

पुरुषों के साथ पहल

जेण्डर, यौनिकता, हिंसा व स्वास्थ्य पर पुरुषों
के साथ प्रशिक्षण हेतु मार्गदर्शिका

i q "kka ds I kFk i gy

tsMj] ; k\$udrk] fgđ k o LokLF; ij i q "kka
ds I kFk i f'k{k.k gsrqekxhf' kZdk

I gt
I g; kx
rFki h

jsaw [kluk
I rh'k dękj fl g
vkMh QukMI
vkulln i okj

; kxnkudrkZ
vksMh QukMl
fnus'k 'kekZ
i oh.kk dclM#
johUnz fl g thuk
jsuw [kUuk
l rh'k dckj fl g
oUnk okts

I ekykpd
Mk- jktk jke
ikQd j
l ekt 'kkL= foHkkx
, e-, l - fo'fo |ky;] cMknjk

Mk- vfhkthr nkl
l g; kx
y[kuÅ

fMtkbu vkj ysvkmV
vkulln iokj
nhid feJ

izdk'kd
vaxst
l gt
1] Jh gjh vikMe#VI
, Dli d' gkWy ds ihNs
vYdkijh
cMknjk & 390 007
sahajbrc@icenet.co.in

fgUnh
l g; kx
, &240] bflUnjk uxj
y[kuÅ & 226 001
kritirc@sahayogindia.org

ejkBh
rFkkih
425 epln uxj
77 Vh-, e-oh- dkkWkuh
i uk 411 037
tathapi@vsnl.com

izdkf'kr vi dy 2005

enpd %fØ; fVo fi #l] y[kuÅ

i fjp;	1
I ekurk vkj I erk	7
I = 1% i kbj okd&HknHkko dsvk/kkj	9
I = 2% I ekurk&I erk	14
I = 3% HknHkko o ifjnU; I eg	17
I = 4% ekuo vf/kdkj	19
tsMj	43
I = 1% I ØI , oa tsMj	45
I = 2% 0; oLFkk ds: i ea tsMj	50
I = 3% I fo/kk, avkj ifrcdk	53
I = 4% tsMj dks pukksh dsfy, Lo; aea cnyko	55
; kSudrk	67
I = 1% i q "k vkj L=h ; kSudrk dk I ekthdj.k	69
I = 2% ; kSudrk dh vo/kkj.kk	74
I = 3% Lohdk; Zvkj vLohdk; Z; kSudrk	76
I = 4% ; kSud i nkuøe	79
I = 5% 'kjhj vkj ; kSudrk	81
I = 6% Lo; adh ; kSudrk	83
I = 7% ; kSud igpku	85
I = 8% ; kSud vf/kdkj	86
I = 9% vkn' kZ ; kSud I ædk	88
fgd k	107
I = 1% fgd k , d tsMj epnk	109
I = 2% ; kSud fgd k dks I e>uk	115
I = 3% tsMj] I Rrk vkj efgyk fgd k	118
I = 4% Lo; aij fgd k dks I e>uk	123
I = 5% enkluxh vkj fgd k	128
I = 6% fgd k eØr I ekt fuekZk dsfy, fu; kstu	130
LokLF;	153
I = 1% LokLF; , oa LokLF; I øk dk vf/kdkj	155
I = 2% tsMj , oa LokLF;	158
I = 3% i q "kka dk LokLF;	161
I = 4% LokLF; , oa ; kSudrk	163
I = 5% tsMj] iztud o ; kSud LokLF;	166
I = I økyu	189
I = 1% I gthdj.k , oa I eg)Un	191
I = 2% I gHkxh if'k{k.k dsfi) kUr	194
I = 3% vH; kl I = dk I økyu djuk	196
ifjf'k"V 1	214
ifjf'k"V 2	215

ešuy dk ey vk/kj

ge l Hkh vyx&vyx {ks=ka ea l kepLf; d fodkl dk dke dj jgs gš bl nšj ku
dHkh&dHkh LokLF; o ; kšudrk okysešns ij iq "kka ds l kFk dke djus dh vko' ; drk
egl ũ gksh gš tksefgyk LokLF; ij dke dj jgs gš mlga vc ; g Li "V gks x; k gš
fd efgyk LokLF; ds Lrj dks fu/kkZjr djus ds dbZ vkUrfd dkjd gš bu ea l s , d
egROI wZ dkjd muds vi us iq "k l kFkh ds l kFk l ædk gš efgykvka ij muds vUrka
l kFk; ka }kj dh tkusokyh fgd k dks jk d us ds fy, Hkh muds l kFk; ka ds l kFk dke djus
dh t: jr gš efgykvka ij gksuh okyh fgd k dk l h/kk vl j rks gksh gh gš l kFk gh
l kFk efgykvka ds LokLF; l qo/kvka dh i ggp ea Hkh : dkoV i šk gksh gš efgyk fgd k
dsešns ij dke dj jgs l eška us Hkh egl ũ fd; k gš fd fgd k ds Hkšr Hkšx; ka ds l kFk
dke djus ds l kFk l kFk efgyk fgd k dks c<kok nus okys ykška ds l kFk Hkh dke djus
dh vko' ; drk gš efgykvka dh iztuu l ædkh i gkuh chekfj ; ka muds iq "k l kFkh ds
iztuu vaks e gkus okys l Øe.k dk ifj.kke gš bl l s ; g všj Hkh egROI wZ cu tkrk
gš fd iq "kka ds ; kš LokLF; l ædkh t: jrka ds l e>k tk; A tks ykš cPpks všj ; økvka
ds l kFk f'k{k ij dke dj jgs gš mlgkus Hkh ; g egl ũ fd; k gš fd ; | fi ekuo
iztuurk tho foKku ds ikB; Øe dk , d fgLI k gš ij ; g vi uh l Ei wZrk ea bl dk
ij k eryc ugha l h[kkrh gš ftl dk ; g ifj.kke gš fd dbZ ; øk ykš vi us 'kj hj , oa
'kkj hfjd i fØ; k ea eq' dy l e; ea gkus okys i fjon šks l s Hkšer všj mi š{kr gš

iq "kka ds l kFk LokLF;] fyax&Hkh ; kšudrk všj enšuxh ds epka ij dke djuk
vkl ku ugha Fkk tcd gea l s dN ykška ds i kl efgyk LokLF; vkUnsyu ij dke
djrs gq , d Li "V utfj ; k rks Fkk yšdu gekjs i kl Lo; aeacnyko djus dh 'kq vkr
ds fy, vko' ; d rjhds všj d qkyrk ugh FkhA Lo; a l gk; rk l eš dh efgykvka dk
efgyk LokLF; vkUnsyu , d l cd Fkk ftl dk i kjEHk vi us 'kj hj všj vi us vki dks
tkus ds fy, fd; k x; kj tks, d 'kq vkr FkhA gea l svl; iq "kka ds l kFk dke djrs
gq ; g Hkh cgl i kjEHk fd; k fd fdl rjg l ekt všj l keftd rkdra iq "k všj
iq "kRo ds Hkko dks i šk djrh gš dke djrs gq geus l h[kk gš rFkk ; g Li "V gqvk gš
fd gea l onu'khy if'k{k iq "k if'k{k dka dh Vhe cukus dh t: jr gš tks fd vi us
c<rs gq vuškokavšj enšuxh ds bl l ekt d <kps dh LohNfr dks rkd us ds fy, fd,
vi us l æk'kz dks cka/A ge egl ũ djrs gš fd bl izdkj ds l mHkš; fDr všj if'k{k d
, d , d sekšy dks rš kj djuses l gk; d gkš ftl ea 0; fDr Lo; avi us enšuxh; ka o
; kšudrk vka ds vuškokavšj [kštuk 'kq d jA bl s/; ku esj [krsgq iq "kka ds l kFk dke
dj jgh gekjh , d l æFkk us iq "kka ds l kFk dke dj jgs ykška dks rhu i jke'kz xkš"B; ka
ds ek/; e l s , d l kFk ykus dk dke 'kq fd; k vngšks rFkkfi ds rhu i frou/A bu
cBdka es geus dbZ epka dks i gpkuk] tks foHku iq "k l eška ds l kFk dke ds nšj ku

mudh foHklu t: jrksdsvk/kj ij l keusvk, ¼tš & fd'kkš yMeš 'kkrh' kpk 0; fDr] cgmneškh; iq "k dk; Zrkz, e-ih-MCywA geus fy&Hkn vls ; kšudrk ds l unHkz ea vi usfopkjka dks vls Li "V fd; k vls dñ rjhdka dksvki l escak/k tksfd nll jsl engka }kjk iq "kka ds l kFk dke djuses bLrky fd; k tk jgk gA bu rhu cBdks l spkj l lFk vkadk , d Nks/k l em cuk ftUgkua feydj dsbl ešuy l a Dr : i l srš kj djus dk fu.kz fy; ka geea l s dñ ykx ftUgkaus ; g ešuy fy [kk gš os tsMj] LokLF; vls ; kšudrk ij LokLF; iz kkl dka vls LokLF; l qo/kk ink; h; ka ds l kFk vk; kštr dk; Zkkyvka l s tš/jgs gA ; g pkj l lFk, gš & dfr l unHkz dšnz ¼ g; kx dh , d bdkb½ tismRrj inskj mRrjkpy , oafcgkj eadke dj jgh gš , dy0; e/; insk eadke dj jgh gš rFkkih tksfd egjk"V es dke djrh gš vls l gt cMšnk ftudk i kxke ešcbz es efgyk dšnr LokLF; i kškdV dšnz dk; De dsuke l spyrk gA fupsfn; sx, ckd l esi R; d l lFk dk iq "k dh ; kšudrk vls LokLF; ij dke djus ds izdfr dh 0; k[; k djrk gš &

l lFk dk uke	dk; Zdh foLr' tkudkj
<p>dfr l unHkz dšnz ¼ g; kx dh , d bdkb½</p>	<ul style="list-style-type: none"> l g; kx 1992 l s tsMj] l ekurk] efgyk l 'kDrdj.k o efgyk LokLF; ij dke A dfr l unHkz dšnz 2002 l sefgyk fgá k dks jkdus grq dke djus ds fy, iq "kka dk us/odZ veš ok&eš l , D l u Okj LVkñ ak okbšyšl vxšV foesul xBu dh i fØ; k i kj EHk A us/odZ ds l nL; ka rFk vU; l lFk vka dk tsMj] efgyk fgá k] enkz xh o ; kšudrk ij nñV dks fuekZk o {kerkof) ij if'k{k.k mijkdR emka ij l pkj l kexh dk fuekZk efgyk fgá k jkdusea iq "kka dh Hkxhnhkj ij i š ksdkj
<p>, dy0; fd'kkš f'k{k dk; De</p>	<p>1998 l s l jdkjh Ldnykseaf d'kkjka vls v/; ki dka dsfy, dk; Zkkyk djok jgh gš ; pkvka dsfy, fy& , oa LokLF; ij dk; Zkkyk djok jgh gš if'k{k dks dk if'k{k.k grq iq "kka dh dk; Zkkyk fd'kkšs, oa iq "kks dsfy, LokLF; ij l exh dk fuekZk</p>

<p>Lkg t o efgyk dšlunr LokLF; i f j ; kst uk ½ ykd LokLF; foHkkx] cgnēpbzuxj egki kfydk , oa fdV], EI VMe dk I ek; kst u ½</p>	<p>1990 I sl epk; vk/kfjr xš I jclkh I ĩ.Fkk ¼ kjFkh½ dksefgykvkadsLokLF; ea iq "kksdks tkM/eusdsfy, dk; Øe fodfl r djusgrqenn]</p> <p>MCY; wI h , p ih- tksfd cgnēfjcbzuxj egki kfydk ds dbZ cgmnnās kh; i q "k deþkj; ks ds I kFk dke djrh gš ds I kFk efgykvks ds LokLF; ea iq "kks dh Hkfedk ij n"Vdks k fuekz k ds fy, dke djuk A</p>
<p>rFkkih VLV</p>	<p>I u- 2000 I s iq "kks dh igpku vks] ; kšudrk I Eclif/kr epnka dh igpku ds fy, rhu jk"Vh; dk; Zkkykvka dk vk; kst u fd; k]</p> <p>fyax] ; kšudrk , oa I Rrk ds f=dks kh; epns ij 10&12 o "kz ds fd' ksj ks ds I kFk dke djusgrq' kj hj I Kkurk i kB; Øe fodfl r fd; k] bl h vk/kj ij 0; ol kf; d f'k{k tš s , e-ch, -] ykll vkfn I s tš yMelks ds fy, i kB; Øe rš kj fd; k]</p> <p>i q "kka , oafd' ksj ka ds I kFk dke ds fy, I d k/ku grq egkj k"Vª ea {kerk fodkl dk; Zkkykvka dk vk; kst u fd; k A</p>

ešupy dš s cuk; k x; k

ešupy dbZ dk; Zkkykvka ds ckn cuk; k x; k] ftl ea mijkd r pjkka I k>nkj I ĩ.Fkk, a
'kkfey Fkha igyh dk; Zkkyk ea geeal siR; ad usiq "kka ds I kFk vi usif' k{kd if' k{k.k
vks] i fjp=. k I EclU/kh vuHko ckVš buds I kFk&LkkFk fof/k; k; vks] vH; kI tks if' k{k.k
eami ; kx gksrsgš ij ppkz gpbZ vks] ml esv iuh I Qyrk, avks] I dk"kz I adkh vuHko ckVA
bl dk; Zkkyk ea geus mu mnās ; k] y{; I engka rFkk y{; tgkage igpuk plgrs gš
vkfn dks fu/kkZjr fd; k ftl s; g ešupy bl sijk djskA geeal siR; ad usešupy ds
, d fof' k"V Hkkx dks fy [kus dh ftēenkjh yh tksfd vU; I Hkh yš kdka dks Hkst k x; k]
vks] eny yš kd }kj k I ehf{kr vks] 'kks/kr fd; k x; kA fofHku ekM; ny yš kdka ds
Hkk"kk dh I gtrk ds vk/kkj ij ; k rksfglnh ; k vxat h eafy [ks x, Fks rFkk ckn eam jh
Hkk"kvka ea vuopkn fd; k x; k ftl ea ejkBh o xqt jkrh Hkh 'kkfey gš MmV ešupy dk

iqj]h{k.k fd; k x; k rFkk vuttko ds vk/kkj ij o QhYM if'k{k.k l s feys l q-koka dks
'kkfey fd; k x; kA

y{; %

bl eSwpYy dk mnns; mu ykxka dks l d k/ku ds: i eaenn djuk gStksiq "kka vksj
yMeksdsl kFk ukxfjdrk] vf/kdkj] LokLF;] ; kSudrk vksj fgd k l stM]sefnaij dke
djrs gA eSwpYy dsfo"k; oLrqI kekftd U; k; vksj l erk dsnf"Vdks k l sfunf'kr gA
ftl ea iq "k dSUnr ifO; k dks 'kkfey fd; k x; k gA

nf"Vdks k %

y[kd l eug us, d l keku; nf"Vdks k dksLi "V djusdk iz kl fd; k gStksfd eSwpYy
ea 'kkfey rjhdkavksj l fip; ka ds ekxh' kZd fl) krka dsfy, dk; j r gkskA dQ dFku
tksfd mHkj dj l keusvk; } osbl idkj l sgS%&

1- l Hkh eutj; ka dsfy, l ekurk o l Eeku eafo'okl rFkk l cdsfy, U; k; A

2- eW; dsfy, fofokrka

3- bl ckr dk vgl kl fd fya Hkn l kekftd vl ekurk dk , d vk; ke gSA vl;
vl ekurk, atS sox] tkfr] /keZvkfn tsMj HknHkko l stM] gPZgS rFkk bu ij
Hkh gLr{kS djus vksj viusfo'ySk.k ea l fEefyr djusdh vko'; drk gA

4- fya Hkn ij l e> cukuk rkfd efgyk o iq "kka dks, d ukxfjd o l kFkh ds: i
ea igpkus u fd , d nit js dks foi {kh cuk, j efgyk , oa iq "kks ds ifjijid
idfr o vlrj ds eW; kS dks LohckjA

5- , d h l e> c<kuk tksfi riZkkurk dks igpkurh gSu fd iq "kka dks 'k=qds: i
eA

6- vfgd k ds l kp ij fo'okl

7- dY; k.kdkjh l kp dh viSkk vf/kdkj vk/kkfjr l kp dks iZqkrk nuka gekjh
l e> eavf/kdkj vk/kkfjr ifO; k bl ckr ij tkj nrh gSfd iHkkfor l eug
l fO; : i l sifrHkkfXrk dj viuh l eL; kvka dk gy fudkyakA

, d fopkj gekjh ppkZ/ka ea iqjko fUr gksjgk Fkk fd gekjk eSwpYy] nit js vl; eSwpYy/ka
tksfd tsMj] ; kSudrk vksj LokLF; ds eQka ij cusg] l svyx dS sgks l drk gS
ge l Hkh l ger gq fd eSwpYy dsfo"k; iq "k dSUnr vksj iq "k l dSnr gksctk; fd
tsMj fujiSk dA iq "k tsMj VSuax ds nSku dkQh xqI sea vksj Hk; Hkhr jgrs gA
bl eSwpYy dh l Qyrk ; g gksxh fd ifrHkxh fir l UkkRed vksj tsMj ij VSuax ds
nSku vkusokyh dfBukbZ; ka ea l gtrk egl i djA

**ešupy dk fo"k; D; k gš **

iLrŕ ešupy ea N% fofHkUu ekM; ny gš%

- I ekurk o I erk
- tsMj
- ; kšudrk
- LokLF;
- fgd k
- I = I pkyu

iR; d ekM; ny eamuds mnŕs; ka ds vŕr'kr dbZl = gšftl ea l kFk gh l kFk if'k{k(d ds fy,) gšMvkmV vŕš ek/; eka ds fy, i kB; Øe grq ukv/ l gš tks fd ifrHkkfx; kš vH; kl kš dš v/; ; u ds fy, gš A tš k fd bl if'k{k.k dk fo"k; gh vLrRo ds fo'okl] eukofr; ka vŕš papkš-hi wkZekuf l d cnyko dks /; ku eaj [krs gq rš kj fd; k x; k gš ftl eafd geusi frHkkfx; ka }kjk iR; d l = ds vŕr ea ik; %iŕNs tk l dusokys iz u vŕš muds l Hkkfor mRrjka d k ik: i rš kj djus d k iz; kl fd; k gšA gekjk ; g Hkh iz kl jgk gšfd if'k{k(d dh fVl i f.k; ka ea fyf [kr epŕs 'kkfey gš tks fd muds [kl l vŕškokavŕš l šk'kkš ij vk/kfjr gš ftl l sf d if'k{k(d , d jksy ekM; ny vŕš tsMj ds ifr l ŕnu'khy iq "k ds: i ea viuh Hkkfedk fuHkk dj l ds A

dbZvH; kl yškdka, oal kFk l ŕFk vks ds }kjk iq "kka ds l kFk tsMj] ; kšudrk vŕš LokLF; ij fofHkUu l eŕka ds l kFk dke djrs gš v/; ki d tks fd'kš ka ds l kFk dke djrs gš ; k l epk; ds l kFk dke djusokys dk; žrkZ tks fd iq "k l eŕka &fd l ku eM; j i p; rh jkt l ŕFk ds i fruf/k ¼ h vkj vkbZ iq "k l nL;] iztuu vk; q l eŕ eafgykvka ds i fr] , Mŕ ij dke djusokys if'k{k(d , oavl; tks fd iq "kka ds l kFk fyax vk/kfjr fgd k dseŕka ij dke djrs gš

; g ešupy dš smi ; kš fd; k tk l drk gš

; g ešupy mu l Hkh ds fy, gš tks iq "kka ds l kFk tsMj] ; kšudrk vŕš LokLF; ij fofHkUu l eŕka ds l kFk dke djrs gš v/; ki d tks fd'kš ka ds l kFk dke djrs gš ; k l epk; ds l kFk dke djusokys dk; žrkZ tks fd iq "k l eŕka &fd l ku eM; j i p; rh jkt l ŕFk ds i fruf/k ¼ h vkj vkbZ iq "k l nL;] iztuu vk; q l eŕ eafgykvka ds i fr] , Mŕ ij dke djusokys if'k{k(d , oavl; tks fd iq "kka ds l kFk fyax vk/kfjr fgd k dseŕka ij dke djrs gš

if'k{k(d tks fd bl ešupy dk mi ; kš djaxš mlga Lo; a dk Hkh dŕN Lrj rd vŕReŕru djuk pŕfg, A mudk [kŕ dk fyax] ; kšudrk] vŕš LokLF; l ŕdkh fopkj ks dk , d cfu; knh vk/kj gšuk pŕfg, A dŕN Lrj rd mlga l ŕnu'khy gšuk pŕfg, vŕš vi us vŕškokavŕš l šk'kkš dks ckš/ us dh bPNk gšuh pŕfg, A vŕš var eš mlga mi jkdŕ ckrka ds l kFk nŕV dks k o Loi ukadks Lohdkj us rFk bl ij dke djus dh djus dh bPNk Hkh gšuh pŕfg, A

bl ešuyy dk ik: i mu if' k{kdk dsfy, , d ek/; e gS tksfd if' k{k.k dk dñ
vutko j [krs gšA if' k{kdk , d l enj ds ifr Hkkfx; kads l kFk dbZdk; Zkkyk, adj l drs
gš N%ekMyka dk Øec) mi ; ks dj l drsgSvFkok budksfeykdj vi usmnš; ks, oa
mi yC/k l e; ds vuq kj l = dh iæ[k ckrka dks puq dj ds viuh [kñ dh euekfQel
dk; Zkkyk dj l drsgSvFkok l Hkkfor dk; Zkkyk fMtk; u ij ifj' "V nš kšA

QhMcšl dh vko' ; drk %

; g ešuyy bl rjg dk Hkkjr ea igyk ešuyy gš ge muds vHkkjh gksa tks bl dk
mi ; ks dj jgs gš rFkk viuk QhM cšl fuEu fcln pka ij gea Hkšaks &

- fdl ds l kFk bl dk mi ; ks fd; k x; kj vki dh dk; Zkkyk dh vof/k A
- D; k vki ds mnš; @vk'kk, a ijh gpZ Fkh ; k ugha \
- fdl iæ[k l = dk vki us mi ; ks fd; k včš D; k ifj. kke jgk \
- dkbZ fo' kš : i kŕj. k ftl dk vki l pko nuk plgšs \
- vřrfjDr l d k/ku ftl s vki l pkuuk pkgrs gš
- ik; % i šNs tkusokys i zu ¼, Q , D; wš včš vki us dš smRrj fn; k\

vHkkj %

vŕr ea y[kd ikQš j jktk jke včš MKW vřkthr nkl ds ifr viuk vHkkj
0; Dr djrs gš ftl gkaus ešuyy ds fo'k; oLrq dk fj0; wfd; kA

l UnHkZ %

rFkkfi VLV] ešyl ņl qyfV , .M vkbMšVVhfV 3 odZ kki fjiksV] iuk
2002

I ekurk o I erk

iLrø ekM; y dk mnns ; i frHkfx; kœa{kerk c<kuk gSrkfd os &

- I kekftd vl ekurk dscM&dkjdka dks tsMj ds l kFk tkfr o ox] l e> l d& %
 - I ekurk ykusdsfy, Lotdkj kRed dne dh vko'; drk og bl dh Hkiefdk dks l e> l d]
 - vYil [; dka dsnf"Vdka k l s ifjLFkfr dk fo'kyšk.k dj l d]
 - ekuokf/kdj ds l okyka@efka dks l e> l da rFk mBk l dA
-

I = 1 % i kŮj okd & HknHkko ds v/kkj



90 feuV

I = dk mnŃs ;

I = ds mijkŮr ifrHkxh I e> I dksfd&

- HknHkko ds v/kkj rFkk I keftd I L.Fkk; axšcjkckjh dksdš scuk; sj [krh gA
- I Rrk I jpuk fdI rjg I ekt eal pkfyr gkrh gšrFkk tkfr] oxžo tsMj ds }kjk dš scuk; sj [krh gA

i) fr

- [ksy] ppkA

I kexh

- iR; d ifrHkxh ds fy; s0; fDrxr igpku i phz ¼v/h; kl 1-1¼ if'k{k d ds fy, funžk 'khV] ckMž@pkVž ekdž rFkk , d 100 fQV xqkk 50 fQV dk cMk gky ; k ešku [ksy ds fy; A

xfrfof/k %1

[ksy rFkk [ksy ds v/kkj ij ppkž

pj.k

1- ifrHkfx; ka dks crk; afd I Hkh , d [ksy [ksy us okys gš rFkk mlga [ksy dh txg ys tk; a tks yxHkx 100 fQV yEck rFkk 50 fQV pkš/k gA ; gk; iR; d ifrHkxh dks 0; fDrxr HkŃedk dh i phz ckMžA ifrHkfx; ka dks crk; afd vHkh [ksy ds nkšku osogh gš tks muds0; fDrxr HkŃedk i phz ij fy [kk gA dŃ yks iq "kka dh HkŃedk ea gš rFkk dŃ efgykva dh HkŃedk ea A

2- I Hkh ifrHkfx; ka dks QhYM ; k gky ds chp ea, d jškk ij [kMž djk, a ¼50 fQV ij fpuŮr jškkžA I cdk crk; afd Qš fyVšj }kj i <šx; siR; d okD; @LVš/ešV ij mlga vi uk dne vks; k ihNs ysk gš tks muds vi us vHko ds vuq kj fn, x, i phz dk 0; fDr dj I drk gš; k ugha ds v/kkj ij gkskA [ksy dk mnŃs ; ešku ds vŮre Nkj ij igys igŮuk gš ¼t ks 100 fQV ij fpuŮr fd; k x; k gšA

3- vksxfn; sx; sfunžk 'khV I s, d , d dj LVš/ešV i <uk i kjeHk dja ifrHkfx; ka I s mlga vi us dne I kp dj c<kus; k ihNs gVkus ds fy; si; kžr I e; na A

4- I Hkh LVš/ešV i <š tkus ds ckn ifrHkfx; ka I s i Na fd dks fot; h gA ogh

- fot; h gksck tks 100 fQV ij fplgr j[kk ds l cl sutnhd gksckA
- 5- vHkh tks 0; fDr vfure j[kk ds l cl sutnhd gS % thrk g% l s i Na fd mudh viuh igpku D; k gSrFkk os dS k egl i d jrs gA fQj n i j s l s i Na tks vfure j[kk l s l cl snj gS % gkj usokyk % ml dh igpku D; k gSrFkk os dS k egl i d jrs gA bl sckMZ ij fy[k nA

fotrkh dh vuqfkr	igpku	gkjus okys dh vuqfkr	igpku

- 6- i frHkxf; ka ds tkMs ds ckjs ea i ns %efgyk iq "k% fd i R; d tkMs ds 0; fDr dgkM Fks rFkk i R; d tkMs l s vHkh dgkM ij igp x; s gA % [ky ea yxHk 45 feuV yxsck %

ppkZ %5 feuV %

- 1- i frHkxh D; ka bl rjg forfjr gks x; s tcf d l Hkh us , d txg l s [ky i kjEHk fd; k Fkk \
- 2- [ky ea fHkUurk vka ds fofHkUu vk/kkj D; k Fks \ ; s i R; d fHkUurk; a i R; d f[ky kMh dks 0; fDr x r : i l s dS s i Hkfor fd; k Fkk \ % fHkUurk vka ds fofHkUu vk/kkj ka dks Cyfd ckMZ ij fy[k k
- 3- fdl rjg i R; d 0; fDr , d vk/kkj ij dN l qo/kk; a i klr djrk gS rFkk dN Qk; ns ea jgrk gS fdUrq n i j s vk/kkj ij upl ku ea gks tkrk gS vkSj dS s dN l gfy; na fofHkUu vk/kkj ka ij cuh jgrh gS tS s & tkfr] oxZ /keZ meZ vkfn tks fd l Rrk ds l kr gA
- 4- l ekurk ds vk/kkj Hkr eW; ka dks LFkkr i r djA % i dkr' kr gks us okys epns ns[kA
- 5- i f' k(kd ; g crkr s gq l kj ckks fd 0; fDr vi us oxZ tkfr] meZ fyax] 'kS kf.kd Lrj] 'kkj hfjd {kerk vkfn ds vk/kkj ij HkrHkko l s xqtjrk gA l Rrk l j puk HkrHkko cuk, j [kus ds fu, dke djrh gA



i zdkf'kr gkusokysepnš

tsMj HksHkko dk , d vk/kkj gš ni jsvk/kkj tkfr] oxZvkn gš bl ea
I s dkbZ Hkh &

1- dšy vius Hkjkd s ; k Loræ : i I s dk; Z ugh djrk cYd I Hkh
, d ni js I s tšs gq gš bl ea I s dkbZ Hkh foFHku i fjLFkr; ka
ds vuq kj I Rrk dk I kr cu I drk gš

2 I keftd I LFkk; a šjktuhfrd] I kkdfrd] /kfeZd o I keftd½
I ekt ea Hks Hkko dks vs c<kus ds fy; s dk; Z djrs gš mnkj .k
ds fy; s f'k{k ds ekška dh mi yC/krk vknokl h efgyk ds fy; s
ogh ugh gš tks 'kgjh iq "k ; k efgyk ds fy; s gš ml h rjg



[ky dsfy; sfunž k

- 1 ; fn vki d{kk 10 ½gkbZ Ldny½ rd i <š gš rks di ; k 2 dne vlxS c<k; ž ; fn ugha rks 2 dne i hNs ys tk; A
- 2 vki dks 2000 #i ; s 0; fDrxr dke ds fy; s pfg; s vksj vki vi us i kVLj l s bl ckjs es i hNuk ugha pgrA ; fn vki cbl l s yku ys l drs gš rks 1 dne vlxS c<k; ž ; fn ugha rks 1 dne i hNs ys tk; A
- 3 ; fn vki dEl; Wj ij dke djuk tkurs gš rks , d dne vlxS c<k; a vU; Fkk 1 dne i hNs ys tk; A
- 4 vHh [kj Qšyh gš fd 'kjj ea næk gks x; k gš vki ?kj ds ckj Qd x; s gA ; fn vki ?kj tkus ea Mj jgs gš rks , d dne i hNs ys tk; a ugh rks , d dne vlxS ys tk; A
- 5 vki cPps ugh pgrs A ; fn vki vi us i kVLj dks xHkZ fujkškd vi ukus grq euk l drs gš rks 2 dne vlxS tk; ž ugha rks 2 dne i hNs gVA
- 6 dy jkr ea vki ds fe= ds ; gkW l kldfrd dk; Že@i kVhZ gA ; fn vki vds ys tk l drs gš rks , d dne vlxS ys tk; a vU; Fkk 1 dne i hNs gVA
- 7 ; fn vki us dHh vi us i kVLj ij gkFk mBk; k gš rks nks dne vlxS ys tk; a vU; Fkk 2 dne i hNs gVA
- 8 ; fn vki jkst l pgg v[kckj i <šs gš rks 1 dne vlxS ys vk; a vU; Fkk , d dne i hNs ys tk; A
- 9 nks iq "k l MeI ij , d Nk/h yMeIh dks Mjk /kedk jgs gš vki nškrS gš vksj vki dks vPNk ugha yx jgk gA ; fn vki tkdj mlgs jkcd l drs gš rks , d dne vlxS c<k; a vU; Fkk 1 dne i hNs gVA; A
- 10 vki xkuk i l Un djrs gA ; fn vki vi us l i uka dks i jk djus ds fy; s Dykl @ dks pæ ea l h[kus tk l drs gš rks 1 dne vlxš ugha rks 1 dne i hNs ys tk; A
- 11 vki crZu /kksuk i l Un ugh djrA <j l kjs crZuka dk <j /kksus ds fy; s i Mte gA ; fn vki crZu ugh /kks æa rks 1 dne vlxS tk; a ugh rks 1 dne i hNs ys tk; A
- 12 vki ds fir k dh tYnh gh eR; q gks x; h gA ; fn vki dks i jkus rjhds l s l dckj vlf n djus dh vuæfr fey l drh gš rks 2 dne vlxS c<k; ž ugha rks 2 dne i hNs ys tk; A
- 13 vki dks fd l h dke l s ckj tkuk i Mte Fkk rFkk dke ea vki us ftruk l kpk Fkk ml l s T; knk l e; yx x; kA ; fn vki l kprs gš fd vki dks jkr ea ckj jgus dh vuæfr fey tk; xh rks vki , d dne vlxS c<k; a ugh rks 1 dne i hNs c<k; A
- 14 ; fn vki l kbfdy pykrs gš ; k dkbZ Hkh xkMte pykrs gš dke ds fy; s ; k jkst vkus tkus ds fy; s rks , d dne vlxS c<k; ž ugha rks 1 dne i hNs c<k; A
- 15 vki ds ?kj ds i kl ea gh , d vKkæckbYl i kVZ cukus dh u; h QšVh [kyh gš

ftl ea ykxka dks fy; k tk jgk gS ; fn vki I kprs gš fd vki dks jstxkj fey
I drk gS rks , d dne vlxsc<k; ; ugha rks I dne i hNs ys tk; A

16 vki vkt vki dks thou I kFkh ¼ iKVUj½ us , d f'k'kq i kyus dk fu.kz fy; k gš
vki yMedh xkn yauk pkrš gš ; fn vki I kprs gš fd ; g I Etko gS rks , d
dne vlxsc<k; ; ugha rks , d dne i hNs ys tk; A

17 vki dk iKVUj ej x; k gš ; fn vki I kprs gš fd vki dks ml dh I EirRr ea
fgLI k feyxxk rks , d dne vlxsc<k; ; ugha rks , d dne i hNs ys tk; A

if'k{k d dsfy, ukV

- funš k i <us I s igys i frHkfx; ka I s i Na fd D; k os I e> ik jgs gš fd
mudh igpku D; k gS ¼ ts s ; g gks I drk gS fd dN 'kgjh
e/; oxh; i q "k] vka uokMh dk; zrkz ds dks eau tkurs gkz
- [ky i jk gks ij pplz ds ntš ku I cl sigys ; g LFkfir dja fd iR; d
igpku okys ykx dgka Fks rFk D; k egl I dj jgs gš
- tkš/ks ea Hkh vUrj LFkfir dja ¼ tsMj vUrj I B dh i Ruh] I B th vkfn½
- pplz ea igys mu I Hkh Hkn&Hkko ds vk/kjka dks fy [k na ts s & tsMj]
tkfr] ox; ; kšud ojh; rk vkfnA
- fQj I Hkh dš s dke djrs gš rFk gees I s iR; d cnyko ds fy; s
D; k dj I drs gš



vfrfjDr i Bu I kexh ¼ nHkz I ph½

- 1- I hMki j if'k{k.k]
- 2- v.MjLVš.Mx bUDošyVh] vknš ošVfyu

gs MvkmV

- 1-1 HknHkko dk mleyu





45 feuV

I = & 2% I ekurk& I erk

I = dk mn&s ;

I = ds vUr ea i frHkkxh I {ke gk&sfD

- I ekurk vk& I erk ds vkUrfd vUrj dks I e> I dA
- LohdjkRed dne o I dkj kRed HknHkko dh vko'; drk dks I e> I dA

i) fr

- dgkuh] mnkgj .k ds I kFk ppkZ

I kexh

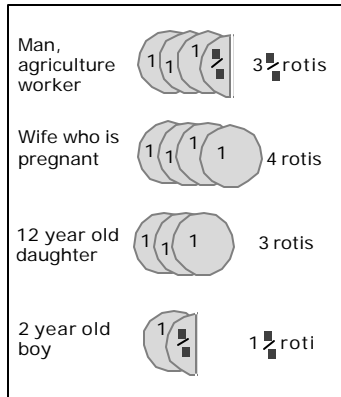
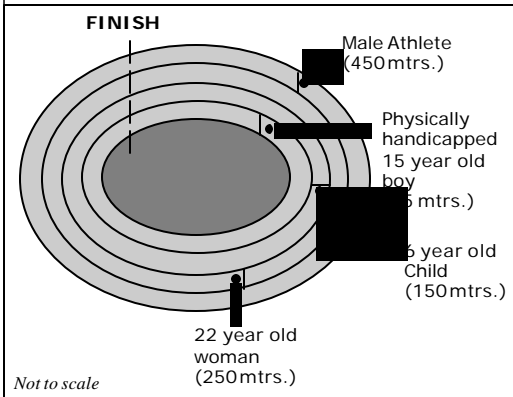
- I kjI vk& yk&Mh dh dgkuh
- n&ud thou I s t&ls mnkgj .k
- gsM vkmV -2-1 I ekurk dsfy, j .kuf'r o ekMly

xfrfof/k 1
dgkuh

pj .k

- 1 I kjI vk& yk&Mh dh dgkuh I uk; a
- 2 i frHkkfx; ka I s muds i frfO; k ds ckjs ea i nA D; k os egl t fd; s g&fd I kjI dk yk&Mh ds I kFk fd; k x; k 0; ogkj dk jkLrk U; k; k&pr Fk\
- 3 i frHkkfx; ka I s i nA fd D; k os dksZ n& jh bl h rjg dh dgkuh tkurs gA
- 4 nkM+&g& 1/2 dse&ku vk& V&D ds mnkgj .k cryk; A i nA D; k j& dse&ku dk ck&j vk& vlnj dk x&kyk ck&j g&er k g& i frHkkfx; ka I s i n&sfD os d& s l 'uf' pr dj&sfD I Hk& dsfy; s nkM+&g& 1/2 ck&j j g&x&A
; fn feY [kk fl g &Hkkjrh; y&Ech j& dsfy; s nkM&usokyh&, d 6 o"K dk cPpk vk& 15 o"K dk 'kkj hfjd : i I sfodyk& yM&ek vk& 22 o"K dh efgyk D; k nkM+&jg&gs rks vki d& s j& ds V&D dks fM&t kbu dj&ks&
- 5 n& j smnkgj .k na& ; fn 12 jk&h g&ft I s i f&jokj ds 4 I nL; ka dks c&W&uh g& i q "k] tks d& k dk d&e djrk g&ml dh x&H&rh i Ruh] 12 o"K dh yM&eh vk& 2 o"K dk yM&ekA ; g d& s fd; k tk; x&ka 1/4; g i R; d 0; fDr dh vko'; drk ds vud kj g&uk

pkfg; A , d fd'kqjh yMedh dh t: jr 2 o"kd syMds l sT; knk gSvml h rjg ; g dōy
ek=k dh ckr ugh gScfYd cPpka dks T; knk ckj [kkus dh t: jr gSvišk cMka dA
6- if'k{k dks crkuk pkfg, fd I erk dk rRi ; ZgSi R; d dksml dh t: jr dsvud kj
feysftl l sfd ifj .kke cjkj gkA



- 7- ml h idkj l s , d nfyf efgyk] , d xteh.k d"kd]uxjh; ckg.e.k iq "k] uxjh;
xg.kh dk thou , d I eku ughagš og fHku gA ppkZ djsfd dš so D; kA
8. *Lohdkj kRed fō; k" vlg *l dkj kRed HksHkko dh vo/kkj .kk dk i fjp; nA
ppkZ l s ifj .kke ea l ekurk nš'kus dh vko' ; drk dks fudkyA 'i dlf' kr
gkus okys emns nš'kz vko' ; drk gšokLrfod I ekurk o I erk dh½



dgkuh

I kj l vlg ykMh dh dgkuh

, d l e; dh ckr gA , d l kj l vlg , d ykMh FkhA nksuks vki l eankr FksrFkk nksuks
dk , d ml jsds?kj vkuk tkuk gkrk FkA , d fnu ykMh us l kj l dks vi us?kj cyk; k
rFkk etkd ea dN [kkuk ughafn; k cYd , d fNnys Fkyh ea l i i j l fn; kA ykMh
vkl kuh l s tHk l s l i i pkV l drh Fkh] fdUrq l kj l viuh yEch pAp l s dōy fHkaks
l drk FkA og Hkafksgkrsgq sHk Hkktu NkM+fn; kA ykMh us dgk ekQ djuk l i i rfgkjs
i l Un dk ughagš l kj l us dgk] dkbZ ekQh ekkus dh t: jr ughagš es vk'kk djrk
gafd , d fnu rē ejs?kj fMuj ij vkvksxA tc ykMh ml jh ckj l kj l ds?kj x; h

riks l kj l us, d cgr ÅpsrFkk cgr l djseg okyscrZu ea [kkuk i jkd ka l kj l ml ea
pkp Mky l drk Fkk fdUrqykeMh ughA vr%crZu dsckgj l kj l ds pkp l s tksfxj
tkrk ml h dkspkV dj ykeMh dks dke pykuk i MhA
l kj l usdgg e&fMuj dsfy; sekMh ugh ek&kkA tks t& k djrk gSod k gh i kusdk gd
j [krk g&



i dlf'kr gkus okys en&ns

v- l ekurk v& l erk ea vlrj g&

c- l ekurk] e& ; k& ek=k v& crkb ea , d l sykxw gksh g& bl
rjg dk dne igysl supl ku ; k det&j i fjfLFkr e&jg jgsy&sk&a
dsfy; s [krjukd gkrk g& D; k&fd 0; oLFkk much i fjfLFkr; ka v&j
n&ZVdk& i j /; ku ugh& nrhA

l- l erk fu"i {krk dksegRo nrh g& ft l ea d&N y&sk&a; k l e&g ds
fy, s vyx fdLe ds 0; ogkj ; k fo'k&sk eki n.M vi ukus dh t: jr
i M+ l drh g& okLrfod l ekurk ; k l erk dk l Ecl/k ifj.kke ea
l ekurk l s g&

n- bl i d&j fo'k&sk eki n.M ; k Loh&lk&Red dne ; k l dk&j&Red
Hkr&Hko dk eryc dne mBku& vko' ; d dk; D&e fu; k&st&u] uhr; ka
dk&b&Z H&h bl rjg dk ek/; e tks okLrfod l ekurk ds mn&s ; l s
mBk; k ; k fd; k tkrk g&A

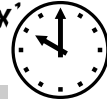
t& s & efgyk o i& "k] H&kkirh; ewy y&ks o i H&kkod&kih x&ks y&ks]



gsM vkmV

2-1 l ekurk dsfy, j.kuhfr o ekMly

I = & 3% HknHkko o ifjnU; I eñg%gkfl , ij jgus okys ykx'



50 feuV

I = dk mnñs ;

- I = dsvlr ea i frHkxh vYi I ã; d ykxka }kjk vutko fd; sx; sHknHkko dks xgjk bZ l s l e> i k; ãA

i) fr

- I eñg dk; Z

I kexh

- vYi I ã; d I eñgka ds ip] dkxt vñs i su

xfrfof/k 1

I eñg dk; Z , oappkZ

pj.k

- 1- i frHkfx; ka dks 4 I eñg ea cka/A
- 2- iR; d I eñg dks i pã cka/s tks , d vYi I ã; d dk i frfuf/KRo djrk gks
- 3- I eñg ea ppkZ dj fy [kus dks dga fd% ¼/½ I eñg ea jgus okyk , d 0; fDr D; k HknHkko egl ð djrk gS ¼c½ , d vYi I ã; d I eñg ds : i ea ml ds I kFk HknHkko dk Lo: lk D; k gS
- 4- Nks/I eñg dh ppkZ dks cM: I eñg ea i Lrñ djok; A
- 5- ppkZ dj; afd HknHkko dks gVkus ds fy; sD; k fd; k tk I drk gA
- 6- ppkZ ds I kj ea; g ckr i frHkfx; ka ds/; ku ea yk; afd ge ykxka dks ds si gpkurs gA tc ge fd h l sigyh kj feyrs gS rks D; k izu i Nrs gA ge 0; fDr ds uke ds I kFk ml ds tkr] /ke] ox] i kfj okfjd i "BHKie ds I kFk tkMej LFkfi r djrs gA ; fn dkbZ 0; fDr cakyh eñg dk gS rks rñUr ge ml sLor% dykd kj] I ka dfrd o I ãr dh Vkdjh ea Mky nrs gA ge I kprs gSfd I Hkh efgyk, a detkj] I; kj djus vñs nã kHky djus okyh gkrh gA ; fn 0; fDr , d iq "k gS rks ge vi ñkk djrs gS fd og cyoku] foijhrfyakh vñs i fjokj dh jksh dekus okyk gS bl h rjg dh I kp efgykvka vkfn ds I kFk j [krs gA ; g I Hkh HknHkko ds Lo: lk gA ; g i gpku cukusdk vk/kkj cgd ã; d vñs nã jka ij nco j [kus okys I epk; ds nã Vdkak I scurk gA ik; % , d k Hkh gkrk gSfd de l sde I ã; k ea jgus okys ykx vi usfu; e dkun T; knk l sT; knk phtka ij ykxw djkr gA



izkf'kr gkus okys eqns

1- I ekt }kjk fu/kkFjr Hkfiiedk, a %LVkfj; ks Vki + ½ vks 0; ogkj vki l ea t&ls g& , d fo'ksk I kekftd Hkfiiedk, a, d fo'ksk izdkj dh ifrf0; k vks 0; ogkj dksfn [kkrs g&@ifrikfnr djrs g& ; g d&y 0; fDr ds ifrf0; k ds rjhdk& dks gh i Hkkfor ugh& djrk cfYd ijs l epk; ds, d nrl js l s0; ogkj @ orkb ds rjhds dks Hkh i Hkkfor djrk g& rFkk vlrr% ijs l epk; ds okrkoj.k dks i Hkkfor djrk g& p&id ge ykx 0; fDr ds ctk; I kekftd Hkfiiedk ds l kfk 0; ogkj djrs g&bl fy, ; galaxyrQgeh ds fy; s dkQh txg fey tkrh g& bl izdkj I kekftd Hkfiiedk %LVhfj; ks Vki + ½ vU; k; @ vR; kpkj dh 'kq vkr g&

2- I kekftd Hkfiiedk vks vks i jEi jk vka dk fu/kkFj.k %LVhfj; ks Vki + ½ vks T; k&lk g&lk of to d&lk v&rk g&lk Mi g&lk of ft l d&



vfrfjDr i Bu l kexh & % anHkz l p&h½

1- vk/kh v/kjh >Bh l Ppkbz] vklFkk l &Fkk }kjk l kepkf; d i jEi jk vka i j , d v/; ; u] tfo; j bulVhV; W v&id dE; q&ud& ku] egki kfydk exx] e&fcbz 400 001A

2- g; &eu jkbV4 v&id ekbukj k&wh t] okbyd -vx&LV l &I qfy ek&ljhVht bu b&M; k]

3- Økbe& v&id gv [dUI hfij& h v&id l kbY&I] v&lpj , M by & fvVe& c&M v&lk l &I qfy vkbM&UVVh] veu&Vh buVju& kuy] 2001



I = & 4 ekuo vf/kdkj



90 feuV

I = dk mnš ;

I = ds vlr rd i frHkxh

- ekuokf/kdkj D; k gS tkuxA
- ekuokf/kdkj QæodZ %dk; Z <kpk½ dks I e>A
- xj cjkch HkrHkko dks I e>us ds fy; s ekuokf/kdkj xr <kps dks ykxwdjus dk dksky c<k; A
- ekuokf/kdkj ij I koBkkfed /kksk.kkvka I s ij fpr gkA

i) fr

- fpru] I fip cukuj I ey dk; Z o pplz

I kexh

- dkMZ i s] I syk Vsi] dgkuh
- gSM vkmV

4.1. I Bkkfud vf/kdkj

4.2. ekuokf/kdkj ka dh I koBkkfed ?kksk.kk ¼; MhO, p0vkj 0½

- vks, p-i-h- & 4-1] 4-2] o 4-3

xfrfof/k 1
fpru] pplz i Bu

pj.k

- 1- i frHkfx; ka I s dkMZ ij 3 vf/kdkj ka dksfy [kus dks dga tksfd mudsfy; s I cl segROI wZ gA
- 2- i frHkfx; ka dks ml gA Åpsvkot ea i <dj I ukus dks dga rFk fQj bl snhokj ij fpi dks nA
- 3- i frHkfx; ka I s pplz dj k; a fd ; s vf/kdkj D; ka mudsfy; s segROI wZ gA
- 4- I Bkkfud vf/kdkj ka ds i pž dks i frHkfx; ka ea cka/s rFk ml s, d , d dj Åpsvkot ea i <k; A
- 5- i frHkfx; ka dh i frfØ; k yA ; fn dkbZ vf/kdkj NW jgk gks rks i nA

xfrfof/k 2
I eug dk; Z

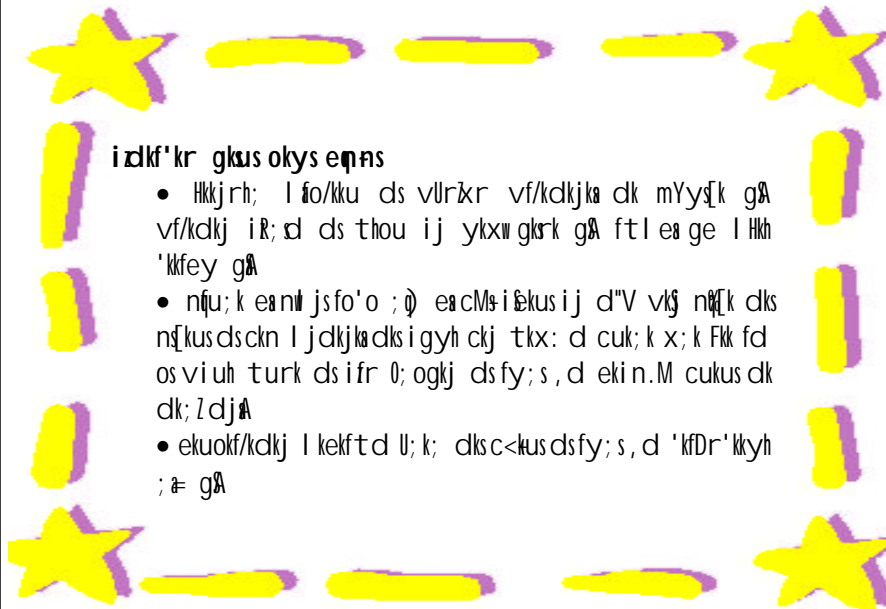
pj.k

- 1- i frHkkfx; ka dks Nk/s I eug/ka ea cka/A
- 2- i frHkkfx; ka dks mudsLo; adsvf/kdkj ka ds guu ds vu@ko ij fprau dj ds fQj ppkZ
djus dks dga
- 3- I eug dks, s h i fjLFkfr; ka dh pkVZ ij dkye1 ea I ph cukus dks dga dkye 2 ea
i frHkkxh ds vu@koka o , gl kl dks fy [ks tc mueavf/kdkj dk guu gkrk gA dkye
3 ea fy [ka fd guu dk muij D; k ij .kke gkrk gA
- 4- cMs I eug eabl dh i Lrfr dj k; A
- 5- bl ckr dks LFkfr i djafd vf/kdkj xr <psdk mi ; ksx i R; d l 0; fDr ds thou l s
tMk gqvk gsvk\$ Toyar gA
- 6- bl sHkh LFkfr i djafd ekuokf/kdkj ka dk guu HknHkko o x\$ cjkjh dks c<kok nrk
gA tkfr] ox] tsMj I Hkh ekuokf/kdkj ka ds guu dks cuk; s j [krs gA

xfrfof/k & 3
I kefgd i Bu

pj.k

- 1- 1948 ea l a @r jk"V" I dk }kjk ykxwfd; sx; s; @MhO, p0vkjO ¼; uhol zy fMDyjsku
vkQ g; ueu jkbVt ½ dk i kDdyu @ Hkfedk dks Åph vkokt ea i <ek, A
- 2- fQj ?kksk. kki = ¼gsM vkmV 4-2½ dks i frHkkfx; ka ea cka/s rFkk i R; d l s, d vu@Nn
Åph vkokt ea i <us dks dga bl rjg I kefgd : i l s?kksk. kk ds 30 vu@Nn i <g
tk; <A
- 3- i frHkkfx; ka l s QHM c&l @l pto nus ds fy; s dga i frHkkfx; ka }kjk cuk, x,
vf/kdkj ka dh I ph l s rgyuk dja
- 4- ekuokf/kdkj ds bfrgkl dk pkVZ i Lrfr dhft; A/vs pi h i Lrfr 4-1 n\$ k&Z
- 5- l = ds l kj ea vf/kdkj ka dks l fEefyr djrs gq crk; s fd ekuo vf/kdkj , d
egRoi wkl ; = gsft l ds }kjk HknHkko dh n'kk dks l e>] <ekuk vk\$ ml ij dk; Z
fd; k tk l drk gA



iZkf'kr gkus okys eqns

- Hkjr h; I fio/kku ds vlrzr vf/kdkjka dk mYys[k gA
vf/kdkj iR; d ds thou ij ykxw gkrk gA ftI ea ge I Hkh
'kkfey gA
- nfu; k ea nti jsfo'o ; q) ea cM+ i ekus ij d"V vlg nq[k dks
n[kus ds ckn I jdkjka dks igyh ckj tkx: d cuk; k x; k Fk fd
os viuh turk ds ifr 0; ogkj ds fy; s, d eki n.M cukus dk
dk; ZdjA
- ekuokf/kdkj I kekt d U; k; dks c<kus ds fy; s, d 'kfDr' kkyh
; a= gA

gSM vkmV

- 4-1- Hkjr h; I fio/kku ea of.kz vf/kdkj
- 4-2- ekuokf/kdkjka ij I koBkšed /kkSk.kk i=

iLrfrdj.k

- 4-1] 4-2] o 4-3 ekuokf/kdkj ds bfrgkl o fodkl ij iLrfrA

gsM vkmV 1-1 %HknHkko dk mlēyū

vHkh ; g Lohdkj fd; k tkrk gšfd efgyk, aHknHkko dh f'kdckj jgh gāvkš ; g efgykvka ds
vl ekurk dk cMkē dkj .k jgk gšftl I sefgyk, a upl ku I grh jgh gā ; g bl I e> ij
vk/kkfjr gšfd HknHkko I ekt }kjk crkō dk uš fxđ fl) kūr ughagā ; g vl ekurk dh tMka
dsmlēyū ij dke djusdh vko' ; drk dksHkh Lohdkj djrk gā I kfk gh , d I ūFkkRed
0; oLFkk ij izū [kMkē djusdh Hkh ckr djrk gš tks vl ekurk dks cuk, j [krs gā

T; knkrj LFkkh; fudk; o fo/kkf; dk fyax vk/kkfjr HknHkko dh 0; oLFkk dks [kRe ugha djr-
tcfđ gekjk I ūo/kku fyax ds vk/kkj ij gkus okys HknHkko I scpkus dk vk'okl u nrk gā
vkf [kj ; g dke D; ka ugha gā/kā fyax ds vk/kkj ij xš HknHkko 0; oLFkk dks xgurk I s
ifjHkkf"kr fd; k tk I drk Fkka tš s , d gh ifjLFkfr ea , d I kfk jg jgs nks 0; fDr; ka ds
I kfk nks rjg dk orkō djukā bl dk eryc ; fn gekjs ikl 2 0; fDr gā ftudh t: jr
vyx&vyx gks I drh gš tks I eku ifjLFkfr ea ugha gš vkš muea I s , d igys I s gh
upl ku ; k vl ūo/kk ea gš rks ml dsfy, D; k LokHkkfor jkLrs gks I drs gš tks vkš ks dk vkš
upl ku ea ugha Mkyax} rc ml s HknHkko iwz ugha euk tk; sxA ; gk tks 0; fDr upl ku ea gš
ml dh gh detkjh euk tkrk gā mnkgj .k dsfy, ; fn __.k dh I ūo/kk efgyk o iq "k nks ūka
dks I eku 'krkē ij nh tkrh gš ūā kdfrđ I ekurk ds : i eā tš s tekur vkš ifrHkkf
i ; kē okph gš fd l h , d 'kōn dk gh iz kx mfpr gš ds vk/kkj ij __.k fn; k tks xk rks 'kk; n
efgyk, __.k ugha ys I drh D; kād I kēftd fu; eka eku; rkvka ds vk/kkj ij muds uke
I EiRr gkrh gh ughā ftl sos ifrHkkf ds : i eans I drh gkē tc fd iq "k vkl kuh I sbl h
'krz ij __.k ys I drk gā vr% __.k nus okyh I ūFkk, a ; g I kp I drh gš fd os efgykvka
dks __.k nsj mudk Hkyk djuk pkgrh gā osbl gdhdr dks I e>usdh dks'k'k ugha djrta
fd orēku fu; eka vkš 'krkē ds vk/kkj ij efgyk; a __.k ik gh ugha I drhā ; gk fu"i {k@i kdfrđ
fu; e ykxw djuk efgykvka ds I kfk HknHkko djsxA efgykvka dks ; fn __.k mi yC/k djuk
gš rks muds fy, fHku fu; e o 'krz cukus gh gkaxā

HknHkko dks Hkh iR; {k HknHkko o viR; {k HknHkko ea; k okāPNr ; k vokāPNr HknHkko ds : i
eānš kuk I Māc tks?kšk. kkvka ea ifjHkkf"kr gā I hMkVds vuāPNr 1 dse rfcđ HknHkko dk vFkz
gš efgykvka dks fyax ds vk/kkj ij jktušrd] vkfFkđ] I kēftd] I kādfrđ vkš ukxfjd
{k=ka ea cjkjh dsfy, iāsk dks jkđuk] oāpr j [kuk ; k HknHkko fn [kkukā

i q "kka dh rgyuk eā efgyk, a dkQh T; knk HknHkko dks I grh gšftl dh fofHku I ūFkkvka }kjk
Lohdfy feyrh gš tš s I kādfrđ ; k /kkfēđ 0; ogkj] i q "k dsQk; ns dks I jf{kr j [kus okyh
I ūFkk, a tš s jktušrd i kVz; kā VāM ; ū; u] /kkfēđ I ūFkk] dks/Z vkfnā tcfđ buds fu; e
dkuu efgykvka dks upl ku i gpkrs gā ifjLFkfr; ka dks cnyus ds fy, fo' ksk iz kl ; k
efgykvka dks Qk; ns i gpkus dsfy, dkunuka ea fo' ksk cnyko u djuk mudh ekākdard i gp
dks ckr/djrk gš vkš ; g , d izdkj I s?kšk.kk ds vlrzr HknHkko gh gš; | fi ; gk okāPNr
HknHkko ugha gā

I = 1 % i koj okd & HknHkko dk vk/kkj

gsM vkmV 2-1 %I ekurk dsfy, j.kuhfr o ekMy

tc I sefgykvkaus I ekurk dsgd dkselakuk 'kq fd; k gš dbZj.kuhfr o i fØ+k, a I ekurk dsfy, vi uk; h x; h gA

I ekurk dk vksj pkfjd ekMy

I ekurk dk vksj pkfjd ekMy ; g ekurk gšfd efgyk o i q "k , d I eku gš vr%efgykvka ds I kFk ogh orkb gksuk pkfg, tks i q "kka ds I kFk gksrk gA bl ekMy ds i j ksdkj h djus okys ykx efgykvd dsfy, I eku ykxka dk rdZj [krs gš ; | fi vi škk j [krs gšfd efgyk, a bu ekška dk mi ; kx djæh rFkk mlghafu; eka o Lrj ij fØ; kflor djæh ftl ij i q "k djrs gA mudh jk; eabl I sde dñ Hkh djuk efgykvd ds I kFk vksj HksnHkko djuk gšftl I sos vi us i q "kka dh vi škk derj fn [kæhA

bl ekMy dh I cl scMk I el; k ; g gšfd ; g efgyk o i q "kka ds tšodh; o tsMj ds vlrj dksnškrk gh ughA ; g efgykvd ds mi j cMk nco cukrk gšfd os i q "kka ds Lrj ij gh dke djA vksj ræks I s dkbZ Qk; nsugha mBk I drh ml h rjg tš si q "kA tcf d i q "kka vksj efgykvd dh i fjLFkr; ka eadk Qh cMk vlrj gks ; k ; fn os djæh rks mu ij gksus okyk [kpZ dk Qh c<+ tk; skA tš s ; fn i q "k vksj efgyk nkska dks jkst xkj ds fy, I eku ekšds mi yC/k dj.k tk, avksj ; fn bl eajkr vksj fnu dh i kj h eadke djus dh vko' ; drk gksrks efgyk, abl ekšds dk bl ræky ugha dj I drh ctk; fd mlgha dñ vyx I fo/kk, a i nku dh tk; tš & vku&tkus dsfy, okgu D; kšd jkr eackgj tkus dsfy, I kekt d okrk oj.k cgr I gk; d ugha gA efgyk, a tks bl ekšds dk iz kx djæh rksos vi us dks N/MANKM+; k fgd k dh tks [ke ea Hkh MkyæhA I ekurk dk vksj pkfjd ekMy , dy ekud fu; e dks vi uk rk gA

vlrj dksLohdkj djuk

I ekurk dk vksj pkfjd ekMy vlrj dksHkh Lohdkj I drk gA bl dsekus; g fd pšd efgyk o i q "k vyx&vyx gš vr% muds I kFk vyx&vyx orkb fd; k tk I drk gA efgykvd dh fo'ke i fjLFkr; ka dksnškrsgq mngj.k dsfy, dñ i d kj ds jkst xkj tš sgokbz t gkt eadk; j r i fjpkfj d kvka dh fjVk; j eWV dh mez de gksrh gš; g ekursgq fd mudh dñ mez ds ckn vkd'kZrk de gks tkrh gš vksj ; g HksnHkko ds : i ea ugha nškk tkrkA ; g dFku efgyk fo'k; d ugha gš vr% gVk nsuk gh mfor gš

cpkodkj jkLrk

, d nñ jh uhfr@fodkl dk jkLrk gš tks nñ jh rjg I svlrj dksLohdkj djrk gš vksj ; g fQj Hkh efgykvd ds I kFk HksnHkko cuk, j [krk gA bl scpko dkjh i Fk dg I drsgš ftl ds vlržr efgykvd ds : fp ds vuq kj djuseadñ ph t a l guh i MæhA ; fn jkr eadke djus dk mnkgj.k gšftl eacpkodkj uhfr efgykvd ds dke djus I sjkd I drh gšD; kšd ; g Lohdkj djrh gšfd efgykvd dsfy, jkr eadke djusgrq I kekt d ekgsy jkr ea l j f {kr ugha gA bl dk vl j ; g gksrk gšfd fu; kšrk efgykvd ds dke ij ugha j [kuk pkgrsD; kšd ; g ogk dke dj jgs vU; i q "kka ij , d vfrfjDr Hkkj gksckA

I = 2 % I erk&I ekurk

cpkoddkj i Fk efgyk o i q "kka ds vlrj dks rks Lohdkj djrk gSfdUrq; g bl sefgykvka dh
ghurk ; k detkj ds : i eanš[krk gš ; fn jkr eadke dsfy, ekgsy vl jf{kr gS rks bl dk
funku efgykva ds detkj ds : i ea gšrk gS u fd ekgsy vl jf{kr gš bl dk mik;
efgykvka dks fu; i=r djus ; k efgykva dks Bhd djus ea <kk tkrk gS u fd ekgsy Bhd
djus ea ; k efgykva dks enn i gpk, arkf d efgyk, a vl jf{kr ekgsy ea Hkh cjkj dh ds l kFk
dke djus dsfy, vkxs vk l dš

I j {kkoknh i Fk Lo; aeagh l hfer djrh gš bl i zdkj tsMj HknHko dks pũkšh ughansh cFYd
efgyk dks l j {kk nũsokyh i gukok ds : i ea i pũri kfnr djrh gš mngkj .k dsfy, jkf= ea
efgykvka ds dke djus dks gh i frct/kr dj efgykva dks dke djus dh Lorærk dks gh de
djrh gš tksfd , d vf/kdkj gS rFk i q "k bl dk mi ; kš djuseafyak ds vk/kkj ij ckf/kr
ughagšrk gš vkxs Hkh I j {kkdkj l kp i jkus Hkš r; ka dks gh i p% i šk djrh gS rFk c<kerh gš
vkš r jkr ds l e; de l jf{kr gš efgykva ds f[kykQ fgd k dšy jkr ea gh gšrk gš ; g
jkt; dks Hkh efgykva dsfy, I j {kk i nku djus dh ftEenkh u i gh djus dks c<kok nrh gš

I ekurk dk i ; klr enn ekMy

i ; klr enn ekMy uhr efgykva o i q "kka ea Qk; nka ds i qcZokjs dh ckr dks Lohdkj rh gš
; g ekMy efgykva ds vf/kdkj dks c<kok nrh gS rkd efgyk i q "k ds l Rrk l Ecl/kka dh
i fØ; k eagLr{kš gš bl dh i klr dsfy, uhr] dk uu rFk dk; Deka dk mnš ; fuEukšdr
gšuk pfg, %

- ey vk/kkj Hkr l keftd] vkfkd o l kšdrd l j puk ds l UnHkZea, d h i jfLFkr dk
fuekz k djuk ft l sefgyk vius thou dks xfjek ds l kFk th l ds
- fo'kš l gk; d gLr{kš eki n.M ds : i ea fo'kš enndkj gLr{kš tgk; efgykva dh
fo'kš t: jr dks Lohdkj fd; k tkrk gkš fo'kš : i l sjkšt xkj] f'k{kš forrh; l šk, j jkt uhr
rFk thou ds vl; l Hkh txgkaj efgyk, amu l Hkh : dkoVka l skgj vk l dš tks, frgkl d
rkš ij cuk; k x; k gS rFk tks i q "k izkku l keftd 0; oLFk dh mit jgh gš

bu l cdk l kš ea dg l drs gšfd jkt; dh ftEenkh gSfd og l quf' pr djs %

- vol jka dh l ekurk
- vol jka dks i klr djus o mi ; kš djus dh l ekurk
- i j .kš ea l ekurk

; gk; cnykooknh i fØ; k ea dš l ekurk, a gš og ; g fd fu; kšrk rFk vl; ykš bl s
vfrfjDr dke ds : i eanš[krs gš rFk [kpZ ds c<+tkus ds : i eanš[krs gš ; | fi ; g l p
gSfd ; gka dher tMš gš gea bl dher dks mfor Bgjkus dsfy, cgl o rdZ cukus dh
t: jr gš

igy ekuo vf/kdkj dsfl) klr ij vk/kfjr gš ekuo vf/kdkj ?kš.kk vušNš 1 eadgk x; k
gS l Hkh ekuo gkus ds ukrs tle l s gh Loræ o l eku gS xfjek o vf/kdkj eš vušNš 2
crykrk gSfd l Hkh ykš ?kš.kk ea of.kš l Hkh vf/kdkjka vkš Lorærvka dsfy, vf/kdr gš

I = 2% l erk&l ekurk

oxsj fdl h Hkh izdkj dsHknHkko ds---** pñd ?kksk.kk I ekurk i ; kz ennxkj ekMy ¼ oLVñl o
, i kþ½ dks<kok nrh gA geaduod u dsml fu.kz dksmBkuk pkfg, ftl dsvUrZr jkT;
vi us nkf; Roka dks Lohdkjrk gSfd jkT; vi us nkf; Roka ds vUrZr ; g I ðu'fpr djs fd
efgyk, a vi us l eLr vf/kdkjka dk mi ; kx dj I da rFkk l eLr ftEenkj I koZt fud ; k
0; fDrxr I LFkVka dks funf'kr djsfd osbl dsfy, vko'; d i kfo/kku vi us; gk; dj; pkgs
Hkysgh mudh dher c<+jgh gkA ; g , d rdZgksl drk gSefgykvka ds vf/kdkjka dks LFkfi r
djkus dsfy, A

nñ jk rdZnšk dksyEcsI e; rd LFkkbZQk; nsdsrF; ij vk/kkfjr gA cnykooknh uhfr ; g
I ðu'f'pr djrh gSfd nšk dsI Hkh ukxfjd nšk ds fodkl ea vi uk cgeW; rFkk vi uh i wkZ
{kerkva ds vuð kj ; kx nku djrs gA I Hkh ykxka dh {kerk, a o vksj nšk ds i wkZ fodkl ds
fy, T; knk dky o {kerkoku ekuo I d /ku mi yC/k glerk gA vk/kh tul ð; k dks i hNs j [kus
I s Hkh dher c<+tkrh gSD; kñd os i jkoyEch dh oxZ ea pypys tkrsg; ctk; fd mRi knð oxZ
ea tkdj rFkk dñ dj ds fn [kkus dA

I ekurk dk ennxkj ekMy I keftd cnyko dsfy, iz Ruk djrk gA bl izdkj dk ifjorZu
tkf [ke ij ugha vkrk vksj bl ds fy, t: jh gS fd ifj; kstuk ds vUrj fo'kSk
i ko/kku gkuk pkfg, rkfd tkf [ke dk vuøku yxk I da rFkk efgykvka dks tkf [ke I syMeus
dsfy, enn dj I da bl I UnHkZ ea ifj; kstukvka ds fu.kz , oafØ; kko; u ea efgykvka dh
Hkxhnhkj vko'; d gA ; g døy efgykvka I s j kdkj j [krk gS okLro ea efgykvka dk epnšk
gS tks fodYi dk eW; kñd dj I drk gS VM fodYi ka dk vlnkttk yxk I drsgsrFkk r; dj
I drsgsfd fdl rjg ds enn dh vko'; drk glxhA

; |fi I keftd ifjorZu , d dher ij vko'; d gSfQj Hkh ; g LFkkbZ o nñ xkeh ifj.kke I s
dkQh nñ jgrk gS ; g døy ij fullkjrk I s Lok; Rrrk ea ifjorZu dks inf'kr djrk gA

ppksh ; g tkuuk gSfd dc vUrj dks i dMeuk gS vksj mi ; ðr eki.n.M o j.kuhfr ij fu.kz k
yuk rkfd bl I s I eku igp fu; a.k o I Hko ifj.kke vk I da bl rjg ds eki.n.M dk
vkdyyu dkuu gkuk pkfg, rkfd os Lok; Rrrk dks<kok nsuk I ðu'f'pr djactk; I j {kk ds
fullkjrk dA ; g I c I eku vf/kdkj vksj dkuuuh Lrj ij I ekurk dh ekax ij cxj I e>kS-k
fd, gkuk pkfg, A mntgj.k dsfy, dkuuuh I ekurk dh ekax ij dkbZl I e>kSrk ugha gksl drk
fdl h 0; fDr ds 0; fDrxr Lrj ds I Ecakka ea tS s &

- ukxfjd vksj jk"Vh; rk
- 'kknh ds vlnj vf/kdkj vksj i kfjokfjd I Ecu/k
- cPpka ij vf/kdkj ¼ j {kdrk½
- dkuuuka ds I e{k I eku orkð

I kj % vksj pkfjd I ekurk ; k rVLFk dkuu vksj uhfr; ka i ; kZr ugha gS D; kñd i q "k vksj
efgyk , d tS s ugha gA ogk; cgr I kjs {ks= gS %

I = 2 % I erk&I ekurk

- vlrj ds
- fo"kerk ds
- upl ku ds

efgykvka ds vf/kdkj dks Lohdkj djus ds fy, igy ea t: jr gs vlrj] fo"kerk o upl ku
ea Hkj i kbZ djus dh t: jr gA bl s djus ds nks jkLrs gS &

I g {kkoknh uhfr % ; g I hfer djrh gS

cnykooknh uhfr % vfrfjDr dk; bkbZ@mik; fd, tk; rkfd efgyk, aQk; nk mBk I d] tks
mlgafn, x, gA

efgykvka o iq "kka ds I kFk , d tS k orkb ughafd; k tk I drk D; kAd ; g uhfr efgykva
ds I kFk Hksn Hkko dks U; ; kkspr Bgkrrh gS tks ^efgyk vks ij "k vyx gS ij
vk/kfjr gS bl I s efgykva dks U; k; ugha feyrkA

duosku I jdkjka dks efgykva ds fy, igy djus ds nkbRoka dks fuHkkus ds fy, funf'kr djrh
gS tks fuEu fl) kUrka ij vk/kfjr gS &

- vol jka ea I ekurk
- ij .kka ea I ekurk
- 0; fDrxr Lrj ea dkuuh Lrj dh I ekurk tS s &
 - ukxfjdrk
 - 'kknh ds vlnj vf/kdkj o ikfjokfjd I EclU/k
 - cPpka ij vf/kdkj % g {kdrkZ
 - dkuu ds I kFk I eku orkb

%vkb Mkywvki , Mky; w Vfuax eS/hfj; y@2000 rFkk I hMKWVfuax c&l xtm.M eS/hfj; y I %

vf/kdkjka ds Jkr %

- ns'k dk I fio/kku
- jk"Vh; dkuu
- vlrj k"Vh; ekuo vf/kdkj ?kksk.kk, a tS s &
 - ekuokf/kdkjka dh I koBkkE ?kksk.kk %1948½
 - vlrj k"Vh; ukxfjd o jktuhfrd vf/kdkjka ij I e>kS-k
 - vkfFkZd] I keltd o I kAdfrd vf/kdkjka ij vlrj k"Vh; I e>kS-k
 - efgykva ds f[kykQ I Hkh izdkj ds HksnHkko mlJeyu ij I e>kS-k % hMKW
 - cky vf/kdkjka ij I e>kS-k
- {ks-h; ekuo vf/kdkjka ij I e>kS-k
- vlrj k"Vh; o I a Dr jk"V^a I Hkkvka dh ?kksk.kk, a tS s &
 - vkbZl h-i-h-Mh- ds dk; DDe o fD; k&dYkki
 - efgykva ij chftax dklOBI ds dk; DDeka dk lys/OkeZ

I = 2 % I erk & I ekurk

odZ khV 3-1 %vYi l d; d] LVhfj; kaVkbfi x o HksHkko

vYi l d; d %mnkj.k uhrs fn, x, g%	LVhfj; kaVkbfi x dk Lo: i	HksHkko dk Lo: i %0; fDrxr½	HksHkko dk Lo: i %l epk; ds: i e%
b] kb] e[Lye] i kj l h			
fodyka& 'kkjhjd] ekuf l d			
l efyxh			
fgtMk@fdlluj			
{ks-h; l epk; %tS si pkrj d%			

l = 3%vYi l d; d vksj HksHkko

gsM vkmV 4-1 %Hkkjr dsl fo/kku dsvlrxr vf/kdkj

mnñs'kdk

ge] Hkkjr ds ykx] Hkkjr dks, d l i wkZ i Hkko&l i Uu l ektoknh i fufu] i {k ykdra=kRed
x.kjkt; cukus ds fy,] rFkk ml ds l elr ukxfjdka dks % l keftd] vkfFkZd vksj
jktuſrd U; k;] fopkj] vfHko; fDr] fo'okl] /keZvksj mi kl uk dh Lorærk] i fr"Bk vksj
vol j dh l erk i kr djkus ds fy, rFkk mu l c ea 0; fDr dh xfjek vksj jk"V" dh
, drk vksj v[kMrk l fu' pr djusokyh cakrk c<kus ds fy, n<f adYi gkdj vi uh
bl l fo/kku l Hkk eavkt rkjh[k 26 uo; j] 1949 bD vfev ekZ kh"K" kDyk l lreh] l or-
nks gtj Ng foDeh½ dks ,rn}kj k bl l fo/kku dks vaxhd] vf/kfu; fer vksj
vRRekfi r djrs gA

Hkkx 3 ewy vf/kdkj

12- i fj Hkk"kk

bl Hkkx e] tc rd fd l UnHkZ l svU; Fkk vi {kr u gks ^jkt; ** dsvlrxr Hkkjr dh l jdkj
vksj l d n-rFkk jkt; kaeal si R; d jkt; dh l jdkj vksj fo/kku&emy rFkk Hkkjr ds jkt; {ks=
ds Hkhrj ; k Hkkjr l jdkj ds fu; æ.k ds v/khu l Hkh LFkkh; vksj vU; i kf/kdkjh gA

13- ewy vf/kdkj ka l svl ær ; k mudk vYihdj .k djusokyh fof/k; k;

¼½ bl l fo/kku ds i kjEHk l sBhd igys Hkkjr ds jkt; {ks= ea i DR l Hkh fof/k; k; ml ek=k rd
'kD; gkxh ft l rd os bl Hkkx ds mi cakka l svl ær gA

½ jkt; , d h dkbZ fof/k ugha cuk, xk tks bl Hkkx }kj k i nRr vf/kdkj ka dks Nhurh gS; k U; nu
djrh gS vksj bl [k.M ds mYy@ku ea cukbZ xbZ i R; d fof/k mYy@ku dh ek=k rd 'kD; gkxh A

¾ bl vu@Nn e] tc rd fd l UnHkZ l svU; Fkk vi {kr u gk] & ¼d½ ^fof/k** ds vaxr
Hkkjr ds jkt; {ks= ea fof/k dk cy j [kusokyk dkbZ v/; kns k] vkns k] mi fof/k] fu; e] fofu; e]
vf/kl puk] : f<; k i Fkk gA

¼[k½ ^i DR fof/k** ds vaxr Hkkjr ds jkt; {ks= ea fd l h fo/kku&emy ; k vU; l {ke i kf/kdkjh
}kj k bl l fo/kku ds i kjEHk l sigys i kfj r ; k cukbZ x; h fof/k gS tks igys gh fu] fl r ugha
dj nh xbZ g] pks; , d h dkbZ fof/k ; k ml dk dkbZ Hkkx ml l e; i wkZ ; k ; k fof'k"V {ks=ka
ea i DR l ea ugha gA

¼¾ bl vu@Nn dh dkbZ ckr vu@Nn 368 ds v/khu fd, x, bl l fo/kku ds fd l h
l d kksku dks ykxw ugha gkxh A

l = 4 % Ekkuf/kdkj

14- fof/k ds l e{k l erk

jkT;] Hkkjr ds jkT; {ks= ea fdl h 0; fDr dks fof/k ds l e{k l erk l s ; k fof/k; ka ds l eku
l j {k.k l s ofpr ugha djsxkA

15- /ke] eyoak] tkfr] fyax ; k tle&LFkku ds vk/kkj ij folhn dk ifr"ksk

¼½ jkT;] fdl h ukxfjd ds fo:) dpy /ke] eyoak] tkfr] fyax] tle&LFkku ; k buea l s
fdl h ds vk/kkj ij dkbZ folhn ugha djsxkA

½ dkbZ ukxfjd dpy /ke] eyoak] tkfr] fyax] tle&LFkku ; k buea l s fdl h ds vk/kkj ij

¼ d½ nplkuk] l koZt fud Hkkst uk; k] gkV/yka vksj l koZt fud eukj atu ds LFkkuka ea i ds k] ; k

¼ k½ i wkZ-% ; k Hkkxr% jkT; &fuf/k l s i k"kr ; k l k/kkj.k turk ds iz kx ds fy, l efi r dpy k] rkykcl] Luku?kkV k] l Medka vksj l koZt fud l ekxe ds LFkkuka ds mi ; kx] ds l eak eafdl h Hkh fu; k; rk] nkf; Ro] fud/ku ; k 'krZ ds v/khu ugha gkskA

¾ bl vuqNn dh dkbZ ckr jkT; dh fL=; ka vksj ckydka ds fy, dkbZ fo'ksk mi cak djus l s fuokfjr ugha djsxhA

¼½ bl vuqNn dh ; k vuqNn 29 ds [k.M ½ dh dkbZ ckr jkT; dks l kekf t d vksj 'ks{k d n"V l s fi NM%gq ukxfjd ka ds fdUgha oxk] dh mluf r ds fy, ; k vuq fpr tkfr; ka vksj vuq fpr tutkfr; ka ds fy, dkbZ fo'ksk mi cak djus l s fuokfjr ugha djsxhA

16- ykd fu; kstu ds fo"k; eavol j dh l erk

¼½ jkT; ds v/khu fdl h in ij fu; kstu ; k fu; qDr l s l eak/kr fo"k; ka ea l Hkh ukxfjd ka ds fy, vol j dh l erk gkskA

½ jkT; ds v/khu fdl h fu; kstu ; k in ds l eak ea dpy /ke] eyoak] tkfr] fyax] mnHko] tle&LFkku] fuokl ; k buea l s fdl h ds vk/kkj ij u rks dkbZ ukxfjd vik= gksk vksj u ml l s folhn fd; k tk, xkA

¾ bl buqNn dh dkbZ ckr l d n-dks dkbZ, d h fof/k cukus l s fuokfjr ugha djsxh tks fdl h jkT; ; k l ak jkT; {ks= dh l jdkj ds ; k ml ea ds fdl h LFkkuh; ; k vU; i kf/kdkjh ds v/khu okys fdl h oxZ ; k oxk] ds in ij fu; kstu ; k fu; qDr ds l eak ea , d s fu; kstu ; k fu; qDr l s igys ml jkT; ; k l ak jkT; {ks= ds Hkrj fuokl fo"k; d dkbZ vi{k k fofgr djrh gA

¼½ bl vuqNn dh dkbZ ckr jkT; dks fi NM%gq ukxfjd ka ds fdl h oxZ ds i {k e] ftudk i frfuf/Ro jkT; dh jk; ea jkT; ds v/khu l okvka ea i ; kZr ugha g] fu; qDr; ka ; k in ka ds vkj {k.k ds fy, mi cak djus l s fuokfjr ugha djsxhA

¼&d½ bl vuqNn dh dkbZ ckr jkT; dks vuq fpr tkfr; ka vksj vuq fpr tutkfr; ka ds

l = 4 % Ekkuf/kdkj

i {k eaftudk ifrfuf/kRo jkT; dh jk; ds v/khu I okvka ea i; klr ugha gš jkT; ds v/khu
I okvka eafdl h oxz ; k oxkš ds i nka ij] ij .kkfed ofj"Brk ds I kFk] i kšufvfr ds ekeyka ea
vkj {k.k dsfy, mi cl/k djus I sfuokfjr ugha djsxhA

½ bl vuqNn dh dkbz ckr fdl h , d h fof/k ds iDrU ij i Hkko ugha Mkysxh tks ; g
mi cl/k djrh gš fd fdl h /kkfešd ; k I kšnkf; d I kFk ds dk; šyki I s I kš/kr dkbz
i n/kkj h ; k ml ds 'kk I h fudk; dk dkbz I nL; fdl h fof'k"V /keždk ekuusokyk ; k fof'k"V
I kšnk; dk gh gšA

17- vLi" ; rk dk vr

^vLi" ; rk** dk vr fd; k tkrk gš vkš ml dk fdl h Hkh : i ea vkpj .k fuf"k) fd; k tkrk
gš ^vLi" ; rk** I smi th fdl h fu; kš; rk dks ykxw djuk vij/k k gšxk tks fof/k ds vuq kj
nš/uh; gšxkA

19- okd-Lokrae; vkfn fo"k; d dŃ vf/kdkj kadk I Ń {k.k

¼ I Hkh ukxfjdka dks

¼ d ½ okd & Lokrae; vkš vfHkO; fDr & Lokrae; dkj

¼ [kš 'kkšri šd vkš fujk; Ńk I Eeyu dkj

¼ x ½ I ke ; k I kš kukus dkj

¼ k ½ Hkkjr ds jkT; {kš= ea I oš= fcuk ck/kk fopj .k djus dkj

¼ M ½ Hkkjr ds jkT; {kš= ds fdl h Hkkx ea fuokl djus vkš cl tkus dk

¼ P ½ dkbz ofRr] mi th fodk] O; ki kj ; k dkj kškj djus dkj vf/kdkj gšxk

½ ½ [kM ¼ I ½ ds mi [k.M ¼ d ½ dh dkbz ckr mDr mi [k.M }kj k fn, x, vf/kdkj ds iz kš ij
Hkkjr dh i Hkkrk vkš v [kM/rk jkT; dh I Ń {kk} fonš kh jkT; ka ds I kFk eš=hi wš I kškkj ykd
O; oLFkk] f'k"V kpkj ; k I nkpkj ds fgrka ea vFkok U; k; ky; & voekuuk] ekugkf; ; k
vij/k & mr+i hMeu ds I kš ea; ŃDr; Ńr fucš k tgk rd dkbz fo |eku fof/k vf/kj kš i r djrh
gš ogka rd ml ds iDrU ij i Hkko ugha Mkysxh ; k oš s fucš k vf/kj kš i r djus okyh dkbz
fof/k kukus I s jkT; dks fuokfjr ugha djsxhA

½ ¾ mDr [kM ds mi [kM ¼ [kš dh dkbz ckr mDr mi [kM }kj k fn, x, vf/kdkj ds iz kš ij
Hkkjr dh i Hkkrk vkš v [kM/rk ; k ykd O; oLFkk ds fgrka ea; ŃDr; Ńr fucš ku tgka rd dkbz
fo |eku fof/k vf/kj kš i r djrh gš ogk rd ml ds iDrU ij i Hkko ugha Mkysxh ; k oš s
fucš ku vf/kj kš i r djus okyh dkbz fof/k kukus I s jkT; dks fuokfjr ugha djsxhA

¼ I mDr [k.M ds mi [k.M ¼ x ½ dh dkbz ckr mDr mi [kM }kj k fn, x, vf/kdkj ds iz kš
ij Hkkjr dh i Hkkrk vkš v [kM/rk ; k ykd O; oLFkk ; k I nkpkj ds fgrka ea; ŃDr; Ńr fucš ku

I = 4 % Ekuokf/kdkj

tgk rd dkbzfo | eku fof/k vf/kjksi r djrh gšogk rd ml ds iDrž ij i Hkko ugha Mkysch ; k oš sfučku vf/kjksi r djusokyh dkbzfof/k cukus l s jkT; dks fuokfjr ugha djschA

1/6 1/2 mDr [k.M ds mi [k.M 1/2k 1/2 vkš mi [kM 1/4 1/2 dh dkbz ckr mDr mi [k.M }kj k fn, x, vf/kdkjka ds iz kx ij l k/kj.k turk ds fgrka ea; k fdl h vuđ űpr tutkfr ds fgrka ds l j (k.k ds fy, ; űDr; űr fučku tgk rd dkbzfo | eku fof/k vf/kjksi r djrh gšogk rd ml ds iDrž ij i Hkko ugha Mkysch ; k oš sfučku vf/kjksi r djusokyh dkbzfof/k cukus l s jkT; dks fuokfjr ugha djschA

1/6 1/2 mDr [k.M ds mi [k.M 1/4 1/2 dh dkbz ckr mDr mi [k.M }kj k fn, x, vf/kdkj ds iz kx ij l k/kj.k turk ds fgrka ea; űDr; űr fučku tgk rd dkbzfo | eku fof/k vf/kjksi r djrh gšogk rd ml ds iDrž ij i Hkko ugha Mkysch ; k oš sfučku vf/kjksi r djusokyh dkbzfof/k cukus l s jkT; dks fuokfjr ugha djsch vkš fof'k"Vr; k mDr mi [kM dh dkbz ckr &

1/4 1/2 mDr [k.M ds mi [k.M 1/2k 1/2 vkš mi [kM dkbz ofRr] mi thfodk] 0; ki kj ; k dkj kckj djus ds fy, vko'; d ofRrd ; k rdudh vgr kvka l } ; k

1/4 1/2 mDr [k.M ds mi [k.M 1/2k 1/2 vkš mi [kM jkT; }kj k ; k jkT; ds Lokfero ; k fu; æ.k eafdl h fuxe }kj k dkbz 0; ki kj] dkjckj] m | kx ; k l ok, } ukxfj dka dk i wkž-% ; k Hkxr% viotž djdš ; k vl; Fkk] pyk, tkus l Å

gsM vkmV 4-2 %ekuokf/kdkjka dh I koHkkē ?kkšk.kk

mnns'kdk

tcfd iR; d 0; fDr dh vlrHkr ifr"Bk vkš ml ds l eku rFkk vgj.kh; vf/kdkj gh fo'o eaLora-rk] U; k; vkš 'kkfUr dk vk/kkj gš tcfd ekuo vf/kdkjka dh mišk vkš vogsyuk usmu cōjrk i wkZdk; kš dks tle fn; k ftlgkusekuork dks vkš , d , d sfo'o ds fuekZk dh ifj dYi uk dks l kdkj u gkus fn; k ftl ea l kekl; 0; fDr dh mPpre vkdk(ktvka ds : i ea ml sckysurFkk fopkj 0; Dr djus dh l ora-rk gks vkš og Hk; rFkk vHko l seDr gš tcfd rkuk'kgh vkš neu dsf[kYkkQ euq; dš vflre mi k; ds : i ea fontg djus l sjkds dsfy, ; g vko'; d gšfd dkumu }kjk ekuokf/kdkjka dh l g {kk dh tkuh pkfg, A tcfd jk"Vha dschp eš-hi wkZ l adkka ds fodkl dks c<kok nusd vko'; d gš tcfd l a Dr jk"V" pkVj ea ey/Hkr ekuo vf/kdkjka ekuo dh ifr"Bk rFkk egRo vkš i q "kka rFkk efgykvka dks l ekuo vf/kdkjka ds l adk ea vi usfo'okl dh i q% i q"V dh xbZ gš vkš i wkZ Lora-rk ds okrkoj.k ea l keftd ixfr vkš cgrj thou Lrj dks c<kok nusd fu'p; fd; k x; k gš tcfd l nL; jk"Vha us l a Dr jk"V" ds l g; kx l } ekuo vf/kdkjka vkš ey/Hkr Lora-rk dks l koHkkē l Eeku vkš muds vuq kyu dks c<kok nusd l adYi fd; k gš tcfd bl l adYi dks i jk djus dsfy, bu vf/kdkjka vkš Lora-rk ds l adk ea l kekl; cksk vR; f/kd egRo i wkZ gš

vr%vc]

egkl Hkk

ekuokf/kdkjka dh I koHkkē ?kkšk.kk l Hkh yskarFkk l Hkh jk"Vha dsfy, mi yfC/k ds, d l kekl; Lrj ds : i ea ekuo vf/kdkjka dh I koHkkē ?kkšk.kk bl mnns; l sdjrh gšfd iR; d 0; fDr vkš l ekt dk iR; d ?kVd bl ?kkšk.kk dks fujarj /; ku ea j [krs gq f'k{k.k rFkk f'k{k ds }kjk bu vf/kdkjka rFkk Lora-rk dks c<kok nusd vkš mRrjkRrj jk"Vh; rFkk vlrjkZVh; mi k; ka }kjk mlga l koHkkē vkš i Hkkoh : i ea Lohdkj djus rFkk l nL; jk"Vha ds vkš muds {ks=kf/kdkj ds {ks=ka ds yskar dschp buds vuq kyu dsfy, iz kl djxkA

vuqNn 1

tUe ds l e; l Hkh 0; fDr Lora- gkrs gš vkš ifr"Bk rFkk vf/kdkj dh n"V l s, d l eku gkrs gš oscf) rFkk food l sl Ei Uu gkrs gš vkš bl fy, mlga, d&nll js dsfy, Hkkb pkj s dh Hkkouk l s dk; Z djuk pkfg, A

vuþNn 2-

i R; d 0; fDr tkfr] jx] fyx@; kfu] Hkk"kk] /ke] jktuhfrd vFkok vU; fopkj] jk"Vh; vFkok I lekftd ey] I Ei fRr] tle vFkok vU; fLFkr] tS h ckræ ds vk/kkj ij fcuk fdl h izdkj ds HknHkko dsbl ?kksk.kk eafu/kkfjr I Hkh vf/kdkj karFkk Lorærk dk gdnkj gA bl ds vykok] jktuhfrd] vf/kdkjd vFkok ftI nsk vFkok {ks= I sog I æð/kr gSml dh vUrkjZVh; fLFkr] pksog Loræ gk] U; kl gk] i jk/khu gks vFkok vU; fdl h izdkj ds i Hkqo eagk] ds vk/kkj ij dkbZ HknHkko ugha fd; k tk, xkA

vuþNn 3-

i R; d 0; fDr dks 0; fDrxr thou] Lorærk rFkk I g {kk dk vf/kdkj gA

vuþNn 4-

fdl h Hkh 0; fDr dks xyke vFkok nkl ugha cuk; k tk, xk %nkl rk vlsj xyke i Fkk dk I Hkh : i ka ea fu"ksk gksxkA

vuþNn 5-

fdl h Hkh 0; fDr dks I rk; k ugha tk, xk vFkok fdl h Hkh 0; fDr ds I kFk Øjrk dk] vekuoh; vFkok viektud 0; ogkj ugha fd; k tk, xk vFkok u gh fdl h dksbl izdkj nf.Mr fd; k tk, xkA

vuþNn 6-

i R; d 0; fDr dks; g vf/kdkj gSfd I c txg dkuu dh utj eamI s, d 0; fDr ekuk tk, A

vuþNn 7-

dkuu dh utj eal c I eku gA vlsj fcuk fdl h izdkj ds HknHkko ds I c dks I eku dkuu h I g {kk dk vf/kdkj gA bl ?kksk.kk dk vfrÐe.k djsrgg fdl h izdkj ds HknHkko dsfo:) vlsj , s HknHkko dks i fjr djus dsfo:) I c I eku I g {kk ds gdnkj gA

vuþNn 8-

i R; d 0; fDr dk] I fo/kku vFkok dkuu }kjk ml si nku ey/Hkr vf/kdkj ka eagLr {ki dsf [kykQ I {ke jk"Vh; vnkyrka eaU; k; dh ekax djus dk vf/kdkj gA

vuþNn 9-

fdl h Hkh 0; fDr dks euekus <æ I s fxj ¶rkj] utjcan vFkok fuokI r ugha fd; k tk, xkA

vuþNn 10-

i R; d 0; fDr dk] vi us vf/kdkj ka vlsj drD; ka ds fu/kkj .k ds I ædk ea rFkk vi usf [kykQ yxk, x, fdl h Hkh izdkj ds vfhk; ksx dsfo:) , oa Loræ rFkk fu"i {k vnkyr eaU; k; ekax rFkk I = 4 % Ekkukf/kdkj

viuk i{k iLrŕ djusdk ij&ijk vf/kdkj gA

vuŕNn 11-

1/4 1/2 i R; d 0; fDr dksbl ckr dk vf/kdkj gSfd ml dsfo:) yxk, x, fdl h Hkh vij/k/ dsekeyseaml src rd funkBk l e>k tk; tc rd fd ml sml l koZtfud U; k; ky; }kjk nkskh fl) u fd; k x; k gksftl eaog vi uscpto dsfy, vko'; d l Hkh rdziLrŕ dj pŕk gkA

1/2 1/2 fdl h Hkh 0; fDr dksfdl h Hkh , d sdk; ZvFkok xyrh dsfy, nkskh ughaBgjk; k tk, xk tks ml l e; fdl h jk"Vh; vFkok vlrjkZVh; dkuu dsvŕxr vij/k/ u l e>k tkrk gksftl l e; ; g fd; k x; k Fkkj u gh ml svij/k/ djusd l e; i pfyr nM l svf/kd nM fn; k tk; skA

vuŕNn 12-

fdl h Hkh dsfuthj ikfjokfdj ?kjsyvFkok i = 0; ogkj dsekeyseaeuekus<x l sglr{kš ugha fd; k tk, xk) u gh ml ds l Eeku vkš i fr"Bk ij igkj fd; k tk, xkA i R; d 0; fDr dksbl idkj dsGLr{kš vFkok igkj dsfo:) dkuuh l j{k dk vf/kdkj gA

vuŕNn 13-

1- i R; d 0; fDr dks vi usnš dh l hek ds vŕxr fdl h Hkh jkT; ea vku&tkus rFkk cl us dh Lorark dk vf/kdkj gA

2- i R; d 0; fDr dksdkbZ Hkh ns k NkMueš ftl eaml dk viuk ns k Hkh 'krfey gš vkš vi usnš k ea ykš/u dk vf/kdkj gA

vuŕNn 14-

1- i R; d 0; fDr dksvR; kpkj dsfo:) vl; ns kkaea 'kj .k ekaxusvkš 'kj .k yusdk vf/kdkj gA

2- ; g vf/kdkj xš & jktuŕrd vij/k/ka vFkok l a ŕr jk"Vka ds iz kstuka vkš fl) kŕka ds foijhr dR; ka ds Qy Lo: i okLrfod blrxkl ka ds ekeys ea ykxw ugha gkskA

vuŕNn 15-

1- i R; d 0; fDr dks , d jk"Vh; rk dk vf/kdkj gA

2- fdl h Hkh 0; fDr dksu rksuekus<x l sml dh jk"Vh; rk l soŕr fd; k tk, xk vkš u gh ml l sviuh jk"Vh; rk cnysdk vf/kdkj Nhuok tk, xkA

vuŕNn 16-

1- ckyxkj i q "kka vkš efgykvka dks tkfr jk"Vh; rk vFkok /keZ dsfdl h calku dsfcuk fookg

l = 4 % Ekkukf/kdkj

djusvlsj ?kj cl kusdk vf/kdkj g& mlgafookg dju& fookg dsnk&ku vlsj fookg foPNn ds ekeys ea l eku vf/kdkj g&

2- fookg dsbPNpd i fr&i Ruh dh Loræ vlsj i wkz l gefr l s gh fookg gl&ka

3- i fjokj l ekt dh LokHkkfod vlsj vk/kkjHkr l ewg bdkbzgsvlsj bl sl ekt rFkk jkT; }kjk l j {kk i kusdk gd g&

vuþNn 17-

1- i R; d 0; fDr dks vdsys rFkk vU; ka ds l kFk l k>sea l Ei fRr j [kusdk vf/kdkj g&

2- fdl h Hkh 0; fDr dks euekus <æ l sm l dh l Ei fRr l soþpr ugha fd; k tk, xkA

vuþNn 18-

i R; d 0; fDr dks fopkj] food vlsj /kezd h Lorærk dk vf/kdkj g& bl vf/kdkj eavi uk /kez vFkok er cnys rFkk vdsys vFkok vU; y&ka ds l kFk feydj vlsj l kozt fud vFkok 0; fDrxr : i l smi ns k] 0; ogkj] mi kl uk rFkk jhfr&fjokt eavi us/kez vFkok er dks i dV djus dh Lorærk 'kkfey g&

vuþNn 19-

i R; d 0; fDr dks jk; vlsj v&H0; fDr dh Lorærk dk vf/kdkj g& bl vf/kdkj eafuk fdl h glr {ki ds viuh jk; dk; e djusvlsj l jgnka dk /; ku j [ksfuk fdl h Hkh ek; e l sl þuk vlsj fopkj i klr dju& y&us vlsj nus dk vf/kdkj 'kkfey g&

vuþNn 20-

1- i R; d 0; fDr dks 'kkfiri d& l Hkh djusvlsj l þk cukus ds Lorærk dk vf/kdkj g&

2- fdl h Hkh 0; fDr dks fdl h l þk ea 'kkfey gl&us ds fy, ck/; ugha fd; k tk, xkA

vuþNn 21-

1- i R; d 0; fDr dks vi us ns k dh l jdkj ea i R; {k : i l s vFkok Loræ : i l s þus x; s i frfuf/k; ka ds ek/; e l sfg l k y&us dk vf/kdkj g&

2- i R; d 0; fDr dks vi us ns k ea l kozt fud l ok ds fy, l eku vol j i kusdk vf/kdkj g&

3- y&ka dh bPNk gh l jdkj dk vk/kkj gl&ch] ; g bPNk vkof/kd vlsj i æf.kd þukoka ea 0; Dr dh tk; xh tks 0; ki d vlsj l eku erkf/kdkj }kjk gl&us vlsj tks xþr er vFkok , d h gh Loræ ernku i) fr; ka }kjk gl&ka

vuþNn 22-

i R; d 0; fDr dks l ekt dk , d l nL; gl&us ds ukr s l keft d l j {kk dk vf/kdkj gsvlsj ; g

l = 4 % Ekkuokf/kdkj

jk"Vh; iz kl vkš varjkZVh; I g; kx dsek/; e I s rFk i R; d nš dsl æBu vkš I d k/kuka
ds vuđ kj , d s vkfFkd] I kekt'd vkš I kdfrd vf/kdkj i kus dk gdnkj gš tks ml dh
eku&e; kšk vkš ml ds Loræ : i I s 0; fDrRo ds fodkl dsfy, vfuok; ZgA

vuđNn 23-

1- i R; d 0; fDr dksdke djuš Loræ : i I sjkstxkj ppuš dke dh U; k; kšpr vkš vuđny
i f jfLFkfr; ka vkš cjkstxkj h I s I g {kk dk vf/kdkj gA

2- i R; d 0; fDr dksfdl h HknHkko dsfcuk I eku dk; Zdsfy, I eku oru i kus dk vf/kdkj
gA

3- i R; d dkedkth 0; fDr dksU; k; kšpr vkš vuđny i kfjJfed i kus dk vf/kdkj gšft I ea
Lo; aml dsfy, vkš ml ds ifjokj dsfy, ekuoh; eku&e; kšk dsl kFk fuokš I ūuf' pr gks
I ds vkš ; fn vko' ; d gks rks I ekft'd I g {kk ds vU; I k/kuka I s bl dh i firZgkA

4- i R; d 0; fDr dks vi us fgrka dh I g {kk dsfy, Jfed I ųka dh LFkki uk djuš vkš muea
'kkfey gksus dk vf/kdkj gA

vuđNn 24-

i R; d 0; fDr dks dke ea?ka/ka dh mfpr I hek I fgr foJke vkš eukjatu rFk oru I fgr
vkof/kd NųVh dk vf/kdkj gA

vuđNn 25-

1- i R; d 0; fDr dks vi us vkš vi us ifjokj ds LokLF; vkš Bhd rjg I sfuokš dsfy, Hkktu
oL=) edku vkš fpdfRI k I ųo/kvka vkš vko' ; d I kekt'd I okvka I fgr i ; klr thou Lrj
dk vf/kdkj gš vkš cjkstxkj h] chekj h] v{kerk] oško;] o) koLFk vkok ml dsfu; æ .k dsckg
dh i f jfLFkfr; ka ea thfodk ds vHkko ea I kekt'd I g {kk dk vf/kdkj gA

2- ek vkš cPpsfo' kš vkš I gk; rk i kus dsgdnkj gA oš vkok voš : i I stles I Hk cPpka
dkš , d I eku I kekt'd I g {kk i klr gksxA

vuđNn 26-

1- i R; d 0; fDr dks f'k{k dk vf/kdkj gA de I s de i kjHkd rFk cųu; knh Lrjka i j f'k{k
fu%kųd gksxA i kjHkd f'k{k vfuok; ZgksxA rduhdh rFk 0; kol kf; d f'k{k I kekt'd ; i
I s miyC/k gksx vkš mPp f'k{k ds vol j ; kš; rk ds vk/kkj ij I c dks I eku : i I s
miyC/k gksxA

2- f'k{k dk mnš ; ekuo 0; fDrRo dk i wkZfodkl] ekuo vf/kdkjka vkš eyHkar Lorærk dks
c<kok nsuk gksxA ; g I Hk jk"Vh tkrh; vFkok /kkfeč oxka ds chip cksk] I fg".kųk vkš eš-h
dk fodkl djsx vkš 'kkfUr cuk, j [kus ds I a ųr jk"Vª ds dk; ždyki ka dks c<kok nsxA

I = 4 % Ekuokf/kdkj

3- ekrk firrk dksbl ckr dk ijik&ijik vf/kdkj gSfd osviuscPpkadksfdl izdkj dh f'k{k k fnykuk pkrgrs gA

vuqNn 27-

1- iR; d 0; fDr dksml I ekt eal kldfrd thou eaHkkx yusj dykvka dk vkuln mBkusrFkk oKkfud izfr vlsj ml dsykhkka dk miHkkx djus dk vf/kdkj gA

2- fdl h Hkh 0; fDr dks , d s fdl h Hkh oKkfud] I kfgR; d vFkok dykRed dk; Z ds ij .kkelo: i iklr usrd vlsj oLrqijid fgrka dh I j{k dk vf/kdkj gSftl dk og iord gA

vuqNn 28-

iR; d 0; fDr fdl h Hkh , d h I keftd rFkk vUrjZVh; 0; oLFkk dk gdnkj gSftl ea bl ?kksk.k ea mYys[kr vf/kdkjka rFkk Lorark dks ijh rjg I siklr fd; k tk l dA

vuqNn 29-

1- iR; d 0; fDr dksml I ekt dsifr dN drD; gftl eajg dj gh ml ds0; fDrRo dk Lorark rFkk iwZfodkl I Hko gA

2- iR; d 0; fDr viusvf/kdkjka rFkk Lorark dk dny ml I hek rd gh mi ; ks dj I dsxk tks vU; ykxka ds vf/kdkjka rFkk Lorark dks mfpr ekU; rk vlsj I Eeku inku djus rFkk usrdrk] I koZfud 0; oLFkk rFkk ykdrka=d I ekt eal keU; dY; k.k I adkh oSk t: jrka dks ijik djus ds fy, dkumu }kjk fu/kkZjr dh xbZ gA

3- bu vf/kdkjka rFkk Lorark dk] fdl h Hkh n'kk eaj I a Dr jk"V^a ds mnas ; ka ds rFkk fl) kurka ds foijhr mi ; ks ughafd; k tk, xkA

vuqNn 30-

bl ?kksk.k ea mYys[kr fdl h Hkh ckr dh bl : i ea0; k[; k ughadh tk I drh ftl I sfdl h jkT;] oxZvFkok 0; fDr dks , d k dksZHkh dk; Z djus vFkok dk; Zdyki eaHkkx yusdk vf/kdkj fey tk, ftl dk mnas ; bl ?kksk.k eafu/kkZjr fdl h Hkh vf/kdkj vFkok Lorark ij igkj djuk gA

i l r q r % e k u o k f / k d k j d s f o d k l d k b f r g k l

v k s , p - i h - 4 - 1

**e k u o k f / k d k j D ; k g S **

- os vf/kdkj tks ekuo gkus ds ukrs gj ekuo dks feyrs gš rFkk muds mi ; kx ds fy ; s gj ekuo dks vf/kdr djrs gA
- ekuokf/kdkj I Hkh ekuo ds : i ea tle yus I s gh fey tkrk gA
- I j d k j k a d h I o z F k e f t E e n k j h I H k h e k u o k f / k d k j k a d h j { k k d j u k g A
- ekuokf/kdkj ey/Hkr fl) klr ij vk/kfjr gSfd gj 0; fDr cjkj dh ifr"Bl e; kzk vks vf/kdkj j [krs gš pksog fdl h tkr] /ke] jx] fyr] uLy ds gkA bl ckr I s d k b z Q d z u g h a i M r k f d o g d g k i s h g v k d k s I h H k k " k k c k y r k g S ; k f d l j k t u h f r d j k ; d k g A

e k u o k f / k d k j k a i j f o ' o I E e y u 1 9 9 3 f o ; k u k f o ' k s k : i I s L o h d k j d j r k g S %

- efgykvka ds ekuokf/kdkj
- bl idkj ds vf/kdkjka ds I j {k.k o c<kok nuseajkT; kadsdrD; ftl eafgd k jfgr thou thus dk vf/kdkj 'kkfey gA
- rc I sekuokf/kdkjka d k f o d k l , o a f Ø ; k l o ; u f n e k x e a i q " k k a d s e k M y d k s y e d j f d ; k t k r k j g k g S v k s v k t r d e k u o k f / k d k j 0 ; o L F k k u s e f g y k v k a d h i f j f L F k r ; k a o v u t k o k a d k s u g h a f y ; k g A
- efgykvka ds vf/kdkjka ea i s k d k j h y x r k j e k u o v f / k d k j d k s e f g y k v k a d s t h o u e a v l ; k ; I s e f D r d h e k x d s f y ; s d j r s v k j g s g A

ge ykx vf/kdkjka dh ekU; rk dks 3 Lrj I s n s [krs gš &

- ukxfjd o jktufrd vf/kdkj
- vkfFkd o I keftd vf/kdkj
- ykd vf/kdkj] I xBukRed] HkkoukRed vf/kdkj ftl eafodkl 'kkfUr o LoLFk i ; kbj .k dk vf/kdkj 'kkfey gA

1993 dsekuokf/kdkj ij fo; kuk fo' o I Eeyu ftl ea 117 nš k 'kkfey Fkz dk eq; I kj Fkka
"I Hkh ekuokf/kdkj I koZ HkkRed gš vfo HkkT; gš , d nš js ij fuHk] gš rFkk , d nš js I s t q / s g q s g A **

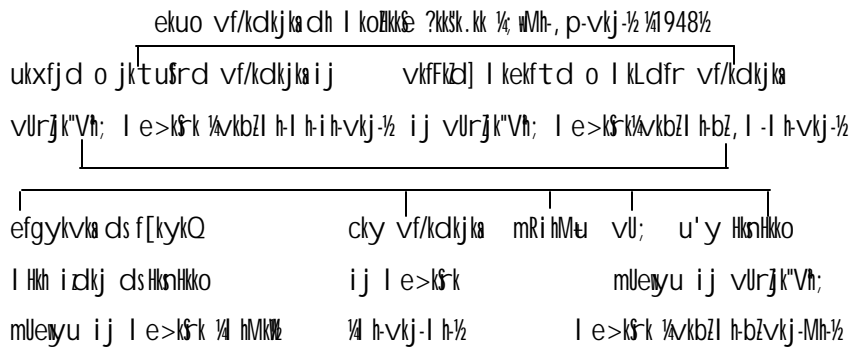
bl h fy ; s u k x f j d v k s j k t u f r d v f / k d k j v k f F k d I k e f t d o I k a d f r d v f / k d k j k a d s c j k j g h e g R o j [k r s g A

I = 4 % Ekuokf/kdkj

vks, p-i-h- 4-2

**ekuokf/kdkjka dk fodkl dS sgqk **

- f}rh; fo'o ; Ø) ea ykska rFkk tu l eugka ds l kFk cM@ i @kus ij nQ; Zgkj o vU; k; fd; k x; k ft l ea ij h tkr dh tkr tuc/k] cM@ i @kus ij gR; k] rFkk ekuork ds f[kykQ vU; idkj ds fgd k 'kkfey FkA
- bl ea ykska }kjk vi us l jdkjka l sekx djusrFkk l jdkjka }kjk turk dsfgrka eafgd k jkdus o mi pkj dsfy; s, d ekud r; djus dsfy; s i fjr fd; k x; kA
- bl rjg dsekud dks fu/kkZjr djus dsfy; s i Fke iz kl fo'o jk"V^a ekuo vf/kdkj 1948 eafd; k x; kA bl ea ij h nfu; k l elr jk"Vka ds l elr ykska dsfy; sekuo xfjek dks c<kus grq l eku ekud dks eku; rk feyhA
- i kj fEkkd rks ij ge ekuo fodkl dh nks glr{ka djus okyh /kkjk, a n[krs gS & , d /kkjk igys vukfer vf/kdkjka dks uke fnykus rFkk ekuo vf/kdkjka ds : i ea Lohdk; Zrk i ktr djus ds l dk"Z dk i fruf/rRo djrh gA
 ni jh /kkjk eku; vf/kdkjka dks ykxw djokus ds l dk"Z dks n' kZrh gA
- ; gh l fØ; rRo gS tks l keft d U; k; dks c<kok nus dsfy; sekuo vf/kdkjka dks, d l 'kDr gffk; kj cukrs gS &
 - ; fn vf/kdkjka dh eku; rk ugha gS rks eku; rk dks l fuif' pr djkus dsfy; s l dk"Z djukA
 - ; fn vf/kdkjka dk l Eeku ughafd; k tkrk gS rks bl sykxw djokus dh l fuif' prrk dsfy; s l dk"Z djukA
 - vf/kdkjka dh eku; rk i ktr djus dh i fØ; k vf/kdkjka ea vPNh rjg l sykxw djokus dks vkxsc<krh gS rFkk vf/kdkjka dks ykxw djus dh i fØ; k vf/kdkjka dh 0; ki d eku; rk dks vkxsc<krh gA



I = 4 % Ekuokf/kdkj

vks, p-i-h- 4-3

efgykvkadsifr I Hkh izdkj ds HknHkko nj djustgrql e>kš-k ¼ hMkKk

I hMkKwij gLrk{kj 1979 eafd; sx; sRFkk ykxw1981 eaggwka

I hMkK ds eq; vkd" kzk %

- ; g efgykvka ds vf/kdkj ka dks cskk djkus okyk dkQh 0; ki d fcy gA
- ; g jkT; ds HknHkko I scpkus ds fy; sRFkk efgykvka ds vf/kdkj ka ds fy; sftEenkjh yus grqfoo'k djrk gA
- ; g I e>kš-k i q "k o L=h I eku vf/kdkj ds fl) klr ij vk/kkfjr gA bl fy; s; g ekuoh; vf/kdkj ka dks efgykvka rd i Hkkfor djrk gA
- I e>kš-k bu vf/kdkj ka grqdkuuh dk; Bkgh dh vkKk nrk gA bl dsek/; e I sbu vf/kdkj ka dks i klr djust ds fy; s jkT; I jdkj ka I s toknqgh ekxh tk I drh gA
- ; g Lohdkj djrk gS fd dbz ns kka e efgykvka dks dkuuh vf/kdkj feyus ds cktm HknHkko cuk gwk gS sRFkk vkfFkZd o I keftd fodkl ds fy; s efgykvka ds vf/kdkj dks udkj dj efgykvka ds dkuuh vf/kdkj dks mi; kx djust ds vf/kdkj I sl ekir fd; k tkrk gA vr% ; g I e>kš-k dkuuh o 0; ogkfjd nksuks i {kka ds egRo dk Lohdkj djrk gA
- ; g Lohdkj djrk gS fd i q "kka o efgykvka ea vl ekurk I ekt }kjk fufeR gS vksj bl fy; efgykvka ds ifr HknHkko dks okLrfodr I s Lohdkj djrk gA bl I nHkZ ea; g dby orZku HknHkko dks gh ugha Lohdkjrk cfYd Hknrdky dh vl ekurk vka dks Hkh Lohdkjrk gS vksj Hkn dh HknHkko ds—R; dks [krRe djust ds fy; s I qkkj kRed eki d ds n'kZ dks mBkrk gS tks efgykvka ds upl ku o vl fo/kk dks I ekir djrk gA
- ; g ukxfjd o jktuhfrd rFkk vkfFkZd I keftd vf/kdkj ka ea i jEi fjd ca/okj s dks tkMfrk gS sRFkk bl s, d vfoHkT; vf/kdkj ds: i ea etar cukrk gA
- ; g i q "kka o efgykvka ds chp gj Lrj ij ijokj I sl epk;] 'kfr I Ecl/kka dks cktkj o jkT; ea papkšh nsus ds t: jr ij /; ku dšlnr djrk gA fo'kšk : i I s efgyk fgd k ds I Ecl/k ea %t\$ s?kj ea fgd k½ futh o I koZt fud {kš= ds ca/okj s dks udkjrk gA
- fo'kšk rkš ij efgyk o i q "k ds fyax vk/kkfjr HknHkko dks cukus o c<kupkys I kš dfrd Hknredk vka dks papkšh nrk gA

I = 4 % Ekkukf/kdkj

tsMj

ekM; y dsmnš ;

i frHkxh %

1. l Đl o tsMj dsvlrj dks tkuæA
 2. tsMj HknHko gš dks l e> ik; æA
 3. tsMj 0; oLFkk ds: lk eafd l rjg l pkyr gkrk gš dks l e> ik; æA
 4. tsMj HknHko dks cuk, j [kus ea Lo; a dh Hkfedk dks i gpkurs gq
efgykvla ds i fr l ņnu'khyrk c<k, æA
 5. Lo; aea o l epk; ds l kFk dke ds fy, 0; fDrxr fu; kstu cuk, æA
-

I = 1% I ĐI , oa tsMj



90 feuV

I = dk mnš ;

I = ds vr rd i frHkkxh&

- I ĐI vkš tsMj dsckjseal e>xA
- tsMj dks HknHkko ds : lk ea l e>xA
- tsMj fdl rjg l sefgykva@iq "kka ea l kelftd : lk VLVhfj ; ka Vkbđ ½ dks cukrk gš dks l e> ik, xA

lk) fr

- I ph cukuk Vh' fyLVhac] l emj ppkZ

I kexh

- CydckM] pkd] iR; d i frHkkxh ds fy, 'kkjhfd Hkkxka dk l ekxe VckMh i ty½ A
- gsMvkmV 1-1
- vks, p-i-h- 1-1

xfrfof/k 1
fjQyĐ'ku] ppkZ

pj.k

- 1- i frHkkfx; ka l s i Nafd iq "k@yMek D; k gS\ izu dk mRrj tMšHkko ; k bl l s tMš Hkko dks , d 'kCn eacrkus ds fy, dgA
- 2- i f'k{k d Cyšd ckMZ ds vk/ks fgLI seaftrusHkh 'kCn i frHkkfx; ka }kjk cryk; s tkrsgš I Hkh fy [ka T; knk l s T; knk mRrj i klr djus dh dks 'k'k djA
- 3- vc nit jk l oky i Nafd vkš r@yMeh D; k gS\
- 4- Cyšd ckMZ ds nit jsfgLI seaftrusHkh 'kCn i frHkkfx; ka }kjk cryk; s tkrsgš I Hkh fy [ka rFkk T; knk l s T; knk mRrj i klr djus dh dks 'k'k djA

I EHkkfor mRrj

iq "k D; k gš ; k yMek D; k gS\
rkdroj] l qnj] fi rk] fuMj] l kgl h]
j {kd] vkfn
vkš r D; k gS ; k yMeh D; k gS\
ek] cVh] l qnj] dk ey Hkko pl vkfnA

- 5- vc ifrHkkfx; ka l s d g a f d bu tokca dh l p h d k s n f k a v k s i n a f d o s D; k n f k j g a f d
- 6- ; fn mRrj vkrk gšfd ; g XX gš; k XY gš ½ kēkēkē½ ; k tšod varj crk jgs gš rls i frHkkfx; ka dks cryk, afd ; g l gh tokc gšfdUrq; g mRrj dk dōy , d Hkkx gā
- 7- tšod vlrj ds vykok ckMZ ij tks' kCn fy [ksgāos l kēkftd vlrj gā ifrHkkfx; ka dks/; ku fnyk, fd ; sl kēkftd varj dōy varj ugha gš ; g tšod varj l s d g h a T; knk gš ftl eafd geaHknHkko utj vkrk gā mngj .k] cgr l kjs' kCn tks iq "kRo l s t p f s g ā m l g a T; knk egRo i w k l e > k tkrk g s v i s k k u k j h R o l s t p f s ' k C n k a d s t s & e t c r v k s u k t p d] d e k u s o k y k v k s x g f . k] r k f d d v k s H k k o p d A
- 8- foLrīr : i l s l e > k; afd ; s' kCn dōy 0; k[; k djusdsfy, ugha gš cfYd ; s' kCn l ekt ds ekun. Mka dks c < kok nrs gā mngj .k n a t s s & i q "k rkdroy gš v k s e f g y k , a d e t k j A b l e k u n . M d k s r k M e u s d s f y , m n g j . k n a f d i g k M + i j j g u s o k y h e f g y k , a ' k g j e a j g u s o k y s i q " k l s d g h a T ; k n k c k s > m B k d j y s t k u s e a l { k e g k r h g ā
- 9- ; g crk; afd d n f o f H k U r k , a g ā y s d u b u f H k U r k v k a d s v k / k j i j H k n H k k o d j u s ; k e f g y k v k a d s f y , l d k / k u k a r d i g p d k s d e d j u s d h v k o ' ; d r k u g h a g ā
- 10- tsMj v k s l d l d h i f j H k k " k k d k s l k < f s g q l = d k l k j c k a k a ½ v k s , p - i h - 1 - 1 ½ ; k

xfrfof/k 1 c

- 1- , d funf' kr xfrfof/k cuk; j ftl ea ifrHkkxh igysefgyk ds vkrfjd 'kkj hfjd vaca dks cuk; s v k s f Q j b l h r j g i q " k d A
- 2- vc ifrHkkfx; ka l s i n a f d m l g k a u s D; k l h [k k \ D; k tšod r k s i j l e k u r k T; k n k g ā ; k v a r j T; k n k g s \
- 3- ; fn l e k u r k , a T; k n k g ā r k s f Q j g e c k M Z i j l p h c } v l r j k a e a T; k n k l k e k f t d v a r j k a d k s D; k a n f k r s g ā ; s d o y v a r j u g h a g s ; s H k n H k k o E k a c n y t k r s g ā D; k ā d ; g e f g y k v k a d k s l e k t e a u h p s d k n t k z n r s g ā
- 4- foLrīr : i l s l e > k; afd ; s' kCn dōy 0; k[; k djusdsfy, ugha gš cfYd ; s' kCn l ekt ds ekun. Mka dks c < kok nrs gā mngj .k n a t s s & i q "k rkdroy gš v k s e f g y k , a d e t k j A b l e k u n . M d k s r k M e u s d s f y , m n g j . k n a f d i g k M + i j j g u s o k y h e f g y k , a ' k g j e a j g u s o k y s i q " k l s d g h a T ; k n k c k s > m B k d j y s t k u s e a l { k e g k r h g ā

- 5- ; g crk; afd dN fofHkUurk, agA yfdu bu fHkUurkvka ds vk/kkj ij HkshHkko djus; k efgykva ds fy, I d k/kuka rd igp dks de djus dh vko'; drk ugha gA
- 6- tsMj vj I DI dh ifjHk"kk dks lk<fsgq I = dk I kj ckA ¼/vs, p-i-h- 1-1½ ; k

xfrfof/k 1 I

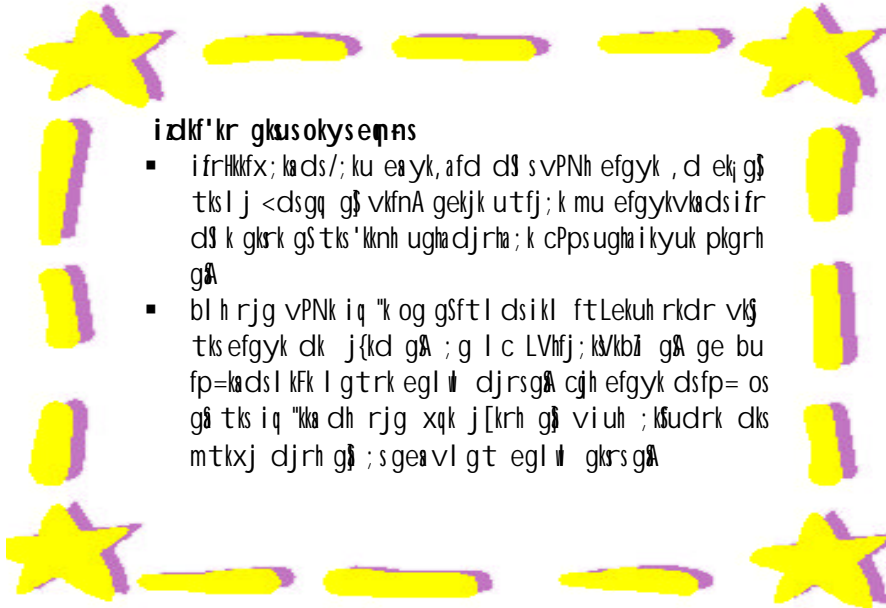
- 1. ifrHkfx; ka l s dgafd viuk I kFkh ppa vj ml dsckn r; djafd dku iq "k cusxk vj dku efgyk cusxhA
- 2. I eg dh I eLr efgykva dks , d QkM fd; k gvk fpV naftI ij X fy [kk gA
- 3. I eg ds vk/ks iq "ka dks, d QkM fpV nš ftI ij X fy [kk gks vj ml js vk/ks iq "ka dks fpV nsftI ea Y fy [kk gA
- 4. vc I Hk ifrHkxh viuk fpV [kya vj dpy vius I kFkh dks crk; A vc mlga crk; afd muds ikl , d f'k'kqv; k gsvj ; g I ekpj mlgackgj dsl ekt dks fp= cukj crkuk gA
- 5. iR; d tkMk viuk fp= fn [kk; } ckfd I eg dks fp= ns k dj crkuk gsf d bl tkMds ikl yMek gvk g ; k yMehA if'k{k d i nsfd os dš s tkusfd cPps dk fyax D; k g\
- 6. if'k{k d tokca dks ckMz ij fy [ka fp= ea I Hk cPps di Ms igus gq gš fo'kš : i I s tuuk <dk gA vf/kdrj fp= tšod varj ugha fn [kk; } tksfd I gh rj ij fyax dk fu/kj.k djrs gA
- 7. bl ij ppkz dja yMek i šk gkus ij [kq kh gsh gš yMeh i šk gkus ij mnkl h ; k n% k gkus gekjs I ekt ea efgyk o iq "k ds vl eku I keftd Lrj dks n'kz-k gA HkshHkko tle I sigysgh 'kq gks tkrk gš/eknk Hksh xHkz kr dks ns [ks rkš ; sLVhfj; kv/kbā gš tks geškk HkshHkko i wjz gA
- 8. I DI vj tsMj dh ifjHk"kk dks i<fsgq I = dk I kj ckA ¼/vs, p-i-h- 1-1½ gs MvkmV 1-1 ckn ea i<us ds fy, ckVs

I Hkfor mRrj
I DI %fyax ; kš
tsMj % uhykuš h] i gukok
iMq yki wck/vs x,
fj'rnkj rkgQs yk,] ctk
ctkA

xfrfof/k 2

I ekt }kj k fu/kkZjr Hkqfedk, a

1. i frHkfx; ka dks 5 ; k 6 ds l eg ea cka/A
2. l egka dks crk; afd muds ikl l eg dk; Zdsfy, 15 feuV dk l e; gA iR; d l eg l snksokW/fUV; j cuA vc ; sokW/fUV; j dPph feVVh dh <j gDy} ftl sfd l eg dscpsl kFkh tksefirZlkj g} fn, x, fpV ds vuq kj , d <kpVefirZ cuk, xA
3. i frHkfx; ka dks crk; afd vk/ks l eg dsl kFkh , d vPNh vkš , d cjh efgyk dh efirZ cuk, xA nit js vk/ks cpsl eg dsl kFkh bl h rjg vPNsi q "k vkš cjsiq "k dh efirZ cuk, xA
4. vc iR; d l eg l sviuh efirZiLrqr djus dks d gA i frHkxh; ka dks iLrqr djus okys l eg l si zu iNus ds fy, mRl kgr fd; k tkuk pfg, fd mudh efirZ ^cjh ; k vPNh* D; ka gS
5. tokca dks ckMZ ij fy [ka
6. l Hkh iLrqrhdj.k gks tkus ds ckn tokca ij ppkZ djA
7. bl ij tkš nafd ge LVhfj ; kš/kbi dš sgA xfrfof/k 1 v ; k 1 c l sbl s tkMš ¼ kCnka dh l pph cuh gS ½ i q "k dks cgknj l j {kd} dekus okyk vkš efgyk dks nš kHkky djus okyh Hkkop] l qkhy gksuk pfg, A
8. i frHkfx; ka l s i frcdkka ¼ keftd fu; æ. k½ dks l pph) djus dks d gA tks geus efgyk efirZeanškk ¼ j mBkdj ughans[k l drh] pgjk <dk gksuk pfg,] eka gksuh pfg,] 'kknh ds igpku geškk iguuh pfg, ¼A
9. if'k{k dks var ea tkš nrs gq crkuk pfg, fd l ekt }kj k fu/kkZjr Hkqfedk, a ¼LVhfj ; kš/kbi ½ i frcā/kr djrh gS vkš HksHkko i wkZ gA



i dlf'kr gkusokyepns

- i frHkkfx; kads/; ku ea;yk, afd dš svPNh efgyk , d ek; gš tks l j <dsgq gš vkfnA gekjk utfj; k mu efgykvkads i fr dš k gkrk gš tks'kknh ugha djrha; k cPps ugha i kyuk pkgrh gš
- bl h rjg vPNk iq "k og gšftl dsikl ftLekuh rikdr vkš tks efgyk dk j{k d gš ; g l c LVhfj; k/kbī gš ge bu fp=kads l kfk l gtrk egl dš djrsgš cjh efgyk dsfp= os gš tks iq "kka dh rjg xqk j[krh gš viuh ; kšudrk dks mtkxj djrh gš ; sgeavl gt egl dš gkrs gš

gš/vkMV

1-1 l dī vkš tsMj] deyk Hkl hu tkxkgh

iLrqr

vkš, p-i-h-1-1 l dī vkš tsMj] dh ifjHkk"kkA



60 feuV

I = 2 %0; oLFkk ds : lk ea tsMj

I = dk mn&s ;

I = dsvr rd ifrHkkxh

- tsMj foHKKU Lrjka ij dS sdke djrk g& ; g I e> ik; &s
- I &Fkk, a tks tsMj HksnHkko dks cuk; sj [krh g& mlga i gpku ik; &s

lk}fr

- I e& dk; } cM& I e& ea ppkZ

I kexh

- iR; & I e& dsfy, izukoyh dh ifr
- cM& pk&id
- vks, p-i-h- 2-1 0; oLFkk ds : lk ea tsMj

xfrfof/k 1

I e& dk; } iLRqhdj.k

pj.k

1 ifrHkkfx; ka dks 4&5 I e& ea ck&/A

2 iR; & I e& dks ekin.M %uke& p&us dks d& ; s ekin.M %uke& I = 1} xfrfof/k 1 ea I ptc} fd; s x; s ekin.Mka ea I s g& I d&rs g& tS s & iq "k rkd&roj g& efgyk, a detkj g&

3 iR; & I e& I s ppkZ djus v& fy[kus dks d&ga fd dS s ; s ekin.M I pkfyr g&rs g& v& I & k&k&ka dk c&/okjk dS s g&rk g&foHKKU Lrjka ij

v& ifjokj ds LRkj ij

c& I epk; ds LRkj ij

I & dk; LFky ij

n& tc uhfr@dk; }e cuk; s tk jgs g&

4 if'k{k&d dks I e& ea tkdj} ; fn dk&Z I & k; g&srksnj djuk pkfg, A %if'k{k&d dsfy, uk& ns[k&

5 iR; & I e& cM& I e& ea iLRqhdj.k d&

6 pplZ dj k, afd fdl rjg ekin.M , d 0; ofLFkr HknHkko ea ifjofnr' gkrk gA

7 tsMj fdl rjg 0; oLFk dh rjg dke djrk gš dks i k.Vj@VKU i jš h h'ks, p-i-h-2-1½ ea i Lrqr djA

8 ifrHkfx; ka l s iNs fd dks l h l LFk, a tsMj HknHkko dks cuk, j [krh gš ; k c<kok nrh gš \ blga ckMZ ij v'idr djA ifjokj] f'k{k} /ke] dkuu vkš U; k;] jktuhfr] vkfFkZd l LFk, j vkfn l ph ea tkMš tkus pkfg, A

9 ; g i qLFkfir djrs gq l = dk l kj ckks fd l Hk l LFk, a tsMj vk/kfjr vl ekurk dks cuk, aj [kus ds fy, , d 0; oLFk ds : lk ea , d l kfk dke djrh gA



izkf'kr gkusokysefnš

1. vvx&vyx l ekt] {kš= ea ekin.M/ukeZ ea vvx&vyx/tš s eš i R; d l eg ea nškk ½ gsk l drk gš yfdu efgykva ds Å ij gkusokyk ifj.kke] l eku ; k , d gh tš k gkrk gA
2. ekin.M gj Lrj ij efgykva ij gkusokysHknHkko dks c<krk gA ; sefgykva ij fu; æ.k djus ds j kLrsgš efgykva ds l kožt fud txg ij igp dks j kdrsgš tš sfd dk; LFky] cktj] jktuhfrd] vkfnA
3. l kcf'rd ekin.M iq "kka dks Hk fu; fi=r djrs gA ; |fi efgykva ij gkus okyk fu; æ.k iq "kka dh rgyuk ea cgr T; knk gkrk gA



if'k(kd dsfy, ukV

mngkj.k %iq "k rkdroy g\$ efgyk,adetkj gA



ifjokj

- iq "kka dks T;knk [kkuk pkfg,] bl fy, ifjokj ds iq "kka dks igys f[kykuk pkfg,] tks ckn ea cV/ka }kjk vuq j.k fd; k tkrk gA
- yMeh de [kkrh g\$; g pysk] bl fy, ifjokj dh efgykvka dks ckn ea [kkuk pkfg, A
- iq "k rkdroy g\$vk\$ bl fy, efgykvka dk j{k(d gA
- osbu otgka l sifjokj dsef[k; k gA
- tc Hkh efgyk ckj tk; s rks fd h Hkh iq "k l nL; dks ml ds l kFk tkuk pkfg, A
- iq "k dks ckj] [krjukd vk\$ dfBu dke vo'; djuk pkfg, A
- bl fy, ; g cgr t: jh g\$ fd yMeh dks f'k{kr gkuk pkfg, ctk; fd yMeh dA

l epk;

- iq "k ckj dke djrs g\$ muds ikl T;knk Kku o tkudkj h g\$ bl fy, l epk; d dk; ka ea mudh jk; yh tkuh pkfg, A
- efgykvka dk ckj dke djuk Bhd ugha g\$ D; kic ; g vl j f{kr g\$ vk\$ efgyk,adetkj gkrh g\$ osLo; adh j{kk ugha dj l drhA
- bl fy, ; g T;knk id n fd; k tk; sk fd efgyk, a?kj ds vnj ds dke djA
- bl fy, ; fn efgykvka dks de i\$ k feyrk g\$ rks Bhd gh gA D; kic l p ea ml smrus i\$ ka dh vko'; drk ugha gA

dk; LFky

- iq "k dks 'kkjhjd dke feyuk pkfg, A
- os?kj pykus okys vk\$ ef[k; k gA
- yMeh dks oru vk\$ dke nksuka esojh; rk nh tkrh gA
- bl fy, mlga T;knk i\$ k fn; k tkuk pkfg, A

uhfr@dk; De

efgyk, a?kj ds dke n\$ kus ds ckn dekrh gA vk; of) dk; De t\$ siki M+cukuk rFkk ?kj ea jgdj gh dkbZ dke %tsMj Hkqedk, @LVhfj; k/kbi u rks %s %A

iLrqr

vk\$ p-i-h- 2-1 0; oLFkk ds: i ea tsMj

Lk= 3 % Lkfo/kk, a vks] i frcdk



45 fefuV

I = dk mnns ;

I = ds vr rd i frHkkxh

- i q "k gkus ds ukrs I fo/kk; a vks] i frcdk dks irk dj ik; ksA
- ; g Ie> ik; ks fd ; g fdl rjg I s iwz ekuoh; {kerk vks] jpuRedrk dks ikr djus I s jkdrk gA

Ik}fr

- 0; fDrxr fpru Vj QyD'kuV Lkph cukukA

Lkexh

- pkVZ
- dd LVkj h

xfrfof/k 1

pj.k

- 1 i frHkkfx; ka dks I I eg ea ckVA muea I s 2 I eg dks efgyk dh Hkiedk fuHkkus dks dga I eg dks pkVZ forfjr djA
- 2 i frHkkfx; ka I s i Ns fd mu I fo/kk vka dks fy [ka tks , d i q "k@efguk gkus ds ukrs mlga feyh gA mlgaT; knk I sT; knk mRj fudkyus ds fy, mRl kfgR dja
- 3 i frcdk ds fy, bl h i fO; k dks ngjk, A
- 4 nhokj ij I Hkh dks vyx&vyx fpi dk nA
- 5 /; ku nafd i q "kka ds fy, i frcdk I sT; knk I fo/kk, a gS tcd efgykvka ds fy, I fo/kk I sT; knk i frcdk gA
- 6 I = ds vlr ea I kj ch/krsgq ; g LFkfi r djafd I Hkh i frcdk iwz ekuoh; {kerk ds mi; ks djuso jpuRedrk dks ikr djus I s jkdrk gS rFkk oržku ds I keftd <kpsea; g I cl sT; knk efgykvka dks i Hkkfor djrk gA

I Hkkfor mRj

i q "k

I fo/kk, a

jkr ea ckj tkus vi usfu.kz yuž ckj
[kkuk [kkuž nj jkr rd i kvizes tkus dh
LorU=rkA

i frcdk

[ky dj jks ugha I drž Hkkoukvka dks ckž/
ughal drs Hkkoukvka dks ckž/ ugha I drs
I hfer i gukož cPpkads ykyu&i ky I s
oİpr

I Hkkfor mRj

efgyk

I fo/kk, a

cPps dks tle nuk] jaxhys di Msi gu
I drsgž vi us nž [k o [kž kh dks ckž
I drh gS

i frcdk

Lor= : i I s ckj ugha tk I drh] dkbž
ukšj h@0; ol k; ugha dj I drh



izlk'kr gkusokyseņns

1 tsMj l s iq "k ij Hkh dbz rjg ds ifrc&lk g& y&du
; g ifrc&lk mlga feyusokyh l f&o/kkvka dh vi&kk de g&

2 d&N l f&o/kk, a iq "k dks egRoiwkz cukrh g& t& s &
iq "k ?kj dk [kpk&ikuh pykus okyk g& ; g iq "k
ij , d rjg dk cks> Hkh gks l drk g&

3 ifrc&lk iw&z {kerk o jpu&Redrk ea voj&ks&kd g&srh g& rFkk
l Ecl/kka o jpu&Redrk ea v&KMs-vkrh g&



d& LVkjh

3-1 efgykvka v&ks& iq "kka ij ifrol/k o vf/k&lkjka ds guu ij d& LVkjhA

I = 4% tsMj dks pqlkšh ds fy, Lo; a ea cnyko



60 feuV

I = dk mnš;

Ia= dsvar rd ifrHkkxh

- <ik, as fd efgykva ds I mHkZ ea 0; kid tsMj I ekurk ds fy, vius 0; fDrkxr thou dh dN I qo/kkva dks dS s NkM/a
- I h[kas fd dS s ifrcakka vkš tsMj LVhfj; kš/kbā ¼I kekftd Hkfedkva ½ dks rkM/a vkš vkxs c<us okyh I Hkkoukva dks ykxw dja \

Ik}fr

- fpru] 0; fDrxr cnyko fu; kstu dh rš kjh

Lkkexh

- i š j vkš i u

xfrfof/k 1v

pj.k

- 1 ifrHkkfx; ka dks Okel/ i Lrq dja ¼i f'k{k d ukv/ nš kž
- 2 ifrHkkfx; ka dks vka[ks can djuš 'kkar jgus vkš 5 I s 10 feuV ds fy, fpru djus dks dga
- 3 ifrHkkfx; ka I s , d I qo/kk vkš cakku NkM/aus dks dga tks fi Nys I = ea vqHkoka ds vk/kkj ij I fpc} fd; sx, gā
- 4 ifrHkkfx; ka I s , d , d k fu; kstu cukus dks dga tks dN I qo/kk, a NkM/fk gš vkš cān'ka rkM/fk gā bl s2 vyx&vyx jax ds dkmZ ij fd; k tkuk pfg,
- 5 ukela dh igpku o xks uh; rk cuk, j[kus ds fy, I Hk dkmZ , d= dj ya vyx&vyx ifrHkkfx; ka }kj k dkmZ dks i <ej I qk; k tkuk pfg,
- 6 i f'k{k d I = dk I kj cakrs gq crk; a fd ; g ; kstuk dōy t: jh gh ughs cfd ifjorū dks I fuf'pr djus grq egroi wZ gā ifjorū grq dfvc}rk vkš fujUrj iz, kl dh vko'; drk gā



lkf' k(kd uk/
mknkj .k

	fo'okl @fopkj	fj'rke&	0; ogkj vk& ifrf0; k	l e; &fu; kst u
l fjo/kk, a				
mknkj .k % ckgj [ksyus tkusdh Lor=rk	vc ejh l e> eavk p&pk g&fd yMfd; ka dks Hkh ; g l fjo/kk gkuh pkfg, A	vi uh cgu dk l kFk n&ck	tc e& ckgj [ksyus dks tkrk g&rk&e&ml l si n&g&cl fd og D; k dj jgh g&A ; fn og dke dj jgh g&rk&s e&dcke [kRe djuse&ml dh enn d: p&ka ge ml ds ckn , d l kFk [ksyus ds fy, ckgj tk; &A	vk't l sgh vius ea'kq vkr d: &ck vk& de l sde 3 eghus rd yxkrkj tkjh j [k&ck A
ca&ku				
mknkj .k & vgl kl o Hkkouk vka dk c&Vuk ¼ ks j djuk&	yM&ls Hkh vi us n&[k] Mj] vkfn dh Hkkouk 'ks j dj l drsg&A	vi us n&krka vk& ifjokj ds l kFk 'ks j d: &ck	e&mu pht ka dh igpku d: &ck ft l g&e&A 'ks j ug& dj i krka vi us cgu ds l kFk 'ks j d: &ckA	gj g&rs de l s de , d pht vxys rhu l s N% eghus ds fy,

; k

xfrf&f/k & 1

- 1- i frHkkf&x; ka dks fi Nyk l = ; kn djus dks dga tks ^l fjo/kkvka vk& ca&kuk&^ ij
FkkA
- 2- i frHkkf&x; ka dks fpru djus vk& fy[kus dks dga fd os n& jka ds l n&H&Z ea vi us
l kpus ds rjhds ea D; k n&ykok ykuk pk&g&A

- 3- 'ks fjæ dsfy, vkef=r djA
- 4- blga ckMZ ij l pbc} djA 0; fDrxr cnyko ds fy, l kp o {ks= Li"V gks tk; xkA
- 5- ifrHkfx; ka dks dñ fo'okl ka ; k ijEijkvka ij fpru djus dks dga ftlga bl if'k{k.k ds ifj.kke ds : i ea [kRe djuk pkgrsgA
- 6- tks ifrHkxh 'ks j djuk pkgrsg mlga vkef=r djA
- 7- if'k{k.d l = dk l kj ckkrsgq crk; sfd ,d ; kstuk dby t: jh gh ughs cfYd ifjorZ ds cnyko grqegroi wkgA ifjorZ grqdfvc}rk vkš fujluj iz kl dh vko'; drk gA

gsM vkmV 1-1 %yM&lk D; k gS\ yM&h D; k gS\

yM&h D; k gS\ yM&lk D; k gS\

cPpk tc i&nk gkrk gS rks og ; k yM&h gkrk gS ; k yM&lkA

yM&h D; k gkrh gS

dN ylx dgrs g&ftI ds yEcscky gla og yM&h gA

dyynhi ds yEcscky g& ij og rks yM&lk gA

dN ylx dgrs g& tks t& j igus og yM&h gA

e&kykt ekyk igurk gS v& j dkuka ea eij fd; k; Hkh igurk gS v& j og yM&lk gA

yM&lk D; k gkrk gS

dN ylx dgrs g& tks udj igus v& j i M& ij p<+ik; sog yM&lk gA

'kkfUr udj igurh gS >V i M+ij p<+ikrh gS v& j og yM&h gA

dN ylx dgrs g& tks rkdroj gla v& j Hkh jh cks> <ks ik; a os yM&ls gA

I bhk v& j uQhI k nk&nks eVds ; k ydM& ds xVBj mBkrh g& v& j os yM&fd; k; gA

dN ylx dgrs g& tks ?kj ds dkeka ea enn djrh gS og yM&h gA

tki Q [kkuk i dku j I Qkbz djus ea enn djrk gS og yM&lk gA

dN ylx dgrs g& [krka ij dke djus okys yM&ls gkrk gA

cythr v& j ml dh ek; [kr ij dke djrh g& os yM&h v& j v& j r gA

dN ylx dgrs g& tks gkV&ckt kj djrs g& os enZ gA

oYyh eNyh cpus ckt kj tkrh gS og yM&h gA

dN ylx dgrs g& tks dkey g& ftI ea eerk gS og yM&h gA

dchj dkey v& j eerk Hkh j g& og fnu Hkh Nkh/h cgu dks I EHkkyrk gS v& j og yM&lk gA

dN ylx dgrs g& tks I ekt ea vPNh rjg clnk&Lr dk dke dj I dsog enZ gA

v: .kk ftys dh dyDVj gkus ds ukrs i j sftYks dk clnk&Lr djrh gS v& j og

vkšr gA

rksfQj yMelk D; k gš yMelh D; k gš

yMelk og ftl dsfyx vkš v.MxšUFk; k; gkA

yMelh og gšftl ds; kšv vkš VhVuh gkA

gj yMelk cMk gkdj enZ curk gA

gj enZ dsfyx vkš v.MxšUFk; k; gkrs gA

gj yMelh cMk gkdj vkšr curk gA gj vkšr ds; kšv] cPpnkuh vkš Lru gkrs gA
vkšr ds 'kjhj ea cPpk curk vkš c<rk gš vkš og cPps dks tle nrh gš vkš ntk
fi ykrh gA

'kjhj ds bl QelZ ds vykok yMels vkš yMelh ea dkbZ QelZ ugha gA vkš ftLe dh
cukoV ea Hkn l ekurk dgha T+ knk gš QelZ cgr deA ; kšud vkš iztuu vaka ds
vykok l c vax , d l gA

bl 'kkjhfd ; k ftLe kuh cukoV dks i k dfrd fyx dgrs gA vi us 'kjhj dh cukoV
dh otg l syMels dk fyx iq "k vkš yMelh dk L=h gkrk gA

; g i k dfrd fyx Hkn izdfr uscuk; k gš vkš ; g Hkn gj ifjokj l ekt vkš nsk ea
, d l k gkrk gš & ; kšv 'kkjhfd : i l syMelk gj txg yMelk gš vkš yMelh gj
txg yMelhA

'kkjhfd Hkn ds vykok tks yMelh & yMelh ea Hkn cuk fn; s tkrs gš & tš smuds di Mš
0; ogkj] f'k{k} mudh vkš l ekt dk još kj l keftd Hkn gš i k dfrd ugha rkh rks
; s Hkn gj ifjokj vkš l ekt ea , d tš sugha gA

tš sgeus nš kk fdl h yMelh ds cky yEcs gk l drs gš fdl h ds Nkš /š dšN ifjokj ka ea
yMels ?kj dk dke djrsgš dšN ea ugha djrš dkbZ vkš r ?kj ij gh dke djr h gš dkbZ
gkV & cktkj Hkh djr h gš & vkfnA

**l ekt dh nh gš vkš r & enZ dh ifjHk"kk dks l keftd fyx ; k tsMj dgrs
gA**

mngkj .k ds rks ij l ekt , d sfu; e cukrk gš tš syMelh ?kj ; k tškus ea jg xh
yMelk ckgj tk, xk] ; k yMelh dks [kkus vkš [ksyus dks de feyxk] yMels dks T+ knkA
yMels dks vPNs Ldny Hkstk tk; sk rkfd og cMk gkdj ?kj dk /ku/kk l Hkky l ds; k
vPNh ukš dh ik l dA yMelh dh i < kbZ ij T+ knk /; ku ugha fn; k tk, xkA

; s l c l keftd fyx & Hkn izdfr us ugha cuk; A izdfr rks yMelk vkš yMelh išk
djr h gš l ekt mlga iq "k vkš L=h ea cny nrk gA

l = % l š l o tsMj

I ekt dh ifjHkk"kkvka dh otg l syMds vks yMelh dsHkn c<rspys tkrsg&vks , d k
yxrk g&sekula yMds vks yMelh] vks r vks enZ dh nfu; k gh vvx gkA

I kektfd fyax Hkn gh yMel&yMelh] vks r&enzeax&cjkcjh i s&k djrk gA I ekt
% k ge l c tks l ekt dk fgLl k g& dgrk g& i q "k mUke ; k cgrj g& L=h derj
gA tksdke i q "k djrsg&ml dh etnjih T+knk g& vks r dsdke dh de ; k fcydy
ugha enZ l Ukkoku g& vks r l Ukkghu gA

idfr x&cjkcjh dh ckr ugha djrhA og fl Q&iztuu dsfy, vks r vks enZ dks
vyx vx nsh g& ml l s T+knk dQn ugha Hkn&Hkk] Ap&uhp] vvx rks rjhd&
bll ku ; k l ekt] ; kfu ge l c cukrs gA vehj&xjhc] ct&e.k&'knj] x&dky&
vks r&enZ dk Q&idfr us ugh] I ekt us cuk; k gA

I p rls; g g&fd gj bll ku eaL=h vks i q "k n&kula g&rs gA ij vDI j I ekt yMelh
ds vUnj Nq s i q "kRo dks vks yMds ds vUnj Nq s L=hRo dks mHkj us ugha n&kA

I ekt L=h&i q "k dh l e&urkv& dks mHkkjus dh t&g muds vllrj ij T+knk tkj
n&k g&vks bl h otg l s L=h&i q "k ea Q&idfr c<f&k jgk g& muds j kL&ks vvx&vyx
g&rs x; s g& vks vl e&urk dh otg l s mue&aruko vks }Un Hkh c<f&k x; k gA

T; knkrj ns k&ea l kektfd fyax Hkn fir l UkkRed g& ; kfu og i q "k dh l Ukk n'kk&rk
g&vks en& dks vge; r n&k gA t&g; I kektfd fyax Hkn vks rka ds f[kykQ g&
yMfd; ka ij vudka calku g&rs g& muds f[k&ykQ+i {ki kr g&rk g& mu ij fgd k g&rh
gA

bl h otg l syMfd; k; yMelka dh rjg v&xs ugha c<+i krh] vi us g&uj ugha fu [kkj
i krhA , d gh ?kj ea yMds Qyr&Qyrs vks yMfd; k; d&gykrh utj vkrh gA

bl fyax Hkn dk cj&k vl j fl Q& yMfd; ka ij gha ugha muds i f&jokj] I ekt vks ijs
n&k ij i M&f&k gA yMelka ij Hkh dQn [kkl dke x&q k vks ft&en&fj; k; F&ks h tkrh gA

pfid I kektfd&fyax bll kuka dk cuk; k g&ge l c vxj pk&ar&ks ml scny l drsg&
yMel&yMelh L=h&i q "k dh ubz ifjHkk"kk, j ns l drs gA ge , d , d k l ekt cuk
l drs g& t&g; yMelh g&us dk eryc derj] det&g; g&us ugha gA vks yMelk g&us
dk v&f&Z Oj] fgd kRed g&us ugha gA

I p rls; g g&fd gj yMelh vks yMelk tks pk&gs i gu l drk g& [ky l drh g& i <+
l drk g& cu l drh gA yMelh g&us l sgh ?kj dk dke vks vks ka dh l s&k djuk ugha
vk tkr&A yMelk i s&k g&us l sgh fuH&Z rk] rst+fnek&x& r&dr vkfn ugha vk tkr&A ; s
l c dke vks x&q l h [ku&f l [k&us l s v&rs gA ft l dh ts h ijofj'k g&sx og os h
cu l drh gA

ge pkgarks ,d k l ekt cuk l drsgšftueadke] xqk] ftEenkfj ; kj 0; ogkj vks guj
fdl h fyax] tkfr] jax vks oxzdsvk/kkj ij Fkksu tk; al c viuh ethvks Lohkko
dserkfc dke dj l d] guj l h[k l davks 0; ogkj dj l dA
¼ kHkkj %tkxkj h] l h&54] l kmFk , DI VŠku] Hkkx&2] ubZfnYyh 110049½

vks,p-ih-1-1 %I ÐI o tsMj dh ifjHkk"kk

I ÐI % efgyk o iq "k dschp t&dh; vlrj g&

tsMj %vix&vix I ekt dsfo'k&k ifjLFkfr o dky e&efgyk o iq "k dschp
fufnZV vkfFk&dj I kekftd o I k&frd ek& rkvka o ek&ds I s I UnHk& gkrk g&

tsMj I ekurk dk vFkZ g&efgykvka o iq "k& dschp dkuu o uhfr ds I UnHk& ea
ifjokj I epk; vk& c&gn I ekt ds vlnj I eku vf/k&kj o gLr{k& rFkk I a k/kuka
o I f&o/kvka ij I eku igpA

tsMj I erk dk vFkZ g&efgykvka o iq "k& dschp ykHk@I f&o/kvka o ftEenkfj; ka
dk I eku c&vokj&A bl ea or&ku vl ekurk dks I ekir djus ds fy, ik; % efgyk
d&lnr dk; Ðe o uhfr dh t: jr i M&h g&

tsMj HksnHko mu I Hkh I st&M&rk g&stI e&efgyk iq "k dschp fdl h Hkh rjg dh
njh] ckgj fd; k tkukj ifrc&k tks I ekt }kj&k tsMj Hk&fedk o ekud cuk; stkrsg&
tks 0; fDr dks ml ds i wkZ ekuokf/k&kj dks i klr djus I sj&krsg&

vks, p-i-h&2-1 0; oLFkk ds: i ea tsMj

efgyk, a o i#kka ds ckjs ea l ekt ds dN fo' okl gksrsgA
 tS s&i#k etar gS rFkk efgyk, a detkj
 i#k rkdZd gS efgyk, i Hkkoj

↓

tsMj ekud dks igpkuuk tks l ekt ea efgykvka o iq "kka ds 0; ogkj dks
 funf'kr djrh gS
 tS & i#k vi us dks vfHk0; Dr dj l drsgA ckj cky} vi us fopkj dks j [ka
 efgykvka dks Lo; a dks u rks vfHk0; Dr djuk pkfg, ; k u gha fopkj j [kuk pkfg, A

↓

efgykvka o i#kka ds fy, vyx&vyx **tsMj Hkfedk**, a cuk; h tkrh gA
 tS & i#kka ds dekus okyk gksuk pkfg,] efgykvka dks l cdk /; ku j [kus okyk] i kyus
 okyk gksuk pkfg, A

→ **fyx vk/kkfjr dke dk cVokjk**

efgyk, a o i#kka ds fy, vyx&vyx dke ckVt tkrk gS
 efgyk, i de iS okys; k u fn [kus okys dke djrh gA tS & [kkuk idkuk] l Okbz
 djukA efgykvka dk dke dbZ VpMka ea cVt gksrk gA l koZt fud {ks= i#kka ds fy,
 rFkk 0; fDrxr efgykvka ds fy, A

mRiknd dke@ iq "kka ds fy, dekuk@etnjh djuk
 tSod i pjkRi knd dke efgykvka ds fy, & % Pps i Snk djuk rFkk mudh nS[k&Hkky
 djuk] l ekftd i pjkRi knu

l kenkf; d usRo iq "kka ds fy, tS & l jip] vukS pkfjd usRo tksfcuk turk ds
 ; k vS pkfjd Lohdr ds gS efgykvka ds fy, tS & nkb] efgyk l enjA

→ **l d k/kukard igp o l d k/kuka ij fu; a .k ea fHkUu fLFkr**
 l d k/ku tS & iS k] tehu] rduhfd Kku] vkRe l Eeku l e;] txg

→ **fu.kZ; yuso l Ukk ea vyx&vyx fLFkr**

l = 2 % 0; oLFkk ds: i ea tsMj

tkyxs l ekt eafu.kz yrsgrfkk l RRkk/kkj gh osgh l kekftd fo'okl] 0; ogkj
dsfy, tsMj ekud] fyax vk/kkfjr dke dk cVokjk vkj l d k/kuka ij igp o
fu; æ.k dks i Hkkfor djrs gA

vr%; g , d 0; oLFkk gS tks mi 0; oLFkkvka dks i k{kr djrh gS rFkk Lo; a bl dks
c<kok nrh gA bl 0; oLFkk dh detkj h ; g gSfd ; g dgha l s rkMh tk l drh
gA pks l kekftd fo'okl dks cny dj ; k efgykvka o iq "kka ds 0; ogkj ds
ekudka dks cny dj] ; k efgykvka o iq "kka ds chip cM+dke o Hkkfedk vka dks
cny dj] ; k l LFkkvka ds cVokjs dks cny djA vr%; g dgk tk l drk gSfd
tsMj l jpk l e; ds vk/kkj ij] txg ds vk/kkj ij ; k ifjLFkr ds vk/kkj ij
cnyrh jgrh gA

l LFkk, a tks tsMj dks cuk, j [krh gA

ifjokj

l epk;

/keZ

f' k{k

dkuu

jk tufr

vkfFkd

ehfM; k

ds LVkj h&3 vf/kdkj k adk guu

1- deyk ckbz ds ikl 5 cPpa Fks tc ml ds i fr dh eks- gpbZ FkA fi Nysnaxs ds rjUr ckn og ?kj l sckgj fudky nh x; hA deyk ckbZo ml ds i fr ds ikl tks tehu Fkh ml sml ds l i j usdc tk dj fy; kA ml dscPpa dks ?kj ds vlnj ugha tkusfn; k tkrk Fkk vks os l c dMkds dh B.M eaHkh ?kj ds ckgj [kya eñku ea l krs FkA ml dh l i j l i j ky okya ds mRi hMæ l s i kj EHk gksh Fkha vUr eam l svi us cPpa dks vi us Hk bz ds i kl Nk&æk i Mæ rFkk n j s xkp ea dekus ds fy, tkdj jguk i Mæ tgal Ct h cpdj i s k dek l dA ml us vHkh rd vi uh tehu oki l ugha i k; h gA

2- ehjk ds i fr de i uh ea dke dj rs Fk] tgl; ml gæ vPNh oru feyrk FkA yfdu ehjk dks ml ds i fr ds oru l s dñ Hkh [kpZ dj us dh vuæfr ugha FkA og vDI j chekj jgrh Fkh rFkk 'kk; n gh ml ds i kl vPNs bykt ds fy, i s sgkrs FkA ?kj ds vlnj ds funð kka ds dkj .k ehjk dks l rñfy r vkgkj @ [kj kd ugha feyk FkA ml s vi us fi rk dh l Ei fr r l s Hkh dkbZ fg l l k ugha feyk FkA ehjk vHkh dke Hkh ryk'k dj jgh gS r kfd og vi uh enn dj i k, A

3- vEcwbZ fi NMæ tkfr l s vkrh gA og , d Nk&s xkp ea dke dj rh gA og , d efgyk l æBu l s tMæ gS r Fk i p k; r ea vi uh jktuhfrd Hkxh nkjh c<krh gA og nfy r efgyk vka ds vf/kdkj dh l fØ; enn xkj gA bl fy, rFkk d fFkr mPp tkfr ds l ekt ds ykxka dk x l k ml i j FkA tkfr ds us vka us vEcwbZ dks tkfr l s ckgj dj us dk Qs yk fd; kA rc l s og cPpa dh i <kbZ o 'kknh vkfn ea d fBukbZ/ka dk l ekuk dj jgh gA

4- ekyk dk footg 14 o"z dh meze agyk FkA tc ml us dgk Fk fd og i <æk pkgrh gS r k ml ds v fHkHk odka us ml dh bPNk vka i j dkbZ/; ku ugha fn; k FkA ml ds l i j ky okys Hkh ml dh i <kbZ tkjh j [kus ugha fn, A ml dk Hk bz vkxs rd i <+ l drk Fk vks og vHkh MKDVj gA 23 o"z dh me z rd ekyk 3 cPpa dh ek; cu pph gA og egl v dj rh gS fd ; fn ml dh bl me z ea 'kknh ugha gpbZ gksh] rks og vi us thou ea dñ cu l drh Fkh tS s dh ml dk Hk bz gA

5- I kšwjke , d toku vkneh gštkšulnøkj ds igkMh {ks= dšnj njkt vkfnokl h xkp
eædke djr k gš og cgr gh l ekftd gšvkš ik; %t: jr elnkæd h enn djr k gš
, d fnu og dke l sckj tk jgk Fkk ml usnškk dh xkp eæefnj ds ikl , d cæk
iqtkj h ikuh l shkjh ckyVh dks ys tkuseæijskku FkkA l kšwjke rjUr l Med ikj enn
djusdk i Lrko j [kka yšdu iqtkj usml dk vi eku fd; kj dg jgk Fkk fd l kšwjke
uhph tkfr dk gšvr%og dš sefnj eæ?kd l drk FkkA l kšwjke dks cgr xkl k vk; k
vkš rc l sm l us dHh efnj eæ i oš k ugha fd; kA

6- txr Hkkbz xjhc ijfokj l svkrk gš ml dsfir k dh dkQh de mez eæR; qgks x; h
Fkh rFkk ekWus vi us 4 cPpkæ dks ikyus ds fy, dMk l æk"z fd; k FkkA muds Hkkb; kæ dh
'kkrh gks tkus ds ckn txr dks ijfokj dks enn djus dh ftEenkjh yuh i MhA og
vi uh Hkh i <kbz ij h ugha dj l dk rFkk vi us Nkš/sHkkb; kæ o cgu dks Hkh Ldny ugha Hkšt
ik; kA txr l kprk gš fd xjch ds dkj .k rFkk xjhckæ ds fy, f'k{k l fjo/kk u
mi yC/k gks ds dkj .k og dbz l kjh phs thou eæ mi yC/k ugh dj l dka og vi us
xjhc o dfBukbz ds fy, l jdkj dh uhfr; kæ o vkfFkd xšcjkj h dks nkškh Bgjkrk gš

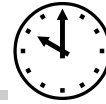
7- rkr; k th , d vkfnokl h l epk; l svkrk gš os 12ohard i <gšvkš xte ipk; r
ds puko eæ [kMk gkuk pkgrs gš muds mij mi uk vkonu oki l yus dk cgr cMk
nco mPp tkfr ds ykšæ }kj k Mkyk x; kA rkr; k th egl tk djrs gš fd pfd os
vkfnokl h l epk; l svkrk gš bl fy, ml gæ xkp dh jktuhfrd i fØ; k eæ Hkkx ugha yus
fn; k tkrkA

; kšudrk

ekM; y ds mnns ;

- 1- ; kšudrk vks ; kšud vf/kdkj dh vo/kkj .kk ij Li "Vrk c<kukA
 - 2- vi uh ; kšudrk vks I Ecll/kka ij I dnu'khyrk c<kukA
 - 3- ; kšudrk vk/kkfjr futh eV; ka vks idfr; ka dks tlpuk o I e> c<kukA
 - 4- eV; kj idfr; ka vks I ecll/kka ea ifjorU dh t: jr ij iffp=.k djukA
-

I = 1% i# "k vksj L=h ; kšudrk dk I ekthdj.k



60 feuV

I = dk mnns ;

i frHkxh –

- Ik# "k vksj L=h dh ; kšudrk ea varj o dš si q "k o L=h ; kšudrk dk I ekftd fuekZk gqvk dks xgjkBZ I sl e> ik; kA
- I ekth i# "k o L=h dh ; kšudrk dks vyx&vyx nfvdlk I s nš[krk gš bl nkjji u dk fo'yšk.k dj ik; ks \

Ik}fr

- rjBRk iNdj I ph cukuk %cu LVkfe% vki I h fopkj foe'kq I ph cukuk

I kexh

- [yšl ckMZ@I Qn ckMZ vksj pkd@ekdj@ dkMZ

xfrfo/kh 1 v

pj.k

1. i f'k{k(d I = dsckjsea i frHkfx; ka dks crk, a^ge i# "k o L=h dh ; kšudrk ds varj dks, d vyx nfvdlk I s nš[kus tk jgs gš vksj ; fn , d k gš rks mueaD; k varj gš \
2. i f'k{k(d i frHkfx; ka I si nš fd osi q "k ; kšudrk I sckjseamudk D; k er@fo'okl gš vksj efgyk ; kšudrk dsckjseaD; k er@fo'okl gš vksj muds tokca dks ckMZ ij nks dkyeka ea fy [ks A

nš jsrjg I si z u i nš tk I drk gš i q "k ; kšudrk dh D; k fo'kškrk, agš \ efgyk ; kšudrk dh D; k fo'kškrk, agš **

UkhpšckDI eadN I EHKkfor tokc fn, x, gš

lk#k ; kšudrk	efgyk ; kšudrk
vkØked	/kš z@'kkar] vuqkeh
fu; æ.k djuk dfBu	bPNk ugha ; k tkj ugha
geškk igy djrk gš	igy ugha dj I drh
I c dN tkuuk gh gš	cnkx gkš I fiprk]
	dN u tkurh gks
in'kū dkjd@cgrka ij dkcw dj I ds	'kfežyh] I dkkph
i#kRo] I fØ; ; kš xfrfof/k ds I kFk enkūxh	vPNh L=h cuke oš ; k
oh; Z dh , d can [ku dh , d gtkj cnks ds cjkj gksh gš	doy fookg ds vlnj vkš I arkukš fūk ds fy,

- if'k{k(d) ifrHkkfx; ka l si nšfd os tsMj vkš i#k o efgyk ; kšudrk ea tks ckMz
ea l pnc} gvk gš dkbz I dkk nš[krsgā \ % g rHk gš; fn ; kšudrk I = I si nš tsMj
ij I = gks pck gks ½
- ppkz ds tfj; si f'k{k(d) LFkfi r dja fd i#k , d efgyk ; kšudrk dkbz tšodh; ugha
gš cfYd I kelftd nkš I sfn; k x; k o ekU; gš
- if'k{k(d) ifrHkkfx; ka l s dga fd dkbz , d h dgkor ; k viuh I d dfr ea dkbz
ykd kšDr; ka ; kn dja tks i#k o L=h ; kšudrk ds varj dks crksgka vkš blg adkMz
ij fy[ka
mngj.k % vius [kr dk [kp ; ky j [kka I km+i kyk gš rks nšM HkjæA
[kvk vxj etar gš rks Hkš b/kj m/kj ugha tk; sčA
- dkMā dks, d&, d dj lkæ vkš ckn eantokj ij fpidk; A
- if'k{k(d) ifrHkkfx; ka l si nšfd mlga l ekt }kj fu/kkZj r iq "k vkš efgyk dh
; kš 0; ogkj dks fn, eki n.M ea dkbz varj fn [krk gš \

mngj.k % knh ds l e; yMelh dk dkk; ZI g f{kr gskuk pfg, yfdu , d yMels
dks I c dN tkuuk vko'; d gšA
; g Lohdrh gšfd , d jktk dbz i fRu; kaj [k I drk gš vkš dbz jkfu; ka l s muds
dbz cPps gks I drs gā yfdu , d jkuh ds dbz i fr ugh gks I drA

if'k{k(d dsfy, uk



'kq vkr eamnkj.k er nA ; g døy vki dks l e>us dsfy, gA
mnkj.k rllk ns tc ifrHkxh tokc u ns ik, A

; k

xfrfof/k 1&c

1. if'k{k(d ifrHkfx; ka l s efgyk vls i q "kka dsfy, tsMj ekud nkj kus grq i nA
mnkj.k& i q "k etar gkrs g}efgyk, a detkj gksh g} i q "k l kgl h gkrs g}
efgyk, a 'khy; Ør gksh pkfg, A
2. iR; d tsMj ekud grqif'k{k(d ifrHkfx; ka l si nSfd ; g ekud dS si q "k vls
efgyk dh ; kšudrk dks cukrs gA
3. if'k{k(d ppkZ dks vkxsc<k; afd fdl dh ; kšudrk fu; i=r gsvls dS s. l kekt
)kj k funi'kr ekudk ds fu"d"zD; k gš \

mnkj.k :

<p>i q "k urRo djrs g} efgyk, a fu.k; ka dks ykxw djrh gš</p>	<p>i q "k l dI dsfy, igy djrs g} os l dI dh elax dj l drsgš yMelsfe=rk grqHh igy djrs gA ; in yMelh uk dgs rks ; g ml ds i q "kRo dh cbTtrh gA</p>	<p>efgykvka dks l dI dh igy ugha dj uh pkfg,]mudks ; kšud bPNkvka dks ughafn [kkuk pkfg, A tc dHh Hh i q "k elax dj}efgyk dks ml dh i firZjuh pkfg, A ; kšud bPNk, a detkj gksh gA</p>
<p>i q "k etar gkrs g} efgyk, a detkj gksh gš</p>	<p>i q "kka dh ; kšud bPNk, a icy gksh g} og feyh tyh gksh g} oh; Z dh cckzh l s detkj h vkrh gA i q "kka dk oh; Z cckj ugha tkuk pkfg, @gLrefkpu xyr gA 'kj hj dk etarh ds l kfk i n'ku Bhd gA</p>	<p>efgykvka dk 'kj hj uk tpd gsvls <d dj j [kk tkuk pkfg, A efgykvka dh vo' ; l g{k gksh pkfg, A fouerk l si js ugha A</p>

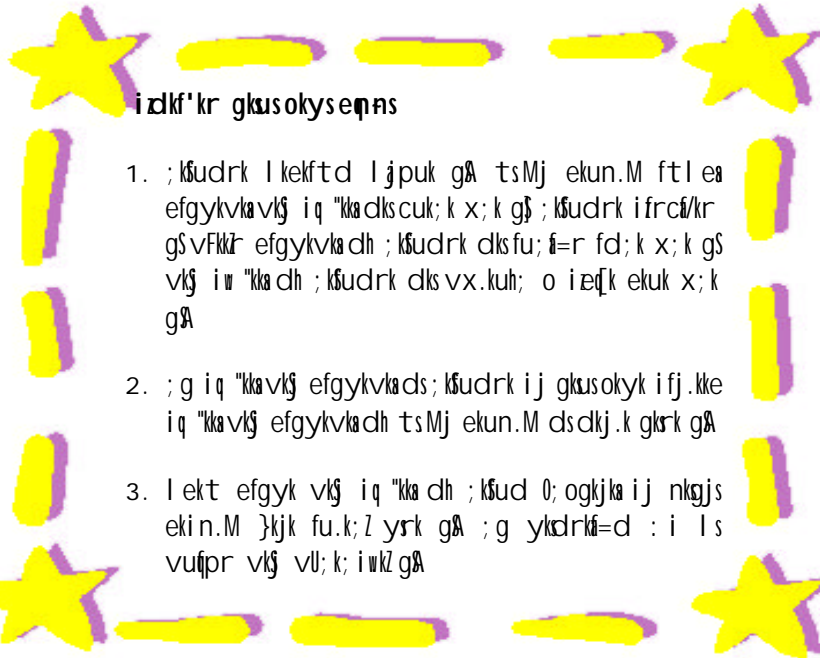
<p>i q "k l Rrk/kjh gkrs gš efgyk, a vkKkdjh gksh gš</p>	<p>i q "kka dks l kFkh ppus dk& xHkFujk'kd ea fodVi ppus dk]ifjokj fu; kstu dk vf/kdkj gš /kjsyrfgd k vř; ; kšud fgd k pysxh&; fn i q "k viuh i Ruh dks ihVrk gšRks; g Bid gš</p>	<p>; fn vkKkdjh ughagšRksog vřr ughagš og 'kkjhjd vř HkkoukRed : i l sfu; f=r gksh pkfg, A ; kšudrk dk fdl h izdkj dk fn [kkok pfj= ij ykNu gš dkk; Z ij l ng gš</p>
<p>i q "k rkfdZl o 0; kogkfjd gkrs gš efgyk, a Hkkouk vř jkkaVd gš /vki /kz l stkM+l drsgš i q "k viusfnex l sl kprsgš efgyk, avi usfny l sl kprh gš</p>	<p>i q "k l D l ds ckja es 'kkjhjd t: jr ds: i ea l kprsgš&dkbz HkkoukRed tMko ughA l D l ,d ikdfird vf/kdkj gš</p>	<p>l D l ,d vk/; kFRed dk; Zgš iztuu dsfy, i Ruh gksh ds ukrs; kšukpj dsnkf; Roka dh i f=r grq i zu ughagksh pkfg, vř u gh vkulln fy; k tkuk pkfg, A</p>

4. l = dk l kj ckkrsgq if'k{k(d Li "V djsfd ; kšudrk l ekt ds }kjk cuk; h x; h
gš vř l ekt ea i q "k vř efgyk ds ; kšud ekeyka eanogjk eki n. M vi ukrk gš

if'k{k(d dsfy, ukV

if'k{k(d dks crkus dh t: jr gšfd gj l ekt ea ; kšudrk dks fu; f=r djs
dk iz kl fd; k trk gš bl fu; a.k dks cuk; s j [kus ds fy, i q "kka vř
efgykvka grq fofHku izdkj dh fopkj/kkj, a cukbz x; h gš ; s fopkj/kkj, a
efgykvka dh ; kšudrk dks xnk]detkj] vř nks e nt dh ekurh gš vřkok i jh
rjg l svLohdkj djrh gš ; g vLohNfr > Bh /kkj .kkvka ds dkj .k gksh gš tks
0; ofLFkr : i l sb setcar djrh gš





i dlf'kr gkusokysefn

1. ; kšudrk l kelftd l jipuk gš tsMj ekun.M ftlea
efgykvkavš i q "kka dksuk; k x; k gš ; kšudrk i frcd/kr
gšvfkir efgykvkadh ; kšudrk dksfu; i=r fd; k x; k gš
vš i w "kka dh ; kšudrk dks vx.kuh; o iæf'k ekuk x; k
gš
2. ; g i q "kka vš efgykvkads; kšudrk ij gkusokyk i fj.kke
i q "kka vš efgykvkadh tsMj ekun.M dsdkj.k gkrk gš
3. l ekt efgyk vš i q "kka dh ; kšud 0; ogkja ij nkgjs
ekin.M }kjk fu.k; l yrk gš ; g ykdrki=d : i l s
vufpr vš vl; k; i w kš gš



60 feuV

I = 2% ; kſudrk dh vko/kkj .kk

I = dk mnns' ;

i frHkxh %

- ; kſudrk ds foHkUu vk; keka dks tkuxA
- I e> ik; xsfd ; kſudrk , d cgqk; keh vo/kkj .kk gA

lk) fr

- rjr iNdj I ph cukuk] OHP iLrhdj.k

I kexh

- gj i frHkxh dsfy, 2 dkmZ

xrfof/k 1

pj.k

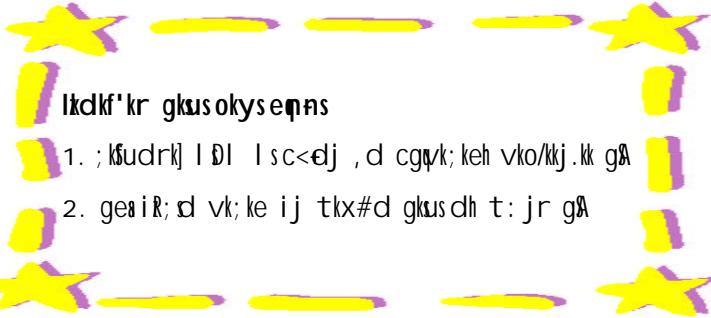
1. if'k{kd] i R; d i frHkxh dks 2 dkmZ ckA/a vks] mlga buea os 2 'kCn ; k okD; tks fnekx ea vkrsgs tc vki ; kſudrk dsckj sea l kprs gA dks fy [kus dks dga i R; d dkmZ ea , d 'kCn ; k okD; gksuk pfg, A

tks 'kCn@ckrafudy dj vk, xhamlgs bl idkj l soxhbr fd; k tk l drk gS 'kkj hfjd vax] 'kkj hfjd igyH Hkkouk, fo'okl vks] rkr i; Z %tS & xnk] xPR] i ki i wkZ] ; kA 0; ogkj ; k fO; k %tS s& pæuk] gLreftu] ; kſu igpku ; k fu/kkj .k %mngj .k % I eydx] rkdR dk mi ; ksx %cykRdkj]; kA i rkmek] fgd k ½ vks] Hkh dbZ oxZ vk l drsgA

2. i R; d 0; fDr dks vi uk dkmZ lk<us dks dga vks] i R; d Js kh ds [k.M dsfgl kc l s nhokj ij fpidk; A oxZ dk uke vHkh u fy [kA

- 3. I Hkh i frHkxh vi usdkMZ 'ks j dj ya mlga nhokj ds l kfk [kMk dj nA i frHkfx; ka l sDyLVj dh l eh{k rFk muds oxZ ds uke dks fu/kkZr djus ds fy, dga A
- 4. dkbZ Hkh , d k fopkj@igywtkSyxrk gSfd NW x; k gS mlga tkM@tS & vkaun ; k ij dYi uk
- 5. ; g dgrsgq l kj ckZksfd ; kSudrk , d cgqk; keh fopkj@vo/kkj.kk gS ftl ds l Hkh vk; ke nhokj ij fn[k jgs gA
- 6. crk; s fd ; g ml l DI l s fHkuu gS tks fd vkerkS ij , d efgyk vkS i q "k dschp l Hkksx ds : i ea tkuk tkrk gA
- 7. ; kSudrk dh i fjHk"kk dks mi ; kx djrs gq l frHkfx; ka dks l e>k, a fd ; g ; kSudrk dh vo/kkj.kk ij 0; ki d l e> gS ftl sgekjsgLr{k i ea ekxh' kZu djuk pkfg, A

; kSudrk ; kSud 0; ogkj l s dgha T; knk gA ; kSudrk dkb'kkL=] ; kSud 0; ogkj] l kekftd vkS tsMj Hkfedk o igpku] l a;kka vkS 0; fDrxr] l kekftd o l kLdfrd eku; rk, aftl ea l s l Hkh 'kkfey gS dks feyk dj curh gS %pflnj kef.k k o vl; &2002%



lkdkf'kr gkusokysefnS

- 1. ; kSudrk] l DI l sc<ej , d cgqk; keh vko/kkj.kk gA
- 2. gea iR; d vk; ke ij tkx#d gkusdh t: jr gA

I UnHkZ

pflnjkef.k vkj-] , l - di kfm+ k] vkj- [klu] th feJk] l DI qfyVh , .M l DI qy fogfo; j %, f0fVdy fj0; wvkQ l y0VM LVMht 990&2000½fn tsMj , .M fj i kMfDVo gVFk fj l pZbfuf'k, fVo] f0; k U; wfnYyh & 2002



80 feuV

Lk= %3 Lohdk; Z vks vLohdk; Z ; kšudrk

I = dk mnš;

• i frHkxh vi us [kq dh ; kšudrk l s tMseY; ka dks tku i k; æs rFkk i frHkxh] ; kšudrk ds vk; keka dks Lohdkjuk i kjlk djæxs tks vc rd vLohdk; Z FkhA

• i frHkxh ; kšudrk ds Lohdr vks vLohdr fl) kUrka dks Li "V djæA

i) fr

• 0; fDrxr fpru] vutko cka/uk] l eY dk; j ppkZ A

I kexh

• vH; kl 3-1 dh i fr 0; fDrxr fpru dsfy,] l eY dsfy, rF; 'khVA

xfrfof/kl ½20 feuV½

pj.k

1. 0; fDrxr fpru dsfy, vH; kl 3-1 dh i fr ckvA
2. funk lk<A
3. ; g , d futh ifdz k gš bl ckr ij tkj na vks dga fd i R; sd i frHkxh dks l ko/kkuhi mzd fopkj djuk gS vks fodYi dks fplgr djuk gA ; g vH; kl mlga Li "V djuseæenn djæxk fd ; kšud : lk l sD; k mfpr gS vks D; k ugha%Lo; ads fy,] ml jka dsfy, vks bl dk dkbZeryc ugha gA
4. i frHkfx; ka l si nafd mlgkaus bl vH; kl l sD; k l h[kk 5 l s7 i frHkfx; ka dks mlkj nus na vks muds mlkj ka dk l kj fudkyA
5. bl ckr ij tkj ns fd geea l s i R; sd dh ; kšudrk vks ; kšud 0; ogkj ka ds l Ecu/k eaD; k l gh gš D; k xyr gS] dN eW; gA bl vH; kl dk eryc gS fd vi us ; kšudrk o ; kšud 0; ogkj ka l s l Ecu/kr eW; ka vks i pfr; ka dks Li "V djuk gksxkA

xfrfof/k 2 ¼½ ¾0 feuV½
cMš l eŋ ea

pj.k

1. i frHkkfx; ka dks fn, x, dFku dks i <us dks dga vks] muds l gefr vks] vl gefr ds dkj .kks dks i nA

- vH; kl 3-2 ; kšudrk ij rF; ka dh i ekf.kdrk l sl ger ; k vl ger
 - i q "k Lohko l scgfookgh gksrs gSyfdu efgykva dks oQknkj gksuk pkfg, A
 - l eyfxd vl keW; gksrs gS vks] de gh ik, tkrs gA
 - T; knkrj , M+ ; kšudehZ efgykva dks gksrk gA
 - gLrefkq l s detkjh vkrh gA
 - , d yMeh dks 'kknh l s i nZ l D l ugha djuk pkfg, A
 - ; kšudrk c<kus okyk l kfgR; vFkok n[ks tkus okys n"; & l kexh l sfnekx [kjk gksrk gS vks] budks i frct/kr djuk pkfg, A
 - ; kš 'kksk.k l scpus ds fy, efgykva dks ?kj ea jguk pkfg, A
 - tc efgyk, a "uk** dgs rks bl dk okLrfod eryc "gk** gksrk gA
 - l D l djus dk eq; mnas; cPps i shk djuk gA
 - ftu efgykva ds 0; ogkj vFkok di M+HkMekA gksrs gA ogh NMANkM+ vks] ; kšud nq; oZkj dh f'kdj gksrk gA
 - efgykva dh ; kš l cl s T; knk ; kšud : lk l s l onu'khy vax gksrk gA
 - eqk vks] xpk l D l vikdfnd gksrk gA
- ¼ kr %fj i kVZ vkW tsMj] gYFk , . M Moysi eWV] Mgywks, p-Vh- vj-l h- &2002½

2- gs MvkmV 3-1 ; kšudrk ij rF; ka dh i ekf.kdrk dks l UnHkZ yrs gq i R; d rF; ; k dFku ij ppkZ djk, a

3- ; kšudrk ea D; k Lohdk; Z gS rFkk D; k vLohdk; Z gS ds fl) klrka dks fudyok, A

xfrfof/k 2 ¼½
Nkš l eŋ ea ppkZ ¼ e; 60 feuV½

1. i frHkkfx; ka dks 4 l eŋka ea cka/a vks] gj l eŋ dks vH; kl 3-2 l s 3 dFku ppkZ djus vks] ifj .kke ij igpus ds fy, nA
2. cMš l eŋ ea i R; d okD; ya igys Nkš l eŋ dks viuh 'ks fja djus narFkk mudh jk; ya A
3. bl s cMš l eŋ ea ppkZ ds fy, l Hkh ds l keus j [ka vks] viuh jk; Hkh nA
½gs MvkmV 3-1 ; kšudrk ij rF; ka dh i ekf.kdrk ds dkj .k dks n[ka

4. ; kSudrk dsI EclU/k eaD; k Lohdkj gSvks D; k i wkr; k vLohdkj gS dsfl }kUrka dks fudkyA

vH; kl

3-1 ; kSudrk ds eW; ka i j 0; fDrxr fpUru

gsMvkmV

3-1 ; kSudrk o LokLF; i j izukRrjh

3-2 ; kSudrk ds rF; ka dh i ekf.kdrk l sl ger@vl ger



izkf'kr gkusokyepns

- tkj nrsqq dgafd ; kSudrk dsI EclU/k eadN Lohdk; Z vks dN vLohdk; Z 0; ogkj gS tks bl izdkj gS & Lohdk; Z % vkj] ns[kHky vks vki l h l gefr] l jf{krA vLohdk; Z % rkdr dk mi ; kx] vki l h l gefr dsfcuk] l Rrk ea dkQh varj tS s&cPps vks T; knk mezds0; fDr] NkVsin ij dk; jr vf/kdkjh jvl jf{krA
- l jf{kr l DI %mu ; kSud xfrfof/k , oa0; ogkj dkskek tkrk gS ftl l sfv vupkgsxHkZ vks ; kSufur l De.k l scpk tkrk gA l jf{kr l DI dh ifjHk'kk dks eukokKkfud l jf{kk dh nf"Vdks k l s Hkh foLrr fd; k tkuk pfg, A ; kSud l kFkh 'kkf'kr ; k /kq'kk [kk; k gq'k vks nq; oZkj ugha egl w dj jgk gA ; g fd' ksj koLFkk dh ; kSudrk ds nf"Vdks k l s vks Hkh egROI wZ gA
- l DI vks ; kSudrk ds ifr eW; ka vks eukofRr; ka dks ns[ka rks dkQh xgjkBZ l s tMq gA gea bl ds ifr tkx: d djus ds fy, yxkrkj fpUru djus dh t: jr gSfd ds s; g gekjs0; ogkj dks



I = 4%; kšud inkuØ

I = dk mnñš ;

ifrHkxh –

- ; g l e> ik, xsf d f d l rjg l enk; Lohdk; Z; k vLohdk; Z; kšudrk dsfy, jk; cukrk gš
- ifrHkxh ; kšudrk l s tMšngjseki n.M dks igpku ik, xš

lk}fr

- l eñ dk; Z

I kexh

- ; kšud fp=.k dsfy, pVZi s j] ekd j



60 feuV

xfrfof/k; k 3 % 120 feuV½
; kšud fp=.k ij Nk/s l eñ dk vH; kl

1. ifrHkfx; ka dks 3 ; k 4 Nk/s l eñ es clā/A
2. iR; d l eñ dks ^l keltd n^Vdksk l s ; kšudrk ea l cl sT; knk Lohdk; Z l s yd j l cl sde Lohdk; Z^ dh , d l ph cukuh gā if'k{k d Li "V djsfd ifrHkxh ; kšudrk dh ifjHk"kk ; kn djs vñš ; kšudrk ds foHkUu vk; keka dks Hkh nñka % ; kšud 0; ogkj] l Ecl/k] igpku bR; knA iR; d l eñ dks ; kšudrk dk ekufp= cukusdsfy, ekd j vñš pVZ nā
3. iR; d l eñ ea vius ; kšud ekufp=.k dks 0; k [; k ds l kFk i Lrñ djā
4. if'k{k d] ifrHkfx; ka l s i nā fd geus bl vH; kl l s D; k l h [kk \ ; kšudrk l s tMš ekin.M] foHkUu l UnHkZ o ykxka dks n^Vdksk ds vk/kj ij cus ; kšud ekin.M ij fVli .kh nrs gñ if'k{k d l h [k dk l kj cka d s l cl suhps Lrj ij dh ; kšudrk dks i FkH"V ; k vl keld; ekuk tkrk gā ; k nkgjk ekin.M viuk; k tkrk gā

mngj.k % ; kšud ekufp= dk mngj.k
I cl sT; knk Lohdk; Z- , d gh tkfr eafoijhr fyax ds chp 'kknh] iztuu dsfy, A
 - 'kknh l sigys l DLk i q "kka dsfy,
 - 'kknh l sckg l DI i q "k dsfy,
 - 'kknh l sckg l DI efgykva dsfy,
Lkl sde vLohdk; Z - l eku fyax ds ykxka ds chp l DI l Ecl/k
 - tkuoj ds l kFk l DI

if'k{k dsfy, ukw



• ; g l kfc r gks pōpk gšfd l Hkh dkepl 0; ogkj xyr ekus tkrsgā tc rd
fd mucs i hNs dkbz fo' kšk dkj .k LFkkr r ughā l cl sT; knk Lohdk; l dkjd
fookgji ztuu vksj iē gā

- inku Øe eampP Js kh ds0; fDr; ka dk ; kšud 0; ogkj , d vPNsekufi d LokLF;]
vknj i kuš oškrk] l kekf t d vksj 'kkjhjd xfr'khyrk l LFkkrRed enn vksj Hkšrd
yHk dks gdnkj gā

fupysLrjka dh dksV eavkusokys0; fDr; ka dk ; kšud 0; ogkj] fo' kšk : i l sftUgkaus
bl si škk cuk fy; k gš ekufi d chekj] vijj/kxLr] cnuke] l kekf t d vksj 'kkjhjd
xfr'khyrk dsfy, i frcl/kr] l kekf t d l LFkkrvka@bdkbz; ka dk fojšk vksj vkfFkēd
i frcl/kka dks i klr d jrk gā

- mi jkDr dksV dsyxska dsgh dQn ; kšud 0; ogkj ka dks dyidr djus dh ekufi drk
dh Hkh l kšk nh tkrh gš dyad dh ekufi drk dh tMs/kkfeēd ijEijkvka ea gSA
- nokbz vksj eukšpfdRI k ds mi ; ks dks Hkh jkdrh gā vejdu eukšpfdRI d l xBu
dseuk&yōxd vl keku; rk funku vksj 'kkjhjd ekufi d vl keku; rk dh l kē; dh
ešqy ea orēku ; kšud xfrfof/k dks ušrd inkuØe dks n'kkz; k x; k gā
- okLrfod vpkj 'khyrk dh rgyuk ea; kšud ušrdrk tkfrxr vk/kkj ij vf/kd i kbz
tkrh gā
- , d ykdrkē=d ušrdrk ; kšud 0; ogkj ka ij bl vk/kkj ij Qš yk yrk gšfd
; kšud xfrfof/k; ka ea l kFkh fd l rjg , d nll js ds ifr 0; ogkj djrs gš vki l h
l gefr dk Lrj D; k gš tcjnLrh gksjgh gš; k ughā l ekurk o vkulln dh xqkorRk
dks inku djrs gā %xys, l - : fcu- 1999%

I UnHkz %

: fcu xys} fFkēdx l D l % ukz/ QkV jsMdy fFk; kjh vKd fn i klyfVDI vKd
l D l qfyfV] MkDVj djksy , l okul %bMh-½ lystj , .M Mb t] bDI lykšjx fOey
l D l qfyfV] i lVu %jkmVyst , .M dxu i ksy] 1984] i h- i h- 267&319

I = %5 'kjhj vksj ; kšudrk



90 feuV

I h[kusokysmnəs ;

I = ds vr ea ifrHkxh -

- igpku ik, æsfd vius 'kjhj ea mlga D; k il n gSD; k ugha \
 - vius 'kjhj ds l kFk T; knk vkjke egl t djæA
 - vius [kq ds vkulln vksj nnZ ds {ks=ka dh igpku djæA
 - ; kšudrk ds fofo/k vutkoka dks l e> ik, æA
- lk}fr**
- 'kjhj fp=.k] ppkZ
- I kexh**
- Hkjs jæ ds i ij dh cMk 'khV
 - ekd] ¼ R; d l eeg grq 4 jæ ds l ½

xfrfof/k %1
'kjhj fp=.k

pj.k

1. ifrHkfx; ka dks 'kjhj fp=.k ds vH; kl grq NkVsl eeg eackVA ifrHkfx; ka dks l eeg eal onu'khyrk ds vk/kkj ij ckV; tS & , d gh l kFk ds ykxks dks, d l kFk u j [k] mez ds vk/kkj ij mudks ckVA
2. NkVsl eeg ea, d 0; fDr ml tM/gg 'khV ij l kstk, vksj nt jsm l ds 'kjhj dh j[kk dfr [khpA
3. iR; d 0; fDr 'kjhj dh j[kk dfr ij gjs jæ l s flg cuk,] tks ml sil n gkA
4. vxys jkmM ea iR; d 0; fDr vius 'kjhj ds ml væ dks flgr djs tks fd ml s il n ugha g] bl ea yky jæ dks bl reky djA
5. gj 0; fDr 'kjhj ds ml Hkx dks j[kk dfr djs tgy; vkulln dks vutko djrs gA
6. NkVsl eeg ea iR; d 0; fDr tc vius vkun nusokys {ks= fpflgr dj pps g] ml ds ckn iR; d 0; fDr pks jæ l sogk flpug yxk, tgka ij nnZ egl t djrs gA

7. Lkeg ds0; fDr ppkZ dja dh ; g vH; kl mudsfy, dš k Fk vkš l eeg dh fj i kšV
dks l æfBr dja

¼ eeg ea 'kjhj ekufp=.k grq 45 feuV ½

8. iR; d l eeg vi us'kjhj fp=.k vkš i fdz; k dks l eeg ea i Lr q dja vkš mlgkus dš k
egl ĩ fd; k A

9. if'k{k d l eeg fj i kšV dse[; fclnq/ka d k l k j k d d j a i f'k{k d crk, afd i k j ĩ k d r kš
ij vi us; kš vku m dks ekuuk dfBu gā ; kš vku m dks vāksrd l hfer ughaf d; k
tk l drk gā if'k{k d tkš nrs gq crk; afd ; kšudrk ds fofo/k : i gš ykška dš
dbz i d k j ds vuĥko gš vkulln vkš nnz dā gea bl dks Lohdkj djus dh vkš
l ōnu'khy gkus dh t: jr gā

if'k{k d dsfy, ukš

- if'k{k d bl ckr dk /; ku j [ksfd i fr Hk k f x; ka ij vi uh bPNk vka d s f c u k vki l
ea'ks j djus dsfy, nco u Mkyā
- ehfM; k ds vāx r , d vkn'kz i q "k 'kjhj ogh gšft l dk jāk l kQ] xBhyk yāck
vkfn gā ; g gekj s 'kjhj dh Nfo ds vuĥky ugha Hk h gk l drk gā
- ; g tsMj Nfo gā ; sHk h i fr cā /kr d j r s gā ; g gekj h 'kjhj dh vi uh Nfo
dks i Hk k for d j r s gā gea ekuo : ih vuĥfir ds ckj s ea fopkj djus dh
t: jr gš tksfd fofo/k l ā d fr tkfr] vkš vk d fr l s l Ecfl/kr gā
- vi us'kjhj ds l kFk vkjke egl ĩ djus dsfy, ; g t: jh gš 'kjhj dks i w k r k ea
Lohdkj d j a ¼ n e x vkš 'kjhj ½
- l Hk h ekuo gkus ds l kFk ; kšud gk s gā fQj Hk h Hk j r h; mi egk}hi ds l UnHk ea
; kšudrk ij ppkZ] vuĥko cā/uk i k; %ny/Hkz i fj?kVuk ¼ Q u k e u k ½ gā i q "kka d s l kFk
; kšud vkulln dōy iztuu vāksrd gh dš l n r j g r k gā ; g Hk h , d i fr cā k gā
gea i j s 'kjhj ds ; kšud vkulln dh ckr djus dh t: jr gā
- ; g 0; fDr; ka ij fuHk j d j r k gš f d D; k mudks vkulln n r k gš v k š D; k n ĩ k ā d ā N
y k š k a d s f y , n n z H k h , d ; kšud vkulln gk r k gā
- vkulln vkš n ĩ k dh tkudkj h dks vi us ; kš l kFk ds l kFk ea cā/uk , d LoLFk
; kšud l Ecfl/ka d k gh Hk x gā vi us ; kš l kFk ds vkulln vkš nnz ds vāks dks
ekuuk vkš vk n j d j u k Hk h LoLFk ; kšud l Ecfl/k grqegROI w k z gā



I =& 6%Lo; adh ; kšudrk



20 feuV

I = dsmnš;

- i frHkxh Lo; adh ; kšudrk ds foHklu vk; keka dks I e> i k; &A
- Lo; adh ; kšudrk ds I kF&I kFk i kVuj dh ; kšudrk ds i fr T; knk I onu'khy cuxA

i) fr

- fprru o fp=.k] I eog pplz

I kexh

- dkm] LdpA

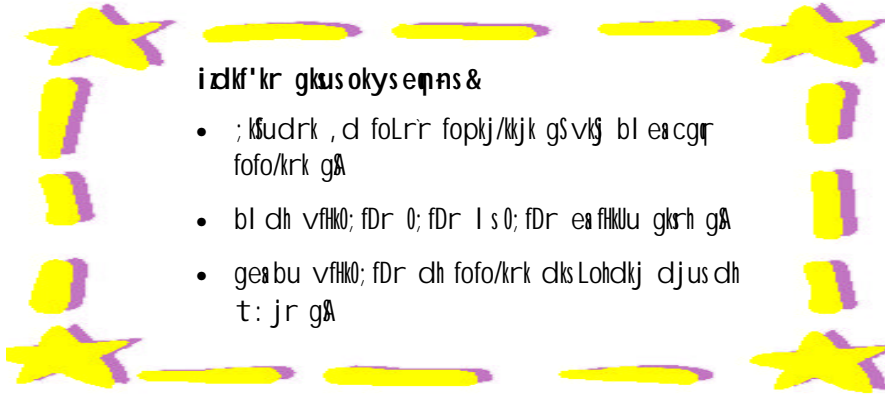
xfrfof/k 1

pj.k

1. I oā fke I Hkh i frHkfx; ka dks dkmZ ckV nA
2. I cl s, d fp= cuok; k tk;] tksLo; adh ; kšudrk dks i dV djr gS; k Lo; adh ; kšudrk dk i rhd gA
3. I Hkh i frHkxh vi usfp=ka dksckjh&ckjh I sfn [kk; &s rFk fn [kks I e; Fkk&h 0; k [; k Hkh dj&A
4. I Hkh i frHkfx; ka dksfp= i Lrfrdj.k dsckn i R; d i frHkxh dks vi us vuHko 'ks j djus ds fy, vkef=r fd; k tk; A vuHko 'ks fj& vfuok; Zugh gSA dny ogh tks 'ks j djuk pkg' 'ks j dj I drs gA
5. vuHko 'ks fj& dsckn I Hkh i frHkfx; ka I si nafd os dS k egl # dj jgs gA \

futh vuHko 'ks fj& dsfy, izu

- i. i gyh ckj ; kšudrk dsckj&ea i rk dc pyk vkSj dS &
- ii. vki dks dS si rk pyk \ ml I e; tkudkjh ds I kr D; k Fk&
- iii. ; kšudrk dk fodkl dS & dS s pyrk jgk \
- iv. D; k Hk&fr; ka; k nfo/kk, ao Mj gsrk jgk \
- v. vHkh rd D; k nfo/kk, acuh gpZgS&
- vi. fdl rjg dh I eL; kvka dk I keuk djuk i Mk&



i zdkf' kr gksokys epns &

- ; kšudrk , d folrř fopkj/kjk gšvšj bl ea cgr fofokrk gš
- bl dh vřřk; fDr 0; fDr l s 0; fDr ea řřklu gkřh gš
- geabu vřřk; fDr dh fofokrk dks Lokdkj djus dh t: jr gš



i f' k{k d dsfy, ukv

- vk/kkjHkr fu; e rš kj djš tc , d 0; fDr 'ks j dj jgk gks rks ml l e; nř jk chp ea u cksš xki uh; rk dks l řuf' pr djš 'ks řjæ ds l e; Hkkopř gksuk Bhd gš
- vuřko 'ks řjæ ds ckn i řřřřřř; ka l s i řřřř D; k os dř vřj tkřřřř pkgrs gš vxj dř vřj tkřřřř pkgrs mlga l e; nř
- dř ykřka ds fy, 'ks řjæ dřBu o nřz dkjd gks l drk gš ; gk l e; rřř l řřřřřř vřj l e; dh l řřřř' řřřřřř egřřřřřř gš

I = 7% ; kšud igpku



45 feuV

I = dk mnš ;

I = ds vr rd ifrHkkxh&

- Lo; adh ; kšudrk dsfofHkUu igypka dks tkusx
- ; kšud igpku ij tkudkj c<k, xA
- ; kšud fofo/krk ij LohNfr c<k, xA

i) fr

- 'kCnka dh I ekurk o I pph cukuk] gsM vkmV 7-1 i <ek

I kexh

- pkd o ckMZ ; k pV i j o dyj ekdj
- gM/vkmV 7-1 % ; kšud igpku

xfrfof/k 1

pj.k

1. ifrHkkfx; ka l s crykus dks ¼; k fy [kus dks ½ dgafd og I eyšxdrk ds l kFk D; k nq[k i krs gš ; k tkMek pkgxA
2. ckMZ ij muds mRrjka dks fy [kA
3. I eyšxdrk ij i ktr gM/vkmV dks i <A
4. iz ukadk mRrj navkš ppkz djsfd Kku dk vHkko dš svl gj {kk vkš Mj dks c<kok nrk gA
5. xš , e , l , e ¼ iq "k tksfd iq "k ds l kFk ea l D l djrk gš VRUI tsMj] fgtMk] dks kFk& i fkh tš s 'kCnks dk iz kx djrs gq vH; kl nkgjk; A

i d k f ' k r g k u s o k y s e m n s &

- ; kšud i kFkfedrk cnyrh jgrh gš LFkfbz ugha gkrh gš & , d 0; fDr vkt fo"kefyaxh gš gks l drk gšfd og i k p o "kz ds ckn L ofyaxh dks tkA



90 feuV

I = 8% ; kšud vf/kdkj

I = dk mnns ;

I = ds vr ea ifrHkkxh &

• ; kšud vf/kdkj dh vko/kkj .kk vks] ; kšud vf/kdkjka ds eV; ka vks] fl) krka dks I e> ik; xA

• ; kšud vf/kdkjks ds <kps dk mi ; ks i kjHk djsxA

lk) fr

• OHP ij iLrqrhdj.k

I kexh

• vkj gM i kstDVj

• vks, p-i-h- 8-1] 8-2 vks] 8-3

xfrfof/k 1

pj.k

1. if'k{k]d] ; kšud vf/kdkjka dk bfrgk dh ifjHkk'kk vks] ; kšud vf/kdkj ds vUrZufgr eV; ka o fl }kUr ij , d I f{kr iLrqrhdj.k dja

xfrfof/k %2

; kšud vf/kdkj ejsfy, egRoiwkZgS

pj.k

1. if'k{k]d] ifrHkkfx; ka dkspkj NkV/s I eg eack/s vks] ml gavi us I UnHkZea tks egRoiwkZ ; kšud vf/kdkj yxs mlkdh I ph rS kj djus dks dgA

2. NkV/s I eg vius }kj k cuk; h I fp; ka cM/s I eg ea'ks j dja vks] vr ea if'k{k]d 4 I eg ppkZ ea fudyh crka dk I kj crk; A

3. if'k{k]d] ; g Lfkkfir djsfd gees I s iR; d ds ; kšud vf/kdkj gekjs thou ea iR; d dsfy, vko'; d gA

xfrfof/k 3

pj.k

1. if'k{kcd] i frHkfx; ka l si nNsf d og dš s; kšud vf/kdkj ds <pps dks vi us dk; Z; k
0; fDrxr i fjLFkfr ea mi; ks dj l drsgā mnkgj.k ds fy, &
 - , d l ĀFkk i cdkd ds: i eaD; k vki vi us; gkadk; j r efgyk ¼, dy efgyk ds
fy, Hkh ½ grq xHkzL Fkk@ekrRo vodk'k dk l ĀFkkRed uhfr ea i kfo/kku j [ksx \
 - , d LokLF; l fo/kk i nrk ds: lk eafdl h , d efgyk vj i q "k grq xHkzL Fkk
kd l ok, a vFkok xHkzL kr l ok, a l quf' pr dj kus ds fy, D; k d j s x \
 - , d edku ekfyd ds: i eaD; k vki vi uk edku , d l efyxh tkM s dks fdjk; s
ij nax \

ik; % i nS tkusokys i z u

- D; k ; kšud vf/kdkj , d if'peh vo/kkj.kk vj i f'peh epnk ugh gš
- gekjs nš k ea vj i Hkh dbzegROI wkz l eL; k, agš rksD; kage ; kšud vf/kdkj
ds ckjs ea fpflrr gš

ilrqr; ka

vks, p-i-h & 8-1 ; kšud vf/kdkj dh i fjHk"kk

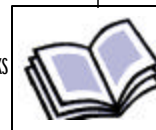
vks, p-i-h & 8-2 ; kšud vf/kdkj ea 'kkfey gš

vks, p-i-h & 8-3 ; kšud vf/kdkj tks gekjs fy, egROI wkz gš

if'k{kcd ds fy, ukv

rkj'kh }kj k i d k f'kr *dkeu xtm.M rFkk ; kšud vf/kdkj* ij vl; l kexh dks
i <dj l = ds fy, Lo; adks r-š kj djA

FAQ





90 feuV

I = 9% vkn'kz ; kšud I ĩk

I = dsmnš;

I = ds vr ea i frHkkxh &

- ; kšud I Ecl/kka dks I e> i k, ĩk
- ekU; I ĩkka dh I hek, a ; k xqk fu/kkZjr dj i k, ĩk

i) fr

- jky lys o I eng ppkz

I kexh

- pVzi i j] ekdj

xfrfof/k 1

pj.k

1. i frHkkfx; ka dks 3& 5 I eng ea ckVA
2. iR; d I eng dks, d I ĩk ij jky lys rš kj djus dks dgā rFkk rš kjh dsfy, 5 feuV dk I e; nA
jky lys dsfy, I Ecl/k feyk gš &
 - i fr& i Ruh
 - nk.Rk& xyYsM@c; k; YsM
 - ; kš deh&xtgd
3. I Hkh i frHkkfx; ka dks i R; d ukVd dks nš[kus dks dgā rFkk ukVd nš[krs I e; fuEu fo" k; ka ij /; ku nsuk gš &
 - I ĩk fdI ds chp\
 - fj' rseal dkj kRed rRo D; k gš
 - fj' rseaul dkj kRed RkRo D; k gš \
4. if'k{k d jky lys i Lrphdj.k ds ckn cMš I eng ea i frHkkfx; ka I sfn, x, fo" k; ka ij

jk; ekšrFkk ckMZij fy[kA ; g vPNk glšck fd jksy lysiLRkq djustokyk l eg vius
ckjseu u cksyA

iLRq mRrj fuEukuq kj fy[kk tk; s

LkEcu/k	I dkjkRed lk{k	UkdjkRed i{k
i Ruh&i fr		
xyŸ'sM& 0; k; Ÿ'sM		
; kš deh&xkgd		

5. fudysvkclMka ij i frHkkfx; ka ds l kFk fo'yšk.k dj k, A ; g irk djust dh dks'k'k
dja fd dks&dks l sl dkjkRed xqk@Ro tksfd l Hk l adkkaea gšrFkk i fr&i Ruh
ea ugh gA

6. vkn'kz ; kšud l Ecu/k dh fo'kškrk vka dks LFkfi r djrs gq l kj clakA

**, d vkn'kz ; kšud l Ecu/kka
dh dŸ fo'kškrk, a**

- , d ni jsdk vknj
- ikl ijdrk
- n[kkky
- l gefr
- eukjat u
- vkuln
- izk;
- xfjek
- l pkj

gSM vkmV 3-1 ; kSudrk o LokLF; ij iz'ukdkjh

1- gLreFku l sdetkjh vkrh g%

gLreFku , d l jf{kr vks uS fxZl ; kSud fØ; k gA bl dk 'kjhj ij dkbZuqdl kung
i Hkko ugha i Mfka dbZ/kkfeZl o vl; ykxka }kjk gLreFku dsckjseavij/k dsk i shk
fd; k tkrk g\$ ek= ; gh ds gLreFku dk 'kjhj ij foifjr vl j gA gLreFku cgr
gh vke gSvks ; g i q "kka o efgykvka nksuka }kjk fd; k tkrk gA vl y eagLr eFku
l jf{kr ; kSud fØ; k dk , d izdkj gA

2- i# "kka dh ul clnh l s ; kSud bPNk {kerk o vKlun ea deh vkrh gA

i q "kka dh ul clnh l s ; kSud bPNk o {kerk ea dUkbZ deha ugha vkrhA ul clnh dsckn
i q "k ml h rjg pjekBd"z rd i gprS gA tS s i gya cl oh; Z ea 'kØk.k q ugha gkrA
orZku eaphjk jfgr ul clnh dh i fØ; k cgr gh vki ku gA 0; fDr ul clnh ds 10 fnu
; k , d i [kokj ds vlnj i q% ; kA l Ei dZdj l drk gA tsMj l ekurk ds n f"Vdks k
l s ; g vko' ; d gSfd i q "k xHkZujkdkd vi ukus dh ftEenjkjh ogu djA 98 i fr'kr
ul clnh efgykvka dh gkrh gA nfu; k ds nq ja Hkxka ea efgykvka dh rnyuk ea i q "kka
dh ul clnh dk vuqkr Hkjr l s i jh rjg vyx gSmuds ; gka 80 i fr'kr ul clnh
i q "kka dh gkrh gA i q "k ul clnh T; knk djkus ds fy, i q "k o efgyk nksuks dks
mRl kfgr , oa i kRl kfgr fd; k tkuk pkfg, A

3- efgykvka dh ; kSud bPNk i q "kka l s de gkrh gA

bl ij fo'okl djus ds fy, efgykvka vks i q "kka nksuka dk l ekthd dj.k fd; k x; k
gA tcf d i q "kka ds ckjs ea bl ds foijhr mEehn dh tkrh gA efgykvka }kjk vi us
; kSud bPNk dks tkfgj djuk muds fxjsgq o l 'kidr pfj= l s tkMiej n\$kk tkrk
gA ; kSud bPNk ; k dkeuk dk l pkyu l Hkh efgykvka vks i # "kka ds 'kjhj ea l eku
: i eafo | eku , d vlr% koh j l VkVklVkjksu gjjeku }kjk gkrk gA fdl h Hkh efgyk
; k i # "k dh ; kSud bPNk ds izdVhdj.k Hkh rhork ; k : i ml ds l ekthd j.k }kjk
fu/kkZjr gkrk gA

4- fo/kok dks fujkfe" k o ryk Hkktu ugha [kkuk pkfg, A

[kkus dk ; kA bPNk l s dkbZyuk nsk ugha gA fo/kok efgyk ij ; kSudrk ds vk/kkj ij
[kkus dks i frcl/kr djuk vl; k; o HknHkko i wZ gA fo/kok efgyk dh ; kSudrk dks
i frcl/kr djuk Hkh muds ; kSud vf/kdkjka ds f[kykQ gA ; g , d l kekftd funk k gS
tks dgrk gSfd fo/kok efgyk dks ; kSud dkeuk ugha gksuh pkfg,] tcf d ; g , dne
l keW; voLFk gS tgl ; kSudrk egl # gks o vfhko; Dr gka fo/kok dh ; kSudrk l s
tMk nkgjk eki n.M Li "V : i l sfn [krk gSfo/kj ¼ i # "k½ dks dpy NW gh ughanh tkrh
gS cfyd i q% n # jh 'kkrh djus ds fy, i fjr Hkh fd; k tkrk g\$ tcf d fo/kok ½ efgyk½
ij cgr l kjs i frcl/k yxk, tkrS gA

l = 3% ; kSudrk ij jktuhfr

5- Ieyšxdrk vl keU; gSvšj ; nk&dnk gkrh gš

I eyšxdrk ylx os gš tks vi us gh fyax ds 0; fDr ds ifr ; kšud : i ds vkd f"kr gkrs gš ; gkarhu cMsl emj curs gS & "xS" tks iq "k I eyšxd : i l svi uh igpku j [krs gš "yd ch; u" tksefgyk I eyšxd : i l svi uh igpku j [krh gš , oa"mHk; yšxd" tks ; kšud : i l snkuka fyxka ds ifr vkd f"kr gkrs gš , e, l -, e %eu gw gš l dI foFk eu ½ iq "kka dk , d l emj gš tks t: jh ughagšfd I eyšxd : i l sigpkus tkrs gš fdUr iq "kka ds l kfk ; kšud l ačk j [krs gš tc t: jr l e>rs gš ; k ekšds mi yč/k gkrs gš I eyšxd bDdk&nčdk ugha gš všj Hkkjrh; l kfgR; rFkk eflnjka ds Hkouka ij dkQh yčs l e; l spf=r fd; sx, gš , e, l -, e- Hkkjr eadkQh vke gš rFkk , M+ l sl EclU/kr dk; Džekā ea muij Qkd l Hkh fey x; k gš I eyšxd bDdk nčdk gš; k vl keU; gS; g fopkj Hkkjr ea foDVšj; k dky ds baxysM l s v; k gš 'l dI u 377& vi kdfrd ; kš l Ei dž tks fd MkDVjka ds muds Qšj šU l d esMFI u ds i kB; Dž ea i <k; k tkrk gš ml s Hkh foDVšj; u dky ea ykxw fd; k x; k FkA ; | fi baxysM ea bl rjg dk dkbž dkuu oržku ea vflRro ea ugha gš etnkj ckr ; g gš fd igys I eyšxdrk ekuf l d vl aryu ds: i eagh Mh, l -, e- %dykfl fQds ku vKQ ešVy fMI kšMj ½ }kj k oxhžčr FkA fdUr qvc bl svl keU; rk dh dksV ea ugha j [kk x; k gš; g vl keU; rk fofo/krk ds: i ea nčkk tkrk gš

6- dšy , d l kFkh l s ; kš l Ei dZj [kuk l s, p-vkbžoh- všj vU; l Øfer foekfj; ka l scprk gš

; g dšy rHkh l p gš tc rd dh nku ka 0; fDr dšy , d ; kš l kFkh l s l Ei dZj [krs gš tš & dšy oghankuka , d nš js ds i kVžj j gš okLrfodr ; g gšfd efgyk vka o iq "kka ds tsMj ekud vyx&vyx gkus ds dkj .k T; knkrj i fRu; ka ds i kl dšy , d ; kš l kFkh gkrs gš %tš s muds i fr ½ fdUr qmuds i fr ds fookgRrj l EclU/k gš l drs gš ¼ k i mž oš kfgd l EclU/ka ešA bl i fj l Fkfr ea efgyk vka ds fy, Hkh tks, dfuLB@i frfu" B 0; oLFk ea gš , p-vkbžoh- o vU; ; kš l Øfer jkska ds gkus dk tš [ke de ugha gkrk] ; gš dN v/; ; u gš tks fn [kkrsgšfd , dy ; kš l kFkh l EclU/k ea j gus okyh efgyk, a Hkh , p-vkbžoh- l s xfl r gš

7- xHkZ fujkškd l šk, a, dy fd'kšj ka o fd'kšj; ka ds fy, t: jh ugha gš

xHkZ fujkškd l šk, a, dy] fd'kšj ka o fd'kšj; ka ds fy, Hkh t: jh gš Hkkjr ea foFHku {ks=ka eafd, x, v/; ; u fn [kkrsgšfd fd'kšj yMelka ea ; kšud xfrfof/k mudh 'kkrh gkus l s Hkh dkQh igys i kj EHk gks tkrh gš l epk; vk/kkj r fd'kšj LokLF; fodkl dk; Z ds {ks= ea vuHko ; g l špr dšrsgšfd , d ckj yMeds všj yMfd; ka dks muds 'kj hj o ; kšudrk dh tkudkj fey tk, xh rks xHkZuj kšk dh ekax c<+tkrh gš fd'kšj koLFk , sl k l e; gš ftl ea ; kšudrk ds ckjs ea tkuus dh mRI čdrk dkQh vf/kd gkrh gš fd'kšj ka dks i rk gšuk pfg, fd ; fn os xHkZuj kškd pšrsgšrks os i klr dj l drs gš

l = 3 % Lohdk; Z všj vLohdk; Z; kšudrk

8- yMēh dks 'knh l sigys l ōl ughadjuk pfg, A

; g yMfd; ka ds fy, HknHko iwz l keftd eŷ; gā dksk; Z o l fprk dk eŷ;
efgykvka ds vkrēl Eeku dks cgr gh vf/kd fxjkuso dbzfgā d ijEi jkvka o vuqkkl uka
dks c<lrk gā 'knh l sigys efgykvka ea xHkZ Bgjus dk tks [ke cgr vki kuh l s xHkZ
fujkdkd ds Bhd l smi; kx }kj k jkdk tk l drk gā Hkkjr ea gq vè; ; u ds vuq kj
efgyk o iq "k nku ka 'knh l sigys; kš l Ei dz d jrs gā ; | fi i # "k ea budk vuq kr
T; knk gā ; fn ge efgyk iq "k ea cjkj ds vf/kdkj ea fo'okl d jrs gā rks bu
l keftd eŷ; ka dh fQj l s o; k [; k @ i fj Hkkf "kr djuh pfg, A

9- l ōl dk ey mīs; cPps i ōk djuk gā

ekuo ea; kš deZ dh ifō; k o iztuu dh ifō; k tōdh; : i l svyx & vyx gā
ekuo enk fdl h l e; Hk l ōl dj l drh gS fdl r qog xHkZ /kkj .k dŋ l e; gh dj
l drh gā ekgokjh dh ij h ifō; k vl; cPpk nsusokyseknk thoka l s foYdy fHku gS
bl fy, ; kš l Ei dz dk mīs; dōy cPpk i ōk djuk gh ugha gā ; kš l Ei dz ds vl;
mīs; Hk gā vkulln i klr djuk l; kj o vkd "kz k dks o; Dr djuk l o; fDr dh o d k fgd
drd; dks ijk djuk] 'k fDr dk in'ku vls < j l kjh pht

**10- ekgokjh ds nkjku efgyk ds l kFk ; kš l Ei dz j [kus l s i # "k ea fcekjh gks
t krh gā**

ekgokjh ds l e; efgyk ds l kFk ; kš l Ei dz djus l s iq "k ea chekjh gks t krh gS ; g
fo'okl ^ekgokjh , d xlnh pht gS ds fopkj l s t ŋ k gq k gā

vH; kl 3-2 % ; kšudrk l s t M s e q ; k a i j 0 ; f D r x r f p r u

funž k%

1- u h p s c k D l e a d N ; k š u d r k l s t M s / k k j . k k , @ 0 ; o g k j f n , x , g a i R ; d o k D ; e a
f u E u f p l g k a d s e k / ; e l s f p l g r d j a &

\$ e j s f y , B h d g S

\ e j s f y , B h d g k s H k h @ u g h a H k h g k s l d r k g S

0 e j s f y , B h d u g h a g S f d U r q ; f n n i j s d j r s g S r k s B h d g S

X f d l h H k h ' k r k a e a e p s L o h d k ; Z u g h a g S

2- i R ; d o k D l e a f u ' k k u y x k u s d s c k n , d c k j f p r u d j a f d v k i u s v i u s c k j s e a D ; k
l h [k k g a

v-----

c-----

l-----

3- ; f n v k i p k g r s g S r k s c M s l e g e a ' k s j d j a

pæuk	eqk ešku
gLrešku	uckfyx ds l kFk ; kšd l Ecll/k
xpk ešku	dkepl ¼; kšud : i l smŪkst d½ l kexh dks i <uk o nšku
xysyxkuk o l gykuk	, p-vkbžoh- i kŪt fVo 0; fDr dks xysyxkuk
l efyaxh 0; fDr ds l kFk ; kšd l Ei dz	tcjnLrh ; kšd l Ei dz
'kknh l sigys ; kšd l Ei dz j [kuk	bPNk ds oxš dh l kFkh ds ; kšd l Ei dz ds ifr ncko Mkyuk
ft l l svki 'kknh djuk pkgrsgš ml s, p-vkbžoh- tkp dsfy, dguk	; kšd l kFkh ds vkykok vŪ; 0; fDr ds l kFk ; kšd l Ecll/k j [kuk
foi jhr fyaxh dh vkd"kd fn [kus o igukos dsfy, l jkguk djuk	enn dscnys ; kšd l Ei dz djuk
; kšd l kFkh dks crkuk fd D; k vki dks vf/kdre ; kšud l qk nrk gš rFk ml s, d k djus dsfy, dguk	l kl ds l keus l yokj deht oxš niq êk ds iguuk ½efgyk, ž 'kvZ ¼i q "k½
vi us gh fyax ds 0; fDr dks l; kj trkus dsfy, xysyxkuk	; kšd dfež, ka dks fe= cukuk
iæ ea i Mæk	; kšd dfež, ka dks fe= cukuk
vi us ; kšd l kFkh ds l kFk ; kšd l Ei dz dks euk dj nsuk	vi us ; kšd l kFkh ds l kFk ; kšud l eL; k dks 'ks j djuk
foi jhr fyax ds 0; fDr dks l; kj trkus dsfy, xysyxkuk	foi jhr fyax ds l gdehž ds l kFk nj jkr rd vkfQl ea: duk
; kšd l kFkh dks l kožt fud LFkku ij xysyxkuk	; kšud l eL; kvka dks l gdehž ds l kFk ppkž djuk
vi us ; kšd l kFkh dk l kožt fud LFky ij gkFk id Mæk	l efyaxh 0; fDr dks nkr cukuk
I = 3 % Lohdk; Z vkš vLohdk; Z ; kšudrk	

gSM vkmV 3-2 ; kšudrk ij rF; kadh iækf.kdrk l s l ger@vl ger dk dkj.k

<p>i q "k uš fxbd : i l scgq fRu okys glrs gš efgykva dks fo'okl ik= , oa, dfu"B gksuk pkfg, A</p>	<p>vl ger% uš fxbd rkš ij u rksiq "k ; k u efgyk , d l kFkfu"B ; k cgq kFkfu"B glrs gš ; g 0; fDrxr puko dh ckr gš l ekt i q "kka dks cgq fRu okyk gkclj T; knk ; kš l kFk j [kus dsfy, vuəfr efgykva ds vi škk T; knk nrk gš</p> <p>i q "kka dks vuškoh gksuk gš vr% muds foog i dZ ; kšud l Ecu/kka dks Hkh tk; t eku fy; k tkrk gš ogha efgykva l s vi škk dh tkrh gšfd os'krh ds l e; rd dškj j gš</p> <p>, d l s T; knk ; kšud l kFk dk eryc ; g Hkh gšfd l g fškr l d l l fuf' pr djkuš ; kš l pšfjr l Øe.k dk l e; ij mi pkj djkuš vi us; kš l kFk ds LokLF; dsifr l onuf'kyrk dsfy, vfrjDr /; ku nus dh t: jr gš</p>
<p>l eyšdrk vl keU; rk gš vkš cgq de ik; h tkrh gš</p>	<p>vl ger% l eyšdrk ij h rjg l keU; i fj?kVuk gš ; g vyx ckr gšfd ; g l ekt ean ch o Nq h gš gš bl ij dkbz pškZ ugha dh tkrh gš l ekt cl eku yrk gšfd l Hkh ykx fo'ke fyah gš tks ykx ugha gš muds l kFk HkšHkko fd; k tkrk gš</p> <p>l eyšdrk ik; % ekuf l d l eL; k ds : i ean škh tkrh gš rFk ekuk tkrk gšfd bl dk mi pkj fd; k tk l drk gš</p>
<p>ftu efgykva ds , p-vkbZ oh- gšos T; knkrj ; kš dešZ gš, p-vkbZoh- xfl r efgyk, pfj=ghu gš½</p>	<p>vl ger% ; kš dešZ T; knk , p-vkbZoh- o vl; ; kš l pšfjr jkska ds tkš [ke ds l kFk jgrh gš , p-vkbZ oh- [kku p<kus ds ek/; e l s ; k , d l s T; knk l kFk ds l kFk ; kš l Ei dZ l s Hkh gš l drk gš yfdu i fj.kke ; g gšfd , p-vkbZoh- gkus ij l keU; : i l s T; knkrj efgykva dks gh dyšdr fd; k tkrk gš</p>
<p>gLreškq l s detkj h vkrh gš</p>	<p>vl ger% ; g rc rd ij h rjg upl ku jfgr gš tc rd jkstejZ ds thou dh fd l h xfrfof/k dks i Hkfor ugha djrk Hkjr h; l ekt eagLreškq ik; % oh; Zojkn djuk o detkj h l s tMf k gš ; g i wkZ-% l keU; ; kšud fØ; k gš</p>

l = 3 % Lohdk; Z vkš vLohdk; Z ; kšudrk

dkepl n' ;] l kfgR; ; k
l kexh eflr" d dksHkV djrs
gārFkk dln gkus pkfg, A

vl ger% nks i dklj dsl kfgR; gkrs g& , d tksKku
dks c<lers gā vksj nll js tks dkeklrst d fopkj c<lers
gārFkk dkepl dYi ukvka/QBvki ht½ dh i firZ djrs gā
tksHkh gkš vkt dy T; knkrj mi yC/k dkepl n' ; ; k
l kfgR; l kexh efgyk vka dks , d oLrq ds : i ea
nq krs gā bl rjg dsl kexh vksj rks ds' kjhj dks gh
ugha cfYd i q "kka ds' kjhj dks Hkh fuEu Lrj dk cuk
nrsgā ; ; kšudrk l stM/ xyr /kkj .kkvka o tsMj
Hkiedkvka dks etar djrs gā ts & detkj i # "kA
dkbz Hkh l kexh tks fdl h dks cgr [kjkc rjhds l s
fn [kk jgh gks ; k xš cjkcjh dks c<le jgh gkš dln
gksh pkfg, A

yMelh dks 'kknh l s igys
l dI ugha djuk pkfg, A

vl ger% , d yMelh ; k yMelk dks dōy ml l e;
l dI djuk pkfg, tc os bl ds fy, rš kj gkA
rš kjh ea' ksfey gš tkudkj] ekufi d o HkkoukRed
rš kjhA
Hkkjr ea' kknh dh mez dQn txgka ea rks 13 o'kz rd
gks tkrh gš tks cgr gh de gā rks 'kknh ds igys ; k
dln ea l dI vi kl fxd gā bl ds ctk; tkudkj]]
l gefr o cjkcjh ds vk/kkj ij cuk l Ecl/k l dI dk
vk/kkj gkuk pkfg, A

; kš 'kšsk.k l s cpus ds fy,
efgykvka dks ?kj ds vlnj
gh jguk pkfg,

vl ger % ; g xyr gā efgyk vka ds fy, ?kj , d
cgr gh vl g f{kr LFkku gā l ekt }kj k i q "k dks
egRo o ojh; rk fn; s tkus ds dklj .k yMfcd; kj xHKZ l s
gh HknHkko dh f'kd kj gksh gā cMš i škus ij eknk
Hkuk xHKZ kr bl dk , d l p d gā yMelk dh vi škk
yMfcd; ka dk ; kš 'kšsk.k cgr T; knk gkšk gš vksj
; g 'kšsk.k fi rk ds ?kj eagh gkšk gā , d 'kknh 'kpnk
vksj r ; kš 'kšsk.k dk f'kd kj vi us l l g ds ?kj ea Hkh
gsl drh gā 'kknh ds vlnj cykRdkj , d xEHkh eqk
gš ft l ij ?kj l ekl; r% dkbz vkokt ugha mBkbz
tkrhA

	<p>i k; %?kj dsvlnj ogha' kškd gš tks?kj dsckgj j {kd gš %efgykvka dks geškk fd l h i q "k ds l kFk gh ckj tkuk pkfg, ½ bl fy, ?kj rFk l kožtfud nksuka LFkku efgykvka ds fy, l j fkr cuk, tkus pkfg, A</p>
<p>tc efgyk, auk dgrh gārks bl dk eryc gla gkrk gā</p>	<p>vlger % l R; l svksdln Hkh ugha gkl drkA tc efgyk, a ugha dgrh gš rks ml dk eryc "ughā" gh gkuk pkfg, vksj i q "kka dks fl [kk; k tkuk pkfg, fd os dš s "ughā" dks Lohdkj djA i k; % "ughā" dguk yMfd; ks dks [krjs ea Mkyrk gš %fo' kšk : i l s toku yMfd; ka dks tc i q "k bl l svge ij pk/ egl w djrk gš rks efgykvka dks upl ku i gprk gš %tš s pgjs ij rstkc Qad dj½</p>
<p>l dI dk eq; mīs; cPps i šk djuk gā</p>	<p>vlger % l dI dk eq; mīs; vkulln gā cPps bPNk ij fuHkj djrgā vksj , d ftEenkjh gā ; g l dI dh , d mi yf/k gā efgyk vksj i q "k nksuka dks bl ftEenkjh dsfy, rš kj gkuk i Mfk gā</p> <p>; kšud l Ecl/k ea tkus l s igys i; klr o mi; Pr tkudkj dh gkuk vko'; d gā ; g p; u djus ea enn djrk gšfd dc cPps gkus pkfg, ; k cPps i šk djus l s dš scp l drs gā</p>
<p>efgyk, a ftuds l kFk ; kš 'kšk.k ; k N&NKM+ gvyk gš osmdl kusokysdi Mšigurh Fkh ; k orkb dj jgh FkhA</p>	<p>vlger % efgyk, a tš s di Mš igukuk pkgrh gš ml h rjg tš s i q "k igurs gā mlga iguus dk vf/ kdj gš tc rd os l kožtfud ftEenkjh dks ugha rkM/rhA</p> <p>l Hkh efgyk, adln vl; i zdkj ds N&NKM+ ds vuik l s xqtjrh gš ; kšud 'kšk.k dk f'kdj curh gā ; k vl; i zdkj ds; kšud vR; kpkj dks >yrh gš vksj ; g muds igukoš mej jk"Vh; rkj tkfr ; k LFkku vkfn l s dkbz eryc ugha j [krkA</p>
<p>efgykvka ea; kš l cl sT; knk ; kšud : i ea l onu' khy vā gkrk gā</p>	<p>vlger % efgykvka ea fVuh l c l sT; knk ; kšud : i l s l onu' khy vā gkrk gā bl h fy, efgyk, a ; kšud ea fyā i dš k ds l kFk ; k fcuk Hkh pjekdk"lz rd i gp l drh gā</p>

l = 3 % Lohdk; Z vksj vLohdk; Z; kšudrk

ef[k eFku ; k xqk eFku
viidfrd gš

vi ger % ef[k eFku ; k xqk eFku ; kšud vkulln
ds fy, gkrk gš tgi rd ; kšud fØ; k vki l h
l gefr ij gksjgh gš ; g Bhd gš

ef[k eFku o xqk eFku ea l Okbz o l Øe.k rFkk pkš/
dk fo'kš /; ku j [kuk pkfg, A

gSM vkmV 7-1 ; kšud igpku

I eyšxd

I eyšxd vi us dks, d si# "k ds: i eai gpkursgđ tksnł jsiq "k ds ifr vkdf"kr- gkrs
gđ rFkk mul s ; kšud vkulln iktR djrs gđ I eyšxdrk vkr; Ur 0; fDrxr eqk gđ
fdl h dh 0; fDrxr igpku ij h rjg 0; fDrxr bPNk dk ekeyk gjs ftl dk ; kšud
0; ogkj l scgr de ysuk nsuk gđ Hkkjr ea ; g cgr vke gStgk; ykx nł jsiq "kka ds
l kFk vkulln mBkrs gđ fdUrql eyšxd ekud l s vi us dks ugha igpkurs gđ

iR; d 0; fDr ; kšud vkd"zk dso.kkDe folrkj %Li DVe½ ij chp esdgh Hkh gks l drk
gđ ; g vkadk x; k gsf d dpy 10 ifr'kr tul d; k ij h rjg foifjr fyax ds ifr
vkdf"kr- gkrs gđ ; g Hkh vuøku gsf d 10 ifr'kr ij h rjg ml h fyax ds ykxka l s
vkdf"kr- gkrs gđ ckdh 80 ifr'kr dgha Hkh chp eagkrs gđ I ekt ds tkj nkj ncko o
ek&cki rFkk nktka }kj k vi s {kr 0; ogkj ds d kj .kj 80 ifr'kr l s T; knkrj ykx %v/š
10 ifr'kr l efyax ea l s Hkh dbZ ykx½ ed; r% foifjr fyax ; kšud l Ecl/kka dh thou
'kšy h dks pñrs gđ vkš efgyk o i q "k nksuka l efyax gks l drs gđ vkš gkrs gđ i q "k
l efyax T; knk fn [kkbz i Mfsgđ D; kfid l ekt i q "kka dks vke rkš ij ; kšud dsekeyka
ea T; knk [kyk gks o bPNk j [kus dh vuøfr nrk gđ

I eyšxdrk , d ekuoh; xqk gđ bl dk jk"Vh; rk l s dkbZ ysuk&nsuk ugha gkrs kA ; g
dgk tk l drk gsf d I eyšxdrk dk vkpj .k o vgl kl dk Qh i g kus l e; l s %v/kfn
dky½ l sgkrk vk; k gđ I eyšxdrk dk 0; ogkj dbZ i kphu l kfgR; ka ea folrkj l so. khr-
gđ ftl ea dkel = Hkh 'kkfey gsrFkk [ktj k gk o vl; i kphu Hkouka ij of. kr gđ fgt j k
xg. kh; ka dks j [kus dh ij Eij k ; k gje ea ; øk yMelks dks j [kus ds ckjs ea fd; s x,
vfHkyš k bz k ds 1500 o"z i mZ rd ys tkrs gđ

efgyk vkš i q "k nksuka bl rjg dk vkd"zk j [k l drs gđ thou ds foHku l e; ea
foHku l e ykxka ds ifr vkd"zk k dk vuHko ykxka }kj k fd; k tkrk gđ T; knkrj ykxka ds
thou ea, d l e; nł j sm l h fyax ds ifr dñ gn-rd vkd"zk k vuHko gkrs gđ ; g
vke gsrFkk bl s l ekl; ekuk tkuk pkfg, A

¼ kr-% uk t Qkm. Mš ku xkbM½

xs

I efyax i# "k tks bl l eay ds ykxka ds vf/kdkj dks LFkkf i r dj us ds vkUnksyu l s tñ/s
gđ vi us dks xs dg l drs gđ vkš dgrs gđ fd os xs ds vf/kdkj ds fy, dke djrs gđ

fgat Mk ¼ mDI ½

fgat Mk tletkr rFkk ckn eac) h %dk LVV/M½ fd; k gpyk i q "k gsf t l us vi us v. Mdksk
dks ; kškj EHk l s i gys gh fudyok fn; k gsrkfd nł js ; kšud y{k. kka dk fodkl u gks

l = 7 % ; kšud igpku

I dA iq "k gkjeksu dsdeh I sdN fo'kšk y{k.k i šnk gkrsGŠTŠ sefgykvka tŠ h vkokt
; k pgjsij cky u vkuk vkfnA

e/; ; k dN ,f'k; kbZ nŠ kka eafgtjk gje dh efgykvdh I j{kk dsfy, ukđjh ij
j [ks tkrs gA fgtMki u i# "k gkjeksu ds iwZ deh dk ifrQy gA ; g dlf'kdkvka ds
; k tuu vaks ; k v.M dksk ds NkM+gkus ds dkj.k ; k , dne u gkus ds dkj.k gkrs
gA ; si# "k vkerkj ij viš{kr iq "k tš sughacurš tŠ & iq "k dh vkokt tŠ s ; k
i# "kka dks vkusokyh nk<# eN ; k ijs'kjij ij cky vkfnA fgatMk vius dš sefgyk tŠ k
ekurs gš vr% os efgyk tŠ s di Mš igurs gš ; k orkđ djrs gA muds vlnj di Mka o
ToSyjh ds ifr] OSku ds ifr dkQh vkd"kz k jgrk gA os dkQh HkMehysjak ds di Mš
igurs gš rFk dkQh I tr&I djrs gA

fgtMk Hkkjrh; I ekt eaLohdk; ZugtagA mlgadke ughafn; k tkrk bl fy, mlgšHh [k
ekpxuk ; k I Mēl ij ukpuk i Mēk gA os muds I kFk T; knk I Vus dh dks'k'k djrs gš
tš ykx buds ve; kfnr 0; ogkj ; k rax djus okys 0; ogkj I sMjrs gA

¼ kr % , tpsku bu ā; pu I ĐI qfyVh ½

, e-, I -, e-veu gwšb I ĐI foFk eu½

I kjsi# "k tksnš jsiq "kads I kFk I Hkks djrs gš os vius dš l efyaxh ; k xsughaekura
dbZ I kjs'kknh'kpk nš jsi# "kads I kFk I ĐI djrs gA

dkFkh

Lo; a }kjk ij jHkkf"kr dkFkh geškk tukuk 0; ogkj dsy{k.k kka dks vi ukrsgA os xpk eFku
djrs gA os vius dkepl gjdrka }kjk iFkh iq "k dks yHkkus dk iz kl djrs gš ft I ea
ef[k eFku] xpk eFku o gLr eFku 'krey gkrk gA , d dkFkh nđ js dFkh I sl h[krsgA

iFkh

; si# "k gš tš vkerkj ij xpk eFku djrs gš vfyak dk nš js ds xpk ea i dš k½ rFk
mFehh dh tkrh gšfd dkFkh dh viš{kk T; knk enkZuk gkaxA ; g nškk tkrk gšfd bl ea
I sT; knk ykxka dh dkBZ; kšud igpku ugha gksh] tŠ & I efyaxh ; k xA ; svkerkj
ij osiq "k gš tšoh; Zfxjkus dsfy, I k/ku <#-rsgA ; sryukRed : i I svi us I kFkh
dh ; kšud igpku ds ifr dkQh mnkl hu gkrs gA muea I sdN vDI j ml h {ks= ea
?kšrs jgrsgš vks] muea I sdN dk fd I h fo'kšk dkFkh ds I kFk I EclU/k Hkh gks tkrk gš
ft I dks os plgrsgA

¼ kr% iz kl usVod] yXont , .M I ĐI qy fogš; j vKND eu½

yflc; u

I = 7 % ; kšud igpku

tc fd l eyšdrk rdudh ršj ij efgyk všj iq "k nksuka dks 'kfev dvrh gš tks
vi usgh fyx eal Đl dvrsgš fdUrqyflc; u , d igpku gš tks dvy efgykvla o
efgykvla dh ojh; rk ij gh ylxwghr gh nks ; k nks l svf/kd efgyk, spærh gš ykm+
dvrh gš ; k ngykvrh gš rFkk gLrešk dvrh gšftl l smllga ; kšud vkulln feyrk gš

¼ kr% , tpsku bu g; e u l Đl pfyVh½

VkUl ošVkbV-t ųoi jhr fyax igukok 0; ogkj½

VkUl ošVkbV , d ; kšud 0; ogkj gšftl eš0; fDr foi fjr fyx ds igukos dks ; k l kt
dks igu dj ; kšud mRstuk dks egl ų dvrk gš vkt dsLVkby ea tgl; ij ; ušQkeZ
ds di Mšdk pyu gš foi jhr fyx ds di Mšiguus ds i fr vcl "kz k dh de ekx gš
, d iq "k vfrjitr tukus di Mš pednkj okMj okysv. Mjos j] cM&cMšudyh cky
ųox½ pšjsij l tkov vkfn bLreky dj l drk gš

VkUl l Đl pfy

VkUl l Đl pfy tšdh; : i l sefgyk ; k iq "k dkbZHkh gks l drk gš fdUrqfci fjr fyx
tš s0; fDr cuusdh bPNk j [krk gš VkUl l Đl pfy egl ų dvrsgšfd osxvr 'kjhh
eackyk fn, x, gš všj l j tjh dsfdl h gn rd tk l drsgš rFkk vi uk gkjeku cnyok
dj vi uk fyx cnyok l drs gš VkUl l Đl pfy dks l j tjh ea tkus l sigys xgjs
eukoš kšud ijke'kz dh vko' ; drk gšrh gš

¼ kr% , tpsku bu g; e u l Đl pfyVh½

l UnHkZ%

- 1- i šk dh /kq] , tpsku bu g; e u l Đl pfyVh% , fjl kš cpl vkŲ , tpsVj] , Q-
vkbzi h, - vkVZ1998
- 2- fn ukt Okm.Mš u ųof.M; ušVLV] xkbM VwVhřax , vkmV l Đl , .M l Đl pfyVh]
U; wfnYyh & 1996
- 3- dgyduti] oh, l - dgyduti] , u l gl cđ kj] , e- ejkBš uš/od] yšost+, .M l Đl pfy
fogfo; j vkŲ eu gšgš l Đl fon eu bu , vjcu fl fvatu] iz kl] i qš&2000

l = 7% ; kšud igpku

vkš, p0i h0 8-1 ; kšud vf/kdkj dh ifjHkk"kk

; kšud vf/kdkj ekuo vf/kdkjka dsewHkkw rRo gA buer vkune; ; kšudrk dks vuHko
djusdk vf/kdkj 'kkfey gš tks vi usvki eavko'; d gš vkš bl ds l kFk gh ; g ykxka
dschp l okn vkš iæ dk ey ek/; e gA ; kšud vf/kdkj] ; kšudrk ds ftEenkj iz kx
ea Lok/khurk vkš Lok; ūkk ds vf/kdkj dks l fefyr djrs gA

&fgjk %HERA%LV/eš

I UnHkz

; kšudrk ds l kekl; vk/kkj] rkj' kh] ubz fnYyh] 2001

vk0, p0ih0&8-2 ; kšud vf/kdkj ea' krfey gS%

- 1- fdl h l Øe.k] foekjh] vupkgsxHk; k gfu dsMj dsfcuk ; kšud vkum dk vf/kdkjA
- 2- ; kšud vfHk0; fDr dk vf/kdkj vks] vius futjh] ušrd vks] l kel'fd eW; ka ds vuq kj ; kšud fu.kz] yus dk vf/kdkjA
- 3- ; kšud vks] iztuu LokLF; l Ecl/kh nš{k&jš[k] tkudkj] f' k{k o l økvka dk vfejdkjA
- 4- 'kkjhfd f' k{k dk vf/kdkj o ; g ppusdk vf/kdkj] ; fn pgarš fd dc dš svks] fdl dš l kFk i wkz l gefr dš }kj k ; kšud : i l sl fØ; gla ; k ; kšud l Ecl/kka dks cuk, A
- 5- i wkz rFkk Lora= l gefr vks] fcuk fdl h tkj tcjnLrh dš l Ecl/k ½ t l ea' kkrh Hkh ' krfey gš cukus dk vf/kdkjA
- 6- ; kšud vks] iztuu LokLF; l økvka ea, dkUrrk vks] xki uh; rk dk vf/kdkjA
- 7- fcuk fdl h Hkh Hkko dš vks] iztuu l svyx vi uh ; kšudrk dks vfHk0; Dr djus dk vf/kdkjA

vk/kkj Hkr eW;

p; u % nš jdsd vf/kdkj ka dk vkj d jrs gq] Lora= : i eafcuk fdl h tkj tcjnLrh ds foLrr tkudkj] vks] l økvka rd i gp ds l kFk ; kšudrk l ecfU/kr p; u djuka **xfjek %** l Hkh 0; fDr; ka dk egRo gš p kgs mudh me] tkfr] ox] fyax] ; kšud i d fUk] vfHk: fp] /keZ rFkk i fr" Bk ds vU; fu.kz d rRo dkbZ Hkh gla

fofo/krk % ; g Lohdkjuk fd L=h ; k i # " k vi uh ; kšudrk dks fHkUu & fHkUu i d kj l s vfHk0; Dr d jrs gā vks] ; kšud 0; ogkj k i gp kuka vks] l Ecl/kka dk , d 0; ki d {ks= gā

l ekurk % l Hkh fL=; ka o i # " k l eku : i l s vkj vks] xfjek ds vf/kdkj] gā vks] ; kšud [kqkgkyh dks i ktr d jdsd fy, tkudkj] l økvka vks] l gk; rk rd mudh i gp gkuh p kfg, A

vkj l Hkh fL=; ka o i # " k l eku : i l s vkj vks] egRo ds vf/kdkj] gš mudh ; kšud vfHk: fp ; k i gpku p kgs tks Hkh gla

vk0, p0ih0 8-3 ; kSud vf/kdkj tksgekjsfy, egRo iwKZg%

; kSud vf/kdkj dN ufrd fl) kUrka ij vk/kkfjr gS%dkfj; k vkSj i ptdhA ; sfl) kUr
bl izdkj gA

1- 'kkjhfd fu"Bk %ckMMyh bAVfxΔ/h½&vi us'kjhj ij fu; æ.k vkSj I g{kk dk vf/
kdjA bl dk vFkZ gSfd I Hkh fL=; ka vkSj i # "kka dks u dpy vi us'kjhj dks gkfu I s
cpkus dk cfYd vi us'kjhj dk ij k I Hkkfor vkum mBkus dk vf/kdkj gA

2- Lokf/kdkj %i j l ugM½ & Lok/khurk dk vf/kdkjA bl dk vFkZ gSfd I Hkh fL=; ka
vkSj i q "kka dks vi usfy, fu.kZ yus dk vf/kdkj gA

3- I ekurk %oDokMMyVh½ & I Hkh 0; fDr I eku gS vkSj mlga vk; ij tkfr] oxZ iztkfr]
fyx] 'kkjhfd ; k{k; rk] /kkfed ; k vU; fo'okl k; ; kSud i dfr rFkk vU; , d sdj .kka
ij vk/kkfjr HksHkkoka dsfcuk eku; rk nh tkuh pkfg, A

4- fofokrk %Mk; ofl Δ/h½ & fHkurk dsfy, vknjA ylxka dh ; kSudrk vkSj muds
thou ds vU; ; igyp/ka ea fofokrk HksHkko dk vk/kkj ugha gksuk pkfg, A fofokrk ds
fl) kar dk nq i ; kx fi Nys rhuka ufrd fl) kUrka dsfy, ugha gksuk pkfg, A

%i kS % I keku; vk/kkj ; kSudrk&rkj' kh½

fgd k

ekM; y dk mnns ;

ifrHkfx; kaea; g {kerkof} djuk fd os &

1. fgd k dks l e>k l dA
 2. fgd k fdl izdkj tsMj epnk gSij l e> cuk l dA
 3. efgyk fgd k ij iq "kkaea l onu' khyrk c<k l dA
 4. iq "kkaea efgyk fgd k jklus grqiz kl dks c<kok ns l dA
 5. efgyk fgd k tS sl onu' khy epnsij if'k{k.k grqiz "kkaea {kerkof} dj l dA
-

I = 1 %fgđ k ,d tsMj eqnk



3-30 ?KUVk

I = dk mnñš ;

I = dsmijKURk ifrHkkxh I e> ik; xsfd %

- Ekfyk fgđ k D; k gš vkš efgykva ij gksjgh fgđ k ds iždkj]
- Lo; a }kjk efgykva ij dh tk jgha fgđ k dks Lohdkjuk
- Lo; a ij gksusokyh fgđ k]

i) fr

- fQYEK 'kkš pplz o fplru] vutko ckVuk] I eq pplz

I kexh

- fQYEK ^ul jhu vks ul jhu**] ohl hvkj] Vhoh]]

ekd]] I syksVsi]

ifrHkkfx; ka grq, 5 ij I kbt ds 4 'khV

gsMvkmV &1-1] 1-2] 1-3

xfrfof/k 1
efgykvka ds fo:) fgđ k

pj.k

1. ifrHkkfx; ka dks dk; D e dsckjseal e>k; A Hkkedk ckakus dsckn fQYEK ^ul jhu vks ul jhu** fn[kk, A %; g fQYE fnYyh dh , d Lo; a l oh I k.Fkk ^k fDr 'kkyuh** }kjk cuk; h x; h gš tk efgyk fgđ k ds eqns ij mRi hfMf ka dsl kFk ij ke'kz o vL; I ok inku djusea enn djrh gš ; g fQYE ox] tkfr] /KEZ o vk; qvkn HksHkko I s gvDj dN mRi hfMf efgykva dsokLrfod thou ea?kVr iž aka ij vk/kkfjr gš
2. i'k{k d dks pkfg, fd fQYE ij h gksus dsckn fQYE ij vi uh Hkkouk ižV djus grq ifrHkkfx; ka dks mRi kfgr djA
3. ifrHkkfx; ka dks bl ckr dsfy, Hkh mRi kfgr fd; k tkuk pkfg, fd fQYE eaftl rjg dh ?kVuk, afn[kh gš ml I sfeyrh&tyrh ?kVuk, a ifrHkkfx; ka ds 0; fDrxr ; k I kožtfud thou {ks= eaD; k nš kus dks feyh gš ml s I Hkh ds I kFk ckā/us dks dgā tc ifrHkkxh vi us vutko dks ckā/ jgsgš rksfdl h dks chip eajkduso Vkdusu nā

- ifrHkkfx; ka l s fudys vuŋkoka dks Hkh ckMz o pkVZ ij vdr dja ifrHkkfx; ka ds vuŋko dks fQYe l s tkM/A ; gka , d ckj i q% LFkkr djus dk iz kl dja fd efgyk ij gkus okyh fgd k dh fdruh 0; ki drk gA
4. fQYe ean[kh xbzfgd k ds izdkj rFkk vuŋko l sfudysfgd k ds izdkj ka dh ckMz ij l ph cuk, A %ekjuk] /kDdknsuk] mRi hM%½
 5. ifrHkkfx; ka l s mijkDr l ph dks oxhZdr djus ds fy, dga tS s 'kkjhfd] ; kšud] HkkoukRed vkfnA %gM vkmV 1-3 ns[kkz
 6. ifrHkkfx; ka l s ; g Hkh ns[kus dks dgs fd fgd k fd l rjg l s efgykvka ds ijs thou Hkj %t le l sc%ki s rd%½ tkjh jgrh gA %gsM vkmV 1-4 ns[kkz
 7. dgk&dgk; ij efgyk fgd k gkrh gš bl dh l ph cuk, a tS s ?kj ds vUnj] Ldhj] dkWst] l koZtfud LFkkj] dk; LFky] U; kf; d fgjkl r ds nkš ku vkfnA
 8. gsM vkmV 1-1 ckVA fo'o l {kjrk l aBuМ w, p-vks% }kjk tsMj vk/kkfjr efgyk fgd k dh nh x; h i fjHkk"kk dks i <us ds fy, , d okyBuv; j dks dgA
 9. fd l h ni js okyBuv; j dks l hMkW }kjk nh xbz i fjHkk"kk dks i <us dks dgA nksuka i fjHkk"kkvka ea vlrj dks pplz }kjk LFkkr djA
 10. gsM vkmV 1-2] 1-3 vŋš 1- 4 dks dh i fr; ka l Hkh i frHkkfx; ka dks ckV s rFkk bl si <us ds fy, 10 feuV dk l e; nA
11. l = dk l kj ckkrsgq if'k{k d dks Li "V djuk pkfg, fd efgykvka ds ijs thou eavyx&vyx Lo: i dh fgd k, apyrh jgrh gA dkbz txg ughacph gš tgladgk tk l drk gšfd efgyk iwz: lk l s l g f{kr gA %mDr xrfrof/k ea 2 ?kUVs dk l e; yxxkz

gsM vkmV

- 1.1 tsMj vk/kkfjr fgd k dh i fjHkk"kk & Mcy, p-vks
- 1.2 efgykvka ds f[kykQ fgd k ds : i
- 1.3 efgyk fgd k dk thou pØ

xrfrof/k 2
fpUru] y[ku] vuŋko ckVuk

pj.k

1. bl xrfrof/k dk mnns; crk; a fd ge tS fgd k djrs gš vŋš tS fgd k ge ij gkrh gš ij pplz djuk o bl l aak ea gea dS k egl W gkrh gš ; g tkuus dk iz kl djæš
2. ifrHkkfx; ka dks , 5 l kbZt ds 4 i j nA

3. ckMZ ij fuEu fclnqjka dks 4 dkye ea oxhđr dj fy[ka

ge ij gđZfgd k	fgd k tksgekjs }kjk dh x; h	ge ij gđZfgd k ij geus dš k egl ũ fd; k\	gekjs }kjk gđZ fgd k ij dš k egl ũ gđk\

4. ifrHkfx; ka dks mij kđr fclnqij FkkMh ng l kpusvkš ml ij Nkš/k l k ukš/ fy[kus
dks dga i R; d ifrHkxh dks gj fclnqij de l s de , d mRrj nuš gā bl dsfy,
10 feuV dk l e; nā ml gā crk; a fd de l s de fy[kuk gš vkš ml s ckMZ ij
l cā/kr fgd k ds izkj ea yxk nā

5. ifrHkfx; ka dks , d&, d djds l eg dks vius mRrj crkus dks dga vko'; drk
egl ũ gš rks os vU; rjg l s o; k[; k dj l drs gā rFkk nū js ifrHkxh mul s iz u
Hkh iN l drs gā

6. fullu izuka dks /; ku eaj [krs gq ppkZ dj k, &

- os dks l h , d rjg dh fgd k, agā tks ik; %gekjs mij gkrh gā \
- fgd k l s i hfMf gkus ij ge dš k egl ũ djrs gā \
- gekjs pkjka vkš gš jgh fgd k dks ge dš s tkusā \
- fgd k l s i hfMf gkus rFkk fgd k djus dš chp D; k dkbZ vU=l Ecdk gš \
- tc dHkh ge fgd k djrs gā rks gea dš k egl ũ gkrk gš \
- D; k dN izkj dh fgd k nū js izkj dh fgd kvka l s T; knk [krjukd gš \
- l keU; r% tc ge fgd k djrs gā ; k gekjs mij fgd k gkrh gš rks D; k ge bl
ij fd l h l s ppkZ djrs gā vFkok crkrs gā ; fn gka rks rc vuHko ckVus l s
ge dš k egl ũ djrs gā \ ; fn ugh rks D; ka ughā \
- D; k ; g l p gš fd fgd k i hfMf nū js ij gkus okyh fgd k dk dkj .k gš \ ; k
os cPpa tks fgd k nš krs gā os ckn ea pydj fgd d cu tkrš gš vFkok fgd k ea
enn djrs gš \ ; fn ; g l p gš rks ge fd l rjg l s fgd k dks jkcdus dš fy,
gLR{kš djā \
- gekjs pkjka vkš foHkUu izkj dh fgd k gkrh gš \& ekuf l d] HkkoukRed]
; kšud] jktušrd] l kekf t d] vkfFkZd 'kkjhjd fgd k rks nš kh tk l drh gš yfdu
vU; dbZ izkj dh Hkh fgd k, agš mudk Hkh de egRo ughā gš rFkk os Hkh [krjukd
gā vkš Hkđr Hkxh dks vkš detkj cukrh gā

7. xfrfof/k , d gsM vkmV 1-3 tksfgá k ds izdkjka ij gS dk i q% l UnHkZu ya rFk bl
ckr ij tki nafd ; gáard upl ku igpkusdh /kech nsk Hkh , d izdkj dh fgá k gá

8. iLrphdj.k vks, p-ih- 1-1 l hMKNds vke ?kSk.kk, a19 ds ijk 7 dks iLrph dj ppkZ
djk, bl ckr ij tki nafd HknHkko efgykvka ij fgá k dks c<krh gá

iLrph 1-1 % tsMj vk/kkfjr fgá k ij l hMKNdh l Lrph

if'k{k dsfy, ukv %

ekuo vf/kdkjka dk fdl h Hkh izdkj dk guu fgá k gá efgyk fgá k l sgekjk rRi ; ZgSfd
efgyk gkus ds ukrs tc gekjs vf/kdkjka dk guu gks rks ml sefgyk fgá k dgáA
ge fgá k dks dny ekj iHv ds : i eans[krsgá yidu fgá k dk Qyd bl l sHkh
dghacMk gá bl ds dbZ l gywá vkfFkZl l kekf'rd jktusrd dkj .k fgá k dks
c<lok nrs gá efgykvka ds ifr gkus okyh fgá k ea l ekt ea 0; klr l Rrk bl s
Lohdr nrs gá ; g l c xscjkcjh ij vk/kkfjr gá l LFk, a tS sox] tkfr vks
tsMj ds mi ; kx ds Cxj vLrhRo eagh ugha jg l drh A l ekt ea l Hkh izdkj
ds vf/kdkj ymnkj .k & iq "k dks vf/kdkj feyrsgSifjok dsef[; k ds : i eafirk] i e-
'kk l] f'k{k} funs'kd] i fyl] tt] l jdkjh depkj] iz'kk l fud vf/kdkj] MkDVj] /kfed
urk l jip vkm% l ekt ea l Rrk o fgá k dks fo'kSk : i l sefgykvka ds f[kykQ fgá k dks
Lohdr nrs gá



tc ge efgyk fgá k dh ckr djrs gá rks dny 'kkjhjd fgá k dks gh /; ku eaj [kdj djrs
gá ; g cgr vko' ; d gSfd 'kkjhjd fgá k ds vykok efgyk fgá k ds vl; Lo: i ka ij
Hkh ppkZ dja bl l adk ea ; pkvka dh enn djuk vks Hkh T; knk egRo i wZ gks tkrk gS tks
vud ekeyka ea fgá k djrs gá ij osekuus dks rS kj ugha D; káid os l kprsgáfd os ml js
0; fDr gS tksfgá k djrs gá bl xfrfof/k dk iz kx djdsge muds l kFk ?kFvr fgá k dks
ydz muds l kFk vki kuh l sppkZ dj l drsgá ?kj l scgj gkus okyh fgá k dh ?kVukvka
ij ppkZ djuk vki ku gkrk gá geus ; g Hkh ukv fd; k gSfd bl ds }kjk ykx vi us mu
vutkoka dks bl ds l kFk tkM+l drsgá ft l l sdh oscpsgá ?kj ds vni mu ij gkus okyh
fgá k ij ckr djuk , d ukted ekeyk gá dN ykx ?kjsy fgá k ij ppkZ djrs gá ij l r
os T; knk folrkj ea ugha tkr} bl fy, mu ij nco ugha Mkyk tk l drka vi us }kjk dh
x; h fgá k ij ckr phr djuk ml gá T; knk efdy yxrk gá D; káid os vi us dks ges'kk cpko
dh fLFkr eaj [krsgá vks nlt jka ij gh nksk nrs jgrsgáfd osv'k'ked gS os gh fgá k djrs
gá

bl rjg dse nrs dks if'k{k.k }kjk l onu'khyrk ds l kFk l EHkys tkus p'kg, A 0; fDr ds
vutkoka dks ckVus l smlgá Lo; a ds thou ea enn feyrh gS 0; fDr ds de fgá d gkus ds
iz kl ka ds vutko ds ckVus l snlt js ifr Hkfx; ka dks vi us ifr jk'k dks rkm'us rFk Lo; a ds
fgá k Red 0; ogkj dks Lohdkjus ea enn feyrh gá ml gá ; g l e> ea vkrk gSfd dkbZ Hkh
fgá d gks l drk gá ; g Hkh crykus dh t: jr gSfd tile l sgekjk l kekt h dj .k brus
0; ofLFkr <x l sfd; k x; k gSfd gea; fn cnyko yuk gS rks Lo; adk i q% l kekt h dj .k
djuk gkskA l ekt ea ifjorZu yuk ds fy, Lo; al si fjorZu dh 'kq vkr djuh gkskA ; g
if0; k thou i; l r pyr h jgr h gá

ik; %iNs tkusokys izu %

- dōy iq "k gh fgd k ugha djrk cfYd ik; %efgyk, a vi us gh i fjokj dh efgykvka l s fgd k dk l leuk djrh gS
- yMeh dsfy, HknHkko iq "k ugha cukrk cfYd i fjokj eaeq; gh djrh gSvks ek; gh du; k Hkōk dk xHkō kr djkus tkrh gS
- cki yMeh dksT; knk l; kj djrk gSvks yMeh dsfy, geškk l g {kk i nku djrk gA

mijkDr izuka ds l UnHkZ ea mRrj %

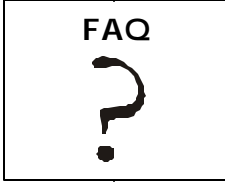
mijkDr izuka ds mRrj nūs dsfy, i frHkxh mRl kfgr fd; s tkus p kfg, u fd mRrj if'k{k d }kj k fn; k tk; A p p l z bl rj h ds l s pyk bz tk; fd og mRrj fudky usea enn-djA mijkDr izu en n s dks l keus ykus fo' yš k.k d ju so i frHkfx; ka dh l e> c< kus dsfy, dk Qh eg Roi w k z gA

¼½ efgyk vka ij iq "kka }kj k fgd k , d vkeckr gš fd l r q; g bruh l k e l u; ckr ugha gSfd d k b z iq "k efgyk ij fgd k djrk gS; k d k b z efgyk iq "k ij fgd k djrh gA geškk ckr mBrh gSfd fgd k djrs l e; iq "k d l n u'ks ea Fkō Fkō Mh 'k j k c T; knk i h y h Fkō r k s g k Fk m B x; k A ; fn ; g l p g k r k r k s v i u s l s r k d r o j d s Ā i j H k h g k F k m B k g k r k j t s s & c M s H k k b z f i r k t h j x y h & e g Y y s d s n i j s T; knk r k d r o j 0; f D r j i f y l o k y s v k f n A ; g i z u m B k u k g h i M s k k f d e f g y k ; k l k R u h i j g h g k F k D; k a m B r k g A

l k Q m ū k j f e y r k g S f d e f g y k ; k i R u h i q "k d h l E i f ū k g A m l d s f n e k x e a ; g c k r ? k j d j p i p h g S f d o g e f g y k d k m i ; k s x d r k z @ m i H k k s d r k z g A o g t s s p k g s j [k s t s s p k g s m i ; k s x d j A ; g c k r m l d s i q "k g k s u s d s u k r s m l s m l d s i f j o k j l e k t j t k f r / k e j u s l e > k j [k h g A i b n k g k s u s d s l e ; l s g h i q "k ; g l e > r k x ; k f d o g e f g y k v k a d h v i s k k T ; k n k e g R o i w k z g s r k d r o j g S v k s e f g y k v k a i j f u ; æ . k d j u k m l d h f u ; f r g A f u ; æ . k d j u s d s f y , f g d k d j u h i M s r k s T k k ; t g S v k s b l h e k u f l d r k d s d k j . k v k t r d d k u u H k h T ; k n k d l M k b z l i s i s k u g h a v k i k ; k A e f g y k f g d k d s i h N s i q "k k a d h l ū k k o m l d s L o ; i d k s l e > u k T ; k n k t : j h g k s k A

¼½ l ū k k d s n k s L o ; i g k r s g A % u d k j k R e d o l d k j k R e d A u d k j k R e d l ū k k e a l ū k k / k j h g e s k k v i u s 0 ; f D r x r f g r d s f y , l ū k k g h u i j f u ; æ . k d j r k g s m l d s v f / k d k j k a d k g u u d j r k g s r F k m l d k ' k k s k . k d j r k g A

1- bl rjg ds l Rrk dk mnkgj.k ge nš k l drsgs tc jkT; vki krdky dh ?kš k . k k djrk gS rks i f y l o l o k d k T ; k n k m i ; k s x g l e k g S d k u u d k s f u ; f i = r d j u s e j t c c g j a ; d l e g v k r a d o / k e d h d k m i ; k s x d j r k g S f t l l s H k k f r d f g d k o n a k a d s e k / ; e l s v Y i l a ; d k a d k s B h d l s o r k b d j u s d s f y , p r k ; k t k ; A u d k j k R e d l R r k d s m i ; k s x d s f y , l R r k d k d b n b d j . k r F k k f t r u k l E H k o g k s m r u k f u ; æ . k t : j r h g A



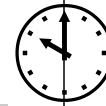
I Úkk ds I dkj kRed Lo: i ea I Úkk dk mi ; kx detkj] i fjnu;] 'kkf"kr oxZdsfgr
eafd; k tkrk g& 'kkf"kr oxZds I 'kDRkcdj.k dsfy, fd; k tkrk g& bl esd Úkk dk
c&okjk bl rjg I s gk&k gSfd I Úkk i q%fdl h , d ds ikl c&Umr u gks tk; s rFkk
fdl h ds Åij u gk& I dkj kRed I Úkk ea; g t: jh gSfd I Úkk yk&ka ds I kFk rFkk
I &Buka ea gk& vr% I Úkk dk bLr&ky dkbz Hkh dj I drk g&

dbzckj udkj kRed I Úkk dkbLr&ky efgykva }kjk Hkh fd; k tkrk gSt& s'kkI }kjk
cgwdsf[kykQ rksD; k bl dk eryc ; g gks&k fd ; fn efgyk ds ikl I Úkk vk tk; sch
rks og i q "kka ds Åij I Úkk fn[kk; sch \ bl fy, D; k I Úkk i q "kka ds ikl gh jguh
pkfg, A

I Úkk/kkj h i {k dk vi us ikl I Úkk j[kus ds fy, rFkk bl ds udkj kRed mi ; kx dks
tk; t Bgjkus ds fy, ; g , d cgkuk gks I drk g& ; fn efgyk, a I Úkk dk bLr&ky
djr h g& rksgea; g Hkh ns[kuk gks&k fd mudsbl bLr&ky ds i hNsfdl dk fnekx vkj
fu.kz py jgk g& vr%fgr fdl dk I /k jgk g& ; gk; ; g Hkh I kpuk gks&k fd vatku
Hkfo"; dsMj I sD; k detkj ds Åij I Úkk o 'kk&k.k dks tkjh j[kk tkuk pkfg, \

tsHkh gk& efgykv&dsf[kykQ fgá k dks jk&us dk v&Unkyu Hkh I dkj kRed I Rrk dk
I &Fkkxr : i g& I Rrk vPNso I dkj kRed dke dsfy, efgyk i q "k nks&ks ds ikl , d
I kFk gks I dr h g& tc rd I Rrk dk i q&orj.k ugh&gk&rk rc rd ge i q "kka ds I ekt
ea I Rrk dk I dkj kRed mi ; kx djuk pkfg, rFkk efgyk fgá k dks jk&djus ds fy,
mi ; kx fd; k tkuk pkfg, A

Lk= 2% ; kš fgđ k dks l e>uk



60 feuV

l = dk mnđ;

l = dsmij kURk ifrHkkxh l e> ik; aksfd %

- ; kš fgđ k D; k gš
- fdu&fdu ykxka ds l kFk ; kš fgđ k gksh gš
- ; kš fgđ k dks dš s de fd; k tk l drk gš ; k jkdk tk l drk gš

i) fr

- dš LVMh ij l e> ppk] l gHkkxh Hkk'k.k

l kexh

- f]yi pkV] Vi] fi u
- 1-1 dš LVkj h

xrfof/k 1

pj.k

1. bl xrfof/k dks 'kq dju sl sigysif'k{k d iR; d l hv ij fuEu okD; ka eal s, d okD; dks fy[k ya &

pkVZ 1

; g ; kšud fgđ k gš

pkVZ 2

; g ; kšud fgđ k ugha gš

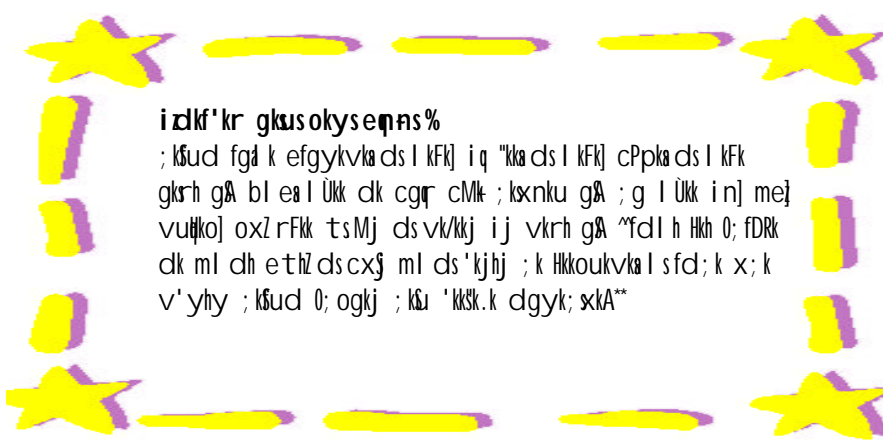
pkVZ 3

eš ugha tkurkA

2. pkVZ i ij dks Fkk&Mh&Fkk&Mh njh ij fnokj ij fpi dk nš vFkok Vlak nA
3. ifrHkkfx; ka dks crk; afd vc ge dš k LVMh lk<xs vkš ifrHkkfx; ka dks r; djuk gš fd vki ds fopkj l s dš LVMh fd l pkVZ ij tk; sk & ; g ; kšud fgđ k gš ; g ; kšud fgđ k ugha gš eš d] ugha tkurkA
4. iR; d ifrHkkxh dk viuk uke pkVZ ij fy[kuk gš tks ml dh jk; dks n'kkzk gš
5. bu dš LVkj h ½-1½ dks ckjh&ckjh l si <+
6. dš LVMh i Lrphdj.k dsmij kUR l Hkh ifrHkkfx; ka dsl kFk ppkZ dj afd ml gkausD; ka

fo' kšlk : lk l spuk] mudk puko dk D; k vk/kkj Fkk\ ; g tkudkj h dh deh dsdkj .k
Hkh gks l drk gš i {ki kr ; k i mškg dsdkj .k gks l drk gš; k fo' okl tš sfd i q "k
cyoku gšrk gš vkš] efgyk, a detkj A

7. Qšl fyVšj vi us nš k ea ; kšd fgá k ij cus dkuu ds mnkgj .k dk Hkh iz kš dj
l drk gš tš i {ki kri wšz još s dk ToyUr mnkgj .k gš
8. i f' k(kd fuEu fclnška ds vuš kj ppkz dk l drk gš
 - D; k ; s i f j l Fkfr; kj okLrfod gš
 - ; kšud fgá k D; k gš
 - fyak vk/kkj r štsMj½ fgá k D; k gš
 - D; k l Hkh ; kšud fgá k vi j k k gš
 - ge ; kšud fgá k dks j k d us ds fy, D; k dj l drs gš
 - D; k i q "k Hkh ; kšd fgá k ds f' k dkj gks l drs gš
 - vki ; kšud fgá k l s gkus okys i f j .k e ds ckj s ea D; k l k p r s gš
 - tš f d l h efgyk ds l kFk ; kšud fgá k gš r k s l ekt dh D; k i f r f Ø; k gš r h
gš
9. i š r h 2-1 dks i š r d j a



i d k f ' k r g k u s o k y s e n s %
; kšud fgá k efgykvka ds l kFk] i q "kka ds l kFk] cPpka ds l kFk
gš r h gš bl ea l škk dk cgr cMk ; kš nku gš ; g l škk i n] meš
vuško] oxš rFkk tsMj ds vk/kkj i j vkrh gš "fd l h Hkh 0; fDRk
dk ml dh ethz ds exš ml ds 'kj h j ; k Hkkoukvka l sfd; k x; k
v' y h y ; kšud 0; ogkj ; kš 'kkš .k dgyk; xkA**

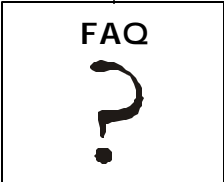
if'k{k(d dsfy, ukV %

bl xfrfof/k dks iLrqr djus l sigys Q&l fyVWj dsfy, vfr egRoi wkz gksk
fd ; kšd fgd k ij vius l epk; ; k nšk ds vka dM+lk<+y& U; kf; d tkudkj h ys
všj mu l &FkVka dh tkudkj hkh ya tksfd ; kšud fgd k l sihfM+ka dh enn
djrsgA ; s tkudkfj ; k; xfrfof/k ds nšj ku ifrHkfx; ka }kjk i nš x; s iz uka ds mšj
nuseal gk; d gks l drh gA ; g Hkh l Hkkouk cuh jgrh gSfd ppkz ds nšj ku
vki dks ; kšud fgd k dh l kp ij dbz iz uka dk l keuk djuk iM+l drk gA



ik; %i nš tkusokys iz u

- Efgyk vka dks vdsysckgj ugha tkuk pfg, bl l smu ij ; kšud fgd k
dk tk [ke c<+tkrk gS\
- D; k ; g l gh ugha gSfd uk d jh djusokyh efgyk vka ds l keus gh , d h
ijs kfu; ka vkrh gA\
- tc yMfd; ka Lo; a yMka dks viuh vj vkdf'kr djrh gA rks D; k
fgd k ugha gsch \
- D; k yMfd; ka Hkh ugha pkrh fd yMds mlga N&A
- tc efgyk, a HkMdkA di Ms i gurh gS rks rks D; k os ; kšd fgd k dks cykok ugha
nrh\
- ; fn yMfd; ka fl xjv@'kjk fi ; æh rks D; k gsk\
- ešus l uk gSfd yMfd; ka tc ^uk^ dgrh gš rks ml dk eryc ^gk^ gsk gš
D; k ; g l gha gS\
- D; k pfj=ghu efgyk vka ds l kFk gh N&Fkkuh@cykRdkj T; knk ugha gsk gS
- D; k , d k ugha gSfd ft l ds ?kj ea i q "k detkj gks gš mlgha ds ?kj ka dh
efgyk vka ds l kFk N&Fkkuh gsk gS
- tc i q "k "kknh djrk gS rks D; k i Ruh dk ; g drD; ugha gSfd og l D l ds
fy, iLrqr jga\
- ; kšd 'kšk.k 'kgjh l H; rk dh nsu gA
- ; kšd 'kšk.k T; knk i <h&fy[kh yMfd; ka ds l kFk gh gsk gA
- ; g rks fOYeka dk] ehfM; k dk rFk oržku [kyi u dk vl j gA



mijkr l kys iz u , d rjQ efgyk ij fu; æ.k dj jgs gš tš s & efgyk vka dh
; kšudrk] xfr'khyrk] vfhko; fDr] fu.kz] f'k{kk] vkfkd l d k/kuai j i gp vkfnA ml jh
rjQ i q "ka }kjk dh xbz fgd k] i Hkko] fu; æ.k] l j {kd cus jgus ds , gl kl vj
efgyk vka ds ekro dh i fV djrs gA

dh LVkj h %

2-1 ; kšd fgd k iLrqr ij dh LVkj h

2-1 efgyk ij ; kšud fgd k dsekeysal ekt dš s ifrD; k djrk gA

I = 3 % tsMj] I Rrk vkj efgyk fgd k



120 feuV

I = dk mn& ;

I = ds mi j kURk i frHkxh &

- fy& vk/kkfjr fgd k dks I e> i k; &A
- fy& vk/kkfjr fgd k vkj I Uk ds vUrI Ec/kka dks I e> i k; &A
- ?kj ds v& vkj ?kfu"B fj' rka eagks jgh fgd k dks I e> i k; &A
- fgd k dk efgyk vka ij i Hkko dks I e> i k; &A

i) fr

- d] LVMh] Nk&s I e& eapkl

I kexh

- d] LVMh dh i fr; k 3-1] i s j] pkV] ekd] vkfn
- fQYe vLrRo dk , fMVM i fr] Vhoh] ohl hMh lys j

xrfof/k 1

fQYe fn[kkuk o I e& pkl

pj.k

1. I o& Eke i frHkfx; ka dks I i pr dja fd fQYe vLrRo ds d] Dyhfi& fn[kkb] tk; &A fQYe n& kus I s i o& i f' k{k& fun& k na fd "fQYE& ea i rk djuk g& fd fdu&fdu 0; fDr; ka }kjk dgk&dgk; fgd k dh tk jgh g&"
2. fQYe dh fDyfi& fn[kkb] tk; } tga& tga iq "kka dk I o&n g&vk g& fQYe dk I eki u okyk 10 feuV dk Hkx i jk fn[kk; k tk; s %i jh fQYe 20 feuV ea fn[kkb] tk; % A
3. fQYe n& kus ds ckn I Hk i frHkfx; ka dks 3 ; k 4 I e& ea cka/k tk; A i R; d I e& ea 5 I s 7 i frHkxh g&us pkfg, A
4. i frHkfx; ka dks I e& ea tkdj pkl djuk g& ftl ds fy, 30 feuV dk I e; na pkl ds i u g&ks &
 - fQYE& ea dgk&dgka ij fgd k g&l g&
 - fgd k djus okyk dks g&

- fgd k djusdsfy, ml s'kfdR dgka l sfeyh\

- 5. l Hkh l engka dh ppkZ dks i LRkr djok; A
- 6. l Hkh l engka dh ml jsl eng ds i LRrdj.k ij izu djus; k Li "Vhdj.k ekaxus dks i LRl kfgR dja
- 7. cM+l eng eaf'k{k d l = dk l kj ckakrsgq fgd k ds i hNs i q "kka dh l Ukk ds djk.k dks l ghkxh Hk'k.k }kj k l e>k; A

xrfof/k 2
?kj ds vlnj ; k ut nhdh fjLrseafgd k %jksy
lys ppkZ

pj.k

- 1. l eng dks crk; afd bl xrfof/k dk mnas ; mu fofHkUk i djk ds fgd kvka ij l e> c<luk gS tks i fjokj ds vlnj o ?kfu"B fj' rka eagkrsgA ; g Hkh l e>usdk iz kl dks fdl i djk fj' rs tsMj l s i Hkkrfor gRfkk fgd k dks cuk, aj [krsgA
- 2. i frHkfx; ka dks 4 l eng eacka/a % dby vk; s i frHkfx; ka ds vk/kkj ij 1/2 A gj l eng eade l s de 5 i frHkxh gkus pkfg, A i frHkfx; ka dks eux<R , d NkV/k l k jksy lys o flØIV fy [kus dks dga jksy lys 5 feuV l s vf/kd dk ugha gkus pkfg, A
- 3. nks l eng dks ?kfu"B fj' rka 1/4 fr@i Ruh] efgyk fe=@i q "k fe=1/2 dks i LRrdj us dks dga i LRrdj.k ea, d sn"; gkus pkfg, ftl eafgd k >ydrh gka i frHkfx; ka dks crk; afd bl eaokLrfodr vkš ml 0; fDr ; k ?kVuk ds mnkgj.kka dk iz kx dja ftl ds osHkkrHkxh gkš xokg gka; k vi us l epk; eal uk gka mul sfoHkUu i djk dh fgd kvka dks i LRrdj us ds fy, dga tš s& fu; æ.k] HksrHkko] 'kfdR dk mi ; kx vkfnA % dby 'kkjhfd fgd k gh ughz
- 4. ml jsl eng dks vki l h vknj ds ?kfu"B fj' rka dks i LRkr djus dks dga ; gka ij fopkj ka ea fHkUurk, a gks l drh gA ; g i LRrdj.k vki l h vknj ij gkus pkfg,] bl eafgd k tMh gpl ugha gkus pkfg, A
- 5. djicu 15&20 feuV fdl h dgkuh ; k n'; dks fodfl r djus ds fy, l e; na vkš ml ds dkn i LRkr djus dks dga
- 6. l Hkh l engka ds i LRrdj.k gks tkus ij] , d f'lyi pkVZeafgd d l eakka ea D; k pfj = gš ij , d l ph cuk; A i frHkfx; ka dks Hkh ?kfu"B fj' rka ea fgd k ds ml jsl i djk ka % fu; æ.k] cyi wZl ncko] ekjuk 1/2 vkš 'kkjhfd fgd k dks n' kZua ds fy, i LRl kfgR dja
- 7. l ph dks nhokj ij fpi dk; A dks l spfj = fj' rka dks etar cukrsgS. i frHkfx; ka l sl kpus dks dga fd vknj ij vk/kkj r fj' rka dks i LR djus ds fy, D; k vko'; d gS

8. fuEu fclnq/ka ij ppkZ djæ &

- ; g ukVd döy dkYi fud Fkk ; k geaokLrfodr k dk mnkgj .k feyrk gS D; k gea ; s phita jkst kuk nq kus dks feyrh gá
- ge fj' rka eafgd k ; k ?kjsywfgd k dsfy, fcllga dkj .k ekursgá fgá d l ædka dk vk/kkj D; k gS \
- D; k döy iq "k gh 'kkjhfd fgá k djrs gá \
- D; k , d ?kfu" B fj' rs ea vknj dk fuekZk l Hko gá D; k ge vi us nñud fnup; kZ ea , d k nq krs gá
- ; fn gea ?kjsywfgd k dks jkcduk gksk rks D; k djuk gksk \
- D; k ?kjsywfgd k dks l koZtfud djuk pkfg, ; k ?kj ds vlnj gh vki l ea cBdj l y>k ysk pkfg, \
- ge D; ka ?kjsywfgd k ij pi jgrs gá

yxk Hkh bl s0; fDrxr) futh {s= dk fo" k; ekursgá vksj i hfMRk ds l kFk [kMs ugha gksrA dbZckj rks tkursgq Hkh ysk [kkunku dh bTtr dsuke ij bl snck nsk gh mfor ekursgá , d sekgky eafgd k de gksus dsetk; ?kj ds vlnj c<rh jgrh gS vksj tk; t Hkh eku yh tkh gá ; fn bl sde djuk gS rks bl scggj ykdj l kekf d o l koZtfud eqnk cukuk gkskA

if'k{k d dsfy, ukV



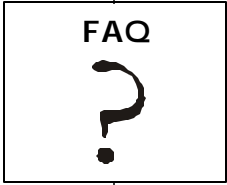
if'k{k d dks pkfg, fd ; gka ij ; fn mi yC/k gS rks fo' oLRk l =ka l smi yC/k vkad Mles dks i Lrr djæ bu vkad Mle l sifr Hkfx; ka ds l e> dh i q'V gksch rFkk eqs dh xHkhjr ij fparu c<skA ifr Hkfx; ka l svkad Msmi yC/k dj kus; k bdVBk djus dks dg l drs gá

bl izdkj ge nq krs gá fd ?kjsywfgd k , d vke dkr gá ; g tYnh ; k vki kuh l scggj ugha vkrhA l c dñ ?kj ds vlnj gh fui vk fy; k tkrk gá i hfMf 0; fDr Hkh vi eku vksj ?kj dh bTtr ds Mj l s bl scggj ugha ykrhA og Hkh bl s l gu'khyrk dk xqk ekudj l grk jgrk gá dghau dgham l sfo' okl gksx; k gksk gS fd FkkMh cgr fgá k rks efgyk dks l guh gh i MRkh gS vksj og bl sviuh rdnhj eku yrh gá

tc efgyk fgá k dk dd odZfd; k tkrk gS rks; g ik; % l qus dks feyrk gS fd i fjokj dks rksMek ugha pkgr} ge fdl h rjg l e>k k dj k nsk pkgrs gá l e>k k geskk efgyk dh rjQ l sgh djuk i Mf k gá bl rjg dk l e>k k döy efgyk ds 'kkjhfd fgá k dks /; ku eaj [krs gS vksj tgg efgyk dk thou [krj sea gkrk gá vl; i {kka tS s thou Lrj vkn NkM+fn; k tkrk gá ; g efgyk dks ml ds ekuo vf/kdkj ka l s oápr dj nrk gá

ik; %iNs tkusokys iz u

- ; fn ?kjsywfgd k dks l kožtfud fd; k tk; ssk rksbl l sD; k bl dscPpka dk Hkfo"; dk D; k gksck\ ijfjokj Ugha Vw/sck\
 - D; k bl l s l ekt ea cnukeh ugha gksck\
 - ; | fi ge ekursgšfd fgd k ughagkuh pkfg, yšdu bl dk eryl; g gšfd ge l ekt vks ijEijkvka dksfo?kfvR djà
 - gekjs ihNsfdrusyxs [kMšgks; fn ge ?kjsywfgd k dk fojkšk djà
 - ; fn efgyk, a fgd k djrh gš rks D; k djà
 - ; fn fgd k ds ihNs efgyk dk gh gkFk gš rksge D; k dj l drsgš vlrr% gj fgd k ds ihNs efgyk gh rks gš tks mdl krh gš
- bu izuka dk mRrj D; k gksck \



tc fgd k dks pksšh nrs gš rksgea; g l e> ysuk pkfg, fd ge l ekt ea l Rrk dh l j puk dks Hkh pksšh nrs gš l LFK, tš sifjokj l l dfr /kež vkfn tks tsMj HknHkko dks cuk, a j [kusea vi uh vge Hkfedk fuHkrh gš , d ckj tc ge ; g Lohdkj dj yrs gšfd fd l h Hkh izdkj dh fgd k Lohdk; Zughagš rksgea [kydj ckyus dh t: jr gš ge yxs , d k izu D; ka ugha mBkrsfd tc fir k ijfjokj ea fgd d gš rks gš rks cPpka ij D; k i Hkko i Mfk gš\ fgd k dsf [kykQ ckyus dh t: jr gš pks; g ijfjokj eagš; k l kožtfud LFku ij geafgd k dsf [kykQ ckyus dh t: jr gš pks fgd k efgyk }kjk gh D; ka u fd; k tk jgk gš

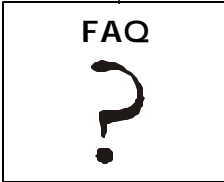
**xrfof/k 3 %
efgykvka ij fgd k dk i Hkko dš] LVkjh
l eeg ppkž**

pj.k

1. i f'k{k}kd i frHkxh; ka ds 6 Nk/s l eeg ouk; s vks l Hkh l eeg ka dks vyx&vyx dš LVkjh 1/3-1/2 nš nš l eeg dks , d tš h dš LVMh feyxhA
2. i frHkxh dgkuh eafn, x, l okyka ij ppkž djà&
 - fd l ds l kFk dgka&dgka ij fgd k gš\
 - D; k i hfMf ds vi us xyrh l s gh fgd k gš rks gš\
 - dš LVkjh eafgd k l efgyk o iq "k ij D; k i Hkko i Mfk gš\
3. i f'k{k}kd i frHkxh; ka dk i Lrhdj.k djok; a
4. i f'k{k}kd i frHkxh; ka l scMš l eeg eafuEu l oky ij ppkž djarFk mul sfudys mRrj dks ckMž ij fy [ka rFk ckn ea, d l kFk i <ej l uk, a%
 - D; k i hVuk Bhd gš; fn og xyrh dks l dkkjus ds fy, ; k xyrh u ngj kbž tk; ; g l fupr djus ds fy, gš\
 - D; k efgyk vka; k i hfMk 0; fDr dks fgd k l gu djuk pkfg, \ ; fn l gu ugha djuk rks D; k djuk pkfg, \
5. l = dk l kj ck/krs gq i f'k{k}kd ; g crkyk, afd fgd k efgyk vka ds l kFk ; k dš

i q "kka ds l kfk gkrh jgrh g& tk&f mudh xyrh l s ugha gkrhA ; g muds l Eeku
ds l kfk thus ds gd dks fNu yrh g& fga k dk i Hkko dk Qh 0; ki d gkrk g& tks
0; fDr ds 'kkjhjd ekufi d LokLF; dks cjh rjg i Hkfor djrk g& fga k dks; fn
pi jgdj l gk tk; srks fga k dh ijh i f0; k dks l ekt eavU; i fjokja o txgka
ij Qs yus dk ek&lk feyrk g& gea tks Hk&r Hk&sh fga k ds f[kykQ vlok t mBkkuk
pkgrk g& muds l kfk [kM+gkus dh v& t: jr g&

6. i Lr&hdj.k 3-1 fir l RrkRed nfu; k ea efgykva dk 'kjh i Lr& djrk g&-- dks
fn[kk; a rFk ppkZ dj&



FAQ

ik; %iNstkusokysizu

- efgykva ij fga k D; k efgyk, a ugha djrh g&
 - D; k i q "kka ij fga k ugha gkrh \
 - D; k efgyk, a i q "kka ij fga k ugha djrh \
 - efgykva dh gh fga k dh ckr D; ka gkrh g& \
 - fookn dh tM+gh efgyk, a g&bl i zdkj D; k fga k dh dkj.k efgyk, a ugha g& \
 - efgyk fga k dh ckr dj&srks D; k i fjokj ugha VW&sk \ i fjokj VW&us l scPpka ij
cgk i Hkko i M&sk \
 - 0; fDr&r ep&nka dks ckj ykus l s D; k i fjokj ugha VW&sk \
 - ; fn l Hk dks vi uk ekeyk vi us l sfui Vkus dh NW nsnh tk, xh rks vjkt drk vk
tk, xh l ekt pykus ds fy, dN y&skka dks fu; æ.k D; k ugha djuk i M&sk \
- bl rjg ds izuka dk mRnj efgyk fga k ds v&dk M&sk dks i Lr& dj fn; k tk l drk g&
efgykva ij fga kva ds v&dk M&sk tks i kuh ea r&usokys cQZ dh rjg g& ft l dk T; knk
Hkx nck gw&k g&rFk cgr de Hkx gh i kuh ds mij fn[krk g& bl h rjg i q "kka ij
Hk fga k gkrh g&sh ft l ij dk&Z tkudkj; k v&dk M&sk ugha g& gea fga k l ek l r djuh
g&srks ml dh tkudkj ckj ykuh g&sh rFk ml sl ek l r djus dk l f0; iz kl djuk
g&sk&A
- tks y&sk fga k ea efgykva dh H&f&edk mBks g& muds Åij izu mBkus dh t: jr g&
fd fga k dks l ek l r djusea mudh D; k H&f&edk g& fdUr&g; g cgr gh fouer&k l smBkuk
pkfg, A ; g Hk fo' y&sk.k djuk pkfg, fd mij&dr izu fd l i {k dk set&or cukr g&
v& fdl dks det&g&A
- ; g Hk mBkus dh t: jr g&fd D; k ft l 0; fDr ij fga k g&sjgh g& ml s gh fga k ds
fy, ft&Eenkj Bgjk; k tk; s; k ml dh gh xyrh <tk tk; A ; g ml 0; fDr ij nkgjh
fga k g& fga k ij vlok t mBuh pkfg,] tks fga k djrs g&ml g&ft&Eenkj Bgjk; k tkuk
pkfg, A efgykva ij fga k l ek l r djus ds fy, dne mBkus g&rqenn dh tkuh pkfg, A
ml g& Hk mudh tsMj H&f&edk tks fga k dks c<krh g& ds ckjs ea tkx: d fd; k tkuk
pkfg,

I = 4 %Lo; a ij fgd k dks I e>uk



90 feuV

I = dk mnnš ;

I = ds mi j kURk i frHkkxh &

- Lo; a d s fgd k dks I e> ik; xA
- fgd k ij I ōnu' khyrk dh vkj c<xA
- fgd k ds i Hkko dks egl ō dj i k; x s , oa nō j ka ds i fr I ōnu' khy jgxA

i) fr

- fQI cky o yč [ky] xē o ; kxkH; kl

I kexh

- cMh njh] I Hkko gks rks xnək fcNk gks cMgky e] E; ftd fl LVe

xfrfof/k 1

pj.k

1. I frHkkfx; ka dsnks I e> cuk; a rFk , d I e> dks [kyuseal fdz Hkxhnhkj dsfy; s rFk nō js dks voykdu djus dks dga xfrfof/k eaHkx ys jgs I e> dks vlnj ds xksyseacBk, a rFk voykdu djus okys I e> dks ckjgh xksyseacBk; a A Li "V djs fd vHk tks funk fn; s tk; x sos dōy %vlnj ds xksyseacB% i frHkkfxrk futHk jgs I e> dsfy, gA
2. i frHkkfx; ks dks, d nō js dk gkFk i dMeus dsfy; s dga i frHkkfx; ka I s /khjs &/khjs I ka yus dks dga i frHkkfx; ka dks /khjs &/khjs vk[k cln djus dks dga i frHkkfx; ka dks Lo; a ij , dkxfpr gkdj Lo; a ds I ka dh vkokt I qus dks dga
3. i frHkkfx; ka dks cryk; afd , d i zu fn; k tk; xk] ftl dk tokc ckjh&ckjh I sl Hk dks nsuk gkska ftl i frHkkxh dks i f'k{k(kd Nq xk] ogka I s tokc dk pØ ½ km. M½ i kjEHk gkska gj i frHkkxh viuk tokc vk[k cln djdsgh nska tokc rjUr nsuk gkska ; fn rjUr tokc ugh I w-rk rks ml s vius clā s cBs 0; fDr dh dykbz dks nckdj ^i kl ** dkyuk gkska tks dkbz tokc naog tokc i jk gkus ds ckn vius ck; s 0; fDr dh dykbz dks nck, xk ftl I snō jk 0; fDr I e> tk; xk fd vc ml s tokc nsuk i kjEHk djuk gSA
4. I Hk i frHkkfx; ks dsfy; s i zu ^okD; i jk djā* fd ^ge ij rc fgd k gsrh gs tc -----** i R; d 0; fDr dks ckjh&ckjh I smRrj nsusnA

5. [k; ml l e; dln dja tc yxHkx l Hkh ykx ^i kl ** cky jgs gkA
6. ; g gks l drk gSfd 'k# eaT; knk ykx ^i kl ** ckyafduq [k; dk p0 1/2 kmUM1/2 pkyw jguk pfg; A
7. [k; l ektr dj l Hkh i frHkfx; ka dks cM& xky; ea cBus dks dga
8. [k; ea Hkxhinkj i frHkfx; ka l si i Na fd mudks vHkh dS k egl # gks jgk gS [k; dsl e; dS k egl # gks jgk Fk\ 'k# eaD; k dfBukbZvk jgh Fkh\ vHkh D; k dN vSj dguk pkg jgs gS
9. ni jk l eg tks [k; ea l h/ks Hkxhinkjh ugha dj jgk Fk] cYd voykdu dj jgk Fk] mul si zu i Na &
 - mlga vHkh dS k egl # gks jgk gS
 - [k; nS krs l e; eu ea D; k&D; k fopkj mB jgs FkS
 - l ekt eafdu&fdu l egha ij fga k dh tkrh gS
10. LkHkh i frHkfx; ka l si zu dja fd tc , d h ifjLFkr fdl h dks i l Un ugh gS fd ml ij fga kRed 0; ogkj fd; k tk; rks
 - bl s tkjh D; ka j [kk tk jgk gS
 - bl s tkjh j [kus ea dks & dks l gk; d gS
 - bl s r kM& s ds fy; s D; k fd; k tk l drk gS@D; k djuk pfg; S

if'k(kd dsfy, ukv



fga k dh ckr dja rks vke rks ij i # "kks dh nks i frfdz; k, s vkrh gS , d rks l h/kk tokc] tksge l quak i l Un d jrs gSfd ^fga k xyr g&vks ugh gksuh pfg; S*A ; g fnyh rks ij vks fnekxh rks ij nksuks gks l drk gA t#jh ugh gSfd ; g tokc nusokyk tks tokc nsjgk gS cgr l e>dj tokc nA vDI j gkrk ; g gSfd l rgh rks ij ykx fga k dks udkjrs jggs gS fdUrq tc okLrfod : i ea?kVuk ?kVus ds ckn l keus vkrh gS rks ykx Lohdkjus eafgpfdpkus yxrs gA vDI j detkj oxZe [kkfe; k; <#us yxrs gS rdZ<#us yxrs gA ; g l c dN ; fn fu"i {k dgdj Hkh fd; k tk jgk gks rks Hkh i jh i f0; k detkj@efgyk ; k i hfM& ds foi {k eagh pyh tkrh gA

vr%t: jh gSfd fga k dsLo: i dks l e>uk] i Hkko dksegl # djuk rFk HkD rHkxch@detkj ds lk{k eaLo; adksLi "V : i l s [kM& djus dh rS kjh gkA i js l = dk l kj ck/ksfd fga k l Hkh dsfy; svfi z gS upl kung gA ; g ekuo vf/kdkj ka dk guu gA gj gky ea l Hkh ds ekuo vf/kdkj ka dh j {kk gksuh pfg; A

xfrfof/k 2
iq "kka ij fgá k dk i Hkko

pj.k

1. if'k{k(d l Hkh ifrHkkfx; ks dks gky eay\us dks dgA l Hkh ifrHkkxh bl rjg y\vsfd mudk pgjk Nr dh rjQ jgA /; ku jgsfd ifrHkkfx; ka dk 'kjhj , d&n\ js dks Nq a ugha A
2. ; fn l Hko gks rks 'k# ds5 feUV rd cgr gydsvkott ea l kE; o e/kj l xhr dk Vi ctk; aA
3. ifrHkkfx; ks dks , dxxfpuk gks dsk vH; kl dj; s rFkk bl dsfy; s/kheh xfr eafunž k i d kfjr dja &
Bi frHkkxh /khs &/khs l ka yaA if'k{k(d fxurh fxus 12345] 12345] 12345A igys 1 l 5 fxurh ea ifrHkkxh l ka vlnj yaA n\ j 1 l s 5 fxurh ea l ka vlnj jkcds j [kaA rhl js 1&5 fxurh ea l ka NkMxAP
4. ifrHkkxh dks vkjke egl \ djus dks dg& vkjke egl \ djs ekFs ij] pgjs lkj] xnž e\ i\ e\ i hB e\ i kp ea gkFk e\ i js 'kjhj ea
5. ifrHkkxh ijh rjg vkjke \jyDl ½ ea gkA ; gh ifrfdz k pyr h jgs djhc 7&10 feuv rda
6. vc if'k{k(d ifrHkkfx; ka dks funž kkuq kj dYi uk djus dks dg\ ft l ea vki , s l ekt ea th jgs g\ tgka &
 - vki , s xkp ea i šk gq s g\ tgk; i# "k cPpk i šk gksuk vPNk ugh ekuk tkrkA vki ds i šk gksus ij ykx [k{k ugh gA
 - vki ds i šk gksus ij fi rk dks cgr l puk i M+r g\ l kjs iq "k nq[kh gA
 - vki ds fi rk dks [kqkh eukus l sjkcdk x; k gSA
 - vki ds fi rk dks vki dh ijh nš[kkky djuh i M+jgh g\ fdUr qmlga Bhcd l su rks [kkuk fey jgk gSu vkjke A
 - vki dN cM+gq } vki dh cgu dks <j l kjsf [kyk\us feyrs g\ yfdu vki dks ughA
 - cgu dks u; s di M+ feyrs g\ yfdu vki dks ughA vki ds k egl \ dj jgs g\
 - cgu dks vPNs Lch y ea i <kbz dsfy; s Hkst k tkrk g\ fdUr q vki dks ?kj ea jgdj Nk\ s Hkbz & cgu dh nš[kkky djuh i M+r gA

- vki dsfi rk ?kj ds vlnj dke djrs gā rFkk ek; ckgj dk dke djrh gā
- vki dsfi rk dksckj & ckj jkck o Vksck tkrk gS rFkk mlgaLora = : i l sckgj tkus dh vuqfr ugha gā
- vki dksHkh ckjckj jkck o Vksck tkrk gā [ksyusdh eukgh gā Āph vkokt eacksy ugha l drž [kydj gj ugha l drž vl; yMfd; ka l snkrh ugha dj l drā vki dS k egl w dj jgs gā \
- vki usn[kk fd tc vki dh cgu i shk gpbZ Fkh] rks [kq; [kqkh euk; h x; h FkhA
- vki dksck; k x; k gāfd vki dsfi rk 'kknh dsckn nī js xkp l sek; ds ?kj vk; s gā
- vki dh Hkh 'kknh gksxh rks vki dks nī js ds ?kj tkuk gksck A
- vki ds l kFk] cxj vki dh etiz ds dkbZ Hkh NMANKM+ djrk gS fdUr q vki bTtr dh Mj l spq pki jg tkrs gā A
- vki n[krsgSfd chp&chp eafirk dksHkh ekj i hvk tkrk gā
- u rks vki dsfi rk dh dkbZ l Ei fūk gS vkj u gh vki dh dkbZ l Ei fūk gksus okyh gā
- fd l h fu.kz ea vki l s ugha i nk tkrkA geskk nī jka ds fu.kz dk ikyu djuk i Mfk gSA
- vki dks i js thou viuh bTtr dksckp dj j [kuk gS D; kīd ; fn bTtr pyh x; h rks 'kknh ugh gksckA
- vki ds l kFk NMANKM+; k ckykRckj gksus i j vki dksgh nkskh ekuk tk; sck A
- dkuu] i [y l] i z kkl u] l ekt] l Hkh gh vki dksfu; i=r djusdh ckr djrs gā
- vki , d , d s l ekt ea jgrs gā

7. 5&7 feuV rd bl h gkyr ea 'kkfūr ds l kFk ykcka dks jgs nā

8. fQj /khjs & /khjs ykcka dks vk[ks [ksyus dks dgā

9. i frHkkfx; ks dks cMs xksys ea cBk, A

10. , d&, d dj i frHkkfx; ka l sfoLrkj l smuds vuqko l quus ds fy; s i z u dja fd mlga

- D; k os QS l fyVWj ds funk dk vuqkj .k dj i k jgs Fks \
- dYi uk vH; kl eafofHku i fjfLFkr; ka ea dS k egl w dj jgs Fks \

11. ppkZ ds fy, i frHkkfx; ks l s i nā fd

- D; k ; g rdyhQ bl l s i gys dHkh ; kn vk; h Fkh \

- bl vutko@rdyhQ dh tM+D; k Fkh \
- D; k ; g i fjfLFkfr fdl h ds l kFk oržku eajgrh gš
- bl i fjfLFkfr dsfy; s dku ftEenlj gš
- bl scnyus dsfy; s dku vkxs vk; xk\
- bl scnyus dsfy, D; k fd; k tk l drk gš

12- l = dk l kj ckrsgq i f'k{k d crk, aoržku l keftd 0; oLFkk eal kektidj . k ds
nkšku iq "kka dks bl rjg cuk fn; k tkrk gšfd mudh HkkoukRed 'kFDr; k; de
dq@HkkFkj; k l ektr gks tkrh gš osbrusvl onu'khy gks tkrsgšfd ml jka dsl kFk
gks jgs HknHkko ; k fgd k dks nšk ; k egl i rd ugha dj i krš ; fn nškus dk iz kl
djrs gš rks mlga , d ml jh rjg dk detkj iq "k ekuk tkrk gš dHkh&dHkh fgd k
l e> eavkrh gš rksoržku fir l ŪkkRed l ekt eaeqir eafeyusokyh fo'kšk l qo/kkvka
ds xok nus dk Mj fgd k dsepnas ij i frfØ; k djus l sjkd nrk gš

l ekt dh ; g dš h foMEckuk gšfd l ekt ds gj 0; fDr dks efgyk rks pkfg, fdUrq
fdl h Hkh iq "k l si Nafd D; k osefgyk ds: i eattle yuuk i l an djš; rks tokc ; gh
feyxk@feyrk gšfd ugha bl l kp dks; fn cnyuk gšxk rksbl ds dkj . kka dks xgj kbz
l sl e>uk i Mšx rFkk vl ekurkj HknHkkoj fgd k dks tM+l s feVkuuk gšxkA

I = 5 %enkuxh vkj fgd k



60 feuV

I = dk mn&s ;

- I = dsmij&ur i frHkkxh enkuxh vkj fgd k dsl &ak dks i gpk u ik; &srFkk crk ik; &s

i) fr

- fQYe I k] I &g pplj cu LV&lk

I kexh

- fQYe ^tgla plj ; kj fey tk, &
- fQYe ^; s g&en& okyh cr**

xfrfof/k 1

pj.k

- 1- I oziFke if' k{k&d i frHkkfx; ka l si n&afd tc ge ^enZ' 'k&n dk mPpkj.k djrsg& rks fneix ea D; k vkrk g&
 - 2- i frHkkfx; ka ds tokc dks ck&Z ij fy[k y&
 - 3- vHkh i f' k{k&d crk, afd bu 'k&nka ij ge yk& ckn ea pplj dj&s i gys , d fQYe n& k&A
 - 4- i f' k{k&d i frHkkfx; ka dks mij&Dr ea l s dkbZ , d fQYe fn[kk, &
 - 5- fQYe ds mij&Dr I Hkh i frHkkfx; ka l s cM& I &g ea fuEu iz uka ds vk/kkj ij pplj djok, a %
- 1/2 fQYe ea dgk&dgka enZ ; k enkuxh dh cr fn[krh g&
- 1/2 bl enkuxh l s D; k l Un&k ckgj fudyrk g&
- 1/4 1/2 bl enkuxh ds i hNs D; k mn&s ; gks&l

- 6- vHkh i frHkfx; ka l siNafd l cl sigys tks pkVZ ij "enz" l sfudys'kcn o Hkko gš mul so fQYe ds izuka eaD; k vUr l Ecl/k fn[krk gš
- 7- l ekt ea enLxh dgk&dgk; o fdl : i ea fn[krh gš; fn mnkgj.k vk; s rks ml s Hkh l qsrFkk mnkgj.k tkMš¼q "k jk"V dh l ok djrk gš l suk ea HkrhZ gkrk gš
- 8- if'k{k d l kj ckak



izkf'kr gkus okys eqns

- enLxh , d l kekt d ifØ; k gš tks iq "kka dks fu; a=d] l Rrk/kjh o fgd d ds : i ea c<kus dh ckr djrh gš
- enLxh dpy iq "kka ds 'kj hj l s gh ugha tMh %cyoku] etcir eka if'k; k½ cfd efgyk iq "k ds vykok tkr e] /keZ] oxZea, oaHk"kk ea Hkh fn[krh gš
- ge nš krs gš fd enLxh dk mi ; kx jkT; , oa dVVjoknh /keZ %kj k l kekt d {k= eayxkrkj fd; k tkrk gš %mnkgj.k dFku@; g dguk&geus dkbZ pM+ ka ugha i gu j [kh gš ; g jkT;] l suk vš /kfeZ dVVjoknh; ka %kj k mi ; kx fd; k tkrk gš tc os vius jk"V /keZ vš l epk; dks cpkus ds fy, iq "kka dks cykrs gš l epk; mu iq "kka ds rjQ Hkh l adr djrk gš ftuds ifjokj dh efgyk, aipk; r puiko ea [kMh gkrh gš %A
- enLxh , d l kekt d l j puk Hkh gš tks l Rrk vš fgd k l s tMh gš gš rFkk bl dk Lo: i Hkh l ekt] nš k] dky o ifjLFkr ds vuq kj cnyrk jgrk gš



gsMvkmV

5-1 enLxh vš fgd k
 vU; l UnHkZ l kexh %
 fQYe "fir k] i e vš /keZ; Ø**] %kj k vkulln i VoZku
 i f rd "en] enLxh vš enbn** %kj k deyk Hk l hu



I = 6 %fgá k eÞr I ekt fuekZk dsfy, fu; kstu



60 feuV

I = dk mn&S ;

I = ds mi jklr i frHkkxh -

- xqI se a I Úkk ds I Ecl/k dks I e> i k; &A
- xqI s dks i gpk dj ml sjpukRed dk; Zea yxkuk I h[k i k; &A
- Lo; ads xqI s dk i zU/ku dj i k; &A
- efgyk fgá k dks I ekr djus dsfy, Lo; adh j.kuhfr r; dj i k; &S
i) fr
- I egj pplZ
- I kexh
- fñyi pVj , 4 I kbt i s j] Vj] Løp i s] I nHkZ I kexh

xfrfof/k 1

pj.k

1. xfrfof/k dks 'kq djus i sigys i frHkkfx; ka dks HkRedk ck&krsgq bl I &dk eacr; a fd iq "k o yMe s xqI so fgá k dks , d gh ekursg&

2. i frHkkfx; ka dks ; g I e>k, afd iq "kka o yMe ka dsfy, xqI s dk eryc fgá kRed i frfØ; k g& bl ckr ij tkj n&uk pfg, fd xqI k , d Hkkouk g& ; g , d i k dfrd o I keU; Hkkouk gSftl s gj ekuo vius thou ds vu& {k.kka ea egl i djrk g& xqI k 0; Dr djuk fgá k dk , d rjh&k g& xqI k 0; Dr djuk gekj s 0; ogkj ea g& xqI s dh vfhk 0; fDr vj& dbz cgrj rFkk I dkj kRed : i ka ea gks I drh g&

3. ; g Hkh I e>k, j fd xqI s dks 0; Dr djuk geafl [kkrk gSfd dbz ckj tc ge xqI s dks vUnj gh vUnj ?k&vrs g& rks ; g foLQ&v d cu ds mHkj rk g& tksfd T; knk ?kkrd g&

4. i frHkkfx; ka dks crk; k tkuk pfg, fd bl xfrfof/k ea ge yk& ; g i rk dj&sf& xqI s dks ds s I dkj kRed vj& vfg& d rjh&s }kj k 0; Dr dj I drsg&

5. i R; d i frHkxh dks, d i s j l hv na vks; iz uka dks fn [kk; a, oa iz uka ds mRrj nsus
dsfy, mUga 10 feuV dk l e; yas dks dga

6. tc iz uka ds mRrj nsfn; s tk; rks i frHkfx; ka dks 2 l eng ea ckVA

7. bu Nks/l engka dks fQYi pkVZ ns rFkk i frHkfx; ka dks fuEu fclnq/ka dh l fp cukus
dsfy, dga%

- tc gea xq l k vkrk gSrks ml s 0; Dr djus ds udkj kREkd rjhdA
- tc gea xq l k vkrk gSrks ml s 0; Dr djus ds l dkj kRed rjhdA

mijkDr fclnq/ka ij i frHkfx; ka dks fy [kus dsfy, 15 feuV dk l e; nA vks; bl s
i R; d l eng dks cM; l eng ea i Lr rhdj .k ds fy, dga i Lr rhdj .k dks pkVZ ij
yxok; A

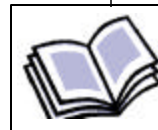
8. l = dk l kj ckakrsgq bl ckr ij tkj nsuk pkfg, fd xq l k , d Hkkouk gA ; g
, d i dfrd o l kekl; Hkkouk gStksfd gj ekuo vi us thou ds vsud {k. kkaeagl i
djr k gA xq l k 0; Dr djuk fgá k dk , d rjhd k gA ; g gekjs jkste jkz ds 0; ogkj ea
gS t gk ge xq l k 0; Dr djrs gA yfdu fgá k }kj k xq l k 0; Dr djus ds vykok Hkh
dbz cgrj vks; l dkj kRed rjhd s gA

; gk; g l e > uk cgr t: jh gSfd ftruk LokHkkfod i q "kka dsfy, xq l k fn [kkuk gS
mruk LokHkkfod efgykva dsfy, ugha xq l k s d k Hkh l kekt dj .k o ts Mjhdj .k fd; k
tkrk gA t gk i q "kka dk xq l k LokHkkfod vks; Lohdk; Zekuk tkrk gS ogha efgykva dk
xq l k fn [kkuk v'kkkkuh; ekuk tkrk gA ; g Hkh , d rjg dk HksHkko gA

i f'k{k d ukV

1. ge ns [kksfd l dkj kRed rjhdka dh l ph ea gea dbz rjhd s i k r gkx; t S s
&

- rktk gok ya
- fxurh fxuuk 'kq dja
- , d s 'kCnka dk iz, kx djaft l l sfd l h dk vi eku u gkA



2. bl ckr ij /; ku ; k tkj nsudh ckr gSfd rktk gok ya dk eryc ; g ugha gS
fd ckj tkdj rst j r k j Eka l kbIdy@ekVj l kbIdy pyk; ; k fMbd dja ; snksuks
?kkrd gks l drsga bl dsfy, vko'; d gSfd ge ml fLFkr %yMkbZ; k xq l k l s l sckgj
fudyA ml 0; fDr ds l keus l snj gks tk; A xgjh l ka yd j fxurh fxuuk ni j si d kj
ds 'kkj hfjd dk; Z dja vks; vi us vki dks BbWk j [kA

3. l kekl; r%; g ml 0; fDRk dsfy, egRo i w k gS; tks xq l l sea gS vks; ni js 0; fDr dks
l e > krs gq dg jgk gSfd eS FkkB/k 'kka' gkus dsfy, tk jgk gj D; kfid e s xq l k vk
jgk gS ; g dgu k T; knk mfor gksk vi s k k fd ^ e s r e l s rax vk x; k g j v k s e s

[kyh@rkth gok yus@'kkr gkus dh vko'; drk gá

4. fcuk viekfur djusokys'kCnka dk iz kx ¼ ; s'kCn tksfdl h dks viekfur u djú
dsfy, nks rjhds dh phtal h[kuk] 1- ml js0; fDr dga fd vki xþl seaD; ka gá] rFk
2- vki ml js0; fDrk l sD; k pkgrsgá ml viekfur fd; sfcuk dN bl i dklj l sdg
l drsgs%

- eðvki l s xþl k gþD; kí d -----
- eðpkgrk gþfd vki -----

5. l eý dks, d mnkj.k nafd & ; fn gekjh efgyk fe= njh l s i gþrh gð rksge
l kekl; r %dN bl i dklj vi uk xþl k 0; Dr djrs gáfd ^gn gksxb] ; g geskk gkrk
gsfd eðvki dsbrtkj ea [kMk jgrk gþ^ ; fn ge , d s'kCnka dk iz kx dja tksviekfur
u djú rksge dky l drsgáfd ^ns[k,] eðvki l sukjkt gþD; kí d vki nj l svk; hA
eðpkgrk fd vki l e; ij vk; þ ; fn ugha vkrh gá rks ep s crk nafd vki nj l s
i gþakA**

6. l kekl; r% i q "k vls yMels tc ruko ea gksrgsRk; D; k egl þ djrs gá osbl ij
ckr ugha djrA tc ge vi usvki dks ruko eao mnkl egl þ djrs gá ge ml ij
ckr ugha djrA l kekl; r%ckrþir u djust s; g ruko 'kjhfd ekj ihV eacny tkrk
gá ; g xfrfof/k i frHkfx; ka dks xþl s dks i gþkuuso ml sjpukRed dk; ká ea yxkus ea
d gk; d gks l drh gá

7. i frHkfx; ka dks crk; afd ; gka ij Hkh xij ds vlnj vls xij ka ds chp ea Hkh rukruh
gks l drh gð yfdu og fdl h dks viekfur u djá

xfrfof/k %2 ¼/½
fgá k ij dk; Zj.kuhfr ij l eý dk; Z

pj.k

1. i frHkfx; ka dks pkj l eý eacBk; k tk; A i R; sd l eý ea 5&7 i frHkxh gkus pkfg, A
i frHkfx; ka dks crk, afd ; g l = efgyk fgá k jkklus dsfy, fu; kst u l = gá
2. l Hkh i frHkxh l eý dks pkj i z u fn; s tkus pkfg, l eý 30 feuV rd bl ij dk; Z
djxka i frHkfx; ka ds mRrj eþasvuð kj fu/kkjr fd; sx, dkMZ ij fy[ks tk; æ%
 - fgá k ds fdu&fdu eþnka ij dke djuk pkgrsgá
 - fdl y{; l eý ds l kFk dke djuk pkgrsgá tð s; þk] fd'kkj yMekads l kFk
 - fgá k ij dke djus dsfy, j.kuhfr D; k gksxl\
 - gj j.kuhfr ds varxí D; k l þkkfor xfrfof/k; ka gkæxl\

3. ckMZ; k fnoky ij izu dsvuđ kj vyx&vyx fŋyi pkVZyxk; s-

enpk@y{; I eg@j.kuhfr@xfrfof/k

- iR; d I eg dks vkef=r dja fd og vius I eg dk dkmZ igys i<dj I cdl
I qk; j rFkk ckn ea mi; Ør LFkk ij fpidk; A
- I Hkh I egka dh iLRkfr gks tkus ds ckn if'k{k(d , d&, d pkVZ ij fpidk; s x; s
fclnq/ka dks i<dj I Hkh ifrHkfx; ka dks I qk; A
- I = dk I kj cdkrs gg ; fn if'k{k(d dks yxrk gS fd fdl h pkVZ ij dŋ tkMūs
dh vko'; drk gS rks ifrHkfx; ka I si ŋdj ml s tkM+nA

¼½ fgd k ds vkdM; ^dd ** v[kkj drju vkfn izdkj dh tkudkj dh bdVBk
djuk rcdh gekjs ikl geškk dŋ I cr ; k iæk.k jgs ¼ ekt bl s nckus
dh dks'k'k djrk gSA

¼½ bl cr dk {ks= ea ipkj&iđ kj djuk gskx fd gekjh I LFkk fgd k ds
f[kykQ enn djrh gA

¼ ½ vkd'kz I kldfrd ek; eka I sbl ij ttx: drk QSykuh gskx fd fgd k
I guk cñ djuk gS , oa ifjokj ea fgd k djus oky ka I s l eFkZu gvuk gS; k
mudk I keftd cfg"dkj djuk gSA

vU; j.kuhfr; ka

1. U; kf; d ifØ; k I s l tk fnykuk] u fd [kn dkuu dks vius gkFk ea yuka
2. fcl'kkj; ; pkvk; ipk; r ifrfuf/k; ka dk dkuu if'k{k.k djuk] ftl ea LFkk; ifyl
vf/kdkjh@odhyka dks I UnHkZ 0; fDr ds : i ea tkM/uk] rkfd mul s bu ifrHkfx; ka
dk I h/k I Ecl/k cu I dA
3. I d n ea efgyk ifrfuf/k; ka dks Hkstus ea viuh rkdr yxkuk] rkfd dkuu ds cnyko
ea efgyvk dh Hkxhnhjh gks I dA
4. fdl h efgyk ds I kFk tc fgd k gsrh gS ml senn djuk o I eFkZu nsukA
5. fgd k ds epns ij tuknsyu [kMk djus ea viuh rkdr yxkuk bl epns ij
dk; jr efgyk I aBuka ds I kFk [kMk gskukA
6. efgyk fgd k dh ?kvukvka ij viuh 0; fDrxr o I aBuka ds I kFk I kefgd ifrfØ; k
ehfM; k dks HkstukA

FAQ



ik; %iWstkusokysiz'u

- D; k iq "kka dk l aBu efgyk l akBuka ds l kFk [kMk gks l drk gS
- D; k iq "k l akBuka ds iz kl dks LohNfr feysch\
- Ikq "kka dks usRo Lo; a vi us gkFk ea D; ka ugha y suk p kfg, \
- dgha gekjs iz kl ka dk Js efgyk l aBu rks ugha mBkyakS

izuka dk l Hkfor mRrj %
; g vfr vko'; d gSfd efgykvka dsfy, mudh viuh , d txg gkuh p kfg, t gk; os
fey l drh gS vi us fga k o ml l syMks dh j.kuhfr dks 'ks j dj l drh gA ; g Hkh
vko'; d gSfd l wnu'khy iq "k vi uk l aBu cuk, arkf d vl; iq "kka ds l kFk efgyk
fga k dsefnis ij dke fd; k tk l dA ; g vko'; d gSfd os efgyk l aBu ka ds l kFk
tMaj dke djA efgykvka dk fga k ds f[kykQ dk l ak'kz l ekt ea l Rrk ds vl Uryu
dks efgykvka ds i {k ea Bh d djus dk Hkh l ak'kz gA vlrr usRo efgyk l aBu ka ds gkFk
ea gh jguh p kfg, A

; k

xfrfof/k %2 %c½
fga k jfgr thou fuekZk ea iq "kka dh Hkfedk o izU/ku

pj.k

1. ifrHkfx; ka dks bl xfrfof/k dsmns; dks crk; afd geal eg ea p p k z dj uh gSfd
ge vi us l epk; ea efgykvka ij gks jgh fga k dks ds sde djs l drsga vks ml
ij , d Bkl fu; kst u cukuka
2. ifrHkfx; ka dks crk; afd ge l c v y x & v y x foHkUu {ks= l s vk; s g} ge l cds
vi u & vi us vuHko gA ; fn ge l c bu vuHkoka vks vi us fopkja dks , d l kFk
feykdj tMaj ft l l sge , d Bkl , oa l kFkd lyku cuk l dka
3. l eg p p k z & flKEu fcUnq/ka ij p p k z dsfy, 15 feuV dk l e; j [ka &
 - ; pk iq "k fga k dsefnis ij dN dj l drsgA
 - ; fn ; pk iq "k fga k dks jkdus dsfy, dN djuk pgrsg rks vks dks
muds l kFk tMaj l drsgA
4. ifrHkfx; ka dks 5 ; k 6 l eg eackVA ifrHkxh vi us {ks= ds iq "kka ds l kFk fga k dks
jkdus dsfy, D; k dj l drsg ij l kpa vks viuh l kp dks fMiyi p k v z ij vdr
djA bl xfrfof/k dsfy, de l s de 30 feuV dk l e; nA
5. l Hkh ifrHkfx; ka dks , d cMsl eg eamuds l eg ds vuq kj cBk; a vks mul sl eg

pplz i Lrŕ djus dks dga

6. I eg I sfudyfclnq/ka dks oxhŕ djus ds fy, i frHkfx; ka I senn djus dks dga tš s &
- jktufrd@, Mokcd h i frfØ; k]
- I enk; ea tix: drk vfhk; ku]
- 'kšf.kd I kexh vŕš tkudkjh]
- vius {ks= o Ldny ea lyku dk fØ; kŕo; u] vkfnA
7. if'k{k kd bu fudyfclnq/ka dks i kFkfedrk ds vuq kj r; djus ea enn dja
8. if'k{k kd i frHkfx; ka I sefgyk fgd k jkdus ds fy, 0; fDrxr fu; kst u cukus dks dga

I nHkz I hv

fgd k jkdus dh xfrfof/k dh ; kst uk

1. dk; Z ; kst uk foj .k ŕnks ; k rhu okD; ka eŕz
2. bl lyku ds fØ; kŕo; u ds fy, fdu I engka@ I xBuka@0; fDr; ka dks tkM/ŕus dh vko' ; drk gš
3. bu I engka@ I xBuka@0; fDr; ka ds I gk; rk dks vki dš s tkM/ŕa
4. vius lyku dks vkxs ys tkus@tkjh j [kus ds fy, vki dks fdu I d k/kuka dh vko' ; drk gšxh\
5. bu I d k/kuka dks dgk; I s vŕš dš s i kŕ djæš
6. bl lyku ds fØ; kŕo; u ea fdruk I e; yxšx\

eŕ; kdu@fuxjkuh

1. vki dš s tkusfd vki dk lyku ; ktukud kj I ŕ; ofLFkr py jgk gš
2. vki dks bl xfrfof/k I sfdl i dkj ds i fj.kke fudyus dh viškk, a gš

if'k{k kd dsfy, ukš

; g xfrfof/k I enk; Lrj ij , d lyku cukus ds iz kl ea enn djxh] ft I ea; ŕk i q "k vius {ks= ea fgd k jfgr ekgšy rš kj dj I dA ; g 'kk; n mu I Hk mi k; k ea I svf/kd I Qy o dkjxj fl) gks I drk gš tksfd [kŕ I enk; ds; ŕk i q "k vius {ks= dsfy, fgd k eŕr ekgšy cukus dk lyku cuk; A ft I rjg I enk; o Ldny ea fgd k 0; kŕk gš vŕš ; fn oghads; ŕk i q "k bl I ek/kku lyku dk fgLI k cursgš rks; g dkQh I gk; d gšxkA bl xfrfof/k ds nŕš ku gea i frHkfx; ka dks ckŕš j [kuk i MšxkA



gsM vkmV 1-1 %fgd k] efgykvd dsf[kykQ fgd k
vkš tsMj vk/kkfjr fgd k

fo'o LokLF; I αBu %Mcyw, p-vks½ }kjk dh xbZfgd k dh i fjHkk"kk

^vi us ; k vU; 0; fDr ; k l eg ; k l epk; dsf[kykQ l kp l e>dj 'kkj hfjd 'kDr
dk bLrky ; k ml dh /kedh ftl dk i fj.kke ; k l Hkkouk plv] eR; ij eukšKkfud gkfu
; k fodkl l sofpr gksuk gkA ** fo'o LokLF; I αBu 2002½

I a q r jk"V a I žk usefgyk fo:) fgd k dh igyh vf/kdkfjd i fjHkk"kk

^tsMj vk/kkfjr fgd k] fgd k dh dkbZ Hkh , d h dk; bkg h vFkok ml dh ?kedh]
tkj & tcjnLrh ; k euekus <α l svktlnh dk guu-pkgs oks 0; fDrxr thou ea gks ; k
l koZfud thou eaftl dk i fj.kke vkš rka ds fy, 'kkj hfjd] ; kšud ; k eukšKkfud
gkfu vFkok mRihMtu gsrk gS ; k gksus dh l EHkkouk gA^ I a q r jk"V a egkl Hkk 1993½

tsMj vk/kkfjr fgd k D; k gS\

tsMj vk/kkfjr fgd k dh 0; k[; k bl izdkj dh tk l drh gS%

^fgd k ea iq "k vkš efgyk nksuka 'kkfey gš ftl ea efgyk l kekl; r; k HkDrHkksch o
i hfMf gks tkrh gš tks efgyk o iq "kka ds vl eku l Rrk l a d kka dh mit gA^

efgykvka o yMfd; ka dsf[kykQ fgd k dks ik; % ^tsMj vk/kkfjr fgd k^ ds vl rkr
nškk tkrk gš D; kfd ; g l ekt ea efgykvd ds nks e@derj tsMj ntš ds dkj.k
i šnk gsrh gA T; knkrj l d dfr] i kjEi fjd fo'okl] ekud o l keftd l d Fkk, a bl ga
o škrk nrh gš cuk, j [krh gS rFkk c<krh gš

^tsMj vk/kkfjr fgd k^ dh /kkj.kk efgykvd dsf[kykQ fgd k ds nš xkeh vl j o
0; oLFkk dks l e>uso ij [kus ds fy, u; k l UnHkZ nrk gA bl ea efgykvd dks, d i hfMf
ds: lk ea nš kus ds ctk; efgykvd o iq "kka ds chp tsMj o vl eku l Rrk l Ecu/k ij
/; ku dšUnr djrk gS tks tsMj vk/kkfjr l keftd 0; oLFkk dks cuk, j [krs gš rFkk
efgykvka dsf[kykQ fgd k ds epnka dks nck nšs gA

I = 1 %fgd k , d tsMj epnk

gsM vkmV 1-2 %efgykvka dsf[kykQ fgá k ds : lk

'kkjhfd irkMek	eul&Kkfud@HkouRed	; k& tkj & tcjnLrh	0; ogkj fu; æ.k
'kkjhfd geyk rFk vU; 0; fDr ij fu; æ.k ds fy, /kedh dk iz kx	cjk crkb rFk 0; fDr ds vRel Eeku o eV; dks fxjkuk rkd og viusirkM& ij vf/kd fullkj gk tk, v& Mj tk,	'kkjhfd 'kDr ; k x& &'kkjhfd nco ds }kj k efgykva dks ml dh bPNk ds fo:) ; k& l &lk cuusdsfy, etcj djuk	; g 'kDr l Ecu/k& rFk Hk&Hko fo' k&kr% fi r l RrkRed fjoktka dk ifj.kke g&k gS
<ul style="list-style-type: none"> • e&ds ekjuk • ihVuk • xyk nckuk • ekjuk • tykuk • 0; fDr ij phta • Q&uk • ykr ekjuk /kfd; kuk • pkV djus ds fy, p&dj g&l ; k ; k NM+ t& s /kjk nj g&Fk; kj dk bL&ky 	<ul style="list-style-type: none"> • xkyh • vkyk&uk • /kedh • cbTtrh • uhp& fn [kkus okyh rVlif.k; ka djuk 	<ul style="list-style-type: none"> • Tk&ju fy& id& k@cykR&kj • ; k& geyk] tcju ; k& l E idz • ; k& mRi hM& • ; k& l &lk dsfy, efgyk dks etcj djus dsfy, Mjkuk&/kedkuk • vigj.k • tcjnLrh 'kknh 	<ul style="list-style-type: none"> • efgyk dks?kj l s&gj dke u djus nuk • vkf&k&d fu; æ.k • 0; fDr dksvyx&Fkyx djuk • muds vku&tkus ij utj j [kuk • tkudkj h@l p&ukv& rd igp ij j&kd yx&kuk

l = 1 %fgá k , d tsMj ep&k

gs M vkmV 1-3 %efgykvkads thoupØ eafgđ k		
f'k'k] ckydk o fd'kkjh	o; Ld efgyk	o) efgyk
<p>'kkjhjd mRi hMē</p> <ul style="list-style-type: none"> •fyax vk/kkfjr xHkz kr •ckfydk f'k'kqGR; k •i hVuk •[kkuš nš kHky o pfdrI dh; l okvka@l fjo/kkvka l s oipr djuk 	<p>'kkjhjd mRi hMē</p> <ul style="list-style-type: none"> •?kjsywfgd k •ngst dsfy, rax djuk •pMšy ?kks"kr dj tyk nsuk 	<p>'kkjhjd mRi hMē</p> <ul style="list-style-type: none"> •?kjsywfgd k
<p>eukšKkfud rFkk HkkoukRed mRi hMē</p> <ul style="list-style-type: none"> •tcju 'kknh •vyx&Fkyx j [kuk 	<p>eukšKkfud rFkk HkkoukRed mRi hMē</p> <ul style="list-style-type: none"> •tcju rFkk cetiz dh 'kknh •nš kHky u djuk •vktknh dh deh 	<p>eukšKkfud rFkk HkkoukRed mRi hMē</p> <ul style="list-style-type: none"> •nš kHky u djuk •ošk; l stMšcdku •vktknh dh deh
<p>; kš mRi hMē</p> <ul style="list-style-type: none"> •cky foolg •cky ; kš mRi hMē •cky oš; kofRr 	<p>; kš mRi hMē</p> <ul style="list-style-type: none"> •fookg dsHkhrj vkš ckgj cykRdkj •tcju xHkzkkj.k •dke dh txg ij ; kš&mRi hMē •ifjokj rFkk dke dh txg ij ; kš&mRi hMē •[kjh&cpuk •tcju ; kš 0; ol k; •Mjkuk /kedkuk 	<p>; kš mRi hMē</p> <ul style="list-style-type: none"> •cykRdkj •Mjkuk&/kedkuk •; kš mRi hMē
<p>0; ogkj fu; æ.k</p> <ul style="list-style-type: none"> •[kjk f'k{k} LokLF; nš[kjšk rFkk tkudkj rd igp u gšuk ; k de gšuk •vku&tkus ij fu; æ.k •cxš Hkqrku ?kjsyWJe •l d k/kuka rd igp eš deh ; k fu; æ.k] 	<p>0; ogkj fu; æ.k</p> <ul style="list-style-type: none"> •xjhc ; k f'k{k} LokLF; •nš[kjšk rFkk tkudkj rd igp u gšuk ; k de gšuk •vku&tkus ij fu; æ.k •cxš Hkqrku ?kjsyWJe 	<p>0; ogkj fu; æ.k</p> <ul style="list-style-type: none"> •LokLF; nš[kjšk rFkk tkudkj rd igp u gšuk ; k de gšuk •vku&tkus ij fu; æ.k •cxš Hkqrku ?kjsyWJe
l = 1 %fgđ k , d tsMj epnk		

i Lrqr &1-1 tsMj vk/kkfjr fgd k ij fl MKWdh I Lrqr

, d h dksZ Hkh xrfof/k tks vlrjjk"Vh; ?kksk.kk@dkuu ; k ekuokf/kdkj vlrzr feyus
okysekuokf/kdkj o eksyd Lorark ds vf/kdkj ka dk efgykvka }kjk mi ; lxx dksckf/kr
djrk gis ; k vekU; djrk gis tsMj vk/kkfjr fgd k ds vlrzr vk; sxx rFkk ; g I hMKW
?kksk.kk ds vuPNn 1 ea of.kr HknHko dh ifjHkk"kk ea'kkfey gS %vuPNu 1 ds vuq kj
, d h vl ekurk tksfd L=h o iq "k fyax vk/kkj ij Hkn djsrFkk ml dk mnas ; o i Hko
ekuo thou dsfdl h Hkh {ks= eaml ds }kjk iz lxx fd; stkusokysew vf/kdkj ka dk guu
djuk gks bu vf/kdkj ka o Lorarkvka ea'kkfey gS &

1½ thus dk vf/kdkj

2½ irkfMf gks % Øjrkj vekuoh; rkj fuEu Lrj dk mi pkj ; k n.M I scpus dk vf/
kdkj

3½ jk"Vh; ; k vlrjjk"Vh; I 8; I 2k"kk ds nksku ekuoh; ekudka ds vlrzr I eku
I g {kk dk vf/kdkj

4½ 0; fDr dh Lorark vks I g {kk dk vf/kdkj

5½ dkuu ds vlrzr I eku I g {kk dk vf/kdkj

6½ ifjokj ea I ekurk dk vf/kdkj

7½ mPp Lrj dk 'kkjhfd o ekuf d LokLF; i ktr djus dk vf/kdkj

8½ dke ds fy, U; k; iwkZo vuphy ifjLFkr i ktr djus dk vf/kdkj

¼ hMKWvke ?kksk.kk u- 19½

2-1 dd LVkj h

1. jek usdN fnu igys, d ukeh&fxjkeh vPNh dā uh eaizkkl fud in ij dk; Zdjuk 'kq fd; kA og vi usdke o tktē ds l kFk [kqk FkA , d jkr ml dsckW usdgk fd ^og ml scgr plgrk gS vls ml l s'kkjhfd l ædk cukuk plgrk gSA Øg dgrk gSfd ; fn jek l gefr nsnrh gS rksog dEi uh eaml dk i æksku djxkA D; k ; g ; kš fgd k gS
2. deyk vls jesk dh 'kknh dksnks l ky gks x; s gA dHkh&dHkh jesk ?kj nj l sigprk gS vls rc rd deyk l kspplh gksth gA jēs k] deyk dks 'kkjhfd l ædk cukusdsfy, mBkrk gA dHkh deyk l D l djuk ughapkrh] bl dsckotw Hkh jesk ml ds l kFk l D l dsfy, tcjnLrh djrk gA D; k ; g ; kš fgd k gS
3. l Hkh dgrsgSfd l fjrk pfj=ghu gA og dbz i q "kka ds l kFk l kbz gbpz gS vls og cgr gh l D l h gA , d ckj og vi usfe= cl r ds; gka i kVhZ ea x bA ogkam l uscgr i h yh vls og engsk k gks x bA bl chip dā r usml l s'kkjhfd l æ/k cuk; svls ml dsnk rka us Hkh ml ds l kFk 'kkjhfd l ædk cuk; kA D; k ; g ; kš fgd k gS
4. ekgu 10 l ky dk yMelk gA , d fnu ml dsek&cki dsckgj tkusdsckn ml ds i Mš dk pkpk ½ tksfd ml l smezeadkQh c<k gš vldj ekgu l s'kkjhfd l ædk cukrk gA vls bl ?kVuk dksfd l h dks Hkh ugha crkus dks dgrk gA D; k ; g ; kš fgd k gS
5. ' ; ke d{k 5 ea i <rk gA og vi uspkpk ds ifjokj ea jgrk gSA ml dsppjselek tks Lukrd ½ xstq V½ ea i <rs g] , d fnu ml s dN u; k [ky fn [kkus ys tkrsgS rFk ml s vi us tuuk fn [kkrsg vls ' ; ke l s'kkjhfd l ædk cukrsgSA dkn ea tc ' ; ke euk djrk gS rks ml dselek ; g dgdj fd l cdks cryk nks ml s Mjkrsg] ' ; ke bl / kedh l scgr vf/kd Mj tkrk gS vls nks o"žrd fd l h dks dN ugha crkrkA D; k ; g ; kš fgd k gS
6. jesk vls dey nksukafe= gA nksuka dh mez 18 o"ž l s T; knk gS nksuka dbz ckj l kFk ea fQYEK nš kus tkrsg vls oki l vldj vki l ea'kkjhfd l ædk cukrsgA D; k ; g ; kš fgd k gA

l = 2 % ; kš fgd k dks l e>uk

iLrqr 2-1 %
efgyk ij ; kSud fga k gkusij l ekt dh ifrfØ; k

tc fdl h efgyk ds l kFk ; kSud fga k gkrh gS rks l ekt dh ifrfØ; k dN bl rjg
dh gkrh gS%

1- igys; g <pk tkrk gSfd dghaefgyk us iq "k dks ^mRrftr* djusy; d dN fd; k
rksughaFk\ ; fn ; g ughafudy ikrk gS rks iq "k dks ^ikxy* ; k ^vitdfrd* dg djds
l ekt mul sgkFk >kM+yrk gA

2- ; g Hkh <pk tkrk gSfd ; g fga k efgykvka dks bLræky djdsml ds ifjokj@keZ@ns k
dh ^bTtr* yWusdsfy, rksughafd; k x; k\ ; fn gk] rksfQj efgyk dsfy, l g; kx
o l gkudkfr gkrh gA ; fn ; g ughagvyk rks efgyk dks, d [kk l eki n.M l suki k tkrk
gA ; g ij [kk tkrk gSfd og vkn' kZ L=h gS ; k ughA

; fn ugha rks l ekt ml dh ; kSud l j {kk dh dkbZftEenkjh ugha yxk vjS bl rjg ds
iZu [kM+djrk gS &

- fdl rjg ds di M+m l us i gus Fk\
- D; k yMeh us 'kjhj dks l gha rjhds l s <dk Fk\
- D; k og xyr txg ij xyr l e; ij Fk\
- ml dk 0; ogkj ds k Fk\
- D; k og 'kkyhu o 'kfeZyh gS
- ml dk fdl h xS enZ l s D; k fjLrk gS\
- D; k ml dk fdl h enZ ds l kFk voSk l ædk gS\ ; fn gk] rc rksml ds l kFk fga k gksh
gh gS

3- ; fn dkbZefgyk ifronk ugha gS ; k l gu'khy] l e>kS-koknh vjS eerke; h ek] ugha
gS ; fn og vi us ifjokj dks l okPp i kFkfedrk ugha nrh gS rksml ds l kFk fga k gkus
ij l ekt l kFk ugh nrk gA

i Lrqr 3-1 %

fi r'l RrkRed nřu; k eaefgykvkadk 'kjhj Hkřiedk, afuHkřrk gS---

- 1- ?kj ds vlnj] tsMj vk/křjr efgyk dk 'kjhj nksHkřiedk, afuHkřrk gS &
¼½ mi Hkřx dh oLrq]řM; k] Vh-oh- vřfn½ dh rjg ftl dk ifr gj l e; blręky dj
l drk gř
- ¼½ vi us ?kj ds i q "kka dh bTtr dk ^i k=* A
i gyh Hkřiedk ea ml ds l křk fgd k dks 'fgd k' l e>h gh ugh tkrh gSA ni jh Hkřiedk
ea fgd k gks ij og n; k dh lkk= cu tkrh gř nksuka n'kvka ea ml dh Lor=ark vřj
vřHk; fDr dk vf/kdkj ml l s Nhu fy; k tkrk gř
- 2- l ekt ekurk gS fd i q "k dh ; kšud bPNk, a cđkcw gkrh gř efgykvka dh ; kšud
bPNk gkrh gh ughA
- 3- gekjs dkuu Hkh efgyk ds bTtr@vkc: dh l j {kk ds fy, cus gř u fd ml ds
ekuokf/kdkj ka dh j {kk ds fy, A
- 4- dkuu dk utřj; k efgyk ds; kšudrk dksfu; fi=r djus ds i {k ea gř ; fi bl rjg
dh 0; oLFkk gS rks gekjs l keus fodYi D; k gř
efgyk ds 'kl jky ea >xMk gks ij fodYi D; k gks l drk gř \ D; k ge efgyk dks
l j {kk vřj l e>křk ds fy, oki l '?kj* Hkřtuk pkgrs gř
; k
efgyk ds vi us vf/kdkj ka dks i klr djus ds fy, oki l '?kj tkus dks enn-djrs gř
; k
efgykvka ds fy, vi uk , d vyx LFkkuj vyx ep ea 'křfey gks dks i křl křgr@
enn@l eřkřu djrs gř \
- 5- D; k ge efgykvka dh ; kšudrk dks ml ds vf/kdkj ka ds vlnj nř křsgř gea; g i z u
mBkuk gksk fd i jk l ekt efgykvka dh ; kšudrk dks nkus dk ; k ml ij fu; æ.k
djus dk D; ka i z kl djrk gř bl fu; æ.k dh jktuhř dks vf/kdkj xr
utřj; s l sfo'yřk.k djuk gkskA

gs M vkmV 3-1 efgyk fgd k

efgyk fgd k i jh nfu; k e adkQh 0; ki d gS fQj Hkh ; g ekuo vf/kdkj ds guu ds : lk
ea l cl sde n[kk tkrk gA ; g efgykvka ds LokLF; dks 'kkjhfd o ekuf d : lk l s
dkQh gn rd i Hkkfor djrk gS vkS] efgykvka ds vkRefo'okl dks Hkh dkQh de tkj
cuk nrk gA ; snksuka i Hkko fdl h Hkh ekuo ds iwZ fodkl eaf'kSk : lk l sfodk'khy nS kka
ej dkQh ck/kd gA

?kjsywfgd k dsekeykadh rksT; knkrj ?kVukvka dh fj i kVZgh ugha dh tkrhA ?kjsywfgd k
dh vke o 0; ki d i fj Hkk"kk ds vlrkr ?kj eafgykvka i j i q "kka o fgd k dks c<kok nus
okys i kS:ks }kjk efgykvka i j dh x; h 'kkjhfd] ; kSud o HkkoukRed fgd k 'kfeY gA
; g fgd k ut nhdh fj Lrka ea Hkh gkrh jgrh gA bl dk eryc T; knkrj ?kjsywfgd k i q "k
}kjk vi uh i Ruh] i wZ i Ruh] efgyk i kVZj ; k i wZ efgyk i kVZj i j fd; k tkrk gA ; g
fdl h , d oxZ ; k l dfr rd l hfer ugha gkrkA ?kjsywfgd k ds vlrkr
vijkf/kd vkS] xS vijkf/kd 0; ogkj] 'kkjhfd fgd k] ekuf d mRi hMeu o ; kSud 'kSk.k
o vR; kpkj 'kfeY gA ?kjsywfgd k dbZ ckj , d tkjh jgus okyh i fO; k gS rFkk ; g
dkQh xEHkhj gS l drh gA

?kjsywfgd k eafgd k djus okys ; k fgd k dks c<kok nus okys dk ed; mnas ; fgd d
0; ogkj }kjk nh js 0; fDr; ka ds mij vi uh l Rrk cuk, j [kuk o fu; a.k djuk gkrk
gA

efgyk fgd k dk foLrkj

I d kj ea

- I d kj ea i fr rhu efgykvka ea l s, d dks i hV k x; k] l Hkks dsfy, etcj fd; k x; k
; k thou ea dHkh u dHkh i rkrfMf fd; k x; k gA
- I d kj ea i fr pkj efgykvka ea l s, d dks xHkZ LFkk ds nS ku i rkrfMf fd; k tkrk
gA

¼ kr % tul ; k fj i kVZ J[kyk , y] ua 11] 1999%

- I d kj ea 5&15 o"Z ds chp dh 20 yk [k yMfd; ka dks gj l ky oS; kofRr ea/kdysk
tkrk gA
- , f'k; k dh de l sde N% d j k M+ y Mfd; k] ftuds vkt thfor gkus dh l EHkkouk Fkh]
fyax vk/kkfjr xHkZ krk] dkfydk f'k'k qgR; kvka rFkk nS kHkky dh deh ds dkj .k] vkt
nfu; k] l s ^xk; c** gA

¼ kr %LVV vkQD oYMZ i kM; nysku QM % ; w, u-, Q-i-h, -&2000%

Hkkjr ea %

- iR; d 78 feuV ij , d ngst eR; q
- iR; d 59 feuV ij ; k& mRi hM& dh , d dkj&k&A
- iR; d 34 feuV ij , d cykR&kjA
- iR; d 16 feuV ij NMM&M@& k& djusdh , d dkj&k&A
- iR; d 12 feuV ij ; kruk dh , d dkj&k&A

¼ k& % uskuy Økbe fj&kM&C; j&k& Hkkjr l j&kj] 1999%

- iR; d 5 fookfgr efgykva&eal s , d us ?kj&ywfgá k vut&ko dh g&A
- iR; d 9 efgykva&eal s1 usl o&k.k dsl e; l sfi Nys&kjg eghuks&eal hVs tkusdh cr Loh&kj dh g&A
- 21 i fr'kr efgykva& uscrk; k fd os 15 l ky dh mez l sfgá k dk vut&ko dj jgh g&A
- 19 i fr'kr efgykva& uscrk; k fd muds i fr; ka us ml&ga 'k&jhfj d : lk l s ekj&i hV&k g&A

¼ k& % , u- Q- p- l -&2 1998&99%

efgykva& dsf[ky&Q fgá k dh ?kVukva&eac<k&Rjh dk Lo: lk

vij&k/k dk iz&kj	o"l					
	1995	1996	1997	1998	1999	2000
cykR&kj	13754	14846	15330	15151	15468	16496
ngst eR; q	5092	5513	6006	6975	6699	6995
; kruk	31127	35246	36592	41376	43823	45778
mRi hM&	28475	28939	30764	30959	32311	32940
NMM&M@&; k& mRi hM&	4756	5671	5796	5796	8034	11024

l k& % Hkkjr eavij&k] , ul hv&kjch&2000

l = 3 % tsMj] l Rrk vk& efgyk fgá k

efgykvka ij fgl k l si Hkko

- tix: drk dh deh ; k vkrE l Eeku dh dehA
- ekuf l d LokLF; dh deh t& sfpLrk] my>u rFkk [kkus o l kus ea l eL; kA fgd k l sefgyk eadkQh upl ku i gpkusokyh vknrka; k [krjukd 0; ogkj djusdsrjQ /kdsy l drh g& t& & u'khyh nokb; ka y&uk rFkk 'kjkc i huk] ; k dbZ l kFk; ka ds l kFk ; k& l Ei dz j [kukA
- xEHkj p&v o nn& gMMh Vwuk] tyuk] vk[kka dk dkyk i M+tkuk] dV&QV tkuk] l jnn& i&v nn& ekd i f l ; ka eannz vkfn] v& ; g l c fgd k gkus ds ckn Hkh dkQh yEcs l e; rd jg l drk g&
- ; k& LokLF; l eL; k, d&N v&srka dks xHk&L Fkk ds n&g ku ekj [kkus l s xHk& kr gks tkrk g& os vupkgs xHk& l s Hkh i hfM&F gks l drh g& ; k& l p&fjr jksx ; k , p-vkbZ oh@, M+ vkfn [krjukd jksx ; k& fgd k ds i f j . kke Lo: i gks l drs g& ; k& mRi hM&u i k; %; k&ud f& ; kvka& d l 1/2 ds i fr Hk;] ; k& l Ei dz ds n&g ku nnz ; k ; k& ds i fr vfupNk dks Hkh c<krk g&
- dHk&dHk fgd k l s e& Hkh gks tkrh g&

efgyk fgd k cPpka ij Hkh vl j NkM&rk gS %cPps tc vi uh ekads i fr gks jgh fgd k dks y&krkj n&fkrS gS rks& &

- x&l k ; k vk&ked 0; ogkj @fgd k dh udy djuk ; k os fcYd& p& gks l drs g& rFkk bl rjQ /; ku nus l s gh vi us dks vyx dj yrs g&
- jkr eaMjkous l i us n&f kuk ; k vl; : lk eaHk; Hkhr gkukA ftu i f j okj ka ea fgd k gsrh jgrh g& ogkj cPps Bhd l s [kkuk Hkh ugha [kkr&A mudk fo'okl o l h [kus dh bPNk vl; cPpka dh rgyuk eadkQh /kheh gsrh g& rFkk muea vl; dbZ fcekfj ; ka gks tkrh g& t& s i&v eannz jguk] 'kj nnz o l ka dh fcekjh vkfnA
- dHk&dHk fgd k efgyk vka ds l kFk&l kFk cPpka ij Hkh gkus y&srks p&v o dHk&dHk eR; q Hkh gks tkrh g&

efgykvka ij fgd k dk l epk; ij i Hkko i M&rk gS&

- ubZ i h<h fgd kRed 0; ogkj vi uk yrh g& rFkk v&xs c<krh g&
- >Bh /k j .kk, cuh jgrh g& t& s & i q "k efgyk vka l s c&grj g&
- efgyk vka dh l kep&f; d x&rf&f/k; ka ea de Hk&xh&nkjh ds dkj .k fodkl de gsrk g& : d tkrk g& thou Lrj ea l &kkj ugha gks i kkr&A ; fn l epk; dh efgyk Lo; a ij gks jgh fgd k ea p& jg tkrh g& ; k ej tkrh g& rks l epk; ml efgyk ea vlrfu&gr l Hk&ouk@ i fr Hk& ds mi ; ks l so&pr gks tkrk g&

og D; ka : drh gS

;fn ylx l pŕsgsf d , d efgyk yxrkj fgd k dh f'kd kj gksjgh gS rks rjŕl i gyh
i frfŔ; k gkrh gSfd og : dh D; ka gS; gk; cgr l kjs i ŕu [kMŕ-gkrsgSfd D; ka efgyk
fgd kRed l adkka ea : ds jgus dk pŕko djrh gS\ bl ea 'kkfey gS%

Mj o vk'kadk % gks l drk gSfd iq "k cksyk gks eŕ rŕs ekj Mkyŕk] cPpka dks ekj
Mkyŕk] ek] dks ekj Mkyŕk , ŕ h i fjFLFkr ea og l kp l drh gSfd ea 'kk; n : d dj
Lo; a dls rFkk vi us i hNs; k vi us l kFk [kMŕ-ykska dks cPkk i kmŕkh

iŕ k ugha gS rFkk LFkk ugha gS tkus ds fy , %; g fcYdy l R; gSfd iq "k l kjs
iŕ s i j fu; æ.k djrk gS rFkk efgyk dks vi us fe= o i fjokj l sfeyus ugha nrkA

l g{k ugha % dkn eaoki l vkus ij ml scpkus ds fy , ; k ml ds i fr dks fgd k djus
l s jkdus ds fy , dkbZŔ; oLFkk ugha gS

'keZ % og l kp l drh gSfd ml ij fgd k 'kk; n ml dh xyrh l sgksjgh gS; k og
bl h yk; d gŕ ; k ylx tkuŕs rks D; k dgŕs\

/kkfeZ ; k l kŕŕfd fo'okl % og 'kk; n l kprh gSfd 'kkrh ds l Ecl/k dks cpk,
j [kŕrFkk , d l kFk jgus dh ml dh ftEenkjh gŕ bl l sdkbZ QdZ ugha i Mŕk fd ml dh
dher D; k gksxA

cnyko dh vk'kk % og l kp l drh gSfd og vi us i fr dks l; kj djrh gS vkŕ
l Ecl/kka dks vkxs cuk , j [kuk pkrh gŕ bl h ea l s 'kk; n dkbZ jkLrk fudysk] ft l l s
ml ij fgd k : d tk; xhA

vijk/k cksk % cPpka dks i fr k dscxŕ jguk gksk bl dk vijk/k cksk gŕk gŕ

¼ kŕ % og; j foes gŕ uks MŕVj] pŕ Vj 18 ½

fgd k gkus ij dks&dks enn dj l drsg

, -, u-, e-] vkŕuokMh dk; ŕrk] iq "k dk; ŕrk] efgyk l æBu] l j i p] i ŕkku] i ŕyl]
MŕDVj] i Vokj] v/; ki d vkfn Ŕ; fDr; ka }kj k enn dh tk l drh gŕ

fgd k gkus ij ge D; k dne mBk l drsg

fgd k dks nckuk ugh pkrh,] fgd k dks i gpkuk] vkokt+mBkuh pkrh,] rjŕl ml
efgyk dk bykt] tkŕ djokuk] fgEer o l gkŕŕŕ nsuk] dkuuh enn djuh pkrh,]
fgd k dks, d enns ds : i eamŕk] uk] efgyk vkaŕo yMfd; ka ds c; ku ij fo'okl djuk]
ft l l sefgyk dks Hk] kd k gSfd ml snkŕh ugh Bgjk; k tk, xhA LokLF; l ŕkvka ds fy,
vk jgs l Hk] cPp; kaŕo efgyk vka dks l ŕnu' khy , oal gkŕŕŕ i wkZ i fjoŕ k nsuk ft l l s
os vi us l kFk gks jgs fgd k ij ckr dj l dŕ, oal ykg&i jke' kZ dj l dŕ vko'; d gks
rks bl ds fy, fo'ksk i ŕu Hk] i ŕnk tk; ; k i kŕl kgr fd; k tk; A yMŕs yMfd; ka ds
l kFk bl fo'k; ij pkrZ djuk] rkd mu ij gks jgs i kfjokj fgd k ds i Hkko dks jkdk
tk l ds A

l = 3 % tsMj] l Rrk vkŕ efgyk fgd k

ds LVkjh 3-1 %1-Jqr dh dgkuh

t; ij 'kgj ea Jqr dkedkth efgykva ds, d gkt.Vy ea jgrh FkA ml dh tku
igpku l j'sk uke ds, d yMels l sgksx; h] tks, d l Eillu ifjokj l sFkA dN fnu
ea; g nkt.rh 'kkjhfd fj' rkaeacny x; hA, d ckj ; g l EclU/k gks tkus ij Jqr dks
vi usfj' rscnyrsqg yxA, d fnu l j'sk ml svi us l kFk ysx; k rFk ml ds, d nkt.r
us Jqr ds l kFk cykRdkj fd; kA tc Jqr us l j'sk dks crk; k rks ml ij dkbzvl j ugha
i Mka fQj ; g vDI j gks yxkA ; gkWr d, d ckj l j'sk o ml ds l kFk; ka us Jqr dk
l kefgd cykRdkj fd; kA tc ; g nkt.rk gvk rks Jqr us r; dj fy; k fd vc og
l gu ugha dxhA efgyk l aBuka l sfeydj ml us, Q-vkbzvlj- fy [kokbA Jqr yxHkx
Ms+l ky rd ; g l c l grh jghA ml us i fyl ea vi uk c; ku dbzckj cnykA ml ds
cykRdkj l Hk ukeh&fxjkeh rFk A ph i g p okys ylx Flz bl fy, dkbzfxj rkrj ugha
gva tc efgyk l aBuka us ncko cuk; k rks os fxj rkrj rks gq ij rjUr NW x; A
epnea ea Jqr dh Ms+l ky dh plih ds vk/kj ij l e>k x; k fd Jqr dh bPNk l s
l c dN gvk o vHk bl dk fu.kz ugh gvk gsvks eqtfje ty l sckgj gA

ppkzdsfy, izu %

- vki dks D; k yxrk gS bl dgkuh ea Jqr ds l kFk dgk&dglw ij fga k gpz gS \
- D; k Jqr dh plih ml dh bPNk trkrh gS \
- gkWr rks dkj .k crk; a \
- bl ea xyrh efgyk dh gS \ gkWr rks D; ka \

2- jpuK dh dgkuh

jpuK dk fookg food ds l kFk 1983 ea gvk FkA food dks 'kq l sgh vi us l tñj o ; k&;
gks d k Qh ?ke. M FkA Nk/h&Nk/h crka dks ycdj og jpuK dks upk fn [krkA jpuK vi uh
ekWdh, dyksh csh FkA food ckj&ckj ekasHk djrk jgrk gsvks ml ds vl; vks rka l sHk
l aak FkA yxkrkj ekj i hv o irkMek ds chp jpuK us thou ds rjg l ky fcrk; A bl h fookg
l sml ds rhu dsV; kNgpA yxkrkj irkMek ds dkj .k jpuK ekuf l d : i l sHk chekj gks xbA
bl h chp ml dh X; kjg of'kz csh us crk; k fd ml dk cki ml ds l kFk ngkpkj dj jgk gA
cykRdkj rksugha ij vl; izdkj ds dkepl 0; ogkj@NM[Fkkuh djrk gA tc jpuK ifr l sckr
dh rks ml us dgk fd rñ rks i kxy gks rñgs oge gks jgk gA

ppkzdsfy, izu %

- vki dks D; k yxrk gS bl dgkuh ea fga k gpz gS
- gkWr rks dgk&dglw ij fga k gpz gS
- bl ea xyrh fdl dh gS ; fn efgyk dh xyrh gS rks D; ka \

3- rlrk dh dgkuh

rlrk j{kk ea-ky; ea ukšdjh djrh FkhA 1984 es ml dh 'kknh ftršnz iky 'kekZ l s gšZ
tks gfj; k.kk l jdkj dsftyk Lkkf[; dh; dk; ky; ea ukšdjh djrk gš 'kknh ds ckn
ml dsifr , oal l jky ds l nL; ka useka j [kh fd og vi uk ijk oru ml gš l kš nA
tc rlrk useuk fd; k rksmu ykškaus ml ij vR; kpkj djuk 'kq dj fn; kA , d l ky
ea rlrk ek cu xBA yfdu cš/k gkus ds cktom ml ds ifjokj dk # [k i gys dh rjg
jgkA rlrk l gu djrh jghA tc cš/k 7 eghus dk Fk fd og i p% xHkšrh gks xBA Fkds
'kjh ds dkj.k rlrk dk eu Hkh detkj cuus yxkA Mkš/ vksj rkus pyrs jgš ml jk
cPpk Hkh yMedh gš/kA rlrk dš detkjh egl š dj jgh FkhA nksekg i 'pkr , d fnu
l qg rlrk dh tyh gšZyk'k feyh] ftl dh tHk fudyh gšZ FkhA ml ds 'kknh ds <kbz
l ky ijs gq FkA

yk'k dks ml h fnu ikšV ekšV fd; k x; k] ftl ea eR; qdk dkj.k vlx yxuk crk; k
x; kA ij l r q tc U; k; y; ea dš v; k rks i kšV & ekšV djuš okys MkšVj dks cyk; k
gh ugha x; k rFk ftršnz iky 'kekZ NW x; kA

ppkZ ds fy, izu %

- ♦ vki dks D; k yxrk gš bl dgkuh ea fgd k gšZ gš \
- ♦ ; fn gk rks dgkš dgkš ij fgd k gšZ gš \
- ♦ bl ea xyrh fdl dh gš \ efgyk dh xyrh gš rks D; ka \

4- l jš k dh dgkuh

l jš k ch,- ikl gš ml scgr vPNs včd ugha feys FkA og xf.kr vksj l kbd l s d k Qh
?kckjrk jgrk FkA ml sxg fokku i l n Fk] fdURq bl fo" k; dks i < eus dk ekš k ml sugha
fn; k x; kA og [kkuk cgr vPNk cuk yrk gš fl ykb & d < kbZ Hkh vPNh dj yrk gš og
efgyk vka ds l kFk dk Qh ?ky fey dj jgrk gš r Fk ml sefgyk vka ds l kFk ukpuk o xkuk
dk Qh i d n gš l jš k ds frk th dk Qh /kuh Fk vksj ml dh 'kknh , d l Ei Uu i fjokj
dh yMedh l sfd; A dk Qh dš ngst Hkh fey kA l jš k dsekrk & frk dks yxrk Fk fd
'kknh ds ckn l jš k l qk] tk; s kA l jš k dh 'kknh ml dh fcuk l gefr ds fd; k x; k]
tks ml s fey dy Hkh i l n ugha FkA fdURq og dš ugha dj l d kA

'kknh gq nks o'kz gks pšs gš og dekrk ugha gš l jš k dh i Ruh ml s vi us l gsy; ka l s
feykus ij vi uh cbT trh l e>rh gš ?kj ea l Hkh ml s f>Medr s jgrs gš r Fk ml dk
vuknj djs jgrs gš , d fnu l jš k v k RegR; k djus dk Hkh iz kl djrk gš fdURq
'kh?kz irk py tkuso bykt gks tkus l sog cp tkrk gš

ppkZ ds fy, izu &

- ♦ D; k vki dks yxrk gš fd bl dgkuh ea fgd k gšZ gš
- ♦ ; fn gk rks dgkš dgkš ij fgd k gšZ gš fgd k ds fy, ftEenkj dks gš vksj D; ka

l = 3 % tsMj] l Rrk vksj efgyk fgd k

gSM vkmV 5-1 enk&uxh o tsMj vk/kkfjr fga k

iR; d fga k dh ?Kvuk ij d&unr djus; k o; fDrxr iq "k }kjk fd; sx; sefgyk fgl k dh
?Kvukvka ij dke djusdsctk; ijh l kektfd l kdfn tksiq "kka dh Hkfedk o igpku dk
fuezk djrh gsdk fo'y&k.k djuso ml ij p&ks'h [kMk djus dh vko'; drk g&
bl dk eryc ; g gr&k gsfid iq "kka ij reke rjg l si Meusokysncko tksfga k dks ijff.kr
djrh gsdks igpkuuso l e>us dh t: jr g& l kFk gh l kFk iq "kka }kjk vius0; ogkj dh
ftEenkjh yus dh t: jr g&

e[; r; k tsMj l Rrk l Ecl/k efgykvka dsiq "kks ds vi \$kk T; krk upl ku] l d k/kuka ij i gip]
ykhk] l puk o fu; a.k de v& }kj ds vlnj rFk ckj l ko&fud LFkkuka ea de vf/kdkj
dks o&rk nrh g& i wZ es Hkh tsMj l ekurk dsfy, bu ep&ka rFk l &"kz dks dkQh l fid. k&k
ds l kFk efgyk ep&ks ds: lk ea n&kk x; k g& v& tsMj dk; D&e Hkh efgykvka dks d&unr
dj ds cuk, x; sFk&

fi Nysn'kd eabl ckr dh Lohdk; &k c& gsfid tsMj l ekurk ds v&Unksyu ea iq " kka dks
t&Meus dh t: jr g& l & k&rd r& ij Hkh fodkl ea efgyk, a(WID) l s tsMj v& fodkl
&GAD) ij /; ku cny x; k g& bl l sefgyk o iq "k ds l Ec/kka ij Qk&l djus dh txg
cuh g& v& l kFk gh efgyk l ep&ka o iq "k l ep&ka ds vlnj bu l Ec/kka ea l erk o l ekurk
dk ep&ka m&kus dh txg cuh g&

bl rjg iq "kka dh Hkfedk, amudh ftEenkj; ka v& tsMj l ekurk dsfy, muds; k&nku
dh l E&Hkouk vka ij p&pk&enk&uxh dsek; uso enk&uxh ds mi; k&x dk i rk djus ds }kjk p&pk&
'kq' djuk , d jkLrk g& l drk g&

enk&uxh & enk&uxh o enk&uxf; kaftl ds fo&Hku Lo: lk g& ts fo&Hku rjh&ka l scurh g&&
, d tVY ij fLFkr g& enk&uxh ik; %vk&kedrk] i fr; k&xrk] nckdj j [kuk] rkd] l kgl
v& fu; a.k ts h fo'k&krk vka l s t&Mej n&kh tkrh g& ; s fo'k&krk, a t&od] l kektfd o
l k&dfnd i Hk&ka l sfeydj curh g& rFk gekjs l ekt ds l Rrk l j&pk dh l e> l sl Un&H&
g&h g& ; |fi ; g Li "V crkuk fd bl ea d& l srRo fd l gn rd tsMj x& j&kcjh dks
i Hk&for djrsg& rFk tsMj vk/kkfjr fga k ds dkj.k g& dfBu g& bu rhuka i Hk&oh rRoka gr&
p&ks'h nus dk Y&odZ inku djrk g&

enk&uxh ij /; ku d&unr djus l s tsMj dh /k&j.kk fn [k&bZ nus yxrh g& o iq "kka ds fy,
Toylr cu tkrh g& ; g iq "kka dks tsMj dsifr l tx cuk nrh g&ftl l smudsvi us thou
ea vl j fn [krk g& l kFk gh l kFk ; g tsMj x& j&kcjh ea p&ks'h nus rFk efgyk fga k dks

l = 5 % enk&uxh v& fga k

I ekir djustsfy, i fke dne gkrk gA i q "kka }kjk dh x; h fgd k tsMj I Ecl/kkaeavl erk
o vl ekurk dksn<rk I sfu/kkžr djrk gsrFkk nksukaefgykvka dksv'kDr o detkj cukrs
gA fgd k tsMj HksrHkko dk vko'; d rRo gSvksj xjhc rFkk vehj nska dsjktuhfrd o
vkffkžk {k= ea tsMj vk/kkžr xšcjkj dh 0; oLFkk dk cgkuk gA

bl i dki I svkfFkžk I kekftd <kps o ifjokj 0; oLFkk ea ifjorž I snfu; k dsdbžHkxkaea
enkžxh I dV ea vk trk gA enkžxh ds i qužuekžk I sgs I drk gSfd xjhc vksj vkffkžk
o I kekftd cnyko i Hkkfor gks rFkk i q "kka ds i k j E i j d Hkfedkvka dks cny ns rFkk i fjokj
o I enk; eanil jsrjg dsek; usi wžHkfedk dk Lktu d jž; gks I drk gS i q "k vi uh enkžxh
dks nli jh rjg cukus dk jkLrk <ks ts xšftEenkjuk ; kšud 0; ogkj ; k ?kjsy wfgd k dks
gVkdjA

oškfd vFkž; oLFkk rFkk yEcs I e; rd cjkstxkj i q "kka dh Hkfedk o igpku tks ifjokj
dks dekđ f[kykus dh gš dks cny jgk gA I ekukžr gh efgykvka dh Hkfedk Hkh cny jgh
gS & yxkrkj I kožt fud {k=ka o vk; I s t M s d k e a e a H k k x h n k j h c c + j g h g s r F k k e f g y k v k s d s
ekuo vf/kdij dks Lohdkj fd; k tkus yxk gš bl I s i k j E i j d J e f o H k k t u o u k j h R o d h
i f j H k k " k e a H k h c n y k o v k j g k g A p i d e n k ž x h v k š t u u k a x h d k s , d n i l j s d s i j d r F k k d i q
gn rd , d n i l j s d s f o j k š k h d s : l k e a n š k k t r k g š e f g y k v k a e a d i q c n y k o H k h e n k ž x h
d h / k j . k k d k s p u k š h n s j g k g A

enkžxh dh tšod I j puk I s l k d f r d I k e k t h d j . k d h r j Q O k d I c n y u s I s d b ž f g d k
j k d u s e a i q " k k a d s d k ; Ž e f g d d i q " k k a r d i g p i k ; s g š f t I I s m l g a l e > k ; k t k I d a f d
f d l r j g < { p k x r n c o } I k d d f r d I a n š k r F k k f i r R o p y u f e y d j m u d k f g l k d s f y ,
I k e k t h d j . k d j r k g A

, s r g k f l d o I k d d ' f r d r k š i j i q " k k a d s f g d k d k s j [k u s I s i q " k k a d s f g d k d k s c n y u s ; k
d e d j u s e a e n n f e y r h g A ; k b l s f g d k d k e n k ž x h d j . k d g k t k I d r k g A b l I s f t I
r j g g e y k s p p k z d j r s g S ; k e n k ž x h d k s n š k r s g š f t I I s e n k ž x h i q " k k a d s " v k Ø k e d r k " *
o " m x r k " * d k s i k d f r d c r k r h g s r F k k f o ' k ' k j k t u h f r d m n a s ; k a d s f y , I ņ ; o k n d k s i q V
d j r h g š v k f n i j , d c M k i z u [k M k g k r k g s v k š p u k š h [k M h g k r h g A

I UnHkZ & eš d f y f u V h , . M t s M j o k ; y ņ l] t s M j b ' ; w Q D V ' k i V u o 5] ; w h Q e] b L V , . M I k m F k
b L V , f ' k ; k A

I = 5 % enkžxh vksj fgd k

LokLF;

ekM; y dsmís; %

ifrHkKfx; ka ea

- 1.LokLF; rFk LokLF; o ekuokf/kdkj ds vlr l Ecl/k ij l e> c<ukA
 - 2.tsMj Hkshkko] ; kšudrk] fgd k vkfn LokLF; ds Lrj dks dš s i HkKfor djrs
gš ij l e> c<ukA
 - 3.LokLF; rFk fo'kšk : lk l s iztuu LokLF; ds vf/kdkj vkš ftEenKj; ka ij
tkx: drk c<ukA
-

I = 1 % LokLF; , oa LokLF; I šok dk vf/kdkj



2-30 ?kUVk

I = dk mnnš ;
I = ds mijkURk ifrHkkxh I e>ksfd &

- LokLF; , oa ekuokf/kdkj eaD; k I ECU/k gš
- LokLF; , oa LokLF; I šok vf/kdkj D; k gš
- LokLF; vf/kdkj ka dh j {kk ea iq "kka dh Hkfedk D; k gkxh \

i) fr

- I eg dke] ppkZ] i Lrqrhdj.k

I ekxh

- gM/vkmV] dkMz ij i u

xfrfof/k 1

pj.k

1. iR; šd ifrHkkxh dks gsM vkmV 1-1 ckš/A
2. ifrHkkfx; ka dks 4 I eg ea ckš/A
3. gj I eg dks LokLF; ij ifji=d i <us dks dgA ; g I fuf'pr djafd gj I eg dk gj 0; fDr ifji=d i <jgk gS0; fDrxr ; k I kktfgd ifji=d i <us dsfy, de I s de 1 ?k. Vs dk I e; nA
4. fuEu izuka dks ckMz; k fYki pkVZ ij fy[karFkk iR; šd I eg dks fuEu fclnq/ka ij ppkZ dj dkMz ij fy[kus dks dg&
1/2 ekuo vf/kdkj dš s LokLF; vf/kdkj ka I s tM+k gš \
1/2 LokLF; vf/kdkj o LokLF; I šokvka ds vf/kdkj eaD; k vUrj gš \
5. iR; šd I eg dks bl s cMš I eg ea i Lrqr dju s dks dgA
6. I Hkh ifrHkkfx; ka dks vius I eg ea oki I tkus dks dgA vc iR; šd I eg dks LokLF; ds vf/kdkj dks <kok nuse ajkT; o iq "kka dh Hkfedk ij ppkZ dj pkVZ ea fy[kus dks dgA
7. if'k{k d I eg dks QkeZ ds I kFk i Lrqr dju s dsfy, fuEu QkeM nA iR; šd I eg bl cMš I eg ea i Lrqr djsk

dk& l siq "k	epns	j . kulfr

8- tc ppkz dk l kj ck&kk tk jgk gks rks Qs fyV&vj if' k{k&d uk&/ dk l UnHkz yrs sg
fuEuk ij tkj nsxk&


1/2 LokLF; vf/k&dkj Hkh ekuo vf/k&dkj g&

1/2 fdl h Hkh ekuo vf/k&dkj ka ds guu-dk LokLF; ij xEHkhj vl j gksrk gS

1/2 efgyk vk& cPpk& ds LokLF; vf/k&dkj dks cpkus ds fy, iq "kka dks egROI wkz Hkh edk
fuHkhuh gks chA

1/2 jkT; dh ftEenkjh gS fd og bl sl g {kk inku dj& vknj djs rFkk ij k dja 1/2 st

174 jkT; dh ftEenkjh ds fy, ns{k&

<p>if'k{k.d uk/ %</p> <p>ekuo vf/kdkjka dh l j {kk ea iq "kka dh Hkfiiedk</p> <p>mnlkj .k %</p>		
		
dku l siq "k	epns	j .kuhfr
ifjokj ea/iirk] ifri i[e] tB] noj½	&efgykvka vks] iq "kka ea &HksrHkko] LokLF; vf/kdkjka dk guu	&l pklj &l ykg &l ed{kh; l egj dks
	&de mez ea 'kknh o de mez ea &cPps išk djuk] xHkzLFkk ds &nš]ku fgd k] i d o i d o i'pkr nš]k Hkky	mRI kfgr djuk &if'k{k.k &iztuura= dh tkudkjh &, l -Vh-Mh] , p-vkbZoh- ij tkudkjh
l epk; ea fd'kksj cPps l egj l xBu urk vkn'kziq "k	&tsMj vk/kfjr HksrHkko &LokLF; vf/kdkjka dk guu] LokLF; l okvka dh mi yC/krk iq "kka dsfy,] efgykvka dsfy, &tk vf/kdkjka dk guu djrs gš mudsf[kykQ dk; žkbž	ykska ea tkx: drk vfHk; ku ehM; k dk mi ; ks 'Vh- oh-] v[kckj if=dk vkn½
jk'Vh; Lrj ij š]ktuhfrd urk] uhfr fu/kkZ½	vPNk jksy ekMy vf/kdkj vk/kfjr LokLF; uhfr cukuk iq "kka dks mudks viuh t: jrka dks l e>usdsfy, mRI kfgr djuk	if'k{k.k ncko l egj cukuk



izdk'kr g&usokyse&ns

- LokLF; I &k ij efgykvka dh igp i q "kka dh rnyuk ea de g& ftl ds dbz dkj .kka ea tsMj HkrHkko vge-e&fk g&
- , d tixr ukxfjd ds ukrs i q "kka dks vi us vf/kdkjka ds ckjs ea [kq vLFkk fn[kkuk rFkk efgykvka ds l kfk l &nu'khyrk fn[kkuk t: jh g&
- efgykvka dks LokLF; I &kvka dh fo'k&k t: jr vi us thoudky ea gkrh g& %t& & xHkk&LFkk] cPps dk tuu] i& nrh i'pkr l &k] ijokj fu; kstu l &k vfn% y&du LokLF; I &k ij mudh igp dkQh de gkrh g& bl ds fy, i q "kka l s fo'k&k vi f&kk g&fd og vi uh ftEenkjh l e>A
- i k&kgkj i ktr djus ds ekeys ea Hkh l kekftd : f<f jfrfjokt] i j& jk efgykvka ds vf/kdkjka dk guu djrh g& bl fy, i q "kka dks l &nu'khy g&dj bu i j& jkvka&k [k&u djus ds fy, dne m&kkuk p&fg, A
- l ekt ds n&py ?kVd t& s efgyk , oa cPpka dks fgd k dk f'kdj g&uk i M&k g&st&smuds LokLF; vf/kdkj dk guu djrk g& bl fy, i q "kka dk l &nu'khy g&uk vi f&kr g&

gSMvkmV

1-1 LokLF; vf/kdkj o LokLF; I &k dk vf/kdkj ea vlrj

I = 2 % tMj , oa LokLF;



60 feuV

I = dk mnnš ;

I = dsmij kURK ifrHkkxh I e>ksfd &

- fdl rjg tMj dk efgyk , oai q "kka ds LokLF; ij fHkUu ifj .khe gksrk gA
 - i q "kka dh LokLF; I eadh fo'kSk D; k t: jra gA
 - efgyk LokLF; I qkjus ds fy, i q "kka dks I esu'khy gksuk t: jh gA
- i) fr**
- I eeg dk;] ppk] i Lr qhdj .k
- I ekxh**
- dkM] ij] i u] ckM] pkkh
 - gSMvkMv 2-1] 2-4

xfrfof/k 1

pj.k

- 1- I gHkkxh; ka dks 4 I eeg ea ckV/A
- 2- gj I eeg dks fuEufyf [kr fo"k; ka es I s , d fo"k; na %
- 3- I gHkkxh ifji = d %gMvkA½ dk bLræy ekxh'kšd ds : lk ea dj I drs gA yfdu mlgavi us vuHkoka dks Hkh tkM/ek pfg, A

I eeg ppk] ds fy, fn'kk funz k

- efgyk , oai q "k dh chekjh ds bykt ds oDr tMj nFVdksk dS s i Hkkfor djrk gA
- efgyk , oai q "kka eadkedkth QdZ %efgyk i q "k ds vyx&vyx Hkkfedk o dke½ rFkk ; kšudrk ds ifr nFVdksk muds LokLF; dks dS s i Hkkfor djrk gA
- efgyk , oai q "kka dk joS k I keftd ij jkuq kj dS s vyx gksrk gA mnkgj .k ds fy, efgyk rc rd bykt ugha djok, xh tc rd chekjh ml dh I gu'kDr ds ckgy ugha pyh tkrhA i q "k vxj cPpk ugha išk dj I drk rks og MkDVj ds ikl tkus ea ?kcjkrk gS % ekt 'ukenz dgxk dk Mj %A

- l k/kuka ij igp rFkk fu; a.k efgyk@iq "kka eafdl rjg fhklu gkrk gS
- tsMj fdl rjg efgyvk] iq "kka dh chekj ds ifj.kkeka dks iHkfor djrs gS
tS & iq "kka dks dekus okys gkus ds ukrs mu ij T; knk /; ku fn; k tkrk gS
chekj 0; fDr dh l ok dpy efgyvk] dks gh djuh iMfh gS

l eg dk; Zdsfy, fo" k; %

1- iq "kka dk thou pdz %tUe] cY; koLFkk] fd' kkg koLFkk] ; pkoLFkk] i kS-koLFkk]
o) koLFkk] tsMj HknHkko rFkk bl dk iq "kka ds LokLF; ij i HkkoA

2- efgyvk] dk thou pdz %tUe] cY; koLFkk] fd' kkg koLFkk] ; pkoLFkk] i kS-koLFkk]
o) koLFkk] tsMj HknHkko rFkk bl dk efgyvk] ds LokLF; ij i HkkoA

3- Vhch dk tMj n"Vh l sfo'ySk.k %efgyvk]@iq "kka ds LokLF; ij i HkkoA

4- l Mel nqk]uk dk tMj n"V l sfo'ySk.k %efgyvk]@iq "kka ds LokLF; ij]
i HkkoA

- ySxd HknHkko dk efgyk , oai q "k nksuka ds LokLF; ij xgjk ifj.kke gkrk gS fdlrq
efgyvk] ds LokLF; ij bl dk vl j T; knk gkrk gS
- ; g ifj.kke 'kkjhfd rFkk ekuf d : i ea Hkh nqk tkrk gS
- iq "kka dh LokLF; l adkh t: jrka dks l e>kuk vko'; d gS
- efgyk LokLF; ds ifr iq "kka dks l adnu'khy cukus dh t: jr gS

gj l eg cM+l eg eavi useq] ka dks dkm] s ij ij fy[kdj i Lrq djskA if'k{k d mDr
i Lrq ij viuh fvi .kh nsk rFkk ifrHkfx; ka l s; fn mudh dkbZ fvi .kh gS rks ml s
'kkfey djskA

gSMvkmV

2-1 tsMj o l Mel nqk]uk

2-2 tsMj o Vhoh

2-3 iq "kka dk thou pØ

2-4 efgyvk] dk thpu pØ

I = 3 % i q "kka dk LokLF;



45 feuV

I = dk mnns';

I = ds mi j kURk i frHkxh I e>ksfd&

- i q "kka ds tsMj I stM/LokLF; dh I eL; kvka vks t: jrka dks igpku i k, ksA

i) fr

- dš LVMh] I egj ppkZ

I elxh

- dš LVMh] pkVZ i s j] Ldp i sa

xfrfof/k 1

pj.k

1- i frHkfx; ka dks pkj I engka ea ckVaA

2- i R; d nks I eg dks, d dš LVMh na rFk mlga i <usvks ppkZ d jus dks dga i R; d I eg dš LVMh i <dj irk djsk fd i q "kka I stM/ fdl rjg dh LokLF; I eL; k, a fn [k jghs gšA I eg dk; Z dks cMš I eg ea i Lr q dj k; A

3- I eg i Lr fr dj.k ds I e; i f'k{k d pkVZ ij , d dkye ea epns nil js dkye ea vko'; drk rFk rhl js dkye ea I okvka dh I ph cuk, aA

i q "kka ds LokLF; dsepnns	t: jrs	mi yC/k I ok, a

4- i f'k{k d i frHkfx; ka I sppkZ ds nks ku i Na fd vki ykxka dks 0; fDrxr rks ij vks D; k &D; k LokLF; I eL; k vkrh gš bl s Hkh pkVZ ij fy [ka nA

5- i frHkfx; ka I smudsvius LokLF; epns t: jrka o I okvka ds ckj sea i Na rFk pkVZ ij t kMA

5- bl ds kn i f'k{k d i frHkfx; ka I sckj sea i frHkfx; ka I si Na fd fdl LokLF; I eL; k ds fy, dgk tkrsgA ftu&ftu LokLF; I eL; kvka ds funku vks mi pkj ds fy, i q "k dgh ughs tkrsg mu ij ppkZ dj k, afd ykx D; ka ugha tkrsgA



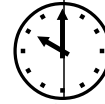
idkf'kr gkusokysefn%

- iq "kka dh Hkh dkQh LokLF; I Ecl/kh I eL; k, a gS ftuij dke ugha fd; k tkrk gSA
- tks iq "k fo"ke fyaxh ugha gS mudh LokLF; t: jrka dks ijh rjg LokLF; I ok ink; h 0; oLFkk }kjk vungkk fd; k x; k gA
- iq "k LokLF; I okvka dks yus Is Mjrk gS fo'kSk : lk Is iztud LokLF; I okvka dkj ftI dk vlj ml ds ijs thou ij iMfk gSA
- vr% iq "kka dh LokLF; t: jrka dks igpkuus rFkk mu ij dke djus dh dkQh t: jr gSA

ds LVkjh

3-1 iq "kka ds LokLF; dsefn%

I = 4 % LokLF; , oa ; kSudrk



90 feuV

I = dk mns' ;

I = ds mi j kURk i fr Hkkxh tku ik, asfd &

- efgyk rFkk iq "kka dh ; kSudrk dS scurh gS
- I keftd ekud fdl rjg efgyk rFkk iq "k ds ; kSudrk dks i Hkkfor djrs gA
- ; kSudrk rFkk LokLF; ds chp D; k l ædk gS

i) fr

- fYfyfLVæ] cu LVkilek] l egdk; l

I elxh

- ckMZ] pkb] dkMZ s j] i u

xfrfof/k 1

pj.k

- 1- ckMZ dks nks Hkkxka ea ckMZ
- 2- i fr Hkkf; ka l si q "k l ædk/kr I keftd ekud % ksky ukeZ i NDj ckMZ ds , d Hkkx ea fy [ka ckMZ ds nh js Hkkx ea efgykvka l sl ædk/kr ekud i NDj fy [ka
- 3- i R; d ekud dks ya vkS i Nafd fdl rjg ; s ; kSudrk l sl ædk/kr ekudka l stMfrs gA
- 4- ppkZ dja fd fdl rjg tsMj i Hkkfor I keftd ekud efgyk o iq "kka dh ; kSudrk dh vyx&vyx l j puk djrk gA
- 5- ppkZ dja fd fdl rjg ; g l ekt ea efgykvka ds fuEu I keftd Lrj dks c<kok nrnk gA 'kknh&'knk vkS rka dks muds i fr ds l UnHkZ ea ngkk tk; rks mudk vi us 'kjhj ij gh fu; æ.k ugha gkrk gA T; knkrj efgykvka dks vi uk thou l kFkh pprus dk vf/kdkj ugha gkrk efgykvka dks dc] dgk dS svkS fdruh ckj l DI djuk gS ; g muds fu; æ.k l s ckj gkrk gA
- 6- i fr Hkkf; ka l si NDj l ph cuk, afd fdl h rjg l s ; sekud LokLF; Lrj dks i Hkkfor

djrs gš'ekxh'kš dsfy, dkdI nš'kš

7- ppkZ djafd fdl rjg l kekf'td ekud iq "kka dš 0; ogkj tksfu; æ.k rFkk l Rrk dks inf'kr djrs gš dks i Hkkfor djrs gš mngj.k dsfy, vxj fdl h iq "k dks 'kknh ds, d o'kZ ds vllnj cPpk i šnk ughagkrk rc l kekf'td ekud iq "k dks 'kknh ds ckgj l adk cukus rFkk i q'kknh djus dh vuqfr ns nrk gš ; s l c enkZxh] rkdv vkš mojr k dh i Lrfr gš ¼ iq "kka dks vi uh mojr k] iztuu {kerk} yMelk i šnk djuk ^enz gš' vkfn fn[kkus dh t: jr i Mfh gš

8- l = dk l kj dškrsgq crk, afd l kekf'td ekud dšvk/kkj ij ; kšudrk dsekud i fjHkkf'kr gš ¼ s dšy ; kšud fØ; kvka eagh ykxw ughagkrk cfYd fir k cuuš yMelk i šnk djus rFkk iq "kRo fn[kkuseaHkh ykxw gš rFkk osfd l rjg LokLF; l adk 0; ogkj ka dks i fjHkkf'kr djrs gš fu/kkZjr djrs gš vkš vl j Mkyrsgš i Lrfr fn[kkus ¼ vks, p-i-h- 4-1½ ; kšud LokLF; dh i fjHkk'kk dš l kFk l = ij k djš

if'k{k dsfy, uk/ %

; kšudrk dsekud fuEu izkj fudy l drsgs%



i q "kka ds fy, l kekftd ekud	; kšudrk l ædkh ekud	efgykvka ds fy, l kekftd ekud	; kšudrk l ædkh ekud
etcr gks	etcr 'kjhj ; kšud xrfrof/k; ka ea rkr fr[kkuk l fØ; rk fr[kkuk	efgyk, adetkj gš	l j {kk dh t: jr ; kšud bPNk ugha
l kgfl d gks	vutko gkuk gh gš iz lx gkuk pkfg, tkudkjh ds fy, iz kl	'kkyhu gks	'kjhj <dk jguk pkfg, l dI ; k ; kšudrk ds ckjs ea ugha ckyuk pkfg,
usrk gks	l dI dh igy l dI ds ckjs ea tkurk gš l dI dscjseackr dj l drk gš	ij d vkKkd kjh	l dI dh igy ugh vl gtrk ; k nnZ dscjseackr ugh dj l drs



120 feuV

I = 5 % tsMj] itud o ; kšud LokLF;

I = dk mns' ;

I = ds mi j kURk i frHkxh

- I e> ik, xafd ituu LokLF; ds I Hkh eqs tMj eadš sl ekfgr gA
- ituu LokLF; I qkkjusea viuh Hkfedk r; dj I dæA

i) fr

- I egdk;] i Lrphdj .k] j ksy lys 0; k[; ku

I kexh

- dkMZ i ij] Ldpsu] dkMZ pKd

xfrfof/k 1

pj.k

- 1- i frHkfx; ka I si Nafd os ituu , oa; kšud LokLF; tkMelj os dš snš krs gA bl dks ; kšud LokLF; ea, p- vk; - oh- I sl j {kk} ; kšud thou dk vkun] ; kšud LokLF; dh tkudkj] vupkgs xHkZkkj .k I s Nv/dkj] xHkZujkskdka dh tkudkj] rFkk fu.kz yus dh {kerk] ui q drk dsfy, bykt] vkfnA nh jk mnkj .k i f' k{k d fu% Urkurk ea ; kšud LokLF; dsefnsgs& efgyk dh ekgoj] pØ o mi tkÅ fnukadh tkudkj] fparko dyad I s Nv/dkj] tks ; kšud vfhko; fDr dk i Hkfor djrk gA i frHkfx; ka I si Nafd os; kšud LokLF; dsckj seaD; k I e> rsgA& mnkj .k dsfy, , I -Vh- Mh- I sl j {kk} ; k ui q drk dk bykta
- 2- i frHkfx; ka dks rhu vfhok pj] I egkaeack/s rFkk fuEu fo" k; ka i j ksy lys rš kj djus dks dga
- 3- gj I eg dks 10 feuV rš kj] dsfy, fn; k tk; xkA i R; d I eg dks vi uk j ksy lys 3 I s 4 feuV ea i Lrph djuk gA
- 4- i R; d I eg dks ukVd dsfn [kk nus ds ckn gj eqns ij ckj] & ckj] I s ppkZ dh tk, xh rFkk mRrjka dks vyx&vyx dkWye ea I fpc) fd; k tk, xkA
- 7- i f' k{k d ; g crksgq I kj ckksfd tsMj] itud o ; kšud LokLF; I s tM] I Hkh eqnska dks i Hkfor djrk gS% d k f' kr gksusokysefnns[ksA crk, afd fdl rjg geus j ksy lyseabl snš [kk vkš fdl rjg ge jkstej kZ ds thou ea ns[krs gA bl dkr ij

tkj nafd ; fn gea itud vks ; kšud LokLF; ea l qkkj djuk gS rks gea l oš Fke
ifjokj vks l ekt ea l qkkj djuk gS vks gea l erk vk/kkfjr tsMj l adk cukusgkA

jksy lysdsfy, fo"k; %

- 1- ,d iq "k ftl dk fookg gq 6 l ky gq gSyfdu cPpk ugha gA
- 2- ,d L=h tks'or l ko ¼ Qn ikuh½ ,oa i¼ dsfupys Hkkx ea [kqt'yh l s xLr gA
- 3- ,d iq "k] ftl dh iRuh jkst l Hkkx dh pkg j [krh gš yfdu ml dk ifr 'kh?kz
iru l s xLr gA
- 4- ,d xHkbrh L=h ftl ds 3 yMfd; k; gA vks ml sjDrkYi rk ¼/¼ife; k½ gA

jksy lysiLr djusdsfy, eqs%

- ifjLFkr ea dks & dks l s tsMj i Hkkfor ; kšudrk ds eqns gS \
- bykt dj kusea ruko@l eL; k, a
- l kelftd nco
- ikfjokfjd Hkkfedk, j
- efgyk@iq "k dk [kr ds ifr još; k
- LokLF; l ok dfež ka dh ifrfdz; k

xfrfof/k 2

pj.k

- 1- ; g xfrfof/k igysiLr fd; s x, jksy lysxfrfof/k dk vuq j.k djsrgq gkxh
- 2- ifrHkkfx; ka dks pkg l eeg ea cka/A iR; sd l eeg xfrfof/k 1 ea l ip
c) dh xbZ ifjLFkr; ka ij i q%dk; Zdjxka iR; sd l eeg dks ifjLFkr dh iLrfr
djus dks dgarFkk ml h ij nqkjk ,d l dšnr iq "k dks fn [kkrsgq dke djus dks
dg] vks vPNs; kšud o iztuu LokLF; dks cuk, j [kuseamudh Hkkfedk LFkfr r djA
- 3- iR; sd l eeg bl scMsl eeg ea iLrfr djxka iLrfr ea; g izdkf'kr djus dh t: jr
gSfd 1- D; k ifjorž fd, x, gS 2- ifjorž djusea D; k dfBkukb; ka vk jgh Fkha
- 5- ; g crykrsgq l = dk l kj cka ka fd vPNs iztuu o ; kšud LokLF; dks l quf'pr
dj kusea iq "ka dh vge Hkkfedk gš l kFk gh muds; kšud l kFk ; k i frU dh Hkkfedk
egROI w kZ gA

gSMvkM %5-1 tsMj] ; kšudrk] iztuu o ; kšud LokLF;

gSM vkmV 1-1 ekuo vf/kdkjka dks LokLF; ea'kkfey djuk

LokLF; eavf/kdkj vk/kkfjr i fØ; k dk vFkZg%

LokLF; eavf/kdkj vk/kkfjr i fØ; k fuEu i fØ; k ds I UnfHkzr djrk g&

- LokLF; fodkl dsfy, ekuo vf/kdkj ds, d <kk> ds: i ea iz; kx djukA
- fd l h LokLF; uhfr] dk; Øe ; k vf/kfu; e ea ekuo vf/kdkj] ds igywo vknj dks ykxw djuk] rFkk ekuukA
- LokLF; I sl EcfU/kr uhfr vkt] dk; Øe ftl eajktuhfrd] vkfFkZd o l kekt'd {ks= Hkh 'kkfey g] ds l Ei wZ igy&fu.kz.] fØ; kko; u] fuxjkuh o eY; kadu ea ekuo vf/kdkj dks ykxw djukA

bl i fØ; k dsvUrzr dN ennXkj rRo fuEu gks l drsgS%

1- ekuoh; xfjek dks l jf{kr djukA

2- ,d stul eg ij T; knk /; ku nsuk tks l ekt ea l cl sn; uh; fLFkr ea gA nll js 'kCnka ea ,d s fo'kSkvkva dks Lohdkj djuk o muij dke djuk tks LokLF; I s l fEcfU/kr uhfr] dk; Øeka vkt] j.kuhfr }kjk i Hkkfor gks gS & cPps %y/Meds vkt] yMfd; kZ fd'kkt] o fd'kkt] k] efgyk, avkt] i # "k] ijEij kxr o vkfnokl h tul emk;] jk"Vh;] o.k] /kezo Hk"kkbz vYi l [; d] vkarfjd foLFkfr r ykx] 'kj.kkfh] i okl h o vi okl h] cqt qk] fHkUu l {kerkva ds ykx %fodykax%] tsy ea clnh] vkfFkZd : i l s detkj ykx] ; k vl; : i l sgk'k, ij jgusokys; k [kjkc ifj fLFkr; ka eajgus okys ykx A

3; g l fuf'pr djuk fd fo'kkt : i l svkfFkZd] detkj] i fjnll; l eg ds ykx] l Hkh dsfy, LokLF; l ok, amudh i gp ea g] fd l h Hkh vk/kkja ij fcuk fd l h Hkn Hkko dA

4 tsMj nF"Vdsk dk mi; kx djukA ; g Lohdkj djuk fd efgykvka o iq "kka nka dks LokLF; dks tSodh; o l ektd l kadfrd rRo dkQh gn rd i Hkkfor djrs gA LokLF; l EcfU/kr fd l h Hkh uhfr dk fuelzk vkt] fu; kstu mi jkDr foHkUurkva vkt] vk; kea dk l ekfgr djrs gq sgksuk pkfg,] ft l l sog l kFkZd vkt] i Hkkoh gks l dA

5- vf/kdkj vk/kkfjr <kpk LokLF; ds?kVd l EcfU/kr tu l eg ds 0; fDrxr fo'kSkvkva dks Lohdkj djrk gA cPpk l s tM s l Hkh iz; kl ka eamngj.k dsfy, cky vf/kdkj l e>kf'k ds fnxn'kd fl) kUr dks gj dk; Øe ea ykxw fd; k tkuk pkfg, bl ea 'kkfey gS &

- cPpk ds l okZ/kd fgr dh dkr i kFked vk/kk] gksuk
- cPpk ds nF"Vdsk dks mfor txg fn; k tk; sk

6- l ekur] HknHkko l s eDr] l ko/kkuhi wkt] tkf[kr jfgr vk/kkja ij LokLF;

l = 1 % LokLF; , oa LokLF; l ok dk vf/kdkj

dk; Øe dk fuekzk , oa fØ; kŵo; uA

7- Nne %v/rfufzgr@fNi sgq %z HkšHkko irk djusdsfy, I eŵpr vkđMšbdVBsfđ; s
tk, A

8- LokLF; fodkl uhfr ; k dk; Øe eafu.kz i fØ; kvka ea Loræ vFkđ wlk vŷ i HkkoH
Hkxhnhkj dks I ŵuf' pr djuk] tksvl jdkjh gkA

9- LokLF; I stMh tkudkj o fopkj] f'k{k vŷ I øk i klr djusdsvf/kdkj dks<kuk
vŷ cpkukA tksHk gks I puk dk vf/kdkj xki uh; rk %i kbođ h½ dsvf/kdkj dk guu
ughd jxk bl dk eryl vđMšxki uh; rk ds I kFk bLrēky fd, tk; øA

; g , d Kkr rF; gš fd ekuo vf/kdkj , p-vkbzoh-@, Mh] ekufI d chekj h , oa
'kjhfd v{kerk ds mi yC/k jkdFkē , oami pkj ds mi k; kō dks cgrj cukrk gA 0; fDr
dsfpdRI dh; , oa I kēpkf; d nš kHky dks 0; fDr dh xfjek , oa xki uh; rk dk vknj
vŷ I onu'khy cukuseaenn djr k gA dyōhdj.k , oa HkšHkko dk mŵeyu chekj , oa
ykHk dh i fØ; k eaenn djr k gA

10-LokLF; uhfr o dk; Øeka }kj orēku ds pyu ; k vf/kdkj ksdsmi ; kx dks I ehfr
fd; k tk jgk gks bl ij /; ku nuk ; g øšrk nrk gš ; fn fl jdq k fl) kŵr
%Sircusa Priripal) ea of.kz I eLr iko/kkuka dks ijk fd; k tk jgk gkA

11-vlrjkzvH; ekuo vf/kdkj vŷ ekud dks mtkxj djusdsfy, Li"V tMko cukuk
rkfd dš sekuo vf/kdkj LokLF; uhfr] dk; Øe vŷ dkuu I sykxwgrk gA rFk
tMrk gA

12-mPpre Lrj ij ykxwfd, tk I dusokysLokLF; dsekud dksLokLF; i klr djr k
dk vf/kdkj cukuk] LokLF; ds vŵrr-%/; s o xfrfof/k; k] ftudk mš; LokLF; dks
Åij mBkuk gA

13-ekuo vf/kdkj ka ds vknj] cpko rFk ijk djus ds fy, I jdkj dks iwz#isk
tckng cukukA

14- LokLF; ds {ks= ea vf/kdkj ka ds i xfr'khy Lohdk; rk dh fuxjukh I ŵuf' pr djus
dsfy, vk/kj Hkš I pđ cukukA

15-LokLF; ds I Hkš dk; Øeka ds I Hkš Lrjka ij i k jnf' kzk rFk tckng h c<kukA

16-cgd ē; d ykxka dh vYi I ē; d] i økl h] vŵ; vkŵrfjd vn'; I eŵ ds mi j [krjka
% ūk ds I unHkZ ež I scpkus dk fy, I j {kk ds mi k; dks tkMēk] mnkgj.k dsfy,
LokLF; I s tMš vf/kdkj ka ds Vdjko dh ?kVukvka ea gt kLk I ŵk] ds iz kyh dks
'kkfey djuk A

LokLF; vŷ ekuo vf/kdkj dschp I Ecu/k

ekuo vf/kdkj o LokLF; dschp xgjk I Ecu/k gš%

1- ekuo vf/kdkj ka dk guu ; k deh xEHkj LokLF; i fj.kkēka dks tle ns I drk gA

I = 1 % LokLF; , oa LokLF; I øk dk vf/kdkj

- 2 LokLF; uhfr vksj dk; Øeka dk fuekz.k vksj fØ; kll; u ekuo vf/kdkj dk guu dj l drsgs; k c< l drsgs
- 3 ekuo vf/kdkjka dk vknj] cpko vksj miyfck tkf[ke l ekir djrk gā
- 4 iR; d vf/kdkj ds ekud rRoka dks ijh rjg ekuo , d vkskj ds: i eablreky djuk pkfg, A LokLF; ds vf/kdkj vksj HknHko l sefDr ds l unHkz ea ekudh; rRo izu 4 o 5 eacrk, x, gā mnkgj.k dsfy, ekuokf/kdkjka dh ifjHk'kk] 0; l k[; kdkj vksj ekudka ea mfyf[kr , oa vlrfufgr LokLF; ds vf/kdkjh fuEu gks l drsgs &
 - **kruk@iRkMuk%** dkbz Hkh 0; fDr iRkMuk ; k Øjrk] vekuohdj.k ; k [kjkc mipkj ; k n.M dk f'kdj ugha gks l drk] fo'kSk rksj ij fd l h Hkh 0; fDr ij oxj bl dh Lora= l gefr ds fpfdRl dh; ; k oKkfud iz, lx ughafd; k tk l drka
 - **cPpka ds l kfk fgā k %** ^l eLr mi; Ør fo/kku] iz kkl fud] l keftd o 'kSkf.kd ekin.M cPpka dks l Hkh izdkj ds 'kkjhfd ; k ekuf d fgā kj pkV ; k xkyh] mi{kk ; k mi{kr mi pkj] d q kSk.k ; k 'kSk.k ; k ; kš'kSk.k l scpkus dsfy, cuk, tkus pkfg, A**
 - **?kkrd : f<oknh ijeijk%** cPpka ds LokLF; ds i fr gkfudkj d o : f<oknh ipyu dks feVkus ds n'Vdks k ds l kfk iHkko h o mi; Ør ekud cuk, tkus pkfg, A
 - **l gHkfxrk %** ^l fØ; vFk'kz Hkxh'kjh** dk vf/kdkj A
 - **tkudkjh%** l Hkh izdkj ds l puk ; k fopkj dh pkgr] [kst] Lora=rk rFkk ikfir vksj nusdk vf/kdkj
 - **futr%** dkbz 0; fDr fd l h dh futrk ds {k= ea tcnLrh xj dkuuh <x l sn[ky'kth ugha dj l drk gā
 - **oKkfud l qkkj %** iR; d 0; fDr dk oKkfud l qkkj rFkk bl ds Qk; nks l sykHk mBkkus dk vf/kdkj gā
 - **f'k{k% f'k{k}** ikir djusdk vf/kdkj ft l dsrg LokLF; l eadh ijh tkudkjh ikir djuk tHk gqk gā mnkgj.k dsfy, cPpka dk LokLF; rFkk i kSkkgkj] ekj ds nwk ds Qk; nš i; kōj.k] l keftd LokLF; vkfnA
 - **vkgkj vksj i kSkkgkj %** gj 0; fDr dks t: jr ds vuq kj vkgkj feyuk vksj 'kjhj i kSk.k dsfy, vko'; d i kSkkgkj feyus dk vf/kdkj gā
 - **thou; ki u %** vlu] oL=] edku] gj 0; fDr dh t: jr ds vuq kj feyuk vksj Hkšrd l fo/kk rFkk t: jh l keftd l ok ikir djusdk vf/kdkj

LokLF; ea vf/kdkj
vk/kkfjr o ifØ; k ea
l kko ?kVd
LokLF; dk vf/kdkj
l puk
tsMj
ekuo xfjek
i k j n' k r k
fl j k D; k fl) k r
cšpek d z o l p d
t c k n g h
l j f { k r r k
l ekurk] HknHko l sefDr
fodh'ndj.k
n p y ?kVdka ds r j Q
/; ku
l g d k f j r k
x r r k
f'k{k dk vf/kdkj
l kožt fud LokLF; ds
mn ns'; r F k k
ekuokf/kdkj ds l j {k.k
ea l erk y % c y d l ½
i g p
l j d k j h r k s j ij B k d
f t e e n k j h d k , g l k l

l = 1 % LokLF; , oa LokLF; l ok dk vf/kdkj

- I k&ftd I j{k k dk vf/kdkj%& gj 0; fDr dks I k&ftd I j{k rFkk I k&ftd
ch& djks dk vf/kdkj g&

0; fDr tks LokLF; dk vf/kdkj u rks LokLF; jgus ds vf/kdkj dk I ekuf&hZ gS vj& u
gh ; g fd I d k/ku foghu xjh& I jdkj& I cdks eg&h LokLF; I &k; a mi yC/k dj& ; A
y&du uhfr fu; rkv&ka , oa dk; D&e I pkyd&ka dh fuf' pr gh ; g ft&enkh curh gS
fo' k& : i I svfr tk& [kei wk& o [kj& fLFkr ea jgrk g& ; g d&oy ml ds mi ; &r
mi pkj rd i gp dks gh ud&kj Red : i I si H&kfor ugh& djrk cYd ekuf& d ch&jh
ds I k&f d&yd t&M+ t&krk g& ft I I sog vi us thou ds db&vU; {ks=ka ea H&k H&k
dk f' k&dj g&rk g& ft I eam I ds j&st&xkj i kus ds vf/kdkj] mi ; &r ?kj] vkfn i kus dk
vf/kdkj H&k i H&kfor g&rk g&

I a &r jk"V" I &k i L&rko ekuf& d ch&jh ds vk&/kkj i j g&kus okys H&k H&ko dks j&kd&rk g&
LokLF; dk vf/kdkj I s D; k vF&Z g&

LokLF; dk vf/kdkj dk vF&Z LokLF; jgus dk vf/kdkj xjh& I jdkj& eg&x& LokLF; I &k, a
mi yC/k dj&, a ft I ds fy, muds ikl I d k/ku ugh& g& y&du bl ea I jdkj o
I ko&ftud i n&ai j ft&enkh 0; fDr; ka&dk m&Rr j&n&kf; Ro g&sf& os, d h uhfr; k o dk; D&e
cuk, a ft I I s I H&k dks de I s de I H&ko I e; ea LokLF; I &k, mi yC/k g&ar F&k i gp
ea g&ka v& ; g I fuf' pr dj&uk ekuo vf/kdkj ds fy, dk; j&r I ep&k; o LokLF; I &k
i n&rkv&ka ¼ i k&Q I uy& ds fy, p&u&f&h g&

¼ p&kbVM us&ku g&kb& deh'ku Q&W g; &eu j&kbVI & ej&h j&f&oll u&

LokLF& ; ds vf/kdkj ds : i eam P&pre x&qko R&r&k ; &r LokLF; ds vf/kdkj dk mY&ys&k
I o&f&ke fo' o LokLF; I &Bu ds I &fo/kku ¼ 946¼ ea g&w&ka i p&bl s 1998 ea vY&ekv&vj&k
?k&sk.k ds v&ur&x&r fo' o LokLF; vI &cyh }&kj&k mn?k&f'kr v& ; Loh&N&r fd; x; k g&S; g
0; ki d : i I sv&ur&j&k"Vh; o {ks=h; ekuo vf/kdkj mi dj .kka %ouLV&esV¼ ea' k&fey fd; k
x; k&A LokLF; dk vf/kdkj v&lr&j&k&Vh; ekuo vf/kdkj dk u&u ea, d I k&ftd 0; oLF&kj
ekud] I &f&k; j& dk u&u] I g&k; d okr&koj .k mP&pre x&qko R&r&k; &r cukus dh ek& g& &ts
vPNh rjg vf/kdkj&ka ds iz& k&x dks I fuf' pr dj&A LokLF; ds vf/kdkj dh I ok&f&kd
0; k[; k eb& 2000 ea v&f&f&kd] I k&ftd v& ; I k&ld&fr&d vf/kdkj&ka dh fux&j&uh v&ke
fVli .kh ICESCR ds vu&f&N&n 12 ea of .k&r g&S t&ks 145 ns& k&s }&kj&k I eff&kr g&w&k %eb&
2002¼A v&ke fVli .kh 0; fDr&x&r vf/kdkj dh iz&f&r o fo" k; oL&r&qr&F&k I j&dkj&h i {k %ftu
I j&dkj&ka us I ef&ku fn; k g&S ds ft&enkh j& ; ka&dk Li "V dj&r h g&A v&ke fVli .kh ; g Loh&dkj
dj&r h g&S fd LokLF; dk vf/kdkj H&k&st&u] ed&ku] j&st&xkj] f' k{k} H&k&x&h&n&j&h] o&f&f&ud
fod&kl ds O&k; ns&m&B&ku] thou] H&k&H&ko I se&f&Dr] I ekur&k m&R; k&pkj I sc&p&ko] x&f&r&kr&j
tkud&j&h rd i gp rF&k I &Bu] vI &cyh rF&k vk&Un&syu I s t&f&us vkfn ds vf/kdkj
I k&fgr g&A ¼ n& j&se&ku&f&/k&dkj&ks I s I /ku : i I s t&f&u& g&w&k g&S rF&k ; g mui j& f&u&H&j g&S

I = 1 % LokLF; , oa LokLF; I &k dk vf/kdkj

vxsl febr LokLF; dsvf/kdkj dks, d l Ei wkz v f/kdkj ds: i ea0; k[; k djrh gS tks
doy l e; ij vks nsk dky gh ughacfYd LokLF; ij i Hkko Mkyusokys v l r f u f g r
rRokadh Hkh tš & l g f f {kr is ty , oai; klr l Okb] i; klr i kškd Hkstu dh mi yC/krk]
vkokl] LokLF;] jkstxkj o i; kbj .k dh fLFkr vks LokLF; rd igp] f'k{k] tkudkj
ftl ea; kšud o iztlu LokLF; ' k f e y gš 0; k[; k djrh gA

mijkDr fVli .kh plj ekud fu/kk]r djrh gS ftl ds vk/kkj ij LokLF; ds
vf/kdkj dk eW; kadu fd; k tk l drk gS%

v½ mi yC/krk % l fØ; l kožtfud LokLF; , oa LokLF; ns[kHkky l fjo/kk, ĩ l kexh]
l ok, ĩ rFk dk; Øe i; klr ek=k ea mi yC/k gkA

c½ igp % jkT; ds vf/kdkj {ks= ds vlnj LokLF; l fjo/kk, ĩ l kexh vks l ok, a l Hkh
ykskad fcuk HknHkko ds igpA igp dspkjka?kvD , d nu jsl stM]sHkh gks l drs
gš

- HknHkko jfgr
- Hkšrd igp
- vkfFkd igp %ogu fd; k tk l dusokykž
- l pukvkar igp

l ½ LohNfr % l eLr LokLF; l fjo/kk, ĩ l kexh vks l ok, afpdrI dh; eW; kadk vknj
djrh gkarFk l kdfrd : i l smi; Dr gl] tsMj vks thou pØ dh t: jrkadsifr
l onu'khy gka l kfk gh l kfk l eš/kr ykskad futrk dk vknj djusokyh , oamuds
LokLF; Lrj dks l fkkjusokyh gkA

n½ xqkorrk % LokLF; l fjo/kk, ĩ l kexh vks l ok, aokkfud vks fpdrI dh; : i ea
mi; Dr rFk vPNh xqkorrk ; Dr gkuh pfg, A

l UnHkZ %

Mcyw, p-vls Do'pu , M vkul j vktu gYFk , .M g; eU jkbVt] gYFk , .M g; eU jkbVt i ftyd
l hjht] b'; wua 1] tykbz 2002]

jkT; dh ftEenkjh

- vknj dsfy, tš & vf/kdkj ka ds mi ; kx eadkbz ck/kk u gka
- l g f f {kr r r dsfy, tš s & rhl js0; fDr@i kVhZ }kj k guu l sl g {kk
- i j k djus dsfy, tš & vko' ; d ekgsy rš kj djuk rkfd vf/kdkj i klr fd,
tk l dA

l = 1 % LokLF; , oa LokLF; l ok dk vf/kdkj

gSM vkmV 2-1 tsMj rFkk l Mđ nqk/uk

o"z1998 ea i jh nfu; k ea1 yk[k l sT; knk ykxka dh eš- l Mđ nqk/uk es gđZ Fkh vjš
muea Hkh 15 l s44 vk; qoxZ %; p k % ds ykx i eđk : i l s FkA 88 ifr' kr eksa de ; k
e/; e vk; okysns kkafo' kškr-%, f'k; k vjš nf(k. k vešj dk dšrst fodfl r gksjgs' kgjka
ea gđZ Fkha tglj T; knkrj eksa i šny pyusokyš l kbfdy pykusokys o ekšj l kbfdy
pykusokys dh Fkha T; knkrj ykx 'kgjh {kš-ka ds ejs FkA

ge D; k tkurs gš

i q "kkaeaT; knk nqk/uk o [kjk c ifj. kke%

- 1- i jh nfu; k ea efgykva l srhu xpk T; knk i q "k nqk/ukvka ea ejrs gš xš bjknru
pkš@nqk/uk l sejusokyks ea cMš i škus i j yšxd vlrj gš t[eh , o xEHkhj : i
l s ?kk; y gksus okys i q "kka dh l ā; k efgykva dh vi škk nfu; k ds dbZ Hkkx ea
T; knk gš
- 2- ckjfl ykuk ea Li u ds cMš 6 vLi rkyka ea fd; s x; s v/; ; u ik; k x; k
Fkk fd 10 ea l s7 l Mđ nqk/uk 14 l svf/kd mez ds i q "kka ds l kFk gđZ Fkh r Fkk dgy
feykdj nqk/uk l sejusokys i q "kka dh l ā; k efgykva dh l ā; k l s3 xpk T; knk
Fkha
- 3- l Mđ nqk/ukvka l sl EcfU/kr dj kph 'kgj dšpkj ek g dsvLi rkyka ds vkdMš crkrs
gšfd dgy 727 ?kVukvka ea 86 ifr' kr ?kVuk, i q "kka dh Fkha

; p k vka o c P p k a e a f o ' k š k t k š [k e %

- 1- de mez ea j kM i j gksus okys nqk/ukvka ea yMfd; ka dh vi škk yMe ka dh nqk/uk
T; knk gkšrh gš ; g ekuk tkrk gšfd bl dk cMš dkj .k yMe ka dk vdsys l Mđ i kj
djuk gš tcfđ bl h mez dh yMfd; kageš kk cMš ds l kFk vaxgh i dMđj l Mđ i kj
djrh gš
- 2- l kbfdy pykusokys c P p k a e a gksusokyh l Mđ nqk/uk l sgksusokyh vi šrk ea yMka
dh l ā; k cgr T; knk jgh gš ; gk yMe ka dh l ā; k yMfd; ka dh vi škk nksxpk
gkšrh gš l Hkh eksa pyr h xkMš ds dkj .k gđZ Fkha ft l ea yMšs vkl ko/kkuh l s
l kbfdy pyk jgs FkA
- 3- l a p r j k T; vešj dk tglj cMš l ā; k eafđ' k k j ka dks ekšj xkMš pykus dk ykbl d
fn; k x; k gš de mez ds yMšs T; knk t k š [k e e a g š bl e a t [e h] vi šrk dk vuq kr
efgykva dh vi škk i q "kka ea nksxpk gš

de m p k b z o k y h e f g y k , a d e j l s u h p s d s ' k k j h f j d p k š / k a d s d j . k c M š
t k š [k e e a g s %

l = 2 % tsMj , oa LokLF;

de mpkzdh vksrks%tšodh; : i l šz dscjseal Mel nqkukvka l svkdMka dsv/; ; u
l s; g mlkj dj vk; k gsfđ mlga vDI j 'kjhj dsfupysHkkx] fo' kšk : i l s?ky/uka vksj
, Mh] ij pksv&pi v/ yxrh jgrh gš vlošk. kšRed fo' yšk.k djus ij i yk pyk fd bl
i dčkj dh ?kVuk; amuds 'kkjhfd ukVi u dh otg l sgš

tsMj Hkšedk , oal Mel nqkuk%

l Mel nqkukvka epks/ eR; qdh n'kk eamPp tšk[ke i q "kka dsmij gkrk gš ; g muds
T; knk MRbfoax vuško l kfk&l kfk MRbfoax ds mPp tšk[ke yus dh vknr l s l Ecl/k
j [krk gš

enkšxh LokLF; eack/kk gks l drh gš%

tsMj Hkšedkva dk l ekthdj.k rFkk tšk[ke mBkus okys 0; ogkj l s tšs-enkšxh]
tšk[ke dh LohNfr o pks/ eannz dks egRo u nsuk] vf/kd ek=k ea 'kjk i huk] u' khyh
nokvka dk mi ; ks] fd l h Hkh i fj l Fkfr dsfu; æ.k ea vkošed 0; ogkj rFkk [krjukd
MRbfoaxA i q "kka ds LokLF; eack/kk i šk dj l drk gš ; g u dšy mlgh ds LokLF;
dks upl ku i gpkrk gš cfYd i šy ; kf=; ka o vl; xkMh pykus okys ykska dks pks/
i gpkus dk Hkh dkj.k curk gš

Mrbfoax vuško igy %

, d h txgka ea tgl; efgykva ds Lorl= : i l scgj vkus tkus ij jkd gš ogha i # "k
efgykva dh vi škk T; knk xkMh pykrs gš rFkk e/; e o de vk; oxl okys i q "k
efgykva dh vi škk T; knk viuh futh dkj j [kuk i l Un dšrs gš T; knkrj i # "k gh
dkj@vđ ds MRboj ; k fel=h ds : i eadke dšrs gš osvDI j yxkrkj dbzfnu&jkr
xkMh pykrs jgrs gš ml l s i q "kka ds T; knk nqkuk xLr o tšk[ke xLr gkus dh
l Hkkouk T; knk gkrh gš rFkk ; g Li "V rks] ij efgyk&i # "k tsMj Hkšedkva vk/kfjr
vlrj ds dkj.k gkrk gš

'kjk l šu %

- 1- vf/kdrj vldMš; g crykrgšfd i q "k T; knk [kjk fLFkfr eaggš 'kjk i hdj u' ks
ea xkMh pykuk rFkk rst xkMh pykuk vksj tšk[ke mBkus ds 0; ogkj ds dkj.k A
- 2- vefjdk vksj dš; k dsv/; ; u crkrgšfd efgykva dh vi škk i q "k 'kjk i hdj
xkMh pykuk T; knk i l Un dšrs gš
- 3- vefjdk eafđ' kšj ka eaggus okys ?krd pks/ka ea , d frgkbl 'kjk mi ; ks ds dkj.k
gkrh gš rFkk bl ea Hkh T; knk tšk[ke de mez ds yMelka ea gš
- 4- , d v/; ; u dsvuđ kj 18 o'kz l s de meza 'kjk i hdj i q "k efgykva l s T; knk
rst xkMh pykrgš rFkk cMš i škus ij l Mel ij xyrh djus okys i q "k T; knk gkrš
gš efgykva ds ctk; A

l = 2 % tsMj , oal LokLF;

vfr rst jfrkj %

T; knk rst jfrkj] ¼ k; % 'kjk i hdj ½ rFkk oxš 'khVcšV dkyks xkMh pykus dh vknrka ds dkj.k i # "k Mkbj vf/kdrj tkf[ke xLr jgrsgA

LokLF; dh ek& 0; ogkj vks I ekftd@vkkfkd ifj.kkeka ea tsMj dh Hkkedk

VNU i k&Zl fjo/kkvka dh deh] LokLF; I fjo/kk, adkQh njh ij vks detkj I pkj&0; oLFkk xEHkj pkv&pišV dh fLFkr; ka ea LokLF; I fjo/kkvka dks i klr djuseack/kk curh g&nh jh n&vukvka dh višk I Md n&vuk ea LokLF; I ok@mi pkj i klr djusea tsMj vlrj dkQh vkM& vkrk gS ; g I p&k; k x; k gS fd bl rjg ds ekeyka ea I ekftd I onu'khyrk c<k; h tk; srFkk bl shk id o dkyhu vki kr fLFkr tS k nt&fn; k tk, A n&vuk ea r&rdkyd ; k LFkkbZ vi&rk gkus ij I ekftd vks vkkfkd ifj.kkeka ea Hkh tsMj fHkurk g&rh g& efgyk, , d st&k ea ughs g&rh t&ki ijh rjg nh?k&kyd chek mi yC/k dh x; h g&s ; k y&cs vof/k dsfy, vuq fLFkr dh vu&fr g&a dQV ?kVukvka ea LFkkbZ vi&rk ds dkj.k efgykvka dh 'kknh rd Vw tkrh gS vks efgyk vHkkoxLrrk dh tkf[ke ea i M+ tkrh g& os vi uh LFkk; h ; k vLFkk; h {kfr ds dkj.k A

fdl rjg ds 'kksk dh vko' ; drk gS%

t&ki mi ; Qr vk&Ms mi yC/k ugha g& ogk jk"Vh; n&vuk ns[k&jš k 0; oLFkk cukus dh t: jr gS tks j&M n&vuk ea fy& vk/kfjr vk&Ms mi yC/k dj k, A ; g y&xd vk/kj ka ij ns[kus ds l k&I k&f mi yC/k vk&Ms dk fo' y&k.k] ns k vk/kfjr fo' k"Vrkvka dks i gpkus rFkk or&ku ea fd, tk jgs gLr {ki ka dk e& ; ka du djus ea enn djs&h A

'kjk i hdj xkMh pykus ea T; knk foLrkj ea fy& fHkurk dk e& ; ka du g& ft l l s Mkb&ox ykbl id nus ds or&ku uhr o 'kjk ds mi Hk&s ij cuh uhr dk i p&e& ; ka du fd; k tk l d&

ehfM; k vks vU; I ekftd ek/; eka }kjk] mHkjh x; h i # "ka dh tkf[ke i wkZ i # "k&pr Nfo ¼ p&gs og ml ds 0; fDrx xq&ka ; k t&odh; rRoka ds dkj.k g&š ij jktu&rd ; k LoPNd i frcl/k i Lrkfor fd; k tk l drk g&

jktuhrd ; k Lo&pd i frcl/k dsfy, vk/kj nsl drsgš tksehfM; k ; k vU; I ekftd rfjdka }kjk tkf[ke i wkZ tsMj fp= i Lr& djrk g&

I Md n&vuk QyLo: i nh?k&kyd I ekftd vkkfkd ifj.kkeka ds Hk& rHk&s ; ka ds }kjk mi ; ks fd; s tk jgs LokLF; I fjo/kkvka ds l EclU/k ea tsMj fHkurk ij 'kksk dh vko' ; drk g&

I = 2 % tsMj , oa LokLF;

nqkVuk jkcdusduhfr o dk; Øe dh ck/kk; a

- 1- dkuu }kjk vf/kd mez eaMkbfoax ykbl d nuz] fdl h Hkh I jr ea'kjk i hdj xkMh u pykus nus dsfy, vko'; d fu; e cukus dh vko'; drk gA
- 2- e/; e o fuEu vk; okys nš kka ea fo'kšk : i I sVQd uhr] ekud o gLr{ki dh 0; oLFkk , oa fØ; kko; u gkus pkfg, A
- 3- i#k ds vfr tkf [ke iqkz0; ogkj o rst j'rkj I s xkMh pykus dh ^tsMj LVhfj; kš Hkfedk dks pps h nus vkš [kRe d jus dsfy, f'k{k.k o tkx: drk ds dk; Øe cuk, o fØ; kflor fd; s tkus pkfg, A ; g e[; : i I s Ldny tkus okys fd'kšj cPpka ¼tI ea nkuakafax ds ykxka'kkfey gA ij yf{kr gkus pkfg,] fdUrql kFk&gh&l kFk T; knk mez dso; Ld efgyk&i q "kka dks Hkh 'kkfey dj] rkd yMelkao iq "kka ds fy, xš tkf [ke Hkjk 0; ogkj vi ukus dsfy, ennxkj okroj.k cu I dA
- 3- I dkj krd 0; ogkj ifjorL i fØ; k I epk; vk/kkfjr i fØ; k }kjk nqkVuk jkcdus ds I Unš kka dks foFHku : i ka o I UnHkka ea ykxw d jus dh fn'kk ea vf/kdre mi yfC/k i klr dh tk I drh gS
- 4- nqkVukvka ; k vk?kkrka dks jkcdus ; k I ok i gpkus dh j.kuhfr ea mi yC/krk o i gp T; knk LokLF; I ok(I e; lkj mi yC/krk vkš tsMj fHkurk vk/kkfjr tkx: drk dks Hkh tkMues dh t: jr gS mi ; Ørrk ds I kFk rFkk i qžkl u ds I kFk
- 5- i qokl u dh ; kstuk cukrs I e; nqkVuk I s gkus okyh LFkkbz ; k vLFkkbz mi xrk ds dkj.k gkus okys I ekftd o vkfFkd i fj.kkeka ea tsMj fHkurk dks /; ku ea j [kk tkuk pkfg, tc i qžkl u dk fu; kstu gks jgk gkA

¼uksjpy& I D I tsMj , .M VQd , fDI Ma % , MfI x esy fjLd fogfc; j fj i k/M QkV Mgyw, p- vls odZ kki] tsMj , .M gVfK] tuok] tu 28&30] 2000 ij vk/kkfjr ½

vfrfjDr I UnHkz I kexh %

Krug E. Injury – A leading cause of the global burden of disease. WHO, 1999

Mackay M and Tiwari G. The prevention of road traffic injuries. WHO, 2001. Unpublished paper.

Thomson EH, Jr and Pleck JH. The structure of male role norms. American Behavioural Scientist, 1986, 29(5), 531-543

Strodl E. A review of men's health literature. Health Promotion Unit, Darling Down Regional Health Authority, Queensland Health, 1994.

National Health and Medical Research Council. Unintentional injury in young males 15-29 years. Australian Government Publishing Service, Canberra, 1997.



gSM vkmV 2-2 tsMj o {k; jksx ¼/hch½

ijh nfu; k ea 80 yk[k yksx gj o"lz Vh0oh0 l sxf l r gksrs g&rFkk 20 yk[k ykska dh
el&ragksh g& d&y feyk dj , d frgk bZ nfu; k dh tul &; k Vhoh jksx l sl Øfer gS
ft l ea l s 90 fQl nh fodkl 'khy n&s kka ea g&

; g l cl sxjh n&s kka ds l cl sxjh yksx gS tks Vh0ch0 l sxf l r g& os d&y cgr
n; uh; @ [kjkc fLFkr eabl fy, ughag&D; k&id mudh thou o dke djus dh fLFkr; ka
cgr [kjkc gS cFYd Vhch ds vl j ds dkj .k osv&Hh xjh gks tks g& , d 0; fDr
tks Vhoh l sxf l r gS d&y , d chekj ds dkj .k v&v& ; fn i # "k izku ij jokj gks rks v&S
Hh vf/kd½ yxHkx 20&30 ifr'kr okf'k&id ij jokj vk; dk upl ku l grk g&

fo|eku ifjn'; bl egkekjh dks j&klus ds fy, prkouh nsjgh g& Vh- ch- dh i Hkkoh
j&clFkke] yksxs dks dk; Øe ds vlinj yus rFkk mi pkj ds fy, ck/kvka dks r&v&us grq
tsMj ij f/k , oa ifji&; dks Hh tkpuk t: jh gkska

ge&D; k tkuuk gS%

Vh-ch- dh ?kVuk o ipyu efgykva dh vi&kk i q "kka ea T; knk g&

1- dbZ txgka ij Vh0oh0 jksx l sxf l r gks ea y&xd fHkUurk 10 o"lz ds vlinj gh fn [kus
yxrh g& o& sbl fo"k; ij xgu 'k&k , oa fo'y&k .k dh vko'; drk gS fd bl jksx
xf l r gks ds tks [ke ; Ør 0; fDr] mi y&C/k LokLF; l fjo/kk; j mlg& i ktr djus dk
vk/kkj] l Hkkfor [kp& ml l s t&M& dy&d] y&xd vk/kkj ij D; k&D; k v&S dks&dks
g& efgykva dh vi&kk i q "kka ea Vh0ch0 T; knk ik; h tkrh g& ; g rF; vLi "V , oa
Hkked vr% bl svPNh rjg l e>us ds fy, mul s t&M& tks [ke ds rRo dks l e>us ds
fy, v&S 'k&k dh t: jr g&

gks l drk gS fd tkp dj ds l ph cukusokysekud i q "kka dh vi&kk efgykva ea T; knk
Nw tksrg& f&cl] [ku ; k QOMs dh tkp dj kus ds fy, efgyk, de vkrh g& ; k tkp
dj kus de i l Un dj rh g& ; g Hh gks l drk gS fd vLi rky rd igpus bykt ds
fy, v&xs v&S tkp dh if&; k ijh dj use efgyk, de igydneh yrh g&

Vh-oh- ds ?kVukva dh l fpr vkdM& ea efgykva ds vkdM& de gks l drsg&

Vh-oh- dh ekud tkp o d& ka ds NVkbZ dsekud i q "kka dh vi&kk efgykva dks T; knk
Nk&+l drsg& efgyk, ai q "kka dh vi&kk ijh tkp ds fy, cyxe vkfn ds l kFk de
mi fLFkr gksrh g&

i q "kka dh vi&kk efgykva ea Vh-oh- dh chekj ds de fji k&Vx dk , d dkj .k efgykva
dk LokLF; l fjo/kvka@vLi rkyka rd py dj de vkuk Hh gks l drk g&

l = 2 % tsMj , oa LokLF;

de mez ds ykxka ea Vh0oh0 dh tkf[ke ea ,p-vkbzoh- fyax fhkUurk ea
; kxnu djrk gA

, p-vkbzoh- l 0fer 0; fDr dsjxk dh ifrjkkd {kerk izkkyh detkj gkstrh gš , d
0; fDr tks , p-vkbzoh- i kftfVo gSvkš l kfk gh Vh0ch0 l sHkh xfl r gSml dh chekjh
dks rsth l s c<us dh l Hkkouk jgrh gS viškkŃr ml 0; fDr tks dšy , p-vkbzoh-
i kftfVo gA de mez dh efgyk , a , p-vkbzoh- xfl r gksudh nŃV l sT; knk tkf[ke ea
gSml h mez ds i q "kka dh viškkŃrA vŃhd dsmu Hkkxka ea tšk , p-vkbzoh- ds dš
T; knk vkrs gš ogk; ij T; knk ; šk efgyk , a Vh0ch0 l s xfl r gS viškkŃr i q "kka ds A

xHkkzLFkk ea Vh0ch0 vkš vlŃ: uh [kjkch xHkz ds ifj.kke dks xM&cMk l drs
gš %

fodkl 'khy nš kka ea v/; ; u crkrsgsfed ek; ds vlŃj dk Vh0ch0 jksx vi fji Do vkš de
otu dscPps ds tile dh tkf[ke dks nksxpk rFkk ijhus/y eR; Ńds tkf[ke dks 3 l s
6 xpk c<k nšk gA

tuukakka dh Vh0ch0 vkerkš ij efgykvka esfu% arkurk dks c<krh gS %

tuukakka dh Vh0ch0 dks ij h rjg bykt }kjk Bhid djuk efgyk o i q "k nš kka ea dš Bu
gA tks Hkh gk i q "kka ea , d h flFkr de vkrh gA nš jh rjQ vkb ea l s , d efgyk , š
ftuds QDMka ds Vh0ch0 gš gš tukuax dh Vh0ch0 l s Hkh xfl r gsl drh gA tuukakka
dh Vh0ch0 rhu pkškkbz efgykvka esfu% arkurk dk dkj.k curh gS tks ml gš dbz rjg
dh i škkuh dk dkj.k curh gA

tsMj ds vuq kj Vh0ch0 dk lekftd o vkfFkd vl j

pfid efgyk vkš i q "kka dh Hkkedk o dke dscd/okjse tsMj fhkUurk gSft l l sefgyk
vkš i q "k ij gksu okys Vh0ch0 ds vl j Hkh fhkUu gksr gA , d v/; ; u ea efgyk jksch
vi us cPps dh nš kHky ea de l e; ns i krh gS rFkk /kjšw dkeka dks djus ea dš Bukbz
>syrh gS'kkjhfd : i l s dQh detkj gkstrh ds dkj.k i q "k jksch vk; ea deh rFkk
?kjšw [kpšd dks pykus ea vi uk ; kxnu u dj i kus ds dkj.k ruko dks >syrs gA

l ekftd dynd ds: i ea Vich l s xfl r efgyk o i q "k nš kka dks i Hkkfor djrk gSfdUrq
efgykvka vkš yMfd; ka dks T; knk tykr >syuh i MŃh gA i kfdLrku ea Vich dh
ejht efgyk; s rkykd dh tkf[ke ij gksr gS; k chp ea ml dh 'kkrh VW tkrh gš
tcf d Hkkj r ea Vich xfl r efgyk , ifr }kjk NkM+nh tkrh gS; k l kl l l j }kjk
i r k fMr gksr gA ; fn , dy gS rksmuea' kknh dsekla de gkstrh gš i q "k jksch l kell;
rkš ij vk; o vkfFkd upl ku >syrs nš kš tkrh gA

l = 2 % tsMj , oa LokLF;

**tYnh mipkj dh t: jr dscotm efgykvkaejks dk funku vi{kkNr nj
I s gkrk g&**

vkt rd dsv/; ; u crkrsgSfd tc jks dsy{k.k fn[krsg&vlg jksxh igyh ckj I ok
inrkrk dsI EIdZ&avkrk g& rc rd dkQh nj gksprth gkrh g& efgykvka&tc rd
muds jks dk funku gks ikrk g&irk py ikrk g&dkQh nj gks tkrh g&bl dsfuEu
ckj.k gks I drs g&

- 1- ik; %osi kboV MKDVj ; k de ; k&; MKDVj dsiki bykt dsfy, igystkrh g&vlg
vLirky tkusI sigyspy jgsbykt dsvl j dksn&kusdsfy, bartkj djrh g&
- 2- osml vLirky ea ughax; h gkrh g&stgk; VhOch0 dk bykt miyC/k g&D; k&id og
muds?kj I sT; knk nj g&; k muij vkokxeu dk ifrc&k g&
- 3- MKDVj }kjk cyxe dh tkp dksjQj fd;s tkusij Nkrh dh tkp dsfy, de
efgyk, r& kj gkrh g&
- 4- MKDVj dks vi{kkNr iq "k ds efgykvka ds funku eaT; knk I e; yx tkrk g&
D; k&id ftl rjg dk cyxe tkp grqpkfg, 'kk; n osml ds I kFk ughavk; h jgrh
- 5- chekj ds LokLF; I ok dh ek& vlg I ok inrkrk dh ifrf0; k 0; ogkj] mez rFkk
I k&ftd c&pkov dk y&xd vk/kjka ij xgurk I sv/; ; u vlg fo'y&k.k g&uk
pkfg,] ftl I s iHkoh bykt dh ck/kvka dks fpflgr fd; k tk I d&

T; knk iq "k bykt dks ijk ughadjuk pkgrs

v/; ; u crkrsgSfd VhOch0 dk bykt MKVI (DOTS) I fo/kvka I s tkdj ysyus ds
fy, iq "k T; knk I {ke g&syfdu vktfodk pykus dh ck/; rk Hkh bykt ea, d cMh
: dkoV curh g& n& jh rjQ efgyk, a mi; q&r I fo/kk rd igpus ds fy, dkQh
dfBukbz dk I keuk djrh g&fdlrq tks igp tkrh g&os bykt ijk djrh g&

vf/kdre Hkkx ea efgykvka dks iat&dr dj jgh b&ykt d&nz ds vk; ke

- 1- fn[kkbz n&rk g&rFkk Hkk&rd : i ea utn&d ea n&plku miyC/k g&
- 2- MKW+ d&nz efgykvka o ifjokj v/k&fjr i kFkfed LokLF; d&nz I s t&is g&
- 3- T; knkrj de&pkjh efgyk, a g&
- 4- vfr x&khj jks ds funku djus dh {kerk
- 5- ngh dks de djus ds fy, I f0; utfr
- 6- ifjokj o jksxh dks f'kf&kr djus ij tkj

*Source: Stebbing M. Gender and
TB: Perspectives from Nepal. Pro-
ceedings of a Conference on Pov-
erty, power and TB, February 23-
25, 2000, Kathmandu

fdl rjg ds'kks'k dh vko'; drk gS

tsMj vks] Vhch ij 'kks'k djus dh fuEu fn'kk ea vko'; drk gS &

1- Vhch ds jksx xfl r gksus l sfyax vks] tsMj vl ekurk ds egRo dks tkj nrs gq] fuEu mik; ka ds l kfk l Qyre mi pkj vks] i qzkl u i kj EHK gks &

v½ ; g l fu' pr djuk fd Vhoh fu; æ.k ds izfr ij mi yC/k rRdkfyd vkdMš mež vks] fyax ds vk/kkj ij oxhžr djsj [k]

c½ mež o fyax ds vuq kj j [ks x, vkdMš rFkk ij kus l ož rFkk Vhoh dk; Že ea j [ks x, vkdMš dh fQj l s tkp djuk]

2- tsMj vks] fyax vl ekurk ds vlnj fNis dkj .kka; g l e>us ds fy, fd fdl gn rd ; g tšdh;] l kelftd@l kldfrd gS dh fofo/k Lrjka ea ryukRed v/; ; u }kjk tkp djuk]

3- ; g irk djuk fd Vhch efgykvka ds iztuu me] vks] fo'kšr-%mudh iztuu Lo: i dks dš s i Hkkfor djrh gš

Vhch fu; æ.k uhfr vks] dk; Že dh D; k ck/kk; a gS

1- fo'kšr LFkkh; ij flFkfr ea; g l fu' pr djus ds fy, dksž d] ntž gksus l s Nwš u l fØ; d] irk djus dh mfpr j .kuhfr egRo i wž gš

2- l epk; ea Vhoh mi pkj dh l fjo/kk/vkami yC/krk o LFkku ds ckj se atkx: drk vfhk; ku pykus dh vko'; drk gš bl l s l epk; }kjk Vhch dk bykt vdky l o ki nkrk }kjk dj, a tkus dh pyu dks jkd tk l drk gš efgykvka de mež ds ykka ea rFkk vl; l kelftd rks] ij detkj l eg dks bl vfhk; ku ea yf{kr djus ds fy, fo'kšr iz kl gksus pfg, A

3- Mkw4 j.kuhfr dk l epk; vk/kkfjr vks] ifjokj l ijjohtu ekMw] efgykvka rFkk vl; ykx tks jst mi pkj l vj ij ugha vk ikrž dk ijk bykt djus rFkk l dkj kRed ij .kke ykus ea T; knk l Qy gks l drk gš

4- LokLF; l ok inkrk dks bl l EHKkouk ds ifr l pr jguk pfg, fd efgyk, tks QOMš dh Vhch l s xfl r gš gks l drk gš fd mudsoyxe ds ekbØk dks ij fd, x, tkp l dkj kRed u gš

5- xHžrh efgykvka ea fu; fer Vhoh- dh tkp rFkk ikftfo dš ka dks xHžh o mPp tkš [kr ds vlržr ydž Qkykvi fd; k tkuk pfg, D; kšd xHžrh efgykvka dks Vhoh- l s vl; chekj h o er; qdk tkš [ke T; knk gkrk gš rFkk ekrRo chekj h o er; q dks jkdus ds l unHž ea Hkh T; knk /; ku fn; k tkuk vko'; d gš

6- vfrjDr QOMš dh Vhoh o fo'kšr : i l efgykvka ea tuukaks dh Vhoh- ij LokLF; dk; Že ea cgrj rjhd s dk; Že i kj EHK djus dh t: jr gš D; kšd bl dk efgykvka dh ftlnx ij dkQh nij xkeh vl j gkrk gš

l = 2 % tsMj , oa LokLF;

I kš %

foukn dsfnokuj bšk tkul u] uřx; u gōk ylk] vlluk glj l u- tsMj , .M Vrcj Dykšl I 1/20001/2
vui cfyLM eš; ŃLØIV l cfeVM Qk] fn tsMj , .M gYFk cpl Vwfc i cfyLM ckbz thMcyw p
1/20011/2

vi yclj , eMcy] jxu , l , .M vkkMu ts tsMj , .M Vrcj Dykšl I dUVty %VpMI , LVšVft
Qk] fjl pž , .M , D'ku] tuok] oYMLgYFk vkkLkbtšku] 2000- Mcyw pvk@l hfM, l @VhoH@2000-280

I = 2 % tsMj , oaLokLF;

gsM vkmV 2-3 efgykvkædk thou pØ] LokLF; ij vl j				
pØ	tsMj ekud	I kekftd l ær	LokLF; ij vl j	I æ k/kukærd igp
tile ds l e;	& Lokxr ugha	& [k]k] ugha eukuk & ngst ds fy, cpr i kj Efk & l; kj l sugha i kyuk	& rRdky dkbz mi plj ugha & LokLF; ij /; ku ugha	
ckY; kolLFk	& Hkb; ka dh rnyuk ea de Lrj & de nš kkkky	& Nks/s Hkbz cguka dh nš kkkky djuk & ?kj dk dke djuk & [kyus ds fy, l e; ugha	& yxkrkj [ku dh deh & nLr yxkrkj & Vhckj.k ugha@vi uk	& LokLF; l æk dh mi yC/krk ugha & Ldny eankf [kys eangh
fd' h] kolLFk	& fgd k dsf' kckj gks dh l Efkrouk & Ldny chp ea NKM nuk	& vlakxeu ij i kcnh & ?kj ds vl nj gh j [k tkuk	& vf/kd dk; Zks> ds dkj.k d] ksk.k [ku dh deh] detkj h tš h LokLF; l eL; k, a	& dkbz l ækk/ku ugha
; økolLFk	& 'kknh dh rš kjh	& l l jky eatkusdsfy, if'k{k.k & tYnh elæcuuk	& l l jky ea dMk rFk T; knk nj rd dke djus l s yxkrkj detkj h o [ku dh deh	& tkudkj h@ l æ k/ku LokLF; l øo/kkvka ij igp ugha
i ks> kolLFk	& ?kj ea fu nt k & ?kj syw dke dks mRi kn dke u l e> k tkuk	& fgd k & dk; Zdk nksj k ds> & de vks] vl eku etangh	& tYnh xHKZkj.k l s l eL; k, a & [ku dh deh & xHKZuj kskæa dh l eL; k, a & l Øked j kskædk tk [ke	& LokLF; l øo/kkvka rd igp useangh
I = 2 % tsMj , oa LokLF;				

gs M vkmV 2-4
i q "kkadk thou pØ] LokLF; ij vl j

pØ	tsMj ekud	I kekftd l dšr	LokLF; ij vl j	I d k/kukard igp
tle ds l e;	& mRl o eukuk & [kq kh & l; kj l snš kHkky	& [kq'k; ka & feBkbzckw/uk	& iR; d l chekj h ij fo'kSk /; ku & Vhdcdj .k fd; k x; k & LokLF; dh nš kHkky & rjūr bŷkt	
ckY; koLFk	& I d k/kukard igp & f'k{k ds fy, fo'kSk nš kHkky	& [ky dñ eaHkx yus dh vuəfr & Lorærk nh tkrh gš	& mijkØr	
fd' k j koLFk	& mPp f'k{k i klr djusdh Lorærk	& Lorærk & fe=ka ds l kFk l e; fcrkuk & ?kj ij dñ ftEenkfj; ka & 'kjhfd cnyko ij dkb l pplz ugha	& jkf= ea L[kyu@ 'kjhfd o HkkuRed cnyko ds ckjs ea 0; fDrxr Mj	
; p koLFk	& 'kknh ds fy, l kFk pp l dšr gš	& mPp f'k{k ea tkus dsfy, mRl kfgr fd; s tkrsgš & ?kj ij dñ ftEenkfj; ka & fe=ka ds l kFk l e; fcrkuk & iz, kx djuk	& ; kšud l fØ; rk fn [k ki kus ds ckjs ea fpŷrk & iz, kx l sl Øe.k gš l drk gš & mi plj i klr djuse Mj	& l ghao oKkfud tkudkj h ij igp ugha
i kš koLFk	vf/kdrj LokLF; l fō/kv/aij igp cPpsgkus plfg, iē[kr%yMelk		& vki kuh l sl Øe.k dk f'kd kj & fu% Ūrkurk o ui d drk l æf/kr epn kaij tkudkj h yus ; k bŷkt djkus dsfy, rš kj ugha	& tkudkj h dk l br ughā

l = 2 % tsMj , oalokLF;

I = 3-1

ds LVkjh

1- fnyhi eVki kfyfVu 'kgj I sutnhd I eku <kusdk dke djrk gA ml uscht [kjhnu
dsfy, __.k fy; k tS sgh ekul u [kre gvk ml sdke dsfy, 'kgj tkuk i MKA gj eghus
og vi usifjokj dsfy, xlp ea i S shkstrk FkA og ml jka dsl kFk feydj I k>nkjh ea, d
dej k fy; k FkA ftl dk mi; kx T; knkrj og vi uk I keku j [kus dsfy, djrk FkA 8
eghusdscn tc ml dsikl i S sgrsFksog vi usdksvLoLFk egl ml djusyxA ml dh
tkp dsckn MkDVj usml sdN nokbz ka [kkus dsfy, fy [kha og dN nokbz ka [kjh yrk
FkA 3&4 ekg ckn MkDVj usml sfdl h utnhd ds l jdkjh vLi rky ea tkdj mi pkj
djksdh I yk nhA tgi ml dsfunku ea Vch fudykA MkDVj usml sl e>k; k fd i R; d
fnu ml svLi rky vkuk i MxkA og 7 fnu rd rksvLi rky x; k yfdu ml dsckn og
yxkrkj vi usdke ds NW tkus ds dkj.k vLi rky tkuk tkjh ughaj [k I dka

2- ješk dh mez20 I ky gSts, d NkV/s I s'kgj ea vi us2 HkKbZ o 3 cguka dsl kFk jgrk
FkA ?kj ea ml dh nkrh Hkh jgrh FkA ješk ch, - rd i <kbz dsckn vkxs Hkh i <uk pkgrk
Fk fdlrq ml dsfir k us I kpk fd ; g [kpkZ vuko'; d gA

?kj ea dekusokys dny ješk dh fir k FkZ tks, d NkV/h I h i jpu dh nqku pykrs FkA
ješk dh , d yMeh I snkrh Fkh] ftl I sog dNyst eafeyk Fk rFk 'kkrh djuk pkgrk
FkA 'kkrh djusdsfy, ml sdeku t: jh FkA bl fy, og utnhd ds 'kgj ea jkst xkj
<w+jgk FkA og fnu Hkj dke djrk Fk rFk nj 'kke rd vkj&VkbZ Hkh djrk FkA nj
rd dke djuk] vdsyki u viuh xyz QBM I sckr u dj ikuk vkfn ds dkj.k og vi us
dks Fkdk gvk rFk yxkrkj ruko xLr egl ml djrk FkA

og [kkyh I e; eagLrefkq djrk ; k v'kyhy fQYeans [kus tkrkA ml svi jk/k cskk gkus
yxk vks oh; Zdsu"V gkus I sdetkj egl ml djusyxA bu dkj.k ka I sml svks ruko
gks x; kA ml sl j nnZ yekbz u ½ gkus yxk] dN I e; dsckn ml dk ruko vks c<+x; k
ftl I sog fMild u %vol kn@mnl h½ ea pyk x; kA

I = 3 % i q "kka d k LokLF;

vkš pi h 5-1 %; kSud LokLF; dh ifjHkk"kk

^; kSud LokLF; fL=; ka vkš i q "kka }kjk viuh ; kSudrk dks
vfHk0; Dr djuso ml dk vkulln yaš vkš , d k] vupkgsxHk]
t kš & tcjnLrh] fgd k vkš HksnHkko ds fcuk rFkk ; kS
I ædkh chekjh ds tks [ke l seDr gkš dj ikus dh {kerk gš
; kSud LokLF; dk vFkZ vkRel Eeku] ekuo ; kSudrk dh , d
l dkjkRed l kp vkš ; kSud l ædkka ea vki l h l Eeku ij
vk/kkfjr , d l ũpr] vkullne; vkš l gf {kr ; kSud thou
0; rhr dj ikuk Hkh gš ; kSud LokLF;] thou] ušrd l ædkkavkš
; kSudrk ij vk/kkfjr igpku dh vfHk0; fDr eaof) djrk gš
; g l dkjkRed : i l scf) ijd gš bl eavkulln l fEefyr gš
vkš ; g Lok/khurk] l p k j rFkk l ædkkadksfu [kkjrk gš**

½ghjk LVVešV½

; kSudrk ds vk/kkj] rkj' kh] ubZfnYyh

gsM vkmV 5-1 %; kSudrk o iztuu LokLF; eal ædk

yxHkx l Hkh iztuu o izl fir l s tQ/lt LokLF; l eL; k, a; kSudrk l s tQ/lt gplz gA xHKZ
fujksk i)fr; ka d k p; u o i)fr; ka l s l Urq"V] l gjf{kr xHKZDLFkk o izl o] fu% arkurk d k
bykt] ; kSud l p k f j r j k s k a l s c p k o j v k f n l H k h e a ; k S u d r k l s t Q / l t e p n k ' k k f e y g A
efgykvka o i q "kka d k ; k S u d 0 ; o g k j o c r k Z x H k Z f u j k s k d s p ; u o m i ; k s d s v l j d k s
i H k k f o r d j r k g A v i u s L o ; a ; k l k F k h d s ; k S u d r k d s v u t k o l d k j k R e d ; k u d k j k R e d
n k s k a : i k a e a g k s l d r k g A

; kSud l Ecl/k ik; % vius ea tsMj] me] oxl o mp&uhp %tS & ekfyd&etnij]
fu; kDrk&depkj] mPp tkfr&fuEu tkfr l Ecl/k½ ds vk/kj ij cusl Rrk dh vl ekurk
dks 'kkfey djrk gA ; svl ekurk, a'kkjhfjd 'kDr rFkk HkkDr o l kektfd l d k/kuka dks
i k r d j u s d h v l e k u r k v k a d s d k j . k g k r h g A e f g y k v k a v k s y M f d ; k a d s i k l m u d h
; k S u d r k i j c g r g h d e f u ; æ . k g k r k g A m u d s v i u s ' k j h j i j r F k k f t u i f j l F k f r ; k a
e a ; k S u d x f r f o f / k ; k a ? k V r h g S m u i j c g r g h d e f u ; æ . k g k r k g A e f g y k , a v u p k g s x H k Z
; k ; k S u l p k f j r j k s k a l s c p k u s d s f y , f d l g n r d f o ' k s k ; k S u d x f r f o f / k d h ' k r k Z d k s
e u o k i k r h g A ; g ; k S u d l E c l / k m u d h { k e r k d k s n ' k k z s g A v u p k g s ; k S u d f Ø ; k l s c p k u s j
; k S u l d k m B k u s v k s LokLF; n s k & j s k r F k k i f j o k j f u ; k s t u d s r j h d k s d h e k a d j u s d h
{ k e r k m u d h l d k j k R e d r k i { k d k s c r y k r s g A v r % n k s 0 ; f D r ; k a % i # " k & e f g y k ½ d s c h p
' k f D r & l æ d k p k g s @ v u p k g s e f g y k v k a d s ; k S u d o i z t u d L o k L F ; i f j . k k e k a d k s i H k k f o r
d j r s g A

tsMj o ; kSudrk dks l e>uk %

; kSudrk , d tSodh; bPNk dh l kektfd l j p u k g A ; g c g r k V d h ;] X R ; k R e d v k s j
' k f D r l æ d k % e Y V h M k e a ' k u y v k s M k b u f e d ½ f u f g r g A ; k S u d r k 0 ; f D r x r v u t k o]
tSod] tsMj Hkkedk] ' k f D r l æ d k] l k F k g h l k F k v U ; r R o t S s m e j l k e k t f d o v k f F k Z l
i f j l F k f r l k e k t f d e k u d] e W ;] e f g y k & i # " k k a d h f u / k k z j r H k k e d k] f l F k f r v k f n } k j k
l p k f y r g k r h g A m n k g j . k d s f y , e f g y k v k a d s ; k S u d l æ d k k a e a f u / k k z j r H k k e d k i k ; %
f u f l Ø ; g k r h g A e f g y k v k a d k s v i u s ; k S u d l k F k h p u p u s d s c k j s e a f u . k z y a u s d s f y ,]
; k S u d f Ø ; k i d f r o l e ; r ; d j u s d s f y ,] v i u s l s v U k p k g s x H k Z o j k s l s c p k u s d s
f y , r F k k l c l s T ; k n k L o ; a d h ; k S u b P N k d k s i g p k u u s o L o h d k j u s d s f y , m R l k f g r u g h
f d ; k t k u k g A n i j s r j Q i q " k i q " k R o d k s i æ k . k r d j u s d s f y , l k e k t f d : i l s c u k ,
t k r s g A i q " k i F k e r % ; k S u d l f Ø ; r k d s c k j s e a l k p u s d s f y , m R l k f g r f d , t k r s g A
e f g y k v k a d h ; k S u d v k u l n d k s v l e r k s j i j i q " k d h ; k S u d ' k f D r o f Ø ; k ' k h y r k d k s
i æ k . k d s : i e a v k a d k t k r k g S ; g i æ k . k m o j r k j f o ' k s k : i l s % c P p s i s n k d j u s r F k k y M e k
i s n k d j u s d h { k e r k ½ d s : i e a H k h n s k k t k r k g A

efgyk vks i q "k fey dj tsMj Hkkedk dks i p l F k k f i r d j r s g S t k s i z t u u L o k L F ; o x H k Z

l = 5 % tsMj iztud o ; kSud LokLF;

fujkškd 0; ogkj ds ifj .kkeka dk i Hkkfor djrk gA efgykva ds vupkgs xHkZ ; k vl gjf{kr
xHkZ kr efgykva ds LokLF; dksCMs tš[ke eaMkyrs gA ftl l sefgyk, ami š{kr LokLF;]
tsMj vk/kkfjr 'kšk.k o fgd k] upl kung 0; ogkj tš scykr dklj ; k tcju ; kš. l Ei dZ
; kš. l pkfjr jkska }kj k fcekh dsf' kdkj gks tkrh gA iq "kka ea tYnh ; kšud fØ; k i kjEHk
djus grqfn; k x; k ncko o cgq l kfh ds l kfk ; kš. l Ei dZ dh vupfr Hkh mlga, l VhVh
vkš , pvkbh o , M+ ds fy, tš[ke ea Mkyrh gš yfdu vlrr% efgyk; a T; knk
tš[kexLr gA

$$I = I pkyu$$

ekM; y dk mnnsk; %

i fr'kkxh I g'kkxh i) fr I s I = I pkyu dj ik; ks

**l = 1 % l gthdj.k ,oa l eḡ }Un %Qš fyVšku o xq
Mk; ufeDI ½**



90 feuV

l = dk mns' ;

l = ds mi j kURk i frHkkxh &

• , d vPNs tsMj if'k{k d o l = l pkyd dh Hkafedk dks i fj Hkkf"kr dj
i k, xA

• l eḡ ds vlr' } Un dks l e>uk l h[kxA

i) fr

• cu LVHkx] l eḡ pplZ jky lys

l elxh

• ctmu i ij] dyj i u

xfrfof/k 1

pj.k

1- i frHkkfx; ka l scrkus dks dgafd "dkš vPNk i f'k{k d %Qš fyVšj %* gA i frHkkfx; ka
l sfudys mRrj dks ckMZ ij fy[k dj l ph cuk, A

2- i f'k{k d i frHkkfx; ka l sl kp dj crkus dks dgafd "dkš , d vPNk tsMj i f'k{k d**
gA

if'k{k d dsfy, uk' %

, d vPNk l gtdrk %Qš fyVšj % &

• t: jh ughafd fo"k; oLrqdk fo'kšK gkA

• dbZ izdkj ds l eḡ i fØ; kvkae fo'kšK gkrk gš % l eḡ ds vlnj o dbZ l eḡka ea
erHkka ck l ek/kku djuk] ufrxr fu; kst u] l eḡ xBu vkfn %

• i k; % l eḡ dks Lo; ads, tsMk o i fØ; k; a i fj Hkkf"kr dj us rFkk LFkfi r dj usea
enn djrk gA

- tc ifj.lke dkgj I sfu/kkzjr fd; k x; k gksrks I egj I sfu/kkzjr ifj.lke ds i klr djusgrqLo; adh xfrfof/k o pj.k dk fu; kstu djuseaenn djrk gā
- QšI fyVŠku dks , d ifØ; k ds : i ea n[krk gŠrkd fo'kšk I æBu dsy{; dks ijk fd; k tk I dā
- I Hkh ds I kFk feydj , d I kefgd fu; kstu %dk; ½ fudyokusea vi uh d[kyrk j [krk gā vr% I gtdrkz dh Hkfedk i frHkkfx; ka dh Hkfedk I sJŠB ughagā I gt drkz ppkz dk elxh'kz djrk gŠrFkk ppkz dks vlxs c<krk gā
- , d vPNk I gtdrkz , d vPNk I pkjdrkz gā
- ppkzo cgl i frHkkfx; ka dschp pyokrk gŠu fd dōy Lo; ao i frHkkxh dschpA
, d vPNk tsMj i f'k(kd %
- turkf=d 0; ogkj o tsMj I on'khy 0; ogkj ea , d jky ekWly gā
- [kyk gpyk rFkk Lo; a ds I æ'kkz dks I cds I kFk clā/us dh bPNk j [krk gā
- vknj v[š fouerk ds I kFk fu/kkzjr tsMj Hkfedkvka o 0; ogkj ij ppkšh [kMk djrk gā
- tc dN cnyko o ifjorū n[krk gŠrks ogkwmRI kgr o enn djrk gā
- Lo; a ij gā I drk v[š etkd cuk I drk gŠ

xfrfof/k 2 I egj ppkzo jky lys%
ppkšh nsjgs i frHkkfx; ka dks
I EHkkyuk

- pj.k**
- 1- I egj dks 4 Nkš/s I egj ea clā/a A
 - 2- I egj dks , d ifjLFkfr dk fp=.k djus dks dga tksmu ij udkj kRed i Hkko Mkyrk gks i rk djus dks dgs fd bl ifjLFkfr ds fy, ftEenkj rRo D; k gŠ \ , d h ifjLFkfr dks I EHkkyus ds fy, j.kufir fudkyus dks dga
- vki mnkgj.k ns I drs gŠ tŠ s &
- ¼½ nks i frHkkxh ij h rjg , d n[j s I s Bhd foi jh fclnq; k n'Vdka k j [krs gā
- ¼½ , d i frHkkxh geškk I egj dks udkj kRed : i I i Hkkfor djrk gŠ geškk ; g dgrs gq fd phta D; ka ugha gksh gŠ

3- I eg ppkZ ds ckn I eg dks ij fLFkr o ml dk I ek/kku jkys ys }kjk i Lrfr djus
dks dga

4- I Hkh I ega ds jkys lys i Lrfr ds ckn I eg dks I qko %QhM cfd½ nus rFkk bl h
I eL; k ds osfyid I ek/kku I qkus dks dga

gsM vkmV %

1-1 fofHku 0; fDrRo dks I e>kus dh fVII



105 feuV

I = 2 % I gHkkxh if'k{k.k dsfl) kUr

I = dk mnn& ;

I = ds mijkURk ifrHkkxh &

- I gHkkxh if'k{k.k dsfl) kUr ij , d I k>k I e> cuk ik, &}
- i Fke 3 fnol h; if'k{k.k dk; Øe dk fo'y&k.k dj&srFkk , d I gHkkxh if'k{k.k vk; kst u ij I k>k Q&odZr& kj dj ik, &A

i) fr

- I e& ppk& Hkk'k.k

I ekxh

- pkVZ i ij o ekdj

xfrfof/k 1

pj.k

1- ifrHkkfx; ka dks 4 I e& ea ck&/s

2- i R; d I e& dksfi Nys 3 fnuka ds I = dk eW; ka du dj us dks dga tks fuEu I UnHkZ ea gk&

- fo"k; oLr& I h[kus okys ds I UnHkZ ea fdruk ToyUr Fkk
- i) fr & I h[kus dh n"V I srFkk I h[kus oky& dh : fp cuk, j [kus dh n"V I s fdruk mi ; Ør Fkk
- I pkj ifrHkkfx; ka o if'k{k(kd rFkk ifrHkkfx; ka ds vUnj
- I gtdrk& dk dks ky

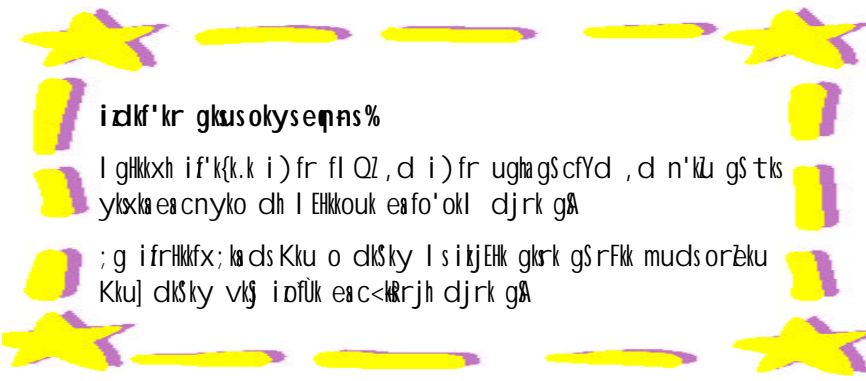
I e& dks bl ckr dks fudkyuk gSfd ml gkaus I = ea D; k mifr Fkk rFkk I = ea vk& I qkkj d& sfd; k tk I drk Fkk \ 1&0 feuV½

3- I e& dks vi uh ppk& dks ckjh&ckjh 10 feuV ea I si Lr& dj us dks dga 1&0 feuV½

xfrfof/k 2

1- l gtdrkZviuk l f{klr ; kxuku l h[kusdsrhu vyx rRo & tkudkj] l e> o
dksky ij l gHkxh Hk" k.k dsek/; e l snarFkk ; g Hk crk,afd vyx&vyx fo" k; oLrq
dsfy, vyx i) fr dk p; u fd; k tk l drk gStš & tkudkj c<kusdsfy, Hk" k.k
i Bu l kexh] l e> c<kusdsfy, l eġ pplġ fQYe 'kkš [ky] jky lyġ dksky c<kusds
fy, in'kū] vH; kl vkfnA

2- mnkgj.k nātisi Eke 3 frukads l =kaefn, x, FksrFkk l gtdrkZLi"V : i l scrk,
fd vyx&vyx l =ka ea l h[kusdk eq; mnas; D; k Fkk rFkk iR; d dsfy, dš s
mi; ħr i) fr; ka dk bLreky fd; k x; kA



i dlf'kr gkusokyseqns%

l gHkxh i f'k{k.k i) fr fl QZ, d i) fr ugha gScfyd , d n'kū gSts
ytska eacnyko dh l EHkkouk eafo'okl djrk gA
; g i frHkfx; ka ds Kku o dksky l s iġEHk gkrk gSrFkk mudsorĒku
Kku] dksky vġ i dfūk eac<kRrjh djrk gA

gsM vkmV %

- 2-1 i f'k{k.k dh i) fr
- 2-2 l gHkxh i f'k{k.k ea l gtdrkZ dk egRo



1 fnu

I = 3 % vH; kl I = dk I pkyu

I = dk mnns' ;

- I = ds vlr rd i frHkkxh foHkU I = ka ds I pkyd ds : i ea dks ky c<k, xA

i) fr

- I eog pplz Hkk'k.k

I ekxh

- if' k{k.k ešuyy] gsMvkmV o vU; ToyUr I UnHkZ I kexh

xfrfof/k 1

pj.k

- 1- i jkusekM; ny I tsMj] I erk&l ekurk] ; kšudrk] fgd k rFkk LokLF; I sl = puA
- 2- i frHkkfX; ka dks N% I eog ea cka/s %yxHkx 4 i frHkkxh , d I eog eagls I drsgA, d I = dk p; u dja tks os djuk pkgrsgA
- 3- i R; d I eog dks , d I = r\$ kj dj I pkfyr djus dksfn; k tk; A I eog dks I = r\$ kj djus rFkk vki I ea dke o Hkkiedk cka/us dk funšk nA r\$ kjh ds I e; vko' ; drkuđ kj enn i gpkus dsfy, I gtdrkZ mi yC/k jgA
- 4- I eog I = I pkyu dsfy, i wZ r\$ kjh dja t\$ spkVZ r\$ kj djuk] vko' ; d I kexh dks gkFk eaj [kuk vk\$ vU; I kexh tks Hkh vko' ; d gkA? k. Vsr\$ kjh dsfy, A ; g vPNk gkxk ; fn r\$ kjh jkr eadh tk jgh gk\$
- 5- I eog I = dsekM; ny eafn, x, vkmV ykbZu funšk ds vuđ kj I = I pkfyr djA I = dk I e; ekM; ny I = ea I p-k; s x, a I e; ds vuđ kj gh gkxkA
- 6- I eog ds vkyok I eLr i frHkkxh vH; kl I = dsfy, i frHkkxh cuA I gtdrkZ voykdu djA I gtdrkZ tc I = py jgk gksrks voykdu dk i jk ukš/ folrkj

ea j [kskA ; s ukV I = ds I dkjRred i{k dks izdkf'kr djæks %dgl&dgka I ghkxh
if'k{k.k dsfl) kUr dk vuplj .k fd; k x; k% I kFk gh I kFk os i{k Hkh tks I qkkjk tk
I drk gA I gtdrkZ vius voykdu I s Bkd I pko I keus j [ka voykdu dh
pdyLV dk mi ; ks dja tksgsM vkmV eafn; k x; k gkA %ijj 3 ?k. Vs dsyxHkx½

7- I = I pkyu dk odfYid I pko vkuk pkfg, fd dš s I qkkj dj I = dk I pkyu
fd; k tk I drk gA I eg I sHkh QhM cšd ekaxA tc QhM cšd py jgk gksrksfdl h
Hkh izdkj dh fVli .kh] ifrfØ; k ; k tokc u nus dks dgA bl I s I qus dh ifØ; k
ckf/kr gksrh gA %30 feuV½

if'k{k(d dsfy, ukV

; fn rš kjh jkr Hkj eadj yh tkrh gšrks45 feuV ds4 I = pkyk, a tk I drs
gA iR; d I eg 45 feuV dk I = pk, xkA 15 feuV ea ifrHkfx; ka I s QhMcšd
fy; k tk; sk rFkk if'k{k(d 30 feuV ea viuk QhM cšd nsx ftI ea ppkZ Hkh
'kkfey gA



gs M vkmV 1-1

fofHkUu 0; fDrRo dksI Hkkyusdsfy, fVII

if' k{k.k ds nk&ku ; k tc I eg ds I kFk dke djrs g& rks I gtdrkZ dk fofHkUu
ifjLkFr; ka I sI keuk i M&rk gS; k fofHkUu izdkj ds 0; fDr; ka dks I EHkkyusdhi t: jr
i M&rh g& I gtdrkZ dks vi uk /k& Sugha Nk&Meuk pkfg, rFkk x&I k ughagkuk pkfg, cfYd
ml s vPNh rjg I EHkkyusdhi rjdhc I h[kuh pkfg, A

uhpsfn, x, dN 0; fDrRo o dN fVII enn dj I drsg&

r& djusokyI oky i Nusokyk %I EHkor%vI g{f{kr} nI js dks ruko e&Mkydj
I Ur&V gkusokyk] mxz rFkk T; knk cgl djusokyk

D; k dja%

- dHh mnl ; k vI a fer u gkA
- dN I dkj kRed fcln] Qk; ns <w& I gefr fn[kk, a v& vxsc<A
- fdI h rF; ij xyr oDr0; vkusdk bl&rtkj dja fQj bl s Bhd djus; k I dkj
djusdsfy, I eg ds chip j [kA

fpi dw% vLi "V Hkfer] fi .M u Nk&usokykA

D; k dja%

- mlga Li "V o Bkl dgus dks dgA
- mlga fn[kk, fd vki dh i Lr&r dk mn&s; I dkj kRed , oajpukRed gksk
- I eg nco dk bLreky dja

ckrw h I cdN tkurk g%v/khj mrkoyk i u LoHko] cdokI I shkjk g&k] fn [kkoVh]
vPNk tkudkj gS fn [kkus ds fy, mrkoykA

D; k dja%

- bl&rtkj djafd og I kl yusdsfy, : d& /k& okn n& /; ku i p& d&lnr djav& vxsc<A
- dN dfBu izu dja
- chip e&gLr{ki dj I eg dks fVI .kh djus dks dgA

dkukQd h djusokyk% I = ds I UnHkZ I s dVki I = ds nk&ku vius t& k nI jka dks
[k&st dj dkukQd h v& /; ku Hk& djuk] I = e& 0; o/kku

D; k dja%

- ckr djuk dln dj n] blrtkj djafd og vki dh rjQ ns[ksfQj cxj dksymI I s
tkjh j [kus dsfy, vuørh yA

pjpkj cBk 0; fDr% Mjk gvk] vl jf{kr] 'kfejy] Åck gvk] mnkl hu

D; k dja%

- vki ku izu i N] ml ds mRrj ij ppkZ djrs gq ml ds vga dks vkxs c<kus
eæenn dj] tc mnkj.k nsjgsgksrksml dsuke I sl UnHkZ dj] ml dsHkoukRed
fo'okl dksetar djA

ml dsuke dk I UnHkZ ydj crk, afd og ml st: j tkurk g] vH; kl dsnk] ku ml s
I gk; d ds: i eablreky djA

gsM vkmV 2-1 %if'k{k.k dh i)fr

I gHkxh if'k{k.k eafofHku idkj dh i)fr; ka dk mi; kx fd; k tkrk gS tksfuEuud kj g&

1- Hkk"k.k %

; g i)fr if'k{k{kFkz dksu, fopkj ubz tkudkj n&sd&fy, mi; kx dh tkrh g& Hkk"k.k i)fr dk mi; kx ; k rks tkudkj n&sd&fy, ; k l = ij k g&us ij l kj ck&kus d&fy, fd; k tk l drk g& bl ea Hkk"k.k ds ij d ds : i ea pkV] i k&Vj] ukj} fp= vk& VRU i j&I h dk bl rky fd; k tk l drk g& ; s l kexh l h[kus dh if& ; k dks T; k& vl j&dkj o : fpdj cuk n&sg& ; fn dkbzfo'k& egRo i w&iz u i n& tkrk g&rc Hkk"k.k , d rjQk l p&j ea g&s tkrk g&ctk; fd Hkk"k.k ds l k&Fk p&k& bl fy, ; g r; djuk vko' ; d g&sf& dkbz Hkk"k.k ds l e&pr ij . k&e d&fy, d& smi ; kx d&A

vPNs Hkk"k.k d&fy, ; kn j [kus ; k& ; fclnq%

- 0; fDr us Hkk"k.k fn, tkus okys fo"k; o fo"k; oLrq ij vPNh rjg r& k&jh fd; k g&s
- Hkk"k.k l = ds mn&s ; ij vk/k&fjr g&s
- ifjp; : fpdj g&s
- fn, x, l e; l hek dks /; ku ea j [ks
- Hkk"k.k ds fclnq tkudkj n&sd& okys g&a
- Hkk"k.k n&sd& Lrj i fr Hkk&fx; ka ds l e> ds Lrj l sfeyrk&tyrk g&s
- ; fn Hkk"k.k y&ck g&s rks i fr Hkk&fx; ka dks 'k&fey djus dk iz kl d&a
- l = ea c&Bus dh mi ; &pr 0; oL&Fk g&s ft l l s i fr Hkk&fx; ka ds l k&Fk vk& k&a l s vk& k dk l Ecu/k cudj jgs
- if'k{k&d ds 'k&jhj dh Hkk"kk , d h g&s ft l l s i fr Hkk&fx; ka dk /; ku u c&s
- fo"k; dh x&EHkj rk cuk, j [ka
- i fr Hkk&fx; ka dks mi n&s k u ns
- Hkk"k.k dh Hkk"kk vkl ku o yphyh
- fd l h Hkh Hkk"k.k dk e& ; mn&s ; fopkj vk& tkudkj; ka dks j [kuk g&a

Qk; ns %

- Hkk"k.k d&ek/; e l s Bhd rjg fd l h fopkj vk& tkudkj dks fn; k tk l drk g&

- , d vPNk Hkk".k i frHkkfx; ka dh i frHkkfxrk c<krk gS rFkk l h[kus dh i fØ; k ea 'kkfey djrk gS rFkk mRl kfr djrk gA

- tkudkj o fopkj nus dk ; g , d vkl ku rjhdk gSA

I hek, a%

- Hkk".k k dsek/; e l s dpy if'k{k d sfopkj o l e> nll jka rd igp l drh gA
- I = ds nŕj ku i frHkkxh l fØ; xg.kdrkz ugha gsrk gA
- Hkk".k k dk i frHkkfx; ka ij gq vl j dk eW; kadu djuk dfBu gA
- xŕ ftEenkj if'k{k d xyr tkudkj dsek/; e l s i frHkkxh dks l ák; o vl eat l ea Mky l drs gA
- dbz dj Hkk".k k i) fr i frHkkfx; ka ds ctk; if'k{k d ds fy, ykHkdj gsrk gŕ D; kfd , d ckj Hkk".k k nus ds l kFk gh mudk dke ij k gŕ tkrk gS yfdu dkbz; g i Dds rŕj ij ugha dg l drk fd i frHkkfx; ka }kjk tkudkj xg.k dh x; h gS; k ughA

2- y?kq l eW ppkz %

- NkV s l eW ea ppkz i frHkkfx; ka dks fn, x, fo" k; ij vi uh l kp fopkj o vutko vkrnk u& i nku djusea enn djrs gA ; g mlga l kpus rFkk l fØ; ; i l s Hkkxh rnkj h fuHkkus ea enn djrk gA

Ok; ns %

- i frHkkxh l eW ea ppkz djusea vkl kuh egl ll djrs gA os vi us dks vPNh rjg vfhko; Dr djrs gA
- ; g i) fr l eW dh Hkkxh rnkj h dks c<krk gA
- dN ph tka dks vkrk kr djkus ds fy, l eW ppkz i Hkkodkj h i) fr gA
- ; g i) fr , d eŕ hi wŕz ekgy cukrh gA

; kn j [kus okys fclnq %

- mi ; D r l eW cuuk tŕ & l eku mez; k in ; k LFkku ; k vutko ds i frHkkfx; ka dks , d l kFk j [kukA ; jfi dHk&dHk feyk tgyk l eW Hk enn xkj gsrk gA l eW cA/okj bl ij fuHkz djrk gS fd ppkz dk fo" k; vŕŕ mns; D; k gA
- if'k{k d dks dN&dN l e; ds fy, l Hk l eW ka ea tkdj i frHkkfxrk fuHkkh pFk, A bl l sos l e> i k, asfd i frHkkfx; ka ea ppkz ds fo" k; ij Li "V l e> gA vŕŕ os ppkz ea l fØ; ; i l s Hkkx ys jgs gS; k ughA
- l e; l hek dk /; ku j [ka rFkk bl ckjs ea l eW dks; kn fnykrs jga rkfd os vi us

I = 2 % l ghkkxh if'k{k.k ds fl) kur

ppkz dks clak I dA

- if'k{k(d dks iLrřrdj.k dsfy, ,d lyku ; k [kkdk I eġ dks nuk pkfg, rkd I eġ viusfopkj dks iHkkoh <x I siLrř dj I dA
- iR; d I eġ I s, d 0; fDr iLrřrdj.k dsfy, p; fur gkuk pkfg, A ; g p; u I eġ }kjk gh fd; k tkuk pkfg, A
- I Hkh I eġka dks vius iLrřrdj.k dsfy, I eku ekšsfn, tkus pkfg, A
- ; fn if'k{k(d iLrřr ea iġjkofRr dks jkdjdj I e; cpluk pkgrk gšrks ml sigys gh I eġ dks crk nuk pkfg, A
- if'k{k(d dks vlr ea iFrHkkf; ka }kjk fd, x, iz kl dks Lohdkjrs gġ I jgkuk pkfg, rFkk vlr ea I eġ dh iLrřr I sfudysfcln/ka dks ydj I kj ck/kuk pkfg, A

I hek, i %

- ; g t: jh gšfd I eġ ea, d vPNk I gtdrkz miyC/k gkA
- dHkh&dHkh fn, x, fo"k; dks iġk djus dsfy, T; knk I e; dh vko'; drk iMřh gA
- I Hkh I eġka dks cBus dsfy, T; knk txg dh t: jr iMxhA

3- dš LVMh %

dš LVMh i) fr ea iFrHkkf; ka ds vykok vU; ykška ds vuġko dks I h[kus ds fy, mi; kš fd; k tkrk gA dš LVMh fy[kk gġk gks I drk gš; k I ġk; k tk I drk gA dš LVMh dk fo"k; I = dsfy, mi; ġr gkuk pkfg, A

dš LVMh dks, d i) fr ds: i eami; kš djusdk mnš; %

- iFrHkkf; ka dks foHkUu vuġkoka I s tkudkjh nukA
- iFrHkkf; ka dks I kpus dsfy, etoj djukA dš LVMh eafn, x, fo"k; ij fpru djuk rFkk mlga Lo; a ds vuġko I s rġyuk djukA
- dš LVMh eafn, x, ijfLFkr dk mnš; ds vuġkj nš[kuk rFkk iFrHkxh; fn bl ijfLFkr ea'kkfey gkrs gšrks fdl rġg dk 0; ogkj djæž; ; g I kpukA
- fn, x, ijfLFkr ea ykška ds fHkUu&fHkUu I kp ij iFrHkkf; ka dks I e>us ea enn-djukA
- dš LVMh , d vPNh rduhd gšftl ea ykš I kprž eŲ; kdu djrž fpru djrs rFkk fu/kkžr fo"k; ij I kj fudkyrs gA
- dš LVMh iFrHkkf; ka dks foHkUu ykška o I ġFkkvka ds vuġkoka dks tkuus dk ekšk nrk gš

I = 2 % I gHkkxh if'k{k.k.k ds fl) kUr

- tc , d ifjlfkfr dk l eñ ea fo'yšk.k fd; k tkrk gš bl l subz tkudkj h vřš fopkj fudkyus ea enn feyrh gš

dš LVMh dh i) fr%

- fn, x, dš LVMh dh i Lrřr dks l ũa ; k i < A
- bl dk 0; fDrxr Lrj ij fo'yšk.k dj A
- bu 0; fDrxr fo'yšk.k ij Nks l eñ ea ppkz dj A
- bl ppkz l s dñ fuf' pr fclnq fudky A
- bu fclnq/ka dks l eñ ea ppkz dj A
- l kj ckka

i f'k{k dks izu i Nuk gš i frHkfx; ka dks xEHkjrk l s l kpus ds fy, etcj dj 0; k; k djarFkk fn, x, dš LVMh ds vuřko dks i frHkfx; ka ds vuřko l s tkM+dj fn [kk, A

dš LVMh ds Qk; n%

- ge fdl h fo'kšk l eL; k ds dbz rjg l s l ek/kku djus ds ckjs ea l kp l drs gš rFkk l cl svPNs l ek/kku dk fu.kž ys l drs gš
- ; g fn, x, fo" k; ij 0; ki d tkx: drk i šk djrk gš
- dš LVMh fo'yšk.k djus rFkk fu; kstu djusea enn djrk gš
- u, fopkj vřš tkudkj h ckj fudyrh gš
- ; fn i frHkfx; ka ea ml h rjg dk vuřko gš tš s dš LVMh ea fn; k x; k gš rks; g mlga l eL; k dks l e>kus ds fy, T; knk enn nrš gš

I hek, %

- dš LVMh ea fn, x, vuřko ea i frHkxh T; knk Hkkođ gks l drsgš rFkk T; knk fu" i {k fo'yšk.k ugha dj i kr A
- dHh&dHh fo" k; ij ppkz mnš; l s HkVd dj gks l drh gš rFkk eđ; fo" k; fcuk fo'yšk.k ds gh jg tkrk gš
- l gh dš LVMh i ktr djus ea dkQh l e; yxrk gš rFkk Bhd rjg l s i Lrřr rš kj djusea dkQh l e; yxrk gš

4- jky lys%

jky lys l h [kus dk , d vPNk ek/; e gš ft l ea i frHkxh vi us okLrfod vuřkoka dks vřřko; Dr dj i krs gš ; g ykxka } kjk l keuk fd, tk jgs fofHku l eL; kvka dks i nf' kž

I = 2 % l ghkxh i f'k{k.k ds fl) kŭr

djrk gSvksj bl ea i fjfLFkfr; ka dks i &nk dj dsfn[kk; k tkrk gA jksy lysdsckn n' k&ka }kjk ppkzfd; k tkrk gS rFkk l eL; k dk vk&dyu fd; k tkrk gA

jksy lys dh [k⁣ ka %

- jksy lys dk Qh mt&z o mRl kg i &nk djrk gA
- ; g i R; d dks nq jka ds l eL; k] vu&ko o Hkkoukvka i j l &nu' khyrk ds l kFk l kpus dks et&ij djrk gA
- ; g ekuo ds LoHko o l &alka dks l e>usea enn djrk gS rFkk mudsckj sea fu"i {krk l s l kpus ea enn djrk gA
- jksy lys nch g&Z Hkkoukvka vksj fopkj ka dks ck&gj ykusea enn djrk gS rFkk eW; ka du dsckn u, fopkj cu l drs gA
- jksy lys i fjfLFkfr vksj ml ds i hNs ds dkj. ka dk l e>usea enn djrk gA
- eW; ka du o QhMc&l l e&g ds l kp o 0; ogkj dks cnyusea enn djrk gA

jksy lys dk mi ; k&x d& s dja %

- jksy lys dk m&is ; Li "V dja
- i frHkkfx; ka dks vk&s vk&d j jksy lys d jus dks dga mlga crk, afd jksy lys ea D; k dj dsfn[kkuk gA tks yk& voy&du djus okys gS mlga D; k voy&du djuk gA D; k n&kus dh t: jr gA
- jksy lys r&sj djus rFkk i Lr& djus ds fy, iz k&r l e; nA
- jksy lys dsckn i R; d l s i n&afd mlg&us ukVd dsckj sea D; k egl & fd; ka
- ukVd ds fdjnkj rFkk voy&du djus okys l s QhMc&l n&us dks dga rFkk bl i j mn&is ; ds l UnHk& ea ppkz dja
- ppkz l s ftrus Hkh fclnq fudys gS mudks y&d j l kj ck&ka
- dhk&dhk& i frHkk&xh jksy lys ea Hkkoukvka dks f&f=r djusea cg tkr&g& t& s jks&k] fpY&kuk vkf&nA mlga l k&kl; g&kus ea enn dja

egRo i w&z fun&k %

- jksy lys dsckn ppkz djuk vfr vko'; d gA i frHkkfx; ka dks mn&is ; o jksy lys ds fo"k; dks l ko/kkuh i w&z crk, A
- ppkz ds fy, dN fuf'pr fn'kk fun&k nA
- , d : fp&d j ppkz pykus ds fy, dN bl iz&kj ds izu i n l drs g&& 1- vki us jksy lys ea D; k n&kk \

I = 2 % l gHkk&xh i f' k{k.k. ds fl) k&r

- 2- bl fo'kšk n' ; ea vki us D; k nškk \
- 3- jkys lysea bu ykxka dh Hkkouk, ao vuŋko D; k Fks \
- 4- tc vki ukVd nškk jgs Fks rks D; k vki us, d h Hkkoukvka dks vuŋko fd; k \ ; fn gka rks D; ka \ vŋ ; g D; k Fkk \
- 5- D; k vki bl jkys dks nŋ jsrjg l sdj ik, xs \ dš s \
- ; k rks if'k{k(kd Lo; a jkys lys dj ds fn[kk, ; k ifrHkkfx; ka dks rš kjh djus ds fy, I e; nA
- ; gk; ; g nškkuk t: jh gšfd dkbzHkh udkj kRed QhM cšd jkys lys ij u fn, tk; ugha rks bl l sl eŋ ea ruko i šk gks l drk gš

jkys lys dk fo" k; %

dHkh&dHkh if'k{k(kd dks jkys lys ea dŋ fo'kšk ifjLFkfr] , gl kl] , D'ku] orkz dks foLrkj ea l e>kuk gkrk gš de l sde ifrHkkfx; ka dks fuEu phtscrkz tkuh pfg, &

- ; g fo'kšk ?kVuk dgla gks jgh gš
- Hkiedk D; k gš
- D; k gkus okyk gš
- fo'kšk Hkiedkvka ds i hNs dkj .k vkfnA

jkys lys ds Qk; ns %

- ; g cgr gh i Hkkoh vŋ de [kphyh i) fr gš
- ; g gea fd l h fo'kšk ifjLFkfr ij /; ku dšunr djusea enn djrh gš rFkk bl dk l keuk djus ds fy, jkLrsfn[kkrh gš ; g ifrHkkfx; ka dks l kpus ds fy, ck/; djrh gš
- l hfer I e; ea l eL; k ds dbz l ek/kku ij 0; fDr igp l drk gš
- bl l eŋ if'k{k(k.k i) fr ea l Hkh , d l kFk l kpus ds fy, vkxs vkrs gš rFkk , d fu.kz ij igprs gš
- bl ea fd l h fo'kšk l d k/ku ; k rš kjh dh t: jr ugha gš

jkys lys dh l hek, a %

- ; fn ifrHkkxh jkys lys dks xEHkhj rk l s ugha yrs rks bl ds 'kš(kf.kd rRo xk; c gks tkrs gš rFkk ; g dŋy gš h etkd cudj jg tkrk gš
- ifrHkkxh jkys lysea tc , gl kl o 0; ki drkvka dks fpf=r dj jgsgSrks dk Qh cgl djrs gš

I = 2 % l gHkkxh if'k{k(k.k ds fl) kUr

- dHkh&dHkh tc ; g ukVd eacny tkrk gSftl ea, fDVx , oa, D'ku
T; knk egROI wLz gks tkrk gā l h[kus dsmnās ; ds: i earduhd h rKš ij vl Qy
gks tkrk gS
- jky lys dscn ppkz vko' ; d gā tc dHkh l e; dh deh ds dkj.k ; g ugha gks
i krk rc bl if'k{k.k. i) fr dk i wLz Qk; nk i frHkfx; ka dks ugha fey i krk vKš
rc dōy vk/kk gh dke i jk gpk jgrk gā

5- cuLVkfeā %

cuLVkfeā if'k{k.k. dh , d fo'kšk rduhd gS tgl; <j l kjs fopkj fudy dj vkrsgā
; g l eḡ i) fr Nk/s l eḡ ; k cMā l eḡ ea mi ; kx dh tk l drh gā i frHkfx; ka dks
bl rduhd ds ckj sea i rk gksuk pkf, gā bl ds vykok i rk gksuk pkfg, fd os vi us
fopkj o l kp dks 0; Dr djus ds fy, Lorā gā bl i) fr dk mnās ; gSfd vf/kd
l s vf/kd l ē; k ea fopkj vKš fclnq l eḡ l sfudy dj vk, ā

if'k{k.k. dks bl rjg i k jEHk djuk pkfg, fd os bl fo"k; ea dN tkurs gh ugh
i frHkfx; ka dks vi us fopkj o l kp dks 0; Dr djus dks d gā ; g l fuf' pr dja fd , d
vPNh Hkxh nkjh i frHkfx; ka ds l eḡ dh vPNh mi yfē/k gkxh ā

bl i) fr dk mi ; kx dS dja %

- i frHkfx; ka l s i Na ; k i frHkfx; ka dks dkbz dFku na ft l ij i frHkxh mRrj nxa
tS s & o bl fo"k; ds ckj sea D; k tkurs gS \
- i R; d i frHkxh l svi uh l kp vKš fopkj dks fy [kdj nus dks d gā ; k mlga i <+dj
l qkkus dks d gā
- l Hkh fopkj ka os l kp dks fy [ka tks ppkz ea vkrk gā 'kq ea dN Hkh yus l s
euk u dja
- i q% l eḡ l s dN vKš fclnq nus dks d gā
- bl ds ckn mu fclnq ka dks vyx j [k na tks fo"k; ds l UnHk ea ToyUr ugha gS fo"k;
l s tMā ugha gā ; k Li "V ugha gā
- i frHkfx; ka l s Li "Vhdj.k o l kj cākus ds fy, enn grq fuonu dja
- vUr ea l f{kr l kj cuk, ā

6- [ky %

ifjp; [ky %

l ghkxh i f'k{k.k. i) fr ea ; g vko' ; d gSfd i frHkxh l eḡ ea Lo; a dks 0; Dr djus
ea vkj ke egl w dja ifjp; & [ky i frHkfx; ka ea i k j fEHkd f>> d dks rkd/ue sea enn
djrk gā ; g [ky mlga l eḡ ea, d nū js dks tku sea enn djrk gS rFkk , d [ky
tS k rFkk vkjkeng ekgky rS kj djrk gā gkēh vKš : fp vk/kkfj r ij [ky] ; k
; knnLr cukus okys [ky bl l UnHk ea cgr gh ennxkj gks gā

I = 2 % l ghkxh i f'k{k.k. ds fl) kUr

mtkz c<kusokys [ky %

; s [ky Hkh leq; eamtiz išk djusokys gkrsgA l h[kus dh ifØ; k ea cBuk] l kpuk]
ckr djuk rFkk dñ nrd 'kkjhfd vH; kl 'kkfey gA 'kkjhfd vH; kl dkQh nj
rd cBus; k l uis l s vk, mcu o vkyl dks nj djus ea enn djrk gA ; g
ifrHkfrx; ka vj egkSy eamtiz išk djrk gA ; g leq ea l?ku : i l s HkroukRed
vuhko 'ks fjæ l išk gq ruko dks Hkh nj djrk gA mnkgj.k dsfy, dñ [ky tks
'kkjhfd vH; kl dks 'kkfey djsrgS%HKM+vjs cdjh] igkM+i j vx yxh nkM&nkM&
, d&nk&, d&nk& Aph&uhph tehu] dñrk vj gMMh] dñ hz nkM& rkyk vj pKHh]
e[cb&e[cbz vkbz

/; ku [khpusokys [ky %

tc ifrHkxh fd l h fo'kšk xrfrof/k ea; k /; ku dñnr dj i kusea dfBukbzegl ð dj
jgs gS Fkk&Mh cæd dh t: jr gS ; k l = dñ mnkl gks x; k gS rks bl
xrfrof/k dk blræky fd; k tk l drk gA dHh&dHh Åtkz c<kusokys [ky dks
/; ku dñnr djus dsfy, Hkh mi; ks fd; k tkrk gA /; ku dñnr djusokys [ky dñ
'kkjhfd xrfrof/k ds l kFk fd; s tkrsg] [ky tñ s dSVu] dSVu dks tYnh djuk] ; k
'koki u vkfn /; ku c<kus dsfy, fd, tk l drsgA

7- xhr %

xhr l eq ea Åtkzoki l ykusdk vj -Åtkz dk c<kusdk , d ek/; e gS if'k{k.k ea
fofHku izkj dsxh mi; ks fd, tkrsgA if'k{k.k dks: fpdj o i HkkoH cukus dsfy,
xhr i HkkoH <æ l smi; ks fd, tkus pfg, A

l eq xhr %

- xhr fyf[kr gka rFk ifr; ka l Hkh dks ckh/h x; h gka; k Cysd ckMz ij fy [kk x; k gksuk
pfg, A
- tks ifrHkxh xhr dh y; tkurs gka mlga usRo djuk pfg, rFkk nñ js mudk
vuq j.k dj l drsgA
- , d ckj tc l Hkh ifrHkxh y; l h[k yrs gârks l Hkh , d l kFk xk l drsgA
- xhr , d k papa tks vki ku 'kçnkaoky} ân; Li 'kiz y; rFk bruk mrkj p<ko okgs gka
fd l Hkh feydj xk l dA
- Vhe&fcyfMax dsxh ; k efgykva ds l æ'kka l smHkjs xhr] vk'kk o [kq kyh dsxh
ifrHkfx; ka ea mRl kg o tkx: drk c<krsgA

ikFkZuk %

ikFkZuk xhr dpy l = ds'kq vkr ; k l eki u ij xk, tk l drsgA

- ifrHkfx; ka dks r; djus na fd os dks l s i kFkZuk xhr xkuk pgrsgA

- i kFKZuk xhr l ko&kk&sed vkokgu ij vk/kkfjr g&arFkk l Hkh /keZo l &nk; dks'kkfey djrs g&A
- i kFKZukxhr l; kj] mnkjrk o l nHkko ds g&k] tks l gtrk c<kus ds l kFk&l kFk 'kkfUr o l nHkko dks c<kok nrs g&A

pfpr I ok xhr %

; s l ks jgs Åc x, i frHkfx; ka ds fy, l cl svPNs ÅtkZnk; d g&arFkk bue&vfrfjDr rS kjh dh Hkh vko'; drk ughag&rhA l e& ds l nL; vker& ij Lo; a'kq djrs g&arFkk /kh&/khj s l Hkh tM&rs jgrs g& v&rk{kjh Hkh i frHkfx; ka dh i frHkfxrk c<kus ds fy, [kyk tk l drk g&A

8- ohfM; ks fQYe dk mi ; ksx %

ohfM; ks fQYe mi ; ksx tkudkjh nus ; k rF; o vk&M& dks inf'k& djus ds fy, mi ; ksx fd, tk l drs g& mnkgj.k ds fy, ; fn LokLF; dk; Z&rkZ dks'kjhj ea i kuh dh deh &MgkM&ku½ ds ckjs ea crk; k tkuk gS rks fQYe , d vPNh i) fr g& l drh g&A fQYe fd l h fo'k&k fo"k; ij 0; ki d tkx: drk ; k l &nu'khyrk c<kus ds fy, mi ; ksx fd; k tk l drk g&A

fQYe fd l h fo'k&k l eL; k ; k ij flF&fr ij i frf& ; k tkus ds fy, mi ; ksx fd; k tk l drk g&A

;/ ku nus ; k& ; ckra %

- fQYe fo"k; ds vuq i g&uk pfg,
- if'k{k&d }kj bl ds mi ; ksx djus l s i&Z n&kk g&uk pfg, rFkk mn&S ; o l e; l hek ds ckjs ea Li"V g&uh pfg, A
- if'k{k&d fQYe fn [kkus ea ohfM; ks lys j dks pykus ds ckjs ea vPNh rjg tkudkjh j [kr'k g&A
- fQYe fn [kkus ds ckn if'k{k&d bl ij i frHkfx; ka ds l kFk p&kZ dja rFkk ; g n&ka fd fQYe dk l Un&k i frHkfx; ka rd i g&pk gS ; k ugh&
- dH&h&dH&h fQYe chp ea gh j&cd dj p&kZ dh tk l drh g&A
- fQYe 'kq djus l sigys if'k{k&d }kj i frHkfx; ka dks Li"V fd; k tkuk pfg, fd fQYe ea fdu&fdu fclnq/ka ij fo'k&k /; ku nus gS g&arFkk fd l ij fQYe ds ckn QhM c&l nus g&A bl l s i frHkfx; ka dks /; ku i&Z fQYe n&kus ea enn feyx&hA

ohfM; ks fQYe ds Qk; ns %

- , d i H&koh] j&pd rFkk eukj&t d ehfM; k g&A
- bl dh enn l s fo"k; dks vPNh rjg crk; k tk l drk g&A
- i frHkxh if'k{k&d }kj fn, x, fclnq ds vk/kkj ij fQYe dk voy&du o e& ; k&au djuk l h [krs g&A

I = 2 % l g&kkxh if'k{k.k ds fl) k&ur

- fQYe i frHkfx; ka eamRI kg i šk djrh gŠrFkk ; g if'k{k.k dh , d ošfyid i) fr gA

ohfM; ks fQYe dh I hek, a%

- ; fn ohfM; ks fQYe dh xqkorRk Bhd ughagS; k fj'kšI u [kjk gŠrksBhd rjg fQYe n[kuk d fBu gA
- rduhfd I eL; k Hkh fj'kšI u dks i Hkkfor dj I drh gŠrFkk fQYe fn[kkus dk mnas; v/kjk jg I drk gA

I šr gsMvkmV % if'k{k.k dka dk if'k{k.k 1997 dsfy, Mšym h, p-i-h }kjk rš kj fd; k x; k gA efgyk vš LokLF; ij I pky o v/; ; u dsfy, ,-, u, e- dk Vtuax ešpy 1997

gsMvkmV %2-2 I gHkxh if'k{k.k ea if'k{k}d dk egRo

- , d if'k{k}d fo"i; ij I {ke o d&ky gkA
- fn; k x; k ukV I e>usdsfy, vkl ku gkA
- if'k{k.k dk I e;] LFkk o frf&k v&fn ifrHkfx; ka I s I Ei dZ o jk; ydj r; dh xbz gkA
- cBus dh 0; oLFkk xky&dkj gkA
- i R; d I = dk mn&s; if'k{k}d }kj crk; k tkuk p&fg, rFkk ifrHkfx; ka ds fy, ckr djus dk e&g&S cuk; k tkuk p&fg, A
- if'k{k}d ; g u inf'kr djsfd og I c dN tkurk g&Rf&k ifrHkxh dN ugha tkurA
- ml ea vL; fopkj ka dsfy, rFkk I h[kus dsfy, [kyki u g&uk p&fg, A
- if'k{k}d }kj I o&Eke ifrHkfx; ka dks fo"i; ij pp&z o ckr&phr djus dsfy, e&lk fn; k tkuk p&fg, rFkk ckn ea gLr{ki djuk ; k vi uh jk; n&uk p&fg, A
- pp&z tc rd [RRe u g&s tk; if'k{k}d ml sjfp&dj cuk, j [ka

Igt&rk@if'k{k}d

- I p&k: Igt v&S e&g&S r&S kj d&A
- if'k{k.k dk; D&e dks Bhd rjg i&j&Ekk d&ja rFkk v&lr ea urht&k fudkyA
- i R; d I = dh i "B&H&ie rFkk ml dk mn&s; dks crk, A
- I Hkh dks e&S&sn& i R; d ifrHkxh dks I p&A
- if'k{k.k dh fof&H&Uu i) fr; ka dk bLr&ky d&ja
- J0; &n"; I kexh dk mi; k&x d&ja
- i R; d ifrHkxh dk uke ; kn d&ja rFkk ml&ga mud&s uke I s c&yk, A
- H&k&stu o p&k; &fo&J&ke ds n&S&ku mul s vPNh n&krh cuk, A
- ml&ga v&R&fo'okl cuk&ea enn d&ja
- ; fn pp&z v&Vd ; k H&KVd jgh g&R&ks gLr{ki d&js rFkk ml s I gh j&kLrs ij ys tk, A

gsMvkmV %3-1 i f'k{k d sfy, voykdu pšdfyLV

½voykdu 'khV ckgjh voykdudrk}kjk Hkjk tk; ½

fo'k; oLrq-----i f'k{k d-----voykdudrk

i frHkfx; kadh l ē ; k-----efgyk-----i q "k-----

i f'k{k.k dk uke-----

1- ¼½ D; k i f'k{k d usfd l h l ghkxh i f'k{k.k i) fr dk bLrēky fd; k
Fkk\ ; fn gk rē d k l h i) fr dk ¼ gh dk fu'kku yxk; ½

- cu LVfēk
- y?kq l eg&ppkz o i Lrfr
- l eg ppkz
- jky lys
- vH; kl
- dš LVMh
- y?kq Hk'k.k
- nh?kz Hk'k.k
- dkbzvl; i) fr fy [ka-----

¼½ d k l h i f'k{k.k l kexh bLrēky dh xbz\

- VRU i jšl h
- LykbM
- ohfM; k@fQYe
- fŋyi pkvZ
- ŋyēd ckMz
- l ekpkj i =
- gsM vkmV
- dkMz

2- D; k i f'k{k d us i f'k{k fFkē; kadh i frHkfxrk i kus dsfy, fuEu phtadh
Fkh\

1½ tc ckr dj jgs Fks rks D; k dejs ea l Hkh vkj nēk jgs Fks \

2½ dejs ea dpy fo'kšk l eg ; k 0; fDr ; k i gyh i dR ; k efgyk ; k vi us gh
fyak ds i frHkfx; kadh rjQ nēk jgs FkA

I = 3 %vH; kl I = dk l pkyu

- 3½ cxš dkbZ l puk fn, ; g irk djus dh dks'k'k dj jgs Fks fd if'k{k.k.kkFkZ fo"k;
ij D; k tkurs gš
- 4½ ifrHkkfx; ka ds fopkj@vutlko@jk; tkuus dk iz kl fd; k FkA
- 5½ fo"k; I sl eaf/kr vutlko 'ks j djus dks dgka FkA
- 6½ ifrHkkfx; ka l s i n s fd muds dkbZ iz u gš; k mlga Li "Vhdj.k dh vko"; drk gš
- 7½ ifrHkkfx; ka dks vi uh vl gefr ; k foi jhr jk; 'ks j djus ds fy, ekš ds fn, x,
FkA
- 9½ ifrHkkfx; ka ds vl gefr ; k iz u o l ak; dks /kš ž mž l uk x; k FkA
- 10½ pplZ dks i kš l kgr fd; k x; k FkA muds iz uka dk mRrj nus dh dks'k'k dh x; h
FkA muea l ak; dks Li "V djus dh dks'k'k dh x; h FkA
- 10½ ifrHkkfx; ka dh 0; fDrxr ; k l kefgd l ghkkfxrk dk c<kok fn; k x; k Fk rFk tc
l eŋ }kjk i Lrqr dh tk jgh Fk rks i kš l kgr fd; k x; k FkA
- 11½ D; k ifrHkkfxrk c<kus ds fy, dŋ vlš fd; k x; k Fk Li "V dja
- 3- if'k{k{kFkZ; ka dh ifrHkkfxrk dš h jgh \ fuEu ij mRrj naA**
- 1½ fdrus if'k{k{kFkZ; ka us Li "Vhdj.k i n k \
- 2½ fdrus if'k{k{kFkZ; ka us iz u i n s \
- 3½ fdrus if'k{k{kFkZ; ka us vutlko dks \
- 4½ D; k fdl h ifrHkkfxrk }kjk i Lrqr fd, x, fopkj dks pukš h nh \
- 5½ D; k fdl h if'k{k{kFkZ; us l h[k ds mi; kx ; k OhYM ea l eL; k ij ckr dh \
- 4- if'k{k{kd us l eŋ ds vlrž; Un dks dš sl ektr fd; kA D; k ml us fuEu fd; k**
- 1½ 'kkUr cš l nL; ka dks vi us fopkj dks 'ks j djus ; k l fØ; Hkkxhnhj ds fy,
mRl kgr fd; kA
- 2½ T; knk ckr djus okys ; k l eŋ ea nckus okys ykš ka l snl jka dks ekš dk nus ds fy,
dgka
- 3½ D; k dkbZ mi l eŋ cuk; k x; k \ gka@ugha
; fn gka rks D; k mi l eŋ dks l kefgd xfrfof/k; ka ea Hkkxhnhj ds fy, dgk x; k Fk
- 4½ D; k fdl h ifrHkkfxrk ; k l eŋ us nll jka dks o d d d cuk; k ; k nll jks dk etid cuk; k
Fk \ gka@ugha
; fn gka rks D; k ifrHkkfx; ka l sjpukRed : i ea Hkkxhnhj ds fy, dgk x; k Fk
- 5½ D; k ifrHkkfx; ka us l eŋ dks vi us rjQ feykus ds fy, udjkRed iz kl fd; k Fk
; k l = ds 0; o/kku Mkyk Fk \ gka@ugha

; fn gkarksD; k if'k{k d usbu ifrHkfx; kaI si iNk Fkk vkš mlga, d k djusI sjkcdk Fkk\
6½ dkbZvU; I eL; k -----
5½ D; k if'k{k d usI = dse[; fcUnqkaij I kj ckdksrgq I h[k@urhtk
fudkyk Fkk\

i f j f' "V 1

dk; Z kkyk fMtk; u 1

vf/kdkj] tsMj] ; kšudrk] fgd k vlg LokLF; i j dk; Z kkyk

I e; 4 fnu] 4 I = i R; d fnu

i f k e f n o l

I = 1 i f j p;
 v i š k k, a, o a' k e d k, a
 dk; Z kkyk d s m n e s ;
 dk; Z kkyk d h : i j š k k

I = 2 i k o j o k d

I = 3 I e r k v l g I e k u r k

I = 4 I D I v l g t s M j

f } r h; f n o l

I = 1 0; o L F k k d s : i e a t s M j

I = 2 I f o / k k, a v l g c k / k k, a

I = 3 i q " k v l g e f g y k ; k š u d r k d k I k e k t h d j . k

I = 4 ; k š u d r k d h / k j . k k

r r h; f n o l

I = 1 L o h d k ; Z v l g v L o h d k ; Z ; k š u d r k

I = 2 ^ k j h j o ; k š u d r k * * ; k ^ L o ; a d h ; k š u d r k * *

I = 3 f g d k , d t s M j e n a k

I = 4 ^ e f g y k v k a i j * t s M j] I R r k v l g f g d k * * ; k ^ e n k z u x h v l g f g d k * *

p r k k f n o l

I = 1 L o k L F ; I o k d k v f / k d k j

I = 2 i q " k k a d s L o k L F ; d s e m n s

I = 3 t s M j] i z t u u v l g ; k š u d L o k L F ;

I = 4 c n y k o d s f y , f u ; k s t u

ifjf' "V 2

dk; Zkkyk fMtk; u 2

vf/kdkj vk/kkfjr tsMj] LokLF; včš ; kšudrk

I e; 4 fnu] 4 I = iR; d fnu 7 ?k. Vs iR; d fnu

iFke fnol

- I = 1 i fjp;
- I = 2 i koj okd
- I = 3 I erk včš I ekurk
- I = 4 HkšHkko včš i fjnU;

f}rh; fnol

- I = 1 ekuokf/kdkj
- I = 2 I ĐI včš tsMj
- I = 3 0; oLFkk ds: i ea tsMj
- I = 4 I fjo/kk, a včš ck/kk, a
- I = 5 iq "k včš efgyk ; kšudrk dk I kektidj.k

r`rh; fnol

- I = 1 ; kšudrk dh /kkj.kk
- I = 2 Lohdk; Z včš vLohdk; Z; kšudrk
- I = 3 ; kšud vf/kdkj
- I = 4 fgd k , d tsMj epnk

prf'kfnol

- I = 1 *tsMj] I Rrk včš efgykvka ij fgd k*
- I = 2 LokLF; I ok dk vf/kdkj
- I = 3 mijkDr dks vius 0; fDrxr thou včš dk; Zea vi ukuk
- I = 4 eW; ka du

SAHAJ

1, Tejas Apartments
53 Haribhakti Colony
Old Padra Road
Vadodara - 390 007, INDIA
Telephone No: 912652340223
sahajbrc@icenet.co.in

SAHAYOG

A-240, Indira Nagar,
Lucknow – 226 001
kritirc@sahayogindia.org

TATHAPI

425 Mukund Nagar,
77 TMV Colony,
Pune 411 037
tathapi@vsnl.com

