

ऋग्वेद

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यजुर्वेद



गौ रक्षा विशेषांक



मूल्य: ₹ 15

पवमान

(मासिक)

वर्ष : 27

कार्तिक-मार्गशीर्ष

वि०स० 2072

नवम्बर 2015

अंक : 11

मुद्रक: सरस्वती प्रेस, देहरादून

वजन: 50 ग्राम



वैदिक साधन आश्रम तपोवन

नालापानी, देहरादून

सामवेद

अथर्ववेद



Sanjay Orthopaedic, Spine & Maternity Centre



20/3 Doon Vihar, Jakhan, Dehradun, Uttarakhand, India, 248001

Email: bkssanjay@hotmail.com, Website: www.soscentre.in

Phone: - 94120 28822, 94120 51155, 0135-2733800

Dr. B.K.S. Sanjay

MS (Ortho), DHHM, MAHA, MAMS, FIMSA, FASIF
Consultant Orthopaedic & Spine Surgeon

Guinness World Records Holder

Limca Book Record Holder

O.P.D. Timing

3 pm to 7 pm (Monday to Saturday)

SUNDAY CLOSED

Dr. Sujata Sanjay

M.B.B.S., D.G.O. F.I.C.M.C.H.

Consultant in Obstetrics and Gynecology

Indira Gandhi National Award Holder

Uttarakhand Gaurav 2015

O.P.D. Timing

Morning: 9 am to 1 pm

Evening: 5 pm to 6 pm Monday to Saturday



डॉ० सुजाता संजय

को

श्री हरीश रावत मुख्यमंत्री उत्तराखंड सरकार

द्वारा

“इन्दिरा गाँधी नेशनल अवार्ड”

में सम्मानित

TREATMENTS & PROCEDURES

Orthopaedic

- ❖ कमर दर्द (सियाटिका) के ऑपरेशन (Back pain all kind's spine surgery)
- ❖ सुई द्वारा रीढ़ की टी0बी0 एवं कैंसर की जाँच
- ❖ ट्यूमर, कैंसर में (हाथ व पैर बचाने के ऑपरेशन)
- ❖ टेढ़े पैर, पोलियो, सी0पी0 (C.P. Polio)
- ❖ Total Joint Replacement THR & TKR (कूल्हे एवं घुटने बदलना)
- ❖ नये एवं पुराने फ्रैक्चर (New & Old fracture)
- ❖ गठिया, आर्थाइटिस (arthritis)
- ❖ अन्य सस्ति संबंधी शल्य चिकित्साएँ (All kinds of Ortho Surgery)
- ❖ हड्डी में कैल्शियम की जाँच (B.M.D.)

Gynaecology

- ❖ High risk pregnancy care (जोखिम भरी गर्भवस्था में देखभाल)
- ❖ Day care procedures (दैनिक देखभाल की प्रक्रियाएँ)
- ❖ Post Partum Sterilisation (महिला नसबन्दी)
- ❖ Cesarean Hysterectomy Abdominal & Vaginal Hysterectomy (पेट खोलकर एवं योनिद्वारा द्वारा बच्चेदानी निकालने का ऑपरेशन)
- ❖ Gynecological check up (स्त्री रोग जाँच)
- ❖ Menstrual disorders (मासिक चक्र की अनिमितताएँ)
- ❖ Infertility counseling & Treatment (बांझपन परामर्श एवं उपचार)

- ❖ Normal Delivery (सामान्य डिलीवरी)
- ❖ Cesarean Section (सिजेरियन ऑपरेशन)
- ❖ M.T.P. एवं D&C
- ❖ Family Planning Advice (परिवार नियोजन की सलाह)
- ❖ Colposcopy (गर्भाशय के मुँह के कैंसर की जाँच)
- ❖ Uterus Cancer & Tumor Treatment
- ❖ I.U.I. (कृत्रिम गर्भाधान की सुविधा)
- ❖ दूरबीन द्वारा पेट एवं बच्चेदानी की जाँच
- ❖ दूरबीन द्वारा बच्चेदानी निकालने का ऑपरेशन
- ❖ दूरबीन द्वारा पित्त की पथरी निकालने का ऑपरेशन
- ❖ दूरबीन द्वारा नसबन्दी
- ❖ फिजियोथेरेपी की सुविधा
- ❖ Chemist, Digital X-ray, Ultrasound, Pathology, Phototherapy, Baby warmer, E.C.G, Ambulance



24X7 emergency available



वर्ष—27

अंक—11

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Email : vaidicsadanashram88@gmail.com
Web-www.vaidicsadhanashramdehradun

विषयानुक्रम

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सम्पादकीय

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वेदों के अनुसार गो-पालन और गोरक्षा का महत्त्व

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djuh pkfg, A

t- xkok dh n/k nuk cUn dju d ckn Hkh
l ok vkj j{kk djr jguk Pkfg, A

xk dh efgek dk foLrr o.ku _Xon d n" k
e. My d l Dr f^ < e Hkh feyrk gA bl l Dr
d e=k e fo" k" k : lk l dgk x; k g fd gekj
ik l ^ l : ik l fo : ik l vkj , d : ik l* Jf. k; k
dh xk, gkuh pkfg, A fdUgh d n/k e eD[ku
vf/kd gk] fdUgh d n/k e eykb vf/kd gk
vkj fdUgh d cNM vf/kd "kfDr" kkyh cy cu
l dA ; g Hkh dgk x; k g fd ^ i t. U; xkvk; d;
fy, cgir cMk l [k no*] bl okD; dk
HkkokFk ; g g fd t gk rd gk l d o"kk l
mRiUu txy d ?kk l dk xkvk dk vf/kd
f[kykuk pkfg, A xkvk dk txy e pju d
fy, Hk tuk pkfg, A t gk rd l EHko gk l d
mUg o"kk dk "k) ty fiykuk pkfg, A _Xon
¼fE-f^ < ...½ e dgk x; k g fd jk" V d l Hkh
ykxk dk xk dk n/k ihuk pkfg, A xk, viú
"kj h j l mRiUu n/k dk nok dk Hk t rh gA

on e_i xkgR; k dk fojk/k&

on e vud LFkkuk ij xk dk ^v?U; k* dgk
x; k gA ; ton ¼f...-†...½ e dgk x; k g&^xk
ek fg|lh** vFkkR xk dh fg|k er djKA
_Xon d , d e= e dgk x; k g&
ekrk #n.kk nfgrk oluk Lol kfnR; kuerL;
ukfHkA

Á u| okp| fpfd r|'k| tuk; ek
xkeukxkefnr| of/k"VAA ¼Š-f(Ef-f±½

vFkkR xk jk"V d #n vkj vkfnR;
cãpkjh jg dj fo|k Áklr dju oky
Átktuk dh ekrk] i=h vkj cfgu gA bl e=
dk HkkokFk ; g g fd Átktuk dk xk d l kFk
ekrk] i=h vkj cfgu d leku Áe Hkko j[kuk
pkfg, A xk ver dh ukfHk vFkkR dUn g
D; kfd m l l ver t l x.kk okyk n/k Áklr
gkrk gA e ijekRek] Kkuoku i#"kk dk vkKk
nrk g fd o fu"iki vkj dHkh u dkVh tku
; kX; xk dk u ekjA

xknX/k l l c 'kfDr; k dk fodkl &

vFkoon d rrrh; dk.M d pkngo l Dr
e N% e= g ftue xgflFk; k }jk fd l Ádkj
xk; k dk ikyu fd; k tk, bl ij foLrr
Ádk" k Mkyk x; k gA dgk x; k g fd xkvk dk
fuok l LFkku l kQ&lFkj k gk] ikuh vkj ?k l
Hkh "k) gA xknX/k dk Á; kx ge ^v; ek] i"kk]
cgLifr o bUn* cukrk gA ; g gekj thou e
olvk dk i k" k.k djrk gA ; g Hkh dgk x; k g
fd xkvk dk fd l h Ádkj dk Hk; Áklr u gA o
l c Ádkj d jxk l jfgr gA , l h xk,
"kkfUr nu okyk e/kj nX/k Áklr djkrh gA
xkvk d fy, xk" B l [kn gA bu xk" Bk e
jgu okyh xko "kkfy/kku; dh "kfDr dh Hkkfr
ge "kfDr Áklr djku okyh gA

xke= vkj xkcj dk mi ; kx&

xk dk doy n/k gh ugh vfir xke=
vkj xkcj Hkh vR; r ykHknk; d gA xke= l
vud jxk dk mipkj fd; k tk l drk gA
xke= l ; -r d jx] cok l hj] tyknj]
mnkor] pejx] "kkFk] mnj&-fe] ân; jkx
vkfn dk mipkj fd; k tkrk gA xkcj "kk/kd]
nxU/kuk"kd] l kjd] "kk'kd] cyo/kd vkj
dkfUrnk; d gA vk; onh; xUFkk e
ipx0; &?kr dk fpfdR l k dh nf"V l cgr
egUo ekuk x; k gA ipx0; &?kr d lou l
mUekn] viLekj] "kkFk] mnjjkx] cok l hj]
Hkxnj] dkeyk] fo"keToj] vkj xYe vkfn dk
mipkj fd; k tkrk gA l in" k d fo" k dk u"V
dju gr Hkh ; g mUke vk"kf/k ekuh xb gA
Hkfe dh mojr vkj mRiknu "kfDr cuk;
j[ku d fy, mUke [kkn dh vko"; drk gkrh
gA o) gk tku vFkok jkx d dkj .k xk; ; fn
n/k vkj cNM nu ; kX; u jg] , l h flFkr e
Hkh tc rd og t hfor jgrh g xkcj d : l k e
[kkn nrh jgrh gA , d oKkfud MkE ck; yj
tk vxth "kk lu dky e Hkkjrh; -f" k dh
tkp dju vk, Fk] u xk; d xkcj dk
fo"y" k.k dj d crk; k g fd Hkkjrh e xko" k l
Áklr gku oky xkcj l gh , d djKM #i; d
eY; dh [kkn Áfrfnu Áklr gk l drh gA vkt
d eY; k dk n[kr g, ; g /kujkf'k de l de
100 djKM #i; Áfrfnu l vf/kd dh gxhA
-f=e jk l k; fud [kkn l Hkfe dh mojk "kfDr
dk gk l gkrk g vkj vUr rkxRok og ct j Hkfe
e ifjofrr gk tkrh gA bl fy, xkcj dh
[kkn -f'k d fy, vR; r ykHknk; d gA
ofnd _f" k; k u dgk g&^xkok fo'oL;
ekrj j** vFkkR xk, fo"o dh ekrk d rY; gA
; fo"o dk i k" k.k dju okyh gA vr% xk lok
vkj xkj{kk djuk gekj ikou dUko; gA

‘गाय के प्रति माता की भावना रखना और उसकी रक्षा करना मनुष्य का धर्म’

&euekgu djejk vk;l



यशवंतराव चवण

ge ;g tkur g fd
lfV mRifRr d lk"pkr
eu";k dh tk veFkuh
lfV b"oj u dh Fkh] mle
mlu eu";k dk ;okoLFk
e mRiUu fd;k FkA ge
;g Hkh vueku djr g fd
b"oj u bu eu";k dk
LokHkkfod Kku d lkFk {k/kk dh fuofRr gr
Hkk tu ofii l k d "keu gr ty dk iku dju
dk Kku Hkh bu l Hkh eu";k dk fn;k FkA

xk; dk gekj oreku thou e D;k
egRo vkj mi;kfXrk g\ bldk mRrj g fd
xk; ,d ikyr lk" k gku l gekj ifjokj dk
lnL; cu tkrk gA xk; dk ge Hkk tue ?kk l
vkfn ouLifr;k dk pkjk vkj ty dk gh
lou o iku djk g tk ge idfr e lo=
b"oj }kjk fufer gkdj l jyrk l miyC/k
gkrk gA ge bld fy, doy ifjJe djuk
gkrk gA bld iR;Rrj e xk; ikr% o lk; nk
ckj ge verrY; nX/k nrh gA ekrk d ckn
xknX/k dk LFkku vU; ikf.k;k dh ryuk e
nlj LFkku ij gkrk gA nX/k l ngh] eD[ku]
dhe] ?kr] NkN] iuhj] ekok vkfn vud inkFk
cur g ftul fHkUu&fHkUu idkj d Loknk l
;Dr LokLF; o/kd 0; tu r;kj gkr gA

vk;oin ei ?kr dk vk;l dk vk/kkj
crk;k x;k g tk fd oLrR% gA xk?kr
LokLF; o/kd gku d lkFk vk; o/kd o jkx
dfeuk"kd Hkh gkrk gA eu"; dk b"oj dk
/kU; okn dju o lk; koj.k dk "k) o ifo=
j[ku d J"Bre de ^;K* dk dju d fy,
e[; vo;o xk?kr dh gh vko"; drk gkrh gA
;K l ge bgykd ,o ijykd nkuk; ei
yHkh gkrk g rFk gekjk vxyk thou Hkh
curk o l/kjrk gA ;K djuk onkulj
b"ojKk g tk l lkj d l Hkh eu";k d fy,
leku : lk l ikyuh; gA bldk ikyu dju
oky b"oj l ijLdkj d vf/kdkjh cur g vkj
iky u dju oky b"oj dh vkKk Hkx dju
l nk"kh o n.Muh;A bl ;K dk dju d fy,
Hkh xki ky u }kjk xknX/k dh ikflr vko"; d gA

xk; l ge cPpk d : lk e cfN;k vkj
cNM feyr gA cfN;k dN le; ckn iuh
xk; cudj gekj fy, xknX/k }kjk mi;kxh
cu tkrh g vkj cNM dN gh eghuk e cM
gkdj gekjh [krh d dke vkr gA ikphu dky
e ;fn cNM u gkr rk [krh u gk ikrh vkj
gekj iotk dk lk; klr vUu u feyu l mudk
thou fuokg dfBu gkrk ft l l mud ckn dh
ihf<;k vFkr gekjk vlRro gkrk] ;k u gkrk
dg ugh l drA vr% gekj vkt d vlRro e

With Best Compliments From :

KAMAL PLASTOMET

930/1, Behrampur Road, Village Khandsa, Gurgaon-122 001 (Haryana), Tel. : 0124-4034471, E-mail : krigurgaon@rediffmail.com

xkekrk o mld cNMk dk l f"V d vkfn dky
 l gh egRo jgk gA xk; gekjh thou j[kk o
 ik.knkf;uh jgh gA xk; d cNMk d }kjk [krh
 dju l tk ykHk g] og VDVj vkfn l ugh
 gkrA VDVj ij Hkkjh Hkjde /ku 0;; dju d
 l kFk mld j[kj[kko o Mhty vkfn ij
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 viu ok;e.My dk inf"kr dj "okl e
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 gkdj {kh.kdk; cur vkj vYik; e eR; dk
 xkl cur gA cyk }kjk [krh dju l gekjk
 cgr /ku cpu d l kFk i;koj.k l j{k k dk ykHk
 feyrk gA ge cyk dh gR;k d egkiki l Hkh
 cpr g] ok;e.My "k) jgrk g vkj l kFk fg
 cy tk ijh"k&ey o e= [krk e folftr
 djr g og cgeY; [kkn dk dke djrk gA
 bl l Hkfe dh mojk l drh c<rh g ok l jf{kr
 jgrh gA ;g Hkh rF; g fd VDVj d fy, [krk
 rd tku d fy, pkmh l Md dh vko";drk
 gkrh g tcf d cyk d fy, fd l h idkj dh
 l Md k dh vko";drk ugh gkrhA bl l l Md
 dh Hkfe dk mi; kx Hkh Nf"e l fefyr gkdj
 vUu d mRiknu e of) gkrh gA cy ,d pr
 ik.kh g] m l l [krh dju l ,d ik.kh dk
 thou nu o mldh j{k k o lok dju l
 fd l ku dk tk i.; gkrk g og VDVj vkfn
 fd l h Hkh tM inkFk l lok dju l ugh gkrkA

xk; dk xkcj o xke= u doy cgeY;
 [kkn o dhVuk"kd dk dke djrk g vfir
 Hkfe dh mojk "kfDr dk l jf{kr j[kr g,
 mle of) Hkh djrk gA xk; dk xkcj o xke=
 ipx0; uked vk"kf/k cuku d dke vkrk g]
 tk xkj{k k o xgR;k dk leklr fd; fcuk
 l EHko ugh gA xk; d ?kr l ,d , l h Hkh
 vk"kf/k r;kj gkrh g ft l l ck> fL=;k dk
 l Urku ykHk gkrk gA xk?kr l egkf=Qy?kr
 Hkh cuk;k tkrk g tk u=k dh vud jkxk l
 fpfdRl k e dke vkrk gA bu vk"kf/k;k dk
 fodYi u rk ,ykiFkh e g vkj u vU; fd l h

iFkh eA xknX/k d vud vk"k/kh; x.kk e vk[kk
 o "kjhh d l Hkh vxk dk ykHk l fgr {k; jkx o
 dl j t l tku yok jkx e Hkh vud idkj l
 ykHk gkrk gA xke= rk dl j d mipkj e
 i;kx e yk;k tkrk g ft l l vud jkfx;k dk
 iR;{k ykHk n[kk x;k gA vkt ,ykiFkh dh
 egxh nok; o vud idkj dh d"Vdkjh
 fpfdRl k gku ij Hkh jkxh LoLFk ugh gk ikr
 ogh xke= dk lou fcuk eY; dh jkfx;k e
 thou dh vk"kk txku okyh l Pph o ;FkkFk
 vk"kf/k g vkj fu/kuk d fy, b"oj dk ojnu
 gA xk; dk xkcj tgk [kkn dk dke djrk g
 ogh ;g xkok e pYg o pkd e Hkh i;kx e
 yk;k tkrk gA xk; d xkcj d miy b/ku dk
 dke djr g ogh dPp ?kjk >kifM;k o
 dfV;kvk e xkcj dk Hkfe o Q"ij yiu
 dju l og LoPN o fdV.k jfgr gk tkrk gA
 ,d oKkfud fj l p e ;g rF; l keu vk;k g
 fd xk; d xkcj l yhih xb nhokjk d vUnj
 jfM;k/kferk io"ku ugh djrh ft l l mle
 v/;kflr ykxk dh vk.kfod fofdj.k l j{k k
 gkrh gA xk?kr dk tyku l ok;e.My ij
 bl dk peRdkjh iHko iMrk gA Hkiky dk.M
 e xk?kr l ;K dju oky ,d xgLFkh] mld
 ifjokj o ikyr i"kvk dh bl xk?kr d ;K u
 gh j{k k dh Fkh tcf d l gl k dh l [;k e vU;
 ykx viu thou l gkFk /kk cB FkA bl d l kFk
 xk; dk ?kh lifo"ku dh fpfdRl k e Hkh ,d
 egRoi.k vk"kf/k gA ;fn lin"ku l xflr
 eu"; dk xk?kr dk lou o iku dj;k k tk;
 rk fo"ku dk "kjhh ij iHko leklr gk tkrk gA
 Hkjr dk ikphu eguHkx Lokfn"V vkgkj
 xknX/k l gh cuk;k tkrk FkA xknX/k l feVh
 dh gk.Mh e cuh [khj dk viuuk gh Lokn o
 LokLF;o/kd x.k gkrk g tk fd "kgjk d ykxk
 dh igp l cgr nj gk x;k gA xk; d bu
 l Hkh x.kk] egRo] ykHk o mi;kfxrvk d
 dkj.k gh gekj vkfLrd fopkj oky iot xk
 dk vo/;] xgR;k dk egkiki] vekuoh;] xk
 ek l gkj dk R;kT; o fuUnuh; ekur vk; g

t k fd i.kr;k mfpr gh gA on xkgR;kj dk
lhl dh xkfy;k l ch/ku dk vkn"nkrk gA

xk; dk n"n dh vFkO;oLFkk e Hkh
ie[k ;kxnu gA xknX/k ,d e/kj
LokLF;o/kd i; gku d l kFk xknX/k l cu
vU; l Hkh inkFk vUu dk ,d lhek rd
fodYi Hkh gA xk; d cNMk l dh tku okyh
[krh l tk vUu mRiknu gkrk g og Hkh ;fn
vkfFkd nf"V l x.kuk dh tk; rk n"n dh
vFkO;oLFkk e cgr cMk v"n gkrk gA egf"n
n;kuUn u viuh fo"o ifl) iLrd
^xkd#.kkfuf/k* e ,d xk; dh ,d ih<h l
gku oky nX/k vkj mld cyk l feyu oky
vUu dh ,d d"ky vFk"kkL=h dh Hkkfr x.kuk
dh g vkj crk;k g fd xk; dh ,d ih<h l
^n/k vkj vUu dk feyk dj n[ku l
fu'p; g fd 4]10]440 pkj yk[k n'k
gtkj pkj l k pyh l eu"; k dk ikyu
,d ckj d Hkk tu l gkrk gA ek l l
mud vueku d vulkj doy vLlh
ek l kgkj eu"; ,d ckj rlr gk l dr
gA* og fy[kr g fd ^n[kk] rPN ykHk d
fy, yk[kk ikf.k;k dk ekjdj vl[;
eu"; k dh gkfu djuk egkiki D; k

ugh** xk d nX/k] bl l fufer vU; inkFkk
o xkcj l fgr xk= d vk"n/kh; ykHk dk
ble lfEefyr ugh fd;k x;k gA bl l
xkj{kk d vkfFkd ykHk dk vueku yxk;k tk
l drk g tk fd fd l h vFk"kkL=h dh vk"kkvk
l dgh vf/kd gkrk gA

l l kj d l Hkh ikf.k;k e doy xkekrk dk
xkcj gh jkxk.kuk"kd gkrk gA bl ckj e dgk
tkrk g fd pkjklh yk[k ;kfu;k d
ikf.k;k e xk; gh ,d ,l k ikf.k g
ft l dk ijh"n ¼xkcj½ ey ugh g] mRN"V
dkfV dk ey'kk/kd g] jkxk.k ,o
fo'kk.kuk"kd g] rFkk thok.kvk dk
lkk'kd gA bruk gku ij Hkh ge vuHko d jr
g fd gekj vxth o vU; f"kk{kk i)fr;k l
i<g, ofnd l Ldkj foghu ykxk dk ;g crk
le> e ugh vk;xh D;kfd mudk ^t l k n'k
o l k Hk l] t l h f"kk{kk o l h l kp* d vulkj
fopkj ifjoru gk pdk gA mudk ;g dk;
Lo; mud fy, gh vkRe?kkrh gA bl dk Qy
mUg vo"; Hkxuk gh gkxkA b"oj dk deQy
fl)kur l kj l l kj ij yx gA xk lok l ogh
ykHk Álr gkrk g tk ekrk dh lok l Álr; g]
vLr ge xk lok dj i.; Álr djuk pkfg,A

आवश्यक सूचना

rikou vkJe d l nL; cu vkj vkJe }kj fd; tk jg tuki;kxh dk;k e lg;kx inku d jA l k/kj.k l nL; # 1200@& ifr o"n lg;k d l nL; #- 6000@& ifr o"n fof'k"V l nL; #- 12000@& ifr o"n	l Eekfur l nL; #- 25000@& ifr o"n fof'k"V l Eekfur l nL; #- 50000@& ifr o"n
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vxkeh efguk e iLrkfor dk;Øek dk fooj.k

Lokhe fpUk'o jkuUn l jLorh th }kj l pkfyr prn ij;k .k ;K & 1 ekp 2016 l 21 ekp 2016 rd xk;=h ;K xh"ekR lo Lokhe nh{kkuUn Lefr l ekjg	& 19 ekp l 21 ekp 2016 rd & 11 eb l 15 eb 2016 rd & 15 eb 2016 rikou vkJe e
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vf/kd tkudkj dh fy, vkJe d l fpo l njHk"n uE 9412051586 ij okrk djA

सीजन्य से-

KUKREJA INSTITUTE OF HOTEL MANAGEMENT
DEHRADUN

वैदिक साधन आश्रम तपोवन, देहरादून का पांच दिवसीय शरदुत्सव सोत्साह सम्पन्न

&euekgu dlekj vk;l



ofnd l k/ku
vkJe rikou] ngjknu
dk ikp fno l h;
“kjr lo fnukd 7
vDrcj] 2015 dk
vkjEHk gkdj 11
vDrcj] 2015 dk

iopuk d ckn /otkjk.g.k gvk vkj
ofnd jk"Vxku xk;k x;kA bld ckn Hktuk
dk dk;Øe gvkA e[; oDrk d :lk e i/kkj
vk;txr d fo}ku Jh me:'k pUn: diyJ"B
u viu iopu e vk; lekt d /ot e ^vk...e*
“kc n fy[k gku dh ppk vkjEHk dhA mUgku
dgk fd egf" k n;kuUn u dgk g fd vk...e

l kR l kg l EiUu gvkA ikp fnu ikr% 500 ct
;kx ,o /;ku l k/kuk dk if" kfk.k
vk;txr d ifl) lU;k l h Lokeh
fn0;kuUn l jLorh th d fun"ku e
gkrk jgkA ikr% 630 ct vFkoon
;K Hkh mR lo d ikp fno l ,o l k;
dkyhu l = 300 ct fd;k tkrk
jgkA ;K d e[; ;teku vkJe d
i/kku Jh n"ku dekj vfXugk=h ,o
ckgj l i/kkj vud cu/k liRuhd
FkA e[; ;K" kkyk l fgr vU; rhu
ogn ;Kd.Mk e Hkh ;K gvk vkj vud
;tekuk ,o /keieh J)kyvku ;K e ?kr o
lkdY; dh J)k HkfDr d l kFk vkgfr;k nhA
;K lekflr ij Lokeh fn0;kuUn th u l Hkh
;tekuk dk vk"khokn fn;k djr FkA iFke
fno l Lokeh fn0;kuUn th u mikluk dh ppk
dh vkj crk;k fd b"oj mikld dk "kjh
mikluk l LoLFk jgrk gA bld l kFk
mikldk dk vud ykHk mikluk l gkr gA
okrkoj.k dh ("kf)] vUr]dj.k dh ("kf) rFkk
eu dk Hkh ;K l ykHk gkrk gA ;K dk
l pkyu Jh mRreefu th u fd;k vkj ;K ,o
vFkoon d eU=k dk ikB x:dy ik/kk d
cgepkfj;k u fd;kA



b"oj dk e[; uke gA on e dgk x;k g fd
g tho! r b"oj d vk...e uke dk Lej.k dj
D;kfd eR; d ckn vk...e ije"oj d ikl
tkuk gA mUgku dgk fd ofnd /ke! d
/ot ij vk...e uke fy[ku; dk i;ktu
;g g fd l kjh /kjr ij vk...e dk
lkekT; LFkkfir gk ft l l lo= l l k o
'kkfUr LFkkfir gkA

èotkjk.g.k d mijkuR uofufer l R l x
Hkou e Hktu ,o iopu dk dk;Øe ikjHk
gvk ft l dk l pkyu Jh 'ky'k efu l R;kFkh
th }kjk vR;Ur ;kx;rk ,o d'kyrkiod
fd;k x;k gA dk;Øe dk ikjEHk Jh l R;iky
iffkd th rFkk Jh #oy flg vk;ohj d



/kkx l Hkh eu";k ij
Øe"kh _f'k] no
vkj fir _k dk
ldr djr g ft Ug
ge viu thou e
pdkuk gA bl no
;K d: vfrfjDr
dkbl ,lk dk;!
ugh g ft l l fd

Hktuk l gvk rni'pkr fo}ku oDrk Jh
dyJ"B th u ;K dk mYy[k dj crk;k fd
vk; lekt viu l Hkh dk;k d vkjEHk e ;K
djr gA mUgku dgk fd ;g lfV ;K b"oj
d }kjk lfV d vkjEHk l fujUrj fd;k tk
jgk gA bl lfV jpuk dk mUgku
ijekRek }kjk fd;k tku okyk ;K
crk;KA

"kjinR lo d n l j fnu dk dk;Øe ikr%
5%00 ct ;kx ,o /;ku lk/kuk d fØ;Red
if"kf.k l vkjEHk gvk ft l d fun"kd Lokeh
fn0;kuUn l jLorh FkA ikr% 6%30 ct l
vFkoon ;K vkjEHk gvk ft l d e[; ;teku
vkJe d i/kku Jh n"ku dekj vfXug=h ,o
vU; vud ;Kieh egkuHkko Fk rFkk ;K d
cgek Lokeh fn0;kuUn l jLorh FkA vkpk;!
mei'k pUn: diyJ"B th dk ;K d egRo ij
iopu gvkA mUgku dgk fd no ;K
vfXug= dk dgr gA norkvk dk ;K gku l
bl no;K Hkh
dgr gA ;K
d j d ge
n:norkvk: dk
_k pdrk dj
ldr gA mUgku
;Kkiohr dh ppk
dj dgk fd
;Kkiohr d rhu

norkvk dk _k pdk;k tk l dA

"kjinR lo d rh l j fnu 9 vDrcj] 2015
dk vFkoon ;K d lekiu d ckn vk; fo}ku
vkpk;! mei'k pUæ diyJ"B th dk ;K d
egRo ij iopu gvkA mUgku dgk fd
;kKoYD; _f'k u dgk g fd eu";k dk ;K
dju dk vf/kdkj ,l eu"; dk ugh g tk
v l R; dk lgkjk yrk g] >B ckyrk g] b";k o
} "k ikyrk g rFkk Ny diV vkfn djrk gA
blfy, ;kKoYD; _f'k u dgk g fd ,l gn;
okyk eu"; ;K ugh dj l drkA mUgku i"u
fd;k fd ;K dku dj l drk g\ ;K og eu";
dj l drk g fd tk ^ l R; i ol nokk* gk vFkkr
tk ekua "kjhj e nork gA nork og eu";
gkrk g fd ft l d 0;ogkj] ok.kh vkj de e
l R; gkrk gA bl eu"; "kjhj e gh no Hkh g]
jk{k l vkj fi"kkp Hkh gA dgk x;k g fd tk
nork g] mudk ;K dju dk vf/kdkj g vFkkr
l R; dk 0;ogkj dju oky eu"; dk gh



;K dju: dk vf/kdkj gA ;K rc ikjEHk
gkrk g tc ge vkidk no vFkr nork cuk
dh ifØ;k l xtkjr gA vkid vUr%dj.k dk
ifo= dj nr gA fn0; Hkkoukvk l vkid
vUr%dj.k dk vkrik dj nr gA no cu
pd ml 0;fDr dk ;kKoYD; _f"K ;K dju
dk vf/kdkj nr gA ;kKoYD; _f"K ,d ckr
vkj dgr g ^;Kk ol fo".k%* vFkr ;K gh
fo".k gA ;K fo".k blfy; ;g fd fo".k dh
rjg gh ;K Hkh bl pjkpj txe 0;klr
gA ;g no ;K fo".k dh gh rjg rhuk ykdj
[ykd] vUrfj{k ykd vkj ifFkoh ykd e
0;klr gA ;K e ;K d.M dh lc l uhp dh
e[kyk ftle vXU;kku djr g] og ifFkoh
ykd dk irhd gA chp dh e[kyk vUrfj{k
ykd gkrh gA rhljh Åij dh e[kyk l ykd
gkrh gA tc vXU;kku fd;k tkrk g] og
ifFkoh ykd vFkr uhp okyh e[kyk ij gkrk
gA ifFkoh ykd e vfxu iTtofyrgkrh gA
chp dh e[kyk tk vUrfj{k ykd g] mldk
ikj djrgh g] mld Åij l ykd g] ml ikj
djrh gA blfy, dgk fd ;K Hkh rhuk
ykdke 0;klr gA

vkJe e rhlj fnu Jherh l jkt
vfXug=h th dh v/;{krk e ikr% 10 ct l
vijkg 1 ct rd efgyk lEeyu gvkA
lEeyu dk lpkyu fon"kh cfgu Jhefr
l jUn vjkmk u ;kX;rkiod fd;kA vkjEHk e
vk...e ldhru gvkA

"k jnr lo d
pkFk fnu 10 vDrcj]
2015 d l Hkh dk;Øe
l Qyrkiod l EiUu
g,A ;K d mijkur
Jh l R;iky ifFkd
th dk ,d Hktu o
vk; fo}ku vkpk;l
me:'k pUn: diyJ"B



th dk iopu gvkA vkt d iopu dk fo"K;
tue fnol euku dh Hkkjrh; ofnd i)fr
rFkk ik"pkr; i)fr dk foopu Fkka

Lokh fn0;kuUn l jLorh th u viU
iopu e rikou d egRo l l Hkh dk ifjfr
djkdj bldh Hkfj&Hkfj i"klk dh rFkk bl
lk/kuk d fy, lokUke LFkku crk;kA jkf= 8
ct l 10 ct rd Hktu lè;k dk dk;Øe
gvk ftle Jherh ehuk{kh iokj] Jherh ohuk
[kj rFkk Jherh feFky'k vk; th d 'kkL=h;
lxhr ij vk/kkfjr e/kj Hktuk dk ludj
Jkrkvk u l Hkh xk;dk dh djry èofu l
i'klk dhA

ofnd lk/ku vkJe rikou e lekiu
fnol 11 vDrcj] 2015 d l Hkh dk;Øe
l Qyrkiod l EiUu g,A ikr% 6-30 ct l
vFkoon ;K vkjEHk gvk ftldh vkt
i.kkgfr l EiUu gbA ;K d lk"pkr ;K d
cgek Lokh fn0;kuUn l jLorh th u ;K e
Hkkx yu oky l Hkh ;K ife;k dk vk"khokn
inku fd;kA ;K d ckn dk dk;Øe vkJe
d fo"kkY l Hkkxkj e vkjEHk gvkA

vkt d vk;ktu dk e[; vkd"k.k
vk; fo}ku vkpk;l me:'k pUn: diyJ"B
th dk lekt o n"K d fy, fgrdkjh
mnck/ku o iopu Fkka mUgku; dgk fd
n'k d i ru dk dkj.k g;ckge.k oxl dk
on di Kku l gVuk gA eu"; lekt d

pkj o.k g ckge.k] {kf=;] o"; vkj "kNA
ckge.k vrhr e vU; rhu o.kk dk ex
n"ku djr jgA yfdu tc ckge.k
onfoghu gk x;k] rk lekt dk exn"ku
dju okyk gh dkb ugh jgkA rc bldk
Hk;dj ifj.kke lekt e vk;k ftl
egkHkkjr dky d ikp g tkj o"kk ckn Hkh ge
Hkxrur iM jgk gA

IRlx lHkk dk vk; ifrfuf/k lHkk]
mRrjk[k.M d ;"kLoh i/kku Jh xkfoUn flg
Hk.Mkj h th u Hkh lEckf/kr fd;kA vki 6 lk
fdykehVj dh ;k=k dj okx"oj l ngjknu
viu lFkh o lg;kfx;k lfgR dk;Øe e
Hkx yu igp FkA mUgku dgk fd egf"n
n;kuUn dk mnn"; fd l h u; er o /ke dk
LFkkfir djuk ugh Fkk vfir mudk mnn";
fo"o d ekuoek= dk dY;k.k djuk FkA
mUgku egf"n;kuUn }kjk gfj}kj e dEHk ey
d volj ij Qgjk b x b ik[k.M [kf.Muh
irkdk dk mYy[k dj mud lgl dh
l jguk dh vkj dgk fd vkt Hkh ge , lk
lgl ugh fn[kk ikrA tUeuk tkfr dk
mYy[k dj mUgku bld nk"kk dk n"ku

djk;kA mUgku /keife;k dk crk;k fd Lokeh
n;kuUn u tUeuk tkfrokN dk tedj fojk/k
fd;k Fkk vkj x.k] de o LoHkko ij vk/kkfjr
ofnd o.k 0;oLFkk dk lR;Lo:l k n"k o
lekt d lEe[k j[kk FkA

dk;Øe dh lekrh ij vk;t x r d
o;k ko) lU;k l h Lokeh fn0;kuUn th u lHkh
dk vk"khokn fn;kA lHkk dk ofnd l k/ku
vkJe d ;"kLoh e=h b- Jh ieidk" k "kek ,o
nkuohj] foue LoHkko ,o lcdk lEeku
djuoky ;"kLoh i/kku Jh n"ku dekj
vfXugk=h th u Hkh lEckf/kr fd;kA vki nkuk
u nj nj l "k j n R l o e Hkx yu oky cU/kvk
dk vkHkkj 0;Dr dj mudk /kU;okn dju d
l kFk lcl rikou d ifr ie Hkko cuk; j[ku
vkj ;Fkk"kfDr lg;kx dju dh vihy dhA
dk;Øe dk l pkyu Jh 'ky'k efu lR;kFkh
th u cgr ;kX;rki od fd;kA "kkfU rikB d
lk"pkr _f"k yxj d l kFk dk;Øe lEiUu
gvkA vud iLrd] vk"kf/k ,o ;K l c/kh
lkexh d foØrk Hkh bl dk;Øe e i/kkj g,
Fk ftul ykxk u viuh i lUn dk lfgR; o
vU; leku Ø; fd;kA

ijkfgr o ipkjd dh vko'; drk

vk;l lekt uuhrky dk ,d ijkfgr o ,d ipkjd dh vko'; drk gA fu"kyd
vkok l 0;oLFkk d l kFk ekun; o Hkktu 0; ; ; kX;rku l k j n; gkxkA

lEid l = Jh lck/k d l y th] mii/kku] vk;l lekt] uuhrkyA 9358192250

कर्म भोग चक्र

n%[k dh ?kV k ei çHk dh n;kyrk
,d u, lUnj edku e cgr l uj&ukjh
,df=r fn[kkb nr gA dN vk jg g] dN tk
jg gA dkj.k ;g g fd ;gk cgr fnuk l nk
;od jkxxLr gA ,d iyx ij ,d jkxh iMk
g vkj n l j ij n l j kA nkuk gh viuh t hou d
lUnj&l[kn o lUr dky e Fk fd fun;h jkx
u vk nck; kA nkuk gh vPN m[e'khy] l kgl h
rFkk cfy"B FkA lkp e <y g, 'kjhj]
e[kkjfoUn l dkfUr cjl rh Fkh i jUr vc
jkx&'k; ;k ij iM&iM nkuk bru fucy rFkk
v'kDr gk x, g fd n[ku oky =kfg eke
=kfg eke dg mBr gA

lc ?kj oky 0;kdy rFkk fpUrr gA
mud fe= Lugh vk&vk dj mul viuh
lgkuHkfr çdV dj jg gA l Hkh bl n%[k e
/khjt cu/kk dj mud nf[kr euk dk dN
'kkUr dju dk ç;Ru d j r jgr g] i jUr mUg
'kkfUr dgk\

bu jkfx;k e l ,d u rk vHkh viuh
t hou d ;kou&m|ku e ij gh j[kk Fkk fd
mld flj ij ;g ldV VV iMkA mldh
vk; vHkh 18 o" k gk ikb gA bl mBrh tokuh
e Hkh] tc fd l k/kkj.k ;odk dk çk; % /ke dk
dN Hkh fopkj ugh gkrk] og cMk /kekRek]
ifo=kpkjh rFkk Kkuoku gA fgUnh o l LÑr e
vPNh ;kx;rk j[krk g] vxth Hkh vPNh
i<&fy[k yrk gA mlu çof'kdk efVd dh
ijh{kke vPN uEcj ik, FkA cpiue gh viuh
firk ij og ,l&,l l{e ç'uk dh ckNkj
fd;k d jrk Fkk fd n[ku rFkk luu oky l Hkh
mldh rho cf) ij nx jg tkr FkA tc dHkh
mld firk viuh vki dk mld ç'uk dk
mUkj nu e vleFk ikr Fk] rk ml vdkj.k gh

f>Md fn;k d j r FkA dkj.k] og cpkj ;g u
tkur Fk fd mldh #fp rk vkfRed mUufr
dh vkj gA

xgL Fk d >>V k e Ql g, firk dh
bPNk lno ;g jgrh Fkh fd mudk i= dkb
l jdkjh ukdjh ik tk,A dkb mPp depkjh
cu dj mud c<ki dk lgjk vkj dVÉc
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mld fy, ,d cMh vPNh ukdjh dk çcU/k
dju e Ñrdk; Hkh gk x, FkA ,d cd u ml
igy gh 80@&#i; ekf l d nuk Lohdkj dj
fy;k FkA db çHko'kkyh fe=k rFkk fgrf" k;k
dh Ñik vkj dk;d'kyrk d QyLo#i]
l jdkjh egde e Hkh lc& bLiDVjh dh
vkl keh d fy, mldk uke LohÑr gk pdk
FkA bl çdkj mld firk th ml xgL Fkh d
tky e Qlk dj viuh fi.M NMku d
l[k&Lolu lno n[kk d j r FkA i jUr i= dh
#fp fd l h vkj gh vkj FkhA mldh ifo=
vkRek bl txr&ttky l Lor=rk dh
vfHkyk"kh Fkh] vr,o firk viuh bPNkvk e
Ñrdk; u gk l dA

ekj; eu dN vkj g] fo/kuk d; eu vkjA
fo/kuk tk pkg; d j] D;k g; ejk tkj\

vc ogh gkugkj i= tk firk dh l eLr
vk'kkvk rFkk vfHkyk"kkvk dk dUæ g] ,d
v l k/; jkx e Ql dj jkx 'k; ;k ij iMk gA
firk n%[k rFkk 'kkd dh efr cu mld ikl
cBk gA i= cM ncy rFkk {kh.k Loj e iNr
g&& ßfirk th! D;k dkj.k g fd e vkj ppk
th nkuk bdVB gh ,l dfBu jkx e Ql x,
fd gekjh n[kHkky rFkk mfpr fpdfRlk
dju&dju d fy, vkidk Hkh lc
dke&/ku/kk NkMdj ;g vkuk iMk] vkj n l j

?kj oky Hkh lc ypkj gk x,! vk; ¼vkenuh½
dh cUnh] fpfdRlk 0; ;] jkxh lok dk d"V]
bruk egkn½[k ijekRek u ge ij vdLeKr gh
D;k Mky fn;k\ dlk vuFk gA ;fn doy e
gh chekj gkrk vkj pppk th LoLFk jgr rk u
vldk gh gh viuk dke NkMdj ;gk vkuk
iMrk] u pppk th dk gh /ku/kk cUn gkrkA og
ejh n[kHkky Hkh djr jgr vkj viuk
dke&dk t Hkh lEHkkyrA vki vkj og nkuk
dekr rk ?kjokyk dk Hkh /ku dh ;g rxh u
Hkxruh iMrhA

firk u igy rk ;g pkgk fd bl ç'u
dk vx c<ku u n vkj vkjEHk e gh jkd n]
ijUr i= u vxg dj d viufirk dk ;g
fu'p; dj k fn;k fd bl fo"K; e mldk
eku&l/ku mld jkx dk 'kkUr dju dk
dkj.k ugh gkxk] oju bl lEcU/k e tk
okrkyki gkxk] og ml l[k igpk;xk vkj
mldh vkRek dk 'kkfUr çnku djxkA

vUr e firk u cM lkp&fopkj d
i'pkr bl okrkyki dk vx pykuk Lohdkj
fd;k vkj dgk& ßi= ;g Hkh ej Hkxoku dh
n;kyrk g] dkb vuFk vFkok vR;kpkj ughA
e> vc Hkh] tc ge lc bruh cMh foifÜk e
Ql g, g] bl n½[k e çHk dh vikj Ñik gh
nh[k iMrh g] ftld fy, e mudk
yk[k&yk[k /ku;okn djrk gA

i= u pfdr gkdj iNk og d l\

firk u xEHkhjrk iod mÜkj fn;k] yk!
/;ku l dku yxkdj luk&

n½[k rFkk iki

n[kk tc rd iki u gk] dkb n½[k
fudV ugh vk ldrkA iki uke g n"de dKA
;fn geu n"de fd, g rk mudk Qy n½[k
rk ge vo';eo Hkxuk gh iMxk vFkkr tk
?kVuk gekj lkeu g] ml rk vo'; gkuk gh
FkkA vc ;fn doy re gh chekj gkr vkj rEg

6 egu chekj jguk iMrk] fQj mld vUurj
viu dekul kj 6 ekld fy, rEgkj pppk th
jkxxLr gk tkr] rk bl çdkj o"K&Hkj rd
lkj ?kj oky 0;kdy jgrA gekj [kp Hkh
nxuk gkrkA fe=k rFkk lEcU/k;k dk Hkh
nkgjk d"V iMrk] fpUrK Hkh f}x.k le; rd
jgrh] vr,o D;k ;g Hkh çHk dh vikj Ñik
ugh fd mlu ,d gh le; e bu lc n½[kk
dk ,df=r dj fn;k\ t l ;fn fd l h nk"kh d
Åij pkj nk"K yxkdj U;k;ky; e vfhk;kx
pyk;k tk, vkj lc nk"kk d fl) gk tku ij]
U;k;k/kh'k ml çR;d nk"K d fy, ,d&,d
o"K dkjxkjokl dk n.M n] rk pkj nk"kk d
fy,) ftudh fely ¼fyf[kr orkUr½ Hkh
vyx&vyx pkj gh gkxh vkj ?kVuk, Hkh pkj
gh g] ml pkj o"K ty e jguk iMxkA bu
pkj o"kk rd mld ?kj oky] b"V&fe=] lãn
lEcU/kh] lHkh mld fo;kx l nif[kr jgx]
ijUr ;fn eftLVV viuh vkKk e ;g fy[k n
fd lc nk"kk dk n.M lKfk gh lKfk vkjEHk gk
rk ml vkj mld lEcU/k;k dk pkj o"K dh
txg] doy ,d gh o"K rd ;g d"V Hkxku
iMxA vc rEgh crykvk fetLVV dh Ñik
gkxh ;k fun;rk\

i=& ;g rk okLro e n;k vkj Ñik gh ekuh
tk,xhA firkt h cl] ;gh Ñik vkj ;gh fu;e
bl le; gekj fy, dk; dj jgk gA ,d
lKfk gh n.M&Hkx vkjEHk vkj bdVB gh
bl dk vUr gk tk,xkA

i=& rk D;k ;g foifÜk Hkh gekj flj l Vy
tk,xhA

lc n½[k uk'koku g]

firk& vo';! D;k ugh! n[kk! tk
l; vkt mn; gvk gA bl le; viuk
dfBu rt vkj ri dlk fn[kk jgk gA ykxk
dk dlk rMik jgk gA ijUr ;g dc rd
lcdk viur rt çrki l ihfMr j[k ldx\

pkng ?kUV l vf/kd rk bldk viuk gh
 thou ugh! ;fn vfr Hkh dj rk l/;k rd!
 ml l ij rk mldk viuk gh vLrRo ugh
 jgxkA fQj ;g xjeh d l cjl k, xk vkj d l
 r t fn[kyk, xk\

;g , d loekU; fl)kur g fd l l kj e
 dkb oLr , l h ugh] ft l dh voLFkk u cnyrh
 gkA geu Hkh viu tUefnu l ydj vkt rd
 lgl=k ifjoruk dk e[k n[kk gA jkx rFkk
 n[k Hkh , d fo'k" k voLFkk dk gh uke gA bl
 Hkh , d u , d fnu vo' ;eo cnyuk gh gkxkA
 çÑfr e foÑfr , d LokHkkfod fu;e gA
 bl l fl) gvk fd bl jkx rFkk n[k dk
 vUr Hkh ml h fnu Lo;eo gk tk, xk] ft l
 fnu ml de d çHkko dk vUr gk tk, xk]
 ft l d n.M : i e ;g d"V Hkx x jg gkA

çÑfr e foÑfr

i=& ijUr cã] tho vkj çÑfr rk rhuk
 vukfn gA tc çÑfr vukfn g rk mle
 foÑfr vFkok fodkj d l k\ tk oLr foÑfr
 gkrh g] og uk'koku Hkh gkrh g] ijUr çÑfr
 rk vfouk'kh gA lno jgrh gA ;g ckr ejh
 le> e ugh vkb fd çÑfr e foÑfr , d
 LokHkkfod fu;e gA

firk& re Bh d dgr gkA ijUr eu rk , d
 l k/kj.k vkj ekVh l h ckr dgh Fkh] ft l
 lo&l k/kj.k Hkh] tk bruh l {e n"V ugh
 j[kr] le> l dA dkj.k\ eu"; l l kj d
 çR; d inkFk e viuh vk[kk l fodkj n[krk
 g] ijUr okLro e og fodkj ugh gkrk] doy
 ifj.kke vFkok ml h dh , d n"kk fo'k" k gkrh
 gA t l tc ge jyxkMh e ;k=k d jr g rk
 çk; % dg fn; k d jr g fd ykgkj vk x; kA
 Hkx"kk vkj mld Kku e cMk Hkn gA okLro e
 ykgkj rk dgh ugh vkrk] jyxkMh gh ykgkj
 vk igph g] ijUr ykgkj vk x; k dk gh lc
 ; FkkFk le> yr g vkj bl v'k) Hkx"kk l Hkh

mUg 'k) Kku gk tkrk gA bl h çdkj çÑfr
 e foÑfr dk 'k) : i e ge ;k dg l dr g
 fd çÑfr ifj.kkeh gA

i=& rk D; k ;g n[k gekj bl tUe d dek
 dk Qy g] tk ge brufpjdky l bl foifUk
 e Ql jg g g\ e> rk viuh bl 18 o" k dh
 vk; e ;kn ugh fd eu dkb , l k Hk; kud iki
 fd; k gk] ft l dk n.M , l k dfBu rFkk dBkj
 feyuk U; k; l x r ekuk tk l dA

firk& ;g oreku n[k bl tUe d dek dk
 Qy ugh] fd l h io&de dk gh g] ft l ge
 ugh tkurA

i=& rk D; k lc n[k fiNy tUe e fd, g,
 dek d gh Qy gkr g ;k bl tUe d de Hkh
 dHkh&dHkh bl tUe e Qy nr g\

firk& oRl! ;g rk l h/kh l h ckr g fd fcuk
 o{k d dkb Qy ugh yxrk] u o{k gh dHkh
 cht d fcuk ink gkrk gA ijUr cht cku] o{k
 mxu vkj Qy yxu e cMk le; yx tkrk
 gA blfy, ble Hkh le;&Hkn vkj vUrj
 gkuk pkfg, A ;g vo' ;EHkkoH gA Qy dk ;fn
 re oreku dky vFkok ;g tUe le> yk rk
 cht dk Hkrdky vFkok io tUe le>uk gh
 iMxkA eu Hkxoku u Hkh ;gh dgk gh&

uk/ke.'pfjrk ykd l l % Qyfr xkfj oA
 'ku jkriekuLr d rjeykfu ÑrfrAA

vFkkr& fd; k gvk iki iFoh e ck, g, cht
 d leku rRdky gh Qy ugh nrk] fdUr
 mld QyhHkr gku dk le; /khj&/khj gh
 vkrk gA rc og iki& drk dk tM ey l
 mPNnu dj nrk gA

i=& ejk vk'k; ;g iNu l Fkk fd D; k bl
 tUe e fd, dek dk Qy bl h tUe e fey
 tkrk g vFkok vxy e feyrk gA

firk& ç'u rk lxe gh g ijUr bldk mUkj
 bruk lxe ughA dkj.k ;g g fd bldk dkb

mÜkj , l k ugh gk l drk ft l ij vkx rd u
gk l dA t l ;fn reu Hkk tu vf/kd dj fy; k
vkj mlu iV e nn ink ugh fd; k] fQj Hkh
ikpu&'kfDr e dN u dN fodkj rk vo'; gh
ink fd; k gkxk] pkg reu viu cy d çHko l
bl vuHko ugh fd; k vkj m l ogh nck fn; kA

fQj Hkh rEgkj h m l l jf{kr ikpu&
'kfDr dk gk l rk vo'; gh gv k fQj m l
fodkj dk ncku d fy, rEg 'kfDr 0; ; djuh
iMh gA ;fn re vf/kd Hkk tu u djr rk u
doy og 0; ; 'kfDr gh l jf{kr jgrh] oju
m l mfpr vYi Hkk tu l Hkh re vo'; dN u
dN 'kkfUr çklr djrA vc bl çdkj re
ngj ?kkV e jgA

i=& rk vc bl l rk ;g nk ckr fl) gb fd
¼1½ ge viu fd, g, dek d Qyk dk nck Hkh
l dr g vkj%

¼2½ bl tUe e fd, g, dek dk Qy bl h
tUe e Hkkx Hkh yr gA

firk& oRl! vc re Fkd x; gkA dN nj
foJke dj kA bl fo"k; e 'k" k okrkyki fQj
dHkh dj xA

fç; ikBdoUn! firk& i= lokn ;g py jgk
Fkk fd%&

- 1- vfr l dV e çHk dh n; ky rk d l ;
t ku iM rh g\
- 2- n% [k dk ey D; k g\
- 3- n% [k e l [k dgk g\
- 4- n% [k uk'koku g\
- 5- çÑfr ifj .kkeh g\
- 6- iki /khj&/khj Qfyr gkrk g vkj
mfpr le; vku ij n% [k dk dkj .k
cu tkrk g\
- 7- io tUek dk Qy ,d u ,d fnu
çdV gk tkrk g\

हीरो ग्रुप के चेयरमैन श्री बृजमोहन लाल मुंजाल दिवंगत



ghjk xi d p; jeuegku l ekt loh Jh vk; l ekt d LrEHk Jh ctekgu yky th etky
dk ych chekj h d ckn fnukd 1 uoEcj 2015 dk ngko l ku gk x; kA mud fu/ku d l e k p k j
l vk; txr e lo= 'kkd 0; klr gk x; k gA ofnd l k/ku vkJe rikou] ngjknu e 'kkfUr
;K dk vk; ktu fd; k x; k g vkj Loxh; Jh ctekgu yky etky th dk HkkoHkhuh
J) ktfy vfir dh xBA Jh etky th dk rikou vkJe d l kFk ?kfu" B l EcU/ k Fkk og
le; & le; ij vkJe dh xfrfof/ k; k dh tkudkj h iklr djr jgr Fk rFkk ; Fkk l EHko enn
djr FkA mudh cgu Jherh l r" k jgtk ifro" k yEc le; rd rikou vkJe e iok l
djr h gA Jh ch- , e- , y- etky l kgc Hkh db&db fnu rd rikou vkJe e 'kkfUr ykHk
iklr djr FkA bl egkeuo d fy, rikou vkJe d l eLr inkf/ kdkjh , o l nL; viu
ân; dh xgjb; k l J) k& leu vfir djr g vkj ijefirk ije'oj l i kFkuk djr g fd
fnoxr vkRek dk viuh U; k; 0; oLFkk d vu l kj J" B ; kfu inku dj rFkk ifjokj tuk dk
ij .kk n fd og Jh etky l kgc d ekx dk vu l j .k djr g, ij fo' o e mudk ; 'k Qyk;
rFkk viu firk dh Hkkfr vk; ; eot k dk Åpk mBk; j [kA

स्वराज्य एवं गो-रक्षा

¼Loxh; l r iT; i kn JhiHknÜk c:ãpkjh th egkjkt ½

xkgR; k tg rgk dje u gkoA
xkgR; kr; eut l dy iU; kfnd [kkoAA
xkru&efUnj ekfg c l l i jxu fefy l cbA
xkekrk ru dV. Hkx; l i j rgr; rcbA
xkgR; k dfj txreg] ; 'k dkb; ufg i kb; kA
xkgR; k ftfj jk teg] gko l k fefV t kb; kAA

vkt xk j{kk dk ç'u ,d vko'; d
fopkj. kh; ç'u cu x; k gA vkt gh ugh] ; g
ç'u l ukru g] xk gekjh n"V e i'k ugh og
iFoh ekrk Hk noh dk çrhd gA xk Lo; r. k
[kkdj n/k nrh g] f t l l vud Lokfn"V
ikf"Vd inkFk cur g] xkvk d cPp cy [krh
djd ge [kk] kUu nr gA bl çdkj jkVh
nky] Hkkr vkj l kx rk ge xk ekrk d i=
cNMk l feyrk gA vkj n/k] ngh] ?kh] eD[ku
rFkk [kk; k d vud inkFk çR; {k xk ekrk l
feyr gA ; g rk bl ykd dh ckr gbA vc
i jyk d dh lu yhft ; A

xHkkl/kku& lLdkj l ydj nkg& lLdkjrd
, l k , d Hkh lLdkj ugh ftue xk mRikfnr
inkFkk dh vko'; drk u iMrh gA ft l jkT;
e xk dk o/k gkrk g] og jkT; vk/; kfRedrk
l nj gVrk tkrk g] ogk d fuokfl; k dk
ekufld 'kkfUr ugh gkrh] o vk/; kfRedrk l
ghu] v'kkUr rFkk Hkxh gkr gA tk jk"V xk
j{kk e çekn djrk g] og bl l l k j e ; 'k
vkj Jh l ghu gk tkrk gA

Hkkljr u xk d egRo dk vkt l ugh]
vukfn dky l le>k gA onk e] mifu"knk e]
ijk. kk e lo= xk dh efgek xk; h x; h gA
tcrd Hkkljr; 'kklu jgk] rcrd xko/k
gR; k d leku vijj/k ekuk tkrk Fkka tc
fo/keh fon'kh vkrk; h vkØe.kdkjh ykxk u
bl n" k ij vkØe.k fd;] rc mUgku fgUn/ke
dk u"V dju d vud mik; fd; A t l ; gk
d /kkfed xUFkk dk tyok nuk] efUnj dk

rkMuK] cyiod ykxk dk /ke&ifjoru dj
yuk bR; kfnA mUgku doy fgUnvk dh /kkfed
Hkkouk ij vkØe.k dju d fy; xk dk o/k
djuk vkjEHk dj fn; kA ihN tc o ; gk cl
x; vkj bl h n" k d gk x; rk mue l vud
jktkvk u jktkKk fudkydj xko/k cn dj; k
Fkk] ftue gek;] vdcj] cgknj"kkkg rFkk vU;
db jktkvk dk uke fo" k" k mYy[kuh; g]
bld vuUrj ejkBk rFkk fId[kk dk jkT;
gvk] ; jktk rk doy xk& ckge.k d j{kkFk
gh mn; g, Fk] bud jkT; e rk loFkk xko/k
cn Fkk ghA

vx tk u fgUnRo dk fevku dk ç; Ru rk
fd; k] fdr cgr fNidj 'ku&'ku" fd; kA
vx th jkT; e xko/k gkrk Fkk] fdr fu; fer
l [; k e fu; e d Hkhrj gkrk Fkka bl fevku
d fy; vkjEHk l gh cM&cM ç; Ru fd; x; A
ykdekU; frydj egkeuk enu egu ekyoh;
th] egkRek xk/kh] Lokeh gk l kuUn th vkfn
egkuHkkok u gR; k jkdu d cgr ç; Ru fd; A
dkxl l kFk ^xk j{kk& lEeyu(gkr Fk]
egkRek xk/kh th u f[kykQrd vkUnkyu e
lg; kx nr g, dgk Fkk fd e elyekuk d
bl vkUnkyu e blfy, lg; kx nrk g fd o
ejh xk j{kk dja mu fnuk çk; % l Hkh
elyekuk d ekyoh; k u 0; oLFkk nh Fkh fd
xko/k djuk bLyke& /ke e vko'; d ughA
mu fnuk l Hkh elyeku urk xk j{kk dk
leFku djr FkA dkxl h urk rk ; gk rd
dgk djr Fk fd fon'kh oL=k dk blfy, er
ifguk fd bue xk dh pjch yxrh g dN rk
; gk rd dgr Fk fd vx tk l blfy,
vlg; kx djuk pkfg; fd ; xkgR; k djkr
gA mu fnuk dkxl h urkvk dh xkHkfä vkj
xkj{kk d fopkj dk ludj l Hkh dk i. k
fo'ok l Fkk fd ft l fnu LojkT; dh ?kk" k. kk
gkxh] m l h fnu xkgR; k &cn dh Hkh ?kk" k. kk gk

t k; xhA ykx dgk Hkh djr Fk fd xko/k& cnh
dh ckr vHkh D; k djr gk] gR; k dh tM rk ;
vxt g] ft l fnu ; vxt py tk; x] ml
fnu , d y[kuh dh ukd l cn gk tk; xkA

Hkxoku u og fnu fn[kk; k] Lojkt; gk
x; k] vxt Hkkjr l py x;] ge vk'kk Fkh vc
xk o/k cn gk gh tk; xkA blfy; ljdkj d
ikl bru rkj vkj i= vk; fd mudh x.kuk
gh ugh gk l dh] doy mudh rky dh x; hA
N% fnurd iklV vkfQl e bru vf/kd rkj
vk; fd mUg yuk dfBu gk x; kA

rc rk 'kkl u dh vk[k [kyh] mUgu
dgk& ge xk j{kk d fy; , d lfevr cukr
gA re vkUnkyu er djkA ml lfevr e ge
xk j{kk d leFkd dk j[kxA *lfevr cuh]
mle 6 ljdkjh vkj 7 v&ljdkjh vkneh
j[k x; A ml lfevr u l>ko fn; k fd nk o"k
e loFkk xko/k cn dj fn; k tk; A mi; kxh
i'kvk dk o/k rk rRdky cn gk vkj nk o"k e
c<h] V<h] yyh] yxMh xkvk d fy;
xk&l nu cuA

lfevr ljdkj u gh LFkfkir dh Fkh] vr%
mld l>ko ekuu dk ljdkj ck/; Fkh]
blfy, lcdk fo'okl gk x; k fd nk o"k e
; g xko/k& : i h Hkkjr d Hkkydk dyd vo';
gh nj gk tk; xkA lc fuf'pUr Fk] vkUnkyu
dju dh vko'; drk gh ugh le>hA T; k&T; k
le; chrrk x; k] ljdkj dh dVuhfr vx
vku yxhA vUr e ljdkj u l Hkh çkUr; ;
ldkj d ikl , d xlr ifji= Hk t kA
vkUnkyu d le; Hkkjr; lfo/kku e , d
/kkjk Lohdkj dh x; h Fkh] ft le Li"V Lohdkj
fd; k x; k Fkk fd l Hkh çdkj dh xkvk dk o/k
jkduk Hkkjr ljdkj dh uhfr gkxhA tc
vkUnkyu <hyk gk x; k rk ljdkj u çkUr; ;
ldkj dk vkn'k fn; k fd ml /kkjk dk vFk
mi; kxh xk d o/kk dk jkdu l g] vr% i. k xk
o/k cn u fd; k tk; A t gk cn dj fn; k gk]
ogk ml ij iu% fopkj gkA ml l Li"V gk x; k
fd ljdkj xkvk dk dkVu d i{k e gA , l k
Hkh er 0; ä fd; k x; k fd 100 e l 60 ncyh

xk, vui; kxh gA vui; kxh dk vFk de n/k
nuokyh] iryh] yyh] yxMh] c<h] NKVh vkj
u tku D; k\

gekj if'peh lH; rk e iy g, urkvk
dk l>ko Fkk fd ykxk d [kku dh vknrk e
ifjoru djd /kkfed Økfu djd Qkyr
xko'k dk dVok fn; k tk; A mud ek l d
mi; kx l vUu dh cpr gkxh] mud pe]
gMMh] vkr] lhx vkfn dk cpdj fon'kh
Mkyj dek; tk; A

bu ckrk dk ludy gekjh vk[k [kyh
fd ljdkj xko/k cn u djku d fy; dfvc)
gA

vkt Lojkt; dk g, bruk le; gk
x; kA xko/k dk jkduk rk nj jgk] mUkj kUkj
c<rk gh x; kA ccb ljdkj rk lcl vf/kd
c< x; hA ml u d lkb[kkuk dh mUufr d l
gk] bld fy; , d lfevr rd cuk MkyhA

ldkj dk xko/k&cnh d ukel fp<
gA bldk dguk g] xk j{kk u dgdj
xklo/ku dgkA vFkkR xkvk dk ikyu dj]
mudk n/k c<kvk mudh tkfr l/kkjk]
o'k&of) dj] vui; kxh xkvk dk dVv nkA
vFkkR tk djuk gk lc rEgh dj] ljdkj rk
xk dkVu dk gh dke dxhA xkvk e
mi; kxh& vui; kxh dk Hkn djd ykxk e
Hkkfr&Hkkfr d Hke Qyk; tkr gA ykxk dk
myVh&l h/kh ckr crkdj iFk&Hk"V fd; k
tkrk g] vud 'kdk, mBkdj xko/k dk
vçR; {k jhfr l leFku fd; k tkrk gA ; gkij
ge mUgh lc 'kdkvk dk lek/kku djuk g&

1- igyh ckr rk ; g dgh tkrh g fd xko/k
cnh d fy; ^fu; e* cuku dh D; k
vko'; drk g\ d lkb; k dk xk, rk fgUn
gh cpr gA fgUn d lkb; k dk xk, nuk
cn dj n rk viU &vki xkgR; k cn gk
tk; xhA ykxk dk le>kvk fd ?kj&?kj xk
j[k] d lkb; k d gkFk xk u cpA

ge dgr g& ; fn le>ku l gh
ekuu oky gk rk vki , d&, d min'kd j[k

nA ykxk dk f'k{kk n] dkb yMkb u dj] pkjh
u dj] fu;e Hkx u dj] lcdk Hkx n nA fQj
Qkt] ifyl] U;k;ky; bu lcdk lekrl dj
nuk pkfg;A fu;e rk mUgh ykxk d fy;
gkrk g] tk ml fu;e d Hk; l vijk/k u
djA tc pkjh] tkjh] yMkb lcd fy; fu;e
g rk xk&gR;k u dju dk fu;e D;k u gk\

2- dN ykx xk dk i'k ugh ekur gA ge rk
xk dk ekrk dgr gA Hkkrh; lNfr e
xk dk nork ekuk x;k gA ge ykx çrh
&mikl d gA

3- dN ykx dgr g& gekj ?kj dh xk g] ge
ml dkVr g] blenlj dk D;k g] bld
fy; dkuu cuku dh D;k vko'; drk\
ge dgr g] ekrk d iV e mlh dk cPpk
gA ml og ink gkr gh ekj nrh g rk
ml n.M D;k fn;k tkrk g\ tc ge L=h]
i=] Hkxb] cu/k rFkk viu&vkidh gR;k
dju e LorU= ugh] rk xk tk gekjh lNk
l ituh; g mld ekju e D;k Lor= gk
ldr g\ rc bud o/k ij çfrCU/k gkuk
pkfg;A

4- dN ykx dgr g] ; lc Hkkodr k dh ckr
g] rd l ; ckr fl) ugh gkrhA i'k u
tcrd n/k fn;k] dke dk jgk] cPpk
iky&iklk rcrd rk Bld g fdr tc
vui;kxh gvk ml ekjdj mldh gMMh]
pe] vkr vkfn dk mi;kx djA

ge dgr g fd Hkkouk d fcuk rk dkb
dke gkrk ughA jk"Vh; eot e Hkkouk d
vfrfjDr vkj D;k gA Hkkouk fudky nu ij
oL= dk VdMk ek= gA Hkkouk d fcuk
ekuork ugh] xk d çfr gekjh Hkkouk gh gA
og Hkkouk l k nk l k ;k g tkj &yk [kk dh ugh
vfir djMk&djMk fgUnvk dh Hkkouk g]
çtkrU=h; ljdkj dk bru ykxk dh Hkkouk
dh j{kk djuh gh iMxhA

5- dN ykx dgr g fd ;fn c<h] V<h] xk,
dkVh u Hkh tk, rk ok ekjh&ekjh fQjxh]
gj&Hkj vUu d [krk dk [kk tk,xh] vUu

vkj pkj dk cjckn djxh] vr% , lh xk
dh j{kk dk vxg 0; Fk gA

ge dgr g& ;g ykxk dk Hke gA
tgk Hkh fu;e l xko/k cn g] ogk , lh dkb
leL;k ugh] vr% ;g dYiuk fuey gA tk
fd lku i'k j [krk g] og nk c< Hkh j [k l drk
gA ;fn , l dN i'k gk Hkh rk mudk ikyu
djuk ljdkj dk dr0; gA ljdkj mld
fy; xk l nu cuok;A

6- dN ykx dgr g& igy vui;kxh i'kvk
d fy; xk l nu cuokvk] xkpjHkfe
NMokvk] tc mudk çCU/k gk tk; rHkh
dkuu cuku dh ckr dj] bld igy
djx rk vui;kxh i'k dgk tk;xA

ge dgr g& xk rk dHkh vui;kxh
gkrh gh ughA og n/k vkj cPp u Hkh n] rk
mld xkj&e= l gh bruh vk; gk ldrh
g fd mruk pkjk og [kk Hkh ugh ldrhA
vxt Hkh rk ;gh dgr Fk fd igy LojT; dh
;kx; rk çkr dj yk rc LojT; ekxkA ;fn
;kx; rk dh dlkVh mUgh ij Nkm nh tkrh rc
rk Hkkr dHkh Lor= gkrk gh ughA igy xko/k
cnh dk fu;e cukvk] fQj t&tk vlfo/kk,
vko mud fuokj.k dk ç; Ru djA

7- dN ykx dgr g& ^xkvk dk bruk
mi;kxh cuk yk fd mUg dkVu dk lkg l
gh u gkA fon'kk e xk eu&eu Hkj n/k
nrh gA , lh xk, ;gk gk tk; rk mUg
dku dkVxk*

ge fon'kh ykxk dh Hkkr xk dk ikyu
ugh djrA n l j n'kk e xk doy n/k d fy;
ikyh tkrh gA mld cNM rk [kku d gh dke
e vkr gA [krh ogk ?kkMk l ;k VDVj vkfn
vU; l k/kuk l gkrh gA fdr gekj iotk u
,d ,d xk l gh nkuk dke y fy;A xk dk
n/k ihvk] mld cPp cy l [krh djd vUu
mi tkvA fon'kk e cNMk dk] c<h xkvk dk
rFkk de n/k nu okfy;k dk ekjdj [kk tkr
gA doy n/k d gh fy; tk xk ikyh tkrh g
mld cNM [krh d loFkk vui;kxh gkr gA

ge rk xk l n/k Hkh yuk g vkj mld cNMk
 l [krh Hkh djuh g rFkk viuh Hkkouk dh jfkk
 Hkh djuh gA ;g rHkh lEHko gkxk tc xko/k&
 cnh dk jktfu;e cu tk;A jgh mi; kxh&
 vui; kxh dh ckr\ lk dlkb dk lcl vf/kd
 vk; â"V&i"V ;orh xk d o/k l gkrk g]
 gfj; k.kk vkfn l vPNh&l&vPNh n/k nu
 okyh xk dk dydÜk y tkr gA tcrd og
 n/k nrh g] rcrd Xokyk ml j[krk gA ft l
 fnu n/k nuk cn djr g mlh fnu ml
 fudkyu dh fpurk djr g] dydÜk& t l
 cM uxj e , l h n/k u nu okyh xk dk j[ku
 dk u LFkku g] u Xokyk o"khk j ml f[kyk dj
 mld vxy C; kr rd çrh{k dk l drk gA
 dlkb mld ;g vkrk g vkj ml dkVu d
 fy; y tkrk gA blfy; tcrd fu;e]
 dkuu ugh curk] rc rd u xklo/ku gk
 l drk g] u xko'kdh of) gk l drh g] u
 t kfr&l/kj rFkk nX/kkUufr gk l drh gA

8- dN ykx dgr g & ;fn xkvk dk o/k cn
 dj fn; k x; k rk pe dk vHkko gk
 tk; xkA

;g fopkj dju dh ckr g] xk rk , d gh
 ckj ejxh] , d ckj gh pe nxh] ml Njh l
 dkVdj pe y yk ; k viuh ekr l eju d
 vUrj y ykA ej g, i'kvk d pe l gh lc
 dke pyr Fk vkj mUgh d tr vkfn lc
 0; ogkj e ykr FkA ftruh xk, g , d fnu lc
 ejxh] mud pe rEg feyxh ghA

blij dN ykx dgr g fd dkV g,
 i'kdk pe dkey gkrk g] ej g, i'kdk
 vR; Ur dBkj gkrk g] mld dkey tr] cx
 vkfn u cu l dxA

gekjk dguk g fd ft l foKku u
 v.kce&t l h oLr dk vkfo"dkj dj fy; k]
 D; k og , l h dkb vk"kf/k dk vkfo"dkj ugh
 dj l drk ft l l er dk pe dkey gk tk;]
 eu luk g teuh e , l pe dk eyk; e cuku
 d fy; dkj[kku gA ge dgr g u gk dkey
 pe] dBkj l gh dke pyk; k tk;] ; k dx t
 &xRrk vFkok lykFLVd dh oLrvk l dke

py] fdr pe dkey gk] blfy, xk ekrkd
 xy ij Njh py ; g mfpr ughA

9- dN ykx dgr g tk xk, b/kj&m/kj
 fQjrh jgrh g vUu vkj cktkj d lkeku
 dk fcxkMrh g] tgg tkrh g ogk ekj
 [kkrh g] Hk[kk ej tkrh g] bli vPNk
 ; gh g fd , d fnu e mUg dkVdj mudk
 Hkh n[k nj dj fn; k tk; vkj mud
 dkey pe] ek l] gMMh] ul] vkr] lhx
 vkfn l vk; c<k; h tk; A

;fn xko/k ij çfrc/k yx tk; vkj
 LFkku&LFkku ij xklnu [ky tk; rk , l h
 xk, dgh feyxh gh ughA eku yk , l h xk, Hkh
 gk vkj o Hk[kk ejrh Hkh gk] rk e ; g vPNk
 le>xk fd o Hk[kk viuh ekr l rk Hky gh
 ej fdr o dlkb dh Njh l u dVA

10- dN ykx dgr g& doy xko/k u dju
 dk fu; e cuku l gh dke u pyxkA ;fn
 , l h gh n'kk jgh rk fQj dlkb[kku e rk
 xk dVxh ugh] ?kjk e yd&fNidj vkj
 Hkh vf/kd xko/k gkxk] blfy; dkuu
 cukuk 0; Fk gA

ge dgr g] ykx yd&fNidj pkjh
 djr gA ykxk dk Bxr gA fQj pkjh dju ij
 n.M nu d fu; e D; k cu g\ yd&fNidj
 tk xko/k dj ml dM l dMk n.M nuk
 ljdkj dk /ke gA tk ljdkj bruh fucy gk
 fd viu fu; e dk n<rk l ikyu ugh dj
 l drh ml "kk l u dju dk D; k vf/kdkj g\
 fQj fu; e e viokn gk gh tkrk gA fcuk
 fu; e xko/k cn gk gh ugh l drkA

11- dN ykx dgr g& dN tkfr; k e xko/k
 djuk /ke gA gekjh ljdkj /ke&fuji{k
 g] og nlj d /ke e dl gr{k i dj
 l drh gA , lk fu; e cuku l mldh
 vUrj'Vh; [; kfr u'V gkxhA blfy,
 xko/k cnh dk fu; e cukuk ljdkj dh
 uhfr d fo#) gA

tgk rd elyeku vkj blkb; k d
 /kexUFkk e geu luk g] fd l h d ; gk xko/k

djuk /ke ughA vkl ke iKur dh dN tkfr;k
 , lh crk;h tkrh Fkh] fdr geu vkl ke e Lo;
 tkdj n[kk ogk dkb Hkh , lh tkfr ugh
 ftld ;gk xko/k djuk /ke gkA bld fo#)
 fgUnvk d ;gk xk dk o/k u djuk /ke g]
 mud thou&ej.k dk ç'u g] mudh lLÑfr
 rFkk ijLij j[kk dk ç'u g] rk , lh n'kk e
 xko/k djkr jguk fgUnvk d /ke e çR;{
 vk?kkr djuk g] ljdkj dh /kefuji{krk dh
 uhfr Lo; gh u"V gkrh gA djkm&djkM
 fgUnvk dh /ke&Hkkouk ij vk?kkr igpkuk D;k
 ;gh /ke&fuji{krk g\ ;g rk /ke}"krk gA

12- dN ykx dgr g fd jkT; e cgr l ykx
 ugh pkgr fd xk o/k& cnhd dkuu cu
 rk mud Hkkok d fo#) dkuu ljdkj
 dl cuko\

ge dgr g] cgr l ykx rk e|fu"kk&
 fu;e cuku d fo#) g vkj cgr l ykx vkj
 Hkh u tku fd l&fd l ckr d fo#) g fQj
 ljdkj bud fy; fu;e D;k cukrh g] xko/k
 i{k e rk cgr gh de ykx gkxA

13- dN ykx dgr g ;g ç'u rk çKurk dk g]
 çKurh; ljdkj pkg rk viu ;gk fu;e
 cuk y] dUæh; ljdkj dk fu;e cuku dh
 D;k vko'; drk g\

çKurh; lHkh ljdkj fu;e cuk y] rc
 rk xko/k cn gk gh tk;xk] fdr çKurh;
 ljdkj dk rk dUæh; ljdkj ck/; djrh
 jgrh g fd re loFkk xko/k& cnh dk fu;e
 er cukvA eku yk mUg dUæh; ljdkj
 Lor=rk Hkh n n vkj mue l ,d &nk Hkh
 fu;e u cuko rk lc 0;Fk gA D;kfd tk
 mUkjçn'k e u dvh] ccb ;k eækl e tkdj
 dv x;hA xk dh j[kk rk bli ugh gbA
 blfy; tcrd dUæh; ljdkj fu;e cukdj
 lEi.k n'k e xko/k& cnh dk vkn'k ugh nxh
 rcrd xk dh j[kk ugh gk l drhA

14- dN ykx dgr g] ge xko/k& cnh dk
 dkuu cuk n rk vefjdk vkfn n'k ftUg
 ;gk l cNMk dh dkVh gb xk dh [kky]

vkrr vkfn Hkth tkrh g] o gel vçlUu
 gk tk;x] fQj ge o tk mUufr d uke ij
 lgk; rk nr g] ml cn dj nxA

ge dgr g fd bli c<dj e[krk dh
 nljh ckr dkb ugh l drh] fd viuh ekrk dk
 dvkdj nlj n'kk dh çlUurk çkr djA
 nlj n'koky pkg fd ge lc blkb cu tk;
 rk D;k mUg çlUu dju d fy; gekjh
 ljdkj ge blkb cuu dk vkn'k nxh\ ge
 viuh vkj n[kuk pkg;] viuk fgr&vufgr
 Lo; gh viuh nf"V l lkpuk pkg;A

15- dN ykx dgr g& elyeku vYi l[;k
 e g] ge mudh Hkkoukvk dk vknj djuk
 pkg;A ftll mUg n[k u gk] , lk dke
 djuk pkg;A

vkj djr&djr gh ge vk/k n'k l
 gkFk /kk cBA Hkkjr dk cgr lk Hkx fgUnRo
 dk fojk/kh cu x;k] vc Hkh ge okVk d fy;]
 vYi LokFk d fy; viuh xk dk dvoko ;g
 fdruh cf) ekuh gkxh\

; ckr vc rk xk.k g] ;FkkFk ckr rk ;g
 g fd ;g gekjk fo'k) /kkæed ç'u g] /ke dk
 ikyu ?kkVk lgdj Hkh fd;k tkrk g] vr%
 xko/k cn dju l fdruk Hkh ?kkVk gk ¼; lfi
 ?kkVk ugh vkj ykHk Hkh gkxk½ rc Hkh ge ml
 cn djuk gh iMxA xko/k cn dju e pkg
 ft ruh vMpu gk] djkm&djkM fgUnvk dh
 /kkæed Hkkouk dk vknj djuk gh iMxA tk
 ljdkj xko/k dk leFku djxh] ml çRlkgu
 nxh og Hkkjr e dHkh fvd ugh l drhA vr%
 xko/k ij vfoyc çfrcU/k yxkuk pkg;A
 xko/k cnh dk fu;e&dkuu dUæh; ljdkj
 dk 'kh?k&l&'kh?k cukuk pkg;A ;fn ljdkj
 ,lk u dj rk bld fo#) tuer r;kj
 djd çcy vkUnkyu djuk pkg;A

dl Hkh gk /kkæed] jktuhfrd] vkeFkd]
 lkeftd lHkh nf"V l xk j[kk vko';d g]
 pkg tl gk] gekj n'k l xko/k cn gkuk
 pkg;A bld fy; lHkh Hkkjr; uj&ukfj;k
 dk lHkh çdkj dk cfynku djuk pkg;A

गो-मूत्र की तुलना में कोई महौषधि नहीं

&Jhke'oj th ikíkj

oreku le; e djkmk #i; nokvkj
MkDVjk vkj vLirkyk e [kp gk jg g] fQj Hkh
jlx vkj jfx; k dh l [; k cjkj c< jgh gA
ekuo&lekt 'kkjhfd 0; kf/k; k l Åc x; k gA
cgr l xjhc ifjokj nok vkj MkDVjk d iñN
viuk /ku Hkh [kk pd g] ijr 'kjh l uhjx
ugh g, A xkok dh xjhc turk /kughurk d
dkj. k fpfdRIk djku e v leFk gA

gekjk çkphu l fgr; xk&efgek l Hkjk
gvk gA fokku xke= vkj xkj d x. kk dk vc
le>u yxk gA tcf d gekj n'kok l h budk
ç; kx g tkj o" k l djr vk jg gA

vk; on e vud jkxk ij xke= vkj xkj
d ç; kx dk mYy [k gA /kexUFk e xk; dk
dke/ku dgk x; k g rFkk mldh ikpk
pht&n[k] ngh] ?kr] e= vkj xkj dk cgr
ifo= vkj x. dkjh crk; k x; k gA

xke= lojx&uk"kd gku d dkj. k
bl d lou dky e 'kjh dk jkx <hyk gkdj]
vkrk] %ey&exk% l fudyu yxrk gA
blfy; vko'; d iigt d lFk fpfdRIk
pyku ij fd l h , d jkx dk ugh] cfYd l k
'kjh dk bykt gk tkrk gA bl dh fof/k
vR; Ur l jy , o 'kh?k ykHk igpku okyh gA

vk; on d çkphu vkpk; k u xke= vkj
xkj dk mi; kx vk"kf/k d : i e fd; k Fkk vkj
bl cgr ykHknk; d ik; k FkA 'kjh dh jfkk d
fy; vko'; d {j&yo. kkfn dh deh l gkuoky
ft ru Hkh jkx g xke= d lou l nj gk tkrk gA

l Hkh çdkj d e= k e xke= gh vf/kd
x. k; ä ekuk x; k gA xke= d ç; kx l l tu
'kh?k gh u"V gkrh gA d"B& fuokj. k d fy;
xke= ije vk"k/k gA xke= ihuij mnj d l Hkh
jkx u"V gkr gA ; Ñr vkj lyhg d c< u ij
xke= ihu vkj ldu l ykHk gkrk gA
Luku&xg e pkyuh d uhp ckyd dk cBkdj
pkyuh d fNæk l xke= Mkydj rFkk feêh

vkj jk[k }kj k jxMdj Luku djku l ckyd d
pejx vkfn u"V gk tkr gA xke= d lFk
ijkuk xM vkj gYnh&p. k ihu l 'yhin
%gkFkhiko% nkn] vkj d"B vkfn jkx u"V gkr
gA , d ek l rd xke= d lFk , jM& ry ihu
ij l fu/k& ihMk vkj okr0; kf/k u"V gkrh gA

xk; d e= e dkjckfyd , l m gku l
mldh LoPNrk vkj ifo=rk c< tkrh gA
oKkfud jhfr l xke= e QkLQV] ikV'k]
yo. k] ukbVktu] ; fj; k] ; fj d& , l m gkr g]
ftu eghuk e xk; n/k nrh g] mld e= e
yDVkt fol eku jgrk g] tk ân; vkj eflr" d
d jkxk e cgr ykHknk; d gkrk gA vkB ek l
dh xHkorh xk; d e= e ikpd j l %gkekU l %
vf/kd gkr gA

xk; dk n/k 2 rkyk] xk; dk e= 4 rkyk]
xk; dk ngh lok rkyk] xk; dk ?kh 10 ek'kk]
xk; d xkj dk j l <kb rkyk vkj 'kgn 4
ek'kk& bu lcdk dkp ; k feêh d cru e
Mkydj , d& j l dj yA Luku dj d l ; kn;
d le; l ; dh vkj eg dj d bl ihuk
pkfg; A nk& rhu eghu rd ; g Øe pyk; k tk
l drk gA bl l vudk jkx u"V gkr gA

vefjdk d Mk- ØkQkM gfeYVu rFkk
efdUr k'ku cgr igy gh ; g fl) dj fn; k Fkk
fd xke= d ç; kx l ân; & jkx nj gkrk g
vkj e= [kydj vkrk gA

tjFk'rh /ke dk , d vR; Ur egku vkj
ifo= mR lo ^fujx nhu* gA mle cy d e=
dk bd l fd; k tkrk g vkj vfhkefu=r dj d
l Hkky dj j [k fn; k tkrk gA l k j 'kf)
& dj. kkRed voljk ij bl e= dk mi; kx
vko'; d gA bl dk iku fd; k tkrk g rFkk
bl dk 'kjh ij Hkh eyk tkrk gA t l fgUn/ke
e xk; d çfr J) k ; k eku; rk g ol gh ikj l h
/ke e cy J) k dk ik= gA

cyQkLVd çk- fl e l rFkk vYEcj d çk-

dd u xke= d egRo d fo"K; e vudk ç; kx
fd; g vkj mudk dguk g fd xke= jä e
jguoky n"kr dhVk.kvk dk uk'kd gkrk gA
ltho ekI&i'kh d fy; ;g gtfu ugh
igpkrk] ?kok dh fo"kkDrrk dk nj djr k g
vkj ijku nk"K l jä }kjk lØkur ?kko e c<r
g, ihc dk jkdrk gA eyge& iêh dh
çkjfEHkd fpfdRIk e bld ç; kx l cgr gh
vk'p; tud ifj.kke n[ku e vkr gA

ftxj vkj lyhgk d c<u l mnj&jkx gk
x;k gk rk iuuok d dk< e vk/kk xke=
feykdj fiyk;k tk;A bl l mnj&jkx vPNk
gk tk;xkA bl lEcU/k e vDdydkVd Mk-
pkVh viuk vuHko bl çdkj crykr g&

pkyl o"K dh viuh ukdj e eu fdru
gh tyknj&jkfx;k dk bykt fd;k vkj iV
phjdj 2&3 ckj Hkh iV dk ikuh fudky fn;kj
fdr mue l vf/kdk'k jkfx;k dh eR; gk x;hA
eu luk vkj vk; ofnd xUFkk e i<k Hkh Fkk fd
bl jkxij xke= dk mi;kx cgr ykHkdj
gkrk gj fQj Hkh e> fo'ok l ugh gkrk FkkA ,d
ckj ,d l k/k egkRek u xke= d x.kk dk cgr
o.ku dj dgk fd bldk tyknj ij cgr gh
vPNk mi;kx gkrk gA eu xke= ç; kx dj d
n[kk rk foy{k.k ykHk gvKA

tyknj e xn dke ugh djr] vr,o e=
[kydj ugh gkrkA xke= ihu l xn d fodkj dk
fudyu e lgk; rk feyrh gA e= [kydj l kQ
gku yxrk gj ft l l jkx nj gk tkrk gA bl
fo"K; e fuEufyf[kr ?kVuk cMh gh m}kVd g&

cjyh e ,d fHk[kkjH Hkh[k ekxdj fuokg
fd;k djr k FkkA ,d ckj ml tyknj jkx gk
x;kA iV Qydj ?kM t l k gk x;kj fHk[kkjH
l [kdj vLFk &pe ek= jg x;kA og ogk d
flfoy vLirky e igpKA dEikmMj ml
flfou l tu d ikl y x;kA flfoy l tu u
n[kdj dgk& bldh fpfdRIk ;gk ugh gk
ldrhA ;g rk vkij'ku djr&djr gh ej
tk,xkA* cpkj fujk'k gkdj uxj d ckj
lk/kvk dh Vkyh e tk cBk] ,d l k/k u ml l
iNk& ^D;k l dk vk;k* fHk[kkjH u dgk& ^, l k

dkb mik; crk;] ft l l ;g jkx nj gk tk;*A
l k/k u dgk& ^,d NVkd xke= çkr% vkj ,d
NVkd l k;dky çfrfnu ,d o"K rd ihvk]
[kku d fy; tk fey tk; ogh [kkvKA* fHk[kkjH
u ,d o"K rd xke= dk lou fd;kA ,d o"K
i'pkr fQj og mlh vLirky e igpKA
dEikmMj u ml igpkuk vkj og ml mlh
flfoy l tu d ikl y x;kA

MkDVj dk crk;k x;k fd ;g ogh eu";
g tk fiNy o"K vk;k FkkA MkDVj n[kdj
vk'p; e iM x;k vkj ml l iNu yxk&
^crkvk] re dl vPN g,* fHk[kkjH u mUkj
fn;k& xke= u ejh tku cpk yhA*

ngyh d fd'kuxt LV'ku d xMl
Dyd u viuh chrh crk luk;hA mudh
/keiRuh dh Vx vkj ijk e ,fx tek jkx Hk;dj
: i e FkkA ,ykifkd] vk; ofnd vkfn vud
çdkj dh fpfdRIk, dh xb ij ykHk ugh
igpKA vdLekr ,d egkRek dk mud ikl
vxku gvKA mUgku crk;k fd ^xke= l ijk
dk çfrfnu fHkxkr jgk] ml l ;g jkx nj gk
tk;xkA mUgku rhu ek l rd olk gh fd;k
vkj og jkx nj gk x;kA ml d i'pkr og fQj
dHkh ugh gvKA

,d egkRek u Kku&rUrvk d jkxk &
vihyR l h] fexh] fgLVhfj;k rFkk ikxyiu e
xke= dk cgr gh mi;kxh ekuk gA

xke= e i#"kk rFkk xHkorh fL=;k d xlr
jkxk dk fuokj.k dju dh 'kfä fo]eku gA
[k tyh] nkn] ,fx tek rFkk vU; Ropk& jkxk e
jkxh dk xke= ihu l ,o xckj rFkk xke= dk
yi dju l 'kh?k ykHk gkrk gj 'kjhj dh xeh
¼Toj vkfn½ vkj Hkkjhiu e xke= ykHkçn gA

;fn fd l h eu"; dk {k; gk rk ml xk d
ml cPp dk e=] tk doy n/k ij gh jgrk g
nu l jkx nj gkrk gA

[kuh cok l h e xke= dk ,fuek cgr
ykHkçn gA dN le; rd çfrfnu ;g ,fuek
yr jgu l e l l flDM tkr gA

xke= l kE; vkj jpd gA dCt gk] iV

Qy x;k gkA Mdkj vkrh gk vkj t h fepyrk
gk rk rhu rkyk LoPN vkj rkt k xke= Nkudj
vk/kk ek'kk l/kk ued feykdj ih tuk
pkfg;A FkkMh gh nj e Vñh gkdj iV mrj
t krk g vkj vkjke ekye gkrk gA

NKV cPpk dk iV Qyu ij mUg xke=
fiyk;k tkrk gA me d vulkj l/kk;k.kr;k
,d o" k d cPp dk ,d pēp xke= ued
feykdj fiyk nuk pkfg;] rjr iV mrj tkrk
gA ckydk d MCC dk jkx] 'ok l] [kk l h rFkk
yhoj lyhgfn d vudk jkx xke= d lou l
t kr jgr gA ¼MCC jkx e cPp dk iV Qy
t krk g] ukfHk Åij vk tkrh g vkj 'ok l rho
xfr l pyu yxrh gA

iV d Ñfe;k dk feVku d fy; rk
xke= l c<dj n l jh vk"kf/k g gh ughA peu
¼xnk d Ñfe½ d fudyu e xke= e dN
fpduk b feyk nh tkrh gA

cPp dk l [kk jkx gk tk; rk xke= e
dlj feykdj de&l&de ,d eg hu rd
fiyk;] ;g vk"kf/k fnu e nk ckj nh tk;] vk;
d vulkj ek=k ,d Mkel pkj Mke rd dh gkA

iV dh 0; kf/k fo'k"kr%; Ñr vkj lyhgk
c< jgh gk rk ikp rkyk xke= e ued
feykdj çfrfnu fiyk;k tk;] FkkM gh fnuk e
vkjke gk tkrk gA

;Ñr ,o lyhgk jkx gku ij rFkk iV
Qyu ij nn d LFkku ij xke= dh l d Hkh dh
t krh gA ,d vPNh bV dk xje dj d m l ij
fpFkMk yiVdj xke= Mkydj mldk l d
rFkk Hkki nh tk l drh gA

'kjhj e [kk t vf/kd vkrh gk rk xke= e
uhe d iUk Mkydj mldk yi Hkh fd;k tk
l drk gA

t h.k& Toj d jkxh dk fnu e nk ckj
xke= fiykr jgu l lkr&vkB fnuk e c[kkj
t krk jgxkA

vk[kk e nkg] 'kjhj e lLrh gk vkj v#fp
gk rk xke= xM ;k 'kDdj feykdj ihuk pkfg;A

vk/k iko xke= diM l Nkudj fiyku
l nLr gk tkrk gA

'kfä vkj me d vulkj fuR; l c j rkt k
xke= 21 ;k 41 fnuk rd fiyku l dkeyk
¼ihfy;k& t kFUM l ½ jkx e fu'p; gh vkjke gk
t krk gA

vk[k vkj dku dh chekj h e xke= Mkyk
t krk g rFkk mldh l d vkj Hkki Hkh nh tkrh
gA xke= e jgu okyk ;fj;k Ñfeuk'kd dk;
d jr k gA

xke= 'kjhj d rUrvk d fy; gkfudkj d
ugh gA ?kkok ij ;g vfo"kk ä inkFk d : i e
ç;kx fd;k tkrk gA bld ç;kx l n l j
çdkj dh fpfdRl e yxuoky ifjJe] [kp
vkj l e; dh cpr gkrh gA

b l l chekj h d Bhd gku dh çfØ;k e
rfud Hkh ck/kk ugh igprh gA rRdkfyd
fpfdRl d : i e bldk ç;kx cgr gh vio
fl) gkxkA ;g ?kko e ijkü jä& l Øe.k l
mRiUu gku oky i h c dk jkdrk gA

xk; d e= dk xu&xuk dj d dku e
Mkyu l d.k&'ky ¼dku dk nn½ nj gkrk gA

dku idu ij xke= dk ckry e Hkj yj
fuFkj tku ij Nkudj 'kh"kh e vPNk dkd
yxkdj j[k n] jkxh dk dku l kQ dj 3-4 cn
dku e Vidk nA cxyk dgkor g& t [kk;
xk: jpkuk] rkj ng gk; l kuka

vFkkr tk xke= i h r k g] mldh ng l ku
dh t l h ¼uhj kx½ gk tkrh gA

xke= dk vkuRfjd ç;kx vkek'k; rFkk
;Ñr ij cMk ykHk djrk g] mldh ek=k ikp
rkyk rd gA xke= en] jpd rFkk e=y gA
Toj vkfn e bldk ç;kx ?kjj nok dh rjg
fd;k tkrk gA dN fnu dk j[kk gvk xke=
/kkr d cjruk dk l kQ dju e dke vkrk gA

dN fnu xke= d lou l /kefu;k
çl kfj r gkrh g] ft l l jä dk ncko
Lokkkkfod gku yxrk gA xke= l Hk[k c<rh g]
'kkFk vkfn e deh gkrh gA ;g ijkü oDdk'kkFk
d fy; mUke vk"kf/k gA xke=& xke; dh
ft ruh ç'k l k dh tk; mruh FkkMh gA

¼dY;k.k l l kHkkj½

ऑस्टियोपोरोसिस

&MkE chEdE, lE l t ;
vkFkkihMd ,o Likbu l tu
9412051155] 0135&2733800

MkE chEdE, lE l t ; fo'o d eku g, vLFk jkx ,o Likbu l tu gA vkidk fyedk cd vkQ
oYM fjdkM rFkk fxuh t cd vkQ oYM fjdkM }kj k lEekfur fd ;k t k pdk gA MkE l t ; u , l
jfx ;k dk Bh d dj fn ;k g t k vi u thou l i .kr% fujk'k gk pd FkA MkE l kgc t gk , d d'ky
fpfdRl d g ogh , d feyu l k j lân ; , o egku l ekt l oh gA vki l Md n?kVukvk l d l cpk
t k l drk g bl fo" k ; ij fo l ky ; k j Dyck rFkk /kkfed l LFkkvk e vi u fopkj idV d jr jgr
gA le ; & le ; ij vLFk jkx l cpu d mik ; k ij Hkh vki turk dk tkxr d jr jgr gA ge
vk'kk g fd fuEu y[k l gekj ikBdx.k vo' ; ykHk mBk ; xA MkE chEdE, lE l t ; dk
fpfdRl ky ; 20@3 yu uE 2 nu fogkj dkykuh jk t ij jkM] ngjknu ij gA

vk/kfud thou 'kyh dh chekj gA ; g
gMMh dh , d , l h l eL ; k g ft l e gMMh d
fuek.k rFkk gMMh d vo'kk" k .k dk l ryu
fcxM tkrk g ft l l gMMh d [kfut ?kuRo
(BMD) e deh vk tkrh g rFkk gfMM ; k e
YDpj vkj t kMk d nn dk [krjk c< tkrk
gA t kMk dh chekj d ckn ; g gfMM ; k dh
lcl cMh ek=k e gku okyh chekj g t k
'kjhjfd xfr'khyrk dk de d jr h gA

; okoLFk rd gMMh d cuu rFkk gMMh
d vo'kk" k .k d chp l ryu cuk jgrk g fdUr
bl d ckn gMMh d vo'kk" k .k dh ek=k gMMh
d cuu l vf/kd gk tkrh g ft l d QyLo#i
vkfLV ; k i k j k f l l dh l eL ; k mRiUu gkrh gA

fo'o LokLF ; l xBu dh fjikV d
vul kj vkfLV ; k i k j k f l l fny dh chekfj ; k d
ckn nljh lcl cMh LokLF ; l cfU/kr ij'kkuh
gA

vkfLV ; k i k j k f l l gku dh l Hkkouk e[; %
j t kfuor efgykvk rFkk 60 o" k l vf/kd o)
i : "kk e T ; knk gkrh gA efgykvk e ; g jkx
i : "kk dh vi {kk vf/kd gkrk g ft l d ihN
xHkk/kku fMyhojh d mijkUr f'k'k dk Lruiku]
ehukit vkfn dkj .k gA

vkfLV ; k i k j k f l l /khj&/khj , o yxkrkj

c<u okyh , l h chekj g t k yEc le ; ckn
viuk vlj fn[kkrh gA bl dh chekj l xLr
ykxk dh gfMM ; k dkQh detkj gk tkrh gA
gYdh l h pkV yxu >Vdk yxu ij o 'kh'k
dh rjg VV tkrh gA

[kk[kyiu vkj detkj dh iHkko bruk
c< tkrk g fd 0 ; fDr dk 'kjhj nfud
xrfof/k ; k d ruko dk lgu e vleFk gk
tkrk g j QyLo#i 'kjhj dh gfMM ; k fo'k"kdj
jh< dh gMMh dYg] dykb] i l y h dh gMMh
e gYdh l h pkV yxu ij rFkk dHkh&dHkh
viu vki gh VV tkrh gA

Hkkjro" k e lo d vulkj 25 dj kM
Hkkjrh ; vkfLV ; k i k j k f l l dh chekj h l ihfMr
g ftudh l [; k o" k 2013 rd e c<dj 36
dj kM rd gk pdh gA yxHkx 60 o" k l vf/kd
yxHkx nk e l , d efgyk dk dej dh gMMh
rFkk 90 o" k l vf/kd rhu e l , d i : "k , o
nk e l , d efgyk dk dYg d YDpj gku dh
l Hkkouk jgrh gA

; g dguk cgr gh LokHkkfod g fd me c<u
d l kFk&l kFk gMMh Hkh detkj rFkk Fragile
gk tkrh g t l fd me c<u d l kFk&l kFk
Ropk e >fj ; k vk tkrh g vkj ekli f'k ; k
f'kFky gk tkrh gA

vkfLV; k i k j k f l l d i d k j . k &

1- ftu efgyk vk dh l rku ugh gkrh mue
vkfLV; k i k j k f l l d h v k ' k d k c < t k r h g A

2- vkuokf ' k d j k x H k h g vkfLV; k i k j k f l l A
ifjokj e igy f d l h d k ; f n ; g j k x
g v k g k r k v x y h i h < h d k g k u d h
l H k k o u k c < t k r h g A

3- f d l h d k j . k l e f g y k d k x H k k ' k ;
v k i j ' k u } k j k f u d k y u k i M r k m l
e f g y k d k ' k h ? k b l d k l e u k d j u k i M
l d r k g A

4- ' k h ? k e h u k i k t g k u i j H k h b l f l F k f r l
f u i V u k i M r k g A v f / k d r j H k k j r h ;
e f g y k v k e 40 l 50 o ' k r d e h u k i k t
g k r k g i j t c e h u k i k t 35 l 40 o ' k e g k
t k ; r k g f M M ; k ' k h ? k d e t k j i M u y x r h
g D ; k f d e h u k i k t d d k j . k e f g y k v k e
, L V k t u g k j e k u c u u k c u n g k t k r k g A

5- T k k y k x M L d t k c v f / k d l e ; d f y ,
d j r g k v k j ' k k j h f j d ' k j e d e r k , l
y k x H k h b l d p i V e v k t k r g A

6- f u ; f e r 0 ; k ; k e d h d e h d d k j . k A

7- g k e k u l c u / k h j k x t l F k k ; j k b M ; k
f d M u h d h c h e k j h l x L r j k x h d k
v k f L V ; k i k j k f l l g k l d r k g A

8- [k k u e d f y ' k ; e] f o V k f e u M h v k j i k V h u d h
d e h l H k h g f M M ; k ' k h ? k d e t k j i M r h g A

9- L V h V k b M F k j i h A

10- o t u d e g k u k A

v U ; d k j . k &

1- ' k j h j e d f y ' k ; e d h d e h A

2- ' k j h j e f o V k f e u M h d h d e h A

3- L V h V k b M F k j i h A

4- o t u d e g k u k A

5- b L V k t u g k j e k u d h c h e k j h A

C k h e k j h d i y { k . k &

vkfLV; k i k j k f l l / k h e & / k h e v l j d j u
o k y h c h e k j h g b l d i e [k y { k . k k e F k k M h l
p k V l g f M M ; k d k V V u k] n k r k d k f x j u k]
d c M d k f u d y u k] g f M M ; k] e k l i f ' k ; k e , o
i j ' k j h j e v d k j . k n n j g u k v k f n g A

vkfLV; k i k j k f l l i c / k u % b l c h e k j h d i f r
t u p r u k d l k F k & l k F k i c / k u v f r v k o ' ; d
g A b l n k i d k j l f d ; k t k l d r k g A

¼ d ¼ c h e k j h d k b y k t ¼ [k ¼ c h e k j h d h j k d F k k e
v k f L V ; k i k j k f l l d h j k d F k k e b y k t d h v i { k k
T ; k n k d k j x j g A j k x d f u n k u d i ' p k r
m l d k b y k t f o ' k " k K } k j k f d ; k t k u k
v k o ' ; d g A ; f n l e ; j g r b l j k x d i f r
0 ; f D r x r , o t u p r u k t k x r d h t k ; r k
b l d k l e y u k ' k l H k o g A

C k p k o &

- vkfLV; k i k j k f l l d i f r t k d : d r k b l d k
i g y k b y k t g A ; f n b u d d k j . k k d c k j
e i r k g k r k b l d g k u d h v k ' k d k d e g k
t k r h g A

- [k k u e d f y ' k ; e d h l g h e k = k d k l o u d j A

- f u ; f e r # i l 0 ; k ; k e d j t l r t
p y u k] r j u k] l k b d f y x v k f n A b l e
r j u k v k f L V ; k i k j k f l l l c p k o d f y ,
m U k e 0 ; k ; k e g A

- f u ; f e r # i l l y k n] L i k m V l d k l o u d j A

- v f / k d r f y ; H k k t u d k i ; k x u d j A

- M k ; f V x u d j A

- / k e i k u v k j ' k j k c d k l o u u d j A

m i p k j &

f d l h H k h c h e k j h e c p k o m i p k j l
v f / k d Q k ; n e n g v x j v k f L V ; k i k j k f l l d
c k j e l g h l e ; i j i r k p y t k ; r k b l c < u
l j k d k t k l d r k g v k j g f M M ; k d k g ;
u d l k u d k H k h d e f d ; k t k l d r k g A
v k f L V ; k i k j k f l l c h e k j h d k i k j f h k d b y k t
n o k b ; k l l E H k o g A ' k j h j e d f y ' k ; e r F k k
f o V k f e u M h d h i ; k l r e k = k g k u i j
v k f L V ; k i k j k f l l l c p k t k l d r k g A t k
y k x v k f L V ; k i k j k f l l l x E H k j # i l x L r
g k r g f t l d h o t g l b u d ' k j h j d h
g f M M ; k e d b Y D p j g k t k r g A , l y k x k
d k b y k t l t j h } k j k l E H k o g k r k g A

महर्षि दयानन्द द्वारा महारानी विक्टोरिया को गोश्या हेतु भेजा गया पत्र

egf" k n; kuUn lJLorh th }kjk egkjkuh
foDVkfj; k d xko/k ij çfrCU/k yxku fo" k; d
çfronu e dgk x; k Fkk fd&

ß, l k dku eu"; txr e g tk l [k d
ykhk gku e çlUu vkj n [k dh çkflr e
vçlUu u gkrk gkA t l n l j d fd; viu
midkj e Lo; vkufUnr gkrk g] ol gh
ijkidkj dju e l [kh vo'; gkuk pkfg, A
D; k , l k dkb Hkh fo}ku Hkxky e Fkk] g ; k
gkxk tk ijkidkj; i /ke vkj ijgkfuLo: i
v/ke d flok; /ke ok v/ke dh flf) dj
ld\ /kU; o egk' k; tug tk viu ru] eu
vkj /ku l l l kj dk vf/kd midkj fl)
djr gA fuUnuh; eu"; o g tk viuh
vKkurk l LokFko' k gkdj viu ru] eu vkj
/ku l txr e ijgkfu djd cM ykhk dk
uk' k djr gA lf"Vøe l Bh d&Bhd ; gh
fu'p; gkrk g fd ije'oj u tk&tk oLr
cuk; k g] og&og i. k midkj d fy, g]
vYiykhk l egkgkfu dju d vFk ughA fo'o
e nk gh thou d ey g& , d vUu vkj n l jk
ikuA blh vfHkçk; l vk; oj f'kjkef. k
jkt&egkjkt vkj çtktu egkidkj d xk;
vkfn i'kvk dk u vki ekjr vkj u fd l h dk
ekju nr FkA vc Hkh bu xk;] cy] Hk l vkfn
dk ekju vkj ejoku nuk ugh pkgr g]
D; kfd vUu vkj iku dh cgrkb bugh l gkrh
gA bl l l cdk thou l [kh gk l drk gA
ftruk jktk vkj çtk dk cMk ud l ku bud
ekju vkj ejoku l gkrk g] mruk vU;

fd l h de l ughA bl dk fu. k;
xkd#. k kfuf/k iLrd e vPN çdkj çdV dj
fn; k g] vFkk , d xk; d ekju vkj ejoku
l pkj yk [k ch l g tkj eu"; k d l [k dh
gkfu gkrh gA blfy, ge l c ykx Loçtk
dh fgrf" k. kh Jherh jktjkt'ojh fDou
egkjkuh foDVkfj; k dh U; k; ç. kkyh e tk ; g
vU; k; : i cM&cM midkj d xk; vkfn
i'kvk dh gR; k gkrh g] bl dk bud jkT; e
l NMokd vfr çlUu gkuk pkgr gA ; g
gedk ijk fo'okl g fd fo [k] /ke]
çtkfgrfç; Jherh jktjkt'ojh] fDou
egkjkuh foDVkfj; k] ikfy; ke. V rFkk lokifj
ç/kku vk; koUkLFk Jheku xouj tu j y l kfgc
cgknj l Eçfr bl cMh gfudkj d xk;] cy
rFkk Hk l dh gR; k dk mR l kg rFkk
çlUurkiod 'kh? k cUn djd ge l cdk ije
vkufUnr djA nf [k, fd mä xk; vkfn
i'kvk d ekju vkj ejoku l n /k] ?kh vkj
fd l kuk dh fdruh gkfu gkdj jktk çtk dh
cMh gkfu gk xb vkj fuR; çfr vf/kd&
vf/kd gkrh tkrh gA i {kikr NkMd tk dkb
n [krk g rk og ijkidkj gh dk /ke vkj
ij&gkfu dk v/ke fuf'pr tkurk gA D; k
fo [k dk ; g Qy vkj fl) kUr ugh g fd
ft l & ft l l vf/kd midkj gk] ml & ml dk
ikyu] o/ku djuk vkj uk' k dHkh u djukA
ije n; ky U; k; dkjh] lokUr; keh]
lo'kfDreku ije kRek bl l eLr
txnidkj d dke dju e ge , deR; djAp

सौजन्य से-

APEX ENGINEERS

Gurgaon (Haryana), Mob. : 09810481720

ofnd l k/ku vkJe rikou dk nku nu oky nkunkrvk dh lph

Ø-l-	uke	/kujkf'k	Ø-l-	uke	/kujkf'k
1-	Jh ohj egUæ idk'k flg] fnYyh	700	31-	Jh vt ; th	500
2-	Jh lriky th] fnYyh	500	32-	MkE vkjEihE xlrk th] ngjknu	500
3-	Jh l jUæ dek] th] iyoy	6000	33-	Lokeh fn0 ; kuUn l jLorh th	1500
4-	Jh u ; j ifjokj	2100	34-	Jh /keohj o Jh txohj th] n-nu	2100
5-	Jherh dey 'k th	2100		li = LoE ekrk vkeofr th	
6-	Jherh l 'knyk vk ; k	501	35-	Jherh , o Jh nxk i l kn Fkify ; ky	501
7-	Jherh l R ; k th] jkt ijk	1100	36-	ekrk l R ; k ok/kok th] fnYyh	2100
8-	Jh ; kxUæ ok/kok th] fnYyh	500	37-	Jherh dkfeuh flg] xkj [kij	1200
9-	Jherh e/k ukjx th] ngjknu	500	38-	Jherh N".kk l Ppj th] ngjknu	10000
10-	ekrk jkt pk/kjh th] fnYyh	2100	39-	Jh f'ko dek] 'kkL=h th] Tokykij	500
11-	ekrk l Unj 'kkUrk pM<k th] fnYyh	5000	40-	l Jh j.k 'kkj] ukyki kuh] n-nu	1000
12-	Jh Kku'k JhokLro th] ngjknu	5000	41-	Jh vk'kh'k dE flg	1001
13-	Jh vkjE, lE HkYyk o vU ; j] fnYyh	11000	42-	Jh , lE dE xlrk th] ngjknu	500
14-	Jherh eer k xlrk th] ejnkckn	1500	43-	Jh dynhi xlrk th] tEe	2000
15-	Jherh vkeofr ftUny	500	44-	Jh l Hkk'k pUæ xlrk th] tEe	2100
16-	Jherh foeyk xlrk	500	45-	Jherh ieyrk th] tEe	2100
17-	Jherh fot ; y{eh c=k	500	46-	Jh l Hkk'k pUæ c=k] fnYyh	1100
18-	Jh vkuUn idk'k vk ; j] fnYyh	500	47-	Jh Kku idk'k] c l Ur fogkj] u- fnYyh	
19-	Jh #oy flg vk ; ohj] ; eukuxj	1200		, o Jherh n ; k xlrk th	25000
20-	Jh cythr flg th] ; eukuxj	500	48-	Jherh fuey enku th] fnYyh	1100
21-	Jherh iHkk vkuUn th] ub fnYyh	1000	49-	ekrk ujUæ cCcj th] rikou vkJe	501
22-	Jh chE, lE xlrk th] fnYyh	500	50-	Jh cky pUn ry l h	1001
23-	Jh egUæ flg th	500	51-	Jh jke efu th] Qjhncckn	501
24-	Jh 'k'kh Hk'k.k xx th] fnYyh	1100	52-	Jh fgek'k vxoky th] dk'khij	500
25-	Jh N".k yky th] fhkoku	500	53-	ekrk l jUæ vjkMk th] ngjknu	5000
26-	vk ; l ekt ?kk l h] eÅ	605	54-	Jh n ; kun 'kek th] ykfg ; k uxj	5100
27-	Jh eny fexy kuh] fnYyh	500	55-	ekrk yktofur th] rikou vkJe	10000
28-	vkpk ; iohu dE xykvh] ; -, l-, -	1100	56-	Jh , uEdE vjkMk th] fnYyh	500
29-	ekrk l rk'k jg tk th] fnYyh	5000	57-	Jh l t ; dek] th] fnYyh	3100
30-	Jh vf'ou cCcj th] eEcb	31000	58-	Jherh , o Jh ed'k eupUnk] fnYyh	1000

ofnd l k/ku vkJe rikou ngjknu l Hkh nkunkrvk dk /ku ; okn djrk gA

iCU/kd , o fpfdR l d dh vko' ; drk

- ofnd l k/ku rikou] ngjknu dk , d l ; kX ; j ofnd fopkj/kkj ; Dr] dEl ; Vj dk tkudkj 50 o'k dh vk ; l vf/kd d 0 ; fDr dh vko' ; drk g tk lokHkko l iCU/ku dk dk ; dj l dA Hkk tu , o vkok l dh fu'k KYd 0 ; oLFkk dh tk ; xh rFkk ; kX ; rku l kj ekun ; Hkh fn ; k tk ; xkA
- rikou vkJe fLFkr fpfdR l ky ; d fy , , d , e-ch-ch- , l- MkDVj rFkk , d ch- , - , e- , l- MkDVj dh vko' ; drk gA lokfuok 0 ; fDr ; k dk ofj ; rk nh tk ; xhA
lEid l = % bft- iei idk'k 'kek] l fpo] ekc- 9412051586

ioeku if=dk d; mu vkt hou 15 o" k½ xkgdk dh lph ftud; }kjk 'kYd n; g

customer no.	uke	irk	Date of Payment Received	Expiry-date	Amount due up to due month-2015
UPL 3	Jh jke i lkn JhoLro	,Q&806] c lok viVeLV xkerh uxj foLrkj]	06.10.2001	Oct-05	1500
UPL 4	Jherh foeyk ok/kok	edku u0 303 lDVj&19 ,	03.09.2002	Sep-05	1500
UPL 5	Jh vkdkj flg vk;]	,p&108 'kl=uxj	30.09.2000	Sep-06	1500
UPL 9	Mk vk0iH0 vxoky	,e0Mh0 tolgj ikd ekdV fglu Vvfd t: d; iHn	03.09.2002	Sep-07	1500
UPL 11	Jh ,e , ?kIhjke	xle ,o MkD0 <dok/ kkeij	24.09.2007	Sep-12	1500
UPL 13	Mk0 vkj0 ,u0 flg oek	vkj&13@36 U; jkt uxj	14.02.1989	Feb-04	1500
UPL 14	Jh loh.k dekj jLrkxh	}kjk dfork lMht 138&Mh lldr	detail not available		1500
UPL 15	Jh /ut; xlr	pky&fey	detail not available		1500
UPL 16	Jh iH0,u0 ln	,p 10 , ct ,Udyo LVV cid vkQ iFv;kyk yu	detail not available		1500
UPL 17	Jh fo".k xkiky jLrkxh	2h 259 ,u Vh ih th dkykuh iKLv vkfQl fo?kruxj vKk.Mk	detail not available		1500
UPL 18	Mk0 HkheLu efyd	iy nky e.Mh	01.08.89	Aug-05	1500
UPL 20	Jh l;j'kpln xlrk	89 noiie ipMUMk elx	11.08.1989	Aug-05	1500
UPL 21	kyk Jh jke xlr	dk;y; v/k{k d t0 , l0 fglu LukdkYk egfojky;	detail not available		1500
UPL 22	Jh jke flg	38@2 tkxfr fogkj	detail not available		1500
UPL 23	Jh jkd'k xlrk	d0 d0&36 dfouxj	25.06.2007	Jun-11	1500
UPL 24	Jh nhlpn th	l0Jh nhlpn fot;dekj dhjrij	05.05.2004	May-08	1500
UPL 25	Jh vf'ouh no dij	195 lej fogkj vkyeckx	09.02.1990	Feb-05	1500
UPL 26	Jh dey dij	lh&94 l;uxj	15.03.1990	Feb-05	1500
UPL 27	Jh Jo.k nkl	ljounkl ,.M d0	17.03.1990	Feb-05	1500
UPL 28	Jh ;'kiky flg	ch&10 vin'k uxj	16.04.1990	Apr-05	1500
UPL 29	Jh fot;iky flg	ftyk gke xIM dk;ky; 26 flfoy yibul	26.12.1996	Dec-15	1500
UPL 30	Jh lit; dekj vk;]	i= Jh vkdkj flg vk; xle Vkyh MkD0 Qunijh	27.04.1990	Apr-05	1500
UPL 32	Jherh jek flg	b&4 749] fou; [k.M] xkerh uxj	25.08.1990	Aug-05	1500
UPL 34	Jh txnh'k i lkn xlr	257 iHkruxj	14.11.1990	Nov-05	1500
UPL 35	Jh onidk'k felky	b&103 'kl=uxj	14.11.1990	Nov-05	1500
UPL 36	Jh onidk'k xlr	b&27 'kl=uxj	06.07.1993	Jul-08	1500
UPL 37	Jh noukfk frokjh	,&107 'kl=uxj	18.04.2001	Apr-06	1500
UPL 38	Jherh l/k fojokplifr	/keiruh Jh vk0 ch0 lDluk 553 v'kijQ vkyk on efunj elx	12.09.2002	Sep-09	1500
UPL 40	Jh lR;iky 'kek 'ftKkl+	1@280 olUekjk lDVj&1 ouLkYh] ifyd ldy d lkeu okyh xyl]	detail not available		1500
UPL 41	Jh noln dekj vk;]	vkret Jh ohjln dekj vk; ekgYyk dkV vejkgk	detail not available		1500
UPL 42	Jh ctun flg oRl	pkjkh ?k.Vk fd l jky	07.08.1991	Aug-06	1500
UPL 43	Jh loh.k vxoky	lB vekyd pln dElyDI fudV fkuuxykoVh	07.08.1991	Aug-06	1500
UPL 44	Jh , l0 d0 xk;y	25 ljt xt jyo LV'ku elx	07.08.1991	Aug-06	1500
UPL 45	Jh iH0 lH0 eg'ojh	'kkfR foyk Jhuxj jyo LV'ku elx	07.08.1991	Aug-06	1500
UPL 46	Jh ,u0d0 xk;y	Hkjrjh; LVV cid xk/h xt	10.09.1991	Sep-06	1500
UPL 47	Jh iH0 lH0 dij 336	xk/h dkykuh	detail not available		1500
UPL 48	Jh doy d".k	3@85 lDVj&5 jktUnuxj lfgciokn	detail not available		1500
UPL 50	Jh j'kohj flg vk;]	jkt buMLVht fo'odek uxj c<uk jkM 'kleyh	detail not available		1500
UPL 51	jktdekh l jnkuk	,Q 201 fMtkbuj ikd lDVj 62	detail not available		1500
UPL 52	Jh /urid'k }kjk eg'k	Mjh ijuk cl&LV.M xykoBh	detail not available		1500
UPL 53	Jh v'kd dekj	}kjk Jh l rh'kpln HkVVoky lniij lniij elx	detail not available		1500
UPL 54	Jh lHk'kpln nvk	6@2 dy;k.kuxj x< cl&LV.M d lkeu x< elx ,tilh yu	detail not available		1500
UPL 55	Jh xkiky jktLo: i xk;y	327 vk; fudru xk'kyk 'kleyh elx	detail not available		1500
UPL 56	Jh jo vxoky	chMh& fo0rk vkpj dvk	detail not available		1500
UPL 57	Jh jk'k;ke d l y	}kjk loJh jleukfk jkeuln ry oky lniij elx	detail not available		1500
UPL 58	Jh vEcjh'k dekj vxoky	fudV vxoky eke'kyk ek0 tkVku jke dk pkjkgk	detail not available		1500
UPL 59	Jh v'kd dekj tu	108@11 tu ykd] dkBh xV	detail not available		1500
UPL 60	Jh jkt dekj 'kek	lGk; d vfk;Ur fodkl&[k.M&3 ykd fuek.k&foHkx [kj tk	detail not available		1500
UPL 61	Jh gjiky flg pkgu	Qy fuokl 6@91@3 Lor=uxjh fudV f'k'k fudru	detail not available		1500
UPL 62	Jh lit; i.Mhj	i= Jh ykgj flg lku vtuiij	detail not available		1500
UPL 63	Jh ujn dekj	l0 Jh/kenkl ujn dekj vEcgvk	detail not available		1500
UPL 64	Mk0 johlun vftugk=h	ih@138 ,e0 vib0 th0 iYyoiie Qt&2 eknhije	detail not available		1500
UPL 65	vk; lkt	fcglMh x<	detail not available		1500
UPL 66	vk; lkt	e.Mh cl l	detail not available		1500
UPL 67	Jh Mh-d c/ok	148@1 plnuxj vkyeckx	detail not available		1500
UPL 68	Jh litho 'kek	'kj.k Jh xkhj'kdj 'kek 26 cid vkokl lHk'k ikd d lkeu e- xk- elx	detail not available		1500

customer no.	uke	irk	Date of Payment Received	Expiry-date	Amount due up to due month-2015
UPL 69	Jh vkeidk'k Hkyk	bfnjkuxj dkyx< ex< /kfej	detail not available		1500
UPL 70	Mk0 nolu oek	gfj vjix< /kve v&ck fogj ejB ex<	detail not available		1500
UPL 71	Jh vke idk'k ikyhoky	e0 u0 ch& 587 dey k uxj	detail not available		1500
UPL 72	Jh jke vxoky	IjLorh f'k'k efuj 1&, ' ;keuxj	detail not available		1500
UPL 73	Jh b'ke flg	i= Jh j/kohj flg V<.Mk eku flg fuoklh f&gkix<	detail not available		1500
UPL 74	Jh je.k ln	Mk&29 n;kulu uxj	detail not available		1500
UPL 75	t;iky flg vk;!	no efu okuiLx xie yiy ektjk i>ok Mk&E meigh dyk	detail not available		1500
UPL 76	Jh gkeLniky 'kek	i= Jh jktiky 'kek cl&LV.M fn;kpjk	detail not available		1500
UPL 77	Jh fgek'k ukjx	Mk&25 lDVj 10	24.04.2003	Apr-09	1500
UPL 79	Jh vkuLn fii; voLFh	iDdk rkyk d ikl e0c?k dVjk vkj;k	detail not available		1500
UPL 80	Jh txn'k yky [k=h	ivodk'k i&tr ifyl&miLh&gd 500 f&lu uxj dkuji j&M	detail not available		1500
UPL 81	Jh jke'kdj yky JhokLro	570@163@5 e.Mkohj fojKvuxj idjh vkyeckx	detail not available		1500
UPL 82	i0 /keiky th vkpk;!	lpkyd x#dy i'ikorh iB Mkd c&gnjx<	detail not available		1500
UPL 83	ykyk iepLn j&kj	loJh iepLn vt; dekj ek0 [ky Fkuk Hkou	27.08.1996	Aug-11	1500
UPL 84	Jh Hkjr Hk'k.k	vkj&14@160 ifyl yu Mh,e dEikmUM di ihN	detail not available		1500
UPL 85	Jh ;kx'k dekj l i i=	l i i= Jh ekgyuky l jQ cktjk xxkg	detail not available		1500
UPL 86	Jh vf[ky'k dekj	loJh fot; dekjdjk cd d ikl cMh e.Mh	detail not available		1500
UPL 87	vk;! lekt	f&gjhij	detail not available		1500
UPL 89	Jherh vk'k pk/kjh	10@70 u;k jktuxj	detail not available		1500
UPL 90	Jh i.k pln	ofnd lnu l&dr dkyuh d&dk uxj] 'keyh	detail not available		1500
UPL 92	Jh ' ;keyky xk;y	vxMley jkt&jke l jQ cM&cktj	detail not available		1500
UPL 93	Jherh jkt vk;k	,&120 lDVj&19	detail not available		1500
UPL 94	Jherh foeyk egkuk	60&ch Jxjuxj	02.04.2003	Apr-08	1500
UPL 95	Jh j&toij flg	vf&dkjh fot;k cid ,& 20 xk/h uxj jkeij ex<	detail not available		1500
UPL 98	vk;! lekt j&ft&	[kkykij efV;k egy	detail not available		1500
UPL 99	vk;! lU;kLh eg&ek x&iiky	Lokh l jLorh ofnd Lok';k; dLn /kudVhj 100 H&M fudV vk;! dU;k buVj dkyt	detail not available		1500
UPL 100	Jh tUet; vf&ugk=h	47 Bdj;kuk ify;k u0 9	detail not available		1500
UPL 101	d0 j'f'e nc	H&Vij k fl/h jkeij	detail not available		1500
UPL 102	Jh bLnlu "vYiuk**	6@1313 ek/kouxj	detail not available		1500
UPL 103	ik0 ohjLn dekj 'kek	fudV Mkd?j iy [kejku	detail not available		1500
UPL 105	'kiky d&Biky	, l-d- 103] 'kL=luxj]	detail not available		1500
UPL 106	Jh l[kiky flg	772@6 tlxfr fogj	detail not available		1500
UPL 107	ekrk yfyrk th vk;!	f'kokfyd cid v&lkjh ex<	detail not available		1500
UPL 108	Jherh idk'korh vk;!	iRuh Lo0 Jh l&enRr 'kek] oh-d- bthfu;fjx oDl gueku ex<] 'keyh	detail not available		1500
UPL 110	Jh xkj[kukFk 'kek	fV&ej&0;kijh jyo j&M cMkr] eg&ohj ex<] cMkr]	detail not available		1500
UPL 111	Jh nolu flg jk.k	54 xk/h dkykuh	detail not available		1500
UPL 112	Jh d.kiky flg vk;!	72@144 vxlu f&gkj tluB ex<	detail not available		1500
UPL 113	Jh vk'k'k dekj eg&fM;k	i= Jh fot; dekj eg&fM;k ek0 cktjk uty xxkg	detail not available		1500
UPL 114	Jh 'k'k ukjk; k JhokLro	xie fi .Mfj;k Mk0 uukrh	detail not available		1500
UPL 115	Jh vkj0 , l0 'kek	805 vkLhek eg&xu el'ku Qt& 2&1@4 ohko [k.M bfn&j&je	detail not available		1500
UPL 116	Jh eukt dekj [kjkuk	plVM , dlm.V.V 6 i"iktty clx pj.k&1 n;tyclx	detail not available		1500
UPL 118	Jh j&kohj flg vk;!	xxdy f&gkj v&j&xl&ln	detail not available		1500
UPL 120	Jh lYyk flg th	i= Jh e[r&j flg tl x&e frj&yt Mk0 jktij d&yl d&tlB	detail not available		1500
UPL 121	Jh litho dekj 'kek	i= Jh eg'kpln 'kek ek0 cMokuthruij pkd d ikl /kfej	detail not available		1500

customer no.	uke	irk	Date of Payment Received	Expiry-date	Amount due up to due month-2015
UPL 122	Jh l/hj felky	li= Jh ujln felky vEcgvk lgkjuij	detail not available		1500
UPL 123	Jh ekhijke felky	i= Jh fe=lu felky vEcgvk lgkjuij	detail not available		1500
UPL 124	Jh ?ku';ke felky	li= Jh blnlu felky vEcgvk lgkjuij	detail not available		1500
UPL 125	i/kkukpk;th	vk; dU;k b.Vj dkyt vk; lekt [kkykij kjft0H Hou efV;k egy	detail not available		1500
UPL 126	Mk0 l'j'k nUk 'kek	iftyd ufl'd gke ejB jkM cMkr	detail not available		1500
UPL 127	Jherh fp=k , - xkMcky	,886 lDVj&33	detail not available		1500
UPL 128	Jh v'kkd fl?ky	87 nxx cMh Inj	detail not available		1500
UPL 129	Jherh lfo=h lguh	,892 lDVj&21	detail not available		1500
UPL 130	lOJh lit; dekj	fou; dekj y{eh tuuj LVkj vEcgvk	detail not available		1500
UPL 132	Jherh edy jLrlxh	,83@113 Vkoj&11] iokUpy flVoj flVh&2] lDVj] ih-vkb- 2]	detail not available		1500
UPL 134	jkt'k dekj xx	e-u- 396 lit; elxj nffk.kh Hkkik jkM	detail not available		1500
UPL 135	Jh ftrln ufk vk;!	ekMu uljh vk;uxj pdjkrk elx	detail not available		1500
UPL 136	Jherh 'kdUryk noh vk;!	19@252 xk/huxj vyhx<	detail not available		1500
UPL 137	Jh i#''kRe yky vk;!	39 ug: uxj	detail not available		1500
UPL 138	Jh Jo.k dekj	vtkn VUV glm l [kMk vQxku	detail not available		1500
UPL 140	Jh frydjkt Hkjrj	41 ie okVdk fe'ku dEikm.M	detail not available		1500
UPL 141	Jh vfuy dekj i= Jh	thrlg i:tkfr xke uBkMh v/;k.kk ok;k udM	detail not available		1500
UPL 143	nhikyh cCj	3 ,p] 77 ug: uxj]	detail not available		1500
UPL 144	iek dekj xlrk	i/kku vk;! lekt ukeuj	detail not available		1500
UPL 146	e=h th vk;! lekt	xxkg	detail not available		1500
UPL 147	Jh lR;ukj; .k vxoky	dk'kh ee{k Hou vLlh okj.k.klh	detail not available		1500
UPL 149	;kx'k xk; y	e-u&702] lit; elxj nffk.kh Hkkik jkM	detail not available		1500
UPL 150	Mk0 _fkiky luh	fcgkjhx<	detail not available		1500
UPL 151	icUkd ee{k Hou	vLlh	detail not available		1500
UPL 152	Jh ci0, l0 yEck	, lOd0 120 'kk=luxj	detail not available		1500
UPL 153	Jherh 'khyk noh	u;k on efUnj pknij	detail not available		1500
UPL 154	Jh idt /ou	1763 lDVj&29	detail not available		1500
UPL 155	e=h@i/kku th	vk;! lekt efUnj plnuxj vlyeckx	14.11.1990	Nov-05	1500
UPL 158	Jh egUn efUnj{k d	egf'k n;kuIn ofnd x#dy vk;uxj vkbfu;k onnkij	01.04.2003	Apr-08	1500
UPL 159	Jh me'k efyd	50@4 plnuxj vlyeckx	01.07.1999	Jul-02	1500
UPL 160	,0 d0 'kek	,&d 'kek y{e.k ije diykuI ngjInu jkM fudV jkd'k dfedYl	detail not available		1500
UPL 161	Jherh 'k'kh vjkMk	221 vk;ljh	detail not available		1500
UPL 162	Jh ,p0,y0 fl?ky	64 cly uxj Qrgckn elx rkt xit	detail not available		1500
UPL 163	Jh ci0d0 oek	60 cly uxj Qrgckn elx rkt xit	detail not available		1500
UPL 164	Jh ,0d0 ffijf;k	130 U; fot;uxj dkykuh	31.05.2002	May-07	1500
UPL 165	Jherh ckyk noh vk;!	xke ,o Mk0d fujiMk	12.06.2002	Jun-07	1500
UPL 167	Mk0 ee{k vk;!	i/kku vk;! lekt th&6 lDVj 12	detail not available		1500
UPL 168	Jherh 'kflr 'kek	154 iRfkj okyh ljk; x<h xkjoku fudV ekrr egy x.k'k Mjh	02.10.2004	Oct-09	1500
UPL 169	Jh /ko i= Jh jktm vk;!	[kVndk dk egYyk d,l d ikl ijkhu eMh	24.04.2005	Apr-08	1500
UPL 183	l&kk vxokyj	258 ipoVh bldyo 'krlkh uxj]	10.02.2001	Feb-07	1500
UPL 193	Mk- v'kkd dekj xlrk	xko o Mk0[kkuk Qnijh ftyk lgkjuij m0i0 %thou Hkj tkuh g if=dki	detail not available		1500
UPL 194	Jh blnno xlrk th	ch&102 lDVj&15 uk;Mk	detail not available		1500
UPL 196	Hkjr g. ye QDVjh	fij[kok tnin	16-3-2014	Mar-15	1500



Saturn Series



CPU Holder



Slide out Keyboard tray



Swivel and Tilttable keyboard tray



Wire Management

All dimensions are subject to change without any prior notice because of continuous research & development. All designs shown here are proprietary. Any infringement is liable for prosecution.

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MUNJAL SHOWA मुंजाल शोवा

मुंजाल शोवा लिमिटेड देश में दू व्हीलर / फोर व्हीलर उद्योग में सभी प्रमुख ओ.ई.एम. के लिए शॉक एब्जोर्बर, फ्रंट फोर्क्स, स्ट्रट्स (गैस चार्ज्ड और कंवेंशनल) और गैस सिप्रिंगों का सबसे बड़ा निर्माता है। निर्मित उत्पाद, गुणवत्ता और सुरक्षा के कड़े मानों के अनुरूप होते हैं। कम्पनी के उत्पाद बाधामुक्त, आरामदेह, चिरस्थायी, विश्वसनीय और सुरक्षित यात्रा के लिए जाने जाते हैं। मुंजाल शोवा लिमिटेड, टीएस-16949, आईएसओ 14001, ओ.एच.एस.ए.एस. 18001 और टीपीएम प्रमाणित कम्पनी है। मुंजाल शोवा लिमिटेड का शोवा कॉर्पोरेशन जापान के साथ तकनीकी और वित्तीय सहयोग करार है।



टीपीएम प्रमाणित कम्पनी

आईएसओ / टीएस-16949-2002 प्रमाणित

**आईएसओ-14001 एवं
ओएचएसएस-18001 प्रमाणित**

हमारे ख्यातिप्राप्त ग्राहक

- हीरो मोटोकॉर्प लिमिटेड
- मारुती सुजुकी इन्डिया लिमिटेड
- होन्डा कार्स इन्डिया लिमिटेड
- होन्डा मोटर साइकल एवं स्कूटर इन्डिया (प्रो) लिमिटेड
- इन्डिया यामहा मोटर (प्रो) लिमिटेड

हमारा उत्पादन

- स्ट्रट्स / गैस स्ट्रट्स
- शॉक एब्जोर्बर्स
- फ्रंट फोर्क्स
- गैस सिप्रिंग्स / विन्डो बैलेन्सर्स



मुंजाल शोवा लिमिटेड

प्लॉट नं० 9-11, मारुति इन्डस्ट्रीअल एरिया, गुड़गाँव। दूरभाष: 0124-2341001, 4783000, 4783100

प्लॉट नं० 26 इ एवं एफ, सेक्टर-3, मानेसर, गुड़गाँव। दूरभाष: 0124-4783000, 4783100

प्लॉट नं० 1, इन्डस्ट्रीअल पार्क-2, सालेमपुर गाँव, मेहदूद-हरिद्वार, उत्तराखण्ड दूरभाष: 0124-4783000, 4783100

वैदिक साधन आश्रम सोसाइटी के लिए प्रकाशक मुद्रक प्रेम प्रकाश द्वारा सरस्वती प्रेस, 2, ग्रीन पार्क, निरंजनपुर, देहरादून-248001 (उत्तराखण्ड) से मुद्रित एवं वैदिक साधन आश्रम सोसाइटी (रजि.), नालापानी, देहरादून (उत्तराखण्ड) से प्रकाशित।

संपादक—कृष्णकान्त वैदिक शास्त्री