**p?eg?fezr dh ikDekoh**

gjkVhnK s/ uV' ns/ uzrhnK ikDekohnK gqkgs eo'. e[dosh ;aKsh s[jkv/ nzdo ;wk ikt/rh fit/\_ fe ;{oi dh o';aBh doysK nzdo fpyo iKdh j?. jtktK s[jkv/ nzdo Bth\_ skirh s/ s[jkvh T{oik Bz{ s{ckBh skes d/DrhnK, id'\_ fe s[jkv/ d[Zy sebhc gsMV d/ gZfsnK dh soQK fvZr g?Dr/. (i'jB w[fJo)

**eh<**

p?eg?fezr nkgD/ xo d/ ;wkB Bkb uVQkJh uVQBk j?. oki dhnK e[ZM e[dosh g?VK p?eg?fezr d[nkok jh gqkgs ehshnK ik ;edhnK jBL fit/\_ fe ftnkro No/b d/ Gkr, g[ek;aektK d/ e';Nb No/b, eb/Boh d/ f;bj'Nh No/b ns/ rBkok;ek No/b d/ ftbvoB?; Gkr, e[M Bkw jB. fJ; bJh fJZE/ Fa[o{ eoB bJh e[ZM ftuko fdZs/ rJ/ jB.

**ed'\_<**

uzr/ w";w dh e?wfgzr d/ Bkb Fa[o{ eo'. Gkt/\_ fe s[;h\_ nkgDh gfjbh :ksok bJh rowhnK Bz{ u[D ;ed/ j', pjko d/ Fa[o{ iK rowhnK dk nyho jo/e d/ nkgD/ ckfJd/ jBL xZN GhV, eZND tkbhnK wZyhnK Bk j'Dk s/ ;"D bJh mzvhnK oksK.

**feZE/**

nkgD/ ;{uBk NfoZg bJh brGr fwbd/ i[bd/ ns/ ;ZfGnsk d/ B/V/ d/ No/b jh u[D' . s[;h\_ Gkt/\_ d{o ik oj/ j', go fe;/ th d[oxNBk fijVh fe s[jkBz{ g/;a nkt/ d/ jZb eoB d/ :'r j't', fit/\_ fe wkVk w";w iK ;wkB dh ;wZf;nk.

**fezBh bzwh j't/<**

gfjbk NfoZg jcas/ d/ nyho ftZu Fa[o{ eo'. id'\_ s[;h\_ nkgD/ ft;atk; ns/ :'rsk Bz{ g{oh soQK ftef;s eo bt', sK jh s[;h\_ fe;/ tZvh w[fjzw s/ ik ;ed/ j'.

**:'iBk fXnkB Bkb pDkU**

xo ftZu jh ft;Eko Bkb ikDekoh bt'l ;G e[M ;jh gZE s/ ikt/. nkgDk o{N ;ktXkBh Bkb u[D' ns/ ft;fsqs Be;a/ s/ :ksok ;wK ;koBh dh :'iBk pDkU. uzr/ ;KG/ j'J/ o;fsnK s/, jo b?tb fszB feb'whNo bJh fJZe xzNk bt' ns/ fJZe xzNk jo 300 whNo dh T[ukJh gqkgs eoB bJh i'V'. wkVhnK No/b jkbsK iK w";w bJh iK f;oc c[ZbK dh ;[rzX b?D bJh, tkX{ ;w/\_ dh ftt;Ek oZy'. i/eo s[;h\_ szdo[;s j' sK j'o th fiankdk wiak b? ;ed/ j'. o'iakBk dh n?o'fpe e;os fit/\_ s/ia uZbDk, ;kJheb ubkT[Dk ns/ d"VBk nkfd s[jkvhnK fdb dhnK rshftXhnK ns/ bZsK d/ gZfmnK Bz{ ;jkfJsk eoBrhnK.

**;wkB**

n"iko xZN jh uzrk j[zdk j?. Fa[o{ Fa[o{ ftZu p?eg?eoia ns/ e[M g[okD/ siop/eko th, nkgDhnK iao{osK dk b'V s'\_ tZX nB[wkB brk b?\_d/ jB ns/ pj[s fiankdk ;wkB b? b?\_d/ jB. ;aKsh Bkb ;'u'! p?eg?fezr fizBh ;zGt j' ;e/ j"bh j't/ go wiap{s j't/ sK fe wkVhnK jkbsK ftZu th yb' ;e/. xo SZvD s'\_ gfjbK, nkgD/ g{o/ Go/ g?e dk Gko s'b'. i/eo s[;h\_ rowhnK ftZu jcas/ d/ nyho ftZu iKd/ j' sK s[jkv/ g?e dk Gko 16 feb'rqkw s'\_ tZX BK j't/. fJj fJZe uzrk fB:w j? fe Gko s[jkv/ ;aohoe Gko dk 30 gqsh;as s'\_ tZX BK j't/. e'Jh th g?e fi; dk Gko 20 feb'rqkw s'\_ tZX j't/, s[jkv/ siop/ dk wik ysw eo d/t/rk. ;' ;kohnK r?oiao{oh uhiaK xo SZv ikt'.

**eZgV/**

uzrk gfjoktk s[jkBz{ row, y[;ae ns/ nkokwdkfJe oZydk j?. sfjdko eZgV/ tkbk gfjoktk s[jkBz{ rowh ns/ ftfGzBsk gqdkB eodk j?. fJ; ftZu Bwh Bz{ ;'yD tkbk g'bhgo'bhB dk nzdo{Bh t;so, fJZe fJz;{b/;aB gos, fJZe jtk o'e{ gkDh o'e{ pkjoh gos th oZy'.

**nkgD/ g?oK dh d/yGkb eo'**

uzr/ jzYD;ko jkJhfezr p{N s[jkv/ ;wkB dk fJZe iao{oh nzr jB. T[j Go/ j'J/ g?e d/ tkX{ Gko Bz{ ;fjD:'r j'D/ ukjhd/ jB. nkokwdkfJe i[okpK th iao{oh jB. fiankdk p?eg?eoia nzdo{Bh gsbh bkJhfBzr i[okp ns/ pkjoh ;'yD tkbh i[okp gfjDd/ jB.

**p?e g?e**

fJj fJZe pj[s iao{oh t;s{ j?. fJj :ehBh eo bt' i/ s[jkvk g?e nvi;N/pb ns/ s[jkv/ YKu/ d/ nB[e{b j't/. w'fYnK dhnK sDhnK s/ fgZm tkbh p?bN g?vv (Bow) j'DhnK ukjhdhnK jB ns/ fJj s[jkv/ ;ko/ ;wkB Bz{ b? ikD d/ :'r j'Dk ukjhdk j? - 80 fbNo ekch j?, i/eo s[jkvk ;"D tkbk p?r Gkoh Bjh\_ j?. bwetK s/ tkX{ tX/ j'J/ g?e s'\_ gqj/ia jh eoBk ukjhdk j?, fiZE/ fJj f;Zbk, r[nku iK yokp j' ;edk j?. fJj iao{oh j? fe s[jkvk g?e ;[Zek jh oj/, ;' gbk;fNe bkJhBo g?e tos' i' T[Zgo s'\_ g{oh soQK YZfenk ik ;e/. tkX{ ;[oZfynk bJh, nkgDk ;"D tkbk p?r ns/ eZgV/ tZyo/ gkDh o'e{ sfj ftZu oZy' ns/ tkX{ gbk;fNe d/ fbckc/ bt'l fJj fiankdk Gkoh Bjh\_ j[zd/.

**N?\_N**

nkgD/ nkg yVk j'D tkbk s/ j"b/ Gko tkbk s/ tXhnk jtkdko N?\_N tos'. wh\_j s'\_ pukT[D tkbk, mhe mke irQk x/oD tkbk, xZN s'\_ xZN ;hwia ns/ fJZe NZp cb'o i' gkDh Bz{ pkjo oZy/. fJ; Bz{ e/tb fb;N ftZu'\_ jh Bk u[D' ;r'\_ fJZe iK d' ;N'oK s'\_ fco e/ uzrh ikDekoh tkb/ ;/biaw?B dh ;jkfJsk Bkb jh u[D'.

**G'iB**

nkgD/ G'iB Bz{ fsnko eoB dk nkBzd bt'L j"b/ Gko tkbk G'iB u[D', fsnko eoB ftZu nk;kB, yaokp Bk j'D tkbk ns/ uwu/ Bkb yk ;eD tkbk. Gko Bz{ xNkT[D bJh T[j G'iB Bk u[D' i' fiankdk gkDh tkb/ j'D fit/\_ sk}/ cb iK ;piahnK. ;[Zek G'iB bt', fijVk T[Zpbd/ gkDh ftZu gk e/ uzrk ;tkd d/t/ (gekT[D s' \_gfjbK gkDh ftZu fGT{Dk mhe ofjzdk j?). S/sh pDB tkb/ G'iB mhe ofjzd/ jB, feT[\_fe T[jBK Bz{ E'Vk pkbD ukjhdk j?. ekop'jkJhvq/N; d/ uzr/ g?e eoB :'r fit/\_ fwfBT{N okJh;, gsbh ;gkfrNh, UN whb, pq?v ns/ yzv jB. g?e eoB :'r gq'NhB ns/ uoph bJh ;bkwh, gBho, BN; ns/ ghBN wZyD jB. ;N'oK ftZu nfijk ;wkB pj[s j[zdk j?, fJ; s'\_ fpBK No/b d"okB ykDk pBkT[D dhnK ftXhnK dh feskp th fwbdh j?. fNB ns/ p'sbK s'\_ gqj/ia jh oZy'l fJj Gkoh j[zdhnK jB ns/ eJh gkoeK ftZu wBkjh:'r th, feT[\_fe fJj gqd{;aB c?bkT[\_d/ jB. tkX{ T{oik tkb/ No/b ;B?e; Bkb b?Dk Bk G[Zb'.

**gkDh**

;kdk gkDh Bkb oZy'. jw/;ak 8 fwzN sZe gkDh row eo', fcbNo ehsk s/ o;kfJfDe s"o s/ mhe ehsk gkDh fe;/ th e[dosh ;'w/ dk tofsnk ik ;edk j?. gqsh ftnesh 3 fbNo gkDh dh :'iBk oZy', i/eo fdB pj[sk row Bjh\_ (fJ; ftZu ykD/ dk gkDh ;akwb j?) ns/ tZX row w";w ftZu 6 fbNo sZe gkDh oZy'.

**g?fezr**

g?fezr eoB s'\_ gfjbK, ;kok b'Vh\_dk ;kwkB fJeZmk eo bt', ns/ nkgD/ nkg ~ g[ZS bt' eh ;kok e[ZM b? ikDk io{oh j?. j[D e[ZM gqFBkswe t;s[nK tZb fXnkB fdU, xo ftZu, T[ikV ftZu ikD s'\_ gfjbK! ;G s'\_ gfjbK egV/. d;skfBnK dk T[j ckbs{ i'Vk eZY fdU, s[;h\_ i[okpK tos ;ed/ j'. T[j Gkok T{Bh ;t?No, g?\_NK ns/ fJz;[b/fNv goek dh EK s/ gsbh, jbeh gosK oZEDh ukjhdh j? fit/\_ eh g'bhgo'gbhB (;{sh Bjh\_) nzvoth:o, fJe gsbh nzdo{Bh sfj ns/ fJe tkNogo{c, ;kj b?D :'r pkjoh sfj. feT[\_< fJj BK f;oc Gko xNkT[\_d/ jB, ibdh ;[Ze th iKd/ jB, fJ; bJh s[jk~ g{o/ egV/ pdnD dh b'V Bjh\_ g?\_dh. i/eo tkX{ rowkfJF bJh s[;h\_ ;t?No b? e/ ikDk j? sK fJe Gkoh T{Bh ;t?No dh EK s/ d' jbe/ f;zE?fNe ;t?No g?e eo'. ;G ;{sh ihB;, F'oN; ns/ Nh-FoN; fgZS/ SZv fdU i/eo s[;h\_ row, y[Fe w';w ftZu jkfJfezr Bjh\_ eo oj/. fJj s[ckBh wh\_j s'\_ pknd ;[ZeD ftZu pj[s ;wK b?\_d/ jB. nrbk, nkgDk ykDk pBkT[D dk ;wkB t/y'. S{oh eKN/ ~ SZv dt', s[jk~ p; fJe uwu/ dh b''V j?. wZr ns/ gb/N eZY dt', e'bh jh ykD ns/ ghD d/ ezw nkt/rh. s[jk~ d' gshfbnK ns/ YZeDK dh eh b'V j?< fJe tZvk gshbk ykD/ bJh, po{ nZg; ns/ X'D bJh tkX{ gkDh row eo/rk.

j[D s[;h\_ fJ; ;G ~ nkgD/ p?eg?e ftZu g?e eoB bJh fsnko j', i' s[;h\_ T[; tZv/ gbk;fNe p?r d/ bkr fJeZmk eo fbnk j?. T[; t/ot/ tko/ ;'u' fi; nB[;ko s[jk~ uh}K dh b'V gt/rh, d't/\_ No/b s/ ns/ e?\_g brkT[D t/b/. fgZS/ ~ ;'u'! gfjbK i/eo s[jkv/ e'b e'Jh bkGdkfJe nkgksekbh t;s[nK jB fit/\_ eh tkX{ ezpb, T{oik pkoK dk i'Vk ns/ tkX{ e{Vk gkT[D tkbk tZvk p?r, fJjBK ~ p?r ftZu ;G s'\_ Eb/ gkt' fiE/ gke/ fJjBk ~ G[Zfbnk ik ;e/. fco ;bhfgzr p?r gkU, ns/ fco ;bhfgzr g?v. i/eo T[j c?bkT[D tkbk Eow-n-o?;N w?NoZ; j?, fJ; ~ eZ; e/ o'b eo' ns/ ;G s'\_ EZb/ oZy dt'. i/eo fJj Gkoh c'w NkfJg j?, iK s/ fJ; ~ g?e d/ Bkb i'V fdU ns/ j'o ;G e[ZM fJ; d/ ftZu gk fdU, iK (i/ s[jkvk g?e pj[s S'Nk j?) sK fJ; ~ fiBk j' ;e/, eZ; e/ o'b eo' ns/ fJ; ~ g?e d/ pkjob/ gk;/ EZb/ iK ;kfJv s/ (fJe ;[oZfyns tkNo go{c p?r ftZu) pzB dt'. fJ; s'\_ pknd ykDk, gekT[D dk ;wkB, ;N't, pkbD ns/ tkX{ egV/ gkt', fJz;[b/fNv p{Nh dk i'Vk, Bow uwV/ dh i{sh, ;?\_vb jbe/ d'VB tkb/ p{N e?\_g d/ d'okB gkD bJh ;w/s. nkgD/ ykDk gekT[D tkb/ gshb/ ftZu tZX s'\_ tZX ;wkB m'; e/ irk pukU. w[Zy ezgkoNw?\_N ftZu T[go, N?\_N ns/ N?\_N cbkJh oZy'. i/eo nzdo irk BK j't/, sK N?\_N d/ yzG/ ns/ feZbK d/ p?r ns/ cb?FbkfJN (j?vbkfJN) ~ ;[oZfyns Yzr Bkb pkjob/ gk;/ pzfBnk ik ;edk j?. g?e ftZu ;G s'\_ T[go ns/ n;kBh Bkb g[ZiD :'r i/pK ftZu, T[j uh}K gkU fiBK dh b'V s[jk~ No/b ftZu g? ;edh j?l ;B?e;, wh\_j bJh ;wkB, co;N J/v feZN, S'Nh fog/no feZN, N'fJbN dk ;wkB, ekgh ns/ g?\_;b, e?wok ns/ fcbw, ns/ gkDh. e[ZM p?eg?eK ftZu gkDh dh p'sb bJh fjZg p?bN s/ fJe j'bvo bZfrnk j[zdk j?. i/ s[jkv/ ftZu Bjh\_ j?, sK fynkb oZy' eh s[jkvh gkDh dh p'sb s[jkv/ p?/eg?e ftZu dZp BK ikt/, fiE'\_ fJj g{oh soK BK tosh ik ;e/! nyho ftZu, fJj jbehnK uh}K s[;h\_ nkgD/ e'b oZyDhnK jB- eko dh ukph, i/p tkbk uke{, X[Zg tkbh n?BeK, ;ZB;eohB, wZSoK dk ;gq/, ckbs{ tkNogo{cv wkfu;, ;hNh, ezgk; s/ BeFk, ns/ fJe T{oik pko iK e?\_vh. phno ezNoh ftZu, phno ;gq/ dh ;bkj fdsh iKdh j? (i/eo s[;h\_ fJ; ~ tosDk ikDd/ j').

**ftF/F fynkb oZyD :'r rZbK**

i/eo s[;h\_ BdhnK ns/ MhbK d/ gkDh ~ ykDk gekT[D ns/ ghD bJh tosDk ukj[zd/ j' sK s[jk~ gkDh F[X eoB tkbh r'bhnK iK wFhBh fcbNo dh b'V gt/rh. i/eo gkDh dh ;gbkJh s[jkvh e?\_g;kfJN s'\_ d{o j? sK fJ; ~ Y'D bJh fJeZmk j'D tkb/ ezN/Bo tko/ ftuko'. fiE/ s[;h\_ ik ej/ j', i/eo T[E/ y[b/ ftZu nZr pkbD dh S{N j?, sK tiB xNkT[D bJh s[;h\_ ;N't ns/ pkbD ~ SZvDk ukj'r/, i/eo s[;h\_ rzd/ GKv/ ~ tos ;ed/ j'. fJj BK ukj'! fJe Gko/ No/b s'\_ pknd, nZr F[o{ eoB bJh ;wkB fJeZmk eoBk pj[s w[Ffeb j[zdk j?, ns/ i/eo wh\_j g?\_dk j't/ sK s[;h\_ ;N't ns/ pkbD ~ SZv e/ nkT[D s/ gZSskU\_r/. fJ; s'\_ nbktk, y[Zbh nZr tksktoD bJh th jkfBekoe j?. foZS tkb/ d/F ftZu, s[;h\_ nkgD/ Bkb xN' xZN 20 whNo oZ;h, j'bh g[bh ns/ ekopkfJBo, nkgD/ G'iB ns/ e{V/ ~ (tZyo/ p?rK ftZu, s[jkvk p?eg?e Bjh\_) fe;/ mhe o{Zy s'\_ bwekT[D bJh Bkb b? e/ ikt'. i/eo T[ZE/ foZS Bjh\_ th jB, T[ZE/ o?e{B j'Dr/, ns/ T[j ;kpD, N{Eg/;N ns/ G'iB ns/ e{V/ ~ g;zd eod/ jB! fJ;bJh jw/Fk fJBK uh}K ~ xN' xN }whB s'\_ 4 whNo ns/ o[ZyK d/ sfDnK ns/ NfjDhnK s'\_ 3 whNo d{o oZy'. fJe j'o wddrko uh} j? Nq?fezr g'b, iK T[BK dk fJe i'Vk. fJj g?oK T[s/ Gko ~ xNkT[\_d/ jB, ns/ fsbeth EktK s/ pukT[\_d/ jB. i/eo s[;h\_ ;w{j ftZu p?eg?fezr eo oj/ j', sK frDsh xZN oZy' sK i' tksktoD ~ B[e;kB, F'o ns/ e{Vk xZN j't/. nkgDh e?\_g;kfJN ~ fJj' fijk SZv', fit/\_ s[;h\_ fJ; ~ gkfJnk ;h, ns/ nkgDk ;kok e{Vk g?e eoe/ b? ikt'.

**F[o{ eoB tkfbnK bJh ;wkB dh fJe ;{uh**

**w[ZYbkL** p?eg?e, N?\_N (cbkJh d/ Bkb yVk j'D tkbk), ;bhfgzr p?r, ;bhfgzr g?v, ezgk;, ;hNh, tkNo go{c ezN/Bo ftZu BeFk, gkDh dh p'sb, gkDh ;kc eoB tkbk, ;ftZ; nkowh uke{, 20 whNo j'bh BkJhbB oZ;h (g[bh ns/ ekopkfJBo d/ Bkb), j?vbkfJN iK S'Nh cb?FbkfJN (tkX{ p?Noh ns/ pZbp d/ Bkb). foZSK tkb/ d/F ftZu, phno ;gq/ bt'.

**o;'JhL** ykDk, GKv/ (YZeD tkbk gshbk, rfjgZo, ;eoZph), p?eg?fezr ;N't pkbD dh p'sb d/ Bkb (rowh ftZu, d' pzfdnK bJh 250 fwHbhH pkbD gqfs fdB), uwZu, e'bh, tkNo go{c ezN/Bo ftZu bkfJNo iK wkfu;, w}p{s gbk;fNe p?r e{Vk ;KG e/ b? ikD bJh.

**egV/L** jkfJfezr p{N, ;+vb iK d'VB tkb/ i{s/, 2 i'V/ bkfJBo i[okpK,

2 i'V/ pkjoh i[okpK, nzvoth:o, bzph pkjtK tkbh ewh}, cbh; i?e/N iK ;t?No, bzph g+N (ihB; Bjh\_!), F'oN;, ;ZB j?N, pzvkBk, d;skB/, N'e (T{Bh), po;ksh (i?e/N ns/ g+N) iK g'\_u'.

**w[ZYbh ;jkfJskL** w'b;feB, p+vJ/v;, N+;o p+v/i, n+NhpkUN?e eohw, fBih dtkJhnK.

**ngksekbh feZNL** veN N/g, e{V/ bJh p?r (w}p{s), f}g bke p?r, w}p{s ;{Jh s/ Xkrk, ;/cNh fgzB, i{s/ d/ s;w/.

**fBihL** X[Zg dh n?BeK, ;B;eohB, fbZg pkw, N{EpoZF ns/ N{Eg/;N, pkUvhro/v/pb ;kpD, s'bhnk, ehV/ dk ;gq/, N'fJbN g/go ns/ Nq'tb, e?wok s/ fcbw, ekgh s/ g+f;b, ns/ d{ophB.

jtkbk ns/ XzBtkdL w?r}hB d/y' ([www.explore-mag.com](http://www.explore-mag.com)), wkou - ngo?b 2000 nze, ;wo p?eg?fezrL g?fezr dk fJ;+fFnb;, ghNo E'­\_g;B dtkok.