**d{kk & VI**

**izFke ikB%**

**iqj%iqj% izxPN js**

vkxs vkxs c<s pyks] ekr`Hkwfe dh oUnuk ds xhr xkrs gq,A

gs ohj! viuh tUe Hkwfe dh j{kk ds fy, ;fn izk.k R;kxus iM+s rks R;kx nksA flj Å¡pk dj ,oa fuHkZ; gksdj vkxs vkxs c<+s pyksAA

j.k Hkwfe esa /kS;Z] dq”kyrk vkSj vkxs c<+s pyksAA

vius /keZ dk ikyu djks fQj rqEgkjh t; fuf”pr gksxhA

vkxs vkxs c<+s pyksA

**f”k{kk &**

 jk"Vª dh j{kk vkSj mlds fodkl ds fy, gesa lnSo iz;Ru”khy jguk pkfg,A

**dfBu 'kCnk% &**

iqj% iqj% & vxsz vxzs¼vkxs&vkxs½ iz;PNk & nsfg]

;q)s & j.ks] Dofpn & df”pnfi ¼fdlh dk Hkh½

**f}rh;% ikB%**

**ee fiz;% fo|ky;%**

 ;g esjk fo|ky; gSA esjk fo|ky; lqUnj vkSj cM+k Hkh gSA eS jkstkuk fo|ky; tkrk gww¡] ikB i<+rk gw¡ vkSj ys[k Hkh fy[krk gw¡ rFKk fe=ksa ds lkFk [ksyrk gw¡A gekjs fo|ky; esa cgqr lkjs lqUnj fp= gSA ge lc feydj lqUnj fp= ns[krs gSa] xhr Hkh xkrs gSa] [ksy ds eSnku esa [ksyrs vkSj NkSM+rs gSaA gekjs v/;kid gesa I;kj ls i<+krs gS vkSj ge Hkh I;kj ls i<+rs gSA tc NqV~Vh gksrh gS rc ge lc feydj ?kj tkrs gS] x`gdk;Z djrs gSa vkSj [ksyrs gSA

**dfBu 'kCnk% &**

,"kk% & ;g ] fo”kky% & cM+k]

lg & lkFk ] ,o & gh

ØhMkM+us & [ksy ds eSnku esa] ;nk & tc ]

dqeZ% & djrs gSaA

 **r`rh;% ikB%**

**pRofj fiz;fe=kf.k**

 pkj I;kjs nksLr feydj ,d ou esa jgrs gSA ;s pkj nksLr gS &

1. dPNqvk 2- dkSvk 3- fgj.k 4- pwgk

 ,d fnu fgj.k nwj pyk x;kA tc lka; rd og ugha ykSVk rks nksLr fpfUrr gq,A pwgs us dgk gekjk nksLr vHkh Hkh ugha vk;k gSA dPNq, us dgk & D;k og fdlh ladV esa rks ughaA dkS, us dgk & eSa b/kj m/kj ns[krk gw¡A og b/kj&m/kj vkokt yxkrk gSA dkS, dh vkokt lqudj fgj.k fpYykrk gS& eq>s cpkvksA eq>s cpkvksA dkS, us fgj.k ls iqNk fe= ;g dSls gqvk\ ghj.k us mRrj fn;k&,d f”kdkjh us eq>s vius tku esa ck¡/k fn;kA dkSvk okfil fe=ksa ds ikl tkdj pwgs dks viuh ihB ij cSBkdj.k ghj.k ds ikl ys tkrk gSA pwgk tku dkVrk gSA ghj.k eqDr gksrk gSA lHkh izlUu gksdj] feydj lq[k ls jgrs gSaA

**dfBu 'kCnk % &**

dkd% & dkSvk] dPNi% & dNqvk]

gfj.k% & ghj.k eq"kd% & pwgk]

,dnk& ,d ckj] =kfg & cpkvks]

eke~ & eq>s] O;k/k% & f”kdkjh

Lotkysu & vius tky esaA

 **prqFkZ % ikB%**

**e/kqjk% 'yksdk%**

1. lR;a onfUr ---------------------------------------------------------------lq[ke~ R;tfUrAA

vFkkZr~ & tks yksx lnk lR; vkSj ehBk cksyrs gSA dHkh Hkh dqN Hkh vfiz; vkSj vlR; ugha cksyrs os lTtu ljy gn; okys ijksidkjh gksrs gSA ,sls Jsz"B vkSj mRre yksx nwljksa ds fgr ds fy, viuk lq[k NksM nsrs gSaA

1. m|esu fg-------------------------------------------------------------------------------eq[ks e`xk% AA

vFkkZr~ & ifjJe ls gh dk;Z lQy gksrs gSaA eu esa lkspus ek= ls ughaA tSls lks, gq, 'ksj ds eq¡g esa i”kq vius vki ugha tkrs gSA

1. vk;a fut%-------------------------------------------------------------dqVqEcde~AA

vFkkZr~ ;g esjk og ijk;k ,slh x.kuk djus okys yksx NksVs fny ds gksrs gSA cMs+ fny okyks ds fy, rks iqjh i`Foh gh mldk ifjokj gksrh gSA

1. fiz;okD; iznkusu------------------------------------------------------------opus dk nzfjnzrkAA

vFkkZr~ ehBs opu cksyus ls lHkh izk.kh izlUu gksrs gSa rks gesa ehBs opu gh cksyus pkfg,A ehBs opus cksyus esa gesa dUtwlh ugha djuh pkfg,A

1. pUnua 'khrya -----------------------------------------------------------lk/kq l³~xfr%AA

vFkkZr~& lalkj esa pUnu dks 'khry¼B.Mk½ ekuk tkrk gSA mlls Hkh 'khry pUnzek gksrk gSA pUnzek vkSj pUnu ls Hkh B.Mk lTtu ¼lk/kq½ yksxksa dk lax gksrk gSA

**dfBu 'kCnk% &**

lR;e~&lR;] fdefi & dqN Hkh]

ijfgrk; & nwljksa ds fgr ds fy, ] R;tfUr & R;kx nsrs gSa]

m|esu & ifjJe ls ] R;tfUr & NksM nsrs gS]

euksjFkS & bPNk ls¼eu ls½ ] fut+ & viuk ]

ij% & ijk/kk% ] olq/kk & i`FohA

**lfU/k & foPNsn**

olq/kSo & olq/kk$,o] ijksosfr & ij%$ok$bfr

rnso & rr~$,o] uklR;e~ & u$vlR;e~

 **iPpe % ikB%**

**tys vfi olfUr thok%**

v/;kfidk & cPpks! vkvks] vkt ge leqnzrV ij pyrs gSaA

 ¼izlUu Nk= leqnz rV ij tkrs gSaA½

Lkkxj% & fe=ks! ogk¡ ns[kksA ty esa cgr lkjs fofp= tho gSaA

Jqfr& vjs! Okgk¡ ,d eNyh ped jgh gSA

'kSys”k& gk¡! Okg dkSu&lh eNyh gSA

v/;kfidk%& ;g lqugjh eNyh gSA bldk jax lksus tSlk gSA blfy, og

 pedrh gSA

eksfgr & Vj Vj ;g vkokt+ ty ls fdldh vk jgh gS \

v/;kfidk & ;g esa<+d gSA

lkxj & D;k esa<+d ty esa jgrk gS \

v/;kfidk & esa<+d rks ty vkSj Hkwfe nksuksa ij jgrk gSA

Jqfr & vkSj dkSu & dkSu ls tho ty vkSj Hkwfe nksuks ij jgrs gSa \

v/;fkidk & dPNqvk vkSj dsadM+k ty vkSj Hkwfe ij jgrs gSaA

 ¼rHkh ,d cM+h eNyh ty ds mij vkrh gS½

Lkxj & bl eNyh dk D;k uke gSa \

v/;kfidk & bldk uke 'kkdZ gSA

Jqfr & ;g D;k&D;k [kkrh gS\

v/;kfidk & ;g NksVh eNfy;ksa dks [kkrh gSA

'kSys”k & D;k euq";ksa dks Hkh [kkrh gS \

v/;kfidk & gk¡! ;g cgqr cyoku~ eNyh gSA

eksfgr & leqnz esa rks cgqr lkjs tho jgrs gSaA

v/;kfidk & gk¡! ;s leqnz ds tUrq feydj leqnz esa jgrs gSaA

**dfBu 'kCnk % &**

v| & vkt] gf"kZrk & izlUu]

cgo% & cgqr lkjs nhO;fr & pedrh gS]

Lof.kZe% & lqugjh] mifj & mij]

mHk;= & nksuksa txg] dqyhj%] ddZV % & dsadMk

 **"k"B% ikB%**

**ohj ckfydk xqTtu lDlsuk**

 gekjs ns”k esa cgqr lh ohj ckfydk gqbZ ] muesa xqatu lDlsuk Hkh ,d ohj ckfydk FkhA og Mh-,oh laLFkk ds galjkt egkfo|ky; dh Nk=k FkhA ns”k dh lsok ds fy, og Hkkjrh; ok;q lsuk esa HkrhZ gqbZA og igyh Hkkjrh; efgyk Fkh ftlus ;q) {ks= esa fuHkZ; gksdj foeku pyk;kA mlus lSfudksa ds fy, vko”;d oLrqvksa dk forj.k fd;kA mlus jksxh ,oa ?kk;y lSfudksa dh j{kk dhA drZO; ikyu esa og mPp vkn”kZ FkhA ge lc bl ohj ckfydk dks lnk ;kn djsaxsA /kU; ;g ohj ckfydkA

**dfBu 'kCnk &**

,rkn`’kh & ,slh gh ] lsok;S & lsok ds fy,]

izkfo’kr~ & izos’k fy;k fuHkZ;a & fcuk Mj ds A