

vt ns :gkuh lRlax fop xq: lkgcka us tks ‘kCn cD’kh’k dhrk gS] vks gS \*\*jkstk\*\*A bl jksts ns eqryd ok.kh ns fop tks xq: ?kj nh ok.kh gSA

* \*\*fegj elhfr flnd eqlyk gd gyky dqjk.kA

lje lquar lhy jkstk gksgq eqlyekuA

dj.kh dkck lp ihj dyeka dje fuoktA

rlch lk frl Hkkolh ukud j[kS yktA\*\*¼xq: ukud nso th nh ck.kh gSA½

* \*\*jkstk /kjs eukos vygq lqvknfr thm la?kkjSA

vkik ns[k voj ugha ns[kS dkgs dm >[k ekjSA\*\* ¼dchj th 482½

* \*\*NksMfg vau djfg ik[k.M uk vks lksgkxu uk vksg jaMA

Tkx efg cdrs nw/kk/kkjhA xqirh [kkofg ofVdk lkjhA

vuS fcuk u gksb lqdkyA rft,s vau u feyS xqikyA

dg dchj ge ,sls tkfuvkA /ku vukfn Bkdqj eu ekfuvkA\*\*¼dchj th 872½

* \*\*HkVB uektka fpdM+ jksts dyes rs fQj xbZ flvkghA

cqYys uwa ‘kkgq vUnjksa fefyvk HkqYyh fQjs yksdkbZA\*\*

* \*\*mez xokbZ fop elhfr] vUnj Hkfjvk uky iyhrhA

dns uekt rkSghn u dhrh] gqu dh djuk ,s ‘kksj iqdkjA\*\*

* \*\*csn dqjkuka i<+&i<+ FkDds] ltns djfn;ka ?kl x;s eRFksA

u jc rhjFk u jCc eDds] ftl ik;k frl uwj vuokjA\*\*

* \*\*>wB vka[kka rka dqN cpnk ,s lPp vkf[kvka HkkcM+ epnk ,sA

th nksgka xYyka rksa tpnk ,s]

tp tp ds ftogk dfganh ,sA

eq¡g vkbZ ckr u jghanh ,sA\*\*

¼lkabZ cqYys’kkg] lS;n [kkunku eqgEen lkfgc dk½ ,s cqYys’kkg th nh ok.kh gSA

¼**ikBh ekWa lkfgck**½

lkjs larka us vki.kh ck.kh fop jksts rs uektka uwa li”V dhrk gS] fd dsM+h uekt i<+uh gS] rs dsM+k jkstk j[k.kk gSA oSKkfud vk/kkj ns ÅIkj ozr ;k jkstk bl ‘kjhj ns uky dh leca/k j[knk gS] xq: lkgc igys bluwa li”V djns guA mez ns fygkt uky vkSj vki.kh jkstejkZ nh ftUnxh ybZ] bl rjhds nk m|e thokRek bl fiatjs fop jg djds djnh gS] mlns eqrkfcd bl ‘kjhj uwa tks [kqjkd pkfgnh gS vks vyx&vyx gSA lkjs;ka ns ÅIkj bdks gh fu;e ykxw ugha gksank gS fd losjs gksbZ] nksigj gksbZ] ‘kke gksbZ rs vUu [kk.kk gSA ,sFks vUu nh tks ifjHkk”kk gS vks iks”kd [kqjkd gS] vUu nk ,s eryc ugha gS] d.kd nk nk.kk ;k eDdh nk nk.kkA ;kfu fd bl ‘kjhj uwa pyk.k okLrs ftl [kqjkd nh yksM+ gS] mluwa vUu nh laKk fnrh xbZ gSA

bd e’khu] dkj gS 100 nh jQrkj uky pynh gS] mluwa [kqjkd ;kfu isVªksy T;knk pkfgnk gSA bd 20 nh jQrkj uky pynh gS] mluwa ?kV isVªksy pkfgnk gSA xìh [kM+h gS flQZ LVkVZ gksa.k okLrs cgqr gh ?kV isVªksy nh t:jr gSA Bhd mlh rjhds uky vlh bl ‘kjhj :ih fiatjs uwa ftl rjhds uky pykokaxs] gq.k bd etnwj gS] gFk&iSj uky m|e djnk gS mluwa T;knk [kqjkd nh yksM+ gSA bd lkgwdkj gS] A.C. ns fop cSBk gS] ilhuk oh ugha fudynk] ?kjksa fudy;k dkj ns fop iSj j[k;k vkSj dkj ns foPpksa fudy;k] nQrj ns fop cSB x;k] ;kfu fd dksbZ oh m|e u dhrk] mluwa fdruh [kqjkd nh yksM+ gS\ ml rksa oh mÙks tks :gkfu;r uky lecU/k j[knk gS ‘kjhj] mlus dh djuk gS\ lkjh lqjr uwa lesV.kk gS] bd txg cSBk gS fu’py gks djds] lqjr lesV ybZ gS flQZ /kM+du uwa pyk.k okLrs fdruh [kqjkd nh yksM+ gS\ ,s gj thokRek us vki.kh ftUnxh rs utj j[kns gks;s ,s fopkj djuk gS] QSlyk djuk gSA oSKkfud dh dgans gu] vxj 24 ?kaVs ns fop bd di dkWQh nk ihrk tkos] rs bl /kM+du uwa vlh pyk ldns gka cM+s vPNs rjhds ns ukyA vkSj eu nk dh Hkze gS\ vlh [kk.k okLrs vki.kh ftanxh rckg dj jgs gka] ;kfu fd ftUnxh tha.k okLrs ugha [kk.kk [kkansA bd cPpk gS] mez gS] vksns vUnj fodkl nh fØ;k py jgh gS] mluwa T;knk ikSf”Vd vkgkj nh yksM+ gSA bd toku gS] T;knk nkSM+&Hkt djnk gS] mluwa vPNh [kqjkd nh yksM+ gS] mlns ckn ftl osys bl ‘kjhj nh fØ;k fLFkj gks tkanh gS vUnj fodkl nh dksbZ fØ;k ugha gS] vUnj cell dead gks tkans gu] ml osys bl ‘kjhj uwa fdruh [kqjkd nh yksM+ gS\ vlh ,sls Hkze] dqjhfr;ka fop Qals gks;s gka fd losj gksbZ] nks&pkj ijksaBs [kk y;s] nksigj gksbZ] pkj&Ng ijksaBs [kk y;s] ‘kke gksbZ] fQj Nd.kk ‘kq: dj fnrk] ,s lkjs nk lkjk vukt] iks”kd u c.k ds ‘kjhj okLrs tgj gS D;ksafd ‘kjhj uwa cgqr gh ?kV [kqjkd nh yksM+ gS mez ns fglkc ukyA

gq.k bd nkSM+kd gS] vB ?kaVs] Ng ?kaVs losjs mBn;ka nkSM+nk gS] mluwa cgqr T;knk [kqjkd nh yksM+ gS] nl can;ka nh [kqjkd nh ml dYys ¼vdsys½ uwa yksM+ gS D;ksafd vks T;knk esgur dj jsgk gS] ,s nwljh xy gS vks T;knk esgur djnk gS rs vksns iqtsZ oh tYnh f?kl tkans us] vks competition nh xy gS vks vyx vksnk etewu gSA vlh :gkfu;r ns fglkc uky nsf[k;s] lkuwa fdruh [kqjkd nh yksM+ gS] jkstk ;k ozr j[k.kk gS vks oh oSKkfud vk/kkj ns ÅIkj gSA bd lhek rd jkstk tk;t gS] ozr tk;t gS D;ksafd tnksa vUnj fodkl nh fØ;k can gks tkanh gS cell dead gksans us ;k vkSj cgqr lkjs vUnj ‘kjhj ns tks vax gu] de dju nh {kerk mUgka nh ?kV tkanh gS] ml osys tsM+h iwjh [kqjkd blns vUnj ikans gka u] vks iwjh gte ugha gksanh vkSj ‘kjhj ns iqtsZ;ka nh {kerk ?kV tkanh gS vkSj vks lkjs fovknh inkFkZ uwa ckgj ugha dM ldnh] vks DykWV vUnj :d.k yx tkans us] ftUgkauwa vlh xan dgans gk vksns fop cSDVhfj;k nh growth ‘kq: gks tkanh gS] ,slh;ka chekfj;ka vUnj ?kj dj tkanh;ka us tsfM+;ka fd fcYdqy oh djeka uky lecU/k ugha j[knh;kaA iwjh rkSj rs utj ekj ds nsf[k;s 80% tks chekfj;ka vt dy py jgh;ka us] ,s thokRek nhvka vkif.kvka [kqn nh;ka [kjhfn;ka] eksy fyrh gksb;ka usA flQZ 20% chekfj;ka us tsM+hvka dekZuqlkj vkafn;ka us] D;ksafd djekuqlkj tsfM+;ka chekfj;ka us] rqlh ftrus ethZ m|e dj yks] ftrus ethZ jksts] ozr j[k yks] ftrus ethZ nokbZ;ka nk bykt dj yks] ftrus ethZ vLirkyka ns pDdj yxk yks] ftrus ethZ ¼doctors½ MkDVjka ns dksy gks vkvks] vks dns oh chekjh ?kVsxh ugha] vks djeka ns vuqlkj vkbZ gS] djeka ns vuqlkj tk;sxh] mlnk etewu :gkfu;r uky lecfU/kr gS] oSKkfud lecU/k mlns uky dksbZ ugha gSA oSKkfud nk vk/kkj ,s gh gS fd gj thokRek uwa ¼gjsd½ ,s lke.ks j[k ds QSlyk djuk gS] fd mlus fdruh [kqjkd [kk.kh gS vkSj fdruh ugha [kk.kh vkSj dnksa ozr j[k.kk gS] ,s thokRek vki.ks vki vUnjksa vkokt ekjnh gS] nl nsanh gS] \*\*HkkbZ gksj yksM+ ugha gS] gq.k blns fop u ikvks\*\*A vlh dh djns gka] ftl osys Mdkj vkank gS] vUnj iwjk xyk Hkj tkank gS gok fudynh gS D;ksafd vUnj txg gh ugha gS vksns okLrs vksus ckgj gh fudyuk gS vksuwa vlh Mdkj dgans gka] vlh dgans gka] ,sns fop FkksM+k vkSj ik ybZ;sA ftl pht uwa ‘kjhj adopt ugha djnk] vks tgj gS] ftluwa adopt ¼xzg.k½ djnk gS] vks ve`r gS vkSj ve`r rksa ckn vlh vksns fop tgj ik.kk ‘kq: dj nsans gkaA mlnk urhtk dh gksank gS\ ,sfl;ka chekfj;ka ftlnk dksbZ bykt gh ugha gS fQj vlh ckj&ckj xq: lkgcka uwa Qfj;kn djns gka] fd lkMh;ka chekfj;ka nwj dj nksA

mlns ckn :gkfu;r gS] :gkfu;r nk dh lecU/k gS bl jksts ns uky\ lkjh ck.kh fop vxj utj ekj ds nsf[k;s] fd dns oh fdls us jkstk j[k djds ml ijekRek uwa izkIr ugha dhrk] u mlnh izkfIr gksbZ gS] u vxs gks;sxh] ,s deZdk.M gSA eqlfye txr ns fop ftl rjg uekt i<+h tkanh gS] jksts j[ks tkans us] tjk fopkj djds ns[kks] X;kjg eghus yksxka ns xys dVs] HkSM+s rksa HkSM+s ¼cqjs ls cqjs½ dje dhrs] jkstk bd eghus jkstk j[k ds ;k uekt i<+ ds D;k lkjk lQkbZ gks tk;sxh\ ck.kh ns fop fcYdqy oh gB ;ksx nh dksbZ txg ugha j[knh] ,s gB ;ksx nh bd fØ;k gS] iqjk.ks tekus fop ;ksxh tks ;ksxkH;kl djns lu] ml rksa ckn Hkq[ks jg.k nh] I;kls jg.k nh tks fØ;k lh] ,s eu uwa dkcw j[k.k okLrs djns luA vlh oh jkstk j[kns gka] D;k lkMk eu dkcw fop vk tkank gS\ vlh jkstk j[kns gka] dksbZ u dksbZ bPNk dkeuk ;k LokFkZ uwa eq[k j[k djds vkSj ,s ftrus oh bPNk dkeuk j[k djds jkstk j[kns gka] ,s deZdka.M dky nh gn fop vkank gS izHkkodkjh cU/ku yS djds tks bPNk vlh j[kh gS] ftl pht uwa vlh iwt.k yxs gks;s gka] t:jh xy gS lkMh bPNk iw.kZ gks;sxh] gq.k ugha gks;sxh rs vxys tUeka fop gks;sxh] izHkkodkjh cU/ku ns fop ,s deZdkaM gSA ,sFks tks ‘kCn xq: lkgc bLrseky djns gu \*\*jkstk\*\* ;k \*\*uekt\*\* blnk ,s eryc ugha gS] fd ,s deZdk.M flQZ eqfLye txr fop gh gS] bl deZdk.M uwa bl uka ¼uke½ rksa gVk nsbZ;s rs vlh mluwa xq: ?kj fop oh yS ldns gka] ljnkjka fop ck.kh i<+h tkanh gS D;k ck.kh i<+u rd nk gh gqde gS\ ck.kh i<+uh gS] fopkjuh gS] mluwa vki.ks vUnj /kkj.k djuk gS] fQj vey djuk gSA ckdh nhvka fru ykbZuka Hkqy xbZ;ka] igyh nh ¼ykbZu½ ;kn gS ,s oh deZdk.M fop gh jg x;sA lRlax ?kj gS] lRlax ?kj ns fop lRlax lq.ku nk gqde gS] gqde dh gS\ rqlh lq.kuk gS] fopkj djuk gS] mluwa /kkj.k djuk gS fQj mlns mÙks vey djuk gS ckdh nhvka fru ykbZuka ,sRFks oh Hkqy xbZ;ka] bdks ykbZu ;kn jg xbZ fd lRlax lq.kuk gSA efUnjka ns fop dh gS\ jkst tk.kk gS] /kwicÙkh nsa.kh gS] ?kaVs [kM+dk.ks us] cqrka uwa iwt.kk gSA mUgka bZ”Vka us lkuwa dh mins’k fnrk gS vksuwa /kkj.k djds mlns mÙks vey djuk gS] vks fru ykbZuka vksFks oh Hkqy xbZ;kaA vks gh gky fxfjtk?kjka nk gS] vksgh gky lkjh euq[k tkfr nk gSA lkjs txr ns fop ,s tks djedk.M py jgs gu u] ,s lkjs eu ns [kM+s dhrs gks;s uA vlh flQZ igyh nh xy uwa ;kn j[kns gka] ckdh nh;ka xyka Hkqy tkans gkaA gq.k ,sRFks tks ‘kCn gS jkstk] blnk bfrgkfld lecU/k dh gS\ eksgEen lkgc nh tks voLFkk lh] ml rM+Q uwa] ml /kqj eqdke uwa vki.ks fey.k nh tks rM+Q lh] mluwa fdlh us ugha igpku;kA lqjr fleVh gksbZ gS ml izHkq ns uky yhu gu] tsM+h thokRek fleV xbZ] ‘kjhj nh flQZ /kM+du py jgh gS] mlnh Hkq[k&I;kl lk/k&laxr th vki.ks vki [kRe gks tkanh gSA ,s cM+h mPph voLFkk gS] vlh cM+h fupyh voLFkk ns fop cSBs gka] vlh rs bl :gkfu;r ns etewu nh vts igyh ikS<+h oh ugha p<+s vkSj vlh udy dju yxs gks;s gka eksgEen lkgc nhA Bhd mls rjhds uky ftrus oh ihj&iSxEcj gks;s us] mUgkaus tks ijein izkIr dhrk gS] mUgka nh tks vkf[kjh voLFkk mins’k lu] vlh mUgkauwa fl/kk Nykax ekj djds izkIr djuk pkgans gka] ij ;kn j[k.kk dns oh vlh ml ijein uwa izkIr ugha dj ldns fop nhvka tsM+hvka us vks p<+s fcukA gq.k eksgEen lkgc nh tks voLFkk ,slh lh] ml osys ijekRek ns fop yhu gu] Hkq[k I;kl nh dksbZ t:jr gh ugha gSA vki.ks larka nh rjQ utj ekj djds nsf[k;s] mUgka nk bfrgkl [kksy ds ns[k yks] vks dbZ&dbZ fnu xqQk ns fop jgs us] HkkSjs;k ns fop jgs us] bd dejs ns fop can jgs us] mUgkauwa dsM+h [kqjkd nh yksM+ lh\ ml osys ‘kjhj uwa [kqjkd nh yksM+ iSanh gh ugha gS D;ksafd lqjr fleV tkanh gS flQZ /kM+du py jgh gSA ‘kjhj uwa pyk.k okLrs ‘kjhj ns vUnj bruh pchZ ekStwn gksanh gS] pchZ dh gS\ ,s energy uwa convert dhrk x;k gS ,s store gS] tnksa oh ‘kjhj uwa ckgj nh [kqjkd ugha feysxh] ‘kjhj dh djnk gS] ,s tks energy convert dhrh xbZ gS fat ns :Ik fop] bl fat uwa nqckjk rksa convert djds vks energy nk nqckjka rksa :Ik /kkj.k djds vki.ks ‘kjhj uwa ;kfu fd /kM+du uwa pykank gS] ,s bd rduhdh etewu gS lkbal nkA tnksa lqjr fleVnh gS dbZ&dbZ fnu rd ml thokRek uwa [kqjkd nh t:jr ugha iSanh vkSj ,s gh vks /kqj&eqdke lhxk eksgEen lkgc nk vkSj mUgkauwa vUnj izdk’k gks;kA yxHkx 30 fnu ns ckn iwjs eqfLye txr us] mlnh iwjh jhy c.kk ybZ] bd deZdk.M c.kk ysvk] fd vlh oh jksts j[kkaxs 30 fnu vkSj bZn gks tk;sxhA u rs vks jkstk dcwy gS vkSj uk gha dns vks bZn eukbZ xbZ gS D;ksafd vks lkjh >wB ns fop lh] flQZ igyh ykbZu ;kn lh] ckdh nhvka ykbZuka ;kn dksbZ ugha luA tks mins’k xq: lkgcka us dhrk gS] tks ck.kh ybZ gS ml ck.kh ns fop li”V dhrk x;k gS uekt dsM+h gS vkSj jkstk dsM+k gSA vkSj ,s flQZ eqfLye txr okLrs ugha] iwjh euq[kh dkSe okLrs gS] flQZ ‘kCnka nk Qsj gS] ‘kCn cny fnrs tk.k] lkjs vFkZ li”V gks tkans usA rks vlh oh ,s udy ugha djuh gS] ,s lkjs deZdk.M lkFkZd gks tkans gu tnksa thokRek ml /kqj&eqdke uwa igq¡p tkanh gS] vxj mlus ml eqdke uwa izkIr ugha dhrk] ijein nh izkfIr ugha gksbZ] rs ;dhu tk.kuk ,s lkjs QksdV ns dje gu vkSj thokRek uwa vkokxeu ns fop iDdk djns guA xq: ukud lkgc us ck.kh dh mPpkjh gS%& \*\*fegj elhfr\*\* efLtn uwa rwa n;k tk.k] n;k dh gS\ bl thokRek okLrs n;k dsM+h gS\ vlh ckgj nh n;k eax.k fop yxs gks;s gka] yksxka nk Hkyk dju fop yxs gks;s gka] Ikjk;s x/ks c.ks gks;s gka] dnh vki.kh bl thokRek ns mÙks vlh n;k nh utj ekjh\ thokRek okLrs n;k dh gS\ tnksa vlh ,suwa ckgj ns deZdk.Mka foPpksa dìkaxs] ,s blns okLrs lc rksa oìh n;k gS D;ksafd ,s izHkkodkjh cU/ku rksa eqDr gks;sxh vkSj vki.ks /kqj&eqdke tk.k okLrs m|e djsxhA vxyk ‘kCn lhxk \*\*flnd\*\*A flnd nk dh vFkZ gS\ ;dhuA ;dhu fdl rs gksos\ xq: rs] ,s tks vlh dg nsans gka] xq: ns mÙks ;dhu djuk gS] ;k vlh djns gka] dgu uwa cgqr vklku gS ij xq: rs ;dhu vk.kk cgqr eqf’dy gS] ‘kk;n gh dksbZ fojyh Hkkxka okyh thokRek gks;sxh tsM+h vki.ks xq: rs iwjk ;dhu djnh gks;sxhA ,s cgqr mPph voLFkk gS xq: ftluwa nsos] mluwa gh izkIr gksanh gSA vlh pkg djds oh dns ,s ;dhu dj ugha ldns D;ksafd xq: lkgcka nh tsM+h rkdr gS vks xqIr gS] tsM+h oh thokRek uwa utj vkbZ gS vks varj ns fop utj vkbZ gSA vks varj nk eqdke tsM+k gS vlh fopkj djds nsf[k;s] fdrfu;ka thokRek ml eqdke rs igq¡p ldh;ka gu] ckgjh flQZ dg nsa.k ns uky fd xq: ns mÙks ;dhu djks] /kkj.kk pkfgnk gS dg.kk vklku gS dj.kh mruh gh eqf’dy vkSj bluwa ;dhu uwa rwa eqlyk tk.kA \*\*gd gyky dqjk.k\*\* gd ;kfu vki.kh gd nh dekbZ uwa rwa [kkA gyky dh gS\ tks xq: lkgc mins’k nsans us] mins’kkauqlkj dhrh xbZ fdjr uwa [kk.kk gyky] ,s rsjk gd gS bluwa rwa dqjk.k tk.k ;kfu fd dqjk.k i<+ jsgk gSa ‘kCn i<+ jsgk gSaA bl rksa ckn xq: lkgc dh mins’k djns us] \*\*lje\*\* lje dgans us vPNs djeka uwaA vPNs dje uwa djuk tks gS lquar gSA \*\*lhy jkstk\*\* uwa xq: lkgc li”V dj jgs us lhy jkstk] ifr&ifRu uwa la;e fop jgans us] bl rksa oìk jkstk bl ftUnxh fop ugha gS] gq.k fopkj djds vlh ns[k ldns gka] vlh dsM+s jksts j[k jgs gka vkSj xq: lkgcka us dsM+s jksts nk mnkgj.k fnrk gSA :gkfu;r dsM+s jksts nh xy djnh gS] ‘kCn ns fop rs li”V gS fd L=h vkSj enZ ns fop la;eA vlh ftrus oh gSxs gka] lalkj ns gqde ns vuqlkj deZdk.M djns gka] tnksa vlh eu ns gqde ns foPpksa fudy djds xq: ns gqde fop vkans gka] ,slk dksbZ fojyk gksank gS ;kfu eu nh rjQksa eq¡g uwa eksM+uk] vkSj xq: ns mins’kka ns fop je.kk] ,s lc rksa oìk jkstk gS vkSj ,s jksts nh xy xq: lkgc b’kkjk djns us] ,s fØ;k dj&dj ds rwa rkagh tk djds vki.ks vki uwa eqlyeku dgyk.k nk gdnkj c.ksaxkA \*\*dj.kh dkck\*\* dj.kh dsM+h\ vPNs djeka nhA rwa mluwa dkck tk.kA \*\*lp ihj dyek\*\* ,s fru ‘kCn gu] lp dh gS\ lriq:”k] lriq:”k fdRFks gS\ ihj ns vUnjA ,sFks xq: nh txg ihj nk bLrseky dhrk gS] xq: ns vUnj vks lp izxV gS] vxs \*\*dyeka\*\* dyeka bl djds bLrseky dhrk x;k gS] fd xq: tks gS vks ‘kCn :Ik O;kIr gS] ,s ugha fd ftluwa ns[k;k xq: c.kk ysvk] ,sFks ,s b’kkjk gS xq: tks gS ‘kCn :Ik fop gksosA vxs dh gS] \*\*dje fuokt\*\* dje nk vFkZ dh gS\ fd ,s dje djus us tks ‘kCn :Ik xq: us mins’k dhrs us] ;kfu fd tnksa vlh ‘kCn :ih xq: ns mins’kka ns ÅIkj vey djkaxs] vks rsjh uekt i<+u ns cjkcj gSA \*\*rlch lk frl Hkkolh\*\* ukys tsM+h rwa ekyk ybZ fQjnk gSa] ,s vks xq: uwa ijok.k ugha gSA dsM+h ekyk pkfgnh gS\ vki.kh ftUnxh :ih Mksj ns fop mins’kka ns euds] fdl rjhds uky fijksa.ks us\ vey djdsA veyh euds bl ekyk fop fijksa.ks us] rka tk djds xq: ukud lkgc dgans us rsjh ykt j[kh tk;sxhA ykt fdlnh\ vkRek nh] dsM+h ykt\ vkokxeu rksa cpk ySa.kk] vkSj ,s dkSa.k j[ksxk\ lfrxq: j[ksxkA vlh ,s lkjs mins’k uwa /;ku djds nsf[k;s] rs dh fupksM+ fudynk gS] tnksa vlh xq: ns mins’kka ns ÅIkj vey djkaxs rkagh lkMh ,s ykt j[kh tk;sxh] vkokxeu rksa eqfDr feysxhA vlh ckgj ns deZdk.Mk fop Qal tkans gka] igyh ykbZu vlh IkdM+ ySans gka] ckdh nhvka ykbZuka ftUgka nk fupksM+ fudynk gS mUgkauwa vlh NM nsans gkaA

,sRFks dchj lkgc dh mins’k djns gu \*\*jkstk /kjs eukos vygq\*\* rwa jkstk j[k djds] Hkq[kk jg djds ml vYykg uwa euk.k yxk gSa] fdruk oìk Hkje gSA \*\*lqvknfr thv la?kkjS\*\* vki.kh thHk ns Lokn ybZ rwa thoka uwa dRy djnk gSa] ftHkkg djnk gSa] eqfLye txr fop tks gyky dhrk tkank gS] vks fdl rjg dhrk tkank gS\ mlns ÅIkj tjk fopkj dfj;sA xys ns fop bd ukM+h gksanh gS] esu ¼main½ ukM+h tsM+h CyM ¼blood½ yS ds tkanh gS] dh dhrk tkank gS] FkksM+k tsvk bl ukM+h uwa pkdw uky dV fnrk tkank gS] mlns foPpksa [kwu fudy.k yx iSank gS] vks thokRek rM+Q.kh ‘kq: gks tkanh gS] vksnh lqjr bdÎh gksa.kh ‘kq: gks tkanh gS bl cqjs rjhds uky vks rM+Q&2 ds lqjr bdÎh gksanh gS] vlh tsM+s ek¡l [kk.k okys gSxs gka] ns[k yobZ;s ¼ybZ;s½ u] rs ;dhu tk.kuk] 80% rs oSls gh ek¡l [kk.kk NM nsa.kxsA fdl rjg rM+Q&2 ds thokRek vksns foPpksa fudynh gS vkSj vlh mlh uwa [kkans gka vkSj jkstk j[k djds] ml ijekRek uwa dgans gka fd lkMk jkstk dcwy gks tk;s] ,s rsjk Hkze gS] ,s dns dcwy ugha gks ldnkA ,s euq[kk tUe cM+k dherh gS] cM+h eqf’dy feynk gS blh djds bluwa l`f”V nk fljeksj dsgk x;k gSA lk/k&laxr th l`f”V nk fljeksj lkuwa izkIr gks x;k] bd ikls rs dh gS vlh HkSM+k dje djns gka] eu ns gqde fop vk djds] fQj Fkk.ks ns fop yS tk djds lkuwa ekj iSanh gS] vksFks xq: lkgc dh ck.kh mPpkjns us] \*\*dwd iqdkj dksbZ u lq.ks vks[kk gks;s gks;s jksvka\*\* ;kfu fd nq[kh gks&gks djds jksank gSa] dnksa tnksa fd bl yksd fop oh ekj iSanh gS] ts rwa vki.kh fl;k.kr uky ,sRFkks cp tkank gSa] rs lw{ke yksdka ns fop teka nh ekj iSanh gS ;kfu fd ,s euq[kk tUe] ,s nsg rSuwa feyh] D;k bl djds feyh lh] fd rwa HkSM+s dje dj&dj ds ekj [kk.kh gS\ bl ftLe rs vlh dh dj jgs gka] blnh izfrikyuk dju nh ctk; bd ikls rs HkSM+k ¼cqjk½ dje djns gka] nwljs ikls vlh bluwa Hkq[kk vkSj I;klk j[kns gkaA Hkq[kk vkSj I;klk j[k djds vlh dns oh u rs Hktu dj ldns gka vkSj ,s tks dje dhrk x;k gS] ,s l`f”V ns fljeksj rwa ijekRek nh] lfrxqj nh cD’kh gksbZ jger ns uky bd cgqr oìh rkSghu dj jsgk gSa] bd cgqr oìk vijk/k gS] vxj blnh lEHkky djuh gS rs oSKkfud rjhds uky djA oSKkfudka us ftl rjhds uky mins’k fnrk gS fd bl ‘kjhj nh fdl rjg vPNs rjhds ns uky izfrikyuk dj&dj ds vlh LoLFk jg ldns gkaA lk/k&laxr th lkjh :gkfu;r nk vk/kkj ,s gh gS euq[kk tUe vkSj LoLFk jg.kk] vxj euq[kk tUe fey ds vxj vlh jksxh jgs] vlh Hkq[kk j[k ds bluwa jksxh j[k;k ;k T;knk [kqjkd ns djds jksxh j[k;k] nksuka nh bdks gh xy gSA fopkj djds ns[k yks] Hkq[ks isV vlh dns oh lqjr ugha lesV ldns] Hktu fop dns oh lkMk /;ku ugha yx ldnk] ;kfu fd ,s oh bd vijk/k gS] vlh bl vijk/k rksa cp.kk gS] vks tks mins’k ck.kh ns fop fnrk x;k gS] dsM+k jkstk j[k.kk gS] ml jksts nh rjQ vlh /;ku djuk gSA vxyh rqd fop vkSj li”V djns us \*\*vkik ns[k voj ugha ns[ks\*\* ,sRFks gq.k bl rqd nk ckgjh vFkZ rs ,s gh gS] fd rwa vki.ks Lokn uwa rs ns[knk gSa] ml thokRek nh rM+Q uwa ugha ns[knk gSaA :gkfu;r dh mins’k nsanh gS\ :gkfu;r nk mins’k gS] rwa nwljs;ka ns voxq.kka uwa ns[k.k yxk gks;k gSa] dnh vUnj vki.ks fopkj djds ns[k] fd rsjs vUnj oh voxq.k gSa fd flQZ xq.kka uky Hkj;k gks;k gSa\ nkl us bd okjh Qfj;kn dhrh fdlh ns eqryd] rs xq: lkgcka us ml osys lks>h fnrh] dgans us csVk rwa nwljs ns eryd] nwljs ns voxq.kka uwa ns[k djds Qfj;kn dj jsgk gSa] rwa vt ,sl rjg dj] rSuwa vlh lks>h nsans gka] rwa fopkj djds ns[k] fd rsjs vUnj dksbZ voxq.k ugha gSxkA ml osys tnksa /;ku djds ns[k;k gS] fd 22 voxq.k eq[k eus x;s us] rs nkl us tnksa voxq.k fx.ks us] rs 24 voxq.k utj vk;s us] 22 rksa oh on ds] ml osys fQj Qfj;kn lkjh [kRe gks xbZ gSA vlh xq: lkgcka uwa Qfj;kn djns gka] ?kjokyh esjh Qfj;kn djnh gS] fd Qyk.ks nh otg ns uky] ljnkj th uwa jkr uwa uhan ugha vkanh] Fkdku oh gks tkanh gS] xq: lkgc mins’k djns us] csVk rwa fopkj djds ns[k] rsjh Qfj;kn vlh yS ySans gka] vlh rs nksuka rs jger djuh gS] tjk fopkj djds ns[k] rsjh otg ns uky ;k rsjs ifr nh otg ns uky ;k ?kj ns vkSj eSEcj nh otg ns uky] fdlh vkSj nh uhan rka ugha [kjkc gks jgh\ rwa fopkj djds] rka lkMs ikl vkbZaA lk/k&laxr th tnksa fopkj dhrk x;k] lkMh uhan rs flQZ bd nh otg uky [kjkc gksbZ lh u] rs ruko fey;k lh] lkMh otg ns uky ?kV rksa ?kV nl ?kjka nh uhan [kjkc gksbZ gSA bl rqd rqd nk ,sRFks lgh vFkZ ,s gS \*\*vkik ns[k voj ugha ns[ks\*\* vlh vki.ks vUnj] vki.ks voxq.kka uwa gh ns[k.kk gS] nwljs;ka ns voxq.kka uwa ns[kks gh ughaA ,s fopkj djuk gS] fd vlh nwljs;ka ns xq.kka uwa ns[k.kk gS vkSj vki.ks voxq.kka uwa ns[k.kk gS rkagh tk djds vlh lPps jksts uwa] ml lPps lhy uwa izkIr dj ldkaxsA ml rksa vxs xq: lkgc dh dgans us] ,s oh dchj lkgc nh ck.kh gS] mUgkaus] mUgka lk/kqvka uwa mins’k dhrk lh] tsM+s dgans us vlh Hkq[ks&I;kls jgans gka] ijekRek nh Hktu canxh djns gka] blns uky eu dkcw fop jgank gS] mluwa xq: lkgcka us dh mins’k dhrk gS \*\*NksMfg vau djfg ik[k.M uk vks lksgkxu uk vksg jaM\*\*A ;kfu fd rqlh Hkq[ks&I;kls jg djds ,s ik[k.M dju fop yxs gks;s gks] ftl rjg bd L=h C;kgh tkanh gS vxj vks vki.ks ifr uwa I;kj ugha djnh] rs vks C;kgrk rs gS ij vks jaMh ns cjkcj gS D;ksafd dnh vks cPps uwa izkIr ugha dj ldh] vksnh xksn fop ikSf”Vdrk ugha gS] fdl otg uky\ D;ksafd vki.ks ifr uwa izkIr ugha dj ldh] vki.ks ifr uwa I;kj ugha dj ldhA vks gh vFkZ :gkfu;r nk gS] euq[kk tUe fey x;k] vxj vlh ,sns fop ikSf”Vd [kqjkd u ikbZ] bluwa ftank j[k.k okLrs bd lhek rd] [kqjkd nk ,s eryc ugha gS] fd fnus jkrh pjs gh tk jgs gka] bl djds bluwa bruh [kqjkd nsa.kh gS ftruh bluwa yksM+ gS] ,s vFkZ gS blnkA vxj lqgkx.k gka rs lgh ek;us ns fop vlh lqgkfxu c.kuk gS] vks dnksa c.kkxs\ tnksa vlh bluwa iwjh vkSj Bhd [kqjkd nsvkaxsA \*\*tx efg cdrs nw/kk/kkjh\*\* tx ns fop rqlh ,s cdokl dju yxs gks;s gks \*\*cdrs nw/kk/kkjh\*\* fd vlh nw/kk/kkjh gka] flQZ liquid ns mÙks jgns gka] ,s flQZ dksjh cdokl gS D;ksafd ,s ‘kjhj dns oh iwjh eqdEcy [kqjkd ns fcuk py gh ugha ldnkA ftl mineral nh bluwa deh fnrh tk;sxh] vUnj ‘kjhj tks gS vksns fop fodkj iSnk gksa.kk ‘kq: gks tk;sxkA vxs dh dgans us] xqIr :Ik fop NqIk ds rwa iat lsj vukt [kk tkank gSa] ckgj rs ,s nkok djnk gSa fd eSa nw/kk/kkjh gkaA vxs dh dgans us fcuk vukt ns lalkj ns fop [kq’kgkyh ugha gks ldnh \*\*vuS fcuk u gksb lqdky\*\* lqdky nk dh vFkZ gS\ bfrgkl ns fop vxj vlh utj ekj ds nsf[k;s] tnksa vdky is;k lhxk rs dh gkyr gks xbZ lh] vks gh gkyr bl ‘kjhj nh gksanh gS tnksa bluwa ikSf”Vd [kqjkd ugha feynhA ckj&ckj ck.kh ns fop ,s gh loky vk jsgk gS fd bl ‘kjhj nh izfrikyrk cM+s gh /;ku uky] ftl rjg vlh lksus uwa fdl rjg Nqik djds j[kns gka] pksjka nh utj rksa cpk djds vkSj ,slh txg rs j[kns gka] fd dy lkuwa t:jr Ikos rs blnk bLrseky oh dj lfd;sA Bhd mls rjhds ns uky ‘kjhj oh bl vkRek nk xg.kk gS] :gkfu;r ns fop bl xg.ks uwa lEHkky djds j[k.kk gS cM+s vPNs rjhds ns ukyA u rs bluwa HkSM+s fodkjka ns uky djeka ns fop ca/k.kk gS vkSj u gh bluwa xYr [kqjkd nsa.kh gS D;ksafd nksuksa rjhds ns uky ,s [kjkc gks tk;sxk ckgjh :Ik ns fop oh] vkfRed :Ik ns fop] ;kfu :gkfu;r nh utj ns uky rks ckgj nh tks [kq’kgkyh gS lalkj nh] vks vukt ns uky gh gS] vxj vukt ugha gS rs lalkj ns fop vdky is;k gks;sxk] vks gh pht bRFks gSA xq: lkgc vxs mins’k djns us \*\*rft,s vau u feyS xqiky\*\* vau uwa rt ds xqiky nh izkfIr ugha gks ldnh] vlh dns oh bl ‘kjhj uwa Hkq[kk j[k ds Hktu ugha dj ldns] lqjr uwa dh lesV.kk gS! tn rd.k bluwa iwjh [kqjkd ugha feynh] ftruh oh ml voLFkk ns fop tsM+h thokRek py jgh gSA ,s ugha] fd Hktu rs cSB x;s gka vkSj [kqjkd iwjh pkj&Ng ij’kkns NdM+s us] vxj igyh LVst gS rs bluwa gYds Hkkstu nh yksM+ gSA xq: lkgc vt dy dh mins’k dj jgs us ‘kke uwa fd gYdk Hkkstu [kk.kk gS mlnh ,s otg gS fd vUnj ok;q mruh gh c.ks] xSl mruh gh c.ks ftruh ‘kjhj uwa pyk.k okLrs yksM+ gS] vxj ml ¼’kjhj uwa½ pyk.k rksa T;knk ok;q c.ksxh] rs vlh lqjr uwa lesV gh ugha ldns] ‘kjhj de gh ugha djsxk] /;ku fVdsxk gh ugha] /;ku ckj&ckj bUgka vkarfM+;ka nh rjQ tk;sxk] Lokank nh rjQ tk;sxk] bUgka fodkjka nh rjQ tk;sxkA ,s mins’k xq: lkgcka us fnrs us] cM+s dherh mins’k us] bUgka rs /;ku fnrs cxSj vlh :gkfu;r ns ml etewu uwa izkIr ugha dj ldns] ftluwa izkIr dju nk vlh nkok djns gka vkSj mUgka nh ‘kj.k vkans gka] ‘kj.k fop vk.k nk rkagh Qk;nk gS tnksa vlh mins’kka ns ÅIkj vey dfj;sA vxyh rqd fop xq: lkgcka us vkSj li”V dj fnrk gS fd eSa rs mluwa lIk”V /kU;okn djnk oka] ftlus bl ru uwa iwjh [kqjkd fnrh vkSj LoLFk j[k;k vkSj LoLFk j[k djds Hktu canxh djds ml \*\*xqiky\*\* uwa ;kfu fd ml ijekRek uwa izkIr dhrkA dchj th nh ck.kh fop li”V mins’k gS] fd dns oh Hkq[kk jg djds thokRek ml ijekRek ¼xqiky½ uwa izkIr ugha dj ldnhA gq.k cqYys’kkg dgans us \*\*HkVB uektka fpdM+ jksts\*\* ,s mUgka nh vks voLFkk gS ftl osys vks ‘kkg th ns vki.ks xq: th ns yM+ yxs gu vkSj mUgka ns vUnj tksr izxV gksbZ gS] ml rksa ckn mUgkaus ,s tk.k ysvk] ,s tks deZdk.M us] ,s flQZ ftl rjg HkVBh ns fop bZV rikbZ tkanh gS u] bls rjhds uky ,s tks ckgjh deZdk.M gu] ftl rjg uekt i<+uk] ck.kh i<+uk] lRlax lq.kuk] vxj vlh bUgka ns ÅIkj vey ugha djns] ,s ftl rjg bZV rikbZ tkanh gS] bl rjg rIk.k ns cjkcj gS] ,s lalkj ns fop vlh rIk jgs gkaA ftl rjg fiNs ujkrs ¼uojk=s½ pyns us ;k vkSj jkeyhyk nk le; gksank gS ml osys rkIk p<+;k gksank gS v/ks fgUnqLrku uwa] mls rjhds ns uky ,s jetku ns eghus ns fop oh iwjh eqlyeku txr uwa ,s rkIk p<+;k gksank gS uekt vkSj jksts;ka nk] D;ksafd vlh flQZ ckgjh deZdk.M fop Qal djds jg x;s gkaA gq.k vlh uekt i<+ns gka] dnh ml dyes ns mÙks vlh fopkj dhrk gS\ fd eksgEen lkgc us lkuwa dyes fop dh mins’k dhrk gS dns oh ml ns ÅIkj fopkj ugha dhrk] dnh vlh mluwa fopkj djds veyh tkek ugha Ikguk;k] tn vlh mlns ÅIkj vey gh ugha dhrk] rs vks uekt fdl rjhds uky dcwy gks ldnh gSA \*\*fpdM+ jksts\*\* ;kfu fd tsM+s vlh jksts j[k.k yxs gks;s gka] ,s fpdM+ ns fop Qal.k ns cjkcj gS] nyny] bd ,slh nyny gS ftruk vlh ,sns foPpksa fudy.k nh dksf’k’k djns gka] mruk gh vkSj vUnj /kalnk gS] mls rjhds ns uky ,s deZdk.M us] ftruk vlh ckgj fudy.k nh dksf’k’k djns gka] mruk vlh ih<+h nj ih<+h vkSj /kal tkans gkaA ih<+h nj ih<+h nk dh eryc gS\ fd vxj esjs firk th xqVdk yS djds ikB djns lh] xq:}kjs tkans lh] rs lk/k&laxr th] eSa oh ,s gh dje dju yx is;k] dns mlns ÅIkj fopkj ugha dhrh] D;k ,s dje djuk thokRek ns okLrs ykHkizn gS\ ,suwa djuk pkfgnk ;k ugha djuk pkfgnk\ ts djuk pkfgnk rs fdl lhek rd djuk pkfgnk gS vkSj fdl :Ik ns fop djuk pkfgnk gS\ ,s gS ih<+h nj ih<+h nyny ns fop Qal.kk vkSj ,s :gkfu;r nk etewu tsM+k gS] ,s lksp fopkj djds vey dju nk etewu gS] vxj vlh va/k&fo’okl djds ih<+h nj ih<+h bUgka deZdk.Mka ns fop Qalh tkokaxs] ;dhu tk.kuk flQZ vkokxeu gh iDdh gks;sxh] dky ns ikls tk.k nh yhyk iwjh gks;sxh] n;ky ns ikls tk.k nk dksbZ mijkyk ;k dje ugha gks;sxkA vks gh cqYys’kkg us b’kkjk dhrk gS fd fdpM+ ns fop Qal.k ns cjkcj gSA \*\*cqYys uwa ‘kkgq vUnjksa fefyvk HkqYyh fQjs yksdkbZA\*\* ,s vks voLFkk gS ftl osys mlus lfrxqj uwa varj ns fop izkIr dhrk gS] bl rqd rksa li”V gS] ,s ckgjh deZdk.Mka rksa dns oh vUnj vks jlksbZ izkIr ugha gks ldnh tks ‘kkg rksa cqYys us izkIr dhrh] vkSj ,s gh mins’k mlus lkjh euq[k tkfr uwa fnrk gS] fd rqlh oh vxj ml ijekRek uwa izkIr djuk pkgans gks \*\*HkqYyh fQjs yksdkbZ\*\* lkjs yksd Hkqys fQjns us] vks ‘kkg rs vUrj ns fop gS mluwa vlh varj ns fop ,s uekt vkSj ,s jksts ;kfu ckgjh deZdk.M djds ugha izkIr dj ldnsA \*\*mez xokbZ fop elhfr vUnj Hkfjvk uky iyhrh\*\*A gq.k ,sns fop vlh elhfr ‘kCn nh txg xq:}kjk yxk ybZ;s] efUnj yxk ybZ;s] lRlax ?kj yxk ybZ;s] fxjtk?kj yxk ybZ;s] flQZ ‘kCn nk QdZ gS vkSj ,s fdls us ugha tk.kuk] u eu ns fop vHkko fy;k.kk gS fd vlh dksbZ eqlyeku txr nh rkSghu dj jgs gka ;k mlnh fuUn;k dj jgs gka] ,s ok.kh gS] lp nh ok.kh gS] lPps i{k uwa mtkxj dhrk tk jsgk gSA vlh >wB ns fop Qals gks;s gka] >wB ns foPpksa dM.k ybZ xq: lkgcka us ,s ok.kh ybZ gS vkSj flQZ vlh ‘kCn cny nsbZ;s rs] lkMh lkjh euq[k tkfr uky ,s fopkj j[knh gS fd lkjh mez vlh lRlax ?kj fop fcrk fnrh] xq:}kjs fop] efUnj fop fcrk fnrh \*\*vUnj Hkfjvk uky iyhrh\*\* ;kfu fd vUnj eu ns fodkj vk’kk] eu’kk] r`”.kk nh vx Hk[kh ibZ gS] fnu&jkr vlh r`”.kk nh vx fop ty jgs gka] xq:}kjs] efUnj] lRlax ?kjka ns fop fcrkbZ ftUnxh lkMh fdl de nh gS\ vxyh rqd fop li”V dj fnrk gS mUgkaus] \*\*dns uekt rkSghn u dhrh\*\* fd bd fnu oh ,slk ugha lh] fd eSa uekt ugha i<+h vkSj bd fnu oh ,slk ugha lh] fd eSa ok.kh ugha i<+h] bd fnu oh ,slk ugha lh] fd eSa lRlax ugha lq.k;k] bd fnu oh ,slk ugha lh] fd eSa efUnj tk djds f’koky; tk djds ?kaVs ugha [kM+[kM+k;s ;k cqrka nh iwtk ugha dhrh] mlnk vFkZ dh fudynk gS] fd ,s ckgjh deZdk.M us] vxj rsjh eqfDr gks;sxh rs mUgka mins’kka ÅIkj vey djds gks;sxhA \*\*gqu dh djuk ,s ‘kksj iqdkj\*\* var fop dh b’kkjk fnrk gS cqYys’kkg us] vkf[kjys le; oy b’kkjk djns us] tnksa thokRek uwa fiatjs foPpksa dM ds yS tk;k tkank gS ml osys mlnh dwd&iqdkj dksbZ ugha lq.knk] D;ksafd nq[kh gks&gks djds vks jksanh gS ,s dksbZ oh ugha tk.knk D;ksafd vksus ftUnxh Hkj ckgjh deZdk.Mka ns fop fcrk fnrh] dnh oh blus eu uwa ckgjh deZdk.Mka ns foPpksa] vk’kk] eu’kk] r`”.kk bUgka deZdkjh cU/kuka ns foPpksa ugha dM;k] D;ksafd ,s lkjs deZdk.M fdlh u fdlh LokFkZ uwa eq[k j[k djds dhrs x;s us vkSj ,s LokFkZ uwa eq[k j[k djds dhrk x;k deZdk.M tks gS ,s izHkkodkjh cU/ku ns fop gS] tsM+k fd gq.k ugha iwjk gks;sxk] vk.k okys tUeka fop gks;sxkA lk/k&laxr th vxj thokRek uwa fQj tUe fey;k ;k iDdk gks x;k] rs fQj xq: lkgc dksy vk.k nk dh ykHk\ xq:}kjs] efUnj] efLtn] fxfjtk?kjka ns fop tk.k nk dh ykHk\ vksRFks tk.k nk rs rkagh ykHk gS] vxj vlh mUgka mins’kka ns ÅIkj vey dfj;s] fcuk mins’kka rs vey dhrs vlh thokRek uwa vkokxeu rksa eqDr ugha dj ldnsA

lk/k&laxr th vt ns bl :gkuh lRlax ns fop xq: lkgcka us li”V dj fnrk gS fd vlh dSlk jkstk j[k.kk gS] fdl rjhds ns uky bl ‘kjhj nh izfrikyuk djuh gS] D;ksafd ,s nsg cgqr dherh gS \*\*bl nsgh dks flejs nso\*\* nsoh&nsork oh flejns us] ml ijekRek uwa dh Qfj;kn djns us\ fd gs ijekRek lkuwa oh bd ekSdk ns] fd vlh oh bl euq[ks tUe uwa izkIr dfj;s vkSj rsjh cUnxh djds rsjk :Ik gks tkbZ;s] rsjs fop yhu gks tkbZ;s vkSj vkokxeu rksa eqDr gksbZ;sA vkSj ,s nkr lfrxqjka us lkuwa cD’kh fnrh] rs vlh ,snh izfrikyuk djuh gS cM+h fl;k.kr ns uky] cM+h gksf’k;kjh ns uky] vkSj vlh fcYdqy eu ns gqde ns uky ,snh izfrikyuk dj jgs gka] blns uky bd ikls rs vlh chekfj;ka bdfÎ;ka dj ySans gka] nwljs ikls vlh :gkfu;r uwa oh [kks cSBns gkaA xq: dksy igq¡p ds vlh uke yS ysvk] ij mluwa veyh tkek ugha iguk lds] D;ksafd lkMs xksMs tokc ns nsans us] dej ugha fl/kh gksanh] pyuk&fQjuk equkflc ugha gS] blnh otg dh gS] fd vlh dns oh bl l`f”V ns fljeksj uwa ftlns fop v[kqV Hk.Mkj Hkj;k gks;k gS] dns blnh dher gh ugha tk.khA rks ,sRFks tks oSKkfud vk/kkj gS] oSKkfudka us cM+k dherh mins’k fnrk gS blnh izfrikyuk dju okLrs] vlh oh bl mins’k uwa vki.ks bl ‘kjhj ns ÅIkj ykxw djuk gS rkagh tk djds vlh :gkfu;r ns bl etewu uwa izkIr dj ldkaxs vkSj bl thokRek nk tks iqau gS] ftluwa bdÎk dju okLrs] iqau dek.k okLrs vlh ,sRFks bdÎs gksans gka] vks bdks gh iqau gS] fd bl thokRek uwa bl vkoxeu rksa eqDr djkbZ;sA

