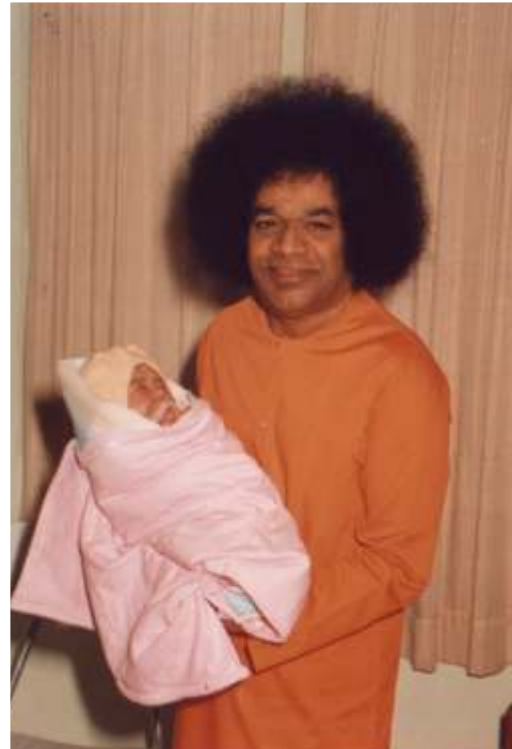




# "maata Aaina baala 1 samapna" ek diya Aalok

Bagavanaadho carNa<sup>1</sup> kmalalM  
saadr samapNa



Eal sa%yasaa[- saava saMaTnaa  
maharaT/ Aaina gaavaa  
15A8A2009





Bagavaanaadha carNa<sup>1</sup> kmaI aMsaadr samapNa

“Aa[- cao pma maagara ina caMk  
yaadhyaa saMjaQaapkaahI AiQak  
rmya, laabhyaahbahl ma} , maaracyaa  
nablaMba hI AaiQak saMdr AaiNa  
caadM NyaapkaahI SaltIa AsatO’

sa%yasaa[- ]vaaca<sup>1</sup>Baaga 32,  
K<sup>1</sup> 2, AQyaaya 13  
“Aa[cyaa k<sup>1</sup>cao mah%va”

		pkz
AQyaaya 11	PasattIplal- kaLjal	4
AQyaaya 12	Aaragya sampnna gaBaavasqaa	9
AQyaaya 13	sasqatgat psattI	24
AQyaaya 14	gaBapat AaiNa AKalal psattI	30
AQyaaya 15	stnapana	36
AQyaaya 16	baaLacal Iasa TacaNal	44
AQyaaya 17	Aaragya Saasha	49
AQyaaya 18	kTumba inayaajana	54
AQyaaya 19	baala saapna	60
AQyaaya 110	pagalavasqaa	64
AQyaaya 111	savasaaQaarNa sHal'raga	68
AQyaaya 112	isHayaa ina kkraga	77
AQyaaya 113	ecal Aaya. vhl. AEdsa va isHayaa	88

# Aqyaaya pihlaa <sup>1</sup> p'sattIplal-dK Baala va kaLjal

## Eal sa%yasaa[- saava saDaTnacal ]iddYT0

- p'sattIplal-dK Baal almalLo inavaa AaiNa Aaragya <sup>1</sup> sampnna gaBaavasqaa paPt hat0 ASal jaalva paPt k\$na dNao
- p'sattIplal-dK Baal alt madt krNao
- saDaava samasyaaha vaLica AalKNyaasa madt krNao
- gattagat Asalyaasa ]pcaaratt madt krNao

gaBaavasqat AaiNa p'sattIplal Gatlal al yaaya kaLjal dGakalina Aaragya salnnatsaazi [tr p'sattIplal Aioak ]pya@t zrt0

maat0 Aaragya jaras0 gattagatt lca0 Asato karNa %yaacaar AnaaalSak, saamaajak AaiNa Aiqak baabalca0 %yaacapinaal0 saltagajanya Aajar AaiNa pyaavarNaacaal pBaava Asatao AaiNa yaa savaaha gaBaacyaa vaZivar pirNaama hat Asatao KrMtr Aa[- habyaasaazi laagalnaaro Saarlirk badla malagal yaadanaat iSart Asalyapasaha sa\$ Jaalalao Asatat.

## 1.1 p'sattIplal-kaLjal Gabyaasahaal <sup>1</sup>

- p'sattIplal Avasqaa dana p'karcal <sup>3A'</sup> gaBaqaarNabulalcal <sup>3ba'</sup> gaBaqaarNao natjar <sup>1</sup>maaha p%yaxa p'sattI plalal
- p'sattIplal-kaLjal maQyalsamaivalT Aahd. Aaragya iSaxalva AaiNa inayimat Aaragya icai%sa, jyaayalao p'sattI sarixat par pDaval, p'sattI drmyaanac0 Aajar va maQyalTalNyaasaazi saDaava gattagat vaLica AalKha tabaDtaba ]pcaaralWaro
- gaBavatiShalcyaa AaharakDo ivaSala laxa dNao karNa gaBaavasqat itlaa Anak p'karca0 saksa GaTk AavaSyak Asatat jao gaBaacyaa sayagya GaNalsa ]pya@t zrtat. KrMtr gaBavati shalcyaa pirGaa AaiNa saksa AaharamalMa gaBa-plaavasqat pahacaba Aaragya sampnna baaLjanma Gato
- p. pu ka. cal ]pya@tta Aioak jaalKmalcal gaBaavasqaa tsaca Qaakadayak p'sattIcal pDtalNal krNyaasaazi ivaSak\$na Aaho



<sup>1</sup>Eal sa%yasaa[- saava saDaTnacayaa saBaasacalal inaQairt shal samadayaasa, p'sattIplal<sup>1</sup> kaLjal baabalcal salklpnaa, %yaaca0 mah%va tsaca KLlca0 maad0 samajavaha saaljalNao Apixat Aaho

## 1.2 p. pu ka cao fayado

A´ maata tsaca baalacyaa Aaragyaacal hmal

ba´ yaa tpsaNyaaMaLo BaivalyaatIla saBaavya Aaragya ivaYayak gattagat TaLta yato

k´ kaNa%yaahl saBayaaspd Ajaaracao inadana gaBaQaarNaa hablyaapual- AiQak saKad apNao krta yato<sup>3</sup>gaBaQaarNao natM krNao ikMat i@laT Asato´

D´ psattIpla- Gyaavyacyaa ]payaabhdlla laakjaagati hado AiNa %yaaklao mah%va pTto



## 1.3 psattIpla- kaLjal Gablyaacal pQdt

A´ gaBavati shalcyaa AaragyaasabQal maaihti salkilat krNao: ]da , itcaovaya, ivavaah Jaalyapasathaca kalaKQ, psattI saMfyaa, gaBapat, yaa AaQalcyaa baalMipNaat ]dBaval ad al gattagat, pNla- idvasaBarNyaaAaQal Jaal ad yaa psattI, AaQalcao psattI saazl icamaTo<sup>3</sup> faarsabSa´ vaapravao laagal ao ikMa ksaq salJauryana SasHaiEyya kralal laagal al ikMa ksaq AaQal janmal ad yaa baalLacao vajana tsaca maagalla maaisak paLlcal inaiScat tarIK, dana paLlMaQIla AMr, paLlcaa kaLavaQal, %yaaklapimaanao kUttatIla maQamab , gaMbr, tap [%yaadl maaihti, tsaca Qathapana, maVpana, tMaKU savana Aqavaa maadk, dvyaklala savaya yaaklala maaihti Gablahl mah%vaacao Aaho<sup>2</sup>

ba´ maatcao gaBaQaarNapUalcao vajana baalLabyaa Aaragyaavar tsaca gaBaavasqaarhl pirNaama krit Asato<sup>3</sup>

k´ gaBavati shalaa AaragyaivaYayak, AahasabQal va [tr baabalMar salIaa dbla<sup>4</sup>

D´ psattIpla- sabQala kalaavaQalt inayimat Aaragya tpsaNal kralal.<sup>5</sup>

[´ inayimat vyayaama.<sup>6</sup>



<sup>2</sup>%yaaklapimaanao p%yak shlasaazl ek Aaragya t@ta<sup>3</sup>hd qa kaD´ tyar kralaa AiNa vaVkyaa salIyaanaaar inayimat naatI krNyasa itIlaa madt kralal

<sup>3</sup>Eal sa%yasaa[- saava saalTnacyaa kayak%yaaklala p%yak vya@tIla sayagya vajana, Aahar AiNa vajanaacyaa jaaga\$kt sabQal maagadSana kralaa

<sup>4</sup>Eal sa%yasaa[- saava saalTnacyaa kayak%yaaklala ivaivala ivaYayak t&allwara maQathamaQaha salIaa dbyaacal vyavasqa kralal

<sup>5</sup>sabQalanao shal raga t&allwaro ivaSaba Aaragya iSaibar Barvaavalt

<sup>6</sup>sabQalanaaft p%yak shlasa itcyaa va@atIk garjanas\$ma vyayaamapkarro sacavaavaa

## 1. 4 p'sattlplal-kravayaacyaa ivaiva0a caacalNyaa

### 1. 4. 1 p'qama itmaahl<sup>7</sup>

ina%yaacyaa r@t tpsalNyaa  
gaBaavasqat vaVikya maLLI Kahl nahmalcyaa r@t tpsalNyaa sacavatat. %yaasaazi qaadsao r@t kaZiba Gyaavao laagato savasaaQaarNapNao Kal allapimaaNa tpsalNyaa kd yaa jaatat.

- A´ r@t gaT tpsalVal <sup>3</sup> A, B, AB or O)
- ba´ Aar eca r@t gaT <sup>3</sup>RH +ve or Rh -ve)
- k´ sama<sup>1</sup> xaya <sup>3</sup>Afnaimayaa´
- D´ \$bad aa <sup>3</sup>gaahar pitkar Sa@tl´
- [´ maQamah
- f´ ihp@ayaiTsa <sup>3</sup>yakRt<sup>1</sup>il avhrcao Ajaar´
- ga´ eca. Aaya. vhl<sup>3</sup>eDsacao ivalaaNal´
- h´ lallgak Ajaar <sup>3</sup>ivhnairyal a iDsaljasa´



### 1. 4. 2 dsarl ihmaahl<sup>8</sup>

"iTpla maakr" <sup>3</sup> ivaiva0a saadana´

hl ek tpsalVal p'0dt Asada tl Wara r@tatilla tina GaTk maajatat.

- A´ <sup>1</sup> AFP <sup>3</sup>Alfa <sup>1</sup>f@t@p@tIna´
- ba´ <sup>1</sup> uEST <sup>3</sup>AnakafyagatD [isT/yaa´a´
- k´ <sup>1</sup>hCG <sup>3</sup>hyahana kairAafnak gaanaDao T@fna´

Asao inadSAnaasa Aalao Aaho kl, "Da} na <sup>1</sup>isanDama yaa ivakaranao baaiQat gaBavatI maQyao r@tatilla PAF va UEST ho GaTk kmal Asatat ina hCG vaaZl ad ao Asatat.



### 1. 4. 3 itsarl itmaahl<sup>9</sup> <sup>1</sup> %yaaklbaa baalacyaa tpsalNyaa

naafna sTsa <sup>1</sup>TsT<sup>3</sup>ena. esa. Tl´ <sup>1</sup> naafasTsa TsT Waro baalacyaa xama kSalatcal maahiti imalto eka [la@T@fnak maapkaWaro baalacyaa (dyaacal gatI maajalal jaato AaiNa baalacyaa halacaalal drmyaanacal gatI tpsalal jaato

A´ kaht@sana sTsa<sup>1</sup>TsT <sup>3</sup> CST)  
yaa tpsalValWaro Asao Anamaana kaZlao jaato kl gaBaasayaacyaa AaklanaamalLo gaBaavar iktl taNa pDt Aahq iklba gaBa- yaa taNaalaa iktpt saasalSaktao yaa tpsalValt stnaagaalkaa ]iWplit krtat, %yaa jaagal "Aaf@sataisana" naavaacaa d/va gaBaasayaacyaa snaayalkaa Aaklkat krtao eka [la@T@fnak maapkaWaro baalacyaa hdyaacao zakko AaiNa gaBaasayaacyaa snaayalkaa Aaklana <sup>1</sup>psarNa yaatilla sabba tpsalaa jaatao

<sup>7,8</sup> sallaTnaa kayak%yaaklba maagaavaa Gat, p@ksahna ddt, valuar AazvaNa k\$na gaBavatisa najakcyaa paqaimak Aaragya kllat iklba sarkari [isptLatiba tpsalNyaa krNyasa madt kraval

<sup>9</sup> sa%yasaa[-sallaTnacyaa kayak%yaaklba varilla danhl pkracyaa ivaSalla caacalNyaa baazi yaagya tao maagaavaa Gat, valuar sattanaa ddt, gaBavatisa paqaimak Aaragya kolmiklba Saasakliya [isptLalValto madt kraval

ba' "Aai@sataisana cat@lla T&T 3OCT)

hi tpsaVal CST pimaNaca Aahq maHa frk [tkaca kl PITOCIN 3payaTaisana' yaa d/yaacaa  
[Jla@Sana iSartba idlao jaato %yaayaagaa gaBaaSyaacaa snaaqal AakMaana pavatat. svarNtr, CST hi  
tpsaval samaaQaana kark Jaalal naahI trca OCT hi tpsaval kdal jaato



K' "baayaaifijakla pa'fa[la" BPP

"AITA'saallD ikMa "saanaagaafl Waro baal gaBaaSyaat Asatanaaca 3[nayaTroa' kd ad al baalacal  
tpsaval 1]da. (dya splina %yaabhaa halacaalal, naal AaiNa saBaaValtal cao paVal 3emalyaafTK  
Flal[D va Pla'saota' saahajakca, hi tpsaval gaBaaVasqaacyaa ba'yaacaSaa ]%traQaat kdal jaato

## 1.5 1 psatlpla-pa'Na ina pa'NTK Aahar<sup>10</sup>

maatcaa Asatilat Aahar baalacyaa vaaZisa ikMa baalacyaa ivaklalyatsa karNalBatt z\$ Saktap  
@vaicat gaBapatasa hi inaimat haalSaktao hi sava-gatagall gaBaarpNaacyaa Agadl sa\$vaatisa  
Sa@ya Asalyaanao %yaatlla badla p%yaxa gaBaarNaacyaa AaQalca krNa AavaSyak Aaho

A' maQanah : baalamaQyao janmajaat dala TaLNyaasaazi maatnao gaBa-  
QaarNa krNyaaAaQal itcaor@tatlla saakrcaa pimaNa inayimat  
krNao



ba' "faal ak Afsad cyaa gaalyaa 400 to 800 maayak@jama drraja  
yaapmaaNao gaBaQaarNa va gaBaarpNaacyaa sa\$vaatisa GadIyaasa  
majjaa'tlttao Aajar'spa[naa baayai'fDa sadisa Talao jaaval  
Saktata.

K' jyaa ishayaatla sararsari vajana gaBaarpNaat kmal Bartova jyaatlaa Aahar saksa nasatao %yaatla  
baalMkmal vajanaacal tr Asatatca tsaca Akalal psatl, ikTalaVal saBaga, r@txaya tsaca vaaZical  
Ainayimatta ]dBaval Sakto

D' Ait vajanaacyaa ishayaatll gaBa'maQyall maQanah, ]cca'r@tdaba AaiNa psatl drmyaana ivakrl ekda  
gaBaQaarNaa Jaalal kl ho dala TaLNao kzina AsatmhNana ishayaatllal Aplao vajana Aata@yaatll zualNao  
mhNajao 90 to 120 % 3AadSa- vajanaacyaa A' %yaavaSyak Aaho

<sup>10</sup>sa%yasaa[sallaTnaacyaa sadsyaatlaa kaya' Aaragya kaDcyaa Anallajanao p%yak gaBavatisa tpSallavaar AaiNa namaka Aahar sacaivalNao  
%yaatlaa palak pivalal Aahar Sa@ya ittka pivalNao 3baalakabhaa "saa[- pa'ina" pimaNao' Aaragyaatlla saQaarNaahar laxa zualha  
AsaNao AaiNa valavaal "DahaL@javal" kayakhaacaa Aayaajana krNao

1.6 Eal sa%yasaa[- savaa sallaTnacyaa kayak%yaabaaZI sahBaaga AaiNa Kayaanvayaacal kRtI yaaj ana.

Anak/maalk	sahBaagaatIla xabla	sahBaagaacal vyaapTI	kRtI yaaj ana
1.1	Pa. pu ka. baabat jaanValva PasattIpla- kaLjal	PasattIpla- kaLjalcal salkI pnaa, mah%va va inayaaj at isHayaabaaZI pstaivat kRtI	flak va t@to
1.3 A´	Aaragya maaihtI salkI ana	Da@Trcao sal yaanao Aaragya t@ta tyaar krNao kaDmaQyao maaihtI ilaihNao val_avaL_1 naabIInaa AVavato krNao	hd qakaD-
1.3 ba´		vaYai@tk naabI zuaNao	hd qakaD-
1.3 k´	AaragyaivaYayak fayaVhcaa sal laa	val_avaL_1 ekasaek yaa pimaaNao AaragyaivaYayak sal laamasalat	t@to va piistka
1.3 k´	Aahasabhaal sal laa	hd qakaD- Æ varIIa naabI <sup>1</sup> pimaaNao p%yak s-Isa ivaiSalT Aahar saaivaNao Sa@ya ittko AaharatIIa ivaiSalZ GaTk purivaNao <sup>3</sup> mal aabaaZicyaa “saa[ <sup>1</sup> paTIna pimaNaar´. AaharaWaro Aaragya saDaaabaabat pazpiravaa. val_avaL_1 “DalnaL_d javaNaakdao Aayaaj ana.	t@to va piistka
1.3 D´ 1.4.1 1.4.2 1.4.3	inayimat Aaragya tpaNaal psattIplal	Iaabaqalnaa val_avaL_1 Aaragya. tpaNaalsaazi ]V@t krNao tpaNaalIdal naabI zuaaba pazpiravaa krNao sarkari vaa inamasarkari Aaragya kMavar tpaNaal saazi isHayaabaaZaahayya krNao	vaYai@tk fa[Ja. sarkarcyaa ivaivaDa yaaj anaabIal maaihtI. piirsaratIIa sarkari Aaragya kMaaacal maaihtI. gaamasauak va sqainak Da@Traktal sabavaad.
1.3 [-´	inayimat vyaayaama	p%yak Iaabaqalsa ivaivaDa vyaayaama pKarabhar sal laa dbla Iaabaqalnaa Æ inayimat vyaayaamaasa pa%saahna dbla	flak, t@to ina piistka



## sa%yasaa[- sallaTnacaal ]iddiYTō

- gaBavati sHalsa itcyaa gaBaatiIa baaLacyaa vaaZibad̄d̄Ia sallaTnacaal AaiNa yaqaaqa- maaihti samajaavadii sallaTnacaal Katrjamaa krNa.
- yaagya %yaa Aaharabad̄d̄Ia maagadSana k\$na gaBavati AaiNa baalak̄Mcyaa Aaragyaacal Katrjamaa krNao
- gaBaacyaa savaad̄d̄IaNa ivakasaat gaBavatiisa madt krNao
- gaBavati sHalcyaa sallaTnacaal k̄T̄Masa yaBaa'yaa baaLacyaa ilad̄d̄Ia ivayayal yaqaaqa- salIaa d̄Naq̄ ivasalla k̄\$na malagal Jaalal Asalyaasa.
- gaBaawasqat Kaya kraavao ina Kaya Talavao yaacaa sayyaagya salIaa d̄vadii yaSasval psattical Katrjamaa krNao

## 2.1 Aaragya sampnna gaBaavasqabadla

kizlaahl Ajaar ikkha gattagatt na hablaarl gaBaavasqaa va psattl. gaBaavasqat hablaarl vajana vaaZ ha ek inakYa AsalSaktao

Aaragya sampnna, inaragal gaBaavasqaa dana p'karo ivaBaagata yaqla.

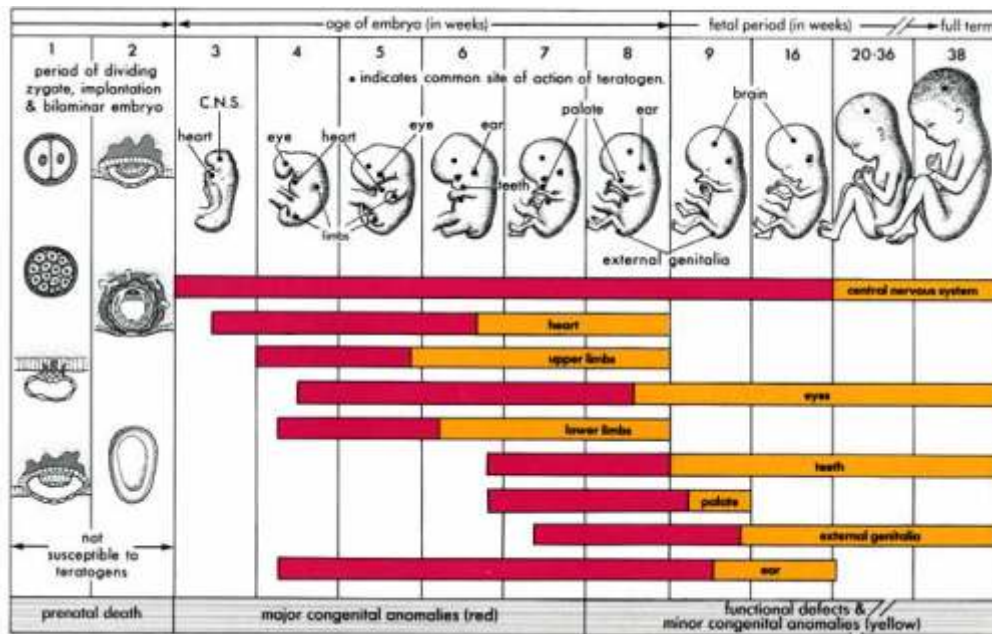
A´ gaBaacal vaaZ va jaapasanaa Aiina

ba´ gaBaavasqaa



### 2.1.1 A´ gaBaacal vaaZ va jaapasanaa 1

gaBaacal vaaZ ivacaarat Gatanaa AaPaNa tina kalaKMat ivaBaaganaI k\$ Saktao p%yaak 'itmaahl' Aa[cyaa va baalacyaa garjaa vagaLyaa Asatat.



### pihlyaa maihnyaat

- gaBa- 1À4 [Ma laabla Asatao
- hdyaa pcanasablaqaa, maNaka AaiNa majjaa rjjalyaatal inaimatl sa\$ hato
- gaBa<sup>1</sup>vaar <sup>3</sup>PlaSaM<sup>1</sup>Ta<sup>1</sup> cyaa inaimatlcal sa\$vaat
- sa\$hoort Jaal ad aa AMkalla Aata dha hjaar pTInao maazaa Jaal ad aa



### dsara maihnaa

- gaBa- 1 to 1À8 [Ma laabla caa
- hdyaacal iklyaa sa\$
- DaLo naak, Aaz, jalBa, kana va dat inamaana haval laagatat.
- malaaMaQyao iSaSna idsal laagato
- gaBa- halacaala k\$ laagatao pNa Aa[laa to Ajada jaaNavat naahl.



### itsara maihnaa

- gaBa- ADIca to tIna [Ma laabla caa
- gaBaacao vajana AdmaasablaQaa- to ek Aabla.
- gaBaal aa AadKta yalyaa [tpt Aakar.
- naKMinamaana haval laagatat ina kanaacyaa paLyaa.
- dM, hat, baadQ paya ina Abjazoplla- ivakisat.
- DalO javaL javaL pNla- tyaar
- gaBaalt bahutok sava- Avayava va [Mhdyaoy tyaar.
- gaBaacal hdyaa<sup>1</sup>spMnao dhavyaa AazvaDyaapasabla eKta yatat<sup>1</sup>eka ivaiSaYT ]pkNa WarM<sup>1</sup> 'Daplar' Wara.



### caaqaa maihnaa

- gaBa- saadSaha to saat [Ma laabla caa
- vajana saaqaarana saha to saat Aabla
- Ahdok iklyaa <sup>1</sup>pitxap <sup>3</sup>irfla@sa e@Sana<sup>1</sup> jasao caakNao va igaLNaos sa\$<sup>1</sup> baal Aaplaa Abjazahl caakM laagato
- dataalyaa kNyaa vaaZtMAsatat.
- tLIyaalhar Qama<sup>1</sup>gabla <sup>3</sup>sval<sup>1</sup>gIM<sup>1</sup>sa<sup>1</sup>
- ilabja pirxaa Sa@ya hato
- %vacaa gad galabal, pardSak AaiNa ma} Iava Asal ad al
- jarl maanaval Sairr AadKlyat Asalao tri maatoyaa ]drabaahor jagalSakt naahl.



### pacavaa maihnaa

- baal Aaz to dha [lta laabha
- vajana Admaasalek pa} [l
- TalUr ksa Dakavallaaagatat
- ma} 'satt ksa 'jyaalaa 'laaganaab' mhnatata baalacao plla- %vacavar' %yaatlla kahl janmaanattir ek AazvaDaBar itktat.
- Aa[laa baalacyaa halacaalal jaanavalaaagatat.
- Sairritgat [indyaalAiQak ivaksat hatat.
- Bahyaa, papNyaa va papNalcao ksa dggaaacar



### sahavaa maihnaa

- baal Akra to caabla [lta laabha
- vajana pavavlaana to dana pa} [l
- papNyaa ivalaga havallaaagatat Aaina DalooAQatha maQatha qaada val ]Gadtat.
- %vacavar 'vhinaksa' naavaacaa sahxak qar saacalaaagatao
- baal ]cakl dualSakto



### saatvaa maihnaa

- labhal 14 to 16 [lta, vajana ADlca to saadotlina pall
- ijabavar cava Gablaa'yaa kallaa yatata.
- carbalcao qar jamaa havallaaagatat.
- [llyao AiQak ivakisat hatata.
- %vacaa Ajatha ih saarktiladal ina laala.
- ASaa val jar baal janmalao trihl to Akalal janmaladaca maanalao jaato Aaina %yaatla ivaSava kaljal Gyaavalaaagatao



### Aazvaa maihnaa

- 16<sup>1</sup> to 18 [lta laabhl, vajana 4 to 6 pall
- yaa maihnyaat savasaaQaarNa vaaZ jalad
- yaaca kaLat malltal vaaZ Kpca JapaTyaanao
- fffisavagaltambahitk sava [lhdyaatla pirsal vaaZ
- baalatal halacaala va "laaqaaLyaa" [t@yaa jaardar kl baah\$na hl dkyamaana.
- mallai pllacal plla- vaaZ.
- %vacavarlla saarklyaa kmal Jaaladyaa.
- baatal naKmbaadacyaa poralpxaa maazl.



## navavaa maihnaa

- baal 19 to 20 [Ma labba ,vajana 7 to 7 1A2 paM]
- FF fisaadhal vaaZ pNa-
- baalacal vaaZ Aata pNa- AaiNa Aa[cyaa gaBaaSayaa baahor hi %yaadhao jalvana Sa@ya.
- %vacaa gal aabal AaiNa inatL.
- baal Aa[cyaa paacyaa Kalacyaa Baagaat isqaravato janmaNyaasaazi AaiNa AataM halacaal a maDhavato



yaa saMNa- na} maihnyaabyaa kalaavaQalM baalacalMpaNa pNaNao Aa[cyaa paNaatthaca kuaL imaLt Asato

### 2. 1. 2 gaBaavasqao sabhal

p%yak s-lcyaa Aayalyaat "Aa[-" habha ha Ait ]%kT p%atja Asatao KrMtr p%yak sHalha Sarlr pagallavasqao pasadha tSaa tyarisa laagal ad ao Asato tqaip Anak Sarlrikyaa ivaYyak badha gaBaa-vasqat hatat, to Kalalla pimaNao

A´ gaBaavasqacal paMBak icanho

1´ paLi cakNao

KraKr, maaisak paLi cakNao hi gaBaavasqacal pihlal KNa Asato tqaip kahl isHayaadhal paLi ik%yak da Ainayimat Asato %yaamalLo ]Salr Jaal ad aa %yaadha laxaat yat naahl. %yaavyaitir@t, paLi cakNyaacal [trhl karNao AsaM Saktat.



mhNaha "pignansalTST" 3gaBaQaarNaa Jaalyaacal tpaNaal ´ AaiNa vaVikya salIaa AavaSyak Aaho

2´ "[mPl aNtSana blalMga" 3gaBaQaarNacaa r@tsHava"´.

ik%yak valaMkahl sHayaadha gaBaQaarNacyaa saQaarNa baaravyaa idvaSal kmal jaast r@tsHava hatao %yaadha karNa Asao ki saMort AM@ fitIaa[nD ega´ gaBaaSyaat Aarapna hat Asatat eKaVa r@t vaahnallaa [jaa pabracavatao bahatadha valI ASaa r@t sHavaacaa rIja hlaka gal aabal totpikri mhNajaca paLlcyaa sHavaadha vagala Asatao inayimat paLlcyaa Aaal ina qaDaca kaLpyatt to iTktao yaalaca gaBaQaarNacaa r@tsHava mhNatat ina kahl isHayaadhaQyao tl ek paMBak KNa mhNata yaDha.

3' stnaakaa hLhLpNaa AaiNa saija  
 bahQaa gaBaQaarNacyaa danaca AazvaDyaakhal varIIa baaba Qyaanaat  
 yaaM Sakto AtMshavaamalLo<sup>3</sup> hamaansa' stna hLhLQ  
 Barlad ao AaiNa jaD jaanavatat. vyai@tsaaxap, to cablacabaaro  
 ikMa diKroha} MSaktat AaiNa stnaagabjavalcal %vacaa  
 kaLsar pDto



4' maLmaL va iSasaari  
 KrMtr gaBaaQaana Jaalyaagal hi ek namahaadar KNa haya. "maafnaga isaknasa" <sup>3</sup>sakaLcaa Ajaar'  
 mhNana ti pisaQd Aaho KrMtr sakaLcyaa vaLbarabarcalMervhi hi ]IaTyaa vaa Aaka<sup>1</sup>yaa hatat.  
 ik%yaak isHayaakhaa gaBaQaarNacyaa danaca AazvaDyaaktr Asao maLmaLNaosad\$ hatao N maaha kahl  
 Baagyavaana isHayaam%yaakhaa pNlapNao inasaTtat hi N  
 "[sTajana" yaa AtM shavaacyaa vaaZmalLo pcana ik%yaa hi malavato AaiNa } ga vaasa jasao AtrM  
 isagaarT, Anna iSajalyacaa vaasa vaQar malLo maLmaL va Aaka<sup>1</sup>yaa hatat.

5' vaarMar mala%yaaga  
 vaarMar baqa\$makDo Qaava Gyaaval laagalNao va [tr Analaakgat icanhamalLo gaBaQaarNa Jaalyacaa Amaja  
 baalata yatao gaBaaSyaat hat Asaladal vaaZ malaSyaavar dDpNa Aanato %yaakpimaalNao shalcyaa  
 Sairra tlla ret va divaakhaa saaza gaBaacyaa palanaasaazi vaaZtao ina mala<sup>1</sup>ipManaa AiQak vagaanao  
 %yaakhaa inacara kravaa laagaha<sup>1</sup> AiQak laGaval tyaar hat rahato  
 jasajasao baal patat vaaZM laagato tsaa ha vaarMarcaa mala%yaagahl vaaZtao

6' badQakalTta  
 hi ek parMalcal KNa Asal Sakto "pajastoraha" yaa AtM  
 shavaamalLo AantDyaatba Anna hLhLUpzo sarkto ina %yaamalLo  
 baQd kalTta.



7' "dikNaI" <sup>1</sup> ik%yaakIMaa pazdikI va Dako dikI maagao  
 laagato

8' patacaa figalrpNaa <sup>1</sup> kmarpaSal kpDo GaTT vaaTNaohi ek parMBacao KNa

9' Sarlracyaa mall tapmaanaat vaaZ :  
 jar drraja sakaLI <sup>3</sup>talatila' tapmaana qamaamalTrnao tpsalao tr gaBaQaarNaonattir Saairrik  
 tapmaana vaaZlyacaa laxaat ya[la.

(BBT - Basal Body Temperature)

10' maanaisak Avasqacaa ihMaaLa : 1

vaarMaar "maD" jaaNao yaacaa karNao mhnajao AtM shavaablaa 3hafmaansa' caa Acaanak hat Asal ad aa vaYaava Asatao

11' Anna laal asaa :

paarBaacyaa gaBaavasqat kahl pdaqa- kaNyaacal tiva [cCA ]%pnna hablaq tr kahl pdaQaavarti vaasanaa ekdma inaGalla jaaNaad ]da. tLkT, masaalaadar pdaqa, ka'fi, calja ikMa maabaaahar. ASaa pkarcal laal asaa ikMa ]Wga yabtao karNa hi Att:shavaca hat.

12' dmanalk ikMa qakvaa : 1

"pa'jasTora'ha yaa Att:diyaamalLo JaapaLpNaa vaaZtao %yaacapimaalNao r@tdaba kmal hablaor@tatt hat Asal ad al vaaZ ina r@tattIla kmal Jaal ad ao saaKrao pimaana %yaamalLo paarBaak gaBaavasqat qakvaa jaaNavatao

13' glaalkal va Baawal 3 ca@kr' yabtao:1

paarBaak gaBaavasqat r@t vaahnyaa psarNa pavatat, %yaamalLo r@tdaba kmal hatqo %yaacapimaalNao r@tattIla saaKr kmal Jaalyanao ih matCa- vaa Baawal yato

## 2.2 gaBaavasqatIla Sarlr ik/yaa ivaYayak AaiNa maanaisak badla. <sup>13</sup>

A'r@tacao Aakarmana pnnaasa T@yaalkal vaaZto %yaamalLo hmaaglaaibanacao pimaana GaTto saaKrao pimaana GaTto tsaca A'byalmana va [tr piqanao AaiNa ivaTaimansa cabl pimaana GaTto

ba' malzaca KarTpNaa kmal jaaNavatao kdaiat malz AiQak Gatlao jaavao yaasaazi ha Sarlr'ik/yaa ivaYayak badla Asaavaa.

k' "pa'jasTora'ha" AiQak pimaanaat vaaZtao %yaamalLo gaBaaSyaacaa snaayal psarNa pavatat AaiNa gaBaa- cyaa vaaZisa AiQak jaagaa imalLo

<sup>13</sup>Eal sa'ya saa[sallaTnacyaa kayak%yaalkal varlla sava- badla t@%yaalvaro gaBavatIlaa samajavalla saaljaavat ASal Apxaa Aahq %yaalpa pimaalNao maanaisakt saazi tj&ablaa salaa ]plabQa kravaa.

D' AatDyaabiyaa maaliipNaamaLo baQd kaTTa AaiNa Annanailakcyaa AaksaamaLo Anna varvar yablaa iklMa jaLjaL hatto

[-' maaliipMa AiQak xamatoao kayart JaalyaamaLo laGaval jaast tyaar hatto maaha %yaalIt kahl mah%vaacao AnnaGaTk 'jasao "Aifmanaad efsaD'sa" glalkaja<sup>3</sup>saaKr', ivhTaimansa vaayaa jaatat. gaBavatIMaQyao laGavatitilla sallaaga<sup>3</sup>[nf@Sana' hablyacao toek mah%vaacao karNa AsalSakto



f' paNyacaa inacara kmal Jaalyaanao paya va pa} laallir saja idsato maaha ti savasaamaanya va nahmalcal Asato <sup>3</sup> "e@laaimaJayaa "<sup>3</sup>Eclampsia) yaa gaBalar Aajaarathl sajjacyaa sva\$pat vajanavaaZ hatto '

gaBaavasqatIla vajanavaaZibaabat iSafarsa <sup>1</sup>

- pihlal itmaahl 0.2 to 0.3 iklao AhPta
- dsarl itmaahl 0.45 iklao AhPta
- itsarl itmaahl 0.40 iklao AhPta

h' gaBavatIcyaa vajanavaaZitilla inamnyaahba kmal ihssaa gaBa, gaBanaaL va gaBaa- Baadati Asal ad al paNal <sup>3</sup>eifmnayaaTK flalD' Asato

la' SanaSanao paT, kMar, maalIcal varcal baajalyaqaMcarbalcaa qar saacallIagatao maaha hl carbal KrMtr psattl va stna panaacao vaLl ]jaa- sHatt mhNada ]pya@t zrto ASal carbal saazNyaacao karNa "[sTajana" ha AMtshava haya.



## 2.3 gaBaavasqat Ila Aahar<sup>14</sup>

### 2.3.1 " }jacaal garja"

- gaBaavasqat [tr val paxaa AiQak }jaa- laagato
- gaBaacyaa vaaZisaazi ina %yaalbyaa hal acaal alsazi gaBanaLcyaa vaaZisaazi.
- gaBanaLcyaa vaaZisaazi.
- maatcyaa saahajakca vaaZi ad yaa Aakar maanaasaazi.
- baalacao Aitir@t vajana krNyasaazi.
- SanaSana0: pNa inaiScat vaaZNa<sup>1</sup>yaa BMR<sup>3</sup> badala maLbaal lak rD<sup>3</sup>]Ymaalkabaazi<sup>1</sup>
- gaBaavasqat ikmaana 300 kilo caloaries evaZyaa ]Ymaalkacal garja Asato
- }Ymaalkacal PaaPti<sup>1</sup> saLNa- Qaanyao kDQaanyao gahU baajari, naacaNal, jvaar, Aad, fLo AiNa fLBaajyaa

### 2.3.2 piqanaabtal AavaSyak ta<sup>3</sup> patInsa<sup>1</sup>

savasaaQaarNa pNa piqanaabtal garja Sarlracyaa vajallaavar 1 gaMa pit ikLao gaMa evaZi Asato maaha gaBaavasqat Aitir@t 15 gaMa patInsaal iSafarsa krtat. karNa,

- gaBaacal JapaTyanao hablaarl vaaZ
- gaBaaSyaacal, dQa<sup>1</sup> galbalcal AiNa gaBa- vaarbal<sup>3</sup> PIsaSaTa<sup>1</sup> vaaZ.
- Aa[cao vaaZi ad aor@t ina %yaamaloro@tatIla piqanaabtal<sup>3</sup> PIsaSaTa<sup>1</sup> jyaada maagaNal
- gaBaaSyaatIla Aitir@t dQa<sup>1</sup> abtal inaimati AiNa pusa saaza gaBaavasqaa, p'satti va stnapanaacao valI laagaNaara.
- maatkDha gaBaakDo pacati kD al jaat Asal ad al piqanao



piqanaabtal paPti Kalalla shattaWaro ha} Sakto

"saayaa va tdjanya pdaqa, maad Aal ad al kDQaanyao, dQa va dQajanya dhl, calja [%yaadl. Qaanyao va kDQaanyao yaabtal sarimasaL ekmaalkanaa ptk zrto mhNaha Saakaharl maLInal %yaacaa AvaSya ]pyaaga kravaa.

<sup>14</sup>Eal sa%yasaa[- sallaTnacyaa kaya%yaabtal gaBavatIlaa Aaharasabtal Jicat salIa dualla %yaa pmaaNao puvaza krNyacal vyavasqaa kralal. sahja Saeya AsatIla toivaSallat: Saakaharl pyaaya sacavaavat tosqainak patLlvar ]plabQa AsatIla. valLaualI "DahaLd jawaNad Aayajjat kralal AiNa "saa[-<sup>1</sup> patInacao QatIvar palak Aaharabtao vaaTp kravao



pqalnaaktal ptt-ta Jaalal naahl tr <sup>1</sup>

- gaBaavasqat salkTMiyabao Sa@ya.
- gaBaacal vaaZ maatcyaa jalvaavar badMISakto
- gaBaacal pNla- vaaZ KItto
- Sarlr pGalmQalla kmatrta, ivaSaWat: maMthaQalla

### 2. 3. 3 "Aamagaa 3 fTsa" AaiNa baaLacyaa maMthal vaaZ.

baaLacyaa maMtyaa vaaZisaazi yaa GaTKaktal far garja Asato mhNaba ho GaTK samaivaYT Asal ad ao Aahar maatsa gaBaavasqat ina stnyapana dt Asapyalt tri A%yaavaSyak Aahd. yaa GaTKaktalLo baaLacal ragaalbasatcal pitkar Sa@tl hl vaaZivata yadto

<sup>1</sup> %yaaktal shat Aahd <sup>1</sup> Amadi, AalSal (Flax-seeds), sTbarl va baaKad al, AkAd.



### 2.3.4 ivaTaimansa va Kinajao :

gaBaavasqat Anak pkarcad KinajaoIva ivhTaimansa A%yaavaSyak Asatat. %yaatIla AiQak mah%vaacal KalallapmaaNa<sup>1</sup>

#### A´ k†aiSayama

- k†aiSayamacal garja ivaSawat gaBaavasqat AiQakca Asat<sup>o</sup> jyaacal ]pya@tta baalLacao dat va hallo banaivaNyaa barabarca Aa[- saazi hl saaza zuaNyaaSaazi A%yaavaSyak zrto
- Aa[ pasadla gaBa- 2À3 [tko k†aiSayama AazTha Gac Asatao AiNa mhNana Aa[-Iaa piZo maDctsa<sup>3</sup> osteomalacia) haal nayao mhNaha %yaacal Barpa[- krNao garjacao Asato sababa, gaBavatInao drraja ikmaana 1,000 imalalgaña k†aiSayama Gyaayalaca hvao
- k†aiSayama maQyao sHat Aahd. dUa<sup>3</sup>]tma AiNa dgQajanya pdaqa, jasadhl, calja, %yaacapmaaNa naacaNal, rajjal, saayabalna, tIL, ihrvyaa palabBajyaa vaQaro

#### ba´ laah

- Aayana- ikMha laahacal garja drraja 8 ima. gaˆ naovaaZto %yaatIal garja gaBa- tsaca gaBa- vaarSaazi hl A%yaavaSyak.
- sHat saikval ad ao daNaq saikamavaa , ihrvyaa palabBajyaa, tNaQanya, gall, sabjaa, pabno [.

#### K´ saaiDyama

- gaBaavasqat garja vaaZto
- saaiDyama kmatrtmalLo e@laimPsayaa saar#yaa galalr Aajaraal Sa@yata inamaana hado tsaca baalLacal APalla- vaaZ, kmal vajanaacao baal ASaa samasyaa ]dBaval Saktat.
- maaha jar Abjaavar saja Asada ikMha ]cca¹@tdaba Asada tr inaballa Gaalavao laagatat

#### D´ AayaaDna

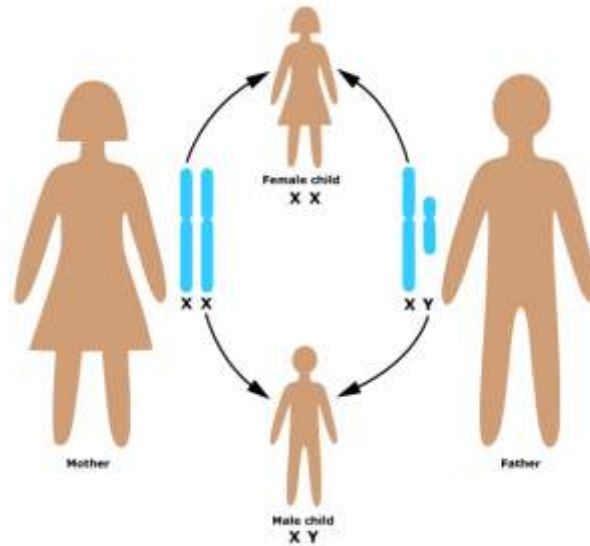
- AayaaDna cao kmatrtmalLo gaBapat, baala maQyao janmat:ca ivak laajata, baal amakyal "ikTinaJama"<sup>3</sup> AabaDQabaD, maktibaDcl, yaDbablu va majjaatIlaao galalr Ajaar sabavatat.
- jyaa pdSaar AayaaDna jaayaca kmal Asato tqalla sHalyaatal AayaaDna Aavajaha Gyaavaca.
- sHat :<sup>1</sup> AayaaDna<sup>1</sup>ya@t malz<sup>22</sup>



## 2. 4. saamaajak p0 al

### 2. 4. 1 mail agaa ikMba mail agal

mail agaa ikMba mail agal hablaohi maata ip%yaadlyaa “jalnsa maQalla kamaadamaasa var Avalabba Asatq %yaamalMmail agaa ikMba mail agal hablaohi Sa@yata 50'50 T@ko Asat@ %yaallt maatcaa kahica dala nasatao<sup>1</sup> hi baaba samajaavaha saadjaaval.



## 2. 5 gaBaavasqasaaZl maagadSak t@t<sup>16</sup>

### 2. 5. 1 kaya kravao

A´ 16 to 20 vyaA AazvaDyaat “saanaagaaFl”  
ba´ caadyaa maihnyaapasaha stnaadho to aanao maal alSa  
k´ caalaNaotsaca ivaEadMtlhl qaadDyaa QaadDyaa valLanao  
D´ inayaimat tpsaNalsaaZl jaalNao

<sup>15</sup>Eal sa%yasaa[- sallaTnacyaa kaya%yaadlyaa kaya baalLacao il ahinadana yaalaa AitSaya mah%vaacaa saamaajak sallaBa Aaho kuaL gaBavatIca navho tr itcao natua[k hi mail agal janmalal tr naaKMa Asatat. ik%yakda mail agal pisavalyaa bcdlla shal caa CL kdaa jaatao sababa, lahana naa iTkaWaro ina sayagya sallyalWaro yaa gaBalar pSnaacal ]kIa Kravayasa hval

<sup>16</sup>Eal sa%yasaa[- savaa sallaTnacyaa kaya%yaadlyaa<sup>1</sup> inaragal gaBaavasqasaaZl kaya kravao ina kaya Talavao yaa mah%vaacyaa baabal Aahdt, Aaina %yaa t@kq pistka, p0PlatSa Aaina icalWaro samajaavaha saadjaavyaa. Krtr, kahl baabatMtl lahana naaTKWaro %yaa cambal yaa pQdtInao \$jaivata yatIla. gaMtagalllcal paqaimak laxaNao idsbMlI agataca valVkyia madtical saaya kraval tsaha jaha tatDical garja Asada tMhahl tl %vairt ]plabQa k\$na Vaval.

[´ gaBaavasqaa ha ek Aanaddayal AnaBava Aaho ASal QaarNaa gaBavatIbal baad alha AaiNa %yaaklaa pa%saahit k\$na \$javaaval. baalacyaa gaBaatiIa vaaZisaMaaal sava- Avasqaa %yaaklaa iSakivalyaa paihjat.

ga´ pqama itmaahit gaBavatInao Aaplaa Aahar tsaca ipNyaacyaa paNyaabaabat AiQak jaaga\$k raihlao paihjae itnao SarIrarabar manaacalhi ]Baarl kayama iTkvaayalaa paihjae h´ psattIplal- paz AaiNa gaait abaa]lavalcao madna <sup>3</sup>maailaSa´ ]pya@t zrto ja´ p. pu ka. kaD<sup>3</sup>eñTInaTla<sup>1</sup>kaD´ vyavaisqat Ba\$na Gyaavao f´ laah, k↑aiSayama, ivhTmansacal rsad inayaimatpNao Asaaval. la´ Sa@yatao Davyaa kGsalvar Jaapavao

### 2. 5. 2 Kaya Talavao

A´ gaBaavasqaait ]pasa k\$ nayat karNa %yaamaLo gaBaacyaa Anna pirvazyavar pirNaama hatao ba´ pivaasa Talavat.

k´ Kalalla baabal Asalyaasa SarIrsambaa Talavao

1´ jar %yaamaLo yaanal ikMa pat dikT Asad a.

2´ jar yaamalWaror@tsHava Asad a

3´ jaaha ATM: pTla faTba palal yaalMaagalao tr

4´ jaahaMAkalal psattIcal Sa@yata AsatoivaSawat: ]%kT xabla jaaha gaBaaSya ih Aalkcana pavato

D´ far kVTacal va jallo patavar taNa pDda ASal kamao k\$Mnayat

[´ AapNahha kablatni AalaaQa Gavalnayo

f´ Saatyaasa laagal yaasa rakha Qa\$ nayao ikmaana dr saha taakhaAaal laGavalsa jaavao

ga´ tLyaait ikMa saacalalyaa paNyat basaha snaana k\$ nayao

h´ ]Gadyavarcao Anna Ka} nayao

ja´ disa<sup>1</sup>yaa itmaahit gaBavatInao Satkama k\$ nayao

la´ stnapana caalMaAsatanaa puZcal gaBaavasqaa Talaval karNa ti malLoitcao svat:cao va baalacalhi Aaharivaayak sahitana ibagadto

### 2. 5. 3 Da@Trabhaa salIaa kQal Gyaavaa :

A´ Kp jaast Aak<sup>1</sup>yaa hat Asalyaasa

ba´ 12 AazvaDyaalMaQyao r@tsHava Jaalyaasa

k´ Asahya patdiki r@tsHavaasah ikMa r@tsHavaa ivanaa hi

D´ tap AaiNa ikMa pirL ]zlyasa

[´ Aaalcaa Kraba psattI<sup>1</sup>[ithasa<sup>1</sup> jasao ifTsa yablaq imasgal.gabapat

f´ Asaitul at patacyaa tkarl



## 2.6 AaQyaa%mak dRTIkana

gaBavatiSal vaagatM baad atalkaa tao vyavahar sava- kũM Mayaakhal pima va AadrpLak kravaa ASal iSakvaNa idlal pahljao %yaabapimaNao "maatpõd" imaL Nao ha jalvanaatIla savaacya sanmaana Aaho AaiNa baalalkacao sapõNa jalvana GaDivalyaat itcaa ikti maaza vaaTa Aaho ho itlaa naIT ibahtval ao gad ao pahljao Aa[- va baalacyaa AaQyaa%mak pğatisaazi ho kravao :

- itlaa ho samajaavatha saabjaavao kl gaBaavasqat shal hi prmaSvaracyaa Agadl inakt Asato
- ek "sah<sup>1</sup>inamaati"mhNana tsaca ti yajamaanalNa pNa Asatoeka 'duaditacal"
- KralKr, hMla &ana %yaa baalakacyaa hi Antmanaat Aapsalk zsaivalao jaato AaiNa jaha to baalak pizM "baala ivakasa" cyaa vagaat basato tohaMyaaca &anaalaa to pnhalmpraa\$jjalivat k\$ Sakto
- Ajamaptha AiBamanyalAaiNa pihadacyaa gaati hca dSaiwatat kl gaBaavasqat imalal ad ao &ana kQalhl ivasarta yat naahl.
- mhNathaca, gaBavati shalaa pafraiNak gaati ekNyasa pivakt kl ao pahjao jyaayaabjao itcao mana va ica%t pfiilat ina Saatt rahlla.
- saBaadanaalVaro Asao isaQd Jaalao Aaho kl baalaSal baad alha va gaalnal mhNatha %yaacyaa baadQdk xamatit vaaZ hato
- gaBavatiSal maadvanao AaiNa caatjal yaa gaati baad aa.
- Aavaajaacaa, Qvanalcaa Aitrk Talaa
- sakara%mak ivacaar ina sada pfiilatpNa hvaaca.
- pivaha galha ikMha saaih%ya vaacaa va eka, Bajanao gaalnal stahao gaa[-lyanao va eklyanao baala ih pimal va hvahvasao haq-la.



## 2.7 Eal sa%yasaa[savaa saMtaacyaa kayaacal AaiNa sahBaagaacal vyaapti, saMlal AaiNa kayaanvaya krNyaacal pQdt

Anak/maalk	sahBaagaacal saMlal	sahBaagaacal vyaapti	pQdti
2.1.1	gaBaacal vaaZ	gaBavatisa gaBaacyaa vaaZi salMbaat maaihti samajaavatha saabjaNao AaiNa gaBaavasqacaa gaatjalya- Qyaanaat AaNatha dblaQ jyaayaagao ti pũSal kaLjal va Kbardarl baalgaal a.	t@tQ va&ainak fit daKvaNao AaiNa Saad kaDsaAicalhao
2.1.2	gaBaavasqabaabat	savaca ivavaaiht shalyamhaa gaBaa- vasqacyaa Kblaa samajaavyaat, %yaaMaagao %yaamhaa gaBaavasqaa parMBak Avasqatca AalKta yao} na %yaabadhla yaagya ti kaLjal Gaavtha gaBapat TalUSaktIla	t@to ina SaakDsa, vaMklyaa saahayya

2. 2	Sairrik <sup>3</sup> yaa iva <sup>3</sup> yayak AaiNa maanaisak badla gaBaavasqatIIa	ho badla gaBavatIIka samajaavaha saal <sup>3</sup> gatIao Asata %yaa pir <sup>3</sup> GI kaLjal GatIIa AaiNa vyaqa- icalIIa krNaar naahit	t@to SaakadSa icalIah <sup>3</sup> ah piistka DahaLo jaaNa pa <sup>3</sup> TIna fDcaomaadft inayimat vaaTp
2. 3	Aahar iva <sup>3</sup> yayak garjaa	AaragyaiSaxaNa	
2. 4	gaBa <sup>3</sup> il <sup>3</sup> alja <sup>3</sup> inaclana	ek mah%vaacal saamaajak jaaNaIva gaBavatI tsaca sava- naatuaa[k va saasal <sup>3</sup> saasaro yaad <sup>3</sup> ao samadSana AavaSyak, ivaSaaat: gaamalNa pirsaralt	pqa, naaTya kuT <sup>3</sup> ayaa samavat samapdSana salIaamasalat
2. 5	gaBaavasqat maagadSak t%vao	kaya kama kravao ina kaya TaLavao ho maahit AsaNa <sup>3</sup> o mah%vaacaa AaiNa ho gaBaavasqacyaa pa <sup>3</sup> r <sup>3</sup> alca <sup>3</sup> o kaLlca sa <sup>3</sup> lgaNa <sup>3</sup> o ]pya <sup>3</sup> at jyaayaagao na <sup>3</sup> trcal ga <sup>3</sup> ltagalt TaLlal jaa[ <sup>3</sup> la.	t@to piistka pHko <sup>3</sup> icalIasah <sup>3</sup> naaiTKa <sup>3</sup> ivaSaaat: kaya kravao va kaya TaLavao yaa sa <sup>3</sup> l <sup>3</sup> al <sup>3</sup>
2. 6	AaQyaa <sup>3</sup> mak dRTIkana	gaBaacyaa pirpNa- vaaZisaazi AitSaya mah%vaacaa.	t@toicalmaya piistka naaiTKa.

## sa%yasaa[- salitnagal ]iddYT•

- saliqaatga psattl baddla jaaga\$ kta Apa%saahna dbla
- maata va baalana%ya dbla pimaana kmal krna AAaTa@yaat zuaNa
- sarkarcyaa ivaiva da ]pk maaddla<sup>3</sup> saliqaatgat psattl saazi jaaga\$ kta inamaana k\$na %yaa vaapravayasa pa%saahna dbla
- psattl drmyaana kaya kravava kaya Talavao yaabaabat jaanava k\$na dbla
- Akalal psattl salibaat jaanava k\$na dbla



### 3.1 sabbatgat psattl saballa

sabbatgat psattl mhnajao va/kliya sabbat Jaal ad al psattl. maaha Baartatlla Anak Kdyaat ASal saivaQaa Ajattahl ]pl abQa nasal yaamalLo yaacaa Aqa- 1piSaixat va/Vikya vya@tl, nasasa, piSaixat AaiNa iSaklad al da[- vaa Aayaa yaatlyaa dKrKIKal al Jaal ad al psattl Asaahl hatao



psattl sabBaat hablaa1yaa maKyaatLao pimaana jagaBaracyaa pLamaaSa [tko kuaL Baartatca Aaho



sabbatgat psattl na hablyaacal ma#ya karNao gairbal AaiNa A&ana hlca hat. dairdya rvaKal alla laakallao pimaana, jao sabbatgat psattl krvaha Gaal Sakat, AxarSa: nagaNya Aaho

### 3.2 sabbatgat psattlcao fayado

A' baala va maata maKyaatlyaa pimaanaat GaT.

ik%yak maKyal tr kuaL gailacC vaatavarNa AaiNa A1piSaixat vya@tl psattlIt sahayyak Asal ad yaa 1malLma hat rahtat.



ba' sabbatgat- psattl maQyao baalMit Nalcao Aaragya AbaiQat raKlao jaato

KraKr, Baartatlla "kiTm1kliyaNa kayakhaatgat maata baala sablaapna va Aaragya yaalmarca ivaSava Bar dNyaat Aal ad aa Aaho AaiNa %yaatLaa mall ]dLsa maata baal amaKyal raKNaohaca Aaho

[tr fayado yablapimaanao :

A' naalNalmalLo kiTmasa AaiQak saahayya.

ba' maata va baal akabLao Aaragya AiQak sarixat

k' Akal al psattl drmyaana tatDical va/kliya saava ]pl abQa mhnaha maKyaatLao pimaana kmal

D' psattlInatrcal saava AiQak caatjal al

[- psattlplal- einamaa idlyanao baalasaazi gaitagaitlcal Sa@yata kmal.



navalna Baart sarkarnao maata va baal asatlaapnaasaazi ivaSalla pa} lall] cal al al Aahd . naagairkaabaazi  
Baart sarkarnao Kalalla pimaanao saivaOaa ]plabOa ko yaa Aahd .

A´ pqaama dana psattisaazi \$. 600 †100 Anaadana

AaiNa \$. 2200A<sup>1</sup> salJairyana AprGana saazi

ba´ inayimat Aaragya icaiK%sa dala Saadanaasaazi

K´ inayimat lasalkrNa va maadft AallaQaapcaar

### 3.3 sarkari yaajanaa<sup>19</sup>

#### 3.3.1 jananal sarxaa yaajanaa

dairdyarValKalal jalvana vyatit krNaa<sup>1</sup>yaa gaBavatIbaazi “jananal sarxaa yaajanaa” hi koM  
sarkarcyaa AK%yaatitila yaajanaa Asalla maata<sup>1</sup>baala ma%yacao pimaNa kmal k\$na sablqaatgat  
psattical sa#yaa vaaZaval ha itcaa ]ddGa Aaho hi “ja. sal yaa ” raTYIya gaamalNa Aaragya imaSana  
cao AiQap%yaaKalal Asalla dairdyarValKalalla, ekabalsa vaVaavariIa sava-gaBavatIbaazi dana  
psattIbaazi ]plabOa.

#### 3.3.2 maharaTY/sarkar : Aaragya ivaBaaga

maharaTY/sarkar : Aaragya ivaBaaga maharaTYtilla saha ijahyaatitila AKra KMaMaOyaoIDTP yaajanaa  
rabaivalal jaato<sup>3</sup>Aaidvaasal Baaga <sup>1</sup>zaNaq naaisak, nakturbar, Amaravati, gadicarelal va naaktiD´

- pad<sup>1</sup>svayastavakattal namaNalk
- maanad<sup>1</sup>vaVKIya AiQaka<sup>1</sup>yaatitil inayati
- ma%kava Anaadana yaajanaa
- da[-1baZk yaajanaa
- Aajaari mal aabaaazi baalaragatj&alkDtha tpsaNal
- lahana mal aabaaazi Aitdxata ivaBaaga
- naadust vaahnaalkaa bacllaNao
- navalna paqaimak Aaragya kMaktal inaimati
- AallaQaabaazi jyaada trtoid
- maata va baal akattal maansatlapla- tpsaNal



<sup>19</sup>sa%yasaa[sallaTnacyaa kayak%yaatitil sarkari yaajanaatla maaiti gaBavatIbaa Vaval tsaca %yaatla laBa dNyaasaazi p%yaxa madt kralal

### 3.3.3 “nava<sup>1</sup>shj alvanal yaaj anaa”

1995<sup>1</sup>96 saalacyaa yaa yaaj anad maharaTatIla 15 Aaidvaasal ijalhyaatlaa samaavaSa Aaho maata va baal amaKyal radKNyaacaa mall ]ddSa Aaho

inavaDlcao inakYa Kal all apimaanao :

1<sup>ˆ</sup> jaqao hgavaNa, pTKI, kavalLlcaa sabhaga varcaavar hatao Asaa pdSa

2<sup>ˆ</sup> jaqao dLNavalNaacal saadanao naahit, ivaSaLat: pavasaaLyaat

3<sup>ˆ</sup> jaqao mahsal al iSaQaa k[MM]plabQa naahit

4<sup>ˆ</sup> jaqatla baal amaKyaltao pimaanNa nak tca vaaZlao Asaa a

5<sup>ˆ</sup> jaqao “AtjaNavaaDI” nasaa a.

### 3.3.4 sarkari hatSpTIsaal ‘ipkApvhha.



### 3.3.5 maata va baal akatlaa Anna pirvaza

## 3.4. yaaj anaa kayainvat habhyaatIla Aavhanao :<sup>1</sup>

1<sup>ˆ</sup> sarkarkDIIa Aaragya ivaYayak mall abatt saivaQaatlaa ABaava.

2<sup>ˆ</sup> KDapaDI psattIplaa dKBaala kayak maatlaa ABaava <sup>1</sup>Kr tr sabhagaatgat psattIsaazi ha kLlcaa maatla haya

3<sup>ˆ</sup> sabhagaatgat psattI k[MM]ha sarkari yaaj anaatlaa sava saamaanya KDttatlaa Aijataba maahitica nasaaNa

4<sup>ˆ</sup> [isptLat jaa}na, ivaSaLat: psYa Da@Tr kDha tpsaNaI Gyaayalaa vaaTNaara salkaca va Iajjaa.

5<sup>ˆ</sup> k[MM]ba AaiNa nava<sup>1</sup>yaK[Dha na imaLNaara paizha <sup>3</sup>saamaajak ADa%va<sup>ˆ</sup>

6<sup>ˆ</sup> GaratIla [tr mall aatlaa jabaadarI.

7<sup>ˆ</sup> “garIbaI”

yaa sava baabattlaa sqainak patLlvar ]hapah haatla yaagya ti jaanava va salIaa Gyaayalaa hvaa.

### 3. 5 psatti drmyaana kaya kravao kaya Talavao

- psatti drmyaana AnnaBaxaNa nakao kvaLpaNI ikMa dya pdaqa-caalatiIa.
- SvaasaacCvaasaacao vyaayama psattit madt krtat.
- dr dana tasaakal naaDlcao laakq r@tdaba va tapmaana tpasaNao
- naSaigak Avasqattit pDha rahavao
- isaJauryana AaprSanacal garja vaaTlyasa tota%kaL kravao
- gaBanaaL va vaar naIT tpasaaval, kizlaahi Baaga maagao, rahta kamaa nayao
- maatcal psattisaazi Saairrik va maanaisak tyaarl Asaaval.
- payaavar saji Asalyasa paya ]Salravar zuaha ivaEabtit Vaval.
- svat:htha kaNathni AaNaGa Gavd nayao
- gaosamaja vaa ANaEaQdaha baLI pDU nayao



### 3.7 "Eal sa%ya saa[- savaa sa%aTnaacyaa sahBaagaacal vyaaPtI AaiNa Kayaanvayaacal p0dtI

Anau	sahBaagaacal xabla	sahBaagaacal vyaaPtI	Kayap0dtI
3.2	sahBaagaacal psattIcao fayado	vaVkiya vaatavarNaacal psattIcaal la fayado samajaaabla saablaNao sahBaagaacal psattIcaa mall ]ddSa ]calabla QarNao	t@to sal laamasal at jyaabla sahBaagaacal psattIcaa AnaBava Gat laa %yaabla baad aavao
3.3	sarkarl yaajanaa	1' ivaivaQa sarkarl yaajanaabla jaanvalva k\$na dNao 2'p%yaxa saahayya krNao	vyaa#yaanao pdSana caca-
3.4	sahBaagaacal psattIcaal yaana <sup>1</sup> ya ADcaNal	tSaa ADcaNal samajabla Gabla %yaa dlt krNyasaazi ]paya SaablaNao	sal laamasal at pdSana vyaa#yaanao gaavaatIla paZ isHayaaSal caca-
3.5	PasattItila kaya kravao kaya TaLavao	yaa bad'dIla jaanvalva k\$na dNao gabavati va natta baalakaatIla mal%yactao pimaana GaTivaNao	Sal laamasal at PadSana Saa kaD'sa naaITka

## AQyaaya 4 "gaBapat AaiNa Akalal psattI"

### sa%yasaa[- sallaTnacaal ]iddYTto •

- gaBapataivaYayal AaiNa gaBapatacyaa karNaalWayaal laakalMa samajaavalla saalyaNa
- malagal mhNalla gaBapat krNyaaiva\$qd jana jaagati k\$na savamalam[Svaracalca dNagal Aaho ha Baaga \$jaivaNa
- shalyaatal maanisak AaiNa Saairrik pityza japt %yaalyaa Balyasaazi pya%na krNa
- Akalal psattIbaddIa hI laakjaagati krNa
- gaBapat va Akalal psattI rakNyasaazi maagadSana krNa
- gaBapat ikMa Akalal psattI Jaalalyaa ishalyaalyaa Aaharabaabat maagadSana



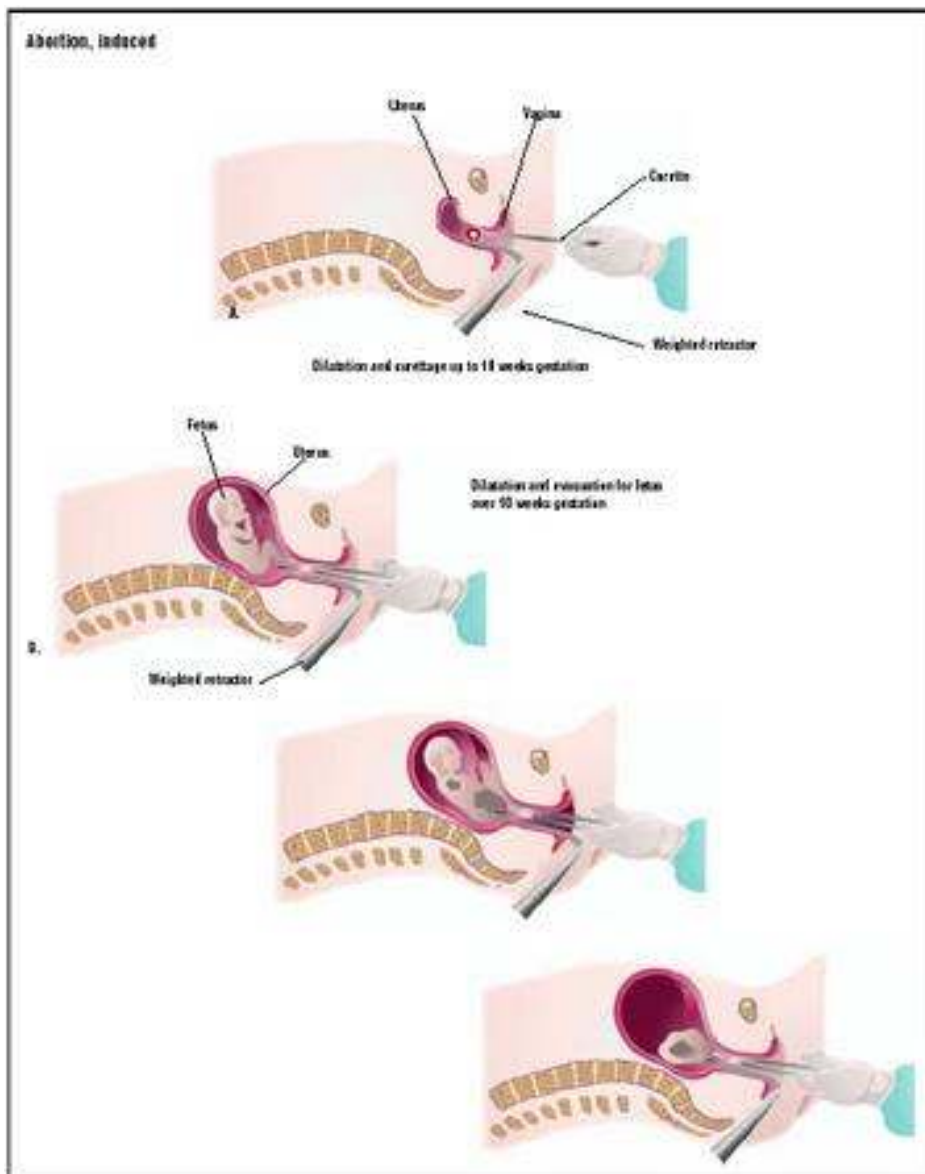
## 4.1 gaBapatacao p'kar

gaBapat mhnajao gaBaavasqaa qaamlaÀqaamvaha gaBaalaa gaBaasayaatna kaZnao ÀkaZlaa jaanao AaiNa %yaalaa pirNaama gaBaacaa ma'kyal ÀgaBama'kyathalo hablaara gaBapat

A' svaaBaivakp'nao<sup>3</sup> sahja na zrvat'Jaal adaa, Spontaneous<sup>1</sup> yaalaa baht'k valaMmiscarriage ik'la Ap'ya idvasa'laa baal'it'pNa Asahi mhnat'at kccyaa vyaat<sup>3</sup> kavaLya' gaBa'aa'Na Jaalyaasa gaBapat sa'vatao

ba' GaDvaha Aanal adaa<sup>3</sup> Induced) gaBapat<sup>1</sup> eKadi gaBaavasqaa Anak p'kar'nal s'p'it'at Aanata yat'q ma'la ti p'od't gaBaacyaa Avasqaar Aval'aha Asat'j'avaZo gaBaacaa vya, tuaZa Aakar.

K' savayalcaa (Habitual) gaBapat : jaaha eka'pazapaz tina vala gaBapat hat'ao tuh'la %yaalaa savayalcaa mhnata ya'la.



eKada gaBapat "ragapcaar ivaYayak" (Therapenti) a mHTIaa jaatao vaVikya pirBaaVam, jaaha

A´ gaBavaticao Aayalyaca pNaalaa laagato

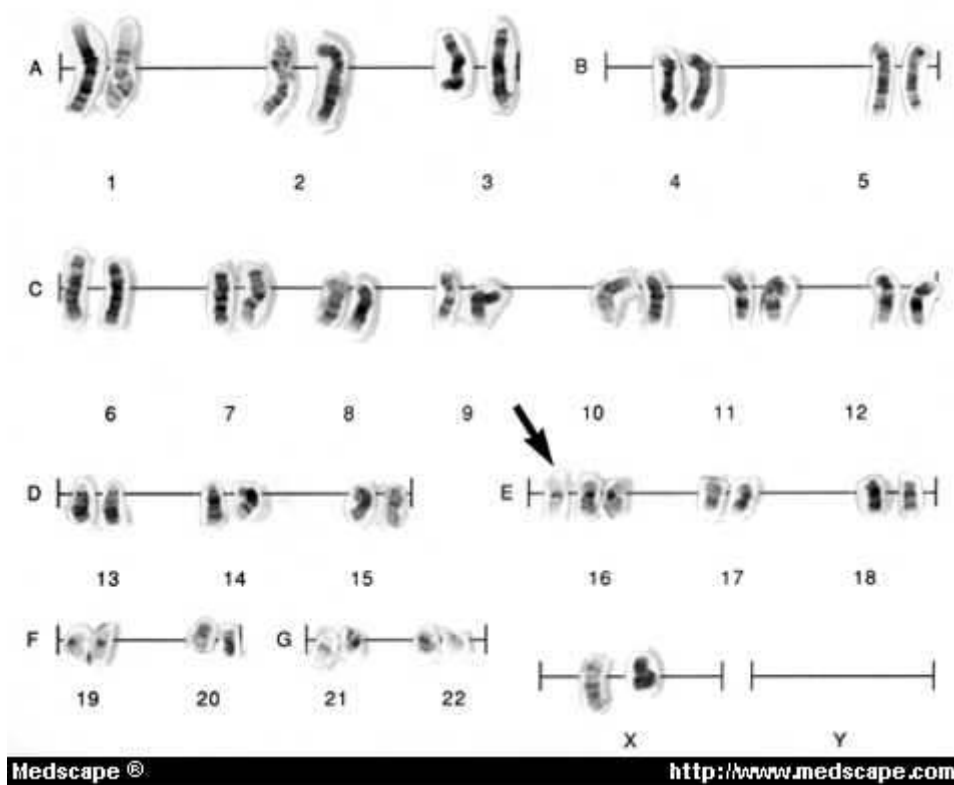
ba´ gaBavaticao Saarlik va maanaisak Aaragya japNyasaazi

k´ jar baalamaQyao Asaa kahl Ajaar ikMa dala AazLIaa tao %yaalyaa maQyaa karNaMz\$ Saktao ikMa Apirimat ivaklaajata.

D´ kahl zraivak gaBaatal saMyyaa kmal krNyasaazi jablak\$na gaBavati 1jalM ekca vaLI Anak gaBavaazt Aahd1 Qaaka kmal krNyasaazi eKado eBaSana 'l@a@Tvh 3inavaDI ad a´ mhNatat jaaha to sHalcyaa ivanMInsaar : maaha ASaa karNaMl1jyaalkaa saMba itcyaa vaa gaBaacyaa AaragyaSal inagaDit nasada.

## 4.2 gaBapatacal karNao

A´ p6alMIIa gallasahaMaQalIa 3kamaadamaal a´ dala



ba´ Aa[caovaya 1 kavaLyaa vayaatIIa gaBaQaarNaa gaBapatasa karNa zrto Baartacyaa gaamalNa BaagaalM malalMlal Kp lavakr Iagnao krtat3kQal kQal Aazvyaa vaVal- hi´ AaiNa mhNana pagalMvasqaa saM\$ hata hata %yaa gaBavati hata. maaha %yaavaLI %yaalkaa Sarlr puresao ivaksalt Jaal ad a´ nasatq mhNana gaBapat hata.



k' gaBaavasqatIla sabbagjanya Ajaar gaBaah aahl [jaa pahacaivatat.

D' cayaapcaya 3maTbaaNak, Annapcana ik/yaa [. AaiNa r@tvaaihnyaaLlao Ajaar,]da. maQamah,  
]ccar@tdaba, tmbaaKUsawana, maipMaca, janao ivakar [%yaaid'

[-' gaBapatacao savaat mah%vaacao karNa mhNajao " mallagal" mhNabha paqaimakta Asaa saamaajak  
AAlivaSvaasa ina mhNabha "mallagal" Asalyaasa saaiyaskrpNao gaBapat .

f' barca valLmJaaDpl kUMba inayaaj allaacal saQanao vaaprit naahIt'mhNama AaiqakdRTyaa gaBaDaarNaa  
nakaSal mhNabha svacCoao gaBapat krtat.

ga' kahl sHalyaahlaa maanasalknyahagall va Balti Asada gaBavasqacal, na} maihnao pyatt baalalaa vahna  
krayacal AaiNa psatticyaa dikNyaacalhl .

h' kQal kQal balaakairt shal gaBavatl hatoSahri Baagaat ha ek Saapca Aaho'gaamalNa Baagaat  
%yaacal vaacyata hat naahl saamaajak baihykaracyaa Balti paTI. sahaijakca, s-l saazi ha Bayaanak  
AaGaas Asatao AaiNa mhNabha %yaatLajaval gaBapata iSavaaya dsara pyaayaca nasatao

ja' "hamaamal a'kaNTasaiPTvhja' 1"3sallor k'gaBainaraQak' mah%vaacao karNa Asatat gaBapatacao

KratKr, gaamalNa BaagaatIla laakalaa samajavabha saajjaNao A%yaavaSyak  
Aaho ki "mallagal" Asalyaamal ao gaBapat krtalIkamaa nayao  
"?Uaanaballaacal salkIpnaa p%yak jaadPyatt \$javaayal aahl hval,  
jyaayaagao %yaatLal Kahal pTaval.



mal a hablao ha AitSaya maaza psaad haya. gaBapatacaa AitSaya  
ivaprit pirNaama hatao nyahagall AaiNa Balticyaa sva\$pat.

### 4. 3. Akalal psattI va AGaiTt gaBapat

bahQaa Akalal psattI kUMbit gat ivavaah 3jasao cal atAAato BaalDat', AnavalSak Ajaar, na  
jaLNaaro r@tgaT3 ivaSalat: Aar eca gaT' yaalLao GaDtat.

inaragal gaBaavasqasaaZi inayimat tpasanaI k\$na Gablyasa gaBavatlMaa ]V@t ko ao pahjao %yaamalLo  
Akalal psattical Sa@yata kmal hatoeicCk gaBapat kvaL tj& Da@Tralhyaa

saliyaanasaar, vaVkiya karNaabazica kravaa. gaBapat vaa Akalal psattI  
Jaalalca tr ikmaana 3 to5 idvasa saktiNa ivaEaahl A%yaavaSyak Aahd jaD kama



tr naahica naahl gaBavatl AaiNa itcyaa kUMbayaahlaahl itcyaa gaBaavasqacaa  
Aanaldanao svalkar koaa pahjao AaiNa tao ek A%yaaya Aalyaai%mak AnaBava

mhNabha svalkaravaa. gaBavatl va kUMbalyanaa ho iSakivalao pahjao ki yaalM  
Gaatlao mall a hl [Svarl k@cal dNagalca AahQ Balahl %yaatLao ilalya kahIhl ka Asanaa, AaiNa

mhNabha baalalaa ]dM Aayalya va SabaaSalvaad imaLavaQ mhNabha tSal paqanaa kraval.

## 4. 4 Akalal psattl

jaomall gaBaavasqacyaa pstisaavyaa AazvaDyaadUalca janmatliti Akalal psattl samajaaval. ASaa mal aaktal vaaZ Apila Asato Alirgaaktal tsaca ikyaaktal ih. %yaamalLo janmaanaltir %yaaktlaa Anak pkarca Aakismat Ajaar sabavat Aaina fffisalva malUar %yaaktlaa pirNaama hatao Akalal psattl ho ivakusat dSaattlla baal amaByattao pimalk karNa haya.

### 4. 4. 1 Akalal psattlcal karNao

javaL javaL inammyaa Akalal psattliti inaiScat karNa salgata yat naahl. tqaip, sabadakaktal yaa baabatit kahl pgtal khal Aaho, %yaaktlyaa AByaasanaSp caar mah%vaacal karNao Asaatit.

A' maata ikMa gaBavarlla taNa ikMa dhaaba : maatuar sattcao dDpNa ikMa taNa <sup>3</sup>]da: Ativa qakvaa, kaljal va icaltta, maanisak dDpNa ikMa CL' yaamalLo kahl Alitdvyao <sup>3</sup>sapok, hamaansa' inamaana haabla gaBaasayaaktlaa snaayaktlaa AakMaana Akalal psattliti karNalBatt hatat. baalavar taNa yaal Saktao gaBavaarKdha imalNaa'yaa Apulyaa r@tpirvazyamalLo maatcao kahl Ajaar jasar@txaya, Anaaragyakark Aahar, maQamah hnl maata va baalakasaazi Hasadayak z\$ Saktat.

ba' sabaga' sabadana Aso sacaivato kl sabagaapasattlcal Sarlralcal pitkar Sa@tlhl Akalal psattlisa karNalBatt z\$ Sakto malmaagaacaa sabaga, yaainamaagaacaa sabaga Aaina galtraga ikMa sabagaalvaro hablaaro laalgalik Ajaar Akalal psattl GaDvaba Aanatat.



k' r@tsHava :

gaBaasayaat hablaara r@tsHava, jasao gaBavaar gaBaasayaapsatta inasaTNaq ret saakLvaNaarl piqanao maakLI krtad jyaamalLo gaBaasayaacaa snaayal Aaksatat va psattl vadnaa sa\$ hatat.

D' gaBaasaya taNalao jaalao :

gaBaasaya jaaha xamatpaxaa jaast taNalaljaato]da: jalLa ikMa itLa gaBa, ikMa jaohalgaBajal aacaa pimaana far vaaZto <sup>3</sup>padalhaDafimna AaSa' ikMa gaBaasayaatca ivakrti Asada, tuhahl Akalal psattlcal Sa@yata Asato %yaaca pimaalao gaBaasayaacaa tal <sup>3</sup>cervaix)a jar sa0a pDlao Asada trhl maaha yaaktlao karNa Ajaba Da@Trallaa ]lagaDlad ao naahl.

## 4. 6 Akal alMpsatt lvar pqamaapcaar

maotlpUalka baaL janmalalMtr Aa[- va baaL dahalalhl kaLjal parBhalcao kaLi Gyaaval laagato<sup>1</sup>  
%yaatlla kahl mah%vaacao maotlo<sup>1</sup>

1' baaLalaa garma kpDyaalkal Jaakavao

2' baaLalaa maihnaaBar ANGaal na GaalatalMkuaL %yaacalMAlja pisatla kaZavao

3' baaholla pr@yaa vya@tllal baaLalaa javaL GaalUnayao

4' baaLacyaa Aajalajasta ma} AaQaar zuavaa.

5' baaLalaa [n@yallTr maQyao zuaNyaasaazi %varnao hIavaavao

## 4. 7 Eal sa%ya saa[- saMnacyaa sahBaagaacal vyaapTi AaiNa kayaanvaya p0dtl

Anau	sahBaaga vyaapTi	sahBaagaacal vyaapTi	p0dtl
4. 1	gabapatacaa p'kar	gabapatacyaa p'karalal maihtl samajavalla saaljalNao	t@tqmalavao
4. 2	gabapatacal karNao	nalT samajaNyaasaazi jaalvalva k\$na dNao ivaSawat: svacCa gabapat 1'saamaajak Baana Qyaanaat zualla	t@tq malavao vhlDIAao naaiTka, valIaQaa <sup>1</sup> yaa sasalhad
4. 3	Akalal psattl	savasaaQaarNa maihtl dNao	varlla pimaanao
4. 4	samayapUa psattl	savasaaQaarNa maihtl dNao	
4. 5	maagadSak t%vao	kaya kravaAkaya Talavao yaalDiao maagadSana	varll apimaanao
4. 6	Pqamaapcaar samayapUa psattl saazi	samajavalla saaljalNao	

### sa%yasaa[- saDaTnacal ]idbYTo

- sHalyaaha stnapanaacao mah%va, vaVkiya AaiNa SaasHalya dRTIKabla samajaavana %yaaklaa stnapanaasaazi pa%saahna dbla
- Aaragya va svacCto saDbaat hi stnapanaacao mah%va ivaSad krNe.
- s%anapana dbyaa drmyaana kaya kravao va kaya TaLavao yaaklaa maaga-dSana krNe
- stnapana AsataMbaaLacyaa caairHaya saMbaanaavar ksaajpyaaga hatao to pTvada saaklaNao
- s%anapana krvaNaa'yaa maatdaa kaaba%yaa, ivaiSaYT Anna GaTKabla AavaSyakta Asato to saaklaivaNao
- stnapanaa ivaYalcao ka hi mah%vaacao maadbo %yaaklaa samajaavada saaklaNao

gaBaavasqaa hl p%yak sHalcyaa AayalyaatIla AitSaya sabbir GaTnaa Asatta p%yak sHalnao ti inasagaacal Amallya Baat samajatta yaa saalNa- saalalcaa piripit Aanadi Gyaavaa.



ek sHalAmaata Saad, inavyaaja pimaacaa AadSaca Asato ina to pima ti Aaplyaa baalalaa stnapanaacyaa inaima%tanao pajato baalasaazi Aa[cao dQaca svaaBaivak, nabaigak Aahar haya.

tqaap, kuaL A&anaamalLo yaa pivaha pimaacal Sa@ti najaraAd ha%saati Jaalal Aahavaastivak, stnapana baalaevaZMa Aa[saazihl mah%vaacaa Aaho

## 5.1 s%anapanaacaa mah%va:

- [tr kaala%yaahl Aaharapocaa baalasaazi AiQak palTIK
- nahmalca tajao ,svacC AiNa sarixat
- maatocyya dQaat Anak pkarcao raga pitkark GaTk Asatat.
- kaalatihl Aihkari pitikyaa naahl <sup>3</sup>allergy )
- baalalaa kQalhl dQacaa Aitrok hat naahl.
- dat ina daZalyya vaaZisa stnapanaamalLo madt hato
- "ibana<sup>1</sup> ikmaticad<sup>2</sup>, sahja, kuhahl ]plabQa, <sup>3</sup>fIjamaQyao zuayacal ikMa garma krNyaacal garja naahl<sup>4</sup>
- Aa[- va baalatt saahijakir%yaa javaLIK inamaana hato

## 5.3 s%anapanaalaa va%klyaa AaiNa Saashalya AaQaar

### 5.1.1 maatyaa dQaabadiLa :

KraKr , maatyaa dQaabadiLa baal akasaazi pirpNa Aahar Asato karNa %yaati sava AavaSyak jalvana %a%vaabbarabara raga pitkar Sa@ti dQaaro GaTK Asatat.

"Kad aasTma" ikaMa calk ha ipvaLT rQaaca patL dQa psatticyaa qaado AaQal va naitr kahl kaL p%yaxa dQa yaQpyait stnaaMaTo yaatoo<sup>1</sup>

yaa icaKamaL MbaaLalaa Sal hablyasa madt imaLto tsaca kaivalipasada sarMaNa imaLto AitSaya saksa Asalad yaa yaa icaKait p%caal raga pitkar Sa@ti Asato

### 5.2.2 s%anapanaasaazi tina p%karcao "irFla@sasa" <sup>3</sup>pitxap<sup>1</sup> madt krtat.

1<sup>1</sup> "\$Tijja"<sup>1</sup> baalacao taal Aapsalk maatyaa stnaalk Do vaLto

2<sup>2</sup> "saiKtja" <sup>3</sup>caatKNaó

3<sup>3</sup> "svat aallga" <sup>3</sup>igaLNaó

baalacyaa caatKNaó va igaLNaó yaa ik%yaalMaLo Aa[caa panha f%Ttao <sup>3</sup>yaa ik%yaa Ait:s-avaalMaLo kayaaivat hatat<sup>1</sup>

### 5.1.3 stnapanaat yaabaa<sup>1</sup>yaa ADcaNal va %yaabaa inarakrNa :

- capTI ikMa Aat maDplad al stnaaga: yaabaa dana baad albaal baahor AazNao Sa@ya .
- gaccaBarlad ao va fugal ad ao stna : baalanao dUa piraao AazLao naahI tr stnaat dUa saacato maa- %yaacabarabar %yaat r@thI saakLto ASaa valI stna hILhILO hatat, sajjatat ina diKtat.
- Bagaa pDIad al diKri stnaaga
- stnaar saja AaiNa dUavaahnyaa kaalNao

<sup>1</sup>yaar ]pcaaracal mallt%vao :

- pa@sahnapr salIaa.
- saacal ad yaa dUaacia inacara
- sabaga- Jaalaa Asalyaasa pitjaavak Aabaapcaar

<sup>1</sup>kaal vala Kalalla karNaalal maatdaa stnapana krivatalMyat naahI

- maatcaa ASa@tpNaa, paavak t%vaalal kmatrta.
- maanaisak Aisqarta,
- AMsHavaatIla badIa
- AaKDIad al va ivakRt stnaagam
- stnapanaacyaa yaagya pOdtIbadIla AnaiBa&ta.
- ]Salra Aal ad al gaBaawasqaa (Elderly Primapara)

### 5.1.4 stnapanaamalLo Aa[laa habaaro fayado :

stnapana hoek pBaaval gaBa- inaradak Aaho

- psattInatrr gaBaSyaacaa pUa- AakMaana Iavakr hato
- psattInatrrcaa r@tshava <sup>3</sup>Post Partum hemorrhage) rakNyaasa madt, stnaabaa tsaca AakMaana (ovary) kAsarIaa pitraa, tsaa r@txaya va haMacal Jalja yaaba pitbaa.

### 5.3 "hayajalna" <sup>1</sup> stnaatla inagaa va Aaragya

- stnapanaaplal- stnaagalmva Aajattajatta Baaga palNyaanaMsvacC kravaa va nalttrhl
- stnaagaalmaa Baaga pDt nasalyaacal KaHal kraval
- far GaTV kpDo GaalalMnayad .

### 5.4 stnapanaa drmyaana kaya kravaaÀ kaya Talavao

kravao <sup>1</sup>

- stnapanaanalttr baalalaa Zkr Gyaayalaa laavaaval.
- yaalttao pa%yaixak samajalaa Gyaavao
- stnaagalmva %yaaajavallia Alja palNyaanao svacC kravao
- stnapanaacaa valLi maatnao taz basaavao
- vaatIyaasa pazIIaa AaQaar mhNabha JSal Gyaaval.
- stnapana krit Asatanaa maatnao Jaap Aavaraval.
- baalalaa Aaplyaa javal Qa\$na zuaavao
- p%yaak stnaatba AalaTba palatba tina tina imainato stnapana kravao nalttr saat to dha imainato p%yaakl maaha 15 ima. hba kmal.

Kaya Talavao :

- baalalaa pajalNyaasalttaoal kDk valLpHak nakao
- far GaTV kpDo Talavao



## 5.5 stnapana AaiNa baaLacao cairHya savallana.

stnapanaamalLo baaLacao ]%tma pailaNa tr hatca, %yaacabarabar baaLacao cairHya savallana hablyasa madt hato stnapanaamalLo baaLacal samaja vaaZto kSal to Aata pahlyaa.

- stnapanaadrmyaana Aa[ca spYa- baaLacyaa vaaZivar ivalaxaNa pBaava Taktao Aa[cao pma ina vaa%saIya %yaa spYaattba baaLalaa jaanavato
- saBaaQanaanasaar, stnapanaadrmyaana Aa[cyaa ica%tvaItI ikMa manaavaItI baaLalaa pahacatat inaraSa ikMa duKI maItacal malao maItbaQdI inapjatat tr AanadI va pfiilIat Aa[cal Avasqaa mallanaa samajyasa banaavato
- baaLait caatjalal spIInao 1saBkar \$jaivalyaasaazi stnapanaa drmyaana Aa[nao stabao ikMa naamasaraNa kraavo



stnapanaamalLo baaLalaa ek pkarcamsqaQa- AaiNa inaBayapNaa laaBatao jao AaQyaa%mak tcaomall haya.

## 5.6 s%anapana krivaNaa'yaa maItasaazi paITK Aaharacal garja :

stnapanaaWarMbaalalaa jaMpaIaNa imaLto to sava, maatcyaa purSaa paIaNaavar AvalaMba Asato ina:saBaya, stnapana dNaa'yaa Aa[cyaa garjaa vaaLyaa Asatatca.

"gafaaTgaajja" Asao Annapdaqa- Asatat jyaa malLo dUa ]%padna vaaZto mhNabba jaaNalvapUak %yaakbaa samaavaSa maatcyaa Aaharait hvaa 1%yaait dUa, lasalla, AmaDI ikMa AaLSal, badama haLlva [%yaadI.



## 5.7. Aa[laa maaiht Asaavyaat ASaa kahl baabal

- jyaa baalLmhaa AiQak vala Aajlaarl ad gaaj aahl lao jaato %yaadlao vajana JapaTyaanao vaaZto
- Aa[- va baalatiha Saarlirk javaLpNaa baalacal ragapitkarSa@tl vaaZivatao
- inayimat ina varcaavar hablaara Aa[caa spSa- baalacyaa SvaasaacCvaasaat saQaarNaa GaDvalla AaNatao
- stnapana krivaNyamaagaq Aa[salida psattl naitrcaa r@ts-ava, stna va Aa[kabaacaa kkraga, haalacal Jalja va r@txaya yaadlasatla ma@t rahato

## 5.8 Ealsat%yasaa[- salitaacyaa kayaacal vyaaPtl Aiina kayaanvayaacal p0dtl

Anau	kkayaxabla	kayaacal vyaaPtl	p0dtl
5.1	stnapanaacao mah%va	stnapanaacyaa mah%vaacal jaaNalva k\$na dbla stna panaasaazi maatl aa pa@sahna dbla	t@to vhIDIAao samath cacaa-
5.2	va/kliya va SaasHalya malmaabaa	yaa dahnadla jaaNalva inamaana krNao	
5.3	svacCta ina Aaragya	maata va baalacyaa inaragalpNaasaazi svacCt:cao mah%va samajaavaNao	t@to vhIDIAao samath cacaa-
5.4	maagaedSak t%va	kaya kravao ina kaya Talavao yaadlao samapdsana	
5.5	Aa[cao dda ina cair~yasalidana	yaa dahnadla salita samajaavada saalyaNa	samath cacaa- cahgal yaa savayal va Qyaanaavar kayaSaala ivaSala Bajana va Slaak iSakvaNao
5.6	stnapana krivaNaalyaa maatcyaa AaharaivaYayal	garjaa samajaavaNao	va/kliya vya@tlWara samath cacaa- kaNyacyaa savayal, iSajaivaNyacyaa p0dtl, svastvayalanaq t@to
5.7	maatcyaa maaihtl saazi gaati	jaaNalva k\$na dbla	t@to ivhIDIAao samath cacaa-

## sa%ya saa[- sa%atnacaal ]iddiYTo

- lasalkrNaacyaa AavaSyaktcaal jaalvalva k\$na dblaol
- ka%a%yaahl Aajaaraivanaa baal inaragal rahlla yaacal Katrjamaa krNaol
- inarinaralyaa p%karcyaa lasal%abat jaagati inamaana k\$na tSal ya%anaa inamaana krNe
- lasalkrNaabaabatcyaa ivaiva%a sarkarl yaajanaadlal maaihtl k\$na dblaol



## 6.1 "LasakrNa"

baalasaabapna mhNajao baalacal kaLjal Gabao va %yaacavar dKrk zuaNao ina:saBaya baalacal sa\$vaatical kahl valao AMyat mah%vaacal Asatat karNa yaa kaLalt Aaragyasampnna jalvanaacaa payaa rcalaa jaatao iSaxaNa, caairHyasalaQana, svayalSast AaiNa saamaajak ek%vaacal jaalva \$jaivata yato KralKra, Baartalt 'maata va baalasaabapna' badhla yaa mah%vaacyaa baabal Garicyaa GaricM sahja ]plabQa ASal saQana saamagal baalacyaa Aaharabaabat, sabagaapasatha bacaavaabaabat tsabla lasakrNa va Aajaarl maalaahyaa saLl/abadhla vaapravyaasa hval.



lasakrNa Aqavaa "vht@sanaSana"malLo A%yalt Gaatk sabagjanya raga ikMa AajaaralAsatha bacaava krta yatao jyya mal aadha lasakrNa vyavaisqat hatotl saabhaigak ragaalaa laagaNa Jaalal tril yaSasval pitkar k\$ Saktat.

## 6.2 lasakrNaacal AavaSyakta va yallaNaa

KralKr, lasakrNa ho Anak raga TalNyaacaa ek mah%vaacaa saQana Aaho lasakrNaamalo kvaL mal aadhaaca raga va pitbala hat nasabla sabhla- samaajataca ragap'saar raklIaa jaatao saabhaigak raga eka vya@tlpasabha dsa'yaa vya@tisa f0aavatat. jar purSyaa vya@tlmal lasa Tacabha Gatlal Asada tr raga samadayaalt psarNaar naahl. ina %yaa yaagabhsavaacaabha ragaalAsabha bacaava h[la. dual AaiNa paialaAao yaa ragaalal lasakrNaamalLM]ccaaTna Jaal ad ao Aaho bahuk mal aadha baal apNaatca lasakrNa k[ao jaato palakalahaal yaa baabat ivaSaba AiBayaalaaWaro jaalva k\$na idlal jaatoina mal a clana valaadha habhyaapal- sava- lasakrNa Jaal ad ao Asato



palakalal svat: jaaga\$k rahbha Da@Trakhaa salIaa Gyaavaa AaiNa Aaplyaa palyaadha lasakrNaacaa maagaavaa Gat rahavaa.

lasakrNaamalLM%yaa %yaa ivaiSaYT saabhaigak ragaalr pitkarSa@tl vaaZt[or@talhla %yaa GaTlkanaa "AaTibaadi" 3pitdhyaa 'mhNatat.

lasakrNaalatr kQal kQal qaada tap yatao maaha tao qaada val rahtao ina Apayakark nasatao mal aacyaa vyaana\$ p kaNatl lasa kuha Vayacal tozrivalo jaato

## 6.3 lasalcaa pkar AaiNa mail aadtao vava

baaLalaa Kalal lapimaaNao valcaaaL Tacabha Gyaavao

Anau	lasalcaa pkar	vava	Pamaana	Kuha TalNao	dMpirNaama
1.	balsaljal † padalAao	janmat:	0.1 emaela 2 qabha	-	-
2.	DI. TI. pl †paialAao †ihpTayaTisa bal	6 AazvaDo 10 AazvaDo 14 AazvaDo	0.5 emaela † 2 qabha	gabhar Ajaarl maila Aaina AaQal ire@sana Aalal Asada tr	tap sqainak ire@sana mailhar saja tr
3.	gabhar † ivhTfmana "e"	9 maihnao	0.5 emaela	gabhar Ajaarl maila	Ti esa esa
4.	DI. TI. pl †paialAao balTr †ivhTfmana "ja"	16 to 24 maihnao	0.5 emaela 2 qabha	gabhar Ajaarl maila Aaina AaQal ire@sana Aalal Asada tr	tap sqainak ire@sana mailhar saja tr
5.	DI. TI. DI. TI dsara Dajajar AaQal DITipl Gatlao nasada tr	5 to 6 va/vao	0.5 emaela	-	-
6.	TI. TI dsara Dajajar <sup>3</sup> AaQal Gatlao nasal yaasa	10 to 16 va/vao	0.5 emaela	-	-

ivhTfmana "A" dr saha maihnyaaLal jaanavaarl va jaha maQyao maila paca va/vaacao ha[- pavatao

## 6. 4 LasalkrNaasa ]%tj ana dNyaacao sarkarcao pya%na

baal ama%yaal radKNyaasaazi sarkar sava- pkarcao maaga- AvalaMlt Aaho<sup>1</sup> %yaatIla kahl Kalalla pimaalNao  
: 1

- dana va%aaKal all a sava- baal alkacao LasalkrNa.
- raITIya plsa paibaAao LasalkrNa AiBayaana.
- Aaragya kmacaa<sup>1</sup>yaatIya sa#yat IaxaNalya vaaZ AaiNa %yaatIla baala Aaragya va LasalkrNaacao piSaxaNa.
- gaama idvasa saajara k\$na %yaatI LasalkrNa va ]pcaarattal saaya.
- Aaidvaasal BaagaatIaazi ivaSaha LasalkrNa maahIma.
- gaanaMlt va e. ef. Pal TbaLNaI AiBayaana.
- va%aatIla sarsakT danadM ivaTfmana "A" dblaao
- LasalkrNa maata va baalakaMaQyao yaSasval krNyaasaazi AljaNavaaDI saakattal madt Gablao
- gaamalNa Baagaasaazi najakcyaa sarkari \$gNaal ayaacal savatapri madt Gablao
- psattIpla- dKBaala va saBqaatIlat psattI drmyaana hl maataMlaa LasalkrNaacal jaalva k\$na dblaao



## 6.5 Eal sa%ya saa[- sa%yaTnacyaa kyaacal vyaapTi AaiNa kyaanvayaacal pQdt

Anau	kayaxabla	kyaacal vyaapTi	kayapQdtI
6.2	lasalkrNaacal yallaNaa va garja	lasalkrNaacal garja ina %yaaklaa fayado samajaavabla sabhaNao lasalkrNaacyaa mall ]ddSaalaa pa%saahna dot caalanaa dbla	t@tq ivhDIAaQ samah sal laa, lahana naaiTKa, Da@Tsa- va maanyavarabla vyaa#yaanao
6.3	lasalkrNaacaa pkar vyaanaap	lasalkrNaacaa pkar va %yaaklyaa valap-ka baabat samajaavabla sabhaNao lasalkrNaacal saaya krNao	lasalkrNaaklaa kaD- tyaar k\$na to val_cavaal AVavat krNao lasalkrNa inajantuk haq- la yaaklaa Katrjamaa krNao
6.4	sarkarl yaajanaa	ivaivaQa sarkarl yaajanaa baabat jaalvalva k\$na dbla sadr yaajanaaklaa vaapr krNao sarkarl yaajanaaklaa ]pyaaga laaBaaqalnaa hatao yaaklaa Katrjamaa krNao	sarkarl [isptLaklaa lasalklaa maaf t purvaza krNao najakcao sarkarl [isptL iklaa paqaimak Aaragya k%acyaa samanvayaatla val_cavaal lasalkrNa iSaibarMBarvalNao

AQyaaya : 7 inaragal rahNyaasaazi svat:cal va pirsaracal svacCta  
13 "hayajalna"´

## sa%ya saa[- saBaTnacal ]idvYTo

- AsvacC vaatavarNa va savayalMaLo hablaaro maata va baal amaKyaCao pimaana rakNao
- naagairlKanaa svacCtaabmah%va pTvabha dbla
- vaQai@tk va pirsar svacCtaabat maagadSak t%valMiSakvaNao<sup>1</sup>  
<sup>3</sup>malat: kaya kraavao ina kaya TaLavaM<sup>1</sup>yaabaabat´





## 7.1 "hayajalna" mhNajao Kaya A

hayajalna ha Sabd galk Sabd "hayaijyaa" pasalla Aalaa Aaho "hayaijyaa" mhNajao svacCta, saicaBal tta ina Aaragya yaalal duata.

hayajalna mhNajao ASaa kRt llaa samath jyaayaagabAaragya sabBaaLit, inaragal rahata yato KRMtr hayajalna maOyao yaa dabablaa samanvaya Aaho yablt ragaablasalla bacaava ho AaGaanao Aalaca. tqaip, svacCtoyaa baabatltt Anak pkar pcailat Asalla eKaVa sabkRt gahya Asalad al pMpra dsarlt Asalaca Asalmnaahl.

## 7.2 svacCtaImah%va

Anaaragyakark Avasqaa jasampirsaratlla gailacpNaa ikMa paqaimak caalyal yaa savayal jasao hat<sup>1</sup> paya svacC Qablaq AalaaL krNa, Garadaracal svacCta na rakNao [%yaadlmallo baaL va maata yaalaa ragasabtaga- haat Saktao dana vaYaaKalalla malaa ragaabtaga- AiQakca JapaTyanao hatao ivaSak\$na KDyaatla jaqablsabqallt gat psatl hat naahlit tqaq yaainamaagaaca ragasabtaga- far maazyaa pimaanaahlit hatao kuaL svacC rahalal va pirsar svacCtmallo mahagaDa AalaaQapcaar Talta ya[la. caalyal yaa Saarlirk Aaragyaamal lo maanaisak salit ana raklao jaato jao pyaayanao AiQak jaamaanao kama k\$na kutMasa AiQak saQana banavallSakto mhNaballa p%yakalaca svacCtoyaa caalyal yaa savayal laavalla Gyaavyaa.

## 7.3 svacCtao pkar

A' vaQai@tk svacCta

ba' pirsar svacCta

### 7.3.1 vaQai@tk svacCta

inaragal rahNyaasaazi AapNa Kat Asalad ao Anna, Aplal Saarlirk svacCta, inayimat vyaayama ina Sarlr<sup>1</sup> sabla AitSaya mah%vaacao hat. AsvacCtmallo Anak pkarcao raga ]dBavatat. baalGalasaarKo prjalva, jalt, K\$ja, daltaacao ivakar, jalaaba ina hgavaNa [%yaadl vaQai@tk AsvacCtmallo hatat ina mhNabla kuaL svacCta palIyanao to Talta yatat.

A' Da@yaacal svacCta

AazvaDyaatla ekdaMvaa danadaMDa[va\$na AalaaL krNad SaamPaJikMa iSakaka[- caa vaapr k\$na, tsaca ksaalaa inayimat Kbarda to laavalla to vyavaisqat ivaltaravao



ba' kana 'naak' Dal'yaatla inagaa

- svacC paNyaanao drraja Dal'o Qauavao
- kanaat maL saacabla kana dIKUSaktao kapsaacyaa baalyaanao AazvaDyaatbla ekda kana svacC zuaavao
- naakat Sabad' vaalyaamal'o Svaasaac'cvaasaat ADcaNa yato mhNabla garja Asada tsao naak ma} KapDanao varcaavar svacC kravao

k' dat AaiNa tal'acal inagaa

- dat GaasaNyaasaazi ma} pavaDr iK'laa post vaaprNao ihtavah. danadablaSanao dat k'laa aNao sakaLI ]zlyabarabar ina rahal inajaNyaap'la. kaL'Saacal raKa'la, malz, KrKrit pavaDr dat Gaasatal'laa vaap'ral tr dalt'avar baah'sna caro p'dtat, mhNana %yaat'laa vaapr Tal'avaa.
- kahli p'daqa- Kallyaanat'ir KLK'laa cala Baravyaa svacC paNyaanao mhNajao Annak'Na dalt'ama'yoa ADK'laa to k'jaNaar naahit AaiNa dat va daZat'laa [jaa pahacaivaNaar naahit.
- saksa Aahar Gyaavaa, gaad' p'daqa- AaiNa caa'kad'at'sa Alppimaanaatca.
- dalt'acal kablat'hi tk'ar Aalyaasa tatDinao dlt'va'vaca sal'laa Gyaavaa.
- inayaimat ina sayaa'gya dat Gaasaayacyaa p'dt'imal'o dat iK'Dt naahit va %yaat'lar dlt' k'ITNa saacat naahit.



D' %vacacal inagaa

- %vacaa sal'laa- Sariracao val'Tna haya ina tl sava- Am'gat Avayavaat'laa sal'ixaNa krto
- %yaacapimaanao Sariracyaa tapmaanaacao %vacaa inayat'la krto
- Gaamaal'varo %vacaa Am'gat maL baah'o Gaal'aivato sad'abla %vacat Gaama gal'jal'cal iCd'bhajatat jyaamal'o dIK'yaa jaK'maa, fa'd va pir'L ]d'vatat.
- %vacaa svacC raKNyaasaazi drraja saab'laa laavabla svacC paNyaanao Aal'laal' kraval.

[-' hata'la inagaa

- sava- ik'yaak'laap Aap'Na hata'lyaa saahayyaanao krtao to krit Asatal'laa hatacyaa %vacavar va naK'K'alal ba'yaaca p'karcao ragat jalt'usaacabla rahatat. mhNabla p'yaak' val'I, ivaSal'at : Anna iSaj'ivatanaa, vaaZtanaa va Katanaa hat saabaNaanao svacC Qab'laa far AavaSyak Aah'o ivaSal'ak'sna baat'at'lyaa maQal'ya jaa'gaa va qat' managaTat'laa varpyat'it .
- naKo val'caval'I kapavalt, naK'K'urtD'Na va naalk'at baat'o Gaal' al' nayat .
- mal' ab'laat'it K'laNaar'ca. maaha K'lyaanat'it AaiNa kahli KaNyaap'la- %yaat'laa hat svacC Qab'lyaacal savaya laavaaval.
- r@t, ival'za, laGaval va ]laT'Isal hata'laa sal'k'- Tal'avaa.
- laGaval va sal'asa k'd'yaavar p'z'laa maagao ASaa p'karo svacC Qauavao va hat saabaNaanao Qauavao
- ]GaDyaavar sal'asa k's' naya' sal'asa, snaanaGarova pirsar svacC zuaavaa.



ga' gaitMbiyaakal svacCta

- p\$Ya va is-yaakal Aapalal gaitabao svacC zuaaval.
- maaisak paLicyaa valI shalyaakal svacC, ma} kapD ikMa safhaTri Ta'ad sa vaapravao va idvasaattha ikmaana danaada badlaavao
- jyaa is-yaakal dgralalyaet va palra ipvaLa s-ava hatao %yaakal %vairt vaV/kIya salIaa Gyaavaa.

h' Anna va svayakakattila svacCta

- Annaat dawa inamaana habao Anna iva'avaaOaa Aqavaa raga 'ikTaNal sabaga' svacCt'Waro TaLNao
- svayapakGar va BaalIkMI svacC zuaNao
- saDIad ag iSalO diivat Anna KaNaq TaLavao
- svayakak krNyapual- AaiNa Anna vaaZNyaa Aalal hat svacC Oavaavao
- palabaa'yaak'kar Ko Annapkar vaaprakal- kaLjalpak Qalalaa Gyaavao
- iSajaval ad ao Anna vyavaisqat Jaaktha zuaavao
- tyar Annapdaqa Kröll krtalaa vaaprakal SaaTcal tarIK t'pasaaval.
- svayakak Garatila Aad yaa kca'yaacal vyavaisqat ivalhuaT laavaaval.



ja' vaV/kIya svacCta

- yaagya %yaa malamapTVyaa vaap\$na jaKMaacal kaLjal Gabao
- AalaaOo Kröll krtalaa vaaprakal SaaTcal tarIK 'eksapayari Dd' t'pasaaval
- nakag Asal ad yaa Aalaaakal savaagya ivalhuaT.
- Da@TratIyaa salIyaa'avaaya AalaaOa GaalInayao

### 7.3.2 pyaavarNa ival'ayak svacCta

inakariz p'karcal GarMAnak p'karcao Anaaragyaasa karNalBatt zrtat, tsaca xayaasaar#yaa saak'iga- k ragal'sahl %yaak'abarabar maaisak taNa va inaraSaa pdri Asato ti vaaLica. GarasaBaal'it'icaa pirsar D'isa va [tr kITIkamal'ogal'ar samasyaa inamaana krtao inakariz Garo va AsvacC pirsaramal'oinamaana habaa'yaa samasyaa

- Anna va paNyaa'ao diivat habao
- igacaimaDimal'oisavaa, Zok'Na, gaacalD va barSal vaaZtat.
- inakariz vaayaal'janaamal'oina GaratI K'otI hvaa ifrt naahI,mh'Nabba Svasanaacaa ivakar AaiNa kmal 'jjaDamal'oina d'RTidala sa'laavatat.
- GaratIla Baa} gadlmal'oina kahl Aajaal'it'ical ekma'k'at'aa lavakr laagaNa hat AaiNa Baa} gadlcal karNal'Asatat, Kalaaval ad al Aaiqak pirsqatI AaiNa kIT'ibayaakal maazI sa'nyaa.
- saal'pal'yaak'iyaa Ayaagya inaca'yamal'oina Dasa va t'sama ikTK'at'aa habaarl vaaZ Anak p'karcyaa jalvaal'na va ivaal'na'ba pa'saahna d'ito
- paL'iva paNyaa'amaL'ini sabagajanya raga sa'laavatat.
- val'aaal'li laadi p'saNaq Baal'IkMI svacC zuaNaq ko k'cara jaL'maTo kaZit rahan'ao va kanaa'k'aba'yakal safa[- ASal ivaivaOa p'karcal kaLjal va inagaa raK'NaO Sa'ya Aaho



## 7. 4 inaragal rahNyasaazi kaya kaya kravao

- inayimat va vyavaiqat svacCta galit mbyaaktal AaiNa stnaaktal ivaSatat
- javaNaplal- va natir hatpaya svacC Qabao
- Barpit paNal Pyavao
- iSaLo AaiNa dWat Anna TaLavao
- sabaapasaba bacavaasaazi Gar va pirsar svacCta
- calgal aa malaina: saga-
- ]kLl ad ao paNal ipNao
- naKmlval\_cao val\_l kaZNao
- "TaCa" sabaabaadila jaalva va pitballa
- drraja svacC Aalao va svacC Qat ad ao kpDo Gaal aNao va inayimatpNao badlaNao
- ksa svacC ivaktarNao
- ekmakalao Tarad a va kpDo na vaaprNa
- Sarlr sabaanmr [mbyaaktal svacCta.
- [tstqa: na qalkNao
- idvasattha danada dat GaasaNao va p%yak javaanatit KLLktha cala BarNao
- malaktha Abjaza iktha baad o caakNyaapasaba pravaikt krNao %yaktao hat svacC Qabao
- baalacao sabaanatala svacC zuaNao va %yaktao svacC va inajaktik kpDyaait gallaLao
- baalacao lajgad dpti inajaktik krNa
- stnapanaanitr drvali baalacao tati svacC pisaNao



## 7. 5 Eal sa%ya saa[- sabaTnacyaa kayaacal vyapti va kayaanvaya

Anau	kayaxabla	kayavyapti	p0dti
7. 2	svacCtao mah%va	Aaragya va svacCtao prspr sabaala samajavabha saabjaNao	"icanna" kqaa, naaiTka vaqaro
7. 3. 1	va%ai@tk svacCta	va%ai@tk svacCtoyaa mah%vaacao idgdSana	t@to va vhidIAao
7. 3. 2	Pirsar svacCta	Pirsar svacCtao mah%vaacao p0 al idgdiSat krNao	t@to va vhidIAao
7. 4	caaljal yaa Aaragyaasaazi kaya kravao	kaya kravao va kaya TaLavao yaaktao maaga-dSana	@to va vhidIAao

## sa%ya saa[- saMaTnacaal ]iddiYTto

- maata va baal akacal Aaragyasallda vaaZivaNao
- kUMaacaal saamaajak va Aaiqak pt vaaZivaNyaasa madt krNao
- kUMacyaa inayaaj anaahaddila jaaNalva inamaaNa krNao
- kUMa inayaaj anaacyaa pdOatIMaYayal maagadSana krNao

## kUMa savaaMaazica



## 8. 1 Kṛm̄ba cao inayaaj ana mhNajao Kaya A

Kṛm̄ba inayaaj ana mhNajao

1 malā kṛha vhaayaalaa hvalm̄ gaBaQaarNao saazi shalcao savaagya vaya, dana malā maQalla Am̄r AaiNa ASaa inayaaj ana saazi jpya@t gaBainaraQak pQdtl, %yaacapimaalNaQ Sarlr sabaQaalWalyal laak iSaxaNa, laQgalya Aajaralaa pitbala va baQabast, gaBaQaarNao pūlalcal sal laamasalat va maagadSana AaiNa vaalYa%va inavaarNa.

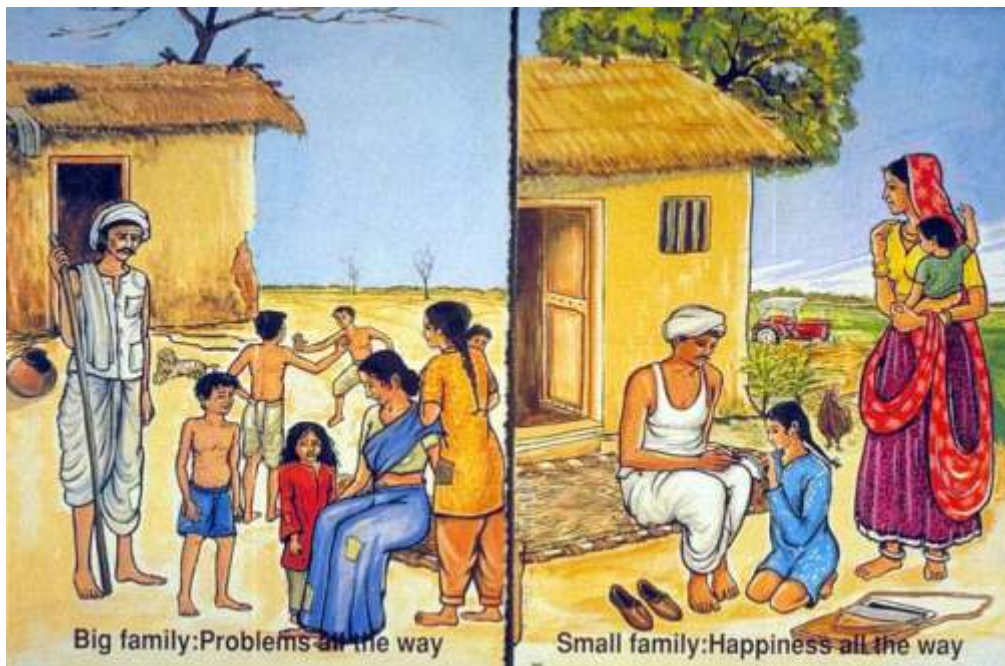
jarl gaBa inaraQana va Kṛm̄ba inayaaj ana ho sava ekaca Aqal-vaaprat Asalao trl Kṛm̄ba inayaaj ana mhNajao barca kahl AiQak hl Asato %yaalt shal pQYa sabaQabarabarca malā aalyaa sa#yacao inayaaj ana va psattlcaa inaiScat kaL zriValao mhNajaoa dana psattlMaQalla Am̄r inaiScat krNa ho hl Am̄r Baat Aaho

Kṛm̄ba inayaaj ana saava hl ek SaQaiNak baaba AahQ

jyaa maQyao vaWklyā tsaca saamaajak pQdl hl AQaar iKt hatat ina jablo k\$na sa&ana va A&ana vya@tlnaahl maagadSana imaLto malā aalyaa sa#yabaddla, %yaalyaatlla Am̄r rabaddla AaiNa to saakar hablyacyaa pQdtlbaddlahl

## 8. 2 Kṛm̄ba inayaaj ana cao mah%va

- malā aalyaa janma dbyaat va %yaalyaa vaazivalyaalt barca saQanasamagal Kcal- pDt AsatQ %yaalt Aaiqak, saamaajak, pyavarNa ivalayak va kala saapka baabal yatat.

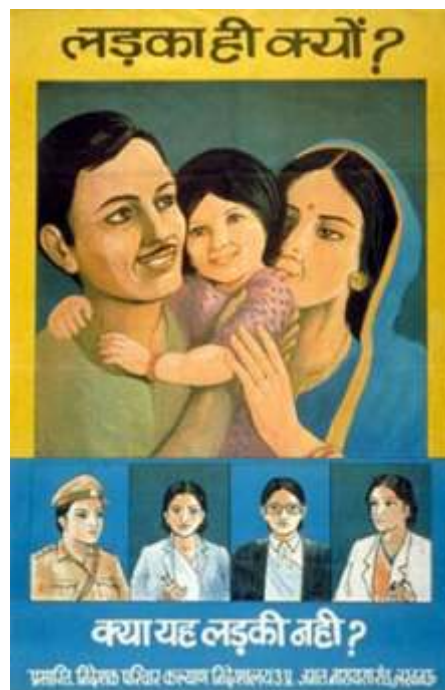


- Kṛm̄ba inayaaj ana malā yaa saQanasamagal jplabQata hato

- mal agal Azra vaYaagal had[pyatt itcaa ivavaah k\$ nayao Azra vaYaao pyatt qaabli yaasa puzo hablaarl mal ao inaragal tr hatllaca %yaaklabarabar Aa[cao Aaragyaahl saQaard a.
- dana mal abnaQalla Amr ikmaana dana vaYao hvalMtsaca, gaBapatanamr ikmaana saha maihnao trl gaBaQaarNaa TaLlal pahljao
- ijatkl mal amAiQak itt@yaa garjaahl AiQakcaM %yaamaLo kiTmavar Aaiqak baajaa tr vaaZtaca AaiNa maanaisak taNa va BaamNa tMto vaaZtat.
- raYTiya p[ati laakst#yavar Avalabba Asato sababa kiTmbainyaaaj anaamaLo Amr taga%vaa raYTi'caa Fayada Asatao

### 8.3 Ainayaajit kiTmbaamaLo inamaana hablaa<sup>1</sup>yaa samasyaa

- samaajaat il abjaivaYayak diragah.
- dana p[caa AiQak mal aamQayao iSaxaNa, AaragyasaiivaQaamr pDNaara taNa ivaSaYat: K[Qyaatt saamaajak, Aaiqak ivaYamatmaLo AiQakca jaanavatao



- mal aabhyaa vayaabnaQalla kmal Amr Aa[cyaa Sarirrcanaavar AiQak baajaa Takto caabjal yaa pla-tyaarIsaazi ikmaana dana vaYaaklao Amr AsaNao AavaSyak Aaho

- KaaL\_yaa vyaat 3mal agal Azra vaLaa pLla hablyacyaa Amlt´ hablaarl psattl maata va baalacyaa Aaragyaasaazi va vaaZisaazi ihtkark nasato
- ek mall a Cativar 3stnapana´ va dsarogaBaatt ASal Avasqaa maata va baalakabhyaa pannaNhsaazi ihtavah naahl. %yaamalLo baalacal vaaZ Kmttq gaBapatacaa Qaaka Asataq Akalal psattl va pyaayaanao maateyaa Aaragyaavar dMpirNaama ATL Asatao

## 8. 4 kTmba inayaaj ana va sarkar

Baart sarkarna laakSaml#yavaaZivar Anak ]payayaaj ana AaKlyaa Aahd ina %yaalabarabar AiQak calgalal jalvana p0dtl, iSaxaNa, pyavarNa, Aaragya AiNa vya@tl ivaSahaacyaa savagjalNa ]nnatisaazi jaaga\$Kta inamaaNa krNyacyaa p0dtisaazi Avalabh kd ad aa Aaho

tqaap, jaadPyakhaa kayama Asaca vaaTto kl %yaakhyaa mal aakhaa Ajaha ek savatjaDI Asaavaa. %yaakhaa AsavaaTto kl toekahha AiQak mal aakhaa pasallSaktat. maaha %yaakhaa ho samajat naahl kl ekNa AiQak laakSaml#yavaa vaatarNa raTisaazi ]pya@t naahl.

mhNadaca ivaivaQa maahmaa AiNa Gaalavaa@yao jasao " Aamhl dagaad AamacaaAcal 1ek" "mal agaa ikkha mal agal1ekca hvalM

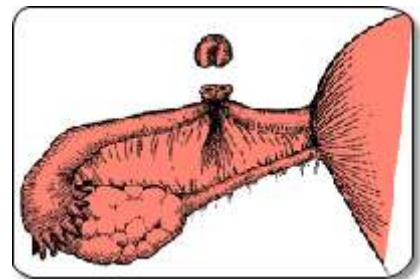
## 8. 5 kTmba inayaaj ana va gaBainaraQak p0dtl

A´shal inabaljalkrNa 13sTirlaayaJaSana´ panaraya p0dt

sHalcyaa AadIpaatall LahanaSaa iCdMvaro gaBanail aka kaptha baal krNaq sahsaa sqainak baQarta inamaaNa k\$na. yaa Waro shal balja gaBaaVayaakNayall pacal Sakt naahl va ASaa pKaro gaBaQaarNaa kayamacal baal krta yat o hl p0dt saapl, Ka-llaayak AiNa sairxat Asato

ba´ gaBainaraQak gaal\_yaa

gaBaQaarNaa TaLNyaasaazi drraja ek gaal\_l yaat ishacyaa SarlratIla dena nasaigak Amltshava 1[staj ana va paj asToraaha Asatat.





gaBainaraak gaalyaadao fayado

- yaagya ritnao vaapriyaasa A%yaltt pirNaamakark.
- maaisak paLi inayimat hatokmal idvasa va kmal r@tshava.
- paljaDavasqaa to?tikalasmaaPti pyaltt kabla%yaahl vyaat ]pya@t.
- gaalyaa baal krtaca pjanana xamata puha ]plabOa.
- tattDicaa gaBainaraak mhNama ]pya@t.
- r@txaya <sup>3</sup>Ahaimayaa ´ pitballa.

gaBainaraak gaalyaadao taTo

- maLmaL hablaa <sup>3</sup>ivaSawat : 2, 3 maihnao
- maQabaca hablaara r@ts-ava <sup>3</sup>izbakNaoo ivaSawat: gaali Gablyaat hyagaya Jaalyaasa ikMa ]Salr Jaalyaasa.
- s%akhaadaa diKrpNaa <sup>3</sup>hilhilpNa´
- ikkicat vajanavaaNao
- stnapana caalalAsatalMaLNaoo AavaSyak <sup>3</sup>karNa %yaamaLo dQaacao pimaana va pt yaalhar pirNaama hatoo
- far @vaicat psajal r@tgaazi mahtilla r@ts-ava ikMa )dya ivakaracaa GaTk sallavatao
- <sup>3</sup>maa- %yaalhl ]ccar@t dabaacyaa pstisa vaYaalMilla is-yaa jyaa valsahla AiQak isagaroo ikMa ivaDyaa Aaztat ASaa´
- lalyak Aajarabasaha salixana dit naahit.
- kuaL vaVkiya diKriKI Kalalca Gablaa AavaSyak.

k´ gaBainaraak [jla@Sana <sup>3</sup>Dlemapple´

yaa [nja@Sana Waro shalyaMnaQyao gaBaQaarNaa TaLta yato hl pOdt pirNaamakark maanalal jaatoomat: Aminimatl va AMak%asaga raklaa jaatao maaha Aist%vaat Asaladyaa gaBaalaa [jaa pahacat naahl. gaBaaSyaacyaa maikavarilla daT shavaamaLo pu\$Ya baljaalmaa <sup>3</sup>spma´ gaBaaSyaat pivaSa krtayad naahl.

yaainamaagaaTlla gaBainaraako

SarIrsalMa krNyapUal-shal Aaplyaa yaamalt gaBainaraak zuato Anak pkaro]plabOa Aahd.

- pM baljamaark <sup>3</sup>spmalsaa[D´<sup>1</sup>fimalja gaalyaa ikMa sapaiJaTrija, fema, maolTija iflma, jad al ikvaalMk/ma.
- DayaFma <sup>3</sup>JaapD´<sup>1</sup>ema ma} rbaracal ipSaval jal gaBaaSyaacyaa talavar basaivata yato maaha itcyabarabar jad al ikMa k/macaa vaapr AavaSyak Aaho

nasabadi SasHaiK/ya

yaalWaro pi\$YaalMaQyao Kayamacao pamaa%padna qaabto AitSaya saapl, sarixat AaiNa jal ad hablaarl hl  
Sas-ik/ya kahl imainaTatca Aa}TDaAr ik/nakmaQyao krta yadto

nasabadi mhNajao Kajaa krNa ikMa KccalkrNa naahl. %yaamalLo AikakaaAr pirNaama hat naahl  
AaiNa SasHaiK/yaaltrhl SarIrsabMaCaalt kablatihl baalaa yad naahl.

gaBaaSyaat zuaa vaaacyaa vastu<sup>3</sup>UD)

ek lahana, lavaicak, PlafSTKcal jaaLI, jalvar tabyalcal tar va malamaa Asatao ASal gaBaaSyaat  
basaival ao jaato yaainamaagaaWaro eka icamaTyaalWaro

KaafDema

salttlinayamaasaazi pi\$Yaanao salMaagaacyaa valI iSaSnaavar basavaavyMcao rbarl AavarNa, inaraDa  
KaafDemamalLo gaBaQaarNaa TalTallMyatca, tsaca latgalk Ajaar hat nahl <sup>3</sup>STD) pitballa hatao

## 8.6 Eal sa%yasaa[- salMaTnacal KayavyaaPtl va Kayaanvaya p0dtl <sup>1</sup>

Anau	Kayaxabla	KayavyaaPtl	p0dtl
8.2	KiMa inayaaj anaacoo mah%va	sakl jalvanaasaazi kiMacao inayaaj anaacal AavaSyakta samajaavabla saablaNao	samath cacaa-va naaiTKa
8.3	Ainayaaj at kiMbaabiyaa samasyaa	Ainayaaj at kiMbaacyaa samasyaa samajaavabla saablat AsatalM%yaamalLo yablaara Aaiqak Baar, inakRz Aaragya AaiNa garlbal yaablaa ]hapah	samath cacaa-va naaiTKa
8.5	KiThba inayaaj anaacyaa p0dtl	ivaivaDa saltit <sup>1</sup> inayamak p0dtl %yaablaao galba dakaablah samajaavabla saablaNao tsaca %yaablaal ]plabQata, ]pyaaga va paPt krNyaacal yaMNa [ %yaaid.	t@to va samath cacaa-

sa%yasaa[- sa<sup>1</sup>ba<sup>1</sup>naacal ]id<sup>1</sup>YT<sup>0</sup>

- ]%tma baal a<sup>1</sup>sa<sup>1</sup>baapnaasaazi maata<sup>1</sup>kaa madt kr<sup>1</sup>Nao
- baalacyaa vaaZisa<sup>1</sup>ba<sup>1</sup>naacal maata<sup>1</sup>kaa iSaxaNa d<sup>1</sup>ba<sup>1</sup>
- baal a<sup>1</sup>sa<sup>1</sup>baapnaat yalaa<sup>1</sup>yaa sa<sup>1</sup>ba<sup>1</sup>ya ADcaNal<sup>1</sup>kaal jaaNalva k<sup>1</sup>\$na d<sup>1</sup>ba<sup>1</sup>
- baalavar sa<sup>1</sup>ba<sup>1</sup>kar \$jaivaNyaasa<sup>1</sup>ba<sup>1</sup>at maata<sup>1</sup>kaa iSaixat kr<sup>1</sup>Nao



## 9. 1. baalacal vaaZ

baalacal vaaZ Sana0Sa hat Asato Aiina %yaacaa samajatt darpNaa, %yaacyaa BaavaBaavanaa, kRtI, Aavaaja ina vaatavarNa hLbhLUivakisaat hat Asato Baavinak va ba0dicyaa ivakasaat baalacal pihlal tlna va0a0 AitSaya mah%vaacal Asatat yaaca kaLalit %yaabiyaa ma0ttal vaaZ 75 T@ko p0la- Jaalad al Asato mhNana %yaalaa caalal yaa sa0lyal , na0tk ma0lyal %yaal0ao pitsaad duall laagal yaa kaLapasathaca \$javaayalaa hvalt.  
vayaana0p baalacaa ivakasa Kalal lapima0Nao hat ao

### 9. 9. 1 savasaa0aarNa sa0h0naa

- 3 maihnao maana 0a\$ laagaNao
- 5 maihnao Aa0aaranao basa0Nao
- 8 maihnao Aa0aaraiSavaaya basata yab0ao
- 10 maihnao Aa0aaranao caal alNao
- 13 maihnao Aa0aara iSavaaya caalata yab0ao
- 18 maihnao p0LNa0
- 36 maihnao tlna caaki saayakla caal aiva0Nao



### 9. 1. 2 va0ai@tk va saamaaijak str

- 1 maihnaa ismathasya
- 3 maihnao Aa[sa AaLKNao
- 9 maihnao hatvaaro krit inad0a 1]da0TaTa krNao



### 9. 1. 3 Baalaa

- 1 maihnaa Aavaajacyaa baajatsa vaLNa0
- 6 maihnao ekaxarathaa ]ccaar
- 9 maihnao dana dana Axarathaa ]ccaar
- 24 maihnao saa0al saa0al vaa@yab0
- 36 maihnao gaab0T saab0jal laagaNao

### 9. 1. 4 "Sal1Sath cao piSaxaNa

ma0la ek va0aacaa ha0pyath sa0asaacaa vaaprasa pa00saahna d00ao

## 9. 2 "baal a 1sathapnaat yab0aaro ADqaL0

A´ Aa0alcyaa psatt l000a vaa[0 Ana0ava 1 baalacaa0 janmat: kmal vajana, Ana0k psatt l  
ba´ psatt l00a- ma0tao Aajar  
k´ saamaaijak p0al 1 jasao inak0z Aahar  
D´ Anavaal0ak dala

### 9.3 saṅkṣīpakaṅgaṅga

baṅga naṅga mahānaṅga gaṅga Asatanaṅga AiNa stnapanadrmyaana maṅga yaṅga manaṅga  
Gaṅga t Asalaṅga ad aṅga ivacaṅga baṅga Lavar pṅga pirNaama kṅga Asatat. yaṅga  
kalaṅga aṅga maṅga Aṅga pṅga, Baavanaṅga AiNa itlaṅga vaaṅga Naṅga kaṅga Lal baṅga Lapṅga  
pṅga aṅga Asato



- caṅga yaṅga savayaṅga yaṅga pṅga dṅga Aṅga jyaṅga baṅga pitsaad dṅga  
laṅga gataṅga yaṅga savayaṅga \$jaivalyaṅga jaṅga Sakṅga t
- vaṅga Dṅga aṅga yaṅga Aṅga vaṅga namapṅga Naṅga kṅga ad aṅga  
AiBavaṅga dṅga Anamaṅga sṅga.
- [Sṅga paṅga naṅga
- raṅga Tṅga vaṅga aṅga Aṅga vaṅga sanmaṅga naṅga
- Baṅga jaṅga saṅga Mṅga kṅga Nyapṅga Lal- [Sṅga rṅga pṅga tṅga kṅga ad aṅga Apṅga Naṅga
- Annaṅga caṅga naṅga saṅga DIṅga Taṅga Lṅga Naṅga
- svacṅga Cṅga taṅga paṅga Lṅga Naṅga: ]ṅga daṅga 1ṅga datṅga Gaṅga saṅga Naṅga dṅga rraṅga jaṅga Aṅga dṅga kaṅga  
kṅga Naṅga, jaṅga vaṅga Naṅga pṅga Lal- vaṅga naṅga tṅga rṅga hatṅga svacṅga Cṅga aṅga baṅga laṅga kṅga caṅga  
yaṅga gyaṅga vaṅga pṅga kṅga rṅga pṅga saṅga svacṅga Cṅga zṅga vaṅga Naṅga Aṅga pṅga Lalṅga kṅga dṅga Naṅga vaṅga  
vastuṅga vaṅga pṅga naṅga tṅga [ṅga tṅga sṅga tṅga qṅga naṅga Taṅga kṅga taṅga Maṅga Aṅga \$ṅga naṅga zṅga vaṅga Naṅga
- Kaṅga tṅga Mṅga naṅga baṅga adṅga Naṅga
- dṅga saṅga 1ṅga yaṅga kṅga maṅga dṅga kṅga Naṅga
- Annaṅga vaṅga vastuṅga [ṅga traṅga baṅga vaṅga tṅga baṅga Gaṅga laṅga
- "Aṅga tṅga qṅga dṅga vaṅga Baṅga vaṅga hṅga ]ṅga @ṅga tṅga iṅga Saṅga kṅga vaṅga Naṅga



vaṅga rṅga laṅga pṅga kaṅga rṅga caṅga maṅga yaṅga vaṅga yaṅga naṅga \$ṅga pṅga Saṅga adṅga Saṅga adṅga \$ṅga jaivalṅga alṅga pṅga iṅga jaṅga tṅga

Aṅga 1ṅga tanhyaṅga maṅga aṅga kṅga paṅga naṅga, pṅga Naṅga vaṅga caṅga ar 3!ṅga kaṅga 1ṅga ekṅga vaṅga vaṅga tṅga saṅga qṅga adṅga maṅga zṅga Jaṅga yaṅga vaṅga rṅga jaṅga  
Aṅga dṅga kṅga Naṅga Gaṅga rṅga laṅga [ṅga trṅga vyaṅga @ṅga tṅga laṅga Aṅga dṅga kṅga Naṅga kuṅga tṅga baṅga tṅga piṅga jaṅga alṅga jaṅga Naṅga rṅga dṅga vaṅga taṅga tṅga yaṅga tṅga saṅga iṅga baṅga rṅga ikṅga  
maṅga tṅga dṅga kṅga vaṅga Naṅga caṅga yaṅga vaṅga vaaṅga [ṅga baṅga baṅga Maṅga Qṅga laṅga frṅga kṅga saṅga jaṅga vaṅga Naṅga tṅga @ṅga tṅga vaṅga icaṅga oṅga dṅga kṅga vaṅga Naṅga 1ṅga [%ṅga yaṅga dṅga

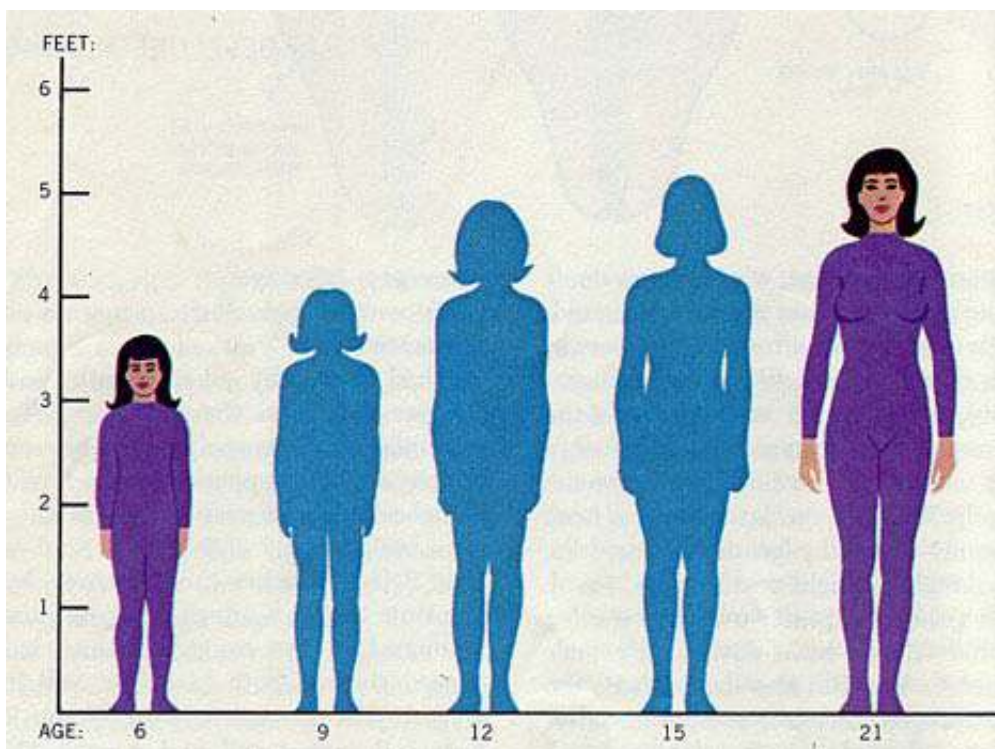
baṅga 1ṅga baṅga Lṅga Aṅga vaṅga jaṅga kaṅga zṅga baṅga Aṅga dṅga kṅga Maṅga laṅga gaṅga yaṅga vaṅga vaṅga naṅga tṅga rṅga maṅga llṅga pṅga caṅga vaṅga vaṅga caṅga haṅga pṅga yaṅga tṅga  
pṅga jaṅga tṅga saṅga Baṅga gaṅga kṅga \$ṅga naṅga Gyaṅga vaṅga yaṅga kṅga dṅga vaṅga tṅga nyaṅga vaṅga dṅga icaṅga aṅga yaṅga saṅga haṅga yaṅga naṅga gaṅga tṅga saṅga jaṅga yaṅga, Gaṅga rṅga laṅga  
laṅga haṅga saṅga haṅga kaṅga maṅga tṅga yaṅga kṅga saṅga maṅga vaṅga Tṅga haṅga vaṅga vaṅga yaṅga maṅga loṅga kuṅga tṅga baṅga tṅga laṅga ekṅga vaṅga caṅga Baṅga vaṅga Naṅga \$ṅga jaivalṅga jaṅga [-  
laṅga yaṅga kṅga Asṅga oṅga kṅga iṅga Saṅga kṅga vaṅga vaṅga jyaṅga tṅga naṅga tṅga kṅga maṅga yaṅga jaṅga paṅga saṅga alṅga jaṅga tṅga laṅga, kṅga vaṅga, gaṅga Naṅga iṅga Saṅga kṅga vaṅga  
jyaṅga tṅga ]ṅga %ṅga tṅga maṅga maṅga yaṅga saṅga maṅga vaṅga Tṅga Asṅga tṅga laṅga [%ṅga yaṅga dṅga.

## 9. 4 Eal sa%ya saa[- saDaTnacaah sahBaaga va Kayaanvaya

Anau	Kayaxabla	KayavyaaPti	pQdtI
9. 2	baaLacal vaaZ	baaLacyaa vaaZItIla ivaivaQa TPpo maato aa samajaavabla caatjal yaa savayalMddla iSaxaNa Vavao %yaamaLo maLaacal vaaZ kahl karNaanao Kmt Asalyaasa to Aa[cyaa caTkna laxaat yaqLa	t@to AaiNa pHako
9. 2	baaLacyaa vaaZI sahQaaitIla samasyaa	yaa samasyaaMddla maato aa iSaixat krNao %yaaktabarebar %yaaktyaa inarakerNaacaa maaga- sacaivaNao	t@to va pHako
9. 3	sasMskar \$jaivaNao	vaaZicyaa p%yak TPyaadrmyaana \$javaayacyaa caatjal yaa savayal iSakivaNao 1 jaNaMkaya ta' "baala ivakasa" Palka- vagaca Asavaa	caatjal al sal laamasalat AaiNa piSaxaNa

## sa%ya saa[- sa%atnacal ]iddiTo

- paqalavasqabaabat jaaga%ti ina %yaa Ana%at%aanao Asa%Naaro ma%do
- ma%al%nao yaa Saarlirk va ma%ana%isak ba%da%a%msa%baat sa%kara%mak d%RTI%ka%bla Ga%b%ya%abaat%ca%o ma%ga%ad%Sana
- ma%al%ti%lla Saarlirk ba%da% va %d%na%a%a%nao Gyaavayaacal ka%Ljal va inagaa
- ki%T%baat samarsa rah%Nyaasaazi ma%ga%ad%Sana
- paqalavasqat%lla samap%da%anaacal garja va vya%pt%l.



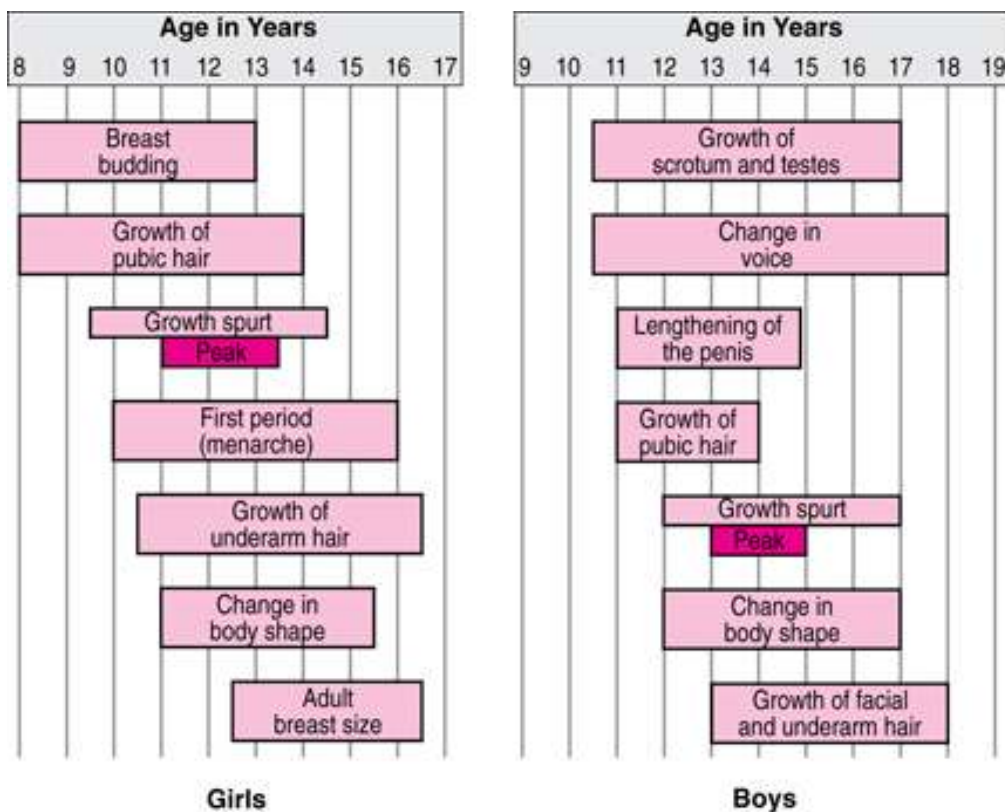
## 10. 01 "Paagalavasqaa" 1 3malagal vyaat yalaa SaahaNal hablaa

jaagaitk Aaragya sallaTnaa paagalavasqaaal vyaayaa vyaanaaSp 310 to 19' va jalvanaatila ivaiSalz galvaivaSaalmaaNaokrto toAsao<sup>1</sup>

- JapaTyaanao hablaarl Saarlirk vaaZ va badla
- Saarlirk, saamaajak va maanaisaak stralla pgalBata 13maa- itnhi ekaca vaLI navho
- laagak pirpavata va laagalk ikyaaklaap
- payaagakta
- maanaisaak pal%va va Paal%vaacal AaL.K.
- Aaiqak Asaamaajak AiQanatpasaha tilanamao AiQak svaaya%tta

## 10. 2 paagalavasqat hablaaro badla

paagalavasqaa mhNajao saQaarNa 10 to 16 yaa vyaacyaa drmyaana malaltba yaetikDo hablaara Saarlirk badla. kuaL Saarlirkca navho tr malalcyaa maanaisaaktit AaiNa jalvanapQdtlvar hi hLhLMBadla hat jaatao ina ha badla p%yak malalnt vagavagaLyaa vaLLI GaDtao to badla yalaa pimaNaoo:





- stnaakaa Aakar yaal laagatao
- jaalbat ksaaktal vaaZ
- JapaTyaanao Saarlirk vaaZ
- pihlal maaisak paL<sup>3</sup>imanaakl-
- kaKot ksa vaaZNaO
- Sarlr kmanalya idsal laagato
- stnaaktal vaaZ pila- hato

A´ hat, paya, baahU pa } lam kMar va Catlcaa Aakar maaza hatao

ba´ gapalya maazo hato va divya shavall laagatat.

k´ %vacaa AiQak cakcaklt <sup>3</sup>toakT´ hato

D´ hat, paya va kallKot ksaaktal vaaZ.

### 10. 3 mallabatt<sup>3</sup>paqaimak´ Sarlr inagaa

kahl saabyaa va mallabatt baabal Sarlracal yaagya inagaa raKNyaasaazi :

A´ pagallavasqat Gaama AiQak yatao snaana kd yaanao svacC, psanna va saljaiQat vaaTto

ba´ maahk Svaasaasaazi idvasaatba damadalmltri baSa kravae mhNajao dalt ikDNAar ih naahlt´

k´ galbal AiQak “salbama”<sup>3</sup>icakTdiva´ inamaana krlt Asalyaanao %vacavar pirL<sup>3</sup>ipila sa´yatat ho

Agadl nasaigak Asato pagallavasqat, ina tmlTaltallyat naah. tqaip, %vacaa svacC raKNao ha

ekca ]paya Aaho

D´ saksa Aahar Galao A%yaavaSyak Aaho ma- far gaad va ttoakT pdaqa- far Kavallnayad.

[´ sakara%mak dRTIkana AavaSyak Aaho karNa saiqar mana Aaragyaasaazi AavaSyak.

### 10. 4 palak va kUmbalyaMarabar sasallhad:

barca vala pagallavasqat palakasal kurbair hato ASaavalI

malalmlal KalalI apimaanao vaagaavao

- Aaplyaa kUmbaivaYayal Aasqaa baal\_gaa.
- palakalyaa Eallca, AavaDI va naltlmal yalhaa samajalba Gyaa va %yaaklaa Aadr kra.
- laxaalt AsalVa kl palak tmacao kvaL ihtca pahatat.
- palakasal paalyaL va maakLo vaagaa.
- palakaktal kaLjal Gyaa va %yaaklaa Aadr zvaa.



## 10.5 pagallavasqaa saazi kahl sattanaa

pagallavasqat kahl maanaisak badla saavat.

- maaisak paLIM gaBaaSyaacyaa Aatila AavarNaa barabar r@ts-ava hatad ina tao sahsaa inayimat pNao mall a hablyacyaa vyaat hat rahatao
- ASaa valIM mal allmaa ho samaj aavaNao garjacao Aaho kl to naSaigalk Asatta %yaatlaa sahjasalir svalkar kravaa.
- Sariratila badla va AtMs-avaamalLo<sup>3</sup> hamaansa´ “maD jaaNao’ pu\$YaalWaYayal AakYaNa vagoTo baabal saahijak va naSaigak Asatat.



tqaip, ASaa valI kiTmba va samaajattila salkar yaatlaa far mah%va Aaho Krotr, salkar imalivalyaacal sa\$vaat malagal Aa[cyaa gaBaat Asalyapasahaca Jaalad al Asato kuzlahi calkicoa pa} la pDMInayao mhNana mal allmaa shal pu\$Ya sabaQaivalayal pimsao laQgalk iSaxaNa duabha %yaatlaa mana ivacailat na hatad to AaQyaa%mak pivaKti va ]pkhaalkDo valda ASal itlaa iSakvaNa Vaval. Bajanao saava<sup>1</sup> kayao [%yaadlMal itlaa gaadi laavabha kiTmba va samaaja yaalWaYayal itcal vaaZlad al jabaabadarl itcyaa Qyaanaat AaNaNa Vaval. malalcyaa Aayalyaatila ha kalaKMi jalad vaaZlcaa AsalyaamalLo yaa vyaat itcyaa Aaharivalayak garjaa vagoLya Asatat. tdnas\$ p itlaa yaa ivalayal hi jaaNalva k\$na Vaval.

## 10.6 Eal sa%yasaa[- salMaTnacaa sahBaaga va kayaanvaya

Anau	kayaxadla	kayavyaapTi	p0dti
10. 2	pagallavasqatila badla	maata va mal allmaa pagalla vasqacal maaihti duabha %yaatila hablaa <sup>1</sup> yaa badlaadla jaaNalva k\$na dbla	pHako ina t@to
10. 3	Paaqaimak Saairirk inagaa	maata va mal allmaa Sarlralcal inagaa raKNyaacyaa mallabatt sattanaa dbla jyaayaagaaMAnak Aaragya ivalayak Qaako AaiNa maanaisak taNa TaLlIaa jaa[la.	pHako ina t@to
10. 4	kiTmbalya va imaHa <sup>1</sup> malHaNaIbal sabavaad	Paalak, kiTmbalya va samaajaaSal ]dBavaM SakNaa <sup>1</sup> yaa samasyaakla jaaNalva k\$na dbla va %yaatila maaga kaZNyaabaabat salIaaAsattanaa dbla	pHako ina t@to
10. 5	pagallavasqatila samapdSana	maata va mal allmaa pagallavasqat BaDsaavaNaa <sup>1</sup> yaa maanaisak taNaalWaYayal maagadSana krNao	pHako ina t@to

## Eal sa%ya saa[- saQaTnaal ]iddYT

- sHalyaalka savaaQaarNa isHalyaalka samasyaalka dda samajaavaha saadjaNaq ivaSalat: Ajaaracal paqaimak laxaNaq ]pya@t saltanaa va Aaharabadda maagadSana krNa.
- sHalyaalka savaaQaarNa ]pya@t saltanaa dNa
- sHalyaalka vaLaadLi vaVkiya tpaNaal k\$na Gabyaasa %yalka ]V@t krNa
- Ajaari va KYTI sHalyaalka yaqya ti vaVkiya madt pivaNa



ek sHallaa ti inaragal rahNyaacaa mah%va naT samajaavabla Gatlao paihjaq trca ti Aaplyaa kUMacal yaagya ti kaLjal GaalMSakda.

dana paxal AiQak maalmti saQda danatina vaYaacyaa Amtranaq na hao} dbyaacyaa kaUMbak yaaj anad itnaosaiKya pZakar Gatlao paihjaq Kp just malaaklaa janma duabla ti svat:cyaa Aaragyaacal hLsaal krto tsaca ti malaaklaa laalanapalana krNyaasahl Asamaqa-zrto

s-lyaaabao vava jasajasao vaaZt jaato tsatsao kahllla kahl sHalivaYayak Ajaaar JdBavat rahatat bahtabla vava Asaa Ajaaar tpaalNyaasaazi s-lyaaabao yaainamaaga-tpaalNal krNao AavaSyak Asato

ASaa pKarcyaa tpaalNalt Ajaaarabactlla barlcaSal maaihtl raginadanaasaazi JplabQa hatomhNabla ivaiSalz vavaanattl ASal tpaalNal vavaabla k\$na Gablao A%yaavaSyak zrto

## 11. 1 savasaaQaarNa sHal ivaYayak Ajaaar

11. 1. 1 Ainayaimat paLi

11. 1. 2 Ait'1r@tsHava'1mamaariWajaa

11. 1. 3 gaBaavasqatlla "sakaLcaa Ajaaar"

3maafnabla isaknasa'

11. 1. 4 Aljaava\$na jaalNaeyaanal 'sHava'

3lyakairyya'

11. 1. 5 yaamalmaagaacal saija'3vhjaayanaayaTisa va saivhsaayaTisa'

11. 1. 6. kITaNaUsMsaga- yaainamaagaacaa 3ba@Toryal a vhjaayanaayaTisa '

11. 1. 7. pad alisaisTk Aaohrl isanDama

11. 1. 8 pl. mansTiAla isanDama

11. 1. 9 ?itikal a samaaPtl 3mamaap'aja'



3varlla sava- baabatit s-Iraga icaiK%sakacaa sal l aa Gablao va %yaa pimaalNao AablaQaapcaar Gablao AavaSyak zrtó

## Identifying causes of vaginal discharge

The color, consistency, amount, and odor of your patient's vaginal discharge provide important clues about the underlying disorder. For quick reference, use this chart to match common characteristics of vaginal discharge and their possible causes.

Characteristics	Possible causes
Thin, scant, watery white discharge	Atrophic vaginitis
Thin, green or gray-white, foul-smelling discharge	Bacterial vaginosis
White, curdlike, profuse discharge with yeasty, sweet odor	Candidiasis
Mucopurulent, foul-smelling discharge	Chancroid
Yellow, mucopurulent, odorless, or acrid discharge	Chlamydial infection
Scant, serosanguineous, or purulent discharge with foul odor	Endometritis
Copious mucoid discharge	Genital herpes
Profuse, mucopurulent discharge, possibly foul-smelling	Genital warts
Yellow or green, foul-smelling discharge from the cervix or occasionally from Bartholin's or Skene's ducts	Gonorrhea
Chronic, watery, bloody, or purulent discharge, possibly foul-smelling	Gynecologic cancer
Frothy, green-yellow, and profuse (or thin, white, and scant) foul-smelling discharge	Trichomoniasis



## 11.2 shalyaalyaa Aaharabalaal kahl ]pya@t sattanaa

A`AaharaivaYayak sattanaa "manaara" (pyramid) AnasarNaq

ivaSalat: gaBaavasqat va stnapanaadrmyaana

ba`Sa@ya tao pNaanna Asal ad al Qaanyao<sup>3</sup>whole grain ) irfa[D ikMa

pafla[D Qaanyabl evajal vaapraval<sup>1</sup> %yaaltt pusa "fayabar" <sup>3</sup>caaqaa` va

ivhTaimana bal caa samaln Asatao

k` AiQak rlyatdar Anna : ijatko AiQak rlyat Anna ittkl

AiQak ivhTfmsa

D` saayaa, AaLSal<sup>3</sup>AlaDI` caa vaapr vaaZvaavaa.

[` AnaavaSyak carbal Agaaltir caZt naahl [kDo laxa zvaavao ijatkl jaast carbal ittko maQamah,

]ccar@tdaba [%yaadlilao pmaana AiQak

f` AiQak piqanaaklaazl saayaa, dDa va dgQajanya pdaqa, maad Aaal ad al Qaanyao yaaltlaa Aaharat samaavaSa Asaavaa.



## 11.3 AaragyaivaYayak ]pya@t sattanaa :

A`sMtilat Aahar Gablaa jyaaltt sava paVTK t%vaMAsaavalt.

ba` maanaisak sMtilana raKavao : paNaayaama yaagaasanao va QyaanaaWaro

k` ikmaana saat toAaz tasa Jaap AavaSyak<sup>1</sup>Sarlrataa pinha tajatvaanao krayalaa tl

A%yaavaSyak baaba Aaho

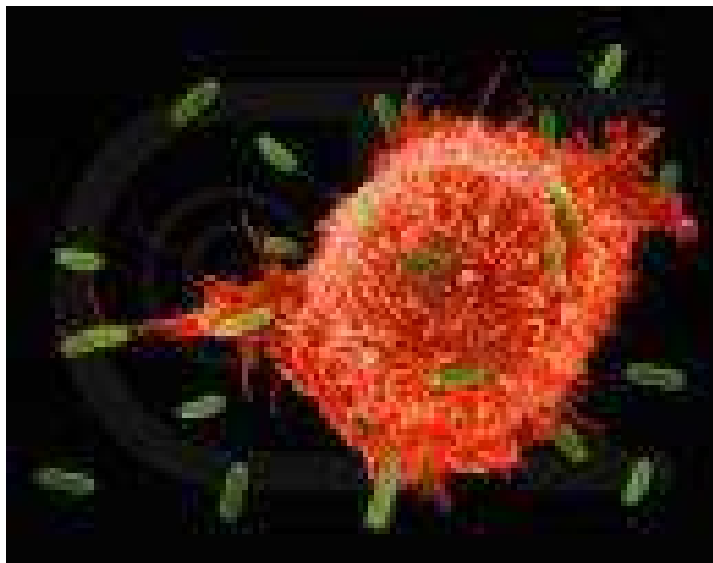
D` ivaSalat: caaLISalnatir inayaimat vaVkllya tpaanaal vaLavaalI krvatla Gyaaval.

## 11. 4. Eal sa%yasaa[- saDlaTnacaah sahBaava va Kayaanvaya

Anau	Kayaxabla	KayavyaaPtI	pQdtI
11. 1	savasaaQaarNa sHalivaYayak Ajaar	yaa AjaarabddIa sHalivaabla saabla %yabcal paqaimak IaxaNao ]paya, Aaharacyaa sattanaa Gyaavyaa valLaaalI Aaragya iSibar Barvaavalt inadana Jaalyaavar najakcyaa [isptLatIha [Iajaasaazi madt Kraval	PaHakQ t@tQ samath cacaa, vaV/kIya iSaibarQ najakcao [isptL [Iajaasaazi madt
11. 2	sHalivaSaazi Aahar	saksa va AaragyaabInna Aaharabaabat maagadSak ivaSaaat: gaiBaNal va vayaaad	PaHakQ t@tQ samath cacaa-
11. 3	AaragyaivaYayak ]pya@t sattanaa	]pya@t sattanaa ektha %yablaa fayado samajaavao	PaHakQ t@tQ samath cacaa-

## Eal sa%ya saa[- sa%aTnaccal ]id%YT0

- kkragaasab%al shalya%haa maihti du%ba kkraga hab%yaacal sava-saa%aarNa karNa%tsaca pitba%haa%mak ]paya samajaav%ba saa%aNa
- is-ya%haa %ya ragaacal paqaimak laxaNa%tsamaajai%vaNa jyaayaagab%val%haa ]pcar Sa%ya vharat.
- kkraga%haa ivaiva%a Avasqa%haa%haa maihti d%ba j%ba%\$na %ya%haa ma%kabalaa k%ta yaavaa.
- is%haa%haa shaliva%yak sava%amaanya kkraga%haa maihti du%ba k%sa laZa Vavaa t%MiSak%vaNa
- kkraga%gast is%haa%haa yaagya tao Aahar sa%aivaNa
- kkraga%gast%haa%haa ]pl%ba ivaiva%a sarkari yaag%ana%haa maihti d%ba
- va%haa%haa%haa%haa iSaibar%haa%haa inayaag%ana k%Na
- \$gNa%haa%haa%haa%haa kkraga ]pcar%haa%haa%haa saahayya k%Na





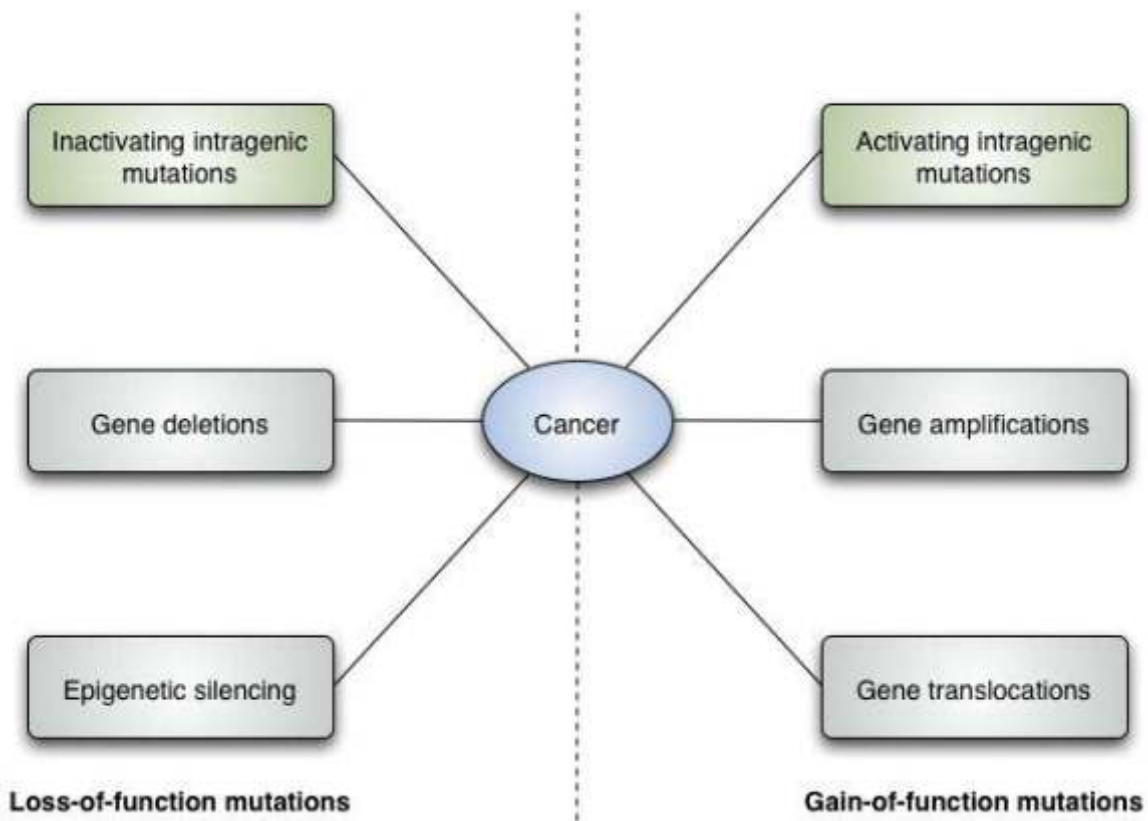
## 12.1 kkraga sahaQal

kkraga ikMa paNaGaatk AavaaLUikMa gaaz ASaa ragaacaa samath Aaho %yaalt SarirattIla pSalMlal  
3sad sa' Amayaad, Ainayalt vaaZ hatq ASaa vaaZlad yaa pSal najalkcyaa pSalMar AitkhaNa k\$na  
Gaatat<sup>3</sup>[nvhj ana' AiNa kQal dltvar psa\$na tqall vaaZt rahtat , ina ho psarNao r@t ikMa  
paNyasaar#aa patL "ilamf" yaa d/vacyaa maQyamaatba GaDto  
Krmtr yaa tina vaSalTyaaMalo<sup>3</sup>Ainaballa vaaZ, AitkhaNa krit GaalNao va dltvar psarNao %yaalMa  
paNaGaatk<sup>3</sup>mafnagnalt ikMa mavaal<sup>3</sup>ibanaa[na' yaa dana pkarattal sahaQatat. mavaal ikMa ibanaa[-  
na gaLlbal vaaZ AapaAapca qaahito bahraSa kkragaalt gaazi yatat, maaha r@tacyaa kkragaat  
<sup>3</sup>; yallklimayaa tsao hat naahl'

## 12.2 kkragaacal karNamalmaatba ina Qaakadayak baabal.

kkragaacalo mall karNa Asato pSalMaQalla "jalnsa" maQyao hablaara, gablaa%mak badla<sup>3</sup>myaT Sana'  
<sup>3</sup>"]%pirvatna" jyaamalopSal ivakRtpNao vaaZtat ASaa ivakRt jalnsanaa "Aa'kaajalnsa"  
mhNatat. dana pkarcal karNao hmaKasa AaZLtat kkragaadyaa baabatltt<sup>1</sup>ina tIMAahdt "janaitk"  
<sup>3</sup>jalnsamalohablaarl<sup>1</sup>AnavaalSak' ina dsarIMpyaavarNa ivaYayak<sup>3</sup>environmental'  
kkragaacyaa ]%pntltt sahsaa hi danhi karNao ekmalKanaa ptk zrtat.  
A' AnavaalSak<sup>3</sup>horidTri' kahl kiTmbaaltca kkragaacaa padBaava pama#yaanao AaZLba yatao  
karNa %yaa kiTmbaat "Aa'kaajalnsa" AaQalpasadaca zaNa maDba basal ad al Asatat.  
ba' ikrNaatSaga<sup>3</sup>AayamaayaiJajja riDeSana' e@sa'rq gaamaa<sup>1</sup>rja AiNa [nfard ih "Di ena e" laa  
Ctba jalnsamaQyao ]%pirvatna<sup>3</sup>myaT Sana' GaDvaba AaNatat.  
k' rasaayainak pdaqa<sup>1</sup> yaalMaaca 'kaisanaajana' Asao mhNatat. banJaina va eJabasTasa va tmbaaKU  
hi savasaamaanya ]dahrNao Aahdt.  
D' Aahar<sup>1</sup>ivaYayak karNad  
AnnaatIla kahl GaTk , ivaSawat : pikyaa Jaal ad aq %yaalDapimaalNao saazvaba zual ad yaa<sup>3</sup>sTadAD'  
Annaat Jaal ad aa ikTaNalstSaga<sup>1</sup>kkragaacal karNa AsalSaktao  
<sup>1</sup>maabaaahar pcanasaltqacyaa kkragaSal inagaidt Aaho ivaSawat: mal amaagaacaa<sup>3</sup>kad aana', AiNa  
ifSasaaSa<sup>3</sup>maasaacao kalavaNa<sup>1</sup> patacyaa kkragaSal  
<sup>2</sup> AiQak pimaalNaat vaapri ad al saCyarTD FTsa<sup>3</sup>tda, laablaal [%yaadl' carbalnao qabaqabal ad al.  
<sup>3</sup> balAr<sup>1</sup>da\$co savana mala va gadWaracyaa kkragaSalhi inagaidt Aaho

Ait maanaisak taNa tNaava 3sTsa´ Sarlracyaa pitkar Sa@tllaa iKLiKLa k\$na Taktao  
 vaya<sup>1</sup> mala<sup>1</sup>gaadWaracyaa kkragaacal Sa@yata vayaacyaa vaaZInaSp AiQak hat jaato



12.3 IaxaNao<sup>1</sup> kkragaacal IaxaNao tlna pkarallal ivaBaagataM yadlla

A´ "IaakIa" 3sqainak ´IaxaNad  
 AsaaQaarNa AavaAL Aqavaa gaalt, r@tshava vadnaa AaiNa AikMaa Gaava vaa jaKma: kQal kQal  
 "kavalL" ek IaxaNa AsallSakto

ba´ raga psarIyaacal IaxaNao 3madastisasa´  
 "ilamf<sup>1</sup>gaalcal" vaaZ, kaKlaa va kfalttha r@ts-ava, yakRt 3ilavhr´ varlla saIja, baaiQat haDaldag  
 f@car va majjaa<sup>1</sup>tlttao ivakar saIvatat.  
 jarl Kp piZo gad ad yaa kkragaalt ivalaxaNa vadnaa hatat, tri, bahqaa to pihlaM IaxaNa nasato

k´ Aalt rik IaxaNao<sup>1</sup>  
 vajana GaTNaq Balk na laagaNaq qakvaa AaiNa Sarlrattal Jalja, Acaanak yaNaara<sup>3</sup>ivaSavat: rahal  
 Aitir@t Gaama, r@txaya<sup>3</sup>Ahalimayaa´ va kkragaacyaa Anallajanao ]dBavaNaaro pasallgak ivakar<sup>1</sup> jasao  
 'qaambaisasa<sup>3</sup>r@t gaazNaó AaiNa AltAsHaavaatIla yaanao<sup>3</sup>hahaansa´ badla.

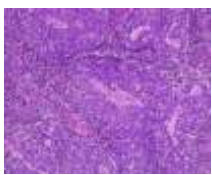
## 12. 4 kkragaacyaa Avasqaa 3TPpo 3sTjasa´

kkragaacal vaaZ va [tr- p'saaravar %yaabdal Avasqaa zriivalal jaato AaiNa AvasqamaSp Asato tlvata.

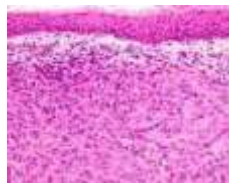
maaha yaa Avasqaa Da@Trallal t'pasalyaanallirca zrt AsalyaamalLo ttt- %yaabdal yaa izkaNal dKla Gablao Aalca%yaacaa naahl Ñ

## 12. 5 kkragaacao vagal'krNa

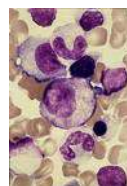
hi baabahl savaqa0a vaV'klyaa xa@allt AsalyaamalLo %yaacaahl ]hapahn tttasa nakao Ñ



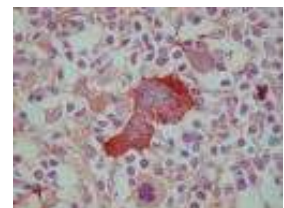
karsalnaamaa



saarkamaa



Iyalkimayaa



ilallfamaa

## 12. 6 sHalyaallt Ila sava- saa0aarNa kkraga

savasaamaanyapNaos-lyaaMa0yao stMaacaa kkraga, tsalla gaBaa'ayaacaa, gaBaa'ayaacyaa Aallt Ila AavarNaacaa 3enDamalT/yama´ va gaBaa'aya malKacaa3savhayakla´ kkraga AaZLtao

### 12. 6. 1 stMaacaa kkraga

A'stnaacyaa kkragaacal karNao

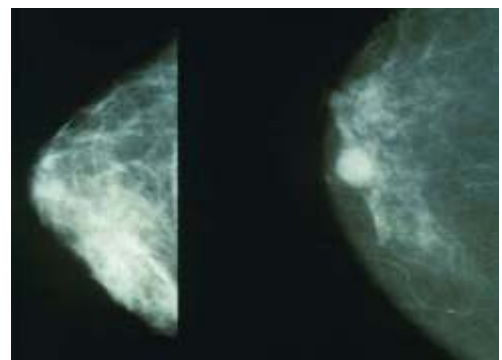
1'stna'kkragaaca plai0hasa 1mhNajao jar eKadyaa shallaa eka stnaallt kkraga ha0} na ga0aa Asala tr dsa'yaallt hi ]dBavalyaacaa sa0ava Asatao

2' ka0umbak [ithasa 1ku0mbaatIla Aa[, baihNa ikMa mal'alsa Asalyaasa Sa@yata Ai0ak.

3'stnaallt Ila kahl isqa%yaalltro 1'stnaatIla kahl p0kal kkragasadIlyaa Asalyaa tr pi0o kkraga sa0avatao

4' vaNa- ikMa va0Ba : kahl ivaiSaYT va0aat pa0ama#yaanao AaZLtao

5' Saairirk kIyaaihata : janmaBar jyaa is-yaa kablat0l Saairirk 3kYTaca0 kama krit naahl ASaallaa Ai0ak sa0avatao kkraga.



6' pK/yaa kD ad aa maakaa har<sup>1</sup> pik/yaa kD ad yaa Annaat saadiyama, naayaTá[T'sa va naayaT'sa  
 pSalMaQalla DI. ena. e. <sup>3</sup>piqanao' AaGaalt pahacaivatat AaiNa ha Qaakka AiQakca vaaZtao jaahaMAsao  
 maakka Kp vad va Kp jaast tapmaanaalt iSajai val aj aato  
 Ait]cca tapmaanaalt Baajal ad ao ikMa tLI ad ab maakka AiQakca Qaa@yaacalN  
 7' "Tmaad@safna" saarkI AallaQao jaaha [tr inaraSaa dlt krNaa'yaa AallaKasaabat vaaprial jaatat  
 tuha Qaakadayak z\$ Saktat.

ba']pcaar

- pama#yaanao Sas-ik/yaca <sup>1</sup>prntu AallaQaapcaar mayaaidt sva\$patca ]pya@t.
- "Iadar" ]pcaar Agadl sa\$vaatlcyaa Avasqat ]pya@t.
- "ikrNaapcaar" SasHaik/yanalt r kahl pimaNaalt ]pya@t.

### 12. 6. 2 gaBaa/yaya<sup>1</sup>maikKacaa <sup>3</sup>savhayakla' kkraga

ha ek paNaGaatk kkraga haya. kQalkQal yaanalvaaTMr@tsHaava dNaara ha saxama kQalkQal Kp  
 psarpyalt kahlhl laxaNao daKvalt naahl.

]pcaar kuaL SasHaik/yaca maaha nalt rcyaa TPPyaalt ikrNaapcaar va rasaayainak AallaQao

A' yaa kkragaaltal karNao: savaat ]IlatKnalya

<sup>1</sup>hyathana pplaamaa vhayarsa <sup>3</sup>ecaplvlhl ivalaaNal

2' lalyak sabhla <sup>1</sup>

eka paxaa AiQak vya@tIhrabar Sarlr sabhla

vayaat yalyaapalca Sarlr sabhlaacal sa\$vaat.

ASaa pu\$YaaSal Sarlr sabhla jao AaQal ASaa pkarcyaa kfsargast shal barabar sabhla zvalt hada.

[tr kahl baabalMalLo yaa kkragaacyaa sabhagaasa madt imaLNaO Sa@ya Aahd ]dahrNaaga- <sup>1</sup>

garlbalmalLo val/Klya inadana, sal laa va ]pcaar Gablaa na prvaDNAaro mhNaha raga far psarpyalt baraca

]Salr Jaal ad aa Asatao

"pp" Tstcal vaanavaa. pPtst ikMa "papinakal aaltst" shalcyaa saryainamaagaatIla Anak Aajaaltacaa  
 inadana k\$ Sakto

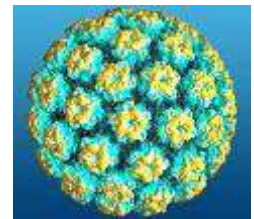
tmbaalkU<sup>1</sup>savana, Asaltilat Aahar, ASa@t <sup>1</sup>ragapitkar Sa@tl.

AnaavaSyak, Aitrkl AallaQaapcaar, ivaSavat: Amt:divyaM<sup>3</sup>hafmaansa'

"DSa" Gablae 'DSa' ikMa yaanalmaagaacal AallaQaalWaro "Qal aa[-'N

rsaayanaalBal sabhaga

<sup>3</sup> "eDsa" Jaal ad yaa shalyaamaQyao gaBaaSaya maikKaca kkraga AiQak pimaNaat AaZLtao



### 12. 6. 3 "gaBaaSayaacaa va %yaabiyaa AatIyaa AavarNaacaa kkraga 3yatTora[na va enDamaTiyala Kfisar´1

1gaBaaSyaat Anak pkarcao kkraga sabavat. %yaatthi dana pkar vagavagaLo daKivata yatIla.

pkar 11

?itk kala samaatIcyaa 3manaapaja´ samaarasa hablaara ha kkraga, AaQalpasabacyaa Kp jaast r@ts-avaacaa 3enDamaTiyala hayaprPlaisyaatMaLo filat mhNabla ]dBavataamaa- ha kkraga %yaa maanaanao kmal Qaa@yaacaa Asabla savasaaQaarNapNao ba1yaapKl bara hao} MSaktao 3gaD pagnaabisasa´

pkar 12

?it samaatIcyaa ba1yaaca kalaavaQalnatt r , AiQak vayask s-lyaaMaQalla ha kkraga ivaSabat: Aaifkna 1Amairkna s-lyaat AiQak AaZLtao tsaca ha AiQak Qaakadayak Asatao

IaxaNao 1

?it samaatInatt rhl hablaara Baarl ikMa Alp r@ts-ava. AsvaaBaaivak , ivaica- r@ts-ava va Ainayaimat maisak paLI. ?it samaatIcyaa kaLatIla dana paLyaaMaQalla maQyabla hablaara r@ts-ava1 Baarl, Alp va barca idvasa iTkNaara 1sahsaa caaLISalnatt rcyaa is-yaatt .



r@txaya 3efnaimayaa ´ vaarMaarcyaa r@ts-avaamaLo AadIpaat va kMaardKI ?it samaatInatt r patLpaMro paNal jaaNao

Qaa@yaacyaa GalMa :

[sTij ana yaa Ait: di/yaablaovaaZlad ao pimaNaA gaBaaSyaacyaa AatIla AavarNaavar Aal ad al saija Laz'pNaaA ]ccar@tdabaA AMkaWattIla bahivaQa AavaaLU 3pad alisaistK Aaohri´A vaQa%vaA lavakr vyaat yabla 3Alal- manaak-´A kQalca gaBaar na raihl ad al sHalA gaBaaSyaatIla gaabIla maQamahA paNaljanya carbalcao jaada savanaA ikrNaak@saga 3polvhk roDeSana qarpi´A stnaacaa kkragaA dfaabna Ait maVpana.

]pcaar  
paqaimak ]pcaar SasHak/yaaca

## 12.7 kkraga gastaal Aahar

A' }jaa : kAsar pSal JapaTyaanao vaaZtat %yaa Sarlracyaa [tr pSalldal }jaa  
Saakallaca mhNabaca Sarlrakal Jalja rakNyaasaazi Aitir@t jaada }Ymaalkakal  
garja Asato mhNabla inayimat Aaharacyaa ikmaana dIDpT }Ymaalk 3kArIja'  
pIvivaNao A%yaavaSyak zrto



ba' piqanaM' 3paTInsa' AiQak pimaNaat



k' ivhTfmansa va imanarI sa : ivaSakat: ivaTfmana [-, faolakefsaD, laab, iJalk,  
k'raoTnaa[Dsa.



D' dIva 1pdaqa 3Flal[Dsa'



## 12.8 kkragaal sarkri madt

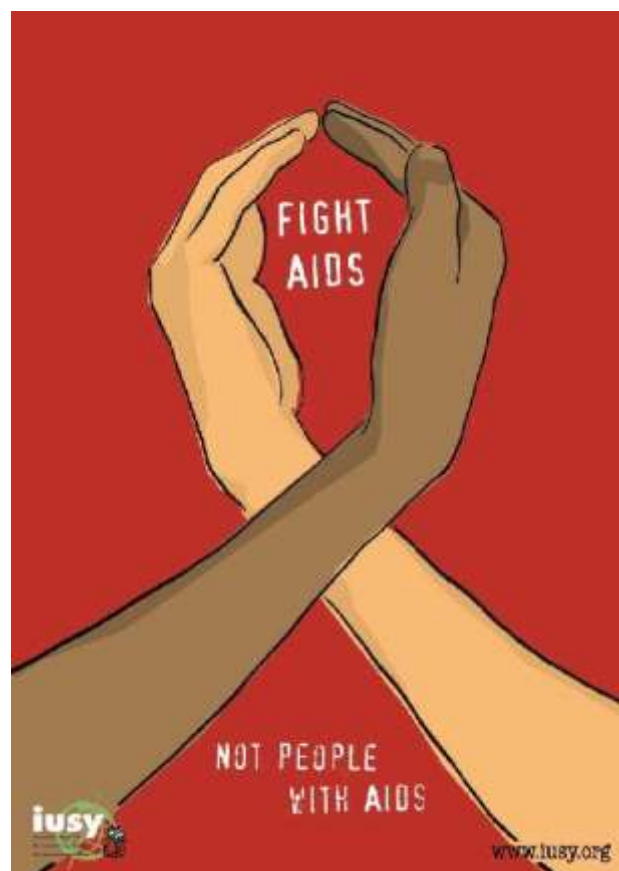
dairdyarValKalalla naagairkakaazi sarkarI  
"jalvanadayal" yaajanao caa laaba ]plabQa Aaho

## 11. 4. Eal sa%yasaa[- saMaTnacaah sahBaava va Kayaanvaya

Anau	Kayaxabla	KayavyaaPtl	pQdtl
12. 1	kkragaaasabMCal	kkragaaasabMCal is-yaablaa maaihtl	laGapT
12. 2	KarNao Qaa@yaabMyaa baabal	k\$na dbla@%yaabMyaa KarNaabMabaCal va Qaa@yaacyaaiVaYayal inadSanaasa AaNabla dbla@	iBa%tlpHako t@to va samath cacaa-
12. 3	IaxaNao	kkragaaacal IaxaNao samajaavabla samgaNao	PaHako t@to samath cacaa-
12. 4	Avasqaa ikMaa Tppo	Avasqaabla maaihtl samajaavaNao	laGapT, pHako t@to va samath cacaa-
12. 5	vagavaarl	kkragaaacaa ivaivaQa pkar saabMyaa	laGapT, pHako t@to, cacaa-
12. 6	s-lyaahtl la sava- saamaanya kkraga	savaamaanya kkraga %yaablaal karNao AaiNa ]pcaarababMla	laGapT, pHako t@to va samath cacaa-
12. 7	AaharaivaYayak	kkragagast shalyaablaa AaharaivaYayak ]pya@t sattanaa dbla@	pHako t@to va samath cacaa-
12. 8	sarkarl yaajanaa	kkragaa vyaaQal gastablaazl ]plabQa Asalad yaa sarkarl yaajanaabla maaihtl dbla@	samath cacaa-

## Eal sa%ya saa[- saNaTnacal ]iddYTto

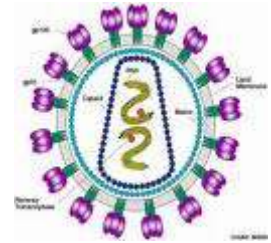
- eca. Aaya. vhl va eDsa mhNajao na@kl Kaya to samajaavabba %yaa baabatcao ga@ samaja dtt krNao
- yaa ragaacal laagaNa va psaar ksa hatao tms~lyaa kaa samajaavabba sahaNa@ jablak \$na %yaa baabatltt is~yaa AiQak kaLjal Gattla.
- ecal Aaya. vhl va eDsa baabatcao savasa@arna ga@ samaja iSakvaNaWaro dtt krNao
- ecal Aaya. vhl va eDsa ga@stMaazi Aahar ivaYayak sabanaa dbla
- maatWara laagaNa Jaalad yaa ma@alvaYayal jaaga\$ kta inama@Na krNao





## 13.1 "eDsa" va "eca. Aaya. vhl" mhNajao namako kaya Æ

"eca. Aaya. vhl" ho eka ivaVaanaatao salkaPt naava Aahd jyaadtao salkaNa naava "hyathana [myathad DiFisayansal vaayarsa" Asao GaraGaratIla naama haya Ñ AaiNa yaaca ivaVaanaUWaro jao raga iKMa Ajaar hada. %yaadtao naava Aaho "eDsa" AaiNa salkaNa naava "A@vaayaD- [myathad DiFisayansal isanDama" Asao Aaho Ñ



KrMtr "eDsa" ha ek ivaSaYT raga naahI. maaha yaa baaQamaLo SarIratIla saamaanyat: Asal al ragapitkar Sa@tI iKLiKLI hadq naaSa pavatq yaamaLo [tr Aahat k vyaaQal varcaZ hadat jasaMThal, kAsar, nyamaainayaa vaQaro AaiNa %yaamaLo Kp lavakr Khat jaaNaaro SarIr maQyadyaa svaaQalna hado AaQal mhTIyaapimaNa "eDsa" eca Aaya vhl ivaVaanaatal laagaNa Jaal yaanao hadao ma- yaadtao salkaga- [tr salkagaapkaalvagaLyaa pKaro hadao

## 13.2 ivaVaanaatao salkaga- va pSaar 1

A' dUat r@tdanaaWaro

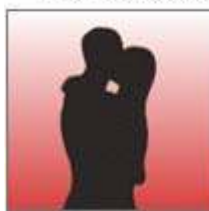
ba' valyaalWaro

k' yaaina's-alkamaLo

D' baiQat maatcyaa stnapanaaWaro

[-' dUat [jla@Sanacyaa sayaa, isairjasa, salaa[nsat'sa dUat r@tdana ]pkrNal, dUat saijakIa AayaQam [%yaadI.

The most common methods of transmission of HIV are:



Unprotected sex with an infected partner



Sharing needles with infected person

Almost eliminated as risk factors for HIV transmission are:



Transmission from infected mother to fetus



Infection from blood products

ADAM.

### 13. 3. p'saaracal karNao va pQdt

1. Asarixat, gaaZ Saarlirk sabhla baaiQat vya@tISal.
2. dWat sayaa <sup>3</sup>[Jla@Sanacyaa
3. baaiQat maatKDbha psattIcyaa valI baalalaa sarL sarL laagaNa.
4. baaiQat vya@tlnao vaapriadyaa vastra ikMa blaDsa Waro
5. dWat sayahhal TacaNao vaa gaahNao



### 13. 4 eD'sa va eca. Aaya. vhl sabhla p'caila ga@samaja

eD'sa va eca Aaya vhl cal laagaNa jagaBar psaral Asaha caalIisa dSalaxa laak ttasa baaiQat Aahd, ikmaana saaditIna dSalaxa navyaanao baaiQat Jaalat ina tlna dSalaxa vyai@t 2006 saalapyatt yaa ragaamalLo dgaavalyaa Aahd. yaava\$na yaa ragaacaa Jaaladaa p'saar va %yaacal tlvata Qyaanaatt yaQIa.

13. 4. 1 eca. Aaya. vhl va eD'sa ho samaanaaqal- Aahd. AsaomhNao calk Aaho: karNa jarl eD'sa cao mall karNa eca Aay vhl Asalao tri saraca eca Aaya vhl paJaiTvha ikMa baaiQat vya@tIhaa eD'sa hat naahI karNa eca. Aaya. vhl ha ivalaNaI Anak valapyaatt Sarirat sattuvasqatt rahMSaktao

13. 4. 2 kmaairkbarabar Sarln sabhla kdyaasa eD'sa bara hatao ha inawaL AaiNa Qaatatt ga@samaja haya. Krmtr ha ga@samaja saalavyaa Satkapasaha p'cailat Aaho jauhaMlalyak Ajaar ASaa pkaro baro hatat Asaa ga@samaja sa\$ hata. yaamalMKrmtr ha raga kmaairkamaQyahl \$jaivalyaa jaat Asao

13. 4. 3 eD'sacal laagaNa eKadyaa baaiQat vya@tIhaa sahja saaqaa sPaYa kdyaanao hatohahl ek Bayaanak ga@samaja Aaho Saalut, kamaacyaa jaagalmbasa Tina maQyabikMa hstblad ana krit AsatMl saaqao Ailalyana duahahl eD'sacal laagaNa hat naahI. %yaacapimaanao baaiQat vya@tlnao KakIyaasa vaa iSalkIyaasahl %yaacaa p'saar hat naahI.

13. 4. 4 DabaamalLo eca. Aaya. vhl laagaNa hat naahI.

13. 4. 5 eca Aaya vhl baaiQat s-I baalMl haamalSakto

13. 5 eca Aaya vhl AeD'sa baaiQat vya@tIhaa Aahar : jalvanaaSyak piqanM }jaa- va ivhTmansacal kmatrta yaamalNayao yaasaazi Aahar sattuilat Asaavaa.

13. 6 eca. Aaya. vhl AeD'sa va malLo: 1 jagaBaratIla laalKao malao drvalal- eca Aaya vhl nao baaiQat hatat AaiNa ]pcaralWanaa eD'sanao dgaavatat. hl vastisqati Asaha tohatalNyasaazi p'ral saqanaaamagal ]plabQa naahI hl dWQaacal baaba Asaha mhNaavao laagada.



samasata laaka saiknaao Bavattu