



शिक्षा एवं प्रशिक्षण संस्था)  
दिल्ली

# सेल्फ परियोजना

क्या है यह और क्यों है यह; कैसे शुरू करें

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मार्च 2013 से अक्टूबर 2014

# I YQ ifj; kt uk

ckfydk xg dh fd' kkgjh ckfydk vkokfl fu; ka ds I kFk 'k{k kd gLr{k

¼ukjh fudru] ukUrkk½

## çk; kxd ifj; kt uk fj i kZ

fnl Ecj 2013 ekpl 2014

I kekft d U; k; , oa vf/kdkfjrk foHkkx] dkk/k dks

çLrç



¼kkk] f'k{k , oaç'k{k.k I hFW½  
dkk/k

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12A certification/2013-14/2535-Kota.)

## fo'k; I ph

Øe  
I d; k fo'k;

1 i Lrkouk

2 Lkk{kjrk d{kk, a

3 Ekkgoj h LokLF; , oa LoPNrk i cdku

4 0; fäxr n[ kHky % i kdfrd mik; ka }kjk

5 i kVj fuekzk

6 vlxkeh dne tksfy, tk I drsgä

# I ʎQ ifj; kstuk

ckfydk xg dh fd'kkjh ckfydk vkokfl fu; ka ds l kfk f'k{kk gsrq  
çk; kfxd ifj; kstuk vutlko fj i ksz

## çLrkouk

I kekftd U; k; ,oa vf/kdkfjrk foHkkx ds }kjk I pkfyd ukjh fudru ds rgr ckfydk xg dk I ʎpkyu fd; k tkrk gS ckfydk xg ea 18 o"z rd dh vk; q dh ckfydkvka dks I j{k.k fn; k tkrk gS ukUrk fLFkr ckfydk xg ea foHkku foijhr thou ifjLFkr; ka ds pyrs çHkfor gDZ vusd ckfydkvka dks vkJ; çnku fd; k tk jgk gA bu ckfydkvka ea I s dN us Ldnyh f'k{kk çkr dh gS rks dN vf'k{kr gS I kfk gh tks Ldny x; ha Hkh Fkha rks vkt fy[kuk i <uk Hky x; ha

vXr 2013 I s I prU bu ckfydkvka ds I kfk fdl h u fdl h dk; Dæ ds rgr tMko cuk; s gq gA I ä dZ dh bl h çfD; k ds rgr ^gea i <uk gS ds Loj mHkj dj vk, A I prU us fnl Eçj 2013 I s pkj ekg gsrq , d çk; kfxd ifj; kstuk %SELF½ mi funskd] I kekftd U; k; ,oa vf/kdkfjrk foHkkx dks/k dks çLr dh] ftl ea ckfydkvka dks mudh vko'; drk vuq kj eyHkr I k{kjrk dksky ea ç'k{kr djus ,oa vU; vko'; d eqka ij {kerko/kZu djus dk y{; j[kk x; ka

## I ʎQ<sup>1</sup> %SELF½ ifj; kstuk

I prU dh 'I ʎQ ifj; kstuk' , d çk; kfxd ifj; kstuk %fnl Eçj 2013& ekpZ 2014½ ds : i ea fodfl r dh x; h Fkh] ftl ds rgr ckfydkvka ds 'kS{kcd] LokLF; I çdkh] I kekftd tkx: drk ,oa jpuRed rFkk vktfodkijd dksky {kerk I o/kZu ij dk; Z djus dk y{; j[kk x; k Fkka ey mÍs; ckfydkvka ds I k{kjrk dksky dk I o/kZu djuk Fk rkd os Hk"kk

fy[k&i<+ I dA 'I ʎQ ifj; kstuk' dk eç; mÍs; ckfydkvka ds; fäRo dksbl çdkj mHkjuk gSfd os xg I s Loræ gks ds ckn ckjgh ifjLFkr; ka dks I leuk djus ds fy, I pr] I eFZ ,oa l 'kä gks I da rFk 'xg' ea l h[ h x; hckramudsthou ea l ey ns I dA çr I l rkg I prU }kjk rhu fnol dk I g; kx fn; k x; k ftl es I prU ds rhu I nL; Vhe }kjk ckfydkvka dks i <kus dk dk; Z fd; k x; ka I prU dk ; g ç; kl i wkr; k Lo&foLk i k"kr Fkka fdl h Hkh ckjgh , tã h dk I g; kx bl ea ugha fy; k x; k Fkka ç; çä gDZ fdrka rFk vU; f'k{k.k I kexh I prU ds mnkjeuk I kfk; ka }kjk vo'; çnku dh x; ha Fkha

## ifj; kstuk ds rgr dh x; haxfrfof/k; ka

### 1- I k{kjrk d{k, a

bl ifj; kstuk ds rgr ckfydkvka dks Hk"kkxr I k{kjrk çnku djus dk y{; Fkka fofo/k Lrj okyh ckfydkvka ds I kfk , d I e; ea I = yuLk puks'hi wZ Fkka bl ds I kfk gh ml jh puks'h I Hkh dks I kfk ydj pyus vSj fl [kkus dh Hkh Fkha I oZ f'k{kk vfhk; ku ds rgr vk; kS'tr 'jhfMax dSi u' (Reading Campaign) dh fo/kk dks /; ku ea j[krs gq geus viuh fo/kk fodfl r dhA



I oçFke I Hkh ckfydkvka dk , d i o&eW; kZu fd; k x; k tks fd Hk"kk vk/kfjrk Fkka i oZ

<sup>1</sup> SELF – Self Exploring, Leading and Fostering

eV; ka lu çi = ea y[ku v[ç i Bu l EclU/kh ç' u l fEefyr FkA bl eV; ka lu ds vk/kkj ij ckydkvka dks rhu l emka ea foHkkt r fd; k x; k&

- l emg ^A\* ft l ea mu ckydkvka dks j [kk x; k tks mfpr çdkj l sfy [k o i <+ l drta FkA ; | fi dN fo'k'V o.kz ; Fk ^l \*j^k^k^k^; ^o^ , oa ^Hk^ bR; kfn ea fnDclra Fk A

- l emg ^B\* ea os ckydk, a vk; ha ft l ga ek = k okys 'kCrka ea fy [kus o i <e s o o.kz i gpku ea dfBukbZ FkA

- l emg ^C\* ea os ckydk, a Fk tks i ukz; fuj [kj FkA o ftuds l kfk çkjHk l s gh dk; Z djus dh vko'; drk FkA

dy 22 ckydkvka ds l kfk fnl Eçj 2013 l s çf'k{k.k vkjEHk fd; k x; k l pru dh rhu l nL; h; Vhe }kj çfr l lrg rhu fnu ckydkvka dks i fj; kstuk ds rgr fn; k x; kA dgkuh dh fdrckh o.kz ds [kyk bR; kfn vucl fo/kkvka dk l gkj yrs gq l h [ku&fl [kkus dh çfØ; k dh x; hA

çkjHk ea LyV&cÜkh l sfy [kk x; kA rst h l s l h [kus okyh ckydk, a d, i h ds [kys iluka ij fy [kus yxhA Lo&v/; ; u ds l d r] i <e s ea : fp] fn, x, dke dks ijk djuk bR; kfn NKV&NKV/s ekud ckydkvka ds l keus j [ks x, o /khj&/khjs ckydk, a Lo; a dks i <kbZ l s t k m e s y x h A , d l e ; , d k Fk t c os dgrh fd ^gel s ugha gskk\* ; k ^gekjh l e > l s nj dh ckr gSA , d k çrhr gkrk Fk ekus cgr nj rd , d gh dke ea cBs jgus dk v[ç /; ku yxkus dk vH; kl t s s mlga i j s kku djrk FkA bl çdkj ds 0; ogkj dh vknr ugha FkH cglus l scj & çkj d {kk l scgj tkuk-fQj nj rd ugha vkuk t s s cglus Hh pys-vrr% , d l e ; cln l Hh dN 0; ofLFkr gkrk pyk x; k

### LyV l siluk ij] fQj iluk l sd, ih ij Øelér gksyxhA

ge rhu fnuka ds fy, tkr FkA l eL; k ; s vkus yxh fd tc plj fnu ds vrjky ds ckn oki l tkr rks i rk pyr fd vk/ks l s T; knk ckr l efr l s xk; c gks pph gkrta FkA l kpk x; k fd D; ka uk ckydkvka dks i hNs ds fnuka ds fy, , d k dke fn; k tk; s ft l es l Hkh dk t k o cus v[ç fy [kus dk vH; kl Hkh gk l dA bl h vk/kkj ij v [ckkj fy [kus dk dke 'kq fd; k x; kA v [ckkj dk uke ^gekjk v [kekj\* j [kk x; kA çfr l lrg l emokj ckydkvka dks v [ckkj cukus dh ftEenjh nh tkrhA mues dkBZ [kja crkrk rks dkBZ mudks pKZ ij fy [ku@teku@'Hkd nss dk dke djrk bl çdkj çfr l lrg v [ckkj cuusykh v[ç l kfk gh j k p d [kja Hh l keus vkus yxhA gkykfd l Hkh ckydkvka dh l ghkfxrk viuh vuq fLFkr ea l fu'pr djuk eq'dy FkA ij dk; Z gvrk v[ç ftUgkus Hkh Hkx fy; k os mYyfl r jghA pKZ ij v [ckj y[lu , d Vy ds : i ea mhj dj vk; hA



i Bu&i kBu ds dk; Zea l jdkjh fo | ky; ka dh Hk'kk i q r d s ds l kfk l kfk vU; nu j h i q r d h dgkfu; ka dh fdrcka mi ; kx ea yk; ha x; hA l kfk gh l y[ç k vH; kl gsrq odçp Hkh ckydkvka dks mi yC/k dj k; ha x; hA

### ifj.Me

; p rks çkjHk ea rhu l emg cuk; s x, Fk ijUrq t s & t s d {kk, a vkxs c < h ckydkvka ds 'k s {kd

Lrjka ds ckjs ea vksj Li"Vrk gpl ftl ds pyrj  
 e[; rk l emg ch nks Hkkxka ea c[ x; k o dty plj  
 l emg cu x, A bl cdkj orzku ea ckfydkvka dh  
 'kbfkd fLFkr bl cdkj g&

- l emg ^A\* & 9 ckfydk, a fgluh Hkk"kk  
 i<uk&fy[kuk l h[k pplh g& o vaxst h l h[k jgha  
 g& rhu ckfydk, a vius ?kj ykV pplha g& orzku  
 ea 6 ckfydk, a bl l emg ea g&
- l emg ^B\* & orzku ea 5 ckfydk, a bl l emg  
 ea g& tksfd ek=kvka ea viuh idM+ c<k jgh g&
- l emg ^C\* & bl l emg ea 3 ckfydk, a g& tks  
 fd fy[ku&i<us nksuka ea gh detkj g& rFkk /kheh  
 xfr l s l h[k jgha g&
- l emg ^D\* & bl l emg ea orzku ea 6  
 ckfydk, a g& rFkk fcydty gh ckjHk l s l h[k jgha  
 g& buea l s nks ckfydk, a emd&cf/kj dh Jsth ea  
 vkrh g&

2- **ekgokjh LokLF; cca ku dk; Zkkyk** fLFkr  
 vldyul

xg dh l Hkh ckfydk, a deksk fuEu vkfFkd  
 fLFkr okys ifjokjka l s g& mues l s Hkh d[N] ; fn  
 ; g dgk tk; sfd vfr xjcre ifjokjka l s g& rks  
 vfrjd u gskA LokLF; dh pplz ds rgr  
 cfydkvka l s ekgokjh LokLF; ij l okn fd; k  
 x; kA ftl es 17 ckfydkvka us Hkkx fy; kA l Hkh  
 ckfydk, a ekgokjh ds vuHko l s ifjpr Fkha ckr  
 djus ij ; g Li"V gqk fd xg ea mlga cktkj  
 fufe[ l s vjh usfdul miyC/k dj; s tksr g& ; s  
 foHkkx dk c'kd uh; dne g& ^D; k ?kj ij Hh  
**iM gh c; k djrs FkA\* vFlak ^D; k ; gk l s tks**  
**dscln Hh os iM ogu dj ik; k^ bl l oky ij**  
 pljh Fkha d[N] , d dks NkM+ dj vf/kdtk  
 ckfydk, a vLoLFkdj cca ku viuk jgha Fkha  
 bl fy, ekgokjh l s tM+ muds vuHko] ds s cca ku  
 djrs g& D; k fnDdra vkrh g& fd l cdkj dh

jkd&Vkd ; k fu; a.k gkrs g& D; k dkbz rdyhQ  
 gkrs g& bR; kfn eqka ij pplz dh x; hA l cds  
 l keus vius vuHko crkus ea fgpfdpkgV Hkh Fkha  
 vksj nu jh rjQ , d l gtdrkz gkus ds ukrs gekjs  
 fy, i mZ vuHkoka dks tkuuk Hkh tkjh Fkha l Hkh dks  
 dkxt fn; s x, o cM+ l emg ea , d&, d dj ds  
 c'u ckyrs x, o ckfydk, a d[N] fNik dj rks  
 d[N] crdYyqH l s tS k fy[kk x; k/2 muds mlkj  
 fy[krh x; hA ckfydkvka l s ckr&phr ds nks ku  
 tks tkudkj; ka l keus vk; ha os fuEuor g&

?kj ij D; k nLreky djrs g&	
diMk	12 ckfydk, a
iM , oa diMk nksuk	05 ckfydk, ;

fnu eafdrh ckj diM+@ iM cnyrs g&	
, d ckj	04 ckfydk, ;
nks ckj	05 ckfydk, ;
Rkhu ckj	04 ckfydk, ;
Pkkj ckj	04 ckfydk, ;

fui Vku %Disposal% ds djrs g&	
diMk Qd nrs g'	08 ckfydk, ;
/kls dj i q% dke ea ys yrs g'	09 ckfydk, ;

diMk dgk; Qdrs g&	
[kkG ea %M+e&	
iRFkja ea	
Tkgk; ?kj dk dpjk Mkyrs g&	
[kzbz ea	
nj Qdus tksr g'	
/kcdj tyk nrs g'	
tYnh mBdj ckgj Qdrs g'	
; gk; %ckfydk xg% eafu/kdj r LFkku ij	

dgk; j [krs g& % (Storage)	
VkM ij	
lkqky ds uhp	
jk'skunku ij	
Luku?kj dh vyejkh ei	
fcLrj ds uhp	
lkj kuh i %h ei	
dgha Hkh Nq k dj	
Vki jh ij	



Ekkogkj h ds l e; LokLF; l eL; k, a	
dej nq kuk	04 ckfydk,;
l On i kuh vkuk	03 ckfydk,;
Hkq k yxuk	01 ckfydk
i s/ nnz gksuk	08 ckfydk,;
[kqf yh & tyu gksuk	04 ckfydk,;
mYVh PkDdj vkuk	02 ckfydk,;
dkbz LkeL; k ugha gkrh	05 ckfydk,;

Ekkogkj h ds l e; fu; e% jkcl & Vkscl	
[kVkbz ugha [kkuk	
Ekanj bR; kfn ifo= LFkyka ij ugha tkuk	
eVdh ugha Nwuk	
Lkcds mBus l sigys mBdj ugk yxuk	
i M+ i kSkka dks i kuh ugha nsuk	
pwgs i s ugha tk l dr:	
[kkuk ugha i dk l dr:	
Lkcl snj Nq dj jguk	

qR; d ckfydk ds fd l h u fd l h qdkj ds vuqko  
 Fls vls vf/kdrj ckfydkvka dk ekuuk Fkk fd  
 i hfjvM+ ds nlsku fu; eka dk ikyu rls djrs gS  
 ij qjk yxrk gS fd 'D; k\ bu l c tkudkfj; ka  
 us ckfydkvka }kjk ekgokjh LokLF; qca ku dh  
 mudh fLFkr dh , d rLohj l keusj [k nh Fkh tks  
 i wkr; k LoLFkdj ugha Fkha va% fpark dk fo" k;  
 vHkh Hkh ; s Fkk fd buea l s fdruh ckfydk, a  
 l us/jh us fdul dk q; kx; ; gk; l s Nwus ds ckn]  
 vius ifjosk ea okil ykS/dj Hkh tkjh j [k  
 ik, achA tc ; s iNk x; k rls "happy periods"  
 dh pkg rls l Hkh dh Fkh ij cktkj fufeR iM  
 [kjh dj fuja rj q; kx dh viuh v{kerk l s Hkyh  
 Hkkr ifjpr Hkh Fkha ds s LokLF; dj vls  
 odfYid qca ku gk; bl fopkj l s geus l fLFkr  
 Lrj ij nks q; kl fd; &  
 fnYyh fLFkr 'xpit^ l fFk dks l i dz dj muds  
 'Not Just a Piece of Cloth' dk; De ds rgr  
 fufeR di Ms ds iM mi yC/k dj k; s x, A bl ds  
 i hNs mis; ; gh Fkk fd ds di Ms ds VqMka l s  
 LokLF; vls vktfodk nkska dk clnksLr fd; k

tk l drk gA di Ms ds; s iM ckfydkvka dks fn,  
 x, rFkk budks vkjke] l k[kus dh {kerk bR; kfn  
 ds vk/kj ij ij [kus ds -f"V l s bl rky djus ds  
 fy, dgk x; kA



nij q; kl tks l fFk Lrj ij fd; k og Fkk  
 di Ms ds fofHku qdkj ds iM cukus dk q'k{k.k  
 nsukA

fnukad 13 Qojh 2014 dks bl l Ecl/k ea  
 ckfydkvka ds fy, , d q'k{k.k dk vk; kst u fd; k  
 x; k ft l ea mlga dbz qdkj ds di Ms ds iM 'fcuk  
 fl ykbz e'khu ds q; kx okys o fl ykbz okys nksuk  
 cukus crk; s x,] l kFk gh mudh MkfVax dj  
 dkVuk] QkYM djuk@fl yuk crk; k x; kA



ckfydkvka us vius Lrj ij igkus di Mka ij  
 mudk vH; kl Hkh fd; kA bl q'k{k.k ds nks  
 mis; Fk& igyk] di Ms ds Hkh dbz qdkj ds  
 fvdkA iM cuk; s tk l drs gA- tks l n j gksus ds  
 l kFk l kFk i q% dke ea fy, tk l drs gA o bl  
 rjg fdQk; rh Hkh gA nij jk] ; fn ge pkg rls ?kj  
 ij y?kq m| kx dh rjg budks cuk dj viuh  
 vktfodk grq Hkh dke dj l drs gA ; g q'k{k.k  
 , d Nk/h l h igy Fkk ft l us di Mka dh drjka  
 l s LokLF; dk igy mtkxj fd; kA ; s dk; Zuljh

fudru eaogn Lrj ij gks l drk gA ; gk jgus okyh vlokfl fu; k ds e/; iM cukus dh Nk/h ; fuV Mkyh tk l drh gSo ; gk r\$ kj gks sokys iM dPph cflr; la ea jgus okyh vfr xjhcre ifjokja dh efgykvla o ckyd kvla dks LoLFk elgokjh graqnu fd; s tk l drsgA

**3- 0; faxr n[ kHky dk; Zkky%**

16 tuojh 2014 dks ckyd kvla graq, d fnol h; i k dfrd mik; ka l s 0; faxr n[ kHky graq dk; Zkkyk dk vk; kstu fd; k x; ka bl ea ckyd kvla dks van: uh l kO&l Okb] Ropk dh n[ kHky] ckyka dh n[ kHky] vk\$ l rfyv vkgj ds ckjs ea tkudkj nh x; hA j l kbZ ea mi yC/k l kexh }kjk t\$ } nkyk Qykh vukt dsek/; e l s fdl cdkj fofHku mik; dj viuh l kt&l okj dj l drs gA fo'k; ij ckr&phr dh x; hA ckyd kvla }kjk bu mi k; ka dks viuh uk/cpl ea fy [kk Hkh tk jgk FkA

l tuk&l ojuk cR; d ckyd dks vPNk yxrk gA vr% bl cdkj dh dk; Zkkyk l s u dby mudk tMko cuk oju l l Fk Lrj ij Hkh gekjs ijLij fo'okl ,oa l Ecl/k graq l g; kxh jghA ckyd kvla graq #fpdj ,oami ; kxh fo'k; la ij bl cdkj dh foo/krk iwZ dk; Zkkyk dk fujrj vk; kstu dj dgla u dgla mudk l {ke ,oa tkudkj cukus dk l kelftd nk; Ro iwZ dj l drsgA



**4- l jf{kr 'kgj efgykvla o yMfd; kadsfy, % i k Vj fuekZk**

l prsu }kjk ^kvks cuk; a l jf{kr 'kgj efgykvla o yMfd; ka ds fy, \* fo'k; ij i k Vj vkef=r fd; s x, Fks ftudh fnukad 09 Qojh 2014 dks dyk nh? kZ ea c'n' kZ h Hkh yxkbZ x; h FkA bl xfrfof/k ea ckyd xg dh vkB ckyd kvla us Hkh Hkx fy; k Fk o i k Vj cuk; s FkA viuh dyk ds ek/; e l s ckyd kvla us vius vkl & i k l gksh NM-Fkkuh ds fofo/k Lo: i k vutkoka dk fp=.k fd; k FkA ckyd xg ds i k Vj ka dks fu. kZ d eMy }kjk Hkh l jgk x; k FkA i k Vj cukus dh cR; k ea ckyd kvla dk dyk l Ecl/k dksky Hkh l keus vk; ka l jy l gt rjhds l s viuh ckr dk fp=kadu , d l jgguh; c; k l FkA l Hkh Hkx yus okyh ckyd kvla dks l prsu }kjk cek.k i= ,oa cRhd fplg l s i g Ldr Hkh fd; k x; ka

**5- vlxeh dne tksfy, tk l drsgA**

- 1- tks ckyd, a 10oha dh bPNd gA mudk vki u Ldny ds ek/; e l s cRk fnyk; k tk l drk gA bu ea l s ; fn dkbZ ckyd Lora= Hkh gks tkrh gS rks Hkh vius ?kj l s ij h{kk ns l drh gA bl cdkj ge , d 'l l d k j' ds l k Fk mlga Hkst l drs gA 1/4 kLehu nqZk] j{k] j{k] t{ek] vykeph] Hkkouk o j{k xqZ 1/2
- 2- rhu ckyd, a 1/2 kuh] j'skek o bñj k 1/2 vHkh vki pfjd f'k{k ds rgr vko' ; d vk; q oxZ 1/4 o'kz l s de 1/2 ea gA rFk ftlga vHkh yeck l e; xg ea gh jguk gS vr% mlga vkxkeh Lrj l s l jdkjh fo|ky; ea fu; fer cRk fnyk; k tk l drk gA
- 3- fgaxh Nk=kokl l s vkus okyh ckyd kvla ds l k Fk bu ckyd kvla ds fy, 'Peer learning' ds tñj; s nksuka gh cdkj dh ckyd kvla ds i <us dh fujrjrk cuk; h j [kh tk l drh gA



- 4- vko'; drk bl ckr dh gS fd ckfydkvka dk  
 I e; I a kstu bl rjg I s gks fd os fnu ea  
 04&05 ?k/s i <+ I da t\$ s çkr% 10 cts I s  
 nki gj 01 cts rd rFkk I ka 06&07 Hkktu  
 i wZ i 'pkrKA I kFk gh i R; d ckfydk dks Ldny  
 çkS; vk\$ , d x.ko\$ k dhs 0; oLFkk gks rkfd  
 i <us ds ifr , d okroj.k dk Hkko I Ei f'kr  
 gkA
- 5- mues bl vuqkkl u dks Mkyus ds fy, xig dh  
 I pkyu çfØ; k dh I Hkh dkfeZka ds I kFk t\$ s  
 okMZ @ dkmd yj@ xkMZ@ jI kb; k@

f'k{k d@ cky I febr I nL; @vU; I Hkh ds  
 I kFk ppiz gks o xig dh I Hkh ckfydkvka vk\$  
 çPpka dh f'k{k dks xig ds eq; eW; ka ea I s  
 , d vge-eW; dh rjg n\$kk o Lohdkj fd; k  
 tkuk gkskA

- 6- LokLF; f'k{k.k grq ekgojkh LokLF; ds fy,  
 efgyk pfdRI d , oa dQky çf'k{k d ds usRo  
 ea çf'k{k.k I = vk; k\$tr fd; s tk I drs g\$  
 ftI es çtuu LokLF; ds folr' ifjæ'; ea  
 tkudkjh çnku dh tk I drh gA

\* \* \*

; s , d I hfer I e; dk , oa çk; k\$xd ç; kl Fkk- ckfydk, a I Hkh dQ I h[k xba gk\$  
 ; g rks ugha dgk tk I drk- gk! ; s vo'; gqvk gS dh xig ea ^d{k k\* I jh[kk  
 okroj.k vo'; cuus yxk g\$ ; gka ; fn çkFkfed d{k ds fo | kFkhZ dks i <kus dk  
 rjhdk dke ea yxk g\$ rks I kFk gh çk\$+ f'k{k dh fo/kk dks Hkh /; ku ea j [krs gq  
 dk; Z djus dh vko'; drk g\$ os I h[kach rks vi uh gh xfr I smI xfr dks çHkkfor  
 djus ds fy, fl [kkus ds fur u, rjhds [kktus dh fteenkjh ge I Hkh I .Fkkvka  
 vk\$ mu dk; Zrkvka dh g\$ tks fdl h u fdl h : i I s ckfydkvka I s I jkdkj j [krs  
 g\$

**MWVHKjrh XWV+**  
**I fpo**



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