

# Hkkjrh; jk'Vh; I gdlkjh vkokl I ak

## ukxfjd ?kkk H&i-k

### 1- ifjp;

Hkkjrh; jk'Vh; I gdlkjh vkokl I ak (, ul h, p, i 0) dks o"lz 1969 ea jkT;  
Lrjh; I gdlkjh vkokl I akka }kjk LFkfir fd;k x;k Fkk ;g I ak cg&jkT;  
I gdlkjh I febr; ka vf/fu; e] 2002 ds vUrxr , d I febr ds : i ea i a h d r g S  
v S bl dh xrfrof/; ka dh fuxjkuh , d funskd eMy }kjk dh tkrh g S ft I dk  
fuokpu I ak dh I k/kj.k fudk; (tuju cW/h) }kjk fd;k tkrk g S ft I ea jkT;  
Lrjh; 'h"lz I gdlkjh vkokl I akka (, l h, p, i 0) Hkkjr I jdkj ds d f" k v S  
fd I ku dY; k.k eakky; ] Hkkjrh; thou chek fuxe rFk jk'Vh; vkokl cd ds  
i frfuf/ 'kfeY gks g S bl I ak dk I fpoky; ubz fnYyh ea fLFkr g S

### 2- nf"Vdsk o fe'lu

, ul h, p, i 0 dk nf"Vdsk vkokl I gdlkjh I febr; ka fo'kkr; k% , l h, p, i 0 d S  
tk S d , ul h, p, i 0 ds I nL; g S dks c<kok n S ekxh'ku o I elo; ds e le; e  
I s ijs nsk ea I gdlkjh vkokl vklnkyu dks etcw djuk g S rFk I gdlkjrhvka  
dh eki r ^l Hk ds fy, fdi Ok; rh vkokl \* ds I ius dks I kdj djuk g S

mi jkr crk; s x; s nf"Vdsk dks ijk djus ds fy, , ul h, p, i 0 iz kl jr jgrk g S  
fd% vkokl I gdlkjrhvka I s I ca/r I eL; kvka ds I ek/ku ds fy; s , d I k>k  
ep (i Oje) I yHk dj, rFk mudk I y>kus ds fy, r S rjhds crk, \_ og  
ipkj&i l kj dk dke tkjh j[ks I gdlkjh f'k{kk} if'k{k.k , oa I puk dk; D e ds  
I kFk&I kFk I Eesyuk S B; ka dk vk; kstu djs 'k S vè; ; u djs I puk dk  
ipkj djs ykr i Hkoh fuelz k i k S; k S xfd; ka ds vuqz k S fuelz k I kexh v S

fMtkbuka dks c<kok n<sub>2</sub> n<sub>3</sub>k ea iæq[k i<sub>1</sub>h; k<sub>2</sub>x dh l o<sub>2</sub>/u l a.Fkkuka ds l kfk l Ei dz  
djuk\_ rFk d<sub>1</sub>ky i<sub>2</sub>a/u v<sub>1</sub> l k/kj.k chek g<sub>2</sub>q elxh'k<sub>1</sub>u dja

### 3- I nL; la v<sub>1</sub> mi y<sub>1</sub>C/; la dk foj.k

jkt; @ a<sub>1</sub> jkt; {sk Lrj ij dy 25 'k<sub>1</sub>"k l gdkjh vkokl l a<sub>1</sub> dk; jr g<sub>1</sub> ft l ea  
24 jkt; l a<sub>1</sub> , ul h, p, i<sub>0</sub> ds l nL; g<sub>1</sub> 29]000 l s vf/d vkokl l febr; la  
bu 'k<sub>1</sub>"k l gdkjh vkokl l a<sub>1</sub>ka l s l a<sub>1</sub>¼ g<sub>1</sub> 'k<sub>1</sub>"k l gdkjh vkokl l a<sub>1</sub> d<sub>1</sub>h;  
foRr l a.Fkkuka ; Fk Hkjr; thou chek fuxe] jk"Vh; vkokl c<sub>1</sub>d] gMdks  
okf.kT; d , oa l gdkjh c<sub>1</sub>ka v<sub>1</sub>fn l s jk'k t<sub>1</sub>kdj ik; ejh vkokl l gdkfjrkv<sub>1</sub>  
v<sub>1</sub> vius l nL; ka dks n<sub>2</sub>s g<sub>1</sub> 'k<sub>1</sub>"k l a<sub>1</sub>ka us vc rd n<sub>3</sub>k ea 2-46 fey; u  
vkokl ; fuV<sub>1</sub> ds [fuekz.k@forri.kk.k](mailto:fuekz.k@forri.kk.k) g<sub>2</sub>q 12]876 djkm+ : i ; s ds vkokl l .k  
mi y<sub>1</sub>C/ dj<sub>1</sub>, g<sub>1</sub>

### 4- i n<sub>1</sub> l ok, a

, ul h, p, i<sub>0</sub> jkt; Lrjh; 'k<sub>1</sub>"k l gdkjh vkokl l a<sub>1</sub>ka v<sub>1</sub> mul s t<sub>1</sub>h ik; ejh  
l febr; ka dks fuEufyf[<sub>1</sub>kr l ok, a inku djrk g%

#### ➤ I p<sub>1</sub>uk&l kexh dh enn

vkokl fuekz<sub>1</sub>k uhfr; k<sub>1</sub> jkt d<sub>1</sub>k<sub>1</sub>"k; uhfr; k<sub>1</sub> C; kt nj<sub>1</sub> dtz dh 'k<sub>1</sub>ria rFk  
vkokl fuekz<sub>1</sub>k ckor dkuuh v<sub>1</sub> iz kkl fud uhfr; ka ds ckjs ea yxkrkj  
l p<sub>1</sub>uk&l kexh l y<sub>1</sub>Hk djkbz tkrh g<sub>1</sub>

l gdkjh vkokl ij , d iys[<sub>1</sub>ku d<sub>1</sub>h dh LFkiuk dh x; h] tgka , d  
l mHkz i<sub>1</sub>rdky; Hk g<sub>1</sub> ft l ea fj i<sub>1</sub>ka i<sub>1</sub>dk' kuka v<sub>1</sub> e'kgij y<sub>1</sub>[kka dh  
i<sub>1</sub>rd<sub>1</sub> mi y<sub>1</sub>C/ g<sub>1</sub> l kfk gh vkokl l gdkfjrkv<sub>1</sub> dh l nL; rk] 'k<sub>1</sub>ji<sub>1</sub>h  
m/kj , oa vkokl fuekz<sub>1</sub>k xrf<sub>1</sub>of/; ka dh tkudkj mi y<sub>1</sub>C/ g<sub>1</sub> iys[<sub>1</sub>ku  
d<sub>1</sub>h ea fofHku mi ; kxh i<sub>1</sub>rd<sub>1</sub> i<sub>1</sub>ka i<sub>1</sub>ka v<sub>1</sub>fn dh [kjh<sub>1</sub> }kj<sub>1</sub> ml s  
yxkrkj l e<sub>1</sub>¼ cuk; k tk jgk g<sub>1</sub>

#### ➤ f'k<sub>1</sub> i<sub>1</sub> k<sub>1</sub> k o vu<sub>1</sub> a'ku

vkokl l fefr; ka ds l nL; l; inkf/dkfj; ka rFkk fuxjkuh LVki Q ds fy; s  
 l aBu&ica/u] l d k/u t/ko] foRr ica/u] usRo fodkl ] fjdMz j[kus  
 dh 'ksh] y[kk ijh{k.k] Hkou fuekz k rdudh l; vkokl ka v[; l keqkf; d  
 ifj l EifRr; ka vkfn fo" k; ka ij fu; fer vk/kj ij vYidkyhu if'k{k.k  
 dk; De vk; kstr fd; s tkrsga if'k{k.k dk; De ka ds fooj.k i=ka , oa  
 ekf l d i=kdk ds tfj; s vkokl l gdfjrkvka dks ifjpkfyr fd; s tkrsga  
 , ulh, p, iQ vius l nL; l a ka rFkk vl; fgrc¼ i {ka ds fy; s l gdkjh  
 vkokl fuekz k xfrfof/; ka ds foHkuu igy vka ij ve; ; u djrk gS rFkk  
 l puk&l kexh dk l dyu djrk ga

➤ **l feulj , oa l xk" B; la**

l keU; r; k vkokl , oa fo'k{k r[; l s l gdkjh vkokl ij uhfr l Ecl/h  
 fufgrkfkZ okys p; fur fo" k; ka ij l Eesyuk l feulk l xk" B; l;  
 dk; Zkkyk vka dk vk; kstu djrk ga bu vk; kstuka ds fooj.k vlrorhZ  
 i=kdk v[; i=k 0; ogkj }kjk l Hkh fgrc¼ i {ka dks ifjpkfyr fd; s tkrsga  
 ga

➤ **idk'ku**

➤ , ulh, p, iQ cyfVu & ekf l d fgluh v[; vaxsh f}Hk'kh idk'ku  
 tkjh djrk gS ft l ea egroi wZ fo" k; ka ij y[ka l puk&l kexh l yHk  
 gksh ga

➤ fu; fer : i l s vkokl l gdfjrkvka ds l aBu v[; izl/u ij vud  
 vl; idk'ku yk, tkrsga l nL; ka ds l mHkZ ds fy, l keU; rk  
 vkokl , oa fo'k{k; l% l gdkjh vkokl l s l a/r ekeya ij l okPp  
 U; k; ky; ] mPp U; k; ky; ka rFkk miHkDrk epka }kjk fn, x, iQ yka  
 dk l dyu fd; k tkrk ga

➤ ^ gM cpd vkU dksvijfVo gkmf l a LV\$VLVDI \* dk fu; fer vljky  
 ij idk'ku fd; k tkrk gS tkd , d l mHkZ nLrkost gS ft l ea foLr  
 : l l s vkokl , oa l gdkjh vkokl l ka [; dh 'kfe y ga

➤ vkokl I gdlfjrvka ds fy; s fofHku fo"ka ij fn'kk funḁk tkjh djrk gḁ

• **iplj ,oatu I EidZ**

- vkokl I gdlfjrvka dls etcir cukus ds fy; s rFk dḁnh; foRr i k{k.k I ḁ.Fkuka ; Fk thou chek fuxe] jk"Vh; vkokl cḁ] gMds rFk 0; kol kf; d vḁ I gdkjh cḁka I s mfpr 'krkḁ ij 'kh"Z I gdkjh vkokl I ḁka ds fy, fu;fer vk/kj ij vkokl I .k dh vki firZ I ḁuf'pr djuk vḁ dḁnh; @jKT; I jdkjka o vU; fgrc¼ i {ka ds I kFk I rr I Ei dZ cuk, j [kukA
- I gdkjh vkokl dh xrfof/; ka ds fl ¼arka vḁ eV; kḁ ifd; kvka vḁ ykHka dks ykdfiz; cukus ds fy, gḁ/vkmVḁ dk izk'ku fd;k tkrk gḁ
- fofHku if'k{k.k dk; Deka I Eesyukḁ fopkj&xkḁ" B; ka rFk , ul h, p, i 0 I fpoky; ea i /kjs f'k"VeM/ka dks ohfM; ks fi QYe fn [kbz tkrh gS ftI ea vkokl I gdlfjrvka dh mi yfC/; ka n'kkḁ h x; h gḁ

**5- I puk gfi y djuk**

Hkkjrh; jk"Vh; I gdkjh vkokl I ḁk (, ul h, p, i 0) fuEufyf [kr ds tfj; s I puk I kexh I y/Hk djrk gḁ

d) izk'ku] iḁi QyS] gḁ/vkmVḁ \_

[k) vkokl I gdlfjrvka dh mi yfC/; ka ij ohfM; ks fi QYe\_

x) dk; Z Mkyvkḁ dka ḁ kḁ I feukj] in'kḁ; ka ea Hkx ydj\_

?k) oḁI kbV (www.nchfindia.net)

**6- I puk dk vf/dkj**

I puk dk vf/dkj vf/fu; e 2005 dh /kjk 4(1)(ch) ds vuḁ kj vko' ; d tkudkjh oḁI kbV (www.nchfindia.net) ij Mky nh x; h gḁ

**7- f'ldk; r fuokj.k fol;kl**

,ul h,p,i0 'k"lZ l gdlkj vkokl l 2ka dh xfrfof/;ka ea l ello; o ekxh'kz  
nrk gS rFk og Lo;a l .k dh 0;oLFk ;k fuekzk dk;Z ugha djrk tS fd og  
fdl h Hk ,d h xfrfof/ ea 'kfeY ugha gS ft l ea fnu&irfnu ds ysns 'kfeY  
glrs ga vS u gh iR; {k l koZfud xfrfof/;ka ea bl fy, ,ul h,p,i0 ds fy,  
ifcyd bl ds l nL; 'k"lZ l gdlkj vkokl l 2k ga ,ul h,p,i0 dk funskd  
eMy] bl dh izkl fud ekeyka ea ije ikf/dkj dh Hkiedk fuHkrk ga forrh;  
l rdzk dh fuxjkuh vkrfjd vS l kof/d y[ kki jh{koka }kjk yxkrkj dh tkrh  
ga l nL;ka l s ikr f'kdk;rae ko fopkj vS l epr dk; bkg h ds fy; s  
funskd eMy ds l e{k isk fd; s tkrsga

fdl h izkj dh f'kdk; r dsekeya e] l nL; l Ei dZ dj l drsg%

e[; dk; Zkj h

Hkjr h; jk"Vh; l gdlkj vkokl l 2k]

6, 6 l hjh i 0kZ bl VhV; wkuy , fj; k]

vxLr ØkUr ekx] ubZ fnYyh&110049

i 0k u- 011&26490535@26491736@46006349

i 0l u- 011&26495450

bey nchf2001@yahoo.com; nchf2001@gamil.com

## 8- l puk vS l fp/k

,ul h,p,i0 ,d Nk/k] xS&dkjckjh] xS&yHkdkjh mluf r'khy l xBu gS tS  
vYi ctV ds l kFk dk;Z djrk ga ml ds ikl l hfer LVki 0 gS tS foHku  
iekSkuy xfrfof/;ka dks l pkfyr djrk ga e[; dk; Zkj h dk] tS funskd  
eMy@dk; Zkj h l fefr rFk ve; {k ds l keU; fu;ak.k ea dk;Z djrk gS  
LVki 0 ij ijk fu;ak.k glrk ga ,ul h,p,i0 l fpoky; ea ikr i=kfn dks  
e[; dk; Zkj h }kjk vko'; d dk; bkg h gS q l ae/r LVki 0 dks Hkstk tkrk ga  
i=kpkj dh vyx&vyx jftLVjka (ikflr o isk.k) ea jstkk vk/kj ij  
ifof"V dh tkrh ga

Lokx d{k ,ul h,p,i0 dk; kÿ; Hkou ds i0sk }kj ij gS tkfd l puk  
vlg l fo/k dkmvj ds : i ea dk;Z dj jgk gñ ,ul h,p,i0 xfrfof/; ka ij  
iSi0yV] izdk'kuka dh l ph] l nL; ka dh l ph mi ; Dr dkmvj l sikr dh tk  
l drh gñ fdl h Hk izdkj dh ufr] dk; Døe] izkl fud] foRrh; o dkuwh  
ekeyka dh tkudkj ds fy; s fuEufyf[kr l s l E idZ fd; k tk l drk gñ

e[; dk; Zkj h

Hkjr h; jk"Vh; l gdkjh vkokl l ak]

6, 6 l hjh i0kZ ba.VhV; wkuy , fj; k]

vxLr Økfr elx] ubZ fnYyh&110049

i0u u- 011&26490535@26491736@46006349

i0l u- 011&26495450

bÿy nchf2001@yahoo.com; nchf2001@gamil.com

,ul h,p,i0 dh ocl kbV (www.nchfindia.net) dks l gdkjh vkokl ij  
l keW; tkudkj ds fy, mi ; l x fd; k tk l drk gS ftl ea ,ul h,p,i0 ,oa  
ml ds l nL; l ak'ka ds y{; ] m¼s; vlg mi yfC/; ka 'kfeY gñ col kbV ij  
l gdkfjrk fl ¼krl l qhe dKZ ds l kr i0 yk ,ul h,p,i0 cySVu ds  
rktk vad rFk foHku fo"K; ka ij y[k vfn fglh vlg vaxth nkska Hk"kvka  
ea mi yC/ gñ

## 9- turk lsviKk,a

vius dk; Døe ds dk; W0; u ij ftu {skka ea l q'kj dh mEehn gñ ogka ij  
,ul h,p,i0 dks vius l nL; l ak'ka funskd eMy ds l nL; ka rFk vkokl  
l gdkfjrvka l sfujarj i0M&c0d dh mEehn gñ