

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

* \*\*ifM+ ifM+ iafMr tksrdh okn djfg chpk:A

efr cqf/k Hkoh u cq>gh varj yksHk fodk:A

y[k pmjklhg Hkjens Hkzfe Hkzfe gksb [kqvkjA

iwjc fyf[kvk deko.kk dksb u esVugkjA\*\* ¼3&27½

* \*\*djs djk, vkfi izHkw lHk fdNq frlgh gkFkA\*\*
* \*\*tSlk chtS lks yw.kS dje bgq [ksrA\*\* ¼5&706½
* \*\*ys[k u feVbZ gs l[kh tks fyf[kvk djrkjA\*\*

¼HkkbZ dY;k.kk&jktk gfj lSa.k½

* \*\*lkgk x.kfg u djfg chpk:A lkgs mifj ,dadk:A

ftl xq: feyS lksb fcf/k tk.kSA xqjefr gksb r gqDe iNk.kSA

>wB u cksfy ikaMs lp dgh,sA gmeS tkb lcfn ?k: ygh,sA

Xkf.k xf.k tksrdq dkaMh dhuhA iM+S lq.kkoS rrq u phuhA

lHk lS ÅIkfj xq: lcnq chpk:A gksj dFkuh cnm u lxyh Nk:A

x.kr x.kh,s lglk nq[kq th,sA xqj dh ljf.k ioS lq[kq Fkh,sA\*\*

¼**ikBh ekWa lkfgck**½

tksrdh yQt tks gS blnk nwljk vFkZ gS T;ksfr”kA T;ksfr”k nk dh Hkko gS bl txr ns fop] bluwa xq: lkgc vt li”V djuxs vkSj ftl rjhds ns uky ,s yQt tks gS blnk mYVk vFkZ yS djds ,s thokRek bl txr ns fop dbZ rjhds ns fodkjxzLr deZ xzg.k djds vki.ks vki uwa vkokxeu fop Q¡lk ySanh gS] xq: lkgc ,s lkjs igyw uwa vt li”V djuxsA vxs gksa.k okyh dksbZ oh ?kVuk mlnk vUnkt djuk ;k mlns ckjs fopkj djuh] fd vxs dh gksa.kk gS vkSj mlns ckjs fopkj djds mlns fuokj.k ybZ dqN mik; djus] bluwa T;ksfr”k dsgk tkank gSA bl txr ns fop D;k xjhc] D;k vehj ftrfu;ka oh thokRek bl euq[ks tUe ns fop vkafn;ka gu] ,s lkfj;ka nh;ka lkfj;ka tks gu bl pht uwa tk.kuk pkgafn;ka gu] fd vk.k okyk tks le; gS] vks fdl Hkko uwa yS djds vk jsgk gSA xq: ?kj ns fop larka us vki.kh ok.kh ns tfj;s ,s lkjs igyw uw li”V dhrk gS] fd tks dqN oh vxs gksa.kk gS vks igys rksa gh fuf’pr gSA dksbZ oh thokRek bl euq[ks tUe fop vk djds fdlh oh fØ;k ns }kjk mlnh js[k uwa cny ugha ldnh] tks dqN gksa.kk gS vks fuf’pr gSA ,s thokRek fiNys tUeka ns fop tks dqN oh dj pqdh gS] fdls oh rjhds nh lw{ke ;k LFkwy :Ik fop blus tSlh oh fØ;k dhrh gS mlnk ca/ku nk tks izHkko gS mluwa yS djds bl thokRek uwa tUe fnrk tkank gS vkSj mlh uwa vlh bl tUe fop Hkksx.kk gS vkSj cM+s vPNs rjhds ns uky] I;kj ns uky bl nsg ns ÅIkj Hkksx.kk gS vkSj blh uwa xq: ?kj fop larka us mins’k dg djds blnh oh mikyuk dhrh gS fd blns gqDe ns fop] Hkk.ks ns fop jg djds thokRek us vki.ks ?kj nk de djuk gSA bl pht nh fopkj ugha djuh] fd vxs dh gksa.kk gS! D;ksa\ D;ksafd ,s fuf’pr gSA bl txr ns fop ftruh oh thokRek vkafn;ka us] bUgkauwa 4 o.kkZa ns fop larka us rcnhy dhrk gS] fd fdl rjhds ns uky ,s thokRek tks gS bUgka yksdka ns fop vkanh gS vyx twfu;ka ns fopA tnksa vlh bUgka lkjh phtka ns ÅIkj lw{ke :Ik uky fopkj djkaxs] rs ml rksa lkuwa irk pysxk fd lkjh phtka tsfM+;ka us cgqr igys cM+s lw{ke rjhds ns uky cM+s rduhdh igyw uwa eq[k j[k djds fopkj djds ,s ?kfM+;ka xbZ;ka us vkSj bUgkauwa vlh pkg djds oh cny ugha ldns! ;kfu fd ftrus oh vlh vUnkt yxkans gka] ,s lkjs ns lkjs latksx vkSj fo;ksx ns uky tqM+s gks;s usA la;ksx vkSj fo;ksx nh tsM+h rqd xq: ukud lkgc us mPpkjh gS mlnk dh Hkko gS\ latksx nk Hkko ,s gS tnksa vlh bl txr ns fop fdlh result uwa izkIr djuk pkgans gka] fdlh urhts rs igq¡p.kk pkgans gka] rs cgqr lkjh vlh [kkst djns gka] iz;ksx djns gka dbZa midj.kka uwa yS djds ;k dbZ vkSj oLrqvka uwa bdëk djds tek&?kVk djds mUgka nk result tks gS lkMs lke.ks vkank gS] bluwa vlh latksx dgans gkaA ml osys ftl le; vlh ,s lkjk iz;ksx dj jgs gka] ml oDr bd result tks fudynk gS ;kfu fd cgqr lkjh fØ;k dju ns ckn bdks ts;k gh Hkko lkMs lke.ks vkank gS vkSj bdks Hkko uwa vlh eq[k j[k djds dkuwu nh laKk nsans gka ;k fu;e dg nsans gka] fd ,s fu;e tks gS bl rjhds ns uky bl txr ns fop py jsgk gS vkSj blh uwa vlh latksx nh laKk xqjck.kh ns fop dgans gkaA vkSj fo;ksx dh gS\ dqN le; ns ckn vlh ns[kns gka] fd tsM+s fu;e vlh c.kk;s us] tsM+h fopkj/kkjk vlh bl txr ns fop izpfyr dhrh gS] dqN le; ns ckn mlns fop vHkko utj vkank gSA vHkko nk Hkko gS] fd mlns fop cnyko t:jh gSA tks result vlh dM;k lh] ftl urhts rs vlh igq¡ps lh] vks urhtk tks gS cny jsgk gS cM+s lw{ke rjhds ns uky] cM+s vkfgLrs ns ukyA ;kfu fd bl i`Foh uwa vxj vlh /;ku djds nsf[k;s] rs i`Foh tks gS vki.ks /kqjs rs ?kqe jgh gS] 24 ?kaVs ns fop bd pDdj yxk ySanh gS] vkSj pDdj yxkanh gS bl lw{ke rjhds ns uky] fd vlh bl ÅIkj fdruh [kqnkbZ djns gka] fdruh ofì;ka&2 fcYfMxka c.kkans gka ;k fdrus gh rjhds ns gksj midj.k blns mÙks fLFkj djns gka] mlns ckotwn ,s lkfj;ka phtka fLFkj jgafn;ka us] fd lkuwa ,s Hkko ugha gksank] fd ,s i`Foh tks gS fgy jgh gS] vki.ks /kqjs rs ?kqe jgh gSA vxj vlh lw{ke rjhds ns uky] nwjchu ns uky fopkj djds nsf[k;s] rs pUn uwa nsf[k;s] lwjt uwa nsf[k;s] rs cM+s vkfgLrs ns uky vks vki.kh txg rksa fgy jgs us] vki.kh txg ns ÅIkj pDdj oh yxk jgs usA bl czkãe.M ns ÅIkj ftruh oh oLrqvka vlh ns[kns gka] ,s lkfj;ka nh lkfj;ka vki.kh txg rs fLFkj ugha us] lkfj;ka nh lkfj;ka bd&nwts ns uky caf/k;ka gksbZ;ka vki.ks /kqjs rs oh ?kqefn;ka us vkSj bd&nwljs nk pDdj oh yxkafn;ka usA bls rjhds ns uky ,s lkjh l`f”V tks gS cny.k nk :Ik yS djds cny jgh gS] brus lw{ke rjhds ns uky fd vlh vankt ugha yxk ldnsA mls rjhds ns uky bl l`f”V ns fop ftruh oh oLrqvka uwa vlh eq[k j[k djds vlh iz;ksx djns gka] ,s lkjs iz;ksxka ns urhts oh vki.ks vki cny jgs usA iqjk.ks le; ns fop vlh dh ns[kns gka] fd bd chekjh nk bykt vlh \*\*iSUlfyu\*\* ns :Ik fop izxV dhrkA iSUlfyu ftl oDr iz;ksx ns fop fy;kbZ xbZ] ml osys mluwa vlh jkeck.k nh laKk ns ldns gkaA vxj vlh ml eq[; jksx ns uky bl nokbZ nk bLrseky djns lh] vks jksx tks gS tM+ rksa gh [kRe gks tkank lhA dqN le; ns ckn vt vlh ns[kns gka] fd ml jkeck.k nokbZ uwa bLrseky dju rksa igys lkuwa fopkj djuk iSank gS] lksp.kk iSank gS fd bl nokbZ nk bLrseky vlh dfj;s ;k u dfj;s vkSj vxj dju nk vlh QSlyk dj gh ySans gka] rs iz;ksx rs fyvk.k rksa igyka gh vlh mlns ÅIkj bd test dose yxkans gka] fd dns blns mÙks reaction u dj tkos! lkuwa ml nok ns ÅIkj vt ;dhu ugha gS] dqN le; igys bruk iDdk ;dhu lh] fd v[k can djds vlh iSUlfyu tks bLrseky fop yS vkans lkaA le; us tks gS ml pht uwa] ml urhts uwa] ml iz;ksx uwa cny fnrk! mlh ns uky vlh ns[kns gka] vlh tks fu;e ;k dkuwu bl txr ns fop c.kkans gka] vks lkjs ns lkjs tks us vki.kh txg rksa fgy jgs us] cny jgs us] mUgka ns fop cnyko vk jsgk gSA D;ksa\ D;ksafd lkjh l`f”V tks gS uk’koku gS] vki.kh txg rs fLFkj ugha gS] cny jgh gS vkSj bl l`f”V ns fop ftruh oLrqvka tM+&psru ;k leca/k :Ik ns fop lkMs lke.ks mtkxj gksafn;ka us] vxj thokRek euq[ks tUe ns fop vk djds bl fu;e nk ikyu dju yx tkanh gS tM+&psru oLrqvka ns uky leca/k c.kkanh gS] mUgka ns uky izhr djnh gS] vks oh tks gS uk’koku gksa.k djds mlh nh rjQ mlnk >qdko gks tkank gS vkSj mlnh rjQ >qd.k ns uky mlnk urhtk dh gksank gS\ ,s thokRek oh vki.ks vki ns fop vks ugha gS] tks fd ,s le> jgh gS! thokRek ftl lwV ns fop tkanh gS] mlh ns fop tk djds vki.ks vki uwa mlh nk :Ik le>.k yx tkanh gSA euq[ks tUe fop vkbZ] rs vki.ks vki uwa ‘kjhj gh le>.k yx xbZ! cqf) rRo gksa.k ns ckotwn mluwa blnh lks>h ugha vkbZ] fd eSa dqN gksj gka vkSj ‘jhj dqN gksj gSA ‘kjhj u”Voj gS] bl txr rksa lkuwa fey;k gS vki.ks ?kj nk de dju okLrs vkSj bl txr ns fop gh lkuwa NM ds tk.kk Ik;sxkA tnksa rd ,s ‘kjhj lkuwa fey;k gS] lkuwa vki.ks ?kj nk de dj ySa.kk gSA v[k can gksa.k rksa igys tsM+h thokRek us vki.ks ?kj nk de dj ys;k] vks dj ys;k] v[k can gksa.k ns ckn vks vki.ks ?kj nk de ugha dj ldnkA ,s fopkj dju okyh xy gS] thokRek tks gS Hkzeh gksbZ gS] mluwa bl pht nk irk ugha] bl pht nk [;ky ugha] bl pht nh mluwa lks>h ugha] fd bl tUe ns fop vk djds mluwa dh djuk pkfgnk gS! tM+ oLrqvka nh rjQ mlnk >qdko gksank gS] D;ksa] ,s lkfj;ka tks gu bd rs vki.kh txg fLFkj ugha us vkSj ml rksa ckn ,s attract djfn;ka us thokRek uwaA D;ksa\ D;ksafd mlns fiNs mUgka ns dqN u dqN Lokn] dqN u dqN y{k.k ,sls us tsM+s fd bl thokRek uwa attract djns us vkSj ,s thokRek tks gj tUe ns fop bls rjhds ns uky bl vkd”kZ.k nh rjQ >qdko gksa.k djds tM+&psru ns uky fey djds ftl rjhds nh fØ;k djh tkanh gS] mlh fØ;k ns uky mlnk ca/ku nk izHkko tks gS f=dqVh ns fop tek gksank gS vkSj ,s ftruh oh fØ;k djnh gS] ftl oh dkeuk uwa eq[k j[k djds djnh gS] oSlh izfrfØ;k tks gS effect ns :Ik ns fop tks gS tek gksank jgank gS] mlh ns uky tks gS 3 xq.kka nh tks jpuk gSA ftl rjhds nh dkeuk dhrh gS mls rjhds nk xq.k tks gS ml effect ns fop tqM+nk gS vkSj mlh effect ] mlh xq.k uwa yS djds thokRek tks gS bl txr ns fop 4 Jsf.k;ka ns fop tUe ySanh gSA vksns fop vxj lrks xq.k nh iz/kkurk gks;sxh] rks mluwa tks gS euq[ks tUe ns fop tUe fnrk tk;sxk vkSj mlns ckn jtks nh gS ;k reksa nh iz/kkurk jgsxh] rs mluwa fupyh Jsf.k;ka ns fop ;k euq[kh Js.kh fop oh vks vxj vk;sxk] rs vksns fop jktlh tUe ;k vkjlh xq.k nh iz/kkurk gksa.k djds mlnk >qdko tks gS tM+&oLrqvka nh rjQ T;knk jgsxkA bl txr ns fop fo”ks&fodkj ns Lokn gu] eu ns fodkj] mUgka nh rjQ mlnk >qdko jgsxkA bls rjhds ns uky ,s 4 Jsf.k;ka tsfM+;ka us bUgkauwa larka us tks rcnhy dhrk gS] igyh Js.kh tks gS mUgkaus \*\*tsjt\*\* nh fnrh gS] nwljh \*\*vaMt\*\* nh fnrh gS] rhljh \*\*mrHkt\*\* nh fnrh gS] pkSFkh tks \*\*lsrt\*\* nh fnrh gSA bUgka 4 rjhds;ka ns uky bl thokRek uwa tks gS bUgka yksdka ns fop vyx&vyx lwVka ns fop tUe fnrk tkank gSA \*\*tsjt\*\* nk Hkko gS f>Yyh ns fopA f>Yyh ns fop fyiV djds thokRek tks gS bd pksys uwa yS djds] bd lwV uwa ik djds tUe ySanh gS vkSj T;knkrj f>fYy;ka tsfM+;ka us Lru/kkfj;ka ns fop] nq/k ih.k okys cPps us lh/ks tUe ySans usA nwljh Js.kh gS \*\*v.Ms;ka\*\* nh Js.kh gSA va.Ms;ka ns foPpksa thokRek tks gS tUe ySanh gSA ml rksa ckn tks gS o”kkZ nk ik.kh i`Foh uky fey djds gok ns tfj;s mRifÙk gksanh gSA ml rksa ckn \*\*lsrt\*\* tks gS mluwa dgans us laosnukA laosnuk nk Hkko gS] fd ftl rjhds ns uky laosfnr xzafFk;ka tks gS vki.ks eq¡g ns foPpksa L=ko mRiUu djfn;ka us] bluwa vlh laosnuk nk L=ko tks gS dgans gkaA blh rjhds ns uky dqN thokRek tks gS blh <ax uky tUe ySafn;ka usA bl pht uwa vxj vlh ns[k.kk pkgans gka laosnuk uwa] rs fNidyh ns fop ;k esa<d ns fop vlh cM+s vPNs rjhds ns uky ns[k ldns gkaA blns fop ilhus ns tfj;s tks gS sperm ftluwa vlh dgans gka vks pass gksans us eknk ns fop vkSj thokRek nh mRifÙk gksanh gSA bl rjhds ns uky ,s 4 o.kZ&Jsf.k;ka ns fop ftl oh xq.k nh iz/kkurk gksanh gS vkSj xq.k nh iz/kkurk feynh gS thokRek uwa fiNys tUeka fop dhrh xbZ fØ;k ns fopA fiNys tUeka ns fop ftl oh dkeuk ;k LokFkZ uwa eq[k j[k djds dhrh lh] mlh ns xq.k ns izHkko uwa yS djds o`fr ns tfj;s ,s 4 Jsf.k;ka ns fop bl thokRek uwa tUe fnrk tkank gS vkSj ,s pkjksa nh;ka pkjksa Jsf.k;ka tsfM+;ka us tUe ySa.k okfy;ka] ,s cM+s gh lw{ke rjhds ns uky ,s gok tks gS o:.k nsork ftluwa dsgk tkank gS] mlns v/khu usA ck.kh ns fop oh dsgk x;k gS \*\*io.k xq: ik.kh firk ekrk /kjfr egrq\*\* blnk dh Hkko gS] ,sns fop xq: tks gS gok uwa dsgk x;k gS] ekrk tks gS /kjrh uwa] firk uwa tks gS ik.kh nh laKk fnrh xbZ gSA ,s pkjksa nh;ka pkjksa Jsf.k;ka tsfM+;ka us bUgka nk ewyHkwr vk/kkj tsM+k gS ,s fruksa oLrqvka us vkSj ,s fruksa oLrqvka ns fop gh flQZ gok tks gS gok eq[; :Ik ns fop bl lkjh l`f”V ns fop de dj jgh gSA tnksa thokRek tks gS bl pksys ns foPpksa fudynh gS] nlosa }kj ns fop fleV djds fudy.k nh dksf’k’k djnh gS] ml oDr dh gksank gS] ml oDr cqf) tks gS bl rksa fiNs jganh gS] ftl osys lkjs tUeka ns fop blnh dhrh xbZ fØ;k nk fupksM+ gS] vks fupM+ djds lke.ks vkank gS] blh djds xq: lkgc lkjh mez tks Hktu canxh djokans us] mlnk cM+k lw{ke igyw gS vkSj cM+k gh uktqd leca/k j[knk gSA mlnk bdks gh Hkko gS] fd vkf[kjh le; ns fop ftl osys fupM+ djds vks fjt+YV lke.ks vk.kk gS vkSj lkfRod izHkko ¼jos½ jgsA lkfRod nk Hkko ,s gS fd lrks xq.k nh iz/kkurkA vxj thokRek us iwjs tUe ns fop ml izHkq ns uky tqM+ djds vki.ks lfrxq: ns v/khu jg djds mlnk [;ky j[k djds dksbZ deZ dhrk] dksbZ fØ;k dhrh gS] rs vkf[kjh VkbZe ns fop blh xq.k nk izHkko jgsxk lrks nkA vkSj thokRek ns mÙks cqf) tnksa Nìh tk;sxh] blh xq.k ns v/khu vks thokRek tks gS [;ky djsxh vkSj blh xq.k ns vk/kkj ns ÅIkj vks o:.k nsork tks gS mluwa vkdk’k ns :Ik ns fop /kkj.k djuxsA lc rksa igys thokRek vkdk’k ns fop ?kqenh gS] ml rksa ckn bluwa o:.k nsork tks gS /kkj.k djns us] lrksa xq.k ns fop vxj izHkkfor gks;sxh vks thokRek vkSj mlh xq.k ns vk/kkj ns ÅIkj vks gok tks gS mluwa mlh txg yS djds tk;sxh ftl txg mlnk tUe gksa.kk t:jh gSA ftruh oh thokRek tUe ySafn;ka us] ,s lkfj;ka nh;ka lkfj;ka blh fØ;k ns foPpksa gks djds tkafn;ka usA bl rksa ,s nks Hkko li”V gksans us] igyk Hkko rs ,s gS tsM+h thokRek] lkuwa tks Hktu canxh fnrh tkanh gS blnk vkf[kjh ?kM+h ns ÅIkj cgqr oìk vkSj uktqd effect gSA vxj vlh lkjh ftUnxh Hktu] Hktu nk dh Hkko gS\ Hktu nk ,s Hkko ugha gS] fd vlh v[k can djds dqN yQtka uwa nksgjk jgs gka] ,s ,snk ekSf[kd vFkZ cM+k v/kwjk vFkZ gS vkSj bl rksa oh fo’kky vkSj iw.kZ vFkZ dh gS\ fd Hktu nk Hkko ,s gS] fd vlh ml ijekRek uwa feyuk pkgansa gkaA lkMh thokRek ns fop bd rM+Q gksa.kh pkfgnh] bd I;kl gksa.kh pkfgnh ml ewy ns fop lek.k nh] ml ijekRek uwa fey.k nhA vxj lkMs vUnj vks I;kl gks;sxh] vks rM+Q gks;sxh] rs ,s gh lc rksa oìk ti gS] bl rksa mÙks dksbZ oh ti ugha gS vkSj blnk izHkko dh gks;sxk] fd lrksa xq.k nh iz/kkurk lkMs vUnj izxV gksanh tk;sxh] jtks vkSj reksa xq.k nh tks gS vks ncs tk.kxsA gkSys&2 dh gks;sxk] fcYdqy gh viaxrk nk :Ik yS ySa.kxsA fdl rjhds ns uky\ vlh ns[kns gka fd lkuwa ‘kjhj ns lkjs vax feys us] vxj vlh bd vax uwa bLrseky djuk NM nsbZ;s] rs dqN le; ns ckn vlh dh ns[kns gka] fd ml vax ns fop tks [kwu nh /kkjk izokfgr gksanh gS vksnk izHkko ¼effect½ tks gS [kRe gks tkank gS ;kfu fd ml ikls vks [kwu nkSjk ugha djnk vkSj tnksa [kwu nkSjk ugha djnk] rs vks vax de dj gh ugha ldnk ;kfu fd vlh dqN nsj rd viax gks tkans gka vkSj ftl vax uwa vlh bLrseky djns gka bl txr ns fop] ftrus T;knk rjhds ns bLrseky djns gka] vks vax mruk gh T;knk QSynk gS] izQqfYyr gksank gSA fopkj djds nsf[k;s] tks fcYMjl us] vki.ks ‘kjhj uwa fodkl djns us] fdl rjhds ns uky tnksa thokRek tUe ySanh gS] fdl rjg v/kwjsiu ns fop gksanh gS] ij fdl rjhds ns uky ekrk nk nq/k yS djds ;k gksj dbZ rjhds nh exercise ;k fØ;k djk djds vks thokRek ftl osys vki.ks vki uwa fcYMjl ns :Ik ns fop bl txr ns fop izxV djnh gS] rs lk/k&laxr th] vlh gSjku gh gks tkans gka] fd ‘kjhj nk ,s Lo:Ik oh gks ldnk gS! rs vksns fiNs dsM+k Hkko lh\ ;kfu fd vks vki.ks ‘kjhj nk fodkl djuk pkgank lh] vki.kh isf’k;ka uwa iq”V djuk pkgank lhA mlus bd [;ky c.kk ys;k] bd dkeuk dhrh] bd fu’p; dj ys;k] fu’p; ns ÅIkj vki.kh gLrh uwa feVk fnrkA ;kfu fd fu’p; djds mlus bl txr nh lkjh fØ;k djds vki.ks ‘kjhj uwa iq”V c.kk djds ftl rjhds ns uky txr ns lke.ks izxV dhrk] lkjk txr gh gSjku jg x;kA mls rjhds ns uky vlh lkjs oh ,s fu’p; dj ybZ;s] fd vlh vki.ks ijekRek uwa feyuk pkgans gka] rs tsM+h thokRek lfn;ka rksa gS tks nch cSBh gS] vki.ks vki nh lkjh rkdr leFkkZ tks gS [;ky ns :Ik ns fop eu uwa ns djds cSBh gS vkSj eu ns uky Lokn yxk djds mlnh xqyke c.kh cSBh gS vkSj tM+ vkSj psru nh xaM tsM+h gS bl txr ns fop vlh pkg djds oh ugha [kksy ldnsA vxj vlh fu’p; dj ybZ;s] fd vlh ewy ns fop lek.kk pkgans gka] bl thokRek uwa tks gS iq”V cuk.kk pkgans gka] rs lk/k&laxr th] bl txr ns fop fopkj djds ns[kks] ftrus oh lar gSxs] vks bd rjhds ns uky iq”V :gka us vki.kk fodkl dhrk] mUgkaus vki.kh vkRek uwa ml txg yS tk djds fcBk;k] ftl txg ijekRek ekStwn gS] xq: ijekRek vkSj mUgka ns fop dksbZ fHkUu&Hksn gh u jg x;k] lkjs ns lkjs fey djds bd :Ik gks x;s vkSj mUgka ns ml :Ik uwa ns[k djds vlh gSjku gks tkans gka] vk’p;Z djns gka] mUgkauwa egku dg.k yx tkans gkaA lk/k&laxr th] dksbZ ‘kd ugha vks brus egku us] mUgka nh egkurk rd vlh igq¡p gh ugha ldns! rs mlnk Hkko dh gS] fd vxj ml ijekRek us bd ,slk xq.k] bd ,slk character tks gS izxV dhrk gS] tkfgj dhrk gS fdlh nsg ns vUnj] rs mlnk dqN u dqN vFkZ t:j gks;sxk] dqN u dqN mlnk eryc t:j gks;sxkA mUgka nh;ka rLohjka yxk.k nk eryc ugha] mUgkauwa egku dg nsa.k ns uky vks vFkZ tks gS iwjk ugha gks tkankA mlnk vlyh Hkko ml ijekRek nk dh lh] fd rqlh oh ,slk gh vkpj.k djks! rqlh oh vki.kh vkRek uwa mls rjhds ns uky iq”V c.kkvks] ftl rjhds ns uky iq”V gks djds vks lar ijekRek nk gh :Ik gks x;s usA vlh dh djns gka] vlh mUgkauwa bruk egku dj nsans gka] bruk iq”V dj nsans gka] fd mUgka ns vkSj vki.ks fop bd bruh oìh [kkbZ c.kk nsans gka] fd vks [kkbZ fo’kky leqaæ nk :Ik yS ySanh gS vkSj vlh pkg djds oh ml leqaæ uwa ikj ugha dj ldnsA vlh bdks gh xy dgans gka] vks rs brus egku us] vks rs brus xq.koku us] vlh mUgka xq.kka uwa gkfly gh ugha dj ldns] mUgka nk eqdkcyk dj gh ugha ldns! ,s tsM+s vFkZ us fcYdqy v/kwjs us] dksbZ ‘kd ugha] vlh vki.ks vUnj gkSes ugha fy;k.kh] mUgka ns uky rqyuk ugha djuh] mUgka nk eqdkcyk ugha djuk] ij mUgka nk tks character gS] vks lkjk nk lkjk bd&bd djds vki.ks vUnjksa mtkxj djuk gSA mls rjhds ns uky bd fcYMj us ftl rjg vki.ks ‘kjhj nh lkfj;ka isf’k;ka uwa gS iq”V dhrk gS vkSj dh gksank gS vks ‘kh’ks ns lke.ks ckj&ckj tk djds [kyksank gSA fdl okLrs [kyksank gS\ vks flQZ bl okLrs [kyksank gS fd dksbZ ,slk vax dksbZ ,slh detksj u jg tk;s] fd dy vxj eSuwa LVst rs vxj izn’kZu djuk Ikos] rs eSuwa tks gS xksYM eSMy nh txg dksbZ dkals nk eSMy u fey tk;s ;k eSa ml izfr;ksfxrk foPpksa ckgj gh u dM fnrk tkokaA flQZ blh pht uwa] mlh Mj uwa eq[k j[k djds vks fnu&jkr vki.kk [;ky bdëk djnk gS] fnu&jkr uoha nh uoha fof/k bLrseky djnk gS] flQZ bl okLrs fd esjh gj is’kh tks gS iq”V gks tk;sA bl mnkgj.k rksa ,s gh Hkko fudynk gS] fd lkMk oh QtZ c.knk gS fd vlh ftrus oh larka nh ck.kh lq.kns gka] mUgka nh ck.kh uwa i<+ns gka] mUgka nh;ka rLohjka vki.ks ?kjka fop yxkans gka] rLohjka yxk.kk dksbZ xqukg ugha gS] mUgka ns uky lkuwa mUgka ns vkdkj ;kn vkans us] mUgka ns uky bd izse iSnk gksank gS] fd fdl rjhds ns uky bd attract dju okyh oLrq lkuwa pkfgnh gSA bd fpUg ns :Ik ns fop vxj vlh vksuwa bLrseky djns gka] rs vks fpUg rd nh xy rs Bhd gS] vxj vlh flQZ fpUg rd gh jg tkokaxs] rs lk/k&laxr th] vlh vki.kh thokRek nk fodkl ugha dj ldns] mluwa iq”V ugha dj ldns] mluwa jks’ku ugha dj ldnsA vks jks’kuh tsM+h fd vks eu nh laxr fop xoka cSBh gS] vks jks’kuh vlh bl eu ns dksyksa okil ySa.kh gSA D;ksa\ bl eu us vks lkjh jks’kuh tks gS bl lkjs txr ns fop QSyk fnrh gS vkSj ,s lkjs txr ns foPpksa bd&bd djds ,s lkjh jks’kuh bdëh ugha djkaxs] rn rd.k ,s thokRek vki.ks ml tgwaM+ ns fop ugha vk ldnh] vks jks’ku ugha gks ldnh vkSj tn rd.k ,s jks’ku ugha gks ldnh] rn rd.k vki.ks vki uwa tku.k ns dkfcy ugha gks ldnh vkSj vki.ks vki uwa ,s nhnkj ugha dj ldnh] rs ml czge nk] ml ijekRek nk] ml vdky iq:[k nk] mluwa fey.k ns dkfcy fdl rjhds uky gks ldnh gS\ flQZ xYyka ns uky] ikSfFk;ka i<+u ns uky ;k larka nh ekSf[kd Vsd ySa.k ns ckn ,s jks’kuh vlh dns oh gkfly ugha dj ldnsA vlh vxj ,s lkjs;ka uwa fpUg ns :Ik fop lke.ks j[k djds] bd vkn’kZ :Ik ns fop mUgka nh fnrh gksbZ f’k{kk ns ÅIkj ikyuk djkaxs] mUgka ns gqDe ns ÅIkj vlh vki.kh gLrh feVkokaxs] rs t:jh xy gS] vlh vks vki.kh [kksbZ gksbZ jks’kuh tsM+h gS tks vlh vt rd lfn;ka rksa izkIr ugha dj lds] t:jh xy gS bl tUe ns fop vlh t:j izkIr dj yokaxsA rs ,s tks tUe gksank gS euq[ks tUe fop ,s lrks xq.k nh iz/kkurk yS djds cM+k dherh tUe gS] ,s lrksa xq.k nh iz/kkurk dbZ djksM+ tUe yxns us] rn tk djds ,s xq.k tks gS lkuwa bdëk gks djds feynk gSA ,s dksbZ er tk.ks] fd vxj vlh v[k can dj yokaxs] rs ml rksa ckn lkuwa fQj ,s gh tUe gks tk;sxk! bd LVwMsaV gS] vks LVwMsaV vki.ks fdl rjhds ns uky vlh ns[kns gka] fd tnksa vks bfErgku nsa.k tkank gS] 2 ?kaVs nk] 3 ?kaVs nk bfErgku gS] isij nsa.k okLrs cSBk gSA ftl oDr LVwMsaV tks gS MSLd rs tk djds cSB tkank gS] ml oDr lkjs gh mlns v/khu gksans us gkykafd Vhpj tks gS] Vhpj ns v/khu lkjs us] ftl oDr e;kZnk ns fop bd LVwMsaV isij nsa.k vkank gS] ml oDr vks vxj dksbZ eax djnk gS] rs ml oDr vks Vhpj tsM+k gS mlnh eax uwa oh iwjk djnk gSA D;ksa\ D;ksafd vks bd bfErgku uwa nsa.k okLrs vk;k gSA ml oDr 2 ;k fru ?kaVs nk tks le; fuf’pr dhrk tkank gS] ml 2&3 ?kaVs nk vks LVwMsaV tks gS ekfyd gS] ckn’kkg gS! ;kfu fd mluwa bd dksjh ‘khV fnrh tkanh gS] fdl okLrs\ fd tks dqN oh vks pkgs fy[k ldnk gS ;kfu fd tsM+k Vhpj us loky dhrk gS] mlnk tokc fy[k.kk pkgs] rs vks mlnh ethZ gS] vxj mlnh txg vks fdlh fQYe nh LVksjh fy[k.kk pkgs] rs ,s oh mlnh ekSt ;k jtk gS vkSj vxj [kkyh ‘khV lke.ks j[k djds vxy&cxy ns MsLdka rs >k¡d.kk pkgs] rs ,s oh mlnh vki.kh ekSt gSA 2&3 ?kaVs ns le; nk vks ckn’kkg gS ;kfu fd ml 2&3 ?kaVs ns fop vks tks pkgs dj ldnk gS] pkgs vks lrksa xq.k uwa bdëk djs] pkgs vks jtks xq.k uwa bdëk djs] pkgs reksa xq.k uwa bdëk djsA mls rjhds ns uky ftl rjhds nk LVwMsaV us QSlyk dhrk gS] ftl rjhds nh mlus i<+kbZ dhrh gks;sxh] rs t:jh xy gS Vhpj ns loky nk tokc oh fy[ksxkA vxj mlnk [;ky fo”ks&fodkjka fop txr ns fop Hkze.k dj jsgk gS] rs vks fQj lk/k&laxr th flQZ LVksfj;ka gh fy[ksxk! vkSj ftlus nksuka foPpksa dqN oh ugha dhrk] cqf) nk bLrseky gh ugha dhrk] tM+ ns fop vk;k] tM+ ns fop gh je;k x;k] rs mlus fQj isij [kkyh gh NM nsa.kk gS] cxyka gh >k¡dnk jg tk.kk gSA rs gq.k fopkj dj yks] fruksa gh QSlyk dju okys fru xq.k us] fd Vhpj us QSlyk fdl rjg djuk gSA ftl rjhds ns uky mluwa iwjh NwV fnrh lh 3 ?kaVs nh] ml 3 ?kaVs ns fop ftl osys bell ot tkanh gS u] bell ot.k ns ckn ml osys LVwMsaV dqN ugha dj ldnk] ml oDr vks xqyke gks tkank gSA xqyke dh gksank gS] vks fcYdqy viax gks tkank gS ml osys bdks gh warning fnrh tkanh gS] fd vxj rqlh iSu pykvksxs] rs ,s rqgkMh ‘khV tks gS] ,s CySd dj fnrh tk;sxh ;kfu fd CySd ekdZ ;k jSM ekdZ dj fnrk tk;sxkA rqgkuwa nqckjka rksa isij ns fop nkf[ky gksa.kk Ik;sxk] ,s isij rqgkMk cancel gks tk;sxkA bruk oìk QSlyk Vhpj dj ldnk gS] rs mluwa isij nsa.k rksa gh csn[ky dj nsank gSA bl rksa QSlyk dj yks] ,s tks euq[kk tUe fey;k gS] ,s lkjk v[k [kqys nk QSlyk gS] v[k can gksa.k nk QSlyk ugha gSA v[k can gksa.k nk ,s Hkko le> yks] fd lkuwa bd fuf’pr lhek rd le; fey;k gS] ftruh Loklka nh iwath feyh gS] ,s vdky iq:[k us djeka ns vuqlkj lkuwa fnrh gS vkSj tn rd.k ,s iwath lkMs vUnj ekStwn gS lk/k&laxr th] vlh ckn’kkg oka! bl txr ns fop ftl rjhds nk pkfg,s xq.k bdëk dj ldns gka] pkgs tM+&psru oLrqvka bdfë;ka dj ybZ;s] pkgs fo”ks&fodkjka ns fop Q¡ls jfg;s ;k ml psru Lo:Ik ijekRek ns feyu ybZ ,slh fØ;k dfj;s] fd vki.ks lrksa xq.k nh iz/kkurk bruh izcy dj ybZ;s] fd ckdh ns tsM+s nks xq.k us] ,s fcYdqy viax gks tk.k] brus U;wu gks tk.k fd mUgka nh dksbZ gLrh gh u jgs! ij bd xy ;kn j[k.kk] tn rd.k lrksa xq.k iw.kZ :Ik fop izxV ugha gks;sxk] tn rd.k ,snk tgwj iwjk ugha gks;sxk] rn rd.k ,s thokRek tks gS ijekRek ns feyu ns dkfcy ugha gks ldnhA blh djds vlh ns[kns gka] euq[ks tUe ns fop vk djds oh ftluwa fd dsgk tkank gS euq[kk tUe l`f”V nk fljeksj gS] 84 y[k tkes;ka fop lc rksa mÙke tkek gS mlns ckn oh vlh ns[kns gka fd cgqr lkfj;ka thokRek cgqr lkfj;ka dh] vlh ,s ns[kns gka rdjhcu lkjh;ka nh lkfj;ka thokRek dksbZ fojys;ka foPpksa fojyh bd v/kh thokRek uwa NksM+ djds lkfj;ka nh;ka lkfj;ka fupyh Jsf.k;ka fop ;k nqckjk rksa tUe vkSj ej.k ns bls euq[ks tUe fop vkafn;ka usaA rs mlnk flQZ bdks gh Hkko gS] fd vlh vks lrksa xq.k uwa bdëk ugha dj lds! ,slh fØ;k ugha dj lds tsM+h fd lfrxq: us mins’k ;k gqDe dhrk lhA vlh bl lalkj ns fop ti.k okLrs vk;s gka] ti.kk fdl rjhds ns uky gS\ lrksa xq.k nh iz/kkurk uwa eq[k j[k.kk gS vkSj lrksa xq.k dsns vUnj izxV gS\ vks ijekRek tks gS lrksa xq.k nk vk/kkj gS] ij vlh ml ijekRek uwa ns[k;k ugha ij vlh mluwa feyuk pkgans gka] rs mluwa fey.k ybZ lkuwa bd rM+Q nh t:jr gSA vks rM+Q fdl rjhds uky izxV gks;sxh\ fdl rjhds ns uky tkfgj gks;sxh\ fdl rjhds ns uky dksbZ ,slh oLrq pkfgnh gS ftluwa ns[k djds ,s thokRek mlnh rjQ attract gksosA ftl rjhds ns uky vlh bd dkj uwa ns[k djds ,s thokRek mlnh rjQ attract gksanh gS vkSj attract gksa.k ns ckn gh ml rjhds nh fØ;k uwa viukanh gS eu nh laxr djds] fd dqN /ku&nkSyr bdëh dhrh tk;s] fd ,s dkj vlh [kjhnuh gSA mls rjhds ns uky tM+ oLrqvka ftrfu;ka oh bl txr ns fop ekStwn us] bls rjhds ns uky thokRek uwa attract djds eu ns jkgh tks gS bl txr ns fop [kty dj nsans usA mls rjhds ns uky lrksa xq.k uwa bdëk dju okLrs lkuwa oh lk/k&laxr th] bd oLrq pkfgnh gSA tn rd.k lkuwa vks ije psru nk va’k bl txr fop izxV :Ik fop fey ugha tkank] vks oLrq fey ugha tkanh] rn rd.k vlh bUgka tM+ oLrqvka ;kfu fd bUgka xzaFkka uwa i<+ns gka] rLohjka nh;ka iwtk djns gka] bd lhek rd ,s fpUg nk de djfn;ka us] vxj vksns fiNs vlh ok.kh rs vey djuk pkgans gka] djuk ‘kq: dj nsbZ;s] rs lrksa xq.k nh iz/kkurk bdëh gksa.k ns uky&2 bl thokRek uwa lks>h oh vk.k yx tkanh gSA iqjk.ks le; ns fop cgqr lkjs mnkgj.k ekStwn us larka ns] ftUgka nh ftUnxh fop ns[kns gka vlh] fd mUgkaus lrksa xq.k uwa bdëk djds ml oLrq psru Lo:Ik ns u gksa.k ns ckotwn oh varj ns fop izos’k dhrk] f=dqVh rd vks pys x;s] iw.kZ vks oLrq psru Lo:Ik izxV u gksa.k djds] mlnh Vsd u ySa.k djds vks thokRek tks gS vksRFks Bx ybZ;ka xbZ;kaA gq.k bl txr ns fop lkMk oh ,s QSlyk ;k QtZ gksa.kk pkfgnk gS] tn lfrxqjka us ,s lp[k.M nh ok.kh izxV dj fnrh] lfrxqjka us ,s Hksn uwa izxV dj fnrk] fd oLrq tsM+h ije psru nk va’k izxV :Ik fop gksa.kh pkfgnh gS] rs lkMk oh QtZ c.knk gS] fd vlh ml oLrq nh izxV :Ik fop Hkkyuk dfj;s] fd fdl txg vks ekStwn gS vkSj dh mins’k djnh gS] fdl rjhds ns uky vlh ml ewy uwa ijekRek uwa izkIr dj ldns gka! vks ije psru oLrq tks gS mlnk uke gS iw.kZ lfrxq:! iw.kZ lfrxq: nh Hkkyuk djuh] bl txr ns fop mUgka nh ryk’k djuhA dksbZ oh vUuk ¼vU/kk½ v[kka okys uwa yHk ugha ldnk ,s oh lPpkbZ gS] ij mlns uky ,s oh lPpkbZ gS fd vxj thokRek rM+Qnh gS ml oLrq nh Hkky dju okLrs yHknh gS] rs lk/k&laxr th] bfrgkl fop cgqr lkjs mnkgj.k ekStwn gS fd ftUgka rksa fl) gks tkank gS fd ftUgka ns varj fop izhr lPph lh] ml ijekRek uwa feyuk pkgans lh] rs ml ijekRek us oh tks gS vki.kk QtZ tks gS iwjk dhrkA D;ksa\ mlnk gqDe lh] fd tnksa rqlh eSuwa feyuk pkgans gks] rs eSa rqgkMs rksa dksbZ nwj ugha gSxk! ml osys lfrxq: ns tfj;s vks ijekRek tks gS thokRek nh vxs gks djds vki ck¡g QM+nk gS vkSj mlns ckn tnksa lfrxq: ck¡g idM+ ySans us] ml rksa ckn thokRek nk bdks gh QtZ jg tkank gS fd vki.kh gLrh mlns ÅIkj feVk nsa.kk] ti.kk] [;ky uwa bdëk djuk vkSj ml ijekRek nh vkokt ftluwa vlh gd nh vkokt dgans gka] ml vkokt ns uky bd gks tk.kkA mlns uky fey djds nksuksa tks gS mlnk :Ik gks tk.kk ;kfu bd gks tk.kk tksr Lo:Ik ;kfu vkokt tks ml tksr foPpksa vkanh gSA ckgj nk ti tks gS] ti dh gS vkSj ,s fdl rjhds ns uky thokRek fop gS] bluwa izkIr dj ldnh gS] bluwa oh lfrxq: li”V djns us] fd ftrus oh vFkZ vlh bl txr fop dìs us] ,s lkjs ns lkjs ti ns v/kwjs vFkZ usA v[k can dju nk ti tks gS] cgqr NksVk vFkZ yS djds vkank gS] fd bruk NksVk vFkZ gS fd fopkj djds ns[kks] fd vlh lkjh mez ,s tM+ oLrqvka nh iwtk dj jgs gka] ,s tM+ oLrqvka ns fop vki.kh gLrh uwa feVk jgs gka] rs D;k ?kaVk] nks ?kaVs v[k can dju ns uky] fd ,s QSlyk dju ns uky fd vlh rs vts toku gka] cgqr lkjs dje tsM+s us Hkqxrku okys us] cgqr lkfj;ka ftEesokfj;ka Hkqxrkf.k;ka us] vkf[kjh le; ns fop tk djds vlh tikaxs ;k ijekRek uwa feykaxs] rs ,s bruk v/kwjk vFkZ gS fd eu ,s vFkZ ns djds thokRek dksyksa iwath [kks ybZA tsM+h iwath yS djds LVwMsaV us vksRFks 3 ?kaVs de djuk lh ;kfu fd vks cq<+kis tokuh ns v/khu vks vki.ks ?kj nk de djuk lh] vks vki.ks ?kj ns de rksa gh nwj gks x;k] vks vki.ks ?kj rksa gh nwj gks x;kA fdl rjhds ns uky] fd bl eu us tks gS Hkzek djds j[k fnrkA mls rjhds ns uky vt nk tks etewu gS bl rksa li”V gks tkank gS fd ftl rjhds ns uky ,s thokRek tUe ySanh gS ,s pkjksa Jsf.k;ka ns fop] ,s bruh rduhdh :Ik fop QSlys fnrs tkans us] fd pkg djds oh thokRek tks gS vi.ks vk.k okys effect uwa cny ugha ldnh! bl txr ns fop ,s thokRek tsM+h HkzekbZ xbZ gS bd fodkj ns :Ik fop txr ns fopA D;k xjhc] D;k vehj flQZ ,s gh pkgank gS fd vk.k okyk tks HkSM+k le; gS] mlnk irk py tk;s vkSj mlnk dqN u dqN mik; djds eSa mlns effect rksa cp tkoka! rs lk/k&laxr th] xq:vka nh ck.kh gS] lp[k.M rksa QSlyk tsM+k gS fd rqlh ,s xaM ca/k yks fd dksbZ oh vt rd ,s dje nh js[k uwa cny ugha ld;k] dje oh tks gSus iz/kku usA bUgka ns tks dqN effect ekStwn gS] ,s bl thokRek uwa Hkksx.kk gh iSank gS vxj dqN lhek rd vlh ns[kns gka] fd ,s fdl rjhds ns uky izHkko’kkyh gS] ftl rjhds ns uky eu thokRek uwa yqHkk ySank gS] rs mlnk flQZ bruk gh vFkZ gS fd latksxA ml le; dqN ,sls iz;ksx] dqN ,slh x.kuk dhrh xbZ u{k=ka ns fglkc uky] fd x.kuk ns bdks t;s urhts fudysA gFkka nh js[kk vlh ns[kns gka] rs cgqr lkjh js[kk ns[k dj ,s QSlyk dhrk x;k] fd bd fof’k”V rjhds nh js[kk tks gS bl rjhds nk izHkko yS djds thokRek mÙks vkanh gS] rs vlh fu;e c.kk fnrk] fd bl rjhds nh js[kk okyk tks gS euq[k bl rjhds nk deZ djsxk vkSj bl rjhds ns mlnh ftanxh ns fop izHkko vk.kxs] bUgka rksa cp.k ns ,s mik; us] bd lhek rd ,s tks gS dkuwu ykxw gks tkank gSA ,sns fop dksbZ ‘kd ugha] fd xzg u{k= tsM+s us bUgka nk izHkko iwjs czkãe.M ns ÅIkj iSank gS] ij latksx ns ckn fo;ksx ‘kq: gks tkank gS D;ksafd lkjh l`f”V uk’koku gksa.k djds vki.ks vk/kkj rksa cny jgh gS vkSj T;ksa&T;ksa cnynh gS] ,s ftrus oh QSlys vlh dhrs gksans us tksrdh ns vk/kkj ns ÅIkj] ,s lkjs ns lkjs QSlys cnyns tkans usA blh djds vlh ns[kns gka] tsM+s instrument ;k rjhds iqjk.ks le; ns fop tksrdh viukanh lh] vt ns le; ns fop bd deI;wVj ns :Ik ns fop viuk.k yx ibZ gSA D;ksa\ D;ksafd vks lkjs ns lkjs QSlys tsM+s igys lu] vks lkjs ns lkjs lk/ku] oLrqvka cny xbZ;ka us vkSj py jgs le; ns fop vt tks oLrqvka miyC/k us] mUgka ns vuqlkj QSlys tsM+s dhrs tkans us bd lhek rd vks utj vk tkans us] lkuwa Bhd yxns us] vlh bl Hkze ns fop Q¡l djds dqN ,slh fØ;k gksj dj cSBns gka] ftUgka nk Hkqxrku dju okLrs mUgka nk effect lkuwa dbZ djksM+ tUeka ns fop gksj yS djds vkank gSA blh djds lar bdks gh xy dgans us] dns oh vki.ks djeka ns effect rksa nwj u nkSM+ks] D;ksafd ,s djeka ns tks effect us] ,s vxj vlh nwj nkSM+kaxs] fdls uktk;t rjhds ns uky vlh ek;k bdëh djds vlh yksHk ns v/khu gks djds dqN tcjnLrh ns uky dqN vki.ks vUnj xq.k izHkko ekStwn us mluwa izcy djds effect ns :Ik ns fop vlh T;knk bdëk dj oh ySans gka] rs vks ijekRek nk fnrk gks;k tks dkuwu gS fu;e gS effect nk] rs vks nqckjk rksa effect iSnk gksank gS cM+s izcy :Ik ns fop vkSj tsM+h Qkyrw nh bdëh dhrh xbZ ek;k gS] vks fdlh u fdlh tfj;s] /kh;ka&iq=] tehu&t;nkn tsM+s vlh dgans gka dksbZ lkMh payment ekj x;k] dksbZ lkuwa lkSns ns fop uqDlku gks x;kA lk/k&laxr th] ,s tk.k yks fd bl txr ns fop u dksbZ fdls nk ekj ldnk gS] u dksbZ fdls nk [kk ldnk gSA gj Lokl tks gS] gj dksj tks gS vks fxurh ns fop gSA bd rhljh v[k gj lw{ke rksa lw{ke rjax ns ÅIkj utj j[k djds cSBh gSA bl djds lkjs ns lkjs QSlys tsM+s lkuwa eu us /kkj.k djok j[ks us] ,s lkjs ns lkjs >wBs usA dksbZ fdls uwa /kks[kk ugha ns ldnk] dksbZ fdls ns uky uktk;t ugha dj ldnk] vxj mlns ckn oh lkMs uky xq: ns ?kj ns fop oh vxj ,sgks t;s uktk;t QSlys utj vkans us] rs lk/k&laxr th] lkMs vki.ks dhrh xbZ vks fØ;k us ftUgka nk effect lkMs lke.ks vk.kk gh gS vkSj gj gky ns fop gj thokRek uwa vks lkjs ns lkjs effect bl nsg ns ÅIkj Hkqxrku djus iSans us! vxj g¡l djds Hkqxrku dj ybZ;s] rs blh uwa lPph ‘kj.k] lPpk Hkk.kk dsgk x;k gSA vxj thokRek ml oLrq nh Hkky dj pqdh gS iw.kZ psru oLrq tsM+h fd lfrxq: ns :Ik ns fop izxV gS mlnh ‘kj.k ns fop vk xbZ gS] rs fdl rjhds ns uky ti djds mlns Hkk.ks ns vUnj jg djds vlh mlns gqDe nh ikyuk djuh gS bluwa xq: lkgc dbZ ckj li”V dj pqds usA tnksa lfrxq: ns ân; rksa lw{ke rksa lw{ke rjax mRiUu gksanh gS] rs mUgka ns eq[kkjfcan foPpksa dksbZ oh yQt lkMs du ns vUnj Vdjkank gS rs mlns vUnj tks oh funsZ’k] tks oh gqDe fnrk x;k gS] tnksa thokRek ml funsZ’k ;k gqDe nk ikyu djnh gS] ,s larka nk ckgj nk tks ti gS vks gS vkSj bl ti uwa djns;ka gks;ka tnksa ,s ckgj nk dje iwjk gks tkank gS ml osys iw.kZ lfrxq: vUnj nh mikluk oh nsans us vkSj vUnj nh mikluk dsM+h gS] tsM+h fd vlh fcYdqy gh v[k can djds cSB tkans gka] v[k can djds mikluk rkagh success lQy gksanh gS ftl osys vlh ckgj nk dje iwjk dj pqfd;s vkSj vks ckgj ns dje iwjs gksa.k ns ckn rkagh ,s thokRek vUnj tk djds ukS }kjka foPpksa fudynh gS ;kfu fd lkjs [;ky fleVns us vkSj vUnj tk djds vks tksr izxV gksanh gS ftlns foPpksa bd /kqu vk jgh gS] cM+h feðh vkSj I;kjh ftluwa gd nh vkokt dsgk tkank gS] ijekRek nh vkokt dsgk tkank gS] uke dsgk tkank gS] ‘kCn dsgk tkank gS] v[k.M dhrZu dsgk tkank gS] vdFk dFkk dsgk tkank gSA vuar vufxur yQtka ns uky ml uke] ‘kCn ;k ml ijekRek ns xq.k uwa ;kn dhrk gS] ij ,s izkIr rnksa gh gksank gS tnksa ckgj nk ti iwjk gks tk;sA tnksa bl rjhds uky ckgj nk ti iwjk djds ,s thokRek vUnj ns fop igq¡p tkanh gS ml osys vUnj nh Dykl lfrxq: vki ySans usA ij lk/k&laxr th] ,s tks ckgj nh Dykl gS ,s iwjs dhrs fcuk vUnj nh Dykl ugha yxnh vkSj ckgj nh Dykl dnksa iwjh gks ldnh gS\ tn rd.k lkMh v[k [kqyh gS] vxj lkMh v[k can gks xbZ] vxj v[k [kqys vlh i<+kbZ ns ckjs fopkj ugha dhrk] rs v[k can djds mlnk fopkj fdl rjhds uky dj ldns gka\ fdl rjhds ns uky ml i<+kbZ uwa i<+ ldkaxs tsM+h i<+kbZ vlh i<+uh lh v[k [kksy ds! ;kfu fd v[k can djds vlh oSls gh vUus gks tkans gka] rs ml i<+kbZ uwa fdl rjhds uky i<+ ldns gka! rs igyh xy ,s gh gS] tsM+k QSlyk] tsM+k Hkko yS djds lfrxqjka us vks uke cD’k;k gS] vks mPpkj.k dhrh gS vks ok.kh] ftl osys vks lRlax fop vk djds mPpkj.k djns us] rs ,s dksbZ yQt ugha us] ,s lp[k.M nh vkdk’kok.kh gSA lk/k&laxr th] vks vkdk’kok.kh gS ftluwa nsoh&nsors rd rjlns us vkSj bl ok.kh uwa lq.ku okLrs vks oh vk djds mUgka nh laxr djns us] mUgka nh egfQy fop jks’ku gksans usA vks jks’kuh nsans us vxj fdlh dksy vUnj nh v[k gksos] rs vks vUnj nh v[k uky ns[k ldnk gS] fd fdruh jks’kuh ekStwn gksanh gS] ftl osys iw.kZ lfrxqjka nh ok.kh bl txr fop izlkfjr dhrh tkanh gS! ij vlh dh gka] eu ns gqDe fop cSB djds v/kwjs vFkZ dM djds flQZ ,s gh tk.k ySans gka] fd dksbZ bd fof’k”V txg ;k dksbZ fof’k”V gh gS tks bl ck.kh uwa mPpkj ldnk gS ;k dksbZ dj ldnk gS] mlh ns fop izdk’k gS] vks gh uke gS] ckdh vkSj dqN oh ugha gSA lk/k&laxr th] ftRFks lp[k.M nk gqDe gS] ftRFks lp[k.M nk gqDe py jsgk gS] flQZ vks gh uke gS] vks gh ‘kCn gS] mlh ns fop izdk’k gS vkSj mlh izdk’k nk nhnkj dju okLrs ,s lkjh l`f”V vki.kh gLrh feVk.k okLrs dqckZu gks tkanh gS] ij lkuwa irk ugha! lkuwa le> ugha! D;ksa\ D;ksafd vlh ml le; ns fop tsM+k bd LVwMsaV uwa fey;k lh] ml le; ns fop vlh flQZ cxyka >k¡d jgs gka] tM+&oLrqvka bdfë;ka dj jgs gka] ,sls leca/kka ns uky yx djds vki.kh iwath uwa] vki.kh gLrh uwa] ml le; uwa [okj dj jgs gka] tsM+h Loklka nh iwath lkuwa feyh lh vki.ks ?kj nk de dju okLrs vkSj bl rjhds uky vlh fcYdqy gh daxys gks tkans gka vkSj vkf[kjh VkbZe ns fop tnksa lqjr fleVnh gS] lk/k&laxr th] ,s lkjs mnkgj.k nsa.k ;k nl.k nk Hkko flQZ bruk lh] bl rjhds nh dhrh xbZ fØ;k var le; ns fop dns oh lrksa xq.k uwa yS djds ugha vk;sxh! bd ikls lfrxq: ekStwn us] nwljs ikls dky ekStwn gS] lk/k&laxr th] QSlyk rs lPpks lp gksa.kk gS] u fdlh us tcjnLrh djuh gSA lar&lfrxq: D;k eju ns ckn gh ml :g uwa yS ds tk.k okLrs vkans us\ D;k eqnsZ;ka nk lkSnk dju vkans us\ mUgkaus thans&th nk lkSnk dhrk gS] bl thokRek nk lkSnk dhrk gS lp[k.M igq¡pk.k nk! tsM+s LVwMsaV us 3 ?kaVs ns vUnj fnrs x;s lokyka nk tokc fy[k fnrk gS] rs lfrxq: thans&th yS tkans usA vxj thans&th vks de iwjk u dj ld.k] mUgka okLrs gh lfrxq: vxs gks djds ml thokRek uwa yisV ds yS tkans usA ugha rs QSlyk tsM+k gS xq.kka ns vk/kkj ns ÅIkj gS vkSj xq.kka nk vk/kkj ftl rjhds nh fØ;k thokRek us iwjs tUe ns fop dhrh gS vki.kh vks iwath [kpZ djds ;kfu fd v[k can gksa.k ns ckn dksbZ oh xq.k nh iz/kkurk izcy ugha gks ldnhA tks dqN lkjh ftUnxh ns fop] tks dqN Hktu cUnxh] ti dhrk gS] ti nk Hkko xq: lkgc li”V dj pqds us] fd vki.kh gLrh feVkbZ gS xq: ns mins’kka ns ÅIkj] rs lk/k&laxr th] cqf) ns fop fupksM+ tsM+k gS vks lrksa xq.k nh iz/kkurk yS djds vk;sxkA bl rjhds ns uky thokRek nh tks gS bl ekSr ns ckn] bd lwV NM.k ns ckn lEHkky gks tkanh gS vkSj vxksa ¼vkxs½ pkjksa o.kZ Jsf.k;ka ns fop mluwa tUe oh ns fnrk tkank gS vkSj o:.k nsork tks us gok ns :Ik ns fop ml thokRek uwa yS djds ml txg tkans us ftl txg mluwa tUe nsa.kk gSA gq.k ,s tUe fdl rjg gksank gS] blns fop oh bd cM+k xgjk Hksn gSA lp[k.M rksa vks oh xq: lkgc mins’k uky li”V dj jgs us] fd Hksn dh gSA ftl rjhds ns uky gok bl tho uwa yS djds bl vkdk’k fop ?kqys rRo uwa yS djds vki.ks fop lesV djds ml txg tkanh gS] fdl txg\ ftl txg ml tho nk Hkkstu ekStwn gS] ftRFks mluwa tUe nsa.kk gSA vxj mluwa nso yksd fop tUe nsa.kk gS lw{ke pksys ns fop] rs nsors;ka nk oh lk/k&laxr th vkgkj gSA lw{ke yksdka ns fop] dkj.k yksdka ns fop ftl rjg ns pksys ekStwn us] mUgka ns uky eu vkSj ek;k yxh gksbZ gSA eu vkSj ek;k nk Hkko ,s gS fd mUgka ns uky ijs’kkfu;ka vkSj rdyhQka oh yfx;ka usA ftl rjhds ns uky mUgka ns pksys us lw{ke rRoka ns vk/kkj ÅIkj pksys us] rs lw{ke rjhds ns mUgka ns vkgkj usA vkgkj ns :Ik ns fop gok tks gS ml thokRek uwa gok tks gS yS djds ml txg ftl txg vksnk vkgkj ekStwn gS] mlns fop ?kqy tkanh gSA ftl oDr nso yksd fop vksuwa tUe nsa.kk gS nso twu fop] rs nsors;ka nk tks vkgkj gS] ml vkgkj ns fop thokRek uwa izfo”V djok fnrk tkank gS vkSj tnksa vks vkgkj nsork ySans us] mUgka ns vUnj vks thokRek pyh tkanh gS vkSj mls rjhds ns uky eknk ns :Ik ns fop vUnj tk djds vxs mlnk tUe fnrk tkank gSA mls rjhds ns uky ckdh nh;ka Jsf.k;ka tM+&psru :Ik ns fop bl yksd ns fop ekStwn us] mUgka nk tks vkgkj gS] ftl rjg bd euq[k gS] euq[k nk vkgkj ouLifr gS] gq.k ouLifr ns fop] ck.kh ns fop igys Hksn izxV dhrs tk pqds us] fd vUu ns cxSj dksbZ oh nk.kk ugha gS] gj nk.ks ns fop vks thokRek ekStwn gSA vks fdl rjhds uky\ gok ns tfj;s ik.kh ns fop ?kqy djds bl txr ns fop i`Foh rRo ns fop izos’k djnh gS blh djds iou uwa tks gS firk dsgk x;k gS] /kjrh tks gS ek¡ ns :Ik ns fop vkSj xq: ns :Ik ns fop gok dsgk x;k gSA vkSj bls rjhds ns uky gok tks gS ik.kh vkSj /kjrh uky fey djds vks ftl osys ouLifr nh mRifÙk gksanh gS] vks thokRek tks gS ouLifr ns vUnj izos’k dj tkanh gS vkSj vks ouLifr ftl area ns vUnj ekStwn gS ;kfu fd vks lrksa xq.k ns izHkko uwa ;k ftl oh xq.k ns izHkko uwa yS djds ml thokRek uwa ftl area fop mlns dekZa nk leca/k ekStwn gS tsM+k fd tUe nsa.kk gS mlh txg ns fop vks ouLifr ns :Ik ns fop vks vkgkj ns :Ik ns fop ekStwn gS mlns fop mlnh mRifÙk gks tkanh gSA ,s nwljh xy gS vks lqIr voLFkk ns fop gksanh gS] mlns ckn ftl txg mlnk tUe gksa.kk gksank gS vks ouLifr tks gS mUgka ns ?kj ns fop vkgkj ns :Ik ns fop bLrseky gksanh gS vkSj ,s thokRek tks gS ml ouLifr ns fop tk djds ftl osys vkgkj ns :Ik ns fop mUgka ns vUnj nkf[ky gksanh gS] mlns ckn vkneh tks gS vksns oh;Z ns tfj;s vkSjr ns fop nkf[ky gksanh gSA ml rksa ckn f>Yyh ns tfj;s bl txr ns fop mlnh iSnkbZ’k gksanh gSA ,s iSnkbZ’k rd ftruh oh fØ;k gS mlnk oh vk/kkj iou xq: gS ;kfu fd iou gh vk/kkj gS thokRek nh mRifÙk rksa yS djds var rdA tUe tnksa gksank gS ,s lkjk nk lkjk vik: ok;q djnh gS] vik: ok;q ns uky gh ,s thokRek tks bl txr ns fop izxV gksanh gSA bls rjhds ns uky ftrfu;ka oh Jsf.k;ka us] mUgka ns vkgkj ns :Ik ns fop ,s lkjh thokRek tks gS ,s iou igq¡pk nsanh gS] blh djds bluwa xq: nh laKk fnrh xbZ gSA gq.k cgqr lkfj;ka thokRek tsfM+;ka us vks fdjuka ns tfj;s oh bl txr ns fop nkf[ky dhfr;ka tkafn;ka usA vlh lwjt uwa oh dgans gka vksns fop izk.k nk bd rRo gS] vxj ,s lwjt u gksos] rs ,s l`f”V ns fop va/kdkj Nk tk;sA D;ksa\ D;ksafd vksns fop thounk;h rRo gSA lk/k&laxr th] vks thounk;h rRo dsM+k gS] xq: lkgc bl Hksn uwa oh izxV dj jgs usA vks thounk;h rRo tks gS ,s thokRek gSA tnksa gok ns fop thokRek ekStwn gS] ,s fdjuka ns latksx ns uky fey djds ,s lkjh nh lkjh fØ;k lk/k&laxr th] vkykgh izÑfr nh fØ;k us] yQtka ns uky vlh bUgka fØ;k uwa ugha tk.k ldnsA ,s cM+h lw{ke rjhds ns uky tnksa thokRek iw.kZ rjhds ns uky fueZy vkSj LoPN gks djds varj ns :gkuh e.Myka ns fop tk djds vki.ks iwjs tgwj ns fop jks’ku gksanh gS] ml osys tk djds ,s lkjh fØ;k le> vkanh gSA D;ksa\ vksRFks dksbZ Hkk”kk ugha gS] vksRFks tks oLrq pht ekStwn gS mluwa bl txr ns fop rqyuk ns djds ;k yQtka ns uky vlh C;ku ugha dj ldnsA fQj Kku gkfly dju okLrs xq: lkgc yQtka ns tfj;s ftruk oh gks ldnk gS ,s Kku lkfM;ka >ksfy;ka fop rdlhe dj jgs usA rs lwjt nh;ka fdjuka tks us bl gok ns foPpksa gh ,s tsfM+;ka thokRek gksafn;ka us yS djds ,s thounk;h rRo ns :Ik ns fop ouLifr Qy ;k gksj ftruh oh oLrq phtka bl txr ns fop ekStwn us izÑfr nh;ka tsfM+;ka us mUgka ns fop nkf[ky gksafn;ka usA bls rjhds ns uky ,s lkjh l`f”V tsM+h gS 84 y[k lwVka nh ?kM+h xbZ gS vkSj bl rjhds ns uky tUe vkSj eju nk xsM+ bl thokRek uwa fnrk tkank gS vkSj ,s thokRek ftl xq.k nh vf/kdkjh gksanh gS] iou ns tfj;s mlh txg igq¡pk fnrh tkanh gSA mlh ns vkgkj ns :Ik ns fop mrys lw{ke yksdka ns fop] dkj.k yksdka ns fop ;k ,s tM+&psru yksdka ns fop Iyl ;k ekbZul djds tUe ns fnrk tkank gSA gq.k fopkj djds ns[kks] ,s fdruh lw{ke fØ;k gS vkSj fdrus rduhdh :Ik ns fop bl txr ns fop O;kIr gS vkSj vlh pkg djds oh blnk iwoZ vuqeku ugha yxk ldns vkSj iwoZ vuqeku tsM+k vlh yxkans gka vkSj tsM+s QSlys djns gka] fd bl rjhds ns uky vlh bUgka effect rksa cp ldns gka] vks oh lkjh nh lkjh euer gS vkSj bl euer ns tfj;s vlh dnh oh ml lp uwa izkIr ugha dj ldnsA bls rjhds ns uky xq: vtZu nso ikr’kkg us njckj ns fop tnksa njckj yxk lh vksns fop nks rqdka vkafn;ka us] mUgka fop cM+k v/kwjk ;kfu fd bd&nwts nk cM+k foykse vFkZ gSA nksuka vFkkZa uwa yS djds fl)ka ns fop cM+k Hkze QSy x;k] rs mUgkaus xq: lkgcka dksyksa mUgka nk li”Vhdj.k pkgs;k] fd bUgka nk dh Hkko gS] fd nksuka ns vFkZ vyx us\ ml osys xq: lkgcka us bUgka ns Hkze nwj dhrs vkSj ,s gh Hkze lkMs vUnj oh QSys gks;s us] ,s lkMk oh Hkze nwj gksa.kk pkfgnk gSA bl djds xq: lkgc lp[k.M rksa ,s mins’k ns jgs us] fd ,s Hkze uwa fdl rjhds ns uky fopkj ds nwj dj ldns gka! bd ikls vlh dgans gka] fd ftl rjhds nh fdjr dhrh xbZ gS ml rjhds nk effect tks gS bl thokRek uwa Hkksx.kk iSank gS ;kfu fd pkg ds oh thokRek tks gS ml rksa cp ugha ldnh! nwljs ikls vlh ,s ck.kh lq.kns gka] fd tks dqN gS vks ijekRek ns gFk gS \*\*djs djk,s vki izHkw lHk fdN frlgh gkFkA\*\* lc dqN mlns gFk ns fop gS vkSj lc dqN vks vki djnk gS] ,s nksuksa gh vFkZ mYVs gks x;s] rs fQj vlh fdl vFkZ uwa viukbZ,s\ D;k ok.kh tsM+h gS bd&nwljs uwa dVnh gS\ ml osys xq: lkgcka us li”V dhrk gS] ftl izdkj bd oS| gS] vks bd jksxh uwa ns[k djds mlns etZ nk bykt djnk gS] mlnh nokbZ lkjs;ka okLrs bd ugha gksanh] mls rjhds ns uky larka ns njckj ns fop gj rjhds nh jksxh thokRek vkafn;ka us ;kfu fd mUgkaus fo”ks&fodkjka ns jksx vyx xq.kka ns vk/kkj ns vyx&2 izxV gks djds vkans usA mls rjhds ns uky dksbZ dkeh gS] dksbZ Øks/kh gS] dksbZ yksHkh gS] dksbZ eksg ns fop gS] dksbZ vgadkjh gS] ,s lkjs;ka nk bykt bd ugha gks ldnk] mUgkauwa vyx&vyx f’k{kk nsa.kh iSanh gSA bl rjhds ns uky bl txr ns fop vxj dksbZ lalkjh gS] lalkjh nk dh Hkko gS ;kfu fd vks iwjs 24 ?kaVs;ka ns fop fnu&jkr tM+ oLrqvka bdfë;ka dju fop yxk gks;k gS] eksg ns fop Q¡l;k gks;k gS] tM+&psru oLrqvka ns fop gh vki.kh gLrh feVk jsgk gS] vxj vks fdls rjhds ns uky lrksa xq.k ns izHkko ns izcy gksa.k djds larka nh ‘kj.k ns fop vk tkank gS] rs larka dksy vk djds mins’k eaxnk gS] fd eSuwa mins’k nsvks! rs lk/k&laxr th] vxj mluwa ,s dsgk tk;s fd larka nk rs mins’k gS fd gj iy] gj ?kM+h vki.kh gLrh larka ns mins’k ÅIkj feVk.kh gS] rs lk/k&laxr th] vks nqckjk vk;sxk gh ugha! D;ksa\ D;ksafd mluwa vki.ks eryc nk Qy ugha fey;kA rs mlnk dh Hkko gS] mluwa fdl rjhds nk mins’k nsa.kk gSA ml osys lk/k&laxr th] lar tsM+k mins’k nsans us mluwa ,s dgans HkkbZ] rwa tSlk djsaxk] \*\*tSlk chtS lks yw.kS dje bgq [ksrA\*\* ;kfu fd tks rwa chtsaxk] vks rSuwa [kk.kk Ik;sxkA vksnk dh Hkko gS] fd tsM+h oh fØ;k rwa dj jsgk gSa] ml fØ;k fop rwa csbZekuh uwa R;kx] yksHk uwa R;kx ;kfu fd bZekunkj gks vki.ks lkSns ns fop] vki.ks de ns fopA tnksa ,s mins’k yS djds vxj vks vey djnk gS] rs mlns fop dh gksank gS] fd tsM+h jtks xq.k nh iz/kkurk gS u] vks fudy.k yx tkanh gS vkSj tnksa jtks xq.k nh iz/kkurk [kRe gksanh gS] ij vks larka ns dksy tkank jgank gS] ckj&2 mUgka ns dksyksa mins’k ySank gSA mins’k lar&xq: ckj&2 ,s gh nsa.kxs] fd rwa tks dqN djsaxk] rSuwa [kk.kk Ik;sxkA D;ksa\ D;ksafd vksns vUnj lrksa xq.k nk vHkko gS] vxj vks yM+ yxk jsgk] vksRFks tk.ks rksa ugha gV;k] fQj bd ,slh ?kM+h oh vk tkanh gS fd vksns vUnj lrksa xq.k nh iz/kkurk izxV gks tkanh gS] jtks nk vHkko gks tkank gS fQj mlh oDr vks thokRek vf/kdkjh gksanh gS ,s mins’k ySa.k nh] fd gq.k rwa vki.kh gLrh tsM+h gS] gkSes nk jksx tsM+k gS mluwa nwj dj!

vlh xq: uwa eq[k j[k ds cSBkaxs] gkSes uwa eq[k j[k ds ugha cSBkaxs] rs vlh oh ml lrksa xq.k uwa izkIr dj ldkaxsA ,s lp[k.M nh ck.kh vkdk’kok.kh gS] blns fop lp nh ok.kh gSA vlh ckgjh vkdkj ns fop Q¡l ds tUe&ej.k ns xsM+ ns fop Q¡l x;s! vxj vlh larka ns yM+ yx ds bl thokRek uwa eqDr djk ldns gka vey djdsA

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