**ifjokj fu;kstu dh fofHkUu fof/k;k%& ,d n`f"V esaA**

**lkeqnkf;d dk;ZdrkZvksa gsrq**

**xHkZfujks/kd fof/k;ka**

**vLFkkbZ fof/k;ka %&**

**vkbZ-;w-Mh tSls dkWij&Vh] eYVhyksM**

**vkbZ;wMh D;k gS \**

* vkbZ-;-wMh-,d NksVh lh fMokbl gS tks xHkkZ'k; esa ;ksfu ekxZ ls LFkkfir dh tkrh gSA
* lcls lk/kkj.k vkbZ;wMh Vh vkdkj dh gksrh gS] ftlesa rk¡ck yxk gqvk gksrk gS % lh;wVh 380, (CuT-380 A

**vkbZ;wMh dSls dke djrh gS \**

* eq[; :i ls vkbZ-;-wMh- 'kqØk.kqvksa dks v.Ms ds fu"kspu ls jksdrk gSA
* ;g xHkZfujks/ku dk ,d l'kDr ek/;e gS tks rqjUr dk;Z djus yxrh gSA

**vkbZ;wMh ;k dkWij Vh dc yxk ldrs gSa\**

* vkbZ-;-wMh- izf'kf{kr ,oa vuqHkoh LokLF; dk;ZdrkZ ds }kjk ;ksfu ds vUnj yxk;k tkrk gSA
* efgyk vxj xHkZorh ugha gS rks dHkh Hkh yxk;k tk ldrk gSA
* izlo i'pkr~ vkbZ-;-wMh- 48 ?k.Vs ds vUnj fuosf'kr dh tk ldrh gSA bl izfdz;k dks izlo i'pkr vkbZ-;-wMh- fuos'ku dgk tkrk gSA
* lkekU;rk% vUrjky fof/k ds vUnj izlo gksus ds 04 lIrkg ds ckn dHkh yxk;k tk ldrk gSA
* xHkZikr ds rqjUr ckn vxj laØe.k jksx ugha gS rks yxk;k tk ldrk gSA
* ekfld jDr lzko ds rqjUr ckn vkbZ-;-wMh- dHkh Hkh yxk;k tk ldrk gSA

**;g fdrus fnu rd dke djrk gS \**

* vkbZ;wMh ds iz;ksx ls yEcs le; rd xHkZ lqj{kk feyrh gSA
* bldk iz;ksx NksM+ nsus ds i'pkr~ iqu% iztuu'khy gksus esa foyEc ugha gksrkA
* ;g 10 o"kZ rd dk;Z djrk gSA

**gkfudkjd ugha djus okys lk/kkj.k izHkko**

fdlh fdlh efgykvksa dks

* yEcs le; rd vf/kd ekfld jDrlzko gksrh gS
* vfu;fer jDrlzko gksrh gSA
* ekfld jDrlzko ds nkSjku vf/kd isM+w nnZ gksrh gS

**vkbZ;wMh dgk¡ ij feyrh gS**

* tuin Lrjh; ljdkjh vLirky esa] CykWd Lrjh; ljdkjh vLirky rFkk midsUnz Lrj rd ,-,u-,e- ds }kjk fu%'kqYd yxkbZ tk ldrh gSA
* izlo i'pkr vkbZ-;-wMh- fuos'ku dh lsok,a tuin Lrjh; ljdkjh vLirky esa rFkk dqN fpfUgr bdkbZ;ksa esa miyC/k gSA blls lEcfU/kr tkudkjh vkids fudVre LokLF; dsUnz ij izkIr dh tk ldrh gSA

**xHkZfujks/kd xksfy;k¡%**

* vki ifjokj fu;kstu dh dbZ vLFkk;h fof/k;ksa esa ls ^fefJr xHkZfujks/kd xksfy;kWa\* pqu ldrh gSaA
* xHkZ fujks/kd izR;sd fnol yh tkrh gSA
* xHkZ fujks/kd xksyh fdlh Hkh le; 'kq: dh tk ldrh gS] ;fn efgyk xHkZorh u gksA
* xHkZ fujks/kd xksyh ekgokjh [kRe gksus ds i'pkr 'kq: dh tk ldrh gSA
* ^fefJr xHkZfujks/kd xksfy;kWa\* xHkZ/kkj.k dks jksdus esa enn djrh gSaA
* ;g fof/k vf/kdka'kr% lHkh efgykvksa gsrq lqjf{kr ,oa mi;qDr gSA

**D;k gksrh gSa [kkus dh fefJr xHkZfujks/kd xksfy;kWa**

* ;g ,slh xksfy;kWa gSa] ftlesa la'ysf"kr izkstsLVªku vkSj ,LVªkstu gkeksZu vYi ek= esa jgrs gSa] tks fd efgyk ds 'kjhj esa izkd`frd :i ls mifLFkr jgrs gSA
* fefJr xHkZfujks/kd xksfy;ksa dks xksyh] ^^yks&MkstÞ fefJr xksfy;kWa] Hkh dgk tkrk gSA

**xHkZfujks/kd xksfy;kWa dke dSls djrh gSaA**

* ;g eq[; :i ls efgyk ds v.Mk'k;ksa esa ls v.Mksa dks ckgj fudyus ls jksdrh gSA

**dc ls ysuh pkfg,%**

* ekfld vkjEHk gksus ds ikWap fnu ds vUnjA
* xHkZikr ds lkr fnu ds vUnjA
* f'k'kq tUe ds ckn] ;fn efgyk vius f'k'kq dks Lruiku ugha djk jgh gS rks f'k'kq tUe ds rhu lIrkg ckn xHkZ fujks/kd xksfy;ksa dk iz;ksx dj ldrh gSA
* vxj efgyk f'k'kq dks Lruiku djk jgh gks rks 6 ekg iwjs gksus ds ckn xksyh 'kq# djs

**dSls [kkuh gS %&**

* fu;fer :i ls ,d fuf'pr le; ij gj jkst ,d xksyh [kk;saA
* ;fn efgyk fdlh fnu xksyh [kkuk Hkwy tkrh gS rks] og ml fnu dh xksyh dks Qsad ns rFkk vxys fnu dh xksyh dk lsou djsaA

**xHkZ fujks/kd xksyh dk ykHk %&**

* fdlh izdkj ds van:uh tkap dh vko';drk ughaA
* xHkZk'k; dSalj dh tkap dh vko';drk ughaA
* Lru tkap dh vko';drk ugha gSA
* xksyh lsou ds nkSjku fdlh xHkZfujks/kd fof/k@lk/ku dh vko';drk ugha A

**esy daMkse %**

* vki cgqr lh ifjokj fu;kstu dh fof/k;ksa esa ls ,d fof/ks pqu ldrs gSaA
* dUMkse xHkZ/kkj.k dks jksdus ds vykok laØe.k dks jksdus esa Hkh enn djrk gSA

**iq:"k daMkse**

* ;fn izR;sd laHkksx ds le; lgh <ax ls iz;ksx fd;k tk, rks cgqr izHkkohA
* vkidks vkSj vkids lkFkh dks laØe.k vkSj xHkZ/kkj.k ls lqj{kk iznku djrk gSA
* flQZ daMkse dk iz;ksx fd;k tk ldrk gS ;k fdlh vkSj fof/k ds lkFk iz;ksx fd;k tk ldrk gSA
* vklkuh ls fey tkrk gS] iz;ksx esa vklku gSA
* lkFkh ds lkFk ppkZ djus dh t:jr gksrh gSA

**DykbaV dks ;kn fnykuk%**

* lgh <ax ls ,d daMkse gj le; ij iz;ksx djsaA
* lqfuf'pr djsa fd vki ges'kk i;kZIr daMkse vius ikl j[krs gSA
* ;fn ,d daMkse VwVrk gS] rks vkikrdkyhu xHkZfujks/kd dk mi;ksx tYn ls tYn djsaA
* tc daMkse VwV tkrk gS ;k fudy tkrk gS rc vkikrdkyhu xHkZfujks/kd xksfy;k¡ dk iz;ksx fd;k tk ldrk gSA
* daMkse dks lh/ks /kwi vkSj xehZ ls nwj LVksj djuk pkfg,A
* bLrseky djus ls igys ,Dlikbjh dh rkjh[k ,oa eSuqQsDpfjax dh rkjh[k psd dh ysa A

**vkikrdkyhu xHkZfujks/kd ¼bZlh½ dSls iz;ksx djsa%**

**D;k gksrh gSa [kkus dh vkikrdkyhu xHkZfujks/kd xksfy;kWa**

* ;g ,slh xksfy;kWa gSa] ftlesa la'ysf"kr izkstsLVªku vYi ek= esa jgrs gSa] tks fd efgyk ds 'kjhj esa izkd`frd :i ls mifLFkr jgrk gSA

**xHkZfujks/kd xksfy;kWa dke dSls djrh gSaA**

* cPpsnkuh ds eq[k ij mifLFkr 'yse dks xk<k cukdj
* ;g eq[; :i ls efgyk ds v.Mk'k;ksa esa ls v.Mksa dks ckgj fudyus ls jksdrh gSA

**dSls [kkuh gS %**

* vlqjf{kr ;kSu lEcU/k LFkkfir djus ij 72 /k.Vs ds vanj xksyh dk lsou fd;k tk ldrk gSA
* bl xksyh dk lsou fu;fer :i ls ugha fd;k tkrk gS] vU;Fkk 'kjhj esa foijhr izHkko iM+rk gSA
* blls xHkZikr ugha gksrk gSA
* blls fepyh vkSj mYVh gks ldrh gSA
* vxyk ekfld /keZ dqN fnu tYnh ;k nsj ls gks ldrk gSA

**ySefof/k**

;g ifjokj fu;kstu dk vLFkk;h mik; gS ftlesa Lruiku ds dkj.k izkd`frd :i ls iztuu’khyrk ij iM+us okys izHkko dk mi;ksx fd;k tkrk gSA ySDVs’kuy dk vFkZ gS fd Lruiku lEcU/kh vkSj ^,esukWfj;k\* dk vFkZ gksrk gS ekfld jälzko u gksukA

* + ,l-Mh-,e fof/k
  + la;e
  + ckg~; oh;Zikr

**LFkkbZ fof/k;ka**

efgyk o iq:"k ulcUnh

* ulcUnh ifjokj fu;kstu dk LFkkbZ rjhdk gS
* ulcUnh muds fy, lgh gS ftUgsa Hkfo"; esa vkSj cPpk ugha pkfg,
* ulcUnh nks izdkj dh gksrh gS & iq:"k ulcUnh vkSj efgyk ulcUnh
* nksuksa ljy ]lqjf{kr cgqr vljnkj gS vkSj NksVs ls vkWijs'ku gaS
* iq:"k ulcUnh T+;knk vklku gksrh gS D;ksafd iq:"k ds iztuu vax ckgjh gksrs gSa
* tc ifr&iRuh ;g fu.kZ; ys ysa fd vc mUgsa Hkfo"; esa dHkh Hkh vkSj cPpk ugha pkfg, rc nksuksa esa ls ,d O;fDr ulcUnh djok ldrk gS

**efgyk ulcUnh**

* efgyk ulcUnh ifjokj fu;kstu dk LFkkbZ rjhdk gS blfy, bldk fu.kZ; Hkyh Hkkafr lksp le>dj gh ysa
* ulcUnh dsoy muds fy, lgh gS ftUgsa Hkfo"; esa vkSj cPpk ugha pkfg,
* ulcUnh ljy ]lqjf{kr vkSj cgqr vljnkj rjhdk gS ¼ fdarq 'kr izfr'kr ugha ½
* efgyk ulcUnh ,d NksVk lk vkWijs'ku gS ftlesa L=h dh nksuksa

QSyksfivu ufydkvksa dks ck¡/k fn;k tkrk gS ;k mu ij NYyk p<+k fn;k tkrk gS

* efgyk ulcUnh ifjokj fu;kstu dk LFkkbZ rjhdk gS blfy, bldk fu.kZ; Hkyh Hkkafr lksp le>dj gh ysa
* ulcUnh dsoy muds fy, lgh gS ftUgsa Hkfo"; esa vkSj cPpk ugha pkfg,
* ulcUnh ljy ]lqjf{kr vkSj cgqr vljnkj rjhdk gS ¼ fdarq 'kr izfr'kr ugha ½
* efgyk ulcUnh ,d NksVk lk vkWijs'ku gS ftlesa L=h dh nksuksa QSyksfivu ufydkvksa dks ck¡/k fn;k tkrk gS ;k mu ij NYyk p<+k fn;k tkrk gS

**iq:"k ulcUnh**

* ifjokj fu;kstu dk LFkkbZ rjhdk gS blfy, bldk fu.kZ; Hkyh Hkkafr lksp le>dj gh ysa
* ulcUnh dsoy muds fy, lgh gS ftUgsa Hkfo"; esa vkSj cPpk ugha pkfg,
* ulcUnh ljy ]lqjf{kr vkSj cgqr vljnkj rjhdk gSA ¼ fdarq 'kr izfr'kr ugha ½
* iqq:"k ulcUnh ds ckn rhu eghuss rd dksbZ vkSj lk/ku Hkh iz;ksx djuk t+:jh gksrk gS A
* fcuk phjs okyh iq:"k ulcUnh ,d NksVk lk vkWijs'ku gS ftlesa nksuks
* 'kqØk.kqokgd ufydkvksa dks cka/k fn;k tkrk gS A blesa dqN gh feuV yxrs gSa vkSj phjs ;k Vkadksa dh t+:jr ugha gksrh
* vkijs'ku okyh txg esa ekewyh ihM+k ;k lwtu vk ldrh gS tks dqN fnukas esa Bhd gks tkrh gSaA blls dksbZ xaHkhj f'kdk;r ;k ijs'kkuh ugha gksrh A
* iq:"k ulcUnh ds ckn Hkh ;kSu&bPNk o {kerk igys dh rjg gh cuh jgrh gS

**izlo ds i'pkr~ mfpr xHkZfujks/kd lk/ku**

**dkWij&Vh**

* izlo ds rqjUr ckn & nks fnu rdA
* izlo ds 4 g¶rs ckn

**iq#"k ulcanh**

* LFkk;h rjhdk
* ;fn vkidk ifjokj iwjk gks x;k gks rks dHkh Hkh djk;h tk ldrh gSA

**efgyk ulcanh**

* ;fn vkidk ifjokj iwjk gks x;k gks
* izlo ds rqjUr ckn ;k 7 fnu ds Hkhrj
* izlo ds 6 g¶rs ckn

**izlo ds i'pkr~ mfpr xHkZfujks/kd lk/ku dk p;u djsa**

* izkstsfLVu gkeksZu;qDr xksfy;k¡
* izlo ds 6 g¶rs ckn 'kq# dh tk ldrh gSA
* ;fn efgyk Lruiku ugha djk jgh gks rks izlo i'pkr~ dHkh Hkh 'kq: dh tk ldrh gSA
* fefJr xHkZfujks/kd xksfy;k¡
* izlo ds 6 eghus ckn ls dHkh Hkh 'kq: dh tk ldrh gSA
* ;fn efgyk Lruiku ugha djk jgh gks rks izlo ds i'pkr~ 3 g¶rs ckn dHkh Hkh 'kq: dh tk ldrh gSA
* dk.Mkse
* dHkh Hkh iz;ksx fd;k tk ldrk gSA
* betsZUlh dkUVªklsfIVo ¼bZ0lh0½
* ;g dsoy vkikrdkyhu fLFkfr;ksa ds fy, gS] fu;fer xHkZfujks/kd ugha gSA
* izlo i'pkr~ 4 g¶rs ckn ls vkikrdkyhu fLFkfr;ksa esa fy;k tk ldrk gSA
* ySe
* izlo ds i'pkr~ rqjUr 'kq# fd;k tkuk pkfg,A