

BA – II (Home Economics)

Principals of Diet Therapy

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- 1- Principles of Diet Therapy
- 2- Principles of Diet Therapy
- 3- Principles of Diet Therapy
- 4- Principles of Diet Therapy
- 5- Principles of Diet Therapy
- 6- Principles of Diet Therapy

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- 2- Principles of Diet Therapy
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- 4- Principles of Diet Therapy

- 5- fnol krow nku oGk i k/Hkj vlu u nrk vudl oGk FkkMs FkkMs foHkkxw | kos
- 6- jkx; kyk vlgkj nrkuk R; k fBdk.kps okrkoj .k LoPN o i l Uu Bkos

1- gxo.k %

vlgkj vk; kst u %

gxo.k ykxyh vl rk okjokj i krG "kkpkl ygku ckydki kl w ekB; k 0; Drhã r dkkkykgh vkf.k dggkgh gxo.k ykxw "kdrs rhoz gxo.k ; k izdkjr ik.; kl kj [kh i krG "kkpkl gksrs vkf.k i k/vkr nq[krs R; kpcjkcj rki ; rkt myV; kl qnk gskr- vluukps i pu uhV gkr ukgh- R; kenGs i sksd ?kVdkph derjrk gksrs

y{k.k %

i krG o okjokj "kkpkl gksrs Fkdok ; rkt "kjhjkrhy i k.kh deh gkr} "kkpckjkcj jDr o vko i Mrks e=kps i ek.k deh gksrs rkm o Ropk dkjMh i Mrs Ropoj l j dR; k i Mrkr-

dkj.k %

vlu inkFKZ nq'kr >kys [kk.; kr vkY; kl "kjhjkr ftok.kok i dsk gkrks fr [KV inkFKZ [kk.k ipu {keri {kk tLrhps vlu ?ksks dckndkps ipu i wkz .ks u gks kt ek"kkPk l d x] jkpd inkFKZ l ou] vLoPN i k.kh] gk; MNDykjhd vEykph derjrk] vrL=kzh xFkP; k dk; k r fc?kkM bz dkj.kkeGs gxo.k ykxrs

vlgkjki plj %

tkLr dkG gxo.k jkfgY; kl jkx; kp; k "kjhjkps i sk.k dj.k.s gh l eL; k mnHkors dkj.k vluukps i pu o vo"kksk.k ; kx; izdkjs gkÅ "kdr ukgh- eGk}kjs l kMh; e ; kx; izdkjs gkÅ "kdr ukgh- eGk}kjs l kMh; e i k/v'k; eph derjrk gksrs l kMh; e i k/v'k; e feG.; kl kBh QG} HkT; k] vkSk/kkPk mi ; kx djkok- gxo.khr vlgkj kps i ek.k deh djkos ykxrs R; kp; k i fj.kke "kjhj i sk.kkl ædkh vko"; drk i wkz gkr ukgh- R; kl kBh i qhy i ek.k.s vlgkj kps vk; kst u djkos

dWjh %

rhoz gxO.khr 1200 rs 1500 dWjh ?; k0; kr-

iFkus %

i puki gydh v"kh iFkus | k0hr- mnk- ngh] rkd] fLuX/k inKFZ mdGysys n[k] v&/s

fLuX/k inKFZ%

fLuX/k inKFZ ipk; yk tM vl rkr Eg.kuu deh i&k.kkr | kos

dck&ds %

Lkq okryk ikrG inKFZ d&th ; k Lo: ikr | kos iys"kh dck&d feG.; kl kBh fnol kuu vudl oGk [kk.; kl | kos r&e; inKFZ deh | kos-

thoul Roso [kfuts%

I oz izdkjph thoul Ros o [kfuts feG.; kl kBh QGs o HkkT; kpk vkgjkr mi ; ks djkok- f"ktou eÅ d&syh QG\$ QGkpk jI] HkkT; kpk jI ; kpk vkgjkr I eko"sk djkok- R; kpcjksj vksk/kkpk mi ; ks djkok-

no inKFZ%

gxO.khe/; s "kjhkrhy ik.; kpk Qkj ekB; k i&k.kkr uk" k gkrks Eg.kuu Hkjiy i&k.kkr ik.kh | kos 12 rs 14 rkl kr mdGuu FkM d&sys ik.kh Xyndkst] ehB] fya:ijl Vkd&u | kos l jcr] l w] [khj Hkjiy i&k.kkr | k0; kr ijarq , dk oGh Hkjiy u nsk fnol kuu vudl oGk | kos- gxO.khph rhork deh >kY; koj ikrG n[k] tokps ik.kh | kos i puf0; s l dkkj .kk >kY; koj gyds r&e; inKFZ | kos ijarwfejph] el ky\$ rGysys inKFZ n& u; s

2- c/ndkBrk %

vlgkj vk; k&u %

vllu xg.k dY; koj l k/kkj .ki .ks vkB rkl kr vluksps i w& .ks i pu gkrso i puf0; s u i p&sys inKFZ mRI t&kdjhrk ekB; k vkrM; kr tek gkrkr vkf.k l o; hi &k.ks fnol kuu

2 fdok 3 oGk "kkpkkVscKgj iMrkr- c/ndksBrk >KY; kl ek= eG "kjhjkckgj Vkd.; kl =kl gkrks c/ndksBrk gh ipu lLFkyk vMFkGk vk.k.kkjh l oz l kckl; l eL; k vkgs vkgkjr l qkkj.kk dY; kl gh fLFkrh l vkkjrs ; k voLFkr vkrM; kph fo"ksk gkyppy gkr ukgh- dkj.k eG ?kVV >kysyk vl rk- R; keGs "kkpl lgti.ksgkr ukgh- v"kk voLFkr "khjjkr fo'kkjh ?kVd r; kj gksÅu jDrkr fel Grkr o "kjhjkP; k bñz; koj foijhr ifj.kke gkrks

y{k.k.s%

- "kkpl lgt u gksks
- voGh "kkpl gksks
- ekB; k vkrM; kr eG tek >KY; keGs vkrM; koj o eyk"K; kP; k ukMhoj nkc iMrks R; keGs Mkds nq[krks
- ftHkoj ika;jk inkFkZ tek gkrks
- rkWkyk vYl j gkrks
- vllukojph okl uk mMrs
- iks/kr xW gkrks
- vfrl kj o v/kue/kuu eykojksk gksks
- v"kwñ jDrokgH; kae/; s xkBh gksÅu R; k nq[krkr
- gn; kr tGtG ok<rs
- iks/ nq[krks
- ldkhokr gkrks
- jDrnkc ok<.ks
- vkrM; koj l vit ; sks
- ekshfcñwv"kk i zlkjph y{k.k.s vk<grkr-

dlj .ks%

- "kkl tk.; kph vfu; fer l o;
- vkrMh detkj gkÅu dk; Zenko.ks
- 0; k; ke u dY; kl vkrM; kP; k i s'kph fØ; kf"kyrk deh gks ks
- Hkkouki zkku 0; Drhe/; s l rr ekuf l d rk.k ; r vl Y; kl
- Okjokj c/ndksBrd kBh vksk/k ?ks ks
- vkgkjr rne; inkFkzpsFluX/k inkFkzps o Fkk; ehups iek.k deh vl .ks
- i s inkFkz o ik.kh deh iek.kkr fi .ks
- oGh] voGh [kkks
- Hkndi s'kk tklr [kk.ks vkf.k uhV u pkork [kk.ks
- foJkrah deh ?ks ks

vlgkjpsvk; kt u %

c/ndksBrøj mi pkj Eg.kts u\$ fxb l o l k/kk vkgkj ?ks ks vko"; d vl rs vkgkjk e/; s i why i ek.ks i kskd ?kVdkpk l ekoš k djkok-

dwjh %

0; Drh T; k i zdkjps dk; Z djhr vl sy R; ki ek.ks dwjh feGrhy vl k vkgkj ?; kok-

iFkus%

l o l kekl; 0; DrhP; k vkgkjrhy i Fkhu i ek.ks Eg.ktp i R; d fdyks otuky k , d x l i Fkhu s | kohr-

dckhds%

dckhdsps vkgkjrhy iek.k Hkji j vl kos i j a w l k[kj; Dr xkM inkFkzpk oki j deh djkok- l k[kj "kjhjkrhy thoul Ro ^c* dk<u ?ks s R; keGs vkrM; kps dk; Z uhV gkr ukgh- rne; inkFkzps i pu gkr ukgh- R; keGs gs i nkFkz vkrM; kr i k g p u R; kP; k xrhyk i Hkkohr djrkr- eGlcjksj dckhds "kjhjkrhu ckgj Vkdys tkrkr- /kku; [ki ckjhd

nGysys vl Y; kl rre; inkFKZ r/w tkrkr- l kykl g dM/kkU; vkf.k MGkhpki oki j
djkok-

fLuX/k inkFKZ%

ipul LFkr fLuX/k inkFKZ oxakkps dk; Z djrkr- ry ri keGs fi Rrj l L=orkS fLuX/k
inkFKZ keGs eG iks l jdk; yk enr gks rGysys inkFKZ ek= vkgkjr tkLr iek.kkr vl w
u; s

ftoul Roso [kfuts%

thoul Ros o [kfuts feG.; kl kBh l oz izdkjph QG\$ VekV\$ nk{k} i i b] vkck] is]
fc; kl g [kkos Eg.kts vkrM; kps dk; Z ukhV gkÅ "kdrs eGk] xktj] dksch] Hkks Gk] chV]
fgj0; k i kykkT; kpk vkgkjr l ekošk djkok- HkT; kku 50 rs 60 xW rre; inkFKZ feGw
"kdrkr- dW" k; e ek= vko"; dri \$kk tkLr ?krY; kl c/ndksBrk ok<rs thoul Ro ^d*
pk mi ; kx Bjkfod iek.kkr djkok- jk=hP; k t0.kkr QGs [kkohr- nk{kk} l k[kj o vW hM
vl rs c/ndksBrj mik; Eg.kku 5 fnol Qykgjkjok jgkos gk l okz mRre mik; vkgs
miokl dY; kus vkrM; kr l kpu jkfgysys fo'kkjh ?kVd fu?ku tkrkr- vlu inkFKZ uhV
pkou l kodk" k [kkor-

ik.kh %

c/ndksBrk vl .kkU; kkuh ik.kh Hkjij l; kos fnol Hkjr 7 rs 8 Xykl ik.kh fi .ks
vko"; d vl rs ik.; keGs vlu ipukl enr gks vlu krhy iksk.k; Dr ?kVd jDr
fel G.; kl enr gks ik.; kus ipul LFkk LoPN jkgrs jDrkps "kwinhdj.k gks vkf.k
fo'kkjh ?kVd /kÅu Vkdys tkrkr-

0; k; ke %

c/ndksBrk vl .kkU; k 0; Drhuh 0; k; ke dj .ks vko"; d vl rs Hkjkhkj pky.k\$ i ksj.k\$
ckxdke] l k; dy pkyfo.k\$ cWfeV/u [kG.ks o brj "kkjhhd gkypkyh Luk; uk cGdVh
nsÅu c/ndksBrk ukgh"kh gks

vks/ks%

dVj vkbj] ijkQhu c/ndksBrd kBh mi ; Dr vl rs brj vks/ks ek= tkLr ?kÅ
u; s R; kph "kjhjkyk l o; gkrs

VkGlo; kps i nkFk%

eñkj Hkkj] cM] dd] fLdhV] phT] vMh] eka] ekl s gs inkFkZ oT; Z djkos
c/ndksBrr l qkkj .kk dj. ; kl kBh plaxY; k l o; h yok0; kr- Bjkohd oGh t0.k] ik.kh fi .kš
"kkpkl tk.kš ; kš; i ek.kkr 0; k; ke o foJkarh ?ksks vko"; d vl rs

3- e/keg %

bfrgkl

e/keg jksxpk "kksk vk/kfud dkGkr yxysyk ukgh- g; k jksxkph ekfgrh Hkkj]r
phu] bftlr nškk r ikphu dkGki kl w vks Hkkj]rkr 'l q'r* %b-l -i w 5 os "krd½ o pjd
%b-l - 2 js "krd½ l ghre/; s l vnk e/kegkph ekfgrh uknoysyh vks Eg.ktp 2500 o'kkz whz
gk fodkj ekfgr gkrk- i jarq R; kfo'k; hps tkLr Kku xY; k i kÅ.k"ks o'kkzrp , d=hr >kys
vks 1921 i whz ; k jksxkoj [kk=hyk; d vks/ks pkj mi yC/k u0grk- 0; k; ke o fervkgkj
; kusQk; nk gkrs , o<p ekfgrh gkrs

e/kegkyk bazthr Dieabets Milletus vl k "kCniz kx dsk tkrks e/keg >kyY; k
0; DrhP; k y?kohph po 'FkkkI foY; e* us ?kryh vl rk rh xkM gkrh- vjFVDI ukokP; k
xhd oš kus Diabets gs uko fnys ; k "kCnkp vFkZ ^>jk okg.kš vl k gkrks ; kr : X.kkI
l rr rgku yxrs o y?koh gkrs R; kP; k "kjhjkr w ik. ; kpk t.kw >jk okgrks

e/keg dckndkP; k p; ki p; kP; k fodkj vks ; kr jDrkrhy o ekrhy l k[kjps
iek.k ok<rs vk/kfud l 'kkskuk}kjs ; k jkskrhy eR; q o /kks ; kps i ek.k deh >kys vks
R; keG e/kegh 0; Drhps vk; w; eku ok<ys vks

e/kegkps idkj %

1- ckyo; krhy e/keg %

o; kph 20 o'kš i wZ gks ; ki whz ckydkr ; k e/kegkph y{k.ksfnl rkr- g; k 0; Drh d" k
vl rkr- R; kP; kr bul; w/hups i ek.k deh vl Y; keG e/keg gk jks gkrks i whz bul; w/hupk

"kksk ylx.; ki dhl ckye/keshps eR; ps iek.k tklr gks vkrk ek= ckyo; kr e/kesg
>kY; kl fn?kkz tr; ykHkw "kdrs

2- iksluk gskkj e/kesg %

iks-kauk I k/kkj.ki .k 40 o'kkZurj e/kesg gksrks yBB 0; Drhuk gks ; kph "kD; rk tklr
vl rs R; kP; k jDrkrhy I k[kjps iek.k ok<rs v"kk 0; Drhuk bUL; nyhu fnys trs

y{k.k%

- rkMkyk dkjM i Mrs o I kj [kh rgku ylxrs dkj.k jDrkrhy no i nkFKZ cl; kp oGk
ckgj i Mrkr-
- eekps iek.k ok<rs okjokj y?koh gksr eekr I k[kj vl Y; keGs eefol tZukurj
dyY; k tkxoj ek; k fnl rkr-
- otu I rr ?kVr trs "kkjhhd o ekul hd Fkdok tk.korks eu , dkxz gkr ukgh-
- n'Vhnsk fuekZk gskrk- p'E; kpk uaj okjokj cnyrk ekrfcmwgksrks
- Ropk dkjMh i Mrs [kkt I v/r} rGik; kyk Hksx i Mrkr- t [kek yodj Hk: u ; s
ukghr- "kjhkoj QkM ; s kr- dkGs Mlx i Mrkr] i k; kP; k ckvkr fp[kY; k o Ropoj
bl ckl kj [ks Ropkjks gskrk-
- Tkuufnz kl [kkt I v/r} I qt ; rso eFkuPNk deh gksr
- enR; k o brj f0; k enkorkr I turh vky; kl kj [ks okVrso >ki tklr ; rs
- i'skps i sk.k uhV gkr ukgh- dckndkps "kksk.k uhV gkr ukgh- R; keGs "kjhkyk
vko"; d ?kVd u feGKY; kl Hkd tklr ylxrs
- I lxxZtU; jks yodj gskrk-
- pDdj ; sk} I kaks nd[k.k} Nkrhr nd[k.k} /kki ylx.k} vaxkoj I ut ; sk} gkrki k; kauk
c/kjrk ; s kbZ

dkj.k%

- bUL; nyhuph derjrk
- vuof"kdrrk

- LFkny i .kk
- “kkjhfd Je u dj.ks
- Eku l hd rk.k
- [kk. ; kP; k v; kX; l o; h o t kLrhps [kk. ks

bUL; wuhp derjrk %

l oā Eke bUL; wuh Eg.kts dk; \ gs tk.kuu ?ks ks egRRokps vkgs Loknfi M xFkrhy L=kokyk bUL; wuh Eg.krkr- gk L=ko vlu krhy l k[kjps i pu djk; yk vfr”k; mi ; Dr vkgs vkgjkrhy dckndkps : i karj l k[kj r gks l k[kj jDrkr fel Grs o “kjhjkrhy vucl dk; Z l jGhr ikj i kMys tkrkr-

1921 l kyh dWk ; Fkhy Mkw YMSjd xkV cSVak o Mkw pKYI Z gcMZ cLV ; kauh bUL; wuyPkk “kksk ykoky- R; kauh u\$ fxZd bUL wuh “kks/kuu dk<ys R; kl kBh R; kauh dē; koj iz kx dsys bUL; wuhupk “kksk ykorkauk dē; kP; k Lokni hM xFkh e/khy bULwuhups i puØh; r egRokps dk; Z vkgs gs y{kkv vkys

bUL; wuhup; k derjreGs e/kesg gk jks gkrks mnkj kP; k i kdGhr vl yY; k Loknfi M xFkh e/khy ^vk; yVt vkD yk jgWl ** ; k i s’khe/; s bUL; wuh ukokpk L=ko r; kj gkrks ; k xFkP; k dk; k r dkgh dkj.kkus fc?kkM >KY; kl bUL; wuyup i ek.k deh gkrks dckndkps i pu >KY; koj R; kps Xyokst e/; s : i karj gkrks o “kjhjkyk “kDrh feGrs i jarw bULwuhup; k derjrus Toyu i wkZ gkr ukgh o R; keGs jDrkrhy Xyokst ps i ek.k ok<rs vkf.k e=kru l k[kj ckjg Vkydih trs e=kru l k[kj ckjg Vkydih u xY; kl jDrkr l kBu jkgrs ; k fLFkrhyk e/kesg Eg.krkr-

e/kesg jks cjk gkr ukgh i.k R; kyk ifrcak gkrks bUL; wuhups e[; dk; Z Eg.kts jDrkrhy tkLr >ksys l k[kjps i ek.k ugehP; k i krGhoj vk.k.ks gs gks -

2- vuof’kdrk %

o; kP; k 40 o’kka whz e/kesg >KY; kl vuof’kd dkj.kkus >kyk vkgs vl s l etkos vkb&oMhy nskkukgh e/kesg vl Y; kl eykuk e/kesg gkrks fookgki whz ekrk fdok fi R; kl

e/kæg vl Y; kl xHkkzLFks Hkz kkoLFki kl w e/kæg gks ; kph "kD; rk vl rs dVwkr e/kæg vl Y; kl R; k dVwkrhy 0; Drh e/kæg okgd EgVys tkr e/kæg ul Y; kl eykuk l gl k e/kæg gkr ukgh- i j a w oMhykuk e/kæg vl Y; kl eys e/kæg okgd vl w "kdrkr- irh i Ruh nk?kgh e/kæg okgd vl Y; kl gks kD; k vi R; ki dh , [kns fujksch vkf.k , [kns e/kæg okgd rj , [kk|kl ckyo; ki kl w e/kæg vl . ; kph "kD; rk vl rs irhyk e/kæg o i Ruh e/kæg okgd vl Y; kl l o z vi R; s e/kæg okgd fdok e/kæg vl w "kdrkr- vkb&oMhy nk?kukgh e/kæg vl Y; kl eykuk e/kæg gks ; kph "kD; rk vl rs

3- LFky i .kk %

e/kægkpk fodkj Eg.kts yBBikk dfjrk >kysyh f"kk gks - tkLr vkgkj ?ksks o fØ; k"khryk deh vl .ks v"kk 0; Drhe/; s e/kægkps iek.k tkLr vl rs LFky i .kk e/kægkps iek[k dkj.k ekuys tkr tkLrhps vlu Loknfi Mkrhy "vk; yv/ vkD y&sjgULL** oj tkLr Hkj VkdrsR; k w e/kæg gkrks

"kjhjd Je u dj .ks%

"kjhjd Je u dY; kl LFkyrk ok<rs vkf.k R; kpcjksj gn; fodkj gksÅ "kdrks ekufi d rk.k %

ekufi d rk.k tkLr iek.kkr vl Y; kl v"kk 0; Drhyk e/kæg gksÅ "kdrks

[kk.; lP; k v; k; l o; h o tkLrhps [kk.ks%

dkgh 0; Drhuk dckhds tkLr ?ks ; kph l o; vl rs ?kksZus oGh voGh [kk.ks R; keG s vlu kps uhV i pu gkr ukgh- R; keG s vkgjkps iek.k tl t l s ok<rs R; k iek.kkr e/kægkps iek.kgh ok<rs

e/kægkpsfunku %

jDrkrhy o e=krhy l k[kjps iek.k fo"kh i/nrhus rikl w ex e/kægkps funku djrk ; rs to.kkiwz o to.kkuarj jDr o e=krhy l k[kjps iek.k rikl w funku dys tkr ; k iek.kko: u e/kægkpsLo: i l k;] e/; e ok xtkhj vkgs rs Bjfo.; kr ; rs

jDr ijh{k.k %

tō.kkuarj dkgghg u [kkrk rikl .kh dŷ;kl jDrkrhy “kdĵk l kēll; vk<Grs bUL; myhueGs jDrkrhy “kdĵps iēk.k 100 fe-xll irh”kr jkgrs tō.kkuarj ok<rs o 2 rkl kr eG iēk.kkoj ;rs , [kk|k 0: DrhP; k jDrkrhy l k[kj 230 i; ħ xŷ;kl eĕkr l k[kj l ki M.kkj ukgh- tō.kki whz o tō.kkuarj 2 rkl kuh jDrkps ifj{k.k dŷs tkr s , dk fof”kV i/nrhpk dlxn oki : u jDrkrhy Xywdkstp iēk.k dkggh fefuVkr y{kkr ;rs

e#ifj{k.k %

e/kēgkps funku dj. ; kl kBh e#ijh{k.k gh , d l k/kkj.k pkp.kh vkgs e#ijh{k.k vud i/nrh s dŷs tkr s R; ki Sdh iēf{k nksu i/nrh i whyiēk.k s
 1½ e#ijh{k.k & csuMhDV ifj{k.k

	eGhp ukgh 0	FkkM \$	tkLr \$ \$	Qkj tkLr \$ \$ \$	Qkj p tkLr \$ \$ \$ \$
csuMhDV l ky; wku gs fuG; k jākps vkSk/k 5 l h- l h- dkp uyhdr ?kĀu R; kr eĕkps 8 Fkē Vkdē- uGh gyokl fLi fjV fn0; kP; k T; k r hōj rki ok 2 fefuVs jāk c?kk	fuGk	fgjok	fi oGk	ukfjāh	foVdjh
2- Mk; fLVdl lyllVhd iVV; kojhy fuGk pēdku eĕke/; s QDr vkyk dj k 30 l dink urj rkcMrkc c?kk	fuGk	fgjok	rifdjh	xMn rifdjh	foVdjh

eĕkrhy vllhVksps iēk.k %

eĕkr vll hVksu vkgs fdok ukgh gs c?k.k egRokps vl rs jks vlvkd; kr ul yk Eg.kts jDrkrhy vll hVksps iēk.k ok<rs gs ifj{k.k jkē; kyk xyoŷ iV/dG; kl myV; kl

tlykc gkr vl Y; kl dj.ks vko"; d vl rs R; kpiæk.ks ekr vYC; ehu vk<GY; kl efi MKP; k fodrhps fun"kd Bjrs vkf.k n{krki kd mi pkj dj.ks vko"; d vl rs

mi pkj %

vyhdMs e/kog kojhy mi pkj brds i xr >kys vkgs dh 0; Drh e/kog dkar Bow thoueku fuR; 0; ogkj d: "kdrs i j r w R; kl kBh vkgkj] 0; k; ke o vksk/ks ; k ckrhr dkgh i F; i kG.ks xj tps vl rs

vlgkj vk; kt u %

e/kog ; k vktjkr vlgkjyk l okz tklr egRRo vkgs R; kps ed; dkj.k Eg.kts; k jkskps fu; æ.k gs vlgkjkrhy i F; koj voyau vl rs xkM inkFkZ l kMY; kl l oz inkFkZ fdrh Boko; dGk fdrh iæk.kkr [kko! ; kckrhr fu; ferrk Bø.ks ; k; vl rs vlgkjkoj fu; æ.k u Bork jDrkrhy l k[kjps iæk.k ; k; Bø.ks v"kd; vl rs i R; d e/kogh : X.kkP; k voLFksu kj o vktjkr; k rhorsu kj vlgkjkr FkkMkj cny djkos ykrkr-batD"ku] vksk/k o 0; k; ke gs?kVd ng; e l etystkrkr-

vlgkj l æh i kGlo; kph rRos%

- tø.kkP; k oGk fuf"pr Bøko; kr-
- fnol Hkkr nksu oGk i k/Hkj [kk.; ki \$kk pkj oGk FkkMs FkkMs [kkos , dkoGh Hkj ij [kk.; kus jDrkrhy l k[kjps iæk.k , dne tklr ok<. kph "kd; rk vl rs R; keGsbUL; wyhuP; k fufezhoj rk.k i Mrks
- oj.k Hkkr] i kGh] Hkkdjh] l oz Hkkt; k dks"kaej vl s inkFkZ njjktP; k vlgkjkr vl kor- e/kogh 0; Drhuh Hkkr [kkÅ u; svl k l et pndhp vkgs Hkkr ?kr-Ykl v/khZ i kGh deh djkoh-
- e/kogh 0; Drhl kBh oxGk Lo; äkd dj.; kph xjt ukgh dG inkFkZ l k[kj ?kky.; ki wtz rs inkFkZ dk<u Bøkor-
- vlgkjkr fLuX/k inkFkZps o rGyY; k inkFkZ} el KY; kps iæk.k deh Bøkos

- e/kegh 0; Drh l æ} ekl ach] l Qjpn v"kh deh l k[kj vl ysyh QGs fnol krou , d ; kiæk.ks [kkÅ "kdrkr- QGke/khy QDVKst "kdjeGs jDrkrhy Xydkstps iæk.k Qkj l sok<r ukgh- vkaek] fpdlj iibz deh iæk.kkr [kkoh-
- xkM inkFKZ tIs & feBkb] l k[kj vkaek] ekjk vkoGk] xG] l k[kj iwka .ks oT; Z djkos xkM inkFKZ [kkY; kl jDrkrhy l k[kj [wi tkLr iæk.kkr ok<. ; kph "kD; rk vl rs Dofpr id axh , [kknk xykctke] is&k [kk. ; kr vkY; kl R; k fno"kh tD.k deh djkos 0; k; ke tkLr djkok- Eg.kts l k[kj ok<. ; kph "kD; rk jkg.kkj ukgh-
- e/kegh 0; Drhuh miokl d: us djk; pk vl Y; kl miokl kps inkFKZ usgehP; k vkgkj ?ks ; kP; k i/nrhus foHkkxuu [kkos
- e/kegh : X.kkl kBh l okr egRokps Eg.kts vkgkjr njjst eFkhnk. ; kpk mi ; kx djkok- gshckn ; Fkhy jk'Vh; i&sk.k l lFkus fdr; d o'kz l rkk&ku d: u vl s l pfoys dh] eFkhnk. ; kpk vkgkjr l eko'sk dY; ku jDrkrhy l k[kjps iæk.k deh gksrs Hkd] rgku ykx.k\$ tuufinz kl [kkt l W.ks v"kh y{k.ks deh gkskr- jDrkrhy dksy l Vjky ps o Vrk; Xyhl jkbM ; k vik; dkjd nD; kph ikrGh deh gksrs
- vkgkjr fofo/krk vl koh- , dkp idkjpk l kpsan vkgkj u ?ksrk R; kr v/kuu e/kuu cny djkos tIs ikGh] Hkkdjh] cktjhph Hkkdjh] feJ fi BkP; k ikyHkkT; k ?kkyuu ijKVsvl scny djkos

vkgkpsvk; ktu djrlak i&sd ?Wdlpk iwky iæk.kmi ; k djlok

1- dWjh %

iR; d e/kegh : X.kkph dWjhph xjt oxoxGh vl rs 0; Drhps o;] fyak] otu o mph ; kuul kj dWjh fdrh | koh rs Bjfo. ; kr ; rs l kekU; otu vl yY; k : X.kkuk i j'skk dWjht fnY; k tkrkr- l k[kj.kr%nj fdyks& otuky 30 dWjh iæk.kkr vkgkj ?; kok-

2- iFkus%

e/kegkr dkgh : X.kkps otu deh gksrs v"kk 0; Drhd kBh vkgkjr iFkukps egRro tkLr ok<rs "kjhhkph >ht Fkk&uu otu ; k&; jk[k. ; kl kBh iFkukph xjt vl rs

I k/kj.ki .ks 1 fdyks otukl kBh 1 1@2 x~~te~~ i Fkhus ?; kohr i Fkhuká kBh vkgkjr n~~wk~~ ngh ; kpk I ekošk djkok-

3- dckánds%

i w~~h~~z bUL; nyhupk “kksk ykx.; ki w~~h~~z e/k~~es~~gh 0; Drhuk dckánds vfr”k; deh i ek.kkr fnyh tkr- i jarwvkt 40 rs 50 VDds dWjyh dckánda kl w ?k~~r~~k ; srkr- xglv cktjh Tokjh rknG ; k /kkU; kr 70 rs 80 VDds MkGh] dM/kkU; kr 60 VDdš n~~q~~kr 5 VDdš i ky~~kk~~T; k~~e~~/; s 3 rs 4 VDdš dneGk~~e~~/; s 15 rs 20 VDds fi ‘Ve; inKkZ vk<Grkr- ekM vky~~y~~; k dM/kkU; kP; k ml Ghpk vkgkjr mi ; kx djkok- ; kr r~~ne~~; inKkZps i ek.k tkLr vl rs r~~ne~~; inKkZGs jDrkr Xy~~pk~~st “kkskys tk.; kpk ox enkorks rl p vlu~~kr~~hy pjch jDrkr “kksk.; kpk oxgh enkorks R; k~~e~~Gs to.kkus jDrkrhy Xy~~pk~~stps i ek.k , dne ok<r ukgh-

4- fLuX/k inKkZ%

, dwk dWjyh d~~h~~ i Fkhus o dckánds ; ki kl w feG.kkU; k dWjyh otk d: u mjy~~y~~; k dWjyh fLuX/k inKkZ kl w ?; k0; kr- e/k~~es~~gh 0; Drh~~e~~/; s dksy~~t~~ Vj~~ky~~ps lkek.k ok<rs R; k~~e~~Gs fjQkM ry okij.; k, oth l k~~o~~ r~~w~~ okijkos I k/kj.ki .ks njjst 70 rs 80 x~~te~~ fLuX/k inKkZ ?; kor-

5- ftoul Roso [kuts%

dckánda k p; ki p; kl kBh ^* I egkrhy thoul Ro feG.ks vko”; d vl rs R; k~~e~~Gs e/k~~es~~gh fu; ~~a~~.kkkr jkgw “kdrks QGs o HkkT; kP; k vkgkjr mi ; kx d~~sy~~k vl rk vko”; d [kuts o ftoul RosfeGrkr-

e/k~~es~~gh 0; DrhP; k vkgkjrhy i ksd ?Wd~~ps~~ i ek.k dk<.ks

o; 45] out 55 fd- x~~w~~ n~~fu~~d vko”; drk

1½ dWjyh 1650 & , d fdx~~w~~ otukl kBh 30 dWjyh $\frac{1}{55} \times 30 = 1650\frac{1}{2}$

2½ i Fkhus 82-5 & , d fdx~~w~~ otukl kBh 1-5 xEk i fFkus $\frac{1}{55} \times 1-5 = 82-5\frac{1}{2}$

i Fkhuká kl w 4 dWjyh $\frac{1}{82-5} \times 4 = 330\frac{1}{2}$ dWjyh feGrkr-

- 3½ dcknds 165 xW & 1650 & 330 dWjh 1320@4 = 660 dWjh
 dckndki kl w feG.; kl kBh 165 xW dcknds vkgjkr vl kohr , d xW
 dckndki kl w 4 dWjh feGrkr-
- 4½ fLuX/k inkFkZ 73-3 xW& , d xW fLu inkFkZ kl w 9 dWjh feGrkr- rsgk 660@9 =
 73-3 xW fLUXX/k inkFkZ vkgjkr vl kos

e/kegh 0; Drh kBh , d fnoI kph vkgjkrfydk

oG	inkFki
I dkGh 7 oktrk	fcu I k[kjpk pgk fdok dkdh
I dkGh 8 oktrk	dM/kkU; kph ml G @ ikyHkktthpk ijKvk @ 1 di nwk
I dkGh 10 oktrk	Rkkd
nqkj 12 oktrk	oj.k] Hkkr] ikGh] Hkktth] 1 okVh ngh fdok dks"kehj
nqkj 4 oktrk	1 Fkkyhi hB @ <kdGk @ brj inkFkZ fcu I k[kjpk pgk
jk=h 8 oktrk	Hkktth] 2 Qyds] oj.k] dks"kecj
jk=h 08-30 ok-	1 I as @ ekl ch
jk=h 10 ok-	nwk

vks/ks%

e/kegkr xkG; kP; k Lok: ikr dkgh vks/ks ?kryh tkrkr- dkgh : X.k bUL; yhuups
 batD'ku ?krkr- vks/k dksKR; kgh Lo: i kps vl ks rs MkDvj kP; k I YY; kup ?; kos bUL; yhu
 gs vks/k ukgh rks "kjhjkrhy , d u\$ fxZd no vkg rs fofo/k idkjps vl rs tI s tyn
 ifj.kke dj.kkj\$ e/; e ifj.kke dj.kk\$ en ifj.kke dj.kk\$ e/keg jkskr [kjh I eL; k vkg
 rh vkgjkrph] vks/kkph ukgh- dkgh ykdok I et vl rks dh vks/k ?krys Eg.kts ekusy

rl s [kk.; kl gjdr ul rs i jarw vl s dY; kus vfr" k; xtkhj l eL; k mnHkorkr] dkghgh u
[kkrk vkSk/k fdok bul; wuhupsbtD"ku ?kÅ u; s

0; k; ke %

vkgkj fu; æ.k] vkSk/ks ; kcjkscjp e/keG : X.kkuk 0; k; kekph xjt vl rs i kS
o; krhy : X.kkuk fo"kskr% tkLr xjt vl rs 0; k; kekeGs jDrkfhkl j.k l dkkjrs bnh; s
dk; Zke jkgrkr- "kjhj l Mksy curs otu e; kZnr jkgrs 0; k; kekeGs e/keG fu; æ.kkr
jkgrks

e/keGkps"kJhkoj gskksnti fj.kke %

e/keGh 0; DrhP; k "kjhjke/; s gUL; wuhuph derjrk vl rs R; keGs "kjhjkrhy vud
bfnz, kph dk; Zkerk R; kP; koj voyau vl rs i wchyiek.ks "kjhkoj vud nqi fj.kke gkrkr-

- 1- us= fodkj] us=iVykoj jDrL=ko] ekrfcmjv vdkRo ; ow"kdrrs
- 2- gn; fodkj mnHkow"kdrrk o jDrnk ok<rk-
- 3- eek" k; kr thok.kpk mi l xZ gkÅu dk; kZ fc?kkm gkrks R; keGs v"kn nD; s jDrkr
l kBrkr o eefiM fudkeh gkÅu ui dRo ; rs
- 4- Rppoj QkM ; rkr- gs QkM ekupj o dejøj ; rkr-
- 5- Kku ranøj nqi fj.kke gkrks
- 6- L=h : X.kkr xHkã kr gkrks vHkZkpk eR; wgrks
- 7- jDrkrhy l k[kjps iek.k tkLr okgu i Fkhukps fo?kVu gkÅu fdVku ukokps nD;
r; kj gkr s R; kpk ifj.kke enøj gkÅu jksch c's'kn i Mrks
- 8- e/keGkr xtkhu gh tVhy l eL; k mRiUu gkr s Ropoj t [ke >kY; kl] tGY; kl gh
fLFkrh mRiUu gkr s fo"kskr% i k; koj ; kpk ifj.kke gkrks jDr l pkyu uhV gkr ukgh-
e/keGkeGs jDrofgU; kP; k vkrhy Lrj tkM gkrkr- R; keGs gn; kdMuu gks kU; k
jDrijoB; kr vMFkGk fuekzk gkrks v"kk oGh gkrki k; kkk jDr u feGKY; kl R; k
fBdk.kP; k i s'kh er gkrkr- R; kp fLFkrhyk xtkjhu Eg.krkr-

ik; k; k xWjhuph dlgh fof"KV y{k.ks%

jk=h ik; n[krkr] ik;kr tGtG gkr} e[; k ; rkr- jk=h >ki Y; koj cks/KP; k
VkdMmu dGk ; rkr- ik; kph cks/Eg.kts ik; kps gn;] cks/kauk xWjhuph >KY; kl i kÅyHkj
i w gkrks xWjhuph ykx.k >kysyk Hkkx dkGk fnl k; yk ykxrs ik; FkM i Mrks gkyppy
cn gkrks R; keGs dkgh ykxys rjh y{kkr ; r ukgh- Li"K onuk dGr ukghr- t[ker
trqph idšk dY; kl ifrdkj dj.; kph {kerk ul rs

vk/kfud , DI js i/nrhus I (e jDrokgH; krmu jDrkpk idkg fdrh pkywvks \ ; kph
fpfdRI k dyh tkrs jDrokgH; k cn >KY; kl xWjhuph >kysyk rø<k Hkkx "kL=fØ; k d: u
dki .; kf"kok; xR; rj jkgr ukgh- R; kl kBh ik; kP; k LoPNrfo'k; h tkx: d vl ks vko"; d
vks

- 9- ewkrhy I k[kjeGs I (e ftok.kph ok< gks; kph "kD; rk vl rs R; keGs ee ekxkr
I Øe.k gks; kph "kD; rk ok<rs
- 10- otu deh >KY; kl {k; gks; kph "kD; rk ok<rs vkgkj fu; æ.k] 0; k; ke] vkSk/ks
vkf.k ekufi d LokLF; ; keGs e/kwgh : X.k fn?kZkG I [kh thou txw"kdrr-

4- fl dyl y %

fl dyl y gk yky jDri'skhu gkskkjk vk/kfud vuqf"kd vktkj vks fl dyl y
vktkj vl .kkU; k 0; Drhpk fgekYkshu vtuksy vl rks o ; kyk fgekYkshu , I fdok
fl dy fgekYkshu vl s Eg.krkr- gk I ka fxZ vktkj ukgh ; k vktkkr yky jDri'skhu
vkdj foG; kl kj [kk gkrks

vkbz o oMhy iR; dkdMmu tGg fgekYkshu thups vtuksy dkw h 0; Drhyk ikr
gkrkr rGg gk vktkj gkrks

T; k 0; DrhP; k "kjhkr , dp fodr dkw h vl rs R; ke/; s y{k.ks vk<Gr ukgh o
R; kyk fl dyl y VV vl s Eg.krkr- v"kk 0; Drhuk okgd vl gh Eg.krkr- jDri'f{k.k
dY; kurj ; k jkskpsfunku dY; k tkrs cU; kp ns'kke/; s vkt dky xHkkZLFkrp ; kpsfunku
dY; k tkrs

T; k 0; Drhuk fl dyl sy vktkj vkgR; kph dkGth fofo/k i/nrhuh ?krk ; srs t l s
yl hdj.k] vf/kd iek.kkr no inkFkkps l ou dj.k\$ folic acid pk vf/kd iek.kkr mi ; ksx
dj.ksb- cksuejks i'skh cnymu dkgh 0; Drhpk vktkj cjk dsk tkÅ "kdrks

fl dyl sy jDr{k; gk yky jDri'skhuuk vuof"kdrrus gkskkjk vktkj vkgR l k/kkj.kr%
yky jDri'skpk vkdkj disc l kj [kk vl Y; keGs ygku"kk jDrufydrnu n[khy R; k tkÅ
"kdrkr- ijarq ; k jkskr yky jDr i'skhp vkdkj foG; kl kj [kk gkrks R; keGs yky
jDri'skh rigid gkrkr o R; keGs ygku ufydkæ/; s vMdlw "kdrkr- vMdlY; keGs "kj hj kP; k
fofo/k Hkkxkauk jDrijoBk gksÅ "kdr ukgh-

fl dyl sy okgd Eg.kts v"kh 0; Drh ftP; k jDrkr vuof"kdrrus vkbZ fdok
oMhy ; k nk?kka dh , dkdMuu vtukæy fl dyl sy fgekkychupk ½AS½ thu vkysk
vl rks jDrkr gk ck/kd thu vl ugh gh 0; Drh ojoj ikrk l kekl; ek.kl kl kj [ks thou
txw "kdrs

dkj.ks%

1½ vuof"kdrrus gkskkjk jksx vkgR

Yk{k.ks%

fl dyl sy vktkj kph y{k.ks ygku o; krp fnl w ykrkr- fl dyl syp vktkj kps
fofo/k izdkj vkgR ijarq l okph y{k.ks l kj [khp vl rkr rh i q<yi ek.ks

- vf/kd iek.kkr Fkdok ; sks
- ygku ckGkæ/; s fussiness
- fcNkuk vkysk dj.ks
- dkohG >kysk vk<Grks
- gkr o i k; kauk l qt ; srs o nq[krkr-
- okjokj l d xZ gkrks
- Nkrh] dæj] gkr o i k; nq[krkr-
- "k\$kokolFkr ok<hps Vli s ykækrkr-

➤ MKG; kR; k l eL; k fuekZk gkrkr-

fl dyl sy jDr{k; keGsgskkjh xqkxq %

fl dyl sy jkxkr ekB; k iek.kkr xqkxq gksÅ “kdrks gh y{k.k røgk fnl rkr tøgk
“kjhjkrhy fofo/k Hkkxkrhy ufydkæ/; s fl dyl sy block gkrkr- gs block >KY; keGsnøfk
gkrs gs fofo/k dkj.kkauh gksÅ “kdrks

- vktkji .k
- gokekukr cny
- r.kko
- vYVhV; t/

fl dyl sy jDr{k; keGso; Drhyk severe jDr{k; gkrks dkj.k fl dyl sy QDr 10
rs 20 fnol kr uk”k ikorkr- rlp gkr o ik; l qtrkr- ik; kr vYlj gksÅ “kdrks
l qtsys gkrik; gs ckydkæ/khy iEke y{k.k gks - fl dyl sy vl yY; k ckydkph ok<
ykæ.khoj iMrs eys l q okrhyk mphyk deh vl rkr i.k iks&kolFki ; r mph l k/kkj.k
gkrs

enyk ikp.kkú; k jDrufydk tj fl dyl sy i s’keGsn >KY; k rj LVkd gksÅ
“kdrks gkr o ik; kæ/; s detkj h ; sks ckyk; yk =kl gksks o 0; Drh c’s’kqñ gksÅ “kdrks

Nkrh nqkrš rki ; srs o “okl ?ks; kl =kl gkrks gk =kl QqQd kdMs ; skú; k
jDrufydkæ/; s l d xZ >KY; kusfdøk fl dyl syuh ufydk Cykú >KY; keGsgkrks

fl dyl sy rikl .kh %

0; Drhyk fl dyl sy vktkj vkgs dk gs Bjo.; kdfjrk jDrkph rikl .kh djkoh
ykrss Screening test ±.kkRed ½negative½ vKY; kl fl dyl syk thu miLFkr ul rkš
Screening test positive vKY; kl R; k 0; rhpk “kjhjkr , d fdøk nksu fl dyl sy tho
vkgr gs rikl .; kdfjrk i qhy V&V dY; k tkrkr-

fl dyl y : X.kdfjrk vko"; d ikld ?Wd %

fl dyl y : X.kdfjrk ts ikskd&?kVd vko"; d vl rkr rs if<yiek.ks

- **dwjh %** : X.k djr vl ysys dk;] o;] fyax] gokeku ; koj dwjhph ekx.kh voyew vl rs 0; Drh v"kDr o jkM vl Y; kl v"kk 0; Drhuk vf/kd iek.kkr dwjhph ekx.kh vl rs vkgjkr l pk eok o vf/kd dwjh; Dr inkFkpk l ekošk djkok-
- **ifkus %** fl dyl y vl y; k : X.kdfjrk vf/kd iek.kkr ifkukph vko"; drk vl rs
- **dckids %** vko"; d dwjhP; k 60 rs 70 VDds dwjh ; k dckidka kl u feGk; yk go; k- vkgjkr rkth QGs o HkkT; kpk vf/kd iek.kkr l ekošk djkok-
- **[kuts %** : X.kkP; k vkgjkr calcium ph vko"; drk ok<syh vl rs R; kdfjrk vkgjkr n[k] ngh] pht] fgj0; k ikyHkkT; k v"kk calcium ; Dr inkFkpk l ekošk djkok-

rl p vkgjkr ykpkps iek.kgh ok<okos ykxrs dj.k fgeklykchu r; kj gks; kdfjrk ykpkph vko"; drk vl rs Eg.kuu vkgjkr dkG; k eupk] [kkjhd] [ktjh] chV] fgj0; k ikyHkkT; k ; kpk l ekošk djkok-

- **thoul Ro %** fl dyl y : X.kkP; k vkgjkr thoul Ro v ; kx; iek.kkr vl kos thoul Ro M ps iek.k : X.kkP; k vkgjkr l k/kkj.k voLFki \$kk vf/kd vl kos rl p vkgjkr folic acid pkgh vf/kd iek.kkr l ekošk djkok- thoul Ro d gh vkgjkr vf/kd iek.kkr vl kos
- **noinkfz %** fl dyl y vl .kkú; k : X.kkus vf/kd iek.kkr ik.kh o noinkfzpk l ekošk djkok-

fl dyl y >lyŷ; k : X.kdfjrk ,dfnol h; vlgjrkfydk

oG	i nkFki	i ek.k
I dkGh 06-30 ok-	nqk	1 Xykl
I dkGh 09-30 ok-	eVdhph ml G I &; kpk jI	1 lyŷ 1 Xykl
I dkGps tŵ.k	i kGh Hkkr lkkyd ?kkrysysoj .k eVj i uhj chV dks"kehj ngh	3 1 lyŷ 1 okVh 1 okVh 1@2 okVh 1@2 okVh
nq kjh 04-30 ok	gjHkjk dckc pgk	4 ihl 1 di
jk=hps tŵ.k	i kGh i yko eFkh eVj eybz d<h cnke [khj	2 1 lyŷ 1 okVh 1 okVh 1 okVh
jk=h >ki .; ki ŵh	feYd "kcd	1 Xykl

jDr{k; ¼Anaemia½

vlgjkpsfu; kt u %

jDr{k; gk vktkj toGikl ekuotkrhP; k mRiRrh brdk tŵk vks vk; ŵhkr R; kps ^i Mijkkk* ; k ukokus o.kŷu dsys vks "kjhjkrhy jDrkps i ek.k deh gksks vl s ; k vktkj kps Lo: i vks Hkkjrh; kœ/; s jDr{k; kps i ek.k Qkj ekBs vk<Grs gk jks I ol

o; krhy 0; Drhuk gksÅ “kdrks i jrw xHkzLFkr o nŷ/kl tu dkGkr fL=; kauk] f”k”kauk o ckydkauk gk jksx f”k?kærhys gksrks

**jDr{k; Eg.kt sdk; **

jDrkr yky jDri’skh o ikaŰ; k i’skh vl rkr- jDrkPkk ntkz R; kr vl .kkŰ; k jDri’skhp; k l Ű; oj voyew vl rs dkskR; kgh dkj.kkus ; k i’skhp l Ű; k o fgekŷkchups iek.k deh >kY; kl ; skkŰ; k voLFkyk jDr{k; Eg.krkr-

0; kŰ; k %^jDrkrhy fgekŷkchups iek.k deh gks ; kyk jDr{k; vl sEg.krkr**&

yky o Xykchu ; ki kl w fgekŷkchu r; kj gks yky gk fgekŷkchupkk eŰ; ?kVd vkgs R; kP; k vHkkoŷ yky jDi’skh vdkjkus ygku gkrkr o R; krhy fgekŷkchups iek.k deh >kY; kl i’skhuuk vko”; d R; k iek.kkr ik.kok; pk ijioBk gkr ukgh o R; keŰGs i w hy iek.ks y{k.ks vk<Grkr-

- v”kDri.kk ; sŰ Fkdok ; sŰ Nkrhr /kM/kMrŰ nŰ[krŰ gkrki k; koj l qŰ ; sŰ ?kke ; sŰ
- Ropk fQDdV fnl rŰ thk ikajh fnl rŰ thkkojhy [kMcMhri.kk tkÅu rh xGxGhr o pdpdir fnl rsu[kkr cny gksÅu rh fBl Ű gkrkr-
- vax nŰ[krŰ ckjhd rki ; sŰ >ki ; s ukgh vLi’V fnl rŰ pDdj ; sŰkr] Mkds nŰ[krŰ Lej.k deh gksŰ dŰ xGrkr] fpRr , dkxz gksÅ “kdr ukgh] fpMfpMsi .kk ok<rks
- ipufØ; s fc?kkm gksŰ Hkud ykxr ukgh] eGeG.kŰ vluufydk o tBjkr nkg gksrks vkB] xky] ?k”kkoj pVVs iMrkr- R; keŰGs vlu fxGrkauk =kl gksrks
- fL=; kauk ekfl d ikGh deh tkr
- jksxifrdkj “kDrh deh gksŰ /kki ykxrŰ gkrki kP; k cks/kauk eŰ; k ; sŰkr] gkMs nŰ[krkr-

dkj.k%

- ykj o i fFkukph derjrk >kY; kl
- "kjhjkr ykj kps "kksk.k ; k; i dks u >kY; kl
- "kjhjkr jDrkps mRi knu deh >kY; kl
- vi ?kkr] vWj'sku fdok brj dkj.kkGsjDrL=ko tkLr >kY; kl
- vLFkuk V; e; j >kY; kl
- dWkj] Y; fide; k >kY; kl
- fo'kkjh] veyh i nkFkPk I dukus
- I YQj; Dr vksk/kp; k I dukus

jDr{k; kps idkj %

- jDrfufezhl mi; Dr vl .kkú; k ?kVdph derjrk mnk- ykj] dkW/hd vW hM] ftoul Ro ^c12* ftoul Ro ^d* Fkk; jkDl hu
- dks kR; kgh dkj .kkus jDrkpk uk" k gks ks
- vLFkettk I d; k fodrh
- Bjkfod dkj .k I kark ; skj ukgh

1½ ykjP; k derjrusgskkj jDr{k; %

jDr{k; kps vud idkj vlys rjh vkiY; k n'skr vk<G.kkj idkj Eg.kts jDrfufezhl deh iM.kkú; k ?kVdkeG gskkj jDr{k; gks - ; k idkjP; k jDr{k; fL=; k;/; s tkLr iek.kkr vk<Grks R; kps dkj.k fur; Øekus gskkj ekl hd L=ko o vkgjkckcr gGI kM dj.ksg vkgR- R; kpcjksj id wrhP; k oGh gskkj jDrL=ko vkf.k xHkzLFkr ykjph xjt ok<ysh vl rs

ykjP; k derjrusgskkj; k jDr{k; kr Roppk jax fQdV gskkj Ropk fuLrst fnl rs ; k idkjkr jDri'skhrhy fgekkykshups iek.k deh gks R; keGsyky jDri'skhp vkdkj ygku gks o i'skph l; k n[ky deh gks iFkukph derjrk >kY; kl I d; k ; k

izdkjpk jDr{k; gkrks fl=; kP;k ckrhr xHkZrh o nH/kl tu voLFkr ykgkph xjt Hkkxfo.ks vfr" k; egRokps vl rs R; kpiæk.ks "kSkkolFkr jDrkps ?kuQG Qkj >ikV; kus ok<rs rögk ykM Hkjiij feGk; yk ikfgts fd"kkjkoLFkr eyhph ekfl d ikGh l q gkr's rögk jDrkrhy ykgkpk uk" k gkrks gh m.kho Hk: u dk<.; kl kBh vkgjkru ykgkpk ; kX; ij oBk gksks vko"; d vl rs xHkLFk f" k"kw tlekurj 7 rs 8 efgus ykgkph xjt iwKz gksÅ "kdsy brdk "kjhkr l kBk d: u Borks ijarw ekrops nwk can dY; koj ykg; Dr inkFkkPkk l eko'sk dj.ks ; kX; vl rs vU; Fkk f" k"kw jDr{k; gkrks

jDr{k; >KY; koj mik; ; kstuk dj.; ki \$kk jDr{k; gksÅ u; s Eg.kw ifrcak dj.ks tkLr ; kX; Bjsr ; kX; izdkjs vkgkj rl p R; kl kcrp MKDVjkP; k l Y; kus ykgkph vksk/ks ?ksks vko"; d vl rs

jDr{k; kr vkgkj %

ykg %

vkgjkr ykgkps iek.k ok<oko\$ ykg u\$ fxZl vlu inkFkkZru ?; k; yk gos R; kl kBh vkgjkr ikyHkkT; k] QG\$ eVkj] l Qjpn] okGsyh ckj] tkHkG] vaxij rl p dkM; ka g /kkU; kpk okij djkok- chVe/; s ykgkps iek.k Hkjiij vl rs rl p gkrl Mhps rknG] ikyHkkT; k] dkch] xktj] nk{k] xGkru Hkjiij ykg feGrs FkkMD; kr vkgjkr l qkkj.kk d: u ykgkpk ij oBk ok<fork ; rks

ifFlus % ifFlus feGfo.; kl kBh nwk] nwkps inkFkZ vMh] ekl] ekl s v"kk izdkjP; k mRre tfod eY; vl yY; k inkFkkPkk vkgjkr l eko'sk djkok-

ftoul Ros % l oZ izdkjP; k thoul Rokph jDr mRiknukr xjt vl rs thoul Ro ^c₁₂* gs mRre vl rs nwk] ngh] nwi] yks kh] "kxnk.ks ; kru ^c₁₂* Hkjiij iek.kkr feGrs rl p ykgkps "kksk.k gks; kl kBh ftoul Ro ^d* ; Dr fy:ij l æ-k] vkoGk] nk{k ; k QGkpk vkgjkr l eko'sk djkok

jDr{k; kr vlgjkpsvk; kt u

oG	inkFki	i ek.k
I dkGh 07-00	pgk fdok dkdh	1 di
I dkGh 08-00	dM/kkU; kph ml G ikyHkktHpk i jkBk	1 lyV 1 i jkBk
I dkGh 09-00	I &; kpk jI	1 di
nijkh 12-00	epkps oj.k] Qydk @ i kGh okX; kph HkktH] rkd] ngh	xjtsiek.k
nqkjh 04-00	"kxknk.; kiki u r; kj dsys inkFkzo pgk	xjtsiek.k
jk=h 08-00	cktjhph Hkktjh fdok i kGh] eFkh] cVkvk HkktH] dks"kcj pV.kh] puk MkGhph xG ?kkyu f[kj	xjtsiek.k
jk=h 09-00 ok	nijk [ktj] fdI ehl	xjtsiek.k

jkk; kps xjtsiek.k vlgkj rkfydr cny djrk ; Å "kdrks njjkt , dkp /kkU; kP; k] HkktHpk mi ; lx u djrk R; kr fofokrk vl koh R; kpi ek.k vlukrhy ylgkps i pu uhV gks ; kl kBh el kt djkok- ik; h pky.; kpk 0; k; ke vko"; d vl rks

BA – 1st Year (Home Economics)

खतgd f"क{k.k @ miHkDrk f"क{k.k

5-1 vFkz o 0; k[; k

खतgd f"क{k.k ; kpk vFkz l etw ?ks ; kvk/kh खतgd @ miHkDrk Eg.kts dksk gs ekfgrh vl .ks vko"; d vkgs

^oLrR; k l kgs; kus bPNk rlr dj.ks Eg.kts miHkksx gks - rj miHkksxkus T; bP; k bPNk rlr gks-kr rks miHkDrk gks **

vkf.k tks oLrps mRiknu djrk; R; kyk mRiknd Eg.krkr- iR; d mRiknd gk miHkDrk vl rks i jrq iR; d miHkDrk gk mRiknd vl rkp vl sukgh- FkkMD; kr miHkDrk Eg.kts tks oLrw vkf.k l o kpk miHkksx ?krks rks gks - ; kr vkkyo/nkpk l eko'sk gks rks tlekyk vkY; ki kl w eR; i; ; iR; d 0; Drh dksKR; k uk dksKR; k oLrw o l o kpk miHkksx djhrp vl rks

bkyMe/; s fcfV"k l jdkjus th l ferh ueyh R; kud kj R; kah miHkDrk "kCnkpk e; kZnr vFkz ?kr ysyk vkgs ^[kktxh miHkksxkl kBh tks oLrw [kjnh djrks rks miHkDrk gks ** oLrw jk[khusfdok m/kkjhoj n[khy [kjnh dY; k tkA "kdrkr-

miHkDrk Eg.kts v"kh 0; Drh th 0; Drhxr miHkksxkl kBh oLrw o l o kph [kjnh djrs R; kph [kjnh d: u brjkauk R; k oLrph foØh djhr ukgh- Eg.kuup 0; ki kj/kaj ki kBh ts ykd oLrph [kjnh djrkr R; kauk vki.k ^miHkDrk* Eg.kr ukgh- R; kpk l eko'sk 'Ørš ; k l Kr dsk tkrks

miHkDrk tØgk oLrph [kjnh djrks rØgk R; kekxs i qfoØhph fdok R; ke/kw uOk feGfo.; kph Hkkouk ul rs l ektkrhy iR; d 0; Drh खतgd vl rks dkj.k 0; Drh Lor%yk vko"; d vl .kkU; k l o p oLrps mRiknu @ fufeZh d: "kdr ukgh- R; keGs R; kyk R; ki kBh brjkaj voyaw jgkos ykxrs Eg.kuR; kuk brjkadMu oLrph [kjnh djkoh ykxrs

mi HkkDrk gk , d 0; Drh fdok , [knh l akVuk @ l lFkk ns[khy vl w"kdir} th oLrw
o l okph Lor%; k mi Hkkskl kBh [kjh djrs

0; k[; k %

xtgd l j{k.k dk; nk 1986 ud kj mi HkkDrk Eg.kts dksk gs Llk'V dsysys vkg

l rksk xkakhP; k er} ^oLrw ok l ok [kjh dj.kjh 0; Drh Lor% mi HkkDrk vl sy
rjp rh 0; Drh xtgd l Kl ik= Bjr**

xtgd @ mi HkkDrk f"kk.k & vFkZ

xtgd @ mi HkkDrk f"kk.kkpk vFkZ FkkMD; kr vl s l kark ; bzy dh] xtgdkauk
f"kk{kr dj .ks Eg.kts R; kps gDd] tckcnkU; k o xtgdfo'k; d dk; ns ; kfo'k; h ekfgrh ns k
R; kP; kr tkx: drk fuekZk dj .ks gks -

R; kl kBh fofok l k/kukpk mi ; kx djrk ; Å "kdirs id kjek/; es Qkj mi ; Dr
l k/ku vkg T; k xtgdkauk fyfgrk okprk ; s ukgh R; kauk jSMvks o nypf=ok.kh fdok
i FukV; ; k ek/; ekru tkxrh djkr ; rs xtgdkauk R; kP; k"kh l cD/kr fofok ekfgrh
jSMvkaj id kfjr gskkj k dk; De ^tkxks xtgd tkxk l kj [; k dk; Dekru nrk ; rs

xtgd f"kk.kkeGs xtgdhe/; s tkx: drk fuekZk gkr} rks vki Y; k gDkd kBh y<k
nÅ "kdirs o U; k; feGow"kdirs

5-2 xtgdh; k l eL; k 1/2 Problems of consumers 1/2

oLrw [kjh djrkuk xtgdkauk fofok l eL; kpk l kekuk djkok ykxrs R; k l eL; k
if<yiek.ks vkgr-

1 1/2 [kwh otuekis%

foDrs ; k; otuekis u okjrk [kwh otuekis @ pphph otuekis okjrk-
R; keGs xtgdkauh iwz is s nÅu ns[khy deh otukP; k oLrw R; kauk nDkunkj fodr
vl rkr- mnk & Hkth ekstrkauk tk.kucDru ikjMs [khy nkcys tkr} nkMh ekjyh tkr
Nks/; k Nks/; k otueki kdjrk iekf.kr otuekis okjyh tkr ukgh] R; k, oth nxM]
yk[kMh iVV; k bR; knhp okij gkrks v"kkizkjs iR; d xtgdokph Ql o.kd dsh tkr

R; ki ek.ks i krG oLrw t l s & nwk] j kksy] rsy bR; knh ekstruk epnke o: u vkrkr
R; keGs Qd ; rks o eki Hkjysys fnl rs rl p eksteki kps Hkks [kkyP; k cktus Bpysys
vl rs R; keGs ns[khy i R; {kkr oLrwR; kr deh Hkjs

2½ Hk G; Dr oLrw%

ndkunkjkyk oLrph iwz fder nAu ns[khy xtgdkyk "kqn oLrw feGrhyp vl s
ukgh] ndkunkj oLrP; k "kqnrcnny [kk=h nrkr- ek= i R; {kkr oLrP; s Hk G dsyys
vl rs t l s & /kkU; kr xkj hps [kMs fdok ekrhps [kMs fel Gys tkrkr- fr [kVkr foVkp pgk]
gGnhr fi oGh ekrh] pgk i koMje/; s okijysyh tuh i koMj bR; knh vud izdkjph Hk G
d: u "kqn ekykyk v"kn @ Hk G; Dr d: u fodys tkrs Hk G; Dr oLrP; k okijkeGs
xtgdka; k vkjkk; koj foijhr ifj.kke gkrkr- v"kki zkj s Hk G; Dr eky fodu xtgdkph
Ql okd dyh tkrs

3½ ekykph fofo/krk %

vk/kudreGs cktjkr , dkp izdkjP; k fofo/k oLrw ikgk; yk feGrkr- mnk & pgk
i koMj] fofo/k daU; k oxoxG; k cMM ukokus pgki koMj fodrkr- R; keGs R; ka dh
vkiY; kyk dskrh pgk i koMj vkoMsy fdok ; k; pgk i koMj dskrh vl k iz'u
xtgdka qsmHk jkrks mnk- Yht] iwz , [kkn nks daU; k Yht mRiknu dj; P; k o R; kps
mRiknu @ oLrw toGikl I kj [; kp izdkjps vl k; ps i jarq vkrk cktji Br brD; k
daU; k mrjY; kr T; k Yhtps mRiknu djrkr- t l s & xknjst] Ogyly] I Wl x] , y-tk]
vksuMk bR; knh , ocp ukgh rj Yhte/; ns[khy [kni fofo/krk vkgs t l s & fl xy Mksvj]
Mcy Mksvj] YkV Yh oxjs oxjs

v"kki zkj s cktji Br ekykph fofo/krk vk<Gu ; rs R; keGs xtgd I Hkfer gkrks
I ol k/kj.k xtgdkyk R; knu dskrh oLrw fuoMkoh gs dGr ukgh v"koGh xtgd]
ndkunkj fdok foOrk T; k oLrph xlvh ?krk eky plakyk vl Y; kps I kark; rhp oLrw
xtgd [kjnh djrks

vk/kh vl sl etys tk; ps dh] T; k oLrph fder tklr] rh oLrwmPp ntkph vkgs
gYyh gs l ehdj.kgh ekd/hr fu?kkys oLrP; k fderho: u oLrph xqkoRRk Bjfork ; r
ukgh-

4½ ok<R; k fderh %

oLrP; k ok<R; k fderh gh , d egrRo iwKz l eL; k vkgs T; k iek.kkr oLrP; k fderh
ok<rkr] R; k iek.kkr xtgdkps mRiUu ok<r ukgh- R; keGs e; kZnr mRiUukr ok<ho
fderhr oLrw xtgdkuk ?ksks "kD; gkr ukgh- oLrP; k fderh ok<.; kph vucl dkj.k
vkgs- tIs & ekx.kh tklr o ijoBk deh] l jdkjus ykoysyfofo/k dj] dPp; k ekykP; k
ok<R; k fderh bR; knh-

5½ tfgjkrh %

gYyh iR; d mRiknd vkiY; k oLrw tklrhr tklr fodY; k tkO; kr Eg.kuu
tfgjkrhpk vk/kkj ?krkr- tfgjkrh Qkjp vkd'kd o eukoskd vl rkr] R; keGs xtgdkuk
R; k oLrw fodr ?ks; kl i kRl kfgd dkrkr- tfgjkrhpk Qk; nk ns[khy gkrks , drj
tfgjkrheGs xtgdkuk uohu oLrnny ekgrh feGrs ijr cjpnk ; k tfgjkrh Ql O; k
vl rkr- iR; {k oLrwo tfgjkrhr nk[kfoyy; k oLrw; kr rQkor vl rs oLrph tfgjkr
dj.; kl kBh mRiknd fofo/k id kjek/; ekpk mi; ksx dkrkr- tIs & orZkui=} ekfl dš
jSMvkš Vh-0gh] bš/juV/ bR; knh-

tšgk xtgdk tfgjkrhuh vkdf'kr gkÅu oLrw fodr ?krkr- ršgk rh oLrw
eukl kj [kh ulsy rj rh xtgdkd kBh ekBh l eL; k gkr rlp tfgjkrheGs cjpnk
vuko"; d oLrph [kjnh dyh tkr R; keGs vko"; d oLrw [kjnh dj.; kl kBh xtgdktoG
iš k f"KYyd jkgr ukgh-

6½ mRi knukpk fuEu Lrj %

l oP xtgdkuk xqkoRrph ikj [k dkrk ; rs vl s ukgh- cktkkr T; k oLrw miyG/k
vl rkr R; kr dkgh oLrwpkxY; k xqkoRrP; k rj dkgh oLrwfuEu irhP; k vl rkr- R; kuu
uedh pkxyh oLrw d"kh fuoMkoh gh l eL; k xtgdkieš fuekZk gkr tšgk iR; {k rh oLrw
okijyh tkrš ršgkp frph xqkoRrk y{kkr ; rs xtgdkph gh l eL; k fopkkr ?kÅu

I jdkjus oLrnp s i æk.khdj.k dj.; kps/kkj.k Lohdkjys vks| kfxd mRi knukl kBh ISI / BIS
gk f"KDdk fnyk tkrks rj d'kh fdok "krekyk"kh fuxfMr oLrnp xqoRrk Bjfo.; kl kBh
Agmark f"KDdk fnyk tkrks

7½ oLrnp df=e Vpkbz%

vud mRi knud Lorø; k Qk; | kl kBh oLrnp df=e Vpkbz fueZk djrkr- ; k oLrw
vko"; d vl Y; keGs xtgdr R; kl kBh tkLr fdær | k; yk ns[khy r; kj gkrks R; keGs R; kpk
xtgdkr; k vl; izdkjP; k [kpkbz foijhr ifj.kke gkrks

8½ dk; |kpsvijsl j{k.k %

xtgdkr; k fofo/k l eL; k fopkjr ?kAu I jdkjus R; k l mHkr vud dk; ns dsyr-
ijrq xtgdkuk R; k dk; |kfo'k; h] R; kP; k rjrnho'k; h ijs'kh ekfgrh ul Y; keGs o ; kx;
dk; bkgh dsyh tkr ukgh o R; keGs dk; ns vl ugh R; kps l j{k.k xtgdkuk feGr ukgh
R; kpiæk.ks dk; |krhy dkgh rjrnho dkyckg; >kyY; k vl rkr] R; keGs R; kph ; kx;
væyctko.kh gkr ukgh vk.k[kh , d egRokps dkj.k Eg.kts xtgdkph mnkl hurk gs gks -
dkgh xtgdkuk dk; |kps ijd s Kku vl rs rjhn[khy rs R; kpk mi ; kx d: u ?kr ukgh]
fØ; kf"kyrk nk[kohr ukgh Hkd Gfojkskh dk; nk] oLrw foØh vf/kfu; e] eY; fu; æ.k fu; e]
xtgd l j{k.k dk; nk bR; knh vud dk; ns vflRokr vkgr-

9½ udyh oLrw%

0; ki kjh oxZ Lorø; k Qk; | kl kBh vl yh ekyk, oth udyh eky fodrkr- dkgh
oLrwT; k vfr"k; ifl /n cWMP; k vl rkr- R; kph gggg uDdy d: u udyh ol rwr; kj
dY; k tkrkr o ; k udyh oLrw vl yh oLrw; k fderhr fodY; k tkrkr- xtgdkyk vl yh
o udyh ekykrhy Qjd ns[khy y{kk; r ukgh

10½ mRi knud o xtgde/khy njRo %

i whZ foØrs @ mRi knud o xtgdr ; kP; kr vkG [kps ukrs gkr's rs ijLi jkuk vkG [kr
vl } R; keGs xtgdkr; k xjtk l etu] R; kud kj foØrs @ mRi knud Mw r"kk oLrnp
mRi knu dj; ps gYyh mRi knud dsk gs xtgdkuk ekfgr ul rs R; kpiæk.ks vki.k
mRi knr dsyY; k oLrw dskrs xtgdr okijrkr ; kph l k/kh ekfgrh ns[khy mRi kndkyk

ul rs ; kps dkj.k vktP; k cktkj0; oLFkr mRi kind o xtgd ; kP; ke/; s e/; LFkph ekBh
l k[kGh r; kj >kyh vkg s t l s & Bkd 0; ki kjh] fpYyj 0; ki kjh] vMr} nplkunkju]
Qjhokys bR; knh gs ykd mRi kindkus mRi kfnr dyy; k oLrw xtgdkauk fod.; kps dke
djrkr- i jarq xtgdkauk dl k eky gok vkg} R; kP; k dk; xj tk vkg} gs mRi kindka ; r
dGfoys tkr ukgh] R; keGs ns[khy l eL; k fuekZk gkr vkgr-

11½ foØR; kph cnyrh Hfedk %

iwhz foØrs xtgdkauk oLrw; k okijkcny ekzh"ku djhr vl } vktP; k l ij
ekdP; k dkGkr] cktjkr] nplkue/; } ekwI e/; s l ol oLrw l ekjp BoyY; k vl rkr-
xgkd Lor% oLrwph fuoM djrk} R; kyk foØR; kP; k ekzh"ku kph xjt okVr ukgh- cjpnk
xtgd tfgjkrh okpau] c?ku vepp izdkjph oLrw | k v"kh ekx.kh foØR; kadMs djrks
xtgdkus vk/khp dskrh oLrw?; k; ph gs Bjfoys vl r} R; keGs foØR; kps dke xtgdkph
ekx.kh iwZ dj.k s , o<p mjrs v"kk ifjLFkrhr mi HkØR; kyk vf/kd tkx: d jkgu [kjnh
djkoh ykxrs

12½ xtgd l akWulok vHko %

xtgd gk vl k oxZ vkg s dh tk} l } ; s i pM vl u ns[khy l akVr ukgh] xtgdkph
Ql o.kd >kyh vl yh rjh rks R; kfo: /n vkokt mBohr ukgh] xli cl rks o l akVr
gkAu l eL; pk l keuk djhr ukgh ; kmyV mRi kind @ foØrs gs l akVr vl rkr-
R; keGs , [kkn nd ū; k xtgdkus Ql o.kd hfo: /n vkokt mBfoyk rj rks nMi yk tkrks

13½ xtgd kph Ql o.kd %

oLrw tkLr fderhyk fod.k} udyh oLrw fod.k} otukr nkmh ekj.k} Hkd G; Ør
eky fod.k s bR; knh fofo/k izdkjauh xtgdkph Ql o.kd dsh tkr l syP; k ukok[kkyh
[kjk] l dM+ pk eky xtgdkauk fodyk tkrks

14½ ijsk ekgrhpk vHko %

vudnk vl snl u ; rs dh] xtgdkauk , [kk | k oLrw'k; h ekgrh goh vl rs t l s &
oLrwph fder] izdkj] okijph i/nr] bR; knh- i jarqR; kyk gh ekgrh mi yC/k u >KY; keGs
tkLr fder nAu ns[khy fuEu irhpk eky [kjnh djkok ykxrs

5-3 **xtgdks@ miHWR; kpsgDd o tclcnk;k**

1/2 Rights and Responsibilities of Consumers 1/2

xtgdksDd 1/2 Rights of consumer 1/2

xtgd I j{k.k dk; nk 1986 Sec. (6 six) ud kj xtgdkauk i qhy gDd inku dj.; kr vkys

1/4 1/2 I jf{krrpk gDd 1/2 1/2 ekfgrh feGow ?ks; kpk gDd 1/3 1/2 , dlu ?ksr yst k.; kpk gDd 1/4 1/2 rØkj fuokj.kkpk gDd 1/5 1/2 fuoM dj.; kpk gDd 1/6 1/2 xtgd f" k{k.kkpk gDd o 1/7 1/2 eyHkur xj tk i jfoY; k tk.; kpk gDd

1/4 1/2 I jf{krrpk gDd %

dk; | kus xtgdkauk ifgyk o egrROIwKz gDd inku dsyk] rks Eg.kts ^I jf{krrpk gDd* gks - xtgd T; k dkgh oLrw [kjnh djrk] R; ki kl w R; kP; k thforkyk dkgh gkuh i ksp.kkj ukgh- R; k gkuhi kl w I j{k.k feG.; kpk vf/kdkj xtgdkyk vl rks R; k ol rR; k oki jki kl w xtgdK; k vkjK; kyk fdok ekyeRsyk I j{k.k feG.; kpk vf/kdkj vkgs mnk-fotøj pky.kkj mi dj.k] tI s & bLrjh] i [k] AC, fx>j] fgVj bR; knh rI p Hkd G; Ør fdok cukoV ekyiki kl wgh I j{k.k fnys tkrs Eg.kw vk/khp n{krk ?ksr yst tkrs dh fotøj pky.kkj mi dj.k. I jf{krr vl kohr] R; kauk i ekf.kr dsyys vl kos

tI s & ISI/BIS

, Ok<h n{krk ?ksAugh dkgh dkj.kkus xtgdkyk R; k OkLrR; k oki jki kl w udl ku >kysrj xtgd rh oLrw ijr d: ul mRi kndkdMw ekonyk ekxw" kdrks

1/2 1/2 ekfgrh feGow ?ks; kpk vf/kdkj 1/2 Right to Informed 1/2

xtgd th oLrw fodr ?kskkj vkgs] R; k oLrfo'k; h I oz ekfgrh tk.kw ?ks; kpk vf/kdkj iR; d xtgdkyk vkgs mnk & oLrph fdær] xqkoRrk] otu] mRi kndkps uko] mRi knukph rkjh[k] oki jkph vfire eqr] cukoV] "kdrk bR; knh gh I oz ekfgrh feGfoY; kurj xtgd Bjow "kdrks dh rh oLrw fodr ?; k; ph dh ukgh- foØrk fdok mRi knd xtgdkyk ekfgrh ns; kl udkj nA "kdr ukgh-

1/3 1/2 , dnu ?krystk ; kpk gDd 1/2 Right to be Heard Right to Representation 1/2

xtgd kps fgr ti . ; kl kBh xtgd epkph LFkki uk dj . ; kr vkyh vkgs R ; k fBdk.kh
xtgd ifrfuf/kRo d : "kdrks rlp , [kknh oLrw gkfudkj d vl sy] R ; kps okbV ifj .kke
xtgd køj gskkj vl rhy rj rks vU ; xtgd kP ; k orhus r"kh rØkj xtgd epkdMs d :
"kdrks fdok xtgd kus ?krystk ; k , [kk | k oLrw fdok l ocnay dkgh rØkj vl sy rj]
R ; kyk , dnu ?krystk . ; kpk vf/kdkj vkgs Eg.ktp rks xtgd epke/ ; s r"kh rØkj d :
"kdrks

1/4 1/2 rØkj fuokj . kpk gDd 1/2 Right to Redressal 1/2

; kud kj xtgd kyk R ; kph rØkj fuokj . k dj . ; kpk gDd vkgs xtgd tØgk , [kknh
oLrw [kjnh djrk] R ; kr R ; kph Ql o.knd >kyh vl sy] oLrw fud'V irhph vl sy fdok vU ;
dkgh nksk vl rhy rj xtgd R ; k cnY ; kr rØkj d : "kdrks o rØkj hps fuokj . ks dsys
tkrs

, drj rh oLrw cnyw ?krÅ "kdrks fdok i \$kkP ; k Lo : ikr upl ku Hkji kbZ ekxw
"kdrks R ; kyk uedk d"kk idkjpk ekcnk i kfgts gs Bjfoys tkrs vkf.k R ; k foØR ; kus
fdok mRi knd kus xtgd kph Ql o.knd dsh] R ; kyk f"kk o nM n[khy gkrÅ "kdrks

1/5 1/2 fuoM dj . ; kpk vf/kdkj 1/2 Right to choose 1/2

i R ; d xtgd kyk R ; kP ; k vkoMhfuoMhud kj oLrq o l ok [kjnh dj . ; kpk vf/kdkj
vkgs xtgd vkiY ; k vkoMhud kj] xjtsud kj oLrph fuoM d : "kdrks dBykgh foØrk
fdok mRi knd xtgd kyk vedp , [kknh oLrw [kjnh dj . ; kfo'k ; h tcjnLrh d : "kdr
ukgh cktkjkr miyC/k vl yY ; k fofo/k ekyki dh xtgd R ; kru vkiyh fuoM Lor% d :
"kdrks R ; kl kBh rksLora= vkgs

xtgd ekxy rhp oLrw R ; kyk feG.ks vko" ; d vl rs gYyh ekBekB ; k ekWI e/ ; s
ekykph fofo/krk fnl w ; s s v"kk fBdk.kh xtgd vkiY ; k eukud kj goh R ; k oLrph fuoM
d : "kdrks

1/2 xtgd f"kk.kpk gDd 1/2 Right to consumer 1/2

; k gDdkud kj iR; d xtgdkyk xtgdfok; d dk; ns o xtgdkps gDd o tckcnk; k ; kfo'k; h ekfgrh feGo.; kpk vf/kdkj vkgs xtgd f"kf{kr vl rhy rj R; kauk R; kps vf/kdkj] tckcnk; k] R; kP; kl kBh dsys dk; ns lgti.ks letw "kdrkr- ijarq ts vf"kf{kr vkgr- R; kauk ns[khy rs l oZ ekfgrh feG.; kpk vf/kdkj vl rks R; kl kBh fofo/k l .Fkk xtgdkæ/; s tkx: drk fueZk dj.; kP; k dkekr xry; k vkgr- gYyh "kkys f"kk.kkr ns[khy xtgd f"kk.kpk l ekoš'k dsyk fnl w ; rks ljdkj fofo/k id kj ek/; ekP; k }kjs xtgdkæ/; s tkx: drk fueZk dj.; kl iz Ru"thy vkgs

1/2 eyHkr xjtk ijfoY; k tk.; kpk gDd 1/2 Right to basic needs 1/2

vlu] oL= o fuokj ; k ekuokP; k eyHkr xjtk vkgr- R; kpcjksj f"kk.k] vkjkk; l ok feG.; kpk ns[khy gDd vkgs l oZ xtgdkauk g; k eyHkr xjtk iqZ gks ; kpk vf/kdkj vkgs R; kl kBh ljdkj fofo/k idkjs iz Ru djhr vkgs tIs & ekQr f"kk.k ijfo.kš xfjckauk ljdkjh nok[kk; kæ/ku ekQr vkjkk; l fo/kk o vksk/ks ijfo.ks

rlp thouko"; d oLrw lokuk feGk; kr Eg.ku ljdkjus thouko"; d oLrw dk; nk ns[khy r; kj dsyk- R; kud kj oLrph l kBscth dj.kš dkGkctkj dj.kš oLrw foØhl udkj nskbR; knh 0; ogkjkoj dMd dk; bkgh dsh trs

1/2 vkjkk; nk; h i ; kbj .kpk gDd 1/2 Right to healthy environment 1/2

; k gDdkvrxr xtgdkauk inik.kkl kj [; k egkka dj =kl kiki w eDr jkg.; kpk vf/kdkj fnyk trks lokuk LoPN o l qj o vkjkk; iqZ i ; kbj.k feG.; kpk vf/kdkj feGkyk vkgs R; kdfjrk ljdkjus l oZ idkjP; k inik.kkyk fu; fi=r dj.; kl kBh dk; ns o fu; e dsys vkgr- dk; | kps o fu; ekps mYyaku dj.kk; kfo: /n dMd dk; bkgh dsh trs i ; kbj .kkps l j{k.k o l o/kZu dj.; kl kBh ljdkj dfVc/n vkgs

xtgd; k tckcnk; k 1/2 Responsibilities of consumer 1/2

T; ki ek.ks dk; | kus xtgdkauk fofo/k gDd inku dsys- R; kpi ek.ks xtgdkk dkgh tckcnk; k ns[khy vkgr- xtgdkauh doG gDdkpkp fopkj u djrk] vkiY; k tckcnk; k ns[khy iwZ djko; kr- xtgdkP; k tckcnk; k iqhyi ek.ks l kark ; rhy- tIs & xtgdkph

tlx: drk] vkiY; k gDdkpk okij dj.kš [kjnh djrkuk l rdžk ckGx.kš ; kš; rØkj
dj.kš pkxY; k oLrph fuoM dj.kš QI 0; k tkfgjkrhP; k vkgkjh u tk.ks bR; knh-

1½ **xlgdkph tlx: drk %**

xlgdkus oLrw fdok l okph [kjnh djrkuk tlx: d vl .ks Eg.kts oLrph fder]
xqkoRrk o vU; vko"; d ckch vk/khp uhV l etw ?; k0; kr o urjp [kjnhpk
fu.kž ?; kok- ?kkb?kkbZus oLrw [kjnhpk fu.kž ?kÅ u; } vU; Flk lk"pkrki kph oG ; rs

pkj fBdk.kh pkšl"kh d: u exp dskR; k nðkukrw oLrw [kjnh djkoh gs Bjokos
Eg.ktp ekfgrhP; k vf/kdkjkpk o fuoMhP; k vf/kdkjkpk ; kš; okij djkok-

2½ **l pukpk mi ; ks dj.ks%**

oLrP; k okij knay R; koj ycy ykoys vkgš dh ukgh rs i kgkoš ycyoj oLrP; k
okij fo'k; h dkgh l puk fnY; k vl Y; kl R; kps ; kš; ikyu djkos l puk u okprkp oLrw
okijyh xyh rj dnkpr upl ku l gu djkos ykxy-

3½ **nðkunkjk"kh ; kš; oržkd %**

T; kiæk.ks xlgdkph viškk vl rs dh nðkunkjkus R; kauk ; kš; okx.kud | koh]
R; kpiæk.ks xlgdkph i.k gh tckenkjh vl rs dh] R; kaugh nðkunkjk"kh l H; oržu djkos
tskd: u nðkunkj xlgdkyk oLrph ekfgrh ns; kl l kgk; d: "kdsy] xlgdkph
vMp.k vl Y; kl enr d: "kdsy-

nðkunkjk"kh m/nVi.ks okx.kš dk; | kus fnyY; k vf/kdkjkpk xšokij dj.kš
vuko"; d ekfgrh fopk: u nðkunkjkyk ošks vk.k.kš nðkunkjkoj [kks/s vkjki yko.ks
bR; knh dj.; kps Vkgkos rjp xlgd o nðkunkj ; kš; kr l keatL; kps ukrs fuekZk gkÅ
"kdrs

4½ **l rdžk %**

oLrw fdok l okph [kjnh djrkuk xlgdkuh usgeh l rdž jkgkos nðkunkjP; k
HkyFkki kauk fdok tkfgjkrhuk cGh i Mw u; s dehrdeh iš k o Jekpk okij d: u oLrw o
l ok [kjnh dj.; kpk iz Ru djkok- e; kžnr mRi Ukr fdrh xjtk iwKž djrk ; shy ; kpk
fopkj djkok-

5½ tlx: d ulxfjd cuo.; lph vlo"; drk %

iR; d ulxfjd l jdkjyk fofok Lo: ikr dj kph jDde nr vl rks t l s & mRi l u
dj] foØh dj] i.k.kh dj] f"kk{k.k dj bR; knh- rØgk xtgd Eg.kuu vki ygh tcknkjh vl rs
dh ; k i\$kkpk mi ; kx l ektkP; k dY; k.kk l kBh gkrks vkgs dh ukgh gs i kg.ks Eg.kuu l jdkj
vki Y; k i\$kkpk dl k fofu; kx djr} l jdkjph /kkj .ks d"kk i d k j ph vkgs bR; knhæcr
xtgdka h tlx: d vl kos

6½ plaxY; k oLrph fuom dj .ks%

xtgd kph gh tcknkjh vkgs dh oLrw [kjnh djrkuk plaxY; kp oLrph [kjnh djkoh]
dØG FkkM/s i\$ sokprkr Eg.kuu deh ntkph oLrw [kjnh d: u; s

7½ ;k; rØkj dj .ks%

xtgd kus [kjnh dyy; k oLræ/; s dkgh Ql o.kud >kyh vl sy] eky cukoV vl sy
fdØk Hkd G; Ør vl sy rj R; kph yxp rØkj djkoh- l æf/kr vf/kdkU; kP; k fun"kk l rh
ckc vk.kuu | koh o R; koj dk; Økgh dj. ; kl kBh vkxg /kj kok-

8½ xtgd l ækVuk l fØ; l gdk; Z | kos%

xtgd kP; k gDdk kBh y<.kkU; k xtgd l æFkk vl rkr] R; kr xtgdka h vki ys l fØ;
l gdk; Z | kos R; kP; k dk; kZ l gHkkxh Øgkos Eg.kts xtgd l ækVukph "kDrh ok<sy o R; kpk
ykhk l eLr xtgdka k feGsy-

9½ oLrpk l jf{kr mi ; kx dj.; lph tcknkjh %

fo"kskr% fotph mi dj .k\$ e"khujh bR; knhpk mi ; kx djrkuk l pukps rkr i ky u
dj kos vl; Fkk /kkdk fuekZk gksÅ "kdrks l pukps i ky u dj .ks xtgd kph tcknkjh vkgs

10½ HæVl pkjh 0; ki kU; køj cfg'dkj Vld .ks%

ts 0; ki kjh HæVl pkjh vkgr] xtgd kP; k i\$kk"kh o tho"kh [kGrkr] v"kk 0; ki kU; køj
xtgdka h cfg'dkj Vld kok- R; kP; kfo: /n ; kx; dk; Økgh djkoh-

11½ oLrpk rkck ?ksks%

oLrw [kjnh dY; kurj R; k oLrpk rkck ?ksks gh xtgd kph tcknkjh vkgs ukgh rj
oLrw [kjnh dYh i .k nØkukru ?kjh usyh ukgh] vl sd: u; s

12½ oLrph fder pdrh dj.ks%

doG oLrw [kjnhp egRokps ukgh rj] R; k oLrph fder BjY; ki te.ks nplkunkjkyk
nksgh ns[khy xtgdokph tckcnkjh vl rs

13½ xtgdfo'k; d dk; ns%

xtgdokuh l oZ idkjP; k egRRoiwkZ xtgdfo'k; d dk; |kph ekfgrh Bøkoh] dkskrk
dk; nk dksKR; k oGh oki jkok] dk; |kP; k rjrnkh dksKR; k vkgs] dk; |kph i fØ; k d"kh
vkgsbR; knhfo'k; h tkx: d vl kos rjp R; kæk vki ysgdd vckf/kr Børk ; rhy-

5-4 xtgd I j{k.k dk; nk & 1986 ½Consumer Protection Act - 1986½

xtgd I j{k.k dk; nk Hkkjr; l d nus 1986 e/; s ikfjr dyk- Hkkjrkrhy xtgdokP; k
fgrkps I j{k.k dj.; kl kBh gk dk; nk vlLrRokr vk.kyk ; k dk; |kP; k vuqakkus
xtgdokP; k l eL; k l kMfo.; kl kBh fo"ksk ; æ.kk r; kj dj.; kr vkyh-

iLrhouk %

; k dk; |kyk ^xtgd I j{k.k dk; nk* vl s Egkrkr- ; k dk; |kph 0; klrh TKEew o
dk"ehj oxGrk ns'kkryh l oZ jkT; kl kBh vkgs dk; nk 24 fMI æj 1986 yk ykxw dj.; kr
vkyk- xtgdokps fgr tkikl .; kl kh o R; kæk I j{k.k ns; kl kBh] l jdkjus ; k dk; |kP; k
vk/kjs xtgd ifj'knk ½consumer councils½ LFkkiU; kl kBh o xtgd rØkj fuokj.k
dj.; kl kBh ; æ.kk r; kj dyh-

; k dk; |kus fofo/k idkjP; k ckchP; k 0; k[; k fnyY; k vkgs t l s & rØkj Eg.kts
dk;] xtgd dkskkyk Eg.kky] mRi kn d dkskkyk Eg.kkos bR; knh-

v"kk idkjs xtgd I j{k.k ifj'knk dn] jkT; vkf.k ftYgk i krGhoj r; kj dj.; kr
vkY; kr- ; kpk e[; mnas'k xtgdokæ/; s tkxrh fuelZk dj.ks gk gk -

B) xtgd rØkj fuokj.k l lFkk ½consumer disputes Redressal Agencies½

; kyk f=Lrjh; ; kstuk Eg.krkr- ; k l lFkk ns[khy rhu i krG; køj dke djrkr- ; k
ftYgk] jkT; o dnz i krGhoj dk; Z djrkr-

1½ ftYgk xlgd rØkj fuokj.k ep @ ftYgk ep

½ District Consumer Disputes Redressal Forum - DCDRF ½

; kykp District Forum vl gh Eg.krkr- ftYgk epkph LFkki uk jkT; I jdkjus dsys vl rs jkT; krhy iR; d ftYg; kr] ftYgk ep vl rks tk; R; k ftYgk i krGhojhy xlgd kks l eL; kps fuokj.k djrs xjt iMY; kl jkT; I jdkj , dkp ftYg; kr , dki {kk tkLr ftYgk ep LFkki u d: "kdrkr- ftYgk epkdMs 20 yk[k : i ; s lk; rP; k rØkj hps fuokj.k dsys tkrs ; k epkp v/; {k ftYgk U; k; k/kh" k vl rks v/; {kk 0; frfjDr nksu l nL; vl rkr- R; krhy , d l nL; efgyk vl rs R; kpk dk; Bky 5 o'kz fdok o; kph 65 o'kz ; r ; ki sh ts vk/kh vl sy R; kud kj l a rks xlgk fl /n >KY; kl ftYgk ep nskh 0; Drhyk nM o f"kk BkBlow "kdrks ; k ftYgk epP; k fu.kz kfo: /n jkT; vk; kskdMs 1/30 fnol kP; k vkr½ vihy djrk ; rs vFkkz dkgh vVhps ikyu djkos ykxrs

2½ jkT; xlgd rØkj fuokj.k vk; kx

½ State Consumer Disputes Redressal Commission - SCDRC½

; kykp jkT; vk; kx State Commission vl gh Eg.krkr- ; kph LFkki uk R; k R; k jkT; kps jkT; I jdkj djhr vl rs gs jkT; Lrjh; U; k; ky; vkgs ; kpk v/; {k mPp U; k; ky; krhy t t@U; k; k/kh" k vl rks vU; l nL; 2 i {kk deh ul kos o R; kr , d l nL; efgyk vl koh

; kpk dk; BkG 5 o'kz fdok o; kph 67 o'kz brds vl rks ; ki sh ts vk/kh gkby rl k dk; BkG l a rks ; k vk; kskdMs 20 yk[k : i ; ka {kk tkLr fderhps i.k 1 dks/h : i ; ka {kk deh fderhps nkos@ [kVys nk[ky dsys tkrkr- ; kuh fnyy; k fu.kz kfo: /n i hfMr 0; Drh jk'Vh; vk; kskdMs 30 fnol kP; k vkr vihy d: "kdrs ek= R; kl kBh dkgh fu; ekps ikyu dj.ksvko"; d vl rs

3½ jk'Vh; vk; kx @ ulluy dfe"lu ½ National Commission ½

jk'Vh; vk; kskdMs 1 dks/h : i ; ka {kk tkLr fderhps nkos @ [kVys pkyfoys tkrkr- rl p jk'Vh; vk; kske/; s jk'Vh; vk; kskdMuu vkyy; k vihykphgh l ukouh gkrs

jk'Vh; vk; lskus fny; k fu.kz kfo: /n ihfMr 0; Drh "kVh I okPp U; k; ky; kr ¼ q he
dk/kz½ vihy d: "kdrs R; kl kBh dkgh fu; eks ikyu dj .ks vko"; d vl rs

xlgd I j{k.k I fer; k ¼Consumer Protection Council½

1½ dnh; xlgd I j{k.k I ferh ¼Central Consumer Protection Council½

; k I ferhph LFkki uk dnz I jdkj }kjs dyh tkrs ; k I ferhyk FkkMD; kr dnz;
I ferh @ ifj'kn vl sEg.krkr-

; k I ferhpk v/; {k ¼ps/jeu½ Eg.kts Hkkjrkpk dnh; eah tks xlgd foHkkxkpk
vl rks rks vl rks v/; {kkP; k cjkcjhus dke i kg.; kl kBh dkgh I nL; ns[khy vl rkr-

dnh; xlgd I j{k.k I ferhpsmnAšk ¼Sec. 6½

v½ thokyk o ekyeRsyk /kkdknk; d v"kk oLrwo I oki kul u xlgdkauk I j{k.k nsk

c½ xlgdkauk ekfgrhpk vf/kdkj fnyk vkgs T; k varxh xlgd oLrph xqkoRrk] "kqnrk]
fder bR; knhfo'k; h ekfgrh feGou nsk

d½ xlgdkauk vk"okl u nrs dh tFks tFks "kD; vkgs frFks frFks R; kauk fofo/k oLrwo I ok
miyC/k d: u nsk

M½ xlgdkaps Eg.k.ks , dnu ?ksks o ; kx; QkjedMs rOkj uknfo.ks

b½ v; kx; foOh i/nrhfo: /n xlgdkP; k rOkjhps fuokj .k dj .ks fdok xlgdkaps "kksk.k
gkr vl Y; kl R; kauk U; k; feGou nsk

b½ xlgd f"k{k.kkpk vf/kdkj nsk

2½ jkT; Lrjh; xlgd I j{k.k I ferh ¼State Consumer Protection Council½

; k I fer; kph fufezh jkT; I jdkj }kjs dyh tkrs ; kyk jkT; I ferh ¼State
Council½ Eg.krkr- ; k I ferhpk v/; {k ¼ps/jeu½ jkT; I jdkje/khy xlgd eah gk vl rks
v/; {kkP; k I kcr vl; I nL; gh vl rkr- jkT; I ferhps mnAšk gs dnz I ferhP; k
mnAškka ek.kp vkgr-

3½ ftYgkLrjh; xlgd I j{k.k I ferh ¼District Consumer Protection Council½

ftYgk ¼ftYgk I ferh @ ifj'knk½ Eg.krkr- ; kph LFkki uk iR; d jkT; kPks I jdkj
vki kvkiY; k jkT; kP; k iR; d ftYg; kœ/; s djrs ; k I ferhpk iæqk v/; {k gk R; k
ftYg; kpk ftYgkf/kdkjh ½dyðVj½ vl rks R; kP; k tkMhyk vU; I nL; ns[khy
vl rkr- ; k I ferhpsmnæsk ns[khy ojhyiæ.kp vkgr-

xłgd I j{k.k dk; nk 1986 ph BGd oš'kV; s%

xłgd I j{k.k dk; | kph dkgh BGd oš'kV; s i qhyiæ.k.ks I kærk ; s hy-

1½ oLrpk I ekošk %; k dk; | kr I oZ iZkjP; k oLrwo I oLrpk I ekošk dj.; kr vkyk
vkgs tki ; r , [kknh oLrwofoh I oLrpk dñz I jdkj }kjs R; k rwo oxGyh ¼Bar½ tkr
ukgh rki ; r I oZ oLrwo I oLrpk ; kr ; s kr-

2½ {ks= %; kr I oZ iZkjP; k {ks=kpk I ekošk gkrks ex rs [kktxh vl kš I jdkjh vl ks o
I gdkjh {ks= vl ks

3½ ełsnik % xłgdka kBh vucl iZkjps dk; ns r; kj >kys] i j r q xłgdka; xłgd
I j{k.k dk; nk fuoMyk vl sy rj R; kyk vfrfjDr enr i klr gkrks ; kr xłgdka; k
rØkjhp fuokj.k rj gkrp f"kok; R; kpk ełsnik vFkok upl ku Hkji kbł dñk
xłgdka i klr gkrks

4½ xłgdka gDd %; k dk; | kus xłgdka fofok gDdka utjk.kk fnyk vkgs mnk-
I jf{krrpk gDd] fuoMhpki ekfgrhpk] rØkjhp gDd bR; knh-

5½ I jf{krrk % ; k dk; | keGs xłgdka vik; dkjd oLrwi kl w gkskkU; k gkuhi kl w
I j{k.k fnys tkr r l p xj0; ogkjka kl wgh I j{k.k fnys tkr

6½ f=Lrjh; ; kstuk % xłgdka I j{k.k ns; kl kBh ftYgk] jkT; o dñz i krGhoj rØkj
fuokj.k dj.kkjs ep r; kj dj.; kr vkys t l s & ftYgk Qkje] jkT; dfe"ku o
dnh; dfe"ku-

7½ oGr U; k; % xłgdka Bjkfod eprrh U; k; inku dsk tkrks

8½ xłgd I j{k.k ifj'knk % xłgdka; s tkx: drk fuelk dj.; kl kBh ; k ifj'knk r; kj
dY; kr-