**gvbwmK ¯^v¯’¨‡mev wel‡q `ÿZv MVb Ges Dbœq‡b †mev cÖ`vbKvix‡`i AbjvB‡bi gva¨‡g AvZ¥ cÖwkÿ‡Yi gwWDj**

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| **Awa‡ekY-5 t †mev MÖnxZvi ms‡M kÖ×v, wek^vm Ges Av¯’v ¯’vcb Kiv Ges †Kb** |

**Awa‡ek‡Yi D‡Ïk¨ t**

**GB †mk‡bi ‡k‡l Avcwb-**

1. cÖ‡Z¨KwU KvR ev AvPi‡bi wcQ‡b e¨w³i wK wek^vm ev g~j¨‡eva KvR K‡i †m m¤ú‡K© Rvb‡Z cvi‡eb
2. cvi¯úwiK m¤ú‡K©i †ÿ‡Î Zv wKfv‡&e cÖfve we¯Ívi K‡i Zv Rvb‡Z cvi‡eb
3. †mev cÖ`vb Kivi †¶‡Î wek^vm Ges Av¯’vi m¤cK© ˆZwi Kiv KZUzKz ¸iæZ¡c~Y© Zv eyS‡Z cvi‡eb

aiæb Avcwb GKRb AÜ e¨w³| Avcbvi †PvL Kvco w`‡q †eu‡a Ab¨ GKRb e¨w³ Avcbv‡K MvBW K‡i N‡ii wewfbœ RvqMvq Nyiv‡”Q Ges wewfbœ e¯‘ ¯ck© Kiv‡”Q| Gici GKUz fveyb †Zv, Ò‡mev MÖnbKvix/ AÜ e¨w³ wn‡m‡e Avcbvi †Kgb jvM‡Z cv‡iÓ ?

wVK GKB fv‡e wPšÍv Kiæb Ò MvBW ev †mev cÖ`vbKvix wn‡m‡e wK wK Abyf‚wZ ˆZwi n‡Z cv‡iÓ?

m¤¢ve¨ Abyf‚wZ t

MvBW ev mvnvh¨Kvix wn‡m‡e `y:wðšÍv, Aw¯’iZv, fq, kw³kvjx, `vwqZ¡kxj, fvwi fvwi, wei³ BZ¨vw`|

‡mev MÖnbKvix/ AÜ e¨w³ wn‡m‡e- AwbivcËv, AwbðqZv, fq, ivM,wbf©ikxjZv,Amnvq,Avb›` BZ¨vw`|

GLv‡b Avgiv eyS‡Z cviwQ †h A‡bK mgqB mvnvh¨cÖv\_©x mvnvh¨Kvixi Ici cy‡ivcywi wbf©i Ki‡Z cv‡i bv| Zv‡`i g‡b GK ai‡bi ARvbv fq Ges Avk¼v KvR K‡i| GKB fv‡e mvnvh¨Kvix h‡\_ó m‡PZb \_vKvi ciI GK ai‡bi `y:wðšÍv KvR Ki‡Z cv‡i †mev MÖnxZvi Av¯’v AR©b wb‡q| Av¯’vi m¤cK© ˆZwi Kivi Rb¨ †mev cÖ`vbKvixi †mev MÖnxZvi Abyf‚wZ eyS‡Z n‡e|

**‡mev MÖnxZvi cÖwZ m¤§v‡bi g‡bvfve †`Lv‡bv wKfv‡e m¤¢e :**

* **‡mev MÖnxZvi** Gi e¨vcv‡i mgv‡jvPbvg~jK g‡bvfve m¤ú~Y© eR©b K‡i Zv‡K mnRfv‡e wb‡R‡K cÖKvk Kivi my‡hvM w`‡Z n‡e
* Zvi mv‡\_ Drmvnx n‡q K\_v ej‡Z n‡e
* Zv‡K wVKfv‡e †evSvi Rb¨ g‡bv‡hvMx n‡Z n‡e
* Zv‡K Zvi †Kvb cÖ‡Póvi Rb¨ ev †Kvb AR©‡bi Rb¨ cªksmv Ki‡Z n‡e
* **‡mev MÖnxZvi** Gi mv‡\_ mnR- mij Ges ¯^ZùyZ© AvPib Ki‡Z n‡e
* **‡mev MÖnxZvi,** †h wb‡Ri mgm¨v mgvavb Kivi ÿgZv i‡q‡Q †m e¨vcv‡i wek¦vm ivL‡Z n‡e

**kª×v n‡”Q-**

* **GKRb gvby‡li wfZ‡ii gh©v`v†K ¯^xKvi Kiv**
* **cÖ‡Z¨KwU gvbylB Ab¨ gvbyl †\_‡K Avjv`v-Zv wek¦vm Kiv**
* **gvb‡Z n‡e, cÖ‡Z¨K gvby‡li cQ›` Kivi AwaKvi i‡q‡Q Ges Zvi wb‡Ri mgm¨v mgvav‡bi †mB †hvM¨Zv I ¶gZv i‡q‡Q|**

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| **kª×v** | **‡KvbwU kª×v bq** |
| **Ab¨iv wK ej‡Q Zv g‡bv‡hvM w`‡q †kvbv**  | **mgvavb †`IqvB D‡Ïk¨**  |
| **mge¨\_x nIqv**  | **Dc‡`k ev e³…Zv †`Iqv**  |
| **hvi ms‡M K\_v ej‡ev Zvi Zv‡ji ms‡M wgwj‡q K\_v ejv**  | **A‰ah©¨ n‡q ev Zvj bv wgwj‡q wb‡Ri B‡”Qg‡Zv K\_v ejv**  |
| **Zv‡`i mwµq Ges kw³kvjx w`K¸‡jvi Dci †Rvi ‡`Iqv**  | **A‡b¨i K\_vq e¨½-we`ªƒc ev Dcnvm Kiv**  |
| **e¨w³i e¨w³MZ wel‡q hZœkxj †\_‡K fvlv e¨envi Kiv**  | **KiyYv ev `qv-gvqv Kiv**  |
| **e¨w³i cÖwZ Avm‡jB Abyi³ \_vKv ev †Kvb iKg fwbZv bv Kiv**  | **ûgwK avgwK †`Iqv ev fq †`Lv‡bv**  |

**‡mev `vb cÖwµqvq cvi¯úwiK m¤úK© ¯’vc‡Yi Rb¨ ¸iæZ¡c~Y© welqmg~n t**

**‡mev MÖnxZvi cÖwZ AK…wÎg (Genuine) nIqv wKfv‡e m¤¢e t**

* wb‡R‡K †ckvMZ Avmb †\_‡K †b‡g **‡mev MÖnxZvi** †h ¯Í‡i i‡q‡Qb †mLv‡b wb‡R‡K AwawôZ Ki‡Z n‡e
* mvnvh¨Kvix hv ej‡Qb Zv †hb **‡mev MÖnxZvi** Gi Kv‡Q wek¦vm‡hvM¨ nq, †mw`‡K †Lqvj Ki‡Z n‡e
* **‡mev MÖnxZvi** mv‡\_ hZUv m¤¢e †Lvjv‡gjv m¤úK© ˆZwi Ki‡Z n‡e| ïay †KŠkj (Technique) Gi K\_v wPšÍv bv K‡i gvbylwUi Dci g‡bv‡hvM w`‡Z n‡e| ¯^ZtùzZ©fv‡e gy³ Av‡jvPbv K¬v‡q›U‡K mnR n‡Z mvnvh¨ Ki‡e|
* **‡mev MÖnxZvi** Gi mv‡\_ m¤úK© ¯’vcb Ki‡Z wM‡q hw` †Kvb mgm¨v nq, Zvn‡j wb‡R‡K wR‡Ám Ki‡Z n‡e, ÒAvgvi †fZ‡i wK Ggb wKQy NU‡Q, hv Avgv‡K **‡mev MÖnxZvi** Gi cÖwZ AvMÖnx K‡i Zzj‡Q bvÓ? **‡mev MÖnxZvi** Gi g‡a¨ weiw³ ev iv‡Mi AbyfywZ jÿbxq \_v‡K Zvn‡jI †evSvi †Póv Ki‡Z n‡e Zvi GB AbyfzwZ¸‡jvi †cQ‡b wK Kvib \_vK‡Z cv‡i| GUv wK m¤ú~Y©fv‡e **‡mev MÖnxZvi** Gi wbR¯^ e¨vcvi bvwK `yÕR‡bi g‡a¨ Ggb wKQz K\_v n‡q‡Q hvi d‡j Zvi g‡a¨ Gai‡bi AbyfzwZi m„wó n‡q‡Q †m e¨vcv‡i ¯úó n‡Z n‡e|

**‡mev MÖnxZvi mv‡\_ †hvMv‡hv‡Mi †ÿ‡Î wKfv‡e my¯úóZv I cÖvmw½KZv (Concreteness) cÖ‡qvM Kiv hvq t**

* **‡mev MÖnxZvi** Gi K\_vevZ©v hw` A¯úó g‡b nq Zvn‡j mvnvh¨Kvix‡K †Póv Ki‡Z n‡e †m¸‡jvi my¯úó e¨vL¨v Zvi mvg‡b Zz‡j ai‡Z|
* **‡mev MÖnxZvi** hv ej‡Q, †mUv Zvi mgm¨vi mv‡\_ KZUv cªvmw½K †mUv Rvb‡Z n‡e| mvnvh¨Kvix‡K †Póv Ki‡Z n‡e Av‡jvPbvi welqe¯‘wU †hb h\_vm¤¢e mgm¨vi mv‡\_ m¤úwK©Z nq †mB †Póv Kiv| hw` g‡b nq mvnvh¨cÖv\_©xi K\_v wVKgZ †evSv hv‡”Q bv, Zvn‡j cª‡qvR‡b Zv‡K K\_vi gv‡S \_vwg‡q e¨vcviwU Av‡iv ¯úófv‡e Dc¯’vcb Kivi Rb¨ Aby‡iva Ki‡Z n‡e|
* ‡Kvb we‡kl NUbvi Dci we‡klfv‡e Av‡jvKcvZ Kivi Rb¨ **‡mev MÖnxZv**‡K ejv hv‡e| wKš‘ Aek¨B †Lqvj Ki‡Z n‡e †mUv †hb mivmwi cÖkœ bv nq| †Kvb welq AbymÜvb Ki‡Z wM‡q hLb mvnvh¨cÖv\_©x Amyweavi m¤§yLxb n‡”Qb ZLb Zv‡K Dc¯’vc‡b mvnvh¨ Kivi D‡Ï‡k¨ welqwU Mfx‡i hvevi Rb¨ Zv‡K mvnvh¨ Ki‡Z n‡e|
* Av‡jvPbvi welqe¯‘ cÖvmw½K n‡”Q wK bv †mUv †evSvi Rb¨ mvnvh¨Kvix wb‡Ri AZxZ AwfÁZvi Dci wbf©i Ki‡eb|

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| **Avgvi mv‡\_ K\_v ejv KZUv wbivc` ?****Avgvi mv‡\_ K\_v ej‡j Avcwb KZ Nb Nb wb¤œwjwLZ ai‡bi cÖZy¨Ëi †`b ?** |
| cÖwZwU ai‡bi cÖZz¨Ëi KZevi †`b †m¸wj‡K/Zv‡K 0 †\_‡K 4 b¤^i cÖh©šÍ fv‡M fvM Kiæb †hgb t0 1 2 3 4KL‡bv bv K`vwPr KLbI KLbI cªvqkB †ek Nb Nb |
| 1. Pvjbv K‡ib I w`K wb‡`©k K‡ib2. wePvi K‡ib I g~j¨wba©vib K‡ib3. †`vlv‡ivc K‡ib4. bxwZ Dc‡`k `vb K‡ib I Av‡`k †`b 5. g‡bi †Rvi †hvMvb †`b6. A‡b¨i AbyfzwZ ¯^xKvi K‡ib bv7. Dc‡`k †`b I †kLvb8. wRÁvmv Ki‡Z \_v‡Kb9. weiw³ †`Lvb 10. wb‡Ri m¤^‡Ü K\_v ej‡Z \_v‡Kb | 11. e‡jb Avgvi ‡Kvb mgq †bB12. wbw`©ó mgq †`Lv Ki‡Z ‡`ix K‡ib13. †jvK‡K AMÖvn¨ K‡ib14. AmwnòzZv cÖKvk K‡ib15. wbðzc \_v‡Kb16. wPrKvi K‡i D‡Vb 17. †jvK‡K †nq cÖwZcbœ K‡ib18. †jvK‡K `y‡i mwi‡q †`b19. mnvbyf~wZ cÖKvk K‡ib 20. iæp fvlv e¨envi K‡ib |
|  |

GB cÖkœc‡Îi gva¨‡g Avcwb ‡mev MÖnxZvi K\_v KZUv wek¦v‡mi mv‡\_ i¶v Ki‡Z cv‡ib Zv eyS‡Z cvi‡eb t

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| **wek¦vm iÿv Ges Avcwb****wb¤œwjwLZ cÖkœ¸‡jv c‡o, Avcbvi wK cÖwZwµqv n‡jv ms‡ÿ‡c wjLyb-**1. ‡mev MÖnxZv hw` Avcbvi Kv‡Q Ggb wKQz e‡j, hv Aci KvD‡K wec‡` †dj‡Z cv‡i ZLb Avcwb wK Ki‡eb ?

........................................................................................................................1. ‡mev MÖnxZv K\_v ‡h wek¦vl‡hvM¨ Zv Avcwb wK K‡i eyS‡eb ?

........................................................................................................................1. hw` ‡mev MÖnxZv Ggb wKQz e‡j, hv Avcbvi Kv‡Q Akvjxb ev A‡kvfbxq, ZLb Avcwb wK Ki‡eb ?

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........................................................................................................................1. wek¦vl iÿvi †ÿ‡Î Avcbvi wbR¯^ Abyf~wZ m¤ú‡K© Avcwb Kvi mv‡\_ Av‡jvPbv K‡ib ?

........................................................................................................................1. Avcbvi g~j `vwqZ¡ Kvi cÖwZ ?

 Avcbvi gvwjK/‡mev MÖnxZv /Ab¨vb¨ mnKg©x/cwievi ev Ab¨ †KD/wb‡Ri cÖwZ........................................................................................................................ |

Avgv‡`i ‡mev MÖnxZvi me K\_v me mgq †Mvcb ivL‡Z n‡e| wKš‘ hw` †`‡Lb ‡mev MÖnxZv wb‡Ri Rxe‡bi ev A‡b¨i Rxe‡bi ¶wZ Kivi †Póv Ki‡Qb ZLb †MvcbxqZv †f‡½ welqwU Zvi Kv‡Qi gvbyl‡K Rvbv‡Z n‡e| ‡mev MÖnxZvi K\_v memgqB wek¦vm Ki‡Z n‡e| ‡mev MÖnxZv‡K wb‡q Avcbvi wbR¯^ †Kvb Abyf~wZ hw` ˆZix nq Zv n‡j Avcbvi mycvifvBRv‡ii mv‡\_ †MvcbxqZv eRvq †i‡L Av‡jvPbv Ki‡Z cv‡ib| me mgq g‡b ivL‡Z n‡e, Avcbvi wek¦vm, g‡bvfve, g~j¨‡eva Ges AK…wZgZv wb‡q †mev MÖnxZvi mv‡\_ Av¯’vi m¤cK© ˆZix Kiv, hv †mev cÖ`vbKvix wn‡m‡e Avcbvi g~j `vwqZ¡|