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# Golden Research Thoughts

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'kCn ldr& f"k{kk lLdkj] ekuoh; f"k{kk] ifjokj] lekt] idfr] le>nkjh] f"k{kd o f"k{kd dh "kyh] f"k{kk dk ifjo"kA

## Short Profile

Hina Chavda is working as an Teaching Assistant-Value Education and Psychological Counsellor in NIT Raipur, C.G. India. She Has Completed M.A., PG. and Ph.D. She Has Professional Experience 19 Years. and Research Experience 6 Years.

v0;oLFkk gk tkrh gA eu'; u v0;oLFkk d dkj.k dk v/;;u fd;k rk fn[kkb iMk fd eu'; dh ukle>h gh eu'; e v0;o LFkkvk dk dkj.k gA blh l ;g Hkh Li'V gvk fd eu'; dh ukle>h d dkj.k gh eu'; dk le>nkjh dh vko";drk gA le> nkjh d vHkko e og xyfr;k djrk g o v0;oLFkkvk dk ink djrk gA blh vFk e eu'; d fy, f"k{kk dh vko";drk irhr gbA ;g r; gku d ckn fd doy eu'; dk gh f"k{kk dh vko";drk g vkj vf"kf{kr gku dh voLFkk e gh og xyfr;k djrk g rc lgt gh i"u mBk fd ml D;k le>k;k tk, rkfd og le>nkj gkdj 0;ofLFkr th ldA vkfndky l blh /;; dk lkdkj dju d fufeRr f"k{kk e vl[; i;kx g, g rkfd eu'; le>nkj gkdj o 0;ofLFkr th ld] 0;oLFkk dk ókr cu ldA ijUr oreku

lgk;d v/;kfidk&eY; f'k{kk ,o eukoKkfud ijke'knk=h foHkkx& ekuohfd ,o lekt foKku] jk"Vh; ik|kfxdh lLFkku] jk;ij N-x- Hkkjr-

e ;gh n[ku dk feyrk g fd gj eu'; n%[kh g] ij"kku g] grk"k] fujk"k my>u o ruko e g] eu'; vdyk iMrk tk jgk gA ifjokj e eu Hkn] fopkj Hkn ,o lekt e ijLijrk e vfo"okl] vyxko o fc[kjko d dxkj ij fn[kkb nrk gA leLr idfr Hkh fouk"k dh vkj vxlj g vFkkr lo= v0;kLFkk gh v0;oLFkk gA

,l e ;g cgr egRoi.k gk tkrk g fd ;fn f"k{kk l gh eu'; 0;ofLFkr gkxk vkj ekuoh; 0;oLFkkvk o ijEijkvk dk ókr gkxk] l[k lef)] vHk; o lg&vfLrRo dk ókr gkxk] lo "kHk dk ókr gkxk rc lgt gh i"u mBrk g fd og f"k{kk 0;oLFkk d lh gkxh mldk D;k Lo:i gkxk\ D;kfd oreku rd rk lEi.k /kjh dh leLr f"k{kk 0;oLFkkvk dk Qyu lo= v0;oLFkk d :i e rk ge n[k pd gA ,lk irhr gkrk g tl ekuo d gkFk vHkh f"k{kk dh okLrfod fo'k; oLr yxh gh ugh g vkj f"k{kk d uke ij tk dN gk jgk g mldk Qyu rk gekj le{k g ghA

Ekkuoh; f"k{kk dh vko";drk& ekuo dk gh f"k{kk dh vko";drk g vFkkr f"k{kk ekuo e] ekuo l] ekuo d fy, gh g blhfy, ekuoh; f"k{kk gh lgh f"k{kk gk ldrh gA iR;d eu'; dk v/;;u dj rk ,lk fn[kkb iMrk g fd gj eu'; vKkr dk Kkr djuk pkgrk g] vkIr dk ikIr djuk pkgrk g vkj vHkkok dk Hkjuk pkgrk gA blh fn"kk e og lno xfrr jgrk gA vc i"u mBrk g fd dku lh oLr g tk vKkr gA ftldk tku yu l mldh ftKkIk rIr gk tk,xhA ,l gh i"u mBrk g D;k pht g tk eu'; dk ikIr ugh g vkj mldh irh dl lHko gkA o dku l vHkko g ftudk eu'; Hkjuk pkgrk gA fpjdky l ;gh rk i"u gA vKkr dk Kkr djokuk] vkIr dk ikIr djokuk o vHkkok dk Hkju dk leLr nkf;Ro f"k{kk dk gh gA ;Hkh fn[kkb iMrk g fd mijkDr rhuk gh vkil e tMg, g vFkkr vKkr dk Kkr djd gh ;le>e vkrk g fd ml D;k ikIr ugh g vkj dl ml ikIr djA vkIr dk ikIr dj ;fn[krk g fd og rk Hkkoe; gA Hkkoe;rk gh vHkko l efDr gA lgh f"k{kk d vHkko e eu'; dk vKkr D;k g bldk irk ugh py ik;k g vkj og dN Hkh Kkr dj l[kh&n[kh gkrk gA Qyr% lno vHkko xLr jgrk gA

vKkr ,oa Kkr& vkb, n[k fd lEi.k e D;k pht vKkr gA lEi.krk dk v/;;u djr g rk fn[kkb iMrk g fd gok] feVVh] ikuh] iM&ik/k] i"k&i{kh] eu';] xg&xky] pkn&ljt] flrkj] vkdk"k ;gh rk g rk fQj vKkr D;k g \ ;k oLr, ge utj vk jgh g o v/kjh utj vk jgh gA fdlh Hkh bdkb dk lEi.krk e le>u dfy, mld :i] x.k] LoHkko ,o /ke dk le>u dh vko";drk gA oLr e D;k vFk %Hkko@eY;% g ;g le>u ij gh ckr ijh gkrh gA bl lEi.krk e doy rhu gh oLr, g tk vKkr g vkj mUgh dk Kkr djd gekjh ftKkIk; rIr gk ldrh gA bu vKkr oLrvk dk le>uk iMrk g] bUgh dfy, f"k{kk g] ;gh f"k{kk dh okLrfod oLr, gbA ;oLr, g] Lo;] lEcU/k ,o LojkT; lEi.krk e gedk lc dN utj rk vkrk g ijUr ;rhu oLr, utj ugh vkrhA lEi.krk l rkRi; gok] feVVh] ikuh iM&ik/k] i"k&i{kh] eu';] xg&xky] pkn&ljt] flrkj o vkdk"k gh gA budk/;ku l n[k rk ;rhu okLrfodrk, vKkr utj vkrh g] tl lEi.krk e eu'; g ijUr mldk ,d gh i{k vFkkr "kjhj i{k gedk utj vkrk g] nljk i{k vFkkr mldk prU; i{k vFkkr ge lHkh dk Lo; e vKkr gh g] ftldk tku cxj gekjh ftKkIk rIr ugh gk ldrhA ,l gh eu';&eu'; dh ijLijrk e lEcU/k g gh ftld QyLo:i ge ,d&nlj l tM gkr g o yxko&tMko o viuRo dk vuHko djr gA ;lc/k Hkh vk[kk l utj ugh vkrk g] bldk Hkh le>uk gh iMrk gA vr% f"k{kk dh nljh oLr lEcU/k gh gbA ,l gh lEi.krk e gedk gok] feVVh] ikuh l ydj vkdk"k rd lHkh dN utj rk vkrk g ijUr mle D;k rkjrE;rk g \ D;k 0;oLFkk g \ ;g utj ugh vkrk g vFkkr ;lHkh dl vkil e tMg, g] bldk LojkT; uke fn;k g] ;gh rhu oLr, g tk vKkr g oftudk tkudj gekjh dYiuk rIr gkrh g vFkkr ge lek/kkfur gkr gA

vKkr dk Kkr dj ;fn[krk g fd ge pkj pht k dk ikIr djuk pkgr g Lo; d fy, lek/kku] ifjokj d fy, lef)] lekt e vHk;rk o lEi.k vfLrRo e lg&vfLrRo ¼ijLijrk] ijdrk o 0;oLFkk½ ;gh pkj oLr, vkfn dky l ge ikIr djuk pkg jg gA bUgh dh dkeuk l lkj d J'B i:'kk u dh gA ;gh lo "kHk Hkh gA budk ikIr dj vkj dN ikIr djuk "k'k ugh jgrk gA vKkr dk Kkr dj o vikIr dk ikIr dj ge Hkkoe; gk tkr gA vFkkr vHkkok l eDr gk tkr gA ;g Hkh fn[kkb iMrk g fd Hkko e v tkxfr d dkj.k gh eu'; vHkko xLr jgrk gA f"k{kk l bUgh rhu oLrvk vFkkr vKkr dk Kkr

djuk] vkIr dk ikIr djuk o vHkkok dk Hkju dh vi{kk gA tc ge f"k{kk&lLdkj 0;oLFkk dh ckr djr g rk mle f"k{kk dk y{; ;k vi{kk ; rhuk gh ckr vk tkrh gA bUgh vFkk e geu n[kk fd f"k{kk dh oLr rk Lo;] lc/k o LojkT; gh g tk vHkh vKkr fn[kkb iMrh gA vKkr dk Kkr djokuk gh f"k{kk gA f"k{kk l vi{kk vkIr dk ikIr dju dh o vHkkok dk Hkju dh gh g vc i"u mBrk g fd ,lh f"k{kk 0;oLFkk dh fof/k D;k gk\ vFkkr ,lh f"k{kk dk dku] dgk] dc] fd l dk] dl inku dj\

f"k{kk dh fof/k& d lnHk e dN ckr rk Li'V g gh] mle loiFke ;gh ckr fn[kkb iMrh g fd f"k{kk l t:jh dke dkb nljk ugh g D;kfd blh d vk/kkj ij 0;oLFkk dk ilou lHko gA ,l t:jh dk; dk dju okyk Hkh fuf"pr :i l ftEenkj gh gkuk pkfg, rHkh og ml lVhd vFk e lEikfnr dj ik,xkA f"k{kk dh fof/k d vrxr loiFke f"k{kd gh vkrk g vFkkr f"k{kd d lk gkuk pkfg, \ ml d i"pkr vkrh g f"k{kd dh "kyh ml d i"pkr og fd l ifjo"k e f"k{kk n \ ;g lc ilx fn[kkb iMr gA ge ,d&,d dk foLrkj l n[ku dk i;k l djxA

1-f'k{kd& f"k{kd li.k dk le>k gvk gk ml le> dk thrk gk ml d thu e l[k lef) iekf.kr gkrk gkA f"k{kd ogh gk ldrk g tk Lo; e fo"ok l djrk gk] J'Brk dk LkEeku djrk gk] le>nkj o ftEenkj gk] ml dk 0;fDrRo ifrHkk o ikfMR; l i.k gk] og 0;ogkj e lkekftd gk vkj 0;olk; e Lokoych gkA viuh rflr d fy, gh f"k{k.k dk; dk djrk gk] uk fd thfodkiktu d fy, ,lk eu'; gh f"k{kd dh vgrk dk iekf.kr dj ldrk gA f"k{kd }kjk fo|kfFk;k dk li.k okLrfodrk dk vFk ck/k djkuk gh f"k{kd dk mÌ"; gA f"k{kd dk thou fo|kfFk;k dk vFk ck/k djku l lQy gA ftld ikl tk gkrk g og mlh dk cVu djrk g vi.k 0;fDrRo dk f"k{kd rk vi.krk dk gh ckVxkA blfy, ,d i.k le>nkj f"k{kd dk gkuk igyh vko";drkA

2-f'k{kd dh "kyh& f"k{kd tk leLr vgrkvk dk ijk djrk gk] og li.k dk le>rk gk ,o viuh bl le> dk fo|kfFk;k rd viu vkpj.k fof/k l igpku e lQy gkA Nk=k o viu chp lekurk dk n[k ikrk gkA e=h d lkFk okRlY; i.k <x l ,d ftEenkj lc/kh d :i e iLrr gkrk gk rc mldh iLrfr lgt gkxhA og Nk=k e J)k dk tkxr dj ik;xk] ik=rk dk ilfor djxk o mudh ftKklkvk dk rlr dj ik;xkA ;gk d{kk e f"k{kd dk mí"; doy ikB;Øe d fo'k; oLr dk ijk djuk gh ugh gkxk oju mu fo'k; oLr dk vFk ck/k djkukA ^^vFk ck/k ekuo dk ekuo l gkxk iLrd ek= lpuk,A^^

3-f'k{kk dk ifjo'k& oreku f"k{kk ifjo"k ij ;fn ge xkj dj rk ge ikr g fd Ldy o egkfo|ky; dh 0;oLFkk vkt Lo; d 0;olk; o vkthfodk d fy, cu x;k gA f"k{kd d fy, f"k{kk dk ifjo"k mud fy, vkthfodk dk ek/;e g ,o vfHkHkkod viu cPpk dk fdl h 0;olk; ;k ukdjh d ;kX; cuku d fy, fo|ky; Hkt jg g vr% ;gk ij f"k{kk dk mí"; cgr ldfpr vFk e ge lHkh n[k jg g tk^^jktxkj d fy, f"k{kk^^ g uk fd l[k&lef) iod thu d fy, f"k{kkA oreku f"k{kk e ekuoh;rk dk iekf.kr dju dk Lo:lk fn[kkb ugh nrkA tcfd f"k{kk dk mí"; dkQh 0;kid ,o foLrr gA LkoiFke f"k{kk dk mÌ"; fu/kkfjr gk ,o ml mÌ"; dk ikIr dju dh fof/k fu/kkfjr gkA fof/k vFkkr ikB;Øe dk Lo:lk fu/kkfjr gk tk f"k{kk d mÌ"; dk ijk dj ikrk gkA e/;LFk n"ku lgvfLrRookn d lnHk e f"k{kk dk mÌ";& ^^0;fDr Lo; e lek/kkfur gk] gj ?kj ifjokj e lef) iekf.kr gk] lekt e vHk;rk dk okrkoj.k gk ,o idfr lrfyr gkA bu pkjk vk;kek dk iekf.kr dju e fo|kfFk;k dk l{ke cuk ikuk] iR;d fo|kfFk;k dk bl ;kX; cuk ikuk gh f"k{kk dk mí"; gA ^^bu mí"; dk/;ku e j[kr g, f"k{kk d ifjo"k dk fu/kkj.k dju l f"k{kd dk mí"; Lokycu iod] lef) iod viu mRlo d fy, i<ku dk dk;Øe gkxkA Ldy ,o egkfo|ky; dh 0;oLFkk 0;olk;hdj.k d fy, ugh oju fo|kfFk;k dk ftEenkj] le>nkj] bekunkj cuku d fy, ,d okrkoj.k nu d fy, f"k{kk dk ifjo"k gkxkA ftl l iR;d fo|kFkh Hkfo'; e l[k&lef) iod th iku e lQy gk ik;A fo|ky; dk ifjo"k ,lk gk ftle ckyd vkdj vutku vdykiu egll u djA fo|kFkh ikIr Kku dk viu thou e iekf.kr dj ik; ,o ikfjokfjd ,o lkekftd 0;oLFkk e Hkh bl rkyey ,o lek/kku d :lk e iekf.kr dj ik; ,lh f"k{kk 0;oLFkk gk tk i.kr;k Hk;eDr gk] rkfd mldk 0;fDrRo fo}ku f"k{kdk d lkfu/; e vPNk gk ldA f"k{kdk e ijLij viuRo gk] f"k{kd dk ckyd viu vfHkHkkod rY; n[kr gk] fo|ky; dk ifjo"k ,lk gk

ftle f"k{kd lHkh fo|kfFk;k dh vkj i;kIr /;ku nld] mud lkFk ?ky&fey ldA iR;d fo|kFkh f"k{kdk d vkpj.k l lkFkd ij.kk ik dj ,o mud vkpj.k l iHkkfor gkdj le>nkjh iod thu dh ij.kk ik ldA

Ekkuo ,d ikdfrd bdkb gA idfr e Lo; LQr fof/k l cuh bdkb;k viu vki e lEi.k vkj i.k gA vko";drk g ekuo dk tlk g olk le>u dhA e/;LFk n"ku d ek/;e l ekuo lfgr idfr dh leLr bdkb;k ,o mud ijLij lc/kk dk rdi.k fof/k l v/;;u liUu gk ik;k gA blh vk/kkj ij ekuo ,o idfr rFkk mud vrlc/kk dk f"k{kk fof/k l le>uk ,o 0;ogkj e thdj iekf.kr djuk lHko gk ik;k gA

## lii.k idfr esa pkj voLFkk;sa gSa tks Øe'k%

1-inkFkkoLFkk ¼feVh] iRFkj] ef.k] /kkr½
2-ik.kkoLFkk ¼ouLifr] dhV] irx½
3-thokoLFkk ¼Ik"k&i{kh½
4-KkukoLFkk ¼ekuo½

mijkDr pkjk voLFkkvk e ekuo dk NkMdj 'k"k lHkh bdkb;k ijLij ijd ,o idfr lgt 0;oLFkk e gA ekuo d vykok 'k"k rhuk voLFkkvk ij vlryu] in"k.k d :Ik e fn[kkb nrk gA yfdu gj ekuo fuf"pr vkpj.k d lkFk gh thuk pkgrk g rFkk nlj lHkh ;gh vi{kk j[krk gA vkfndky l ekuo dk Hk;] iykHku] vkLFkk d ek/;e l fu;f=r dju dh dkf"k"k gb fdr l?k"k gh gkFk yxkA ekuo le> d vk/kkj ij L0kfu;f=r gk ldrk gA oreku f"k{kk l ;g vi{kk Fkh fd bll ekuo e le> lfuf"pr gkxh] og lH; cuxk] vkpj.k fuf"pr gkxkA

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vfLrRo e gj bdkb fdlh fu;e l fu;f=r gA vfLRkRo Lo; e 0;oLFkk gA ekuo Hkh vfLrRo e ,d bdkb g blfy, ekuo Hkh fdUgh fu;ek l fu;f=r gA ;fu;e lkoHkke g] 'kk"or g] n"k dky fn"kk l eDr g] vifjoruh; gA fu;ek d vk/kkj ij leLr bdkb;k dk gkuk rFkk ekuo&ekuo ,o 'k"k bdkb;k e vrlc/k Li"V gkrk gA gj bdkb Lo; e 0;oLFkk g rFkk lex 0;oLFkk e Hkkxhnkj gA ekuo le> d vk/kkj ij 0;ofLFkr gkrk g 0;ofLFkr gku dk iek.k ekuo dk ekuo d lkFk ,o 'k"k idfr d lkFk lc/kk e rkyey iod thu d :Ik e feyrk gA ekuo y{; Li"V gkr gh 'kjhj dk i;ktu Li"V gkrk gA 'kjhj dk i;ktu Li"V gku l Hkkfrd vko";drk; fuf"pr g ;g igpku e vkrk gA lkFk gh ifjokj e vko";drk l vf/kd mRiknu dh {kerk g ;g Hkh le> e vkrk gA bl idkj gj ekuo ,o ifjokj d lek/kku ,o lef) iod thu dk ekx iLkLr gkrk gA

e/;LFk n"ku lgvfLrRo d idk"k e ftld ij.kk ókr ,-ukxjkt th g l lek/kku lef) iod thu dk Lo:Ik Li"V gvk] ftll lHkh vk;kek e fo"ok l iod thu dk ekx ilLr gkrk gA

fu"d"k&mijkDr ckrk dk /;ku l n[ku ij f"k{kk&lLdkj dk ,d fp=.k fudy dj vkrk g vFkkr f"k{kk dh oLr] f"k{kk d y{;] f"k{kk dh fof/k ftld vrxr f"k{kd] f"k{kd "kyh o f"k{kk dk ifjo"k vkfn ckr fn[kkb iMrh gA ,lh f"k{kk&lLdkj 0;oLFkk l ckydk dk lLdkfjr gkuk lHko gA ftld vHkko e leLr v0;oLFkk, gA f"k{kk&lLdkj 0;oLFkk dk lVhd fp=.k djuk ge lHkh dk nkf;Ro gA blh vFk e eu';rk dk xkjo g] bll de ge eu'; dgyku d vf/kdkjh ugh gA f"k{kk lLdkj 0;oLFkk dk Qyu] ckydk dk lek/kkfur] lkekftd o Lokoych gkuk gA ftll iR;d ckyd ;ok gku ij Lo; lek/kkfur gkdj ft;xk Qyr% fujrj l[k iod thu dh lHkkouk jgxh ,o lex 0;oLFkk e Hkkxhnkj gkx ftle idfr lryu d vFk e dk; dk iekf.kr djuk gkxkA ;g f"k{kk&lLdkj fof/k l gh lHko gA bl rjg f"k{kk&lLdkj d }kjk gj 0;fDr lek/kkfur gkrk g ftll Loku"kklu Qfyr gkrk g vkj ifjokj] lekt vkj idfr d Lrj ij 0;oLFkk e thu dh r;kjh o fu'Bk curh gA

f'k{kk dk i;ktu &0;fDr e lek/kku] ifjokj e lef)] lekt e ijLij fo'okl ¼vHk;½ rFkk lHkh 0;oLFkkvk e rkyey ¼lg&vfLrRo½ LFkkfir dju gr iR;d ekuo dk l{ke cukuk gA

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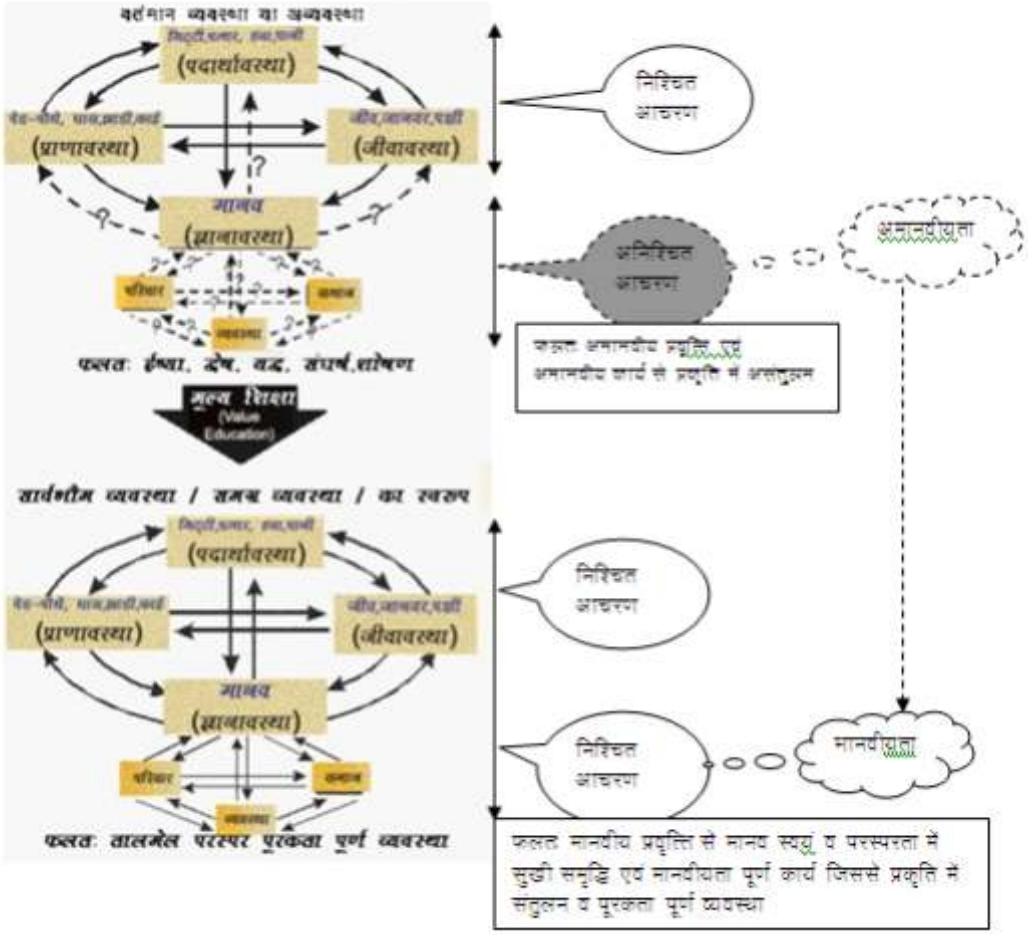


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lgk;d v/;kfidk&eY; f'k{kk ,oa eukoKkfud ijke'kk=h foHkkx& ekuohfd ,oa lekt foKku] jk"Vh; ikS|kfxdh lLFkku] jk;iqj N-x- Hkkjr-

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