

Option Trading Kya Hai?

Beginners ke liye Complete Guide

Option Trading in Hindi

Option ek aisa contract hota hai jo aapko kisi stock ya index ko ek fixed price par kharidne ya bechne ka adhikar deta hai, lekin aap par koi daaeyitwa (obligation) nahi hota.

Iska matlab hai ki aapke paas choice hoti hai, majboori nahi. Har option contract ke saath ek Underlying Asset juda hota hai, jaise Nifty, BankNifty ya koi stock.

Yeh contract hamesha ek fixed time ke liye hota hai, jo weekly ya monthly expiry tak valid rehta hai. Is contract ko kharidne ke liye aapko ek raashi deni padti hai jise Premium kehte hain.

Simple example se samjhein: maan lijiye Nifty abhi 22,000 par hai aur aapko lagta hai ki yeh 22,500 tak jaayega.

To aap 22,500 ka Call Option kharid sakte hain, jisme aapko sirf premium pay karna hota hai. Agar Nifty upar chala jata hai to aapko profit hota hai, aur agar nahi badhta, to aapka nuksan sirf premium tak hi limited rehta hai.

Option Ke Prakar

- **Call Option** (Jab lagta hai price upar jaayegi)
- **Put Option** (Jab lagta hai price neechे jaayegi)

Option Greeks in Hindi

- **Delta:** Premium kitna badhega agar underlying 1 point move kare.
- **Theta:** Har din kitna premium ghata, time ka dushman hai buyer ka .
- **Gamma:** Delta kitni tezi se badlega .
- **Vega:** IV badhne par premium par asar Shuruat mein sirf Delta aur Theta samajhna kaafi hai. Baaki Greeks experience ke saath naturally samajh aate hain.

Option Trading Strategies in Hindi

- **Long Call:** Bullish view. Call option kharido. Risk = premium only. Profit = unlimited.
- **Long Put:** Bearish view. Put option kharido. Risk = premium only. Profit = unlimited (downside).

- **Long Straddle:** Direction pata nahi, same strike ka Call + Put dono kharido. Market kisi bhi side jaaye, bada move aane par profit hoga. Events (budget, results) ke time useful.

Option Trading Ke Niyam

- Sahi Strike Price Chunein
- Risk 1-3% Se Zyada Na Lo
- Time Decay (Theta) Ko Samjhein
- High IV Mein Option Mat Kharido
- Bina Plan Ke Trade Mat Lo

Option Trading Kaise Seekhein?

Step 1: Share market aur charts ki basic samajh lo

Step 2: Technical Analysis seekho (support, resistance, trends)

Step 3: Call aur Put ko practically samjho, paper trading karo

Step 4: Option Greeks ko basics level par samjho

Step 5: Simple strategies try karo (Long Call / Long Put)

Step 6: Risk management rules strictly follow Karo

Step 7: Live market mein small capital se start karo. Sabse Bada Galti: Bina seekhe directly live market mein bade trade lena. Pehle seekho, phir kamao.

Agar aap Option Trading sahi tarike se seekhna chahte ho, to aaj hi hamari [option trading classes](#) join karo aur step-by-step guidance ke saath smart trading start karo.

STOCK PATHSHALA
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