

fo'k lph

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0e la	yfk	i'B la
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Hedk

uo; qdladls l usk&

I; ljsuo; qdl! Ioleh jlerBZth ds l n foplj vli dls
HW djrs gq geacMa iz urk gsh ga bu Aps foplj la
dls i<dj vls mu ij vlpj.k dj ;fn ejs HwHwds
ulsoku Hbzcgu vius pfj-k fuelZk dk izk dj yark
eqs vius nsk dk dY;kk gus dh iyh vkk ga vlt
cgg lsgeljs Hbzcgu lNfr lsoe(k gslj ekZHV
glsjsga osHxoh dh ny&ny eacgg rth ls Ql jgs
ga [kvl ihls vls elf mvl vlt doy ;gh muds
thou dk y{; cu jgk ga ,lsiru dly eaHjr ds
_p'k [] ag'awi l kge spkial Kai [Wj ai Za
dkZdj ldrsga ge ekoh an; dhley Houk vadls
tkr dj mba;g Li"V crluk plersgafd cāp;Zor dk
iyu djrs gq os;g He viuseu lsfudly nafd osfdlh
egli#kij ,glu dj jsga mudsmins'kadsvuqij pyus
eargjkviuk gh Qk nk ga tfr&l fr dh ft Uxh lsrfga
lo;abruk l qk vls 'Hfr feyxhftldko. l'lnlaeaugla
fd; ktkldrA Iolehn;kuh] JhjleÑ".kijega] Ioleh
foosluh] xq xlcuh flg thrsgeljsfy, dY;kkdhiHfr
dkekZikusdsfy, viusmins'kads: i esnli lreHkcukx;s
ga geljsekZin' l dsfy, os, lklunj pWZ cukx;sga
ftldstludj vls vlpj.keaykdj ge l lj lkj lsij
nrj ldrsga vdkkea;kk djrs gq ok qku dk l pkyd
—doL`j b` za` l` ki` orik` aM SZ` d` ai [Woz`
vius fu;r lhu ij igp trk gsvls ekZHV gslj
b/lj&m/lj HWdus lscp trk gS Bld mlh izlj euq

lae dkor /lj.kdj l lj ds lc nqllalsij tkldr
ga euq; tc viuhyEchtlou&kk ij pyuk' lq djrk
gSrk ix&ix ij u;kekZIMk fn [HbZIMk gsvls tc
rd mds ill vius l hls ekZdk iyk&yk u' lku gls
rc rd ml dh gj l leus vksolyhixMh ij py iMs
lsik HwV gusdk [lrkjgrk ga thou dsekZeadbZ
izlj dsizyltu vls eu dselgr djusokysinkHgeds
feyrsga ;fn ifhd mulsvdkfr gslj mu ij elgr
gls trk gsvls viuh i' l qofuk la dh rfr dsfy, muea
[gā] aj aa] I hāe] l` ki] aāM` kākāāZ` `ohā] V
vklurkdsdij.k Hxladls Hkus l suk izlj ds nqk mls
Hkus iM sga Hx vls foyk dsifj. le vusl izlj ds
>āāZ` `ān l ā` : oīā] W ā` `ēāēāZ` h h [MāāW
ew dj tks u j&ukjh l yXu ga ogh MDVjlh gdlela vls
ošladsilk elj&eljsfQj jsgavls vlirlylaeacM nqk
ikjsga rifnd] vr'kd] l qld vls ,M t's s?Ekr
`ān` dāā` k` dā [WZ` `i]] Wl d l a` Zb` gā lā
L-h l s tks bu jklalsimf gš feyavls ml si wafd og
bl ?lj ujd dh ;krukeads s Ql krks os jklj l j vius
Q flplj vls vlāeh thou dls bldk dlj.k crk xla og
Z] nsZāā [gī Ypf lR ā` _eāj `ek` _` fokiZā [aP
crkus olyk dl bZ l ltu feyrk vls eā d qfir ea iM l j
l` kākāāK Z hā l Y ckZā Ypf l PZ` [\] [āZā_hā
fohā] V Zhi [kē l ā āZ` l ā` b gāZ` Z` Y [ā lā M
l Kā e` on l M] gS ckZi `ā^` Zai `WZi Doā Mi
Zq` Ykī7 c k MZ` C` C nli l ā` Z XPl a p k` l Noā W
ij eja ;gh ugra fdrus gh Hx&foyl ds {fkd l qk
dls ikus ds fy, dRy gq] rifnd us mba c&oDr [Re

fd;A bl hizlj fdrusghyk fl-k ladsikusdsfy, dRy
gg vls Ql;lij yVdksx;A tksyk jle dsch'lg
ujksdscjlsdl&ujkscajhctkjgkEk vls jle ty jgk
Ek ipfyr dglor dsvudlj lollzo ykijolg jg dj vius
daZ^`YrC`daZ^l a j `a`a`k`k`daf aM`YAZ`
daZ^`dPabil_k`l aM`V`Q`V`Kge]`aaZ`b[1`
l a`|a|l a`daZ^]`oh`Xk`k`j`g`|a`|^]I`Z`Z`A`
Hh0 fdr ujksdhrjg ykijolg ughajg ldrA

[ii daZi ka eaV`al a`j`a`h`Za`g`ic`Za`
djusdsfy, viuhdej dl yk viusvli dscapljh
Yka s: l`V`Y`p`f`I`P`a`l` `Y`Z`^`b`a`l` a`l` a`Z`^`l` a`a`^`a`a`
gA l jstlou dsl qkdkew bl ohZj{k`ea`Nik`g`y`k`g`A`
l]`b`V`k`^`Y`m`|I`X`b`e`p`Zi`e`p`^`Y`k`Z`^`h`g`^`a`^`Z`S`
[k`b`Z`S`b`a`j`Z`^`l`a`^`l`a`H`Z`^`c`k`h`Z`^`a`^`d`a`l`a`j`a`h`
dhj{k`dsfy, loleh;kuh] lolehfooskuh dhrjg tfr
cula r`g`a`foolg djusdk[;ky Hhu vk`A`dgrsgafVj
dhcgu lsfdl husiWkcgul fgVj foolg D;laugladjrk
rksmlusmlj fn;kfd mldsik bl cljsealpusdkHh
le; ughagvls fQj og foolg lsmRlu elyadlsgy djus
dkle; dglalsyk`x`A

cVZjMjLly orZku `r`k`h`d`k`l`a`j`i`f`l` vax
fQyl Qj g`y`k`g`A` mlusvius, d y`k`e`a`fy`[k`Ek`fd`c`P`p`l`a`
dsiky dkD;kyHkGS;fn nfu;kdsglyr finu&irfinu bl
rjg [kj`c`g`r`st`k`a`fd`mud`k`tl`for`j`g`u`k`g`h`l`g`u`u`fd;k`
tklda

2289&1974 dkses,d v[clj eai<kEkfd 40
ifr'kr cPpsHklsej tksds[krjseaiMpdsgA eqs;g

>Mw

;ln ughafd og [kj Hjr dhfdlhj;kr dsleUkea
Hh;kfdlhvls nsk dsleUke eijUrqeArksleystxr
dscPpladscljseafoplj nsjgkga

ilp o"ZdhvkqdsccPpladsftl [ljkd dhvlo';drk
g`r`h`g`Sog`doy`i`V`Hj`us`o`y`h`u`g`l`a`g`h`c`f`d`i`l`S`V`d` [ljkd
g`r`h`g`A`ft`l`l`sc`P`p`l`a`d`si`V`Hj`us`l`sg`M`h`v`l`S`e`l`a`g`h`u`g`l`a`
cursgacfyd fnek Hh ijUrql le; glyr ;g gSfd 40
ifr'kr cPpladsiv Hjusdsfy;s#[kkl`v`h` [ljkd Hh ugha
fey jgh fQj crk`p`og`le; dc vk`x`k`tc`l`a`j`d`sl;kus
Q`f`dr` ;g`l`p`a`sf`d`l`a`j`d`sg`ly`r`B`l`d`d`j`d`sm`l`f`l`H`r`
ij`y`k`st`k`p`t`g`l`a`ij`c`P`p`sd`l`sm`l`ds`i`k`y`us`ds`fy` ;sgj`iz`lj`
dhvlo';d [ljkd Bld ekkeaiHr g`l`st`k`A`f`tr`uh`n`j` ;g`
ughaglsk cPpsc<krstkusdkD;kyHk cfyd dqlj kjguk
ghvPNkgA vk`q`Hj`d`q`l`j`k` ;k`c`a`p` ;Z`j`g`d`j`t`S`e`a`l`o` ;a`
j`g`j`g`k`g`h`w`c`g`u`d`q`fd;k`tk`l`d`r`k`g`A

-Hkr ivZflg

epZfnylaeatku My nsolysloleh
jle rllZ, e- , - dsfopljlaeal scãp; Zds
fo'k esmudsviuzfopljladhl t louhcvh

1/4uld] 9 fl rfcj 1905 bZ dlsQSkcn esfr; kgqk0 k; ku1/2

tsuj jle ule fyo ulgh

eik`Ca`Zn`an`b[`eVaj [Mn[ãW
resnflarsQj vjsladsfdu vllalsge nsh
;svllQW tkaxfp bu vllalsge nshA

trkrksoghStslr~ep uljk.kep jle esjgr&

lgrk pyrkeQjrk vls`ok yrkga ftUxhrls; ghga
vli dgasfd rç cl vluh ghvluh clyrsgs lãkj ds
de&dk d\$sglsvls nqk&mdZ\$seVas\

ijUrç

gjt kfd lYrla[lekt n xlsku ekun vle jkA

vH-ftl IRku ij jktk/jkt us Mjk Myk oga
lklj.kylkxkxq&xiMku jgla

j]ãW`bH`pl`ã`kãa\$Zã`keab]Ie]ãWZS
elg] nqk&mvln dkD; kdleA D; kjtkkds[lesdsl leus
dbZyM&cpHqVd ldrkgS\ lwtl le; mn; gstrk
gSrlsdbZH lls kuglajgrA i'lyadhvllHh [ly trh
gh ufn; latlscQZdh plnj svls siMhHospnjladlsQaldj
py iMhga blhizlj lwn; dklvZvRe&no vc vlids
ân; esfuok djrkgSrlsoga'ksl] elg vls nqkd\$Sbgj
ldrkgs\ dHhugh dnfi ughA nhid ty iMslsirã
vli ghvli mdsvl&ik vlus'q gstrsga p'ektgla
cg fudyrkgs I; k çq kusolysogla; atlusyx iMsga

Qy tglafly iMhHsvli&gl&vli mlj [lpdj pysvks
ga blhizlj ftl nsk ea/leZ1/2Zoj dkule1/2jksku gls
trkgSrlslãkj dslolZle inHZolo vli gh[lpsgq ml
nскеapysvksga ;ghdnjr dkdkw gs ;ghiafr dk
fu; e ga

cãkd] jle dsvkuh dsvfrfjDr vls çkr uglavrhl
ch'lg dk[lekyx tksij t\$spj&pdj uglavkusiks
blhrjg vluh dkMjkte tksls'ksl vls nqkBgj
ugla ldra blfy, vluh ds flok jle ls vls D;k
fudys\ - vluh ! vluh !!

yfdu vluh dkMjkmuslsigystehu dslIQ
dj yskHht: jhga blfy, vt jle ftlds; glavluh
dh ch'lg ds vfrfjDr dn vls gsghugh >Myslj
>Muscgljusdkdle dj jgkga ftl rjg mk; kfdlh
vls vPNhpt dlsj[kusdsfy, çjru dslIQ dj ysk
t: jhgs blhrjg vluh dlsân; esj[kusdsfy, ân;
dslIQ dj yskHhvlo'; d gSA lsvkt jle bl lQlbZ
dk; Ru crkxkA yk dgrsgafd ?h[kusls'kDr vkrhg
exj tc rd Toj nyvu gstk\$?hghudlj d ghga dMh
dqa ;k fpjkrk o x: p [ksfcuk Toj nyvu gkA
vH-ftl tc rd eu ifo-kvls 'lq u gkKlu dkja dnfi
u p<xkA

vlskc p'esild rolanm pgyly]

gj nmktYgxlgsvlaelg ijkufrA

vHifok vllk ls rwml fizre dls frhk ds
pUha; ds leus nqk ldrk gs ijUrçgj , d vllk ml
pUhaqhdnsn'Z ughadj ldrA

tc jle igMaj Bk rlsml us, d fnul , d euč; dlnk tksxk dk, d lŋj Qw uld rd ysx; kvš fpYkmbA mleaD; kHk ml lŋj Qw ea, d e/leDlh Bk ftlusml ič" kdsuld dhul ea, d Ml eljA blh dlj. kog fpYkmbk mZl s0, ky glsx; kvš ičj glkls fxj iMA blhrjg lelr dleuk avš fo" kold uk anšlus eaml xk dsQw dhrjg lŋj vš eulgj izlr glh gš fdŋrqudsHrj olro ea, d fo" lsh fHM cSh gSts Ml eljfcuku jgxA vki le> rsgafd ge lŋj & lŋj Qw l l l j dsinkHk vš Hk & foyk ladsHk jgsgš fdŋr olro eaog fo" k tksmudsvŋj gš vli dks Hksfcuk u jgxA l l j dsyk ftldsetk; k l o m dgrsgš og viuk tgjlykvlj fd; sfuk Hykdc jg ldrkgs\

gk ! vkt Hie dsnkeacāp; Zij nlsckradguh iMhga Hie dscāp; ZrlMsdsty, _f'lefu vš lšyh el ftldsfy, ml uscāp; ZdhifrKkyhBk minškdjrh gšfd rē cāp; ZdsrlMnA othj] vehj] _f'lefu lc vkg djrsgšfd rē cāp; ZdsrlMnA rēgjsfoolg djus lsrēgjk oāk cuk jgxl jtk cuk jgxl bR kn&R knA fdŋrquo; qd Hie& lšuloBk dsvlj Hkesftl le; fcjyk gh dšZ, škuo; qd glrk gš ftldkeu clj lšh; Zvš fpŋd" l Nfo ds> Bstly eau Ql rkgš ; lšu&ivZHie] 'lyoj Hie ; lamŋj nrkgs- brhu ysl ladsR, k nsk loxZ dklleH; NlMnkvš bulshhdŋ c<dj glrslmsu yuketjv gš ijŋrl r~l sfoekglakloldj u d: xA plg iŋohviusxqk 1/2UK/2dš ty viusloHlo 1/4l & l o k 1/2dš izlkkviusxqk 1/4HU&HU j x ladsfn[lyk 1/2dš ok qvius xqk 1/4i' 1/2dš l vZviusizlkkdš vŋu viuhm'. lrk dš

pŋek viuh 'lryrk dš vdkk vius/leZ' kn dš bŋz viusoŋo dš ; ejt viusŋ; k dš NlMnaujŋr qešvius lR, dš dnfu u NlMnA

gučlu dkule yasvš /; lu djus lsyk laea' HŠZ vš olrk vk trh gA gučlu dš egloj fdlus cuk k bl cāp; Zuš ešulHk dš eljus dh fdles 'kDr u Hh e; lšk ič" Hie Hxoku jlepŋzus Hh ; g e; lšk fn[ly lBZ fd ešlo; ajle gvfdŋr qešHh ešulHk dš ugha elj ldrk ml dš ogh elj ldxk ftldsvŋ%lj. k eacljg o" lZrd fdlh izlj dk vifo-k foplj u vkk glsvš og y{e. k th Hh ftu&ftu yk la us ifo- lrk dš NlM mudh flHfr [ljc glus yxlA ml euč; dh t; dHh ugha gls ldrh ftldk ân; ifo-k ugha gA ifojkt tc ml j. l& lsk dš pyk ftldsch gh fgŋv ladh xyleh 'k q glsxbZ rlsfy [lk gšfd pyrle; og viuhdej egj kuhlsdlodj vkk Bk uš lšy; u tš k ; q & ohj tc viuh mlŋfr ds f'klj lsfjkl vMM/le] rlsfy [lk gšfd tšus lšigys gh og viuk [lw viuk ?kr] vki dj pdk Bk [lw D; k yly gh glrk gš ugha ugha lQn Hh glrk gA ml j. l& lsk lš igyh' le dš og , d plg eaviusrbZigysgh fxjk pdk Bk vŋeŋ; qd elj -pŋek ds leku lŋj] l vZds leku r t l o h viuzuo; qd tc ml dq { lsk dh Hie eaviZk gyk vš ml ; q eadle vkk tglalsHj r ds { lsh 'lyoj la dk ctt mMx; krls; q lšigysog 1/4vŋeŋ; qz { lsh & oāk dk ctt Mydj vkjg Bk jle tc iŋQj Bk mlus nrh lZvš vuqh lZo | lšk ladhfu; eloyhcubZhvš muds Hrj dhn' kvš vlpj. kls; g ifj. le fudlyk Bk fd tš fo | HZijh [lk dsfnula; kml dsdŋ fnula igysfo" k laeaQa

trrsHsosi jh(ke aik %vl Qy grsHsplsoso"ZHj Jsh
 eavPNsD; lau jsggh vls osfo | HZftudkfpÜkijh(ks
 fnulaea, dkzvl'lj jgkdjrkH mÜhZvl' lQy grs
 HA clbcy ea'lyolrkeavfr iñ) lElu ½amson½dk
 n"VR vkkgA tc ml usfl-k ladsushadhfo"le; hefhjk
 dsp[H rsmldhleIr oljrkvl' HZdismMstjknj
 u yxla , d olj usdkgS%u

“My strength is the strength of ten.
 Because my heart is pure.
 I never felt the kiss of love,
 Nor maiden's hand in mine”.

— TENNYSON.

vHZunl uo; qdladh'kDr eq eagS D; lfd ejk
 ân; ifo-kgA dle 'kDr dsv/hu glsj u esdHie dspfcu
 dkvuho fd; kvls u fdlhr#. hdsdley dj&li'Zdla

tSsry cÜhdsÅij p<rkgykizkkesacny trkgs
 oSsghtl 'kDr dhv/keqhxfr gS; fn og Åij dhrjQ
 c<usyx iM vHZ~Å/ozrl cu tksrksfo"kl oluk ih
 cy vktl~vl' ijekuh eacny trkgsA vHZH-keacgqk
 yklausi<k gk kfd fdlhnskeatul q; kdkc<+tlukvl'
 lef) dkIRk hjguq , d ghle; eavlEho vl' , d&mvjs
 dsfo#) gA inHZfo | k& oÜkvladhijk(ksHh; g fl) lr
 Li"V fl) grkgA vxj cxlpseafudkzvl' iMadhdM&NIV
 u dh tk] rlsHhMghfnulaeacMcu ghtkxk lc jHrs
 cÜhA blhrjg jKVh 'kDr vl' osfo dlsflHj j [lusdsfy,
 ufrd i) fr ½ethical process½ ftl dls gDl ysusm| ku i) fr
 lsmieknhgS crlZ eayluk iMk gSvHZ~yxl&l q; k dks
 fdlh fofKV e; kzk ls vfl/d u c<usnak mfr grk gS

plgs ;g fonšk xeu ls iñr gš plgs larku dsde isk
 djusla tc lkh rjg dlsZcr le> eaughavrñ rls
 MMdstlj lsfm[HZtkrh gA lHrk&ghu ykkaeagys
 i'lyadh rjg el&cgu dk foplj &foosl u Hh fdUrq'ku%
 'ku%osbl fu; e dlsle> usyxsvls el&cgu bR lfn fudV
 ds lEcfUk laeafolg dk fjok cÜh dj fn; A dÜ oxla
 dls i'kofuk dkule nsj rñN eluk trk gS fdUrqÜk
 dh n"V lsnfk tk] rls euq; ladh višk i'lvf/ld 'lj
 vl' ifo-k gA fdUrqos ox i'lyla dls Hh cnule djus
 ; k gA dlj.k ;g gSfd ; | fi euq; ladh višk i'lj
 cāp; Zdk vfl/d ikyu djrs gS fdUrq lñr /MMc<rs
 pys trs gS ftldk ifj. ke yM&HMBZ vl' tlo ds
 fy, ; q ½struggle for Life½ grk gA i'lyla dh lñr
 døy yM&ejuš detlj ladsukk gS vl' dÜ rdrojla
 dsp fudyus ds dlj.k cuh jgrh gA [la gS mu euq; la
 ij tlu døy i'lyla dh rjg lñr mRü djrst kus
 ea foplj gh gA cfd i'lyla ls c<dj viuk lQn [lw
 ½h ½ fo"k & l k ds fy, cgk nus ds fy, ršlj gA ftl
 le; ge yk vHZ~vkZyk bl nškeavkš ml le;
 gedls t: jr Hh fd geljh lñr vl' lq; k vfl/d gh
 blfy, foolg dsle; bl izlj dh iHk dh trh Hh fd
 bu ieladsnl iek gA exj bu fnulanl ieladh bPNk
 djuk Bld u gA gA rē dgrsgls fd ejusdsch iek rēga
 loxZigpk s exj vc rsthsth; scPpsft Ugarē iV&Hj
 jkH Hh ughans ldrš rēgljsiki vHZ~ujd ds dlj.k gS
 jsgA I; k l m lj dsilNsuxn D; laNMsgk bl hizlj
 dkižu vt q usHkoku~JhÑ". klsxrkeafd; k Hk fd fiM
 vl' ty dli nšk firj fdl izlj loxZeaignas\ Hkoku

JhÑ".kusloxZdsfy, tktok fn; k ml s¹Hkonxlrk ds
nvijsv/; k ea42 lsysl 46 'ykd rd viusvius?ljlea
tdkj nkykA

Hkoku-usdggkH& gsvtq ! tsew+ie"kgš tsonla
eajgrsgš tsonladsvHh vls xqkku eselgr gātldgrs
gšfd ofnd deZIMvls loxh lsijsvls dñ ughgš tks
lo; aukizlj dhfyll vao dleukvlsxlr gš lo; agh
ftudk/; s gš tksxagu iqi dhrjg lglouhfdŪrfull kj
ok.k lachyk djrsgš tksHk vls ,šo; ZiŪr dsfy, cgn
izlj dhfr; kadjrsgh ij tktle& i deŪy lsc)
gš mu Hk vls ,šo; Zeavl Dr rHkml ds}kjkgj yhxzb
prukolysylkadhof) tksukizlj dhQolk leaQah
ghZgš dHh lek/kesflHj ughgšhA pñ on ru xqkku
fo"k gš blfy, l gsvtq ! re rhulalsjgr gš }Ū; jgr
gslj lnklR, esflHj gsrHk; k vls {leklsjgr gslj
vReoku-gA lc vls lsmNyrsegh~tykk dsgrsgq
ftrukizktu , d NlWstykk eagrk gš nruhvlo'; drk
, d Kluoku-ckā.kdsfy, lc onlaesgA

$\frac{1}{2}$ lrk 2&42&46 $\frac{1}{2}$

Hkoku-loxZefDr ughgš loxZdschn fQj ; glavkuk
iMfkgA loxZdsfo"k eaD; kgh [kw dgk gš
tŪr&jlr tfgn dc gj&jlr gA
gylaiSej jgk gš ; g gš'gor&jlr gA
vH& tks ofqB dh dleuk j[lrk gš og cā
dk ml d dšs dgk tk ldrk gA og rls vljvla dh
bPNkj[lrk gš vls dlekl Dr gA

I; lj k vxj re tul; k dls de djusea; Ru u
djks rls iñfr viuh Ūv i) fr dls dle ea ykxh
l <at ZANDAWZ ka "g' Z' ch7 jba Z' []xā
of KB thusdgk gšfd $\frac{1}{4}$ $\frac{1}{2}$ eglejh $\frac{1}{2}$ $\frac{1}{2}$ nŪk $\frac{1}{3}$ $\frac{1}{2}$ HdEi
 $\frac{1}{4}$ $\frac{1}{2}$ vls ; q ds }kjkdH&NŪ 'lq gš tksxhA ; fn xg&
dygl nŪk l yx vln ughaplgrs rls ifo-krk cāp; Z
°di Z^ "g' lā' kŪ l dāffle]ā' Zā YnE [W
yvla nšk ea ey&feyki vls jKVh , drk dnki flHj
ughajg ldrh tc rd tul; k dh of) vls Hfe dh
isloj dk vuqr Bld u jgA lākj eadlZnšk , dk
ughgš tks fu/Ūrk ea fgŪrku l s de glA , dh n'k ea
>xMsc[Ū vls loH&ijk.lrk Hyk D; la dj nŪv gš
ldrh gš vls ey&feyki o , drk D; la dj flHj jg
ldrh gš nš dŪladschp ea, d jŪh dk VdMk Mydj
dgrs gš fd yMserA Hyk ; g dšs gš ldrk gš bl
n'k ea ie vls , drk dk minšk djuk yŪpjckh dh
gah mŪk vls minšk dk e[Ūy djuk gA , d xlklyk
eanl xkaglavls pljk doy , d dsfy, gš rls xkka
ds leku lŪk&lŪk 'Ūr loHko vls ctqku i'q Hh
vkl ea yMejs fcuk ughajg ldrkA Hyk HŪla ejrs
Hj r ds fuokh dšs 'Ūr vls fu"diVrk flHj j[k
ldrsgš\ inŪkfo|kea; g cr fl) gš pŪhgšfd fdlh
Hh lE; flŪr $\frac{1}{2}$ equilibrium $\frac{1}{2}$ dsfy, vlo'; d gšfd ml ds
iRsl v.lqdh vŪrfjd xfr ds fy, bruh txg gš fd
nvijsv.lqdh xfr eackk u iMusiloA vc Hyk crkls
fd ftl nšk ea, d vneh ds iŪ Hj [kus lscldh nl
vneh v) ZŪr ; k HŪs jg tkp ml nšk ea flŪu&flŪu
Q fDr , d nvijs ds lŪk ea ckk Myus olys D; la u gha

vls , s nsk dh 'kDr vls lE; &fHr 1/2equilibrium1/2
 dSs fHj jg ldrh gS D;k rē Hjr o"Z dls dydUk
 dh dly&dLjh cuk sfcuk u jgkx tks plt fudFeh gk
 trh gS og bl 'yEi dh rjg ulps nrj nh trh gS
 tks vHh fn;k x;k gA vfkj dc le>kx ekuoh
 'kDr dls bl izlj ukk er djls ftlls rēgjh glū
 vls nsk dh cjclah glA bl 'kDr dls cākuh vls
 vRe&cy ea cny nA nfu;k dk lcls cM xfrK lj
 vlt d U;Wu 80 lky lsvf/d vkqrd ft;k vls og
 cāp;Z dk thou Qrrr djrk HA nfu;k dk cgn cM
 nkHud dV cgn cM mezrd ft;k vls og Hh cāplj
 HA gcZ liLj vls lolMucxZ tSs lālj dh foplj &
 /hjk dls iyV nns ohs cāplj gh gq gA dñ vaxh
 leplj&i=ha us ;g [;ky mMk j[k gS fd cāp;Z dk
 thou vkq dls ?Wrk gA tlp djus ls elyw gvk fd
 ;g ifj.ke isj1 vls , fMucjk dh dñ o"Z dh fo'k
 tul;k dh fjilWZ ls fudlyk x;k HA ftlea fdpr
 Hh food&kDr gS ;fn foplj dja rls nsk ldrs gA fd
 isj1 vls , fMucjk ea mlgha ykka dk foolg ugha glrk
 tks clej gh daly gh cslj glA ;k vls fdlh dlj.k
 nj&nj Hvdrs fQjrs glA blfy, mu ykka ea vfoolgr
 vls , dkdh thou vdky&R qdk dlj.k ugha cfd eR q
 dk Hk gh vfoolgr jgus ds dlj.k glrk gS vls ;
 vfoolgr euq; tks vlfed vls cS d fodk ls 'Hv
 gh cāplj h ugha dgyk ldrA vr% cāp;Z ij tul;k
 dh nV lsvkifuk djuk furkR vufpr gA

vc ge nls , d ea vesjdu cāplj; la ds thou

dk o.ē djxā geljs Hjr dh lHrk dh fonk la us
 udy djds ml ls yHk mBk k vls ge oSs gh dls ds
 dls jg x,A ;g dSh [la dh cr gS fgeljs fir k us
 dñ [kqokk gS doy , s k gh dgus ls gelj h I; k ugha
 tkxā I; k rls ikh ihus lstkxā vesj dk ds lcls
 cM yskd , elZ dk xq vktē cāplj h Hjs Hkonxrk
 ds cjs eabl izlj fy [rk gS 'irfinu eāxrk ds ifo-k
 ty ls luku djrk gA bl iqr dls fy [ls gq vucl o"Z
 Qrrr gk x; s ydu bl ds cjkj dls Ziqr vHh rd
 ugha fudyh gA bl dh mlerk o egR geljs vkt dy ds
 xHhalsbruk c<ap<dj gS fd dbZclj eā;g [;ky djrk
 gafd 'kn bl ds cuk tks dkle; fcYdy fujlykle;
 glkA* ikly&yls 1/2vesj dk 2 eamifu"ka~Hkonxrk vls
 fo".kijkk dklcls sigysblh Hjs kus ipkj fd;k gA lj
 Vlel jsvfn tks ;yā lsfghrku eavk s og mu ifo-k
 xHhadsyWu&vuqladls ;gk ls ;yā eaysx ;svls Yā
 lshjs lsmu vuqladls vejdke eays x; lA bu iqr dls
 vuqladls fQj f; laus Qlj l h Hk k l syWu Hk k eafd ;k
 Hk D; k d ml le; ;yā dsf k r & l enk dh Hk k yWu
 Hh ik %bl h Hk k eaxk fy [lstrs HA vxj lp iWl rls
 onkr dk >M igy&igy bl h iē" k 1/2Hj l 2 us vesj dk ea
 xMA , d finu tay eal s djrs gq bl ls , elZ usiWk ^jM
 bM u vHZ~vesj dk ds vlyh cāplj h ds rhj dgk feyrs
 gA** bl us lHkoudlj viukgj le; dk; gh mlj fn; k^t gla
 plgA** bruseatjk >dk vls rhj ekZ lsnBldj >V ns
 fn;k vls dgk&^; g yā** , elZ usiWk ^nsk dls lk
 vPNkgS^** rls mlj fn;k fd vxj isj larysdhi fohreds
 loxZ vls cslqB lsc<dj ugha elyw nrh rls rē ifohij

jgusds; ugla mds}lj gj le; [hsjgrsHj jkkuh
 vls gokdhhdHh jsl&Wsl u HA ,elZ dgrkgSfd mds
 edlu dhNr ea,d fHMa dk NÜk yxk gqk HA fHMa
 vls 'lgn dheD[k,ladsefsmldslHkpljibZij c{Wd
 lrsnH exj osbl len'HZdlsdHh iHkughaignrkh
 HA lla ml dhVlaalsfyiV trs Hhexj mlstjkijolg
 ugha dWrsrksdS; D; lfd mdsân; lsn;kvls ie dh
 fdj. la QW jgh Hh og C; lyk Hkk cuk gqk Hk vls bl
 rjg 'lalj dsleku Q,oglj d Klu j[krk HA ftl i#k
 dks nfu; k dk u[lj kV[lj k ugha fgyk ldrk og nfu; k dks
 t: j fgyknxA vesj dkd, d vls egli#kolkV fgea
 vHhgy eastjkgStlsvesj dkdhlora rkdhyMbZ^{1/4}Var
 of Independence^{1/2} dsfnulaea lora rka uZl xlr xrk fQjk
 djrk HA ml dspgjslsiz ürkvdrh Hh vls ml dsghk
 lndle eayxsjgrs HA ml dkyMbZea; gh dle Hk fd
 ?k yladsejge&ieh dj; I; H lads ikuh vls Hh ds jW
 nsvls yk laefger vls lgl iskdj n rHkvluh ls
 xlr xrk fQjA ml dh vHhalsvluh cjlrk HA ml dh
 okh lse lrh >Mh HA ftl rjg de{lsk dh j. kHfe
 ea N".k Hxoku~ vls Hw&fi'kplads clp eaf lo Hxoku~
 fopjrs Hs ml h rjg ;g egli#k vesj dkd ds ml j. klsk
 eacs lM ?ar k fQjrk HA blus, d iurd fy[lgSftldk
 ule ^ylo vW xl ** ga bl dsi<r&si<rseu; vluh ls
 xnxn-gstkrkgA

cãp; ZD; kgs\

cãp; Zgh tlu gS

tc rd blsBl&Bl u le> fy;ktksrc rd bl ls
 iykyHkmBlukvls cãp;Zdhj{lk djukvl EHo ga
^{1/4}cãp;Z ;g nls'knal scuk gS²
 1- cã&bl dk vHZgS—bZoj] on| Klu oh HhA
 2- p;Zbl dk vHZgS—fpau] v/;;u] miktZ vls j{kk
 vlnA

bl izlj cãp;Zds— 1- bZoj fpau] 2- on v/;;u]
 3- Klu fo | k/2miktZA 4- oh Z{kkvln vHZgqA
 cãp;Zdkule yrsghy k ladsân; lsoh Z{kk dk
 Hko mBrkgS bl hdsyk cãp;ZdgrsgA fdrq, d gh lHk
 bZoj fpau djuk on i<uk Klu vls fo | kiHr djukrHk
 oh Zj{lk djusdkule ^cãp;Z ga

tks eu; oh Zdhj{lk ugha djrk vls fo'k &Hh la
 ea Qak jgrk gSog on dk v/;;u] fo | kdk miktZ vls
 bZoj fpau dHhugladj ldrk 'lj] eu vls vRek dks
 iwZDr'lyh vls cyoku cuk gh cãp;ZgSbu rhulaea
 lsfdl hdkukk gqkr lscãp;Zv/lyk ga cãp;Zihyu ls
 'lj] lj] d ekul d vls vk; lRed 'lDr; lads iwZDr vls
 fodflr djA cãp;Zdke l/k^{1/4}ly^{1/2}: i oh Z{kk ga
 cãp;Zdsl klu

1- ik% tkj. R&gešk plj cts ik%ly mBula
 mBrs gh bZoj dk fpuru djuk fQj vU dk ZdjukA
 ik%ly mBuslscQ rlozgrhgA eu; jk jgr lo lRk

jgrk gA xhs lolu ik % plj ctsdsi'pr~gh vrs gA
blfy, plj ctsdsi'pr~cā ife; ladsugal lskplfg, A
m'Riku ¼dyk½rRk p{RkLuk%—'lq ty lsvh lkae[kw
Nlvanp fQj dŷhdjdsvB&nl ?W ty ihyA bl tyiku
lsoh Zl EcUhljk u"V glstrk gSdCt+nŷ glrk gSde]
fodlj vŷ 'ljlj dhm'.rkHh nŷ glstrk gA

3- 'lŷ%ty ildj y?lalk tlddŷ le; ch [lŷh
txg ea' lŷ dja 'lŷ nlsale; ik%vo'; tk h ey&evk
dsox dlsdHhu jlsA D; lcl ey&evk dhm'.rk ½xel½ls
oh ZkkHh glstrk gA

'lŷ i'pr~ghk rRk tyikk dls dbZ clj feeh
yxk&yxkdj /lŷyŷA

4- nŷr/hou%ccw] ule] eŷlj hfdlh, d o'kdh
nrq ifrnu fd; kdjA bl lsnh jk nŷ gls ipu& lDr
vŷ vŷ lhadhT; lŷ c<xhA

5- luku%ifrnu B.M vŷ rtk ty lsjxMŷjxM
dj ?KZkluku dja igysflj ij vŷ fQj 'ljlj dslHh
valaj ikhMyA ulfkdsulps[kw B.M ty dh/lŷj MyA
bl ls lolunskvfn nŷ glsj oh Z{k eayRk glrk gA [k j
dsvlNslsilA dj 'ljlj dsl lŷh fQj 'lq [k j dslks
oLk/lŷj.kdjA

6- lā;krRk ikk le ¼dRr½'lq lRku eabZoj
dkHtu rRk lā;kdjA lnyEcsrRk xgjs'oh ynsdk
loHho MyA bl ls vkqc<rh gS lā;kl sigys; k tc Hh
ikk le eakvksrks de lde rhu ikk le vo'; dja
ikk le cāp;Zdk lclsmle lku gA vŷhok; ulef>,
fd ikk le cāplj hdkikk gA ikk le vŷ lā;kl siki

nŷ glrs gft l l seu bŷnŷ lao'keavrh gA

7- Q k le % 'lŷZu cāp;Zdk ikk gS vŷ oh Z{k
dkeq; lku gA /; ku jgs Q k le djsrle; ukd l sgeš k
'ok yA , ikdjus lsoh Zl EcUhlc jk u"V glstrk gA
lālj dk d l ZHh euŷ; Q k le dsfcuk iw Zl o l Rku ghajg
l drA

Q k le 'lDr vŷ Htu ds vudlj gh dja

8- Htu%Htu Q k le lsnk ?kVsdsi'pr~djuk
plfg, A

Htu nls gh le; dja igy lclj g cts lsiwZ
lk alŷ vB cts lsiwZ jk eaHtu djs l sHk jguk
vPNk gA Htu dsi'pr~xlvk fey tksrks vfr mle
gSt lsoh Z{k eal gkd glrk gA xeZnkrRk Htu dHh
u [k abl ls 'lDr {lk glrh gA Htu l hkl rtk l lRd
iz ŷrliwZ Hk yxusij [kw pck&ckdj RMA&RMA ekk
eadja

lclsJŷB Htu xk dkrktkmŷ ngh ?ŷ eD[ku
'ld] lCthvŷ Qy gA

xlvk l l s l sigys ih fy; k djA l l s le; dHh
Hydj Hh nk vŷ ty u ih adHh Hh s u jgavŷ u
vŷ/d [k A eŷ] eNŷh v.M ŷ euŷ; dk Htu ugh bŷga
[kdj lkr tŷe rd cāplj hugajg l drA

9- 'k u%lnkvds l s A dHhfdlhvo l Rkeafdlh
dsl Rkughal lskplfg, A l l s l siwZ y?lalk dj yarRk glŷ
iŷ] eg /lŷj l l s cāplj h l h l s iŷ dscy dHhu l s A
cāplj h dsnk l adjoV l lskplfg, l l s le; iŷ ds Aj
iŷ u j [la [lŷs l Rku tglā' lq ok qvrh trhgŷ ; fn clp

eaub [ly tlosrly?k'akvo'; dj yavly; u djA

lR x vly lok; k% tks m'le fo}ku~ /lelek vly

lnpljh g'amlghadslehi c'amlghadkfo'ok vly lR x

djA , d dfo usdggk%

lar dltSlklqdhgjsvly dhQ k'IA

v'Nhlax dhulp dhvBlsigj mlk'IAA

d'q x dkQy ujd gsvly lR x lsekkrd dh

ifir g'rhgA , d clj egfk n; kuh dks velp'uh us, d

xkuk l'qk k' ml dkxkuk l'qdj _f'kvR, ur iz lu gq vly

dg&velp'uh g'srsvj ru fd ur dlp Mesi M'g' brukdguk'k

fd 'ljch vly os; k'lehlc ik'ladls N'W'j l'p'kvk Z

cu trk'gsvly l'jktlou vk'Zlekt dsip'lj eayxrk

gSA

lR x dhcM'efgek'gA blsildj Mdwh'eglek

cu trk'gsvly ik'h'hrj trk'gA blfy, d'q x lscph

upl fluek vly f'k'v'j] j'keylyk M'ek ul'd ;slc u"V

djusokysgA bl'g'ahydj Hhu n'IA bulsc<dj vly D; k

d'q'fr g'sldrhgA

fcukv/; ;u dseu'c; dkfop'lj 'l'q vly ifo-kug'la

g'sldr'IA fcuk fop'lj'la dh 'l'q ds oh'Z'lk vl'EHo g's

blfy, ifr'nu lnx'Z'hadkv/; ;u vo'; djukpl'g, A

cãp; Zds l'klu

1/4 l'ldlj husk j'leiz l'k fofley 1/2

ddlj'h d'IM ds i'fl) 1/4 l'ldlj'h usk ia j'leiz l'k

fofley uscãp; Zds l'klu ij viust'ksfop'lj Q, Dr fd; sgã

osfu'fufy'f'k' g'f

1/4 1/2 ekufld H'ola dks 'l'q j' l'rs gq v'ur'lj.k dks

n'p'p fop'lj'laecyiu'Z l'x'xi djuse'avo'; l'Qyrk

i'hr g'k'hA i'R, sl fo | 1/4 Z; kuo; qd d'kst'ksd cãp; Z

oz ds i'hyu dh b'PNk j' l'rs gã n'f'p' g's fd os

viuh'fnup; 1/4 f'pr djA

1/2 1/2 [l'ku&i'ku v'ln dkfo'k'k [; ky j' l'IA

1/3 1/2 eg'lek v'ladsp'fj-k r'k'k p'fj-k l'x'bu l'ec'U'hi'rd'la

dkfoopu djA

1/4 1/2 i'ayli r'k'ni'U; k'laeale; u"V u djA

1/5 1/2 [l'kyhle; eavdysug'lac'bs'j'gukpl'g, A

1/6 1/2 ftl le; d'lb'Z'c'js'fop'lj m'ru'gh'rg'ur 'l'ry

ty idj ?kousyxa; k fdl' h vius lsc' m' ds ik'

tdj cr&pr djusyxa

1/7 1/2 v'yly v'1/4 Z~b'd l's if'jiv'Z'xtya r'k'k xl'ula dks

u i<av'ly u l'qA

1/8 1/2 fl-k'ladsn'Z l'scprk'j'gA

1/9 1/2 l'q'j l'gil'k'k; k v'U; fo | 1/4 k'ks l's li'Z r'k'k

v'fy'xu dh

H'v'kr u M'ya

1/10 1/2 luku djus ds clu , d p'j'&l'js r'ly; k ; k va'N'k

l's'lj'lj [l'w'eya

1/11 1/2 m'ik'uk ds i'pr~ 1/4 k'k tyiku djA d'lb'Z'Qy

'k'cd eol' n'k'v'k'ok l'cl'sm'le ; g g'sfd x'g'adk

nfy; k: fp dsvu'lj e'k'k; kued M'y dj [k'kA

1/12 1/2 f'Qj v/; ;u djav'ly nl cts'ls'X'lj'g cts'dse/; ea

- Htu dj ysa
 1/13 1/2 Htu eseh] eNyhvfn inHdkR, k djA I; k] ygl q] ylyfepZ vle dh [WbZvls vf/d el hyslj Htu dHhu djA tglard gsl dsl kHtu djA 'kd Htu dkR, k djA tglard gsl dsl Ct] lk vf/d [k A Htu [kw pcdj [k A vf/d xeZrHk T; kHtu Hhgludlj d gA
 1/14 1/2 Idw vHok dlyt lsvldj Hk vlye djds, d ?kVk fy [kus dk dkZlelr dj [ly ds esku ea tk A esku eaHMAle; rd VgyaHA
 1/15 1/2 ?ausdsfy, plsl ctkj dhxahgokeat lukBld ugh loPN ok qdklou djaA
 1/16 1/2 lqgl lkanlale; 'hp vo'; tluk plg, A
 1/17 1/2 HMA k /; lu djds gYdlk Htu dj ya ; fn gsl dsrlsjk dsle; doy nkihusdkvH H Mya ; k Qy [k fy; k djA lolu nkk doy i/ ds Hgh gslsgh gk gA
 ftl fnu Htu ughai prkml fnu fodlj gstrkgs; k ekul d Houk vadhv'ly rk lsfunk Bld u vldj loluloHk eaoh Zk gstrkgs
 1/18 1/2 jfk dsle; lks nl ctsrd iBu&iBu djds l stloA
 1/19 1/2 InS [lyhgokeal luk plg, A
 1/20 1/2 cgn eyke , oafpdusfclrj ij u lloA
 1/21 1/2 ik%ly 4 ctsnBdj ddykdjds' lry ty&iku dja vls fuor gslj iBu&iBu djA l vZ; dsfudV fQj fur, dhrjg Q, k le ; k He. kdja
 1/22 1/2 lelr Q, k lea n. M cBd lclsmle gA tgl t splgk Q, k le dj fy; lA
 1/23 1/2 vius dejs ea ojl vls egRek vls ds fp-k j [lus plg, A & k vls cāp; Z

cāp; Zj {k dsnik vls Qy

1/2 cāy lu loleh Jhv [k Mūh l jlorh thegij k 1/2
 1—ftl nsl tlr vls oāk ds yk plgrs glafd geljh l rku ij Eijk ea cāpljh mRū gh mlg a cāp; Z vls cāpljh dk fo' k vly djuk plg; s vls lo; a 'H-HR vkJelpr cāp; Z ds fu; eia dk ; Hkof/k ikyu djuk plg; A oāk i Eijk vls erl&firk ds Hko dk cāp; Zij cgn xgk i Hko iMk gA vufd jlr ls mRū l rku ls cāp; Z dh vkk j [luk migl lin gA ; fn erl&firk dk lak doy mīle Hk] ylk dh rfr ds fy; s gh gk gsrk Hko l rku oluk&vijk . k gk tk\$ blea D; k vkp; Z gS Hko fklqds 'lj jxr ljs gh mlaku erl&firk ds eu vls /k vls ls gh l vfr gsr gA ; fn ew ea gh nkk jgk rls dk Z funk d s gsl d rds gA blfy; s erl&firk dk /eZc] ls _rdly ea 'H-HR & jlr ls l rku l rku djuk plg; A erl&firk dseu eavh'Z cāpljh l rku gh mRū djusdk l a Yi gsk plg; A tc rd fklq xH ea jg\$ erl&firk ds oluk&fgr tlou Q, rrr djuk plg; s erl&firk ds Hko &cht gh l rku ea valgr] iYfor] ifir , oa Qfyrgsr gA
 2—tc rd fklqekrkd knk i rkg\$ rc rd erl ds 'lj j lsvls Hko l sde dh ofk dk Li 'Zu gsk gh J s Idj g\$ D; kd eu eadleok gsls ij 'lj j ds i R, sl vo; o , oaijekl qeaml dh Q, klr gstrhgA bl lsc Pplads eu ea Hk l a h l adlj rls iM s gh gh luk v l aeam l tuk Hh gsls yxrhgA N v s N v s c Ppladseflr "d vls 'lj j ds

vo;o cgr gh dley ,oafuXk gsr gA 'llo eagh mu
ij tShNi iMtrhg\$ oghtlou Hj izlk r gshjgrh
gA tlerk&firkviuhlaku dlcāpljh cuk plgrsg
mudsfy;s;g vlo';d gSfd tc rd og n&kirkjg\$ rc
rd viuhok ukdls' h j [lA

3—ekr&firk dls fklq ds lEe qk , i h dbZ p\$Vk
dHh ugh djuh plg; \$ ftldls n\$kdj mldstlou eaHh
cgh vkra nrj vkA [l& pji jk pW] feBbZu rls
lo;a [luk plg;s v\$ u cPpla dls gh f[kyuk plg,A
'lij dh pje /krq 1/2 h 2/2 jx&jx ea vuq;w jgrh
gA cpiu eaHh mUstr inHhZ ds lou lsml dkiBDj.k
glsyxrk gA blh lsNW&NWscPpladls Hh ieg /krqk
gls trsgA cpiu lsgh vlgj & lq) cāp;Zdsfy;svR Ur
vlo';d gA vlgj & lq) ds lEcUk eaplj cra;/;ku ea
j [kuh plg; \$u

1/2 vlgj loHh lsgh mUtd u glA elA] 'ljc]
l;kt] ygl q vln tle lsgh mUtd gA

1/2 Hh; inHhZ ead bZ, i hoIrqu feyhgl ftlls
og oh Zj.kdkgrqu tk ut\$ svepy] jlbZ xje elly
ylyfepZbR knA /wz ku cāp;Zdk' kqgA

1/2 Hh tu dh oIrqt loyk ,oa izy de&oh uk
olyhL-hds} jkNqZ;kcuk hghZu glA d(sv\$ fx) vln
dhn'V Hh tu ij ughaiMhplg,A Hh tu ij Hh dkcgr
iHh iMk gA jshghZL-hdsglk dk Hh tu djuslsjak
iMk gA

1/2 Hh; inHhZ ij viuk Uklar loRo glak Hh
vlo';d gSA mjsdkgd eu dlcglj [hprk gA xglRk

dls fcuk ifjJe vHok fcuk eV, dk Hh tu ugha djuk
plg;A bls fodj la dh of) glsj xglHh pr cāp;Z
Hh gls trk gA cāpljh okiZRh v\$ l& h dk
fHk ij Ukl pr loRo g\$ ijUrq;fn os vkJel pr
deZp lu u djh doy fHk loh cu tk arls mudk
iru gls trk gA cāpljh ds fy, Je viskr g\$ plgs
og fdlh Hh vkJe eaD; la u jgrk gA Je lsgh 'k
dkipu glrk gA

4—tc chyd Hh k cM gls tk \$ rc mls Hh e;
okroj.k ls vyx j [luk plg;A iplu dly ea bls ds
fy;s xdy vHok _f'ky dh izkyh Hh bls vusl
yHk g\$

1- v/; ;u dhuf pUr l f/HA

2- vln'Z vpkZ ls vlpj.k lEcUh Q,oglj d
f k HA

3- vpkZ, oa vkJe dh lok ls loHh k ,oa
lloZfud fgr dk vHk A

4 ,d fo'kk ifoj ea gh elg&eerk dh
f Hh yrk

5 Hh e; tlo ls iHd~jgdj viusfy;s i&fr]
,oafu f&ekZeals d bZ, d pqus dsfy;slUr fyrc
} jk foplj A

6 l&g&ifxg ds vMecj ds fcuk Hh l qh jgus
dh vkr iM tlus ls vHhZDr v\$ Hh fyIl k dh fuoUk
ftlls Hh vlpj] vR,lpj] vulpj v\$ Q, fHplj vln
ls lo;a?kk glak A

7' ~~hr~~ fpùk lsvRe&lo: i , oaijeRek lo: i dk
foopu ghs ls rRo lKRRdj gclj ijekuh lo: i
cã eaLoHfod fHfrA

8 fo'ol jKV lEink lakt ifoj , oaQ fdr dh
lokdh; ~~kr~~ rkiHr gsa

5—ekRfirk, d iek lsvf/ld mRû u djarks
lolZe gA ;fn v/ld iek mRû djuk gh gsriscyd
ds cãp; Ze eafuf pr : i lsHc nã ftllscyd ds
loHfod cãp; ZdsHko ij dlbZB u igpsvls og vln'Z
vlpkZdh'lj.keajgdj lR] vfgakvln lnxqhdslhk
ldsvls KlukitZ dj lda

6—vlpkZdkvln'Zgskije vlo'; d gA og Hh
cãpljh gsriscyd lolZeA ;fn xglk gsriscyd Lh ds
vkJe lsloHk iHd~j[A lo;alá; kothuk cfy oSons
vln fur, deZdk vuBku dja lR] vfgakvln fu; eha
dk ilyu dja lok; k'ly vls ifjeh gA m) r
oSkRk /lj.k u dja 'Hshu u dja lnxh lsjgs A
cãplj; lads viusiek dsleku le>A viusvlpj.k ds
}ljkmudsân; ij loHRR, k] fo'o&l oH J) k] vHk vln
nsh lEifr dsHko vdr dja vlpkZdsxqk gh cãpljh
eamrjrs gA vlpkZds vlyL;] iek] ifuHk vln nsk
Hydj Hhughviuskplg; sA dklhds, d fo}lu-vlpkZ, d
clj viusiek dsleuslá; kothu eafufpr~iek dj cB
H ftllsmudsiekuslá; kothu djuk gsrNMfn; lA

7—cãplj; lads tlo dh vkhj&kyk J) k
vls fo'ok gh gA cN; loHk eamuds foplj] Klu vls
vuHo dh ekk vR, Û loYi gsh gA blfy, cãp; Z

vkJe ea , sh fKk nsh plg; } ftlls cãplj; lads
vUr%lj.k ea' Hk ds ifr egR&co] /leZea fu"Bk vls
bZoj eaf'ok dh of) gA iHfed fKk ea [kMi&
e.Mi ds xZHa dls lRku ugha nsh plg; A , d lekt ds
ifr jk vls nsh ds ifr }sk mRû djus osh fKk
vuH dh tuuh gA blh ls Q lid osul;] lKZ dyg
, oa xg; q la dh mRû gsh gA fKk loZleqh gsh
plg; A mleal klj.k mBuscBus [kusihs cyusvln dh
fKV jfr crkus ds lH&gl&Hk ?j ywdle&lH ffdR k
Q li j vln dh cra Hh gsh plg; A bfrgl] Huk
foKul 'H u&izlyH lfo/ku] nsh&fonsk dh lHfr
vUrjZvH lEcUk vln dk ifKk Hh vlo'; d gA
iBu dh jfr , sh gsh plg; } ftlls doy fdrkh
Klu u gclj jpuRed vls vuHoRed Klu ifr gA
die.Mor~ lahZ inûk, l vls Houk lA dk vUr dj
nsh plg; A ;fn vUr%lj.k eabZoj vls /leZij fo'ok
dh lRku ugha dh x; h rslá j dh dlbZHh fKk euç
ds bZkun] pfj=oku~ cukus ea lQy ugha gsr ldrA
dlbZHh 'H ul fo/ku] ifyl] lsk, oavL&Hk euç ds
ân; dsughax<+ldrA J) k Houk foplj vls vlpj.k ds
}lj kgh ml dk fuelZk gsr ldrk gA

8ucãplj; lads viusvlpkZds ifr fu'Ny] uez
, oavR Û J) kygsk plg; A mds l leus vls ijek ea
Hh cM lHr k le>njh fou; vls e; Hk lscrZ djuk
plg; A vlpkZl silnsluk vls igysnBuk plg; A luku
lá; kothu] gou] Q, kle vls lok; k ls'lj j , oach dk
ilkk gsr k gA ml uk dsfcuk fpùkea, dkzrvls lverk

ughavrkA vlu dsVH K dsl H&L Hk H&K ikk le Hh
yHdjhGA bl ls' H-kdkrR; Zyg. kdjuseacMl gk rk
feyrhGA cāpljh dls dCt dHhuglagk plg; A dCt ls
ghvlyL; iek vls vkspydj lolu&nk dhl fV gshGA
iV dh [lj khl seu eafodlj vksyxrsGA bl dsfy; sHtu
ij fu; akkj [luk vfuok ZgA vR lgj vls vulgij nslagh
dCt dsdlj .k cursGA l kūd Htu Hhekk lsvf/kd yss
ij fo"kgstkrkGA bl fy; sHtu eaek dkifjer gsk
cgq ght: jhGA vt dslā lj eaHtu u feyuslsmrus
euq; #Xk, oadly&dofyr ughagls; ftusvf/kd Htu
dsdlj .k gsrGA viuh mūfr] vtre rkr vls lae dk
yH&L k plg; A tlo dsvRecy] mlg vls vkk
ea ivZ dj nsk plg; A cāpljh dk lalyi n'+, oa
vfopy glA

9—cāp; lZe dsl pkydla dls bl cr dk /; ku
j [luk plg; sfd cāpljh Hrj dŋ vls clg dŋ vls u
gls ik, A cāpljh dstls nkl&nqk fuofk djus gh muds
ifr igysnkl&cŋ m; djluhplg; svls tksde djlukgs
m ds ifr egŋcŋ] ftlls mudh ofk. lq foplj & kDr
ij dbZ vkr u yxA fo'kk nco Mydj tks fu; e
ilyu djks trs gh mudk izho ifrŋ; Red imk GA
cāpljh dhcŋ T; kT; lafodflr gsh tk; R, l&R, lamuds
vlpj lEcU h foKlu ea Hh of) gsh plg; A vU; Hk
cāp; lZe lsfudyrsg h os, dk d leR fu; eadls rM
Myrsgā vls ftl tlo&fuek dsfy; smulsriL; kdjk h
trh gš og ugha gls ik rA ,d cr vls Hh /; ku ea
j [lus dh GA cāplj; la ds }lj k tks mudh fo | k&cŋ ds

lloZfud in' lZ djks trs gh os l Pps gh ml ea nEk
dhekk fcYdy ugha gsh plg; A cāpljh Nk dls ftl
fo"k dk Klu ughagš ;fn og nvy slsm/ky yslj] jVdj]
udy djds; k vU; fdlh vufr jlr ls tulekt ea
m dk in' lZ djr k gš rls H&H nŋ ds fy, l pkydla
vlpk lZ, oa cāplj; la dls rRkfyd olgolh vls izlk
ifr gsk trh GA dŋ vkk d yHk gsk Hh lEho gš
ijŋrq bldk euloKfud izho ifrdy imk GA >R
vffeku vls nEk ls c<dj dbZ iru ugha gaviuh
detls; la dls tkauk vKlu dlsigpkauk lrr vRefuj kkk
djuk lclscM f k k GA

10—v/; ;u&v/; ki u ea ,d gn rd Hk vls
Q kdj. k dk Klu vlo'; d gš ijŋrqogh lc dŋ ugha GA
oIrqds Bl Klu ij gheq; n"V j [luh plg; A doy 'xk
'kn ml ds /sh l jffk o" Hk vkn i; lZ ,oamu 'kn lads
fHu&fHu izk ladhjlr tku ysk ghi; lZ ugha dkk
Q kdj. k l fgr] ; ed&vuq h vkn dh tkudlj h Bl d gsh
ij Hh; fn xk lsifj p; ugha Srk lc Q HZGA bl hizlj
ftl fo"k dk v/; ;u gš ml dk f&; Red] jpuRed]
izk Red] Q ogfjd vufo Hh gsk plg; A fdlh
dls >Mylads cgq lsule vls vŋfr; k elyw gh ijŋrq
>Myxluku vkr gsr ml Klu dk D; kegŋ gš\ bl h
izlj /eZ cā] iek vkn in' lZ dk Hh l k R d lj gsk
plg; A doy inoD; vls iek k Klu ls gh vius ds
ŋrŋR, ugha eku ysk plg; A ljs v/; ;u] v/; ki u]
lae] fu; e] til ri] /lj. k /; ku vkn lku lR, oIrq
ds l k R d lj ds fy, GA ;fn bl h tlo ea lR, dk

lKRRlj ughagls x; krlscgr cM Hyutlou dk foukk
le>ukplfg; A

11&cāp; Zj {lk ds fy; s NUNk; li fu"n~ea N%ckrla
ij fo'kkcy fn; kx; kgſi

1- b'V vHZ~ vſuglſt 'lj lj d] oſpd vſ
ekufld riL; k onladklok; k] onDr vlpj.k
dkvuſku] vfrſſ&okvſſ cſyoSona

2. ;K vHZ~ noljklul viusgd dh olrſy la ds
...l āāZi p'eh ſſ ſVāāZ' āZSb[\L'Z^
lōkA

3- ekſueu eoſh ukvladkIQj.ku gluk eulſj R; u
gluA vlo'; drklsvf/ld HKkku djula

4- vj.; kup'Rſr] , dſr] ifo-ſ futZ ou eoſh
djula

5- l-k.lul R x eaſuoſh djula
, #l kaZakCEj k'Zib; Y&[WZ' kſh"ā
j[kuA

' (Cſh ā Yp ſā [Wp fā^ Z^ fā' ā hāāZā
mſyſkiſr glrkgſi

1- vſu dsleku rſflorA
(# [MōZib[k' dāāZā [ā ſā Z^ ā h'Zā
gluA

) #l ā ā PZib[k' dāāZā Yāpāki Z^ ā h'Zā
fo |eku gluA

4- lālj dsfdlh Hh lRku] olrſj Q ſdr vſn dh
viſkj[ſfcukvſſeje glſj jgula

13uxliRk vſn cā.l&xſſh /leZvſh xāl vſh , oa
eUōſn/leZl ſgrvſa ea loZk gh cāplſj; la ds fy; s uR
ok] lāhr] uſ; vſn dk fo"ſk iſr glr k gā yſr
dyk avſrly dh lſr ok ukvladſ /lj &lj s dſr h gā
vſ mſgā mllrh rſk Hh lRku] gā Hxon~fo'kd yſr
dyk amruh ckld ughagā ſj Hh cāplſj; la ds Jālj &
lſcUſh vſſu; vſ Hh lRku] lſ loZk iſd jguk
plſj; A jſlyh ds Jo.l&Jo.k ds }lj k dlefot;
dh izlyh Hh Jālj & j lſ'V Q ſdr; la ds fy; s gh gſ A
cāplſj; la ds fy; sog gludlj d gā , ſh voſk ea uſd]
fluek vſn fodlj o) Z , oam lid izā lſ iſd jgus lſ
gh cāplſj; la dkdY; kkgā

14—lelorZ&l dſj ds iſv vius loHko] #ſp]
egſōldlſh ; k rſ loſgr] ijſgr vſn dk xſſh
foſpu dj yſkplſj; A ijhl PplbZl ſbl cr dkvuſſy
dj yſkplſj; s ſd ge lſlj d Hh inſh dh iſr lſ
lſh glr s gā ge alſj ol-l&vſſk Hh u] ekuāfr"Bl
cMōZ vſ /ku vſn dh iſr lſ lſk glr k gſ vſok
buds R k lā ; ſn ſdſr~ Hh yſdd ok uk vſ%lj.k
[Wāā] ā hā Hā [l' l ā 'ek' Yp ſ IPZ^ p'ā ſā
u dſds ſu%alp xgſRkJe ea iſk djuk plſj; s vſ
rnuſy cāp; Z dk iſy djuk plſj; A xgſRſr
cāp; Zeaſuſyſſr cr lād k /; ku j [luk plſj; ſ

1 1/2 xgſRkJe Hh Hh us ds fy; s ugha gſ vſrſq
Hh &ok ukvladſ fu; ſr dſds mudk ukk dſus ds fy; s
]ſ Yp ſ IP [Wāā ā hā WſAk'Zā p'ā ſh Blā Z^
of) yſdd lſk , oailjekld lſk dh iſr gſ Hh ea

ml dk y{lak Hh uga GA t\$ s QMk gus ij ml dh eoln
fudyrsl e; , d izlj dk lqk gsk g\$ o\$ s gh eu ea
fodlj ; kehu dhilM gusij ohZk ls, d izlj dk
gYdku vHok vHh &ek lqk dk vufo gsk GA t\$ s
Hh dk u'k mrj tlus ij lqrl detljh v\$ mldh
[afn Ch^]Sebi]^Za aLa^aki]aj ki_`Bfl_ga
dk ilijfid la dlsZlqk lola foyl uga GA ;g
, d izlj dk jk] fo'rk] ijkHurk v\$ nqk dk ey
GA bldku gskghvPNkGA lae ij n^V j[krsgq gh
Hh djukplfg; A

1/2 1/2, d i#kdk, d L-h lsv\$, d L-h dk, d
ghiq"klslak gskplfg; A eu eafodlj vktkuslsHh
"as bW l a' ep i >W]a j da | l l a' Xb_ za'
eulsoKfud iru g\$ tlus ls tlu vfu;fer] mPNaly
, oav/lehgsktrkGA

· ~ Bfl_gaZi bW Zi b, YCa [MeBas^a hS
le;] lHu vln dkHh/; lu j[lukplfg; A

1/4 1/2 Q fhplj dls ikl lgu nus olyh xHkfujk dh
izlfy; lsdHhde esughyukplfg; A lae vo'; j[luk
plfg; A

· +~_yfl_H^Zal onfl on^ak^Z kaf a] li7

· ~ b >e] a ha "Z_ gacHk] ki_`^ a hqfl
dlfj. h f; k ls fojr g\$ tuk plfg; s v\$ o\$K g\$ rls
okuiZk vHok lU k &vkJe ea in\$sk djuk plfg; s vHok
fo'o lok ds dkZ ea yx tuk plfg; A ;g fo'o gh
ijekdkew& i GA

1/7 1/2 xglHkJe eajgrsgq Hh ; HkHDr loHh k
djdsfo'o lokdsvh'ZdsiwZdjukplfg; A

15uvktlou Rke; cãpljktlou Qrir djuk
vHok cãp; Ze dscln lU k kJe ea in\$sk djuk vli fuk
dhckr uga GA fdUrqbldsiwZviusvflklj 1/4 k rk v\$
'HDr 1/2 dk HylHhfr foplj dj yak vlo'; d GA doy
rRdkfyd vldlqk : fp v\$ vlo\$sk ls isjr gskj , ik
djukc] ekhdhckr uga GA y{; dhilHr dsfy; siwZ
fu'p; v\$ otz dBlj n^rk dh vlo'; drk GA ftlea
bftuz neu] eu ij fot;] riL; k , oa }U &frfr{lk rHk
d^V lgu ea gh lqk dk Hko g\$ ogh Rke; tlu dk
vflklj h GA fcuk o\$K , oa Rk dh rloz Hhouk gq
vktlou cãp; Zdk lal Yi fu"Qy gh uga GA iru dk grq
> a] l Xe Sl f a S^ a B a " e W a h d e Z^ £ a Z a b W
yslj ghbl ekZij vxlj gskplfg; A

16uvktlou cãplj hdsfy; slclsigyhckr ; g \$
fd og viuh, d fu"Bk dk fueZfu'p; dj ya ml splj
fu"Bk l ealsviusfy; sdbZ, d pq yakplfg; A

2- deZ; K; kln] onDr deZkM vflk&fuolj . k
jk&fuolj . k loPNrkdkiplj yk laesufd tlu dhvlj
#fp mR U djula

2- mi k ukuxk =h tij ule tij nolj k luk lal rZl
dHk Jo. k HDr dsfoffU valadkvu'BluA

3- ; k uvkl ul ikk le vln ds }lj k fp Uofuk lads
fujk dk vH k A

4- Kku Jo. k euul fufn/; k u ds lj kvRe & k Hklj
dsfy; sizRuA

bu pljla ea ls fdlh ,d dls izku vls 'kk dls
xlSk i ls /kj.k djuk plg; A lHh fu'Bk la ea bfuz &
laj] eukujk ,oalnpj ;Dr enqO,ogj dh viSk
gA fdlh ,d fu'Bk dls loldj fd;s fcuk vdeZ; rku
cslj hvusdkM jgrkg\$ ftllseu esodlj ladvktus
dh lEHkoujgrh gA fudEes vneh dk tlou iekn dk
?lj grkgA

17ucāpljh dls dle fot; ds lHglkl k vR Ur
lve vls rlf.k nV ls vU nllh ij Hh /; ku j[kuk
plg; A dle cM ekloh gA og rjg&rjg ds: i /kj.k
djdsvke.kdjrk\$ t\$u

1/4 1/2 elg&eerku;g ejk fiz Q,dr vBok fiz
oIrk\$ igys bl izlj lEcUk tMj iNs Hk&cf
mRū djknrkgA

1/4 1/2 ylligys lkkuk dh lfp/k vls vlo';d
llexh dsNy lsm, bdek djkyrkgvls iNsokuliv
dsfy; sml dkmi; k djrkA

1/4 1/2 Olligys vius vlypd vBok fuhd dls
vius ekZls gvknrk g\$ vls fQj bPNliv dh NW ns
nrkgA

1/4 1/2 eku&fr'Bligysylkadsfpūkiy viuh/kd
teldj fQj euekdjrkA

1/4 1/2 feF, k&vHekupvc ejk fpūk fudlj
gls pdk g\$ eā ;kh gw HDr gw fl) gwbl izlj
dh vUrk mRū djdsfQj Hk dsxMseamy nrkg\$
br, knA

dle dsbu ekloh: ilal scpusdsfy; slrr~llo/kuh
dhvlo'; drkgSA bl dsfy; sbu mik,aij pyuk plg; &

1/4 1/2 fdlh ls fo'kk gy&ey u c<kuł lEcUh , oa
ifjprladsnškeau jgukvls u vlu&tkuA

1/2 1/2 i\$ s, oalrvladklag u djukA

1/3 1/2 vlypd , oafuhdla dls viuk fgrSh le>uk
vls mudh vlypuk dk vRefujk(kk ea lnj; k djukA
dH&dHh fuhdads} jk vius, i sfnisnlshadk irk py
tkrk\$ ftudk klu lo; alkd dlsHhuglajrk gA

1/4 1/2 vius Aj ykladh fo'kk J) kdHh u djka
eku&fr'Bk dk vR Ur fu'kk Hh u dj\$ D; kd og fu'kk ls
ghc<rhgA tglard gsl ds lo; aml lscpuk plg; A

1/5 1/2 fdlh izlj dk vHeku /kj.ku dja vHeku
gh dle dk vkJ; gA vHeku ds lgjs gh og Qyrk&
Qyrk gA ifjivze ijca ijek ea} \$ ule dh dbZ
oIrkghug\$ fQj dls fdlhdkvHeku dja

18uiñr inlladslou lscāp; Zdhj {k gsh g\$
foñr inlladslou lsugh t\$siyh, oal lkh BM feeh
Zā`ā`^ [M Z kibil ā`nkābā`bi j hkaōā] ā`
]S hofGonfKā l ād bi cbZā j hka`ā`ā`ā` k] W
xak vln unj leqz, oao"KZdk ty Hhiku&lu ds} jk
cāp; Z ds fy; s fgrdljh g\$ lMw/j] uy br, kn dk
ugla vfu , oalyZ dk lou&mi lku&ueIdlj vln ohZ
dls iprk gA gou vls lylZlku dk; g Hh ,d izku
gA fctyh dh jskuh ls cglp; Z ea dbZ lgkrk ugha
feyrlA [lyh gok , oavulgr un ftrus mi; kh g\$ muds

baki_QZ^]eal a`l ah`ad Z^Z^Pkh^]^k] ^W
gA rR;Z;g gSfd cāpjh dk Ñfle inHhlsny gh
`]ka fā] 17 CoS`aZS dS ZFi lā`l Vgh lK
cāp;Zj {k eacM l gk d gA ?h nghyHdjh ugha gA
?h lsenlof)] vip vS ipu ;Uha ij Hkj dk vH/D;
gk k gA ngh dh vEyrk /krqds {hk djrh gA tgr rd
gsl dsloHhōd] loPN vS vġre {kdjusolysizskeajguk
plg;svS oShghoIrvladklou Hdjukplg;A

19ujlufh;lvS tuuShz dk cM ?hu" B l EcUk
]V`bkaj a`b rpsaZ h`]Se] ^`ā`l ā`_ : e]Z`
ohZds: i eaifj.k gk k gA ;fn jl ij dkwuglagSrk
ohZ ij Hh ugha jg ldrA deZhz KlusHz dk gh
ijvd vS kj gA jluk ;fn jl xg.k djxh rls Bld ipu
u gks ij mdk {lj.k vfuokZ gA blfy; s jluk dh
jlkDr ij dMutj j [khpfg; tS p

1/4 1/2 Htu eaLok ij nV ugha j [lulA dōy thus
Hj ds fy; s fgrdjh olrvhals mjiw ekk dj yak A
'Hh ls [lēh eBh] pjijh olrvugha [khpfg; A u Lok
dsfy; sgh [khpfg; A

1/2 1/2 Lo; ādh gks rc rks ued] eBh [WBh ellys
Za_pai] ^k] ^W ka fā] 17`ā` baseZ` eW` {hi
vYi Htu le; ij gh djukplg; A vusl c] Htu ugha
djukplg; A

1/3 1/2; fn fdl hlenk ; kvkJe esjgukglsrstlsdY
ogla loHhōd ,oa vfo:) Htu curk gks ogh [kuk
plg; A viuh QDrxr bPNk izV ugha djukplg; A
vyx lsel dj] [ljndj ftākflr ugha djukplg; A

1/4 1/2; fn fh(kdjrs glarstlsfo:) olrvHkkesvloš
ml dls Rk nā ij ūrq vudw olrv eks ugha cMa dh
v/hurk J) k lok Je vS QHZe; u [kuk; s, s
mik gāftulsge D; k [k x] bl ij /; ku ghugatkrA

1/5 1/2 vlo'; d Htu , d c] ghij k okyā c] & c] j
u ya Bāxje dk foplj u djA mj k D; k [k jgk gS; g
nšfcukelā gslj Htu djA lEho gsrsoIrvladhvS
xH ladhfxurhuf pr dj ya

1/6 1/2 Htu dsij EkkaHkoku-dsHk yxlukplg; A
bl ls lor% iHr Lokn"V Htu dsifr Lokok uk dk
nškfeV tkrk gA

1/7 1/2 Htu dsigysilp xH ikkadsvlgr ds: i ea
nšpfg; s`ikk lokg* ^vikuk lokg* bR; knA bl lseā
HDrkgawHok Lokn ys jgk g; g HDr NW tkrh gA

1/8 1/2 eSugh [k jgk gvejsulkHpo eaoSoluj vfxu ds
: i eacBsgg lo; aHkoku-ghHtu dj jsggabl Hlo ls
Htu djusij Lok dhofukpyh tkrh gA

Lo; ādh cāpjh dls bl cr dk /; ku j [kuk plg; s
fd og vius fy; s gh Htu u cuksvS fdl h dls flyk
djdsg [k s^doykHs Hofr dōykHh*

20ufdl h QDr dk lHh; ZvHok ml ds }lj k fuēr
olrvdk lHh; ZsHsdhok ukvŪrrkHokHk eaifj.k gks
tkrh gA bl usok uk us cM cM dls fodlj dsvfxu dqM
ea>lal fn; k gA usok uk us dōy iras dls gh Hle ugha
fd; k cM cM fō}kūh; lx; lvS lnplj; ladsHh iru ds
xM sea<d ydj ložkkrd igpkn; lA fcYoexy usvHk

QWj blisfi.MNNA bl ij fot; iNr djusdsfy,
cgq tk: d jgukplfg; A

¹/₄¹/₂eu&gk&eu ple dkinZgVldj rc Q fDr; lads
nflukplfg; A

¹/₂¹/₂ txtuuh txnEck dls gh loZk nflu plfg; A
ijega jleÑ".k ds lEcU/k la us mlgaxgLR&t lou ls
mkl hu nflu dj , d oš; k dh vly vÑ"V djus dk izRu
fd; lA tc oš; k vius glo&Hlo&dVkk lsmgavÑ"V djus
dk izRu djus yxh rc ijega th rhu cly ^ela ell
ela!! dgdj lek/Hk gksx; A ostxtuuhdsmik d HA

¹/₃¹/₂ vius b"Vno dk vuqe : ipeklyh dk iz ls
fpUru djuk plfg; A , d cly JhjeuqpkZ us Jhja
{sk eaoš; k ds: i&l Sh; Zij vldr Q fDr dls nflu og
oš; k ds l leus ml dh vly eg djds Nrk yxks gq Rk
vly iNs dh vly pyrk HA vpk Zj.k us ml ds Aj
Ñlk dh vly vius fuoll &Rku ij clydj vius vlyk;
no ds, ls vly ldd l Sh; Zdk n'Z djk fn; k ftl ij
ml us viuk tlou loZk gh U; l loj dj fn; k vly iZk
dspj. hadklod cu x; lA

¹/₄¹/₂ pyrsle; plj gHk lsvf/ld u nfluA b/lj &
m/lj u nfluA frjNhvly pqrhghZutj ls Hhfdl h dls
u fuglyukA n"V iDhdjusdkvHk djula

¹/₅¹/₂ jaladsmlj vly vÑfr; ladsvRfrjNiu ea
dHheglò cly u djula

¹/₆¹/₂ vU% l Sh; Z dls vuHw] bZojh l Sh; Z dk
vuqaku vly iNr l Sh; Z ds fujk(kk ls Q fDrxr l Sh; Z
dkvd"Zk, oaiyHku ughajg trkA

¹/₇¹/₂ l Sh; Z dk l Ppk lo: i fuodljrk gš ; g cr
/; ku ea jguh plfg; A

Zl-ošsrks l Hh l h kj d l qk Li'ZU gh gA dku
Z^ 4Q1Wj ä B l P] ä a] S cbi ~ ad Z] hi] Wä ·
vlyk dh fdj. la ftlls Vdjrh gš ml dls : i] ijUrql
izx eaLi'Zdk vffik Rpk bfuz ds dkZlsgA nlu
[kykus ls tSk l qk gsk gš dle l EcUh l qk Hh ik
ošk gh gA Li'Z Hk dk vlo'; Hhoh iuzi gA blfy; s
cāpljh dls Li'Z ls cpuk plfg, A ; g cM&M fnt
fo}kula , oa ; lfx; la dls Hh clyk djds cUku&Rku ij
igpknrkgA

Li'Z dsl EcUkea; sl lo/Hu; kj [luplfg, μ

¹/₄¹/₂ L-h i" k dk vly i" k L-h dk Li'Z dHh u
dja

¹/₂¹/₂ yMd; la vly yMla dk Li'Z Hh ugha djuk
plfg; A , d cM vuHh bZkunj , oal Pps cly&cāpljh
us eqs crk k fd os HA vk qds clyd vly clydvla
dls viuh xla ea clyd I; kj ls ml ds dily vln dk
Li'Z dj fy; k djrs HA mudseu eaviuh fuodljrk dk
vffeku HA /lj & lj s HDr f'k; la dh clyd&clydk;
o; Id gqA Li'Z dh f0; k iuzr~pyrh jgh vc clyh
eamu ; qfr; lads Li'Z l seu eafodlj vkusyxA mlgas
vc Li'Z u djus dh frk kj yh ; | fi iUng o"ZiuZos
euk djus oly ladh fWyhm k djrs HA

~Za o" a l S e S f k S _g [aal ad ahaZil ap
ij Hh loldj ugha djus plfg; A

¹/₄¹/₂ l kq] ʘ↑ l adZis aal _ki"à^ "Za [gal ·

ughaculuk pfg; A

1/5 1/2 vius gh 'lij ds dily] xq dk clj & clj
Li'ZdjukHhcāp; Zdsfy, ?krd gA

· ~ m13fj _S ^a^ Zi _fz' l e l e' [MlabS
/; ku f dly & luku] gHhaeadq&efV n.Mvln dk /kj .k
oYdy&olul Hle/kj.kvln ds}kj ktul/kj.klsviusea
, d izlj dhiHDrk, oaviuhifo-krkrHkfnQ rkdHlhouk
tkr dj yah pfg; A bls m v j l a d s , o a v i u s x q l a d s
Li'Zlsj {k g l s t k r h g A

1/7 1/2 bZoj] xq , oavUjRekdslk {k h e l u d j ; g n < +
ifrKk dj yah pfg; sfd cāp; Zor dsfoijr Li'Zgls
ij ej. Hk ik f pr d: xA ejsik , d , e - ,] Ma fyV-
egkk vk k d j r s H A m e a : i o r h ; q f r ; l a d h v l j ? j y u s
rHk pyr&Qj r s m l g a N w u s d k n k k H A m l g l a s e j s l e u s
; g i f r K k d h f d c j h u h r l s l i ' Z g l s i j x a k t h e a d w
d j i k k n s m l A H M g h f i n l a e a m u d h ? j y u s d h v k r H h
N W x ; l a f t l j l r s i j t l u k g h u g l a g s m l d s e l y d s i H j l a
d h f u r h e l y w d j u s l s D ; k y l k g s

1/8 1/2, s s x z H h a d k v u d q a l u d j u k p f g ; s f t u e a v l i ' Z
o r d h e f g e k d k m y s k g s t s o k e l d n r j l e k . k d s
l u j d k M e a l r h f l j l e f . k J h t l u d h t h d h d k g A
m l g l a s v i u s i e o r ~ i j e H D r u s B d c ā p l j h J h g u e l u
t h d l s H h l i ' Z d j u s l s e u k d j f n ; k H A

, d c r l n k / ; k u e a j [l u h p f g ; A : i] l i ' Z v l n
d h o l u k ; e u d h d e t l j h g A n < + i f r K k f u ' p ; v l s
l k o / k a h l s g h b u i j f o t ; i h r d h t k l d r h g A

22μ; |fi 'Hhhaeadoy tuusuz dslae dls gh

cāp; Z d g r s g h r H h i l e l r b f u z l a d k l a e g q f c u k
cāp; Z d h j { k l E H o u g l a t c f d l h b f u z d s } l j l s
e u d l s c l j f u d y u s d k v o d k k u g l a f e y r k r c m l e a
, d k z k v l s f u j l k n ' k d k m n ; g l a s y x r k g A ; g c M &
c M [l y [l y r k g A f o { l i f i z g l a s d s d l j . k , d k z k b l s t y
d s l e k u e l y w i M h g A f u j l k r l s e k u s d l y & d l s j h g h
g l a , d b f u z d k l a e d j l s r l s ; g m v j h b f u z l s H k
f u d y u s d h d l s k k d j r k g A o k l h d l s c l h d j r s g h g l k l s
f y [l u s d h d y k l s e l g r d j y r k g A ; f n c ā p l j h u s l e l r
b f u z l a d l s f u x g v l s l a e d k d l s y i h r d j u s e a d d j
f u i q r k i h r d j y h r l s ' l j h e a g u e l u d l k k c y l H h e
d l h b P N l e R h l u d l n d s l e k u f u R ' l s l o v l n
i h r d j u s d h y l k d k : i / k j . k d j d s p e r d l j l a d s
p D d j e a M y n r k g A v l o k i p l j d h r l o z o l u k d l s
i h l f g r d j r k g A i j e H z i k d s i f d l a d l s b u l s i j g t
d j u k p f g ; A m u e g l i e ' l a e a o s f l f) ; l a l o l H k o d H h
m l g l a s c ā p ; Z l s m l g a [l j m k u g l a H A l k l j . k l k l d d k e u
f u j l k d s H k l s g h m u d h b P N k n i f l r d j r k g A

23μ; f n p e r d l j l a d s p D d j v l s i p l j d h o l u k
l s c p d j e u v l s b f u z x l y d l a d k l E c U k j l s l f n ; k
x ; k b f u z k ' H r v l s f l H j g l s x ; l a r l s l i ' V v u d l o g l a s
y x r k g s f d f o ' k v l s b f u z l a e a d l s Z H a u g l a g A , d
g h t M l U k n l s : i / k j . k f d ; s g q g A o g h f o ' k g s v l s
o g h b f u z g A f o ' k & x r : i v l s u s l e x r : i e a d l s Z H a
u g l a g A , i h v o l H k e a e u l o r U k f o ' k l a d h l f V d j u s
y x r k g A l k l j . k % v u d l o k u i z p l s f o y { k k x U k
j l] : i l , o a ' k n d h f o r ~ g l a s y x r h g A v u s l a
i z l j d s f n Q n ° ;] f p - l s f o p - k v u d l o ; k n o r k n l u o]

loxZcāyl vln ds n'Zi gus yxrs gA ; g lc eu ds
]^ l Zāfēā]W aSS b pIS [kS KS E\hrh
 tkudlj eUrk ,oa Hkouk; tks cō eal hdy : i ls
 fufgr jgrh gA m; gk gslj , d tly&k fcNk nrh gA
 vS lkd dsmgheafuR cō] IR cō mRū dj&dj
 QjknrhgA bl voIRk ealkkd , ikle>usyxrkgSfd
 vc ejk inšknQ jK; eaglx; kgs vS eSHkor& Ūk
 ,oa Hkou~ylyk dk vuho dj jgk gA ; g Hh Hh gA
 tglard ule vS vñfr; ldk Hh gS ogk rd oHrfod
 lŪk dk vuho ugha gA bldk Hh fujk vlo'; d gA
 rR'pr~, d viuZ vluh dġ bl vluh dk Hh Hh
 Yof IPZā`ek]^]V j Y l kġ `Z^ eSā`ā`ak]ā
 j ar]ShY l B ha [ā`ā`] j ar]V X l eBa [W
 , ikelyw iMusyxrkgSfd vlerk lsyslj fo" k i; Zr
 , d gh iñfr dġ tM lŪk dk foyk gA eārks doy
 nZvekkgA eāvdrZ vHDrkvHZ-fuR cāpljhgA

24μ; g vuho Hh oHrfod ugha gA blea Hh
 bZā`ā`er [ak`]hi]W eāfhi :āi Zi bZā
 bZoj ds lEcUk eavU; B dh dYiuk vS nZvk ds vucl
 gus dh HhŪr bl voIRk ea Hh fo|eku gsr gA dbZ
 Hh vHletŪ lef/k plgs mudk ule dġ Hh D; la u
 j[k fy; k tk\$ vKlu dh fuofŪk djus ea leHZ ugha gA
 mudh fuofŪk rls r'ubefl* vln egloD; tK; ofŪklu
 ls gh gsh gA lef/k ds }jk vURdj.k ds leR
 l hdy vRok v'ġ; lads/ly tkusij lor%fl) fu: ino
 iwZKRed v[kM fpr gh 'k jg trh gS vS ogh
 vRok dġ bZoj dk vS txr~ dk Hh l Ppk lo: i gA
 cāp; Z dk Hh oHrfod lo: i ogh gA bl iwZcāp; Z

fir] leR lKlu] on&H-k vln dk y{; gA blh
 dk vuho] lKRedlj vlok clRed miyCk gus ls
 euġ; &t lou] tlo&foKlu lQy&pfj rHZ gsrk gA

25μiwZcāp; ZeackRed fHfr gus ij ; s'lk
 lnxqk thou ea lOHod gh jgus yxrs gA Q ogj & lġ]
 vŪ%lj.k dh fueZrk vS lgt fHfrA lKlu&dy
 eabuds fy, izk djuk iMk gS vS flf) dly eafcuk
 izRu ds lor%fl) gsr gA

¼½ Q ogj 'ġ -lae] l jyrġ lKxh lerġ lRrk
 lnplj vS lnxqk lOHod gh thou eamrj vkrsgA
 clā olrql ea lġcō u jgus ds dġ.k vŪk ls
 lag&ijxg dk dġZ izu gh ugha nBrA Hh fyllk ls
 nRū gus ogh gA k lor% fuofŪk gS trh gA fdlh
 olrqds ukk dk Hh ugha jgrA Nw&l & NwS dk Zea Hh
 nsh lEifŪk ds egu-xqla dk idV; gusyxrkgA tfr]
 iŪk vS Hk dk nġkz fev trk gA og lekt] tfr]
 jKVġ ekuork fo'o ,oa fo'orek dk l Ppk lōd gsrk
]V cbZi`ā` Zi ZSfZSS`āffāS`nfn`ete]H
 HkoRē vS vRēKlu ls ifjivZ jgrsgA rRk mudh, dh
 jfe; k ,oa /ġk; fc]jrh jgrh gA ftuea lEivZ fo'o
 iē ls ifjyr gsktA

¼½ vŪ%lj.k dh fueZrk vŪ%lj.k ds vP; q&rŪ
 ea fHfr gS tkus ls fo" k & lEcUk lġs fodlj lo; a
 gh nŷ gS trs gA fuōdlj vŪ%lj.k dh tks vius
 ln4u] fpn4u vS vluh/ku&vK; ls vHŪ fHfr gS
 ogh'ġ gS D; lā ml ea ofŪk vS fo" k dk feJ.k ugha
 feJ.k gh v'ġ gA fġk ea ftus Hh nšġ nqġ v'ġ
 fodlj gsr gA muea dġZu&dġZ fo" k ofŪk ds xHZ ea

ʌr[ak`]hã]S 1-afZã [MakS|ãã[Mãgõãã[W
 /lu bR[fn] ijUrqlR] vfgãk fu"dlérk fuyRrk vln
 lnxqha ea vÛ%dj.k loRk fueZ ,oa fuô"q jgrk gSA
 cb' b[1' eSãl_ki "ãk l æl' bi \ãk' Z Zil_ki Zã
 ugha fn[krhã IR] vfgãk fu"dlérk vln fdlds ifr
 gk ;g izu gh ugha mBrhã ofük dh lÜlek fllfr gh
 lnxqk gã bl ij izu gkrk gSfd ,ih voRk ea lnxqk
 l kZ : lãR XZãcSã 1]]IZ "Z] ^"ãk Bah O_
 lnxqha dls fgãk yll dle] vln fHÜ&fHÜ nãpã dh
 fuofük djus ds dlj.k fofHÜ ulela ls Q oglj djrs gã
 nãk vudl gh bl h ls mudh Q lorZ ofük ea Hh vusrk
 dk Q oglj gkrk gã tSs dle dk fo"q dfeuh gS oS
 Ypof IPZãZp` eã k^W 1] 'hã fSãZ^"ãk] ^] V
 dle doy tkr rHk lolu eajg ldrk gsvl lef/kea
 ughã cãp;Z tkr] lolu] lÜfr vl lef/k vln
 lHh voRk hã ea ,dj l jgrk gS blfy;s ;g v[kM
 lR gã vr,o v[kM cãp;Zea fllfr gh vÛ%dj.k dh
 lPph'k) gã
 ½½ lgt fllfrulef/k gk plgs fo'kk cãplj dh
 lgt fllfr Hã ughã gkrhã mlds fy;s infr vl
 fuofük le gã mlds vius lo: i ls fHÜ nãVl n'ãl
 n°; dñ Hh ughã gã og lgt Hh ls jgrk gã vius
 tlou ea fdh izlj dh fo'kk dk vljã ughã djrã
 mldk Q oglj le gS ofük le gS lo: i le gS vl
 fo"lerk Hh le gã og tlou efr gS mldh fllfr lgt gã
 ½Y; kã fnl Ecj] 1995½

cãp; Zdk iyu djusokys

Lhvl\$ iek

Those who give birth to thoughts

do not give birth to children

tlfopljãdltle nrs gã

oscPplãdltle ughãrs

fopf-kriL; k

JholpLifr feJ dhck gã osmu fnulãviusl iãl)
 onkr&xZk Hlerh dsizku eayxs hã u fnu dkirk u
 jfk dã doy vH k & o'kluk&lã; kvln deZ'lj lj lsgk
 tkr hã Htu lÜek dã j[k tkrk gS mPN"V ikk dã
 mBkystkrk gS dñ irkugã nãkk Hjr dsml Nã/s ls
 xla dh ml Nã/lã h dV; keavl\$ dãZHh mudsvfrfj Dr
 jgrk gS bl dk Hh mlgãirkugã hã
 ,d jfk dls feJ th fy[lus ea rle; hã lÜek
 vj.Mdsry dsnid dhylSBld djus dlnsgllk c<svl\$
 bl izRu eanlid cã x; lã mu gllãuscÜh fQj tyknã
 lãk gh Hk fd iãV th dk xZk ml h le; ijk gYk hã
 vÛ; Hkvudl o"Zrd os, ihck hã lãdltlu Hh ughã l ds hã
 fy[luk vl\$ yfkuhj[kdj uskcÜh djds lã pul&cl fpÛru
 dh; g rle; rk gh mudk tlou hã nid Hh dñ gkrk gS
 fy[lus ds fy; ; g muds/; lu ead Hh Hh ughã vk k hã mlgã
 rls ; g Hh irkugã Hk fd mudsefl ikk dls L; lgh ty Hh
 plg; ã

xZk ijk gks x; k Hk vr%yãld dh ofük clgj vk lã

niid tykdj trhgZL-h dls mlgas nfk vls iW&noh
re dli \ ; glad\$si/kj lavli \

^eā vli dh l fōdk gā fi Nys plyl & pkl o"ll ls
vli dhghlōkdj jghgāml ulj husuezk&uZ dgl&vt
niid cāus lsvli dsdkZeafo?u iMā m dsfy; s{lek
dja

ejhl fōdk \ if.Mr thle> ugal da

^firk dū; k dk glk ftl ds glk eans nrk gš dū; k
ml dh l fōdk gh rls gāh gāml l koh us dgl&vli rls
foolg&e.M eaHh glk eadū i lūs fy; smudsg h pūru ea
yhu HA bl dū; keavldj vli dsviusyflu lsvodkk
dglafeyk vli dh lōk vls mlsle; feyusij lehi ds
cPpl dls nūlū l hū&fij lūl xku vln fl [kdj vli dh lōk
dsfy; sdū l lexh i hr djuk; ghejht lou& ; Zgā

^rē eq lsD; k plgrh gk* & jlorh dsch iē dk
ri%rt ; Dr eqkx Ehlj glsx; k fyls heaml lsHyknz k
D; k Hk *

^dHh plgrh Hh lālj eaule iNs NlM t kusdk dū
vklj glk*—ulj og vo lRk dc dh ilj dj pql Hh
tc yTtk ml s ch y usug l ans lA vc dsk'or gq] ru ttZ
gylA vc rls vli dh lōk eagheqsije l qk i hr glk gā
rēglj kule * if.Mr thus iWlA ^Herh ulg&l kmūj
HA if.Mr thus yflu h m BbZ vls xZk ds Åij ml dkule
fy[kfn; k—^Herh A chys-^lālj estc rd onkr dhppZ
jg xhrēglj kule vej jgxlA*

1/2 f'k n ekl d i-kdY; kl xlj [lij eal 1/2

MVU I lbanku

ifl) lbanku MVU tc cāk gākr ls ml sfdl h
uo; qd usiWkfd MyVu lgc vli crkafd vli us'koh
dj l bZ Hh; kugl \ ; qd dk; g izu l q dj MyVu lgc
l p eaiMx; svls l p & l p dj dgusyx sfd Hh Zeārks
'koh djuk Hy ghx; kvls rēuseqs'koh; ln dj l bZ gā

vfk _fk

blhrjg ls, d vfk _fk gq gā , d clj og jkr
dsle; i<+jgs Hsfd mudsfn; sdkry lehr glsyxkvls
fn; k fve&velusyx lA nh sdh, l h ghyr eaog i<+fy[ku
l drs HA i<usl sofū km [Masi j m gat ls Qj] r feyh ml ea
og viuhnk hij fuxlg My cBA nek h mudhl Qn glspqh
HA viuhl Qn nek h dls nkdj og gsu glslj chysfd ; g
dc l Qn glsxbZ nek h dls l Qn glseade lsde i Pph
lly dkle; yxk djrk gā vli h dsfudV nek h dls d bZ
vneh i Pph lly rd u nkl dš ; g gSfdl hjpukRed
dk Zdhyxu dkpeRljA

OUR LOWER NATURE AWAKENS IN THE
SAME PROPORTION IN WHICH OUR HIGHER
NATURE SLUMBERS.

THOREAU

Hjls fQyl Qj dk dHu gSfd geljseu dh ulph
i n fū k laml h fglc l stxrh gSftl fglc l sgelj h Åph
i n fū k lal l sh gā

Jhx# xzk lfgc easlhds [khl sp<usolyheIrh
dlsfuEufyflr 'knlaeaC; ku fd; kx; kga

bg j1 NkM vlgq j1 q vlolAA vlgqj1 qihvk bgqj1 qughHlokAA

jk xmM iy ch clou vllj h dclj thv s dh 1/4 kn
Jhx# xzk lfgc 1/2

vRZ~tc l h kj d in RZ dsjl NkMfn; srksijeRk
dsule dkjl vRZ~v/; Rkdrkdkjl vrkgSvls tc
ule dkjl vrkgSrlsinRZ dsjl Qldsglsj fn [RZ nrs
ga

vRZ~l l j h y k [k u s i h s i g u u s v l s e l s a e u k u s e a
yxsjgrsgA mudsvls l o k n H h u l p h I r j d s g l r s g a i j U r q
t s i j e R e k d s g l s t r s g a s o l P p b z i e u s h i j l d j v l s
l o k v l n d l s v i u h v R e k d k t : j h v l g j l e > r s g A b l
v l g j d k , i k j l m u d l s g r k g s f d l h l k j d y k l a d s j l
m u d l s Q l d s u t j v r s g A

JhjleÑ".kijega

jleÑ".kfe'ku dsl h h i d l o l e h j l e Ñ ". k i j e g a d k
t c f o o l g g l s x ; k r l s m u d h i R u h d l s i r k y x k f d i j e g a
t h l j h v k q c z p l j h j g u s d k e u c u k p d s g A l l s m l g l s
i j e g a t h d l s d g k f d e q s v l i d h l j h v k q c z p l j h j g u s
d h b P N k d k i r k y x p d k g A e a v l i d h b l b P N k e a d b z
d l o V u g l a c u h v l s c M h [k h l s v l i d s b l ' k k e u l j R k d h
i v d s f y , v l i d k l R k n u l A

lolZ; usk Jht; izkkuljk.k th

lolZ; usk Jht; izkkuljk.k dh 'koh ds le;
mudhiRuh izkorh th dh vk q14 o"ZRA 'koh gks gh
t; izkkth dsviuh i<bZdsfy, ve s j d k t l u k i m t g l a
o s l r o " Z j g a b l l e ; e a m u d h i R u h x l a h t h d s v k J e e a
m u d h i e h c u d j j g l a x l a h t h d s v k J e e a j g r s g q i z k o r h
t h d l s ; g i j . k g l s x b z f d o g l j h v k q g h c z p l j . l h
j g a t c t ; i z k k t h v e s j d k l s o k i l v k s r l s m l g a i R u h
d h l j h v k q c z p l j . l h j g u s d h b P N k d k i r k y x l A m l g l s
H h v i u h i R u h d h b P N k d l s f l y s e l l s i n k u f d ; l A i z k o r h
t h d h e R q 1 5 v i f y 1 9 7 3 o k y s f n u g h A ' k o h d s 5 2 o " R Z
d s l e ; e a J h t ; i z k k t h o m u d h i R u h 4 2 o " Z b d V B s j g s
i j U r q n l a c z p l j h j g A

t; izkkth dh l j h v k q n s k o t u r k d h l o k
e a x t j l A i g y s a g y o s l l l f y T e d h f Q y l Q h d s v u d j
e t n j l a d s u r k c u s i j U r q Q j m l g l s l l f y T e d h f Q y l Q h
d l s R , k d j l o l Z ; d h f Q y l Q h d l s v i u k f y ; l A l l f y T e
d s u l e i j p y j g h V M ; f u ; u r g j l d l a e a m l g l s ; g u d l
n s k f d g e r g j l d d s v / l u e t n j v d o y v i u s g h f g r l a d l s
n s k r s g p l e s o s t : j r e a g s p l e s u g l a v l s e k f y d d s f r l a d h
v l j u g l a n f k r s i j U r q l o l Z ; d h f Q y l Q h l c d k H y k e l a r h
g S p l e s d l b z e t n j v g S p l e s e k f y d A o s n s k d s m P p d l s V d s
f o } k u g a v l s m P p d l s V d s u r k H A n s k d h d l b z , l h c M a
l e l ; k u g l a f t l d h m u d l s f U r k u g l s v l s f t l i j o g i y k
/ ; k u u n s j g s g l A

fiNys10 o"Z e a f c g l j i n e a n l s c l j H k a l j v d l y

iMA bu nslavdyladsvoljla ij Jh t; izkk thus
vdly ilM ykadhlgkrkdsfy, tks?lya?lylamuls
ljhnslkhtkudj gA fcglj fj; kr dhtksdeshilM
ykadhlgkrkdsfy, cuhmldsosizku Hsvls mlgas
ml dkZeaflu&jr ,d djdsvdly ilM ykadhlgkrk
dla

uleqjg; ls lkkvjg; ls jg; lxx# xlcUnqAA
dgqulud bg txr efg fdu tfivlsxjerqAA56AA
nšk dsfxurh dsply&lp urkveals, d gq Hh
t; izkk thusu /ku dekku ilky; leV dsefcj ; keUh
cuuk ioku fd; lA nšk dks , sseuť; ladh vlo'; drk gA
t; izkk thdscāp; Zvls lokdkmlgj.knškdsbrgl
ealnš pedrkjgxA

bl le; vli nškdhngkrhnIrdlfj; ldkiplj dj
jgs gA mlgas tlc; ku 21 ebZ1973 okysfmu [knh vls
ngkrhnIrdlfj; ladsfo" k ij fn; kml eamlgas nšlokfl ; lA
dks [kcjnij fd; kgSfd og tYnhlstYnhngkrhnIrdlfj; lA
dh ljizrh djatSs gllk ds dr&cus gq [knh dk diMk
iguulť ?kuh dkry izk djukvls gllk dh cuh ghZ [HM
izk eaykula vli usdgk gSfd xlaladscsljheaeljsgq
euť; fnYhtSs 'lgjadls nštkjgs gāt glaos lM lads
fdulj la ij > k iM laculdj cjs gyla eafnu dW jgs gA
mlgas dgk gSfd ; fn nšlokfl ; lausngkr dh nIrdlfj; ladh
tYnhljizrh dh rlnšk [kuh Økr lsu cp ldxlA

xlath thus /lj rh dh i siloj lsl EcUk j [kus oylh
ngkrhnIrdlfj; lads viukseansk dk dY; kk le>k HA
mlgas dgk Hk fd eqsog vHZZ-kuglapfg, tks/leZds

fu; elaij iyku mrj lds vls u ghog /leZplfg; stks
vHZZ-kdsfu; elaij iyku mrj lds

doy fousk Hsvls t; izkk ulj k.k gh nls cM
ntZdsurkgstUglasxlathdsj lrsdls; m j [lko ml dk
iplj iyhyxu o ifJe lsfid; lA nšk dh lorUrk ds
i'pr-nškdhgdor iM tolgj yky ug: dsghkeavlbA
mlgas; ji dsnš lads vHZZ-ki<sgq Hsvls midsân; ij
mu vHZZ-ladkbruki lko viusbyMdsfo | HZZtlou ds
le; eaiMpdk Hk fd mlgasxlathdh vkkd ulfr dks
ioku u fd; lA xlath usgllk dh nIrdlfj; latSspj [lkd
drkgkvls gllkdkcukgk [kj] cš okysdlygdhry
dh ?kuh gllkadh cuh ghZ [HM] gllk dk cuk k gk dkt
vfn olrvladk izk djukeuť; dk /kked dU, fxuk
rkfd xpladseuť; vius [lysgoklj o /lv okysedkulaea
cšsgq vjle ls jk thdekl dA

t; izkk thus crk kgSfd csljhdsejsgq xlala
dseuť; vius?lj lads nštkjgs gāt glaos lM lads
'lgjadls Hks tk jgs gāt glamudh xUhh cfr; k cu jgh
gA 'lgjadh vcknh c+tkusls'lgj ujd curstkjsgg
elWj dlj l clao Vlladh vlok l stgk 'lgjadsyklads
dlu cgjsgljsggsvls lgr ij cjkilko iM jgk gSogla
muds/lqal sgok Hh tgjyh gsjgh gA 'lgjadscPpsviuh
xfy; laea [ly&dw ughal drsD; lfd cblf dylao IdWj ladh
vlok lbZmuds, lkdjusuglanshvls [lyusdsfy; sxfy; lA
dsutnd dlB [lykesku ughalsA [ly&dw lsofpr jgus
okyscPpsviuhfdruh lgr cuk ldrsgA t; izkk ulj k.k
thus nšlokfl ; lads llo/ku fd; kgSfd ; g cr cgn nj rd
ughapy ldrhfd ngyhtSs 'lgj laea, d vls vlek u ls

cradj jgsegy mljrstk avš egyladh ?uh vckfn; k
 curhtk aftueagj fdle dk, šlsb'lj r o Jakj dklleku
 Hjk iMk gš vš nvyh vj ujd dkuD'k išk djusolyh
 xahcfr; lacurhtk A fnYyh'lgj eade&l &de plj euč
 ifr fnu lMhlij elj dlyao Vlladsulpsvdj ejrsgA
 mlgastlj nly 'Knl eans lokl; ladspr louh nh gSfd ;fn
 tYnhlstYnhnglrhn lrdlj; ladhmlufir }lj knglrheuč; la
 dls glladh n lrdlj; ladsj kxlj u fn; sx; svš mudk
 xla NIMdj 'lgj laeatkj clukiMkrlnšk [uh 0fir ls
 u cp ldxla ngr ladsclj seaHh mlgasns lokl; ladsbu
 'Knlalslo/ku fd; kgSfd xla laeathe u okystelajao
 csteu [lr etny ladhvle muhesHh Hjh vürj vkpdkgS
 plgsog vürj 'lgj ladhvej vš xjlc dhcfr; laeacgj
 fn [HbZnsoly svürj dhHfr izV uglagrlA t; izkkth
 us^xj lchgVvls* ulj sdsclj seaHh; g dgkgSfd bl lscg
 le; igysfd nškd d bZj k lh?Mxj lchgVvls ulj sds
 viukpql o i k e ; kolgnkcukxlh thus l p fy; kRk
 fd xjlc viusijeRk dsviuh j l h eanšrk gA mlgas
 dgkfd geaxj lchdhleL; kds: i /Mck thls Åij nBdj
 ekork dsnf Vdsk lsgy djuk plg; A , škdjusdsfy; s
 t; izkk ulj k .k th usdgk fd geaviuh vll d ; k uk a
 , šh culuh plg; sftul sxjlc viusxlalaeacš bTtr ls
 jk hdek lds vš mudksviusj kxlj dsfy; xla NIMdj
 'lgj laeau clukiM

HDr ivZflg

Iokr ; lK Hy

1/4 jlguh Hy^{1/2}

, d clj , d lTtu usxlh th lsiWk D; kd lryck
 mudhelagaršxlh thus^glā* eamLj fn; lA vxyh lqg
 llyla eaelry ds lRku ij , d tu&l Hk ghZt lead lryck
 th miflRr u gpA yk lads mudh vuqflRr v [lj h vš
 mlgasxlh th lsiWk ^fd elatli* D; lauglavk la\ xlh
 thus mly fn; k fiNyh jk , d Hozie#kxyrh lsmudk
 ejhekle> cBš ejsfy; svš d lryck dsfy; s; sHy {lek
 djus; lK uglacfd lokr djus; lK Rk fiNysdbZl lyla
 lsgejh vli h loñfr ds vuqkj og ejh/le Zi Ruhuglj gh
 Rk yxHk 40 lly igyseš; rie glsx; k vš 30 lly lals
 ml usejheh fe-š ulZ [kuk idkusolyh clry lQ djus
 olyk d ali eaejsfy; slc dñ jghgA ; fn vkt ikr%og ejs
 lRkeku c l usdsfy; s; glavk h ghrkseqs [kuku feyrk
 vš u gh fdl h dls ejs ol-larRk vj le dk [; ly glrk
 blfy, ge bl mpr le> šsij igpsgfd lly keku&l Rlj
 ršeš loldj d: akvš ?lj dkljkde og djxla

vli yk lads cB dj loZl keRr% foplj djuk
 plg, fd D; klae ds }lj k tul š; k dk fu; eu lEHo gS
 ;fn glr lsvli ml izlj yk lsdgA tul š; k dk i foh
 ij Hlj glkA Hfe ij Hlj g lsdscn i fohfyusyxrhgA
 , šh flRr išk ghrkseuč; &euč; dselj dj [k xla ; g
 izu&flg miflRr gA

l a fd'ku flg th

e f s v i u h v l h a l s ; q k v o l R k l s c e l i s r d , d , l s
 Q d r d k t l o u x t j r s n f k g S f l u s v i u h t o k u h d s v l j E k
 e a g h l j h v k q d o l j k j g u s d k b j n k d j f y ; k R k o s H s
 x e } j k M j k l l f g c J h x q v t z n o t h y l g s 1/2 k d l r k u 1/2
 d s g v x z l h l a f d ' k u f l g t h a o s f t y k v e r l j d s x l a
 T h j s e a , d f t e l m j ? j k u s e a i s k g q A m u d s n s H b Z v l s
 R a t c m l g u s g l k l E h y k r i s m l g u s l p k f d r u H b ; l a
 d s f y , m u d s i f o l j e a t e h u d e g s v l s ; f n m l g u s f o o l g
 d j k f y ; k r l s r u H k l e a c a d j g j , d d s f y , t e h u c g q
 d e j g t k x l a m l g u s l p k f d v P N k ; g g s f d o g f o o l g
 u d j k a r k d n v j s n s l a H b Z m l H b a t e h u l s v i u k v P N k
 f u o l g d j l d a t o k u g l s g h o s Q l s e a H j r h g l x ; A l u
 1920 d s d j l e t c e g l r a d s x e } j s d l s l o r U k d j k u s d s
 f y ; s v d l y h v k l i y u p y k r l s Q l s e a g l s g q l a t h u s m l
 v l a y u d s l R k v i u k l E c U k i z V f d ; l a m u d s b l v i j k k
 e a v a t l j d j u s n l g a u l s j h l s f u d l y f n ; l a Q l s l s f u d y
 d j v i u s v d l y h v k l i y u e a H k x f y ; l a b l v k l i y u e a
 v k i u s d s H h d l w v l s x q d s c k d s m l e l j p s d s , d
 t H s e a H x ; s t g l a , d v a t i f y l v Q l j d s g o e l s i f y l
 l R k f g ; l a d l s y k B ; l a l s i l v r h R a ; g o g h e l j p k R k f t l e a
 c q c u d j i f y l d h y k B ; l a d h e l j [l k r s g q v d l y h l R k z h
 t e h u i j f x j i M s H a g l k v k u s i j v d l y h l R k z h t e h u
 i j f x j i M s H a g l k v k u s i j v d l y h l R k f g ; l a d l s v a t
 v Q l j i w k d j r k R k d g l a g S r e g l j k x q x l c u h f l g \ o s
 d g k d j r s H s f d g e l j s v a l a g v l s g e a l l e u s u t j v k j g s

g A t s l s d s e l j p s d h r j g b l e l j p s e a f n [l h z x b z v d k f y ; l a
 d h l g u & k d r d h / k d l l j h n f u ; k e a i M x b z l h v l s n f u ; k
 d k i f l) b z l b z i k j h l h , Q - , i M w m l s n f l u s d s f y ; s
 e l j p s o l y s l R k u i j i g p k R a m l u s v i u s v a t h ' k n l e a t k
 d d j m l e l j p s d s l E c U k e a f y [l k g S o g ' l k n m l e l j p s d s
 b f r g l e a l u g j s v { l j l e a f y [l s t l u s o l y s g a m l u s f y [l k g S
 f d y l k B ; l a d h e l j [l k r s l e ; l R k z h p l w v l s e l s d s M j
 l s f u M j g l j i j s v l R e & o ' o l d d s l R k e l j [l k r s H a o s ' l k n
 f u f u f y [l k g &

I saw Christ being crucified.

v R Z e s b z k e l l g d s ' l y h i j p < r s n f l a

l h , Q - , i M w l a l j d s , d i f l) i k j h g q g a
 t l s c g q f o } k u R a m l g u s v i u s t l o u d k c g q l e ; H j r
 e a Q r r f d ; k R a o s e g l R e k x l a h v l s V l j d s f e - k R a o s
 T ; l a k V l j t h d s i k m u d s v k J e ' l f r f u d s r u e a j g r s R a
 V l j t h u s , i M w t h d l s ' l f r f u d s r u e a v i u k t k e ' l u
 f u ; Q r f d ; k R a , i M w t h l j h g h v k q d o l j s j g A H j r
 d s l o r U k l a t e t l s v a t l j d j d s f o #) y M x ; k m l e a
 , i M w t h H j r o k l ; l a v l s v a t l j d j e a , d d M a H s
 d g r s g a f d v i u h d j u h d s v u d j b z l b z / e z d s b f r g l e a
 , i M w t h d k r l j k n t z R a l c l s i g y k n t z b z k e l l g
 t h d k v i u k R k n v j k l v Y l l v l Q v l h h d k v l s r l j k
 , i M w t h d k R a m u d s y k d y d U k d s v a t h e k l d i - k
 M o d e r n R e v i e w t s c M e c M i f l) e k l d & i - l a o v [l c l j l a
 e a f u d y r s j g r s H s v l s f o } k u - m l g a i < r s j g r s R a

n f u ; k d s f t l f g l l s e a H h d l b z d o j r h v l i f u k o s s
 H o l E i ; k c k + v l r h H h o s r j U r o g l a i g p t l r s H s v l s

vli fũ&Zr yk ladsfy; sle plj & i hneaykfy [rshA xlah
thusmudkule nu cUlq, IM w j [lk HA VSlj thmudk
ifr&fnu u; sdiMigulrsBsvl§ tc oscltj dltkrshsrk
mudhtc eadñ i\$shMy nrsHA tc osofil yWrsB
rksu mudscnu ij iysdiMglrsvl§ u i\$A osVSlj th
dlsrkrfd jlrseaeqsjlc feysvl§ eismlgai\$shns
fn;svl§ diMHA , IM w thtc igyhclj Hjr eaigps
rksosfnyhds lVlVQut dlyt eavaxhdsiQlj yxs
HA

la fd'ku flg thusvdlyh vlnlyu eav§ nsk
ds lorUrk vlnlyu eadñ dWA dñ dWusdsi'pr~
osvli viusxla eajgdj [lsh djus yxs vl§ vdlyh
vlnlyu dsljxeZdkZUZHcusjgA lu-1932 dsyxHk
lfefyr iak dhjt/kuhylg§ dsx#}j kMjklfgc ea
osLVj&dlij eahjrhglsx; A ml le; mudhvk qyxHk
30 o"ZgkA mudheR,qlu-1972 eayxHk 75 o"Zdhvk q
eaghA mudh30 o"Zdhvkqlsysl 75 o"Zdhvk qrd
45 o"Zdkle; eismudksfudV lsfnu&jr n\$HA mlgas
ijhifo-krklsviukt lou Qrrh fd;A brusle; eaeis
mudhvlk dhdbZgldr , shu n\$hfllsiv glsfd
mlgassfdlhL-hdhvlj v'q Hlo lsfuxlg dhgA mudk
gj dbZlUr thdg dj idljrkHkvl§ mudkiyklRlj
djrkhA eismudhfdlhck&plr ls;g vuho u fd;k
fd 'kahu djksdkmudsân; eadlbZvQlk gA mlgas
viusluriu dlsân; dsivZlUrkk dsl HkfuHk IA

la thdstlou dhbl ifo-krkeatshA nNikgyk
Hk;g fuEufylkr g&

osifrnu ikr%ilsrhu ctsnBrshA 'l§ tksds
cln osnrq&dÿko luku djrA osbrusiddsfl D[kHsfid
luku djrsle; viuhdikk dlsru lstopugladjrsHs
cfYd lj ij clkyrsHA luku djrsle; ghosJhx#xZHk
lfgc ds'kn i<ukvljEk dj nrsvl§ iUng 'kn i<ra
mu 'knladksosviusân; ea, i seXu glslj i<rst\$sdBZ
xkjgkglA iUng 'knladsi'pr~osx#ckh dsfuR, ue dk
iB vljEk dj nra blesosti qhlfgc] 'kn gtlj\$ vluh
lfgc] lo\$§ plsbZdsvfrfj Dr l qle. hlfgc vl§ vlkth
dkolj dkiB Hdjra iB oscgñ Aphvlok eadjrs
Hsftldsnjv cBsyk lqrsHA lqg dsfuR, ue dsilB ea
mudklksply ?kVsdkle; [lpZgstrkA osik%ly ds
vUljseaghJhnjclj lfgc dseHk Vsluspystkrsvl§
eUthlfgc lsJhx#xZHk lfgc dh dHk dk Hk iMasij
okil yWra jHrs eapysgg mudh fuxlg ge\$kk ulps
tehu ij jgrhHA osfnu eadoy nlsclj [kuk [lrsH&l qg
vlB ctsvl§ 'le dlsplj ctA osfiayoM dsyax dk
lklj.k [kuk [lrsH&l qd vupMk iz lkk lqg dsle;
vdyhny vl§ 'le dsle; lctA nly vl§ lcthdsljlh
dsry dk rMkyxrk gA tqku ds lokladsfy; smudh
fuxlg fdlhoIrqdhvlj ughatkrh HA mlgas dHcklj
lsfeBkZexokdj ugha [lBZHA mudsfny eadHh;g [;ly
ughavrkHkfd eBhplt+t\$slj vkn cukdj [kA os
lnk vius#[l&l vls [kusij iz lu jgA oslnk viusdejs
eacBuk vl§ okh dsilB eaT; lkk lsT; lkk le; xqlyuk
ila djrsHs osQlyrvck djukila ughadjrsHA mudh
ck&plr dk fo"q nsk vl§ flDkiUk dsglykr glrk HA

mHsviusifjokj dsHysdsfy;su døy 'kohdjukiln
u fd; k cfd viusÅij de lsde [pZdjdsHh vius
HhZladhlgrkdA

læ thfnu eavle&rs ij xqdslsx#ckhdkilB
djrsutj vrsHA 'le dlsjgjk dkilB Hh os Åph
vlok eadjrsvls lssdsle; dhrZ lfgysdkilB eX
glsj Åphvlok eadjrA mudhvlhahdfuxlg tlou ds
vtr&dly rd Bld jgA lu-1947 dsnkdsfoHktu dsfnula
ea13 vxlr dsjkt x#}kjMgjkllfgc ij 2|000 dsdjlc
ykladsgtw usgeykfd;A ml le; xlyhfdysdhnoljla
ij lsnjoktsij iMjghHhftlsvljfeMityl dsfligh
pykjgsHsvls gj rjQ lsvljfeMityl dsflifg;laus
x#}jls ij egljk1/2j1/2nylslNi dj fd;kgvKHA eSHh
ml le; x#}jlsdsvUj HA ml le; ,d loklj x#}jls
dsjktu dsdejseavWsdhclj; ladsr[rikkdsulpsfNi
x;A læ thusmlsM dj clj fudlyA osgMxZHhgrs
gq xlyhpyusdsle; cloyhealsikuhykdj lokljladk
fiykrjgsvls ân; dsL;lj Hjustkakeage lc dlsdgrs
jgs^flZlavt rø ij xq røBk1/2egjcku gyl2gA vlt
og røgh>ly; lads'lgfn; lalsHj nxlA** mudsfny ea
x#}jlsdhj{kdsfy;s'lgm glusdkfdrukplø Hh bl cr
dkirkmudsÅij fyls'knlalsyx ldrkgA ml le;
eS dsHk lsosfcYdy eDr jgsijUrcejst\$stksckh
i<usa<lusdsikth ughHsviusfny eaml dhrjg eS
dkMj u fudly ldsvl\$ MrsjgA

18 vxlr dsjkt Qk dsrhu Vêl geafudlyusds
fy;sx#}jlsigpA eslæ thlsdgkfd vli x#}jlsds

l leku dhj{kdsfy;sx#}jlsesajgukplersgHhjr dlsugla
tlukplgr eSHh vli dslHk; glabgj trkgywls Hhjr
dlsuglatrA og clysd rø ejslHku BgjlD; lfd røglj
ikl ,d ykyMkgsvl\$ og jkld dscx\$;glamk gls
tkxlA og ml le; rd x#}jlsesabgjstc rd ikdLrkuh
Qk usmIgvkdj x#}jlslstcju u fudly fn;A osvius
lHk 10|000&#i;sdk lsk vl\$ iplk & B gtj #i;sdk
l leku Vêlæaykdj yksvl\$ verlj igp dj lc dD
fljle.lhx#}jlkizUkd deVhdsls fn;A viusik ,d
iSkHhmlgsviusfy;sfNikdj u j[HA

læ thviuhlj hvkqvdyhlR kfg; ladsHk ea
jgfeWslonj dkyEckplyk dNgjko laktwA osvius
lj ij NWhihyhnRkj dslHkMadlyhnRkj igursHA
blhlkHj.kcklsdmslgmscMlscMlæ dkckkle>A
osljkfnu ule vl\$ ckhdspæu eayxsjgrsHA

[ljnu cjk thlu o ft dj djnu vlr*
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vH2&Q fDr blfy;s [kuk [krk gSfd og trkjgs
rkd ijeRkdkule ti lds exj røglj kbrdn rls;g
gSfd Q fDr trkgh [kusdsfy;sgA

lælj ea[ljkd o vckhdhleL;k, d fodV leL;k
dk: i /lj.kdj pdhgSftl ij rjæ /;lu nssdht: jr
gA bleadlbZ'kd ughafd nfu; k dls vckhdh fxurh dks
ml gn rd j[lukimkftl gn rd /ljrhdhiflolkj mls
Hhku ejusnA ijUrcefstlsckr viusfiNysipl lly ds
l lekt d tlou eanlhgSog ;g gSfd /ljrhdhvlj fdlh
dk;/lu ughafd /ljrhdsccZ glslsd\$scpkktksvl\$
mlsvf/d lsvf/d mit nssds; k d\$scukktks\

Qyljtl ulbvay

ulbvay bY M ds cgr Åps rkk e'lgv ?kj lus ea
iyk<h RRA ml usÅph lsÅph f k l k xg.k d l A Åps ?kj lus
[Mä] ki Zi Za SäckZ^] g` XXX Zi` a` ^ ä ki hZ`
RRA og cgr l qj RRA tc mudsirkpykfd tã dseñu
eat[ehflifg; ladh Bld rjg lsmiplj ughagsikjgkGA
vš ml dkniplj lgh <ã lsu gñs ds dlj.k dbZfcuk
otg ej jgs Rsrksml usviuseu eafu.ž fy;kfd ml sbl
lök dsfy, [lq tã dseñu eatkuk pfg, A rñfd ?ky
flifg; ladh n f Hly Bld <ã lsg l d A viusfny ea;g
fu.ž yslj Qyljtl ulbvay usviusek rkk firk d lsdg fn;k
Z [Mä k P k i o r ^] j v Y 1] ^ a d l _ k ^ l ^ e a d h _ Z`
fy[lhcYhdseg lsmudseläki usl qsrksvkp; Zpdr jg
x; A ml gñsdgkfd cVhD;krq iky rksuglag sxbZ rks
ml use d j rsgg ;g mlj fn;kfd og lpep iky gSbl
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ghdjr h Rht lsdle djusdsle; jkr dsl l stk kdjr h R h
vš ;g dle dl bZvkj olykde ughaekuk tkrk RRA

Qyljtl ulbvay ustf[e; ladh lök ds dle dks
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The Shadows of Nightingale cured the patients
more than her medicines did.

ulbvay dhij N b Z ml dh nobZ lal s T; k k j k h d k
byk djrh RRA
ulw % og j l k ; l a d s l R k , l s l ; k j l s c k d j r h R h t s s i e h

viusfirklš rkk cgu vius H b Z l s l ; k j d j r h g A og gj
j k h d k n f k l q k l q r h R h v l s ml d l s g l s y k n r h R h f d og
mml u g l A og ml d h i y h n f H l y d j x h v l s ml d k n f k
l q k H h l q r h j g x l A

tã ds ?ky flifg; ladh n f kuschn'lg dkiëk Hh
vLirky eatkrkjgrk RRA bl n l s ku ml us, d ?ky flifg
d l s n f k t l s f d l g r [l j k g l s d h o t g l s e j u s o k y k R k
c h ' l g d k i e k t c v x y h c j v L i r k y e a x ; k r l s m l u s ? k y
flifg d l s n f k j d s m l s i W k ^ r e v H h e j s u g l a \ * c h ' l g
d s c v s d s t k u s d s c h t c Q y l j t l ? k y f l i f g d l s n o b Z n u s
v l b Z r l s m l f l i f g u s j l r s g g c r k k f d u l b v a y] c h ' l g
d k c v k v L i r k y e a v k k R k v l s ml use q s n f d j f n y r l M u s
o k y h c k r d g l A m l g l u s m l s f n y k k f n ; l A o s j k r d s l e ;
y l y V a g l k e a y s l j v L i r k y d k n l s k d j r h v l s , d & d
j k h d k g l y & p l y i W r l A b l d l j . k m l d k u l e y l y V a o k y h
c l c h e ' l g y g l s x ; k R R A

; q ds n l s ku , d c j Q l s h v Q l j l a u s b l c k i j
f o p l j & f o e ' Z f d ; k f d ; q d s l e k r g l u s d s c h m e a l s
f d u d k u l e j g t k x k m e a l s , d u s m l j f n ; k ; q d s
Y a d l n ^ Z b ^ Z a k a ^ ä ä] j ä r a h i e] Z e o G o a R o
ulbvay dkule ghgk l A ftlusfu% l o R Z H k o u k l s o g l ö k
dhgSft l d s u p s l s u p s n t Z d h l ö k d g k t r k g A Q y l j t l
ulbvay usviusl; k j r k k d q l z h l s u f l z i k k d h u l o j [l h
v l s l a l j H j d h u l z g j l l y m l d k t l e f n u e u k d j
m l d l s l a l j d h , d e g l u v R e k d s : i e a ; k n d j r h g A
f t l o s k d s l R k Q y l j t l u l b v a y u s b l d l e d s f y ; s
l _ k a j ^ e k l \ F Z l a c b Z ^ k f i \ o q ^ a h m m a q a Z ^
x b z g % —

Florence Nightingale wanted to get away from all this painted and powdered artificiality. She wanted to come to grip with life, to know real people in their real moments of suffering, she says.

^ejk eu culoVh fn[kos dh ftUnxh lsÁc x;k gA
eåvc tlou dsl HknsgHkdjukplgrhga eåmu ykads
n'Z mudsnokHjsolrfod {kksadjukplgrhgatc og
nðhal sfudy jgsgkA**

In 1850 she (Florence Nightingale) wrote in her diary, "I am thirty now the age at which Christ began His mission.....No more childish things, no more vain things, no more love, no more marriage!"

Father, mother, "I am going to be a nurse."

"Why, you are insane"

May be, I am. All I can say is, thank God for my insanity.

Iu-1850 ea[ylj S usviuhMkjhesy [k Hk&vc
eå30 lky dhglsxbZg%& bl mezeagtjr bZkelg us
viukfe'lu ijEHfd;kHkvc eScPplaokhvls clraugla
d: ah ftw dhcklea uglaiMh u rls; kj d: ahvls
k']^~aaf ZOM [aaf hal Y [MOPYki on^]MZ
ek&firk usvkp; pdr glsj dgk^, ik D; w\ c\h D; k
hg_ao']anXfRz~oabZacSã~]Svald [Wro
ghga ij eå; ghdg ldrhgaeSijekdk/RU, ohn djrh
gaf ml useqs, ikikiyu fn; kga

viuk foolg djokusdk [; ky eqs

D, laughavk k

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eå, d ,ls?j eaiskgykvls iyk Hk tksfd , d
"aZa' 5aka<af j b [Zak [MMa]gae]`Ylg]^
cf+k vls [lykedlu HA ?j ealoh dsfy, jHk vls
?Hhelsw HA plgsejhelajWhvli idkkdjrhHhijrq
fQj Hh xk h Hs levls cylvadslEHkusvls dbZNVselvs
dleladsfy;s?j eanlsulsj HhgirsHA geljs?j eaiuh
dk?Mk vls ?hdhpWhnolj dsl Hkxsgq , d txg ij
bDes iMjgrs Hs vls ?hdhpWhfdl h rlysdsvUnj ugha
`Qaj ar^al a f k^ZiYriZ^ [LZS^aZ` l a`rgZ^
clj; lavyx&vyx nolj lsyxhgrh HA esheladsjh
lsclrsqg l vksdf}lwhdsHkalsgeljs?j dsl Unv Hjs
iMjgrsHA xla dkHDr cUnkftlusfoolg u djkdshDr
dh l ok dk tlou /Hj.kfd;kgyk Hkog ifrfnu geljs?j
lsizlkNdkdjrhHA ml dsfy, ejhelairfnu feplzds
fcukevhdhny idkkdjrhHA ml HDr dls geljs?j ea
nWk ?hvls elBkvln gj olrqviusvki lsysudhNW HA
xla dsf lothdsefnj dko\$kh l kqxto dh/leZkykdk
ml hegtr vls nlsjfonkl ;slklqtc ifrfnu geljs?j xtk
dsfy, vksrsejhelamudseq l snlsagHh dh vtrgh ls
vWk Myok kdjrhHA l jxhokyedyeku xtkhnladh
[ls dsfy, tc geljs?j dsnjoktsdsvksvkrksml dks
HhesjhelanlsagHh l seq l snusMyok kdjrhHA eSugla

tlurkHkfd ?h;k[kMcklj lselv ykusolyhoIrqaga
eS e dhlqrsxUuk eDdkdhNfy;h [lj ctsvls rjageljs
?lj ea[lyhMyhvrhjgrhBA

eāviuh eladk bdylsk cPpk Hk bl fy, eāml ds
ân; eagj le; jgrkHkvls og viusân; ealnkd gh
ckr dlsijekRekdh;kn esfprorhfd eāml dkiēkrUqLr
vls tfor jga

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p<+x;A eqscqlj p<sdlsrljkfnu ghgkglkfd ejh
elausijekRekdsvksrjU vjnk dj nhfd gsijekRek!
ejk cvk trkjgs vls ;g ljh vkqrjsgh dle djxLA
ejhelajr dslsxyhgj[hj] _f'kdsj y{e.k>yk Jh
njckj lfgc 1/4erlj 1/2ckkvVy] vls vuslarHhJh
jlepuzthegjkt] N".kthegjkt vls guclu trhts
vuslaeglit#ladkule yslj ijeRekdsvks;g vjnk
djdsls kdjrh Hk&gsijekRek! lqkj[larslc nkHyk
dja*

ejhekrk,d xla eatlehghZvls elacki dsHjs
I;j&lRlj dslHkiyhghZ,d fuNz L-hBA mldsejs
fcuk dlbZolrqvPNh ughayxrh Hh vls esgh mldsfy,
lc dñ BA ftl I;j vls lRlj lseqsml usilykml dls
eāly/vsvls fMdt fQykl QjladsfuEufylkr oD;lalsgh
c;ku dj ldrkga

I know not upon what sensible man should employ
himself upon his own. Plato

vHhZ-dlbZvdyen Q,dr viusvli dlsdli lsdlela

eatvksA ejs[;ly eaviusiek dsijs/;ku lsiyuslsc<+
dj mldsfy, vls dlbZdle T;lkvPNkuglagl dria

I love these little, and it is not a slight thing when
they who are so fresh from God; love us. Dickens

vHhZ-eāNlvscPpladkI;lj djrkgavl;g dlbZ
elewhckr ughafd cPpstlsijekReklsrkt&rtsvksglrs
gh osgeal;lj dja

ejhelaejslRlj dlsfdl gn yxbZHhbl cr dk
,d mlgj.kulpsfy[lkg&

tc eā6 o"Zdsdjlc dhvkqdkHkrisejhelaeqs
lHkydj viuhcfu lsfeyusdsfy;sml dsxla dlsx;A
ejhelshds?lj eadik dh,d xlb /ljrhij iMghZHA
eā,d cPpkglrkgvkm xlb ij p<+x;A ejhelshds
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mB ^m, diH [ljc u djA* eqs;kn ughajgkfd ml useqs
li"adZ]hi]g[iaYAvi>ā_ZCālak] SvB Xk^Yāi
lsghejhelausejhelshvls mldscvslsljhftUxhds
fy, clyukNlMfn;kBA ejhelshdscvsdhxyrh dōy
bruhghHhfd ml useqsvaxhdh,d iñ) dforKdsulps
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eqsdik dhegūkdkvls viuhxyrhdkKlu gstrku
fd og ejhvullyrkeaeqsxlslsf>MrlA

Speak gently to a little child
Teach it in gentle tones and mild
For its love be sure
To gain with love than fear.

NWscPpsds lEk eBk clyš eBsvš ueZ<α ls
ml dlsf kknA bl dkI;lj Mj lsuglacfyd I;lj ls; dnh
trk tkjgkA

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dlcseai<kdjrkBA tc eāxlø dlsNqVhvkkgkldy
Zāforāhā[i^[\ΔZ''āg'Zihā' _' _k^Zā5CāZgW
lsyrhghZeqslleuslsfeykdjrhBhvsš cki bl dsfy; s
xyhea [Mgkstk k djrk Bk fd ejsvksdlBZ [lyh?Mk
;k [lyhVslj s dkdqkq yslj u vktkA ;schrapsHe
Bhāijŕqblsirkyxrkgsfd ejselācki lyVāQyl Qj
dsdHulūlj ejspljlvlj tlou dh lQyrkdhfu' lfu; la
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fpŕrkj BA ;g ejslRlj lsiysglsdkurltkgh Bk fd
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½/lj &mlj Hvd jg½jgscvhlj svilgtlvš jkš; lads
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lfgc dsclj clstkusokysizknlvš dbZinBZ dsviuh
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ejslleusizknlkusvkbA mudlsnkdj eācckvVy
lfgc dh Mēsh ds lEk eBk j [ldj jlsyx iMA eqs
nolj lsyxsgq dlsnkdj ejsik lstrsgq lŕ flg lqk
flg] ghZldy dsgMēVj useqslsiWkfd HDr thfdl
rjg [Mgk eāsvl hylsHjhvlhads lEk mudlsdgk
fd eāplj ctkxj flk ladsnkdj jlsimkgytksfd rāflr
vš usi ikllakohvš toku gshghZeslleusflkHj; la
dhrjg eālsjWhelkusvzbZgA bu flk ladsnkdj eā

blfy, jlskgaf d eqsyMliu dk?lj dkle; ;ln vkx;k
gStksvius?lj ea, d HjslR dlj Hjsokroj.keaxtqjk
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djrghZviuktlou fcrkhBA

ejktlē , d luku /leZfUwlykusegykBA ejh
ekaeqsi rfnu rc rd j l/hughafn; kdjrhBh tc rd fd eā
flothdsefŕj ealr ifj ØekdjdselkughVsk djrk
BA flothdscijsviuscpiu eaeqsdoy , d clr dkirk
yxk Bkfd og jkr dslml le; lrsqātc og irkdj ya
fd lālj eadlBZHh tlo Hŕkrlsuglajg x; lA T; lēT; laeā
cMgkšx; kR, lēR, laf lotheglj k dsgj sl tlo dslml ds
tlou dlsdke j [lūš Hŕh dls [ljkd nnsdhrRjrkvš
ftEenlj hohyh dgluhejsān; eaT; lnlē lēT; lnlk txg ysh
xbA , dsl ldlj lalsiysgqseqs1924 eaviuhi<lbZl ekr
djrsghviuh chl o"lādhvk qeaylgš 'lgj eaJh x#
vtā no thdsx#}ljsMjklfgc ylgš dh lōkdjusdk
volj fey x; lA x#}ljseatc eqsfmu dslksnl ctsls
yslj jkr dslksnl ctsrd xjlc eā lQj l xjlc fo | lēk la
vš cāvlj svilgtlvš jkš; ladsizknlkusdkvolj
feyrkrsejsml lādlj dhrflr gshhtsf lotheglj k dh
dgluhlsejsān; ij iM Bklālj dkdlBZtlo Hŕk l; l k
u jgsejsān; dk; g lādlj ejscpiu lsghejsjle &jle
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ejs?lj dh [lusdholrqladh HjhghZpkV; ladh; ln gyk
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eljsqgsxjlc cūsx#}ljsdsyaxj dkižkNkusdsvk k
 djrs Hsejk ân; eqscrk k djrk Hk fd buds izkns dk
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 olykuglacfyd bl elysdk lEcUknšk dh vkrk vls
 jktulfrd flRfr lshhgSftldh [kt djusdsfy, eqsviuh
 vksdhl ljhvk qyxknshpfg, A blhrjg lstdc&vl js
 jkhejhx#}lkMjklfgc dhloklsle; eavk kdjrs
 HsmudhmqZkHhesân; dsviuhplkfn; kdjrhHvls
 eqsetcyfd; kdjrhHfd esmu ljsdlj. ladh [kt d: a
 ftudsdlj.kosbl mqZkeagavls mu ljslkluladh [kt
 Hhd: aftuds}lk mudhbylt vls lEHy dkelykgy
 glsldrkgA x#}lkMjklfgc dhN=kNk,kdsulpsxjlc
 cPplxjlc fo |kk h c&vl jsjlx; lavls vilgtladhlök
 djrsgq tglæjsân; dsegu izürkgykdjrhHhogla
 nskdscslj h clejhvls vui<rkdselyladhiirdlavls
 v[lcljladh [kt }lk ejh c# dk tks fodk gyk djrk
 Hk ml dsl Hk esân; dh izürkiwZgls tk kdjrh HA
 viusân; vls c# dh'kDr; ladsfodk lstruhizürk
 eqsviusân; lsihr gyk djrh Hh tc ml izürkea
 esjknuafrfnu turkeac<+jgklRlj viukfgLkMyk
 djrkHkrle&viusân; eaelrhlsulp jghtlou dhdyk
 dsvudfo fd; kdjrk HA tlou dhdykdkfdlh; jlx; u
 fo}ku-usviusfuEufyf[kr 'knlaeac; ku fd; kga

The art of life consists in the creation of an environment with which we are of some importance.

vRZ~tlou dhdykml okroj.k dlsisk djusea

fNih glshgSftl okroj.k eagejk tlou egBivZfxuk
 tklda tlou dhbl dykdsviusân; dsvUlj elrhls
 cprhgZnsldj ghvYhdsiRlj dhdykdsllj i#)
 dykdj elBZy vstylaushjvkqHj foolg u djokusds
 lEcUkeaižu iwstkusij viuhulpsfy[ls'knlaeamlj
 fn; kHk%—

Art is a Jealous mistress. It does not suffer rivals.

vRZ&dyk, d bZ; ZkhiRuhgStlsviuhl l&ulads
 ughal gjrA

estc Hljr dhlm&aij foolgladhMfy; ladsclt la
 olyladsilNstkjgh n#k djrk gurle&l lok djrk gafd
 D; k foolg olysnglaus foolg lsigysfuEufyf[kr cl&aij
 foplj dj fy; kglk%

- 1- D; kmudhvkqfoolg ds; k glspqhgS\
- 2- tsi&sosetnyhlsdek dj yrsg&D; kmu i& ladsflj
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 ml&las foolg djokfy; krls D; kmu cgulaHb; ladsikyus
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- 3- D; kmudkdl&Zcyk; kcgu fo/lokr&ughat lscPpl&olyh
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- 4- D; kmudh, d cgu ; kT; lokcgus, d hrlsughag&ftudk
 foolg gusolyk glsvls foolg dsfy, d# /ku t&as dh
 t: jr gl\
- 5- D; kmudsel&cki ealsdl&Zfdlh, d sjk dkj&krks
 ughaftl dsdlj.k ml dslmlsvius?lj ea; kfdlhclgj ds
 lRku ij ystk dj ml dhlokcg&holysJo.kd&lj dhrjg

eghula;ko"lZrd djusdht: jr gls
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fy, ml sddj o"lZdk;klj hvk qd klae ghnsk;klekt
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7- D;k mudk'ljij detlj ;kfdlh, ds'ljij d deholyk
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8- D;kosjklxij ij yxsgg garfd foalg dsckn mudks
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9- D;k mudhrulolg bruhgSfd mlls, d u; sifolj dk
[lpZpy ldxk\

10- D;kfoalg dsdlj.kmudsflj ij brukdtlZrksuglap<+
tkxkftldsmrljusdh mudsifolj dhleF;Zu glsvls
ftldsdlj.kmuds?lj dhdtZokyladsgHhifinu cbTtrh
glrhjgs mu ij edneapyh mudh dcl; aglavls turk
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11- D;k mudk dbZ, d ;k, d lsT; kkk HbZ, dsrksugla
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Åij fy [lhrh iDr; laJhxq xlcłh flg th ds
ml eq; old; ealsgātksjseu ,sls dj l fuvk# k 'knl
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vl\$ leL; kafodjly : i /lj.kdjrhpyhtkjgh gā

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yxkgā iyk 'kl u&ižkl u HZVplj ls [Hlykglj pjejk
jgk gā

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xlh thusvkr, la; ij cy fn; k Hk ij Urqljdj h ulfr; la
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gā

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gj o"lZ3 vl\$ fgepy inšk Hjr eatMjgs gā; fn vlckh
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jgk Hk fd /DDkysrkrjUr xMh ds vUj pyk tAA
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dŋ lly dsch fdruk Hk kud : i gkA

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dk17-31 iŋ'r Hjr eagA bl iŋhij gj NBk Q, fDr
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edkysxMh dh l p ; kvls vf/ld c<+jghgA gj uxj ea
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vučku dseqkcd vc ; g vuŋr 30 vls 70 ghs olyk
gA

NWcMdlcsvls uxjleatul p ; kc<+jghgA u,
edku cu jsgA fuelZkfu; eadh/ft; lamM dj gsjgk

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dh l p ; kc<rh tkjghgA daljV dstay [MglsjgsgA
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fy; la ; gh dlj.k gSfd phu vkt fo'o eavejldk dsch
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ilNšNMj iŋe egk kDr cu tk xlA

; fn Hjr usn<+bPNk kDr fn [HhZgsh vls viuh
vcknh dls 70880 dj lMrd jsl fy; kglskrsvkt fdruh
ghleL; kau gkA

bl izlj dhleL; vladklekku jKVh lgefir ls

ghgl drkgA esjE; l Hkesi/keah thlsfo' kvkz
fd; k Hkfd og bl eleyseaigy djavls l Hhjtulfrd
nyl adscyldj cr djarHk, d jkVh tul q; kulfr culBZ
tkA dñ Hhdjukim; ijUrqc<rh vcknh dlsjklusksk
dsHfo"; dsfy, vfuokZgA

;fn bl hxf r lsvcknhc<xhrksxjchvls finMu
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isk glsldrghA ftl vuqr lsvcknh c<+jgh gsm
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Hjr dh l HhleL; kladsey eac<rh vcknh dh
leL; k gA fdruh Hh; k uk acuh c<rh vcknh mGal Qy
ughagsnsxA bl c<rh vcknh dsfoIQW dlsjklusdsfy,
dñ Hhdjukim; djukplg, A ;fn vcknhu #dhrlsnksk
cclzhdsfy, rSj jgA

¼ak dljh 16 tuojh 2012½

c<rh tul q; k ds [krjs fizdkf)osh

vkt geljsylyp dsvksinfr foo'k glsxbZgA
'lgjldj. q fodkl vls rlozvlslsxdh j. kdsdlj. kvlt
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gA nfr; k dh r yukeagej snsk dh tul q; k of nj T; k k
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tcfd mudsjgusdsfy, fo' o dh 3 Qh nhtelu ghgsvls
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vxj ge viuh tul q; k of dlsjkluseavl Qy jgrsgarls
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vls jyxM l sl Qj dsnl su fdl h Hh fn' k eapystk h
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r&spfg,] pyus&Qjusdsfy, lMl Hhplfg, A rHhrlstgla
n&ls oglafuelZk dkZ lM&ap&M dh tk jgh g& x&M k c+
jgh g& l Hh d&sf k&r djuk gSrls ldy&dlyt dh l& k
d&Hh c<uk g&A c<rh HhMgh lghexj l Hh d&sey Hw
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dsfy, ul&fj; ladh vlo'; drk Hh g&A v&H&~tul & kof)
dhrjg gh ml h&fr ls ul&lj h&sk djus dh l&E; k f&djly
: i /&lj.k djrhtkjgh g& Qylo: i c& k& dh f& x&lj r ea
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lu-1970 es&f&j&k&la&h dh l&j&dj us'if&oj& fu; k&u*
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2 l&ly ds&ch gh lu-2008 eal U&f&V if&j; k&uk&d&sv&lj&E&k
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dlydrkea149 ykHkyk >Xkl> li fM laea jgrsgA oHro
ea vc gea tul 4; k fu; akk ij Q, kid n'Vdsk viukus
dht: jr gA M+n'kd igysftl rjg vcknh fu; akk dk
vfk ku py jgk Hh bleafQj oghj'rlj ykusdht: jr
gA

1/2 fud fV; wj 12 ty bZ 2013 1/2

tul 4; k fu; Ukk

D; kiñfr l Hkysh \

'f'klj [la

lfn; laigys, d ; ykH ikjheKHL usHfo"; oklh
dh Hh fd viuh Hh .k&kk dh {lerk dsfglc lsvcknh
ij fu; Ukkj [usdkvxj eluo usLo; aizRu ughafd; krls
iñfr ck- vdy] rQku egeljh ; q o vU; rjdlals
/ljrh ds l Hk vcknh dk Hh >yusdk vuqk cuk j [kH
vS ml flfr eaeluo ykHkizH ladsclotwbleadN dj
ughak la

ml le; ^vklud* foplj / Hh kolysif pehv HZHL-k la
vS lekt' Hk-k lausbks vaf'ok ij vklfr <dlyk
crkrsgg dlQh Vdl&Vlif.k ladh Hh yfdu vkt eKHL dh
Hfo"; okhl ghfn [k hnsyxhgA bl dsfy; sl cw tQludh
t: jr ughagA lc geljh vcknh ds l leusgA Hh r eadbZ
vdlyxr rHk xg; q ls-Hr vYldh nš la l scgrj flfr
dsclotw eR nj yxrlj c<rhtkjghgA oŠstul 4; kijs
fo'o eac<+jghgA

; g oldbZcMandHk ivZlHh gSfd yxHk plj n'kla
dsyxrlj izRuladsclotwljdlj tul 4; kof) ij fu; Ukk
ughadj ikjghgsvS tul 4; kofIQW dsvklj fn [HbZns
jgsgA gly gheazlk'k Hh r ljdj dsegiahd dh
fjilZ/Hh r vS jk; ladh vcknh 1996&2016* ealjdj
dhfoQyrkmtkj gHZA 1983 eacuhjKVh loHF; ulfr
dsrgr bl lnhdsva rd lavZtUe nj 2-1 ifr'k gk
tkuh plg. Hh yfdu egiahd ds vkyu ds enlfd

2016 eaHh;g nj 2-5 ifr'kr dsvl il ghjgxlA bldk
eryc gSfd tlenj de djusvls ;glard fd 2-1 ifr'kr
dsIrj rd ykusea2016 bZ dschn dbZo"Zyxna

I EivZtlenj dsvlMlsnsk dhvcknh eaglsjgh
c<lrjhdktktkfey trkga elnk3-5 dhnj dQhAph
gsvls egliat h d usviuhfjilZesabl dkvuikr 2-9 ifr'kr
llykukdkfcBkkgA vlsr ifjolj eailp lsNg cPpsik
glrsgavlj gj nEifr nls;krhu dsQlejslsvyx gVdj
rhu lsT;lkghcPpsiluh djrkgA ;g infkde gusds
ctk vls c<rhtkjghga ftllsirkpyrktkjgkgsfd
vksvklusolykle; d\$kgkA of kVu flhr tulq; k'lsk
CjysdhfjilZdseqkcd 1996 dse/; eaHjr dhvcknh
94-9 djMhhtls2010 ea1-183 vjc vls 2025 ea1-385
vjc gstkusdhl hhoukga bl xj&ljdjhl aBu dsvlM
dseqkcd vkt ls36 lly ckn ;kuhd 2033 eavcknh1-9
vjc gstkxlA bl vldM dsc<kp<kdj cukkgvkgugla
dgktkldrA fdlhHhnskeatlenj i#kvls efgykds
vuikr lsfu/Hjr fd;ktkrkgA Hjr ea;g vuikr 93
ifr'kr ga ftl I EivZtlenj dls3-5 ifr'kr ls?Wdj 2-1
ifr'kr djukHjr dsfy, dfBu elyw iMjgkgs mlsfo'o
dslclst;lkvcknholysnskphu usgfly dj fy;kgA

egliat h d usprlouhnhgSfd vxj ifr efgyrhu
cPpsdk orZku vlsr cjdjly jgk rls 2050 eansk dh
vcknhc<ej 216 djMgstkxlA mlgasblsxEHj lalV
dgkgsTlxjlc vls velj nlsadsfy, cjlcj ga vxj
bl dsfy, dlbZBl dne ughambksx;srlsQj eNH ds
iNfrd foinkvldkfl) kr vls eR nj eac<lrjhghfunku

gStls, d izlj lsykvglsplkgA

gj lly ck+lscplo dsdljxj mik fd;stkrsgA
ml dsclotw ck+dhfoukkylykdke ga iy Vw trsgA
vls etcw cklleanjly iM-trhga ck+dsnljku cgdj
vls uloladsmYvuslsMudj rlsyk ejrsghgA ck+dschn
fQj Hjejlhlsyk ejrsgh Hvei ladsiuZeku dhoKkudla
dhlljh'lskfk latgladhrglajg trhgavls Hvei laea
gtj layk eljstkrsgA eglyKV^a dsyryv ftys dsHkk
Hvei dh;kn vHhrktkgSftl dschjseoKkudladkvht
yxkusdk flylyk [Re uglagvkgA p0ok] lenhrQku
vls nZuk a/plgalM dhghfoeku dhglavHokjy dl1/2
rlsvc vle glsxbZga vldzinskeagly ghealenhrQku
eal sMoyk ejsvls cryknskeafi Nysnlseghuleanvjh
clj Haldj rQku vk kftleagtlayk elj sx; A mMH kea
vdly cjdjly ga

vc yxusykgSfd ;g lc 'lkn vuk kl uglagsjgk
gs cfd iNfr uslryu cuksj [kusdk bartle yxkj [lk
ga bmsf kkdstaxlyaeayxhHkkvks Hhvkcknh dsfy,
iNfr lsflhyoM djusdkifj. ke ga fo'lskladhjk ea;g
vks dbZo"krd uglacq ik xlA geljsnsk dh40 ifr'kr
vcknh dbZn'kdal sHaldj xjcheathjghgsvls vkt 32
djMlsT;lkylk HvejhdsfllylQ lZKZdj jgsgA fnu
Hj [lw iluktyldj HhoscMae fdy lsnlalaoDr dk
[luktqkkrsgA tcf d clejhvls dikkkl; ghyk T; lk
ejrsGA budkekuukgSfd ftrust; lkcPpsglas mrukgh
dekusolykgHkglkvls mudhvks T; lkgkA ;g /Hj. lk
Heghu [lrgj etnyh dylh fjD'kolyk fnglM etnyl

Byk rkkokvls mu rele vfr xjlc ykadsclp dle
dj jghgatlsfm Hj egur djdsflQZviusiV Hjusdk
barte dj ikrga xla eajgusokys [lrgj etnyv vc
egluxjlaefjD' H Bykpykrsgq vls IyVa/lrsfeyrsga
mUgaviuscPpladsHj. l&lkvls i<lbZfy [HbZdhfpUrk
rls gSugla el&ki ;g lldj rlyhdkvudlo djrsga
fd cPpknl&ljg lky dhmezlsgh'lgjlacckvads; gla
?lyvulsjlads: i ea xla dstelmjladspjolsds: i ea
delbZ'kq dj nrkgA xla eajg jgscvel&ki dsvjle
jgrkgSfd bruhtxg mudscPpsdle djrsga ogals?lj
c&snW&cm&eulvMj feyrkgA dylul pM iVlkvls
bZ&Hek o fuelZk m|k ea 'l&kk ds f'ldj djMa cly
etnyv ,lsghifjokjadsga budse&ki }ljkegtulals
fy;sx;sdtZdklw ikhnj ikhc<rk tkjkgA bl dh
tMgSvfu; &kr vklnhA

mUg;g cr le>ksdht: jr gSfd ftruhdelbZ
;k cPpsdj ik&sm llsT;lk mudht: jr ac<xh tlos
ijhugladj ldra ;sxjlc yk viuhifru;ladhmi;lsrk
cPpladsdj.kghle>rga blgaifjok fu;ktu dk Dela
eadj yk&nkugla tc rd lo; l&ohl&Buladstfj;sbUga
tk: d uglafd;ktkrc rd dlbZmik llo uglaga
vxj cyiuZ budsifjok dlsNWkj [ksdh; k ukpylbZ
tkrslclsigysmudhvld n'keal dly dsmik djus
gl& rfd T;lk llsT;lk etnyv isk djusdhctk , d ;k
nlsbTtr vls 'lgjr dh ftUxh thusolyk cPpk isk dj
lda

nyjhvlj nfk l&lu vls e;/oxlz ifjok dh tks

iek dh plgr eacPpladh l& ;k c<kr spys trsga muea
T;lkj ifjok ,ls gatlsyMhplgrsghuglavls vxj oks
n;k djdsviuhyMh dh 'lkh djds cyk Vlyusrd >y
Hhysrlsde lsde rc rd olsfdlhxHujkld rjldsugla
viurk tc rd fd yMkuglagla bl dsilNseqlkX mas
lsT;lkngt dh Houkdle dj jghga

tul& ;kof) dsfy, geljsjktulfrK Hhde ftEenlj
uglagA D; lfd blga/leZvls tkr dsvklj ij olw plg,
rfd fo'o fjdrMZdke fd;ktkl d& ;g rHlEHo gStc
vklkhT;lk gla

Hjr ljhlsie#kizku lekt ea;g t: jhgSfd ^ge
nls geljsnl&* dh/lj.kviulusvls i&#l&}lj kxHujkldla
dkblreky djusdkeglly cuk ktk&A bl dsfy, tul& ;k
fu;akkulfr dBlj djuhiM&la

tul ȁ; kof) ij valqkt: jh

Ñ".kdqij 'leZ

fdlhHhnskdhvcknhogladhvlyhrdr gshgš
ij og vcknhml nškeamiyC/kiÑfrd lākluladsle: i
gsh plg.] rkd ml dk Hj iyv iškkglslda blfy, ;g
t: jhgšfd fdlhnskdhvcknhml dh{lerkdsvuq i gsh
plg. A

vcknhdsfygt lsHjir dklāij eaf'KV IRku
gā mldsik lāij dk yxHx 2-4 QHnh HōHx gš ij
lāij dh16 QHnhvcknhbl HōHx lsgHōHx ij fuok
djrhgš ; kuh lāij dk gj NBk Q, fdr Hjrh gā ; gh
dij.k gšfd lāij ds NWSNWS nšk ftudsik iÑfrd
lāku cgu de gh vt vckhd fodkl egeadghaiNsNIM
x, gā ge viuh vtckh ds 50 o"Zchn Hh vckhd fodkl
dsfy, bu nšhadhjlg nškjgs gā nšk dhvckh tul ȁ; k
xjlch jšk lsulps tlou; ki u dj jgk gā D; k; gh geljh
vckhd ixfr dklpōd gš bl dsfy, ge fdlhmvjsdlsdšs
ftEeslj Bgjkldrsgā geusviuh{lerklsvf/kd ykldls
bDekfd; kgā

Hvlpj] mxōh] pljckijh cjt xljh tšh cMh
leL; kablhc<rhvcknhdhns gā tsišk vckhd fodkl
ij yxuk gš mls ykldls vlo'; d lōp/k ainku djus
ij [lpZ djuk iM-jgk gā iÑfrd lākluladh ipjrk
gšrgg Hh flfr n; uh gā ; in vckhd fodkl dls lEho
culukgsvš viuh [HbZif" Bk dls Qj ls IRfr djuk gš
rls tul ȁ; kof) ij valqk yxluk gkA bl dsfy, iR, sl
Q fdr dh Hh khjh vlo'; d gā lekt eaprukykuh gkA
ifjolj fu; ktu tšsdk k dls tuelul rd igpluk gkA
okld ; ktu vlesy{; fu/Hj r djuglso dM dne mBlus
glA

tul ȁ; 15 Qojh 1997

ifjolj & fu; ktu vls Hjrh lÑfr

l a foulsk Hōs

ifjolj & fu; ktu—Qšeyh Iy kua* ea eš vius nšk
dkdY; kkuglanšrk cfYd bleav/; Hōed vls ufrd eW; la
dhgij gš , i kešekurkgā bl dsdbZigyvā—v/; Hōed
l lekt d] vckhd] jktulfrd vls 'šK.lda ; g plt gh, šh
gšfd fcYdy tlou ds dšizea [Mh gā blfy; s; lgh lgt
Hō ls dg nšk fd 'gla HōZ tul ȁ; k c<+jgh gšrls djs
fu; eul* ; g eqstprkugā

; q] l sHh Hk kud

vt ekuo&lekt eal dl dkm| e epk ktkjgk gā
eqsblea; q] l sHh T; lkhk ekyw gš k gā vfgā kdlsfgā k
dk ftruk Hk gš k gš ml ls T; lkh dle&ok uk dk gā gj
txg foku dhenn yhtkjghgš yfdu l dl eaughā vt
lekt dh flfr , šh gšfd l dl eaHh l bā/Qd v fēP; W
1/okud ofU 1/2 dh vlo'; drkišk ghā

okud n'V vls l a e

ifjolj & fu; ktu dkeryc gš—vRelae] viusij
dkwj [kūA ; g plt uleqfdu ughā foku dstekuseaigys
ls T; lkh vll ku gsh plg; A ml fo" k dk lo: i D; k gš
ifjolj dkmš; D; kgš cāp; Zdhl kluk D; kgš h gš ml ea
dš&l h' fdr Hj h gš bu clēdk foku dstekuseaizk dls
vf/d loPN klu gš k ftrukigysd Hhughā Hk mruk gkA
geea, d , šh' fdr gšfd mls Aij mBk ktkl drkgā tšs
nhd ; kylyva dh išk gsh gš ml dsulps l sry llybz
gš k gš rHh ml dh išk cūh T; lfr vPNh rjg pedrh
gā euč dsfy; s^cāp; Z ry gsvš išk dh išk ml dh
cō eūkml dkizkkgā cāp; Zdsry dh llybz ml sl rr~

feyrhjgsrlscf) eÙkrtlohgrhgA og u jghrlscf) gh
detlj iMtkrhgscf) dhifrHkde grhgA

nškrstlgħu glk

Ñfe mik ladsvoyEcu lsf l QZl rku ghugħ#dxh
cf) eÙk Hh #dxhA ;g tksf, fvo , utlZ/tZ 'kDr½gš
ftlsge 'ohZ dgrs gh ml h ea lscWelfd&tšs egldfo
išk ggl egloj(guaku ml healsfudyA ifrHoku-i#k
vš rfoKluh ml healsfudyA ml fuelZ& kDr dkeuq;
nfi; k djrkg vHhZ-lq; kfu; eu djdsl rku dlsjls
fy; kvš ml 'kDr dkntjhrjQ tšmi; k gsl drkHh
ml sfo" k & miHh eayxk fn; lA fo" k & ol uk dk tš valqk
jgrkHh og ughajgA ifr& iRuh l rku mRi u u gš , šh
Q oHh djdsfo" k & ol uke aQ Ir jgsrslmudsfnk dk
dlbZl rgu ughajgA , šh glyk eanškrstlgħu cuxA
l rku de għh rlyHh għk eludj ; syk ml smštkuk
nšA yfdu fl QZl rku ghde ughagħh Klurŭr(l h k għk
iHh de għk iHh de iMh rtforkde glkA

i#HhZc<k a

nfi; k dk vuho gšfd tc tlu eai#HhZc<rk
gš rc fo" k & ol uk de grhgA lcdk vPNhrjg i#HhZ
djusdkeš k feyxkrš loHh r%fo" k & ol uk ij fu; akk gš
tk xA lHh gh fgh rku dk i#HhZtrukc<xš mruk gh
išk k dk bŭrtle Hh c<xA tgk išk k vPNk ugha feyrk
ogla Hh & ol uk c<rh gA tkuoj l ea Hh ; g nš k x; k gA
'lj dscPpsde grsgħ cdjhdst; kA etcw tkuoj l ea
fo" k & ol uk de grhgsvš detlj est; kA fQj detlj l
dh tš l rku išk grhgš og Hh fuolZ; k fudEeh grhgA
bl fy; sešdgrkgud ; g fo" k l lkt d vš v/; kRed gh
ml lsflyokM u fd; k tkA , š k okrloj . k dk fuelZk fd; k

tkš tš l ae dsvudy glA lkt eai#HhZc<k h l fgr
l dš avš xHh l fgr] xHh fl uek jlsA

plj vkJeladh; k uk

;g lc l p rsgg /; ku eavk xk fd geljs iuZ l
ustls; k uk cuk h Hh og Bld Hh cāp; l e] xg l Hh Je]
okuiZHh Je , oal š; k k JeA vxj , š he; l k ge cuk rsg rls
ml l sgeayHh glkA xg l Hh Je dk išk uk 25 lly dh mez
ls45 rd] 20 lly dkghrl rku dk Hh Hh cgn fu; eu
glk plg; A og glk rlyHh ghylHh feyxkvš v/; kRed
'kDr; l aHh feyA

geljs l leus , d vñ l Zglk plg; sfd brus o" l dš
cln ge xg l Hh Je l sfoUk glkA tš sfo/kuZl xg l Hh Je
loldlj djrsgāš sghfo/kuZl xg l Hh Je dk folZu glk
plg; A bl l sge fo" k & ol uk l sedr grsgA

fo" k & ol uk dh , d e; l k għh plg; A tc yšler
grkgš rHh ; g l Eho grhgsvš ftUgħs ; g okuiZHh Je
dh dYiuk fudlyHh ml għs bl fo" k eayšler cuk k Hh
yfdu ; g yšler vkt W x; k okuiZHh Je [Re glx; kA
xg l Hh Je dhifr" BkxbA , š h għr ea lkt jgrkgš og
Zbil aiYz h r l] "af k' l 'Yān] l' X'o" 'ea pāZ^Yān
djuh plg; A

ftl fnu plj vkJe dh l Hh uk dh vk k eš NIMHh
ml fnu fgh vghsdknok Hh NIMHh kvš dguk plg; sfd
; g fl QZ fgh vghsdh o l rqugha egEen us Hh fy [k gšfd
40 lly dscn euq; dk /; ku Hh oku~dh vly tkuk plg; s
vš trk gA ml għs 40 dh e; l k ekul ft l ea euq; dš
fo" k & ol uk l svyx glk plg; A

tul 4; kof) %
efgyk f k k gh, dekk fod Yi

MWe qlyky fo'odeL

Hjir dhtul 4; kyxHx 84 djMdsvl &ik igp jghgStlsfd geljhlHhleL; vladhtM-gA lu~1901 ea geljhtul 4; k23 djM84 ykkHh tsc<dj 1961 ea43 djM92 ykkvHx~60 o"Kzac<+dj yxHx nqhglsxbA lu~1947 ea34 djM20 ykkHh tsklu~1981 eac<dj 68 djM51 ykklsvf/kd vHx~34 o"KzayxHx nqhglsxbA vkt Hjir phu dsck fo'o ealozld tul 4; kokyk nskgA lu~1991 dsQjojhelg esghZtux. lukdsolrfod vldMvHh miyC/kughagayfdu vuqur%nsk dh tul 4; k 85 djMlsde ughagA

fo'o tul 4; kls lafkr laq jKV^a lzk dh 1990 dhfjilWzeadgkx; kgSfd] ^Hjir dhvcknh 2005 eaiuz vuqkur , d vjc 29 djMdsctk lhor%, d vjc 44 djM60 ykk gsktus dh vkkalk gsvs ; fn vcknh dh elsvkxfr cuhjghrls 2030 rd Hjir phu dksinM-dj nfu; kdklolzld vcknholyknskcu tkxla**

ifjoj dY; kkealy; vs ; k ukvk k dsifjoj fu; ktu dk De dh lQyrkdsrele noladsfoijr 2-13 ifr'kr dh tul 4; kof) dh nj eg fp<kjghgA ; g nj 1977 lsghflHj gSftl dspyrsnsk dhvcknh lu~1981 dh tux. lukdsvudlj tgl68-5 djMHH oghavk ; g c<dj yxHx 84 djMglsxbZgA fo'o dh68-5 dy vcknhdk15 ifr'kr geljnskeagStcfd fo'o dsdy HHHk dk fl QZ 2-5 ifr'kr geljsih gA

IjdlijhvldMdsvudlj gelj hvcknh 1-7 ifr'kr dh nj lsc<+jghgA nsk eaifro"Z1 ykk 70 gtij cPps isk glsjsgA ftudsfy, vlo'; drkgrhg81 1/2, d ykk 30 gtij ldy 1/2 1/2 3 ykk 30 gtij ldy v/; lid 1/3 1/2 2 ykk?ij 1/4 1/2 2 djM elVj diM 1/5 1/2 125 ykk ddy [kuk 1/4 ure vlo'; drkdhiw grq/2, oa 1/6 1/2 40 ykk u; sjk xlj dA ; fn ifjoj fu; ktu dsifr ykk esbPNk kDr dkvHlo cukjgkrks, d u , d fnu] u ldy gsk u [kuk u ikh u vkk] u tehu vs u ru <dusdlnsxt diMA mea tkuojladhrjg Htu dh Nuk>iVh gkA D; lage bl flfr dsfy, rSij gA

tul 4; kof) dk gh ifj. ke gSfd vkt nsk dh 40 ifr'kr vcknh Hk vs xjch lsvfHkr gA Hqlej hvS fodk dsclj seso'o lHku dh, d fjilWZdsvudlj &^rcknh dsvUr rd Hjir dhvcknh, d vjc lSt; kkgst kxla bl le; ogladi kkkdsf kdij ykk dh dy l4; kfo'o ds fdlh Hh nsk dh ruyk eal clst; kkgA nsk ea3 o"Zls de vk qdscPplavS [H dj vuqfor tkr; la, oavudfor tutkr; lads cPpl ead qkk dkiHlo lclsvf/kd utj vrkgA** ; ful Q }jktjh, d fjilWZdsvudlj] ^Hjir ea 10 ifr'kr cPpsviuhile o"ZIB euklsiuZghdlyxlr gsktrsgA; kuhnskeafro"ZtUe ynsolys 2 djM70 ykk cPpl eals 23 ykkviuhile o"ZIB lsigysghdy ds xly eapystkrsgA 9 ykk 20 gtij cPpsviustlou dk , d eghukrHk 60 ykk cPps, d lrlg Hhiykugladj iks gA**

Hjir eatUenj Aph gks ds dlj. la ea 1 1/2 xeZ tyok q 1/2 1/2 vf kkk 1/3 1/2 fu/lrk 1/4 1/2 Aph f k k qeR qnj

15 1/2/ke d valfo'ok 16 1/2cggfoolg vls 17 1/2ck&foolg
 tshlekt d dika'key ga yfdu tul;k of) dk
 izku dlj.k gS fuj{ljrkA ;g ikk x;k gS fd fuj{lj
 Q fa; laeal kija dh ryuk eatlenj v/ld ga fuj{lj
 Q fdr ijEijk vadls fuHkuseagh viuh dkyrk le>rk gS
 vls ifoj lfer djus dsokhud lklulads viulus ls
 drjrkga

c<rh fuj{ljrk

Hjr dh 70 ifr'kr vlcuh xpla ea jgrh gsvls
 xlaes fuj{ljrk lold ga Hjr rh lkljrk dsl a/kea; g
 va b j k g s f d , d r j Q t g l a l k l j r k e a o f) g l s j g h g S o g h
 n v j h r j Q f u j { l j y k l a d h l a ; k c < + j g h g a o " I Z 1 9 7 1 & 8 1
 d h v o f / k d s c h p t g l a l k l j a d h l a ; k c < d j 8 - 2 0 d j l M g l s
 x b Z o g h f u j { l j y k l a d h l a ; k e a 4 8 d j l M d h o f) g h A
 7 5 i f r ' k r e f y k a v k t H h f u j { l j g a 1 9 7 1 e a 2 2 d j l M
 e f y k a f u j { l j H h f t u d h l a ; k 1 9 8 1 e a c < d j 2 4 d j l M 1 6
 y k k g l s x b A v u d f o r t k r d s y k l a d h l f r v l s H h l j k
 g S t g l a 9 0 i f r ' k r f u j { l j l a e a 8 5 - 5 8 i f r ' k r e f y k a v { l j l s
 v u f f k g a

**efgyk lkljrk%fdruh **

lu-1981 dhtux. kuk ds vu d j e f y k l k l j r k n j
 f o f H u i n s k a e a f H u & H u g a d s y e a e f y k l k l j r k n j
 t g l a 6 5 - 7 i f r ' k r g S o g h a f e t l j e e a 5 4 - 9 x l o k n e u n l o
 e a 4 7 - 6 r f e y u l M e a 3 4 - 9 e g l j K V a 3 4 - 8 u k l y M e a 3 3] 9
 i t k e a 3 3 - 7 x t j r e a 3 2 - 3 0 f l i j k e a 3 2 - 0 f g e l p y i n s k
 e a 3 1 - 5 i - c a l y e a 3 0 - 2 5 e s l y ; e a 3 0 - 0 e f . l i j e a 2 9 - 0 6
 d u l d e a 2 7 - 7 g f j ; k k e a 2 2 - 3 f l f d e e a 2 2 - 2 m M k

ea21-1] v l a z i n s k e a 2 0 - 4 t E e w l s d ' e h j e a 1 5 - 9] e / ;
 i n s k e a 1 5 - 5] f c g l j e a 1 3 - 6] j k t l l u e a 1 1 - 4] v # . l p y
 i n s k e a 1 1 - 3] , o a m l j i n s k e a 1 0 i f r ' k r g a l a v Z H j r e a
 l k l j r k n j 3 6 - 2 3 g S t l e a i e " k l k l j r k n j 4 6 - 8 9 i f r ' k r
 , o a e f y k l k l j r k n j 2 4 - 8 2 i f r ' k r g a

f k k d s { l s k e a y M d ; l a i N s g a ; f n 1 0 0 y M d ; l a
 d { k 1 e a h r z g l s h g a r l s d { k 5 r d i g p r s i g p r s ; g l a ; k
 ? W d j 2 5 g h j g t k r h g a d { k 8 l s 1 0 r d v l s H h d e g l s
 t k r h g a l u - 1 9 8 1 d s v l a l M a d s v u d j 6 l s 1 4 o " I z v k q o x Z
 e a d { k 1 l s 8 r d l d y e a h r z g l s o l y s c P p l a d h d y l a ; k
 9 d j l M 4 6 y k k H h f t u e a y M d ; l a d h l a ; k e k 3 d j l M 4 6
 y k k H A 1 4 o " I z r d d h v k q o x Z d s l H h c P p l a d s f u % W d
 v l s v f u o k Z f k k d s l a s h u d f u n Z h a d s c l o t w 1 9 8 1 e a
 3 8 - 5 2 i f r ' k r y M d ; l a g h l d y e a H A d l y t] f o ' o f o | l y ; l a
 r d f l Q Z 1 2 i f r ' k r c f y d k a g h i g p l d r h g a

tul a ; k l e l ; k , d j : i v u s l %

r l o z x f r l s c < r h g h Z t u l a ; k g e l j s f o d k l i j o l j
 d j j g h g s f t l d s p y r s n s k e a c j k x l j h c < h g s c s l j h
 H q l e j h e g a l b Z c < h g s l l e k t d v l s j k t u r d r u l o c < s
 g s i f o l j W s g a H z V l p l j f e y l o V] p l j c t l j h v j k t d r k
 ? W l j h v l s d l y c k t l j h c < h g s l l a n k ; d r k d k u x z r l M
 g l s j g k g a ; g l l p d j f n y n g y t k r k g s f d l u - 2 0 3 0 r d
 D ; k g k k \ t c g e l j h t u l a ; k 1 v j c 4 4 d j l M 6 0 y k k d s
 v l & i l g k l a t c y k l a d s i l j g u s d h t x g l i s / d s f y ,
 v l u l r u < d u s d s f y , d i M j k h d s f y , n o k c j k x l j a d s
 f y , d l e u g h a g k l a v d l y g l s l d r k g s e g l e j h g l s l d r h
 g & d j H h g l s l d r k g a i z u m B r k g s f d D ; k b r u h H j h

tul 4; k dk ilkk djus grqgejs il tlou leF; Zgkh
vlok geaeMHL dstul 4; k fl) m dk Q ogfjd fodl
viuhvhlal snfukgkA

tul 4; kof) dkiHlo%

tul 4; kof) dsns cjk iHlo iMgS, d rksmlus
fodl dsyHkdsuf'0; fd; kmvjsfodl dsule ij xjch
dkfodl gylA xjchdhjfkusdy vckohds50 if'r
dksviukfu' lukcukfy; A tul 4; kof) dkghif. ke gS
fd vt Hjr rh l adktlou&lrj 'kkfo'o dhryukeacgq
fufu gS tksfufu rF; lalsLi"V g&

1/2 ifr Q fdr ifrnu dyljhdhiw 1/1985 1/2 tglavejldk ea3682] cft; e ea3679] duMkea3443] cpxlfj; k
ea3593] Yla ea3558] ifdIrku ea2180 dyljhgshgSoga
Hjr eafl QZ2120 dyljhgA

1/2 ifr Q fdr AtLzmi; k fdylxle ry dslerq;
1/1986 1/2 eatglavejldk ea7193] duMkea8945] Yla ea
3640] loMi ea6364] ulozea8803] vHVsy; kea4710 gS
oglaHjr eafl QZ208 gA

1/3 ifr Q fdr puhdkmiHk 1/1984 1/2 tglavejldk
ea32-7 fd- xk] duMkea42-6] eDl dse44-6] vHVsy; k
ea48-2] chly ea47-2 fd- xk gStcfd Hjr eafl QZ11-2
fd-xk gA

1/4 ifr MWj iNstul 4; kvejldk ea500] duMk
ea550] vHVsy; kea520] cft; e ea370] cpxlfj; kea400
gS oglaHjr ea, d MDVj dsilNs3700 tul 4; kgA

gylfd geljh ipo"lz ; ktukv adk mis; & yk lads
tlou lrj dls Apk mBluk vls turk grqu; svoljladh

[kt djukgS rfd osvls vf/d laU gh mudsrHk tlou
eaffHrk vk lds yfdu , d ughalkr ipo"lz ; ktukv
rhu okld ; ktukvavls , d okld ; ktukdschr tksds
nijm Hh; g y{; iHr ughaglsldkgS bldkiZka dlj.k
tul 4; kof) ghgA HvioZfu; ktu eah MW, l- puzkly
dkdhu fdruk lR, gSfd ^tul 4; kof) jk kdsml plj
dsleku gS tksfd fmu dhlef) dls jk keagelsyW ys
tkrhgS* & fmu eage tksdy cursgajfkeam/Mtkrkgs*
mlglsrls; glard dgkgSfd ^Hjr rh 'kukly ml ds [r la
dhryukeavf/d mitkA gA**

fodl dkfl) m ghuglavfirqQ ogly Hh; gh dgrk
gSfd nskdkfodl ghsij tul 4; kof) ij lor%fu; akk
yx trkga blesbl cr dkQdZuglaiMkfd nskitvokh
Q oIRk oky gS vlok lE; okhA bues lsdj nsk rls, ds
gatglaij tul 4; kof) dks-09 if'r rd ykfn; kx; kgS
vHZ~tul 4; kof) flRj gA

mlgj. HHZ

1- vejldk, d le) i vlokhn skgSfQj Hhogladh
tul 4; kyxHk 22 djMdsvl & k flRj py jghgA

2- lfo; r lak viuh vckoh c< luk plgrk gS ftl ds
pys; gla10 ; k10 lsvf/d cPpsisk djusolyhekrv
dks^ohj ekrk* dhinohlsfoHkr fd; ktrkga 10 ls15
dse/; cPpladstle nsolyhekrv lads ^ekrD ind**
lsl Eekur fd; ktrkga

3- tezh yTdeoxZ, oaYla vln nsl heatsekrka
vf/d cPpsisk djrhgsmgajldj lo: i jk kinu dh
tkrhgA

4 ealsy; keaftudh' lnh16 o"ZdhvoIRkeaugla
gls ikh vHok os ifu; latks viuh' lnh ds iHe o"Zeagh
cPpsikugladj ikh ml ifojj dsviuhvk eals2
ifr'kr ljdj dldj ds: i eavnkdjukiMfkgA

5 : eku; k , oacvxlj; k eaou&Eifr; la dls loIRk
jgus, oacPpsikglsij vunku jf knhtrhgStlsir, sl
cPpsdhmRifk dsl IRk<rh trhgA

gelj nskeaD; kgS fIRr fcYdy fHu gS xjlchgS
vf kkgA xjlcadstlou ebrukvaldj gSfd osHX okh
gh cusgq gA muds10 cPpsik gsrsgars cprsgdga
rhuA xjlchdkviukvHk-kvyx ghgkkgA mudscPps
Idw ugha trA lkr&vB o"Zdsgrsgh os?ij dh deA
bdbZcu trsgT; lncPpsT; lnc deBZdh vk k calrs
gA bl rjg tglaxjlchgS oglatul; kof) HhgA

ljdj usifojj ; k ukgrqigyhipo"IZ ; kukea
65 yk: i; sQ; djusdkio/ku fd; k k tlc<r&c<rs
lkrola; k uk ea 3256 djM# gls x; lA bl ds vrfjDr
ljdj ifojj fu; k u dsiH lgu nnsgrqvud dk Delads
lH&l k1 ebZ1976 lstdfor nscPpladsmijlr ca; kdj.k
djksij 50 #] rhu cPplaj 100 # o 4 ; k4 lsvf/ld
cPplaj 70 # l-h, oai# lankalaj leku : i lsinku
fd; stksudhQ oIRk dhxbZgA bl dsclo tw geljhtul; k
tks1951 ea36-1 djM(of) nj 13-5 ifr'kr 1/2 Hh c<dj
1981 ea68-5 djM(of) nj 2-5 ifr'kr 1/2 glsxbA

c<rhvcknhftFeslj dli \

c<rhvcknhdhjld&ke grqt sulfr; lavS dk De
viuk x; sosQ, ogld ughaHsrRkQtZvldMusrk fIRr

vS Hh v/ld fcxM-nA tglard turkdk izu gSrls
fRkr e/; e oxZvS fuFu e/; e oxZusrksifojj fu; k u
dh vlo'; drkeglw dh vS blsrthlsviuk, lA yfdu
nl&frglbZtul; k tglafuj {ljrk dk?ij vadlj Nk kgqk
gS oglaifojj fu; k u dhle> dSsvkl drhgS bl dsfy,
dbZvS ughavfirqnsksjkturkghnkshgSt UghasiHed
f k k dhvge; r ughale> lA vc ; in , d fo'ly vlckheg
ck s [MgSrls bl dsfy, l Uklj hghftFeslj gavS dbZ
ugla

vhfjldj ljdj turk dlsD; laughale> kikjghgS
fd fodflr nsladhl QyrkvS l Ei Urkdjkt ; g Sfd
mlgmsviuh tul; kij iHohfu; Ukkj [lA

; g foMecukghgSfd geljsf Rkr ; qkox&cj k xljh
dsf [lylQ vlok + mBk l drsg vj {kk dsf [lylQ vRenlg
tSsdkZdj l drsg nsl&nskdsc h dkvlgo ku-dj l drs
g ulsijh isl&oxZosul chl of) dhekr dj l drsg
yfdu tul; kof) tksfd ljhleL; vladh tM-gS ml ds
f [lylQ vlok + ughamBk l drS D; lA \

geljnskeaifojj fu; k u dk De lu-1950 lsgh
plywSyfdu violadls NIMj mudk dbZfo' k k iHko
vHrd ugha iM gA ljdj usfiNysn'kd eatul; k
fu; Ukk dk De ij 300 djM #i; s [lpZdj ds nlok fd; k
fd lu-1980 eatglaxHfujld mik viukusokysnEifr; lA
dh l; k 2-64 djM Hhoghalu-1987 eac<dj ; g nqyh
vHk~5-4 djM glsxbA exj bl noseal Rrkfdruhgs\
; g eglathd dhfjiWZlstkgj gA mudsvudlj] ^1977
dsi'pr~ifro"Zifr gtlj tul; kij 33 cPpsik glsjgs
gA ; glaljdj ls; g iWktkukplfg, fd vxj 300 djM

#i;s [lpZdjs10 o"KZeaml usxHfujkld viukusokys
tMadhlk;k5-4 djM-dj nrksfQj vlckhdhof) nj
ij jUhHj vlj D;lauglaiM**

efgykvladhHfedk

efgykvladhHklyrkvlj jktxlj dktul k; kfu; akk
eadlQh; knku gsl drkgSfo' kldj xehk{lskdhefgyvla
dIA D; kld lolZkd fuj{lj efgykaxehk{lskheajgrhgh
tksfd tul k; kfu; UkkeaeagrHfedkvnkdj ldrhga
fKk ds izlj ls Åph fKkqer,qnj] /kEd valfo'ok
rHk ch&foolg vlj cggfoolg tShlekt djlfr; laij
cgg cMkiHlo iMkvls osviusvki de gstkxla exj
efgykdlklyrk dh rjQ vktkh ds 43 o"KZds mijKt Hh
ljdlj usdbZfo' kklQyrkvfr ughadhga
1/4 1/2 vkt HhHjr ea6 ls11 o"KZdh, d frglbZyMd; la

Idw dh'Dy ughatkrhga

1/2 1/2 11 ls14 o"KZdhyMd; laeal srhu&plHbZl sT; kklIdw
ughatkrhga brukgh ughavtkh dsckn Q kid izkl lads
clotwnska50 ifr'r lsvf/ld efgyklklyrkokysizsla
easfl QZdsj] pMx<+ fetlje vlj finYhvkrsga

fu"d"KZds: i eage dg ldrsgafd tul k; kof)
dk izku dlj.k fuj{ljrk fo' kldj efgyk fuj{ljrk ga
fuj{ljrk dsl ey u"V djustgrqljdlj rHklekt nsladks
viuhtk: drkrHkbPNk' kDr dkifjp; nskgkIA

fgUhrku] 6 elpZ1991

fiayokM l Hk dh vlj lsfid; stkjgsdk Z-

fiayokM l Hk lekt dh vlj lsnqldj@frjldj s
via] ywfyM vilgtlh vublavls ylofjlladk?lj ga
bl lHkdhula egu-deZkhHkr iwZlg thuslu-1947
esj[lhHA ml le; Hkr tdsidk ejtadhløkleHky
dsfy,) u dbZlshkj Hk u jgusdsfy, lghbejr vlj
u gh [kusi husvHoknolb; ladsfy, fdlhizlj dhvkl
Q oHk gh Hh A Hkr thvdysgh l øk dsbl d fBu ekZ
ij py iM Hsydu yk feyrx, vlj dljok curkx; la
mudsin fpUgaj ghpyrsgq vkt mudhlqk mlj k
f/ldjHk bunt r dlj thdhegur] yxu vlj fin'k&funZk
eafiayokM l Hk Hkr eaghuglacfyd fonsla eaHh, d
xlg oiwZl Hk ds: i ealkeusmHj dj vlbZga

fiayokM, d utj

fuok vlj l Hky

1764 lsvf/ld fuokl; ladsfy, jgusdk izUkrHk ctqqlZ
dsfy, ^viuk?lj*A
bykt vlj lfp/k; snolb; l eMly yslj Vj h vHku flk Vj]
Hkr iwZlg ij fhd dku l qbzlp dshzvlj iqolZ dshA
dkula ds Cochlear Implant ds fy, LiSly vHku
flk Vj] , EC; ysa rHk Vhkoñ] nrladkDylfid] vYVN kmM
dshz eñ cñ cPpla dsfy, lash dshz iqolZ dshz
vkladhtlp dk dshz culoVhvæ dshz fQft; Hjs Sh dshz
viuk?lj rHk; k; yM HsyMd; ladh' Rfn; laA
okroj. Rpa¹ ulZh¹ o{kyluk¹ ikdfrd [lsh¹ tk: drk
efge¹ ikh' lq dj.klylVA

tk: drk&

•fiay is • ylbch • ZhaMvXh] à • lshlj

[gh"aqZ'bg%af]

- >ah_#bW aI#b#b#Zos[adWaiZ;_oIbSl [b`7
- Hkr iwZflg xncgjs cPpla dk ldy| ekulalyk dEiyDI verlJA
- Hkr iwZflg xncgjscPpladkldy| dVSkfQjkiA
- Hkr iwZflg ldy vW LiSly , tdku| ekulalyk dEiyDI verlJA
- Hkr iwZflg flybZdiz ekulalyk dEiyDI verlJA
- Hkr iwZflg vln'Zldy| cVjdyh 1/2ln; k2xjnk ig A
- Hkr iwZflg ldy vW LiSly , tdku| p.Mx<A

fuold vS lHly

fiayokMklHkdh7 vyx&vyx cplaeal764 lsvf/ld
fHkufHk clefj; lalsxr jlx; ladsjgusdkdly izUkgA

3l ebZ2017 rd ley cplaealHk jlx; ladhfxurh%			
ekul d jlxh	μ 396	,M olys	μ 18
v/ljx ilky; kolys	μ 159	fexZolys	μ 208
eU&co olys	μ 378	daj olys	μ 01
xncgjs	μ 157	"an'ea'i	CE. &
o) 1/2cnZ	μ 146	ldy tkusolyscPps	μ 100
t[elalys	μ 34	NMx; scPps	μ 07
Vh ch olys	μ 17	Bld gspqsjlxh	μ 22
usghu	μ 41		

dy ejlt+μ¹⁷⁶⁴

"aai'W

jlkh

[g"aaI [b`-Yf aeaB[aaI \hAYZa'eaB	
HbZI; jkflg oMz	μ 374
ekulalyk dEiyDI	μ 854
Ua^eC"aaI	CE. (
mNvo"aaI	CE. /)
tlyaj 'Hk	μ 39
bW"aaI	CE ((.
_oba'a"aaI fUYZ'	CE. /*

dy ejlt+μ 1764

¹jlx; ladhfxurh ifro"Zc<rhjgrhGA Bld gspqsjlxh dlQh
furheamuds?jladsHt fn, tksgA

bykt vS lfp/k%

¹d¹/₂fMiSlj hvS ysljVjhdh lfp/k%&jlx; ladsbykt
dsfy, fiayokM ea eMly ysljVjh vS fMiSlj dh
lfp/k aiHr gftudk [lpZ90 ylk#i; sol'Zl gA

¹k¹/₂vVW kmM dshz fiayokM ea ejlt arHk lsklj lads
jkladh tlp dsfy, lu-2009 ea vVW kmM dshz dh
lHkuk dxbZgA

¹x¹/₂lgk d lVQ% ekul d jlx; lvS ejlt ladhnlHly
dsfy, VSuldy lVQ tSsul ysljVjh VSulf ku rHk
QVefl lV dh lok aiHr gA

¹W¹/₂[lu&ku dSi% nqZukZr t[e; ladhlgk rksdfy,
rHk lHk dsejlt lads [kw dh deh dsiyk djus dsfy,
ifr o"ZHkr thdhcjlhdsvolj ij [lu&ku dSi yxk k
tkrk gA

¹q¹/₂, EC; ysa% iHfed MDVjh lfp/kv lads lHk yS
, EC; ysa ?Hr lMl nqZuk lads iHf ladhlgk rksdfy,
geSkniyCkjgrhGA lHkdh, EC; ysa jlx; lads lsvLirky
ystkusdh lfp/k anrh gA

¹p¹/₂culovh va dHk t: jreU vaghuladsfy, Hkr
iwZflg thdh; ku dsl efiZ , d NHe va dshzekulalyk
dEiyDI ea lHk ir fd; kx; kgS tglavaghuladsfHe va
eQr yxk tksgA uoEcj 2003 lsvc rd 8137 vaghula
dlsNHe va yxk x, gA

¹N¹/₂Hkr iwZflg iHfd cgjiu tlp dHk uotr
vS xncgjs cPpla ds dlula dk iHfHd cgjiu tlp
Dylud dshz ekulalyk dEiyDI ea lHk ir fd; kx; k gS
ftleaBera Test HhfcukfdlhQH dsfd; ktkrk gA

¹t¹/₂LiSly vWku flk yj% ekulalyk dEiyDI ea, d vfr
vklud vWku flk yj lHk ir fd; kx; k gS ftleagfi; lH

tujy ,oadkula dhltzhdklepr izUkgA
1/2 1/2 nldkDyfid%ejltadsnladhleHy vs byt
dsfy, nldkDyfid HhIRfir fd;kx;kgA
1/4 1/2 fQft; HhSh dH& lu~2005 lsekulaykdEiyDI
ea fQft; HhSh dH& IRfir fd;kx;kg ftlea vklfid
midj. Hhlsfiayomdsejlt+vs xjlc t:jreth efr
yHkysjgsgA iR,sl fmu rdjlcu 80 ejltadkbyk fd;k
tkrgA

1/4 1/2 Hkr thdh24lacjlhij 3ltgzbZ2016 ds 'Roko
Cancer Charitable Trust, London' vs fiayomklIRkdh
vs lsefr psivi vs emly dEi ekulaykdEiyDI
eayxkx; kA

i; Hh.k tk: drk%

1/4 1/2 o{Hhli.knll o% Hkr iwZflg thi; Hh.kdhleHy
dsfy, cgn pffrr jgrsHsblfy,]/jrhds: Hy cuus
lsvs Hh dVlo lscpusdsfy, fiayomklIRkdhvs
lsi; Hh.kldh dhvs Hhfo'Ek;/; ku fn; ktkjgk gA
iR,sl o"Zl IRk ds lolkjads}jk Hkr iwZflg thdh
cjlhij o{kxyksdhege pybZtrhgA ;g o{kldywh
dlyt' e'ku ?Hhvs turd IRkulaj Hhyxk trsgA
blsvfrjDr fiayomkdhvs lsiR,sl o"Zviuhulzh
eavyx&vyx fdleahdsyxHk 60 gtj iksrSj djds
vyx&vyx lIRk lads efr fn; stkrsgA

krfgZ" apZ bge% W

xjlc cPpladsf kfr djusdsfy, fiayomklIRkus
Hkr iwZflg thdh; k dsl efr fHu&fHu iB'kyk a
pybZghZgA

1/4 1/2 Hkr iwZflg vkn' Zl h l Sldy ekulayk&; gkxjlc
vs >kl& k Maokys723 cPpladsf kfr lvsujh ldy dh
onlvkn efr nhtkrhgA lIRkdh; glqn; l pgsd ; scPps
lo; adlsgu u le>avvs viusiSaij [Mglsj lH lekt
ea, d vPNkukfjd cudj fopj.kdj ldsA bu cPplads92
cPpsfiayomk}jkilfr gA

-G' >ah' SPbW ad'PZoS Yg fZoAWZadlav'
xjnl ij% g ldy HhHkr thdh; k dsl efr gA ;gk
ij Hh; k rHk vuHoh v/; k dladh N=KNk k eayxHk
452 cPps efr fo|kifr dj jgsgA

1/4 1/2 LiShy f kfr& fiayomkds205 eH&c) cPplads vius
ila ij [Mkdjusfr ekulaykdEiyDI ea Hkr iwZflg
ldy vW LiShy , tdsku* dhIRk ukdhxbZgSA

1/4 1/2 xncgjs cPpladh f kfr& Hkr iwZflg xncgjs
cPpladkl dy ekulaykdEiyDI eabZ2005 lspy jgkgs
ftlea156 cPpsvklfid midj. lads}jkf kfr dj
jgsgA

1/4 1/2 nrdljhf kfr& cPpladslqjsHf"; dsfy, mudh
i<lbZdsl Hh& Hknrdljhf kfr tSsfl ybZ d<lbZ ele cU
culuk dZcqukvkn dhf kfr; k v/; k dlad}jknhtk
jghgA blsvfrjDr cPpladsl xfr f kfr HhntkjghgA

1/4 1/2 Hkr iwZflg flybZif kfr& fiayomk dh
vs lsfayomk dhymd; lvs ekulaykdsvl&il ds
xlaladhxl ymd; ladsfy, flybZ d<lbZdhfl [lybZnas
grqbl dHndhIRk ukdhxbZgSA ;g fl [lybZ6 eghusds
fy, glshgA

1/4 1/2 dE; Wj f kfr& l puk , oaVduyWh ds foIrlj ds
nkrsgg ldy dscPpladsvklfid lekt dkva culusds
fy, lIRk dhvs lsdE; Wj f kfr dk fo'Ek izUk fd;k

x;kgA
 1/2 1/2 gVY dk izUR& fiayokM ekuloyk dEiyDI ea
 i<us okys yxHk 176 yM&syMd; la ds fy, iHd&iHd
]aLo'Za_pKa'Zlanla]V ` _WeCaZ^bM ` "ca
 dsgeVY eajg jgh7 yMd; laHhffHu&ffHu iB'kyvleae
 fKkiHr dj jghgA
 1/2 1/2 foolg% fKk ds lH&lHk fiayokM ea il'kr ghZ
 uo;qfr; lads lqly vS ;K; oj <u+dj mlgaxgIRktlou
 eaMy fn;k trk gA lHk 40 yMd; lavS 4 yMladS
 xgIRktlou dkvkHoz nspqhgA
 Iekt&dY; kk lEcUth dk ZfiayokM lHk lakt&Hybz
 rHklqj dk leaHhfo'kk#fp yrhgA
 1/2 1/2 tu&tkfr% lakt d cjl; la ds ifr ykla ds
 tk: d djusdsfy, fiayokM lHkdk[H ; knku jkggA
 fiayokM ekuloyk dEiyDI dh 'ivZfiA iS* eajg
 rjg ds/led] lakt d] vkt d] lHplj d , oalokf; &
 lEcUth tu&prukfo"klaj lHgr, Ni dj tu&lklj.kea
 dbZo"kl seqr chktkjgkga fiayokM dhivZfiA iS
 dkvS ifyfl Vhdklykuk[lpZl djM50 yk #i; s gA
 1/2 1/2 iNfrd vlinkvls ilM ykla dh lgrkR&
 iNfrd tSsck} HwEi rHk p0ok~ls iHfor ykla dh
 fiayokM lHkle; &e; ij gj lEho lgrkdjrhvk
 jghgA lu-2008 eaty lbZrHk vxlr ea itk dstlyzj
 rHk dijklykftyleavbZck+ls iHfor 800 ifojlaea
 jklul ?jywlaku vS dEcy clsx; A vxlr 2010 ea
 chny QVuslsyg eavbZHkkck+ls iHfor yg ilM la
 eafiayokM dh vj ls MWbuzhr dS dh vxqlBzeans
 Vel jgr lexh jklul dEcy , oaluh diMyg , oabl ds
 ny&nz byklaeacHsx, A

1/2 1/2 yolkfj1 ykHaknlg&lHlj% fiayokM dh rjQ
 lsyolkfj1 ykHakvfre lHlj iys lHlj lgr fd;k
 trk gA
 1/2 1/2 o) ladh nHly% fiayokM dh lA: j 'Hkka, d
 o) &j elpZ2002 lspy jkgSvS , d o) ?j ekuloyk
 dEiyDI eacuk kx; kg ftlea92 o) j[lus dk fo'kk
 izUkfd; kx; kgA
 vtkc ?j rHk nrloth fQYe% dfBu ekZ ds ifhd
 Hkr ivZflg th dh tlouh ij vkhjr rlojladk , d
 lag vtkc ?j ds: i ea eq; fiayokM verlj ea
 lHfir fd; kx; kgA bl ds bylok Hkr thdstlou lEcUth
 iHd&iHd cH tlo; la } jknlrloth fQYe arSj djolbZxbZ
 gA tSsfid%

d1/2, d felly (Pingalwara Presentation)

[kzbgtle rHjisyfA

X1/2 Pingalwara Home for Homeless

?kzif) vejldhefMk'kl; r xjehr lshdhfQYe—

Pingalwara—A selfless Home ?

M2l- tkuzflg dylhvS tloj flg gaily dhvS

lsufer fQYe A Selfless life.

p1/2 Pingalwara Educational endeavours

N1/2 Natural Farming

t1/2 ikhdhleL; k >1/2 o{k

Hkr ivZflg ds lHk; tloj ij vkhjr , d
 itkh Qhpj fQYe &bgqtle rHjisyfA fiayokM } jk
 fufer dhxbZtk30 tuojh 2015 dlns lkon skeainfr
 ghA bl fQYe ds fuelZk dk mis; Hkr th } jk nHh
 ekuorkdsfy, fd; sx, dk klsvoxr djukHkrkd Hkr
 thdk tloj geljsch vksolyhik; ladsfy, , d izkk

IrEhcu l dA

fiayokMifijolj dsyMd; l; jkxk u dhxbZxjcklh
ZSRZ^ eClAZ^ Ce^C^ Ca#l a` nã` dsa` dPCL^
Ca`iL` j oW dntfR` sãa` dZ\ff&, `Za`o`j`
dhxbA

Hkr iwZflg lelj d% Hkr iwZflg thdstle IRku xla
jktoly jlg. lãftkyqf k lukes Hkr iwZflg lelj d* cuk k
x; kgStk4 tuj 2004 dseulbZxbZmudhigyhtle `krlkh
dlslefir gA

xlslyR& ekulalykdEiydl ea, d xlslyk gSftlea180
ndk i`lqgA xk lãdkrktknwkejhtlãdlsfn; k tkrk gA

fiayokM lãhk dk jktuk [lpZlksN% yk k #i; s
gA tãfd nuhlTtulãdsg; k vls Hkr iwZflg thds
}kjknxbZij. lk dsvuqij gkrk gA

(I) vly bM k fiayokM p\$Wsy lãk Vh jft`Vj
vW dault iãk vls fgepy izskdsi=hal lã; k130 vW
1956&57 vls `lãk ufcj A-28/4540 fnulãl 07&07&1998
}kj jft`VMZgA

(II) fiayokM dlsfn; s tku olyh l gkrk dls blde
Vdl dh/lãk 80 thvuqij blde Vdl & i verlj i=hal
lã; k ufcj CIT-II/ASR/ITO (Tech.) 2011-12/4730 fnulãl
11/12 January, 2012 v/hu Vdl eaNW iãr gA

fiayokM lãhk dk PAN ufcj AAATA2237R
fiayokM dsFCRA (Foreign Contribution Regional
Department jftLVj ufcj 115210002 gA

olfgxq thdk [hlyl kAA olfgxq thdhOrg AA
NWbũt hr dls} izku
vly bf.M k fiayokM p\$Wsy lãk Vh 1/2 jft-1/2 verljA

Details of Banks For Sending Donation Through Online Cheque/Draft, Cheque & Bank Drafts may be sent in favour of :
All India Pingalwara Charitable Society (Regd.), Amritsar. PAN No. AAATA2237R

S. No.	Name of Account	A/C No.	Name of the Bank	IFS Code for Inland Remittance	Swift Code for Foreign Inland Remittance
1.	FOR FOREIGN CONTRIBUTORS All India Pingalwara Charitable Society (Regd.), Amritsar.	01562010002890	Oriental Bank of Commerce Sharifpura Amritsar	ORBC 0100156	ORBCINBBASR
2.	INLAND ACCOUNT No. All India Pingalwara Charitable Society (Regd.), Amritsar.	01562010003720	Oriental Bank of Commerce Sharifpura Amritsar	ORBC 0100156
3.	All India Pingalwara Charitable Society (Regd.), Amritsar.	10978255668	State Bank of India Town Hall, Amritsar	SBIN0000609	SBINHHB274
4.	All India Pingalwara Charitable Society (Regd.), Amritsar.	630510100026147	Bank of India City Centre, Amritsar	BKID0006305	BKIDINBBASR
5.	All India Pingalwara Charitable Society (Regd.), Amritsar.	0018002100097336	Punjab National Bank Hall Bazar, Amritsar	PUNB0001800	PUNBINBBAHB
6.	All India Pingalwara Charitable Society (Regd.), Amritsar.	006601012522	ICICI Bank Ltd., Lawrence Road, Amritsar.	ICIC0000066	ICICINBBFEX
7.	All India Pingalwara Charitable Society (Regd.), Amritsar.	01151000246510	HDFC Bank Ltd., Mall Road, ASR.	HDFC0000115	HDFCINBB
8.	All India Pingalwara Charitable Society (Regd.), Amritsar.	00011000096048	Punjab & Sind Bank Hall Bazar, Amritsar	PSIB000A001	PSIBINBB017
9.	All India Pingalwara Charitable Society (Regd.), Amritsar.	685010100009799	Axis Bank Ltd. City Centre Amritsar.	UTIB0000685	AXISINBB179
10.	All India Pingalwara Charitable Society (Regd.), Amritsar.	13131000082013	HDFC Bnak Ltd. Ghanta Ghar, Golden Temple, Asr	HDFC0001313	HDFCINBB
11.	All India Pingalwara Charitable Society (Regd.), Amritsar.	01010100015572	Bank of Baroda, Town Hall, Amritsar	BARBOAMRITS	BARBINBBAMR