

# समुदाय आधारित व्यवस्था और खाद्य सुरक्षा



# समुदाय आधारित व्यवस्था और खाद्य सुरक्षा

लेखन और शोध  
विश्वम्भरनाथ त्रिपाठी  
क्षेत्र कार्य सहयोग  
योगेश मालवीय  
सम्पादन समन्वय  
राकेश कुमार मालवीय

आवरण फोटो  
प्रशांत दुबे  
पिछला आवरण फोटो  
राकेश मालवीय  
कवर डिजाइन  
सुबोध शुक्ला

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एमएसपी ऑफसेट  
महाराणा प्रताप नगर, भोपाल

प्रतियां  
500

संस्करण  
प्रथम

# nks kcn

---

[kk | I g {kk dsl anHkZeal epnk; dk vi uk i kjā fjd rjhdk jgk gā i jsl ky Hkj dsfy, u dōy vi usi fjoj k ka cfYd vi usxkō o l epnk; kadsfy, [kk | I g {kk grqfeydj iz kl djusdh i jā jk vkfnokl h l epnk; kaeajgh gā ij vkt dsmHkjrsk"Vh; , oavvj kZVh; vkfFkd ifjn"; eaLFkkuh; , oal epnk; vk/kkfjr; g ijEijk, a vksj , d nll jsdks l g; kx vksj I g {kk nsusokyh l l dfr [kkrh utj vk jgh gā bl vkfFkd 0; oLFkk ds ennsutj iy iy cnysr, oavR; f/kd ifrLi/kkBed lkfošk dsvuq lk [kq dks<kyuso vi uh [kk | I g {kk dksu; k : lk nsdsfy, u; k n"Vdksk vi ukusdh t: jr vk i Mā gā thou fuokz , oai fjoj o l epnk; dks [kk | I g {kk nsusokyh i kjā fjd vFkd; oLFkk dkscktkj usfuxyuseadkbZdl j ugha NkMā gā l c dñ cktkj dsdCtseavk x; k gā

fi Nysdñ l kykæacktkj dh pdkpkā Qsyr [kk | mRi kn] i šdca [kk | l kexh dk pyu c< k gš bl u; h 0; oLFkk eaQd dj Nk/sfdl kukaushkh [kk | vksj i ksk. k I g {kk nsusokyh fofokrki wkzfefJr Ql ykadks NkMēj udn ykHk nsusokyh Ql ykadks vi uk; kA udnh Ql ykadks vi ukusdsfy, I jdkjh uhr; kausHkh i kkl kfgr fd; kA bl dk urhtk l keusvkusyxx gā dbZeq' dyaykskadsl keusvk x; h gā bu eq' dykadk l keuk djusdh {kerk Nk/sfdl kuka ea ugha gā dñ l ky igysrd njnjkt eadl s vkfnokl h l epnk; vk/kfud cktkj 0; oLFkk l svutku vi uh i jā jk dksdk; e fd; sgq FkA vc osHkh bl cktkj dspØ0; ŋ ea Qd rsfn[kk; h nsjgsgā dñ vkfnokl h l epnk; vc Hkh vi uh 0; oLFkk dksl atkusdsfy, l āk"kdj jgsgā j mlgadzbzpqkšr; kadks l keuk djuk i M+jgk gā Hk[k , oaxjhch dk dñ bu pqkšr; kadksvksj c<kuseaenn djrk gā

i Lrñ v/; ; u blgha ifjLFkfr; k adksvkt dsl anHkZeal epnk; dsl kFk l e>usdk iz kl gā bl v/; ; u dstfj; sge [kk | I g {kk dsorēku vksj i kjā fjd rjhdsdks l e>usdk iz kl dj jgsgā l kFk gh [kk | I g {kk grqorēku fodYi kadksHkh l e>usdk iz kl fd; k gā ; g v/; ; u fodkl l mkn ds [kk | I g {kk l s tM/vutkoka , oau; sfodYi kadh ryk' k djusdh igy dk ifrQy gā v/; ; u dksvo/kkj . khdr djusea l fpu dēkj tū] i zkkar npsusegRoi wkz; ksnku fn; kA jkdsk nhoku us [kk | I g {kk dsl k l dfrd igyq/ka, oa vkfnokl h l epnk; kadh vi uh [kk | I g {kk dks l Hkkyusdsrjhdkai j eW; oku fopkj fn; A v/; ; u dsnkj ku ujsk fclokl l sgeaHkji j tkudkj vksj l kfgr; feykA l kFk gh mudscōj i) fr dsxgu v/; ; u kadk vutko feykA ge muds [kk l vkHkjh gā bl v/; ; u dsQhYM dk; Zea; ksk' k ekyoh; k usvi uk veW; l e; fn; k A jkdsk dēkj ekyoh; usbl sdrkcc) djuseaHkmedk fuHkbbZA mudsbl l g; kx dsfcuk ; g v/; ; u i jk djuseageacgr dfBukbzdk l keuk djuk i MēKA ge bu l Hkh dsvkHkjh gā

i Lrñ v/; ; u eafuofl M l l Fkk dscyor jgā Mkysusvi usvutkokao fopkj ka l segRoi wkz; ksnku fn; k , oal kFk gh fuofl M Vhe dsVL; l kFk; kai d t fl ŋ] l at; fl ŋ] Hkjr fl ŋ] Hkxr fl ŋ usHkh l g; kx fd; kA ge fuofl M l l Fkk , oamudh Vhe dsl nL; kads [kk l vkHkjh gā v/; ; u eafuofl i okj] fodYi l l Fkk fcfN; k , oai d k' k Li nu l ekt l ōh l l Fkk] [kMok dsfo' ksk vkHkjh gā ftudk l g; kx , oal q-ko geafeykA

&fo' oEHkjukFk f=i kBH

# fo"k; l pø

Ø-	fo"k; oLrq	lkst Ø-
1-	l ædV eal epnk; kædh vktthfodk	1
2-	v/; ; u dh i "BHKfæ	6
	<ul style="list-style-type: none"> <li>♦ i fjp;</li> <li>♦ v/; ; u {ks= dh i kQkby</li> </ul>	
3-	[kk   l g {kk , oal epnk; & i kj ä fj d ut fj ; k	17
	<ul style="list-style-type: none"> <li>♦ lkkj ä fj d vktthfodk , oa [kk   l g {kk</li> <li>♦ lkkj ä fj d [ksh , oa [kk   l g {kk</li> </ul>	
4-	[kk   l g {kk dh fLFkfr , oaoræku pøkðr; k	26
	<ul style="list-style-type: none"> <li>♦ vktthfodk vk/kkj vfuf' pr</li> <li>♦ ol; thoka } kj k Ql ykai j vkØe.k</li> <li>♦ Hkw/f/kdkj vkš thfodk l g {kk</li> </ul>	
5-	[kk   l g {kk , oal ædfr	32
	<ul style="list-style-type: none"> <li>♦ Ckæj [ksh gh ugha, d vukš kh l ædfr</li> <li>♦ vukt Hkæ/kj .k dsrkš rjhæ</li> <li>♦ R; kægkj , oa [kk   l g {kk</li> <li>♦ [kkui ku dsrjhæ</li> </ul>	
6-	[kk   l g {kk dksi Hkkfor djusokysdkjd	43
	<ul style="list-style-type: none"> <li>♦ ?kVk tæy</li> <li>♦ tyok; qeai fjoræ</li> <li>♦ ouksi t , d=.k i j ifrcæk</li> <li>♦ cktkj dk i Hkko</li> <li>♦ Ql ypØ eacnyko</li> </ul>	
7-	[kk   l g {kk dsoræku fodYi	53
	<ul style="list-style-type: none"> <li>♦ l kozt fud forj .k i z kkyh dk l koækkædj .k</li> <li>♦ LFkkuh; Lrj i j dke dh mi yC/krk , oai yk; u</li> <li>♦ ouksi t l æg.k</li> <li>♦ i kj ä fj d Kku dk 0; ko l kf; d mi ; kx</li> <li>♦ l j d kj h Hkj kd k gh fodYi cpk</li> <li>♦ [kk   l g {kk grqLFkk; h mi k;</li> </ul>	
8-	pplæ	57
9-	l æHkæxæk l ph	64
10-	lkj f' k"V	65



# संकट में समुदायों की आजीविका

LFkkuh; xkeh.k tutkrh; l enpk; dsfy; sty] taxy vksj tehu gh mudh [kk | l j {kk , oathou dk e[; vk/kkj l fn; ka l sjgk gA ; g fofHku l enpk; kadh igpku vksj tehu l stM/gkusdh ekU; rk dk irhd gA tehu vksj taxy vksj ogkaij ik; h tkusokyh t[ foof/krk dse/; gh vkfnokl h l enpk; kausij jkxr [kk | l j {kk dk viuk r[ fodfl r fd; kA bl t[fofo/krk ij vc cktkj , oacMh d[ fu; kadh utj gA vHkkoxLrrk] xjhch] ykpki] 'kksk.k , oancko dsp[ eaQd svkfnokl h l enpk; kadh utj ea [kk | l j {kk vc , d l l dfr vksj i j j k dk ughacfyd etcj] dk fo" k; cu x; k gA l j d j Hkh fd l kuka dsi k j a f j d thou i ) fr dkscgrj cukuseuhfrxr enn dh ctk; viR; {k : l l s [krh dksdetkj djustsi; kl k[dksc<kok nsjgh gA yEcl e; l stxy dsvnj jgusokysl enpk; kadh tehu vksj taxy ij vkfJr vktfodk nksuka l dV eagA mudsfy; stehu vksj taxy rFk [kk | l j {kk dk gd [kksudk eryc viuh igpku [kksk gA

ij j kxr : l l s vkfnokl h bykdkaeaLFkkuh; ty] taxy vksj tehu ds tfj; s [kk | vksj i ksk.k dh t: jrai jh gkrh jgh gA ij vkt Hkkjr ea32 djkm+yks Hk[k eath jsggA nfu; k dsHk[k l l dskad ea81 ns kka dh l ph eaHkkjr dk LFkku 67okagA nfu; k dh 27 i fr'kr d[ k s"kr tul d; k Hkkjr eajgrh gA 23 djkm+yks vYi i k s"kr gA 50 Qhl nh cPpkadh eR; qdk dkj .k d[ ksk.k gA e/; i ns k ea60 i fr'kr cPps d[ k s"kr gA jk"Vh; jkT; gaj bM[ l ea17 jkT; kaeae/; i ns k l cl s xdkhj ; kfu 17oaLFkku ij gA i ns k ds d[ bykds [kl rksj ij l cl sfi NMh tutkr; ka ea 'k[ k c s k vksj Hkkfj; k ds {k= ea d[ ksk.k , oa Hk[k l s yM[us ds i j j kxr vksj LFkkuh; [kk | l j {kk ekst n jsggA d[ l ky igysrd bu bykdkae d[ ksk.k l s e s a ughagkrh FkhA ij vkt ; sbykdsHkh bu xdkhj fLFkr; kadk l keuk djustsetcj gA dkj .k ; g gsfd budsfuokL; dksmtkM[useavc cktkj vksj l j d j dh l k Bxk B usdkbzdl j ughaNMh gA

e/; i ns k dsbu vkfnokl h bykdkaeaf l pkbZdk i fr'kr 10 l shkh de gA tehu mph uph vksj i gkMh gA bu vfl apr bykdkaeajxh] dksn[ d[ d[ l k[ k] nygu vkfn eks/svukt kadh Ql yamxk; h tkrh gA i ns k dseks/svukt kadsyxHkx 90 i fr'kr fgLI k blghabykdka sfeyrk gA ; svukt egurd'k ykxkads Hkktu dk e[; fgLI k gA l kFk gh ; s [kk | vkfnokl h l l dfr eal ekfr gA bu vuktkae i k s"Vdrk vf/kd gA vkgkj fo'kSkK bu vukt kadsHkktu ea'k kfey djusth l yk vkt nsjsggA [krh dsvykok bu bykdka ea cMh ek=k ea d[ Qy] Hkkt] e'k: e vkfn feyrs FkA vkt bu l c [kk | kads de ; k l ektr gkus l s vkfnokl h l enpk; fpirr , oavl gk; gA

okLro eagekjs l keusykska [kl dj vkfnokl h l enpk; kads [kk | , oi ksk.k dh p[ks h gA xjhch vksj xyr uhr; k[ HkknHko dsdkj .k bu l enpk; kads [kk | , oi ksk.k dk gd ughafey i k jgk gA ; g fLFkr muds thou dks l dV eaMky jgh gA bu vkfnokl h l enpk; kadh viuh i j j kxr 'thou'kSyh , oa [kk | l j {kk dk rjhdg gesk l svi {k d r T; knk l e) vksj etcw jgk gA bl dsckot n ; g l dV i shk gkus fuf'pr gh fodkl uhr ij l oky i shk djrk gA rFk&d fkr fodkl ds i Fk ij vkxs c<f s l enpk; kaeavf/kdkf/kd l a k/kuka i j fu; [k dkjust tks l [k" k'k' g[ kA ml l se/; i ns k ; k Hkkjr gh ugha i j h nfu; k ea d[ l enpk; vksj yks vkxs fudy x; s vksj d[ i hNsNW x; A tks l enpk; i hNsNW x; smudks vkt dfBu p[ksr; kadk l keuk i M+jgk gA [kk | l j {kk dks c j d j j [kus dsfy, dMh l [k" k'k' d j u k i M+jgk gA dbZ

bykdkaebu l epnk; kadsfqu; knh gdkatš stehu l scn[ky djuk ek= l ā fRRk dh gkfu dk ekeyk ughagā mudshkj .k i kšk.k , oathou dsgd dk ekeyk Hkh gā

blghai jā jkxr [kk | l j {kk 0; oLFkkvka, oabueavk jgh ppukšr; kadksl e>usdsfy, ; g v/; ; u fd; k x; k gā ; g v/; ; u e/; inš k ds4 ftyka [kāmok] cšny fVā/Mkš h vks ckyk?kkV dsvknokl h bykdkadsxkōkaea fd; k x; kA v/; ; u dsfy, mu xkōkadk p; u fd; k x; k tgkafefJr l emg dsyks jgrsgā vks xkō dh tul ā; k , d gtkj l svf/kd FkhA v/; ; udrkZ}kjk bu xkōkaeaykska l sppkZ dh x; h muds [kk | l j {kk l s tMsfopkj kadksl e>k x; kA bu fopkj kadks tkuuso l e>usdsfy, v/; ; fur l Hkh 4 xkōkadsl Hkh l epnk; ka dsdāN i fjokjkal s0; fDrxr ppkZ dh x; h o l kFk gh efgyk vka, oai # "kkadsl kFk l emg ppkZ dh x; hA i pk; r i fruf/k; kō l fpo] vkauokMā dk; ZdrkZ l shkh ckrphr dh x; hA bu bykdkaeadk; j r Lo; ā oh l LFkkvka, oa dāN 'kkl dh; vf/kdkfj; kadshkh [kk | l j {kk dsl eak eafopkj tkusx; ā v/; ; fur xkōkaeappkZ/va, oackrphr l sfudyfu"d"lZ&

- 1- igkMā , oatyh bykdkaeacI usokysvknokl h vks xš vknokl h l epnk; kadh vktfhodk i jh rjg l sLFkkuh; tšfofo/krk , oaty] txy] vks tehu l stMā jgh gā bu l epnk; ka}kjk vius Kku vks vuŋko dstfj; sižfr l sl rgyu cukdj xqtjkj djusth i jEijk dk; e gāA bl i jā jk ea ižfr l syunsu dk bēkunkjhi wZ l knxhHkj] l jy vks l gt fj'rk dk; e gāA fdl h rjg dk ykp vks 0; fDrxr Qk; nsdh xqt kb' k bl eaughāFkhA
- 2- vknokl h l epnk; kadh [kk | l j {kk 0; oLFkk LFkkuh; i kdfrd l ā k/kukaty] txy vks ouks t] /kjr] tšod [krh vks ol; thokā l stMā vks vkfJr jgh gā [kk | l j {kk ds i jEijkxr mik; kaea viuh rRdkyhu t: jrkadks i jk djust i gh T; knk tkj FkA dāN vukt kadsvykok l p; djust dh i fRRr vknokl h l epnk; kaeaughāFkhA
- 3- LFkkuh; l LFkk/kukai j vk/kfjr [kk | l j {kk dk ed; vk/kkj >e [krh 1/2šk l epnk; eacōj] dkj dwea Mkaōkš] xkām eai kō/k½ FkA ; g [krh txy ds mrusfgl seagh dh tkrh Fkh ftruk fd i fjoš k dks fcuk {kfr igpk, dh tk l dā bl h otg l s; g [krh vknokl h l epnk; kadksyxHkx 6 ekd dh [kk | l j {kk nrh FkhA vknokl h l epnk; ka}kjk bl l svf/kd [krh djusth dHkh l kp Hkh ughacuH D; kād og osHkyHkkār l e>rš Fksfd T; knk {s= i j [krh djust txy vks tšfofo/krk dks upl ku igp l drk gā
- 4- vknokl h l epnk; ka}kjk dh tkusokyh [krh i jh rjg l svkfne [krh FkhA bl [krh eaekš/svukt dknkš dā/dh] eāM; k] dkā] l kōk] l ygkj] Tokj] cktjk] eDdk] vggj] jerhyk] txuh vkfn dgy 56 i djk dh Ql ya'kkfey FkhA bu Ql ykaea'kjij dsfy, t: jh gj i kškd rRo ekšm FkA bl otg l sdHkh dā kšk.k ; k detkj h tš h l eL; kvkadsfy, bu l epnk; kaeatxg ughāFkhA
- 5- [krh dsvykok i jsl ky Hkj dh [kk | l j {kk dksuf'pr djustdsfy, vknokl h l epnk; dsyks ouks t , d= djrs FkA dneny , oa Qy] e'k: e vkfn txy l syrs FkA dāN tkuojkō i f(k; kō tythokadk f'kdj djrs Fks, oadāN lk' kō/kadks i kyrs FkA nāik] ?kh] NkN lk; kZr ek=k eagk'k FkA bu [kk | kadstMāus l su dōy i kšk.k vkgkj feyrk Fk cfyd Ql y mRi knu i jsl ky Hkj rd py tkrk FkA oržku Hkksu 0; oLFkk eaxgwdk LFkku vf/kd gštcd ekš/svuktka, oadāN Qy] nāik dh ek=k cgr de gā bl otg l si kšk.k l j {kk ckr/kr gksjgh gā
- 6- vknokl h l epnk; kadks [kk | l j {kk ds LFkkuh; rki wZmi k; kadk Kku Fk vks l kFk gh thou l j {kk ds mik; kadsfy, Hkh txy l stMā cā/h dk Hkh i kjā fjd Kku FkA osvyx vyx vukt kadshkām/kj .k

dh mfrpr rduhd Hkh blræky djrsFkA

- 7- vkfnokl h l epnk; kaea [kk | l g {kk vks} thfodk pykusdsfy, 0; fDrxr l a fûk ¼edku] [ksh dh tehu] ouki t l æg.k grqtyl kr] i M+i ksksvkn ½cukusdk Hkh fopkj dHkh eu eaughafkA ; sl c dñ l kepkf; d gd dk gsrk FkA bl h otg l svknokl h l epnk; kaea l kefgdrk , oafeydj thou thusdk Hkko FkA
- 8- vkfnokl h l epnk; kads l kFk mu ij fuHkj ogkafuokl djusokysxj & vkfnokl h l epnk; kadh [kk | l g {kk Hkh vkfnokl h l epnk; kads l kFk jgusl setcar FkA , d nñ jdsd l kFk jgusl s, d nñ jsdks l g; kx djusdk rjhdk Hkh cuk FkA
- 9- taxy dk jk"Vh; dj .k gksusdsckn vkfnokl h l epnk; kaea [kk | l g {kk dsl keusl adV [kMk-gksx; kA taxy , oalfkkuh; l a k/kukai j Lokfero j [kusokysvkfnokl h l epnk; dsyx vc vfrðe.kdkjh , oavij/kh cuk fn; sx; A taxy eal jdkj dk fu; æ .k gksx; k vksj vij/k djusvksj djokusds ræ fodfl r gksx; A bl ræ eavknokl h l epnk; Nysx; svksj vl gk; l sgksx; A
- 10- taxy dsde gksul slk'kij kyu eacMh deh vk; h gA lk'kij kyd l epnk; kadh [kk | l g {kk detksj gks x; hA oukf/kdkj dkuu dsrgr l kepkf; d pkj kxkgkadsfy, tehu vkj fkr djds pkj kxkgkade fodkl fd; k tkuk pkfg, A
- 11- [kk | , oathfodk l g {kk eadeh vkusl s'kjk} xjhch] i yk; u dh l eL; k c<+jgh gA bl otg l s efgykva, oacPpka i j vR; pkj vksj i rkmuk dsekeys Hkh c<+jsggA bl i j xkhjrk l sfopkj djds dne mBk; stkuspkfg, A
- 12- , d k dgk x; k fd vkfnokl h yxkads [ksh dsrjhds vksj ouki t l æg.k dh otg l staxy [kRe gksjgsgA mudksfu; i=r djusvksj taxy ea [ksh dh tehukai j Hkh fu; æ .k yxk; k x; kA tcf d ; g ckr fdl h Hkh rjg l sl p ughagA vuod v/; ; ukA }kjk i q"V gðZgsfd cñj [ksh l staxy dks upl ku ughaigprk cfYd tðfofo/krk dk; e djusea; g [ksh ennxkj gA l cl svf/kd fudV l e; rd cñj [ksh djusokyscSk l epnk; kadsfuokL; eavHkh Hkh taxy dh l ?kurk vf/kd gS; fn cñj l staxy dksupl ku gkrk rksogkatxy dh l ?kurk de gkuh pkfg, A
- 13- LFkkuh; l a k/kukai j l jdkj dsfu; æ .k dsl kFk gh cktkj dk Hkh i Hkko c<+x; kA ykx taxy dh l E i nk dks i klr djusdsfy, rjg rjg ds gFkdMsvi ukusyxA vkfnokl ; kadsfojk k djus i j mudsl kFk dBkj dne mBkdj mlganck; k x; kA
- 14- LFkkuh; i kdfird l a k/kukadk vf/kd nkgu djusl sty] taxy] tehu vksj tðfofo/krk u"V gks x; hA eks/svukt k tMh cñV; k dñey] Qyka, oaoL; thokal s; ðr vnHk; [ktkuk [kRe gkrk pyk x; kA vc taxy vk/kkfjr oLrq a75 i fr'kr l svf/kd de gksx; h gA dñ bykdads taxy ka eagh vc ouki t , oavL; [kk | i nkFkZ i k; stkrsgA bl dk urhtk ; g gksjgk gsf d vkfnokl h l epnk; kaeai kSk.k vkgkj dh fujarj deh gksjgh gSvksj dñ kSk.k , oajkskadek Qsyko gksjgk gA
- 15- Tkaxy [kRe ; k de gksusdsdkj .k lkjh rjg l staxy vksj i kdfird l a k/kukai j thfodk pykusokys vkfnokl h l epnk; kads l keusvc dbZrjg dh pñk; k; k/athfodk] [kk | i nkFkadek l æg.k] [ksh dh tehu] f'kdkj vkfn ½ [kMk-gksx; h gA ouokl h l epnk; kadh nñ jh vksj dñkyrk; au gksus, oa [ksh dh mi tkA tehuau gksusdsdkj .k eq' dyac<+x; h gA
- 16- Lkerk] l gtrk] LoPNnrk] vkRefuHkj rk] Tkhouj {kk l s; ðr vuk [kh l kdfir Hkh vc l adV eavk x; h gA thfodk dsfy, vki jk <kusdspDdj eamy>svknokl h l epnk; kadh vi uh fof'k"V

- I dfr dksck i kusdh ppsksh vk x; h gA LFkk; h [krh vks cktkj dk i Hkko c<usdh otg I s futh I a fuk cuku fookn i shk gksusds [krjshkh c<+jgsgA
- 17- vkfnokl h bykdkaea tbfofok/krk dksckkusdk Hkh I dV gSD; kAd tbfofok/krk , d nI jh iztkfr; ka I scgr xgjkbZl stMh gkrh gA dN iztkfr; ka; k fglI kadksvyx djuI si jk tbfofok/krk rA i Hkfor gkrk gsvks ml scpk i kuk cgr ppskshi wkZgA
- 18- taxy dk i jk gsoVkv u"V gksusdh otg I sol; thokadk ncko cflr; kai j c<+jgk gsvks mudk ekuo dsl kFk I ak"zHkh c<k gA I kFk gh ouokl h vks ou fohkx dschp Hkh vl rgyu i shk gprk gS, oa ruko c<+jgk gA
- 19- ouokl h] Hki fr] oui fr] dykdj] ou fo'kSkK dgstkusokysvkfnokl h I epk; dsyxs vc etnj] cpkj] xjhc] chi h, y vkfn cu x; sgA buds I keus vi uh [kk | I j {kk dks cuk; sj [kus ds fy, I jdkj dh ; kstukvksdfl ok dkbZetcr fodYi ughagA
- 20- I jdkjh ; kstukvka [kkI dj I koZtfud forj.k izkkyh eadN gh vuktka ds forj.k ij tkj gStks fd dli h rjg I si s/ Hkjusea enn dja bl I s [kk | I j {kk eadN enn fey jgh gA ij bl eaHkh ek=k , oaxqokRrk dk I oky geskk I smB jgk gA bl forj.k rA eao; klr HkZVkpj txtkfj gA I kFk gh ; g [kk | I j {kk ea i kSk.k j {kk dksudkjrk gSftI dsu gks I sdq kSk.k , oajkska dks c<kok feyrk gA
- 21- [kk | I j {kk dks I h/ksrk ij enn i gpkusokyh nI jh I cl scMh ; kstuk eujxk ij Hkh dbZrjg ds I oky mB jgsgA v/ ; ; fur xkoka ea u rks 100 fnu dk dke ykska dks feyk vks u gh I e; I s etnjh feyh gA bl otg I s ; g ; kstuk detkj I kfr gksjgh gA ykska dks dke dh ryk'k ea ckj dh vks # [k djuk I M+jgk gA v/ ; ; fur I Hkh xkoka eayx dke dsfy, ckj tkrsgA
- 22- Okuf/kdkj dknu dsrgr tehuka ds vf/kdkj i = nusea dksrkgh cjrh tk jgh gA yEcs I e; I s taxykaeajgusokysvkfnokl h i fjokjka dks mudh i jh tehu dk vf/kdkj ughafn; k tk jgk gA I kFk gh bl eaxkel Hkh , oaykskad h I ghkfxrk dks Hkh i k jnf'kZk dsl kFk ugha cuk; k tk jgk gA
- 23- Okukadsvnj jgusokysvkfnokl h i fjokjka dks foLFkki u I eL; k dks Bhd I sughafui V; k tk jgk gA cky?kkV ds v/ ; ; fur xk vjMh dsfudVorhZ I dMka i fjokjka dks mudsgd dh yMkbZ tkjh gA cka] rkyk] dkj [kkuka vkfn dsfy, foLFkfi r vkfnokl h i fjokjka dks I epr eyk ot k ughafn; k tk jgk gA
- 24- Taxyh , oai gMh bykdka dsl nfyf fodkl , oagkads jgokfI ; kads [kk | I j {kk egS k dj kusds fy, ou] tbfofok/krk] dfr [kk] [kfut] ty] i ; kbj.k foLFkki u] Hkuf/kxg.k vkfn dh uhr; ka dh I eh [kk dh t: jr gA bul sl cA/kr dkunuka ea [kkfe; kadsnj dju sds I kFk gh budk dMkbZ I s fO ; kLo; u t: jh gA tbfofok/krk dsi foLFkki u] I j {k.k i j fo'kSk tkj gksuk pkfg, A
- 25- [kk | I j {kk] Hkksu vf/kdkj] I kekf t d dY; k.k [kkI dj ofpr] nfyf vks vkfnokl h I epk; kad h I kekf t d I j {kk jkT; dh dlnh; fteenkjh gA bl svun [kk ; k de ughafn; k tk I drikA [kk | I j {kk dknu ea i kSk.k I j {kk dsfy, [kkI iko/kku tkMek pkfg, A ; g eujxk dh rjg I oD; ki h vks I cdsY; k.k I stMh gksuk pkfg, A
- 26- vkfnokl h , oataxyh bykdkae LFkkuh; Kku vks I a k/kuk LFkkuh; usRo ds jk gy ryk'kusdh t: jr gA bu I epk; kavks yf {kr I egkads I fO; I g; ks vks I ghkfxrk dsi {k i j tkj nsk pkfg, A t: jr dsvu] kj gh bl eafo'kSkKkad h I ykg yh tkuh pkfg, A



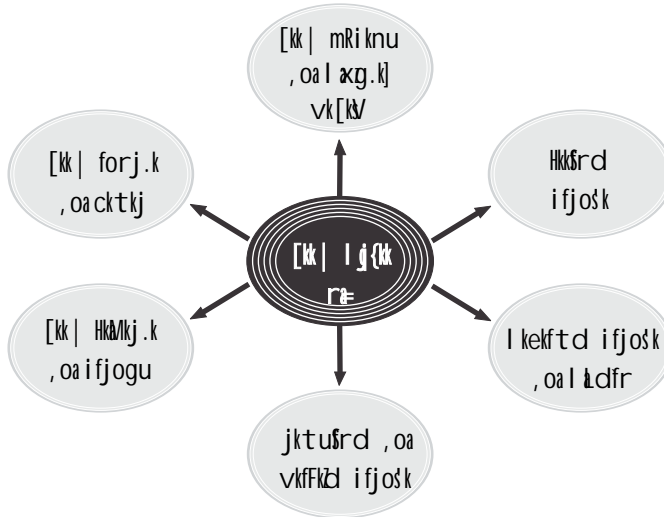
- 27- [kk] I ġ {kk dsnf"Vdksk eacuk; h tkusokyh ; kst ukvka, oadkumkaeanku] fuHkj rk] n; k dh Hkkouk dsc tk; ykHkkfFkz kadh xfjek] I Eeku] vf/kdkj vkj vkRefuHkj rk ij tkj gksuk pkfg, A
- 28- ijEijxrk : lk I svkfnoh I emk; dh t: jrægr I hfer jgh gA bu I emk; kads}kjk taxy dk mi ; ks 5 ifr'kr I sHkh de Fkka ; fn bu I emk; kads vc Hkh mudh t: jrka dsfy, lk; klr vf/kdkj fn; k tk; srksostaxy dksl ġf{kr djuso tfofo/krk dksdk; e djuseægRoi wkZHkfedk vnk dj I drsgA
- 29- [kk] I ġ {kk dh I Hkh ; kst ukvkaft I eai hVh, I Hkh 'kkfey gSmUgaLFkkuh; mRi knu] [kj hnh] HkA/kj .k] forj .k dh I koZkksed vkj fodbnhd'r iz kkfy; kaecnyk tk; A cht dh fofo/krk fdl kukadsgkFkka eagh I ġf{kr gkA
- 30- I Hkh [kfrgj , oa xj [kfrgj ifjokjka dh U; wure vk; I ġuf'pr dh tk; \$ [kk] dj nfyr] vkfnokl h] efgyk , oavU; gkf'k; sij [kMsi ifjokjka dksi kFkfedrk nh tk; A
- 31- xkeh.k fdl kuka ds usRo okyh df'k iA d j .k] HkA/kj .k vkj foi .ku ds fy, foLrr I ġo/kk, a fodfl r djdsxkeh.k vFk; oLFkk dks, d k cuk; k tk; sfd I Hkh xkeh.k fdl kukadh vk; c<A
- 32- jk"Vh; df'k vuq dku ds rkj rjhdka vkj ml ds fn'kk cnyus dh t: jr gA bl ds rgr ijEijxrk] fdl kuka dks dñz eaj [kdj] df'k i kfj fLFkfrdh okysrjhdka ij /; ku fn; k tkuka tks ns k dsfy, fVdkA [kk] I ġ {kk vkj fdl kukadsfy, vkt hfodk dh I ġ {kk I ġuf'pr dj rsgA



# अध्ययन की पृष्ठभूमि

[kk | , oavPNk i kSk.k ekuo dh cfu; knh t: jr gA l kFk gh ; g ekeyk vke vkneh l sxgjkBZl stMk gpyk gA ; g u doy yxskadsfy, ijsl ky dsfy, [kk | miyC/krk dk l oky gScfYd mudh l kekftd] vkfFkZl l kAdfrd o jktuhfrd fLFkr dk l fjpK; d Hkh gA bl dsl kFk gh ; g ijk l oky mRi knu vkSj forj.k] cktkj dk fu; æ.k rFk yxskard igp l stMk ekeyk Hkh gA bl sjktuhfrd vFkD; oLFk dsl mHkZeaHkh nS[kus dh t: jr gA vr%; gka[kk | l j{kk dksO; ki d vFkZeaiz Dfr fd; k x; k gA ; gka[kk | l j{kk l seryc LoLFk jgusdsfy, t: jh iSkd , oal[kk l t: jr kAdksi jk dJusokyh [kk | dh l j{fkr miyC/krk l sgStks ifjoSk , oal Adfr ds vuq lk gkA , d h dher ij miyC/k gkStks l cdh igp eagks; kfu [kk | inkFkZ dk forj.k l kekftd U; k; l si fji wkZgkA

[kk | l j{kk doy xjhch l stMk el yk Hkh ughagScfYd ; g [kk | ræ dsl Hkh igypkal stMk vge epnk gs &



[kk | l j{kk gj , d ukxfjd dsfy, eyHkur vf/kdkj gA gekjk l fO/kku Hkh HkKjr ds ukxfjdka dks ekuoh; eW; kadh xkjB/h nrk gSVkS ukxfjd dks l eku : l l svkRel Eeku dsl kFk thusdk vf/kdkj Hkh inku djrk gA ?ku?kSj nkfinz dh fLFkr eS [kk | klu dsmRi knu vkSj mRi kndrk ds vfuf' prrk dsnkS eal fO/kku eafn; sx; sthusdsvf/kdkj dh dS sfgQktr dh tk; } ; g ey l oky gA

fi NysdN n'kdkaeagekjsnS k ea[kk | l eL; k O; ki d : lk eamHkjH gA orZku ea i kSk.k , oal[kk | l j{kk dk ekeyk , d vge , oal Toyar iz u cu x; k gSVkS bl ij dkQh ppkZ o cgl gksjgh gA vkt [kk | vkSj i kSk.k l j{kk dsl keusdbZrjg dh ppkS; kaelStm gA [kk l rks ij vkfnokl h bykdkae; g T; knk Hk; kog : lk /kkj.k dj jgh gA tcf d igysd l kykaevkfnokl h bykdkae [kk | l j{kk l kekftd vkSj l kAdfrd : lk l s

l p k f y r g k r h j g h v k s t : j r k a d s v u q i j i d f r i j v k / k k f j r F k h A ; g l e > u s d h t : j r g s f d v c t k s  
v F k D ; o L F k k f o d f l r g k s j g h g s m l e a l e p k ; d k f d l r j g l s t f l k o c u j g k g s v k f n o k l h { k s = k a e a [ k k | l j { k k  
d k s d k s l s d k j d i H k k f o r d j j g s g s v k s b l s L F k k u h ; L r j i j e t c a r c u k u s d s f y , D ; k 0 ; o L F k k d k ; e g k s  
l d r h g s A

f o x r o " k k a e a e / ; i n s k e a [ k k | v l j { k k d s p y r s g p z e k s k a f o ' k s k d j x t e h . k b y k d k a e a v k f n o k l h , o a  
n f y r v k c k f n ; k a e a c < f s [ k k | l a d v u s l c d k / ; k u v k d f ' k r f d ; k g s b l x H k j , o a f p a r k t u d l e L ; k , o a  
x j h c h t f u r [ k k | v l j { k k d h f o d j k y f L F k f r l s m c j u s d s f y , f i N y s l k y k a e a H k k s t u d s v f / k d k j d s 0 ; k i d  
e p n k a i j l o k y m B s g s n s k , o a i n s k e a i k s k . k , o a [ k k | v l j { k k d k f u ' p ; u l i f j o r u v k s y x k r k j [ k k |  
v l j { k k f N i h H k [ k ] e k s e h [ k k | v l j { k k f u / k z u r k ] c j k s t x k j h ] H k [ k v k s d q k s k . k d s c h p d f l m + k a d s e k / ; e d s  
: i e a f d ; k t k r k g s d q k s k . k , o a [ k k | v l j { k k d h l e l ; k d k s g y d j u s d s f y , l q k j k r e d m i k ; d s v a x r  
d b n z u s [ k k | l j { k k f c y i k l f d ; k g s i j b l e a l L r h n j i j v u k t m i y C / k d j k u s i j g h t k j g s i k s k . k l j { k k  
d k o k n k b l e a u g h a g s A

[ k k | l j { k k , o a l k e k f t d ] v k f F k D ] j k t u h f r d l k a d f r d f j ' r k a d h g e k j h , d l e > g s A g e k j h ; g H k h  
l e > g s f d [ k k | l j { k k d k s l f u f ' p r d j u s b l l a n H k z e a L F k k u h ; K k u o r j h d k a d s i f u L F k k z i r d j u s o b l i j  
l e p k ; d k f u ; a . k v k s i d M + c u k u s d h t : j r g s v r % g e k j s f y ; s c f u ; k n h l o k y g s f d g e m u d k j . k k a d k s  
l e > a t k s [ k k | l j { k k d k s i H k k f o r d j r s g s v k s m l s f u f ' p r d j u s e a e g R o i w k z H k i e d k v n k d j r s g s A l k F k g h  
o r e k u u h r ; k a f d l r j g b l s i H k k f o r d j r h g s b u l H k h i g y a k a d s l k F k [ k k | l j { k k d k , f r g k f l d l a n H k z  
D ; k g s b l d s o r e k u L o : i d h f L F k f r D ; k g s v k s b l d s { j . k @ i r u d s d k j . k D ; k g s v r % b u e p n k a d k s  
0 ; k i d i f j i x ; e a v / ; ; u d j u k g e k j k e d ; m n a s ; g s i L r r v / ; ; u e a g e k j k , d [ k k l f c a n q ; g H k h F k k f d  
o r e k u e a L F k k u h ; L r j i j [ k k | l j { k k d k s L F k k f i r d j u s d s f y , f o d y i D ; k g s g e a ; g H k h n s k u k g k s e k d s  
e f g y k v k a v k s i e " k k a d h m R i k n u v k s f o r j . k e a i j L i j H k i e d k D ; k g s

[ k k | l j { k k l s l a d / k r l k f g R ; d s e w ; k a d u l s g e a l i " V : l k l s i r k p y k f d [ k k | l j { k k i j v / ; ; u d h  
i d f r r , d e k s h i f j H k k " k k v i u k u s d h j g h g s A [ k k | l j { k k d h 0 ; k i d v o / k k j . k k d h t k s p p k z g e d j u k p k g r s g s  
m l d h > y d v f / k d k a k v / ; ; u k a e a d e g h f n [ k r h g s A T ; k n k r j v / ; ; u [ k k | m i y C / k r k i j t k j n r s g s A l k F k  
g h { k s - h ; v a r j k a d k s [ k k l d j v k f n o k l h { k s = k a d h i f j f L F k f r ; k a d s l a n H k z e a H k h v / ; ; u d e g h g q g s c g r d e  
v / ; ; u ; g n ' k k z s g s f d f d l h { k s = ; k i n s k e a [ k k | l j { k k d s m i k ; k a d k s l e p k ; k a } k j k f d l r j g l s v i u k ; k  
t k r k F k k A

v r % i L r r v / ; ; u e a l k e k f t d v k f F k D ] j k t u h f r d o l k a d f r d < k p k a , o a j k t u h f r d v F k D ; o L F k k d k s  
[ k k | l j { k k d s l a n H k z e a l e x r k l s l e > u s d k i z k l f d ; k x ; k g s A [ k k | l j { k k d s o r e k u L o : l k d s l k F k g h  
i k j E i f j d K k u ] L F k k u h ; r j h d k a d s l k F k g h l e p k ; d h H k i e d k , o a u t f j ; s d k s l e > u s d h t : j r g s b l  
v / ; ; u e a b l g h a c k r k a d k s / ; k u e a j [ k r s g q f o f H k u k l e p k ; k a d h v k a f j d l j p u k t k s f d i j L i j l a d k k a i j  
v k / k k f j r g s m l s [ k k | l j { k k d s l a n H k z e a n s k u s d h d k s ' k ' k d h x ; h g s A g e u s ; g H k h n s k k f d l e p k ; d h  
H k k s k s y d ] i ; k b j . k h ; ] l k e k f t d ] l k a d f r d l e > D ; k g s o g m i y C / k l a k / k u k a d k s d s s n s [ k r s g s v k s m l d k  
m i ; k s x d s d j r s g s g e k j s n s k e a [ k r h v k s t e h u e a f o f o / k r k g s t a y e a f o f o / k r k g s t k s f d L F k k u h ; L r j i j  
[ k k | l j { k k f u f ' p r d j u s d k , d v k / k k j j g k g s A l H k h r j g d h Q l y a n s k d h t e h u i j m x k ; h t k u s d h  
i j E i j k j g h g s A l e > u s d h t : j r g s f d b u Q l y k a d h f o f o / k r k d k s f d u d k j d k a u s i H k k f o r f d ; k g s v c  
g e k j s d f ' k f u ; k s t d D ; k a ; g ; k s t u k u g h a c u k r s f d f d r u h t e h u i j D ; k & D ; k f o f o / k v u k t c k s k t k ; s k A

[ k k | l j { k k d s i j E i j k x r r j h d s e a , d i j k r a e d k e d j j g k F k k f t l e a [ k r h ] f ' k d k j ] t y ] t a y , o a

0; ki kj dsrjhds, d nū jsl stMagg FkA bl dh l j {kk vksj bl dsfVdkAi u dksjdj kj j [kusdsrjhdsHkh  
ykskausvi uh t: jr dks/; ku eaj [krsgg cuk; sFkA mnkgj .k dsfy, cSk txy eajgrsgvksj txy l sgh  
vi uh [kk | vksj LokLF; j {kk vkfn dsfy, fuHkj jgrsjgsgA osdN txy dksdkVdj [krh djr} rkykckal s  
eNyh idMrj txy l sf'kdj] Lfkuh; Qykadk , d=.k vksj tMa[kksndj [kk | t: jrka dksi jk d jrsFkA  
bl dsvykok lk'kj kyu vksj eqh kyu Hkh d jrsFkA dN lk'kqnwk dsfy, rksdN [krh dsfy, vksj dN eka  
dsfy, i kyrsFkA bl fofo/krki wkZ 0; oLFkk l smudh thfodk py tkrh FkA bl 0; oLFkk eadN ygkj k  
0; ki kfj; k c<bzvkfn dh Hkh thfodk fuHkj FkA ; g Hkh l e>usdh t: jr gsfd ijLij , d nū jsl epk; kack  
[kk | l j {kk nusokyh ; g 0; oLFkk dS sdetkj gksx; hA

v/; ; u {ks= dscj sea

v/; ; u {ks= dh Hkksrd l j puk i kphure : i kaeal s, d gA v/; ; u {ks= l ri M, oaeSdy i oJ Jkyk  
dk fgLI k gStksHkjr dse/; orhZ Hkx eaqxjkr l sydj NRrh x<+rd foLrr gA bl {ks= dh /kj kryh;  
cukoV ogkadH Hkx fHkd l j puk i j gpZfofHku vkrfj d vksj ckg; gypykads l kefgd i Hkkoack i fj .kke gA  
; g {ks= Hkjr dsi k; } hi dk fgLI k gStksTokyked kh l sfudysykok l scusi Bkj , oai gkM+ i ns k ds: lk ea  
OSyk gpk gA blgha i kphu i gkfM+ k ufn; ka, oaukykadsdVko o feVh dste ko l sNks/sNks/sfgLI kaeA [krh  
dh tehu i k; h tkrh gA

v/; ; fur 4 xkoka dh /kj kryh; cukoV mph&uhph , oaf"kerki wkZ gA bu xkoka eavf/kdk k fgLI k  
vl ery Hkfe l sf?kj gpk gA ; g Hkfe dghamCM+ [kkCM+rksdgha i RFkj kal s<dh gpZgA ; gkai j i k; h tkus  
okyh dkyh , oajxM+feVh dh eks/kbZeHkh cgr fHkUrk gA bl vl ery Hkfe , oade eks/h feVh dk vl j  
ogkadH [krh vksj vktfodk [kk rksj ij [kk | l j {kk ij i M+ gA i jh l keftd vksj vkfFkd 0; oLFkk dks  
fu; f=r djusea/kj kryh; cukoV dh Hkfedk Li "V : lk l sfn [kk; h i M+ h gA

v/; ; fur xkoka eathou , oa [kk | l j {kk dks<kusokyh [krh foylr gksx; h gA cktkj dsfn [kkoVh  
yky p us [krh dks i Hkfor fd; k gA fdl kuka us [krh l sT; knk i snokj yusdpyrsmgha Ql ya i j /; ku  
d fUnr fd; k gsft l eade egur vksj vf/kd yxr l smRi knu T; knk feyA fdl kuka dsi kl [krh dh tehua  
Hkh , dy i fjokj kads<u , oataxy ij l jdkj dk fu; æ .k gksudh otg l sde gksjgh gA bu xkoka eA [krh  
dh tehukadk vkdkj fuEu gS&

v/; ; fur xkoka eafdl kuka eA Hkfe dk forj .k

ftysdk uke	v/ ; fur xk	d f k Hkfe ¼ dM+e									
		Hkfe gh		5 , dM+ l sde		5 l s10 , dM+		10 l svf/kd		dy	
		No	%	No	%	No	%	No	%	No	%
[kMok	i VYnk	8	29.6	13	48.1	3	11.1	3	11.1	27	100.0
cSny	xq ok	14	53.8	12	46.2		0.0		0.0	26	100.0
fMMSgh	xksj k dUgkj h	10	45.5	8	36.4	4	18.2		0.0	22	100.0
cky k?kV	vjMh	6	31.6	10	52.6	3	15.8		0.0	19	100.0
dy		38	40.4	43	45.7	10	10.6	3	3.2	94	100.0

mij kDr rkfydk l sl kQ rksj ij tkfgj gkrk gsfd v/; ; fur xkoka eANks/sfd l kuka dh l f; k vf/kd gS  
ftuds i kl 5 , dM+; k ml l sde tehuagA l kfk gh Hkfe gh i fjokj kadh l f; k Hkh vf/kd gA rkfydk ds



vud kj 45-7 ifr'kr Nks/sfdl ku , oa40-4 ifr'kr Hkneghu ifjokj v/; ; fur xkokaega dsoy 3 ifr'kr ifjokj gh 10 , dM+l svf/kd tehu okysga 85 ifr'kr l svf/kd ifjokj kadk 5 ; k ml l sde ; k Hkneghu gkuk bl ckr dh rjQ b'kkj djrk gsfid v/; ; fur xkokaega [ksh ykxkadk vktfhodk , oa [kk | l j {kk dk vk/kkj ughagga [ksh dh tehukadk vkdkj ?kVusl svc fefJr Ql yakd pyu cgr de gksx; k ga ckyk?kkV dsvjMh , oafMAMsh dsxkj k dUgkj xk dsdN fdl kukads }kj gh fefJr Ql yamxkbz tk jgh ga orku ea csnv vks [kMok ds xkokaega [kjhQ dh l htua eal ks kchu] eDdk /kku , oafMAMsh , oackyk?kkV ds xkokaega dksnk dh/dh /kku] eDdk vkfn Ql yamxkbz tkrh ga jch dh Ql y eafI apr {ks=kaeaxgvvks puk , oadN vfl apr {ks=kaeaeVj] el j dh Ql y yh tkrh ga

## Tkaxy , oamRi kn

v/; ; fur xkokaega [kMok dsi VKYnk xk dksNkMdej dekos k LkHh xkokaegatay ga bu taxykaeal ky] l kxk dsvykok egv[k] ckd ] 'kh'ke] vkoyk] rnvvkfn i M+ga fMAMsh , oackyk?kkV ds taxykaeal o{ka dh vud iztkfr; kaik; h tkrh ga orku eav/; ; fur l Hk xkokaegatay dh dVkbz dk i Hkko fn [kkbz nrk ga dbzrjg dh l keftd , oalk; kbj.kh; l el; k; a; glai shk gksx; h ga bu xkokaegatb fofokrk] ou vk/kfjr l ekt dk fouk'k] tyok; qifjorU ts h xkhj fnddran[kh tk jgh ga [kMok , oacsny eatay dh dVkbz dsdk .k xkeh.k vfkD; oLFk ij cgk i Hkko i M+ ga vc xkookfI ; ka dks cM+ l ; k ea vi us xk NkMdej tfhodk dsfy, ckgj tkuk i M+rk g mlgavi usxk eavktfhodk dsl k/ku ughafey i kra v/; ; fur xkokaegataykal svc dsoy tykA ydM+ gh xkeokfI ; kadks i klr gksh ga ml dsfy, Hk cgr tnnkstgn djuk i M+jgh ga [kMok , oacsny dstaxykaearksdN ek=k eegv[k dsvykok dN ughafeyrk tcfid fMAMsh vks ckyk?kkV dstaxykaeegv[k] vkoyk] fpjkkh] 'kgn] rnv fhkyok] cy] gjk cgM+ xkn vkfn oukRi kn i k; stkrsga bu oukRi knkaevc deh vk jgh gsvks Lfkkh; l epk; kadk bu mRi knkai j vf/kdkj Hk [kREk gksx; k ga

## tul kf[; dh; l jpuk

fdl h {ks= fo'kks dh tul ; k i zdkd] mRi kn d , oami HkksdrrkZds: lk eal cl svf/kd egROI wkZ?kVd ga tul ; k forj.k , oafj]dk {ks= dsfodkl , oathou Lrj ij l ?ku : lk l si M+rk ga ts sts sfdl h {ks= dh tul ; k c<usyxrh gSogkadsl l k/kukadk xgu mi ; ks gksusyxrk gsvks {ks= dh i dfr eacnyko gksusyxrk ga v/; ; u {ks= ds4 xkokaadh orku tul ; k fuEu gs&

v/; ; fur xkokaadh tul ; k dk fooj.k

ftysdk uke	v/; ; fur xk	v/; ; fur xkokaadh dy tul ; k	v/; ; fur tul ; k				
			Ekfgyk	i #k	15 l ky l sde mezdsyMels	15 l ky l sde mezdh yMfd; ka	dy
[kMok	i VKYnk	1904	52	54	42	34	182
cny	Xkq ok	4206	43	44	52	43	182
fMAMsh	xksj k dUgkj h	1183	32	37	16	20	105
ckyk?kkV	vjMh	1190	26	29	18	25	98
dy		8483	153	164	128	122	567

[kMok , oacsny eav/; ; fur xk d k vkdkj cMk Fk bl fy; sv/; ; fur tul ; k Hkh vf/kd gStcfd fMAMksh vks ckyk?kkV eaxk d k vkdkj de gksul sv/; ; fur tul ; k Hkh de gM fMAMksh ds xks k dUgkj xk dh tul ; k 1000 l sde gksudh otg l sxks k dUgkj i pk; r dsgh xk <kck dksv/; ; u ea'kkfey fd; k x; k gSftl dh tul ; k 462 gM xks k dUgkj dh 1183 tul ; k <kck xk dksfeykdj gM ckyk?kkV dsvjMh xk dh tul ; k Hkh 1000 l sde Fkh vr%ml h i pk; r ds xk /kfu; k>kj dksv/; ; u ea'kkfey fd; k x; k ftl dh tul ; k 234 gM

vkthfodk , oa0; ol k;

bu xkkaeae; : lk l s [ksh , oaou vk/kkfjr vkthfodk ik; h tkrh jgh gM bu xkkaeavc l ky ds dN l e; [ksh l svkthfodk pyrh gsvks bl dsvykok yk vkthfodk dh ryk'k eaxk l sckgj i yk; u djrsgM xk eajkst xk ds l k/kukadk vHko gsvks egRk xk kh jkst xk xkjh ; kst uk Hkh dkjxj l kfc r ughagksjgh gM bu l Hkh xkkaeaykskads50 fnu Hkh dke ughafeyk gsvks etnjh dk Hkqrku Hkh l e; l s ughagksi krk gM

v/; ; fur i fjokjkaeae; 0; ol k; , oathfodk ds l k/ku

ftysdk uke	[ksh		etnjh		[ksh , oa etnjh		ukdjh		nplku		dgy	
	Lk; k	%	Lk; k	%	Lk; k	%	Lk; k	%	Lk; k	%	Lk; k	%
[kMok	6	22-2	8	29-6	12	44-4		0-0	1	3-7	27	100-0
cksny	4	52-6	3	42-1	19	0-0		5-3		0-0	26	100-0
fMAMksh	7	15-4	2	11-5	13	73-1		0-0		0-0	22	100-0
cky k?kkV	10	31-8	8	9-1		59-1	1	0-0		0-0	19	100-0
dgy	27	28-7	21	22-3	44	46-8	1	1-1	1	1-1	94	100-0

f'k{kk , oaLokLF;

i <usfy [kusdh {kerk vks ddkyrk ykxkadh ; k; rk dk , d fgLI k gM ; g , d , d k dne gSrksvll; jkLrshkh [kksyrk gM f'k{kk l sckgj h nfu; k dks l e>uso vol jkad i gp cukuseaenn feyrh gM bl l sos gd ekau; nko dk fojksk djuseal {ke cu ikrsgM v/; ; fur ftykads4 xkkaeappkZdsnkjku ; g ckr l e> eavk; h fd 30 l ky l svf/kd mezdsvf/kdkk ykx i <sfy [ksughagM

v/; ; fur xkkaadsdgy 94 i fjokjal sl k{kRdkj l sir k pyk fd vk/ks l svf/kd ykx vf'kf{kr gM ftudk fooj .k fuEu gS&

v/; ; fur xkkaeaf'k{kk dk Lrj

Rkkfydk l sl kQ rks ij tkfgj gsrk gSfd 60-6 i fr'kr ykx vf'kf{kr gStcfd dgy 1 i fr'kr mRrjnkrk gh xrtq V rd f'kf{kr gM f'kf{kr u gksudsdkj .k ykxkaeu dgy l ekt dsncvkadks l grsjgus dh etcjh l h cu x; h gScfyd mueavi uh vkfFkd vks jktufnd gbl ; r l qkkjusdh {kerk Hkh de tkj gks

## v/; ; fur xkokaef'k{kk dk Lrj

f'k{kk	i VYnk& [kMok		Xkq ok& c\$ny		xkq dUgkj& fMMksh		vjMh& ckyk?kkV		dy	
	Lh[; k	%	Lh[; k	%	Lh[; k	%	Lh[; k	%	Lh[; k	%
vui <+	11	40.7	20	76.9	14	63.6	12	63.2	57	60.6
Lkk{kj	4	14.8	1	3.8	2	9.1		0.0	7	7.4
5oha	3	11.1	3	11.5	5	22.7	4	21.1	15	16.0
8oha	3	11.1		0.0	1	4.5	3	15.8	7	7.4
10oha	4	14.8	2	7.7		0.0		0.0	6	6.4
12oha	1	3.7		0.0		0.0		0.0	1	1.1
Xkst q V	1	3.7		0.0		0.0		0.0	1	1.1
dy	27	100.0	26	100.0	22	100.0	19	100.0	94	100.0

x; h gA osf'k{kk dsvHkko , oajktu\$rd l 'kDrk dspyr\$LFkkuh; l lkk/kukadksvi uh vktfhodk dk l kr cukuseal fke ughacu i k jgsg\$vk\$ tkudkj dsvHkko eavi usl stMh 0; oLFkkvka, oavR; kpkj dsekeykadk l keuk djuseadqky ughagkjsg\$

v/; ; fur xkokaeykskadk LokLF; Hkh detkj n\$kk tk l drk gA bu xkokaal eng ppkZdsnk\$ku i rk pyk fd 45 l s50 l ky dh mezokysy\$ Hkh , d k fn[k jgsFkst\$ sf\$ os70 l ky dsgkA de mezeae\$- gkstkus dh ?Vuk; avf/kd n\$kh x; hA dy 94 i fjokjkael s19 i fr'kr uschekjh dh f'kd; r crk; h tcf\$ 7 i fr'kr i fjokjkauscPpkaea d\$ k\$ . k d\$ckjsea tkudkj nhA ; g tkudkj yk\$ka }kjk fj i k\$M byud dsvk/kj ij vkadh x; h gA bl l eak eafdl h rjg dk fpfdRI dh; i jh{k. k ughaf\$; k x; k gA i husds i kuh dh lk; kDr 0; oLFkk fd l h Hkh xk\$ ea ugha i k; h x; hA fMMksh ds xk\$ k dUgkj xk\$ dsvf/kdkak yk\$ f>fj; k dk i kuh mi ; k\$ djrsgA

v/kk\$ j\$ pukRed , oavU; fodkl dh fLFkr

v/; ; fur l Hkh xk\$ ftysl snijnkt ds {k\$=kae fLFkr gA [kMok dk i VYnk xk\$ rd i gip ekxZ i Dds cusg\$ tcf\$ e\$; ekxk\$ dh gkyr ckyk?kkV eacgn [kjc gA v/; ; fur xkokaefodkl ds d\$N c\$u; knh l k/ku rks i gpg\$ i j bu xkokaeykskadk vktfhodk vk\$ [kk| l j {k\$ dks c<kok nusokys l k/kuka [kk| dj fl pkbZds l k/kuk\$ yk\$kad\$fy, Lojst xkj dh ; kst ukv\$ eujsk eai kuh jk\$uso Qy\$ ku vkfn dsfy, dke ughag\$ l dk gA v/; ; fur ftyka, oaxkokaefodkl l d\$rdkadh fLFkr fuEu g\$&

v/; ; fur xkokaevkfnokl h l epk; kadh fLFkr

v/; ; u {k\$= ea'kkfey ftyka, oaxkokaef\$; : lk l svkfnokl h l epk; kadh cgyrk gA gekjk tkj vkfnokl h l epk; kae\$ [kk| l j {k\$ dh fLFkr vk\$ i j Eijkr [kk| l j {k\$ d\$rhdkad\$ l e>uk FkA vr%geus vkfnokl h xk\$kad\$spukA bu xkokaevkfnokl h l epk; kadsvykok Hkh d\$N vU; l epk; d\$y\$ Hkh jrgsgA [kMok , oac\$ny ftysds i VYnk , oaxq ok xk\$ ead\$ d\$ xk\$M vk\$ cykbZ l epk; d\$vykok d\$N d\$hZ , oa ; kno l epk; d\$y\$ fuokl djrsgA fMMksh vk\$ ckyk?kkV ds xk\$ k dUgkj , oa vjMh xk\$ eac\$ [k\$ xk\$M] i fudk] vx\$; k , oad\$N ; kno tfr d\$y\$ fuokl djrsgA bu l epk; kaei dfr ds l kFk l keatL; fcBkdj vi uh , d' thou'k\$y\$ vk\$ l dfr jgh gA ; g l dfr u d\$y mudh l kekt\$ d vkfFkd 0; oLFkk d\$ i Hkfor

v/; ; u {ks= , oa xkoka eacfu; knh fodkl dh fLFkr

fodkl l dnd	[kMok	cŕy	fMMgh	dky?kV	e/; i nsk
l k{krk ifr'kr 2001	61-8	66-4	54-2	68-7	63-7
fyakuijkr 2001	936	965	991	1022	919
dqk's'kr cPpka dk ifr'kr 2003	58-48	59-24	56-06	60-24	55-24
Lkif{kr isty rd igp okys ifjokj	85-3	72-9	47-5	54-4	68-4
fctyh rd igp okys ifjokj %e 2001	82-6	74-8	37-3	58-3	70
ifr 100 oxZfdeh- l Melka dh yEckbZ 2003	21-9	14-7	27-5	28-8	52
ifr 0; fDr [kk   klu mRiknu 2003&4	111-6	228-4	210-2	124-5	
ekuo fodkl l pdkad	0-519	0-537	0-565	0-544	-
ekuo fodkl l pdkad ea Øe	36	31	23	29	
v/; ; fur xkoka eacfu; knh l fjo/kvka , oa l okvka dh fLFkr	i VYnk	xq ok	xgk dlogjh	vjMh	
lks ty dh fLFkr	l kekl;	dñ ekgYyka ea	dñ ekgYyka ea deh f>fj; k dk	xfez ka dñ ekgYyka ea	
l Mel dh gkyr	eq; ekxZ l s dPph l Mel l s tMk	i Ddh l Mel l s tMk	i Ddh l Mel l s dPph l Mel }jk tMk	i Dds igp ekxZ l s tMk	
ftys l snjh %deh½	65	70	70	108	
Ldny	8oħard	vkBoħard	8 oħa	5	
miLokLF; dñnz	5 fdeh	3 fdeh	2 fdeh	3	
jk'ku dh nptku	5 fdeh	4 fdeh	2 fdeh	3	
vkxuoMh	2	3	2	2	

djrh gScfyd [kk | l j{kk dsfy, , d vk/kkj Hkh cukrh gA vr%; g t: jh yxrk gSfd bu l enk; ka ds l kekf'ed vkfFkZd o l kkdfrd igy?kaij , d utj Mkyh tk; sftl usbu l ektkaea [kk | l j{kk dksfu' pr cukuseægRo i wkZHKfedk vnk dh gSA

dkj dw

dkj dw l enk; Hkkjr dh l cl sikphu ekuh tkusokyh vkFLV'd iztkfr dsoakt gA dkj dw dk vFkZgkrk gSvknfe; kadh tekrA budk eq; fuokl {ks= e/; i nsk dscŕny fNnokMk gskackckn gjnk [kMok ftys , oaegkj k"V" ds vdkyk ey?kkV eks khrky d d gA budsdy xks=ka dsuke o{kka lk' kq/k i f{k; k?kk vkfn ds ukela ij vk/kkfjr gA tkfgj gSfd dkj dw oukl h jgs gA vkj izdfr ds l kfk budk vPNk rkyesy jgk gA dkj dw l enk; eavfeV /kkj .kk gSfd xks= fplg , d vnhkr 'kfDr l s; pr gSvkj og mudh j{kk djrk gA ; gh dkj .k gSfd bu xks=k l sl a d /kr o{kka dksdkVuk lk' kqi f{k; kadh sekjuk v{kE; vkj vij/k ekuk tkrk gA

dkj dw l enk; dk eq; Hkstu taxyh Qy vkj Qny [krh l smi tsdknk dh/dh l kdk cktjk Tokj xgh røj] fromMk frYyh vud izdkj dh Hkkt h ikyk , oaeka gA ?kustaxykads ikl jgusokys dkj dw d j [kj xsk] ekq d d Mk eNfy; k rhrj gkyxh vkfn dk eka [kkrsgA egok xkn fpjkt h cj] edkb xnyj beyh dsi Rr Qny ; k dñ i Mka dh Nky Hkh mkydj [kkrsg dknk dh/dh l kdk , oaTokj dk l ou dkj dw



l enpk; eal cl svf/kd fd; k tkrk jgk gSij vc bu vuktadh mit cgr rsth l s?kV jgh gA vukt ds vHkko eaypdk tS si rys[kk | dk mi; kx Hkh osdjrsG

dkj dwl enpk; ik; %, dy ifjokjkaejgrsgvks 'kknh gkusdsckn ekacki l svyx ?kj cukrsgA buds ?kj eadqgkMh nwk , oangh j [kusdsfy, nkguh] jksh cukusdsfy, d; Mh; k yksh Vh] A[ky] eih y] Vkdulh] pDdh] vukt eki usdsfy, i kbZ; k dMh] vukt j [kusdsfy, feVvh; k cka dh dkbh] vkfn jgrh gA [krh l smi t de gkusvks l ky Hkj dh [kk | l j {kk u gkusdsdkj .k dkj dwyxs viusxk l snij tkdj l kykuk vk/kkj ij ; k eks eh vk/kkj ij etnjh djrsgvks viusifjokj dk ikyu djrsg de mez l sgh cPps etnjh ; k [krh dsdke eayx tkrsgA dkj dwyxs viusdynd dsvykok unh] i gkMh o {kk} vukt k l k'ka/ka vkfn dh i vtk djrsgA Li "V gsdj dwtutkfr e/; insk dh igkru tutkfr; ka eal sgsvks ; g txyh bykdkaea, dkdh thou thuk il n djrsgA orku fodkl dh vo/kkj .kk ea; g tutkfr usvi uk rkyes ughafcbk ik; h gsvks mudh vktfhodk vks [kk | l j {kk dkscg [krjk insk gwpk gA viuh l kdfv vks l kektfd fojkl r ds }kj k [kk | l j {kk dh fuf'prrk vc ckf/kr gksjgh gsvks [kk | l j {kk dsfy, HkVduk i M+jgk gA dkj dwl enpk; kaeajktuhfr eadkbZ Hkxhinkjh ughafn [kk; h nrhA ; g l enpk; jktuhfr eafdl h cMh in ij ughajsgA

xkM

xkM tutkfr Hkjr eal cl svf/kd l d; k eagsvks l kektfd] vkfkd, oajktusrd : lk l sl {ke Hkh gA budk fuokl {ks= e/; insk , oae/; orhZ Hkjr dsvl; Hkxkaeafolrr gA e/; insk dseMyk] ckyk?kkV] fNnokMh cny dsfkykaebudh l d; k vf/kd gA oukPNkfnr , oagkMh l si wkzmcM+ [kkM+ {ks=kaeafuokl dsdjk .k budk thou l ?k"ka wkZjgk gA

xkM tutkfr dh vktfhodk , oa [kk | l j {kk [krh l stMh gA budh [krh dsrjhdsijEijjkr gsvks budh Hkktu dh vko' ; drk, abl h l si jgh gkrh gA [krh dh tehuacgr de fl apr gS, oanks/sfdl kukadh vktfhodk dny [krh dsl gksugahpy i krh gA dknk dMh] l kdk] cktjk] mMh] /kku vkfn ed; Ql ya gA fl apr tehuaij vc xgVevj] el j vkfn Ql ya Hkh xkM l enpk; dsyxk ysgsgA [krh dsvykok etnjh] dN ouk t , d= djdscupk , oaf'kdj vkfn vktfhodk dsl kr gA buds [kkuseaks/vukt] txyh dney] Qy&Qy] eNfy; k Hkkt, oa'kgn vkfn gkrh gA egwpk l scu h 'kjkc Hkh xkM yxs cgrk; r l smi ; kx djrsgA pkoy] eDdk] dknk dMh] dk Hkh buds [kkusea, d i jEij gA vukt dkl gst dj j [kus dh i jEij k Hkh xkM l ekt eadkQh etcr gA feVvh , oacka l scu h dksB; kaeadkna, oadMh] eM; k vkfn vukt 50 l shkh vf/kd l ky rd j [krsgA

cSxk

e/; insk dh l Hkh vkfnokl h tkfr; kaeacSxk l cl sfot'kV thou i }fr vks ekuoh; eW; ka dsdkj .k viuh , d vyx igpku cuk; sgq gA e/; insk dseMyk] fMh] h vks ckyk?kkV vks NRRkh l x<+dsfeykl i j , oajktukanxk] do/kkZftykaeacSxk dk eny LFku jgk gA , d k ekuk tkrk gSfd cSxk e/; insk ds vkfn fuokl h gA fMh] h vks eMyk dscSxkpd {ks= eavkt Hkh cSxk yxs ?kustaxykaeathou ; ki u dj jsgsgA cSxk eny%vk [ks/d gsvks bl hfy; sbudk eny okl txy gh gA vHkh Hkh cSxk l enpk; dsyxk txy l scgg jguk il n ugha djrsgA [krh dsfy, cSxk l enpk; dsyxk dN l ky igysrd gy ughapykrsFka coj i }fr l s [krh djrFka

vc cSxk yxs txy l sydMh dsvykok vud ouk t dh olrq l xg djdscpusyxs gA dN dney] Hkkt] QYk&Qy , oaf'kdj dsl gksjshk viuh vktfhodk pykrsgA cSxk yxsadk i kdfv vkokl

taxy gh jgk gsvkš ; staxy dh j {kk dsfy, Hkh [kk l rks ij iz kl jr jgrsFkA cŠk ykxkadk emy vkgkj ekš/s vukt] dnewy] Qy vksj ekd l eNyh gA vukt dk mRi knu bruk ughagrk fd osl ky Hkj dke pyk l dh vr% i frfnu f'kdj djuk buds l enp; eat: jh ekuk tkrk gA eNyh dk f'kdj Hkh budk 'kkd gA taxyh l [vj] p[ok] dN taxyh exhz rFk dN vU; i f{k; kadk f'kdj vkerkš ij djrs gA cŠk efgyk, aou oLrq l xg eadk Qh ioh.k gkrh gA gj fnu taxy eatkuk budh fnup; kZdk fgLI k gA taxyh tMh cMv; ka, d= djus, oabl l sbykt djuseægkj r gA

vx fj; k

vx fj; k l enp; dsyxs eMyk] fMAMkš h vksj ckyk?kkv ftykaefuokl djrs gA budh l [; k de gsvkš vkfnokl h xkoka ea; g 2&4 i fjokj kads l kFk gh jgrs gA emyRk%; g vkfnokl h gA vksj , d [kk l ijEi jkxr 0; ol k; dks vi ukusdsdkj .k blgavxfj; k dsuke l stkuk tkrk gA vx fj; k yxs u rksfdl ku gsvkš u gh vk[kd jgsgA bl l enp; dsyxs e[; : lk l staxy , oa igkMh {ks=kal s dPPks ykgs dks fudkydj bl s xykusdk dke djrsFkA bl l siDdk ykgs rš kj fd; k tkrk gsvkš bl ykgs l sxteh.k vU; l enp; kadks dYgkMh gAl ; k , oavU; [krh , oaf'kdj dsfy, vkšt kj cukdj nrsFkA l kFk gh bu vkšt kj kadks l e; l e; ij /kkj nsusdk Hkh dke djrs gA budh [kk l , oavkthfodk dh l j {kk ijEi jkxr : lk l sykgsdsvkšt kj cukus l sgh l j f {kr gkrh FkA

i fudk

i fudk l enp; dsyxs e[; r+i mhz e; i nš k dseMyk] fMAMkš h , oacky?kkv ftykaefuokl djrs gA l ur cukuk vksj ml l sdi Mscpdj rš kj djuk budk ijEi jkxr i škk gA dPps inkFkA l sl ur rš kj djds l urh di Msrš kj djdstaxyh vksj i gkMh bykdaeacl snij njkt dsxkoka ei gpkusdk dke i fudk l ekt dsyxs djrsvk; sgA bu di Mkadscnyseablgaouki t] vukt vkfn vkfnokl h l enp; ka l sl ht u dsvk/kkj ij fey tkrk Fk ft l scpdj i fudk l enp; viuh vkthfodk pykrk FkA cktkj eavc dkj [kkuka, oafeyka dscusdi Mavk tkusl si fudk l enp; dsijEi jkxr 0; ol k; dks [kre dj fn; k gA i fudk l enp; dsyxs vc [krh ; k etnjh l sviuk xqt kjk dj jgsgA

vghj @xoyh ¼; kno ½

; kno l enp; dsyxs e/; i nš k dsl Hkh {ks=kaefuokl djrs gA ; g l enp; e[; r%lk' kq ky d jgsgA xk; ] HkA i cdjh i kyuk , oamh jsl enp; kads lk' kq/kadkspjkuk budk e[; 0; ol k; jgk gA nvk , oa?kh] NkN dk mRi knu vksj bl scpdj budh vkthfodk pyrh FkA nh jsl enp; ka l sl k' kq/kadks pjkusdsfy, mul s vukt yrsFkA bu l enp; kadh jkstejZdh ftanxh taxy , oapjxkgkal stMh FkA vc taxy ?kVusdsdkj .k cMh l [; k ealk' kq kyu djuk l Hko ughajgkA bl otg l s; kno l enp; dsyxs vc [krh , oaetnjh ij vkfJr gsvkš budh vkthfodk ij xgjk l dV vk x; k gA lk' kq ky d gkusdsdkj .k [krh dh tehuabuds ikl ughaFkA cgr de yxs [krh dh tehuacuk ik; sckdh i fjokj Hkfeghu etnj dh Jskh eavk x; A vkfnokl h bykdka l svyx {ks=kaejgusokys; kno l enp; dh jktuŠrd Hkxhnhj ete r gsvkš bl l enp; dsyxs jktuŠrd inkai j jgsgA

vU; l enp;

mij kDr l enp; kadsvykok [kMok , oacsny ftysdsv/; ; fur xkokaeadN cykbZ, oadepZ l enp; ds yxs fuokl djrs gA bu l enp; kadk e[; 0; ol k; [krh gsvkš budh vkthfodk , oa [kk l l j {kk [krh ij fuHkj djrh gA

v/; ; u fMtkbu dsckj sea

v/; ; u dsmnns ;

- LFkkuh; Lrj ij ijEijkxr Kku ij vk/kkfjr vkfnokl h l eap; ka ea [kk | l j {kk ds rjhdka dks l e>uk
- orëku ea [kk | l j {kk dsLo: lk , oam l dksi Hkkfor dJusokysdkj dka dh i gpku dJuk
- orëku jktu srd vFkD; oLFkk ea [kk | l j {kk ds l kekftd] vkfFkZd vks l k dfrd fj' rka dks l e>uk
- LFkkuh; [kk | l j {kk dksc<kok nsosokysfodYi kadh i gpku dJuk

v/; ; u {ks= dk nk; jk

iLr v/; ; u e/; in sk ds vkfnokl h cgy {ks=kaeafd; k x; k gA in sk ds i nhz {ks= l s fMtkb h , oacky?kkV fty s, oanf {k. k i f' pe {ks= l scs my , oa [kMok fty sv/; ; u ea' kkfey fd; s x; sgA bu pkj kagh ftykadh /kj kryh; l j puk i gkMh , oa mph uph gS , oa tax {ks= dh cgyrk gA fMtkb h vks cky?kkV ftyseaxkM] cSk] i zku] vghj] yggj] i fudk] peBk] egj k] >fj; k vkfn tkfr; kadsyxs jgrsgA dN cMs xkoka ea tS] jktiur cka.k] l kgl eQlye] dligj] ukb] rsyh vkfn tkfr; kadsyxs Hkh jgrs gA cS my , oa [kMok ftyseadk] dN xkM] i zku] jktiur xqt] <hej] dyk] yggj vkfn tkfr; kadsyxs jgrsgA

v/; ; u {ks= dsl Hkh ftyse; ; r% [ksh dh vFkD; oLFkk ij vk/kkfjr gA [ksh vks taxy ; gkadh vktfhodk dk , d ek= l k/ku gh ugha cfYd , d thou'kSyh Hkh jgk gA [ksh dsvykok etnijh gh ykxka dh vktfhodk dk vk/kkj gA fMtkb h vfl apr {ks= gA tgka o'kkz vk/kkfjr [ksh gksh gA cky?kkV ftyseadN CykdkaeafI apr {ks= dk i fr'kr vf/kd gS tcfD cMk fgLI k l i kk gA cky?kkV ds vkl ikl dsbykdkae [ksh e; ; vktfhodk gS i j niorh vkfnokl h bykdkaeafI pkbZu gkus ds dkj . k ; gka [ksh vk/kkj ughacu i kshA cS my vks [kMok ftyseahkh [ksh dh tehuka dk cMk fgLI k vfl apr gA l Hkh ftykae [ksh dsvykok etnijh vks Nks/so ?kjs yw; ol k; vktfhodk dk e; ; l k/ku gA v/; ; u {ks= ea l Hkh l eap; ka eafgykvkadsfo#) HksnHko thou dk , d rf; gA ; g ckr vyx gS fd vyx & vyx l eap; ka eaf vi ukbZ tkusokyh i Fkkvkadschp vks efgykvkadsneu ds i dkj vks ml dsvl j dschp varj gA fMtkb h] cky?kkV , oa cS my rFkk [kMok ea dN vFkkae vkfnokl h l eap; ka dh efgykvka dks vU; l euka dseplkcys vf/kd Lora=rk rFkk l ekurk gkl y gA ySdu] mudh l kekftd fLFkr Hkh nks e ntZdh gA dy feyk dj nS karksv/; ; fur l Hkh ftykaeafgykvkadk ntZ vkfnokl h vks xj & vkfnokl h i fjokj kaefuEu gh gA



## I Ei fyæ

iLr r v/ ; ; u l mnæ s ; fd ; k x ; k gsvr%v/ ; ; u dsfy, ftys, oaxkæadk p ; u l mnæ s ; fd ; k x ; k gæ mijæDr 4 ftyka l s, d Cykd p ; u l mnæ s ; fd ; k x ; k , oabu Cykdka l s1 xkæ dk p ; u Hkh fd ; k x ; kA vknokl h {ks=kaæaxkoka dk vkdkj Nk/k gksu dsdkj .k yxska ds vutjkoka dks l e>usdsfy, v/ ; ; fur xkæa ds vkl i kl ds xkæa dks Hkh v/ ; ; u ea 'kkfey fd ; k x ; k gæ v/ ; ; fur xkæa l s5 i fr'kr i fjokj ka dk p ; u Lrjhdr jMe fof/k l sf d ; k x ; k rkfd l Hkh oxZds i fjokj ka dks v/ ; ; u ea 'kkfey fd ; k tk l dA xkæa dsp ; u eafuEu rF ; ka dk / ; ku j [kk x ; k &

- xkæa dh tul æ ; k 1000 ; k ml l svf/kd gks, oafu xkæa dh tul æ ; k de gksogkavkl i kl ds xkæa dks Hkh 'kkfey fd ; k x ; kA
- xkæa eaf ofHku l eqnk ; kadsyxs jgrsgka
- xkæ 'kgjh {ks= l snij gka, oal Mel dsi kl , oanij okysgka

## tkudkj h tek d jusds Vy

iLr r v/ ; ; u ea tkudkj h tek d jusgrqvyx&vyx rjhdk a dk mi ; ksx fd ; k x ; kA ; g v/ ; ; u xqkkRed vkæMkai j vk/kkfjr gS, oabu vkæMkads tek d jusdsfy, fuEu rjhdk a dk mi ; ksx fd ; k x ; k &

## I ?ku l k{kkRdkj

v/ ; ; u dsnkj ku ppsg xkæa ds 10 i fr'kr i fjokj ka dk l ?ku l k{kkRdkj fd ; k x ; kA dgy 4 ftyka ds 4 xkæa ds 94 i fjokj ka dk l k{kkRdkj fd ; k x ; kA bl dstfj ; sbu i fjokj ka dh oræku , oai jEi jkxr [kk | l j {kk ds rjhdk a dks l e>usdk iz kl fd ; k x ; kA oræku ea, oavkxsfd l rjg dh ppkfr ; ka l keusvk jgh gævkj bu ppkfr ; ka l sfui Vusdsfy, yxska dsi kl fodYi D ; k gæ

## dsUnr l eng ppkZ

v/ ; ; u dsrgr 4 xkæa eadgy 10 l eng ppkZ/ka dk vk ; kst u fd ; k x ; k ft l eadgy 132 yxska usfg l l k fy ; k ft l ea 29 efgyk, afkha efgyvkadh l eng ppkZrhu xkæa eagh l Hko gks l dhA l eng ppkZ/ka ds tfj ; s yxska l s [kk | l j {kk l sl æ/kr enækj fnDdrk i jEi jkxr [kk | fj'rk l hLdfird l ækka, oafuHk rkvkavkn l stMsi gyæ/kai j ckrphr dh x ; hA

## utfj ; k , d=hdj .k

[kk | l j {kk i j yxska ds fopkj ka, oamudsutfj ; k dks l e>usdsfy, LFkkuh ; vutjkoh yxska l sppkZ dh x ; hA bl ppkZææ ; : lk l sxkæ dscqtæZ yxska ppsg i pk ; r i frfuf/k ; k , uthvksdk ; DrkZ/ka l sxgu ppkZ dh x ; hA

## dd LVMh

v/ ; ; fur xkæa eadN , d si d j .kka dks l e>usdk iz kl fd ; k x ; k ftul s [kk | l j {kk l stMh l h [kka dks l e>k l dA bl v/ ; ; u eadN d d ka dk xgu v/ ; ; u fd ; k x ; k gæ bu v/ ; ; uka l si kjEi fd [kk | l j {kk fl LVe dks l e>useæenn feyrh gæ l kFk gh dN u ; srjhdk a dks Hkh l e>k x ; k ftul s [kk | l j {kk l stMh ppkfr ; ka dksu ; h rjg l sl gy>kusdk iz kl fd ; k x ; k gæ

## f}rh ; d vkæMkadh l eh{kk

v/ ; ; u l sl æ/kr dN f}rh ; vkæMkadh Hkh l ædu fd ; k x ; kA ; g tkudkj h iæZv/ ; ; uk l æ/kr i æk'ku k fj i ks/ka, oavfHky [kka l syh x ; h gæ





# खाद्य सुरक्षा एवं आदिवासी समुदाय-पारम्परिक नजरिया



fodkl dh pdkpkk l snij e/; in'sk dh vkfne tutkfr; ka viuh l hfer HkkSrd vko'; drkva vkSj dfBu ifjLFkfr; kadsdkj.k gtkjka l kyka l sidfr dh xkn ea iy jgh gA bu l epk; ka dh viuh thou'ksyh l h dfr] vkt hfodk ds rks & rjhdsgsgA budh [kk | l j {kk ij h rjg l s ifjok ds vuq lk fodfl r gA v/; ; fur ftyka [kAlok] cSny fMA/kS h] ckyk?kkV dspus gq xkAkaedkj d h xkA/ cSk vkfnokl h l epk; ka dh Hkh thou i) fr taxy vk/kfjr fn[kk; h nsh gA bu vkfnokl h l epk; ka dh [kk | l j {kk dny [ksh ; k 0; ol k; ij vk/kfjr ugha gS cfYd ; g buds thou i) fr dk , d fgLI k gA ijs l ky Hkj ds Hkstu dh

ryk'k vkSj viuh [kk | t: jrkadks ijk djudsfy, bu l epk; kaatksrkS rjhdsviuk; stkrsgdos fuEu gS&

i kjEi fjd vkt hfodk , oa [kk | l j {kk

Lkep;	i jEi jxr [ksh	ouki t	lk' kq kyu	i kjEi fjd i'sk	etn jh
dkj dw	Mkaksj [ksh	Lkag.k , oafofue;	xk; ] cdjh] l qj] eqchz	&	Okgr de
xkA/	i kA/ [ksh	Lkag.k , oafofue;	Xkk; ] cdjh] l qj] eqchz	&	Okgr de
cSk	coj [ksh	Lkag.k , oafofue;	Xkk; ] cdjh] l qj] eqchz	&	ugha
vxj; k	&	&	Xkk; ] cdjh	ykqk fudkyuk , o xykuk] ml dsvkstj cukuk	ugha
lkfudk	&	&	Xkk;	Lkr cukuk , oadi Ms- cupdj cpuk	ugha
Ukgky	[ksh	&	xk; ] cdjh] eqchz	&	Okgr de
Okj syk	[ksh	&	Xkk; ] cdjh	&	&
; kno	&	&	Xkk; ] HkA	lk' kq kyu , oalk' kqj kuk	&
BkfV; k	&	&	xk; ] cdjh	lk' kqj kuk	&
cykbZ	[ksh	&	Xkk; ] HkA ] cdjh]	l r rS kj djuk	&
yglj	&	&	Xkk; ] cdjh] eqchz	Ykgsdsvkstj cukuk , oayqkj h dk; Z	&
vu;	[ksh	&	Xkk; ] HkA ] eqchz vkfn	&	Ekt n jh

mi jkDr rkfydk l sLi "V gSfd [kk | l j {kk dk ekeyk l h/ksrkj ij vkt hfodk dsl k/kuka l scgr  
 xgjbZ l stMk gq/k Fkk ftl ea [krh , oa txy rFkk i kjā fj d i s ks dh Hkriedk l cl svge Fkha dñ  
 l epnk; ka }kj k [krh , oaouki t l xg.k , oa dñ l epnk; ka }kj k vi us i kjā fj d i s ks l s gh thfodk  
 pyk; h tkrh Fkha lk'kij yu u dōy vghj] xoyh l ekt dk eq; i s kk Fkk cfYd l Hkh l epnk; ka dks  
 bl l s [kk | l j {kk dk l gkj k feyrk Fkka l Hkh l epnk; kauscrk; k fd i gysetnjjh ykx cgr de djsr  
 FkA dōy dñ l ekt gh etnjjh dk dke djsr Fkst s sxk; HkA kadk pj kusokysvghjA  
 i j Ei jkxr [krh , oa [kk | l j {kk

vkfnokl h l epnk; kaea [krh dsrjhds i j Ei jxr : lk l sfHkuu ik; stkrsgA pñd ; l epnk; ik; %  
 i gkMh ds<ykuh bykdka, oa txykaeac l rsgA vr%ogkadh feVh , oai fjoš k Hkh dñ vyx gA vr%  
 ; gka [krh dsfy, mi yC/k tehuka, oamudh fl pkbZdk i fr'kr de gA Ql y mRi knu dsfy, i fjoš k  
 , oaogkads tñ fofo/krk dks/; ku eaj [krsgq ; gkads l epnk; kaus [krh dsfy, rjhdsfodfl r fd; s  
 rkfd ml i fjoš k l sykHk Hkh feysvkj ml i fjoš k dksupl ku Hkh u i gpa fdl Ql y dksdc vkj  
 fdl rjg l sckuk g\$ bu Ql ykai j dks l h fpfM+ k cBrh g\$ dks l sdhM+upl ku i gpkrs g\$ fdl  
 dhM+ dks dks l h fpfM+ k [krh g\$ bu l c ckrkadks/; ku eaj [krsgq Ql y mi tkusdsrkj & rjhds  
 cuk; stkr sFkA

fdl feVh , oafdl rjg ds<yku i j dks l h Ql y yuk g\$ bl dk i j k [; ky j [kk tkrk Fkka  
 l kFk gh fofHkuu Ql ykadsdVusds l e; vkj , d l kFk , d nñ jsdks l g; kx djsdh fo/kk Hkh bu  
 l epnk; kadksc [kch i rk Fkha bl hfy, bu l epnk; ka }kj k i zfr dh egRrk] mudseW; ] ml eami yC/k  
 rRokadksvk/kkj cukdj gh Ql y dk mRi knu fd; k tkrk Fkka ftl rjg l stxy eal cl suhps tehu  
 l sfyi Vh ?kkl i mul smij Nks/h ?kkl ] cMh ?kkl ] Nks/si ksk, oacsy fQj Nks/si M+, oaml dsckn l cl s  
 mps i Mkadh , d ouLi fr fi jkfeM curh gSml h rjg bu l epnk; kadh Ql ykaeHkh ; gh Øe nñ kusdks  
 feyrk Fkka l cl suhps Nks/si ksk fQj Qsyusokys i ksk fQj mps mBuh okyh Ql ya , d l kFk cks h  
 tkrh Fkha bu l c Ql ykadk , d feykt yk rā cu tkrk Fkka ; g l c bl rjg l sxk tkrh Fkhafd  
 , d nñ jh Ql y dksi jk l g; kx fey tkrk Fkka

vkfne [krh & i j Ei jkxr [kk | l j {kk dk vk/kkj

vkfnokl h l epnk; kaeai j Ei jkxr rjhds l s [krh gkrh gSvkj ftl svkfne [krh dgk tkrk gA bl  
 [krh dsrjhdsdksvyx vyx l epnk; ka; k vyx vyx {s=kaeaLFkkuh; ukeal stku tkrk gA Hkjr  
 dsi wñzeai nñ kkaeabl s\*\*>ne\*\* [krh dsuke l s mMh l k o vkakā nñ k ea\*\*i kMñ] rfeyukMqvksj NRrhl x<+  
 dscLrj bykdseabl i nk [krh dsuke l stku tkrk gA bu vyx vyx uke l stku tkusokyh  
 [krh i) fr dk rjhdk l Hkh {s=kaea, d t s k gh gA l Hkh txgkai j i gysNks/si Mkao >kfM+ kñ ?kkl kadks  
 dkVdj NkM+fn; k tkrk gSvkj mlgal v[kusdsckn tyk fn; k tkrk gA bu tyh gñZ>kfM+ kadh jk [k  
 i j gh cht Mky fn; k tkrk gA l s l ky rd ml LFkku i j [krh dsckn ml s [kkyh NkM+fn; k tkrk  
 gSrkfd fQj l sog gjk Hkj k gkst k; A ml dsckn mu LFkkukai j i k% [krh dh tkrh gA

e/; i nñ dsfMh [ksh] eM/yk vkj ckyk?kkV ftysdscSk l epnk; kaea\*\*coj i) fr\*\* l s [krh fd; s  
 tkusdh i j jk jgh gStksu dōy l ky Hkj dh [kk | l j {kk nuseaegRoi wñZk cfYd ; g i ksk.k l j {kk

nauseaHkh dkQh dkjxj gkrh FkhA bl [krh i) fr eackfj 'k dsi gys?kkI , oai kSkkadksdkVdj [krkaea 0; ofLFkr rjhdsI styk fn; k tkrk Fkk vkj ml dsckn cht Mkys tkrh FkhA fdI h , d [kr ea3 I ky QI y yusdsckn ml siu%?kkI QI mxusdsfy, NkM+fn; k tkrk Fkk vkj nI js [krkaea QI y yh tkrh FkhA dkjdw tutkfr eadN ykx bl i) fr dks\*\*cnyok\*\* ; k Mkakj , oaxkM tutkfr eabl s \*\*i kM/k\*\* dsdgrs FkhA bu nksukai ) fr; kaeaHkh yxHkx bl h rjg I s [krh dh tkrh FkhA varj fl QZ; g Fkk fd dkjdw, oaxkM I epk; eagy pykusdh i jEijk Fkh tcf d cSk ykxkaeafcu k gy dsgh [krh dh tkrh FkhA cSk I epk; gy [krh dksI kldfrd : Ik I sLohdkj ughadjrk FkhA cSk ykxkadsvud kj gy pykusI s/kjrh dksupI ku gkxk tksmudh njnI V dk | kr d gA okLro eai gkMh <yukai j gy pykusI sHk/kj .k dks<kok feyrk gStks QI y mRi knu vkj taxy dsl j {k.k dsfy, uoI kunk; d gA cSk ; g ckr vPNh rjg I sl e>rs Fksfd /kjrh vkj taxy dksvxj uoI ku igpk rksmudh ftinxh vkj [kk | I j {kk [krjseai MxhA i jEijkxr [krh dsrjhds eavfknoI h I epk; ka [kkI rkj i j cSk] dkjdw vkj xkM tkr; kadksi i j sl ky Hkj rd [kk | I j {kk dk vk/kj feyrk FkhA i jEijkxr , oa coj ; k cnyok , oai kM/k [krh eafuEu rjg I svukt , oal Cth@Hkkt h dk mRi knu i klr gkrk Fkk tks fd [kk | I j {kk dk I cl scMk vk/kj FkhA v/ ; ; fur xk nksed ; {ks= eavkrsgd , d {ks= [kMok , oa cSny gStgka , d rjg dh fLFkr gSvkj nI jk {ks= fMkM/kj h vkj ckyk?kkV gStgka , d tS h fLFkr gA v/ ; ; fur xkkaea {ks=okj QI ykadk mRi knu i f j f' k"V 1 eafn ; k x ; k gA vr% ; gkady mi tk ; h tkus okyh QI ykadsckjseat kudkj h nh tk jgh gS&

### QI yka , oaHkkt h dh I ph

0 -	QI y p0	mi tk; h tkusokyh QI ya	[krk xk , oataxy I si klr Hkkt h
1	[kj h Q	/kku/ Hknsyh I kdk] eDdk] dV/dh] Mxk] dV/dh] Hknsyh dV/dh] eM; k] dksk] dks] mMn] fMxk] Tokj] jerhy] txuh] d j Fkh] fl fd; k] cnj k] Hkstj h] <kyj h] eak] >@: ] I ks kchu	[kVv h I Rrk Hkkt h] Hkrj h Hkkt h] nksstkhri y] dks yk] epuk] i dj h j HkM/ /kuogkj jyk] /kks ] dkspb] HkI h] ddrh djhy] i hi j dj\$ k] yej] dpuk] ful k] dnp: ] fpjks/k] i M+Mh HkI h] dfugkj h] ddkMh I : rk] yej] dpuk] Qy] fpjks/k] fu [kkn] ddkMh rMh] [kjgk] eMgk] dka>j h] Hkft Bh] dj\$ k] <M I h] c@uk] [kMh] cEgdk' k] fujkcnk] vdkr h] dPNj] cl d jhy] dks/h] [kVuk] j kb] [k'kl k] pp] puk] thyk] Hktj h] j HkM/fx: y
2	jch	xg]reVj] el j] vYI h] eak] puk] I ygkj I kdk] eVj] el j] tks	& &
3	Ttk; n	eak]	

[krh dsvykok [kk | I j {kk dsmi k;

[krh dsvykok [kk | I j {kk dsVU; dbZrjg dsmi k; fd; s tkrh Fksft I eadnny , d= djuk] Qy , d= djuk] eNyh i dMuk] e'k: e , d= djuk vkfn ed; FkhA budh ekgokj , oa {ks=okj I ph i f j f' k"V 1 ea

nh x; h gA ; gkaed[; [kk | i nkFkkdh | ph nh t k j gh gS&

[kʰ dʲvʲɔk [kk | i nkʲkʲɔdʰ | ɸh

Ø -	[kk   pØ	[kk   i zt kfr; ka
1	dn	jfodkank] cpknh] dfug; k] Mkæph] ykMæh] dɣq dn] dnoph] Mkæph] Hkr dkan] i kMjh] ekBhdn] fr [kj] I Qn el yh] 'krkoj ¼tksx yVjh½ xhB] Mkæ] jrky] cMkbu] fxjph] I nly
2	Qy	Ekuxk] cy] rny] ?kVy] pkj] egv] I ky] ddb] I jbz] ekgy] fhkyok xlyh] tkeu] I gj] ihi] cj] flgj] dpukj] vekMh Eksgj] dkd e] vke] dVgy] I jbzMh] Ve:] rkjks] Hkp] LkhrQy] veM] vkoy] ckb] djkn] gjk] cs] i ihrk] djkn] cgmMh] LkhrQy
3	Ek'k: e	i f/i fMh] i y/q figjh] I jbz hMh] Hk&Mks hMh] jkti hMh] fVVghi hMh] i fhi hMh] jpdksi hMh] Hkr figjh] fpgjh figjh] cekj figjh] ræk figjh] syk figjh] yky figjh] ckd figjh] ckd ?kka/k [k&k figjh] fcj I kj figjh
4	eNyh	x<uh e/; e] dkdw eNyh] dɣjh] ftUVk] >hæ] efy; k] cke] dɔ ok] dɔdMh] Nfj; k] xxjk] cMh I kj] xgkfj; k] I Mgu] Nk&scM&dɔdMs

jfodkank cgm̥mi ; kxh gʷa bl smckydj [kkrsɡʷʷkʷs fcpNwdsMad ekjusij bl l sbykt Hkh fd ; k tkrk gʷa cpknh dkank i hfy ; k vkʷs eysj ; k vkfn jkskaeami ; ks fd ; k tkrk gʷa bl s [kk ; k Hkh tkrk gʷa dfug ; k cgm̥ mi ; kxh d̥an gʷ bl sl kengd : lk l sfudkyk tkrk gʷʷkʷs feydj [kk ; k tkrk gʷa ; g cgm̥ Hkkjh ; kfu 5 l s10 fdyksrd otuh gkrk gʷa

f' kdkj

i jEi jkxr : lk l sf'kd kj djuk [kk | l j {kk dh nf"V l su dɔy t : jh l kx jgk gScfYd ; g ykxkads  
fy, i kSk.k dk vk/kkj Hkh jgk gA [kk l dj vkfnokl h l enp; ge'sk l svPNsf'kd kjh jgs gA ; sl enp; 'kj dk  
f'kd kj Hkh vkl kuh l sdj l drsgA f'kd kj djuseabudh egkjr jgh gA i j f'kd kj djsudh Hkh budh , d  
i jEi jk vS l dfr gA tɔy dsl Hkh lk'ka, oatkuo jkadk f'kd kj vkfnokl h l enp; ughadjrA v/ ; fur  
bykdkaesofHku l enp; ka }kj k tɔyh l vj tɔyh eqh [kj xkS k] phry l kkhj [kjgk] cjgk pŋk fgju  
rhrj Mkaekj l pMh xkrMh dphyh dcurj /kufpjS k] fpfpjht] fi VV\$ gksyxh lknh] dq "k] ekyksy vkfn  
tkuojka, oai f{k; kadk f'kd kj fd; k tkrk FkA vc buesl svf/kdk k f'kd kj en dj fn; sx; sgA vkfnokl h  
l enp; k] cSk] dŋ dŋ xkM] vkfn f'kd kj dstfj ; s, d l snksekg rd dh [kk l j {kk fur' pr djsFkA f'kd kj  
dsfy, vkerkS i j xk d sdbzkyx feydj tkrS FksvkS ml sck/dj [kkusdh i jEi jk Hkh jgh gA f'kd kj xk d  
dscgk gh i dkrS FksvkS ogha [kkrsHkh FkA i f{k; ka, oaNks/stkuojkadk f'kd kj i k; %vdsysgh fd; stkrS FkA

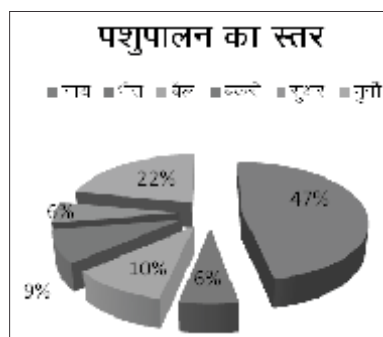
lk'kq̃ kyu , oa[kk | l q̃ {kk

vkfnokl h {ks=kæalk'k'q'kyu Hkh [kk | I j {kk eægRoi wKZHkñiedk vnk djrk gA bu {ks=kæalk'k'q'kyu eŋ;  
0; ol k; ; k vktñfodk dsl k/ku ds: lk eaughai j i kSk.k I j {kk dsfy, eŋ; I k/ku gA bl I su døy nñk] ?kh]  
NkN] [kñok] eka ] døy vkS xkçj i klr gñk Fkk çfyd ; g ykñkads thou dk , d fgLI k Fkka tñe I seR; q  
rd dk I kFk lk'k'q'ka dk gñk Fkk vkS osl ãdfr dk , d vñ FkA lk'k'q'ka dseyew= I stñod [kñh dñsc<kok  
feyrk Fkka ; | fi I Hkh vkfnokl h I emk; i'k'q'kyu ij T; knk vkfJr ugha Fks ij dñ I emk; kæalk'k'q'kyu ds

i fr xgjk #>ku Fkka v/; ; fur xkokaecSk l enp; dsyxs xk; dsvykok l qj i kyrsFkA

v/; ; fur xkokaec i fr i fjokj 10 l s15 l ky i wZlk' kq kyu dk Lrj

ftyk	Xkk	Xk;	HkA	cSy	cdjh	l qj	eqhZ
[kMok	i vKynk	14	2	4.4	3.1	2.1	6
Qksny	xq ok	8	1	4.6	3.7	1	7.3
fMMKjsh	xkjk dUgkjsh	23	4	1.8	2.8	2.8	7.9
ckyK?kkV	vjMh	11	1	1.6	1.4	1.2	7.2
dy	4	15	2	3.3	2.8	1.8	7



mi jkDr rkfydk eav/; ; fur ftykads4 xkokaec, d i h<h ; kfu yxHkx 20 l ky i wZlk' kq kyu dh fLFkr dksn' kZ k x; k gA rkfydk l s Li "V gsfd 20 l ky i wZgh lk' kq kyu dh fLFkr dkQh cgrj Fkha , d i fjokj eavkS ru 15 xk; j 2 HkA j 3 cSy] 3 cdfj ; k 2 l qj vks 7 eqxZ kagkrh Fkha dQn l enp; kadsyxs cdjh] l qj o eqhZughai kyrsFkstcfd xk; , oacSy i k; % l Hkx i fjokjkaegqyk djrk Fkka fMMKjsh ftydsxkjk dUgkjsh xkokaec; kadh l q; k vf/kd Fkh D; kAd ogkatay lk; klr ek=k eaFksvks xk; kads [kystay eapjusl si kyugkstkrk Fkka ij ; g cgr fpark dk fo"K; gsfd bu bykdkaeklk' kq kyu yxHkx l ekflr dh vks gStcfd nW jh vks nfu; k dsreke ns kkaea bl dh QkfeZk c<+jgh gA bl QkfeZk fl Lve ealk' kq kads cMh ek=k eavukt f[kyk; k tkrk gSvks mul s vehjkadsfy, eka rS kj fd; k tkrk gA bl rjg i kjA fjd [kk | l q {kk dh fuf' parrk foFHkUk l enp; kads vi uh thou'ksyh vks mudh l h—fr l sfu/kZjr gkrh Fkha [kk | l q {kk dk eq; vk/kkj i jA jkxr ; lk l s [krh i j gh vk/kkfjr Fkk] [krh dh i ) fr vks rks & rjhdsvkt dh ryuk eavyx FkA bl [krh dsrjhdseafoko/krk Fkh tksfd [kk | l q {kk dksHkh fofo/krki wZcukrh Fkha l kFk gh ; g [krh tSod vks i fjoSk dksvuphy cuk; s j [kusij vk/kkfjr Fkha bl [krh l si kr vuktkaekHkj i j ek=k eamtKj foVkfey] [kut o i k/hu vkfn fey tkrk Fk tksyxs kads l rfy r i ksk.k i nku djrk Fkka bl l syksk kadsjks ughagkrFkA

[kk | fofo/krk , oai kSk.k l q {kk

vkfnokl h l enp; eafoko/krk rjg dsijEijkr [kk | i nkFkAdks' kkfey fd; k tkrk jgk gSft l eavukt] d n , oaey] eka vkfn l ekfgr gkrk Fkka dy 123 rjg ds [kk | i nkFkZbu l enp; kaea' kkfey Fksftudk fooj . k fuEu gS&

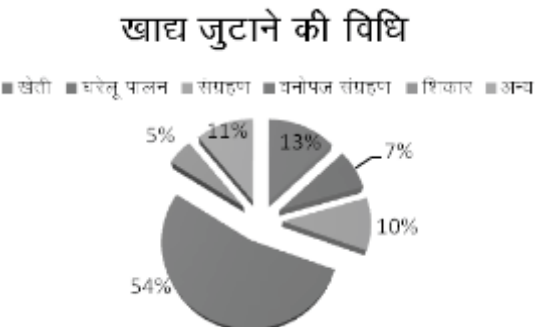
vkfnokl h l enp; kaea i jEijkr [kk | dh fofo/krk 1/2 dy [kk | i nkFkAdh l q; kZ

Ø -	eq; [kk	cSk	dkj dw	xkM	dy
1	vukt	26	18	21	26
2	d n , oaey	28	14	28	28
3	l Cth , oahkkth	48	22	42	48
4	Qy	45	31	45	45
5	e'k: e	21	6	24	21
6	eNyh , oadMavkfn	18	11	18	18
7	ehl , oai kVh	15	8	8	15
	dy	201	110	186	201



mijkd rkydk l sl kQ rks ij tkfgj gkrk gSfd vkfnokl h l enpk; kaea[kk | i nkFkZdh fofo/krk cgr l e) FkhA ; g l c vkfnokl h l enpk; kadksfi Nysfi Nys20 l ky igysrd fcuk fd l h ykxr dsfeyrk FkhA budks i klr djusea bu l enpk; kadh Je ykxr gh l cl svf/kd FkhA [krh eaHkh [kkn , oafI pkbZdh t: jr ughagkrh Fkh vks ; g cgr de Je ear\$ kj gkstkrh FkhA ; g l Hkh [kk | i nkFkZvkfnokl h l enpk; kadh l l dfr dk vfHkUUK vx cu x; sFkA bu [kk | kUukavks dm vkfn dk , d= djuseagh i jh fnup; kZxqtj tkrh FkhA ; sl Hkh [kk | fofo/k rjhds l si \$k fd; stkrh FkA dN [kk | dkstgka[krh ds }kjk r\$ kj fd; k tkrk Fk rksogh dN dks, d= fd; k tkrk FkA dN dks i Mka l srkMk tkrk Fk rksdN tehu dsuhps l s [kkrk tkrk FkA dN [kk | f'kdj djds rks dN iky&i ksdj r\$ kj fd; k tkrk FkA foHkUUK [kk | dks i klr djus ds fuEu rjhds Fks&

[kk | i nkFkZds l kr

Ø-	[kk   i nkFkZ i klr djusdh fof/k	dy l f; k	<p>खाद्य जुटाने की विधि</p> 
1	[krh	26	
2	?kjsywi ky	15	
3	Lixg.k	20	
4	Okusi t l xg.k	107	
5	f'kdj	10	
6	vl;	22	
	dy	201	

Rkkydk l sLi "V gSfd vkfnokl h l enpk; kadk l cl svf/kd [kk | taxy dsfoHkUUK oLrq/kads l xg l sfeyrk jgk gA [krh dsT; knkrj vukt Hkh taxykadschp [kkyh i Mka tehu l sgh i klr gkrh FkA f'kdj }kjk i klr [kk | i nkFkZHkh vf/kdkdkr%taxy dsvnj l i klr gkrh FkA ; g l Hkh [kk | i nkFkZ i fjo\$ k dsvuqpy , oai kskd rRokal stHk i j FkA

xkoka dsi kjEi fjd [kk | i nkFkZkaeaef; i kskd rRokadh ek=k %i fr 100 xke%

Ø- eaf; [kk	dsykh	i k/hu %ke%	j \$k %ke%	[kfu t %ke%	dsY'k; e %ke%	vk; ju %ke%	foVfkeu , v-bZ	Ok l k %ke%
1 xgn	348	12-1	1-2	1-5	0-06	1-5	&	20-7
2 ploy	346	7-1	0-2	0-8	0-01	3-2	0	0-7
4 cktjk	360	11-6	1-3	2-7	0-05	8-8	85	5-0
5 l kdk	&	11-2	10-1	4-4	0-01	15-2	&	
6 eM; k %j kxh%	328	7-3	3-6	2-7	0-03	3-9	70	1-3
7 dkd	&	12-3	8	3-3	0-03	2-8	&	&
8 dkrks	&	8-3	9	2-6	0-03	0-5	&	&
9 d/dh	&	7-7	7-6	1-5	0-02	9-3	&	&

	nkya								
10	el j	343	25-1	0-69	4-8	450	0-7		
11	ek	350	350	24-0	3-6	0-14	8-4	158	1-3
12	mMn	350	24-0		3-6	0-20	9-8	64	1-4
12	puk	361	17-1		2-7	0-19	9-8	120	5-3
13	jkgj		7-3	3-6		0-07	5-8	220	1-7
	dn , oaw								
14	Tixyh dn	301	1-4	0-8		10	0-8		0-3
15	txyh dn i dk	263	0-9	0-4		31	2-5		0-1
16	xktj	47	0-9		1-1	0-08	1-5	4300	0-2
17	'kdj dn	132	1-2	1-0		0-02	2-1	10	0-3
	l Cth , oahkth								
17	c\$ku	34	1-3	0-5		0-02	1-3	05	0-3
20	fhkMh	41	2-2	0-7		0-09	1-5	58	0-2
21	pk\$ykbz	47	4-9	3-1		0-50	21-4	11000	0-5
22	ewh i Rrs	33	2-2	2-6		0-12	5-0	6700	0-5
	Qy								
23	vkoyk	59	0-5	0-7		0-05	1-2		0-1
24	ve: n	66	1-5	0-7		0-01	1-0		0-2
25	uhcw	59	1-5	0-7		0-09	0-3	26	1-0
26	i i hrk	40	0-5	0-4		0-01	0-4	14	0-1
27	cj	309	0-8			0-04	0-5		0-3
	e'k: e								
28	Ek'k: e	1137	20-6		11	0-09	79-4		4-3
29	Ekyk cht eNyh dcdMs	2337	9		3-4	0-07	7-3		44-3
30	eNyh	100	21-5	2-0		0-06	2-3		7-5
	ehl , oai k\$Vh								
31	cdjk@ftxj	194	18-5	1-3		0-15	2-5	22300	13-5
32	vlk eqhZ nwk , oanwk l scusi nkFiz	173	13-3	1-0		0-06	2-1	2200	13-3
33	xk; dk nwk	65	3-3	0-7		0-12	0-2	180	3-6
34	Qkdjh dk nwk nwk	182	3-7	0-8		0-17	0-3	84	5-6

I k & vlgkj , oami pkjRed vlgkj] Jherh m"kk feJk] I kfgR; i dk'ku vlxjk , oacj Lojkt] ujsk fo'okl

mijkDr rkfydk l sLi "V gSfd v/; ; fur xkoka ei jEijxR : i l si kSkd rRoka l s; ; Dr [kk | inkFkadh ek=k mi yC/k FkA mijkDr [kk | kadsvykok vkfnokl h bykdkaeaHkktj] e'k: e] Qyka, oaeNfy; kavkfn dh vuud iztkfr; k i k; h tkrh jgh gSftueacgrk; r ek=k eadSykjh] i kS/hu , oafvVkfell dh ek=k mi yC/k gA v/; ; fur bykdkaeadoy eks/svuktka dh gh bruh iztkfr; kami yC/k gSfd bul sgh i kSk. k l j {kk fujarj cuh jg l drh gA ij foMæuk ; g gSfd vc ; g eks/svukt foylr gkrst tk jgsgA vkusokysdN l kykaebuds cht dh mi yC/krk Hkh 'kk; n ughagksl dsxhA

vkfnokl h l epk; ka }kjk i jEijxR : l k l smi tk; s tkusokys eks/svuktka ea xgw , oapkoY dh vi {kk vf/kd [kfut inkFkz vkS jSkk gkrsgA jkxh eapkoY ds epkcyS 30 xuk T; knk dSY'k; e gS vkS vl; eks/svuktka ea Hkh nqks l sT; knk dSY'k; e gA mijkDr ds vykok l sMka izdkj dh Hkkt; ka ea ; gka cgrk; r eafvVkfell [kfut vkS vl; i kSkd ror ik; s tkrsgA

[kk | l j {kk eaefgykvkadh fLFkr

geusppkZ ds nkSjku ; g l e>usdh dks'k'k dh fd [kk | t: jrkadksi jk dJusdsfy, efgykvk vkS i # "kka i j dke dk ncko fdruk gA v/; ; fur ftyka ds 4 xkoka ea l ewj ppkZ eaefgykvka , oa i # "kka ds 0; fDrxr l kFkRdkj l sl e> eavk; k fd efgykvka i j dke dk ncko vf/kd gA bl sfuEu rkfydk l sl e>k tk l drk gS&

efgyk vkS i q "kka ds [kk | l j {kk l sl æf/kr dke dk cAokjk

महिला के काम	
<b>फसलोत्पादन संबंधी काम</b> <ul style="list-style-type: none"> <li>◆ खेत तैयार करना</li> <li>◆ बोवनी</li> <li>◆ निंदाई</li> <li>◆ सिंचाई</li> <li>◆ कटाई एवं मड़ाई</li> <li>◆ अनाज की ढुलाई</li> <li>◆ मवेशियों का काम</li> <li>◆ खेत पर खाना लेकर जाना</li> </ul> <b>अनाज का भंडारण</b> <ul style="list-style-type: none"> <li>◆ अनाज साफ करना</li> <li>◆ अनाज का भंडारण</li> </ul> <b>अनाज प्रोसेसिंग</b> <ul style="list-style-type: none"> <li>◆ अनाज कूटना</li> <li>◆ पीसना</li> <li>◆ अनाज को तैयार करके सुरक्षित रखना</li> <li>◆ अनाज विनियम</li> </ul> <b>मजदूरी करना</b> <ul style="list-style-type: none"> <li>◆ गांव में मजदूरी</li> <li>◆ बाहर मजदूरी पर जाना</li> </ul>	<ul style="list-style-type: none"> <li>◆ वनोजन बेचने जाना</li> </ul> <b>वनोपज संग्रहण</b> <ul style="list-style-type: none"> <li>◆ जंगल से कंद एवं फल एकत्र करना</li> <li>◆ अनेक तरह की भाजी एकत्र करना</li> <li>◆ मछली पकड़ना</li> </ul> <b>पुरुषों के काम</b> <b>फसलोत्पादन संबंधी काम</b> <ul style="list-style-type: none"> <li>◆ खेत तैयार करना</li> <li>◆ बोवनी</li> <li>◆ सिंचाई</li> <li>◆ कटाई एवं मड़ाई</li> <li>◆ अनाज की ढुलाई</li> <li>◆ मवेशियों का काम</li> </ul> <b>अनाज का भंडारण</b> <ul style="list-style-type: none"> <li>◆ गांव में मजदूरी</li> <li>◆ बाहर मजदूरी पर जाना</li> <li>◆ वनोपज बेचने जाना</li> </ul> <b>वनोपज संग्रहण</b> <ul style="list-style-type: none"> <li>◆ जंगल से कंद एवं फल एकत्र करना</li> <li>◆ मछली पकड़ना</li> </ul>

mij kDr rkfydk l sLi "V gSfd efgykvkadsdke dh l pph vf/kd gStcfd i # "kkadsfgLI seadke de gS ; kfu efgykvkai j dke dk ncko vf/kd gA ; g dk; Zdsy [kk | l j {kk l sl ad/kr gB bl dsvykok efgykvka ds?kjsywdkekadh l pph vf/kd ych gA bl ekeyseatkfr vks oxZdsvuq kj dke dsncko eavvj gkrk gA v/; ; fur l epk; ka eacSk vkfnokl h l epk; eaefgyk , oai # "k dschp l ekurk l cl s vf/kd gA cSk vkfnokl ; kaethou dsjg i gyp/kaaeefgykvkadsik; kZr gd fn; sx; sgA vU; vkfnokl h l epk; ka xkM , oa dkj dweabruh cjkch ughafn [kk; h nrh ftruk fd cSk l epk; ka eal kQ rkj ij i fyyf{kr gkrh gA l keku; , oafi NMsoxkZdsmu ifjokjkaeftudsikl [krh dh tehuavf/kd gAmu ifjokjkaaeefgyk, aetnigh vks dN ekeykae [krkai j dke djusughatkrh gA

efgyk, aHk [k l sl cl sT; knk i Hkkfor gkrh gB [kk | l j {kk l si hfMf gSogka os [kk | i nkFkkdk LkokZ/kd mRi knu djrj gA v/; ; fur xkokaefgykvka spkZdjusi j l e> eavk; k fd efgyk Hkstu mRi knu vks i kyudrkZjgh gB oscPPkavks o; Ldkadh [kk | vki firZdsfy, l rr iz Ru'khy jgrh gA bl dsvfrijDr og i kFkfed rkj ij Ql y cksokyh] chtkadkscpkusokyh , oai kji fjd l epk; ka dh LFkuh; tB fofo/krk dkscpk, j [kusokyh jgh gA

[kk | l j {kk dh i j Ei jkxr ppxr; ka

[kk | l j {kk dh i j Ei fjd 0; oLFkk etar gksusdsckotm Hkh dbZrjg dh ppxr; kai gysHkh ekStm Fkha fi Nys40 l s50 l kykadh fLFkr l e>arksml l e; Hkh [kk | l j {kk dsglykr eadHkh&dHkh l dV vkrk FkA ; g l dV vkerks ij i kdfnd vki nkvdsl e; xHkh fLFkr i Snk djrk FkA l vkk , oavdky dsglykr i Snk gksu ij [kk | l j {kk dk xHkh [krkj i Snk gkrk jgk gA v/; ; fur xkoka dscqt qZykskadk dguk Fk fd tc vdky i MfFk Fk rksykskadkHkh [ksejusdh ukR vkrh Fkh vks ftu xkoka eam l l sfui Vusdsmi k; ughagkr's Fksogkaels aHkh gkrh Fkha ij bl rjg dsglykr dbZl kykadsvrjky dsckn gh i Snk gkr's FkA l cl seq; ckr ; g Fkh fd [kk | l j {kk dsmi k; i qrk Fksvks yks vukt dbZl kykad l gstdj j [krs FkA vHkh Hkh xkoka ead bZl ky rd vukt Hkh/kj .k djudh i j Ei jk dk; e gA vdky vks l vksdsl e; ; g vukt Hkh/kj gh [kk | l j {kk dk vk/kkj gkrk FkA bl dsvykok vdky l scpusdsfy, cMsfdl kukavks l kgwolkjal svukt dtZds : i eafy; k tk l drk FkA gkykfd cMsfdl kuka; k l kgwolkjal sdtZdk ; g rjhdk cgr tfVy vks 'kkSk .k 0; oLFkk l si fjr Fk ij ; g , d vk/kkj t: j FkA

Hkji fjd [kk | , oai kSk .k l j {kk dks l dV dsl e; xjhc ifjokjkaeacgn xHkh fLFkr i Snk gkrh Fkha bl fLFkr l sfui Vusdsfy, Nks/sfdl kukadh tehuavks mudh tek imh l c nko ij yxrh Fkha dbZ ifjokj bl l smcj ugha i krsFksvks vire ifj .kfr eaekR dk f'kdj Hkh gkr's FkA ij vnj dstxyh bykdkae ; g gkykr ughadscjkj i Snk gkr's Fks; k ; mdgafd ughagkr's FkA u gh fd l h vkfnokl h ifjokj dksdtZysuk i MfFk Fk vks u gh Hkh [k dsdkj .k ekR dk f'kdj gksuk i MfFk FkA [kk | l j {kk dsdfBu l dV dsnkj eaHkh bu l epk; ka eak/svukt kadshk/kj .k dsl kFk gh ouki t vks f'kdj dsetar fodYi geskk dfBu i fj fLFkr; ka l smckj nrsFkA bu l epk; ka eal Ql y dh fofo/krk Hkh dkjxj gkrh Fkha l vksdh fLFkr eaHkh Ql y dk dN fgLI k i Snk gkrk FkA cSny ftysdsx ok xka eal eg ppkZdsnkj ku ykskauscrk; k fd gekjscki nknk dn vks egv/k [kkdj thrsFkA vkfnokl h yks eadgkor gSfd ^ egv/k xnjku; k] xkM] dkj dwckj ku; k ^ eryc tc egv/k xnjkrk gSrsxkM dkj dwyks ml schuuseagh 0; Lr jgrsgamugan jk dke chuusdsvykok ugha jgrk gA egv/k Hkhudj] mkydj] fry vkfn dsl kFk feyk dj [krs FkA



# खाद्य सुरक्षा की स्थिति एवं वर्तमान चुनौतियां

[kk | l j {kk dsrjhdsdk mi jkdR fo'y\$ .k , d rjQ gekjsl keus [kk | mik; ka ds i qrk bar tkeka dh  
0; oLFkk dh vksj b'kkjk djrk gSrksnrl jh vksj bl l sdbzrjg dsvge l oky Hkh i \$nk gksrsgA el yu taxy l s  
i klr dbz [kk | l kexh dksD; k etcjh ea ykx [kkrs Fks ; k ; g mudh l l dfr vksj i jEijk dk fgLI k FkkA  
ykskal sckrphr l sl kekU; r; %; gh ckr tkfgj gkrh gSfd ykxkadksHkktu dsfy, i kdfrd : lk l smi yC/krk  
vf/kd ek; usj [krh FkhA i jEijkr vk/kkj detkj gksudh otg l svc dbzrjg dh fnDdravksj etcfj ; kA  
tfVyrk, ai \$nk gksx; h gA v/ ; ; fur l Hkh xkkaeadek\$ k t\$ fofo/krk , oalFkkuh; i fjosk dsvudny thou  
thusdh i fjfLFkr; kau"V gpZgA vkRefuHkjrk vksj viuh l k l dfrd fojkl r dsvuq i [kk | l j {kk cukus  
okyh fofo/krk vc de gksx; h gA bl dk urhtk ; g gksjgk gSfd vc thfodk vksj [kk | l j {kk dksfuf' pr  
dj i kuk , d cMh p\$ks h cu x; k gS&

vkthfodk dk vk/kkj vfuf' pr

v/ ; ; u dsvarxh 'kkfey xkkae94 i fjokja, oal eng ppkZ/kal s; g ckr mHkj dj l keusvk; h fd vc  
l cl scMh p\$ks h ; g gSfd d\$ svi usthou dkspykusdsfy, thfodk dsl k/ku fuf' pr gA v/ ; ; fur xk  
taxy l sifji wkZ Fks vksj ykxkad thfodk taxy vk/kkj FkhA mudh l qg taxy l s'kq gkdj vksj jkr  
taxy eagh i jh gkrh FkhA taxy eavc [krh dsfy, Hkh eukgh gA e\$ ; r% taxy bykdkaefcuk fl pkbZ ds  
jxh] dknk\$ dV/dh] Tokj vksj cktjk dh [krh l fgr fofo/krki wkZnygu o l kx l Cth mxk; h tkrh Fkhavksj ; s  
vukt egurd'k ykxkadse\$ ; Hkktu FkA ; sykxkad [kku&i ku l l dfr eajpscl sFkA ; gkadsjgokl h dny  
ued vksj feVh dk r\$ yusdsfy, 20 l s30 fdykehVj dh cktjk fd; k djrsFk\$ ckdh l Hkh t: jramuds  
xk vksj taxy l sgh i jh gkrh FkhA vc taxy de gkstkul souki t l \$g.k] f'kdj dsl kr] i kuh dsl kr  
[kRe gksjgsgvksj taxy i j vkfJr ykxkad vkthfodk xHkhj l dV l sxtj jgh gA

ol; thoka}kj k Ql ykai j vkØe.k

v/ ; ; fur xkka ds d\$ fd l kuka uscrk; k fd osvc Tokj] cktjk] eDdk vkfn dh Ql ya ughamxkuk  
pkgrA bl dk dkj .k ; g ughaFk fd osbu Ql ya dks i l an ugha djrs ; k bl svi usHkktu ea'kkfey ugha  
djuk pkgrA mudk dguk ; g Fk fd vc Ql ykadsmxkusea taxy l k'k\$ kads}kj k cgr upl ku fd; k tkrk  
gA ckyk?kkV dsvjMh xk dsfd l kuka dk dguk Fk fd l jdkj uscQj {ks= ?k\$"kr dj fn; k gSrksgej\$ l k'k  
taxy dh vksj pjusughatk l drsij taxy dstkuj gekjsl k'k\$ kadsHkh upl ku i gpkrs\$ vksj Ql ykadks  
Hkh pv dj nrsgA

njvl y fi Nysl kykaeataxy ea'kj ka vksj ck?kka dh l \$; ux.; gksx; h gA bl l staxy eavl rnyu  
i \$nk gksjgk gSvksj 'kkdkgj h l k'k\$ kadh l \$; k eabtkQk g\$rk gA ; s'kkdkgj h l k'k\$ taxy ealk; klr pkj k u gks  
dh fLFkr eaQl ykad vksj i gp tkrsg\$ vksj Ql ykadksupl ku i gpkrs\$ uhyxk; ] taxy l qj] fgju  
vkfn cMh l \$; k eaQl ykadksupl ku i gpkrs\$ ; g u; h l eL; k taxy dsfudV dsxkkaeac<+x; h gA ; g  
, d u; h foMEcuk cu x; h gSfd ba ku vksj ol; tho nkukagh vf/kd l d k/ku ikusdsfy, vius {ks= dk  
foLrkj pkgrsgA vc l hfer taxy eamudh t: jra i jh gkrh ughafn [kk; h nsjgh gA e/; i ns\$ eafdl kuka



vkš ol; thokadschp c<rsbl l ʔk"kdh xgurk dk LFkkh; Lrj ij dkbzi ɸrk vkadMk ughagʌ  
Hkuvf/kdkj vkš thfodk l j ʃkk

v/; ; fur xkoka eaT; knkrj [krh dh tehua tax l syxh ; k tax dsvanj Fkha ftl ea vkfnokl h  
l epk; ka }kjk yEcl e; l s [krh dh tkrh jgh gʌ bu l epk; ka }kjk , d LFkk u ij 6 l ky [krh dscn ik; %  
nū jh tehu rš kj djd s [krh dh tkrh Fkha bluga [krh dh tehu dsekfydkuk gd dksydj dkbzfpark ugha  
gkrh Fkha osvkl ikl dh l Hkh tehu , oataxy dks  
l kepkf; d l e>rsFksvkš viuh t: jr dsvuq lk  
ml ij [krh djrs Fkha mudk ty] tax vkš  
tehu dsl kFk , d l argyu gkrk Fkha ; kno] ifudk]  
vxvj; k vkfn l epk; kadsyxse tehu rš kj gh ugha  
dh] D; kīd osnū jsdkekal sviuh thfodk fuf' pr  
djrs Fkha ij vc tc LFkk; h [krh dk nkš gs vkš  
tax eatkusl seukgh gSrksyxsckadh thfodk dk  
l k/ku [krh gks x; k gʌ vr%vc ykse tehu dk  
ekfydkuk gd pkgrs gʌ oukf/kdkj dkunū yxw  
gks dscn l jdkj }kjk bu xkoka eafdl kuka dks  
tehu dk ekfydkuk gd fn; k tk jgk gʌ bl  
i fØ; kai jh i k jnf' kark vkš xkel Hkk dh Hkiedk ugha  
cuk; h tk jgh gʌ fdl kuka }kjk ftruh tehu ij  
[krh dh tk jgh gSmruh tehu ij gd ughafn; k tk jgk gʌ fMAMkjh ftysdsxš k dūgkj vkš ckyk?kkV ds  
vjMh xkoka eykskauscrk; k fd mudh dgy tehu dk yxHkx , d pkFk; h Hkx dk gd fn; k tk jgk gʌ  
ckdh tehu dk D; k gksck bl dk [kyk; k l jdkj egdea }kjk ughafd; k tk jgk gʌ yxsckadk dguk Fk fd  
gekjh tehu gel sfNu x; h rksge rksbl xkō eajg gh ugha i k; xA ou foHkx vkš l jdkj Hkh 'kk; n ; gh  
pkgrh gsf d ge tax NkM+narkfd mudh euekuh tax eapy l dʌ

vfrdē.kdkjh cuk; sx; svkfnokl h  
l kykal stax ea [kkyh i Mh tehu ij [krh djus  
okys vkfnokl h l epk; ka dks tax foHkx us  
vfrdē.kdkjh crkdj dBkš dne mBk; s vkš  
cšckpd {ks= ds vuds xkoka eafokHkx }kjk l dMka  
fdl kuka dh dPph Ql ya dks dVokdj u"V dj k  
fn; ka fMAMkjh ftys ds v/; ; fur xš k xkō ds  
cɸkf l g dh Ql y dksHk dVok fn; k x; k vkš tc  
ml usjkd k rks ml dh cjh rjg l sfi Vkbz dj nh  
x; hA , d s gh l Hkh fdl kuka dh Ql ya dks u"V  
dj k; k x; kA

v/; ; fur xkō xš k dūgkj ds 16 ifjokj kadsoukf/kdkj vf/kfu; e dsrgr tehukadsvf/kdkj  
i = fn; sx; sgš ij bu ifjokj kadsnkosl scgr de ; kfu ftruh tehu ij mudk l kykal sdctk gs  
vkš osml tehu ij [krh dj jgs gsm l i jh tehu ij vf/kdkj ughafn; k tk jgk gʌ orēku ea tehu  
fNuusdk Mj tax l syxsxkoka dsl epk; kads l rk jgk gʌ ; g ckr l R; gsf d fi NysdQ l kykaea  
tax dh [kkyh i Mh tehu ij dQ fdl ku ifjokj kaus [krh djuk 'kq dj fn; k gʌ bl fodYi ds  
vykok muds ikl vkš dkbzrjhdk ugha Fk fd osviuh vkt thfodk ds dkbzvkš mik; djrʌ ; g l c  
l jdkj vkš ou foHkx dsveys }kjk yxsckadks tax eatkusl seuk djus ds djk . k gh gqk gʌ vc  
tax l sl argyu cukdj dh tkusokyh >e [krh dh i ) fr dks l jdkj usjkd yxk nh gSrks LFkk; h  
[krh gh mik; cprk gʌ LFkk; h [krh dsfy, T; knk tehu gsk vkō'; d gsrkfd de mi t dscotun  
vukt dh deh u gkʌ , d seayxsckadks tehu dk vf/kdkj nsuk gh , dek= fodYi gʌ v/; ; fur ftyka  
eaoukf/kdkj vf/kfu; e dsrgr vf/kdkj rksfn; s tk jgagš ij tehu de fey jgh gʌ fnukad 31-7-  
2010 rd fn; sx; svf/kdkj i = kadh l ɸ; k fuEu gs

oukf/kdkj dkuu dsrgr fn; sx; stehu dsvf/kdkj i =

¼vf/fu; e 2006 , oa2008 dk fØ; kUo; u½

ftyk	dý nkos	ku vf/kdkj l febr; ka }kj nkos dh fl Qkfj 'k	xkel Hkk }kj nkos dh fl Qkfj 'k	mi [kM l febr }kj nkos dh fl Qkfj 'k	ftyk Lrjh; l febr; ka }kj [kfj t nkos	ftyk Lrjh; l febr; ka }kj ekl; nkos	ekU; nkoa ea l s forfjr iek.k i =
[kMok	6528	6528	6528	6528	2936	3071	3059
cñy	15813	15751	15751	15751	11079	4611	4611
fMAMgsh	9589	9589	9589	9589	0	6363	4181
Qkyk?kkV	8876	8876	8876	8876	2061	6815	6715
e/; insk	400351	396076	396076	389269	257603	123246	98621

Lktr & uhfrekxZ 2011

mijkDr rkfydk l sl kQ rkj ij tkfgj gkrk gSfd oukf/kdkj dkuu dsrgr tehuka ds gd nusea i pk; r jkt l lFkfvka, oa ykxka dh l ghkkrk dks udkj x; k gA v/; ; fur l Hkh ftyka ea ou vf/kdkj l febr; ka, oa xkel Hkk dsl kfk gh rgl hy Lrj dh fl Qkfj 'kka dks ugha ekuk x; k gA ftyLrj ij yxHkx 69 i fr'kr nkoka dks fujLr dj fn; k x; kA dpy 31 i fr'kr nkoka dks gh ekU; rk nh x; h , oamueal Hkh dpy 80 i fr'kr dks vf/kdkj i = forfjr fd; sx; sgA 20 i fr'kr ykxka dks vHkh vf/kdkj i = ugha feysgA ; g Hkh mYys[kuh; gSfd ; g ugha crk; k tk jgk gSfd fdruh tehuka ij ykx [krh dj jgsgA vks mlgka us fdruh tehuka ij nok fd; k gA bl vka dMsl srks; g t: j i rk pyr k gSfd 69 i fr'kr i d j . kka dks [kfj t fd; k x; k gStcfd vl y fLFkr rksi rk pyxh fd fdruh i fr'kr tehuka dks Lohdkj dj dsvf/kdkj i = fn; k x; k gA bl fLFkr eal Hko gSfd yxHkx 10 i fr'kr tehu Hkh ykxka dks u feyh gkA

l ak"ke; cuk thou

e/; insk dsvfnokl h ges'kk l s'kkarfi z Lohko ds jgsgA ij fi NysdN l kyka l stax ij vf/kdkj dks ydj ouokfl ; ka, oa l dkj dschp l ak"kd dh fLFkr cu x; h gA ouokl h vfnokl h l epk; dk ukj gS

[kk | l j {kk dk vk/kkj taxy dVkbZ dk fojks'k dj cpk; k

fMAMgsh ftyds v/; ; fur xko xks'k dUgkj h i pk; r ds <ck xko eadN l ky i wZ taxy dVkbZ dks ydj fookn i nk gksx; kA xko ds; pk oxZus taxy dh dVkbZ ds fy, jkd yxk; h ij ou foHkx dsysk bl ds fy, r s'kj u FkA ; g ?KVuk dpy <ck eagh ugha kl ds dbZ vl; xko kaealHkh gpZ t gka; pk oxZus taxy dVus ds fy, jkd yxk; hA taxy foHkx usi gysdMk : [k vi uk; k ij ckn ea'k dpy csk ds usRo ea; pkvka ds ncko dspyrsmudks > pluk i Mka njvl y xko ds; pkvka dk dguk Fkk fd dñ dVkbZ eafu; eka dk mYyA ku fd; k tk jgk gA dpy mlgai Mka dks dVv tkuk pkfg, tksT; knk mezdsgA dPpsi Mka dks u dVv tk; A varr%; pkvka dh egur l Oy gpZ vks <ck xko ea501 i Mka dks dVus l s cpk fy; k x; kA vc xko dsysk i Mka dh u dpy dVkbZ l scfyd vx l shkh j {kk dj usea enn d j rsgA ykxka dk dguk gSfd taxy mudsfy, thou dk l oky gSvks mudh [kk | vks vkthfodk l j {kk taxy l sgh fu/kkZjr gkrh gA ; pk oxka us fuo fl M l lFk dh enn l stax v/; ; u eMy cuk; k gprk gSvks taxy dks l e>dj ml scpkusdk iz kl dj jgsgA

vkš dguk gšfd \*\*tkš tehu eauxj pykgh og tehu dk ekfyd gkbž\* ; kfu tkš fn; ka l staxy ea [krh djr k vk; k gšml sgh ml tehu dk vf/kdkj feyuk pkfg, A ij ou foHkx dk ukj gštaxy] tehu] ouki t l jdkj dk gā bl ij fdl h l enp; dksd ughafeyuk pkfg, A bl h otg l svk; sfnu txy foHkx , oa ouxkēaeaj gusokysvfnokl h l enp; kadschp fookn i šk gštkrsgā

taxy vf/kdkj dksydj vkš dbžrjg dsfookn dsepnsl keusvkrsgā ckyk?kkV dsdklgk l syxsxkōka eaHkh ou foHkx dsvf/kdkfj; ka }kjk T; knrh dsepnsvkrsgjsgā ckyk?kkV ftysdsv/; ; fur xkō /kfu; k>lj ds, d fdl ku ds [kr dsikl cnj ejusdh , d ?kvuk dksydj ou foHkx usbl svi jk/k dk; e djusth /kedh nh tcf d ml fdl ku uscnj dksughaekj FkA vfnokl h l enp; cnj kadsughaekj rA

v/; ; fur l enp; cšk txy dsokl h gks ds l kFk Lorā jguk il n djrsgā tc l staxy ij fu; æ.k gvk rks txy foHkx , oacšk l enp; dse/; vl keU; , oarukoi wkl ædk dk; e gksx; A ifl ) ekuo' kkl=h cšj; j , fYou usHkh viuh fdrkc n cšk eafy [kk gšfd \*\* taxy , oaLFkkuh; vf/kdkfj; kadh rkuk'kgh cgn vf/kd gā bl dk e[; dkj.k vfnokfl ; ka rFk vf/kdkfj; ka dschp geškk l scuk gvk l æk"l wklfookn gšA

### [kk | fofo/krk dh pūks'h

[krh vkš ou vk/kkfjr vFk; oLFk ea [kk | inkFkā dh fofo/krk n[ kus dksfeyrh FkA txy l stM; l enp; ka dks 100 l sHkh vf/kd [kk | mi yC/k Fksftl ea vk/ks l svf/kd ouki t ij vk/kkfjr FkA txy ds l kFk&l kFk ; s [kk | Lid ht u"V gksx; havkš vc i s/ Hkjuk Hkh nhkj gksjgk gā fofo/krk i wkl [kk | feyuk vc l cl scMh pūks'h cu x; h gā v/; ; fur xkōaeafi Nys 30 l s 40 l ky i wlg h fofo/k [kk | dh iztkfr; ka mi yC/k Fkhaf tudk fooj .k uhpfn; k tk jgk gš&

fofo/k [kk | inkFkā dh fLFkfr

Ø	[kk	i wZdh Lh [ ; k	orēku l [ ; k	
1	vukt	56	24	
2	dn , oaey	28	13	
3	Qy , oaQy	45	21	
4	l Cth , oaHkth	54	27	
5	Ek'k: e	24	14	
6	eNyh , oadMsvkfn	18	12	
7	ekd , oai kšVh	15	7	
8	vU;	22	9	
	dy	262	127	

mijdkr rkfydk l stkfj gšfd vc [kk | oLrpkēavk/ksl svf/kd deh vk x; h gā orēku eadbžrjg ds [kk | vc [kre gksx; sgā; k cgr de gksx; sgā budh mi yC/krk cgr dfBu gksx; h gā dbžvukt vc ykx ughaigpku i krA v/; ; fur xkōkadsdñ cpkāl svukt fn [kdj i wkl x; k fd ; g dks l k vukt gš rkscPpsughaek ik; A vkusokys l e; eaek/svukt kadh dbž iztkfr; kafoykr gks ds dxkj ij gā dka] eāM; k ; kfu jkxh] j l syh dh/dh] dknkš cktjk vkfn vukt vc cgr de ek=k eaek stkusyxsgā

taxy de gks l sdbžrjg dh Hkkt h] e'k: e dh iztkfr; h] dn , oaQy vkfn vc ughafeyrs; k cgr

de ek=k eafeyrsga ufn; kads l v[kusdsdkj .k i kuh eai k; stkusokyh Hkk th vks eNfy; kad h iztkfr; h Hkh de gksx; h ga f'kdj dh l Hkkouk yxHkx [kRe gksx; h ga cktj l sdq rjg dsgh eka fey i krsgh, oa i kyrwefxa kadk fpdu vks vM/sgh mi yC/k ga i fjos k vk/kkfjr [kk | 0; oLFkk [kRe gksdsckn vc cktj vk/kkfjr 0; oLFkk ea[kkuseafofo/krk cuk; sj [k i kuk cgr ef' dy l k gksx; k ga jk'ku dh nplku i j Hkh dny xsgw pkoy gh feyrk gStksykskadsfy, vukt i kflr dk fodvi cu jgk ga

[kk | fofo/krk dk ijk l oky tbfifofo/krk l stMh gprk ga fM/Mksh ftysdsv/; ; fur xko xksk dlogkj ds'kdpy cSk dk dguk gsfid vc txy eavk/ksl svf/kd i M+i ksk tMh ?kk | ou; tho i kuh vkfn [kRe gks ppsga geusxko dsyskads }kjk txy v/; ; u eMy cukdj 71 tkfr dh fpfM+ k 35 idkj ds i M+ 14 idkj dsdm] 21 idkj dStkuojkadsuke gh fplgr dj i k; stksgekjsxko eai k; stkrsga bueaHkh ek=k ds fgl kc l sn[karksdbZ, d sgStkscgr de gksx; sg Nks/h ufn; kaefatueal ky Hkj i kuh jgrk Fkk vc l v[kus yxh ga i M+i ksk, oa ou; thoka ds ?kVus ds dkj .k vc l gkj ugha feyrk ga , d nls ds l gkjs vud iztkfr; kavks tho tarqvkr grsga , d ds [kRe gks i j nls 10 vks [kRe gStkrsga xko dsysk Hkh ; g l kprsgfid tc l idkj txy dVokdj ystk jgh garksge D; kabl dh ns[kjs[k djga

[ksh dh paksr

txy vk/kkfjr 0; oLFkk pjejkusdsckn vc [ksh i j nco c<k ga txy l souki t u fey i kusds dkj .k vc [ksh gh [kk | l j {kk vks thfodk dk ef; vk/kk cu x; h ga i j ; g [ksh dh tehua [kk rks i j fM/Mksh vks ckyk?kkv dsv/; ; fur xko dh tehua igkMh gsvks vf/kdkkr%vfl apr ga buea dny dN [kk vukt gh mi trsga i j cktj dh Qsyrh 0; oLFkk dsurhtru vc igkMh <yuka i j Hkh fdl ku /kku vks xsgw t h Ql ya mi tkuk pgrsga bu Ql ykad h i k f l x v l kuh l s cktj eami yC/k gStcfd i j Eijxr vukt kads ?kj eaJe djsi k d fd; k tkrk ga /kku , oaxsgw, d h Ql yagStksfuk l arfy i kuh dh ek=k dscxg ughag i k rha ekul u eatjk l k Hkh cnyko gks i j bu Ql ykad k mRi knu i Hkfor gark gStcfd eks/svuktadh Ql yaekul u dh vfu; ferrk dks l g i kuseal Qy jgh ga

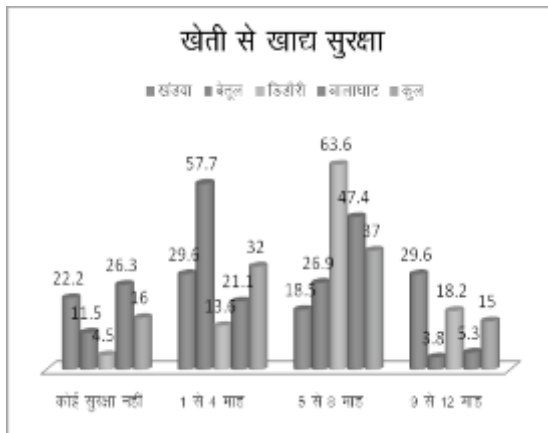
v/; ; fur xkoka eaykskal sppkZearck; k x; k fd xsgw, oa/kku Ql ykad s d f k fHkx }kjk Hkh c<kok fn; k tk jgk ga xsgw, oa/kku pukj eVj vkfn dscht i j l idkj l fcl Mh nsjgh gStcfd eks/svuktads mRi knu dksfd l h rjg dk i krl kgu ugha fn; k tk jgk ga igkMh <yuka i j vkerks i j eks/svuktadh Ql y gh vPNh gkrh ga bu Ql ykad s c<kok nsl sykskad h [kk | l j {kk dks c<kok fey l drk ga eks/s vuktadh Ql ykad s d k b z i krl kgu u feyusdsdkj .k ml dh mi t i Hkfor gksjgh gsvks yxs , d h Ql yka dh rjQ vkd "V gksjgsgStks i gkMh <yuka i j i kfj l Fkfrdh; , oamRi knu nkskagh rjg l smi ; pr ughaga vc [ksh }kjk [kk | l j {kk dk vk/kk ?v jgk g&

[ksh l s [kk | l j {kk

ftysdk uke	dkbz l j {kk ugha		1 l s 4 ekg		5 l s 8 ekg		9 l s 12 ekg		egk; lxx	
[kMok	6	22.2	8	29.6	5	18.5	8	29.6	27	100.0
cSny	3	11.5	15	57.7	7	26.9	1	3.8	26	100.0
fM/Mksh	1	4.5	3	13.6	14	63.6	4	18.2	22	100.0
cky k?kkv	5	26.3	4	21.1	9	47.4	1	5.3	19	100.0
clg	15	16.0	30	32.0	35	37.0	14	15.0	94	100.0

fi Nyh rkfydk dsfo'yšk.k l sLi "V gkrk gSfd  
16 ifr'kr ykxkadsikl [krh l sdbz [kk | l j {kk ugha  
feyrH ; ifjokj vc ijh rjg l setnjh ij vkfJr  
gA doy 15 ifr'kr ifjokj gh 9 ekg l svf/kd , oa  
l ky Hkj dh [kk | l j {kk [krh l sdj ikrsgA tkfgj gS  
fd [krh vc vkfnokl h l emk; ka dh [kk | l j {kk dk  
vk/kkj ughacu i k jgh gA

vc [krh eamRi knu rksc<k gSij bl mRi knu ds  
c<us dk Qk; nk vkfnokl h {ks= ds fd l kuka dks cgr  
de ek=k eafey i k; k gA vkfnokl h bykdka dh 75  
ifr'kr l svf/kd tehuahkjz; kfu mph uhph] i Fkjhyh



vkfnokl h bykdkaevkl i kl ds l eryh bykdka dh ryuk eae[;

Ql ykadk mRi knu

Ø	Ql ya	Lkery bykdkae aifr , dM+ vks r mRi knu	vkfnokl h bykdkae aifr , dM+ vks r mRi knu
1	/kku	6 fDoV/y	3 fDoV/y
2	eDdk	3 fDoV/y	2 fDoV/y
3	Lkks kchu	6 fDoV/y	3-5 fDoV/y
4	xsgA	7 fDoV/y	2-5 fDoV/y
5	puk	5 fDoV/y	2 fDoV/y
6	dknks	&	50 fdyks l s 1 fDoV/y rd
7	dh/dh	&	50 l s 80 fdyks rd
8	l kœk	&	50 fdyks l s 1 fDoV/y rd
9	vjgj	3 fDoV/y	1 fDoV/y
10	Tokj	3 fDoV/y	2 fDoV/y

gA bu tehuakaefl pkbzds l k/ku Hkh u dscjkj gA vr%; gkamRi knu dk Lrj Hkh detkj gkrk gA

mi jkDr rkfydk l stkfgj gSfd /kku dk mRi knu tgkal ery {ks=kaea 6 fDoV/y i fr , dM+gkrk gS  
oghavkfnokl h {ks=kaea; g 3 fDoV/y gh jg tkrk gA bl h rjg xsgAHkh l eryh bykdkaea 7 fDoV/y i fr , dM+  
tcfd vkfnokl h {ks=kaea 2-5 fDoV/y gh gkrk gA





# खाद्य सुरक्षा एवं संस्कृति

i kjEi fjd [kk | I j {kk eafofHkUu I enpk; ka [kkI dj vkfnokl h I enpk; ka }kjk viusikjEi fjd Kku vkš  
vutko dksvk/kkj ekudj [krh vkš Ql y mRi knu] [kk | inkFkādsl axg] ml dshkA/kj .k vkš forj .k ij tkš  
fn; k tkrk jgk gA bl Kku vk/kkfjr i ) fr eachtkadsmi pkfjr djuš mudsckouh djuš mudksl gst dj  
j [kuš Ql y dk cpko djusdh fo/kk jgh gA I kFk gh [kk | inkFkādsh fuf' parrk dksck; sj [kusdsfy, ] mlgA  
yEcsI e; rd I jf{kr djusdsfy, iutk vkš fu; æ.k djusdsrkš rjhdsHkh LFkkuh; vk/kkj ij cuk; stkrš  
FkA bl i kjā fjd 0; oLFk eaU dōy tš fofo/krk dsl j {k.k dk cgrj uenuk ekšm Fk cfYd bl snjn'khZ  
I kp dstfj; sfVdkÅ j [kusdk iz kl Hkh FkA izdfr I sfdu [kk | inkFkādksfdruk ikr djuk gš fdu thoka  
dk f'kdj djuk gš fdu tehukaj vlu mi tkuk gš fdruk i kuh mi ; kx djuk gšvkfn ckrkaj vkfnokl h  
I enpk; kadk ij foKku dk; e FkA bl foKku dsvuq lk gh ; g I enpk; viuh thoupØ I a fer j [krsFkA

uhydB] xkš k j ydMeX?kk] fcYyh] dRrk] cōj] xk; ] Nkš/h eNyh] Hkkyh xkš vkš ck?k vkfn tho tōpka  
dk f'kdj ughadjrsFkA bu ol; thokadksos tšfofo/krk eaegroi wZekursFkš vkš mudksl jf{kr djusds  
fy, mlgAekjrsughA cšny , oa [kMok ftyscdskj dlvkš xkM I enpk; eafofYyh] dRrk] dksy; k] cōj] Hkkyh  
ck?k vkfn tkuojkadksf'kdj dsfy, oftr ekuk x; k gA bl h rjg i hi y] uhe] I ehcy] egvqk] I k>M] I ky  
vkfn o{kkadksughadkVrA

fi NysdN I kykal stxy ij vf/kdj dksydj ouokl h vkš I jdkj dschp I āk"zdh fLFkr; kai šk ghpZ  
gA bl otg I souokl h I enpk; kadk I ddfR Hkh u"V gksjgh gA dN I kykai wZrd bu I enpk; kaeatehu dks  
ydj fdl h rjg dk Lokfero dk Hkko u FkA I Ei wZ txy vkš tehu] i kuh ij I kepkf; d vf/kdj Fk vkš  
I c feydj ml dk /; ku j [krsFkA fdl h i fjokj dks; g ughaegl w gkrk Fk fd ; g tehu mudh gA , d  
I ky [krh fd; k vxyh I ky nū jh tehu ij vkš vxyh I ky rhl jh tehu ij [krh djrsFkA fdl h Hkh  
i fjokj eafdl h rjg dsfookn ; k yMkbZ>xMsdh fLFkr gh ughacurh FkA Ny di V vl R; rk dk Hkko gh u  
FkA ; g fLFkr; kacšk , oadkj dvl enpk; kaeavHkh Hkh nēkh tk I drh gA

LFk; h [krh dh 'kq#vkr dsl kFk gh vc oukf/kdj dksydj bu I enpk; ka dh fpark c<h gA vc  
oukf/kdj dsrgr Hkuvf/kdj i = Hkh fn; stk jgsgA ; g vf/kdj i = mlgatgkamudsgd dksetcarh nūs  
okysirhr gkrsgāoghabl I smudsl kepkf; d jhfr fjokt o I ddfR dks/kDdk Hkh i gpxsKA LFk; h [krh dh  
viškk mudh i jEi jxr I ddfR dksck; sj [kusokyh cōj [krh gh T; knk i Hkkoh Fkh] , d k vkfnokl h I enpk; ka  
dscqtqZyks vkt Hkh ekursgA

cōj [krh gh ughacfYd , d vuks[kh I ddfR

\*cōj cšk vkfnokl h I enpk; dh [kk | +I j {kk dk eq; vk/kkj FkA txy I siklr xš df"k [kk | vkš  
ouks t cškvkadk vfrfjDr [kk | gštksmudh [kk | I j {kk dksetcar djuseal gk; d gkrk gA cōj i kdfnd  
: i I stšod] lk; kbj .k fe= vkš fefJr [krh gA cōj eacšk tkfr dšyks I ksyg izdkj dschtka dksfeykdj  
, d I kFk Nūw nrs gA bu I ksyg chtkadh dbZ iztkfr; ka Hkh gšftl sfeykdj 56 izdkj dschtka dks cšk  
blnekj djrs gA cōj [krh dscjseacqtqZcšk vkt Hkh dgrsgšfd tc cōj [krh dk pyu Fk] rc ge 16

t kfr dk [kkuk [kkrsFkA cōj dsbu l kjschtka dh izt kfr Tokj] ckt jk] dknkš dŧ/dh tš seks/svuktka dh gā\*\*

njvl y cōj i kjEi fjd [krh dk vuBk mnkgj .k gStksfd vnHkq vuktka dh mi yC/krk fuf' pr djrk gā l kFk gh bl [krh ds tfj; sl kemkf; d l ejl rk] l dfr] esy tky] i jLi j l g; kx] l kemkf; d LokfeRo dh Hkkouk izy gkrh gā v/; ; fur xkōkadscōt qkō [kl dj cSx l epk; dsy kxk adk dguk Fk fd cōj mudh ftanxh dk fgLi k gā cōj [krh ea txy] i gkM+ c k f j 'k] tho& t r h j l k' k f i {kh l cdk esy gā bl Ql y ea l c dŧN , d l kFk feyrk gS; kfu bl l snky] Hkkrr] ist] j k s/h] l C t h j Hkk t h , d l kFk feyrk gā bl ds vukt l sgea Hk j i j r kdr feyrh gā vl y eabu vuktkaeal Hkh rjg dsi kškd rRo vi {kkdr vf/kd ek=k eaekSt m gkrsgā

cōj [krh , d h gSfd bl eafdl h i d k j dsd h M s H k h ughayxrā ; g l c l sl g f {kr Ql y gā bl ds v r x r dŧN Ql ya t g k a v f / k d o " k k Z e a g k r h g ā r k s d ŧ N Ql y a f c Y d ŧ y d e ; k f c u k o " k k Z d s H k h g k s t k r h g ā , d h f l F k f r e a l ŧ k k i M e s i j H k h d ŧ N u d ŧ N v u k t f d l k u k a d k s f e y t k r k g ā

cōj [krh dh i ) fr vkt dh [krh l sfcYdŧy vyx gā bl i ) fr ea o " k k r d s i g y s [kr ea > k f M + k a , o a dŧN i M k a d s d k V d j f c N k f n ; k t k r k g ā l ŧ k u s d s c k n b l e a v k x y x n h t k r h g S t k s t y u s d s c k n , d i j r j k [k d s : l k e a [kr ea Q S y t k r h g ā y X k H k x , d l l r k g i m Z b l h j k [k e a 1 6 i d k j % v y x & v y x b y k d k a e a f H k U r k k 1 2 d s c h t d k s N h a / f n ; k t k r k g S v k š m l s , d n k s f n u e a B h d l s f e y k f n ; k t k r k g ā v k f n o k l h l e p k ; k a d k s ; g v n k t j g r k g S f d c k f j ' k d c v k ; s x h a m l h d s v u q l k ; g d k e f d ; k t k r k g ā c k f j ' k v k u s d s c k n c h t v a d i j r g k r s g ā v k š v y x & v y x c h t k a d s i k š k s , d n ŧ j s l s x f k t k r s g ā r k f d m u d k s d k b Z u p l k u u i g p

cSx vkfnokl h l epk; ea [krh dsdk; kōdh l e; l kj.kh

Ø -	fgnh	vaot h elg	dk; Z dh l dfr	Ql y dVkbZ dsfy, rš kj
1	pš	ekpl& višy	cōj tehu dh l QkbZ cōj dVkbZ dj tehu ea fcnk; k tkrk gā	
2	cl k[k	višy&ebZ	cōj dkVdj foNk; k tkrk gSvkš l ŧkus dsfy, j [krs gā	
3	tB	eb&tū	l ŧkh > k f M a k a d k s t y k r s g ā v k š v / k t y h > k f M + k a d k s l k Q d j r s g ā c h t d k r s g ā	
4	vk"kk<+	Tku&tykbZ	cōj [krh dk eŧ; dk; Z 'kq gkrk gš funkbZ djrs gā	
5	l kou	tykb&vxLr	funkbZ dk dke pkyw jgrk gš	dŧN:
6	Hkknka	vxLr&fl rEcj	funkbZ , o a dŧN Ql ya rš kj gk s t k r h g S v k š d V k b Z d j r s g ā	dŧN:
7	Dokj	fl rEcj&vDVŧj	cōj Ql y dh dVkbZ vkš yŧkbZ % g k o i L V a k 1 2 d j r s g ā	Hknsyh l kōk] [kš kl k
8	dkfrZl	vDVŧj&uoEcj	Ql y dVkbZ	Hknsyh l kōk] j l s u h d ŧ / d h
9	vxgu	uoEcj&fni Ecj	Ql y dVkbZ	Mkaj dŧ/dh] eŧM; k] d k a k l y g k j l k o i > ŧ : ] m M n j f M a x j k
10	HkSk	fni Ecj&tuojh	Ql y dVkbZ	Tokj] x: u] j o k a ] i g i g h l k o k
11	Ekk?k	Tkujh&Qjoj h	Ql y dh l QkbZ , o a H k a / k j . k	m M n j f l f d ; k j d j F k h
12	QkYxq	Qjoj h&ekpl	egkoi wkZ R; k g k j k a d k e k s e	c n j k H k s t j k l < k y j h

I dA , d I snl jsi kSkadksl g; kx fey tkrk gA cMsi kSk Nk/s i kSk, oaQSyusokysi kSkadk I keatL; cB tkrk gA

Ql y r\$ kj gksudk l e; vyx vyx gkrk gSvkj ; g Øæ 4 l s6 ekg rd pyr gStksfd ykSkadks [kk | l j {kk nrk gA bl h rjg xkM vkj dksdwl eipk; ka ea Hkh i kM/k vkj Mkakj@cnyok i) fr eadN varjakdsl kF fd; k tkrk gA

mijDr rkfydk l sl kQrkj ij tkfgj gkrk gSfd l ky ds8 ekg rd cøj Ql y l sdN u dN Ql y feyrh gA l kFk gh cøj eafI fd; k Ql y fcuk cks sgh vi usvki r\$ kj gkstkrh gStksykska dks1 l s2 ekg rd vk/kkj nrh gA l kFk gh vkfnokl h l eipk; ka }kj k dh tkusokyh ; g [krh i) fr tfofo/krk dks i wZ l j {k.k inkudjr h gA

[kk | l æg.k , oal j {k.k

[krh dsvykok vkfnokl h l eipk; ka ea [kk | l j {kk dk ed; l kr [kk | i nkFkkadsl æg.k dk jgk gA txy l svud idkj ds dñ 1/ñ [ka i fjf' k"V] Qy vkfn , d= djudh ijEijk jgh gA ; g dk; Z0; fDrxr vk/kkj ij vkj dbzekeykaeal ketigd Hkh gkrk FkA dñ l svkfnokl h i fjokjadh 1 l s2 ekg dh [kk | l j {kk fuf' pr gkrh FkA vud idkj ds i kSkd rRoka, oa vSk/kh; xqka l s; Ør dñkadksfudkyusdk , d [kkl l e; gkrk gA cSk l eipk; earks dñ dk fo'kSk egRo gS, oadflg; k dkank dks i j s xkø dsyx , d l kFk feydj [krs gA tc ; g dñ id tkrk gS rks tkj l s fpYYkkdj vkokt yxkrsgfd txy ea\*\*[wl ikfdl\*\* vkj , d= gkdj dñ dks [kksusdsfy, py nrsgA eY[kwcsk dgrsgfd gekjs l ; kus ykx dflg; k vkj Mkuph dkank [kldj thrs FkA nnfj; k xhr dsl kFk feydj dñ [kksusdh ijEijk , d vuk[kh l ðdfr dk fgLI k jgh gStgkafeydj , d l kFk ykx [kk | l æg.k djrsgao ml sblreky djrsgA dñ dsl kFk gh txy l shkkth ekgj i Rrk vkfn Hkh feydj , d= djrsgA

vukt , oa[kk | i nkFkkadk l j f {kr HkMkj .k

xkøkaea Ql y mRiknu dsckn ml sl gstdj j [kusdh viuh l ðdfr jgh gA vukt , oavxys l ky ckouh dsfy, chtkadksl j f {kr j [kk tkrk FkA vkfnokl h l eipk; ka eavf/kdk kr%eks/svuktadk gh mRiknu gkrk FkA bu vuktadk cktj eW; cgr de gkrk gA vRk%ij k mRiknu j [kusdh ijEijk jgh gA eks/svuktka [kkl dj dksks, oadl/dh dkscSk , oadkj dñ xkM l eipk; dsyx l kykard j [krs gA bu vuktkaefdl h rjg dsdHMHkh ughayxra vr%vkfnokl h l eipk; dsyx vuktadksj [kusdsfy, fd l h rjg dsdHvuk'kodka dk iz kx ugha djrA v/; ; fur xkøkaea vukt j [kusdsfy, fuEu rjhdkadk mi ; kx fd; k tkrk gS&

ekgy , d mi ; kx vud

txy ea ekgy , d idkj dh csy gkrh gA ; g csy txy dh yrkvka eafyi Vh jgrh gSvkj , d&ñl js, oa dbZ i Mka ea Qy tkrh gA ; g tfofo/krk dks l j {k.k nrh gA bl csy dh Nkø ea vud i'kq i {kh , oa ekuo /w , oanl js tkuojkal sfNi rs gA bl csy dk mi ; kx vkfnokl h l eipk; ka }kj k viusnsud thou ea fofok : ikaeaf; k tkrk gA bl l s nksuk] i Rry] Nkr } j LI h] Vks h vkfn cuk; stkrsgA l kFk gh ekgy dk Qy Hkh [kk; k tkrk gA bl csy dh vkM+ea dbZ idkj dstho tñq, oatMh cñV; ka l j f {kr jgrh FkA ekgy csy dksdñ dVkbZdsfy, txy fohkx }kj k dkV fn; k x; kA bl dsdkVus l su døy cSk , oa vU; vkfnokl h l eipk; ka dh vktfodk i Hkfor gñZ cñYd dbZ idkj dh vU; i M+i kSkka, oa thokadh iz tkf; kaHkh u"V gksx; hA

dkBh

vukt j [kusdk ; g l cl svf/kd bLrky gksokyk l k/ku gA v/ ; ; fur l Hkh vkfnokl h l enpk; kaea vukt dkBh cukusdh i jEijk l kyka l spyh vk jgh gA cSkj dkj dñ xkM l Hkh vkfnokl h l enpk; dsyxs dkBh cukrsgñ dñy vdkdj , oai z ðr l kexh eaFkMk varj gkrk gA cSk yxs vi us?kj kadsnjokt kads l keus dh rjQ vukt dkBh dk fuekZk dñrsgñ ; g vukt dkBh yxHkx 6 QhV Åph , oa3 l s4 QhV rd pkMh gkrh gA bl sdnksdsMBykadsfeykdj feVVh l scukrsgñ bl sfeVVh , oaxkñj l svPNh rjg fyi kbZdjrs gA bl eavukt j [kdj cñ dj fn; k tkrk gSrkfd dghal svñj gok ; k uehau i gp l dA dkj dñl enpk; ea Hkh feVVh dh dkBh cukusdk pyu gA

[kMjhñçys

[kMjh , oañçysHkh , d i dñkj dh dkBh gh gSqd fl QZbruk gSfd ; g vdkdj eadkñh l sNkVh , oaxksy gkrh gA bl scSk l enpk; dsyxs ckd l scukrsgñ ckd dksQkMej m l dh i ryh i fVV; kads pVkbZ dh rjg fcukbZ dñdsxkykdñj : i nrsgñ bl i j feVVh , oaxkñj l svPNh rjg yhi dj fpduk dj yrsgñ , oavñj dh rjQ l segy i Rrk fcNk nrsgñ bl sHkh vukt j [kusdsckñ cñ dj nrsgñrkfd vñj rd gok , oaueh u i gp l dA dkj dñyxs Hkh bl h rjg l scukrsgñ dñ yxs bl sfeVVh vñj dñkadsMBy l sHkh cukrsgñ Ekj l kadj l h

Tkc vukt dh ek=k de gkso bl sl gñfkr j [kuk gksrkscSk l enpk; dsyxs ej l sdñ mi ; xs djrs gA ; g eVdk osdñgkjka l s [kjhnrsgñ ej l seaT; knkrj nyguh mi t , oacht j [krsgñ vukt j [kusdsckñ ej l sdseñ dñsegy dñi Rrsj [kdj < d fn; k tkrk gSvñj bl scak fn; k tkrk gA dkj dñyxs bl sdñ l h dgrsgñ xkM vñj dkj dñl enpk; kaeavc dñ yxs ykgsdh dñB; kaHkh vukt j [kusdsfy , mi ; xs dñus yxsgñ ; g pyu [kMok o cñy dsv/ ; ; fur xkMkaeandñ kuseavk; kA ; | fi ; g pyu vñh dñ i fjokj kard gh l hfer gA cgd ð ; vkfnokl h l enpk; dsyxs vñh Hkh feVVh , oackd l scuh dñB; kadk gh mi ; xs vf/kd dñrsgñ

[kk | l gñ {kk dk l keñk; hdñ .k

xkM dh bl vukt HkMkj .k dh i jñ jk dksxkM Lrj i j l keñk; d mi ; xs dsfy , Hkh xñj k xkM ds yxskaus , d u; h 0; oLFk Hkh dk; e dh gA bl 0; oLFk dsrgr xkM eaxe vukt , oacht dñk dk fuekZk fd; k x; k gA bl eaxe dsyxskañjñk vñknu dsñjñk foñHku vukt kads tek fd; k x; k gA bl tek fd; sx; svukt dñst : jr dñl e; mi ; xs fd; k tkrk gA xkM dk dñbZ Hkh i fjokj bl vukt , oacht dñk l svukt i ñr dj l drk gA bl vukt eal scht yusij 25 i fr'kr , oavukt yusij 20 i fr'kr C; kt dñl kFk ykS/kuk i Mñk gA ; g vukt Ql y vkusdsckñ ykS/kuk gkrk gA bl rjg xkM ea vukt HkMkj eaof) gñjgh gSvñj [kk | l gñ {kk dk , d u; k rñhdk cu jgk gA bl rñhdsdñsvl; xkMkae Hkh vk tek; k tk jgk gA xñj k xkM eabl l e; 15 fDñVy vukt tek gA bl eaef; r% dñkñj dñ/dñj xñj puk vñj /kku tek fd; k x; k gA xkM ds'kñdy cSk dk dguk gSfd bl dñk dk mi ; xs ge yxs cñrñh l sdñ jgsgñ ; g gekñsfy; scñr vñl kuh l smi yC/k gSvñj fd l h Hkh l e; bl eal st : jr i Mñs i j mi ; xs fd; k tk l drk gA bl 0; oLFk dñs l pk: < x l sl pkfyr dñusdsfy , fuofl M l ñFk ukxi jñjñk l g; xs fd; k tk jgk gA

vukt dsvykok vU; [kk | i nkFkkādk HkMkj .k

vukt dsvykok vU; [kk | i nkFkkādksl gst dj j [kusdh i jEi jk Hkh fofHkuu l enpk; kaeaj gh gā [kk l dj cSck , oadkj dwl enpk; kaeal fct; kH HkktH] Qyka dksmi t dsekS e eal qkkdj j [k fy; k tkrk gā ckn ea t: jr dsl e; bu inkFkkādksl dkdj mi; kx ea yk; k tkrk gā veVkl iVqigjh] ckd figjh] pukHkktH] dks ykj HkktH] [khjk] ddMh vkfn dksl qkkdj j [kusdh i j jk jgh gā txy l s, d= fd; sx; sdan dksHkh l qkkdj j [k fy; k tkrk gā

chtka dh i utk }kjk mi pkfjr dj uk & fcnjh

v/; ; fur xkoka dsvfnokl h l enpk; kaeal/kkfeZ fo'okl ka, oaeKU; rkvkadks cgr egRo fn; k tkrk gā Ql y mRi knu] txy eatkuso ouki t , d= djuS 'lknh O; kg vkfn dsl e; vuud idkj dsnorkvka dh i utk dh tkrh gā bu l enpk; kadh ekU; rk gsf d bl l sxk ea [kqkgkyh vkrh gSvkS Ql y vPNh i shk gkrh gā xkō ij fdl h rjg dk idksi ughagkrKA [kk | l j {kk l stMsl Hkh mik; kaeavfnokl h l enpk; ka [kk l dj cSck , oadkj dwl enpk; kaeai utk vS nō/kkeh dk vk; kst u t: jh l e>k tkrk gā

tB ; k vk"kk<ekg eackouh l sigyscSck vS dkdj dvrFkk xkM l enpk; dsl kFk gh xkō eajgusokysnl js l enpk; ka }kjk fcnjh i utk dh tkrh gā ; g , d rjg l scht dksmi pkfjr djusdk rjhdk gSrkfd cht vPNh rjg l smxs, oahkj i j Ql y i shk gka Ql y eafdl h rjg dsi dksi , oachekjh dk l Hkkouk u jgā bl i utk ea xkō dsl Hkh ykx xkō dse[; /kkfeZ LFkku Bkdj nō ij , d= gkrsgā bl i utk dsfy, l kfigd : i l spnk , d= fd; k tkrk gSvkS xkō dsl Hkh i fjokj ka l sFkkM/scht , d txg tek fd; stkrsgā bl , d= cht eackSck i qtkjh }kjk l; kt j [kk tkrk gSvkS nōh nōrkvka dk vkgeku fd; k tkrk gā chtka i j egv k dh 'kjc fNMelrsgā vS eqZ dh cfy nh tkrh gSrkfd dN can [kuu Hkh chtka i j Vi dk; k tkrk gā l Hkh chtka dks, d ea feyk fn; k tkrk gSvkS FkkM&FkkM/schtka dsl Hkh dksforfjr fd; k tkrk gā bl sl Hkh i fjokj dsy kx ?kj ys tkdj vi uschtkaefeyk yrsgā fcnjh i utk dsi gysefgyk, apVgk cuk yrh gārkd o"kkZ vPNh gka

vU; i utk , oar; ksjk

vkfnokl h l enpk; kaeavkfnedky l sl Hkh fOz; kdyki txy] i kuh] ouki t] [krh l sgh tMlgā blghads bnixnz mudh i jh l dfr fodfl r gPZgā [kk | l j {kk dsmik; kavS ml dsegRo dksmudsR; ksjk ka, oai utk fof/k; kaeali "V : i l sn[kk tk l drk gā bu l enpk; kaeal Ql y mRi knu] [kk | i nkFkkādksl xg. k] HkMkj .k] l kenkf; d vf/kdkj , oaforj .k] l e j l rk mudh l dfr eal ekfgr gā ; gkage cSck vS dkdj dwl enpk; ds dN eq; R; ksjk ka, oai utk dk fooj .k i Lrr dj jgsgrftuea [kk | l j {kk dh >y d feyrh gS&

bl dsvykok cSck vS dkdj dwl, oaxkM l enpk; kaeal dbZ; ksjk euk; stkrsgā tksfd idfr dsl j {k. k vS vki l h i e&l ksjknZ l stMlgā cSck l enpk; kaeack?ks o j] cMle nō] cMle ukx nō] uoZh] Bkdj nō] HkM kl j] vluu i wkdZ ounō] Mlaj nō] ounōh] tynōh vkfn l dMlā dh i utk djusdk fo/ku gā dkdj dwl enpk; kaeagkohj] eBok] [kMle nō] egknō] jko. k] eSkukFk vkfn nōka dh i utk dh tkrh gā bu l c R; ksjk kavS i utu eabu l enpk; ka }kjk vi uh tfrdk l j {kk [kk | l j {kk , oaml dsfVdk Ai u] Ql y vkfn dh egRrk >ydrh gā , d k tksviki yxk; k tkrk gsf d vkfnokl h l enpk; txy dksupl ku igpkrsg ml s dVdj cōj [krh djsrgā i jh rjg l sxyr vS cōfu; kn gā e; i nsk dsl cl svf/kd ?kustxy cōj [krh djusokyscSck bykdseagh gā , d k gkrk rksrsvkt cSck {k= eade txy cpsgrā cSck txy dksgr egRo nrsFksvS mudsl j {k. k dsl kjsrjhds mudh l dfr ea feyrsgā txy vf/kdkj [kre djusdsckotm Hkh cSck , oadkj dwl enpk; dsy kx txy dsl j {k. k dh vuns kh ugha djsrgā



cSxk , oadkj dwl epnk; ka ea [kk] | l g {kk , oaR; ksjk kadk l azk

R; ksjk	dc eukrs gā	dS seukrs gā
Ukok [kkbz]	Ok'kkā' ds ckn Uk; h Ql y vkus ij	cSxk vls dks dw nku ka gh l epnk; ds yxs uok [kkbz R; ksjk mRl kg l s eukrs gā dks dw l epnk; ea bl s egkn' ksjk ds uke l s tkuk tkrk gā cSxk l epnk; ea fcuk uok euk; s dkbz Hkh u; h Ql y ugha [kkrs gā xk ea , d fnu r; djs [kr ea tkdj ddMh dk Qy rkMfsgā vls , d Qy ogha NkMedj ij [kka dks vkef=r djs gā fdl h Hkh u; h Ql y [kl dj /kku ds ploy l s Hkr cukrs gā o nky ds l kFk [kkrs gā ; fn fdl h ds [kr ea Ql y ugha vk; h gS rks , d nls dks forfjr djs gā
gjsy	l kou dh vekoL; k ij	; g R; ksjk viuh Ql y ds vPNh i shkaj dh dkeuk ds l kFk euk; k tkrk gS rkd Ql y eafdl h rjg dk idk; ; k dhMv vkn u yxā bl ea ckd dh f>ā/h fHkyok l rkoj] Hkajky dh Mkyh vkn [kr ea ys tkrsgā vls ?kj dks yhi ikrdj [kl [kkuk idk; k tkrk gā
Noyh	Ql y dscouh ds ckn u; si kks mxusij	; g R; ksjk l kefgd : lk l s cSxk vknokf; ka }kjk euk; k tkrk gā bl ea cSxk l epnk; ds yxs u; s mxs l Hkh rjg ds cōj ds i kSka dks , d LFku ij , d= djs gā vls noyh intk l ālu dh tkrh gā intk ds ckn cSxk eq[k; k , d e/Bk i kSka ydl fQj l s cōj ea yxk nrk gā , d k ekurs gā fd bl l s l ky Hkj vukt Hkj jgxa
iNj	Ql y dh dVkbz dscn	Ql y eMkbz ds l e; vPNk nuk fudys vls vukt dkBh rd igp; bl dkeuk ds l kFk ; s R; ksjk euk; k tkrk gā bl intk ds ckn gh vukt ?kj yk; k tkrk gS vls dkBh es j [kk tkrk gā bl intk ea Hknsy dh/dh , oa de l e; ea idus okys /kku dks , d txg , d= djs FkkMk FkkMk fudkys gā vls FkkMk FkkMk ys tdkj vius dkBh ea Mkyrs gā bl intk dks Bkdjno egjkuh ea l kefgd : lk l s eukrs gā
j l uoka	9oa l ky ekgrh dk Qy vkus ij	vkB dkfrz vls uS Dokj chrus ij j l uok R; ksjk dk l e; vkrk gā , d k cSxk yxka dk ekuuk gā ; g R; ksjk cSxk yxs gh eukrs gā ; g R; ksjk ftl l ky eukrs gā ml l ky 'kgn bl ds ckn gh [kkrs gā dPps ckd ds [kks kys fgLl s ea 'kgn vls Mksj dh/dh Hkdj vxks ea rikrs gā dN l e; ckn ; g iddj yi l h ds : i ea gks tkrk gā bl s QkMedj fudkys gā vls 9 dkBs ea j [krs gā igys 9 du; kvka dks ; g yi l h f[kyrs gā ml ds ckn l Hkh dks i d kn ds : lk eafn; k tkrk gā bl intk dks xk dk i qkjh djokrk gS vls dbz noka [kl dj ounoh vls ounork] ck?kn dh intk dk fo/kku gā , d h ekU; rk gS fd bl l ky fcuk j l uok R; ksjk fd; s 'kgn [kks ij dkbz vugkuh ?kVuk ?kV l drh gā
ftjks-h	Lkou dh gfj; kyh vekoL; k dks	; g dks dw l epnk; dk eq; R; ksjk gā bl fnu [kl 0; at u cukrs gā vls ifjokj ds l Hkh feydj [kkrs gā nls js fnu i Mōk ij Mōk ukp Hkh gkrk gā bl fnu dks dw l epnk; ea tokjs cksu dh Hkh i Fkk gā
i ksyk	Hkknka dh vekoL; k dks	; g dks dw l epnk; dk eq; R; ksjk gā bl fnu dks dw l epnk; ds yxs cSya dks l tdkj mudh intk djs gā bl fnu cSya dh ploy vls euk dh cuh f[kpMh f[kykbz tkrh gā ifjokj ea Hkh idoku cukdj [kk; k tkrk gā , d h ekU; rk gS fd i ko'h ds vk'khokh l s cSya dks gy pykus dk dke feyk vls bl ds fcuk [ksh l Hko u gkshA

## [kkui ku dk rjhdK

cSk l epk; eaHkstu o ml dscukusdh fof/k; kavU; vkfnokl h l ektkal sFkkMk-vyx gA cSk l epk; ea vf/kdkk [kkus dh phtka dks dPpk Hkh mi ; ks fd; k tkrk gA dN [kk | inkFkk dks mkydj rks dN dks Hkudj [kkrgA rsy , oael kysdk mi ; ks u dscjkj gA dN taxh e'kkyst southjk] ougYnh] fepHzdk gh mi ; ks dJrsgA ist cSk vkj dks dwnkukagh l epk; kadkse[; Hkstu gA dknk d/dh] eAM; k , oai st ijs l ky Hkj [kk; k tkrk gA bl dsvyok ek] e dsvud kj Hkkt] eNyh] f'kdj] dn] Qy vkfn budsHkstu dk fgl l k gkrsgA uhpdsdh rkfydk eacSk , oadkj dnl epk; dsHkstu dh rkfydk i nf'kr dh x; h gS&

cSk l epk; ea [kkui ku dsrjhdS

Ø	ek] e	l fg	nki gj	' 'kke
1	'khr __rq	eDds Hkqs gg	EkDds dk ist] pjk/k] pp , oa vU; Hkkt] h	dknks dk pkoy@figjh i hMh] ddMh , oa vU; e'k: e] Hkkt] h
2	xb"e __rq	eDds dk ist] dknk d/dh dk pkoy	lkst eDdk@dknks Hkkt] h	dknk d/dh pkoy] jks/h] Hkkt] h dHkh&dHkh nky] dn
3	Ok"kkz __rq	ist] Hkkt] h	dknks d/dh dk pkoy] taxh Hkkt] h	Pkoy ] Hkkt] h e'k: e] dn mkydj
dekoSk bl h rjg dk [kkuiku dkjdw vkj xkM tutkfr ea Hkh gkrk gA varj ; g gs fd xkM vkj dkjdw tutkfr ea vc tax l siklr inkFkk ea dkQh deh vk x; h gs vkj ml ds LFku ij dudh pkoy vkj xgudh ek=k vk x; h gA				

bu [kk | kadsvyok cSk l epk; kaeaek] e dsvud kj dn] Qy] eNyh] f'kdj vkfn l siklr inkFkZ l e; l e; ij tM+tkrsgA ; g vfrfjDr [kk | Ql y mRi knukadks ijs l ky rd mi ; ks grq l jf{kr j [kuseaenn dJrsgA vkerk] ij Ql ykal siklr vukt 3 l s6 ekg rd gh pyrk gSi j nhl js [kk | kadh mi yC/krk dsvud kj ; g l ky Hkj pyrk gsvk] dbZi fjokj kaea; g cp Hkh tkrk gA cpsg vukt l jf{kr dksB; kaea tek djdsj [kk tkrk gA ist l Hkh vkfnokl h l epk; kaeaed[; Hkstu gA bl sijs l ky Hkj viusHkstu eablreky fd; k tkrk gA ; g u dpy vkfnokl h [kk | l adfr dk fgl l k gScfYd bl eavuk[ksxqk Hkh ek] kmn gS&

cSk , oadekoSk dkjdw , oa xkM l epk; kaea vuds [kk | inkFkk dks l qkddj j [kus dh Hkh ijeijk jgh gA ek] e dsvud kj vud rjg dh Hkkt] h dn] Qy , oal fct; kalk; kr ek=k eami yC/k gkrh gA bu [kk | inkFkk dks mi ; ks dsvyok l qkddj vkxsdsfy, j [kk tkrk gA tc t: jr gkrh gs; k vukt , oaHkkt] h dh deh gkrh gS rks bl smi ; ks eayk; k tkrk gA cSk] xkMh] ddMh] [khj]

i st cM&dke dh pht

I fn; ka l s vkfnokl h Hkkstu dk e[; fgLI k jgk ist vkt ds l w ds t s k gh gÅ l Hkh vkfnokl h l e nk; dsy kx [kkl dj cSk] dkj dñ xkM vkfn vi us l qg vkj nki gj ds Hkkstu ea ist dk bLrky cgrk; readjrsgÅ cSk l e nk; earksvkt Hkh ; g i j sl ky Hkj [kkuseami ; kx gkrk gÅ bu l e nk; kaeappkZdsnkj ku crk; k x; k fd ist fnu Hkj mtkZdkscuk; sj [kuseaenn djrk gÅ vkfnokl h ykx fnu Hkj dMh egur djrsgSvkj og Hkh taxyh bykdkaeÅ og kai kuh dh l qo/kk Hkh de gkrh gÅ , s seai st gh mlgajgr nrk g\$ ist [kkusl sxfez; kaeAHkh fcuk i kuh ds ?ka/kard dke fd; k tk l drk g\$ bl l sl; kl ughayxrh gÅ bl scukuk cgr vki ku gkrk gSvkj dbZ vuktka t s seDdk] dñ/dh] dknks vkfn l s ist cuk; k tkrk gÅ vuktka dks dñ/dj Nk/s VpMkaearkMoj mcky k tkrk gSvkj ued Mky fn; k tkrk gÅ bl sfonHkuu Hkk th dsl kFk [kk; k tkrk gÅ

təy , oa[krkal si klr Hkk th] e'k: e dh dbZi zt kfr; ka dks l q[kkdj j [kk tkrk gə

bl rjg bl [kkuiku dksn[karksle> l drsgfd bl ea l smkarrjg ds [kk | inkfkkadk  
l eoksk gsktkrk gA bl vud i djk ds [kk | ka l su dny [kk | l j {kk feyrh gsfyd l cl segRo i w k  
ckr ; g gsf d bl ea i ksk . k l j {kk Hkh l quf' pr gkrh gA ij mij kdr [kkuiku dsrjhdkaeafi Nys10  
l kykae adbrjg dscnyko gksx; sgA vc txy l sd n , oaQy] Hkkt; ka dsfeyusdh l Hkkouk; a  
dkQh de gksx; h gA [kMok , oac fny ds v/ ; ; fur xk earks d n fcYdy l ek l r l sgksx; sgA  
e'k: e dh i ztkr; h Hkh vc ; gkaughafeyrha fMaksh , oackyk?kkV ds xkkae Hkh Hkkt h , oad n dh  
ek=k de gksx; h gsvk budksi klr djusdsfy, T; knk e'kDdr djuh i M-rh gA ; gh dkj . k gsvkt  
vkfnokl h bykdkae [kk | l j {kk Hkysgh fey jgh gks i j i ksk . k l j {kk dk l oFk vHkko gks pyk gA  
bl dsdkj . k bu l enp; kaead i ksk . k ds l kFk gh dbzrjg ds jkskad h c<krjh gpz gA

eNyh dsvykok dMsvkn Hkh txyh bykdaea i kuh dsl kkaeacgrk; r l sfey tkrsgd  
ftudk bLreky Hkh csk vkg dksdwl enk; dsyks djrsgd

cSk vkj vkfnokl h l epk; ka ea [kkui ku dsfofo/krki wkz vkj vkgkj foKku dsvuq i jsggA  
budsHkktu ea tgkafofHkOUK i kSkd rRoka dk l ekoš jgrk gSogha budsmi ; kx dk rjhdk Hkh cgr

$$f \geq V_{dk}, d \leq v_{ks}[kk; a]$$

o"kkar dsfnuka ea/kku ds [kska ea eNyh i dMue sd k vl ku rjhdk vkfnokl h l epk; ka }kjk mi ; kx ea yk; k tkrk gA ckd dh Vgfu; ka dks QkMej 'kadqvkdj dk , d idkj dk tkyuek ; a-ftl sf>Vdk dgk tkrk g\$ [kska dh eMla i j yx fn; k tkrk gA i kuh dscgko dsl kFk eNfy; ka vkrh gAvk\$ bl eaQd tkrh gA l qg [ks l sbl smBkdj ykrsgAvk\$ eNfy; ka i dkdj [kkrgA , d f>Vdseadjhc 1 l s2 fdyksrd eNfy; ka, d fnu eaQd tkrh gA

0; ofLFkr gA ist] mcyk [kkuk] dPpk [kkuk l gr dh nf"V l scgr mi ; kxh gkrk gA bl rjg l s  
mi ; kx eaykus l sbuds i kdfnd xqkka ; kfu i kSkd rRoka dk gkl ugha gkrk gA ; g l c vkfnokl h

I epk; kadksBhd I si rk gA

fofHkUu I epk; kadh varfuHkjr rk

v/; ; fur xkokaeadkj dñ cŠk] xkM I epk; kads I kFk gh ckj syk] vxfj; k] ; kno] i fudk vkfn I epk; ds ykx fuokl dñrsgA bl dsvykok dñ I ē; k eacykbzvks dñhZ tkfr dsy kx Hkh fuokl dñrsgA cŠk vks dñj dw rFk xkM I epk; ka ds I kFk nñ jh vñ; tkfr; ka i jseytyk ds I kFk jgrh gA vkfnokl h I epk; ka

[kk | fofo/krk

jks/h	Hkr	lkt	nky	I Cth	ry
eñM; k Tokj lkj i jh eDdk xgñ	dñ/dh Tokj I Ygkj dkx fl fd; k I køk	dknks dñ/dh Tokj eDdk	vjgj cŠkuh jkgj eMok cnjk >ñ: dñ Fkh mMñ	vkñw VekVj cŠu xkñkh fepñZ fofHkUu Hkñth	Lkñs kchu fry

[kk] dj cŠk , oadkj dw I epk; kadh ftñxh ol ñkñ dññcde-dsHkko ij vk/kñjr jgh gA cŠk vks dñj dw I epk; dsy kx eñ; r% txy vks oukñ t vks dñ [krh ij vkñjr jsgA nñ jh vñ; tkfr; ka tñ s; kno eoš kh pjkuñ i fudk] di Mñ rñ kj dññ vxfj; k , oaygkj tkfr ykgsdsvŠtkj cukuseñ ññu jgh gA bu I epk; kadh varfuHkjr rk budsdkkadksydñ cuñA bl dñ dsfj' rka, oa, d nñ jñ stñfodk fu/kñjr gks dh otg I sbuea, d I kFk feydñ jgusdh I ñdñ cuñA bl sfuñu rkfydk }kjñ I e>k tk I drk gñ&

mi jkñr varfuHkjr rk dh 0; olFkñ ea; kno] vxfj; k vks i fudk I epk; dsy kx T; knk etññ flFkrñ ea Fkñ mñgalk; kñr ek=k eavukt fey tkñr Fkñ o I ky Hkj dh [kk | I ñ {kk fuñ' pr gks tkñr Fkñ I kFk gh nñ jñ [kk | i nkFkñ tñ sññ] Qy vkñn Hkh vkñnol h I epk; ka I sbñga fey tkñr Fkñ I Hkh I epk; , dññ jñ ds R; kñkj ka vks vk; kstuka ea fgLLkñ yrs Fkñ jks/h vks cñ/h ds I ñkñ I Hkh I epk; ka ea , d tñ s ugha Fkñ ij

fofHkUu I epk; kadh varfuHkjr rk

eñ; Lkemp;	fuHkñ I epk;		
	; kno ¼vghj ½	vxfj; k	i fudk
cŠk dñj dw xkM	cŠk] dñj dñ xkM I epk; ka dh xk; pjkrñ vks [kñ Hkh viuh xk; a j [krñ bl ds cnys ea iñr ux xk; 15 fdyka dñnks ; k dñ/dh vghj I epk; dñsfeyrk FkñA	vxfj; k ykx dPpk ykñk , d= dñds ykrñ vks mñ s xykdñ Vñx; k] gñl ; k] [kj iñ] Qñl k] dñkñ vkñn rñ kj dñrs gñ vks bl scprñs gñ bu vñŠtkñ ka ea /kñj Hkh nrñs gñ bl ds cnys ea , d iñjokñ I s 5 dññ; kfu 50&50 fdykñ vukt I ky ea yrs FkñA	lkñudk I epk; ds ykx di Mñ rñ kj dñds vkñnol h I epk; ka dñs cprñs Fkñ di Mñ ds cnys ea fofHkUu I epk; ka I s vukt] ?ññ] Qy vkñn yrs FkñA

0; kol kf; d l æk i ðrk fka

taxy vk/kkfjr 0; oLFkk dsl ekr gksusdsckn vc vkfnokl h l epk; kads l kFk gh vghj] vxfj; k vkš ifudk l epk; kaij Hkh [kk | l g {kk dk l æV vk x; k gā bu l epk; kadsvf/kdkā k ykškausviuh vktfhodk dksiq%LFkkfir dj fy; kA vc vf/kdkākr%; sl epk; fdl ku cu x; svkš txyh bykdkaea tehuacukdj viuk xqtjkj dj jgsgā dñ ifjokj tktstehu ughacuk l dsetnjh dj jgsgā

vxfj; k ifjokj kadsygykj kavkš nw jsykgsds0; ol kb; kal sifr; kšxrk djuh i M+jgh gā vc cktkj ea ykgs l scusvkštkj nj l slkh vkusyxs gā xkō Lrj ij Hkh cktkj kadh i gp gksx; h gā ykx cktkj l sviuh t: jr dh phtā [kjhn yrs gā

; kno ykškad h [kk | l g {kk Hkh vc l æV eagā txy ?kVus l sl Hkh l epk; ka ea vc xk; ka dh l ð; k ?kVdj 10 ifr'kr l slkh de gksx; h gā ftu ifjokj kads i kl igys 10 l s20 xk; agksh Fkhavc muds i kl 2 l s 3 gh cph gā bl fLFkr ea ykx vc vghj l epk; dks xk; spjkus dk fteek ughal kārā bl otg l stks fu/kkZjr vukt gj ifjokj l sbllgafeyrk fkk vc cm gksx; kA

v/; fur l Hkh txgkaij i ðrsh 0; ol k; [kRe gksus l s [kk | l g {kk l æV ea i M+h fn [kk; h nsjgh gā cšny dsxq ok xkō ds; kno ykx Hkh bl h rjg dh dgkuh crkrsgā dñ ifjokj kaus Fkkāh tehus [kjhdj viuk ifjokj pyk jgsgā ij etnjh dsvykok muds i kl Hkh dkbzvks fodYi ughacpk gā

vkfnokl h l epk; ka ea ij h fnup; kZ dk vf/kdkā k fgLI k [kk | l g {kk ds mik; ka ea gh xqtjrk gā v/; ; fur cšk l epk; dsy kškaeaij sl lrg D; k dk; ZvPNk gksrk gš ml dk mnkgj .k nš ka&

vkfnokl h l epk; ka eaviuh dk; Zl ædfr jgh gā ijs l ky Hkj [kk | l g {kk vkš eukj tau eagh chr tkrs fka l ky Hkj dh xfrfok; kadñ bl i ækj gā&

mijkd rkyfkd dks nš karksvkfnokl h l epk; ka eaij sl ky Hkj dke dk forj .k Li "V gā l ky dsl Hkh eghukaesvkfnokl h l epk; ka eafdl h u fdl h dke ea ykškad h 0; Lrrk cuh jgrh gā

l klrkfgd dk; Zdk fooj .k

Ø	fnol	D; k dk; Z djuk vPNk gksrk gš
1	l keokj	fiVy k l sry o tokjk fudkyuk , oackuk] rkmez fe=rk dk; e djuk
2	ea yokj	?kj ea jguk o ; k=k u djuk
3	Okokoj	fcnjh i nt k] ekguh nsuk] i jkš dkj] yæc l Qj
4	xq okj	i æyki o ifj tuka dk l æ l kFk] l [kh cukuk
5	'køokj	en Yegw dh 'kjk c½ l ou] ukpxku] vodk'k] fc njh i nt k
6	'kfuokj	ou tkuk] ykMwdkt dh i nt k
7	jfookj	Oku o d f'k dk; ] ekguh nsuk

l kr & xkō xkō l si kō i kō & fīd vñkyš vkkuh

## vknokl h bykdka eakf"kd dk; p0

Ø-	fgnh ekj	vaxth ekj	dk; Ldh i dfr
1	pš	ekpž & višy	Ekgvk] dñ] l Qñ eñ yñ] chV vkn dk l dyu] eVj el j] xgñ dh dVkbž
2	cš k[k	višy&ebž	Pkkj] rññRrk] /ññ] l dyu] eVj el j] xgñ dh dVkbž 'kññ C; kg] [kñ dh rš kjh
3	tB	eb&tu	TkyA ydMñ dk l dyu] ?jka dh nñLrh] 'kññ] dñk vñškj cukuk
4	vk"kk<+	Tku&tykbž	?jka dh nñLrh] /kku] eDdk] dññš dñ/dñ vkn dh cñkbž
5	l kou	tykbž&vxLr	dññš dñ/dñ jerhyk] mññ dh cñkbž gfj; kyh R; kgkj] e'k: e , oa Hkkñ dh l dyu
6	Hkñka	vxLr&fl rñj	EkNyh idMñk] [kk] kñu dsfy, eñ dy fñu
7	Dokj	fl rñj&vDVñj	eDdk Ql y vkuk] jkbž dh cñkbž xgñ puk] el j] dh cñkbž dh rš kjh] n'kgjk eukuk] ekgñ i Rrk dk l dyu
8	dkfrñ	vDVñj&uoñj	/kku dh Ql y dVkbž tykA ydMñ l dyu] e'k: e , oa dñ l dyu] n'kgjk nhokyh dsR; kgkj] el j] froññ vyl h vkn dh cñkbž
9	vxgu	uoñj&fñl ñj	/kku] dññš dñ/dñ dh Ql y eñññ tykbž ydMñ ykuk] e'k: e , d= djuk] tehu l ñkj
10	lkš	fñl ñkj&tuoñh	tykA ydMñ ykuk] n'kgjk ukp dk vkf[kjh ioñ l kññ R; kgkj
11	Ekk?k	Tuoñh&Qjoñh	Tkehu l ñkj] dñ Hkkñ l dyu]
12	QkYxq	Qjoñh&ekpž	Qkx R; kgkj] el j] vñš eñ dh Ql y dVkbž tehu l ñkj] nññ i Rry cukuk] 'kññ dh rš kjh

l kñ & cškpñ eavññfodk l o/kñ] vfuy fuñññdj , oaiekn dñy.d.kñ] fuoñl M ukñj





# खाद्य सुरक्षा को प्रभावित करने वाले कारक

ijEijxR : lk l s [kk] l j {kk vkt dh vi {kk T; knk etar jgh gS [kk rks ij vkfnokl h l epk; ka ea i kSk. k l j {kk Hkh cgrj jgh gS fi Nys50 l kykaefodkl dh tksuhr; kageusvi uk; havks rst h l sfodkl dh vks ns k vxj j gq/k bl l snsk dsl Hkh {ks=k l Hkh oxkavks l epk; ka ij bl dk vl j l arfyr : lk l sugha gq/kA fodkl dh uhr; ka ij dN [kk oxZdsyxsxk uhrdjkavkfn dk i Hko c<+x; k vks cMh l ; k eanj njkt dsbykdsvks l epk; gkf'k; sij vk x; A osfodkl dh ckV tks jgsgavks tksdN mudh fojkl r Fkh ml l shkh mudkse: e dj fn; k x; ka ; g rFkdfFkr l H; dgstkusokysl ekt] 0; ki kfj; kavks l jdkj dh paxy eaQd x; A fodkl dsuke ij dHkh blgavi usfuokL; l shxk; k x; k rksdHkh mudsgdka dks Nhudj Nyk x; ka yEcsvj l s l txykavks igkMh bykdkaeal svkfnokl h l epk; ka dh ; gh dgkuh ns kus dks feyrh gS dHkh Hkkokeh] ouiky dgs tkusokys; g l epk; vc etnij] cpxj} xjhc] foLFkfi r] chi h, y ifjokj vkfn dsuke l stkus tkrsg ou vk/kfjr vFk; oLFk ea i yusokysbu l epk; kadh oul a nk dks xyr vks vnijnwkhz uhr; kadsdkj. k euekuk nkgu fd; k x; k gS bl dk urhtk ; g gq/k fd ouokfl ; kadks ?kqj vflrRo dsl dV dk l keuk djuk l M+jgk gS

?kVv txy] tbfifo/krk ij l dV vk; k

v/; ; fur xkokaeyksausppkZdsnkjku crk; k fd vc txy eadN ughafeyrka [kMok dsi VKYnk xkoeatksfd 50 l ky igystxy l sf?kj gq/k Fkk] vc ogkatxy ij rhjg l sl ekir gksppk gS cny ds xq ok xkoe dh dgkuh Hkh deok k i VKYnk tS h gh gS ; gkatxy yxHkx 25 ifr'kr l shkh de jg x; k gsvks txy eavc dkbzouki t ughafeyrka txy eaik; stkusokysfofo/k iztkfr dsi kSk; ou; tho] tMh cNv; ka vkfn [kRe gksx; sgS fMhMh dsxsk vks cky?kV dk vjMh xkoe tks?kustxykaeal sFk vc ogkHkh 30 l s 50 ifr'kr rd txy [kRe gksx; sgS bu txykads?kVusdsl kFk gh ogkaij i k; h tkusokyh tbf iztkfr; ka Hkh ; k rks [kRe gksx; h gS; k fQj l ekfir dh vks gS uhsdH rkfydk ea txy eaik; h tkusokyh iztkfr; ka vks mudh fLFkr dksn'kz; k x; k gS&

tbfifo/krk dh orZku fLFkr

Ø	Txy ea miyC/k iztkfr; ka	50 l ky igys dh vupfur l ; k	orZku l ; k & ykska }kj k crk; h x; h l ; k	deh
1	iM+vkj i kSk	100 l s vf/kd	61	39 l s vf/kd
2	?kkl , oa >kfM; k	40 l s 50	24	26
3	Tkkuo j	50 l s vf/kd	10	40
4	lk {kh	150 l s vf/kd	71	69
5	dnew	30 l s 40	12	28
6	tMh&cN/h	100 l s vf/kd	25 vupfur	75
7	eNyh	20 l s vf/kd	12	8

Tkkfgj gSfd fi Nys50 l kykaea tšfofo/krk dks xHkhj [krjk i šk gqvk gš l Hkh iztkfr; ka dh vk/ks l s T; knk l ē; k [kRe gksx; h gS vkšj tks cph Hkh muea Hkh cgr deh vk x; h gš oržeku l ē; k fMAMkšh ds v/; ; fur xkō xkšj k dUgkj h earš kj dh x; h gš ; g dk; Zml xkō dstaxy v/; ; u eMy usfd; k gš xkō ds i kMh ykxkadksdguk gSfd 90 i fr'kr dnewj 85 i fr'kr oukskf/k; kš 60 i fr'kr cšy 50 i fr'kr i {kh vkfn [kRe gksx; sgš\*\*

## Tkyok; qeai fjorū

fi Nys50 l kykaea tyok; qeavarj vk; k gš vc ckfj 'k dh fuf'prrk ughagš ckfj 'k l e; l su gksu l s tgkaQl ya detkj ; k [kjc gks trh gšogha txy ij Hkh cjk i Hkko i Mfk gš xkō <kck dseY [kwcšk ds vud kj igysckfj 'k ffej>e gkrh Fkh vkšj ; g ijs4 eghuk rd fujarj cuh jgrh Fkha i kuh dh deh ughagkrh Fkha bl l stxy dh tMh cW/h vkšj i M+i kšksij h rjg l sgjshksjgrsFkso buds i Rrsteu eagh l M+tkrsFks vkšj [kkn dk dke djsrFkha i jk txy cšy kš ?kkl kš dbZrjg dsi M+i kškskš Qnykal sl tk jgrk Fkha txy ea/kni dk vl j gh ughagkrh Fkha i jsl ky ekš e eaBMD Fkha xehZdk eghuk tku gh ugha i Mfk Fkha rki eku cgr l rfy Fk vkšj l ky Hkj ; g l rgyu cuk jgrk Fkha txy eavud i djk dsQy vkšj Hkkth] i kuh T; knk jgus l seNfy; kavšj dšdMš fey tkrsFkha vc ckfj 'k dk Hkj kd k ugha txy eacšyaugha txy eavc f>fj; k Hkh de gksx; hA l; kl yxusij nj rd tkuk i Mfk gš txy earjg rjg dsQy i Rrkadh otg l se/kpD [kh dk okl gkrh Fk vkšj <jkaek=k ea' kgn feyrh Fkha

tyok; qdsifjorū dsQyLo: i u dšy txy vkšj ouki t i Hkfor gpZgScfYd tšfofo/krk dks xgjk /kDdk i gpk gš vud i M+i kškskš tMh i ztkfr; ka tksT; knk ueh vkšj de rki eku eai yrh Fkha] og [kRe gksx; hA dbZQl ya tksffej>e ckfj 'k eagh mi trh gš og [kRe gksjgh gš [kkl dj dknkš dW/dh] dkx] eam; k ft l eavf/kd i kškd rRo ekškm gkrs gš /kheh vkšj yxkrkj ckfj 'k eagh T; knk gkrh gš xkšj ryčk gSfd ; g Ql yagh vkfnokl h l epk; ka dk ed; vk/kkj Fkhaft l smudh l ky Hkj dh vktfhodk i jh gkrh Fkha oržeku ea [kMok dsi VKYnk xkō eadknkš dW/dh vkšj vU; ekš/svukt dh i ztkfr; kayxHkx l ekir gkspch gš cšny dsxq ok xkō eadknkš dW/dh] cktjk] Tokj dh cksvuh vc 25 i fr'kr l shkh de gksy xh gš fMAMkšh vkšj ckyk?kV dsxkšj k dUgkj h vkšj vjMh xkō eahh dknkš dW/dh dkscksvuh 50 i fr'kr l sde gksx; h gš

ouki t , d= djuj i frczk

txy dšvuj vkšj ml dsfudV jgusokys l epk; ka }kjk ouki t , d= djuk i jEijxR : lk l smudh vktfhodk vkšj [kk | l j {kk dk vk/kkj jgk gš l kfk gh mudh [kk | l dfr dk vax Hkh jgk gš dN ouki t blrky djsrFkrskdN cktjk eacpdj ued vkšj di Mšvkfn [kjhnrFkha ouka i j jdk dk vf/kdkj vkšj fu; a.k c<usdsdkj .k vc ouki t ij fudVorhZ l epk; kadksi frczk yxk fn; k x; k gš ; | fi pkšh fNi svHkh Hkh vkfnokl h l epk; dšyx ouki t , d= djsr gš ij ; g vc l gt mi yC/k ughagš

cktkj dk i Hkko

nj njkt dstaxy bykdkaecl usokys l epk; geškk l svkRefuHkš jgsgš osviuh t: jra>e [ksh] ouki t] f'kdj l si jh djsrFkha 20 l ky igysrd bu bykdkaecktkj dk i Hkko de Fkha txy dšvuj ds xkōkadsy kxadks30 l 340 fdykeVj rd cktjk i gpusdsfy, tkuk i Mfk Fkha vkokxeu dsl k/ku u gksu l s; g njh i šy gh r; djuh gkrh Fkha cktjk eadN vpkj] gjkš cgMh vkōy] 'kgn] ?kh vkfn cprsfksvkšj cnyseaued vkšj feVVh dk ry] dN di MšyrsFkha bl l sT; knk dh t: jrabu l epk; ka dh ughaFkha bl ysnsu ea l kgnkj ka }kjk Hkhj 'kšk.k dk f'kdj Hkh ; g l epk; gkrsFkha pkj dscnysued cjkj ek=k ea [kjhnrFkha

o"KZ1995 ea taxy ea, d egkekjh vk; h fti sl kyckj vVd dsuke l stkursgA bl vVd l scMh ek=k eal ky dso{kka dh dVkbZdh x; hA bu bykdkaeacI svkfnokl h l enpk; ka }kjk i Mka dh dVkbZeuk djus ij ckj dsykskadkstaxy eayk; k x; kA bu ykxkaustaxy dh l a nk dksn[kk vks ykyp eavk; A bu ykxka usvknokl h l enpk; dks taxy dsvdkk/kk nkgu dsfy, i fjr fd; kA bl dk urhtk ; g gqk fd vknokl h l enpk; kausykyp eavpkj] vkoyk] gjk cgMk] dherh bekj rh ydfM+ kaokysvud o{kka dskdVka

cktkj dsvkus l su doy ouki t nkgu ij ncko i Mh cfYd cktkj dh oLrkael yu xgu pkey] 'kdj] byDVkfud vkbVe tS sjfM; kS Vhoh] Vi] Jackj ds < j kamRi knk di Mh vkn dsi fr vkd "kZ k c< kA bu mRi knkadks [kjh nusdsfy, ykxkaustksoukRi kn vi usmi ; ks dsfy, , d= djrsFK ml scctkj rd i gpkuk 'kq dj fn; kA ; gla; g mYy[kuh; l oky ughagSfd vknokl h l enpk; dksD; k [kjh nuk pkfg, ; k D; k ugh ; glavge l oky ; g Fkk fd [kk | vks i kSk. k l g {kk dksc<kok nusokysoukRi knkadksopusi j ncko c<+x; kA bl dk i Hkko ; g gqk fd dknksdh/dh vks jkxh [kkusokysvknokl h l enpk; kadh pkoy vks xgu [kkusdh vks #>ku c<usyxkA ; g vukt vkl kuh l smi ; ks fd; stkrsg tcf dknksdh/dh dh i kS sl x cgr dfBu gkrh gA bl dk vl j bu l enpk; kadsQI y pØ ij Hkh i MhA

vknokl h l enpk; kadh cktkj ij fuHkjr rk

Ø	tutkfr	vknokl h l enpk; ka ea 10 l s 15 l ky i mZ cktkj ij	vknokl h l enpk; ka ea orZeku ea c<rh cktkj ij fuHkjr rk
1	cSk tutkfr	doy ued ,oa feVVh dk ry] di Ms ,oa xgus rFkk dN crZ vkn dh [kjhnh	Uked] feVVh dk ry] di Ms xgu pkey] xgu eNyh] egqk] l fctk; k byDVkfud vk; Ve] crZ vkn
2	dkjdw tutkfr	doy ued ,oa feVVh dk ry] di Ms crZ ,oa xgus vkn dh l hfer [kjhnh	Uked] feVVh dk ry] di Ms xgu pkey] xgu nky] ry] eNyh] eka ] egqk] l fctk; k el ky Qy] byDVkfud vk; Ve] Vhoh] eckkby]
3	xkM	doy ued ,oa feVVh dk ry] crZ di Ms ,oa xgus vkn dh l hfer [kjhnh	Uked] feVVh dk ry] di Ms xgu pkey] xgu nky] ry] eNyh] eka ] egqk] l fctk; k el ky Qy] byDVkfud vk; Ve] Vhoh] eckkby] crZ] eka ] l k; fdy vkn

mi jkDr rkfydk l sl kQ rks ij i rk pyrk gSfd vc cktkj ij fuHkjr rk c<+jgh gA

QI y pØ eacnyko

Tkaxy vks i gkMh bykdkae dknkS dh/dh] eM; k] dkx] Tokj] cktjk] eDdk vkn QI ykadk pyu i jEijxk : lk l sjgk gA bu QI ykadk mRi knu i gkMh <ykukai j Bhd rjg l sgksk gA xgja/kku] xluuk vkn QI yabu bykdkaeughagkrh Fkha ekul u eavk; scnykok cktkj eaxgu pkoy dh l gt mi yC/krk] bl dh i kS sl x vkl ku gkusvkn dsdkj .k fdl kukausb u QI ykadksvi ukuk 'kq dj fn; kA ; g QI yaekul u vks fl pkbz i j fuHkjr gAvks ekul u eafkka/svarj vkusi j Hkjh upl ku i gprk gA i gkMh {ks=kae feVVh dh eka/kbz de gkusl sbl eafI pkbzvf/kd yxrh gSo mo] d Hkh Mkyyuk i Mh gA fl pkbz vks mo] d rFkk chip [kjh nus dsdkj .k fdl ku dtzhk gsktrsgA ; fn ekul u eadkbZrcnhyh vk; h vks ckfj 'k de gpbZrksupl ku cgr

gkrk gA , d h fLFkr eavukt dh deh vlsj dtñkjñ nkskal sgh tñuk i Mfk gS, oa [kk | I g {kk [krjsea i M+ tkrh gA [kMok o cšny dsv/; ; fur xkkaeavc vk/ksl svf/kd fdl kukauc/kku vlsj xsgudh Ql yaayuk 'kq dj fn; k gA I kFk gh /kku dksHkh NkMl j vc I ks kchu Ql y dk egRo [kMok , oacšny ftysdsv/; ; fur xkkaeac<+x; k gA I ks kchu udnh Ql y gA ; g Ql y vkusi j udnh ?jkaeavkrh gA ; g udnh T; knkrj dtzpdkuseapyh tkrh gS cph j kf' k nñ jsvud ?jkywt: jrkadksi jk djusea [kpzgs tkrh gA I ks kchu ds cnys?kj eadñ I keku rksvk tkrsgñ j [kk | I g {kk dsfy, I ky Hkj dk vukt [kjñdj dkbZughaj [krkA

Cšny dsxq ok xkø dsdñj dwyckauscrk; k fd igys\*\* i pjach Ql ya\* , d I kFk [krkaeamxk; k djrs FkA bu Ql ykal svud idkj dsvukt fey tkrFkstkvyx vyx Lokn ds [kkusdh i ñrzdjrsFksvlsj cgr rkdñ Hkh nrsFkA vc fdl ku i pjach I s, d jach i j vk x; sgA I ks kchu /kku vlsj eDdk T; knk mxkrsgñ j I ks kchu rks [kk; h ugha tkrhA fMAMksh vlsj ckyk?kV dsv/; ; fur xkkaeHkh 20 I ky igysrd 16 jk dh Ql ya, d I kFk cks stkusdk pyu Fk fñ s\*\*cñj\*\* [krh dgk tkrk FkA bu Ql ykal siñs ky Hkj dh I g {kk dsl kFk gh lk; kñr i ksk. k I g {kk feyrh FkA

vkthfodk fNuh] cñkj h cñ

vkfnokl h I epk; kadk xñjcl j ijEijxñ : lk I sou] ouki t] ou; i kf.k; kal sgkrh jgh gA taxy I s vkøyk] gjk] cgmñ fpjññh] ou I; kt] dñkj k] I ky cht] ou fl gñmñ ou rñl h] vke] rññ cškuh] rñkñ] vpkñ] cy] tkeñ] xñj] cñ] I hrkQy] eñgj] cñkj] [kej] beyh] I Qñ eñ yñ] 'krkoj] dñpñ] 'kgn] [kñ/vk] epñk] pdkññ] vejñ] dujñ] i dñh] ?kñ; k] dñeny o fofñku taxy Qy , oatMñ cñv; kavññ , d= djdsck] dññ xkñ xñkj djrsjsgñ cñ dh Mfy; k vlsj >kñmñcñdj cñusdk dke Hkh djrsjsgñ bl dsvyok ouki t eadeh dksñ[krsgñ vkfnokl h I epk; kaus [krh dk; ZHkh vi uk; kA i j /kjñ dh egRñk dksñ[krsgñ mñgñusgy pykusl syEcsñ e; rd i jgst fd; kA

vkfnokl h I epk; kñ j taxy vk/kññr vkthfodk I svf/kñkj [krE gñusdsckñ [krjsdsñ ñV eñjñkus yxsgñ taxy vlsj i gñmñ bykdñeajñusokyscñk] dññ xkñ vkfnokl h I epk; kñ j vk/kñud rñhdsñ s thfodk pykusdk nko fi Nysdñ I kykaeac<k gA bu I epk; kñdsfodkl dsfy, ; kstuk; acuk; hax; hñ cñk fodkl i kf/kñj.k cuk; k x; kA bu ; kstukvñdsrñr dñ I ño/kk, a vkfnokl h I epk; kñdksfeyh i j I fn; kal stax vlsj mñ i fñok I sfñ'rk tñmñj vi uk thou pykusokysbu I epk; kñdksmudk i kñrd

vkthfodk dk I ñV vk; k] [kk | I g {kk [krjsea i Mñ

fMAMksh ftysdsvlsj k dñkjñ i pñ; r ds<kck xkø eavxñw; kno dk i fñok jgrk gA vxñwvkt Hññeghu etñj ds: i eavi uk xñkjñ pyk jsgñ 10 I ky igysgh 25 I svf/kd xk; kñdsekfyd vlsj xkø Hkj dh xk; kñdkspjñusokysvxñwcrkrsgñfd geusdññ tehu tñrus; k [krh djusdk I kñk gh ugha FkA gekjsi kl rñsñ ñMññxk; kñdh [krh tñsFkñA gj i fñok I siñr xk; kñdkspjñusdscñysea 15 fdyks vukt feyrñ Fkñ vlsj c [kl hñ vyx I sfeyrñ FkñA dññ u vukt dh deh i Mññ u dñ dh vlsj u gh mñk vlsj ?kñ dhñ i jñsxkø dñyskñadksNkñ nrsFkñ ?kñ cñrsFkñ ekok cñrsFkñ gekjsi fñokj dk xñj cl j cgr vñ kuh I sgks tñrk FkñA /kñjñ/kñjs taxy de gñusyxñ vlsj fi Nys10 I s20 I kykaeñrñcgr rñh I s taxy ?kvñ gñ vc I jdkñ ustaxy eatkusdh eulgh djññ rñeñs' k; kñdkspjñsñk I ñV vk x; kA xk; a vlsj eññhñ /kñjs/kñjs [krE gñrsx; ñ xkø dñtsyñs vi uh xk; apñusdñsñrsFkñ mudsñkl Hkh xk; augh gñ vc mñ svukt feyuk Hkh cññ gñsx; kA gekjsñki nñkñ usñsñ tehu tñrk gh ughñrñsvc dñbZñ gjkñ gh ughñcñkñ vc dñhñdñe [kñy tk; rñsgñ xñj gñrk gñughñrñsxkø NkMñj cñgjñ tkuk i Mñk gñ

jgokl Nhudj jkVh dsfy, ekgrkt cuk fn; k x; kA vc fLFkr ; g gSfd bu l epk; kadksdghaefgykvkadks ydMh dk xVBk 15 fdeh nj l sykdj dLckaeacprsn[kk tk l drk gS; k Vdka, oaVdVjkaeHkj dj thfodk dh vkl eanij 'kgjkaei yk; u djsrn[kk tk l drk gA dbZvkfnokl h ifjokjka dks viuh vkt h f o d k dh t n k s t g n e a l j d k j h v k f Q l k a e a H k V d r s H k h n [ k k t k l d r k g A

vkfnokl h , oa txyh bykdkaejgusokysxoyh] BkfB; k vkfn tkfr; kadksxHkhj fLFkr; kadk l keuk djuk iM+jgk gA txy eadeh dsdkj . k lk'kq kyu ij cgr vf/kd vl j iMk gA v/; ; fur xkoka eal'kq/ka [kk l dj [kk | l j {kk eaenn djsokysn[kk: lk'kq/kadh rknkn fi Nys15 l kykaeavc de gkdj 10 l s20 ifr'kr jg x; h gA bl dk vl j u dny ijsxk dsi fjokj kai j iMk cfYd bl ij vkfJr dN ifjokj kadh ij h vkt h f o d k l d V e a v k x; h A

vaxstka}kj ou l ank dk 0; ol k; hdj . k dj fn; k x; k FkA ij ; g rks'kq vkr Hkj FkA ml l e; txy dh l ?kurk cgr vf/kd FkA vaxstkaustxy dks bruk ugha dV k ftruk vkt dV k tk jgk gA \*\*1975 l s80 dschp fMAMksh v[ k y k ? k k V d s t a x y k a e a c n j [k r h i j i j h r j g l s i f r c a k y x k f n ; k x ; k A L F k k ; h [k r h d s f y , i s j r f d ; k x ; k v [ s d N t e h u n h x ; h A c S k y k x L F k k ; h [k r h d s v k n h u g h a F k A o u d k u u d s F k k s i u s l s m u d h i j h 0 ; o L F k k g h c n y x ; h v [ s v k t h f o d k d k l d V [k M k g k s x ; k A

tehu fNuh] xk d fNuk] feyk u vkl j k

cky k ? k k V d s v / ; ; f u r x k d v j M h d s v k l i k l d s d b Z x k o k a d s i f j o k j k a d k s d k l u g k f j t o Z Q k j d V { k s l s H k x k f n ; k x ; k t k s v k t H k h v i u h t e h u d h y M k ; h y M + j g s g A b u i f j o k j k a d k s d k l u g k f j t o Z { k s l s g v k u s d s f y , l e p r f o L F k k i u u g h a f d ; k x ; k t c f d l s d M k a i f j o k j k a d k s f j d k M Z e a Q j k j c r k f n ; k x ; k A c y i m d l g v k ; s x ; s b u i f j o k j k a d k s v i u h t e h u d s e p k o t s d h v k l v k t H k h g A ; s i f j o k j t a x y N k M d j v k l i k l d s n l j s x k o k a e a t k c l s g d i j m u x k o k a e a m l u g a [k r h d h t e h u u g h a f e y i k ; h v [ s o s e t n j h d s f y , n j & c n j H k V d r s g q v i u h t h f o d k x q t k j j g s g A 6 x k d s 5 0 4 i f j o k j k a u s v i u k , d l a B u c u k ; k g S t k s f d t e h u d h e k a d j j g s g A b u i f j o k j k a u s L F k k u h ; i z k k l u d s l k F k g h j k T ; o d l n z l j d k j l s l u ; k ; d h x q k j y x k ; h g A b u i f j o k j k a d k s v l k h r d i z k k l u ; k l j d k j l s d k b Z l d k j k R e d l g ; k x u g h a f e y k g A x y r f o d k l , o a o u u h f r d s d k j . k n f u ; k e a b l l c l s c M s y k d r a e a v k f n o k f l ; k a d h l k e k f t d ] v k f F k d o j k t u s r d f L F k r n ; u h ; L r j r d i g p x ; h g A o s v c [k q k g y h l s n g k y h d h r j Q c < s g A l j d k j u s n H k k b u k i m d l l f o / k k u } k j k f n ; s x ; s v f / k d k j k a d h v u n [ k h d j d s j k ' V h ; m | k u k a d s v n j c l s x k o k a d s y k s k a d k s f o L F k k i r d j m l u g a i j [k k a d h t a x y ] t e h u l s c n [k y d j c d g k j k c u k f n ; k g A

[k M o k f t y s d s v / ; ; f u r x k d i V k Y n k e a H k h d N c k j y k l e p k ; d s i f j o k j f o L F k k i r g k d j v k ; s g A ; s i f j o k j g j l m c k a k { k s d s g A b u i f j o k j k a d k s e p k o t s d s r k s i j f e y h j k f ' k l s ? j k c u k u s v [ s u ; s x k d e a d N f n u k a d h t h f o d k p y k u s e a g h 0 ; ; g k s x ; h A v k t h f o d k d s u ; s l k / u n l j s x k d e a u g h a c u k i k ; A v c b u d s f y , v i u h j k s t h j k V h , o a [ k k | l j { k k d k l o k y [k M k g k s x ; k g A b u d k d g u k g S f d e u j s x k e a d N f n u k a e t n j h f e y u s l s F k k M h j k g r r k s f e y h i j L F k k ; h t h f o d k d s l k / u u g k u s l s i f j o k j l d V d s n [ s l s x q t j j g k g A u ; s x k d e a v k u s l s e t n j h d s v y k o k n l j k d k b Z f o d Y i u g h a g A d g h a l s m / k j h H k h u g h a f e y r h A v k i l e a v i u s g h i f j o k j e a f e y d j f t n x h d k V j g s g A

'kkl dh; uhfr , oadk; Øe LFkkuh; t: j rkadksi jk dj useadkj xj ugha

nijnjkt dstxyh , oai gkMh Hkxkadsfodkl dsfy, dbZ'kkl dh; dk; Øe , oa; kst uk; apyk; hax; hA bu ; kst ukv kadk [kk l edl n Fk fd vkfnokl h {k s k a e a t h f o d k v [ s [k k | l j {k k d k s c < k o k f e y s o l k e k f t d ] v k f F k d o j k t u s r d f o d k l d h i f Ø ; k d k s e t c r h f e y A i j b u ; k s t u k v k a d s f Ø ; k l o ; u , o a m l d k y k H k i k u s



ge l cdkxk l shkx nbl l jdkj vi uh HkX; i j ksdsfy,

Ckr py jgh Fkh xk dsfodkl dh l qo/kvka, oal okvka dh xel Hk dh i pk; r dh l ; kst ukvka dsykh dhA dkQh nj l s/; ku l s; g l c l q jgh Fkh cj dksckbA mB [kMh gpbzckyhA \*\*ns[k Hkb; k Hkky l svk; k gē geusl c l q fy; k] ge Hkh Hkky ky x; k Fk] ekdk ughafeyk ckyusdk] pkl gh ugha fn; k] ehVax eackysudkA vc gekj ckr l qhl ] gedk txy l shkx nbl rksgekj rksjkh pyk x; kA vc crkbl fd b jkh dk gekj ckr gkbl dh ugha gekj xk e ckdh l c Bhid gkbl A nkuk ndj eqhzu yMkvk yMfsyMfsfdruk l ky gksx; A ge cgr xcl k gē gedks, d gh jLrk vkosfd vf/kdkj ykxu dk [kk tkb\*\*A 50 o"khz cj dksckbz tksfd cSk l enk; l sgA osvi uk eny xk fNu tkusl soscgn [kQk gA cj dksckbzcky?kkV ftysdscgj Cykd dsfl xkjh xk eajgrh gA ; gkaos foLFkfi rkadh ftanxh th jgh gA bl l siwzsdklgkajk"Vh; m | ku dsl ks j xk eafuokl djrh FkhA vi usi w xk eabudh ftanxh o vktfodk txy dsdn eny] Qy] [krh vkfn l spy jgh FkhA vpkud , d fnu blgaogkal shkx fn; k x; kA rhu n'kd l svf/kd l e; chr tkusdsckn Hkh osvi us vkj vi usi fjokj dsfy, nksodr dsHkst u dh 0; oLFk Hkh eq' dy l sdj i krh gA dny cj dksckbz gh ugha cgy dsgh xjhyk] fcl ui g] vkj bz xk eal sdgy 517 i fjokj dklgacuusdsckn gVl fn; sx; s ftudk mfpr foLFkfi u ughafd; k x; kA muds i kl [kkus dks ugha gA , s fLFkr ea tks cqt xz tks txy l svi us thou ; ki u djrs Fks mudsfy, ; subz ftanxh ekuksck> l h gksxbzgA buds i fjokj ka dksogkal sgVusl sigysdbz l qo/kk, anusdsoknsfd; sx; s Fks i jUrqoknkadks i jk ugh fd; k x; kA ; s foLFkfi r ykx vi uh dgkuh crkrsgq dgrsgfd tc geus xk NkM us dks euk fd; k rksoufoHkx usgea Mjk /kedk dj Hkxk; kA gkfFk; kadks NkM edj gekjs?kj kadks rkmle fn; k x; kA vc bu i fjokj kadks i kl dkbz l qo/kk ugha gA u jst xkj u ouki tA fl QZHK [k l srM rsgq ekr dk bartkj ckh vk [kkaea gA cSk tS sl sMkavknokfl ; kadh cckh dsi hNsdk dkj .k fl QZdklg jk"Vh; m | ku l sfoLFkfi u gh gA bl dsfy, txy ds vj jgusokysvknokfl ; kadks tkuojkal sx; k xqj k l e> k x; k vkj mugaogkal scgj fudky fn; k x; k rFk ou l sfeyusokyh l kexh i j Hkh i frcak yxk fn; k x; kA cSk vkfndky l stxykaejgrs Fks vkj txy l shkstu o vl; t: jh l kexh thfodki ktu dsfy, yrsFkA osty] txy] tehu dh i vck djrsgq mudh ns[kj] k dj mudksl HkkyrA ; stxy eavkRe fuHkz Fk dQ [krh djrs Fks rkdQ ouki t dsHkjd sthrsFkA vc ; s517 i fjokj etnijh djusyxsgA y?kqouki t i j frcak dsdkj .k vc buds l keusl dV [kMh gksx; k gA cSk vkadsthou o [krh dk egRo i wkzfgLI k lk' kqHkh jgk gA foLFkfi u o txy l scn [ky gksusdsckn vc xk; ] cdjh] l qj Hkh u dscjkj gA vc ; svknokl h i fjokj , d , d pht dsfy, cktkj i j fuHkz gksx; sgA vc blga dke dsfy, ckgj Hkh tkuk i Mrk gA vi usenx xk eaoschekj ugha i MrsFk muga l Hkh i kskd rRo] ouki t o ekr/svukt l sfey tkrFkA vc efgykvaea [ku dh deh] cPPksdq k"kr gksyxsgA cSk l enk; ka l sppkZ l sirk pyrk gSfd tgka txy eamudk fuokl Fk mu {ks=kaea tS fofo/krk o ol; thou dh cgyrk dh l Hkhouk vf/kd FkhA vr%ol; thokadh l j {kk dsuke i j cSk dks foLFkfi r djusdk dkbz o klfud vk/kj ugha tku i Mrk gA

dsfy, xjhc vkfnokl h l enk; kadks HkVduk i Mrk gSvkj bl dsckotm Hkh Qk; nk u feyus i j fujk' k gks tkrsgA ; gkage [kk | l j {kk dksenn djusokysdQ dk; Deka, oa; kst ukvka dk fo' ysk .k djks tksfd l h/ks rkj i j [kk | l j {kk ea; kxnu djrh gA&



[krh , oamRi knu dsfodkl dsfy, [kk | I g {kk fe'ku

[kk | mRi knu dks<tok nuso [kk | mi Hkks dks/; ku eaj [krsgq Hkjr I jdkj us [kk | I g {kk fe'ku ykxwfd; kA bl fe'ku dk eq; edl n Fkk fd xgh pkey vkj nygu dsmRi knu eaOkf) dh tk; A bl edl n dks i kusdsfy, mlur rduhd dksQSykus, oa [krh dsi zaku dh j .kuhfr cuk; h x; hA 17 jkT; kads 311 pfunk ftykaeykxwbl fe'ku dsrgr o"z2007 l s2011 dse/; bl ij 4882-428 djkm+jkf'k [kpZ djusdk iko/kku fd; k x; kA bl fe'ku dsrgr tksy{; cuk; sx; } og [kkl rkj ij eñkuh bykdka ds fdl kuka dsmRi knu c<kusij tkj nrsFkA xgh pkey vkj nygu dh vud Ql yakad T; knk foLrkj eñkuh bykdkaeagh ik; k tkrk gA [kk | vl g {kk dk l keuk djusokysnjnjkt dsbykdka tgvkfnokl h l epk; ka dh cgyrk gA ogkabl fe'ku dh i Hkko'khyrk de gSD; kAd bu bykdkaeacMh ek=k eaeks/svuktka dskcs s tkusdh i jEijk dk; e jgh gA bl fe'ku dsrgr eks/svuktka dsmRi knu , oabl sc<kusij dkbZ tkj ugha fn; k x; k gA

v/; ; fur xkokaefdl kuka dk dguk Fkk fd I jdkj xgh pkey i ñk djusdsfy, dgrh gsvkj gekjh tehu eaxgmi ñk gh ughagrkA \*\*cñy dsv/; ; fur xkø xq ok dsfdl ku HkS kyky uscrk; k fd I jdkjh vf/kdkjh xgmvkj /kku dk u; k cht cksusdsfy, ckyrk gS rksgekjs [kr eai kuh dk l k/ku ugha gsrks gks ugha bl fy; sughackerA i kuh dk l k/ku c<kusdsfy, enn feyrk rksge I jdkjh xgmckrk\*\* fMAMKsh ftydsdxkj k xkø ds\*\*yerwcSk dk dguk Fkk fd vf/kdkjh dksdñ ugha i rk fd gekjh tkr dh fdl kuh D; k gS /kku dk cht xkø eack/ x; k bl l ky Fkk/k l k yxk; k gSi j dknksvkj dñ/dh dk cht rksml dsi kl gks ugha vkj gekjh Ql y dk rksi ñsHkh ugha tkusHkh ugha gearksdksñ dñ/dh gh i ky; fcuk dknksdñ/dh vkj eDdk dk ist [kk; sgekj tkr dk i v/ u HkjA\*\* tkfgj gSfd dñ" k foHkx fdl kuka dh t: jrkads/; ku ea u j [kdj foHkx ds}kjk fu/kkZjr y{; dksgh i jk djuseayxk gsrk gA

v/; ; u ea'kkfey ftyk fMAMKsh dsl euki g Cykd dsdñ" k foLrkj vf/kdkjh dk dguk Fkk fd eks/s vuktka dcht ykxka dsi kl gks gS ml dh ekax ughagrk gA l kFk gh bu vuktka dk ekdñ/ Hkh ugha gS bl fy; svc ykxka}kjk Ql y eacnyko fd; k tk jgk gA ge ykxka dksf l pkbZ dsl a =] mlur cht , oa [kkn mi yC/k djokr gA ; g l gh gSfd I jdkj dk tkj Vkjx/ i jk djusi j gsrk gS geatksfun k gksrgsml dk i ky u djuk gsrk gA [kk | I g {kk fe'ku eaftu Ql ykai j T; knk tkj gSml sgh c<kok fn; k tk jgk gA

bl rjg orëku rFkddFkr vk/kñud dñ" k uhr i kjEi fjd [krh dksvun [kk djrh gA bl uhr dsrgr [krh dksyHk dk m | ks cukrh gA ij vud mnkgj .k dsvk/kkj ij [kkl rkj ij vkfnokl h bykdkaea [krh yHk dk tfj; k rksughacu l dh mYVsfdl ku cngky gksx; svkj dtZdsnyny eaHk Qa x; A tutkrh; {ks=kaeabl uhr usml dsi kjEi fjd Kku dksl ekir djusdk dke fd; k gA vkfnokl h {ks=kaea>e [krh ft l s vkfnokl h l epk; kaeacñj] i kMk vkfn vyx&vyx ukeal stku tkrk gS }kjk i jh vktHfodk l g f {kr gsrh FkA bl i ) fr eafdl kuka dksdñy Je ykxr ea l ky Hkj dsfy, i kskd vkgkj i nku djusokyh fofo/k Ql yakad mRi knu gsrk FkA vk/kñud [krh dsuke ij mlur cht , oa [kkn dks i pkfjr fd; k tkrk gSi j bl dk yHk ges'kk cMsfdl ku gh mBk i krs gA vkfnokl h {ks=kaeacgñ de i fjokj kausbl dk Qk; nk mBk; k gA v/; ; fur 4 xkø kads94 i fjokj kaeal sdñy 7 ; kfu 8 i fr'kr i fjokj kauscrk; k fd mlgadñ" k foHkx }kjk cht i klr gq gA bu i fjokj kaealHk l okZ/kd 5 i fjokj fMAMKsh ftydsdxkj k dsFkA bl xkø eafuofl M l ñFk }kjk Hkh fdl kuka dsi kñ l kfr fd; k tk jgk gA

tkfgj gS'kkl dh; uhr ds}kjk vkfnokl h {ks=kaeafdl kuka dks vk/kñud [krh l stkmñusdk iz kl rks fd; k x; k i j bl dk yHk ykxka dksughafey i k jgk gA l kFk gh [krh dsfy, bu bykdka dk i j o s k d s gS

; g l e>usdk iz kl ughafd; k x; kA i wZegkfujh(kd , eMh pṛṇṇh dsvuḍ kj \*\*bl fopkj dksR; kxuk  
 pkfg, fd Hkṛie {kj .k dsfy, eḍ; r%vLFkk; h [krh gh mRrjnk; h gṣ; k vLFkk; h [krh eafuf' pr : i l scjkbZ  
 gA bl nṛVdksk dksenydj bl idkj dh [krh dks thou&; ki u ds, d rjhds ds: lk eaekU; rk nsh  
 pkfg, A bl scjkbZ l e>dj bl dh funk djusdsLFkku ij bl s, d idkj dh, d h dṛ'k iz kkyh ekuuk ftl dk  
 mnHko Hkṛie dh Hkṛṣrd i fjlLFkr; kadsdkj .k gṛk gA ; g iḍṛr , d idkj dh ghu Hkṛouk dks tle nsh gS  
 ftl ds dkj .k fdl h Hkh fodkl ; kstuk dsfy, l eḍṛ okrkoy .k ughafey i krkA [krh dh thou i) fr  
 l ḥdṛ , oavkthfodk dksNhudj fl QZdekbZdk /kḍk cukuk vḷṣ [krh ij dā fu; kadh n[ky l s[kk | l ḡ{kk  
 dkscMḥ [krjk gA [krka l sHkṛk 'kkr djusokyh Ql yḡ mxkusdh ctk; , dy udnh Ql yam | kx dsfy,  
 dPPk eky o vehjkadh xkfM; kapykusdsfy, fufek l Mḍḡ Ql yamxkuk [kk | l ḡ{kk dsfy, cMḥ [krjk gA

ge ; g dg l drsgḡfd [kk | l ḡ{kk fe'ku dsrgr mḥur chttkaḍmi ; kx l svḥnokl h bykdkaeakbZ  
 mYyṣ[kuh; l ḍkj ughafn[kk; h nṛk gScfYd ykḥ dsykyp eaQḍ dj fdl ku vi us i kjEifjd vuktkaḍs  
 mi tkuseHkh fi NM-jgsgḡtksḍ mudsfy, [kk | l ḡ{kk dk vk/kj jgk gA

## l koṭṭfud forj .k iz kkyh

l koṭṭfud forj .k iz kkyh ; kstuk dsrgr jk'ku , oadḡkṣl u vkfn dk forj .k mfpr eW; ij fd; k  
 tkrk gA v/; ; fur ftykaea; kstuk dsrgr [kk | kḥu forj .k dsckjseaykskaḍsvuḍkokaḍsl e>usdk iz kl  
 fd; k x; kA l Hkh ftykaea l eḡ ppḷzeaykskausjk'ku feyusdh ckr crk; h vḷṣ l kFk gh jk'ku nḍku dsMhyj  
 }jkj dh tk jgh vfū; ferrkvka, oafnDdrkaḍckjaea [kydj ckrphr dhA ykxkaḍk dguk Fkk fd jk'ku dh  
 nḍku l sjk'ku rksfey jgk gSij jk'ku yuseadbZrjg dh eḍ' dykaḍk l keuk djuk i Mṛk gA l e; l s  
 nḍku dk u [kyuk] de jk'ku nḍk] nḍku dk njḡ gkuk] fi Nysekḡ dk jk'ku vkxsdsēghukaēau nḍk tṣ h  
 dḡn fnDdraykskauscrk; hA v/; ; fur xkokaē94 ifjokjka l stkudkj h ikr dh x; h ftl eal s91-7 i fr'kr  
 ifjokjkaḍsi kl jk'ku dkmZFka bu ifjokjkaēal s56-4 i fr'kr ds ikl chi h, y l 17 i fr'kr vḷ; kn; , oa23-4  
 i fr'kr jk'ku dkmZ, i h, y dsFka jk'ku dh nḍku l sjk'ku feyusl s[kk | l ḡ{kk eaenn feyrh gṣ, d k l Hkh  
 v/; ; fur xkokaḍsykskauscrk; kA tc ?kj eavukt dh deh gkrh gSṛsjk'ku dh nḍku l sgh jk'ku yk; k  
 tkrk gA jk'ku dh nḍku l sfeyusokyk jk'ku e/; e ntḡdk gkrk gA dḡn ifjokjkausgh f'kdk; r dh fd  
 dHkh dHkh jk'ku dh nḍku eavkusokyk vukt ?kV; k fdLe dk gkrk gA vud i fjokjkaḍk ; g dguk Fkk fd  
 jk'ku dh nḍku dk jk'ku gekjh tkr dksvyl h cuk jgk gA vc dknksdḡ/dh tksḍ cMḥ egur l srṣ kj  
 gkrk gSij i kṣVd vḷṣ rkdr okyk gkrk gṣ bl dh ctk; xgṛpkoy [kkusdh vknr cu x; h gA bl l sge  
 chekj i MṣyxsgA bl cnyko dsdkj .k vc dknksdḡ/dh tṣ svuktkaḍh i ṣṅokj Hkh ?kVusyxh gA ykx bl s  
 ckusea#fp ughayṛA mi jkḍr fo'yṣk .k l stkfḡḡ gṣfd l koṭṭfud forj .k iz kkyh }jkj , d l hek rd ykxka  
 dh [kk | l ḡ{kk earḥenn fey jgh gSij bl l siḷk .k l ḡ{kk dksc<kok ughafey i k jgk gA l kFk gh bl  
 iz kkyh dk l koṭṭṣedj .k ughagṣi k jgk gA vyx vyx xkokaē {ks=kaeabl dh xqkOrki wZ l pkyu eavṛj  
 l kQ rḷṣ ij fn[kk; h nṛk gA

l jdkj i hMh, l eaf l QZxgṛpkoy dh forj .k 0; oLFkk cukdj [kk | l ḡ{kk dsekeyseacMḥ xyrh dj  
 jgh gA vkt Hkh dbZvkfnokl h xkokaēaxgṛughā [kk; k tkrk gA bu vkfnokl h bykdkaeajkxh Tokj] cktjk  
 l kḍk] dknṣḍ dḡ/dh dsfcuk [kk | l ḡ{kk v/kjh gA njvl y ; sfofo/krk; ḍr Ql yamu cḡḡkVh; dā fu; kḡ  
 fuxekaḍsdṭseughagṣtṣi gysHkṛk i ṣṅ dj jgsgvḷṣ i hNsl sHkṣt u i jkl usdh odkyr dṛsgA l jdkj  
 Hkh bu i kṣVd vuktkaḍs [kk | kḥu dh ctk; 'kjkc cukusdsfy, dPPk eky ekudkj vehjkadh ekṣt elrh  
 dh i frZdj jgh gA

## I efd r cky fodkl ; kst uk

bl ; kst uk dsrgr efgykvaok cPpkadks i kskd vkgkj dk forj.k , d e[ ; xfrfof/k gA fi Nys2 I s3 I kyaab1 ; kst uk dsfØ ; kluo; u eacgrjh yk; stkusdsi z kl fd; stk jgsgA ckotm bl dsbl ; kst uk dk Hkj i j ykHk ykxkadksughafey i k jgk gA v/; ; fur xkokaevakauokMh dsl æak eaykskal sckrphr dh x; hA bu xkokaads94 i fjokjkae49 i fr'kr uscrk; k fd vakauokMh I si kskd vkgkj i klr gkrk gStcfd 17 i fr'kr uscrk; k fd i kskd vkgkj ughafeyrkA 34 i fr'kr i fjokjkaadsvakauokMh dscjkseat kudkj h ughaFkh fd ogka D; k&D; k gkrk gA v/; ; fur xkoka dsefgyk I engkal sppkZdsnkj ku ; g ckr rksmHkj dj vk; h fd xkoea vakauokMh jkjk cPpka, oaeefgykvadsfy, dbZ; kst uk, al pkfyr dh tkrh gA i j efgykvaadksbu ; kst ukvka dscjkseabhd I si rk ughaFkka mudk dguk Fkk fd vakauokMh dk; BkrZ jkjk i jh tkudkj h ughanh tkrh fd fdruk i ksk.k vkgkj feyuk pkfg, A dk; BkrZ tksykskadksnsnrh gSogh feyrk gA

## e/; kUg Hkkstu ; kst uk

e/; kUg Hkkstu ; kst uk jkjk cPpkadksLdnykaeanki gj dk Hkkstu ink; fd; k tkrk gA v/; ; fur xkokaeva I Hkh xkokaeva; g ; kst uk I pkfyr dh tk jgh gA i j I eng ppkZ/kadsnkj ku ykxkauscrk; k fd e/; kUg Hkkstu xq th dh euetiZvkj I engkadsdkedkt i j fuHkj gA bl dh fu; ferrk ges'kk ckf/kr gkrh gA v/; ; fur xkokaads94 i fjokjkaeal s74 i fr'kr i fjokjka dk dguk Fkk fd e/; kUg Hkkstu dsnkj ku feyusokyk Hkkstu cPpkadsfy, lk; klr ughagkrk gA cPpsLdny eahkh [kkrgsAvkj ?kj Hkh [kkusdsfy, vkrgsgrksbl I scPpkadk i <kbZdk I e; cckh gkrk gA lk; klrk dsl kFk gh [kkusdh xqkoRrk Hkh Bhd ughagkrh gA

## egkRek xkakh jk"Vh; xkeh.k jkst xkj xkj h; kst uk

[kk | I j {kk dks<kok nusokyh ; g ; kst uk v/; ; fur I Hkh xkokaepj jgh gSvkj I Hkh xkokaab1 ; kst uk dsrgr dke Hkh gq gA i j [kMok dsi VKYnk xkoe dsvrfjDr v/; ; fur fdl h Hkh xkoe adke dh ekax dsvuq lk dke ughafn; k x; kA xkoe Lrj i j dke dsfy, fyf[kr ekax dh i j Ei jk vHkh dk; e ughagpZgS xte ipk; r I fpo dke [kkyusdsnkj ku gh ekax dksHkh fy[k yrgsA fuEu rkfydk eaeujsk dsrgr dy dke , oahkqrku dk foofj.k fn; k x; k gS&

v/; ; fur xkokaeeujsk dh fLFkr

ftyk	v/; ; fur xte ipk; r	dy tkcdkMZ	dy dke elack	dy etnj ftlga dke feyk	dy dk; Z fnol	vkS r dk; Z fnol	vkS r etnjh	dy Ektnjh	Ektnjh dk Hkqrku ykxka jkjk crk; k x; k
[kMok	i VKYnk	527	820	606	4251	7	122	51862	Lke; I sugra
cSny	Xkq ok	577	136	1030	8497	8	88	74483	lkj k ugha
fMdksh	xkjk dUgkj h	421	293	230	1557	7	122	18995	Lke; I sugra
Ckyk?kkV	vj h &	1180	93	93	297	3	122	36234	lkj k ugha

I kr & Hkkjr I jdkj dh , eth, uvkj bZth, osl kbV

mijDr rkfydk I sLi "V gSfd 8 fnu I svf/kd vkS r dk; Inol dh etnjh fdl h Hkh xkoe eaughafeyh gA I Hkh v/; ; fur xkokaee etnjh I e; I sfeyusdh I eL; k crk; h x; hA ckyk?kkV dsvj h xkoe eafi Nys8 I s10 ekg I setnjh dk Hkqrku ughagrk gA cSny dsxq ok xkoe eahkh etnjh dk Hkqrku 6 ekg I sughagrk

gA [kMok dsi VkyNk xkø eaHkh etnjih l e; l sughafey jgh gA bl h rjg fMAMksh dsxkš k xkø eaetnjih ds fy, xkø dsetnjikadksHkVduk i Mrk gA l e; l setnjih u fey i kusdsdkj .k xkø dsyxs bl ; kstuk ds rgr etnjih ughadjuk pkgrA etnjikadk dguk gSfd t c gea[kk | t: jrkadsfy, iš kadht: jr gksh gS rHkh ge dke ij tkrsgA ,š h fLFkr eaiš k u feyusij geadfBu ifj fLFkr; kadk l keuk djuk i Mrk gA vr%geanl jsdkekaetgkautn etnjih feyrh gSogkade etnjih eatkuk Bhd yxrk gA bl ; kstuk ea etnjih i kusdsfy, nj xkø fLFkr cāl ; k Mk d?kj dspDdj Hkh yxkus i Mrgsāft l eadbzfnu dh fngkMh cckh gksh gA tkfgj gSfd ; g ; kstuk ykxkadk [kk | l g {kk fuf' pr djuseaegRoi wkZ Hkiedk ughafuHkh i k jgh gA

mijkDr [kk | l g {kk l aē/kr ; kstukvka ds vykok l kekf t d l g {kk i āku tuuh l g {kk , oavU; dbz ; kstuk, a i j k š k ; k v i j k š k : lk l s [kk | l g {kk dks c < kusea ; kx nku nrh gA ij l Hkh ; kstukvka ds cgrj fØ; kUo; u dh ck/kk, avHkh l Hkh xkøkaeafn[kk; h nsjgh gA l kekf t d l g {kk i āku dh jkf'k cgr de , oal e; l su feyusdh fnDdr gSogha tuuh l g {kk ; kstuk eaijisiš sfeyuseadbzrjg dh fnDdral keusvkrh gA Li"V gSfd 'kk l dh; uhfr; kaea[kk | l g {kk grqdbzegRoi wkZ; kstuk, agkusdskotm budk l pkyu Bhd l s u gkusdsdkj .k budk Hkj i j ykHk ughafey i krkA

njvl y l jdkjh ; kstukvka dk Qk; nk mBkusea; g vkfnokl h l epk; l nk l sgh fi NMrk vk jgk gA ; g l epk; ; kstukvka dk fi NyXwcuuk gh ugha pkgrA mlga viusJe vks viuh thou 0; oLFkk ij gh Hkjkd k gA l jdkjh dk; Øekadk egRo buds thou eal gtrk l sfuk Ny di V dsyHk fey tk, rks Bhd vU; Fkk mudksxjt Hkh ugha cšny , oa[kMok dsdkj dwl epk; dsyxs gka; k fMAMksh , oackyk?kkV dscŠk l epk; ] bu nksukagh l epk; kaeat kudkj dk Lrj cgr detkj gA ; sl epk; l jdkjh uhfr; ka, oa; kstukvka dks viuh cgrjh ds: i eaf'o'yš'kr ughadjrA mudk ekuuk gSfd gekjh t: jrka, oaf tnxh ds vuq lk l jdkj dh ; kstuk, aughacurh cfYd l jdkj dh uhfr; kamlgauql ku i gpkus, oamudh ftānxh dks [krj sea Mkyrh gA



# खाद्य सुरक्षा के विकल्प

[kk | I j {kk dh i kj Ei fj d 0; oLFkk I sLi "V gSfd [krh vkj ouki t ge'skk I s [kk | I j {kk dsef; vk/kkj jgsgA ; g i kj Ei fj d 0; oLFkk fi Nysd I kykaea [kkl dj vkfnokl h bykdkaea fNlUu&fHkUu ghpZgA [kk | I j {kk dsfy, iEi jkxr fodYi [krh] ouki t] f'kdj vkfn vc ughagA vnyjn'khZfodkl ] dF'k , oaou uhfr dsdkj.k cMsi eksu ij i kdfrd I d k/kukadsfouk'k dsQyLo: lk i kj Ei fj d fodYi vc u"V gkrst k jgsgA vc ; g l oky ; g gSfd vkusokysl e; dh vfuf'prrk dksn[krsgq lk; klr ek=k eavukt dh I j {kk dS sgks rkfd t: jr dsvuq kj ykxkadksmi yC/k gksl dA ; fn [kk | I j {kk dh fuf'prrk gksxh rksyxs I kekftd] vkfFkZd rFkk jktufird vol jkaeaHkxhnhkj dh I dA bl nFV I sl kekftd I j {kk dsutfj; sl svukt dh i firZgkuk pkfg, A bl ifji; eal jdkj dk nkf; Ro gSfd cgrj mRiknu dk okroj.k cuk; so cktkj eW; ka dksyxs kadsvuq lk cuk; sj [kA I kFk gh jk'ku dh forj.k 0; oLFkk dksu dDy ykxkadsfy, I gt vkj I gyHk cuk; scfYd bl dk I od; ki hdj.k djdsl dsfy, , d nke ij mi yC/k djkus dh 0; oLFkk dk; e dja orZku eavfnokl h bykdkaea fepk; kaI sppkZdsvuq kj [kk | I j {kk dsfodYi fuEu g&&

I koZtfud forj.k izkkyh dk I koHkkfSedj.k , oLFkkuh; rk dks'kkfey djuk

[kk | I j {kk dksuf'pr djus, oa[kk | klu dh t: jrkadksi jk djusdsfy, I koZtfud forj.k izkkyh gh I cl svf/kd etar fodYi ds: lk eagekjsl keusgA bl izkkyh eatks<kpkxr [kkfe; kagA mlganj djdsl bl sT; knk tokng vkj etar cuk; k tk I drk gA v/; ; fur I Hkh xkokaeykska uscrk; k fd vukt dh t: jrkadksi jk djusdsfy, osjk'ku dh nDku dk gh I gkj k ysgA ykxkadsvuq kj jk'ku dh nDku dks etar cuk fn; k tk; svk jk'ku dh I gtrk I sfu; fer mi yC/krk gksrks [kk | I j {kk eaenn fey I drh gA I kFk gh jk'ku dh nDku ij LFkkuh; egRo dsvukt kads'kkfey fd; k tk; A dDy xgmpkoy dsvykok Tokj] cktkj] dknk dh/dh] puk] nky vkfn vukt kads Hkh jk'ku dh nDku ea'kkfey fd; k tkuk pkfg, A jk'ku dh ek=k dk cakku [kRe djdsl sykskadst: jr dsvuq lk cukuk pkfg, A ; gkal Hkh t: jren ykxka dksjk'ku fn; k tk; su fd dDy chi h, y ; k vA; kn; rd I hfer j [kk tk; A

, d I oky dstok eafd D; k jk'ku dscnysvukt jkf'k egs k dj k; k tkuk pkfg; srks 90 ifr'kr I s vf/kd ykxkadk dguk Fkk fd jkf'k bl dk fodYi ughagsl drhA bl I syks jkf'k dk mi ; ks vU; = dja's vkj bl dk [kkl vl j cPpk vkj efgykva ij i Mxka D; kAd feyusokyh jkf'k ifjokj dsef[k; k dsi kl igp tk; xhftl dk vuod ekeykaean#lk; ks dh I Hkkouk jgsxA

LFkkuh; Lrj ij dke dh mi yC/krk

egRk xkakh jk"Vh; xkeh.k jkst xkj xkjA/h ; kstuk dsrgr dke dk feyuk nI jk cMk fodYi gSft I I s [kk | I j {kk eaenn feyrh gA ij bl ; kstuk dsrgr gj {ks= dh fLFkr vyx gA v/; ; fur fd I h Hkh xka ea 100 fnu ds jkst xkj dh mi yC/krk vHkh rd ughagsl dh gA ; g , d etar fodYi gksudscotm ykxkads fy, vk/kkj ughacu i k jgk gA

bl dsvykok xkø dsvkl i kl vl; etnjh dsl kskal sdñ fnukadh etnjh fey tkrh gsij bl dh fu; ferrk ughagð l kfk gh dñ i fjokjka}kjk txy l sydmñ dkvdj cktkj eacpusl s50 l s60 : ifrfnu dh vkenuh gkrh gð l kfk gh dbzxkøkaeayks vc ckgj dh vlg i yk; u djustyxsgh vl i kl dsbykdkaea [krgj etnjh dsvykok yks nj 'kgjkaeaHkh dke dh ryk' k eatk jgsgð bl otg l smudscPpkadh f'k{kk vlg l gr i Hkkfor gksjgh gð cñy dsxq ok xkø dsdkg dñ enk; dsyxsckadk dguk Fkk fd jkst xkj xkjð/h ; kstuk eaetnjh u fey i kusdsdkj .k nñ jsxkøkaeadke dsfy, tkuk i Mrk gð ckgj dke ij tkusl sl ky Hkj dsfy, xgnydj vkrsgStksgekjsxqtkjseal gkjk curk gð

l hfer ouks t l æg.k

v/; ; fur bykdkaeaykskal sppkZdsvuð kj dñ ek=k eaouks t l æg.k dh l Hkkouk; agð txy l s rññRrk] ekgyi Rrk] gjkZ cgMñ vkyk] egwv] 'kgn] dñ dn vkfn , d= djdsdñ vkfnokl h i fjokj bl s cpdj dñ fnukadh thfodk dk fuoðu djrsgh ij ; g dk; Z[kkl rkj ij fñMñksh , oackyk?kkv eagh l Hko gð [HMoK , oacñy dstxykaeadñ ek=k eamññRrk dsvykok dñ ughai klr gkrk gð l kfk gh yxsckadk ; g Hkh dguk Fkk fd bl dke eadøy dñ i fjokj kadsgh Qk; nk fey l drk gSD; kñd txy eavc ouks t cgr de ek=k eami yC/k gð

i kjå fj d Kku dk 0; kol kf; d mi ; ksx

v/; ; fur bykdkaea i kjEifjd Kku dk mi ; ksx Hkh thfodk fuoðu dsfy, fd; k tk l drk gð v/; ; fur xkøka ds vkfnokl h l enk; ka ds yks ckl ] ?kkl o ydMñ dsf'KYi dkjh djusea dñky gð bu dñkyrkvadk mi ; ksx os0; kol kf; d : lk l sdj l drsgð dñ yks >kmwucukuso ckl dsVkduscukusdk dke djrsghft l l smudh thfodk dksenn feyrh gð

l jdkjh Hkjkd k gh fodYi cpk

geskk l svkRefuHkj jgsvkfnokl h l enk; kadsvc l jdkj dh vlg gkFk QSykusdk fodYi vk x; k gð dñ ; kstukvkadksyHkh ndj [kk | l j {kk dksc<k; k tk l drk gð dñ ; kstuk, avkbñ hñh, l ] e/; klg Hkkst u] l kelftd l j {kk i ðku] tuuh l j {kk} eñjfuVh cñufQV] Lo.kZt; arh xke Lojkst xkj ; kstuk vkfn dscgrj fØ; kÙo; u l sHkh [kk | l j {kk dkscuf' pr djuso ml sc<kuseaenn feyrh gð

[kk | l j {kk gñqLFkk; h mi k; dh t: jr

tñ fofo/krk l j {kk dsfy, Bkd dne gh eq; mi k;

[kk | l j [kk dñ cl svf/kd [krjk tñ fofo/krk eavk; h deh dsdkj .k gh gñk gð [kkl dj vkfnokl h vlg txyh bykdkaea tñ fofo/krk eañ dsdkj .k vkfnokl h l enk; kadh [kk | l j {kk xñkhj : lk l si Hkkfor gñz gð bu bykdkaea i M+i kñkñ ol; thokñ tMñ cñV; kñ dnemy , oaQykadh i ztkfr; ka [kRe gkusdsdkj .k [kk | i nkFkkñ dh cgn deh i ðk gksx; h gð vc bu tñ l ð nkvkadks i qñthor djuk , oabudk l j {k.k djuk gh etcñr fodYi gksñA bl dk; Zdsfy, l enk; dñT; knk vf/kdkj , oaHkxhñkj h l qñf' pr djuk gksñA

i kjå fj d , oatñod [krh dksc<kok

tñ fofo/krk u"V gkus o tyok; qifjorñ dsdkj .k i kjEifjd [krh izkkyh Hkh detkj gñz gð vc



fdl ku vk/kfud [krh dh vkj # [k dj jgsga bl [krh iz kkyh dsvkusl scs'kd vukt mRi knu eadN of} gpbzgdi j bl l s [kk | l j {kk dksek=kRed l g; kx gh feyrk ga i kSk.k l j {kk dh nf"V l s; g mi; pr ughagA l kFk gh bl [krh l si fjo'sk dk Hkh fouk'k gksjgk ga vr%t: jh; g gSfd i kjEi fjd [krh dksc<kok nussd's fy, fdl kuka dks'ck&l kfgr fd; k tk; srkfd osi q%bl vkj dne c<k l dA vkfnokl h bykdkaeabl [krh i) fr dk l gtrk l sviuk; k tk l drk ga bu bykdkaeabl h [krh dsfy, mi; pr i fjo'sk ekSt'm ga i kjEi fjd eks/svuktkae'at's s dksn's dh/dh l k'ok] fry] eDdk] eM; k vkfn eau d'oy [kk | l j {kk feyrh g's cfYd; g i kSk.k l j {kk dksHkh fuf'pr djrh ga

[kk | l j {kk dkumu

[kk | l j {kk dkumu i j i j'sn's k ea0; ki d p'p'k'g'sjgh ga vkusokysl d n l = eal Hko gSfd; g fcy i kl gkstk; A; g, d egRo i wk'z dne gk'sk ft l dsrgr yk'sk'adksHk'st u dsvf/kdkj dk gd fey l d'skA i j bl dkumu ealHkh yk'sk'adks i s/ Hk'jusdsfy, vukt mi yC/k dj kus i j tkj ga l oky; g gSfd D; k d'oy vukt dh i fir'Zgh [kk | l j {kk ns l drh ga bl dkumu eayk'sk'adks l e'f'pr i kSk.k l j {kk i j 0; oLFkk gk'sh pkfg,] d'oy vukt dh mi yC/krk l s [kk | l j {kk rksg'sl d'sh i j i kSk.k l j {kk ughag's i k; s'chA

oukf/kdkj dkumu dk f0; k'lo; u

oukf/kdkj dkumu 2002 dks, d fuf'pr l e; l hek, oay{; r; dj dsy'k'wfd; k tkuk pkfg, rkfd vkfnokl h l e'pk; ka dks viuh tehu dk gd fey l dA l kFk gh t'xy dh l j {kk ea LFkkuh; yk'sk'adks dh fg l i n'kjh c<k; h tk l dA bl dkumu dsf0; k'lo; u ea x'k'o d'sy'k'sk'adksT; knk egRo fn; k tk; so x'tel Hk'k }k'j k i k'f'j r i Lrkoka dks [kk l egRo fn; k tk; A x'tel Hk'k }k'j k i k'f'j r fd; s'x; si Lrkoka dks fuj Lr djusdsfy, oukf/kdkj l fe'f' o mi [kM Lrj dsvf/kdkfj; kadh jk; yh tk; A

l ke'p'kf; d [kk | l j {kk 0; oLFkk dksc<kok

[kk | l j {kk dksfuf'pr djusdh l e'pk; kadh viuh i j a'j k dk; e jgh ga l e'pk; viuh t: jrkadks /; ku eaj [krsgq vuktka dks l g'st dj j [kr'sFkA vHkh Hkh dbZ i f'jok'j ka d's i kl fi Nys20 l s40 l kYk rd dk vukt ekSt'm ga vukt l g'st dj bl i) fr dks i q%et'ar cukusdh t: jr ga yk's, d n'w j s dks vukt dh deh d's l e; eal g; kx Hkh d'jrsFkA vkfnokl h l e'pk; kaeackd vkj feV'Vh dh dksB; kaeavukt j [kusdh i j a'j k vkt Hkh dk; e ga bu dksB; kaeavukt dks dbZ l kykard j [kk tkrk ga l kFk gh ch'tka dks Hkh l g'st dj bl'ghadksB; ka; k feV'Vh ds?kM/kaeaj [kk tkrk FkA bl fo/kk dks v'k'sv'k's et'arh l sc<kusdh t: jr ga

LFkkuh; l d k/kukai j vk/kkfj r vkt'hfodk dksc<kok

fi Nys l kyka eayk'sk'adks vkt'hfodk dks x'k'h'j : i l s [krj k i g'p'k g'svk's cM'h l d; k ea i f'jok'j ka dh i jEi jk'x r vkt'hfodk d's l k'r [kRe gq ga; g l e>usdh t: jr gSfd mu [kRe gk'sh vkt'hfodk d's l k'rka d's LFkku i j n'w jh LFkkuh; vkt'hfodk d's l k'r D; k cu l drsga mnkgj.k dsfy, n'w/k 0; ol k; ] LFkkuh; f' kYi ] fi x'jh] eq'h' kyu] Qy'k's ku vkfn D; k LFkkuh; Lrj i j dkj xj 0; ol k; dk t'fj; k cu l drsga ek= e'k'Qy'h] n'w] i uhj eD[ku nokbZ, ka t's s mRi kn i n'k dj vehj n's kka usubZ jkg n'w kh ga gekj's; gka Hkh e'k'Qy'h dk dkQh cM'h j d'ck g'svk's d'N futh l LFkk, abl dk v'k's] k'x'd mRi kn Hkh dj jgh ga uhe] x'k'c'j] Xok'j i k'k'k] d's'dh] g'j'k'j jh'k'k] l j tusdh Qy'h vkfn t's h l d'M'kaou l i fr; kagekj's; gk'ami yC/k ga mul s'r'sy] l k'cu cM'h

yk'sku vkfn dbzmRi kn cuk, tk jgsgšvks cuk, tk l drsgš cMh dā fu; kadsudkjusdh rkdr vks  
Lonš kh Hkkouk l sgh [ksh dk ; g fodYi LFkkuh; fd l kukadsfy, ojnku fl ) gksl drk gš

{kerk of) , oau; sjkstxkj dsvol jkadks<kuk

lkjEi fjd thfodk dsl kkaeyks , d nū jsl sl h[krsFksvks ml scuk; sj [krsFkš vkt jkstxkj dsu; s  
vol j [ky jgsgšvks nūj; kade gksx; h gš , d h fLFkr eaxj ijEi jkxr 0; ol k; kaeT; knk vol j cu jgs  
gš t: jr bl ckr dh gšfd vkfnokl h l epk; kadsf'kf{kr gksu vi usvki dksr\$ kj djusgrql efr  
vol j vks l fo/kk, aeg\$ k dj; h tk; arkfd ; g l epk; Hkh viuh {kerk c<kdj u; svol jkadksiklr djusea  
l {ke cu l dā v/; ; fur xkkae94 ykskal siklr tkudkj h dsvk/kkj ij dny 6 ifr'kr yks 10ohai kl gš  
tcfd 1 ifr'kr 12ohavks 1 ifr'kr yks xstq V rd f'kf{kr gš tkfgj gšfd vkfnokl h l epk; kaeaf'k{kk dk  
vHkko gšvks ; g l epk; vi us ijEi jkxr 0; ol k; kadsvykok nū jsvol jkadkskf l y djuseavHkh l {ke  
ughacu i k; sgš



# चर्चा....

[kk | l j {kk dsl anHkZl enpk; kadk vi uk utfj; k vkj l kp l e> jgh gA bl utfj; svkj Kku dstfj; s gh LFkkuh; Lrj ij l kemkf; d [kk | l j {kk dsrkj rjhdscuA ; g rkj rjhdK iijh rjg l sty] taxy vkj tehu dsl kFk l keatL; cukdj fodfl r gAka fi Nysnksl srhu n'kdka l sbl iijh 0; oLFkk eadbZrjg dh fnDdrao pAukSr; kai Snk gksx; hA njvl y bl [kk | l j {kk ra= eacktkj dh l A k yx x; hA bl iijh curh vkj fcxMrh 0; oLFkk dscKjseageusykskal sckrphr dhA ckrphr dsvalkavkj vuAkokadks; gkafcnpkj fn; k tk jgk gS&

- vktknH dsiwZl sgh taxy l j {k.k dsuke ij tksvkfnokl h l enpk; kads l kFk dBlkj fu; a.k dk rjhdK viuk; k x; kA bl rjhdseabu l enpk; kads l kFk ekj iHv] cskj djukj dke dscnysl e; l setnjh u nsuk] [krh dsfy, i frcak yxkuk vkfn 'kkfey FkA vktknH dscn Hkh ; g rjhdscugha cnysvkj taxy foHkx dk 'kksk.k , oaneudkjH ufr cjdjkj jghA bu l cds dkj .k vkfnokl h l enpk; kadk viuh vktHfodk vkj [kk | l j {kk dsiEi jkxr rkj rjhdscfNUu fHkuu gksx; A fMAMksh ds<kck xko dscfj; k dsvuA kj vxat yks Mj fn[kkrk Fkk] ge ?kj NkMoj taxy eafNi tksrFkA vxat pyk x; k rksHkh Mj cuk jgrk gA
- cSk {ks= eaupjy gchVKV u"V gkusdsdkj .k ijk Ql y pØ fcxM+jgk gA ogkadH iijh [kk | l j {kk Hkh pjejk xbzgSD; kad upjy gchVKV ea taxy] Ql yk ol; tarj i f{k; k dhVkadk cgrj l keatL; gkrk gA bl l stfofo/krk dksdk; e djuseenn feyrh gA rpyh iztkfr dk dhMk tks Ql ykads gkf u djusokysdhMkads [kk tkrk Fkk , oatb l rgyu dkscukuseenn djrk Fkk , oa Ql y dksHkh cprk FkA jEgkyh Nksh fpm+ k Hkh Ql ykaeyxusokysdhMkads [kkH FkA tnjk l ka Hkh ughafn [kkbznrk tksdhMkads [kkH FkA eadH l ka Hkh tehu eajgrk Fkk vkj Ql y dks gkf u gpkusokysdhMkads [kk tkrk FkA igysdh rjg cDj Ql y ugh ckusdsdkj .k ; stho Hkh [kRe gkrstk jsgA
- eAM; k@jxh gkbZ dFy'k; e vukt gA bl dk mi; ks xHkZrh efgykva dks fMyojh ds l e; mi; ks fd; k tkrk FkA vc ml dk mRi knu de ; k u gkusdsdkj .k rkdr okysrRo Hkh de gksx, gA , d cSk efgyk uscrk; k fd fMyojh dspkfsfnu gh Aph i gkMk i j fLFkr vi us [kr eadke djusi gp xBA ml uscrk; k fd ge bruh ApkbZ i j de l e; eabl fy, i gp x; sD; kad ge jxh [kkrsgA ml l srkdr feyrh gA
- dN l ky igysl jdkj usukj fn; k Fkk fd dknk d/dh gVkvkj /kku xgm i tkvka l jdkj bl h Ql y dksc<kok nusdsfy, [kkn cht o vl; enn Hkh bl h Ql y dsfy, nrh gA bl fy, ykskaus bl h Ql y dksvi ukuk 'kq dj fn; kA dknkd/dh] jkxh] cktjk vkfn Ql ykadsfy, l jdkj us dkbZ l gk; rk ughanh] bl fy, ; g Ql ya [kRe gksjgh gA vc rksdbZ iztkfr dscht gh [kRe gks

x; sgāvkš dbžčtkfr; ka[kRe gksdsdxkj ij gā

- txy fohkx ; g dgrk gSgfd cSxk ylx cāj i) fr eatxy dKv dj vxk yxk nrsgāftl l sou ?kV jgk gStcfd gdhdr ; g ughagā xke <kck fMAMkšh ds 'kḡdy cSxk dgrsgāfd cSxk ylx txy dh fgQktr djrsgāvkš cāj i) fr eadny] ?kkI kḡ Nks/h >kfM+ kavkš i kšks l v[ks i Rrkadh iryh ijr tykrsgā eks/h ydMā dsi MāadksdKvdj ugha tykrs; fn , d k fd; k x; k rksHkfe dh mojr k u"V gks tk; xhA ; g ckr cSxk ylx cgr cjhhdh l sl e>rsgā mudh bl ckr eacgr dḡkyrk , oal e> gSfd fdruh vxk tehu ij fdruh nj tyuh pkfg, A de ; k T; knk vxk tyusl sog i) fr dke ugha djr h gā vr% txy fohkx dk ; g dguk xyr gSfd cāj i) fr txy [kRe djr h gā
- 15 l ky igysrd txy eāeggy cšy vkš vud iḡdkj dsi Māvkš >kfM+ kaFkhā ekggy cšy bruh ych QSyh gkrh Fkh fd ml ea10 l s20 i MāeatdMā cu tkrh Fkhā bl cšy eagh vud iḡdkj ds tho tarykadsNi usdk vkš jgusdk vkl jk feyrk Fkhā dñ dVkbZdsfy, bu cšyvkadsdKv fn; k x; k rksol; thokadsfNi usdh txg gh [kRe gksx; h vkš mudk f'kdj djuk vkl ku gks x; kA ylx ol; thokadsMj l sbu cšyvkads >jet/ ea ugha ?kḡ rsFks vkš txy dh iḡkfrd eukjrk vkš i kfjLFkfrdh cph gḡZFkhā bl ds [kRe gkrsg ylxkausū dny cḡgpd f'kdj fd; k cḡYd txy dsvnj dh vl; phtkadsHkh [kRe dj fn; kA
- dñ dVkbZ l txy eami yC/k 4 ekg dh [kk] olrqaylxkadsfeyuh cā gksx; hA bl otg l s ylxkadsyxusyxk fd txy rls l jdkj dk gā os txy ij viuk gd [kRe l e>usyxsvkš txy dh fgQktr djuk Hkh NkM+fn; A Qk"z1995 eal kyckj dhMādk oukai j vkḶ e.k gḡpKA ; g vkḶ e.k cgr cMā Fkh ftl l sl ky o{kka dksupl ku igḡpKA l ky l soukads cḡkusdsfy, ou fohkx jkjk l ky dVkbZdjokbz; hA l kyckj dksi dMāusdsHkh iz kl fd; sx; A ij bl dVkbZea ylxkaustxy dksrgl ugl dj fn; kA
- cSxk ylx txyh tkuojkadk f'kdj l jf{kr vkš l rfy rjhds l dḡrsFkhā osf'kdj l e; &l e; ij #fp vud kj rht R; kḡkj ij gh dḡrsFkš geškk ughA os tḡ fofo/krk eāegRo i wZHkfedk fuHkkus okystkuojka tḡ s'kḡ] fgj .k] eḡ vkfn tkuojkadksf'kdj dHkh ugh dḡrsFkš mudh iḡtk dḡrsgS mudsf'kdj eaT; knkrj pḡt txyh l qj] [kj xksk vkfn gkr sFkhā
- l jdkj us1890 eacSxk pd , fj; k dks cāj i) fr l s[krh dḡusdsfy, Nw/ nsnh Fkhā ckn ea1946 dscn bl si q% i frcā/kr dj fn; k x; kA tcf d bl nkš ku txy dh cgn l j{kk cuh jghA bl nkš ku dkbZ txy ?kVusds mnkj g. k ughafn [kA i frcā/kr dḡusdsckn rsth l txy ?kV x; A tḡ s tḡ sfMAMkšh ftyk eq; ky; l scSxk pd dh vkš c<fsgā txy dh l ?kurk mruh gh T; knk c<fh tkrh gā tḡ scSxk pd l snjh c<fh tkrh gSogk txy ?kVrs tkrsgā bl dk eryc ; g gḡp fd cSxk l j{kd gSu fd txy dKv usokykA
- i kj Ei fjd vukt dh iḡd sl x cgr dfBu egur okyh vkš ?kj ij gksusokyh Fkhā mudh iḡd sl x

dsfy, dkbZrduhd fodfl r ughagpZftl dh otg l svkt dsl e; eaykx bl dksvi ukusea  
dfBukbZegl | dj jgsgA ftl rjg l sry] /kku] Qykadsfy, dbZrduhd fodfl r gksxbZBhd  
o] sgh bu vuktka dsfy, ubZrduhd dh t: jr gA i k] fl æ dh l eL; k dh otg l sLFkkuh;  
Lrj ij cktkj eW; ughagSvk] bu vuktka dks0; ki kjh de Hkko ea [kjhn yrsrgA

- taxy dh gj ouLifr dsegRo dk Kku LFkkuh; ykxka dks gA Yk/kauk uked , d ?kkl gkrh gStks  
fd feVvh vk] mo] rk dks cuk; sj [kuseaenn djrh gA cSk ykx ml i k] s dks [krkaejgusnrsgA  
mudk dguk gSfd ; fn bl dksm [kkMaksrks l kFk eamo] rk , oafeVvh cg tk; xhA bl fy, ml dh  
ges'kk Na/kbZdjds, d ycy rd ykrsgA
- ek]/svuktka l s; qR fefJr Ql ya tbf fofo/krk dks cuk; sj [krh gA ijk bdkf l Lve cjdj kj jgrk  
gA ek]/svuktka dks oSkfud Hkk"kk ea l h Qkj Jsk ea j [kk gS ; kfu bu Ql yka es 'kri fr' kr  
dkcZuMkbZ vkDl kbZt l k] kusdh {kerk gkrh gA gekjs oSkfud xgw/kku t] h Ql ys tks l h Fkh ea  
vkrh gS mudh ojk; Vh cnydj l h Qkj dV/xjh ea cnyus dk dk; Z dj jgs g] ctk; bl ds  
ijEi jkxR Ql y tks l h Qkj gS mudks ?kVv jgs gA l jdkj bu Ql yka dsl j {k.k dsfy, iz kl  
pkfg, rkfd ; sQl y fd l ku vi ukrsjgrA bl ds LFkku ij xgw/kku dks i kkl kgu fn; k x; k gA
- igysunh 12 eghuscgrh FkhA tkuoj i kuh i hrsFkA eos kh dks Hkh i kuh [kuc fey tkrk FkhA unh ea  
vc ugkusdk i kuh Hkh ughagA unh cgr xgjh Fkh i kuh dk rst cgko taxy dh unh eagkrk FkhA  
vc rksunh eaxkn Hkj x; k gA
- lkgysds taxy oki l ugh vk; æ] l cus i Mf h tehu cuk yh gA ml ij [krh dj jgs gA dkyh  
tehu gS dks NkMæx \ igys [krh ij gh fuHk] Fk] Hkkt h i kyk taxy fpj k Bk vkfn [kkrsFkA taxy  
dn eaue d feyk dj xqt kj kj yrsFkA i gysckj 'k dh gh [krh dj rsFkA chekj ugh FkhA vc rks  
chekj gks rks l h/ks MkDVj ds i kl tkrsgA vf/kd ckfj 'k ds dkj .k dN ughagkrk FkhA egw gh  
ckfj 'k ea [kkrsFkA ?kj dsvanj gh 8 fnu xqt kj nrsFks bruk i kuh fxjrk FkhA i gysnk: de i hrsFks  
vc T; knk gksx; h gA i gysdk Hkkt u egw Hkh FkhA i gysenyh [kknrsFksvpkj ykrsFksx] yh 'kgn]  
xByh cprsFksvk] f'kd kj dj rsFkA
- dknk] dV/dh rkdr dh phT Fkh Mh, i h] ; f]j ; k l sykx Qnysg] ek]/sgs jgs g] nokbZ i j th jgs gA  
50 l ky ea l c ej jgs gA i gysdsvkneh 100 l ky rd thrk FkhA xk ea, d Mkdlj FkhA tks 100  
l svf/kd o"lZft nk jghA
- [khj] dtjk dscht nhokj i j j [krsgA ml dks Nhyds l q[kdj Hkh j [krsgA i hgVh i gysvi usvki  
yx tkrh Fkh vc de gks l svi usvki [kRe gksx; A efgyk vka dks ef.k; k dh jk] h nrsFks og  
cgr rkdroj Fkh vc ughafey i k jgh gA dj Fkh nky c] l kr eayxkrsFks cMh dV/dh l Qn Hkkr  
cukdj [krsgA dknks xHkbrh efgyk dks jst f[kykrFkA vk] taxy tMh [kndj nrsFkA dN  
tMh l sugykrFkA bl l snnzde gkrk Fk vk] [ku c<rk FkhA

- txyh ryl h dsjl dksNk/scPpsdsdku ea; fn ?kko] [kqtyh gksrksj l MkyrsgAexuk nky cMh eaMkydj i hrsgh augj dk Qy cjl kr eayxrk gsmI dh l Cth cukdj [kkrsgA ist dksI v[ks vukt eaikuH Mkydj dWrsgh nfy; k tS scukdj i hrsgh ml dksxath ea, d ?ka/si dkrsgA i ?i/?k&igyh ckfj 'k eayxrk gsmI dh l Cth curh gh ml jh ckfj 'k eaog dMh gks tkrk gs bl fy, ykx igyh ckfj 'k ea[kkndj ykdj [kkrsgA txy eal jbzdsi M+dsuhsyxrk gh cktkj ea25 #lk; sfdyksfeyrk gh
- xk dkykskadk l oky Fkk fd txy dksdS scpk l drsgA osvkxsdrsgA ge txy dksj [krsgA 'kkl u dkV jgk gh ge dkVarksdkVusughanrsgA ostxy dkVrsgharksI kjh Nks/h cMh ydMh ys tkrsgA gedks Vguh rd ughafeyrh gh 'kkl u l Hkh ydMh mBk jgk gs tykA ydMh eaHkh fnDdragkrh gh
- cSk usdHkh ydMh dkVdj ugh cphA tksyx ckj l stxy dkVusetnj vk; sFk mlghkust: j ydMh cphA cSk vkt Hkh ydMh ughacprk gS ftudsiki tehu ughaogh etcjH eacpA dHkh , d sydMh cpusdk d ughanA ka vkt Hkh cSk dHkh i M+ughadkVrk gh ou foHkx ydMh dkVus dsfy, ckj l sykx ykrsFkA ; seMyk] 'kgMky dsvkl ikl dsghrsFkA mudksi Mkal sckbzekg ughA txy eavkoyk feyk rksml suhpsI sfxjk fn; k l kjh Ql y fudky yhA ou foHkx usHkh /; ku ughafn; ka bl hrjg vkfnokl h tks txy l sl kexh ykrsFk ml su"V dj fn; k x; ka
- cSk ykx ; fn dn ; k vl; tM+ykrsrks t: jr dsvuq kj gh ykrsFkA mlghkust dHkh fd l h csy ; k i M+dkstM+l su"V ughafd; ka ; fn i M+[kknk rksml sfeVVh l s<drsfkstcfd vl; ykx , d k ugha djrsgA mlghafI QZ[kkndj ykusI sdke gkrk Fkk feVVh ughaMkyrsFksbl fy, Hkh [kRe gg gh cSk ustxy dksupl ku ughafd; k] ml jsusupl ku fd; k gh
- i st ; k HkktH dksu; si h<h i l n ughadjrh gh u; syksksdksekuu gsfd xjhc ykx i st] HkktH [kkrsgA tc cSk ekdW l stM+x; k rksnS[kk&nS[kh ml jk [kkuk l h[k x; A cSk ykx cky ugha dkVrsFksvc dkVusyxA cSk ykskadk dkey pgjk fcuk eN dk gkrk Fkk ykx mudksyMelh l e>usyxsFkA dbZykskauscky dVok fy; s/khs/khsxk d eaykx dgusyxsdh cky D; kaj [k jgs gksrks ykxks uscky dVok fy; A , d xk dnydqr gh ogka80 i fr'kr cSk gh T; knkrj ykx f'kf{kr gh osukdjh eayxsrksf'kf{kr gkdj mlghkust dVok; A mudkscSk jky ekWly ekursFkA u; syMelkausHkh cky dVokuk 'kq dj fn; ka bl rjg l scky dVokusdh i Fkk 'kq gksxbA f'kf{kr ykskadksekU; rk fey xBA i <sfy [ksyx vyx gksx; A osvyx fn[kusyxA
- xk dsgkyr cnysgh i gysykskadkstxy l stMko Fkk i j vkt dscVsykx ughaI qrsgh i gkuh ckrkadksughaekur} osi <fy[k x; sgA ykd dgkor gsfd cki djs[krh cV/k djsdpghA ^xjhc ; k vehj egur djaersrksHkktu feyska /kkMelh etnjH dj cPpkadk i kyu py jgk gh cjl m o i kuh Qjusyx cLrh eatkrsgA ykx , d eghus[krh eadke dj yrsghQj etnjH eatkuk i Mf k gh txy l segqrk vkSj xqyh ykrsgA ml dk rsy fudkyrsgA



v/; ; u dsnkš ku ykxkadsdFku

xkø i VKYnk] [kMok

cnhi d kn] mez54] tkfr cykbz& igystehnkj FkA 1972 ea125 , dM+tehu FkA cki nknk dsi kl 500 , dM+tehu FkA l c cp nh l kr l ky igys19 , dM+cph FkA bl l ky 8 , dM cp nh gA vc 11 , dM+gS ml s[kkV/ l snh gA nk: eacckh gksx; A igysdh Ql y Tokj] di kl ] nqj yxkvksrks, d gh Ql y ysl drs gAnksQl y ughacks l drA ykx nksQl y yusdsdkj .k bu Ql y dksugh ckrsgA [krh Hkh igystS h ugh jghA ykx [kkV/ nsuk i l n djrsgAvc [krh cjl kr ij gh vksj cnyrsek] e ij fuHkj gA cktkj eagj pht udyh vk jgh gA vk/kscht mxrsgSvk/ksughamxrsGh i ekf. kr cht feyuk pkfg, A ykx tkuoj ughai kyrs gA VDVj l s[krh djrsgA bl fy, xkcz ughagksjgk gA [kr ea [lkn ughafeyk jgk gA jkl k; fud l sgh Ql y glrh gStksugh Mkysxk dñ ugh gksk [kr ea ykx cñ l sdtzyrsGh Ql y eaykV/ ughai krsGh fdl ku dthkj cu jgk gA fdl kukadksfeVvh dk sy feyrk gA [krkaefctyh ugha; fn gSrkscK/Vst ugha fdl ku feVvh dsry vksj Mhty eacckh gA oksnksukagh Ql y dh ykx cMk nrsGh dfi y /kkjk dsdq al s t gkai kuh fudyk ogkaQk; nk gA l fpo dksFkkM/ i S k nksrksi gysml ds; gkadp/ka [knrk gA

jktkjk mez38 tkfr dkjdw& taxy dh Hkkt h vksj egv/k [kkdj fnu xqtjsgA tehu i hcr dh gks x; h gA taxy l sckbzHkh pht ughaykusnrsGh igysfpjkat h] egv/k cgr feyrk FkA vc ykxkadksetnj h feyusyxhA vlenuh c<h gA vc [kjndj xgmokoy [k l drsgA igysetcjh eadñ ughafeyrk Fk rks tS srS s[kkdj thrsFkA igysHkktu de Fk vc T; knk Hkktu gSrkshkh ykx chekj gksjsgA igystS k 'kq o rkdr okyk Hkktu ughagA ckl dsdn] HkekM/ [kkrsFk taxy l sykrsFkA vc taxy eackd ugha og Hkh taxy okykausdVok fn; sgA vukt dks l [kkdj feVvh dh dkbh eaj [krsGh og l j fkr j [kk jgrk gA

xkš k dUgkj h] fMkMkš h

bñnk mez45 tkfr cSck & dknksdñ/dh] jerhyk ; sckuk cn dj fn; k gA igystS h tehu ughajghA vukt l sl ky Hkj xqtjkj ughagkrk gA etnj h dj cPpsiky jsgGh taxy l sMuph] fdjph] fxV] ykuxh dn ykrsFksvc dn Hkh [kRe gksx; kA l qg tkrsrks'kke dksdn yd] vkrFksvksj ml dks [kkdj l ks tkrsFkA gekjh tMk cñh dk dñ dn cktkj eacpusyxsvksj l B l kgndkj usdbzphth [kRe dj nh gA eugj] rsydk] dñ l k] ekgy cht vkfn dsQy [kkrsFkA Qy eadpukj] jyk vksj l ky dsQy dh f[kpMk [kkrsFkA taxy l s[kjxksk] tyeqch rhrj] taxy l qj cgr [kkrsFkA vc i kmh yx x; k gA vc unh eaddjk] dñMk l hi] tyyh ft l s>ak dgrsgS; s[kRe gksx; k gA eNyh eai Mok] ?kkj k] dqkokg] xMus [kRe gksx; h] dgha dgghg feyrh gA xHkbrh efgyk dksdknsmckydj vksj eM+ k dh jkVh nrsGh xgmok nfy; k vksj f[kpMk cukdj f[kykrsgA taxy tMk cñh f[kykrsvksj ml l sugkrFksosvc ughafeyrA ejsrhu cS/s [kRe gksx; A mudsmYVh gksusykh vksj [ku dsnLr yx x; sFkA nksyMeds8 fnu dsvarjky ea [kRe gksx; A i j s xkø ea chekj h gpZFkA 8&10 l ky igysdh ckr gA

vjMh ckyk?kkV & l ky l jbzdh txg l kxkx yxk jsgGh ou folhxx uhyfxjh dsT; knk i M+yxk jgk gA dklgk eavDVñj l sxkMk tkusykh tcf d ; stkuojkadk iztuu dky gA 'kj dsi iztuu dsl e; xkfM+ kads

dkj .k ck/kk igprh gA dKugk dsikl dkj fMohtu cuk; k gA 12 fdykehVj rd ckMj gSml dsvnj taxy  
 dksn[kuk Fkka ou dh n[kj[k dsfy, dkj ykbZu yxkbZx; hA vc ml sT; knk c<k fn; k gA taxy eaxkM de  
 tkrk g\$ cSk tkrsgA taxy eatkrsgg Hkh i dMk tk; srksejrs gA igysdkj ykbZu cukusdsfy, yxskads  
 [kr eaHkh xM<s [kkn fn; sFkA cSk ustehu ij dCtk ughafd; kA osidfr dsl cl sdjhc jgsgA cSk dscki  
 nknk us [krh ughaj [kha os?neusokysT; knk jgsgA osgy ugh pykrsFkA /kjr h dksekaekursgA ftruh t: jr  
 gSmruk gh taxy l syrsFkA dkbZpht dk l p; ughafd; kA cSk rks'kj ikyusokyk jgk] /ku l p; djus  
 okyk ugh bl rjg cksyrsFkA

xq vk] cSny

l [k]ke mez49 l ky tkfr dkj dw & l ky Hkj xqt[kj ughagkrk gA pr djrs gAvk\$ i \$ su gksrksC; kt  
 l si \$ sydj xqt[kj djrs gA pkoy eayksx pjh [kkuk i l n djrs gD; kAd ; sl Lrh fey tkrh gA ejk tkc  
 dkmZg\$ jk'ku dkmZughagA eujsk eadke ugh feyrk gA tksdke fd; shkh ml dsi \$ s, d l ky l ugh feyrk  
 gA , d cPpsds nLr ea [ku tkrsg\$ etnjjh ughafeyh rksMKDVj dsi kl Hkh ugha tk ik; A bl fy; sxk ea  
 dke djus dh ctk; ckj dk dke ijr gA

panjfl g mez58 tkfr BkB; k & eos kh pjuk gekjsi fjokj dk i qruh dke /kakk Fkka taxy [kRe gksul s  
 ykxauseos kh ughaj [kA gekjk i qruh dke c n gksx; kA vc dLrdkj djrs gA ftudsikl tehu ughaos  
 etnjjh djrs gA i pk; r eaetnjjh djsrks6 eghusrd i \$ k ughafeyrk gSpkgsi fjokj eaej gh D; kau tk; s  
 rksogkayks etnjjh djuk i l n ugha djrs gA

nLrqmez58 tkfr xkM & i Ruh chekj ea [kRe gksx; hA l utu vk x; h Fkha cPpsdh nks'kkn dh gS  
 igyh dscPpsughanl jh ds, d cPpk gA taxy l spkj l sckl ykrsgA fnu eand[krsgajkr eapkj h l sykrs  
 gA taxy l s/kkch Hkkt h] dMpln] cpln h] ckl dsi hd ykrsgA BkB; k dksupl ku gprk g\$ igyseos kh i kyrs  
 Fk\$ jk/h ekak dj xqt[kj djsrFkA vc gekjsi kl [krh Hkh ughagA gekjsvksrks<kj pjkrFk\$ nll jsi j fuHk  
 FkA vc gekjsi kl [krh Hkh ughagA etnjjh pr dj vk\$ ?kj i fjokj i ky jgsgA cjl kr eaetnjjh ughafeyrh  
 gA gekjh i l n rksdkns dV/dh Hkktu Fk og ughafeyrk gA vc l c pkoy [kkusyxs gA dknk dV/dh ea  
 u'kk vkusyxs gA l nknj xkM dsnksc\$ ej x; \$ fi Nysl ky dknk [kk fy; k Fkka geus [kk; k rksru fnu  
 rd gkFk i \$ dka A c[kk] t\$ h di di h pyh] mYVh nLr yx x; A cgwchekj gSml dksl [kh [kka h pyrh gA

fnyhi ygj & bl xk ea10 l ky l sjg jgsgA ejk ; gkad u ughagA eaykgsdh etnjjh djusvk; kA  
 ; gkafdj; sl sjg jgk gA ejk ?kj fi i fj; k eagA Ql y dVuh dsl e; gh gekjk dke pyrk gA njkrh i tkuk  
 vk\$ i kl ] gy i tkuk dke gA igysfi rkth vukt ysrA vc ge vukt feysrksvukt] ugharks i \$ syrs gA  
 ; g dke nksru eghusgh pyrk gA , d gy dsi tkusds3 dMk vukt ysr gA igys?kj ?kj l s2 dMk vukt  
 vk\$ dknk dV/dh yxs nrsFkA taxy eadVkbZdsi e; dke fudyrk gA rc ykx dV/gkMh i tkusvkrsgA

xq uxkM & ckl Hkekj h] dkyh Hkkt h] /kksHkkt h] tksunh fdukjsgkrh g\$ bl dscht Hkh ykrsgA igys  
 ued ughafeyrk Fk] ykx fcuk ued ds [krsFkA i st eaeDdk] dknk dV/dh [krs gAgYdk vk\$ i k\$Vd gkrk  
 gA igys taxy l s tkykrsgA ml sgkFk l si RFkj ekjdj fxjk nrsFkA vc ykx ekj ugha dr\$ mudsgkFk  
 n[kusyxs [kr eafppoh mxrh Fkh] ml h dksHkqt dj [krsFkA l Qn en yh dksdV/dj xgmeDdseafeykdj

[kkrsFkA ykxkaus [kkndj 0; ki kfj ; kaakscpdj [kRe dj nh gA vc dknksughackrsgA dknksdsI kFk , d u; k  
i kSk mxusyXk gSftI eau'kk gkrk gA jkr eal kjsi kSkI krsG; sfgyrk gS vyx gh fn[krk gA vkneh [kk ys  
rksmYVh djusyXrk gA ejh ?kkA/h us [kk fy; k rks [kkrsgh u'kk vk x; k vkj i YVh [kkusyXhA

mDr ppkZ, oaykskaadsdFkukaI si kjEi fjd [kk | I j {kk 0; oLFkk dh , d >yd feyrh gA mDr ppkZ/kaea  
ty] tax] tehu dh ckragh T; knk vk; h gA tkfgj gSLFkkuh; [kk | I j {kk dk vk/kkj ; gh FkA vud dFkuka  
, oappkZ/kaI s; g i rk pyr k gSfd igysHkh [kk | 0; oLFkk dksydj vud rjg dh I eL; k; aekSk m Fkha i j  
ykxka dk ; g Hkh dguk gSfd geaxk NkM/dj ckj ugha tkuk i M-rk FkA [krh dsvykok vud , sI k/ku  
vkl ikl Fksftul sxtj&cl j gkstkrk FkA tc dHkh T; knk fnDdr gkrh rksHkh tax eadN u dN fey gh  
tkrk FkA



## संदर्भ ग्रंथ सूची...

- 1- cl r fujxqk dks dw
- 2- ujsk fo'okl ] cøj Lojkt] fuekZk oSdfYi d fodkl , oa l gHkkxh 'kksk l LFkkU fl >kj] eMyk
- 3- l okh; cyfVu] bnkS vDVw; 2011
- 4- , fYou cSj ; j] n cSk] Qkj oMZts, p gVu 2007
- 5- feJk] Jherh m"kk] vkgkj , oami pkjRed vkgkj] l kfgR; i xdk'ku vksjk
- 6- uhrefkxZuo; 2011
- 7- iLrkfor jk"Vh; [kk | l g{kk dkum] jksth jksh vf/kdkj vfHk; ku ubl fnYyh
- 8- xkeh.k fodkl foHkkx] Hkkjr l jdkj dh , eth, uvkj bZth,] cS l kbV
- 9- fi d vfHk'ks[k vKkuh] xk xk l si k i k cSk egki pk; r NRrhl x<} viSy 2007
- 10- vfuy fuHkkj dj , oai ekn dy d.kh cSk pd eavkthfodk l e/kZ] i fØ; k vfHky[ku] fuoFl M ukxi g] tykbZ 2009
- 11- l fpu dEj tS] tyok; qifjorZ dk tehu pgjk] fodkl l okn] Hkks ky 2010
- 12- l fpu dEj tS] Hk[k dk fodkl dk rkt cuk fn; k] fodkl l okn] Hkks ky 2010
- 13- e/; i nsk ykd l jk"Z l k>k ep] iLrkfor jk"Vh; [kk | l g{kk dkum vks i kSk.k dk vf/kdkj
- 14- n bM; k LV/ gaxj bMD l i fuZk euu] vfuy nokyhdj] vltkj Hkkl dj] 2008] i j oS l kbV l s
- 15- e-i z 'kk l u dh oS l kbV
- 16- Hkkjr l jdkj dh eujsk oS l kbV
- 17- oS l kbV bM; k okVj i kS/y
- 18- cSk pd eavkthfodk l e/kZ nLrkost xk xk l si k i k fi d vfHk'ksk vrkuh

# परिशिष्ट

10-1 i fjf'k"V [kk | QI ykadh v/; ; u {ks= eami yC/krk

Ø -	[kk   QI ya	v/; ; u {ks= eami yC/krk	
		cSk , oaxkM {ks=	dkj dw, oaxkM {ks=
	vukt		
1	/kku	Ö	Ö
2	eDdk	Ö	Ö
3	dknks	Ö	Ö
4	dh/dh	Ö	Ö
5	Hknsyh dh/dh	Ö	Ö
6	Lkkok	Ö	Ö
7	Hknsyh l kkk	Ö	Ö
8	Lkygkj l kkk	Ö	
9	dkk	Ö	
10	eM; k ½ kxh½	Ö	
11	>P:	Ö	
12	xgn	Ö	Ö
13	fMaxjk	Ö	
14	jerhyk	Ö	Ö
15	txuh	Ö	
16	Tokj	Ö	Ö
17	dj Fkh	Ö	
18	fl fd; k	Ö	
19	Cknjk	Ö	
20	Hkstjk	Ö	
21	<kyjh	Ö	
22	vyl h	Ö	Ö
23	jkgj	Ö	Ö

24	I ks kchu		Ö
25	t kS	Ö	
	nkyā		
26	eVj	Ö	Ö
27	puk	Ö	Ö
28	Ekl j	Ö	Ö
29	mMn	Ö	Ö
30	Ekk	Ö	Ö
	dy vukt	29	19
	dn		
31	doph	Ö	
32	jfodkknk	Ö	
33	cphknh	Ö	Ö
34	Mkx	Ö	
35	fr [kj	Ö	
36	ykMxh	Ö	Ö
37	dydpn	Ö	Ö
38	I On el yh	Ö	Ö
39	'krkoj ¼t kxh yVjh½	Ö	Ö
40	xhB	Ö	
41	j rky	Ö	
42	cMkbu	Ö	
43	dfllg; k	Ö	
44	Mkxph	Ö	
45	fxjph	Ö	
46	I nw	Ö	
47	Hkrdkknk	Ö	
48	i kMjh	Ö	
49	ekBhdn		
	dy dn	Ö	
	I Cth , oalHkkt h		
50	[kVv h i Rrk Hkkt h	Ö	Ö



51	Hkrjh Hkkt h	Ö	
52	/kks	Ö	Ö
53	lkhi y	Ö	Ö
54	dkş ykj	Ö	
55	eqxk	Ö	
56	i djh	Ö	
57	j HkM	Ö	
58	/kuogkj	Ö	
59	jşyk	Ö	
60	/kks	Ö	
61	dkpbl	Ö	
62	Hkj l h	Ö	
63	ddrh djhy	Ö	
65	veVk	Ö	Ö
66	djş k	Ö	
67	yej	Ö	
68	ful k	Ö	
70	dñ:	Ö	Ö
71	fpjk/k	Ö	
72	i M+ M/h	Ö	
73	dfugkj h	Ö	
74	ddkMk	Ö	
75	l : rk	Ö	
76	Ykej	Ö	
77	dpukj Qw	Ö	
78	fu [kkn	Ö	
79	rM/h	Ö	
80	[kjgk	Ö	
81	eMgk]	Ö	
82	dk>jh	Ö	
83	Hkft Bh]	Ö	
84	<M l h	Ö	

85	cɸ-uk	Ö	
86	[kM]k	Ö	
87	cEgjdk'k	Ö	
88	fujkcknk	Ö	
89	vdckrh	Ö	
90	dPNj		Ö
91	ckd djhy	Ö	Ö
92	dkS/h	Ö	Ö
93	jkbZ	Ö	Ö
94	[kɛ]kl k	Ö	
95	pp	Ö	Ö
96	thyk	Ö	
97	fx: y	Ö	
	dly	48	
	Ek'k: e		
98	i M+Mh	Ö	
99	i Mfi gjh	Ö	
100	I j bā hMh	Ö	Ö
101	fVVghi hMh	Ö	
102	i Mri hMh	Ö	
103	pjdkī hMh	Ö	
104	Hkrfi gjh	Ö	
105	fpgjhfi gjh	Ö	
106	ckekj fi gjh	Ö	
107	HkkM/ks hMh	Ö	
108	rnekfi gjh	Ö	
109	cksykfi gjh	Ö	Ö
110	ykyfi gjh	Ö	
111	jk t HkkM/ks	Ö	
112	ckkl fi gjh	Ö	Ö
113	?kkā/k [kM/kfi gjh	Ö	
114	fcjgkj fi gjh	Ö	

# 102 lƙfj f' k'w'ekgokj Ql yka, oaHkkft; kadh mi yC/krk

Ø –	fgnh ekg	vxath ekg	Ek[; dƒ"ƙ mit	I Cth , oaHkkth
1	pƒ	ekpl & viŷ	xgjh eVj] el j] vYl h] ewk] puk]	[kVvH iRrk Hkkth] Hkrjh Hkkth nkcs
2	cŷ k[k	viŷ&ebz		[khi y] dks ykj] eƒxk] i djh jHkM/ /kuogkj]
3	tB	eb&tu		jy[k] /ks] dks ykj] dƒpbz Hkj l h] ddrh djhy] ihij] veyk] djs k] yej] dpukj] ful k
4	vk"kk<+	Tku&tykbz		dƒ: ] fpjks/k] i ƒ/ ƒ/ h dks ykj] Hkj l h] dƒpbz dfugkj] ddkM/ l : rk] yej] dpukj Qw
5	I kou	tykb&vxLr		dƒ: ] fpjks/k] dks ykj] Hkj l h] dƒpbz dfugkj] fu[kkn] dckM/ rM/ [kjgk] eƒMgk] dka>jh] Hkf tBh] I jks-k] djs k] < ƒ/ l h] cƒp-uk] [kM/ cƒgjdk'k] fujckknk] vdkrh] dPNj] ckd
6	Hkknka	vxLr&fl rƒcj	Hknsyh I kdk] eDdk] /ku] dƒ/dh	[kƒkl k] fpjks/k] pp] dks ykj] Hkj l h] dƒpbz
7	Dokj	fl rƒcj&vDVƒj	Hknsyh I kdk] j l ōh dƒ/dh /kujeDdk	jkb] puk
8	dkfrz	vDVƒj&uoƒcj	Mkxj] dƒ/dh eƒM; k] dka] l ygkj] I kdk] >ƒ: ] mMn] fMxj k	jkb] puk
9	vxgu	uoƒcj&fnl ƒcj	Tokj] I kdk] jerhyk] txuh	jkb] puk] thyk Hktjh
10	lkSk	fnl ƒkj&tuojh	mMn] djFkh] fl fd; k] jerhyk	Lk[kh fpjksk]
11	Ekk?k	Tkuojh&Qojh	cnjk] Hkst jk] <ksyh	veVk] i djh
12	QkYxƒ	Qojh&ekpl	eVj] el j]	[kdjh] jHkM/ fx: y
dy	12	12	26	48 dy 74



# 103 tkfj f'k"V & ekgokj vU; [kk | i nkFkkadh mi yC/krk

Ø-	fgnh ekq	vxst h ekq	dn , oaey	Qy , oaQy	Ek'k: e dscdbVh	eNyh , oa dcdM*
1	pš	ekpl višy	Lk[ks dn	Ek[uxk] cy] rnh ?kvy] plj] egv/k] l ky] ddb] l j b] ekgy] flkyok		
2	cš k[k	višy ebz	jfodank] cplnh	Ekgy] plj] rnh x[yh] cy] tkepl l gš i hi j] cj] fl gj] dpukj] vekš/h		
3	tB	ebz tu	jfodank] ykmxh] dyq dn	Ekgy] dkd e] cy] vke] tkepl ekgy] dVgy] l j b e h] Ve: ] rjki	i h+ h/h] i v/q figjh l j b h/h] Hkš/ks h/h] jkt i h/h] fVVghi h/h] i B rhi h/h] jpdki h/h] Hkkr figjh] fpgh figjh] celj figjh	Nkš/h eNyh & ?kš k] x<uh e/; e ] dkd h eNyh & d r j h] ftUVk] Myok] i yb] dfr; k] >hck] efy; k] cke] d d ok] dcdM* ] Nšj; k] xxj k] cMh & l k] xgkj; k] i Mgu] Nšj; k] Nkš/s cMš dcdMš & i j s l ky Hkj feyrsgā xfež ka ea i kuh l q kus ij de gš tkrsgā
4	vk"kk<+	Tku tykbz	jfo] ykmxh] dyq dn	Hkp] dkd e] tkepl ešgj	i h+ h/h] i v/h l j b h/h] Hkš/ks h/h] jkt i h/h] VVghi h/h] i B rhi h/h] nek figjh] cyk figjh] i v/q figjh] yky figjh] jkt Hkš/ks	
5	Lkrou	tykb & vxLr	dšph] Mkeph Hwrdank] i kmj h] ekBhdn		i h+ h/h] i v/h l j b h/h] Hkš/ks h/h] jkt i h/h] Vghi h/h] i B rhi h/h] ckd figjh	
6	Hkknka	vxLr fl rEcj	dšph] joh] Mka	LkhrkQy	i h+ h/h] i v/h l j b h/h] Hkš/ks h/h] jkt i h/h] Vghi h/h] i B rhi h/h] ckd	
7	Dokj	fl rEcj vDVicj		LkhrkQy] veM] vkoyk] ckbj	?kš/k [kš/k figjh	
8	dkfrd	vDVicj uoEcj	fr [h]	LhrkQy]	fcj l kš figjh	
9	vxgu	uoEcj fnl Ecj		djkan] vkoyk] gjk cš] i i hrk	fcj gš figjh	
10	Lkšsk	fnl Eekj tuojh	l On e h yh] 'krkoj %t šch yVjhž xhB] Mka] jrky] cšphh] cMkbu] dflg; k] Mka ph] fxj ph	djkan] cš] i i hrk		
11	Ekk?k	Tkuojh Qjoj h	dflg; k] l n] Mku ph] cMkbu] Lk[ks dn	gjk] cgMh] vkoyk]		
12	QkYxq	Qjoj h ekpl	l qš dn	gjk] cgMh] flkyok] egv/k		
dy	12	12	19	41	18	17 dy 95



**विश्वम्भरनाथ त्रिपाठी**

जन्म 24 अप्रैल 1966

अवध विश्वविद्यालय से एम. ए. (1989)

एवं देवी अहिल्या विवि इंदौर से एम.

फिल. (1991)

जवाहरलाल नेहरू विश्वविद्यालय, नई

दिल्ली से सोशल मेडिसिन एवं

कम्युनिटी हेल्थ में पीएचडी हेतु

अध्ययनरत।

वर्ष 1995 से 1999 तक बाबा साहेब

अम्बेडकर राष्ट्रीय सामाजिक विज्ञान

संस्थान महू इंदौर में विभिन्न शोध

परियोजनाओं में कार्य।

1999 से विकास व स्वशासन के क्षेत्र

में एकलव्य एवं 2004 से समावेश

संस्था के साथ कार्यरत।

पंचायत व स्वशासन के क्षेत्र में कई

पुस्तिकाओं, न्यूजलेटर, शोध पुस्तकों

आदि का प्रकाशन एवं शोध कार्य व

सामाजिक अभियानों में सक्रियता।

संपर्क — ब्लॉक न. बी 4, मकान न. 4,

मस्जिद के पास श्याम नगर, अपोजिट

हबीबगंज थाना, भोपाल

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