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Thoughts

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## Welcome to GRT

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Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

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Short Profile

Prakash Jain is Search chatraya life sciences at yoga preksadhyana Department in Jain Institute of Visva-Bharati, Iadanum

Co-Author Details :

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i Lrj 'kksk dk; ZgrqvkfFkd , oal keftd : lk l sl eku Lrj dh vukFkkJe vkokfl uap; fur dh xbj iz kx ds i kj EHk eafodr l kɔfxd fLFkr lk; klr l rksktud i klr ughagp] fdUrqi ɛkk/; ku ds iz kxkads vH; kl ds i fj .kkeLo: lk nks ekg rFkk pkj ekg lk' pkr~i klr vkadMka ds fo'ySk. k l sl ɛkkj o i fj oru ds l adr i klr gq A i ɛkk/; ku vH; kl ds i wZdh fLFkr ds Bhd foi jhr i ɛkk/; ku vH; kl ds nks ku rFkk vH; kl ds lk' pkr~l Hkh efgyk iz kɛ; ka ds 0; ogkj , oanf"Vdks k ea i fj oru nf"Vxkpj gɔk] tgl , d vksj vl j {kk dk Hk; } , dkUr fi z rk] dyg] vkØks k] uɟ'k'; rk] vkdæ. k rFkk vl keatL; rk dh fLFkr 0; klr Fkh] ogha nll jh vksj i ɛkk/; ku ds i Hkko l s vupnyrk; j idV gksus yxh] l Hkh ds 0; ogkj ea 'kka fi z rk] l g; kx] eS=Hkko] food' khyrk] HkkokRed] l ɔsxkRed] 0; ogkj kRed /kɟ ɾk rFkk l Urkskh i ɔfUk >yduSyxA

efgyk vukFkkJe vkokfl uka ea dk; kRl x] nh?kz okl rFkk T; kɟr dɔnz i ɛkk vH; kl }kj k 0; fäRo ea l rgyu LFkfi r gkdj 'kkj hfjd vksj ekufi d Lrj ij HkkoukRed i fj oru ds l kFk Åtkz rFkk 'kfDr i klr gpa vl n-0; ogkj vksj cgeku ea i fj oru nf'kr gq] l kFk gh l kɟkn] fou; , oaiæ Hkko ea c<ka jh fn [kh] tksfd HkkoukRed LOKLF; dk |krd gA ekufi d vksj HkkoukRed nkskka dh fpdfRl k ea dk; kRl x] nh?kz okl o T; kɟr dɔnz i ɛkk dk mi; kx l Qy jgk] l kFk gh l kFk pS-U; ds i fr tkx: drk c<fr i rhr gpa dk; kRl x] vH; kl 'kkj hfjd vksj ekufi d ruko efiä inku dj useal Qy jgk rFkk nh?kz' okl i ɛkkH; kl }kj k 'okl ds f'kFky vksj 'kka gksus ij 'kj hj Hkh tc l kFk ea f'kFky vksj 'kka gɔk rks vuud ekufi d] 'kkj hfjd rFkk 0; ogkj d l eL; k; j l y> dj tVY vknrka ea Hkh i fj oru vkus' kq gq A T; kɟr dɔnz i ɛkk tksfd vkpkj ds vuqkkl u] LoHkko&i fj oru vksj LoHkko fu; æ. k dk dɔnz gS bl dh i ɛkk ds i Hkko 0; ogkj rFkk nf"Vdks k i fj oru ij vupnyrk l si wkr% i Hkkoh j gaD; kafd T; kɟr dɔnz l kj h vkpkj kRed i ɔfUk; ka dk fu; æ. k dj rk gS vksj vfxæ eflr"d dk l epk rki eku Hkh fu; æ. k dj rk gS ftl ds i Hkko Lo: lk ekud Lrj ij l kFkd rFkk oɟk i fj .kke i klr gq A l kã[; dh; fo'ySk. k ea i k; kfxd iz kɛ; ka ea rgyukRed : lk l sl ɔsxkRed {kerk eaf'o'ol uh; i fj .kke l kFkd rLrj ij ¼p<. 0. 01½ i klr gq A

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eukfoKku dk l Eca k dɔy ekuo 0; ogkj dk v/; ; u dj uk gh ugha cFYd , d vkn' kZ 0; ogkj ; k l rgyr o l ek; kɟr 0; ogkj ds l ca k ea Hkh crkuk gksk gA bl mıs; dh i klr dsfy, dɔy 'kkj hfjd i {k dk gh v/; ; u ugha dj uk gksk cFYd ekufi d i {k dk Hkh v/; ; u fd; k tkrk gS ¼f l ɟ , oanfrokMh] 1984 ¼A eukfoKku 0; ogkj ka l sl ca/kr gksk gS ¼d ekj] 2011 ¼A l keftd o eukfoKkfud nf"V ea ekuoh; 0; ogkj dks eks/s rks ij nks Hkkxka ea foHkä fd; k tk l drk gS ¼d ½ l keku; 0; ogkj rFkk ¼[k½ vl keku; 0; ogkj A blgha 0; ogkj ka dh vkrfjd , oa ckgjh i fØ; kvka ds vlrxr 0; fä ds l kɔfxd 0; ogkj ds v/; ; u dk eW; ka du fd; k tk l drk gA ftl 0; ogkj dksfdl h j k"V] l adfr ; k l ekt dsy kx ekud 0; ogkj ds: lk ea LoHdkj djrs gS ogh 0; ogkj l keku; 0; ogkj dgykrk gS vksj bl 0; ogkj l s fHkuu ; k fopfy r tks Hkh 0; ogkj gksk gS og vl keku; 0; ogkj dgykrk gS ¼ gɟeku , oarkokc] 2008 ¼A

, d k 0; ogkj tks vkRe0; oLFkk rFkk vU; 0; fDr; kads l kFk l Ecu/k cuk, j [kuseal k/kkj .kr; k l Qy gksr gS mlga vksj r vFkok l keku; 0; ogkj dh Js kh ea j [kk tkrk gS vFkkz~, d k 0; ogkj tks 0; fä }kj k l keku; jgrsgq fd; k tkrk gS og l keftd jhr&fj okt] fu; ek] vkn' kka rFkk eW; ka ds vuq kj vuqkkl u ea jgdj mlghads vuq lk 0; ogkj djrk gS rks; g 0; ogkj l keku; 0; ogkj dh Js kh ea vkrk gS ¼v f[kys k] 1997 ¼A

0; ogkj }kj k gh pru rFkk vpru l Hkh i d kj dh vupnyrk; ka dh vFHk0; fä gksr h gS ¼f l ɟ , oa l kFk; k] 2001 ¼A gekjs fopkj l keftd 0; ogkj ds l Hkh : i k] l; kj o yfxd vkd" kZ k l sydj nll jh vksj l ɔk"z o fgd k ea egroi wZ Hkfedk fuHkrs gS u] ck; u] 1984 ¼A 0; ogkj Hkh euq; ds fodkl dk Øe fu/kkzj r djrsgA bl ds l kFk okrkoj .k vksj vkupf'kd l j puk thU gh gekjs orZeku Lo: lk dk fu/kkzj .k

djrs gA rfi=dk&ra= vuodá h rFkk i jkuodá h rfi=dk&ra= 0; ogkj fu; eu dk dk; Z , oa Luk; ɔlks k rFkk vUlr%Jkoh Rá= Hkh 0; ogkj dks i Hkkfor djrs gA l u~1912 dk o"lz ØkfuUrdkj h o"lz dgk tkrk gA bl h o"lz okVI u us0; ogkj okn dh ?kksk.kk dhA 0; ogkj y{; kbed[k gkrk gA 0; ogkj eki u 0; ogkj i fjektU dsfy, vko'; d ekuk x; k gA ¼fI ɔ , oafI ɔ] 2008½

0; ogkj , d l kS s ; i f0; k dgh tkrh gA dkbZ Hkh 0; ogkj , d k ughagStksfdl h fcuk dkj .k dsgh m}hkr gks tkrk gkD; kafd i k.kh l kekfTd i fj fLFkr; kads i Hkko ds QyLo: lk vi uh i frf0; k 0; ä djrk gS¼fI ɔ , oa l kFk; ka 2001¼A l kofxd 0; ogkj , oafopkj kadh fodfr] okrkzyki rFkk HkkokRed i frf0; kvka dh fol æfr; kj vR; f/kd m}syu ; k vol kn] HkkokRed vLFkj rk vkS vi fji Dork , oa 'kj hj ds gkoHkko }kjk gksus okyh l á k.k Hkh fodkj xLr gks tkrk gS l kFk gh pyuS cBus o [kM+ gksus dh epkvka ea Hkh vl keku; cnyko vk tkrsgá¼gd ½] 2006 ¼A

0; ogkfj d l eL; k, j 0; fä rFkk l ekt nksuka ds fy, vfgrdj gsrh gS ftuds dkj .k 0; fä dk 0; fäxr rFkk l kekfTd l ek; kst u fcxM+tkrk gA tc 0; fä vi us0; ogkj l sl ekt dks ræ djsrc ml s vkpj .k l eL; k dgrsgA 0; ogkfj d l eL; k, j ; Fkk&Hk[k uk yxuk ; k vf/kd Hk[k yxuk] uhm uk vkuk vkfn rFkk vU; yfxd l eL; k, j rFkk >B] yMkb] nll j ka dks ræ djuk] pkj h vkfn l ɔskRed l eL; k, j gA ¼gl u] 2004½

fgyxkMZ rFkk , Vfdá u ds vuod kj euksoKku 0; ogkj rFkk ekufI d f0; kvkadk fokku gS tks bl izu dk mUkj nrk gSfd dkbZ0; ogkj fo'kks yks D; ka djrs gA ¼Jh okLro , oa l kFk; ká 2004¼A dh/Zyfou ¼1951½ usB-F(PE) l =kadk mi ; ks djrs gq ; g crk; k fd 0; ogkj 0; fäRo rFkk i ; kbj .kh; dkj dka dh vUlr%f0; k dk i frQy gkrk gA

oMofkZ 1948 ds vuod kj thou dh dkbZ Hkh vfHk0; fä f0; k gS¼Any mini festat i on of l i fe is æt i vi ty½ bu fofok f0; kvkadk l kefgd uke 0; ogkj gA 0; ogkj , d 0; ki d 'kCn gSft l ea0; fä l Hkh f0; k, j vFkok f0; kRed , oa , sPNd f0; k, j tS &pyuk] fOjuk] nkM+uk] Hkkxuk] dnuuk] Oknuuk] fpYyukuk] rSuk] ukpuk vkfn rFkk l KkukRed f0; k, j tS &i R; {khdj .k] fpru] rd] l e; ij l ek/kku dvi uk vkfn , oa HkkokRed f0; k, j tS &l [k&n%[k i l Uurk] mnkl hurk] gil uk] jksuk] Hk; ] Øksk] iæ rFkk ?k.kk vkfn l feefyr gA bl izdkj 0; ogkj dk vfHki k; 0; fä dh mu l Hkh f0; kvka l gSftuds i f'kr fd; k tk l drk gS¼JhokLro] 2004¼A

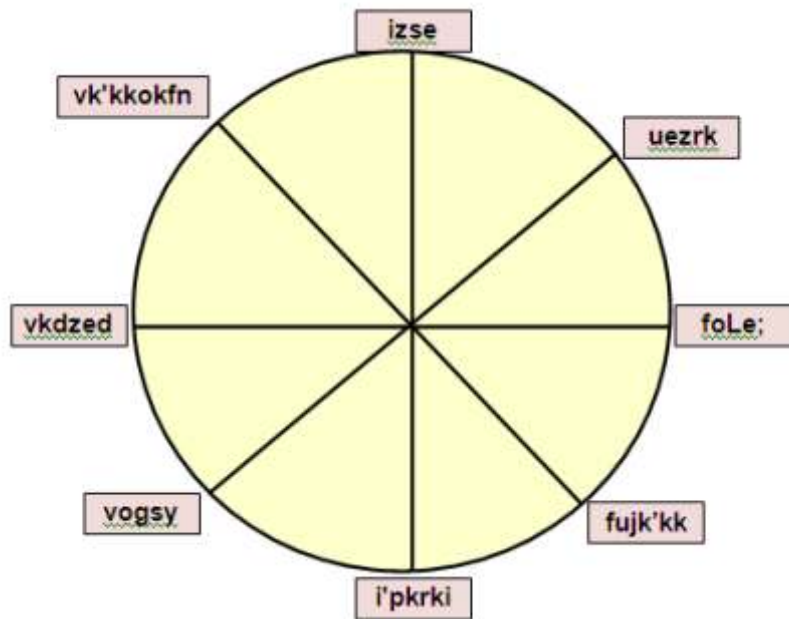
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l ɔsk&Emotion 'kCn ySVu Hkk"kk ds 'kCn Emovere l sfy; k x; k gSft l dk vFkZ g&ckgj dh vkj fudkyuk [Letine {out} and movere {to move}] HkMed mBuk rFkk m) hkr gksukA l ɔsk Hkko ; k vuHkr vrfudV gksus ds dkj .k tc Hkko dh ek=k c<fh gSrc 'kj hj m) hkr gks tkrk gA bl m) hkr volFkk dks gh l ɔsk ¼Hk; ] dksk] iæ] fpar] bZ; k] ftKkl k vkfn½ dgrs gS ¼oekZ , oa JhokLro] 1996¼A vR; f/kd l ɔsk 'kkj hfj d] ekufI d] vk/; kRed rFkk 0; ogkfj d LokLF; , oafodkl dks vo: ) rFkk fodr dj nrsgA

l ɔsk , d i fj r 0; ogkj gSft l eampP izdkj dh pruk fo|eku gsrh gS vkS ml ea vkd"lz k rFkk fod"lz k 0; ogkj i fj yf{kr gsrk gS vkS l Ei wkZ dlnh; Luk; qe. My ea Lora= rFkk folRr f0; k, j gsrh gA fofHkuu izdkj dh tkxr volFkk, j fofHkuu pruvolFkkvka ds dkj .k gsrh gS vFkkZ~; gh pruvolFkk, j l ɔsk dgykrh gA l ɔsk ekufI d , oa 'kkj hfj d ?kVuk ds: lk ea fHkuu&fHkuu 0; ogkj ds i freku ds l kFk vkS vuHko dlnr gks l drsgA

l ɔx ekuo 'kj hj dks l fØ; dj nrs gÅ ml dsckgjh vksj vkarfjd nksuka gh 0; ogkj ij l ɔska dk i Hkko i Mf k gÅ fxyQkM/l ɔska dks oxhðr dj rsgg blga i kp Hkxka ea foHkä fd; k x; k gS; Fkk i kFkfed l ɔx] }S h; d l ɔx] df=e l ɔx] l kSn; kRed l ɔx vksj ckf) d l ɔx ¼vf [kys k] 1997¼A v/; ; uka ea Li "V ggvk fd l ɔx ea mUkst uk ds ifr i R; ðkj ka l s dSnh; ukMh l ½Fkku ea fdl h u fdl h idkj dk l fØ; dj .k gkrk gÅ l ɔska ds vrfj Dr Hkko l ½akh 0; ogkj ea Hkh dSnh; ukMh l ½Fkku ds blgha vaka dk egloi w kZ; ksnku gÅ dQ fl ) kUrokfn; kads vuq kj l ɔx dh l ½kkRed vksj nðkkRed vuðkkir dk l ½ak Lora= ukMh l ½Fkku ds fl Ei FkVd vksj i g kfl Ei FkVd ukMh l ½Fkkuka l sgÅ , yDts Mj] 1950] l kys , oa fol t 1956 rFkk i kj Vj 1958 tS snsgd' kfl =; kads iz; kskRed v/; ; uka l s; g l ½r feyrk gSfd l ɔx vksj 'kkj hfj d volFkk ea l ½ak f}ekxh; gS rFkk fpark ds fo" k; ea Yk; M dk er Fkk fd 'kkj hfj d ; kS rukoka ds neu ds i fj .kkeLo: lk fpark dh mRi fUk gkrh gÅ ¼okZ , oa JhokLro] 1996¼ A Yk; M ds vuq kj vf/kdrj gekjs 0; ogkj ey i ðfUk fo' kskr% ; kS ey i ðfUk l s fu/kkZjr gkrk gS ¼fl g , oa fl g] 2008¼ vukFkkJe vkokfl ukai j ; g vkpj .k , oa 0; ogkj Li "Vr% i R; {k , oa vi R; {k : lk ea l gh i k; k x; k gÅ l ɔskadh rhor k , oai dfr ds vuq kj 'kkj hfj d i fj orU ?kfvR gkrsgsvksj ml h ds vk/kkj ij muds i fj .kkeka dk vkadyu fd; k tk l drk gÅ l ɔskadh i fj .kfr fdl h uk fdl h : lk ea vo' ; gkrh gÅ

l ɔx ds vk; ke



mi ; Dr fp= eatletkr vksj eyHkur l ɔx crk, x, gS ftudspkj tkMh foj kskh xqk gkrsgstS s l ½k&nð[k] Hk; &Øksk vk'p; &vuøku vksj Lohdk; Zk rFkk fujk'kk bu l cds vrfj Dr l kjs l ɔx budsgh i fj ofr r vflok foLrkfjr : lk gÅ i e l ½k vksj Lohdk; Zk dk l a ksx gStcf d foLe; Hk; vksj vk'p; Zdk l fEeJ .k gÅ vf/kdre fl ) kUrkaus l ɔska ds i n'ku gkuse ansgd rF; kads fo' ksk ekuk gS l ɔx mRi uu gkuse ea ekuf l d vksj 'kkj hfj d i fj orU ?kfvR gkuse yxrs gÅ l keku; Kku fl ) kUr vuq kj l ɔx dk i kj EHk i gys ekuf l d fØ; kvka ij i Mf k gS rRi 'pkr~'kkj hfj d fØ; kvka ea i fj orU vkuse yxrs gÅ tE l ykaks ds i fj /kh; l ɔx fl ð) kUr ds vuq kj l ɔskRed i R; ðkj i gysvkrk gS rFkk l ɔskRed vuðkko ml l ɔskRed i R; ðkj ds



OyLo: lk gh gkrsGSvFkkZ-l ɔx , d pruvolFkk gStksfd l ɔskRed 0; ogkj dk dkj .k gksh gA dlnh; rFkk okMZdk dlnh; fl ) kUr ftl sFkSyei dk fl ) kUr dgk tkrk g\$ Bhd foijhr nFVdks k j [krk g\$ bl ds vuq kj l ɔskRed vuHko igys gkrsGS rFkk ckn ea l ɔskRed i R; ½kj gksh gA okVl u us pruk dks vLohdkj fd; k cfYd muds vuq kj 0; ogkj mÍhi d dk i R; {khdj .k fØ; k }kjk gksh gA dbZ fo}kuka us Lopkfyr rFl=dk rU= i R; ½kj ka dks l ɔx l s l EcfU/kr ekuk gSfd ij kUpEih rFl=dk ra= dh i frfØ; k, i xqkkRed vFkok l ½kkUr l ɔska dsfy, vko'; d gStc fd vuqEih rFl=dk rU= dh i frfØ; k, i Øksk rFkk Hk; l ɔska dsfy, vko'; d gA dN fo}ku i R; sd LFkk; h l ɔx dsfy, l h[kusdsek/; e l svU; Lopkfyr i frekuka dks ekurs gA i ist edfyu l ɔx fl ) kUr ds vuq kj rFl=dk dlnz l ɔskRed 0; ogkj rFkk vuHkokadks0; ofLFkr djus ds LFkku ij fu; ã=r jgrsg\$ ftl eafofHkuu dlnz rFkk ekZfufgr jgrsgA

l ɔskRed 0; ogkj dsdN egUoi wZ'kkj hfjd , oaluk; fod vk/kkj gS; Fkk&vUr% koh xUFk; kftuea FkkbjkbM xUFk Hk; rFkk Øksk vkfn l ɔskRed lLFkr ea Bhd l s dk; Z ugha djrh ftl l s LokLF; ij çkj i Hkko i Mfk gS rFkk Bhd bl ds foijhr g"Z rFkk mRl kg ds l ɔx eabl ds vf/kd l fØ; gkus l s LokLF; ij vPNk i Hkko i Mfk gA i ½kFkkbjkbM xUFk 0; fã ds l ɔskRed 0; ogkj dks 'kkUr j [krh gS rks , MhuY eM; nyk xUFk l s , MhuY uke dk rjy inkFZ fudykr gStksj ä ea l ½kfj r gkdj vuqEih vkoska dh Hkkfr l ɔskadks rFkk l ɔskRed 0; ogkj dks i Hkkfor djrk gA Lopkfyr rFl=dk rU= ds nksuka Hkkx vuqEih rU= rFkk ij kUpEih rU= l ɔskRed fØ; kvka ea fof'k"V : lk l s Hkkx yrs gA vuqEih ra= l dVdkyhu lLFkr eamRi lu gksh g\$ tks0; ogkj eagkusokys vki fUdkyhu dk; ka ij ; g rU= vi uk fu; ã .k j [krk g\$ ogha nÍ jh vkj ij kUpEih rU= l ɔskRed fØ; kvka ea 'kj hj dh fpduh i s'k; ka rFkk mUkstr vaka ij fu; ã .k j [krk g\$ ; g l ɔskRed 0; ogkj ea 'kkari wZ<æ l sfu; U= .k j [krk gA eM; nyk l ɔskRed 0; ogkj ea fufgr ân; xfr dk l ½kyu] j äpki i rpyh ds i R; ½kj] nkar ka dh xMeM+rFkk dbZ Lopkfyr i frfØ; kvka ds djus ea dk; Z djrk gA i frcy dh lLFkr ea vUrjka i fjorU Hkh eM; nyk }kjk gh fd, tkrs gA ; g vkarfjd lk; kbj .k ea Hkh i fjorU yrk gA e/; eLr"d l s dkVØI rd LFkkuh; mÍhi d rd 'kj hj dk cdkj Hkkx l ɔskRed 0; ogkj ea i fjorU yk nrk gA i eLr"dh; dkVØI ds l kFk y?kq FkSyei l ɔx dk i æk dlnz gS bl ds }kjk gh vkos vUrjka , oai s'k; ka dks Hksts tkrs gA ; g Øksk] Hk; ] l ½ {kk rFkk i ½ Ldkj ds l ɔska dk , dhj .k vR; Ur egUoi wZ<æ l sdjrk gA bl dk vxHkkx Øksk 0; ogkj rFkk i kf'od , oai PN Hkkx Hkkxus ds0; ogkj dks mÍhr dj nrk gA

l ɔx l ½e HkkoukRed i frfØ; k gStksudkj kRed rFkk l dkj kRed nksuka gks l drs gA l ɔx dsfy, Hkkouk dk gkuk vko'; d gA dksbZ Hkh l ɔx fcuk Hkkouk ds l Hko ugha gA HkkokUr xR dksbZ 'kkj hfjd i fjorU gks ; g vko'; d ugha g\$ i jUrq l ɔska dk i dVhdj .k fcuk 'kkj hfjd i fjorU ds l Hko ugha gA l kfxd volFkk ea cã i fjorU ka ea e[kkdfr ea i fjorU] 'kkj hfjd epk rFkk okd'kã ea i fjorU gks tkrs gS rks vkUrfd i fjorU ka ea j äpki] ân; xfr] 'ol u nj ukMh xfr j ä j l k; u] vUr% koh xUFk; kads l koka e[ eLr"d dh rjaka e[ i kpufo; k , oaekd i s'k; ka vkfn ea Hkh i fjorU gkrs gA

mÍs ;

- 1.vukFkkJe vkokfl r efgykvka ds l ɔskRed {kerk Lrj dk eki u djuka
- 2.vukFkkJe vkokfl r efgykvka ds l ɔskRed {kerk Lrj ij i gkk/; ku ds i Hkko dk v/; ; u djuka

2-i fof/k&

2-1 i frn'kZ, oai frp; u fof/k

i Lrqr 'kksk dk; Z ea l kekftd U; k; , oa vf/kdkfjrk foHkkx] jktLFkku }kjk l ½kfj r efgy

vukFkkJe] l kakkuj t; i j l s 25&45 o"lzd dh vk; qoxz dh 120 vkokfl ukadks crkš iz kš; p; fur fd; k x; k] ftudk l kekftd rFkk vkfFKd Lrj yxHkx l eku FkkA i Fker% efgyk iz kš; ka dks nks l engka ; Fkk i k; kfxd l eng rFkk fu; f=r l eng eacjkcy vFkkz~i R; d l eng dsfy, 60 efgyk iz kš; ka dk p; u fd; k x; kA i ɔkk/; ku iz kx , oavH; kl l si ɔzi Fker% nksekg lk' pkr~rFkk pkj ekg lk' pkr~nkuka l eng ds iz kš; ka }kjk l ɔskRed {kerk eki uh ¼Emotional Competencies Scale½vkj- Hkkj }kt , oa , p-, l - 'kekZ ¼1995½ dk i j h{k. k Hkj ok; k x; kA i k; kfxd l eng ds iz kš; ka dks pkj ekg rd i ɔkk/; ku dk vH; kl dj ok; k x; k rFkk fu; f=r l eng dh nšud fØ; k, j ; Fkkor j ghA muds }kjk fd l h i z kj dksZ Hkh vH; kl ughafd; k x; kA bl 'kks'k dk; Zgrqcgqrj h; fu; f=r l eng vfhkdYi dk mi ; kx fd; k x; kA

## 2-2 i ɔkk/; ku vH; kl i fØ; k

i ɔkk/; ku dk vH; kl Øe

p; fur fØ; k, j	Lke;	vof/k
dk; kRl xZ	10 feuV	4 ekg
nh?kzokl i ɔkk	20 feuV	
T; kšr dšnz i ɔkk	15 feuV	
dy 45 feuV ¼ frfnu½		

## 2-3 i Hkko eki uh mi dj .k

vkj- Hkkj }kt , oa , p-, l - 'kekZ ¼1995½ }kjk fufeš eki uh rFkk funš'kdk ds vUrxš l ɔskRed {kerk l sl ɔf/kr 30 vi wkz dFku crkš iz u fn, x, gš i R; d dFku ds l keusnf'kš i kp okD; [k. Mkaeal s mÜkj nkrk }kjk vi us l ɔf/kr eafdl h Hkh , d dks feyk dj l EHkkfor okD; [k. M dks feyk dj [k. M dks i j k dj us grqi Lrj fd, x, gš mDr tkp l ph eal ɔskRed {kerk vka dks tkp us grq 5 Jš. k; ka; Fkk ¼i½ Hkkouk dh lk; kšr xgj kbZ ¼i½ Hkkouk vka dh lk; kšr vfhko; fä vks fu; a. k ¼iii½ Hkkouk vka ds l kFk dk; Z dj us dh ; kx; rk ¼iv½ Hkkouk Red l eL; kvka ds l kFk epkcyk dj us dh ; kx; rk rFkk ¼iv½ l dkj kRed Hkkouk vka dks c<kuk vkfn ds vUrxš l Lrj fd; k x; k gš i R; d Js kh l sl ɔf/kr 6 iz uka dh l ph gš ftuea i R; d ea mÜkj nkrk grqml l sl ɔf/kr i kp fodYi fn, x, gš

## 2-4 i fj dYi uk

¼H ¼i½ Lrj 'kks'k v/; ; u dsmšs ; kadks/; ku eaj [krsgq fuEu i fj dYi uk dk fuekZ k fd; k x; kA i ɔkk/; ku ds pkj ekg ds fu; fer vH; kl dk efgyk vka ds l ɔskRed {kerk ij l dkj kRed , oa l kFkd i Hkko i Mxka



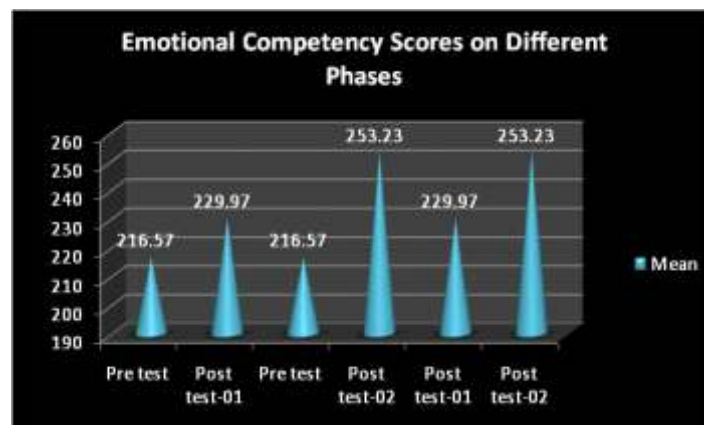
### 3-i fj .kke

vukFkkJe vkokfl r efgykva ds 0; ogkj vofLFkr I ØxkRed {kerk ij i gkk/; ku fØ; kvka ds fu; fer vH; kl ds i Hkko ka dk foLrr foj .k i Lrr fd, tkus ds lk' pkr-bl h Øec) rk ds vxys pj .k ea i k; kfxd I eng , oafu; f=r I eng ½n s ud&p; k½ ds iz kF; ka dh I ØxkRed&{kerk ij mul s I cã/kr Loræ pj ka ds i Hkko ds v/; ; u dk g fo'yšk. kRed vk/kkj ij i Lrr fd; k x; k gA iz kF; I eng ij i gkk/; ku dk I ØxkRed&{kerk ij i wZ rFkk nks ekg lk' pkr~, oa pkj ekg lk' pkr~vFkkz~nks , oa pkj ekg ds e/; dh I e; kof/k eanf"Vxkpj gkusokysi Hkko dks bl v/; k; ds vLrxr I kã[; dh; fo'yšk. k ds vLrxr e/; eku ¼M½ rFkk Vh&eW; }kj k I kFkZrk Lrj ¼O-01½ ds i fj .kke , oamI dh 0; k[; k ds vfrfj Dr I kã[; dh; x. kuk dks fuEufyf[kr I kj f. k; ka , oaj s [kfp=ka }kj k i Lrr fd; k x; k g&

### vLr% eng ryuk

i k; kfxd I eng ds e/; I ØxkRed {kerk ds ¼i½ i w&lk' p i k; kfxd Lrj &I ¼ii½ i w&lk' p i k; kfxd Lrj &II , oa ¼iii½ lk' p i k; kfxd Lrj &I rFkk II ds rF; ka ea i klr ryukRed I kã[; dh; fHkUurk

Schedule of observation	Mean	SD	't' Value	Level of Significance
Pre test	216.57	21.76	3.355	0.01
Post test-01	229.97	29.73		
Pre test	216.57	21.76	7.299	0.01
Post test-02	253.23	32.81		
Post test-01	229.97	29.73	4.356	0.01
Post test-02	253.23	32.81		



### vLrI eng ryuk

i k; kfxd I eng , oafu; f=r I eng ds e/; I ØxkRed {kerk ¼i½ i wZ i k; kfxd Lrj ¼de½ lk' p i k; kfxd Lrj &I , oa ¼iii½ lk' p i k; kfxd Lrj &I rFkk II ds rF; ka ea i klr fHkUurk

Group	Mean	SD	't' Value	Level of Significance
Experimental Pre test	216.57	21.76	0.253	Not Significant
Control Pre test	217.93	35.75		
Experimental Post test-01	229.97	29.73	2.20	0.05
Control Post test-01	218.88	25.26		
Experimental Post test-02	253.23	32.81	6.208	0.01
Control Post test-02	217.98	29.28		



mDr i klr vkodMka ds ryukRed voykdu l sLi "Vr% i rhr gkrk gSfd i k; kfxd l eug ds iz kS; ka ij i v d i k; kfxd Lrj , oa lk' p~ i k; kfxd Lrj & I dh ryuk ea vFkkZ~ nks ekg ds i gkk/; ku ds lk' pkr~ l dskRed {kerk ij l qkkj kRed i Hkko eki k x; k] fo'ySk. k l s i klr ij . kke 'kks'k dk; Z dh i v d i r i f j d Y i uk dh i q'V d j r s gA i v d i k; kfxd Lrj , oa lk' p i k; kfxd Lrj & II dh ryuk d j u s i j i gkk/; ku ds p k j ekg ds v H; k l l s l dskRed {kerk ea v f / k d l qkkj kRed l d s r i klr g q g S r Fkk l k' p i k; kfxd Lrj & I r Fkk l k' p i k; kfxd Lrj & II ds ryukRed fo'ySk. k] voykdu , oa i f j . kkeka l s Kkr g q v k f d i gkk/; ku ds v H; k l d s i Hkko l s l dskRed {kerk ea l k Fk d Lrj ij e g r o i w k z v u p h y l qkkj i klr g q v k g A

4- i f j . kkeka dh 0; k [; k % l dskRed {kerk v k j i gkk/; ku dh mi kns rk

i L r r ' k k s' k k U r x h l k o f x d {kerk d k s v k f J r p j d s : l k e a f y ; k x ; k] l d s x 0; f ä d s' k j h j r Fkk eu n k s u k a d k s H k y h a H k k f r i H k k f o r d j r s g A i gkk/; ku ds iz k s x , oa i ) f r l j y] l g y H k r Fkk f e r 0 ; ; h g k u s d s l k Fk g h l k Fk o S k f u d r k dh d l k S / h i j [ k j h , oa i H k k o h j g h g A o r z e k u e a o s' o d Lrj ij m P p l k o f x d v f l F k j r k i u i j g h g S l k o f x d e v ; ka d s r F; ka d k s e i s u t j j [ k r s g q i L r r ' k k s' k k U r x h l e a i gkk/; ku dk e k u o h ; , oa t h o u e a v ; r v u p h y r i H k k o n s [ k x ; k A b l Ø e e a l k e k f t d , o a u ; k ; v f / k d k f j r k f o H k k x ]

jktLFkku l jdkj }kjk l pkyr efgyk vukFkkJe] l kækuj l s l eku l kektfd rFkk vkfFkd Lrj dh 25&45 vk; qoxZ dh efgykvka dks ; knfPNd : lk l s iɛkk/; ku dk iHkko ¼, d ik; kfxd v/; ; u grq p; fur fd; k x; kA p; fur efgyk iz kŕ; ka dks nks l eng ; Fkk ik; kfxd rFkk fu; ã=r l eng eafoHkâ dj] iR; d l eng ea 60 efgyk iz kŕ; ka dks 'kkfey x; kA ik; kfxd l eng dh iz kŕ; ka dks iɛkk/; ku vH; kl kUrXr dk; kRl x] nh?kz okl rFkk T; kŕ dlnz iɛkk dk vH; kl fu; fer pkj ekg rd djok; k x; k fdUrqu; ã=r l eng dsfy, fdl h Hkh izdkj dk vH; kfl d dk; Dø 'kkfey ughaFkA l ɔskRed {kerk ds iæ. kRed ij j. kke tkpusdsfy, vkj-Hkkj }kt , oa, p-, l - 'kekZ ¼1995½ }kjk fodfl r l ɔskRed {kerk eki uh dk mi ; kx fd; k x; k] i klr ij j. kkeka ds fo'yŕ. k mij kUr 'kksk grq dh xbZ ifj dYi uk dh i q'V l kFkd , oa egUoi wkZ Lrj ij ¼p<.0.01½ i klr gpbZvFkkZ-iɛkk/; ku vH; kl ds iHkko 0; ogkfj d l ɔskRed {kerk ea l qkkj grqea;yd kj h gA

v/; ki dka ij 15 fnol h; ; kx , oa/; ku i f'k{k. k dk; Dæ ea 'kkj hfj d fØ; k, j] 'kokl u vkŕ iz kk; ke dk; Dæ ea rgr~vkdkj , oa xk; =h ea=] vkl u o 'kokl u rFkk ; kxfunk dk iHkko dk iHkko tkpus ij 0-05 ifr'kr vkŕ 0-01 Lrj ij fo'okl i klr gq fd ; g dk; Døe ruko Lrj dks de dj usea iHkko h jgk ¼j at u] 2012¼A ch-, M- dh efgyk Nk=kvka ij iɛkk/; ku ds fu; fer vH; kl }kjk ruko , oanq' park ea deh i kbZ xbZ ¼xkM] 2009¼A 300 Nk=&Nk=kvka ij muds [kku&i ku l ækh ¼' kkdkgkj h , oa ekuf l d½ vknrka dk fHkUu&fHkUu 0; ogkj ij iHkko tkpus ij fHkUu&fHkUu ij j. kke [kku&i ku dh vknrka ds ifj. kkeLo: lk i klr gq ¼pkŕkj h] 2009¼A 45 feuV ds iɛkk/; ku dk vH; kl rhu efgus djokus ij muds vol kn Lrj ea deh vkdj l ek; kstu {kerk ea l qkkj ik; k x; k ¼tŕ] 2010½A 6 ekg dh ; kx fpdfRI k ds ckn iz kŕ; ka ea gkbi ks ifrdkj ea ifjorZ ik, x, ] gn; dh cfu; knh j Drpki vf/kdre ifr?kkrdrk ea egROI wkZ deh ds l kFk , d feuV ds B. Msncko l sj Drpki rFkk ukMh nj o ''ol u nj ea l kf[; dh; : lk l sdkQh deh i kbZ xbA ¼i i =½ eukoKkfud dY; k. k vkŕ thou dh xqokRrk ij ; kx dk iHkko l dkj kRed ik; k x; k ¼yrk] 2011¼A bl izdkj gh vudka fo}kuka , oa eukoKkfudka }kjk /; ku l æh/kd vudka i) fr; ka dk ekuoh; LokLF; dsfy, ifri knu , oai fri ky u fd; k x; kA

iɛkk/; ku /; kukH; kl dh , d , d h i) fr gŕ ft l l si kphu nk' kfudka l si klr cksk , oal k/kuk&i) fr dks vk/kqud oKkfud l UnHkka ea ifri knr fd; k x; k gA bl ds fu; fer vH; kl l sfoy{k. k foosd&'kfâ} , oa cks) d fparu dh {kerk ea vuBh of) gkus ds l kFk vkoska vkŕ vkoska rFkk ofUk; ka vkŕ okl ukvka ds mHkkj en gksr gŕ iz Ru'khyrk }kjk iɛkk/; ku ds {ks= l snf'kr ekuf l drk dks l qkkj k tk l drk gA vud 'kksk fl ) d j rsgsd /; ku , oa; kx vuq lk vudka fo/f; k; 0; fâ ds LokLF; ij iɛkk/; ku ea gh ; fn vkLFkk ds dñ cht cksudh ckr l kph tk, rks vkŕ l qk+ l ij j. kke i klr fd, tk l drsgA iɛkk/; ku dk vH; kl ckgj l sughaHkrj l scnyusdk iz kl gŕ iæ] eŕh vkŕ , drk ea vkLFkk dk foedkl gA

12 ofj "B dMfyuh ¼pd½ pruk ds Osukesuks kthdy vutkoka dks nh?kz vof/k rd /; kukH; kl l j pukRed vkŕ l kFk gh rhork ea ifjorZ dk mri knu dj usea l gk; d gŕ ¼obVŕk] 1997½ A 127 o) vfOzd h veŕj fd; ka ea gYds o mPp j Drpki ds bykt ds fy, Vka MBVy /; ku ds fu; fer vH; kl l s i xfr'khy eka l s kh foJke dh rgyuk ea fl LVkfyd , oa fMLVkyd j Drpki ea rgyukRed deh i kbZ xbZ ¼f'kUMj] 1995½ A 159 mPp ruko ds Nk=ka vkŕ 142 de ruko okys Nk=ka ij ruko cVj h ds ek/; e l s i klr vdkads vk/kkj ij p; u dj ik; kfxd vkŕ fu; æ. k l eng dk xf. kr] foKku vkŕ l kektfd v/; ; u ea i wZ ij h{k. k fd; k x; kA ; kx] vkl u] iz kk; ke] /; ku vkŕ , d mUed[khdj. k dk; Dæ ds l kFk feydj 7 l l rkg dsfy, ik; kfxd l eng ij ; kx ekM; ny ds ij h{k. k ij rgyukRed : lk l sftu Nk=kaus; kskH; kl fd; k f'k{k(ka ea mudk in'kZu cgrj Fkk ¼'kekZA foJke rd uhda fd' kŕ ka ds 'kŕf. kd , oa l kektfd ruko dks de dj usea vR; f/kd i Hkko' kkyh Fkh ¼ukf; k] 2011½ A /; ku esyxHkx 5 o" kZ ds vutkko ds l kFk 20 l s 50 o" kZ ds e/; ds 18 i q "kka dks v/; ; u ea 'kkfey fd; k x; kA bl v/; ; u dh fj i kZ/) kj k cEgkde kj h jkt; kx

/; ku ds vH; kl ds nkS ku fofHku Lok; Rr vkS 'ol u ea ifjorZ i Lr fd; k x; kA /; ku dh vof/k ds nkS ku gn; nj ea of) i kbZ xbZ ¼Mst hj kt ¼ 1993½ A f' kkbZ FkkbySM ea 100 l k/kdka ds ik; kfxd l eng dks foi'; uk ds vH; kl ds i Hkko ea fu; f=r l eng dh rgyuk ea /; ku dk; Zæ ea Hkxk ysus okyka ea i kj Li fd l onu'khyrk] vol kn] fpark] nqeu] Qkcd] ikxy fopkj] tuuh] ck/; dkjh vkfn euksofdr foKku vk/kkfj r pjka ea, l l h, y 9-vkj de Lrj ij ik; k x; k ¼xksYMu] 2001½ A i gkk/; ku ifjorZ dk l jy , oafer0; ; h oSkfud dl kS/h ij ij [kk gqvk l gyHk ek/; e gS i Lr 'kks'k dk; Z }kj k Hkh mi; Dr rF; ka dh Hkkfragh l gkkj dh i fV dh xbZ gA

I UnHkZ

- 1)vf[kysk] , l - ¼1997½ i fyi vkS l ekt] jk/kk d".k izdk'ku i kbZ fy- ubZ fnYyh&110002] ISBN No. 81-7119-344-7 i"B 273] 276
- 2)vkpk; Zegki K ¼2000½ NBk l d dj .k] tS foUo Hkkj rh] ykMu] i"B 88
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