

ek/; fed 'kkykr i jh{krhy ØhMk fo'k; d i k&I kgukRed
xq kk&Pk fo | kF; k&P; k I ghkkxkoj >kys; k i fj .kkekaps v/; ; u



I kxj iz ukj [kMs

"kkjhfd f"kk.k I pkyd] I jLorh dyk egkfo | ky;] nghgkMk] rk- ft- vdsk-

Short Profile

Sagar Pralhadrao Narkhede is Research Scholar at Physical Education Director in Saraswati College of Art , Dahihanda , Tal . Dist . Akola. He Has Completed MA. , M.P.Ed. , DJ. , NIS. , NET , SET , M.Phil.

Co-Author Details :

i xdk'k Hkk- unij dj

i kpk;] MKW ckckl kgs: unij dj] "kkjhfd f"kk.k egkfo | ky;] ; orekG-



I kj ka k &

"kkjhfd f"kk.k rI p [kG o ØhMk gk
fo | kFkhZ n"krhy 0; fDreRo fodkl krhy
egRokpk ?kVd vkgs fo | kF; k&P; k I ok&h.k
fodkl gks ; kl kBh R; k&P; k ØhMk Li /krhy
I ghkkx egRokpk vkgs fo | kF; k&P; k
[kGkæ/khy I ghkkx tkLrhr tkLr ok<kok
vkf.k pkaxys [kGkMwfuekZ k Ogkos; k mÍ'skkus
egkj'Vª "kkI uk}kjs ngkoh vkf.k ckjkohrhy
fo | kF; k&P; jkT;] jk'Vh; fd&ok vkrjjk'Vh;
i krGhoj ØhMk Li /kk&e/; s Hkkx ?kr-Y; kcÍy
ØhMk I oyhrps 25 xqk ns ; kr ; s'kr- ; k
ØhMk fo'k; d i k&I kgukRed xqk rjrhpk
jkT; Lrjh; ØhMk Li /krhy I ghkkxkoj dk;

i fj .kke >kyk gsc?k. ; kl kBh I ákk&kdokus I nj fo'k; kph fuoM dsh vkgs I ákk&kukdfjrk vejkorh foHkkxkrhy I ol
ftYgk ØhMk vf/kdkjh dk; kÍy; rI Þk vejkorh foHkkxh; f"kk.k eMG] vejkorh ; k&P; k dk; kÍy; kru ekfgrh I dfyr
dj. ; kr vkyh- i klr ekfgrhP; k I k&I ; dh; fo"ysk.kko: u vl s y{kk; ; s dh] "kkykr i jh{kr ØhMk fo'k; d
i k&I kgukRed 25 xqk feGr vl Y; keGs10 ohr f"kd.kkU; k fo | kF; k&P; k "kkys rI Þk I ákVus;kjk vk; k&P; tr jkT; Lrjh;
ØhMk Li /kk&e/khy I ghkkxkr y{k.kh; ok< >kysyh fnl u ; s s

eq; 'kCn - ek/; fed "kkykr i jh{kk} ØhMk fo'k; d i k&I kgukRed xqk] ØhMk Li /kk&e/khy I ghkkx-

I Lrkouk %&

"kkjhfd f"kk{k.kkps/; s vkf.k mfi'V i wkZdj . ; ke/; s [kGkpk Qkj ekBk okVv vl rks [kG gh ekuokph uš fxZl i oÙkh vl w ygkuki kl w ekB; ká; r l ozt .k [kG [kGr vl rkr- [kG gh , d dyk vkgs [kG gs [kGkl kBhp Eg.ktp vkunkl kBh vkgr- [kGkeGso; Drhps "kjhj o eu fujkxh jkgrs [kGkeGscð hyk l rr plyuk feGrs r l p 0; Drhph dYi uk "kDrh o Ø; "kDrh fodfl r i kors [kGkeG Lor'P; k vkRefo"okl kr ok< gks'o vkRefo"okl kus ek.kl Lor%MSl dkjKRed n'Vhdokukru i kgrkso vl k l dkjKRed n'Vhdokup 0; DrheRokpk fodkl ?kMo. ; kl l gk.; Hkr Bj rks

I ektkr [kGkMw vkf.k gqkkj fo | kFkhz; kP; kr ugeh Qjd dšyk tkrks l ektkr gqkkj fo | kF; káMS pkaxY; k n'Vhdok kkrw i kfy; k tkrš gqkkj fo | kF; káuk pkaxysxq feGfo. ; kl kBh T; k i ek.ksegur ?; koh ykxrsR; kp i ek.ks [kGkMw k l ð k ; "k l á knukl kBh njjst l jko djok ykxrs egur ?; koh ykxrs dskrkgh [kGkMw gk gqkkj vl Y; kf"kok; R; kP; k {ks=kr ; "k feGow"kdr ukgh- dkj .k "kkjhfd f"kk{k.kke/khy fofo/k ØhMk ckche/; svud oGk xqkxrhps vMp.khps i l á ; s kr vud i l á xh pVdu o ; ká; fu.kz ?; kos ykxrk- ; k fu.kz ?ks ; kP; k i fØ; e/; s cð hpk egRokpk okVv vl rks Eg.ktp [kGkMw k l ð k gqkkj fo | kFkhp vl rks

"kkjhfd f"kk{k.k r l p [kG o ØhMk gk fo | kFkhz"krhy 0; DrheRo fodkl krhy egRokpk ?kVd vkgs fo | kF; káuk l oká.h.k fodkl gks ; kl kBh R; kP; k ØhMk Li /kár hy l ghkx egRokpk vkgs fo | kF; káuk [kGke/khy l ghkx tklrhr tklr ok<kok vkf.k pkaxys [kGkMw fuekz.k ogkos ; k miš'kkus egjk'V" "kl uk}kjs ngkoh vkf.k ckj kohrhy fo | kF; káuk jkT;] jk'Vh; fdok vkarjjk'Vh; i krGhoj ØhMk Li /kár/; shkx ?krY; kcíy ØhMk l oyrhps25 xqk ns ; kr ; s kr-

"kl ukus fo | kFkhz ØhMkx.kkoj vkdf'kr gk'Áu ØhMk Li /kár tklrhr tklr l ghkx ok<kok Eg.kw dj. ; kr vkys; k ØhMk fo'k; d i kRl kgukRed xqk rjrhpk jkT; Lrjh; ØhMk Li /kár hy l ghkxkoj dk; i fj .kke >kyk gs c?k. ; kl kBh l á kskdkusl nj fo'k; fuoMysyk vkgs

I á ksk'ku l eL; psLi "Vhdj .k %&

egjk'V" jkT; ek/; fed o mPpek/; fed f"kk{k.k eMG] i wks; kP; k i fj i =dkud kj ek/; fed "kkykar i ek.ki = i jh{k d i fo'B gskkkú; k fo | kF; káuk h T; k fo | kF; káuk R; k "kšf.kd o'kkz/; sjkT;] jk'Vh; fdok vkarjjk'Vh; i krGhoj ØhMk Li /kár Hkx ?krYk vl sy rj R; kl ØhMk l oyrhps25 xqk ns ; kph rjrh vkgs

ojhy rjrhud kj 10 oh rhy fo | kF; kP; k jkT; Lrjh; ØhMk Li /kár hy l ghkxkoj >kyš; k i fj .kkekpsv/; ; u ; k l á ksk'kukr dj. ; kr vkys

I á ksk'kukph xj t o egRo %&

jkT; o jk'Vh; ØhMk Li /kár l ghkxh >kyš; k ngohe/khy fo | kF; káuk 25 xqk ns ; kr ; s kr [kjsek= ; kpk ykHk [kú; k vFkkZus [kGkMw >kyk dh] R; kvkMw níl ú; kp fo | kF; káuk >kyk ; kpk fopkj dj. ; kph oG vkyh vkgs T; káuk [kG ekghr ukgh vl sfo | kFkhz ngohr vpkud [kGkMw >kysvkf.k FkV jkT; o jk'Vh; i krGhoj [kGwrykxY; kus i kydkadMw ØhMk fo'k; d xqkkP; k ckcrhr fofo/k ekx. ; k dj. ; kr ; s vkgr-

R; keGsgk fo'k; fdrh xj t pk vkf.k egRokpk vkgs gsfnl w ; s r l p v"kki zdjpsl á ksk'ku ; ki w h z d B gh u >ky; kus gsl á ksk'ku i w k z % uohu vkgs vkf.k Eg.kw R; kph vfuok; r k l g t y {kkr ; s ; kl kj [kh vkgs

I á ksk'kukph mfi "Vs %&

1-10 oh rhy fdrh fo | kF; káuk jkT; Lrjh; ØhMk Li /kár l ghkx ?krYk ; kckcr v/; ; u dj .ks

ek/; fed 'kkykar ijh{krhy ØhMk fo'k; d i k&l kgukRed xq kk&pk fo | kF; k&P; k l gHkkxkoj >kys'; k i fj .kkekps v/; ; u

2-10 oh rhy fo | kF; k&Pkk "kkys jkT; Lrjh; ØhMk Li /k&hy l gHkkxkpsv/; ; u dj .ks

3-10 oh rhy fo | kF; k&Pkk jkT; l ækVus&jkj vk; k&tr jkT; Lrjh; ØhMk Li /k&hy l gHkkxkpsv/; ; u dj .ks

I a kks/kukph 0; klrh %&

1-Hkkjrh; "kkys [ksy egkl ækk}kjseku; rk vl y&; k o ØhMk o ; ød l øk l økyuky;] egkj'V' jkT;] i wks; k&P; k }kj vk; k&tr fu; f=r gkskkú; k jkT; Lrjh; Li /k&pk ; kr l eko'sk dj .; kr vkyk-

2-Hkkjrh; vkw/fei d l ækVus&jkj eku; rk iklr] fofok [kG&P; k QMj'sku"kh l y&uhr jkT; l ækVus&jkj vk; k&tr jkT; Lrjh; Li /k&pk ; kr l eko'sk dj .; kr vkyk-

3-egkj'V' "kkl ukus ØhMk fo'k; d tknk xqkkdjhrk eku; rk fny&; k ØhMk l ækVu&; k [kG&pk l eko'sk dj .; kr vkyk-

4-i Lr& l ækkskukr fo | kFk&zo fo | kFk&zh nk&kk&pkgh vH; kl dj .; kr vkyk-

I a kks/kukph e; k&hk %&

1-i Lr& l ækksku "k&f.kd o'kz2005&06] 2006&07] 2007&08] 2008&09] 2009&10 vkf.k 2010&11 ; k dkyko/khi j&rp e; k&tr gksr

2-i Lr& l ækkskukr oxZ10 oh e/; sjkT; Lrjh; ØhMk Li /k& l gHkkxh >kys'; k fo | kF; k&pk vH; kl dj .; kr vkyk-

3-i Lr& l ækksku vejkorh foHkkxkrhy vejkorh] vdk&yk] ; orekG] cy<k.kk o okf"ke ; k 5 ftY&k& j&rp e; k&tr gksr

I a kks/kukph xfg&ds %&

1-"kkykar ijh{kr ØhMk fo'k; d i k&l kgukRed 25 xqk feGr vl Y; ke&Gs 10 ohr f"kd.kkú; k fo | kF; k&pk "kkys jkT; Lrjh; ØhMk Li /k&e/khy l gHkkxkr ok< >kysyh fnl w ; srs

2-"kkykar ijh{kr ØhMkfo'k; d i k&l kgukRed 25 xqk feGr vl Y; ke&Gs 10 ohr f"kd.kkú; k fo | kF; k&pk l ækVus&jkj vk; k&tr jkT; Lrjh; ØhMkLi /k&e/khy l gHkkxkr ok< >kysyh fnl w ; srs

I a kks/ku i) rh %&

i Lr& l ækkskukr l o&(k.k i) rhp& mi ; ks& dj .; kr vkyk-

tul a[; k o U; kn'kz %&

i Lr& l ækkskukr "k&f.kd o'kz 2005&06] 2006&07] 2007&08] 2008&09] 2009&10 vkf.k 2010&11 ; k dkyko/khrhy vk; k&tr jkT; Lrjh; ØhMk Li /k& ngk&rhhy l gHkkxh >kysys v&nts 8]000 rs 10]000 fo | kF; k&pk tul a[; s l eko'sk dj .; kr vkyk - l a w kz tul a[; ph U; kn"kzEg.kwu fuoM dj .; kr vkyh-

ekfgrh l adyu %&

i Lr& l ækkskukr vejkorh foHkkxkrhy l o&ftY&g ØhMk vf/kdkjh dk; k&y; r l B& vejkorh foHkkxh; f"k{k.k eM&G] vejkorh ; k&P; k dk; k&y; k&wu ekfgrh&P; k vf/kdkj&pk oki j d: u ekfgrh l adfyr dj .; kr vkyh-

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I kf[; dh; I k/kus%&

ekfgrhpsfo"ysk.k dj. ; kl kBh "kclMokjh i) rhpk I kf[; dh; I k/ku Eg.kku mi ; kx dj. ; kr vkyk-

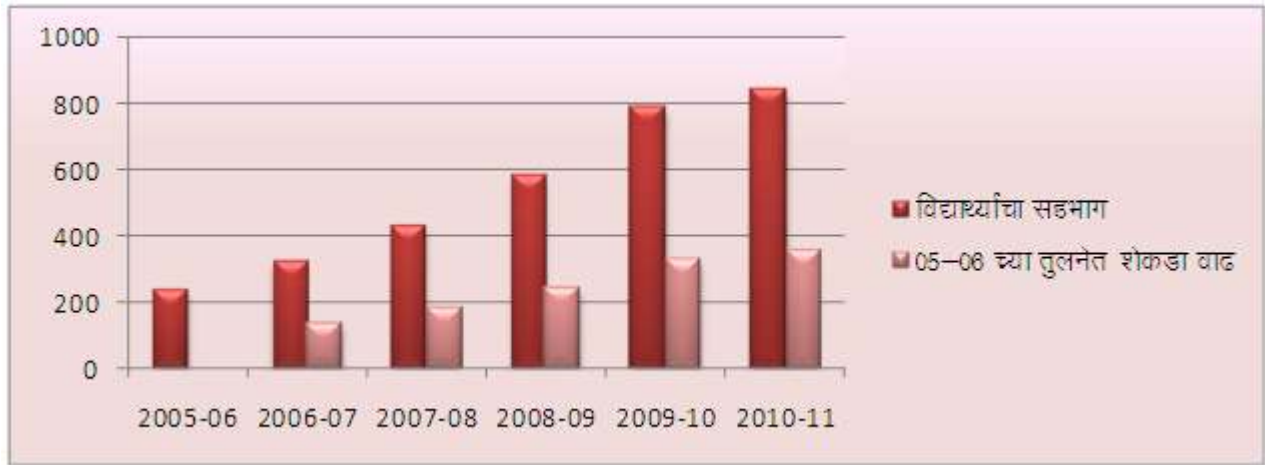
I kf[; dh; fo'ysk.k

Lkkj.kh Ø- 1

10 ohr f'kd.kkU; k fo | kF; kPk 'kkys jkT; Lrjh; ØhMk Li /kshy I gHkkx n'kfo.kkjh I kj.kh

| o'kZ | fo kF; kPk I gHkkx | 05-06 P; k rnyur "kclMk ok< |
|-------|----------------------|-----------------------------|
| 05-06 | 236 | 0 |
| 06-07 | 322 | 136-44 |
| 07-08 | 431 | 182-63 |
| 08-09 | 582 | 246-61 |
| 09-10 | 790 | 334-75 |
| 10-11 | 842 | 356-78 |
| , dkk | 3203 | |

vkys[k Ø- 1

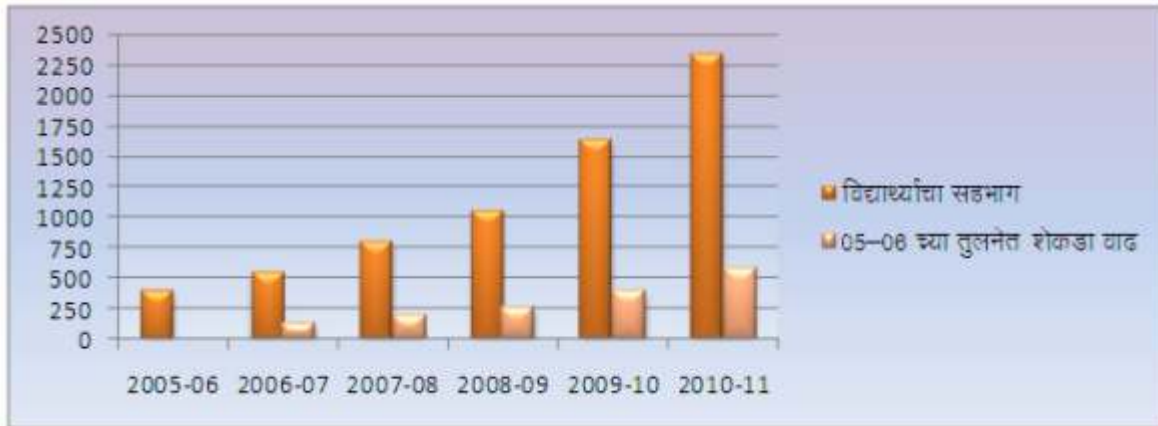


Lkkj.kh Ø- 2

10 ohr f'kd.kkU; k fo | kF; kPk I k'kus}kj k vk; kftr jkT; Lrjh; ØhMk Li /kshy I gHkkx n'kfo.kkjh I kj.kh

| o'kZ | fo kF; kPk I gHkkx | 05-06 P; k rnyur "kclMk ok< |
|-------|----------------------|-----------------------------|
| 05-06 | 405 | 0 |
| 06-07 | 550 | 135-80 |
| 07-08 | 804 | 198-52 |
| 08-09 | 1063 | 262-47 |
| 09-10 | 1639 | 404-69 |
| 10-11 | 2350 | 580-25 |
| , dkk | 6811 | |

vkys[k Ø- 2

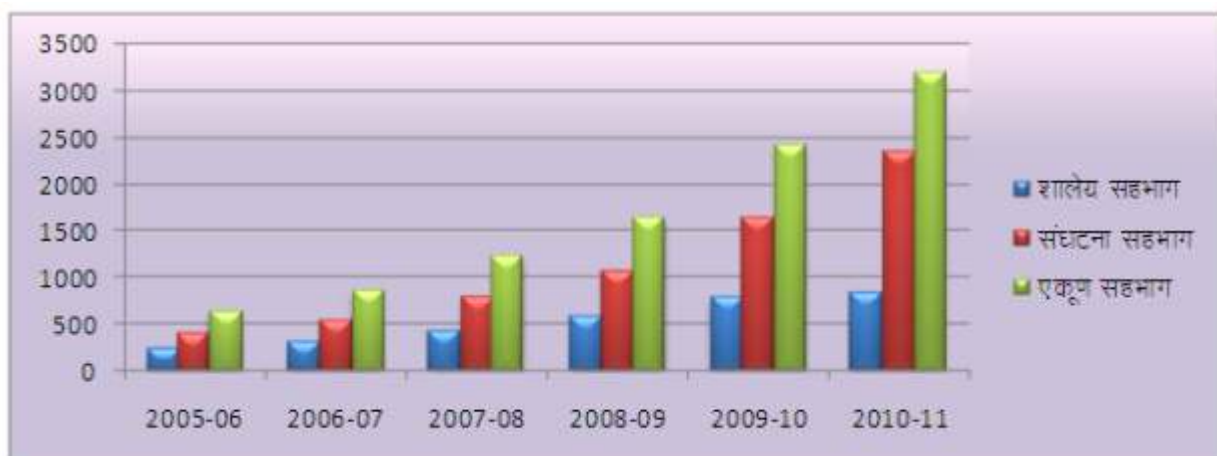


Lkkj . kh Ø- 3

10 ohr f'kd.kkú; k fo | kF; k&pk 'kkyk o l &kvus}kjk vk; kftR jkT; Lrjh; ØhMk Li /k­ l ghkkx n'kfo.kkj h l kj . kh

| o'kz | 'kkyk | l &kvuk | , chw | 05-06 P; k rgyur "k&dMk ok< |
|---------|-------|---------|-------|-----------------------------|
| 2005-06 | 236 | 405 | 641 | 0 |
| 2006-07 | 322 | 550 | 872 | 136-04 |
| 2007-08 | 431 | 804 | 1235 | 192-67 |
| 2008-09 | 582 | 1063 | 1645 | 256-63 |
| 2009-10 | 790 | 1639 | 2429 | 378-94 |
| 2010-11 | 842 | 2350 | 3192 | 497-97 |
| , chw | 3203 | 6811 | 10014 | |

vkys[k Ø- 3



l kj ka k

i klr dj. ; kr vkys'; k ekfgrhph l k&[; dh; fo"ysk.kko: u vl s y{kkr ; rs dh] 10 ohr f'kd.kkú; k

fo | kF; kP; k "kkyk jkT; Lrjh; ØhMk Li /kkæ/khy l gHkxkr y{k.kh; ok < >kysy fnl u ; s vl u fo | kF; kP; k l gHkxkr l u 2005&06 P; k rgyur l u 2010&11 e/; s 356-78 VDD; kauh ok < >kysy fnl u ; s s R; keGs "kkykr i jh{kr ØhMk fo'k; d i kRl kgukRed 25 xqk feGr vl Y; keGs 10 ohr f"kd.kkU; k fo | kF; kP; k "kkyk jkT; Lrjh; ØhMk Li /kkæ/khy l gHkxkr ok < >kysy fnl u ; s s; k l ækkku i fjdYi upk fLodkj djkok ykxy-

r l Pk 10 ohr f"kd.kkU; k fo | kF; kP; k l ækVuk}kjk vk; kstr jkT; Lrjh; ØhMk Li /kkæ/khy l gHkxkr y{k.kh; ok < >kysy fnl u ; s vl u fo | kF; kP; k l gHkxkr l u 2005&06 P; k rgyur l u 2010&11 e/; s 580-25 VDD; kauh ok < >kysy fnl u ; s s R; keGs "kkykr i jh{kr ØhMk fo'k; d i kRl kgukRed 25 xqk feGr vl Y; keGs 10 ohr f"kd.kkU; k fo | kF; kP; k l ækVuk}kjk vk; kstr jkT; Lrjh; ØhMk Li /kkæ/khy l gHkxkr ok < >kysy fnl u ; s s; k l ækkku i fjdYi upk fLodkj djkok ykxy-

I nHkæFk l ph

- 1-ckst: l] t kll u 1/2008 1/2 Mk; eM ØhMk Kkudksk- i qks%Mk; eM i fcyds'ku-
- 2-gkosy] vkj- vWM vnl z 1/1994 1/2 QkmUMs'ku vkM fQftdy , T; pds'ku- l v/ ypl %n l h-ogh- ekll ch dā uh-
- 3-bukenkj] l ehj 1/2010] t u 19 1/2 ngkohP; k fo | kF; kP; k l Bh ØhMk xqkkph enr dh f[kjki r\ ykder %vdksyk vkoUkh-
- 4-egkj k'V^a jkT; kpsØhMk /kkj .k 1996- i qks%ØhMk o ; pd l ok l puky;] egkj k'V^a jkT; -
- 5-egkj k'V^a jkT; kpsØhMk /kkj .k 2001- i qks%ØhMk o ; pd l ok l puky;] egkj k'V^a jkT; -
- 6-egkj k'V^a jkT; ek/; fed o mPp ek/; fed f" k{k.k eMG] i qks%i fji =d Ø- jk- ea@i jh{kk@5523] fn- 16 t u 2006-
- 7-mli y , - ds 1/2005 1/2 fQftdy , T; pds'ku Li kVl -vWM gYFk- U; qfnYyh %YSMI -i fcyds'ku-
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