

# ^mRrj inšk dh tsy eacln ,M+ jkfx;ka dh d: .k nLrku\*\*

MkV eku fl g\*

I kjka&& Hkkjr ea 1401 tsy gS ftuea dšn;ka ds jgus dh dty {kerk 356561 gS tcd jgus okys dšn;ka dh l {; k 418536 gS vdsys mRrj inšk ds 70 tsyka ea 99 gtkj dšn gA %B1 tuojh 2018 rd 1/2 blgha dšn;ka ea 356 ,d s dšn gS tks tkuyok l Øfer chekj ,M+ l sihfM+ gA Hkkjr ea 15&24 o'kz ds; pk ,M+ l sxf l r gāftudk dty jkfx;ka 21 yk[k ea l s 25 ifr "kr gS tks l Ei w k z fo"o ea rhl js LFkku ij gA iLrqr "kksk ea Nks/&eks/s vij/k ea cln ,M+ jkfx;ka dh d: .k nLrku dk o.kz fd;k x;k gS dš s vius ijk;sgks tkrsgā vjg budh nnz dks l qus okyk dkbz ugha gA iLrqr v/; ; u ykxka dh eukkkoka ds l kfk dbz pkd kus okys rF;ka dk [kykl k d jrk gA tc er; qfuf"pr gks tkrh gS vjg fudV vk tkrh gS rc euq; ea fdl h idkj dk ykyp] Hksn Hkko ugha jg tkrk gA budh rM+ ,oa onuk dks vkl kuh l s l e>k tk l drk gA idfr dh ; g 0; oLFkk gS fd tc dkbz NkM+n rsk gS rks ml s dkbz nll jk viuk yrk gA

vkHkj & bl [kktijd "kksk dks iw k z djus ea dty 2 o'kz dk l e; yxk "kksk d r k z p; fur tsyka ds tsy v/kh{k d} tsyj ,oa fpdfRI dka ds ifr ān; l s vkHkj 0; Dr djrk gS ftuds l g; kx l s; g v/; ; u iw k z gqkA iLrqr v/; ; u l s tsy ea cn ,M+ jkfx;ka dh fLFkr ea dñ l qk j gks l drk gS mlga cgrj fpdfRI k l f o /k k; j tekur ds fy, odhy] miy C/ k dj k; s tk l drsgS D; k d vc b'z o j ds fl ok; mudk dkbz ugha gS l Hkh viusvc ijk; s gks x; s gA

dh oMā & ,M+ ¼ Dok; MZ bE; qksMFQfl ,Ul h fl .Mke¼ ,p0vkbDoh0 ¼; qe bE; qksMFQfl , l h okb j l ¼ ukdks %us'kuy ,M+ d. Vtsy v k x z k b t s'ku ½ ; i h 0 , l 0 , 0 l h 0 , l 0 ¼ mRrj inšk LVV ,M+ d. Vtsy l k kbVh¼ i h 0 , p0vko

\*vfl l v/ i k d j j ch0, M0 foHkx] l rh'k plnz dlyst] cfy; k %m0i 0½

ohOb0i h 0 %i t z u , p0vkbDoh0 b. Vjos'ku dk; Øe¼ , fyl k ¼ Ut kb È fyDM bE; qe l kjos V , l l % , 0vkj 0Vh0 ¼ . Vh j s /k o k b j y f f k j s h ½ , E l ¼ /k y b f . M ; k b u l h v ; w v k Q e s M d y l k b d ¼ d 0 t h 0 , e 0 ; ¼ d a x t k t z e s M d y ; f u o f l ¼ h ½

Hkkjr ea bDdl oha l nh fodkl dh l nh gS mRrj kRrj i xfr dh l nh geus [kr [kfygku l sydj vkarfj{k ea eaxy xg rd dk l Qj r; fd;k gS vfga k dh uhr l s i j e k . k q c e r d d k f o d k l f d ; k g A o l q k b d w / i c d e l s y d j g e u s v f r f f k ; k a d k s b 'z o j d k n t k z H k h f n ; k g A f o d k l d h b l d M h u s x k k b k a l s e t n j k a d k i y k ; u c M s " k g j k a d h v k j f d ; k j , d k d h j g u s d s d k j . k r u k o d k s n j d j u s d s f y , i s'k o j ; k d u d f e z k a d h l x r u s , d u ; h c h e k j h d k s t l e f n ; k f t l d k K k u g k u s i j v i j k / k c k s k m R i U u f d ; k A

v/; ; u dh fof/k& iLrqr v/; ; u l k{kRdkj fof/k }kjk l EiUu dj k; k x; k gS ft l ea "kksk d r k z t s y e a c n , M + j k f x ; k a l s p ; f u r t s y k a e a t k d j l k { k R d k j f y ; k A

l k{kRdkj l k e k f t d v u q U / k k u r F k l o k k . k d s v l r x r r F ; l d y u d h , d e u k o k k f u d f o f / k g S f t l e a l k { k R d k j d r k z r F k l p u k n k r k , d n l j s d s f u d V v k r s g ā r F k l L o r a e f o p k j f o e " k z d j r s g A ; g , d y p h y k m i d j . k g S f t l e a l e ; , o a i j f l F k r d s v u q i i f j o r z u , o a l e k ; k s t u l H k o g A

l e k t " k l = h ; n f V l s l k { k R d k j , d , d h i f 0 ; k g S f t l e a l k { k R d k j d r k z , o a l p u k n k r k d s e / ; f d l h f o f " k V m n a s ; d k s y d j v k e u s l k e u s d h f L F k r e a o k r i z y k i g k r k g A

l k{kRdkj dks vaxst h ea "b. Vj0; i' dgrs gS ft l dk vFkz gS "inter" Hkhrj ; k j v l n j "view" dk vFkz gS n f V ; k n s'k u k A f t l d k v F k z g q k "v l r j n " k z " ; k " v l r j & n f V " v F k z f t u v i d V v F k o k v n " ; r F ; k a d k o k ° ; l s f u j h { k . k u g h a g k s l d r k j m u r F ; k a d h t k u d k j h i k r d j u k g h l k { k R d k j d g y k r k g A

xM s , o a g k V d s v u q k j " l k { k R d k j e w : i l s l k e k f t d v l r % 0 ; k d h , d i f 0 ; k g A "

m n a s ; d s v k / k j i j l k { k R d k j f u n k u r e d ] m i p k j k r e d , o a v u q U / k k u r e d r h u i z k j d k g k r k g S i L r q r v / ; ; u e a r h u k a i z k j d s l k { k R d k j d k i z k x f d ; k x ; k g A

l o k F k e m R r j i n s k d s 7 0 t u i n k a e a f L F k r t s y k a d s u k e f y [ k d j i p h z c u k b z x b A M C s e a j [ k d j i g h r j g l s f e y f n ; k x ; k v k j ; k n f P N d f o f / k l s 1 0 t u i n k a d k v / ; ; u d j u s d s f y ; s p a k x ; k j t k s f u e u o r g S &

Vcy&1

Ø0l Ø	tuin dk uke	,M+ jkx;ka dh l d; k
1	vyhx<+	18*
2	vxjk	7*
3	xkft; kckn ¼Mkl uk½	7*
4	xkfredj uxj ¼dcl uk½	8*
5	xkj [ki g]	8*
6	cjyh	10*
7	eqtQjuxj	02
8	ejknckn	10*
9	ejB	7*
10	y[kuA	10*

\*U;k;ky; }kjk tekur nus ; k fu.kz ds dkj.k dñ l d; k ?kV&c<+  
l drh gA

v/; ; u dk mnas ; & ,M+ , d , d h l Øked chekjh gS tks l Ei wZfo"o dks vius vxkksk ea ys pplh gS ftl ea l Øfer 0; fDr dh ekS l fuf"pr gks tkrh gA ifjokj dschp jgrsgq bykt djkus dsfy, vkuk&tkuk vkl ku gA ogha ij ty ea jgrsgq bykt djuk vR; f/kd dfBu gS D; kAd tsy dh cAn"ka l g {kk dfez ka dh mi yC/krk} okguka dh dehj , vkjVh l sVj dk nij gkuk vkfn , d s dkj.k gSftl ea dñh dks l e; l s mi pkj djuk l Hko ugha gS i krk gA iLrñ v/; ; u dk ied[k mnas ; gSfd ekS ds tcMka ea tk pps jkx; ka dh eukn"kk vius l s fcNMus dk d'V] pkgjnhokjh ea dñ jguk] "ka) gok dh dehj vius dk ijk; k gkuk] vius dh ; kn] tekur u gkus dh foo"krk] fof/kd jk; dh deh dh vj l jdkj , oa Lo; d dh l kFkva dk /; ku] bu dñ; ka dh vj vkd'V djuk gSftl l s; s dñ l seDr gkdj LoPN vkl eku eafopj.k dj l dS viuh onuk dk l k>k viusfj"rnkja l sdj l dS cd gjk jkx; ka dk i qzkl gS l dS l jdkj bu dñ; ka dks /; ku ea j [kdj Hkfo'; ds fy, ulfr; ka dk fuekZk dj l dS ftl l s budk i qzkl gS l dS cd gjk] xjhckh fujkUr dñ; ka dks l gjk fey l dA ,M+ jkx; ka us dbz eqns ij

viuh [kydj] cskd jk; tkfgj dh rFkk l ekt ea bl jks ds dkj.k mRiUu gkus okys HknHkko l keftd rMek] mykguk , oa vius ds ijk; s gkus ij [kydj jk; idV dh] ftl l s l keftd rkusckus dk irk py l dk] l jdkj , oa futh {ks= ds fpdfRl dka }kjk fd; s tkus okys HknHkko dks cMs gh ekfed <x l s viuh jk; idV dhA egkuxjka , oa Nks/s "kgjka dh l keftd vkfFkd vl ekurk dks Hk jS kAdr fd; k tk l ds bl v/; ; u dk ied[k mnas ; gA

Hkjr , d /eZ izkku jk'Va gSftl eadgk x; k gSfd euq; ts k dk; l djrk gSoS k gh Qy Hksxrk gA deZ dks iki , oa iq; l s tkMk x; k gS ; gh dkj.k gSfd jksch vius dks vR; Ur iki h l e>usyxrk gA tcd vl; jkska dh Hkfr ,M+ Hk , d idkj dk jks gS bl ea iki , oa iq; dh dkbZ Hkiedk ugha gS bl s l keftd HknHkko ds utfj; s l s u nSkk tk; A

dñ ty ea can ,M+ jkx; ka dk l k{krdkj emy: i eafn; k tk jgk gA xki uh; rk cuk; sj [kus dsfy, ejhtka dsokLrfod uke , oa irk cny fn; k x; k gA vLirky ea jkx; ka dks , d jftLV\$ku uEcj fn; k tkrk gS ogh mudh igpku gsrh gS uke ugha fy; k tkrk gA

, 1

dydRrk] fMtk; uj dkjivj] vij/k& ekfyd l s >xMus ij ekji hV o pljh dk 4dd nt] vij/k /kjk 381] 411] 25 ekpZ2012 ea yxk tekur vkt rd ugha gpa

xk ikØ irk gh ftyk&iwhz pEikj.k] fcgkj] tkfr & oS;] xqrk

ikfjokjd i"Blkie&

- 1- yMeh mez 36 o'kz Hksy ea batifu; jA
- 2- yMeh mez 32 o'kz Jhyedk ; j ykbuI ea dk; jr
- 3- yMek mez 30 o'kz , eOchO, O] 0; ol k; A

&iRuh dh eR; q ds l e; vk; q 50 o'kz , pOvkbDohO ikftfVo ni jh iRuh l s jks feyka iRuh pljh&pljh nok [kkrh Fkha

&"kkjhjd l Ei dz jkstuk

&tkudkjh gkus ij NkM+fn; k

&, pOvkbDohO V&V ikftfVo vkus ij& thus dh mEehn NkM+fn; kA

&futh vLirky ea nok ij 10 gtkj eghuk [kpA

&2006 l s ,ovkjovh ikfjokjd l g; ks ikr gvk] nlekn usHh nokbznh] 28 eghus l s ty vkus ij nlekn yMeh feyus ugha vk; A yMek 2013 eafeyus vk; k FkA

& "kkjhfd detkjh] 2006 l s 2009 rd futh bykta  
 & 2009 l s ljdkjh bykta  
 & yMelk tekur dsfy, oknk djdsx; k fQj ugha ykS/kA  
 & 5 eghusea 12 fd0xk0 otu de gks x; k] iV/ Bhd jgrk gA  
 & nok cin gkus ij detkjh rjUr egl # gkrh gS mYVh vkrh gS mBus dk eu  
 ugha djrk gA  
 & nok vls vPNk [kkuk gks rks CD4 c<+tkrk gS fnl Ecj 2014 ea CD4 & 222  
 ¼ kekl; 500 gksuk pfg, ¼A  
 & fj"rnkjk adks irk ugha  
 & b'oj l seukrgS; g fcekjh fdl h dksu glS bl ftUnxh l seks vPNh gA  
 & ljdkjh MKDVjka dk bykt ,oa 0; ogkj vPNk gA ,M4 l kl kbVh ds  
 depkfj; ka dk 0; ogkj vPNk gksrk gS ljdkjh MKDVj fcuk nLrkus ds vkyk  
 yxkdj n[kuk] gkFka dk Li "kz djuk] ,u0th0vks dk 0; ogkj vPNk gksrk gA  
 & futh MKDVj "kjhj dk Li "kz ugha djrs FkA  
 & l ekt ?k.kk djrk gS rks thus dh bPNk ugha gksrk gA  
 & tsy eadkuuh l gk; rk ugha feyrh gA  
 & dydRrk l sejB LFkkukUrj.k&, El dk bykta  
 & ,d fnu l snok cin gS d0y 1 eghus rd dh nok ,El l sfeyrh gS CD4  
 de gkus ij nok cnyh tkrh gA  
 & ,El eajstkuk 100 ejhtka dh HkhM+jgrh gA  
 & vU; jkfx; ka dk fxjk gpk pgjk n[kdj : vkl k gks tkukA  
 & efgyk MKDVj dk 0; ogkj cgr vPNkA ckr phr vPNs l sdjrh gA  
 & bykt djkus ij vPNh ftUnxh 0; rhr djus dh bPNkA  
 & vkrRegR; k djus dk fopkj vkrk gA  
 & l ekt dk l gk; rk djus dk eu djrk gS eqt 9Qj ij ,oadydRrk eajkfx; ka  
 dh l [; k vf/kd gkrh gA  
 & b'oj l s l Hkh dks LoLFk j [kus dh bPNk ; g cekjh fdl h dks u gkA  
 & Mkboj T; knk cekjh ykrs gA  
 & xkb eafMLi kst y dk iz, kx u djuk] xkb ea ,d gh bat D"ku l s dbz jkfx; ka  
 dks blt D"ku yxkukA >kyk Nki MKDVjka us Hkh bl jkx dks c<kok fn; kA  
 & tsy l s NVus dh dkbz mEehn ugha gA  
 & LoLFk thus dk eu djrk gS nnz gkus ij b'oj l ser; qekkkukA

,2  
 ➤ ejB] irk& edcjk fMXxh] LV'sku ds ikl ] mez 30 o'kz vijk/k& 379]  
 411] ifyl }kjk ?kj l smBkdj ykka ds dgus ij x&LVj yxk; kA  
 eftLVV/ ugha ekuk] tsy Hkst fn; kA  
 ➤ vijk/k] cekjh dk irk pyus ij vijk/k NkM+fn; k  
 ➤ cekjh cEcbZ l s di Mk cpuk Qjh yxkuk] 700 : 0 vkenuh ifrfnu  
 ➤ ihyk glml tkuk] 300] 400] 500 "kkjhfd l Ei dZ dsfy, [kpZ djukA  
 ➤ 2010 ea irk pyk] rch; r [kjk gks] c[kkj Bhd u gkus ij V&V  
 dj; k rks ,p0vkbDoh0 ikftfVoA  
 ➤ CD4&608 l s CD4&300 vk x; kA 300 l s mij gkus ij nok ugha  
 pyrh gA  
 ➤ "knh djus dk fopkj vkrk gS cekj yMeh l s "knh djus dh bPNk  
 ➤ ,d nks ckj d.Mke dk iz, kx ugha fd; kA d.Mke Fkk ugha  
 ➤ thus dh bPNk  
 ➤ 23 o'kz dh voLFk ea irk pyk] ek] nks Hkbb vls HkrhthA  
 ➤ MKDVj gkFk feykrS gS iV/ n[kuk] gkFk n[kukA  
 ➤ detkjh egl # gkrh gA  
 ➤ Hk[k ugha yxrhA  
 ➤ vijk/k igys djrk Fkk ekckby j [kus dk "kkA  
 ➤ tues dh iB %ejB¼ tyh dkBh ea pkjh dk eky fcdrk gS ifyl dks  
 irk gA  
 ➤ nok ugha py jgh gS l hMh 4 dh fj i kZ ugha vk; h gA  
 ➤ ejB dseMdy dkyst ea bykt] de l s de jstkuk 70&80 ejht  
 vkuk ,ovkJOVhO dhnz u0 18 l Hkh ejht dh vk; q 20&30 o'kz  
 35&40 o'kz ds dN cPps Hkh gks FkA  
 ➤ "kjk dk l ou djuk] chMh fl xjv/ ihukA  
 ➤ eR; q ij mij okys dh bPNkA  
 ➤ l e; ij bykt ugha gks irk gA  
 ➤ 6 eghus igys ij l hMh4 Bhd Fkk] iV/ [kjk jguk] mYVh vkuk]  
 "kkjhfd detkjh] [kMk gkus ij pDdj vkukA  
 ➤ tekur gkus ij ekvls cki dh l ok djuk] Hkbb; ka dh enn djuk  
 ➤ 14 eghus l tsy ea

- ,M+ jkxh l s"kkjhfjd l Ei dZ cuk; kj i kshu [kkus l schekjh nc tkrh gA
- LolFk gkus dh bPNk] Vhdk fodfl r gks tk; rks vPNk jgsckA
- ,u0th0vko okys l e>krs gA
- tekur ughafey jgk gA
- CD4 de tks tkus ij dfBukbz gkrh gA
- ,3**
- jk; ij pnd] fctuk] mez 35 o'kz A
- vij/k /kkj 307] i fyi }kj uk Ml l s mBk; k x; k] pklwfn [kkdj tsy Hkst kA
- vkVks pykuk] fot; uxj] xkft; kckn] vkenuh 300 : i; s ifrfnuA
- 2006 ea fcekjh dk irk pykA
- l Øe.k 26&30 o'kA
- T; knk fcekj gkus ij CyM th0ch0 i ar vLi rky ea dj; k rks , p0vkbDoh0 ikftfVoA
- l ØI dsfy, th0ch0 jkM tkuk] d.Mke dk iz, kx] dHkh&dHkh fcuk d.Mke ds gh "kkjhfjd l Ei dZ cukukA
- mYVh] nLr] eij ea Nky} c[kkj] detkj h] l [k x; s FkA
- th0ch0 iUr l s gh nok] nok jkst kA
- 2006 l s jst kA nok] tsy ea , d eghus l s nok NW x; h gA
- "kknh l qk] , d yMelh mez 7 o'kA
- ekrk vk] fir k dks irk gA
- iRuh , oacPps dks jkx ugha gS mudk CyM pd dj; k FkA
- ; kj nkr ds l kFk eLrh djukA
- , d eghus l s tsy ea
- th0ch0 i ar ea jst kA 150&200 ejht vkrs FkA
- d.Mke yxkus dk eu ugha djrk Fk vk] rsHkh d.Mke yxkus dk ncko ugha cukrh FkA 100 : i; s ea fey tkrh FkA
- nok cam gkus ij [kq tyh gkuk] detkj h egl w gkukA
- chekj h dk bykt vk tk; s vk] Bh d gks tk; A
- tsy ea feyus dkbz ugha vk; kA
- th0ch0 vLi rky ea bykt] MkDVj dk 0; ogkj vPNk] pdvi ea vki kuh] fcuk XyCl ds gkFk n[kukA

- cPpk dh i <kbZ py jgh gA
- tsy ds deplkj; ka dk 0; ogkj vPNk gkrk gA
- dsn; ka ds Hkktu ds l kFk ykbu ea yxuk] l Hkh ds l kFk cBukA
- ,4 l eLrh ij] fcgkj] vij/k& Nk/h ek/h pljh djuk] pljh dk eky cpukA**
- 2014 l s tsy ea
- mez 35 o'kz 4 cPp] l hmh4&32] eif"dy l scPpk e.Mh eadke djukA
- l ØI dsfy, ckgj tkukA
- iRuh Hkh , p0vkbDoh0 ikftfVoA
- l rku ea ugha gA
- nhu n; ky mik; k; vLi rky ea bykt&, 0vkj0Vh0A
- l k{kkrdkj ds vk/kkj ij l jdkjh fpdfRI d , oafuth {k= ds fpdfRI d] Hkjr ds mrd"V fpdfRI k l kFku] tsy ds vf/kdkfj; ka ds ckjs ea fuEu rF; ikr gqA
- l jdkjh fpdfRI d& ,M+ jkfx; ka dk fo"okl l jdkjh {k= ds fpdfRI dka ij T; knk g} oks buds fo"okl ij [kjs mrjrs gA buds vuq kj l jdkjh fpdfRI d fcuk nLrkuk yxk; sn[krsg] vkyk yxkdj n[krsg vk] nok fy [krs gA rFk gkFk Hkh feykrsg; gh LoHko efgyk fpdfRI kf/kdkfj; ka dk Hkh jgrk g} dkbz Hkh Hko ugha jgrk gS 0; ogkj Hkh vPNk jgrk gA tcf d futh {k= ds fpdfRI dka ds ; gkw bykt pyr k jgrk gS yfdu t\$ s gh , p0vkbDoh0 i kthfVo dh fji kV/vkrh gSnj l s gh l jdkjh {k= ea bykt dj kus dks dg dj Hkxk nrs gA tsy ea dk; jr fpdfRI k vf/kdkfj; ka us crk; k fd ge ,M+ jkfx; ka ds i kS"Vd vkgj ij utj j [krs gS vk] muga i kS"Vd Hkktu mi yC/k djkrsgA Qy dkbz Hkh fdruk egl k D; ka u gksgekjsfy [k nusi j Qy mi yC/ k dj; k tkrk gA , 0vkj0&Vh0 dbnz ds : i ea , EI ubz fnYyh] vk] d0th0, e0; 0] y [kuA dks l oZsB dbnz ds : i ea ik; k x; k gA**
- tsy vf/kdkfj; ka , oadepkj; ka ds ifr utfj; k& ,M+ jkfx; ka us tsy ds vf/kdkfj; ka , oadepkj; ka ds ifr l g; kskRed utfj; k mi yC/k dj; k g} tsy ds deplkj; ka dk 0; ogkj vPNk jgrk gS os l gkuHkr fn [krs gA vk] ftUnxh ds ifr mRI kg cuk; sj [kuseaenn djrsg] fujk"kk dh fLFkr ea vk"kk dh fdj.k tykrsgA tekur u feyus dh fLFkr ea tsy MkDVj jkt'sk depl fl g dk dguk gSfd ,M+ jkfx; ka ds tsy ea i kS"Vd vkgj mi yC/k gkrk gS ckgj**

fudyus ; k ?kj ij tkus ij iks'Vd vkgkj mi yC/k ugha gks ik ; sxA mudk CD4 dk Lrj de gks tk ; sxk vksj mudh eR ; q gks tk ; sxh ¼ M+ jkfx ; ka ea CD4 dk Lrj 500 jguk pkfg , ¼A

**ifyl cy dh vuyC/krk&** ,M+ jkfx ; ka us crk ; k fd , vkjVh dlnz l s døy , d eghusdh nok feyrh gA 60 VcyV/ Vnksxkyh ifrfnu½ tks30 fnu ea l ekr gks tkrh gA , d jkxh ij nks ifyl ds toku vLirky ydij tkrS gA ijUrq dHh&dHh ifyl tokuka dh vuyC/krk ds dkj .k l e ; ij vLirky ugha igp ikrs gA ftl l s nok chip ea gh l ekr gks tkrh gA nok cm gks l s CD4 de gks tkrk gS ftl l s detkjh c++ tkrh gS vkyL ; Nkus yxrk gS fdl h dke ea eu ugha yxrk gS vksj "kjhj ea [kq: yh gks yxrh gS rFkk otu de gks yxrk gS vksj iV [kjc jgrk gA , M+ jkxh Hkjr ljdkj@insk ljdkj l s tsy ds vLirky l s gh nok mi yC/k djkus dh xgkj yxkrS gA

**fof/kd l gk; rk&gW/kfd** mRrj insk ds l eLr 70 tsy ka ea fof/kd l gk ; rk fu%kq d mi yC/k djkus dk ckMz yxk gqk gS ijUrq jkfx ; ka dks fof/kd l gk ; rk mi yC/k ugha gks ikrh gS ftl ds NksV&eks/ s vij/k eacln , M+ jkfx ; ka dh tekur ugha gks ikrh gA ; s jkxh vius ?kj tkuk pkgrS gS vius cky&cPpka l s feyuk pkgrS gA ifjokj ds chip jguk pkgrS gS l k&nq k ea l feefyr gksuk pkgrS gA tekur u gksudh i M+ budsfný ea > ydrh gA vJijir u ; uks l svi uks dks fugjrs gS tc fdl h dh tekur gks tkrh gS rks buds eu ea ; g dkr mBrh gS fd , d fnu , d k vk ; sxk tc budh Hh tekur gks tk ; sxh vksj ; s [kys vki eku ea ifjnda dh rjg l kw ysl dka ifjokj ds l nL ; ka }kjk tsy ea u feyus rFkk tekur u djkus ds dkj .k , M+ jkxh fcYdy vdsys i M+ tk jgs gA

**mi l gkj%** bl izdkj ge nqk jgs gS fd mRrj insk ds 70 tsy ka ea cm 356 , M+ jkxh vR ; Ur n ; uh ; fLFkr ea thou 0 ; rhr djus dks etcij gks jgs gA budh tekur yas okyk dkbZ ugha gS nok djkus okyk døy tsy ds vf/kdkjh vksj , vkjVh dlnz gA ge xozdj l drsgS fd gekj s i kl , El vksj d0 th0 , e0 ; 0] y [kuÅ ts h fo"o Lrjh ; fpdfRI k l l Fkku gS vksj bu ij Hkjd k djus yk ; d fpdfRI dA futh {ks= ds fpdfRI dka ij , M+ jkxh Hkjd k ugha djrs gS vksj vl ; turk HkA eS dlnz ljdkj@jkt ; ljdkj vksj deB Lo ; d dh l l Fkkvka l s bl "kkk i = ds ek ; e l svi hy djrk gWfd tsy ea cm , M+ jkfx ; ka dks tsy ea gh nok ; azidovudine-300mg, lamivudine-150mg, nevirapine-200 mg mi yC/k djkus dk iz kl djaf t l s mudk bykt ogha ij gks l ds rFkk

tekur fnykus dh 0 ; oLFkk dja vksj tekur ckn mudk i qzkl ] dh Hkh 0 ; oLFkk djS ftl l s tsy l s ckgj vkdj , d l EekuimZd thou i wkZ dj l ds u dh tsy ea gh iki dk Qy Hkksrs gq ekSk dks ikr dj l dA

**l qko%** l e ; vksj vkfFkZd nF"Vdksk dks / ; ku ea j [krs gq 'kkk dks cln fd ; k x ; ka bl ij vHh vksj Hh 'kkk fd ; s tk l drs gA

- 1- tsy ea cn , M+ jkfx ; ka ds l kfjokfjd i "BHKfe dk v/ ; ; u djuk vko' ; d gA
- 2- ifjokj }kjk tekur u yas ds dkj .k adk v/ ; ; u fd ; k tk l drk gA
- 3- døy l ekt ds Mj l s dh l ekt D ; k dgsck D ; k , M+ jkxh dks vdsys NkM+ nusuk mfpr gS bl h 0 ; k [ ; k u ; s l kekftd nF"Vdksk l s vko' ; d gA
- 4- tekur feyus ij , M+ jkfx ; ka ds i qzkl grqfd ; s tkus okys mi k ; A

**l nhZ xlfk%**

- 1- xkrk jke0, y0 , oa MhOMh0 'kekZ 2012] l kekftd vuq dku i ) fr ; k] vkxkj] l kfgR ; Hkou ifcyds kuA
- 2- nk.Ms vthr dS 1984&Qfeyh lykfuax , u , MSlVo LVV/thj U ; w fnYyh b.Vj bf.M ; k ifcyds kuA
- 3- fujkys ' ; keyky] 2000] vLi" ; rk fuokj .k vf/kxe dh f0 ; kRedrk , oa i Hkko'khyrk] xkj [ki g] ol q/kjk izdk'kuA
- 4- ukx i Foh'k , oa fu'kkn vt ; irki] 2017] tul q ; k Hkksy] xkj [ki g] ol q/kjk izdk'kuA
- 5- vej mtkyk& 11-03-2018A

