k Hkfredk gS \

mi bdk&2

vkJe 'kky&

e/; insk eavlfne tfr dY; k.k foHkx }kjk vknokl I ;kadsfodkl kFkZ dbZ; kstuk; apyk; h tk jgh gA bu ; kstukvka ea I svkJe 'kkyk egRoi wkZ rFk I onu'khy ; kstuk gA vkJe 'kkyk dh I pkyu 0; oLFk ea xqkRed I qkij ykus ds fy; s e/; insk I jdkj fi Nys ikp o"kk& I s iz kl jr gS , oa bl s e; ; ea-h dh i kFfedrvka ea 'kfev fd; k x; k gA bu 'kkyk vka ea xqkRed I qkij dh dYiuk dks I kdj : i inku djus gsrqf'k{k v/kh{kdkarFk buds ifr mUkjnk; h i zkkukpk; k&, oa fodkl [k&I f'k{k vf/kdLfj ; ka dksbl y; ; ds ifr ifjr djuk v; mudh ekufI drk ea ifjorU djuk i Fke vko'; drk gA

bu ykxka ea Nk=ka rFk I uFk ds ifr opuc) rk , oa I n dk; Z djus dh Hkkouk dk fodkl djuk t: jh gA bu 'kkyk vka dsfodkl dh if0; k ea I epk; dh Hkxhnhjh gksuk , d turk=d if0; k gA fdl h Hk vkJe 'kkyk dk budh Hkxhnhjh ds cx; vLrRo I Hko ugha gA

I rqi kB; Œe&

i kB; Œe I Hk f0; kvk; oLrq rFk t: jh ckrka dk I ekosk gsrk gS ftI s , d Lrj ij v/; ; u&v/; ki u Œec) cukusdsfy; s I æfBr fd; k trk gA ; g f'k{k.k dsfo"k; ka dks 0; ofLFkr : i dks inf'kr djrk gA bl dk fuekZk f'k{kdk; iz kkl dk; f'k{k fonkarFk fo'kSkka ds I g; kx I sfd; k trk gA vkt dy f'k{k dk i kB; Œe ckyd inr gks x; k gA vr% ckyd dh : fp; ka ds fodkl rFk eukofUk; ka ea , ŒPNd ifjorU dh fopkj/kjk I s 'k{kdk rdudh dh T; knk mi ; ksrk gA

jæV ds 'kCnka ea i kB; Œe ea vk/kud , oa Hkfo"; dh t: jrka ds ifr vuqnyrk gksuh pkfg; s , oa fuf'pr : i I s I tukRed fo"k; ka ij /; ku nsuk t: jh gA os ckyd tks fdl h dkj .ko'k fo | ky; tkdj fuf'pr i kB; Œe dk v/; ; u ugha dj i krst\$ siluh bdVBk djusoky; cky Jfed vFlok dkedkth ckyd mu ckydkadksj kT; f'k{k danz ds }kjk , d s I rqi kB; Œe pyk; s trsgA vi {kkN̄r I jy} I qe v; vl kuh I si <stkusokysgrsgA ; g i kB; Œe mi yC/k djok dj mlgafoj I si <kbz dh eny /kjk I s tkMk tkl drk gA ; g i kB; Œe mu ckydka dks f'k{k dh eny /kjk I s tkMk us ea I gk; d gsrk gA

fo|ky; i|rdky; &

i|rdky; og L=kr gS tgl; l sfu% r gkdj Kku : ih ty l kLÑfrd {ks= dk vfhkfl pu djrk gð; g og dðnz gð tgl; ikphu vlsj uohu l ðÑfr; ka dk feyu gkrk gð i|rdky; gh fo|ky; vlsj l ekt dk ckð) d dðnz gð ; gk; ij thou vlsj dk; Z dk rFkk l ekt vlsj fo|ky; dk l Ecl/k tMfrk gð ; fin v/; ki d fo|ky; dk efLr"d gS rks i|rdky; fo|ky; dh vkrk gð v/; ki d vlsj Nk= nkska dsfy, fo|ky; ea , d vPNs i|rdky; dh vko'; drk gkrh gð i|rdky; gh og l k/ku gS tks Nk=ka vlsj v/; ki dka dksv/; ; u'khy cukrk gð mlgafo'o dsjktufrd] l kelftd rFkk /kkfeð fopkj/kkjkvka l s ij fpr djrk gð mudk ekuf l d rFkk ckð) d fodkl gkrk gð mudk vutko c<krk gð usrd fodkl djrk gð ef; w vjukYM dk er g&^gekjs fo|ky; tks l ðkor% l okðke ij Ldkj ns l drs gð og vud idkj l s if'kf{kr vFkok funð'kr v/; ; u 'kfä gS tksfd i|rdky; ka ea l æghr gð**

vPNs i|rdky; dh vko'; drk rFkk egðo&

i|rdky; ea Nk=ka dksv/; ; u dh ij .kk feyrh gð Nk= Lora= : i l svf/kd l svf/kd KkuktZ djusdh {kerk dk fodkl djrs gð i|rdky; og {ks= gS tgl; vkrkuq kkl u vlsj mUkjnkf; Ro ds Hkkoka dk vadlj .k gkrk gð orðku ij fLFkr; ka vlsj l eL; kvkadk okLrfod Kku gkrk gð fo'o eagksokys ifjorZka ea vi usfopkj ka }kjk l gxkeh cuusrFkk cukusgrqi i|rdky;] deZ kkyk dh Hkfedk Hkh fuHkrk gð i|rdky; }kjk Nk=ka vlsj v/; ki d dksv/; ; u dh ij .kk feyrh gð muds Kku dk foLrkj gkrk gð muds vkn'kka dk fuekZk gkrk gð vkrf'k{kk dsfy, l Ppk LFku i|rdky; gh gð fo|ky; rks , d , d h l ðFkk gS tgl; gtjk ka Nk= v/; ; u gsrqvkrsgð vr% fo|ky; ea i|rdky; dsegðo dh Lor% gh dYiuk dh tk l drh gð iR; d fo|ky; ea vPNs i|rdky; dh vko'; drk , oa ml dk egðo ge fuEufyf[kr dkj .kka l s vutko djrs gð

1- ckydka dsckð) d fodkl dsfy, & fo|ky; ea i|rdky; dh vko'; drk ckydka ds ckð) d fodkl dsfy, gkrh gð fofHku fo"ka; ka dh i|rda ckydka ds Kku] vutko] 'kGn&Hk.Mkj] dYiuk rFkk fopkj&'kfä dk fodkl djrh gð

2- d{k&dk; Z dh i fr& d{k&dk; Z dh i frZ dsfy, i|rdky; dh vko'; drk gkrh gð l e; kHko dsdkj .k f'k{kk dk; Z rFkk vH; kl dk; Z d{k ea i wZ ughagks i krka ml dks ckyd xg dk; Z ds: i ea i|rda dh l gk; rk l s ijk djrs gð

3- Lok/; k; dsfy, ij .k& fo|kfkZ viuh #fp dh i|rda i|rdky; l s iklr djds i<rs gð bl l smuea Lok/; k; ofuk fodfl r gkrh gð i|rda Kku i kflr dk l okðke l k/ku gð

4- **I puvkæ dk eif; kædu djusea l gk; d&ckyd fo" k; ka dh i qrdkæ dk v/; ; u djr&djrs**
vi uk n f"Vdksk cukus ea l Qy gks tkrk gsf d k&l h l puk vPNh gS vlsj d k&l h nkski .kA

5- **i qrdkæ dk miyC/k gks& i qrdky; }kj k ckyd vi uh #fp , oa vko' ; drk vka ds vuq i**
i qrd i klr dj yrs gA

6- **LoLFk l kfgR; ds ifr #fp& miyC/k i qrdkæ dk v/; ; u djus l s ckydkæ ea vPNs l kfgR;**
ds ifr #fp mri lu gkrh gS rFkk mi ; æ okrkj .k feyrk gA

7- **v/; ; u dsfy, mi ; æ okrkj .k& i qrdky; rFkk okpuky; dk 'kkr okrkj .k ckydkæ dks**
vf/kd v/; ; u dsfy, ifjr djrs gA

8- **i qrdkæ dh l j{k& i qrdky; l s i klr i qrdkæ dk Nk= Bhd <æ l s iz kx djuk l h[krs gA**
os i qrdkæ dks l kQ] LoPN rFkk l j{kr j [krs gA

9- **l e; dk vknj& i qrdky; l s tks i qrd yh tkrh gS mudks i <us ds ckn Bhd l e; ij**
yks/k; k tkrk gA bl l s ckydkæ ea l e; dh i kclnh djus dh vknr i sk gkrh gA l e; dh i kclnh Hkkoh thou
ds fy; s Hkh egloi wkz gA

10- **i qrdky; l pkyu dk if'k{k& dN fo |ky; ka ea i qrdky; ka dk l pkyu Nk=ka ds gkFka**
l kâ fn; k tkrk gA bl l s ckydkæ dks i qrdky; l pkyu rFkk l æ Bu dk if'k{k .k feyrk gA

fo |ky; ea i qrdky; dh LFki uk dk mîs; vlsj ml ds dk; Z &

fo |ky; ea i qrdky; dh LFki uk ds fuEufyf[kr mîs; g&

¼½ i kB; Øe vlsj Nk=ka dh vko' ; drk ds vuq kj i qrdkæ rFkk i =& i f=dkvka dk l dyu vlsj
mudk mi ; kxh <æ l s 0; oLFki uA

½½ Nk=ka dks mudh vko' ; drk vlsj #fp ds vuq kj i qrdkæ ds p; u ea l gk; rk djukA

¾½ Nk=ka ea 0; fæxr 'k{k dh vknr djuk rFkk muea i qrdkæ ds mfr : i ea mi ; kx djus
ds dksy dk fodkl djukA

¾¾ Nk=ka ea cgeq[th v/; ; u dh #fp; ka dk fodkl djukA

¾¾¾ Nk=ka ea dykrRed vuqkr rFkk l gkukkr dh {kerk dk fodkl djukA

¾¾¾¾ i qrdky; ds ek/; e l s vkt thou fo |kFkhz cus jgus dh ij .kk nsukA

¾¾¾¾¾ l keftd i pûk; ka dk fodkl djuk rFkk l keftd , oa turkæ=d thou dh vuqkr inku
djukA

oLr r% vkt dy oræku f'k{k dk dk bZ Hkh dk; Øe mûke i qrdky; ds vHko ea l pkyr ugha gks
l driA i R; d Lrj ij okLrfod f'k{k dsfy, cgr gh l Ei lu i qrdky; vko' ; d gA Jh , y-, Q-Qkxk±
us i qrdky; ds fuEufyf[kr dk; kæ dh ppkz dh g&

1- **I lexb dk l dyu ,oal p;& i qrdky;** ds vlr xir vk/kfudre 'k{k}kd I lexb dk l dyu gkrk gA

2- **iB; I lexb inku djuk&i qrdky;** dk dk; Z l xg gh ugha gS cfYd 'i R; d l Nk= dks og I lexb i klr Hkh gkuh pfg; A 0; ofLFkr : i l sLorU=rki dZ v/; ; u ; kX; I lexb dh i klr f'k{k.k ds l eku gh i Hkkodkj gA

3- **i <usdh vnr Mkyuk&i qrdky;** ea fu; fer : i l s cBus vj i qrdka ds iyVrs jgus l s /khj&/khjs v/; ; u dh vnr i M+ tkrh gA

4- **v/; ; uki ; l xh okroj.k dk fuekZk&i qrdky;** ea izdk'k] ok; j I Ttk vkrn dh mi ; eä 0; oLFk jgrh gA rFk v/; ; u ds fy; svupny 'kkr okroj.k dk fuekZk fd; k tkrk gA

5- **iz l x'kyk dh voLFk inku djuk&i qrdky;** , d k LFku gS tgk v/; ; u vj iz l x ds fy, I kjh I lexb mi yC/k gkrh gA ; gk ij i R; d i <us okys dk fuekZk fd; k tkrk gA

6- **i l kj dk; & vud l LFk, i fo | ky;** ds i qrdky; l s l Ec) gkdj mu i qrdka ds i f jor Zuka } kj k ykHkkfjor gkrh gA

7- **fu/ku Nk=ladh l gk; rk& tks Nk= i qrdka** [kjhnus ea vl eFk jgrs gA mlga v/; ; u ds fy, ijh I lexb feyrh gA

mi jkã dFku l s Li"V gSfd 'i qrdky; dk v/; ki d ds ckn nlr jk LFku gA** ; g dFku Hkh l R; gSfd 'i qrdky; 'kkyk dh vkrk gA**

fo | ky; & i qrdky; dh orëku n'kk

; fn ge orëku ea Hkkj rh; fo | ky; ka ea i qrdky; ka dh fLFkr ij n"V Mkyarksg ; g dg l drs gSfd budh fLFkr cgr gh n; uh; o 'kkuh; gA fl) klr : i ea; g Lohdkj djrs gq Hkh fd fcuk vPNs i qrdky; ds f'k{k dh vPNh 0; oLFk vl EHko gS gekjs vf/kdkak fo | ky; ka ea i qrdky; ukeek= ds fy; s gA ; | fi foHkx dh vj l s; g i frcl/k gSfd i qrdarFk fuf'pr eV; dh i B; & fo" k; ka l s l Ecfl/kr i qrdka i qrdky; eagkafdlurqfo | ky; ka ds izl/kdkadh vj l sbudh [kkuk&ijh djus ds fy, b/kj & m/kj l scdkj dh i qrdka Hkj yh tkrh gA vj os cdkj dh i qrdka 0; FkZ ea vyeKj; ka ea l Mfh jgrh gA dN ykxka dh /kkj .kk gSfd i qrdky; kadk vfHki k; gS i qrdka dk l xg tc fd dkBkjh f'k{k vk; l x uscgr gh Li"V 'kCnka ea; g ?kSk.k fd Fkh fd 'i qrdka dk l xg pksog vPNh i qrdka dk gh l xg D; ka u gk i qrdky; ugha dgk tk l drk gA**

i qrdky; ka dh nq; bLFk ds vud dkj .k gA ftuea l s dN i ed[k fuEufyf[kr g&

¼½ LoLFk n"V dksk dk vHko&fo | ky; ds l pkydka ea i qrdky; ds eglo ds i fr LoLFk n"V dksk dk vHko gA os bl s, d izkj l svuko'; d gh l e>rs gA i qrdky; ds fy, i klr /ku vl; en ea 0; ; dj fn; k tkrk gS vj i qrdka ds >Bsfy cuok fy; s tkrsgA ; g bl ckr dk irhd gSfd fo | ky; ds d.kZkj bl ds eglo l siwkZ : i l s ifjpr ugha gA

12½ i qrdlak fu#15; I dyu&i qrdky; ka ea tks i qrdavkrh Hkh gš osfcuk fdl h fpurj ds euekus : i ea [kjhnh yh tkrh gš cgdkk i qrdka ds [kjhnh ea cPpka dh mi ; kšxrk] vk; q vš Lrj dk v/; ; u ughaj [kk tkrk] vfi r qdgkuh] mi U; kl vkrn dh i qrdacMka ds eukjat u dsfy, vkrh gš vFkok ij h [kk nusokysv/; ki d vi us i kB; Øe dh i qrdæpk yrs gš I Hkh fo"k; ka ea Hkh i qrdlak vHko gh jgrk gš , d v/; ; u ea nš [kk x; k fd i qrdky; ka ea vf/kdkak i qrdafgUnh dh gš bl ds ckn vaxst h] foKku] ukxfjd'kkL= vš /kifez i qrdka dk LFku FkA ; s i qrdæ Hkh Nk=ka ds mi ; kš dh de gh FkA

13½ i qrdky; ds fy, LFku dh vuq; qrk&vf/kdkak fo |ky; ka ea i qrdky; ds fy, fo |ky; dk l cl s [kjc vš Nk/k dkusdk dejk nsfn; k tkrk gš bl eau cBusdk LFku gkrk gš u i qrdæ 0; ofLFkr : i l sj [kh tk l drh gš vš u l Ttk dh gh mfpr 0; oLFk gkrh gš , d h fLFkr ea i qrdky; ds fdl h dejs ij yxkrkj ml dh gjl h gh mMk; h tkrh gš

14½ f'k(kd) vš Nk=ka eaij.k dk vHko&gekjs fo |ky; ka ds f'k(kd rks , d ckj i ek.k&i = i k yus ds ckn vš f'k(kd gks tkus ds ckn fQj dkbz uohu i qrd nš kus dh vko' ; drk gh ughal e>ra vi us xš [k&/k/ks ea mlga bruk vodk'k gh dgk; gšfd osvfHkuo izdk'ku nš ka tc Lo; agh ; g Kku ugha gšfd bl fo"k; ij dka l h i qrd nš kuh gkxh rFk ml ea D; k eglo i wkz ckr gš rks fQj os Nk=ka dks dš s i šjr dj l dæA ij.k ds vHko ea i qrdæ vyekfj; ka dh gh 'kkkk c<krh jg tkrh gš

15½ I e; dk vfu'p; &fo |ky; ds I e; &foHkx pØ ea i qrdky; ds fy, I e; fuf'pr u gkus l s fo |ky; ka ds l ektr gkus l s i qrdky; [kyrs gš ml I e; f'k(kd vš Nk= nksuka Hkj ds dk; Z l s Fkds gkrsgš vš tkus dh 'kh?krk ea jgrsgš , d h fLFkr ea fuf'pr I e; dh 0; oLFk u gkus Hkh , d cMk ck/kk gš

16½ i f'k(kr i qrdky; k; {k dk vHko&vf/kdkak fo |ky; ka ea i qrdky; dk dk; Z fdl h , d v/; ki d ds Åij NkM+fn; k tkrk gš v/; ki d Lo; abrus rjg ds dk; k ea 0; Lr jgrk gšfd ml s; g dk; Z Hkj &Lo: i gh yxrk gš , d h fLFkr ea; fn v/; ki d <hyk&<kyk gš 0; oLFk Bhd ughaj [k i krk rks o"kk r rd l Hkh i qrdæ vyekjh NkM+nschA ; fn v/; ki d vf/kd l tx gvk rks bl izdkj cln j [kšx fd fdl h dks ml dh xU/k Hkh ugha feysch] pšs ; k nhed Hkh mlga i <æA i f'k(kr i qrdky; k; {k ds vHko ea gh ; s l kjh l eL; k; j [kMk gkrh gš

17½ I Q; oLFk , oa l q pkyu dk vHko&tqk ij l kjh l kexh mi yC/k Hkh gš ogk; ds nški wkz l pkyu ds dkj.k vf/kd l s vf/kd Nk= ykHk ugha mBk i krA

vk'kz i qrdky; dh 0; oLFk ea /; ku j [kus ; kš; ckra

okLro ea i qrdky; dh 0; oLFk us vc oKkfud : i /kkj.k dj fy; k gš i qrdky; dks mi ; kšh cukus ds fy, vko' ; d gšfd ml dh 0; oLFk Bhd <æ l s dh tk; A vr%bl dh 0; oLFk ds fy, fuEufyf [kr turka=d oKkfud ckra dk /; ku j [kuk vko' ; d g&

¼½LFku&irdky; dk LFku , d k gskuk pfg; sftl ea izdk'k rFkk LoPN ok; qdk i; klr i osk gkA Nk= vkjke l svi uh #fp dh i rd fudyok l d vlsj , dkr o 'kkUr okroj .k eacBdj i <+Hkh l dA i rdky; ds l kfk gh okpuky; dh 0; oLFkk djuk mi ; ksch gsrk gA

½irdk **dk p; u&i**rdky; dh mi ; ksrk i rdka ds p; u ij fullj gA i rdky; dsfy, , d h i rdka dk p; u djuk pfg; s tks Nk=ka dsfy, mi ; ksch gkA i rdka Nk=ka dh voLFkk #fp] LoHko rFkk vko'; drkvd ds vuq kj gskuh pfg; A dN i rdka dk p; u v/; ki dka dsfy, Hkh fd; k tkuk vko'; d gA i rdka ds fo"k; rFkk l d j .k uohure gkus pfg; A

½½ 0; oLFk& i rdky; dh 0; oLFkk o l d pkyu dsfy; s i f'kf{kr i rdky; k/; {k dk gskuk vko'; d gA ml dk 0; ogkj ckydka ds l kfk l gskuh i rdka gkA i rdky; dh 0; oLFkk Bhd <x l spykus dsfy, ml sfuEufyf[kr ckrka ij /; ku nsuk pfg; &

- 1- i rdansus vlsj ykVkus dsfnu dk l e; fuf'pr gkA
- 2- i rdky; k/; {k ckydka dks os gh i rdanaftudks og ckyki ; ksch l e>krk gA
- 3- ckyd&ckfydkvka dks l eku l fo/kk, j nh tk; A
- 4- i R; d ckyd usftruh i rdana <h gA mudk y[kk j [kk tk; A mudks vf/kd l d; k ea i rdana i <us dsfy, i fjr fd; k tk; A
- 5- Nk=ka dks i fjr fd; k tk; sfd os i rdka dks l g f'kr j [ka
- 6- d{kk v/; ki dka dks dN fo'kSk i rdana h tk; aftudks os Nk=ka ea ckV nA

¼½d{kk irdky; &fo |ky; ea rFkk i rdky; dh 0; oLFkk djuk Hkh mi ; ksch gsrk gA d{kk i rdky; dk v/; {k d{kk/; ki d gskuk pfg; A d{kk/; ki d viuh d{kk dsfy, fofHku fo"k; ka dh i rdana e[; i rdky; l sfudyokdj d{kk ea j [ka rkd ckyd vko'; drk i Meus ij rjUr gh i rdana ys l dA

½fo"k; &irdky; &mpP d{kkvka dsfy, fo"k; i rdky; cgr mi ; ksch fl) gsrk gA fo"k; v/; ki d dks vius ikl vius fo"k; dh vko'; d i rdaj [kuh pfg, A bl l s; g ykHk gsrk gSfd ckydka dks vPNh i rd i <us dh l fo/kk vFkok vol j i l r gsrk gA

½ l e; rkydk ea irdky; ds ?k. Vs dh 0; oLFk&fo |ky; dh l e; rkydk ea gh i rdky; ds v/; ; u dh 0; oLFkk dj nh tk; A Nk= ml ?k. Vs ea vfuok; Z: i l s i rdky; ea cBs vlsj i rdns i <A bl dk; Z dks l pk: : i l spykuk gskuk vl; Fkk okpuky; okrkzki LFky cu tk, xkA

½ [kys i rdky; dh 0; oLFk&bl 0; oLFkk ds l pkyu ea [kyk okpuky; cMk mi ; ksch fl) gprk gSbl ea Nk= Lo; a [kyh vyekfj; ka l svi uh vko'; drk dh i rdana fudyokdj i <rs gA vlsj mluga i d% vius LFku ij j [k nrs gA ; g 0; oLFkk vuqj .kh; vlsj cMs ykHk dh gA

iBxr izu

- 1- vkJe 'kkyk dk eglo crkb; \
- 2- iqrcky; ea l kkl; Kku dh iqrda D; ka vko'; d gS \
- 3- fo |ky; ea iqrcky; LFkki uk ds mrs; D; k gS \

mibdk&3

fofHku idkj dh Nk=ofuk; k&

Nk= dh {kerk dks i k l kgu nrs , oa fu [kkjus dsnf"Vdks k l s fofHku i jh{kkvka dk vk; kst u fd; k tkrk gS &

1/4 1/2 xkeh.k ifrHkou Nk=ofuk&; g xkeh.k {ks= dh d{kk vkBoha mUkh.kz Nk=&Nk=kvka ds fy; s gS

1/2 1/2 vf[ky Hkkjrh; Lrj ij vk; kstr Nk=ofuk i jh{kk , oajk"Vh; ifrHk [kkst i jh{kkA

1/3 1/2 budsfy; sinSk Lrj ij iFke i jh{kk ea mUkh.kz gksus okys Nk= gh vf[ky Hkkjrh; i jh{kkvka ea l fefyr gksus dh ik=rk j [krs gS

1/4 1/2 jk"Vh; feyhVh Ldny ngjknw , oa l sud Ldny jhok ds fy; s Hkh i jh{kkvka dk vk; kst u l LFku }kjk gh fd; k tkrk gS

jkT; Nk=ofuk ; kst uk& d{kk 1 l s d{kk 5 rd fu; fer v/; ; ujr cPpk dks 25 : - d{kk 6 l s 10 rd 30 : - d{kk 9 l s 12 rd 35 : - ifrekg jkT; Nk=ofuk fn; s tkus dk i ko/kku gS

iwZdfh; Nk=ofuk& d{kk 9] 10] 11] 12 rFk I.T.I. ea v/; ; ujr-fodyk cPpk dks 85 : - ifrekg Lukrd Lrj ij 125 : - Lukrdskj ij ; k rduhdh fMxb@fMlyk dj jgs fodyk cPpk dks 170: - ifrekg fn; s tkus dk i ko/kku gS

l kft d i j{kk iku ; kst uk& xjhch dh l hek j s{kk l s uhs thou ; ki u dj jgs ifjokka ds 6 l s 14 vk; qoxZ ds fu; fer : i l s Ldnyka ea v/; ; ujr-bu cPpk dks 150 : - ifrekg fn; s tkus dk i ko/kku gS **cky**

fo |ky; dny , d Hkou ugha gS tgka Nk=ka vS f'k{kdk dk tekoMk gkrk gS fo |ky; ckydka ds l h[kus vS c<us dh egRo i wkZ txg gkrh gS tks muds fopjka dks x<rh gS vS muga phta l h[kus ds fy; s i s jr djrh gS l h[kus f l [kkus ds vuHko dks vS l kFkd cukus ea Ldny dk Hkkrd ifjosk , d egRo i wkZ Hkkrd fuhkrk gS bejr Ldny dh Hkkrd l a fuk dk l cl seyxk fg l l k gS , d ckj cu tkus ds ckn og yms le; rd LFk; h gks tkrh gS , d txg ij LFk; h gksus ds cko tm budk dbZ rjg l smi; kx fd; k tk l drk gS Hkou dbZ idkj l s cPpk dh f'k{k.k l kexh dh rjg gS Hkou dh eny ykx ea ekeryh l h c<skjh l s ml ds 'kS{k d eV; ea vikj of) gkrh gS

Ldnyh okrkoj.k vlsj cky&fodkl &

Ldny dk okrkoj.k ckydka ds' kjjhfjd] l kelftd HkkoukRed rFkk cks) d fodkl ea i ; klr l gk; d gksrk gA tks fuEu izdkj l sg&

1- **I h[kus ds l k/ula dh l yHrk&** mez ds l kFk cPpka dk otu] y&kbZ vkfn c<rh gA bl fy; s os l Hkh phta tks cPpka ds mi ; kx dh gA tS s est&dq hz ' ; kei V] vyejkh vkfn vkjkenk; d] l yHk Fkk bl cnyko ds vuqphv gksuh pkfg; A njoktk f[kMfd; k j syak] vyejkh vkfn eadctj l kady fpVduh oxjg cPpkadh l j {kk dks/; ku eaj [krsgq syxk; s tkrsgA Ldny ds okrkoj.k ea cPpkadsnk&usdmusp<usyVdus dh x&kb'k gkrh gsrkfd [ksy ds l kFk 0; k; ke Hkh gks tk; A [kEHks ds l kFk xksy ?k&uk p0h; vo/kkj.lk dks l e>krh gA Ldny ds xfy; kjs y&pk Nqj h vlsj pksj fl i kgh [ksyus ds fy; sfcYdy Bhd jgrs gA est&dq hz mBkuk<syuk vkfn l syxs gkFk mlga otu dk v&ktk gks tkrk gA

p<us ds <yola ji V& fo'kSk vko' ; drk okys ckydka ds fy; s cgr mi ; kxh gksrk gA fo'kSk : i l s i fg; nkj dq hz ij vkfJr cPpka ds fy; A ; ka Hkh bu ji Vka ij Aj&u&psnk&usea l Hkh cPpka dks dMk etk vkrk gA ji Vs ds l rg dh cukov , d h gksfd fQl yusdk [krjk u gka ji Vs ds nk&akarjQ j syak dk gksuk t: jh gA

txg&txg ehy iRFkj&Ldny iflj ea txg&txg ij yxs ehy iRFkj cPpka ds fy; s fofHku LFkkukadh ijLij njh tkuus ds fy; sin'kd dk dke djrsgA ehy iRFkj fu; fer varjky ij vFkok fuf'pr njh ij yxus pkfg; s tgka s mlga vki kuh l sn[kk tk l ds vlsj l e>k tk l dA ; sfofHku j& vlsj vkdlj ds gks l drs gA

Hou ds fgLI &fo'k; ka dks l e>us dk ek/; e& ik; % ckydka ea vu&ku vlsj eki u dh {kerk fodfl r ugh&gks i krh gsfdrq?kj l s Ldny dh njh fdruh gS Ldny dk cLrk fdruk otuh gS cks/y eafdruk i kuh vkrk gSbl dk vu&ku os l gt gh yxk y&sgA dks ik; %xf.kr dh fdrkc rd l hfer jgrsgS y&du l p ; g gsfds os i R; d dejs xfy; kjs v&ku vlsj l Hkh [kys LFkkuka ea fo | eku jgrs gA

vr%og , d dks eki d dh rjg gA tehu] nhokj ; k Nr ij Nk=kvka dh xfr dsek/; e l sxtjrs gq s l e; dks viuh v&ka l sn[kk tk l drk gA bl fygt l s /kai ?kMk , d cgr gh fnypLi pht gA

l&k/ku ds : i ea iNfr&

- 1½ chtka tS s tkeu] cj dk mi ; kx dpka vlsj xksV; ka ds : i eafd; k tk l drk gA
- 2½ i Uka vlsj chtka }jkk xf.kr dh fofHku /kkj.lk vka fo'kSk dj j&kksxf.kr dks vki kuh l s l e>k tk l drk gA
- 3½ ekMly vlsj f[ky&us cukus l h/k&l k/ks iz; kx djuj gLrf'kyi vlsj dykRed phta cukus ds fy; s bu l k/kuka dk iz; kx dj l drs gA
- 4½ i M+i k&ka ds thou p0 dks n[kuk vlsj l e>ukA
- 5½ i M&i k&ka ds fy; s l onuk rFkk l jkdkj j [kukA

d{k d{k&T; knkrj Ldnyka eafy [kus i <us dh vlsj pkfjd txg v/; ; u d{k gksrk gA d{k&d{k ea f'k{kd

vkš cPpka dk l aak T; knk vkReh; gkus dh l Hkkouk jgrh gA tgka ckrphr vkš fopkj foe'kz dh xqt'k
T; knk jgrh gA d{k dh nhokjka ij egki q "kka dsfp= , oamudh verok.kh cPpkaeamÙke Hkkouk vka dk fodkl
djrh gA f'k{k(dh est vFkok nhokj ij cuk ekufp=) Ldny ds vka ; k pcwrs ij Ldny dk ekufp= ckydka
dks l h[kuseal gk; d gkrk gA Q'kz vkš cPpka ij rjg&rjg ds [ky] nhokjka ij vi uš /ku Nk; k dk [ky tkrh
l s/ku dk [ky] f[kMdh l scMka dh nfu; k n[kuk vkš mudh udy djukA fi NokM+dks n[kuk vkš iNfr
l snkspkj gkukA

ikBxr izu

- 1- Nk=ofÙk ds ykHk D; k&D; k gš \
- 2- ckyk l sD; k rkr; l gš \
- 3- [ky ds eñku ea ge D; k l h[krs gš \

vkRe ijh{k.k ds izu

- 1- ikyd&f'k{k(d l aak ds dk; l crkb; s \
- 2- 'kkyk l qkj ea f'k{k(dka dh D; k Hkkiedk gš \
- 3- vkJe 'kkyk ds ykHk crkb; A
- 4- iqrky; vuqkl u ij fvli .kh fyf[k; A
- 5- d{k d{k ea nhokjka ij ver ok.kh dk D; k egRo gA
- 6- chtka dk mi ; lx ge fdu [kyka ea dj l drs gš \

ikBxr izu&mÙkj dgt

- mi bdkb1 iFke izu i"B Ø- 45 ij
f}rh; izu i"B Ø- 47 ij
rrh; izu i"B Ø- 48] 49 ij
- mi bdkb2 iFke izu i"B Ø- 50 ij
f}rh; izu i"B Ø- 51 ij
rrh; izu i"B Ø- 52 ij
- mi bdkb3 iFke izu i"B Ø- 56 ij
f}rh; izu i"B Ø- 57&57 ij
rrh; izu i"B Ø- 57 ij

ukv%& vkRe ijh{k.k ds izuka ds mÙkj Nk= l Ei wkz ikB ds v/; ; u ds vk/kkj ij gy djus dk iz Ru djA



i=kpkj i kB; Øe
ek;/fed f'k{k e.My e-ç-] Hkiky
½kj k I ok/kdkj I jf{kr½
fMlykek bu ,T; qđsku] ijh{K}
iFke o"K

izu i= & rrh;

fo"K; & Hkjr ea jk"Vh;] jkT;] I Hkx ,oa ftyk Lrj ij
 f'k{k dh izkl fud I jpk

bdkbZ &10

mi bdkb&1 Ldwy f'k{k foHkx dh izkl dh; I jpk

fo"K; k&k

mi bdkb&2 ¼½ jk"Vh; I ħFkk, a jk"Vh; 'k{k kd

vuq đkku vđ ij f'k{k.k ij f"kn ħNCERT½ jk"Vh; 'k{k kd
 ,oa izkl u fo' ofo | ky; ħNUEPA½ {k=h; f'k{k I ħFku
 ħRIE½ jk"Vh; v/; ki d f'k{k ij f"kn ħNCTE½

mi bdkb&2 ¼½ jkT; Lrj ,oa I Hkx Lrj I ħFkk, a %

ykd f'k{k.k I pkyuky;] ftyk ,oa Cykđ Lrjh; izkl u
 jkT; f'k{k dđnz ħK½ jkT; f'k{k dđnz jkT; foKku f'k{k
 I ħFku tcyij] e-iz i kB; i ħrd fuxe] ek;/fed f'k{k
 e.My] f'k{k eukfoKku ,oa l n' kũ egkfo | ky; tcyij]
 i wZ i kFfed ij f'k{k.k I ħFku] 'k{k dh; f'k{k egkfo | ky;]
 'kjhfd f'k{k egkfo | ky;] vđy Hk"kk f'k{k.k I ħFku]
 ftyk f'k{k ij f'k{k.k I ħFku] tu in f'k{k dđn] tu f'k{k
 dđnA e-iz fo' ksk fo | ky; &uokn; fo | ky;] jkT; vđ u
 Ldwy] I xhr fo | ky;] fo' ksk vko'; drk okys cPpka ds
 fy, fo | ky; ħCWSN½

fi z Nk= v/;ki d]

fi Nyh bdkbz ea vki us f'k{kk l ædkh uohu ; kst ukvka dk v/; ; u fd; kA bl bdkbz ea vki Hkkjr ea jk"Vh;] jkT;] l Hkkx , oaftyk Lrj ij f'k{kk dh izkkl fud l jupuk dsckjs ea tkudkj h iklr djæA

mi bdkbz & 1

Ldy f'k{kk foHkk dh izkkl dh; l jupuk %

f'k{kk dh uhfr cukusrFkk ml sijs insk ea ykxwdjus dk mRrjnfr; Ro f'k{kkæh dk gkrk gA bl dks l g; kx nus ds fy, mi &æh Hkh gkrs gA f'k{kkæh dh enn grq , d f'k{kk l fpo Hkh gkrk gA f'k{kk l fpoky; l pkyuky; dsdk; Zkd ekeyka, oafo/kku&eMly dsuhfr&fu/kkj .k l ædkh dk; kæadMh ds: i ea dk; Zdjrk gA

fo | ky; h f'k{kk izkkl u % fo | ky; ka dh f'k{kk dk dk; Zyk d f'k{k.k l pkyuky; ds v/khu gkrk gA l iwz jkT; ea i kFfed f'k{kk l sydj mPprj ek/; fed f'k{kk ds ipkj] id kj] izkkl u] fujh{k.k , oa i f'k{k.k dk dk; Zyk d f'k{k.k l pkyuky; ds vlr xz vrk gA izkkl u dh nf"V l s'kkyk ; k fo | ky; hu f'k{kk dks fuEu rhu Lrjka ea foHkkftr fd; k x; k g& ¼1½ jkT; Lrj] ¼2½ l Hkkx Lrj] ¼3½ ftyk LrjA

¼1½ jkT; Lrj % jkT; Lrj ij 'kkyk f'k{kk foHkkx dh 0; oLFkk dh x; h gA bl foHkkx dk izkku ykd f'k{k.k l pkyd gkrk gA bl senn nus grqvfrfjDr l pkyd] l a Dr l pkyd] mi & l pkyd] foKku ijke'kzhkrk] eq; xiki ky , oa l gk; d l pkyd vkfn vf/kdkjh gkrs gA 'kkyk f'k{kk foHkkx dk dk; Z jkT; ea i wZ i kFfed l sydj mPp ek/; fed Lrj rd dh f'k{kk dh uhfr dks fdz; kflor djuk gA foHkkx vko'; drku d kj ctV ds vuq i u; h l LFkk, a [klyrk gsvFkok mlga dæktur djrk gsrFkk bu l Hkh dk i ; b{k.k] izkkl u , oa fu; æ.k d jds mudk l pkyu djrk gA bl ds vykok blgha l LFkkvka ea 'kkjhfd dY; k.k , oa i qrdky; kadsfodkl grqHkh l eqpr 0; oLFkk djrk gA uohu f'k{kk uhfr] 1986 ds vuq kyukFKZ f'k{kk l pkyuky; dk izkku f'k{kk&vk; Dr gkrk gA

¼2½ l Hkkx Lrj % 'k{k d izkkl u dks l pk: : i l s pykus grq fuEu f'k{kk l Hkkxka ea foHkDr fd; k x; k %

- 1- bUnk] f'k{kk l Hkkx % ¼1½ bUnk] ¼2½ >kçv/k] ¼3½ /kkj] ¼4½ [kj xk] ¼5½ cMokuh ¼u; k½ A
- 2- mTt] f'k{kk foHkkx % ¼1½ mTt] ¼2½ jryke] ¼3½ 'kktki] ¼4½ nokl] ¼5½ enl k] ¼6½ uhep ¼u; k½ A
- 3- Xokfy; j f'k{kk l Hkkx % ¼1½ Xokfy; j] ¼2½ f'koi] ¼3½ xqk] ¼4½ nfr; kA
- 4- pæy f'k{kk l Hkkx % ¼1½ ej] ¼2½ ' ; ki] dyk] ¼3½ fhk.MA
- 5- l kxj f'k{kk l Hkkx % ¼1 kxj] ¼2½ nek] ¼3½ Nrji] ¼4½ Vhdex<+¼5½ i UukA
- 6- Hkky f'k{kk l Hkkx % ¼1½ Hkky] ¼2½ l hg] ¼3½ jk; l u] ¼4½ jktx<} ¼5½ fofn'kk] ¼6½ cnyA
- 7- gk kckcn f'k{kk l Hkkx % ¼1½ gk kckcn] ¼3½ gjnk ¼u; k½ A
- 8- jhok f'k{kk l Hkkx % ¼1½ jhok] ¼2½ l ruk] ¼3½ 'kgMky] ¼4½ mefj; k ¼u; k½ ¼5½ l h/khA
- 9- tcyij f'k{kk l Hkkx % ¼1½ tcyij] ¼2½ dVuh ¼u; k½ ¼3½ e.Myk] ¼4½ fM.Mkj h ¼u; k½ ¼5½ ujfl ij] ¼6½ fNUnokMk] ¼7½ fl ouh] ¼8½ ckyk?kVA

orðku eae/; in sk ea9 f'k{k I Hkkxka eadg 45 ftysl fefyr gáftuea38 ftysijkusgá, oa7 ftysu; s
cuk; s x; s gá

f'k{k foHkkx dsdk; Z% foHkkx dk dk; Zjkt; dsimZ i kFfed] i kFfed] i wZek/; fed] ek/; fed
, oamPprj ek/; fed f'k{k ds {ks= ea'kkl u dh ulfr dksyxwujuk gá bl n'Vdksk dks/; ku ea j [krs
gq foHkkx jkt; eadbZ I LFkkvka dks tle nrk gš mlga i k'kr djrk gš, oa l efr i; bšk.k] izkkl u rFkk
fu; æ.k j [krs gq I pkyr djrk gá bl I pkyu 0; oLFkk dsekxh'kú rRo bl izkj gá &

1- I pkyd 1/4 f'k{k.k I pkyd 1/2 & I pkyd f'k{k foHkkx dk v/; {k gkrk gá og f'k{k dh
fLFkr] izfr , oamI sl æ/kr I eL; kvkrFkk turk dh jk; I s'kkl u dksvoxr djrk gá bl rjg og
'kkl u dsl kekk; fu; æ.k , oai; bšk.k I sl h/kk t/le gkrk gá I pkyu 0; oLFkk eaenn djusgrqvfrfjDr
I pkyd] mi I pkyd] foKku ijke'khrkj I gk; d I pkyd] e[; xñki ky] I Hkkxh; v/khkd 1/4 a Dr
I pkyd 1/2 , oa f'k{k Lrj ij ftyk f'k{k vf/kdkjh rFkk [k.M f'k{k vf/kdkjh fu; Dr fd; s x; s gá
ifrfu; Dr ij 'kšk kd dk; ká dsl pkyu , oaxfr dsfy, i kpk; Zvšj vr%Lrj dsyxk I pkyd I st/sgks
gá

2- I Hkkxh; I pkyd & iR; d f'k{k I Hkkx grq, d I Hkkxh; I pkyd dk; jr-gá bl dh enn ds
fy, mi I pkyd] I gk; d I pkyd] ; kstuk vf/kdkjh] dhvle vf/kdkjh , oa {ks=h; xñki ky vkfn fu; Dr gks
gá I Hkkxh; I pkyd dsdk; ZfuEu gá 1/4 1/2 'kkl u , oa I pkyd dsfunðkkud kj mfr dk; bkgd djuka 1/2 1/2
ek/; fed , oamPp ek/; fed fo | ky; ka dk fujh{k.k I ædkh dk; Zvšj viuh fj i ksz/nsuka 1/3 1/2 v'kkl dh; rFkk
fudk; ka ds fo | ky; ka grq 'kšk kd ekeyka ea I ygdkj ds : i ea dk; Zdjrs gq vius I Hkkx dk izkkl u
pykukA 1/4 1/2 vius v/khuLFk I eLr dk; kzy; ka dk fujh{k.k djuka 1/5 1/2 ftyk f'k{k vf/kdkfj; ka , oa muds
I gk; dka ds dk; ká dk i; bšk.k djuka 1/6 1/2 I Hkkxh; Lrj ij i wZek/; fed ij h{k dk I pkyu djuka 1/7 1/2
'kškf.kd I LFkkvka ea; g nškkuk fd muds ; gka foHkkxh; fu; ekp fofu; ekp i kB; dæka , oa ekk; rk I ædkh
vko'; d 'krká dk ikyu fd; k tkrk gsvFkok ugha ykd f'k{k.k I pkyuky; }jk 1 tykbZ 1999 I s; g
[kRe dj fn; k x; k gá *ftyk I jdkj dh vo/kkj.kk ds rgr *ftyk ; kstuk I febr; ká dks 'kkl u ds dñ
vf/kdkjka ds gLrkarj .k ds rkjRE; ea ykd f'k{k.k ds I Hkkxh; dk; kzy; ka dks 1 tykbZ 1999 I s i Hkkoghu dj
fn; k x; k gsrFkk ogka i nLFk dk; kzy; hu LVkQ dks ; Dr dj .k 1/4 ek; kst u 1/2 ds vlr xh foHkklu ftyk Lrjh;
f'k{k vf/kdkfj; ka ds dk; kzy; ka ea i nLFk dj fn; k x; k gá

3- ftyk f'k{k vf/kdkjh & ftyk I jdkj dh vo/kkj.kk ds rgr 1 tykbZ 1999 I s ftyk Lrjh;
in i p% I ftr gkdj ftyk f'k{k vf/kdkjh dsuke I stkuk tk; skA uohu f'k{k i) fr 10\$2 ds vlr xh
iR; d ftyk Lrj ij ftyk f'k{k vf/kdkjh ds in I ftr fd; sx; sgš tksfd ftysdh \$ 10 , oa \$ 2 f'k{k
dks nškk I dæka iR; d [k.M ij [k.M f'k{k vf/kdkjh dk; jr-gá tksfd i kFfed] mPp i kFfed rFkk ek/
; fed f'k{k dh nškkjšk djrs gá ftyk f'k{k vf/kdkjh ds e[; dk; ZfuEu gá
1/4 1/2 mPprj ek/; fed 'kkykvka rFkk i f'k{k.k I LFkkvka I sl æ) vH; kl 'kkykvka ds i wZek/; fed rd ds
foHkkxka dks NkM dj vius ftysdh i wZek/; fed Lrj dh I Hk 'kkl dh; f'k{k I LFkkuka ij I h/kk izkkl fud
fu; æ.k j [kukA 1/2 1/2 'kkyk ds v/; ki u] izkk rFkk vU; dk; ká ea ekxh'kú djus , oa; g I fuf'pr djus dh

n^rV l sfd fofu; ekh i kB; daka vlsj ekl; rk pkywj [kus vlsj l gk; d vuqku Hkqrku grq t: jh 'krkd dk ikyu fd; k tk jgk gS; k ugh ftys dh ekl; rk ikr iwd ek;/ fed rFkk i kFkfed fo | ky; ka dk fujh{k.k djuka 1/3 1/2 LFkkuh; i kf/kdj .kka rFkk v'kkl dh; l hFkkvka dks muds i Hkkjh dh f'k{k l s l aad/kr l Hkh fo" k; ka eal ykg nsukA 1/4 1/2 l gk; d ftyk 'kkyk fujh{kdkads dk; kadk i; bsk.k djuk rFkk muds i Hkkj dh 'kkyk vka dk bl iz kstu grq t: jh l hek ij fujh{k.k djuka 1/5 1/2 vi us ftys ea i kFkfed i ek.k&i = ijh{k vka ds vk; kstu dh 0; oLFkk djuka 1/6 1/2 vi us ftys ds iwd i kFkfed) i kFkfed rFkk mPp i kFkfed 'kkyk vka dk fujh{k.k djuka 1/7 1/2 l Hkkxh; f'k{k v/kh{k d rFkk vl; mPpkf/kdkfj; ka }kj k fn; s x; s fun kka dk ikyu djuka

vf/kdkfj; ka rFkk f'k{k dka ds l Eeyu dk vk; kstu , oa dk; Z & l pkyd l Hkkxh; l pkyd mi & l pkyd ftyk f'k{k vf/kdkjh [k.M f'k{k vf/kdkjh] f'k{k l s l aad/kr fo" k; kh ijh{k vka 'kkyk&i cak] iz kkl u rFkk vl; foHkkxh; izuka ds l aad ea fopkj & foe' iz djus grq v/khuLFk vf/kdkfj; ka , oa vi us fu; a.k/khu l hFkkvka ds pqs gq f'k{k dka dh xk' Bh o" iz ea , d ckj ; k vko' ; drkuq kj vk; kstr djska bl ea v'kkl dh; 'kkyk ds i cakdka , oa LFkkuh; vf/kdkfj; ka dks Hkh 'kkyfey fd; k tk l drk gA l eLr vf/kdkfj; ka dk fujh{k.k l aadh foj .k fuEu rjg l sg&

1/4 1/2 l hFkk@dk; ky; ds izkku vi uh l hFkk@dk; ky; dk o" iz ea , d ckj Lo; afujh{k.k djuka 1/2 1/2 i R; d l hFkk@dk; ky; ka ea fujh{k.k grq , d iadh gskk] ftl ea fujh{k.k djus okys vf/kdkjh dh fVli .kh fy [kh gskhA 1/3 1/2 i R; d fujh{k.k vf/kdkjh dks l hFkkvka ds fujh{k.k grq i fr ekl vi us mPp vf/kdkjh dks i Lrkfor fujh{k.k dk; dle dh , d i fr Hkstuh gskhA 1/4 1/2 i R; d fujh{k.k vf/kdkjh dks i frekl de l s de 10 jkf= foJke ed; ky; dsckgj fujh{k.k {ks= eadjuk gskhA 1/5 1/2 l pkyd ykd f'k{k.k 1/4c vk; Dr ykd f'k{k.k 1/2 vi us l gk; dka ds l g; kx l sjkT; ds l eLr l Hkkxh; l pkyd kh f'k{k egkfo | ky; ka , oa vl; jkT; Lrjh; l hFkkvka dk fujh{k.k o" iz ea , d ckj t: j djuka 1/6 1/2 l Hkkxh; l pkyd vi us l g; kSx; ka dh enn l s l Hkkx dh mPp ek;/ fed \$ 2 , oa \$ 10 f'k{k cfu; knh i f'k{k.k l hFkkvka vlsj ftyk f'k{k vf/kdkfj; ka 1/4 mi l pkyd k ds dk; ky; ka dk fujh{k.k o" iz ea de l s de , d ckj djuka 1/7 1/2 ftyk f'k{k vf/kdkjh 1/4c mi l pkyd 1/2 vi us ftys dh l eLr gkbLdny Lrj dh l hFkkvka , oa vi us v/khu [k.M f'k{k vf/kdkfj; ka ds dk; ky; ka dk fujh{k.k o" iz ea de l s de , d ckj djuka 1/8 1/2 l gk; d 'kkyk fujh{k.d vi us {ks= dh l eLr i kFkfed 'kkyk vka dk fujh{k.k o" iz ea de l s de nk ckj djuka

iBxr izu &

izu&1 ykd f'k{k.k l pkyuky; dk iedk gsrk gS %&
1/4 1/2 vk; Dr 1/4 1/2 l pkyd 1/4 1/2 vrfjDr l pkyd 1/4 1/2 f'k{k l fpo
izu&2 ykd f'k{k.k l pkyd f'k{k foHkkx dk -----gskk gA

mi bdkbZ & 2

1/4 1/2 jk"Vh; l hFkk, a

1/4 1/2 jk"Vh; 'k{k d vuq akku vlsj i f'k{k.k i fj"kn 1/4 NCERT 1/2 & jk"Vh; 'k{k d vuq akku vlsj i f'k{k.k i fj"kn 1/4 NCERT 1/2 dh LFkki uk fl rEcj] 1961 eagpZFkA bl dsxBu eajk"Vh; csl d f'k{k l hFkk) jk"Vh; n' ; & JO; f'k{k l hFkk) jk"Vh; eny f'k{k d bh i kB; & i qrd vuq akku C; jkSj d bh; f'k{k , oa 0; kol kf; d fun ku C; jkSj vkfn 'kkyfey gA ns k dks u; h fn' kh ndj f'k{k dks , d l kelftd i fjozu dk

i Hkko' kkyh vktkj cukusdk dke jk"Vh; 'k{k{kd vuq dkku rFkk if'k{k.k ifj"kn-dj jgh gA fofHkuu jkT; ka rFkk dlnz 'k{f l r ins'kka dse/; i kB; dæ] i kB; & i qrd] f'k{k{kd&i f'k{k.k , oaijh{k{kvka dsfo"k; eal ello; LFkfi r djuk , u-l h-bzvjkj-Vh- dk iæq{k dk; ZgA igys 10\$2 ifreku dsfy, i kB; & i qrd] i kB; dæ ds fodkl grqdk; Z'kq fd; k x; kA bl ds i'pkr-1974 eanl o"kh; Ldny i kB; dæ uked , d nLrkost i dlf'kr fd; k x; kA bl ds ckn i kB; dæ ds l kFk&l kFk ifj"kn-usml dh i kB; & i qrd] Hkh r\$ kj dh , oa f'k{k{kd&i z kkyh] eW; ka du rFkk n' ; & J0; dh enn dsfy, bl ds ueus fodfl r fd; A , u-l h-bzvjkj-Vh- us , d 'k{k{k ifdz k i kB; dæ Hkh 'kq fd; kA

, u-l h-bzvjkj-Vh- dk i k{Hkd dk; Z{k= i kB; dæ] i kB; i qrd] f'k{k{kd&i f'k{k.k ds l kFk&l kFk mPp f'k{k{k ds {k= ea vuq dkku rd gh l hfer Fkk] y\$du o"kk{ckn , oafokskdj l u-1970 ds ckn ifj"kn us i k{Hkd cky f'k{k{k 'kq dh , oae/; fed Ldny f'k{k{k ds {k= ea Hkh d{kyrk rFkk fo'k{skrk i klr dj yhA , u-l h-bzvjkj-Vh- us 'k{k{kd vuq dkku rFkk uokpj l febr ¼ fj d½ dh LFkki uk dh gA bl l febr eafokku] l kelftd fokku] xf.kr] Hk"kk , oal kfgR; ds mPp Lrjh; fo}kuka dh Hkxhkhkj h grqvk\$ 'k{k{kd vuq dkku dh ixr eafun\$ k dsfy, fo}kuka dks vkef=r fd; k tkrkA jkT; ka rFkk dlnz 'k{f l r ins'kka eabl ds {k=h; dk; k\$y; Hkh dk; j r gA mudk mnas; g\$fd jkT; Lrj dh l eL; kvka dks ifj"kn-ds l keusyk; a , oa , l -vkbzbz@, u-l h-bzvjkj-Vh- t\$ sjkT; Lrj ds l hFkkuka rFkk vf/kdkfj; ka dk /; ku ifj"kn ds dk; Z dks vxks c<kus dh fn'kk ea [khpA ; g vius pkj {k=h; f'k{k{k egkfo | ky; rFkk {k=h; dk; k\$y; ka ds ek/; e l s i j s ns k ea jkT; Lrj dh l hFkkvka , oaf'k{k{kd&i f'k{k.k l hFkkvka ds l kFk l æak LFkfi r fd; s gq gA l u-1972 l s ifj"kn-ds 'k{k{k dk; Zi) fr rFkk l kexh fodkl vkfn ij ; wu dks ½ dkd½ ds , f'k; kbz fodkl dk; Zæ dk fo'k{k i Hkko jgk gA l u-1975 ea ; g l kbV l s t{pk rc i kFkfed f'k{k{kd rFkk f'k{k{kd f'k{k{k dk; Zæka dks vk; k\$tr djus ds l kFk&l kFk bu dk; Zæka ds eW; ka du ea Hkh Hkjh Hkfedk vnk dhA bl ds ckn vius 'k{k{kd rdudh dlnz ¼ 1973½ ea dbz 'k{k{kd fQYeHkh r\$ kj dhA

l u-1986 dh u; h f'k{k{k uhr dks l #c) djus ea ifj"kn us egRo i wZ; kxnku fn; k gA ns k ea 'kky\$ f'k{k{k dh xqkorrk dks Åpk mBkus grqvi us iz Ruka}kj k ifj"kn 'kkyk dh f'k{k{k l sl æf/kr gj l Hkfor {k= ea i kB; dæ r\$ kj djus l sydj i kB; & i qrd] ka ds i dlf'ku rd] ij h{k i) fr eal d{kj yku\$ ij h{k.k dk ækpk r\$ kj djus rFkk f'k{k{kd] ka ds r\$ kj djus l sydj f'k{k{k nus ea yxs gq f'k{k{kd] ka ds Kku dks vk/ kfuud cukusrd dk dk; Zdj jgh gA 'k{k{kd i k\$ k\$xdh rFkk 'k{k{kd vuq dkku nll jsegRo i wZ {k= g\$ ftuea ifj"kn-us vi uk egRo fl) fd; k gA fokku f'k{k{k dsfy, Hkh uohu i kB; & i qrd] ekxhf'k{dk, a , oa t: jh mi dj.k r\$ kj fd; s x; s gA ; s mi dj.k d{k 6 l s 10 rd ds Nk=ka dsfy, eLrh rFkk 0; FkZ dh l kexh l s r\$ kj fd; s x; s gA

iæq{k : i l s , u-l h-bzvjkj-Vh- N% l ækv; , ddkadsek/; e l s dk; Zdjrh gA ; g pkj ka {k=h; f'k{k{k egkfo | ky; ka rFkk dlnh; 'k{k{kd i k\$ k\$xdh f'k{k{k ifj"kn] ubz fnYyh , oajkT; ka l s l æ dz cuk; s j [kus grq ns k ds fofHkuu Hkxka ea {k=h; l ykgdkj dk; k\$y; LFkfi r fd; s gq gA ubz fnYyh l Fkr jk"Vh; f'k{k{k l hFkuu bl l e; fuEu fofHkxka ds ek/; e l s dk; Zdjrk g\$ &

¼ ½ fokku rFkk xf.kr f'k{k{k fofHkxka ¼ ½ l kelftd fokku rFkk ekufodh f'k{k{k fofHkxka ¼ ½ 'k{k{kd

0; kol k; hdj.k foHkkxA ¼4½ 'kS{kd eukfoKku] ijke'kz rFkk l m'kz foHkkxA ½5½ eki u] l oqk.k rFkk vk/kkj l kexh ifdz u foHkkxA ½6½ v/; ki d f'k{k} fo'kSk f'k{k} , oafolrkj l ok foHkkxA ¼7½ fo | ky; i wZ i kj Hkkd f'k{k} foHkkxA ½8½ uhfr] vuq dkku] fu; kst u rFkk dk; Dæ foHkkxA ¼9½ i qrdky;] iyqku rFkk l puk foHkkxA ¼10½ {k= l ok rFkk l ello; foHkkxA ¼11½ i d'ku foHkkxA ¼12½ dk; Z kkyk foHkkxA bl ds vykok funskd dk dk; kzy; fuEu vuq dkku ds dk; ka dks fu; f=r djrk g&

¼1½ vrjkZVh; l æk , dda ¼2½ if=dk i dksBA ¼3½ folrkj ifj; kst uk ¼4 kefigd xk; u ifj; kst uk l fgrVA vkn'kz fo | ky; i dksBA

vuq dku rFk uokpj & fo | ky; f'k{k} ea l qkkj ykusgrq l Hkh 'kS{kd 'kkyvka ea vuq dku rFk uokpj dks , u-l h-bZvkj-Vh- l g; kx nrh g& bl dh 'kS{kd vuq dku rFk uokpj l febr ¼ fjd½ vuq dku ds i kFfedrk okys {k=ka dks igpkuusea enn djrh g& jk"Vh; f'k{k} l l Fku ds foHkkxk {k=h; f'k{k} egkfo | ky; k {k=h; dk; kzy; ka , oa dñh; 'kS{kd i kS} kSxdh l l Fku vkS} jkT; ka ea vU; vuq dku ifj; kst uk grq fuf/k Lohdr djrh g& ifj"kn~ds Hkhj MNVjV Lrj rd dk dk; Z djus okya dks Hkh f'k{k}ofrr nh tkrh g&

vkn'kz iB; dæ & , u-l h-bZvkj-Vh- ds dbzeq; dk; ka ea l s, d dk; Z nsk ds fo | ky; ka dks vkn'kz iB; p; kZ inku djuk gS , oa bl l æk ea ifj"kn~ iB; p; kZ ds foHku rRok tS & jk"Vh; uhfr; k {k=i kFfedrvk {k=iB; foj.k} iB; & i qrdk v/; ki d vf/kxe ds dks kya vkS} eW; ka du l s l Ec) fofo/k vuq dku] fodkl if'k{k} iyqku folrkj i l kj rFk l a dz ¼ jke'kz l s l æi/kr dk; Dyki ka dks l pkfyr djrh g&

jk"Vh; f'k{k} l l Fku & jk"Vh; f'k{k} l l Fku] dñh; 'kS{kd i kS} kSxdh l l Fku , oa pkj {k=h; f'k{k} egkfo | ky; ka ds vykok v/; ki dka Nk=k/; ki dka vkS} 'kS{kd i l kkl dka grq if'k{k} l ækh dk; Dæ] l ehukj rFk dk; Z kkyk, a vk; kstr djrk g&

v/; ki d f'k{k} fo'kSk f'k{k} rFk folrkj l ok foHkx & nsk ea v/; ki d f'k{k} ea l qkkj l æk kh ijke'kz nus grq Hkkj l jdkj us jk"Vh; f'k{k} & f'k{k} ifj"kn dh l Fki uk dh g& f'k{k} & f'k{k} ds vk/ kquhdj.k ds iz kl dsfy, ; g fo'kSk f'k{k} efgyk f'k{k} rFk l keftd : i l sfi NMggq l ekt ds oxka dh f'k{k} ds {k=ka ea Hkh dk; Z djrk g&

foKku fdV & , u-l h-bZvkj-Vh- dk dk; Z kkyk foHkx de eW; ij Ldya grq foKku fdV , oa mi dj.k ds vuq dku fodkl rFk Fkcd mRiknu ea yxk g&

jkT; ka , oa vrjkZVh; l æBula l s l æk & , u-l h-bZvkj-Vh- 'kS{kd uhfr; ka ds fu; kst u rFk dk; kzo; u ea vi uh fo'kSk n{krk ds i Hko'kkyh mi ; kx dsfy, jkT; ka l ækh; {k=k fo'fo | ky; ka vkS} nsk ea vU; l l Fkvka l sfudV l a dz l Fkfi r djrk g& ; g fodkl 'khy nsk ds fy, fo'kV & 'kS{kd l eL; kvka ds v/; ki u , oa if'k{k} dk; Dæ vk; kstr djus grq; wkdks vkS} ; whl Q tS svrjkZVh; l æBula ds l kFk ijLij feydj dk; Z djrk g& vU; nsk dh l jdkj ds l kFk Hkkj l jdkj } jk ijLi fd l k dfrd vknku& inku dk Hkh ; g dk; Z djrk g&

¼k½ jkVh; 'k{kd vk; kstuk rFk izkl u l hFku %

jkVh; 'k{kd vk; kstuk ,oa izkl u l hFku %uhi k½ & 'k{kd vk; kstuk ,oa izkl u ds {ks=
ea jkVh; 'k{kd vk; kstuk ds: i ea Hkkjr l jdkj }kjk xBr , d Lo; Rr'kl h fudk; gA ; g l hFku 1962
ea ; u dks UNESCO½ ds l kfk nl & o'kz l fonk ds rgr LFkfr fd; k x; kA ml l e; bl dk uke
Fk&*, f'k; u b l hV; W vkD , t d s kuy lykfuax , .M , MfekuLV\$ ku*A bl l fonk dh l ekfr ds ckn Hkkjr
l jdkj usf'k{kk vk; kx dh fl Qkfj'k ij bl l hFku dks vi usgkFka ea ysfy; k] ml dk uke j [kk & *us kuy
LVkQ dks st Qk] , t d s kuy lykfuax , .M fekuLV\$ l ZA ebZ 1979 ea Hkkjr l jdkj us bl l hFku dks
orëku e& *jkVh; 'k{kd ; kstuk ,oa izkl u l hFku* fn; k A ; g l hFku ubZ fnYyh ea l Fkr gA

l hFku dk dk; & {ks= & l hFku ds dk; ðyki ka dk e[; {ks= 'k{kd vk; kst dka vk½ iz kl dka dk
if'k{k.k} vuq ðku uokpkj ka rFk ij ke'kz l okva dk id kj vkfn 'kkfey gA bl ds i e[k dk; ka dk l k i ea
o.ku uhps fn; k tk jgk gS &

¼½ f'k{k&fu; kst dka rFk izkl dka dk if'k{k.k & ; g l hFku Hkkjr ds 'k{kd dk; ðrkz/ka ds
if'k{k.k ds fy, fofHku if'k{k.k dk; ðe l pkyr djrk gA ; g 'k{kd uhr; ka ij fopkj & fo'e'kz dju ds
fy, fofHku l ehukj ka rFk odZ kku/ka dk Hk vk; kst u djrk gA bl us vc rd Hkkjr ds fofHku jkT; ka rFk
l ðk ins kka ds g tkj ka vf/kdkfj; ka dks if'k{k kr fd; k gA l hFku ftyk f'k{k vf/kdkfj; ka ds fy, fml yk
dk l Hk l pkyr dj jgk gA bu ea l s i e[k 'DEPA' (Diploma in Educational Planning and
Administration) g f l dh vof/k N% ekg dh gA bl vof/k ea mudk rhu ekg ea ikB; ðe dk; l
djk; k tkrk gS vk½ 'k{k rhu ekg ea 0; ol k; l s l e[kr i kst DV dk; l dj; k tkrk gA ; g l hFku fons kh
de pky; ka ds fy, Hk if'k{k.k dk; ðe l pkyr djrk gA bl l hFku }kjk vk; kst r l ehukj rFk if'k{k.k
dk; ðe ka ea vQxkfu l rku] Hk/ku] cxykn s k] phu] , Fk i ; k] gaxjh] b.Mkuf'k; k] dks j; k] eyf'k; k] us ky]
ek]h'k l] i k f d l rku] fQyhi h l] Jhydk] Fk b y S M] l a ðr jkT; ve f j ; k] ; w k k y k f o ; k vkfn n s kka ea Hk x
fy; k gA

½½ vuq ðku & ; g l hFku us vuq ðku ds {ks= ea 'k{kd vk; kstuk ,oa izkl u ds fofHku i {ka ea
vuq ðku dk; l'kq djuk] l gk; rk inku djuk] c<kok nsuk rFk l eflor djuk gA bl dh vuq ðku Red
fdz k, a fofHku idkj dh gA bu ea l o{k.k} fo'y\$ k. kRed v/; ; u rFk vuq ðku ik; kstuk, a i e[k gA

¾½ uokpkj ka dk id kj & ; g l hFku uokpkj ka ds id kj ds fy, egroi wZ dk; l dj jgk gA bl ds
fy, 1983 ea bl l hFku us vUrj kZVh; Hk. kka dk vk; kst u fd; kA bl ds l kfk gh bl us fofHku jkT; ka ea
iz ðr uokpkj ka dks id kfjr dju ds fy, vU; ek/; eka dk iz kx fd; kA

¼½ ij ke'kz h l ok & ; g l hFku fofHku jkT; ka rFk l ðk 'kkl r ins kka ds fy, ij ke'kz h l ok, a
inku djrk gA bl us tEewo d'ehj] fl dDe] nknjk o uxj gosy] gfj; k.k vkfn ea l ok, a inku dh gA
l hFku usgfj; k.k dh ikFkZuk ij fo|ky; ka dh LFkki uk rFk fo|ky; ka dks i kbur dju ds eku dka dk fue k.k
fd; kA l hFku us ftyk ikFked f'k{k dk; ðe ds vk; kst u ea l gk; d gA l kfk gh ; g d bnh; f'k{k
l ykgdkj ckMZ dh fofHku l fevr; ka dks 0; kol kf; d l gk; rk inku djrk gA l hFku us uk l okZ/kd
tul e[; k oky ns kka dh *l Hk ds fy, f'k{k l fevr* ds l xBu ea 'k{kd l gk; rk inku dhA

½½ idk'ku dk; ðe & l hFku 'k{kd fu; kst u rFk izkl u l s l e[kr fofHku idk'ku ka dks
idk'kr dj jgk gA bu ea i ðrd] i =& if=dk, ð ifronu vkfn i e[k gS %&

- 1- **iħrda&** ¼½ *, tɔdskɔ , .M nh U; w l ksky vkMj*] ¼i½ *fjoš/ykbfɔx Ldny dkeiyDI st bu bf.M; k*A
- 2- **if=dk,a&** l ĩFkku dh if=dk **kš{kɔd ; kstuk vŕš izkkl u* iæqk gA ; g fglnh rFkk vaxstħ nksuka Hkk"kvka ea izdf'kr gkrh gA
- 3- **ifronu &** l ĩFkku us fofHku i k; kstukvka ds ifronuka dks Hkh izdf'kr dj k; k gA
 ½½ **lg;ks &** ; g l ĩFkku fofHku jk"Vh; l xBuk&fo'ofok | ky; vuŕku vk; ksx jk"Vh; 'kš{kɔd vuq dkku , oai f'k{k.k ifj"kn] foKku , oavks] kšxd vuq dkku ifj"kn] ; kstuk vk; ksx] bāM; u bā.VhV; w vkM] ifcyd , MfefuLV3 ku] Hkkjrh; l keftd foKku vuq dkku ifj"kn] uš kuy bULVhV; w vkM] , lykbM esu i kbj fj l p] dħh; fo | ky; l xBu] i kš+f'k{k funš kky; vkfn l s l g; ksx , oa l Ecu/k j [krh gA ; g l ĩFkku vlrjzVh; l xBuka l sHkh ?kfu" B l Ecak j [krh gA buea; wšdš jhtuy] vkM]] cædkM] bULVhV; w vkM] , tɔdskuy lykfuax] ifj l] dkeu ošFk l fpoky;] ylnu vkfn iæqk gA
- ¼x½ **{ks-h; f'k{k l ĩFku &** ; g l ĩFkku v/; ki dka ds if'k{k.k ds {ks= ea dk; Zdjrk gA bl grqch , M- ds pkj o"kh; i kB; dæ vk; kštr djuk gA i k; kšxd 'kkyk dk izkkl u , oai wkz nkf; Ro ogu djuk gA bl 'kkyk ea if'k{kq v/; ki d v/; ki u dk vħ; kl djrs gA ; gka , e-, M- , oai h-, p-Mh- dk dkd Z Hkh djok; k tkrk gA
- ¼k½ **jk"Vh; v/; ki d f'k{k ifj"kn-&** ; g v/; ki dka ds if'k{k.k dk dk; Zdjrh gA 'kkl dh; f'k{k egkfo | ky; ka dh LFki uk jkT; ea 'kš{kɔd fodkl dh nřV l s dh xbZ gA ; g f'k{k egkfo | ky; 'kš{kɔd fodkl dh nřV l s dbZegROI wkZ dk; Zdj jgsgA bu f'k{k egkfo | ky; ka each, M- dk l okdkyhu v/; ki d if'k{k.k pyk; k tkrk gA ; g f'k{k egkfo | ky; fuEu gS &
- 1- Hkks ky & 'kkl dh; f'k{k egkfo | ky;] johUnz f'k{k egkfo | ky;] l šQ; k f'k{k egkfo | ky;] dšj; j f'k{k egkfo | ky;] l R; l kbZ efgyk f'k{k egkfo | ky; Hkks ky] , u-bZ, l - f'k{k egkfo | ky; gkš kackckn] tokgyky ug; f'k{k egkfo | ky; xatckl kšk ¼ofn'kkA
- 2- bUnš & fo'ofok | ky; f'k{k v/; ki u foHkx] 'kkl dh; f'k{k egkfo | ky; bUnšA
- 3- mTtš & 'kkl dh; f'k{k egkfo | ky;] ykdcku; fryd f'k{k egkfo | ky; mTtš] 'kkl dh; f'k{k egkfo | ky; nškl] 'kkl dh; f'k{k egkfo | ky; em l š] 'kkl dh; f'k{k egkfo | ky; jrykA
- 4- tcyij & 'kkl dh; f'k{k egkfo | ky; A uo; x egkfo | ky; A dškjokuh egkfo | ky; A jkT; foKku f'k{k l ĩFkuA gokcx efgyk f'k{k egkfo | ky; A l oZfgrdkfj.kh efgyk f'k{k egkfo | ky; A
- 5- l kxj & fo'ofok | ky; f'k{k egkfo | ky; l kxjA 'kkl dh; f'k{k egkfo | ky; [k.MokA 'kkl dh; f'k{k egkfo | ky; Nrji jA xkalkh eššj; y f'k{k egkfo | ky; xqkA
- 6- Xokfy; j & 'kkl dh; f'k{k egkfo | ky;] jktho xkalkh f'k{k egkfo | ky; A
- 7- jhok & 'kkl dh; f'k{k egkfo | ky; jhok] deyk ug; efgyk egkfo | ky; l rukA
 mijkDr ds vykok jhtuy dkyst vkM] , tɔdskɔ Hkks ky ea dk; j r-gA bl each, M- , oa , e-, M- dk if'k{k.k dk; Zpyrk gA

mi bdk& 2 ¼½

iBxr itu %

izu&3 uhi k ¼NUEPA½ dk D; k vFkZ gS

izu&4 jk"Vh; 'kS{k d vuq dkku , oa i f'k{k.k ijf"kn dh LFkki uk dh xbz gS %

¼½ I u-1947 ¼½ I u-1971 ea ¼ ½ I u-1961 ea ¼½ I u-1956 ea

izu&5 jk"Vh; 'kS{k d vuq dkku , oa i f'k{k.k ijf"kn dk; kzy; fLFkr gS %

¼½ Hkki ky ea ¼½ fnYyh ea ¼ ½ blntS ea ¼½ Xokfy; j ea

mi bdk& 2 ¼½

jkt; ,oa l Hkx Lrj ij l bFk, a

ykd f'k{k.k l pkyuky; & e/; insk ea jkt/kkuh Hkki ky ea 'kkyS f'k{k ds l pkyu rFkk ns[kjS[k grq 'kkyS f'k{k vk; DDr] l pkyd ykd f'k{k.k rFkk rhu vfrfjDr l pkyd] l a DDr l pkyd o vuq mi l pkyd] l gk; d l pkyd gkrs gA ; s l Hkh vk; DDr ykd f'k{k.k l pkyuky; ea dk; Z djrs gA l Hkx Lrj ds vf/kdkjh vFkZ~l a DDr l pkyd f'k{k} ftyk Lrj ds l pkyd vFkZ~ftyk f'k{k vf/kdkjh rFkk fodkl [k.M vf/kdkjh Lrj ds l Hkh vf/kdkjh ykd f'k{k.k l pkyuky; ds v/khu dk; Z djrs gA ykd f'k{k.k l pkyuky; ea f'k{k dka dh fu; DDr] LFkkur j.k] i eks ku] ij Ldkj rFkk f'k{k d dY; k.k dks bR; kfn dk l a wZ dk; Z l Ei lu gkrs gA buds i ed[k dk; Z fuEu gS %

- 1- 'kkykva ea Nk= l a; k ds eku l s f'k{k d mi yC/k djokuk , oa l kFk gh f'k{k dka dh inkdufr] ; DDr; DDr dj.k rFkk fu; DDr ds fy, ufr fu/kkZ .k djuka
- 2- uohu Ldwyka dh rFkk mRd"V fo | ky; ka dh LFkki uk djuka
- 3- l e; & l e; ij ; ksx i f'k{k.k vk; kS tr djuka
- 4- ekfl d [ksy dSys Mj dk fuekZk rFkk [ksy vf/kdkfj; ka dk i f'k{k.k djokuka
- 5- cpl cd ; kstuk rFkk Nk=ofRr forj.k ; kstuk dks l quf'pr djuka
- 6- i kFkfed l sydj mPprj ek/; fed Lrj rd ds l eLr f'k{k dka ij iz kkl fud fu; æ.k djuka ftyk , oa Cykkl Lrjh; iz kkl u & ftyk Lrj ij mi l pkyd viusftys dk fu; æ.k dnrZ vf/kdkjh gkrk gA ftys ds vlrxZ vkus okyh l Hkh 'kkykva ds l eLr dk; Z ; kstukva dk fdz klu; u] ij h{k fu jh{k.k bR; kfn buds v/khu gkrs gA i R; d Cykkl Lrj ij fefMy Ldwy rd dh f'k{k dk fu; æ.k vf/kdkjh] fodkl [k.M f'k{k vf/kdkjh gkrk gA bl ds v/khu l gk; d 'kkyk fujh{k d gkrs gA

jkt; f'k{k dñz ¼RSK½ %

jkt; Lrj ij , d jkt; f'k{k dñz dk xBu fd; k x; k gA bl dñz ea jkt; 'kS{k d vuq dkku rFkk i f'k{k.k ijf"kn] l pkyuky; i kS+f'k{k , oa jkt; ea i k j Hkd f'k{k grq dk; j r vl; i fj; kstukva dks foyhu fd; k x; k gA

jkt; f'k{k dñz dks ed; r% fuEu dk; ka ds fy, mRrjnk; h cuk; k x; k gS &

- 1- jkt; ds l eLr cPpka ds l h[kus ds Lrj dh xqkoRrk ea l qkj ds iz Ru djuka
- 2- i k j Hkd rFkk i kS+f'k{k grq i k B; dæ vkS i k B; i q rda fu/kkZ j r djuka
- 3- f'k{k ea xqkoRrk ds l qkj grq vuq dkku l ædkh dk; Z djuka

4 ekM; gyj if'k{k.k l kexh dks r\$ kj djus ea ftyka ds l kfk l ello; djuk , oa vko'; drkuq kj if'k{k.k dk; Zde vk; k\$tr djuka

5- ftyk f'k{k;k ;kstuk ds vk/kkj ij jkT; f'k{k;k ;kstuk r\$ kj dj ljdkj dks i\$ k djuka

6- ftyka dh okf"kd 'k\$kf.kd fj iks/Z ds vk/kkj ij jkT; dh okf"kd 'k\$kf.kd fj iks/Z r\$ kj djuka jkT; foKku f'k{k;k l hFku tcyij

bl l hFku dk l eak e/; insk f'k{k;k foHkkx l sgA ;g tcyij uxj ea fLFkr gA bl l hFku dk i e[k mnas; v/; ki dka dks foKku dk if'k{k.k inku djuk gA e/; insk ea foKku dh f'k{k;k dks fo'k\$ egRo fn; k tk jgk gA ;g l hFku bl mnas; dks ijk djus ea vi uk fo'k\$; kxnku nsjgk gA jkT; foKku f'k{k;k l hFku ds mnas; & jkT; foKku f'k{k.k l hFku ds fuEu mnas; gA &

1- foKku f'k{k;k dks mluf'r'khy cukus ds fy, 'k\$ k dk; Z djuka

2- f'k{k;d& if'k{k;dka , oa fujh{k;dka dks foKku f'k{k.k dh uohure fof/k; ka l s ifjpr djuka

3- if'k{k.k fo |ky; ka dks foKku fdVa inku djuka

4- l okjr f'k{k;dka ds fy, if'k{k.k dlnka dk l pkyu djuka

5- foKku l eakh jk"Vh; dir i qrdka dk y[ku dk; A

bl ds dk; ka dk fo'kn-o.ku fuEu izkj l sf; k g\$ &

1- foKku igyh ifr; k\$xr k & l hFku dk fof'k"V dk; Z jkT; Lrjh; foKku igyh ifr; k\$xr k vk; k\$tr djuk gA bl ifr; k\$xr k dk i e[k mnas; oKkfud ifrHkkvka dks [kstuk rFk mlga i k l kfr djuk gA i Fke pj.k ea Cykd Lrj ij , oa ftyk Lrj ij Nk=ka dk p; u fd; k tkrk gA f}rh; pj.k ea insk ds JSB Nk=ka dks 50-00 : i; sijLdkj dk iko/kku j [k x; k gA

2- ifrHkoku Nk=&Nk=kvka dks vkfkd yHk & ifrHkoku Nk=&Nk=kvka dks fuEu rjg vkfkd yHk igprk g\$ &

1/4 1/2 50 Nk=ka dks 100 : i; si frek dh Nk=ofRr; ka inku dh tkrh gA

1/2 1/2 Nk=ka dks vk/kfud rdudh dk Kku inku fd; k tkrk gA

1/3 1/2 foHkku oKkfud dlnka ij 'k\$kd Hke.k dk vk; kst u fd; k tkrk g\$ rkd mlga0; kogkj d Kku fey l dA

3- i klyj l kbUI cpl dklj & oKkfud l k{krk rFk ekufi drk ds ipkj vk\$ i l kj ds fy, bl l hFku ea i klyj l kbUI cpl dklj LFkfi r fd; k x; k gA bl cpl dklj eabl l e; 2357 i qrdami y/ k gA uxj ds 451 Nk=@Nk=k, abl l sykHk mBk jgs gA l Hkkx Lrj ij Hkh , s dklj [k\$ys tk jgs gA

4- foKku ikdZ & Nk=@Nk=kvka ea oKkfud Hkkouk tkr djus ds mnas; l sl hFku ea foKku ikdZ dk fuekz k fd; k x; k gA bl ds vllrxr foKku i kn'kz t\$ & l v vkd ifyl bUDykbUMlyBl t oLdj l kbDMukbM i kfk l h l h ckeZju vi fcYI] lyBl j ekeVt rFk E; fird ckDl vkfn j [kusdk iko/kku gA bl ds Hkrj tarqm | ku Hkh LFkfi r fd; k x; k g\$ ftl ear krk] dcrj] l Qn p\$ [kj x\$ k , oafeuhekmy j [k x; s gA

5- 10 \$ 2 foKku xf.kr f'k{k;d mle[khdj.k & ek/; fed Lrj ij *vk\$ ds jds l h [ka i) fr ij f'k{k;dka dks if'k{k.k fn; k tk jgk g\$, oamlga uohu fof/k; ka l svoxr dj; k tk jgk gA 10 \$ 2 Lrj

ij u; s v/; k; ka ds ckjs ea tkudkj h nh tk jgh gÅ dbZ uohu fof/k; ka ds l kFk egkfo | ky; h f' k{k dka ds l g; kx l s i n' s k ds fofHkUu vpyka ean k s Lrj ka ij i f' k{k. k dk; Zæ vk; k s tr fd; k x; k gÅ i Fke Lrj ij n l oha d{k k ds i k B; æ dks vDVu j & uoæ j vodk' k ea i w k z fd; k tkrk g s rks n i j k ckj goha d{k k ds i k B; æ dks x h' ekodk' k eÅ

6- , LVk u k l e d y Dyc & bl o" k z l l Fkku ea , d , LVk u k l e d y Dyc dk Hkh x Bu g p k g s f t l ea l l r k g ea , d j k f = d k s n i j n' k h z dh enn l s f o f H k U u u { k = k } r j k a dh l F k f r v k f n dk v / ; ; u d j k ; k t k r k g Å

7- j k T ; L r j h ; f o K k u e y k & l l F k k j k T ; ' k k l u r F k k , u - l h - b z v k j - V h - u b z f n Y y h ds l a p r r R o k o / k k u ea i f r o " k z f o K k u e y s d k v k ; k s t u d j r h g Å b l ds v l r x z l H k k x h ; L r j i j p ; u h d r f o K k u e k M y k a d h i n ' k z h j f o K k u u k f v d k , j f o K k u n k s l r k r d k f y d H k k " k . k i f r ; k s x r k j f ' k { k . k l g k ; d l k e x h v k s f o K k u D y c v k f n l s l æ f i / k r dk ; Z æ k a dh i f r ; k s x r k , a v k ; k s t r dh t k r h g Å b u l s j k " V h ; L r j i j H k h , d f o " k ; p p k t k r k g Å

8- j k T ; L r j h ; H k " k . k i f r ; k s x r k & j k T ; ' k k l u r F k k u g : f o K k u U ; f r t ; e e f c b z ds l a p r i z R u l s i f r o " k z b l i f r ; k s x r k dk vk ; k s t u g k r k g Å b l i f r ; k s x r k ea l H k k x h ; L r j i j p ; f u r N k = @ N k = k , a H k k x y r s g Å b l ea i Fke vk ; s N k = @ N k = k v k a d k s j k " V h ; L r j dh i f r ; k s x r k ea H k s t k t k r k g Å

9- x f . k r v l y f e i ; M M & j k T ; ' k k l u , o a H k k j r l j d k j ds i j e k . k q Å t k z } j k j l F k k f i r m P p x f . k r c k M z } j k j , d j k " V h ; L r j dh x f . k r i f r ; k s x r k ds vk ; k s t u dh o g n - d k ; Z l l F k k u d j j g k g Å ; g i f r ; k s x r k n k s p j . k k a ea i w k z dh t k r h g s & 1/4 1/2 i Fke j k T ; L r j i j l a w k z i n' s k ds 13 d l n k a d s e k / ; e l s j k T ; H k j ds x f . k r ds N k = @ N k = k , a b l ea H k k x y s l d r s g Å 1/2 1/2 f } r h ; p j . k ea j k " V h ; L r j i j i f r ; k s x r k ea ' k k f e y g k r s g Å j k " V h ; L r j i j p ; f u r N k = @ N k = k v k a d k s N k = o f R r dk H k h i k o / k k u g Å

10- n' ; & J O ; i f r ; k s x r k & l l F k k u } j k j j k T ; L r j h ; n' ; & J O ; i f r ; k s x r k dk vk ; k s t u fd ; k t k r k g Å l H k k x l s p u s x ; s i f r ; k s x h b l i f r ; k s x r k ea H k k x y r s g Å r F k k f ' k { k . k l k e x h l æ d k h p k V z v k f n dk f u e k z k d j r s g Å

e/; i n' s k i k B ; i q r d f u x e

e/; i n' s k ' k k l u } j k j x f B r ; g l l F k k L o k ; R r ' k k l h l l F k k ds : i ea d k ; Z d j r h g Å ; g d { k k 1 l s 8 r d dh i q r d k a d k i z d k ' k u d j r h g Å ; g f u x e L o ; a i q r d a r s k j d j k d j i z d k ' k u d j r k g Å e/; i n' s k ea i k B ; & i q r d k a ds j k " V h ; d j . k dh f n ' k k ea l u - 1953 b z l s g h dk ; Z ' k q g k s x ; k g Å i w z ea ; g dk ; Z y k d f ' k { k . k l p k y u k y ; } j k j fd ; k t k r k F k k A l u - 1968 b z ea e/; i n' s k i k B ; i q r d f u x e dh l F k k i u k g p Å e/; i n' s k ' k k l u j f ' k { k f o H k k x d s f u . k z ds i f j i f ; ea e k / ; f e d f ' k { k e . M y dh d { k k 9 } 10 r F k k 11 ea f u / k k z j r f g U n h dh f o f ' k " V i k B ; i q r d k a d k i z d k ' k u H k h f u x e } j k j fd ; k x ; k g Å ; g dk ; Z v l u ; f o " k ; k a , o a d { k k v k a d s f y , t k j h g Å

fuxe ds x Bu j fu ; æ . k , o a f d z k l o ; u ds f y , l k / k j . k l H k k v k s ' k k l u e . M y e d ; : i l s m R r j n k ; h g k r s g Å f o } k u l f e f r j f o " k ; f o ' k s k K l f e f r j e w ; f u / k k j . k l f e f r j l d h f u a x d e s h , o a i s u Y V h d e s h dk H k h x Bu fuxe us l q k j v k s l e ; i j i z d k ' k u d j k u s d s f y , fd ; k g Å

1- I k/kj .k I Hkk & fuxe dh ; g I okā fj I Hkk gš tksfd ml dh uhfr rFkk ; kstukvka ij dk; Zdjrh gS , oa Hkkoh fodkl dk; Zdeks I ædk ea fu.kz; nrh gā fuxe ds okf"kd ifronu] vad{k.k k ifdz kj ctV vuøku] vkMVI Z dh fu; qDr , oa 'kkl d e.My }kjk išk vl; fo"ka ij Hkh fu.kz nrh gā I k/kj .k I Hkk eady 22 I nL; gš ftuea 12 I nL; insu gārFkk 10 I nL; ka dk euksu; u e/; inšk 'kkl u] f'k{k foHkkx djrk gā euksur fd; s tkusokys I nL; ka ea I s6 I nL; v'kkl dh; {ks=ka I sgksr gā euksur I nL; ka dh vof/k euksu; u fnukad I s I k/kj .k I Hkk dh vof/k ds I kFk 3 o"z gksr h gā

insu I nL; &

| | | |
|-----|--|-----------|
| ¼½ | f'k{k ea=h | v/; {k |
| ½½ | jkT; f'k{k ea=h | mi k/; {k |
| ¾½ | f'k{k I fpo | |
| ¼½ | foRr I fpo | |
| ½½ | vk; qR ykd f'k{k.k | |
| ¾½ | v/; {k] ek/; fed f'k{k e.My | |
| ¼½ | I pkyd jkT; f'k{k I ĀFku | |
| ¾½ | I pkyd jkT; foKku f'k{k I ĀFku tcyig | |
| ¼½ | fu; æd 'kkl dh; epz kky;] Hkks ky | |
| ¼0½ | I pkyd] vkfne tkfr dY; k.k foHkkx | |
| ¼1½ | I pkyd e/; inšk ikB; i qrd fuxe | |
| ¼2½ | {ks=h; I ykgdj ¼NCERT½ , oa 6 v'kkl dh; I nL; vkš 4 euksur I nL; A | |

2- 'kkl d e.My & fuxe ds i z kkl u] fu; æ.k rFkk dk; ka ds okLrfod fdz kJo; u I s I æā/kr I Hkh rjg ds dk; Z , oa vf/kdj 'kkl u e.My dks ikr gā 'kkl u dh i wZ Lohdfr I s fu; e cukuk] mi fu; e cukuk] /ku dh 0; oLFkk djuk] 0; ; ij fu; æ.k djuk] I ā FRr dk dz &fodz djuk , oa okf"kd rFkk i qj h{k.k ctV] vuøku cukuk vkfn 'kkl d e.My ds egROI wZ dk; Z gā

bl ds vykok fuxe gsrq inka dh Lohdfr] vf/kdj; ka rFkk de p k j ; ka dh fu; qDr; k v/ vf/kdj; ka dks vf/kdj inku djuk vkfn I Hkh 'kkl d e.My }kjk fd; k tkrk gā ikB; i qrd ka ds I ædk ea 'kkl u dks I yk nsuk] i qrd ka ds eV; fu/kkZjr djuk] mudsforj .k dh 0; oLFkk djuk vkfn dk; Z Hkh 'kkl d e.My }kjk fu; ā=r fd; s tkrs gā

'kkl d e.My ea 12 I nL; gksr gš ftuea 10 I nL; insu rFkk nks I nL; euksur gksr gā bu 2 I nL; ka dk euksu; u 'kkl u }kjk I k/kj .k I Hkk ds I nL; ka ea I sfd; k tkrk gā

| | | |
|----|-----------------------------|-----------|
| ¼½ | f'k{k ea=h | v/; {k |
| ½½ | jkT; f'k{k ea=h | mi k/; {k |
| ¾½ | f'k{k I fpo | I nL; |
| ¼½ | foRr I fpo | I nL; |
| ½½ | vk; qR ykd f'k{k.k | I nL; |
| ¾½ | v/; {k] ek/; fed f'k{k e.My | I nL; |
| ¼½ | I pkyd jkT; f'k{k I ĀFku | I nL; |

| | | |
|-------|---|-------|
| 1/8½ | I pkyd jkT; foKku f'k{k I hFkk tcyig | I nL; |
| 1/9½ | fu; æd 'kkl dh; eqz kky;] Hkksi ky | I nL; |
| 1/10½ | I pkyd e/; insk ikB; i qrd fuxe | I nL; |
| 1/11½ | 'kkl dh; I nL; &I k/kkj.k I Hkk I s euksuhr | I nL; |
| 1/12½ | 'kkl dh; I nL; &I k/kkj.k I Hkk I s euksuhr | I nL; |

3- **fo}ku I febr & ikB;** i qrdka, oaf'k{k.k I kexh dh j pukj 'kksk vkfn I Hkh dk; ka'ea'kkl d e. My dks I qko nsusgrqfo} tuka dh I febr fu; qrdh tkrh gA i qrdkadsy[ku] I a knu] fp=ka du , oai fjekt u vkfn dh ikfjJfed nja fu/kkzjr djusgrqrFkk i qrdka dk vkdkj vj Vkbi vkfn ea ekxh'ku] I a kksku , oai fjor u fuf'pr djusrFkk fuxe dh i qrdka ea xqkkRed fodkl djusgrqI qko nsusdsfy, bl I febr dh cBdavko'; drkuq kj I e; &I e; ij cyk; h tkrh gA bl I febr ea 11 I nL; gksrsg ftuea 5 I nL; insu gksrsg, oa 6 I nL; ka dk euku; u 'kkl d e. My ds I nL; ka }kjk fd; k tkrk gA

4- **fo"k; fo'kK I febr & iR;** d fo"k; I s I a/kr ikB; i qrdka grqy[kdk] I a knu vkfn dk p; u , oamuds }kjk fy[kh xbz ik. Mifyfi ; ka dk ijh{k.k djusgrq, d&, d I febr xBr dh xbz gA bu I febr; ka ea fo"k; ds fo'kK ka dk I eko'k fd; k x; k g ftuea i kFfed Lrj I segkfo | ky; h Lrj dsf'k{kd gksrsgA

5- **eW; fu/kk.k I febr & fuxe }** }kjk izdf'kr dh tkusokyh i qrdka rFkk vU; I kexh dk eW; k fu/kkzjr djusgrq; g I febr 'kkl d e. My dks I qko nrh gA

6- **Ldfux I febr & fuxe }** }kjk izdf'kr dh tkusokyh ikB; i qrdka, oa dol Zdsenzkj vka=r dh xbz fufonvka dk I e ijh{k.k djuk vj eqz k dk; Z vkaVr djusgrq 'kkl d e. My dks vuqka k djuk] bl I febr dk e; dk; Z gA eqz k I a/kr ufr; k/Hkh bl h I febr }kjk r; dh tkrh gA

7- **isYVh I febr & ; g I febr eqzka }** }kjk fd; s x; s dk; ka ea foye] eqz k =qV; k/W, oafuEu Lrjh; eqz k vkfn dh Nkuchu dk dk; Z djrh gsrFkk eqzka ij n.M vf/kjksi r djusgrq 'kkl d e. My dks fl Qkfj'k djrh gA

e/; insk ikB; i qrd fuxe ds dk; Z

e/; insk ikB; i qrd fuxe ds fuEu dk; Z gA &

1- I keku; f'k{k ds Lrj ea mlu; u ds mnas; ka dks /; ku eaj [krsqg fofHku Lrjka ds ikB; de dk fuezk rFkk fodkl djukA

2- f'k{k dk id kj rFkk vfHkof) fo'kK dj i kFfed vj ek/; fed f'k{k ds fy, ; ksnku nsukA

3- ikB; & i qrd fuezk] eW; ka du izkkyh rFkk f'k{k I s I a/kr vU; I gk; d I kexh I s I a) , d h vuq alku ; kstuk, agkFk ea ysuk ftul sf d f'k{k ds I kekfd Lrj ea mlu; u gA

4- 'kkl u }kjk Lohdr ikB; i qrdka dsenzkj izd'ku] forj.k rFkk I y/Hk eW; ka ij mudsfodz dh 0; oLFkk djukA

5- 'kky; i qrdka f'k{k id ekxh'kzdkv] vH; kl i qrdkvka rFkk I hFkvka ea i Bu&ikBu I s I a/kr vU; I gk; d 'k{k id I kexh dk fuezk djuk , oa i kRl lgu nsukA

6- ikB; de eW; ka du ijh{k izkkyh ea I qk] ikB; i qrdka rFkk vU; I gk; d I kexh I s I a/kr ekeyka ea 'kkl u , oa vU; vf/kdr I hFkkuka dks I yk nsukA

- 7- f'k{k ds l exz {ks= ea mi ; kxh l kfgR; ds epnz k] forj .k rFkk fodz dh 0; oLFkk djuka
- 8- 'kkl u }kjk fu/kkZjr i k B; d e ds vu d kj fofHkUu Hkk"kkvka eafofHkUu fo" k; ka dh i qrdafy [kusdsfy, ; kx; ys[kdka dks i kkl kgu ndj mudh l ok, ai klr djuk rFkk bl njg fufe h i qrdkads i dk' ku dsfy, 'kkl u l s Lohdfr i klr djuka
- 9- i kFkfed] ek/; fed ; k fd l h vU; f'k{k Lrj ds i k B; d e ea l qkkj dsfy, 'kksku ; kst uk, acukdj fdz kUo; u djuka
- 10- fcuk ykHk gkfu ds fl) kar ij fuxe ds i dk' kuka % i k B; i qrdkar Fkk vU; l kexh dk % eW; fu/kkZjr djuka

f'k{k euksoKku , oa l m'ku egkfo | ky; tcyij

- 1- LFki uk & ; g egkfo | ky; , d Loræ l h Fkk ds : i ea 10 fl ræj] 1972 dks LFkfi r gukA bl ds i wZ ; g 'kkl dh; f'k{k egkfo | ky; tcyij tksfd ml l e; i karh; f'k{k .k egkfo | ky; dsuke l s tkuk tkrk Fkk] ds vUrx h fofHkxka ea l s , d *euksoKku fofHkx* dsuke l s 1947 l s 9 fl ræj] 1962 rd jgkA
- 2- mnas ; & % 1/2 0; kogkfj d euksoKku dh LukrdkRj d {kkvka ds i k B; d e ea f'k{k .k nsuka % 1/2 mPprj ek/; fed f'k{k ds fofHkUu vax 'k{kf .kd rFkk 0; kol kf; d ekxh' kU ea f'k{kdk] dsj ; j ekLVjka , oa vU; dk; ZrkZvka dks i f'k{k .k nsuka % 1/2 fofHkUu l h Fkkvk] tS & jkst xkj dk; kZy; k] 'kkykva rFkk egkfo | ky; ka }kjk Hkst s x; s ckydka vkj uo; pdka dks 0; kol kf; d tkudkj h] 0; kol kf; d , oa 'k{kf .kd l m'ku rFkk ijke' kZ l ok, a mi yC/k djuka % 1/2 'kkykva ea l m'ku dk; Zgs qeuksoKku i jh{k .kka dk fodkl djuka
- 3- l xBu , oadk; Z & f'k{k euksoKku rFkk l m'ku egkfo | ky; , d fof'k"V i f'k{k .k l h Fkk gS tks fd l pkyd ykd f'k{k .k e/; ins k] Hkks ky ds fu; æ .k ea gA bl l h Fkk dk dk; Z fuEu rhu fofHkxka ea fofHkfr gS ftuea l s i R; d dsfy, i Hkksjh vkpk; Z g&
- % 1/2 LukrdkRj v/ ; ; u fofHkx & ; g l h Fkk fo | kfkZ ka dks , e , - 0; kogkfj d euksoKku i k B; d e ea i f'k{kkr dj jgh gS , oa vkj kfxd l ekt dk; Z l m'ku vkj ijke' kZ f'k{k rFkk fpdfR l h; dk; Z dh l eL; kva ij 0; kogkfj d cy fn; k tkrk gA
- % 1/2 0; kogkfj d l m'ku dlnz & ; g l h Fkk mPprj ek/; fed 'kkykva eafolrkj l ok dk; Z djrh gA bl ds vrfjDr dsj ; j ekLVj % kkyk l m'kZ % i kpk; Z rFkk f'k{k dsfy, vuqFki uk dk; Z , oavYi dkyhu i f'k{k .k dk; Z dka dk l pkyu djrh gA
- % 1/2 i jh{k .k rFkk vuq dku fofHkx & bl l h Fkk ea euksoKkfud i jh{k .kka dk fueZk , oa fodkl vkj eW; kdu iz kky; ka dk fodkl fd; k tkrk gA l kFk gh l kelftd , oa euksoKkfud l eL; kva ij vuq dku fd; k tkrk gA
- 4- i f'k{k .k fFkZ & i R; d o"z ea , e , - 0; kogkfj d euksoKku dh d {kk ea 30 fo | kfkZ ka dks i d s k nsus dk i ko/kku gA
- 5- i k B; d e rFkk vof/k & , e , - 0; kogkfj d euksoKku i k B; d e f } o"khZ LukrdkRj i k B; d e gS , oa tcyij fo'of o | ky; l s l e) gA
- 6- dk; Z l s & l a wZ e/; ins ka
- 7- i f'k{k .k fFkZ p; u ifdz k & i R; d o"z tu ekg ea l pkyd] ykd f'k{k .k] e-iz Hkks ky }kjk

fofHkUu iæ[k l ekpkj&i=kaeafokki u iðkf'kr fd; k tkrk gš ftl ea, e-, - 0; kogkfjd eufokku iKB; dæ
 ea iðsk dsfy, vkonu&i = vkefi=r fd; s trks gÅ bu vkonu&i =kadn nkuchu djds i R; kf'k; kadksp; u
 l fefr ds l keus l k{kRdkj dsfy, cyk; k tkrk gš, oamudh ; kx; rk ds vk/kkj ij iðsk fn; k tkrk gÅ
 i wZ i kFkfed if'k{k.k l ÆFku & jkT; 'kš{k d vuq ðkku rFkk if'k{k.k ifj"kn~ ds vUrxr jkT; ds l Hkh
 'kkl dh; rFkk v'kkl dh; cfu; knh f'k{k k if'k{k.k l ÆFku jkT; dk 'kkl dh; i wZ i kFkfed if'k{k.k l ÆFku
 tcyij rFkk jkT; ds vU; v'kkl dh; i wZ i kFkfed if'k{k.k l ÆFku&i wZ i kFkfed d{kvkæav/; ki u djkus
 okys f'k{k dka dks i f'kf{kr djrs gÅ

'kkl dh; f'k{k egkfo | ky; & 'kkl dh; f'k{k egkfo | ky; ka dh LFkki uk jkT; ea 'kš{k d fodkl dh
 nf"V l s dh xbz gÅ ; g f'k{k egkfo | ky; 'kš{k d fodkl dh nf"V l s dbz egROI wZ dk; Z dj jgs gÅ bu
 f'k{k egkfo | ky; ka each, M- dk l ðkdkyhu v/; ki d if'k{k.k pyk; k tkrk gÅ ; g f'k{k egkfo | ky; fuEu
 gš &

1- Hkksi ky & 'kkl dh; f'k{k egkfo | ky;] j oHnz f'k{k egkfo | ky;] l šQ; k f'k{k egkfo | ky;] dšj; j
 f'k{k egkfo | ky;] l R; l kbz efgyk f'k{k egkfo | ky; Hkksi ky] , u-bz, l - f'k{k egkfo | ky; gš kackckn]
 tokgyky ug: f'k{k egkfo | ky; xatckl kšk 'fofn'kkVA

2- blnkš & fo'of | ky; f'k{k v/; ki u foHkx] 'kkl dh; f'k{k egkfo | ky; blnkš A

3- mTtš & 'kkl dh; f'k{k egkfo | ky;] ykdekl; fryd f'k{k egkfo | ky; mTtš] 'kkl dh; f'k{k
 egkfo | ky; nškl] 'kkl dh; f'k{k egkfo | ky; enl šj] 'kkl dh; f'k{k egkfo | ky; jrykA

4- tcyij & 'kkl dh; f'k{k egkfo | ky; A uo; q egkfo | ky; A dškjokuh egkfo | ky; A jkT;
 foKku f'k{k l ÆFkuA gokcx efgyk f'k{k egkfo | ky; A l oZ fgrdkfj .kh efgyk f'k{k egkfo | ky; A

5- l kxj & fo'of | ky; f'k{k egkfo | ky; l kxjA 'kkl dh; f'k{k egkfo | ky; [k.MokA 'kkl dh;
 f'k{k egkfo | ky; NrjijA xkakh eekšj; y f'k{k egkfo | ky; xpkA

6- Xokfy; j & 'kkl dh; f'k{k egkfo | ky;] jktho xkakh f'k{k egkfo | ky; A

7- jhok & 'kkl dh; f'k{k egkfo | ky; jhok] deyk ug: efgyk egkfo | ky; l rukA

mijDr ds vykok jhtuy dkyst vKQ , tuds ku Hkksi ky eadk; jr-gÅ bl each, M- , oa, e-, M- dk
 if'k{k.k dk; Z pyr k gÅ

buds iæ[k dk; Z fuEu gš %&

1- l ðkdkyhu ch, M- rFkk , e-, M- if'k{k.k dk; Zæ djukA

2- f'k{k ds {k= ea vuq ðkku djukA

3- DIET rFkk RŠ ds chp l ello; LFkfi r djukA

'kkjhfjd f'k{k fo | ky; & e/; inš ea Xokfy; j ea rkr; k Vki k 'kkjhfjd f'k{k egkfo | ky; LFkfi r gÅ
 bl egkfo | ky; ea fuEu nks iKB; dæ dk l pkyu gš k gš &

¼½ iek.k&i = iKB; dæ rFkk ½½ LukrdkRj i; ki kf/k iKB; dæ

bueal siR; d iKB; dæ grqif'k{kFkz kadn dy l æ; k rFkk foHkxh; if'k{kFkz ka rFkk foHkxkRj
 if'k{kFkz kadn l æ; k dk vuq kr foHkx l e; & l e; ij fuf'pr djrk gÅ

iðsk dsfy, vgrk, a%

1/2 iek.k&i= iB; dE & ek/; fed iek.k&i= ijh{kk vFkok fdl h l erq; mPprj ijh{kk ea mRrh.kA

1/2 i; k/k iB; dE & Lukrd vFkok l erq; ijh{kkA vk; q l hek 18 o"z l s de rFkk 30 o"z l s vf/kd ughagluk pkfg, A ij fo'kSk : i l s; kX; mEehnokjka ds ekeyka ea i kpk; ZT; knk vk; q dh l hek dks f'kFky dj l dskA

l hFkk ea i dSk yus grq'kjhfd nf"V l s; kX; gkus dh ijh{kk djkuh gksh rFkk ml dk p; u , d h ijh{kk ds ifj.kke ij fuhtj gskA

'kjhfd i'k{k.k 1/2 Qftdy Vtu 1/2 iek.k&i= ijh{kk %

bl ijh{kk ds fy, insk eans 'kjhfd i'k{k.k egkfo|ky; f'koijh rFkk isMR 1/2 cykl ij 1/2 vc NRrh x<+ insk eagA

iB; ; ktuk &

1/2 l dard ijh{kk

iz u&i= fo"k;

- 1- fil iy , .M fgLVh vkid fQtdy , tpsku
- 2- fQtdy , tpsku dk eukfoKku
- 3- eFMT] vksukbtsku , .M , MfekuLVs ku vkid fQtdy , tpsku
- 4- , ukV{h} fQft; ksyk{h , .M gYFk , tpsku
- 5- vkid f'k; fVx , .M dks pa

1/2 i DVy fldYl bu fQtdy , tpsku

1/2 'kjhfd f'k{k dh v/; ki u ; kX; rka

vkly Hk"kk f'k{k.k l hFkk & ; g l hFkk insk ea i kFfed Lrj l sydj mPprj ek/; fed Lrj rd vaxst ds v/; ki u ds {ks= eadk; Z djrk gA bl ds ied[k dk; Z fuEu gA &

- 1- jkT; dh i kFfed Lrj l sydj mPprj ek/; fed 'kkykva ea vaxst ds v/; ki u ea l dkkj djukA
- 2- jkT; dh l eLr 'kkykva ds vaxst h'k{kdk dks vaxst fo"k; dh vk/kqud f'k{k.k i) fr; ka l svoxr djuk rFkk i'k{k.k nsukA
- 3- vaxst fo"k; ds v/; ki u ds fy, i dard rFkk f'k{k.k l kexh fuekZk djukA

ftyk f'k{k i'k{k.k l hFkk & jk"Vh; f'k{k uhfr] o"z 1986 dsegROI wZ nLrkost ea bu l hFkkva ds ckjs eadgk x; k gSfd ; s l hFkk, a i j jkxr f'k{k.k i'k{k.k i) fr ea vkey&py ifjorZ dj f'k{k id f'k{k.k dks l kFkd cuk; xhA ftyk f'k{k rFkk i'k{k.k l hFkk] e/; insk ds 45 ftyka ea LFkfi r fd; sx; sgA bu l hFkkva ds ek/; e l s i dZ l okdkyhu f'k{k id f'k{k.k rFkk l okdkyhu f'k{k id f'k{k.k , oa vU; f'k{k id f'k{k.k dk; Zle l EiUu fd; s tkrsgA

MkV 1/2.D.I.E.T.1/2 dh LFkki uk & jk"Vh; f'k{k uhfr] 1986 eafu/kkZj r f'k{k uhfr ds v/khu vDVm j l u~1987 dks ftyk f'k{k rFkk i'k{k.k l hFkkuka dh LFkki uk dk dk; Z'kq gq/kA bu l hFkkuka dh LFkki uk dk mnas; i kFfed rFkk i kS+f'k{k ds {ks= ea vi uk; h x; h foFkUu uhfr; ka , oa dk; Zleka dks fupys Lrj ij l Qyrk grq'k{k id vj l r i j d l g; sx inku djuk gA bu mnas; ka ds l kFk tui nka ds i kFfed Lrjh; fo|ky; ka l s l for {ks=k} f'k{k id f'k{k fujh{kdk vkn dh fo f'k"V vko'; drkva , oa l eL; kvka dks nf"V

ea j [kdj mlgavi s{kr 'k{s{k d l gk; rk rFkk funžku inku djus dsl kFk&l kFk l ek/kku i s k djus dk dk; Z
f tyk f'k{k k vlsj i f'k{k.k l l.Fkkuka }kjk i Lrkfor gA

MkbV ½D.I.E.T.½ ds fofHku foHkkx & MkbV ds mi jkDr dk; ka dks l pk: : i l s pykus gsq
bl l l.Fkku ea fuEu foHkkx gkrs gA &

¼1½ l ōki ml v/; ki d i f'k{k.k foHkkxA

¼2½ dk; kUtko foHkkxA

¼3½ i k{s+f'k{k , oa vukš pkfjd f'k{k fo" k; d f tyk l k/ku bdkbA

¼4½ l ōkjr dk; žE] {k=h; l i dZ , oa iDrž l ello; foHkkxA

¼5½ i kB; dE l kexh fodkl rFkk eW; ka du foHkkxA

¼6½ 'k{s{k d i kš] kšxdh foHkkxA

¼7½ fu; kstu rFkk i cdku foHkkxA

MkbV ½D.I.E.T.½ gsqekuoh; , oa Hkšrd l i k/ku & f tyk f'k{k rFkk i f'k{k.k l l.Fkku gsq
i Lrkfor ekuoh; vlsj Hkšrd l i k/ku dks ge nks Hkška ea foHkDr dj l drs gA

¼d½ MkbV ½D.I.E.T.½ ds fofHku foHkkxka ds fy, i Lrkfor vf/kdkjh rFkk de pkjh & i R; d
f tyk f'k{k rFkk i f'k{k.k l l.Fkku ea , d i kpk; Z , oa LVŠks dk , d in gA bl ds vykok fofHku bdkbž ka ea
dk; žr vf/kdkj; ka vlsj de pkj; ka dk foj.k fuEu rjg gA

1- l ōki ml v/; ki d i f'k{k.k foHkkx & bl ea , d mi i kpk; ž vkB iDrk , oa , d iz kš'kkyk l gk; d
dk in 'kfy gA

2- dk; kUtko foHkkx & bl ds vlxž , d ofj"B iDrk] , d iDrk , oa , d dk; kUtko f'k{k d dk in
'kfy gA

3- i k{s+f'k{k rFkk vukš pkfjr f'k{k fo" k; d f tyk l k/ku bdkbž & bl ea , d ofj"B iDrk] pkj iDrk]
, d vk'kyfi d , oa , d fyfi d dk in 'kfy gA

4- l ōkjr dk; žE] {k=h; l i dZ , oa iDrž l ello; foHkkx & bl ds vlxž , d ofj"B iDrk] , d
iDrk , oa , d fyfi d dk in 'kfy gA

5- i kB; dE l kexh fodkl rFkk eW; ka du foHkkx & bl ds vlxž , d ofj"B iDrk , oa , d iDrk
dk in 'kfy gA

6- 'k{s{k d i kš] kšxdh foHkkx & bl ds vlxž , d ofj"B iDrk] , d iDrk , oa , d rdudh fo'kšK
dk in 'kfy gA

7- fu; kstu , oa i cdku foHkkx & bl ds vlxž , d ofj"B iDrk] , d iDrk , oa , d l kA; d dk in
'kfy gA

8- i rdky; foHkkx & bl ea , d i rdky; k/; {k , oa , d fyfi d dk in 'kfy gA

9- iz kkl fud foHkkx & bl ds vlxž , d dk; kž; v/kh{k d] , d yškkdkj , oa i kš] fyfi d ¼tuea
, d Nk=kokl ds fy, ½ ds in 'kfy gA

bl rjg , d f tyk f'k{k rFkk i f'k{k.k l l.Fkku ea 1 i kpk; ž 1 mi i kpk; ž 6 ofj"B iDrk] 17 iDrk] 1
dk; kUtko f'k{k d] 1 rdudh fo'kšK] 1 i rdky; k/; {k] 1 l kA; d] 1 dk; kž; v/kh{k d] 11 fyfi d oxhž
in & yškkdkj] fyfi d] iz kš'kkyk l gk; d] i kpk; Z dk vk'kyfi d , oa 6 i f jpkj dka ds orudE ds in gA

bl rjg iR; d MkbV ea dgy inka dh I [; k 48 g&

¼k½ MkbV ¼D.I.E.T.½ ds Hkk&rd I kku/ku & MkbV ds Hkk&rd I kku/ku fuEu g&

¼l½ I hFku dk ifjošk LoPN , oaLoLFk gkuk pkfg, A dk; kZtko ds vUrxr df"k gksudh n'kk ea5 , dM+ Hkfe dh mi yC/krk vfuok; Z g&

¼2½ I hFku ds Hkou dk {ks=Qy ftI ds vUrxr I Hkkxkj] okpuky; d{k] dk; kZtko d{k] d{k&d{k] vf/kdkfj; k] i kpk;] i dDrk ds d{k vkfn 'kkfey gk] 6]000 oxDv/ gkuk pkfg, A

¼3½ MkbV eadk; jr de l sde 50 ifr'kr depkj h gsrq] 2] 3] 4 Vkbi ds vkokl dh I fo/kk okNuh; g&

¼4½ if'k{k. kfkz; ka ds fy, vko'; d I fo/kk vka l s; Dr , d Nk=kokl dh I fo/kk Hkh t: jh g& bl ds vykok dk"Bki dj. k ¼Quhpj½ I kt&I Ttk rFkk vU; midj.ka dh I epr 0; oLFk vR; r vko'; d g& ftyk f'k{k rFkk if'k{k. k I hFku ds dk; Z

MkbV ¼D.I.E.T.½ ds fuEu dk; Z g&

1- ftyk Lrj ij f'k{k d if'k{k. k dh 0; oLFk djuka

2- dk; Z kkyk] I Eesyu] I ehukj vkfn dk vk; kstu djuka

3- v/; ki dka gsrq 'k{k d ifr; k&xrkvka dk vk; kstu djuka

4- ftyk Lrj ij 'k{k dk; Z djuk , oafTys ds v/; ki dka dks bl dk; Z gsrq i k] kfg djuk vk] bl dk; Z ea t: jh enn inku djuka

5- f'k{k d if'k{k. k dks 0; kogkfj d cukuk , oamI sokLrfod f'k{k. k I s l e/kr djuka

6- f'k{k dka gsrq l rr , oa l okdkyhu if'k{k. k dh 0; oLFk djuka

7- vuk] pkfj d f'k{k d bnta ds vuq] kdka rFkk i; b]kdka gsrq l oki wkz vk] i k&+ f'k{k d bnta , oa l okdkyhu if'k{k. k dh 0; oLFk djuka

8- fo | ky; ka ds i zkkuk/; ki dka gsrq l hFkxr fu; kstu] i zaku , oa l e fu; kstu ds fy, if'k{k. k vk] vfkuohdj. k dk; Z e l pkfy djuka

9- fo | ky; I dgyka , oafTyk f'k{k ckMka dks l g; kx inku djuka

10- i kFfed fo | ky; k] vij i kFfed fo | ky;] vuk] pkfj d f'k{k , oa i k&+ f'k{k dk; Z eka gsrq eW; kadu d bnz ds : i ea l ok, ami yC/k djuka

11- f'k{k dka , oa vuq] kdka gsrq l kku d bnz ds : i ea l ok, ami yC/k djuka

MkbV ¼D.I.E.T.½ dh ok"kd dk; Z; kstuk dk i Lrkfor i k: i & MkbV ¼D.I.E.T.½ dh ok"kd dk; Z; kstuk dk i k: i fuEu g&

1- i kFfed fo | ky; ka ds f'k{k dka gsrq fo' k"V dk; Z eA

2- vij i kFfed fo | ky; ds Hk"kk] xf.kr] foKku , oa l kelftd v/; ; u fo"k; ka ds f'k{k dka gsrq dk; Z eA

3- i zkkuk/; ki dka gsrq i e[k dk; Z eA

4- mi; Dr oxka gsrq vYi vof/k ds fo' k"V fo"k; ka l s l e/kr dk; Z eA

5- fo | ky; I dgyka , oa fodkl [k. M Lrjh; fujh{k dka gsrq i f'k{k. k dk; Z eA

6- I hFku l s ckj vU; d bnta ea dk; Z djus okys l nHkZ 0; fDr; ka gsrq i f'k{k. k dk; Z eA

7- i k s + f ' k { k k r F k k v u l s p k f j d f ' k { k k d e p k f j ; k a g r q l o k i w k z v k s j l o k d k y h u i f ' k { k . k d k ; z d e A

8- i k s + f ' k { k k r F k k v u l s p k f j d f ' k { k k d f e z ; k a g r q o k f " k z d c u c k z k k R e d i f ' k { k . k d k ; z d e A

9- L F k k u h ; v k o ' ; d r k v k a d s v u d k j i k B ; d e b d k b z ; k a d s f u e k z k j i f ' k { k . k v f / k x e l k e x h j i j h { k . k , o a e v ; k a d u l k e x h v k f n d s f o d k l d s f y , d k ; z k k y k v k a d k v k ; k s t u A

e / ; i n s k f o ' k s k f o | k y ;

u o k n ; f o | k y ; & e d ; r ; k x t e h . k { k s = k a d s i f r H k k ' k k y h N k = k a d k s v P N s L r j d h v k / k q u d f ' k { k k m i y C / k d j k u s d s m n n s ; l s H k k j r l j d k j u s o " k z 1 9 8 5 & 8 6 e a i R ; d f t y s e a v k s r u , d u o k n ; f o | k y ; L F k k f i r d j u s d h ; k s t u k ' k q d h A u o k n ; f o | k y ; e a i o s k N B h d { k k l s g k r k g s f t l d k v k / k k j j k " V h ; ' k s { k d r F k k v u d a k k u i f ' k { k . k i f j " k n d h i o s k i j h { k k g k r h g a i o s k i j h { k k e k r H k k " k k e a g k r h g a i j h { k k e d ; r % f y f [k r : i e a g k r h g a ; g f u j i s k d k s V d s v k / k k j i j b l r j g l s f o d f l r d h x ; h j r k f d x t e h . k { k s = k a l s v k u s o k y s i f r H k k o k u c k y d c x s j f d l h u p l k u d s i f r ; k s x h c u l d A

u o k n ; f o | k y ; k a d h L F k k i u k f o ' k s k : i l s x t e h . k { k s = k a d s f o | k f F k z ; k a g r q d h x ; h g S , o a b u e a v k o k l r F k k l g & f ' k { k k m i y C / k g k r h g a v r % b u e a ' k g j h { k s = k a d s f o | k f F k z ; k a d k i o s k v f / k d l s v f / k d , d p k s k k b z r d l h f e r g k r k g a i R ; d u o k n ; f o | k y ; e a d e l s d e , d f r g k b z y M f d ; k a d h H k r h z l q u f ' p r d j u s g r q i z R u f d ; s t k r s g a b u f o | k y ; k a e a H k r h z d s f y , v u d f i p r t k r r F k k t u t k r d s f o | k f F k z ; k a l s l a e n / k r f t y s e a m u d h t u l a ; k d s v u i q k r e a v k j { k . k d h 0 ; o L F k k g k r h g s c ' k r z f d f d l h H k h f t y s e a ; g v k j { k . k j k " V h ; v k s r l s d e u g k A f o | k y ; d y k j o k f . k T ; r F k k f o K k u , o a 0 ; k o l k f ; d { k s = k a e a l f e e f y r n k s L r j r d f ' k { k k i n k u d j r k g s t k s d b n h ; e k / ; f e d f ' k { k k c k M Z l s l a e) g a o r z e k u e a n s k d s 3 0 j k T ; k a r F k k d b n z ' k k f l r i n s k k a e a 3 5 9 f o | k y ; p y j g s g a

f ' k { k d k a d h p ; u i f d z k & b u f o | k y ; k a e a f ' k { k k f o H k k x l s i f r f u ; q D r l q k k ; f ' k { k d k a d k s y x k ; k t k ; s k A i f r f u ; q D r 0 ; f D r f ' k { k k d s i f r t k x : d g k a , o a ; g f o | k y ; j k " V h ; f o d k l e a f ' k { k k d h H k f i e d k e a d i n H k f i e d k f u H k k l d r s g k A i f r f u ; q D r f ' k { k d u o k n ; f ' k { k k l f e r } k j k p ; f u r f d ; s t k r s g a d b n h ; f o | k y ; l a B u H k h b u d s p ; u e a e g R o i w k z H k f i e d k f u H k k r k g a

u o k n ; f o | k y ; k a e a i k l r l q o / k k , a & u o k n ; f o | k y ; l k / k u l E i U u g k a x A , d f o | k y ; i j d b n z l j d k j , d d j k M + : i ; k 0 ; ; d j s x h A j k T ; l j d k j a i R ; d f t y s e a b u g a L F k k f i r d j u s d s f y , H k f i e , o a H k o u d k L F k k u f u ; r d j m l d k f u e k z k d k ; z d j k ; a x h A i m z d b n h ; e k u o l a k / k u e a - h J h j k o u s d g k F k f d b u f o | k y ; k a d k s l H k h r j g d h l q o / k k , a , o a v k / k q u d r e l k / k u m i y C / k d j k ; s t k ; a s t k s o r z e k u e a e g R o i w k z f u t h f ' k { k . k l L F k k v k a e a g h m i y C / k g a t g k a N k = k a l s f ' k { k k ' k y d d s : i e a H k k j h H k j d e j d e o l w y d h t k r h g a b u f o | k y ; k a e a ' k k j h f j d f ' k { k k j [k s y d m r F k k y f y r d y k d h H k h f ' k { k k n s u s d h 0 ; o L F k k j g s x h A

u o k n ; f o | k y ; d h f o ' k s k r k , a & u o k n ; f o | k y ; d h f o ' k s k r k , a f u E u r j g g &

- 1- ; s f o | k y ; v e h j r F k k x j h c n k s u k a o x k a g r q g a
- 2- b u f o | k y ; k a e a i o s k d k v k / k k j i o s k i j h { k k g S , o a i f r H k k ' k k y h N k = k a d k s L F k k u i k l r g k r k g a
- 3- x t e h . k i f r H k k ' k k y h N k = k a d k s m P p c u k u s d k ; g , d l ' k D r l k / k u g a
- 4- b u f o | k y ; k a e a v k o k l h ; r F k k l g & f ' k { k k d h l q o / k k i k l r g a
- 5- ' k k j h f j d f ' k { k k j [k s y d m , o a y f y r d y k v k a d k s b u f o | k y ; k a e a i a d [k r k n h x ; h g a
- 6- u o k n ; f o | k y ; k a e a f ' k { k k d s n k s j s e k u n . M d k s l e k l r f d ; k x ; k g a

7- ; sfo | ky; ftys ea vU; fo | ky; ka grqf' k{kk funz ku rFkk vkn' kZ dk dk; Z djrs gA
jKT; vki u Ldy & ; g gj jKT; ea, d Lok; r' kkl h l hFkk gkrh gA e/; inSk ds Hkks ky 'kgj eafLFkr
gA ; g l hFkk 'kkyR; kxh] fd l h dkj .ko' k 'kkyS f' k{kk i wKz u dj l dus okys fo | kFkZ] xfg. kh rFkk vU;
l Hkh 0; fDr; ka tks f' k{kk dh e[; /kkjk l s tM+ ugha gA mlga f' k{kk dk vol j inku djrh gA i=kpkj ds
ek/; e l s; g dkl Z l pkyr fd; k tkrk gA gkbLdy rFkk gk; j l ds Mjh ¼10\$2½ dh ijh{kk dsfy, ; g
ckMz xBr gA bl ea jk'Vh; f' k{kk l hFkk fnYyh dk gh iKB; de pyk; k tkrk gA bl ea fo | kFkZ dsfy,
dkbZ vk; q l hek dk cak ugha gA 14 o" kZ dh mez l sydj vkt hou dkbZ Hkh 0; fDr bl dh ijh{kk ns l drk
gA ijh{kk mRrh. kZ djus grqdy 5 vol j fn; s tkrsgA fo | kFkZ i fr o" kZ, d fo" k; dh ijh{kk Hkh ns l drk
gA ijh{kk 'kYd ds l kFk gh i qrdka grqjk' k Hkh ysyh tkrh gA fo | kFkZ dks ?kj cBs gh i qrdka i ktr gks
tkrh gA nSk ds l Hkh jKT; ka dk iKB; de , d l k gh gkrk gA f' k{kk ds ykd0; ki hdj .k dh fn' kk ea ; g
egroi wKz dk; Z dj jgk gA

l xhr fo | ky; & l xhr , d yfyr dyk gS tks vU; dykva dh rgyuk ea JSB gA l xhr , d , d k
vk/kj Hkr Kkr gS ft l ds pkj karj Q Kku dh vU; 'kk[kk, afodfl r gpZ gA gea Hk'kk] l kfgR;] n' kZ] /kkfzd
pruk] jk'Vh; tkxfr] Nan 'kkL= rFkk vydkj 'kkL= bR; kfn dk Kku l xhr vijksk : i l s inku djrk
gA

l xhr ds mijDr egRo dks ns[krs gq f' k{kk foHkx }kj k Nk=@Nk=kvka dks l xhr dk f' k{k. k i wZ
ek/; fed fo | ky; ka ea, d odfyi d fo" k; ds : i ea nsuk fuf' pr fd; k x; k gA tks Nk=@Nk=k, a l xhr
dk p; u , d fo" k; ds : i ea djrs gS muds ikl ?kj ij vH; kl djus dh dkbZ l qo/kk ugha grFkk u gh
fo | ky; ka ea brus ok | ; a gS fd os vH; kl dj l dA fo | ky; vS vFkHk kodka ds n' Vdks k ea ifjorZ
fd; k tk; } rikfd os Nk=@Nk=kvka dks vko' ; d ok | ; a] tS &rcyk] fl rkj] gkjeksu; e rFkk rkuijk
vkfn vH; kl grqmi yC/k dj k; A vxj mlgamudh : fp ds vuq kj ok | ; a mi yC/k gkax rksos l xhr dyk
ea xk; u&oknu dk f' k{k. k i ktr dj bl {ks= ea vFk: fp ; k viuh i fr Hk dk fodkl dj l dA

l xhr dk f' k{k. k nsusgrq i k; % l Hkh uxjkaea0; kol kf; d l xhr fo | ky; LFkfr gS tks iz kx l xhr
l febr] bykgckn] Hkkr [k. Ms l xhr fo | ky;] Xokfy; j rFkk bAnjk xkalk l xhr fo' ofo | ky;] cS kx<+ l s
l e) gA

fo' kSk vko' ; drk okys cPpa ¼CWSN½ ds fy, fo | ky; & fo' kSk vko' ; drk okys cPpa ds
vUrxr os Nk= vkrsga tks mPp dksV vFkok fuEu dksV ds Nk=ka ds vUrxr vkrsga buea l sdN rhoz c[)]
ea c[)] fi NM+ gq rFkk 'kkjhfd nSk; qDr Nk= gkrsgA bl rjg l sbu Nk=ka dh l eL; kvka dks l gy>kdj
l keld; : i l sf' k{kk fnykus dsfy, buds v/; ; u dh t: jr gkrh gA fi NM+ ckydka dh mfr f' k{kk nsus
dsfy, fo' k'V fo | ky; ka dh LFkki uk djuk pfg, A vxj ; sfof' k'V fo | ky;] vkoli h; fo | ky; gkarksmuga
vS T; knk ykHk gks l drk gA fo' k'V d{kkvka dh LFkki uk] fo' k'V fo | ky; ka dk l aBu] vPNsf' k{kdka dh
fu; qDr] Nks/ s l eay eaf' k{kk] fo' kSk iKB; de dk fuelZ k] v/; ; u dsfo" k;] gLrf' kyi ka dh f' k{kk] l ka dfrd
fo" k; ka dh f' k{kk] fo' kSk f' k{kk fof/ k; ka dk iz kx fd; k tk; rksfi NM+ ckydka dh f' k{kk dk Lrj A p k mBk; k
tk l drk gA fodykax ckydka dh f' k{kk ea vud l eL; k, avkrh gA budh f' k{kk ds {ks= ea dN Lo; a dh
l aBu vPNk dk; Z dj jgs gA 'kkl u ds }kj k Hkh vzk end c/khj rFkk v{ke fo | kFkZ ka dh f' k{kk grqfo | ky;
[kksys x; s gS i jUr q; s i ; kZr ek=k ea ugha gA bl fn' kk ea vS iz kl dh vko' ; drk gA

mi bdlbz & 2 1/2**iBxr izu &**

izu&6 rR; k Vks 'kkjhfd f'k{kk egkfo |ky; e-iz ea dgka fLFkr gA

izu&7 jkT; f'k{kk I LFkku dh LFkki uk dc vks dgka gpbZ FkA

izu&8 jkT; foKku I LFkku dk dk; kzy; dgkllgA

izu&9 e/; insk eafdrus 'kkl dh; f'k{kk egkfo |ky; gA

izu&10 foKku f'k{kk I LFkku I svki D;k I e>rs gA

bdlbz I kjlk

- f'k{kk dh ulfr cukus rFk ml s ijs insk ea ykxwdjus dk mRrjnkf; Ro f'k{kk ea-h dk gkrk gA
- fo |ky; ka dh f'k{kk dk dk; Z ykd f'k{k.k I pkyuky; ds v/khu gkrk gA
- ns k dks ubz fn'kk ndj f'k{kk dks , d I kelftd ifjorZu dk i Hkko'kkyh ek/; e cukus dk dke jk"Vh; 'ks{k d vuq dku rFk if'k{k.k ifj"kn-djrh gA vU; jk"Vh; I LFkku bl dk; Zea I g; kx djrh gA
- jkT; Lrj rFk I Hkx Lrj ij e/; insk ea vuq vf/kdkjh dk; J r gA ftuea I sieq[k g&vk; q r ykd f'k{k.k I pkyuky;] I Hkxh; I pkyd] ftyk f'k{kk vf/kdkjh] Cykkl f'k{kk vf/kdkjh bR; kfnA
- jkT; Lrj ij f'k{kk ds mUu; u grqvudka I LFk, a dk; J r gA ftuea I sieq[k I LFk, a g& jkT; f'k{kk dhnj jkT; foKku f'k{k.k I LFkku] ek/; fed f'k{kk e.My] ftyk f'k{kk , oa if'k{k.k I LFkku] f'k{kk eukfoKku rFk I n'ku egkfo |ky; tcyig] uokn; fo |ky; rFk I xhr fo |ky; bR; kfnA

vReijh{k.k ds izu**mi bdlbz & 2 1/2**

izu&1 e/; insk ds fo'kks fo |ky; ka dk o.ku djka

izu&2 tu f'k{kk dhnz ds nks sieq[k dk; Z fy[kkA

izu&3 jkT; f'k{kk I LFkku ds sieq[k mnas; fyf[k, A

izu&4 jk"Vh; 'ks{k d vuq dku ifj"kn-ds vUrxZr vkus okyh sieq[k I LFkku ka ds uke fy[kkA

izu&5 f'k{kk ea jk"Vh; v/; ki d f'k{kk ifj"kn-ds; kxnku dk o.ku dhft, A

iBxr izuka ds mRrj &

mRrj dz 1 f'k{kk I fpoA

mRrj dz 2 v/; {kA

mRrj dz 3 jk"Vh; 'ks{k d vk; kst uk , oa iz kkl u I LFkkuA

mRrj dz 4 I u-1961 eA

mRrj dz 5 fnYyh eA

mRrj dz 6 Xokfy; j eA

mRrj dz 7 jkT; f'k{kk dhnz dh LFkki uk fnl aj] 1963 ds i kjlk ea I hgkj ea gpbZ FkA

mRrj dz 8 tcyig eA

mRrj dz 9 vkB 'kkl dh; f'k{kk egkfo |ky; gA

mRrj dz 10 i karh; f'k{kk foHkx }kj xBr 'ks{k d I dkkj ds fy, , d fudk; gA

uk/% vRe ijh{k.k ds izuka ds mUkj Nk= I Ei wkZ iB ds v/; ; u ds vk/kkj ij gy djus dk iz Ru djA

i =kpkj i kB; Øe

ek/; fed f'k{kk e.My] e/; i nš k]
Hkš ky

¼kjk | ok/kdkj | ġf{kr½



fMlykek bu ,T; øšku
¼Eke o"½

izu i= r`rh;

fo |ky; ičaku ,oa fu; kš u
i kB | ġ;k 6 | s 10