Research Paper Sports

Sangeet Sadhna/Abhyas

Prof. Alaknanda palnitkar | Prof, Music department, Dr. Harisinh Gour University, Sagar, M.P.

lxhr lk/kuk/ vH;kl

dB lxhr lh[ku oky Nk= &Nk=kvk dk fu;fer vH;kl djuk cgr vko';d gA Nk=k d vykok f'k{kdk dk ,o gkugkj dykdkjk dk Hkh fu;fer Lojk dk vH;kl djuk cgr vko';d gA 'kkL=h; lxhr lh[kr le; ikjfEHkd dN o"kk rd Lojk dk fu;fer vH;kl djuk pkfg,A Lojk dk vH;kl dju l xy e vkj gekjh Le'fr e Loj&LFkku iDdk gk tkr g A LojkH;kl dk lk/kuk dk uke uk ndj bl LojkH;kl gh dguk pkfg,A D;kfd lk/kuk ;g vH;kl dh vxyh lh<h gA blfy, de'k%db o"kk rd LojkH;kl dju d ckn gh lxhr lk/kuk dju dh ik=rk ,o ;kX;rk dykdkj e vkrh gA lxhr dyk ,lh dyk g ftle dN o"k vH;kl ;k lk/kuk dju l ugh pyrk A db ckj ,lk n[ku e vkrk g fd fdlh xk;d ;k oknd dk ge dN o"k io lUkr g rk mldh r;kjh cgr vPNh lukb nrh g yfdu oreku e mldh r;kj ugh fn[kkb nrh gA bld foijhr ftldk dN ugh vkrk Fkk ml 0;fDr dk Hkh dN o"kk ckn vPNk xkr & ctkr lu ldr gA bldk rkRi; ;g g fd lxhr e vH;kl vkj lk/kuk tc rd thfor g rc rd gh xy dh r;kjh jgrh gA ;gh fl)kr ok| ctku oky ,o uR; dju oky d fy, Hkh gA ;fn xk;d &oknd ;k urd viuk vH;kl FkkM fnu d fy, Hkh NkM n rk efguk&o"kk dh riL;k foQy gk tkrh gA xk;d d xy l Lojk dh ped]egur fudy tkrh g] oknd d oknu e lQkb ugh jgrh A vr% thou i;Ur lxhr d Lojk dk vH;kl vkj jkxk dh lk/kuk tkjh jguk pkfg,A

lxhr e vH;kl dk egRo%&

dB lxhr]lxhr dh e[; fo|k g Loxh; ifMr fo".k ukjk;.k Hkkr[kM th dk ekuuk g fd fo'k"k e/kj vkokt b'ojh; nu gA fQj Hkh xku d fy, fu:Ik;kxh vkokt cgr de gkrh gA mudk ekuuk g fd 99 % yk xk dh vkokt xku ;kX; gk ldrh g A lk/kkj.k vkokt dk Hkh egur djd ljhyh cukb tk ldrh g ijUr ykx bl ckr ij /;ku ugh nr A if.Mr ch-vkj -no/kj viu fuc/k e fy[kr g fd& ^^lxhrK] /ofu 'kkL=K rFkk 'kjhj fpfdRld lkefgd fopkj dju d ckn bl n< fu"d"k ij igp g fd vkokt dkb b'ojh; nu ugh vfir og i;Ruk l ifjoruh; Hkh g A gekjh /ofu mRiknd bfUn;k dk ;g LoHkkfod fulx lyHk dk;l g fd doy eDr vkj LiLV vkokt dk fuek.k dj] fdUr ml vkokt dk pkMkb vkj e/kjrk e ltkuk ;g vkidk vFkkr fdlh Hkh LoLFk 0;fDr d fy, i;Ru lk/; g A**

mi;Dr nkuk fo}kuk d fopkjk dk HkkokFk ;gh g fd egur dju l] fu;fer vH;kl l]lk/kkj.k vkokt Hkh xku ;kX; gk ldrh gA ejh 0;fDrxr lkp ;g g fd e/kj&ljhyh vkokt b'ojh; nu g A ftudk ;g ulfxd migkj feyk g fd mUg vkokt cuku d fy, egur ugh djuh iMrh] vfir viuh vkokt dh [kud ,o LokHkkfod x.k lgtu d fy, lxhr dk vH;kl djr jguk pkfg, A vU;Fkk e/kj vkokt gku ij Hkh mud xku e vkd"k.k ugh jg ik;xk A og Jkrkvk dk eX/k ugh dj ldrA

fu;fer Lojk dk vH;kl dju l fuEufyf[kr ykHk gkr g%&

1- vkokt e otu fLFkjrk vkrh g%&
fu;fer :i l Lojk dk vH;kl dju l Lojk e fLFkjrk vkrh g A xkr le; Loj fgyr ugh g A vkokt dkirh ugh g A ge tk Loj yxkuk pkgr g],dne yxk ldr gA Lojk ij fu;=.k vk tkrk gA lh[kr le; ge n[kr g fd Nk=k dk ^^x**yxkdj fn[kkvk dgk rk og ^^i** yxk nr g vFkkr tk Loj yxkuk g og ugh yxrk A ;g lc Lojk ij fu;=.k ugh gkuk l gkrk g vr% fu;fer Loj vH;kl l Lojk ij vf/kdkj ,o fLFkjrk vkrh g vkj blh fLFkjrk d dkj.k Lojk e otu ink gkrk g ftl nlj 'kCnk e nenkj Loj yxuk dg ldr gA vH;kl d vHkko e Loj gYd] iky yxr gA

2- 'okl fu;=.k %&
Lojk d fu;fer vH;kl l 'okl fu;=.k viu vki gk tkrk gA 'olu fd;k ij fu;=.k jgu l vkokt lxerk l fudyrh gA 'okl ij fu;=.k j[ku d fy, /khj&/khj] de y; e xkr g,]iR;d Loj dk vH;kl djuk pkfg, A bll 'okl m[kMrh ugh gA 'okl Qyrh ugh gA xkr le; Fkdku ;k ifjJe dk vuHko ugh gkrk A 'kkRk Hkko l /khj &/khj Lojk dk fujUrj vH;kl dju l] xk;u iLrfr d le; rt y; e xku e lgtrk vkrh gA fcuk Fkd]fcuk vkokt m[kM] vklkuh l xkuk xk;k tkrk gA vr% 'okl ij fu;=.k j[ku d fy, Loj vH;kl cgr vko'k;d gA

3- Yk; ij vf/kdkj %&
LojkH;kl djr le; y; ij vd'k j[k] y; ugh c<uk pkfg,A /khj&/khj ,d&,d Loj ij :du dk vH;kl gkuk pkfg,A tYnckth l vH;kl dju l Loj lgh LFkku ij ugh yXkr] db ckj Nk=k l ,lk dgr g, luk tkrk g fd ge bru ?kVk vH;kl djr g] tcfd ,lk fn[krk ugh gA u rk mudh vkokt idrh g vkj uk gh Loj lgh yxr gA ;g ifj.kke mudh tYnokth dk gA vH;kl d le; 'kh?krk ugh djuk pkfg,] vfir ftruh nj ,d&,d Loj ij :d ldr g] :fd; A

4- Xkyk r;kj gkuk%&
Lojk d fu;fer vH;kl l dB dh e/kjrk c<rh gA vkokt e xt fuek.k gkrh g] [kud ink gkrh gA rhuk lIrdk e vkokt vklkuh l ?kerh gA tc rku yr g rc rhuk lIrdk e lgh yxrh gA nr y; e xkr le; Hkh vkokt dlh gb gkuk l jtd rRo cu jgr g A ;fn vkokt e/kj gk ijUr vH;kl u gk rk xku e Qhdk iu vkrk gA Loj dl g, uk gkuk l Jkrkvk ij mfpr iHkko ugh iMrkA ,lh iLrfr dk Jkrk vPNh iLrfr ugh ekurA vr% iHkko'kkyh xk;u d fy, xyk r;kj gkuk pkfg,] tk fu;fer LojkH;kl l gh gkrk gA

5- Loj ufydk dh lQkbl %&
Xkkr le; xy e [kj[kjkgV gkuk] dQ dk vk tkuk] vkokt lgh u yxuk] vkokt fudyu e :dkoV vkuk] ; i dkj dB lxhrKk d fy, vke ckr gkrh gA Nk=k e rk

xyk [kjkc gku dh jkt dh f'kdk;r jgrh gA fu;fer LojkH;kl l dB ufydk LoPN jgrh gA dQ vkfn fodkj vH;kl d nkjku fudy tkr g vkj xyk lkQ gkrk g] ftll xku e dkb vMpu ugh gkrhA ;fn xy e bUQd'ku ;k ltu oxjg gk rk vH;kl ugh djuk pkfg,A Mk- l nok ydj LoLF; gku ij gh vH;kl 'k: djA

6- rUe;rk dk fuek.k gkuk%& lrr vH;kl ,o lk/kuk l dykdkj ;k lk/kd e rUe;rk c<rh g] jkx d vH;kl l jkx d Lo:i e ,dkxrk c<rh gA lk/kd lrr lk/kuk l jkx dh jtdrk dk ikIr dj yrk gA jkx d fu%l'r gku oky fof'k"V jl dk og ik yrk g] ftll mldk xk;u iHkko'kkyh gk tkrk gA Lojk d vH;kl l ,o jkx d vH;kl l ,dkxrk c<rh gA eu 'kkUr jgrk gA eu dh ,dkxrk vkj 'kkUr Hkko ml lk/kd ;k vH;kl d 0;fDrRo dk c<krk gA lkFk gh mle vk/;kfRed Hkko ink djrk g D;kfd lxhr Hkh ,d ;kx& lk/kuk gA vr% eu"; d eu ij lxhr d vH;kl ,o fj;kt dk lh/kk iHkko i<rk gA

7- xk;u&oknu e lgtrk ikIr gkuk %& fu;fer LojkH;kl l viuh iLrfr e lgtrk vk tkrh gA dykdkj dk iLrfr nr le; egur ugh iMrh] de egur dju okyk d xk;u&oknu e detkjh Li"V fn[kkb nrh gA 'okl Qyuk] vkokt fudkyu e rkdr yxkuk vkj Lojk ij Bgjko uk vkuk ;g lHkh y{k.k fu;fer vH;kl u gku d dkj.k gkrk gA xkr le; vfrfjDr tkj yxku l iLrkrk e vU; nk"k viu vki vk tkr gA mnkgj.kkFk %& cBd fcxMuk] T;knk gkFk& ikko pykuk] le ij vR;kf/kd ifrfd;k 0;Dr djuk vkfn A ; lHkh y{k.k lxhr d vH;kl dh deh d dkj.k gkr gA vr% fu;fer vH;kl djr jgu l xk;u dh iLrfr nr le; cMh lgtrk dk vuHko fd;k tkrk gA

8- vkyki &rku yu e lfo/kk%& Lojk d fu;fer vH;kl d xkr le; vkyki & rku yr le; cgr lf0k/kk gkrh gA rhuk lIrd e vkokt vklkuh l yxrh gA rku nenkj fudyrh g vkj rhuk lIrdk e vklkuh l xk;h tkrh g A Lojk ij lgh Bgjko dk vH;kl gku l vkykik e Loj ,dne lgh LFkku ij yxr g ftll jkx e jtd rRo c<r gA db ckj ge ,lk vuHko gkrk g fdlh d lj] clj rk ugh yxr ijUr fQj Hkh dkuk e [kVdr vo'; gA Lojk e dgh dN de & T;knk Jfr;k d yxu l Loj lgh ugh yxr ftll xku dk iHkko de iMrk gA vr% fu;fer LojkH;kl l vkyki & rku yu e cMh lfo/kk gkrh gA

9- LojkH;kl l cBd ij iHkko %& fu;fer LojkH;kl d nkjku vH;kld dk fof'k"V cBd e cBu dh vknr gkrh gA og l;r jgrk gA rudj lh/k cBuk o T;knk fgyu & Myu dh vknr ml ugh jgrh A ;g ml vH;kl d

nkjku lgt ikIr gA vr% iLrfr nr le; og ‘kkUr Hkko l] lh/k cBdj viuh iLrfr n ikrk gA fu;fer xku l mld xk;u e lgtrk jgrh g] vkj lgtrk d dkj.k ml vfrfjDr egur ugh djuh iMrh vkj vfrfjDr egur uk dju l mldh cBd ugh fcxMrh A bl idkj ,d fd;k dk nljh fd;k l lc/k gkrk gA

10 xyk r;kj gku l vU; ‘kfy;k lh[ku e vklkuh %&

fu;fer LojkH;kl] jkxk d fj;kt l xyk r;kj jgrk gA bl dkj.k xk;d] xk;u dh dkb Hkh ‘kyh vklkuh l vkRelkr dj yrk gA vU; lh[ku e ml dkb ij’kkuh ugh gkrh] D;kfd Lojk ij ml vf/kdkj ikIr g ;fn og [;ky xk;d g rc Hkh og Bejh] VIik] Hktu] d tjh] p rh d N Hkh vklkuh l lh[k yrk gA ml fo’k”k i;kl dh vko’;drk ugh iMrh A

11 Lkxhr lk/kuk l eu dh p pyrk dk de gkuk %&

Lkxhr d vH;kl l eu”; d eu ij xgjk iHkko iMrk g A Jkrkvk ij iMrk g rk ml l dgh vf/kd xku okyk ij Hkh iMrk gA o l Hkh Hkkjrh; lxhr e eu”; dh id fr ‘kkUr dju dh {kerk gA lxhr l lk/kd d eu dh p pyrk nj gk tkrh gA mld LoHkko e ‘kkUr Hkko dk fuek.k gkrk gA u doy xk;d vfir Jkrkvk e Hkh ‘kkUr Hkko vkrk gA lxe ‘kyh dh iLrfr d le; ftl idkj xk;d mNyr jgr g vkj Jkrkvk e mRJ[kyk c<rh g] ;g lc ‘kkL=h; lxhr e ugh gkrk A T;knk gvk rk ^ok] D;k ckr g** t l ‘kCnk l nkn nr gA vr% dguk ;g g fd xk;d ,o Jkrk nkuk ‘kkUr Hkko dk xg.k djr gA eu e nk’kfud rFkk vk/;kfRed Hkko tkxr gkr gA xk;d& oknd ,d idkj dh vio ‘kkfUr ,o /kekiu vFkkr xHkhjrk dk vuHko djr gA lxhr rk ek{k dk ekx gA og ,d ;kx lk/kuk Hkh gA ge n[kr g fd gekj ;gk d jkx]ok|]uR; dk lc/k lh/k b’oj l gA blfy, lxhr lk/kuk dju oky ek{k & ikfIr d ekx ij pyr g, fn[kkb nr gA lxhr ,d dyk] vkj dyk thou d fy,] lok d fy,]vkRekuHkfr d fy,] vkun dh vuHkfr d fy, gkrh gA ,l lokxh.k dyk dk doy Loj vH;kl ,o lxhr lk/kuk l gh ikIr fd;k tk ldrk gA eu dh ‘kkfr Hkh lxhr l lHko gA

12 Lkxhr vkj LokLF; %&

Lojk d vH;kl l]eu”; dk LokLF; Hkh mRre jgrk gA ,d &,d Lrj ij nh?k vkokt fudkyr g, :du dk vH;kl dju l vPNk ik.kk;e gk tkrk gA ych ‘okl yu vkj NkMu dh ifd;k l tk vPNi ifj.kke LokLF; ij gkr g ogh ifj.kke Loj& lk/kd dk Hkh feyr g A ge n[kr g fd xk;d dykdkjk dh me ych gkrh g] viokn NkM n A ijUr lkekU;r;k vf/kdk’k dykdkjk dh vk; nh?k gkrh g ,o LokLF; vPNk jgrk gA bldk dkj.k Loj dk lk/kr le; fy, x, ych ‘okl dh ifd;k gA

REFERENCES

01Hkkr[kM fo”.k ukjk;.k] fgUnLrkuh dfed iLrd ekfydk Hkkx 01] lxhr dk;ky; gkFkjl | 02 olr] lxhr fo’kkjn] lxhr dk;ky; gkFkjl | 03 xx y{eh ukjk;.k]vkokt ljhyh d l dj] lxhr dk;ky; gkFkjl | 04 Hkkr[kM fo”.k ukjk;.k lxhr ‘kkL= Hkkx 01]03] lxhr dk;ky; gkFkjl | 05 ijkt i Mk ‘kjn pn Jh/kj] lxhr ck/k e- i- fgUnh xUFk vdkneh