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o) tuka dh l eL; k n'kk , oa fn'kk



juu pksku

I ekt "kkL= foHkkx , l-ch/Mh- dkyst] /kheij tuin fctukj A

Short Profile

Renu Chauhan is a working at Department of Sociology in S.B.D. College, Dhampur district bijnaur.



i l r k o u k &

tgkWr d Hkkj rh; I ekt dk izu g\$
o\$nd l H; rk ds vjk fEHkd dky l sgh
o) tuka dks ifjokj ea vR; kf/kd
l Eekfur LFkku nusrFkk o) koLFkk dks
l j f {kr cukus ds fy; s vud
0; oLFkk, a cuk; h x; h A bl ea l a p r
ifjokj 0; oLFkk l cl s egROI w k Z
0; oLFkk Fkh] ftl ea ifjokj ds l eLr
l kekftd] /kkfe d vksj vkfFkZ d
vf/kdkj ifjokj ds o) l nL; ka dks
l ka dj nw js l nL; ka dks mlgha ds
A bl 0; oLFkk uso) i h<h dks vkfFkZ d
mi ; ksch Hkkfedk fuHkk; hA mi fu"knka
0; oLFkk ds vLrxr okui LFk rFkk
nkf; Ro bl rjg fu/kkZjr fd; s x; s
l s nj jgdj lekt dks vius
dj l ds vksj Lo; a Hkh viuk
bl h mnas; dks ydj iq "kkFKZ ds
dks fodfl r fd; k x; k A xteh. k
, d , d h xte ipk; r iz kkyh
l pkyu xko dso) ykxka }kj k fd; k
; g , d fo'ksk fpUru Fkk ftl ds
l l dfr dk fodkl gks l dk A

cpi u l scq; ki s dh vksj

funz kka ds vuq kj dk; Zdjuk , d
vksj ekuf l d l j {kk nusr ea Hkh
dh j puk gkus ds l e; l svkJe
l U; kl vkJe ea 0; fDr ds
ftl l so) tu ekuf l rukoka
mi ; ksch vutkoka l s ykHkkfUor
v/; kfred fodkl dj l da A
vLrxr %eks k** dh vo/kkj .kk
thou dks l n<+ cukus ds fy,
fodfl r dh x; h ftl dk
tkrk Fkk A Hkkj rh; euhf" k; ka dk
QyLo: i ; gkW , d xks oe;



o) tuka dh l eL; k n'kk , oa fn'kk



“बचपन के दिनों में खेल-खिलौने से खेले
जवानी आई तो लहलहाए इतराये,
बुढ़ापे को देख रोये घबराए”



dkbz l kelftd 0; oLFkk pksfdruh Hkh mi ; ksx jgh gk\$ l e; ds l kfk ml ea vusd , d srRo tMues
yxrsq\$ ftudsQyLo: i ml dh mi ; kfxrk de gkusyxrh gSA Hkkjr ea e/; dky ds vkj EHK l sgh 0; ki d
fuj {krk vks\$: f<xr 0; ogkj ka ds dkj .k /khj &/khj s tc l a Qr i fjokj ka dh l j puk cgr nkski wZ cuus yxh
rks i fjokj ds vf/kdkak l nL; bl s, d vuq; ksx l LFkk ds: i eans[kusyxsA chl oh 'krkCnh ds vkj EHK l s
tc vks\$ kxhdj .k vks\$ uxjhdj .k dh i f0; k ea of) vkj EHK gPZ rks i gyh ckj ykxka dks l a Qr i fjokj
NkMej vi uk vyx i fjokj cl kusdk vol j feyuk vkj EHK gksx; k A ; gha l s l a Qr i fjokj ka dk fo?KVu
gkusyxk A , d ekrk&fi rk dh ; pk l Urkus vi usfy, tc u; s dlnzd i fjokj dh LFkki uk dj rh gS rks u; h
txg] LFku dh deh vks\$ LorU= thou thus dh ykl k ds dkj .k osekrk&fi rk dks l kfk ughaj [k i krh A
; gh o) tuka dk thou , d l eL; k dk : i yusyxrk gSA

o)tkfey 'ykl ds vud kj %&



o) koLFkk Hkh , d chekj h dh rjg A ; g , d , d h chekj h gStks i R; d dks vfuok; Z: i l syxrh gS
rFkk cgr de , d sgStksbl chekj h ds nti Hkkoka l scpsj grsg\$* A
orZeku ekgkSy ea; pkvka dks Hkysgh futkr fey jgh g\$ vi us <x l s thou thus dk ekdk fey jgk
g\$ i jUrqo) ka dks vdsys gkus dk na M >yuk i M+jgk gSA upl ku nkuks dks mBkuk i M+jgk gSA upl ku

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o) tuka dh l eL; k n'kk , oa fn'kk

nkus dks mBkuk i M+jgk gSA ; pk i h<h vi us l scMka ds vuHkoka dk Ok; nk mBkus l sofir gks jgh g\$ ogha
o) ykx cgn vl j {kk dsegky ea th jgsgSA i fj .kke Lo: i dHkh gj gky ea l UrqV vks [kqk jgusokys
o [kqk j [kusokys Hkkj rh; o) ka dk c&ki k onuk ds l k; sea dV jgk gSA bl ckjs ea l jdkjh vktM\$ Hkh
pk\$ kusokys gSA dlnh; LokLF; ea=ky; Hkkj r dh o) kadh LokLF; l eL; k, Wfj i k&Zeadgk x; k gS%&

- 1-25 i fr'kr Hkkj rh; o) tu vol kn ea th jgsgSA
- 2-35 i fr'kr dh xfb; k ; k gMMh ds jkx gSA
- 3-10 i fr'kr l qu ughal drsA
- 4-xkka ea 33 i fr'kr o 'kgj ka ea 50 i fr'kr dks gkbi j Va ku gSA
- 5-djhc 50 i fr'kr dh utj detkj gSA
- 6-10 i fr'kr Hkkj rh; o) tu fxj dj vi uh dkbZu dkbZgMMh rMok cBrs gA
- 7-45 i fr'kr dks , uhfe; k gSA
- 8-xkka ea 10 i fr'kr dks Mk; cVht gSA
- 9-33 i fr'kr dh i kpu 0; oLFkk Bhd ughagSA

o) tu dh i aq[k l eL; k gS%&

- 1-i kfj okfj d mi \$kk dh l eL; k A
- 2-vkfFKZ vl j {kk
- 3-vdys i u dh l eL; k
- 4-euk\$Kkfud vl j {kk
- 5-i frLFkfr vks Hkiedk ea l ak"KZ
- 6-eukj at u dh l eL; k
- 7-LokLF; dh l eL; k A

Hkkj r ea c<rh gPzo) kadh l a; k & cnyk gqk l keftd i fjosk , d i kfj okfj d l j puk o) kads
thou dks dfBu cuk jgk gSA vkadM\$; g crkrs gSfd 'kgjh {ks=ka ea 64 i fr'kr o) efgyk, a vks 46
i fr'kr o) iq "k vi uh emy Hkur vko"; drk vka ds fy, i w kZ : i l snw j ka i j fuHkZ gSA vk/kqudrk rFkk
i t hokn us urd] l \$ kfUr d] o\$pkfj d] eW; xr l ef) dh vo/kkj .kkvka dks l eklr dj fn; k gSA o) ks ds
vuHko ^Lds* dgdj [kkfj t fd, tk jgsgsvks os^vkmVMS/M* dj kj dj fn, x, gSA fi Nysd n'kdka
ea o) kadh l a; k ea of) gPZA Hkkj r l fgr l eLr fo'o ea o) kadh l a; k ea rhork l sof) gks jgh gSA
^; wkbVM us ka Xyky , D'ku vks , itx 2007** ds vkadMka ds vu d kj i j sfo'o ea Hkkj r vks phu ea
l okZ/kd cqt qkZ dh l a; k ea of) gks jgh g\$ tks 4-4 i fr'kr i fr o"KZ gSA tcf d i j sfo'o ea of) nj 2-6
i fr'kr i fro"KZ gSA bl l sLi "V gSHkkj r ea o) kadh c<h l a; k nsk dh cMh l eL; kvka ea l s, d gSA

Hkkj r ea vkB dj km+0; fDr ofj "B ukxfj d kadh Js kh ea vkrsg\$ tks vi uh vk; qds l kB o"KZ i j s dj
pds gSA ; g l a; k 2025 rd 18 dj km+rd i gPbusdk vu eku yxk; k tk jgk gSA , d rjQ c<rh cqt qkZ
dh l a; k n w jh rjQ rhoz HkK\$rd fodkl dsdk l .k rsth l svk jgsgSA

o) tuka dh l eL; k n'kk , oa fn'kk

fuEu vkadMsn'kkzsgs%&

I u-	of) nj
2013	10 ifr'kr djkm+
2025	12-50 ifr'kr djkm+
2030	19-8 ifr'kr djkm+

I u-2050 rd rks80 I ky mezds5-14 djkm+yks gksA fo'o LokLF; I xBu dk dguk gSfd 4 I s6 ifr'kr o) tu rksge'kk gh d'k k dk f'kdj jgrsgSA

o) tuka dh olr'LFkr dsI ECU/k eaHkkjr eafo'o LokLF; I xBu dh fj i kZ/mudh nq'kn fLFkr dks mtkxj djrh gS MCyW, p-vks dh fj i kZ/eaftI egRo i wZ fclnq dh vkj /; ku vkdf'kr fd; k x; k gSog ^nq; bgkj* tksmudLo; adscPpkal sfeyrk gS vFkkZr vdsys u dschp nhokj ka l sckrsdj uk ; k cPpkal j cks> cuusdh i h<k vi eku vkj mi {kk o) tuka dks 'kkj hfjd vkj ekufI d rks i j chekj dj j gh gSA

I ekt ea?kfVr okLrfod ?kVuk; a%&



माता-पिता के चरणों में हे जन्मत
 माता का आँचल लगे सुख की छाँव
 पिता का दुलार रहे शहद जैसा



bu nksuksusu tkusfdrusd"V I dsfQj Hkyk ge budkso) koLFkk ea'ds svdsyk NkM+I drsgSA budk __.k rksppk; suglppk; k tk I drk A vkj ge ; g Hkh tku ya tS k ge vi usekrk&fi rk ds l kfk

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o) tuka dh l eL; k n'kk , oa fn'kk

djæsoʃ k gh gekj scPpsgekj sl kFk djæA

1-tc eðo) vkJe xbzrksdN o) tu , d sfeysftudk gky tkudj fny Hkj vk; k A ; so) tu l Ei lu i fjokj l sg\$ mlgkuscrc; k fd mudscPpkads i kl mudsfy, l e; ughag\$vk\$ oksgekjh ns[k&j\$ k dsfy, bl vkJe ea: i ; sns tkrsgSA og o) tu dgrsgsf d geamuds: i ; sdh ugha cfYd mudsl; kj HkjsLi 'kz dh t: jr gSA

2-bl ?kVuk dks tkudj fny ngy tkrk gsf d , d h Hkh vksykn gkrh g\$ ftl sge cæki sdh ykBh l e>rs g\$ g\$; s ?kVuk , d h gh o) muds cPps gSA ; s og of) cks> cu xbz Fkh A mlgkaus ektk rhFkZ ; k=k dscgkuspkj vdsyk NkM+ dj ogkll s vk ns[kks og o) efgyk l dqky vkrs ns[kdj ml ds i krk o cg&c/s ds eul wka ij i kuh viuh ekll dks foVkfey dh i kj EHk dj nh vks\$, d fnu fny ds nk\$ sl ser; qgks xbz A i krh ij xgjk i Hkko i Mle vks\$ og viuh nknh dh er; qdk dkj .k tkuus dsfy; s [kkst chu dj usyxh A rc ml ds l keus dN , d srF; vk; sftl stkudj og cgr g\$ ku gpZA ml us tks nknh dh nokbz j [kh Fkh oks [kkus dk ukVd fd; k vks\$ 'kkj epkdj cgs k gks xbz tc ml ds eEeh i ki k vk; s rks c/s h dks cgs k ns[kdj os tkj & tkj l sj kus yxs dh gea vi us dekz dh l tk fey xbz rHkh os D; k ns[krs gsf d mudh c/s h mBdj cB tkrh g\$ rks ml ds eEeh i ki k vk'p; pofdr gks tkrsgA eEeh&i ki k ds bl f?kukus vij k/k ij mudh c/s h dgrh g\$ vxj cM\$ gkdj eavki ds l kFk , d k d: Wkh rks vki ds fny ij D; k xqt j xh A vki usej h nknh ekll dks ekj Mkyk vks\$ tkj & tkj l sj kus yxh A



tc ge cPps Fks rks yM\$ ekrk&fi rk ejs g\$ ejs g\$
tc ge toku gq rks yM\$ ekrk fi rk rjs g\$ rjs g\$ A

, d h uk tkus fdruh ?kVuk; a g\$ tks cPps ekrk&fi rk dks cks> l e>rs g\$ t\$ s fQYe cXoku ea vferkHk cPpu o fd dli rjg l sl c vksykn us mlga nks dN fnuka ds fy; s Nks/s c/s ds i kl l e>uk pkfg, fd jgus dh vko'; drk ekllcki dks d\$ s, d ; g ugha tkurs os djæj o\$ k gh mudh



gæk ekyuh dks fn [kk; k x; k dN gksrs gq mudh [kq dh fgl l ka ea ckW fn; k fd i ki k cM\$ c/s ds i kl vks\$ eEeh jg xh A tcf d ge l cdk; g cæki s ea , d nll js ds l kFk gkrh gSA fQj ; svksykn vi us nll jsl svyx dj nrh gSA os t\$ k vi us ekllcki ds l kFk vksykn mudsl kFk dj xh A

4-vHkh gky gh ea ekpZ 2015 ekg ea , d fny ngykus okyh ?kVuk & vyhx<+ea ek= 1000@& : i ; s ds

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o) tuka dh l eL; k n'kk , oa fn'kk

fy; svi uh ekWdh gr; k dj nh A

o) i HkRotukadso) koLFkk ij fopkj



Jhefr l fe=k noh] mez85 o"ka v/; {k] efgyk e. My l fefr /kkei g] ¼ctukš ½

n<+bjknš eu ea l ekt l ok dk Hkko fy, eš efgyk e. My l fefr dsuke l s, d l LFkk dk l pkyu dj jgh gWA ejk mnas; efgykvka dk 'kksk.k jkdruk] efgykvka dks f'kf{kr dj uk] LokoyEch cukuk] i k= efgykvkadksfo/kok i a ku] o) koLFkk i a ku] l jdkjh ; kst ukvka dk ykHk o i kfjokfd epnks dks l >kus dk dke Hkh 'kkfey gSA ejk ekuuk gSfd i R; d oxZ dh ; pk i h<h dk cMh i h<h ds l kFk rkyey gkuk vfr vko'; d gSA D; kfd cnyrs ifjosk ea; g iz kx l ekt gh ugha oju-nš k ds fy; s Hkh vko'; d gš D; kfd & ^l gk; rk u fd fojks[k**] ^ij & Hkko & xg.k] u fd ij & Hkko & fouk'k**] ^l ello; vksj 'kkfUr u fd erHkn vksj dyg** bl mfdR dks/; ku eaj [kdj geavi uh Hkkoukvka dk vknku i nku dj ds; pkvka dks i Rl kfgr dj uk pkfg, A



ekuuh; Jh txnh'k plnz pksku] vk; q 72 o"ka ch-bz& 1964 cp] : Mdh fo' ofo | ky;] fjVk; MZ v/kh{k.k vfHk; Urk] fl pkbz foHkx m-i j] oržku ps ješ] /kkei g] fMxh dkyst] /kkei g] ykldkyst] gksh , fty , dMeh] /kkei g] A

thou ds vflre mi gjk dk uke fn; k gš cęki k A thou ds vflre i Mko dks l e> fy; k tkrk gš , d nhu ghu 0; fDr tks l nš ni jkadh di k dk i k= gSyfdu , d k l e>uk] cęki sdh vogsyuk dj uk gA bl thou dks nhu ghu n"V nđj ml dks Bđj kuk gSA dgk tkusyxrk gS fd , d vksj cBdj bz oj dk uke ykš rēgkjsosk dk dks dke ugha re ekuf l d : i l sHkh detkj gks x; j rēgkj h jk; i j kus di Mka dh rjg i j kuh gks x; h gS vksj cęk 0; fDr Hkh vi us vki dks , d k gh l e>us yxrk gSA

okLro ea o) koLFkk , d , d k oj nku gS tks vi us dks gh ugha cfYd vi uh ; pk i h<h dks vi us ojngLr l sl gh ekxZdh vksj i j r dj l drk gSA tš snwk dk l kj eD [ku gš ?kh gš ftl ds l ou l s0; fDr etcir curk gSA ml h i zkj thou dk l kj cęki k gš og Hkh ; pk i h<h dks l e>] l gh ekxZfn'kk nsl drk gS A

ejk ekuuk gSfd cęk vfHk'kki ughagSA bl s thusdh dyk vkuh pkfg, A



MkW l jkst ekdZ Mš] mez 76 o"ka i wZ i kpk; k] , l OchOMh0 ¼i h-th-½ efgyk egkfo | ky;] /kkei g] oržku ea l kekftd l LFkkvkae adk; j r A

ejh cpi u l sgh bPNk Fkh fd eš Lo; a vi us i j kai j [kMh gks l dWrkfd fd l h i j vkfJr u jguk i M+A 'kk; n ?kj dh cMh cš/h ds : i ea; g thou ds ifr ftEenkh dk Hkko Fkk ; k cMli u dk vgl kl yšdu ; g ejk y{; vo'; Fkk A ifjJe dh imh] egur] fu"Bk i wZ l adkj o l kekftd ifrc) rk dscy ij ; fn eš bl l dYi dks l kdkj dj l dh rksml ea ej s vfHkHkkodx.k o f'k{kdkads vk'khžkn ds l kFk&l kFk l kFk; ka ds l g; kx o l nHkko dh imh tMh Fkh A l knk thou mPp fopkj dh i j .kk l sl d k/kuka dh dHkh&dHkh ck/kk ugha cu l dh A LokoyEcu ds bl l ki ku dh l h<h cuk 'kš[kd txr dk foLr ifjosk] ftl ea f'kf{kdk] i kpk; k] izU/kd tš sfofHkku ek/; eka l s eš vi uk us"Bd Lolu thvks vksj thus nks dks l kdkj dj l dh A LokoyEcu dh bl ; k=k ds oš fRd] i kfjokfd] l kekftd o vkfFkd vk; keka ea eš us i k; k fd ; fn vki dk y{; l ožgr l s tMh gks rks l ak'kkš ds vksj sea Hkh j k kuh fey gh tkrh gSA vi us vuojr iz kl o fu"Bk l s i kbZ LokoyEch thou dh l kškr dks l e0; Loka ds Lug o dfu"Bka ds vknj l s tkMđj eš us tks vkfRed vkulln i k; k gSog rks vuBk gh gSA bl

o) tuka dh l eL; k n'kk , oa fn'kk

l kskr dh cnksyr vkt thou dsipgrj o'kziwkzdjdsHkh ij o'krk] fujk'kk] , ddkdhi u dh l a=kl tS h Hkkouk dh vi {kk ifjokj o l ekt dsifr nfk; Ro cksk dsl nHkkoh iz; kl ka l stMdej eS thou thus dh dyk dk foLrkj djrh gWvksj vUr ea; g dgach , sukst okuka o_ks cks cks> u l e>kaosvi usvutlko l svki dks i xfr i Fk ij geskk vxz j djacs; kn jgs, d fnu vki l cdkshkh bl Js kh ea vkuk gS; g pØ fujUrj xfr l sgeskk pyk; eku jgsxk dS k thou pkfg; s; svki ij fuHkj djrk gS; gh ejk vehrV gSA



ekuuh; Jh ; 'ki ky rnyh] mez 72 o'kz l okfuoRr v/; ki d] vkj-, l -, e- b-dk- /kkei j] orZeku ea&l ekt l oh o vl; l kekftd l l Fkkvkaeadk; j r A

ea vi uh o) koLFkk ds dky l siwkz l UrqV gWA bl dk eq; dkj .k gSfd iR; d orZeku i fjLFkfr; ka ds vuq kj vi usvki dks <kyukA o) koLFkk ea os fujk'k o nqkh gkrs gS tks bl dky ea Hkh vk'kk djrs gSfd ifjokj ds l Hkh l nL; muds vuq kj dk; Zdj] tcf d ubz tujsku dh vi uh l kp gS os vi usvud kj thou 0; rhr djuk pgrsgS eadHkh Hkh vi uscPpkadsdk; kZea gLr{ki ugha djrk gW; fn dHkh djrk Hkh gWks; g dgdj fd ejk ; g ekuuk gS; fn rEga Bhd yxs rkejs vuq kj dk; Zdjks; fn ughaHkh dj kxs rkejs scj k ughayxsk A l keltL; ejh i kFkfedrk gSA

ea us i fjokj ea , d fu; e vkj EHk l scuk; k gqk gSfd jkr dks [kkuk l c , d l kfk [kk; aks A ; fn i fjokj eadkbzruko gS rksog l ekir gkdj l c ukezy gsktrk gA
ea vi uk l e; l kekftd] /kkfed o xS jktuSrd dk; kZea yxrk gWo l e; dk l niq ; kx djrk gW
?kj ij cBusl sge l ekt l snj gsktrsgS vi us i j kusfe=ka o l g; kfx; ka l sekskbzy l sckr djrk jgrk gWA

nl jksdh ckr /; ku l sl qrk gW; fn ejh l kp dsfoi jhr Hkh gS rks Bhd yxus ij ekurk gWA fo"ke i fjLFkfr; ka ea Hkh dVq'kCnka dk iz; kx ugha djrk gWA



MkW 'kkfUr 'kekz vk; q 75 o'kz l okfuoRr , l -ch-Mh- 1/4 h-th-1/2 efgyk egkfo | ky;] /kkei j] orZeku dk; kS= & , l -ch-Mh- 1/4 h-th-1/2 efgyk egkfo | ky;] /kkei j] , oa l kekftd l l Fkk; j , oa l Ei wkz'kS[kd , oa l ka dfrd {ks= A

eku o tle yrk gS cpiu] fd'kij koLFkk] ; pkoLFkk] i kS=koLFkk , oe-o) koLFkk ea fo fHkUu vutlko ka l sl k{kkrdkj dj vUr ea eR; qdks i ki r gkrk gS fdUr qeR; qdsckn Hkh 'kSk jg trsgS 0; fDr dsdezml dh Lefr; kW ml dh jk"Va , oa l ekt dsifr dh x; h l ok; avkfn A

l kekU; : i l s 60 o'kz dh voLFkk vkrs vkrs 0; fDr Lo; a dks caxk vutlko djrk gS ukSj h l s fjVk; j gkrsgh 0; fDr l eLr drD; ka l sHkh fjVk; j gksuyxrk gsvksj ; gh Hkkouk thou dks mRl kgghu vksj fulrst cukrh gSA ; g rksvf/kd ?kfu"Brk l sl ekt vksj jk"Va l stMausdk l e; gS; syus dsLrj l sugha nus dsLrj l sl ekt vksj jk"Va l stMausdk l e; gSvksj ; fn vki nus dh jkg ij py i Marks o) koLFkk Nuelrj gsktk; sx , d u; k tksk] , d u; k mRl kg vki ds vUnj tle yxk A vki i q%Lo; adks; pk egl w djaxsA eR; qdk Hk; l ekir gsktk; sk vksj l kdkj gksxk Hkkj rh; l adfr dk pj bfr] pj bfr dk vkn'kZA

vi uh : fp dk dk; Z<W<; svksj ml ea je tkb; sA fd l h l kekftd l l Fkk l stM+tkb; sogkWdke dhft; s ij gkW [kkyh cBdj ?kj dh cgwcfv; ka dh cjk bZer dhft; sA dN ndj rksnf[k; sl ekt dks i je l qk dh vutlkor gskch vksj Hkny tk; aks vki vi uh mez dks A ; gh thou dk y{; gkSvksj ; gh eqDr dk ekxz gSA



MkW , l -ds jkti r] mez 72 o'kz i wli kpk; Zvkj-, l -, e- 1/4 h-th-1/2 dkyst] /kkei j] orZeku ea& : gsy [k.M] mRrjk [k.M] , u-l h-vkj- ds fo fHkUu egkfo | ky; ka , oa fo' ofo | ky; o l ekt l oh l l Fkkvkaeadk; j r A

orZeku l ekt ea; | fi o) tuka dh n'kk , oa fn'kk ds cksj sea vf/kdkr% yksx ; pk i hfM+ ka dks

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o) tuka dh l eL; k n'kk , oa fn'kk

nkskh Bgjk rsgSij Urqej sfopkj l sftruk ; pk ih<h dksnkskh Bgjk; k tkrk gSml l sdgha vf/kd mRrjnk; h o) tu Lo; agSA ; fn ge i kY; ka dks l e; kud kj /; ku na vksj mudh vko'; drk vksj : >ku dksnf"Vxr j [krsgq mudsi Fk in'kzd ds: i eamudsl kFk pyarksfu'p; gh geal qkn okrkoj .k vksj pdu dh l ka thus dk vol j feysk A i kY; ka ds dR; ka dks muds xqk nksk ds vk/kkj ij fo'ys"kr dj mlga l ekt ea l q ddr cukdj vxsc<k; avksj ftl l sdh ge vi uh o) k volFkk ea l qk pdu dh l ka ysl daA gekjk i wkz fo'okl gSfd ; fn o) tu vi us vrhr dks ns[krsgq vi us i kY; ka l s rnkud kj 0; ogkj dj rsgSrks fu'p; gh ge o) tukadsl qk i wzd thou thusdk vol j i klr gksk A



Jhefr ekyrh pksjku] mez 70 o"ka Cykd i ed[k vYgs g] /kkei g] fctukj A

ea vi us dN Hkko fopkj fiz ; js kd dh i qrd dsek/; e l scrkuk pkgrh gWA , d fdl ku esyk ej s Cykd ea yxk Fkk rc Hkh bl rjg dh cks l keus vk; h fd gekjsfy, o) vkJe cuuk pkfg, A rc eus mudk /; ku bl vksj vkdf"kr fd; k] Hkkoz kj nknk cuks ij nknkxhj h er djksA ?kj ea vi uh i fRu; ka l sl qg dh pkj cuokvksj l qg 6 cts c/s dh cgr dks mBkdj pk; cuok dj ?kj dh cgr vks dk eM [kj kc dj ds ?kj dsek gSy vl gt dj us dk iz kl er djksA gj ckr ea ?kj ea cgr c/s dks vk duk muds dke eadeh fudkyuk mfor ugha gSA cpi u geus [ky dm dj fcrk; k tokuh fnokuh ea j gh rks ceki s dks vfHk'kki er l e>ksA ceki s dks Hkh ftUnkfnyh l s thusdk l gll cVksj ksA ; fn vkneh i Ddk bjknk dj ys rks dkbz pht Hkh vl EHko ugha eadguk pksjkh &

thou dh ef' dyka l s tc
Hkh gks rjk l keuk
l hus ea j [kuk gka yk
fgEr dHkh u gkjuk A



ejh vi uh ; gh l kp gSfd T; ka R; ka dj ds vi us i fjokj ds l kFk [kq jguk l h[k yksA ; fn dgha o) vkJe ; k 'kkfUr dht vkfn txg ea jguk 'kq dj fn; k rks vkt dy cgr c/s ij mrnk l e; ugha o tYnh&tYnh npl sfeyustk; ksA i kr'h&i kr'ka ds feyus dks Hkh rj l tk; ksA



ekuuh; Jh jk/ks ; ke 'kek] mez 68 o"ka l okfuorR fo|q foHkx] orZku ea l kekftd l l Fkkvkae adk; jr A

es, d 68 o"khz vodk'k i klr bu thfu; j gWA ej snksuks cPpsfonsk ea uksj h dj rsgSy s du ep s dkbz l eL; k ugha D; kad foKku usfo'o dks bruk Nks/k dj fn; k gSfd dN Hkh nij ughaA gj l lrg ds vlr ea l dkbz ij cPpka dks ns[k yrk gWmul scrs dj yrk gWleu [kq k gks tkrk gSA ej k rksekuuk gSfd uk yk; d cPpsgh ekvcki ds i kl jg l drsgSA , d seamudsl eL; kvka l s [kq i j s kku gks l s rks vPNk gS cPps t gk Hkh jgs [kq k jgsA t gk l rd vdsyi u dk l oky gSrks foHkku l kekftd l l Fkkvka l s t m edj dke dj usea l qk dh vu thkr ds l kFk l e; dk irk Hkh ugha pyr k vksj vko'; drk i M us ij vl; l nL; l kFkh cu dj l gk; rk Hkh dj rsgS vksj D; k pkfg, bl mezea [kq k jgus dks \

o) tuka dh l eL; k n'kk , oa fn'kk



MkW uhj tk xx] mez 63 o"kl i wZ i kpk; j , l -ch-Mh- ih-th- dkyst] /kkei g] oržeku ea l kekftd l LFkkvkae adk; j rA

eš oržeku i fjošk dks/; ku eaj [krs gq ; g dguk pkgWkh fd ubZ i h<h ds l kekt h d j . k ea i j h l ko/kkuh j [kh tk; srkfd mueacMka ds i fr l Eeku] l ekurk , oaj k"Vh; fodkl dseW; ka ds i fr vL Fkk fodfl r gkuh pkfg, vksj o) tuka dks Hkh ; g l e>uk pkfg; s ds os vi us fopkj ; pk i h<h ij uk Fkks j l e; kud kj vi us dks ml i fj fLFkr ds vuq kj <ky yj r Hkh ; pk i h<h muds fopkj ka dh dnj dj sxh vU; Fkk os muds fy; sck> cu tk; &svksj o) kads ns [k&j s] k dk i Eke mRrj nkf; Ro i fj okj dk gš ; fn vdyk i fj okj bl mRrj nkf; Ro dks fu Hkk usea l Qy ugha gk i k j gk gS rks l j dkj dks , d h uhr cukuh gksxh ft l l si fj okj ka eao) ka dks ck> u l e>k tk; A



ekuuh; Jh fot; dek] mez 65 o"kl i zU/k] , l -ch-Mh-ih-th- dkyst] /kkei g

; pk i h<h dh xrfok/k; ka dks/; ku eaj [krs gq eš; g l ns k nsuk pkgrk gWfd ; pk i h<h dks o) tuka dk l Eeku dj rsgq muds vu tkoka l sykHk mBkdj vi uk Kku c<uk pkfg; j i j Urq o) tuka dks Hkh ; g gkuuk pkfg; scPpka dks Nks/h&Nks/h ckrka i j u Vks ds cfYd muds fopkj ka dks l us vksj mudsu; svu tkoka o rduhdh Kku dks l h[kus dk iz kl dj j bl l snksuks i hf<+ ka dk l keutL; cuk j gsk ft l l si fj okj ea i je l qk dh vu tkfir i ktr gkrh vksj l ekt ea LoPN

Nfo okyk 0; fDrRo rš kj gks l ds xA



Jherh ehuk{kh 'kek] mez 62 o"kl oržeku ea ukV; jax ep dh funf'kd k] o v/; {k rloh l kekftd l LFkk A

cPpsu dšy nsk dk Hkfo"; gš cfYd i fj okj : i h bdkbz dh , d egROI wZ vko'; drk Hkh A gj ekrk fi rk vi us cPpka dks , d cgrj Hkfo"; nusdk iz kl dj rsgS vPNs l h dkj] vPNh f'k{k nuss ds i hNsgek j k , d LokFz Hkh gš fd cPpsgek j sc&kus dh yk Bh cusA fd Urqvkt 62 o"kl dh vk; qrd i gWrs i gWrs vu tkoka useq-sfl [kk fn; k fd ; fn cPps; kx; gS os vki ds i kl mi fLFkr jgdj u rks vki dks 'kkj hfjd l gk; rk ns l drsgS vksj u gh vki dk vdyki u nij dj l drsgS tks bl mez dh l cl scMh l eL; k gSA vr% cPpka ds ckj tkdj uk d j h dj us ds ckn eš us vi uk l e; mu cPpka ds 0; fDrRo dk fodkl dj usea 0; rhr dj uk i kj EHk dj fn; k ftUgabl dh t: jr gSA eš us cPpka dks fFk; s j dh f'k{k nsuk 'kq dj fn; k A vkt ejs i kl ; pkvka dk , d cMh xij gS tks u dšy vko'; drk i Musij eqs 'kkj hfjd o ekuf l d cy nrk gš cfYd eš Lo; avi us vki dks ; pk egl W dj rh gWA ejk , d ewy eu= gS vki vi uh ; kx; rk dk ykHk fu LokFz: i l sl ekt dks nkj l ekt vki dks gj : i eal gk; rk nsk A



MkW l kja xns k ^vl he* mez 60 o"kl i zU/kd funf'kd k] l kja , tš ds kuy xij] mRrj i ns k dh mi k/; {k] ekuokf/kdkj Hkz Vpkj fuj ks kd vā = dkfj rk½ l fefr] /kkei g

eš vc ofj "B ukxfjd dh js kh ea i gW j gh gW rks vc thou ds i fr fu% i g Hkko l sjgrsgq eš us dN l dYi fy, gš ft l l seq suopruk dk l pkyu gkrk gSA Lej . k jgs i j kš dkj dh Hkkouk l nk vki dks mYykfl r , oa fuej j [kxh A ejs l dYi gš fd eš dN vU; ofj "B ukxfjd ka dks vi us i qhr dk; Z ea tkMf s gq pkgWkh fd eš Hkkj rh; l ekt dh vf/kdkr% mi f{kr cfydkvka dks f'k{k. k 'kq d ePr f'k{k nš j Hkkj r dh gj cfydk dks f'kf{kr dj us dk iz kl d: WA l cl svPnh ckr rks; gš fd 0; fDr ds i kl dN vPNk vksj Hkyk dj us dk vol j gh rc vkrk gStc og i kfj okj d cl/kuka l sePr gkdj ofj "B ukxfjd dh Js kh ea vkrk gš rc og mUePr i Nh gkrk gS yfdu bl ds fy, ml s vi us xgLFk thou ea gh Lokoy Ech j gus dk mi k; dj yuk pkfg, rkfd ofj "B ukxfjd cuus ds ckn ml i j k/khurk ; k i j ko'k j gus dk nā k u >yuk i M+ vksj og vk; qc<us ds l kFk&l kFk

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o) tukadh I eL; k n'kk , oa fn'kk

fUMj vLj fuf'pr jgrsgq I ekt dsfy, egRoir .kZcu I dA

ba ku dksGj mezeafnk fny jguk pkfg; sA , d sgh , d o) ejh ij .kk I kr gStc mez dk , d k i Mko vkrk g\$ ftl eaYks [kq Fkdk gjk I k egl v djrsgSA cyolr fl g eFkk: dh dks'k'k I Hkh dsfy; s ij .kk cuh gSA 79 o"khz eFkk: usfxuht cpl vKMD oYMZfj dKMZrkMue dsfy, xllusdh ubZfdLe dksvi uh Nr ij cks k gSA bl dh yeckbz 23 QhV rd igpb xbzA mlgamEhn g\$fd tYn gh og 40 QhV dk fj dKMZrkMue adke; kc gkksA



eFkk: uscrk; k dh vHkh ; sfj dKMZ xqt jkr ds i Vsy i fjokj dsuke gSA mlgkaus 40 QhV ds xllusdk fj dKMZcuk; k gSbl bruk I e> ykshfu; k okykbk ku dHkh c&k ughagkrk gSc&k og vi usfnekx I sgkrk gSA bl fy; s tksHkh gekj s vUnj ; k; rk gSml sfdl h Hkh mezeai jk dj usdh pkr gekj s vUnj gkuh pkfg; s rHkh ge l c dsfy; s ij .kk I kr cu I drsgsvk\$ i fjokj ds l kFk&l kFk geai jh nfu; k ; kn j [ksx A ^d\$ h ftUnxh pkfg; s oksvki ij fuHkj djrk gS* A



ea bu I Hkh egku foHkr; ka dks dksV&dksV olnu djrh gWA mez dsbl i Mko ea vkdj Hkh fdrus mtkbku g\$; sl Hkh dsfy, ij .kk I kr gA

Hkkjr eaof) tukadh I eL; k dsl ek/kku dsfy, dk; De o I jdkjh iz, kl %&

1990 bZ ea l a pr jk"Va I ak dh vke I Hkk ea 5 vDVicj dks ^o) ykxka dks vUrj kZVh; fnol * eukusdh ?kksk.kk dh xbzA Hkkjr I jdkj us 1999 ea o) tukadsfy, jk"Vh; uhfr dh ?kksk.kk dh] tksfo; uk] 1982 ds l a pr jk"Va dUoa ku ds l folrkj ij vk/kkfjr gSml h o"khz I a pr jk"Va egkl Hkk uso) 0; fDr; ka

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o) tuka dh l eL; k n'kk , oa fn'kk

dh fLFkfr l s fui Vus ds fy; s
vrj kZVh; ; kstuk dh LFkki uk
Hkkjr ljdkj dk lkeftd
o) tuka dh l eL; k ds l ek/kku
o) tuka dh fpdfRI k l ok ds
ftl ds iLrko ds vuq kj 20
800 , e-Mh- MkDVjh i<+ dj
fpdRI k dsfo'kskK gkax 2017
vLirkyka ea 6400 vkj
vrfjDr cM gkax A ftyk
dlnka ij Hkh o) tuka ds bykt
fnYyh vkj pblubZ ea uskuy blVhV; W vKND , ftax cuk, tk; aksA fnYyh dk blVhV; W , El vkj pblubZ dk
enkl eSMdy dKwyst l s tMk gksk A ckn ea pMhx<} y[kuÅ] jkph] dksydkrk] cxyj] ghjkcn]
vgenkcn] ukxj ij] dVd] vxj ryk] Hkks ky vkj i Vuk eabuds {ks=h; dlnz [kyaxA



fl Qkfj 'k dh o) koLFkk ij
dh dk; bkgk dk l eFkZ fd; k A
U; k; vkj vf/kdkfjrk ea=ky;
ds fy, LokLF; ea=ky; us
dk; De ea cnyko fd; k gS A
eSMdy l LFkkuka l s iR; d o"KZ
fudyax] tks o) tuka dh
rd o) tuka ds fy; s ftyk
eSMdy dKwystka ea 1000
vLirkyka vkj i LFked LokLF;
dh [kk] 0; oLFkk gksk A ubZ

bfnj k xkVkh jk"Vh; o) koLFkk i aku ; kstuk %/kbZ th, u-vks, -i h, l -½ %

Hkkjr ea bf nj k xkVkh jk"Vh; o) koLFkk i aku ; kstuk i aku ; kstuk gSA ftl sxteh.k fodkl ea=ky;
Hkkjr ljdkj }kj k fd; k x; k Fkk A bl ea l Hkh 60 o"KZ vkj Åij ds 0; fDr; ka%l a kKf/kr 2011 ea 65½ dks
feysxh A Hkkjr ljdkj }kj k fu/kkZjr eki n.M ds vuq kj xjhch j s [kk Js kh ds uhps ds o) l s l Ecfl/kr
; kstuk ds ykHkkFkhZ gks ds fy, ik= gksA 80 o"KZ vkj ml l svf/kd ds fy, ifr 0; fDr 500 : 0 rFkk 60
l s 79 o"KZ ds fy, 200 ifrekg l c jkT; ka ea, d l eku i aku jkf'k nh tkrh gSA dlnh; ctV 2012&13
ea bl dh ?kksk.kk dh xbZA

o) tuka ds dY; k.k gsrq ljdkj }kj k l pko %

- 1-fpdfRI k 0; oLFkk
- 2-jkstxkj 0; oLFkk
- 3-vk; dj eaNW
- 4-o) kJe 0; oLFkk
- 5-i qrdky; okpuky; dh 0; oLFkk A
- 6-l j {kk 0; oLFkk

"The Maintenance and Welfare of Parents and Senior Citizens Act-2007 makes maintenance of parents / senior citizens by children/relatives obligatory and justiceable through Tribunals; revocation of transfer of property by Senior Citizens in case of negligence by relatives; penal provisions for abandonment of Senior Citizens; adequate medical facilities and security for Senior Citizens and protection of life and property."



Ministry of Social Justice & Empowerment
Government of India

^ o) koLFkk i aku vkfn ; kstuk; aykxwdh tkuh plfg; sA bl fn'kk ea
orZeku i Zkku ea=h Jh ujbZ neknh th us o) koLFkk i aku ; kstuk dh ?kksk.kk
dj o) tuka ds l keftd vkRel Eeku , oa l j {kk dks cy ndj , d
l jkguh; dne mBk; kA**
vLr ea eS ; gh dgVkh] mij kDr tks Hkh ejs ij .kk l ksr egku

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o) tuka dh l eL; k n'kk , oa fn'kk

foHkkir; kag\$ mudk Hkh nf"Vdks k ; kstuk; a fØ; kflor dj n\$ vi us cPpka dks i <kbz ds l kFk vU; Fkk bl ds ?kkrd i fj .kke eaHkh fy[kk gS^ba ku t\$ k deZ fQj gea fdl h o) k vkJe ea gea vi us?kj i fjokj eagh Loxz l e> yka nfu; k okyks ba ku vi usfny] fnekx l sgksrk gSA bl fy; s tksHkh gekj s vUnj ; kx; rk o {kerk g\$ ml ds vuq i dk; Z dks i yk dj usdh pkgr gksuh pkfg; srHkh ge l cdsfy; si j .kk l ks cu l drsg\$ v\$ i fjokj ds l kFk&l kFk gea i y h nfu; k ; kn j [ksxh A ds h ftUnxh pkfg; soksvki i j fuHkj djrk gA



; gh g\$ pks ljdkj fdruh i jUrqorZeku i fj osk dksns[krsgq l ldkjoku gksus dh f'k{kk t: j na ge l Hkh dks Hkxrus i Maxs A xhrk djrk g\$ os k gh Qy Hkksrk g\$ tkus dh t: jr ugha i Maxh A v\$ dh vuHkkir gksch A bl bruk dHkh cwt ugha gksrk A cwt og

^gk\$ yk gksuk pkfg,]
efty [kq gh fey tkrh gA**

- 1-Hkkj rh; l ekt %eqns , oal eL; k, j] MKW /kebhj egktu o MKW deysk egktu] food i d'ku] tokgj uxj] fnYyh&7
- 2-Hkkj rh; l ekt%eqns , oal eL; k, j] MKW Vh-ch- fl g] vkxj k i fcyds kUl
- 3-Hkkj rh; l ekt %eqns , oal eL; k, j] MKW xki ky d". k vxoky] , l -ch-i h-Mh- i fcyf'kx gkAl] vkxj k
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- 5.Crime Patrol.
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