## Multilingual Biannual

## Social Sciences Peer Reviewed Journal

## VIDIYA SAGAR PATRIKA



# निनिमिभा मगठाठ थॅड्रूवा त్स 2023 

मिंती धघणप्टे fिन्ने मटर:



## Multilingual Biannual

## Social Sciences Peer Reviewed Journal

## Vidiya Sagar Patrika

 हैॅटिभा मगठाठ थॅड्रिवभॅษ मृथा्टर<br>उा. मेरटीय मेंवा

స్టర 2023

E-ISSN : 2583-746X (Online)
ISBN : 978-93-52050-22-2 (Print)

यूरग्म:
यघகीवेम घिতिত
मंती उपणाप्टे हिटेव मटत :
भैउदांस टििमटीचिछ्टिट भाएढ नैमल मर्टिमत्र

मंथगर ऊंघठ: 01887-292286
पी-भेल editorinchief@sovs.in
हैघममट्टिट: www.sovs.in
छेटा ठगिड

Published \& Printed by
Unistar Books Pvt. Ltd.
301, Industrial Area, Phase-9, Sector 66-A, S.A.S. Nagar, Mohali-Chandigarh-160062 (India)
email : unistarbooks@gmail.com
website : www.unistarbooks.com
Ph. +91-172-5027427, 5027429

## Multilingual Biannual

## Social Sciences Peer Reviewed Journal

# दिँटिभा मगताठ थॅडूर VIDIYA SAGAR PATRIKA <br> స్టర भீव 2023 <br> भुॅॅ मंधा्टव उт. मँतटीय भंगा 



मंती छघ्वग्पे दिद्देव मटत :
भैउटांम टिमटीचिछिट भा़ नम़ल मगट्टिमत्त मू भर्रचथ्रठ मगणिप, थंत्षएप्व

## मवप्ठॅड टा बला हैठीटेपष्ट टनॅमट (गति.)

## मंटेत्र


















थे. (उग.) भैम.थी. मिंख्य छपठग्टे भैठेन्तिव टठॅमटी


## 

## मंथातरी

 पाठभिव निंडत चर्वथन भायटे मम़बउ


















 वठ ठहें टिमॅॅ्े मघणथिउ वठ मवे। टिमे भाग ठात्ल में माने मगिज्जेठी हिसहातां भडे


> उт. मॅగटीय भैंगा
> ひैढैमत भ⿸厂 भु氏ी
> मंती छघ्वगम्टे दिद्देर मरत :
> भैंइदांम टिमटीचिछिट भाएढ नैम्नल माटिमत्त

## मठ्यूमउ

## इт．भैम．थी．मिभ्य उप्रवप्टे <br> 

| मलग्वर्ठ घ̀ठउ | मंひग्टरी भंडल |
| :---: | :---: |
| उT．उग्त घगग्ट्र <br>  मउگ्रॅउ टा कला चैठीटेप्रल टठॅमट（ठनि．） माप्वरा दाप्टीम छंमूत，घ्वाप्व ढठीस ज़ुती．भाढ गैलघ माटिमऩ，ढठीटळंट | उा．निठटीय भेंगा <br>  मंही छघणापे दिद्देर मरत：फेउदांम टिमटीचिछ्ठिट भाढ़ मेम्सल नाटिमिमत，मी फरंटचुत माविष， थंत्ञाप |
| थटस नूी मृग्तीउ थाउठ मूंभटी मर्गणरन्ठ भडे यूपात， थंतम्त बला थ्रीम़， ปंडीवाइ | उT．नभीव्याल बँठ मैप्र सूंहैमव $n$ ऊे भृथी，थंत्ताप्दी दिकान， <br>  <br>  |
| उ＇．नेंग मिंय छंमलव， टेत्र उगाउ ज़्तीटनममटी，थंनाष्व | उ．गानेम्न म्नठभा <br>  <br>  भिंभुउमन，थंत्राष। |
| इT．घलूर्ठ fिैu मेंमटी माग्उवर्ण <br>  | उт．मగभीउ ॠँठ <br> भैमैमिपेट यूंढैमत भूधी，そॅलीटीवल मर्टिम दिबागा घवेली रम्लूत，घवेली，ज़．यी． |
| उा．मठघसींटर fिैय यूँढैमे $भ$ 今े डीत <br>  | उग．भीठ＇बसी मटत्र मउटिर प्ं．हैमव <br>  मैबटव－ 46 ，चैडीवाइ |
| उT．लौधि़िट नँगल <br>  नलेपठ | उा．थुस्यस त्वाहिएत <br>  <br>  <br>  |
| म्बीभडी रहतँउ ॠँठ <br>  ठही टिलली | उ＇．सारेट्ट बूभाठ <br>  मवबगी भfिटरग वा्टन，uटिमाल्या |
| उा．नमयलल ॠँट खंगा <br>  <br>  <br>  | उт．भिग्ड़ंते मृभा <br>  गिममणल यूट्रेन ज़हीटर्टनिटी मभवगिल निभिलळ，निभागठ यूट्टेप्र |

# VIDIYA SAGAR PATRIKA Multilingual Biannual Social Sciences Peer Reviewed Journal 

June 2023, Vol.V Issue I, E-ISSN 2583-746X
 స్ַठ 2023 ISBN-978-93-52050-22-2

भग्गठ मभीधिभा Чैठल

| उ'. यूउल्लीم fिंय यूस्घंपत भहे हिंनतिभानित दिकागा यूप्घपरी भ.ढमव, थंताप्षी ज़ुठीदठमिटी, थटिभाका, थंताप्व। | उ'. मुत्र'उा मृना उापिवैबटत, उयत विगैपिसीटेमूत मिमाप्टिटी ठीलैषेडी, वठराल, वविभाव्ट। |
| :---: | :---: |
| उT. भविड्रुने म्नगमा मंगीउ दिकागा, <br>  <br>  |  <br>  <br>  <br>  |
| उा. नमघ्टीठ वँठ <br> 氏िथमीयल, गाठर्मडि वाल्लत् थटिभा्ला। | उ'. छिना नठमा मप्वरा इரटिवेरटट, <br>  |
| उग. गग्नेम्न म्रठभ <br>  <br>  | उా. मूर्वाप रेगली <br> मभान्त दिविभभाठ दिव'गा <br>  |
| उ'. थ्रम्सथस हाठम्टिट कलिड रागम्टिट fिमिला ज़्हरीदगमिटी रमेमेमदठ रठाठ, टउरुगा, दिगग। | ये. महत्तीउ पागीदल्ल <br>  भाढ फैन्तेवेमत, उत्रुली, हिगाल, थंताप। |
| उा. तीलभ उग्रटद्टान <br>  भेम.मी.ठी. मवरागी रा्युत, हुपिभाल्ट। |  <br>  मवरग्ठी वाल्यत, đَथइ। |
|  <br>  मी फरंटच्र्व मर्गिघ, थंताप्व। | उ'. भमनदती बुभाठ <br>  तึसे |
| उग. नाराटेद ब्रभ'ठ <br>  यटिभाल्क।। |  <br>  घटेली रा्लत, घठेली, ज़..थी। |
| उ. £िघद्ही उग्न घथृ <br> นू.ढैमव, <br> चिभाल्ल fिंu टिद्रतिंा वर्लुत, टिकी | उ'. गाठ्यूीउ چैठ <br>  नी फहंटचुण मागिष, थंत्षाप। |
| उT. थठभत्नीउ मिंय <br>  थी.नी.नी.मी., मैरटठ -11 चंछीवाइु। |  |

## उडवग

| ถ๐． | ऐेधव | घ゙त ひॅडठ | บ์ก |
| :---: | :---: | :---: | :---: |
| 1. | उ＇．मेंटीय भैंगा |  | 1 |
| 2. | उ＇．मुधर्टिटत मिय |  | 5 |
| 3. | उस्तिटठ ${ }^{\text {®ें }}$ | गुणु ठठर टेट ती हा वठभ मियांड | 13 |
| 4. | उ＇．टेर्टिटत मै．ढी |  | 20 |
| 5. | गग्तहीय मिंひ मिॅप्ञ | भीइीभा हिछ गम्मीभागउ यह्वाट्टां टी थेम़रागी | 28 |
| 6. | ठिम्ना टेही |  | 34 |
| 7. | Harleen Kaur | A Biographical Study of Cosmopolitan views of Guru Angad Dev；His Journey to Sikhism and Contribution to the Religion | 41 |
| 8. | Dr．Yadwinder Jit Singh Bhatia | Eternal Travels of Guru Teg Bahadur | 48 |
| 9. | Harbhajan Singh Sapra | Sri Guru Granth Sahib Ji | 60 |
| 10. | Dr．Rashmi Chaturvedi | Culture of Punjab | 72 |
| 11. | Dr．Jagdev Kumar | Impact of Hindustani Classical String Instrumental Music \｛HCSIM\}on Six Rasa's | 77 |
| 12. | Amisha Saxena <br> Prof．Manmeet Kaur | Governance For Atmanirbhar Bharat | 86 |
| 13. | Harpreet Singh | Role of Navy and Coast Guard in the Indian Maritime Security | 95 |
| 14. | Manjeet Dhariwal | Special Need Children：Legal Rights | 103 |
| 15. | Adv．Manpreet Kaur | Legal Aid For Women | 109 |
| 16. | Dr．Dilraj Kaur | Lack of Formal Education ：A Cause To Spread HIV／AIDS Among Women | 117 |
| 17. | डॉ．दीपशिखा | सार्थक जीवन जीने की कला है योग | 126 |
| 18. | प्रो० मनमीत कौर <br> प्रो० वंदना शमा | लोकतंत्र，निर्वाचन प्रणाली एवं मतदान व्यवहार | 132 |

#  

उా. मृठटीय मेंगा<br>ฟूंढैमठ भडे भुधी,  मू भर्欠सथु मगडिप

## भคNण













 ॅॅधी।




































 भாट्टी भपुठ गुठपाव्टी स्भभाठ वॅधी। गुण्र ठातर ऐेद ती मभवल्ली बगाडी भागठा सीभां वप्टी








 सिद्धा मर्टी नै। गुठपान्टी हा घछत है:

ठारव काप्टि कगाडि टिमउन्वा
ट्विया टिभाथै ट्रता। ${ }^{5}$



$$
\begin{aligned}
& \text { ठत्रव मछे ठण घित्र विभा टिरा विभा उठा। }{ }^{7}
\end{aligned}
$$






> रट्टिभा वथाग मैउंध్ टेगे तरेढि तीभ व गटी उ याइे யड़ ठ पे पंत्र मु भाट्टम ठगतर तँ गालि छल्ले याटि। ${ }^{8}$








रएटिभा भगत्रु भंटवे wत्र
गठि रा डिम्न भठि ठाधी तैंड भयाग। ${ }^{10}$







भयते ठावुठ री Јहि चेठी
















 मुठगटिमाण गِचे गठ।

उठाउ उेठै भरि बाद्टे
एठि मेगठि रीठठि वाग्टसे ${ }^{13}$








## गट्ट्ले भडे टिॅटीमां

1. थंताप्वी ट्रीभीभा, इठाडी भंब, थंठा 12-13
2. उт. छिटैठात मिंथ, ड्र्ञमी टगम्र भीभांमा, थंठा 259-60

3. इठाडी टा टिरग्म, थंता 472
4. भासि गूस, थंठा 75
5. छिगी, थंठा 1245
6. छुगी, थंटा 467
7. छुगी, थंटा 471

8. भासि गूप, थंटा 1255
9. छुगी, थंटा 1038
10. छुगी, थंटा 1197
11. छिगी, थंटा 467


#  

उ'. मुर्षहिंटठ मिय<br>मगटिव शूँढैमठ,<br> 

## भभ్తउ










 लिभा विभ्भा मुॅॅपिभाग्रभव थैंउइ जै। टिम उठुं ठांठ थॅधी मषिडीभां टिचं ही मॅच टी यहाट


















 भपिभाउनम जाउगन्हां 3. मंथवराटि टिमेन्ने। ${ }^{4}$








 travelled much with the single purpose; namely to thrill the earth from pole to pole with















 चै।
"In the trackless world of that time, the old Father of his people travelled on foot, singing the hymns of Naam, and gathering every trace of love. The Afghan and the Biloch, the Turk and the Tartar, the Sufi and the Brahaman, the white and the Dark races mingled in his great heart." ${ }^{9}$ भाप्रतिव भवर्तभिबडा रे टिम
 टठडिभा विभा 'Old Father of his people' हा दिमेम्नट मिवढ मरिबर्ठ तां यूसीमा से








 sacred and the profane, the religious and the secular, the spiritual and the temporal. The rigidity of each realm breaks, it becomes decentered and the limits are transcended. However, the direction of the trend is from religious to secular, from the metaphysical



































 भडे भुमल















 गठ।

















 ठ



 चै।























 लिभा विभा मी। टिमे గ్ర बाप्टी गुठराम ती रे ‘घधमु टव’ विण चै। काप्टी भही मिथ्य ती हाल्ती


 सगवाभा। ${ }^{18}$
 सैंग्र यूथ्य गटिभा। भाज लिधटे गठ वि In his liesure hours he retired to the jungles for meditation and tradition says that in one of these dovotional excurssions he was taken in a vision to the Divine Presence and there received his mission to preach to the world


















 convey them his view point. Instead of thrusting his view truth on anyone, he would listen to them and also share with them the revelation he had had ${ }^{21}$






 लपी भायटी माग्वर्ठ उचता Prasar Prasana टिँछ रीउा चै।
 दपेठे छिच्चु ताथटा चै।







 मिगत्तट कपी जउतमील गठ।

## गट्ट्ले भडे टिॅटीभां

 1070
 1332
 6
 2005, यंठा 6

5. Madanjit Kaur and Piar Singh (Ed.), Guru Nanak's Life and Thought, GNDU, Amritsar, 2001, P. 11

(B) मू गुण ठठर सिता घितै वठठै ढिठ घण हेमु॥ थंटा 41
(भ) पठम प्रंपठ गटि टिठा घित्जै रठ पठ मान्ठी ॥ थंठा 33

7. Prof. Puran Singh, The Book of the Ten Masters, Punjabi University, Patiala, 2000, P. 6

9. Prof. Puran Singh, Opp. Citt. P. 18
10. Muthumohan, Essential Postulates of Sikhism, Pbi. Uni. Patiala, 2003, P. 127
 192


 -का्टी गुण्ट्म यहिइी, दाग 1
(भ) कटी विलाति तबाउ टिचि चरि दठति भामूभ छुथाप्टे।
समि ठगि मिंतिभा्मीभा नैगी प्रानठ थंस छताप्टे।
संगाभ भडे मठेदइे सठो चितापष हागि रठग्टे।
घूग्मटि घण थठरणि वठि मग्मड्रि हेस थुठगटि लइग्टे।
पटि रठमत घण हैठि वठि ठालि हडीमि यार्थंइ गलाप्टे।

टिरमि डे घण चुरि रठि गुथि बूत्रियि யटे टिभाप्टे।
वहित्तिठि भंटठि कठभि क्रकाप्टे॥9॥


 Clash of Civilizations and the Remaking of the World Order' (1996), टिछ टिॅड
 रा्ठट मॅठिभान्बा्वर भडे पर्वभिव यहालां Јटटनीभां।



मत्छी मिढठि मत्राण रथइा याट्टिभा॥
मध भُifñ ठ
गुठभडी धापा ठति डिति मुध्र याटिभा॥


17. घाप्वे वँ हिटामी भाप्टी।

घाम्वै मुठउ यूटेमै का्टी॥



उप्र प्प्पे सित हिटामी भाप्टी।
कजे छिटाम वर्ण मुणउ ठा लाप्टी।
 थंठा 13
18. Sarjit Singh Bal (Ed), Guru Nanak: In the Eyes of Non-Sikhs, Punjabi University, Patiala, 1995, P. 167
 citt., यंठा 167
20. J.S. Neki (Ed.), Guru Granth Sahib and Its Context, Bhai Vir Singh Sahitya Sadan, New Delhi, 2007, P. 279

## गाण्र ठाठव ऐेट ती टा वठभ मियांड उर्तिंटठ लँठ

धँक्ञग्री, पठभ भयिभैठ दिकाठा, थंत्ताप्वी ज़्रीटनमिटी, यटिभाप्ता

## भभ=ण











 भापरणिड वठभ, ज़ गुट्टी वठभ।





 भฮॅउडा सिडी चै।


 तीटां स्भाग रीडे गाटे, टित वठभ छिमसी विठिभा के टिम ऊं मुधभ यूळाही मंमराठ घट्टे गत।








































 गे घाग्गी भइंघनां हा दिनेप रीउा।




 गी च मरसी चै:







オंतिभा



ते मै रीभा में मै याष्टिभा そेमु ठ टीतै भटर तरा। $12911^{5}$

नैमा वठे मु डैमा याट्दै।।
भाथि घीति भाथे गी धाद्टै। ${ }^{6}$








सेठे रठभ वभाष्टि डेग Јँटिमी।। ${ }^{8}$













```
थंच उड्र मींतण थठगाग्मा।
```





 घीत्त घीतरा नै भडे छुत्रां टा ढल छठाटा है।





## विठड वगभ:


 ठाठर रेद नी भठुमान:

वरीि fिलै मे यम्टीभै विठड्र यट्टिभा मिठि さेग।।३।। ${ }^{12}$



## यठभాउभा वठभ:



 गणिउ न नांटे गठ। सथ् ती घाट्टी भठ्रमाठ:

ग्र人fि ठत्ताप्टी उलट्र ठातर लिधिभा ठाति।।9।। ${ }^{13}$

 वठरा डै-

रठि रठि वठट्ट हिदि के सा
भाये पीत्ति भाये गी षण्गे। ${ }^{14}$
भंटा हैंा भायटा भापे गी रीउा याद्ट।। ${ }^{15}$

भपिभम्डたिव वठभ:


 गाण् ठारव रेद ती के भठ्रमान:

भयिभाज्रस वठन वठे टित्र गन्डी। ${ }^{17}$






## भाइघठ भा्पर्गठ वठभ:




 गेपे विण चै:

भांि मैलै मुछा विछि गेटि।।माषि fिले याद्टै यडि मैषि।। ${ }^{18}$







 टितुं यार्धंइी वठभां टी तिषेपी वठठ लप्टी .ढठभएछींटे गठ:



भड्र किटै दे भड्र किटै।। टिव भio भमाइ दिटै।।
उति ढिटै ढेइ वठेति।।मति స్టठे छुकी कठेति।।


## उठ्ठिभै टम रीडे वठम :














## 亏ै गुटी वठभ:




 टिध वरिटे गर:

ड्रिघिय वठस समा्टीभfo भान भंटेमा चंटि।।









छछिठग्मीय तठव माबड़ छठाम्टीभै॥
जैमा रीचै ऊैम याप्टीभ ॥ ${ }^{24}$

















## गह्ले भडे टिथटटीमां


2. छिगी, थेठा 156
3. छिगी, थंटा 124
4. छिगी, थेठा 8
5. छिगी, थंठा 432
6. छिगी, थंठा 622
7. छिगी, थेठा 472
8. छिगी, थंटा 730
9. छिगी, थंता 2
10. छुगी, थंटा 1037


13. छिगी, थंठा 1
14. छिगी, थंठा 4
15. छिगी, यंठा 470
16. गुठर्मड भयिभाउस वठस ढिल्गण्मढी, (का्टी ठट्यीठ मिंथ) थंरा 417

18. छिगी, यंटा 686
19. छिगी, थेठा 471
20. छुगी, थंटा 63
21. छिगी, थंठा 222
22. ग्रुणनि भपिभाउस वठन ढिल्गम्मढी, (काप्टी ठट्पीठ मिध्य) यंठा 228
23. मघ्वटग्व मू गुण्र गूंघ मगिप्व ती, थंठा 18
24. छिगी, थंठा 1028

#  

उा. टेटिंटत मै.ढ़<br>रिंइ डे इसधारा: भुठांटाल्टी, ढठीटरेट

## भम्=








 इॅल्लट्र थैंटा चै।




 ฮॅधटी बै।


























 दिवठग्ल गुर मी।




































उहि भाए प्रा्ट रण्डे तणी भाष्टिभा। ${ }^{8}$
 भाधट्व:

ट्यं डे विभाग्री निभाट्ट।। ${ }^{9}$
 टेट्ट:

भंपी ठज्जडि विभाग दिग्ठटी काणि कठे भुठराण्त। ${ }^{10}$
 टिव भाधला:

प्खूस्टुभा पठभमाल पइहाप्टी गणिसे
ठ'ब्ठ स्भभाठे ठॅठ।
हैँ भमीउां ठठिट ब्रूॅठीपे





ठटारभ कि पीं भठर-पे-थैभां किरत।
वि त̃लु यूमउमउ-छ-सीयां दिठार।

मागिष म्रठग्मी ठ भुठृभस जरीं। ${ }^{12}$







भणितिम लेषा प्रूग्न भगारिवा कार्दृ
गठ ठ वठिप्वा यइजा ठ ठठिपा
ज़्र घंत्रिभा गोठ甘 ऐर्ह ${ }^{13}$
गाठार मंइल भै हैंया क्＝प्वा
उगं भुभिज्ड रा प्राम्मा
मगुण गृि मु बठ कठ थीदै
तिगाठ साप्टे रिभाम्म ${ }^{14}$
प्वप्वा ढठीस से म्नघ्वतां टिच ：





वप्पीठ मगणिप से मघवसां हैँ ：
टिल भवि धुति चिले चित्कि
甘ँतण टेगी ठछ्ठिठ भुरण्भा। ${ }^{17}$

ठीठे लटित वठि गउछि
ले मात्तर யट भागि। ${ }^{18}$
गुण्ठ ठगर टे मृषटां टॅँ ：

गिगटै मच्च हेठ वगट्टी माण，

मचु मठठा Јटि राण्
यひ वहै पेटि। ${ }^{21}$


मूलुण पाग्ट से म्रघ्वतां टिँ :



भாटे भाय గॅं मभए यठिले
री हमउ चै डेँइा त्रथ यिभागे।
.............

प्रूलु मुग्ग थ्वर्ठटा हेश छा्ठे ${ }^{24}$






 दिद्नठत सेपे:

$$
\begin{aligned}
& \text { भाष्टिभा वाप्टी उप्व नटत्र लठाड़ चै। }{ }^{25}
\end{aligned}
$$

> भा्टी ऊँइा भा्टी नेइा, भाट्टी सा भमहाठ।
> भा्टी भा्टी గ్ర तँइग्टे, भा्टी हा धइबण्ठ। ${ }^{30}$






ढठीटा घर्णि यठम्टिभे घैमट्ट मांट्टी भुझै ठ टेवि।।
ते ड़ टेदै उधमी तीछि मठीठण केगि। ${ }^{32}$

ते तीदै यठि लघी ताप्टि।





















कै वण्ٍ वछि टेउ तठि रठि कै भातउ भाठ।।
वण ठांतर मुति ठे भठा विभांती उावि घधाति।। ${ }^{34}$














मष्च चुण्टा Јैहै ठाणी मीउा रसे त याट्ट ${ }^{35}$






 Јठां टे टिठ म्नघट घेगॅस हुवदें ताथ गठे गठ:

वग वघ्वीठ तर बपे घाल्कमे


## गट्टल्ले भडे टिपटीभां

1. प्रभा खेतान, सार्त्र: शब्दों का मसीहा, सरस्वती विहार, दिल्ली, पृष्ठ 61
2. भारि ठूष甘, थंठा 360
3. The Philosophy Of Nietzsche, Modern Library, New York, Page 8
 चंठीवाइु, पீरे 329-331

4. Will Durant, The Story of Philosophy, Simon \& Schuster, New York, Page 343-346


5. भासि नूंघ, यंठा 324
6. छुगी, यंटा 875
7. छुगी, थंटा 469
 टॅली, थंठा 209

 यटिभात्गा, ひंठा 192
8. छिडी, थंठा 192
 103
16．छुगी，थंटा 77
17．भासि ठूरू，थंठा 1349

19．भानि गूर्प，यंठा 354
20．छुगी，थंटा 1343
21．छिगी，थंटा 468
22．छिगी，थंरा 646

 टिली，यंठा 2
25．भासि गूष，थंठा 487
26．छिगी，थंता 1191
27．छुगी，थंटा 1169
28．छुगी，थंटा 419
29．छुगी，थंठा 16
 थंठा 109
 98
32．भानि गूंघ，थंठा 1378
33．छिगी，थंठा 142
34．छुगी，थंटा 1426
35．छिगी，थंठा 955
36．The Philosophy Of Nietzsche，Modern Library，New York，Page 6
37．भानि गूँघ，थंता 654

# भीठीभा दिछ ग्मीभागत थढाटां टी थेम्नवग्ठी 

उग्तटीय मिंख मिपूप्य<br>धँत्कागपी, थंज्ताप्वी दिठाठा, टिली ज़ुठीटठमिटी, टिल्खी

## भम్లउ








 मभइट '亏े भाग्नटिउ चगेठा।
 दिम्नहीवठर, मुछठा-व्रांडी, रह-घमठीहाप।











































 हिछ भायहा तां उां रठत्त वठहा लिभा यठ काठउ से यठतीही भीइीभा रे विमातां टीभां

















 ता्डीभां से भाथटे लवां सा भीइीभा से षेउत दिच ता चटा ही चै। भावमढैभ टिंडीभा भडे


























































 भंचल









 भाट्टेठा।
































 निछिट लपी मक्ष䏡ठ नै।" ${ }^{9}$








गट्ग्ले भडे टियटीमभं
 2022), थंटा 119
2. छिगी, रंता 121
3. छिपரिउ, थी. मम्टीठम्प, तर भीठीभा भंर 65 (.ढगटटी 2018) थंता 9
4. https://www.newsplatform.in/big-news/participation-of-dalit-backward-and-tribals-in-indian-media/




 वगद्न-म्न्म्नउठ भiव-11, थंठा- 92
 मठिभान्ता दिविभ्रा टिम्नेग्र भiव, भiव-14, थंठा- 106
 10 (त्रल्टी-टमंपठ, 2019) थंत्ताप्वी धँत्त गमग्ला, यंठा-102

#  

ठिम्न टेदी<br> 

## भभ్తउ











 टिस यूभटिक यस भंठे सांटे गत।


## महै-चलट लटी सगुठी भग्दम्नवउग्टां:-














 थुठी उठुं यक्कटां ऊठीं रीडी ता ठगी।
 भाट्टठडी धग्ठे लप्टी गुसी चै।




 भाट्टठठी गांट टी फँइ गेटेगी।


 हप गाट्टी चै।



 दिछ गेठ किसे छिथर्षंय गेटे चण्गीटे गत:

1. भैयलीवेम्नत मा्ठटहेभित
2. उाटा मंचान मा्ढटहेभठ

3. हाप्य मिमटान मा्ठटहेभिठ
4. ज़टीकीटीत्र





 प्रहण्ठिट लटी मिधलाप्टी से गुठ हठठे।













 भठुमण चैँठठिभा सांटा डै।

 यूलेखां मुठउ हिछ गी तणीं मठों वग्ढी मग्ठी भाडउत हिछ मुछता घितां छथे यूलेखां भडे हैटहवरां उग्गीं डिभाठ रीडी ता वटी चै।


 टीभां ऊँइां ट्यीभां भुजे हंत-मुईंतीभां दी Јैसीभां गठ।


 गढउान ठाल्ट यूलेषा टीभां वीभउां हपीभां गत।



 गठी चै। मदे-चलट से काত:



 नाट्देगी।




 ता मवसे गठ।











 वठता दी हपठे मुध्रा चै।






 तिभाটिट्टी।
( मुपठीभां गट्टीभां मेटाहां टी विट्डी हिछ हापा वठठा।






 रग्तन चै। विमे भॅस रू तागी वठत लटी मैंघठ टी यहाट मिधिभा भडे यूलेष यहाट




 थ्रमउवरं छिपाठ लै विग चै।


 टिजउ भिनी सा भरुभात लवा होटा छग्गीटा चै।


 रठसे मभें छिमे उतुं थुमउरां टाथमी मभे ही थी.भाप्टी.भौत. भडे छी.भाप्टी.भैठ. टी
 टी द्थमी मभवॅघा गुंटी है।



 रीठी ता मरसी चै।




 గ్ मुछठा केत रेटी छग्गीटी चै।



 तिल्टप्वंटी कटी केत्टी गैदे।




 टी विमभ मैंघठ टी मेटी भाषि पिभात टिँच चॅषटा छग्डीटा चै।





## 

1. भागइठ केत्त
2. પ્मउवां यूआ्यउ वठठीभां

3. ढंड रा लेधा तँधा उपटा
4. भागउत घाग्ठे খैद-विॉन वठठी
5. भागइठां घा्ठे यूढग्नेे भडे भiवइे डिभाठ वठते

## मुछीवठट

1. उाटा टतत्त रठरा
2. भपिष्ड्ड ठिर्जड्यट वठठा

3. मुणी टीभां ह्डतीभां विमभां
4. टिंटवर्कैट 亏ं थण्रुष

※ेट टेट
 वठते
5. च्मुउरां ता्ठी वठठीभां
6. थुमउवां टायिम लैटीभां
7. थुमउवां ड़प्वा्ठ ताग्ठी रठठीभां
8. स्षठभा्ठे
9. चुमउवां गाधदीभां रठठीभभां
10. ऊॅट मभें लप्टी थ्रमउवां छिपाठ टेटीभां

11. ऊँटिम ताग्री वठरे
12. थूँढा्ठमे भडे भरवइे उिभाग वठरे

## लइीट्ग थूरम्मठग्दां टा टिज्जड्रट

 भागइत केत्तटा
2. भागउठ रीडे ठापे भंवां గ़ं यूआ्यु वठरा

4. ढंइ टा लेषा तौधा चॅ४ट्र
5. तदें उमालिभां दी मुछीवगट रठरी



## यूष्षप घग्ने म्=ुठा

1. Еॅध-दॅध निथैठटां भडे भंवइिभां टी गिभाग्री
2. मांधिभरी ताहवा्ठी से मीस भडे हिम्मलेम्नट

## भंडठ लासिघ्यूटी छिपग्ठ



1. रतत वठठा
2. सा्ठी वठता
3. टाथिम लेट्र
4. तुठभा्ते
5. छिपान केट टालिभां टी ढाप्टील मिउग्लटी
6. ЙॅЕ-वॉॅन
7. निथैठटां भडे भंबडे डिभान रठते


 या विण गै।

## गह्ग्ले भडे टियटीभां :

1 Dowlin, Kenneth E. (1484) The Electronic Library the Promoise and the Process New York: Neal Schuman.
2 Haravu, L.J. (2004) Library Automation: New Delhi.
3 Kumar, PSG (1487) Computerization of Indian Libraries Delhi: BR Publishing Corporation.
4 Prasher, R.G. Editor (2003) Indian Libraries in IT Environment Ludhiana: Medallion Press.
5 Ravichnadra Rao. I.K. (1442) Library Automation 2nd Edition, New Delhi: Wiley Eastern.
6 Rowley Jennifer (1448) The Electronic Library London: Library Association This is the Fourth Edition of the Book which appeared under the title "Computers for Libraries" in first three editions in 1480, 1485 and 1443 Saryanrayana. NR (2003) A Manual of Library Automation and Networking 2nd Edition Lucknow: New Royal Book Co.

# A BIOGRAPHICAL STUDY OF COSMOPOLITAN VIEWS OF GURU ANGAD DEV; HIS JOURNEY TO SIKHISM AND CONTRIBUTION TO THE RELIGION 

Harleen Kaur<br>Assistant Professor, Department of English, Amar Shaheed Baba Ajit Singh Jujhar Singh Memorial College, Bela, Rupnagar


#### Abstract

Guru Angad Dev, who was known as Lehna before he met Guru Nanak was the second Sikh Guru and the successor of Guru Nanak. He was born in the year 1504 at Harike, Amritsar, Punjab. He was the son of a trader. He was a Hindu and an ardent devotee of Goddess Durga. He used to take the people of his village to Jawalamukhi Temple, in lower Himalayas every year. At the age of 27, his life took a drastic turn when he heard Mool Mantra from his neighbour Jodha. It touched his soul as it had an irresistible impact on him. Jodha told him that the bani (sacred hymn) is of Guru Nanak Dev who lives in Kartarpur. At that moment only, Lehna made up his mind to meet Guru Nanak. When he finally met Guru Nanak, his life changed completely. He left his faith and became a Sikh.The biographical study of Guru Angad Dev concludes that his teachings are also cures to many problems of the present times. Simple living and high thinking can make this world a better place and help in the upliftment of humanity. It can also lead to the feeling of universal brotherhood and harmony among people.


Keywords : Guru Angad Dev, Sikh Faith, Sikh Practices, Modern Context.
Guru Angad Dev, who was known as Lehna before he met Guru Nanak was the second Sikh Guru and the successor of Guru Nanak. He was born in the year 1504 at Harike, Amritsar, Punjab. He was the son of a trader. He was a Hindu and an ardent devotee of Goddess Durga. He used to take the people of his village to Jawalamukhi Temple, in lower Himalayas every year. At the age of 27, his life took a drastic turn when he heard Mool Mantra from his neighbour Jodha. It touched his soul as it had an irresistible impact on him. Jodha told him that the bani (sacred hymn) is of Guru Nanak Dev who lives in Kartarpur. At that moment only, Lehna made up his mind to meet Guru Nanak. When he finally met Guru Nanak, his life changed completely. He left his faith and became a Sikh. He served his master with his whole heart and soul. K.S Duggal in his book The Sikh Gurus; Their Lives and Teachings writes, "From the day he met Guru Nanak, Lehna served him day and night like a bond slave. When he went to the fields, Guru Nanak found Lehna working with the peasants, at mealtime, he was
found serving in the kitchen, at the time of prayers, he was among the devotees singing with complete abandon." (55)

Guru Nanak put Lehna into various tests of discipleship before bestowing the name "Angad" to him. Once Lehna came back from home after making adequate provisions for the family. He was richly dressed. Guru Nanak ordained him to carry a heavy and wet load of fodder on his head. Without questioning anything, Lehna carried the load on his head and his clothes werespoiled. For him, the words of his Guru were paramount. He was completely devoted to Guru Nanak and the words of his Guru had utmost significance in his life. When Mata Sulakni, Guru Nanak's wife saw this, she was disturbed. She protested how his clothes have been dirtied. Guru Nanak Dev remarked that it is not dirt but saffron. Thus, Lehna proved his worth every time Guru Nanak put him in these kinds of situations. Then Guru Nanak Dev, according to the author of Parchian Sewa Das said to Bhai Lehana: "O man, you have won the game, I congratulate you. He, who obeys you, shall obey me, he who serves you, serves me. You are me and I am you. He, who regards you and me as different, will stay separate from the Guru." (18) As a result of all this, Guru Nanak Dev bestowed the name "Angad" to Lehna. "Your name is Angad son, you are wholly mine and you will not be separated from my body (ang). You were born from my body." (104) In the words of Muhammad Qasim, writer of Ibratnama, "As he (Guru Angad Dev) was favoured by his (Nanak's) knowledge laden eyes, he became cognizant of spiritual truths and the foundations of the common wealth of faith." (112) There are numerous anecdotes which prove the boundless humility, total devotion and unwavering faith of Guru Angad in his Guru. Harbans Singh and Lal Mani Joshi in their book An Introduction to Indian Religions writes, "According to the Meharban Janamsakhi, "Living in the presence of the Guru, he attained peace. Thus did he reach his goal. The Guru showered his favour upon him. As Guru Baba Nanak was, even so Lehna became. As was the Guru so was the disciple." (211)

As Guru Nanak was the forerunner of Sikhism and it was very important to hand over the responsibility to the one, he could rely on completely and the one who proved his worth at every point of time. Despite his sons, Guru assigned the Guruship to Guru Angad with whom he had no blood ties. With this, Guru Nanak Dev established the tradition of determining succession based on merit and not on heredity. Ernest Trump rightly opines that "The disciples (Sikh) of Nanak would no doubt have soon dispersed and gradually disappeared as the disciples of many other Gurus before Nanak, if he had not taken care to appoint a successor before his death." (ixxxvii) In the words of Mcleod, "Before he died, Nanak chose a successor, one who was to follow him as leader and guide of Nanak-Panth." (11) Guru Nanak Dev installed Guru Angad
as his successor on 13 June, 1539. S.S Khazan Singh in his Chapter XXI "Advent of Guru Nanak and his Successors" of the book Philosophy of Sikh Religion writes, "Guru Angad, the successor of Guru Nanak, spread the faith and studiously and strictly followed on the lines laid down by Guru Nanak. (35)

Guru Angad Dev realised the importance of proper education for the children which he believed would contribute to the empowerment of the underprivileged sections of society. In the words of K.S Duggal, "He insisted that the children should be taught in their mother tongue and to the end he is said to have simplified and codified the Gurmukhi script, and popularized its use amongst his Sikhs. This is perhaps the most important contribution of Guru Angad." (61) It was not an easy task for Guru Angad but he took sole responsibility for it with full dedication. He knew Landa or Mahajani script which was difficult to decipher and there was a possibility of misreading and misinterpretation. Keeping this thing in his mind, Guru Angad Dev modified Lande's alphabet to beautiful shapes and changed its order to give it the form of Gurmukhi script which consists of 35 letters. It was very simple to learn and write for all. The literal meaning of Gurmukhi is, "from the mouth of the Guru." He wrote the hymns of Guru Nanak Dev in Gurmukhi script. According to Ganda Singh, "The Devnagri and Arabic or Persian scripts were already there, no doubt, but they did not meet the requirements of the Punjabi language in respect of its correct writing and expression." (67) Another script in which Punjabi is written is Shahmukhi script which in turn is a modified version of the Arabic script. It was introduced by the Muslim Sufi poets in the 12th century for the Punjabi language. In the words of Dorothy Field, "Guru Angad's chief contribution to the religion was the invention of a special alphabet to be used for the writing of the Guru's hymns." (16) Guru Angad Dev was the epitome of humility and did not have a bit of ego. In the words of Dr Litener: "Guru Angad, like Professor Huxley, did not consider it to be beneath his dignity to write primers for children, and accordingly wrote a number of mottos and moral maxims which accompany the letters of the alphabet."(34) According to Khushwant Singh, "Guru Angad provided the Sikhs with their own written language which was distinct from the script of the Vedas and the Quran. It provided a distinct identity to the Sikhs as a separate community from both Hindus and the Muslims." (52). In contrast to the mission taken forward by Guru Angad, it is a sad plight that "with a population of over 2.77 Crore $(2,77,43,338)$ and ranking $15^{\text {th }}$ in India, Punjab still has as many $90,33,338$ (90 lakh) illiterates. (Pioneer)

In the present modern high-tech era, one talks about equality of women, equality of queers and equality of black and white people but Guru Angad Dev Ji, talked of equality of all back in the sixteenth century. He followed Guru Nanak's
concept of a public kitchen (Langar) for which Sikhs are known worldwide. All the distinctions of colour and caste were erased with a mindset that believed in a single light of the divine. It led to the development of an egalitarian society which put all human beings on the same level without any barriers. All this happened at the time of political unrest when people were caught in the shackles of unorthodox traditions, beliefs and superstitions. It was such a revolutionary step and Guru Angad helped in prevailing this idea of his Guru. I.B. Banerjee in his book Evaluation of the Khalsa describes the concept of langar as "As a matter of fact, the institution of 'Langar' was the first step towards developing society on political lines, as people learnt to assemble at a fixed place as members of one family, regardless of race, wealth, sex, caste, occupation or religion." (153) "It developed the spirit of equality and brotherhood amongst the people and gave a crushing blow to the caste system and the social hierarchy based on the birth." (29)

At the time of Guru Nanak and Guru Angad Dev, the plight of women was miserable as they were marginalised and were deeply engrossed in the shackles of customs and traditions which were patriarchal. Women had no representation in any sphere of life and they were confined to the four walls of the home. Their role was stereotyped asnurturing children and maintaining household chores. The institution of langar was started by Guru Nanak and carried forward by Guru Angad Dev with responsibility given to his wife, Mata Khivi Ji. She is known to serve delicious and wholesome langar to destitute people irrespective of any prejudices against anybody. What is remarkable is that it was a woman in Sikhism who uprooted the conception of caste, class and race which was deep-rooted in the psyche of Indian society. Radha Kamal Mukerjee, an Indian scholar remarks, "The institution of langar, or the community kitchen, where prince and peasant, rich or poor, high and low born could mess together without social distinction, fostered a spirit of charity on a large scale and also became a powerful binding force." (348)

The tradition of Sangat was also started by Guru Angad Dev which helped in building a better understanding of the Sikhism among masses. Surjit Singh in his book History of the Sikh Gurus mentions the idea behind this concept of Sangat. "He wanted the people to meet regularly on religious platform so that there might be greater understanding and fellow feeling among the various sections of the people." (176)

Guru Angad also emphasised the physical development along with the spiritual development of an individual. He was of the view that a sound mind lies in a sound body. He encouraged the people for various sports like wrestling bouts or Mal Akharas where people used to compete with each other without any distinction of class and creed. So, Guru Angad Dev provided people with a ground for universal brotherhood.

Guru Angad Dev can be credited for establishing the doctrine of sports education in Sikhism. Another contribution of Guru Angad to Sikhism is the practice of composing bani under the name of Guru Nanak. It led to a sense of unity and continuity of guruship. Guru Angad Dev contributed 63 shabads and saloks (revealed verses) to Sikh's holy book, Sri Guru Granth Sahib which was included by the fifth Sikh guru, Guru Arjan Dev. He composed the bani in 10 ragas. He established various Sikh religious institutions (dharamsalas) and schools. "He also commissioned 146 well trained missionaries, out of which 94 were men and 52 were women." (Singh, 11) Guru Angad Dev is the first one to write the biography of Guru Nanak Dev. "Bhai Paira Mokha wrote down the hymns and Guru Angad scrutinised the resulting compilation. This not only prepared the way for a Sikh scripture, it marked the beginning of a vernacular Punjabi literature." (Cole, 19)

There is so much to learn from the life of Guru Angad who imbibed in himself all the qualities of Guru Nanak. He practised what he preached. He believed in the dignity of labour and worked hard for his survival. The offerings of the Sikhs were used to meet the expenses of the langar. "He earned his living by twisting coarse grass (munj) into strigs used for making a cot." (250) Guru Angad Dev was like his Guru in every sense. Guru Nanak rejected the idea of renunciation and Guru Angad Dev followed him. Both of them were active householders. The ideal of asceticism and renunciation also had impact on the attitude towards women. The women were considered as a seductress or temptation for those who want to attain salvation. But Sikhism is an antithesis to these kinds of ideas. The Sikh Gurus stressed the importance of altruism and service in seeking and obtaining salvation. Dorothy Field writes "The most notable social improvement was the emancipation of women. Many women found salvation through the Guru's teachings." (59) On the contrary, Guru Nanak's son's Sri Chand believed in the idea of renunciation and practised celibacy and asceticism. He considered himself to be the suitable successor to Guru Nanak Dev and was unhappy with the decision of his father. According to Janamsakhi (B-40), Sri Chand asked his father, "you have bestowed (your) royal authority upon an ignorant khatri, what will happen to us?" (238) In order to avoid conflict with Guru Nanak's sons, Guru Angad Dev shifted from Kartarpur to Khadur in Amritsar. Guru Nanak Dev was completely against the idea of renunciation and leaving home because according to him, one cannot achieve liberation by breaking familial ties. In Current Thoughts on Sikhism, Alice Basarke states, "the first Guru put woman on a par with man...woman was not a hindrance to man, but a partner in serving God and seeking salvation." (Basarke, 262)

The biographical study of Guru Angad Dev concludes that his teachings are also cures to many problems of the present times. Simple living and high thinking can
make this world a better place and help in the upliftment of humanity. It can also lead to the feeling of universal brotherhood and harmony among people. Like, the concept of langar can be representative of levelling the economic disparities among people. But there is a contradiction between Bani and practices among the Panth because there is an incongruity between scriptural and practical ideas of equality. The youth is unable to understand the true meaning of being a Sikh. First of all, the need of an hour is to educate youth about the teachings of their Gurus and their rich history which would help in their moral development. Also, the Guru's teachings will help to get rid of the problems of the modern era, if thoroughly realized and followed in one's life. The Sikh community at large has to make distance from the practices prevalent in the system which is antithetical to Guru's teachings; the Sikh community has to go through a reality check and has to awake and portray themselves as a truly strong and potent religious people, living exactly the way Guru wanted us to live our life inculcating in us the values-pattern by freedom, justice, love, and equality.

## REFERENCE

1. Bannerjee, I.B, Evaluation of the Khalsa, Vol. I, Calcutta, 1947.
2. Basarke Alice, "Where are the Women?" Current Thoughts on Sikhism, Kharak Singh ed. Institute of Sikh Studies, 1996.
3. Cole, W. Owen and Sambhi, Piara Singh, The Sikhs; Their Religious Beliefs and Practices. Routledge \& Kegan Paul, 1984.
4. Field Dorothy, The Religion of the Sikhs, Ess Publication, Delhi, 1976.
5. Habib Irfan, J.S. Grewal (eds.), Sikh History from Persian Sources, vol. 1, Tulika Books, New Delhi, 2011.
6. Guru Granth Sahib, Shiromani Gurdwara Parbandhak Committee, 1983.
7. Kaur Upinderjit, Role and Status of Women in Sikhism. National Book Organization, 1990.
8. Malik, Monika. "Punjab Needs to Watch out on Literacy Front." Pioneer 12 June 2013.
9. Mcleod Hew, B-40 Janamsakhi (Eng. Tran.), Guru Nanak Dev University, Amritsar, 1980.
10. Mcleod W.H., Sikhs and Sikhism, Oxford University Press, 2014.
11. Muhammad Latif, Saiyid. History of The Punjab. Sampson Low \& Co., 1896.
12. Mukerjee Radha Kamal, The Culture and Art of India. George Allen and Unwin Ltd., London, 1959.
13. Singh, Harbans and Joshi, Lal Mani, An Introduction to Indian Religions, Punjabi University, Patiala, 1973.
14. Singh Kharak, Singh Gurtej (eds.), Episodes from lives of the Gurus-Parchian Sewadas, Institute of Sikh Studies, Chandigarh, 1995.
15. Singh Taran (ed.), Sikh Gurus and the Indian Spiritual Thought, Punjabi University, Patiala, 1992.
16. Singh Wazir, Humanism of Guru Nanak: A Philosophical Inquiry, Ess Publications, 1977.
17. Trump Ernest, Adi Granth, Munshiram Manoharlal, New Delhi, 2007.
18. Kaur Gurdeep, Political Ideas of the Sikh Gurus, Deep and Deep Publications, Delhi, 1990.
19. Singh, Bhai Santokh, Gurpartap Suraj Granth Vichon Sri Guru Angad Dev Ji da Jivan Birtant, Dr.Kirpal Singh(ed.), Shiromani Gurdwara Parbandhak Committee, Amritsar, 2012.
20. Singh, Khushwant. A History of The Sikhs. Oxford University Press, 2005.
21. Singh, Trilochan. Historical Sikhs Shrines in Delhi, Delhi, 1972.

# ETERNAL TRAVELS OF GURU TEG BAHADUR 

Dr. Yadwinder Jit Singh Bhatia<br>Assistant Professor, Guru Nanak College, Sukhchainana Sahib, Phagwara


#### Abstract

Guru Teg Bahadur, the ninth guru in the line of Guru Nanak, was such a great personality whose mission is same with as great masters, is known for his love of solitude and a life dedicated solely to meditation on God's Naam. Guru Teg Bahadur spent many years of his life in spiritual travels to preach the teachings of All Sikh Masters prior to him and spread their wisdoms as far as possible to dispel the ignorance from the life of common people. The Guru Teg Bahadur remained committed to ridding people of fallacy, extremism, parochialism, and other ills prevalent in Indian society at the time. He toured extensively to foster a sense of community among the public, particularly the afflicted, who were inspired with new vigour and spiritual freedom.


Keywords : Guru Teg Bahadur, Eternal Message, Sikh Faith, Brotherhood.
One thing unites all great masters, such as Mahatma Buddha, Mahavir, Guru Nanak, and Sufi Mystic Sarmad, who have manifested in this world over the last 3000 thousand years to share their philosophies with common masses in far-flung areas for the betterment of their spiritual lives, removing darkness, and bestowing wisdom. Guru Teg Bahadur, the ninth guru in the line of Guru Nanak, was such a great personality whose mission is same with as great masters, is known for his love of solitude and a life dedicated solely to meditation on God's Naam. Guru Teg Bahadur spent many years of his life in spiritual travels to preach the teachings of All Sikh Masters prior to him and spread their wisdoms as far as possible to dispel the ignorance from the life of common people.

The Guru Teg Bahadur remained committed to ridding people of fallacy, extremism, parochialism, and other ills prevalent in Indian society at the time. He toured extensively to foster a sense of community among the public, particularly the afflicted, who were inspired with new vigour and spiritual freedom. He travelled across the villages of the Malwa Region in western and central India, as well as far as Bangladesh. The Guru associated himself with the common men and socialised with them, alleviating their economic condition, which was a notable characteristic of these tours.

Guru Teg Bahadur's travels were a continuation of disseminating the doctrines preached by Sikh Masters before him, primarily Guru Nanak Dev Ji. Guru Teg Bahadur
ji decided to assess the Sikh organisation of Masand, which had been formed to encourage societal cohesion but had turned into a disintegrating structure by then. He also established new places of worship and renovated ancient Gurudwaras established by previous Guru Sahibs in order to revitalise Sikh activity. Guru Teg Bahadur ji started his long journey towards different regions of Punjab and Eastern India to strengthen Sikh church, setting up new preaching centres and eradicate the darkness; ignorance from the life of masses of these regions. At the same time Guru Ji challenging orthodox rule of the Mughals and instilling new confidence among different sects of Hindus.

Guru Teg Bahadur's travels has been split into two parts: before becoming Guru of the Sikh Faith and after being elevated to serve on the Throne of Nanak. During these travels, Guru ji was accompanied by Mata Nanaki Ji, his wife Mata Gujari Ji, her brother Kripal Chand Ji, Mata Hari Ji, Suraj Mal's wife, and five devoted disciples, including Dyal Das Ji, the elder brother of Bhai Mani Singh and Sadhu Ram Khosla, and Bhai Sangtia Ji.

## Travels of Guru Teg Bahadur Ji:

## First tour to the East, 1656-57

Following the footsteps of Guru Nanak and Guru Amar Das, Tegh Bahadur decided to go on a pilgrimage to the sacred places in the East. His mother Mata Nanaki, wife Mata Gujari, her brother Kripal Chand, Mata Hari, Suraj Mal's wife, and five devoted disciples including Dyal Das, elder brother of Bhai Mani Singh and Sadhu Ram Khosla, first went to Kiratpur in June, 1656. From there they visited Kurukshetra where they stayed for a pretty long time. They were at Hardiwar on the Baisakhi day, 29 March, 1657. They lived there for several months. After attending the fair at Garh Mukteshwar in October, 1657, the party returned to the Punjab.

## The second tour to the East, 1660-1664

Guru Teg Bahadur on his second journey visited to the holy places. Mata Gujari, his wife, was not a part of the Guru this time. In 1660 A.D., Guru Teg Bahadur travelled to Kurukshetra, Delhi, Mathura, Agra and Prayag with some family members and disciples. They were at Prayag on April 19, 1661 and in Banaras on June 21, 1661. The Bhat Vabi Purbi Dakhni on 21 June, 1661, recorded their visit to Banaras as follows:
"Guru Teg Bahadur Ji beta Guru Hargobindji Mahal Chhatekä Banaras aye, salsatrahsaiatharanAsarh, Sudi Panchmi, gail Nanak ijiayi Mata Guru Teg Bahadur Ji ki, Mata Harijiayiistri Guru Suraj Mal ki, Bhai Kripal Chand ayabetä Lal Chand

Subhikika, BawaDyal Das ayabetä Mai Das Jalhaneka, Gawal Das āyābetăChhote Mal Chhibbarka, Chaupat Rae äyäbetäPeraChhibbarkā, Sangat äyäbetă Binna Uppalka; Sadhu Ram ayabetäDharmeKhosleka."

From Banaras the party went to Sasaram and then to Gaya. After- wards they came to Patna, and turned homeward. They visited Banaras again and then took the road towards Prayag. It was on the way they beard the news of the death of Guru Har Rae. They prayed for the deceased's soul at Tribaini, the confluence of Ganga, Yamuna and Sarasvati. Whole affair was redorded in Bhat Bahi Purbi Dakhni as:
"Guru Teg Bahadurji beta Guru Hargobind Ji Mahal Chhai, Guru Har Rae ji ki Parchavnikarn Patna se aye; s'alsatrahsaiunnis Shukla pakhMaghmás ki Panchmike divas tirathPrägraj Sangam te aye pahunche, gail Mata Nanakiji aye mahal Guru Hargobindjike; Mata Hariji aye mahal Guru Suraj Maljike; Diwan Dargaha Mal äyå beta Dwarka Das Chhibbarka; hor Sikh faqir aye."

Visiting several notable places Tegh Bahadur reached Delhi on 21 March, 1664, met the young Guru Har Krishan Ji and offered condolences to Mata Sulakhni on Guru Har Rae's death. Fearing his own detention by Aurangzeb at Delhi, perhaps from a hint from Mirza Raja Jai Singh, Tegh Bahadur immediately slipped away from Delhi and returned to Bakala.

## Travels after Confirmation as Guru

## Visit to Kiratpur

After the installation ceremony on 11 August, 1664, at Bakala, Guru Teg Bahadur accompanied by Dwarka Das Bhalla, Diwan Dargaha Mal and Jaggu came on 21 August, 1664, to Kiratpur to condole with Bibi Rup Kaur, sister of Guru Har Krishan, and joined in the ceremonial immersion of late Guru's ashes in the river Satluj on 22 August, 1664.

## Visit to Amritsar

Having been established on the Guru Gaddi, Tegh Bahadur decided to pay his respect at Hari Mandir. He reached Amritsar on 22 November, 1664. He was accompanied by his mother Nanaki, wife Gujari, her brother Kripal Chand and a few followers. Makhan Shah while returning from home visited the Guru, and joined him in his visit to Amritsar.

As the sixth, seventh and eighth Gurus remained absent from Amritsar, the masands offered their allegiance to Prithi Mal as the sixth guru, to his son, Manohar Das Meharban as the seventh guru, and to Meharban's son Harji as the eighth guru.

They installed a duplicate original copy of the Pothi Sahib in the Hari Mandar. The usual routine of kirtan and recitation was maintained. Hari Mandar and Guru Hargobind's houses and property were in Harji's possession. According to Bhat Vahi and Guru Kian Sakhian Harji with his son Kanwal Nain and some followers called on Guru Teg Bahadur to offer congratulations. But his men closed the doors of the temple and refused to admit Tegh Bahadur and his companions. Guru Teg Bahadur and his party rested under a tree only a few metres to the north of Akal Takht. This place is termed Thara Sahib or the Platform. A Gurudwara marks that site. Makhan Shah was strictly forbidden to take any action against the culprits. A peasant woman, Hariyan, of village Walla, 39 kms to the north of Amritsar, offered her house as a shelter for the Guru and his companions. Tegh Bahadur retired there in the evening to spend the night and put up in the upper storey. In honour of the Guru's visit a fair is held at Walla called Kothe da Mela on the full-moon day of Maghar (November-December). In the absence of Harji's men, Makhan Shah forced open the door of Hari Mandar. Guru Teg Bahadur was admitted to the temple where he worshipped for a while. The BhatVahi Multani Sindhi recorded Guru Teg Bahadur's entry into Hari Mandar on the full-moon day of Mangsar 1721 Bikrami. He then left for Khadur, the place dedicated to Guru Angad and Goindwal, the seat of the third Guru, Amar Das. He returned to Bakala. The Sikhs completely boycotted Sod his of Guru Har Sahae and Kartarpur, and called them minas or contemptible rebels.

## Visit to Kiratpur and Bilaspur

The Guru settled at Bakala again, but "he was not allowed to abide in peace, for the old jealousy and enmity of Sodhis had been revived. He visited Kiratpur on May 7, 1665. There he learnt that Raja Dip Chand of Kahlur had died and his shradh ceremony was to take place on 13 May, 1665. Rani do wager Champa invited Guru Teg Bahadur, his relatives and disciples to attend the function. The Guru arrived at Bilaspur accompanied by Mata Nanaki, and several others. The Rani gave a warm welcome to the Guru and his companions, and put up the Guru in her palace. Tegh Bahadur told her that he wished to found a village for his own residence in the Rani's territory. She at once offered him land in the villages of Lodipur, Mianpur and Shahode. The Guru stayed in Rani's palace for three days and then returned to Kiratpur. The Guru chose the site in Makhowal village and paid the registration fee of about Rs. 500. The ownership stone was laid by Gurditta Randhawa son of Baba Budha on 19 June, 1665, and the area was named Chak Nanaki after the Guru's mother. It was situated 13 kms from Kiratpur below the Naina Devi hill.

## Tegh Bahadur's imprisonment at Delhi

After some time the Guru undertook a tour of Malwa where sangats had been established by Guru Hargobind. He journeyed from village to village preaching his gospel, and hunting in the jungles.

Aurangzeb was unable to tolerate Guru Teg Bahadur's teachings. In addition, Ram Rae may have provoked him to take action against the Guru. In the beginning of November, 1665, the Guru was hunting at village Dhamthan situated between Narwana and Tohana, 170 kms from Delhi. Alam Khan Rohilla bearing warrants issued by Emperor himself came from Delhi. On 8 November, 1665 he arrested Guru Teg Bahadur along with Mati Das and Sati Das both brothers, Gawal Das, Gurdas, Sangat, Jetha and Dyal Das both brothers, and several other Sikhs.

They were brought to Delhi. The Guru was imprisoned in the house of Prince Ram Singh son of Mirza Raja Jai Singh. The Emperor issued orders of Guru's execution. The prince strongly pleaded with the Emperor for mercy and to rescind his order. He undertook full responsibility for Guru's conduct and secured his liberty on 11 January, 1666. The Guru remained in confinement for two months and three days.

## Third tour to the East

The Guru went to Bakala "Here too he was not allowed to abide in peace, for the old jealousy and enmity of the Sodhis had revived." With jealousies of Sodhi, Guru Teg Bahadur made up his mind to go on a pilgrimage to the east, where he had been twice before and where he had established a number of Sikh centres. The reasons were plain. He did not find the atmosphere in the Punjab and Delhi congenial for his work. He wished to follow the example of Guru Nanak by visiting holy places. He was desirous of meeting the Sikhs living outside the Punjab at many places in northern India. He was keen to propagate the new religion and to give consolation to suffering humanity.

Tegh Bahadur left Punjab on November 22, 1665. He was accompanied by his mother, wife, Kripal Chand, Dyal Das, Mati Das, Sari Das Gurditta and a few devoted followers. He had his own tent, horses, carriages, bullocks, camels and necessary goods to mort his requirements in the journey. Nawab Saif-ud-din of Saifabad presented the Guru a horse, a chariot, a test, some camels and a few bullock- driven carts. The Guru usually halted outside a village or town in a garden or on the bank of a river or stream.

Visiting Pehowa and Kurukshetra, and avoiding Delhi on the way, the Guru went to Mathura, Vrindavan, Agra, Etawah and Kanpur. He reached Allahabad about February, 1666. At the last place he stayed for two months.

It was at this sacred place in the holy atmosphere and celestial environment when Guru Teg Bahadur was busy in giving away his spiritual and material wealth that Mata Gujari conceived for the first time in thirty-three years of her married life. Passing through Mirzapur, Banaras and Sasaram, blessing his Sikhs who called on him from various places such as Baharkhal, Bhawanipur, Chitaura, Sadalpur, all situated in Bihar, the Guru reached Gaya. There he was joined by Raja Ram Singh' of Amber. They arrived at Patna in August, 1666.

## The Guru accompanies Ram Singh to Dhaka

Shortly after the Guru's departure from Delhi Raja Ram Singh was involved in a serious trouble. On the solemn pledge given by Mirza Raja Jai Singh as a Rajput for their safety and honour, Shivaji and his elder son visited Aurangzeb at Agra on May 12, 1666. He was placed under the custody of Raja Ram Singh. Finding their lives in danger, Shivaji and his son Shambhuji escaped from Agra by a stratagem on August 19, 1666. Sir Jadunath Sarkar writes: "The Emperor suspected that Shivaji had fled with the connivance of Ram Singh. The Rajput prince was punished first by being forbidden the Court and then by being deprived of his rank and pay." Aurangzeb then ordered the Prince to lead an expedition for the conquest of Assam. In reality, he was sent there either to die of Malaria, which was ram- pant in those parts and of which Aurangzeb's great general Mir Jumla had died on March 31, 1663, or to be killed in fighting or in the event of defeat, he was to be disgraced and punished with the confiscation of his state of Amber (Jaipur).

The base of Ram Singh's operations was to be Dhaka which was capital of Bengal. Shaista Khan, Emperor's maternal uncle was its governor. A Mughal army formerly under Mir Jumla was already there. Ram Singh was required to take charge of this force along with his own troops. To begin with he was to make a preliminary survey of the situation, while the formal order of his appointment accompanied by a khilat was issued later.

Ram Singh did not wish to stay at the court in an atmosphere of disgrace, humiliation and suspicion. He wanted to study the situation, and then call his armed force to join him. The young prince thought of one remedy to secure hit safety in the unhealthy climate and hostile jungles, hills, wild elephants, and a determined sorcerous foe. It was to keep Guru Teg Bahadur with him. He issued in pursuit of Tegh Bahadur and met him at Gaya. He implored the Guru to keep him company during the operations. He said "it was certain death to command the invading army, and it would be equally fatal for me to dis- obey the Emperor's order. Hence I have come from distant Rajputana to seek the protection of thy holy feet." The Raja did not like to stay
at Patna, a stronghold of the Mughals in the cast, and he wanted to be at his post without any delay. The Guru would not disappoint a true devotee. He could not take his family with him owing to the approaching confinement of his wife. He left the family at Patna without making suitable arrangements for their residence. He exhorted the local Sikhs to help Kripal Chand, Dyal Das and Gurditta in looking after his family, and himself with Mati Das and Sati Das accompanied the Prince. From Munghyr, 160 kms distant, the Guru wrote a letter to the Sikhs of Patna: "We are accompanying Raja Ji and have left our family at Patna. It is time for congregation to serve."

The Sikhs built a house for the Guru's family and called it Hari Mandir. "Nawabs Rahim Bux and Karim Bux, who were great admirers of the Guru, offered a garden and a village to him, and they are to this day attached to the Gurudwara at Patna."

## The Guru at Dhaka and in Assam

Ram Singh spent two years in carrying on negotiations for the peaceful submission of Ahoms of Assam, and at the same time in making preparations for the full-fledged war against them. The Mughal troops were already there. His Rajput forces joined him long after his arrival at Dhaka. The Prince was accompanied in this journey only by a suitable contingent as bodyguard. Guru Teg Bahadur also stayed here with the Prince, and visited many places in the neighbourhood to meet Guru's Sikhs. Ram Singh and Guru Teg Bahadur left Dhaka in December, 1668 and reached in Dhubri in Assam, about 300 kms distant in February, 1669. Ram Singh's expeditionary force consisted of 4,000 Rajputs, 18,000 Mughals all horsemen, 30,000 infantry, and 15,000 local archers. The Guru remained busy in meditation and prayers, giving his blessings to the Rajputs and other visitors. His fame spread far and wide.

A prince of some state in Assam, named Raja Ram, heard about the Guru. He had no son, and earnestly desired to have a successor. He came with his two wives to pay homage to the Guru and requested for the boon of a son. The Guru blessed him.

## Aurangzeb's fanaticism against Hindus and Sikhs

Guru Teg Bahadur stayed with Raja Ram Singh in Assam for about two years and a half. Meanwhile reports of Aurangzeb's fanaticism and his determination to convert the Hindu population to Islam, and to make Hindu India a purely Muslim state began to pour in Ram Singh's camp.

In the beginning of his reign Aurangzeb ordered, "The local officers in every town and village of Orissa from Katak to Medaipur to pull down all temples including even clay buts, built during the last 10 or 12 years, and to allow no old temple to be
repaired." In 1661-62 a big temple was demolished at Mathura and a Jama Masjid was erected in its place in the heart of Hindu population. From April, 1665, Hindus were charged double the customs duties paid by Muslims on all articles brought for sale. In May, 1667, Muslims were exempted from payment of customs duties altogether, while Hindus had to pay at the old rate of five percent. In 1668 Hindus fairs and festivals were stopped. According to Irfan Habib peasants in many cases were compelled to part with their women and children for good to meet the revenue demands.

As regards the Sikhs, the contemporary historian Khafi Khan writes: "There is a sect of infidels called Guru, more commonly known as Sikhs. Their chief, who dresses as a fakir, has a fixed residence near Lahore. From old times he has built temples in all the towns and populous places, and has appointed one of his followers to preside in each temple as his deputy. When anyone of the sect brought presents or offerings for the Guru to the temple, the deputy had to collect them, and after deducting sufficient for his own food and expenses, his duty was to send the balance faithfully to the Guru. This sect consists principally of Jats and Khatris of the Punjab and of other tribes of infidels. When Aurangzeb got knowledge of those matters, he ordered these deputy Gurus to be removed and the temples to be pulled down."

## The Guru returns to Punjab

When Guru Teg Bahadur heard of these things, he decided to return to Punjab. The Raja asked the Guru to meet his family members at Delhi and to tell them that he was hale and hearty. He took leave of Ram Singh early in 1670 and speedily came to Patna by a shorter route where he stayed for a while. He showed his determination to proceed to Punjab without any delay. His Sikhs and supporter suggested that the Guru should leave his family at Patna for the present and recall them if he found the situation favourable in Punjab. The Guru agreed: Having travelled for a few days, he changed his mind. He did not like to leave the family 1250 kms away from Kiratpur. He stopped and sent his trusted men to escort the family. In a fortnight they joined Tegh Bahadur at the place of his halting. Stopping on the way at prominent places the Guru arrived at Agra in June, 1670. He was arrested under Emperor's orders, and was brought to Delhi on June 20, 1670. The Guru was accompanied by Diwan Dargaha Mal and Nawab Saif Khan. His family members along with Kripal Chand, Mati Das and Sati Das were separated from Guru Teg Bahadur. The Guru was kept for a day or so at Dharamsala of Bhai Kalyana. Ram Singh's mother and wife came to the Dharamsala to enquire about the Raja's state of affair. The Guru remained under imperial surveillance for two months and thirteen days. After his liberation the whole party reached Lakhmaur 15 kms from Ambala city and 30 km to the east of Patiala, on 13 September, 1670. They put up with Mehar Chand Subhikhi elder brother of Mata Gujari. On the Dasahra day

Mehar Chand performed the Sirvarna ceremony of Gobind Das who wore samurdi rang ki pag (green-coloured turban), and distributed sweet pudding The Guru left his family there under the protection of Bhikhan Shah, an influential chief of Ghunm, situated nearby and Nawab Saif Khan of Saifabad, a town 6 kms east of Patiala now called Bahadur Garh. He went to Nanaki Chak to erect a house for his residence. A Gurudwara known as Lakhnaur Sahib commemorates Guru's staythere. A fair is held there on Dasahra day.

Sayyid Bhikhan Shah of Ghuram came to see 4 -year-old Gobind Das. He placed two pots of sweets before the child as his offerings. The young diviner put both of his hands on both the pots simultaneously. The Pir was delighted. He told his companions that in his own mind one pot signified Hinduism and the other Islam. He wanted to see which religion was liked by the child. Gobind Das showed that he loved both the religions, he observed. The Guru had been sup plied by Raja Ram Singh and his Rajputs with a sum of seven lakhs of rupees, on the occasion of his departure from Assam, mostly in the form of Darshani Hundis (bearer cheques or drafts) issued by Jagat Seths on the bankers of important towns and cities. Their credit existed not only in India but also all over Asia, especially in central and western Asia closely connected by trade with India. With this money the Guru first built his own house named Bhaura Sahib and called his family from Lakhnaur after seven months on Baisakhi day in 1671.

The Guru felt extremely happy at having a place of his own to reside like the previous Gurus. Nanak lived at Kartarpur on the Ravi, Angad at Khadur on the Beas, Amar Das at Goindwal also on river Beas, Ram Das and Arjan at Amritsar, Hargobind, Har Rai and Har Krishan at Kiratpur. The sight of Dhaula Dhar covered with snow, the hill of Naina Devi in front and the river Sutlej flowing nearby fascinated him. The joy of having a loving mother, captivating wife, a gifted son and a lovely place to live inspired him. He took strolls on the open high ground now marked by a cluster of buildings lying behind the Gurudwara Keshgarh. He named that area Anandpur or the abode of bliss. Sir George Campbell who served as a deputy commissioner on the Sutlej in 1844 calls this place "Anandpore-Mekhowal.

## Second Malwa Tour

Guru Hargobind and Guru Har Rae had converted a large number of Jats in Malwa to Sikhism. The Sikhs of the Jalandhar Doaba were under the influence of Dhir Mal who lived at Kartarpur. The Majha Sikhs were dominated by Harji, grandson of Prithi Mal, who had taken possession of Hari Mandir, the holy tank and other buildings. Hence Tegh Bahadur decided to concentrate on Malwa Sikhs.

The Guru knew that Shaikh Ahmad of Sarhind had played a leading role in the execution of Guru Arjan. Teg Bahadur made up his mind to cultivate personal relations with influential Muslim chiefs and Sufi saints of the region.

In November, 1673, the situation on north-west frontier was critical. The danger to the empire was very great; the rising was a national one, affecting the whole Pathan land from Qandahar to Attock" The situation in the Punjab was alarming. The people were deeply perturbed. In this exigency Guru Teg Bahadur visited important centres of Sikh sangats in Malwa. It seems he spent about two months from December, 1673 to January, 1674. He stayed with his family and some disciples with his friend Saif Khan, Nawab of Saifabad now called Bahadur Garh, situated near Patiala. He held discussions with Sayyid Bhikan Shah of Ghuram, Hafizullah Khan of GarhiNazir near Samana, and Ghulam Muhammad Bakhsh of Samana, and the Shaikhs of Hasanpur.

## Third tour of Malwa

In February, 1674, another great disaster befell the Mughal army. The Mughal general Shujaat Khan lost his life. His army was besieged by the Afghans. At this juncture Raja Jaswant Singh's 500 Rathors jumped upon the enemy, broke their cordon, and saved the remnant of the Mughal army. Aurangzeb himself took up the command in June, 1674. The fighting on the frontier, the emperor's presence and the overzealous activities of the Mughal officers to win name and fame in the eyes of Aurangzeb, all this spread a wave of gloom and doom among the Hindus of the Punjab and Kashmir. The Guru decided to meet all his Sikh sangats one by one in the Cis-Satluj region. He left Anandpur after the Diwali festival in November, 1674, and travelled from village to village. The main theme of his sermons was:-

## Bhai Kahumkodet nah Nahin bhai mânatän

(Do not frighten anybody nor fear yourself.)

## Gun Gobind gayo nahin Janama karath kin Kaho Nanak Har bhaj mana Jeh bidh jalkou min

(You did not sing the praises of God, and wasted your life in vain; Nanak says, remember God, as a fish remember water).

As the Guru was meeting many of his disciples after eight or nine years, a number of men from every village followed him during his tours to listen to his sermons and to get his benediction. The Rabi crop had already been sown, and there was not much work to do in the fields. The Guru visited numerous places. To serve the congregations the village people voluntarily collected foodstuff, milk and clarified butter for the Guru's langar. The area was backward. In the Bhatinda-Hissar region rain was scarce. It was almost a desert in the absence of any irrigation facilities. The poor
and ignorant but hardy and tough people cowed down by Muslim officials, particularly at this time when the Emperor was present in the Punjab.

The Guru tried to ameliorate the condition of the inhabitants with the money he had brought from Assam. He dug wells at places where there was scarcity of drinking water. Tanks were constructed to store main water which was not to be allowed to go waste. He purchased cows and gave them free to poverty-stricken families. He got trees planted at suitable places. He spent nearly six months in this tour and returned in the middle of April when the peasantry got busy in harvesting.

Guru Teg Bahadur's two trips to Malwa alarmed Mughal officials. While Aurangzeb was in Punjab, Mughal officials impressed the emperor with their loyalty and devotion to duty, accusing the Guru of instigating a revolt, exacting money from the people forcibly, and having a large following. It was enough for Aurangzeb to punish Guru for brainwashing people against government control.

## Conclusion

In a unique example of spiritual wanderlust, Guru Teg Bahadur spent many years on the road, spreading his message of love, empathy and equality of man. At a time when there were no quick or sophisticated means of travel, he undertook long journeys. Guru Teg Bahadur's visits till the Far East reorganized the communityliving in far-flung areas. The shrines that had been built in the memory of visit of Guru Nanak Dev ji were renovated and the Sikh religion spread further. The Hindus who could not gather strength to rise against the tyrannical rule of the Mughals were reinvigorated. To summarise, Guru Tegh Bahadur Sahib Ji made three significant journeys afterwards Guru Nanak Dev Ji in His life. His third trip to the Malwa region was significant, as it played an important role in Sikh history. Guru Sahib made significant improvements in the area by building new wells and ponds. Guru Sahib worked tirelessly to develop this place. Guru Sahib focused mostly on water resources. He was in charge of the 'Kar Sewa' of excavating ponds. This region's people were superstitious. Guru Sahib stayed in a tent outside the villages to dispel their superstitions. He used Gurbani to teach and unify them with the Ultimate Reality.It may be boldly asserted that the Sikh Gurus inspired the masses to fight for their rights and strengthened this with their unmatched martyrdom in world history.

## REFERENCES

1. Khazan Singh, History and Philosophy of the Sikh Religion.
2. Fauja Singh, Guru Teg Bahadur.
3. Gokul Chand Narang, Transformation of Sikhism, Lahore: New BookDepot, 1912.
4. Jagjit Singh, Temple of Spirituality.
5. Gian Singh, Twarikh Guru Khalsa.
6. Kartar Singh Kalaswalis, Sri Guru Dashmesh Prakash.
7. Sir Jadunath Sarkar, A Short History of Aurangzeb.
8. Irfan Habib, TheAgrarian System of Mughal India.
9. Sri Ram Sharma, The Religious Policy of the Mughals, Emperor.
10. Kirpal Singh, Patna Collection of Hukam Namas.
11. M.Gregor, History of the Sikhs.
12. Dr. Hari Ram Gupta, History ofthe Sikhs Vol I.
13. Giani Gian Singh, Twarikh Guru Khalsa, Vol 1, Patiala: Bhasha Vibhag Punjab, 1999.
14. Harbans Singh, The Encyclopaedia of Sikhism, Vol. IV, Patiala: Punjabi University, 1998.
15. https://www.sikhiwiki.org/index.php/Journey_of_Guru_Tegh_Bahadur
16. Joginder Singh Jogi, 'Bangladesh wich Itihasik Gurdware', 'Guru Nanak'sVisit to Dacca’, Journal of Sikh Studies, 1977.
17. McAuliffe, The Sikh Religion, Oxford: University Press, 1909.
18. Pritam Singh Gill, Guru Teg Bahadur, Jullundur: New AcademicPublishing Company, 1975.
19. Pyara Singh Padam and GianiGarja Singh, Guru KiyaSakhian, Patiala: Kalam Mandir Loyar Mall, 1986.
20. Surinder Singh Johar, Guru Teg Bahadur: A Biography, New Delhi: Abhinav Publications, 1975.
21. Trilochan Singh, Guru Teg Bahadur, Prophet and Martyr (ABiography), Delhi: Delhi Sikh Gurdwara Management Committee, 1965.
22. Tara Chand, Influence of Islam on Indian Culture.

## SRI GURU GRANTH SAHIB JI

## Harbhajan Singh Sapra

Sri Anandpur Sahib


#### Abstract

Sri Guru Granth Sahib is Compilation of the central holy scriptures of Sikhism, regarded by the Sikhs as the final, sovereign and eternal Guru, following the 10 Human Gurus. Its first edition, the Adi Granth was compiled by Guru Arjan Dev Ji ( 1564 AD 1604 AD). The Adi Granth composed and edited by Guru Arjan Dev Ji was compiled by Him by including hymns of four predecessors (Guru Nanak, Guru Angad, Guru Amar Das and Guru Ram Das) and His own hymns. Guru Ji also included the hymns of 13 saint poets of his Bhakti movement, two muslim saints, and 11 Bhats (bards who sing praise of the Guru) and four Gursikhs. The saint-poets belong to diverse religious, social, and cultural traditions of India. They represent the regional and linguistic diversity of the Indian subcontinent.


Keywords: Sri Guru Granth Sahib, Compilation, Bhakti Movement, Sikhism, Religious Diversity.

Sri Guru Granth Sahib is Compilation of The central holy scriptures of Sikhism, regarded by the Sikhs as the final, sovereign and eternal Guru, following the 10 Human Gurus. Its first edition, the Adi Granth was compiled by Guru Arjan Dev Ji (1564 AD 1604 AD ). Its compilation was completed os $29^{\text {th }} \mathrm{Aug}, 1604 \mathrm{AD}$ and was installed in Golden Temple Amritsar, on First September 1604 AD with Baba Buddha Ji as the first Head Granthi (authorized person nee-Granthi, to open and read from the Granth Sahib).

Guru Arjan Dev Ji sent his associates across Indian sub continent to collect hymns of the Sikh Gurus and other religious luminaries, preaching same views and philosophy. Baba Mohan Ji, son of Guru Amar Das Ji had a larde collection of Hymns of first three gurus of Sikh Religion. Mohan refused to part with them to the emissaries, commissioned by the fifth Guru. Guru Arjan Dev Ji Himself visited the resident of Mohan Ji at Goindwal and humbly requested him, by singing hymns is his praise, to provide him with the collection of religious writings of the Gurus. This incident is recorded in Adi Granth on Ang (Page) 248 :-
"mohan tere oochey mandar mahal apaara
mohan tere sohan duaar jeeu sant Dharam sal-aa" ${ }^{1}$
O Mohan, your temple is so lofty, and your mansion is unsurpassed.
O Mohan, your gates are beautiful. They are the worship-houses of the saints."

Guru Arjan Dev Ji was assisted by Bhai Gurdas Ji as His scribe at Ramsar, which now has a Gurdwara and a Sarovar (Religious pond ) built in Amritsar, as a memorial, Gurmukhi Script which was standardised by 2nd Sikh Guru, Guru Angad Dev Ji and is an official script of State of Punjab.

The Adi Granth composed and edited by Guru Arjan Dev Ji was compiled by Him by including hymns of four predecessors (Guru Nanak, Guru Angad, Guru Amar Das and Guru Ram Das) and His own hymns. Guru Ji also included the hymns of 13 saint poets of his Bhakti movement, two muslim saints, and 11 Bhats (bards who sing praise of the Guru) and four Gursikhs. The saint-poets belong to diverse religious, social, and cultural traditions of India. They represent the regional and linguistic diversity of the Indian subcontinent.

Guru Granth Sahib can be divided is to two different sections: -

1. The introductory section consistind of Mull Mantra, Japu Ji and Sohila composed by Guru Nanak Dev Ji.
2. The arrangement of compositions of Sikh Guru followed by that of saints who praise only God, occurring according to chronology of Rages (Melodic mode of a song) settings.

On the occasion of installation of Adi Granth in Golden Temple, Guru Arjan Dev Ji told the Sikhs, that the Adi Granth was the embodiment of the Guru, and should be treated in the same fashion as they respect Him. When The Adi Granth was first completed, Guru Ji placed it upon His own bed and Himself slept on the floor, with utmost respect in His residence.

At dawn the entire Sangat (Congregation) preceded towards Golden Temple, with Guru Granth Sahib rested on the head of Baba Budha Ji, Guru Arjan Dev Ji walk behind, swinging the whisk over it, All participants joined in singing the hymns, along with musicians. The Guru Granth Sahib was installed ceremoniously in the centre of the inner sanctuary. Baba Budha Ji opened it with reverence, to obtain from it the divine Hukam Nama i.e. Order (Mukhwak) as Guru Arjan Dev Ji stood in attendance and stated:-
"He himself jatha succoured his saints in their work. He himself hath come to see their task fulfilled. Blessed is the earth, blessed is the tank. Blessed is the with Amrit (Nectar) filled. Amrit over flowed the tank. He hath, had the task completed; Eternal is the Perfect Being. His in treasures and all the charisms, no lack do I suffer now. Enjoying His largesse, bliss jace I attained, ever expanding is the lord's bounty."

Guru Ji instructed that Granth Sahib Ji, during day time should remain in Harmandir and by night, after recitation of Sohila, It should be taken to a rest room, He had built for Himself. Late in the evening, Baba Buddha Ji recited Sohila and made the concluding Ardas (prayer). Granth Sahib was closed and wrapped in silks. Baba Budha Ji held it on his head and then Marched towards the chamber, indicated by Guru Arjan Dev Ji. The Guru himself lead the Sangat, singing hymns, till the Granth Sahib was placed in the resting place. Guru Arjan Dev Ji instructed, that a Sewadar should always be in attendance for the Adi Granth, swinging whisk all the time. The sacred volume consists of 974 leaves, or 1948 pages, 12 " X 8 " size and 6000 hymns recorded, with several blank pages at the end of a raga. Guru Ji put his seal authenticating the Adi Granth, written by Bhai Gurdas Ji which is currently known as, Kartarpur Pothi. The original volume is presently in Kartarpur (Near Jallandhar) and is displayed every year, on the day of Vaisakhi, by the descendent of Dhir Mal - Grandson of Guru Hargobind Ji.

As scriptures, Guru Granth Sahib is unique in many aspects. Firstly it is not a collection of 'Ethical commandments or Theological 'statements but an anthology of poetic compositions, reflecting the mystic-ethical meditations of the inspired souls.

## GURU SHIP

Guru Gobind Singh Ji, the Tenth Sikh Guru, added hymns of Ninth Guru Tegh Bahadur Ji to the Adi Granth in Dam Dama Sahib 'Sabo Ki Talwandi 'in year 1705 AD. Bhai Mani Singh and Baba Deep Singh, performed the duty of the scribes, hand writing the holy scriptures in Gurmukhi .

Fearing His imminent demise, Guru Gobind Singh Ji, conferred the title of 'Guru of the Sikhs' to the Di Granth and elevated it as the everlasting Guru and named it as 'Sri Guru Granth Sahib Ji' / "Guru Manyo Granth "with an edict at Nanded Sahib on $6^{\text {th }}$ Oct, 1708 AD. The event has been recorded in the Bhatt Bani, by an eye witness, Narbud Singh who was bard at the Rajput ruler's court, which was associated with the Sikh Gurus.

Guru Gobind Singh Ji, conferred Guru ship on the Granth sahib as a living Guru of the Khalsa, and declared that the temporal functions of the Guru would be performed by Panj Piareae -'Five Beloved' and the spiritual guidance would be given in future by Guru Granth Sahib Ji. Guru Gobind Singh Ji did not appoint any human successor in the line of human Guru ship, as had been the previous traditions. Guru Granth Sahib Ji is central to all Sikh worships and incorporates the Living Spirit of the Human Gurus.

The Khalsa Panth was given the temporal authority and Guru Granth Sahib Ji, the spiritual authority. There is no longer any place in the Sikh faith for a new living Guru. It is for this treason that any attack on a Gurdwara, is considered by the Sikhs, as an attack on their Guru, and a Sikh will not hesitate to lay down his life, in defense of his Gurdwaras. Sri Guru Granth Ji is a Scriptures that was written by the Guru (An Enlightened Being) during his life time, starting in 1400 century. Sri Guru sahib Ji is only 400 years old, thus becoming the latest Religious Scriptures. There is no question of its authenticity. Sri Guru Granth Sahib Ji is non-denominational. Actually it is unifying Scripture belonging to all.

## Contributors of Sri Guru Granth Sahib Ji and Compilation

## By 6 Sikh Gurus:-

1. Guru Nanak Dev Ji 974 hymns including Sloks and Pauris
2. Guru Angad Dev Ji 62 hymns - Sloks
3. Guru Amar Dass Ji

907 hymns including Sloks and Pauris
4. Guru Ram Dass Ji 679 hymns including Sloks and Pauris
5. Guru Arjan Dev Ji 2218 hymns including Sloks and Pauris
6. Guru Teg Bahadur Ji 116 hymns - 59 hymns and 56 Sloks

## By 13 Bhagats:-

1. Bhagat Jayadeva ji 2 hymns
2. Bhagat Ramanand Ji 1 hymns
3. Bhagat Namdev Ji 60 hymns
4. Bhagat Trilochan Ji 5 hymns
5. Bhagat Parmanand Ji 1 hymns
6. Bhagat Pipa Ji 1 hymns
7. Bhagat Sain Ji 1 hymns
8. Bhagat Surdas Ji 1 hymns
9. Bhagat Ravidas Ji 41 hymns
10. Bhagat Bhikhan Ji 2 hymns
11. Bhagat Beni Ji 3 hymns
12. Bhagat Sadhana Ji 1 hymns
13. Bhagat Dhanna Ji 4 hymns

## By 2 Muslim Saints:-

1. Farid Ji 134 hymns
2. Kabir Ji 541 hymns

By 11 Bhatts:-

1. Bhatt Kalas -har Ji

50 hymns and 4 swayyas
2. Bhatt Balh Ji
3. Bhatt Bhalh Ji
4. Bhatt Bhika:
5. Bhatt Gayand:

1 swayya
5 swayyas
6. Bhatt Harbans:

2 swayyas
6. Bhatt Harbans:

13 swayyas
7. Bhatt Jalap:

2 swayyas
8. Bhatt Kirat :

5 swayyas
9. Bhatt Mathura :

8 swayyas
10. Bhatt Nalh :

14 swayyas
11. Bhatt Salh :

16 swayyas
11. Bhatt Salh :

3 swayyas

## By 4 Gursikhs:-

1. Bhai Sundar Ji 10 hymns
2. Bhai Mardana Ji 12 hymns (3 Sloks)
3. Bhai Satta Ji 4 hymns (1 war)
4. Bhai Balwand Ji 8 hymns (1 war)

Within 1430 Angs/pages, ' most of the shabad (hymns) of the Sri Guru Granth Sahib Ji are arranged in thirty one Ragas, the traditional musical measures and scales, except the first hymns 'Jap Ji, Swayyas and Slok.' measures the Ragas, they are arranged by order of the Sikh Gurus, with the Shabad of Hindu and Muslim saints. The Shabads are written in various meters and rhythms, and are organized accordingly. For instance, Ashtpadi-eight steps or Panch Padi- five steps within each Raag, the compositions are arranged in the following order: Shabad's, followed by Ashtpadis, followed by Chants, followed by the compositions of the Bhagats.

The Sri Guru Granth Sahib is written in Gurmukhi script, but the Shabad are written in many different languages including Punjabi, Sanskrit, also Persian, Lahnda (western Punjabi), Braj Bhasha, Sindhi, Gujrati and Marathi with the generic title of Sant Bhasha.

Guru Arjan Dev Ji imbibed the spirit of renaissance, heralded by the Bhakti and Sufi movement, during the middle ages in India. In fact, the emergence of these two movements, symbolized a moment of great cultural awakening and resurgence of humanitarian spirit. The Sikhs do not regard the Holy Scriptures as 'holy book 'but as their perpetual and current 'Guru' guide or master. Sikhs observe total sanctity of the text in Guru Granth Sahib Ji. No one can change or alter any of the writings by the Sikh Gurus, written in Sri Guru Granth Sahib Ji. The total sanctity was observed by the

Gurus themselves. Guru Har Rai Ji disowned his own son Ram Rai because he altered the wording of one of the Guru Nanak's hymns, to please the Mughal Emperor.

The hymns and teachings contained in the Holy Scriptures are called Gurbani (Word of the Guru) and sometimes Dhur Ki Bani (Word of God).The revealed divine word is the Guru. Because Scriptures have inherited this authority from Sikh Gurus, it is called Guru Granth (Guru Book). Translation of Sri Guru Granth Sahib Ji are available, though there's firm belief,that the accurate essence of Gurbani cannot be comprehended in any language, other than Gurmukhi. Translations only give entrylevel understanding. A Sikh is encouraged to learn Gurmukhi to fully experience, understand an appreciate the message of Sri Guru Granth Sahib Ji.

## Vision of Sri Guru Granth Sahib Ji

Sri Guru Granth Sahib Ji is the best example to represent as the first interfaith scriptures in the world. The Philosophy presented in the Holy Scriptures of the Sikhs is scientific and logical. This can be easily accepted by the entire humanity of the scientific world of $21^{\text {st }}$ century and beyond. These scriptures also pave the way towards understanding of various other religions and establishments of One Universal Order.

Mankind's religious future may be obscure; yet one thing can before seen; the living higher religions are going to influence each other more than ever before. In these days of increasing communication between all parts of the world and all branches of the human race, the Sikh Scriptures, Sri Guru Granth Sahib Ji will have something of special value to say to the rest of the world.

Recently Sri Guru Granth Sahib Ji has been declared as the Juristic Person by the Supreme Court of India with a special reference to that, It is not to be considered as an Idol.

Sri Guru Granth Sahib Ji is wisdom of ocean, deeper you dive down, more you imbibe the priceless thoughts. Some gems are displayed here:Sri Guru Granth Sahib Ji opens with Mool Mantra ${ }^{2}$ i.e. Basic Doctrine:-
"There is but only supreme Being
The Eternal Reality (True Name)
The Creator
Without Fear
Devoid of Enmity
Of Timeless form
Beyond Birth, Self-existent
Known By the Grace of The Guru',

Sikhs recite Mool Mantra most of the time and believe in one God:ek pita ekas ke hum barak, tu meraa gur haee ${ }^{3}$

There is one father; we are all His children. You are my guide.
awal allah noor upaaya kudrat kay sab bandai
aik noor say aab jug upjaya Kaun man dae ${ }^{4}$
Message of equality off all being equal, is highlighted by the fact that, From One Light, the entire universe welled up. So who is good or who is bad? A Shabad by Kabir Ji.
brahm giaanee sadaa nirdokh
jaise soor sarah kau sokh
brahm giaanee kai drisati samaan
jaise raj rank kau laagai tul pavan ${ }^{5}$
The God's conscious Being is always unstained,
Like the sun, which gives the comfort and warmth to all.
The God's Conscious Being , looks upon all alike,
Like the wind, which blows equally upon the kings and the poor beggar"

Discrimination of all types is strictly forbidden. Guru encourages their Followers to promote equality by sharing earnings with those who need it. Sikhism also teaches that equal respect should be given to women.

Guru Nanak Dev Ji said "Sikh philosophy dose not teach you to raise your hand on women. It teaches you to respect them."
dharan gagan neh dekhau doye
naaree purakhsabai loi ${ }^{6}$
In the earth and in the sky, I do not see any second. Among all the women and men, His Light is shining.

Sikhism believes in one god, which is sole reality in the cosmos. God Alone is worthy of worship and Mukti or liberation can come through devotion of god. One of the tents of Sikh Religion is the belief that the world is only 'vision' or illusion (Maya)
and that God is the only sole 'Continuing Reality'. The selfishness, egoism and hate are meaningless.

> prabh dayal beant pooran aik
> Sabh kich aapay aap doojaa kaha keho
> aap karhau prabh Daan aapai aap leho aavan jaanaa hukam sabh nehachal tudh theho ${ }^{7}$

God is merciful and infinite. The one and Only, is all-pervading. He Himself is all-in one. Who else can we speak of? God Himself Grants His gifts and He Himself receives them. Coming and going are all by the Hukam of Your Will. Your place is steady and unchanging."

Impurity of mind leads to many vices, such as Anger, Lust, Attachment, Ego and Greed. Sikhs believe n the importance of truthful Living, which can only be created by purity of mind and not through religious rituals.
aval sifat doojee saabooree
teejai halemee chauthay khairee
panjvai panjay ikat mukamai
ehai panje vakhat tere aparpra ${ }^{8}$
First, is the lord's praise; second, contentment; Third humility, and fourth given to charities. Fifth is to hold one's desires in restraint. These are the five most sublime daily prayers.
goun samooh phall sagal manorth
pooran hoee aas hamaree
aukhad mantar tantar par dukh har
sarab rog khandan gunkaree ${ }^{9}$
All virtues are obtained, all fruits and rewards and desires of the mind; My hopes have been totally fulfilled. The medicine, the mantra, the magic charm. Will cure all illness and totally take away all pain.

Devotees of Sri Guru Granth Sahib Ji believe that they must cortrol the animal instincts of Pride, Ego, Lust, Addiction, Anger, Temper, Greed, Urdes, also Attachments and Dependence. All these anomalies can be controlled and een elimination.
nivann so akhar khavanngunn
jihbaa maneeaa mant
ay tarai bhaeyayvass kar taan vass aavee kant ${ }^{10}$

Humility is the wird, forgiveness is the virtue and sweet speech is the magic mantra. Wear these robes, o sister, And you will captivate your husband Lord.

All Sikhs believe that they should lice and accept the command of God Without doubt and with non emotional stress; thus they live in contentment
kunt chaar dah disbhramay
karam kirat kee rekh
soukh dokh mukat
jan nanak likhio lekh ${ }^{11}$
He wanders around in the four quarters and in ten directions, According to the dictates of his karma Pleasure and pain, liberation and reincarnation, O Nanak, come according to one's pre-ordained destiny."

The word of Guru is the gospel, and is available in the form of hymns in Sri Guru Granth Sahib Ji and mediation of the naam is the divine mantra.
baani guru guru hai baani
vich baani amrit saarae
gurbani kahai sewak jan manay
partakh guru nistare ${ }^{12}$
The Word, the Bani (Hymn-Shabad) is Guru, and Guru is the Bani Within the Bani (Hymn-Shabad), the ambrosial nectar is obtained. If the humble servant believes, and acts accordingly to the Words of Guru Then the Guru in Person, saves him.

The Shabad Dhur Ki Bani is from Guru Hymns ‘Anand Sahib’ written by 3rd Sikh Guru, Guru Amar Das Ji, which tell us about the Creator and His benevolence.
dhur ki bani aayee
tin saglee chint mitaiyee
parmeshar ditta banna
dukh rog ka dera bhanna
anad kareh nar nari
har har prabh kirpa dhari ${ }^{13}$
The Hymns of His words emanated from the Primal lord. It eradicates all anxiety. The transcendent Lord has given me His support. The house of pain and diseases been demolished. The men and woman celebrate. The Lord God has extended his mercy.

## International Personalities View about Guru Granth Sahib Ji

## From the 'Sacred Writings of the Sikhs, - A Unesco publication: -

The religion and its scriptures, The Adi Granth, will have something special of value to say to the rest of the world. The Adi Granth is remarkable for several reason. Of all known religious scriptures, who see that, Sikhism unlike most other religions, is a philosophy, which has validity for all cultures; but non Sikh writers also endorse this view."

## Arnold Toynbee, British historian writes: -

"Guru Granth Sahib is a perfect spiritual guide, shining a new light on the way which leads to the highest good of mankind. The path of Naam (Meditation on the Divine Name) shown by Guru Granth Sahib leads the Seeker to attain all the sublime qualities obtainable on the path of Karma (action) and path of Gyaan (knowledge); yet in the scripture, the Supreme Being has been portrayed only in the form of Shabad (Divine Word) and Naam (Divine)."

## Dr.B.R. Ambedkar, Architect of Indian Constitution Writes:-

"Sikh Religion is a Philosophical base for all those who desire to live in peace. Guru Granth Sahib Ji propagates the message of Brotherhood without distinction for color, creed and a castles society. Guru Granth Sahib Ji a philosophical guide for me and is valueless."

## Pear S Buck, Nobel Prize winner, American Author, writes:-

"Sri Guru Granth Sahib Ji (Sikh Scriptures) is source book of any human being, his aspiration, and his closeness to god almighty. Guru Granth Sahib evolves the concept of one god and is relevant to the needs of humanity. The message is clear, simple and modern."

John Clark Archer- American Clergyman and Educator Writes:-
टिसिभा मग्गाठ ひॅड्रिरा | స్=
"The Shri Guru Granth sahib Ji should be taught to all children, not only in the country (India) but also across the world."

## Dr. Rajendera Parshad Past President and Bharat Ratna awardee said:

"Guru Granth Sahib is really the vast collection of their Sikh gurus Universal and rational outlook, they're catholicity (broad mindedness) and earnest spiritual truth, with full intensity. An accumulation in which Mystical creative work of saints and mystics from various religious, social and economical backgrounds are included. Guru Granth Sahib stresses living an active and practical life rather than running away from the world"

Quote from Sri Guru Granth Sahib Ji, by Guru Arjan dev Ji:-
thaal wich tin vastu payio
satt santokh vicharo
amrit nam thakur ka paiao
jis ka sabas adharo
je ko khavay
je ko bhunchay
tis ka hoye udharo
Upon this plate (Sri Guru Granth Sahib Ji), three things have been placed Truth, contentment and Contemplation. The ambrosial Nectar of the naam of our lord and master has been placed. It is in the support of all one who eats it - one who meditates on the naam And enjoys it (fully devoted with happiness). He shall be saved (will attain the union with Lord) (SGGS P 1429)

Edict of Guru Gobind Singh Ji, to His followers, before His demise:-
aagya bhaie akal ki
Tabhi cha-ayo panth
Sab sikhan ko hukam hai
Guru Manio Granth
Guru Granth Ji Manio
Pargat Guran ki deh
Jo prabh ko milbo chahai

Khoj shabad main leh
Under the order of immortal being, Panth was created. All the Sikhs are ordered to accept the Granth as their Guru. Consider the Guru Granth as Embodiment of the Guru. Those who want to meet him find him in hymns.

## REFERENCES

1. Guru Granth Sahib, Page 248
2. Ibid, Page
3. Ibid, Page 611
4. Ibid, Page 1349
5. Ibid, Page 272
6. Ibid, Page 223
7. Ibid, Page 710
8. Ibid, Page 1083
9. Ibid, Page 1387
10. Ibid, Page 1384
11. Ibid, Page 253
12. Ibid, Page 982
13. Ibid, Page 627

# CULTURE OF PUNJAB 

Dr. Rashmi Chaturvedi<br>Assistant Professor, Shri Ramswaroop memorial University, Barabanki, U.P.


#### Abstract

Punjab is one major of the most prosperous states in northwest region of India. It is divided into three major regions- Malwa, Majha and Doaba. Agriculture is the mainstay of Punjab's economy and the other major industries like as manufacturing of instruments related to science, machine tools, electrical goods, textiles, sewing machines etc. Punjab contributes nearly two thirds to the total production of food grains, a third of milk production and the leading producer of wheat in the country. The initiative of green revolution has been keenly taken forward by the people of Punjab. Punjab have the best infrastructure. This includes rail services, air services, road services and river transport links that are extensive throughout the region. Punjab has the lowest poverty rate and gets the best state performance award, based on statistical data compiled by the Indian Government. Punjab is a vast expanse of natural beauty. This research paper explains beauty and richness of the Punjabi culture with the description of the Language, Religion, Food, Music, Dance, Festivals, Sports, and Marriage etc.


Keywords : Punjab, Culture and Religion.

## Introduction:

The word "Punjab" appears for the first time in writings from the fourteenth century by Ibn Batuta, who had visited the region. In the latter half of the 16th century, the expression gained in popularity. It was mentioned in the book Tarikh-e-Sher Shah Suri (1580), which portrayed the construction of a fortress by "Sher Khan of Punjab."

In volume one of "Ain-e-Akbari" by Abul Fazal, The term 'Punjab' can also be located. This mentions that the area can be separated into the provinces of Lahore and Multan. Likewise, the term 'Panjnad' appears in the title of a chapter in the second volume of Ain-e-Akbari.

None the less, the earliest instance of the Sanskrit counterpart for 'Punjab' is in a notable epic, the Mahabharata. Here, it is referenced as pancha-nada, signifying 'Territory of Five Rivers'. In his work 'Tuzk-i-Janhageeri', Jahangir, a Mughal King, made a reference to the region of Panjab. The term comes from Persian and was brought by the Turkic conquerors of India. It translates to "Five" (panj) "Waters" (ab)
and signifies the Land of Five Rivers，highlighting the five rivers that flow through the region．Due to this，it became known as the granary of British India．

When the former Raj province of Punjab was divided between Pakistan and India in 1947，the result was the creation of the Indian State of Punjab．In contrast to India＇s Punjab state，which was founded in the eastern region and primarily made up of Sikhs，Pakistan＇s Punjab Province was primarily made up of Muslims in the western region．During the partition，the eastern region had a majority of Muslims while the western region had a sizable Sikh and Hindu population，which led to numerous instances of intercommunal violence and population displacement．Numerous Punjabi provinces ruled by royal households，including Patiala，were included in Punjab in India．

Punjabi traditions，language，philosophy，poetry，architecture，values， spirituality，education，food etc．reflect this diverseness．Mainly all Punjabis are divided into two groups：Khatri and Jatt．Punjab is the place of great saint and solders senani． Panjabi peoples are very frank，explicit，friendly，outspoken，warm welcoming and hardworking．Panjabi songs are full of vocal and the dance style of Panjab has many flavors as Bhangra，Gidha，Kikili and Sami．Mostly people of Punjab belong to Sikh community and follow their caste religion．

## Language of Punjab：

Punjabi language is an asset of Punjab and world＇s ninth most widely spoken language．This language gaining wide spread popularity across the world．Punjabi is the official language of Punjab and it has a lot of similarities to Hindi language．The People belongs to West Punjab speak more Hindi than Punjabi but peoples who belong to East Punjab speak more Punjabi than Hindi．Punjabi language borrows various languages such as Hindi，Persian，Urdu，and English in modern times．Although Punjabi is one and only local language of Punjab but there are many dialects used diverse region to region．Some of the local dialects are Hinko，Rachnavi，Shahpuri，Pahari，Malwai， Ghebi，Doabi etc．

## Religions of Punjab：

Many religions exist in Punjab but major populations are of Sikhs and Hindus． The Sikh population is very high in the Punjab due to the origin of Sikhism．There are many Sikhs religious centers in Punjab but the most famous temple is Golden Temple situated in Amritsar．Golden Temple is also famous in other religions，which witnesses＇ huge footfall from around the world．

## Music and Dance of Punjab:

Punjabi music and dance are famous in all over world. Gidda and Bhangra is one of the many Punjab is musical art forms of Punjab. Punjabi music is also used by some western musicians in many ways; asremix, mixing with other compositions and for produce award-winning music. Punjabi dances are performed by men or women in group and solo. Bhangra dances originating by Punjabis farmers during the harvesting season. Bhangra was mainly performed while farmers did agricultural chores. Traditional bhangra is performed in a group and circle using traditional bhangra steps.

## Festivals and Sports of Punjab:

The famous festival of Punjabi Sikhs is Lohri, Basant and Vaisakhi as seasonal festivals. Punjabi people have interest to play kabaddi, and wrestling in sports. This sport is also played on national level. Other games also played in Punjab region like as Gilli and Danda, Yassu-Panju, Kho-Kho, Ludo, Chuppan-Chupai, Pitho-Garam, BarafPanni, Kanchy and some major sports include Boxing, Cricket, Hockey, Horse-Racing and Football. National Horse and Cattle Show at Lahore is the biggest festival where sports, exhibitions, and livestock competitions are held.

## Occupation in Punjab:

Agriculture is the main occupation of Punjab and most of the occupational work attached with this occupation Traditionally like making of agriculture tools and small scale Processing work for final crop product. But now a days many occupations are adopted in allied manner like dairy farming and poultry farming, fishing etc.

Due to numerous water sources and good quality soils, Punjab's economy based on agriculture since the Green Revolution. Wheat is the most widely grown crop. Rice, Barley, Maize, Pearl Millet, Cotton, Sugarcane, and Fruit are among other major crops.

## Dress:

A Dastar is an important part of the Punjabi and Sikh culture. For Sikhs, the Dastar is an article of faith that represents honour, piety, equality, honour, courage and self-respect. The Khalsa Sikh men and women keep the Five Ks, wear the turban to cover their uncut hair (Kesh). The Sikhs regard the Dastar as an important part of the unique Sikh identity. The qameez (top) and salwar (bottom) is the traditional attire of the Punjabi people. In most of the villages of Punjab men wear Pagri (Turban), Dhoti/Lacha, Kurta, Khusa. Women wear Gharara, or Choridar Pajama or colorful Shalwar Kameez, Paranda, Choli/Duppata, Khusa, Kola Puri Chappal or Tillay Wali Jutti. Where as in urban areas of Punjab men and women follow latest trends and fashion, generally they wear different styles of Shalwar Kameez.

## Wedding Customs of Punjab:

The Punjabi wedding has many functions, ceremonies and rituals since traditional times.The prewedding rituals start with the Roka,then comes to the function 'Chunni Chadhai' followed by Mangni/Sagai. This is the official engagement with the couple exchanging the engagement rings. Before the wedding, Mehendi artists create intricate designs on the hands of the bride. Mostly on the same day Sangeet function is also organized. After Sangeet function, some traditional rituals like asKangnaBandhna, ChoodhaChadhana and Kalide which take place in the bride's house. Haldi and GharaGhardoli rituals take place for both, Bride and Groom. After that Bride and Groom go to their nearest temple for bath with holy water and start getting ready for the wedding. Sehrabandi and Ghodi Chadna conclude the pre-wedding rituals.

The main wedding starts with the ritual to welcome the groom and his party to the venue of the wedding name Agwani and Milni. Followed by the welcome is the Varmala or the exchange of the garlands between the bride and the groom. Then the groom is offered a bowl of water and sweet drink called Madhuperk. The ritual of Kanyadaan is fulfilled by the father of the bride and asks the Groom to take good care of her. After the Kanyadaan, couples take mangal phere where they circle the sacred fire four times and then the couple is declared Married. The wedding day concludes with a sacrificial ritual offering rice flakes to the sacred fire thrice called Lajhom followed by Sindoor Daan which is the ritual of the groom to anoint the bride's forehead and the hair partition with Sindhoor.

After wedding games are the most important and joyful part of every wedding where the families and friends from both sides take part actively. After that the most heart touching moments for the festivities is come as Bidai. Lastly the bride is welcomed to the groom's house and a final ritual called the Muh Dikhai marks an end to the ceremonies and the start of a happy life together.

## Handicraft of Punjab:

Phulkari, as well as Parand is Phulkari, Joot is Pidhis and Durries are part of Punjab's rich handicraft. Many of these crafts are used as household items, and they reflect the state's vibrant identity. Mud Works is an indigenous Punjabi tradition. In addition, the state produces a diverse range of Sofa, Chair, Table, Mirror Frames, Trays and other items.

## Funeral Rituals of Punjab:

At funerals after namaz-e-janaza it is customary to offer lunch to people who came for condolence. On $3{ }^{\text {rd }}$ day of the funeral, Qul is held and every following

Thursday the Quran is recited (jumah-e-raat) followed by prayers for deceased and after 40 Days the chaliswaan is held. After which the funeral is over. Some families observe anniversaries yearly (Barsi). There is no formal dress code for Punjabi funerals however people mostly wear shalwar kameez and casual clothing is observed. Funerals of Shia families are more intense. Both men and women wear black shalwar-kameez and rigorous crying and screaming is a common occurrence at such funerals.

Punjabi culture is famous for its rich heritage and traditions. Punjabis are high spirited and liberal people. While the Punjabis are famed for their tenacity, their culture reflects a diverse range of historical civilizations. In Punjab, guests are treated as God's representatives and are well looked after. Punjab is a place where artistry surrounds every area of life, and a sense of opulence pervades the atmosphere. Metal Work, Needle Work, Wall Paintings, Jewellery, Mud Wall Paintings, Architecture, Folk Music, and Dances all reflect the affluent culture of this north-western Indian state. The state's culture is diverse, containing a rich past as well as a thriving social scene. The Punjabi culture, which dates back over a century, is known for its tolerance, progressiveness, and logical attitude to life.

## REFERENCE

1. Samaha Kazmi, October 4, 2022, 7 Captivating Facts About Punjabi Culture You Didn't Know; available at https://ling-app.com/pa/punjabi-culture/
2. Punjabi Culture - Traditions and Cultural Diversity of Punjab, available at https://www.holidify.com/pages/punjabi-culture-116.html
3. Culture of Punjab - Enthralling Tradition, Art, Music, Food and Festivals available at https://www.caleidoscope.in/art-culture/culture-of-punjab
4. Punjabi Culture, available at https://historypak.com/punjabi-culture/

# IMPACT OF HINDUSTANI CLASSICAL STRING INSTRUMENTAL MUSIC \{HCSIM\} ON SIX RASA'S 

Shringara, Adbhuta, Veera, Shanta, Karuna, Raudra

With special reference to Natyashatra

## Dr. Jagdev Kumar

Research Scholar of D.Litt, Department of Instrumental Music. IKSVV, Khairagarh, Chhattisgarh


#### Abstract

The present paper based on theImpact of Hindustani Classical String Instrumental Music (HCSIM) on 6 rasa out of 8 Rasa (Shringara, Adbhuta, Veera, Shanta, karuna, Raudra) with special reference to Natyashatra and Classical 7 raga's (Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani sarang). In this paper researcher focused on the 6 main rasa's principles whose importance based on the Hindustani Classical String Instrumental music. Researcher focused on the deep studies of the Natyashastra's fifth Vedas for entertainment of the discriminated class people. Natyashatra completed with 36 chapter's but only 28 to 33 like six chapters covered the data of Indian Classical Music. Researcher chooses 7major ragas and its impact on 6 rasa's of Natyashastra. Scientifically rasa's concept based on the Hypothalamus glands and secretion of dopamine hormones. Such Seven ragas like Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani sarang are too helpful for the secretion of such six rasa's. Practically and theoretically findings are explained in the following keywords.


Keywords : Natyashastra, Six Rasa's, Seven Ragas, Hypothalamus Glands, Dopamine Hormone, Reports of PGIMER (Postgraduate Institute of Medical Education and Research), Chandigarh and AIIMS (All India Institute Of Medical Science), Delhi.

## Introduction

Natyashatra is a comprehensive treaty on the art of drama in which chapter $6^{\text {th }}$ (Rasa) and chapter $7^{\text {th }}$ (Bhava) deals with rasa or sentiments and bhava emotions. Rasa \& Bhava or sentiments and emotions are the soul of Indian classical string instrumental music, poetry and drama. Natyashastra mainly deals with acting, dance, music and rasa. The first three are means to produce the fourth that is the purpose of drama as well as music. Natyashastra are the means to attain the ultimate aim of producing the required Rasa or sentiments.

## The whole findings of this paper based on the following objectives like

## - Problems

I choose this topic for writing my research paper because I am pursuing D.Litt. In natyashatra specially 8 rasa are thoroughly discussed but as per the instructions of the penal of D.Litt. suggested me to focus on the following six major rasa like (Shringara, Adbhuta, Veera, Shanta (not mentioned in natyashastra but mentioned by abhinav gupt), karuna, Raudra) and 7 Classical raga’s(Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani sarang). In this paper, researcher focused on the impact of such rasa on the 7 notes of Hindustani Classical Music Swaras like $\mathrm{Sa}, \mathrm{Re}, \mathrm{Ga}, \mathrm{Ma}, \mathrm{Pa}, \mathrm{Dha}$, and Ni. Images with expression are also highlighted with such notes.

## - Hypothesis

The musicologist Abhinavgupta stated that 'Rasa' is in the mind of the 'rasika' or listener in a dormant state. The stimulus merely awakens the dormant instincts and evokes a response or reaction. In other words, appreciation of music is an instinctive response. The psychology of this theory recognizes and addresses the role of the unconscious memory. The forces which form the core of this memory are a combination of racial memory, cultural memory [called samsakaras], input and impact of the environment. All these go into developing the various strata of the 'ego' which defines the emotional behaviour and its responses. This theory could provide an explanation to the 'Raag-Time' co-relation. By tradition, the Indian ear is conditioned to respond in a certain way. Devotional music seems to have an extra appeal in the early hours of the morning, because in the Indian ethos, our day begins with a ritual of prayer. Morning is a time for meditation and introspection - One looks forward to the new day with renewed faith and hope in the heart. Interestingly, most morning melodies are somber and devotional in nature.

## - $\quad$ Scope of the study

The Hindustani String Instrumental Music is a powerful and wonderfulform of performing arts. It lifts up the individual self into the social self and sometime even beyond that. It is a bond of social and cultural unity. HSIM would unite the whole world (Human races) in love and peace. All human and various non-human living species love Music and but biotic species respond to it. It is a nature direct wireless message. In this study, a number of different types of experimental and documentary information will be analyzed and collected from North-America and South Asian countries like Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka with Cultural exchanges and variations. This research mainly focuses on the following research points: Experimental values will be compiled through string
instrumental melodic vibration on particular ragas like Bhairav, Aahir Bhairav, Jaunpuri, Malkauns, Bhairvi, Sohni and Brindabani Sarang. Implication of the string instruments on Human mind and Body especially in the limbic area of the brain (chemical reactions of dopamine and other hormones). Hindustani String Instrumental Music must be a part and parcel of our curriculum and should be incorporated in our social, cultural and academic system.

## - Research Methodology

Researcher felt that this study or the title of the paper is totally based on the experimental facts of the Neurological doctors. During my studies, I consulted with numbers great scholars from foreign universities. The names of such scholars are as under- Prof. Giuseppe Gerbino, Prof. Ellie M. Hisama, Prof. Aaron A.Fox, Prof. Waler Frisch, Director and Prof. Brad Garton, Prof. Joseph Dubiel, Prof. and Director Magdalena Stern-Baczewska, Prof. Susan Boynton of The Department of Music, Columbia University in the City of New York, and such Associates of the Harvard Music Department 2018-19 like Noel Bisson, Harvard University, Phoebe Carrai, Harvard Baroque Chamber Orchestra, Tom Everett, associate, Edward Jones, Gund university organist and choirmaster, Mark Oison Director of the Harvard Bands, Thomas Sheehan, Memorial Church and Steven Takesugi, associate faculties of the department of Music of the Harvard University, Dr. Emil Moss, Prof. Jeffrey Benedict, Prof. Michael Caldwell, Prof. Paul DeCastro, Prof. James Ford, Prof. Sara Graef, Prof. Christopher Gravis, Prof. Susan Kane, Department of Music, University of CalStateLos Angles, and last but not least the strings faculty of the University of Southern California Thornton School of Music, Dean Robert Cutiletta, Prof. Bruse Alan Brown, Prof. Veronika Krausas, Prof. Adam Knight Gilbert etc. I am feeling too blessed because I'hv received a healthy and motivational consent from above scholars for my future research. In such research, the researcher would like to examine an experimental reports from USC Thornton School of Music, California and SOAS University of London, AIIMS (All India Institute of Medical Sciences), New Delhi and PGIMER (Post Graduate Institute of Medical Education \& Research), Chandigarh research branch.

## Relevence

Relevances of Rasa Theory are as under-

- Rasa means aesthetics, juice, essence, taste in performance.
- Rasa is an undefinable realization and intense feelings with detachment.
- It is the flavor (general) or aesthetic emotion (metaphorical).
- It is the soul of poetry.
- Rasa is an emotion and cannot be described in opposition to Aristotle.
- Originally, Rasa means juice, essence or elixir.
- It is the pleasure experienced by each class of people.
- No other word can define Rasa completely.
- It is the impression created on the mind of the sympathetic audience by the expressions of Bhavas (emotions) and it's experienced by it.
- Rasa is not experienced in common situations but only in the art form

Pandit Sharangdeva his grantha' "Sangeet Ratnakar", expounded the theory that each note carries its own emotional cloud around it.

- 'Sa-Ri veer. Adbhutey. raudrey,
- '"ga-ni" tu karunaa haasya shringaaryormapou' dha bibhatsa. bhayanakey;
- kaaryodh
- Sa-Ri: Veera, Roudra and Adhbhuta

- Ga-Ni: Karuna

- Ma-Pa: Haasya, Shringaara.

- Dha- Bhibhatsa, Bhayanaka

- This theory's validity was questionable however, because a 'raga' is a combination of notes and phrases, hence the element of ambiguity and in some cases sheer confusion would set in. One may assume that the mood of the raga would be dictated by the dominant notes in it, which would impart their emotional colour to the melody. E.g.: if madhyam was the dominant note it would probably be shringara rasa and so on.
- Sharangdeva, however made the first attempt to co-relate rhythm - Laya- a distancing of time points to create a generative pattern, and Rasa. Rhythm is an essential and intrinsic part of music and hence it will play a large role in creating the rasa or aesthetic flavour. It was Sharangdeva, who drew a corelation between these two factors:
- Shaantha and Karuna Rasa - Vilambit Laya-slow tempo
- $\quad$ Shringaara-Rasa- Madhya Laya- medium tempo
- Veera Rasa- Drut Laya - fast tempo.
- He tabulated the fact that it was of the utmost importance to choose the right tempo to convey the desired emotion. E.g : a composition depicting valour would obviously have to be in a fast tempo and conversely a composition full of tenderness and pathos would have to be in a slow tempo.
- Finally, the modern musicologist Shri. V N Bhatkhande was of the opinion that a direct
one-one correspondence of raga-rasa was not only difficult but impossible. It was too simplistic a way of looking at something as complex an abstract form like music in relation to an equally abstract and complex parameter like the mind and its emotional states. After all, if Sa-Ri evokes Veera Rasa and Ma-Pa- evokes Shringaara Rasa, then every raga should evoke these two aesthetic responses since these notes are present in almost all the ragas which is obviously not the case.


## - Limitations

In the present research work, 'Individual' sessions were conducted and the patients were given pre-recorded cassettes to listen to the music. Methods such as the group therapy method, or improvisation of music were not studied. The effect of live HSIM or the active participation of the patients of Dementia, Schizophrenia and Parkinson's diseases during the sessions could be done because of constraints relating to administering and monitoring the same. In the classical string instrumental music, only five ragas (ragas- Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani sarang were selected, rendered by select renowned artists. Only a few were selected in this research work.

## - Findings

A Raga is a sequence of selected notes (swaras) that lend appropriate 'mood' or emotion in a selective combination. It's a yoga system through the medium of sonorous sounds. Depending on its nature, a raga could induce or intensify joy or sorrow, violence or peace, and it is this quality which forms the basis for musical application. Thus, a whole range of emotions and their nuances could be captured and communicated within certain melodies. Playing, performing and even listening to appropriate ragas can work as a medicine. To be rendered effective, Ragas are used in a combination with Ayurveda, the ancient science of Vedic healing. A Raga must be played or sung to a patient keeping in mind his/her physical nature of vata, pitta or
kapha.
Vata is responsible for all kinds of movement in the body
Pitta is responsible for digestion and metabolism
Kapha is responsible for all structure and lubrication in the mind and body
But in some cases, when doctors examine the patients of mental disorder or dementia the find such symptoms like cognitive and psychological changes among human mind like

## Cognitive Changes

- Memory loss, which is usually noticed by someone else
- Difficulty communicating or finding words
- Difficulty with visual and spatial abilities, such as getting lost while driving
- Difficulty reasoning or problem-solving
- Difficulty handling complex tasks


## Psychogical Changes

- Personality changes
- Depression
- Anxiety
- Physical changes may include
- Loss of coordination, tremors, fatigue

These views are examined by Musicologists and Neurogoical doctors with the help of such ragas like Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani Sarang are too helpful for the secretion of such six rasa's like Shringara, Adbhuta, Veera, Shanta, karuna, Raudra.

## - Overall Evaluations

In the present research work, 'Individual' sessions were conducted and the patients were given pre-recorded cassettes to listen to the music. Methods such as the group therapy method, or improvisation of music were not studied. The effect of live HSIM or the active participation of the patients of Dementia, Schizophrenia and Parkinson's diseases during the sessions could be done because of constraints relating to administering and monitoring the same. In the classical string instrumental music, only five ragas (Ragas- Bhairav, Aahir Bhairav, Jaunpuri, Malkouns, Bhairvi, Sohini, and Brindabani sarang were selected, rendered by select renowned artists. Only a few were selected in this research work. Using different music pieces, one can find out the various possibilities of the therapeutic effect of music in depressed patients. This study will focus on the following limitations only like The Effect of Music on Human Mind with special reference to Hindustani String Instrumental Music.

- To what extend HSIM (Hindustani String Instrumental Music) is responded by different cultural groups?
- In what ways and to what extend HSIM therapy can help various human mood and brain disorders?
- What to see North American HSIM through South Asian eyes and vice a versa?
- What to extend string instrumental biological impact in the neurological laboratories and Musical labs?
- Geo-Musical impact of HSIM on the patient of mental disorder.
- Place of practical experiments will be examine from these competent authorities like USC Thornton School of Music, California and SOAS University of London, AIIMS (All India Institute of Medical Sciences), New Delhi and

PGIMER (Post Graduate Institute of Medical Education \& Research), Chandigarh research branch.

- The experimental method can also be used to obtain statistical evidence of the effects of music on depressed patients. The present study is a descriptive study; statistical tests have not been applied to the data.


## REFERENCES

1. Wallace Dace (1963)."The Concept of "Rasa" in Sanskrit Dramatic Theory". Educational Theatre Journal. 15 (3): 249-254. Doi:10.2307/3204783. JSTOR 3204783.
2. René Daumal (1982).Rasa or, Knowledge of the Self: Essays on Indian Aesthetics and selected Sanskrit studies. Translated by Louise Landes Levi. ISBN 978-0-8112-0824-6.
3. Natalia Lidova (2014). "Natyashastra". Oxford University Press. doi:10.1093/obo/978019 5399318-0071.
4. Natalia Lidova (1994).Drama and Ritual of Early Hinduism. Motilal Banarsidass. ISBN 978-81-208-1234-5.
5. Rowell, Lewis (2015).Music and Musical Thought in Early India. University of Chicago Press. ISBN 978-0-226-73034-9.
6. Emmie Te Nijenhuis (1974).Indian Music: History and Structure. BRILL Academic. ISBN 90-04-03978-3.
7. Kapila Vatsyayan (2001).Bharata, the Nāyaśāstra. Sahitya Akademi. ISBN 978-81-260-1220-6.

## RECORDINGS

1. Gilliland, John, A play of a simple melody: American pop Music in the early fifties-(Audio) pop chronicles, University of North Taxas Libraries, 1969
2. Proceedings of the seminar on 'Sitar' organized by ITC-SRA (Western Region) cosponsored by NCPA \& Music forum Bombay on 23th of Sept. 1991; Bombay
3. Proceedings of the seminar on 'Instrument Makers' organised by ITC-SRA (Western Region) co-sponsored by NCPA \& Music forum Bombay on 14th of Feb 19973; Bombay
4. Proceedings of the workshop on 'Tanpura' organised by ITC-SRA (Western Region) co-sponsored by NCPA \& Music forum Bombay on 6th of July 1997; Bombay MP3:-Chinese Moods; Oriental Music for Meditation and Relaxation, Asian Sound Therapy by Yang-li-jung/ yin yang Music Zone.
5. Chakra Meditation Universe Meditation Yoga Calm spirit; Sunset in China, Zen Meditation, Asian Ambient Inner Bliss, Yoga Nidra

## THESIS

1. Mamta Sharma. Musicality Extraversion and Neuroticism in Mental Relaxation Under the influence of Music and Biofeedback, Department of Psychology, Punjabi University, Patiala.
2. Monica Sharma, An analytical Study of Western Notation of Music and its relationship with Indian Notation System of Music, Department of Music, Punjabi University, Patiala
3. Shaji, John, A study of Music Therapy and Meditation on performance in professional shooters, Department of Sport Science, Punjabi University, Patiala
4. Newt.phys.unsw.edu.au/jw/string.html
5. Instruments in Depth: the Viola: an online features presented by Bloomingdale school of Music (2010)
6. Chisholm, Huge, Ed. (1911),'Stringed Instruments" Encyclopaedia Britannica (11th ed.), Cambridge University Press, Cambridge.
7. Kapila Vatsyayan (1974). Indian Classical Dance. Sangeet Natak Akademi. OCLC 2238067.
8. Kapila Vatsyayan (2008).Aesthetic theories and forms in Indian tradition. Munshiram Manoharlal. ISBN 978-8187586357. OCLC 286469807

# GOVERNANCE FOR ATMANIRBHAR BHARAT 

Amisha Saxena
Research Scholar,
S. S. College, Shahjahanpur, UP

Prof. Manmeet Kaur<br>Head of Department, Political Science,<br>Bareilly College, Bareilly, UP


#### Abstract

The present paper is an attempt to highlight the need for India to focus on 'Governance for Atmanirbhar Bharat'. The paper highlights the importance of Atmanirbhar Bharat by taking references from late president Dr. APJ Abdul Kalam's speech, "My Vision for India". The paper discusses the Atmanirbhar Bharat Abhiyan \& its five pillars, in brief. The paper, while discussing the concept of governance, distinguishes it from similar terms - government \& management. The paper makes use of the USAID's Self-Reliance Metrics to highlight the need for India to consider all dimensions associated with the vision of Atmanirbhar Bharat so that India can realize its dream of becoming self-reliant in this Amrit Kaal. The paper uses data from V-Dem Institute's report titled 'Democracy Report 2022: Autocratization Changing Nature?', Liberal Democracy Index, Electoral Democracy Index, World Justice Project Rule of Law Index \& World Governance Indicators. The paper not only highlights India's ranking on the above mentioned indices but also discusses its implications, \& make note of India's response.


Keywords: Atmanirbhar Bharat, Governance, Good Governance, Government, Management, Amrit Kaal, Self-Reliance, US Aid's Self-Reliance Metrics.

## Introduction:

"Do we not realize that self-respect comes with self-reliance?"
~ Dr. APJ Abdul Kalam
Dr. APJ Abdul Kalam posed this question when he was articulating his visions for India in his speech at IIT Hyderabad on $25^{\text {th }}$ May 2011. This question was a followup to his question about obsession of Indians with imported things, be it TVs, Shirts, or Technology. The glimpses of this obsession have also been visible on a macro-level in India's developmental strategies. The unsustainable nature of our approach towards development got exposed during the COVID-19 pandemic, which disrupted the global supply chains. The pandemic gave rebirth to the philosophy of Atmanirbhar Bharat. As a result, the Atmanirbhar Bharat Abhiyan was launched by Prime Minister Narendra Modi on $12^{\text {th }}$ May 2020. The campaign aimed at creating a self-sufficient \& self-reliant India in a complete sense. The Atmanirbhar Bharat Abhiyan was furtherannounced in
four tranches by the Union Finance Minister in May 2020. The special economic stimulus relief package was worth Rs. 20 crores i.e., about 10\% of India's GDP.

The campaign was looked at suspicion by many as an attempt by India to adopt protectionism against other countries. Prime Minister Modi while giving his inaugural address at the India Global Week 2020 clarified in these words: "... Atmanirbhar Bharat is not about being self-contained or being closed to the world, it is about being self-sustaining \& self-generating."

While addressing the nation on $15^{\text {th }}$ May 2020, Prime Minister highlighted that Atmanirbhar Bharat would be based on following five pillars:

1) Economy
2) Infrastructure
3) System
4) Vibrant Demography and
5) Demand

The first pillar is about building an economy that brings quantum jump rather than incremental change. The second pillar is about creating world-class infrastructure which becomes identity of modern India. The third pillaris focused on technology driven system which is capable of fulfilling the dreams of the $21^{\text {st }}$ century. The fourth pillar underscores India's vibrant demography as its strength. The fifth pillar highlights the importance of the cycle of demand \& supply chain in a country's economy.

## Concept of Governance:

The Merriam-Webster dictionary defines the word governance as the act or process of governing or over seeing the control \& direction of something such as a country or an organization. Governance has often been considered synonymous with other terms like government \& management.

Government \& Governance: As per UNESCO's International Bureau of Education,
"Governance has been defined to refer to structures \& processes that are designed to ensure accountability, transparency, responsiveness, rule of law, stability, equity \& inclusiveness, empowerment, and broad-based participation. Governance also represents the norms, values \& rules of the game through which public affairs are managed in a manner that is transparent, participatory, inclusive \& responsive. Governance therefore can be subtle \& may not be easily observable. In a broad sense, governance is about the cultural \& institutional environment in which citizens \& stakeholders interact among themselves \& participate in public affairs. It is more than the organs of the government."

Clearly, governance cannot be equated with government as the latter is a territorially based body that takes decisions which are authoritative in nature \& binding on the residents \& entities within its boundaries.

## Management \& Governance:

Francesco Appio of SKEMA Business School provides a simple differentiation between these two terms. He says, "Governance is the strategic task of setting the organization's goals, directions, limitations, \& accountability frameworks. Management is the allocation of resources \& overseeing the day-to-day operations of the organization." Thus, governance answers 'what' about the organization whereas management answers 'how' about the organization.

## Governance and Atmanirbhar Bharat:

On $15^{\text {th }}$ August 2022, India completed 75 years of Independence. The country celebrated this occasion like a festival in the form of Azadi Ka Amrit Mahotsav. A term which was frequently used throughout the course of celebrations was 'Amrit Kaal'. The Quint in its article dated $2^{\text {nd }}$ Feb 2022 mentioned that the term 'Amrit Kaal' was first used by Prime Minister Modi in 2021 during the $75^{\text {th }}$ Independence Day celebrations, when he unveiled a new roadmap for the country for the next 25 years. The term comes from Vedic Astrology \& signifies the best \& most auspicious time to start new work.

In the words of PM Modi, "Starting from here, the journey of the next 25 years is the Amrit Kaal of a new India. The fulfillment of our resolutions in this Amrit Kaal will take us till 100 years of independence." Thus, to fulfill our resolution of becoming self-reliant, we have to analyze our journey \& assess how far we have come since independence \& how long we have to go.

The United States Agency for International Development (USAID), an independent agency of the U.S. federal government, launched "Journey to SelfReliance" metrics in 2018. The Agency is of the following conception about selfreliance:
"Self-reliance - defined as the ability of a country to plan, finance, and implement solutions to solve its own development challenges - is driven by two factors: commitment and capacity. Commitment captures how well a country's laws, policies, actions and informal governance mechanisms - such as cultures and norms support progress toward self-reliance. Capacity measures how far the country has come in its ability to manage its own development journey across the dimensions of political, social, and economic development, including the ability to work across these sectors."

The USAID also described what each of the indicators (refer Box 1) measure in its document 'Country's Roadmap'. (The indicators which come under the scope of this paper \& their respective description have been quoted from the document.) The indicator of Liberal Democracy Index (refer Box 1) under the metric open \& accountable governance, measures freedom of expression freedom of association, suffrage, clean elections, rule of law, judicial constraints on the executive branch, and legislative constraints on the executive branch. The other indicator, Open Government Factor, measures open government which the USAID defines as a government that shares information, empowers people with tools to hold the government accountable, and fosters citizen participation in public policy deliberations.

## (Box 1) USAID's SELF-RELIANCE METRICS COMMITMENT METRICS

1. Open \& Accountable Governance

- Liberal Democracy Index, Varieties of Democracy (V-Dem)
- Open Government Factor, World Justice Project Rule of Law Index, World Justice Report

2. Inclusive Development

- Social Group Equality in Respect for Civil Liberties, Varieties of Democracy (V-Dem)
- Economic Gender Gap Component, Global Gender Gap Report, World Economic Forum

3. Economic Policy

- Business Environment Component, Legatum Prosperity Index, Legatum Institute
- Trade Freedom Component, Index of Economic Freedom, Heritage Foundation
- Biodiversity and Habitat Protections Indicator, Environmental Performance Index, Yale Centre for Environmental Law \& Policy and Columbia Earth Science Information Network

4. Inclusive Development

- Social Group Equality in Respect for Civil Liberties, Varieties of Democracy (V-Dem)
- Economic Gender Gap Component, Global Gender Gap Report, World Economic Forum

5. Inclusive Development

- Social Group Equality in Respect for Civil Liberties, Varieties of Democracy (V-Dem)
- Economic Gender Gap Component, Global Gender Gap Report, World Economic Forum

6. Economic Policy

- Business Environment Component, Legatum Prosperity Index, Legatum Institute
- Trade Freedom Component, Index of Economic Freedom, Heritage Foundation
- Biodiversity and Habitat Protections Indicator, Environmental Performance Index, Yale Centre for Environmental Law \& Policy and Columbia Earth Science Information Network


## CAPACITY METRICS

1. Government Capacity

- Government Effectiveness, Worldwide Governance Indicators (WGI), World Bank
- Efficiency of the Tax Administration, Institutional Profiles Database (IPD), French Directorate-General of the Treasury and the Centre D'Etudes Prospectives et d'Informations Internationales (CPEII)
- Safety and Security Component, Legatum Prosperity Index, Legatum Institute

2. Civil Society Capacity

- Diagonal Accountability Index, Varieties of Democracy (V-Dem)

3. Citizen Capacity

- Headcount Ratio, Percent of Population Living on Less than $\$ 5$ Per Day (Purchasing Power Parity), Povcalnet, World Bank
- Percentage of Students Attaining a Minimum Proficiency in Reading toward the End of Primary School, World Bank
- Child Health Indicator, Centre for International Earth Science Information Network (CIESIN), Columbia University

4. Capacity of the Economy

- GDP per Capita (Purchasing Power Parity), World Development Indicators, World Bank
- ICT Use Sub Component of the Technological Readiness Component, Global Competitiveness Index, World Economic Forum (WEF)
- Export Concentration Index (or the Herfindahl-Hirschmann index), UNCTAD

(Box 1 contd.)

In a report titled 'Democracy Report 2022: Autocratization Changing Nature?, released by the Sweden based V-Dem Institute, India figured among top 10 autocratizing countries along with El Salvador, Turkey\& Hungary. The report projected a further decline in democracy in the country. The report classified India as an electoral autocracy. Among 179 countries India has been ranked $93^{\text {rd }}$ in the Liberal Democracy Index (LDI), thus making India, a part of 'bottom $50 \%$ '. In case of LDI, India has been ranked below countries like Bhutan (65), Nepal (71) \& Sri Lanka (88), in the South Asian region. In the Electoral Democracy Index, India is at $100^{\text {th }}$ rank whereas in the Deliberative Component Index India has been placed at $102^{\text {nd }}$ place.

In the World Justice Project Rule of Law Index 2021, India has been placed at $73^{\text {rd }}$ rank out of 139 countrieswith a score of 0.50 . The Index also ranks India on 8 separate factors. The following table lists India's rank on respective 8 factors of the Index.

| Factors (1-8) | India's Rank |
| :--- | :---: |
| 1. Constraints on Government Power | 52 |
| 2. Absence of Corruption | 95 |
| 3. Open Government | 40 |
| 4. Fundamental Rights | 93 |
| 5. Order \& Security | 121 |
| 6. Regulatory Enforcement | 78 |
| 7. Civil Justice | 110 |
| 8. Criminal Justice | 86 |

Table 1
India has never been ranked among top 50 in World Justice Project Rule of Law Index. In 2020, a petition was filed in the Supreme Court of India asking the Court to direct the government to set up expert committees for examining the best practices of the countries ranked among top 20 in the Index \& to take steps accordingly to improve India's ranking.

Under the Government Capacity metric (refer to Box 1), the Government effectivenessindicator measures the quality of public services, the quality of the civil service \& its independence from political pressure, the quality of policy formulation and implementation \&the credibility of the government's commitment to its stated policies.

India's score on the World Governance Indicators (WGI) released by World Bank in May 2022 is much below the BBB Median on all six indicators. This means when scores of different countries are arranged in descending order then India falls below middle. WGI assesses 215 countries on following six dimensions of governance:

1. Voice \& Accountability
2. Political Stability \&Absence of Violence
3. Government Effectiveness
4. Regulatory Quality
5. Rule of Law
6. Control of Corruption

## India's Concern:

The Economic Survey 2021 accused global rating agencies of a bias against the country. In a presentation prepared in June'2020 by the then Principal Economic Advisor in Ministry of Finance, Sanjeev Sanyal - "Subjective Factors that impact India’s Sovereign Ratings: What can we do about it?" it was showed that the government felt that WGI scores might lower in future "due to the latest negative commentary on India by think tanks, survey agencies and international media". However, there is lack of sufficient evidence to support the claim of "Western bias". Although, Carmen Reinhart, Harvard University Economist, in her study on rating agencies done in 2002 concluded that emerging markets are tended to receive differential treatment from ratings agencies, after examining data for over 40 economies, covering ratings issued over 1979-99.The question if this trend can be considered true for other indices like the ones mentioned above, is a matter of research \& discussion.

India's poor performance in the indices mentioned above is a cause of serious concern because of following reasons:

1. Researchhave established the relationship between democracy \& development. Democracy have a positive causal effect on economic growth. Thus, India's low score on indices such asLiberal Democracy Index, Electoral Democracy Index \&being placed among top 10 'autocratizers' is a big obstacle in achieving India's dream of becoming self-reliant.
2. Poor rule of law has a serious negative impact on Right to life, liberty, economic justice, fraternity, individual dignity \& national integration. It also offends rights guaranteed under Article 14 \& 21.
3. World Governance Indicators play a very important role in determining the sovereign credit rating of a country. Sovereign credit rating indicates
creditworthiness of a country．Thus，a low WGI score can eventually lead to adverse investorsentiment which is not favorable for India as foreign investment hasn＇t been ruled out under Atmanirbhar Bharat Abhiyan．In fact，global investors have been welcomed to invest in core sectors of the Indian economy like agriculture，logistics，defense，and space etc．

The USAID＇s Self－Reliance metrics are not scorecards \＆do not intend to compare countries＇performance．However，it is helpful in assessing each country＇s progress along their journey．

By highlighting that there is no sufficient evidence to support Indian government＇s claim of India being given low rankings due to＂Western bias＂，the paper doesn＇t recommend that India shouldn＇t voice its disagreements．The paper suggests that India while voicing its disagreements should continuously work towards improving itself．

The concept of Atmanirbhar Bharat is multi－dimensional in nature．Therefore， to become self－reliant India has to look in all possible dimensions \＆associated challenges．The paper focused on one such dimension i．e．governance．The paper tried to highlight the need to look at the concept of Atmanirbhar Bharat from the perspective of governance．Good governance is one of the most important factors to achieve a sustainable growth \＆thereby development．Therefore，it is needed that government \＆ academicians should find solutions about how India can improve its ranking on key governance indicators．It is time for India to devise governance relevant for Atmanirbhar Bharat．

## REFERENCES

## Books

－Bevir，M．（2012）．Governance：A Very Short Introduction．Oxford University Press， Oxford，UK．
－Gurumurthy，S．，Gupta，A．（Ed．）．（2021）．Aatmanirbhar Bharat：AVirbrant and Strong India（1 ${ }^{\text {st }}$ ed．）．Aryan Books International，New Delhi，Delhi，India．

## Journal Articles

－Taneja，P．K．（2021）．Atmanirbhar Bharat Abhiyan Theory，Actions，Chal Forward ［Paper Presentation］．Indian Institute of Public Administration 65 Conference，New Delhi，India．
－Acemoglu，D．（2016）．Democracy Does Cause Growth．Journal of Political Economy，127（1）．https：／／doi．org／10．1086／700936

## Reports \& Documents

- United States Agency for International Development. (2018). The 17 Self-Reliance Metrics- Country Roadmaps. https://selfreliance.usaid.gov/docs/SelfReliance_Metrics_Overview.pdf.
- World Bank. (2022). World Governance Indicators 2021. https://info.worldbankorg/ governance/wgi/.


## Working Paper

- Wolman, H., Levy, A. \& Hincapie, D. Government \& Governance (Working Paper No. 044). https://gwipp.gwu.edu/sites/g/files/zaxdzs2181/f/downloads/Working_Paper_044_ Governance.pdf


## Speech

- Kalam, A. P. J. (2011, May 25). My Vision for India. Data Quest. https://www. google. com/amp/s/www.dqindia.com/apj-abdul-kalams-vision-for-india-a-must-read-for-all-indians/amp/


## Websites

- Insights IAS. (2020). Rule of Law Index. Retrieved from: https://www.insightson india.com/2020/06/20/rule-of-law-index/.
- The Quint. (2022, February 2). ‘We Have Entered Into Amrit Kaal': What Does It Mean \& Where Does It Come From?. Retrieved from: https://www.google.com/amp/ s/www.the quint.com/amp/story/news/india/amrit-kaal-meaning-origin-explained-union-budget-2022.
- Alelio, D. (2018, June 19). USAID Just Released Its "Journey to Self Reliance" Indicators. What Comes Next?. Centre for Global Development. Retrieved from: https://www. cgdev.org/blog/usaid-just-released-its-journey-self-reliance-indicators -what-comes-next.
- Appio, Francesco. (2013). Re: What is the difference between governance and management?. Retrieved from: htps://www.researchgate.net/post/What_is_ the_difference _between_governance_and_management/525d6857d039b14526f591b4/citation/download.
- Dutta, A. (2022, May 19). Govt flagged low score in World Bank's governance indicators. Retrieved from: https://www.google.com/amp/s/ indianexpress.com/article/india/govt-flagged-low-score-in-world-banks-governance-index-7924696 /lite/


# ROLE OF NAVY AND COAST GUARD IN THE INDIAN MARITIME SECURITY 

Harpreet Singh<br>Assistant Professor, Department of Defense \& Strategic Studies, RIMT University, Mandi Gobindgarh, Punjab


#### Abstract

Maritime security is a continual process which requires monitoring, surveillance, and response mechanisms in the Indian Ocean Region (IOR). The Indian Coast Guard is a very important coastal security force that is responsible for the coastal security of the country. The Indian Coast Guard faces many internal and external threats in an insecure environment around the Indian maritime zones. The Mumbai 26/11 attacks which was initiated through the maritime routes from Pakistan to India. That kind of destruction has improved Coast Guard and the accompanying security apparatuses. As we all know that India is a maritime nation-state therefore, establishing the maritime security is a critical to India. India has a large coastline of 7516 km long. Therefore, India has needed much to worry about its maritime security. To tackle these challenges like traditional and non-traditional security threats, internal and external threats, and piracy, drug trafficking etc, India deployed its Coast Guards. As a coastal security force, the Indian Coast Guards are responsible for the overall maritime security of the country. The Indian Coast Guard is a maritime law enforcement agency and is responsible for stop illegal activities such as human smuggling, drug trafficking, terrorism and other maritime crime into the sea. At that time, India had given the responsibilities for coastal security to the State Maritime Police. In this paper, we will examine the role of Indian political leadership, Indian navy, Indian maritime police and Coast Guard for establishing maritime security of India. The Coast Guard had also been made responsible for cooperation and coordination between coastal and state maritime police. This responsibility had given it with an important role in the maritime security of India.


Keywords: Role of Indian Political Leadership, Role of Maritime Police, Role of Navy and Coast Guard for establishing Indian Maritime Security.

## Introduction

Maritime security is a continual process which requires monitoring, surveillance, and response mechanisms in the Indian Ocean Region (IOR). The Indian

Coast Guard is a very important coastal security force that is responsible for the coastal security of the country. The Indian Coast Guard faces many internal and external threats in an insecure environment around the Indian maritime zones. The Mumbai 26/11 attacks which was initiated through the maritime routes from Pakistan to India. That kind of destruction has improved Coast Guard and the accompanying security apparatuses. ${ }^{1}$

As we all know that India is a maritime nation-state therefore, establishing the maritime security is a critical to India. India has a large coastline of 7516 km long. Therefore, India has needed much to worry about its maritime security. To tackle these challenges like traditional and non-traditional security threats, internal and external threats, and piracy, drug trafficking etc, India deployed its Coast Guards. The Indian Coast Guard was established through the Coast Guard Act of 1978. It was enforce for duty on February 1, 1977. It's headquarter is in New Delhi and it's headed by Director General. There has been Five Coast Guard regions setup for the effective command and control. The Indian Coast Guards have 15,714 personnel, 44 aircrafts and 175 vessels for duty. ${ }^{2}$

As a coastal security force, the Indian Coast Guards are responsible for the overall maritime security of the country. The Indian Coast Guard is a maritime law enforcement agency and is responsible for stop illegal activities such as human smuggling, drug trafficking, terrorism and other maritime crime into the sea. At that time, India had given the responsibilities for coastal security to the State Maritime Police. However, after the Mumbai 26/11 attack, the Indian Coast Guards were made responsible for the security of the Indian coastlines. It was approved by the Indian government in February 2009. The Coast Guard had also been made responsible for cooperation and coordination between coastal and state maritime police. This responsibility had given it with an important role in the maritime security of India. Presently, the Indian Coast Guard is an integral part of the entire maritime security of India. ${ }^{3}$

## Forms of Surveillance of the Indian Coast Guard

The many forms of surveillance of the Indian Coast Guard are as under:-

1) On the Beat: This indicates the Indian Coast Guards mere presence at sea. The Indian Coast Guard will also be responsible to provide first response to maritime crime or natural disasters. The presences of the Indian Coast Guards are like maritime policemen.

2）Exclusive Economic Zone（EEZ）Surveillance：The Indian Coast Guard will ensure to provide security to the 2 million square kilometers of India＇s Exclusive Economic Zone．This security mechanism will ensure to preserve resources，sustain the maritime environment and secure communication between cargos，ships and oil platforms

3）Aerial Surveillance：Shore－based aircrafts and helicopters in the Indian Coast Guard will ensure for rescue operations in the maritime zone．High technologies will be provided to the aircrafts and they will responsible for oil spills or other ecological disasters like tsunami and floods．

4）Extended EEZ Surveillance：The Indian Coast Guard will also ensure to assist its partners with surveillance of their Exclusive Economic Zones and the absence of Coast Guards in their entirety．

5）Coastal Security：Coastal security is the prime duty of the Indian Coast Guard． Some immediately plans created by various maritime naval agencies are conducted by the Indian Coast Guard as a part of its coastal security operations．

6）Offshore Security：Offshore security is like a coastal security but on the other hand，it is a broader plan and perspective for the maritime domain．Anti－Piracy， Anti－terrorism and port security are undertaken by the Coast Guard．It is a part of offshore security mechanisms．

7）Boarding Operations：The Indian Coast Guard is also responsible for searching ships and other merchant vessels for illegal activities like maritime crime， smuggling，drug trafficking，etc．Indian Coast Guard searches the suspect ships to inspect them and then initiate to take the necessary action against them so that the maritime area remains crime－free．

As we can see from the above，the operations of the Coast Guards are quite exhaustive and extensive．The Coast Guard is expected to conduct their duties such as surveillance，initiate first responses to contingencies such as disasters and pirate attacks，combat maritime criminals and bring them into the jurisdiction of the law．

## Role of Navy and Coast Guard

The main role of the Navy is to protect the Indian coast and protect its expanding maritime interests．These roles can mainly be of four types：－

1．Political Role
2．Role of Police
3．Military Role
4．Role of Coast Guard

1. Political Role: - It is only part of the country's foreign policy in the political role. India needs to do a lot of work in the Indian Ocean as a new emerging power, as India should try to cooperate with its smaller maritime countries, increase community and trade and build good political ties. India is also known as the SAARC, ASEAN, GCC, BIMSTEC and IORARC for mutual cooperation and trade organizations in the Indian Ocean region etc. with the help of other organizations, we should strengthen our relations with the rest of the 11 maritime countries of the region and help trade. With all these efforts, India should increase its maritime power and maintain its military supremacy over other countries. In today's war, the war has become three-dimensional, and in any war, the Navy, Army and Air Force can only win the war with mutual cooperation. India, therefore, is in direct need of increasing its maritime strength to meet the challenges posed by the Indian Ocean along with land and air forces. ${ }^{5}$
2. Role of Police: - The role of police is to protect marine waters, protect the ocean resources or natural resources, and maintain internal stability and peace in times of natural disasters. A famous old military officer, Admiral A.T. Mahan also said that, "Anyone who can control the sea, can face any attack." It was only in the last century that Britain greatly increased the strength of its maritime forces and established its colonies all over the world, with the British entering India as well. The geography of any country was a boon for her. India may have been a slave to Britain in the past because of the sea situation, but if one country touches the sea borders in the present time it is considered quite well because the sea is the economical power of any country. Industrial development contributes greatly to the affordability of trade and transportation, while countries that are known as Landlocked Country for example, Nepal can never become super power due to its location. But with that in mind, good seaports along the coast of the country should be accessible. There are coasts, but more than half the coast is freezing for more than nine months and is not transportable. Similarly, in Bangladesh, which is a small and poor country, there are frequent floods and catastrophes. ${ }^{6}$
3. Military Role: - The Navy's role in the military role is to achieve political and strategic goals at sea and to counter any maritime attack. The Navy can also be tasked with tactical nuclear intimidation so as to protect international borders. The Indian Navy also helps neighboring countries when needed. In addition, it has to establish a maritime law in the waters under its authority. Arrangements are also made for the safe passage of land and air forces and their military equipment, including by sea. In addition, the maritime trade is to be continued and to protect the maritime export of strategically important goods. In addition to military work, the Marine Corps can work to displays flags, to make maritime maps etc. ${ }^{7}$
4. Role of Coast Guard: - The task of the police has been entrusted with the recruitment of coast guard to check the smuggling, pollution and ships entering from overseas. Thus, its main function is national security.

After Independence, small ships came to India. The total number of Indian Marines at that time was 11,000 . After 1947, India made plans to expand the Navy and the Indian Navy's main base is in New Delhi. In addition, there are 3 Naval Commands which are West, East and South Commands and have also been established at Mumbai, Vishakhapatnam and Cochin.

The total length of the coastline of India is 7516 km , including the island area and in addition to many ports, industries, seas. All of these are under the surveillance of the Navy and Coast Guard. In times of war a powerful naval force is needed to withstand any attack by enemies. Now much attention is being paid to India's maritime routes as the war has become three-dimensional now the Navy also has to take the help of the Army and the Air Force. Unless there is coordination between these three forces, the chances of winning the war are reduced. For example, during the Indo-Pakistan war of 1971, the Pakistani submarine had come close to Vishakhapatnam. The Indian Navy also has the task of protecting the transport and shipping, as much of India's trade is done by sea. ${ }^{8}$

India has sought to bring about changes and new reforms in its Marines. Indian armies have also practiced joint military exercise with many other maritime powerful countries. India has also ordered Russia to ship a new Aircraft Carrier that named as admiral Gorshkov, which is expected to get India soon. India is in dire need of modernizing and strengthening its Marines. The Indian Navy is currently considered to be a good naval force in the world, but at present it has a severe shortage of modern ships and nuclear submarines of many new ships. In this connection, several countries in India have been negotiating to buy them. The (Defence Research and Development Organization - DRDO) an institution created by the Government of India for defense production in the country. DRDO was also given some projects to build the ships and weapons needed for the Indian Navy. But several projects are already in the process of being completed at their scheduled time in the R\&D departments. So being alone can't finish all of these projects. India's relations with the United States are currently improving. The two countries also recently conducted joint naval exercises (the Malabar), and the US Nuclearpowered ship Nimitz came to India and participated in it.

So we can say that the sea has a significant contribution to the economic, commercial and military development of any country. Geographically, the countries associated with the sea also face many kinds of development opportunities and
security challenges from the sea. The Indian Ocean contributes immensely to India's development. India receives a wide variety of minerals, oils, gases and seafood (fish, crabs, etc.) from the Indian Ocean. Much of India's coastline is still untouched, and it is believed that India could find many more minerals, oils and gas reserves from the Indian Ocean by research. Currently all countries of the world depends upon the Indian ocean for their trade. The Indian Ocean region has the largest trade of (oil and gas) in the world, and because of its importance, Western powers do not miss the opportunity to enter the region. Many western countries have also established their own military bases in the region for their benefit. The small and poor countries of the region have made an impact in this area by helping the western countries with wealth and weapons. China is a neighboring country of India but has no direct contact with the Indian Ocean. Because of this, China has forged friendships with Pakistan and has taken a route from its Gwadar port to the Indian Ocean. In addition, China has also established a strategic and military base for electronic waves and other countries' secret messages on Myanmar's Great Coco Island. China also has maritime facilities at Hambantota in Sri Lanka. Thus, China has drawn a triangle against India in the Indian Ocean on three sides. China has been keeping a close eye on the Indian coastline and has collected a considerable amount of information about Indian maritime strength and security. China, along with India's maritime neighbours (Pakistan, Myanmar, Sri Lanka and Bangladesh), is becoming a dangerous net around India. Indian companies are engaged in oil exploration in Vietnam and other maritime areas, but China has been repeatedly threatening them. The United States has also built a military base called the DiegoGarcia, near the islands of Sri Lanka in the Indian Ocean. ${ }^{9}$

Maritime trade contributes significantly to the economic and industrial development of any country. Each country relies heavily on the sea for oil, energy needs, essential commodities trading, and seafood. The Indian Ocean offers many benefits to India. But looking at the history of India, we also find the danger of the threat of maritime attack. In the new era, India also has to protect its coastline, islands, fisheries and marine vessels in the Indian Ocean. India's maritime power is currently well-equipped to withstand external attacks, but the Indian maritime fleet has new maritime and new marines to meet the changing international environment, national interest and new maritime challenges. The islands of India, such as Andaman-Nicobar, Minicoy and Lakshadweep, are far from the mainland of India in seawater, and many are closer to the other parts of the country. In view of their strategy, the government needs to protect the territorial waters of the AndamanNicobar Islands in the Bay of Bengal and maintain strong contact with Indian soil.

The Government of India, recognizing the importance of the Andaman-Nicobar Islands in the Bay of Bengal, has a naval base named as N. S. Jarwa. It is the Indian Government's responsibility to protect the citizens of these islands from any natural disaster or external attack. The battlefield in Trivandrum in India, which is 450 km from Minicoy, and Cochin's army of elites are not enough to meet Indian islands and national interests in the Indian Ocean. Currently India and the rest of the world are facing the challenge of maritime pirates as a new challenge. Against these pirates, maritime powers and borders need to take joint initiatives. ${ }^{10}$

Conclusion: From the above study it is clear that the Indian Ocean has been very important from politically, economically, socially and technologically from the ancient period to till present time. At present, the importance of the region has been based on changes in international politics since World War II. During this time, the importance of the region has emerged as a regional group with political, social, cultural and economic importance. The presence of superpowers not only impacted India's security but also threatened the security of many smaller countries along the Indian Ocean. The superpowers rapidly sanitized the region, which had to suffer the consequences of India and other developing countries. To overcome this problem, countries adjacent to the Indian Ocean passed a resolution by the United Nations General Assembly in 1971 to make this area an area of peace (Zone of Peace), which was successful. Yet India needs to strengthen its navy to strengthen its national security and at the same time, it needs to improve the Army and the Air Force so that India can face any internal and external attack and maintain their national security.

## REFERENCES

1. Mishra, P.K. (1998), "Sea Power in the Indian Context", M. Phil. Dissertation, University of Madras, India.
2. "Coast Guard Act, 1978", pp.10-12, at https://www.mod.gov.in/sites/ default /files/Coast\%20Guard\%20Act\%2C\%201978.pdf
3. "Roles and Responsibilities of Coast Guard", Indian Coast Guard, at https:// joinindiancoastguard.cdac.in/role.html
4. "Maritime Surveillance", Indian Coast Guard, Ministry of Defence, at https:// indiancoastguard.gov.in/content/1718_3_MaritimeSurveillance.aspx
5. Bhattacharya, Debasis. (2021), "India's focus on enhancing maritime security as the UNSC president: Leadership envisioning a global roadmap", Observer Research Foundation, at https://www.orfonline.org /expert-speak/indias-focus-on-enhancing-maritime-security-as-the-unsc-president/
6. Captain Das, Himadri. (2021), "Marine Policing and Maritime Security in India: Evolving Dimensions", National Maritime Foundation, at https://mariti meindia.org/marine-policing-and-maritime-security-in-india-evolvingdimensions/
7. Chaudhury, Rahul Roy. (1998), "India's Maritime Security", India International Centre Quarterly, Vol. 25, No. 4, pp.129-139.
8. Sidhu, K.S. (1983), "The role of navy in India's defence", Harnam Publication, New Delhi.
9. Berlin, Donald. L. (2006), "India in the Indian Ocean", Naval War College Review, Volume-59, Article-6, at https://digital-commons.usnwc.edu/cgi/ view contentcgi? artic le=2107\&context=nwc-review
10. Chaudhury, Rahul, Roy. (1999), "India's Maritime Challenges in the early $21^{\text {st }}$ century", Indian Defence Review, (April-June), Vol-14(2), New Delhi.

# SPECIAL NEED CHILDREN: LEGAL RIGHTS 

Manjeet Dhariwal<br>Assoicate Professor, Mehar Chand College of Education, Bhanupli, Punjab


#### Abstract

The Education of special need children never received such amount of consideration and special efforts were made by government and non-government agencies in past as in present. In the second half of the twentieth century, new thinking and new realization have opened new directions for education of special children. The child with special needs like all other members of the society, the special need children must have the same rights to education, work and full participation in the society. These realizations, recognition and thinking on the part of educationists, planners and teacher have led to the conceptualization of integrated education.


Keywords : Education, Special Need Children, Disabilities Education, Rehabilitation.
All human beings are been force and equal in dignity and rights. They are endowed with reason and conscience and should act towards on another in a spirit of brotherhood. The optimum development of a nation depends upon the nature and kind of its human resources. All individuals regardlessof their assets and liabilities of personality and potentiality contribute towards national development. Special children too cannot be excluded from this. In India, special education is an emerging discipline and an essential part of the modern education system. It includes all aspects of education which are necessary to successfully been the courses and training programmes for special needs children. In fact, special education/special school is not a separate system, it is an integral part of the total programmes of education only.

The education of special need children never received such amount of consideration and special efforts were made by government and non-government agencies in past as in present. In the second half of the twentieth century, new thinking and new realization have opened new directions for education special children. The child with special needs like all other members of the society, the special need children must have the same rights to education work and full participation in the society. These realizations, recognition and thinking on the part of educationists, planners and teacher have led to the conceptualization of integrated education.

The history roots of special education are found in Europe and America primarily in the 19th century. In ancient civilization handicapped children were either killed or subject to abuse and neglect. Systematic efforts to provide special education
started in the 10th century. It is a fact that the European physicians were initially concerned about the education of special need children. Similarly much of the initial work in the field of special children in America.

The history of special education doesn't indicate "Europe Food, Americabad". But it is true that important ideas in special education fund their way for Europe to America. Europeans and American physicians and educators contributed greatly to the development of special education, most prominent among them were: Itard, Samual Gridley, Howe E. Seguin, T.H. Gallardet, Sigmund Freud, Pinel \& Sultivan.

Seguin is known as the greatest teacher of mentally deficient. Being influenced by the achievements of Itard he established the first public school for the feeble-minded in Paris in 1837. In 1846 he published his classic text book Idiocy and its treatment by the Physiological Method. His concept of education was the promotion of the harmonious physical, intellectual and moral developments of the child. His techniques and materials later became the basis for the so called Montessori Method. Seguin migrated to America and worked in collaboration with Samuel. The sensational discovers and revolutionary ideas of Ithad, Seguin and their successors during the 19th century which have formed the foundation for present day special education.

Individualized instruction for the mentally children. A carefully sequenced series of educational tasks for the special need children. Emphasis on stimulation meticulous arrangement of the child's environment. Immediate reward for correct performance. Tutoring in functional skills. A belief that everyone should be educated to the greatest possible. An assumption that every child can improve to some degree. There were many other Europeans and American physicians and educators whose fascinating and brilliant careers helped to shape special education. In fact, the early years of special education were vibrant with the pulse of new ideas of great physicians and educators. The results they achieved with handicapped children were truly remarkable. But despite the energy, optimism and achievements of these early kaders, special education lost it momentum during the last part of the 19th century. Pessimism took hold human and effective treatment turned to ineffective institutionalization and human warehousing hope turned to despair. The special schools which were opened in the late 1800 become dumping sounds for all kinds of misfits. Many factors were responsible for the decline of special education. Such as too much expectations of parents for their disabled children to achieve miraculous cure to soon. Total failure of special education personnel in some cases. Disagreement among professional about the appropriate method of education. Lack of financial support for providing special education social. political and economic turn oil resulting from the civil war. The idea that the handicapped were inherently inferior. The influence of Charles Darwin theory
of evolution, the survival of the fittest. After the second world war special education made a comeback with healthy and powerful people like president Kannedy and president Johnson taking interest in the education of all handicapped. Education of the special children was initially considered as a privilege with the development of democracy and socialism in different countries of the world education was considered to be a basic right of the child. This realization paved the way for main streaming disabled children. The concept of equality includes the right of the disabled as approved by the United General Assembly in 1975. Despite inclusion in the U.N. charter, these rights have not become a practical reality for millions of special need persons throughout the developing world.

India is committed to the welfare and uplift of its less privileged citizens. Towards this goal several provisions have been included in the Indian Constitution for care and protection of disadvantages group. Exploratory efforts begin in 1980 suggest a comprehensive law for the disabled. These continued and intensified in this decade as an international year disabled persons with equality and full participation. The Bahaul Islam committee felt that the rights of the handicapped should be protected.

The general purpose of the proposed legislation is to promote the welfare of physically and mentally handicapped persons so that they can lead designed'. Full productive life by giving the equal opportunity enshrined in article 16 and 46 of the constitution of India through the proposed legislation the state should be made responsible with regards to the fundamental policies for the physically and mentally handicapped through proper medical care, habitation, rehabilitation training, protection, education and vocational training, recreation, promotion of employment, social security etc. By providing various benefits and provisions. Rehabilitation council of India act 1992 has been enacted with authors the council to control quality of special education. Different western countries have instituted statutory provisions in favour of integrated education. In India, however, there is no such law but polices of education from 1964 onwards have recommended placement of these children in regular schools with adequate support system. The centrally sponsored scheme for integrated education for disabled children was initiated in early seventies by the government of India in various states. The scheme has been revised and now covers the different types of the handicaps (1) Mental Retardation (2) Learning Disability (3) Visual Impairment (4) Hearing Impairment (5) Speech Impairment (6) Physical Disability

The early history of social education started with the hearing handicapped as early as 1555 when the Spanish monk Pedro Pedro de Leon target taught a small number of deaf children to read, write and speak and learn academic subjects Jnan Pabla Ronet in 1620 wrote the first book on the education of the deaf and developed a
one-handed manual alphabet that is being used even today. In the context of India the Kothari Commission (1964-66) observes that converted goal of universalisation of elementary education depends upon the extent of success in bringing special groups of children with in the education networks. Unless educational services extended to this groups of children on mass scale the universalisation of elementary enrolment of the handicapped children in relation to total children at the elementary stage is 0.07 percent. This low percentage of enrolment speaks volumes for the serious neglect and denial of educational opportunity for millions of disabled children in the country even though the constitution of the country prescribe complusary education for all children upto primary level. Integration of the handicapped, into the regular school programme enunciated by the Kothari commission leads to (1) reduction of costs of education (2) promotion mutual understanding between the handicapped and non-handicapped. It is increasingly felt that every attempt should be made to bring in as many children into integrated programmes as possible. He has been reinforced in the National Policy on education 1986 stipulates that where ever possible education of children with 10 computer handicaps and others. The children with serve handicaps are proposed to be enrolled in special schools with hostel at district headquarters. The ideal scenario for education along with other children by 1995. The programme of Action (POA) 1986 and 1992 suggest pragmatic placement principles. It postulates that a child with disability who can be educated in a general school should be educated in general school only and not in a special school. The POA mentioned the detailed measures to be taken important amongst them being massive in service training for teachers, orientation programmes for administrators' development of supervisory expertise in the resource institutions like the SCERT and DIET etc. According to the international standard classification of education(UNSECO-1997), the term Special Needs Education means educational intervention and support designed to address SEN. The term SNE has come into use as a replacement for the term"Special Education". Educational provisions are made for the SEN in our country. Integrated Education, NCERT joined hands with UNICEF and launched Project Integrated Education for disabled children. (PIED) and IED scheme provides for a wide range of incentives for the education of children. Many International documents like Universal Declaration Human Rights (1948) Jometein World Declaration Education for all hand confirmed the right of every child to education, including with disabilities. For the Indian situation in the form of three legislation acts is (1) The Rehabilitation Council of Indian Act, 1992 (2) The Person with Disabilities Act (1995) (3) National Trust for Welfare of Persons with Actism, Cerebral Palsy, Mental Retardation and Multiple Disabilities Act (1999). The appropriate government set shall set up adequate number of teachers training
institutions and assist the National Institutes and other voluntary organization to develop teachers training programmes．

Individuals with disabilities education act is federal law．There are other facts
－Elementary and Secondary Education Act of 1965
－Rehabilitation Act of 1973
－Family Education Rights and Privacy Act of 1974
－Education for All Handicapped Children Act of 1973
－Micknney－Vento Homeless Assistance Act of 1987
－Technology－Related Assistance for Individuals with Disabilities Act of 1988
－Individuals with Disabilities Education Act of 1996
－Americans with Disabilities Act of 1990
－Government Result and Performance Act of 1993
－No Child Left Behind Act of 2001
－Improving Head Star for School Readiness Act of 2007
These acts empower persons with disabilities and promote their quality and participation by eliminating discrimination of all kinds．

Vocational Rehabilitation Centers（V．R．C）have been established National Institutes have been started functioning．A three percent job reservation for the handicapped and special employment exchanges have been set up．National Awards， Tax Concession，Self Employment Schemes，Sheltered Workshops are also available for the special need children．District Rehabilitation Centers（DRC）have been setup Delhi．The NGOs have done commendable work in the area of disability over the years． There are 320 voluntary organization working for it．The Rehabilitation Council of India is now regulating the training recognition and derecognition of special education centers institutes．Training programmes for Physiotherapists，Occupational Therapists， Audiologists，Nobility Instructors of the Blind，VocationalInstructors and Counselors，Placement Officers，Clinical Psychologists Rehabilitation Workers and other being held in various National Institutes and Universities as per the norms of the Rehabilitation Council of India．There are four National Institutes（1）National Institute for Visually Handicapped at Dehradun（2）National Institute Hearing Handicapped at Mumbai（3）National Institute for the Orthopedically Handicapped at Kolkata（4） National Institute for Mentally Handicapped at Hyderabad．Besides，the National

【 टिरिभ्भा मगठठ ひॅड्रिरा 【 స్＝

Institute for Rehabilitation, Training and Research at Olatpur (Cuttack), the Institute for the Physically Handicapped at New Delhi, the School for Mental Retarded Children at New Delhi and Training Centre for the Adult Deaf at Hyderabad. These institutes have the main responsibility for training research workers, development of designs for finding and incentives. There are 900-1000 special schools for blind and deaf children.

Special education did not suddenly spring up as a new discipline, nor did it develop in isolation from other disciplines. In the 20th century members of the medical profession has continued to play important roles in the field of Special Education. Psychologists study of learning helped focus attention in children with special education needs. Special Education was initially the concern of Physicians and later of psychologists is growing very fast to become an independent discipline. Opening of M.A. (Special Education) B.Ed \& M.Ed (Special Education) in different university department and colleges in an indication of this trend.

## REFERENCES

1. Uttam Kumar Singh, A.K. Nayak, Special Education
2. M.Alice Raj Kumari, D. Rita Suguna Sundari, Digumarti Bhaskara Rai, Special Education
3. Dr. Anupriya Chadha, Educating Children with Special Needs
4. Juliet Stone, Mobility for Special Needs
5. Dr. N. Arunachalam, Educating Children with Special Needs
6. Kondru Subba Rao \& Degumarti Bhaskara Rao, Gifted and Talented Education
7. Dr. Inderdev Singh Nandra, Knowledge and Curriculum
8. Mahesh Bhargawa, Exceptional Children their Education \& Rehabilitation

# LEGAL AID FOR WOMEN 

Adv. Manpreet Kaur<br>Advocate Supreme Court of India


#### Abstract

Abstarct Being an Advocate by profession, it has always been my pleasure to look for an opportunity to help any women who need free legal aid. Coming in contact with women who are in dire need of legal and financial help, I have realized that lack of knowledge about the availability of legal rights and procedure for enforcement of the same, has resulted in a great injustice to the uneducated citizens, poor and weak categories of litigants/victims. The concept of legal aid had acquired the States of a movement in view of large number of judgments of Supreme Court holding that equal protection of law and equal access to justice to all people especially the poor who lack means to knock at the door of justice.


Keywords : Women Issues, Free Legal Aid, Equal Opporunities, Justice.
Being an Advocate by profession, it has always been my pleasure to look for an opportunity to help any women who need free legal aid. Coming in contact with women who are in dire need of legal and financial help, I have realized that lack of knowledge about the availability of legal rights and procedure for enforcement of the same, has resulted in a great injustice to the uneducated citizens, poor and weak categories of litigants/victims.

Article 39 of the Constitution of India laying down, certain principles of policy to be followed by state was inserted by forty fourth Amendments in 1979. It required that State shall, in particular direct its policy towards securing. That citizen's men and women equally, have the right to an adequate means to livelihood and that there is equal pay to equal work for men and women (Article 39 (d)).

Article 39-A introduced by forty second Amendment requires States to secure that the operation of the legal system promotes justice, on a basis of equal opportunity, and shall in particular, provide free legal aid, by suitable legislation or schemes or in any other way, to ensure that opportunities for securing justice are not denied to any citizen by reason of economic or other disabilities.

The above said articles emerged as assistance to the accused.
Justice P.N. Bhagwati in Sheela Barse Vs. State of Maharashtra (1983)2 SCC 96 observed as follows:-
""... legal assistance to a poor or indigent accused who is arrested and put in jeopardy of his life or personal liberty is a constitutional imperative mandated not only by Article 39-A but also by Articles 14 and 21 of the Constitution. It is a necessary sine qua non of justice and where it is not provided, injustice is likely to result and undeniably every act of injustice corrodes the foundations of democracy and rule of law, because nothing rankles more in the human heart than a feeling of injustice and those who suffer and cannot get justice because they are priced out of the legal system, lose faith in the legal process and a feeling begins to overtake them that democracy and rule of law are merely slogans or myths intended to perpetuate the domination myths I the rich and the powerful and to protect the establishment and the vested interests."

The legislation has taken care of the women by making a special provision i.e. Section 5 in the Protection of Women from Domestic Violence Act, 2005.

Section 5 deals with duties of Police Officers, service providers and Magistrate to inform a victim aggrieved person of her right for force legal services under the Legal Service Authorities Act, 1987. Section 5 of DV Act reads as follows:-
" 5 . Duties of police officers, service providers and Magistrate.- A police officer, protection officer, service provider or Magistrate who has received a complaint of domestic violence or is otherwise present at the place of an incident of domestic violence or when the incident of domestic violence is reported to him, shall inform the aggrieved person-
(a) of her right to make an application for obtaining a relief by way of a protection order, an order for monetary relief, a custody order, a residence order, a compensation order or more than one such order under this Act;
(b) of the availability of services of service providers;
(c) of the availability of services of the protection officers;
(d) of her right to free legal services under the Legal Services Authorities Act, 1987 (39 of 1987);
(e) of her right to file a complaint under Section 498-A of the Indian Penal Code (45 of 1860), wherever relevant :

Provided that nothing in this Act shall be construed in any manner as to relieve a police officer from his duty to proceed in accordance with law upon receipt of information as to the commission of a cognizable offence."

It is clear from the above said provision that an aggrieved woman has a legal right to be informed about the free legal services available to her under the Legal Services Authorities Act, 1987. Awareness of the legal rights is as important as the right to access to legal procedure for getting justice.

In case as woman is physically assaulted threatened or harassed in her home by a person with whom she resides in he same house, then she is suffering from Domestic Violance. The D.V. Act gives her a right to claim protection and assistance against domestic violance. She is entitled to receive protection and assistance under the D.V. Act, if the person she is residing within the same house commits any of the following acts of violance against her or a child in her care or custody:-

Physical Violence: For example-
(i) Beating,
(ii) Slapping,
(iii) Hitting,
(vi) Biting,
(v) Kicking,
(vi) Punching,
(vii) Pushing,
(viii) Shoving or
(ix) Causing bodily pain or injury in any other manner.

Sexual Violence: For example-
(i) Forced sexual intercourse;
(ii) Forces to look at pornography or any other obscene pictures or material;
(iii) Any act of sexual nature to abuse, humiliate or degrade or which is otherwise violative of her dignity or any other unwelcome conduct of sexual nature;
(iv) Child sexual abuse

Verbal and Emotional Violence: For example-
(i) Insults;
(ii) Name-calling;
(iii) Accusations on character or conduct etc.;
(iv) Insults for not having a male child,
(v) Insults for not bringing dowry etc.;
(vi) Preventing her or a child in her custody from attending school, college or any other educational institution; bis

(vii) Preventing from taking up a job;
(viii) Forcing to leave job;
(ix) Preventing her or a child in her custody from leaving the house;
(x) Preventing from meeting any person in the normal course f now to no events;
(xi) Forcing to get married when she do not want to marry;
xii) Preventing from marrying a person of her own choice;
(xiii) Forcing to marry a particular person of his/their own choice;
(xiv) Threat to commit suicide;
(xv) Any other verbal or emotional abuse.

Economic Violence: For example-
(i) Not providing money for maintaining her or her children,
(ii) Not providing food, clothes, medicines etc. for her or her children,
(iii) Stopping from carrying on her employment,
(iv) Disturbing in carrying on her employment,
(v) Not allowing to take up an employment, or
(vi) Taking away her income from her salary, wages etc. or
(vii) Not allowing to use her salary, wages etc.,
(viii) Forcing her out of the house,
(ix) Stopping from accessing or using any part of the house,
(x) Not allowing use of clothes, articles or things of general household use,
(xi) Not paying rent if staying in a rented accommodation, etc. Site If an act of domestic violence is committed against her by a person/s with whom she is residing in the same house, she can get all or any of the following orders against the person(s)-
(a) Under Section 18:
(i) To stop committing any further acts of domestic violence on her or her children;
(ii) To give her the possession of her stridhan, jewellery, clothes etc.;
(iii) Not to operate the joint bank accounts or lockers without permission of the Court.
(b) Under Section 19:
(i) Not to stop her from residing in the house where she is residing with the person/s;
(ii) Not to disturb or interfere with her peaceful enjoyment of residence;
(iii) Not to dispose off the house in which she is residing;
(iv) If her residence is a rented property then either to ensure payment of rent or secure any other suitable alternative accommodation which offers her the same security and facilities as earlier residence;
(v) Not to give up the rights in the property in which she is residing without the permission of the Court.
(vi) Not to take any loan against the house/property in which are residing or mortgage it or create any other financial liability involving the property;
(vii) Any or all of the following orders for her safety requiring the person/s to-
(c) General Order:
(i) Stop the domestic violence complained/reported.
(d) Special Orders:
(i) Remove himself/stay away from her place of residence or workplace;
(ii) Stop making any attempts to meet her,
(iii) Stop calling her over phone or making any attempts to communicate with you by letter, e-mail etc.
(iv) Stop talking to her about marriage or forcing her to meet a particular person of his/their choice for marriage;
(v) Stay away from the school of her child/children, or any other place where she and her children visit;
(vi) Surrender possession of firearms, any other weapon or any other dangerous substance;
(vii) Not to acquire possession of firearms, any other weapon or any other dangerous substance and not to be in possession of any similar article;
(viii) Not to consume alcohol or drugs with similar effect which led to domestic violence in the past;
(ix) Any other measure required for ensuring her or her children's safety.
(e) An order for interim monetary relief under Sections 20 and 22 including-
(i) Maintenance for her or her children,
(ii) Compensation for physical injury including medical expenses,
(iii) Compensation for mental torture and emotional distress,
(iv) Compensation for loss of earning,
(v) Compensation for loss caused by destruction, damage, removal of any property from your possession or control.

Any of the above relief can be granted on an interim basis, as soon as she make a complaint of domestic violence and present her application for any of the relief before the Court.

Though the law provides a right to seek protection against the above noted acts of Domestic Violence but somebody with legal knowledge is required to provide the necessary information of legal rights to an aggrieved person.

Ours is a welfare state therefore, it is the duty of the state to ensure that the citizens get justice according to law the assistance of a lawyer is always required because of intellectual deficiency or disability of the persons concerned and due to financial Constraints and inability to engage a lawyer it becomes obligatory for the State to also provide financial aid. The various law commissions have submitted reports had recommended that legal aid should be available in all Courts so that indigent persons could get justice. Justice P.N. Bhagwati Committee had reported inter-alia that the traditional method of providing justice has operated to close the doors to the Courts to poor and has caused gross denial of justice in all parts of the country to millions of people to whom justice has no meaning.

In State of Maharashtra Vs. Manu Bhai Pragji Vashi AIR 1996 SC 1, the Supreme Court observed that it is the obligation of the State to provide free legal and "by suitable legislation or by schemes or" in any other way", so that opportunities for securing justice are not denied to any citizen by reason of economic or other disabilities. The words occurring in Article 39-A are of very vide import.

It was observed by Supreme Court in the case of Hussainara Khatoon Vs. Home Secretary, State of Bihar, AIR 1979 SC 1369 that it was high time that a comprehensive
legal service programs be is introduced in the country. That is not only a mandate of equal justice implicit in Article 14 and right ot life and liberty conferred by Article 21, but also a compulsion of the constitutional directive embodied in Article 39-A of the Constitution of India.

The concept of legal aid had acquired the States of a movement in view of large number of judgments of Supreme Court holding that equal protection of law and equal access to justice to all people especially the poor who lack means to knock at the door of justice. This had set a stage for enacting the Legal Services Authorities Act, 1987 by the Parliament with object of constituting Legal Services Authorities to provide free and competed legal services to the weaker section of the society and to ensure that the opportunities for securing justice are not denied to any citizen by reason of economic or other disabilities, and to organize Lok Adalats to secure that the operation of legal system provide justice on the basis of equal opportunities.

The Legal Services Authorities Act, 1987 was brought into effect on $9^{\text {th }}$ day of Nov, 1995. This Act provides for the Constitution of National Legal Services Authority, State Legal Services Authorities, District Legal Services Authorities alongwith the High Court Legal Services Committees and Taluka Legal Services Committees with a view to provide free legal and competent legal services. It also made provisions for holding Lak Adalats.

Legal Aid Committee has been constituted in each District to provide free legal aid to the poor and economically weaker sections including women of the society. A list of empanelled Advocates is maintained in each District giving an option to a litigant to choose any advocate of said list for contesting the cause in the appropriate Court of law.

In a case Rajesheen Dharmendrabhai Patadia Vs. State of Gujarat 2002 Crl. J.S. (Guj), the High Court reminded that it was the duty of members of the Bar and Benches to make litigants i.e. women to be made known of their legal right under the Legal Services Authorities Act.

In another case Prafullaben Dhirubhai Kanjiya Vs. Dhirubhai Kachrabhai Kanjiya AIR2001 Guj 157. In this case the lady invoked in litigation had to incur unnecessary heavy expenses in her litigation till High Court. The High Court found that the lady had not been informed about her right to have free legal aid. The Gujarat High Court Legal Services Committee was directed to provide free legal aid to the lady.

There has been judicial precedent in the Punjab and Haryana High Court where the High Court had issued directions that the entire treatment of a victim of Acid attack
be met from the funds provided to the Legal Services Authorities constituted under the Legal Services Authorities Act. In view of above discussed provisions of law pertaining to the free legal aid available to aggrieved women, the need of the hour is that effective steps should be taken by the Legal Services Authorities to depute special agencies to spread awareness amongst the general public by holding seminars and functions for promoting the various agencies i.e. Government and non-Government Organisations to spread widely, the awareness about the legal rights available to the women of the society and about the law supporting the women and also the availability of free legal aid to the women under the above said provisions. The necessary education requires to be imparted about the legal rights and mode of enforcement of said rights and the legal aid funds made available under law.

## REFERENCES

1. Legal service authority act 1987
2. Protection of women from domestic violence 2005
3. The constitution of India
4. Judicial orders of courts

# LACK OF FORMAL EDUCATION: A CAUSE TO SPREAD HIV/AIDS AMONG WOMEN 

Dr. Dilraj Kaur<br>Assistant Professor, Department of Sociology, Government College, Mahain, Sri Anandpur Sahib


#### Abstract

HIV/AIDS is an epidemic which is spreading speedily all over the world from high risk population to general population. Women and girls are becoming victims of this disease at large scale. Gender inequality, lack of access to formal education and economic dependency on male members do not allow them to even think about their reproductive rights. In patriarchal society, girls are treated as a liability on the family and their education, health and other basic needs are often ignored. Lack of knowledge about HIV/AIDS makes girls victims of HIV/AIDS. They either get infected due to immorality of their partners or the negligence of health care providers. Drug injected through infected syringes is also one of the reasons. If any person, either man or woman get HIV, circumstances compel them to live stigmatized and discriminatory life. Formal education plays a very important role in protecting girls from getting infected with HIV/AIDS as it makes them capable to have an access to get knowledge on health issues. Education helps them to think rationally about their health, have an open discussion about sex and sexually transmitted infections which help them to protect themselves from HIV/AIDS. Education also helps them to become economically independent and empowers them to make their choices in marriage and other issues. This paper identifies the importance of awareness about HIV/AIDS for women to protect themselves from getting infected with this dreadful disease.


Keywords : HIV/AIDS, Awareness, Women, Reproductive Rights.

## Introduction

The HIV/AIDS epidemic has gained spur during the last fifteen years, expending to almost all regions of the world and has become to be a major global challenge. Women constitute nearly half of world's AIDS population. In 2005, women represented 26 percent of HIV/AIDS diagnoses, compared with 8 percent in 1985 (CDC, 2007). Women and girls bear a disproportionate share of the burden of this disease because they are vulnerable in many ways. The infection passes more efficiently from an infected man to a woman than from a woman to a man. Women face difficulties for a wide range of socio-cultural and economic reasons in assessing information and services to protect them from infection or to help them care for
themselves once infected. Because of the low socio-economic status and limited educational opportunities, women and girls often lack basic information about HIV and AIDS. Additionally, knowledge and awareness about HIV and AIDS is quite low, especially among women. The Behavioural Surveillance Survey conducted in 2001 found gender disparities in the knowledge about HIV and AIDS and the awareness was particularly low among rural women in Bihar, Gujarat, Uttar Pradesh (NACO, 2001). Further, cultural taboos like speaking about sex or showing interest in or knowledge about sexual matters acts as a barrier to girls receiving HIV-related information from the elders or for that matter even from their peers. Culturally, the normative ideal of a good woman and wife is one who is subservient, self-sacrificing, and innocent about sex. According to Dube (2000) woman is thought to be indecent if she seeks information about sexuality and sexually transmitted infection. She cannot ask her partner to use condom even if she fears of getting infection with AIDS or STDs. The economic dependency on men is also one of the factors contributing to spread of HIV among women. Gender inequalities and the low status of women limit their access to resources. Women feel powerless and unable to protect themselves as they are in no position to negotiate safe sex within or outside of marriage. Many married, monogamous women find themselves infected with HIV even when they themselves have not engaged in risky behaviour. In our society where gender inequalities exist in every sphere, stigma and discrimination, surrounding HIV/AIDS has heavy impact particularly on women. Women tend to experience stigma and discrimination in its harshest and most damaging forms (Liamputtong et al. 2009; Paxton et al. 2005). Women living with HIV/AIDS are very frequently referred to as "vectors", "diseased" and "prostitutes" (Dixit, 2005; Ndinda et al. 2007; Stein and Kuhn, 1996). Education is an effective tool to reduce the social and economic vulnerabilities that often make girls and women more prone to become infected with HIV/AIDS. Education promotes gender equality and women empowerment. Educating girls and providing them with the knowledge and skills can help them to make good choices for their lives and enable them to be aware about their reproductive rights. Higher education levels are also clearly correlated with delayed sexual participation, greater HIV awareness, knowledge about its causes and prevention, fewer sexual partners, more conscious about using condom and more open to have healthy discussion on sex related issues.

## HIV/AIDS AMONG WOMEN

Globally, there were an estimated 2.3 million adolescent girls and young women living with HIV in 2015, which comprised of 60 percent of all young people living with HIV (15-24). In 2015, of the total estimated 1.9 million new HIV infections among adults (15 and older) globally, 900,000 or 47 per cent were among women. 58
per cent of new HIV infections among young persons aged 15-24 in 2015 occurred among adolescent girls and young women (UN women, 2016). There are significant regional differences in both the new HIV infections among women and in the proportion of women living with HIV (15 and older) as opposed to men, and the gaps are even more notable among young women (aged 15-24) versus young men.

Despite the fact that 51 percent of people living with HIV globally are female, higher treatment coverage and better adherence to treatment among women have driven more rapid declines in AIDS-related deaths among females, deaths from AIDS related illnesses were 27 percent lower among women and girls in 2016 than they were among men and boys. Nonetheless, AIDS- related illnesses remain the leading cause of death among women of reproductive age (15-49 years) globally, and they are the second leading cause of death for young women aged 15-24 years in Africa (UNAIDS, 2017a). The number of women with HIV infection and AIDS has been increasing steadily worldwide.

## REVIEW OF LITERATURE

According to Odu and akanle (2008) appropriate knowledge about HIV/AIDS transmission makes people aware to adopt safe sexual behaviour. Tenkorang (2013) argued that knowledge about HIV play a very important role to prevent HIV transmission and for behavioural change. According to World Bank (2012) by providing young women with greater economic opportunities and independency, education helps them to gain knowledge, skills, and opportunities which they need to make their own informed choices about late marriage and reproductive rights. Women in context of health are considered more vulnerable compared to men because poor women in both rural and urban areas have limited exposure to mass media and less formal education which also inhibits their access to information (Chatterjee, 1999).

According to Bakilana et al. (2005) education has been called the "social vaccine" against HIV/AIDS as it is very helpful in reducing vulnerability of HIV infection especially among girls and women. Murugan et al. (2010) stated that the education plays an important role in creating awareness of the epidemic HIV/AIDS. Angrist (2006) reported that well educated people have a greater sense of control over their lives and their health, and higher levels of social support. According to Baker et al. (2010) there is a correlation between level of education and person's vulnerability to HIV. Higher level of education means lower vulnerability to contract HIV/AIDS. Williams et al. (2000) on the other hand reported that education is not a simple determinant of HIV risk.

## MYTHS AND MISCONCEPTIONS ABOUT HIV/AIDS AMONG WOMEN

Lack of awareness about HIV, its mode of transmissions and prevention played a very significant role in lives of HIV positive women. Many women carry many misconceptions about HIV/AIDS and its mode of transmissions and a majority were either illiterate or had low level of education. Indian women develop disproportionate vulnerability to HIV/AIDS because they lack HIV awareness, live in conditions of poverty, and experience gender inequity (Rompay et al. 2008). Different studies have shown that married women have less awareness about HIV as compared to men (Krishna et al. 2004; Meundi et al. 2008). Lobiyal (2008) reported that due to lack of awareness many HIV positive pregnant women unknowingly transmit their infection to their children.

There is also a misconception among women that they can't get infected with HIV/AIDS if they are having sex only with their married partners. Clark (2004) reported that it is a common perception that married young women are not vulnerable to HIV because marriage is safe as these women have physical relations with their husbands only. Santhya and Jejeebhoy (2007) argued that little consideration has been given to married young people with regard to HIV as they were thought to be less vulnerable group. Bruce and Clark (2004) found that in Kenya and Zambia as compared to unmarried sexually active young girls more married women were infected with HIV.

## OTHER FACTORS RESPONSIBLE FOR HIV/AIDS AMONG WOMEN

## Lack of Access to Awareness programmes on HIV/AIDS

Women face problems regarding information on HIV and pregnancy. Women encounter difficulties with contraceptive use, negative attitudes towards childbearing from family and health care workers and problems in accessing safe legal abortions. Stigma attached with HIV also prevents women from getting information, education and counseling in spite of availability of these services. Women's relative lack of knowledge about own reproductive system (Grundfest, 1991) and women's relative lack of awareness of health risks (including HIV infection) involved in sexual activity (Oppenheim-Mason, 1994 and Topouzis and Hemrich,1994) makes them vulnerable. Young women are particularly more vulnerable if they lack of access to information, education and services related to health and prevention of infection. Lobiyal (2008) reported that due to lack of awareness about HIV, many positive pregnant women pass the infection to their children.

## Gender Inequality

Gender inequalities also reflect in the sexual relations between husband and wife. First, men are more likely to play a dominant role and more likely to initiate, dominate and control sexual interaction. Cultural taboos like speaking about sex or showing interest in or knowledge about sexual matters acts as a barrier to girls receiving HIV-related information from the elders or for that matter even from their peers. Dube (2000) stated that a woman is believed to be indecent if she seeks information about sexuality and sexually transmitted infection. She cannot ask her partner to use condom even if she fears of getting infection with AIDS or STDs. Traditional gender norms are also a barrier in using condom. WHO (2006) also reported that it is seen that women have less power to say no for sex to their partner or ask them to use condom for safety purposes.

## Low Economic condition of women

A few studies report that a majority of women infected with HIV, belong to poor economic background. Women living in deprived urban settings (i.e. slum settlements) are engaged in riskier sexual behavior than their counterparts in less deprived areas (Zulu et al. 2002). Women's economic dependency on men increases their vulnerability to HIV by constraining their ability to negotiate the use of a condom, discuss fidelity with their partners, or leave risky relationships. Further she is rebuked by her own family who accuses her of being of loose character and cursed for being alive. According to Rao (2002) due to low economic and social status men have more power over women's sexuality.

## Lack of Reproductive Rights

According to UNAIDS (2009) in many countries around the world women are less likely to be able to negotiate condom use and are more likely to be subjected to non-consensual sex. Kistner (2003) stated that many women lack decision making power in their sexual relationships regarding whether and when to have sex, to use contraception, and to have children. UNAIDS (2008) found that discriminatory cultural practices are also responsible to limit women's access to get educated and have information on sexual and reproductive health which are necessary to protect themselves from STIs, including HIV, and unwanted pregnancies. Generally, and culturally, sex continues to be defined primarily in terms of male desire with women being the relatively passive recipients of male passion.

## Lack of Access to Productive Resources

Women often lack access to productive resources and therefore have weaker negotiating power (including during sex) and hence higher vulnerability to HIV. These practices secure women's financial, material and social dependence on men. Research has shown that women who raise the issue of condom use with the men on whom they are economically dependent risk violent conflict, loss of support, or even abandonment (Basett \& Sherman, 1994). Dependent women are reluctant to leave risky relationships, as they fear dire economic consequences. Women's economic condition, gender inequality, poverty and social discrimination make women more vulnerable to HIV infection and their inability to attain good reproductive health. WHO (2006) reported that due to low socio economic status of women and their lack of power results in difficulty of taking preventive measures from HIV.

## RECOMMENDATIONS

1. Women should be provided formal education and information related to health, sex education, prevention methods and HIV/AIDS transmission.
2. Awareness campaigns on HIV/AIDS should have to be started on ground level so that women may also get benefit of that.
3. Govt. should make policies to provide equal opportunities to women in education and jobs.
4. An open and supportive environment for HIV positive women so that they may deal with their status more effectively by receiving treatment and psychological support.
5. Awareness of human rights in HIV positive women so that they may help themselves to improve their social and familial status.

## Conclusion

Women constitute approximately $50 \%$ of the total population living with HIV/AIDS in the world. Women are silent victims of this disease. Their lack of access to education, their lack of knowledge about HIV/AIDS and power imbalance on the basis of gender has affected many women. It was an assumption that only female sex workers were found to be HIV positive and housewives were safe. But the clients of female sex workers are playing a role of bridge population to transmit the infection to their wives at home. Social norms and values of our patriarchal society do not allow women to raise their voices against injustice done to them. It is only education,
awareness programmes on HIV and economic independency，which can help women to safeguard themselves from this dreadful disease and enable them to live with dignity．

## REFERENCES

1．Angrist，Joshua，Eric Bettinger，and Michael Kremer．＂Long－term educational consequences of secondary school vouchers：Evidence from administrative records in Colombia．＂American economic review 96，no． 3 （2006）：847－862．

2．Baker D．P．，Leon J，Collins JA（2010）．Facts，attitudes and health reasoning about HIV and AIDS：Explaining the education effect on condom use among adults in Sub－Saharan Africa．AIDS Behavior 15：1319－1327．

3．Bakilana，A．，Bundy，D．，Brown，J．，\＆Fredriksen，B．（2005）．The Global HIV／AIDS Program．

4．Basett，M．and J．Sherman．1994．＇Female Sexual Behavior and the Risk of HIV Infection：An Ethnographic Study in Harare，Zimbabwe＇．Women and AIDS Research Programme Report，Series No．3．Washington，D．C．International Centre for Research on Women．

5．Bruce，J．，\＆Clark，S．（2004）．The implications of early marriage for HIV／AIDS policy．

6．Centers for Disease Control and Prevention．HIV／AIDS Surveillance Report． Volume 17．Revised Edition．June 2007．Available at：http：／／www． cdc．gov／hiv／topics／surveillance／resources／reports／2005report／pdf／2005Surveillanc e－report．pdf
7．Chatterjee，N．（1999）．AIDS－related information exposure in the mass media and discussion within social networks among married women in Bombay，India． AIDS care，11（4），443－446．
8．Clark，S．2004．Early Marriage and HIV Risks in sub－Saharan Africa＇．Studies in Family Planning，35（3）：149－160．

9．Dixit，A．P．2005．Global HIVS／AIDS Trends．Delhi：Vista International Publishing House．

10．Dube，Sidharth．2000．Sex，Lies and AIDS．New Delhi：Harper Collins press， India．

11．Grundfest－Schoepf，B．1991．＇Ethical，methodological and political issues of AIDS research in Central Africa’，Social Science and Medicine，33（7）：749－763．

12．Kistner，U．2003．Gender－based violence and HIV／AIDS in South Africa：A literature review．Johannesburg，CADRE／Department of Health．
13. Krishna, A. (2004). Escaping poverty and becoming poor: who gains, who loses, and why?. World development, 32(1), 121-136.
14. Liamputtong, P., Haritavorn, N., \& Kiatying-Angsulee, N. (2009). HIV and AIDS, stigma and AIDS support groups: Perspectives from women living with HIV and AIDS in central Thailand. Social Science \& Medicine, 69(6), 862-868.
15. Lobiyal, A. K. 2008. Status of HIV/AIDS in India. New Delhi. Cyber tech Publication.
16. Meundi, A. D., Amma, A., Rao, A., Shetty, S., \& Shetty, A. K. (2008). Crosssectional population-based study of knowledge, attitudes, and practices regarding HIV/AIDS in Dakshina Kannada district of Karnataka, India. Journal of the International Association of Physicians in AIDS Care, 7(1), 27-34.
17. Murugan, S., Sabarimuthu, P.Umadevi and C.G. Desigan, 2010. Awarness about HIV/AIDS Among Adolescent Boys in Tribal Village of Nilgiris District, South India, Humanity and Social Sciences J., 5(1);63-67
18. NACO, 2001. National Baseline General Population Behavioural Surveillance Survey
19. Ndinda, C., Chimbwete, C., Mcgrath, N., Pool, R., \& MDP GROUP. (2007). Community attitudes towards individuals living with HIV in rural KwaZuluNatal, South Africa. AIDS care, 19(1), 92-101.
20. Odu, B. K., \& Akanle, F. F. (2008). Knowledge of HIV/AIDS and sexual behaviour among the youths in South West Nigeria. International Journal of Tropical Medicine, 3(4), 79-84.
21. Oppenheim, M. K. 1994. HIV transmission and the balance of power between women and men: a global view. Health Transition Review, Supplement 4:217 240.
22. Paxton, S.; G. Gonzales, K. Uppakaew , K. K. Abraham, S. Okta, C. Green, K. S. Nair , T. Parwati Merati, B. Thephthien , M. Marin \& A. Quesada. 2005. =AIDS-related discrimination in Asia', AIDS Care: Psychological and Sociomedical Aspects of AIDS/HIV, 17:4, 413-424.
23. Rao Gupta, Geeta. 2002. 'How Men's Power Over Women Fuels The HIV Epidemic: It Limits Women's Ability To Control Sexual Interactions'. Source: BMJ: British Medical Journal, Vol. 324, No. 7331 (Jan. 26, 2002), pp. 183-184 Published by: BMJ Stable URL: http://www.jstor.org/stable/25227251
24. Rompay, Koen KA Van.; Purnima Madhivanan, MirriamRafiq, Karl Krupp, VenkatesanChakrapani, DuraiSelvan. 2008. Empowering the people: Development of an HIV peer education model for low literacy rural communities in India', Human Resources for Health, 6:6.
25. Santhya, K.G. and Shireen J. Jejeebhoy. 2007. 'Early Marriage and HIV/AIDS: Risk Factors among Young Women in India'. Economic and Political Weekly, 42(14): 1291-1297.
26. Stein, Z. A., \& Kuhn, L. (1996). HIV in women: What are the gaps in knowledge. AIDS in the World II. Global Dimensions, Social Roots, and Responses, 229-235.
27. Tenkorang, E. Y. (2013). Myths and misconceptions about HIV transmission in Ghana: what are the drivers?. Culture, health \& sexuality, 15(3), 296-310.
28. Topouzis, D. and G. Hemrich. 1994. The socio-economic impact of HIV and AIDS on rural families in Uganda: An emphasis on youth. UNDP HIV and Development Programme, Study Paper No. 2, UNDP. Available: http://www.undp.org/hiv/study2E.htm
29. UN Women (2016). Facts and figures: HIV and AIDS. Prevalence and New Infections. Retrieved from http://www.unwomen.org/en/what-we-do/hiv- and-aids/facts-and-figures
30. UNAIDS (2017a). 'Agenda for zero discrimination in health-care settings'[pdf]
31. UNAIDS, 2009. Report on the global AIDS epidemic. Geneva: UNAIDS. Available: http unaids.org/global report/global_report.htm
32. UNAIDS. 2008. Report on Global AIDS epidemic. Geneva: UNAIDS.
33. WHO. 2006. Glion consultation on strengthening the linkages between reproductive health and HIV/AIDS: Family planning and HIV/AIDS in women and children. Available: http://www.who.int.
34. Williams, B., Gilgen, D., Campbell, C., Taljaard, D., \& MacPhail, C. (2000). The natural history of HIV/AIDS in South Africa: A biomedical and social survey in Carletonville. Council for Scientific and Industrial Research.
35. World Bank (2002). "Education and HIV/AIDS - a window of hope." xvii, 3.
36. World Bank. (2012). HIV/AIDS in India. Retrieved from http://www.worldbank. org/en/news/feature/2012/07/10/hiv-aids-india
37. Zulu E. M., F. N. Dodoo, A. C. Ezeh. 2002. 'Sexual risk-taking in the slums of Nairobi, Kenya'. Population Studies, 56: 311-323.

# सार्थक जीवन जीने की कला है योग 

डॉ. दीपशिखा<br>जगत गुरू नानक देव, पंजाब स्टेट ओपन विश्वविद्यालय, पटियाला

## अमूरत

धरा पर मानव का जीवन किसी न किसी प्रयोजन से जुडा हुआ है। मानव जीवन जिसे अति दुर्लभ प्राप्ति कहते हैं, का अंतिम लक्ष्य मोक्ष, कैवल्य की प्राप्ति है। जिसकी सिद्धि कर्म एवं साधना द्वारा ही सम्भव है। सृष्टि प्रारम्भ से लेकर मानव मन में अपने अस्तित्व सम्बन्धी प्रश्न उत्पन्न होते रहे हैं, मानव जिज्ञासु है अपने स्वरूप के बोध हेतु। धर्मग्रन्थों एवं शास्त्रों में मानव के इन प्रश्नों का उत्तर निहित है। आध्यात्मिक पथ का अनुगामी बन कर ही मानव अपने स्वरूप को पहचान सकता है, धरा पर अपने आने के प्रयोजन को समझ सकता है। इसके लिए शास्त्रों का गहन अध्ययन एवं श्रवण अनिवार्य है।

महर्षि पतंजलि ने ग्रन्थ योगदर्शन में मानव जीवन के लक्ष्य का स्पष्ट वर्णन करते हुए योग साधना को उसकी प्राप्ति का प्रथम एवं मूल मार्ग कहा है। योग पद्धति (यम, आसन, प्राणयाम) द्वारा चित्त वृत्तियों के निरोध होने से चेतना पूर्णतः निश्चल होकर समाधिस्थ होकर मोक्ष को प्राप्त कर लेती है क्योंकि चित्त पूर्णतः विशुद्ध है, सत्-चित्-आनन्द है। योग साधना द्वारा साधक परमात्मा के साथ एकत्व को प्राप्त करता ही है, शारीरिक रूप से निरोगी होकर सांसारिक दायित्वों का भी पूर्णतः पालन करता है। प्रमाणित है कि स्वस्थ शरीर ही स्वस्थ चित्त का आधार है। मानसिक एवं शारीरिक रूप से स्वस्थ योगी, साधक, व्यक्ति के विचार एवं कर्म भी शुभ एवं सकारात्मक ही होते हैं और मानव का व्यवहार उसके स्वस्थ दृष्टिकोण का प्रमाण बनता है। अतः योग साधना वो कला है, जो सामंजस्य, समता, अध्यात्म, परहित भाव, निरोगता, अहं का नाश, मधुरभाषण आदि रंगों द्वारा समाज के कैनवस पर मानव व्यक्तित्व को आकर्षक एवं सुन्दर चित्रित करती है।

कुंजी शब्द : चित्त वृत्तियों का निरोध, योग-स्वरूप, अष्टांगयोग, मन की स्थिरता, विधि, परिणाम, कैवल्य, क्लेश निवृत्ति।

योग का सामान्य अर्थ जोड़ है अर्थात् एक वस्तु या तत्त्व का दूसरे के साथ जुड़ जाना योग कहलाता है। किन्तु दार्शनिक अर्थात् जीवन दर्शन की दृष्टि से योग का अर्थ जीव (आत्मा) का परमात्मा के साथ सम्बन्ध जुड़ना, उसमें लीन होना, अद्वैत भाव स्थापित होना, अपनी ऊर्जा को उस परम ऊर्जा में एकरूप करना, शारीरिक एवं मानसिक रूप से स्वस्थ होना, जीवन के मर्म को समझना ही योग है अर्थात् शारीरिक साधना द्वारा आध्यात्मिकता की सिद्धि योग है।

श्री मद् भगवद् गीता में वर्णित है कि मन को इधर-उधर न भटकने देना, केवल एक ही स्वरूप, वस्तु, परमशक्ति में मन को स्थिर रखना योग है-

यत्रोपरमते चित्तं निरुद्धं योगसेवया।। ${ }^{1}$
स्पष्ट है कि आत्मा और परमात्मा के संयोग का, अद्वेत स्थिति का, दिव्य साधन योग साधना ही है। महर्षि पतंजलि ने योग दर्शन में योग के स्वरूप एवं फल का वर्णन करते हुए स्पष्ट किया है कि -

## योगश्चित्तवृत्तिनिरोधः।। ${ }^{2}$

अर्थात् चित्त की वृत्तियों का निरोध भाव रूकना ही योग है। योग साधना द्वारा जब चित्त की समस्त वृत्तियों, इच्छाओं, कामनाओं का शमन हो जाता है तब चित्त पूर्णतः निष्क्रिय हो जाता है। उस समय चित्त में शान्ति और पूर्णानन्द के अतिरिक्त कुछ भी शेष नहीं रहता और योगी (आत्मा) अपने स्वरूप भाव शुद्ध स्वरूप में स्थित हो जाती है। यह अवस्था ही कैवल्य अवस्था कहलाती है-तदा द्रष्टु: स्वरूपेऽवस्थानम्।। ${ }^{3}$

आत्मा एवं परमात्मा का मिलन भाव कैवल्य की प्राप्ति ही मानव जीवन का परम एवं मूल लक्ष्य है, यह दिव्य मिलन योग अर्थात् यम, नियम आदि साधना करने से ही प्राप्त होता है। योग साधना द्वारा जब मानव शुद्ध, चैतन्य होकर अद्वैत भाव को प्राप्त होता तब वह शाश्वत सुख एवं आनन्द को प्राप्त करता है। यही आनन्द मोक्ष, कैवल्य, आत्मदर्शन, ब्रह्म दर्शन और परमानन्द कहलाता है।

श्री अरविन्द का कथन है, "योग का उद्देश्य ही अपनी चेतना को भगवान की ओर खोलना एवं अधिकाधिक अंतर्चेतना में निवास करना तथा वहीं से बाह्य जीवन पर कार्य करना, उसे प्रभावित करना, अपने अन्तरम हृत्पुरुष को प्रत्यक्ष लाना और उसकी शक्ति से अपनी समस्त सत्ता को इस प्रकार शुद्ध एवं परिवर्तित कर लेना जिससे कि वह रूपान्तरण के लिए तैयार हो सके तथा भागवत ज्ञान, संकल्प और प्रेम के साथ युक्त हो सके। दूसरे भौतिक चेतना का विकास करना अर्थात् अपने आधार के सभी स्तरों को वैश्वभावापन्न बनाना, विश्वपुरुष तथा वैश्विक शक्तियों का ज्ञान प्राप्त करना और अधिमानस तक चेतना के सभी स्तरों में भगवान के साथ युक्त होना। तीसरे, अधिमानस के परे जो परात्पर भगवान हैं उनके साथ अतिमानस-चेतना के द्वारा सम्बन्ध स्थापित करना, अपनी चेतना और प्रकृति के अतिमानसभावापन्न बनाना तथा क्रियाशील भागवत सत्य की सिद्धि और पार्थिव प्रकृति में इसके रूपान्तरकारी अवतरण के लिए स्वयं को एक यंत्र बना लेना। ${ }^{\prime 4}$ यह यंत्र मानव की दृढ़ शक्ति है, जिसके द्वारा योग जैसी कठिन साधना भी मानव सहज ही सिद्ध कर लेता है।

सर्वविदित है कि मन का स्वभाव अति चंचल है। जब साधक साधना प्रारम्भ करता है तो सबसे बड़ी बाधा मन में विचारों की सक्रियता है। अतः इस चंचल मन को योग साधना में कैसे लगाया जाए। इसका उत्तर देते हुए महर्षि पतंजलि कहते हैं कि -

## अभ्यासवैराग्याभ्यां तन्निरोधः।।

अभ्यास और वैराग्य द्वारा चित्त की वृत्तियों का निरोध सम्भव है। मानव को ईश्वर ने इतना सामर्थ्यशाली बनाया है कि वह अपनी इच्छा शक्ति को दृढ़ रख कर निरन्तर चित्त वृत्तियों

के निरोध हेतु अष्टांग योग का अभ्यास करे-
यमनियमासनप्राणायामप्रत्याहार धारणा ध्यान समाधयोष्टावंगानि । ${ }^{5}$
क्योंकि मानव का समस्त व्यवहार, आचरण उसकी इच्छा शक्ति, वृत्ति एवं इन्द्रियों पर निर्भर है। जैसी मानव की वृत्ति होगी वैसा ही कर्म। अष्टांग योग (यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि) साधना द्वारा मानव बुद्धि, मन आदि इन्द्रियों को जब संयमित कर लेता है तब चित्त निरर्थक वृत्तियों के प्रति उपराम हो जाता है तथा योगी के मन (जिसका मूल रूप शान्त और एकाग्र है) में केवल कर्त्तव्यपालन की वृत्ति शेष रह जाती है। वृत्ति निरोध का अर्थ ही व्यर्थ की असंख्य इच्छाओं के प्रति वैराग्य एवं उदासीनता का जागृत होना है। वृत्तियों प्रति उदासीनता के उदित होते ही जीव को यह बोध हो जाता है कि वह (आत्मा) परमात्मा की अंश है।

कोई भी साधक जब योगांगों का अभ्यास करता है तब वह समस्त विकारों आदि से मुक्त होकर आध्यात्मिक, नैतिक, शारीरिक एवं मानसिक रूप से स्वस्थ एवं सकारात्मक भाव को प्राप्त होता है। प्राणायाम आदि योगांग मानव की काया को निरोगी कर एवं मुख को रूहानी तेज से प्रदीप्त कर उसे मोक्ष का अधिकारी बना देतें हैं।

साधना द्वारा योगाग्निमय शरीर की प्राप्ति होने पर योगी का शरीर हलका हो जाता है अर्थात् उसमें आलस्य का भाव भी नहीं रहता, आरोग्य रहता है, विषयासक्ति खत्म हो जाती है, शारीरिक वर्ण उज्ज्वल हो उठता है, स्वर मधुर एवं स्पष्ट हो जाता है, शरीर से शुभ गन्ध निकलती है, मल मूत्र थोड़ा होता है। उसे कोई शारीरिक रोग नहीं होता, वृद्धावस्था से वह दूर रहता है और न ही उसकी मृत्यु होती है अर्थात् उसकी इच्छा के बगैर उसका शरीर नष्ट नहीं होता, वह दीर्घायु को प्राप्त करता है-न तस्य रोगो न जरा न मृत्यु:। प्राप्तस्य योगाग्निमयं शरीरम्।। ${ }^{6}$ उसके सभी अंगों में एक दिव्य तेज भासित होता है। रूप, लावण्य, बल और वज्ञ के समान अंगों की दृढ़ता आदि शारीरिक सम्पत्तियों से योगी पूर्ण हो जाता है-

## रूपलावण्यबलवज्जसंहननत्वानि कायसंपत्।। ${ }^{7}$

क्योंकि योग साधना सभी क्लेशों (विकारों) एवं कर्मों का क्षय करती है-

## ततः क्लेशकर्मनिवृत्तिः $।^{8}$

कर्त्तापन भाव से युक्तकर्म क्षय में ही मानव का सर्वांगीण विकासयोग केवल मानव का ही सर्वांगीण विकास नहीं करता, अपितु सामाजिक विकास का भी मूल स्रोत, आधार योग ही है। योग मानव के दृष्टिकोण को इतना स्वस्थ एवं सुसंस्कृत बना देता है कि मानव भौतिक सुख-सुविधाओं को हेय एवं तुच्छ मानता हुआ आत्मिक पक्ष से दृढ़ होने और स्थायी शांति की प्राप्ति हेतु साधना करता है। योग करने से शरीर स्वस्थ होता है एक स्वस्थ एवं निरोगी काया में ही सुन्दर एवं शिव प्रज्ञा का निर्माण होता है। स्थित प्रज्ञ ही देश के प्रति अपने कर्त्तव्य का पूर्ण पालन करता है, उसका दृष्टिकोण सकारात्मक, सम एवं ऋतपरक हो जाता है। यही समता योग है-समत्वं योग उच्यते।।

तब योगी समष्टि की भावना से परिपूर्ण होकर इहलोक में यश प्राप्त करने के साथ-साथ ईश्वर के सान्निध्य को सहज ही प्राप्त कर लेता है। ऐसी अवस्था में उसके अन्तर्मन में निष्काम कर्म की भावना का उदय होता है जो कर्म में कर्त्ता की भावना का खत्म कर देती है क्योंकि योगी जन निरासक्ति भाव से केवल शारीरिक शुद्धि हेतु शरीर, मन, बुद्धि तथा इन्द्रिय द्वारा कर्म करते हैं-

## कायेन मनसा बुद्धया केवलैरिन्द्रियैरपि।

योगिनः कर्म कुर्वन्ति सङ्गम् त्यक्त्वात्मशुद्धये।। ${ }^{9}$
सिद्ध है कि योग साधना का साधक कभी भी किसी स्थिति में विचलित नहीं होता। सुख-दुःख, सिद्धि-असिद्धि, अनुकूल एवं प्रतिकूल स्थिति में उसका चित्त समान रहता है, ऐसी अवस्था में उसके सभी दुःख समाप्त हो जाते हैं, इन दुःखों का वियोग एवं सुखों का संयोग ही योग है-

## दु:ख संयोग वियोग योग संज्ञितम्।। ${ }^{10}$

स्पष्ट है कि परमात्मा के दर्शन एवं संयोग और दुःखों की शाश्वत निवृत्ति का सरल एवं सहज मार्ग योग साधना ही है। जो मानव योग-पथ का अनुगामी होता है वह जीवन के समस्त विवादों, संदेहों, शंकाओं से मुक्त, स्वच्छ, निर्मल एवं शुद्ध हृदय हुआ आत्मसाक्षात्कार को प्राप्त होता है। इस मार्ग का पथिक वही बनता है, जो ब्रह्मवित्, पुण्यकृत एवं तेजस्वी है-

एष पन्था ब्रह्मण हानुवित्तस्तेनैति ब्रह्मवित् पुण्यकृत् तैजसश्च।। ${ }^{11}$
योग मार्ग पर चल कर ही मानव आत्मसाक्षात्कार कर सकता है, प्रकृति-पुरुष के सम्बन्ध को जान जाता है। जीवन हेतु क्या त्याज्य है, क्या ग्राह्य है, कर्म क्या है, फल की प्राप्ति कैसे होती है आदि का ज्ञान प्राप्त करने के साथ—साथ अपने भूत, भविष्य और वर्तमान कर्मों के फल के दर्शन कर लेता है। यही दर्शन जीवन का वास्तविक दर्शन है, जो जीवन जीने की कला सिखाता है और जीवन की सही पद्धति का उपदेश देता है। इसी कला में जीवन का सर्वांगीण विकास निहित है।

योग का पूर्ण लक्ष्य केवल सामान्य अज्ञ जगत चेतना से ऊपर उठकर भागवत चेतना में पहुंचना और उस भागवत चेतना की अतिमानसिक शक्ति को मन, प्राण और शरीर के अज्ञान के अन्दर उतार लेना, इन्हें रूपांतरित करना, यहां पर पृथ्वी पर भगवान को प्रकट करना तथा जड़-पार्थिव प्रकृति में एक दिव्य जीवन का निर्माण करना इसका लक्ष्य है। ${ }^{12}$

स्पष्ट है कि मानव जीवन के प्रत्येक क्षण में योग समाहित है। किन्तु योग चित्त की एकाग्रता पर निर्भर है, मानव इन्द्रियाँ अति चंचल है, अतः इनको स्थिर करने के लिए सुख पूर्वक आसन पर बैठकर वृत्तियों को रोकने का अभ्यास करना चाहिए-स्थिरसुखमासनम्। ${ }^{13}$

गीता में कहा गया है कि पवित्र स्थान पर भूमि पर कुशा का आसन बिछा कर दृढ़तापूर्वक मन, इन्द्रियों एवं कर्मों को वश में करते हुए मन को एक बिन्दु पर स्थिर करके हृदय को शुद्ध करने के लिए योगाभ्यास अर्थात् ध्यान स्थिर करें। ${ }^{14}$

ध्यान द्वारा साधक निर्विषय एवं वृत्तियों से मुक्त हो जाता है - तत्र प्रत्ययैकतानता ध्यानम्।। ${ }^{15}$ यही अवस्था समाधि की भाव योग साधना की सिद्धि है। क्योंकिध्यानावस्था में जब साध्य के अतिरिक्त अन्य कुछ दिखाई नहीं देता, कुछ अन्य अनुभव नहीं होता तब ध्येय में चित्त के लीन होने और ध्यान के क्षीण होने पर योगी समाधि अवस्था में पहुंच जाता है-

## तदेवार्थमात्रनिर्भासं स्वरूपशून्यमिव समाधिः।। ${ }^{16}$

अर्थात् साधना द्वारा जब योगी योग के आठ अंगों को सिद्ध कर लेता है तब ध्यान, धारणा, समाधि इन तीनों की एक साथ सिद्धि(एक विषय) होने पर संयम उदित होता है। इस संयम के उदित होने पर प्रज्ञा का प्रकाश होता है-

## तज्जयात् प्रज्ञालोकः।| ${ }^{17}$

इस प्रकाश में ही जीवन का सम्पूर्ण दर्शन, जीने की कला एवं सम्पूर्ण जीवन पद्धति यही है, इसकी प्राप्ति ही योग का मूल उद्देश्य एवं प्राप्ति है। संयम द्वारा साधक तत्त्वों के,प्रकृति के यथार्थ स्वरूप को जान लेता है, जिससे समस्त अज्ञान एवं अविद्या नष्ट हो जाती है और ज्ञान का उदय होता है। इस ज्ञान के उदित होते ही सर्वदु:खों का नाश हो जाता है।

निष्कर्ष रूप में योग मानव काया एवं मन को स्वस्थ, सुन्दर एवं शिव बनाने में योगप्रद होता है। योग साधना मानव अन्तर्मन में किसी किन्तु, परन्तु के बगैर कर्त्तव्यपालन की भावना का विकास करती है। जीवन का सार्थक अर्थ, उसका उद्देश्य, वास्तविक आनन्द एवं सुख क्या है, कहां है, आदि प्रश्नों का उत्तर है योग-अनुष्ठान या साधना की सिद्धि। योग साधना जीवन की वो सांस्कृतिक कला है, जिस में कुशल व्यक्ति समाज में रहते हुए 'मैं' की भावना से निर्मुक्त हुआ 'हम' इस संकल्प को धारण कर जीवन व्यतीत करता है। सामान्य जीवन में देखते हैं कि अधिकतर व्यक्ति स्वहित सिद्धि के लिए कर्मरत हैं, किन्तु एक योग-यज्ञ करने वाला मानव समुदाय एवं समाज में रहते हुए स्वहित तो सिद्ध करता ही है, समस्त प्राणियों के प्रति भी उसके हृदय में हित की भावना ही उद्दीप्त होती है अर्थात् वह कर्म की भावना से मुक्त होकर अकर्म की भावना से परिपूर्ण परमात्मा का स्वरूप होकर जीवनयात्रा को पूर्ण करता है। सिद्ध है कि कर्मों के क्षय से अर्थात् प्रकृति एवं पुरुष (आत्मा) की समान भाव से शुद्धि होने पर योगी कैवल्य को प्राप्त करता है-

## सत्त्वपुरुषयोः शुद्धि साम्ये कैवल्यम्।। ${ }^{18}$

## संदर्भ

1. श्री मद् भगवत गीता, 6.20
2. योगदर्शन, समाधि पाद, 1

3．वही， 3
4．श्री अरविन्द के योग पत्र，भाग दो और भाग तीन，पृ． 7
5．वही，साधनपाद－ 29
6．श्वेताश्वरोपनिषद्， $2.12,13$
7．योगदर्शन，विभूतिपाद， 46
8．वही，कैवल्यपाद， 55
9．श्री मद् भगवत गीता， 5.11
10．वही， 6.23
11．बृहदाराण्यकोपनिषद्，4．4．9
12．श्री अरविन्द के पत्र，भाग दो और तीन，पृ． 3
13．योगदर्शन，साधनपाद， 46
14．श्री मद् भगवद् गीता，6．12，13
15．योगदर्शन，विभूतिपाद， 2
16．वही， 3
17．वही， 5
18．योगदर्शन，विभूतिपाद， 55

## लोकतंत्र, निर्वाचन प्रणाली एवं मतदान व्यवहार

## प्रो० मनमीत कौर

राजनीति विज्ञान विभाग, बरेली कालेज, बरेली

## प्रो० वंदना शर्मा

राजनीति विज्ञान विभाग, बरेली कालेज, बरेली

## अमूरत

लोकतंत्र को सुचारू रूप से चलाने के लिए निर्वाचन प्रणाली की आवश्यकता होती है। निर्वाचन प्रणाली के द्वारा जनता अपनी राय प्रकट करती है। इस राय को ही मतदान व्यवहार के रूप में हम देखते हैं। जितना पुराना लोकतंत्र है, उतनी ही प्राचीन है निर्वाचन प्रणाली। किसी निर्वाचन प्रणाली की प्रक्रिया पर निर्भर करता है कि जनता कैसा मतदान व्यवहार करेगी। लोकतंत्र में जनता सर्वोच्च है और जनता को प्रभावित करने वाले कारक- आर्थिक, सामाजिक आदि भी भिन्न होते हैं। इन्हीं कारकों के कारण प्रत्येक लोकतांत्रिक देश की राजनीतिक संस्कृति और मतदाता का मतदान व्यवहार भिन्न-भिन्न होता है। इन विभिन्न कारकों के अध्ययन के द्वारा हम लोकतांत्रिक व्यवस्था में मतदाताओं के व्यवहार को समझते हैं और निर्वाचन प्रणाली में सुधार, जागरूकता कार्यक्रमों, शैक्षणिक पाठ्यक्रमों में बदलाव के द्वारा लोकतांत्रिक व्यवस्था को मजबूत बनाते हैं। स्त्री—पुरूष समानता बिना शिक्षा के संभव नहीं और इसके बिना स्त्री की लोकतंत्र में सहभागिता अर्थात् उसका मतदान व्यवहार सुदृढ़ नहीं हो सकता। संविधान के अनुसार राजनीतिक समानता प्रदान किए बिना लोकतंत्र में जनता की भागीदारी को बेहतर नहीं किया जा सकता है। इस लेख के द्वारा हम लोकतंत्र के प्राचीन स्वरूप पर दृष्टि डालते हुए निर्वाचन प्रणाली और निर्वाचन प्रक्रिया में मतदाता द्वारा मतदान करते समय कौन-कौन से कारकों को ध्यान में रखा जाता है, का अध्ययन करेंगे।

मुख्य शब्दावली : लोकतंत्र, लोकतांत्रिक व्यवस्था, निर्वाचन प्रणाली, मतदान व्यवहार, विचारधारा, मतदान प्रणाली, बहुमत आदि।

## प्रस्तावना

राजनीति शास्त्र के आरंभिक चिंतन से लोकतंत्र पर विमर्श की शुरूआत होती है और आधुनिक समय में राजनीति विज्ञान तक लोकतंत्र पर अध्ययन निरन्तर जारी है। ग्रीक मूल के शब्द 'डेमोस’ से ‘डेमोक्रेसी’ शब्द की उत्पत्ति हुई है। प्राचीन समय से ही लोकतंत्र पर चर्चा जारी है। अब्राहम लिंकन ने लोकतंत्र की सबसे प्रसिद्ध परिभाषा दी और कहा "जनता का जनता के द्वारा और जनता के लिए" बनाई गयी शासन प्रणाली ही लोकतंत्र है।

जनता की ये भागीदारी किस रूप में सुनिश्चित की जाये, इसके लिए लोकतंत्र में निर्वाचन प्रणाली का महत्व बढ़ जाता है। जैसे-जैसे राजनीति विज्ञान अनुभव मूलक पद्धति की ओर बढ़ी, तो निर्वाचन प्रक्रिया में मतदान व्यवहार की क्या स्थिति है, इसका भी अध्ययन किया जाना प्रारंभ हुआ।

प्राचीन यूनानी नगर-राज्यों में लोकतंत्र का प्राचीन रूप देखने को मिलता है लेकिन उसमें सबकी समान सहभागिता नहीं होने के कारण वह लोकतंत्र का निकृष्टतम रूप था। प्लेटो ने इस तंत्र की आलोचना करते हुए इसे भीड़तंत्र की संज्ञा दी। हॉब्स, लॉक व रूसो ने लोकतंत्र के विभिन्न सिद्धान्त दिए और लोकतंत्र के सिद्धान्त का निरन्तर विकास होता रहा। सर्वप्रथम हॉब्स ने सरकार निर्माण में आम लोगों की सहमति का विचार प्रस्तुत किया लेकिन राजतंत्रीय निरंकुश शासन प्रणाली का समर्थन किया। जनता की भागीदारी को लेकर अस्पष्ट विचार इस सिद्धान्त की आलोचना हुई और लॉक द्वारा लोकतंत्र को शासन प्रणाली के रूप में प्रस्तुत किया गया। उसका मानना था कि राजनीतिक शक्ति का मूल स्रोत जनता है, परन्तु लॉक ने भी निर्वाचन प्रणाली के स्तर पर संपत्तिशाली लोगों के प्रतिनिधित्व का समर्थन किया और लोकतंत्र को कुछ विशिष्ट जनों द्वारा संचालित शासन व्यवस्था बना दिया। इसी श्रृंखला में रूसो ने पिछले सभी राजनीतिक सिद्धान्तों से आगे जाते हुए लोकतंत्र को एक नैतिक मूल्य के रूप में परिभाषित किया तथा उसका मानना था कि इसके द्वारा ही सभी लोगों का शासन सुनिश्चित किया जा सकता है।

हॉब्स, लॉक और रूसो का राजनीतिक चिंतन यह प्रदर्शित करता है कि लोकतंत्र राज्य के प्रमुख उद्देश्य, 'सार्वजनिक जीवन' की पूर्ति के लिए एक अच्छी व्यवस्था प्रस्तुत करता है, परन्तु अभी तक निर्वाचन प्रणाली के विकास पर विशेष कार्य नहीं हुआ। अठारहवीं शताब्दी के उत्तरार्ध में ब्रिटिश राजनीतिक विज्ञानी बेंथम द्वारा जनता की भागीदारी के लिए एक सूत्र प्रस्तुत किया गया। यह सूत्र था- एक व्यक्ति-एक वोट। इस सिद्धान्त ने लोकतंत्र के संचालन के लिए निर्वाचन प्रणाली का आधार क्या हो? इस प्रश्न का उत्तर प्रस्तुत कर दिया। पश्चिमी देशों में 19वीं सदी तक यह विचार पूर्णतः लागू नहीं हुआ और स्त्री मतदान अधिकार अमेरिका में 1919, इग्लैण्ड में 1928, फ्रांस में 1945 व स्विट्जरलैण्ड में 1971 में प्रदान किया गया। सार्वभौमिक वयस्क मताधिकार पर आधारित निर्वाचन प्रणाली ही जनता की भागीदारी सुनिश्चित करने का सशक्त माध्यम है।

लोकतांत्रिक व्यवस्था के निरन्तर संचालन के लिए जनता को अपने प्रतिनिधि चुनने की स्वतंत्रता, आवधिक चुनाव, स्वतंत्र निर्वाचन आयोग, स्वतंत्र न्यायपालिका, नागरिक अधिकारों की व्यवस्था।

जनता द्वारा अपने प्रतिनिधि का चुनाव करने की स्वतंत्रता के लिए एक से अधिक राजनीतिक दलों की व्यवस्था होनी चाहिए। दलीय स्वतंत्रता द्वारा ही जनता को विकल्प मिलेंगे और वह अपने मतदान अधिकार का प्रयोग करके सबसे उपयुक्त दल से प्रतिनिधि का चुनाव करेगी। चुनाव संपन्न होने के बाद, आवधिक चुनाव ही वह प्रक्रिया है, जिसके कारण राजनीतिक दल जनता के हित के लिए कार्य करते हैं। इस प्रकार लोकतंत्र के सफल संचालन के लिए वयस्क मताधिकार पर आधारित आवधिक चुनाव एक महत्वपूर्ण शर्त है। जनता की प्रतिपुष्टि के लिए राजनीतिक दल सदैव जनहित पर ध्यान देते रहेंगे। आवधिक चुनाव की प्रक्रिया के सफल संचालन के लिए एक स्वतंत्र निर्वाचन आयोग होना चाहिए।

निर्वाचन व्यवस्था को चलाने के लिए एक स्वतंत्र न्यायपालिका भी अतिआवश्यक है। इसके बिना उत्पन्न होने वाले विवाद समाप्त नहीं हो सकेंगे और लोकतांत्रिक व्यवस्था चरमरा जायेगी।

अतः लोकतंत्र के संचालन के लिए केवल संविधान नहीं, संविधानवाद की आवश्यकता होती है। संविधानवाद के द्वारा हम यह जानते हैं कि लोकतांत्रिक प्रक्रियाओं का पालन ऊपरी तार पर हो रहा है या केवल प्रदर्शन के लिए संवैधानिक मूल्यों को प्रदर्शित किया जा रहा है। संविधानवाद की कसौटी पर कसने के लिए हम निर्वाचन प्रणाली व मतदान व्यवहार के अध्ययन के बिना लोकतंत्र की मजबूती सुनिश्चित नहीं कर सकते।

निर्वाचन प्रणाली ही वह तरीका है जो यह सुनिश्चित करेगा कि जनता कितनी आसानी से व्यवस्था निर्माण में भाग ले सकती है? भारत में विभिन्न प्रकार की निर्वाचन प्रणालियों का प्रयोग होता है। यथा- सरल बहुमत प्रणाली, एकल हस्तांतरणीय मतदान प्रणाली, अनुपातिक प्रतिनिधित्व प्रणाली आदि।

सर्वाधिक प्रचलित प्रणाली जिसके द्वारा लोकसभा व विधानसभा के चुनाव होते हैं, वह है सरल बहुमत प्रणाली। 'सबसे अधिक मत प्राप्त करने वाली विजयी' (फर्स्ट पास्ट द पोस्ट) पद्धति प्रचलित है। इस पद्धति में सरलता है लेकिन बहुदलीय लोकतांत्रिक व्यवस्था में यह प्रणाली कई बार कुल मतदाता के छोटे से समूह का ही प्रतिनिधित्व करती है। छोटे दलों व अल्पसंख्यकों को इस प्रणाली से नुकसान होता है। इस प्रणाली में लहर या करिश्माई व्यक्तित्व से एकाएक लाभ लिया जा सकता है। जाति, धर्म, संप्रदाय, दबाव समूह भी कई बार मतदान को सीधे प्रभावित कर देते हैं।

बहुमत प्रणाली के अंतर्गत वैकल्पिक प्रणाली को रखा जाता है। इस प्रणाली के अंतर्गत यदि किसी निर्वाचन क्षेत्र में तीन या तीन से अधिक उम्मीदवार मैदान में हैं तो मतदाता अपना मत विभिन्न उम्मीदवारों को $1,2,3$ आदि की वरीयता क्रम में देता है। यदि किसी प्रत्याशी को प्रथम वरीयता प्राप्त मतों से विजय नहीं मिलती है तो सबसे कम प्रथम वरीयता प्राप्त प्रत्याशी मुकाबले से बाहर हो जाता है तथा उसके द्वितीय वरीयता के मत बाकी बचे प्रत्याशियों के प्रथम वरीयता मतों से जोड़ दिये जाते हैं। यह प्रक्रिया तब तक दोहराई जाती है जब तक किसी एक प्रत्याशी को पूर्ण बहुमत प्राप्त नहीं हो जाता है। यह पद्धति भारत व अमेरिका के राष्ट्रपति चुनाव में अपनाई जाती है।

बहुमत प्रणाली के अंतर्गत दुबारा मतदान प्रणाली में मतदाता एक ही उम्मीदवार को मत देता है तथा यदि उम्मीदवार नहीं जीत पाता तो पूर्ण बहुमत सुनिश्चित करने के लिए कुछ शर्तों के साथ दुबारा मतदान कराया जाता है। इस बार एक निश्चित न्यूनतम प्रतिशत मत पाने वाले दल/प्रत्याशी को बाहर कर दिया जाता है, जिससे बहुमत सुनिश्चित हो सके। इस प्रक्रिया में अल्पसंख्यक वर्गों के साथ पूरा न्याय नहीं हो पाता।

आनुपातिक प्रतिनिधित्व प्रणाली का प्रयोग बहुसदस्यीय निर्वाचन क्षेत्रों में किया जाता है। इसका लक्ष्य मतदाताओं को अपने-अपने वोटों की संख्या के अनुपात में प्रतिनिधित्व सुनिश्चित करना। यह एक जटिल प्रक्रिया है और इसके लिए अनेक तरीके अपनाए जाते हैं। प्रथम प्रणाली है- सूची प्रणाली- इसमें मतदाताओं को विभिन्न राजनीतिक दलों के उम्मीदवारों की सूचियाँ दी जाती हैं और वह उनमें से किसी एक सूची पर निशान लगा देता है। मध्य यूरोप में यही प्रणाली अपनाई जाती है।

आनुपातिक प्रतिनिधित्व की एकल हस्तांतरणीय मतदान प्रणाली में मतदाता विभिन्न उम्मीदवारों को $1,2,3$ आदि की वरीयता में मत देता है व चुनाव जीतने के लिए चुनाव क्वोटा के बराबर मत प्राप्त होना जरूरी होता है।

$$
\text { चुनाव क्वोटा }=\frac{\text { निर्वाचन क्षेत्र में डाले गए वोटों की संख्या }}{\text { रिक्त स्थानों की संख्या }+1}+1
$$

अतिरिक्त वोटों को अन्य प्रत्याशियों को स्थानान्तरित कर दिया जाता है और यह प्रक्रिया तब तक दोहराई जाती है जब तक सभी सीटें भर नहीं जाती। आयरलैंड में यह प्रणाली प्रचलित है। इस प्रणाली में सौदेबाजी के आधार पर मिली-जुली सरकारें बनती हैं और स्थिरता का अभाव रहता है।

निर्वाचन प्रणाली में निरन्तर सुधार होते रहते हैं। वर्तमान में निर्वाचन प्रणाली के प्रमुख अंग है-

1. निर्वाचन क्षेत्र का निर्धारण
2. मतदाता अर्हता निर्धारण
3. उम्मीदवार अर्हता निर्धारण
4. मतदान विधि व मतपत्र गणना संबंधी नियम
5. विवाद निपटान निर्धारण व्यवस्था

निर्वाचन क्षेत्र निर्धारण जनसंख्या के आधार पर किया जाता है। भारत में मतदाता अर्हता निर्धारण न्यूनतम आयु 18 वर्ष रखी गयी। शैक्षणिक योग्यता, आर्थिक स्थिति, लिंग आदि आधारों पर नहीं। उम्मीदवार अर्हता की शर्तें भी बहुत आसान है। सामाजिक रूप से स्वीकृत नागरिक व न्यूनतम आयु प्राप्त कर चुका हो। चुनाव कार्यक्रम का निर्धारण करना व चुनाव प्रचार के लिए एक आचार संहिता का निर्माण करना। निर्वाचन आयोग मतदान प्रक्रिया को निरन्तर बेहतर बनाने के लिए नई-नई तकनीकों का इस्तेमाल करता है। 1998 में सबसे पहले मतपत्रों के स्थान पर इलेक्ट्रॉनिक वोटिंग मशीन (म्टड) का प्रयोग शुरू किया। 2004 से लोकसभा चुनावों में इसका प्रयोग जारी है। निर्वाचन प्रणाली में जनता को यह अहसास होना आवश्यक है कि वह अपनी भागीदारी करने के पश्चात् सार्वजनिक कल्याण प्राप्त करेगी। इस भागीदारी में वह किस प्रकार

व्यवहार करती है, इसके लिए हमें मतदान व्यवहार का अध्ययन करना होगा और उन कारकों को पहचानना होगा, जिनसे मतदान व्यवहार प्रभावित होता है।

## मतदान व्यवहार

लोकतांत्रिक प्रणाली में मतदाता जिस प्रकार निर्वाचन प्रणाली में भाग लेता है वह मतदाता व्यवहार या निर्वाचक व्यवहार कहलाता है। मतदाता से किसी विशेष पार्टी का चयन क्यों किया? किसी प्रत्याशी विशेष के पक्ष में मतदान क्यों हुआ? चुनाव प्रचार के समय के मुद्दे घटनाएं किस प्रकार मतदान व्यवहार को प्रभावित करती हैं? इस प्रकार के अन्य सभी वे कारण जिनसे मतदाता प्रभावित होता है और यह प्रभाव उसके मतदान व्यवहार में परिलक्षित होता है। इस प्रकार प्लानो एण्ड रिग्स की परिभाषा- "सार्वजनिक चुनाव में लोग किस प्रकार वोट देते हैं, इससे संबंधित अध्ययन क्षेत्र ही मतदान व्यवहार है और इसमें वे कारण भी शामिल हैं कि लोग मतदान उसी प्रकार क्यों करते हैं।"

लोकतंत्र के निरन्तर विकास के लिए स्वच्छ निर्वाचन प्रणाली द्वारा चुनाव संपन्न होना पहला व महत्वपूर्ण शर्त है। इसी के लिए मतदान व्यवहार का अध्ययन किया जाता है। मतदाता के मन में यह विचार न बनने पाए कि उसके वोट डालने से क्या होगा? मतदान व्यवहार का अध्ययन सेफोलॉजी के अन्तर्गत किया जाता है। यह शब्दावली पश्चिमी राजनीतिक विज्ञानियों के द्वारा सर्वप्रथम प्रयोग में लायी गयी।

मतदान व्यवहार के अध्ययन के कई लक्ष्य हो सकते हैं। राजनीतिक दल ऐसे अध्ययनों के द्वारा अपने प्रत्याशी चयन की प्रक्रिया, चुनावी मुद्दे, चुनाव प्रचार की प्रक्रिया आदि निर्धारित करते हैं। चुनाव विश्लेषकों को ये जानने का विषय होता है कि कौन-कौन से कारक राजनीतिक संस्कृति व मतदान व्यवहार को प्रभावित करते हैं? किसी पार्टी विशेष की किसी स्थान विशेष में कैसी स्थिति रहेगी? अ

शिक्षक, शोधकर्त्ता के लिए मतदान व्यवहार के ऐसे होने के पीछे के कारण जानने का लक्ष्य होता है और कैसे प्रतिकूल कारणों को दूर करके लोकतांत्रिक प्रक्रिया को सुदृढ़ किया जाए।

विभिन्न लक्ष्यों के लिए अध्ययन की प्रणाली भी भिन्न-भिन्न होती है। लेकिन मतदान व्यवहार को प्रभावित करने वाले कारक समान रहते हैं। यथा : जाति, क्षेत्र, धर्म, भाषा, धन बल, बाहुबल, व्यक्तित्व, सत्ताधारी दल का प्रभाव, विचारधारा दलीय पहचान, राजनीतिकता, स्थिरता, तात्कालिक कारण जैसे-युद्ध, करिश्माई नेतृत्व की मृत्यु आदि।

1. जाति- जाति मतदान व्यवहार को प्रभावित करने वाला एक सबसे महत्वपूर्ण कारक है। जातियों को राजनीति में प्रयोग करना, भारतीय राजनीति की एक महत्वपूर्ण विशेषता रही है। ग्रामीण स्तर पर जातीय एकता मतदान व्यवहार को प्रभावित करने का प्रमुख कारक है। जाति एक जुड़ाव का प्रमुख कारक है और चुनाव में परिलक्षित होती है।
2. क्षेत्र- क्षेत्रीयता चुनाव व्यवहार को प्रभावित करने का एक प्रमुख कारक है। क्षेत्रवाद की भावनाएं भी राजनीतिक पार्टी की ओर झुकाव करती हैं। तमिलनाडु, कर्नाटक, आन्ध्रप्रदेश, कर्नाटक, उ०पू० राज्यों में यह मतदान व्यवहार को प्रभावित करती है।
3. धर्म- धार्मिक भावनाओं का शोषण या पोषण मतदान व्यवहार को सीधे तौर पर प्रभावित करता है। धर्म का राजनीतिकरण एक प्रमुख समस्या है। धर्मनिरपेक्ष राज्य होने के बाद भी भारत की सभी पार्टियाँ धर्म की राजनीति करती हैं।
4. भाषा- भाषाई आधार पर चुनाव व्यवहार यह प्रदर्शित करता है कि जनता अपनी संस्कृति, क्षेत्र, भाषा को अपने प्रतिनिधि चुनते समय प्रमुखता देती है। महाराष्ट्र, दक्षिण राज्य, गुजरात में यह मतदान व्यवहार को प्रभावित करने का एक प्रमुख कारण रहा है।
5. धनबल व बाहुबल- धनबल का प्रभाव गुजरात, पंजाब और दक्षिण के कुछ राज्यों में दिखता है जबकि बाहुबल का प्रभाव विशेषकर बिहार, उत्तर प्रदेश, हरियाणा में देखा जाता है। चुनाव प्रचार में शराब आदि का विस्तृत रूप से प्रयोग मतदाता को नकारात्मक रूप से प्रभावित करता है और मतदान पर धनबल व बाहुबल का प्रभाव पड़ता है।
6. व्यक्तित्व- आज़ादी के समय से कांग्रेस अपने नेता नेहरू के व्यक्तित्व के कारण जीतती आयी। स्वतंत्रता आंदोलन में इनकी भूमिका, विदेशों में अच्छी पकड़ आदि कारण थे, जिनसे जनता प्रभावित होती थी। इंदिरा गाँधी, राजीव गाँधी अपने व्यक्तित्व के साथ-साथ गाँधी उपनाम से भी जनता के मतदान व्यवहार को परिवर्तित कर देते थे। गैर कांग्रेसी व्यक्तित्व में जय प्रकाश नारायण, अटल बिहारी बाजपेयी ने जनता को अपने व्यक्तित्व से जोड़ा और चुनावों में इसका लाभ उठाया। करिश्माई व्यक्तित्व, विकासशील राष्ट्रों में मतदान व्यवहार को परिवर्तित करने का एक सशक्त कारक रहा है।
7. सत्ताधारी दल का प्रभाव व दलीय पहचान- वर्तमान समय में यह मतदान व्यवहार को प्रभावित करने का एक प्रमुख कारण है। कार्यकर्त्ता जनता के बीच अपने क्रियाकलापों के द्वारा अपनी दलीय पहचान प्रदर्शित करते रहते हैं। युवाओं में यह प्रवृत्ति अधिकांश रूप से पायी जाती है। यह मतदान के समय उनको प्रभावित करती है।
8. विचारधारा- विचारधारा का प्रसार राजनीतिक पार्टियों का एक प्रमुख एजेंडा होता है। चुनावी वर्ष से पूर्व पार्टियाँ विभिन्न कार्यक्रमों के द्वारा अपनी विचारधारा का प्रसार करती हैं। यह पढ़े-लिखे वर्ग को जोड़ती हैं और सोशल मीडिया के माध्यम से इसे प्रसारित करवाती हैं। वामपंथी विचारधारा इसके विपरीत विश्वविद्यालय स्तर अपना संगठन बनाती है। दक्षिणपंथी विचारधारा के राष्ट्रवादी विचार विशेष कर उत्तर भारत में जनता को प्रभावित करते हैं और मतदान व्यवहार में भी परिलक्षित हो जाता है।
9. राजनीतिक स्थिरता- वयस्क मतदाता राजनीतिक स्थिरता के लिए भी मतदान करता है। इस पक्ष की ओर झुकाव का प्रमुख कारण यह है कि वे विदेश संबंधों के लिए एक मजबूत केन्द्र

सरकार चाहते हैं। विधानसभा चुनावों में भी यह एक प्रमुख तत्व होता है। इस पहलू के आधार पर मतदान करने वाले लोगों की संख्या अधिक नहीं होती।
10. तात्कालिक कारण-
(प)युद्ध- किसी युद्ध में जय या पराजय तात्कालिक चुनाव को प्रभावित करती है।
(पप)नेतृत्वकर्त्ता की मृत्यु- इंदिरा गाँधी की मृत्यु के बाद कांग्रेस के प्रति लोगों का भावनात्मक झुकाव बढ़ गया और कांग्रेस अपने सर्वश्रेष्ठ प्रदर्शन को प्राप्त हुई।
(पपप) आर्थिक दशाएं- बेरोजगारी, मंदी आदि भी तात्कालिक कारण में प्रमुख हैं।
(पअ)चुनाव अभियान- तात्कालिक रूप से दल से किस प्रकार मुद्दों को उठाया, उससे भी मतदान व्यवहार प्रभावित होता है। गरीबी हटाओ के नारे ने इंदिरा गांधी के चुनाव विजय को सुनिश्चित किया। मनरेगा कार्यक्रम के द्वारा यूपीए सरकार ने ग्रामीण वर्ग का मत प्राप्त किया।

## निष्कर्ष

लोकतंत्र एक प्रणाली के रूप में निरन्तर विकसित हो रहा है। विभिन्न विचारकों के योगदान से इस शासन प्रणाली में निरन्तर सुधार किए गए। लोकतंत्र की सफलता जनता के द्वारा किए गए मतदान व्यवहार पर निर्भर करती है। लोकतांत्रिक प्रणाली के इतिहास को देखते हुए यह कह सकते हैं कि यह प्रणाली जनता के कल्याण में सहायक सिद्ध हुई है। निर्वाचन प्रणाली में जनता का विश्वास बना रहे इसके लिए निर्वाचन आयोग निरन्तर जागरूकता कार्यक्रम व मतदाता शिक्षण कार्यक्रमों का आयोजन करता है। जागरूक कार्यक्रमों के द्वारा निरन्तर यह शिक्षा दी जा रही है कि धनबल, बाहुबल, जातिवाद आदि के आधार पर मतदान नहीं करना चाहिए। मतदाता अपने भविष्य के लिए मतदान करता है और इस आशा में लोकतंत्र की मजबूती जुड़ी है। मतदान व्यवहार के अध्ययन से प्राप्त निष्कर्ष से यह कहा जा सकता है कि यदि मतदान व्यवहार को प्रतिकूल रूप से प्रभावित करने वाले कारकों का प्रभाव न्यूनतम कर दिया जाये तो जनता जनार्दन बन जायेगी। नियमित अवधि पर स्वच्छ चुनाव व जनता का मतदान व्यवहार लोकतंत्र की विश्वसनीयता को आगे बढ़ाते हैं और सबकी भागीदारी की अवधारणा को चरितार्थ करते हैं।

## संदर्भ

1. तुलनात्मक राजनीति की रूपरेखा- ओम प्रकाश गाबा, 2019, मयूर बुक्स, नई दिल्ली।
2. भारत की राजव्यवस्था- एम० लक्ष्मीकांत, छठा संस्करण, 2021, मैक्ग्रा हिल प्रकाशन, चेन्नई।
3. राजनीति सिद्धान्त की रूपरेखा- ओम प्रकाश गाबा, नवम संस्करण, 2023, नेशनल पेपरबैक्स, नई दिल्ली।
4. भारतीय शासन एवं राजनीति- डा० पुखराज जैन, डा० बी०एल० फड़िया, 2022, साहित्य भवन पब्लिकेशन, आगरा।
5. राजनीतिक सिद्धांत एवम अवधारणाएं- डा० एस०सी० सिंहल, 2020 , लक्ष्मी नारायण अग्रवाल प्रकाशन, आगरा।
6. तुलनात्मक शासन और राजनीति- शालिनी वाधवा, तीसरा संस्करण, 2020 अर्जुन पब्लिशिंग हाऊस, दिल्ली।
7. भारतीय शासन एवं राजनीति- डा० ए०पी० अवस्थी, 2020, लक्ष्मी नारायण अग्रवाल, आगरा।



जैमे थ्=ठ गण घण गूर्भ ठै हमए्टे, डैमे गभ डी तठाठ टेव गचीटे मुछंट चे भैमे भहि पा्ठ के तिग्ठ के सभीत हठ पांपजे भर्तं थ्रठ टाट्टि यठभग्रंट ठे

छॅघमगटिट: WWW.sovs.in
Еी-भेळ: editorinchief@sovs.in


