



An initiative of Utthan

**p/gtl Aheval**  
**Aevnes p/og/am for [kolojkl senl3exn**  
**sP3eMbr-Èİ 4l feb/uAarl-ÈĐ**



**:moklva ma3e:**

**[kosen svlRsls fa]NDexn**  
**puna**



**: tEyar krnar :**



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**]T4an iv8e:**

JT4an gujratma> kayRrt Aek SvEiC0k s>S4a 0e. p/o.riv m4a[na'JavaJa' p/yog pr4l p/er`a me5vlne ÉÑÐÉma> car Vyvsaiyk mihlaAone ÉÑÐÉma> JT4annu> kam x½ kyuR. wal p/dexma> pa`lnl A0t 2ravta ivStarma> vsta> smudayoma> Aa2ar9m p/ik/yaAo 1ara sama\$yRp/aiPt ma3e kam krvanu> niKkl kyuR. JT4an s>S4aAe SvC0, purta p/ma`ma> Ane smNyay 2or`e plvanu> pa`l me5vva ma3e ma>g krtl mihla zu>bexnl phel krnar maihtl namnu> smuday-Aa2arlt jU4 x½ krvama> p` mdd krl. ÉÑÑlma> mihtl Aek Svt> a s>S4a trlke kam krtu> 4yu> 0e Ane pa`l iv8yk zu>bexnl sa4e blJa p` ke3lak mu`aAo ma3e zu>bexnl sa4e Aag5 v2artu> rÁu> 0e.'JT4an' x½Aat4l Aaj su2l s6n smuday s>g#nnl p/ik/ya Apnavlne qas krlne mihlaAone keN,ma> raqlne lawv>ict smudayo sa4e kam krl rÁu> 0e.pa`lno m`o Aek p/vexbl>du trlke rÁo pr>tu Tya>4l Aag5 v2lne jeNDR, smanta Ane s>S4aiky pütlna pirpe(y4l kudrtl s>sa2nona s>klit s>caln iv8e }>Da`wrl smj` ke5vvama> JT4an Aek s>S4a trlke stt sik/y rÁu> 0e. halma> JT4an gujratna wavngr, Amrell , dahod, Ane pa3` ijLlana diryaka>#ana Ane Aaidvasl ivStaroma> ÉÉÐ gamoma> payana Stre kam krl rÁu> 0e.

**lok ix9` keN, plvanu pa`l Ane SvC0ta iv8e.:**

JT4an lgwg A!l dayka4l pa`l, AaroGy Ane sfa[ VyvS4ana p/&no iv8e jeNDR smanta, plvana pa`l iv8yk Ai2karo, l6u Ane ivxa5 pirp/(yoma> pyaRvr`ly, Aai4Rk Ane s>S4anly Aa2ar9mtana iv8ye vat kam krl rÁu> 0e. Aa kayRna Anuwvona Aa2ar l[ne hve s>S4a pote xqlqell babtone ivxa5tr Stre phocaDvana ]`ex sa4e Aek lok ix9` keN, S4apvanu> ivcarl rhl 0e. v8R ÉÉÉÍ su2lma> iv&vma> SvC0 pa`l Ane sfa[ VyvS4ano law n me5vl xkta lokonl s>Qya 63aDlne AD2l krlv. Aeva Aa yugna ivkasna @yeyna ]`exne iv&vStre Svll<tl m5l 0e. Ane pa`l na S aoto Ane sfa[VyvS4anu> s>caln lokkeN,lt hovu> Jo[Ae tevo Aiwgm p` Svll<t bNyo 0e Tyare lokone p` Ae iv8e v2u smj m5e, v2u )an,Ja`karl m5, samaijk Ane 3ekinkl )annu> s>kl n 4ay tem j te 1ara smudayonl Ane in`Ry lenar vgoRnl 9mtaAo Ane kOxLyo v2e te j½rl bNyu> 0e. Aem 4xe to j Aa yugna ivkas @yey ha>sl krva ma3e saca A4Rma> yoGy ]dahr` m5l rhexe.

Aa lok ix9` keN,ma> xlvqa xlvvva ma3eno Aiwgm bhupai&vR ÜmL3lle3rlÝ rhexe. iviv2 ihts>b>2l vgoRne ma3e potana Anuwvo Ane ix9`ne prSpr vhe>cvano Aa Aek m>c bnl rhexe. Aa @yeyne isµ krva 9mtav2Rn tallmo yojvama> Aavxe. Aa tallmo drMyan xlvqa m5ell babto `llkr` Ane ivtr` ma3e puStkaly }wu> krvama> Aavxe Ane inyimt rlte smacarp ao p` tEyar krva, ivtrlt krvama> Aavxe. nlitiv8yk ihmayto pr Asr paDva s6n s>xo2nkayR Ane dStave+kr` pr @yan keN,lt krvama> Aavxe.

**ivzn :**

smudayone temne plva ma3e SvC0 pa`l purta p/ma`ma>, smantapU`R Ane Aa2ar9m rlte m5l rhe, AaroGyv2Rn ma3e yoGy rltnl sfa[VyvS4a m5l rhe Ane jeNDR NyaypU`R, shwaghta Aa2arlt, smudaynl mailklnl VyvS4aAo m5e te A>geno temna mU5wUt Ai2karo Ao5qta> xlvvuu>.

**]`exo :**

Aa keN, }wu> krvano ivxa5 @yey Ae 0e ke iviv2 ihts>b>2l vgoRma> jeNDR s>vednxll, Aa2ar9m Ane smNyaypU`R Aevl mULy Aa2airt VyvS4aAo sjRva ma3e AavXyk p/ik/yaAo x½ krvanu> vl` 6Dvano p/yTn krvo.

### muQy j`exo nlce p/ma`e 0e.

- ix9` Ane Anuwvo vhe>cva ma3eno Aek m>c }wo krvo Ane te 1'ara Apnavl xkay smNyaypU`R Ane Aa2ar9m nmUnaAo Ane VyvS4aAo ivksavva.
- sus>gt srkarl t4a ibnsrkarl s>S4aAonl nlitAo Ane puitAo pr p/wav paDvo.
- )anbe>ko, puStkalyās>sa2n keN, }wu> krtl maihtl p/aPt bne Ane vhe>c`l xKy bne te ma3e Anuku5ta sjRvl.
- plvana pa`l na s>g/h, ivtr` Ane tene wegū> krva- vhevDavvanl pr>pragt rltō go#v`ona klaTmk Sv½po Ane iDza[none p/oTsahn Aapvu>.
- lokk4aAo, lokglto vgerema> scva[ rhelu> S4aink p/Jana potlka )anne wegū> krlne ivxa5 Stre vhe>cvu>.
- g/amjnone AaTminwRr bnavvanl zu>bex x½ krlv.

### p/v<itAo :

- plvana pa`l na s>caln Ane s>g/h ma3e, sfa[ VyvS4ana iviv2 nmUnaAo vgerē ivksavva, tenl Ja5v`l krva iv8e 3ekinkl tallm Aapvl.
- jeNDr s>vednxllta, g/amStrna s>S4anonu> mjbUtlkr` Ane mULyAa2airt Aiwgmo jevl samaijk p/ik/yaAo iv8e tallm Aapvl je4l krlne VyiKtgt vl`o p` bdlay.
- nlitiv8yk s>xo2nkayR Ane dStave+kr`nl je p/v<itAo krata> keN,ma> krvama> Aavxe teno j`ex Ae rhexe ke halnl nlitAo Ane puitAoma> Kya> Kya> su2ara krl xkay 0e A4va krva j½rl 0e te 9e aonl Ao5q krl xkay Ane te su2araAonl iviv2 ihts>b>2l vgoR pr xu> Asro 4[ xke te p` Ja`l xkay.
- )anbeNk-puStkaly }wu> krvu> jema> plvana pa`l Ane sfa[ VyvS4a Ane te s>b>i2t blJa iv8yo s>dwR samg/l raqvama> Aavl hoy.
- l6u Ane ivxa5 StroAo ne3vkoRne mjbUr bnavva Ane Asrkark loib[>g pr @yan keiN, t krvu>.
- iviv2 tallm keN, o Ane s>sa2n keN, one JoDva.

### kayRpuit :

- tallm kayRk/mo Ane kayRixibroma> ix9` Aapvna iviv2 Aiwgmo Apnavvama> Aavxe, jema> nlce j`avel p/v<itAo – puitAono smavex krvama> Aavxe.
- iviv2 nmUnaAo ŪmoDeloÝ Ane ma5qa>Aonu> indxRn
- s6n, Aa>trik/yaTmk ccaRAo
- `Vyvha½ Aml 1'ara xlqva` pr war mUkvama> Aavxe Ae3le ke `kro Ane xlqo` kam krvano JatAnuwv Ane te drMyan nva p/yogo krva, nva> ivcarone Amlma> mUkl Jova Ane nvlnlkr`nl rltō Apnavvl.
- p/er`aTmk p/vasonu> Aayojn
- iviDyo ifLmo
- kes S3Dlznl ccaR krlv
- 3lmvkR ā 3lm rcnanl p/ik/yaAo
- Sv smjŪvl`o, mULyo iv8eÝ ke5vvl, pa`l na s>calnna samaijk s>dwoRŪjeNDr, manv Ai2karo vgerēÝ Ane VyiKtgt pivrtRn.

I(y jU4

É.p>cayto. É.pa`l Ane SvC0ta simitAo  
É.Aen.+Ao.,sl.bl.Ao. Ane SvEiC0k s>S4aAo.  
Ì.xa5aAona ix9ko, Aa>g` vaDI kayRkro  
Í.srkarl ivwago

p/Stavna:

JT4an pIAelsl vo3sn d/ara lokone nva indxRn Ane Anuwvnl Aap le ma3e Ple3fomR  
m5l rhe A4va ]wu krvama> Aave tevo p` Aek ]d/ex 0e. Aava Aek nmunanl vat  
gujratma> 4[ 0e p` Vyiktgt rlte ko[na 6er Aa [kosenl3exn bNyU hoy tevu ja`vama>



AaVyu n4l  
tallm,p/r`a p/vas Ane maihtl Il2a bad  
wavngr ijLlana mhava talukana Aktrlya  
game 2nlbhen mnsuqwa[ gujrllyane 6re  
[kosenl3exnnu indxRn krvama> AaVyu 0e  
Ane Aaje te s>to8 kark rlte teno ]pyog krl  
rHya 0e.

Aa 3eknolojIne Vyapk Stre l[ jva ma3e  
[kosen svlRsls fa]NDex-puna Ane pIAelsl  
vo3sn sa4e m5lne Avernes p/og/am for  
[kolojkl senl3exnno kayRk/m krvanu nkl

krvama> AaVyu Aa kayR k/m Aek v8R ma3e raqvama> AaVyo 0e. Aa kayRk/m  
A>tRgt je kamglrl krvama> Aavl 0e tenl ivgtvar no>2 nlce mujb krvama> Aavl 0e.

É.p/v<tlAo:

**É.É.feDrexnna karobarl Ane vo3r AeND senl3exn kml3lna sWyo sa4e jag<tl  
be#k.**

Waavngr Ane Amrell ijLlana ivStar k9ana  
be mihla feDrexnma> dr mihne karobarl  
Ane p/itini2 m>D5na sWyonl ml3l>g 4ay 0e  
jema> Aek var s>S4ana sWyoAe Ane  
p/er`a p/vasma>4l Aavlne potana 6er  
[kosennu indxRn krvama> AaVyu htu te  
2nlbhen d/ara ivgtvar maihtl Aapvama>  
Aavl jena kar`e Aa bhenoAe gamna drek  
m>D5ma> vat krl Ane tenl smj` Aapl to  
ke3lak bheno Aa s>Das jova ma3e tEyar  
4ya.Aa maihtl drek gamna m>D5 su2l  
phoce tenlvabdarl karobarl Ane p/itini2-  
m>D5na sWyoAe Il2l.



**É.É.lokonl jag<tl Aave te ma3e [N3rnl AeKspozr ivzl3.**



[kosen bNya p0l feDrexn Ane gamna bct d/ara Aa nvlN p/yognl vat bheno su2l phocaDI Ane Aaju bajuna wa[Ao Ane bheno Aa [kosenl3exnnl jova ma3e potana qcRe AaVya. Ane Aa s>Dasnl iv8extanl vat 2nlbhen d/ara smjavvama> Aavl. Aa mulakat ÉÍ idvs su2l caltl rhl Ane lgwg ÉÍ 4l ÌÈ bheno wa[AoAe Aa nvlN p/yog joyo.Aa mulakatIAo ma3e 2nlbhene purto smy AaPyo.Aam mo3a p/ma`ma> Aapo Aap jag<it 4va lagl

### É.É.fIDbek ml3l>g Ane rIVyu be#k.

gamma> [kosenl3exn bnaVya p0l Aek ml3l>gnu Aayojn krvama> AaVyu teno hetu s>das iv8enl maNyta, nva ivcarma> wa[Ao bhemonu xu manvu 0e,Ane tena faydaAo iv8enl ivSt<t ccaR krvama> Aavl.

Aa ml3l>gma> gamna bct m>D5na ÉÍ je3la bheno hajr rHya hta Ane Aa ml3l>g [kosennu indxRn krvama> AaVyu htu teva 2nlbhen mnsuqwa[na 6er raqvama> Aavl htl.

Aek g/upma> bheno beslne 2nlbhen be>glorma> =e[ne AaVya p0l s>S4ana magRdxRn he#5 potana 6re [ko sein3exn bnaVyu 0e.tenl ivgtvar vat krvama> Aavl Ane Aap`a gamnl pirS4ltl Aevl 0e ke dirya iknaro hova4l qaDama> pa`l Aavl jay 0e to Amuk ivStarma> kDk p\$4r hova4l qaDo 4[ xkto n4l to Aava ivStarma Aa pyaRvr` Anukullt s>Das qubj ]pyogl4ay 0e. ke je t5na pa`lne p` bgaDtu n4l,pa`IAo0u jo[Ae Ane tema4l m5-mu ano ]pyog Aap`a qetrma> qatr-dva trlke krl xkay 0e,

- Aava p/karnu> s>Das bnaVya p0l Amaro smy bcl gyo Ane
- mjurl kame bharj[ xklAe 0IA,
- dlkrlAo w`va ma3e =y 0e
- xarlrlk Ane manisk war h5vo 4yo,j4l Amaru AaroGy su2rl jxe
- phela vhell svare A4va raalna smyej s>Das jvanu 4tu idvse quLlama> jvanl muXkell pDtl.n jvana kar`e Aarogy ]pr Asr pDtl jevl ke kbjlyat, ma4ano duqavo,pe3no duqavo ivger p/&no 4ta tema 2lre 2lre rahat 4tl jay 0e Aevu lage 0e.
- ibmarlna smye ke vrsadna smye bhar jvama> muXkell pDtl je nhl pDe.
- Aava p/karna s>Das bnavva pa05 kul ½.ÉÍÉÈã- no qcR 4yel 0e.

Aam bheno sa4e ccaR 4tl htl Aema> Aek bhen ke mare Aa s>Das bnavvu 0e to xu krvu Ane tme Amne xu 3eko Aapxo ?.

Amo tmne magRdxRn Ane maihtl Aapvanu kam krlAe Ane 3eknlkl mdd krl xklAe.Jya su2l na`aiky 3ekano sval 0e Tya> su2l Aap`e 6rma> samaijk p/s>goma> Ane 2aimRk kayRma> 2ayaR krta v2are qcR 4ay 0e, Aap`a 6rma 3lvl,DivlDI,moba[l Ane ba[k hoy p` Aap`e s>Das bnavva srkar ke s>S4a ]pr Aa2arl 4[ j[Ae 0IAe, sacu 0e ke qo3u? tmne xu lage 0e ? sacl vat 0e p` s>g#nma> rhl cokks ivcar krvo jae[Ae ke na`a kya4l me5vl xkay,jema> lon ke irvoLvl>g p` hoy, ivkLpo 6`a b2a 0e. bct m>D5na Aek bhen tEyar 4ya ke hu marl jate mara 6re s>Das bnavlx s>S4a mne

3ekinkl mdd krxe Aa tEyarl sa4e b2aj bheno indxRnnl mulakat II2I Ane 2nlbhen Aana ivxenl smj Aapl ml3l>g pu`R krvama> Aavl.

**É.Ì.Aktrlya gamnl [kosennl mulakat t4a bheno sa4e ml3l>g:**

Aa p`e Aag5nl ml3l>gma> ccaR krl htl ke Aa s>Das bnavvu joAe je4l qubj fayda 4ay 0e p` m>D5 trlke kevl rlte Aane Aag5 jva ma3e tmoAe xu ivcar kro 0o.bheno d/ara j`avvama> AaVyu ke Amne magRdxRn Ane 3eko m5e Ae3le Amaru m>D5 Aag5 v2va ma>ge 0e. Ane s>Das bnavva bheno tEyar 0e p` 4oDa na>`aiky 3ekanl p` jrur 0e.

2nlbhen Ane tena ku3ubna sWyo jpyo kre 0e Ane Aaje car mas4l Aa s>Das jpyogma.0e. Amara Aek 0okrane s>Das4l AaVya bad raq na>qvanl 3ev pDtl n htl p` Aaje s>Dasno jpyog krlne raq naqe 0e.'Amara 6rma> mhasuq 4[ gyu

**Ê.p/car Ane p/sar ma3e juda juda samaiykoma> [kosennl kesS3DI 0apvl.**

Aa nvl 3eknlk4l lokoma> 6`o ]Tsah hto Aano v2arema> v2arema> p/car-p/sar krvana hetu4l gujratma> SvEC0l s>S4aAo d/ara bhar pDta Amuk samaiykoma> leq ke kesS3DI rupe mukvama> AaVya Ane tena4l v2are loko su2l Aa maihtl phoce Ane Ane tena iv8e ja`karl me5vl, Apnavta 4ay.plAeIsl vo3sn d/ara “**loks>cln**” namnu i amaisk bhar paDvama> Aave 0e.

**Ë.monl3rl>g Ane supr vlzn:**

dr mihne m>D5nl ml3l>gma> senl3exnnl ccaR krvama> Aave 0e Ane blja ku3u>b kevl rlte s>Das bnavl xke tena ma3e ivkLpnl ivcar`a krvama> Aave 0e.

s>S4ana kayRk/taR Aa ku3u>bnl mulakat krl s>Dasna jpyog Ane vprax Ane ifDbek levama> Aave 0e.Jyare Aa s>Dasno jpyog xru krvama> AaVyo Tyare 4oDI nvlnta lagtl htl, 6rna blja sWyone se3 4ta 4oDo smy laGyo hto.

**Ì.dStavejkr`:**

**Ì.É.kexS3DI tEyar krl.**

[kosen indxRnnl kexS3DI gujratl Ane A>g/ejlma> tEyar krvama> Aavl jema> gujratma> Aa Aek Vyiktgt s>Das phellvar bnavvama> Aavel 0e. Ane Aag5nl p/ik/yanl no>2 krvama> Aavxe je4l blja loko sr5ta4l teno jpyog krl xke.



**Ì.Ê.[kosenl3eznna juda juda fo3o:**

drek kayR p/ik/yana fo3og/afnu klekxn krvama> AaVyu 0e je4l [kosenl3en kevl rlte bnavl xkay te jota j Qyal Aavl xke Ane samaijk p/ik/yaAo p` ja`l xklAe Aam drek p/kana fo3a raqvama> AaVya 0e.

**Ì.Ë.poS3r Ane nanl ifLm bnavl.**

Jag<it ma3e Ane p/sar p/car ma3e [kosennu poS3r bnavvama> Aavl rHyu 0e Aa poS3rma> ic a jota, n va>cl xkta loko sarl rlte smjl xke Ane [kosen Apnavta 4ay Ane pyaRvr`ne nukxan n 4ay tevl 3eknolojIno

btavvvama> Aavl 0e.

Ì.Ì.maihtl p alka tRyar krvi

[kosenl3exnnl tmam ivgt Aaptu b/oxr bnavvama> Aavxe jema> 3eknolojl samaijk p/ik/ya Ane Aktrlya gamnl kexS3DI mukvama> Aavl hxe Ane jena kar`e loko smjl xke,j[ne jo[ xke Ane v2are maihtl ma3e s>pkR krl xke je4l Aa [kosen bnavnar lokone ko[ muXkell n pDe Ane Aa ma@ym d/ara teno p/sar-p/car 4[ xke Ane je4l iDmaND ]wl 4ay.

Ì.Í.tallm moDyuAl Ane p/ejN3exn.

[kosennl p/a4imk snj` Aapva Ane lokoma> jag<it lava ma3e Aek tallm moDyul tEyar krvama> AaVyu Ane tenl sa4e ivgtvar maihtl Aaptu pavr po[N3 p/ejN3exn tEyar krvama> AaVy 0e. jema d/ara loko srta4l smjl xke.

Í.joDa`:

Aa p/ik/yane Aag5 l[ jva ma3e judl judl f>DI>g AeJNsl,beNk Ane srkar sa4e joDa` krvama> AaVyu 0e je4l Aa 3eknolojlno iSvkar 4ay Ane p/oTsahn m5e Aa p/ik/ya4l nlcena mud/aAo bhar AaVya 0e.jena kar`e A6Rym s>S4a sa4e joDa` krl blja ivStarma> indxRn ma3e. Ane 9mtav2Rnnl kamglrl ma3e p/ik/ya call rhl 0e.Ane beNk sa4e joDa` krl [kosen bnavva lon m5e tevl p/ik/ya call rhl 0e.