



dijsikp i lef d ijh ke

ik MWI tç; k vej f'las

M.S.W, Ph. D.

debhj fgjs eglfo | ky;]xkjxk/h

I kjlk%

dijsikp I d xkP; k ik' kôHkêhoj n's kkr 24 ekpZ 2020 ikl q y, dMkÅuyk I q okr >kyh- dijsikp fo"kk. kw I d xkP h I k[kGh rkkM.; kl kBh txHjkr y, dMkÅupk i; kZ voyæyk tkr vkgS Hkjrkr gh 31es i; ãr y, dMkÅu ok-oys vkgS ; keGç çpM vrfkhdQVdk cl. kKj vlyk] rjh gk fu. kZ ?ksks vijhgk; Z glçs ; kps dkj. k vkt phu] n{kh.k dlijh; kj tiku] g,xd,x vk.kh rôku ; k dijsikpkoj fu; æ.k feGoY; kpk nok dj. kke; k n's kkr dijsikpkoj frl jh ykV vkylh vkgS

vlxkeh dkgh fnoI ke/; s txHjkr dijsikp; k vk.k[khu dkgh ykV k ; s; kph 'kD; rk orfo.; kr ; s vkgS R; keGç dksR; kgh n's kkr y, dMkÅu mBohrkuk vk.kh yknysys uhçk eks ?krkuk [kj I ko/kfxjh çkGx.; kph vko'; drk vkgS vI k b' kKj tkxrd vjkk; I akVusis fnyyk vkgS tkxrd vjkk; I akVusis Li"V dsys vkgS dh] txHjkr dijsikpkoj dgj dkgh çek.kkr vkrkD; kr ; skuk fnl r vlyk rjh] R; k ikBkikB dijsikpkoj ijr ykV ; s; kpk /kck vkgS vk.kh rh ykV rhoz Lo: ikph vI.; kph 'kD; rk vkgS dijsikpkoj yI ½Covid 19 vaccine½ 'kôkU; kr ; 'k vkysys vkgS txHjkr vrf.k n's kkr o; kxVki ek.ks nku VI; kr yI ns; kps dk; Z izrhiFkkoj vkgS Hkfo"; kr ; kps dk; ifj.kke glçhy vrf.k dijsikp I eG u"V dj.; kl kvh fdrh dkGkus ; 'k ; bÿy rs vkrkp I kx.ks vo?MM vkgS dijsikpkoj eplkyk djrkuk n's kkyk o txkyk ts vuttko vkys vkgS] R; k vuttkokru dkgh /Mk ?kru dijsikp; k içhy VII; kpk eplkyk dj.; kl kBh I Tt jkg.; kph xjt vkgS

dkgh n's kke/; s vrfkhd vk.kh vrf.khd dkj. kke: u y, dMkÅu mBfo.; kçjksjp ulxjhdêjhy dkgh fuczk fg f'kFky dj.; kps ç; Ru I q dsys vkgS- R; kckcr tkxrd I akVusis fpar k 0; ä dsh vkgS ts n's k y, dMkÅu mBou fuczk eks ?kr vkgS] R; kaih ; kckcrhr vfr'k; I ko/kkurk çkGx.; kph xjt vkgS dkj. k I | ifjLFkrhr ykckuk v'kk dksR; kgh çdkjph I oyr nks /kcknk; d B: 'kdrç dijsikpkoj itgk Osyko glÅ 'kdris itgk , dnk dijsikpkoj çI kj glÅ u; s; kph n{krk ?ks; kph xjt vkgS y, dMkÅu vk.kh uhçk mBfoY; kurj gh I k'ky fMLVUI kxps rRo ikGysxsys ikfgts

f'k'k'k' 'k'k' %y,dMk'Åu] I k'ky fMLVUI h'k] I WUVk; >j] gkr /kqk' ?kjh' jkg.k' ekLd okij.k' I ädzVikG.k' vktkjk' kh y<.ks

çLrkoul%

dljkskps I dV ekuofueh' vkg dh] ful xZueh' \ ; kpk 'k'k'k' vk.kh çk'k' vkt v[kj >kysyk ul yk rjh Hkfo"; kr ?; kokp ylx.kkj vkg 20 0; k 'krçkr ?k'k'k' xsy'; k nks tkrhd egk; ç kurj 21 0; k 'krçkr; k çkjkh gs v-'; Lo: ikps gs ^çgk; jy okj' rj ul sy uk\ v.k'ç , çth çgk; jy ç,ç oki : u vkiY; k Li/kçkps çGh ?k; kl k'k'k' Lo%kyk cyoku I et.k'k'; k d'k'k' 0; ähps fdøk jk'Vhps gs dkjLkku vl.k'k'; kpsgh 'k'; rk ukdkjrk ; ç ukgh- R; kpcjçj ekuo tkrç; k vkgj&fçgkç/; s fueçk >kysyk gk vuhçk volçk'k' fdøk vukolçk'k' gk ijh.k'ç vl sy vl k gh d'k'k' t.k'k'k' v'kt vkg dljkskpk tle ekl çk'k'k'k' vfrjç vl.k'k'; k pk; uk e/; p >kyk vkg ; kps dkj.k ek.k' I k'k'k' I oç çk.kh r'çk [kys tkrç- , oçp uçgs rj d'k'k' fnoI k'k'k' d'k'k' ykçk'k' phu e/; s tkou ^; kph ng'h ; kph Mçk * ç?k'k'k'k' vkg dh] R; k n'çkr LuçI g,Vy Eg.kts I içk'k'k'çgs pkyfoyh tkrç- I k'k'k'; k 'k'k'k'k'k' i çpk f'çk'k'k' bç Hkç dki'k' Vçk'k' moçhr I oç Hkç Nku içh Hkç'k' fdøk rçk' feVD; k ekj' [k'k'k'k' tkrç 'Luç I ç fdøk 'LuçI Vh* gs rj R; kps vçk'k'k' is çuys vkg fopç i kyh] ?k'k'k' vk.kh oVok?k'k'k' g I oç i {k'k'k'k' dhVç ek; k gs nç[ky pohus p?k'k'k'k' f'çk'k'k' k'k'k'k' d'k'k'k' fçk'k'k' ekuo çk.kh phu e/; s jkçkr] Eg.k'k'k' oVok?k'k'k' [k.; kus phue/k'k'k' ekuolç; k ik'k'k' çfçe dljksk'k'k' çok'k' d'k'k' vk.kh R; kurj I xG; k txHk'k' dljksk'k'k' eç I çk'k' o çl k' I ç >kysyk vkg vl s d'k'k'k' 'k'k'k'k'k'k' er vkg

çkr ijhLçk'k'k' dljksk'k'k' I dV ful xZueh' vl k'k' fdøk ekuo fueh' vl çk'k'k'; k'k'k' vki.k Lor: yk okpohyp ikçhts ; kl k'k'k' I xGh ekuo tkr vkrç >V'k' vk.kh , dtW gk'Åu dk; j' >kysyh vkg ; kç'ç nçr ukgh- çl h) çp; k ek/; ekçM'k' rj ; k I çk'k'k' [k'k'k'k'k' v'çh'k; p'çk'k'k' ; k'k'k'k' n'çk'k'k' vkg xsy'egh'k'k'k' o'ki= vl k'k' fdøk 'k'k'k' v'ç I xG; kps y{k ; k , d'k'k' I dVçp; k n'çk'k' oGohysys vkg ; kççs Lor: yk çç heku I et.k'k'k' ekuo tkr vkiY; k çç ççek.k' ohçk' d: ykçyh vkg vkrçk'k'; r ekuo tkr t'k'k' ; s'k'k'; k v'çd I d'k'k'k' ekr çjhr t'k'k' Vçk'k' jkçhysyh vkg r'k'k' dljksk'k'k'; k I d'k'k'k'k' ç Lor: yk okpoh.; k ; 'k'k'k'k'k'k'k' vl sokVrs

dljlek l dV ; skph dlj .lk%

, d oxG; k -"Vhdkskrw ohpkj dskj rj gs l dV ; s; kps dlj .k csm] vuhcäk o csnjdj cuyŸ; k ekuotkrhyk , dlp oGh cahlr dj.; kph rkdn vkrki ; ž dskrhp 0; äh fdök 'käh nk[kow'kdysyh u0grh- , dohl k0; k 'krdKP; k i wZkZr rj dskkh] dqkps dlghgh , dsk; pp ukgh v l s Bjoup ekuotkr okojr gkrh- ; ki wZ dlgh egki q "käh ekuotkrhyk l a ehr dj.; kpk vki vkiY; k ijhus ç; Ru dskj gkrk- ; ki sh dlgh t .kawk ; kp ekuotkrhus l Gkoj p<ohyŸ okGoVkr xkVw ekjyŸ okGur ijyŸ unhr cMhohys vk.kh urj R; kphp eahjs clkw i tjk ekuotkr usgehçek.kc csm okwv ykxyh- oh'kkr: oRkuhd 'kawk o l a kskukeGs dlgh l k/kus gkrkr vY; kuarj dskp dskkps , dskk] v'kh ijhLFkrh uhelz k >kyh- tkrhkrhP; k] /kekP; k fhrh o jk"VRP; k VLG; k ijLijkoj rVw i kM.; kelxs fdök rkw i kM.; ke;/s Lor: yk ijKØeh l etw ykY; k ; k vk.kh v'kk vuhcäk volFke;/s dljsuk ukokP; k ; k v-'; 'kähus xsk eghuHkj l xG; kawk T; kP; k R; kP; k ?kkr dkw Baysys vkgs iFoh rykokojhy çR; d ?kj gk Lo; uhehrZ r q æ cuysk vkgs ygku ekBs l oz ekuo Lor: oj e; kkk ?kryw vkiys dk; p pŸys vk.kh vkiY; kyk okpk; ps v l sy rj vkiY; kyk dk; dj; yk ikhtŸ ; kpk fopkj d: ykxys vkgs- vohpkjh cuyŸ; k ekuo tkrhyk ohpkj dj; yk Hkx i kM.; kl kbhp dljsukps Hk; kud l dV vkys dh dk; v l sokVrs

l ektid ijh.kk%

; k çkr ijhLFkrheGs l /; k l a wZ txkps l oz 0; ogkj xli vk.kh Bli >kysys vkgs- vt w dlgh dG gh ijhLFkrh Vhdyh rj mRiknuKP; k o ohrj.kP; k çØh; o j ; kps nŸijh.kk uh'phrp ?k w ; skj vkgs- gs Hkoh'; y{kkr ?k w vkiys i çhy uh; kst u uh'phr dj.; kl kbh l dV eçh urjP; k dkGkr v l p l aV/hr jkgw 'kkr ikGw o l ekt 0; oLFlyk ; k; nh'kws xrh nÅu uhelz k >kysyh ç'u l kMhoh.k'kD; vk.kh vko'; d vkgs

1½jkt xkjkr elBh ?W%

dljsuk fu; æ.kkr vk.k.; kl kbh fLodkjyysyh VLGcäh vucl nš käh o çnh?kZ dkyko/khl kbh v l Y; kus R; k w vYidkyhu o fn?kZkyhu v'kh ekBh jstxkj ?V >kyh vkgs dljsukeGs tkxrd mRiknu ok-hpk ox v/; kZ VD; ki ; ž rj dlgh nš kawk m.ksv l k vnkftr v l w] R; kP; k QVdk jstxkjojp cl .kij vkgs mRiknu ?kVhrw ekx.kh ?kV o R; k w mRiknu ?kV v l s nŸvpØ

jktxkj ?W djrs vud oLrñ;k mRiknukl ylx.kkj dPpk eky Bli >kyŸ;k vkrjjk'Vh;
 0;kikjus miyC/k glr ulY;kus r;kj >kysyk eky cktkjiBr u xŸ;kus ijoBk lk[kGh [kMr
 >kyh- ex.kh vlf.k ijoBk ;k nkggh cktqs jktxkj ?W glr vIY;kus , dmk jktxkj ?W xfreku
 >kyh-

tlxfrd i;Vu l bFkus dsyŸ;k vmtkuq kj i;Vu 0; ol k; kr 40 VDds ?W >kyh vkgs
 ljdkjus tjh dkexkjkaik deh dsys tkowu; } R;kaik oru |koŸ v'kh vlxgh Hkfedk ?kyh vI yh
 rjh dkexkj dikr] oru dikr glrp vkgs vFKD;oLFk o mRiknu 0;oLFk iwkr-% iwkr nkoj
 ;s;kckr vl .kjh vfuf'prrk jktxkj l dV xtkhdjrs fo'kkrk l [e] y?ko e/;e m|kxkps
 mRiknu FkæY;kus glskkjs upl ku R;ka;k vFKZlers yhdMhy vIY;kus jktxkj dikr vifjgk;Z
 Bjrs jktxkj l [;kRed o xqkRed v'kk nkggh i) rhus?W/r vkgs

2½nqŸ o efgyk ?Wdloj ifj.kke%

VkGæhp;k vfkfd Hkj jktxkj vk.kh mRilu ;kph fder nr l [;sis ekBk ijarq
 fo[ljysyk vlgk; dkexkj oxl lkr vkgs VkGæhpk jktxkjojhy çfrdny ifj.kke
 dkexkjkrhy nqŸ ?Wdloj vf/kd fronsis glrks ;ke/;s T;kaik vlf/kp vktkji.k vkgs rs
 lgti .ks ;kpk cGh iMrkr] fo'kkr% iluk' kP;k iqs xsysfdok o) RokdMs >plys; kps jktxkj
 itgk çkr glsks vo?MM Bjrs dksR;kgh vkifluph l oM/kd fder gh fl=;kaik |koh ylxrs
 djskpk jktxkj ?W/hojhy vf/kd rhoz ifj.kke efgyk jktxkj ?W/hoj fnl rls cpr xVkeQZ]
 l [e folk ijo.;krup uprp 0;olk; lq dsyŸ;k efgyk dtçktkjh glou u0;k l dVkr
 <dyY;k tkrk- T;k dkexkjkaik dskrhgh l kftd l jf{krk ;kstuk ukgh vls 94 VDds
 dkexkj vLrRokl kbh y<r jkgrk- l oZ çdkjP;k l eL;kaik rM nskjk LFkyarfjr dkexkj gk
 jktxkj] mRilu l kM/xkoh fu?kysyk grk'k oxZgs l okar n;uh; fp= dkexkjkaik djskusfnys

3½y,dMkÅu eGsuR;ke/;snjole%

y,dMkÅu njE;ku Hkjrkr ekufld vktkjkalk l ækhr çdj.kar rCcy 20 VD;kaik
 ok<>ky;kph /kDdnk;d ekfgrh l ekj vkyh vkgs nskkr nj ikp 0;fääñh ,dkyk ekufld
 r.kkokpk l keuk djkok ylxr vI q] fo'kkr% tkMl;ke/;srk.k] fpark vlf.k uŸk' ;psçek.k ok<ys
 vkgs y,dMkÅupk l oM/kd ifj.kke 35 rs 39 o;ksVkrhy 0;Drhoj >kyk vIY;kps bM;u
 l k;D;kfLVd l kl k;Vhus dsyk vkgs xqy VM MkVkuq kj] y,dMkÅu njE;ku Hkjrhr; ekufld

rk.k vlf.k R; kojhy mipkjd cdkhekgrhpk bWjus'oj l oW/kd 'Wsk ?kr vkgS ; kelxs
 vkfFkdLFLkhrj vkjkk;] dke vlf.k r.kko djj.kHhkr vIY; kps rKkps Eg.k.ls vkgS y,dMkAu
 nJE; ku ?jkr tklr oG jkfgY; kus irh&iRuhe/; s fpMfpM ok<r vI u] ; keG s ukr; kae/; s njkok
 ; s vkgS l kl q l qke/; s gh ifgY; ki\$kk vlf/kd [kVdsmlMr vI q] tWih l kky femh; koj tklr
 oG 0; rhr djr vkgS-

rk.k vlf.k u\$'k' ; \$kh l e f /kr çdj.kar ekBh ok<>kyh vI u] tWih; ke/khy r.kkokph fg
 vud çdj.k l ekj ; s vkgS- vkiY; k tWihnkjyk l et u ?ks ; kpk vHko vI sy] R; k fBdk.kh
 r.kko LokHkohd vI u] ; kr gkrkyk dke ulY; kus vk.k[kh Hkj iMr vkgS T; k 0; ähak cl q
 jkgk; yk vkoMr ukgh v'ke/; s r.kko vk.kh u\$'k' k ok<hl ylxrs djskeG s thou'kyh vk.kh
 fopkjke/; s ekBk cny >lyk vkgS tj rëgkyk [kkk jkgk; ps vI sy rj v'kk fcdV dkGkr
 feGr&tGr s ?ks ; kph dyk vReI kr dj-

4½dYidryk olo%

djskP; k Hk; kud v'kk ifj.kkeoj ekuokus vkiY; k dkG) d dksY; kpk okij djruk
 çxr ræKkukP; k enrhud dggh mik; 'Wskys vkgS- tI s dh v,uykz dkedtkoj Hkj nskuk
 cp] 0; ki kj] m | kx] 'k\$kf.kd dkes o brj l ok ikj iMrkuk fnl r vkgS rjh fg Hkjrkl kj [; k
 n\$kr ræhd vMp.kheG s kus odZ R; koj [kij p e; kzk iMrkr gs fol : u pky.kkj ukgh-
 dkGm&19 eG s l k; çj xtgr ok<>ky; kps fnl q ; s l /; kP; k djskP; k fHkrh eG s çR; dt . k
 ?kjhp fkekyk vkgS v'kk oGh yki i kor pkyY; k [kGak oko nou rs [kG u0; kus [kGys tkr
 vkgS- vk/kud ræKkukP; k okij d: u dggh l kelftd ek/; epk mi; kx d: u 'k\$kf.kd rI p
 l k—frd Li/Wq ppl =] ifj"knk] l Hk vk; kstr dY; k tkr vkgS- ; kdfjrk l kelftd o
 'k\$kf.kd l ækk] ; pd eMGs iækdj ?kr vkgS- ; kl kj [; k fofokdk; Dækr y,dMkAupk dkG
 vkuahr ?kkyfo. ; kpk ç; Ru dYk tkr vkgS

fu"d"l%

djskP; k rMk [; kr vud m | kx rx /k: 'kd.kkj ukghr- vkfFkd efnpH Værh ryokj vkgS
 ijçkr; dkexkj xkoh ijrr vkgS- R; kP; k dksY; kpk okij d: u phul kj [ks fodæhr m | kxps çk: i
 R; k R; k Hkxkr mHs dj. ; kph gh l æh vkgS ; k vkiUmky b"Vki rh ekum Hkfo"; kP; k l q kh vk.kh l e)

ik MWI q; k vej f'ks

Hkkjrkps Lolu ; krm I kdk: 'kdrs R; keGs [Wkrhy ek.kl kus 'kgjkr ; s; ki{kk 'kgjkrY; k vk/kud
 I fp/kk xkoki; r ikspfo.ls ; k iqP; k dkGkryk ea vl k; yk gok- bWjusveGs Klukps I koZhfddj.k
 >kys vkgS R; keGs I okh.k fodkl kl kBh ekBikk 'kgjkrp tk; yk ifgts gk fopkj r: .krah R; kxk; yk
 gok rjp vki.k vkiY; k Nkvik xkokyk txkP; k cktkjiBr mrjow 'kdw djskukeGs Hkkjrh;
 vFkO; oLFkyk tej rMk[kk clyk vIY; kps tkrhd cpsus n[thy rkt; k vgokykr EgVys vkgS
 ifjLFkrh d/kh I dkkj.kkj] ; kps mlkj tkrhd cpsykgH vgokykr nsk vkysys ukgh- vlckeh dkGkr
 ; ki dZ vkyS; k vkfFkd I dVkoGh dkepk vutko vlyS; k vk.kh I/; k fojkskh i{kr vlyS; k
 I nL; kph enr ?kryh ikghts ; kl kBh jkt dkj.kki yhdMs ikg.ls xjtps vkgS I jdkjus dG irç/kku
 dk; kzy; krY; k ykdka; k thokojp gk ç'u I kMok; pk vlxg /kyk rj R; krm dkgp I k/; gskkj
 ukgh vkf.k vkiY; kyk Qkj m'khj gkby- vk'kk vkgS dh] Hkkjrkrys m".k rkieku vk.kh vkereGs ; k
 Ogk; jI ps I De.k nçy gkby vk.kh ifjLFkrh I jdkjP; k fu; a.kkr rh idZnkoy ; by vI s EgVys
 tkr vkgS dh] Hkkjkr dG I dV dkGkrp I dkkj.kk gkr- ; k I dVkeGs vki.k fdrh nçy >kys
 vkgk] gs y{kr ; by vk.kh ; R; k dkGkr jkt dkj.kkpk QkdI gk xtkhj fLFkrh vlysh
 vFkO; oLFk vk.kh vkjkk; I ok; k I dkkj.kkoj jkghy-

tkxrd vkjkk; I akvusis plj exh'kd rRos ?kyu fnysyh vkgS] ; ke/; s 'kksk ?ksk
 rikl .kh] foyxhdj.k vk.kh mipkkl kBh enr ; k rRokpk dkVdki.ls vahdkj dyk rj djskuk
 I kfhoy Igt ekr djrk ; s; gs d;G I kj[; k ygku jkt; kus txkyk nk[kou fnys vkgS M,DVj]
 ifjpkjhdki] isyhl ny] I Qbz dkexkj] vk'krkb] xtel od] xte o uxji pk; r depkjh f'k[kd]
 I ektI od ; k nonpkoy gYyk u djrk R; kpk I leku o ekuomuk non R; k; k dk; kzyk gkrHkkj
 ykxy v'kh ekuo tkrhus vkiys oru B. ls xjtps vkgS

I nH%

- 1½ MCY; w , p- vks ¼World Health Organization website½ os.I kbV
- 2½ I dkG] ykder] ykd I UK] iqkjh] egkj"V^a VkbEI] iq; uxjh b- isjph dk=.ls
- 3½ djskuk I ph I nHkZ xk-
- 4½ çI kj ek/; ekdMu ; skjh ekghrh-