j`x pC`x

kJ k`imE~ n km aq pCmI l`l sIfr d Gt ivc km krn n`l keI qr~ dlE~ ishq smisE`v~ pd` h skdlE~ hn ijn~ ivc S`ml hn cmVl aq, Eq EK~, nk Eq g l ivc Kr`S hxI| kJ lk, ijn~ n E l r j l hx dl sB`vn` hv, ahn~ n vl Gt q| E l r j lE~ h skdlE~ hn| iehn~ ivc S`ml h skdlE~ hn cmVl dlE~ E l r j lE~, Eq EK~, nk, q g l dlE~ E l r j lE~, ijn~ d lCx hn EK~ Eq nk ivc Kr`S hxI Eq p`xI vgx`, g l ivc KrKrI hxI, Eq iCk~ E`axlE~| pCmI l`l sIfr d Gt ivc km krn v`l kJ k`imE~ n PPiVE~ ivc E l r j l h j`x krk dm d` rg vl l g skd` h|

ies p|&il t ivc pCmI l`l sIfr q| hx v`l dm b`r hT~ ilK sE`l~ d jE`b idq ge hn:

- dm` kI h?
- pCmI l`l sIfr q| hx v`l` dm` kI h?
- pCmI l`l sIfr q| dm` hx dI iksn sB`vn` h?
- pCmI l`l sIfr q| hx v`l dm d lCx kd| pg t hd hn?
- k`imE~ n kI krn` c`hId` h j ahn~ ivc dm d lCx pg t h j`x?
- pCmI l`l sIfr q| hx v`l dm d` iel`j ikv| klq` j~d` h?
- pCmI l`l sIfr q| hx v`l` dm` ikv| rikE` j` skd` h?
- m`lk~ Eq sprv`elzr~ n kI krn` c`hId` h?
- k`imE~ n kI krn` c`hId` h?

dm` kI h?

jd| Es| s`h l|d h~ q~ hv` PPiVE~ ivc| mh q nk n`l jV rsiqE~ j~ n`lE~ r`h| Edr b`hr E`a|dI h| dm` ad| hd` h jd| s`h lx v`lE~ ieh n`lE~ PPiVE~ ivc qg h j~dlE~ hn| ieh qg ies leI hdlE~ hn ika|ik iehn~ d E`s p`s d pT kVvl px n`l ks j~d hn ijs n`l s`h n`lE~ d` Edr l` ivE`s Gt j~d` h| s`h n`lE~ ivc Edrv`r sz p j`x krk vl ieh qg h j~dlE~ hn| ieh sz, keI vsqE~, ijv| icpicpI g`Vl b l gm, p`xI, s l~ q hr m`d dE`r` hv` d rsiqE~ ivc rk p`a|dI h|

dm| v`l lk~ d s`h rsiqE~ ivc sz pxI j~ ahn~ dE`l piTE~ ivc kVvl px d keI k`rx h skd hn| dm n Sr krn d E`m k`rn h skd hn, ksrq j~ j r l`ax`, TF q`pm`n, Gt`, DE~, p l n, Eq s t r s| kJ ivEkqI ijn~ n ib lIE~, kiqE~, G'h, a l I E`id q| E l r j I hdI h ahn~ n isD` E`pxI E l r j I krk dm d` dr` p skd` h|

lk~ n km v`l sQ`n aq vrq j~d pd`rQ~ q| vl E l r j lE~ h skdlE~ hn| iehn~ ivc| kJ lk~ d PPiVE~ q E l r j lE~ Esr kr skdlE~ hn q dm` Sr kr skdlE~ hn| s iehn~ lk~ n E`px pS q| dm` h j~d` h| iehn~ n dm dI SrE`q km v`l sQ`n aq iks ivSS pd`rQ q| hdI h ijs q| ah E l r j k hd hn|

pCmI l`l sIfr q| hx v`l` dm` kI h?

ies iksm d` dm` pCmI l`l sIfr d Gt ivc km krn q| hd` h| ies Gt ivc p l`iekitk Eisf hd` h ijs n`l ahn~ lk~ n dm d` dr` p j~d` h j ies Eisf q| E l r j k hd hn |

pCmI l`l sIfr q| dm` hx dI iks n sB`vn` h?

pCmI l`l sIfr d Gt q| hx v`l` dm` ahn~ lk~ n h skd` h ijhV km v`lI Q~ q ies Gt n s`h r`hI| Edr l j~d hn| lkVI iml~ d k`m, iSg l Eq Sk iml~ d k`m, qrK`x, as`rI k`m, Eq kbint~ bx`ax v`l k`m keI v`r ies q| pB`ivq h j~d hn| ieh ahn~ lk~ ivc vl h skd` h j l`l sIfr dI lkVI n E`px SklE` hnr leI vrqd hn -ijv| lkVI q akrn d` km krn v`l lk|

ieh ikE`s l`ax` sBv nhI| ik iks n pCmI l`l sIfr d Gt q| E l r j I h skdI h ijsd Pl srp as n pCmI l`l sIfr q| dm` hx d` Kqr` h| ijn~ lk~ n bcpn ivc dm` sI j~ ijn~ n E l r j lE~ hn, zrrI nhI| ahn~ n pCmI l`l sIfr q| dm` hx d` vDr Kqr` hv|

pCmI l`l sIfr q| hx v`l dm d lCx kd| pg t hd hn?

pCmI l`l sIfr d Gt q| lg`q`r pB`ivq hd rihx q| kJ hPiqE~ d ivc ivc hI dm` h skd` h, j~ ies n keI s`l vl lg skd hn| iek v`r jd| dm` Sr h j`v q~ Pr h skd` h Gt dI QVl Pr asq| vl QVl m`qr` n`l hI dm d lCx pg t hx lg j`x|

ijn~ n pCmI l`l sIfr q| dm` h ck` hv ahn~ ivc Gt q| pB`ivq hd s`r hI dm d lCx pd` h skd hn j~ sBv h lCx kJ drI n`l pg t hx q pB`ivq hx ipC| keI GitE~ ipC| pg t hx| ims`l vj| h skd` h lCx, km dI iSPt Kqm hx q Gr j` k bhq dr ipC| Sr hx|

Sr ivc dm d lCx km aq Gt n`l pB`ivq hx q| Sr hd hn Eq km q| dr c l j`x n`l Tlk hx l g j~d hn (ims`l vj|, hPq-Eq aq, Eq CtlE~ ivc)| j Gt q| pB`ivq hx~ j`rI rh q~ lCx Eksr vDd j~d hn Eq km q| p`s j` k vl as qr~ rihd hn|

k`imE~ n kI krn` c`hId` h j ahn~ ivc dm d lCx pg t h j`x?

ijs k`m n dm d lCx hx asn lCx~ d` irk`rf rKx` c`hId` h Eq CqI q| CqI f`k t r n dKx` c`hId` h| f`k t r n k`m d lCx~ Eq k`m d ikq b`r ds dx` c`hId` h| j f`k t r n pCmI l`l sIfr d Gt q| dm` hx dI Sk` hv- j~ iks hr clz krk dm d lCx~ dI Sk` hv- q~ k`m n iks m`ihr f`k t r kl BijE` j` skd` h| ivSS f`k t r I d t st~ n`l ieh pSt I krn ivc mdd h skdI h ik pCmI l`l sIfr d` Gt` (ivSS krk p l`iekitk Eisf d` Gt ivc hx`) dm leI izmv`r h|

pCmI l`l sIfr q| hx v`l dm| d` iel`j ikv| klq` j~d` h?

pCmI l`l sIfr d` iel`j hr s`r dimE~ v~g hI klq` j~d` h: kJ k s`h r`hI| sGx v`lE~ dE`elE~ j~ g lIE~ n`l, pr ieh dm d lCx~ dI gBIrq` Eq f`k t r d ml~kx q inrBr krd` h|

iel`j d` sB q| zrrI B`g ieh h ik Eg| q| pCmI l`l sIfr q| pB`ivq hx q| bicE` j`v| j Sr ivc hI ibm`rI d` pq` l g j`v q dm d lCx~ d pd` hx ipC| CqI hI hr pB`ivq hx` bd h j`v q~ k`PI sB`vn` h ik dm dI h`l q ivc sD`r E` j`v q keI ks~ ivc q~ dm` Kqm hI h j`v|

j Gt q| pB`ivq hx` j`rI rh q~ k`PI sB`vn` h ik dm` vD j`v| lCx sQ`eI rp D`r skd hn B`v| EKIr n Gt q| pB`ivq hx` bd vI kr idq` j`v|

pCmI l`l sIfr q| hx v`l` dm` ikv| rikE` j` skd` h?

pCmI l`l sIfr q| hx v`l dm n rikE` j~ Gt`ieE` j` skd` h j k`m n ies pd`rQ kl| pB`ivq hx q| rikE` j~ Gt`ieE` j` sk| m`lk ies g l leI izmv`r h ik ah k`imE~ leI ies pd`rQ q| pB`ivq hx n En` Gt q| Gt l vl qk kr dv ijn` sBv h sk|

k`imE~ n l`l sIfr q| hx v`l dm kl| bc`ax leI iejnlErirg k t r l, ijv| hv`d`rI d` vDlE` sQ`nk pbD krn` q km d sQ`n q Gt d` lVld` k t r l rKx`, kjIvq k t r l s`Dn hn| km d sQ`n aq s`r ihisE~ n ijn` sBv h sk s`P Eq Gt q| mkq rK k k`imE~ n Gt q| pB`ivq hx q| Gt`ieE` j` skd` h| iek aicq s`h-wqr, ijv| ik N95 p`r t lk l t rsplr t r mn`sb Fg n`l iPt klq` hieE`, Gt d` pB`v Gt`ax leI vriqE` j` skd` h| pr ieh isrP ad| hI vrqx` c`hId` h jd| l`l sIfr d` Gt` hr s`Dn~ n`l lVldI m`qr` qk k t r l n` klq` j` sk|

ijhV k`imE~ b`r Gt q| pB`ivq h skx b`r inrx` h cikE` hv ahn~ n hr Q~ km~ q l`ieE` j` skd` h ijQ Gt q| pB`ivq hx dI sB`vn` nhI||

nt: iek v`r jd| k`m n dm` h j~d` h q~ s`h-wqr as n dm q| bc`ax leI k`PI nhI|, ika|ik s`h-wqr 100% k`rgr nhI| hd, Eq s|isitv ivEkqI m`m l I ijh Gt q| vl pB`ivq h skd hn| pCmI l`l sIfr Gt q| b`r b`r pB`ivq hx n`l dm d` rg sQ`eI h skd` h, j sm| n`l vD skd` h, iel`j d` Esr Gt kb l skd` h q sdlvI lCx pd` kr skd` h|