



MAHILA P.G. MAHAVIDYALAYA

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fnukd &

efgyk i hth egkfo | ky; eaernkrk tkx: drk dk; ðe dk vk; kstu

tkxki j %efgyk i hth egkfo | ky; e a jk"Vt; I ok ; kstu dh rhuks bdkbz ka ds fy, Hkkjr fuokpu vk; kx ds SVEEP dk; ðe ds vUrxt ernkrk tkx: drk dk; ðe dk vk; kstu fd; k x; kA dk; ðe ds ed; vfrffk xqjkr dMj ds vkbz, - , I - vf/kdkjh o I jI kxj o yqkh fo/kku I Hkk {ks= ds i ; bskd Jh , I - , i Vsy us Loa I fodkvks dks yksdrk ds bl egki oZ dk fgLI k cuus rFkk yksxks dks ernku ds fy, ifjr djus ds fy, tkx: d fd; kA mUgks crk; k fd ernku gekjk vf/kdkj gS rFkk gea yksdrk=d ifdiz k ea Hkkxhnkj gksuk pkfg,A Lo; d fodvks dks Jh i ph.k jRu] vkj-Vt, I - rFkk SVEEP i Hkkjh I jI kxj fo/kkul Hkk {ks= us Hkh I Ecks/kr fd; k rFkk Hkkjr fuokpu vk; kx ds SVEEP dk; ðe dh egRo i wkl xfrfot/fk; kWtS sernkrk tkx: drk ernkrk i at; u] ernku ifdiz k o ernku dh mi ; ksxrk I s voxr djk; kA egkfo | ky; dh i kpk; k MkkW eukjek mik/; k; us Nk=kvks dks ernku ds egRo I s voxr djk; k rFkk I ekt ds gj oxZ dks ernku ds fy, ifjr djus ea ; pkvks ds ; kxnu ds ckjs ea crk; kA bl dk; ðe ds vUrxt ernkrk tkx: drk I s I Ecfl/kr i kVj o Lyksu ifr; ksxrk vk; kstr fd xbZ ftI each, - f}rh; o"kZ dks dkSKY; k xks y us i Eke] ch, I - I h Qkbuy dh ugy dYyk us f}rh; rFkk ch, - i Eke o"kZ dh ehuk us rrrh; LFkku i klr fd; kA fotrk Nk=kvks dks Lefr fpUg ndj iq Ldr fd; k x; kA dk; ðe ea rhuka bdkbz ka ds dk; ðe vf/kdkjh Jherh Lugyrk 0; kI] Mk- Hkkjr Hkê o Mk- vkdakk fl ?kay mi fLFkr jgA vUr ea vfrffk; ka dks /kU; okn Kkfir fd; k x; k o Loa I fodkvks dks bZoh, e- o oh-oh-iV I sernku djus dh ifdiz k I s voxr djk; kA

i kpk; Z
MkkW eukjek mik/; k;





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fo'o ; øk I lrkg dk vlxkt+

efgyk ih-th egkfo|ky; ea jMfjcu Dyc }jk fo'o ; øk I lrkg ds vUrxi^r
fofkkju dk; Zde vk; kfr fd, tk; kA bl vol j ij egkfo|ky; dh ipk; Z Mkw eukjek
mik/; k; us ; øk Nk=kvka dh jDrnku gsrqifjr djrs q I ekt ea 0; kl , Mf 0; kf/k ds
ifr tkx: drk Qsykus gsrqifjr fd; kA

I LFku v/; {k iks ih, e-tksh us ; øk Nk=kvka dks I ekt I ok gsrqifjr djus , oa
jM ffcu Dyc ds ek/; e ls , Mf tkx: drk ykus ds fy, i kI kfgr fd; k egkfo|ky;
I fpo iks, l-i h 0; kl us Loa I fodkvka ds jDrnku ds iz kl dh I jkguk djrs q
Nk=kvka dks fujUrj bl dk; Zeavkxs c<us dh ij .kk nhA

bl vol j ij jM ffcu i kkhj Mkw I furk ckjk us crk; k fd Nk=kvka }jk ifro"kl
jDrnku f'koj ea I fdz : i ls Hkkx fy; k tkrk g , oa , Mf tkx: drk gsrq fujUrj
iz kl jr jgrh g bl vol j ij dk; Zde i kkhj Mkw I hek gVhyk , oa Luqyrk 0; kl us
, Mf izukoyh ijh{k.k djok; k ft I ea HIV o , Mf I cdkh tkudkfj; kwnk=kvka I s Hkjokbz
xbz , oa Nk=kvka dh HIV ok; jI o , Mf 0; kf/k I cdkh HkkfUr; k o ft Kkl kvka dks 'kkUr
fd; k , oa izukoyh ijh{k.k ls irk pyk fd ifro"kl Nk=k, WjM ffcu Dyc ea I fdz Hkkx
yus ds dkj.k HIV o , Mf 0; kf/k ds ifr tkx: d g

i kpk; Z





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LoPNrk jSyh dk vk; ktu

efgyk ih-th egkfo | ky; ea LoPNrk i [kokMk o jk"Vh; I ok ; kstu fnol ds mi y{; ij bflnjk xlykh epr fo'o fo'ofo | ky; tkkjg {ks=h; dñnz o jk"Vh; I ok ; kstu dh rhuk bdkbz ka }kj k LoPNrk tkx: drk o I k{jkjrk tkx: drk jSyh dk vk; kstu fd; k x; kA egkfo | ky; dh ikpk; Z MKW eukjek mik/k; k; us Lo; a l sodkvka dks l Ecls/kr djrs gq crk; k fd LoPN Hkkjr o I k{jkj Hkkjr vflk; kuka l s l ek t dks tkx: d fd; k tk l drk gA bXuw tkkjg {ks=h; funskd vt; o) u vpkp; Z us Nk=kvka dks ukxfjdka ds vf/kdkj o dñk; ka ds ckjs ea crkrs gq dgk fd gj ukxfjd dk jk"V a ds ifr dñk; gS ft l dk ikyu ml s djuk pkfg, ft l l s LoPN Hkkjr o I k{jkj Hkkjr tS s vflk; ku l Oy gks l dksA bXuw tkkjg {ks=h; dñnz ds l gk; d funskd Jherh : ikyh JhokLro vkg MKW e[; rkj vyh us Hkk LoPNrk vflk; ku ds ifr vi us fopkj 0; Dr djrs gq crk; k fd LoPNrk , d l dyi gS rFkk fd l h Hkk nsk dk LoPN okrkoj.k ml jk"V a dh ixfr dk ifjpk; d gA dk; Øe ea efgyk ih-th egkfo | ky; ds bXuw ds l ello; d MKW vfouk'k cksjk] l gk; d l ellod MKW fiz dk 0; kl] l gk; d jftLVkj bXuw {ks=h; dñnz tkkjg Jh vkj-, l - eh.kk] jk"Vh; I ok ; kstu dh rhuk bdkbz ka ds dk; Øe vf/kdkjh Jherh Lugyrk 0; kl] MKW vldkflk fl aky o MKW Hkj r HKVV mifLFkr jgA vr ea vfrfFk; ka dks vHkkj 0; Dr fd; k x; kA

1MKW eukjek mik/k; k; ½
ikpk; Z





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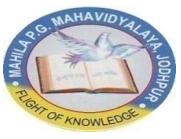
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Efgyk ihth egkfo | ky; ejkVh; I ok ; kstuk dh Lo; d fdkvka dk vke[khdj.k vk; kstr

Efgyk ihth egkfo | ky; ejkVh; I ok ; kstuk dh uohu Lo; d fdkvka dk vke[khdj.k vk; kstr fd; k x; kA dk; Øe ds vUrkr Lo; d fdkvka dks jk'Vh; I ok ; kstuk ds mls; k xfrfof/k; k , oa ; kxnu fo'k; Is voxr djk; k x; kA efgyk ihth egkfo | ky; ds l fpo iks , l -ih 0; kl us Lo; d oh Nk=kvka dks l kekftd dk; k dks djus ds fy, ifjr fd; kA foKku l dk; ds funskd iks vpysoj ckgjk us Lo; d oh Nk=kvka dks l ekt es Qsyh fofHku l eL; kvks ds ckjs ea crk; k rFkk buds l ek?kku ds fy, ifjr fd; kA iDZ dk; Øe vf/kdkjh MKW l hek gVhyk us jk'Vh; I ok ; kstuk ds irhdks mi yfc/k; k , oajM fju Dyc dh xfrfof/k; k l s Lo; d oh Nk=kvka dks voxr djk; kA bl dk; d e jk'Vh; I ok ; kstuk dh rhuk bdkb; k ds dk; Øe vf/kdkjh Jherh Lugyrk 0; kl] MKW Hkj r HkVV , oa MKW vkdkskk fl aky mi fLFkr jgA

i kpk; z





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Ekgyk i hth egkfo | ky; ds ifjl j ea egkfo | ky; ,oa ywui Dyc ds l ; Ør rRok/kku ea i kjkj .k dk; Øe dk vk; kstu fd; k x; k bl nkjku ywui Dyc fd v/; {k Jherh m'k xx] mik; {k Jherh ohuk fxMokuh] {ks=; i cu?kd Jherh e/kq ckgjk] efgyk i hth egkfo | ky; ds l fpo i ls , l -i h 0; kl] dkskk?; {k Jh d'.k dEkj] i kpk; l , oa foKku I dk; ds funskd i ls vpysoj ckgjk] jkVh; I ok ; kstu dh rhuka bdkb; ka ds dk; Øe vf/kdkjh Jherh Lugyrk 0; kl] Mkw Hkj r HKVV , oa Mkw vdkdkkk fl aky] jM fju Dyc ds i kjkj Mkw hek gVhyk mi fLFkr jgA bl i kjkj .k dk; Øe ea , u-, l -, l - dh I Hkh Lo; a fodkvka dk; kxnu Hkh jgkA dk; Øe dh bl h dMh ea egkfo | ky; ds i kpk; l , oa foKku I dk; ds funskd i ls vpysoj ckgjk us Lo; a fodkvka dks i kjkj .k djus ds ckjs ea i kjkj ds egRo dks crk; kA

i kpk; l





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Nk=kvksdksfd;k jDrnku dsfy;sifjr %Jherh I qZdkUrk 0;k

Jh t; ukjk;.k 0;k f"k{k.k I tFku }jkj I plfyr efgyk ih-th egkfo|ky; I ok ; kstu] jM fju Dyc o vkk', jsvkQ gk' dsl ; Dr rRok/kku es iR; d o"kl dh Hkh bl o"kl Hkh iks vkj-ih 0;k ^ dh Lefr ea jDrnku f'kfoj dk vk; kstu fd;k x; kA f'kfoj dk mnAkVu ej; vfrffk t; ukjk;.k 0;k fo'ofo|ky; dsalyifr iks xykc fl g pkjku I jI kxj fo|k; d Jherh I wZdkUrk 0;k] vf/k'Bkrk dyk f'kfk, oa lekt foKku I dsk; ,oa fl MhdV I nL; dksky ulFk mik;k;] funskd I dsk; dkyhu v/; u I tFku ,oa fl MhdV I nL; iks I [kohj fl g] ikp; Z jkt dh; egkfo|ky; tkkjij ,oa fl MhdV I nL; iks fjNiky fl g] folkkxk/; {k bfrgkI folkkx iks vjfoln ifjgkj dh I Eekfur mi fLFkfr eaqyka bl dk; Øe es I tFku v/; {k iks ih, e- tkkjij I tFku I fpo iks ds, u- 0;k] I tFku ofj'B mik;/; {k Ijt i dsk'k 0;k] dkskk/; {k d'.k 0;k] Jh dsl h ckgjk] Jh th-ih 0;k] egkfo|ky; I fpo iks , I -ih 0;k] iks oh-Mh noj foKku I dsk; funskd iks vpysoj ckgjk] egkfo|ky; ikp; Z MKW eukjek mik;/; k; Hkh mi fLFkfr jgA

dyifr iks xykc fl g pkjku us Nk=kvksdks i klfgr djrs gq jDrnku dks thounku crk; k rFkk jDrnku djrs jgus dsfy;sifjr fd;kA i jI kxj fo|k; d Jherh I wZdkUrk 0;k us vi us lckku es dgk fd f'k{kr ; pk dks jDrnku ds i fujr dk; Ze aviuk I g; kx inku djuk pkf; A iks fjNiky fl g] us jDrnku djus l s gksu okys ykHkkx dks crk; kA rFkk crk; k fd jDr nus l s dbz fcekfj; k Lor%gh [kRe gks tkrh gA iks dksky ulFk mik;/; k; rFkk I tFku v/; {k iks ih, e- us jDrnku djus l s; fn fd l h dk thou cp tk; sbl l s cmk dkBZ iq; ugha gks l drk ij viuk I Eckku fn; kA iks ds , u- 0;k us Hkh Nk=kvksdks I Eckfkr djrs gq jDrnku ds egRo l s voxr djk; kA dk; Øe dk I pkyu egkfo|ky; dh ikp; Z MKW eukjek mik;/; k us fd; k rFkk egkfo|ky; }jkj vk; kstr foHkkju jDrnku f'kfoj dh tkudkjh o mi yfc/k; ks ds crks es voxr djk; kA bl f'kfoj ds nkjku 50 l s vf/kd Lo; I fodkvka rFkk Nk=kvksdks jDrnku fd;kA rFkk ; g f'kfoj mEen fpfdRI ky; dh MKW ugk ds l kfk vk; h esMdy Vhe ds l g; kx l s I EiUu gkyA

f'kfoj dk I eki u fpfdRI k vf/kdkjh uoplkd; k fMI iVI jh] tkkjij MKW , , u- 0;k dh mi fLFkfr es vk; kstr gkyA jDrnku f'kfoj es vk'kk; sjs vklQ gkW dh Vhe mEen vLirky dh esMdy Vhe dks l Eekfur fd;k x; k rFkk Hkkx yus okyh Nk=kvksdks i zkfLr i= fn; s x; A egkfo|ky; I fpo iks , I -ih 0;k us Nk=kvksdks jDrnku f'kfoj es Hkkx yus ij i klfgr fd;k rFkk Hkfo"; es Hkh , l s dk; Øeka es I fØ; Hkkxhknjh ds fy; sifjr fd;kA jk"Vh; I ok ; kstu] ,oa jM fju Dyc ds i Hkkjh MKW I fujrk ckgjk] MKW I hek gVhyk] Jherh Lugyrk 0;k] MKW Hkjrh HkVV] MKW vksdksdks fl gky us I Hkh vfrffk; k dks vkkHkj 0; Dr fd;kA

ikpk; Z





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Jh t; ukjk; .k 0; kl f"k{k.k I lFku }jkj I pkfyr efgyk ih-th egkfo | ky; ea jk"Vh; I sk ; kstu] jM fJcu Dyc o v{k'kk, js v{k'kk gk] ds l ; Dr rRok/kku ea iR; d o"kl dh Hkkfr bl o"kl Hkh iks vkj-i-h 0; kl ^ dh Lefr ea jDrnku f'kfoj dk vk; kstu fd; k x; kA f'kfoj dk mnAKVu ej; vfrffk t; ukjk; .k 0; kl fo'ofo | ky; ds dyifr iks xykc fl g pkjku] I jI kxj fo | k; d Jherh I wZkUr 0; kl] vf/k"Bkrk dyk f'k{k ,oa lekt foKku I dk; ,oa fl MhdV I nL; dk sky ukFk mi k; k] funskd I dk; dkyhu v/; u I lFku ,oa fl MhdV I nL; iks I qkohj fl g] ikp; Z jkt dh; egkfo | ky; tkki j ,oa fl MhdV I nL; iks f jNiky fl g] foHkkxk/; {k bfrgkI foHkkx iks vjfoln ifjgkj dh I Eekfur mi fLFkfr eaqyka bl dk; Øe ea I lFku v/; {k iks i-h, e- tksh] I lFku I fpo iks ds, u- 0; kl] I lFku ofj'B mi k; {k I jI t idk"k 0; kl] dksh/; {k d".k 0; kl] Jh dsl h ckgjk] Jh th-i-h 0; kl] egkfo | ky; I fpo iks , I -i-h 0; kl] iks ohMh noj foKku I dk; funskd iks vpysoj ckgjk] egkfo | ky; ikp; Z MKW eukjek mi k; k; Hkh mi fLFkfr jgA

dyifr iks xykc fl g pkjku us Nk=kvks dks iRl kfgr djrs gq jDrnku dks thounku crk; k rFkk jDrnku djrs jgus ds fy; s iSjr fd; kA I jI kxj fo | k; d Jherh I wZkUr 0; kl us vius I cksku ea dgk fd f'k{kr ; pk dks jDrnku ds ijur dk; Z evi uk I g; kx iku djuk pkf; A iks f jNiky fl g] us jDrnku djus I s gks okys yHkkx dks ckjs ea crk; kA rFkk crk; k fd jDr nsus I s dbz fcekfj; k Lor%gh [kRe gks tkrh gA iks dk sky ukFk mi k; k rFkk I lFku v/; {k iks i-h, e- us jDrnku djus I s ; fn fdI h dk thou cp tk; sbl I s cMk dkBZ iq; ugha gks I drk ij viuk I Ecksku fn; kA iks ds , u- 0; kl us Hkh Nk=kvks dks I Eckskr djrs gq jDrnku ds egRo I s voxr djk; kA dk; Øe dk I pkyu egkfo | ky; dh ikp; Z MKW eukjek mi k; k us fd; k rFkk egkfo | ky; }jkj vk; kstr foHkkx jDrnku f'kfoj dh tkudkjh o mi yfc/k; ks ds ckjs ea voxr djk; kA bl f'kfoj ds nkjk 50 I s vf/kd Lo; I fodkvka rFkk Nk=kvks jDrnku fd; kA rFkk ; g f'kfoj mEen fpfdRI ky; dh MKW ugk ds I kfk vk; h esMdy Vhe ds I g; kx I s I ElUu gvkA

f'kfoj dk I eki u fpfdRI k vf/kdkjh uopksd; k fMI iSj jh] tkki j MKW , , u- 0; kl dh mi fLFkfr ea vk; kstr gvkA jDrnku f'kfoj ea v{k'kk; s js v{kQ gk] dh Vhe] mEen vLirky dh esMdy Vhe dks I Eekfur fd; k x; k rFkk Hkkx yus okyh Nk=kvks dks iZkLr i= fn; s x; A egkfo | ky; I fpo iks , I -i-h 0; kl us Nk=kvks dks jDrnku f'kfoj ea Hkkx yus ij iRl kfgr fd; k rFkk Hkfo"; ea Hkh , I s dk; Øeka ea I fØ; Hkkxhnkjh ds fy; s iSjr fd; kA jk"Vh; I sk ; kstu] ,oa jM fJcu Dyc ds iHkkjh MKW I fjurk ckgjk] MKW I hek gVhyk] Jherh Lugyrk 0; kl] MKW Hkjrh HkV] MKW v{kdk'kk fl gky us I Hkh vfrffk; kdk v{kHkkj 0; Dr fd; kA

ikp; Z

