

# टाईम वित्नेस

o%2 vd%2 fl rEcj%2016 eW; %: 15&

D; kf d ge mBk; ks vki dh vkokt!

## डेंगू का कहर

प्रशासन  
बना  
लापरवाह



vlnj dsi "B ea

16 रुला रहे ये फ्लाईओवर!

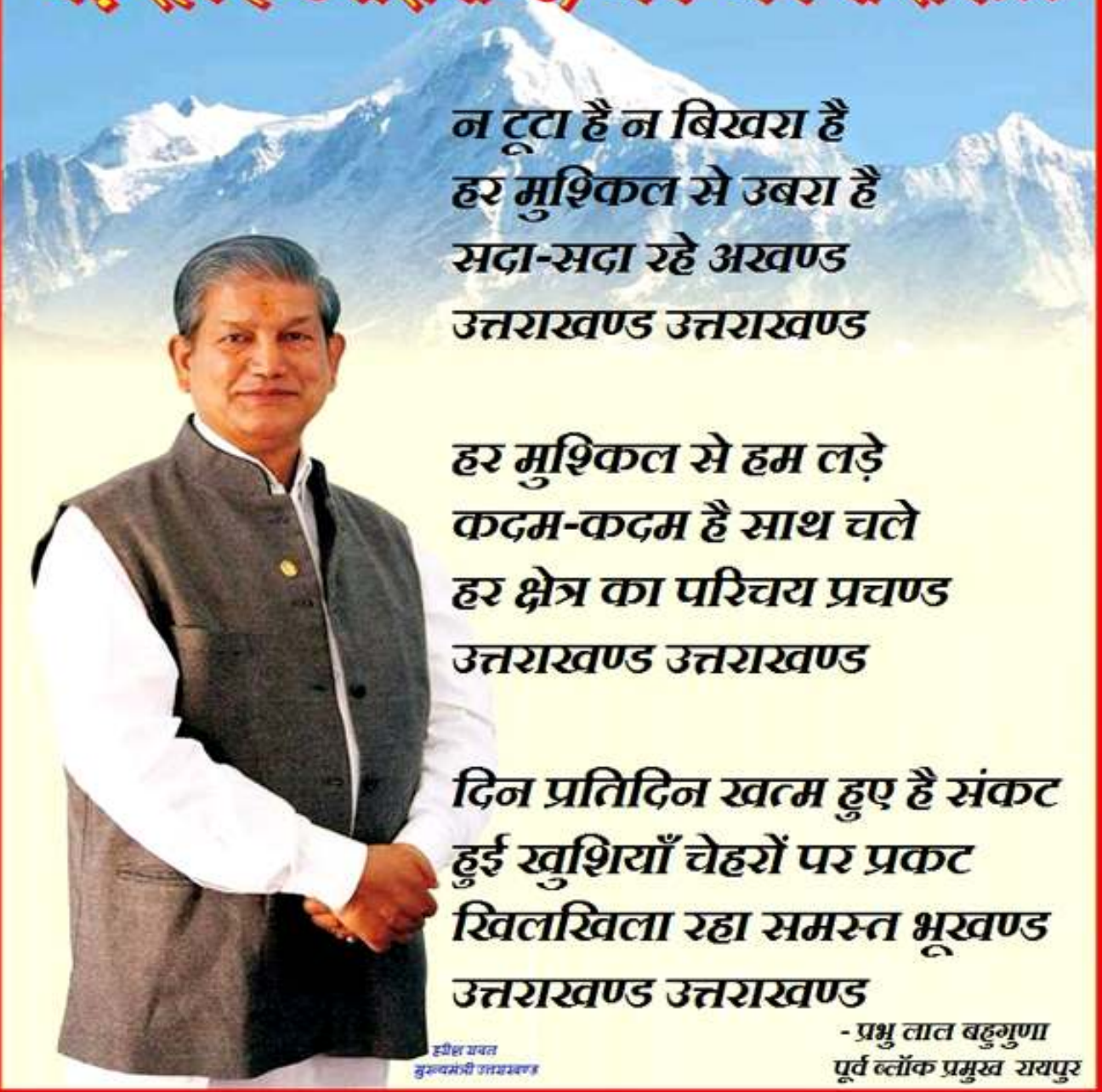
20 कुर्बानी का असल मकसद

22 चौपाल

30 शहीद-ए-आजम भगत सिंह



# बढ़ रहा है उत्तराखण्ड, जन-जन के संग...



न टूटा है न बिखरा है  
हर मुश्किल से उबरा है  
सदा-सदा रहे अखण्ड  
उत्तराखण्ड उत्तराखण्ड

हर मुश्किल से हम लड़े  
कदम-कदम है साथ चले  
हर क्षेत्र का परिचय प्रचण्ड  
उत्तराखण्ड उत्तराखण्ड

दिन प्रतिदिन खत्म हुए है संकट  
हुई खुशियाँ चेहरों पर प्रकट  
खिलखिला रहा समस्त भूखण्ड  
उत्तराखण्ड उत्तराखण्ड

हरीश चवत  
मुख्यमंत्री उत्तराखण्ड

- प्रभु ताल बहुगुणा  
पूर्व ब्लॉक प्रमुख यशपुर



I Hkh nš k o i zš kokfI ; kačks

**ईद-उल-अज़हा**

dh gkfnʒd 'kʰkdkɛuk, a

i ʱkɔyky cgɔq k k

i ɔʒkykʰ i z[ k j k; i j

i ɔʒv/; {k eMh | fefr] ngjknɔ





# Vkbž foVuđ

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## fl rEej 2016

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fo' ksk I ykgdkj

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x<oky i Hkkjh  
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0; oLFkki d

I gkjui ğ i Hkkjh  
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ys/kmV fMtkbuj

Mkw I ā t; xla'h  
I q'hj di ğj  
fot; [k.Mwlt  
euekgu d.Moky  
(, Moksdy)  
vi Őjkt+ [k;  
nhi d 'kġ  
, e, I efyd  
v'kcd jkor  
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vdje [k;  
ckwgl u  
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i ā thđr dk; kġy; Vkbž foVuđ

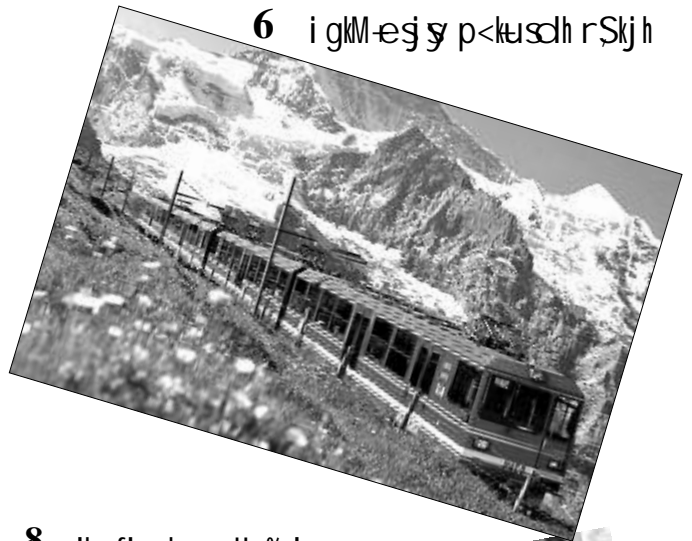
'kel' dkw/kuh] ctge.kokyk] fujatui ğj] ngjknw] mRrjk[k.M  
ekđ 7409293012] 7078188479  
bBey% timewitness2015@gmail.com,  
afrojkhana78600@gmail.com

uk/% t: jh ughafd yŖkd dsfy [ks yŖk I s I Ei knđ  
I ger gġ , oa I Hkh in ifjoržh; gSo I Hkh I nL;  
vořfud gĀ

Lokhe] eepđ] i zkl'kd vi Őjkt [k; }kjk fi frdk  
fi / I ] 9 ixfr fogkj] / eġ ğj] ngjknw I s eřer  
djkdj] 'kel' dkw/kuh] ctge.okyk] fujatui ğj]  
ngjknw] mRrjk[k.M I s i zkl'krĀ  
I ā knđ vi Őjkt [k;  
if=dk I s I eġ/r fdl h Hkh oln&fooln dh fLFfr  
eaU; k; {sk ftyk& ngjknw gh ekU; gġkĀ

vlnj dsi "B ea

6 i gkM-egj Ŗ p<kusd h rSkj h



8 dġkġ ; kġsUr%dyg



12 vkf [kj D; k gSdke; kch dsi kp I w


Hkny I vkkj

vxLr ekg ds ist uEej 22 vdkad dk; đrkd/ka dh I ġ; k  
c<#% pġku/ea =ŖVo'k geus"bl I xBu ds vlr xř fuf'pr  
'kġd i j ŐkežHkj; s tk jgsgĀ I sigysnu oSyh m | ks 0; ki kj  
e.My" dk uke ughafy [k x; k ftl dk ges [kn gĀ vr%bl  
I xBu okD; k I sigysnu oSyh m | ks 0; ki kj e.My I e>k o  
i <k tk; A

I Ei knđ

# Vspax xkm. Mij jktuhfr

vkt dy mRrjk[ k. M dh jkt/kkuh ngj knu eaVspax xkm. M dksydj cMhghfnypLi jktuhfr ns[ kusdk fey j ghgStgka, drjQ uxj fuxe }kj k dMk fuLrkj . k dsfy, 'kh' keckMk[ l gl ij vkoVr fd; k x; k gSoghabl dk foj ks'k dj usokysHkh l fØ; gksx; sgA bl Vspax xkm. Mij vc rdjhcu 50 l s60 dj kM+: i ; s[ kpZHkh gksp dsgA foj ks'k dj usokyksead[ ; r%, d dkaed h usk gSftl sjktuhfr l si sj r Hkh ekuk tk j gk gA D; kAd vxj foj ks'k dj uk gh Fkk rksmUgkasi gysD; kaughaf d; \ vc tc 2017 fo/kkul Hkk puko utnhd gSrkSD; kaed j j gsgA nuu dses j foukn pekyh usl kQ dgk fn; k gSfd vxj l h, e l kgc mn?kkVu dj srksog vi usi kvHzdsfo/kk; d dkseuk yxkA foj ks'k dj usdk ed[ ; dkj . k l kMk }kj k Vspax xkm. M dsvkl & i kl dj hc 500 ehVj rd dkbZHkh fuekz k dk; Zdj usi j i frca'k gksuk ekuk tk j gk gSD; kAd ftl l j dkj h Hkfe dksVspax xkm. M dsfy, vkoVr fd; k x; k gSml dsobh&fxnz dN tehusHk&ekfQ; kvkadh rksdN tehusxka okykdh ekuk tk j gh gA nu j h vksj , d l febr }kj k vf/kdkfj ; kai j Hkh cM:l l Fkkuka ds l kFk feyhHkxr dk vkj ki yxk; k tk j gk gS tcf d tks l febr vkj ki yxk j gh gSml ds Åij Hkh mUgh cM:l l Fkkuka ds l kFk feyhHkxr dk vkj ki yx pdk gA vc l oky ; g mBrk gSfd vxj Vspax xkm. M ogkaughacuxk rksdgkacuxk \ D; kAd vxj ns[ kk tk; srks' kgj dspkj ks vkj bl dsvykok , d h dkbZHkh txg ughatksVspax xkm. M ds fy, i ; kAr gSvxj jk; ij dh ckr djrs rksogha tksyhxtkA/ ; j i kVZgSftl dsotg l sml dsdj hc 25 fdeh dsnk; j sea Vspax xm. M ughacu l drka el ij j kM ij , d h dkbZtxg gh ughatgkaVspax xkm. M cus, oal gkj ui g j kM ij vxstkdj Hkh , d h dkbZtxg ughatgkadMk fuLrkj . k dkstxg fey i k; A rks, d seaVspax xkm. M dgkacuk; s\



स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए

vuoq vXkøky



i Vkdsokys  
Mhyj IOc

स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए

{ks=kf/kdkjh

, Oa

I eLr LVkQ

ou {ks=kf/kdkjh

vkei ks[kjk jst

स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए



jktdekj I Bh

I Hkkl n oKMZu 3

uxj i kfydk i fj"kn

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mRrjkky i at kch egkl Hkkj

uxj v/; {k

dk; kzy; %& U; w l Bh tujy LVkj  
i kdZ jkM dk' khi g ek- 9837443261

स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए



jktho vxøky  
i wZ fo/kk; d dk' khi g  
ftyk& m/kefl g uxj

स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए



jke egjks=k

ftyk v/; {k Hkkjrh; tukr i kVhZ  
Hkkjrh; turk i kVhZ/mRrjk[k. M½

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हार्दिक शुभकामनाए



bZ oj plæ xqrk

ftyk mik/; {k Hkktik , oa  
mik/; {k dk' khi g vcZu dKwksi jSvo cbl  
dk' khi g



भारतीय जनता पार्टी  
jk/ks ; ke fcfYMax] LVS ku jkM] dk' khi g

स्वतंत्रता दिवस व  
ईद-उल-अज़हा की  
हार्दिक शुभकामनाए



ekD vkfjQ , MokdV/

I c jkftLVkj vMqI ] dk' khi g  
m/kefl g uxj] I Ei d%& 9837064383

स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए

MSVvk byDVkMUDl

b.MfLVª, y , fj; k i hi y l kuk

gYnqk] jkeuxj %uSrhky½



dfi y xqrk

eSft& Mk; jDVj

स्वतंत्रता दिवस की  
हार्दिक शुभकामनाए

'kødj LohV†



rgl hy jkM] i r i kdZ  
dk' khi g] m/kefl g uxj

# डेंगू का कहर

i žkkl u cuk yki jokg



nu vLi rky ea Mxwcl s i hMf ejhtA



nhi d 'kkg  
mi l Ei knd

ngjknwA nu ea Mxwcl k j usbl ckj rks  
fjdkMzrkM+fn; k gA fi Nyso"kk dh vi {kk bl  
ckj 'kgj dsvf/kdkk txgls l sMxwdh ejht  
l keus vk jgs gA ogh l jdkjh vLi rkyks dk  
gky ; g gA fd ejhtks dsfy, cM Hkh egS k  
ughA ogh ejhtks ds rhekjnkj }kj k ?kjks l s  
i yx ykdj ejht dh cM l fjo/kk egS k djok  
jgs gA bu fnuks l jdkjh o xS l jdkjh

vLi rkyks ea ejhtks dh [kkl k HkhM+ ns[kh tk  
l drih gA ogh Mxwcl ds Mxcl l s cpus ds fy,  
uxj fuxe o LokLF; egdeka }kj k fdl h Hkh  
rjg ds blrtke ugha fn[k jgA l kFk ; g  
egdesgkFk eagkFk /kjscBk gA nu jh rjQ nu  
vLi rky ea ejhtks dks bykt fey ikuk  
ef' dy gks jgk gA nu gkLiVy ea tkp dh  
fji kVZ Hkh yxHkx 3&4 fnu fey jgh gA vc

rd dsvkdMlædsvuð kj nuu esl sMlæsdh  
 l æ; k ea ykx bl jkx l sxf l r gA nuu ea  
 Mæwdsyælj gkbzvyVZHkh tkjh dj fn; k  
 x; k gA ftyk eyfj; k vf/kdkjh tO  
 cgqgkk uscrk; k fd dlnzusftyesedoy  
 nuu vLirky o tkfyxk/ dks , ykbt  
 tkp dsfy, vf/kdr fd; k gA bl otg l s  
 Hkh nuu vLirky ea l sMlæsdh l æ; k es  
 ejht igp jgsgsbl dsl kFk gh LokLFk;  
 egdesdsvuð kj inšk Hkj l sfl QZ nuu es  
 l cl s vf/kd ejht l kues vk, s gA bl ds  
 klo t w Hkh egdek vk[ksca dj dscBk gA  
 bu tgjy sePNjks l sui Vusdsfy, dkbz  
 iz kl ugh fd, tk jgA ok; jy usHkh nuu  
 es ng'kr OSykbz gA nuu vLirky o  
 dks kus ku vLirky ea u; a Mæwejt ks ds  
 fy, txg rd ugh bu ePNjks dh l æ; l k  
 l sui Vusdsfy, uxj fuxe 'kj esijh  
 rjg l s Qkxæ dj kuseavl Qy l kfer gks  
 jgk gA tc fd e[; e-h }kj k uxj fuxe  
 dks 'kj dh bl rjg fcxMæh O; oLFk dks  
 l ækj usdsfy, igysfnu funšk fn; k x; k  
 Fk tcfd MæwdsMæd l si Hkfor gkdj vc

rd dbz ykx ej Hkh pæps gA nuu l fgr  
 vl; 'kj jks l s Mæw dk c<æ k izdki n[ k  
 LoLF; foHkx }kj k nuu gfj }kj vkj  
 usurky ftyks esvyVZHkh dj fn; k x; k  
 gA nuu ds i fyl delzo nuu vLirky ds  
 gh MkDVj o LVkQ Hkh Mæwdh pi v/ esvk  
 pæps gA ggr dj nusokyh fo"; ; g gA fd  
 tc inšk dsl cl scMso l fo/kk vks l syš  
 bl vLirky eagh; g jkx iui jgk gs rks  
 vl; txgks dh rks gkyr gh D; k gksx  
 tcdh nuu pfdRI ky; dkso vLirky ij  
 , fngkr cjr usdkt: jr FkhA  
 oghavxj ge ckr sjkT; dsfo/kk; dkso  
 e-h; ka dh rks og fl QZ bl l e; vi us  
 fo/kkul Hk l Hk {k= ea puko dh rš kfj; ka  
 dj jgsgA vxj ge LokLF; e-h dh ckr  
 djs rks mlgs jkT; dh turk dh dkbz fpar  
 ugha gs cfyd mlgs fl QZ vi us fo/kkul Hk  
 {k= ea vkusokys puko ea vi uh l hv ds s  
 cpk; sbl dh fpar T; knk gA  
 , d s ea fl QZ c; kuckth o vkj ks l s  
 T; knk t: jh l Hkh dks feydj bl Hk; kog  
 fl LFfr ij fu; H=.k dj us dh gkuh pkfg, A

tcdh feyh tkudkj ds vuð kj uxj  
 fuxe ea yxHkx bl s6 Qkxæ e'khus gš tks  
 fd nuu ds ijs okMæ ea Qkxæ dj us ea  
 vi; klr gA ogh uxj fuxe us30 vkj ubz  
 l kš/æy e'khus [kjnhuh dh ckr dgh og  
 uxj fuxe ds vuð kj 30 l kš/æy eh'khus  
 [kjnhusdk odzvkM] tkjh dj fn; k x; k  
 gA d d pks uxj fuxe o LokLFk;  
 foHkx }kj k tks Hkh vfHk; ku D; ks u pyk,  
 tkus dh ckr dgh tk jgh gkš ij l urqbl  
 cækw gks Mæw ij rks fu; æ.k yxkuk gh  
 gksk o l æ/kr foHkx ks }kj k , d h ij fl LFfr  
 vkus ij l Hkh fui Vus ds fy, igys l s  
 rš kjh Hkh cgn t: jh gA  
 D; k gs Mæwæ Mæw , d l Ø.e.k gA tks  
 , fMt , thVh ePNj ds dkVus l s Qsyrk  
 gA cjl kr eabl ePNj dk yokz Bgjs gq  
 l kQ i kuh eai uir k gA  
 Mæwdsy {k.k.æ vpkud fl j ea rst nnz  
 c[ kj gksk ekd i f'k; ka vkj tkMls ea nnz  
 gksk vk [ksds i hNsnz] th epykuk mYVh  
 vkuk ukd engao el Mlæ l s [kuu vkuk] Ropk  
 ij yky pdVsmHkj ukA

I Hkh ftys dks ijh l rdk  
 cjr ds funšk ns fn; s x; s gA  
 f t y k  
 vf/kdkjh Lo; a  
 l Qkbz dh  
 l ehkk djæso  
 QhYM esa  
 Qkxæ c<æus  
 ds l kFk gh  
 vLirky ea  
 l Hkh O; LFk, acukus ds funšk fn; s  
 gA inšk ea Mæwdh ijh fl LFfr ij  
 utjsj [kh tk jgh gA  
 LokLF; e-h l glnzfl g usxh



Mæwdsy xrkj c<æus dh jkd Fkæ  
 ij inšk l jdkj vl Qy jgh gA  
 Mæw jkdus  
 dh i w [rk  
 bUr tke  
 ughag xyr  
 c; kuks ij  
 LokLFk;  
 e-h dks  
 bfLr Oknsruk pkfg, A  
 vt; HkVv] inšk kv/; {k} Hkktik



, d ikbbv vLirky ea Qkxæ pkj kbz ij yk ejhtA



ukys dscxy ea tek xinxh dk < jA



# पहाड़ में रेल चढ़ाने की तैयारी



v'kkd jkor  
x<oky i Hkkjh

ngjknua dkydk f'keyk dh rti j  
\_f''kds k dk; Zi z, kl j sy ykbu dk ' kqkjkj Hk  
bl h c j l kr ckn ; gk gkustk j gh gSj kT; /kkuh  
xg l Q Hkh i k; feDrk eSmRrj k [ k. M dh l kyk  
i j kuh e j kn vc tYn gh i j h gkus tk j gh gS  
' kq vkr \_f''kds k dk; Zi z, kl j sy ykbu l sdh  
tk j gh gSi gkM+dh i drfdr vk/kk ntZu j sy  
i fj ; kst ukvksel c bl egRokdk { kh i fj ; kst uk  
dh tehu dok; n ' kq gkspyh gSj sy fodkl  
fuxe dsbl ckor l kj h vks pkfj drk, i j h  
dj yh gsfuxe i za'kd vke i zdk' k ekyeMh  
crkrsgsd c j l kr ckn bl h fl rEcj ekg l s  
j sy ykbu dk ; g dke ' kq fd; k tk j gk gS; g  
cgn papkr Hkj k dke gS fcYdy dkydk  
f' keyk Nk/hj sy ykbu dh rti j gh ; gk txg  
txg ruy Qykbz vkqj vkj i y vfn dk  
fuekz k fd; stk; xsfo; kst uk bl dke dksi j h

nl rk l svllke nusesyxx; stk j gsgsfuek. kZ  
l cs'kh l kj h tkudkj h; k vkfn i j h dj yh xbzgS  
bl i fj ; kst uk dsdke dh ' kq vkr \_f''kds  
fLFkr <yokyk esnuy [ kqkzbfd; k tk j gk gS  
yxHkx nks l kSfeVCj ych bl j sy ykbu esnks  
ntZu l smi j Nk/sj sy dslyS Vksdk Hkh i ko/ku  
gSfQygy i gyspkj esntZu Hkj j syoslyS kuks  
dh l wph rS kj dh xbzgSbu eaohj Hknj U; w  
\_f''kds k j f' koi j h] 0; kl h] noi z, kx] ; yFkkj  
Jhuxj ?kVh] : na z, kx] ?kkyrhj] xkqj  
d; z z, kx i zc [ k gSbl rj g bl i fj ; kst uk ds  
Jhuxj dsl kFk gh i gkM+esi fj ogu dku; k ; q  
' kq gkst k; s kA

; g fo''k; HkkSkksyd i fj fLFkr; ka okys  
i gkM+dseu ekfQd t: j rksdksu fl QZi j k  
dj sxhcfYd l qe o l j {kr; krk; kr 0; oL; k  
Hkh nxh bl h rti z b/kj tkul kj ckoj dktkM+es



dsfy, ngj knu& : Mēh gkrs gq j sy  
 ykbu ij Hkh fopkj cu j gh gsb/kj  
 dēkĀ esi r hf {kr Vudi j & tksy thohj  
 Vudi j & c kxs' oj ] j keux j &  
 pksē kīj ; k ovU ; j sy ykbu Hkh i Lrkfor  
 gsb/kj d; ā z; kx o m/kj pksē kīj ; k l s  
 i Lrkfor j kT; /kkuh xj l s k dk tkM+  
 tkusdh; kst uk Hkh ' kh" kzi kFk fedrk e agl  
 j kT; l j dkj bl dsfy, nco cuk  
 j gh gā ; g j sy 0; oLFkk ; krk; kr dh n f" V  
 dsl kFk & l kFk i gkM+ {k= eseky < ykbz  
 dk l ' kDr tfj ; k cuæ k vkt i gkM+ea  
 reke i o r h; mRi kn d vukt l sy d j  
 Qy vkfn < yku 0; oLFkk u gkus d spyr s  
 i gkM+dh gh eāM; k j ctkj ksr d ughāi g p  
 i kr h gā bl 0; oLFkk dscn bu mRi kn d  
 dks ctkj rd i gpkuk vki ku gks  
 tk; s k ā bl l s {k=h; j kst xkj vkj  
 dk Lrd kj h l s Hkh cy feysk fuekz k  
 l kexh vkfn fd ng ykbz Hkh l ų e o l Lrh  
 gks tk; s hā ; g j sy 0; oLFkk vkus okys  
 l e; eāi gkM+dh rLoj cny ns hā ge

tkurs g s fd mRrj k [ k. M vl rj k z' Vh;  
 l hekv l s vyx j kT; Hkh g l c r j Q  
 phu & r ccr dh l hek yxrh g s rks bl h  
 r j Q usi ky Hkh , d sesl kefj d n f" V l s  
 Hkh ; g 0; oLFkk ; gkad h cgr cM+ p p k s h  
 nij dj ns hā vkt gkykr ; g g s fd i gkM+  
 eal kekU ; ; krk; kr 0; oLFkk rd l ų e o  
 l j f {kr ugh g s vk; sfnu ; gkan ų k / uk, a  
 gkrh j grh g s Hkh [ kyu l sy d j Hknd Ei  
 vkfn vki nk, arksvke gā c j l kr earks; gh  
 i j k bykdk txg & txg n s k & n ų u ; k l s  
 d v tkrk gā  
 l hekUr vkj nij njkt rks Nk f M+ s  
 t x r i f l ) pkj / kke dh ; k = k rd ; gk  
 vkt Hkh V s h + [ khj g s , d sesi gkM+ i j  
 j sy p < kus dh ckr fuf' pr gh fdl h  
 l i usl sde ugh g s i j vc ; g l i uk  
 t Yn g d h r escnyrk utj vkj gk gā  
 i ų z es mRrj j sy os egki zā / kd , ds  
 i ų B; k Hkh j sy ykbu dh ' k q vkr dh  
 ckr dj p r d s gā mudk dguk g s fd  
 Hkfo"; eāp j ks / kkeks dks Hkh j sy ykbu

l s tkM+us dh dok; n py j gh gā  
 cgj gky bl h twu ek g eā j sy ykbu dh  
 Hkufe vf / k x z g . k l ā a / kh l k j h  
 vks p k f j drk i j h gkus ds ckn vc  
 fl r E c j l s f u t h d j . k dk; z' k q d j us  
 dk fu; z k fy; k x; k gā n j vk; snq Lr  
 vk; si gkM+eā j sy dh c j l ksdh bā r t k j  
 vc [ k R e g k u s t k j gh gā  
 n j v l y i ų z es d l n z l j dkj bl  
 fn' k k esdr b z l at h n k ugh j gh o j uk bu  
 j sy ykbuks dk l o r rks i ų z es vā x t gh  
 d j x; s F k ā o s d ų l e; vkj : d tkr s  
 rks eā i j h ] p d j krk ] yā M k m u ]  
 u s ų r k y ] j kuh [ kr l s rks n u u i g p h gh  
 tkrā vkt Hkh ; gka eā i j h dscn > M h  
 i kuh rd j sy ykbu i gpk nsus ds  
 vo' k s k ekst w n g s i j ; gkal j dkj ksdh  
 vuns [ kh d s p y r s v k t k n H k k j r e s j sy  
 i gkM+dh vkj , d bā p Hkh ugh f [ kl d  
 i kbz vkt phu Hk j r h; l hek rd j sy  
 ykbu ysvk; k g s , d ses; gk dsfy, Hkh  
 vc j sy ykbu t : j h g k s p y k gā

# xj hch

xj hch bUI ku l sD; k&D; k g s d j okrh  
 fcuk l kpsl e > sdke dj usl sed hcr g s ysvkrh  
 dHkh dj krh pkj h dHkh Hkh [ k g s e a okrh  
 [ kky i s / l k u s d k s e t c j g s d j okrh  
 j kst dh egur etnij h dscn Hkh t : j r i j h uk gksi krh  
 xj hch bUI ku l s-----  
 l v [ kh j k s / h n s [ k x j h c v k n e h d h H k u [ k g s c < + t k r h  
 fcuk fdl h l ų o / k k d s f t U n x h d V r h g s t k r h  
 [ k y s v k l e k u d s u h p s j k r v k [ k k a e a d v t k r h  
 t k M k s d h j k r k s e a f t U n x h d k ā r h g s j g t k r h  
 xj hch bUI ku l s-----  
 c P p k a d s r u i j d i M s d h d r j u H k h u k i k r h  
 x j f e ; k a d h / k i i r u d h [ k k y g s t y k r h  
 c P p k a d s H k f o " ; d h f p ų r k g j n e g s l r k r h  
 n s [ k v i u k g k y ; s e g j i j ; g h c k r g s v k r h  
 xj hch bUI ku l sD; k&D; k g s d j okrh



Jhefr nhi f' k [ k k



धर्मपूर विधानसभा:

# दक्षिण ; कश्मीर/द्वय



bh feyu dk; Øe dsekdsi j eq ; e=h gj h' k j korA

✦ 2017 ds  
fo/kkul Hkk  
puko eadkxdl  
dh cM+dI rh gñ  
ef' dys  
✦ dñ nkonj  
fvdV u feyus  
ij dj I drsgñ  
cxkor

ngjknwA dñcuV e=h fnuñ k  
vxoky ds fo/kkul Hkk {k= ea  
dkxdl h; ka ea vUr%dyg I keus vk  
j gh gñ bl dk rktk mnkgj . k bh ds  
ekñds ij , d futh lLFku ea  
dkxdl ; ka }kj k fd, x; a bh feyu  
dk; Øe eadq ; e=h gj h' k j kor dks  
eq ; : i l sfuea. k nsuk o/keñ ij ds  
dkxdl ; ka }kj k {k= ds fo/kk; d o  
e=h fnuñ k vxoky dks nj fdukj  
dj uk gñ oghafdI h gn rd dkxdl  
dk; Zdrkñ/ksdksfnuñ k }kj k l Eeku u  
fn; k tkuk Hkh bl dk dkj . k jgk gñ  
l kFk gh bl l e; /keñ ij ea

fo/kkul Hkk puko dksyñdj Hkh fl j  
Qñ/Voy dh fLFkr cuh gñ l # crkrs  
gñ fd /keñ ij eafi NysyEcsn' kdksl s  
dk; Zdj jgsdbZdkxdl h usrkvksdh  
utjs bl fo/kkul Hkk ij fvdh gñ  
budk dguk gñfd ofj "V dkxdl h  
usrkvksdk l Eeku dj rsgñ s dkxdl  
gkbñdeku dks bl h fo/kkul Hkk l s  
fdl h u; s pgjs ij fopkj dj uk  
pkfg, A tksfLFkr bl l e; /keñ ij ea  
cuh gñ ml l s, d k ekuk tk jgk gñfd  
dñ nkonj fv dV u feyus ij  
cxkor Hkh dj l drsgñ ekuk tk jgk  
gñfd bl ckj dkxdl dh bl l hv ij

Orgh dhj kg vki ku ughfn [ k j gh gñ  
 oghabl I hv ij cxor dsl j rst  
 gkrstfn [ k j gsgñ m/kj eñ yhe ckgv {ks-  
 gkusdsclj . k bl I hv ij eñ yhe pgj s  
 dksydlj Hkh tæ fNMñ gñ oñ sHkh bl I s  
 i gys; gh eñ yhe pgj si j tkj fn; k x; k  
 Fkk] ij bl ckj eñ yhe pgj s dksydlj  
 Loj rst gq gñ orëku es/keñ j 2017  
 dk i p Qd rk utj vk j gk gñ bl I hv  
 i j u; spgj s dsl kFk gh eñ yhe pgj sdh  
 nj dkj ns[ kh tk j gh gñ I # ; g Hkh crkrs  
 gSfd /keñ j ds vUr%dyg ds dklj . k  
 2017 eadkaxl eñ dyesi Mñ drhgñ  
 I kFk gh dkaxl gkbzdeku dks  
 dk; Zdrkz/ka ork vkseacuh vl arks'k dh  
 fLFkr dks tYn nij dj uk gkska oñ srks  
 /keñ j dkaxl ckgv; ekuk tkrk gñ  
 dkaxl ; gka l s thrrh vkbz gs ij Urq  
 orëku eadkaxl h dk; Zdrkz/ka ds eu  
 c<fs vl arks'k o vUr%dyg ds pyrs  
 dkaxl dsfy, ; gkal supl ku dh vkgV  
 Hkh fey j gh gñ  
 /keñ j eadkaxl h dk; Zdrkz/ka ds  
 rj Q gq bh feyu dk; Døe eafnus k  
 vxok y dksu cgykuk bl fo" k; dksydlj  
 Hkh /keñ j ead bZrj g dh pplz, gksj gh  
 gñ vxj I # kadh ekusrks bl es, d cMñ  
 cxor dsl ædr Hkh eku j gsgñ bl dh  
 ckuxh ge fi Nysdbzfo/kkul Hkk puko  
 eans[ k ppls gSfd dkaxl i R; k' kh dks  
 dkaxl dk; Zdrkz/ka cksx cusurk vksus  
 gh gjk; k gñ bl I e; dkaxl Hkh  
 vl eat I dh fLFkr eafn [ k j gh gSfd  
 vkf [ kj dñ s /keñ j ea l æBu dks  
 etar fd; k tk, A l æBu dk setarh  
 dk ea= eñ ; ea= h gj h' k j kor cd d  
 /keñ j dksndj ml dk; Døe l spys  
 x; sgks i j /keñ j ea eñ ; ea= h dk ; g  
 ea= cvl j fn [ k j gk gñ vc ns[ kuk ; g  
 gksxk dh vkxs ds I e; ea /keñ j ea  
 dkaxl dh vUr%dyg ; ughc <f h j g xh  
 ; k eq ; ea= h /keñ j dks dkbz u; k ea=  
 nsxj ; g rksvkusokysl e; i j gh fuHkj  
 dj rk gñ

# मैं चुनाव जरूर लड़ूंगा: हाजी नूर हसन

dkaxl ds ofj "B urk gkth uj gl u dk dguk gSfd 2017  
 fo/kkul Hkk puko eadkaxl npxk cgjer dsl kFk I j dkj cuk; sxh o  
 fodkl ds ifg; s dks vkxs c<k, xhA ogha /keñ j fo/kkul Hkk l s vi uh  
 nkonkj h dj rsgq dgkfd geus



Hkh 20&25 o"kkal s dkaaxl ds  
 fy, fnykstku l s dk; Zfd; k gñ  
 bl ckj ej sl eFkdzpkgrsgñd  
 eñHkh /keñ j fo/kkul Hkk {ks- l s  
 puko yMw o dkaxl I s bl  
 fo/kkul Hkk puko l sfVdV dh  
 nkonkj h d: ækA gkth uj gl u  
 l stc gekj sl æknærk usi ñk  
 fd vki dks fo/kkul Hkk puko  
 yMkuseafdl dk l eFkz gS rks  
 bl i j uj gl u usdgkfd ew>s  
 /keñ j fo/kkul Hkk ds gj oxj  
 gj /keñ j tkr dsyxsks dk  
 l eFkz fey j gk gñ eñ bl ckj  
 puko vo' ; yMw kA eñ vi us  
 l eFkdka dks fuj k' k ugha

d: æk] D; kñd t: j h ughaf d gj ckj fl QZ, d gh 0; fDr dksek d k fn; k  
 tk; ð ckfd dk; Zdrkz/ka dks Hkh dkaxl eñ d k nsvkj vxj dkaxl ep> i j  
 Hkj kd k dj /keñ j fo/kkul Hkk l spuko yMw s dk eñ d k nrh gS rks eñ i kvh  
 dks d Hkh Hkh fuj k' k ughad: ækA cfYd dkaxl ds gkFk etar d: ækA

oghachtsi h i j cj l rsgq uj gl u dgkfd tc l s d bñ e a ekrh  
 l j dkj vkbz gSrc l si j sn s k dh turk egækbz l s=kgh&=kgh dj j gh gS  
 vkj xj hcksdksnso Dr dh j kvh t p/kuk Hkh eñ dy gksx; k gñ i zkkuea= h  
 ekrh usxj hc turk l soknk fd; k Fkk dh chts h dh l j dkj cursgh  
 xj hc turk ds [ kkrkaea 15&15 yk [ k : i ; svk tk; æA og 15 yk [ k  
 : i ; svcrd dgkagS; sl j kl j xj hcksdsl kFk /kks[ kkgñ gl u usdgkfd  
 ; syks vi uh ukdkfe; kafN i kusdsfy, dkaxl i j >Bsvkj kñ yxk j gh  
 gñ chts h usmRrj k [ k. M ds fodkl dk; kñ eñ Qzj kMk vVdkusdk dke  
 fd; k gñ o tks Hkh j kT; xj chts h; k ft l j kT; eadkaxl dh l Rrk gS  
 ml j kT; l shts h dh d bñ e l j dkj us l k s yk 0; ogkj fd; k gñ o  
 mRrj k [ k. M eadkaxl dks l Rrk l sgVkusdsfy, gj xyr rj h dsl s  
 i z kl fd; k gSyfdu mudk i z kl vl Qy j gk vkj turk dk l; kj o  
 l kFk dkaxl dsl kFk j gka mRrj k [ k. M dh turk Hkh vc chts h ds>B s  
 oknsdksl e> pñd gñ

# I æBu eædkbZ kvkl ugha%eð I yæku

dkxð ds ofj "V usk 15 l #h; fØ; kuo; u j kT; Lrfj; dk; ZØe ds mi k/; {k j kT; eæh eð I yæku usdkxð I æBu ij [kvkl dh ckr ij dV{k dj rsgg dgkfd dksð i fj okj esd l h Hkh rjg dh [kvkl tð h ckr ugh ogh j kT; eæh usdgk Hkh fd j kT; esdkxð i fj okj cMk-gk usdsd kj . k bl i fj okj ds ykxkseær Hkn rks gksl drsgð i j Urgeu Hkn drbzughagsl drsl kFk gh mi k/; {k us, drk dk mnkgj . k nrs gq sdgk fd ftl i d kj , d i fj okj ds ykxkseær Hkn rksl EHko gksl drh gð i j Urgeu Hkn ugh gkrk dgk fd ftl i d kj l dV dsl e; es i fj okj ds l Hkh l nL; , d gkdj efl cr dkl keuk dj rsgð os sgh dksð l nL; Hkh i fj okj dh rjg gh gð mUgkaus dgk fd 2017 esfQj ; g i fj okj , d gkdj j kT; eæ dksð dk ij pe ygkj k; sk bl eksi j ofj "V usk us; g Hkh dgk fd Hkktik usl nð tkfrokndks c<kok fn; k gð Hked i pkj fd; k gð ogha l yæku usdgk fd i h , e eknh ) kj k tks >Bsi pkj fd, x; sFkj og ns k dh turk l e> pfd gð

mUgkaus dgk fd eknh usfons kks l s dkyk /ku ykusfd ckr fd Fkh vkf [ kj og dkyk/ku dgk gð bl vol j ij j kT; eæh us dgk fd i z/kkueæh }kj k >Bsvk' ol u fn; s x; sFkj vkf [ kj vc rd D; ksgj , d Hkkj fr; ksds [ kkrseæ15&15 yk [ k : i ; sD; ksughavk; Æ l kFk gh ofj "V usk usdgkfd i j snð k Hkj fd turk bl ckr dksl e> pfd gð fd j kT; kso ns k l s Hkktik dh myVh fuxrh ' kq gkspfd gð cksysfd vkusokysl e; dðnzeadkxð dk gð ftl l snð k dks i kj n' khz LoPN bækun kj o fodkl dks c<kok nusokyh l j d kj feyusokyh gð ogha l yæku us Hkktik i ns k v/; {k vt; HKVV ds fookfnr c; kusk dks Hkh nðHkZxh; i w kZ



crk; kvkj dgkfd vt; thej scMæHkbbZ fd rjg gð l e>nkj ds l kFk&l kFk l y>sgq 0; fDr gð o mPp i n ij vkfl u gð j kT; eæh l yæku usHKVV }kj k i gkMks dscgtE. kksdso "k; eæh x bZV l i . kh dks i w kZ: i l snðHkZx i q kZcrk; k o dgk fd vt; HKVV dks j kT; dh turk l sekOh ekæuh pkfg, A j kT; o i j snð k eactgE. k l ekt vknj l stkuk tkr j gk gð mu ij ' kj kc i hdj dk; Zdj us dh fV l i . kh l s i j s j kT; dscgtE. kksdsksvk?kkr i gypk gð l kFk gh i pns tkus ij fd /kei j fo/kkul Hk l svU; usk Hkh nkonj h gS. D; k /kei j eæ dksð ds usk ckxh cu l drsgS rks j kT; eæh usnks Vud dgk fd dksð eæ /kei j fo/kkul Hk eæ Hkhrj?kkr tð h l Fkfr drbz u gksxh mUgkaus dgk fd ekuk fd dksð dh l øk dj rs /kei j ofj "V dksð h usk dks yEck l e; gksp p k gScd d og nkonj h

dj j gsgkofj "V usk usdgk tksvxj ckxh cus Hkh rks mUgs i kvhZ dh fufr o vud kl u l si q%voxr dj k; k tk, xkA j kT; eæh us dgk fd mu dk; ZdrkZ/ka dks; g crk; k tk, xk dh mudh l æBu ds i fr fu"Bk o dk; Z l s dksð budk l Eeku dj rh gð

2017 es dksð l j d kj cuus ij mUgs ; kX; rkud kj l j d kj eæ l Eeku fn; k tk, xk o dgk fd bl ckr eð ; eæh g j h' k j kor] i ns k v/; {k fd' k kj mi k/; k; l s Hkh okrkZ dh tk, xhA dksð ds ofj "V usk us; g Hkh dgk dksð Nk/s l sydj ofj "V usk vks ds dk; kðo mudh Hkkoukvka dh dnz dj rh gð dksð dh ulfr vkxeh papko es, s h gksxh dh d k bZ Hkh ofj "V usk u j kt Hkh u gksvkj 2017 fe' ku dk Org ij /; ku fn; k tk, A bl dsl kFk gh eð l yæku us dgk fd /kei j fol l sgkbZdeku ftl fd l h Hkh uke ij eðj yxkrk gS ml s l elr fo/kkul Hk ds dksð dk; ZdrkZ ml ds l kFk gkæð mUgkaus vkædMks ds vud kj dgk fd dksð dk xkQ; gka rst h l sc<k gð l yæku us; g Hkh cksyk dh /kei j eæ dksð oV o {k dh rjg gð bl dh tMks dksm [ kkmæuk Hkktik l fgr fd l h Hkh nyfd rkdr ugha

bl dsl kFk gh 15 l #h; mi k/; {k eæ fl fvæ , e, y, o dScuV eæh fnus k vxoky dh Hkh tedj i z ka k dh dgk fd fi Nys l e; l s fnus k dks; gk dh turk dksvkf' kðkn feyrk vk; k gð cksys dh fnus k vxoky }kj k; gk fodkl dks c<kok fn; k x; k gSo og ; gka fodkl i q "k ds: i eatkustkrsgð l kFk gh bl eksi j eð l yæku us 2017 eæ Hkktik dh i ksy [ kksyus dh Hkh ckr dgh dgk fd i j s ns k&i ns k Hkj eæ tu tkxj . k vfhk; ku dsrgr Hkktik dh HkZ'Vulfr; ka dksturk dsl e {kj [ kk tk, s kA



# निःशुल्क अंग्रेजी शिक्षा शिविर का शुभारम्भ



cPpka ds l kfk vf/koDrk , oa l ektl oh l qhrk i zdk'ka

ngj knuA , l ih 7 Lo0 Jhefr cph noh , oa Jh ' ; keyky l okh; dltæ dh l pkfydk vf/koDrk , oa l ektl oh l qhrk i zdk'k }kjk vi uh l kl th dh 38oha iq; rhfFk ij jkt dh; ikbejh Ldny dkøyh j kM] ngj knu eafu% kYd vaxsth f' k{kk f' kfoj dk ' kqkjk EHK fd; k x; kA bl f' kfoj ea 1 l s5oha d{kk ea i <us okys vki l kl dsxjhc cPpksdksvaxsth fo" k; dk Kku nsusds fy, fu% kYd vaxsth f' k{kknh tk; schA bl eksdsi j l qhrk i zdk' kusdgd fd; fn mudhbl i gy l sxjhc cPpka dks ykHk gsrk gSrks, d h gh i gy ngj knu ' kgj dsvU; {ks=ka earFkk xf. kr fo" k; eaHkh dh tk; schA bl vol j ij l qhrk i zdk' kusl ekt dsl efkZyxska l svi hy dh fd mudkshkh vkxsvkdj xjhc cPpka dh i <kbZæenn ncdj mudsvPNsHkfo"; dsfuekZ k eavi uk l g; ksx nq ft l l s , d vPNs l ekt dk fuekZ k fd; k tk l dæ ge vki dks crkrspysdh bl h Øe eafi Nysa" kZ l ektl oh l qhrk i zdk'k }kjk uojk= , oa jkeuoeh ds vol j ij 16 t: j ren xjhc dU; kvka dsuke l scfd ea i kp&i kp g tkj : i; sdh , QMh dj kbZxkbZ t kshkfo"; eamu xjhc dU; kvka dksvkrRefuHkZj cukuseænnxkj gksxhA



cPpka dks fdrkc cka/rh l ektl oh l qhrk i zdk'ka



# आखिर क्या है कामयाबी के पांच सूत्र



jk[ kh 'kkg

vkf[kj D; k gS; s dke; kch ds i kp l # vFkok ea= vkf[kj dks l #k'kZ djus ds ckn dke; kch gfl y djuk ugh pgsxk efty dN edke gfl y djus dh vkl ku ugh gkrh efty rd igpusdh jkg l #k'kZ Hkj h o dfBu gkrh gA vki us; g nkgk rks l #kgh gksk dkd pSVk ocl; kuj Lokfulnz rFk p vrikgfj xgR; kxh 'kk; n gha dkbZ, d k 0; fDr gk tksfd bl nkgS l s voxr u gks cd d l #k'kZ khy vFkok fo | kFkZ ds vlnj ; g xqk gksuk cgn t: jh gA eabl i kp l #ksdk Hkh cgn l Eeku djrh gh i jUrq tksesvi us thou esn'kk o egl # fd; k ml ds v/kkj ij es vki dks vj i kp l #ks l svoxr dj k jgh gWgks l drk gS fd vki dks y; i kflr ds iFk ij ; g l # vki ds dke vk, al oziFke esusvi us i kp l #ka ea 'khry LoPN eu dks 'kkfey fd; k gSD; ks fd mrkoyk vj ppy eu dHkh l gk; d ugh gks l drk vxj gekjs eu es 'khryrk gS rks gekjk eflrd Hkh rsth l sdk; Zdjrk gS n' jh vj 'khry eu dh i fj Hkk'kk ; g gSfd vxj 0; fDr esy; i kflr dh pkg gks rks n'fu; k Hkj fd ckrks dks, d rjQ j [kdj fl QZ vj fl QZ 0; fDr dk eu ixfr vj y; ixfr ds vj gh tkrk gS vxj esxyr ugh gW'ks 'khry eu

dk gksy; i xfr ds iFk ij dkjxj fl ) gks l drh gA bl h Js kh dspyrs 'kkUr fnekh Hkh mi ; Dr ekuk tkrk gSD; ksfed gekjk fnekh vefLr" d% gh gA tks l Hkh fptkso gekjs 'kj h ij fu; Rkj .k j [krk gs vefLr" d% ds 'kkUr gksus l s 0; fDr dk /; ku ij tjs rjhds l s y; i xfr dh vj vxl r jgrk gA o 'kkUr vefLr" d% fcuk dkbZ vA ku ds ea jkg es vkus okyh vMpuka dks vkl kuh l si kj dj l drk gS bfl fy, ftruk Hkh gks l ds ges vius vefLr" d% dks l Hkh idkj dh fpUr l s nij j [kus dh t: jr gS eflr" d dks rks ckgek .k dk Hkh uke fn; k x; k gS vxj gekjk vefLr" d% LoLFk gS rks eg tfVy i fj fLFkr; ka dks Hkh vkl kuh l si kj dj l drs gS oS s Hkh vkt eut; pkn ij igp pdk gS vj gekjk fgl n' rku n'fu; k ds 'k fDr' kkyh n' kks ea vkt fxuk tkrk gA gekjs oKkfudks us vkt vR; k/kud mi dj .k rS kj dj n'k dks rjDdh ds vj; ke fn; sgS; g l c LoLFk eflr" d ds dkj .k gh gkrh l EHko gks i k; k gA bl fy, ges LoPN] LoLFk] fpUr eDr eflr" d dh T; knk t: jh gS bl h de es/ks Zxfr dks Hkh bl es l gk; d gS /ks Zxfr dks vki dNpk pky drbz l e>s

bl dk rkr; /'kV dV u yxkuk D; ksf d vki us; g Hkh nq'kk gksk o l ekpkj i =ises i <k gksk fd Q'th i ek.k i =ks) kjk 0; fDr fdl h l jdkjh ; k xj l jdkjh l l Fkkuks ea txg tks ikys gS ij l r q t k p a g k u s i j m l d k s 'k e z o c b t r d k l k e u k d j u k i < r k g a f t r u k g l s d g e s p k f g , f d g e [k p d h } k j k d h x b z e g l u k r d s } k j k g h y { ; i k r d j s D ; k s f d [k p d h e g u r } k j k f e y h l Q y r k d k v k u l d h o l d k v y x g h g k r k g s b l f y , g e k j s f t o u e s / k s z d k g k u k g h t : j h g a D ; k f d t Y n l s t Y n h g h v i u s [k p k i o t Y n i s k d e k u s d h p k g e a x y r e k x l v f [ r ; k j d j r s g s v k j f t l d s i f j . k k e m l d s f y , / k k r d l k f c r g k r s g a

/k s z d k g e k j s t h o u e s g k u k v f r v k o ' ; d g s D ; k f d / k s z d s f c u k e e f d u p h t u k e e f d u c u t k r h g s v k j / k s z l s r k s v k i i f j f p r g h g k s D ; k f d g e k j s g j , d d k ; k e s g e s b l d h v k o ' ; d r k g k r h g s v k j / k s z l q c p d k s H k h T k l e n r k g s v k j

; g h l q c p g e k j s t h o u d h d f B u i F k d k s v k l k u c u k r h g a b l d s l k F k e s s f r l j h J s k h f o ' k u e p r t h o u d k s f n ; k g a D ; k f d v x j f d l h H k h r j g d k f c l u u ' k k g e s y x x ; k g s r k s ; g g e k j h d k e ; k c h d s i n d k l c l s c M k j k M k g a

v x j 0 ; f D r d k s f d l h b H k h i d k j d k u ' k s d h y r y x p p h g k s r k s 0 ; f D r p k g s f d r u h g h ; k k ; r k D ; k s u j [ k r k g k s m l 0 ; f D r d h ; k k ; r k / k h j & / k h j s [ k R e g k u s d h d x k j i j i g p t k r h g a l k F k g h f c ' k u h 0 ; f D r u ' k k d j u s d s c k n d k b z H k h d k ; z d j u s e n l c k j l k p r k g a m l s M j j g r k g a f d l k e u s o k y k 0 ; f D r d g h l e > u t k , s f d b l u s u ' k k f d ; k g a [ k p H k h b l c k r d k H k ; e g l w d j r k g s f d l k e u s o k y s 0 ; f D r d s l e f k e j h i k y u [ k m y t k , a b l d k j . k m l d k d k ; z p k s o g f d r u k g h e g R o i w k z D ; k s u g k s o g v / k j k j g t k r k g s u ' k s 0 ; f D r v i u l f o o d r k s [ k k r k g h g s l k F k g h [ k p d s l o l F k ; d k s H k h [ k j k c d j r k g a e s ; g l e > r h g u f d u ' k k g e k j s

t h o u d s d k e ; k c h d k l c l s c M k j k M k g s b l f y , g h e s s b u l w k s e a f o t e u e p r t h o u d k s H k h ' k k f e y f d ; k g a v x j g e f o t e u e p r g s r H k h m i j k D r f n ; s x ; s ; s r h u s l w < a l s d k ; z d j i k , a s v u r e i l p o k l w e s s l a k ' k z d k f n ; k g a v i u s f p f M + k t s h N k s i a k h d k s r k s n s ' k k g h g k s k f d o g f d l r j g , d & , d f r u d k t e k d j v k i u k ? k k y k r s k j d j r h g a v k i u s c p i u e a l ; k l s d k s d h d F k k r k s l p h g k s h f d f d l r j g ? k M s e a , d & , d i R f k j M k y i k u h d k s m i j r d y s v k r k g s g e a d b z r j h d s l s d k e ; k c h d s m n k g j . k i a n ; k a o d v h i r a k s l s H k h f e y t k ; s k A l a k ' k z r k s g e k j s t h o u d k d b n z f c l n q g a f c u k l a k ' k z d s g e d n H k h p h t g k f l y u g h d j l d r s b l f y , g e s l o a f k e v k y l d k s R ; k x d j d n i k u s d h p k g d k s y d j l a k ' k z v i u k u k p k f g , A e a t y p k g s d n H k h D ; k s u g k s l a k ' k z d j u s d k x q k v x j g e k j s H k h j g s r k s f u f ; p r : i l s g e s d k e ; k c h t : j f e y t k , a h A

# खाद्य पदार्थों पर सब्सिडी देने का प्रयास करेगी हाई: रितेश फरस्वाण

ngjknwA lkekftd l kldfrd {k= ea dk; jr l l Fkk fgeky; u vkbzdu Qkj upj , M l ksky osyOs j gkbz dsve; {k fjrsk QjLok.k usdgg sfd , d vfhkuo igy dk c; kl djustk jgh gftl dsrgr vke yskachdks [kk | inkfzfdok; rh njkaij miyc/k dj, tk; aA ; gkaijM xtmM lLFkr mRRjkpy id Dyc ea gkbzdsve; {k fjrsk QjLok.k usi =dkjal s: c: gkrsqg dgk fd vDVij ekg eavjkHk gksokys l Fkk dsc; kl dsrgr igys pj .k eaVr; y dsrky ij l fct; k Qyla, oavU; inkfWackseMh ds eV; ij gh mi HkD rkvard igpkusdk dke fd; k tk, xk] ; gh ughabl dsl kFk gh eMh dseV; ij Hkh l l Fkk dh vlg l s, d l s ydij i kp : lk; sdh l fcl Mh dsl kFk bu inkfWackdks xgdard igpk; k tk, xkA mudk dguk gSfd mntgj .k dsrky ij vxj eMh eafdl h olrqdh dher 13 : l, cfr fdyksgsrks l Fkk ml srhu : i, dh l fcl Mh dsl kFk 10 : i, cfr fdykseami HkD rkvard igpkusdk dk; ZdjxhA bl dsl i Qy gksusdi 'pkr-l Fkk tfood mRi kn , oavU; mRi knka dks vi usc; kl ea 'kkfey djsch] rkfd yskach enn dh tk l dA

QjLok.k us vixs dgk fd orzku ea fjVsy dkjckkfj; ka dh euekuh dspyrsvke turk cgyk gA [kk | inkfWackvlg mRi knka dks euekusnkekaij foD; fd; k tk jgk gS , d seagkz l Fkk dk mis; l ekt dscfr vi uh ftEenkfj; kadk fuozu djusdksvi uk nkf; Ro l e>rh gS vlg bl vfhk; ku ea yskala l s l ghkfxrk dh



i =dkjka dls tkudkjh nrs l l Fkk dsve; {k fjrsk QjLok.k o l fpo v'kkcd jkorA

mEeh d j r h g a l l F k k d h v l g l s ; g N k s k y i d u v f h k u o c ; k l g s f t l s y d j l l F k k d s i n k f / k d k j h , o a l n L ; m R l k f g r g s m u d k e k u u k g s f d v x j b l c d k j d s c ; k l f d , t k , a r k s l k e f ; z d s v u d k j d n y l s c k a d k s g h l g h y k h c n k u f d ; k t k l d r k g a m u d k d g u k g s f d b l d s f y , d k ; z k s t u k r s k j d j y h x b z g s v k j v D V i j e k g l s b l d h ' k q v k r d h t k ; s h v l g b l d s f y , l e ; l e ; i j l F k k u H k h p ; f u r f d ; s t k ; a A b l v o l j i j o k r k z e a l l F k k d s l f p o v ' k k c d j k o r ] ' k j o h j f l g d B s ] r y l h j k e ] v t ; i k a s c n h i ] v f u y d k s y h ] e u k s t H k V V ] f o ' k k y ] l q k h y ] f o e y l k x j v k f n e k s t m F k A



## सभी देश व प्रदेशवासियों को ईद-उल-अज़हा

dh  
fnyh  
eçkj dckn

'kknkc 'kEl

i nzi nsk i Drk]  
Hkkt i k] mkrjk [k. M



I Hkh nš k o i nš kokfl ; ka dks

## ईद-उल-अज़हा

dh  
gkfnzd 'kñkdkeuk, a

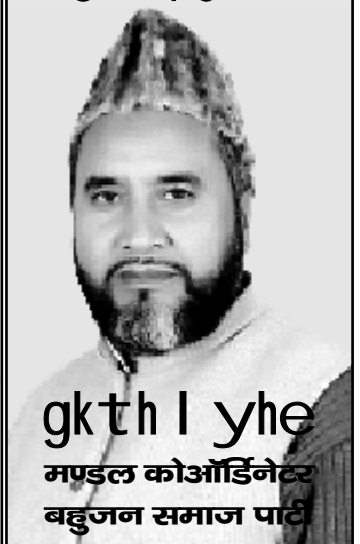


nhi d /kheku  
egkl fpo]  
egluxj dñxl ] ngjknw

I eLr i nš k o  
nš kokfl ; ka dks

## ईद-उल-अज़हा

dh  
fnyh eçkj dckn



gkth I yhe  
मण्डल कोऑर्डिनेटर  
बहुजन समाज पार्टी

## !जरा सोचिये?

tjk I ksp; svki dh blok.VeV/ ij dghabruk ytkk ughafey  
I drk ftruk vki lykV+ V/ kV V/ e k fuosk djdsdek I drsgA okskH  
dš \ vxj vki ds }kjk fuos'kr lykV dh I gh I ñj ykds ku gkA  
vki & ikl vcknh o nšud thou dh I Hkh I fpo/k; a ekš: n gla tš s  
vi uk dke ; k fctud ; k I gh tñk] Vukš jñž vkn dsfy, vki & ikl  
vPNsfctud I VVj vñ b.MfLV; y , fj; k gla ftI I svki edku  
cuk dj ; k FkkMš I e; ckn cp dj I gh ytkk dek I dñ fglñrku  
fj; y LVV-gh D; k vki I kp jsgkxsdh lykVx vkn rsvñš ykx Hkh  
djrs gñ yšdu fglñrku fj; y LVV-vki dsfy, p; u djrs gš, d  
, š h Hñe tgk nšud thou dh I kjh I fpo/k; a gla ; k cjl kr ea ty  
Hkjko u gsvñš Hkh , d vge ckr ijh rjg I stkpš ij [kš ij D; kñd ge  
vki dh egur dh xk-k dekbždh I gh blok.VeV/ gksbl dk /; ku j [krs  
gš o vkus okys I e; ea vki & ikl rsth I sfodkl gsvñš vki dks  
blok.VeV/ ij vPNk ytkk feysvxj vki edku cuk dj jguk pkgrsgks  
rsvki dks, d I gh egkšy LoPN I dñrd okrkoj.k o nšud thou dh  
I kjh I fpo/k, afeya, oavxj vki viuscPpadsuke I slykV VPlotž  
[kjñrsgñrš tc vki dscPpacMšgkxsrš, d lykV VPlotž dh dher  
ml I e; cgr T; knk gsv tk; xh ftI I svki dks cPpach f'kñk vñš  
fookg vkn dh Hkh i jš kkuh ughagš chA rš I kšp; ser I Ei dñfdft, &

Sudhir Kapoor

I eLr i nš kokfl ; ka dks



bž&my&v tek

dh gkfnzd 'kñkdkeuk, A

fgUnrku

gekjk I i uk I cdk ?kj gks vi ukA



i dñk'k ykš dkykuh ds I keus  
es f'keyk ckbž kl jkM] ngjknwA  
bžy& sudhirkapoor08@gmail.com  
gšyks uñ& 9219687777] 9258380143]  
9897351968] 9412005781



# mtkZ j {k. k i j dk; Zkkyk vk; kst r

ngjknwA mRrjk[k.M rduhdh fo' ofo |ky; dh iz kx'kkyk ¼ vk&hvkj; e ½ ea 'mtkZ l j {k.j.k' l s l &kr dk; Zkkyk vk; kst r dh xbA ÅjMk }kjk ik; % rFk mRrjk[k.M rduhdh fo' ofo |ky; }kjk vk; kst r bl dk; Zkkyk ea mtkZ l j {k.k l s l &kr fofHku vk; kela ij ppkZ fd xbA dk; Zkkyk eacrj eq; vfrfFk vkb&vkb/h ¼ Medh½ dsMko vkj ih l s h rFk fo' k"V vfrfFk; ka ea ÅjMk ds i kst DV vQI j ; q ohj l hfu; j i kst DV bat hfu; j foosd ush vkj vfhk"kd ik.Ms ] , l thvkj vkj bat hfu; fjæ dklyst ds vfl LV&V i kQd j i o h u f = i k B h u s f ' k j d r d h A

foosd ush usm tkZ n {krk rFk vfhk"kd usoreku eamRrjk[k.M ea ÅtkZ dh fLFkr l s Nk=&Nk=vka dks vkoxr dj k; kA ; w/h; wrFk ÅjMk dh ukMy vQI j rFk efgyk rduhdh l &Fku dh vfl LV&V i kQd j l qhrk pny chMk&Z us ÅtkZ l j {k.k vkj LekVZ fl Vh ij fopkj j [krs gq dgk fd jk"V dh l k e k f t d r F k k f F k d m l u r h e a Å t k Z d h H k f e d k v g e g A Å t k Z v k R e f u l l k r k i j c y n r s g q s m l g k u s Å t k Z d s i j E i j k x r l d k / k u k a d h v k o ' ; D r k v k j m i ; k f x r k l s N k = k a d k s v o x r d j k ; k A

m l g k u s c r k ; k f d m R r j k [ k . M t s s i o r h ; { k s = e s i j E i j k x r f x M i z k k y h



i k Q d j l f u r k p n y d k s l e e k f u r f d ; k x ; k A



dh l Qkz egax vkj p u k s - h i w k z g s f t l d k e q ; d k j . k ; g k n x z e { k s = } n d j e k s e h f L F f r ] d e t d [ ; k ? k u R o ] n g L F k L F k k u s i j f c [ k j s g q } ? k j k s d h

f L F k r l s l k s Å t k Z v k j i o u Å t k Z e g R o i w k z f o d k l l k f c r g k s l d r s g s D ; k s d m R r j k [ k . M f d H k k s k s y d f L F k r , d h g s f d ; g k a o " k Z H j d e l s d e 3 0 0 f n u l w Z L i " V r k l s m i y c / k j g r k g A U ; w r e o k ; w n c g k u s d s d k j . k m R r j k [ k . M d s f H k u u & f H k u u L F k u s i j o " k Z H j g o k r h c z x f r l s c g r h g A , d s L F k k u s d k s f p l g r d j o g k i o u Å t k Z Q k e l L F k k i r d j v i u h Å t k Z v o ' ; d r k , a i w k z f d t k l d r h g A

m R r j k [ k . M e a p h M + d s i M k a d h c g r k ; r g k u s l s p h M + d h i f r r ; k a d s x s l f Q d s k u l s H k h f o | q m R i k n u f d ; k t k l d r k g s v k j l o e g R o c k r ; g g s f d Å t k Z d s ; s i j R i j k x r l k / k u i w k r % i n d k . k e p r g A L e k V Z l h V h i j c k s y r g q m l g k u s d g k f d L e k V Z f l V h l s i g y s g e s L e k V Z g k u s f d v k o ' ; d r k g s r k f d f Q t y [ k p h z i j y x k e y x k b z t k l d A d k ; Z k k y e a i n s k d s f o f H k u b a t h f u ; j h æ l d F k k u s d s 8 0 N k = & N k = k , a i H k k f o r g p A

# रूला रहे ये फ्लाईओवर!

gknl svkj tke] nnu eagg vke



v'kkd jkor

ngj knuA j kt/kkuh ngj knu Hkh vc  
/khj &/khj s nš k ds ne?kkā/wegkuxj ka  
dh vksj c<+jgh gā crgk' kk c<+h  
vcknh dsck> rys; gkal (o/kk, arksne  
rkM+gh pph gā vc 'kgj dh vkckgok  
Hkh tokc nusyxh gā dHkh tjk l h  
xehZeaCj l i Mūsokyk vldk' k vc  
; gkaHkh ri kusyxk gā 0; oLFkkvka dks  
j cj dh rjg rku dj fdl h rjg  
dke fudkyk tk j gk gā i kuh] fctyh]

l Md] LLOkLF; l syedj l QkbZvkfn  
0; oLFkk, apje j kusyxhgā

vkt u oks Qj kZ/s Hkj us okyh  
l M-ds j gh u oks xgykch BāM] 'kgj  
dh i j kuh j ær vksj l ær Hkh tkrh  
j gh gā j gh l gh dl j ctctkrh  
xaxh vksj vk; s fnu l M-dka ij  
mQUkkrsukfy; kdsi kuh o tyHkj ko  
usi j h dj nh gā gknl so tke vc  
vke gks pys gā bugh cš kpekj

ppukšr; ka ds chp vc 'kgj ds  
 ^dk; kdYi\* dk [okc ns[ kk tk jgk  
 gš dHkh ns k dh ^, dMfed o  
 vkbfM; y\* fl Vh ea' kəkj bl 'kgj  
 dks vc ^LEkkVZ fl Vh\* ^eS/ks fl Vh\*]  
 ^ekMužfl Vh\* cukusdk f<a<kš k i hVk  
 tkjgk gš ij gdhdr; g gšfd vkt  
 rhu ųlykbzvkoj cuuseagh il hus  
 Nw x; sgš l kjs' kgj dh , d h rš h  
 gkspyh gš gkyr ; g gšfd vc rks  
 fuekZ k vo/kh chrs Hkh nks l ky l s  
 Åij gkspysgš yšdu ųlykbzvkoj  
 ij kk gkus dk uke gh ugha ysgkA  
 'kgj ds ^gkbbs' l adjh xfy; ka  
 cudj jg xbz gš tyHkj ko] tke]  
 tykyr l sturk cijh rjg t> jgh  
 gš ųlykbzvkoj cuk jgh dk; žk; h  
 l lFkk vkš ml ds dkfj Unka ds  
 <hVi usdsvkxs' kkl u&i ž kkl u gj  
 eku gkspyk gš vkš rksvkš eq[ ; ea-h  
 rd dh dbZckj Mka/ &Mi V dk Hkh  
 dkbZ vl j ugha gks jgkA dke cl  
 vi ugh dNpk pky l spy jgk gš

etcij gkdj vc ųlykbzvkoj  
 dh ^dk; žk; h l lFkk\* dksuksVI  
 tkjh djus i Mš ^j k"Vh; jktekxZ  
 vkFkksj Vh\* ds f[ kykQ Hkh  
 , QvkbZkj rd dh ukšr vk [kMh  
 gšZgš fQj Hkh u dke ixfr i dM+  
 jgk vkš u Qthgra de gks jghA  
 l Mēd cijh rjg [kkn nsus vkš  
 txg&txg xM<kal svk; sfnu gknl s  
 gks jsg gš tke rks vke gks pyk gš  
 gkbbsdschp dk fgLI k , d ij h ysu  
 dscj kcj fVu dspknj kal sf?kj k gkus  
 dspyrsvPNh [kkl h l Mēd i xMh  
 cudj jg xbz gš bl l s ?ka/ka  
 ; krk; kr ckf/kr gks jgk gš [kkl dj  
 vkIQI o Ldny VkbEI o Hkh j  
 okguka dh vkoktkgh dks gjh >Mh  
 feyusi j rksvkus tkusokykadh cl  
 'kker gh vk trhgš

vkbZ, l chVh] cYyhokyk  
 ųlykbzvkoj ij k gkus l sj kt/kkuh dh



cYyhokyk i y

turk usj kgr dh l ka yho cYyij  
 rhuka ųlykbzvkoj kadh ; gh gkyr gš  
 jkt i fcyd dh ukd >kad >sy jgs  
 , l i h ; krk; kr /khj ųnzxq[ ; ky dgrs  
 gš dk; žk; h l lFkk dh yki jokgh o  
 cnbartkeh l s ; g ukVdh; fLFkfr  
 i šnk gšZ gš l lFkk ds ftEenkj  
 vf/kdkfj ; kadks i gysgh l kQ dj  
 fn; k x; k gšfd VŠQd l pkyu ea  
 enn dks oks Hkh vi us i kap&i kap  
 depkj h yxk; srkfd fnu gh ughā  
 jkf= eaHkh 0; oLFkk cuh jgš bl ds  
 vykok l Mēkadh ttj gkyr tYn  
 l stYn nq Lr fd; s tkus dks dgk  
 x; k gš l Mēkads xM<s' kh?k Hkj us  
 dsfunž k fn; sx; sgš ; gka

; krk; kr cgkyh ds l kFk&l kFk  
 yksxkadh l g [kk Hkh cMk l oky gš

mYys[ kuh; gšfd jkt/kkuh ea bu  
 rhuka ųlykbzvkoj dk dke 2013 l s  
 py jgk gš i j rhu l ky ckn Hkh dke  
 l eS/usdksughavj gkA tcf d gkyr  
 ; g gšfd budk fuekZ k dk; žfui Vk  
 yusdh l e; vof/k Hkh fudy pph  
 gš nk&nks l ky vkōj gks tkus ds  
 ckotin vHkh Hkh xkj āh ughagšfd ; g  
 dke dc rd ij k gks tk; sxA cMh  
 e[ dykadsckn tš &rš scYyhokyk  
 ųlykbzvkoj dk dke ij k fd; k x; ka

gkykād bl ckj ^dk; žk; h l lFkk\*  
 l s ysdj ^j k"Vh; jktekxZ  
 i kf/kdj . k\* dks vxys ekgh dh 31  
 vxLr rd gj gkyr ea ųlykbzvkoj  
 pkyw dj fn; s tkus dh ^Mš ykbu\*  
 r; dj nh xbz gš

ij vHkh Hkh cgr dke ckdh gš  
 l Mēd l s<yku dh feyku o Hkj ku  
 cpk gš gš i j h fQuf' ka ckdh gš  
 Mkej gksuk gš l Mēdsnq Lr gksuh gš  
 l fož ysu ukfy; ka; kfu i j k Mšust  
 fl LVe dk dke cpk gš Åij l s  
 fctyh] VsyhQksu] i kuh dh ykbu  
 fcNkus dks vk; s fnu [kpkbz pyr h  
 jgrh gš bl ij dMh fuxj kuh o  
 jkd Hkh t: jh gš vc rksckfj ' k Hkh  
 [k gksppdh gš , d seal e; l sdke  
 gksi k; sxb l ij l anq vkš xgj kus  
 yxk gš ; gh ugha ckfj ' k ds pyrs  
 dhpM+o ty Hkj ko vkš eq hcr ai šk  
 dj sxA , d seatke dh Qthgr dks  
 >syuh i Mēch gh Åij l sgknl ksdk  
 Mj vyx vkš fQj ; g rhuka gkbbs  
 jkt/kkuh dh vkoktkgh l s gh ughā  
 jkt; kadh vkoktkgh l s Hkh l h/ks tMš  
 gš bl l si ; d u dh rksHkn fi Vxch gh  
 l kFk ea jkT; dh best dh HkhA  
 bl fy, ; g Hkh /; ku ea j [ks tkus  
 cgn t: jhgš

# धूमधाम से मनाई



bhxlq eauekt vnk djrsuekthA

## jk"V<sup>a</sup> fr o i zkuea=h ush bZ&my&vtgk dh c/kkbZ

ubZ fnYyhA jk"V<sup>a</sup> fr c.kc eq[ktH us bh&my&vtgk dh i wZl d; k ij n'sk ds ukxfjdka dks c/kkbZ nh vls mEehn trk; h fd ; g R; ksjk l ekt ea l koBkSed Hkkb'pkj; 'kkar', oa l ksjknZ dks c<kus ds ykxka dsc; kl ka dketor djxkA eq[ktH usvi usl n'sk eadgk] 'ebh&my&vtgk ds eksds ij Hkkjr vls fonsk ds l Hkh efil ye Hkkb&cguka dks c/kkbZ vls 'kdkdkeuk, a n'sk gA\* mlgkaus dgk]

'bh&my&vtgk dk R; ksjk fo'okl ] d#.kk] cfynku vls {kek dk crhd gA vkb; sge bl fnu gtjr bckfge }kjk fd; sx, LokFkj fgr cfynku vls ekuork dh l ok dks; kn djA\* mlgkaus dgk] ^vkb; s ge ihfM'ka, oa t: jrenka dh ihMk dks de djus dsc; kl djA dkeuk gSfd ; g R; ksjk l koBkSed Hkkb'pkj; 'kkar', oa l ksjknZ dks c<kus ds gekjs c; kl dks c<k; A\*

ogha c/kkuea=h ujae eksh us n'skokfl ; ka dks bh dh epkj dckn nh vls mEehn trkbZfd ; g R; ksjk 'kkar' vls , dt/rk dh Hkkouk dks dk; e djxkA , d VohV ds tfj, mlgkaus dgk fd bh my vtgk dh epkj dcknA mEehn djrs gA fd ; g R; ksjk gekjs l ekt ea 'kkar' vls , dt/rk dh Hkkouk dks c<kok n'xkA vkt i j'sn'sk eabh my vtgk ; k cdjhn euk; h tk jgh gA



# ਗੈਂਡੇ-ਇੰਦ-ਤਲ-ਜੁਹ

ਏਫ ; ਏਏਹਿ ਊਬਡੰਮਏਵਟਏਕ ਢਹਿ ਚ/ਕਕਬZ

ngjknwA jkt/kkuh ਏਏ Hkh  
 bñ&my&vtgk ਢਹਿ jkud n[kh x; h]  
 ftl ਏਏ eflLyeka us vki l ਏਏ xys yxdj  
 bñ&my&tgk ^cdjhn\* ਢਹਿ c/kkbZnrsgq  
 'kgj ਢਹਿ bñxkgka ਏਏ uekt vnk ਢਹਿ v[  
 fo'o ਏਏ 'kkār cuk; sj [kusdh Hkh n[  
 ogha e[; ਏਏਹਿ gjh'k jkor us bñxkg  
 igpdj eflLye l ekt dsy[kaadksc/kkbZ  
 nhA bl vol j ij cdjhn dsmiy{k ਏਏ  
 'kgj ਢਹਿ l elr efltnka o bñ xkgka ਏਏ  
 v[ vyx l e; kai j uekt vnk ਢਹਿ x; h  
 v[ l Hkh eflLye HkkbZ; ka us vki l ਏਏ  
 xys yxdj cdj bñ ਢਹਿ e[cd ckn nrsgq  
 n[ck id kn Lo: i cka/k x; kA ftl srhu  
 fgLI ka e[ck/k x; kA ftl ਏਏ igyk fgLI k  
 xjhcka ਏਏ n[ jk fgLI k fj'rnk[ka ਏਏ  
 v[ rh l jk fgLI k vi us ifjokj ds fy, j [k  
 tkrk gA bl h dks id kn Lo: i vki l ਏਏ  
 cka/k tkrk gA bl h ds l kFk 'kgj ਢਹਿ  
 foHklu efltnka t[ s /kkekoyk efltn]  
 iYVu ctkj efltn] eflLye dkykuh  
 bñxkg] ektjk ਢਹਿ bñxkg] vkbZ, l chVh  
 efltn] vtcQj enj l k v[ pdjkrk  
 jkM+dh l cl scMh bñxkg ਏਏ uekt v[  
 vyx l e; ku[ kj vnk ਢਹਿ x; hA



bl vol j ij 'kgj dkth ek[  
 vgen dkl eh uscrk; k fd vkt ds gh  
 gtjr bckfge vyfgr l yke dh /keZl ok  
 l s [kdk gkdj vYykg rkyk us mul s  
 mudh fiz; pht ਢਹਿ d[ck[ ekach ftl ਏਏ  
 gtjr bckfge us vius fiz; Q= ਢਹਿ  
 d[ck[ nuh pkgh v[ ml dh xnZu ij  
 t[ s gh ryokj pykuh pkgh o[ s gh  
 vYykg rkyk us vi us Qfj' rs dks Hkst dj  
 muds Q= ds l Fkku ij n[ck 1/2 dj k[ [kMk  
 dj fn; k v[ ml dh d[ck[ gks x; hA rc  
 l Hkh l s bl fnu dks cdj bñ ds: i ਏਏ

euk; k tkrk gA bl n[ku n[ck ; kfu  
 cdjka ਢਹਿ cfy nsdj gtjr bckfge ਢਹਿ  
 d[ck[ dks ; kn fd; k tkrk gA ml gkaus  
 crk; k fd eflLyeka ds fy, ; s vkt dk  
 l cl scMh fnu gkrk gA bl fnu muds  
 cfynku dks ; kn dj iR; d[ ba ku ds  
 Hkh rj ml h Hkkouk dks tkx[ djus dk  
 iz kl fd; k tkrk gA l kFk gh ml gkaus  
 crk; k fd vkt ds fnu , d gh l e;  
 uekt vnk djus dk ugha feyrk gA rks  
 l [g v[ B cts l snl cts rd fd l h Hkh  
 bñxkg ; k efltn ਏਏ uekt vnk ਢਹਿ tk  
 l drh gA ogha cPPka ਏਏ dk Qh mRl kg

fn [k kbZ fn; k v[ og u; s di Ms i gus gh  
 cdjhn ds R; k[ kj dk vkun yrs gq  
 fn [k kbZ fn; A  
 ogha ij h jkt/kkuh Hkh i fyl l j [k ਢਹਿ  
 i [h utj l stke gkrk fn [k] tgka Qfyl  
 r[kr fn [k kbZ nh v[ gkFk anjichu fy, pkj ka  
 v[ vi uh i [h utj j [ksg Qf ftl l s; gha  
 l kfc[ g[ jgk Fk fd Qfyl iz kkl u Hkh  
 pkgrk g[fd muds 'kgj ਏਏ 'kkār l s; sR; k[ kj  
 Hkh l Ei lu g[st k; A ogha n[ jh v[ uekt; ka  
 ds fy, feJh vkfn l s Lokx[ fd; k x; kA  
 'kkār i w[ < x l s uekt ds vrk gkaus ij  
 Qfyl usjgr ਢਹਿ l ka yhA



# हार्ट अटैक पड़ने पर बरते एहतियात: डॉ गांधी

vxj fdl h 0; fDr dks ghVZ vVd i M+  
pplk gSrkml svi uh l gr dk [kkI /; ku  
j [kus dh vko'; drk gA ;g dguk gS  
fl Vh gkVZ l BVj ds ps jeSu o ofj "B  
fQftf'k; u MKD l at; xkakh dka MKD  
xkakh usfuEu ckrksij , gfr; kr cjrudh  
[kkI l ygk nhA MKD xkakh ustkudkj nrs  
gq sdgk fd vxj vki /kei ku djrsgariks  
rRdky bl s NkM+ nA /kei ku djus l s  
/kefu; kai j jDr ds idk ij l h/kk vl j  
i M+k gA l kfk gh vf/kd ol k ; Dr Hkstkuk  
l sHk cpus dh l ygk nh vksj crk; k fd  
vf/kd ol k ; Dr Hkstkuk djus l s ol k  
/kefu; ka ds mij , d ijr ds: i ea te  
tkrk gA

mlgkaus' kDdj] i lVh] feBkbZ] p,dyV/  
vkfn dk l ou u djus dh Hkh l ygk nh  
vksj crk; k fd gkVZ vVd ds ckn l qj  
i lVh] feBkbZ] p,dyV vkfn dk l ou  
drbz u dja bl ds l ou 'kjhj ea  
dksy lV'y dk Lrj cgr c<+l drk gS vksj  
[ku eabl dh c<krjh [krjsdk dkj .k cu  
l drh gA jDr ds FkDds ; k jDr dk  
xk<ki u gis l drk gS tks tkuyok ekuk  
x; k gA ckrphir ds nksj ku ofj "B  
fQftf'k; u us c<rs otu ij fu; .k  
j [kus dh Hkh ckr dgk vksj crk; k fd gea  
[kku&i ku ij fo'kSk /; ku nsk plfg, A  
otu cMaus l s 'kjhj ea QV o eks/ki k vk  
tkrk gS ftl dh otg l chekj vksj c<us  
dk [krjk cu tkrk gA 0; fDr dk ckMh  
ekl bMDI %ch, evkbZ 18-5 vksj 24-9 ds  
chip gkuk plfg, A

ogha MKD xkakh us tkudkj nrs gq s  
crk; k fd T; knk ued dk l ou Hkh ?krkd  
ekuk x; k gA gkVZ vVd vkus dk T; knk  
[krjk mu ykxks dksjgrk gS tks ued dk  
T; knk l ou djrs gA 1500 feyhkte l s  
vf/kd ued dk l ou ukpl kunk; d  
ekuk x; k gA ued dk l ou Hkh geafuEu



: i l sdjuk plfg, A fVDdh] plV] i dksMk  
l Hkh eadkQh ek=k eaQV i k; k tkrk gS tks  
dksy lVh] dks dkQh gn rd c<+ l drk  
gA ,d s ea bul s njih cukuk gh T; knk  
Qk; nen gA l kfk gh mlgkaus crk; k fd  
gkVZ vVd ds ckn fclRj ij u i M+tk, A  
vkjke l s Vgya vksj dN l e; ckn  
'kjhjd xfrfof/k; kai j fo'kSk /; ku nA  
l kbZdfyak 0; k; ke o rjkdh l s 'kjhj  
fQV jgrk gA o 'kjhj dk jDr l plj Hkh  
cgrj cuk jgrk gA vxj ge bu phkackds  
vi ukrsgariks dkQh gn rd jksks l scpk

tk l drk gA

MKD xkakh us crk; k fd dbZ kj gkVZ  
vVd ckn ykx vl; l eL; kvackdsudkj nrs  
gS ,d k u dja e/keg] gkbijV&ku]  
gkbi ksfk; ; jksfMTe] vol kn]  
gkbijFk; jksfMTe vkfn dk Hkh /; ku ea j [ka  
vksj viuk l gh mipkj djok, A viuh  
fnup; lz vksj n&ud dk; ka dks bl cdkj  
cuk, afd vki ds 'kjhj eaeks/ki k u vkusi k, A  
eks/ki k gh bu l Hkh chekfj; ka dh eL; tM+  
gkrc gA l kfk gh cfrfnu viuh nokbz, kacK  
l ou dja mlga [kuk dHh u HkyA

# pk&sky



i zdk' k plæ mfu; ky

orëku l e; ea /khj&/khjs ykska ds  
 oþkjfd vLrjkseadkQh ifjorü gksusyxl  
 g& fdllrqvkt Hkh xkoaespks ky es yksks  
 dk vkokxeu cuk jgrk g& dHkh dHkh  
 /kkfeð ppkz a dHkh jktuðrd ppkz/ks ds  
 l kfk l jxehz k dHkh dHkh [ksy/ka ij dHkh  
 fo'o yoy ij Hkh ppkz a gksus yxrh g&  
 dgH dhrh dHkh igyokuh dHkh jð foHku  
 [ksy/ka ea ppkz a gksus yxrh g& cgl ea  
 tokuka l sydj o) +Hkh de ugh gksrdHkh  
 ns&k&fonsk ea uk&ljh; ka dh tkudkj; k  
 feyusyxrsg& dHkh e/; i ku dHkh /kpi ku  
 ds fojksk ij ppkz gkrhA D; k OSku  
 fm&tk; fuax] D; k batfu; jhax] D; k gk/y  
 eðstev] dHkh vkehj uohj l suk] ifyl]  
 MRtoX l Hkh dsjkt xkj fo'k; kaij ppkz gkrh  
 ns&k&fonsk ea uk&lfj; ka dh tkudkfj; ka Hkh  
 feyrh g& xko dsvud ; pk&; pfr; kans k ds  
 e/; i uk&znksij igpsgg& sg& jkewpks ky ea  
 cBdj l cdh crks l þrk vkj eu gh eu  
 i Nrirk jgkA esxjhc etqj bl l ku g&esD; k  
 thou es vi us cPps dks i <k i kmxk vkj  
 D; k cMh uk&ljh; k dj k i k&Axk] eu gh eu

fujk' k Fkk grkl Fkk] vi us dksge'skk foo'k  
 l e>rk FkkA  
 yfkd% ml dh fLFkr e&us n&fk  
 ml dh l eL; k fool rk ea fLFkr dk  
 tk; tk fy; k vkj vi us ikl foBk; k vkj  
 l e>k; k jkewHk; k ; g nfu; k fl QZi s l s  
 gh ugh pyrha bl ds fy, l kþ vkj  
 l kdkjks dh Hkh t; jr gkrh g& e&s, d  
 ckr crkuk vk fnu Hkj ea fdruh ohMh+  
 l hxjv ih yrs gks D; ksd n&fk x; k jkew  
 yxrkj chfM+ k i hrk gh jgrk FkkA  
 jkew& Hkkbz l gic D; k dguk l e;  
 dkBus ds fy, ejs ikl fl QZ , d ek=  
 l glkj ohMh gh g&  
 yfkd% jkewtkursgksohMh cgr cjh  
 oLrq g& ; g vkneh ds mij nhd gS  
 nhdA jkew, d ckr crk rfgjks ikl cPps  
 fdrusg&  
 jkew& fl QZ nks os Hkh vHkh NkV&NkV/s  
 g&HkS k t&hA  
 yfkd% jkewHk; k ohMh fdrus: o; s  
 dh ih yrs gksfQj crkvkA  
 jkew& fl QZ40 : i ; sdhA

yf[kd% jkew40 : i ; scgr glrsGA  
 rē pglisnīu; k dscgr vPNsbll ku cu  
 l drs gls yfdu rīgs FkkMh l h djckūh  
 nus gls dN vi uh vkrks es ifjorū  
 djuk glsk rē vPNsbll ku cu tkvtsA  
 jkew , i k dglabl fdler eA

yf[kd% fl QZfdler dshkjd s cB  
 nīu; k ugh pyrī dN dk; Z Hh djs  
 i MfsgD; k ejsrck, arē jkrsi j pyks  
 vkt dl e [kivseglrek xk/h vīg yky  
 cgnj 'k=h th dh fd es/aei ku ugh  
 d: akA

jkew th glahs k th  
 yf[kd% jkew vki dks ohMh fl xjv/  
 NkMuh glxh vīg cgr vPNscu l drsgs  
 rē ikr ejsi kl vkukA  
 jkew vo'; Hs k thj  
 nī jsfnu jkewvīg yf[kd cbl igps

jkewdscPpkadsuke l scbl eacpr [krk  
 [kyok; kA cPpk dks l jdkjh fo |ky; ea  
 Hkrīz djok; k] orēku ea jkew Hs k dks  
 l jdkjh fo |ky; ka ea l jdkj )kjk l kjh  
 l fo/k, a fu'kīd nh tkrh gA cPps dks  
 i fīrd} di Mh Hkstu l kjh 0; oLFk; a nh  
 tkrh gA vPNsf' k(kd Hh fo |ky; ka eaj [ks  
 x; s gA cPps dks ful dkp l jdkjh  
 i k'kkyk eī i <lvts ; fn ckr ekusōj  
 fo'okl gh Qy nk; d gkrk gA

jkewusgekh ckr eku yf ftrusdh  
 ohMh l hxjv/ fl rk Fkk vFkk- 1200 : i ; s  
 ek= 400 l frfnu nksks cPps dks tek  
 gksus' kq gksx; A

cPps fo |ky; ea i <us yxs l e;  
 chkrk pyk x; k jkewfur; egur vīg  
 i fjJe djrk ml ds l keusfdl h i djkj  
 dh dBukbz ugh vkBA , d fnu , l k

vk; k jkew ds nksks cPpk us blVj dj  
 fy; kA c/s us ch&Vsd djus dh l kph  
 rFk chVh; k us Lukrd i kl dj ch&, M  
 djusdh l kph cīd )kjk nksks cPpk dks  
 f'k{k yku fn; k x; kA jkeq ds cPps  
 i frHk'kkyh , oa gksugkj FkA ch&Vsd  
 vīre o'kz ea jkew ds c/s dks vPNh  
 dEi uh ealyd eV fey x; kA ; g nēk  
 jkew [k k; kadseks> mē mBkA fcfV; k us  
 ch&, M djus ds i' pkr , d l jdkjh  
 fo |ky; ea f'k(kd cu xBA l e;  
 cnyrk pyk x; k vkt jkewdh fxurh  
 xko ds vPNs yksks ea gks yxh vkt  
 jkeq pks ky ea Qy s ugh l ekrkA jkew  
 vc l e> x; k fd vPNsfnu thou ds  
 fy, fl QZ/ku gh ugh cYdh l gh l kpj  
 l gh fn'kk dh t: jr Hh gkrh gA  
 Nk/h l h dēkūh thou Hk vkl kuh

# गुरु महिमा

## f'k{k d fno l dh gkfn d 'k{k d keuk, a

f'k{k d fno l xq f'k"; dh i jEi jk dks  
 ; kn j [kus ds fy, f'k{k d fno l euk; k  
 tkrk gA ges vi uscM s vi us xq tuks dk  
 l nk l Eeku djuk pfg, A bl ckr dks  
 l Hh fo/koku ekurs gA xq tuka l s ges  
 l Hh xq kksdk l ekod feyrkA

thou n'kz xq f'k"; i jEi jk rc l s  
 pyh vkbz gē tcl s J"Vh dk fuekz k gvrkA  
 l Ur dchj th , d cM s vutkōh l Ur gq A  
 mudh Hh xq tuka ds i fr vFkg vLFk FkA

xq dīgkj f'k"; dīe gA x<h&x<h  
 xfb] [kx/ vlnj gkfk l gkj} ckj okgsokgs  
 pk/AA

dchj th dk rkri ; Z ; g gSfd xq  
 th f'k"; dks ftrus Hh QVdkj smudk  
 mns ; ml dk Hkyk pgguk gkrk gA xq  
 efgek dk onka ea Hh mYys'k gA  
 xq cgek xq fo". kī xq nō  
 egōjeA

xq l kkr inge rLesJh xq osueAA  
 xq tu vīre fo'okl dk ifrd glrs gA  
 thou n'kz xq Kku dsgkrsgSg  
 fo/oku xq efgek dk xq xku djrk gA  
 Kku ; gk dk xak ty l k vfojy vīg  
 vfojke gē plnu gA bl nsk fd ekVh



ri kshkīe gj xte gA xq tuks ds i ktr Kku  
 xak ty ds l eku ifo= rFk rst'oh  
 gkrk gA

xq tuka l fo |k i ktr gkrh gA fo |k  
 ged k Kku : ih vl/kdkj dksnj dj Kku  
 dk l eok k djrh gA

ok. kī xq tuka l s ge okei Vrk  
 l h [krsgōk. kh 0; fdRo dk ni . kZgkrh gA

beunkj hē ge xq tuks l sbekunkjh  
 dk i k' i <fsgA bekunkjh ghj s ds l eku  
 rst Loh gkrh gA gj bll ku ml dk l Eeku  
 djrk gA

ufrdrk ufrdrk eut; dh veY;  
 /kjsgj gē tksml siy l kēftd l j {k. k  
 i nku djrh gA

0; fDrRo xq tuka l s ges 0; fDrk dh  
 f'k{k feyrh gA LokHkēkh 0; fDr ges k  
 nī js dks vi us dk; kē l s l qk nrs gA rFk  
 Lo; aHh l qk jgrsgA

egRo i wZ ckr% vius l s cM s dks  
 l Eeku rFk Nk/s dks l; kj nsk l c l s  
 egRo i qkzkr gA

thou% thou l; kj iē vīg i j. k k dk  
 uke gA

l Qyrk% egur l s ges k l Qyrk  
 feyrh gS Qyrk l shfo"; mToy gkrsgA

ekx l n'kz t: jr gē vkt l gh  
 l e; i j l gh fn'k l gh l kp vīg l gh  
 l ddkj s d h; fn eut; ds l kfk fo |k ugha  
 gS rksog i 'kq l s de {kerk oku gS thou es  
 tks Kku nsogh xq ds i n'; gA

i zlk'k plāe mfu; ky



# एविएशन में करियर



, fo, 'ku eadfi; j cukusdh I Hkkouk, a fnu&c&fnu c<rh tk jgh gA tgkaigys , fo, 'ku dk {ks= I jdkjh gokbz I okvka rd gh I hfer Fkk} oghavc futh {ks= Hkh , fo, 'ku dh nkM+ea 'kkfey gks x, gA I kFk gh , fo, 'ku ds {ks= eafTl rsth I s fodkl gksjgk g\$ ml dsvuq kj Hkkjr bl {ks= ea I u-2025 rd ucj ou ij gkskA [kkl ckr ; g gSfd futh , ; jykba ds vkusl scfrLi /kkzc<usykh gA bl I svkus okysfnuka ea , fo, 'ku bMlVh ea jkst xkj dh dkQh I Hkkouk, agA , fo, 'ku ds {ks= ea vki nks rjg I s dfj; j cuk I drs gA i gykI xkmM LV, Q ds: i ea; kuh xkmM LV, Q ; ; j V\$Qd dh /ky} , ; j i k /z , M , ; j ØkV e /hud ] d, xk\$ gM /fyax} fVdfVax} fj to\$ ku vkfn eadfi; j cuk; k tk I drk gA nu jkI }lykbax LV, Q dsrj\$

ij] ; gkavki ik; yV] , ; j gkL V\$ ] }lykbV bathfu; j vj\$ ufoxs ku ds : i ea dfj; j dk vlxkt dj I drsgA ; kx; rk% , ; j gkL V\$ / }lykbV LVhoMZ I sl e /kr dkl Zdks djus ds fy, dMMS/ dksckjgoha i kl gkuk pkfg, A ; g {ks= ftruk Xy\$ jI gsmruk gh gkMZ odZ Hkh ekarkr g\$ I kFk gh fTl eal ok djusdh Hkkouk gksch} ogh bl {ks= ea I Qy gks I drk gA , tpd\$ ku DokfyQods ku ds I kFk dE; mud\$ ku fLdYI vj\$ xieax dks Hkh bl {ks= ea egRo fn; k tkrk gA , fo, 'ku dk {ks= dkQh folrr g\$ , ; j gkL V\$ j ik; yV ds vykok I V I }j to\$ kuu} fVdfVax} fI D; k\$ j Vh} dkxk\$ , pvkj} ekaVax} bathfu; fjax o dV/fjx ce\$ k gA vker\$ ij ik; yV vj\$ , ; j gkL V\$ ds fy, gh tkus tkus okys bl {ks= ea V\$ dldy vj\$ u, u V\$ Dudy nksuka gh {ks= ea uk\$ dfj; kami yC/k djkbz tkrh gA vkadMka ij utj% vkadMka ds vuq kj vkusokys 10&12 I kykaeabl QhYM t, c

dh dkQh vPNh I Hkkouk, ajgusokyh gA vupefur gSfd 2020 rd dgy , vj HkkMk ikp xqk gks tk, xkI eryc Li "V gSfd , ; j i\$ stI Z dh I \$; k ea vR; kf/kd btkQk gksk vj\$ budh I \$; k Hkh pks\$ qh gkus dh I Hkkouk gA vkadMka ds vykok n\$ kark, vj V\$ Qd ea gkusokyh ; g of) LokHkkfod : i I sjkst xkj dsHkh u, vk; ke [kky jgh gA vupeku gSfd vlxkeh rhu pkj I kykaeansk dsfoekuh cM+ea I dMka u, , vj ØkV tM\$ fTl ds ifj. kke cMa i kus ij i; yVt vj\$ d\$ cu Øw LVkQ dh HkrhZ gkschA , fo, 'ku ea v, l'ku% ik; yV% ; fn vki ik; yV ds: i eadfi; j dh 'k#vkr djuk pkrsg\$ rksbl ds cf' k{k. k ds fy, U; ure vk; q16 o" k\$ gkus pkfg, A I kFk gh 12oha dh ij h{kk foKku ; k xf. kr ds I kFk mUlkh. kZ gkus t: jh gA igys pj. k ea }lykbax Dyc I s LVhM/ ik; yV ykbl d gkfl y djuk gkrk gA bl sgkfl y djusds ckn \$kbo\$ ik; yV ykbl d 1/4 hi h, y1/2 ; k fQj d, ef' kZ y ik; yV ykbl d

¼ hi h, y½ dk dki Zfd; k tk l drk gA  
ihh, y mu ykxkadsfy, gš tks'kkšd; k  
gokbz tgkt mMLuk pgrs gš tcf  
ik; yV ds: i eadfy; j cukusokysykska  
dsfy, l hi h, y vko'; d gA nšk eadbz  
l kFkk, afoeku mMLusdk čf'k{k. k nrh gA

batifu; j% batifu; j foekuu l ok  
dk egRoikz fgLI k gš D; kšd bul s  
; kf=; kadh l j {kk dk el yk tMk gpk gA  
; jykba e/sud batifu; j cuusdsfy,  
l e/fkr 0; fä ds ikl ; jku, fVdy  
batifu; fjak ; k ; jku, fVdy e/sud  
batifu; fjak ea fMlykek gksuk pfg, A  
gkykid batifu; jkadks ik; yV dh rgyuk  
ea de oru feyrk gš tks muds vuško  
vkš n{krk dsvk/kj ij c=<k tkrk gA

dšcu0% gokbz tgkt ds dšcu 0w  
dh viuh gh vge; r gA vkf[kj vki ds  
l Qj dks l xel l qo/kktud vkš l jf{kr  
cukus dk nkjkenkj blgha ij gksrk gA  
; jykbu bMLVh ea jkstxkj ds l kFk gh  
vki i; V u dk Hkh etk ys l drs gA  
foeku l fjpkfjdk ¼; j gkšVš ½ dšcu 0w  
dk gh fgLI k gksrk gA ; j gkšVš ; k  
qlykbV il j cuus ds fy, vkd"kd  
0; fäRo dk /kuh vkš vaxst ij idM+  
vko'; d gA bl ds l kFk gh vl; fonšk  
Hkk"kk dk Kku vki dh [kkf l; r ea fxuk  
tk, xkA ; g bl fy, t: jh gš D; kšd  
vaxst oš'od Hkk"kk cu pph gšvkš fd l h  
fonšk Hkk"kk dh tkudkjh gksul svki ml  
; jykbu ; k ml nšk ds eq kfQjka dh  
ckr vki kuh l sl e> l drsgA

, vj gkšVš % , vj gkšVš dk dk; Z  
mMLu ds nkšku ; kf=; ka dh l j {kk vkš  
l qo/kk; kadk?; ku j [kuk budk eq; dk; Z  
gA bl ds vykok vki kr dkyhu funš k  
LFku 0 ; k=k ds nkšku vl; tkudkfj; ka

dkš; kf=; kadksmi yč/k djuk budk dk; Z  
gksrk gA

qlykbV LVh0M% ; g ; j gkšVš ds  
l eku gA ftEenkj; kšh l keusg, d xatq V  
ft l dh mez26 l ky l sde gšvkš og i; V u  
eafMlykek gš vkonu dj l drsgA

qlykbV batifu; j% gokbz tgkt dh  
l kjh č. kkfy; ka dh tkp mMLu ds igyš  
nkšku vkš ckn ea djus dh ftEenkj  
budh gksrk gA byĐV?fuDI  
byšDV?dyl] ešs fudy] ; jku, fVdy  
; k dEl; Wj ea l s, d ea batifu; fjak  
Lukrd vko'; d gA 12ohafoKku fo"ka; ka  
ds l kFk qlykbV batifu; j dk xkmM  
i k B; 0e; k ; j 0kqV batifu; j ykbl d  
; k d, ef'kz; y ik; yV ykbl d čkr 0; fä  
vkonu dj l drsgA bl dsfy, mez 30  
l ky l sT; knk ughagkuh pfg, A

; j V0d dšVš l % ; svkd'k ea; k  
tehu ij gokbz tgkt dh xrfok/k; kaevhe  
ds: i eadke d jrsgA jšM; lsbatifu; fjak  
; k byĐV?fuDI ea fMxh vko'; d gA  
xf. krh; ; kš; rk Hkh vPNh gksuk pfg, A

ehVfj; ksy, ftLV% eš e foKku]  
Hkkšrd] xf. kr] dEl; Wj] byĐV?fuDI  
vkš nji l pkj each, l l h; k, e, l l h dh  
fMxh okyadsfy, ; g, fo, 'ku QhYM  
l stMusk, d ekšdk gA

jkstxkj dšvol j% Hkkjrh;  
, fo, 'ku bMLVh ea dkfcy  
ik; yV dh dkQh deh

egl w dh tk jgh gA tkudkjka dk dguk  
gš fd vkus okys fnuka ea cM+ i škus ij  
ik; yV dh t: jr gkschA ml jh rjQ  
; j gkšVš dh Hkh ekak bl bMLVh eacuh  
jgrh gA gkykid ; g ukšdjh yMfd; ka ds  
fy, vf/kd vuphy ekuk tkrk gA vkt  
, fo, 'ku bMLVh ds joku p<usl svPNh  
il ZšVh vkš Qjkw/nkj vaxst ckyus  
okyh yMfd; ka ds fy, T; knk l sT; knk  
vol j mi yč/k gA qlykbV LVh0M dh Hkh  
fMekM de ughagA qlykbV LVh0M ds: i  
ea VñjTe dh fMxh j [kus okys dšMMSV  
dks vf/kd oš; w nh tkrh gA oš s bl  
QhYM ea byĐV?fud] byĐV?hdy]  
ešfudy] jku, fVdy vkš dEl; Wj  
batifu; j dh ekak Hkh de ughagA

oru% futh dāfu; ka ds, fo, 'ku  
bMLVh ea dne j [kus l s l šyVh ea  
tcjnLr btQk gpk gA d, ef'kz; y  
ik; yV dh l šyVh xM vkš i kš'ku ij  
fuHkš djrh gA, d vuškoh ik; yV dšns  
l si kp yk [k #i; srd čfrek oru fey  
tkrsgš tcf; j gkšVš dks 'k#vkrh  
nkš eagh 20 gtkj #i; sekf l d l svf/kd  
l šyVh fey tkrh gA gkykid ; g l šyVh  
; jykba ij Hkh fuHkš djrh gA



# शरीर में न हो कैल्शियम की कमी

## दशय'क; e dh deh dsef; Jkr

dšY'k; e gfı ; ka dh etcarh dsfy, t: jh gA ; g jä dsFkDds teus%yM Dy,fVax½eaHkh enn djrk gA ; g 'kjhj ds fodkl vksj el y cukus ea Hkh l gk; d gkrk gA gjh l fct; k; nghj cknke vksj i uhj bl dsef; ; l kr gA

gkVZds j OkmMš ku v,Q bAM; k ds v/; {k vksj bAM; u esMdy , l kfi , 'ku %vkbz,e,½ ds ekun l fpo M,- dsds vxoky uscrk; k fd dšY'k; e dh deh dks gk; i kdšY'kfe; k Hkh dgk tkrk gA ; g rc gkrk gš tc vki ds'kjhj dks i jh ek=k ea dšY'k; e ugha feyrkA mlgkaus dgk fd ykxka dks vPNh l gr dsfy, dšY'k; e ds egRo ds ckjs ea i rk gksuk pkfg, A ftuds 'kjhj ea dšY'k; e dh deh glš mlga vi usvki nok ugha ysuh pkfg, vksj T; knk ek=k eaQM l lyheV/ Hkh ugha ysus pkfg, A M,DVj l sl ykg ya vksj l gren [kkui ku ds l kfk gh l lyheV/ ya M,- vxoky uscrk; k fd mez<cusds l kfk dšY'k; e dh deh vke ckr gA 'kjhj dk T; knkrj dšY'k; e gfı ; ka ea l ipr gkrk gA mez<cus ds l kfk gfı ; ka i ryh vksj de l ?ku gks tkrh gA , d sea 'kjhj dks dšY'k; e dh t: jr i Mf rh gA dšY'k; e dsl kr okyh oLrq a [kkrs jgus l sbl dh deh i jh dh tk l drh gA mlgkaus dgk fd Hk[ks jgus vksj dı ksk.kj gkeka dh xMeMh fceB; kj fVyhohj vksj esy, Ctjš'ku dh otg l shk dšY'k; e dh deh gks l drh gA esy, Ctjš'ku ml fLFkr dks dgrsgš tc gekjk 'kjhj mfpr [kjkd ysus ij Hkh foVkrfev vksj feujy dks l kš'k ugha krkA

dšY'k; e dh deh dsdN y{k.k %& &el y Øš i %& 'kjhj eagkekykfcu dh i ; klr ek=k jgus vksj i kuh dh mfpr ek=k ysus ds cktın vxj vki fu; fer : i l sel y Øš i %& eaf [kpkı ; k , Bu½ dk l keuk dj jgs gš rks ; g



dšY'k; e dh deh dk l dšr gA &yks cku MšufLVh%& tš &tš s mez c<f h gš dšY'k; e gfı ; ka dh feujystkb'ku dsfy, t: jh gkrk gA dšY'k; e dh deh l h'ksgekijh gfı ; ka dh l gr ij vlj djrh gš vksj v,FLV; kš kjkfi l o Yšpj dk [krjk c<+ l drk gA

&detkj uk [ku%& uk [ku dsetcar cus jgus dsfy, dšY'k; e dh t: jr gkrh gš ml dh deh l s og Hkj Hkj s vksj detkj gks l drsgA

&nkr ea nn%& gekjs 'kjhj dk 90 cfr'kr dšY'k; e nkrka vksj gfı ; ka ea tek gkrk gš ml dh deh l s nkrka vksj gfı ; ka dk upl ku gks l drk gA

&ekf l d /kezeannZ: dšY'k; e dh deh okyh efgykvka dks ekf l d /keZ ds nkš ku dkQh rhoz nnZ gks l drk gš D; kAd ekd i s'k; ka ds dke djus ea dšY'k; e vge Hkfedk fuHkrk gA

&, E; fuVh eadeh%& dšY'k; e 'kjhj ea jks cfrjkskd {kerk cuk, j [krk gA dšY'k; e dh deh gksus ij 'kjhj ea i ftx,u vVd l stw usdh {kerk de gks tkrh gA

&ukMh dh l eL; k, %& dšY'k; e dh deh l sU; jksy,ftDy l eL; k, %& tš sfd fl j ij ncko dh otg l sl htj vksj fl jnnZgks l drk gA dšY'k; e dh deh l s fMçs ku] bul kefu; kj i l ZšYVh ea cnyko vksj MšEuf'k; k Hkh gks l drk gA

&KMedu%& dšY'k; e fny dscgrj dke djus dsfy, vko'; d gš vksj deh gksus ij gekjs fny dh /KMedu c<+ l drh gš vksj cpkšuh gks l drh gA dšY'k; e fny dksjä i Ei djuseaenn djrk gA

&vxj vki bueal sfd l h y{k.k dk l keuk dj jgs gš rks vius M,DVj l s l i dZdjı og jä tkp dh l ykg nsxka bl dk bykt dšY'k; e ; p̄ Hkktu [kkuk vksj i kš'Vd l lyheV/ ysuk gA

# आर्थिक नुकसान का कारण हैं ये 5 वास्तुदोष

dbZyxs pkgfsdruh gh dks' k' k dj yj yfdu osvi us/ku dksl hkkj dj ughaj [ k i krA u pkgrsgq HkhmlGgyxkrkj i S kaok upl ku gkrkghj grkgA, S sebl dk dkj . k l e> i kuk cgr ef' dygkstrkrkgA dbZckj yxkrkj i S kaok upl ku dk dkj . k okLrqI ca/kh nks'k Hkh gksl drsgA okLrqdsbu 5 dkj . kkaokS/ ; ku eaj [ kdj i S kaok upl ku l scpk tkI drkgA

## 1. धन रखने की दिशा



/ku eaof) vkj cpr dsfy, frtkjh ; k vkyekjh ftI ea/ku j [krsgk ml snf(k.k fn'kk eabl rjg j [kadh bl dk eg mUkj fn'kk dh vkj jgA /ku eaof) dsfy, frtkjh dk eg mUkj fn'kk dh vkj j [kuk l cl svPNk ekuk tkrk gA

## 2. नल से पानी टपकना

?kj dsuykaea l i kuh dk Vi duk cgr vke ckr ekuh tkrk gA bl fy, bl scgr l syks vung[kk dj tkrsg yfdu uy l s i kuh dk Vidrs jguk Hkh okLrqkL= ea vkfFkd upl ku dk cMk dkj.k ekuk x;k gA okLrqdsfu; e dsvuq kj uy l s i kuh dk Vidrs jguk /khj&/khjs/ku ds [kpZ gksu dk l dr gkrk gA bl fy, uy ea [kjch vk tkus ij rjr cny nsuk pkfg, A



## 3. बेडरूम में लगाएं धातु की चीजें

cm: e eaxv/ dsl keusokyh nhokj dsck, adksu ij /kkrqdh dkbZ pht yVdkuk pkfg, A okLrqkL= ds vuq kj] ; g LFkku HkKX; vkj l a fUk dk {ks= gkrk gA bl fn'kk ea nhokj ea njkja vkfn ugha gksuk pkfg, A bl fn'kk dk dVk gksuk Hkh vkfFkd upl ku dk dkj . k gkrk gA



## 4. घर में न रखें कबाड़

?kj eaVW&QWscrZu , oadckM+dkstek djdsj [kusl s?kj ea usxVo AtkZOSyrh gA VVw gvrk i yx] vkyekjh ; k ydMh dk vl; l keku Hkh ?kj ea ughaj [kuk pkfg,] bl l svkfFkd ykHk ea deh vkrh gS vkj [kpZ c+rk gA Nr ij ; k l hf+ ka ds uhps dckM+tek djdsj [kuk Hkh vkfFkd upl ku dk dkj . k curk gA



## 5. ध्यान रखें पानी की निकासी

okLrqkL= ds vuq kj] ty dh fudkl h dbZ phtka dks cHkfor djrh gA ftuds ?kj ea ty dh fudkl h nf(k.k ; k i'pe fn'kk ea gkrh gSmUga vkfFkd l eL; kvkads l kFk vl; dbZ rjg dh i js kfu; ka dk l keuk djuk i Mfk gA mUkj fn'kk , oa i dzfn'kk eaty dh fudkl h vkfFkd -fV l s'kHk ekuk x; k gA

# ऐसे पाये खूबसूरत बाल

efgykvkacdsI qnj vks LoLFkfn [ kkbZnuseackkykadk Hkh cMk ; kxnku gkrk g\$ ; fn cky I qnj ] pedhyj vks ?kusdkysu gkrks efgykvkacdsI Ei w kZl kkn; ZeadN dehl hfn [ kkbZnrhg\$ bl fy; s ckykadksLoLFkj [ kukefgykvkacdsfy, vR; r vko' ; d gā

kykadk fuekz k dS/kfj u uked cks/hu I sgkrk g\$ bl dh mRi fUk dk e[ ; LFkku [ kks Mh g\$ [ kks Mh dh I rg dsuhps Qkfydu uked tSyh I scky mRi Uu gkrsg\$ ckykadh tMkaea I fØ; dks kdkvkadsl kFk dN rSyh; xFUFk; kaHkh gkrhag\$ ftuds dKj . k cky I qnj vks pedhysfn [ kkbZnrsg\$ bl cdkj tgka cky mRi Uu gkrsg\$ ml dsuhpsrhu i j ragkrhag\$ buesfdl h cdkj dsfodkj i k gkusl scky >Meusyxrsg\$ ml dh ckn /khj &/khj sI j eaxatki uvk tkrkgā

gekj scky fNae; qā gkrsg\$ vr% tc ge dkbZpht ckykaea yxkragārk [ kks Mh dsuhpsAi j h I rg dsvks ml dk cHkko fn [ kkbZnuseyxrkg\$ vFkkr tc gefdl h d fedy I svi usckyka dksj xrsrgārk [ kks Mh dsuhpsdh ; g I rg cHkkrfor gkrh g\$ bl I s cky : [ ksgkstkrsgāvks I kj hj kkd pyh tkrhgā

kykadksLoLFkj [ kusdsfy, mudh ckgj h ns[ kHky dj uk vks ' kkj hfj d : i I sLoLFk gkuk vko' ; d gā D; ksd LokLF; ds [ kj kc gkusvFkok efLr" d eegj I e; ruko j gusl sckykadks mRi Uu dj usokyh Qkfydu xFUFk; kaçHkkrfor gkrh gā

kykadhdN I eL; k, avks mudsmi pkj dsrj hds ¼1½ : [ kscopy %& cgr I si # "kavks efgykvkacscky gj I e; : [ ksfm [ kkbZnrsg\$ ] : [ kscopykadks' kfā vks i k'sk. k nusdsfy, vucl ckrkadh vko' ; drk gkrh gā] ckykadk : [ kki u I ektr dj usdsfy, vucl cdkj ds' kEi ncktkj emi yC/k gā yfdu vMls ; qā ' kEi ml sckykadk : [ kki u dkQh gī rd nij gkstkrk gāvr% ; fn vki dscky : [ ksgārvki bl dkmi ; kx dj I drhgā

: [ kscopy Bhd dj usdsmi pkj 1- tSnu dsrny dksFkMk xje dj dsckykadh tMkaeyxkuk pkfg, ] bl I sckykadks' kfā feyrhgā

2- ckykadh tMkaegYdk xje ry yxkusl si gys, d I kQ rksy; sdxsxe i kuh eaffHxkdj fupkM+yj ml dsckn fl j ea yi/ yj bl I sfl j dsj kefNae [ ky tkrsg\$ dN nj ckn xje rksy; sdksyVkdj ckykadh tMkaeary yxkyā

3- [ kks Mh eaHkki nusl si gysHkh Hkh ry yxkusl sckykadks i k'sk. k feyrk gā] D; ksd bl I sckykadh tMkaej ā I pkj c<Fk gāvks mudsuhpsdh rSyh; xFUFk; kal fØ; gkstkrh gā] bl fy, cky /kksul I si wZry yxkusl sckykadk : [ kki u nij dj usea I gk; rk feyrhgā

¼2½ fpdusckykadh I eL; k% ftI cdkj : [ kscopy , d I eL; k g\$ ml h cdkj ckykadh fpdukBzHkh , d cdkj dk j kx



gkrk gā] ckykads: [ ksgkusl scky >Meusyxrsg\$ tcf d ckykaea vf/kd fpdukBzkgusl scky detkj gstkrsgā] bl fy, vf/kd fpdusvFkok rSyh; ckykacsfy, mi k; dkrj hdkfcydy vyxgā fpdusckykadhl eL; k dkmi k;

1- fpdusckykaeact k dj uk pkfg, vks ckykadsvuq i gs j Vklud dk Hkh c; kx dj uk pkfg, ] rfud , d k gkuk pkfg, ft I I s fl j dh Ropk dksi k'sk. k, oa' kfā feyj fdu rfpdukBz c<A

2- ; fn vki dscky vf/kd fpdusgārk sckykadksn&rhu fnu ea dsvarj ky eavo' ; /kksuk pkfg, ] ckykadks/kksusdsfy, vPNs DokfyVh dk fyfDoM' kEi vdk c; kx dj ā

¼3½ I Qn cky% ckykadk I Qn gkuk , d cgr gh cMh I eL; k gā] I Qn cky c) koLFk dh fu' kkuh gkrh gā i j Urqdbz efgykvkacscky I e; I si wZl Qn gkusyxrsgā] ckykadk dkyk gkuk' kj hj eai k; stkusokysesyfuu dsdkj . k gkrk gā] bl dsu"V gkusvFkok vf/kd fprk , oaj kx dsdkj . k Hkh cky tYnh I Qn gks



tkrsg] fl j eai j h rj g l sj ä dk l plj  
u gkusl svkš ckyka dks gkfu i gpkusokys  
rykack vf/kd bLreky dj usl sHkh cky  
tYnh l On gksusy xrs gš

1- Qn ckyka dk mi k; %& 1- ckyka dks  
dkyk dj us ds fy, j rutkr] egnh]  
Hkkxj k dsi ūksvkš vke dh xßy h dhfxj h  
¼l Hkh 100 xte ½ dksi hl dj yqñh cuk  
yavkš bl snksfnukard i kuseafHkxkdj  
j [ ka] bl dscn i kuh dksfuFk j dj , d  
fdyko xte l j l kadsry eafeykdj mcky  
ya] bl ry dksçfrnu fl j yxkusl scky  
vl e; l On ughkrsgš

2- u gkusl si gysuhc d s j l dksvkš y s  
dsj l ; k ry eafeykdj ckykadh tMkaea  
yxkusl scky dky sgstkrsgš

3- gj svkš y s dksydj ml sdí u d l  
dj ya fQj ml skjhd l kQ di Mš ea  
Mkydj ml dk j l fupkM+ys] vc vkš y s  
dsj l emruk gh dky s frykack ry vFkok  
ukfj ; y dk ry feyk dj /kheh vkp ij  
xje djsvkš tc vkš y s d j l i j h rj g  
l sl v[ k tk, rksry dksuhpsmrkj dj ml s  
BkMk dj ys vkš eks/ s l kQ di Mš l s  
Nkudj fd l h ckry eaHkj ya] çfrnu  
bl ry l sfl j dh ekfy l dj usl scky  
dkyš ?kusvkš e tcr gkstkrsgš

4- dkyh egnh vkš dkQh i kmMj dks  
vPNh rjg l si kuh ea?kys dj ml dk yi  
cuk yavkš bl sfl j eayxk, a] fQj fl j ij  
lykLVd vFkok dkxt dk VpMk



yxkdj di Mkeky/kyf t l l sckykaeal sj l  
Vi duk an gkst k, xk] bl yi dksckykaea  
dkQh nj yxsj gusl svkš dbzl l rkg rd  
bLreky dj usl scky dky sgstkrsgš

5- l v[ ksvkš y s vFkok vkš y s dk pw k z  
j kf= dsl e; i kuseafHkxkana] çkr% dky  
bl l sfl j /kks a] dñ ghfnuka eack dky s  
gkuk' kq gkst k; æs] yfdu /kš zj [ ka

6- ngh dk ç; kx Hkh ckyka dks dkyk  
dj useadkQh mi ; kxh gš vk/kk di ngh  
ea, d uhc d k j l fupkM+edj vPNh rjg  
l s?kys cuk ya] /khj s- /khj sb l sckykvkš  
mudh tMkaeaeya] vk/kk ?ka/k ckn fl j  
/kksus l scky Qny ds rjg eyk; e gks  
tk; æs] bl dk yxkrkj bLreky dj us  
l scky dky sHkh gkstkrsgš

7- l; kt ea fcuk dñ feyk; s  
ml dh pVuh l cuk yavkš ml sckyka  
eayš dj a] , d k dj usl sl Qn gq  
cky tM+ s dky s fudyusy xrs gš

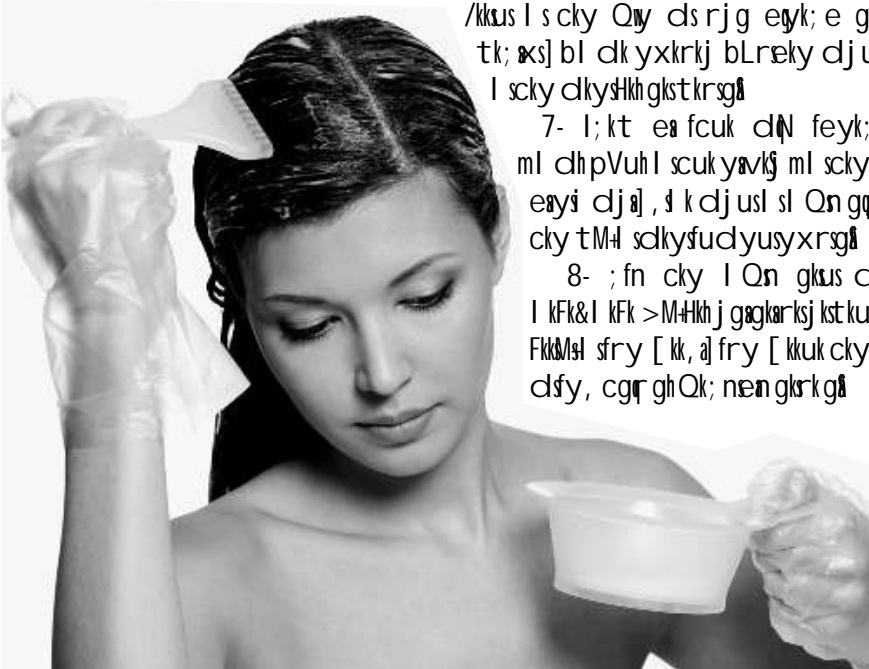
8- ; fn cky l Qn gkus ds  
l kFk&l kFk >M+Hkh j gagkar ksj kst kuk  
FkM/sf sry [ kk, a] fry [ kku k ckyka  
dsfy, cgr gh Qk; neñ gkrk gš

¼4½' kj hj ij vuko' ; d cky  
efgykvka ds pgj s ij vuko' ; d  
cky gkus l s muds [ knc l ij rh u"V gks  
tkrh gš] vr% l Hkh efgyk; abu ckyka l s  
Np/dkj k pkgrh gš] cktkj ead bZ rj g  
dh Øhe vkš yk ku ekst n gä t l l sbu  
ckyka dks fudkyk tk l drk gš yfdu  
bud k ç; ksx vD l j dkQh  
uq d kunk; d gkrk gš] budh ctk;  
?kj syw oLr pka dk ç; ksx dj uk T; knk  
fgrdkj hgkrk gš

vuko' ; d ckyka l s Np/dkj k i kus ds  
mi k; %& 1- d u eayñh feyk dj mcVu  
dh rjg cky okys LFkku eayxk, a] tc  
mcVu l v[ kdj dMk gksusy s rksml s/khj s  
- /khj sj xM+edj mrkj a] , d l l rkg eank  
ckj , d k dj us l s pgj s ds vuko' ; d  
ckyka l svki dks Np/dkj k fey tk, xka

2- gYnh dsmcVu epUnu dk çj knk vkš  
ute dh gh i fuk; kai hl dj yi djal sHkh  
pgj s rFk' kj hj ds vuko' ; d cky u"V gks  
gš bl l spgj s d k dky i uHkh nj gkrk gš

3- pñ/dhHkj gYnh ead u rFk ry  
feykdj mcVu cuk ya] ml es  
vko' ; dku d kj i kuh Mkydj Luku l s  
i wZpgj s ij yxk, a] tc mcVu l v[ kusy s  
rksbl s/khj &/khj sel ydj mrkj na] bl  
çdkj dj rsj gusl spgj s ds vuko' ; d  
cky /khj &/khj s l ek l r gkstkrsgš /; ku j g s  
dh pgj k /kksudscn l kQ rky; sl škopk  
dks/khj &/khj snckdj l q[ kkyš



# ' kghn&, &vkte Hkxr fl g

Hkxr fl g ¼tÙle 27 fl rEej 1907 eR; q 23 ekpZ1931½Hkjr ds, d çefk Lora-rk l sukuh FkA Hkxrfl g usnsk dh vktknh ds fy, ftl l kgl ds l kfk 'kfa'kyh fcfV'k l jdkj dk eplkyk fd; kj og vkt ds ; ødlaðsfy, , d cgr cMavkn'kzga blglaus dltæh; l ð n ¼ sVY vl ßcyh½ ea ce Qædjd Hkx Hkxus l seuk dj fn; kA ftl ds QyLo: i blga23 ekpZ1931 dls buds nks vl; l kfk; k jktx# rFk l qkno ds l kfk Qkq h ij yVdk fn; k x; kA l kjs nsk us muds cfynku dls cMæ xEHkjr l s ; kn fd; kA igys ykqß ea l k.Ml &o/k vßg ml ds ckn fnYyh dh dltæh; vl ßcyh ea plæ'kqkj vktkn o i kVz ds vl; l nL; kads l kfk ce&foLQkV djsd fcfV'k l ketT; ds fo#) [kys foæky dls cnylnh çnku dhA ^, ð k de gskr gsf d, d Økflrdkj h nls js Økflrdkj dh Nfo dk o.ku djsvßg nksuka gh 'kghn gks tk; A jkeçl kn fcfley 19 fnl Eej 1927 dls 'kghn gq' ml l sigysebZ 1927 ea Hkxrfl g us fdjr ea 'dldkj ds ohjæ l sijp; \* yf[k fy [kA mlglaus fcfley dsckjseafy [k & ^, ð sukst oku dgk l sfey l drsga vki ; ø fo | k eacMæclky gävßg vkt mlgaQkq h dk n.M feyusdk dkj .k Hkx cgr gn rd ; gh gA bl ohj dls Qkq h dk n.M feyk vßg vki gj fn; A , ð k fultkæd ohj , ð k l tñj toku , ð k ; kx; o mPpdksV dk yfkd vßg fultkz ; k) k feyuk dfBu gA l u-1922 l s1927 rd jkeçl kn fcfley us, d yEch øpkfd ; k=k i jh dhA mudsvlxsdh dMæ FkHkxrfl gA

tÙle vßg ifjoßk& Hkxr fl g dk tÙle 27 fl ræj 1907 ea gnyk FkA mudsfi rk dk uke l jnkj fd'ku fl g vßg ekrk dk uke fo | korh dls FkA ; g , d fl [k ifjokj FkA verlj ea 13 vçy 1919 dls gq tfy; kpyk cix gr; kdk.M usHkxr fl g dh l kp ij xgkj çHko Mkyk FkA ykqß ds uskuy d,yst dh i <kæZNMædj Hkxr fl g usHkjr dh vktknh dsfy; sukst oku Hkjr l Hkx dh LFkku uk dh FkA dldkj dh dk.M ea jke çl kn 'fcfley' l fgr 4 Økflrdkj; k dls Qkq h o 16 vl; dksdkjkokl dh l tkvla l s Hkxr fl g brus vf/kd mf}Xu gq fd i f.Mr plæ'kqkj vktkn ds l kfk mudh i kVz fglnt.rku fj i fcydu , ð kßl , 'ku l s



tM x; s vßg ml s , d u; k uke fn; k fglnt.rku l ksfyLV fj i fcydu , l kßl , 'kuA bl l xBu dk mßs; l økj R; kx vßg i Hkæ >y l dus okys uo; ød rßkj djuk FkA Hkxr fl g us jktx# ds l kfk feydj 17 fnl Eej 1928 dls ykqß ea l gk; d ify l v/khkd jgs vaxst vf/kdkjh tå i hæ l kMl Zdlsekj FkA bl dkj ðkæZ ea Økflrdkj plæ'kqkj vktkn usmudh i jh l gk; rk dh FkA Økflrdkj l kfk cVæðsoj nuk ds l kfk feydj Hkxr fl g usoræku ubZ fnYyh l Fkr fcfV'k Hkjr dh rRdkyhu l sVY , l ßcyh ds l Hkxkj l ð n Hkou ea8 vçy 1929 dls vaxst l jdkj dls txkus ds fy; sce vßg i pæQæds FkA ce Qædusdscn oghaj j nksuka usvi uh fxj qjrkjh Hkx nhA Økflrdkj xrfrof/k; k& ml l e; Hkxr fl g djhc dkj o'kz ds Fks tc tfy; kpyk cix gr; kdk.M gnyk FkA bl dh l puk feyrsgH Hkxr fl g vi usLdny l s12 ehv i ðny pydj tfy; kpyk cix igp x; A bl mezeahkxr fl g vi uspkpæ/kædh Økflrdkj fdrka i <+dj l kprs Fks fd budk jkLrk l gh gsf d ugha\ xkækh th dk vl g; kx vktknysu fNMæus ds ckn os xkU/kh th ds vfga kRed rjhclæ vßg Økflrdkj; k dsfga d vktknysu ea l svi usfy; sjkLrk pæusyxæ xkU/kh th ds vl g; kx vktknysu dls j i dj nus ds dkj .k nsk ds rele uo; ødla dh Hkfr muea Hkx j kßk gnyk vßg vlrr- r mlglaus nsk dh Lorl= rk ds fy; s

Økflr dk ekxzvi ukuk vutpr ughal e>kA mlglaus tgyr læeahkx yxk çkjEHk fd; k rFk dæZ Økflrdkj h nyla ds l nL; cuA muds ny ds çefk Økflrdkj; k ea plæ'kqkj vktkn Hkxorhpj .k Qgkqj l qkno jktx# br; kfn FkA dldkj dh dk.M ea4 Økflrdkj; k dls Qkq h o 16 vl; dksdkjkokl dh l tkvla l s Hkxr fl g brus vf/kd mf}Xu gq fd mlglaus 1928 ea vi uh i kVz ukst oku Hkjr l Hkx dk fglnt.rku fj i fcydu , ð kßl , 'ku ea foy; dj fn; k vßg ml s , d u; k uke fn; k fglnt.rku l ksfyLV fj i fcydu , l kßl , 'kuA

, l ßcyh ea ce Qædus& Hkxr fl g ; | fi jæi kr dsi {k/kj ugha Fkx i jUr qosdkyZ ekdZ ds fl ) kUrta l sijh rjg çHkfor FkA ; gh ughæ osl ektokn dsi Dæsi kskæd Hkx FkA bl h dkj .k l smlgai jhi fr; kæch etnjædsçfr 'kæsk dh ulfr i l Un ughavkrh FkA ml l e; pfd vxst gh l oæ okFksr Fkx cgr de Hkjr rh; m | kæi fr mlufir dj ik; s Fßg vr- vaxst læ ds etnjæ ds çfr vr; kpkj l s mudk fojæk LoHkærod FkA etnjæ fojækh , ð h ulfr; kæ dls fcfV'k l ð n eai kjr j u gksusnak mudsny dk fu.kz FkA l Hkx pkgrs Fks fd vxst læ dls i rk pyuk pkfg; sfd fglnt.rkuh tix pæps gävßg mudsân; ea , ð h ulfr; kædsçfr vLQk k gA , ð k djsdsfy; sgh mlglaus fnYyh dh dltæh; , l ßcyh ea ce Qædusdh ; kst uk cuk; h FkA Hkxr fl g pkgrs Fks fd bl ea dltæZ [ku [kjæck u gks vßg vxst læ rd mudh 'vokt' Hkx i gppA gkyfkd çkjEHk eamudsny ds l c ykx , ð k ughal kprs Fks j vlrr eal oæ Eefr l s Hkxr fl g rFk cVæðsoj nuk dk uke pap x; kA fu/kæj r dk; Øe ds vuq kj 8 vçy 1929 dls dltæh; vl ßcyh ea bu nksuka us, d , ð sLFkku ij ce Qæd t gk dltæZ æst m u Fkx vl; Fk ml spkæ/ yx l drh FkA i jk gky /kq; l s Hkx x; kA Hkxr fl g pkgrs rks Hkx Hkx l drs Fks ij mlglaus i gysgh l kp j [k Fk fd mlgan.M LoHdkj gspkæog Qkq h gh D; kau gks vr- mlglaus Hkxus l seuk dj fn; kA ml l e; os nksuka [kædh deht rFk fudj i gusgq FkA ce QVusdscn mlglaus bædykæftUnkkn] l ketT; okn&emlækn! dk ukj yxk; k vßg vi us l kfk yk; sgq i pægok eamNky fn; A bl ds dñ gh nj ckn ify l vk x; h vßg nksæclæsfxj qjrkj dj fy; k x; kA

# पुरुषों से अलग है महिलाओं की जिंदगी: अमिताभ बच्चन

vferkthk cPpu efgyk l 'kfädj.k ds efsdks i gysHkh tkj 'kkg l smBkrsjgsgA vc mudk , d , d k ohfM; ks l keusvk, gä ft l eafdjnjk ka dks cny dj mlgkaus ; g fn [kkus dh dks' k' k dh gSfd fdl rjg efgykvka dh ftinxh i # "kka l s vyx gA eaxyokj ¼ 3 fl ræj ½ dksfjyht gq bl ohfM; ks ea fn [kk; k x; k gSfd fdl rjg e,MZu Hkkjrh; efgyk dh ftinxh , d i # "k dh ftinxh l s vyx gA fyak Hkn Hkkjr ea cgl dsfy, dkbZu; k eqk ughagA tcf d ; g efgykvka l sydj i # "kka rd pkgsog f' kfk{kr gka; k vf' kfk{kr mudh tMkæa tek gq/k gA f' kfk{kr gkus ds cktm e,MZu ykbQLVky eaefgykvka dsfy, l ekt ea , d i # "kxg gA ge l fDI Te dksgj fnu vi uspkj kavgj nq krs gä yfdu bl sigpku ugha i krsD; kfid ; g gekjs vny xgjk bZea cl k gq/k gA

16 fl ræj dks fjyht gkus tk jgh fQYe fi ad ea l ekt eaefgykvka dks nq s tkus ds rjhd s dks ydj pk/ dh xbZ gA xkjs ryc gSfd fQYe fi ad dh vfkus= h



rki l h i # "umusgky gh ea, d l k{kkRcdkj ea bl ekeys dks ydj ckr mBkbZ FkhA mlgkaus dgk fd og bl ckr l scgr nq kh gSfd , d sl e; ea tc efgyk; avi uh i kja fjd Nfo dks rkM+ jgh gä vks i jh nfu; k ea vi uh i gpku cuk jgh gS gekjs; gka vHkh Hkh efgyk&i # "k dh cjkjch ds el ys ij fopkj foe' lZgh py jgk gA rki l h us, d

l k{kkRcdkj ea dgk efgyk&i # "k dh cjkjch okyh cgl a okLro ea cgr nq kn gA vkt dh nfu; k ea ; g cgr nq k dh ckr gSfd ge vHkh Hkh bl ij cgl dj jgs gA xkjs ryc gSfd vfu#) jk; pkBkjch ds funZku ea vkus okyh fQYe fi ad ea vfkus= h i # "umNMANM+ l si hfM= efgyk dk fdjnjk vnk dj jgh gA

## ‘टाइगर जिंदा है’ में सलमान कैटरीना फिर एक साथ

l ijLVkj l yeku [kku vks mudh i # "efgyk fe= vfkus= h dS/jhuk dQ 2012 dh , D'ku&jkæka fQYe ^, d Fkk Vkbxj\* ds l hDoy dsfy, fQj l s, d gkus tk jgs gA Vkbxj ftink gS fQYe dk funZku vyh vçckl tQj d jæj tcf d ^, d Fkk Vkbxj\* dk funZku dchj [kku usfd; k FkkA

cdjhn dsekdsij tQj usfVøVj ij bl dh ?kkSk.kk dhA i gyh fQYe dh dgkuh Vkbxj uke ds, d tkl ij vk/kkfjr Fkh ft l s, d ikfdLrkuh tkl dS/jhuk l sl; kj gks tkrk gA bl fQYe dk l hDoy vxysl ky fØl el ij fjyht gkschA



## पार्चड लव मेकिंग सीन को किया धुंधला



jkf/kdk vkIVs vfkhuhr fQYe 'i kpM' 23 fl rEcj dksfjyht gkus tk jgh gA bl fQYe dsyo efdax l hu dh dkQh ppkZ gS vks ; s-'; ok; jy Hkh gks pps gA ; s l hu jkf/kdk vkIVs vks vkfny gq su ij fQYek, x, gA bl h otg l sfQYe dsfuekZk vt; npxu usQs yk fy; k gSfd bu -'; ka dks/kqkyk dj fn; k tk, A mudk ekuuk gSfd ; s l hu l Hkh usnq k fy, gA l i j bu -'; kai j vki fuk ysl drk gA cgrj gSfd bu -'; ka dks/kqkyk dj fn; k tk, A oS sHkh ; g l fDI h fQYe ugha gScfyd bl dk dS/v etcr gA i kpM dksyhuk ; kno usfunZ'kr fd; k gA esyckuZea bM; u fQYe QfLVoy eabl fQYe dh dkQh l jgkuk gpZgA

# ešVkbž foVus dh I nL; rk ysJgk@jgh gA



uke & Jh@Jherh@døkjh \_\_\_\_\_ tle frffk \_\_\_\_\_  
 i rk \_\_\_\_\_  
 \_\_\_\_\_ jkT; \_\_\_\_\_  
 Qks ½uokl ½ \_\_\_\_\_ ekškby \_\_\_\_\_ b&esy \_\_\_\_\_  
 dij; k Time Witness dsuke dk MhMh; k pšl ua \_\_\_\_\_ frffk \_\_\_\_\_ ikr dja  
 cšl dk uke \_\_\_\_\_

dij; k bl Qkež dksHkj dj MhMh; k pšl ds l kfk gesbl irsij HstA

Vkbž foVus ] ekfI d if=dk

'kež dkyksu] ckge.kokyk] fujatuij] nsjknwA

7409293012] 7078188479



vof/k	vøks dh I ž; k	doj eW;	cpr	I CI fØI'ku eW;
1 o"ž	12	180	50-00	130
2 o"ž	24	360	100	260
3 o"ž	36	540	190	350
4 o"ž	48	720	270	450

fu; e o 'krā

1- ; g ; kstuk dšy Hkj r eagh ekU; gA

2- if=dk I k/kj .k Mkd }kj k Hstch tk, xh rFk Mkd xę gIstkusij ftEenkjh I kFku dh ughagškA

I puk ikr gksij ; fn og vød mi yC/k jgrk gšrsi q%fu'k(d i š'kr dj fn; k tk; škA)

3- dšj; j jft- Mkd I sexokusdsfy, xtgd dk dšj; j jft- Mkd [kpžvrfjDr ogu djuk gškA

4 LkHh fooknøck fu i Vkj k nsjknw ½nRr j k [k. M½U; k; ky; dsv/khu gškA



I Hkh nšk o i žškokfl ; kaodks  
**ईद-उल-अज़हा**



dh  
 gkfnž  
 'kškdkeuk, a

i dt eš ku  
 ftyk v/; {k} nu Lo.kžkj I žk  
 v/; {k dkd 0; ki kj eMy]  
 ngjknw

I elr i žšk o  
 nškokfl ; kaodks  
**ईद-उल-अज़हा**  
 dh  
 gkfnž 'kškdkeuk, a

foukn i žkj  
 I Hkkl n okMZ 1  
 dš/ ckMZ i žuxj

I elr nšk o  
 i žškokfl ; kaodks  
**ईद-उल-अज़हा**  
 dh  
 fnyh epkj dckn



gkth egEen rkt nhu  
 I kekt I dh , oa  
 pš ješ vLek b.MLVht

I elr nšk o i žškokfl ; kaodks  
**ईद-उल-अज़हा**  
 dh  
 gkfnž 'kškdkeuk, a



शहनाज़ खातून  
 i žku  
 xke I Hkkl f?kl j i Mh]  
 gjcđkokyk

[kđ khž vgen  
 i žku i žrfuf/k

I Hkh nšk o i žškokfl ; kaodks  
**ईद-उल-अज़हा**  
 dh  
 fnyh  
 epkj dckn



vkj-dš [kku  
 funškd  
 i ž kx vkbž , I , dMeh






I eLr nš k o i øš kokfl ; kaðks

**ईद-उल-अज़हा**

dh

gkfnð 'kðkðkeuk, a

ohj fl ø i økj

; øk urk Hkkt i k] mRrjk[k.M



I eLr nš k o i øš kokfl ; ka

ðks

**ईद-उल-अज़हा**

dh

fnyh eøkjðckn



**हाजी नूर हसन**

ofj"B ðkæž h urk] egøkyk