

jch vfhk; ku %xsgW

y{; {ks=% iatkc} gfj;k.kk] if"peh mRrj inskj jktLFku] fcgkj] if"pe cakyl] mRrj kpy
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- dEckbZu gkoZLVak ds ckn /ku dk iqky u tyk; avkš vkš enk ea Ql y vo"skk dks feykus ds fy; s jk/kosj] l sckj&ckj t rkbZ djaA
- le; ij c pkbZ djaA o'kkZ vk/kfjr voLFkkvka ds fy; smfpr c pkbZ le; 25 vDmuj l s 10 uoEj rd] fl fpr {ks= ea mfpr c pkbZ dk le; 10&25 uoEj rd vkš fl fpr {ks= ea iNsh c pkbZ ds fy, mfpr c pkbZ le; 25 uoEj l s 25 fnlEj rd A
- thjksfvyst vFkok l h/kh c pkbZ fo"skr; k iNsh c pkbZ dh flFkr ep viukuh pkfg, A thjksfvyst e"kuh ea dkh dh rjg mYVh fn"kk ea uphyk Vh vkdkj dk Nsh yxk gkrk gS tksue Hke ea yxHkx 2&3 l eh xgjjkZ rd njkj dj nsk gSA bl l s cht vkš mojd Mkyus ds fy, 1 l s 1-5 l eh pksM+ l yk[k cu tkrk gSA
- fl pkbZ ty ds fy, ukyh cukdj dM fl pkbZ i)fr viuk, aA mijh eM+ dsmij rhu iDr ea mojd ds l kfk&l kfk xgW dh c pkbZ djaA dM+ek/; e l svko"; drkuq kj fl pkbZ djaA
- iz kx fd, x, ikskd rRok dk Hkji j ykk yus ds fy, , u-ihds dk l rfy ek=k ea iz kx djaA
- d'kdk dks l ykg nh tkrh gS fd ikskd rRok dh deh okys {ks=ka ea l (e ikskd rRok dk iz kx djaA ; fn bl s iW Ql y ea ugha iz kx fd; k gš rks 25 fdz k ifr gDVj dh nj l s ftad l YQV dk iz kx dja A
- {ks= ds fy, vupksnr fd, gq dpy iekf.kr@xqkoku fdLe ds cht ka dk iz kx djaA egRo iWkZ fdLe ka dh folr l ph l yXud 1 ij gSA
- Ql y dsukt q Lrj ij fo"skr; k dkmu : V behvsku (c pkbZ ds 21 fnu ckn) ds le; cjkj fl pkbZ djaA
- l esdr dhV izdku viuk, j kx jks kh fdLe amxk,] QOmuk"kh vkš fvZkMtek dk iz kx dj ds cht kspkj djaA
- jkx eDr cht ka dk iz kx djaA 2-5 xte ifr fdykske cht dh nj l s dhVuk"kd dk iz kx dj ds l hM ckuZ vkbdksty e dksej nA LoNuN LeV l s cht ka dks cpkus ds fy, 2-5 xte ifr fdykske cht dh nj l s ohVkoDI 75 MCY; wih; k ckfoLVu 50 MCY; wih l s cht dks mipkjr djaA
- nted fu; k ds fy, [Mh Ql y ea fl pkbZ ty ds l kfk , d yhVj@, dM+ dh nj l s b.Mkd YQku 35 bZl h dk iz kx djaA ; g mipkj tM+, fQM ds fy, Hh dkjxj gSA

Qkykfj l ekbuj vkš : eDI dk l esdr izdku orZku vupksnr i)fr; ka ds vuq kj dja A yhMj (l YQkl YQ; jje) 33-3 xte@gDVj (25 xte , -vkbZ@gDVj) 250&300 yhVj ikuh@gDVj ea; k l s us kj 70 MCY; wih (eSVjhcf tu) 250 xte@gDVj dh nj l s (175 xte , -vkbZ@gDVj) 500 yhVj ty ea iz kx dja A ; k=d , oadYpjy fofk [kjirokj jklus ds fy, Hh viukbZ tkuh pkfg, A

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- iksk jksi .k drkjka ea45 l s60 l 0et0 dh njih ij vks iksk l s iksk dse/; 15 l 0et0 ds vUvjky ij dja A ikska dh l d; k ckjuh {ks= ea ifr gDVj 1j35j000 vks fl apr {ks= ea 1j50j000 l s 1j80j000 ds yxHkx j [kaA
- ckjuh fLFkr; ka ea ,u 60 fd0xk0 vks 30 fd0xk0 ih 205 gDVj vks fl apr fLFkr; ka ea ,u&80 fd0xk0 vks ih 205@gDVj 40 fd0xk0 iz kx djus dh vutka k dh tkrh gSA ; fn , Q-okbz, e ; k oehz dEi k.V i ; klr ek=k eanh tkrh gSrks mozd dh ek=k dks de fd; k tk l drk gSA
- jch eks e ds nksku "kv Qykbz vks ruk Nnd nks iedk dhV iuirsgaA

1- "kv Qykbz (vFjhtksk l kdkvk) (jksnkuh) %
vkrfkz i kjfHkd Lrj 10 ifr"kr er iksk

fu; a.k % fl rEj ds var vks vDm; ds iEke l rkg ea iksk jksi .k "kv Qykbz l scpk0 dk cgrj mik; gSA vU; mik; eacht nj dks c<kuk vks er ikska dks fudky dj u'V dj nsuk gSA nks xte 3 th dckkQ; jje dk ifr iDr dh nj l s [kM (Q; jks) es iz kx dja ; k l kbijeEjhu 10 bz l h dk 0-02 ifr"kr dh nj ij "kv Qykbz ds fMEc Lrj ij ,d l kfk fNMeko dja (vclj .k ds 7 l s 14 fnu ckn) ; g doy i Nrh Ql yka ds fy, gSA

2- ruk ckd (fpyk i kvyl)

vkrfkz i kjfHkd Lrj 10 ifr"kr ikska ea upl ku ds y{k.k gSA

fu; a.k % ekul w ds i jEh gks l s igys ih fMf Tokj ds bzj gM dks ulV dj n; cht nj c<k, arFk l dfer ikska dks cpykbz ds 10&12 fnu i "pr-fudky n; b.Mkd YOku 4 th@dckkQ; jje 2 xte 8&10 fdzkt ifr gDVj dh nj l s vclj .k ds ckn 200a vks 350a fnu ij ikska eanaA

jks izku %

dkBdks yk l Mtu % dkBdks yk l Mtu jch Tokj jks dk ,d egroiwk jks g\$ tks egjk'Vz vks dukv/d ds "kd {ks=ka eamFkyh enk ea ,d xkhj jks gSA

fu; a.k %

ifrjkskh fdLea dh cpykbz dj; l dfer enk ea iksk de l ?ku gks pfg, vks ukvktu mozd dh [kjkd U; wre ek=k eanh pfg, A l dfer enk ea ,d gh rjg dh Ql y ys dh ctk, varj Ql y i) fr dks viuk, h ueh l j{k.k jfr; kv t s & xgv vo"ksk l siyokj dk l gkj ysk vks cpykbz ds le; ffje ds l kfk 45 fd-@g\$ dh nj l senk mipkj djuk A

fl pkbz izku %

; fn fl pkbz 0; oLFk i ; klr gS rks 30 l s 45 fnu ij (i ks dh nh?kzj .k voLFk), 60 l s 65 fnu ij (iqmBiknu ; k c<okj Lrj) 70 l s 75 fnu ij (iqi vkuk) rFk 90 l s 95 fnu ij (vukt fodkl Lrj) fl pkbz dh

egRo i wZ l k r q voLFkk, agš i jUr q; fn , d gh fl pkbz miyCk gS rks bl scMvX (40 l s 50 fru) l s Bh d igys djuk plfg, A

jch vfhk; ku % l kkl; l ko/kuh

- NRrhl x<+ mMh k] if"pe cakky vls fcgkj ea pkoy ds [kr ea cjkuh jch Ql y dh l ykg nh tkrh gS A
- Ptkoy dh [krh dsckn Hkie dh mojk "kDr cuh jgrh gS vls cph ueh ea*de vof/k* okyh Ql y tS s eak] mMh dh Ql y vkkz insk dukZ/d] rfeyukMh if"pe cakky e]a el ij] eVj] vls f=iW iztkfr dh Ql y NRrhl x<+ mRrj insk] vle vls fcgkj eami; Dr jgrh gSA
- Ptkoy dh [krh dsckn de l s de t rkbZ djaA thjks fVyst e"thu dk mi; ks djaA
- cht dks 4&6 ?k/srd 0-05 xk- ifr gD cht dh nj l s l kM; e eksycMv vls 5 xke ifr fy0 ty ds (ifr fdxk&cht) jkbtks; e ?kly l smipkfr djaA
- vuqj enk l dkj dsfy, [kkn ,oa, l-, l-ih dk iz, ks djaA
- FkkMh ek=k ea eksycMue (, e vls) dk iz, ks djus l s jkbtks; e] Nks/h eVj] eak] mMh dh Ql y ea d dkj gk k gSA ifr gDvj enk ea 1200 xke eksycMue dh vko"; drk gksh gSA
- vle (15-0 yk[k gD]) mMh k (40 yk[k gD]) >kj [k.M (6 yk[k gD]) fgekpy insk (0-75 yk[k gD]) djy (10-0 yk[k gD) vls egjk'Vz ea vEyh; enk {s- gSA vEyh; enk (ih, p 5-5) okysdf'k egRo ds ftysfuEuor gS%

Lkj.kh & A vEyh; enk (ih, p 5-5) okysdf'k egRo dsftys

jkt;	{s- (yk[k gD)	ftyk
vle	15-39	fMck<+ fl ol kxj] y[kheij] ukSkM] dke: i] njak] xksyikj] mMh k] xksy/k?kV] frul qd; k] l ksurig; bR; kfn A
MRrj i wZ igkMh {s-	13-00	v: .kpy insk] ef.kij] ukxkySM] f=i] ketje] fl fdde jkt;
if"pe cakky	15]00	cdij] fenukij] ijfy: k] nhutig] tyikbZMh] e"zhkckn] d pfcgkj] ekynk] nhutig
mMh k	40-00	dVd] dsh kMh] tkj fl g] /ksduy] vuqy] dskij] uojakij] u; kx<+ i] ij] e; jkht
>kj [k.M	6-00	nqdk] terkij] i wZ fl g] Hkie] x<ok
fgekpy insk djy	0-75 10-00	dkMh] dty] eMh] f'keyk] l syu f=osh] vysi] , : ukdye] iky?k] dbukukgh
egjk'Vz	0-20	jRukfjh] Fk.ks
; ks	98-34	

- l i e i ksd rRoka dk iz, ks % vPNs Qy vls vf/kd i shkij dsfy, (yxHkx 10 i kka) 200 xke dklj l YQs/450 xke ftad l YQs] 200 yHvj ty ea?klydj iz, ks djaA
- dodh jkska l scplo dsfy, uofc] dsnk] ku cfoLVu (0-2 ifr"kr) dk fNMelko djaA

vuelknr

xsgldh vuelknr fdLea

fdLea dk uke	vof/k	vuelknr {ls-
clskæh (, p MCY; &2045) , pMh&2888	vxsh	e/; ,oa iohz m0ið fcgkj] >kj [k.M] if"pe cakky vls vle dk Hkx
vkfnR; (, pMh&2781)	v/;e vxsh	dukl/d] egjk'V] vdkz insk dk Hkx] xskk] rfeyukMqdk eskuh Hkx
tMhCY; &322] ,pvkb&1551	e/;e	e/; insk] NRrh x<+ xdtjkr] nf{k.kh vls if"peh jktLFku] m0ið dk ctmsy [k.M {ls-
oh ,y&804] oh,y&829] oh,y&802] , l dMhCY; &196 ("kyhekj)] oh,y&832] ,p,l &365 (fgefxfjh)] ,p,l &295] oh,y&738] ,p,l &277]rjkbz vM; ;iH% ;ih 2565] ,p,l &420 ("kokfyd)] ,pih&,pihMhCY;w 184 (pfnck)] ,ihMhCY;w 147 (ikye)] ,pihMhCY;w 89 (l gfhk)] l lr/kjk] mRrjky&oh,y 719] oh,y&802	e?;e	tEew,oad"ehj] fgekpy insk] mRrjky
fgefxfj (, p, l &375)	vxsh	fgekpy insk] mRrjky vls tEew,oad"ehj
verk (,pvkb&1500)	vxsh	e/; insk] NRrh x<+ xdtjkr] jktLFku] mRrj insk
MhchMhCY; &14	vxsh	mRrj insk] fcgkj] if"pe cakky] >kj [k.M
ujbnz xsg&2036	vxsh	mRrj insk] fcgkj] >kj [k.M] if"pe cakky
,eih&4010	vxsh	e/; insk] NRrh x<+ xdtjkr] jktLFku dk nf{k.kh vls if"peh Hkx] mRrj insk dk ctmsy [k.M
oh,y xsg&829	iNsh	tEew,oad"ehj] fgekpy insk vls mRrjky
"kokfyd (, p, l &420)	vxsh	fgekpy insk] mRrjky] tEew,oad"ehj
ihchMhCY;w 502] MhchMhCY;w 17] ,pMh 2687 (J&B)] ihchMhCY;w 343] ;ih 2338] MhCY;wp 542] ihMhCY;Mh 291] MhCY;wp 912] ihMhMhCY;w 233] ihMhCY;Mh 215] MhchMhCY;w 16] ;ih 2425] ;ih 2338] jktLFku&jkt 3765	e/;e	i&kc] gj.kk; kj if"peh mRrj insk] jktLFku {ls-
iðz (,pMh 2824) , pMh 2733 (oh,l,e)] ihchMhCY;w 443] ,p;MhCY;w 468] ,uMhCY;w 1012] ,pih 1761 (txnrk)] ds 9107 (nsk)] ,pih 1731] (jky{eh)] Mh,y 784&3 (o&kyh)] ds 88 (ds 8804)] ,p;MhCY;w 533] ,pMhCY;w 2045 (clskæch)] ,uMhCY;w 2036] MhchMhCY;w 14] ,uMhCY;w 1014] ,pMh 2643 (x&ck)] ,pih 1744 (jktLFku&sojh)] ,pih 1633 (l kkyh)] ds 9465 (x&erh)] ds 8962 (b&njk) ; ;ih&,uMhCY;w 1067] ds 9006 (mfTt;kj)] ds 94239 (mlur gkyuk)] ds 9162 (x&ck-h)] ,uMhCY;w 1076] ;ih 2382; ds 7903 (gkyuk)] MhCY;w&chMhCY;w 1008 (V&vk)	e/;e vxsh	iðz mRrj insk] fcgkj] if"pe cakky] >kj [k.M] mMh kj vle
jkt 4037] tMhCY;w 322] MhMhCY;wkj 162] ,e,l,h,l 2496] ,pMh 2781] (vkfnR;)] ds 9644 (,Vy)] ,pMh 2833 (f=i&rh)] ,p;MhCY;w 510] MhMhCY;wkj 195 (vujk/kk)] ,e,l,h,l 2846] MhMhchds 1009 (x&ck)]	vxsh	dukl/d] egjk'Vz ds ik; jhi {ls-

MhMhds 1001] dukZ/d&MhMcy; w/kj 1006] MhMcy; w/kj 185		
oh, y xgW832	iNrh	tEew vlg d'ehj] fgehpoy insk] mRrj kpy ds igMh ftys
mtkZ (, pMh 2864)] , pvkbZ 8627] , eih 4010] Mh, y 788&2 (fofn'k)] tMcy; w 173] tMcy; w 322] tMcy; w 273] Mh, y 803&3 (dpu)] , dMcy; w 1071 (ijuk)] tMcy; w 190] , pvkbZ 8381 (ekyok'jh)] , pvkbZ 8498 (ekyo'kDr)] tMcy; w 1139] , pvkbZ 1500 (verk)] , pMh 4672 (ekyojRu)] tMcy; w 17 (Loki uhy)] vej] , pvkbZ 8627	vxrh	xq'jkr] e/; insk] vlg NRrh x<+
, e, l h, l 6145	e/; e	>kj [k.M] if'pe cakj] fcgkj] vlg d'hy [k.M] {s=, oamRrj] insk
, uvkbZ Mcy; w 301 (f=Ecd)] , uvkbMhMcy; w 295] , e, l h, l 2694] , uvkbMhMcy; w 15 (ipoVh)] , uvkbZ Mcy; w 34] , ds Mcy; w 3722 (fontkZ dsfy,)	e/; e	egkj'Vz
Mcy; w p&912	e/; e	gfj; k.kk
Mcy; w p&711] Mcy; w p 896] Mcy; w p 533] l ksd	e/; e	gfj; k.kk
iMhMcy; w 274 (nw e)] iMhMcy; w 222] iMhMcy; w 396] iMhMcy; w 299] iMhMcy; w 373] iMhMcy; w 509	e/; e iNrh	latk
, e, l h, l &3125	e/; e	egkj'Vz
l k'k (, eihvk&1160)] , pvkbZ 1454 (vHk)] , eihvk 1106] , pvkbZ 1418 (uohu pkunkl h)]	e/; e	e/; insk
jkt&3777	vxrh	jktLFku
Lo.kZ (, pvkb&1479)	vxrh	e/; insk
ujhzh QghV&1076	vxrh	mRrj] insk
, pMcy; w 1085 (Hokuh)	e/; e	uhyfxjh vlg i ykuh fgyI

vuykud&AA

fofHku jkt; kdsfy, jchek e graqpoy dh mi; qr fdLe@vfk/kl mi t nsosokyh fdLeKadh l ph

jkt;	{s=@el e	fdLe duke
vk/vz insk	mRrjh rVh; {s= vlg MhVh	jkl h] fodkl] vkbZ/kj&64] d'.kagkel k] f=xqk] l R;] fostrk rgy l h] vHk;] jch] Mhvkjvkj, p&2
vle	nf{k.kh rVh; {s= cljks (uoEcj&ebZ)	jkl h] fodkl] vkbZ/kj&64] d'.kagkel k] f=xqk] rsgkel k] Lo.kZ[k] Lokfr] fostrk] nhrh] Jo.kh] , u, yvkj 33358] l R;] Mhvkjvkj, p&2 jkl h] vkbZ/kj&64] d'.kagkel k] dfyaxk&AAA] dY; k.kh&AA] ybM] Vhvkj l h cljksku&A] , ub, p cljksku&2] e'kk jkl &1] e'kk jkl &2] psykj h] jankbZ ds yh
fcgkj	cljks (uoEcj&vi s y)	jkl h] vkbZ/kj&64] d'.kagkel k] fodkl] e/k] iqik] vkbZ/kj 20] rsgkel k] eDr] ve: V] jM vluivk' egkchj]
dukZ/d	jch (tW&ebZ)	jkl h] fodkl] vkbZ/kj&64] d'.kagkel k] e/k] iqik] vkbZ/kj 20] frYgd k] eDr] ve: V] jM vluivk' egkchj]
djy	iq'k (fnl Ecj&ekpZ)	T; ksr] f=xqk] vku e] dpu k] f=osk] ioh>e] vfk'k] , "o; k'
e'ky;	cljks	, ub, p e'kk jkl &1] , ub, p e'kk jkl &2] ghjk

	(uoEcj&vi&y)	
mMh k	nyok@jch (fnl Ecj&vi&y)	uhyk l kj] n; kj ghjk dckj] dfyack&AAA] Jo.kh] yyr] oui hkk] uhyfxjh [kUMkfxjh] l jFkh] "kckj] : Tn] rkjk /kursojh] ifj tkr]
rfeyukMq	uojkbz (fnl Ecj&tw)	jk hj vkbz/kj&64] fodkl] rgy hj l L; Jh] dckjh] osxbz] l hvks 29] fuf/kj vkbz/kj 20] ,Mh/h 37] Vhjh, l &3] , , l Mh&18] , Mh/h 37] , Mh/h 39] , Mh/h39] ,eMh; &3] ijedhMh&1] ihds &2
f=i gk	ckjks (fnl Ecj&vi&y)	Vhvk h ckjksku&1] jk hj vkbz/kj&36] ,ub,p e9kk jkbz &1] ,ubz,p e9kk jkbz &2] d".Wagkel k
mRrj insk	ckjks(liax)	jk hj fodkl] xkfohn] xkfe] d".Wagkel kj i h k&44&33] l kds&4] id kn] i h k/ku&6] eugj] jsjh i h k/ku&12
if'pe cakky	ckjks (uoEcj&tw)	jk hj fodkl] vkbz/kj&64] d".Wagkel kj fdrhl] l L; Jh] vkbz/kj 36] fdju] dckjh] eqky] yyr] Mhvkjvkj,p&2
ikf.Mpjh	jch	Hkkjrh"ku] i furokFkh] vjfolnz