

13. I oZf'k{k vkfk; ku%

I oZf'k{k vkfk; ku ; kstuklrxr py jgh fofHku ; kstukvka dh ixfr fuEu izdkj gS &

vLpfjd f'k{k %

- ftys ea I oZf'k{k vkfk; ku ; kstuklrxr yxs I Hkh v/; ki dka dks I e; ij oru fn; k tk jgk gA
- fo|ky; ka dks nh tkus okyh fofHku jkf'k Ldny Qd fYV xk.V] Ldny eSUVuBl xk.M Vh, y-bZ] Vh, y-, e-] Qh VDI V cp] v/; ki d if'k{k.k] fctz dkd] f'k{k fe=] I ekof'kr f'k{k] jEi I] I kenkf; d if'k{k.k] dLrjcka xkdkh vkokl h; fo|ky; o , uihbZthbZ, y tkjh dh tk pph gA

oBfyid f'k{k %

- bl ds vlrxr pkbYM Vfdx fl LVe I h-Vh, I - dk dk; Z iwZ gks pph gA
- bl ds vlrxr 0&18 o"Z ds ckyd@ckfydkvka dk I oS fd; k x; k FkA ftI ea fo'k{k#i I s vukefdr , oa Mki vkmV ckyd@ckfydkvka dk fpUghdj.k fd; k x; k gA ftys ea vukefdr , oa Mki vkmV ckyd@ckfydkvka dh I ; k Cyklokj fuEu izdkj jgh %

dz I a	Cykl dk ule	6&10 vk; qoxZ			6&14 vk; qoxZ			15&18 vk; qoxZ			dy		
		kyd	ckfydk	dy ; lx	kyd	ckfydk	dy ; lx	kyd	ckfydk	dy ; lx	kyd	ckfydk	dy ; lx
1	fg.Mkyh	653	1081	1734	957	2003	2960	1387	1587	2974	2997	4671	7668
2	clsi K/u	571	808	1379	890	1529	2419	1496	2096	3592	2957	4433	7390
3	uSokj	401	771	1172	600	1515	2115	927	1422	2349	1928	3708	5636
4	rkyMk	1372	1553	2925	1679	2107	3786	2327	2484	4811	5378	6144	11522
	; lx	2997	4213	7210	4126	7154	11280	6137	7589	13726	13260	18956	32216

⇒ f'k{k dk vf/kdkj vf/kfu; e ds vlrxr bu ckyd&ckfydkvka dks budh vk; q ds I ed{k d{k vka ea izsk fn; k tk dj f'k{k dh 0; oLFk dh tkuh gA ftI dh j.kulfr fn'kk&funZk ikr gkrs gh r\$ kj dh tkoxhA

⇒ MRW vkmV , oa vukekadr ckyd&ckfydkvka dks f'k{k dh e[; /kkjk l s tkmus ds fy; s Yk{; ds forjhr ixfr fuEukuq kj gS%&

Ø- l a	xfrfof/k	y{;	mi yfC/k	ukekadr ckyd@ ckfydkvka dh l [; k
1	vkokl h; fczt dkd l	2 f'kfoj	2 f'kfoj	105
2	xj vkokl h; fczt dkd l	15 f'kfoj	6 f'kfoj	240
3	f'k{k fe= dbnz	11 dbnz	8 dbnz	120
4	uothou ; kst uk ½xj vkokl h; fczt dkd ½	3 f'kfoj	3 f'kfoj	143

I elof'kr f'k{k %&

⇒ ftys ds 6 l s 14 vk; pxl ds fo'k{k vko' ; drk okys ckyd&ckfydkvka grqefMdy de QD'kuy vl d eV d[i , oa ikfy; ks xflr cPps dh djSDVo l tjh grq Mk; XukSLVd f'kfoj dk vk; kst u fd; k x; kA ftl ea 36 ckyd@ckfydkvka dks pfUgr fd; k x; kA ftudks tYn gh mn; ij bykt ds fy, flhtok; k tk; skA

⇒ 30 n"Vckf/kr ckyd@ckfydkvka ds fy, cy fdV nsjknw l sexok; s x; s gA

⇒ fodykx cPpka grq ^Ldny jfMud f'kfoj** ½vkokl h; ½ fg.Mksh Cykbl ea yxk; k x; k ftl ea 33 cPps ukekadr ggA bu cPpka dks Qkbu yxost fl [kkbz tk jgh gA

⇒ fodykx cPpka grq [ksy&dm ifr; ksrk dk vk; kst u Hkh fd; k x; kA

ygj dk; bde %&

⇒ ftys ea ygj dk; bde ds vlrxr 138 fo |ky; ka ea ygj d{k dk dk; l wkz djokdj i Bu&ikBu vkjEHk gks pqlk gA

⇒ 69 fo | ky; ka ea 74 ygj d{k grqj k'k tkjh dh tk pph g& ftl ea
fo | ky; ds d{k 1 o 2 d{k ds ckyd@ckfydkvka dks i <kus grq
v/; ki dka dks 6 fnol h; i f'k{k.k fn; k x; kA

dLrjck xkhh vlökl h; fo | ky; ,oa Nk=kökl %&

ftys ftys ea pkj dsth-ch-oh- fo | ky; l pkfyr g& ftuea MRWvkmV
ckfydk, a de'k% , l-l h-@, l-Vh-@vksch-l h-@ch-i h-, y-dh ojh; rk l s iösk fn; k
tkrk g& ftys ea l pkfyr dsth-ch-oh- ea mi yC/k l hVa ,oa ukeködu dh lFkfr
fuEu izkj gS&

dzl a	LFkku dsth-ch-oh-	ekMy	mi yC/k l hVa ,oa ukeködu
1	nbz	I	100
2	yk[kjh	I	100
3	fg.Mksyh	III	50
4	ekVqnk	III	50
; ksc			300

fuekzk dk; Z%&

Lohdr fuekzk dk; ka ds vlrxz 8 vrfjDr d{k d{k} 146 gMekLVj d{k} 35
ckm.Mhoky ,oa 15 gSMiEi grqj k'k tkjh dj , l -, e-l h- dks fhktok nh xbz g&

foKku ,oaxf.kr fdV forj.k %&

ftys ea 67 fo | ky; ka ea foKku ,oa xf.kr fdV forfjr fd; s x; A
bu fo | ky; ka ea 5 fnol h; i f'k{k.k fl rEj ekg ea fn; k x; kA

fo | ky; ka ea 'k\$kf.kd Lrj ea l qkkj grq 47 l DVj vf/kdkfj; ka ,oa
16 f'k{k vf/kdkfj; ka dks y{; dk vkoa/u dj 362 Mh vks bz xM ds
fo | ky; ka dh ekhhvfjx irekg djokbz tk jgh g&