dk;kZy; vkn”kZ jktdh; mPp ek/;fed fo|ky; ----------------------------------------

Øekad %& fnukad %&

/;kukd’kZ.k i=

Jh@Jherh -----------------------------------------------------------------

i= --------------------------------------------------------------------------------

ekU;oj]

vkidk /;ku fpg~ukafdr fcUnqvksa dh vksj vkdf’kZr dj vuqjks/k fd;k tkrk gS fd vki rRlaca/kh fcUnqvksa dk Li’Vhdj.k fnukad ---------------------------- dks ----------------- cts rd dk;kZy; esa izLrqr djsaA fu/kkZfjr le; rd Li’Vhdj.k izkIr u gksus dh fn”kk esa ;g le>k tk;sxk fd vkidks vki ij yxk;s x;s vkjksi Lohdkj gSA

/;kukd’kZ.k fcUnq

1. vki fo|ky; esa izk;% nsj ls mifLFkr gksrs@gksrh gSA blls ,d vksj rks dk;Z lapkyu esa ck/kk mRiUu gks tkrh gS vkSj nqljh vksj bldk dqizHkko vU; deZpkjh rFkk Nk=ksa ij iM+rk gSA
2. vki vius dkyka”k esa d{kk esa tkus esa izk;% VkyeVksy djrs@djrh gSA d{kk esa tkdj Hkh Nk=ksa@Nk=kvksa dks i<kus ds ctk; vius O;fDrxr dk;Z djrs@djrh gSA bl izdkj vki vius dRrZO; ikyu esa mnklhurk cjrrs@cjrrh gSA
3. vkidk Nk=ksifLFkfr jftLVj viw.kZ gSA vusd ckj ekSf[kd :i ls dgus ds ckotwn Hkh vkius bl dk;Z dks iw.kZ ugha fd;k gSA blls vkidh dRrZO; ikyu esa mnklhurk izekf.kr gksrh gSA
4. vkidh nSfud Mk;jh viw.kZ gSA vki iwoZ rS;kjh ds lkFk d{kk/;kiu ugha djrs@djrh gSA
5. vki Nk=ksaa ds x`gdk;Z dh tkap le; ij rFkk /;ku nsdj ugha djrs@djrhA x`gdk;Z esa Nk=ksa dh =qfV;ksa ds lq/kkj dk;Z (FOLLOW UP WORK) dh vksj vki /;ku ugha nsrs@nsrhA blls x`gdk;Z dk mn~ns”; foQy gks tkrk gSA
6. vkius lkef;d tkap@v)Zokf’kZd ijh{kk dh d{kk -------------------- fo’k; ------------------------ dh mRrj iqfLrdk,a tkap dj ugha ykSVkbZ gSA ftlls Nk=ksa@Nk=kvksa dks izxfr i= nsus o ijh{kk ifj.kke ?kksf’kr djus ds dk;Z esa vuko”;d foyEc gks jgk gSA ;g vkpj.k vR;Ur egRoiw.kZ dk;Z ds izfr Hkh mnklhurk ds |ksrd gSA
7. fu/kkZfjr okf’kZd dk;Z foHkktu ds vuqlkj vkius dkslZ iqjk ugha fd;k gSA blls Nk=ksa@Nk=kvksa ds ijh{kk ifj.kke ij foifjr izHkko iM+ ldrk gSA ftldh lh/kh ftEesnkjh vkidh gksxhA
8. vkidk d{kkuq”kku cgqr <hyk gSA vkidh mifLFkfr esa gh Nk=@Nk=k,a vuq”kklughurk ds dk;Z djrs@djrh gSA blls v/;kidh; xfjek dks vk?kkr igqaprk gS rFkk fo|ky; ds le; okrkoj.k nqf’kr curk gSA
9. vki LoHkko ls cgqr mxz rFkk rqudfetkt gSA vkids vlgu”khy O;ogkj ds dkj.k vuko”;d :i ls vkil esa dgklquh] ruko vkSj yM+kbZ >xM+s dk okrkoj.k cu tkrk gSA tks laLFkk ds fgrksa dks vk?kkr igqapkrk gSA
10. vkidk O;ogkj Nk=ksa@Nk=kvksa ds izfr “kkyhu rFkk mRrjnkf;Roiw.kZ ugha gSA blls laosnu”khy ekul esa xzfUFk;ka cukdj mudks Hkkoh thou dq.BkxzLr cu tkus dk [krjk cuk jgrk gSA
11. vki Lo;a vkxs vkdj fo|ky; ds egRoiw.kZ dk;ksZa ds lEiknu esa lg;ksx ugha nsrs@nsrh gSA ;fn dksbZ dk;Z fn;k tkrk gS rks VkyeVksy djrs@djrh gS vFkok cseu ls mYVk lh/kk djds ykSVkrs@ykSVkrh gSA tks fu’Bkoku deZpkjh vfrfjDr ifjJe djds fo|ky; dk;ksZa ds lapkyu esa lg;ksx nsrs gS] mUgsa [kq”kkenh vkfn viekutud “kCnksa ls lEcksf/kr djds dk;Z lapkyu esa ck/kk mRiUu djus dk iz;kl djrs@djrh gSA
12. vkius vius ftEesa vkbZ lg”kSf{kd izo`fr;ksa --------------------------------------------------- ds lapkyu esa :fp ugha yhA izxfr dh fjiksVZ esa voxr ugha djk;k gSA
13. vki vodk”k dh iwoZ Lohd`fr ds fcuk gh vodk”k mi;ksx djrs@djrh gSA vkidk ;g vkpj.k fu;e fo:} gS rFkk “kkyk dk;Z lapkyu esa ck/kd fl) gksrk gSA
14. vkius dk;kZy; ls nh xbZ vfxze jkf”k dk fglkc ugha fn;k gS] tks fnukad ------------------------------ rd ns fn;k tkuk FkkA ys[kk fu;eksa ds vuqlkj viuk ;g fu.kZ; vkifRrtud vfu;ferrk dh Js.kh esa vkrk gSA
15. vki vius fjDr dkyka”k esa v/;kid d{k@okpuky; d{k esa u cSBdj b/kj m/kj cSBdj vius in dh xfjek ds foifjr vkpj.k djrs@djrh gS vFkok iz/kkuk/;kid@izHkkjh ls Lohd`fr fy;s fcuk gh fo|ky; ifjlhek ls ckgj pys tkrs@tkrh gS] tks vusd n`f’V;ksa ls vuqfpr rFkk v”kksHkuh; gSA
16. -------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------
17. -------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------
18. --------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

fpg~ukafdr fcUnqvksa dh vksj vkidk /;kukd’kZ.k ek= lq/kkj dh n`f’V ls fd;k x;k gS] fdUrq ;fn vkidk Li’Vhdj.k lVhd ,oa iw.kZ lUrks’ktud izkIr ugha gqvk vkSj okafNr lq/kkj ifjyf{kr ugha gqvk rks bldk mYys[k vkids okf’kZd dk;Z ewY;kadu izi= esa fd;k tk;sxk rFkk laLFkk ds fgr esa fu;ekuqlkj dk;Zokgh djus ds fy, foo”k gksuk iM+sxk] ftldk nkf;Ro vkidk Lo;a dk gksxkA

 iz/kkuk/;kid@iz/kkuk/;kid

jk- ek-fo- --------------------------------