



# **DHAARMIK AAZAADI:**

**AAPKI AAZAADI KE  
LIYE GYAAN**



## **VITI**





*Logon ko matbhed hote huwe bhi shaantipurwak ek saath rehne me saksham hona chahiye. Shaantipurwak jeene ka matlab yeh nahi hai ki aapko apne stithiyon ko tyaagne ki awashyakta hai; balki, iska matlab hai ki aapko un logon ke saath shaanti se rehne ki koshish karni chahiye jo aapke mulyon ko baatte nahi hai ya un shikshaaon ko swikaar nahi karte hain jin par weh aadhaarit hai. swikaar nahi karte hain jin par weh aadhaarit hai.*

## **FIJI ME DHARM AUR BHAKTI KI AAZAADI**

### **1. DHARM AUR BHAKTI KI AAZAADI KA ADHIKAAR KYA HAI?**

Dharm aur bhakti ka adhikaar apne khud ke dharm ko rakhne, apnaane, sanrakshit karne ya badalne ka adhikaar hai. Is adhikaar se nikatta se juda hua hai bhakti karna ka adhikaar. Bhakti ke adhikaar me niji ya saamuhik rup se vishwaas karne, maanne aur abhyaas karne ka adhikaar shaamil hai, bhakti ke kaarye ya aapki pasand ke anushtaan. Isi tarah, log apne dharam ko chodhne, dhaarmik vishwaason ko na maanne, aur dhaarmik kriyaaon aur sanskaaron ka paalan na karne ke liye aazaad hai.

Dharm ki aazaadi ka adhikaar logon ko unke dhaarmik vishwaason ke kaaran bhedbhaao, zabardasti, ya shatruta ke adheen hone se bhi bachata hai, saath hi aese vishwaason ke baare me gawahi dene ke liye majboor nahi hone ka adhikaar bhi.

### **2. VISHWAAS KI SWATANTRTA KA ADHIKAAR KYA HAI?**

Yeh ek vyakti ka awashyak adhikaar hai ki who apne niji vichaar aur vishwaason ka paalan kare aur un kaarwaaiyon ke aadheen na ho jo uske sahi aur galat ke gahan nirnay ke virudh hai.

### 3. DHAARMIK AAZAADI KI RAKSHA KARNE WAALE KANOON KAUN SE HAI?

Dhaarmik aazaadi ki raksha karne waale Fijian kanoon hai:

- 2013 Sanvidhaan ka Article 4 jo nirdhaarit karta hai ki Fiji ek dharmnirpeksh raajye hai.
- 2013 Sanvidhaan ka Article 22, jo dharm, vivek, aur vishwaas ki swantantrta ke adhikaar ki guarantee deta hai.
- Human Rights and Anti-Discrimination Act 2009 (“HRADA 09”) ka Section 19, jo kisi bhi vyakti ke liye (dusron ke beech) vibhinn chetron me dharm, raee ya vishwaas ke kaaran pratikul rup se antar karna ya kisi anye vyakti ko pareshaan karna gaer kaanooni hai, jaise rojgaar aur shiksha.
- Employment Relations Act 2007 (“ERA 07”) ka Part 9.

### 4. FIJI KA OFFISHIAL DHARM KYA HAI?

2013 ka Sanvidhaan Fiji ko ek dharmnirpeksh raajye ghoshit karta hai, jiska arth hai ki koi adhikaarik dharm nahi hai. Sanvidhaan me sudhaar karne ke alaawa, Sansad(Parliament) ke paas adhikaarik dharm ko sthaapit karne ya adhikrit karne ki shakti nahi hai.

### 5. JAB DHARM AUR BHAKTI KI AAZAADI KE MERE ADHIKAAR KA ULLANGHAN HOTA HAI TOH MAI KYA KAR SAKTA HOON?

**Desh kaanoono dwara shaashit hai aur sabhi vyaktiyon ka kartavye hai ki weh kaanoon ko banae rakkhe. Isliye, jab aapke dhaarmik adhikaaro ka ullanghan hota hai, toh kaanoon ko apne haath me na lein. Aapke paas niwaaran(redress) ke liye neeche diye gaye kaanooni saadhan hai:**

- a. High Court. Uchch Nyaayalay dhaarmik aazaadi ke adhikaaron sahit sabhi awashyak maanav-adhikaaro ka rakshak hai. Is prakaar, agar us adhikaar ka ullanghan kiya jaata hai toh koi vyakti niwaaran ke liye Uchch Nyaayalay me aawedan(apply) kar sakta hai. Uchch Nyaayalay dharm ki aazaadi ki raksha ke liye baadhne waala nirnay de sakta hai.
- b. Uchch Nyaayalay ERA 07 ke ullanghano ke adhaar par bhi nirnay le sakta hai.
- c. Alternative Dispute Resolution (ADR). Nyaayik hastashep sambhao ya manchaaha nahi hone par ADR behtar hota hai. Is prakriya me samjhaotein, maadhyasthta, aur/ya panch-faesla madhyasthon, nyaye-kartaaon, ya dhaarmik ya samaajik netaaon se guzarna shaamil hai.
- d. Sansad. Dhaarmik sangharshon ko aapki suraksha ke liye khatra maana jaa sakta hai. Is maamle me Sansad aapke daawe ke samaadhaan ke liye ek anye upyukt manch ho sakti hai. Apne adhikaaro ke ullanghan ko is tarah se hal karne ke liye, aapko Sansad Sadasye se baat karni chahiye.
- e. Human Rights and Anti-Discrimination Commission (HRADC). Aap ullanghan ki jhaanch aur samadhaan ke liye HRADC ke paas shikayat bhi kar sakte hai.



# SAARVAJANIK VARG(PUBLIC SQUARE) ME DHARM

## 6. KYA MAI APNE DHAARMIK VICHAAR SAARVAJANIK RUP SE ZAACHIR KAR SAKTA HOON?

**Haan.** Sanvidhaan me sthaapit dhaarmik aazaadi ka adhikaar bataata hai ki har ek vyakti ko vyaktigat rup se ya dusron ke saath samaaj me, niji ya saarvajanik rup se, bhakti, paalan, abhyaas ya sikhshan me apne dharm ya vishwaas ko pratat karne aur abhyaas karne ka adhikaar hai.

## 7. KYA MAI DUSRON SE APNE VISHWAASON KO BAANT YA PRACHAAR KAR SAKTA HOON?

**Haan.** Saarvajanik aur niji taor par zaahir karne ki aazaadi ke saath-saath dhaarmik vishwaaso, vichaaron, raae, soch, aur salaah ko dusron ke saath baantne ka adhikaar hai. Isi tarah, log ek dharm ki sthaapna ke liye, kisi maajuda dharm ka paalan karne ke liye, yaa apni dhaarmik taallukh ko badalne ke liyeek saath aa sakte hain. Yah dhyaan dene yogye hai ki Sanvidhaan ke tahat dhaarmik aazaadi anye vyaktiyon ke adhikaarom aur aazaadi ki raksha, saarvajanik vyavastha aur saarvajanik padeshani ko rokne ke liye baadhaaon ke aadheen ho sakti hai.

## 8. KYA MAI KISI DHAARMIK SANSTHA YA SANGATHAN KA HISSA HO SAKTA HOON?

**Haan.** Kaanoon ke tahat, logon ko samaajo ke rup me dhaarmik gatividhiyon(ektivities) me shaamil hone aur unme bhaag lene ka adhikaar hai, jisme anye adhikaaron ke saath-saath: dhaarmik uddeshyon ke liye bhakti ke jaghon ya sabha sthaapit karne ka adhikaar; aazaad rup se apne khud ke mantralay ka prayog karne ke liye; apna antarik haaraaki sthaapit karne ke liye; aur dhaarmik shiksha aur dhaarmik adhyan ke apne khud ke sansthaaon ko sthaapit karna aur nirdeshit karna.

Kaanoon ko dhaarmik sansthaaon ya sangathano ko logon ko apne dal me swikaar karne ki awashyakta nahi hai kyunki alag hone aur baahar karne ki aazaadi dhaarmik aazaadi ka ek aur mahatwapurn hissa hai.

## 9. DHAARMIK SANSTHAON KO VINIYAMIT KARNE WAALE SARKAARI PRAADHIKARAN KYA HAIN?

Fiji mein sabhee dhaarmik sansthaon aur gatividhiyon kee dekhrekh karne waali ek sarkaari ejensee nahin hai.

Mukadmon aur zameen par kabja karne ke liye, dhaarmik sansthaaon ko Religious Bodies Registration Act 1881 ke tahat Registrar of Titles ke daftar me rejestad trastiyon ke naam ka ek memorial rejestar karna hoga. Is memorial par dhaarmik sansthaaon ke pramukh ya pramukh dwaara hastaakshar(sign) kiye jaane hain Fiji me, aur uske kam se kam do paadri ya pujaaree Fiji me rahate hain (ya, agar Fiji me rahane waale do se kam paadri ya pujaaree hain, to aise dhaarmik sansthaaon ke kam se kam do sadasye jo Fiji me hai).

# KAAM PAR DHAARMIK AAZAADI

## 10. DHARM KI AAZAADI KA MAALIK AUR KARMCHAAREE KE BEECH SAMBANDH PAR KYA PRABHAAV PADHTA HAI?

ERA 07 aur HRADA 09 pratyek me karmchaaree ko dharm ke aadhaar par bhedbhaao se bachaane ke provishans hain.

HRADA 09 (section 19) koi bhi vyakti ke liye kisi bhi kaaran se kisi bhi vyakti ko pratikool roop se alag karna ya pareshaan karna gaer-kaanooni hai

kaam ya kaam-se-sambandhit gatvidhiyon (anye baaton ke alaawa) me dharm, rae ya vishwaas ke baare mein.

ERA 07 maalikon ke liye rozgaar ke maamlon (jaise bhartee, kaam karne ki stithi, samaapti, ritaamant) aur dharm, sanskriti aur vivek ke aadhaar par vetan me bhedbhaao karna gaer-kaanooni banaata hai.

Iske alaawa, Sanvidhaan ke article 22 me maalik ko apne karmchaariyon par dhaarmik daayitavon(obligations) ko laagoo karne ya karmchaariyon ko us vyakti ke dharm ya vishwaas ke vipreet kisi bhi maamle me kaarye se rokne ka prabhaav hai.

Upar diye gaye sabhi par saamaanye badhaae laagu hoti hain.

## 11. DHAARMIK AAZAADI AUR KAAM KE GHANTON KE BEECH KYA SAMBANDH HAI?

Fiji me dhaarmik aazaadi aur kaam ke ghanton ke beech koi vishesh sambandh nahin hai.

Fiji me dhaarmik saarvajanik chhuttiyon me shaamil hai: Good Friday, Easter Somwaar, Bada Din, Prophet Mohammed ka janmdin, aur Diwali.

Karmchaariyon ko apne maaliko ke saath un stithiyon par charcha karne chaahiye jo sambhaavit roop se dhaarmik paalan aur/ya praathna ko prabhaavit kar sakati hain, aur maaliko ko karmchaariyon ke dhaarmik vishwaason aur unke vishwaason ki abhivyakti ko samaayojit karne ke liye kaam karna chaahiye. Yah ek santulit kaarye hai jo sabhi karmchaariyon ke rae se kiya jaata hai.

## 12. KYA MAI APNE DHAARMIK VISHWAASON KE KAARAN KAAM KARNE KE LIYE DHAARMIK KAPDE PAHAN SAKTA HOON YA VARDEE KA HISSA PAHENNE SE INKAAR KAR SAKTA HOON?

Jabki ye adhikaar vishesh roop se kaanoon dwara sanrakshit nahin hain, Sanvidhaan dharm ki aazaadi ke liye pradaan karta hai aur ERA 07 aur HRADA 09 rozgaar me dhaarmik-aadhaarit bhedbhaao par rok lagaata hai. Dhaarmik vishwaason ya prathaon ke kaaran utpann hone waali kisi bhi aavashyakta ya vishesh paristhitiyon ke baare me karmchaariyon ko apne maaliko ko sahi samay par soochit karna chaahiye. Yah maalik ko aisee paristhitiyon se avgat hone aur karmchaariyon kee dhaarmik aazaadi ka paryapt roop se sammaan karne ki anumati deta hai.

# SKOOLON ME DHAARMIK AAZAADI

## 13. KYA PABLIK SKOOLON ME DHARM KI KAKSHAEN HO SAKTEE HAIN?

**Haan.** Education Act 1966 ki section 11 me kaha gaya hai ki kisi bhi skool me dhaarmik shiksha ka vyavastha kiya jaa sakta hai. Haalaanki:

- Shikshakon ko apni antaraatma kee aawaaj ke khilaaph is tarah ke nirdesh dene ya upasthit hone ke liye majboor nahin kiya jaega; aur
- yadi kisee chhaatr ke maata-pita anurodh karte hain ki us chhaatr ko skool me dhaarmik shiksha me upasthiti se pooree tarah ya aanshik roop se chhoot dee jae, to chhaatr ko mapka milega waise karne ka.

## 14. KYA CHHAATRON KO APNE SKOOLON ME DHAARMIK SHIKSHA YA DHAARMIK RITI-RIWAAJ ME BHAAG LENA ANIVAARYE(MANDATORY) HAI?

**Nahin.** Vidyaarthiyon ke maata-pita anurodh kar sakte hain ki chhaatr ko skool me dhaarmik shiksha me upasthiti se pooree tarah ya aanshik roop se chhoot dee jae.

Iske alaawa, 2013 ke Sanvidhaan ke article 22 me kaha gaya hai ki pratyek vyakti ko adhikaar hai ki vah shapath lene ke liye majboor na ho ya shapath lene ke liye baadhy na ho jo unke dharm ya vishwaas ke vipreet hai ya vyakti ko vishwaas vyakt karne kee aavashyakta hai jo ki vyakti nahin maanta hai.

## 15. KYA CHHAATR APNE DHAARMIK VISHWAASON KE KAARAN SKOOL YA SHEJIULD SKOOL GATVIDHIYON ME BHAAG LENE SE PARHEJ KAR SAKTE HAIN?

2013 ke Sanvidhaan ki section 22 chhaatron sahit pratyek vyakti ko yah adhikaar deti hai ki use kisee bhee tarah se kaary karne ke liye majboor nahin kiya jaana chaahiye jo vyakti ke dharm ya vishwaas ke vipreet ho.

Fiji mein baarah varsh tak chhaatron ke liye anivaary(mandatory) shiksha hai. Dhaarmik vishwaas ke kaaranon se is aavashyakta ko maaf nahin kiya ja sakta hai.

Maata-pita ya gaadiyan ke likhit not dwaara skool se anupasthiti ko uchit thehraaya jaana chaahiye. Yadi koi skool niyमित roop se aisi gatvidhiyaan aayojit kar raha hai jo kisee chhaatr ke dharm ya vishwaas ke vipreet hain, to yah sanvaidhaanik ullanghan ya adhikaaron ke ullanghan ka pratinidhitv kar sakta hai aur ise skool ke saath uthaaya jaana chaahiye. Yadi is chinta ko us starr par hal nahin kiya ja sakta hai, to ise upyukt hone par, oopar 5 me hailait kiye gaye foram me se kisi ek ko sambhaavit roop se aage badhaaya ja sakta hai.

## 16. KYA CHHAATR APNE DHAARMIK VISHWAASON KE KAARAN SKOOL KI YUNIPHORMS ME BADLAAO LAA SAKTE HAIN?

Ise sambodhit karne waala koi spasht kaanon nahin hai, lekin Sanvidhaan aur HRADA 09 ke tahat, skool chhaatron ko unk maanyataon ke anuroop skool yuniphorm me badlaao laane se nahin rok paenge. Udaaharan ke liye, ek skool kisi muslim chhaatr ko hijaab pahanne se nahin rok sakta hai, ya iske vipreet, kisi gaer-muslim chhaatr ko hijaab pahanne ke liye majboor nahin kar sakta hai yadi vah unkee apni maanyataon ke vipreet hai.

# SENA AUR SAARVAJANIK SEWA

## 17. KYA ANIVAARYE (MANDATORY) SENYA YA PUBLIK SEWA HAI, AUR YADI HAAN, TO KYA KOI DHAARMIK CHHOOT HAI?

Fiji me koi anivaarye sena ya publik sewa nahin hai.

# DHARM AUR NYAAY

## 18. KYA MAI APNE DHAARMIK VISHWAASON KE KAARAN KAANOONI KAARWAHI ME SHAPATH LENE SE BACH SAKTA HOON?

**Haan.** Jab aap ek gawaah ke roop me adaalat me pesh hote hai, to aap kaanoon ke tahat shapath lene se door rahne ke hakdaar hote hain. Iske bajaay aapko ek (gaer-dhaarmik) pratigya lena padega.

## 19. KYA NYAAYAADHEESH (JUDGES) APNE DHAARMIK VISHWAASON KE AADHAAR PAR NIRNAY LE SAKTE HAIN?

Nahin.

## 20. KYA DHAARMIK NETAON KO VISHWAAS ME LEKAR DIYE GAYE BAYAANON KE LIYE KOI SURAKSHA HAI?

Fiji me aisa koi kaanoon nahin hai jo aisi koi suraksha pradaan karta ho.

Nyayalayan (Courts) me iska pareekshan nahin kiya gaya hai. Is prakaar, yah sambhav hai ki Common Law me suraksha ho sakti hai.

# ANTARAASHTRIYE KAANOON ME DHAARMIK AAZAADI

Pratiek desh me dhaarmik aazaadi ki suraksha ke alaawa, is adhikaar ki raksha karne waale vibhinn antaraashtriye ulkaran ya kaanooni kaagzaat bhi hai. 1948 me, Universal Declaration of Human Rights dwara dharm aur naetik bhaao ki aazaadi ka adhikaar pesh kiya gaya tha. Tab se, antaraashtriye starr par is adhikaar ko sthaapit karne aur badhaane waali vibhinn vachanein aur sammelan huwe hain.

## ANTARAASHTRIYE KANOON KE TAHAT MUJHE KYA SURAKSHA MILTI HAI?

Antaraashtriye upkaran yeh sthaapit karte hain ki sabhi log kanoon ke samaksh samaan hai, chaahе unka dharm kuch bhi ho. In kaanoono me yeh bhi kaha gaya hai ki dharm ke aadhaar par kisi ke saath bhedbhaao nahi kiya jaa sakta hai kyunki yeh maanaviye aan ke khilaaf apraadh hai aur maanav adhikaaron aur awashyak aazaadi ke ullanghan ke rup me uski ninda ki jaati hai.

## IN ANTARAASHTRIYE UPKARANON ME KAUN KI AAZAADIYAAN SHAAMIL HAI?

- **Vichaar, naetik bhaao, aur dharm ki aazaadi.**

Is aazaadi me sabhi maamlo par vichaar ki aazaadi, vishwaas rakhne ki aazaadi, dharm ya vishwaas ke prati zimmedaari ki aazaadi aur niiji vishwaas ki aazaadi shaamil hai. Yeh apni



pasand ke dharm ya vishwaas ko maanne ya apnaane ki aazaadi par kisi bhi rukawaton ki anumati nahi deta hai. Kisi ko bhi apne vichaar ya kisi dharm ya vishwaas ke paalan ko prakat karne ke liye majboor nahin kiya jaa sakta hai.

- **Dharm ya vishwaas badalne ki aazaadi.**

Sabhi logon ko yeh adhikaar hai ki weh apne dharm ya vishwaas ko chodh dein aur dusre ko apna lein, ya bilkul bhi bina kisi vishwaas ke hi rahein. Kisi vyakti ko kisi nishchit dharm ya vishwaas ko apnaane, badalne ya rakhne ke liye majboor karne ke liye shaareerik bal, saza ke pratibandho, neetiyon ya prathaaon ke istemaal par rok hai.

- **Saarvaajanik aur niji taor par, vyaktigat aur saamuhik rup se (publicly), apne khud ke dharm ya vishwaason ko prakat karne aur maanne ki aazaadi.**

Har ek vyakti ko raajye ya kisi anye dhaarmik samudaae ki swikriti ke bina apne dharm ya vishwaas ko shaantipurwak prakat karne aur dusron ke saath baatne ka adhikaar praapt hai. Yeh adhikaar rejistad dhaarmik samaajo ke sadasyon ke liye hi nahi hai. Iske alaawa, apne adhikaaro ka anand lene ke liye dhaarmik samaajon ya sangathanon ke liye rejistreshan aawashyak nahi hona chahiye.

- **Shishyeta, abhyaas, bhakti aur paalan ke maadhyam se apne dharm ko prakat karne ki aazaadi.**

- **Bhakti, paalan, abhyaas aur shikshan me dharm ya vishwaas prakat karne ki swatantrata me kayi tarah kaareye shaamil hai:**

- Bhakti aur paalan anushtaan aur aupchaarik kritiyon tak faela huwa hai jo vishwaas ko seedha rukh deta hai, saath hi saath bhakti ke sthaano ke nirmaan, anushtaan(ritual) prathaaon aur vastuwon ka upyog, prateekon ka pradarshan, aur paalan sahit aese kritiyon ke abhinn ang hai, chuttiyon aur aaraam ke dino ki.

- Dharm ya vishwaas me dhaarmik dalon dwara unke buniyaadi maamlo ke aachran ke abhinn ang shaamil hai, jaise ki unke shaarmik netaaon, pujaariyon, aur shikshakon ko chunne ki aazaadi; seminary ya dhaarmik skool sthaapit karne ki aazaadi; aur dhaarmik granthon ya prakaashano ko taeyaar karne aur baatne ki aazaadi.

- **Maata-pita aur gardiyans ki apne bachchon ya vidhyarthiyon ko dhaarmik ya naetik shiksha praapt karne ki aazaadi uski apni maanyataaon ke anusaar ho.**

Bachchon ko apne maata-pita ya gardiyans ki ichcha, dharm ya vishwaas ke anusaar dhaarmik shiksha praapt karne ka adhikaar praapt hai. Isi tarah, bachchon ko aesi dhaarmik shiksha praapt karne ke liye zabardasti nahi kiya jaana chahiye jo unke maata-pita ya gardiyans ki ichcha ke khilaaf ho. Bachche ke sarvuttam hiton ke siddhaant ke anusaar, Shaasan ko skoolon me dhaarmik dhaeryesheelta ke maahol ko protsaahit karna chahiye aur bahulwaad(pluralism) aur dhaarmik bahurupta ke prati sammaan ko badhaawa dena chahiye.



## KYA IN AAZAADIYON KI KOI BADHAAEN HAI?

**Haan.** Kuch badhaen hai jo kanoon dwara dee gayi hain aur unka uddeshye saarvajanik suraksha, vyavastha, swaasth, naetikta aur dusron ke awashyak adhikaaron aur aazaadiyon ki raksha karna hai. Haalaanki, bhedbhaapurn uddeshyon ke liye pratibandh nahi lagaae jaa sakte hain ya bhedbhaapurn tarike se laagu nahin kiye jaa sakte hain.

## SAAMAANYATA DHOONDHNA

Logon ke roop me, hamare paas jo vishwaas hai use chunne, baatne, aur jeene ki aazaadi hai. Hum aam taur par apne jivan me maargdarshak siddhaanton ke roop me apni dhaarmik aazaadi aur vishwaaso ko pyaara maante hai. Jis tarah se hum apne dharm aur vishwaaso ko mahatwa dete hain, hamein sabhi logon ke dhaarmik aazaadi aur vishwaas ke adhikaaron ko zyaada mahatwa dena chahiye. In aazaadiyon ke mahatwa ko jaante huwe, hum apne samaajon me aazaadi ke siddhanton ko kaise baat sakte hain? Jab hum alag alag vishwaas rakhne waale logon ke saath baatcheet karte hain toh kya saamaanyata dhoondhne ka koi tareeka hai?

Diye gaye stretajees aapko apne samaaj me saamaanyata dhoondhne ki anumati de sakti hain:

## SUCHIT HO JAAO

Isse pehle ki aap apne ya dusron ke dhaarmik vishwaaso ki raksha kar sakein, dharm ki aazaadi ke adhikaaron aur buniyaadi siddhaanton ko jaanna aur samajhna zaroori hai. Is broshar me aapke adhikaaro aur dharm ki aazaadi ki buniyaadi baaon ke sambandh me kuch upyukt jaankaari hai. In aazaadiyon ko prabhaawit karne waale pragati ke liye samachaar dekh kar dhaarmik aazaadi me badlaao ke baare me jaagruk rehne ki koshish karein.

## SABHI PAKSHON KO SUNEIN

Dusre logon ke dharmon aur sachche vishwaason ko sunne aur unke prati chinta dikhaae. Yahan tak ki agar aap dusre ke vishwaason ya purn vishwaas se asehmat hai, toh samajhne ki koshish karne aur unke drishtikon ka sammaan karne par dhyaan kendrit karein. Logon ke shabd, vishwaas aur kaarye kayi pehluwon se prabhaawit hote hai. Aapko dusron ki bhaaonaaon ke prati sanvedansheel hona chahiye jaisa ki aap samajhte hai aur apni stithi ka paalan karte hain, aur aapko dusron se apne imaandaar dhaarmik vishwaason se naaraaz nahi hone ke liye kehna chahiye.

## SHARAAFAT KA ABHYAAS KAREIN

Vichaaron aur vishwaason ke matbhedon ke saath ek samaaj ke rup me rehne ke liye, yeh jaanna zaroori hai ki bahes kaise karein aur na ki kewal kya bahes karein. Bahes se sambandhit vishayon par aapka sanchaar jhagdaalu nahi hona chahiye. Sahi aur nispaksh hone ki koshish karte huwe sabhi logon ko ek dusre ke saath shishtta aur sammaan ke saath pesh aana chahiye. Jab aapki stithi achchi na ho, toh aapko pratikul parinaamon ko shaaleenta aur shishtta se swikaar karna chahiye. Nasal, jaatiyeta, dhaarmik vishwaas ya avishwaas, aur yaon(sexual) oryanteshan me antar ke aadhaar par atyachaar sahit kisi bhi prakaar ke atyachaar ko aswikaar karna yaad rakkhein.

## DHAERYESHEELTA KO BADHAWA DEIN

Logon ko matbhed hote huwe bhi shaantipurwak ek saath rehne me saksham hona chahiye. Shaantipurwak jeene ka matlab yeh nahi hai ki aapko apne stithiyon ko tyagne ki awashyakta hai; balki, iska matlab hai ki aapko un logon ke saath shaanti se rehne ki koshish karni chahiye jo aapke mulyon ko baatte nahi hai ya un shikshaaon ko swikaar nahi karte hain jin par weh aadhaarit hai. Apne aas-paas ke logon ko vyavahaar ke mulyon aur aadharshon ko seekhane ki koshish karein, unhe khud se door kiye bina ya jo alag hai unke prati anaadar dikhaae bina.

## BHAROSEMAND RISHTE BANAAE

Apne samaaj me alag-alag raae rakhne waalon ke beech bharsemand rishte banae. Jaise-jaise aap zyaada logon ko janne lagenge aur jaise-jaise weh log ek dusre ke vishwaaso ko samajhne lagenge, waise-waise aap dusron ke adhikaaron ki raksha karne ke tareekin khojne me behtar tareeke se saksham hongee jisse sabhi ko laabh hoga. Is baat par dhyaan dein ki aapke paas apne padosiyon aur saathi naagriko ke saath kya samaanta hai. Phir, jab aap ek saath kaam karte hai, toh dharm aur dhaarmik azaadi ke mahatwa ke baare mein bolein.

