

j?kphj l gk; ds dk0; es l eL; k dk l ek/kku
ryk'kri jktuhfrd nf"V



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i Lrkouk %

Lokra; kskj Hkjr dh jktuhfrd fol xfr; kaok
fp=.k j?kphj l gk; uscgr ddkyrki d d fd; k gA muds
dk0; dk ,d cgr cMk Hkx ykdrka=d l jdkj ds
foNr fp=ka l sHkj gA ykdra= dsuke ij fdl rjg
l Ukk dh cdxMkj HkZVj cbZku vks /wrZ jkturkva us
glrxr dj yh g& bl dk yxHkx C; ksjokj fp=.k l gk;
dh dforkvkaeakst in gA



jktuhfrd&l keftd thou dh fonir kvlkadks
Li"V djrsg bl h Oe eadbt xg ml gkausvi R; {k : i
l sbl ds l ek/kku ds l = Hkh [kkt fudkysgA njvl y
l gk; dk l kfgR; l Ecl/kh nf"Vdksk u rks: i oknh gsvksj
u fuji {koknhA osbl dk , d l kfkZd y{; r; djrsgA

njvl y j?kphj l gk; l kfgR; dks l ekt l s
fuji {k ughaekurA vksj ; g Hkh fd l kfgR; dny l ekt
dk niZk Hkj ughagj cfYd ml dksjkg fn [kkusokyk , d i zkl'k&fclnqgA l gk; l keftd&jktuhfrd l dVkaok fp=.k dny *dfo
; k *l kfgR; dkj^ cuusdsfy, ugha djrA mudk ewy y{; bu l dVka dsLo: i dks i k Bdka ds l keusmtkxj dj mudk l ek/kku
ryk'kuk gA ykxkaeamu l dVka l sfutr i kusdk u dny tTck i nk gk cfYd ml dsfy, iz kl Hkh fd, tk, & dN , d k fopkj
ydl l gk; l kfgR; jpusdsfy, rj kj gkrsgA bl l nHkZaal gk; dk , d dFku mYyqkuh; g&

**l ekt eal erk vksj U; k; dsfy, i fjorZu dsiz Ru dk vkuHkxd
gh gkrk gsdofodeA , d sl keftd iz Rukadsmrkj & p<ko ds
l kfk&l kfk dfo dk vdsyki u ?kvrk&c<rk jgrk gA dfork fy [kus
i j nH jsyx ml ea' krfey gkstk, x; ; g vk'kk ml dh gA^m

okLro eaj?kphj l gk; dh nf"V ea"l ekt^ igysgd dfork ckn ea" dfork^ djusdsfy, dfork fy [kuk l gk; dk y{;
ugh gA os; 'k] dhfrZ; k /ku dsfy, l kfgR; ds {k= eaughavk, FkA *l kfgR; & l tu^ mudk i s'kk ughaFkA and rks l keftd i fjorZu
dk , d ek/; e Hkj FkA bl dstfj, os^cnyko^ ykuk pkgrsFkA njvl y **dfork fy [kusdsdeleagh fufgr gsfed nkrj Qk 'Loa vksj
ykxkadk^cnyko gskkA^m

l p rks; g gsfed j?kphj l gk; *dk; ZdrkZ dfo^ gA os l keftd&jktuhfrd l eL; kvka dksrVLFk gkdj ughans[k l drA
ml eagLr {ki djuk pkgrsgA fLFkfr; kaokscnyuk pkgrsgA vksj bl cnyko dsfy, gh os l kfgR; d ekpzi j l ?k'kZ djrsgA
l gk; dh dforkvka dks i <dj tgi, d vksj l keftd&jktuhfrd foNr; ka l sl keuk gkrk g& oghan l jh vksj buds
l ek/kku ds dN l = Hkh gkfk yxrs gA mudh jk; eabu xHkh l keftd&jktuhfrd i fjLFkfr; kaoksfy, ftruk gekjstui fruf/k
vksj usk nkskh g& ml l sde turk ughA ; fn turk food l sdke ysrs' kkl u&l Ukk dh cdxMkj xyr gkFkaeatkusgh u i k, A

njvl y ykra= dsLo: i dksLoLFk vksj LoPN cuk, j [kusdsfy, t: jh gsfed ml dks "HkhM^F=^ earOnhy gkaus l sjkdk
tk, A l gk; "HkhM^ l suQjr djrsgA os "HkhM^ dks^ turk^ eacnyrs gq nq'kuk pkgrsgA ft l fnu , d k g&kl ml h fnu ykdra= ds
okLrfod vksj okNuh; Lo: i dh cgkyh gkstk, xhA "HkhM^ l suQjr t: j g& yfdu ml l sHkx tkusdk mi Oe ughA , d xgjh
vkrfjd l gkukfr g& ft l dsdkj . k os "HkhM^ dks^ turk^ eacnyuk pkgrsgA mudsfe= vksj l kfgR; dkj eukgjj ' ; ke tks kh dk ; g
i ; bsk.k , dne mi ; q r g& **gk vkf [kjh ne rd j?kphj ogh j?kphj Fk tksdykdj gkausdsukrsekj & reke ykxkadH HkhM+ l suQjr
dj l drk Fk yfdu l kshkh bl fy, fd ml dseu eam l HkhM+ dh gj bdkbz dsfy, xgjh fpurk] ml dh xfjek ds i fr vfrfjDr
l txrk vksj vi uk , d vyx gh <x dk vi uki k FkA^m

l gk; vdkuqj .k dh i p fUk dks xyr l e>rsFkA vksj ; g "HkhM^ dh , d i e d k pkjf = d fo' ksrk gA ml gand k vksj {kdk
gkrk g& tc osn [krsg&fd fdl h , d ev'kZvksj fl jfQj sdh rku i j g t k j ka > e rsg&

**gk; &gk; djrsg gk&gk djrsg g&g& d jrsg

l epnk;
, d g tkj ykx /; kueXu l qrsqg
, d vnn fjija krk gsf l rkjA^{oo}

l gk; pkgrsFksfd ykx vi uscf) vks food l sdke ya l dh.kzekU; rkvkal sAij mBdj l kp l dA tkfr] /kef {ks= dks njfdukjdj mEehnokj ; k tui fruf/k dsokLrfod pfj = , oa0; fDrRo dkseglo nA , d k gkusi j gh ykdrae dh ; g i edk fo' kskrk eirZ: i ysl dsxh fd ykdrka=d 'kkl u izkkyh eaturk vi usAij Lo; a' kkl u djrh gA

j?kphj l gk; tkursgafd *ykdrae^ dk l qgkj Lolu rHkh l kdkj : i ysl dsx tc *HhM+*turk^ eai fjo frz gkstk, xhA eukgj ' ; ke tks kh l gk; dsckjseafy [krs g& **j?kphj vfire {k.k rd Hkh og 0; fDr vks jpukdj cuk jgk tsvi usgh 'kCnkaeahHhM+ l seDr yfdu turk l sl a Dr jguk pkgrk Fkka^{oo}

ykdrka=d jktuhfrd 0; oLFk l pk: : i l spyj bl dsfy, t: jh gsf d cf) thoh oxzvi usnkf; R; ka dk c [kch fuokz djA eDrcksk dh rjg j?kphj l gk; dsfy, Hkh ; g oxzdbzckj fujk'kk vks fplrk dk fo'k; curk gA /ku] l Ukk vks i pth dsekj l s *xyr^ dk l kFk nusdksr\$ kj gsktrk gA 'kkl u dh xyr ufr; ka dksclM+ l gtrk l sl ohdkj dj yrk g&

**l c u"V gsktkusdh dYi uk
'kkl u dh bPNk gs
vkvksge l c feydj
ml sNkM+ckdh l c u"V djA^{oo}

ykdrka=d 'kkl u izkkyh ogha LFkfr gsk l drh gsgtk; thou vks jgu&l gu dsLrj ij ykdrka=d ekgky gkA ykdrka=d thou&i) fr eaykx , d&nH jdsfopkj kadk l Eeku djrsgA dVvjrkd dsLFku ij l fg". kpk dk nku FkksrgA vPNh phrka dk gj txg l sl xg djrsg& fcuk fd l h gb vks i mksz gA j?kphj l gk; dk Lo; adk Hkh 0; fDrRo dN bl h rjg dk Fkka l jsk 'kekZ usmuds ykdrka=d 0; fDrRo ij l gh izk'k Mkyk g& **fl QZ l ektokni ny gh ugha cYd Hkjr; dE; quLV i kvh ekDI bknh dE; qu"V i kvh uDI y nyk ekuokf/kdkj ; k ukxfjd l LFk kva l st p f d l h Hkh l xBu ustgk Hkh l ekurk vks U; k; dh yMkbz'kq dh j?kphj l gk; rRdky vi uh i=dkfjrk dsek/; e l sml ea'kkfey gq A^{oo}

j?kphj l gk; l ekt ea'foe'kz dsi {k/kj Fks} fookn^ dsugha tkfr] /kef Hk'kk {ks= dsuke ij vki l h l a'k'zfo [kM u dh vks ystk, xhA vks bl dk Ok; nk osyks mBk, xstksHkzV] v; k; vks vij/k/h gksrg Hkh turk dh jgu ekbz djusdk nok djrsgA ; g jgu ekbz turk dsgr vks dY; k.k dsfy, u gkdj vi uh frtkj Hkj usdsfy, gA l gk; dh , d dfork g& 'pajk' A bl eacM+ rkdz d <x l s'fookn vks dyg^ dh eukofuk ij i gkj fd; k x; k g&

**yks nq krs [kM sj gsl c
i gusl nj l kjspgjs
gjl djdsi N usyxfQj
vxj ogh gksr e ft l l sr e
yMfsgksrksyMfSD; ka gkA^{oo}

l gk; dh jk; ea0; fDr dksvi uh Lok/khurk ugha fxjoh j [kuh pkfg, A Lokra; kskj Hkjr ea0; fDr igysdh rjg u rksvc xeye jgk vks u i frca kads l k; seA ml sfoHku eksyd vf/kdkj l fo/kku i nUk gA bu ea'fopkj vks ^vfHk0; fDr dh Lorark^ i edk gA vi usbl vf/kdkj dk l nq; ks djuk pkfg, A *xyr^ dksxyr vks *l gh^ dks l gh dgusdk l gkl gksuk pkfg, A /ku] l Ukk ; k Hk; dsdkj .k pq ugha jguk pkfg, A , d LoLFk ykdrae dsfy, Lok/khurk dk mi ; ks cgr t: jh gA l gk; fy [krsHk g& **cgr fnu gq rc eusdgk Fk fy [kpk ugha f d l h dsvkns k l @ vkt Hkh dgrk g^{oo}

yfdu ; g Hkh l p gsf d *Lok/khurk^ 'kkl u l Ukk dks [kVdrh Hkh gA 0; fDr dksdN {kfr Hkh mBkuh i M+l drh gA fdUr qbu l c dsckotm *Lok/khu 0; fDr^ dh l ekt eavi uh , d vyx gh Hkfedk gsrh gA eDrcksk dh rjg j?kphj l gk; ds; gk Hkh

* vfHk0; fDr^ dsvi us [krjsg&
*gsl drk gsf d mu dfo; ka eejk l Eeku u gks
ftuds0; k [; kuka l sl ekKkh l ger gA
?kj ij Qndrsg l Ei kn d xnxn g^{oo}

oLrj j?kphj l gk; pkgrs gafd turk bruh tkx#d gksfd vi uh l keftd&jktuhfrd l el; kvka l si jh rle; rk l s l a'k'z dj l dA og tM+vks fuf'0; u jgA orzku ea'jktuhfr^ dk : i vokNuh; rRokausbruk foNr fd; k gsf d bl 'kcn dk udkj kRed vFk eadbzckj iz ks fd; k trk gA *jktuhfr^ dks i < & fy [ksy ksa usyxHkx *okd vkoj^ nsfn; k gA l H; vks Hkysyks ns k dh jktuhfrd izkkyh eavi uh dkbzHkfedk gh ugha e>rA ; g furkur xyr gA *jktuhfr^ l snj ugha gvk tk l drkA doy rVLFk n'vk cudj ugha jgk tk l drkA

njvl y *jktuhfr^ vks l ekt ea l dkj kRed glr {ki dsvyx&vyx rjhds vi uk, tk l drsgA , d jkLrk l f0; jktuhfrd&l keftd thou dk g& i R; {k : i l sl feeyr gksusdk gA nH jk vi R; {k : i l sHkxhmkj dh gA vyx&vyx i s k vks thfodki ktZu dsl k/ku vi ukusdsckotm 0; fDr vi usnsk dh *jktuhfr^ vks *l ekt^ eami fLFkr jg l drk gA vi us&vi usekps i j ; g yMkbz yM+l drk gA j?kphj l gk; dk l kfgfr; d thou bl dk l cl scM+ mnkgj .k gA os *ykdrae^ ds'fouk'k dks doy eku kdj nqk ugha drf bl fouk'k dsfo#) dkj bkbz djrsg&

j?kphj l gk; ds dk0; es l eL; k dk l ek/kku ryk'knh jktuhfrd nf"V

**eIdgpk fd i R; d , d h pht ft l dksvki dfork dgrsg; k
dkbZkhh jpkRed iz; Ru enyr%vi usvki eam l h fouk'k ds
fo#) dkj bkbZgA^{wt1}

fu"d"kZ; g gSfd **os; g ughaekursfd fLFkfr; kads; FkkFkZdh 0; k[; k dk vf/kdkj fl QZjktuhfrd ny vks ml dsurkvka
dksgh gA osfLFkfr; kadsfo'ySk.k eaf'kjdr djuk pkgrsgA bl dk dkj .k gA mudk ekuuk gSfd ; FkkFkZdh l e> dksosvutko vks
xgjk djks tksmudh jpk eavk, gA vi uh bl l kp dsdkj .k j?kphj l gk; , d fo'kSk i zdkj dsjktuhfrd dfo ds: i eal keus
vkrsgA^{wt2}

l UnHkZ l pph %

1- j?kphj l gk;] jpkoyh&1] l 0& l gSk 'kekZ jktdey i zdk'ku] ubZfnYyh] i Fke l l dj .k&2000] i 0 10-

2- ogh] i 0 10-

3- j?kphj l gk; %jpkvkdscgkus, d Lej.k] eukgjj ' ; ke tks kh] ok.kh i zdk'ku] ubZfnYyh] i Fke l l dj .k&2003] i 0 111-

4- j?kphj l gk;] jpkoyh&1] ^, d v/kM+Hkkj rh; vkrk] l 0& l gSk 'kekZ jktdey i zdk'ku] ubZfnYyh] i Fke l l dj .k&2000] i 0
139-

5- ogh] ^cf) thoh dk oDr0; *] i 0 175-

6- ogh] ^pgjk] i 0 187-

7- ogh] ^Lok/khu 0; fDr*] i 0 108-

8- ogh] ^Lok/khu 0; fDr*] i 0 108&109-

9- ogh] i 0 10-