

t l e d s i g y s ? [k l w s e a l r u i k u] c p k ; s 1 0 y k [k c p p k a d h t k u !

मूल आधार / तर्कसंगतता

- d l y k l e v e 1/4 h l ; k i g y k n w / d s x q l h d s c l j s e a c r g i g y s l s t k u d l j h j g h g a
- u, o k k l u d i e k k c r k r s g f d ; f n l H h e r k a f k k t t e d s i g y s ? [k l w s e a l r u i k u] ' l q d j n r h g s r k b l l s i f r o ' 1 2 1 0 y k [k u o t k r f ' k l y l a d h t k u c p b z t k l d r h g a
- b l i z l j d s v k d m d d i c l n s k a d s i k l g h g a
- g e a d d j d l j . k i r k g s d v l s r a l r u i k u e a n j h d ; l a d j r h g a
- l l e a f ; d d k Z i r k b l s l p c u k e s e i e q k h e d k f u h k l d r s g a
- g e b l l m s k d s l h k g j i f j o l j r d i g p u k p l e r s g a v l s g e b l s, d l h k f e y d j d j l d r s g a

उद्देश्य

- f l Q Z d d k Z l s, d ? W s d k l e f i v l s f l Q Z d l m s k d s l h k 1 0 y k [k l w l a d l s c p l u s d s f y, f o " o d k / ; k u [l p u l a
- , d ? W s d s h r j L r u i k u d h ' l q v k r d l s c - t o k n s i k t k l H h l e n k h l e f k u l r , o a o s o d d s f y, L o h F, d k, d i e q k l p d g a

l g l = H h n f o d k l y { ; 1/4 e n m i t h i e 4 / 2 d k y { ; o ' 1 2 2 0 1 5 r d 5 o ' 1 2 l s d e v k q d s c p l a d h e r, n j d l n s l f r g b z l w k u g a o s o d v l c l m a d s v u h l j 1 0 - 9 f e f y ; u 1/4 - 0 9 d j m 1/2 5 o ' 1 2 l s d e v k q d h d y e l s l e a l s y x h x 4 f e f y ; u 1/4 0 y k [w e f ' k l q v i u s t l o u d s i g y s e g h u s e a j t l r s g a b l d k e r y c g s d h j r e p 1 1 y k [k u o t k r f ' k l y l a 1/2 8 f n u d h v k q r d 1/2 e a l s 2 5 0 1 0 0 0 e l s l a d s i f r o ' 1 2 1 0 , d d l e l s c p k k t k l d r k g a b l d k v l w g s d i g y s e g h u s e a g h e l s l a d s i ; h r e k - k e a d e d j d s f ' k l e r, n j d l s e g b i w z : i l s d e f d ; k t k l d r k g a

g l y g h e p x l e h k ? k u k 1/4 d s 1 0 9 4 7 L r u i k u f d, f ' k l y l a i j v k h j r v / ; ; u l s ; g i z l v g y k g s d ; f n l H h v l s r a t t e d s i g y s ? [w l s g h L r u i k u] ' l q d j n a r k 4 f e f y ; u 1/4 0 y k [k u o t k r e l s l e a l s, d f e f y ; u 1/4 0 y k [w d l s c p k k t k l d r k g a n w j h v l j] L r u i k u d h ' l q v k r e a n j h l s 2 - 4 x q k t l e c c + t l r s g a L r u i k u l s i g y s v l g l j i f r Z Q l m v f h z L r u i k u l s i o z e k d s n k d s v f r j D r d n H h n s l s f ' k l e r, n j d k [l r j k c c + t k r k g a v e ; ; u u s l i ' V : i l s n ' w z k g s d 0 & 2 8 f n u l a d s u o t k r f ' k l q d h 2 2 i f r " k r e l s l a d s d e f d ; k t k l d r k g a l H h n s l e s f e y k d j] ; g v u e f u r f d ; k x ; k g s f d ; f n 9 9 i f r " k r u o t k r f ' k l y l a d s i g y s f n u g h L r u i k u " l q f d ; k t k r l s 2 4 i f r " k r u o t k r f ' k l e r, n j d l s d e f d ; k t k l d r k g s v l s v x j 9 9 i f r " k r c p l a d s i g y s g h ? [w s e a l r u i k u] i h j k d j f n ; k t k r l s 3 1 i f r " k r u o t k r f ' k l y l a d s c p k k t k l d r k g a b u n l s l a g h e l y l a e a c p b z t k l d u s o l y h f m f x ; k e o e ' k 8 6 7 0 0 0 r f k 1 1 1 7 0 0 0 g s i 2 1 a b l f y, t l e d s c h i g y s ? [w s e a g h L r u i k u] d h ' l q v k r u o t k r , o a 5 0 ' 1 2 l s d e v k q d s c p l a d h e r, n j ? [w l u s d h f n ' k e a g b i w z d n e g a

t l e d s i g y s ? [w s e a l r u i k u] d h ' l q v k r d j u s l s h j r d l s d s y l h k i g p r k g s t k e r k a f k k q d l s t t e d s i g y s ? [w s e a l r u i k u] ' l q d j n r h g s m u d s i k l v i u s f ' k l y l a d s i g y s N g e g h u l a r d l Q y r k i o z l v l s i w z % L r u i k u d j u s d s Q k i d v o l j c c + t l r s g a i g y s N g e g h u l a r d i w z % L r u i k u d j u s l s f ' k l l o l e f k j g r k g s v l s i w z l e r k d s l h k m l d s o d k l d k l f u f p r d j r k g a

v l i , d e f g y k d l s i g y s ? [w s e a l r u i k u] ' l q d j u s e a d s s e n n d j l d r s g a e f g y k l a d k l o l e f k l e , o a i f j o l j l s u w r e v f u o k Z l g k r k d h v l o ' ; d r k g l a r h g s t s f d t l e d s l e ; L r u i k u i x o ; k ' l q d j u s d l e ; l g k r k i z o d s c h i e k , o a

f ' k l q d l s i k l j [l u s d h u l f r , o a e n n] e k d s l r u i k u d j u s l s i g y s d l b z h h A i j h v l g l j 1/2 n f z n s l s c p l u k ; k n f r e f u l i y ; k p q u h u n s l a

f ' k l y l a v l s e l r k v l a n l s l a d s y h k

- l e ; i j L r u i k u d h ' l q v k r d j u k f k k y l s e l r k l n l s l a d s y, y l h n k d g s D ; l a d %
- d l y k l e v e 1/4 h l 1/4 f ' k l q d l s i k k k i z k u d j r k g s f k k l q d l s b l l e ; c g r F H h e k e - k d h t : j r g l a r h g s d n c p a i ; h r g l a r h g a
- d l y k l e v e 1/4 h l 1/2, d l t h o a o g s t l s o f f h u i z l j d h l t h o d l e k l v l a v l s o f ? W d h l s h j i j v g l a r k g a ; s f ' k l q d l s l o e . k l s c p l o r f k l o e . k l s { l r i f r z r f k v l a d h i f j i D o r k r t h l s i j k d j r k g a
- ; g f ' k l q d l s v x y s l r u i k u g r d r u l s i ; h r n k i s k d j u s e a e n n d j r k g a
- ; g f ' k l q d h p k i k i f r o ; k d l e q e c u l k g s t l e f d i g y s ? [w s e a l n q > g l a r h g s a l f d m i ; D r n y k i k u 1/4 k n y k l o . W L F H r g l s l d a
- L r u i k u l s i g y s i ' k n o k d s, w l t u c p p s d h v l r d h i f j i D o r k d l s { l r i g p k l d r s g a
- ; g f ' k l q d l s e k d h r p k l s l i ' 1 2 l q k r f k x e l g v n r k g s t l d h m l s e g r v l o " ; d r k g l a r h g s f o ' h k : i l s v i f j i D o ; k d e h j d s t t e y a s o k y s f ' k l y l a d s y,] v l s ; g d e r k i e l u l s e l s d s t l e d l e d l e k l v l r k g a
- ; g d e h j o k y s f ' k l y l a d s y, v r a y l h n k d g s D ; l a d m u d s e j u s d h l h o u k a v l e d g l a r h g s v l s m l g a t t e l s p w u s d h v P N h { l e r k g r q v l e d l e f i z d h v l o " ; d r k g l a r h g a
- ; g e l r k v l a e a j D r l h o l s c p l o e a e n n d j r k g a

v l i D ; k d j l d r s g a

- v l i v i u s x l p @ f y k d @ f t y @ j k t ; L r j i j v i u s l e n k e a i r k d j a f d o s l r u i k u d s c l j s e a x y r 0 o g l j h e v l p j . h a d k D ; k a i y u d j r s g s r f k b l d k g y D ; k g s v l s m l s f y [k y a
- v i u s f o | k d l a ; k l h n l s v l s i z l k u l s c k r d j a ; k f y [l a f d o s l H h L o h F ; l o n e k v l h n b ; h u l h d l s f k l r d j u s g r q l a k u l a d s m i y c k d j k a f t l l s ; g l m s k e f g y k l a, o a i f j o l j l a r d i g p a
- L F k u l r l p l j e k ; e d s y l a d l s d b z l h e l a d s c l j s e a c r k a v l s f o " o L r u i k u l l r l g 2 0 0 7 d s f y, r s l j d j a
- M O V j l u l Z e f g y k L o h F ; d e l z , , u , e j v l x u c k m h o d z l v k h n b ; h r f k ; q l v l a l f g r i e ; d l Q d r l s f u o s u d j a f d o s d e l s d e , d e k d k, d l l r l g r d l e f i z n a
- ; g i r k d j a f d D ; k v l i d k l e n k @ f t y k @ j k t ; b l c j a e a v k d m e j [l r k g s f d f d r u h l q ; k e a e r k v l a u s i g y s ? [w s e a l r u i k u] d h ' l q v k r d h g a
- v l i d s x l p @ f y k d @ f t y @ j k t ; e a f d r u s i f r ' l r e l r k v l a u s i g y s ? [w s e a l r u i k u] d h ' l q v k r d h g s b l d k f o o j . k v l i 1 e k p 2 2 0 0 7 r d g e l j s i k h s s / / ; ; u d k u l e b l d h t u l q ; k 1/2 d r 1/2 v / ; ; u d k o ' 1 2 v l n d k C ; l k k c h i h, u v l b z d l s f y [k d j h a a
- ; f n v l i f o " o L r u i k u l l r l g d s n l s k u d b z j s h f u d l y u s d h ; k u k c u k j g s g ; k b l e p a s i j n s l o k i h v f h k u g r q c h i h, u v l b z l s t h a k p l e r s g a r l s v k i v i u k f o o j . k c h i h, u v l b z l s h a a

(1) Karen M Edmond, Charles Zandoh, Maria a Quigley, Seema Amenga- Etego, Seth Owusu-Agyei and Betty R. Kirkwood. Delayed Breastfeeding Initiation Increases Risk of Neonatal Mortality. 2006; 117; 380-386 Pediatrics
 (2) Promotion of early initiation of breastfeeding can reduce all cause and cause specific neonatal mortality. Karen M Edmond (under publication)



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