



orZeku le; esa ySafxd lekurk dh vko";drk vkSj egRo

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izLrkouk

^;= uk;ZLrq iwT;Urs jeUrs r= nsork
Hkkjr ,d yksdrkaf=d x.kjT; gS ;gkWa izR;sd
uj&ukjh dks LorU=rk ls thou thus dk vf/kdkj
gS ,d nwljs ds izfr HkkbZpkjs dh Hkkouk ls
jk"V^{ah}; fodkl gksrk gS Hkkjrh; lekt fofHkUu
tkfr] /keZ] oxZ] fyax] dk lewg gS ;gka ,d cgqr
cM+k Hkkx Hkk"kkbZ fofo/krk ds erHksn]
xjhch] vf"kk{kk ls xzLr gSA yksdrkaf=drk dks
etcwr cukus ds fy, ewY; f"kk{kk dk foLrkj
vfuok;Z gS ftlds }kjk vkilh HkkbZpkjs]
HkzkrRo] U;k; tSlS ewY;ksa dks fodflr fd;k tk
lds rFkk n"k es lerk ,oa lekurk ykbZ tk ldsA
vfFkZd lkekftd rFkk euksoSKkfud Lrj ij
fu"i{Rkk dk O;ogkj djuk lHkh dks ,d leku
ekuuk] le>uk lekurk dk vf/kdkj gSA

fyax lekurk ¼Gender Equality½% fyax lekurk
dks fyax lerk] fyax lerkoknh] ;k ySafxd lekurk
ds uke ls Hkh tkuk tkrk gSA bl dk mns"; fyax
lekurk ls gS fyax lekurk dks fo"o esa ekuo
vf/kdkjksa ls tksM+k tkrk gSA [kkk rkSj ij
efgykvksa ds vf/kdkjksa ,oa vkfFkZd fodkl ds
lUnHkZ esa UNICEF us fyax lekurk dks
ifjHkkf"kr djrs gq, dgk fd ^yMfd;ksa o
efgykvksa dks [ksy txr esa lHkh cPpksa ds
leku viuh izfrHkk dk fodkl djus ds volj iznku fd,
tk,A

;qfulsQ ds vuqlkj (UNICEF) ds vuqlkj% fyax
lekuuqikr dk vFkZ efgyk] iq:"k o yM+dk&yMdh
,d leku voljks] vf/kdkjksa] lalk/kuks o lja{kd dk
ykHk mBk ldsA ;g vfuok;Z ugha fd ^yM+ds o
yM+fd;ksa ;k efgyk, o iq:"k leku gS[^] bfy,
muds lkFk leku O;ogkj fd;k tk,A^{^^}

fyax lekurk dks lEcksf/kr djus okys ikWp LrEHk gS

1- L=h&iq:"k nksauks dk leku egRo (Men and
wemen have the same importance) /keZ] tkfr] fyax]
lsDI]jax&:lk esa fcuk Hksn&Hkko fd,
L=h&iq:"k dks lekurk dk ntkZ nsuka

- 2- L=h&iq:"k dk lekt esa leku egRo (Men and women are equally valuable to society)
- 3- L=h&iq:"k ds vf/kdkjksa o drZO; esa lekurk (Men and women have equal rights and responsibility)
- 4- vlekurk dh lekflr (An absence of discrimination)
- 5- lekurk dks cjkjch esa ugha ysuk pkfg, (Realizing equality need not mean same ness)

fyax lekurk dh vko";drk vkSj egRo efgyk
,oa iq:"k nksuksa gh lekt esa leku egRo j[krs
gSA ysfdu fir`lrkRedrk ds dkj.k efgykvksa dks
lekurk dk ntkZ fn;k tk, rks n"k ds fodkl dk;ksZ
es efgykvksa dk ;ksxnku iq:"kksa ls vf/kd
gksxkA bfy, lekt esa fyax lekurk dh Hkkjh
vko";drk ,oa egRo gSA

- 1- ;g lkekftd fodkl esa lgk;d gS (it is helpful in social development) Ekuq"; ,d lkekftd izk.kh gS og lekt esa jgus ds fy, vius vki dks fodflr djrk gSA fyax vlekurk dh vo/kkj.kk dks lekt esa nwj j[kuk pkfg,A f"kk{kk dh lgk;rk ls ge yksxks esa lkekftd ewY;ksa dh Hkkouk dks fodflr dj ldrs gSA
- 2- ;g lkaLd`frd fodkl ds fy, (it is helpful in cultural development) Hkkjr ,d /keZ&fujis{k jkT; gS izR;sd jkT; dh viuh lkaLd`frd fojklr gSA f"kk{kk ds ek;/e ls ge viuh lkaLd`frd ewY;ksa dh f"kk{kk vius cPpksa dks nsrs gS rFkk vius jhfr&fjoktksa dks ns"k ds fofHkUu jkT;ksa esa LFkkukUrfjr djrs gSA ;g rHkh lEHko gksxk tc ge fyax lekurk dks izkFkfedrk nsrs gSA fyax lekurk gekjs lkaLd`frd fodkl esa ,d vge Hkwfedk dk fuekZ.k djrh gSA
- 3- vPNs Hkfo"; ds fy, (for good future) fyax dh lekurk dks Hkkjrh; lekt esa T;knk egRo ugha fn;k tkrk gSA f"kk{kk gh ,d ,slk ek;/e gS ftlls ge vU/kdkj ls izdk"n dh vksj vFkkZr ekuo vKkurk ls Kku dh vksj c<+rk gSA vr% gesa f"kk{kk ds }kjk L=h&iq:"k ds HksnHkko dks lekrl djds jk"V^a ds vPNs Hkfo"; dh dkeuk djuh pkfg,A
- 4- vPNs vkSj LokLFko/kZd okrkj.k dks

- cukus esa lgk;d gksuk (for healthy environment)
 ns" k dh le`f) mldh [kq"kgkyh dk izrhd gSA
 ns" k esa le`f) rHkh vk,xh tc
 yM+ds&yM+fd;ksa dks ,d leku vf/kdkj fn,
 tk,axs rFkk ns" k ds vUnj vPNk vkSj
 LokLFk okrkoj.k gksxkA
- 5- cPps esa dke djus dh {kerk dks fodflr djuk
 (develop habit of works among children) fyax lekurk
 ,d yM+dh esa {kerk dh Hkkouk dk fodkl
 djrk gSA bl lekt esa dksbz vyx ugha gSA
 izkd` frd :lk ls ge lc cjkcj gS gesa yM+fd;ks
 dks cjkcjh ds vf/kdkj nsus pkfg, rkfd os
 Hkh viuh {kerk dk izn" kZu dj ldsA
 - 6- vPNs ukxfjd ds fuekZ.k ds fy, (Formation of
 able Citizens) fyax lekurk ns" k esa jktuhfrd
 tkx:drk ds fy, lgk;d fl) gksrh gSA
 - 7- jktuhfrd tkx:drk ds fy, (For political awareness)
 fyax lekurk ns" k esa jktuhfrd tkx:drk ds fy,
 lgk;d fl) gksrh gSA
 - 8- yksdrU= dks etcwr cukus esa lgk;d gksuk
 (Helping to make democracy) yksdra= yksxksa
 dks yksdrkfU=d fopkjksa esa fo"okl dks
 cuk, j[krk gSA ;g rHkh IEHko gS tc ge vius
 vf/kdkjksa dks yksdrU= esa etcwrh ls ikrs
 gSA yksdrU= dh IQyrk blh esa fufgr gS tc
 IHkh yksxks dks dkuwu es cjkcjh dk ntkZ
 izklr gksA
 - 9- izkd` frd lalk/kuks dk mfpr iz;ksx (use of
 natural resources) vxj ns" k esa fyax ds vk/kkj ij
 Hksn&Hkko ugha fd;k tk,xk rks ns" k esa
 izkd` frd lalk/kuksa dk iz;ksx Hkyh&Hkkafr
 ls fd;k tk ldrk gSA
 - 10-ekuo ewY;ksa ds fodkl ds fy, (for development
 of human values) fyax lekurk lekt esa ekuoh;
 ewY;ksa dks fodflr djrh gSA

fyax lekurk ykus ds mik; (measures to be taken for gender equality)

- 1- tulapkj ek;/eksa }kjk tkx:drk iSnk djuk (to
 created an awaness through means of mass
 communication) lekt esa fyax lekurk ds fy,
 jsfM;ks] Vh0 oh0 tSls tulapkj lk/kuksa }kjk
 ,sls dk;Zdze fn[kk, tk,W ftlesa efgykksa
 dks mudh ijEijxrk Hkwfedk ls fHkUu
 Hkwfedk nh tk,A
- 2- dkuwu (law) lekt es fyax Hksn dk
 vuqHko djrs gq, dkuwu ds }kjk bls nwj fd;k
 tk,A
- 3- ijLij lg;ksx (Mutual co-operation) Hkkjr esa fyax
 lekurk ds fy, laxBu o vk;ksx dk;Zdjrk gS
 tSls & efgyk vk;ksx@ efgyk laxBu o
 jk"Vah; o jkT; ekuokf/kdkj vk;ksxA
- 4- efgyk l" kDrhdj.k (Women Empowerment)
 efgykksa dks l" kDr cuk, fcuk fyax lekurk

- ugha vk ldrhA ukscsy iqjLdkj fotsrk MkWO
 veR;Zlsu us L=h o iq:"k esa vlekurk ds lkr
 dkj.k crk, gSA tks fd bl izdkj gS %&
 uSfrdrkj mRifr dze@cqfu;knh lqfo/kk,a]
 fo"ks" k volj] O;olk;] izHkqRo o ifjokj ls
 laca/k] bUgs nwj djds gh efgyk l" kDrhdj.k
 laHko gSA
- 5- eqfLye lekt dh lksp esa ifjorZu (Change in
 thinking of muslim community) eqfLye leqnk; esa
 efgykksa dh n"kk vR;kf/kd 'kkspuh; gSA
 mUgsa f"kf{kr djuk rFkk vkfFkZd vktknh
 eqfLye leqnk; ugha pkgrkA iSxEcj
 eksgEen dk dFku gSA ;fn rgeus ,d iq:"k
 dks i<+k;k rks ,d O;fDr dks i<+k;k vkSj ;fn
 ,d efgyk dks i<+k;k rks iwjs ifjokj dks
 i<+k;kA
 - 6- f" k{kk (Education) f" k{kk fyax lekurk ykus dk
 lcls l" kDr lk/ku gS f" k{kk iq:"kksa dh lksp
 dks cny ldrh gS fd os efgykksa dks vknj o
 lekurk dh n` f"V ls ns[ksA f" k{kk }kjk gh fyax
 Hksn dks lelr dj fyax lekurk LFkkfir dh tk
 ldrh gSA

fyax vlekurk ds dkj.k (Causes of Gender Inequality)

- 1- ekrk&firk dk 'kSf{kr Lrj (Educational level of the
 Parents) %ekrk&firk ds O;ogkj dk izHkko
 cPps ij vR;f/kd iM+rk gS rFkk ekrk&firk dk
 O;ogkj muds 'kSf{kd Lrj ij fuHkZj gksrk
 gSA gekjs n" k esa vHkh ,d cM+h la;k esa
 ekrk&firk dk O;ogkj yM+ds rFkk yM+fd;ksa
 ds ikyu&iks" k.k esa Li"V :l ls fn[kkbZ nsrk
 gSA vr% dgk tk ldrk gS fd ekrk&firk dk
 O;ogkj fyax&vlekurk dk ,d eq[; dkj.k gSA
- 2- laLd` fr ls lacaf/kr dkj.k (Cultural Factors) %
 oSfnd dky ds lk"pkr~ efgykksa dh fLFkfr
 esa yxkrkj fxjkoV vkrh xbZA ;qf/kf" Bj ds
 }kjk nzksinh dks gkj tkus dk izlax ;g
 n"kkZrk gS fd ml le; iRuh ,d oLrq cu xbZA
 bls vfrfjDr jke }kjk lhrk dh vfXu ijh{kk dk
 fy;k tkuk o mldks R;kx nsuk Hkh iq:"k
 iz/kku lekt dk ifjpk;d gSA blh izdkj ls
 laLd` fr ls lacaf/kr cgqr ls vU; mngkj.kksa
 ds vk/kkj ij ;g dgk tk ldrk gS fd laLd` fr Hkh
 fyax Hksn dk ,d dkj.k gSA

3- lkekthdj.k dh izfdz;k (Process of Socialization)%
ftl izdkj ds ek;/e ls cPpk ,d lkekftd izk.kh
curk gS rFkk lkekt ds ekU; rkSj&rjhdksa]
jhfr&fjoktksa] ijEijkvksa] ewY;ksa rFkk
fo"oklksa dks lh[krk gS] og izfdz;k
lkekthdj.k dgykrh gSA Hkkjrh; lekt ds
cPpkksa dk ikyu&iks"k.k ,sls okrkoj.k esa
fd;k tkrk gS] ftlls yM+fd;ksa esa
lekt&fuHkZjrk rFkk yM+dksa esa
vkRe&fuHkZjrk dk fodkl gksrk gSA

d{kkd{k esa fyax lekurk ykus esa v;/kid dh Hkwfedk

(Role of teacher in bringing gender equality in classroom)

d{k&d{k esa fyax lekurk ykus esa v;/kid dh
eq[; Hkwfedk gksrh gSA v;/kid }kjk fyax
IEcU/kh :f<+;ksa dks [kRe djuk pkfg, rFkk
d{kkd{k IEizs"k.k esa yM+fd;ks dh Hkkxhnhkj
mfpr ek=k esa gksuh pkfg,A d{kkd{k esa fyax
lekurk ykus esa v;/kid dh egRoiv.kZ Hkwfedk
gksrh gS tks fd bl izdkj gS &

- 1- v;/kid IHkh yM+fd;ksa ij leku /;ku nsA og /;ku j[ks fd izR;sd yM+dh d{kk dh izR;sd xfrfof/k esa leku :lk ls Hkkx ys jgh gSA ;fn dksbZ yM+dh xfrfof/k;ksa esa Hkkx ugha ys jgh gS rks mldk dkj.k tkudj ml leL;k dks nwj djuk pkfg,A
- 2- ;fn dqN yM+fd;kW fdlh fo"k; esa fiNM+ jgh gS rks mldk dkj.k tkudj mls nwj djus dk iz;kl djuk pkfg, rFkk mudks le;≤ ij mRlkfgr djuk pkfg,A
- 3- v;/kid }kjk d{kk es fyax Hksn dks iznf"Zr djus okys dFkuksa dk iz;ksx ugha djuk pkfg,A
- 4- ;fn fdlh dk;Z ds fy, lewg cukus gS rks yM+ds o yM+fd;ksa ds feys&tqys lewg cukus pkfg,A
- 5- yM+fd;ksa dks Hkh pqusSrhiv.kZ dk;Z lkSis tk,WA blls muesa vkRefo"okl dks c<+kok feyrk gSA
- 6- v;/kid dk Lo;a dk n`f"Vdks.k O;kid gksuk pkfg,A mlds }kjk yM+ds yM+fd;ksa esa dksbZ Hksn ugha fd;k tkuk pkfg,A
- 7- v;/kid yM+ds o yM+fd;ksa ds dk;Z dh rgyuk u djsA mUgsa ijEijkxr Hkwfedk ls gV dj vU; Hkwfedk,W fuHkkus ds volj iznku djsaA
- 8- v;/kid }kjk yM+ds o yM+fd;ksa dh ;ksX;rkvksa ds vk/kkj ij mUgsa fofHkUu O;kolkf;d {ks= pquus ds fy, izsfjr djuk pkfg,A
- 9- lekt esa fofHkUu {ks=kas esa dk;Zjr IQy efgykvksa dks fojky;ksa esa vkeaf=r dj

- fojkkfFkZ;ksa dks izsj.kk ds volj iznku djsaA blls yM+fd;kas dks izsj.kk feyrh gSA
- 10-viuk fo"k; i<+krs le; v;/kid fo"k; lkexzh ds izLrqrhdkj.k ds ek;/e ls fyax Hksn dks grksRlkfgr djuk pkfg,A
- 11-v;/kid }kjk d{kk esa yM+dks o yM+fd;ksa dks iz'u iwNdj mUgsa cksyus dk leku volj iznku djus pkfg,A
- 12-v;/kid fofHkUu fo"k;ksa ij yM+ds o yM+fd;ksa dks lkewfgd ppkZ djus ds fy, izsfjr djuk pkfg,A
- 13-v;/kid }kjk yM+ds&YkM+fd;ksa dks feydj ifj;kstuk,W fdz;kfUor djus ds fy, izsfjr djuk pkfg,A

fyax&vlekurk nwj djus ds fy, fd, tk jgs iz;kl ;k fyax leku fgr laoS/kkfud nkf;Ro (Efforts being made to eradicate gender inequality or constitutional provisions)

Lora=rk ds ckn ls vlekurk dks nwj djus ds fy, fuEufyf[kr iz;kl fd, tk jgs gS%&

- 1- lafo/kku IHkh ukxfjdksa dks lekurk dk ewy vf/kdkj nsrk gSA lafo/kku dh /kkjk 14] 15 o 16 esa dgk x;k gS fd dkuwu ds le{k IHkh leku gSA bl vf/kdkj }kjk mu fu;ksZX;rkvksa dks nwj djus dk iz;kl fd;k x;k gS] ftuds dkj.k Hkkjr ds lkekU; yksx lfn;ks ls vikj d"V lgu djrs vk jgs gSA lafo/kku esa ;g Hkh Li"V mYys[k gS fd jkT; fL=;ksa] cPpks rFkk vU; fiNM+s yksxksa ds fy, fo"ks"K lqfo/kk,a ns ldrk gSA
- 2- f"kk ds ekSfyd vf/kdkj esa fL=;ksa ds fy, fo"ks"K 'kSf{kd lqfo/kkvksa dh O;oLFkk dh xbZ gS] ftlls mUgsa lekt ds vU; oxksZ ds lkFk lekurk ds Lrj ij yk;k tk ldsA
- 3- fgUnw mRrjkf/kdkj vf/kfu;e % blds }kjk fL=;ksa dks ifjokj dh laifRr esa leku vf/kdkj fn;k x;k gS] ftlls muds lkFk gksus okys HksnHkko dks nwj fd;k tk ldsA
- 4- Hkkjrh; lafo/kku dh /kkjk 14 esa fof/k lerk ij tksj fn;k x;k gSA
- 5- /kkjk 15 ds varxZr tkfr] fyax] /keZ] ewyoa'k ;k tUe ds vk/kkj ij foHksn dk izfr"ks/k fd;k x;k gSA
- 6- lafo/kku dh /kkjk 16 esa yksd&fu;kstu ds in ij fu;qfDr esa dksbZ HksnHkko u djus dk izko/kku gSA
- 7- /kkjk 23 rFkk 24 ds varxZr 'kks"k.k ds fo;) vf/kdkj fn;k x;k gSA
- 8- lafo/kku dh /kkjk 39 ¼d½ esa L=h rFkk iq;"k IHkh ukxfjdksa dks leku :i ls thfodk ds lk/ku izklr djus dk vf/kdkj iznku fd;k gSA

IUnHkZ xzUFk

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