

ividAwrQIAW dy mwipAW leI.....

ivSw : - jUMAW dw ielwj

jUMAW

jMUAW vwlW ivc hUMdIAW hn :- jUMAW bwhrI jIv hn
jo ienswn dy isr qy rihMdy hn Aqy ienswnI KUn pINdy hn [

ielwj

iehnw dw ielwj iek ivSyS iksm dI idvweIU nwl kIqw jw
skdw hY [ieh idvweIU jUMAW nUM qW mwr skdI hY pr auhnw dy
AMifAW nUM nhI [jUMAW dI rokQwm leI jUMAW mwrn vwly idvweI
jUkq SypU dI vrqoN krnw ivArQ hY [jd ky mwlwQon jW kudrqI
pIryqrIny jukq jY`l Aqy J`G dI iesqymwl krn dI slwh id`qI
jWdI hY [jUMAW dy AMfy(LIKW) isrP h`Q nwl ie`k ie`k krky hI
htwey jw skdy hn [auNglw nwl jUMAW nUM AwswnI nwl k`Fx leI
pwxI Aqy isrky dw brwbr mwqrw dw grm imSrn vriqAw jw skdw
hY [ie`k hPqy bwAd, nvIAW jMMUAW nMU pUrI qrHW Kqm krn leI
ieh ivDI drhwauxI cwhIdI hY [ies g`l qy jor dy id`qw jWdw
hY ik jUMAW nUM h`QW nwl k`Fwx hI ijAwdw kwrjSIl hiQAwr hY
[ieh g`l Xwd r`Ko ik idvweIAW dI vrqoN jUMAW pYx qoN bcwA
jW rok nhI lgw skdI [

hor ieqhwdI kdm

- Gr dy sB mYNbr Apxw iDAwn r`Kx
- skUl stwP Aqy sih-pwTIAW nUM, ijhnw dy sMprk
iv`c ividAwrQI rihMdw hY, ies bwry d`isAw jwvy
- ielwj krn vwly Awpxy fwktr nUM ies bwry d`isAw
jwvy
- mrIj dy k`pVy, qolIAw Aqy bY`f SIIt cMgI qrHW
DoqI jwvy
- vYikaUm klInr nwl mrIj dy g`dy, kwrpYt(glIcy)
Aqy soPy Awid nUM cMgI qrW swP kIqw jwvy
- mrIj dy vwlW vwlI kMgI Aqy brS nUM hr-roj d`s
imMt leI grm pwxI ivc Doqw jwvy
- b`cy nUMUM lokl hYlQ sYNtr jW ausdy in`jI fwktr
koloN cY`k krwv ky hI skUl ByijAw jwvy[

