

t f o d [ k s r h l s / k k u d h m i t  
c < k u s d h e M k x k L d j i ) f r



t u f g r e a i z k f ' k r &

**T k u L o k L F ; l g ; k s x**

x t e % x f u ; k j h & c s y V p d j h

f t y k & f c y k l i j ] N R r h l x < +

f i u u - 4 9 5 1 1 2 ] Q k u u - 0 7 7 5 3 & 2 4 4 8 1 9

L k g ; k s x l s &

**f j N k f j ; k d & l k s u**

c h - 3 ] l k f j t k r ] u g : u x j ] f c y k l i j & 4 9 5 0 0 1

L k ä d z :

Q k u u - 0 7 7 5 2 & 2 7 0 2 6 3 ]

e k a u - 9 4 2 5 5 6 0 9 5 0

# eMkxkLdj i ) fr

, d k ekuk tkrk gsf d /kku vf/kd i kuh eai ui usokyk i kSkk gsvkS vPNh QI y ds fy, [kr eai kuh Hkj dj j [kusdh vko"; drk gkrh gA fd l kuks }kjk eMkxkLdj eavi uk; s x; subzi ) fr l svc fl ) gksx; k gS fd [kr esi kuh ughaHkjsjgusi j feVVh eaok; qI pkj gksus l stMkadh c<krjh vPNh gkrh gA ft l l sl a wkz i kSk&LoLFk vkSj vPNk fodkl djrs gA bl dk /kku ds mRi knu ij l dkjRed i Hkko i M+r k gA ; fn [kr eai kuh Hkjk gksrks tehu vkSj tMkadks i k.kok; qi kr ughagkrk] vkSj vf/kdkrk tMackfy; kadsfudyusrd



l M+tkrhsgA tcf d i kuh ughaHkjk gksus i j i kSk tMkadh of) vf/kd djrs gA ft l l si kSk dk l a wkz fodkl gkrk gS vkSj tMs QI y i dusrd LoLFk jgrh gA bl ds vfrjDr ubzi ) fr eai kSkka ds chp njih 10 bp gksus l s /kku ds , d cht l s i kSk@dUl s T; knk rS kj gksr s gS vkSj i j s dUl s ckfy; ka eai fjofr r gksr s gA , d i kSk l s 50 ckfy; kj rks vki kuh l s vk tkrh gA cgr vuqny i fjLFkr; ka eackfy; kadh l d; k 100 rd Hkh gks l drh gA bu eq; fo"kskrkvkadsdkj .k eMkxkLdj i ) fr l s /kku dk [krh djus l smi t c<rh gA

feVVh eai kuh dk Hkjk o ughagksus i j i k.kok; q ds l pkj l s tks xksj o dEi kL V [kn l s [kr eafn; s x; s thokrk ds thok.kq/ka }kjk i pkdj yxkrkj [kn ds: lk eai tMkadksmi yC/k djkrsgA vkSj NkS/smi ; ksch tho tS sdpg vkfn feVVh dksi ksyk , oagoknj cuk; s j [krsg] vkSj tehu ds mojk "kfDr dks yxkrkj c<kr s gA bl i fd; k l si kSkka dks ukbV/stu] LOq vkSj i k/k" k tS s rRo yxkrkj feyrs jgrs gA bl ds vykok thok.kq/ka vkSj dpq }kjk vud l e rRo vkSj of) dkjd gjjeksu Hkh inku djrs gS tks i kSkka dks chekj vkSj dhMka l scprsgA





## cht dk puko vks mi pkj %&

eMkxkLdj lk) fr eacgr de ek=k eacht pkfg, A iryk /kku gkus ij 2 fdyksvks eks/k /kku gks rks3 fdykscht , d , dM+[kr jki kbZ dsfy, lk; klr gA bl fy, cgr vPNscht dk puko djA vi us{ks= ds vPNsn'skh cht dk vki vi us

tehu ds eprfcd puko dj l drs gA ckfj" k ds i kuh ds Hkj kd sij [krh djuk g\$ rks100 l s125 fnu ds vof/k ea i dusokyk /kku cht puka ; fn fl rEcj- vDVncj ea 2&3 ckj fl pkbZ djus dh l fo/kk gks rksnj l si dusokys 1/30&150 fnu 1/2 /kku Hkh iz ksc dj l drs gA cht dks ued i kuh ea Mkydj] gYdscht dks 1/4 tks Aij rj rs g\$ gVk na A jkrHkj ; k 12 ?ka/s rd cht dks rktk i kuh eafHkxk navksj vdj a k dsfy, 24 ?ka/s ; k 2 fnu rd ckj sea ckj/kdj j [ka 1/4 M+ QWuk "kq gksrsg h ul jh eacq/kbZ dj n\$z



## Ukl jh r\$ kj djus dk rjhdk

ul jh dsfy, vPNh l j f{kr txg

pu dj] tehu ea i dk gvk xksj [kkn Hkj ij ek=k eafeyk n\$ vksj tkr dj ; k xq-kbZ dj vPNh rjg txg r\$ kj djA pkj QhV pkbMh vksj mfpr yEckbZ dh D; kfj ; k; cuk n\$ tkschp dsufy; ka l s3&4 bp A pk gkus pkfg, A vxj [kr ea i kuh T; knk gSrks vPNk erk dj gj pkj QhV dsckn 8&10 bp pkbMh ukyh cukul sD; kfj ; k; ul jh ds fy, r\$ kj gkscha ml ds Aij gkfk l s, d ydMh dk i fv; k pykdj fcYdyj ckjckj dj na ml ds Aij vPNk [kkn ckj d cukdj ; k dpyk [kkn dk , d ijr MkyA vclj QW jgscht bu D; kfj ; ka ea cks j 2 fdykscht dsfy, , d Mfl ey txg gksuh pkfg, A cht nij&nij cksuk pkfg, A de l sde , d l vVehVj nijh ij cq/kbZ dsckn fQj l skjhd fd; s [kkn dh gYdh ijr l scht ka dks < ad na cht Mkyusds ckn D; kfj ; ka ds Aij /kku dk i jkuk i jk ; k l q[kh ?kkl @dknh l s < p navksj jkst i kuh NhVdj ueh cuk; sj [ka 4&5 jkst ea /kku mx dj ?kkl ds Aij vkus ij ?kkl @ i jk dks l ko/kkuh l sgVk na pfm+ ka @efxz ka vkfn l scpk, j ; k gYds dka/ka l s D; kfj ; ka dks < dA





### jki kbZ

- ul jh eamxk; sx; si ksk8&10 fnu dsckn [krkaejki usgrqr\$ kj gsktkrsgA T; knk l sT; knk 12 fnu dsmezrd dsi ksk dk jki kbZdjA
  - ul jh ea cht cy/kbZ dsckn ftl [kr ea jki kbZ djuk g\$ ml ea idk gpk xksj@dEi kLV [kkn QSyk; A pkj&ikp fnu dsvlrjky eankscj tpbZdj yA [kr ea i kuh Hkj dj j [kavk\$ jki kbZds2 jkst i gyserkbZ/dhpM+cukuk½ dj j [k nA
  - [kr erkusdsckn dki j -i Bkj (yoy djusdk vkStkj) dj narfk d [kr eM+ l seM+i jh rjg cjkj l ery gsktk, A
  - dhpM+i kuh (fp [kyk) dksfLFkj gkusdsfy, 1&2 fnu dsfy, NkM+na bl h chp jki k / OkoMk l sfudkl h oSjk dk ukyh cuk navk\$ jki kbZdsi gys/khjs l i kuh dh fudkl h djA
  - bl dsckn gYdsydM+ i fV; sl scuk nrkj h t\$ k vkStkj l s25&25 l eh ds vrj l sfu"kku dj nA gj 8&10 drkj dsckn 10 bp pkM+ ukyh cuk nA [kr kadsfupysHkx ea vk\$ , d nks txg chp eacM+ ukfy; klfudkl h dsfy, cuk nA
- ul jh l si kskkadks l ko/kkuh l sfeVvh ds l kfk fudkya vk\$ xeys; k Vksdjh ea rgjr [kr ysttk, A ul jh l sfudkysi kskkadh feVvh /kks afcuk yxkusdsi gys , d&, d i kskk vyx dj yA ; g jki kbZ djus okys gh rgjr dj l drs gA l ko/kkuh l \$ rkfd tMkads l kfk feVvh vk\$ /kku cht cuk jgA

vkStkj l sMkysx; sfu"kku l scusi R; d pkM+ dsdkusi j , d i kskk jki A i kskk jki rsl e; i kskkadksdhpM+eakM+ughacfYd bl i dkj j [kafd i kskk [kM+ jgA bl ckr dh l ko/kkuh j [kafd i kskkadks m [kM+ s, oajki kbZ ds l e; tMkads l kfk feVvh kuh jgA jki kbZdsckn i kuh dk Hkj ko fl QZukfy; ka eagh jgam l sT; knk gksusi j fudkl h djA





### [kkn dh 0; oLFkk

- eMkxkLdj i) fr tšod [krh djusokysfdl kuka dschp vf/kd ykdfiz; gA
- ijh rjg l stšod [krh djusdsfy, T; knk ek=k eaXkj [kkn] dā kL V [kkn] gjh [kkn vkfn iz; kx djA
- tehu dh rkdr c<kus ds fy, vl; tšod [kkn dsrjhdshkh iz; kx dj l drsgA
- ifr , dM+i dk gq/k 6&8 VDVj Vkyh 1/20&25 cSy xkMh/2 xkj [kkn MkyA igys tQkbZ ds rjar igys; k ckn gh [kkn QSyk; avkš rjUr tkr dj feVvh eafeyk narkfd Åij i Mājg dj [kkn l v[ k u tk, A ; fn de xkj [kkn gš rks gjh [kkn ds : lk eal ubZ; k dlyFkh 1/2g jok/2 cht cks l drsgA tks, d Mš+eghusc<usij tkr dj [kr ea jki kbZ dsigysl Mk l drsgA

### i kuh dk fu; kst u

- Ql y dh c<okj dsl e; [kr ea i kuh dks jkklus

dh t: jr ughagA

- vf/kd ckfj "k ds tnykbZo vxLr eghuka ea [kr eaHkjs i kuh dh fudkl h yxkrkj djA fl QZvkšt kj l sfunkbz dsl e; gh 2&3 fnu dsfy, [kr ea i kuh HkjA
- ckyh fudyusdsckn nuk Hkjusrd 2&3 l seh- i kuh Hkj dj j [kusl so"kkZ dh deh l supl ku ughagkrk gA i kuh dk izl/k l cl smfpr gksuk pfg, bl fy, fudkl h ukfy; kadk gksuk cgr t: jh gš ckfj "k ds "kq eghusea i kuh dh deh 1/2 de ckfj "k ds dkj .k/2 gks l drsgA yfdu ckn eafudkl h dj ds vf/kd i kuh cxy okys, d [kr ea ; k Mcjh fuekZk dj Hk. Mkj .k dj ysuk pfg, A cMš [kr ea e achp ea Nks/k eM+cuk dj i kuh dk fu; a.k vPNk dj l drsgA de o"kkZ ds voLFkk eabl i kuh dk iz; kx fl pkbZ dsfy, dj l drsgA fl rEj ; k vDVkj ea 10&12 jkst ds vlur jky es 2&3 ckj i kuh nal ds rksnj l si dusokyk /kku Hkh i šnk dj l drsgA nwk Hkj us dsckn ckyh >plusi j vxj [kr ea i kuh gš rksml dh fudkl h dj uh pfg, A



## [kji rokj] cu 1/2; a = .k

bl i) fr ea [kr ea i kuh de j [kusdh otg  
 l s [kji rokj dk cht tYnh mx vkrk gA bl dkj .k  
 cu 1/4 [kji rokj 1/2 dh l eL; k gkrh gA cu mxdj 10 fnu  
 rd gks tk; a 1/4 & 2 bp yEck 1/2 drkj dschp ea vktkj  
 1/4 B/h ohMj 1/2 pykdj funkbZ xP/klbZ djA vfeCdk i B/h  
 ohMj uke ds ; s vktkj jk; ij ds df" k dknyst ds  
 bftfu; fjax foHkkx eami YkC/k gA "kq ea jki kbZdsckn  
 10&11 fnu ea vksj nil jk 25 jkst ckn djuk pkfg, A  
 vktkj l sfunkbZdsnks jkst i gysl s [kr ea l bp i kuh  
 cukdj j [ka cu Nk&sgks ds dkj .k feVvH ea ncdj  
 l M+tkrs gA i k&kka dk c<f  
 de gks i j rhl jk ckj Hkh  
 ohMj pyk, A vkf [kj ea/kku  
 i k&kka dk tM l s lVs  
 [kji rokj dks , d ckj es  
 gkFk l sfunkbZ dj drkj ds  
 chp ea xkM+nA 1/4 g jki kbZ  
 ds 50 jkst ckn mfpr l e; ij djA de l s de 2 ckj vktkj l sfunkbZ xP/klbZ djuk cgr  
 t: jh gA vxj rhu ckj djarksykHknk; d gksckA



## de o"kkZ {ks= vksj gYdh tehu

ftu {ks=kaea o"kkZ de gkrh gS; k tehu detkj gks ds ds dkj .k [krkaea i kuh tek ughagkrsgS  
 [kr jki kbZdsfy, rS kj ughags i krk gA bu {ks=kaevksj gYdh [krkaea l h/kk cht Mkydj Hkh  
 eM/kxkkl dj i) fr viuk; k tk l drk gA vPNh ckfj "k gks ds dsckn [kr dks 2&3 ckj tP/klbZ  
 djds xksj de i k&V [kkn vPNh rjg feyk ya vksj feVvH ckjhd dj 1/2 Hkj -Hkj h/2 [kr dks  
 l ery cuk nA vktkj l s 10 bp njih eafu" kku cukdj xksj [kkn ckjhd dW/dj pksdMh ds  
 dksuseaFkk&Mk&Fkk&Mk Mkydj fu" kku rS kj djA mfpr ueh gSrks rjar nk&nkscht Mky l drs  
 gA fu" kku dsfy, Mkyk gark [kkn feVvH eagYdk l k nck nsuk pkfg, A cht Mkyus dsckn  
 gYdk l k Hkj Hkj h feVvH l s < d nA cht , d l eh nck jguk pkfg, T; knk ughA T; knk ueh  
 ughagSrkscht Mkyus dsckn i k&k pykdj vksj yoy cuk l drsgA mfpr njih eaulfy; kads  
 fy, txg NkM+nsuk pkfg, A [kr rS kjh dsnkS ku ueh l qk tkrsgS rks, d vksj ckfj "k dsckn  
 gh cht MkyA cht mxusds l kFk&l kFk [kji rokj Hkh mxsckA bl dks [kji h ; k mfpr vktkj  
 l sfunkbZ xP/klbZ 10&12 fnu ds vj i gyk vksj 25&30 jkst eanv jk ckj dj nsuk pkfg, A  
 [kr ea i kuh Hkj usdh l LFkr curk gSrks, d ckj i B/h ohMj Hkh pyk nsuk pkfg, A drkj dschp  
 xP/klbZ 2&3 ckj vfuok; ZgA de ckfj "k ds {ks= ea eM+ckakdj j [karfkd ckfj "k dh i jk i kuh  
 [kr ea l kFk ya 3&4 jkst l s T; knk i kuh Hkj ko gks ds dh l LFkr eagh i kuh dk fudkl h djA  
 fl pkbZ l qo/kk gks i j xHkko LFkk vksj ckyh fudyus dsckn nksckj 10 fnu ds vof/k eaf l pkbZ  
 djA bl rjg dh [kr kadsfy, de vof/k dk vksj l v[kk i frj k&kd /kku fdLeak dk gh mi ; kx  
 djA fl pkbZ gks i j yEch vof/k dk fdLe dk i Bkkoj yh tk l drh gA