

efi=e.My , oa efi=; ka dks i nRr foHkkxka ds dk; Bkkj dh v | ru l ph
vud ph
ea=h

Ø0l a	uke	dk; Z foHkkx ¼i ks/Oksy; k½
1	2	3
1.	døkjh ek; korh] e[; ea=h	l kekl; izkkl u] l fpoky; izkkl u] xg] xks u] l rdzrk] fu; qDr] dkfeD] U; k;] fo/kk; h] fu; kst u] i ks/koky] ukxfjd mMM; u] jkT; l EifRr] mRrj inšk i pxBu l ello;] jktuŕd i ŕku] Hkk"kk] l puk] okg; l gk; frr ifj; kst uk] ukxfjd l j {kk} vks] kŕxd fodkl] izkkl fud l qkkj] dk; Øe dk; kzo; u] jk"Vh; , dhdj .k] [kk iz l dj .k] fodykæ dY; k .k] /kekFZ dk;] e[lye oDQ] byDVRluDI , oa l puk i ks] kŕxdh] l ello;] l kozt fud m e] efgyk dY; k .k rFkk dkjxkj izkkl u , oa l qkkjA
2.	Jh ul heqñhu fl nñhdh	vkcdkj] ykd fuekz k] fl pkbz ¼l pkbz ; kfi=d dks NkMej¼ vkokl , oa 'kgjh fu; kst u rFkk xluuk fodkl , oa puh m ks rFkk df'k ¼df'k fonšk 0; ki kj , oa df'k fu; kŕ rFkk df'k foi .ku dks NkMej½
3.	Jh jkeohj mi k/; k;	ÅtkA
4.	Jh ykyth oekz	l ð nh; dk;] foRr , oa fpfdRI k f' k{kkA
5.	Jh blñzth l jkst	l ekt dY; k .k] vud qpr tkfr , oa tutkfr dY; k .k] cky fodkl , oa i qVkgkj rFkk df'k foi .kuA
6.	Jh Bkdj t; ohj fð g	xkeh .k vfHk; æ .k l ok] df'k fonšk 0; ki kj , oa df'k fu; kŕA
7.	Jh Lokeh iz kn ek\$ Z	i pk; rh jktA
8.	Jh on jke HkkVh	gkæxkMz , oa i kUr; j {kk nyA
9.	Jh y{eh ukjk; .k	0; kol kf; d f" k{kkA
10.	Jh jkds k /kj f=i kBh	mPp f' k{kkA

11.	Jh ckcwfl g ddkokgk	HkwrRo , oa [kfude] l gdkfjrk] i fjokj dY; k.k rFkk voLFkki uk fodkl A vfrfjDr i Hkkj % l LFkkr forR , oa LVKEi rFkk U; k; ky; 'kYdA
12.	Jh txnh'k ukjk; .k jk;	oL= m ksx , oa j'ske m ksxA
13.	Jh Qkxw pkjku	jktLoA
14.	Jh udy nps	uxj fodkl ¼uxjh; fodkl , oa xjhch mlenyu dk; De dks NkMoj ¼ i ; kbj.k] 'kgjh l exz fodkl , oa dj , oa fucaku ¼ LFkkr forR] LVKEi rFkk U; k; ky; 'kYd dks NkMoj ¼A
15.	Jh nnawid kn	xkE; fodkl A
16.	Jh ujk; u fl g	m kuA
17.	Jh jke id kn pkSkjh	[kk , oa j l n ¼mi HkkDrk l j {k.k , oa cka/ eki dks NkMoj ¼A
18.	Mko /keZ fl g l Sh	cfI d f'k{kkA
19.	Jh jke vpy jktHkj	ifjoguA
20.	Jh ckn'kkg fl g	JeA
21.	Jh jxukFk feJ	ek/; fed f'k{kk A
22.	Jh vur dekj feJk	LokLF; , oa fpdfRI k A
23.	Jh vCny eluku	foKku , oa i kSj kfxdhA
24.	Jh uln xki ky xDrk ^ulnh*	l LFkkr forR , oa LVKEi rFkk U; k; ky; 'kYdA ¼vLoLFkrk ds dkj.k mi jkDr foHkkxka dk vfrfjDr i Hkkj ekO ea-h Jh ckcwfl g ddkokgk dks vkoAVr ½
25.	Jh plnz no jke ; kno	y?kq m ksxA
26.	Jh v'kkd dekj nkjjs	Hkne fodkl , oa ty l d k/kuA
27.	Jh Qrg cgknj	ou] tUrqm kuA
28.	Jh jkegr	fuokpu] mi HkkDrk l j {k.k , oa cka/ eki A
29.	Jh jktiky R; kxh	df'k f'k{kk , oa df'k vuq akkuA
30.	Jh l Hkk'k i k.Ms	l dfrA
31.	Jh /kejkt fu"kn	eRL; A

jkT; ea=h ¼Lora= i Hkkj ½

1	2	3
1.	Jh vuhl vgen [kkj	vYi l d̄; d dY; k.k , oagTA
2.	Jh v; ks; k i d̄ kn i ky	[ksyd̄m , oa ; øk dY; k.kA
3.	Jherh vkeorh	[kkn̄h , oa xkeks ksxA
4.	Jh foukn fl ø	i ; M̄uA
5.	Jh y[khjke ukxj	y?kq fl økbA
6.	Jh vo/ksk døkj oekZ	fi NMk oxZ dY; k.kA
7.	Jh jkeiky oekZ	i jr̄h Hkfe fodkl A
8.	Jh vo/ki ky fl ø ; kno	i 'køku , oa n̄k/k fodkl A
9.	Jh vdcj gq ð	vfrfjDr ÅtkZ l ksA
10.	Jh l ny i d̄ kn	i kfof/kd f'k{kA
11.	MkO ; 'kor fl ø	uxjh; jkstxkj , oa xjhch ml̄enyu dk; ØeA
12.	Jh jru yky vfgjokj	MkO vEcM̄dj xteh.k l exz fodkl A
13.	Jh Hkxorh i d̄ kn l kxj	l øk; kst u ¼; kol kf; d f'k{k ds v/khu foHkkxka dks NkM̄ej ¼A
14.	Jh t; ohj fl ø	fl økbZ ¼; k̄i=d¼A

jkT; ea=h

1	2	3
1.	Jh l øke fl ø	oL=ks ks , oa j's ke m ksxA
2.	Jh ; ksxjkt fl ø	d'k f'k{k , oa d'k vuq økkuA
3.	Jh jkt'sk f=i kBh	gk̄; ki s̄Fkd fpfdRI k , oa /kekEKZ dk; A
4.	Jh l gfty blyke vu l kjh	eql̄ye oDQA
5.	Jh nn̄u feJk	vk; ø̄nd fpfdRI kA
6.	Jh gfjvke	gk̄exkM̄ , oa i karh; j{k nyA
7.	Jh ; 'ki ky fl ø	foKku , oa i ks k̄fxdhA

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