

08-	izuep	<p>jusl kwdklyst vkQD dkel Z, M eustew] blnkš</p> <p>Ldiy vkQD ykbQ I kbZ]ns/fofo] blnkš</p> <p>egkjktk j.kthrfi g egk-] blnkš</p>	<p>Jh d".kbnz tks kh</p> <p>Jh I kšHk xqt j</p> <p>Jh g"lz tks kh</p>
09-	okn&fookn	<p>I kdkj egfo ky;] blnkš</p> <p>Jh jk- I w 'kkl dh; egfo ky;] I jnkj i j] ftyk & /kkj</p>	<p>dq ekyk Bkdj</p> <p>ekgsuj [kku</p>
10-	ifjppkz	i=dkfjrk tul pkj v/; ; u'kkyl] ns/fofo] blnkš	Jh ydfy'k 'kekz
11-	dfork iKB	: deknsh i lukyky yM<k egš ojh egk-blnkš	Jh vaky 0; kl
12-	dksykt	ekrk thtk ckbz 'kkl dh; Lukr-dU; k egfo ky; ; eksh rcsyk]blnkš	Dq vfnrh [kjs
13-	ikVj edhæ	Jh Dykkl ekdV/ dU; k egfo ky;] blnkš	Dq LohVh Mšcyk
14-	jlaksyh	I oZ Yyh jk/kkd".k 0; ol kf; d v/; ; u egfo ky;] [k.Mok	dq fiz æk I ksh
15-	I eg xk; u (Hkjr h;)	egkjktk j.kthrfi g egk-] blnkš	<p>Jh eply tks kh</p> <p>dq i ut k HkVVkpk; Z</p> <p>dq i Yyoh tks kh</p> <p>Jh i z[kjfl g vkQD</p> <p>dq fugkfj dk I kb/kuh</p> <p>Jh plnekgu i kBd</p>
16-	ik'pkr; xk; u (, dy)	<p>pkbEkjke ufl æ egk- blnkš</p> <p>jusl kwdklyst vkQD dkel Z, M eustew] blnkš</p>	<p>Dq gšuk LVšly</p> <p>Dq i hr v; ; j</p>
17-	ik'pkr; xk; u (I eg)	pkbEkjke ufl æ egk- blnkš	<p>dq MYyk vku mEeu</p> <p>dq ftUl h eš; w</p> <p>dq LVQh pkds</p> <p>dq tšfeu I kbEeu</p> <p>dq tks eh dšj; u</p> <p>dq gšuk LVšly</p>
18-	ekbè	jusl kwdklyst vkQD dkel Z, M eustew] blnkš	<p>dq i ut k xhrk</p> <p>Jh ctsk f'kogjs</p> <p>Jh jkgu nqs</p> <p>dq eui hr dšj fHkMj</p> <p>dq : fp dukšt; k</p> <p>dq f'kQkyh 'kekz</p>

fnukad 16 l s 20 fnl Ecj 2009 dks if'pe {k=h; ; pk mRl o 2009&2010 ; fuoZl Vh
 vKID efcbz ea vk; kstr fd; k tk jgk gdf tl ea nsh vfgY; k fo'ofok |ky; dk 40 l nL; h;
 ny fuEufyf[kr fo/kvka ea fo'ofok |ky; dk ifrfuf/kRo dj jgk gA ny dk foj.k bl idkj
 gA &

Dz	fo/kk dk uke	egkfo ky; @v/ ; ; u'kkyk dk uke	Nk=@Nk=k, W
01-	'kkL=h; dB l xhr (, dy)	ekrk thtk ckbz 'kkl dh; Lukr-du; k egkfo ky; eksh rcsyk bUnkS	dq f'kYik el ydj
02-	'kkL=h; oknu , dy (Loj ok)	Jh oS.ko izak l k.Fkku bUnkS	Jh d".kk dkeys
03-	dkVtuax	jus kwdklyst vKID dkel Z, M eSstew bUnkS	Dq Lefr vkQys
04-	'kkL=h; oknu , dy (rky ok)	ekrk thtk ckbz 'kkl dh; Lukr- du; k egkfo ky; eksh rcsyk bUnkS	dq ferkyh [kjxskdj
05-	l qe l xhr	jus kwdklyst vKID dkel Z, M eSstew bUnkS	dq vuqtk uk; j
06-	mi 'kkL=h; dB l xhr (, dy)	ekrk thtk ckbz 'kkl dh; Lukr-du; k egkfo ky; eksh rcsyk bUnkS	dq f'kYik el ydj
07-	'kkL=h; uR; (, dy)	egkjtk j.kthrf l g egkfo ky;] bUnkS	dq vi wZ l kguh
08-	l eg uR; (ykd uR;)	dLnjckxte : jy bLvhV; W dLnjckxte bUnkS	dq [kqkq [krkSy; k dq 'khy l kyadh dq t; rh plkyku dq eksudk plkyku dq vfdrk es Mk dq fclnq plkyku dq fi z adk /kkoZ dq fdrhZ f [krkSy; k
09-	okn&fookn	,e- ch- [kky l k fo/kh egkfo ky;] bUnkS : deknsh i l ukyky yM<k ekgsojh egk- bUnkS	Jh fgrsk fcgkj kuh] Jh uhj t oekZ
10-	ifjppkZ (oDrRo dyk)	,e- ch- [kky l k fo/kh egkfo ky;] bUnkS	Jh fgrsk fcgkj kuh]
11-	l eg xk; u (Hkjr h;)	jus kwdklyst vKID dkel Z, M eSstew bUnkS	dq vuqtk uk; j dq Jfir fi YybZ dq Js k bakys dq ru; k i k Bd dq 'orsk xaxokuh dq firh v; ; j
12-	ekbè (epf vflku;)	,e- ds ,p- , l - du; k egkfo ky;] bUnkS	dq [kqkq0; kl dq gP"kr-k xkalkh dq fufdrk 'kekZ dq vf'ouh xaxoky



nōh vfgY; k fo' ofo | ky;] blnkj (ukylnk ifl j)

~~~~~

dek % l fod@(12)vætul ē; kok&foi@2009&10  
&10@11@2009

fnukd

## &%id l ekpj %&

**Hkjr; l d nh; l lFku] ubZ fnYyh dh jk"Vh; okn&fookn Li /kkZ ea nōh vfgY; k  
fo' ofo | ky; pEi; uA  
fnYyh fo' ofo | ky; l fgr 37 fo' ofo | ky; dks gjkdj thrk : - 50]000@& dk i Fke  
iġLdkj fnYyh fo' ofo | ky; f}rh; LFku ij**

i; kbj.k] tul ē; k] LokLF; t\$ s Toyar epnks ij Hkjr; l d nh; l lFku tul ē; k  
, oa fodkl ifro"KZ , d jk"Vh; okn&fookn Li /kkZ dk vk; kstu djrk gAmDr ifr"Br Li /kkZ ea  
tkus ds iōZ vull; k feJk Jh fgrsk fcgjkuh o ny eūstj iks iēkn Jhokl ij [kkI k ncko  
FkA , dne u, egšy ea fo' ofo | ky; dk ifrfuf/kRo ifr"Bk dk izu FkA fdarq fo' ofo | ky;  
l dk; k/; {k MKW egšk nēkynkj] MKW exy feJ] iks Lofluy dkBkj] iks l jcthr fl ō] MKW  
Nk; k feJk ds l g; ksx us fo' ofo | ky; ds ny ea tskk Hkj fn; kA  
rhu fnol h; okn&fookn Li /kkZ dk fo"K; Fk &

- ^ LokLF; , oalk; kbj.k-dsfy; sikfjokjd thou f'k{kk iōZ f{kr gA \*\***
- ^ Family Life Education is a pre-requisite for better Health and Environment. \*\***

bl Li /kkZ ea vaxsth , oa fgluh nyka dh iLrfir ds vk/kkj ij l kefgd : l l s i Fke] f}rh; ] rrrh; iġLdkj fn, tkrš gA vyx&vyx Hkk"kkvka ea iġLdkj ugha fn, tkrA 8 fu.kkZ dka ea tokgj yky ug: fo' ofo | ky; ds iks Jherh l nsk ukf; k] iks oh-ds tē] xhrk ukjk; .k] ifjokj , oa LokLF; ea-ky; ds Jh vkj-, l - eh.kk] Mk- Mh-ds cuthZ l fgr fo[; kr fopkj d Fks A cukj l fgluq fo' ofo | ky; dh /kq/kkkj iLrfir l s dk; bē dk vlxkt gq/kA fQj tEew fo' ofo | ky; ] iruxj fo' ofo | ky; fnYyh fo' ofo | ky; djy dluuj fo' ofo | ky; ] eġB] xkš [kiġ] 'kš & , d'ehj] rfeyukMj fcdkuj fo' ofo | ky; dh iLrfir ds l'pkr- nōh vfgY; k











# ನೂರ ವರ್ಷಗಳ ಕ್ರಮೋಚಾರಣೆ | ಕರ್ನಾಟಕ (ಕರ್ನಾಟಕ ಸರ್ಕಾರ)

**ಮಾನ್ಯ (ಜಿ.ಎಚ್) ಕೆ. ಕೆ. ಬಾಳೆಗಾರ | ಕೆ. ಕೆ. / ; {ಕೆ} ನೆ = ದಿ; ಕ.ಕೆ. ದಿ  
ಕರ್ನಾಟಕ**

| ದಿನ | ಲೇಖನ/ಕೆ                         | ನಿರೀಕ್ಷೆ   | ಜೆ.ಕೆ. : - |
|-----|---------------------------------|------------|------------|
| 01- | 1 ವಿ. 2009   ಸ 31<br>ವಿ. 2009 ರ | 3000@&     | 15]000@&   |
|     |                                 | ಜೆ.ಕೆ. : - | 15]000@&   |
|     | ವಿ. 10 ನಿರೀಕ್ಷೆ : -             |            | & 1]500@&  |
|     | ದಿ. ಹೆಚ್.ಕೆ. ; ಕೆ. ; ಜೆ.ಕೆ. : - |            | 13]500@&   |

**(ವಿ. ಜೆ.ಕೆ. : - ನಿರೀಕ್ಷೆ | ಕೆ. ಕೆ. =)**



# nəh vfgY; k fo' ofo | ky; ] blnkš

fo-fo- i kVksj; y ckMz xBu 2009&10 , oa2010&11 i klr l nL; ka dh l ph %&

| dəkə | v/; ; u'kkyk@egkfo   ky; dk uke                                       | l nL; dk uke          |
|------|-----------------------------------------------------------------------|-----------------------|
| 1-   | ' 'kkjhfd f'k{k v/; ; u'kkyk                                          | MkV l qkhj k plnsy    |
| 2-   | Lkā [; dh v/; ; u'kkyk                                                | MkV 'kDr cāt h        |
| 3-   | Hkfo"; r% v/; ; u'kkyk                                                | lks vkj-l h 'kekz     |
| 4-   | mtkz , oa; kbj.k v/; ; u'kkyk                                         | MkV #chuk pkškjh      |
| 5-   | Egkjkuh y{ehckbz dU; k LukrdkRj egkfo   ky; ] blnkš                   | MkV Jherh dhRrZfrokjh |
| 6-   | 'kkl dh; ufl & egkfo   ky; ] blnkš                                    | Jherh ttehu vkksh     |
| 7-   | blnkš ufl & dkyt] Hkš yk; & fi Fkei j jkm] ngjh xkə ftyk&blnkš        | Dq vfurk xkəkeh       |
| 8-   | Ekrk xqj h dU; k egkfo   ky; ] blnkš                                  | MkV l k/kuk fu/kst dj |
| 9-   | Lkr nhokupin djepin dU; k egkfo   ky; ] blnkš                         | lks fot; NkcfM; k     |
| 10-  | Ekrsojh l qkuh nəh dU; k egkfo   ky; ] blnkš                          | MkV jf'e cypinkuh     |
| 11-  | Jh DykFk ekd/ dU; k egkfo   ky; ] blnkš                               | MkV jktsk oekz        |
| 12-  | pkbFkjk dkyt vkd ufl & ] blnkš                                        | Jherh eatw tskh       |
| 13-  | blnkš bāLVV; w vkd l kbā , M VDUkyk h Mngjh fi Fkei j jkm] jkm] blnkš | Jh jkgy tš            |
| 14-  | vyQk#dh ; qkuh frfc; k egkfo }ky; ] blnkš                             | MkV vkf l e fl nəhdh  |
| 15-  | bāifj; y dkyt vkd i kQskuy LVMht] blnkš                               | Jherh fjfrdk Fkkokuh  |
| 16-  | vk; -i h, l - , dMeh] blnkš                                           | lks yhyk/kj pš fl ; k |
| 17-  | Jh vjfonks dkyt vkd M/kjh] blnkš                                      | MkV vuir 0; kl        |
| 18-  | Jh xqjkrh l ekt ch, M- dkyt] blnkš                                    | lks Jherh dythr /katy |
| 19-  | Egkjktk j.kthrfā q i kQskuy egkfo   ky; ] blnkš                       | MkV i qī Bnz nqš      |
| 20-  | , LVky bāLVV; w vkd VDUkyk h , M fj l p] blnkš                        | lks vfer JhokLro      |
| 21-  | Jh oš.ko bāLVV; w vkd VDUkyk h l kbā ] blnkš                          | MkV f'kf'kj tš        |
| 22-  | ekrph vfgY; k nəh bāLVV; w vkd ešsteā , M fj l p] blnkš               | Jherh l xhrk tš       |
| 23-  | Jh jkvst Hkkbz xkəy/Hkkbz Vsy xqjkrh i kQskuy bāLVV; w] blnkš         | MkV l qhy [k=h        |
| 24-  | dkyt vkd M/y l kbā , M gkLiVy] jkm] blnkš                             | MkV v'kkəd [k.Msyoky  |
| 25-  | Lk'kyk nəh cā y dkyt vkd VDUkyk h] blnkš                              | MkV Jherh blnq Hkxzb  |

|     |                                                                                             |                         |
|-----|---------------------------------------------------------------------------------------------|-------------------------|
| 26- | fdf'p; u , ehuv/ i kQs kuy egkfo   ky; ] blunkš                                             | lks jkds k i aMr        |
| 27- | i fLVt bāLVV; w vKND ešust eM , M fjl p] blunkš                                             | MKW v'kked cā y         |
| 28- | lkk; ksu; j bāLVV; w vKND i kQs kuy LVMht] blunkš                                           | MKW Ogh-ds tš           |
| 29- | Lk?koh bāLVV; w vKND ešust eM , M fjl p] blunkš                                             | Jh Kkus k i kās         |
| 30- | jkw y dknyst vKND VŠukyKtE h] blunkš                                                        | Jh iq "kkRe ykM         |
| 31- | , dks knyI bāLVV; w vKND ešust eM , M fjl p] blunkš                                         | Jh vfouk'k nš kbZ       |
| 32- | lkuepin xtrk okdškuy egkfo   ky; ] [k.Mok                                                   | lks Jherh jhrk l jeMly  |
| 33- | ekšy kuk vktkn bāLVV; w vKND i kQs kuy LVMht] c]gkui g                                      | Jherh fLerk gtkjh       |
| 34- | Jherh deykcu jkvkst hkkbz i Vsy xq: jkrh gkš; ki fkh eMhdy dknyst gkLi Vy , M fjl p] blunkš | MKW , l -i h- fl g      |
| 35- | Jh vjfolnks dknyst vKND ufl šk] blunkš                                                      | Jherh i j .kk i kās     |
|     |                                                                                             |                         |
| 36- | Jh vjfonks bāLVV; w ešMdy l kbā l šl ešMdy dknyst] blunkš                                   | MKW i dhj ckMdk         |
| 37- | dEi QhMI Zrdfudh if; j {k.k l šFkk] blunkš                                                  | MKW gēUr i aMr          |
| 38- | lks c'tekgu bāLVV; w ešMdy , M VŠuhdy l kbā ] c]gkui g                                      | lkk- c'tekgu feJk       |
| 39- | Hks yky i kVhnkj 'kkl dh; LukrdkRj egkfo   y; ] egw                                         | MKW deysk 0; kl         |
| 40- | LoxZ ešnj l g&f' k {kk dyk , oa okf.kT; egkfo   ky; ] egw                                   | MKW T; kRl uk frokjh    |
| 41- | 'kkl dh; LukrdkRj egkfo   ky; ] >kvv k                                                      | MKW l qhy dēkj 'kekZ    |
| 42- | 'kkl dh; egkfo   ky; ] Fkn yk                                                               | lkk- f=f'kyk vns l      |
| 43- | 'kkl dh; egkfo   ky; ] usi kuxj                                                             | MKW , l -l h- /; kuh    |
| 44- | l Qh xkM u dknfj; k egkfo   ky; ] c]gkui g                                                  | lkk- , e-vk; -vkj- [kku |
| 45- | 'kkl dh; ek-p-du; k LukrdkRj egk-] [k.Mok                                                   | MKW i rki jko dne       |
| 46- | 'kkl dh; du; k egkfo   ky; ] /kkj                                                           | MKW ch-vkj- i kV y      |
| 47- | 'kkl dh; egkfo   ky; ] dēkh                                                                 | Jh , e-l h- Mkyds       |
| 48- | 'kkl dh; LukrdkRj egkfo   ky; ] vkyhjt i g                                                  | MKW th-l h- egrk        |
| 49- | 'kkl dh; Hkkxhj Fk fl ykoV egkfo   ky; ] nš ky i g                                          | Jherh gēyrk vkpk; Z     |
| 50- | 'kkl dh; l šd'r egkfo   ky; ] blunkš                                                        | MKW foeyk tš            |
| 51- | Jh tš fnokdj egkfo   ky; ] blunkš                                                           | MKW vfurk tš            |
| 52- | : Deknoš i llukyky yM<k ekgs ojh egk-] blunkš                                               | lkk- ' ; ke l tñj i ykM |
| 53- | 'kēknhi vk; qh ešMdy dknyst] nrknkj [kālokj kM] blunkš                                      | MKW , -ds fl g          |
| 54- | Jh xq: jkrh l ekt bukšVo dkyst vKND dktē l Z , M l kbā ] blunkš                             | lkk- vfurk i okj        |
| 55- | blunkš fdf' [ ; u egkfo   ky; ] blunkš                                                      | lkk- ds , y- t fM; k    |
| 56- | vfjgūr dknyst] blunkš                                                                       | lkk- vkuln l kšh        |

|     |                                                |                       |
|-----|------------------------------------------------|-----------------------|
| 57- | i-e-c-xqjkrh foKku egkfo   ky; ] blnkš         | Mkw vkj- th oekz      |
| 58- | Lokfr tš dkwst] blnkš                          | Mkw I fork I Bh       |
| 59- | bYok dkwI z, M I kbā dkwst] blnkš              | Mkw I nhi ektq        |
| 60- | Jh oš.ko okf.kT; egkfo   ky; ] blnkš           | Mkw I qrks xqk        |
| 61- | 'kkl dh; nlr fpdRI k egkfo   ky; ] blnkš       | Mkw I hkk" k xxz      |
| 62- | dEi & QhMI Zrduhdh if'k{k.k I hFkk] blnkš      | Mkw gear iāMr         |
| 63- | jok xqj] cky fudru egkfo   ky; ] I ukon        | Jh tkon 'ks[ k        |
| 64- | 'kkl d; v"Vka vk; qñ egkfo   ky; ] blnkš       | Mkw , I - , I - f}onh |
| 65- |                                                | Mkw I fork bukenj     |
| 66- | 'kkl dhj; uohu foKku egkfo   ky; ] blnkš       | Mkw vfuy jRuikj [ks   |
| 67- | Dsl h-ch- Vduhdy , dMeh] mefj; k] blnkš        | Jh jktho fo'odekz     |
| 68- | Jh jktānz I jh 'kkl dh; egkfo   ky; ] I jnkjiq | Jh jesk tū            |
| 69- | 'kkl dh; egkfo   ky; ] cMokg                   | Mkw Vh, e- tš         |