



l e q k; i j v k / k k f j r l a B u %, d v / ; ; u  
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Adhyayan**

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Mana-492015 C G**

**ABSTRACT**

1. ke kft d l a B u d h i z k y h d k v k f o H k o r k s e k o t h o u d s l k f k g k r g S, k e k u k t k r k g S i z k f, k r : I k e s; g d k Z n k u l f e f r; k a d s i z k l k a  
 2. V h v k z k b Z k u l k k b V h e w e A / 1 s g g k g S; g r c g q k t c b u n k u l f e f r; k a u s f o f H k u v U d k Z r x \$ l j d k j h d Y; k k l f e f r; k a d s e t c w  
 3. E U k k l g; k x , o a m i y U k l g k r k d k k d s / k u d s m f p r m i; k x d s f o ' k e s d n e m B k A b u i z k l k a l s t l e h i z k y h d k s l k e q f; d l a B u u k e  
 f n; k x; k a  
 4. d s j , d v a k l Z V h L o; a l e h l a B u g S; g v i u s y {; k a d h i W Z f j; k s u k v k a d s e l /; e l s d j r h g S b l h J k y k e s d s j d h \* e k r ^, o a f k k q t h f o r k  
 i f j; k s u k \* e /; i n s k d s g k k a k k l n f t y s e s p y k b Z x b A b l i f j; k s u k d k m n n s; F k k f t y s e s x H z r h e f g y k v k f k k q e R q n j r F k d q k k k d s l r j  
 d l s \* k o L F; l e g \* d s e l /; e l s d e d j u s d k i z k l d j u k a  
 5. b l v /; u d s e l /; e l s b u i z k l k a d s i H k o r F k k f L F k r h d k v /; u d j u s d k i z k l f d; k x; k g S v /; u d s {k e d s: i e a e /; i n s k d s g k k a k k l n  
 , o a g j n k f t y k a d k s p q k x; k a

**Keywords :**

i k r k u k k  
 i n s k d s ' k g j h x k e h k , o a [ k k d r k \$ i j v k f n o k h {k e k a e s d q k k k] o  
 11 o " k Z d d s c P p k a d k c t u l k e k l u l s d e g k u k v k t k h d k h k v f / k d  
 g S x H z r h e f g y k a f t U g a t p d h d s l e; i j h l q o / k f t l e a V h d k d j . k  
 l o / k j k Q F + V h d o n o k b Z k w k f m " k d f y g S v H h x j h y k s k a  
 d h i g P l s d k Q h n j g S v k t d s n ' k d e s t g a g e , d r j Q f o d k  
 d h i r k d k t k j k a l s Q g j k r s g S o g h a n w j h v k j c g q l k j y k l k d j  
 e f g y k a o f k k q v k o'; d L o k L F; l q o / k v k a l s o a p r j g t k r s g S

1991 d h t u x . k u k d s v u q l j t g k W g k s k a k k l n f t y k t k s f d d k Z e d k  
 i f j; k s u k {k e g \$ o g k W k k q e R q n j 109 F k A t p d h d s n k u k e k w h c p u s  
 d h m f s h n f Q Z 54-5 F k A f k k q e R q n j V y M d ; k a d h z 139 F k A f t y k e q ;  
 : I k l s x k i z k u g S v k \$; g k w k j r k n d s o y 37-6 i f r ' k g S f k k q e R q  
 n j v k s e k r & e R q n d h f n i s y s k n d k f l F k f r n s k u s i r p y r k g S  
 f d i n s k e a b l e s d e h v k h g S o " k Z 2004 & 06 d s e /; t g k W k s k e e k r ' e R q  
 n j 254 F k h o g h a i n s k e a; g 335 F k h o " k Z 2007 & 09 d s e /; n s k e a ? k v d j  
 : g 212 V 6-53 i f r ' k r d h d e h z g s x b Z i n s k e s 269 g h Z 49-70 i f r ' k r  
 d h d e h z y f d u c k o t w b l d s L o k L F; d s {k e e a f g y k v a v k \$ c P p k a d h  
 f L F k r c g q H k a d g S o " k Z 2011 d s v k M a d s v u q l j i n s k e e c P p k a d s  
 g k y k c g n f p a k u d g S

v /; u e a L o k L F; l e g d s x B u d s I k p k r ~ b u d s v k p R o m u x k M a r F k k  
 L o; a l g k r k l e g d s l n L; k a i j i M s o k y s i H k o k a V o k L F; x f r f o f / k o  
 l e g x B u d s l a k e b z d k s l e > u d s k i z k l f d; k x; k g S

m i s; %

b l v /; u d s f u f u f y f l k r m i s; f u / k k f r f d; s x, s g S

- k x k a d s f o d k l e a C B O s V o k L F; l e g l / d h f L F k f r o ; k s n k u d k v /; u d j u k a
- e f g y k a d h v k f k k f r d k v /; u d j u k a
- f g r x k f g; k a d h L o k L F; , o a i k k k l l a k h l e L; k v k a, o a v H k o k a l e L; k v k a d k v /; u d j u k a
- l e g l n L; k a d k s l e g y f e k Z k d s y k k; k g f u; k a d k v /; u d j u k a
- v /; u d s l k f g h l e L; k v k a d s c g r j i f j. k e k a d s u h f r x r l q k o d s : i e a n s k a

v /; u {k e %

l e q k i j v k / k d j r l a B u k a d h f L F k f r , o a l e L; k v k a d k v /; u d j u s g q  
 " k k d r k Z ] k j k g k s k a k k l n o g j n k f t y s d k p q k o f d; k x; k F k k a

g k s k a k k c k n f t y s d h p k j r g l h y f l o u h e k y o k g k s k a k k c n ] f i i f j; k j  
 l k g k x i g r F k k g j n k f t y s d k f V e j u h C y k d b l i z l k j 5 r g l h y k a e a  
 d s j i k j k l p k f y r e k ^, o a f k k q t h f o r k i f j; k s u k d k f O; k b u  
 g q k a t e h u h L r j i j d k; Z d k v k / k j C B O g S k l H h l e g x k o e s g h  
 c u k, x; s g S; g i f j; k s u k x k e L r j i j d k; Z d j r h g S k i f j; k s u k d k d k; Z k d k  
 d k d k; Z {k e r g l h y k a d s o g h x k o g S t g k a i j v k a u c k M h d s n z L F k r  
 g S i k p r g l h y d s y x H x 480 x k o e s i f j; k s u k d k d k; Z g q k q f d; k x; k g S ' k d  
 k d r k Z u s 3 r g l h y k a d k p q k o b l d k; Z g s q f d; k x; k g S ' k d  
 k d r k Z u s 3 r g l h y k a d s 55 C B O d k p; u ' k d k d k; Z g s q f d; k a r h u k a  
 r g l h y k a l s x k o p; u y x H x c j k c j l q; k e a f d; k x; k a p; u f o f / k F k A

p; u f o f / k &

1 e x z (U n i v e r s e) % & l a w k Z g k s k a k k l n f t y k, o a g j n k f t y s d k f V e j u h  
 C y k d f t l e a l s f u n ' k d j p q k o f d; k x; k a

f u n ' k (S a m p l e) & f o ' k d s v /; u g s q g k s k a k k l n f t y s d s x k e h k  
 v p y e c c u s l e g k v k / k d j r l a B u k a d l s f y; k x; k p q d f t y s d s l H h  
 C B O s d k v /; u l H k o u g h g S v r % C B O s d k p q k o f u n ' k l i z o f / k  
 l j k f d; k x; k a

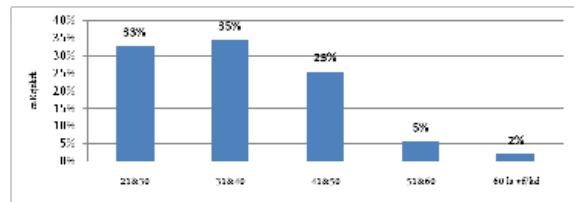
f u n ' k l & k (S a m p l e s i z e) & v u d k k a d d r k Z ] k j k i f r f u f / k R o i w k Z  
 l e x d k p q k o f d; k x; k f t l d h l & k 55 F k h A

' k k k d k m i d j . k (T o o l s o f d a t a c o l l e c t i o n) & ' k k k d s f y, r F; k a d k  
 l a y u f u f o l p u k a r F k k v k a l M s f u f u k u q l j , d = f d; s x; &  
 v - 1 k k k d l k j v u q p h A  
 c - v o y l d u i z k y h A  
 l - f j r h d r F; k a d h l g k r k l s

f j r h d r F; o l p u k a r F k k v k a l M s f u f u k u q l j , d = f d; s x; &  
 • i j y \$ k & v u q p h k a d d r k Z ] k j k ' k k k d k d k; Z d s f y, District care  
 office, Hoshangabad & Block office Seoni Malwa l s  
 i H r i j q k a l s l s l p u k a y h x b Z  
 • b A j u V & ' k k k d k Z e a b A j u V , d i e q k ' k k k m i d j . k d s: i e a  
 v u q p h k a d d r k Z ] k j k m i; k x f d; k x; k a b A j u V ] k j k v u q p h k a d d r k Z d k  
 d b Z e g R i w k Z l p u k a i d r g q Z  
 • l e k p l j & i = & f o f k k l l e k p l j & i k j u b Z n q p; k j n s u d & H k k d j  
 u H k j r ] } k j k v u q p h k a d d r k Z d k b Z l p u k a i d r g q Z

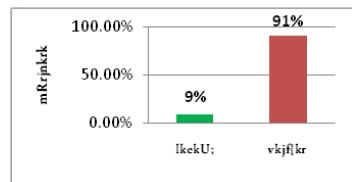
i e q k r F; & i j d fo' y s k k%

1 o g k k } k j k l d f y r v k l M k d k f u k u k j fo' y s k k f d ; k x; k &



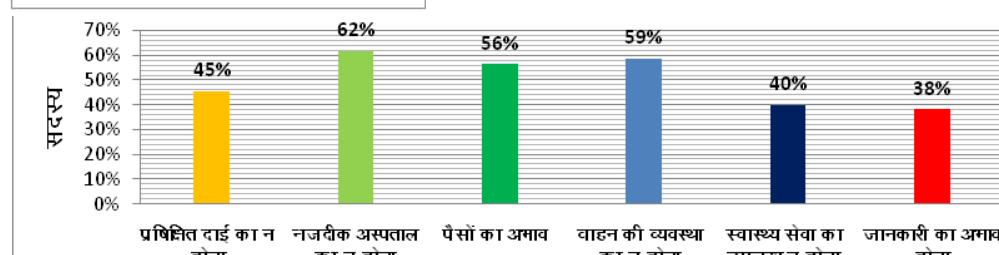
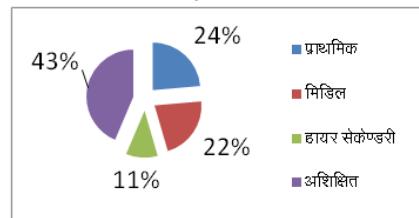
fp = Ø -& 1] mR j n kr kv k d k v k qox Z

mi j kDr fp = mYk n kr kv k d h me z d sfo' k e st k u d k j h i n k u d j r k g s me z d sfo' k e aLi "V gks k gSfd 1 o kZ k 35% mYk n kr kv k d h me z 31&40 o kZ d s e; g s k l c l s d e 2% mYk n kr k d h v k q60 1 sv f/kd d h J s k h e a g s



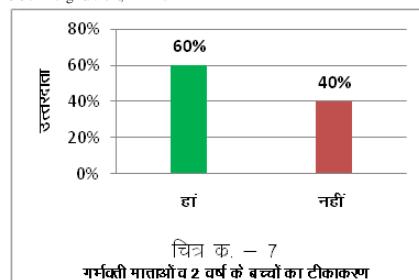
fp = d e k a l 2] t kfr x r l a x Z

mR j n kr kv k d k s o x Z k j 1 k e kU o v k j f(kr (fi NMk) v u k f p r t kfr o t u t kfr ) fo Hkft r fd ; k x; kA fp = Ø e k a l 2 d s v u k j CBO 1 n L; k a d h t kfr d s l g k a e at k u u s i j Li "V g q k f d 91% v k j f(kr t kfr ; k a l s g S r Fkk e k 9% 1 k e kU e a l s g S A



चित्र क. - 6  
प्रसव के दौरान होने वाली प्रमुख समस्याएँ

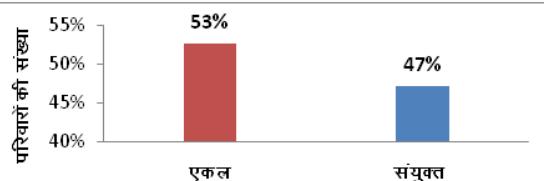
mi j kDr fp = d e k a l - 6 x HkZLFkk d s n lsku v k u s o k h l e L; k v k a d s l a HZ e g Sft 1 1 sLi "V gks k gSfd 1 e L; k v k a e a l o kZ k 62% 1 e gks a u t n h l v L r k y d k u g k k e k l; 1 e L; k g s f r h L Fkk i j v k u s o k h l e L; k g S o l g u d h O o L Fkk d k u g k k g S t ls 58% g s r r h L Fkk i j 56% 1 e gks a k e k u k g Sfd i s k a d k v Hk , d i e q k l e L; k g s 45% 1 e gks a d s v q l j i k f(kr n b Z d k u g k k Hh l e L; k g s i k p o h a e L; k L o kF; 1 k v k a d k m i y C k u g k s i k u s d h g S b l d k i k r 40 g s t k u d k j h d k v Hk g k k ft 1 s l k e kU r % i e q k l e L; k e k u k t k r g S; g l e L; k d s y 38% e g k a u s Q D r d h a



चित्र क. - 7  
गर्भाशी माताशों व 2 वर्ष के बच्चों का टीकाकरण

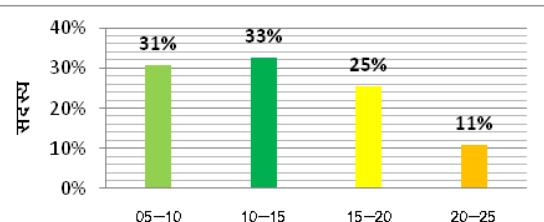
fp = d e k a l 3] f k f k d k L r j

mi j kDr fp = 1 s; g t k u d k j h i k d r g k s h g Sfd CBO 1 p k f y d k d h l o kZ k d l 1 k; 44% v f k f k r g s k i k F k f d L r j r d i < h 1 p k f y d k a 24% g s e k /; f e d r d 22% 1 p k f y d k W k s h g S o g k j l s M j h r d i < e s o k a d h l k; k l c l s d e 1 p k f y d k a 11% g s



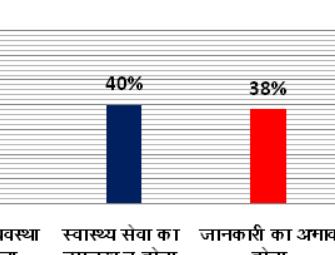
चित्र क. - 4, सदस्यों के परिवार का प्रकार

fp = Ø e k a l 4 i f j o k j d s i z l k j d k f o' y s k k d j j g k g s b l 1 s Li "V gks k gS fd , d y i f j o k j i z k k y h x k e h k v p y e a Hh T; k n k g s r k f y d k u k j , d y i f j o k j 53% g s r Fkk l a p x i f j o k j 47% g s

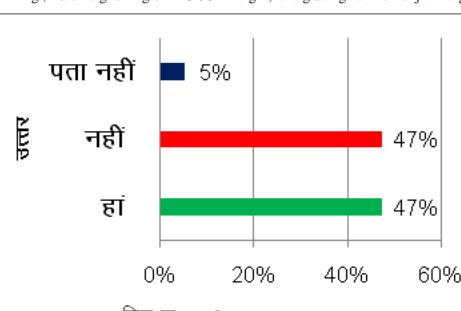


चित्र क. - 5, समूह में सदस्यों की संख्या

fp = 1 s Li "V g Sfd , s l e g f t u e a 20&25 r d 1 n L; 1 k g S m u d k i f r ' k r 1 c l s d e 11 g s , s l e g f t u e a n L; 1 k; k 15&20 g S m u d k i f r ' k r 25 g s , s l e g f t u e a n L; 1 k; k 10&15 g S m u d k i f r ' k r 1 c l s T; k n k 33 g S r Fkk , s l e g f t u e a n L; 1 k; k 5&10 g S m u d k i f r ' k r 31 g s



चित्र क. - 6  
प्रसव के दौरान होने वाली प्रमुख समस्याएँ

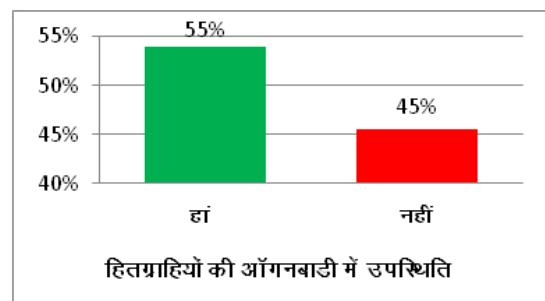


चित्र क. - 8  
टिटनेस टीकाकरण की जानकारी

fp = d s v u k j 47% 1 e g k a e a l a w k Z V h d k d j . k g k s k g S v F k d Z i R d x H k Z h d k s f V V u s d n k s V h d s v u k j ; d i l s y x k t k r s g k B d d b l h

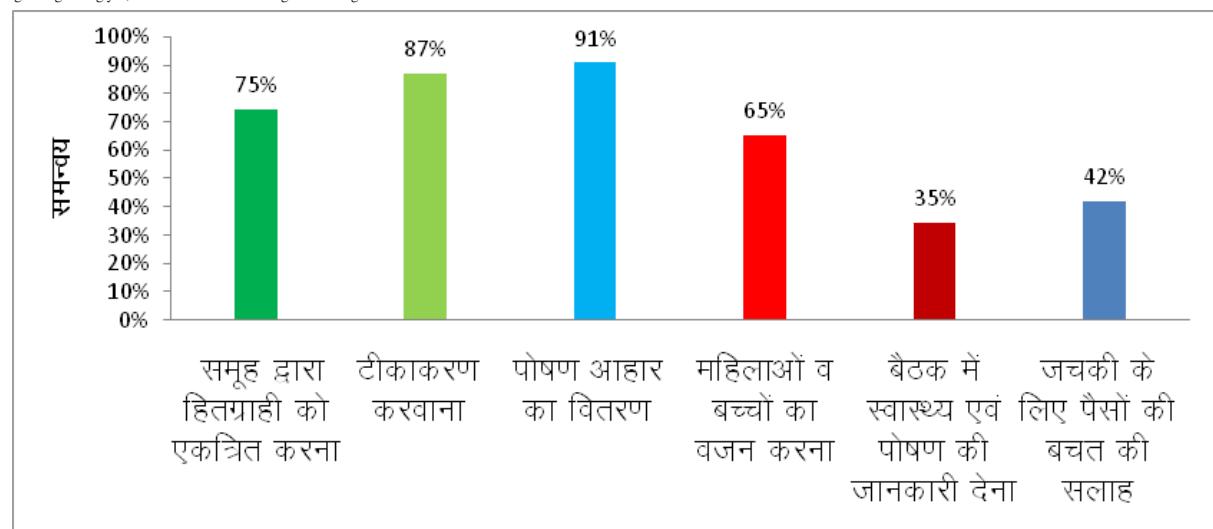
i fr' kr ea

v i wZ: i l s Vhd sy xrsg s k u k d i fr' kr 47% g s fd lf q5% lew , s Hh g St g ka Vhd kd j . k u g h g k a



fp = d z &amp; 9 e fgy k; av kWu ckMh t kr h g s; k u g h

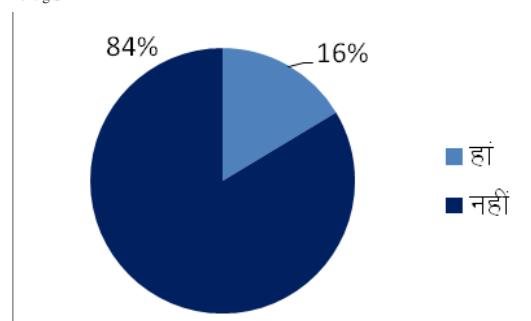
fp = 1 s Li "V g Sfd l o kZld 55% lew , s g Sft u d s x k e a l Hh fgr x kgh e fgy k a v k a u c k Mh d m z v k r h g s 45% lew , s g Sft u d s x k e d h i Hh fgr x kgh e fgy k a v k a u c k Mh d m z u g h a v k r h g s



fp = Ø &amp; 10

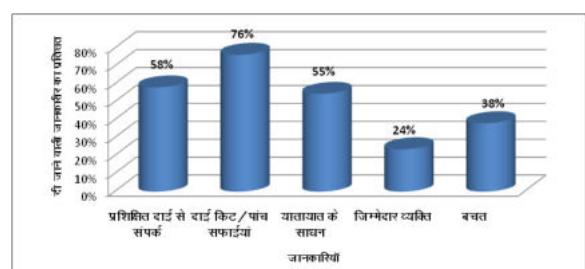
1 lew , oad k Z r kZfe y d j l sk, an s s g s

mi j kDr fp = 1 s Li "V g Sfd 1 lew , oav k a u c k Mh d k Z r kZfe y d j t ksl sk, a n s g Sf u a l o kZld nht k u s oly h l sk g s i ksk k v lg j d k for j . k d juk t ksd 91% lew fey dj n s s g s n wj s Lfku ij 87% lew , s g Sft ls Vhd kd j . k d j o k r s g s r H j s Lfku ij 75% lew g St ks fgr x kfg; k a d k s , d f=r d j u s e a l g; r k i n k u d j r s g s e fgy k v k a, oac Pp k a d k o t u d j u s d k d k Z65% lew d j r s g s ; g p k s Lfku ij nht k u s oly h l sk g s i kpos Lfku ij l k e g d : i l s n h t k u s oly h l sk t pd h d s f y, i s k ad h c p r , oal y kg n s d h g St ks 42% lew d j r s g s 35% lew t k s fd 1 c l s U w r e l k ; k e a g S; s c B d e a Ld F; , oai ksk k d h t k u d k j h l k e g d : i n s s g s



fp = d z &amp; 11 x HZr h e kr kv k a d s f y; s; k s u k fu e kZk

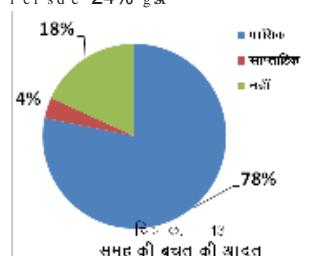
fp = Ø k d 11 Li "V d j r k g Sfd t l e ; k s u k d h r S k h b l i f j; k s u k d h , d e q; xfr o f/k g s 84% e g k a c l s t o k v k k g Sfd t l e ; k s u k d k f o; k b; u u g h g k k g Sog h 16% t k s fd , d p k k b Zl s Hh d e g S a t l e ; k s u k c k Zt k r h g s k u k a i fr' k r k a e g q T; k n k v a j i f j y f l r g k g s



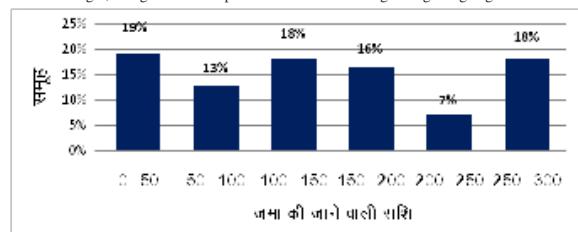
fp = Ø &amp; 12

t l e ; k s u k e a n h t k u s oly h t k u d k j; k w

fp = Ø - 12 t l e ; k s u k e a c r y k b Zt k u s oly h c k r k a d s l a k e a g s b l fp = 1 s Li "V g Sfd l o kZld 76% lew n k b Zfd V/ i k p i Q k b; k a d s f o' k e a x k e a l c l s T; k n k t k u d k j h n s g s i f k d k r n k b Zl s l a d Zf o' k 58% d s l k f n wj s Lfku ij g s ; k r k; k r d s l k u d s f o' k e a n h t k u s oly h t k u d k j h 55% g s k a d h c p r d s f o' k e a 38% lew c r y k r s g s l c l s d e c r y k b Zt k u s oly h c k r ft e s l j Q fD r d h g s b u d k i fr' k r 1 c l s d e 24% g s



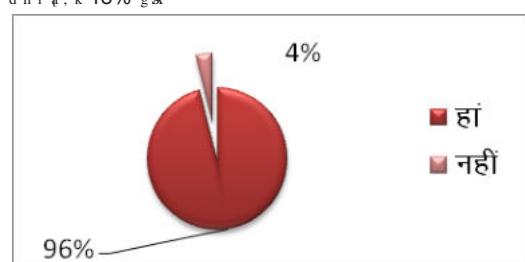
mi j kDr fp = ; g cry krk gSfd 1 oZkd 78% leg ekf d : Ik l s jk f k  
t e k d j o r s g s l c l s d e 4% leg 1 k r k f g d i s k t e k d j r s g s t c f d  
18% leg , s g Sft ue acpr l a k h x fr fof k g k h g h u g l g s



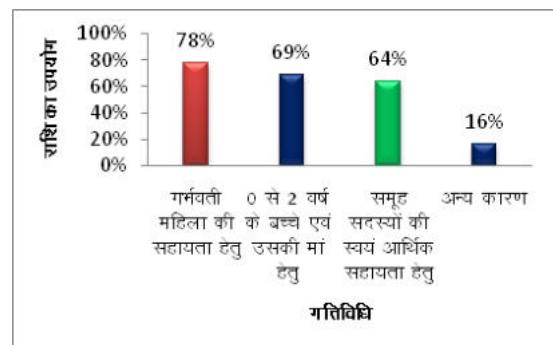
fp = Ø &amp; 14

1 ey d s l n L; k a d h c p r j k f k

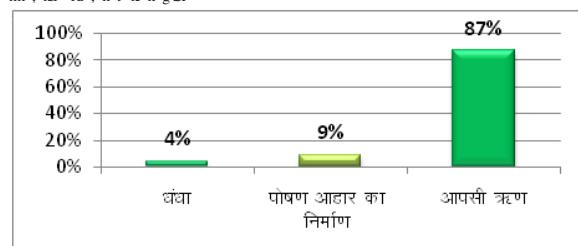
mi j kDr fp = n' kZk gSfd 1 R d leg t k c p r l a k h x fr fof k v i u s  
1 e g e a d j r k g S m u e a l s 19% leg 0&50 : Ik s d h j k f k t e k d j r s g s  
50&100 : Ik s t e k d j u s o k y s l n L; k a d h l k ; k 13%] 100&150 : Ik s  
t e k d j u s o k y s l e g k a d h l k ; k 18%] 150&200 : Ik s t e k d j u s o k y s  
l e g k a d h l k ; k 16%] 200&250 : Ik s t e k d j u s o k y s l e g k a d h l k ; k  
l c l s d e 7% o l c s t; knk j k f k 250&300 : Ik s t e k d j u s o k y s l e g k a  
d h l k ; k 18% g s



; g fp = ; g n' kZk gSfd 96% leg k a d h l n L; k a L o; a i s k d e k r h g s  
b l d k i f r ' k r l c l s t; knk j g S o g h 4% leg e k= , s g Sft u d h l n L; k a  
L o; a d k Z v k; v ft Z u g h d j r h b u d k i f r ' k r c g q d e g s



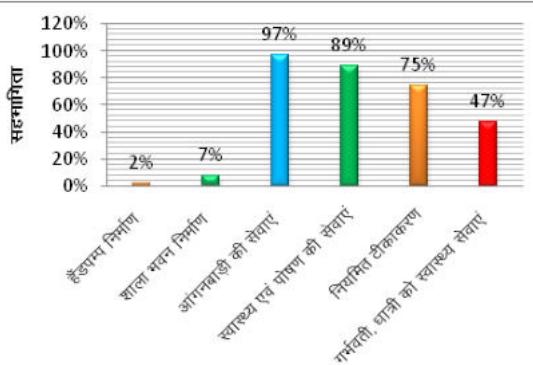
t c l e g k a l s i N k x; k fd os v i u h c p r j k f k d k m i; k x mi j kDr  
fd l & d l x fr fof k d s f y; s d j r s g s r l s m u d s v u k j x H Z r h e f g y k v k a d  
h 1 g k r k g s q l o Z k d 78% j k f k d k m i; k x fd; k t k r k g s a w v s l f k k i j  
0 1 s 2 o Z d s c P k a v k s ml d h e k a d s f y, c p r j k f k d k 69% m i; k x  
fd; k t k r k g s a leg 1 n L; k a d h v k f k d 1 g k r k g s q 64% j k f k o  
l c l s d e v l d k j k a o o k g e R q l k d k a v k f n d s f y; s 16% j k f k d k  
m i; k x fd; k t k r k g s a



fp = d z &amp; 17] v k f k d x fr fof k

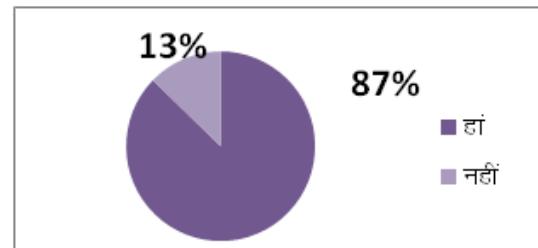
mi j kDr fp = leg d h c p r j k f k d k v k f k d x fr fof k e a m i; k x d k s Li 'V  
d j r k g S b l x fr fof k e s [ k p Z d h t l s o k y h j k f k e a l s 4% j k f k d k m i; k x  
/ k k k ; k Q o l k l a k h d k Z g s q 9% j k f k d k m i; k x l s k k v k g l j d k  
f u e k Z k d j u s o k y h x fr fof k e a o 87% j k f k d k m i; k x v k i l h \_ k i n k u

d j u s e a f d ; k t k r k g s



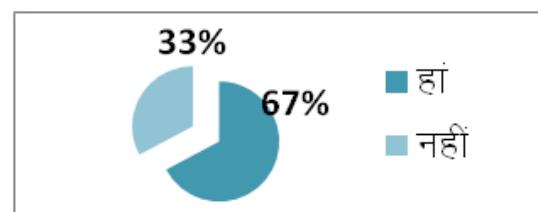
चित्र क. - 18, ग्राम विकास के कार्य मे समूह

x k e f o d k g s q d ; s t k u s o k y s d k k Z e a l e y j l k j l o Z k d 93% d k Z  
v k a u k k d h l s k y k a d h t k u d k j h o m l e a l g; k x i n k u d j u k g s a f  
r h; J s k h e a n h t k u s o k y h l s k L o k F; , o a f u; f e r V h d k d j k e s l g; k x  
i n k u d j u s d k 75% g s a x H Z r h L = h d k s L o k F; l s k a m i y C k d j k u s d h  
l s k e a l g; k x d k 47% g s a ' k y k H o u d s f u e k Z k d h l s k 7% g s a l c l s  
d e n h t k u s o k y h l s k x k e a g S M I E f u e k Z k d h x fr fof k e a l g; k x d h  
g ; g 2% g s a



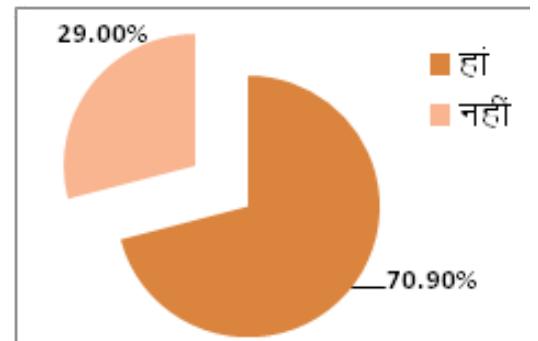
fp = d z &amp; 19] v k f e fo' o k d e s o f)

mi j kDr fp = Li 'V d j r k g Sfd 87% leg k a d s v k f e fo' o k d e s o f) g b Z  
g s a 13% leg k a d s v u q j g mud s v k f e fo' o k d e s d k Z o f) u g h a g h Z g s a



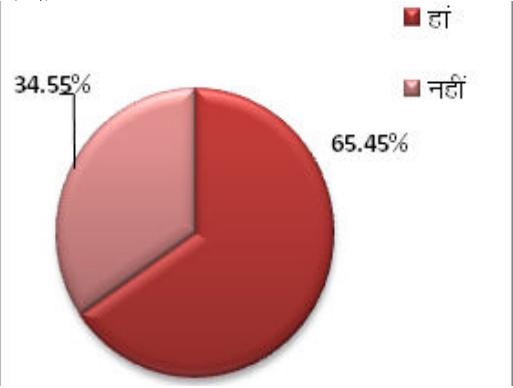
चित्र क. - 20, सदस्यों के परिवार का दृश्टिकोण

fp = Ø - 20 leg 1 n L; k a d s i f r m u d s i f j o k j d s n f V d k s k e a i f j o r Z d s  
fo' k e a g s a Li 'V g k s k g Sfd 1 o Z k d 67% leg d s l n L; k a d s i f r m u d s  
i f j o k j d s n f V d k s k e a i f j o r Z v k k g s a t c f d 37% l n L; k a d s i f j o k j  
d s n f V d k s k e a d k Z [ k d i f j o r Z u g h a v k k g s a

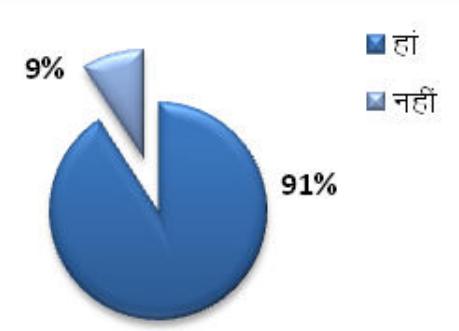


fp = d z &amp; 21] v k f k d f l f k f r e s i f j o r Z

fp = Ø- 22 d s v u k j 71% l e g k a d s l n L; k a d h v k FkZ f Lfkr e a i f- j o r Z v k k g g 29%, k s g S f t u d h v k FkZ f Lfkr e a d k b Z Q d Z u g h v k k g S

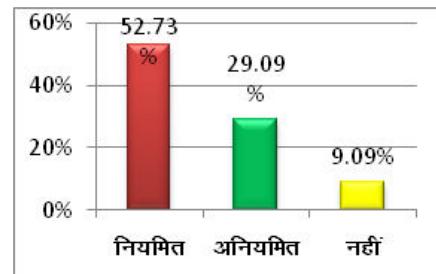


fp = Ø- 25 Li "V d j r k g S f d 95% l e g , k s g S f t u d s l e g e a, d r k g S r Fk 5% l e g , k s H g S f t u e a, d r k d k v H k o g g



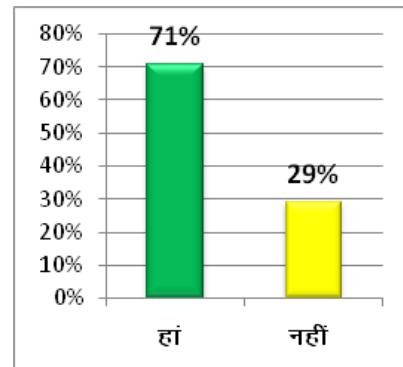
fp = d z & 26 l e g d f u . k Z i j l g e f r

fp = Ø- 26 1 s Li "V g S f d 91% l e g k a d s l H h l n L; l e g d s f u . k Z d k s e k u s g g 9% l e g d s l n L; k a d s c h p f u . k Z d s n l \$ k u v l n q V h T; k n k j g r h g S d H h d H h o k V x d s v k / k j i j v F k o k d H h d H h f u . k Z g k g h u g h i k r a



fp = d z & 27 l n L; k a d h f u ; f e r c p r

fp = Ø- 27 Li "V d j r k g S f d 53% l e g d s l H h l n L; f u ; f e r c p r d h j k f k l e; i j t e k d j r s g g 29% l e g d s l n L; l e; i j i s k t e k u g h d j r s g b u e a d b Z y k x n j h l s; k v f u ; f e r : l k l s j k f k t e k d j r s g g 1 c l s d e 9% l e g , k s g S f t u s c p r l e a k h d k Z u g h g k j g g



fp = d z & 28 f u ; f e r c S d e s m i f L f k f r

fp = Ø- 28 Li "V d j r k g S f d 71% l e g l n L; , k s g S f t k f u ; f e r c S d e s H k x y s s g g S r F k 29% l e g l n L; , k s g S f t k f d f u ; f e r c S d e s H k x u g h y s s g g

i k f r ; R k

- l e g k a e s v f / k d k a k l n L; ; q k o x Z d s g g y x H x 61% l n L; k a d h m e z 20&40 d s e /; g g
- l e g k a d s y 9% l n L; g h l k e k U o x Z d s g S k d h l n L; y x H x 91% v k j f [k r t k f o x Z % 1 - 1 h] , 1 - V h o f i N M k o x Z d s g g
- l y x H x 44% l n L; v f k f [k r g g
- x k k a e s, d y i f j o k l i f k k r s h l s c < + j g h g 53% l n L; , d y i f j o k l d s: l k e a t h o u &; k u d j j g s g
- v f / k d k a k l e g k a d h l n L; 1 #; k 10&20 d s c h p g g
- x H k k L F k k d s n l \$ k u v H h H h x k e h k e f g y k v k a d l s d b Z r j g d h l e- l v k a d k l k e u k d j u k i < + j g k g g ft u e s i e q k : l k l s i F k f [k r n k b Z

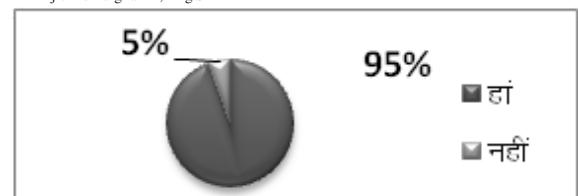
fp = d z & 23 l e g k a d s l n L; k a d h f u ; f e r c p r

fp = d e k a l 23 Li "V d j r k g S f d 56% l n L; k a d h l k e k f d f L f k f r e a l e g f u e k Z k d s I k p k r ~ l s i w Z f L f k f r d h r g u k e s d k Q h i f j o r Z v k k g S t c f d 44% l e g k a d s l n L; k a d s v u k j mud h mud h v k F k Z f L f k f r e a d k b Z f o k s k i f j o r Z u g h v k k g g



fp = d z & 24 i k f o k f d n F V d k s k

fp = 24 Li "V d j r k g S f d 1 e g l n L; k a e a l s 58% l e g g h , k s l e g g S f t u d s v u k j i g y s d h v i q k v c mud h i k j o k f d f L f k f r e a l q k j v k k g g g 42% l e g k a d s v u k j mud s l n L; k a d h i k j o k f d f L f k f r e a d k b Z H h i f j o r Z u g h v k k g g



fp = d z & 25 l e g d s l n L; k a e s, d r k

- d u g k a k j v L i r k y n j w g k a k ; k m i y G k g S r l s l f / k k W u g k a k l v p k u d v k o' ; d r k i < s i j o k g u m i y G k u g k a k t k u d k j h d k v H k o g k a k v k f n i z q k g A
- x H k r h e k r k v k a o c P p k a d k V h l k d j . k d k i f r k r y x H x 60% y s d u v H h H h , d c M k o x Z b l l s o a p r g A x H k r h e k r k v k a d s V h l k d j . k e s y x H x 53% e k r k v k d k t V h l k d j . k g k g h u g h ; k g k g S r l s l a w l Z u g h u g k v r % m l d k d k b Z v F l Z u g h a j g t k r k A
  - v W u c k M h d m z d h H s e d k d k Q h e g R b i w k Z g A
  - f u m n a s ; k a d k s y d j l e g k a d k x B u f d ; k x ; k F k k m l e a l s v f / k d k a k i j 1 Q y r k W e y j g h g A
  - L e g k a d s l k j k f g r x k g ; k a d h i g p k u ] V h l k d j . k j i k k k v k g k j d k f o r j . k l e f g y k v k a o c P p k a d k o t u d j u k i k k k l a k k t k u d k j h o t k x ; d r k Q S k u k o c p r d k s i k k k d g r d j u e a l g ; k x d j u s d k i z k l f d ; k t k j g k g A y s d u v f / k d k a k l n l ; k a d s v f k f k g k a s d s d k j . k ; g c g q i H k o h u g h g l s i k j g k g A
  - i f j ; k s u k d k , d i z q k m n a s ; x H k r h e k r k v k a o i s k g k u s o k y c P p s d s f y ; s t l e ; k s u k d k f u e k Z k d j u k g A y s d u ; g d k Z l e y u g h d j i k j g s g A
  - L e g f u ; f e r c p r d k i k y u u g h a d j i k j g s g A v f / k d k a k l l e g l y x - H x 78% l k e f g d ; I k l s c p r d j r s g y s d u o g H h f u ; f e r u g h g A
  - t k s l e y c p r d j j g s g S o g 0 & 250 : I k s r d d h j k l f k i f r l n L ; d s : I k s t e k d j j g s g A
  - L e g d h c p r d k e q ; m n a s ; x H k r h o / k e h e k r k j 0 & 2 o " k Z d s c P p s r F k l e g d s l n L ; k a d h v k F k Z l g k r k d j u k g A l e g e s o g h e f g y k l n L ; g s t k s L o ; a i S k d e k r h g A
  - L e g v i u h c p r j k d k d h y x H x y x H x 87% j k d k d k m i ; k x v k l h \_ . k g s q d j r s g A t c d / k a k k @ O o l k g s q d o y 4% j k d k m i ; k x d j r s g A
  - L e g x B u l s v f / k d k a k l e f g y k v a d s v k F o ' o l d e s o f g b Z g A
  - v f / k d k a k l n L ; k a d s i f r m u d s i f j o k j d s n Y V d k s e l d k j k k e d i f j o r Z v k s g A
  - v f / k d k a k l n L ; k a d h v k F k Z f l F k f r e a c n y k o v k k g S l k d j v c o s f d l h d t Z e s u g h a n c s g A
  - y x H x 95% L e g k a e s v k l h , d r k g A
  - y x H x 91% L e g k a d s l n L ; L e g d s f u k Z d k s e k u r s g A

## सुझाव:-

- ; f n l h c h v k s d s i a h u d l s y d j d k b Z l i "V v f / k f u ; e g k s r k s ; g L e g l ' k f D r d j . k e a l g ; k s h g k k A
- L e g e s i q "v k s e f g y k l e g k a d k c j k c j h l s f y ; k t k s r k s l e w T ; k n k e t c w g k s l d r k g A
- T k l k ; k s u k d k f u e k Z k i R s l x H k r h d s f y ; s v k o' ; d d j n s k p k f g , b l l s m n a s ; k a d h i f r Z v k l k u g k A
- L e g k a d l s l e g f u e k Z k o l ' k f D r d j . k d s e w f l ) k m \* p l w \* d s l a k e s t k u d k j h o t k x ; d r k d s e w ; e l s m l d k i k y u l q u f p r d j k u s d i z k l f d ; s t k u s p k f g , A
- L e g k a d k v W u c k M h l s l c l s T ; k n k l a d Z o l a k g k g S r F k k o s b l Q o L F k k d k l c l s T ; k n k Q k n k y s i k r h g S v r % b l g s v k s T ; k n k e t c w v k s m i ; k x h c u k u s d i z k l f d ; s t k u s p k f g , A
- L e g v H h H h v k l h y s & n s e s g h T ; k n k l g X u g A o s v k t h o d k l a / k h x f f / k k a g s q j k f k d k m i ; k x d j l d g m l d s f y ; s t k u d k j h

- o r S k j h d s l k f k ; k s u k c u k l d a b l g s q m U g a f o ' k s k i f k k i n k u f d ; s t k u s p k f g , A
- t g k w e g c g r j d k Z d j j g s g s m u {k e k a d h b u l e g l n L ; k a d k E x p o u r V i s t d j k h t k u h p k f g , A
- p W v f / k d k a k l n L ; v u i < + g S v r % m u d s f y ; s l k l j r k ; k v U e k / e l s i < a s d h v f t f j D r o m f p r O o L F k k ; k d k Z k u k c u k u h p k f g , A
- x H k r h e k r k v k a o d s n k s k u v k u s o k y h l e L ; k v k a d s f u j d k j . k g s q ' k d u d k m u d h c g r j Q o L F k k W o v o l j m i y G k d j k u s d h v k o' ; D r k g A
- x H k r h e k r k v k a o c P P k a d k V h l k d j . k d h Q o L F k k / k e h o N k V s c P p k a d s i k s k d h Q o L F k k l q u f p r g k a k p k f g , A b l g s q f o ' k s k i z k l o t k x ; d r k d k Z l e p y k s t k u s p k f g , A
- i R s t u i n d s g y k d e f M d y v k f Q l j d s e k / e l s L o ; a l g k r k l e g k a d g k j r h u e k g e a , d f o ' k s k i f k k d j k c k t k u k p k f g , r k d d o s L o L F k k ; l u k h k u k a d k s c l j c l j e > l d g j g s j g s i f o r Z k a ; k l a k k u k a d k s t k u l d g l e L ; k v k a j i l h k s i z u d j m R j i H r d j l d a v l s , d t k x ; d d k Z r Z d h H s e d k f u H k l d A
- m D r d k k Z g s q ' k d u } k j k v y x l s , d l y d h L F k k u k H h d h t k l d r h g A

fu "d k Z k

- f d l h d k Z d k s Q o f L F k r < a l s l a u h d j u s d s f y ; s f t l i d l j , d d z c e ; k s u k d h v k o' ; d r k g k s h g S m l h i d l j d k Z e d s d k Z b ; u d s f y ; s m l d s f u / k Z l r d b Z p j . k s a l s x q j u k i < k g A ; g h p j . k l k e q k f ; d f o d k d d s p j . k g k s g S v k s ; s m u l H h d k k l l s H h l h s ; I k e s t q l g s g S t k s f d l h l e q k e s p y j g s g A v k l k e q k f ; d ' k f D r i j f d l h d k s ' k d u g h g S D ; k d b l h d k s l k e q k f ; d f o d k d k l o Z S B o , d e k = f o d Y i d s : I k e s i z k x d j i z k f . k r f d ; k x ; k g A l e g d s e k / e l s l e k t d s l H h ? k D k a i j d k Z d j m l g s i H r f d ; k t k l d r h g A l e g f o d k d s f y ; s e q ; : I k l s ' k l u o l e g d h b P N k f D r J l g h ; k s u k f u e k Z k f d z k b ; u d h l g h j . k u h f r J l e ; i j e n n d h l g h Q o L F k k f o ' o l d i n k u d j u k f k k o t k x ; d r k d k Z l e j o k s x k j d s v o l j k a e s o f ) J l g j ( k o v k l k u O o l k c e k r F k e q ; : I k l s f k k Q o L F k k t k s f k d : I k l s l q u f p r g k s l d s f u / k Z l r d j u s d h v k o' ; d r k g A l e g d h l e L ; k v k a d k l e k k u d j l k e k t d u k k d h L F k k u k d h t k l d r h g A m i j k D r v / ; u e s f n l k j g s e g q l k j s l d k j k e d i H k o a d k s f n ; s x ; s l q k o v u q i v k s T ; k n k l H k o o e t c w c u k t k l d r h g A
- L o L F k k ; d s { k e s [ k d l d j d q k s k k M k f j ; k j f k k e R q n j w k b Z e - v k j > k e k r e R q n j > e - v k j > e d e h o L o L F k k o L o P N r k l a k h v k n k a d s f y ; s L o ; a l g k r k l e g ; k l e g x B u , d l o Z S B f o d Y i g k s l d r h g A b l { k e e s f u r u ; s i z k o u o k p k g l s j g s g S r F k k m u d s i f j . k k e o i H k o H h f k b Z n s j g s A b u d k v k n k u & i n k u o L o h d k j d j u s d h i ) f r l s H h l e g d h l e L ; k v k a d k l e k k u d j l k e k t d u k k d h L F k k u k d h t k l d r h g A