

vt ns bl :gkuh lRlax ybZ xq: lkgcka us tks ‘kCn cD’kh’k dhrk gS] vks gS \*\*’kjkc\*\*A

* \*\*dfy dyokyh dke enq euwvk iho.kgkjA

Øks/k dVksjh eksg Hkjh ihykok vgadkjA

etyl dwM+s yc dh ih ih gksb [kqvkjA

dj.kh ykgf.k lr xqM+ lp ljk dj lkjA

xq.k eaMs dj lhy f/km lje ekl vkgkjA

xqjeqf[k ikbZ,s ukudk [kkgks tkfg fcdkjA\*\* ¼ejnkuk&553½

* \*\*ek.kl Hkfjvk vkf.kvk ek.kl Hkfjvk vkbA

ftr ihrS efr nwj gksb cjyq ioS fop vkbA

vki.kk ijkbvk u iNk.kbZ [klegq /kds [kkbA

ftr ihrS [kle foljS njxkg feyS ltkbA

>wBk en ewy u ihpbZ tsdk ikj olkbA

ukud unjh lp en ikbZ,s lfrxq: feyS ftl vkbA\*\* ¼3&554½

* \*\*dchj Hkk¡x ekNqyh lqjkiku tks tks izkuh [kkafgA

rhjFk cjr use dh, rs lHkS jlkry tkafgA\*\* ¼dchj&1377½

¼**ikBh ekWa lkfgck**½

larka us vki.kh ck.kh fop bl ‘kjkc uwa] bl e| uwa vkSj fodkjka uwa nksuka uwa bd djds O;k[;k dhrh gSA ‘kjkc dh gS\ bl txr ns fop bd ,slk rjy inkFkZ ftluwa vlh acid ¼,sflM½ dgans gkaA ftlns ih.k ns uky ‘kjhj ns efLr”d nk bd fgLlk tks gS fcYdqy lks tkank gSA vkSj blnk izHkko bl ‘kjhj rs dh gksank gS\ lkjs ‘kjhj nh fØ;k tks gS bruh lqLr gks tkanh gS fd ftRFks ,s ‘kjhj nk vki.kk de gksank gS] u rs vks dj ikank gS] u gh mluwa bruh gks’k jg tkanh gS fd ckgj rksa vk;s bl fo”k uwa vks ckgj fudky ldsA bl ‘kjhj nh fØ;k uwa dju nk tks vki.kk de djuk iSank gS mlns fop mlns tks cell gu] mUgka nh dk;Z lhek gS vkSj vki.kh lhek ns fop de dju ns ckn e`r gks tkans gu vkSj ,s e`r inkFkZ tks gS [kwu ns fop Hkze.k djnk gS vkSj fdMuh ns tfj;s is’kkc ns jLrs bluwa ckgj fudky fnrk tkank gSA vxj ,s ckgj u fudky;k tk;s] rs ,s fo”k vUnj bdëk gksank gSA cgqr lkjs fgLls;ka ns fop ftRFks&ftRFks bluwa txg feynh gS] ,s vki.kh txg c.kk djds bdëk gksa.k yx tkank gSA mlnk urhtk dh gksank gS\ ml fgLls nh dk;Z {kerk tks gS ?kV tkanh gSA T;ksa&T;ksa vksnh {kerk ?kVnh gS R;ksa&R;ksa fodkj mRiUu gksa.k yx tkans us vkSj ,suka fodkjka uwa vlh ckgj nk jksx nk uke ns nsans gka] laKk ns nsans gka bl fgLls ns fop ,s fodkj gS bl djds ,s thokRek tks gS bl ‘kjhj ns fop bl jksx uwa yS djds Hkze.k dj jgh gSA bl rksa vlh fopkj dj ldns gka] ‘kjhj nk vki.kk fdruk t:jh de gS bl fo”k uwa ‘kjhj foPpksa ckgj dM.kk vkSj vksRFks gkyr ,s gS fd ckgjksa bd c.kk c.kk;k fo”k bl ‘kjhj ns fop nkf[ky dj nsans gkaA mlnk urhtk dh gksank gS\ bd e’khu gS] mlus vki.kk de djuk gS] vki.kk de dju ybZ mluwa rkdr nh yksM+ gS] vks fdls rjhds ns uky ,suthZ yS djds vki.kk de djnh gS vkSj ftl osys ml e’khu ns ÅIkj t:jr rksa T;knk cks> yn fnrk tkank gS] ml osys dh gksank gS\ e’khu ns iqtsZ tks us t:jr rksa T;knk f?kl.k yx iSans usA bd dkj gS 800 cc nh gS] mlns ÅIkj on rksa on 4 fdoaVy Hkkj yn.k nk gqDe gS] mlns ckn vlh dh djns gka] vlh mlns ÅIkj 6 fdoaVy] 8 fdoaVy nk Hkkj yn nsans gkaA vxj dkj uoha gS] batu uoka gS] filVu uoka gS] gkyh vksns fop rkdr gS vks 8 fdoaVy uwa oh yn ds yS tkanh gS] ij dn rd.k\ T;ksa&T;ksa Hkkj t:jr rksa T;knk yn;k tkank gS] R;ksa&R;ksa iqtsZ tks us f?kl.k yx iSans usA T;ksa&T;ksa iqtsZ f?klns us] vksnh {kerk ?kVnh gSA bd ,slh voLFkk vk tkanh gS fd lk<s pkj fdoaVy ns Hkkj uwa ySa.k okLrs oh vks dkj tks gS tokc ns tkanh gS] gFk [kM+s dj nsanh gS] jLrs ns fop :d tkanh gS] vkSj dganh gS] \*gq.k HkkbZ] Hkkosa ,suwa /kDds ekj ds yS tkvks ;k fdlh vkSj xìh ns uky <ksg ds yS tkvks] esjs fop bruh {kerk ugha gS bl Hkkj uwa yS tk.k nhA\* Bhd mls rjhds ns uky ,s ‘kjhj bd e’khu ns :Ik fop de djnk gS vkSj ,s ,snh vki.kh bd {kerk gS] bd lhek gSA ml lhek ns vUnj gh jg djds ,s vPNs rjhds ns uky de dj ldnk gSA ftRFks bl ‘kjhj uwa ,suthZ nh ;kfu fd ÅtkZ nh yksM+ iSanh gS] ml ÅtkZ uwa fdl rjhds ns uky ,s ‘kjhj izkIr djnk gS\ tks oh [kk.kk&Hkkstu vlh bl ‘kjhj uwa nsans gka] mluwa ÅtkZ ns fop convert dhrk tkank gS vkSj ,s convert dju nk cgqr yEck process gSA ;kfu fd eq¡g ns jLrs tks oh Hkkstu vlh ySans gka] bluwa ÅtkZ rd ifjofrZr gksa.k ybZ 18 rksa 20 ?kaVs nh t:jr iSanh gSA gq.k bl rksa fglkc yxk yks bl ‘kjhj uwa blns vanj tks [kwu nk nkSjk pynk gS] lkjk de bl [kwu us djuk gSA bl [kwu uwa fdruk de djuk iSank gS ;kfu fd 18 rksa 20 ?kaVs ns ckn vks Hkkstu ip djds bl [kwu ns fop iks”kd :Ik ns fop vkank gSA ftluwa ,s [kwu vyx&vyx fgLls;ka ns fop igq¡pkank gS vkSj mluwa ,suthZ ns :Ik fop convert djds ,s ‘kjhj tks gS vki.kk de pykank gSA ‘kjhj tks gS ftRFks vki.kk de pykank gS] vksRFks cgqr lkjh ,suthZ uwa LVksj djds oh j[knk gS] rkfd ftl osys emergency ios] ml osys vlh blnk bLrseky dj lfd;s ;kfu ‘kjhj nk de pyk;k tk ldsA jksts j[kns gka] jksts;ka ns fop dh gksank gS] ckgjksa vlh dqN oh ugha ySans] ml osys ‘kjhj nh fØ;k fdl rjhds ns uky pynh gS\ ,s tks ,suthZ LVksj dhrh tkanh gS blh ,suthZ uwa divert djds vks ‘kjhj tks gS vki.kk de pykank gSA ;kfu fd 24 ?kaVs;ka ns fop bl [kwu uwa ?kV rksa ?kV ugha rs 2 Vu ns djhc bl [kwu nh lQkbZ djuh iSanh gSA ;kfu fd ‘kjhj uwa fØ;k dju okLrs tsM+s cell de djns us] yxkrkj vks dead gksans jgans us ;kfu fd e`r gksans us vki.kk de dju rksa ckn vkSj ml rksa ckn uosa cell vk tkans usA tn rd.k ,s uosa cell nh fØ;k pynh jganh gS ,s thokRek tks gS bl fiatjs ns fop toku dgykbZ tkanh gS] ;kfu fd ,s ‘kjhj cM+s vPNs rjhds ns uky de djnk gSA T;ksa&T;ksa ,s fØ;k lqLr gksanh gS ;kfu fd uosa cell c.kus can gks tkans us] ml osys ,s fØ;k tks gS negative process bluwa dsgk tkank gS ;kfu fd ,s thokRek gS bl ‘kjhj nk fiatjk tks gS cq<+kis nh rjQ e`r nh rjQ py.k yx iSank gSA ;kfu fd uoha fØ;k can gks tkanh gS vkSj tsM+h fØ;k dead gks jgh gS mlns uky dh urhtk gksank gS\ ,s ‘kjhj iw.kZ lw{ke :Ik ns fop vki.kk de ugha djnkA blnk Hkko dh gS\ lfrxqjka us tks lkuwa lw{ke :Ik ns fop tsM+h lk/kkj.k :Ik ns fop yQtka ns fop ,s ‘kjhj nh fØ;k le>kbZ gS] bl djds le>kbZ gS fd lkuwa irk pys fd bl ‘kjhj ns ÅIkj vlh fdruk otu ik.kk gS vkSj bl ‘kjhj nh fdruh dher gSA bl ‘kjhj nh bruh dher gS fd bl ‘kjhj ns fop vk djds ,s thokRek lnk ybZ vej gks ldnh gS ;kfu vkokxeu rksa eqDr gks ldnh gS] ij mlnh rjQ blnk dksbZ [;ky ugha] dksbZ rotk ugha! blnh rotk fdl ikls gS\ ‘kjkc nh rjQ! >wBs e| nh rjQ! bl lalkj ns Hkksx foykl nh rjQ! bl lalkj uwa dke] Øks/k] yksHk eksg] vgadkj ns fop vk djds fdl rjhds ns uky thokRek eu nk lax djds bfUæ;ka ns v/khu ,s eu ,sl txr uwa Hkksxnk gS] mlns uky bl ‘kjhj nh {kerk ?kVnh gS ;kfu fd cell tks de djns us] izk.k ‘kfDr ns vk/kkj ns ÅIkj de djns usA tn rd.k ,suka ns vUnj izk.k ‘kfDr ekStwn gS] izk.k ‘kfDr dh gS\ ,s Loklka nh iwath gSA ,s Loklka nh nkSyr gS] ,s fuf’pr lhek rd lkuwa feyh gSA er dksbZ tk.ks fd bluwa vlh onk ldns gka ;k ?kVk ldns gka! ?kV t:j tk;sxh] fdl rjhds ns uky\ tnksa vlh t:jr rksa T;knk ,snk bLrseky djkaxsA bd thokRek tks gS cM+s vkjke ns uky jg djds Hktu canxh djnh gS] cM+s vkjke ns uky bl txr ns fop vki.ks gksj de oh fucVkanh gS ;kfu fd mluwa dksbZ Hkx&nkSM+ ugha gS] dksbZ gol ugha gS] rs vks cM+s vPNs rjhds ns uky bl iwath uwa [kpZ djds vi.kh eafty uwa izkIr dj ldnh gSA nwljs ikls bd thokRek gS] losj gksanh ugha fd vks nkSM+uk ‘kq: dj nsanh gS] jkr gksa.k rd ;kfu fd fcLrjs ns fop oh vksns gFk iSj pyns jgans usA fdl djds\ ;kfu fd golA vks oLrqvka uwa bdëk dj jsgk gSA fdl okLrs\ Hkksx.k ybZA ;k rs Hkksx.k okLrs oLrqvka bdfë;ka dhfr;ka tk jfg;ka us ;k fQj Hkksx dju okLrs dbZ gksj rjhds ns bUrtke dhrs tk jgs usA ;kfu fd gj iy] gj ?kM+h bl fiatjs nk uktk;t Qk;nk mBk;k tk jsgk gSA ,s Loklka nh nkSyr] nkSyr tks gS dke ns fop fopkj djds ns[kks fdl rjhds ns uky /kkSad.kh ns :Ik ns fop pynh gS ;kfu fd dqN ?kfM+;ka ns Lokn ybZ vlh fdrfu;ka vueksy ?kfM+;ka tks gS dqckZu dj nsans gka! fopkj djds ns[kks] bUgkans foPpksa bd oh ?kM+h us okil ugha vk.kkA ;kfu fd vks Loklka nh tsM+h iwath gS] tsM+h cgqr gh dherh gS] bd cell uwa de dju okLrs bLrseky dhrh tkanh gS vkSj T;ksa&T;ksa cell blnk bLrseky djnk gS e`r gksank tkank gS] rs ml rksa ckn izk.k ‘kfDr vf/kd :Ik ns fop ugha feynhA ,s fopkj dju nh xy gS] fd bl izk.k ‘kfDr uwa vlh fdl txg rs [kpZ djuk gS] fdl eafty uwa gkfly djuk gS] vkSj vlh dj dh jgs gka! ‘kjkc uwa bLrseky djds ftRFks vlh bl ‘kjhj uwa lqLr dj nsans gka vkSj bl ‘kjhj ns fop tks fo”k iSnk gksank gS] bd rs vlh ckgjksa nh ‘kjkc ns :Ik ns fop fo”k nkf[ky dhrk] nwljk tks ‘kjhj nh fØ;k v/kwjh gks tkanh gS vkSj bl fo”k ns nkf[ky gksa.k ns uky varj ns fop dbZ ,sls fo”k mRiUu gksans us] bUgka xzfUFk;ka uwa tsM+k ‘kjkc mRiUu gksank gS fo”k ns :Ik ns fopA D;ksa\ D;ksafd vks bLrseky ugha gksankA fopkj djds ns[kks] bl ‘kjhj ns fop tsM+h oh oLrq nkf[ky gks;sxh] vxj rs ‘kjhj us bLrseky dj ybZ Hkkosa vks dwM+s ns :Ik ns fop gS ;kfu fd fdlh oh fuEu :Ik ns fop gS] lw[kh jksVh gS ued ns :Ik ns fop ;k ?kk ¼?kkl½ ns :Ik ns fop gS vxj ‘kjhj us bLrseky dj ys;k rs ;kn j[k.kk] ‘kjhj ns ybZ ve`r gS ;kfu ve`r nk de djsxh] ,suthZ ns fop convert gks tk;sxh vkSj bl cell uwa rkdr nsxhA vks vxj ‘kjhj us bLrseky ugha dhrk] rs fdruk oh ikSf”Vd vkgkj gksos] lksus ns iÙkj gksa.k] lqPps eksrh gksa.k] bl ‘kjhj ns ybZ tgj nk de djnh gSA tgj nk dh Hkko gS\ fd ‘kjhj us mluwa adopt ugha dhrk] /kkj.k ugha dhrkA rs vks dh gks;sxk\ vks ‘kjhj ns fop fdlh u fdlh dksus rs is;k jgsxk vkSj lM+uk ‘kq: dj nsxkA ftRFks&ftRFks vks lM+sxk] vksRFks&vksRFks ‘kjhj nh {kerk ?kVsxh vkSj fodkj mRiUu gksa.kxsA gq.k ,s chekjh dh gS fopkj djds ns[kks%& dkyjk] VkbQkbM] gStk] even dh dSalj rd ns dhVk.kqA ,s fdlh fo’ks”k fQywV ns uky fdlh thokRek ns fop nkf[ky ugha dhrs tkans! ,s fdl rjhds ns uky vUnj nkf[ky gksans us\ eq¡g ns jLrs] v[k ns jLrs] du ns jLrs ;k ud ns jLrs] bUæh ns jLrs] xqnk ns jLrs ;kfu ftrus ukS }kj bl ‘kjhj ns fop ekStwn us bUgka }kjka ns tfj;s] gok ns tfj;s] ik.kh ns tfj;s] izdk’k nh fdjuka ns tfj;s ;kfu fd bl izkÑfrd rjhds ns uky ,s gj txg ekStwn usA gj iy] gj ?kM+h gj thokRek ftl oh pksys ns vUnj ekStwn gS bUgka nk lsou dj jgh gS vkSj bUgka oLrqvka ns lsou rksa vlh vyx ugha gV ldnsA gok ns fcuk ugha jg ldns] ik.kh ns fcuk ugha jg ldns] bUgka lwjt nh fdjuka ns cxSj ugha jg ldnsA ;kn j[k.kk] vxj bd fnu oh lkuwa lwjt nh;ka fdjuka u fey.k] rs ,s l`f”V Quk gks tk;sxh ;kfu fd bUgka fdjuka ns fop thounk;d rRo ekStwn usA ,s thokRek] ,snk vk/kkj gh lwjt gS] bUgka nh fdjuka ns fop rkdr ;kfu fd DyksjksfQy ns :Ik ns fop ekStwn gSA rs fopkj djds ns[kks] bUgka ns fcuk vxj vlh jg ugha ldns vkSj ,s thok.kq bUgka ns fop cM+s vPNs rjhds uky jps gks;s us] rs vlh bUgka rksa cp fdl rjhds uky ldns gka\ ,s gj iy] gj ?kM+h gj thokRek ns pksys ns vUnj nkf[ky gksans us] ij chekjh nk :Ik fdl rjhds uky vkSj dnksa /kkj.k djns us] ,s fopkj dju nk etewu gS! bl osys tks fo”k vlh ckgjksa nkf[ky dhrk gS ;k tsM+k vanj ns fop fo”k ekStwn gS ;kfu fd tsM+s cell dead gks;s us ;k vkSj fotkfr; inkFkZ ftUgkaus de dju rksa ckn vki.kh gLrh [kRe dj fnrh vkSj ‘kjhj us mUgkauwa /kkj.k ugha dhrk vkSj vks fo”k ns :i ns fop bl ‘kjhj ns fop ekStwn us] vxj ‘kjhj] ‘kjhj nh vki.kh {kerk gS bl fo”k uwa ckgj dM.k nhA vxj vks bl fo”k uwa ckgj ugha dMnh ;kfu fd vlh mluwa ekSdk ugha nsans bl tgj uwa ckgj dM.k nk] ,s vUnj ns fop is;k lM+u yx iSank gS vkSj ftl oh fgLls ns fop lM+nk gS vkSj ,s thok.kq tsM+s vUnj ns fop vkans us] ,s gj rjhds ns thok.kq gok vkSj ik.kh ns fop ekStwn jgans us vkSj vanj tk djds ftl oh ‘kjhj ns fgLls ns fop bUgkauwa mÙke ;kfu fd bUgkauwa mÙke okrkoj.k feynk gS] gj thok.kq bd fo’ks”k character gS] bd ,slk xq.k gS fd vks fo’ks”k o`fr ns fop gh vk djds vki.kh tks gS lUrku mRifrr djnk gSA ;kfu 20 lSds.M ns fop bd rksa nks gks tkans us] nks rksa pkj gksans us] pkj rksa vB gksans us ;kfu fd 20 ?kaVs;ka ns fop 24 ?kaVs;ka ns fop bUgka nh rknkn dbZ djksM+ka ns fop gks tkanh gSA bl rksa fopkj dj yks fd fdl rjhds ns uky bUgka nk process gksank gS vkSj bUgka nh oa’k fof/k gksanh gSA vkSj ,s dnksa gksanh gS\ tnksa vUnj ,s fo”k ekStwn gksos vkSj ,sls :Ik ns fop gksos fd ftl :Ik ns fop ml thok.kq us vki.kh growth djuh gS] vki.ks oa’k nh mRifÙk djuh gSA vkSj ,s ftl oh dksus ns fop] ftl oh vk/kkj ns fop bluwa ,s txg feysxh] ,s mlns fop vki.ks oa’k nh mRifÙk djsxkA gq.k nwljs rjhds ns jSfct ns tks dhVk.kq us] ,s fdl txg tkdj mRiUu gksans us\ ,s fnekx ns cM+s lw{ke cell gksans us] mUgka lSyka ns fop vk djds bUgka nh growth gksanh gSA bl ‘kjhj ns fdlh oh fgLls ns fop vxj xan ekStwn gS] rqlh jSfct ns dhVk.kq ckgjksa eq¡g ns rjhds ns uky ;k ul ns fop nkf[ky djds ns[k yks] ,s dns oh vki.kh growth ugha dj ldnsA D;ksa\ D;ksafd bUgkauwa tks okrkoj.k pkfgnk gS vks fnekx ns lw{ke cells ¼lSyka½ ns fop tk djds feynk gSA cM+s gh uktqd cell gksans us] ftUgka ns fop bUgka nh o`f) gksanh gSA bl rksa fopkj djks] jSfct ns tks dhVk.kq us fdrus lw{ke vkSj fdruk v/kwjkiu yS djds bl ‘kjhj ns fop nkf[ky gksans usA ij ,s izxV dnksa gksa.kxs\ tnksa fnekx ns mUgka cells ¼lSyka½ ns fop xan bdëk gks;sxkA ;kfu fd vks fotkfr; inkFkZ tsM+s fnekx ns mUgka lSyka ns fop ;kfu fd fnekx ns cell tnksa dead gks;s] vxj ckgj ,s ‘kjhj u dM ld;k] vksRFks cSB ds lM+u yx Ik;s vkSj ckgjksa jSfct ns dhVk.kq vk x;s] vksRFks rd igq¡p x;s] fQj ;kn j[k.kk] bUgkauwa dksbZ oh bl ‘kjhj nh dh gLrh gS] fd bl txr ns fop dksbZ oh nokbZ ,suka ns dhVk.kqvka uwa [kRe ugha dj ldnh! ;kfu fd vks thokRek tks gS rM+Q&rM+Q ds vki.kh tku nsanh gSA bls rjhds ns uky dSalj ns dhVk.kq us ;k gksj rjhds nh;ka chekfj;ka ns dhVk.kq us] dksbZ yhoj ns fop mRiUu gksans us] dksbZ fdMuh ns fop mRiUu gksans us] dksbZ heart nh ufy;ka ns fop mRiUu gksans us ;kfu fd bl ‘kjhj ns vyx&vyx fgLls;ka nh tks {kerk gS] tks nature gS tks izkÑfrd bl ijekRek us bl v[kqV Hk.Mkj ns uky ,s nkr] ,s nsg euq[kk tUe tks lkuwa fnrk gS] blns vUnj tks izkÑfr ekStwn gS] ml izkÑfr ns fop vxj xan :dsxk] ,s thok.kq vksRFks tk djds vki.kh growth dj.kxs vkSj chekjh nk :Ik yS djds vk.kxs ckgjksa bUlku tsM+k gS ml fgLls fop tnksa dk;Z{kerk ?kVnh gS fodkj mRiUu gksank gS] rs ml fodkj nk bd uke j[k fnrk tkank gS ;kfu ,s thokRek bl ‘kjhj ns fop bl jksx uwa yS djds fopj.k dj jgh gSA ,s lkjs jksx fdl rjg mRiUu gksans us lfrxq: th us li”V dj fnrk gS] vUnj ns fotkfr; inkFkZ ;kfu fd tgj nk ckgj fudyuk cgqr t:jh gS vkSj mlns uky gh ‘kjkc nk ijgst oh t:jh gSA vxj vlh ckgjksa fo”k ySa.kk ckgjksa bluwa can ugha djkaxs] ,s tks tgj gS vUnj vki.kk ?kj c.kk;sxk] vki.kh txg c.kk;sxk vkSj mUgka ns fop bUgka dhVk.kqvka nh growth gks;sxhA mlns uky gh lfrxq: mins’k djns us] vxj ,s ‘kjkc tks gS ,s tgj nk de djnh gS] mlns uky gh pk; gS] vksns uky gh dkWQh gS] rEckdw gS ;kfu fd mlns uky gh iku gSA tsM+s gj oDr vki.ks eq¡g ns fop iku uwa j[k.kk vki.kh ‘kku le>ns us lkMs gksaB yky jgans us] rs fopkj djds ns[kks] vxj ,s thokRek gj iy] gj ?kM+h bl tqcku ns uky ml ijekRek uwa lfrxq: ns fnrs gks;s yQtka uwa ti jgh gS] rs mlnk edln dh gS fd vks ijekRek uwa izkIr djuk pkganh gS ;kfu fd bl txr ns fop ,s tks fo”ks fodkjka nh vx ty jgh gS ,s tks jl us] bUgka lkjs;ka fop vksnk dksbZ eksg ugha] dksbZ I;kj ugha] vks lfrxq: ns uky I;kj djnh gSA D;ksa\ D;ksafd vks ijekRek uwa feyuk pkganh gSA mlnk Hkko dh lh fd tqcku ns uky gj iy mUgka yQtka uwa nksgjk jgh gS vkSj vxj vlh eq¡g ns fop gj iy] gj ?kM+h bUgkauwa yky j[k.k okLrs bl iku uwa pck jgs gka] rs mlnk dh edln gS\ fd ,s thokRek uwa ijekRek ns ckjs dksbZ Kku ugha] dksbZ lks>h ugha] dksbZ I;kj ugha] ,snk bdks gh edln gS fd ftl oh rjhds uky gks;s] ftruh tYnh gks;s] ijekRek eSuwa dSalj nh nkr cD’ks vkSj ftruh tYnh gks;s eSa bl pksys ns foPpksa eqDr gksaoka! blnk vkSj dksbZ nwljk vFkZ gks gh ugha ldnkA rhljs ikls pk; gS] pk; ns fcuk vlh jg ugha ldnsA tsM+s pk; ns losj rksa yS dj ‘kke rd 8]10]15]20 okjh pk; ihans us] mUgka ns vanj dh g”kj gksank gS\ bl pk; nk dh izHkko gS lfrxq: mins’k djns us] fd T;ksa&T;ksa vlh pk; ihans gka] blnk tks ,Ydksgfyd izHkko gS ‘kjhj ns [kwu ns ÅIkj lc rksa T;knk iSank gS vkSj [kwu ns fop dh gksank gS fd tks ,snh ek=k gS ,sns fop f?kvks ¼?kh½ nh on tkanh gSA T;ksa&T;ksa ,sns fop f?kvks nh ek=k on~nh gS] R;ksa&R;ksa vlh bluwa jksxh dg.k yx tkans gkaA bd lhek rd fdMuh tks gS bl f?kvks uwa ckgj dMnh gS ;kfu fd bluwa vlh olk oh dgans gkaA T;ksa&T;ksa olk nh ek=k on~nh gS fdMuh oh tks gS gFk [kM+k dj nsanh gS] fd esjs oh ol nk ugha gS] ;kfu fd LVwy ¼stool½ ns jLrs] is’kkc ns jLrs ,s ek=k fl/kh ckgj fudy.k yx iSanh gSA ml rksa ckn oh vxj pk; nk lsou tkjh j[knk gS tks] ml thokRek nk g”kj dh gksank gS\ ,s tks olk gS [kwu nh ukfM+;ka tsfM+;ka fd [kwu yS djds lkjs ‘kjhj ns fop Hkze.k djfn;ka us] lkjs ‘kjhj nk lk/k&laxr th] ;kn j[k.kk bdks gh vk/kkj gS [kwuA [kwu us gh lkjs ‘kjhj uwa vkWDlhtu nsa.kh gS] [kwu us gh ,suthZ nsa.kh gS] [kwu us gh vks lkjs fotkfr; inkFkZ tsM+s us yS tkdj ds fdMuh rd igq¡pk.ks us vkSj fdMuh us bUgkauwa fQYVj djds is’kkc ns jLrs ckgj dM.kk gSA ;kfu fd vxj [kwu uwa vlh xank djuk gS] rs pk; ih.kh ‘kq: dj nks] ‘kjkc ih.kh ‘kq: dj nks] ;kfu fd pk; nh tnksa vf/kdre gks tkanh gS ml osys olk tks gS bUgka ukfM+;ka ns vUnj olk ns :Ik ns fop ;kfu fd ys;j ns :Ik ns fop te.k yx tkanh gSA T;ksa&T;ksa ,s ys;j on~nh tkanh gS ml osys ,s uyh nk vanj nk jLrk tks gS ,s rax gksa.k yx tkank gSA T;ksa&T;ksa ,s jLrk rax gksank gS] R;ksa&R;ksa izs’kj tks gS heart ns ÅIkj iSank gS ;kfu fd mluwa tksj yxk.kk iSank gS bl [kwu uwa ml rax txg rksa ikj djk.k ybZ ;kfu fd vxs onk.k ybZA ftRFks 2 Vu ns djhc ,s [kwu nh lQkbZ djuh iSanh gS] heart uwa de djuk iSank gS vksRFks fopkj djds ns[kks fd vxj fdls oh uyh ns fop vksnk tjk oh jLrk rax gks x;k] bl heart nk dh g”kj gks;sxk\ ;kfu fd mlnh QqykoV on.k yx tk;sxh] vks vki.ks tks uSpqjy vkdkj gS ml rksa on tk;sxk vkSj T;ksa&T;ksa ,snk vkdkj on~nk tk;sxk] R;ksa&R;ksa ,sns fop fodkj mRiUu gksans tk.kxs] ,snh {kerk ?kVnh tk;sxh] ;kfu fd fdlh oh :Ik ns fop] fdlh oh osys ,s can gks tk;sxkA bluwa vlh heart attack dg nsans gka ;k gksj rjhds ns uky ;k heart ns uky related chekfj;ka ns uky laKk ns djds vlh bl txr ns fop mPpkj.k djns gkaA bl rksa fopkj dj yks pk; nk dh urhtk gS! mlns ckn dkWQh vkanh gS] dkWQh ns tsM+s MksMs us] ftl osys bUgkauwa xeZ dhrk tkank gS mPph nsx ns fop] rs ml osys dh gksank gS vksns vanj lsd.k ns uky tsM+h dkcZu iSnk gksanh gS] vks dkcZu vksns foPpksa fudy ugha ldnhA dkcZu nh tks smell gS ftluwa vlh dkWQh nh smell le> djds ;kfu fd vksns fop en eLr gks djds vksnk lsou djns gkaA vksns fop tks coca inkFkZ gS vks bd ,slk feðk t+gj gS] bd ,slk rRo gS tsM+k fd vanj ns fop tk djds ftRFks heart nh chekjh mRiUu djnk gS vksns fop lungs nh oh chekjh mRiUu djnk gSA bd ,sls :Ik ns fop bl ‘kjhj ns fop O;kIr gks tkank gS ds ,s ‘kjhj nh fØ;k tks gS gkSys&gkSys vki.kh {kerk rksa ?kVnh tkanh gS vkSj T;ksa&T;ksa ,snh {kerk ?kVsxh] vUnj fotkfr; inkFkZ tsM+k bdëk :d.kk ‘kq: gks tk;sxk vkSj T;ksa&T;ksa bdës gksa.kxs inkFkZ] bl tgj ns fop dhVk.kq mRiUu gksa.ks ‘kq: gks tk.kxs vkSj dbZ rjhds nh;ka chekfj;ka tks gS bl ‘kjhj uwa yx tk.k xh;kaA mlns ckn tks gS ‘kjkc gS] ‘kjkc nk xq: lkgcka us li”V dj fnrk gS fd fdl rjhds ns uky ,s ‘kjhj uwa lqUu djds dbZ rjhds ns t+gj mRiUu djnh gSA vkSj mlns ckn iku gS] vks eq¡g nk dSalj ;k fQj ‘kjhj ns gksj fgLls;ka fop dSalj nh mRifÙk gksanh gS vkSj bl rksa vlh fopkj djds ns[k ldns gka] ftRFks ‘kjkc bl ‘kjhj ns ybZ gkfudkjd gS vksRFks pk;] dkWQh] rEckdw tks gS vks oh bl ‘kjhj ns ybZ cgqr gkfudkjd gSA gq.k dbZ ,s le>kans us] ,s tks ihyh iÙkh gS ftluwa vlh flxjsV ns :Ik ns fop] chM+h ns :Ik ns fop bLrseky djns gka] lk/k&laxr th] iwjh euq[k tkfr uwa gtkjka lky igys tn ns lar vk;s us mUgkaus bl l`f”V uwa li”V vxkg dhrk lh] fd ,s ihyh iÙkh vkSj ,s tks jl gS ftluwa lkse jl dgans gka] ,s jl fdlnh nsu gS\ lk/k&laxr th] bfrgkl i<+ djds ns[k yks] bl bfrgkl ns fop li”V gS nsors;ka us ,s nsu tks gS euq[ks tUe ns fop bl thokRek uwa cD’kh gSA D;ksa cD’kh gS\ fd ,s thokRek engks’k jos] ;kfu fd psrs ugha ml ijekRek nh rjQksa! eu ns jkgh lax djs vkSj ,sls fodkjka fop jr jg ds vki.kh Loklka nh iwath tsM+h vueksy iwath gS bluwa xoka ys ;kfu fd euq[kk tUe ,sns gFkksa [kks fyrk tk;sA rs ml rksa ckn fQj 84 [kM+h gS] vPNs dje djsxh rs mÙke twuh fop tk;sxh] HkSM+s dje djsxh] rs fupyh twfu;ka fop Hkze.k djsxh] ;kfu fd vorkjka nh bl nsu uwa vlh vt rd Hkqy ugha ldsA vk;qZosn us oh dh dhrk] mluwa lqjk dg dj bd nokbZ ;k vkS”kf/k ns fop j[k djds mlnk izpkj dhrk] mlnk lsou dju ybZ jksfx;ka uwa blnh nku fnrh gSA ij ml rksa fopkj djds ns[kks] vxj vlh jl uwa lkse jl dg nsbZ;s ;k nsors;ka nk jl dg nsbZ;s ;k ‘kjkc uwa fdlh gksj yQt ns uky ;kn dfj;s] D;k mlnk rÙk ?kV tk;sxk\ mlnk vlj ?kV tk;sxk\ mlnh izÑfr cny tk;sxh ;k mlnk vlj bl ‘kjhj ns ÅIkj ugha gks;sxk\ ;kfu fd nsors;ka nh cM+s lw{ke :Ik ns fop bl euq[ks tUe ns fop bd [ksy [ksy;k mUgkaus] vkSj bl [ksy ns fop euq[kk tUe dky ns gqDe fop vk djds ,suwa fey;k gSA ,s fopkj dju nh xy gS] ,s lqjk tks gS] blnk oh vks gh vlj gS tks ‘kjkc nk vlj gS] dksbZ Vksfud ugha gS! vkSj bl yksd ns fop tks ,syksiSFkh gS] ,syksiSFkh us ,Ydksgy nk csl c.kk djds cPps;ka rksa yS djds cq<s;ka rd mUgkauwa toku j[k.k okLrs ;k ,sutkbZe ns flpq,s’ku okLrs ftruh oh nokbZ;ka Vksfud ns :Ik ns fop bl txr ns fop izpkfjr dhfr;ka us] vks lkjh;ka nh lkjh;ka t+gj ns :Ik ns fop us] dksbZ oh bl ‘kjhj ns fop positive vlj ugha djnh] vxj vlj dqN utj vkank gS rs vks thokRek nk eu ns jkgh iSnk dhrk x;k bd Hkze gSA Hkze fdl rjhds ns uky gS\ ftl osys ,sYdksgy ‘kjhj ns vUnj nkf[ky gksank gS] rs ‘kjhj mluwa /kkj.k ugha djnkA ftl osys mluwa /kkj.k ugha djnk] rs dbZ rjhds ns ,sUtkbZel vkSj dbZ rjhds ns fo”k mRiUu gksans usA bl ‘kjhj ns vUnj tsM+s ,utkbZel mRiUu gksans us] mUgka nk dqN lhek rd vlj ,s utj vkank gS] fd thokRek uwa Hkq[k yxnh gS ;kfu fd ,s yhoj de dju yxnk gS fd Hkq[k yxh gS vkSj thokRek ckgjksa eq¡g ns jLrs dqN u dqN Hkkstu bl ‘kjhj uwa nsanh gS vkSj mlns uky tsM+k fo”k fudy;k gksank gS] vks fo”k bd ,slk vlj iSnk djnk gS fd vks ,utkbZel ns fop tsM+h rkdr gksanh gS ml Hkkstu uwa ipk.k nh] ml rkdr uwa] ml {kerk uwa [kRe dj nsank gS] vkSj bl fØ;k uwa dksbZ vt rd ns[k ugha ld;kA ,syksiSFkh ns fop gj iy] gj ?kM+h gtkjka] y[kka oSKkfud tks gS djksM+ka vjcka gh :Ik;k yxk djds yScksjsVªh;ka ns fop iz;ksx dj jgs us] ij vt rd bl ‘kjhj nh fØ;k nk tks vk/kkj gS ,sutkbZel ns ;kfu fd vt rd ,sutkbZel uwa ns[k ugha ldsA vks fopkj djns us] ekbZØksLdksi ns fop ns[kns us fd bl Hkkstu uwa ipk.k okLrs dksbZ fØ;k py jgh gS ;kfu fd dksbZ vutkuk inkFkZ gS tks blns fop vk djds de dj jsgk gS] Hkkstu uwa fMY;wV dju okLrs ,suthZ ns fop convert dju okLrs] ij vt rd mluwa ns[k ugha ldsA fopkj djds ns[kks] mUgka ns lkjs nkos tsM+s bl txr ns fop izpkfjr dhrs tkans us] fdl rjhds ns uky lPps gks ldns us\ ;kfu fd bUgka nh bd lhek gS] le; nh oh bd lhek gS] uSpqjyiSFkh gS mlnh oh bd lhek gSA ,s lkjk bd Hkaoj tky gS eu nk [kM+k dhrk gks;kA er dksbZ le>s] ,s uSpqjyiSFkh tks gS bl l`f”V nk vk/kkj gS!

fopkj djds ns[kks] ‘kjhj nk bd fgLlk ;kfu fd bd fØ;k tks fd ‘kjhj nk vk/kkj gS ,utkbZeal uwa vlh ns[k ugha lds] ml inkFkZ uwa ugha tk.k lds] fd vks dh fØ;k gS] vks fdl rjhds ns uky dhrh tk jgh gSA ftUgka nkos;ka ns ÅIkj ,suka uSpqjyiSFkh okys;ka us izpkfjr dhrk gS] D;k vks nkos vkf[kjh us\ D;k mUgka nkos;ka rs ;dhu dhrk tk ldnk gS\ izÑfr bruh oìh gS] bruh fo’kky gS mlnh fo’kkyrk uwa vlh vt rd tk.k ugha lds] fd lwjt fdl rjhds ns uky [kM+k gS! pUæek fdl rjhds ns uky de dj jsgk gS! rkjs fdl rjhds ns uky vki.kk de dj jgs us! i`Foh vki.ks /kqjs rs ?kqe jgh gS pkjksa rjQ ik.kh gS ij dns ik.kh vksnk Mqy;k ugha! i`Foh ns vUnj oh ik.kh gS vkSj ik.kh ns fop gh [kM+h gS] bluwa vk/kkj fdlus fnrk gks;k gS\ ,s lkjh izÑfr gS] ,s ‘kjhj lkjh izÑfr gS] ouLifr lkjh izÑfr gS ;kfu fd tks dqN oh utj vk jsgk gS ,suwa vlh izÑfr nh laKk fnrh gS] rs izÑfr nh vlh bd NksVh ts;h fØ;k uwa ugha tk.k lds] rs fdl rjhds ns uky fdlh oh pht nk vlh nkok dj ldns gka! D;ksa\ ,sns fop fopkj dju nk etewu gS] fdls nh dksbZ fuUn;k ;k fdls nh dksbZ ofMvkbZ ugha gSA ,syksiSFkh nh oh vki.kh bd lhek gS] uSpqjyiSFkh nh oh bd lhek gS ;kfu fd ftRFks rd eu vkSj cqf) nh lhek nk bLrseky djds bUgka iz;ksxka ns var rd igq¡ps] vks iz;ksx tsM+s us vkf[kjh ugha us] mUgka ns fjt+YV vkf[kjh ugha us ;kfu fd vlh dg ldns gka] bl nature ns fop mUgka nh rs vts ‘kq:vkr oh ugha gSA bl ‘kjhj ns vUnj dh dqN gks jsgk gS] oSKkfud vt rd tk.k ugha ldsA cgqr dqN tk.k ys;k gS] cgqr dqN tk.kuk vts ckdh gS! vksnk tUe tks gS tUe vkSj ej.k ns xsM+ fop vt rd fudyuk lEaHko ugha gks ld;k] rs fopkj dju okyh dh xy gSA vxj bl ‘kjhj uwa dksbZ jksx yx x;k gS vt rd thokRek us gks’k ugha dhrh ;kfu fd 50 lky gks x;s] 60 lky gks x;s] dksbZ fgLlk tks gS vksnk fodkjxzLr gks x;k] vks vxj fodkjxzLr gks x;k gS] rks mlns ckn vksuwa uSpqjyiSFkh ns fop yS tk;k tk;sxk] ,s ;kn j[kuk] uSpqjyiSFkh uwa mlus dh /kkj.k djuk gS] mlns fop nkf[ky gksan;k gh mlnh ekSr gks tk;sxhA D;ksa\ D;ksafd vUnj ns dhVk.kqvka nh growth bruh T;knk gks pqdh gks;sxh fd uSpqjyiSFkh okys ml rs daVªksy ugha dj ldnsA fQj mlnk dh bykt gS\ bZejtsalh ns :Ik ns fop tks ,saVhcksfVd izpkfjr dhrh xbZ gS dqN lhek rd mlnk vlj tks gS dhVk.kqvka ns ÅIkj dqN lhek rd mlnk vlj tks gS mUgka dhVk.kqvka rs vlh izHkkfor :Ik rs vlh vksnk vPNk vlj gkfly dj ldns gkaA vlh mUgka nh rkdr uwa ?kVk.kk gS] ;kn j[k.kk ftRFks mUgka nh rkdr ?kVsxh] vksRFks ‘kjhj ns vki.ks thok.kq tsM+s ‘kjhj uwa rkdr nsans us vks oh ej tkans us ;kfu fd nksuksa rjQksa uqDlku gksank gSA ij ml uqDlku nk Qk;nk vlh pqd ldns gka] lkuwa dqN le; fey tkank gS ml ‘kjhj ns ml fgLls uwa pkyw j[k.k okLrs] dksbZ vPNk de dj lfd;s ;kfu fd fotkfr; inkFkkZa uwa ckgj dM lfd;sA ;kfu fd ,syksiSFkh nh bd lhek gS] ml lhek ns vUnj vxj vlh Qk;nk mBk.kk pkfg, rs cM+s vPNs rjhds ns uky mBk ldns gka ;kfu fd heart nh uyh Cykd gks jgh gS] mluwa lkQ djuk gS] rs I.C. unit ns fop j[k djds vlh cgqr lkjs Qk;ns mBk ldns gka] dbZ fnuka rd ftank j[k ldns gka vlh ml thokRek uwa vkSj vksns ftank j[k.k rd vlh fotkfr; inkFkkZa uwa cM+s vPNs rjhds uky ckgj dj ldns gkaA mlh rjhds ns uky uSpqjyiSFkh gS] ekSle cnynk gS] ekSle cny.k ns uky dbZ rjhds ns dhVk.kq tks gS vUnj xan :ds ns fop growth dj tkans usA [kk¡lh gS] tqdke gS ;k isV nnZ gS] ywt+ eks’ku gS ;k vkSj dbZ rjhds nh;ka NksVh eksVh chekfj;ka guA ;kn j[k.kk] bUgka ns fop fdlh nokbZ nh t:jr ugha iSanh] flQZ vUnj nh xanxh uwa dM.kk gS vxj bd ;k nks fnu nk vlh miokl j[k ySans gka] ‘kjhj uwa ckgjksa dksbZ Hkkstu ugha nsans] ‘kjhj nh vki.kh {kerk gS vkSj ,s {kerk fdruh gS\ gj ‘kjhj ns fop ,s vyx {kerk gSA mluwa fdrus fnu yx.kxs] fdruk le; yxsxk vkSj fdl lhek rd vksnk Qk;nk gks;sxk] ,s ‘kjhj nh {kerk ns ÅIkj fuHkZj djnk gS ;kfu fd vlh bUgka jksxka ÅIkj fcuk nokbZ ns dkcw ik ldns gkaA

lk/k&laxr th] xq: lkgcka us bl ‘kjhj ns eqryd ,s tks mins’k fnrk gS] ,s tks ckgjksa vlh fo”k bl ‘kjhj ns fop nkf[ky djns gka] ,s mins’k cgqr gh dherh vkSj cgqr gh t:jh lhA D;ksa\ D;ksafd lkuwa ‘kjhj ns foKku nk] ‘kjhj nh fØ;k nk fcYdqy oh cks/k ugha gS] fcYdqy oh Kku ugha gSA vlh gwM+er gks djds flQZ ,s lksp cSBs gka fd ckVs nk ve`r Nd ys;k ;k uke ns yQt yS y;s] rs lk/k&laxr th] fopkj djds ns[kks ,s cgqr gh dherh tUe gS] cgqr gh dherh pksyk lkuwa fey;k gS vkSj vxj bl pksys uwa ckgjh :Ik ns fop vlh ,s fo”k uwa nkf[ky djds] ‘kjkc] pk;] dkWQh] rEckdw] flxjsV ;k fdls oh :Ik fop nkf[ky djk djds bl fo”k uwa vxj vlh bluwa jksxh c.kk fnrk] rs fopkj djds ns[kks] ,s yQt dh djuxs\ ,s ve`r dh djsxk\ bd] nks ugha] iwjs lkS lfrxq: gksa.k] lfrxq: dh djuxs\ fopkj djds dnh fdlh us lksp;k gS] fd ,s ‘kjhj nh dh dher gS! vlh uke nh dher le> jgs gka! yQtka uwa uke le> jgs gka] yQt dnh oh uke nh gLrh ugha yS ldnsA vxj mUgkauwa uke nh laKk fnrh gS] rs flQZ bl djds fnrh gS D;ksafd iw.kZ lfrxqjka ns eq[kkjfcan rksa mRiUu dhfr;ka xbZ;ka rjaxka us] bl djds vlh mUgkauwa uke dgans gkaA lks ,s lkjk etewu tsM+k gS fopkj dju nk gS] vxj vlh lfrxq: nh dæ djns gka] lfrxq: ns fnrs yQtka nh dæ djns gka] rs fopkj djds ns[kks bl ‘kjhj nh dæ D;ksa ugha djns\ bl ‘kjhj us lkMk D;k fcxkM+;k gS\ bl ‘kjhj ns fop vk djds vlh vki.kk de djuk gS] vlh Hkqys cSBs gka] vlh txr ns de djns gka] vlh ijk;s x/ks c.ks cSBs gka! ijk;s x/ks c.ku nk dh Hkko gS\ losj rksa yS ds ‘kke rd vlh ftruh oh fØ;k ,s ‘kjhj nh Loklka nh iwath [kpZ djds] blnh izk.k ‘kfDr [kpZ djds tsM+k oh vlh de dj jgs gka] vks D;k lkMk vki.kk de gS\ ,s thokRek vktkn gks tk;sxh\ bd ikls rs ,suwa csfM+;ka ibZ;ka gksbZ;ka us] nwljs ikls vlh /keZ vkSj er nh csfM+;ka ik fnfr;kaA D;k lar dksbZ er pyk.k okLrs vk;s lh\ D;k dksbZ /keZ pyk.k okLrs vk;s lh\ fopkj djds ns[kks] tnksa lar pys tkans gSa u] ml rksa ckn vlh er ;k /keZ pyk nsans gkaA vks tks Kku mUgkaus lkuwa fnrk gS] mUgkauwa vlh nQu dj nsans gka] mUgkauwa nhokjka fop dSn dj nsans gka] vki.ks vki uwa mUgka nk dSnh c.kk nsans gka] vkSj ,s dSn nh;ka csfM+;ka tsfM+;ka us ,s thokRek uwa iS tkafn;ka usA u vlh [kqys fnekx ns uky bl etewu ns ÅIkj fopkj djns gka] u gh lkuwa mlnk Qy izkIr gksank gS vkSj u gh lkuwa vks eafty dns utj vkbZ gSA gq.k fopkj djds ns[kks] vlh :gkfu;r ns jLrs rs pyns gka] nkok oh djns gka lfrxq: nk] dbZ lky gks x;s lkuwa uke fyr;ka gks;ka] dns fdlh us vki.kh eafty nh rjQ igq¡p.k nh dksf’k’k dhrh gS\ bd dbe oh onk;k gS\ vxj vlh lPps gka] vxj ml eafty uwa izkIr djuk pkgans gka] rs vt rd ml ikls pys dksbZ ugha! bl ‘kjhj ns uky vlh f[kyokM+ D;ksa dj jgs gka\ fnu&jkr gj iy] gj ?kM+h bl ‘kjhj uwa [kpZ djds dh gkfly dj jgs gka\ ,s txr nh;ka oLrqvka! ,s fo”ks&fodkjka ns Hkksx! ,s eu nh r`fIr djk jgs gka! eu dnh r`Ir gks;k\ vt rd fopkj djds ns[kks] eu u dnh ‘kkar gks;k] u dnh ‘kkar gks;sxkA D;ksa\ D;ksafd ,s czge nk va’k gS] tn rd ,s czge nk nhnkj ugha djsxk] m/kj nh /kqu uwa ugha lq.ksxk] ml izdk’k ns n’kZu ugha djsxk] ,s dnh ‘kkar gks gh ugha ldnkA ,s tn rd.k ‘kkar ugha gks;sxk] ,s thokRek nk fiNk ugha NMsxkA eu vkSj tM+&psru nh tks xaM yxh gksbZ gS ,s fdl rjhds uky [kqysxh\ ,s czge fop tk djds [kqysxh vkSj czge rd igq¡p.k nh vlh dksf’k’k dhrh gS dnh\ vlh bUgka yQtka uwa gh uke le> djds cSBs gka! cs’kd ,s bd ikS<+h gS] p<+u nk jLrk gS] fdlh u fdlh jLrs rksa ml eqdke rd igq¡p.kk gSA lfrxqjka us bd fpag fnrk] lkMs lke.ks bd fpag j[k djds vUnj nh lQkbZ djkbZ tk.kh lhA gq.k vanj lQkbZ dju ybZ fdls us dksbZ m|e dhrk gS\ fdlh us dksbZ mijkyk dhrk gS\ dksbZ vlh tknw&earj le> ds cSBs gka] bUgka yQtka ns fop ijekRek dSn gks x;k gS! D;k duka uwa can djds vkokt lq.kkbZ ns tk;sxh\ vlh rs oSls gh vUus vkSj cgjs gks tkokaxsA ,s thokRek oSls gh vUuh vkSj cgjh gS vkSj v[kka can djds] duka ns fop vaxwBs ns djds txr nh rjQksa oh vUus vkSj cgjs gks x;sA D;k bl thokRek us bl pksys ns fop vk djds D;k ,s f’k{kk /kkj.k dhrh gS\ lfrxqjka us lkuwa ,s jLrk fn[kk;k gS\ fopkj djds ns[kks] bd fpag uwa eq[k j[k djds \_f”k;ka us \*\*vkse\*\* ‘kCn fnrk] bd ewfrZ c.kk ds lkMs lke.ks j[kh bd fpag c.kk djdsA vly edln dh lhxk\ thokRek us vksRFks tk.kk gS] lfrxq: ns mins’kka uwa lq.kuk gS] \_f”k xq: gS] xq: us mins’k nsa.kk gS] ml mins’k ns ÅIkj ml thokRek us vey djuk lhA T;ksa&T;ksa vks xq: ns dksy tk;sxh] mlns ÅIkj vey djsxh] vey djsxh vanj nh lQkbZ gks;sxhA fopkj djds ns[kks] vlh fdl vgadkj ns fop cSBs gka! vt rd vlh vey ‘kq: dhrk gS\ dksbZ oh vey ugha dhrkA vlh flQZ yQtka uwa nksgjk.k uwa vey djns oh gka] nks&<kbZ&fru ?kaVs] rs 24 ?kaVs ns fop 22 ?kaVs fnu&jkr] gj iy] gj ?kM+h bl txr ns fo”ks&fodkjka uwa Hkksax.k ns ckn] dh nks&<kbZ ?kaVs ns fop tknw&earj gks tk;sxk\ ,s lkjs dje Quk gks tk.kxs\ ;k Vªk¡lQj gks ds lfrxqjka nh >ksyh fop pys tk.kxs\ lfrxq: dksbZ ,slk earj i<+ nsa.kxs fd lkjs djeka uwa yS djds f=dqVh ikj djk nsa.kxs! ,s lkjk etewu fopkj dju okyk gS] fdls nh fuUn;k ;k ofMvkbZ dju okyk ugha gSA fopkj djds ns[kks] vlh bl etewu uwa le> gh ugha lds] vxj lkuwa vki.ks ‘kjhj nh dæ ugha gS] ml ‘kjhj ns fop vlh ckgjh :Ik ns fop ‘kjkc ;k vkSj dbZ rjhds ns fo”k mM+sy jgs gka] rs fdl rjhds ns uky vlh vki.kh eafty uwa izkIr dj yokaxs\ vlh pkg djds oh ugha izkIr dj ldnsA uke ySa.k ns ckn oh vlh Qfj;kn djns gka fd lkMs dksy pkSdM+h ugha yxnh] th lkuwa dksbZ ,slk vklu nlks ¼crkvks½ fd vlh ,s ijekRek ns fnrs gks;s yQtka uwa nksgjk lfd;s! gq.k fopkj djds ns[kks] pkSdM+h yxnh ugha gS] ,s yQt dh dj.kxs\ lqjr fdl rjhds uky fleVsxh\ lk/k&laxr th] lqjr rs lfrxq: us lesV.kh gS] ij vks oh fof/k uky lesV.kxsA tnksa vanj nh lQkbZ ugha gks;sxh] fdl rjhds ns uky lesV nsa.kxs\ vanj nh lQkbZ dju okLrs vlh dksbZ mijkyk ugha djns vkSj bl txr uwa Hkksx.k okLrs bUgka xksMs;ka nk vlh fdruk de ySans gkaA fnu&jkr vlh ,s xksMs jxM+ns gka] ij vlh dns Fkdns ugha gkaA lkvks&lk gks tkans gka] ml rksa ckn fQj lkMh gol iwjh ugha gksanh] ml rksa ckn fQj mluwa BaMk dju okLrs fQj vlh xksMs jxM+us ‘kq: dj nsans gka] ij ftl osys pkSdM+h ekjuh gksanh gS] ml osys lkMs vFk: fudyus ‘kq: gks tkans us] fd lkMs dksyksa pkSdM+h ugha yxnhA gq.k fopkj djks] vlh bl ‘kjhj nh fdruh dæ dhrh gS! fdruk mÙke vkSj e¡gxk tkek gS vkSj vlh fdl rjhds ns uky gj iy] gj ?kM+h bl txr uwa Hkksx.k fop bluwa [kty dj jgs gkaA vkSj :gkfu;r ns fop ftRFks ,s ckgj nk fo”k gS] vksRFks LFkwy :Ik ns fop mls rjhds ns uky ekufld :Ik ns fop eu ns fodkj us ;kfu fd bUæh Hkksx ftUgkauwa vlh dgans gkaA iat KkusfUæ;ka us vkSj iat lw{ke bfUæ;ka dkesfUæ;ka ftUgka uwa vlh ftUgka ns tfj;s bl txr nk vlh de djuk gSA lk/k&laxr th] dnh oh larka us mins’k ugha fnrk] fd ?kj&lalkj uwa NksM+ ds taxyka fop pys tkvksA bl txr ns fop jg.kk gS] bl txr uwa Hkksx.kk gS] ij fdl rjhds ns uky\ bl xanxh uwa vki.ks ÅIkj yisV ugha ySa.kk] xanxh rksa fujysIk gks djdsA eqjxkch ik.kh ns fop jganh gS] fdl rjhds ns uky vi.kk ?kj&lalkj pykanh gS] vi.kk Hkkstu ySanh gS ik.kh foPpksa] ij tnksa mlus mM.kk gksank gS lq[ks ijka uky mM tkanh gS] fdruh pkykdh ns uky vki.ks ijka rs ik.kh ugha iSa.k nsanhA gq.k ,s fl;k.kr ;kfu fd cqf) nk rÙk lkuwa fey;k lh bl pksys ns fop] euq[ks tUe ns fop] blh djds bl pksys nh dher gS vxj bl pksys ns fop vk djds oh ftUgka thokRek uwa ,s iatosa rÙk nh iw.kZ izkfIr ugha gksbZ] mUgka ns ?kjokys [kqn mUgkauwa yS tk djds tsyka ns fop can djk nsans us] ftUgkauwa vlh ikxy[kkuk dgans gkaA gq.k fopkj djds ns[kks] euq[ks tUe ns fop vk djds oh ml thokRek us dh gkfly dhrk\ lh[kps ;kfu fd dSnh c.k djds vi.kk thou fdosa O;rhr dj jgh gS! vxj iatoka rRo lkuwa fey;k rs fdl rjhds ns uky vksnk bLrseky dhrk\ vlh vki.ks vki uwa gh bl ik.kh ns fop fHkxks fnrkA ;kfu fd ‘kgn nh eD[kh tks gS fdl rjhds ns uky ‘kgn nk lsou djnh gS\ mlns fdukjs cSB djdsA mlns fop dns oh ugha tkanh vkSj ml ‘kgn uwa yS djds vki.ks ?kj oh igq¡p tkanh gS ;kfu fd NÙks ns fop mlnk nkf[ky oh dj nsanh gS] fjtZo oh j[knh gS vkSj vlh ml eD[kh rksa dh flf[k;k ySans gka] vlh tk djds fop Fkkyh ns cSB tkans gka bl rjhds ns uky fd lkMs ij oh tks gS fycM+ tkans usA u lkuwa bl txr nk Lokn vkank gS] rs u vlh de dj ldns gka ;kfu fd ijk;s x/ks c.k djds yksxka nk cks> <ksans jg tkans gkaA vki.ks ?kj vx yxh gS] nwljs;ka nh vx cq>k.k yxs gks;s gkaA vlh yksxka ns uky yM+ns gka] bZj[kk] }os”krk ns uky yM+ns gka] gq.k fopkj djds ns[kks] D;k thokRek uwa bruk le; fey tkank gS fd vki.kh ftEesokfj;ka iwjh dju ns ckn vks vki.kk de djs] mlns ckn bruk le; fey tk;s fd bl txr ns fop vks yM+kbZ oh dj yos] bZj[kk oh dj yos] yksxka nh fuUn;k oh dj yos\ ftl thokRek uwa psruk vk xbZ] psr xbZ] D;ksafd lfrxq: vkans fdl okLrs us\ psrk.k okLrs vkans us vkSj tsM+h thokRek mUgka ns gqDekuqlkj bl txr ns fop Hkze.k djnh gS] vks txr nk de oh dj ySanh gS rs vki.kk de oh dj ySanh gS ;kfu fd vki.kh eafty uwa oh izkIr dj ySanh gS vkSj ,s eafty nh izkfIr dnh gok ns fop ugha gksbZ] dnh ekSf[kd :Ik ns fop ugha gksbZ] dnh ykbZu ns fop yx djds ugha gksbZ vkSj dns oh fopkj djds ns[k.kk] fcuk m|e dhrs] fcuk varj nh lQkbZ dhrs bl thokRek us vt rd] vlh vt rd D;ksa dgans gka\ D;ksafd vlh vt ,sRFks cSBs bl lRlax uwa lq.k jgs gka] lp[k.M nh ck.kh uwa lq.k jgs gkaA D;ksa\ D;ksafd vlh dnh vey ugha dhrkA dbZ okj tUes] dbZ okj ejs vkSj dnksa rksa vlh bl txr fop vk;s gka] ,s thokRek uwa [kqn blnk Kku ugha gS ;kfu fd vufxur pkSjkfl;ka vlh dfV;ka us] vufxur okjh vlh larka ns yM+ yxs gka] mUgka dksyksa uke nh laKk ybZ gSA ;kfu fd ftl oh ;qx ns fop vlh larka ns yM+ yxs] ml le; vuqlkj tks oh fpag mUgkaus Bhd le>;k bl thokRek uwa fnrkA mlns ckn dh g”kj gks;k\ mlns ckn dh gS vlh dns mUgka nk gqDe ugha eu;k] vks fpag ns fpag gh jg x;s vkSj vlh fpUgka ns fop gh xdZ gks x;s! fpUgka ns fop gh xksrs yxk jgs gka! gq.k ve`r nk ik.kh ih djds ,s thokRek le> jgh gS] ,s dyxh/kj ikr’kkg nk ve`r gSA fdjiku /kkj.k dj ybZ vkSj ,s le> ds cSBs us fd v[k can dju rksa ckn xq: ukud lkgc vk.kxs ;k mUgka nh xíh rs ftrus oh u’khn ftrus lfrxq: gks;s us] dksbZ vk djds lkuwa lp[k.M yS tk.kxsA fdruk oìk Hkze gS! ,s thokRek uwa Hkze fdlus fnrk gS\ ,s eu nh er gS] ,s xq: nh er ughaA vks tsM+k ckVk rS;kj dhrk lh] iw.kZ lfrxqjka us rS;kj dhrk lh] mUgka ns fop rkdr lh] leFkkZ lh] lp[k.M nh rkdr lh] rs vks dqN oh dj ldns luA tks&tks mUgkaus Bhd le>;k le; vuqlkj txr ns fop izpkfjr dhrk] lkjh ck.kh larka nh i<+ djds ns[k yks vkfn rksa yS djdsA xq: ukud lkgc us mins’k fnrk] ,sl ihyh iÙkh vkSj ,s jl tks gS thokRek ybZ gkfudkjd gSA vlh dh dhrk] ftl osys xíh] lfrxq: pksyk NM x;s] vks rs ‘kCn ns fop yhu gks x;s D;ksafd lfrxq: dksbZ ‘kjhj ugha gS] vks ‘kCn gS] ‘kCn foPpksa vkans us] ‘kCn ns fop pys tkans usA tsM+h thokRek vanj tkafn;ka us] ikjczge ns n’kZu djfn;ka us] mUgkauwa irk gS ‘kCn fdluwa dsgk tkank gS] yQtka ns fop vlh ‘kCn uwa C;ku ugha dj ldnsA rs mUgkaus tks mins’k fnrk lh] fd ,s tks ihyh iÙkh] ,s ‘kjkc] e| nk u’kk thokRek ybZ gkfudkjd gS] rs ,s D;k /keZ djds dhrk lh ;k dksbZ [kkl f’k”;ka ybZ mnkgj.k fnrk lh\ ,s fopkj dju nh xy gS] ftl osys lfrxq: pys x;s] vlh dh dhrk] nk<+h&ew¡N nk bd /keZ c.kk fnrk] vksuwa fl[k nh laKk ns fnrhA fl[k fdluwa c.kk;k lh\ fl[k uwa f’k”; dsgk lhA lks vlh fo’ks”k bd vk/kkj c.kk djds fo’ks”k xq.kka uwa tks gS fl[k nh laKk ns fnrhA fdruk v/kwjkiu ys;k gS! ;kfu fd :gkfu;r nk lkjk etewu tks gS bd NksVh ts;h pkjnhokjh fop dSn djds j[k fnrkA ;kfu fd tks mins’k lh] gq.k txr ns fop dh izpkfjr dhrk tkank gS] fd ihyh iÙkh ugha [kk.kh] ;kfu fd ljnkjka uwa blnk gqDe gSA D;k ljnkjka uwa gqDe gS] rs D;k ckdh thokRek mlnk lsou djsxh] rs mlns fo”k rksa cp tk;sxh\ mlns izHkko rksa cp tk;sxh\ ;k vksuwa chekfj;ka ugha yx.k xh;ka\ ;kfu fd dSalj ojxs Hk;kud jksxka uwa tks vkeaf=r dj jsgk gS flxjsV ;k rEckdw [kk djds ;k vkSj iku eq¡g fop pck djds] D;k mlns izHkko rksa vks cp tk;sxk\ D;k mins’k flQZ fl[kka okLrs lh\ ;kfu fd ,s lkjh nh lkjh euer gS] ,s euer ns foPpksa tn rd.k ,s thokRek ugha fudynh ;kfu fd eu ns gqDe foPpksa ugha fudynh] eu nk lax ugha NMnh] rn rd.k ,s thokRek dns oh ikjczge uwa ugha izkIr dj ldnhA vkSj ftl uke uwa vlh yQt le> djds cSBs gka] cs’kd lk/k&laxr th] iw.kZ lfrxqjka ns fnrs us] mUgka ns fop lfrxq: nh leFkkZ gS] lfrxq: nh rkdr gS] ij de dnksa djsxh\ tnksa vlh lfrxq: uwa izkIr djkaxsA gq.k fopkj djds ns[kks] ,sRFks fdruh thokRek cSfB;ka us ftUgkaus vki.ks vanj ml lfrxq: uwa izkIr dj ys;k gS\ dksbZ bd ‘kk;n eqf’dy uky feys tsM+h fd thokRek varj ns fop lfrxq: nk nhnkj dj ldh gksos! ij eu us dh Hkzek j[k;k gS] fd vlh lfrxq: uwa izkIr dj pqds gka] vlh uke uwa izkIr dj pqds gka] lkuwa lfrxq: tks gS ikj yS tk.kxsA lk/k&laxr th] ,s nkr lfrxq: nsans us] ij fdRFks nsans us\ ikjczge fop nsans usA dnksa nsans us\ ‘kCn :Ik fop nsans usA tnksa vlh ‘kCn :Ik ns fop igq¡pkxs rkafg bl ‘kCn uwa xzg.k dju ns yk;d gksokaxs] ftluwa vlh uke dgans gka ;k ‘kCn dgans gka ;k fdlh gksj yQt uky ;kn dj ldns gkaA ;kfu fd ,s lkjk nk lkjk Hkze gS! blnk ,s eryc oh ugha gS] fd vlh lfrxq: ns dksy ugha tk.kk ;k lfrxq: us tks fpag fnrk gS] fpag uwa /kkj.k ugha djukA vks fpag uwa ftl rjhds uky ikyuk dju nk lfrxq: mins’k nsans us] bl txr fop Hkze.k dju ybZ] bl txr uwa Hkksx.k ybZ] fdl rjhds nk mins’k lfrxq: vki.ks eq[kkjfcan foPpksa bl ck.kh uwa mRiUu djns us vkSj tsM+h oh rjaxka mRiUu gksafn;ka us] D;k gksj dksbZ yQt ;kn djkaxs vks oh uke gS lkjk nk lkjkA D;ksa\ D;ksafd iw.kZ lfrxq: ns eq[kkjfcan foPpksa mRiUu dhfr;ka vks rjaxka us tsfM+;ka fd yQt c.k djds lkMs duka ns uky Vdjkafn;ka us vkSj ,s Vdjk;s x;s yQt tsM+s us uke nh laKk yS djds vkans usA dksbZ bd&nks&pkj yQt bl djds fnrs tkans us D;ksafd iwjs lRlax uwa vlh nksgjk ugha ldns] mluwa ;kn ugha j[k ldnsA vly edln dh gS\ lfrxq: ,s pkgans us fd [;ky uwa eksM+uk] bl txr foPpksa [;ky uwa dM.kkA [;ky dh gS\ bd /;ku gSA /;ku dh gS\ vkRek nh tku ;kfu fd blnh rkdr gSA bl rkdr uwa eu ns tfj;s ukS }kjka ns foPpksa fudy djds bfUæ;ka ns v/khu gks djds bl txr ns fop QSyk nsans gkaA gq.k ,s fdl lw{ke rjhds ns uky ,s [;ky nh rkdr tks vkRek nh gS] ,s lkjh txr ns fop QSy pqdh gSA gq.k mluwa bdëk dju okLrs lfrxqjka us bd fpag j[k;k] vlh lfrxqjka ns dksy tkokaxs] mUgka nh ck.kh lq.kkaxs] mUgka ns n’kZu djkaxsA mUgka nh rkdr fdl rjhds uky de djsxh] tnksa vlh mUgka ns mins’kka ns ÅIkj vey djkaxsA tnksa vlh bUgka yQtka uwa veyh tkek igukokaxs vki.kh izSfDVdy ftanxh ns fop] ,s ckgj nk ti gks tk;sxk vkSj tn rd.k vlh ,s ckgj nk ti iwjk ugha dj ySans rn rd.k ,s tks yQt gu] ,s lkuwa vks leFkkZ ugha ns ldns] u vks nsa.kxsA lfrxq: oh cgqr prqj us] vxj ,s thokRek eu nk lax djds vki.ks vki uwa cM+h prqj le> djds cSBh gS] tnksa lfrxq: ns dksy tkanh gS] fdruh fuek.kh c.k tkanh gS] fdruh feðh c.k tkanh gS] mluwa bl pht nk Kku gh ugha jgank] fd lke.ks dh gLrh cSBh gS! fd :Ik gS vks mluwa ‘kjhj le> jgh gS ;k dksbZ vn`’; rkdr ;k nsoh&nsork :Ik le> djds cSBh gSA lk/k&laxr th] vks ikjczge nh vks leFkkZ gS] vks lriq:”k nh rkdr gS ftluwa yQtka ns fop C;ku gh ugha dhrk ldnk gSA bluwa vxj dksbZ tk.kuk pkgank gS rs ikjczge igq¡pksa! f=dqVh ns foPpksa fudyks! bl LFkwy ‘kjhj ns foPpksa fudyks! thans&th eju nk etewu gS] fdlh us oh] fdlh lar us ,s mins’k ugha fnrk] fd eju ns ckn vlh rqgkuwa eks{k ns;kaxs] lp[k.M ns;kaxs ;k cSdqa.B nh izkfIr gks;sxhA ,s lkjh nsu dsnh gS\ nsoh&nsors;ka nh] vorkjka nhA mUgka ns lkjs etewu i<+ djds ns[k yks vkSj lkjs osn&’kkL=ka ns fop bdks gh xy dgh gS] fd vPNs dje dhrs tk.kxs] ;K iqau dhrs tk.kxs] rs eju rksa ckn rqgkuwa eks{k nh izkfIr gks;sxh] LoxZ nh izkfIr gks;sxh ;k cSdqa.B nh izkfIr gks;sxh] ;kfu fd mUgkaus m/kkj nk lkSnk dhrk gSA ,s fopkj dju okyh xy gS] lkuwa oh m/kkj ySa.k nh vknr iS xbZ gS] D;ksa\ fru ;qx gks x;s us vlh nsoh&nsors;ka] vorkjka nh iwtk dj jgs gka vkSj mUgkaus fdl jLrs yxk;k vkSj mlnk g”kj dh gks;k! eju ns ckn dkSa.k ftEesokjh ysxk\ eju ns ckn dsM+s nsoh&nsork vk.kxs\ eju ns ckn dsM+s vorkj vk ds bl thokRek nh iSjoh djuxs ;k xokgh nsa.kxs\ dksbZ nl ¼crk½ ld;k gS eju ns ckn dh g”kj gksank gS bl thokRek nk\ dSlk nnZ vksuwa Hk;kud cnkZ’r djuk iSank gS\ vks rs iyV ds nl oh ugha ldnh] lxs&lecU/kh tsM+s jksans gh jg tkans us vkSj dky tks gS du idM+ ds dsM+s jLrs;ksa yS x;k] fdlh uwa irk gh ugha! thokRek iyV ds vki.ks nnZ uwa C;ku gh ugha dj ldnh vkSj dsM+s nsoh&nsork ;k vorkjka nh xy dj ldns gka vlh ,sRFks] ;kfu fd m/kkj ns lkSns fop vlh yqVs x;sA nksuka gFkka uky dky tks gS eu ns jkgh yqV jsgk gS] lk/k&laxr th] vlh lqÙks Ik;s gkaA yqV;k vks gh tkank gS tsM+k lqÙkk gks;sA fnu&jkrh ,s tks pksyk vkSj Loklka nh iwath feyh gS u] dky us eu ns jkgh lkuwa yqV ys;k gSA D;ksa\ D;ksafd vlh lqÙks gks;s gkaA tsM+s v/kh jkrh tkxns us] lfrxq: ns uky vki.kh fyo ykans us vkSj fnu&jkrh de djns gks;s vki.ks lfrxq: ns fop yhu jgans us ;kfu fd tkx xbZ tsM+h thokRek] vksuwa fQj dky yqV ugha ldnk] vks fQj lfrxq: nh ‘kj.k fop gS vkSj fQj lfrxq: bl yksd ns fop oh xokgh nsans us] ijyksd ns fop oh xokgh nsans us ;kfu fd vks tkeh us bl yksd vkSj ijyksd nksuka nsA ij dnksa\ tnksa thokRek psr tk;sA vxj thokRek lqÙkh gS u] rs ,suka cpuka uwa vanj vki.ks ân; fop uksV dj yks] eju ns ckn lfrxq: ;kn ugha j[kns! vxj thans&th thokRek us vki.ks lfrxq: uwa ;kn ugha j[k;k ;kfu fd ,s lkjk Hkze nwj dj nks] fd vxj thans&th vlh ;kn ugha djkaxs vkSj eju ns ckn tks ,glku vlh dj vk;s gka lfrxq: ns ÅIkj] vks uke yS vk;s gka ;k ve`r Nd vk;s gka] rks ml rksa ckn lfrxq: lkMh lEHkky dj ySa.kxs] ,s lkjk Hkze gSxkA D;ksafd vlh dns oh lfrxq: ns mins’k ns ÅIkj vey ugha dhrk] vxj vlh thans bl txr ns fop fopj.k djns gks;s ftRFks vlh yksdka nk de djuk gS] vlh lalkj nk de djuk gS D;ksafd djeka nk Hkqxrku tks gS dje djds gh gks ldnk gS] dje nk cnyk dje gS vkSj dje dhrs fcuk ,s thokRek fdlh oh pksys fop fLFkj ugha jg ldnhA vxj fLFkj jg.kk gS] rs vksuwa gj iy] gj ?kM+h dje djuk Ik;sxk ;kfu fd fu”dkerk nk djeA tn rd.k fu”dkerk nk dje ugha gks;sxk] mlns ca/kudkjh izHkko rksa vlh cp ugha ldnsA vxj vlh bl djeka ns izHkko rksa cp.kk gS] bl thokRek ns ca/ku dV.ks us] vksRFks vlh ckgj nh;ka csfM+;ka dVf.k;ka us] rs fiNyh csfM+;ka yS djds tUe ys;k gS] mUgka nk Hkqxrku djds gh ,s csM+h dVh tk ldnh gSA \*\*lfrxq: fl[k ds cU/ku dkVs\*\* vks fdl rjhds ns uky flD[k ns ca/ku dVns us\ varj nh lQkbZ djdsA T;ksa&T;ksa thokRek tks gS lfrxq: ns mins’kka ÅIkj vey djds mlns gqDe fop vkanh gS] R;ksa&R;ksa tks gS mlns cU/ku dV.ks ‘kq: gks tkans guA cU/ku dV.k nk dh Hkko gS\ fd vksns dje dVns usA T;ksa&T;ksa vksns djeka nk izHkko [kRe gksank gS ;kfu fd mlnk cks> bl thokRek rksa ?kVnk gS] R;ksa&R;ksa thokRek tks gS bl yk;d c.k tkanh gS] D;ksafd bl thokRek ns vanj vki.kh leFkkZ ekStwn gS] vki.kh rkdr ekStwn gSA vlh dgans gka ,s leqaæ nk va’k gS] leqaæ nh cw¡n gS] lriq:”k nk va’k gSA rs gq.k fopkj djds ns[kks] vks vxj vuar xq.kka nk Lokeh gS] rs mlns va’k ns fop dksbZ xq.kk nh deh gks ldnh gS\ vxj lkuwa dksbZ xq.k utj ugha vk jsgk] dksbZ rkdr utj ugha vk jgh] dksbZ leFkkZ lkMs lke.ks izxV ugha gks jgh] rks mlnh bdks gh otg gS] vlh djeka nk cks> blns mÙks yn;k gks;k gSA ftRFks vlh fiNys djeka nk Hkqxrku djuk gS ;kfu fd blns ÅIkjksa otu mrkjuk gS] vksRFks uoka cks> blns ÅIkj ik.kk oh ugha gSA ,s uoka cks> vlh fdl rjhds ns uky ik jgs gka\ fdl rjhds ns uky fo”kSys fo”k tks bl ‘kjhj ns vUnj nkf[ky djns gka vkSj fdl rjhds ns uky bUæh Hkksx] Hkkosa vks v[kka] tqcku ns uky >wB cksy ds txr ns fop jfe;s] >wB cksy djds dje dfj;s] >wBh fdjr dfj;s] ,s lkjs ns lkjs tsM+s us lw{ke :Ik ns fop djeka ns fop ifjofrZr gksans us vkSj bUgka ns cht tsM+s us czge ns fop tek gksans jgans us] vks lkjs;ka nk Hkqxrku bl thokRek uwa djuk iSank gSA vkSj tn rd.k czge ns fop vks Hk.Mkj tek gS] ,s thokRek lkjs Hk.Mkj nh lQkbZ ugha dj ySanh] rn rd.k fdlh oh yQt ns fop tsM+s fd ekSf[kd :Ik ns fop lfrxq: lkuwa nsans usA gq.k fopkj djds ns[kks] bd ikls rs vlh dgans gka] v[kka ns uky] tqcku ns uky ml ‘kCn] ml uke uwa vlh izkIr ugha dj ldns] u vks ns[k.k nk fo”k; gS] u i<+u nk fo”k; gS ;kfu fd ‘kq)] fueZy vkSj psru vkRek nk fo”k; gSA tn vlh tqcku ns uky] v[kka ns uky ;k fy[k djds mluwa ns[k jgs gka] i<+ jgs gka] duka ns uky lq.k jgs gka] rs fdl rjhds ns uky ,s lPpk uke gks ldnk gS\ mluwa uke nh laKk flQZ bl djds fnrh gS D;ksafd iw.kZ lfrxqjka us bd fpag lke.ks j[k;k gSA ;kfu fd lPpk uke dh gS\ vks gd nh bd vkokt gSA gd fdluwa dgans us\ lp uwaA lp uwa gd dsgk] lp dh gS\ ijekRekA ijekRek uwa lp D;ksa dsgk\ D;ksafd mlh us jg.kk gS] vks fuf’pr gS] vks vVy gSA ckdh lkjh l`f”V us [kRe gks tk.kk gSA fQj ftl pht us [kRe gks tk.kk gS mluwa vlh >wBk dgans gkaA O;kikj ns fop nks vkneh lkSnk djns us] dqN ‘krkZa r; dhfr;ka tkafn;ka us] vxj dksbZ thokRek ml ‘krkZa rksa eqdj tkanh gS ;kfu fd iyV tkanh gS] vki.kh tqcku rksa eqdj tkanh gS] rs vlh vksuwa dh dgans gka] fd ,s >wBk gS] blns uky lkSnk ugha djksA vxj vks >wBk gS] D;ksa\ D;ksafd vki.kh tqcku rksa iyV x;k gS ;kfu fd eqdj x;kA mls rjhds ns uky eu us tks lkuwa fo”ks&fodkjka ns fop tks Lokn lkuwa cD’ks us] vorkjka us tks jLrk lkuwa fn[kk;k gS] nsoh&nsors tsM+s nku&iqu djk.k okLrs lkuwa bl txr ns fop fiNyh rkdr nsans us] vks flQZ thokRek uwa Hkzek.k nk bd jLrk gSA bl rjhds ns uky Hkze.k djds lw{ke :Ik ns fop ,sls dje c.kok fyrs tkans us] fd ftUgka nk Hkqxrku dju ybZ bl thokRek uwa dbZ djksM+ vxys tUeka ns fop vk djds ckj&ckj tUe.kk vkSj ejuk iSank gSA D;ksa\ D;ksafd mluwa Hkqxrku djus iSans us vkSj T;ksa&T;ksa thokRek tUenh vkSj ejnh gS bl txr nk Hkqxrku dju okLrs] vks fQj dbZ rjhds ns vkSj dje djnh gS vkSj bl rjhds nk dje nk Hkqxrku dju ybZ mluwa fQj dbZ djksM+ gksj tUe dju iSans usA gq.k fopkj djds ns[kks] bl l`f”V ns vkfn vkSj var uwa dksbZ ugha tk.knk] dnksa rksa ,s l`f”V jph xbZ] dnksa rksa ,s jpuk py jgh gS] dnksa blus [kRe gksa.kk gS bluwa dksbZ ugha tk.knkA ,s lfrxq: nk fo”k; gS] ml ijekRek nk fo”k; gS] blns ÅIkj fopkj dju nh dksbZ yksM+ oh ughaA fopkj dju nh xy ,s gS fd vlh vt rd dns oh iw.kZ lfrxq:] iw.kZ larka ns mins’k ÅIkj vey ugha dhrkA 84 y[k tkes ns fop bdks gh njoktk] bdks gh jLrk] bdks gh cqf) nk rRo bd euq[ks tUe ns fop fnrk tkank gSA vks fdl okLrs fnrk tkank gS\ fd rSuwa NwV gS ml ijekRek ns uky fey.k nhA vxj rwa fey ysaxk ;kfu vki.ks ?kj nk de dh gS\ ijk;k x/kk c.ku nk de dh gS] fd yksxka nk de ftRFks djuk gS] vksRFks vlh vki.kk de oh djuk gS] bl thokRek uwa vkokxeu rksa eqDr djk.kk gSA ,s tks vkokxeu rksa eqDr djk.kk gS ,s thokRek nk vki.kk de gS vkSj ,s dnksa gks ldnk gS\ tnksa thokRek iw.kZ lfrxqjka nh iw.kZ Vsd yos] ;kfu fd ru] eu] /ku] opu vkSj deZ ns uky vki.kh gLrh uwa dqckZu djsA vlh lfrxq: ns dksy tkans gka] cM+h prqjkbZ ns uky tkans gkaA ,s prqjkbZ fdlnh gS\ ,s eu nh gS] ,s eu us lkuwa dbZ okjh eqf’dy fop [kM+k dhrk gSA fopkj djds ns[kks] vlh ,sRFks cSBs gka] lp[k.M nh rkdr de dj jgh gS] mlns ckotwn eu nh ,slh gLrh gS fd lkuwa ,sRFks cSBs eqf’dy [kM+h dj nsank gSA mlus dbZ okjh lkMs ybZ eqf’dy [kM+h dhrh gS vkSj lc rksa oìh eqf’dy ,s [kM+h dhrh gksbZ gS fd vt rd mlus bUgka thokRek uwa bUgka 84 ns fiatjs;ka foPpksa ckgj ugha tk.k fnrk tk;sA gq.k rqlh fopkj djds ns[k yks] fd fdl rjhds ns uky eu lw{ke :Ik ns fop bl thokRek uwa Hkzeka djds bl 84 y[k fiatjs;ka fop Hkze.k djkank gS vkSj blns fop Hkze.k djnh thokRek fdl rjhds uky rM+Qnh gS] fcy[knh gS ml ijekRek uwa fey.k okLrs vkSj mlnk vlh dns /;ku ugha nsans] dns mlnk de ugha djnsA mlnk mYVk g”kj dh djns gka\ bl pksys fop vk djds vki.kk de dju nh ctk;s vlh mluwa Hkqy tkans gka vkSj bl txr ns fop je tkans gka] txr ns Hkksx foykl vkSj bUgka oLrqvka uwa bdëk dju yx tkans gkaA ,s oLrqvka vt rd fdls nh ugha gksbZ;ka] ftUgka dksy ,s oLrqvka gS us] mUgka dksy tk djds iqN yks] D;k vks lnk ybZ lq[kh gks x;s us\ mUgka dksy fopkj djds ftl osys tk djds cSBksxs] vks bruh oìh iksVyh [kksy nsa.kxs vki.kh nq[kka nh] fd rqlh vki.ks nq[k Hkqy tkvksxsA ;kfu fd \*\*ukud nqf[k;k lHk lalkj lks lqf[k;k ftl uke vk/kkjA\*\* ,s ftl osys xq: ukud lkgc us ok.kh mPpkjh] vks fdlh fo’ks”k okLrs ugha lh mPpkjh] iwjh euq[ks tkfr okLrs mPpkjh lhA mUgkaus dh mins’k fnrk gS] fd bl txr ns fop vxj thokRek nq[kh gS] rs vki.ks djeka djds nq[kh gSA D;ksa djeka djds nq[kh gS\ D;ksafd vks fu”dkerk ns dje ugha djnh] vks psrnh ughaA euq[ks tUe fop vk djds bl ‘kjhj nh dæ ugha djnh] blnh izfrikyuk ugha djnh] bluwa fujksxh ugha j[knhA bd dje nk Hkqxrku dh gS\ djeA gq.k fopkj djds ns[kks] uSpqjyiSFkh ;k ,syksiSFkh ns ckn mUgka nh fopkj/kkjk fdRFks rd gS\ vki.ks iz;ksxka rd lhfer gSA bl rksa mÙks oh bd rkdr de dj jgh gS dky nh rkdr] ;kfu fd dje ns cnys djeA mlns mÙks bUgkaus dnh fopkj ugha dhrk vkSj vlh oh dnh fopkj ugha djns] vlh bl Hk¡oj tky fop Q¡l tkans gkaA lk/k&laxr th] bl eu] cqf) ns fop ftrus oh er pyk;s tk.kxs] ftrus oh /keZ pyk;s tk.kxs] ftrfu;ka oh fof/k;ka pykbZ;ka tk.k xh;ka] ftrus oh rjhds] nokbZ;ka ns rjhds ,syksiSFkh ;k gksj dbZ rjhds nh;ka iSfFk;ka pykbZ;ka tk.k xh;ka] mluwa fdls oh rjhds nh laKk vlh ns nsbZ;s] ,s lkjh;ka nh lkjh;ka Hk¡oj tky gS vkSj bl Hk¡oj tky ns fop dky nh ,slh jpuk gS] vks thokRek uwa jksd.kk pkgank gS] vks dgank gS] vxj ,syksiSFkh fop ugha Q¡lnk] rs uSpqjyiSFkh fop Q¡l tk! uSpqjyiSFkh fop ugha rs fdlh ;ksxiSFkh fop Q¡l tk! ;ksxiSFkh fop ugha Q¡lnk] rs fdlh gksj ,SD;wizS’kh fop Q¡l tk! ;kfu fd fdlh u fdlh Hk¡ojtky ns fop rwa Q¡l;k gh jgA gq.k fopkj dju okyh xy gS] dje ns bl dkuwu rksa vlh Hkqy fdosa x;s! bd ikls ekSr nk fu;e gS] nwljs ikls dje nk cnyk dje gS ;kfu fd vxj chekjh vk;sxh rs dje ns uky vk;sxhA bl txr uwa dkS.k pyk jsgk gS\ vlh ugha pyk jgs! vlh pkg djds bd lhek rd ;kfu ,s djeka lnM+k [ksr tks xq: ukud lkgc us mPpkj.k dhrk gS mlnk dh Hkko gS\ bd pkSFkkbZ fgLlk lkuwa feynk gS uoka dje dju okLrs] vPNk dje dju okLrs ;kfu fu”dkerk nk dje dju okLrs vkSj vxj ,s thokRek cqf) nk bLrseky djs] eu ns v/khu gks djds ugha] lfrxq: ns v/khu bl cqf) uwa yS tkos] mlns vuqlkj tks ekjx nl;k tkank gS mlns tfj;s nk bLrseky dj ys] rks mluwa bl txr nh lPpkbZ nk irk py tkank gS txr nh lPpkbZ dh gS] ;kfu fd bl Hkze tky foPpksa fudy tkanh gS] fd ,s lkfj;ka iSfFk;ka tsfM+;ka us v/kwfj;ka usA rs lPph iSFkh dsM+h gS\ lfrxq: nh iSFkhA ;kfu fd lfrxq: ns mins’kka nh iSFkh lPph gSA gq.k mlns fop tsM+h dky nh iSFkh py jgh gS] vks oh vki.kh ,sgfe;r j[knh gS ;kfu fd lfrxq: nh iSFkh ns fop dky nh bl iSFkh uwa li”V dhrk tkank gS] fcYdqy [kqys rkSj rs mlnk Mads nh pksV rs mluwa izxV dhrk tkank gS ;kfu fd fopkj djds ns[kks] vlh dgans gka fd l`f”V ns fop pollution o/k x;k gS] l`f”V ns fop cgqr lkjs fodkj gksj o/k x;s usA ,s lkjs fodkj vkSj pollution fdlus iSnk dhrs us\ vlh ,s lkjk nks”k vkil fop nsa.kk ‘kq: dj nsans gka] fd ,s lekt nk nks”k gS] thokRek nk nks”k gSA gq.k lk/k&laxr th] fopkj djds ns[kks] ,s thokRek ns vanj cSBk dkSa.k gS\ de dkSa.k dj jsgk gS\ bl thokRek ns vUnj mlus vki.kk bd tklwl ;kfu fd bd dfjank eu fcBk j[k;k gSA ,s ftrus oh vlh vfo”dkj djns gka vkSj bl txr ns fop modern rjhds nh;ka oLrqvka nk bLrseky djns gkaA vxj vlh xqM+ rksa phuh c.kk ybZ] ,sns fop fdrus iz;ksx dhrs vkSj fdlus lkuwa ,s f’k{kk fnrh\ fdlus iz;ksxka ns var rd ;kfu fd ,s tks ve`r lh] gq.k jl gS xUus nk] ,s ve`r nk de djnk gS bl ‘kjhj okLrsA bd nw/k gS] nw/k ve`r gS bl ‘kjhj okLrsA ?kh ¼f?kvks½ gS] vks ve`r nk de djnk gSA lk/k&laxr th] bd lhek rd] ml lhek rksa cgqr ,s ‘kjhj tn mlnk lsou djnk gS] rs vks fQj fo”k nk de dju yx iSanh gSA D;ksa\ ‘kjhj bd lhek rksa ckn bluwa /kkj.k ugha djnkA gq.k tsM+h phuh vlh xqM+ rksa c.kk ybZ] ve`r rksa t+gj c.kk ys;k] bd sweet poison bd feðk t+gjA fopkj djds ns[k yks] mlns vanj bd oh rÙk ugha gSA bd ued gS] mlns vanj dksbZ oh rÙk ugha gS] mlns ckn vlh ued ns fcuk] phuh ns fcuk] pk; ns fcuk] dkWQh ns fcuk] lqjs ns fcuk ;k dbZ gksj rjhds ns lkse jl ns fcuk vlh jg ugha ldnsA gksj rs dbZ ,sls us tsM+s ,Ydksgy uwa oh cM+h lhek ns fop bLrseky djns usA tsM+s mlns veyh gks tkans us mUgka nk dh g”kj gksank gS] vks vlh lM+dka ns fdukjs ns[k ySans gka ;k vki.ks txr ns fop vxy&cxy utj ekj djds nsf[k;s ?kj ns ?kj] dq.kcs ns dq.kcs rckd gks x;s usA D;ksa\ D;ksafd vks ‘kjkc ns vknh gks x;s] bUgka fo”k;ka ns vknh gks x;sA fdlh us flxjsV ih djds vki.kk ?kj rckg dj ys;k] fdlh us rEckdw [kk djds] fdlh us iku [kk djds] fdlh us ‘kjkc ih djdsA gq.k fopkj djds dksbZ dg ldnk gS fd ‘kjkc nk fdruk [kpkZ gS ;k bd chM+h nk fdruk [kpkZ gS] rs ?kj fdl rjhds uky rckg gks x;k\ lk/k&laxr th] lfrxq: bluwa mins’k fop li”V djns us fopkj djds ns[kks] gq.k bd flxjsV ;k chM+h ihank gS] mlnk vki.kk dksbZ [kpkZ ugha gSA gks ldnk gS gtkj&nks gtkj :Ik;s jkst ns dekank gS] ij chM+h] flxjsV nk fdruk [kpkZ gS] 20&25&50&100 :Ik;s nk [kpZ ySank gSA ‘kjkc nk fdruk [kpkZ gS\ gtkj :Ik;s nk [kpZ djnk gS] vksnh jkst nh dekbZ 10]000 :Ik;s gks ldnh gSA ;kfu fd vks cM+s vPNs rjhds uky ftUnxh uwa th ldnk gSA ij mlns uky ,s lkspks] ftl osys mlus bUgka nk lsou djds vki.ks ‘kjhj nh {kerk xoka ybZ] ‘kjhj uwa jksxh c.kk ys;k] jksx oh dSlk\ dSalj ojxk jksxA dSalj dh gS\ dqN ,sls thok.kq us tsM+s fd growth gksanh gS] vksuwa fdlh oh fØ;k ns uky vlh [kRe ugha dj ldns] ;kfu fd bd fgLls ns fop growth gksanh gS] ml growth uwa vlh ‘kY; fpfdRlk ns uky gVk nsans gka] rs dqN le; ns ckn fQj growth gks tkanh gS] ;kfu fd vks thok.kq ejns ugha us] vlh mUgkauwa ekj ugha ldns] mluwa vlh dSalj nh laKk fnrhA ;kfu fd ml ‘kjkc uwa ih djds] ml flxjsV uwa ih djds mlus dSalj nk jksx yxk ys;kA gq.k ftl osys dSalj nk jksx yx;k] rs gks ldnk gS vks thokRek uwa tokuh fop yx x;k gksos ;kfu fd tokuh rksa igys gh yx x;k gksos ;kfu fd tsM+s cM+s t:jh de lh] vksus vki.ks cPps;ka uwa ikyuk lh] vki.ks ?kj nh] ek¡&fivks nh tsM+h ikyuk djuh lh] txr ns lalkj ns dbZ gksj de djus lh] tsM+s fd Hkqxrku djuk cgqr t:jh lhA mlus csodwQh fop vk ds uknkuh fop vk djds bl rjhds ns [kksVs dje djds ;kfu fd flQZ iSls nk loky ugha gS] vki.kk ‘kjhjh tkek tks gS xoka ys;k] rks mlnk ifjokj tks gS :y x;k] ;kfu fd cPps vPNh f’k{kk izkIr ugha dj lds] D;ksa\ D;ksafd vks de&/ka/kk oh yqV;k x;kA ;kfu fd fdlh gksj uwa] vks ‘kjkc nk vknh lh] de&/ka/kk pyk ugha lh ldnk] vki.ks HkkbZ&cU/kq ;k vkSykn uwa fdlh uwa oh ml txg fcBk;k vkSj vks /ka/ks uwa [kk x;kA ;kfu fd fe= uwa fcBk;k] rs fe= /ka/kk [kk x;k] Hkjk ¼HkkbZ½ uwa fcBk;k] rs Hkjk /ka/kk [kk x;k ;kfu fd mlnk ‘kjhj jksxh gks x;k] vks pksyk NM x;kA gq.k ckn fop lkjk ifjokj fc[kj x;k ;kfu fd dq.kck nk dq.kck rckg gks x;kA ;kfu fd bd flxjsV us] bd ‘kjkc nh cksry us ?kj ns ?kj] dq.kcs ns dq.kcs rckg dj fnrsA ,s flQZ ‘kjhj nh xy ugha gS mlns uky vks ifjokj] lekt ns fop fdruk fiNM+ x;k ;kfu fd vks thokRek oh ijekFkhZ ns jLrs rs py.k rksa ekslwn gks xbZ;kaA D;ksa\ D;ksafd mUgka dksy vks lk/ku ugha jgsA mUgka lk/kuk uwa gkfly djds bl ‘kjhj uwa pyk.kk lh vkSj bl ‘kjhj uwa pyk.k ybZ tsM+s lk/ku pkfgns us] mUgkauwa gkfly dju ybZ vks thokRek gq.k fnu&jkr esgur dj jgh gS ;kfu fd esgur dju ns ckotwn vks pkganh oh gS ijekFkhZ c.kuk] ijekFkhZ ns jLrs rs pyuk] ij py ugha ik jghA D;ksa\ D;ksafd mlnk lkjk le; ml esgur ns fop ;k gksj fo”ks&fodkjka ns fop fudy x;kA ;kfu fd ?kj ns ?kj] dq.kcs ns dq.kcs bl NksVh ts;h oLrq us rckg djds j[k fnrsA

dksbZ lkekftd etewu gS vkSj fdl rjhds ns uky :gkfu;r nk lecU/k j[knk gS] rs lk/k&laxr th] larka us vki.kh ck.kh fop fcYdqy li”V dhrk gSA tsM+h rqd xq: lkgcka us ybZ gS] ,s HkkbZ ejnkuk th nh rqd gSA ck.kh ns fop mUgka ns fru ‘yksd vk;s us] ftUgka ns fop mUgkaus li”V dhrk gSA igyh rqd ns fop mUgkaus bUgka fo”ks&fodkjka nh bl ‘kjkc rksa cp.k ybZ dsgk gS vkSj vxs oh mUgkaus dsgk gS fd fdl rjhds nk Hkkstu] fdl rjhds nh ‘kjkc bl thokRek uwa lsou djuh pkfgnh gS] bluwa lsou djds blnk Qy dh izkIr gksank gS\ ,s thokRek lnk ybZ tks gS vktkn gks tkanh gSA \*\*dfy dyokyh\*\* \*\*dfy^^ bl dy nh rjQ bl dfy;qx nh rjQ mUgkaus HkDr th us tks b’kkjk dhrk gS] vks iw.kZ lfrxqjka ns f’k”; lu] vks ije in mUgkaus izkIr dhrk lhA lkjh ftUnxh mUgkaus vki.kh gLrh xq: ukud lkgc ns pj.kka ns fop fcrkbZ vkSj bd jckch ns :Ik ns fop mUgka nh vkokt oh cM+h feðh lh vkSj cM+s lqUnj :Ik ns fop vks ck.kh xkans lu vkSj mUgka nh mPpkjh gksbZ ck.kh tsM+h gS] vk.k&tk.k okyh laxr vkSj jkgxhjka uwa cM+s vPNs rjhds uky attract djnh lh vkSj bls djds attract dju ybZ xq: lkgcka us dhjru nh iz/kkurk tks gS vki.ks lRlax fop fnrh lhA gq.k vt rd vks iz/kkurk xq: ?kj fop pynh gS] ij lc rksa oìh euer dh gks xbZ gS fd vlh lfrxq: uwa Hkqy x;s gka] ml dhjru uwa gh lPpk dhjru le> djds cSB x;s gka! ck.kh ns fop tks dhjru nh xy dhrh gS] vks fujck.k dhjru nh xy dhrh gSA \*\*fujck.k dhjru djrs dk xkoS\*\* fujck.k dhjru fdRFks gS\ tsM+k fd ikjczge nh ml ijekRek nh lPph vkokt gS] ftluwa vlh gd nh vkokt dgans gkaA vks gd nh vkokt dh gS\ vks ijekRek nk bd xq.k gSA vks xq.k ns fop dh gS\ bd izdk’k oh gS ;kfu fd vks ijekRek uwa vlh feyuk pkgans gka] rs mluwa vlh izdk’k vkSj vkokt ns :Ik ns fop izkIr dj ldns gka vkSj ,s eu] bfUæ;ka nk fo”k; ugha gSA tn rd ,s thokRek eu vkSj bfUæ;ka ns foPpksa fudysxh ugha ;kfu fd thans&th ,s nlosa }kj ugha igq¡pnh ukS }kjka foPpksa fudy djds] ,s lqjr nlosa }kj bdëh ugha gksanhA bl yk;d ugha c.k ldnh fd bl vkokt uwa lq.k lds] ml tksr ns n’kZu dj ldsA D;ksafd ,s tksr vkSj vkokt tks gS] ,sgks ijekRek nk xq.k gS vkSj ml ijekRek uwa vlh bl xq.k djds gh tk.k ldns gkaA mlnk dksbZ jax&:Ik vkSj vkdkj ugha gS] dksbZ js[k ugha gS] exj vks ije psru gS] D;ksafd mlnk tks va’k gS vks psru :Ik fop thokRek gS] vks ije fujey gS] ,s fueZy gS thokRek ;kfu fd fueZy gks djds gh ,s thokRek ml ije fujey uwa tku.k ns dkfcy c.k ldnh gS vkSj mluwa tk.k djds gh ,s thokRek lnk ybZ vkokxeu rksa eqDr gks ldnh gSA ;kfu fd HkDr th us vki.kh ck.kh ns fop dkeq] nh enq tks gS dsgk gSA bl dfy;qx ns fop ,s thokRek tks gS eu nk lax djds bl dke nh en uwa ih jgh gSA iho.kgkjk dkSa.k gS\ euA eu tks gS bl en uwa bl ‘kjkc uwa bl dke ns tfj;s bl txr uwa Hkksx jsgk gSA lk/k&laxr th] \*\*fue[k ?kM+h dke Lokn dkj.k dksfV fnol nq[k ikoSA bd ?kM+h jl ekaMs fQj cgqj cgqj iNrkoSA\*\* ,s thokRek bl v[k ns uky bl txr uwa dke ns :Ik ns fop] dke flQZ bUæh Hkksx nk fo”k; ugha gS] v[kka ns uky oh dke nk Hkksx eu tks djnk gS] vxj bd fue[k ?kM+h ;kfu fd bd iy bd ,slh ?kM+h gS iyd >idns gh [kRe gks tkanh gSA vxj fdlh L=h uwa bl thokRek us dke ns :Ik ns fop vxj mlnk Hkksx dhrk gS] mlnk Hkqxrku dh gS\ 36]000 lky bl thokRek uwa ujdka nk Hkksx Hkksx.kk iSank gSA ujd oh dSlk\ rins [kEHkka nk ujd gS ftlns fop thokRek uwa 36]000 lky rd fpidk;k tkank gSA mUgka nh vx nk dh dg.kk gS] vxj bd oh [kaEHkk bl i`Foh ns ÅIkj vk tk;s] ,s lkjh i`Foh tsM+h gS xksys nk :Ik yS ysxh ;kfu fd ,slh Hk;kud vx bl ri’k ns fop bl lw{ke ‘kjhj ns fop thokRek uwa j[k djds 36]000 lky rd fue[k ?kM+h dke Lokn dkj.k dksfV fnol nq[k ikoSA gq.k fopkj djds ns[kks] HkDr th us ,s b’kkjk dhrk gS fd dke nk] dke ns fop jÙk djds eu tks gS fo”ks&fodkjka nh vx fop] lw{ke rjhds ns uky bl thokRek rs djeka nk ,slk cks> yn jsgk gS] fd vufxur djksM+ka gh tUeka ns fop vufxur ;qxka rd bl thokRek uwa ujdka ns Hkksx Hkksx.ks iSa.kxs] mlnk Hkkxhnkj c.ksxhA ml osys fQj blnh fdlh us ugha lq.kuh ph[k iqdkj fdruh oh djs] dSlh oh cksyh cksys] dSlh oh Hkk”kk cksys] ml osys fdlh us /;ku ugha nsa.kk vkSj vxj mlus uke ys;k gS ;k fpag ns dksy cSBh gS lk/k&laxr th] fQj lfrxq: nh ekSt gS fd ml ujd foPpksa dM.k ;k ugha dM.kA lfrxqjka us dbZ okjh rjl [kk djds bl thokRek uwa ujdka foPpksa dM;k gS vkSj ,s euq[ks tUe fop pksyk fnrk gSA lk/k&laxr th] vxj vks ijekRek izlUu gksank gS] rs dh djnk gS\ dh lk/ku nsank gS\ euq[kk tUe ns nsank gSA euq[ks tUe nh dher bl rksa ?kV ugha gS fd ml ijekRek uwa vlh blh tUe fop fey ldns gkaA dksbZ nsoh&nsork nk :Ik yS djds] LoxkZa cSdqa.Bka ns oklh gks djds vlh pkg djds ml ijekRek uwa izkIr ugha dj ldnsA D;ksa\ D;ksafd mUgka yksdka ns fu;e gu fd vlh vksRFkksa lp[k.M] ikjczge fop ugha tk ldnsA ,s lfrxq: nh rkdr vkSj leFkkZ gS fd fdlh thokRek uwa yS tk.k ;k u yS tk.k] vks dksbZ fojyk dsl gS] ml etewu uwa vlh ,sRFks C;ku ugha dj ldnsA ;kfu fd ftl oh thokRek uwa lp[k.M tk.kk gS] vks euq[ks tUe ns fop gh vk djds tk;sxhA gq.k fopkj djds ns[kks] ijekRek lkMs ÅIkj izlUu gks djds lkuwa euq[kk pksyk ns fnrk] vlh mlnk dh bLrseky dhrk gS! ,s ,slk dje dj ySanh gS tks ckj&ckj tUe.kk&ejuk iSank gSA

,s euq[kk pksyk fdruh eqf’dy uky feynk gS] thokRek uwa pkfgnk gS fd bluwa vjksxh j[ksA ‘kjkc] pk;] rEckdw] dkWQh fdl rjhds ns uky ,s ‘kjhj uwa jksxh c.kkank gSA vlh iw.kZ lfrxq: dksy tk ds mlnk Qk;nk ugha pqd lds] rs ,s thokRek fHk[kkjh c.k ds nj&nj nh Bksdjka [kk jgh gSA

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