

e,flUV; y I KkukRed eW; kaðu
(MOCA)

ç'kkI u vKj Ldkfjæ funi k

e,flUV; y I KkukRed eW; kaðu MOCA½ dks gYdh I KkukRed f'kfFkyrk ds fy, 'kh?kz LØhfuaæ mi dj.k ds : i ea fMtkbu fd; k x; k FkA ; g fofHkUu I KkukRed {ks=ka dk eW; kaðu djrk gS /; ku vKj , dKxark] fu"i knu çdk;] Lefr] Hkk"kk] -'; &I j pUKRed dKky] I adYi ukRed fpru] x.kuk] vKj vfHkfol; kl A MOCA dk ç'kkI u djus dk I e; yxHkx 10 feuV gA dY I Hko Ldkj 30 vad gS 26 ; k vf/kd dk Ldkj I kekl; ekuk tkrk gA

1. Øe I s gkusokyk Vsy cukuk:

ç'kkI u: ijh{kd I ghkxh dks funi k nrk gS *p-i; k , d j s [kk [khpj] tks vjkg h Øe ea uaj I so.kz rd tkrh gkA ; gk 'kq dja* ① dh vKj I adr djg vKj ① I s ① rd vKj fQj ② rd vKj bl h rjg vkxs j s [kk [khpA ; gk I ektr dja ⑤ dh vKj I adr djg AB

Ldkfjæ: vxj I ghkxh I Qyrki wkd fuEufyf[kr i VuZ cukrk gS rks , d vad na ①- ①- ②- ②- ③- ③- ④- ④- ⑤- ⑤, dkbZ , d h j s [kk [khp s fcuk tks dkVrh gkA , d h =fV dks O Ldkj feysk] tks rjg [kq Bhd u dh tk, A

2. -'; &I j pUKRed dKky ½ku½

ç'kkI u: ijh{kd ?ku dh vKj b'kkjk djrs gq fuEufyf[kr funi k nrk gS *puhps fn, x, LFku ej bl fp= dh mruh I Vidrk I s çrfryfi cuk, ; ftruh vki dj I drs gA*

Ldkfjæ: I gh <x I s cuk, x, fp= ds fy, , d vad fn; k tkrk gA

- fp= rhu vk; keh gkuk pkfg,
- I Hkh j s [kk, ; [khp h xbz gA
- dkbZ j s [kk ugha tkMh xbz
- j s [kk, ; vi s [kk-r I ekukarj gA vKj mudh yækbZ I eku gS vk; rkdj I e&i k'kæ Lohdkj fd, tkrsg

vxj Åij ea I s fdl h 'krZ dks ij k ugha fd; k tkrk] rks vad ugha fn; k tkrkA

3. -'; &I j pUKRed dKky ½kMh½

ç'kkI u: LFku ds nk, ; rhl j s Hkx dh vKj baxr dja vKj fuEufyf[kr funi k ns *p, d ?Mh cuk, A I Hkh uaj Mkye vKj I e; 11 ct dj 10 feuV ij fu/kkFjr dja*

Ldkfjæ: fuEufyf[kr rhu 'krk ea I s çR; d ds fy, , d vad fn; k tkrk gS

- i f j j s [kk ½ vad½ ?kMh , d oÜk gkuk pkfg, ft I ea droy ekeyh fo: i .k Lohdkj fd; k tk, xk ½tS j oÜk I ektr djrs I e; FkMk nks'kz
- I a; k, ; ½ vad½ ?kMh ds I Hkh uaj gkus pkfg, vKj dkbZ vfrfj ä uaj ugha gkuk pkfg, ; k uaj I gh Øe ea gkus pkfg, vKj ?kMh ds pgjs ij yxHkx I gh pkFkkbZ Hkx ea gkus pkfg, ; j keu vad Lohdk; I

gā uæj oÜk ds ?kj s ds ckgj j [ks tk l drs gā

- gkFk ¼l vð½ nks gkFk gkaus pkfg, tks feydj l gh l e; dk l æsr djrs gka ; k ?k/s dkgkFk l kQ rks ij feuV ds gkFk l s Nk&k gkuk pkfg, ; gkFk ?kMh ds pgjs ds Hkhrj dæær gkaus pkfg, vksj mudk tD'ku ?kMh ds dæe ds utnhd gkuk pkfg, A

vxj Äij ea l sfdl h 'krz dks ij k ugha fd; k tkrk] rks fdl h rRo ds fy, vð ugha fn; k tkrkA

4. uke crkuk:

ç'kkl u: ckbā vksj l s 'kq dj d] çR; sd vk-fr dh vksj bāxr dja vksj dga *peps bl tkuoj dk uke crk, Å*

Ldkfjæ: fuEufyf[kr mÜkjæ ds fy, çR; sd ds fy, , d vð fn; k tkrk gS ¼l½ Äa/ ¼2½ 'kj] ¼3½ xMk ; k jkbuka

5. Lefr:

ç'kkl u: ij h{k d , d çfr l æM dh nj l s 5 'kcnka dh , d l p h i <rk gš vksj fuEufyf[kr funz k nsk gš *p; g Lefr ij h{k. k gā eš 'kcnka dh , d l p h i <rk ftlga vki dks vHh vksj dñ ea; kn j [kuk gā /; ku l s l p h i tc eš k gš tk,] rks ftrus vf/kd l s vf/kd 'kcn vki dks; kn j gš ep-s crk, Å bl l s dkbz QdZ ugha i Mfk fd vki fdl Æe ea crks gā i gys ij h{k. k ea l ghkxh ftrus 'kcn cksyrk gš mu l Hk ds fy, fu/kkZj r LFku ij fu'kku yxk, Å tc l ghkxh bāxr djs fd ml us l ektr dj fn; k gš ¼l Hk 'kcn ; kn dj ds crk fn, gš ; k vksj vf/kd 'kcn ; kn ugha dj l drk] rks l p h dks fuEufyf[kr funz kka ds l kFk nil jh ckj i < *pešogh l p h nil jh ckj i <rkA vf/kd l s vf/kd 'kcn ; kn djus vksj ep-s crkus dh dks'k'k djš ftl ea os 'kcn 'kkfey gš tks vkus i gyh ckj crk, FkAB nil js ij h{k. k ds ckn l ghkxh ftrus 'kcn cksyrk gš mu l Hk ds fy, fu/kkZj r LFku ij fu'kku yxk, Å nil js ij h{k. k ds var eš l ghkxh dks; g dg dj l p uk nā fd ml s; s'kcn fQj l s; kn djus ds fy, dgk tk, xk] b ij h{k. k ds var ea eš vki dks os 'kcn fQj l s; kn djus ds fy, dgpkAB**

Ldkfjæ: ij h{k. k , d vksj nks ds fy, dkbz vð ugha fn, tkrA

6. /; ku:

vfxe vð dh Lefr vof/k: ç'kkl u: fuEufyf[kr funz k nā *peš dñ uæj dgpk vksj tc eš l ektr dj nñ rks mlga fcYdy ml h : i ea nkgjk; tš k eš dgk FkAB , d vð çfr l æM dh nj l s i k p uæj dh 'kākkyk i <Å*

çfrxeh vð dh Lefr vof/k: ç'kkl u: fuEufyf[kr funz k nā *peš dñ vksj uæj dgpk yfdu tc eš l ektr dj nñ rks vki dks mlga mYVs Æe ea nkgjkuk gāB , d vð çfr l æM dh nj l s rhu uæj dh 'kākkyk i <Å*

Ldkfjæ: çR; sd l gh <æ l s nkgjk, x, vuøe ds fy, , d vð nñ ¼-i; k /; ku dja: i'p s ij h{k. k ds fy, l gh tokc 2&4&7 gā

l rdh{k: ç'kkl u: ij h{k d fuEufyf[kr funz k nus ds ckn] , d çfr l æM dh nj l s o. k k dh , d l p h i <rk gš *peš o. k k dh , d l p h i <rkA gj ckj tc eš o. k v ckyñ rks vius ghk l s, d ckj Fki dh nā vxj eš vyx o. k ckyñ rks vius ghk l s Fki dh u nā*

Ldkfjæ: 'kū; l s , d =fV gkus ij , d vð nā ¼x yr o. k ij Fki dh nuk ; k v o. k ij Fki dh u nuk =fV gā

7 ds Æe: ç'kkl u: ij h{k d fuEufyf[kr funz k nsk gš *bvc] eš vki l s 100 ea l s l kr ?Vkdj x. kuk djuš vksj fQj] vius tokc l s l kr ?Vkrš jgus ds fy, dgpk] tc rd eš vki dks #dus ds fy, ugha dgrkAB funz k nks ckj nñ vxj vko' ; d gā*

Ldkfjæ: bl ç' u ea 3 vadka ea l s Ldkj fn; k tkrk gā dkbz Hk l gh u ?kVkus ij dkbz vð u nā ¼0¼ , d ckj l gh ?kVkus ij 1 vð nñ nks l rhu ckj l gh ?kVkus ij 2 vð nñ vksj vxj çfrHkxh l Qyrki d d plj ; k i k p ckj l gh

<æ l s ?kVkrk gš rks 3 väd nA 100 l s 'kq djds 7 ds gj ?kVkus dh x.kuk djA çR; çd ?kVkus dk eW; kædu Lora= : i l s fd; k tkrk gš vFkkh vxj çfrHkkxh xyr uæj l s tokc nrk gš yfdu bl ea l s l gh <æ l s 7 ?kVkus tkjh j [krk gš rks gj l gh ?kVkus dks , d väd nA mnkgj.k ds fy,] , d çfrHkkxh 692 – 85 – 78 – 71 – 648 tokc ns l drk gš ft l ea 692B xyr gš yfdu ckn ds l Hkh uæj Bhd l s ?kV, x, gA ; g , d =fV gš vkš ç'u dks 3 väd fn, tk, xA

7. okD; nkgjkuk:

ç'kk l u: i jh{k d fuEufyf[kr funi k nrk gš *peš, d okD; i <æ kA bl sejs ckn nkgjk, j Bhd ol sgh tš seš dgr* [fojke]: *eš døy bruk tkrk gš fd vkt dju , d gš ft l dh enn gšB mükj ds ckn] dga pvc eš nil jk okD; i <æ kA bl sejs ckn nkgjk, j Bhd ol sgh tš seš dgr* [fojke]: *tc dšks dejs eš gšrs Fkj rks fcYyh geš kk l kQs ds uhps fNi tkrh gšB*

Ldkfjæ: çR; çd okD; l gh <æ l s nkgjk, tkus ij 1 väd nA nkgjko l Vhd gkuk pkfg, A mu =fV; ka ij /; ku na tks ?kVko gš ½ tš j "døy"] "geš kk" NkMuk ½ vkš 'kcn cnyuk/tkMuk ½ tš s "dju og gš ft l us vkt enn dh;" "fNi tkrh Fkh" ds fy, "fNi tkrh gA" dguk] cgppu cnyuk] vkfn/A

8. ekš [kd çokg:

ç'kk l u: i jh{k d fuEufyf[kr funi k nrk gš *fttrus vki l kp l drs gš mrus vf/kd l s vf/kd 'kcn crk, j tš o. këyk ds, d fuf'pr 'kcn l s 'kq gšrs gš tš eš vki dks, d i y ea crkA xA vki dkbZ Hkh 'kcn dg l drs gš fl ok; ukeka ds ½ tš sejyh] eš çbZ ½ uæj] ; k os 'kcn tš l eku /ofu l s 'kq gšrs gš yfdu ftuds fHku çR; ; gš tš s çæ] çehj çæi nA eš vki dks, d feuV ds ckn #dus ds fy, dgæ kA D; k vki rš kj gA [fojke] vc] ep-s d l s 'kq gšrs okys mrus 'kcn crk, j fttrus vki l kp l drs gš [60 l çM dk l e;]- #d tkvA B*

Ldkfjæ: vxj l gHkkxh 60 l çM ea 11 ; k vf/kd 'kcn crkrk gš rks , d väd nA l gHkkxh ds mükj uhps ; k cxy ds gk' k; s ea fjdKMZ djA

9. veirü:

ç'kk l u: i jh{k d mnkgj.k l s 'kq djrk gš vkš l gHkkxh l s ; g Li "V djus ds fy, dgrk gš fd 'kcnka dh gj tkMh ea D; k l eku gš *peps crk, j fd l rjs vkš dys ea D; k l ekurk gšA vxj l gHkkxh Bkd rjhd s l s tokc nrk gš rks døy , d vfrfjä çkj dga peps, d vkš çr crk, j ft l vkš kj ij ; sphit l eku gšA vxj l gHkkxh mfpr mükj ¼Qy ½ ugha nrk] rks dgš *Agkj vkš os nkuka Qy Hkh gšB dkbZ vfrfjä funi k ; k l çdr u nA**

vH; kl i jh{k.k ds ckn] dga *pvc] ep-s crk, j fd Vu vkš l kbfdy ea D; k l ekurk gšA mükj ds ckn] ; g dgdj nil jk i jh{k.k na pvc] ep-s crk, j fd eki d vkš ?kMh ea D; k l ekurk gšA dkbZ vfrfjä funi k ; k l çdr u nA*

Ldkfjæ: døy vkf[kj dh nks vkbVe tkMh dks Ldkj nus gš çR; çd vkbVe tkMh ds l gh mükj dks 1 väd nA fuEufyf[kr mükj Lohdk; l gš

Vu&l kbfdy ¾ i fjogu ds l k/ku] ; k=k ds l k/ku] vki nkuka l s ; k=k djrs gš
eki d&?kMh ¾ eki us ds mi dj.k] eki us ds fy, mi ; kx gšrk gA
fuEufyf[kr mükj Lohdk; l ugha gš Vu&l kbfdy ¾ buea l fg; s gšrs gš eki d&?kMh ¾ buea uæj gšrs gA

10. foyçr i uLej.k:

c'kkl u: ijh{k d fuEufyf[kr funz k nrk gš *pepus vki dks l keus igys dñv 'kcn i < s Fkj ftlga epus vki l s ; kn j [kus ds fy, dgt FkA eps vf/kd l s vf/kd 'kcn crk, j tks vki dks ; kn dj l drs gA fu/kkZjr LFkku ij] fcuk fdl h l adr d] lgt : i l s ; kn fd, x, gj 'kcn ds fy, , d fu'kku %√½ yxk, A*

Ldkfjæ: epä : i l s fcuk fdl h l adr ds ; kn fd, x, çR; çd 'kcn ds fy, 1 vad na A

oðfyi d:
; kn djus ds fcyfcr epä ijh{k.k ds ckn] fdl h Hkh ; kn u fd, x, 'kcn ds fy, uhips fn; k x; k vfkZ oxZ dk l adr na vxj Jskh l adr ; k cg&fodYi l adr l s 'kcn ; kn dj yrs gš rks fu/kkZjr LFkku ij , d fu'kku %√½ yxk, A l Hkh ; kn u fd, x, 'kcnka ds fy, bl rjhds l s l adr na vxj Jskh l adr ds ckn l ghkkxh 'kcn ugha ; kn dj i krk] rks ml s mnkj . k ds fuEufyf[kr funz k dk mi ; ksx dj ds cg&fodYi p; u dk ijh{k.k nã *pvki dks D; k yxrk gš fd os buea l s dks&l s fuEufyf[kr 'kcn Fkj ukd] pgjk] ; k ghFA\B*

tc mi ; epä gkj rc gj 'kcn ds fy, fuEufyf[kr Jskh vkj/; k cg&fodYi l adrka dk mi ; ksx djæ
pgjk: Jskh l adr: 'kjhj dk fgLI k cg&fodYi: ukd] pgjk] gkFk
e[key: Jskh l adr: oL= dk çdkj cg&fodYi: Mfue] l rth] e[key
nplku: Jskh l adr: Hkou dk çdkj cg&fodYi: nplku] Ldiy] dñh
dey: Jskh l adr: Qny dk çdkj cg&fodYi: xykc] dey] Vi fyi
yky: Jskh l adr: jæ cg&fodYi: yky] uhyk] gjk

Ldkfjæ: l adr nus ij dkbz 'kcn ; kn djus ij dkbz vad ugha fn; k tkrkA l adr dk mi ; ksx dpy fpdfRI dh; tkudkj h ds ç; kstuka ds fy, fd; k tkrk gš vkj ; g ijh{k.k nãkkf"k; s dks Lefr fodkj ds çdkj ds çkjs ea vfrfj ä tkudkj h ns l drk gA i p% çklr djus ea foQyrk ds Lefr l s l adr/kr U; urk ds fy,] l adr ds }kjk fu"i knu ea l qkkj fd; k tk l drk gA , l dksfMæ ea foQyrk ds Lefr l s l adr/kr U; urk ds fy,] l adr ds }kjk fu"i knu ea l qkkj ugha gksrkA

11. vfilkef[krk:

c'kkl u: fuEufyf[kr funz k nrk gš *peps vkt dh frffk crk, ß vxj l ghkkxh i jk tokc ugha nrk] rks ; g dgdj rnuq kj l adr na *peps[o"q] eghuk] l gh frffk] vkj l l rkg dk fnu] crk, AB fQj dga pvc] eps LFkku dk uke crk, j vkj crk, j fd ; g fdl 'kgj ea gAB**

Ldkfjæ: çR; çd vkbVe dk l gh mülkj nus ij 1 vad na l ghkkxh dks l gh frffk vkj l Vhd txg crkuh gksxh %√Li rky] fdyfud] dk; kzy; dk uke/A vxj l ghkkxh fnu vkj rkjh[k ds fy, , d fnu dh =fV djrk gš rks dkbz vad ugha fn; k tkrkA

dny Ldkj: nkbã vkj l pñc) l Hkh mi &; ksx dk dny ; ksx djæ l ãkkfor : i l s vf/kdre 30 vadka ds fy,] ml 0; fä ds fy, , d vad tkMæ ft l dh vkj plfjd f'k{kk 12 o"kZ ; k de dh gA 26 ; k vf/kd dk vfire Ldkj l keku; ekuk tkrk gA