



Mr. Vikrant Shukla

31 May 1977

09:30 PM

Moradabad

Model: Web-LalKitabRatna

Order No: 120067001

ykyfdRkkc tUeif=dk

yky fdrkc dh bl tUeif=dk esa tUedq.Myh] n'kk] xzg Li"V] yky fdrkc dq.Myh o o"kZ dq.Myh ds lkFk ;g Hkh crk;k x;k gS fd vkidk ,oa ifjokj dk LokLF; dSlk jgsxk ,oa mudk vkids izfr O;ogkj dSlk jgsxkA blesa jRu dkSu lk Äkj.k djsa o vU; mik;ksa ds lkFk xzg Qy] n'kk Qy o o"kZQy vkfn Hkh fn, x, gSaA iz;Ru fd;k x;k gS fd tkrd dks fti izdkj dh tkudkj izklr djus dh vfHkyk"kk jgrh gS og iwjh rjg nh tk ldsA

ykyfdrkc tUeif=dk dks è;ku ls i<|us ij vkidks ;g ekywe gksxk fd vkids lkFk D;k ñkvuk ñkfvr gks jgh gSA xzgksa ds vkÄkj ij ;g Hkh crk;k x;k gS fd veqd tkrd dks iwtk&ikB djuk pkfg, ;k ughaA o"kZQy esa ftu lkoÄkfu;ksa dks cjrur ds fy;s dgk x;k gS] mu lkoÄkfu;ksa ds izfr vkthou lrdZ jgsaA tks ckrsa vkids fy;s 'kqHk fyßkh x;h gS] mudks vius thou esa vo'; viuk,a ,oa ftu ckrksa dks vkids fy;s v'kqHk fyßkk x;k gS mu ckrksa dks fu'p; dj ges'kk ds fy;s R;kx nsaa

bl ykyfdrkc esa O;olk;] dkjksckj] ukSdjh vkfn ds ckjs esa Hkh cryk;k x;k gSA buls lacafÄr vkids fy;s D;k ykHknk;d jgsxk vkSj D;k gkfudkj d jgsxk bldh fo'ks"k tkudkj nh x;h gSA thou esa vfÄd lQyrk izklr djus ds fy, ykyfdrkc ds mik; fti le; rFkk ftu vk;q esa djus ds fy, dgs x;s gSa mUgha vk;q esa gh djsaA

ykyfdrkc esa thou esa vkus okyh dfBukbZ;ksa dk le; Hkh n'kkZ;k x;k gSA thou esa dc dgka vkSj thou ds fdi eksM! ij dkSu lh ijs'kkuh vk ldrh gS ;g rks crk;k gh x;k gS lkFk gh buls cpus ds mik; Hkh crk;s gSaA ;fn vkidk le; vPNk py jgk gS vkSj vki vius fy, fn;s x;s mik; dj jgs gSa rks vkids HkkX; dk Qy dbZ xquk c<| tk;sxk vkSj ;fn izfrdwy le; esa vki ;g mik; dj jgs gSa rks vkidk cqjk le; Ähjs&Ähjs u"V gks tk;sxk ,oa lQyrk vkids dneksa dks pwesxhA

lHkh tkrdksa ls vuqjksÄ gS fd bl ykyfdrkc tUeif=dk dks vius thou esa dsoy ekxZn'kZd ds :i esa gh mi;ksx djsa o blds vøkjokj ij fuHkZj u jgsaA bl if=dk esa geus vusd 'kkL=ksa dh lgk;rk ysdj vkids fy, Qykns'k fn, gSa ysfdu fofHkUu dkj.ko'k bldh dksbZ xkjaVh ugha yh tk ldrh fd ;g iw.kZ :is.k lR; gh gksA vrÂ tkrd bl if=dk ij vkÄkfjr fu.kZ; ds fy, Lo;a gh ftEesnkj gksaxsA

fyax _____: iqfYyax
tUe fRkfFk _____: **31/05/1977**
fnu _____: eaxyokj
tUe le; _____: **21:30:00 ↯kaVs**
b"V _____: 40:31:11 ↯kVh
LFkku _____: **Moradabad**
jkT; _____: Uttar Pradesh
ns'k _____: India

v{kka'k _____: 28:50:00 mÙkj
js[kka'k _____: 78:45:00 iwoZ
e/; js[kka'k _____: 82:30:00 iwoZ
LFkkfud laLdkj _____: -00:15:00 ↯kaVs
xzh"e laLdkj _____: 00:00:00 ↯kaVs
LFkkfud le; _____: 21:15:00 ↯kaVs
osykURkj _____: 00:02:26 ↯kaVs
lkEikfRkd dky _____: 13:51:08 ↯kaVs
lw;Zn; _____: 05:17:31 ↯kaVs
lw;kZLRk _____: 19:08:00 ↯kaVs
fnueku _____: 13:50:29 ↯kaVs
lw;Z fLFkfRk¼v;u: mÙkjk;.k
lw;Z fLFkfRk¼x"y: mÙkj
_Rkq _____: xzh"e
lw;Z ds va'k _____: 16:31:43 o`"k
yXu ds va'k _____: 19:43:51 /kuq

vodgM'k pø

yXu&yXukfÄifRk: /kuq & xq#
jkf'k&Lokeh _____: **Rkqyk & 'kqø**
u{k=&pj.k _____: **fo'kk[kk & 3**
u{k= Lokeh _____: xq#
;`x _____: f'ko
dj.k _____: of.kt
x.k _____: jk{kl
;`fu _____: O;k↯kz
ukM'h _____: vUR;
o.kZ _____: 'kwnz
o'; _____: ekuo
oxZ _____: liZ
;q;tk _____: e/;
gald _____: ok;q
tUe ukek{kj _____: Rks&rstoUr
ik;k¼jkf'k&u{k=1: Lo.kZ & Rkkez
lw;Z jkf'k¼ik'pkR: feFkqu

iapkax

nknk dk uke _____:
fiRkk dk uke _____:
ekRkk dk uke _____:
tkfRk _____:
x" = _____:

dSysaMj o"kZ

jk"V^ah; 'kd : 1899
iatkch laoRk : 2034
caaxkyh lu~ : 1384
Rkfey laoRk : 2034
dsjy d"Yye : 1152
usikyh laoRk : 2034
pS=kfn laoRk : 2034
dkÆRkdklaoRk : 2034

ekl

T;s"B : 10
T;s"B : 18
T;s"B : 17
oSdklh : 18
bnoe : 17
T;s"B : 18
T;s"B : 13
T;s"B : 13

fRkfFk@Áfo'

'kqDy 13
'kqDy 13

iapkax

lw;"Zn; dkyhu fRkf: 13
fRkfFk lekflRk dky : 09:35:13
tUe fRkfFk : 14
lw;"Zn; dkyhu u{k=: LokfRk
u{k= lekflRk dky : 06:18:33 ñkaVs
tUe ;"x : fo'kk[kk
lw;"Zn; dkyhu ;"x : ifj-k
;"x lekflRk dky : 17:24:14 ñkaVs
tUe ;"x : f'ko
lw;"Zn; dkyhu dj.k : RkSfRky
dj.k lekflRk dky : 09:35:13 ñkaVs
tUe dj.k : of.kt
Ò;kRk : 37:58:40
ÒÒ"x : 52:54:31
Ò"X; n'kk dky : xq# 4 o"kZ 6 ek 13

ñkkRk pØ

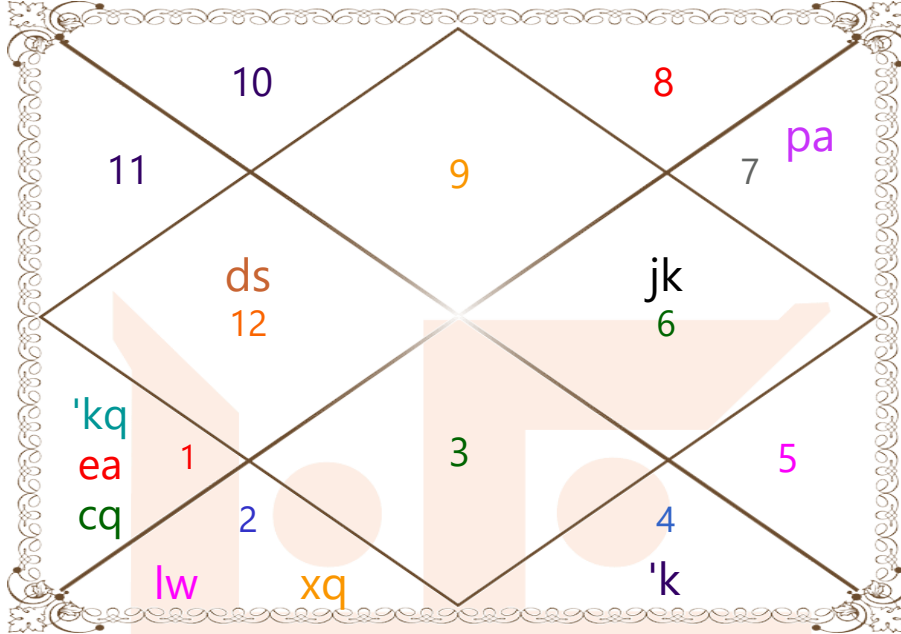
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fRkfFk : 4-9-14
fnu : xq#okj
u{k= : 'kRkfÖ"kk
;"x : 'kqDy
dj.k : RkSfRky
Ágj : 4
oxZ : x:M!
yXu : dU;k
lw;Z : dU;k
pUnz : /kuq
eaxy : Rkqyk
cqÁ : ddZ
xq# : o'f'pd
'kqØ : /kuq
'kfu : flag
jkgq : edj

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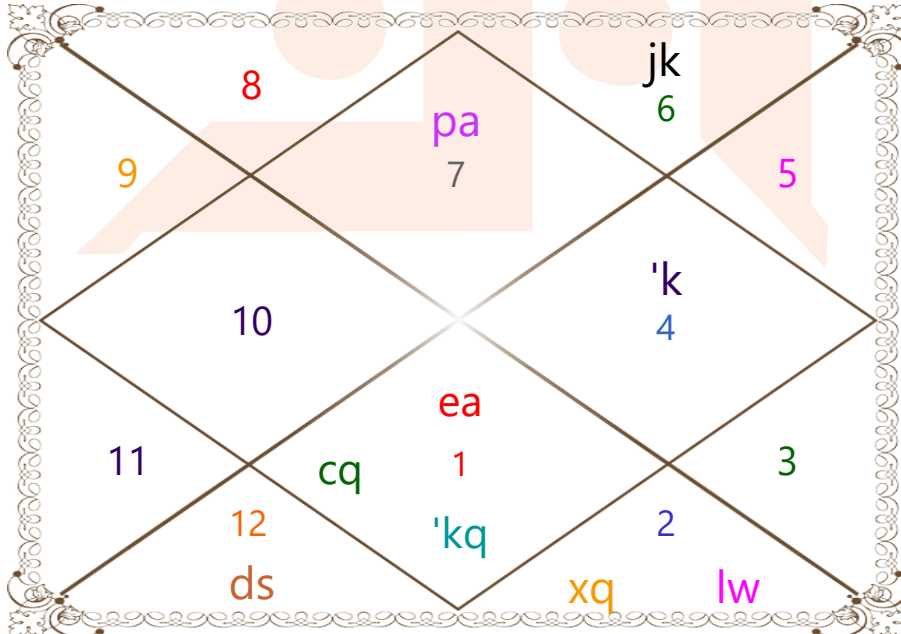
Thane West, Maharashtra

tUe dq.Myh

yXu daqMyh



pUnz daqMyh



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Thane West, Maharashtra

yXu dq.Myh v©j n'kk

yXu daqMyh

ds	'kq ea cq	xq lw	
			'k
y		pa	jk

yXu daqMyh

xq lw	'kq ea cq	ds	
			'k
jk	pa	y	

foa'k`Ükjh

xq# 40"kZ 6ek 13fn

xq#

31/05/1977

13/12/2085

xq#	13/12/1981
'kfu	13/12/2000
cq/k	13/12/2017
dsRkq	13/12/2024
'kqØ	13/12/2044
lw;Z	13/12/2050
pUnz	13/12/2060
eaxy	14/12/2067
jpgq	13/12/2085

;`fxuh

ÄkU;k oo"kZ 10ek 6fn

mYdk

07/04/2023

07/04/2029

mYdk	07/04/2024
fl`k	07/06/2025
ladVk	07/10/2026
eaxyk	07/12/2026
fiaxyk	07/04/2027
ÄkU;k	07/10/2027
Òzkejl	06/06/2028
Òfnzd	07/04/2029

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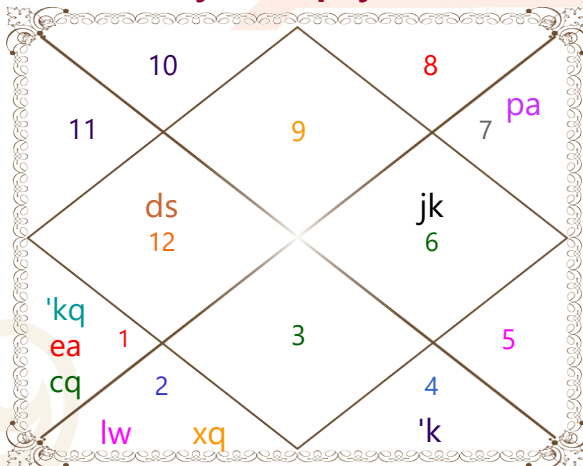
xzg Li"V RkFkk mudh fLFkfRk

xzg	jkf'k	va'k	fLFkfRk	vaÄk	lks;k	ÄehZ	usd@eUnk
yXu	/kuq	19:43:51	&&&	&&	&&	&&	usd
lw;Z	o`"k	16:31:43	k=q jkf'k	&&	gk;	&&	usd
pUnz	Rkqyk	29:33:13	le jkf'k	&&	&&	&&	usd
eaxy	es"k	02:22:41	wyf=dks	&&	gk;	&&	eUnk
cq/k	es"k	22:11:25	le jkf'k	&&	gk;	&&	usd
xq#	o`"k	19:14:06	k=q jkf'k	&&	gk;	&&	usd
'kqØ	es"k	01:40:49	le jkf'k	&&	gk;	&&	usd
'kfu	ddZ	18:34:45	k=q jkf'k	&&	gk;	&&	usd
jkgq	o dU;k	29:56:00	wyf=dks	&&	&&	&&	usd
dsRkq	o ehU	29:56:00	wyf=dks	&&	&&	gk;	eUnk

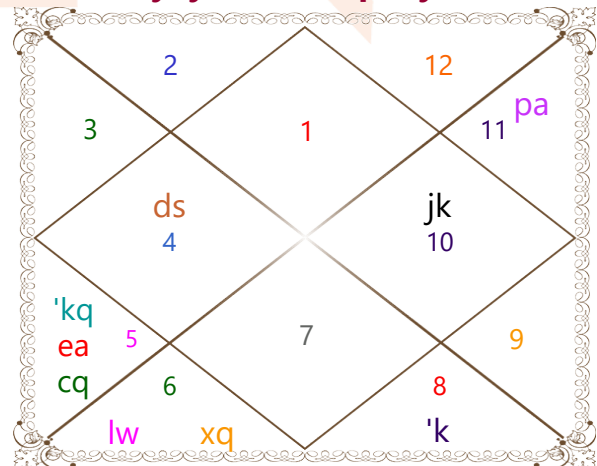
Òko fLFkfRk

[kkuk ua-	ekfyd	iDdk -kj	fdLeRk txkusokyk	lks;k	mPp	uhp
1	eaxy	lw;Z	eaxy	gk;	lw;Z	'kfu
2	'kqØ	xq#	panz	&&	panz	&&
3	cq/k	eaxy	cq/k	gk;	jkgq	dsRkq
4	panz	panz	panz	&&	xq#	eaxy
5	lw;Z	xq#	lw;Z	&&	&&	&&
6	cq/k	cq/k]dsRkq	dsRkq	&&	cq/k]jkgq	kqØ]dsRkc
7	'kqØ	'kqØ]cq/k	'kqØ	gk;	'kfu	lw;Z
8	eaxy	eaxy]'kfu	panz	&&	&&	panz
9	xq#	xq#	'kfu	&&	dsRkq	jkgq
10	'kfu	'kfu	'kfu	&&	eaxy	xq#
11	'kfu	'kfu	xq#	&&	&&	&&
12	xq#	xq#]jkgq	jkgq	&&	kqØ]dsRkc	cq/k]jkgq

yXu daqMyh



ykyfdRkkc dqaMyh



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eS=hpØ lkfj.kh

xzg	lw;Z	panz	eaxy	cq/k	xq#	'kqØ	'kfu	jkgq	dsRkq
lw;Z	&&&	fe=	fe=	'k=q	fe=	le	le	le	'k=q
panz	fe=	&&&	'k=q	fe=	'k=q	'k=q	'k=q	'k=q	le
eaxy	fe=	fe=	&&&	le	fe=	'k=q	'k=q	'k=q	le
cq/k	fe=	le	'k=q	&&&	'k=q	fe=	'k=q	fe=	'k=q
xq#	fe=	fe=	fe=	le	&&&	le	'k=q	'k=q	'k=q
'kqØ	le	le	'k=q	fe=	'k=q	&&&	fe=	le	fe=
'kfu	le	le	le	fe=	'k=q	fe=	&&&	fe=	'k=q
jkgq	le	'k=q	le	fe=	'k=q	le	fe=	&&&	fe=
dsRkq	'k=q	le	le	'k=q	'k=q	fe=	'k=q	fe=	&&&

xzg@jkf'k Qy

xzg

lw;Z
panz
eaxy
cq/k
xq#
'kqØ
'kfu
jkgq
dsRkq

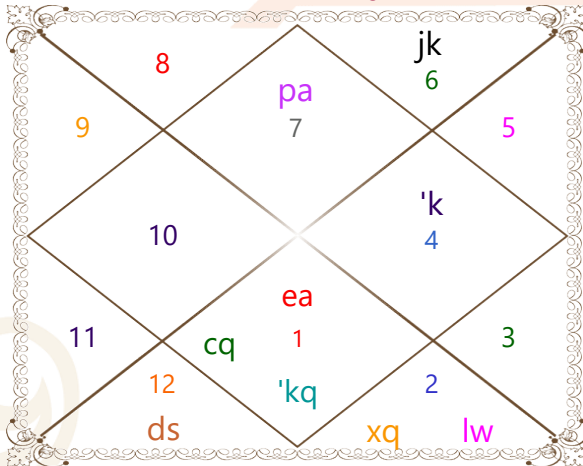
o.kZu

vkx ls tyk] Äu ls csfQØA
fujis{k] 'kwU; lekuA
jbZlksa dk cki nknkA
Qdhj dh vkokt ;k vk'khZoknA
eq¶Rk[kksj exj lkÄq LoHkkoA
cPpksa ls Hkjk gqvk -kj ifjokjA
gSM DokVZjA
lkai dh ef.k ;k lkai dk QuA
cPpksa dks Mjkus okyk dqÜkka

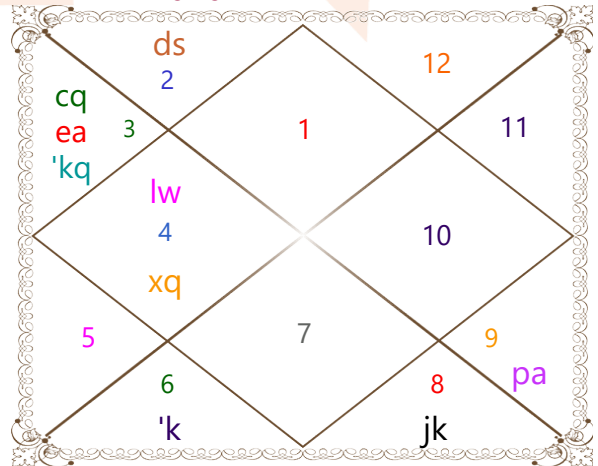
Qy

jkf'k
&&
&&
&&
jkf'k
&&
&&
&&
jkf'k

pUnz daqMyh



ykyfdRkkc pUnz



ykyfdRkkc n'kk

'kfu 6 o"kZ 31/05/1977 01/06/1983	jkgq 6 o"kZ 01/06/1983 31/05/1989	dsRkq 3 o"kZ 31/05/1989 31/05/1992	xq# 6 o"kZ 31/05/1992 01/06/1998	lw;Z 2 o"kZ 01/06/1998 31/05/2000
jkgq 01/06/1979 cq/k 31/05/1981 'kfu 01/06/1983	eaxy 31/05/1985 dsRk 01/06/1987 jkgq 31/05/1989	'kfu 01/06/1990 jkgq 01/06/1991 dsRk 31/05/1992	dsRk 01/06/1994 xq# 31/05/1996 lw;Z 01/06/1998	lw;Z 30/01/1999 panz 01/10/1999 eaxy 31/05/2000
panz 1 o"kZ 31/05/2000 31/05/2001	'kqØ 3 o"kZ 31/05/2001 31/05/2004	eaxy 6 o"kZ 31/05/2004 01/06/2010	cq/k 2 o"kZ 01/06/2010 31/05/2012	'kfu 6 o"kZ 31/05/2012 01/06/2018
xq# 30/09/2000 lw;Z 30/01/2001 panz 31/05/2001	eaxy 01/06/2002 'kqØ 01/06/2003 cq/k 31/05/2004	eaxy 01/06/2006 'kfu 31/05/2008 'kqØ 01/06/2010	panz 30/01/2011 eaxy 01/10/2011 xq# 31/05/2012	jkgq 01/06/2014 cq/k 31/05/2016 'kfu 01/06/2018
jkgq 6 o"kZ 01/06/2018 31/05/2024	dsRkq 3 o"kZ 31/05/2024 01/06/2027	xq# 6 o"kZ 01/06/2027 31/05/2033	lw;Z 2 o"kZ 31/05/2033 01/06/2035	panz 1 o"kZ 01/06/2035 31/05/2036
eaxy 31/05/2020 dsRk 01/06/2022 jkgq 31/05/2024	'kfu 31/05/2025 jkgq 01/06/2026 dsRk 01/06/2027	dsRk 31/05/2029 xq# 01/06/2031 lw;Z 31/05/2033	lw;Z 30/01/2034 panz 30/09/2034 eaxy 01/06/2035	xq# 01/10/2035 lw;Z 30/01/2036 panz 31/05/2036
'kqØ 3 o"kZ 31/05/2036 01/06/2039	eaxy 6 o"kZ 01/06/2039 31/05/2045	cq/k 2 o"kZ 31/05/2045 01/06/2047	'kfu 6 o"kZ 01/06/2047 31/05/2053	jkgq 6 o"kZ 31/05/2053 01/06/2059
eaxy 31/05/2037 'kqØ 01/06/2038 cq/k 01/06/2039	eaxy 31/05/2041 'kfu 01/06/2043 'kqØ 31/05/2045	panz 30/01/2046 eaxy 30/09/2046 xq# 01/06/2047	jkgq 31/05/2049 cq/k 01/06/2051 'kfu 31/05/2053	eaxy 01/06/2055 dsRk 31/05/2057 jkgq 01/06/2059
dsRkq 3 o"kZ 01/06/2059 01/06/2062	xq# 6 o"kZ 01/06/2062 31/05/2068	lw;Z 2 o"kZ 31/05/2068 01/06/2070	panz 1 o"kZ 01/06/2070 01/06/2071	'kqØ 3 o"kZ 01/06/2071 01/06/2074
'kfu 31/05/2060 jkgq 31/05/2061 dsRk 01/06/2062	dsRk 31/05/2064 xq# 01/06/2066 lw;Z 31/05/2068	lw;Z 30/01/2069 panz 30/09/2069 eaxy 01/06/2070	xq# 30/09/2070 lw;Z 30/01/2071 panz 01/06/2071	eaxy 31/05/2072 'kqØ 31/05/2073 cq/k 01/06/2074
eaxy 6 o"kZ 01/06/2074 31/05/2080	cq/k 2 o"kZ 31/05/2080 01/06/2082	cq/k 2 o"kZ 31/05/2080 01/06/2082	cq/k 2 o"kZ 31/05/2080 01/06/2082	cq/k 2 o"kZ 31/05/2080 01/06/2082
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u"V Â 35 lkyk yky fdRkkc n'kk yxØx Rkhu pdz ds fy, nh xÃ gSA
mij"DRk fRkfFk;ka n'kk ds lekIRk g"us dk le; n'kkZRkh gSaA

Vsos dh Js.kh

jRkkaÄ xzg@vaÄk Vsok

yky fdRkkc ds vuqlkj jRkakÄ xzg d" ug"jkRkk ds xzg Òh dgRks gSaA ;s xzg fnu esa ns[kRks gSa] ijaRkq ;gh xzg jkf= esa vaÄs g" tkRks gSaA ;s xzg v-Z&vaÄs dgs tkRks gSa vFkkZRRk~ p©Fks [kkus esa lw;Z v©j lRkosa [kkus esa 'kfu g" Rk" og Vsok vkÄk vaÄk Vsok dgyk,xkA

bl Ádkj dk Vsok tkRkd ds O;kolkf;d thou esa] eu dh 'kkafRk ds fy, v©j x`gLfK lq[k ds fy, dkQh gn Rkd v'kqÒ vlj iM'Rkk gSA lRkosa [kkus esa cSBk 'kfu cgqRk 'kfDRk'kkyh g" tkRkk gSA T;"fRk" 'kkL= ds vuqlkj lIRke [kkus ds 'kfu d" fnXcy ÁklRk g" tkRkk gSA bl Òko dk 'kfu viuh nloÈ laiw.kZ n`f"V ls lq[k LFkku esa fLFkRk lÒh xzg"a d" ÁÒkfoRk djRkk gSA 'k=q n`f"V ls lw;Z ds 'kqÒ Qy v'kqÒRkk esa ifj.kRk g" tk,xkA pRkqFkZ LFkku ls lw;Z dh lIRke n`f"V deZ Òko ij iM' dj deZ Qy d" v'kqÒ dj nsxkA lÒh Ádkj dh eu dh 'kkafRk d" iw.kZ :is.k de dj lÒh Ádkj ds lq[k"a d" u"V dj nsxkA dqaMyh ij v'kqÒ ÁÒko nsus okyk 'kfu v©j mldh n`f"V gSA vRkÄ lw;Z ds mik; dh mi;"fxRkk ugÈA ek= 'kfu dh v'kqÒRkk u"V djus ds fy, 'kfu dk mik; djuk pkfg,A

fu"d"kZ

vkidh i=h jRkkaÄ xzg ls ÁÒkfoRk ugÈ gSA

ÄehZ Vsok

yky fdRkkc ds vuqlkj dqN ÄehZ Vsok g"Rks gSaA ÄehZ Vsok ds v'kqÒ xzg"a dk ÁÒko cgqRk gn Rkd de g" tkRkk gSA ftl Vsok esa c`gLifRk ds lFk 'kfu fdLh Òh ñkj esa vFkkZRRk~ 'kqÒ ñkj esa fLFkRk g" Rk" ,Slk Vsok ÄehZ Vsok g" tkRkk gSA ÄehZ Vsok okyk tkRkd eqf'dy ;k d"V ds le;] tc mldh lÒh jkgsa vo# g" tkRkh gSa ml le; Ä'oj vius gkFk"a ls mldh lgk;Rkk djRks gSaA 'kfu xzg eqf'dy"a dk ,oa gekjs ÒkX; dk dkjd Òh yky fdRkkc ds vuqlkj g"Rkk gSA Vsok esa c`gLifRk ds lFk vFkok c`gLifRk dh jkf'k esa 'kfu cSB tk, Rk" 'kfu ds LoÒko esa 'kqÒRkk vk tkRkh gSA c`gLifRk v©j 'kfu dk lacaÄ cgqRk ls n""k"a d" nwj dj nsRkk gSA 6Bsa] 9osa] 11osa ,oa

1

2osa ñkj" a esa 'kfu c`gLifRk dk la;`x g"uk cM'h leL;kv" a dk 'keu ,oa
thou ds mRkkj&p<|ko d" fu;af=Rk dj nsRkk gSA blds ÁÒko ls
¼dqaMyh½ Vsok dh v'kqÒRkk lekIRk v©j lkjh foinkv" a dk vaRk g"
tkRkk gSA

fu"d"kZ

vkidh i=h ÄehZ Vsok ugÈ gSA

ukckfyx Vsok

yky fdRkkc ds vuqlkj dqN gkykRk" a esa ckjg lky dh vk;q
Rkd dqN ukckfyx Vsos g"Rks gSaA ml n'kk esa ckjg lky Rkd ds ckyd
dh dqaMyh dk ÁÒko ugÈ mlds fiNys tUe ds ÒkX; dk vlj gh ÁÒkoh
jgRkk gSA ukckfyx Vsok mld" dgRks gSa tcfd Vsok 1] 4] 7 v©j 10
[kkus vFkkZRk~ dsanz LFkku [kkyh g" vFkok fIQZ ikh xzg 'kfu] jkgq
v©j dsRkq gh g" ;k vdsyk cqÄ gh g" Rk" og ukckfyx xzg" a dk Vsok
g"xkA

mldh fdLeRk dk gky 12 lky Rkd 'kDdh g"xkA

yky fdRkkc ds vuqlkj ukckfyx Vsok okys tkRkd ij ckjg o"k"±
Rkd ÁR;sd o"kZ ,d&,d xzg dk ÁÒko fuEu:is.k iM'k djRkk gSA thou ij
iM'us okys nqf"Rk ÁÒko dh vuqdwyrkk gsRkq fuEuakfdRk Òko
fLFkRk xzg dk mik; djuk pkfg,A

- 1- mez ds igys lky esa lRkosa ñkj ds xzg dk vlj iM'Rkk gSA
- 2- mez ds nwljs lky esa p©Fks ñkj ds xzg dk vlj iM'Rkk gSA
- 3- mez ds Rkhljs lky esa u©os ñkj ds xzg dk vlj iM'Rkk gSA
- 4- mez ds p©Fks lky esa nlosa ñkj ds xzg dk vlj iM'Rkk gSA
- 5- mez ds iakposa lky esa X;kjgosa ñkj ds xzg dk vlj iM'Rkk gSA
- 6- mez ds NBs lky esa Rkhljs ñkj ds xzg dk vlj iM'Rkk gSA
- 7- mez ds lRkosa lky esa nwljs ñkj ds xzg dk vlj iM'Rkk gSA
- 8- mez ds vkBosa lky esa iakposa ñkj ds xzg dk vlj iM'Rkk gSA
- 9- mez ds uoesa lky esa NBs ñkj ds xzg dk vlj iM'Rkk gSA
- 10- mez ds nlosa lky esa ckjgosa ñkj ds xzg dk vlj iM'Rkk gSA
- 11- mez ds X;kjgosa lky esa igys ñkj ds xzg dk vlj iM'Rkk gSA
- 12- mez ds ckjgosa lky esa vkBosa ñkj ds xzg dk vlj iM'Rkk gSA

fu"d"kZ

vkidh i=h ukckfyx xzg" a dk Vsok ugÈ gSA



Sanatan Sandesh

Thane West, Maharashtra

yky fdRkkc ds vuqlkj .k Òkj

dqjMyh esa nwf"kRk xzg" a ds dkj.k tkRkd dÃ Ádkj ls .kxh g"Rkk gS vFkkZRk~ dÃ Ádkj ds .k Òkj tkRkd ds Åij jgRks gSa] ftlds dkj.k tkRkd ds thou dk fodkl vo# g" tkRkk gSA D;"afd nwf"kRk xzg" a ds n" k;qDRk ÁÒko ls 'kqÒ xzg Òh vuqdwY Qy nsuk can dj nsRks gSaA vLRkq .k Òkj ls tkRkd d" eqDRk g"uk pkfg, Rkkfd 'ks" k thou ij 'kqÒ ;k vPNs xzg" a ds vPNs ÁÒko iM'dj dqjMyh ds vuqlkj 'kqÒRkk ÁkIRk g" ldsA uhps .k ds Ádkj fdl ifjLFkfRk esa tkRkd ij vn"; .k ij iM'Rkk gS RkFkk mlds fujkdj.k mÄ`Rk fd, tkRks gSaA

Lo_.k

xzgpky Â

tc tUedqaMyh eas škkuk uacj 5 eas 'kqØ ;k 'kfu ;k jkgq ;k Rkhukas eas nks ;k Rkhukas fLFkRk gks Rkks Lo_.k gksRkk gSA

fu'kkfu;k Â

vkidks jktHk;] funksZ" k gksus ij Hkh eqdnesa esa naM ;k tqekZuk HkqxRkuk iM'Rkk gSA ân; jksx] cktqvksa esa nnZ] 'kkjhfd detksjh] vkaškkksa esa d"V] ftXj dh škjch gksRkh gSA

¬kVuk,a Â

tkRkd ukfLRkd gks tkRkk gS] ÄeZ dh misøkk djRkk gS LokLF; vuqdwY ugÈ jgRkk] iwoZtksa ds jhfRk&fjokt ds vuqlkj ugÈ pyRkka

fu"d"kZ

mik; Â

vkidh i=h Lo_.k ls ;qDRk gS blfy, ifjokj esa tgka Rkd škwu dk lacaÄ ¼tkRkd ds nknk&nknh] ekRkk&fiRkk] cgu] csVh&cqvK] HkkbZ] pkpk&Rkk;k ds ifjokj ds lnL; vkfn½ gS lcls cjkj&cjkj Äu ¼,d&d ;k ikap&ikap ;k vfÄd ls vfÄd nl&nl #i;s ftRkus Hkh #i;s IHkh ns lds½ bdV~Bk dj ds ÄeZ LFkku ij lkewfgd ;K djsaA

ekRk`_.k

xzgpky Â

tkRkd dh tUedqaMyh ds pkSFks škkus esa dsRkq iM'k gks

fu'kkfu;k Â

tkRkd dk dksbZ lgk;d ugÈ gksRkk] mlds lHkh iz;kl fu"Qy gksRks gSA ljdkh naM ;k tqekZuk HkqxRkuk iM'Rkk gSA thou v'kkaRk O;RkhRk gksRkk gS] nwljksa dh bTtRk dks mNkyuk \$ksyokj djuk ;k twRkk pqjkuk] folk dk ykHk u feyuka fj'Rksnkjksa dh fcekfj;ksa ij Äu dk viO;; vkfn v'kqHk Qy gksRks gSA

¬kVuk,a Â

ekRk`\_.k ls izHkkfoRk tkRkd ekRkk ls nqO;Zogkj djRkk gSA ekRkk ds lq\$&nqÂ\$ dk \$;ky ugÈ j\$Rkka ekRkk ls nwj jgs ;k ekRkk dks ¬kj ls fudky nsRkk gSaA ekRk`_.k okys tkRkd ds ¬kj ds ikl ;k ¬kj esa dqvka gksxkA ¬kj ds ikl tyk'k; gksxkA ml dq,a esa xanxh Mkyh tkRkh gksxh ;k tyk'k; dks xank djRkk gksxkA gks ldRkk gS fd tkRkd ds ¬kj ds ikl unh&ugj cgRkh gksA tkRkd ml esa xanxh MkyRkk gksxkA

fu"d"kZ

mik; Â

vkidh i=h ekRk`_.k ls ;qDRk gS blfy, ifjokj esa tgka Rkd \$kwu dk lacaÄ ¼tkRkd ds nknk&nknh] ekRkk&fiRkk] cgu] csVh&cqvkJ HkkbZ] pkpk&Rkk;k ds ifjokj ds lnL; vkfn½ gS lcls cjkcj&cjkcj otu esa pkanh ysdj mlh fnu nfj;k esa cgk nsosA

ikfjokfjd _.k

xzgpky Â

tkRkd dh tUedqaMyh igys ;k vkBosa \$kkus esa cqÄ ;k dsRkq ;k nksuksa cSBs gks Rkks fj'Rksnkj dk _.k gksRkk gSA

fu'kkfu;k Â

fdlh dh HkSal cPpk nsus dks gks Rkks mls ekj nsuk ;k ejok nsuka fdlh dk edku cuus ;k uho \$kksnRks le; tknw&Vksuk dj nsuk ;k fj'Rksnkjksa ls feyus&tqyus ckyksa ls uQjRk djuk ;k cPpksa ds tUe fnu vkSj ifjokj esa R;kSgkj ;k \$kq'kh ds le; nwj jguka

¬kVuk,a Â

tkRkd fe=ksa ls Äks\$kk djRkk gSA fdlh ds cus&cuk, dke dks fcxkM! nsRkk gS ;k fdlh dh idh gqbZ \$ksRkh dks vkx yxk nsuka

fu"d"kZ

vkidh i=h ikfjokfjd _k ls eqDRk gSA

dU;k@cgu dk _k

xzgpky Â

tkRkd dh dqaMyh esa Rkhljs ;k NBs škkus esa panzek iM!k
gks Rkks cgu@yM!dh dk _k gksRkk gSA

fu'kkfu;k Â

tokuh esa Äksškk nsuk] cgu@csVh dh gR;k ;k ml ij tqYe
djukA eklqe cPpksa dks cspuk ;k ykyp ls cny ysuk@nsuk ftldk Hksn
nqfu;k esa dHkh u škqys ,sls jgLe; vkfn dke djukA

¬kVuk,a Â

tkRkd dk fdlh ds lkFk viuh tqcku ls cqjk 'kCn cksyuk Rkyokj
ls vfÄd xgjk ¬kko dj ldRkk gS] csVk iSnk gqvk fiRkk dks mlds
Äu&nkSyRk] vk;q ij v'kqHk Qy gksxk ;k ekRkk dks iRkk Fkk fd og
tku ls gkFk Äks cSBsxhA škq'kh ds lkFk ekRke llqjky&ufugky ij
v'kqHk Qy] o"kZ Hkj dh dekbZ dk o"kkZaRk esa ¬kkVk gks tkuk
vkfnA

fu"d"kZ

vkidh i=h dU;k cgu ds _k ls eqDRk gSA

fiRk`_k

xzgpky Â

tkRkd dh tUedqaMyh esa 2 ;k 5 ;k 9 ;k 12 škkuksa esa
'kqØ ;k cqÄ ;k jkgq ;k Rkhuksa esa nks ;k Rkhuksa gh cSBs gks Rkks
tkRkd ij fiRk` _k gksRkk gSA

fu'kkfu;k Â

dqy iqjksfgRk cnyuk ;k dqy iqjksfgRk ls ukRkk RkksM!
ysuk] ¬kj ds lkFk cus eafnj dks RkksM! nsukA ihiy dk isM! dkVuka
ihiy dk isM! gksuk vkfnA

¬kVuk,a Â

ifjokj esa fdlh cqtqxZ ds cky IQsn gks tk,A cky IQsn gksus
ds ckn cky

Sanatan Sandesh

Thane West, Maharashtra

sa esa ihykiu gksuk 'kq: gks tk,] dkyh \$kkalh dh f'kdk;Rk] gks vFkok ekFks ij nqfu;k dh xanh djRkqRkks dk dyad yxuk vkfn -kVuk,a gksRkh gSA

fu"d"kZ

mik; Â

vkidh i=h fiRk`_.k ls ;qDRk gS blfy, ifjokj esa tgka Rkd \$kwu dk lacaÄ ¼tkRkd ds nknk&nknh] ekRkk&fiRkk] cgu] csVh&cqvK] HkkbZ] pkpk&Rkk;k ds ifjokj ds lnL; vkfn½ gS lcls cjkj&cjkj Äu ¼,d&d ;k ikap&ikap ;k nl&nl #i;s vfÄd ls vfÄd ftRkus Hkh #i;s ns ldsa½ ysdj mlh fnu eafnj esa nku dj nsuk vkfnA

L=h_.k

xzgpky Â

tkRkd dh tUedqaMyh esa lkRkosa \$kkus esa lw;Z ;k panzek ;k jkgq ;k Rkhuksa esa nks ;k Rkhuksa gh bdV~Bs cSBs gksa Rkks L=h_.k gksRkk gSA

fu'kkfu;k Â

ifjokjd isV ij ykRk ekjuk] L=h dks cPpk iSnk gksus ;k cPpk tuus dh gkyRk esa fdlh ykyp esa vkdj ekj nsukA nkjaRkks okys tkuojksa dh ikyus ls ifjokj esa uQjRk dk mlwy pyRkk gksxkA edku dk xSV njoktk nføk.k fn'kk esa gksuk] tho gR;k djuk] edku ;k e'khujh Äks\$ks ls ys ysuk] fdlh dh pht gM|i ysuk mls eqagRkkt dj nsuk vkfnA

-kVuk,a Â

uj laRkku dk Qy eank gks tkRkk gS] peMM|h esa dks<] Qyogjh] xqIRkkax esa jksx gks tkuk] fdlh dk fookg gksuk fdlh eqnsZ dks tykukA ,d L=h ds lkFk oSokfgd lacaÄ VwVus yxs nwljh L=h ds lkFk lacaÄ tqM|us yxuk vFkkZRk nwljk fookg gksuk vkfnA

fu"d"kZ

vkidh i=h L=h_.k ls eqDRk gSA

funZ;h_.k

xzgpky Â

tUedqaMyh esa \$kkuk uacj 10 ;k 11 esa lw;Z ;k panz ;k
eaxy ;k Rkhuksa esa nks ;k Rkhuksa gh bdV~Bs cSBs gks Rkks
funZ;h _k gksRkk gSA

fu'kkfu;k Â

e'khu ;k edku dh is'kxh nsdj u \$kjhnuK] ijhøkk gky ls vdkj.k
ckgj fudkyk tkuk] cMs| yksxksa ls vdkj.k >xMs| ;k eqdnesa yM|uk
vkfnA

¬kVuk,a Â

laRkku vkSj llqjky dh vle; e`R;q] Rksy ;k ukfj;y ;k ydM|h ;k
ckjnkuk ds xksnke esa vkx yx tkukA edku \$kjhnuK mlesa jguk ulhc
ugÈ] edku \$kjhns Rkks mldh flf<|;ka eqjEeRk djkuh iM|s ;k RkksM|
dj nqckjk cukuh iMs|] lkai vkSj tgj iku dh ¬kVuk,a] gfFk;kj ls ekSRk
gksuk vkfnA

fu"d"kZ

mik; Â

vkidh i=h funZ;h _k ls ;qDRk gS blfy, ifjokj esa tgka Rkd
\$kwu dk lacaÄ ¼tkRkd ds nknk&nknh] ekRkk&fiRkk] cgu]
csVh&cqvK] HkbbZ dk ifjokj pkpk&Rkk;k ds ifjokj ds lnL; vkfn½ gS
lcls cjkcj&cjkcj Äu ysdj lkS vyx&vyx LFkkuksa dh eNfy;ksa dks \$kkuk
f\$kykuk pkfg,A

vktUed`Rk _k

xzgpky Â

tkRkd dh tUedqaMyh esa \$kkuk uacj 12 esa lw;Z ;k 'kqØ ;k
nksuksa bdV~Bs cSBs gks Rkks vktUed`Rk _k gksRkk gSA

fu'kkfu;k Â

fctyh dh Rkkj yhd dj tkuk] ¬kj ty tk,] yk\$kkksa&djksM|ksa
ifRk dqN gh le; esa fdLh Hkh Rkjg ls Rkckg gks tk;s] lksuk xqe ;k
pksjh&Bxh&xcu dh ¬kVuk,a] flj ij t\$e ;k flj dh chekfj;ka] cpiu ls
cq<|kis Rkd ukyk;d lkfcRk gksuk] lksp le> dj dke djus ds cktwn
xjhch vkSj cslgkj] nek&fejxh] dkyh \$kkalh] lkal dh RkdyhQ] vpkud
ekSRk] edku dh ngyht ds uhps ls xank ikuh cguk vFkok vkoklh;
edku ds vkxs ihNs dwMs| dk <s|j ;k xUnxh gksA

¬kVuk,a Â

eqdnesa esa QSlys ij ugd tqekZuk@dSn] llqjky ;k nqfu;k
okyks dh Bxh djuk] ;k ,slh Bxh djuk ftlls nwljs dk ifjokj ;k
ukSdjh&O;kikj u"V gks tkuk vkfnA

fu"d"kZ

vkidh i=h vktUed`Rk _.k ls eqDRk gSA

bZ'ojh; _.k

xzgpky Â

tkRkd dh tUedqaMyh esa NBs \$kkus esa panzek gks Rkks
bZ'ojh; _.k gksRkk gSA

fu'kkfu;k Â

dqÜks dk dkVuk] NRk ls cPpksa dk fxjuk ;k cPpk dks
xkM!h ds uhps vk tkuk] dkuksa ls cgjkiu] jh<| dh gM~Mh esa d"V]
laRkku iSnk u gksuk ;k gksdj ej tkuk] laRkku lq\$ka esa ckÄk] is'kkc dh
fcekfj;ka vÄjax] ufugky u"V gks tkuk] ;k=k esa gkfu vFkok
nq¬kZVuk gks tkuk vkfnA

¬kVuk,a Â

fdlh ij bRkckj fd;k mlus Äks\$kk fn;k] dqÜkksa dks ekjuk ;k
ejokuk] xjhc ;k Qdhj dh cnnqvks ysuk] cnpyuh] fdlh ds yM!dksa dks
xqejkg djds cjckn djuk ;k djokuk] cjh uh;Rk] ykyp esa vkdj fdlh dk
uqdlku djuk vkfnA

fu"d"kZ

vkidh i=h bZ'ojh; _.k ls eqDRk gSA

yky fdRkkc xzg Qy

lw;Z

vkidh tUedqaMyh ds NBs škkus esa lw;Z iM|k gSA bldh otg ls vkidks ufugky ls lqšk feysxk vkSj eqdn~nesa esa thr gksxhA fe= vkSj 'k=q vki ls nc dj jgsaxsA vki vius HkkX; ls larq"V jgsaxsA vki vius HkkX; ij Hkjkslk jšksaxs] csfQØ jgsaxsA vkidk tUe ufugky ;k vLirky esa gqvk gksxkA 'kkjhfd lqšk vPNk jgsxkA iq= tUe ds ckn vxj cqjk le; gks rks vPNk le; vk,xk vFkkZr~ yM|ds dh iSnkb'k ds ckn vkidk thou fLFkj gks tk,xk vkSj vkidk HkkX;ksn; gksxkA firk dk #rck vkSj c<|sxkA iRuh ,oa larku dk lqšk feysxkA vki vfÄd iq=oku gksaxsA nwljh vkSjr ds lkFk lacaèk jgsxk ,slh laHkkouk gSA vkids pfj= ij dksbZ cqjk izHkko ugha iM|sxkA vki viuk dke cny ldrs gSA vkSj ml cnys gq, dke ls vPNk Qy feysxkA cq<|kis esa jkr dk vkjke] iwtk&ikB] nku&iq.; dk 'kqHk vlj feysxkA MkDVj@dSfeLV ds dke ls ykHk gksxkA

;fn vkius cgU ls Äu dh Bxh dh] ljdkjh vfÄdkfj;ksa ls Äksškk fd;k vkSj eqdn~nesckth esa viuk è;ku jškk] gj le; nwljksa dh rjQ ekaxus dh uh;r jškh rks vkidk lw;Z eank gks ldrk gS ;k fdlh dkj.k o'k lw;Z eank gks x;k gks rks lw;Z dk eank vlj] dksVZ esa eqdn~neksa ij vfèkd škpZ gksxkA ikao esa škjch gks ldrh gSA ikih xzgksa ds la;ksx ls cqjk le; vkjaHk gksxkA thou esa ,d ckj iru gksuk laHko gSA ekek dk gky škjkc jgsxkA xqLlk vfèkd vk,xk ;k jDrpki dk jksx gksxkA vkids ukSdjh&O;kikj esa ckj&ckj rcnhyh gks ldrh gSA lw;Z dk eank le; 21&22 lky dh mez esa gksxk] L=h ij Hkh cqjk vlj iM| ldrk gSA vki vius cki ;k csVs ds lkFk ,d 'kgj ;k xkao esa jg dj èku ugha dek ldrs gSasA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr ijgst vkSj mik; djsaA

ijgst Â

1- cgU ls >xM|k u djsaA

2- le; dSlk Hkh jgs nku ;k dtZ u ekaxsaA

mik; Â

1- pkanh ;k nfj;k dk ikuh ñkj esa dk;e djsaA

pUnz

vkidh tUedqaMyh esa panzek X;kjgosa škkus esa iM|k gSA
bldh otg ls folK dk iwjk ykHk mBk;saxs tks vkxs vkus okys le; esa
'kqHk jgsxkA vxj vki jkf= le; folK i<|sa rks ykHk gks ldrk gSA vkids
ikl lqšk ds lc lkèku miyCèk jgsaxsA lÜkk dk Js"Bre Qy izklr gksxkA
32 o"kZ dh mez rd yxkrkj èku vkrk jgsxkA vkidks fL=;ksa dk lg;ksx
feysxk vkSj L=h ls ykHk izklr gksxkA vkenuh esa cjdr gksxhA

;fn vkus 'kqØokj fookg fd;k ;k jkf= le; fookg ds Qsjs fy,]
çHkkr le; nku fn;k ;k fy;k] cqÄokj dks u;k dke 'kq# fd;k] 'kfuokj edku
e'khujh škjnh rks vkidk panzek eank gks ldrk gS ;k fdlh dkj.k o'k
panzek eank gks x;k gks rks panzek ds eans vj ls folK esa #dkoV
vk;sxhA larkuksRifÜk esa ckèkk gksxh ;k vkidks iq= izklr esa ckèkk
vk ldrh gSA dke'kfDr dh nqcZyrk jgsxh ¼dke'kfDr esa detksjh ds le;
fdlh oS] dh lykg ls lksuk ;qDr nokbZ;ka ;k nwÄ ls cuh phtksa dk
bLrseky djsa½A vkidh ekrk nsj ls vkids iq= dk lqšk nsšksaxhA vkidh
L=h dks tc cPpk iSnk gksus okyk gks rks vkidh ekrk ogka ls dgha
vkSj pyh tk,a ;k vkidh L=h vius ek;ds esa cPpk iSnk djsA vkidh ekrk
tUe ds ckn vkids cPps dks 43 fnu rd vkškkksa ls u nsšksa ;k gkFkksa
esa u mBk;sa dj rks vkidh ekrk vkSj vkids cPps dh yEch vk;q jgsxh
ojuk ,d dh vk;q økh.k gks tk,xhA vkidk ;k vkidh ekrk dh vkaškkksa ds
vkçs'ku dk Hk; gSA vkids nknh&ekrk ls vfÄd eèkqj lacaèk ugha
jgsxsA vki nq'eu ls ijs'kku jgsaxsA vkids thou esa mRFkku&iru ds
Hkh ;ksx vk ldrs gSaA vkids HkkbZ&caèkq ,oa laifÜk ij cqjk izHkko
iM| ldrk gSA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr
ijgst vkSj mik; djsaA

ijgst Ä

1- folK vÄwjh u NksM|saA

2- pky&pyu Bhd jšksaA

mik; Ä

1- HkSjksa eafnj esa nwÄ p<|kosa ;k etnwj is'kk vkneh dks nwÄ
fiyk;saA

2- ekrk dk LokLF; škjkc gks rks 11&11 škks;s ds isM|s 11 cPpkksa es
ckaVsaA

3- ¬kj esa Nr ds uhps unh dk ikuh jšksaA

eaxy

vkidh tUedqaMyh esa eaxy ikaposa škkus esa cSBk gSA bldh otg ls vki 'kkar LoHkko ds gSaA vkidks vius tUeLFkku ls nwj fuokl djuk iM! ldrk gS vki cgqr ;k=k djsaxsA vkidks èku&laink feysxhA iRuh ,oa larku lqšk izklr gksxkA vkidh vkSykn vPNh vkSj lqškh jgsxhA vkidk csVl rFkk iksrk Hkh èkuoku gksxkA vki èkuoku larku ds firk gksaxsA vkidh mez T;ksa&T;ksa c<|sxh vki vehj gksrs pys tk,axsA vki ;k vkids škkunku esa dksbZ gdhe ;k MkWDVj gks ldrk gSA vkids cqtqxks± dh ekyh gkyr vPNh gksxhA izR;sd o"kZ tUefnu ds ckn ls mUufr vkSj rjDdh gksrh pyh tk,xhA vki vius HkkbZ ;k cki&nkns dh gSfl;r ls Åaps ntsZ ds O;fDr gksaxsA vkidh iq= izkflr ds ckn HkkX;ksUufr gksxhA vkids HkkX; ds lacaèk esa vPNk vli gksus dh mEehn gSA

;fn vkidk pky&pyu škjkç gqvk] vkus ifjokj ds ykxksa ls fcuk dkj.k nq'euh jšk] IV~Vk&tqvk vkfn šksyk] larku ;k iRuh ls >xM!k fd;k rks vkidk eaxy eank gks ldrk gS ;k fdlh dkj.k o'k eaxy eank gks x;k gks rks eaxy ds eans vli ls vkidh fo|k vÄwj] isV esa škjkç] dkuksa dh rdyhQ] ñkqVus ;k iSjksa esa fdlh izdkj dk d"V ;k tksM!ksa dk nnZ gks ldrk gSA larku izkflr ;k larku lqšk esa ckèkk dh vk'kadk gSA L=h dks vBjkg dh chekj tks larkuksRifÜk esa fo-u dkjd gksrh gS] gks ldrh gSA IV~Vk&tqvk vkfn esa gkfu dk ;ksx gSA iq= ls Dys'k] ifjokj esa fdlh dks nek ;k fejxh dk Hk; jgsxkA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr ijgst vkSj mik; djsaA

ijgst Å

1- ijL=h ls vuSfrd lacaÄ u jšksaA

2- 'kjkç&ch;j u fi;sa] eNyh u škk;saA

mik; Å

1- ñkj esa uhe dk isM! tehu ;k xeys esa yxkosaA

2- jkr dks ykVs esa ikuh Hkj dj fljgkus jšk dj lqcg fdlh ikSÄs ;k ckx&cxhps esa MkysaA

cq/k

vkidh tUedqaMyh esa cqÄ ikaposa škkus esa iM!k gSA
bldh o

tg ls vkidk thou škq'kgky jgsxkA vkidh T;ksfr" k folk rFkk vk;qosZn
'kkL= esa #fp jgsxhA vkidk okD; czāk th ds eqag ls fudyh ckr ds
leku gksxkA vkidks vius HkbbZ ls lqšk feysxk vkSj ykHk gksrk jgsxkA
vkidks thou esa vkSykn lqšk feysxkA vki fcuk lksp&le>s Hkh dqN
ckr dg nsa] rks og lp gks tk,xkA vkidk pfj= vPNk gksxkA vkidh tih
tk;nkn] x`gLFkh vkSj vkSykn ij vPNk izHkko iM!sxkA 34 o"kZ dh mez
ds ckn vkidk HkkX; iwjh cqyanh ij vk tk,xkA vki iw.kZ Kkuh vkSj
rstLoh izHkko ds O;fDr gksaxsA vkids lxs lacafÄ;ksa ;k fdlh Hkh
O;fDr ij vkidk vPNk vlj jgsxkA vki vPNs izcaÄdÜkkZ gSaA vdLekr~
Äu dh izkfIr ds Hkh ;ksx gSA vkidks vius thou esa cgqr vPNs fnu
nsškus dk lkSHkkX; izklr gksxkA vkidks ijkfolk] ra=&ea= ij iw.kZ
Hkjkslk jgsxkA ÄeZ] vkè;kRe vkSj bZ'oj HkfDr ds izfr vkidh #fp vPNh
jgsxhA vkidh cqf rst gSA vkidks cqf ds štkus vkSj folk dk iw.kZ
ykHk feysxkA

;fn vkus larku dk fojksÄ fd;k ljdkjh vfÄdkfj;ksa ls >xM!k
fd;k] ijL=h ls vuSfrd lacaÄ jšks] vkids ñkj esa ckal dk o`øk gqv k rks
vkidk cqÄ eank gks ldrk gS ;k fdlh dkj.k o'k cqÄ eank gks x;k gks rks
cqÄ ds eans vlj ls vki dHkh&dHkh cgqr dM!dh cksa djus yxsaxsA bl
ckr dk ijgst jšksaA larku ij d"V ds fnuksa esa vki vfÄd gh fpafr gks
tk;k djsaxsA vki dYiuk yksd esa Hkze.k djsaxs ;k dkYifud Mj ls
Hk;Hkhr jgsaxsA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr
ijgst vkSj mik; djsaA

ijgst Ä

1- xÅ eqšk ñkj esa fjkqb'k u djsaA

2- pky&pyu Bhd jšksaA

mik; Ä

1- pkanh dh cstksM! vaxwBh ck;sa gkFk esa igusaA

2- rkacs dk iSlk IQsn Äkxs esa Mky dj xys esa Äkj.k djsaA

xq#

vkidh tUedqaMyh esa NBs škkus esa o`gLifr iM!k gSA bldh
otg ls x`gLFk thou esa Hkh vki lkèkw LoHkko ds gksaxsA vkidks
dksbZ dke djus dh vfÄd t:jr ugha iM!sxhA ;fn firk nhñkkZ;q gq, r

ks vki èkuoku cu tk,axsA vkids firk LoHkko ls nkuh gksaxsA uxn Äu
dh deh eglwl ugha gksxhA vkids thou esa dbZ pht fcuk ekaxs ;k
fcuk esgur fd, gh fey tk,axhA vkids ufugky škkunku ds ykxksa dh
vkÆFkd gkyr vPNh gksxhA vkids ekek škq'kgky gksaxasA vkids
thou esa lqšk&'kkafr rks jgsxhA ijarq cgqr BkB&ckV ugha jgsaxsA
cq<|kis esa vkidks 'kqHk Qy izklr gksaxsA iwtk&ikB ij T;knk è;ku
nsaxsA vkidks iRuh dk iw.kZ lqšk feysxkA vkidks vfèkd le; rd ukSdj
djuh iM|s] ,slh vk'kadk gSA vkids xqlr nq'eu ugha gksaxsA nq'eu vxj
gq, rks u"V gks tk,axs vFkkZr~ vkidks nq'euksa ij thr gkfly gksxhA
'kjhj ls fujksx jgsaxsA

;fn vkus dtZ] nku&fHkøkk ekaxuk 'kq# fd;k] gj le; O;FkZ
¬kwers jgs] ekek] rk;k&pkpk ls >xM|k fd;k rks vkidk o`gLifr eank
gks ldrk gS ;k fdlh dkj.k o'k o`gLifr eank gks x;k gks rks o`gLifr ds
eans vlj ls firk dk lqšk de feysxk ;k 16 o"kZ dh mez esa gh ifjokj dk
Hkkj vki ij iM| ldrk gSA iRuh dh csdnzh djus ls v'kqHk Qy gksxkA
vkidk thou v; k'kh ;k ,s'kks b'kjr ds dkj.k cckZn gks ldrk gSA vkids
firk] iq= vkSj iq=h ds fy, xzg Qy cgqr vPNk ugh gSA vki lkèkw
LoHkko ds eqŕrškksj] jksxh vkSj v; k'k gksaxsA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr
ijgst vkSj mik; djsaA

ijgst Ä

1- Hkhšk u ekaxsA

2- vkokjk u ¬kwesaA

mik; Ä

1- ÄeZ eafnj ds iqtjh dks oL= nku nsosaA

2- ihyh phtsa ÄeZ LFkku esa nsosaA

'kqØ

vkidh tUedqaMyh esa ikaposa škkus esa 'kqØ iM|k gSA
ftldh otg ls vki foĐku] 'k=qgark] IQsn phtksa ls ykHk izklr djus
okys] cPpksa vkSj iwjs ifjokj ls ;qDr ,oa L=h lqšk ls ifjiw.kZ jgsaxsA
vki viuh tkfr ls izse djus okys gksaxsA vki nqfu;k esa jg dj Hkh
nqfu;knkj dh ckrksa ls vius dks eqDr izekf.kr djsaxsA fookg ds ikap
o"kZ ds ckn èku&laifÜk vkSj ukSdj&pkdjksa dk lqšk vfèkd izklr
gksxkA

inksUufr Hkh gksxhA vkidh iRuh oQknkj gksxhA vkidh iRuh ds
ftank jgus rd vkidks fdlh pht| dk vHkko ugha gksxkA dksbZ cgqr
cM|h #dkoV ugha vk,xhA vkidh nkSyr&ek;k c<|sxhA vki vius
škkunku okykSA dks l;kj djsaxs rks bldk vlj vki ij vPNk gh iM'isxkA
HkkbZ ds fy, Hkh vki vuqdwy jgsaxsA vkids ifjokj esa gj rjg dh cjdr
gksxh tSls&èku] ifjokj ,oa lqšk 'kkafrA vkidks vius ns'k ls çse jgsxkA

;fn vki pfj=ghu gq, rks o`øk esa Qals irax dh rjg dk gky
gksxk] ekrk&firk dh ethZ ds fškykQ 'kknh ;k yM'dh nsšk dj 'kknh dh
rks vkidk 'kqØ eank gks ldrk gS ;k fdlh dkj.k o'k 'kqØ eank gks x;k
gks rks 'kqØ ds eans vlj ls vki vkf'kd fetkt vkSj dkekaèk gksaxsA ftl
otg ls vkidk lqšk ckfèkr gks ldrk gSA xanh lksgcr vkSj izse lacaèkksa
esa Qal dj vkidh fdLer Hkh dkaVksa esa Qal tk,xhA vki lkfFk;ksa ij
dbZ izdkj ds >a>V iSnk djsaxsA vki fnu esa Kku ,oa jkr esa b'd Luku
djus okys gksaxsA xHkZikr dk Hk; ;k larku nsj ls gksxh] cgu&cqv
dk Äu uk'k gksxk] çse&fookg fd;k rks iq= lqšk ls oafpr jgsaxs] ,slh
'kadm gSA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr
ijgst vkSj mik; djsaA

ijgst Ä

1- fL=;ksa ds jfl;k u cusaA

2- çse fookg ;k vartkZrh; ;k ekrk&firk dh bPNk ds fo#⁻ fookg u
djsaA

mik; Ä

1- 'kjhj ij nwÄ@ngh ls eydj ugk,aaA

2- xk; dh lsok djsaA

'kfu

vkidh tUedqaMyh esa vkBosa škkus esa 'kfu iM'ik gSA
bldh otg ls vki u;s vfo"dkj ;k fo"k;ksa dh škkst djsaxsA vki euekSth
gksaxsA vkÆFkd gkyr lkekU; jgsxhA Hkkxhknkj ds dke ls ykHk vfÄd
gksxkA ;fn vki ljdkjh ukSdj dhjrs gSa rks vkidks ljdkjh foHkkx esa
èkhjs&èkhjs rjDdh izklr gksxhA vki fons'k dh ;k=k Hkh djsaxsA] ,slh
iwjh laHkkouk gSA oSls vkidks ty ls] tyh; inkFkZ ;k leqnzh ;k=k ls
ykHk gks ldrk gS] ijarq vkidh fons'k ;k=k iw.kZ laHkkfor gSA
vkidks ,d txg cSBs jgus okys LFkk;h dke djuk gh vPNk gSA

;fn vkus viuh fjkZ'k xyh dh uqDdM' ij ;k vkxs can xyh ds -kj easa jšk] edku esa njksa gqbZa] -kj ls fcPNw fudyrs jgs] vki vius uke ij edku cuk ysosa rks vkidk 'kfu eank gks ldrk gS ;k fdlh dkj.ko'k 'kfu eank gks x;k gks rks 'kfu ds eans vli ls vkidks firk dk lqšk de gh izklr gks ldrk gSA fdlh Hkh nq-kZVuk dh vk'kadk gSA vkids HkkbZ vkils 'k=qrk dj ldrs gSaA vkidh Vxaxsa ij cjk vli iM' ldrk gSA 'kjk&ekal] vaMs dk lsou&Hkkstu vkidks uhp cuk nsxk bldk lsou ugha djaA vkidk cq<'kik xjhch ls xqtjs vkSj cq<kis esa vkašksa dh n`f"V detksj gksus dh vk'kadk gSA vkids vfHkeku ds dkj.k uqdlku gks ldrk gSA dksbZ toknsgh iw.kZ dk;Z ls vFkok uhp dk;Z ls cgqr cM'k uqdlku vkSj iNrkos dk dkj.k cu ldrk gSA vkidks ljdkj ls Hk; jgsxA vius uke ij edku cuk ysaxs rks vle; ekSr dks cqykok gks ldrk gSA ukSdjksa Đkj gkfu dk Hk;] larku lqšk esa deh gks ldrh gSA 'kjk&ekal] eNyh dk lsou vkidks gkfu ns ldrk gSA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfškr ijgst vkSj mik; djaA

ijgst Â

1- vius uke ls edku u cuk;saA

2- lkai u ekjaA

mik; Â

1- pkanh dk pkSj VqdM'k ikl jšksaA

2- 8 fdyks mM'n ty çokg djaA

jkgq

vkidh tUedqaMyh esa jkgq nlosa škkus esa iM'k gSA bldh otg ls vki 'khy laiUu] vPNs LoHkko ds] 'kwjohj] lkglh gksaxsA vkidk gj dke ljkguh; gksxA vkids mPp fopkj gksaxsA vkidks lls ;Fkksfpr lEeku feysxA vki cM's dkjškks ds ekfyd gksdj ;k mPp in ij jg dj cgqr cM'h laifÙk dek,axsA vkids thou esa jkt;ksx jgsx vkSj vPNk lqšk izklr gksus dh mEehn gSA vki fuf'pr gh cM's O;kikjh vkSj èkuoku gksaxsA fQtwy ds škpks± ls lkoèkku jgsaA èku&nkSyr dk vPNk vli jgsxA flj ds cky tYnh lQsn gks tk,axs exj mudks MkbZ u djaA vkidk pfj= cgqr Åapk gksxA

;fn vkus viuk flj uaxk jškk vFkkZr~ flj ij Vksih@ixM'h u jšk] ekSds ds vkfQlj ls >xM'k fd;k

] vius ifjokj dks rksM!k rks vkidk jkgq eank gks ldrk gS ;k fdlh dkj.k o'k jkgq eank gks x;k gks rks jkgq ds eans vlj ls ekrk&firk dks d"V dh vk'kadk gSA 'kjhj esa dksbZ fodkj mRiUu gksxkA èku&laifÜk dk uqdlku gks ldrk gSA vkiesa dksbZ u dksbZ O;lu fojeku gks ldrk gS] lkoÄku jgsaA vki vius gkFkksa laifÜk dks csp Hkh ldrs gSaA vkidh raxfnyh ls nwljksa ds lkFk cSj iSnk gks ldrk gSA ifjokj ds yxsxksa ls vucu jgsxhA ekrk ds fy, d"Vdkjd le; Hkh vk ldrk gSA vkaŝkksa ij cqjk vlj iM!us dh vk'kadk gSA flj nnZ ls vkidh ijs'kkuh c<| ldrh gSA dksbZ dkyk vkneh vkidh èku&laifÜk dk uk'k dj ldrk gSA Åaph txg ls fxjus dk Hk;] ljdkjh vfÄdkjh ls >xM!k djus ij tqekZus vkfn dk Hk;] chekjh ij Äu dk ŝkpZ gks ldrk gSA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyfŝkr ijgst vkSj mik; djsaA

ijgst Ä

1- flj ij lw;Z dh jks'kuh u iM!s vFkkZr~ uaxk flj u jŝksaA

2- ekSds ds vfÄdkjh ls >xM!k u djsaA

mik; Ä

1- flj ij IQsn Vksih ;k 'kjcRh ixM!h Vksih t;j igusaA

2- tkS vaÄsjh txg esa cks> ds uhps nck;saA

3- ehBk Hkkstu vaÄksa dks ckaVsaA

dsRkq

vkidh tUedqaMyh ds pkFks ŝkkus esa dsrq iM!k gSA bldh otg ls vki iw.kZ vkfLrd gksaxsA gj dke èkhjt ds lkFk djsaxsA lHkh ds lkFk vkidk O;ogkj lkSgknZiw.kZ jgsxkA vki vk'kkoku] xq# vkSj firk dh lsok esa layXu] pfj=oku vkSj tks feys mlh esa larks"k izklr djus okys gksaxsA vkidh dU;k HkkX;oku vkSj vkids fy, yøeh Lo:ik gksxhA dU;k ds tUe ds ckn vkidk ñkj èku&èkkU; ls ifjiw.kZ gks tk,xkA vkidks firk dk yEcs le; rd lqŝk feysxkA vki firk vkSj xq# dh HkfDr djus okys gksaxsA vkidks tk;nkn lacaèkh dkuwuh leL;k ŝkM!h gks ldrh gSA vki Lo;a ,oa vkids iq= nh-ñkZ;q gksaxsA vkidks vPNk Hkou vkSj mÜke okgu lqŝk izklr gksxkA

;fn vkius dqÜks dks ekjk ;k fdlh nwljs ls ejok;k] dqÜkk ikuh esa fxjk;k] dqy iqjksfgr ls >xM!k fd;k ;k mlls ukrk rksM!k rks vkidk dsrq eank gks ldrk gS ;k fdlh dkj.k o'k

dsrq eank gks x;k gks rks nsj ls larku iSnk gksxh ;k larku lq§k esa
deh crkrk gSA iq= larku dh visøkk dU;k larku vfèkd gksaxh] ,slh
vk'kadm gSA iq= tUe ds ckn ekrk dks d"V dh vk'kadm gSA eèkqesg
jksx dh vk'kadm gSA jh<| dh gM~Mh] is'kkc dh fcekjh gksxh ,slh
vk'kadm gSA nq~kZVuk ;k Åij ls fxjus dk Hk; gSA

;fn vkidks yxrk gS fd vkidks mijksDr d"V gS rks fuEufyf§kr
ijgst vkSj mik; djsaA

ijgst Â

1- dqÜks dks pksV u ekjsaA

2- ekrk ls nwj u jgsaA

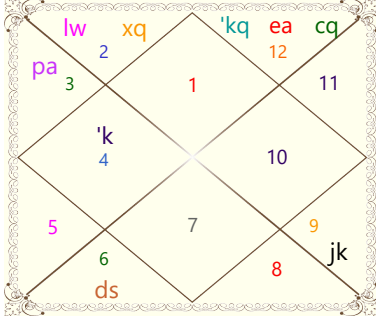
mik; Â

1- pus dh nky] dslj ÄeZLFkku esa nsosaA

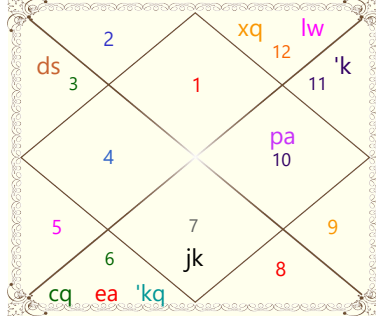
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yky fdRkkc & o"kZ dqjMyh

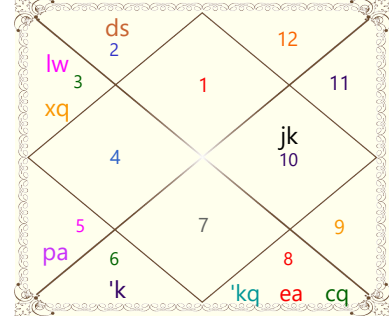
2025



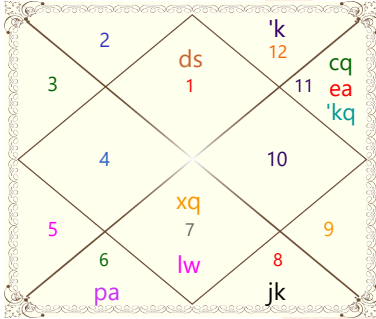
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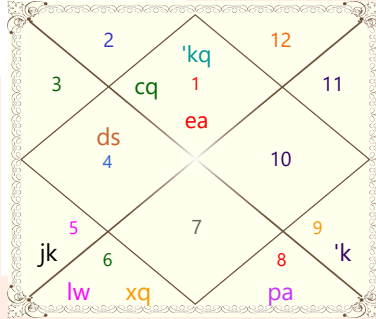
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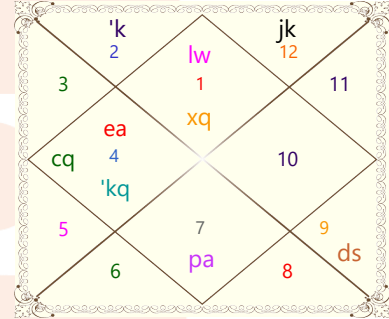
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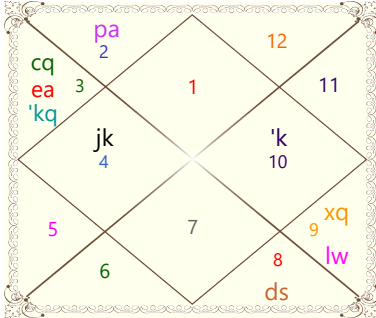
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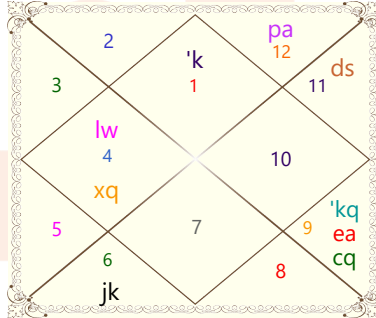
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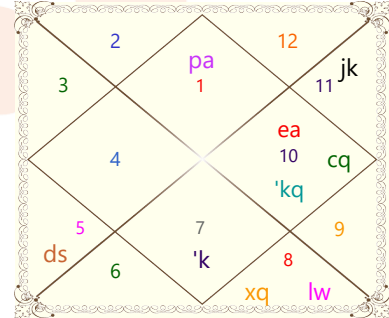
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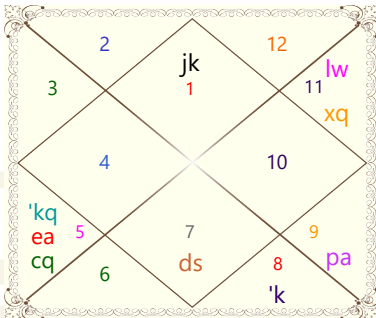
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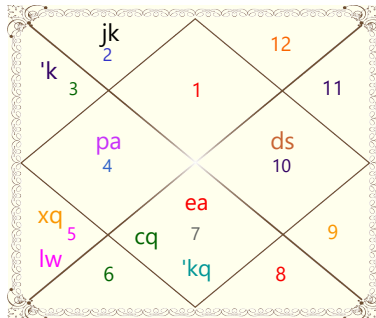
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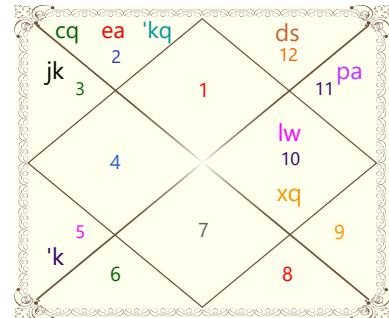
2034



2035



2036



yky fdRkkc o"KZQy 2025-2026

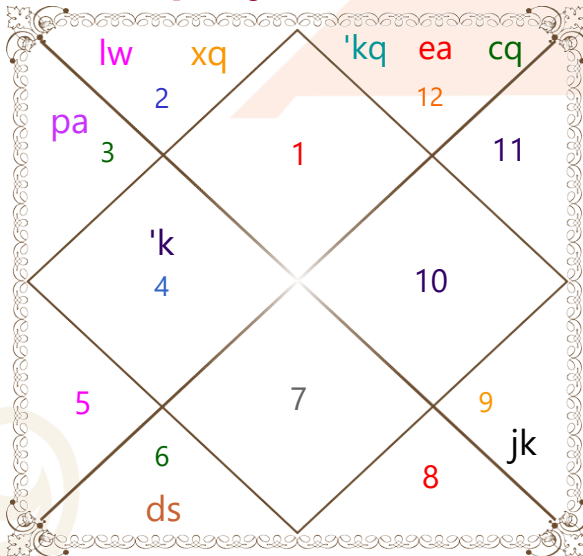
oÜkZeku vk;q - 49
oÜkZeku n'kk & dsRkq

xzg	vaÄk	lks;k	ÄehZ	usd@eUnk
lw;Z	&&	&&	&&	usd
panz	&&	&&	&&	usd
eaxy	&&	&&	&&	eUnk
cq/k	&&	&&	&&	eUnk
xq#	&&	&&	&&	usd
'kqØ	&&	&&	&&	usd
'kfu	&&	gkj	&&	usd
jkgq	&&	&&	&&	eUnk
dsRkq	&&	gkj	&&	eUnk

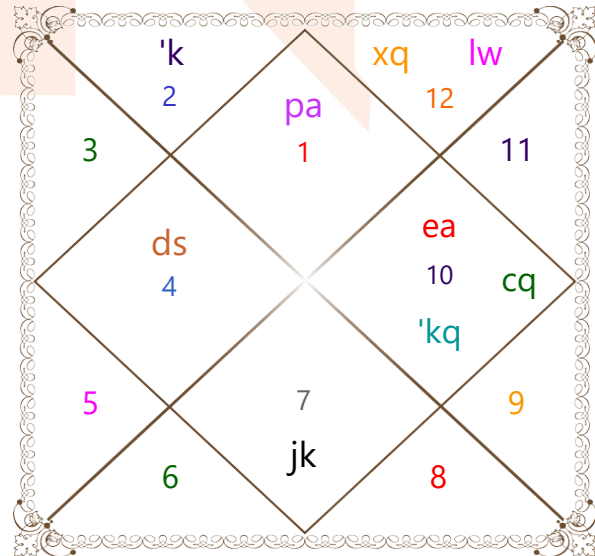
Òko fLFkFRk

[kkuk	1	2	3	4	5	6	7	8	9	10	11	12
lks;k	gkj	&&	&&	&&	gkj	&&	gkj	gkj	&&	&&	&&	&&

o"KZ dqaMyh 2025 & 2026



o"KZ pUnz daqMyh 2025 & 2026



Sanatan Sandesh

Thane West, Maharashtra

yky fdRkkc o"kZQy 2025-2026

lw;Z

vkidh o"kZ dqaMyh esa lw;Z škkuk ua- 2 esa 'kqHk gS ftldh otg ls bl o"kZ vkids ifjokj dh mUufr gksxhA vki HkkbZ&caÄqvksa ds fy;s mUufrdkjd gksaxs] mÙke lokjh dk lqšk feysxk] ÄkfeZd dk;ksaZ esa vxz.kh] lekt Isok ds dk;ksZa esa :fp jgsxh] ljdkjh foHkkx ls ykHk gksxk vkSj ljdkjh vfÄdkfj;ksa ls eku&leku feysxk] nku&iq.; esa :fp jgsxhA

lw;Z dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Ä

1- fx¶V@eq¶r eky ;k nku u ysosaA

2- fcuk esgur dk eky u škkus ;k fdLh dk eky mM¶kus dh fu;r u jšksaA

pUnz

vkidh o"kZ dqaMyh esa panz škkuk ua- 3 'kqHk gS ftldh otg ls bl o"kZ vkidk pfj= lqÄjsxk vkSj ijkØe c<|sxk] pksjh ls cpko gksxkA fo|k vPNh jgsxhA 3] 6] 8] 12oka ekl vfÄd ykHknk;d gksxk] dqnr škqn vkidh fdLer cukus esa lgk;d gksxh] xjhcksa ls vkidh gennhZ jgsxh] fdLh varjkZ"Vªh; šksy esa vkidh :fp jgsxh ;k škqn Hkh ml šksy esa fgLlk ys ldrs gSaA

panz dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Ä

1- cgu&HkkbZ ls >xM¶k u djsaA

2- ;rheksa ds fy;s feyk lkeku gM¶i u djsaA

eaxy

vkidh o"kZ dqaMyh esa eaxy škkuk ua- 12 esa gS ftldh otg ls vkidks bl o"kZ uedhu phtksa dk vfÄd 'kkSd Bhd ugÉ jgsxkA oSokfgd thou dh fpark] vkids ckjs esa >wBh vQokgsa QSy ldrh gSaA cqjh laxfr vkidks uhp dk;Z djok ldrh gSA ftlds dkj.k vki thjks gks ldrs gSaA vxj vkidk cM¶k HkkbZ gks rks mlls tqnkbZ gks ldrh gSA ;k vkids fneqx esa vUV&IUV dh lksp vk ldrh gSA

eaxy dh v'kaHkrk de dius asra fuEufyfškr mik' dicsaA

mik; Â

1- uk'rs esa nwÄ okyk gyqok ;k phuh dh jksVh \$kkosaA

2- lqcg mBrs gh 'kgn \$kkosaA

cq/k

vkidh o"kZ dqaMyh esa cqÄ \$kkuk ua- 12 esa gS ftldh otg ls bl o"kZ eknd nzO;ksa ;k phtk'sa dk iz;ksx vkidks cntqcku cuk ldrk gS tks vkids fy;s gkfudkj d gksxk] \$;kyh dkjksckj ¼lksp&fopkj dj djus okys dke½ ;k lÍk@tqvka] ykVjh] 'ks;j vkfn vkids fy;s vuqdwy ugÈ gSA Hkze ;k vKkurk ds dkj.k vkidk uqdlku gks ldrk gSA

cqÄ dh v'kqHkrk de djus gsrq fuEufyf\$kr mik; djsaA

mik; Â

1- LVhy dh cstksM' vaxwBh cka;s gkFk dh dfuf"Bdk ;k eè;ek vaxqyh esa igusaA

2- \$kkyh -kM'k <Ddu yxkdj ty izokg djsaA

xq#

vkidh o"kZ dqaMyh esa xq# \$kkuk ua- 2 esa 'kqHk gS ftldh otg ls vkidks bl o"kZ vpkud Äu ykHk fey ldrk gSA vkidks dqN Hkh gksus okyk gks mldh \$kcj igys gks tk,xh] f'kkk vkSj Kku ls yxsxksa dk ekxZ n'kZu dj,axsA vkids lHkh dk;Z vius vki curs pys tk,axs exj vkidks O;FkZ dh fpark jgsxhA L=h vkSj 'kklu ;k ljdkjh foHkkx dh rjQ ls ykHk fey ldrk gSA

xq# dh 'kqHkrk c<'kus gsrq fuEufyf\$kr ijgst djsaA

ijgst Â

1- ljkZQh ;k tkSgjh dk dke u djsaA

2- pky pyu Bhd j\$ksa vkSj vuSfrd lEcUÄ u j\$ksaA

'kqØ

vkidh o"kZ dqaMyh esa 'kqØ \$kkuk ua- 12 esa 'kqHk gS ftldh otg ls vkidh bl o"kZ T;ksfr"k fo|k vkSj xqlr fo|kvksa esa :fp jg ldrh gS] ifjokj dk ikyu&iks"k.k djus esa vkidk vfÄd è;ku jgsxkA iRuh dh fdLer vki ds vkM's le; esa lkFk nsxh] ,s'kks vkjke ds lkÄu feysaxsA fp=dyk&xk;u dk 'kkSd Hkh gks ldrk gSA vkidk eku&lEeku cjdjkj jgsxkA

'kqØ dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Â

1- pky&pyu Bhd jšksa vkSj vuSfrd lacaÄ u jšksaA

2- iRuh ds LokLF; dk fo'ks"k è;ku jšksaA

'kfu

vkidh o"kZ dqaMyh esa 'kfu škkuk ua- 4 esa 'kqHk gS ftldh otg ls vkidks bl o"kZ -kj ls nwj fo|k vè;;u djus ;k dkjksckj djus ls ykHk gksxkA fons'k lacafÄr dke ;k fons'k ;k=k Hkh gks ldrh gSA ukSdjh&O;kikj esa cnyh] pky&pyu Bhd jšksaxsA škjk LokLF; ds le; vYdksgy ls ykHk gksxk exj Bhd LokLF; ds le; vYdksgy dk iz;ksx gkfudkj d gSA

'kfu dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Â

1- 'kjk u fi;sa] eNyh u škkosa

2- dky diM|k u igusaA

jkgq

vkidh o"kZ dqaMyh esa jkgq škkuk ua- 9 esa gS ftldh otg ls vkidks bl o"kZ iqfyl@dksVZ dk Hk; ;k pksjh dk eky škjhnus dk ykaNu yx ldrk gSA firk vkSj llqj dks d"V ;k muds Đkj vkidks gkfu dk Hk; gSA lkÄw&Qdhj dk lkFk fQtwy škphZ gh c<|k;sxkA rhFkZ ;k=k esa :dkoV vk ldrh gSA ÄkfeZd dkeksa esa :fp jgsxh tks vkids fy;s Bhd ugÄA

jkgq dh v'kqHkrk de djus gsrq fuEufyfškr mik; djsaA

mik; Â

1- 'kjhj ij 'kq⁻ lksuk dk;e djsaA

2- ÄeZ eafnj esa flj >qdkosaA

dsRkq

vkidh o"kZ dqaMyh esa dsrq škkuk ua- 6 esa gS ftldh otg ls vkidk bl o"kZ lksuk u fcds vkSj u gh xqe gks] škkldj fookg le; feyh lksus dh vaxwBhA ;k=k ls gkfu gks ,slh vka'kdk gSA peM|h] ikao esa d"V gks ldrk gSA fQtwy škpZ c<|us dh laHkkouk gSA ekek dks d"V dk

Hk;] larku lqšk dh fparkA 'k=q vdkj.k mHkjsaxs vkSj muls gkfu dk
Hk; jgsxkA

dsrq dh v'kqHkrk de djus gsrq fuEufyfškr mik; djsaA

mik; Â

1- dslj@gYnh dk fryd djsaA

2- 'kq̄ lksus dh vaxwBh cka;s gkFk dh vukfedk vaxqyh esa igusaA

o"kZ d' 'kqÒ cukus gsRkq o"kkZjEÒ esa fof'k"V mik;

Û nwÄ okyk gyqok vke turk esa ckaVsA

¼mijksDRk mik; tUefnu dks ;k tUefnu ls 40 fnu ds ÒhRkj djsa@'kq:
djsaA½



yky fdRkkc o"KZQy 2026-2027

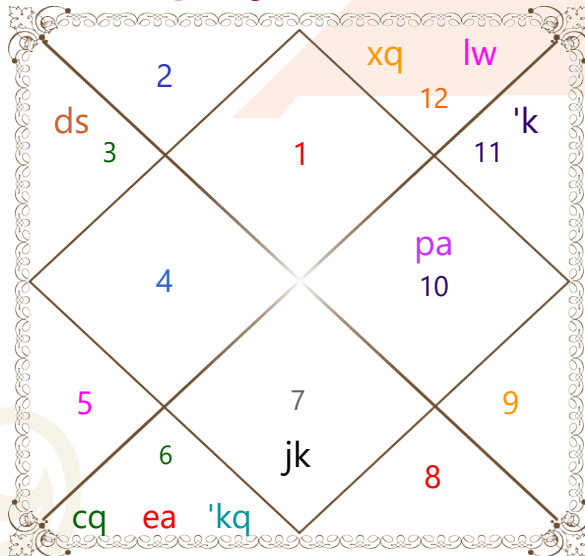
oÜkZeku vk;q - 50
oÜkZeku n'kk & dsRkq

xzg	vaÄk	lks;k	ÄehZ	usd@eUnk
lw;Z	&&	&&	&&	usd
panz	&&	&&	&&	eUnk
eaxy	&&	gkj	&&	eUnk
cq/k	&&	gkj	&&	usd
xq#	&&	&&	&&	usd
'kqØ	&&	gkj	&&	usd
'kfu	&&	&&	gkj	usd
jkgq	&&	&&	&&	eUnk
dsRkq	&&	&&	&&	eUnk

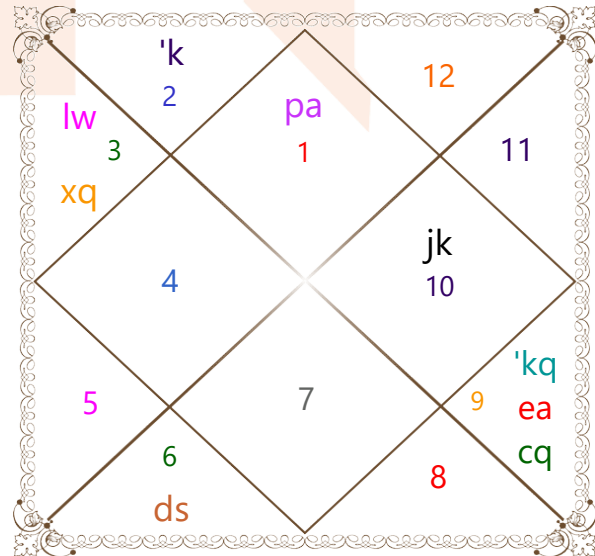
Öko fLFkfrk

[kkuk	1	2	3	4	5	6	7	8	9	10	11	12
lks;k	gkj	gkj	&&	gkj	gkj	&&	&&	gkj	&&	&&	&&	&&

o"KZ dqaMyh 2026 & 2027



o"KZ pUnz daqMyh 2026 & 2027



Sanatan Sandesh

Thane West, Maharashtra

yky fdRkkc o"kZQy 2026-2027

lw;Z

vkidh o"kZ dqaMyh esa lw;Z \$kkuk ua- 12 esa 'kqHk gS ftldh otg ls bl o"kZ vki lkÄw u cu dj tkxhjnky cusaxs] cM's&cMs! dkeksa ls Äu ykHk feysxk] xqlr fo[k] vkè;kRe esa :fp jgsxhA fons'k lacaÄh dkeksa ls Hkh ykHk feysxk ;k fons'k ;k=k Hkh gks ldrh gSA lq\$kh dh uÈn feysxh] cqtqxksaZ dk vkids Äij vk'khokZn jgsxkA vkids ifjokj esa pgy&igy jgsxhA

lw;Z dh 'kqHkrk c<|kus gsrq fuEufyf\$kr ijgst djsaA

ijgst Ä

1- fctyh dk lkeku eqŕr u ysosaA

2- vkids ikl fdh ds \$kjk j\$kh pht! ij fu;r \$kjk u djsaA

pUnz

vkidh o"kZ dqaMyh esa panz \$kkuk ua- 10 esa gS ftldh otg ls bl o"kZ \$kjk LokLF; ds le; ;k oSls gh jkr ds le; fyDoM nokbZ dk iz;ksx vkids fy, gkfudkj d gSA fo[k lacaÄh dkeksa esa Hkh ijs'kkuh vk ldrh gSA pksjksa&tqvkfj;ksa] 'kjkch yxsxksa \$kjk vkidk uqdlku gksxkA fdh L=h ;k izsfedk \$kjk xyr lykg ls vkidk Äu&lEeku u"V gks ldrk gS] lrdZ jgsaA

panz dh v'kqHkrk de djus gsrq fuEufyf\$kr mik; djsaA

mik; Ä

1- nwÄ dks QkM! dj mldk ikuh ih;sa vFkkZr iuhj dk ikuh fi;sa ¼LokLF; \$kjk ds le;½

2- 10 fnu lqcg uk'rs esa dPpk iuhj \$kkosaA

3- jkf= le; ¼lw;kZLr ls lw;kZsn; rd½ nwÄ u fi;sa

eaxy

vkidh o"kZ dqaMyh esa eaxy \$kkuk ua- 6 esa gS rks ftldh otg ls vkidh bl o"kZ HkkbZ ls 'k=qrk gks ldrh tks vkidks gkfu dk eqag fn\$kk;sxh] eans jkx xkus dk 'kkSd vki ds iru dk dkj.k cu ldrk gSA gj le; galh&etkd dk ekgkSy vkidks csgrj j\$ksxk] 'k=q mHkjsxs exj 'k=q vkidk dqN fcxkM! ugÈ ik;saxsA dt!Z dk cks> c<| ldrk gSA

eaxy dh v'kqHkrk de djus gsrq fuEufyfškr mik; djsaA

mik; Â

1- 9 eu xsgjwa gj le; ¬kj ij dk;e jšksaA

2- HkSIsa dks pkjk fškyk;s ;k etnwj is'kk ¼cks>k mBkus okys½
vkneh dh Isok djsaA

cq/k

vkidh o"kZ dqaMyh esa cqÄ škkuk ua- 6 esa 'kqHk gS
ftldh otg Is bl o"kZ fnekxh dk;ks± Is ykHk feysxk] fons'k Hkze.k dh
bPNk Hkh jgsxh] leqnzh ;k=k Is ykHk feysxk] d'f"k Is lacafÄr dk;ks±
Is ykHk feysxkA oDrO; nsuk] ,dkmVsaV@pkVZMZ ,dkmaVsaV]
ysšku] fizafVax Is lacafÄr dkeksa Is ykHk gksxkA eqag Is fudyh ckr
'kr izfr'kr lgh gks ldrh gSA ufugky Is ykHk feysxkA

cqÄ dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Â

1- yM!dh@cgu dk fookg vius fjpgb'kh edku dh mÜkj fn'kk esa u
djsaA

2- Isod@ukSdjksa ij ges'kk ut!j jšksaA

xq#

vkidh o"kZ dqaMyh esa xq# škkuk ua- 12 esa 'kqHk gS
ftldh otg Is bl o"kZ vkidks Äu Is vfÄd yxko ugÈ gksxkA è;ku&lekfÄ
yxkus Is Äu dh o"kkZ gksxhA vkidk vk'khokZn ysus okyk rj tk,xk vkSj
vkidks lrkus oky cckZn gks tk,xkA škpZ vfÄd tks ifjokj ds 'kqHk
dkeksa ij gksxkA R;kx dh Hkkouk Hkh vkids eu esa jgsxhA vkidks
fdlh dk nqoZpu ugÈ yxsxkA

xq# dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Â

1- ,sls dke u djsa ftlls vkidk fojksÄ gksA

2- fdlh Is Äksškk&Qjsc u djsaA

'kqØ

vkidh o"kZ dqaMyh esa 'kqØ škkuk ua- 6 esa 'kqHk gS
ftldh otg Is vki bl o"kZ dkeiwfÜkZ ds fy, L=h dh iz'kalk djsaxs vkSj
L=h dh

xqykeh Hkh djuh iM! ldrh gSA Äu dk ykHk cgqr gksxkA iq= larku dh ctk; dU;k larku dk lqšk feyus dh vk'kadk gSA tUefnu ds ckn Äu o`f Hkh gksxhA eku&lEeku c<|sxk vkSj okgu lqšk izklr gks ldrk gSA

'kqØ dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Â

1- L=h tkfr dk vieku u djsaA

2- iRuh uaxs iSj t'ehu ij u pysaA

'kfu

vkidh o"kZ dqaMyh esa 'kfu škkuk ua- 11 esa 'kqHk gS ftldh otg ls vki bl o"kZ ÄeZ ij vfM!x vkSj iDds jgsaxsA ÄeZ ij dk;e jgsaxs rks feh ds dke ls lksuk cusxkA izk.k tk; ij opu u tk;sa okyh dgkor vki ij pfjrkFkZ gksxhA yksgk] dks;yk] jCM! vkfn ds dkeksa ls ykHk gks ldrk gSA O;luksa ls nwj jgsaxs rks cgqr ykHk gksxkA bUlQ ilan o`fÜk jgsxhA

'kfu dh 'kqHkrk c<|kus gsrq fuEufyfškr ijgst djsaA

ijgst Â

1- fdjk;s ds edku esa fjkqb'k u djsaA

2- Bxh&Äksšks ls Äu u dek,aA

jkgq

vkidh o"kZ dqaMyh esa jkgq škkuk ua- 7 esa gS ftldh otg ls vkidks bl o"kZ fctyh ;k iqfyl foHkkx ls lacafÄr dkeksa esa gkfu dk Hk;] V^akaliksVZ dk dke djus ls gkfu ;k vk;q 'kDdh gks ldrh gSA lk>snkjksa ls >xM!kA dkjksckj esa mFky&iqFky Hkh gks ldrh gSA iRuh dks flj nnZ dk jksx gks ldrk gSA iRuh ls ruko ;k iRuh ls tqnkbZ Hkh gks ldrh gSA

jkgq dh v'kqHkrk de djus gsrq fuEufyfškr mik; djsaA

mik; Â

1- ukfj;y dk nku djsaA

2- 'kq⁻ pkanh dh nks bZaVs ñkj esa dk;e djsaA

3- lykfLVd dh fMCch esa 'kq⁻ pkanh dk pkSjl VqdM!k jšk dj xaxk ty Hkj dj jšksaA

dsRkq

vkidh o"kZ dqaMyh esa dsrq škkuk ua- 3 esa gS ftldh otg
ls bl o"kZ nwljksa dh lykg ysuk vkids fy;s gkfudkj d gSaA vkokjk
¬kweuk ;k HkkbZ ls nwj izns'k esa thou O;rh djuk Bhd ugÈ] 'kjhj ij
QksMs!&Qqalh dh f'kdk;r Hkh gks ldrh gSA fdlh ds fd;s is'kkc ij
is'kkc djuk vki dks xqlrkax esa jksx vkSj 'kjhj d"V nsxk ;k larku lq\$
dh fpark jgs ,slk Hkh laHko gSA

dsrq dh v'kqHkrk de djus gsrq fuEufyfškr mik; djsaA

mik; Â

1- dkuksa esa 'kq¬ lksus dh uufr;ka igusaA

2- 'kjhj ij 'kq¬ lksuk igusaA

o"kZ d" 'kqÒ cukus gsRkq o"kkZjEÒ esa fof'k"V mik;

Û ¬kj esa otu ds cjkcj xsgw; j\$ksaA

¼mijksDRk mik; tUefnu dks ;k tUefnu ls 40 fnu ds ÒhRkj djsa@'kq:
djsaA½

yky fdRkkc ds mik;

yky fdRkkc ds mik; dc vkSj dSls djsa !

1- mik; lw;Z fudyus ds ckn lw;Z fNius Rkd fnu ds le; djsa] jkRk ds le; mik; djuk dbZ ckj v'kqHk Qy ns ldRkk gSA dsoy pUnz xzg.k dk mik; jkRk dks fd;k tk ldRkk gSA

2- mik; 'kq: djus ds fy, fdlh [kkl fnu lkseokj ;k eaxyokj vkfn] lØkafRk] vekoL;k ;k iwf.kZek vkfn dk dksbZ fopkj ugÈ gksxkA

3- vki dk dksbZ [kwu dk lacaÄh fj'Rksnkj tSls HkkbZ&cgu] ekRkk&fiRkk] nknk&nknh] iq=&iq=h vkfn esa ls mik; dj ldRkk gS tks QynkbZ gksxkA

4- ,d fnu esa dsoy ,d gh mik; djsa] ,d fnu esa nks mik; djus ls 'kqHk Qy ugÈ feyRkk ;k fd;k gqvk mik; fu"Qy gks ldRkk gSA

5- tks ijgst cRkk, tk;s tSls ekal&eNyh u [kkosa] efnjk dk lsou u djsa] pky&pyu Bhd j[ksa] >wB u cksysa] twBu u [kkosa u f[kykosa] fu;Rk esa [kksV u j[ksa] ijL=h&ijiq#"k ls lacaÄ u djsa] vkfn dk fo'ks"k /;ku j [ksaA

6- tks mik; ftl le; ds fy;s fy[kk gS mlh le; Rkd djsa] vkxs ;g mik; can dj nsosaA

7- ;fn fdlh dkj.k mik; chp esa can djuk iM! tk; Rkks ftl fnu mik; cUn djuk gS mlls ,d fnu igys FkksM's ls pkoy nwÄ ls Äksdj lQsn diM's esa ckaÄ dj ikl j[k ysa vkSj tc nqokjk mik; 'kq: djuk gks og pkoy ÄeZ LFkku esa ;k pyRks ikuh esa ;k fdlh ckx&cxhps vkfn esa fxjk dj mik; fQj 'kq: dj nsaA ,slk djus ls mik; vÄwjg ugÈ ekuk tk,xk vkSj iwjk Qy feysxkA

8- gj mik; 43 fnu ;k 43 lIRkkg ;k 43 ekl ;k 43 o"kZ Rkd djuk gksRkk gS] mik; pyRks le; chp esa VwV tk, pkgS 39oka fnu D;ksa u gks lc fu"Qy gks ldRkk gS ;k 'kqHk Qy esa deh jg ldRkh gSA

9- tUe dq.Myh esa v'kqÒ xzgksa dk o"kZQy dq.Myh esa mik; vius tUefnu ls ysdj 40&43 fnu ds ÖhRkj gh djsa A

10- ñkj esa dksbZ lwRkd ¼cPpk tUe gks½ ;k ikRkd ¼dksbZ ej tk;½ gks tk; Rkks 40 fnu mik; ugÈ djus pkfg;s A

11- cqtqXkksZa ds jhfRk &fjoktksa dks u RkksMas vkSj laLdkj iwjsa
djsa A

