BDwbU 2
gvZ.f.vlvq e¨envwiK
ˆbcÿ¨ ARb

BDwbU 2 gvZf.vlvi e¨envwiK ‰bcÿ¨ ARb

gvZf.vlvq ˆbcÿ¨ AR‡bi Rb¨ KZ¸‡jv cixw¶Z cšv i‡q‡Q| k‡ãi mÿze¨envi, fvlvi e¨vKiY m¯ú‡K mwVK aviYv, fvlv e¨env‡ii †mŠ›`h Abyaveb, evbvb m¯ú‡K m‡PZbZv, Dcgv I AjsKv‡ii mwVK e¨envi BZ¨vw` AbyviY K‡i gvZf.vlvi e¨envwiK ˆbcÿ¨ ARb Kiv m¤e| Abykxj‡bi gva¨‡gB ïayfvlvi e¨env‡ii mwVK cšv¸‡jv AbyviY Kiv m¤e| G BDwb‡U PviwU cv‡V gvZf.vlvi wewfb cKvi Abykxjb, cVb I cV‡bi cKvi‡f`, wjL‡bi ¸iæZ, ˆewkó¨ I cKvi‡f` m¯ú‡K we¯vwiZ Av‡jvPbv Kiv n‡q‡Q|

cvV 2.1 gvZf.vlvi wewfb cKvi †gŠwjK Abykxjb

G cvV †k‡l Avcwb–

- evsjv fvlvq ˆbcÿ¨ AR‡b †gŠwLK Abykxj‡bi ¸iæZ Av‡jvPbv Ki‡Z cvi‡eb|
- †gŠwLK Abykxjb Kxfv‡e Kiv hvq Zv ej‡Z cvi‡eb|
- N‡ivqv I AvbÿvwbK cwi‡e‡k K‡_vcK_b Kxfv‡e nq Zv eYbv Ki‡Z cvi‡eb|
- †mŠRb¨ cKv‡ki Dcv`vb mgn-wPwýZ Ki‡Z cvi‡eb|
- gvZf.vlvq `¶Zv AR‡bi †¶‡Î cV‡bi fvgKv Av‡jvPbv Kvi‡Z cvi‡eb|
- AveÿË Abykxj‡bi fvgKv m¯ú‡K Av‡jvPbv Ki‡Z cvi‡eb|

†gŠwLK Abykxj‡bi ¸iæZ

†h †Kv‡bv wel‡q ˆbcÿ¨ ARb Ki‡Z n‡jB Abykxj‡bi c‡qvRb nq| fvlvi ˆkwíK e¨envi AvqË Ki‡Z n‡j Abykxj‡bi weKí †bB| gvZf.vlvq K_v ejv, †mŠRb¨ cKvk, K‡_vcK_b, cVb ev AveÿË‡Z ˆbcÿ¨ AR‡bi †ejvqI Abykxj‡bi fvgKv AZ¨š ¸iæZcY-| R‡b¥i wVK ci ci †Kv‡bv wkïB fvlv e¨envi K‡i K_v ej‡Z cv‡i bv| ax‡i ax‡i KZ¸‡jv A‡eva¨ aŸwbi mgš‡q GKwU wkï wKQykã D"PviY Ki‡Z †k‡L| c_gZ kã¸‡jv wewfb fv‡e †m e¨envi Ki‡Z _v‡K Ges eqm evovi mv‡_ mv‡_ K_v ej‡Z †k‡L| A_vr aŸwb ¸‡jv‡K A_en K‡i †Zv‡j Ges m¯yúó D"PviY K‡i Zvi g‡bi fve cKvk Ki‡Z m¶g n‡q D‡V| wkï Abykxj‡bi gva¨‡gB c_g K_v ej‡Z †k‡L| Zvici fvlv e¨env‡ii Abykxjb Ki‡Z _v‡K cwiYZ eqm chš | bZzb k‡ãi ï× D"PviY I mvejxj f½xi Abykxjb mKj eq‡mi gvbyÿB wbiši K‡i hv‡"Q| mevB Pvq Zvi K_v ejvi f½xgv Av‡iv mÿ¨i †nvK Av‡iv ˆkwíK †nvK Av‡iv kÿZgaÿ †nvK| fvlvi Dchy³ I mvejxj cKv‡ki Rb¨, GK K_vq– ˆbcÿ¨ AR‡bi Rb¨ cwZwbqZ Abykxj‡bi c‡qvRb| cvwievwiK I mvgvwRK cwi‡ek, we`¨vj‡qi wk¶v, AbvbÿvwbK cVb I wjL‡bi gva¨‡g gvbyÿ K_v ejv I †kLvi ï× I ˆkwíK e¨envi AvqË Ki‡Z cv‡i| G Rb¨ Abykxjb Ki‡Z nq Ges Abykxjb hZ †ewk Kiv hvq fvlv e¨env‡ii ˆbcÿ¨I ZZ †ewk ARb Kiv hvq| Abykxj‡bi gva¨‡gB GKRb L¨vwZgvb bvU¨Kvi Zvi msjv‡c gvbyÿ‡K gyÿ K‡i| GKRb AveÿËKvi mÿcwiwPZ n‡q I‡V Avi GKRb evM¥x n‡q I‡V KvjRqx| G Abykxj‡bi we‡kl w`K¸‡jv n‡"Q D"Pvi‡Yi m¯yúóZv, aŸwbi IVv-bvgv eRvq †i‡L K_v ejv I Dchy³ kã wbevPb| †gŠwLK Abykxj‡bi mnvqZv N‡U cwicvwkK Ae¯v †_‡K| mevK Abykxj‡bi cavb cavb †¶Î ¸‡jv n‡"Q -K‡_vcK_b, †mŠRb¨ cKvk, cVb, e³Zv. I AveÿË| †hLv‡b K_v ej‡Z nq †mLv‡bB †gŠwLK mevK Abykxj‡bi †¶Î mÿó nq| Abykxj‡bi cavb cavb wPwýZ †¶Î mmn-n‡"Q K‡_vcK_b, †mŠRb¨ cKvk, cVb, e³Zv, AveÿË BZ¨w`|

Abykxj‡bi gva¨‡gB GKRb L¨vwZgvb bvU¨Kvi Zvi msjv‡c gvbyÿ‡K gyÿ K‡i| GKRb AveÿËKvi mÿcwiwPZ n‡q D‡V Avi GKRb evM¥x n‡q D‡V KvjRqx|

K‡_vcK_b

fvIv cKv‡ki cavb gva¨g n‡"Q K‡_vcK_b|

fvIv cKv‡ki cavb gva¨g n‡"Q K‡_vcK_b| gvbyl wbZ¨w`‡bi e¨w³MZ c‡qvR‡b G‡K Ac‡ii mv‡_ K_v e‡j| †evev gvbyl K_v ej‡Z cv‡i bv, ZvB fvIvi †gŠwLK Abykxj‡bi Zvi c‡qvRb nq bv| hviv K_v ej‡Z m¶g, K‡_vcK_‡bi gva¨‡g Zv‡`i wbiši †gŠwLK Abykxjb NU‡Z _v‡K Ges K_v ejvi f½x, ev‡K¨i h‡_vchy³ e¨envi I myiZ cKvk f½xi Pevš DrKl mva‡b Zviv ax‡i ax‡i m¶g n‡q I‡V K‡_vcK_b Abykxj‡bi gva¨‡g| K‡_vcK_b nq cavbZ `ßi fv‡e ev `ßi cwi‡e‡k- N‡ivqv cwi‡e‡k Ges Avbôv wbK cwi‡e‡k| G Qvovl we‡kl wKQy cwi‡e‡k †hgb- †mŠRb¨ cKv‡ki †ejvq K‡_vcK_‡bi i¡c e`jvq|

N‡ivqv cwi‡e‡k K‡_vcK_b

N‡ivqv cwi‡e‡k K‡_vcK_b nq wbZvš cwiwPZ I AvcbR‡bi mv‡_| G‡¶‡Î fvIv wKQyUv wk¶_j| wbZvš †Lvjv‡gjv K_v,‡jv _v‡K wbZvš Avbôv wbKZv weewRZ, G‡jv‡g‡jv, mvejxj I gvalyr gwÛZ| nvév cwi‡e‡k, nwm-VvÆv m‡gZ K_v n‡Z cv‡i K¨ fvIvq, nvév im‡eva mg„×| Avevi AvÂjKZvi †Quqv _vK‡Z cv‡i kã e¨env‡i | N‡ivqv cwi‡e‡k K_v ej‡Z ¯fveZB gvbyl mvejxj I ¯"Q› `†eva K‡i| G fvIvq RoZv _v‡K bv Ges Avšwi KZvi ¯úk N‡ivqv fvIv n‡q I‡V gvalyr gwÛZ| N‡ivqv cwi‡e‡ki fvIv Avšwi K e‡j GK Ace- mvov RwM‡q Zz‡Z m¶g nq gvbyl i Av‡eM I Abyfw‡Z|

N‡ivqv cwi‡e‡ki fvIvq Avšwi KZvi †Quqv _v‡K e‡j GK Ace- mvov RwM‡q Zz‡Z m¶g nq gvbyl i Av‡eM I Abyfw‡Z|

Abykxj‡bi gva¨‡g i¡c`vb K‡i bv›`Z fvIvq| G Abykxjb Kv‡j A‡bK mgq ARv‡š ax‡i MwZ‡Z, Avevi Avbôv wbK wk¶vi cfv‡e N‡ivqv fvIvi i¡cvši N‡U wb`ó GK w`K wb‡`kbvi †c¶vc‡U| Gfv‡e N‡ivqv cwi‡e‡k fvIvi e¨envi I †gŠwLK Abykxj‡bi gva¨‡gB iwPZ nq fvIv e¨env‡ii c_g †mvcvb|

Avbôv wbK cwi‡e‡k K‡_vcK_b

Avbôv wbK cwi‡ek ej‡Z †gvUv‡gwU fv‡e N‡ivqv cwi‡e‡ki evB‡i, †hLv‡b Avbôv wbKZv eRvq ivL‡Z nq, †Zgb cwi‡ek‡K †evSvq| D`vniY¯i¡c ejv hvq, Awdm- Av`vjZ, Av‡jvPbv mfv, †kwYK¶, Drme, mfv-mwgwZ‡Z fvIY, m¤vIY ev Av‡e`b-wb‡e`‡bi †ejvq Avbôv wbKZv eRvq †i‡L K‡_vcK_b Kiv nq, Avi G meB nq Avbôv wbK cwi‡e‡k| Avbôv wbK cwi‡e‡k K‡_vcK_b nq PwjZ fvIvq| N‡ivqv †gŠwLK fvIv GLv‡b APj| mshZ, mykxLj, meRb †eva¨ I wbqwšZ K‡_vcK_b nq Avbôv wbK cwi‡e‡k| AvÂwjKZv ewRZ _v‡K Avbôv wbK cwi‡e‡ki fvIv| G fvIv meRb †eva¨ e‡j G fvIvi cwiwa A‡bK eo| ï× D"PviY, mwVK kã Pqb I ev‡K¨i mwVK e¨envi Avbyô wbK K‡_vcK_‡bi

ï× D"PviY, mwVK kã Pqb I ev‡K¨i mwVK e¨envi Avbyô wbK K‡_vcK_‡bi

ceZkZ e³vi fvIv, mfv-mwgwZ A_ev Av‡jvPbvi fvIv|

Avbôv wbK cwi‡e‡ki K‡_vcK_b wbqg-Kvby †g‡b P‡j e‡jB G fvIv Avq‡Ë Avm‡Z we‡kl Abykxj‡bi c‡qvRb nq| Abykxjb Ki‡Z nq D"Pvi‡Yi we ï×Zvi, kãPqb I †mŠRb¨ †ev‡ai| G fvIv mevB e¨ß‡Z cvi‡j I mvejxj fv‡e ej‡Z cv‡i bv| wk‡L wb‡Z nq wbqwšZ G fvIvq K_v ejvi aib| Avi Abykxj‡bi gva¨‡gB GUv †kLv m¤e| G Abykxjb ïi“ nq wkïKvj †_‡K| wkïi fzj D"PviY ms‡kvab K‡ib gv-evev| evi evi D"Pvi‡Yi gva¨‡g G fzj ms‡kvab Kiv nq| Zvici we`¨vj‡qI †kLv‡bv nq D"Pvi‡Yi ï×Zv, my¯úóZv, I e¨vKiY m¤úZ evK¨ e¨env‡ii wbqgvejx| G Abykxjb Pj‡Z _v‡K cieZx Rxe‡bI| wk¶vq, Kg‡¶‡Î Ges mf¨Zv

I ms¯‹Z.i cwikxjZvi c‡qvR‡b, gvZfv.lvi e¨enwiK ˆbcY¨ AR‡bi Rb¨ Avbôvwb bK fvlvi †gŠwLK Abykxjb AZ¨š¿ i‡Zc¥|

†mŠRb¨ cKvk

hw` I †mŠRb¨ cKv‡k Avbôvwb bK cwi‡e‡ki Dcv`vb mgn-_v‡K–Z_wc, we‡kl e¨w³ ev †Mvôxi cPwjZ fw½ Abyôvi‡Y †mŠRb¨ cKvk Kiv n‡q _v‡K e‡j Gi cKwZ. wKQyw wfb| †mŠRb¨ cKvk mf¨R‡bi wkôvPv‡ii Ab¨Zg wb`kb| mvgwRKZvi gvcKwV‡Z wkôvPvi †hgb GKwU c‡qvRbxq gj¨‡eva †Zgwb †mŠRb¨ cKvkI AZ¨š¿ i‡Zc¥| hyM hyM gvbyl webgfv‡e G †mŠRb¨ cKvk K‡i G‡m‡Q GK Ac‡ii mv‡_| ZvB †Zv gvbyl G‡K Ac‡ii mv‡_ †`Lv n‡j Kykj wewbgq K‡i, ¿ i‡Rb‡K fw³mnKv‡i cYvg K‡i, KZÁZv cKv‡k ab¨ev` Ávcb K‡i| evsjv fvlvi e¨enwiK ˆbcY¨ †mŠRb¨ cKv‡ki †ejvqI we‡kl ¿ i‡Zc¥| wkóvPvi, bgZv, webq cfwZ. cKv‡ki Dchy³ kã ev kã-¿"Q i‡q‡Q fvlvq| evsjv‡`‡ki gyjgv‡biv AciRb‡K †`‡L †mŠRb¨ cKv‡ki fvlv wn‡m‡e e‡j ÔAvPQvjvgyAvjvBKgÕ| GUv gyjgvb‡`i Awfev`‡bi fvlv| hw` I G Awfev`‡bi fvlvi †Kv‡bv evsjv kã †bB– me¿ ‡jv kãB Avievx fvlvi AšMZ Zeyl, evsjvi gyjgvb RwZ wb‡Ri gyLi fvlvi gZB G¿ ‡jv D"PviY K‡i _v‡K| wn›`yw D"PviY K‡i _v‡K Ôbg¯‹iÕ kãwU w`‡q| Kykj wRÁvmvq Avgiv ewj †Kgb Av‡Qb? KZÁZv cKv‡k ewj ab¨ev`| Bs‡iR‡`I good morning Gi Av¶wiK Abyôv` wn‡m‡e A‡b‡K e‡jb myl cfvZ, C‡`i w`‡bi gyjgvb‡`i cPwjZ m¤vlY C`-†gvevwiK| †mŠRb¨ cKv‡ki Ggb A‡bK kã wewfb †¶‡Î evsjvq e¨envi nq e‡U wKš Avgv‡`i mvgwRK m¯úwKi †¶‡Î cKZ.evsjv †mŠRb¨gj¨K k‡ãi fvÛvi Aí|

†mŠRb¨ cKv‡k evsjv fvlvi Av‡iv GKwU we‡klZ n‡jv– h_vixwZ m¤§vb c`k‡bi Rb¨ we‡kl m‡švab| ¿ iyRb, m¤§wbZ e¨w³ ev A‡Pbv e¨w³‡K me`vB ÔAvcwbÕ m‡švab Ki‡Z nq| G ixwZ‡K mvgwRK AvPv‡ii Ask wn‡m‡eB we‡ePbv Kiv nq| †mŠRb¨ cKv‡ki fvlv nq gwRZ, m‡šva‡b _v‡K m¤§vb c`k‡bi kã ev k¿ "Q| fvlv gvbyli AšMZ kw³, †h kw³i gva¨‡g gvbyl wewfb cwi‡e‡k wb‡R‡K weKwkZ K‡i I e¨w³ wn‡m‡e Zv h_vh_fv‡e cKvk K‡i| †mŠRb¨ cKv‡ki †ejvqI gvbyl AwZ mšc‡b, we‡× AvPiY I gwRZ fvlvi e¨envi K‡i| †mŠRb¨ cKv‡ki fvlv e¨env‡ii †¶‡Î Pjgvb Rxe‡bi mgM cwiwPwZ‡ZB we¯‹Z.i‡q‡Q| †kvfb AvPi‡Yi wb`kb †g‡j †mŠRb¨ gj¨K fvlvi Abykxj‡b| †mŠRb¨ cKv‡ki fvlv iß Kiv hvq ï‡b I mhZ Abykxj‡bi gva¨‡g| G Abykxj‡bi Rb¨ Avbôvwb bK wk¶vi hZUv bv c‡qvRb nq- Zvi †P‡q †ewk c‡qvRb nq f` AvPiY, gwRZ iæwP I Pjgvb ms¯‹Z.i cwZ `ßó ivLv I wkóvPv‡ii Abyôvi‡Y I Abykxi‡Yi Af¨vm Kiv|

> †mŠRb¨ cKv‡k mf¨R‡bi wkóvPv‡ii Ab¨Zg wb`kb| mvgwRKZvi gvcKwV‡Z wkôvPvi †hgb GKwU c‡qvRbxq gj¨‡eva †Zgwb †mŠRb¨ cKvk I AZ¨š¿ i‡Zc¥|

> †mŠRb¨ cKv‡ki fvlv iß Kiv hvq ï‡b I mhZ Abykxj‡bi gva¨‡g|

cVb

gvZfv.lvi `¶Zv AR‡bi †¶‡Î cV‡bi Abykxjb Acwimxg| wk¶v jv‡fi Rb¨I cVb AZ¨š¿ i‡Zc¥| co‡Z wM‡q D"PviY Ki‡Z nq aŸwb, G‡Z eY wjwci mv‡_ cwiPq N‡U Ges e¨w× cvq kã fvÛvi| cV‡bi Af¨vm gvbyli Ávb iv‡R¨i mxgvbv‡K cmwiZ K‡i| cVb wk‡L wb‡Z nq I Abykxj‡bi gva¨‡g cV‡bi `¶Zv ev‡o| wkï co‡Z †k‡L Avbôvwb bK wk¶vi ïi‡Z| †m µgvš‡q kã aŸwb I ï× D"Pvi‡Yi ga¨ w`‡q cVb cwµqv m¯úbK‡i _v‡K| h_vh_ Abykxjb Qvov cVb ev K_b m¤e bq| KZ¿ ‡jv kã evbvb K‡i cov‡K cKZ.cVb ejv hvq bv| cVb n‡jv cvV¨-e¯ ‘evSv I g‡b ivLv|

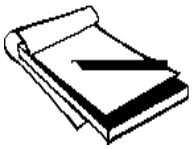
> cV‡bi Af¨vm gvbyli Ávb iv‡R¨i mxgvbv‡K cmwiZ K‡i| cVb wk‡L wb‡Z nq I Abykxj‡bi gva¨‡g cV‡bi `¶Zv ev‡o|

Avewk¨Ë

mi‡e I Q›`wqZ Xs‡q KweZv cvV‡KB Avew_Ë ejv hvq| Avew_Ë‡Z Av‡eM, Abyfw_Z I Awfe¨w³i cwZdjb N‡U| Avew_Ëi cavb D‡Ï‡k¨ KweZvi AšwbwnZ fve wb‡R Abyqweb Kiv I A‡b¨i g‡a¨ †mB fve Awfe¨w³mn mÂwiZ Kiv| Q‡›`i †`vjvq KweZv n‡q I‡V Av‡eMgq, KweZvi AšwbwnZ fve wegZ n‡q I‡V my›`i Avew_Ëi gva¨‡g |

Avew_Ëi cavb w`K¸‡jv n‡"Q ï× D"PviY I RoZwenxb Av‡e‡Mi cKvk| Avew_Ëi ˆkwíK w`KwU n‡"Q Awfbq I As½f¾gvi h_vh_ e¨envi| Avew_Ë fvIv †mŠ›`‡hi cKvk NUvq| Avi G †mŠ›`h †evaB cvV†Ki g‡b RwM‡q †Zv‡j GK Avb›` wenÿj Abyfw_Z| †gŠwLK Abykxj‡bi gva¨‡gB Avew_Ëi mdjZv Av‡m| Abykxjb Ki‡Z nq mwVK D"Pvi‡Yi gva¨‡g Q›`vqxZ i¦‡c| G

Abykxjb GKv‡š c_g wb‡R wb‡R Ki‡Z nq | KweZvi fv‡ei mv‡_ wb‡R‡K GKvš K‡i †bqvi ¶gZv ARb Ki‡Z wM‡q Kwei g‡bi fv‡ei mv‡_ I welqe¯i ev¯e i¦‡ci mwVK avivY K‡i wb‡Z nq| fve cKv‡ki Rb¨ Q‡›`i hwZi w`‡K j¶¨ †i‡L evi evi Avew_Ë Ki‡j KweZvwU gv¯ n‡q hv‡e| ZvB KweZvi cwZwU Q›` I cwZwU cs w³i mwVK fvev_ ey‡S wb‡q h‡_vchy³ A½-f¾gvi gva¨‡g fve cKvk Kivi †gŠwLK Abykxjb Ki‡Z n‡e| Abykxj‡bi gva¨‡g †K‡U hv‡e Avew_Ë Kivi RoZv| wei× n‡q DV‡e k‡ãi D"PviY Ges fvev‡e‡M ficy n‡q DV‡e KweZvi ggK_v I A_cY n‡q DV†e Kwei fve I fvIv| Avew_Ë‡Z ˆbcY¨ AR‡b-‡gŠwLK Abykxj‡bi †Kv‡bvwe Kí †bB|



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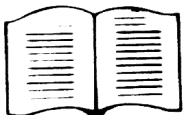


mvigg t gvZf.vIvq K_v ejv, †mŠRb¨ cKvk, K‡_vcK_b, cVb, Avew_Ë BZ¨w`‡Z ˆbcY¨ ARY Ki‡Z n‡j Abykxj‡bi GKvš c‡qvRb| bZzb k‡ãi e¨envi, ï× D"PviY I ePbf½x iß Ki‡Z n‡j Abykxjb Ki‡ZB n‡e| Abykxjb hZ †ewk Kiv hvq fvIvi ˆbcY¨ I ZZ †ewk ew„× cvq| fve cKv‡ki cavb gva¨g n‡"Q K‡_vcK_b| N‡ivqv wKsev Avbqbwb bK †h †Kv‡bv cwi‡e‡kB K‡_vcK_b †nvK bv †Kb- K‡_vcK_‡b gvaby¨ ew„×i Rb¨ Abykxj‡bi c‡qvRb nq| Avi †mŠRb¨ cKv‡ki Rb¨ †kvfb evK¨ e¨envi iß nq Abykxjb I cV‡bi gva¨‡g| cV‡bi `¶Zv ev‡o Abykxj‡b, D"PviY ï× nq Abykxj‡b| Avew_Ëi cavb w`K¸‡jv n‡"Q ï× D"PviY I RoZwenxb Av‡e‡Mi cKvk| †gŠwLK Abykxj‡bi gva¨‡g Avew_Ëi mdjZv Av‡m| Abykxj‡bi gva¨‡g †K‡U hvq K_v ejvi RoZv, wbLyu n‡q I‡V k‡ãi D"PviY, A_cY nq welqe¯i ggK_v|

Avew_Ëi cavb w`K¸‡jv n‡"Q ï× D"PviY I RoZwenxb Av‡e‡Mi cKvk| Avew_Ëi ˆkwíK w`KwU n‡"Q Awfbq I As½f¾gvi h_vh_ e¨envi|

cv‡VvËi gj¨vqb 2.1

1| mwVK DË‡ii cv‡k wUK wPý (√) w`b

1.1| †gŠwLK Abykxj‡bi †ejvq †Kvb wel‡q `ÿó w`‡Z nq?

K) D"Pvi‡Yi ¯úóZv

L) aŸwbi DVv-bvgv eRvq ivLv

M) Dchy³ kã wbevPb

N) Dchy³ wZbwU wel‡qB

1.2| fvlv cKv‡ki cavb gva¨g Kx?

K) K‡_vcK_b

L) †mŠRb¨ cKvk

M) cVb

N) cVb wjLb

1.3| cV‡bi Af¨vm gvbyli Rb¨ c‡qvRb †Kb?

K) `yZ cvV Ki‡Z myeav nq|

L) GK mv‡_ cvV Kiv I welqe¯ AvqZ Ki‡Z myeav nq|

M) cvV¨e¯ cvV K‡i h_vh_ Avb›` jvf Kviv hvq|

N) Ávb iv‡R¨i mxgvbv cmvwiZ Kiv hvq|

2| ïb¨¯vb ci-Y Kiæb|

K) fvlv cKv‡ki cavb gva¨g n‡"Q ----------|

L) cVb n‡jv ---------- †evSv I g‡b ivLv|

M) AveÿÈi cavb w`K¸‡jv n‡"Q ---------- I ---------- wenxb Av‡e‡Mi cKvk|

3| mZ¨ n‡j ÔmÕ Ges wg_¨v n‡j ÔwgÕ wjLy|

K) wkï Abykxi‡Yi gva¨‡gB c_g K_v ej‡Z †k‡L|

L) K‡_vcK_b nq N‡ivqv cwi‡e‡k|

M) Awdm Av`vj‡Zi AvjvPbv nq AvbÔwwbK cwi‡e‡k|

N) AvbÔwwbK fvlv n‡"Q ¯xKZ.mvayfvlv|

O) †mŠRb¨ cKvk wkóvPv‡ii A½|

P) evsjv fvlv †mŠRb¨ cKv‡ki kã fvÛv‡i mg„×|

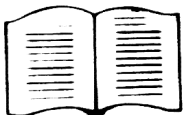
Q) cVb gvbyli kã fvÛvi e„×i mnvqK|

R) h_vh_ Abykxjb Qvov K_b ev cVb m¤e bq|

cvV 2.2 cVb I Avewë¨i ¸iæZ I cKvi‡f`

G cvV †k‡l Avcwb–

- cV‡bi ¸iæZ Av‡jvPbv Ki‡Z cvi‡eb|
- Avewë¨i ¸iæZ e¨vL¨v Ki‡Z cvi‡eb|
- cV‡bi cKvi‡f` wb‡`k Ki‡Z cvi‡eb|
- mie cv‡Vi mvgvav I Amvgvav¸‡jv D‡jL Ki‡Z cvi‡eb|
- bxie cv‡Vi †`vl¸Y eYbv Ki‡Z cvi‡eb|
- cV‡b ï× D"Pvi‡Yi c‡qvRbxqZvi K_v wjL‡Z I ej‡Z cvi‡eb|



cV‡bi ¸iæZ

†h †Kv‡bv welq Rvbvi Rb¨ cV‡bi ¸iæZ Acwimxg| cVb Qvov wk¶v jvf Am¤e| A¶i Ávb †_‡K ïi€ nq cV‡bi Af¨vm| eB, msev`-cÎ, `wjj ev wPwV-cÎ hv wKQyB †nvK bv †Kb wjwLZ e¯i A_ ev‡Z n‡j cV‡bi c‡qvRb nq| Avbyôvwb wk¶vq wkw¶Z nIqvi evnb †Zv cVbB| Ávb- weÁv‡bi RM‡Z Abyz‡ek nq cV‡bi gva¨‡g Ges weKvkI N‡U cV‡bi gva¨‡gB| †h co‡Z cv‡i †m wjL‡ZI cv‡i, ZvB ‡jLv-cov Ki‡Z A_vr wk¶vZ n‡Z n‡j cV‡bi c‡qvRb A‡bK|

wbqwgZ cVbB GKRb gvby‡K cKZ.wk¶vZ K‡i Zz‡Z cv‡i|

cV‡bi gva¨‡g †jLvi Af¨vm M‡o I‡V| bZzb bZzb k‡ãi mv‡_ cwiPq N‡U I kã c‡qv‡Mi ¶gZv ewó cvq| cVb cwµqv cvVK‡K Áv‡bi Mfxi †cÖQ ‡`evi wb‡`kbv †`q I fvlvi †mŠ›`h Abyôvi‡Y mnvqZv K‡i| wbqwgZ cVbB GKRb gvby‡K cKZ.wk¶vZ K‡i Zz‡Z cv‡i|

Kg Rxe‡bI cV†bi ¸iæZ Acwimxg| wk¶v½‡b, Awdm-Av`vj‡Z, e¨emv-ewY‡R¨, Z_v Rxe‡bi cwZwU †¶‡ÎB wjwLZ e¯ h_vh_ fv‡e cvV Ki‡Z nq I wel‡qi ¯i¡c D`NvU‡bi e¨e¯v MnY Ki‡Z nq| ZvB g‡bv‡hvM mnKv‡i cvV Kiv GKvšB c‡qvRb|

Avewë¨i ¸iæZ

Avewë¨ gvby‡li g‡bi gvaby¨gwÛZ cVb cwµqvi ^kwíK i¡c| KweZvi Q›` mi‡e cvV K‡i D"Pv‡mi So Zz‡Z cv‡i mie Avewë¨|

Avewë¨ gvby‡li g‡bi gvaby¨gwÛZ cvV cwµqvi ^kwíK i¡c| KweZvi Q›` mi‡e cVb K‡i D"Pv‡mi So Zz‡Z cv‡i mie Avewë¨|

Avewë¨ gvby‡li g‡bi gvaby¨gwÛZ cVb cwµqvi ^kwíK i¡c| KweZvi Q›` mi‡e cvV K‡i D"Pv‡mi So Zz‡Z cv‡i mie Avewë¨| GwU GKwU D"PwiZ wkí, ZvB Gi KÚ¯i n‡Z nq kvZgay¨| Avewë¨ gvby‡li g‡b Av†eM I Aby¯ÍvZ mÂwiZ K‡i| Avewë¨ cvVK‡K k‡ãi D"PviY m¤‡Ü m‡PZb K‡i, Zvi wRnÿvi RoZv I Av‡eM cKv‡ki Kóv `i- K‡i Ges Awfbq ¶gZvi D‡b¥I NUvq| Av‡eMgq Q›`vqvZ aÿwb‡Z KweZvi welqe¯ †kvZvi Aš‡i mÂwiZ Kiv m¤e n‡q I‡V Avewë¨i gva¨‡g| KweZvi Aš—bwnZ ^kwíK i¡c cKv‡ki Ab¨Zg gva¨g n‡"Q Avewë¨|

cV‡bi cKvi †f`

cVb cwµqv n‡Z cv‡i mi‡e I bxi‡e| mie cvV fvlv wk¶vi c_gK chv‡q AZ¨š¸iæZc¥| KviY GKRb wk¶v_x hLb mie cvV K‡i ZLb k‡ãi cwgZD"P Zvi Kv‡b ax‡i ax‡i Af¨¯ n‡q I‡V| ZvQvov we`¨vj‡q mg¯‡i cv‡Vi gva¨‡g I wk¶v_x k‡ãi Aï× D"PviY eRb K‡i ï×D"PviY n‡"Q m¯ú‡K mZK I m‡PZb nevi mÿvwM cvq| µgk †m wb‡Ri µwU¸‡jv wPwýZ K‡i †m¸‡jv eRb Ki‡Z cv‡i|

mie cvV RoZv `i K‡i KÉ¯‡i Avb‡Z cv‡i M¤xiZv I D`vË fve| bvUK, msev` cvV, AveÿË, weZK, e³Zv. cfwZ. wel‡q hviv Kkjzv ARb Ki‡Z Pvb Zv‡`i Rb¨ mie cv‡Vi †Kv‡bv weKí †bB| mie cv‡V fvlvi aŸwbMZ †mŠ›`h cvV‡Ki Kv‡Q ¯úó n‡q I‡V|

mie cv‡Vi myeav

1| mie cv‡V g‡bv‡hvM †`qv mnR Ges k‡ãi h_vh_ D"PviY Kiv hvq| mie cv‡V gÿLi RoZv `i K‡i welqe¯i cwZ g‡bv‡hvM †`qv mnR| KviY hv wk¶v_x co‡Q Zv wb‡RB †m ïb‡Z cv‡"Q | ZvB A_‡evamn mie cvV n‡j Kvb I gb GKB m‡½ mwµq nevi mÿhvM cvq e‡j G cwµqv AvZ¯ Kivi †¶‡Î KvhKix|

2| k‡ãi cwgZ D"Pvi‡Y AvqË Kivi †¶‡Î mie cvV KvhKix| fvlv wk¶vi Ab¨Zg D‡Ïk¨ fvlvi aŸwbMZ D"PviY `¶Zv ARb Kiv| Avi mie cv‡Vi ga¨ w`‡q fvlvi †gŠwLK Abykxjb h_vh_ nq e‡j D"Pvi‡Y `¶Zv Av‡m|

3| Rb¥MZ fv‡e mK‡ji KÉ¯i mvejxj I mÿi _v‡K bv| Kv‡iv Kv‡iv _vK‡Z cv‡i RoZv| mie cvV †m RoZv `i K‡i KÉ¯‡i Avb‡Z cv‡i M¤xiZv I D`vË fve|

4| bvUK, msev` cvV, AveÿË, weZK, e³Zv. cfwZ. wel‡q hviv Kkjzv ARb Ki‡Z Pvb Zv‡`i Rb¨ mie cv‡Vi †Kv‡bv weKí †bB| bvU‡Ki msjvc cL¨vcb I msev` cv‡V KÚ¯‡ii cwi"QbZv Ges mÿúóZv c‡qvRb| mie cv‡V KÉ¯‡i mÿúóZv I cwi"QbZv ˆZwi nq|

5| mie cv‡V fvlvi aŸwbMZ †mŠ›`h cvV‡Ki Kv‡Q ¯úó n‡q I‡V| d‡j cvVK fvlvi fve I i¦‡ci cwZ AvKó.nq|

6| KweZv cv‡Vi †¶‡Î mie cvV Acwinvh| KweZvi fve, fvlv I Q›` mie cv‡Vi gva¨‡gB AvKlYxq n‡q I‡V|

mie cvV D"PZi †kwYi wk¶vi Rb¨ Dc‡hvMx bq,

mie cv‡V Kwš Av‡m I mie cvV mKj cwi‡e‡k Dc‡hvMx bq|

mie cv‡Vi Amyeav

1| mie cvV wbPz†kwYi wk¶v_x‡`i Rb¨ hZ Dc‡hvMx D"PZi †kwYi †¶‡Î Z‡ZvUv bq|

2| `xNw`b mie cv‡V Af¨¯ cvV‡Ki c‡¶ bxie cv‡Vi gva¨‡g cvV¨ welq AvZ¯ Kiv `ÿ¦n nq|

3| `xN¶Y mie cv‡V kvixwiK Kwš Av‡m|

4| meiKg welq I meiKg cwi‡e‡k mie cvV Dc‡hvMx bq|

bxie cv‡Vi myeav

†Kv‡bv wel‡q Mfxi g‡bv‡hvM I Awfwb‡e‡ki Rb¨ bxie cvV Acwinvh| bxie cvV cvVK‡K GKwbô I g‡bv-‡hvMx K‡i †Zv‡j| GKvKxZ `i Kivi Rb¨ bxie cvV Dc‡hvMx| bxie cv‡V mn‡R Kwš Av‡m bv| bxie cv‡Vi gva¨‡g cvV cwµqvq `ÿZZv ARb Kiv m¤e nq|

1| †Kv‡bv wel‡q Mfxi g‡bv‡hvM I Awfwb‡e‡ki Rb¨ bxie cvV Acwinvh| we‡kl K‡i M‡elK, mgv‡jvPK Gtù i‡K †h‡nZzwelqe¯i g‡gv×vi K‡i Zvi e¨vL¨v we‡klY Ki‡Z nq, ZvB Zv‡`i Rb¨ bxie cv‡Vi †Kv‡bv weKí †bB|

2| bxie cvV cvVK‡K GKwbô I g‡bv‡hvMx K‡i †Zv‡j| hviv `xN¶Y covïbv Ki‡Z Pvb Zv‡`i Rb¨ bxie cvV DrKóZi|

3| GKvKxZ `i Kivi Rb¨ bxie cvV Dc‡hvMx| `xN åg‡Yi Aem‡i wKsev wbR‡b bxie cvV eÜiz gZ n‡q DV‡Z cv‡i|

4| bxie cv‡V mn‡R Kwš Av‡m bv| Zv Qvov cvVK‡K fve‡Z mÿhvM †`q Ges mn‡R welqe¯i gg Abyaveb Kiv m¤e nq|

5| bxie cv‡Vi gva¨‡g cvV cwµqvq `ÿZv ARb Kiv m¤e nq|

bxie cv‡Vi Amÿgea©v

1| Ag‡bv‡hvMx cvV‡Ki ev wk¶v_xi Rb¨ bxie cvV Dc‡hvMx bq| Zv Qvov bxie cv‡Vi d‡j wk¶v_xi D"PviY µwZi ms‡kvab nq bv|

2| cwi‡e‡ki mvgvb¨ e¨wZµg I cwieZbI bxie cv‡V Drmvnx cvV‡Ki g‡bv‡hvM ¶gZ K‡i|

3| jvRyK wk¶v_x bxie cv‡Vi gva¨‡g Zvi `ÿZv †X‡K ivL‡Z cv‡i| wkï wk¶v_xi c‡¶ bxie cvV weÁvb m¤úÿZ bq| KviY c_g chv‡q covi m†½ m‡½ Zv‡`i evMhš¿ mPj nq Ges B»`q¸‡jv Kg¶g n‡q I‡V|

j¶¨ I D‡Ïk¨ Abÿgvqx cV‡bi cKvi‡f`

cv‡Vi D‡Ïk¨ Abÿgvqx cvV‡K PeYv, ¯v`bv, avivYv, I Av`k GB Pvi fv‡M fvM Kiv nq|

Avgvw‡`i cvV mvgMx eû I weµPÎ Ges Zv‡`i cV‡bi D‡Ïk¨I bvbv ai‡bi| †h D‡Ï‡k¨ ZË I Z_¨ mgx„× welqe¯ Avgiv cvV Kwi, GKB D‡Ï‡k¨ Dcb¨vm-Mí-ceÜ, mvgwqK ev ^`wbK cwÎKv cvV Kwi bv| cv‡Vi D‡Ïk¨ Abÿgvqx cvV‡K PeYv, ¯v`bv, avivYv, I Av`k G Pvi fv‡M fvM Kiv nq|

Pebv cvV

Mfxi Awfwb‡ek I g‡bv‡hvM mnKv‡i cV‡bi bvg PeYv cvV| weÁv‡bi `ÿ¶n welq, RwUj †Kv‡bv mvgvwRK M‡elYv wKsev mwnZ¨ ZË m¤úwKZ welq cv‡Vi Rb¨ c‡qvRb Mfxi Awfwb‡ek I ALÛ g‡bv‡hvM| Gme welq GKev‡ii †Póv‡Z me mgq ü`q½g Kiv m¤e bvI n‡Z cv‡i, KviY hyÿ³-ZK, eyÿ×, e¨vL¨v-we‡klY, mgv‡jvPbv-chv‡jvPbvi gva¨‡g Hme welq Abÿgvweb Ki‡Z nq| welqe¯i c‡qvR‡b Gme †¶‡Î Pebv cv‡Vi c‡qvRb nq|

¯v`bv cvV

im mÂvix cv‡Vi gva¨‡g cvV‡Ki g‡b hv‡Z im I Abyf¨wZ RvMZ nq Zvi Rb¨ c‡qvRb nq ¯v`bv cvV|

Kve¨ ev KweZvi †fZ‡i cvVK mwn‡Z¨i im‡KB Av¯v`b K‡i, †mLv‡b ZË-Z‡_¨i A‡šÍY cvV‡Ki gÿ- D‡Ïk¨ bq| Kwei fvev‡eM I imvbyf¨wZ KweZvq AšÍbwnZ _v‡K| im mÂvix cv‡Vi gva¨‡g cvV‡Ki g‡b hv‡Z im I Abyf¨wZ RvMZ nq Zvi Rb¨ c‡qvRb nq ¯v`bv cvV|

avivYv cvV

mvavivY avivYv Mn‡Yi Rb¨ †h cvV Zv n‡jv avivYv cvV| gv‡S gv‡S †Kv‡bv †Kv‡bv welq m¤úK© Avgv‡`i GKwU mvavivY avivYvi c‡qvRb nq| avivYv cvV ev we¯Z.cvV mvavivY avivYv AR‡bi Rb¨ Dchy³ c×wZ| G ai‡bi cv‡V ZË bq, Z_¨ bq, †Kej welqe¯ m¤úK© GKwU mvavivY I cv_wgK avivYv jvf Kiv m¤e| mvavivY fv‡e `ÿZv cv‡Vi gva¨‡g †jL‡Ki e³‡e¨i GKwU mvavivY avivYv cvIqv hvq e‡j G-cvV‡K AvqËKiY cvV ev avivYv cvVI ejv nq| msev`, e¨emvqK cÎ, `ÿZ-cV‡b cÿK cvV, avivYv cv‡Vi Ašfy³|

Av`k cvV

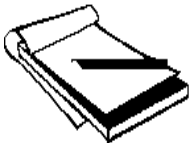
ü`q Mvnx I g‡gv×vigÿ-K cvVB Av`k cvV| cwZwU cv‡Vi gÿ- D‡Ïk¨B n‡"Q cvV mvgMxi gg Dcjwä Kiv| wKš GR‡b¨ cvV cwµqv †hb Avb›`gq I mÿgsLj nq †m w`‡KI j¶¨ ivLv c‡qvRb| Av`k cv‡Vi gva¨‡g †h‡nZzwelqe¯‡K Zvi welq I i¡c Dfq w`K w`‡qB wbweofv‡e Abÿgvweb Kivi †Póv Kiv nq ZvB Zv‡K mÿgsnZ cvVI ejv nq|

ü`q Mvnx I g‡gv×vigÿ-K cvVB Av`k cvV|

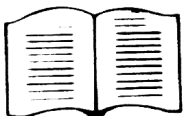
cV‡b ï× D"Pvi‡Yi c‡qvRbxqZv

ï× D"PviY cV‡bi Ab¨Zg ¸i€Zc Y welq| D"PviY f‡zji Rb¨ fvlv Zvi A_ †MŠie nvwi‡q †d‡j| ï× D"Pvi‡Y cV‡bi gva¨†gB welqe¯ AvKlYxq I Av‡eMgq n‡q I‡V| †Kv‡bv k‡ãi mwVK D"PviY Kx, Zv cVb cwµqvi gva¨‡gB †kLv hvq| cV‡bi d‡jB cvVK Zvi kã fvÛvi e¨,× Ki‡Z cv‡i| k‡ãi bvbv ai‡bi e¨envi, ev‡K¨ Zvi we¯vi I m¯úmviY m¯ú‡K cvVK‡K mZK K‡i cVb| evbv‡bi I D"Pvi‡iY ga¨Kvi Am½wZI cV‡bi gva¨‡g `i- nq| cVb ïay Ávb in‡m¨i m`i `iRv L‡yj †`q bv, Áv‡bi Mfx‡i hvevi Rb¨I †KŠZ,njx K‡i †Zv‡j| evbvb mvaviYZ D"PviY wb‡`k K‡i| †hgb i I o Gi D"PviY GK bq e‡jB Kvco civ I eB covi D"PviY I wfb nq| wKš A‡bK mgq evbvb Abÿvqx D"PviY bvI n‡Z cv‡i| †hgb– †kvb, kãwU D"PwiZ nq †kv‡bv, i¦‡c| Avevi keY kãwUi D"PviY Kiv nq †kveY wn‡m‡e| evsjv fvlvq Ggb Av‡iv A‡bK hy³ evbvb Av‡Q hv‡`i D"Pvi‡Y wfbZv †`Lv hvq| Gme k‡ãi D"Pvi‡Yi wbqg †`‡L wb‡Z nq Ges evi evi mi‡e c‡o ï× D"Pvi‡Yi Abÿxjb Ki‡Z nq| D"PviY wbfÿ n‡jB cvV mvejxj nq Ges Zv A_en n‡q I‡V|

†Kv‡bv k‡ãi mwVK D"PviY Kx, Zv cVb cwµqvi gva¨‡gB †kLv hvq| cV‡bi d‡jB cvVK Zvi kã fvÛvi e¨,× Ki‡Z cv‡i|



Abÿxjb (Activity) t mie I bxie cv‡Vi myeav I Amyeav¸‡jv eYbv Kiæb|



mvigg t †h †Kv‡bv wjwLZ wel‡qi ggv_ eÿ‡Z n‡jB cV‡bi c‡qvRb nq| AvbÿwbK wk¶v wKsev Ávb-weÁv‡bi RM‡Z wePiY Ki‡Z n‡j cV‡bi weKí †bB| cV‡bi gva¨‡gB †jLvi Af¨vm M‡o I‡V, bZzb bZzb k‡ãi mv‡_ cwiPq N‡U Ges kã fvÛvi e¨,× cvq| wbqwgZ cVbB GKRb gvbÿ‡K cKZ.wkw¶Z K‡i †Zv‡j| cVb nq mi‡e I bxi‡e| mie cV‡bi Q›`vqxZ i¦cwU n‡"Q Ave¨,Ë| mÿi Ave¨,Ë gvbÿli g‡b KL‡bv KL‡bv Av‡e‡Mi So Zz‡Z cv‡i| †Kv‡bv welq AvZ¯ Ki‡Z mie cVb mnvqK n‡Z cv‡i Ges fvlvi †gŠwLK Abÿxjbl mie cV‡bi gva¨‡g nq| bvUK, Ave¨,Ë, msev` cvV, weZK, e³Zv. cfwZ. wel‡q KzjZv AR‡bi †¶‡Î mie cVb mnvqK f¨,gKv cvjb K‡i _v‡K| KweZvi Q›`‡eva mie cV‡b AvKlYxq nq| Aciw`‡K bxie cVb cvVK‡K GKwbô I g‡bv‡hvMx K‡i †Zv‡j| bxie cv‡V Kvwš Av‡m bv Ges cvV wµqvq `ÿZZv Av‡m| D‡Ïk¨ Abÿv‡i cvV‡K eYbv cvV, ¯v`bv cvV, aviYv cvV I Av`k cvV G Pvi fv‡M fvM Kiv hvq| ï× D"PviY cV‡bi Rb¨ AZ¨š ¸iæZcÿ welq| evsjv fvlvq Ggb A‡bK kã Av‡Q hv‡`i evbvb I D"Pvi‡Y wfbZv †`Lv hvq| G mg¯ kã mi‡e D"PviY Ki‡Z nq| D"PviY wbfÿ n‡jB cvV mvejxj I A_en n‡q I‡V|

cv‡VvËi gj¨vqb 2.2

1| mwVK DË‡ii cv‡k wUK wPý (√) w`b|

1.1| Avbÿ wbK wk¶vq wkw¶Z nIqvi evnb Kx?
K) we`¨vjq
L) cVb
M) wjLb
N) cVb I wjLb

1.2| gvbÿli g‡b AwaK Av‡eM I Abyfvqz mvó K‡i †KvbwU?
K) fvlv
L) cVb
M) wjLb
N) AveÿÈ

1.3| k‡ãi Aï× D"PviY eRb Kivi Dcvq Kx?
K) cVb
L) wjLb
M) mie cVb
N) bxie cVb

1.4| jvRÿ wk¶v_xi Rb¨ Abyc‡hvMx †KvbwU?
K) cVb
L) wjLb
M) mie cVb
N) bxie cVb

2| ïb¨¯vb ci¨Y Kiæb|

K) cV‡bi gva¨‡g ---------- Af¨vm M‡o I‡V
L) mdj AveÿÈKv‡ii KÉ¯i nq gaÿ I ----------
M) mie cv‡V wk¶v_x hv cvV K‡i Zv ----------
N) GKvKxZ `i¨Kivi Rb¨ ---------- cvV Dc‡hvMx
O) g‡gv×vi gj¨K cvV‡K ejv nq ---------- cvV
P) Av`k cv‡Vi Aci bvg ----------
Q) ---------- I ---------- Gi ga¨Kvi Am½wZ `i¨nq cV‡bi gva¨‡g

3| mZ¨ n‡j ÔmÕ Ges wg_¨ n‡j ÔwgÕ wjLÿ|

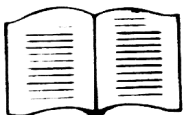
K) evbvb mvaviYZ D"PviY wb‡`k K‡i
L) ïaycV‡bB kã fvÛvi eÿ× nq bv
M) we¯Z.cvV mvaviY aviYv AR‡bi Dchÿ³ c×wZ
N) KweZv †Kv‡bv ZË ev Z‡_¨i mÜv‡bi Rb¨ cvV Kiv nq bv
O) Mfxi Awfwb‡ek I ALÛ g‡bv‡hvM w`‡q cvV Kivi bvg Av`k cvV
P) bxie cv‡V cvV cwµqvq `ÿZZv Av‡m

Q) me iKg weIqB mie cv‡Vi Dc‡hvMx

cvV 2.3 wjL‡bi ¸iæZ I ‰ewkó¨

G cvV †k‡l Avcwb–

- wjL‡bi †KŠkjMZ w`K¸‡jv wPwýZ Ki‡Z cvi‡eb|
- evsjv fvlvi †jL¨i¦‡ci ^kwíK w`K¸‡jv wbi¦cY Ki‡Z cvi‡eb|
- DrKó.wjL‡bi ^ewkó¨¸‡jv eYbv Ki‡Z cvi‡eb|
- wjLb Abykxj‡bi c×wZ¸‡jv m¯úK Av‡jvPbv Ki‡Z cvi‡eb|



nv‡Zi †jLv kã w`‡q evK¨ ^Zwi K‡i m¯úY g‡bi fve cKvk Kiv hvq| aŸwbi AeZgv‡b nv‡Z †jLv KZ¸‡jv A¶i w`‡q kã I evK¨ ^Zwi K‡i m¯úY fve cKvk KivUvB n‡"Q wjLb| G †jLv hLb my›i I AvKlYxq n‡q I‡V ZLb Zvi ^kwíK i¦cil ewntcKvk N‡U| wjLb n‡"Q fvlvi ^kwíK i¦c|

wjL‡bi ¸iæZ

wjLb GKai‡bi Pvi¤ wkí| AweiZ Abykxj‡bi gva¨‡gB wjL‡b ^bcY¨ ARb Kiv m¤e| fvlvq `¶Zv ARb Ki‡Z n‡j fv‡jv †jLKI n‡Z nq| GKRb wk¶v_xi Rb¨ nv‡Zi wjLv my›i nIqv †hgb c‡qvRb †Zgwb `iKvi wjL‡bi gva¨‡g DËg fve cKv‡ki ¶gZv ARb| wjLb wk¶v_x‡K fvlv wk¶vq Abycwi YZ K‡i Ges fvlvq e¨enwiK ^bcY¨ AR‡b mvnvh¨ K‡i| wjLb gvbyl‡K m¤Rbkxj bxi K‡i †Zv‡j| †Kv‡bv `k¨gvb NUbv ev Mfxi †Kv‡bv Abyfwi Z cKvk Kiv hvq wjL‡bi gva¨‡g| Abykxj‡bi gva¨‡g †jLvq nvZ Av‡m, cKvk f½xgv mej nq Ges †jLvi ^kwíK i¦c e¨w× cvq| †jLvi PPv K‡i gvbyl‡i gv‡a¨ †h †mŠ›`h †eva †R‡M I‡V Zv cieZx‡Z e¨w³Z MV‡bI Ae`vb iv‡L| †jLvi PPv ïi¤ Ki‡Z nq evj¨Kvj †_‡KB hv Abykxj‡bi gva¨‡g ax‡i ax‡i DrKI jvf K‡i| gvbyl‡i Kíbv, Abyfwi Z I Ávb cKv‡ki Ab¨vb cavb gva¨g n‡"Q wjLb| †jLvi Abykxjb e¨w³ mËvi D‡b¥I NUv‡Z Ges my›i wjLb ^kjx AvqZ Ki‡Z mvnvh¨ K‡i|

> †jLvi PPv gvbyl‡i g‡a¨ †mŠ›`h †eva RwM‡q †Zv‡j Ges e¨w³Z weKv‡k I mnvqK| †jLvi PPv ïi¤ Ki‡Z nq evj¨Kvj †_‡KB hv Abykxj‡bi gva¨‡g ax‡i ax‡i DrKI jvf K‡i|

wjL‡bi ^ewkó¨

fv‡jv †jLvi KZ¸‡jv mvaviY ^ewkó¨ _v‡K| ^ewkó¨¸‡jv wb‡¤¢ Av‡jvPbv Kiv n‡jv–

mykvwZ¨Zv

†jLv n‡e my›i I m¯úó| GRb¨ cwZwU A¶‡ii Qvùn‡e ewjô I `ªómykxi| cVb‡hvM¨Zv †jLvi me‡P‡q eo ¸Y| Avcv‡Zt`ªó‡Z A‡bK †jLv‡K †ek my›i †`Lvq wKš co‡Z †M‡j `ªóevi evi e¨nZ nq| A¶i¸‡jvi A¯úóZv I we‡kl †jLvfwi Kvi‡Y mykvwZ¨Zv e¨nZ nq| Avevi cwZwU A¶i mQvt`i bv n‡qI †jLv m¯úó g‡b n‡Z cv‡i cvV‡Ki Kv‡Q| G †jLv‡K mykvwZ¨ ejv hvq| G ai‡bi †jLvq mvavi YZ GKwU ÷vBj ev wjwcixwZ _v‡K|

MwZgqZv

nv‡Zi †jLvq MwZ _vK‡j mvavi YZ GKUvbv wj‡L hvIqvi ¶gZv _v‡K| †jLvi Abykxj‡bi gva¨‡g wk¶v_x wjL‡bi G ¸Y AvqË Ki‡Z cv‡i| A‡b‡Ki avi Yv, †jLv‡K mykvwZ¨ Ki‡Z n‡j ax‡i ax‡i wjL‡Z nq, e¯Z G K_v wVK bq| †jLvi we‡kl GKUv wjwcixwZ ev ÷vBj AvqË n‡q †M‡j MwZi nvm-e¨w×‡Z †jLvi †mŠ›`h ¶Y nq bv| eis ejv hvq, nv‡Zi †jLvi GKUv ÷vBj AvqË Ki‡Z cvi‡j †jLvq MwZ I mykvwZ¨Zv wbwðZ nq| Avi †m Rb¨B AvqË Kivi mgq Lye h‡Zi mv‡_ Zv Abykxjb Ki‡Z nq|

> †jLvi GKUv ÷vBj AvqË Ki‡Z cvi‡j †jLvq MwZ I mykvwZ¨Zv wbwðZ nq|

wbfjZv

†jLvi gvb wePvi Kiv nq evbv‡bi ï×Zv I weivg wP‡ýi h_vh_ c‡qv‡Mi wbwi‡L| evbvb I weivg wP‡ýi e¨envi‡i cwgZ wbqg AbyiY Ki‡Z n‡e| D"Pvi‡Yi ixwZc×wZ Av‡Q, hv aŸwbZ‡Ëi wewag‡Z e¨vL¨v Kiv hvq| †hgb A-Gi c‡i B ev D _vK‡j A I- Gi g‡Zv n‡q hvq| myZivs AwZ‡K ÔIwZÕ †jLv hv‡e bv| †h evbvb cPwjZ Ges ¯xKZ,. †h ai‡bi weivgwPý fv‡ei cKv‡k mnvqK ZvB †g‡b Pj‡Z n‡e| G‡Z †jLvi gvb I ¸Y `yB-B evo‡e|

†jLvi gvb wePvi Kiv nq evbv‡bi ï×Zv I weivg wP‡ýi h_vh_ c‡qv‡Mi wbwi‡L|

Abykxjb c×wZ

wjLb Abykxj‡bi `yU c×wZ n‡jv–eYµg c×wZ I fvlvµg c×wZ|

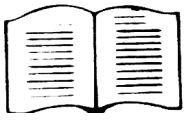
eYµg c×wZi ˆewkó¨

- c_g ¯ieY I c‡i e¨ÄYeY wjL‡Z †kLv
- ¯ie‡Yi msw¶ß wPý †hgb– Av- B BZ¨vw`i h_vh_ e¨envi †jLv|
- hy³v¶i wjL‡Z †kLv
- kã wjL‡Z †kLv

fvlvµg c×wZi ˆewkó¨

- G c×wZ‡Z wkïi †gŠwLK fvlv AvqZ Kivi ci nv‡Zi †jLv †kLv|
- c_g kãi¦c wPb‡Z Ges kã wjL‡Z wkLv‡e| †hgb– wkï, gv-evev, Avg, eB, KB, BZ¨vw` ai‡bi kã wkL‡e Ges eY wP‡b kãi¦c wPb‡e| wjLb ïiæ n‡e kã w`‡q|
- kã wjL‡Z †kLvi ci †QvU †QvU kã w`‡q evK¨ wjL‡Z n‡e|

Abykxjb(Activity)t fv‡jv †jLvi mvaviY ˆewkó¨¸‡jv wPwýZ Kiæb|



mvigg t wjLb n‡"Q fvlvi ˆkwíK i¦c| wjLb GK ai‡bi Pviæ wkí| fv‡jv †jLK‡`i fvlvi Ici fv‡jv `Lj _v‡K| wjLb gvbyl‡K m¸Rbgyx K‡i †Zv‡j| †jLvi PPv ïiæ Ki‡Z nq evj¨Kvj †_‡K| Abykxj‡bi gva¨‡g GKw`‡K †hgb nv‡Zi †jLv myÿi nq †Zgwb Aci w`‡K cKvk fw½gvi I DbwZ N‡U| †jLvi Abykxjb e¨w³¯Ëvi D‡b¥l NUv‡Z Ges myÿi wjLb‰kjx AvqZ Ki‡Z mvnh¨ K‡i| myL cvV¨Zv, kyZgqZv I wbfjZv n‡"Q fv‡jv †jLvi mvaviY KZ¸‡jv ˆewkó¨| wjLb Abykxj‡bi `ÿU c×wZ n‡"Q-eYµg I fvlvµg c×wZ|

cv‡VvËi gj¨vqb 2.3

1| mwVK DË‡ii cv‡k wUK wPý (√) w`b|

1.1| wjLb wk¶v_x‡`i Kx DcKv‡i Av‡m?
K) evbvb fz‡ ‡iv‡a mvnvh¨ K‡i
L) cvV¨e¯ AvZ¯ Ki‡Z mvnvh¨ K‡i
M) A¶i w`‡q kãI evK¨ ˆZwi Ki‡Z mvnvh¨ K‡i
N) e¨w³Z MV‡b mvnvh¨ K‡i

1.2| †KvbwU fv‡jv †jLvi ˆewk‡ó¨i g‡a¨ c‡o bv?
K) mÿ cvV¨Zv
L) wbfÿZv
M) Q›`gqZv
N) MwZgqZv

1.3| †jLvi gvb Dbq‡bi Dcvq Kx?
K) fv‡jv eB cov
L) wjLb Abÿxjb
M) wjL‡bi ‰kwíK i¦c AbÿiY
N) mvwnZ¨ PPv

2| ïb¨¯vb ci¨Y Kiæb|

K) wjLb n‡"Q fvlvi ---------- i¦c|
L) wjLb GKai‡bi ----------|
M) wjLb gvbÿ‡K ---------- K‡i †Zv‡j|
N) mÿcvV¨ †jLv nq ----------|
O) mÿcvV¨ †jLvi GKUv ----------|

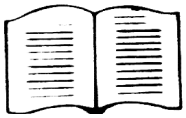
3| mZ¨ n‡j ÔmÕ Ges wg_¨v n‡j ÔwgÕ wjLÿ|

K) mÿ cvV¨ †jLv †`L‡Z mÿ i nq|
L) mÿ cvV¨ †jLv ax‡i ax‡i wjL‡Z nq|
M) evbv‡bi ï×ZvB wbfÿ †jLvi gvb wbYqK|
N) wjLb wk¶v_x‡K fvlv wk¶vq AbÿvwYZ K‡i|
O) wjL‡bi PPvi d‡j gvbÿli g‡a¨ †mŠ›`h¨‡eva Rv‡M|

cvV 2.4 wjL‡bi cKvi‡f`

G cvV †k‡l Avcwb–

- †jLvi fw½ m¯úK ej‡Z cvi‡eb|
- nv‡Zi wjLv my›`i Kivi cšv wbi¦cY Ki‡Z cvi‡eb|
- kyZwjwc Abykxj‡bi c×wZ¸‡jv D‡jL Ki‡Z cvi‡eb|



c‡Z¨‡Ki †jLvi wbR¯ GKwU fw½ _v‡K| G fw½i cavb ^ewkó¨ †`Lv hvq A¶‡ii ev e‡Yi MV‡b| †KD Lvovfv‡e wj‡Lb, †KD evuKvfv‡e wj‡Lb, Avevi KviI †jLvi A¶¸‡jv _v‡K `‡i `‡i|

†jLvi fw½

evsjv nv‡Zi †jLv-Lvov Uvbv, †njvb †`qv I UvBc †jLv n‡Z cv‡i| Lvov †jLvi Zzjbvq †njvb †`qv †jLvB †ewk ¯xKZ|

evsjv nv‡Zi †jLv mvaviYZ Lvov, †njvb, UvBc I Uvbv fw½‡Z n‡q _v‡K| G ¸‡jvi g‡a¨ †Kvb fw½wU MnY‡hvM¨ Zv wb‡q †ek wKQyw gZvwbK¨ i‡q‡Q| AvR‡Ki w`‡b Lvov †jLvi Zzjbvq wKQyw †njv‡bv †jLvB AwaK ¯xKwZ. jvf K‡i‡Q| Lvov †jLv nq Ici bx‡P †mvRv Avi †njvb †jLvi A¶¸‡jv nq wKQyw evuKv ev †njvb †`qv| UvBc †jLv‡K A‡bK mgq cvÛvgwc †jLv e‡j I wb‡`k Kiv n†q _v‡K| Gai‡bi †jLvq eYi¦ci MV‡bi cwZ mgvb `ó ivLv nq| k‡ãi ev ev‡K¨i AšMZ cwZwU kãB †gvUvgyw Qvcv †jLvi gZB myb`ó MV‡bi| UvBc †jLv ¯úó e‡jB mycvV¨ wKš G‡Z `yZv ARb Kó mv‡c¶| wk¶K I M‡elKMY g‡b K‡ib,

we`¨vj‡q ZZxq †kYx chš UvBc †jLvi w`‡KB †Rvi †`qv c‡qvRb| KviY, G‡Z K‡i wkïiv A¶‡ii mwVK MVb AvqË Ki‡Z cv‡i Ges ïi¤‡ZB hZkxj Af¨vm M‡o Zzj‡ZI m¶g nq| cVb I evbvb †kLvi †¶‡Î I GwU mnRZi| †jLvi aib cvq Qvcv A¶‡ii g‡Zv nq e‡j G †jLvq A¶‡ii AvKwZ. I MVb meÎ GKB iK‡gi _v‡K|

Uvbv †jLvi weKvk N‡U Qvcvi hyMiI A‡bK Av‡M| `xNKvj a‡i G ai‡bi †jLvB Pj‡Z _v‡K| cvPxb cvÛvgwc¸‡jv‡Z my›`i fw½gvi Uvbv †jLvi wb`kb cvIqv hvq|

UvBc †jLvq A¶¸‡jv c„K c„Kfv‡e _v‡K Ges †jLvi mgq †ek wKQyw wei wZi c‡qvRb nq|

UvBc †jLvq A¶¸‡jv c„K c„Kfv‡e _v‡K Ges †jLvi mgq †ek wKQyw wei wZi c‡qvRb nq| Gi d‡j †jLvi MwZ gši n‡q c‡o| Uvbv †jLvq kã¸‡jv GK GKwU GK‡K cwiYZ nq e‡j Avgiv A¶‡ii MVb m¤ú‡K †Zgb DwØM nB bv| Uvbv †jLvq †Kej kãB bq A‡bK mgq cyiv †jLvUvB GKUv GKK wn‡m‡e mgM i¦c jvf K‡i| Avgv‡`i `ójoi cwim‡i A¶‡ii ¯Zš i¦cwU eo n‡q aiv c‡o bv| Uvbv †jLv MwZkxj| G MwZkxjZvi Kvi‡YB G ai‡bi †jLvq e¨w³ ‰ewkó¨ d‡U I‡V| Uvbv †jLvq Aek¨B A¶‡ii AvKviI evuKi mgZv i¶v Ki‡Z nq Ges A¶i I k‡ãi NwbôeÜ‡bi cwZI g‡bv‡hvMx n‡Z nq| G ai‡bi †jLvq Uvb¸‡jv bgbxq nIqv c‡qvRb|

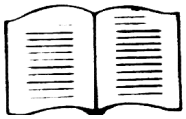
wjLb Abykxj‡b kyZwjwci fyjgKv

kyZwjwc Kv‡b ï‡b wjL‡Z nq e‡j †kvbvi `¶Zv G‡Z ew„× cvq| kyZwjwc evbvb wk¶vi mnvqK I fvIv †kLvi †¶‡Î AZ¨š ¸i¤ZcY¨| kyZwjwci gva¨‡g cv_wgK chv‡q wk¶v_xiv fvIvi eYi¦c‡K fv‡jvfv‡e wPb‡Z I wjL‡Z †k‡L Ges cieZx chv‡q G Abykxjb evbvb wk¶vi mnvqK nq| kyZwjwc wjLvi mgq wk¶v_x Ag‡bvhvMx n‡Z cv‡i bv| Abykxj‡b wk¶v_x‡K †kvbv, †evSv I †jLv G wZbwU KvR GK‡hv‡M Ki‡Z nq e‡j †jLvi mgq Zv‡K AZ¨š mRvM I mZK _vK‡Z nq| †kwYK‡¶ wk¶K kyZwjwc †jLv‡bvi Av‡M wbewPZ AskwU wk¶v_x‡`i c‡o †kvbvb, c‡qvRb n‡j wel‡qi fvel eyS‡q †`b| Zvici ax‡i ax‡i ¯úó K‡i c‡ob,

hv‡Z wk¶v_xiv g‡bv‡hvMx nq| wk¶‡Ki cvV ¯úó D”Pvi‡Y Ges h_vh_ hwZ-weiwZmn co‡Z nq|

kvLvZwjwc †jLvi `¶Zv AR‡bi Rb¨ µgvMZ Abykxjb ev PPv c‡qvRb A_vr G Abykxjb wbqwgZ nIqv PvB| †jLv †k‡l wk¶‡Ki KvQ †_‡K Zv ms‡kvab Kwi‡q wb‡Z n‡e| G‡Z wk¶v_x wb‡Ri fyj †`‡L Avevi I †m fzj bv Kivi Rb¨ m‡Pó n‡e| mncvVxiv I µwU¸‡jv wb‡`k Ki‡Z cv‡i|

Abykxjb(*Activity*) t wjL‡bi cKvi‡f` wPwýZ Ki‡b|



mvigg t evsjv nv‡Zi †jLv- Lvov, †njvb, UvBc I Uvbv f½‡Z n‡q _v‡K| Lvov †jLv nq Ic‡i-wb‡P †mvRv Avi †njvb †jLvi A¶i¸‡jv _v‡K euKv ev †njvb †`qv| UvBc †jLvi A¶i¸‡jv Qvcv †jLvi gZ nq| Uvbv †jLvi cwZwU kãB GK GKwU GK‡K cwiYZ nq| UvBc †jLvi MwZ axi Avi Uvbv †jLvi MwZ `yZ| kvLvZwjwc wjLb Abykxj‡b mnvqK fvgKv cvjb K‡i| Kv‡b ï‡b I Abyaveb K‡i wjL‡Z nq e‡j wk¶v_x‡K kvLvZwjwc †jLvi mgq AZ¨š mRvM I mZK _vK‡Z nq|

cv‡VvËi gj¨vqb 2.4

1| mwVK DË‡ii cv‡k wUK wPý (√) w`b|

1.1| †Kvb cKv‡ii †jLv AwaKZi ¯xKZ?
K) Lvov †jLv
L) †njvb †jLv
M) UvBc †jLv
N) Uvbv †jLv

1.2| †Kvb †jLvi MwZ gši?
K) Lvov †jLv
L) †njvb †jLv
M) UvBc †jLv
N) Uvbv †jLv

2| ïb¨¯vb ci-Y Kiæb|

K) †jLb fw½i ˆewkó¨ †`Lv hvq ---------- MV‡b
L) gvb †jLv nq cVb †hvM¨ wbfÿ I ----------
M) cvÛzjwci †jLvi fw½wU n‡jv ---------- †jLv
N) ---------- †jLv ¯úó e‡jB mÿcvV¨
O) ---------- UvBc †jLvi weKvk N‡U Qvcvi hÿMi I Av‡M
P) ---------- me‡P‡q MwZkxj
Q) wjLvi fw½i cavb ˆewkó¨ n‡"Q ---------- Gi MV‡b

3| mZ¨ n‡j ÔmÕ Ges wg_¨v n‡j ÔwgÕ wjLÿ|

K) UvBc †jLv †ek `ÿZ †jLv hvq
L) Uvbv †jLvq e¨w³ ˆewkó¨ d‡U I‡V
M) Lvov †jLv I UvBc †jLvi fw½ GKB iKg
N) UvBc †jLv, Uvbv †jLvi †P‡q †ewk bgbxq
O) kÿZwjwc evbvb wk¶vi mnvqK
P) kÿZwjwc †jLvi ci wk¶K‡K Zv †`‡L w`‡Z nq

Pøvš gj¨vqb – BDwbU 2

msw¶ß I iPbvg jK ckvejx

1| fvlv wk¶vq Abykxj‡bi fwgKv Kx?
2| wkï Kxfv‡e wk‡L?
3| fvlvq ˆkwíK e¨env‡ii DrKó.¯vb Kx Kx?
4| fvlv Abykxj‡bi we‡kl w`K¸‡jv wPwýZ Kiæb|
5| fvlv Abykxj‡bi cavb cavb †¶Î¸‡jv Kx Kx?
6| AvbyôvwbK cwi‡ek ej‡Z Kx eySvq?
7| AvbyôvwbK fvlvi cZ¨wkZ Dcv`vb¸‡jvi bvg wjLy|
8| gvbyl Kxfv‡e †mŠRb¨ cKvk K‡i?
9| cVb gvbyli Kx Kv‡R Av‡m?
10| AvewËi msÁv wjLy|
11| cVb KZ cKvi I Kx Kx?
12| mie cv‡Vi myeav¸‡jv wPwýZ Kiæb|
13| bxie cv‡Vi Amyeav¸‡jv wPwýZ Kiæb|
14| ¯v`bv cv‡Vi ˆewkó¨ Kx?
15| Av`k cvV Kv‡K e‡j?
16| Ôevbvb me‡¶‡Î D"PviY wb‡`kK bqÕ– e¨vL¨v Kiæb|
17| wjL‡bi ˆewkó¨¸‡jv Av‡jvPbv Kiæb|
18| wjLb KZ cKvi? Av‡jvPbv Kiæb|

DËigvjv – BDwbU 2

cvV 2.1

1.1	N	1.2	K	1.3	N		
2K	K‡_vcK‡_vb	2L	cvV¨e¯	2M	ï× D"PviY I RoZv		
3K	wg	3L	wg	3M	m	3N	wg
3O	m	3P	m	3Q	m	3R	m

cvV 2.2

1.1	K	1.2	N	1.3	M	1.4	N
2K	†jLvq	2L	kÿZ	2M	ï‡b	2N	bxie
2O	Av`k	2P	myÿsnZ	2Q	evbvb I D"PviY		
3K	m	3L	wg	3M	m	3N	m
3O	wg	3P	m	3Q	wg		

cvV 2.3

1.1	N	1.2	M	1.3	L		
2K	ˆkwíK	2L	Pviæwkí	2M	m„Rbg Lx	2N	mÿúó
2O	÷vBj						
3K	m	3L	wg	3M	wg	3N	m
3O	m						

cvV 2.4

1.1	L	1.2	M				
2K	eY	2L	MwZkxj	2M	UvBc	2N	UvBc
2O	Uvbv	2P	Uvbv †jLv	2Q	kÿZwjwc		
3K	wg	3L	m	3M	wg	3N	wg
3O	m	3P	m				