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## Welcome to Review Of Research

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^vk; / v"Blkfxd ekxkps v/; ; u\*\*



I ns'k ok?k

I g; kxh i k/; ki d] bfrgkl foHkkx]epbz fo | ki hB-

Short Profile

Sandesh Wagh is working as an Associate Professor at Department of History in Mumbai University, Mumbai. He has completed M.A., B.Ed., SET., Ph.D. He has professional experience of 14 years.



i Lrkouk %&

Hxxoku cfnkuh pkj vk; / R; kpk I k{kkRdkj dsk- nkk[k vk; / R; ] nkk[kl epk; vk; / R; ] nkk[kkfujksk vk; / R; vkf.k nkk[k fujkskxkfeuh irhin vk; / R; - ; krhy pkkfks vk; / R; Eg.ktp ekuokP; k nkk[kedhrp; k vk; / R; kpk ekxh'kd i Fk] ekuoh thoupk eft>Eek i fVVi nk! Eg.ktp ^e/; e ekxZ\*- vk; / v"Blak ekxkP; k i kyukus ekuokps thou ^l rnyhr\* voLFkr fopj.k djrs Eg.kuup Hxxoku

cfnkuh v"Blak ekxkI ^e/; e ekxZ\* vl sEgVysvkg

ekuoh thoupk; k I [kpsjgL; cfnkuh mi ns'ky; k ekuoh thoupk; k ^e/; e ekxkZ- 1/2 v"Blak 1/2 dI s vkgsgsI karkuk cfn Eg.krkr- ^fHkD[kukd I xhr I k/ku oh.kk ; krou rsgkp e/kij vkf.k , d. ; kl I [kdj Loj ckgj i Mrkr- , d rj ; k oh. ; kph rkj , dne I Sy 1/2 nhyh1/2 ul koh fdok , dne rk.kysy ul koh-oh. ; kph rkj , dne I Sy I kMY; kl R; k oh. ; krou csi jk vkokt ckgj ; bzy- R; kp fo. ; kph rkj , dne rk.ky; k Lo: ikr vl sy rj] rh rkj oh.kk oktorkuk rV. ; kph nkV 'kD; rk vkg; i jarwR; kp oh. ; kph rkj e/; e Boyh rj tI j tklr I Sygh ukgh vkf.k rk.kysy gh ukgh rh e/; e vkg; vkrk d.kz/kij Loj I xhr , d. ; kl feGy-\*\*

fHkD'kukd ekuokps though vl p vkg; [kk&l; k] ekst&etk dj k vl sEg.ku thoul , dne I Sy I kMY fnyrj] , duk& , d fnol R; k I Sy i ukr thoupk vi ?kk rks [kkAgh udk fi Agh udk Vksdkph ri'p; kZ dj k] thoul Hkks'hd 1/2 dk; hd 1/2 Lo: i kP; k ; kruk g; k] mi okl rki kl dj k ngnd dj k vkf.k vki Y; k ekuoh thoul , dne rk.ku /kj Y; kl thoupk thourkj rV i vi ?kk rks

fHkD'kukd ; k nksgh VksdkP; k vkpj.kkpk R; kx d: u thou tx. ; kpk I dYi Eg.ktp[

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^vk; l v"Blfxd ekxkps v/; ; u\*\*

eFT>Eeki fni nk 1/e/; eekx1/2 Middle Path way of our life-

c/nkauh l kfxryv; k e/; e ekxkps, duu vkb vak vkgr- i R; d cks/kl Ro c/n cu.; k vxknj ; k v"Blax ekxkps i wklro dj rkr- v"Blax ekxkps i wchy vkb vakpsfo' ysku i wchy i ek.ksvks

vk; l vökfXxdkseXks%

- 1 1/2 E; d n"Vh
- 2 1/2 E; d l dYi
- 3 1/2 E; d ok. kh
- 4 1/2 E; d vktthohdk
- 5 1/2 E; d dekdR
- 6 1/2 E; d 0; k; ke
- 7 1/2 E; d Lerh
- 8 1/2 E; d l ek/kh

ojhy vkbgh vakk Hkxoku c/nkauh i pofXx; fHKD' kqks l folrj Lo: i kr mi ns k dsk-

1 1/2 E; d n"Vh %&

l E; d Eg.kts ddky l R; ] t l s vkgs rl p ; ; kfkj n"Vh Eg.kts Eg.kts Hkks hd o vHkks hd Lo: i krhy ^utj\* l E; d n"Vhpsvfire /; s dk; \ vl k i pofXx; i fj Jktdkauh c/nkl i l u fopkj y R; k i l ukpsmRrj nskauk c/nkauh vki ysc/nkku 0; Dr dsys

fHKD' kqks l E; d n"Vhusvfire /; s gs vki Y; k fpRrkr LFkki hr vl yv; k ^vfo; yk\* u"V dj .ks ekuokl pkj vk; l R; kP; k i rh vl ysys ^^vKku\*\* u"V d: u i Kkor gks ks Eg.ktp l E; d n"Vhpk l k{kRrdkj dj .ks

l E; d n"Vh Eg.kts vki Y; k i Kk p{kqah l R; & vl R; ] ddky & vdky i ki & i q; ] ekuko vki ek.k l l [k&n%[k] l [kn onuk&n%[kn onuk ; kauk ; FkkfkzLo: i kr vkG[k.ksEg.ktp ^ l E; d n"Vh\* nSunhu thoukr ekuoh thoukr mri uu gks kkl; k feF; k n"Vhl foj ks k dj .ks

l E; d n"Vh ekuokl vki Y; k thoukrhy /ke l HkkokP; k vu\$ fxb debk/knu eDr djrs /kekP; k feF; k 1/4v%k-1/2 J/nru ekuoh thoukph eDr rk djrs

ekuoh thoukrhy vnHkr dYi ukp R; kx d: u okLro thou tx.; kph dyk ; k volFkr i ktr gks vki Y; k thoukr o vki Y; k vkorhHkkorh ts dkgh ?kMrs rs doG ful xz fu; ei ek.kp ?kMrs txkr pekdjhd v' kh vu\$ fxb dks krhgh 'kDrh vflRokr ukgh- gk fo' okl Bou dk; l dj .ksEg.ktp l E; d n"Vh gks -

T; k rRoKkukl okLrorpk fdok vutkokpk i R; {k vutko ukgh o rs rRoKku doG dYi fud vupekusvkgr rsl oZvu\$ fxb fl /nkr 1/4rRoKku1/2 l E; d n"VI fLodkj kfkz ukghr-

l E; d n"Vhpsel; nku dnfcnw vkgr- \* Lora= eu 1/4pRr1/2 \* Lora= fopkj g; k nku dnz i kus Lo; i zdk' khr gkou thou txusEg.ktp rP; k vk; q; r l E; d n"Vh dke djhr vkgs

2 1/2 Eek l DMI i ks 1/4 E; d l dYi 1/2

v"Blax ekxkP; k nq U; k vakk l E; d l dYi vFkkz J\$B] vk; q /; s - ekuoi ek.kh vki Y; k

^vk; l v"Blfxd ekxkps v/; ; u\*\*

thoukrhy egRokdkk i wRokl us ; kl kBh /; s Borkj R; k rh ekuokph /; s vkf.k vkdkk] egRokdkk  
l E; d ½J\$B½ vkf.k mnkr Lo: i krhy vl kohr-  
ekuokph J\$B /; s gh dOG Hkkshd l [kkph vi\$kk Bør ukghr- rj ekuoh thoukl pkj  
vk; l R; kps ; FkkFKz Kku ?kou l i w kZ fpRrkJoknu ePr gks ; kps /; s Bors ; kd l Eek l DMl i ks ¼l E; d  
l dYi ½ vl sEg. krkr-

3¼ Eek okpk ¼l E; d-ok. kh½

v"Blax ekxkP; k frl Ú; k Hkkxkr ekuokP; k ok. kh l nHkkz mi ns k dlyk vkgz

^okpsu l Dj ks l k/kq l k/kq !

ekuoi k. ; kausvki Y; k ok. khoj l a e Bø. ksexydj d vkgz R; kl l E; d ok. kh Eg. krkr-

l E; d ok. kh ekuokl i khy i æk. ks' kdou nrs&

- ekul kustsl R; vl sy rp ckykos
- vl R; Hkk" k. k ½cky. k½ d: u; s
- ek. kl kusbrj kafo" k; h okbZ/ ckywu; s
- ek. kl kusnd Ú; kph funk ukyLrh dj . ; ki kl u Lor% nij Bøkos
- brj ekuoi k. ; k l nHkkz j kx] }\$k ; Pr fpRrkusvi 'kCn fdok dBkj 'kCnkp oki j u dj . ks
- brj ekuoi k. ; kP; k l nHkkz vki Yk ok. khusvki nydh o l kstU; Bøkos½ckyko½
- ek. kl kusvFkzhu eq[ka . kph cMcM d: us - vki yscky . ks l kætL; i . kkpso eq[ka vl kos

ojhy l kaxryY; k ok. khp; k 'kq'nrs ^l E; d okpk\* ; k v"Blaxkpk erhv vFkZ l keoyyk vkgz

4½ l Eek vftfodks¼l E; d vkfthodk½

^l Eek vftfodkš Eg. ktsnšnu Lo: i krhy thou txrkauk ekuokus dks kR; kgh vdq ky] i ki fhk: rk  
ekxkpk voye u djrk thou 0; rhr dj . ks  
i R; d ek.koi k. ; kl vki yk nšnu thoupfj =kFkZ pkyoko; kpk vl rks pkfj rkFkzps vud ekxZ  
mi yC/k vkgz-  
eq[; r% thou pfj rkFkzpsnku ekxZvkgz-

1½vdq ky pfj rkFkZekxZ  
2½vdq ky pfj rkFkZekxZ

vki Y; k thou tx. ; kP; k ekxZusvki ysLor%ps o brj kps dks kR; kP i zkj supl ku gkr ul sy rj  
R; k ekxZ thou tx. ; kpk dq ky ¼l E; d½ vkthodk ekxZ tkukos  
i k. ; kph gR; k] pkj h] 0; kfhkpkj] vl R; Hkk" k. k] brj køj vU; k; d: u tj thou txr vl ky rj  
R; kl l E; d vkthodk Eg. krkp ; s kkj ukgh-  
'kq'n i j ki dkj h] l nkpkj ; Pr thou tx. ; kph dyk Eg. ktsl E; d vkthodk-

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^vk; l v"Blkfxd ekxkps v/; ; u\*\*

### 5½ I Eek delrks¼ E; d deklr½

^I Eek delrks\* Eg.ktsI E; d-¼dđky½ deZdj .ks ; k i kp0; k vækr cđn I kærkr-

I Cc i kI LI vdj .ka dđ yLI mi I á nkA  
I fpRrk i fj ; kni .ka , ra cđnku I kl .kAA

I ozi ki ki kl u ¼vdđky de½ vfylr jgk.kđ dđky ¼I E; d½ dekp I p; dj .kđ

LofpRr% i fj 'kđn dj .ksg Hlxoku rFkkr cđnkp fn0; I ns k vkg ekuokP; k rhu L=krkru deZ  
?kMrkr-

- dk; hd deklr
- okphd deklr
- euks ¼ekufI d½ deklr ; k ojhy rhu L=krki kl u ngk i dđky ps dđky deZ vkf.k ngk i dđkP; k vdđky dekp h fufeZrh gks

dk; k] okp vkf.k euki kl u ?kM.kkú; k 10 i dđkP; k vdđky dekp R; kx d: u 10 i dđkP; k dđky dekp I p; dj .ksEg.ktp I E; d deklr gks -

ekuoh thokP; k eyHkr fu; eka kh I d ær vl sorZu gp I E; d-deklrkpsi fjeu o i æk.k vkg  
, [kn; k ekuoi k. ; kpsvkpj .k ful xZfu; eka kh I d ær vl rđ R; k oGh rsI E; d deklrk' kh I d ær vkgsvl sl etkos

### 6¼ Eek o ; ; keks¼ E; d 0; k; ke½

v"Blax ekxkP; k I gk0; k Hkkxkr ^I Eek o ; ; keks vFkkr I E; d 0; k; kek I anHkkzr mi ns k vkg I E; d 0; k; ke 'kkjhjhd dl jr ul u nđ[k mRi Uu dj .kkjh ekuoh fpRrkrhy I á wZvfo | k u"V dj . ; kl kBh dssyk vi ækn; Đr iz Ru Eg.ktp I E; d 0; k; ke-

vfo | k u"V dj .ksEg.kts ; k nđ[knk; d dj kxgkru ckgj tk. ; kP; k nkjki ; r i kgpw i w hy nđ[k eĐrhpk exZekdGk dj .ks

I E; d-0; k; kekpspkj grwvl rkr-

- v"Blax ekxkP; i frj ksk dj .kkú; k fpRri ĐRrhpk foj ksk dj .kso R; k fpRri ĐRrhI u"V dj .ks
- vk'kk vdđky fpRri ĐRrh vlxknj p mRi Uu >kY; k vl rhy rj R; kauk rFkp nkcu Vkd.k
- v"Blax ekxkP; i kyu dj . ; kl I gk ; Hkr Bj .kkú; k fpRrHkkouš mRi Uu dj . ; kl ekuokl enr dj .ks
- ekuokl nđ[k eĐrhdlMs ?kou tk.kkú; k v"Blax ekxkP; i kyu dj . ; kl i ksk[k vl .kkú; k fpRr Hkkouk tj vlxknj i kl wup vflRokr vl rhy rj R; k dđky fpRr Hkkouk ok<o.kđ R; kpk fodkl dj .k gk ed ; grw Baw ^I E; d 0; k; ke gsvæ pkj ed ; grw d dke djhr vl rs

^vk; l v"Blkfxd ekxkps v/; ; u\*\*

### 7½ Eek l fRr ¼ E; d Le'rh½

l e; Le'rh Eg.kts ekuoh eukph tkx' voLFkk- ekuokps fprR ful xk'rh y l o'z xrhi {kk vf/kd xfreku vkgs rspy] pi y o vLFkj vkgs vk'kk fprRkoj tkx' voLFkr jkgu d'ky & vd'ky fprR Hkkok l mHkk' i kgj dj hpsdke Le'rh dj hr vl rs

ekuokP; k fprRkr dkuudkuR; k Lo: i krhy vd'ky /kek'ph fufe'rh gkr vkgs rs, dk {k.kkr vkG [kuu R; k vd'ky /kek' r'fko tk.kuso R; kpk {k; dj .ksgs l E; d Le'rh pseq; dke-

### 8½ Eek l ekf/k ¼ E; d l ek/kh½

v"Blk ekxk'rh vkBosvkf.k v'ire vax Eg.kts l E; d l ek/kh-

l E; d l ek/kh Eg.kts n'k[ke'p'rh k'bh 'k'nfprRk , dkxgrk d: u d'sy' /; ku&l k/kuk gks ¼Meditation½

l E; d n"Vh] l E; d l d'Yi] l E; dokpk] l E; d dek'rh] l E; d&vkftohdk] l E; d 0; k; ke vkf.k l E; d Le'rh ; k ojhy l krgh vaxl i klr d: u ?ks ; kP; k ekx'kj i kp i d'kj ph cakus ¼fodkj ½ mRi uu gkr vl rkr-

\* yk'k \* }'k \* i'ekn \* l q'rh \* l ak; ¼' kadk½ ; k i kp i d'kj P; k fprR fodkj ke'gsekuokl ojhy l kr vaxkps vkpj .khd i kyu dj .; kl cak' fuek'z k gks

ojhy i kpg' fprR cakul vkG [kuu R; kauk u"V dj .; kpsdke Eg.kts l E; d l ek/kh-

l E; d l ek/kh Eg.kts l ekf/k u' u 'k'nfprRkph , dkxgrk d: u fprRk'okl u"V dj .ks ekuokps n'k[k mRi uu dj .kkú; k l o'z dj .kk'k 'k'k'k yko.kso R; k dkj .kkd u"V dj .ks Eg.kts l ek/kh-

l e; d l ek/kh eukyk p'k'Y; k Hkkouk' fopkj dj .; kph l o; ykors

vk; l v'ok' m'f'x' d'k' s'x' k' s'g l q'kh ftoukpk e/; e ekx'z vkgs

### l mHk'z%

1½ MKW Hkhejko jketh vk'cMdj vupknd ?ku% kke rGoVdj] e- fHk- fpV.khl ] 'kka'k- jxs] Hkxoku c'q'n vkf.k R; kpk /kEe] fl /nk'k'z i d'k'ku] epb] 2006] 20oh vkoRrh-

2½ vkpk; l l w'z'kar Hkxr] i fj=k.k i k'Boyh] l q'khj i d'k'ku] x.k'kuxj] o/kk' i Eke vkoRrh & 6 fMI c'j] 2004] i -Ø- 13] 17] 19-

3½ r'kxMs' kke] ck'khl Ro v'icMdj kpsc'q'n /kEe fe'ku] i Kk e's-h i fr"Bku] ukxi'j] i Eke vkoRrh 2005-

4½ ekj sek- 'k-] Hkkj rkrhy c'q'n /kek'pk b'f'rgkl ] d'k'k'Y; i d'k'ku] vk'g'ax'ckn] i Eke vkoRrh 2012-

5½ MKW xk; dokM f'ni d] eat'Gdj , -ds] ok?k , l -, e- ¼ l á kn d'½ MKW ckckl kgs vk'cMdj l -duot'z VW c'q'n>e] l q'k i d'k'ku] i q'k'j i Eke vkoRrh] 14 , fi'y] 2007-

6½ MKW ok?k l ns'k] MKW ckck l kgs vk'cMdj l z'd'lo'z u V'ic'q'n>e] l ns'k i f'cyd's'ku] epb] 2012-

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