

**ek/; fed Lrj ij Hkksy f'k{k.k ea
ijajkxr f'k{k.k fof/k , oa ifj; kst uk f'k{k.k
fof/k dh iHko'khyrk dk v/; ; u**

**ik0 /kult; ; kno*
v'kcd d0ej***

I kjlk&, d l exz ifdz k ds : lk ea f'k{k.k dks l e>k tk l drk gA tks l h/s ckyd ds fodk" k l s l h/kk l EclU/k j [krh gA f'k{k.k vius vki ea iR; {k ; k viR; {k nsk ds fodk" k l s t0/k gA ftl dk ey mnas; l ekt dh vko"; drk ds vuw lk ckyd dksr\$ kj djuk gA tksjk'V^a ds fuelz k ea l g; kx inku dj l dA Hkksy , d , d k fo'k; gS tks ckyd dksjk'V^a dh fofo/krk , oa ml dh vko"; drk 0; ogkfjd : lk es l e>kus es viuk veW; ; kxnku ns l drk gA l kFk gh l kFk og mRiknu izd; k dk fgLI k cudj nsk ds fodk" k ea ; kxnku ns l drk gA fodf"kr nskks dh vi\$kk fodkl "khy nskks es Hkksy f'k{k.k dksog LFku vHkh ugh ikr gls l dk gA ijUrqgky dso'kk ea bl fn"kk ea iz kl fd; k tk jgk gA ; g iz'u fd D; k Hkksy f'k{k.k es iz 0r gksus okyh f'k{k.k fof/k; kwl eku : lk l s iHko"kyh gS \

iLrkouk&kyd0nr f'k{k.k fof/k dh ckr rksge cgr o'kk l sdjrs pys vk jgs gA fd ckyd dks gh l okfj l e>dj v/; ki u dk; Zfd; k tk; fdUrq okLrfod lLFkr bl l s fHku gsrh gA ijh d{kk [kpk&[kp Nk=ka l sHkh gsrh gA Lohy/ka ea vi f'k{k.k f'k{k.k dks de oru ea j [kdj muds v/; ki u dk; Z dj; k tkrk gA rFk f'k{k.k l kexh dk vHko Hkh cuk jgrk gA l kFk gh f'k{k.k djus okys dejs Hkh n; uh; fLFkr ea gksr's gA ftl ds dkj .k f'k{k.k gj Nk= ij /; ku ugh ns ikrk gA ftl l s mu cPpka dh ; kx; rk dk irk Hkh ugha py ikrk gA bl ds vykok ubZ rdudks dks Hkh ugh fl [kk; k tkrk gA ftl ds l kFk gh Dykl #e iSDVI Hkh l eipr : i l s ugh gks ikrh gA bl fy, bu dfe; ka dks nij djuk vfr vko"; d gA mi; 0r ds l UnHk ek/; fed f'k{k.k vk; kx us Hkh f'k{k.k fof/k; ks dh ckr dks Lohdkj , oadg fd ek/; fed Lrj ij mi; ksch f'k{k.k fof/k; ka ds i f'k{k.k , oa iz kx dks c<kok fn; k tk; A bl ds vykok f'k{k.k vk; kx us Hkh f'k{k.k fof/k; ka dh egrRk dks Lohdkj fd; ka bl idkj ; g Kkr

*vkpk;] f'k{k.k'kkL= foHkx b0 fo0 fo0] bykgkcn
* 'kdkNk=] f'k{k.k'kkL= foHkx b0 fo0 fo0] bykgkcn

glrk gS fd vk; kxla us Hkh bl vkj viuk /; ku cuk; sj [kk gA ijUrqvkt Hkh fLFkr vf/kd l rksk tud ugh gA

f'k{k.k og f0; k gS ftl ds }kjk f'k{k.k] Nk= rFk fo'k; ds e/; l adk LFkr glrk gA f'k{k.k&f'k{k.k}kd rFk f'k{k.k}kd ea f'k{k.k}kd rFk f'k{k.k}kd l f0; fclnq gA bl idkj l Ei wZ f'k{k.k if0; k ea f'k{k.k}kd ftruk l 0h; , oa mRl kgh jgrk gS rks Nk= Hkh l 0h; , oa mRl kgh jgrk gA D; ksd tc rd ; s f'k{k.k if0; k ds nks us fclnq l 0h; ugh jgs\$ ijLij fl [kks , oa l h[kus dh f0; k ea vko"; d l g; kx u inku djs arc rd f'k{k.k if0; k l Qy ugh gks l drhA bl l Ei wZ if0; k ea f'k{k.k}kd ds ikl viuk gFk; kj tks ml dh f'k{k.k fof/k; klg\$ dk mi; 0r puko vfr vko"; d gA

l eL; k dFlu&ek/; fed Lrj ij Hkksy f'k{k.k ea ijajkxr f'k{k.k fof/k , oa ifj; kst uk f'k{k.k fof/k dh iHko'khyrk dk v/; ; u

f'k{k.k&f'k{k.k vaxth ds 1/2 teaching 1/2 "kn dk fglnh i; k; gA tks , d mnas; fun0'kr f0; k gS

f'k{k.k fof/k&; g vaxth ds 1/2 teaching method 1/2 l scuk gS tks y0v u Hk'kk l s fy; k x; k gS ftl dk vfkz mode ; k way ; k jkLrk glrk gA

ifj; kst uk f'k{k.k fof/k&bl eafu/0jr ; kst uk ds vu0 kj dk; Zfd; k tkrk gA **lkajkxr f'k{k.k fof/k&**; g fof/k v/; ki d d0nr f'k{k.k fof/k gA

'kdk ds mnas; &ek/; fed Lrj ij Hkksy f'k{k.k ea ijajkxr f'k{k.k fof/k o ifj; kst uk f'k{k.k fof/k l s fd; s x; s f'k{k.k }kjk fo | kFkz ks dh 'kdk miyfc/k dk ryukRed v/; ; u djuka

v/; ; u dh ifjdyuk&ek/; fed Lrj ij Hkksy f'k{k.k ea ijajkxr f'k{k.k fof/k o ifj; kst uk f'k{k.k fof/k l s fd; s x; s f'k{k.k }kjk fo | kFkz ks dh 'kdk miyfc/k ea l kFkz vlj ugh gA

'kdk vfkdyi&iz kskRed "kdk vfkdyi eafu; f=r rFk iz kskRed l ey dk cVokjk d{kk ds vk/kj ij fd; k x; k FkA d{kk X; kjg ds fo | kFkz ks dh d{kk nl ds ikrk0] l kftd fo'k; ds vk/kj ij l ey fufe0r gA ftuij bDchoVh0 id kfl r djrs gq Hkksy fo'k; dh "kdk miyfc/k dk vkk0v/k bdbBk dj nks l eku l eyk ds fuekz k fd; k x; k rRi "pkr iz kskRed l ey dks ifj; kst uk f'k{k.k fof/k l s i<k; k x; k rFk fu; f=r l ey dks iEij kxr f'k{k.k fof/k l s i<k; k x; ka iLr0 "kdk ea iz kskRed "kdk fof/k dk iz kx fd; k x; ka

tul 0; k , oaU; k; kn'k&iLr0 v/; ; u ea tul 0; k ds #i est0i0j tuin ds ek/; fed Lrj ds d{kk 11 ds l eLr fo | kFkz tul 0; k ds #i esi fjh0'kr fd; k x; ka iLr0 v/; ; u ea 40 fo | kFkz ks dks ; knfNd U; k; kn'kz ds vk/kj ij p0k x; ka **'kdk mi dj .k&**bDchoVh0] Lofufe0r miyfc/k ijh{k.k , oa i k B; & ; kst uk iz 0r fd; k x; ka

iz; Ør l k[; dh; fof/k; k[v[v[Mka ds fo"ysk.k gsrwVh ij h{k.k Kkr fd; k x; kA 'kksk l hek, v[i Lr[v/; ; u ea tk[i j tuin ds d[oy xkeh.k {ks= l s jk tk gjiky fl g b. Vj dkyst l s d{k 11 da xkeh.k Lrj fo | kfkz ks dls l fefyr fd; k x; kA rFk bl ea d[oy ij jkxr f'k{k.k fof/k o ifj; kst uk f'k{k.k fof/k dls l ekfgr fd; k x; kA

vk d M s d k fo'ysk.k & rkydk 1- ek/; fed Lrj ij Hlaxky f'k{k.k eai j jkxr f'k{k.k fof/k , oa i kst DV f'k{k.k fof/k dh vki l ea Vh ij h{k.k }kjk %fo"ysk.k , oa 0; k[; kA

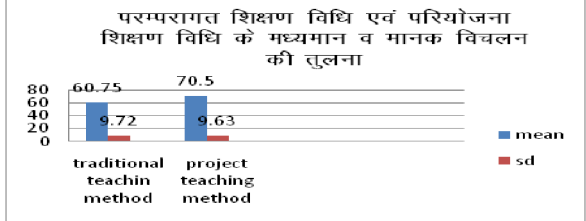
f'k{k.k fof/k	l f; k	e/; eku	ekud fopyu	e/; ekula dk vlrj	ekud =V	Vh i l rkd	l kfkz Lrj	l j. l h eku
ij jkxr f'k{k.k fof/k i kst DV f'k{k.k fof/k	20	60-75	9-72	9-75	3-12	3-12	l kfkz	-01=2-71
fu'd'z	nks Lrj i j 'M: i j d i u k v l o h d j							

mi ; z Ør l k j. kh l s l i 'V gkr k g s f d nks u k s f'k{k.k fof/k; ka l s fo | kfkz ks dks i < kus ds mi j k r i j j k x r f'k{k.k fof/k ds l e m g dk e/; eku 60-75 , oa ekud fopyu 9-72 i k r g p k m l h i d k j i f j ; k s t u k f'k{k.k fof/k l e m g dk e/; eku 70-5 ekud fopyu 9-63 i k r g p k A ekud =V 3-12 i k r g p z r F k k V h i k r k d 3-12 i k r g p k f t l d k l k j. kh eku dh(38) ds -01 Lrj ij 2-71 l s v f / k d g a v r % " k [; i j d i u k v l o h d j g k s t k r h g a r F k k d g k t k l d r k g a f d i j j k x r f'k{k.k fof/k dh r y u k e a i f j ; k s t u k f'k{k.k fof/k v f / k d i H k k o " k y h g a

l Lr[v/; ; u ds fu'd'z dk l e F k u 'k e k z 1/4 994 1/2 dk v/; ; u d j r k g a f t l l s i k r f u ' d ' z d k s l e c y f e y r k g a m l g k u s ; g H k h c r k ; k d h ; g f o f / k m P p m n a s ; k s d k s i k r d j u s e a v f / k d m i ; k s x h g a

p d i j j k x r f'k{k.k fof/k , oa i f j ; k s t u k f'k{k.k fof/k e a b l v a r j d k e f k d k j . k ; g g s f d v k s i j k a j k x r f'k{k.k fof/k e a N k = f u ' Ø h ; , o a v / ; k i d v f / k d l Ø h ; j g r k g a f t l l s N k = k a f d v f / k d H k x h n k j h u g h j g r h g s o g h i f j ; k s t u k f'k{k.k fof/k e a N k = k s d k s d k ; Z d j u s d k e k s k f n ; k t k r k g a f t l l s i k r K k u v f / k d L F k k ; h g k r k g a " k k s k d r k z u s f c u k i { k i k r d s n k s u k s f o f / k ; k a } k j k N k = k a d s l e m g d k s i j h { k e r k l s v / ; k i u d k ; Z f d ; k i j U r q v a r j g k u s d s d k j . k k a d k s n f k d j d g k t k l d r k g s f d i f j ; k s t u k f'k{k.k fof/k e a N k = l Ø ; r k d k s v f / k d e g r o f n ; k t k r k g a v k d M s d k f o o j . k v / k f y f [k g a

xtQh; fu: i .k



fo'ysk.kk s j k r l k j k k &

• ek/; fed Lrj ij Hlaxky f'k{k.k eai j jkxr f'k{k.k fof/k o ifj; kst uk f'k{k.k fof/k l s f d ; s x ; s f'k{k.k }kjk fo | kfkz ks dh 'k[k d mi y f c / k e a l k f k z v l r j g a

'kksk fu" d' k z i f j ; k s t u k f'k{k.k fof/k }kjk fd; k x ; k f'k{k.k i j j k x r f'k{k.k fof/k l s i H k k o " k y h g k r k g a

'k[k d f u f g r k f k z " k k s k , d m n a s ; i w k z i f Ø ; k g s i L r [" k k s k d s e k / ; e l s fo | k f k z ks dh " k [k d mi y f c / k , o a H k f o " ; d s i f r m r r e n f' v d k s k c u k u s d s f y , v / ; k i d d k s v i u s fo | k f k z ks d k s m f p r o k r k o j . k i n k u d j u k p k f g , A b l v k / k j i j fo | k y ; k s e a f'k{k.k d k s l c l s i g y s l e c f u / k r f'k{k.k fof/k ; k d k K k u g k u k v f r v k o " ; d g a b l d k s / ; k u e a j [k d j v / ; k i d k s } k j k e k / ; f e d L r j d s H l a x k y f'k{k.k e a i f j ; k s t u k f'k{k.k fof/k d k i z ; k x d j v / ; ; u & v / ; k i u d k s # f p d j c u k ; k t k l d r k g a

l U n H z x d f k l p h

- djfyaxj] QMO- , u0- 1/2007 1/2 Qkm. M'sku vk d fogso; jy fj l p[ubz fnYyh % l j t h r i f c y s' k u l - i 0 l Ø 140&152
- x k r k j , l 0- i h 0- 1/2012 1/2 v k / k p u d e k i u e v ; k a d u] b y k g k c k n % " k j n k i t r d H k o u - i 0 l Ø & 35 & 71] 169 & 82
- x k r k j , l 0- i h 0- 1/2007 1/2 l k [; d h ; f o f / k ; k j 1/4 r f r ; l d d j . k 1/2 b y k g k c k n % " k j n k i t r d H k o u - i 0 l Ø & 307 & 359
- x k r k j , l 0- i h 0] x k r k v y d k - 1/2012 1/2 m P p r j f'k{k.k e u k s o K k u] b y k g k c k n % " k j n k i t r d H k o u - i 0 l Ø & 352 & 356
- c t V] t k u u 0 - M C Y ; Ø - 1/4 972 1/2 f j l p z b u , t m d s' k u j U ; m l h z % f i f u v l g k y - i 0 l Ø 403
- H k v v k p k ;] t h 0 - l h 0 - 1/2009 1/2 H l a x k y f'k{k.k (f) r h ; l d d j . k 1/2 v k x j k % v x o k y i f c y s' k u l - i 0 l Ø & 24 & 32
- " k e l z v k j 0 - , - 1/2013 1/2 f'k{k.k v u d a k k u d s e m y r R o , o a " k k s k i f Ø ; k j e j B % v k j 0 y k y 0 c a p f m i k s i 0 l Ø 153 & 93]
- f l g j , 0- d 0- 1/2010 1/2 e u k s o K k u] l e k t " k k l = r F k k f'k{k.k e s " k k s k f o f / k ; k l v o k j . k l h % e k r h y k y c u k j l h n k " k - i 0 l Ø - 55 & 65 125 & 69
- f l g j g j u k j k ; . k - 1/4 983 1/2 H l a x k y f'k{k.k v k x j k 2 % f o u k n i t r d - i 0 l Ø - 66 & 107
- f = i k B h] e / k d m u - 1/2012 1/2 f'k{k.k v u d a k k u j u b z f n Y y h % v k e s k i f c y s' k u - i 0 l Ø - 26 & 29
- f'k{k.k d h x q l o r r k v k s f'k{k.k d h u t r i j , d v k y k p u k r e d y f k 1/4 d h j f e J 1/2 1/2011- v x l r 24 1/2 n s h d t k x j . k l k e k p k j i = l i k n d h ;] i h
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