



endcf/kj fo | kffkz; ka dh cf) , oa l ek; kstu dk v/; ; u

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1- i Lrkouk

f'k{kk thou dh vko ; drk vka dh i firz djus okyh og egROI w k i fØ; k gS tks eud; dh uS fxZd i DRr; ka dk Hkk/kku o ekxkWRhdj.k djds ml s vi us nkf; Roka dk dqkyrki wZd fuoZgu djus okyk l ekt dk , d l fØ; l nL; cukrh gA

, d vks rks ; g ekuo ds ifj"dkj , oa fodkl dh iz kkyh gS rks ml jh vks l Ei w k l ekt dks fu; fir , oa l Ldkfjr djus dh i fØ; k Hkh gA eny vko' ; drk vka dh Hkkfr f'k{kk Hkh , d vfuo; Z vko' ; drk gA ft l s i R; id 0; fDr dks fcuk fd l h HknHkko ds xg.k djus dk vf/kdkj gA ; gh dkj.k gS fd l fo/kku ds vuPNn 45 ea i ko/kku fd; k x; k gS fd ^6 l s 14 oxZ rd ds l Hkh ckydka ds fy, vfuo; Z , oa fu% ky'd f'k{kk dh 0; oLFkk dh tk, A**

fdUrq bl ds mi jkUr Hkh l ekt ds dN mi f{kr oxZ f'k{kk xg.k djus l s ofpr jgs gA blgh mi f{kr oxZ f'k{kk xg.k fodykax oxZ Hkh gS ftuds fy, l kekl; fo | ky; ka ea f'k{kk xg.k djuk , d dYi uk ek= gkrh gA 'kkjhjd , oa ekuf l d : i l s fodykax ckydka dks vl; LoLFk ckydka ds l eku gh l ghkfxrk inku djus ds mnas; l s f'k{kk dh 0; oLFkk dh tkuh vko' ; d gS nkf; Ro bl ckr dk gS fd i R; id endcf/kj o fodykax ckyd vi uh {kerk vks l hek ds vuq kj f'k{kk xg.k dj} ft l s ml ea vkRe xykuh] us k ;] ghu Hkkouk] vl j {kk dh Hkkouk vks] vdeZ; rk ds LFkku ij vkRefo okl] vk'kk] l j {kk dh Hkkouk] food 'kDr vks] deBrk dk l pkj gka l kFk gh ml ea vi uh fodykax fLFkr ea Hkh thou thus ds i fr vkd"zk mlur gS rFkk ml ds fopkjka ea Lokoyou Li"V gka

fodykax o endcf/kj ckydka dh f'k{kk u fl QZ tufgr ea gS cfYd jk"Vfgr ea Hkh gA l ekt }kj endcf/kj ckydka dks mudh l keF; Z ds vuq kj mudh {kerk dk l okZ/kd mi ; kx djds , d u; k thou n'ku cukuk pkfg, A orZku ; x; ea foKku , oa i ks] kfxdh us dbZ l kku , oa l fo/kk, i mi yC/k fd, gA ftudh l gk; rk l s endcf/kj oxZ vi us vH; kl , oa yxu l s i wZ mi ; kfxrk xgj.k dj l drk gA vko' ; drk gS rks fl QZ eukofRr i fjonu dh vr% f'k{kk i R; id endc/khj ckyd ds

fy, l eku vol j mi yC/k dj k,] p kgs og l k/kk j. k Js kh dk gks vFkok vl k/kj. k Js kh dk iztkra= l Qyrk ds fy, f'k{kk , d jk"Vh; vfuok; rk gh ugha ekuoh; nkf; Ro Hkh gA

fo | ky; ka ea i lrdky;] 'k{kf.kd , oa l g&'k{kf.kd mi dj. k vkfn 0; oLFkk dh tkrh gA jkT; i f'k{k. k l LFkkuka ea f'k{kdk dks fo f'k"V i f'k{k. k inku djuk pkfg, rFkk fo f'k"V f'k{k grr fo f'k"V] mi ; kxh , oa l jy i kB; Øe fu/kkZjr fu/kkZjr fd; s tkuk pkfg, A l kFk gh foHkUu izdkj ds 0; kol kf; d i f'k{k. k inku dj mlga vkRefuHkj , oa Lokoych cukus dh rjQ dkjxj dne mBk; s tkus pkfg, A f'k{kdk vl; }kj k mlga detkj u l e>rs gq muds i fr vfHki j. kkRed , oa l g; kxi wkZ 0; ogkj fd; k tkuk pkfg, A fo | ky; dks muds i fr l fo/kk mi yC/k dj kbZ tkrh gA rFkk muds vfHkHkkodk dks muds i fr mfr drD; ikyu] tkx: drk o Lo: i nf"Vdks k vi ukus ds fy, i fjr fd; k tkuk pkfg, ftl l s ml ea vkRel Eeku dh Hkkoukvka dk fodkl gA fo | ky; o l epk; es l e; & l e; ij bu fo f'k"V ckydka ds fy, 'k{kdk l kLrfnd rFkk [kydin i fr; kfxrk dk vk; kstu Hkh fd; k tkrk gA

- 1- 'kkjhj ds : i l s v{ke ckydka ds fy, 0; kol kf; d f'k{k ds izlU/k fd, tk, A
- 2- v{ke fodykax o endcf/kj ckydka dh f'k{k ds LoSPNd iz kl ka dk nus dk iz Ru fd; k tk, A

orZeku ea f'k{k tkr ea u; s u; s i f jorU gks jgs gA yfdu vHkh Hkh endcf/kj fo | kFkz, ka l cf/kr l jdkj o l ekt dk mruk /; ku vkf'V ugha gvk gS ftruk fd gkuk pkfg, A

'k{k/kFkhZ Lo; a , d Hkkoh f'k{kdk gkus l s f'k{k tkr dks vi us dN ; kx nku inku djus ds fopkj l s mDr fo" k; dk p; u fd; k gA

- 2- l eL; k dFku
'k{k/kFkhZ }kj k p; fur o exzhf'kdk }kj k vupekfnr 'k{k dk; Z dk 'kh"kd fuEu izdkj l s fyf[kr gS %&

^endcf/kj fo | kFkz, ka dh cf) , oa l ek; kstu dk v/; ; u**

- 3- l eL; k dk vkfPR;
fdl h Hkh 'k{k v/; ; u dk eW; kdu ml dh uohurk] ; kx; rk ij vk/kkZjr gkrk gA vr% fuEukfdar fcUnq/ka ds vk/kkZ ij 'k{k dk; Z ds vkfPR; dks i fri kfnr fd; k tk l drk gA
f'k{k {k= l s l cf/kr foHkUu oxkZ dks vk/kkZ ekurs gq 'k{k v/; ; u ds vkfPR; dks Li"V fd; k tk l drk gA

- 1- endc/khj fo | kFkz, ka ds nf"Vdks k l s % i Lnr 'k{kdk; Z endc/khj fo | kFkz, ka ds fy, l cl s egROI wkZ gS bl 'k{k ds ek/; e l s mudh cf) , oa muds l ek; kstu {kerk dk irk

- yxkdj mudh cf) , oa {kerkva dk l okf/kd mi ; kx dj mlga mfpr exh'ku inku fd; k tk l drk gA
- 2- vfhHkkod ds nf"Vdks k l s % mDr 'kks'k dk; Z eudcf/kj ckydka ds l kFk gh muds vfhHkkodka ds fy, Hkh mrnk gh egROI wZ gA bl vuq'akku dk; Z ds fu"d"lz , oa l p-koks ds ek/; e l s vfhHkkodka ea muds ckydka dh f'k{k o Hkfo"; ds ifr tkx: drk mRiUu gkxh rFk os mu ckydka dks , d k i kfjokfj d okrkoj .k mi yC/k dj k l dsxftl l s vkRe fo'okl es of) gk l dA
- 3- eudcf/kj fo | kFkZ; ka ds f'k{k dka ds fy, % i Lnr v/; ; u ds }jk f'k{k d ep] cf/kj fo | kFkZ; ka dh ckf) d , oa l ek; kstu dh {kerkva dks tkudj muds fodkl ea i wZ l g; kx inku dj l dsx l kFk gh os d{kk ea , d h fLFkr; k; mRiUu dj l dA
- 4- vuq'akku dk; Z dh nf"V l s % l eL; k l s l cf/kr l kfgR; ds v/; ; u l s Li"V gkrk gS fd l eL; kRed Nk=&Nk=kvka , oa eln xfr l h[kus okys Nk=&Nk=kvka ij i ; kZr 'kks'k dk; Z gvk gS yfdu eudc/khj fo | kFkZ; ka dh cf) , oa l ek; kstu dk vuq'akku dk; Z ugha gvk vr% ; g vuq'akku ds fy, , d u; k fo"k; gA
- 4- i fjHkkf"kd 'kCnka dh 0; k[; k l eL; k l s l EcfU/kr rdudh 'kCnka dh 0; k[; k 'kks'kFkZ }jk dj nh gA rkfd vFkZ xg.k l s l cZk eafdl h iZkj dh nfo/kk mRiUu uk gk rFk mfpr vfhk; dks l txrk l s l e>k tk l dA
- 1- eud&cf/kj
^og ckyd ftl us thou ds i k j fhd nks ; k nks l s rhu o"kk l s Jo.k 'kFDr dh gkfu l gu dh gS vkj bl ds ifj .kke Lo: i LokHkkfod : i l s Hk'kk vftZr u dh gk og eud&c/khj l e>k tkrk gA
- & gykgu , oa dkkDeSu
eud&cf/kj ckyd os Jo.k nksk ; Dr ckyd gkrs gA ftlga dkuka }jk l pus ea dfBukbz gkri gA vkj pfd Jo.k nksk l Eisk.k ea iZq'k ck/kk gS vr% ckyd 'kfcnd vfhk; fDr ea Hkh v{ke gk tkrk gA /ofu l ukbz u ns ikus ds dkj .k os LokHkkfod Hk'kk vftZr ugha dj i krA
- dkWYd vkW , DthD; rVo vkW vefjdu Ldny Okj n MSQ ds vuq kj] ^, d Jo.k nksk; Dr 0; fDr og gS tks 70 Md ; hy rd dh l hek ea l pus dh fu; k; rk fy, gg gkrk gA**

2- I ek; kstu

ckfjæ ds vuq kj] ^0; fDr dk okroj.k ds l kFk vuqhy I ek; kstu gkus ij gh
l q[ke; thou eki u dj l drk gA**

I ek; kstu dh vo/kkj.kk emyr% tšod gA tc 0; fDr vius vkl & ikl ds okroj.k
ogk; ds l eg vius ifjokj l ekt rFkk l keftd ifjošk l s tc l kektL; LFkkfir dj
yrk gS rFkk id Uu , oa HkkDr jgrk gS ; gh l e>kšs dh fLFkfr I ek; kstu gA

3- cf)

^cf) , d l epp; ; k l koztud {kerk gS ftl ds l gkjs 0; fDr mnš; fØ; k
djr k gS foods -----fpuru djrk gS rFkk okroj.k ds l kFk i Hkkodkj h <æ l s l ek; kstu
djr k gA**

& oDI yj ¼1939½

^l R; ; k rF; ds nf"Vdks k l s mÙke i frfØ; kvka dh 'kFDr gh cf) gA**

& Fkkužkdb

^cf) mu l eL; kvka dks gy djus dh ; kX; rk gS ftueæ Kku vkš; i rhd ds mi ; kx
dh vko' ; drk gkrh gS tš s & HkkCn] vad] js[kfp=] l ehdj . k] l = vkfnA**

& xšv ¼1946½

^cf) l s rRi ; Z l KkukRed 0; ogkja ds l Ei wZ oxZ l s gkrk gS tks 0; fDr ea l >
{kj k l eL; k l ek/kku djus dh {kerk} u; h i fj fLFkfr; ka ds l kFk l ek; kstu dh {kerk} veirZ
: i l s l kpus dh {kerk rFkk vuqkoka l sykHk mBkus dh {kerk dk fn[kykrk gA**

& jkfcU l u rFkk jkfcU l u ¼1965½

5- 'kks/k v/; ; u ds mnš;

i R; d 'kks/kdk; Zfdl h u fdl h mnš; ; ij vk/kfjr gkrk gA l d kj dk dkbZ Hkh dk; Zfcuk
mnš; ds l Qy ugha gkrk gA vr% bl v/; ; u graq 'kks/kkFkhZ }kj k fuEu mnš; ; ka dk p; u fd; k
tks fd fuEufyf[kr gS &

1- eidcf/kj fo|kfkz ka dh cf) dk i rk yxkukA

2- eidcf/kj fo|kfkz ka dh l ek; kstu dk i rk yxkukA

3- eidcf/kj ckydka dh cf) dk i rk yxkukA

4- eidcf/kj ckfydkvka dh cf) dk i rk yxkukA

5- eidcf/kj ckydka dh l ek; kstu {kerk dk v/; ; u djukA

6- eidcf/kj ckfydkvka dh l ek; kstu {kerk dk v/; ; u djukA

7- eidcf/kj ckyd&ckfydkvka dh cf) dk rnyukRed v/; ; u djukA

8- eudcf/kj ckyd&ckfydkvka dh l ek; kstu {kerk dk nyukRed v/; ; u djuka
'kks/k v/; ; u dh i fj dYi uk

i fj dYi uk ds egRo , oa mi ; kfxrk dks nf"Vxr j [krs gq 'kks/kkFkhz us vi us vuq d'kku l eL; k
ds mnæš ; ka dh i kflr grq fuEu 'kū; i fj dYi ukvka dk p; u fd; k g&

1- eudcf/kj ckyd&ckfydkvka dh cf) ea dkbZ l kFkd vUrj ugha gA

2- eudcf/kj ckyd&ckfydkvka dh l ek; kstu {kerk ea dkbZ l kFkd vUrj ugha gA

7- U; kn' kZ

cksxkMZ ds vuq kj] ^, d i frn' kZ vi us l eLr l eg dk i frn' kZ gsrk g*

vk/kfud l e; ea l eL; k dk {ks= 0; ki d gks x; k gS i R; id 0; fDr l s 0; fDrxr l Ei dZ
djuk vl lko gA fdl h Hkh eukokkfud rF; ; k ekuoh; 0; ogkj ds l R; ki u ds fy, i w kR; k l exz
v/; ; u vl lko ugha rks dfBu vo'; gsrk gA vr% vf/kdk' kr% l eL; kvka ea U; kn' kZ dk; Z fd; k
tkrk gA

U; kn' kZ ds vk/kkj ij h tul a; k ds fo" k; ea dN fu" d" kZ fudkys tk l drs gA i Lnr 'kks/k
ea ; knfPNd fof/k ds vk/kkj ij U; kn' kZ dk p; u fd; k x; k tksfd fuEu i dZkj l s gS &

U; kn' kZ 80 eudcf/kj fo | kFkhz

eudcf/kj ckyd ¼40½

eudcf/kj ckfydk ¼40½

'kks/kkFkhz } kjk mn; ij o dksvk ftys ds eny cf/kj fo | ky; l s l kšs ; fof/k l s p; u
fd; k x; kA

8- 'kks/k fof/k %&

fdl h Hkh vuq d'kku dk; Z dh l Qyrk ml dh ; kstuk , oa fØ; k fof/k ij vk/kkfjr gA f'k{k
eukfoKku rFkk vuq d'kku dh vuq fof/k; kj iz Dr dh tkrh gA i R; id vuq d'kkudrkZ vf/kd
fo' ol uh; , oa Bkd i fj . kkeka dh i kflr grq dfri ; fof/k; kj dk p; u fd; k tkrk gA

eud&c/khj fo | kFkz ka dh cf) , oa l ek; kstu {kerk ds v/; ; u ds fy, 'kks/kkFkhz us l o k. k
fof/k dk p; u fd; kA

9- 'kks/k v/; ; u dk i fj l heu %&

fdl h Hkh l k/ku] 'k fDr o l e; l hfer gkuk o dkj . k l eL; k ds l Hkh i gyp/ka dk xgu
v/; ; u djuk dfBu gh ugha vl lko l k i rhr gsrk gA vr% i Lnr v/; ; u Hkh bl dk vi okn ugha
gA

l eL; k l s l EcflU/kr v/; ; u grq l e; vR; Ur l hfer gS vr% 'kks/kkFkhz us l eL; k l s
l EcflU/kr l Hkh i gyp/ka dk v/; ; u ugha djds fuEu i fj l hek, ; dks yd j gh v/; ; u dk; Z fd; k &

1- ; g 'kks/k dk; Z dpy mn; ij o dksvk ftys rd gh l hfer gA

- 2- bl 'kks/k dk; Z ea ek/; fed Lrj ds endcf/kj fo | kffkz ka dks fy; k gA
- 3- 'kks/k dk; Z gsrq U; kn'kz 80 fo | kffkz ka rd l hfer j [kk x; k ftl ea Nk= 40 Nk= o 40 Nk=kvka dks fy; k gA
- 4- i Lrj 'kks/kdk; Z ea endcf/kj fo | kffkz ka ds dpy cf) , oa l e; kstu {kerk dk gh v/; ; u fd; k gA
- 10- mi dj .k

^, d c<bz ds l Unid ea vst:kjka dh Hkkfr iR; id vuq akku mi dj .k fof'k"V fLFkr; ka ea mi ; Pr gsrk gA**
& tklu MGY; w cl.V

vuq akku ds fy, nUl l adyu gsrq iz Pr gkus okys l k/kuka dks mi dj .k dgrs gA vuq akku dh l Qyrk mfpr mi dj .kka ds p; u ij fuHkj djrh gA , d vuq akku ea dpy , d gh mi dj .k dk iz kx u djds dbz idkj ds mi dj .kka dk mi ; kx fd; k tkrk gA l keku; r; k ; s nks idkj ds gkrs gA

- 1- ekudhrer mi dj .k
- 2- Lofuferr mi dj .k

i Lrj v/; ; u ea end&c/khj fo | kffkz ka dh cf) ds fy, MKW ' ; ke l qnj tyksvk }kjk fuferr ekufld ; kx; rk l kefgd ijh{k.k rFkk l ek; kstu ds fy, MKW , -dh fl Ugk vksj MKW vkj- ih- fl g }kjk fuferr **Adjustment Inventory for School Student** ijh{k.kp dk iz kx fd; k x; ka

- 11 'kks/k v/; ; u dh i fof/k; k;

l kf [; dh og rdudh gs ftl ds }kjk , d fo'k'sk rjhds l s iklr l pukvka dk fo'y'sk.k fd; k tk l drk gA

i Lrj 'kks/k v/; ; u ea vuq akkudrhz us endcf/kj fo | kffkz ks ds cf) o l ek; kstu ds nUl fo'y'sk.k gsrq fuEufyf[kr l kf [; dh i fof/k; ka dk iz kx fd; k gA

- 1- i fr'kr %&

e/; eku ds vk/kkj ij nks l engka dk nyukRed v/; ; u djus ij ftu l engka ds l kfkzd vlurj djus ij ftu nks l engka ds e/; l kfkzd vlurj iklr gpyka muds dkj .kka dks tkuus gsrq i fr'kr l kf [; dh dk iz kx fd; k tkrk gA

$$\% = \frac{i klrkd}{i w kkd} \times 100$$

i w kkd

2- e/; eku %&

e/; eku fdl h l eg dh dlnh; i dfr dk eki g\$ bl ds vk/kkj ij ml l eg ds ckjs ea ; g fu"d"kz ns l drs g\$ fd ml l eg fo'k\$ dk vks r oxl ds k gA e/; eku dk egRo vl; eku e/; k\$ks l s vf/kd g\$ D; kfd e/; eku e/; k\$ o cgyd dh vi\$kk fLFkj gkrk gA

$$e/; eku dk l \bar{x} = \frac{\sum x}{N}$$

; gkj M = e/; eku

\sum = dty ; kx

x = l Ei w\$ l eg ds i k r k\$ka dk ; kx

N = l eg ds l nL; k\$ dh l a ; k

3- ekud fopyu %&

ekud fopyu fopj.k feyrk dk l pd vid gA ekud fopyu dh x.kuk ea l kf ; dh x.kuk ea LFk\$; Ro vk tkrk gA

$$ekud fopyu dk l \bar{ci} = \sqrt{\frac{\sum fd^2}{N} - \left(\frac{\sum fd}{N}\right)^2}$$

; gkj SD = ekud fopyu

ci = oxk\$ rj dk v\$dkj

$\sum fd^2$ = vkofr rFkk fopyu xqkuQy oxl dk dty ; kx

N = l a ; k\$ka dk dty ; kx

4- Vh&ijh{k.k %&

fofHklu i\$dkj ds l egka ds vl\$ rj dh l kFk\$drk dh t\$kp dh fof/k; k; v\$y\$&v\$y\$ gA Nk\$&s l egka ds e/; ekuka dh l kFk\$drk dh t\$kp ^Vh* ijh{k.k ds }jkk dh tkrh gA

$$t = \frac{M_1 - M_2}{\sqrt{\frac{SD_1^2}{N_1} + \frac{SD_2^2}{N_2}}}$$

; gkj &

M_1 = i Fke l eg dk e/; eku

M_2 = f}rh; l eg dk e/; eku

$$SD_1^2 = i \text{ Fke l eng dk ekud fopyu dk oxl}$$

$$SD_2^2 = f \text{ } rh; \text{ l eng dk ekud fopyu dk oxl}$$

$$N_1 = i \text{ Fke l eng ds fo | kffkz ka dh l a[; k}$$

$$N_2 = f \text{ } rh; \text{ l eng ds fo | kffkz ka dh l a[; k}$$

5- ØkflUrd vuqj kr %&

erdcf/kj fo | kffkz ka dh cfj) yfc/k , oa l ek; kstu ds l Hkh {ks=ka ds ifr iklr vfhker dh rnyuk djus ds fy, l h-vkj-oY; w dk iz kx fd; k x; kA bl grq fuEukfidr fof/k dks vi uk; k x; k %&

$$C.R. = \frac{P1 - P2}{SED}$$

12 'kks/k v/; ; u ds fu"d"kz

'kks/kffkz us nRrka ds fo' ysk. k l s tks fu"d"kz iklr gq oks fuEufyf [kr : i l s of. kr gs %&

- erdcf/kj ckyd o ckfydkvka nkuks gh i frHkkoku gkrs gA
- erdcf/kj ckyd o ckfydkvka nkuks gh vfrMRre cfj) okys gkrs gA
- erdcf/kj ckyd o ckfydkvka nkuks gh mRre cfj) okys gkrs gA
- erdcf/kj ckyd o ckfydkvka nkuks gh rhoz cfj) okys gkrs gA
- erdcf/kj ckyd o ckfydkvka nkuks gh vks r cfj) okys gkrs gA
- erdcf/kj ckfydk, j ckydkadh vi {kk de en Js kh ea i kbz xbA
- erdcf/kj ckfydk, j ckydkadh vi {kk vf/kd en Js kh ea i kbz xbA
- erdcf/kj ckfydk, j ckydkadh vi {kk vf/kd nqz gkrs gA
- erdcf/kj fo | ky; ds fo | kffkz ka dh 'kfs{kd l ek; kstu {kerk cgr vPNh gkrs gA
- erdcf/kj fo | ky; ds fo | kffkz ka dh l kekftd l ek; kstu {kerk cgr vPNh gkrs gA
- erdcf/kj fo | ky; ds fo | kffkz ka dh l dxkRed l ek; kstu {kerk cgr vPNh gkrs gA
- erdcf/kj fo | ky; ds ckydkadh 'kfs{kd l ek; kstu {kerk cgr vPNh gkrs gA
- erdcf/kj fo | ky; ds ckydkadh l kekftd l ek; kstu {kerk cgr vPNh gkrs gA
- erdcf/kj fo | ky; ds ckydkadh l dxkRed l ek; kstu {kerk cgr vPNh gkrs gA
- erdcf/kj fo | ky; ds ckfydkvka dh 'kfs{kd l ek; kstu {kerk cgr de gkrs gA

- eıdçf/kj fo |ky; dh çkydkvka dh | kekfıtd | ek; kstu {kerk çgrı vf/kd gkshı gA
- eıdçf/kj fo |ky; ds çkydkvka dh | ıxkRed | ek; kstu {kerk | kekfıtd | ek; kstu {kerk | s de gA
- çkydka dh 'kç{kçd | ek; kstu {kerk çkydkvka | s vf/kd | kbz xbA
- çkydkvka dh | kekfıtd | ek; kstu {kerk çkydka | s vf/kd | kbz xbA
- çkydkvka dh | ıxkRed | ek; kstu {kerk çkydka | s vf/kd | kbz xbA

13 'kç{kçd fufgrkFkz

iLrıı 'kç{kç ds fu'd'kç , oa | çkoka ds vk/kç ij fuEufyf[kr 'kç{kçd fufgrkFkz iLrıı fd, gç%&

1- fo | kçFkz; ka ds fy, %&

eıdçf/kj fo | kçFkz bl 'kç{kç dk v/; ; u dj vi uh | ek; kstu {kerk ea of) djrs gç vi uh çf) yfç/k ea of) dj | drs gA

2- vfHkHkkodka ds fy, %&

bl 'kç{kç dk; Z dh mi; kçxrk 'kçjıfjd o eıdçf/kj o fodykx fo | kçFkz; ka ds vfHkHkkodka ds fy, mruh gh gç fıruh fd çkydka ds fy, gA bl 'kç{kç ds fu'd'kç }kçk vfHkHkkodka vi us çkydka dks | gh fı'kk ea ekxh'kç i nku djrs gç muds Hkfo"; dk fuekz k dj | drs gA

3- vuç çkkudrkz ds fy, %&

iLrıı 'kç{kç | eL; k , d uohu | eL; k gA iLrıı 'kç{kçdk; Z ds }kçk vuç çkkudrkz/ka ds fy, mi; kçx , oa egroiı kç | çuk; ; mi yç/k gçxhA u, vuç çkkudrkz/ka ds fy, ; g 'kç{kç ekxh'kçd dk dk; Z djxk vçç fı'kk funç k dk dk; Z djxkA

14 Hkkoh 'kç{kç gçıç | çko

1- iLrıı 'kç{kç dks çMçU; kn'kç ij Hkh bl dks fd; k tk | drk gA

2- mn; ij Hkçç ds vçrfjDr vU; fıtyk jkT; ; k jk"Vh; Lrıı ij Hkh fd; k tk | drk gA

3- ; g 'kç{kç dıy eıdçf/kj fo | kçFkz; ka dks yççj fd; k x; k gç bl h 'kç{kç dk; Z dks eıdçf/kj , oa | keku; fo | kçFkz; ka dks yççj fd; k tk | drk gA

4- iLrıı 'kç{kç dk; Z ea eıdçf/kj fo | kçFkz; ka dh dıy çf) o | ek; kstu dks gh fy; k x; k gç bl h 'kç{kç dk; Z dks vU; çç çç s 'kç{kçd mi yfç/kç o fo | kçFkz; ka dh thou 'kçyh dks yççj fd; k tk | drk gA

5- i Lrqr 'kks'k dk; Z ea U; kn'kz dny ek/; fed Lrj ds fo | kFFkz; ka dks ydj fd; k x; k g\$; gh vuq akku dk; Z i kFkfed o mPp i kFkfed fo | ky; ds fo | kFFkz; ka dks ydj fd; k tk l drk gA

6- ; g 'kks'k xteh.k , oa Hkkgjh fo | kFFkz; ka dh l eL; kvka dks tkuus ds fy; s Hkh fd; k tk l drk gA

7- ; g 'kks'k fodykx fo | kFFkz; ka ds vfHkHkkodka ydj Hkh fd; k tk l drk gA

8- i Lrqr 'kks'k dk; Z f'k{k'd , oa f'k{k'kdvks dh l eL; kvka dks ydj nyukRed v/; ; u fd; k tk l drk gA

9- i Lrqr 'kks'k dk; Z jkt dh; , oa futh fo | ky; ea v/; ; ujr fof'k"V vko'; drk okys fo | kFFkz; ka dks ydj Hkh fd; k tk l drk gA

10- i Lrqr 'kks'k dk; Z ea fof'k"V vko'; drk okys fo | kFFkz; ka dh 'k{k'kd mi yfc/k ds l kFk v/; ; u l d k/kuka dk l gl Ecu/k Kkr djus ds fy; s fd; k tk l drk gA

15 mil gkj

i Lrqr v/; k; 'kks'k dk; Z dk vfire v/; k; gA bl ea 'kks'kdrh'z us vi us 'kks'kdk; Z l s i klr i fj .kkek' o fu' d' k{k' dk o. kZu fd; k gS rFkk ml ds }kjk jg x; s v/kj s {k= ftl ij og dk; Z u dj l dh ml ds fy, ml us vkus okys 'kks'kkFkhz dks l pko fn; s gS ftl l s mu ij 'kks'k dk; Z l Ei Uu gks l dA l kFk gh bl ea 'kks'kkFkhz us vi us 'kks'kdk; Z dk l Ei wkZ l kjka k of. kZ- fd; k gA l anHkZ xjFk l iph

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