

ek/; fed Lrj ds fo | kffkz; ka ds fo | ky; h i fjo's'k dk  
mudh v/; ; u dh vknrk] ij i Hkko dk v/; ; u

इकस/क फुन'कक

इकस/कफकह

MkD chuk dckjh

, e, - ] , e, M- ] , e-fOy- ] i h&, p-Mh-  
, l kfi , V i kOs j] f'k{k d f'k{k foHkx  
/keZ l ekt egkfo | ky; ] vyhx<+

food l kjLor

, e, - 1/4" k{k" kL=1/2

vkt ds ckyd dks n's'k dk Hkko h l q kx; ukxfjd cukus dh ftEenkh i fjo'k] fo | ky; , oa  
l ekt dh gA fdUrq i fjo'k] dh vi {kk fo | ky; h i fjo's'k ea v/; ; u dh vknrk] l o'ka  
dh i fjo'k] rFk u'rd eW; ka dks fodf l r , oa i fjo'k] करने की अद्भुत सामर्थ्य होती है।  
Hkkrh; l ekt vkt eW; ka dh =kl nh l s xqtj jgk gA ; g l Oe.k dky g\$ ft l ea vko"; d g\$  
कि छात्र अनौपचारिक एवं आनुषंगिक रूप से जो सीख रहे हैं, उसका सामाजिक, राष्ट्रीय एवं दैनिक  
thou ea egRo gkuk pkfg, A

प्रस्तुत शोध अध्ययन में प्रयुक्त शोध समस्या निम्नवत् है :-

ek/; fed Lrj ds fo | kffkz; ka ds fo | ky; h i fjo's'k dk mudh v/; ; u dh vknrk  
ij i Hkko dk v/; ; uA\*\*

'kks/k v/; ; u dh fof/k

iLrq 'kks/k v/; ; u tuin vyhx<+ ds d'nh; ek/; fed f'k{k i f'kn] ubZ fnYyh l s  
l Ec) b.VjehfM, V d'ny'stka ea v/; ; ujr d{k&9 ds mu Nk=ka ij fd; k x; k g\$ tks o"kl 2009  
dh okf'kd i jh{k ea d{k&9 ds i'ek.k&i = grq l fEefyr gq FkA vFkk~ iLrq 'kks/k dk l exz  
tuin vyhx<+ ds mu fo | kffkz; ka l s fufe'r fd; k x; k g\$ tks l h0ch0, l ObD }kj k eku; rk i klr  
ofj"B ek/; fed fo | ky; ka ea o"kl 2009 ds vLrx'r d{k&9 ea v/; ; ujr FkA

i Lnr 'kks/kdk; Z eukd kekftd i Ñfr dk gkus l s l kFk&l kFk l oãk.kkRed i Ñfr dk Hkh gA  
vr% 'kks/kdrkz us l k{kRdkj vuq ÷ph ds }kjk funf'kr l ÷puknrkvka l s l ÷puk; a l ÷dfyr dh gA  
rFkk eukokkfudk ij h{k.kka ds vk/kkj ij Hkh fu"d"kz iklr fd; s gA 'kks/kdk; Z l Ei Uu djus graq  
oKkfud fof/k ds l Hkh egroi wKz pj.kka dk vuqz kx djus dk iz kl fd; k x; k gA f'k{k  
eukokkfudka us vuq U/kku ds {ks= ea o.kzkRed l oãk.k dk egro l cl s vf/kd ekuk gA bl  
l Ecu/k ea th0t0 eksys ds vuq kj] ^^ kF{k d vuq U/kku ds vLrxr o.kzkRed vuq U/kku ftruk  
egroi wKz g\$ mruk egro fdl h nr js izdkj dh vuq U/kku fof/k dk ugha g\$ ; g , d ogn  
oxhbj.k g\$ ftl ea fof'k"V rduhfd , oa i fof/k; k l ekgr jgrh g\$ tks fdl h ?kVuk ds ij h{k.k  
ds fy; s vko' ; d gA\*\*8

i frn'kz , oa mi dj .kka dk p; u

'kks'k dk; Z l Ei kfnr djus ea l exz dh l elr bdkb; ka l s l Ei dz djuk i k; % dfBu gkrk gA  
rFkk bl l s l e; o /ku dk vi 0; ; Hkh gkrk gA vr% l e; , oa /ku ds n#i; kx dh l EHKkouk l s  
cpus ds fy; s l exz dh bdkb; ka ea l s i frn'kz dk fudkyuk 'kks'k dk; Z dh vko' ; drk gkrh gA  
l exz dk i wKz i fruf/kRo djus okyk i frn'kz vPNk ekuk tkrk gA vPNs , oa mi ; ÷r i frn'kz ea  
l exz dh i R; sd bdkbz dks pps tkus dh i wKz i kFkfedrk gkrh gA

l exz l s U; kn'kz iklr djus dh i f0; k ds vLrxr vyhx<+ tuin ds l h0ch0, l ObD  
fnYyh l s l Ec) l Hkh b.VjehfM, V dkystka dh l ÷ph l a ÷r funs'kd dk; kzy; l s iklr dhA  
tuin ea , s s fo|ky; ka dh l a[; k dkQh vf/kd gkus ds dkj.k ykVjh fof/k }kjk dy N%  
fo|ky; ka dk p; u fd; k x; k] ftudh l ÷ph l kj.kh ea i Lnr dh x; h gA

p; fur fo | ky; dk fooj . k

Øekad	fo   ky; dk uke	Nk=	Nk=k, j	; ksx
1-	l sV fQnfyI Ldny] vyhix<+	1800	2200	4000
2-	fo tMe i fcyd Ldny] vyhix<+	2000	1800	3800
3-	gfj Vst i fcyd Ldny] vyhix<+	1800	1400	3200
4-	baxtge bULVhV; W] vyhix<+	1300	1200	2500
5-	कृष्णा इण्टरने"kuY Ldny] vyhix<+	1100	900	2000
6-	fcfy, .V i fcyd Ldny] vyhix<+	900	900	1800
	diy ; ksx	8900	8400	17300

eukoKkfud ijh{k.kka ea ; | fi vucl ijh{k.kka dk iz ksx fd; k tkrk jgk gs ftuea fuEufyf[kr ijh{k.k ed; gA

1- mi yfC/k ijh{k.k

2- cf) ijh{k.k

3- vfhk; kx; rk ijh{k.k

4- vfhkofRr eki uh

5- 0; fDrRo rkfydk vkfnA

fdUrq 'kks'k l eL; k ds pjka dks nF"Vxr j [krs gq bu eukoKkfud ijh{k.kka dh mi ; kfxrk

l fnX/k gkus ds dkj .k fuEufyf[kr egROI wKz i kekf.kd ijh{k.kka dks mi ; ksx ea yk; k x; k gs %&

1- d0, l 0 feJ }kj k fufeR Ldny , llok; j ues V bl0dVh ¼S.E.I.½

2- , e0, u0 i kyI u , oa, l 0 'kekz }kj k fufeR LVMh gfoV bl0dVh ¼P.S.S.H.I.½

mi dj . kka dk i fjp; , oa iz kkl u

i Lrq 'kksk , d eukS kS{kd v/; ; u gA , d s 'kksk ea eukoKkfud ijh{k.k dks iz Pr djuk , d vko'; drk gkrih g\$ ftl l s 0; fDrxr fhkUurk dk eki u djuk , oa ml dh 0; k[: k djuk l Etko gkrih gA tOMCY; 0 cLV us oKkfud ijh{k.k dks ifjHkkf"kr djrs gq dgk g\$ "The Psychological test is an instrumental design to describe and measure a sample of certain aspects of human behaviour."<sup>12</sup>

i Lrq 'kksk ea fo |kfkz ka ds fo |ky; h i fjos k dk mudh v/; ; u dh vknrk l oskRed ifjiDork , oa ufrd eiv; ka ij i Hkko Kkr fd; k x; k gA bl l nHkZ ea iz Pr ikef.kd ijh{k.k kka dk foj .k fuEuor-g\$ %&

- 1- fo |ky; h i fjos k ds eki u grq i æki hÑr eukoKkfud ijh{k.k & School Environment Inventory (S.E.I.), MKD d0, l 0 feJ }kjk fufeR A
- 2- v/; ; u dh vknrk ds eki u grq , e0, u0 i kyl su rFkk , l 0'kekZ }kjk fufeR Study Habit Inventory (PS-SH1).

प्रस्तुत शोध अध्ययन की परिकल्पनाएँ तथा उद्दे"; vxfyf[kr g\$ %&

'kksk mnas';

i Lrq 'kksk grq fuEufyf[kr mnas'; fu: fi r fd; s x; s g\$ %&  
mnas'; 1 %

fo |ky; h i fjos k dk fo |kfkz ka dh v/; ; u dh vknrk ij i Hkko dk v/; ; u djukA

mnfn'; 1-1 %

fo | ky; h i fjo'sk dk fo | kffkz ka dh i <e>s dh vknrka ij i Hkko dk v/; ; u djuka

mnfn'; 1-2 %

fo | ky; h i fjo'sk dk fo | kffkz ka dh vf/kxe dh ; qDr; ka ij i Hkko dk v/; ; u djuka

mnfn'; 1-3 %

fo | kffkz ka dks fo | ky; h i fjo'sk dk mudh Lefr ij i Hkko dk v/; ; u djuka

mnfn'; 1-4 %

fo | ky; h i fjo'sk dk fo | kffkz ka ds l e; c) v/; ; u ij i Hkko dk v/; ; u djuka

mnfn'; 1-5 %

fo | ky; h i fjo'sk fo | kffkz ka ds v/; ; u dh HkkSrd voLFkkvka ij i Hkko dk v/; ; u djuka

mnfn'; 1-6 %

fo | kffkz ka dks fo | ky; h i fjo'sk dk mudh ijh{k , oa eW; ka du ij i Hkko dk v/; ; u  
djuka

'kks'k i fjdYi uk; a

'kks'k i fjdYi uk; ; fdl h 'kks'k ea fn'kk funzkd dk dk; Z djrh gA ; g fdl h 'kks'k l eL; k

dk VdVVo mRrj gkrh gA i Zrq 'kks'k ea 'kL; i fjdYi uk dk ijh{k.k , oa vuqz kx fd; k tk jgk  
gA

'kks/k i fjdYi uk 1 %

fo |ky; h i fjo'sk dk fo |kFFkz; ka dh v/; ; u dh vknrka ij dkbZ i Hkko ugha i Mf'k gA

'kks/k i fjdYi uk 1-1 %

fo |ky; h i fjo'sk dk fo |kFFkz; ka dh i <us dh vknrka ij dkbZ i Hkko ugha i Mf'k gA

'kks/k i fjdYi uk 1-2 %

fo |kFFkz; ka ds fo |ky; h i fjo'sk dk muds vf/kxe dh ; fDr; ka ij dkbZ i Hkko ugha i Mf'k gA

'kks/k i fjdYi uk 1-3 %

fo |kFFkz; ka ds fo |ky; h i fjo'sk dk muds Lefr Lrj ij dkbZ i Hkko ugha i Mf'k gA

'kks/k i fjdYi uk 1-4 %

fo |kFFkz; ka ds fo |ky; h i fjo'sk dk mudh l e; c) rk ; Dr v/; ; u dh vknrka ij dkbZ i Hkko ugha i Mf'k gA

'kks/k i fjdYi uk 1-5 %

fo |kFFkz; ka ds fo |ky; h i fjo'sk dk mudh v/; ; u dh Hkkf'rd voLFkk ij dkbZ i Hkko ugha i Mf'k gA

'kks/k i fjdYi uk 1-6 %

fo |kFFkz; ka ds fo |ky; h i fjo'sk dk muds Lo; a dh ij h{kk vksj eW; ka du ij dkbZ i Hkko ugha i Mf'k gA

## भाोध अध्ययन में प्रयुक्त सांख्यिकीय विधियाँ

i Lrj 'kks/k dk; Z ea l d'fyr l p'ukvka ds fo"लेषण हेतु निम्नलिखित सांख्यिकीय प्रविधियों



$$\frac{\left(\frac{n}{2}\right) o_{ki} + \left(\frac{n}{2} + 1\right) o_{ki}}{2} \quad \text{tgki n, d l e l a; k g}$$

oxhÑr vkdMka ds fy; s &

$$e/; kd \quad \frac{1}{2} \left( 1 + \frac{\left(\frac{n}{2} - CF\right)}{f} \right) \times h$$

$$\text{tgki n} = \text{dgy l a; k}$$

$$l = e/; kd \text{ oxZ dh fuEu l hek}$$

$$f = e/; kd \text{ oxZ dh ckjEckjrk}$$

$$CF = e/; kd \text{ oxZ l s fi Nys oxZ dh l p; h ckjEckjrk}$$

$$\text{rFkk h} = \text{oxkUrj g}$$

ekud fopyu **Standard Deviation**

fn; s gq s i k r k d s e/; eku l s i k r k d s fopyu d s o x k d s e/; eku d k o x h y ekud fopyu dgykrk g

$$S.D. = \left\{ \sqrt{\frac{\sum f d^2}{N} - \frac{(\sum f d)^2}{N}} \right\} \times h$$

$$\text{tgki S.D.} = \text{ekud fopyu}$$

$$h = \text{oxkUrj}$$



$\Sigma fd^2$  = fopyuka ds oxL , oa vkofRr; ka ds xq kuQy dk ; ksx

$\Sigma fd$  = vkofRr; ka , oa fopyuka ds xq kuQy dk ; ksx

rFkk N = i klrkdka dh l a[ ; k gA

**Correlation**

nks ; k nks l s vf/kd pj jkf" k; k; ?kvukvka ; k oLrqvka ds i kjLi fjd l EclU/k dks l g&l EclU/k dgrs gA fxyQkMZ ds vuq kj] "l g&l EclU/k xq kkaed og vdsyh l a[ ; k gS tks ; g i dV djrh gS fd nks oLrq; fdl h l hek rd , d nit js ds l kFk l EclU/kr gA rFkk , d ds ifjorZu ds dkj . k nit js ds ifjorZu dks fdl l hek rd i Hkkfor djrh gA\*\*

l g&l EclU/k dh x.kuk foek nks fof/k; ka }kjk dh tkrh gS &

(a) LFkku Øefof/k %

$$P = 1 - \frac{6\Sigma d^2}{N(N^2-1)}$$

(b) okLrfod e/; eku fof/k %

$$r = \frac{\Sigma xy}{\sqrt{\Sigma x^2 \Sigma y^2}}$$

t dh x.kuk

ifrn"kl dh l a[ ; k 30 l s de gkus ij vFkkZ~l eng gkus ij cr ds LFkku ij t dh x.kuk

dh tkrh gS ftl ds fy; s fuEu l = iz kx fd; k x; k gS &

$$t = \frac{M_1 + M_2}{\sqrt{\frac{\sum d_1^2 + \sum d_2^2}{N_1 + N_2 + \dots} \left( \frac{N_1 + N_2}{N_1 N_2} \right)}}$$

; gk  $M_1, M_2$  rFkk  $d_1, d_2$  i dbr-vFkZ ea iz kx fd; s x; s gA

इस प्रकार शोध प्रबन्ध में सांख्यिकीय विधियों का उचित प्रयोग किया गया है। यथा स्थान  
ckjEckjrk oØ] cgHkqt] i kbZ pkVZ vkfn dk Hkh iz kx fd; k x; k gA

### निष्कर्ष

mnfn; , oa ifjdYi ukvka dks vkjEHk ea Øeokj i Lrq fd; k x; k Fkka ml h Øe ea 'kks/k  
fu"d"kk&dh i kflr vks i Lrq dh tk jgh gS %&

mnfn; ; 1 %

fo |ky; h i fjos k dk fo |kFkZ ka dh v/; ; u dh vknrka ij i Hkko dk v/; ; u djuka  
'kks/k i fjdYi uk 1 %

fo |ky; h i fjos k dk fo |kFkZ ka dh v/; ; u dh vknrka ij dkbZ i Hkko ugha i Mfk gA

fu"d"kZ % 'kks/k ds i Fke mnfn; ; I s I EcfU/kr vkpMka dks I kj .kh I a[ ; k 4-13 ea 0; ofLFkr  
fd; k x; k gS ftl ea  $t = 3.929$  , oa  $p = 0.0001$  i klr gYk rFkk ifjdYi uk [kf.Mr gq hA vr%  
fu"d"kZ LFkkr r gsrk gS fd fo |ky; h i fjos k dk fo |kFkZ ka dh v/; ; u dh vknrka ij I kFkd , oa  
egroi wkZ i Hkko i Mfk gA ; fn fo |ky; dk i fjos k v/; ; u ds vuqny ifjLFkr; k; mRi Uu djus  
ea I {ke gS rks ogk; ds fo |kFkZ vf/kd vPNk dj I drs gA

mnns'; 1-1 %

fo | ky; h i fjos'k dk fo | kffkz ka dh i <us dh vknrka ij i Hkko dk v/; ; u djuka

'kks/k i fjdYi uk 1-1 %

fo | ky; h i fjos'k dk fo | kffkz ka dh i <us dh vknrka ij dkbz i Hkko ugha i Mrk gA

fu"d"kz % fo | ky; h i fjos'k dk fo | kffkz ka ds i <us dh vknr ij Hkh l kffkd i Hkko ns[kk

x; kA ftu fo | ky; ka ea f'k{kdkka , oa i zkkukpk; Z ds }kj k f'k{kkuupny i fjos'k rS kj fd; s x; s gS ogk;

Nk= vius l e; dk vf/kdre mi ; ks i <us ea djrs gS A fjdR dkyk k ea Nk= , oa Nk=k, j

i qrdky; ea tkdj vius fo"k; l s l EcfU/kr i qrda i klr dj i <rs gS rFkk dN Nk= nFud

l ekpkj i =ka dks i <rs gS rks Nk=k, j i k; % i f=dkvka dks i <rh gA

mnns'; 1-2 %

fo | ky; h i fjos'k dk fo | kffkz ka dh vf/kxe dh ; qDr; ka ij i Hkko dk v/; ; u djuka

'kks/k i fjdYi uk 1-2 %

fo | kffkz ka ds fo | ky; h i fjos'k dk muds vf/kxe dh ; qDr; ka ij dkbz i Hkko ugha i Mrk gA

fu"d"kz % bl i fjdYi uk ds [kf. Mr gkus ds i 'pkr ; g fu"d"kz i frikfnr fd; k tkrk gS

fd fo | ky; h i fjos'k fo | kffkz ka dh vf/kxe dh ; qDr; ka dks i Hkkfor djrk gA fo | ky; ftruh

vf/kd i zdkj dh l kexh fo | kffkz ka dks mi yC/k djrs gS Nk= ml l kexh dk vf/kd i z ks dj

i krs gA Nk=k bfjdk ds vuq kj] ^; fn gekjs fo | ky; ea dS l ; ks vksj ck&ka tS s ok | ; U= u gkrs

rks eps l xhr ea dHkh #fp i Snk ugha gkshA\*\*

mnf's ; 1-3 %

fo | kffkz ka ds fo | ky; h i fjo's k dk mudh Lefr ij i Hkko dk v/ ; ; u djuka

' kks/k i fj dYi uk 1-3 %

fo | kffkz ka ds fo | ky; h i fjo's k dk muds Lefr Lrj ij dkbz i Hkko ugha i Mfk gA

fu"d"kz % Lefr Lrj ij Hkh fo | ky; h i fjo's k dk l kfkzd i Hkko ik; k x; kA tc d{kk ea

v/; ki d fofHku i djk ds izu i Nrs g\$ vk\$ izu ckj & ckj i Ns tkrs g\$ rks Nk=ka dk Lefr Lrj

Hkh c<rk g\$ A ; fn v/; ki d Nk=ka dks dpy i <krk jg\$ chp ea vf/kxe dk ew; ka du u djs rks

fo | kffkz ka dh Lefr dh udkj kRed : i l s i Hkfor gks l drh gA

mnf's ; 1-4 %

fo | ky; h i fjo's k dk fo | kffkz ka ds l e; c) v/ ; ; u ij i Hkko dk v/ ; ; u djuka

' kks/k i fj dYi uk 1-4 %

fo | kffkz ka ds fo | ky; h i fjo's k dk mudh l e; c) rk ; Dr v/ ; ; u dh vknrka ij dkbz

i Hkko ugha i Mfk gA

fu"d"kz % l e; c) rk dks l Hkh fo | kffkz ka us egRo i wk ekukA fo | ky; h i fjo's k ea l e; c) rk

dk l kfkzd i Hkko i Mfk g\$ A tc fo | kfkz l e; ds vlrxzr dk; Z djuk l h[krs g\$ rks mudh dk; Z

{kerk Hkh c<rh g\$ rFkk thou ea fof" k"V vuqkkl u vkrk g\$ bl fy; s gj Nk= dks l e; c) rk dk

/; ku j [kuk pkfg, rFkk vi uk i R; d dk; Z l e; l hek ds vluj gh l eklr djuk pkfg, A

mnfn'; 1-5 %

fo|ky; h i fjos'k dk fo|kffkz' ka ds v/; ; u dh Hkkf'rd voLFkkvka ij i Hkko dk v/; ; u  
djuka

'kks'k i fjdYi uk 1-5 %

fo|kffkz' ka ds fo|ky; h i fjos'k dk mudh v/; ; u dh Hkkf'rd voLFkk ij dkbz i Hkko ugha  
i Mfrk gA

fu"d"kz' % mi ; Dr i fjdYi uk [kf.Mr gks pph gA fu"d"kz' % dgk tk l drk gS fd  
fo|ky; h i fjos'k fo|kffkz' ka dh v/; ; u dh Hkkf'rd voLFkkvka dks i Hkfor djrk gA

mnfn'; 1-6 %

fo|kffkz' ka ds fo|ky; h i fjos'k dk mudh ij h{kk , oa eW; kadu ij i Hkko dk v/; ; u  
djuka

'kks'k i fjdYi uk % 1-6 %

fo|kffkz' ka ds fo|ky; h i fjos'k dk muds Lo; a dh ij h{kk , oa eW; kadu ij dkbz i Hkko ugha  
i Mfrk gA

fu"d"kz' % ; g i fjdYi uk [kf.Mr gkus ds mi jklur fu"d"kz' ; g gS fd fo|ky; h i fjos'k dk  
fo|kffkz' ka dh ij h{kk , oa eW; kadu ij i Hkko i Mfrk gS fn ij h{kk l pk: : i l s dj; h tkrh gS  
rFkk eW; kadu Hkh mfrpr rjhds l s gsrk gS rks Nk= vPNk i fr'kr vFkok 10 CGPA i kus dh bPNk  
djrs gq vuq i iz kl Hkh djrs gS ftl l s mudk yfC/k Lrj c<rk gA

mnfn'; 1-7 %

fo |ky; h i fjos'k dk fo |kffkz; ka ds LokLF; ij i Mtus okys i Hkko dk v/; ; u djuka

'kks/k i fjdYi uk 1-7 %

fo |ky; h i fjos'k dk fo |kffkz; ka ds LokLF; ij dkbz l kfkzd i Hkko ugha gkrk gA

fu"d"kz % 'kks/kfkz us ik; k fd fo |ky; h i fjos'k fo |kffkz; ka ds LokLF; dks Hkh l kfkzd : i l s

i Hkfor djrk gS A ; fn fo |ky; dk buYkLVdpj Bhd ugha gS [ky dk esku i ; kZr ugha gS

de jka ea i dk'k , oa gok dh mfpr 0; olFkk ugha gS rks fo |kfkz ds LokLF; ij udkj kRed i Hkko

i Mtus dh l EHkkouk dbz xuk c<+ tkrh gS D; kfd Nk= yxHkx 7 ?k.Vs rd bl h okrkj.k ea

i frfnu 0; rhr djrk gA

l pko

i Lrp 'kks/k v/; ; u ea ek/; fed Lrj ds fo |kffkz; ka ds fo |ky; h i fjos'k dk mudh v/; ; u

dh vknrkj l dxkRed ifji Dork , oa ufrd eW; ka ij i Hkko dk v/; ; u dj fu"d"kz i ktr fd; s tk

pps gS i ktr fu"d"ka ds vk/kkj ij 'kks/kks jkur fuEufyf[kr l pko i Lrp fd; s tk jgs gS ftuds

voyEcu ea Nk=ka ea v/; ; u dh vknrka dks vf/kd i Hkkoh fd; k tk l drk gA l dxkRed

ifji Dork ea fu[kkj yk; k tk l drk gS , oa ufrd eW; ka ea l qkkj dh l EHkkouk vf/kd dh tk

l drh gA

1/2 fo |kffkz; ka ds fy; s l pko

1- fo |ky; ea vk; kfr gkus okyh l kfgR; d] l kLfrd , oa i kB; l gxkeh fO; kvka ea Hkx

yus l s 0; fDrRo dk l okh.k fodkl gkrk gA vr% i R; sd Nk= , oa Nk=k dks bu

- fØ; kdyki ka ea Hkkx y suk p kfg, A
- 2- i R; sd Nk= , oa Nk=k dks f' k{k.k I Ecl/kh , oa fo | ky; hu I Ecl/kh I eL; kvka I s vfHkHkkodka , oa i k/; ki dka dks I e; &I e; ij voxr djuk p kfg, r kfd mudk I e; ij I ek/kku fd; k tk I dA
- 3- Nk=ka , oa Nk=kvka dks fo | ky; i fjos k I qkkjus ea I ghkkfxrk djuh p kfg, A vius ekrk&f i rk rFkk I j {k dka ds dk; ka ea I g; ksx djrs gq mlga viuh 'kS{k d mi yfC/k dks mlur djus ds fy, I n b iz kl jr jguk p kfg, A bl ds fy, mlga viuh vkfFkd fLFkr] I kekftd i fLFkr rFkk vU; 'kS{k d rF; ka I s fopfyr gq fcuk vi uk dk; Z djuk p kfg, A
- 4- fo | ky; dh vkfFkd fLFkr detkj gkus ij Nk=ka , oa Nk=kvka dks fo | ky; ds i t rdky; dk Hkj i j vuq z ksx djuk p kfg, rFkk I j dkj }kj k pyk; s x; s vuud 'kS{k d mlU; u ds dk; Øeka ea I ghkkfxrk djds viuh 'kS{k d mi yfC/k dks vPNk cukus dk iz kl djuk p kfg, A
- 5- Nk=ka , oa Nk=kvka ea LokoyEcu dk Hkko tkrk g suk p kfg, vksj mlga vPNs I ek tki; ksxh dk; Z djus ds fy, rRi j jguk p kfg, A bl I s t gk; , d vksj muea rRi jr k] vkRefo' okl c< xk] ogha nit jh vksj os gh uHkkouk ds f' kdkj gkus I s cp xA
- 6- Nk=ka , oa Nk=kvka dks ; g I p ko fn; k tkrk gS fd os dkd Z ds vfrfjDr n fud thou ea gkus okyh ?kVukvka ds ifr tkx: d jga vksj Hkkjr ea i pfyr ykdrkf=d I LFkkvka ds ifr vius Kku ds Lrj dks c< k; A ; gh ugha mlga jk"V" Lrj ij fØ; k'khy jktu s rd nyk] muds puko ?kks'k. kk i =k] uhfr; k] muds u s r drk dk Lrj] dFkuh vksj djuh ea vLrj

vkfn dks nf"Vxr j [krs gq vi us er 0; ogkj dks fu/kkFjr djuk pkfg, A

1/2 i zkkukpk; kx ds fy; s l pko

i zkkukpk; Z dks l klrkfgd : i l s Nk=ka ds ekrk&fi rk rFkk vfHkHkkodka dks fo |ky; ea  
cykuk pkfg, vkj ogkj muea 'kF{kd] l kekftd rFkk vU; egRo i w kZ eW; ka dh LFkki uk ds iz kl  
fd, tkus pkfg, A i zkkukpk; Z }kjk l lrg ea , d fnu fo |ky; ds l Hkh Nk=ka dks fdl h fo"k;  
fo'k{k ij Hkk"k.k vkfn nus ds fy, ifjr djuk pkfg, A bl ea muea vkRe&vuq kkl u] l kekftd  
vkj jk"Vh; l eL; kvka ds ifr l gt i d.krk rFkk vkRefo'okl dk fodkl gksxkA

i kB; l gxkeh f0; kvka ds }kjk t gk; Nk=ka , oa Nk=kvka ea vud os fDr d eW; ka dk  
fodkl gsrk g\$ ogha fofo/k 'kF{kd] l kekftd] jktu f rd rFkk /kkfeZd vkfn eW; ka dk l tu Hkh  
gsrk gA i kB; l gxkeh f0; kvka ds }kjk Nk=ka , oa Nk=kvka ea vud l kep kf; d eW; fodfl r  
gkrs g\$ ftl l s u d0y muds 0; fDrRo dk fodkl gsrk g\$ vfi r q muds fo |ky; ifjos k ea Hkh  
okfNr rFkk l kFkd ifjorZu gsrk gA vr% [ksydin] uR; ] i0pu] ukVdka dk epu] l keku; Kku  
ijh{kk] Vj vkfn ij tkj fn; k tkuk pkfg, A rkfd Nk=ka , oa Nk=kvka dk l okxh.k fodkl gks l ds  
vkj vi us fo"k; ka ds vfrfjDr mu fo"k; ka ds ifr Hkh : >ku mRi uu gk\$ tks muds fy, mi ; kxh  
gkrs gA

i zkkukpk; kx dks pkfg, fd os fo |ky; ea , d l d fttr i qrdky; fodfl r djA bl ds  
fy, Nk=ka , oa Nk=kvka dks v/; ; u ds ifr tkx#d cukus dk iz kl fd; k tkuk pkfg, A vkt



Lukrd Lrj ij i qrdky; ka dh fLFkr bl idkj dh gS fd dN vYekfj; ka ea i qrdaj [k nh xbz gA Nk=ka dks mu i qrdka dks i <us dk vol j gh ugha fn; k tkrkA 'kk; n gh dkbZ fo |ky; , d k gkj tgg; n sud l ekpkj i =] l klrkfgd if=dk; j ekfl d if=dk; a vkfn Nk=ka , oa Nk=kvka dks i <us ds fy, nh tkrh gA

1/2 v/; ki dka ds fy; s l pko

f'k{kd og gkrk gS tks vlr%Ø; kvka ds ek/; e l s u doy Kku inku djrk gS vfi rq vi us Nk=ka dk l okxh.k fodkl djrk gA vlr%Ø; k; a cgqvk; keh gkrh gA dN vlr%Ø; k; a Nk= ds 0; fDrRo dk l okxh.k fodkl djrh gS vksj ml s l ekt dk l qkxfjd cukrh gA yfdu dN vlr%Ø; k; a Nk= ds 0; fDrRo dks bl idkj l s fufeR djrh gS fd og l ekt ds vudhy u gkedj foi Fkxkeh gks tkrk gA vr% ; gkj v/; ki d dk nkgjk drD; curk gA , d vksj ml s bu dfrl r vlr%Ø; k; a ij fu; =.k djuk gkrk gS ogha nil jh vksj Nk= dks og mi ; kxh vlr%Ø; kvka ds l Ei dz ea ykrk gA vr% Nk= ds fy, f'k{kd vU; vfHkdj .kka dh vi \$kk vf/kd egRo i wZ gkrk gA f'k{kd dk dk; Z Nk=ka , oa Nk=kvka ea doy Kku gLrklrfjr djuk gh ugha gS vfi rq vi us l Ei wZ 0; fDrRo dks gLrklrfjr djuk gkrk gA vr% bl rF; dks nF"Vxr j [krs gq f'k{kdka dks fuEufyf[kr l pko fn; s tkrs gS %&

1- v/; ki d dk 0; fDrRo xfjeke; gkuk pkfg, A ftl ds xqk] 'khy] food ds l Eeq[k gj eLrd ur gks l dA ml dk 0; fDrRo , oa vkpj.k ml nhi d dh Hkkfr gS tks Lo; a tydj nil jka dks idk'k nrk gA vLrq l oFke f'k{kd dks 0; ol kf; d ekufI drk l s eqDr i kuk vko' ; d gA

- 2- v/; ki d dks Nk=ka , oa Nk=kvka ds l e{k l nō vkn'kz i Lrq djuk pkfg, A muds 0; fDrRo ea vusd dfe; k; gks l drh gš fdLrq mu dfe; ka dks Nk=ka ea vLrjhN̄r ugha gkus nsuk pkfg, A
- 3- v/; ki d dk nkf; Ro dōy Kku dk izdk'k Qsykuk gh ugha vfi rq jk"V<sup>a</sup> ds fy, vkn'kz ukxfjd rš kj djuk Hkh gA bl n̄"V l s Hkh f'k{k d dks jk"V<sup>a</sup> fuekzrk dgk tkrk gA
- 4- v/; ki d dks dōy fo"k; dk Kku gh ugha nsuk pkfg, vfi rq jk"V<sup>h</sup>; ] vLrjk"V<sup>h</sup>; rFkk l ekt ds vlnj gkus okyh ?kVukvka ds ckjs ea Hkh Nk=ka ds l kekl; Kku dk Lrj mBkus dk iz kl djuk pkfg, A D; kfd , s k u djus ij Nk= l ekt l s fojr gks tkrk gš vkš mudk vo/kku dōy fo"k; oLrq rd gh dLnr jgrk gA
- 5- v/; ki dka dks oš fDrd] l keftd] jktufrd] l kL̄N̄frd] vk/; kfRed vkš l kōn; kRed vkfn eL; ka dh f'k{k 0; kogkfjd : i l s nsuh pkfg, A , d v/; ki d l s ; g viškk dh tkrh gšfd og eukfoKku dk Kkrk gA

## भाोध संदभ

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