

egkj"Vkrhy xkeh.k o 'kgjh {ks=krhy dqrhfxjkauk Áktr gks.kkjk vkgkj o vkgkj' kh I ædkhr ?kVdkps nyukRed v/ ; ; u



jktsk pno' kh

"kk-f" k-l pkyd] Jh jk-y-rks foKku egkjvdkyk-

Short Profile

Rajesh Chandrawanshi is Director of Physical Education in Shri R.L.T. College of Science, Akola. He has completed B.A., B.Com., B.P.Ed., M.P.Ed., B.Ed., NET and Doing.

Co-Author Details :

t ; r prj

i kpk;] ok/kok.kh dyk] egkfo | ky;] ; orekG-



I kj ka k %&

dqrhP; k bfrgkl kps ekuoh thoukP; k bfrgkl kr o ekuoh thoukps vLrRo dk; e Bø. ; ke/; s egRokps LFkku vkgv i kphu dkGki kl u dqrhps tkxfrd Lo: i vflRokR vkgv Hkkjrkr; k i kphu I ðdrh rj dqrhpk fo"ksk mYYk[k vk<Grks Hkkjrkr i kphu dkGki kl up dqrh [kGkyk jk'Vh; Lrjkpk [kG ekuystkr vl s egkj"Vkrhy dqrhP; k fodkl kpk bfrgkl ixYHk o fo"ky vkgv egkj"Vkrhy eYy [kk"kkck tk/ko ; kauh Hkkjrkl kBh vkWKEi had Li/kâr

o\$ fDrd ØhMk i ðkjk/; s i fgysdk; ; ind dqrhe/; s feGou fnysgh vffHkekukph ckc vkgv vk/kfud ; ækkr vkrj'Vh; dqrhe/; svki YksLFkku dk; e Bø. ; kl kBh fdok i kfo. ; i ktr dj. ; kl kBh vko"; d I k/ku] I fo/kk mi yC/k vl .ksvko"; d vkgvR; kcjkscj fo"kskr%vkgkj kps o fofok ra="kqn I jko i/nrhpSkku vl .ksgh vfuok; I >kysvkgv

dqrhfxjka kBh egRokpk ?kVd Eg.kts I erkys fdok I rnyr vkgkj vkgv ^dqrh* gk mPp "kkjhfd I keF; kph ex.kh dj .kkjk [kG vkgv ; kk; vkgkj dqrhfxjkauk "kkjhfd o ekuf d n'V; k rnaq Lr fdok I q< Bøksrj pphpk vkgkj R; kauk "kqd] detkj o I ðfpr d: "kdrks egkj"Vkrhy xkeh.k o "kgjh {ks=krhy dqrhfxjkauk Áktr gks.kkjk vkgkj d I k vkgv vkgjkr I ekfo'V ?kVd dks k dks krs vkgv" vkgkj kph mi yC/krk fdrh i æ.kkr o vkgjkl ædkhr I eL; k vkgv dka gsmI'sk fuf"pr d: up I ðkksku dj. ; kr vkysvkgv

i Lr q I ðkkskukr tul ð; k Eg.ku egkj"Vª jkT; dqrhfxhj i fj'knB; k ek/; ekru I u 2011 o 2013 e/; s

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vk; kstr >kyŷ; k egjkj'V^a dŷ jh dqrh Li /kkŷ xhdksjkeu dqrh Llk/kkzrl p i R; {k Hks/h oGh rkfyē} vk[kkMso dqrh dnrz; ke/; sl ghkkxh i q 'k dqrhxhj o l kcr vkysysi f''k{k d} oLrkn] ukekŷdr o ofj 'B dqrhfxj kpk fopkj dj.; kr vkyk- tul ŷ; e/kou dqrhfxjkdMuu i R; {k o i f''k{k d} oLrkn] ukekŷdr o ofj 'B dqrhfxjkdMuu vi R; {k ekfgrh i ktr dj.; ; kP; k n'VhusU; kn''kkŷh fuoM nŷfunŷku i /nrhusd: u , dwk 418 dqrhxhj T; ke/; s 123 xteh.k o 295 "kgjh {ks=krhy dqrhxhj ; kP; k dMuu i z'ukoyhP; k ek/; ekruu ekfgrh i ktr dj.; kr vkyh- i z'ukoyhP; k ek/; ekruu i ktr l kŷŷ; dh; fo''ysk.kko: u xteh.k {ks=krhy dqrhfxjka ŷkk "kgjh dqrhfxjka uk vkgkjkrhy ?kVd 53-33%tkLr rj vkgkj'kh l ædkhr ?kVd Eg.ktsvkgkj o ekxh''kŷ 50-00%tkLr i ktr gkr vkg; k i ek.kkud kj egjkj'Vkrhy xteh.k dqrhfxjka "kgjh dqrhfxjka ŷkk vkgkj deh feGr vl kok gh i fj dYi uk flodkj.; kr ; r vkg; egjkj'Vkrhy dqrhfxjka l dl vkgkj kph mi yC/krk o fo''ksk vkgkj kps ekxh''kŷ vl .ks vR; ko"; d vkg

ed; 'kCn – egjkj'V^adqrh vkgkj rnyukRed-

iLrkouk %&

dqrhP; k bfrgkl kpsekuoh thoukP; k bfrgkl kr o ekuoh thoukpsvLrhRo dk; e Bŷ.; ke/; segRokps LFkku vkg; ekuoh thou gsykŷdd cŷrh pkrw Zo "kDrhph l kxM ; keGsd; e jkgw "kdys jkuVh voLFkr ekuokyk vki Y; k thoukpsvLrhRo fVdfo.; kl kBh o thou l jf{kr Bŷ.; kl kBh txykrhy fgŷ = "oki nkakh rl p vl; VksGhP; k ekuokŷkh "kkjhfd l æk'z djok ykxr vl s i kphu dkGh ekuokyk mnjHkj .kk kBh vlu T; ke/; s OG] dneGso i "kwi {; kP; k ekl kpk l ŷnk l eko''k vl si ktr dj.; kdfjrk "kkjhfd d'V o {kerph vko"; drk Hkl r gkrh ekuokyk "kDrh tki kl .; kph vko"; drk Hkl qyxxy o ; kdfjrk R; kusdysysiz Ru gs dqrh mn; kl dkj .kHkq Bjys i kphu dkGki kl q dqrhps tkxfrd Lo: i vLrRokr vkg; Hkkj r kP; k i kphu l ædrh rj dqrhpk fo''ksk mYYk [k vk<Grks

l | k dqrhph i fgyh , frgkl d ekfgrh pkj rsi kp gtkj o'kkz whzvoxr >kyh- vk/kŷud dqrhP; k l jkok e/khy i dM dŷKY; k i ek.ksdqrhpsfp= i kphu bftire/; svk<Gys Lku 1938 e/; si ŷfl Yokfu; k fo | ki hBkpsi ks b- , s Li bLkj (Prof. Ephraim Avigdor Speiser) ; kP; k urRok [kkyh cxnkn "kgjkt oGhy enhjkr >kyŷ; k l oŷk.kkRed mR[kUkr nku nxMh f''kGk l ki MY; k- R; ke/; seqVh; ŷn o dqrh [kGkps f''kyi dkj yys vkg; gs l ŷj; u f''kyi l ŷjsi kp gtkj o'kkz whpsvkg;

Hkkj rkr i kphu dkGki kl wup dqrh [kGkyk jk'Vh; Lrjpk [kG ekuystkr vl s jkek; .k o egkHkkj r dkGkr dqrh ykŷfiz; gkrh- jke] jko.k] guŷku] Jhd' .k] cyjke] dŷ] Hkhe] nq kŷku] tjkl ŷkj ed'Vd o pk.kj vl svud i fl /n EKyy gkrs T; kwh dqrh fo''ksk {ks=kr dkefjxh nk[kfoyh] fo''ksk i k; Mŷfclŷk jhr fuekz k dsh R; kl ozukeor dqrhfxj kP; k ukokusrksdqrhpk i ŷkj ekU; rk i koyk o : < >kyk-

v- guŷrh dqrh % "kDrh o ; ŷrh Eg.ktp cy o Mko ; kpk mi ; ks i gsyoku dfj r vl r- "kDRkh o ; ŷrh i .kkyk ykou [kG.kkj dqrh Eg.ktp 'guŷrh dqrh' gks -

c- Hkheh ŷh dqrh % cykyk i k/kkU; o Mkokuk nq; e LFkku ns kkU; k dqrhyk Hkheh ŷh dqrh EgVystkrs

d- tkŷrh dqrh % tkŷrh dqrh Eg.kts "kDRhP; k vkMnkM i .kkph dqrh gks - i Syoku , dkesdkl rkdnhP; k tkjkoj ekMuu dk<k; ps

M- tjkl ŷkh dqrh % Tkŷrh dqrh i ek.kp tjkl ŷkh dqrh/; sl ŷnk "kDrhpk vkMnkM i .kk o i frLi /; kzyk ekMuu dk<. koj Hkj gsk-

egjkj'Vkrhy dqrhP; k fodkl kpk bfrgkl i xYHk o fo''kky vkg; ed'kykP; k vkŷe.k jks[k.; kl kBh Lor%ps vkRel j {k.kk kBh} eyw[kkph vLerl dk; e Bŷ.; kl kBh o Lojkt; kP; k fuehŷh l kBh i ktr dj.; kl kBh f''kockauk

, dk jk'V¹ rkuh I gdk; Z dsys rs Eg.kts I eFkZ jkenkl Lokeh- jkenkl Lokehuh tursyk "kDrh I ksr furhph tki kl uk dj.; kP; k n'Vhus /kekP; k f"kdo.khph I kxM ?kryh- tursyk cynM cuouu f"kokauk Lojkt; k fufehP; k dk; k; k; oGh enr dsh- f"kokauk rkyehp tksi z kx dsh T; ke/; sdqrh I ksr I kr%dkGh i kFkZuk I d; kdkGh egur o eYy [kkæ vkf.k "kL=kL=kpseñkuh [kG Ogk; ps Lojkt; kP; k fuehrhl kBh I sud i f"kk.k daz Eg.ktsrkyeh gks - f"kojk; kauh fuekZk dshy o i s'ko; kauh tki kl syh eYyfo | suso cyki kl uss tkxr dshy n'skHkDrhph tuekul krhy jx baztkauk u'V djko; kph gsrh- ; kdfjrk R; kauh rkyehph xGpsi h d: u eYyfo | syk I ä fo. ; kpk iz Ru dshy gsrk-

fcz/h'k dkGkr I ðnk dqrhyk ftoar Bø.; kkpJš Hkkjrh; I ð.Fkkfud ifr; kGkpsuj'sk vkf.k dkygki jps jkt'khz "kgwegjkt ; kauk tkrš Hkkjrkryh o egjkj'Vtrhy eYyfo | P; k bfrgkl kr 1984 rs 1922 gk 38 o'kkp k dky [kM jkt'khz "kgw dky [kM] Eg.ku vkg [kyk tkrš egjkjtkauh dkygki jkr dshy; k dqrhP; k dk; k; Gs dkygki j gh vf [ky Hkkjrkph ^dqrh i æjh' cuyh- ^dqrh EgVyh dh "kgwegjkt" ^kgwegjkt EgVysdh dqrh' gsl ehdj.k vej jkghy ; kr "kadk ukgh- vktgh egjkj'Vtr dqrh [kGkyk o dqrhfxjkauk I UekukpsLFku vkgš egjkj'Vtrhy dqrhfxjkauh jk'Vh; o vkarjjk'Vh; ikrGhofjy dkefxjh rlp R; kauh dshys dk; Z gs I ðnk mYy[kuh; vkgš egjkj'Vtrhy eYy [kk"kkck tk/ko ; kauh Hkkj rkl kBh vkwkEi had Li /kæ oš fDrd ØhMk i ækjke/; s i fgysdk; ; i nd dqrhe/; sfeGouu fnysgh vffkekukph ckc vkgš

vkt egjkj'Vtr dqrh vk [kM] rkyeh o dqrh dšagsdqrhP; k i kphu i /nrhph I k/kuš I fjo/kk vkgkj o I jko i /nrh ojp vkfJr vkgš] vl sfun"Zkukl vkysvkgš vk/kpud ; ækk vkarjjk'Vh; dqrhe/; svki YksLFku dk; e Bø.; kl kBh fdok i kfo. ; i ktr dj. ; kl kBh vko"; d I k/ku I fjo/kk mi yG/k vl .ksvko"; d vkgšR; kcjksj fo"kskr%vkgkj kps o fofo/k ræ="kqñ I jko i /nrhpsKku vl .ksgh vfuok; Z>kysvkgš

mš k %&

dqrhfxjkauk kBh egRokpk ?kVd Eg.kts I erky fdok I rfyv vkgkj vkgš "kjhj kP; k t.M.k?kM.khe/; s foVæhu] i ks/hä] dkckgk; Mš] QW+] feujyl -o okVj gs I gk ?kVd egRokps vkgš- dqrhfxjkauh vkgkj vl k ?; kok] T; ke/; sl ozi ks'kdno; s; kx; i æ.kkr vl rhy- vkgkj gk dqrhfxjkauk kBh egRokpk ?kVd vkgš dqrhfxjkP; k vkgkj kP; kP; k dks'KY; koj ekB; k i æ.kkr ifj.kke gkr vl rks ^dqrh' gk mPp "kkjhfd I keF; kph ekx.kh dj.kkj [kG vkgš ; kx; vkgkj dqrhfxjkauk "kkjhfd o ekuf d n'V; k rinq Lr fdok I q< Børksrj pphpk vkgkj R; kauk "kqd] detkj o I æfpr d: "kdrks

egjkj'Vtrhy xteh.k o "kgjh {ks=krhy dqrhfxjkauk Åltr gskkkjk vkgkj dl k vkgš vkgjkr I ekfo'V ?kVd dks k dks krs vkgš] vkgkj kph mi yG/krk fdrh i æ.kkr o vkgkj kl ædkhr I eL; k vkgš dk gsmš k fuf"pr d: up I æksku dj. ; kr vkysvkgš

ifjdYi uk %&

egjkj'Vtrhy xteh.k dqrhfxjkauk "kgjh dqrhfxjkauk {kk vkgkj deh feGr vl kok-

I æks'kukl kBh ueqk fuoM

i Lrø I æks'kukr tul æ; k Eg.ku egjkj'V^a jkt; dqrhfxhj i fj'knP; k ek/; ekru I u 2011 o 2013 e/; s vk; kstr >kyš; k egjkj'V^a dš jh dqrh Li /kkZ xhdksjkeu dqrh Lik/kkZ rlp i R; {k Hksh oGh rkfyel vk [kMso dqrh daz; ke/; sl gHkxh i q 'k dqrhfxhj o I ksr vkysy i f"kk{kd] oLrkn] ukefidr o ofj 'B dqrhfxjkP; k fopkj dj. ; kr vkyk-

U; kn' kZ

tul [; e/ku dqrhfxjkaudmu iR; {k o if''k{kd} oLrkn] ukekdr o ofj'B dqrhfxjkaudmu viR; {k ekgrh ikr dj.; kP; k n'VhusU; kn''kkph fuoM nbfun'ku i/nrhus iLnr I akkskukr egjkj'Vkrhy , dwk 418 dqrhxhj T; ke/; s123 xkeh.k o 295 "kgjh {ks=krhy dqrhxhj ; kP; k dmu iz'ukoyhP; k ek/; ekru ekgrh ikr dj.; kr vkyh-

I akksku I k/kukph fueh'rh %&

I akkskukdfjrk rF; I dyukl kbh iz'ukoyh ; k I k/kukph fuoM dsh vks iz'ukoyh e/; s I akkskukl kbh ?kr'Y; k fo'k; kuq lk o m'skkud kj RkF; I dyukl kbh vR; ko"; d iz'ukok I ekos'k dj.; kr vky- iz'ukoyhph fueh'rh I akksku ijd fofo/k L=skruu ikr o iFkn''kd vH; kl kP; k ek/; ekru ikr ekgrhP; k vk/kkjokj Ojcnymu dj.; kr vkyh- i'p'okp.khus iz'ukoyhph fo"okl grkZrikl .; kr vkyh ; ke/; s I akksku ekkh''kd'kps ekkh''kU oGkGh ?ks; kr vkys

ekgrhpsl dyu o I kf[; dh; fo'ysk.k %&

ifjdYi uk rikl .; kdfjrk iz'ukoyhP; k ek/; ekru ikr ekgrhpsl kf[; dh; fo'ysk.k i qhy i ek.ksvks

xkeh.k o 'kgjh {ks=krhy dqrhfxjkauk ikr gskkkj; k vkgjkr I ekfo'V ?kVdkph nyukRed I kf[; dh; fo'ysk.k n'kfo.kkjh I kj.kh

Ø	dqrhfxjkaP; k vkgjkr I ekfo'V ?kVd	xkeh.k {ks=krhy dqrhxhj %123%		'kgjh {ks=krhy dqrhxhj %295%		Lok/kuurk Bk=k	ueuk dk; LDovj	i kr ck; LDovj	I kFkd vigs@uigh
		gks	VDobkj	gks	VDobkj				
1	nkh	114	92.68	289	97.97	1	3-841	7-003	vigs
2	RkMkZ	48	39.02	221	74.92	1	3-841	48-745	vigs
3	ngh foak rid	75	60.98	217	73.56	1	3-841	6-528	vigs
4	ni	78	63.41	245	83.05	1	3-841	19-059	vigs
5	iB'NI @QI I lyed/I -	8	6.50	29	9.83	1	3-841	1-191	uigh
6	Xyplst & fu; eir & Li/kbGh & ?r ukgr	20	16.26	64	21.69	2	5-991	1-874	uigh
		54	43.90	114	38.64				
		49	39.84	117	39.66				
7	fgjak hkr'ti'kyk	120	97.56	293	99.32	1	3-841	2-278	uigh
8	vkgjkr dMMU; & Ruk'eVdhjiktetjMn	119	96.75	288	97.63	1	3-841	-262	uigh
9	foak QG	111	90.24	284	96.27	1	3-841	6-065	vigs
10	foak QGpk jI	110	89.43	286	96.95	1	3-841	9-841	vigs
11	vkgj izkj &'k'kdkgjh vkgj izkj &ek'kgjh vkgj izkj &feJ	10	8.13	18	6.10	2	5-991	-634	uigh
		02	1.63	06	2.03				
		111	90.24	271	91.86				
12	ek'kgj	101	82.11	262	88.81	1	3-841	3-410	uigh
13	vMh	107	86.99	269	91.19	1	3-841	1-690	uigh
14	xM i n'fZ	104	84.55	271	91.86	1	3-841	5-028	vigs
15	cnke	71	57.72	241	81.69	1	3-841	26-353	vigs

dqrhfxjkaP; k vkgjkr I ekfo'V ?kVd dqrhP; k vkgjkr I ekfo'V ?kVd 15 I kFkd Bjysys?kVd 08 I kFkd ul ysys?kVd 07 ?kVdkP; k I kFkd'rpsiek.k 53-33%

mijkDr I kf[; dh; fo"ysk.k o dk; LDosvj pkp.khrw vl sfun"kukl ; rsdh "kgjh dqrhfxjkauk xteh.k dqrhfxjka {kk vkgjkrhy ?kVd nqk] FkMkb] ngh fdok rkd] ni] fofo/k QG} QGkpk j l] xkM i nkFKzo cnke e/; mi yC/krk tLr ekB; k i ek.kkr vkg- rj Xypkst] i kVh @QM I lyheM/] vkgjkpk i zdkj] ekl kgkj o vMh ; k vkgjkrhy ?kVdkp; k ckrhr fo"ksk Qjd vk<Gyk ul Y; kusdk; LDosvj I kFKd Bjy ukgh-

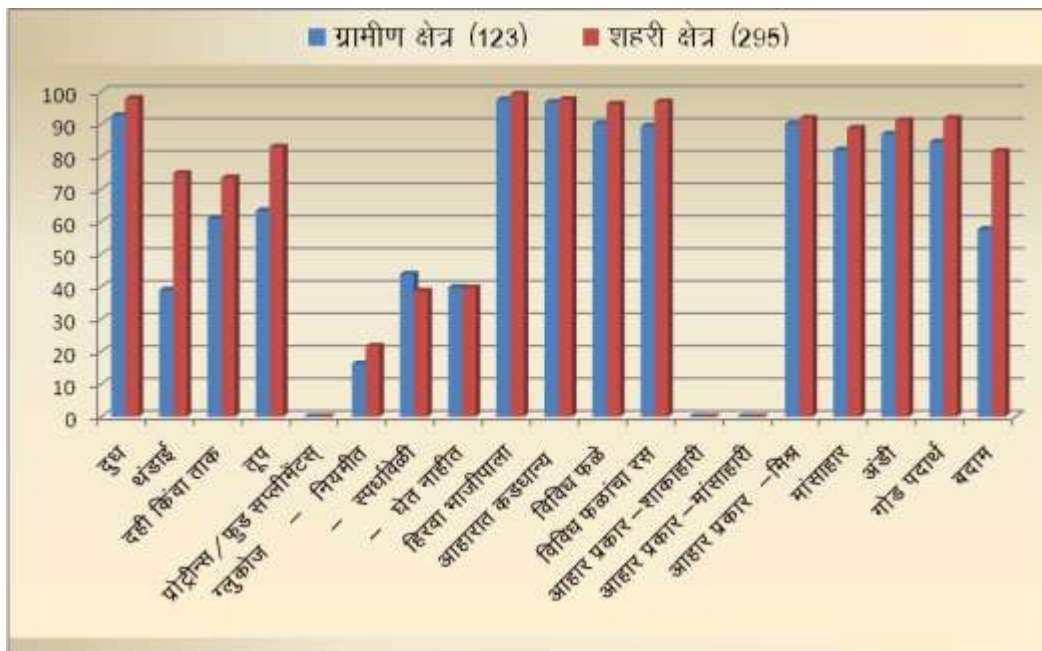
xteh.k o 'kgjh {ks=krhy dqrhfxjkauk i klr gskkkj; k vkgjkrhy ?kVdkp ngyukRed I kf[; dh; fo'ysk.k n'kfo.kkj I kj.kh

Ø	dqrhfxjka; k vkgjkrhy I aakhr ?kVd	xteh.k {ks=krhy dqrhfxjka 1/23½		'kgjh {ks=krhy dqrhfxjka 2/95½		Lok/hurk Elk-k	ueuk dk; LDosvj	iklr dk; LDosvj	I kFKd vkg@ukgh
		gk	VDdkjh	gk	VDdkjh				
1	vkgjkpk dqrh dskY; koj i kko	118	95-93	289	97-97	1	3-841	1-398	ukgh
2	feGr vl ysk vkgj ; k; vkg;dk; ?	80	65-04	243	82-37	1	3-841	14-849	vkg
3	vkgjkr exh"ku feGr vkg;dk; ?	102	82-92	275	93-22	1	3-841	10-397	vkg
4	vkgjkr exh"ku vko"; d vkg;dk; ?	122	99-19	293	99-32	1	3-841	-022	ukgh

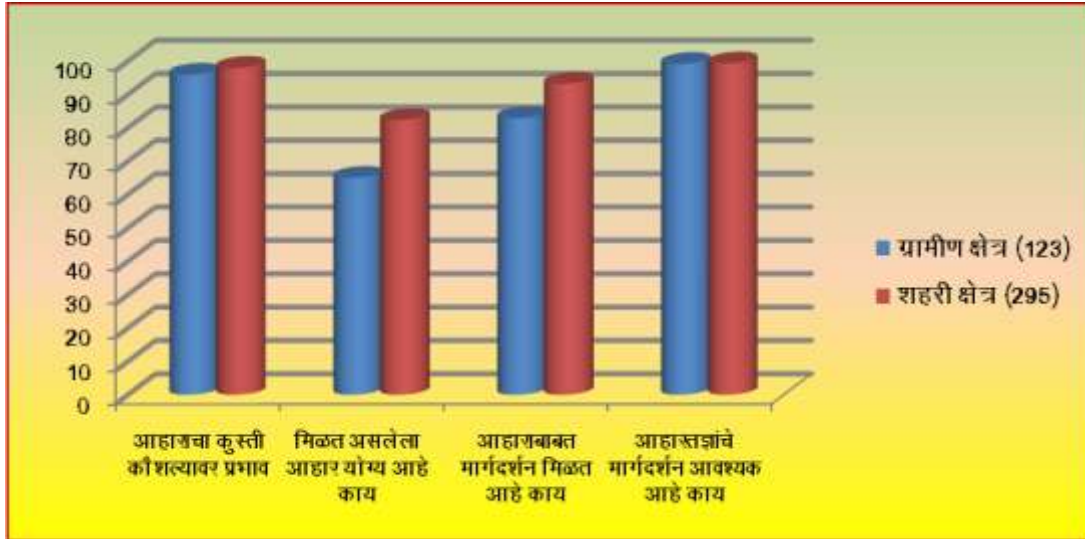
dqrhfxjka; k vkgjkrhy I aakhr ?kVd dqrh; k vkgjk'kh I aakhr ?kVd 4 I kFKd Bjysys ?kVd 02 I kFKd ul yys?kVd 02 ?kVdkp; k I kFKdrpsi ek.k 50-00%

mijkDr I kf[; dh; fo"ysk.k o dk; LDosvj pkp.khrw vl sfun"kukl ; rsdh "kgjh o xteh.k dqrhfxjka; k ers vkgjkpk dqrh dskY; koj i kko kMks o vkgjkr kps exh"ku vko"; d vkg; ek= feGr vl ysk vkgj o vkgj I aakhr exh"ku; k ckrhy xteh.k dqrhfxjkauk "kgjh dqrhfxjka {kk deh i ek.kkr vkgj o vkgjkpk exh"ku feGr vkg

xteh.k o 'kgjh {ks=krhy dqrhfxjkauk i klr gskkkj; k vkgjkrhy ?kVdkp mi yC/krk n'kfo.kkj vkys[k



xteh.k o 'kgjh {ks=krhy dqrhfxjka; k vkgjk' kh l ca'khr ?kVdkph mi yC/krk n' kfo.kkj vkys[k



fu"d"kl

ikr ekgrh o l kfi; dh; fo"ysk.kk o: u Li'V gkrs dh xteh.k {ks=krhy dqrhfxjka {kk "kgjh dqrhfxjka vkgjkrhy ?kVd 53-33% tkLr rj vkgjk'kh l ca'khr ?kVd Eg.ktsvkgkj o ekxh"ku 50-00% tkLr ikr gkr vkgs ; k iek.kkuq kj egkj'Vkrhy xteh.k dqrhfxjka "kgjh dqrhfxjka {kk vkgkj deh feGr vl kok gh i fjdYi uk fLodkj. ; kr ; s vkgs

egkj'Vkrhy dqrhfxjka l dl vkgjkph mi yC/krk o fo"ksk vkgjkpsekxh"ku vl .ksvR; ko"; d vkgs

l nHkZxrk l phi

ejkBh

- 1-cki V] Jh-t- 1/1943 1/2 "kjh f"kd- 1/1-1 o 2 1/2 epb%duk/d i fcyf"ka gkAl -
- 2-pnab[kh] jk-] vkf.k prj] t- 1/2015 1/2 egkj'Vkrhy xteh.k o "kgjh {ks=krhy dqrhfxjka; k vkgjk' kh l ca'khr ?kVd Eg.ktsvkgkj o ekxh"ku 50-00% tkLr ikr gkr vkgs ; k iek.kkuq kj egkj'Vkrhy xteh.k dqrhfxjka "kgjh dqrhfxjka {kk vkgkj deh feGr vl kok gh i fjdYi uk fLodkj. ; kr ; s vkgs
- 3-i.k.M; y- 1/1982 1/2 Hkkjrh; [ksykdh ehkd k- 1/1-134 1/2 ub/fnYYkh %es/ki ksyVu cpl dEi uh-
- 4-i okj t- 1/1 a knd 1/2 2007 1/2 jkt 'khZ "kkgw Lekjd xFk- 1/1-213 rs 216]631 rs 641 1/2 dkYgki j % egkj'V^a bfrgk l i zskuh
- 5-Lkq b'kh] d-xks Hkkjrh; eYyfo | k mn; vkf.k fodkl - 1/1-25 rs 27 1/2 i qk% egkj'V^a jkT; dqrhfxj i f'kn-
- 6-l q b'kh d-xks 1/1984 1/2 jkt 'khZ "kkgw jkt o ek.kl - 1/1-580 rs 594 1/2 i qk% BkdG i zsk"ku-

baxth

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