



# बरली की दुनिया



बरली ग्रामीण महिला विकास संस्थान इन्दौर की मासिक समाचार पत्रिका

"Etkuo tfr , d i{h ds leku g} ftl ds nks i{q g} , d i{#k nt jk L=hA tc rd nkska i{q etcr u gkx} , d l ka-h 'kDr ds }kj fgyk, u tk, x} rc rd i{h dh vtdk'k eamMku vl Etko g}"

o"lz &3

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eW; %5 : -

## ; Økvka dk I 'kDr dj .k

; Økvka dk egRo

; Økvka dk eryc gS I Hkh toku yMfd; kavks yMed; pgsosxkp dsgka; k 'kgj dA ; Økvkadh vi uh t: jrj vi usl i usvks vi uh I hek, ajgrh gA ; g , d k l e; gS tc og vi usthou dsegROI wkZfu.kz. yrs gAvks vi us thou dh fn'kk r; djrsgA osviusdk; {ks= dks pürs g} viuh f'k{kk ijh djrs gA vks viuh vktfodk deku 'kq djrsg} fookg djrsg} vi us ifjokj dk ikyu o i kSk.k djrsgA os

tkshkh I gh ; k xyr fu.kz yrs gA ml dk ij k iHko muds vius thou ds I kfk&l kfk muds I kjs ifjokj vks I ekt ij iMfk gA ; Økvka ds dAkk ij cgr I kjs dÜkD; ka dk Hkkj gksrk gSftl dk ikyu djuk mudk /keZ gA ifjokj ds I Eeku dk



[; ky j [kuk] LoPN I ekt dk fuekZk] nSk ds I Eeku dh j {kk} ; sl c ; Økvkadh ftEenjkjh gA Hkkjr ij tc Hkh dkbZl dV vk; k g} ; Økvkauscgr egROI wkZo R; kxi wkZ Hkfedk fuHkkbZgA Hkkjr dh Lorark dh yMkbZeaHkxr fl g] jktxq ] pnr kSkj vktkn tS s ; Økvka us vi us

tku rd nsnhA Jh jktho xk/kh Hkkjr ds igys; Øk vks cgr vPNs izkkue=h FkA vkt Hkh , d s dbZ ; Øk vks ; Øfr; kagftUgkous vi uh I kp vks vi usdke I sl ekt vks nSk eagj {ks= eavi uh igpku cukbZgA [ksh&ckMh] usrd urRo] f'k{kk} [ksy&dm] LokLF;] eukjat u] lk=dkfjrk] I ektl Øk] foKku] bathfu; fjx] lk; kbj.k I Hkh ea; ØkvkausegROI wkZ; ksnku fn; k gA ; Øk 'kDr vl he gA I gh oDr ij I gh ekzh'kÜ I sos

nSk dks gj {ks= ea vkxsys tk I drh gS ugha rks nSk dks fouk'k dh vks Hkh yst k I drh gA ; ØkOLFkk , d cgr gh uktØ volFkk gksh gA I kektf d ds I kfk vkfFkZd] I kdfrd vks jktuhfrd {ks=ka ea ekuoh; eW; ka ea vkbZ deh I s ; Øk i h<k cgr HKVdrh tk jgh gA ; Øk nSk vks I ekt ds

Hkfo"; g} bl fy, , d I 'kDr I ekt dks cukus ds fy, ; Økvka dk 'kkj hfj d] ekuf l d] I kektf d] vk/; kREkd vks vkfFkZd : lk I sl 'kDr dj .k cgr t: jh gA ; Øk rHkh I 'kDr gkæc tc mlga cpi u I sgh I gh f'k{kk vks ekzh'kÜ feyskA \*cyj dh nfu; k' ; g vad bl h fo'k;

dksydj vki ds ikl vk jgh gSftl eavkt l ekt ea  
 ; pkvka dh D; k fLFkfr gS vks ml dks l dkkjus ds fy,  
 cPpkavks ; pkvkadk l 'kFDrdj.k ds sdj l drsgA  
 ; pkvkadh fLFkfr  
 vkt Hkh , d s ; p k g a f t l g s v i u h n ' k k v k s f n ' k k L i " V  
 ughagavks , d s H k h g a t k s f l Q z v i u s f y , g h u g h a n i j k a  
 ds fy, H k h t h u k p k g r s g A o s v i u k j v i u s e k r k & f i r k  
 v k s i f j o k j d k i j k [ ; k y j [ k r s g a v k s v i u s l k j s  
 d R r D ; i j k d j r s g A p k g s t k s H k h d k e d j j g a g k a m u d k s  
 v i u h f t e e n k f j ; k a d k , g l k l g A y s d u f Q j H k h  
 l e k t d h c n y r h i f j f L F k f r ; k a l s i r k p y r k g S f d f n u  
 i f r f n u ; p k v k a d h v f / k d l a ; k v i u s d U k D ; k a l s  
 H k V d r h t k j g h g A H k V d u s d k e r y c g S o s v i u s m I s ; k a  
 v k s u s r d d Y k D ; k a l s n i j g k s j g s g a r f k k x y r j k L r s d k s  
 v i u k j g s g A m u d s H k z V v k p j . k d s d k j . k l e k t e a  
 c y k R d k j n g s t j f g a k t s h v i j k / k d h ? k V u k , i y x k r k j  
 c < f h t k j g h g A / k u d s y k y p e a v i g j . k j p k s h j  
 c b z e k u h v k s / k k [ k k / k M h c < f h t k j g h g A o s f c u k l k p s  
 l e > s d k b z H k h d n e m B k y r s g a v k s m l h e a v i u k  
 e k u & l E e k u l e > r s g A  
 ; p k v k a d h f L F k f r d k s l e > u s d s f y , m u d h ' k k j h f j d j  
 e k u f l d j v k / ; k f R e d v k s l k e k f t d f L F k f r d k s l e > u k  
 g k s x k A m u d h ' k k j h f j d f L F k f r d h c k r d j a r k s T ; k n k r j  
 ; p k v i u s L o k L F ; d h f c Y d y n s [ k H k k y u g h a d j r s g A  
 t k s H k h e u e a v k ; k j t k s H k h f e y k j t k s H k h l k e u s v k ; k j  
 t g k a l s H k h f e y k j [ k k y r s g A L o L F k o i k s " V d v k g k j j  
 g j h i R r n k j l f c t ; k j v u k t j n k y a o x s j g r k s c g r d e  
 g h [ k k u k i l a n d j r s g A b l d k v l j m u d s ' k j h j v k s  
 f n e k x n k s u k a i j i M f k g S v k s b l l s c h e k f j ; k a l s y M e s  
 d h { k e r k d e g k s t k r h g A b l d s v y k o k , d h ; p k v k a d h  
 l a ; k c < f h t k j g h g a t k s u ' k k d j r s g a f l x j s v v k s  
 ' k j k c i h r s g A ; p k v k a d h e k u f l d r k , d h g k s x b z g S f d  
 o s g e s k k v i u s d k s n i j k a l s c g r j v k s A p k f n [ k k u s d h  
 g k M + e a y x s j g r s g A b z ; k z d s d k j . k f d l h d k s v k x s u g h a  
 c < e s n s u k p k g r A m u d k i j k / ; k u v i u h g h  
 l d [ k & l f o / k k , a t v / k u s e a y x k j g r k g A o s d e e g u r l s  
 c g r F k k M + l e ; e a l c d n i k y u k p k g r s g A l k e k f t d  
 f L F k f r n s [ k h t k , r k s l e k t e a v i j k / k d h ? k V u k , i c < +

jgh gA dbz ; pkvka dseu eal KEinkf; d , oatkfrxr  
 HksnHkko tS h Hkkouk, ac<+jgh gāvks os/kezvks tkfr ds  
 uke ij , d&nw jsl syMkbz>xMk vks uQjr djrs gA  
 fLFkfr dsdkj .k  
 ; pkvka dh , d h fLFkfr dk eq; dkj.k gS l ekt ds  
 vk/; kRed vks uf rd ew; de gkrs tk jgsgA ; pkvka  
 dks jkst xkj ; k eu ds vu d kj dke ughafeyusij muds  
 l iusVw tkrsgA bl fy, osviusl iukadks ijk djus ds  
 fy, pkjh] vij k/k vks vigj.k tS s xyr dk; ka dks  
 viuk 0; ol k; cuk yrs gA c<fh tul a; k ds dkj.k  
 c<fh gpz cjkst xkj h ds pyrs dbz ; p k v i u h H k k R d  
 t : j r k a d k s t Y n h l s t Y n h i j k d j u s d s f y , x y r j k L r k  
 v i u k y r s g A e u k j a t u d s u k e i j Q u g M + v k s v ' y h y  
 d k ; D e k a d k s f t l r j g l s m l u g a i j k s k t k j g k g s m u e a  
 v i j k / k v k s f g a k d k s f t l r j g l s f n [ k k ; k t k r k g S m l l s  
 m u d k v k s l e k t d k u s r d L r j c g r f x j r k g A ; p k v k a  
 e a u s r d r k d h d e h v k u s d s d k j . k i f j o k j ; k l e k t e a  
 v i u s e k r k & f i r k ; k c M k a d k l E e k u u g h a d j r s v i u h g h  
 e u e k u h d j r s g A f ' k { k . k l a F k k u k a e a f o j k f k z , k a d k s v P N s  
 l a d k j n s u s d h r j Q H k h / ; k u u g h a f n ; k t k j g k g A m l u g a  
 v i u s d U k D ; k a d k , g l k l u g h a g k s i k r k g A n s k v k s l e k t  
 d s v P N s H k f o " ; d s f y , ; p k v k a d k l ' k f D r d j . k c g r  
 t : j h g A  
 l ' k f D r d j . k d k e r y c  
 l ' k f D r d j . k ' k C n d k s l e > u s d s f y , g e a " k f D r " " k C n  
 d k s l e > u k p k f g , v k s ; g t k u s f d ' k f D r f d r u h r j g  
 d h g k r h g S f t l r j g y d M h e a v k x i s k d j u s d h  
 ' k f D r g k r h g S j k s h e a H k [ k f e V k u s d h ' k f D r g k r h g S c P p s  
 e a c M k g k u s d h ' k f D r g k r h g A ; k u h b z o j u s n f u ; k d s g j  
 t h o j t k u o j ] i M h i k s v k s b a k u d k s ' k f D r n h g A ' k f D r  
 d b z r j g d h g k r h g S t S s ' k j h j d h ' k f D r ] f n e k x d h  
 ' k f D r ] v k R e k d h ' k f D r ] i s k s d h ' k f D R k j f o p k j k a d h ' k f D r ]  
 i e d h ' k f D r ] f u . k z y u s d h ' k f D r ] , d r k d h ' k f D r ] e u  
 d h ' k f D r v k f n A ; p k v k a d k s g e s k k ; g c k r ; k n j [ k u h  
 p k f g , f d m u d s v a n j ; g l H k h ' k f D r ; k j g A t : j r b l  
 c k r d h g S f d o s v i u s v a n j d h b l ' k f D r d k s [ k a i g p k u  
 d j v i u s v k i d k s l ' k D r l e > A v i u h b l ' k f D r d k s  
 t c j n L r h f n [ k k u s d h t : j r u g h a g S D ; k a d ' k f D r r k s

bā ku dh l k p] thuš dke djusdrjhds vks 0; ogkj  
l sfn[k tkrh gā bl 'kDr dk ; g Hkh eryc gSfd  
mlgal e> eavk tk, fd osLora: lk l sl kp l drsgā  
mudsvnj fgEer vks vkRefo'okl gā bl 'kDr l s  
mlgavi usvks nū jkadh l Hkh rjg dh {kerk, ao xqk Hkh  
vi usvki fn[kkbznusyx tkrsgā

; pkvkadk l 'kDrdrj.k

; pkvkadh 'kDr l ekt vks nsk ea egRo i wkZ cnyko  
yk l drh gā os, d vPNs vks vk/; kRed bā ku rc  
cursgā tc cpiu l sgh mudks vPNh f'k{kk nh tkrh  
gā mlga 'kkjhfd] ekuf l d] l keftd] vkfkd vks  
vk/; kRed : i l sbl izkj l 'kDr gskuk pfg, fd os  
nsk ds vPNs vks fEenkj ukxfjd ds: lk ea igpkus  
tk, ā os vPNs vks l Pps; pku cu l dā pks os tks Hkh  
dke dja [krh] etnjh] ykghjh] l qkjh dja; k oSkfud  
gk dykdj] f[kykMh] f'k{kd tks Hkh cua, d scua fd  
mudsdkeal smudk] mudsek&cki] xkp] in sk] nsk  
dk uke Āpk gā l 'kDr ; pku gh vi uk] vi us ifjokj  
vks vi usl epk; dk fodkl dj l drsgā

➤ ekrk&fi rk dh fEenkj

cPpsgh cM+gks; pku gksrgā ; pkvkadks l 'kDr djus  
dsfy, ekrk&fi rk dks'kq l svi uscPpkads f'k{kk nus  
ds egRo dks l e>uk pfg, A mlga vi us cPps dh  
ns[kHky bl izkj djuh pfg, ftl izkj ekyh vi us  
Nks/s i kskadh ns[kHky djrk gā cPpk dka y dh rjg  
gskrk gā bl s i e i d ns[k&j]k dh t: jr gskrk gā  
i kskdh 'kk[kk ml h fn'kk eafodkl djrh gSft l fn'kk  
ea ml sek&lk tkrk gā bl fy, ekrk&fi rk dks vi us  
cPpkadk ikyu&isk.k ml h rjg djuk pfg, ftl  
izkj ekyh Nks/s i kskadh ns[kHky djrk gā vxj ekyh  
i kskdh ns[kHky vPNh rjg l sdjrk gSrkscMk gkdj  
i kskk vPNk i M+curk gsvks vPNs Qy nrk gā cgkbz  
ys[kkads vud kj B; fn , d ek f'k{kr gSrkscMk dscPps  
Hkh mfpr : lk l sf'k{kr gk&ā ; fn ekj cī) eku gSrk  
cPps Hkh cī) eku gk& ; fn ekj /kkfezd gSrkscPps Hkh  
/kkfezd gk&ā ; fn ekj , d vPNh efgyk gSrkscPps Hkh  
vPNsgk&ā bl izkj Hkkoh ih<lk vkt dh ekrkva ij  
vkfJr gā

tc cPpk vPNk dke djsrkscMk dh izkā k djuh pfg,  
vks i k&l kgr djuk pfg, A vxj og dkbz xyr dke  
djrk gSrkscMk sl tk nūh pfg, rkfd ml svi uh xyrh  
dk i rk psvks og ml snk&kj ughadjā yfdu l tk  
dBkj vks eu dks pks/ igpkusokyh ughagkuk pfg, A  
cPpkadks 'kq l sgh Nks/&eks dke djus dh vknr  
Mkyuh pfg, rkfd mlga Hkh fEenkfj; kadk , gl kl gk  
mudks 'kq l svk/; kRed xqk i e] bēkunkjh] l Ppkbz  
n; kyqk dh f'k{kk nūh pfg, A Nks/scPps; sl c tYnh  
l h[k tkrsgā cM+gks i j bā ku dk pfj = cnyuk bruk  
vkl ku ughagkrk gā cPpkads l keusekrk&fi rk dks, d  
vPNk mnkgj.k cuuk pfg, A ; fn os l p ckyrs gā rks  
cPps Hkh l p ckyrs gā ; fn os mnkj vks n; kyqgā rks cPps  
Hkh mnkj vks n; kyqcurs gā os vi uscPpkads kku dks  
c<keuseaenn djsrgā rc os ml dsfodkl ea l gk; rk  
djsrgā cM+cgū&Hkkb; kadks Hkh Nks/scPpkadh l gk; rk  
djuh pfg, A cPpkads fnekx dk fodkl Ldny tkus i j  
Hkh gskrk gā D; kād ogka tkdj og ubz ckra l h[krs gā  
cPps [ky&[ky ea dko h dā l h[k tkrsgā , d l kfk  
[kyus l sfey ckv dj [kkuk&i huk] jguk vks thuk  
l h[k tkrsgā oscMkadh udy djds t s sekrk&fi rk]  
f'k{kd] cM+Hkkb&cgukavkn dh udy djds l h[krs gā  
; g Hkh mudsfy, vPNk gā D; kād bl l scPps cMkadh  
rjg l kpuk l h[krs gā f[kyk&sdsvykok ?kj ea, d h dbz  
phtagkrh gā ftuds l kfk os [ky l drsgā t s spEep]  
l; kyš crū vkfnā ekrk&fi rk dkscPpkadh #fp dk /; ku  
j[kdj muds : fp ds vud kj f'k{kk nūh pfg, bl l s  
mudk Hkfo"; l gh fn'kk ea tk, xkA

➤ 'kkjhfd l 'kDrdrj.k

; pkvkadsfy, l cl st: jh gSfd os'kjhj l sLoLFk jgā  
LoLFk jgus dsfy, i k'Vd vks l rfy Hkkst u djuk  
pfg, A b/kj&m/kj dk [kjc vks gkfudkj d Hkkst u [kkus  
l scpuk pfg, A bl dsvykok 'kjc vks u'khyh nok, a  
t s Hkk&] pjl ] xkatk 'kjhj vks fnekx dks upl ku  
i gpkrh gā u'khyh nok, a eu dks cōkōwdj l drh gā  
tks yxs 'kjc vks u'khyh nokvka dk iz xs djsrgā  
mudsgks k ughagkrk fd osD; k l gh dj jgagā vks D; k  
xyr dj jgagā ftl ij mlgackn ea'kfeznk gsk i M&k

gA mudsfe= vKj fj 'rñkj Hkh mul snj jguk pkgrsgA  
ifjokj ea l Eeku ughajg tkrk gA vPNh vknrkavKj  
0; ogkj l sba ku dk vknj vKj l Eeku cuk jgrk gA  
u'kk djus l sba ku dk 'kjhj] fnekx] eu] vkRk l Hkh  
chekj gkrsgA bl l si s sdh] vi us thou dh vKj vi us  
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➤ ekuf l d l 'kDrdj .k

eu l s l 'kDr gks dk eryc gS l gh rjhds l s  
l kp & l e > dj vi us l Hkh fu.kz ysl dA mudh l kp  
l dkj kRed vKj vPNh gksuh pkfg, A ekuf l d LokLF;  
ds fy, ; pkvka dks vPNh dgkfu; kj dfork, i vKj  
mi ; kxh i l r dai <uh pkfg, A y[k] fucdk] vi usvutko  
o fopkj fy [kusdh vknr gksuh pkfg, A l ekpkj i = , oa  
if = dk, i <uh pkfg, A vPNk l xhr l pus dh vknr  
gksuh pkfg, A jfM; ksvKj Vh-oh- ds vPNsvKj Kkuo) Z  
dk; De n[kuk vKj l uk pkfg, A bl ds vykok  
ba/jus/ l shkh vPNh vKj mi ; kxh tkudkfj ; k ysl drs  
gA muds vnj n<+ bPNk vKj 'kDr gksuh pkfg, A  
vutkoh ykxka l sl h[kuk pkfg, A fd l h Hkh dke dks i jh  
#fp] egur vKj vk'kk l s djuk pkfg, A geskk ; g  
l kpuk pkfg, fd vxj vl Qy Hkh gkrsgA rks bl l s  
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➤ l keftd l 'kDrdj .k

; pkvka dk l keftd l 'kDrdj .k rHkh gksk tc os  
LoLFk l ekt cukuseaviuk ijk ; kxñku nA vi usn k  
ds vPNs ukxfjd cuaA l ekt ea cgr l kjh cjkb; ka gA  
tS scky fookg] ngst] fyak HknHko] cykRdkj] Hkuk gR; k]  
vdkfo'okl tS h dbz cjkb; k; gA ; pk gh bu l keftd  
cjkb; ka vKj HkVkp kj dks gks l s jkd l drs gA tc os  
l ldkjoku gks rks l ekt fojkd kh xfrfok/k; k; u djksu  
gks nA tc ; pk tkxsrks l ekt vKj n k tkxskA  
mlga l Hkh ds l kfk fe=rk vKj Hk kb pkj s dk 0; ogkj djuk  
pkfg, A n k ds ifr oQknkj jguk l h[kuk pkfg, A  
l jdkj n k dh 0; oLFk j [krh gA n k dh l jdkj dh  
vkKk dk ikyu djuk pkfg, vKj 'kfkplrd gksuk  
pkfg, A l jdkj ds ifr xikjh bzoj ds ifr xikjh ds  
l eku gA gj ; pk dks dks'k'k djuk pkfg, fd os , d  
vPNs ukxfjd cua vKj vi us n k ds dkunuka dk ikyu

djA bl ds vykok l ok ds dk; ka ea l gk; rk djuh pkfg,  
tS s i M+ yxkuk] cPpka dks i <kuk] i k s + f' k{k] cM& c k k  
chekj kadh n[kkky djuk vkfna

➤ vkfKzd l 'kDrdj .k

; pk vkfKzd : i l s l 'kDr gks l dabl dsfy, t: jh gS  
fd os dkbz u dkbz dyk ; k dks ky l h[ka ; k dkbz  
0; kol kf; d i f' k{k.k ya ft l l s os viuk 0; ki kj ; k  
0; ol k; 'kq dj l drsgA os n l jka i j fuHk] jgus dh  
ctk, vi us vKj ifjokj dk ikyu i k s . k Lo; adj l drs  
gA bl l s os vkfKzd : i l s l 'kDr gks vKj mudk  
eukcy Hkh cuk jgs k vKj vkRefo'okl c < s k A bl l s  
cokjh vKj cjkst xkj dh l eL; k Hkh /khj & /khj snj gkchA  
dkbz Hkh bzkunkjh l sfd; k x; k dke bzoj dks Lohdkj  
gA cgkbz yS [kka eafy [kk g%Bi R; d ba ku dksfd l h dyk  
; k 0; ki kj dh f' k{k feyuh pkfg, ] ft l l s l epk; dk  
i R; d l nL; vi uh thfodk Lo; a dekus ea l eFkz gks  
l dA l ok dh Hkkouk l sfd; k x; k dk; Z vkj k/kuk dk  
mPpre Lo; i gA

dke l sT; knk egRo i wkz gS dke dks djus dh HkkoukA tks  
dkbz Hkh dke bzoj ds i e dsfy, l ok Hkkouk l sfd; k  
tkrk gS i ut k dscjkj gks tkrk gA

➤ vk/; kRed l 'kDrdj .k

vk/; kRed l 'kDrdj .k dsfcuk dkbz Hkh vkxsughac <+  
l drk gA ; g ckr ; pkvka dks l e > uh pkfg, fd vi us  
y{; kard i gpus dsfy, , drk l sjguk cgr t: jh gA  
U; k; ds l kfk dke djuk pkfg, ] , d & n l js ds l kfk  
l g; kx vKj fe=rk dk 0; ogkj djuk pkfg, , oamnkj]  
bzkunkj vKj fo'okl i k = cuuk pkfg, A bl dsfy, dMk  
egur djuk pkfg, vKj Lo; adks [kq kh l shk] s thou ds  
fy, rS kj djuk pkfg, A l q & l qo/kkvkad h bPNk j [kuk  
dkbz xyr l kp ughagSy sdu ml dks i kus dsfy, xyr  
rjhdk vi ukuk l gh ugha gA jks/h] di M k vKj edku  
t/kus ds l kfk l nxqka dk Hkh fodkl djuk pkfg, A  
bzoj eavi uk ijk fo'okl j [k dj dkbz Hkh dke djuk  
pkfg, vKj mudh bPNkvkads i fr l efi r jguk pkfg, A  
l Hkh dks l nkpj] 'kq vKj i fo = thou vi ukuk pkfg, A  
'kq vKj i fo = thou dk eryc gS l p ckyuk] tks  
dguk ogh djuk] i e l sckr djuk] vPNk 0; ogkj djuk



'kknh l sigysfdl h l s 'kkjhfjd l ædk u j [kuk vks  
 'kknh ds ckn ifr vks i Ruh nksuka , d&nw js ds ifr  
 oQknkj jgæ 'kq) vks ifo= thou fcrkusl s [kq kh vks  
 'kkâr rksfeyrh gh g\$ LoLFk Hkh jgrsgæ  
 ➤ 'k\$kf.kd l æFkkuka vks f'k{kdkæ dh  
 ftEenkjh  
 gj bā ku ds thou eacpi u l sgh dkbz vkn'kz gkrk gs  
 ftuds t\$ k oks cuuk pkgrk g\$ fn [kuk pkgrk gs ; k  
 mlgha dh rjg dke djuk pkgrk gSD; kfid oks mudks  
 cgr il an djrk gæ mudk vkn'kz dkbz Hkh gks l drk gs  
 t\$ s & dkbz f [kykMh] dykdj] y [kd] dfo] f'k{kdk]  
 ekrk&firk ; k Hkkb&cgu tks mlga i fjr djrs gæ dbz  
 cPps tc cMæ gks jgs gkrs gæ rks muds vkn'kz muds  
 ekrk&firk i kyd ; k f'k{kdk gkrs gæ , s s ykæka ij  
 cgr cMæ ftEenkjh gkrh gæ fdl h Hkh cPps ds l Hkh  
 rjg dk fodkl blgha ykæka dsek/; e l sgkrk gæ gj  
 i kyd dh ; g ftEenkjh gsfid mudscPps vPNs bā ku  
 cuæ mlga vPNk Kku feys vks og egurh cuæ f'k{kdk  
 dk ; g d'YkD; gsfid os cPpka ea vPNs l ædkj Mkyæ  
 vxj i kyd vks f'k{kdk cPpka dks l 'kDr djæsrksn k  
 vks l ekt l 'kDr cu l drk gæ f'k{kdk l s cPpka dk  
 eukcy] vkRel Eeku vks vkRefo'okl c<æf gæ  
 'k\$kf.kd l æFkkuka dh ftEenkjh gsfid os ; økvka dks  
 0; kol kf; d vks thou ea dke vius okyh mi ; ksch  
 f'k{kdk nafd os l kp&l e> dj thou ea l gh fu.kz ys  
 l dæftl l sigysl epk; vks l ekt dks Hkh ykHk feyæ os  
 brus l 'kDr gks tk, afd os dfBu ifjLFkfr; ka dk  
 l keuk dj l da u fd dfBukbz; ka l s ?kcjk dj dkbz  
 xyr jkLrk vi uk yæ osubz pæksr; ka dk l keuk djus  
 ds fy, ge\$kk r\$ kj jgæ vks fdl h Hkh ifjLFkfr ds  
 vuq kj vius vki dks <ky l dæ gj , d ea  
 vyx&vyx {kerk, agkrh gæ dkbz i <kbz ea vPNk gkrk  
 g\$ dkbz [ky ep dkbz dyk ea; k dkbz l æhr eagks l drs  
 gæ yfdu l Hkh ea vPNk bā ku cuus dh {kerk gs  
 bl fy, dfe; ka dks l ækkjrs gq mudh i frHkkvka dks  
 mHkkj useæenn djuk pkfg, A  
 dy feykj l kj ; gh fd \*; øk\* dks \*ok; q dh rjg  
 tu&tu ea izyrk l s id kfjr gæuk pkfg, A viuh

væj 'kDr dks txkdj] ij k eu yxkdj vks detk\$; ka  
 dks Hkxkdj , d l 'kDr ifjokj] l ø<+l ekt] dke; kc  
 n\$ k dh jpuk djuh pkfg, vks ; g Hkh fd--

t\$ s'cjh' ij l kj ?kj fVdk jgrk gs  
 o\$ s gh ; øk n\$ k dh uho g\$ ogh n\$ k dk Hkfo"; gæ

**l æFku dsl ekpj**

**LæFku l æksBh ea vkef=r**

1 l s2 ebz2009 rd bā VHV; w QKJ n LVMht bu Xyky  
 i kwi \$j Vh] ubz fnYyh dh vks l s/kef foKku vks fodkl  
 fo"K; ij v; k\$tr l æksBh ea l æFku dh mifuns'kdk  
 l øh væø l w usHkx fy; kA l æksBh dk e\$; fo"K; Fkk  
 BHKjr ea/kef foKku vks fodkl ij ifjppkæ bl l æksBh  
 dk e\$; mfs; Fkk fd l gHkfx; kæds l kFk feydj bl ckr  
 ij ppkz djuk fd Hkjr ea/kef foKku vks fodkl tksnks  
 jkLrkæ ij tk jgs gæ mudks , d l kFk feykj d\$ spyæ  
 fo'k\$ r\$ ij l cl sigys 'kkl u vks vkfFkd fØ; kdyki  
 ds nks {ks=ka dks n\$ [kuk gs vks bl ckr ij ppkz djuk fd  
 vxyk dne D; k gks vks n\$ jk , D'ku fj l pzi kst DV 'kq  
 djukæ bl l æksBh ea vU; Lo\$PNd l æBuka dh vks  
 0; fDrxr i Lrfr; kj nh xba vks bl ds l kFk dk; Zkky ea  
 l gHkfx; kæ }kj k ppkz dh xba

**u\$ kuy vki u Ldfryæ dh i jh{k**

cjh xteh.k efgyk fodkl l æFku ea 4 ebz 2009 dks  
 42 i f'k{k.kkFkz; ka us i jh{k nhæ u\$ kuy vki u Ldfryæ dh  
 dVkbz , oaf l ykbz i jh{k dh l æFku ea i f'k{k.kkFkz; ka dks  
 1 eghusrd jst Mæ+?kæ/k r\$ kjh djokbz xba ft l l s l Hkh  
 dks i Ns x, i z uka ds tck] fy [kus dk rjhdk] i jh{k ea  
 fy [krs l e; /; ku j [kus okyh ckræ dk vH; kl djok; k  
 x; k ft l l smudk vkRefo'okl c<æ fyf [kr i jh{k nsusos  
 bank\$ fLFr 'kkâr fo | k fudru ea xba i \$DVdy i jh{k  
 l æFku ea 5 ebz 2009 dks yh xba

**l ksj dfidæ i f'k{k.k**

egkj k"V" ds i j.kk xte uo fuezk l æFk dh nks efgyk, a  
 Jherh l øank d".kk ekPNh vks Jherh yrk y{e.k ekjs us  
 cjh l æFku ea 13 l s 15 ebz rd rhu fnuka dk l ksj  
 dfidæ i f'k{k.k fy; kA mlgaus i f'k{k.k ds ckn crk; k fd  
 bl l sigys mlga i rk ugha Fkk fd l w Z dh /ki ea Hkh [kkuk  
 curk gæ tc mlga i rk pyk fd cjh l æFku ea l w Z dh

/kri I s[kkuk cuk; k tkrk gš rksfQj osl ÆFkku eaVfuax ds fy, vk xba rhu fnukadsif'k{k.k eamlgkausl ksyj fM'k dksl v/ djuk I ksyj dñj dh ?kMh [kjk gkausij ml dks Bhd djuk vksj ml ij [kkuk cukuk I h[kkA viuk vuñko crkrsgg mlgkausdgk BI ÆFkku dsI Hkh yksx vPNs



gA gea; gk; cgr vPNk yxkA geal e; feysk rksge ; gk; fQj vk, xA ge Hkh oki I tkdj gekjs I ÆFkku ea I ksyj dk mi ; ksx djæA

**CjyH I ÆFkku ea96ok; nh{kkr I ekjkg**

cjyh xteh.k efgyk fodkl I ÆFkku dk 96ok; nh{kkr I ekjkg 15 ebZ2009 dks gqA BI I = eae/; insk ds /kkj >kcqk vyhjtij [kxksu] cjkuij rFkk fcgkj] f=i gk vksj NRrhI x<ftysds xteh.k o vkfnokl h {ks=ka ds41 xkpa dh 86 efgykvka us6 ekg dk if'k{k.k i klr fd; kA eQ; vfrfFk ubzhq; k ds I a kn dh; eMy ds v/; {k ineJh Jh; q vHk; Ntykuh us cjyh I ÆFkku }kjk fyf[kr Bvkvks i <ek fy[kuk I h[ka vksj fl [kk, b i qrd dk ykdkizk fd; kA mlgkaus dgk Bvki cgr I kkkk; 'kkyh gftluga bl I ÆFkku us cgr gh 0; ofLFkr



<x I si <k; kA I ÆFkku eai <usdk I gh I Eeku rHkh gksxk tc vki ; gkal sl h[ksgg Kku dksvi usthou eami ; ksx

djæA mlgkausdgk fd jk"Va dsifr I Eeku fn[kkusdsfy, t: jh gSfd viuh Hkk"kk cksy; viuh os kHkkk igua vksj Hkkstu djuseaxozj [kAP

dk; Døe dh v/; {kk MKW I qUnk tSu ¼=h jksx fo'kSkK½ us dgk Befgykvka dks vius LokLF; dk ijk /; ku j [kuk pkfg, D; kfd efgyk, aifjokj dh Mksj gsvksj vxj Mksj gh detkj gksch rks ijk ifjokj VW tk, xkA vki dks cjh I ÆFkku eanh xbz' k{k ea; g I Hkh fl [kk; k x; k gsvksj vki tkdj nh jkadsfl [kkukAP

cjyh I ÆFkku dk ifjp; nrs gq MKW ¼Jherh½ tud efxfyxu uscrk; k Bcjh I ÆFkku ; q vorkj cgmYykg }kjk fn, x, cgkbz fl ) karka dh ij .kk ij vk/kfjr gA \*cjyh\* 'kCn dk vFkz gsvk/kk LrHk ; kuh ?kj dschp dk oks [kkk ftI ij ijk ?kj fVdk gA I ÆFkku dsbl uke dsi hNs ; gh vo/kk .kk gSfd \*cjyh\* ftI ij ifjokj o ijk I ekt fVdk gA ; fn efgyk I 'kDr gksch rksl ekt I 'kDr gkskA I ÆFkku I svkfnokl h o xteh.k efgykvkadsif'k{k fd; k tk jgk gSfd og viusvf/kdkj kavksj dRrD; kadkstkudj] I e>dj bl ; kx; gks tk, afd viuk] vius ifjokj o I epk; dk fodkl dj I dAP

cjyh I ÆFkku dh mi &funf'kdk us ^vkvks i <ek fy[kuk I h[ka vksj fl [kk, a i qrd ds fodkl ds ifØ; k dh tkudkj nhA mlgkaus dgk BI k{kjrk dh i qrd I ÆFkku }kjk 24 I ky ds vuñko dsvk/kk ij r\$ kj dh xbz gsvksj bl dh Hkk"kk bruh I jy gSfd dkbz Hkh bl dk mi ; ksx dj xkp eal k{kjrk dk; Døe pyk I drk gAP

dk; Døe vf/kdkjh I qh fot; Jh usdgk BI ÆFkku ea igys ds rhu eghus ea if'k{k. kffkz; ka dks i <ek &fy[kuk fl [kk; k tkrk gS vksj fQj ckn ds rhu eghus ea uskuy vki u Ldnyx dh dVkb&fl ykbz I jh{k dh r\$ kjh djokbz tkrh gAP

if'k{kdk ujh uscrk; k fd 'kq vkr I svar rd fdl idkj if'k{k. kffkz; kadksfl ykbzfl [kkbz tkrh gA

vkMvSy; k I svkbz Lo; a fodk dq ek; k us viuk vuñko fgl nh eaI qkrsgg dgk BI ÆFkku ea I ok nrs gq eusvki I Hkh I scgr dñ I h[kk gAP

bl vol j ij vkyhjtij ftysdh dq ds I fLr; k us crk; k fd Btc og I ÆFkku eavkbz Fkh rksml sdñ Hkh i <ek

fy[kuk ugha vkrk Fkk ij Ng eghus ds i f'k{k.k ea og  
 dkQh dN i <uk fy[kuk I h[k xbzgAP dækj h fglunqrkej  
 usLo; ar\$ kj fd, gg di Mka dksfn[kk; k o fl ykbz dVkbz  
 I h[kus o uskuy vki u Ldny dh ij h{k dh r\$ kjh dk  
 vuHko I uk; kA dækj dh kjh tejs us cPpka dh f'k{k ds  
 egRo dsckj seacr; kA f=i jk dh Jherh euk 'kekZusdgk  
 BI ÆFku ea I Hkh ykx ifjokj dh rjg jgrs gA t\$ seka  
 vi us cPps dks maxy h i dM+dj pyuk fl [kkrh gSmI h  
 rjg I ÆFku eaftEenkj h dsl kFk I Hkh fo"K; ka dks fl [kk; k  
 tkrk gAP fcgkj dh chuusdgk Bge if'k{k.k yrs gArks  
 dke dks I gh <æ I sdjuk I h[krs gAB [kj xku dh jk/kk  
 pksku usdgk Btc I ÆFku vkbz Fkh rksml syxk fd og  
 yMfd; ka dks d\$ s i <k, xh yfdu /kh&/khjs ml ea  
 vkRefo'okl vk x; kA og i <us dsl kFk&I kFk i <uk Hkh  
 I h[k xzAP dæ mek I ksy dh usdgk B; gka ij cækj j]h  
 i s j dk mi ; lxx dMscukuseafd; k tkrk g\$ dækh djus ds  
 ckn fxjus okyscky ka dk mi ; lxx ckfVd dscz k cukusea  
 fd; k tkrk gAP /kkj ftys dh dæ ; 'kkrk vykok us



I ksyj ÅtkZ dk mi ; lxx crk; kA ftyk vkyh jktij dh  
 dæ vtek vks I kFkh cguka us I k{kjrk ij vks ftyk  
 [kj xku dh dæ jhuk o I kFkh cguka us I ksyj pWgs dk  
 egRo ij fhkykyh xhr I uk, A var ea i f'k{k.k kFkz; ka dks  
 vfrfFk; ka }kj k i æk.k i = Hk& fd, x, A

**gjl ksyk vks tkeyh ea l\$ dæj**

cjyh xteh.k efgyk fodkl I ÆFku }kj k bank\$ ds  
 gjl ksyk vks tkeyh xkæka ea ?kjsyw mi ; lxx vks  
 vkt h fodk pykus ds fy, I ksyj dæj Hkkj rh; LVS/ cæd  
 }kj k Lo; a l gk; rk I eng dh i k p xteh.k vks vkfnokl h  
 efgykvka dks Hk& fd, A bl vol j ij Hkkj rh; LVS/ cæd  
 dsl gk; d egki zækd Jh ih-, I - cMædj ed; vfrfFk ds  
 : lk ea vks gjl ksyk 'kk[kk dsi zækd Jh vkj- ds jrukor

vks tkeyh 'kk[kk dsi zækd Jh jkt\$ k egrk fo'k\$ k vfrfFk  
 ds: lk eami fLFkr FkA I ÆFku dh funs' kdk usl ÆFku }kj k  
 xteh.k vks vkfnokl h efgykvka dsl epk; ds fodkl ds  
 fy, dh tkus okys dk; ka vks y{; ka ds ckjs ea crk; kA  
 ml gkaus crk; k fd mudk I ÆFku lk; kbj.k dks cuk, j [kus  
 vks I j f{kr j [kus ea fo'okl j [krk gA bu dæj ka dks  
 vkfLV, k ea Ldny ds cPpka ds I g; lxx I s cukbz xbz Lo; a



I ok I ÆFk 'i ykxk' dsl g; lxx I sfn; k x; k gA ekpZ 2009  
 ea gjl ksyk vks tkeyh dh efgykvka dks I ÆFku us i k p  
 fnuka dk i f'k{k.k fn; k FkA ml ds ckn 'i ykxk' us 5000  
 : lk, nku ea fn, vks LVS/ cæd us 1500 : lk, yku



pkj ifr'kr nj C; kt ij fn; kA ml gkaus; g Hkh dgk Bgekjs  
 bl {k= ea i kuh dh cgr deh g\$ yfdu I wZ dk i zdk'k  
 vl he g\$ fu% kyd gA ge I Hkh dks I k\$ ÅtkZ dk mi ; lxx  
 djuk pfg, A bl dæj dk mi ; lxx ftu efgykvka vks  
 muds ifjokj ka us fd; k g\$ muds thou ea cgr egRo i wkZ  
 cnyko vk, gA mudks /kq a ea [kkuk ugha cukuk i MFA  
 ydMæ yas nj ugha tkuk i MFA ; g cgr I j f{kr g\$  
 D; kkd bl ea vix yxus x\$ yhd gkus; k fl yMj QVus  
 dk tk [ke ughagA Jh cMædj uscjyh I ÆFku ds bl dk; Z  
 dh I jguk dh vks ; g Hkh fo'okl fn; k fd mudk cæd  
 I ÆFku dks I g; lxx nrk jgsæka vkfnokl h efgyk I j ip  
 Jherh tkuh ckbz us dk; Dæ dh v/; {krk dh vks muds  
 xkæ ea bl rduhd dksy kus ds fy, I ÆFku rFk cæd dk



vkHkkj fd; kA cjyh I hFkku ds izdkd , oafoksk vfrfFk Jh ftEeh efxfyxu vkj mudh Vhe ds InL; ka dk /kU; okn fd; k x; kA

**I hFkku eavk, egeku**

9 ebZ2009 dks eapbzfo' ofo | ky; dsn' kU foHkkx ds foHkkxk/; {k MKW ehuy dkrfudzj I hFkku ea vk, A mlGkaus dgk fd I hFkku ea xkeh.k efgyk vka ds I a wkz fodkl dh jpkurRed < x I suho Mkyh tk jgh gA

12 ebZ2009 dks nokl ds jkt , DI id dsC; jkspHQ Jh ftrbz izkgr I hFkku ea vk, A mlGkaus dgk fd cgkbZl ekt] cjyh xkeh.k efgyk fodkl I hFkku ds ckjsea tkudj cMh [kqkh gpZvkj cgkbZl ekt dsckj sea tkus dh vkj ftKkl k gA

12 ebZ2009 dks bankj ds LVV/ cbl dh izdk funf' kdk Jherh I kbnk dekj us I hFkku ea gkus okys I Hkh xfrfof/k; ka dh tkudkj yha mlGkaus dgk Beal hFkku ds }kj fd, tk jgs vnhkr dk; ka dks nskdj cgr iHkfor gA fo'ksk rkj ij I k] Atkz dsmi ; kx }kj Atkzcpkusdk dke vR; r I jkuh; gA

12 ebZ 2009 dks jk"Vh; efgyk dsk ds I ygdkj Jh , - ds unk usdgk Beapst I hFkku eavkusdk vol j feyk I k{kjrk vkj 0; ol kf; d i f'k{k.k ds ek/; e I sefgyk vka ds I 'kDrdj.k vkj v{k; Atkz dks fodfl r djusdk dke cgr izka uh; gA

**e/; i nsk vkt hfodk xkeh.k ifj; kst uk**

26 ebZ2009 dks e/; i nsk vkt hfodk xkeh.k ifj; kst uk I s 15 yskak dk I egr I hFkku nskus vk; kA mu I Hkh us I hFkku eapy jgs I Hkh xfrfof/k; ka dsckj sea tkuk vkj

**fi VM eVj & cp i k V**  
**irk**

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i f'k{k.k. kfkfz ka I s cr djds cjyh I hFkku dk i f'k{k.k. k] vkj i f'k{k.k. nks ds rjhd tkua I qg I s 'kke os D; k I h[krsg vkj ds I h[krsgA [kku&i hus vkj jgu&l gu



dh 0; oLFk nskh vkj mlGcgr vPNh yxha mlGkaus crk; k fd osxkp tkdj vi us ifjokj dh yMfd; ka dks I hFkku ea i f'k{k.k. ds fy, Hkst&A

**cjyh foLrkj dhn' ds LVkQ dk i f'k{k.k.**

NRrh x<+dkdj ftyseapyk, tk jgs i f'k{k.k. dk; Beka dks vkj vPNk djus ds fy, foLrkj dhn'ka dh iHkjh de yrk ; kno o i f'k{k.k. Jherh eerk jkoy vkj Jherh euk 'kekz dsk; Beka dsmi ; ] i f'k{k.k. nsk] I epk; ea I ok nsk] fji kZ rskj djus vkj fd'kks I 'kDrdj.k dk 15 fnu dk i f'k{k.k. fn; k x; kA

**I nsk**

;fn geal cy] loLFk Hkjr dk  
u;k I uk I tkuk gS  
rks feytj dj ge I dks  
;pk I 'kDrdj.k dk; De pykuk gS

bl if=dk ds izdk'ku ea I g; kxh  
I phi fot; Jh] Jherh <Mh cknjso Jh ftEeh efxfyxu

**gea i = fy [ka**  
Bcjyh dh nfu; kb ds i k Beka I sfouez fuonu gSfd vki gea uhp sy [k si j i = fy [kaf vki dks fu; fer Bcjyh dh nfu; kb fey jgh gS; k ughA  
**I i knD Bcjyh dh nfu; kb**  
cjyh xkeh.k efgyk fodkl I hFkku  
180 Hkekjh] U; wnokl jkM] bankj 452010 ke-i z