

ftyk f'k{kk , oaif'k{k.k l lFkku

I pūk dk vf/kdkj vf/kfu; e&2005

I pūkvka dk LoPNd idVu /kkj

4¼½ ch] rFkk /kkj

4½¼4½ rFkk4¼½

Ø01 @	uke	
1	vi us l æBu dh fof'k"V; ka vksj dRkD;	<ul style="list-style-type: none"> ▪ i kFkfed Lrjh; f'k{kdk ds fy, l oki wZ if'k{k.k dk; bde vk; kstr djuka ▪ l okj i kFkfed , oampP i kFkfed f'k{kdk ds fy, if'k{k.k dk; bdeks dk vk; kst u , oavuqlo.kA ▪ i kFkfed , oampP i kFkfed d{kkrvka ds fy, i kB; de i kB; i l r dks f'k{kd l mf'k{dkvka , oavU; mi ; ksch l kfgR; ds fodkl ea l g; kxA ▪ 'kksk , oalokpkj dk; bdeka dk l pkyu ▪ f'k{kd if'k{kdk ds {kerk l d) lA ▪ l e; & l e; ij 'kkl u ds funð kkuq kj l oki wZ ch-Vh-l h , oaf-ch-Vh-l h- if'k{k.k dk p; u , oaif'k{k.kA
2	vi us vf/kdkj; ka@ depkj; ka dh 'kDr; ka , oanf; Ro	<ul style="list-style-type: none"> ▪ l Hkh l EcfU/kr vf/kdkjh@depkjh jkT; l jdkj ds v/khu jgrsgq l jdkj }kjk l e; &2 ij id kjr funð kks ds vuq kj nkf; Roka dk fuoZu djrs gA
3	fofu'p; djus dh ifdz k ea ikyu dh tkus okyh ifdz k ftl ea lk; bsk.k vksj mRrjnkf; Ro dsek/; e l fefyr gA	<ul style="list-style-type: none"> ▪ l lFkku ea i kpk; l mi i kpk; }ofj"B idDrk] idDrk] l ka[; dhdkj] rduhdh l gk; d] dk; kZlko f'k{kd] y{kdkj] fyfi d , oaprkZ Jskh depkj dk; jr gA tks vi us vf/kdkj , oadRkD; ds vuq i 'kkl u }kjk l pkfyr dk; bdeka dk l pkyu@fujh{k.k@i ; bsk.k dk dk; Zfu"ikfnr dj vi us drD; dk fuoZu djrs gA
4	vi us drD; ka ds fuoZu ds fy, Lo; a }kjk fu/kkZjr eki ekuA	<ul style="list-style-type: none"> ▪ jkt dh; l lFkku gkus ds dkj.k jkT; l jdkj ds foHku dk; Z ifdz kvka ds vuq kj gh dk; Z dk l pkyu fd; k tkrk gA dk; Z l e; c) : i l sl pkfyr fd; s tkrsgA Hkkj l jdkj@jkT; l jdkj@ifj"kn }kjk vi f{kr l pūk; afu/kkZjr vof/k rd@; Fkk'kh?kz mi yC/k djkh nh tkrh gA turk }kjk tks l pūk ekach tkrh gS ml dk fuLrkj.k l e; kUrXr fd; k tkrk gA
5	vi us fu; U=.k/khu /kkfjr vi us depkj; ka }kjk vi us dr; ka ds fuoZu ds fy, iz kx fd; sx; s fu; e fofu; e] vumns kj funð'kdk vksj vfhksy{ka	<ul style="list-style-type: none"> ▪ l lFkku mRrj insk dk , d jkt dh; foHkx gdf l dk orukfn dk vkj.k jkt dksk l sfd; k tkrk gA l lFkku ds vlrxr dRkD; ka ds fuoZu graq fuEufyf[kr fu; eka dk iz kx fd; k tkrk gA <ol style="list-style-type: none"> 1- jkT; l jdkj ds 'kkl ukns kj fu; e , oafunð kA 2- Hkkj l jdkj ds fn'kk funð k 3- ekO U; k; ky; }kjk i kjr vkns kka dk vuqkyuA 4- l oz f'k{k vfhk; ku ds vlrxr funskd jkT; ifj; kst uk mOid }kjk i klr fu; e , oafunð kA 5- funskd] jkT; 'k{kdk vuq dku , oaif'k{k.k ifj"kn

		m0i0 }kjk ikr fu; e , oafun8ka mDRk fu; eka , oafun8kka ds ikyu grqI eLr vfhky5k I jf{kr fd; s tkrsgA			
6	, d snLrkost dh Jskh dk foaj.k tks muds }kjk /kkfjr fd; s x; sgs vFkok muds fu; =.k ea gA	<ul style="list-style-type: none"> I hFkku , d jkt dh; dk; k3y; gA 			
7	ykd I puk vf/kdkfj; ka ds uke] i nuke , oa vU; fof' kf"V; ka	1- Jherh e/kj kuh xqrk i kpk; @tul puk vf/kdkjhA 2- Mko i dh.k jkuh xqrk i DRk@ I gk; d tul puk vf/kdkjh			
8	fu.kz djus dh ifdz k Mk; bsk.k , oa mRrjnkf; Ro I fgr½	<ul style="list-style-type: none"> 'kkl u@ifj"kn }kjk I e; &2 ij I kS s x; s nkf; Roka , oa dk; k3 dk fuogu i kpk; Z }kjk i wkz dj; k tkrk gA vls Lo; a dk; k3 dk i ; bsk.k dj vf/kdkfj; k@depkfj; ks ds mRrjnkf; Ro dk fu/kkz .k fd; k tkrk gA 			
9	vi us vf/kdkfj; ka , oa depkfj; ka dh fun8' kdk	0-	uke	i nuke	Oku u0
		1	Jherh 'kklk fl g	i kpk; Z	09350160019
		2	Jherh e/kj kuh xqrk	mi i kpk; Z	9412703207
		3	Jherh vawoekz	i DRk	9412638467
		4	Jh jktho depj xqrk	i DRk	9412347894
		5	Jherh jgkuk tch	i DRk	
		6	Mko i dh.k jkuh xqrk	i DRk	9412888443
		7	Jherh I jkst rkej	i DRk	9410859791
		8	Jherh eatw	i DRk	9411731108
		9	Jherh vuhrk pkskjh	i DRk	9411297678
		10	Jh jkedepj 'kekz	i DRk	09411397239
		11	Jh I khj depj	i DRk	9411152003
		12	Jh enuiky	i DRk	9456487286
		13	Jh fufru depj	i DRk	09410473708
		14	Jherh vltw ijohu	i DRk	
		15	Jh rstiky fl g efyd	I k3[; dh dkj	9411073054
16	Jherh fot; depjh	rduhdh I gk; d	9837015765		

		17	Jh vfuy døkj	dk; kZtko f'k{kcd	9997774032
		18	Jh jkt døkj fl g	ys{kdkj	9557560308
		19	Jh l qkhy døkj oekz	d0fy0	9837387184
		20	Jh ukjk; .k jkor	d0fy0	9927491687
		21	Jh l msk døkj dfi y	d0fy0	9759375397
		22	Jh inhi egs	d0fy0	9720256810
		23	Jh Hkkjr	d0fy0	9897538319
		24	Jh ek0 l gsy	d0fy0	9837907188
		25	Jh Hkhe fl g	ifjpkjd	9759053367
		26	Jh n0bnz døkj	ifjpkjd	9760163738
		27	Jh jkt0bnz døkj	ifjpkjd	
		28	Jherh chuk 'kekz	ifjpkjd	
		29	Jherh chuk døkjh	ifjpkjd	
10	vi us vf/kdkfj; ks@depkfj; ka }kjk i klr ekfl d ikfjJfed ftl eamI ds fofu; eka ea rFkk micflU/kr ifrdj dh izkkyh ds l fEefyr gkA	0-l a	uke	inuke	oru0e dy ifjyfC/k; ka
		1	Jherh 'k0kk fl g	ikpk; Z	15600- 39100 vodk' k ij
		2	Jherh e/kj kuh xlrk	mi ikpk; Z	15600- 39100 40274.00
		3	Jherh v0t woekz	i0Drk	9300- 34800 30677.00
		4	Jh jktho døkj xlrk	i0Drk	9300- 34800 32202.00
		5	Jherh j0gkuk tch	i0Drk	9300- 34800 29980.00
		6	Mk0 i0h.k jkuh xlrk	i0Drk	9300- 34800 30677.00
		7	Jherh l jkst r0ej	i0Drk	9300- 34800 26791.00
		8	Jherh eatw	i0Drk	9300- 34800 26797.00
		9	Jherh vuhrk pk0kjh	i0Drk	9300- 34800 26474.00
		10	Jh jkedøkj 'kekz	i0Drk	9300- 34800 27291.00

		11	Jh l dkhj dckj	i dDrk	9300-34800	26474.00
		12	Jh enuiky	i dDrk	9300-34800	25742.00
		13	Jh fufru dckj	i dDrk	9300-34800	24339.00
		14	Jherh vltæ ijohu	i dDrk	9300-34800	26667.00
		15	Jh rstiky fl g efyd	l k[; dh dkj	9300-34800	29487.00
		16	Jherh fot; dckjh	rduhdh l gk; d	9300-34800	31719.00
		17	Jh vfuy dckj	dk; k[tko f'k{kd	9300-34800	25058.00
		18	Jh jkt dckj fl g	y[kkdkj	5500-20200	22065.00
		19	Jh l dky dckj oekz	d0fy0	5500-20200	15377.00
		20	Jh ukjk; .k jkor	d0fy0	5500-20200	12238.00
		21	Jh l nsk dckj dfi y	d0fy0	5500-20200	11481.00
		22	Jh inhi egs	d0fy0	5500-20200	11481.00
		23	Jh Hkkjr	d0fy0	5500-20200	11091.00
		24	Jh ekd l gsy	d0fy0	5500-20200	10676.00
		25	Jh Hkhe fl g	i fjpkjd	5500-20200	12823.00
		26	Jh nðnz dckj	i fjpkjd	4400-7400	12154.00
		27	Jh jkt ðnz dckj	i fjpkjd	4400-7400	11447.00
		28	Jherh chuk 'kekz	i fjpkjd	4400-7400	11019.00
		29	Jherh chuk dckjh	i fjpkjd	4400-7400	11447.00
11	I Hkh ; kst ukvk; i Lrkfor 0; ; ka vks; fd; sx; s	ykwugh gA				

	I forj .kka ij fj i k/ dh fof' kf"V; ka minf' k' djrs gg vius i R; d vfHkdj .k dks vkoVR ctVA	
12	I gkf; dh dk; Zlaka ds fu"i knu dh jhfr ftl ea vkoVR jkf' k vks , d s dk; Zlaka ds ykHkFk; ka ds C; kjs l fefyr gkA	ykwugh gA
13	vius }kjk vuqRr fj; k; rka vuqk i =ka rFk i kf/kdkj ka ds i klrdrkz/ka dh fof' kf"V; ka	ykwugh gA
14	dR; ka ds fuoZu ds fy, LFkfr ekud@fu; e	'kkl u@ifj"kn }kjk l e; &2 ij l ka s x; s nkf; Roka , oa dk; kZ dk fuoZu i kpk; Z }kjk vius v/kHkLFk vf/kdkfj; ka@depkfj; ka l siwR dj; k trk gA
15	fdl h byDVkfud : i ea l puk ds l EclU/ka ea C; kjs } tks ml dks mi yC/k gks ; k ml ds }kjk /kkjr gkA	ifj"kn dh oel kbV www.scertup.org ij l hFkku dk fooj.k mi yC/k gA
16	I puk vfHki klr djkus ds fy, ukxfj dks dks mi yC/k l qo/kk vka dh fof' kf"V; k ftl ea fdl h i qrdky; ; k okpu d{k} ; fn ykd mi ; ks ds fy, vuqf{kr gS rks dk; Zj .k ?k .Vs l fefyr gA	<ul style="list-style-type: none"> ▪ QkYMj@if=dk ▪ l EclU/kr vf/kdkfj; ka }kjk ukxfj dks l puk mi yC/k djkuA ▪ ifj"kn dh oel kbV ij l hFkku dk fooj .kA ▪ ukSVI ckMZA ▪ l hFkku ea l q FTtr i qrdky; A ▪
17	, d h vU; l puk tks fofgr dh tk, A	'kkl; A

i kpk; @tu l puk vf/kdkjh
f tyk f' k{k , oa if' k{k .k l hFkku
e t QjuxjA