

প্রশিক্ষণ মডিউল

খাঁচায় মাছচাষ ব্যবস্থাপনা



মৎস্য অধিদপ্তরের প্রাতিষ্ঠানিক দক্ষতা জোরদারকরণ প্রকল্প

মৎস্য অধিদপ্তর, বাংলাদেশ

cikrīY gWWDj

LuPvq gvQ PvI e"e^-vcbv tKvm©

Rb, 2009 M.

**Strengthening Institutional Capacity of DoF Project
ASPS II: DoF-Danida
Department of Fisheries, Bangladesh**

cökPY gWDj
LuPvq gvQ PvI e"e^-vcbv tKvm©

cövb mœuv` K

tgyt iwdKj Bmj vg
gnvcwi Pij K, grm" Aia` Bi

mœuv` bv cwi l`	gWDj cÖqb
tgyt Ave` j Lüj K	bwm i Dwil b tgyt ügvqb
tgyt BmgvBj	tgyt Avmv` j evKx
bwm i Dwil b tgyt ügvqb	mþxj P` «tNl
^mq` Awil d AvRv`	G. tK. Gg. wmi` K
tgyt Awgbj Bmj vg	tgyt Kwdj Dwil b KvBqv
tgyt Avej nvkg mgv	KvRx BKej AvRg
tgyt BDmd Lvb	tgyt Rvn` tnvtmb
i tgk P` ^gUj	tgyt Ave` i ingvb
tgyt wmi` Rj Bmj vg	tgyt BDmd Lvb
W. G. tK. BDmd nvi "b	Rvn` cvitfR myb
	gnas` wgRvbj ingvb

KlruDUvi KfœuvR t tgyt Bw` m Avj x cövb

cÖQ` I Aj sKi Y t tgyt BDmd Lvb

cÖkKvJ t Rb, 2009 wL.

cÖk msL` v t 1,000 Kic

cÖkvbvq t

Strengthening Institutional Capacity of DoF Project
ASPS II: DoF-Danida
Department of Fisheries, Bangladesh

moxuv` Kxq

evsj v` tk i mweR A_%wZK Dbqtb grm" tm±i GK , i "ZcY fngKv cvj b Kti AvmtQ| Kgmis~ib mij, A_%wZK Dbqb, ^et` wKK gy i ARB I cYxR Awgtl i Pwn` v gUvtbvi tPf i grm" tm±i i fngKv Acwi mxg| mavi Y gvbj i KtQ Awgtl i Drm wntmte giv GLbl Ab`Zg cib ~ibwL`Lj Kti AvtQ| jgeaqgb RbmsL`vi mvf_msMwZ ti+L gvtQ Drcv` b tm nvti evotQ bv| gvtQ Drcv` b KwpZ chq DbZ Kitz bv cvtj fivel tZ t` tk i RbMtyi Rb mnRj f` cYxR Awgtl i Nwuz tgUvtbvi Amte ntq ` wote|

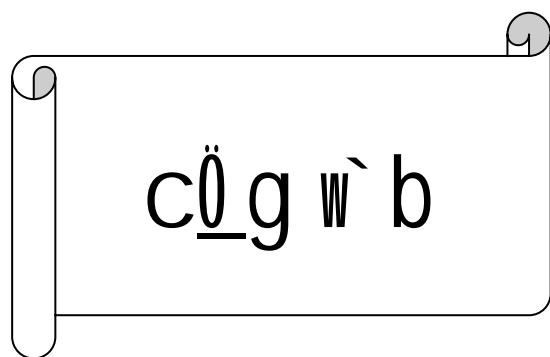
eZgytB Avgyt` i t` tk gvtQ MhtYi cwi gvtY eotQ giv_wicQz giv 13.5 tKwR, hv Avgyt` i cjo mvgMK cibqRtbi Zj bvq AcZj | tKej giv Dqj Rj vkkq t`tk Avni Y I cKti giv Pvl i gva"tg G evowZ Pwn` v cY mae bq| GgZve~vq, giv Pvl i euwea cib~3 I cxwZ I G hwer Ae"eZ Rj mae`tk gvtQ Pvl i Kvtr j wMtq gvtQ evowZ Pwn` v cjtYi e'e`vibtZ nte| t`tki 41 kZvsk RbMY GLbl `wi~mxgvi bxtp emevm KtQ| evsj v` tk i mnmta Dbqb j P`giv nftQ, `wi~mxgvi bxtp emevm Kvi x RbmsL`v 2015 mvtj i gta" Gi AtafK bwgtq Avbv| grm" tm±i Z_v mweR Kwl tm±i KwpZ cibx Dtj LhM" nvti ejx KitZ bv cvtj mnmta Dbqb j P`giv ARB evamt`n te| grm" mve-tm±i-Gi Rb" cYxZ tivW gvtci dUwRK j P`giv vq AvMvgx 2015 mvtj i gta" t`tki mae tgivU grm" Drcv` b 35.0 j P`tgwUK Utb avhCkiv ntqjQ| Zbta" Af`S+Xy grm" mae` e'e` tcbvi gva"tg 9.99 j P`tgwUK Ub I cwebfugmn DcthwMx gyb Rj vktq grm" Pvl maechni Y Kti 19.86 j P`tgwUK Ub A_F Af`S+Xy gyb Rj vkkq nZ Drcv` b j P`giv 2015 mvtj i cZwkwZ tgivU Drcv` tbi 85.29 kZvsk | evaZ G j P`giv ARB DcthwMx me ai tbi Af`S+Xy Rj vktq DbZ I j vMmB cib~3 i mstki-Nutq grm" Pvl maechni Y Kvhpgl mvgMKvte Avtiv wbeo Kiv cibqRb|

G tPf Avgyt` i Ae"eZ b`x, Lvj, wej, nul i-eul o I nt` LuPq giv Pvl cib~3 i Dci Df`v3v mij Kti Gi ewYwR`K Pvl tKskj maechni tbi gva"tg GK maebvqg wMts+ DtbwPb Kiv mae|| BtZvgta" cib~3MZ DrKI Zv mva`tbi dtj evsj v` tk LuPq giv Pvl BtZvgta" RbwCq ntq DtvfQ| LuPq giv Pvl i AvaybK I j vMmB cib~3 e'enri Kti grm" Drcv` b euj vstq ejx Kti gvtQi evaZ Pwn` v AtbKvskB tgUvtbvi mae|

Awg tRtb Avbv`Z th, 0grm" Awa`Bti i cibZowbK `P`Zv tRvi`v Kiy cK10 nZ LuPq giv Pvl e'e` tcbv kxkR cikTY gMDj cKik Kitz hif"Q| G cikTY gMDj wU giv chq grm" tckvq wbtqwRZ grm" Pvl xt` i `P`Zv ejx Kti Zt` i AvZekgmis~ib mij, `wi~`xKiy I grm" Drcv` b ejx tZ mnwqK fngKv ivLte etj cibZvkv KiiQ| gMDj wU cibqtb th mKj KgRZP| KgPvix kq I mnthwMzv wtfqfob Zt` i mKj tK AvShiK abve` RvbvB| giv chq KihRix cikTY cibv, cibSK Pvl xt` i Av_mvgwRK Ae`v i Dbqb I RbMtyi evowZ gvtQi Pwn` v tgUvtbvi mae ntj G cibm mve_R nte gfgAvkv KiiQ|

tgit i wdkj Bmj vg
gnvcvii Pvj K
grm" Awa`Bi, evsj v` k

weq	cōv
cōg w̄ b	7-38
tKvm̄cwi w̄Z	
LwPvq gvQ Pv̄l i cUfng	
LwPvq gvQ Pv̄l i m̄vcbv t tC̄t̄Z eisj vt`k	
LwPv -vctbi DcthwMx -vb w̄bePb	
LwPv ^Zwi i DcKiY i w̄RvBb	
w̄Zxq w̄ b	39-62
LwPv ^Zwi I Rj vktq -vcb (Zw̄EK)	
LwPvq Pv̄l DcthwMx grm" c̄Rw̄Z	
LwPvq gRj DcthwMx tcv bv c̄Zcij b	
ZZxq w̄ b	63-68
LwPv ^Zwi I Rj vktq -vcb (ēenwi K)	
PZl w̄ b	69-96
LwPvq gvtqi gRj NbZj w̄baY	
bvm̄i c̄Ki t̄t̄K tcv bv cwi enY I LwPvq gRj (Zw̄EK)	
Lv̄" c̄qM I ēe -vcbv (Zw̄EK)	
bḡpvqb I t̄M̄ws	
gvQ AvniY I evRvi RizKiY	
c̄Ag w̄ b	97-104
LwPvq gvQ Pv̄l Kvh̄pg cwi `k̄bi fngKv	
LwPvq gvQ Pv̄l Kvh̄pg cwi `k̄ (ēenwi K)	
I ô w̄ b	105-126
w̄bqngZ cwi PhP	
gvtqi -v̄" ēe -vcbv	
S̄K ēe -vcbv	
LwPvq gvQ Pv̄l Avw̄R wēkH	
LwPvq gvQ Pv̄l bvxi AskM̄oY (t̄Rūvi m̄PZbZv)	
m̄Bg w̄ b	127-144
~t̄h̄M ēe -vcbv I th̄ZK c̄Zt̄va	
tKvm̄c̄p̄i v̄j vPbv	
tKvm̄gj v̄qb I c̄k̄t̄Y cieZx̄gj v̄qb	
mḡvcbx Ab̄pvb	



` j xq Aiatekb cwi Kí bv

v b t 01

mgq t 08.15-09.00

tgqr` Kvj t 45 mgibU

mkivbvg t Df0abx Abjvb	
Afxó `j t grm" Aia`Bt i KgKZP	
j P t AvbjvbK fite LjPvq gvQ PvI tKutmP Df0ab Kiv hvtZ ciklK, ciklYv_xi AvgišZ Aizl_t` i	gitS cwiPiZ NtU Ges tKum_mputKBiZevPK gtbvfiti myo nq
Df k t G Aiatekb -	
	<ul style="list-style-type: none"> • ciklYv_xi myo @ di tg ibtRt` i bvg ibeÜb Kiteb • ciklK, ciklYv_xi AvgišZ Aizl_t` i gitS cwiPiZ NUte • ciklYv_xi gitS tKum_mputKBiZevPK gtbvfiti myo nte

we1 qmip	Avtj vP we1 q	ciklY tKskj	mgq
figKv			3 mgibU
	• -MZ I i tf"Qv	e ³ Zv	
we1 qe-			37 mgibU
	<ul style="list-style-type: none"> • ciklY mgMö weZi Y • myo @ di tg ciklYv_xi i bvg ibeÜb • GKRb ciklYv_xi GKRb AvgišZ Aizl_KZR tKum^o mputK^omsiP B e³e" c0vb • c0vb Aizl_KZR tKum^oDf0ab 	e ³ Zv	
mvi mstPc			5 mgibU
	<ul style="list-style-type: none"> • mKtj i ibeÜb ntqtQ wK bv Zv hPvB Kiv • mKtj B ciklY mgMö tctqtQ wKbv hPvB Kiv • ciklK KZR AvgišZ Aizl_ I ciklYv_xi i ab"ev` Ávcb • cieZr^oAiatekbib mvt_ msthM- mweKfite tKutmP tgšij K AeKvVtgv Ges Avbj w/K we1 qw` Avtj vPbv 	e ³ Zv	
mnvqK mgMö t e"vbi , tivRt-kb dig, ciklY mgMö BZ w`			

Lipiq giQ Pwl e'e'cbr welqK cikpiy tkim©
grm Awa Bi -evsj vt` k

tirRt÷kb dig

cikpiy_PKZR cj Yxq

cYqigt

(evsj vq)
(BstirxZ)

c`ext

Rby Zwil Lt

Kg©jt

cikpiy

thMthMi wKvbt

tUwj tclvb/tgvevBj b¤↑ (hw_ vtK)t

~pt

Zwil Lt

w` b

gvm

ermi

Department of Fisheries, Bangladesh

Training Course on Cage Culture

Duration: From..... to

Venue:

Group Registration Form

No	Name	Age	Education	Place of Posting		Signature
				Upazila	District	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						

Name & Signature of the trainers:

Date:

` j xq Awatekb cwi Kí bv

w bt 1

mgqt 09.00-10.00

tgav` Kvj t 60 wgbU

wkiviwig	t	tKm cwi wPz
Afxó	j	grm Awá Btii KgRZP
j	P	cikTY i tK tKutm tgšij K Kvvtgv, tKutm mvt_ mruMK Avbj wZK Kvhw Ges cikTY i GtK Aci tK fvj fute Rvbv I eSvi mthM `vb, hvtZ Zviv tKutm mweK Kvhw tg AskMh tY Döy nb Ges tLvj vtgj v eÜZcY kTY cwi tek mjo Ki tZ cvi teb
Dfí k	t	G Awatekb tkI cikTY MY
		<ul style="list-style-type: none"> • tKutm mweK j P I Dfí k Ges AeKvvtgv eStZ cvi teb • tKm tK Zv i cZvkv wK Zv e³ KtZ cvi teb • cikTY MY GtK Aci tK fvj fute RvbZ I eStZ cvi teb • cikTY MY mybri ócke i envi Kti cikTY ce gj vqb mruw b Ki teb • cikTY Kvj xb mgfq tkYxKt wbgg tgfb Pj vi Rb GKU bwZgvj v Zvi Ki teb • tKutm mvt_ mruMK Avbj vsMK Kvhw thgb- cpi t j vPbv I cZfve, cZinK Rvb , gw gUvi, MadiU teW cwi Kvj xb KvR wK fute mruw b Ki tZ nq Zv e vL v Ki tZ cvi teb

wel qmP	Avtj vP' wel q	cikTY tKskj	mgq
fugKv		e³ Zv	3 wgbU
	1. -MZ 2. cikTK KZR msinBfute tKutm i "Zje vL v		
wel qe			57 wgbU
	1. cikTY i gts cwi wPz- <ul style="list-style-type: none"> • cÖtg AskMh YKvix t i j Uvi xi gra tg tRvoq tRvoq fM Kiv nte • AZ:ci AskMh YKvix t i `BRb GKmft_ etm bvg, c ex, KgCj , wR tRj v, wCt dj , mL BZ w` wel tq Avj vc Kti ci úitK Rvbteb • metkI `BRb GKt mvgtb wMfq GKRb Ab Rtb i cwi Pq Ztj ai teb 2. cikTY ce gj vqb- <ul style="list-style-type: none"> • cikTK cikTY ce gj vqb i Dfí k , wbgg I mgq mruMK • wbt` Rbv w teb, cke t weZi Y Kiteb Ges Nji Nji Kvi I eSstZ • Amjeav ntPQ wKbv Zv chfe TY Kiteb Ges wbow mgq ci cke t • msMh Kiteb 	thS_ Abkj b GKK Abkj b	15 wgbU 15 wgbU

weI qmWP	Avtj vP weI q	cökΠY tKškj	mgq
	<p>3. cökΠY cÖZvkv</p> <ul style="list-style-type: none"> cökΠYv_ i cÖZKtK GKU ev `vU Kti wfc KvWt` teb Ges G cökΠY t_tK Zvi vK RvbZ ev vLtz PvB Zv wfc KtWqj Lteb cökΠK mKtj i vBku t_tK wfc KvWmsM Kti Zv wfc tertWev t` qvij Sij tq ivLvi e`e`v Ki teb <p>4. tKvmp j Π I Dfik</p> <ul style="list-style-type: none"> tKvmp j Π I Dfik weI qK n`vU AvDU weZi Y, e`vL`v Ges mWKFvte meIB ejStQ vK bv Zv cökΠtj i gva tg hvPvB Ki teb <p>5. mgqmWP</p> <ul style="list-style-type: none"> cökΠK tKvmp mgq mPx weZi Y Ki teb, msWtBf vte e`vL`v Ki teb Ges cökΠYv_ i tKvZ gZvgZ AvtQ vKbv Zv RvbZ PvBteb <p>6. cökΠY bWZgjv</p> <ul style="list-style-type: none"> cökΠK cökΠY KvhpigtK my` i fvt e mru` tb cökΠY bWZgjv vi _ i "Zj mstΠtc e`vL`v Ki teb cÖZK cökΠYv_ i GK UKiv wfc KvWcövb Kti GKU bWZ ev cÖve vj tL Rgv t` qvi Rb` ej teb metktl msMpxZ bWZgjv GKvZ Kti GKU cY% bWZgjv v `Zvi Ki teb <p>7. cÖZvK Rvbj , Mädu teWtj cbiutj vPbv n`vU AvDU weZitYi gva tg cökΠK chqutg cÖZvK Rvbj , cÖZvK cbiutj vPbv I cÖZvfe, Mädu teWtGes gW vglv mruKtAvtj vPbv Ki teb </p>	GKK Abkj b cökΠtj i `j xq KvR e³ Zv	4 vgbU 4 vgbU 4 vgbU 5 vgbU 5 vgbU 5 vgbU
mvi mstΠc	<ul style="list-style-type: none"> gj weI q, tj v mstΠtc cbiutj vPbv cökΠYv_ i tevaMg`Zv hvPvB cieZPÄataektbi mvt_ msthwM -vcb- LvPvq gvQ Pvfl i BvZnmv ev cufiq 	cökΠtj	5 vgbU
mnvqK mvGMt gvKA , wfc KvWcökΠYcegj vqbcT , n`vUAvDU BZv			

LuPvq gvQ PvI e'e' vcbr weI qK cikpiY tKvm[©]
cikpiY ce^ogj vqb cke^oi

mKj cikie gvB mgvb | mWk DEti i cikpiUK Pý (✓) w b

cYgb - 100

mgq - 25 mgibU

bvg.....c` ex.....

Kg^oj

1. KvBvB tj tK me^og KZ mvtj LuPvq gvQ PvI Kiv nq?
 K) 1980 L) 1975
 M) 1986 N) 1990
2. LuPvq PvI thwM PvI w grm cRwZi bvg wj Lj
 K) L)
 M) N)
3. Avgit i t tk LuPvq gvQ PvI RbwCt bv nI qui cib Kvi Y wK?
 K) `Pi Rbetj i Afve
 L) fuj gwbi DcKiY thgb Rv, fvmgb Lv BZ w i Afve
 M) mWk cRwZ bePtbi Afve
 N) Dcti i me, t j v
4. LuPvq Rv, Zixi PvI DcKi tYi bvg wj Lj
 K) L)
 M) N)
5. Avgit i t tk wK AvKvit i LuPvq gvQ PvI Kiv n?"Q?
 K) 10dJ × 5dJ × 6 dJ L) 20dJ × 10dJ × 6 dJ
 M) 30dJ × 20 dJ × 6 dJ N) tKvbuJB bq
6. LuPvq gvQ PvI Avgit i t tk wK NbZi tcvb gRj Kiv nq?
 K) 22/NbwgUvi L) 30/NbwgUvi
 M) 37/NbwgUvi N) 40/NbwgUvi
7. LuPvq gvQ PvI _vBj vfu wK NbZi tcvb gRj Kiv nq?
 K) 22/NbwgUvi L) 30/NbwgUvi
 M) 37/NbwgUvi N) 40/NbwgUvi
8. LuPvq tcvb gRj NbZi wK weI tqi Dci wbf^o Kti?
 K) cwb cibn gw^ov L) Lv^oi YMZ gvB
 M) PvI i tgqr` Kj N) Dcti i meKwU
9. tcvb ci en^oYi Rb^o cij w_b e^o Mi Abtgw Z AvKvi I cj "Zj KZ?
 K) 85 tm.wg. × 51 tm.wg. I 0.08 wgw wglUvi L) 80 tm.wg. × 50 tm.wg. I 0.05 wgw wglUvi
 M) 90 tm.wg. × 70 tm.wg. I 0.07 wgw wglUvi N) 91 tm.wg. × 53 tm.wg. I 0.03 wgw wglUvi
10. LuPvq gvQ tKvB mgq Lv cib Kiv eÜ ivL^oZ nte?
 K) M)
 L) N)

11. LuPvq gvQ Pv‡I 100 M‡g I R‡bi †Zj wmcq‡K w ‡b KZevi Lv` c‡vb Ki‡Z n‡e?

- K) 1 evi L) 2 evi
M) 3 evi N) 4 evi

12. LuPvi gvQ‡K †M‡ws Kivi c‡q‡RbxqZv wj Lp

- K)
L)
M)
N)

13. LuPvq gvQ Pv‡I Pvi wJ ¶‡ZKi c‡Yi bvg wj Lp

- K)
L)
M)
N)

14. LuPv †vctb †v‡b wbeP‡b Pvi wJ weteP wq D‡j L-Ki "b

- K)
L)
M)
N)

15. LuPvq Pvi thwM grm c‡RwZ wbeP‡b Pvi wJ D‡j L-hwM ^eukw wj Lp

- K)
L)
M)
N)

16. tcv‡v c‡i entYi c‡e‡bvw‡i c‡ki Pvi wJ Ki Yxq wq D‡j L-Ki "b

- K)
L)
M)
N)

17. bv‡v‡i c‡ki g‡bv‡m. †Zj wmcqvi tcv‡v gRj NbZj kZvsk c‡Z KZ n‡l qv eiÄbxq?

- K) 200-300wJ L) 250-350wJ
M) 500-1000wJ N) 1500-2000wJ

18. LuPv †‡K gvQ Avni‡Yi c‡e‡D‡j L-hwM Pvi wJ weteP wq D‡j L-Ki "b

- K)
L)
M)
N)

19. gtbvfm. tZj wmcqvtK LuPvq gR` i ci t_#K evRvi RvZ chS` n | R#bi kZKi v KZfM n#i
`#bK Lv` c#qvM Ki v nq?

- K) 25-15% L) 20-12%
M) 8-3% N) 5-2%

20. LuPvq gQ PvI 4wJ S#Ki bvg D#j L-Ki "b|

- K)
L)
M)
N)

21. eZgntb eisj vt` #k LuPvq gQ PvI i Drcv` b g#v KZ?

- K) 10 tK#R/NbigUvi L) 20 tK#R/NbigUvi
M) 5 tK#R/NbigUvi N) 33 tK#R/NbigUvi

22. netkji tKvb tKvb t` #k e'vcKfvt LuPvq gQ PvI Ki v nt"Q?

- K) M)
L) N)

23. t` kx cRwZi tKvb tKvb gQ LuPvq gQ PvI i Rb` Dc#hvM?

- K)
L)
M)
N)

24. cēvngib cwb#tZ LuPvq gQ PvI i myeav wK wK?

- K)
L)
M)
N)

25. ex Rj vktq (cKti) LuPvq gQ PvI i PvI wJ Amyeav wj Lj

- K)
L)
M)
N)

LwPvq gvQ PvI weI qK cñk¶Y tKvm©

mweR j ¶ I Dñi k"

j ¶ t LwPvq gvQ PvI i Kwi Mwi w` K m¤útK©cñk¶Yv_¶` i Ávb I ` ¶Zv e¤x Ki v hv‡Z Zvi v G cñy³W
cwi ®vi fv‡e e‡‡Z Ges PvI mn ms‡ké‡` i‡K Zv Rv‡Z cv‡ib|

Dñi k" t G cñk¶Y tktl cñk¶Yv_¶MY-

- LwPvq gvQ PvI i cUfingmn Gi myearBbK w` Kmgn Rvb‡Z I e‡‡Z cv‡eb Ges eisj vt`k LwPvq
gvQ PvI i fweI `Z m¤‡ebv e¤vL`v Ki‡Z cv‡eb|
- LwPvq gvQ PvI i Kwi Mwi avcmg‡ni Zwj Kv ^Zwi Ki‡Z cv‡eb |
- LwPv ^vc‡bi Dc‡hMx ci‡ek m¤útK©e¤vL`v Ki‡Z cv‡eb |
- LwPv ^Zwi i DcKi Ymgn wPvZKi Ymn Gi wWRvBb Ki‡Z cv‡eb |
- Dc‡hMx LwPv ^Zwi I Rj vktq ^vc‡b Ki‡Z cv‡eb |
- LwPvq PvI Dc‡hMx grm" cRwZ wbePb I gRj NbZj wba‡b Ki‡Z cv‡eb |
- LwPvq gRj Dc‡hMx tc‡bv cñZcvj b Ki‡Z cv‡eb |
- tc‡bv ci‡enbmn LwPvq tc‡bv gRj Kvh‡ig e¤vL`v Ki‡Z cv‡eb |
- my g m¤útK Lv` m¤útK©ej ‡Z cv‡eb |
- bg‡vqb, tMñns, wbg‡igZ ci‡i PhP, gvQ Avni Y I evRvi RvZ Ki Y m¤útK©ej ‡Z cv‡eb |
- gvtQi ^r" e¤e ^vc‡bv I SjK e¤e ^vc‡bv m¤útK©ej ‡Z cv‡eb |
- LwPvq gvQ PvI i m¤te" Avq-e¤tqi wnmve KitZ cv‡eb |

Lipiq gVQ PvI ve l qK cikpiy tKm©

cikpiy mgqmP

cikpiy tgqv` t 07 w b

w b Zwi L	- -08:15 -08:30 -08:45 -09:00 -09:15 -09:30 -09:45 -10:00	- ibeÜb I Dölabx Abjvb	tKm©cvi wZ	Lipiq gVQ PvI i cufwg	Pv wZ	Lipiq gVQ PvI i mœbevt tciZ evsj v` k	Lipiq gVQ PvI DcthwMx -vb ibePb	Lipiq gVQ PvI DcthwMx grm cRwZ	Lipiq gRj DcthwMx tcbv ciZcuj b	mœU Kvj xb KvR
w b-01										newfbœai Yi Lipvi P T AsKb (j xq KvR)
w b-02	cpi vj vPbv ciZfve	Lipv Zwi i DcKiY i wRvBb		Pv wZ	Lipv Zwi i Rj vktq -vcb (ZwEK)	Lipq PvI DcthwMx grm cRwZ	Lipiq gRj DcthwMx tcbv ciZcuj b	Lipv Zwi Li Pj Zj bv (j xq KvR)		
w b-03	cpi vj vPbv ciZfve	(e enwi Kt Rvj öviv wbañi Z AvKt i ` BñU Lipv Zwi Ges % Zwi KZ Lipi cikpiy tK` msj MacKti -vcb)								
w b-04	cpi vj vPbv ciZfve	Lipiq gvtQi gRj NbZibañi Y	bvmi cki t_k tcbv ciwienb i Lipiq gRj (ZwEK)	Pv wZ	Lr` ciqM i e-e-vcbv (ZwEK)	bgvqb tMñws	Lipvi gVQ Avni Y evRvi RvZKiY	Lipiq gVQ PvI Avq-e-tqi wmw		
w b-05	cpi vj vPbv ciZfve	Lipiq gVQ PvI KvhPig ciw` kñ ciw` kñbi fvgKv	Lipiq gVQ PvI KvhPig ciw` kñ e enwi Kt tcbv ciwienb i gRj ; bgvqb tMñws; mñ g mñúj K Lr` ciqM; wbgqZ ciw PhP					gw ciw` kñ ciZte` b ciwq (GKK KvR)		
w b-06	cpi vj vPbv ciZfve	wbgqZ ciw PhP	Lipiq gvtQi -r- e-e-vcbv	Pv wZ	Sjk e-e-vcbv	Lipiq gVQ PvI i Avw_R wetkH	Lipiq gVQ PvI bvi xi AskMñY (tRÜvi mtPZbZv)			
w b-07	cpi vj vPbv ciZfve	thñM e-e-vcbv thñZK ciZtiva	tKm©cpi vj vPbv	Pv wZ	tKm©gj vqb i cikpiy ci eZPgj vqb	mgvcbx Abjvb				

cÖZ'wK RvbF

GKK Abkjxj b

GKK KvR

Abkjxj tbi DfI k" ntj v G tKvtm©A|RZ Ávtbi cÖZdj b Kv hvtZ Avcbi tKvtmP A|RZ Ávb I ^¶Zvi , i"Zj Abjaveb
Kti fvel tZ cÖk¶Y cwi Pvj bvi t¶tI G Ávb I ^¶Zv cÖqvMi e"cvti e"v³MZ AbfWZ msútK©BvZevPK fngKv
cij b KtZ cti b|

1. cÖZ'w tbi tKtI 5-10 mgibU mgq H w tbi wK¶Yxq welq,tj v wbtr wbtr cpi v t j v Pbv Ki "b|
2. tKvmt_k e"v³MZfvte Kx wkljtj b, tKv b welqU Avcbvi Kvto , i"ZcY©WQj Ges fvel tZ wKfvte cÖqvM
Kiteb Zv msu¶Bfvte wj tL ivLtz cti b|
3. wbtr QK Abjvqx msu¶Bfvte cÖZ'wK RvbFj i welqw` wj tL ivLtz cti b|

Kvhþug	Kvhþug t_k e"v³MZfvte Awg wK wklj vg	hv wklj vg wKfvte Zv ev- t cÖqvM Kiterv
cÖZ'wK RvbF	fvel tZ cÖqvRbxq Z_ cwl qvi Rb" cÖZ'wK RvbFj wbqvgZ I e"v³MZ fvte msi ¶tYi , i"Zj	mg - wK¶Yxq welq,tj v Awg G cxWZtZ msi ¶Y Kiterv Ges Avgvi cÖk¶tY G cxWZ Pvj yKiterv

cikYgWDj vPbv

GKK/ j xq Abkjxj b

G Abkjxj tbi Df k ntj v ceP tbi Kvhpg cpi vj vPbv Ges c0 E mvU Kyj xb KvR Dc -vc tbi mfhM mijó Kiv hvZ AskMöYKvi xMY AWRZ AwfÁZv weibg tqi gva tg MZ w tbi Avtj vPbvq tKb weI q RvbZ ev eS Z Amjeav _Ktj Zv mskvab Kti wZ cvtib |

K. cpi vj vPbv | cikYgWDj

mgq t 50 wglbU

wb t Rbv-

1. j Uvixi gva tg MZ w tbi cpi vj vPbv Awatekb Dc -vcvri Rb GKRb cikYgWDj wePb KtZ nte | whib AvtMi w tbi Dc -vcZ mg -Awatekb tK i "ZcYgWDj Yxq weI tqi Dci 5 wglbU e3e i vLteb | e3te i gj weI q nte weI qU wK, tKb i "ZcYgWDj Ges wKfite Zv fweI tZ KtR j wMteb |
2. GKBfite cikYgWDj Avtiv 2 Rb cikYgWDj Uvixi gva tg wePb Kiteb hviv MZ w tbi mg -weI q, tJ wK 2 fM Kti mKtj i AskMöYi gva tg 15 wglbU Kti tgwU 30 wglbU cpi vj vPbv Kiteb |
3. Dctiv3 wRb Dc -vc tKi mweK Dc -vcvri Dci 15 wglbU mg t q c0 tg mKj cikYgWDj cti cikYgWDj fij g, cikYgWDj t teb |
4. tKb AskMöYKvi xi MZ w tbi Avtj vPbvq tKb weI t q RvbZ ev eS Z Amjeav _Ktj Zv mskvab Kti wbb |

L. mvU Kyj xb KtRi Dc -vcvri

mgq t 10 wglbU

1. ceP tbi c0 E mvU Kyj xb Abkjxj bx mW K fite tRt b wbb |
2. wKfite Dc -vcvri Kiteb Zv wba Y Ki "b |
3. tK Dc -vcvri Kiteb Zv wba Y Ki "b |
4. wbb ó mg t q i gta Dc -vcvri, Avtj vPbv | cikYgWDj tkl Ki "b |

MöndU teW[©]

GKK Abkjxj b

GKK KvR

G Abkjxj tbi Dt̄l k̄ nt̄j v tKvtmP weifbaKvhptgi gj̄ vqb | c̄Zfitei m̄thwM m̄po Kiv hvtZ tKvmtU KvhRwi |
Avb` ` vqKfite cwi Pwjj Z n̄"Q wKbv Zv eſtZ Ges c̄kPK KZR c̄qyRbxq c` tPc MhY KitZ cviv hvq |
tKvtmP m̄weK Kvhptgi Dci tKvb gZvgZ ev c̄vgk[©]_vKtj Zv MöndU teW[©]vj wece× Ki "b | c̄kPK c̄Zw` b MöndU
teW[©] L̄eb Ges Dt̄j wZ gZvgtZi c̄Zfve w` teb |

`j xq Añatekb cwi Kí bv

w b t 1

mgq t 10.00-11.00

tgqr` Kij t 60 mgibU

wk̥t̥i vbg	t LuPq gwQ PvI i BiZnm / cUfing
Afxó `j	t grm" Aña` Bt̥i i KgRZfe;
j T	t G Añatekb tk̥t̥l cökTY Yv_xP evsj vt̥ tk̥ LuPq gwQ PvI m̥chvi tY newfboms~v KZK MnxZ AZxZ Df~vM, eZgb Ae~v I Guqvi Kt̥qKu t̥ tk̥i mdj AwfÁZv m̥utK°avi Yv t̥ qv nte hvZ Zvi v LuPq gwQ PvI i BiZnm tRtb D0k nt̥q cökTY Kvhptg AskMbhY Ki t̥Z cvi t̥b
Df̥t̥ k̥	t G Añatekb tk̥t̥l cökTY Yv_xP - <ul style="list-style-type: none"> newfboms~v KZK MnxZ LuPq gwQ PvI i AZxZ Df~vM m̥utK°ej t̥Z cvi t̥b newfboms~v KZK cvi Pvj Z LuPq gwQ PvI Kvhptg eZgb Ae~v e~vL v Ki t̥Z cvi t̥b Guqvi Kt̥Zcq t̥ tk̥i LuPq gwQ PvI i mdj AwfÁZv eYb Ki t̥Z cvi t̥b evsj vt̥ tk̥ LuPq gwQ PvI i mdj Zvq c̥lZeUKZvng ej t̥Z cvi t̥b m̥c̥lZK mgf q LuPq gwQ PvI DEi t̥Yi mPbv ej t̥Z cvi t̥b

we1qmip	Avtj vP we1q	cökTY tKskj	mgq
fngkv t			3 mgibU
	<ul style="list-style-type: none"> ~MZg eZgb Añatekb bi Dci Avtj vKcvz Df̥t̥ k̥ e~vL v D0k Ki Y 	e³Zv	
we1qe~t			50 mgibU
	<p>1. LuPq gwQ PvI i eZgb Ávb I Z_ hvPvB t</p> <ul style="list-style-type: none"> LuPq gwQ PvI m̥utK°Avcbvi v Kx Rvbb? Avcbvi Gj vKvq tKv e~v³ ev ms~vK LuPq gwQ PvI Ki t̥Z t̥ tLtbob wK? Zv t̥ i mdj Zv KZUK? cökTY LuPq gwQ PvI m̥utK°AskMbhYKvi x̥ i eZgb Ávb hvPvB Ki t̥b <p>2. LuPq gwQ PvI wek̥ m̥c̥vq t</p> <ul style="list-style-type: none"> Pxb, Bt̥ vtbukqv, _vBj vÜ, wdiy cvBb, wfqZbvg, tbctv j LuPq gwQ PvI i BiZnm <p>3. LuPq gwQ PvI i AZxZ Df~vM t</p> <ul style="list-style-type: none"> LuPq gwQ PvI evsj vt̥ tk̥ bZb et̥ gtb nt̥j I tek wko ms~v G e~vcv t̥ Df~vM wbtqQj - Zv t̥ i m̥utK°Avgi v KZUKzRwb ? <p>¤ cökTY cökTY Yv_x i AwfÁZv c̥Kvki m̥hvM t̥ t̥b Ges ch̥qptg wbtq e³ ms~v Df~vMmgn e~vL v Ki t̥b</p> <ul style="list-style-type: none"> KwL wek̥e~vq grm" Aña` Bt̥i, grm" Dbqk Kt̥c̥t̥i kb I Kwl e~vK evsj vt̥ k̥ grm" Mte1 Yv Bbw~vJDU, tKqvi -evsj vt̥ k̥ Ges e~vK <p>DEi -c̥lZK mgf q LuPq gwQ PvI DEi -c̥lZK mgf q LuPq gwQ PvI</p>	cökTY i Avtj vPbv	5 mgibU
		e³Zv cökTY	10 mgibU
		e³Zv cökTY	10 mgibU

we1 qmip	Avtj vP" we1 q	cikpiY tKskj	mgq
	<p>4. eisj vt` tk LIPVQ gVQ PvI mdj ZVq cizeÜKZv t</p> <ul style="list-style-type: none"> • tUKmB gvbmrúbaRvtj i Afve • LIPVQ fvmgib DcthvMx Lv` i Afve • LIPVQ PvI DcthvMx grm" cRwZ mbwöZfite WpuyZKi tYi Afve • cikqyRbxq Kwi Mi x w Kibt` Rbvi Afve <p>5. LIPVQ gVQ PvI mvcöZK DÉi tYi mPbv t</p> <p>mwfbaemi Kwi cÖZövbi cvkvcmk eW³MZ Df` vtm Pvü cji i WvKwZqv b` xZ Ges j ²xcji i ingZLyj x Pvbtj LIPVQ gVQ PvI mvcöZK cikpiK Avtj vPbv Ki teb </p>	e³Zv I cikpiEi	10 mgibU
mvi mstpiC			15 mgibU
	<p>1. gj we1 qmga mstpiC cpi vPbv</p> <p>2. Df` k hPvB</p> <ul style="list-style-type: none"> • eisj vt` tk tKvb ms` meëög LIPVQ gVQ PvI i Df` vM MöY Kti • eisj vt` tk LIPVQ gVQ PvI mdj ZVq cizeÜKZv mgn wK • eZövbt tKvb tKvb ms` ev eW³ chiq LIPVQ gVQ PvI Kvhqig Pvij tq hv"Q? <p>3. n'vU AvDU weZi Y</p> <p>4. cieZP Aiatektb i mvt_ msthvM vcb- eisj vt` tk LIPVQ gVQ PvI i mvcöebv </p>	e³Zv I cikpiEi	7 mgibU
mnwqK mvgM t gVKH , n'vU AvDU BZ'w`			

LuPvq gvQ PvI i cUfng

meifbaei tYi Rj vktq wqsz cwi tek, DcthvMx AvKvti i LuPv -vcb Kti AwaK NbZi ewYR Kfite gvQ Drcv` tbi cibz ntj v LuPvq gvQ PvI | Avgit` i t` tk mvcZK mgtaq LuPvq gvQ PvI bZb AwZtK ii" ntj I wek; A'KqvKj PvI LuPvq gvQ PvI i BiZnm AfbK cji vtv| LuPvq gvQ PvI i mPbv nq Pxibi BqyS b`xZ AvbgwibK 750 eQi AvtM| Avi cib`BkZ eQi AvtM KvpuPvq LuPvq gvQ PvI ii" nq, thLvtb tRtj iv gv,i gvQtK evtki LuPvq gRj KtZv evRvi RvZ Kivi j tP| cibz MZ DrKI Zvi Kvi tY AvabK Kvjt LuPvq gvQ PvI pgwMZ fite Rbwicq ntq DtVtQ|

LuPvq gvQ PvI wek; mvcq vq

evsj vt` tk 0LuPvq gvQ PvI 0 bZb ntj | Gikqvi wKQyt` k thgb Pxb, _vBj vE, Bt` vtbwckv, wdwj cvBb, wfqZbvg Ges tbcvij Gi cibj b tek cibx | Gikqvi Abvb` t`ki tPtq evsj vt` k LuPvq gvQ PvI i tP|t` AfbK wciQtq itqtQ| t` mgtaqi e'eavtB Gikqvi meifbaet` k cibZthwMZvgj Kfite LuPvq gvQ PvI cibZ DbwZ mwab Kti tQ| Gt` i AwaKvskB LuPvq tZj wmcq PvI Kti gj Zt AvSRazK i Bvbx ewYtR`i Rb`|

Gikqvi gnit` tk i metPtq eo i BvbxKvi K t`k ntj v ZvBI qvb | tmf` tk 50 t_k 100 Møg | Rtbj tZj wmcq LuPvq gRj Kti 500 t_k 600 Møg | Rtbj tZj wmcq Drcv` b Kti wdj U (fillet, piece of meat or fish without bones) AvKvti i Bvbx Kiv nq| t`ki D"p , YMZ gvtbi tZj wmcqvi wdj U i BvbxZ kxtl^Ae vB KtQ| ZvBI qvb i ay 2006 mtj , 20,000 tgwUK Ub tdtRb tZj wmcqvi wdj U i Bvbx Kti tQ|

Pxb LuPvq gvQ PvI tek Rbwicq| mautK Lvevi cibqtm Mi gva`tg LuPvq tZj wmcqvi Kgb KvtcP PvI e'vcK Rbwicq| tQvU LuPvq AwaK NbZi gvQ PvI i cibj b PxbB cibg ii" nq| tQvU LuPvq Kgb Kvc^A_ev tZj wmcqvi PvI Kiv ntQ| 2006 mtj Pxb i ay Avtgi KvZ 63 nvRvi tgwUK Ub tZj wmcqvi wdj U Ges 40 nvRvi tgwUK Ub tdtRb tZj wmcqvi i Bvbx Kti tQ| B`vbs wR^tejql BDtivtci evRvi ZvRv I tdtRb tZj wmcqvi wdj U i Bvbx i i" Kti tQ|

Bt` vtbwckvq LuPvq gvQ PvI Rbwicq ntj | Rvfi AAtj Gi cibj b metPtq terk | Rvfi OmivZvO tj tK cib 30,000 LuPvq gvQ PvI Kiv ntQ| tmLvtb fmgvib LuPvq wctj U Lvevi e'envi Kti cibZt Kgb Kvc^gvtQ PvI Kiv nq| `B`+ meiko Rvtj i LuPvq wZt i Rvtj Kgb Kvc^Ges evBti i Rvtj tZj wmcqvi gvtQ PvI Kiv nq| G cixZtZ Kgb KvtcP wbtmZ gj | cibZv3 Lvevi tZj wmcqvi tLq vK| AfbK PvI iv j yj tZj wmcqvi Drcv` b Kti, hv vbxq evRvi meiko Kiv Qrov i wek; tK i Bvbx Kti vK| Bt` vtbwckv 2006 mtj 7.1 nvRvi tgwUK Ub tZj wmcqvi wdj U i Bvbx Kti Avtgi KvZ|

_vBj vU i vP|YvAAtj Lp mvarv Y Rvj w tq %Zvi LuPvq tKvij ev tfUKx gvtQ PvI Kiv nq GK eQi tgqit` i Rb`| mgj t_k K Avnvi Z evtR gvQ (tQvU gvQ) LuPvZ gvtQ PvI L` vntmte t`qv nq| _vBj vU i tK` i AAtj i wKQy wKQy b`xZ evtki tfj vq fmgvib KvVi %Zvi LuPvq gvtP tMwv gvQ PvI Kiv nq, hvi AwaKvsk i Bvbx Kiv nq| G gvtQ PvI L` vntmte Abvb` tQvU gvQ (trash fish) e'envi Kiv nq|

Awki `kK wdwj cvBtbi evrmvi K tZj wmcqvi Drcv` b wQtj v 16,000 tgwUK Ub; tmLvtb 2002 mtj Gtm Zv` wovq 1,22,000 tgwUK Utb| Avi Gi wmsn fMB AvtM LuPv t_k K | wdwj cvBtbi meifbaetj tK LuPv -vcb Kti mgevtqi wfwE^Z e'vcKfite tZj wmcqvi gvQ PvI Kiv nq| evtki KvvtgtZ cibwqj b Rvj w tq %Zvi LuPvq wctj U Lvevi mieivn Kti 4-6 gvm tgqit` tZj wmcqvi gvQ PvI Kiv nq| tmLvtb LuPvq Lvevi gvQ Drcv` tbi cvkycwK tcbv gvQ PvI Drcv` b Kiv nq - hv` i bwmwLuPv etj | ZvQrov wKQy LuPvq evBg (Cj) RvZxq gvtQ PvI Kiv nq, thLvtb gZ tZj wmcqitK Lvevi wnmvte e'envi Kiv nq| wdwj cvBtbi wKQy wKQy tK 30% A_ev Zvi I AwaK Gj vK Rjo LuPv -vcb Kiv ntqtQ Ges LuPvq e'vcK ntj mautK Lv` cibqtm Mi dtj t`ki cibZtZ cibKZK Lvevi i cibgvY AcibZwKZfite tetj tMtQ| GRb` cibZtZ A`Rtbi gvI vnm tctq cibB gvQ gvI hvq|

wfqZbvtg tmZkxj b`xZ LuPvq Rj R AWMQv mieivn Kti Mm Kvc^I tZj wmcqvi PvI Kiv nq| G e'e'vcbq tZj wmcqvi gvQ Mm Kvc^P eR^ (gj) tLq vK| GK tKtR I Rtbj gvQ Drcv` b KtZ 35-40 tKtR meR Dv^t` i cibqRb nq| G cixZtZ 35 NbigUvti i LuPv t_k K cibZ eQi 1.5 - 2.5 tgwUK Ub chS-gvtQ PvI Drcv` b ntQ| G mKj

Lipvg eo mvBtRi (5-6 BiÅ) tcvbr gRj Kiv nq | cÅZw b cÅpi cwi gvtY meR Dwmt` i cÅqvRb nq etj Pwl t` i eÅvCK Kg w tZ nq |

tbcvij i KwgjUj cÅdtg tcvLj Gj vKvi tj tK Lipvg weMtnW I wnj fvi Kvc©gvtQi PvI Kiv nq Ges Aí cwi gvtY Lveri cÅqvM Kti A_ev tKvb Lveri cÅqvM bv Kti 2 eQti i l teik mgq ati j vj b-cvj b Kiv nq | tj tKt cÅbftZ chPb cwi gvtY cÅKwZK Lveri _vKvq G mKj Lipvg gvtQi Rb" evowZ Lveri mi eivtni cÅqvRb nq bv| ZvQov tbcvij i grm" Awa`Bi wR^-Lvgvti wctj U Lveri mi eivn Kti gnvtkj | i "B-RvZxq gvtQi Mtei Yvqj K PvI KvhPg cwi Pvj bv KtQ |

Lipvg gvtQ PvI evsj vt` k t

ewyvR^Kfvté Lipvg gvtQ Drcv` btk evsj vt` tk 1977 mvjt meÅl g RvZxq Dbqg KgmPi AÅf3 Kiv nq | 1978 mvjt evsj vt` k Kwl wekje vj q | grm" Awa`Bi, evsj vt` k cixTvgj Kfvté Lipvg gvtQ PvI i Df` wM Mtb Kti | mxgZ cwi mti i G KvhPg mgq mgq cwi Pvj Z nq gj Z Mtei Yv I oñZtKvEi QvT - QvT x` i cWutgi Ask intmte |

1980 mvjt grm" Awa`Bi, evsj vt` k, evsj vt` k grm" Dbqg KtcPi kb | evsj vt` k Kwl eÅstki thS_ Df` wM KvBvB tj tK meÅl g Lipvg gvtQ PvI cÅKt nvtZ tbqj Zte `eP e`vcbv, cÅqvRbxq KwiMix c`tPci Afvté cÅKt i KvhPg Avkvbjfc dj vdj j vt` f e`vqj Gici 1986-1987 mvjt grm" Awa`Bi, evsj vt` k, KvBvB tj tK 7.0×7.0×2.5 NbvUv AvKvji i Lipvg BwÜqgb tgRi Kvc©PvI Kti 10 gvm tgqj` x dmj AvniY Kti | nvtZ evbvtv Lv` wfp G cÅPovl mtsh RbK dj cÅkfb e`vqj |

t`tki weÅfbæ`vbt grm" Awa`Bi, evsj vt` k KZK 1981-1984 tgqj` Lipvg gvtQ PvI i Dci tek wKQz cixTvgj K KvhPg cwi Pvj bv Kiv nq | Zbta" avbgiU tj tK 7.0×4.0×2.5 NbvUv AvKvji i fvmgbv Lipvg bvBtj wUKvi PvI Dfj HtM, Zte GtPit` evPvi nvi mtsh RbK ntj | tmLvtb Lipvg bvBtj wUKvi Drcv` b mtsh RbK nQj bv| GKB vbt 1983-1984 mvjt Lipvg i "B, KvZj v, gtmj, wnj fvi Kvc©weMtnW Kvc©I bvBtj wUKvi PvI Kiv nq | GtPit` me cÅRwzi gvtQiB gZj nvi wQj teik I Drcv` b wQj wZvSB Kg| Dfq tPit` tj tKt cÅb`tY, Rvtj i cÅKwZ i gvtQ wÅbvt` i AfvetKB eo cÅzeÜK gtb Kiv nq |

1987-1991 evsj vt` k grm" Mtei Yv Bbw-wDU KZK KvBvB tj tK Lipvg gvtQ PvI i lci weÅfbæcixTvgj wbi xTvgj Kiv nq | GK ermi tgqj` PvI nvtZ %ZwI Lv`" mieivn Kiv nq | GtPit` tZgb mtsh RbK dj cÅl qv hvq w |

1992 mvjt tKvi -evsj vt` k i Df`i cÅdgrm" mÅcÅhvi Y cÅKt GKIU gijn v`j tK wbtq isctii KKi"j wejt Lipvg gvtQ PvI i Df` wM tbqj cieZxPZ wejt i BRviv`vi cwi eZfbj Kvi tY G KvhPg eÅ nq hvq | Df`i-cÅdgrm" mÅcÅhvi Y cÅKt mivmvi wKQ zgnj v`j tK wbtq wPvi e`t i KuKov b`xZ Ges cveÅxcji i weÅfbæ`vbt 1993-1995 tgqj` Kvtj Kvtj Lipvg gvtQ PvI KvhPg mtsh RbKfvté cwi Pvj bv Kti | GLvtb KuKov KZK Rvj tKtU t`qv GKv eo cÅzeÜK ntq `wovq | 1996 mvjt Df`i cÅdgrm" mÅcÅhvi Y cÅKt Avi wAvi Gm Gi mvf_ Aw` Zgvix I wGj vtZ cixTvgj Kfvté Lipvg gvtQ PvI i i" Kti | Df`i cÅdgrm" mÅcÅhvi Y cÅKt Gi AwfÅZvq t` Lv hvq Lipvg PvI i Rb" metPfj fvij v cÅRwZ ntj v tZj wicq; Gi ciB cvsmvtmi Ae`v |

Dcti i Avtj vPv t_k t` Lv hvq, evsj vt` tk Lipvg gvtQ PvI i Rb" mi Kwi l temi Kwi weÅfbæcÅv wÅbvt` weÅfbemgtq Df` wM Mtb Kti | wKs`tKvb tPit` Kwi LZ dj j vf nqwb | A_P GKB mgq cÅexi weÅfbæ`k wekti Kti `wÅY-ce`Gikv eo weÅfbæ`k Lipvg gvtQ PvI AfweZ mvdj" ARt Kti | Avgt` i t`ki cÅv`c` Zvi wCQtb KtqKwU tgÅvij K Dci vtbi AfvetKB Kvi Y wÅmvté wPwUZ Kiv nq | tm, tj v wÅgjefct

tUKmB gvbmxÅbvt` i Afvet

Lipvg e`envti i Rb" Avgt` i t` tk th mg`-Rvj ^Zwi Kiv nÅZv tm mg`-Rvj KuKov ev Abv`b" TÅZKi cÅYx tKtU tdtj tZv| G QovvI Rvj memgq cÅbftZ _vKvi dtj ZvovZwo cÅP thtZv| Gme mgmvi Rb" Lipvg gvtQ PvI cÅhvi j vf KtZ cÅt biB| G mgm`v mgvarbi Rb" G aitbi Rvj ^Zwi bv Kti we`k t_k Rvj Gtb Lipv ^Zwi i KvR mgvarb Kiv nÅZv| G `tj cÅqv mxgZ cwi mti i ay gvt` mi Kwi cÅÅv wÅbvt` weÅfbæ`k wekti Kti cÅÅv`i bÅMvtj i

wfZti wQj v| eZgib Avgut` i t`tki d'v+wi ,tj v DboZ gvtbi RvJ ^Zvi Kivi dtj tUKmB gvb mubebRvtj i Afve `+ ntqfQ|

LuPvq eenvi DcthwMx fvmgb Lvt` i Afve t

i i `tZ th mKj cikZob LuPvq gvQ PvI i Df` "M MbtY Kti tQ, mKtj B wbtRf` i ^Zvi Lv` " ksev ewyR"K Kvi Lvbvq Drcw` Z Lv` " eenvi Kti tQ, hvi meB wQj v WeS-Lveri | GfZ LuPvq wfZti tUfZ Lv` " cikvbi Kvi tY AhwPZ Lv` " AcPfqi dtj Drcv` b e'q epx tcZv| fvmgb Lv` " bv _vKvq LuPvq gvQ Drcv` bKvixiv axi axi Drcv` tb wbi "rmwvZ ntqfQ| eZgib t`tk tek KtqKu cikZob ewyR"Kfvte fvmgb Lv` " cikZ Kivq LuPvq gvQ PvI i DcthwMxZv eu ,tY epx tcZqfQ|

LuPvq PvI DcthwMx grm" cikRwZ wbePtb ` ePZv t

LuPvq gvQ PvI i Rb` tKvb&tKvb&cikRwZ Dchj3 tm m=ufK" GZw` b chS-tKvb my uo w K wbtRbv cvl qv hvqjb| LuPvq gvQ PvI i Rb` Gikqvi newfbet` tki AwfAZvq metPfq DcthwMx grm" cikRwZi gta" i tqfQ gtbvfm. tZj wmcqv ,tKvij ,cvvam, tkvij , _vB ^upcJ, KgbKvc" K BZ"v| Avgut` i t`tk LuPvq gvQ PvI i Rb` gtbvfm. tZj wmcqv AZ" S-DcthwMx cikRwZ mmvte cikwobZ ntqfQ| gv1 cip Qq eQi AvfMI Avgut` i t`tk gtbvfm. tZj wmcqv tcvby Drcw` Z ntZv bv | _vBj vU t`tk mxigZ cihi givY gtbvfm. tcvby Avg`vbx ntZv hv gj Z: cikti grm" Drcv` bKvixMYB eenvi Kiti Zb| eZgib t`tki newfbet` tki eumsL"K gtbvfm. tZj wmcqv n"vPwi "wicZ nI qvq tcvby mieivn AtbK epx tcZqfQ|

cikqRbxq Kvi Mix w` Kvb` Rbvi Afve t

Avgut` i t`tk mi Kvi I temi Kvi chfag Djf wZ mgvexZvi gvtSI th cixPv wbi xPv ,tj v Kiv ntqfQ Zv Pwv` vi Zj bvq wQj v wZvSB AcZj | cikexi newfbet` tki thLvtb mgf` i cikwobZ cikti AvKvzi LuPv` vcb Kti ^fycwb t`k j eYv3 cwbi eu cikRwZi gvQ PvI Kiv ntQ; tmLvfb Avgut` i t`tk Awakvsk tPfT cikti Pjz AvKvfi i (GK NbngUvi) LuPvq gvQ PvI i Df` "M tbqf ntqfQ| ciktek l mgfqi mt_msMuZcY" DcthwMx AvKvfi i LuPv` vcb l h_vh_ Kvi Mix w` Kvb` Rbvi AfveI LuPvq gvQ PvI Rbwicq nI qvi tPfT evav ntqfQj v| grm" Aw`Bi , grm" Mtel Yv Bbw" wDU, tKqvi evsj v`k, e"vK BZ"Kvi tbZ"vbxq cikZobtbi avivewnK cikPovq tZgb Df` LhtwM" dj vdf j vf bv KivfZ Gf` t`k `xN"b LuPvq gvQ PvI Avi tKvb Df` "M tbqf qvq|

DEitYi mPbvt

grm" Aw`Bi, evsj v`tki Avi Zvq 2001 mvj grm" cikTY I m=cfhvi Y cikti i gva"tg 18 Rb KgRZtK Ogtbvf. tZj wmcqv exR Drcv` b, cvvam Kf g cikRbb I LuPvq gvQ PvI o Gi Ici cikTY MbtYi Df` t`k _vBj vU tcY Kiv nq| cikTY tkfI t`tk wdti ^eAwbK KgRZP Rbve tgvt Avmv`j evKx ciky3MZ mnvqZv cikv Kti j 2xcj m` i DctRj vq e"v3 givj Kvbxaxb gtbvfm. tZj wmcqv n"vPwi I tZj wmcqv Drcv` b Lvvi 0AvfA wdkvixR0 "vcb Kti b | Kugj wRj vi wki bMix Gj vKvq (ewmK) Aew"Z RvJ I myv d'v+ix 0dwi` dvBevi Gf DBwfs wj wgtwO Gi ^ZvavKvi x Rbve tgvt tej wj tnvtmb d'v+ix msPvS-AwfAZv ARfb i Rb` _vBj vU mdi Kti b| RvJ d'v+ixi Kvi R _vBj vU mdi Kvi j wZv LuPvq gvQ PvI t`L AbcikYZ nb| wZv evsj v`tk LuPvq gvQ PvI i m=febv t`L wR" d'v+ixZ LuPv` Zvi i DcthwMx RvJ Drcv` b i` Kti b| AZtci 2002 mvj i tmPfP"t gvtm wZv ZrKv j xb tRj v grm" KgRZP Pv` cji mnthwMxZvq h_vh_ KZfPj AbgjZ wbtq WvKwZqv b`xtZ ciky3K fvte 12w LuPv` vcbi Df` "M tbb| BtZvgta" grm" cikRbb I cikTY tK` ; i vqci , j 2xcj G KgPZ Rbve tgvt Avmv`j evKx 2002 mvj i Rj gvtm e`j x ntq grm" cikTY Bbw" wDU, Pv` cji thwM` v b Kti b Ges _vBj vU cikTYj ä AwfAZv Avfj v`K WvKwZqv b`xtZ LuPvq gvQ PvI i Df` vtm Mi wbtK m=uf3 Kti b| m=WK Kvi Mix mnthwMxZv I cikqRbxq newbtqfMi gva"tg WvKwZqv b`xi Pv` cji m` i DctRj vi i Njv_cji mi Kvi cikBgvix ^j msj MeAstk "wicZ LuPvq gvQ PvI Pj tZ _vK | cip ermti i wbeo cikPov I h_vh_ Kvi Mix e'e'vcvri AMwZi gva"tg Gi mdj Zv AvfM| mgfqi e'eavtbo axi axi

Lipaq gvQ PvI GKK c̄RwZ (ḡb̄t̄m- t̄Zj w̄c̄q̄) Drcv` t̄bi w̄t̄K PwI t̄ i ` w̄o t̄Kw̄ FZ nq| Pw̄n` v Abjhvqx evRv̄i ew̄YR̄ Kfv̄te Drcw̄ Z ḡt̄Q i f̄mgv̄ Lvevi mnRj f̄ nt̄q hv̄q| c̄ieZx̄ B erm̄ti μgv̄št̄q WwKw̄Zqv b̄x̄t̄Z Av̄t̄v Qq̄w̄U -v̄t̄b Lipaq gvQ PvI i wēw̄Z Nt̄U| grm̄ c̄ik̄t̄Y Bbw̄w̄DU, Pw̄n c̄j Gi D̄3 KḡRZ̄P Lipaq gvQ PvI i c̄h̄ȳ3 m̄c̄h̄v̄i t̄Y c̄q̄v̄m̄ nb̄ j T̄x̄c̄j t̄Rj vi Aš̄w̄Z m̄ i Dct̄Rj vi Kt̄qKRb D̄t̄ v̄3v̄K v̄b̄t̄q tgNbv b̄xi ingZLvj x P̄v̄t̄bj w̄Zw̄b 2006 m̄t̄j i R̄j gv̄t̄m Lipaq gvQ PvI i i" Kt̄ib| gv̄t̄ GK eQ̄ti i ēeav̄t̄b ēw̄3 D̄t̄ v̄t̄M D̄3 P̄v̄t̄bj c̄iP kZw̄aK Lipaq gvQ PvI GK ecēt̄K Kvh̄p̄g i i" nq|

ēw̄3 D̄t̄ v̄t̄M G `ju t̄Rj vq D̄t̄j w̄Z -v̄t̄b eZ̄v̄t̄b c̄q AvU kZw̄aK Lipaq ḡb̄t̄m- t̄Zj w̄c̄q̄ gvQ PvI Kiv n̄t̄Q, hv̄ t̄t̄K erm̄ti Avb̄gv̄w̄bK 500 Ub i B̄v̄bx Dct̄hv̄Mx t̄Zj w̄c̄q̄ Drcv` b Kiv n̄t̄Q| m̄w̄K Kw̄i Mw̄i w̄Kw̄t̄ Rbv I Z̄Ēyeav̄q̄t̄bi dt̄j G Lipaq t̄j vi Drcv` b m̄w̄K Mw̄Zct̄_B AM̄hi n̄t̄Q Ges w̄b w̄b Gūl m̄c̄h̄v̄i Z n̄t̄Q| Avi G ēēv̄cbvi Ab̄Ki t̄Y t̄t̄ki wēw̄fb̄ēv̄t̄b Lipaq gvQ PvI c̄h̄ȳ3w̄ ax̄i ax̄i c̄h̄v̄i j v̄f Ki t̄Q|

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wk¶i vbg t	LuPvq gvQ PvI i mætebv t tñZ evsj vt` k
Añoxo` j t	grm` Añia` Btii KgZñE;
j ¶ t	G Añatekb cök¶Yv_xP i tK evsj vt` k LuPvq gvQ PvI i mætebv mæútK®cwi cY®avi Yv cñvb Kiv nte hvZ Zviv LuPvq gvQ PvI i tñZ I meavmgn eSñZ cvtib Ges G wel tq Dñk ntq LuPvq gvQ PvI Kvh®ig mæctñi tY AMYx fñgKv cvj b Ki tZ cvtib
Dñk t	G Añatekb tktl cök¶Yv_xM -
	<ul style="list-style-type: none"> evsj vt` k ne ` gyb newfbraitYi Rj vkkq I Dñt i AvqZb mæútK®ej tZ cvtib LuPvq gvQ PvI i DcthñM Rj vkkqmgñ mbv³ Ki tZ cvtib evsj vt` k LuPvq gvQ PvI i th Dñqj mætebri i "ZçY®i Kmgn ej tZ cvtib LuPvq gvQ PvI msñke-eügLx BiZerPK cfvemgn ej tZ cvtib

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	<p>evsj vt` tki Rj R mæú-</p> <ul style="list-style-type: none"> evsj vt` tki Kx ai tYi Rj vkkq AvtQ ? G mg -Rj vkkq tKib tKib AAñtj Aew-Z ? wk¶Yxq we l qmgn- <table> <tbody> <tr> <td>- b` x</td> <td>- bñj v</td> <td>- Lñj</td> <td>- wej</td> </tr> <tr> <td>- nñl i</td> <td>- eñl o</td> <td>- nñ</td> <td>- cñki</td> </tr> <tr> <td>- `ññN</td> <td>- tgvnby</td> <td>- Lñwo</td> <td>- tñWev</td> </tr> <tr> <td>- tññi wñcU</td> <td>- mgj `BZ`w</td> <td></td> <td></td> </tr> </tbody> </table> <p>¤ cök¶K Rj vkkqmgñni AvqZb I aib eñLv Ki tib </p>	- b` x	- bñj v	- Lñj	- wej	- nñl i	- eñl o	- nñ	- cñki	- `ññN	- tgvnby	- Lñwo	- tñWev	- tññi wñcU	- mgj `BZ`w			e³Zv I cökEi	15 wgbU
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	<p>Rj R mæút` i eñenvi</p> <ul style="list-style-type: none"> evsj vt` tki AvtÑñb Rj vkkq tñ vtZ wk K aitYi gvQ PvI Kvh®ig MñY Kiv th tZ cvtib ? wk¶Yxq we l qmgnÑ <table> <tbody> <tr> <td>- tñt i gvQ PvI</td> <td></td> </tr> <tr> <td>- Dñññ Rj vkkq tcvbñ gRj</td> <td></td> </tr> <tr> <td>- tctb gvQ PvI</td> <td></td> </tr> <tr> <td>- Afqvkg myó</td> <td></td> </tr> <tr> <td>- Kvñ wñkvix</td> <td></td> </tr> <tr> <td>- cñki gvQ PvI</td> <td></td> </tr> <tr> <td>- mgññZ gvQ PvI</td> <td></td> </tr> <tr> <td>- LuPvq gvQ PvI</td> <td></td> </tr> </tbody> </table>	- tñt i gvQ PvI		- Dñññ Rj vkkq tcvbñ gRj		- tctb gvQ PvI		- Afqvkg myó		- Kvñ wñkvix		- cñki gvQ PvI		- mgññZ gvQ PvI		- LuPvq gvQ PvI		e³Zv I cökEi	15 wgbU
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we1qmP	Avtj vP ^m we1q	cik ^m Y tKskj	mgq
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mvi mst ^m tc			10 mgibU
	<ul style="list-style-type: none"> • gj we1qmga mst^mtc c^mivtj vPbv • cik^mEti i gva^mtg D^mt^tk^m hvPvB- <ul style="list-style-type: none"> - evsj vt`kvi Rj v^mqmgntK Kqfv^mM f^mM Kiv hvq? - evsj vt`k c^mK^mti i AvqZb KZ? - evsj vt`k gj^m Rj vktqi tgwU AvqZb KZ? - tKvb ai^tYi Rj v^mq LwPvq gvQ Pv^tl i Rb^m Dc^mthwMx ? - LwPvq gvQ Pv^tl i m^mtebgq w`Kmga Kx Kx ? • n^mU AvDU weZiY • cieZ^mAvatek^tbi m^m_ m^mthwM -vcb- LuPv -vc^tbi Dc^mthwMx cwi tek 	cik ^m Ei	
mnvqK mvgM ^m t gvK ^m , w ^m DRic ^m U, w ^m dePvU ^m n ^m U AvDU BZ w ^m			

evsj vt` tk LuPvq gvQ PvI i mætebv

tQuU `j xq Abkjxj bx

G Abkjxj bxi Df' k" ntj v- evsj vt` tk we` "gvb Rj vkkq | Avbj w/K weI qm` weI Pbvq LuPvq gvQ PvI i mætebvgq
w` Kmgn mæútK®RvbZ cviv|

KvRi aviv-

1. cikTYv_xP i 4W `tj wef³ Kv nte Ges cIZ^K `j tk gyKf | wbDR wcU mieivn Kv nte|
2. `j xqfvte mweR weI q Avtj vPbv Kti Zvi v evsj vt` tk (weI Z: wbR wbR AÄj wfEK) LuPvq gvQ PvI i
mætebvgq w` Kmgn PwyZ Ki teb|
3. Avtj vPbvq cIB dj vdj wbDRwcU wj tL `j xq cIZbwai gva tg eo `tj i mgfb Dc^-icb Ki teb|

mgq-30 wgbU

LuPvq gvQ Pv‡l i m¤tebit tc‡lZ evsj vt` k

evsj vt` tki eK wPti i tqtQ Rvij Kvi b`vq web" -AmsL" b`x, bvj v, Lvj , wej , nvl i l evl o| Gi gta' 10.32 j ¶ tn±i b`x-bvj v, Lwo l tgvnbv AÄj ; 28.33 j ¶ tn±i cvebfig l nvl i; 1.14 j ¶ tn±i wej ; 5.5 nvRvi tn±i evl o; 68.8 nvRvi tn±i KvBvB n‡ Ges 3.05 j ¶ tn±i cKi | Avengib Kvj t‡KB Gme b`x, bvj v, Lvj , wej , evl o, n‡ t‡K Avgiv gvQ Avni Y Kti AvniQ| µgeaqvB RbmsL"v, eQt i ci eQi b`xewnZ cij, thwMthwMi Rb" mpwfbœ eva, tmZl Kvj fvU®e"vcK wklvqtb i dtj Kj Kvi Lvbi eR"bz"Kvi cfvte AvR b`xbvj vi cOKlZK grm" m¤ú` ûgwiKi m¤lLb| Aciw tK newfbetmp cKt i Avl Zvq Acwi Kvi Z eva wbgY, i® tgsm‡g wbePv‡i cwib tmP, evm"v, Kj Kvi Lvbi l newea Kvi tY Rng fivU Ges mtefcvi Kwl R Rng‡Z wbePv‡i e"eÜZ KxUbvk‡Ki cfvte Lvj wej , tj v| AvR Zv‡ i gtQo cPh"Zv nviv‡Z etmtQ| Averi Avgit i t` tki AiaKsk cKi wtki Kti MögvÄtj i cKi , tj v eügwj Kvbxvzb _vKvq Ges Dchj³ eügEx Kwi Mix e"e"vcvbi Afvte G,tj v t‡K c‡lwkZ gvñvi Drcv` b m¤e nt"Q bv (Z_ m¤t ewl K c‡lze` b, 2005-2006; grm" Aia` Bi, evsj vt` k) |

Gtnb cwi wZ‡Z Avgit i Rj vkk, tj v h_vh_ e"e"vcvbi Avl Zvq Gtb eügwj K e"en‡i i gva"tg t` tki mweK grm" Drcv` b eyx Kiv Ri"ix| mviv wtki wtki Kti i w¶Y-ce"GiKqvi wefbet` tk Avajok c‡l³‡Z LuPvq gvQ Pv‡l i Ktj ei eyx i mvt_ mvt_ Gi c‡l³MZ DrKlZvI eyx tctqtQ| ev"e Ae"v ch‡e¶Y I Pv‡i i WkWZqv b`xZ `xNQq eQt i LvPvq gvQ Pv‡l i AifÁZv t‡K t`Lv hvq, evsj vt` tki Af"ShxY g³ Rj R m¤ú` i we"Z Astki cwbi , Yv, Y, tf\$Z cwi tek, cwi cwkZv, cwbi clevn, cwbi Mfxi Zv BZ"v Avajok c‡l³‡Z LuPvq gvQ Pv‡l i Rb" AZ"š-DcthwM|

Avgit i t` tki AiaKsk b`xZB Kg teik mviv eQi clevn we"gvb| Gi gtS w¶YvÄtj i b`x, tj v‡Z G‡Kev‡i tgvnbv t‡K i i" Kti t` tki wbgga"vÄj ch‡-mM‡i i cfvte trvqi fvUvi Kvi tY wglx clevn j ¶Yq| Avi t` tki ga"vÄj t‡K DËivÄj ch‡-we"Z b`x, tj v‡Z GKgEx clevn j ¶ Kvi hvq| G b`x, tj vi cvtoi AtbK AstkB i tqtQ Lvov Mfxi Lwo, hv LvPv "vcvbi Rb" DcthwM| gj b`x l G‡ i kvLmg‡n tm‡Zi ZxeZv wetePbvq wefbetZj tcvbi gRj Kti LuPvq gvQ Pv‡l Kiv m¤e|

wej l evl o, tj v hw` l mviv eQi b`xi mvt_ msfhwM wtki bv Z_wic AtbK, tj v‡Z axi MwZi cwib clevn we"gvb| Averi th, tj v‡Z G‡Kev‡i B tm‡Z t`Lv hvq bv A_ev gj tKv b`xi mvt_ msfhwM tbB Ggb wej ev evl to we"Z Rj vktq evqj‡etni Kvi tY memgq cwbtZ axi MwZi mÄv b cwi j w¶Z nq| cwi exi wefbet` tki mvti wekyj AvKv‡i i LvPv "vcvbi AbKt i G mKj Rj vktq eo LuPv "vcvbi Kiv m¤e| G‡¶‡i nq‡Zv ev gj b`x clevn wicZ LvPv b`vq D"p gRj NbZj wZ Kiv Kwi Mix wK t‡K mWk nte bv Zte we"Z Gj vKvq LvPv KvhRix AiqZb eyx Kti givSvix gRj NbtZj c‡lwkZ Drcv` b Kiv m¤e|

Avgit i t` tki cKi - wNi eügwj Kvbx RwbZ mgm" DËitY G,tj v‡Z cwi wZ msL"K LvPv "vcvbi Kti -† NbtZj gvQ Pv‡l Kiv m¤e| Zte G‡¶‡i j ¶Yq th, cKt i cOKlZK Lv‡ i cPh"Zv I Aizgvñvi K` g³ Zj t` tki wetePbvq Kg Aw tRb gñvq evP‡Z cvti G aitYi grm" cRwZ wbePb Kiv th‡Z cvti |

cOKlZK l gvbemöp eügEx c`‡¶‡c AvR t` tki grm" m¤ú` µgnmgvb| Gtnb Ae"vq t` tki grm" Drcv` b eyx i Rb" m¤e" mKj e"e"v MÖY Kiv Ri"ix | LuPvq gvQ Pv‡l i e"vcK MYRwMi Y mjo Kti t` tki grm" Drcv` b AtbKv‡k eyx Kiv m¤e| t` tki evRvi Pwn`vq grm" thwMvB eyx Kiv tMtj t` tki mefkYxi Rb" ‡ i Dci my‡c‡vix l `xN¶gq`x BwZerPK cfvte j ¶ Kvi hvte| tKbbv Lv` " wnm‡te gtQo eügEx figKv i tqtQ, thgb t

- t` tni c¶YR Avgit i Pwn`v cij Y
- gtQo Pv‡e"t n k‡³ l Kg¶gZv thwMvq
- d'wJ GmW i‡³ i tKv‡j ‡ i j nvm Kti
- wefbetZbR j eY wklvq t` i gw"z MV‡b mnvqZv Kti
- Kvj wmqg l dmdim t` tni nvo l `wZi MVb k³ Kti
- tj Šn Mf@Zx gñvq vt` i i³i b"Zv tiva Kti
- AvtqvwB Mj MÜ tivM c‡lZtiva Kti
- wfUwgb G AcjoribZ AÜZj t Kti

Avḡt i t̄ t̄ki c̄ēP̄t̄c̄ȲR̄j i w̄k̄Z m̄tē t̄t̄b̄ L̄P̄v̄ v̄cb̄ K̄t̄i w̄t̄k̄j̄ Ab̄v̄b̄ t̄ t̄ki b̄v̄q Āv̄j̄b̄K̄ c̄h̄b̄³ I ēē v̄cb̄v̄b̄ōZ K̄v̄ n̄t̄j̄ i aḡv̄l̄ L̄P̄q̄ Drc̄w̄Z ḡQ̄ t̄t̄KB̄ w̄ec̄j̄ c̄w̄i ḡȲ ēt̄ w̄K̄ ḡj̄ i AR̄b̄ K̄v̄ m̄tē | c̄K̄t̄Ȳi ḡv̄āt̄ḡ `¶ Rb̄k̄w̄³ Zix, m̄W̄K̄ K̄wi Mix w̄ K̄b̄t̄ Rb̄v̄ I ch̄b̄³ ev̄ēv̄q̄t̄b̄i ḡv̄āt̄ḡ m̄v̄i v̄t̄k̄ L̄P̄q̄ ḡQ̄ P̄l̄t̄K̄ Rb̄m̄c̄b̄ K̄i t̄Z c̄v̄i t̄j̄ G m̄tēb̄v̄ḡq̄ w̄k̄t̄i i ēūḡL̄x̄ m̄d̄j̄ c̄v̄l̄ q̄v̄ h̄t̄ē | thgb̄ t̄

- c̄w̄i K̄w̄i Z Dc̄t̄q̄ L̄P̄v̄ ēē v̄cb̄v̄i ḡv̄āt̄ḡ Av̄S̄R̄ōZ̄K̄ ēv̄R̄v̄i P̄m̄n̄`v̄ Ab̄h̄v̄q̄ ḡv̄b̄m̄āb̄ōḡv̄Q̄ Drc̄v̄ b̄ K̄t̄i i B̄v̄b̄x̄ c̄ēn̄t̄K̄ M̄iZ̄K̄x̄j̄ K̄v̄ h̄t̄ē |
- Aw̄_R̄f̄v̄t̄ē m̄jēāv̄ēw̄ĀZ̄ b̄`x̄ Zxi ēZ̄P̄ n̄l̄ i, ēūl̄ o, w̄ej̄ Gj̄v̄K̄q̄ Rb̄M̄t̄Ȳi Ask̄M̄h̄t̄Ȳ m̄ḡv̄R̄w̄f̄ĒK̄ ēē v̄cb̄v̄q̄ L̄P̄q̄ ḡQ̄ P̄t̄l̄ i ḡv̄āt̄ḡ R̄x̄ēb̄h̄v̄l̄i ḡv̄b̄ Db̄q̄b̄ K̄v̄ m̄tē |
- Rv̄Z̄x̄q̄ gr̄m̄ Drc̄v̄ b̄t̄K̄ c̄f̄m̄ēZ̄ K̄i t̄ē | Av̄q̄ ēv̄x̄ c̄t̄ē |
- L̄P̄v̄ ^Zixi Dc̄KīȲ I L̄v̄`m̄iēi v̄tni P̄v̄t̄bj̄ m̄ōi ḡv̄āt̄ḡ K̄ḡm̄s̄ v̄t̄bi m̄t̄h̄v̄M̄ ēv̄x̄ c̄t̄ē |
- Rj̄v̄k̄t̄q̄i K̄v̄h̄R̄i ēēn̄v̄i w̄b̄ōZ̄ K̄v̄ n̄t̄ē |
- L̄P̄v̄ ēē v̄cb̄v̄i K̄v̄t̄Ȳ ēēūZ̄ L̄v̄`i D̄w̄Q̄ōv̄sk̄ Øiv̄ Rj̄v̄k̄t̄q̄i c̄K̄iZ̄K̄ gr̄m̄ c̄R̄w̄Z̄ w̄ēt̄l̄ K̄i SIS (Small Indigenous Species) Gi c̄P̄h̄v̄Z̄v̄ ēv̄x̄t̄Z̄ m̄n̄v̄q̄K̄ f̄ūḡK̄v̄ c̄v̄j̄ b̄ K̄i t̄ē |
- L̄P̄q̄ ḡQ̄ P̄l̄ Gj̄v̄K̄q̄ b̄`x̄ f̄v̄z̄t̄b̄i ZxēZ̄v̄ n̄v̄m̄ c̄t̄ē |
- L̄P̄q̄ ḡQ̄ P̄t̄l̄ i m̄n̄v̄q̄K̄ m̄s̄t̄h̄v̄M̄ w̄k̄i w̄m̄v̄t̄ē L̄P̄v̄i Dc̄KīȲ ^Zix K̄v̄ L̄v̄b̄v̄, YMZ ḡv̄b̄m̄āb̄ōL̄`^`^Zix K̄v̄ L̄v̄b̄v̄, P̄m̄n̄`v̄ Ab̄h̄v̄q̄ t̄cb̄v̄ Drc̄v̄`t̄bi n̄v̄P̄m̄i, b̄v̄m̄n̄i ēē v̄cb̄v̄, c̄w̄i ēn̄Ȳ BZ̄w̄`t̄¶t̄l̄ ēv̄c̄K̄ K̄ḡm̄s̄ v̄b̄ m̄j̄ō n̄t̄ē |
- b̄v̄x̄t̄`i w̄ēt̄k̄l̄ Zt̄`ȳ, m̄jēāv̄ēw̄ĀZ̄, Aet̄n̄ȳ Z b̄v̄x̄t̄`i m̄n̄t̄RB̄ ēv̄c̄K̄ Ask̄M̄h̄t̄Ȳ w̄b̄ōZ̄ K̄v̄ m̄tē |
- ḡ³ Rj̄v̄k̄t̄q̄ w̄ej̄ßc̄ȫq̄ c̄R̄w̄Z̄i ḡt̄Q̄i m̄s̄i ¶Ȳ m̄tē |
- Drc̄v̄ b̄ K̄ḡR̄v̄t̄Ē m̄z̄ū³ n̄l̄ q̄i K̄v̄t̄Ȳ m̄ḡv̄R̄K̄ m̄c̄ñ̄Z̄ ēv̄x̄ c̄t̄ē |
- c̄K̄iZ̄K̄ m̄z̄ū³ i m̄tēP̄P̄ ēēn̄v̄i w̄b̄ōZ̄K̄i t̄Ȳi ḡv̄āt̄ḡ t̄ t̄ki m̄w̄ēK̄ Āñ̄Z̄K̄ c̄ēv̄x̄ N̄Ūt̄ē |

` j xq Araatekb cwi Kí bv

w` bt 1

mgqt 12.45-14.30

tgqy` Kyj t 1 NjUv 45 wgbU

wk`i vbg t	LwPv `vctbi DcthwMx `vb wbePb
Afxo `j t	grm "Ara`Bti i KgRZfe;
j ¶ t	G Araatekb cik¶Yv_¶ i LwPv `vctbi DcthwMx wewfborj vkk wbePb i %ekó m¤útK©avi Yv t` qv nte hvZ Zviv AraRZ Ara`bi gya`tg LwPv `vctbi Dchj³ Rj vkk wbePb KitZ cti b
	G Araatekb tk¶l cik¶Yv_xMYN
D¶l k t	<ul style="list-style-type: none"> LwPvq gyQ P¶l i Rb cwbibv, cwbib Mfxi Zv, cwbib cén BZ w` cwi cikR Ae`mgm eVLv KitZ cti b LwPvq gyQ P¶l i Dchj³ `vb wbePb KitZ Ges G wel tq D¶`v³t` i mgK avi Yv w`tZ cti b

welqmiP	Avtj vP` welq	cik¶Y tKskj	mgq
figKy			5 wgbU
	<ul style="list-style-type: none"> ~MZ ce@Zr Araatekb i mvt_ mshtwM `vcb eZgub Araatekb i Dci Avtj vKvZ D¶l k eVLv D0xKiY 	e³Zv	
welqe~'			90 wgbU
	Rj vkk wbePb i "Zi weteP` welqt <ul style="list-style-type: none"> ewYiR`Kfite j vFRbK Dcvq LwPvq gyQ P¶l i Rb Rj vkk wbePb i "Zi m¤útK©cik¶Yv_¶ i wbKU t_tK Zv` i avi Yv Rvbv 	e³Zv cik¶Ei	30 wgbU
	Rj vkk wbePb weteP` welq <ul style="list-style-type: none"> LwPvq gyQ P¶l i Rb Rj vkk wbePb Kx Kx welq wetePbv Kiv DnZ? cwbib tfsZ Ae`v t Zvcgvv, tNvj vZi cwbib cén, cwbib is, Mfxi Zv BZ w` iwmqwbK Ae`v t Aif tRb, wGBP, KveB WvB-A. vBW, A`vgbqv, nvBtWtRb muj dvBW BZ w` mvgwRK mgm`v t Pvi, mvgwRK kT"Zv, wnsmv, tbS-Pj vPj, Kj Kvi Lvbi eR"¢BZ w` cik¶ZK mgm`v t ebv, Liv, Rj vQvm, NySo BZ w` 	e³Zv, cik¶Ei ` j xq KyR	60 wgbU

we1 qmP	Avtj vP we1 q	cök¶Y tKškj	mgq
mvi mst¶c			10 mgibU
	<ul style="list-style-type: none"> gj we1 qmgn mst¶c cþivtj vPbv cök¶Eti i gva"tg Dfik hPvB- <ul style="list-style-type: none"> - DcthwMx Rj vkkq vbePþbi , i"ZjW? - "vb vbePþb vZbwJ , i"ZcY we1 q Dfj LKi "b? n"vU AvDU weZi Y cieZP Avatekþbi mvt_ msfhM "vcb- AvMvgxKvþj i cÖZinK cþivtj vPbv K_y "sjY Kwi tq v` tZ nte AvRtKi Kvhþtg mweR AskMvtYi Rb" ab"er` Ávcb 	e³Zv cök¶Ei	
mnvqK mvgM t gVKvP, vDRIcU, n"vU AvDU BZ v`			

Lipq gwQ PvI i Dc thwMx ~vb wbePb

tQwU `j xq Abkj b

G Abkjxj bxi Df' K n'tj v evsj vt` tk we "gvb Rj wkq | Avbj wK weI qw` wetePbvq Lipv ~vcibi ~vb wbePb bi tPf' wK wK weI q wetePbv Ki tZ nq Zv Rvbv |

KvtRi aviv-

1. cikP Yv_ f` i 4wU `tj wef³ Kiv nte Ges cIZ K `j tK gyKf | wDRwC U mi eivn Kiv nte |
2. `j xqfvte mweK weI q Avtj vPbv Kti Zvi v evsj vt` tk wewfbeb` xZ ev-eZvi wwi tL Lipv ~vcibi Abkj cwi teukK Ae~v, t j v PwY Z Ki teb |
3. Avtj vPbvq cIB dj vdj wDRwC U wj tL `j xq cIZbwi gva tg eo `tj i mgfb Dc ~vcb Ki teb |

mgq- 30 wgbU

LuPvq g<Q PvI i Dc<thMx ~<b <bePb

LuPv ~<ctbi Rb ~<b <bePb `BwU <elq ,i "Zj mnwKt i <etePbv KitZ nte| c<gZt Rj <ktqi c<KZ <0ZxqZt
cwi tekMZ c<ve|

Rj <ktqi c<KZ t

Rj <ktqi c<KZi gta ~<ZbwU c<ab <bePb (factor) tK <etePbvq <btq Rj <kq <bePb KitZ nte-

1| c<mbi ,Yv,Y

2| c<mbi Mfxi Zv

3| c<mbi tmZ ev c<engv̄

1| c<mbi ,Yv,Y t

c<mbi ,Yvej xi gta ~<Zvcgv̄v, `<exfZ A<Rb, w.c.GBP., A<tgwibqv Ab~Zg ,i "ZcY<Dcr`<b| GQvorI b<BtU<Rb,
g<B KveB-WBA- vBW, tdbj , ^Zj RvZxq Dcr`<b <etePbvq ivL<Z nte| g<Q PvI i Rb ~<bePb KitZ Zvcgv̄v 30
~<WM< tmj <mqvm t<K 36 ~<WM< tmj <mqvm| Mfxi c<Kt i t<P<D t<K D<O c<mbi ~<+ I bx<Pi w<K kxZj c<mbi
~<+ Gf<te <ef<3 n<q _<K, Mi gKt j GB `<B ~<+ <gkZ nq bv| d<j Kg A<Rb I A<ak A<tgwibqv i KitY c<Kt i
Zj t<K c<mbi ,YmZ gvb <Pb<eqnq|

wfb<rfb<eZwZi g<Qi ~<inK e<px wfb<rfb<eZvcgv̄v q fv<j v nq| kxZ c<ab Gj <Kvi grm" c<RwZ ,tj vi Rb ~<Dc<thMx
Zvcgv̄v 15 t<K 27 ~<WM< tmj <mqvm Avi D<O A<Atj i grm" c<RwZ ,tj vi Rb ~<Dc<thMx Zvcgv̄v 29 t<K 32 ~<WM<
tmj <mqvm| c<Kt i b<vq c<engvib c<mbi t<P<D Zvcgv̄v i mxgv c<Z<wkZ|

g<Qi ~<inK e<px i Rb ~<exfZ A<Rb ,i "ZcY<Dcr`<b| c<ngZ ~<inK e<px i Rb ~<cbtZ 6 w.c.w.c.Gg. Gi D<tay<
`<exfZ A<Rb _<Kv c<qvRb| c<Kt i LuPv ~<ctb <elq U A<Z-mste`bkj | c<engvib Rj <ktq c<mbi NY<ggv b<YZvi
(rolling tendency) Kvi tY `<exfZ A<Rb g<v i AtbKUvB <bic` g<v q <eviR Kt i | h<v gRj NbZj A<`<fw<ek bv nq
Z<te c<Z<bkZ c<mb c<engvib n< qvi Kvi t<K LuPvq `<exfZ A<Rb i <Rtbi mgm" m< o nq bv|

G<mwUj g<v i c<gi<ci t<j t<K w.c.GBP. ej v nq hvi mxgv 1 t<K 14| 7 g<bi w.c.GBP. c<kgZ Ae~v, 7 Gi bx<P
G<mwK I 7 Gi Dci <P<vq Ae~v <bt<R Kt i | g<Q PvI i Rb ~<cb<wkZ w.c.GBP. g<v i mxgv n<j v 6.5-9.0| c<Kt i
b<vq D<by<B Rj <ktq L<Pv ~<ctb c<mbi w.c.GBP. Gi G g<v i c<Z<wkZ| c<Kt i t<P<D Zj t<K c<pbkj c`<v<P Kvi tY
KveB-WB-A- vBW e<px t<fq w.c.GBP. gvb n< m<vq | <K< c<engvib Rj <ktq Zj t<K G ai<Yi <Re c`<v<Rtq _<Kvi
m<leb<v<K bv <ea<vq w.c.GBP. g<v q t<Kv Zv<P<YK c<wi eZ<B Av<tm bv|

A<v j K<wU Rj xq c<te<ki w.c.GBP. G Zv<P<YK D<v<bgv<K <bg<SY Kt i | G<v<K c<mbtZ Kve<bu (CO₃) I
e<vBKve<bu (HCO₃) Gi c<gi<Y <v i c<gi<v C<v nq h<v tg<U CaCO₃ Gi g<v i <Z<KZi nq| g<Q PvI 120-140
w.c.w.c.Gg. g<v i A<v j K<wU Av<K<etj <ete<PZ nq| c<engvib ev g<B Rj <ktqi A<v j K<wU c<wi c<w<K g<v i
A<v j K<wU <v i c<fw<Z nq| Rj <ktq A<v j K<wU Pb c<qvM Kt i <ev<tv hvq h<v c<engvib c<mbtZ LuPvq g<Q PvI i
t<P<D c<qvRbxq|

c<mbtZ Av<q<Z (NH₃) Ges Ab<q<Z (NH₄) - GB `<B i <fc A<tgwibqv Ae~v Kt i h<v mg<wB n<j v tg<U A<tgwibqv
bv<BtU<Rb| Ab<q<Z A<tgwibqv g<Qi Rb ~<AZ<S<elv³ | A<tgwibqv g<v i <et<kl Kt i Ab<q<Z <P<ZKi A<tgwibqv
c<mbi w.c.GBP. I Zvcgv̄v i m<_ m<v<w m<u<KZ| <v i c<mbtZ LuPv i bx<P eR<O t<K A<tgwibqv gvi Z<K <P<Zmvab
KitZ c<ti | <bg<gZ LuPv i c<wi Ph<v g<v i <tg A<tgwibqv <bg<gZ i `<exfZ A<Rb <Rtbi <P<Z<iva Kiv m<e| c<engvib
c<mbtZ LuPvq g<Q PvI i t<P<D A<tgwibqv m<P<vP i <P<ZKi Ae~v q t<Q<v<Z c<ti bv|

2| c<mbi Mfxi Zv

t<hnZz LuPvq g<Q PvI i Rb ~<Rj <ktqi ai<bi e<v<B <e<+ A<P G<Ke<ti w<i c<mbtZ c<Kt i t<K t i" Kt i t<mZkj
c<engvib b<Zt L<Pv ~<cb Kiv hvq| K<RB me<P<D t<B c<mbi Mfxi Zv AZ<S_ i "ZcY< thL<tb c<mbi Mfxi Zv thgb
tmL<tb LuPv i D<PZv e<px Kt i K<h<Kv Dcr`<b Gj <Kv <ev<tv m<e| Z<te met<P<D t<B j <P<Yq n<j v LuPv i Zj t<K I

Rj vktqi Zj t̄ tki ga^Kvi `tZj G `tZj hZ tekx n̄te Rj vktqi Zj t̄ tki Ku`vi c̄fve t_ t̄K LuPvi Af̄ Št̄Y c̄wi tēt̄K ḡb iLv ZZ tekx mnR n̄te |

W̄i c̄wb Z_v c̄Kt̄i i tēvq th̄nZz c̄wb c̄wi eWZq n̄q bv dt̄j Zj t̄ tki Ku`vi I LuPvi t_ t̄K Avmv ḡt̄Qi eR^c`v_ ḡt̄Qt̄K c̄fweZ Kt̄i | ZvB LuPvi hZ Dct̄i w̄ t̄K _vKt̄e ZZB ḡt̄Qi Rb^ Dct̄hMx ^fweK c̄wi tēt̄k c̄Kt̄i LuPvi ^vcb Ki t̄j c̄Kt̄i Zj t̄ k t_ t̄K LuPvi Zj t̄ tki ḡt̄S bb^Zg 3 dU ev 1 mgUvi `tZj b̄b̄Z Kiv DwPZ |

Avi c̄engib c̄wb t̄Z h̄w` I eR^c Rtg M^v m̄t̄v P̄WZ n̄l qvi m̄tebv Kg Z_wic Gt̄P̄t̄ b̄bZg 2 dU ēearb _vKv Atek^K| Gt̄Z c̄wb miVK c̄en euavM̄t̄-n̄te bv |

th mKj b̄ x̄Z t̄Rvqvi -fUvi Kvi t̄Y c̄wb DVbvgv Kt̄i tmLvt̄b c̄wb DVbvgv ḡta^ D^PZvi Zvi Zg^ wētePbvq Avb t̄Z n̄te | fUvi mgq hLb c̄wb c̄wb ZLbI thb LuPvi Zj t̄ k I Rj vktqi Zj vi Ku`vi ga^Kvi ēearb 2 dU b̄x̄P bv bv̄g |

3| c̄wb i tm̄Z ev c̄engv̄t̄

h̄w` I c̄Kt̄i Gt̄Kerti W̄i c̄wb t̄Z LuPvi ^vcb Kt̄i mdj f̄teB ḡt̄Qi Drct̄ b m̄t̄e | K̄S' eWYR^Kf̄te LuPvi c̄wi Pvj bv Rb^ c̄engib c̄wb c̄wi Zj Acwi mg| c̄engib c̄wb GKt̄ t̄K thgb m̄t̄v P̄WYK LuPvi evBt̄i t_ t̄K w̄FZt̄i i c̄wb c̄wi eZt̄bi ḡta^ ḡt̄Qi Aw̄ t̄Rb miei v̄b̄Z Kt̄i | Ab̄ t̄K LuPvi Af̄ Št̄Y eR^c t̄j v̄t̄K ^Z Acmvit̄Y Kv̄Rix f̄gKv i v̄t̄L |

c̄wb c̄et̄ni Zxe^Zv Avevi tb̄wZevPK c̄fve l j P̄Yq| AZ^waK Zxe^ ḡv̄vi c̄et̄ni Kvi t̄Y LuPvi Aeqe/AvKvi miVK _v̄t̄K bv dt̄j LuPvi Af̄ Št̄i ev̄t̄vct̄hMx ^vcb Kt̄g hv̄q| Avevi AZ^waK tm̄t̄Zi c̄ZKt̄j muZi t̄Z m̄t̄q ḡt̄Qi ^v̄nK k̄b^i AcPq n̄q |

b̄ x̄Z 4-8 Bi^A/tm̄t̄KU ḡv̄vi c̄et̄ni LuPvi ^vcb ḡt̄Qi Rb^ Dct̄hMx, Zt̄e c̄et̄ni G ḡv̄v 16 Bi^A/tm̄t̄KU Gi tekx n̄l qv mgxPx b̄q |

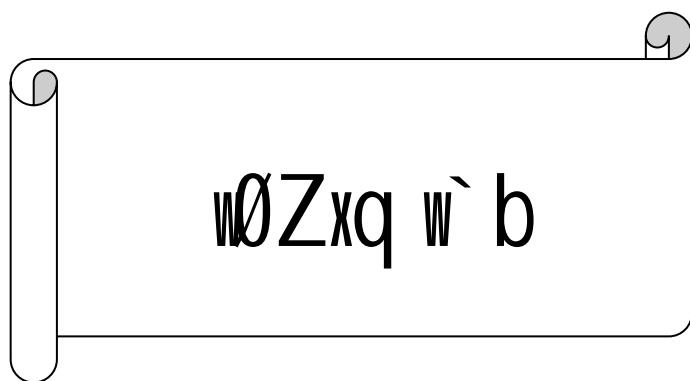
Rj vktqi c̄wb c̄wi t̄Yi Dci LuPvi c̄fve met̄Pq , i "ZcY^ wēteP^ wēlq| ḡv̄v w̄Zw^ 3 eR^c`v_ AēeüZ Lv^ LuPvi Zj t̄ t̄k Rtg ^Re c̄Pbkxj c` v̄t̄P c̄wi ḡv̄Y P̄WZKi ch̄t̄q tc̄t̄q t̄Kt̄i | dt̄j c̄wb c̄wi YMZgvb Le^Kt̄i t̄Z c̄wi | thLvt̄b Av̄t̄M t̄t̄KB Zj t̄ tki c̄wi tēt̄k Kvi t̄Y ^Re c̄Pbkxj c` v̄t̄ekx tmLvt̄b LuPvi ^vcb Kt̄Z t̄M̄t̄j wēlq U wētePbv Kt̄Z n̄te |

Ab̄ t̄K c̄wi tēt̄ki th mKj DcKi Y LuPvi ḡv̄Q Pv̄t̄i Dci wēifc c̄fve tdt̄j Zvi ḡta^ tb̄shvb Pj v̄Pj Ab̄ Zg| LuPvi b̄ xi Ggb As̄t̄k ^vcb Kt̄Z n̄te hv̄t̄Z t̄Kv̄b̄t̄gB tb̄S Pj v̄Pj c̄ZeÜKZv m̄jó bv Kt̄Z c̄wi |

LuPvi ^vcb t̄bi ^vcb Ggb n̄l qv c̄q̄vRb hv̄t̄Z ḡv̄Q Pv̄i n̄l qvi m̄tebv bv _v̄t̄K Ges mgv̄RK k̄t̄ "Zvi ekeZ^pnt̄q t̄KD LuPvi t̄Kt̄U bv t̄q |

LuPvi ^vcb t̄bi ^vcb uba^t̄Yi t̄P̄t̄i j P̄^ i v̄Lt̄Z n̄te hv̄t̄Z c̄ZKj Avenl qv thgb eb^v, Rtg v̄Qym, v̄bgPvC BZ^w` LuPvi, ^vcb t̄K P̄WZM̄t̄-bv Kt̄Z c̄wi | ^vcb t̄i Ask K̄Otv Dp̄z n̄l qv f̄v̄t̄j v̄ hv̄t̄Z c̄ZKj evq̄t̄em ^vcb t̄K AvNvZ nvbt̄Z bv c̄wi |

LuPvi ^vcb t̄P̄t̄i w̄k̄i Gj v̄Kv thLvt̄b t_ t̄K Kj Kvi Lv̄vri eR^c w̄btmZ n̄q b̄ x̄Z Av̄t̄m Ges b̄ xi c̄wb t̄K Kj, Z Kt̄i G ai t̄bi AÄj c̄wi n̄vi Kt̄Z n̄te |



`j xq Awatekb cwi Kí bv

w b t 2

mgq t 08.00-09.00

tgqr` Kvj t 60 wgbU

mk̄i vbg t	c̄Z̄nK c̄p̄itj vPbv I c̄Z̄fve
Afxó `j t	grm' Awa`Btii KgRZfe`
j ¶ t	AskM̄YKvixt' i ce¶tbi Kvhp̄tgi c̄p̄itj vPbv I c̄Z̄fve Ges mvÜKvxb KvR Dc-vc̄tbi m̄thwM Kti t' qv h̄tZ Zviv c̄teP Avtj vPbv -§i Y Ki‡Z c̄tib Ges fj µu mstkvab Kti Awatekb̄bi KvhKwi Zv epx Ki‡Z c̄tib]
Dt̄k t	Awatekb tk̄l AskM̄YKvixiv ce¶tbi mk̄iY c̄p̄itj vPbv gra‡g fj µu mstkvab Kti HKg‡Z tcSqtZ m̄lg nteb]

wel qmP	Avtj vP' wel q	ck¶Y tKskj	mgq
figKv			5 wgbU
	<ul style="list-style-type: none"> ~MZ Kkj w` wnbga Pj wZ Awatekb̄bi mv‡_ msthwM 	e³Zv	
wel qe~'			50 wgbU
	1. c̄Z̄nK Rvbj Dc-vc̄b <ul style="list-style-type: none"> c̄k¶K j Uvixi gra‡g GKRb c̄k¶Yv_xK wbePb Kti ZvK c̄Z̄nK Rvbj t_k 5 wgbU ej vi Rb Abtiva Ki‡eb] 2. ce¶tbi c̄p̄itj vPbv <ul style="list-style-type: none"> c̄k¶K j Uvixi gra‡g 2 Rb c̄k¶Yv_xbePb Kti‡eb MZ w` tbi Avtj wPZ mKj Awatekb̄tK 2 fM Kti wbePZ 2 Rb c̄k¶Yv_xK c̄Z̄K‡K t' q Awatekb̄mgn c̄k¶Eii gra‡g mKtj i AskM̄hY c̄p̄itj vPbv Ki‡Z ej †eb wbePZ 2 Rb Dc-vc̄tKi mweR Dc-vc̄bvi Dci c‡tg mKj c̄k¶Yv_xP I c̄tj c̄k¶K BwZevPK-tbwZevPK c̄Z̄fve w` †eb 3. mvÜKvxb KvR Dc-vc̄b <ul style="list-style-type: none"> c̄p̄itj vPbv tk̄l c̄k¶K MZ w` tbi mvÜKvxb KvR Dc-vc̄bvi m̄thwM w` †eb Ges wbtR mnvqK wntmte Awatekb cwi Pyj bv Kti‡eb 	e³Zv	10 wgbU
mv̄ mst¶ct		e³Zv, c̄k¶Ei `j xq KvR	25 wgbU
	<ul style="list-style-type: none"> Dc-vc̄Z mKj wel q mst¶t c̄p̄itj vPbv Kv c̄eZPAwatekb̄bi mv‡_ msthwM vc̄b- LwPv %Zwi i DcKiY I wRvBb 	c̄k¶Ei `j xq KvR	15 wgbU
mnvqK mvgM t ḡKv , j Uvixi c̄qRbxq DcKiY BZ w`			5 wgbU

` j xq Awatekb cwi Kí bv

w b t 2

mgq t 09.00-11.00

tgqr` Kvj t 120 wibU

wkivbg t	LuPv ^Zvi i DcKiY I WRvBb
Afxo `j t	grm` Axa` Bti i KgRZfe`
j ¶ t	AskMñYKvi x¶ i LuPv ^Zvi i c¶qyRbxq DcKiY, gj" I c¶B "vb m¤útK®avi Yv t` qv nte hñZ Zvi v AñRZ avi YvK KvñR j wMñq LuPv ^Zvi i mgMñbePb, WRvBb cñtZ I mñK g‡j" DcKiY msMñ AvMñx‡ i mnvqZv Ki‡Z cvtib
Dñk" t	G Awatekb tk‡I cikl Yv _WcZ
	<ul style="list-style-type: none"> mñekfute LuPv ^Zvi i DcKiY mgmñ WcZ Ki‡Z cvtib DcKiY mg‡ni c¶B "vb ej ‡Z cvtib newfbñWRvBb m¤útK®ej ‡Z cvtib cKti "WcZ LuPvi c¶qyRbxq DcKiY m¤útK®ej ‡Z cvtib

weiqmP	Avtj vP weiq	cikl Y tKskj	mgq
figKv			5 wibU
	<ul style="list-style-type: none"> "MZ ce@Zr®Awatekbi mvt_ msñhñM "vcb eZgb Awatekbi Dci Avtj vKcvZ Dñk" e"vL"v DñkKiY 	e³Zv I cikl Ei	
weiqe-			105 wibU
	<p>1. LuPvi Ryj ^Zvi i DcKiYt Kx Kx DcKiY e"envi Kiv thñZ cvtib -</p> <ul style="list-style-type: none"> cij wij b Ryj (tNi Ryj) t 6 Zvi weikó iñmj tbU (Lv` AvUKvñbvi teo ^Zvi ‡Z) & gi‡v KñQ (24 Zvi weikó) Mñb tnsm PKb iñk (24 Zvi weikó) Mñb tnsm PKb mñZv (tgivg‡Zi Rb") Kfví tbU ev XvKbv Ryj (cmL BZ" i Dc`t t_ki ¶vi Rb") LuPvñK cñbñZ Sj Š-iLvi Rb" cñZñL LuPvi bxñP evavi Rb" QqñU Kñi BU <p>2. tñg ^Zvi i DcKiYt Kx Kx DcKiY e"envi Kiv thñZ cvtib -</p> <ul style="list-style-type: none"> 100 wR.AvB. cvBc (70 dñL cñZñL LuPvi Rb") Sj vB Kivi Rb" t qñi s iW I dñLeri tñg fñmgvñb iñLvi Rb" iñb" e"vñj / Wg (200 wj vñti i wç.ñf.ñm. Wg, I Rb 9 tKñRi Dñal) 	e³Zv, cikl Ei I wfc cñkñ	20 wibU
		e³Zv, cikl Ei I wfc cñkñ	15 wibU

weI qmP	Avtj vP' weI q	cökP Y tKškj	mgq
	<ul style="list-style-type: none"> LuPv w̄i iLvi Rb" tbv̄z̄i tbv̄z̄i evatZ tgvUv Kwo tdtgi mv̄t_ evavi Rb" gvSwi AvKv̄ti i tmvRv euk (c̄qyRbxq msL"K) <p>3. LuPv c̄wi Pyj bvi Rb" DcKiY t Kx Kx DcKi tYi c̄qyRb-</p> <ul style="list-style-type: none"> gvQ evQvB Gi Rb" myeavRbK cv̄l (eo c̄wZj w̄Ksev KvUv W̄g) Lv̄" c̄v̄tbi myeavRbK cv̄l gvQ Avni tYi Rb" nvZ Rv̄j I Sio gvQ I Rtb̄i Rb" tQvU eo ev̄tj Y <p>4. c̄Kt̄i w̄wZ LuPvi c̄qyRbxq DcKiY t Kx Kx DcKi tYi c̄qyRb-</p> <ul style="list-style-type: none"> mycwi MvQ ev euk w̄c.w̄f.w̄m cvBc mv̄v tdtU Rv̄j (iv̄tmj tbtU) tj vnv̄i evi bvBj tbi `mo ev myZv Lv̄" i tUv̄ c̄w̄-K Pyj bx c̄w̄-K Gt̄yj (4 w̄U) <p>5. LuPvi aib</p> <ul style="list-style-type: none"> Avcbvi tK tK gvQ Pv̄l i Rb" Zwi LuPv t̄ tLtb̄? Mvb I c̄KwZ Abhvqk tm, tj v w̄K w̄K aitYi ? 	e3Zv, c̄k̄Ei I wfc c̄k̄k̄	10 w̄gibU
w̄kP Yxq weI qmgn-			
	<ul style="list-style-type: none"> fvmgvb Ñ w̄i 	e3Zv, c̄k̄Ei	40 w̄gibU
	<p>6. LuPv w̄WRvBb I µḡeeZb</p> <ul style="list-style-type: none"> LuPv w̄WRvBb wbañ tY Kx Kx weI q weñePbvq Avbv DIPZ ? Avgyt̄ i t̄ tk LuPv w̄WRvBtbi µḡeeZb m̄utK©Avcbvi v w̄K Rv̄tbb ? LuPv w̄WRvBtbi weI qmgn- Ñ DcKi Ymgtni c̄l̄c Zv Ñ DcKi Ymgtni gj .. Ñ Rv̄tj i AvKwZ Ñ Rj vktqi aib Ñ LuPvi aib Ñ c̄KwZK `#hM Ñ Pv̄l i aib <p>Avtj vPvi weI qe -'</p> <ul style="list-style-type: none"> LuPv w̄WRvBtbi µḡeeZb en`vKwZi w̄i LuPv 	e3Zv, c̄k̄Ei	5 w̄gibU

we1qmip	Avtj vP' we1q	cikl Y tKskj	mgq
	<ul style="list-style-type: none"> ‡QnU AvKmZi tj vni tdtgi fvmgb LuPv ‡QnU AvKmZi cikl cibc tdtgi fvmgb LuPv ‡QnU AvKmZi evki tdtgi fvmgb LuPv <p>7. LuPv I Rvj ^Zni i DcKi †Yi cikl - vbt K. dñi ` dvBvi GÜ DBwf s wj wgtUW M. tgNbv Rvj Ni weimK, Krgj - cij vb evRvi, Pv` cij tgvevBj - 01713-160216 01711-734149 L. G iñk` GÜ mY N. tebx gvaev mwv Gg tnñmb gvtKØ evRvi tiW, ewi kij PK tgMj Uj x, XvKv 2173562 tdb- 0431- tdb- 02-7310464</p>		

mvi mstpc		10 wgbU
	<ol style="list-style-type: none"> gj we1qmga mstpc cbi vj vPbv cikl Eti i gva vbg Dñi k hPvB <ul style="list-style-type: none"> MR AvB. cibc tdtg wntme eenvi Ki tj LuPv ^Zni tZ Kx Kx DcKi Y j vM cij Bw_wj b Rvbj i dm KZ wgwj wgvj ? Kx eenvi Kti LuPvi wfZi Lv` `` w b ^Zni Kiv hvq ? GK evUtj KZ MR cij Bw_wj b Rvj _vK ? cij Bw_wj b tKv_vq cwl qv hvq ? nñU AvDU weZi Y cieZx®Avatektbi mvt_ msthwM - vcb 	cikl Ei
	mñwqK mgM t gKf, cikl Z e - , wDRwU, nñU AvDU BZ w`	

LuPv ^Zvi i DcKiY I wRvBb

Pv` c^{ij} i W_wKwZqv b` x^{ij}Z ewY_wR^oKfvte mvdj "RbK LuPvq gvQ Pv^{ij}i BiZnvm tekx w^{ij}bi bq| 2002 mvj t_wK i i" Kti AwZ -f mgtqi e^{ij}eavt^{ij}b hZUKy^{ij}wi | -wqZij vF Kti tQ Zvi c^{ij}vb Kvi Y c^{ij}qRbxq DcKi^{ij}Yi mnRj f^{ij}Zv| evsj v^{ij}f k LuPvq gvQ Pv^{ij}i BiZnvm ch^{ij}vPbv Kti t^{ij} t^{ij}Lv hvq, newfbemg^{ij} q^{ij} q^{ij}c^{ij}m^{ij}i LuPvq gvQ Pv^{ij}i D^{ij}w tbqv ntj | Zv -wqZkjx nqib Ges ewY_wR^oKfvte c^{ij}vi NtUib| Avi Gi c^{ij}vb A^{ij}ivq M^{ij}j v c^{ij}³MZ | Kw_wM_w w^{ij}Kw^{ij} Rbvi Afve, KuKov, K"Qc BZ^{ij}w c^{ij}Yx KvU^{ij}Z c^{ij}i bv Ggb gv^{ij}bi Rv^{ij} | Avbj w^{ij}K `t^{ij}i `Pc^{ij}C^{ij}Zv, c^{ij}ngvb c^{ij}btZ e^{ij}envi thwM^{ij} fvmgvb Lv^{ij} BZ^{ij}w Afve| LuPvq th m^{ij}uj K Lv^{ij} e^{ij}envi Kiv ntZv Zvi b^{ij}bZg 30% gv^{ij}Qi bvM^{ij}j i evB^{ij}i P^{ij}j th^{ij}Zv| eZ^{ij}vt^{ij}b LuPv ^Zvi i Rb^{ij} xN^{ij}lqx, tUKmB | KuKovi Av^{ij}gY t_wK g^{ij} Rv^{ij} Ges gv^{ij}Qi Lv^{ij} wnmvte fvmgvb wctj U Lvevi BZ^{ij}w meB mnRj f^{ij} ntqtQ| c^{ij}³i mv^{ij}_G DcKiY^{ij} vi mgA^{ij}cY^{ij}e^{ij}envi i gva^{ij}g W_wKwZqv b` x^{ij}Z -w^{ij}Z LuPv AvR GKwU g^{ij}Wj wnmvte `wotqtQ| b` x^{ij}Z -w^{ij}Z LuPvq e^{ij}eüZ DcKiY^{ij} v^{ij}K wZb t^{ij}Y^{ij}Z fM Kiv hvq| h^{ij}t

- 1| LuPvi Rv^{ij} ^Zvi i DcKiY
- 2| LuPvi t^{ij}g ^Zvi i DcKiY
- 3| LuPv c^{ij}Pv^{ij} bvi Rb^{ij} DcKiY

1| LuPvi Rv^{ij} ^Zvi i DcKiYt

- c^{ij} Bj_w b Rv^{ij} (tNi Rv^{ij}): 6 Zvi w^{ij}k^{ij}
- i^{ij}tmj tbU (Lv^{ij} AvUKv^{ij}bvi t^{ij}eo ^Zix^{ij}Z)
- git^{ij} KvQ (24 Zvi w^{ij}k^{ij})
- M^{ij} tnsm wPKb i^{ij}k (24 Zvi w^{ij}k^{ij})
- M^{ij} tnsm wPKb m^{ij}Zv (tgig^{ij}Zi Rb^{ij})
- Kfv^{ij} tbU ev XvKbv Rv^{ij} (c^{ij}L BZ^{ij}w i Dc^{ij}t_wK i^{ij}vi Rb^{ij})
- LuPv^{ij}K c^{ij}btZ Sj^{ij} Š-i^{ij}Lvi Rb^{ij} c^{ij}ZwU LuPvi b^{ij}P evavi Rb^{ij} Qq^{ij}U Kti BU

2| t^{ij}g ^Zvi i DcKiY t

- 10 wR.AvB. cvBc (70 dU c^{ij}ZwU LuPvi Rb^{ij})
- Sv^{ij} vB Kivi Rb^{ij} t^{ij}qj w^{ij}s i^{ij}w i d^{ij}Uevi
- t^{ij}g fvmgvb i^{ij}Lvi Rb^{ij} t^{ij}b^{ij} e^{ij}ti j /Wg (200 w^{ij} Ut^{ij}i w^{ij}.w^{ij}.w^{ij}, i Rb 9 tKwR^{ij}i E^{ij}a^{ij})
- LuPv w^{ij}i i^{ij}Lvi Rb^{ij} tbv^{ij}i (anchor)
- tbv^{ij}i evatZ tgwU KvQ (12 bs M^{ij} tnsm)
- tdtgi mv^{ij}_ evavi Rb^{ij} gvSwi AvKv^{ij}i tmvRv euk (c^{ij}qRbxq msL^{ij}K)

3| LuPv c^{ij}Pv^{ij} bvi Rb^{ij} DcKiY t

- Lv^{ij} i Ab^{ij}b^{ij} t^{ij} i^{ij}Lvi Rb^{ij} tQwU w^{ij}bt^{ij}Kw Ni
- Lv^{ij} c^{ij}vb i^{ij}wbqngZ c^{ij}Ph^{ij} Rb^{ij} tb^{ij}Kv
- gvQ evQvB (sorting) i^{ij}tbv^{ij}i Rb^{ij} myeavRbK cv^{ij} (eo c^{ij}Zj w^{ij}Ksev KvUv Wg)
- Lv^{ij} c^{ij}vt^{ij}i Rb^{ij} myeavRbK cv^{ij}
- gvQ Avni^{ij}Yi Rb^{ij} S^{ij}/L^{ij}
- gvQ i R^{ij}bi Rb^{ij} tQwU eo newfb^{ij}AvKv^{ij}i e^{ij}vj Y/ w^{ij}cv^{ij} t

LuPvi WRvBb t

LuPvi WRvBb wfP Kite Rj vktqi cKtZ | Zvi cwicwKZvi Dci | b`xi tPf, thtnZzb`xi cvo eiwei LuPv vcb KivUBb wibvc` | SjKg®, Ges b`xi Af sHi i tK SjK tekx Ges tbPj vPj cZeÜK nZ cti, KvRB LuPvi AvKvi Lp tekx eo Kivi mthwM _vtK bv| WkWZqv b`xZ LuPv, tj v 20dUx10dU tdg %Zix Kti Witgi mnvith fmgvb ivLv nq Ges GKwU LuPvi mvt_ AbwU cvkqfvte mshy® Kiv nq| dtj b`xi cvo t_k mearRbK Mfxi Zv thLvb i i " tmLvb t_k b`xi wfZti i t_k 20 dU chs-LuPv ne-Z nq|

nvi, evl o I eo `xN tj K BZ w thtnZzne-Z Rj vktq Ges G, tj vtZ eo tbshvb Pj vPj cZeÜKZv mjo i tKb AvksKv _vtK bv KvRB G mKj Rj vktq eo AvKvii i LuPv vcb Kiv mae| cwiexi AtbK t_k tKb mgf^* wekyj cKtii Aepte LuPvi AZ-S-gReZ KvWitgv Zix Kti LuPvq gQ PvI Kiv nq| tZgb fvte Avgv i G mKj Rj vktj vtZ AtbK eo AvKvii i LuPv vcb Kiv mgxPxb| Averi thtnZzGmKj Rj vktq AwaKskB gj b`xi mvt_ msthwM _vtK bv Avi tKb tKbvtZ _vtKj | Zv i agv elKvij j P Kiv hvq ZvB GmKj Rj vktq cwi bi cew ev tmiz AtbKuv tbB ej tj B Pj | KvRB G mKj tPf, LuPv vcb Kti gQ PvI i tPf, gRj NbZj Lp tekx ewx Kiv hvte bv| eis gvSwi NbZj gQ gRj Kti tekx Gj vKvq LuPv vctbi gva tg Drcr b ewx KtZ nte| GtZ GKw tK thgb Aw tRb mgx cwi bi ^Z cwi eZtbi Aftte gQ giv hvlqvi mvtbvi Kg _vtK Abw tK LuPvi Zj t_k gvtQi ZvR eR® c`v_Rtg welv³ Mvimi Kvi tY gvtQi gZj SjKI _vtKte bv|

cKtii -wcz LuPvi cQvRbxq DcKi tYi Zvij Kv t

- mycwi MvQ ev euk
- tj vni evi
- wcfwm. cvBc
- bvBj tbi `wo ev myv
- mv`v tdu (float)
- Lv`i tUvCw K Pvj bx
- Rvj (ivtmj tbU)
- cwh K AwtMj (4U)

cKtii -wcz LuPvi WRvBb t

thtnZzRj vktq mnvite cKtii cwb Aver Z_v cÖZzbqZ cwb cwi eZtbi mthwM _vtK bv ZvB cKtii vctbi Rb LuPvi AvKvi Lp tekx eo Kiv mae bq| cKtii tPf, mavi YZ Mfxi cKtii thLvb 7/8 dU cwb _vtK Ges AvKvii AtbK eo I Dby®, Avtkcvtk MvQcvj tbB Ggb cwi tek LuPvi Rb DcthwMx| LuPvi AvKvi Ggb nI qv evAbxq hvZ mntr LuPvi Kvhpig cwi Pvj bv Kiv hvq GgbwK Mfni gwnj vi vI e'e' vcbv KtZ cwi bi| Averi Avgv i t_k tki AwaKsk cKtii B Lp tekx Mfxi Zvq LuPv emvtbvi mae bq Ges cKtii t_j vtZ mvi ermi cwi bi D'PZv cÖZwkZ chq ati ivLv mae nq bv| KvRB ev e AwtAZvi Avtj vtK t_Lv hvq GK NbngUvi AvKvii i LuPv cKtii Rb DcthwMx Ges mntrB i P Yte P Y Kiv hvq| mnRj f wevfbDcKi tYi mnvith GK NbngUvi AvKvii i tdg Zix Kti DcthwMx Rj 0iv AveZ Kti LuPv Zix Kiv nq| Gici t_fgtj i tdu wKsev kb cwi bi KbUBbvi 0iv LuPv tK cKtii cÖZwkZ Mfxi Zvq fmgvb ivLv nq|

Rvj %Zvi i DcKi Y cÖBvib t

Rvj, KvQ I myv Zvi i d'vix: dwi ` dvBevi GÜ DBws wj wgtUW weimK, Kugj t thMvthwMt 01713-160216	G iwk` GÜ mY; Gg tnvtmb gvtK® PK tgMj Uj x, XvKv thMvthwMt 02-7310464
tgbv Rvj Ni cjb evRvi , Pj cji thMvthwMt 01711-734149	tebx gvae mnv evRvi tiw, ewi kyj thMvthwMt 0431-2173562

`j xq Aiatekb cwi Kí bv

w b t 2

mgq t 11.15-12.15

tgqr` Kij t 60 wgbU

wk̩i vbg t	LwPv ^Zwi I Rj vktq ^vcb
Afxó `j t	grm' Aia`Bt̩ i KgKZP̩`
j ¶ t	LwPv ^Zwi I Rj vktq ^vcb m̩ú‡K cik¶Yv_x̩ i Avb evx Kiv h‡Z Zviv AivRZ Avb‡K K‡R j wM‡q AvM‡x̩ i c̩qyRbxq mnvqZv ‡Z cv‡ib
D‡l k̩ t	G Aiatekb †ktl cik¶Yv_x̩ -
	<ul style="list-style-type: none"> • Rvj ^Zwi i †KSkj e^vLv Ki‡Z cv‡eb • †dg ^Zwi i †KSkj e^vLv Ki‡Z cv‡eb • Rj vktq (b`‡Z) LwPv ^vcb meteP^ w̩l q I Ki Yq m̩ú‡K‡ej ‡Z cv‡eb • evki †dggi f̩vngvb LwPv ^Zwi ‡Z c̩qyRbxq DcKi†Yi cwi gyY I c̩i gyc • m̩ú‡K‡ej ‡Z cv‡eb • c̩Ki LwPv ^vcb meteP^ w̩l q I Ki Yq m̩ú‡K‡ej ‡Z cv‡eb • Ki‡Z cv‡eb • c̩Ki LwPv ^vcb meteP^ w̩l q I Ki Yq m̩ú‡K‡ej ‡Z cv‡eb

wel qmP	Avtj vP^ wel q	cik¶Y †KSkj	mgq
f̩vngKv			3 wgbU
	<ul style="list-style-type: none"> • ^MZ • ce@Zr^Aiatek‡bi mv‡_msthM ^vcb • eZ@v‡b Aiatek‡bi Dci Avtj vKcvZ • D‡l k̩ e^vLv • DØyKiY 	e³Zv	
wel qe^-			52 wgbU
	<p>1. b`‡Z f̩vngvb LwPvq e^eüZ Rvj ^Zwi i DcKiY I cwi gyct w̩k¶Yxq wel q mvavi YZ: 2 AvKv‡i i Rvj %Zwi Kiv nq </p> <p>K. 20 dU x 10 dU x 6 dU</p> <p>L. 10 dU x 10 dU x 6 dU</p> <ul style="list-style-type: none"> • Zj vi Rb^ 2 UKiv Rvj †K‡U w̩‡Z n‡e cik¶Ui ^N^22 dU • M̩o fnsm 24 Zwi m̩v • Zj vi Pvi †K †qvi Rb^ 68-70 dU Rvj †K‡U w̩‡Z n‡e • 110 dU gi‡v KwQ <p>2. †dg %Zwi i DcKiY I cwi gyY t</p> <ul style="list-style-type: none"> • 10 BwA AvKv‡i i 700 wR.AvB. cibc • 10 dU AvKv‡i i dU evi - 4dU • 3 m̩v i †wi †dg-GKwU Wg‡K AvUKv‡bvi Rb^ Wtgi `icv‡k `ñU 	e³Zv I cik¶Ei	10 wgbU
		e³Zv I cik¶Ei	5 wgbU

melqmiP	Avtj vP melq	cikl Y tKskj	mgq
	<p>3. LIPv ~vcb t</p> <ul style="list-style-type: none"> • Sij vBhj³ tdg ^Zwi Kti b`xZ ~vcb • `B LIPvi gvtS 3W Wg eimtq tj vni tdg 0iv AvUKvfbv • Wg tj v`B tdtgi cvBtci mt_bvBj tbi `wo w` tq tetra w` tZ nte • LIPvi Pvi cirk Ges gvtSi WR. AvB cvBtci mt_evk tetra w` tZ nte • LIPv fvmvtbvi ci `y tK `y tbtvzi Mbo tnsm KwQ w` tq tetra tmlu KitZ nte <p>4. cKiti fvmgb LIPv ~vcibi tdg ^Zwi t</p> <ul style="list-style-type: none"> • evk, myvix MyQ, wcfum cvBc, tj vni iW eenvi Kiv hvq • tj vnvq gwi Pv bv covi Rb is Kti w` tZ nte • cwh K Gt½j eenvi Kiv • tdtgi tKvbj, tj v tcti K w` tq AvUKtq `wo w` tq mtii e`+ tetra t` qv hvq • LIPv fvmvtbvi Rb cwh K tdu/Lwj tZtj i tevZj eenvi Kiv hvq • dvBb tgm wdwis tU^Gi cwh eZ^mtii e`+eenvi Kiv hvq <p>5. cKiti fvmgb LIPvq e'eüZ Rvj ^Zwi i DcKiY t</p> <ul style="list-style-type: none"> • wZb ai tbi Rvj - cwh Bw_wj b, bvBj b, Uvqvi KW® • 2 wglvi entii 4 wglvi Rvj • 1 wglvi AvKwZ 12 wZb, 8W cwh K Gt½j, 12 wZ tcti K, cvKvfbv m½v, 1.2 wglvi dvBb tgm Rvj A_ev e'eüZ mtii e`+ • LIPv fvmvtbvi Rb 4 wZ tdu <p>6. cKiti LIPv ~vcb t</p> <ul style="list-style-type: none"> • LIPwU Rj vktq tcwZv evtki mt_ ~vcb KitZ nte hvtZ cwhi DVbvgvi mt_ LIPwU DVbvgvi KitZ cwhi • Averi `yvtk `y evk ctZ gSLvtb GKwU evk tetra H evtki mt_ `wo tetra LIPv ~vcb Kiv hvq • LIPvi `B-ZZxqsk A_ev wZb-PZl_Bk cwh tZ wbgw¾Z _tK <p>7. LIPv ~vcibi metep melq t</p> <ul style="list-style-type: none"> • Rj vktq LIPvi Ae`vb (Mfxi Zv, Rj vktqi ~vb) • LIPv ~vcb cwh (GKKfvt, mwifZ) • LIPv t_tK LIPvi `y Zj (Kgcjt 1 wglvi) • LIPv ~vcibi mgq (tcvbu gRj i Kgcjt 10-15 w b cte®) • KuKovi bvMvjt i evBti ivLw (Lui tMvovq dvbj t` qv ev cwhi `wo tcwhq ivLw) • cwhi Dcti LIPvi D"PV (6-12 BwA) • tdu evav (cwhi 900 bxtp) 	e³Zv I cikl Y	10 wglbu
		e³Zv I cikl Y	5 wglbu
		e³Zv I cikl Y	5 wglbu
		e³Zv I cikl Y	7 wglbu
		e³Zv I cikl Y	5 wglbu
		e³Zv	5 wglbu

wełqmiP	Avtj vP ^m wełq	cökP ^m Y tKškj	mgq
mvi -ms ^m tP ^m C			5 mgwU
	<p>1. gj wełq ms^mtP^mc cþi v^mj vPbv</p> <p>2. cökP^mEii i gva^mtg D^mi k^m h^mPvB</p> <ul style="list-style-type: none"> • Gþ^mj e^menvi K^mi GK Nb^mgUvi AvK^mZi f^mmgv^mb e^mtki L^mPv^m Z^mwi tZ weñfba^mDcKiY w^mK cwi gvtY j w^mMte? • Gþ^mj e^menvi K^mi GK Nb^mgUvi AvK^mZi L^mPv^m Z^mwi tZ e^mtki evZvi ^ N^mg^mKgb nte? • Rvtj i eni 2 w^mgUvi ntj GK Nb^mgUvi AvK^mZi L^mPv^m Z^mx^mZ KZUKzRvj j w^mMte? • L^mPv^m fwm^mq i^mLvi Rb^m t^md^mU wnt^mte w^mK w^mK e^menvi Ki^m th^mZ ci^mi? • w^mGm^mc e^m-t^me^menvi K^mi L^mv^mw^m L^mPvi t^mKvb t^mcb t^mcb Ki^mtZ nte • mwi tZ L^mPv^m t^mcb Ki^mtj GK L^mPv^m t^mK Avt^mi K L^mPvi `tZi KZUKz i^mLv D^mPZ? • cwb^mi Dci L^mPvi KZUKzAsk fwm^mq i^mL^mtZ nte <p>3. n^mv^m AvDU weZiY cieZx^mAwatek^mtbi mvt^m ms^mthwM- L^mPvq PvI Dc^mthwMx grm^m cRwZ</p>	cökP ^m Ei	
mnwqK mnvgM ^m gvtK ^m , n ^m v ^m AvDU, cökZ e ^m BZ w ^m			

LuPv ^Zvi | Rj vktq - vcb

b` xZ fvmgb LuPv - vcbvi Rb"

Rvj ^Zvi t

eZgib LuPv ^Zvi tZ th Rvj e eüZ nt"Q Zv cij Bi_wj tbi ^Zix I _YMZ gvb AtbK Dbz| G_tj vi metptq eo DcthMzv ntj th, KuKov, Bmvc, K"Qc BZ_w^ *WZKi cWx Rvj tji v KuUz cti bv| Rvj tji v d"vxi t_tK mieinv Kiv nq _vb Kvctoi b"vq, hvi D"PVz vK Qq dU| WKS Rvj tji v bZb Ae"vq t`Lj `B AvovB dU gtb nte| Zte tm_tj v `y K t_tK Uvbj QqdU D"PVq Gtm "vavte| WKS cWz mBtRi LuPv ^Zixi Rb" Rvj K_tj vK bv tUtbB KvR KitZ nte, Zntj mWKFvte Rvj i tgimi msL"v , tb Rvj tmj vB KitZ myav nte|

Avgiv mavi YZ: `B AvKtii Rvj ^Zix Kvi t

1| 20 dU×10 dU×6 dU (Drcv` tb e"envi Kiv nq)|

2| 100 dU×10 dU×6 dU (metqi AvtM evQvB Kti i vLv/Kg msL"K givQ _vKtj Drcv` tbi Rb" gRj Kivi Rb")|

cWgZ: Zj vi Rb" `B UKiv Rvj tKtU vbtZ nte| cWZU ^N"22 dU Kti | Kvi Y tmj vB Kivi ci Rvj msKuPZ nte ^N"Ktq hvq | 20 dU Gtm "vavq| UKiv `WtK j "vq cvkvck tifL Mbo tnsm 24 Zvix myzv 0iv cvkvck tftSi mvf_ tRvor w_tZ nte| Gici Zj vi Pvi w_tK tni t`qvi Rb" 68-70 dU Rvj tKtU vbtZ nte| Gevi 110 dU git"v KivQ vbtq 70 dU Rvj i wfZt tftmi wfZi w_tq tcY KtZ nte| Gici tni Rvj i GKgv_z Zj vi GK tKvbxq ati t`qvi i tgimi mvf_ Zj vi Rvj i tgim Mbo tnsm 0iv mshy^3 KtZ nte| Pvi tKvbxq t`qvi wbgvbi Rvj i Ask wKo tekx msKuPZ Kti tmj vB KitZ nte hvZ Pvi tKvbxq Rvj i t`qvi ht_ó Stj _vK GRb" Pvi tKvbxq 2 dU vnmvte tgwU 8 dU Rvj tekx cWqRb nte|

Zvi ci Dcti i git"v KivQ, Zj vi Pvi tKvbx eivei tgm , tb wPwY Kti Dcti i tKvbx vbaY KitZ nte| GK tKvbx t_tK Ab" tKvbx chS-20 dU, 10 dU | 10 dU git"v KivQ wPwY Kti H 10dU, 20 dU git"v KivQ gta"v Rvj AvUWtq wMU w_tZ nte| cWZU wMtUi mvf_ 3-4 dU i jyc ^Zix KitZ nte| Gici git"v KivQ | Mbo tnsm t_tK Rvj i tgm , tji hvZ mti bv hvq Zvi Rb" wPKb bvBj tbi myzv 0iv k^3 vte tftq w_tZ nte|

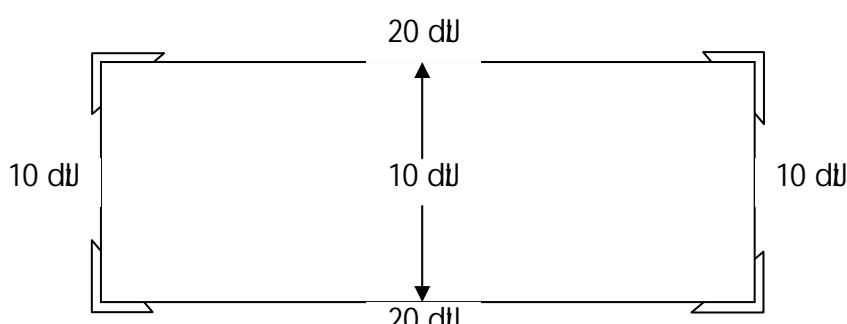
d"vxi t_tK mieinvKZ Rvj i gta" gvtS gvtS tKv_vl tKv_vl Rvj i Ni wKQdU eo _vK Ksev wMuwenxb t_tK hvq | tm_tj v `atq mvt_ ms"vi Kti vbtZ nte Ab" vq tcvb tftq thZ cti|

Rvj ^Zvi nte tMj Rvj i Pvi tKtY Pvi wU evtki LuPv - vcb Kti Zvi mvf_ Rvj wU tetta vbtZ nte| Gici cWqRbxq cWgY Pvi bv/Kfvi Rvj tKtU Dcti i Pvi w_tK Ggbfvte myzv 0iv tetta w_tZ nte hvZ mntr tLvj v hvq|

t dg ^Zvi t

t dg Aeqe wbfP KitE tKv cwi tefk LuPv - vcb Kiv nte Zvi Dci | cKtii cwi tefk thLvb cwb tKv tmtZ ev cew tB tmtb wcfwm cvBc, evk BZ_w^ w_tq t dg ^Zvi Kitj I Pj te| WKS thLvb tmtZ ev wewfbegvvi cew we"gvb tmtb LuPvi t dg Aek"v gReZ I k^3 nl qv cWqRb|

wKwZqv b` xZ wCZ LuPv , tji vi t dg ^Zix KitZ cWgZ: 1 BiA wR AvB cvBc 0iv 20dU×10dU t dg ^Zvi Kiv nq| GKu t dg ^ZixZ 70 dU cvBc e eüZ nq| 20 dU AvKtii cvBc vbtq gv_vl w_tKt Kivt b Ask tKtU t dtj t`q nq| AZ:ci 1dU d"vavt evK Kti evni w_tq Pvi tKvbx tKt Kt Kt Kt Sjv vB Kiv nq|



Ari gr̄tS 10 dJ Av̄t̄KuU cv̄Bc em̄tq Sij vB K̄ti tdg ^Zwi Kiv nq| GZ m̄v̄m̄i 20dJ×10dJ Av̄Kv̄ti i LuPv em̄t̄bv hv̄q Averi c̄q̄Rb̄tēta 10dJ×10dJ LuPv em̄t̄bv hv̄te| Gf̄te tdg ,tj v ^Zwi K̄ti GKuU m̄t_ Ab̄m̄i mshy^ K̄ti LuPv Av̄Kūti m̄v̄Rtq BDibU ^Zix Kiv nq|

GKuU td̄gi m̄t_ Ab̄m̄i m̄v̄Rt̄bvi Rb^ Ges tm̄ ,tj v c̄mb̄tZ f̄v̄mgvb ivLvi Rb^ `BdJ td̄gi gr̄tS 3m̄ W̄g em̄t̄bv nq| `B td̄gi gr̄tS W̄g w̄tq tdg `f̄UdK 17-18 dJ ^N̄i io w̄tq (^B gr̄vq K̄tu^ Zwi K̄ti) mshy^ Kiv nq|

Averi W̄t̄gi Dcti em̄t̄bvi ḡt̄Zv 3 m̄Zv īt̄Wi tdg ^Zix K̄ti īt̄Wi td̄gi m̄t_ m̄RAvB cv̄Bt̄ci gj LuPv tdg tēta t̄qv hv̄te|

LuPv ^vcb t

LuPv ^vcbi h̄veZxq DcKiY msM̄ K̄ti b̄xi cv̄to thLvtb LuPv ^vcb Kiv nte tm̄Lvtb w̄btZ nte| m̄RAvB cv̄Bt̄ci tdg ,tj v Av̄MB w̄bKUeZr^Kv̄b I qvKRC t̄t̄K Sij vB K̄ti tdg ^Zwi K̄ti LuPv ^vcbi Gj vKvq Avb̄tZ nte|

GKm̄t_ Rv̄qMvi Dc̄thwMzv tgvZv̄teK 10-12 m̄J tdg cv̄kv̄cv̄k tītL c̄Z `j̄Uv LuPv gr̄tS w̄Zb̄u K̄ti W̄g em̄tq m̄sthMKvix tj v̄vi Av̄UKv̄tZ nte| W̄g ,tj v hv̄tZ bxP w̄tq m̄ti bv hv̄q tm̄Rb^ `B td̄gi cv̄Bt̄ci m̄t_ f̄v̄tj v̄f̄v̄te bvBj t̄bi `wo w̄tq tēta w̄tZ nte| Gici m̄v̄uY^td̄gi `pZvi Rb^ Pvi w̄tK m̄RAvB cv̄Bt̄ci m̄t_ Ges gr̄tSi m̄RAvB cv̄Bt̄ci m̄t_ c̄q̄Rbxq msL^K tm̄Rv euk tēta w̄tZ nte| Gici c̄q̄Rbxq Rbētj i mn̄thwMzv w̄btq GKm̄t_ mZKZvi m̄t_ m̄v̄uY^LuPv tdḡtK c̄mb̄tZ f̄v̄mtZ nte| Gf̄te mg -LuPv c̄mb̄i Dcti Z_v W̄v̄tZ tēta c̄t̄i c̄mb̄tZ f̄v̄mtZ nte|

c̄Z^w̄kZ Mfxi Zvq LuPv f̄v̄mt̄bv nt̄j Gi `j̄t̄K `BdJ Ges LuPv BDib̄tUi ^N̄i^tePb̄vq c̄q̄Rbxq msL^K t̄Mivcx ev̄b̄v̄zi tgvUv M̄b t̄nsm Kv̄Q (12 bs) w̄tq tēta Dc̄thwMx `j̄t̄Zj b̄xZ ^nvcb K̄ti t̄Z nte|

Gici ax̄ti ax̄ti LuPv Rv̄j f̄v̄tj v̄f̄v̄te ch̄t̄e^Y K̄ti c̄q̄Rbxq ms̄vi K̄ti LuPv ,tj v td̄gi m̄t_ ev̄tZ nte| LuPvq gr̄Q gR̄t^ i Kgct̄ 15 w̄b c̄t̄e^Rv̄j ,tj v tm̄U K̄ti tdg t̄Z nte| ḠZ Rv̄tj i M̄t̄q m̄v̄gb^ K̄v̄l j v cōte| dt̄j gr̄Q gR̄t^ i ci bȳb Rv̄tj i NI B̄RibZ Av̄NvZ t̄t̄K gr̄Q i^v̄v̄ c̄t̄e|

cKti fvmgb LvPv -vcbr Rb"

tdg ^Zwi t

Avgv i t`tk KtqK aitbi euk AvtQ hv w tq LuPvi tdg ^Zwi Kiv hvq | wPKb euk cjiwvB eenvi Kiv hvq Averi GKtR tgwv euk tKtU `B tmig: cK-PvK Kti I eenvi Kiv hvq | euk mwavi YZ: 2-3 eQi tUKmB nq |

Abvb weK1 DcKiY mnmtb thgb t

Mvwi MvQ, tj vni iW, mifim ciBcl eenvi Kiv hvq | tj vni cvBc w tq ^Zwi tdg fwi nq Ges e-e-vcbr LiP tekx, tj vniq hvtZ gwi Pv bv cto tmRb cZeQib i0 Kti w tZ nq | LuPvq tdg ^Zwi Kiv tPf mshy³ mnmtb cwi K Gtj eenvi Kiv hvq | mnR cby³ i Rb" LwZ evki tKv, tj v AvsKK tKtU tRvov j Mtbv thtZ cti | LuPvi tdtgi tKv, tj v tcgi K w tq k³ fvtb AvwKtq k³ myv A_ev `wo w tq mvfi i e-+ tetra t`qv hvq | Gi mvf_ Rvj Rwtq BDwU ^Zix nq | cwi K Gtj eenvi LuPv wKtq gReZ nq |

LuPv fvmvbtv Rb& cwi K tdu / Lvj tZtj i tevZj / cwi tevZj eenvi Kiv hvq | iKtbr eukl eenvi Kiv thtZ cti | cvBb tgm mdsNs tU Gi cwi etZ²mvfi i e-+ eenvi Kiv hvq | mdsNs tU⁸⁰ tmig. x 30 tmig. AvKt i Kiv thtZ cti | LuPvi Zj t`tk cwi tK tU⁸Lv ``vbx mnmtb eenvi Kiv hvq |

LuPvi Rvj t

wZb aitbi Rvj LuPv ^Zwi i Rb" DcthMx Ges evsj t`tk mnR cci thgb: Uvqi KW² bvBj b, cwi Bw_wj b | G, tji mePfq teuk DcthMxZv ntj v th, KvKov, Bmv, Buj, K"Qc BZ^w PwZKi cwy, wj mnR KvUtz cti bv | GB Rvj ,wj d²v²wi nZ mieivn Kiv nq _vb Kvctoi AvKt i Ges enfi i cwi gyY `B MR ev 6 dU | Rvj ,wj bZb Ae-`q t`Lj gfb nq 2-2.5 dU cKZctP `y K t_K Uvbtj 6 dU nq |

Rvj KvUv t

GK Nb mgvri AvKwZi GKwU LuPv %Zixi Rb" 2MR enfi i 4.25-4.50 mgvri A_ev 2 mgvri enfi i 4 mgvri Rvji cwiqRb nq | th tKv aitbi Rvj eenvi Kiv tnvK bv tKb Zv AZ^w-mZKZvi mvf_ cwi gyc Kti tKtU wbtZ nte | mVKfvte Rvj KvUv Rb" cwiqB cti eivei KvP w tq Rvji GK gv_v mgv Rvji tKtU tdu tZ nte | AZ:ci KvP t`qv cwiZi gwiZ wbtq Avt-Avt-Aci cwiZ-mgvb Kti ^N²eivei cwiqRbxq Rvji tgc tKtU tdu tZ nte | `B cwiZ-k³ Kti tUtb j tKtU tKtU wbtZ nte | Gici cte² gZB ^N²eivei `B cwiZ-tK KvP w tq `B cwiZ-mgvb Kti wbtq k³ Kti ati tUtb j tKtU tKtU wbtZ nte | cti eivei mgv `B fvm Kti gvSLv^b KvUtz nte | cwiZw Ltu cti eivei `B cwiZ-GKB wbtqg KvP w tq Averi `B cwiZ-tUtb j tKtU tKtU wbtq Kti ^N²eivei mgv wZbfw KtZ nte Ges myv Qviv wPwZ KtZ nte |

LuPv ^Zwi t

GKwU 1 Nb mgvri i LuPv ^Zix KtZ ^i Kvi nte GK mgvri AvKwZi 12 w evk, 8w cwi K Gtj, 12w tcti K, cwiKtbr myv, 1.2 mgvri cvBb tgm Rvj A_ev e-euz mvfi i e-+, LuPv fvmvbtv Rb" 4w tdu, 4.25 mgvri x 1 mgvri AvKwZi `B Lw Rvj |

cwi K Gtj Qvovl tdu ^Zwi KtZ nte me, tji v euk 1 mgvri %N²Ggbfvtb KvUtz nte hvtZ tKv Ask AveZ bv Kti ci tui i mvf_ mshy³ nte hvq | Zvici tKv, wj tcti K gvitZ nte | me, tji v tKv bv mvfi i e-+ w tq gwtq bvBj b `wo w tq fvtj fvtb evatZ nte | mifim cvBtci tPf Gtj Ges tj vni i tWi tPf Sij vB Kti w tZ nte |

Rvj j vMv̄tbv t

4.25 mgUvi %N̄C 1 mgUvi c̄t̄' m̄ekó `B UKiv Rvj c̄q̄Rb n̄te| KuUvi Av̄M Rvj ,t̄j v tdtgi P̄wi w̄ t̄K Uvb Uvb K̄ti R̄w̄tq gvc ḡtZv KuUtz n̄te| c̄t̄' UKiv Rvj tdtgi w̄Zb w̄ K w̄N̄ti R̄w̄tZ n̄te| AZ:ci Rvj t̄K fv̄t eUvb Uvb K̄ti tdtgi m̄t̄_ AvUKv̄tZ n̄te| Lvev̄tii AcPq t̄v̄tai Rb" LuPvi Zj vq cvBb tgm Rvj A_ev c̄w̄j w̄_b LuPvi Zj t̄`tk Ges Dct̄i i w̄ t̄K 10 tm̄g. ewōtq w̄ t̄q AvovAwofvte j vMv̄tZ n̄te| tdtgi Pvi ev̄ui gvSgv̄S Ast̄k Lv` vbx v̄m̄vte c̄w̄: K cv̄l A_ev c̄w̄j w̄_b v̄cb Kiv th̄tZ cv̄ti | LuPv fw̄mtq ivLvi Rb" LuPvi Dc̄wi fv̄tM Pvi t̄Kvbvq Pvi w̄U tdwU A_ev c̄w̄: t̄Ki tevZj ev K̄t̄UBbvi j vMv̄tZ n̄te| tdtgi P̄wi w̄ t̄Ki Rvj c̄w̄: K A_ev bvBj b m̄zv 0viv ev̄av̄tbv n̄tq t̄Mt̄j LuPvi Dc̄wi fv̄tMi th tKvb GKv̄U tKvbvq c̄t̄ek ḡt̄ LuPvi Dc̄wi fv̄tMi th RvqMvq Kiv hvq|

c̄K̄ti LuPv v̄cb t

Rj vktq tc̄uZv eut̄ki m̄t̄_ tet̄ta m̄avi YZt fvmgvb LuPvi Ae"ib i t̄l̄v Kiv hvq| fvmgvb LuPv c̄mbi Dc̄wi -+ DVvbgv̄i m̄t̄_ m̄t̄_ DVvbgv̄ Ki t̄Z cv̄ti | t̄Kbbv LuPv w̄U Rj vktq Ggbfv̄te tc̄uZv eut̄ki m̄t̄_ `wo w̄ t̄q tet̄ta t̄`q̄ n̄q hv̄tZ c̄mbi DVvbgv̄i m̄t̄_ LuPv w̄U DVvbgv̄ Ki t̄Z t̄Kvb Am̄jeav bv n̄q| ĀbK mgq `B cv̄k `yU euk c̄t̄Z gvSLv̄t b GKv̄U euk tet̄ta H eut̄ki m̄t̄_ `wo tet̄ta LuPv v̄cb Kiv hvq| LuPvi `B-ZZxqisk A_ev w̄Zb-PZl̄fsk c̄mbtZ w̄bgv̄Z Ae"iq _v̄t̄K|

LuPv v̄ct̄b met̄eP" weI qm̄` t

- Rj vktq LuPvi Ae"ib (Mfxi Zv, Rj vktqi v̄ib)
- LuPv v̄cb c̄xw̄Z (GKK/m̄wi ex)
- LuPv n̄tZ LuPvi `j Zj (Kgc̄t̄l̄ 1 mgUvi)
- LuPv v̄ct̄bi mgq (tc̄ubv gR̄t̄ i Kgc̄t̄l̄ 10-15 w̄ b c̄t̄e)
- KuKovi bvMv̄tj i evB̄t̄ i vLv (LuJi t̄Mv̄vq e"eüZ c̄mbi tevZt̄j i dv̄bj A_ev c̄t̄Ui `wo t̄c̄P̄t̄q t̄`q̄)
- c̄mbi Dct̄i LuPvi D"PZv (6-12 B̄Ā)
- t̄dwU ev̄av (c̄mbi 9 B̄Ā bx̄P̄)

` j xq Añatekb cwi Kí bv

w b t 2

mgq t 12.15-13.00

tgqr` Kvj t 45 wiblU

wkñiwbvg t	LuPiq Pvl DcthwMx grm" cRwZ
Añó `j t	grm" Añá`Bt i KgKZp`
j ¶ t	LuPiq Pvl DcthwMx grm" cRwZ wbePtb cikpiy i Ávb ejx Kiv hñZ Zvi v mWk cRwZ wbePtb AñMñt i cikpiy mnwqZv Ki tZ cvi
Dñk" t	G Añatekb tkil cikpiy - <ul style="list-style-type: none"> • LuPiq Pvl DcthwMx cRwZ wbePtb weteP" welqmg ej tZ cvi teb • LuPiq Pvl DcthwMx Kgcit 4 wU cRwZ mbv³ Ki tZ cvi teb

weP" weq	Añj vP" weq	cikpiy tKskj	mgq
figKv			3 wiblU
	<ul style="list-style-type: none"> • -MZ • ce@Zr Añatekb bi mvt_ msfhM - tcb • eZgib Añatekb bi Dci Añj vKcvZ • Dñk" e"vL" • DñkY 	e³Zv	
weq			37 wiblU
	1. LuPiq Pvl thM" grm" cRwZ wbePb weteP" weq <ul style="list-style-type: none"> • Añak NbñZj emevm DcthwMx • tñM cñZtiva ¶gZv tekx • mvv eQiB tcvbv mnRj f' • Zj bvgj Kfñte ^mnK cxoY mn" Kivi ¶gZv tekx • -bxq evRvti I AvSRñZK evRvti Pvn"v I gj" tekx • mñút K Lñt" mvov t"qui cñYzv tekx • wR"ñcwi tekMZ Ae"vq -fweK e"e' tcbvq hñt" i %mnK ejx i nvi fuj 2. LuPiq Pvl thM" grm" cRwZ <ul style="list-style-type: none"> • gñbñm. tZj wcvq • %K • wks I gv, i • Mñm Kic® 	e³Zv, cikpiy I `j xq KvR	30 wiblU
mvt_ msfhC			7 wiblU
	1. gj weP" weq mst¶t cñpivtj vPbv 2. cikpiy i gva"tj Dñk" hvPvB- <ul style="list-style-type: none"> • cRwZ wbePtb weteP" weq Kx Kx ? • LuPiq Pvl thM" wZbñU cRwZi bvg ej p 3. nñU AvDU weZi Y 4. cieZr Añatekb mvt_ msfhM - tcb- LuPiq gRj DcthwMx tcvbv cñZcij b	cikpiy I wdePvU®	5 wiblU
mnwqK mvgMñt gñKñ, wdePvU®nñU AvDU BZ vñ			

Lipq PvI Dc̄thwMx grm" c̄RwZ

Lipq gvQ PvI "v̄fweK Rj vktq ev c̄Kti gvQ PvI i tPq "ewP̄cY GLv̄b c̄Kti i tPq AtbK tekx NbtZ; tc̄bv gRj Kiv nq| Lipq gvQ i agv̄i ewni t_ tK mieivnKZ m̄uK Lv̄ "i Dci wbfPKj, ZvB c̄Kti i b̄vq we ZZ ciw̄ teK c̄KwZK Lv̄ "i Rb" wePiY KifZ c̄ti bv| Avi Ave x ciw̄ teK _vKvi Kvi tY AvugYiZK "fv̄tei tKvB gvQ _vKtj Zvi AvugY t_ tK i P̄vi Rb" `eP̄ gvQ tKvB wbiwv Avkta thtZ c̄ti bv| Avi e"e "vcv̄ Ask mn̄te c̄ZibqZ gvQ, tj v brovPvov Kti "v̄bšt KifZ nq| Gai tYi e"e "vcv̄ cxob mn̄ P̄gZv bv _vKtj gvQ gviv thtZ c̄ti | cwbi "v̄fweK ciw̄ eZB tKvB Kvi tY e"vnZ ntj wKsev Zj vi eR©c` v̄t_P c̄ZwZ AcmvY bv ntj Lipq ciw̄ tek c̄ZKj ntq thtZ c̄ti | BZ vKvi weIq, tj v wePePv Kti B weifbaet` tk wR wR tfSMij Kfv̄te mnRj f c̄RwZi gvQB Lipq Rb" wePb Kiv nq| m̄ari Yfv̄te Lipq PvI i Rb" grm" c̄RwZ, tj vi wbaewYZ "eiko", tj v wePePv Kiv nq t

- wR "ciw̄ tekMZ Ae "vq "v̄fweK e"e "vcv̄ hvt i %mnK ejxi nvi fyj
- AiaK Nb tZj ememv Dc̄thwMx
- t̄h gv̄Qi tc̄bv memgqB mnRj f
- hv̄t i tiw c̄Ztiva P̄gZv tekx
- m̄uK Lv̄ "m̄ov t̄evi c̄eYZv _vKv
- b̄xi c̄evngv̄b ciwbv Lipq j vdv̄bvi c̄eYZv Kg
- Zj bv̄j Kfv̄te "mnK cxob mn̄ Kivi P̄gZv tekx
- "vbxq evRv̄ti | AvšRwZK evRv̄ti P̄wn`v | gj" tekx

ewYZ "eukóvej x wePePv Kti Gikqy gnvt tki weifbaet` k thgb Pxb, _vBj "vU, gvj tqwq, Bt` vtbwq, wftqZbwg Lipq PvI i c̄RwZ mn̄te wbgv̄ wLZ gvQ, tj v̄tK wePb Kiv nq|

- | | |
|-------------|----------------|
| • tZj wmcqv | • KgbKvc© |
| • cv̄v̄m | • tkyj |
| • %K | • wPswo |
| • wks | • mi c̄ju |
| • gv̄i | • ḡteP̄ tMvex |
| • M̄m Kvc© | • tMvi vgx |

c̄e©Avgt i t̄tk weifbaengtq Lipq gvQ PvI i th Df" "M tbqv ntq Zv̄tZ weifbaecRwZi gvQ Drcv̄ tbi tPov Kiv ntq Q| i i w tK AtbK Lipq cv̄v̄m gRj KifZb| Ks' µgnrmgib evRvi gtj i Kvi tY AvRKj Lipq cv̄v̄m PvI j vFrbK etj gtb nq bv| eZgutb AiaKisk Lipq tZB GKK c̄RwZ mn̄te gtbv̄tm. tZj wmcqvi PvI Kiv nt"Q| Gi Kvi Y ntj v bwms Kti Lipq gRj Kiv ntj gv̄i c̄tP gvtmi e"earfbB Lipq t_ tK gvQ Avni Y I wePq Kiv hvq; Avi µgea©v P̄wn`v Abjnti t̄tkB gtbv̄tm. tZj wmcqvi tc̄bv Drcv̄ b Kiv nt"Q weifbaenPvixtZ| Gi mvt_ mvt_ Avtiv wKQz c̄RwZi gv̄Qi tc̄bv Lipq gRj Kti Drcv̄ tbi tPov Pj tQ| BtZigtaB WwKwZqv gtbv̄tm i weifbaeLipq mn̄gZ gv̄vq _vB mi c̄ju, _vB ^K, Kgb Kvc© wPswo BZw` PvI Kiv nt"Q| Avgt i t̄kx ^K, tkyj, wks gv̄i gvQI Lipq PvI Kiv m̄e; Zte G mKj gvtqi tc̄bv c̄wB c̄zeÜK etj gtb nq| tc̄bv c̄wB wboZ Kiv mtj I D"p tc̄ubhj Lvevi mnRj f ntj e"vcKfv̄te Lipq GmKj c̄RwZi gvQ PvI m̄e nte|

Avgt i t̄tk Lipq PvI Dc̄thwMx KivZcq c̄RwZi gvQ m̄uK©avi Yt

tZj wmcqv t

tZj wmcqvi Drcv̄ b mvi wekB DrmnevAK| eZgutb eisj v̄t̄k mvi eQiB "Z eaYkj tZj wmcqvi tc̄bv cvl qv hv̄tQ| Z`jwi Drcv̄ b tK Avtiv evovtivi j tP̄ gtbv̄tm. tZj wmcqvi exR Drcv̄ b Avgt i t̄tkB Rbucq ntq DfVtQ| tiw c̄Ztiva P̄gZv tekx, gZj nvi Kg Ges "Z eaYkj weavq gtbv̄tm. tZj wmcqvi Lipq PvI thwM" c̄RwZi Zwj Kvq c̄g Ae "vq t̄tq Q| ZvQov tLtz my"ynl qvq Gi evRvi gj", evRv̄ti P̄wn`v tekx| AwZ m̄cZ gtbv̄tm. tZj wmcqv we t̄k i Bvbx i i ntq Q|

_vB micJU t

_vB micJU my^r y `*Z eaBkj | evRvti Pwv`v tekx weavq LuPiq Pvi thwM cRwZ mmvte tek RbwCq | m^-v | mnRj f` Lv` " M@Y Kti ej Drcv`b LiP Kg |

Mm Kvc@

m@útK Lv`"i cvkvcwk Lv` cvbv, Kj vcvZv, Rj R A@M@Qv | meR D@M@ LvI qv@bv hvq | `*Z eaBkj | Drcv`b LiP Kg |

%K t

gvó gv@b f i cij Avg@`i t`kv KB | fvj Drm t_@K gvQ msM@ Kti exR Drcv`b KitZ cvitj LuPiq Pvi Kiv hvte mtSH RbKfvte | A@Z@i^3 kmbvsM _vKvq Kg A@t Rb Zv`i Rb" cvoY mvó KitZ cvitj bv | ZvB cKj b`x me ai@Yi Rj vktqi LuPiq KB A@aK NbtZjgRj Kti Pvi Kiv m@e |

iks | gv,i t

%K gv@Qi b"vq iks | gv,i gv@Qi | A@Z@i^3 kmbvsM _vKvq GivI A@aK NbtZjLuPiq Pvi i Rb" DcthwMx | Zte G mKj gv@Qi Lv`" c@YR Avg@I gv@v c@qvRbxq cvi gvY mboZ KitZ nte |

` j xq Awatekb cwi Kí bv

w` b t 2

mgq t 13.00-14.30

tgqr` Kvj t 90 w`bU

w`b t	Lipq gRj DcthwMx tcvbv cIZcij b
Afxo`j t	grm "Ara`Btii KgKZf;
j ¶ t	G Awatekb Lipq PvI DcthwMx tcvbv Drcv`tbi w`bgtE cIZcij b m`utK°AskMhYKvixt`i mg`K avi Yv t` qv nte hvZ Zviv AwRZ Ávb wbtRiv KvR j vMvZ Ges PvI x`i mnvqZv w`Z cvtib
Df`k t	G Awatekb tk`l cIKYv_MY - <ul style="list-style-type: none"> • Lipq PvI DcthwMx tcvbv Drcv`tbi j ¶ cIZcij tbi i "Zej tZ cvtib • cvbv cIZcij tbi Rb cKi wbeP`b weteP` w`l qmgn ej tZ cvtib • cKi cIZi avcmgn Ges Gi Kvhug m`utK°ej tZ cvtib • cRvZtft` tcvbv gRj NbZej tZ cvtib • tcvbv cwi enY, Qrov Ges Lv` cIqM m`utK°ej tZ cvtib

welqmP	Avtj vP` welq	cIKY tKskj	mgq
fvgKv			4 w`bU
	<ul style="list-style-type: none"> • ~MZ • ce@Zr°Awatekb`bi mvt_ mshtwM ~vcb • eZgb Awatekb`bi Dci Avtj vKcvZ • Df`k t` e`vL`v • D0kKiY 	e³Zv	
welqe~'			80 w`bU
	1. Lipq PvI DcthwMx tcvbv cIZcij tbi i "Zit <ul style="list-style-type: none"> • weteP` welq- • Pvn` v tgvZvteK mgqqZ tcvbv cIB • cIZwkZ Drcv`b wboZ Kv 2. tcvbv cIZcij tb cKi wbeP`b weteP` w`l q t <ul style="list-style-type: none"> • cvo Dp` gReZ I eb`ig` nte • AvqyZKvi nI qv evAbxq • cKti mthp Avtj v I evZvm j vMvi e`e`v _vKv • cwbv Mfxi Zv 3-4 dU nI qv fy • Zj vq 3-4 BwAi AwZvi 3 Kv`v bv _vKv • Rj vqZb 25-50 kZK n`j e`e`vcbv mnR 3. cKi cIZ t <ul style="list-style-type: none"> • cKi i Kv`bv I cvo tgivZ • Pb / wRIU / wRIj vBU cIqM • mvi cIqM 	e³Zv I cIKY	5 w`bU
		e³Zv I cIKY	10 w`bU
		e³Zv, cIKY I ` j xq KvR	30 w`bU

weqmnP	Avtj vP weq	cikTY tkskj	mgq
	<p>4. tcibvi gRj NbZjt</p> <ul style="list-style-type: none"> mvi cjqM 10-12 w b ci tcibv gRj Dfg gfbvtm. tZj wcqv 500-1000 wU / kZsk micj 500-1000 wU / kZsk cjwim 500-800 wU / kZsk <p>5. tcibv cwi enb I gRj t</p> <ul style="list-style-type: none"> nwpwi tK Aw tRb e'wM gfbvtm. tZj wcqv tcibv cwi enY nq tZj wcqv 1000 wU / e'wM 12-16 Nuv micj 800 wU / e'wM 8-10 Nuv %K 800-1000 wU / e'wM 8-10 Nuv tcibv cwi enY mZKZv tcibv Af-KiY I cKti gRj <p>6. maut K Lv cjqM t</p> <ul style="list-style-type: none"> ewY RKFte Drcw Z YMZ gvtbi cjo Dcv vb mgx Lvevi bwmwi -1 I bwmwi -2 Lv AvdZve wdW, w.wc wdW, w.wu wdW, tgMv wdW, Dfj LthM t n I Rfb 25%-35% nti Lv cjqM ^ wK 4 evi 	e^3Zv I cikTEi	5 wgbU
mvi mstPc			
	<p>1. gj weqmnP mstPc cpiutj vPbv</p> <p>2. cikTEi i gva'tg Dfik hvPvB-</p> <ul style="list-style-type: none"> bwmwi cKti %ekKo Kx Kx? bwmwi cKi cti Zi avcmgn Kx Kx? gfbvtm. tZj wcqv gRj NbZj KZ? tcibvi maut K Lv Kx cwi gY Avgl _Kv cjqRb <p>3. n'v AvDU weZiY</p> <p>4. cieZx^Avatekfb i mft msfhM vcb- AvMgKv t j i cZwK cpiutj vPbv K_v -si Y Kwi tq w tZ nte </p> <p>5. AvRtKi Kvhutg mweR AskMhYi Rb abev` Avcb </p>	cikTEi	15 wgbU
mnwqK mgM t gKf, n'v AvDU, wdC PvU^BZ w			

Lipq gRj DcthwMx tcvbr c̄Zcij b

mvavi YZ Lipq ēeüZ Rv̄j i tgm m̄BR eo n̄l q̄q tQvU AvKt̄i i tcvbr gRj Kiv m̄e bq | Lip̄tZ mvavi YZ 25-30 M̄g I R̄tbi ḡtbr̄m. tZj w̄cqy tcvbr gRj Kiv nq | Lipq gRj DcthwMx c̄v̄m Ges mi c̄j ḡtQj tcvbr AvKvi nq 2.5-3.0 B̄A | ZvB Lipq gRj DcthwMx AvKt̄i i tcvbr ^Zv̄i i Rb̄ b̄m̄n̄i tZ tcvbr c̄Zcij b Kiv AZ̄e Ri "ix |

tcvbr c̄Zcij tbi Rb̄ c̄Ki b̄ePb t

w̄fbaitbi AMfxi evrm̄i K c̄Ki A_ew c̄wb m̄ievn ēe^-v Avt̄Q Ggb tḡsm̄x c̄Ki tcvbr c̄Zcij b Kiv h̄q | tcvbr c̄Zcij tbi Rb̄ b̄m̄n̄i c̄Ki i ^eik̄o b̄giſc t

- cvo DP̄i gRēZ I eb̄vgj^3 nt̄Z n̄te
- b̄m̄n̄i c̄Ki AvqZvKvi n̄l q̄v evAb̄q
- c̄Ki c̄p̄i m̄jh̄P Avt̄j v I evZv̄m j vMvi ēe^-v _vKt̄Z n̄te
- c̄wb̄i Mfxi Zv 3-4 (m̄teP̄P) d̄U nt̄j fvt̄j v nq
- Zj vq AvZv̄i^3 Kv̄ v bv _vK (3-4 B̄A)
- AvqZb 25-50 kZK nt̄j ēe^-vcv mnR nq
- c̄Ki i Ae^-v Pvlxi ewo | Lip̄i b̄KUeZx^nt̄j fvt̄j v nq

c̄Ki c̄v̄Z t

b̄m̄n̄i c̄Ki c̄v̄Zi Rb̄ b̄tgr̄^3 avcmgn Ab̄ni Y Kiv D̄PZt

- c̄Ki i Kt̄br̄ I cvo tgīgZ
- Pb c̄qM
- m̄vi c̄qM

c̄Ki i Kt̄br̄ t

b̄m̄n̄i c̄Ki i Rb̄ c̄Z ēqi c̄Ki i Kt̄br̄ AZ^S-Ri^w | iv̄t̄m I Ab̄vb̄ tQvU c̄RwZi ḡQ ḡviv, c̄Ki i cvo tgīgZ I Zj vi AvZv̄i^3 Kv̄ v m̄i t̄q fdj vi Rb̄ c̄Ki i Kt̄br̄ met̄P̄t̄q fvt̄j v | c̄Ki i Kt̄br̄ KvRvU mvavi YZ tde^q̄m̄i-ḡt̄P̄c̄Ki v fvt̄j v | Ḡt̄Z GK̄ t̄K c̄Ki c̄wb Kg _vKt̄Z LiP thgb Kg nq, Ab̄w t̄K c̄Ki i Kt̄br̄ dt̄j cvo f̄v̄vi m̄tebv _vK bv | Zv̄iow c̄Ki i Dci eo M̄t̄Qi Wj̄ -cij v _vKt̄j Zv̄ tKt̄U fdj v Ges c̄to i S̄c-S̄v c̄w̄i v Kt̄i b̄t̄Z n̄te | t̄Kv̄ Kv̄ t̄Y c̄Ki i Kt̄br̄ m̄e bv nt̄j iv̄t̄m I Ab̄vb̄ tQvU ḡQ ḡviv Rb̄ h̄v̄m̄e c̄wb b̄k̄b Kt̄i t̄v̄Ubb c̄qM Kiv th̄Z c̄t̄i | c̄Ki 25-30 M̄g/kZK/d̄U ḡt̄vq t̄v̄Ubb c̄qM Kt̄i t̄Z nq |

t̄v̄Ubb ēenvi c̄v̄Z t

c̄qM Rbxq t̄v̄Ubb t̄K Avb̄w b̄K w̄Zb f̄M Kt̄i GK f̄M w̄ t̄q ūKvBō ^Zix Kt̄i tQvU tQvU ej evb̄t̄Z n̄te | Aek̄o ^B f̄t̄Mi m̄t̄_ c̄wb w̄qkZ Kt̄i f̄v̄j f̄v̄te _j v̄t̄Z n̄te | AZtci c̄wb t̄Z _j v̄t̄bv I ej evb̄t̄bv t̄v̄Ubb mgf̄v̄te m̄vi c̄Ki t̄QvU t̄q w̄ t̄Z n̄te | 15-20 w̄q b̄U ci ḡQ t̄f̄m DVt̄Z i i Kt̄j Rv̄j w̄ t̄q ḡQ msM̄ Kt̄i b̄t̄Z n̄te | th̄nZi t̄v̄Ubb GKv̄ w̄el ZvB m̄ZKZvi m̄t̄_ Zv̄ c̄qM Kt̄Z n̄te | t̄v̄Ubb 0viv ḡviv ḡQ t̄L̄t̄Z t̄Kv̄ Am̄jeav tbB | t̄v̄Ubb t̄b | w̄l v̄^3 Zv̄i tgq̄i Kij c̄q 7 w̄ b |

Pb c̄qM t

t̄v̄M-RxeiYya^sm I c̄wb̄i A^Z w̄qš̄Yi Rb̄ mvavi YZt c̄Z kZt̄K 1 t̄Kv̄ n̄ti tcvov Pb (PvKv AvKt̄i c̄v̄i q̄v h̄q) c̄qM Kt̄Z n̄te | w̄t̄bi w̄g ev evj w̄Zt̄Z A_ew c̄Ki c̄to MZ^c̄Ki Pb _j v̄t̄Z n̄te | AZtci w̄Uv nt̄j mg^-c̄Ki

WQutq w' tZ nte| B`wbs Pib e`tj tKvb tKvb grm" Pvix cKti wRIU· ev wRIj vBU e'envi Ktib| wRIU· cZ kZvst 400 Møg nvti Ges wRIj vBU 500 Møg nvti cqqM Kiv nq| tis' 13/4j w'tb wRIU· cwbi mvt_ wqikq Avi wRIj vBU cvDwi Ae^-q mg^-cKti mgfite WQutq t` qv nq|

mvi cqqM t

Pb ev wRIU· ev wRIj vBU cqqMi ci axti axti ^`wK 6 t_k 7 BwA gvtq cKti cwbi ejx Kti 3-3.5 dU chs-
cwbi D"PVz ejx Kiv nq| Pb ev wRIU· cqqMi 6-7 w'b ci cKti mvi cqqM Kiv nq| thnZtZj wmcqvi bwmfi tZ
cpi cwi givY evwR"Kfite Drcw Z YMZ cqqgb mæubæL`" e'envi Kiv nq dtj pgevaOz nvti cKti i Zj t_k
^Re c`v"RgtZ _vtK| ZvB cKti Re mvi cqqM bv KivB DÉg| cKti kZsk cZ 250 Møg BDwi qv Ges 140 Møg
wGmwc cqqM Kiv nq| GQov evsj vt_ki tKvb tKvb AAtj bwmfi cKti cZKtj Pb cqqMi 6-7 w'b ci cKti i
Pvi cvk w'tq cZ kZvst 250 Møg nvti AvUv ev gq` v cqqM Kiv ntQ hvi dtj RqUB chBZv ejx cvq|

tcbv gRj t

bwmfi cKti mvi cqqMi 10-12 w'b ci tcbv gRj Kiv DÉg| Kvi Y mgfqi G e'earfb cpi cwi givY cMR Lv`"
^Zvi nq| wbtgocRwZ wfEK gRj NbZj t` qv ntj vt

cRwZ

cKti i Rb tcbv msLw/kZK

gfbvtm· tZj wmcqv

500-1000 wJ

micu

500-1000 wJ

cwvwm

500-800 wJ

hw` bwmfi cKti h_vh_fvte %Zvi Kiv bv ntq vtK ZLb weKí Dcvq mmvte gfbvtm· tZj wmcqv tcbv nvpwi t_k
GtB nvcvq bwmfi Kti vtZ nte| G tPj 10 wgvri x 5 wgvri x 1 wgvri AvKtii GKU nvcvtZ mekaK 25000 tcbv
gRj Kiv hvte| G aiYi nvcvtZ tcbv gRj Kti wZb mBvn bwmfi Kti Gi ci cKti Aegy³ Kti vtZ nte| GtZ
cKti i PwZKi cWY KZK tcbv webo nI qui mætebv euj vsjk nvm cvq|

tcbv cwi enY t

mvavi YZ: nvpwi t_k K Aw tRb evMB gfbvtm· tZj wmcqv tcbv mieivn Kiv nq| GtZ tcbv gZii mætebv Kg
vtK| Zte bwmfi cKti i Ae^-ib nvpwi i wKUeZPev KivKwQ ntj cwZj ev WtgI tcbv cwi enY Kiv mæe|

cRwZ	cwj w_b eWM (60x40 tmg:)	cwi enY mgq
tZj wmcqv	1000 wJ	12-16 Nuv
micu	800 wJ	8-10 Nuv
%K	800 - 1000 wJ	8-10 Nuv
cwvwm	cqqRbxq msLwK tcbv cwZj ev Wtg cwi enY Kiv tkq	

tcbv cwi enY mZKZv t

- cwj w_b hvZ wQ`^bv nq tmw tK tLqyj ivLv
- Awak tcbv cwi enYKvjt weKí Aw tRb mieivni e'e^-i ivLv

- tcvbvi ēvM mivmwi mh̄tj v̄tK bv ivLv
- Vv̄v Aēvq tcvbvi c̄vbi enY Kiv

tcvbvi Af̄t̄ Ki Y I c̄Kti Qvor t

- Vv̄v AvenvI qvq mKvij A_ev v̄eKvij tcvbvi Qvor Zte c̄Li tiv̄, ēp̄ A_ev v̄bgev̄tci mgq tcvbvi gR̄y bv KivB D̄Eg|
- c̄Kti i c̄vbi Zvcgv̄v I tcvbvi enbKvix ēv̄Mi c̄vbi Zvcgv̄v mgZvq Ḡb tcvbvi gR̄y Kiv
- m̄e ntj c̄vbi c̄evn t̄qv
- c̄Kti c̄vtoi KvQvKwQ tcvbvi Qvor

gR̄y cieZr̄ēēvcbv t

tcvbvi gR̄y i ciw̄b mKvij tejv tcvbvi gvi v̄tMj w̄Kbv Zv ch̄ētY Kiv D̄PZ| gZ tcvbvi cvl qv tMtj Zv m̄i tq taj tZ n̄te| tekx c̄vbi gR̄y gvi v̄tMj c̄p̄vq mgc̄vbi gY tcvbvi gR̄y KifZ n̄te|

m̄ūt K Lv̄ c̄qM t

mnR c̄lc" I Aw̄R Aēv v̄etePbvq m̄ūt K Lv̄ mn̄te M̄gi f̄ym, Pv̄tj i Kp̄v, m̄i lvi ^Lj I wdk̄gj ēenvi Kiv hvq| G mḡ-L̄t̄ c̄l̄ub gvb Lp̄ Kg| eZ̄utb c̄l̄qRbxq c̄jogvb mgx ew̄YR̄Kf̄te Drcw̄Z AtbK tKv̄w̄bx i ^Zv i bvm̄i Lv̄ mnRj f̄ n̄l qvq tm̄tj v̄ēenvi Kti Aí mḡtq Drcv̄b ēuj v̄st̄k ēp̄ Kiv m̄e| ew̄YR̄Kf̄te Drcw̄Z L̄t̄ i ḡta" AvdZve, w̄m̄i U I tgMv w̄dm w̄dW Dtj ĒhM| m̄aviYZt bvm̄i -1 I bvm̄i -2 Lv̄ ēenvi Kiv nq|

ḡbvtm̄ tZj w̄cqv̄i m̄ūt K Lv̄ i c̄qM ḡv̄v t

gR̄y i ci	L̄t̄ i c̄vbi gY
1g m̄Bvn	t̄n I R̄tbi 25%
2q m̄Bvn	t̄n I R̄tbi 20%
3q m̄Bvn	t̄n I R̄tbi 15%
4_ m̄Bvn	t̄n I R̄tbi 10%
5g m̄Bvn	t̄n I R̄tbi 8%
6ô m̄Bvn	t̄n I R̄tbi 7%
7g m̄Bvn	t̄n I R̄tbi 5%

w̄bañi Z c̄vbi gY Lv̄ %w̄bK 4 ev̄i c̄qM KifZ n̄te| Aek" B w̄tbi tejvq Lv̄ c̄qM KifZ n̄te| ḡbvtm̄ tZj w̄cqv̄i tcvbvi bvm̄i c̄Kti gR̄y i ci KifKw̄i v̄elq ,i"ZmnKv̄i v̄etePbv KifZ n̄te| v̄eteP̄ v̄elq ,tj v̄bgev̄c-

c̄Kti i w̄bivc̄Ev teóbx I AveiY c̄vbi t

c̄Kti th AvKv̄i i ḡbvtm̄ tZj w̄cqv̄i tcvbvi gR̄y Kiv nq tm̄tj v̄mPivPi 0.75 B̄A AvKv̄i i n̄tq _t̄K hv mn̄RB mvc, ēv0, eK, cvb̄Kšo BZ̄w̄ c̄l̄yi AvμḡtYi w̄Kv̄i n̄tZ cv̄i | ev̄t̄e t̄Lv hvq, bvm̄i c̄Kti c̄vbi Mfxi Zv I tcvbvi AvKv̄i i Kvi t̄Y c̄l̄Zw̄b mvc ēv0 I c̄wL kZ kZ tcvbvi tL̄tq tdtj | KifRB Ḡt̄ i AvμḡY t̄t̄K tcvbvi t̄Yi Rb̄ c̄Kti i Pvi w̄t̄K c̄l̄q 6 B̄A c̄vbi gY Rv̄ c̄tZ w̄t̄q m̄ūY c̄Kti i Pvi w̄t̄K Avbgev̄bK 3 dU DPzRv̄tj i teóbx w̄t̄q w̄t̄Z n̄te| Avi c̄wL hv̄tZ em̄tZ bv c̄vbi GRb̄ b̄t̄Z ḡQ aivi ēeūZ c̄jvZb Rv̄ (eo dum w̄kó B̄j k aivi Rv̄) w̄t̄q c̄Kti i Dci AveiY w̄t̄q w̄t̄Z n̄te|

cKtii Zj t`tk mō wElv³ M'vm Acmvi Y t

bwm®i cKtii Nb Nb Lv`` cQqM Kiv nq, dtj AtbK mgq Ae'eüZ Lv`` I tcvbvi µgeaqvb eR®c`v_®cKtii Zj t`tk cto Rgv ntZ _tK| G,tj v Zj t`tki Re cPbkj ZtK ejx Kti; dtj wElv³ M'vm mjo ntq AtbK tcvbvi gvi thtZ cvti | GRb" mBvtn GKei cKtii Zj t`tki Ku`v t_tK wElv³ M'vm Acmvi tYi Rb" ni iv ev WMtPBB ev eo dtmi Rvj (hvZ Rvtj tcvbvi bv Avtm) tUtb w tZ nte| cwbi D"PVn wnm tctj ewntii ÁvZ Drm t_tK fij cwbi mievn KitZ nte|

Lv`` e'e' vcbrq hZkxj chfe¶Y t

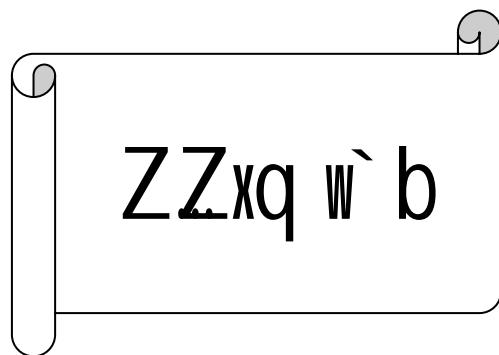
bwm®i cKtii evi evi Lv`` cQqM KitZ nq| hv` cQqRtbi AwZwi³ Lv`` cQvb Kiv nq Zte tm,tj v %Re mvi wnmvte cKtii cwbi Dw®c KYi nVr ejx Kti tdj tZ cvti; hv` cfite cwbi Yv,Y bó ntq cPbi tcvbvi gvi thtZ cvti | GRb" cwbi eYchfe¶Y Kti cQqRtbi gvtS gvtS Lv`` cQqM Kiv eÜ ivLtz nte|

fwmgb LuPvq gtbvtm. tcvbvi bwms®

wMZ w b,tj vZ Pv` cji I j²xcji b,xZ ~wCZ LuPv,tj vZ hv` I GK"QI gtbvtm. tZj wmcqv PvI Kiv nq wKs' LuPvq gRj i Avtm tcvbvi,tj vZ cKtii bwms® Kti 20-25 Møg tcvbvi LuPvq gRj Kiv nq| GtZ Awaksk tPitB (vetkl Kti bwm®i cKi thLvtb tekx `tj) eo AvKvii tcvbvi,tj v ciwienb Kiv `jfn e'vcvi Ges AtbK tcvbvi LuPvq gRj i ci gvi hvq| B`vbs LuPvi wfZti Nb (12-14 tgm/BwA) tgimi Rvj w tq ~Zwi nvcv vc Kti gtbvtm. tcvbvi bwms® Kiv nt"Q| Gi Avtm 2006 mtj j²xcji i LuPv,tj vZ GKevi G Df "M tbqv ntqntj v wKs' ZLb DcthMx Rvtj i Afvte nvcvq bwms® G mdj Zv Avtmib eis `xN® tbt tcvbvi eo bv nl qv, nvcvi wfZti cwbi cénv eÜ ntq hvq Ges AtbK tcvbvi gZi BZ~w` mgm v t`Lv w tZv| eZgvtb 6 wglvi x 3 wglvi x 2 wglvi AvKvi LuPvi wfZti nvcv vc Kti cQZw nvcvq 5,000 tcvbvi bwms® Kiv nt"Q| 4-5 mBvtn tcvbvi,tj v LuPvq gRj i DcthMx nt"Q| bwms® Gi Rb" ewyR"Kfite evRvti j f` bwm®i cvDwvi Lv`` LvI qvtbv nt"Q|



WPT t Pv` cji i WwKwZqv b,xZ LuPvq nvcv vc Kti gtbvtm. tZj wmcqv bwms® Kivi `k`|



w b t 3

mgq t 08.00-09.00

tgq` Kij t 60 mgibU

wk̄i vbg t c̄Z̄nK c̄pi vj vPbv I c̄Z̄fve
 Afxó `j t grm Aia Bi KgRZfe;
 j ¶ t AskM̄YKvi x i ce¶ tbi KvhRtgi c̄pi vj vPbv I c̄Z̄fve Ges mU Kij xb KvR Dc-vc̄tbi mthwM
 Kti t qv h̄tZ Zviv c̄teP Avtj vPbv -si Y Ki tZ cv̄tib Ges fij pU mstkvab Kti Awatektbi
 KvhRwi Zv ejx Ki tZ cv̄tib |
 Df̄t k t Awatekb tk̄t AskM̄YKvi xi v ce¶ tbi wK̄Y c̄pi vj vPbv gva tg fij pU mstkvab Kti HKgtZ
 tc̄SqtZ m¶g n̄teb |

weI qmP	Avtj vP weI q	c̄k¶Y tkskj	mgq
figKv			5 mgibU
	<ul style="list-style-type: none"> ~MZ Kkj w` weibgq Pj wZ Awatektbi mvt_ msthwM 	e³Zv	
weI qe~			50 mgibU
	<p>1. c̄Z̄nK Rvbj Dc-vc̄b c̄k¶K j Uvixi gva tg GKRb c̄k¶Yv_xbePb Kti ZtK c̄Z̄nK Rvbj t_tK 5 mgibU ej vi Rb Abtiva Kiteb </p> <p>2. ce¶ tbi c̄pi vj vPbv <ul style="list-style-type: none"> c̄k¶K j Uvixi gva tg 2 Rb c̄k¶Yv_xbePb Kiteb MZ w tbi Avtj wPZ mKj AwatektbK 2 fM Kti wbePZ 2 Rb c̄k¶Yv_xbePb c̄Z̄KtK t`q Awatekbmgn c̄k¶Eti i gva tg mKtj i AskM̄tY c̄pi vj vPbv KitZ ej teb wbePZ 2 Rb Dc-vc̄tKi mweR Dc-vc̄bvi Dci c²tg mKj c̄k¶Yv_xbePb cti c̄k¶K fij -g` c̄Z̄fve w teb </p> <p>3. mU Kij xb KvR Dc-vc̄b c̄pi vj vPbv tk̄t c̄k¶K MZ w tbi mU Kij xb KvR Dc-vc̄bvi mthwM t tbe Ges wbtR mnwqK wntme Awatekb cwi Pij bv Kiteb</p>	e³Zv e³Zv e³Zv, c̄k¶Ei	10 mgibU 25 mgibU 15 mgibU
mvi mst¶ct			6 mgibU
	<ul style="list-style-type: none"> Dc-vcZ mKj weI q mst¶tc c̄pi vj vPbv Kiv cieZP Awatektbi mvt_ msthwM -vcb- LuPv %Zwi I Rj vktq -vcb (e'enwi K) 	e³Zv e³Zv	
mnwqK mgM t gVKi, j Uvixi c̄qRbxq DcKi Y BZ w			

` j xq Añatekb cwi Kí bv

w b t 3

mgq t 09.00-14.30

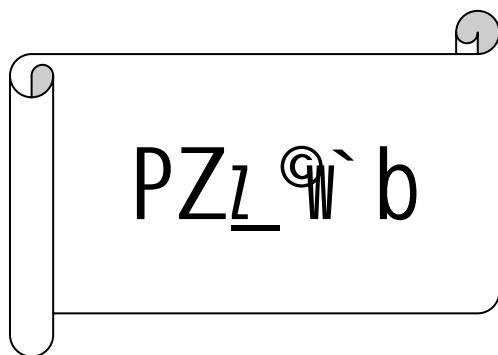
tgqr` Kyj t 5.30 Nuv

wk̩i vbg t	LuPv `Zvi Ges Rj vktq `vcb (e'enwi K)
Afxó `j t	grm` Añatekb ßtii KgZRfe,
j ¶ t	G Añatekb cikpiy i LuPv I Rvj `Zvi mn Zv Rj vktq `vcb tKskj nvtZ Kj tg tkLvtbv nte hvZ Zvi tñvni tdtgi LuPv I Rvj `Zvi Ges `Zvi KZ LuPvmn Rvj mWKFte Rj vktq `vcb PvIxt` i mnthwMzv Ki tZ cvtib
Dfí k t	G Añatekb tktl cikpiy-
	<ul style="list-style-type: none"> tñvni tdtgi LuPv `Zix KitZ cvtib LuPvq `vcbi vbgte Rvj `Zix KitZ cvtib mWKFte Rj vktq LuPv `vcb tKskj cikd KitZ cvtib

we1 qmip	Avtj vP we1 q	cikpiy tKskj	mgq
figKv			10 vgbU
	<ul style="list-style-type: none"> -MZ ceZx Añatekb bi mvt_ msfhwM `vcb eZgb Añatekb bi Dci Avtj vKcvZ Dfí k e'vL' D0k Ki Y 	e³ Zv	
we1 qe-			5 Nuv
	<p>1. Añatekb i i "i cteçq Rbxq cñwZt</p> <ul style="list-style-type: none"> 1 BñA wR. AvB. cvBc (cñZñL LuPvi Rb 70 dñ) Suj vB Kivi Rb I tñqñ s i W (3 myv i W, 17-18ñBñA) I diuevi tdg fvmgb i vLi Rb Lwj e'vij / Wg (200 wj Uvti i wcvfwm Wg, I Rb 9 tKwRi Dtañ) LuPv w' i vLi Rb tbvñi tbvñi evatZ tgvU KñQ (12 bs Mñb tnsm) tdtgi mvt_ evavi Rb gSvix AvKvñi i tmvRv euk (cñq Rbxq msL'K) cuj Bñwj b Rvj (tNi Rvj - 6 Zvi weñkó) i vtmj tbU (Lv` AvUKvñi teo `Zvi tZ) Kfvñi tbU ev XvKbñ Rvj giñv KñQ (24 Zvi weñkó) Mñb tnsm PKb iñk (24 Zvi weñkó) Mñb tnsm PKb myv (giñgñZi Rb) LuPvi Rvj tK cñbñZ Sj Š-i vLi Rb 6 wJ BU 	e³ Zv I cikpiy	1 Nuv

weI qmWp	Avtj wP weI q	cökP Y tKškj	mgq
	<p>2. tdg `Zwi t wKvte Avgiv LuPvi t dg `Zwi Kie-</p> <ul style="list-style-type: none"> • 70 dJ wR.AvB. cvBctK 20 dJ AvKvti i `ju I 10 dJ AvKvti i wZbu UKiv Kti 20dJX10dJ AvKvti i GKU tdg I tqi s Gi gva tg `Zix Kiv nq hv `p Kivi Rb GB t dggi gvSLvtb 10 dtUi Avi GKU wR.AvB cvBc I tqi s Kti t`qv nte • 20dJ AvKvti cvBtc ci gva vi w`tKi cip Kvu tbv Ask tKtU t dtj t`qv nq • 1 dJ dJUevi euKv Kti ewni w`K w`tq Pvi tKvYv tK wNti Suj vB Kiv nq • Gvte KtqKU t dg `Zwi Kti GKUji mv_ AbwU mshy³ Kti LuPvi AvKvti mwRtq BDwU Kiv nq • GKU t dggi mv_ AbwU mwRv tbv Ges tm_tj v cwbtZ fwmgb i vLvi Rb `B t dggi gvtS wZbu Wg emv tbv nq • `B t dggi gvtS Wg w`tq t dg `tUv tK 17-18 BiA %tN%P i w w`tq Gi `B gva vq Kva u `Zwi Kti mshy³ Kiv nq <p>3. Rv j `Zwi t wKvYxq weI q-</p> <ul style="list-style-type: none"> • Rv j i Zj vi Rb 22 dJ AvKvti i 2 UKiv Rv j tKtU wbZ nte • UKiv 2wU tK j wq cvkvw k ti tL Mbo tnsm 24 Zwi mZv Øiv v tRov w`tZ nte • Zj vi Pvi w`tK tNi t`qv Rb 68-70 dJ Rv j tKtU wbZ nte • 110 dJ git°v KwQ wbZ 70dJ Rv j i wfZti tgmi wfZi w`tq tcY KitZ nte • tNi Rv j i GK gva v GK tKvbw ati t`qv j i tgmi mv_ Zj vi Rv j i tgmi Mbo tnsm Øiv v mshy³ KitZ nte • Pvi tKvYvq Rv j i t`qv ht_ó cwi gva Suj t q ivLvi Rb Pvi tKvYvq 2 dJ wnmvte tgwU 8 dJ Rv j teik ctwRb nte • git°v KwQ Zj vi Pvi tKvbw ei vei tgm _tY wPwY Z Kti Dctii tKvbw wbaY KitZ nte • GK tKvbw t_ tK Ab` tKvbw chS-20 dJ, 10 dJ I 10 dJ git°v • KwQ wPwY Z Kti H 10 dJ, 20 dJ git°v KwQi gta Rv j AvwKtq MU w`tZ nte 	e³Zv I cökP Ei	1 Nv 30 wgbU
		e³Zv I cökP Ei	1 Nv 30 wgbU

weI qmWp	Avtj vP weI q	cök¶Y tKškj	mgq
	<ul style="list-style-type: none"> • cÖZU M‡Ui mv‡_ 3-4 d‡Ui j‡c `Zwi Ki‡Z n‡e • gi‡v K‡Q I Mö tnsm †‡K Rv‡j i †gm, †j v hv‡Z m‡i bv hvq Zvi Rb` wPKb bvBj †bi m‡v Øvi v k³fv‡te tc‡P‡q w‡Z n‡e • Rv‡j i Pvi †Kv‡Y Pvi wU ev‡ki LjU -vcb K‡i 20 dU x 10 dU AvKv‡i i Kfvi Rv‡j †K‡U Dc‡i i Pvi w‡K Ggbfv‡te m‡v Øvi v teta †`qv hv‡Z mn‡R tLjU v hvq <p>4. LuPv -vcb t</p> <ul style="list-style-type: none"> • LuPv -vc‡bi hveZxq DcKiY msMö K‡i b`x‡Z LuPv -vcb Gj vKvq w‡q LuPvi tdq, †j v cikvcwK †i †L cÖZ `‡Uv LuPvi g‡S wZbwU Wg evmtq ms‡hMKvix tj vni tdq Øvi v AvUKv‡Z n‡e • Wg, †j v hv‡Z bx‡Pi w‡K m‡i bv hvq tmRb` B td‡gi cVb‡ci mv‡_ bvBj †bi `wo w‡q teta w‡Z n‡e • m‡úY‡LuPvi tdgtK mZK‡vi mv‡_ cwb‡Z fvmt‡Z n‡e • LuPv fvmt‡bv ntj Gi `‡j †K `‡U Ges LuPvi msL‡v w‡tePbvq cÖqvRbxq msL‡vK tMi w‡c ev tbvOi tgvUv Mö tnsm K‡Q (12bs) w‡q teta DcthvMx `j‡Z; b`x‡Z -vcb Ki‡Z n‡e • BwZg‡a` %Zwi KZ LuPvi Rv‡j fv‡te ch‡e¶Y K‡i td‡gi mv‡_ teta w‡Z n‡e <p>5. LuPv I Rv‡j `Zwi i Kv‡e¶Y x t</p> <p>cök¶K weMZ w‡bi Av‡j vPbvq Dc‡i evY‡ c‡wZ‡Z LuPv I Rv‡j %Zwi i weI qmW cÖ‡g mWKFv‡te ej‡sq w‡eb Ges cök¶Yv_‡i †K w‡q LuPv I Rv‡j `Zwi mn Zv Rj v‡q -vcb Kv‡eb </p> <p>cök¶Yv_‡i v %Zwi KZ Rv‡j L‡j ce‡e-`q G‡b c‡jivq tQvU `‡j Av‡j v v Av‡j v fv‡te Rv‡j `Zwi I LuPvi td‡gi mv‡_ AvUwK‡q Zv Rj v‡q -vcb Ki‡eb </p> <p>cök¶K m‡wK weI qmW ch‡e¶Y Ki‡eb cök¶Yv_‡i v tKv‡b f‡j Ki‡j cök¶K Zv ms‡kvab K‡i w‡eb </p>	e³Zv I cök¶Ei	30 mgibU
mvi ms‡¶C			20 mgibU
	<ul style="list-style-type: none"> • gj weI qmgn ms‡¶C c‡pi v‡j vPbv • cÖ‡t‡i i g‡a-`q D‡l K` hvPvB- • 3. cie‡PAv‡ek‡bi mv‡_ ms‡hM -vcb- AvMvgxK‡j i cÖZwK c‡pi v‡j vPbv K_y `‡i Y Kv‡q w‡Z n‡e AvR‡Ki Kv‡q m‡wK AskMö‡Yi Rb` ab‡ev` Ávcb 	cök¶Ei	
mnwqK mvgMö t gvK‡i, cÖZ e-` BZ w`			



`j xq Awatekb cwi Kí bv

w` b t 4

mgq t 08.00-09.00

tgqr` Kvj t 60 mgibU

wk̄t̄vbg t	c̄Z̄nK c̄p̄v̄t̄j vPbv c̄Z̄fve
Afxó `j t	grm' Awa`Bt̄i KgRZfe`
j ¶ t	AskM̄YKvixt̄ i ce¶`tbi Kv̄p̄tgi c̄p̄v̄t̄j vPbv c̄Z̄fve Ges mvU`Kvj xb KvR Dc`vcbi mthwM Kt̄i t̄ qv hv̄Z Zviv c̄eP Avt̄j vPbv -§i Y Kit̄Z c̄t̄ib Ges f̄j µu mstkvab Kt̄i Awatekt̄bi KvhRw̄i Zv ejx Kit̄Z c̄t̄ib
Df̄k t	Awatekb tk̄l AskM̄YKvixiv ce¶`tbi wkp̄Y c̄p̄v̄t̄j vPbv gva`tg f̄j µu mstkvab Kt̄i HK`gtZ tc̄Sv̄tZ m̄lg nteb

weI qmip	Avt̄j vP` weI q	ck¶Y tKskj	mgq
figKv			4 mgibU
	<ul style="list-style-type: none"> • -MZ • Kkj w` weibgq • Pj wZ Awatekt̄bi mv‡_ mstkvab 	e³Zv	
weI qe`'			50 mgibU
	1. c̄Z̄nK Rvbj Dc`vcb t <ul style="list-style-type: none"> • ck¶K j Uvixi gva`tg GKRb ck¶Yv_xbePb Kt̄i ZvK c̄Z̄nK Rvbj t_k 5 mgibU ej vi Rb` Abjiva Kit̄eb 2. ce¶`tbi c̄p̄v̄t̄j vPbv t <ul style="list-style-type: none"> • ck¶K j Uvixi gva`tg 2 Rb ck¶Yv_xbePb Kt̄eb MZ w`tbi Avt̄j wPZ mKj Awatekbtk 2 fM Kt̄i wbePZ 2 Rt̄bi c̄Z`Kt̄K t`q Awatekbmgn ck¶t̄i gva`tg mKt̄i AskM̄tY c̄p̄v̄t̄j vPbv Kit̄Z ej t̄eb • wbePZ 2 Rb Dc`vcbi mweR Dc`vcbvi Dci c`tg mKj ck¶Yv_xbePb Kt̄i ck¶K BwZerPK-tbZerPK c̄Z̄fve w`t̄eb 3. mvU`Kvj xb KvR Dc`vcb t <ul style="list-style-type: none"> • c̄p̄v̄t̄j vPbv tk̄l ck¶K MZ w`tbi mvU`Kvj xb KvR Dc`vcbvi mthwM t`t̄eb Ges wbR mnvqK wntmte Awatekb cwi Pvj bv Kit̄eb 	e³Zv	10 mgibU 30 mgibU 10 mgibU
mvI mst¶c t			6 mgibU
	<ul style="list-style-type: none"> • Dc`vcbi mKj weI q mst¶c c̄p̄v̄t̄j vPbv Kiv • cieZP Awatekt̄bi mv‡_ mstkvab -vcb- LIPvq gRj NbZj wbaY 	e³Zv ck¶t̄i	
mnvqK mvgM t gvKf , j Uvixi c̄qvRbxq DcKiY BZ w`			

` j xq Añatekb cwi Kí bv

w b t 4

mgq t 09.00-10.00

tgqr` Kj t 60 wibU

Afxó `j t grm Añatekb cwi Kí bv wktivbvg t LuPiq gRj NbZjibañY j T t cikl Yv_ñ i LuPiq gilQ PwI cikl wtkZ Drcv` b cikl Z Rj vqk I e e - lcbv wfEK tcvbri gRj NbZjibañY mewtKmg K avi Yv t qv nte hvZ Zvi G weitq AvMñt iñK cikl Rbxq mnvqZv w tZ cvi b Dñl k t G Añatekb tkñl cikl Yv_xMY - <ul style="list-style-type: none">• gRj NbZjibañY weiteP weiqmga PwZ I evLv KifZ cvi teb • Rj vqk wfEK weifbocRwZi gvtqi gRj NbZjej tZ cvi teb
--

wel qmP	Avtj vP wel q	cikl Y tKskj	mgq
figKv			4 wibU
	<ul style="list-style-type: none"> • -MZ • ceZx Añatekibi mw_ msfhM -lcb • eZgib Añatekibi Dci Avtj vKvZ • Dñl k e vLv • Dñl Kj 	e ³ Zv	
wel qe-			50 wibU
•	<p>1. tcvbv gvtqi gRj NbZt LuPiq gvtqi gRj NbZj Kx Kx wel tqi Dci wfP Kti ? wkl Yxq wel q-</p> <ul style="list-style-type: none"> • cwbib cén • Rvtj i dñmi AvKvi • cwbib Mfxi Zv • cikl wtkZ AvKvñi gilQ Drcv` b • Lvñ i YMZ gvb • webtqm ñlgZv <p>2. Rj vqk wfEK gRj NbZt K. cénngib b`ñZ LuPiq gilQ PwI gRj NbZt</p> <ul style="list-style-type: none"> • gtbvñm. tZj wicqy 1000 w/ 200 eMñl LuPv • mi cñl 1000 w/200 eMñl LuPv • cñlñm 800 w/200 eMñl LuPv • %K 800 w/200 eMñl LuPv • Kwj evDm 500 w/200 eMñl LuPv 	e ³ Zv cikl Ei	20 wibU
		e ³ Zv cikl Ei	10 wibU

weI qmWp	Avtj vP ^m weI q	cökP ^m tKškj	mgq
L.	<p>wej , nwl o-evl o BZ^{w̄} Rj vktq LuPvq gvQ Prtl gRj NbZ_j</p> <ul style="list-style-type: none"> • gtbvtm· tZj wcqv 600-700 mJ/ 200 eM&U LuPv • mi cju 600-700 mJ/200 eM&U LuPv • cūvum 400-500 mJ/200 eM&U LuPv • %K 400-500 mJ/200 eM&U LuPv • Kwj evDm 300-400 mJ/200 eM&U LuPv 	e ³ Zv I cökEi	10 mgibU
M.	<p>cKti -wcz LuPvq gvQ Prtl gRj NbZ_jt</p> <ul style="list-style-type: none"> • gtbvtm· tZj wcqv 80-100 mJ/ cūZ NbgUvi • mi cju 100-150 mJ/ cūZ NbgUvi • cūvum 40-50 mJ/ cūZ NbgUvi • KwC^P 40-50 mJ/ cūZ NbgUvi • Mm Kvc^C 50-60 mJ/ cūZ NbgUvi • %K 60-80 mJ/ cūZ NbgUvi • Kwj evDm 	e ³ Zv I cökEi	10 mgibU
mvi msfPc			6 mgibU
	<ol style="list-style-type: none"> 1. gj weI qmgn msfPc cpivtj vPbv 2. cökEti i gra tg Dfik hPvB- <ul style="list-style-type: none"> • LuPvq gvtqi gRj NbZ_jKx Kx weI tqi Dci bfp^P Kti ? • b`xZ -wcz LuPvq cūZ 200 eM&U tZj wcqv gRj NbZ_j KZ? 3. n̄vU AvDU weZi Y 4. cieZ^CAiatek^bi mvt_ msfhwM -icb- tcvbv ciienY LuPvq gRj 	cökEi	
mnvqK mvglit gvkA , mdc PvU ^C n̄vU AvDU BZ ^{w̄}			

LIPq gvtQi gRj NbZjbañ Y

LIPq gQ Pvl i tPit tcvb gRj NbZjLjB i "ZcYgqelq | tAvqZtb cikZkZ Drcv` b tctZ ntj gRj NbZjhZ evovtby hvq ZZB fuj | Zte G NbZjevovtby mvt tek wKqdñi | tZjwckZfute RwoZ | th mg -dñi tcvb gRj NbZj I ci cikve ne -hi Kti tcvb gvtQi epxi nvi tK cikweZ Kti ZvnbP Avtj vPbv Kiv ntj v t

1. cwbci tmiz t

tmizkxj b xi cwb LIPq gQ Pvl i Rb LjB DcthMx | nbqigZ tRqvi fvUv nq Ggb cwbZ A_ev tmiz Zi cwbZ gvtQi gRj NbZj evovtby mvtq LIPq gQ Pvl fuj dj cvl qv hvq | Gfvte tmizkxj b xi cwbZ 20dU × 10dU × 5dU AvKvti i LIPq 1000U gtvbmtm. tZjwckZ gRj Kti Pvl Kiv gva tg cikZkZ Drcv` b cvl qv mæ | GtPit 25 Møg Etaÿ | Rtb i gtvbmtm. tZjwckZ gRj KtZ nte | Zte tmiz Zi gvt hv teuk _vtK Zte GKB AvqZtb i LIPq 1200U tcvb gRj Kiv thZ cvi | vekj vefbøt tk LIPq gQ Pvl tek AvtM t_kB i i "ntqfQ | LIPq gQ Pvl i tPit _vbj vU ev gvtj wKqyq cikZ NbqgUvi AvqZtb 60U tcvb gRj Kiv nq; A_P evs v k GLb chS-cikZ NbqgUvi AvqZtb 33U tcvb gRj Kiv ntQ | Zte cKti i tPit GB gRj NbZj cikZ NbqgUvi 100-150U tcvb gRj Kti 6 gvtm 12-18 tKIR Drcv` b cvl qv mæ ntqfQ |

2. Rvtj i dñmi AvKvi t

LIPq e eüZ Rvtj i ai tbi I ci gRj NbZjKg teuk nq Ges Drcv` bI Kgteuk nte | Rvtj i dñmi AvKvi eo ntj H LIPq gRj NbZj evovtby thZ cvi | Kvi Y Rvtj i dñmi AvKvi (mesh size) eo ntj cwbci tmiz tekx nte Ges A_w tRtb i cikgYI tetohvte | Ab v k Rvtj i dñmi AvKvi tQuU ntj tmiz Zi cikn Kg nq, dtj A_w tRb ciknI Kg ntq _vtK | GtPit tcvb gRj NbZjLjE teuk evovtby mæ bq | LIPq Rvtj i dñmi AvKvi 0.75 BiÅ nmvte eenvi Kivi tPit cikZ NbqgUvi 33U tcvb gRj Kiv hvq Ges Gfvte tgNbv Pvbj | WkWZq b xtZ fvtj v dj vdj cvl qv MvtqfQ |

3. cwbci Mfxi Zv t

LIPv tctb cwbci Mfxi Zv GKU i "ZcYgqKv cvj b Kti _vtK | LIPv tctbi Rb th vbePb Kiv nq, tmLvtb hv Lwo AÄj _vtK A_ev cwbci Mfxi Zv teuk nq Zte gvtQ Pvl myeav nq Ges gRj NbZj evovtby mæ nq | Ab v k LIPv tctbi Rb th vbePb Kiv nq, tmLvtb hv Lwo AÄj b _vtK A_ev cwbci Mfxi Zv Kg nq Zte gvtQ Pvl mgm v t Lv t q Ges gRj NbZjKgqtdj tZ nq, dtj gvtQi Drcv` b Kg nq | b xtZ mvavi YZ tRqvi fvUv ntq _vtK | fvUvi mgq hv cwb AvksKvRbK nvti Ktg hvq, Zte gRj KZ gQ chB A_w tRb ntZ ewÄZ nq | GQvor DwQoL Lvevi nbP Kv vq Rgv nq Ges Gvgtgbq Mvtmi myo nq, Gz GKU weifc cikteki myo nq hv gvtQi tWZ Kti _vtK | GtPit ni iv tUtb Mvm t KtZ nte | wKs cwbci Mfxi Zv teuk _vtK j GB aitYi mgm v nq bv hv cikZ wcz LIPv Mfxi Zv Kgc tP 4.5 dU ivLv hvq Zte tekx NbZj v tq gvtQ Pvl Kiv mæ cKj, wej, wSj, nvi i, eno cikZ Rj vktq LIPv tctbi tPit Gme vekj v tK vetePbvq t i tL hv gvtQi NbZjbañ b Kiv hvq, Zvntj gvtQ Pvl A_wK j v f cvl qv hvte |

4. cikZkZ AvKvti i gvtQ Drcv` b t

LIPq gvtQ Pvl i GKU myeavRbK v K ntj v cikZkv Abhvq thKv tcvb AvKvti i gvtQ cvl qv | evRvti KZ I Rtb i gvtQi Pvn v i tqtQ tmv K vetePbvq ivLtz nte Ges Zvi I ci wfiE Kti gvtQi gRj NbZjbañ Y Kti gvtQ Pvl KtZ nte | hv 1 wKdneK wqUvi 33 U gvtQ gRj Kiv hvq Zvntj 6 gvtm Mø 500 Mø | Rtb i tZjwckZ cvl qv hvte | hv 300 Mø | Rtb i gtvbmtm. tZjwckZ gvtQ Pvn v _vtK Ges H cikgY j vf cvl qvi UtMø _vtK Zte cikZ wKdneK wqUvi 40-50 U gvtQ gRj KtZ nte | GgbwK 200 Mø | Rtb i gvtQi Pvn v I evRvti gj " hv Avkvbjfc nq Zvntj gRj NbZj evovtby thZ cvi | tmPit SjK e e -icbvi v tK tLqj ivLtz nte |

5. Lvť` i YMZgvb t

LvPvq gvQ Pvſl i tPſt̄ Lvť` i YMZgvb gvtQi Drcv` tb eisvU fngKv iſL | LvPvq gvQ Pvſl i Rb" mJ g mꝝúj K Lv` c̄qM Kiv AZ`ek"K| h̄ Lvť` i YMZgvb fvj nq Zvnſj gvtQi Drcv` b ePx c̄t̄e| GQvor Lvť` i YMZgvb i ci w̄fE Kti gvtQi gRj NbZj evovtbv ev Kgvbvi th̄Z cvt̄i | h̄ Lvť` i YMZgvb fvj nq Zvnſj gvtQi gRj NbZj evovtbv h̄te Ges gvtQi Drcv` bl teo h̄te ; Abw̄ tK h̄ Lvť` i YMZgvb fvj bv nq Zvnſj gvtQi gRj NbZj evovtbv h̄te bv eis KgvZ nte Ges gvtQi Drcv` bl nm c̄t̄e| eZḡt̄b LvPvq gvQ Pvſl i tPſt̄ 32% tc̄ub mgx Lvevi w̄ tq c̄Z NbgvUti 6 gvtm 18 tKIR gtbvtm. tZj w̄cqv Drcv` b Kiv nťQ| h̄ 32% tc̄ub mgx Lvevti i c̄i eťZ 35-40% tc̄ub mgx Lvevi c̄qM Kiv h̄q Zvnſj AvbçwZK nti gvQ gRj i NbZj evovtbv mꝝe nte Ges gvtQi Drcv` bl teo h̄te| Zte GtPſt̄ LvPvq thb tKb c̄kvi ` tYi c̄fve bv c̄t̄ tm̄ tK j P̄ i vLz nte|

6. w̄b̄t̄qM PgZv t

LvPvq gvQ Pvſl i tPſt̄ UvKv w̄b̄t̄qM Kivi mvg_© GKvU i "ZpY©fngKv cvj b Kti _v̄K| gvQ Pvſl gRj NbZj evovtZ nti c̄q me aitYi w̄b̄t̄qM Mi c̄i gvY evovtZ nte, GtZ Kti msMZ Kiv tYB Aw̄R ēq teo h̄te | h̄ D̄ v̄3vi Aw̄R Aēv fvj bv _v̄K Zvnſj Aw̄R msKUgRj NbZj evovtbv Rb" c̄ZeÜK nte| ZvB w̄b̄t̄qMKvxi Aw̄R PgZv LvPvq gRj NbZj evovtbv Kgvbvi w̄bqvgK w̄nt̄te KvR Kti | LvPvq AvajbK c̄wZtZ gvQ PvI ēqeūj I ewYIR'K PvI w̄nt̄te c̄i w̄PvZ jvf Kti tQ| GKtR D̄ v̄3v̄tK Aek" B mKj c̄kvi ēq enb Kivi PgZv vKtZ nte| mvgqK fvte tj vKmv̄bi w̄l t̄q w̄PvZ nI qv h̄te bv eis Pv̄n` v Abjhvqx w̄b̄t̄qM Kti th̄Z nte| GKtR AskMöYKvix D̄ v̄3v̄MYtK c̄y MZ Kiv tY c̄og w̄ tK teuk c̄i gvtY w̄b̄t̄qM Kti Z nte Ges c̄ewZPZ ewYIR'K fvte jvf ebv nte|

7. Rj vktq w̄fbæcRwZi gRj NbZj t

me aitYi Rj vktqi BtKwmtog GK i Kg bq eis w̄fbæcRwZi | ZvB Rj vktq tft` LvPvq gvtQi gRj NbZj GKj/c nte bv| gvtQi c̄Z w̄kZ AvKvi, Lv` v̄fwm, c̄i c̄wK Aēv, mvgwRK Aēv, c̄RwZ BZ w̄ w̄l q w̄tePbvq t̄tL gRj NbZj Kgvbvi ev evovtbv th̄Z cvt̄i | w̄fbæcRj vktqi Rb" gvQ Pvſl i DcthvMx gRj NbZj w̄tgr̄ 0tK t̄ Lv̄bvi nti v t

1| c̄engvb b` xZ LvPvq gvQ Pvſl i gRj NbZj t

c̄engvb b` x A_ev Abv̄b" Rj vktq thLvtb c̄Z w̄bqZ t̄m̄Z engvb _v̄K tmme Rj vktq w̄bæuj w̄LZ QK Abjhvqx gRj NbZj w̄bañ Y Kti Z nte|

μ̄gK bs	LvPvq gRj KZ gvtQi c̄RwZ	c̄Z 200 eM©dU AvKvii LvPvq gRj msLv
1	gtbvtm. tZj w̄cqv	1000
2	m̄i c̄j	1000
3	c̄sMv̄m	800
4	KwicP	500
5	Möm Kvc©	500
6	Kwj evDk	500
7	w̄ks	800
8	gv,i	800
9	tK	800

2| wej , nvl i , evl o BZ`w` Rj vktq LuPvq gvQ PvI i gRj NbZj t

wej , nvl i , evl o BZ`w` Rj vktq thLvtb tmZ _vtK bv tm me Rj vktq vbaej wZ OK Abjhvx gRj NbZj vbaY Ki‡Z nte|

μgK bs	LuPvq gRj KZ gvQi cRwZ	cZ 200 eM©dU AvKvI i LuPvq gRj msLv
1	gvtbvtm· tZj vvcqv	600-700
2	micJ	600-700
3	cvsMvm	400-500
4	KwcP	300-400
5	Mm Kvc®	300-400
6	Kwj evDk	300-400
7	^K	400-500
8	iks	400-500
9	gv,i	400-500

3| cKti -wicZ LuPvq gvQ PvI i gRj NbZj t

cKti -wicZ LuPvq gvQ PvI i gRj NbZj KZ n‡Z cvi Zv vbfP Kti gRj KZ gvQi AvKvI i Ici | hw` gvQi AvKvi eo nq Zte grj msLv KgtZ nte Ab` w` tK gvQi AvKvi hw` tQvU nq Zte grj msLv evovZ nte| G weI tq vbaev³ QK Abjhvx gvQi gRj NbZj vbaY Ki‡Z nte|

μ. bs	LuPvq gRj KZ gvQi cRwZ	cZ GK NbgUvi AvKvI i LuPvq		cZ GK NbgUvi AvKvI i LuPvq	
		gRj msLv	I Rb (Mg)	gRj msLv	I Rb (Mg)
1	gvtbvtm· tZj vvcqv	80-100	15-20	250-300	5-10
2	micJ	100-150	10-15	250-300	5-10
3	cvsMvm	40-50	10-15	75-100	5-10
4	KwcP	40-50	10-15	75-100	5-10
5	Mm Kvc®	50-60	10-15	100-150	5-10
6	^K	60-80	8-10	250-300	5-10
7	iks	60-80	8-10	250-300	5-10
8	gv,i	60-80	8-10	250-300	5-10
9	Kwj evDm	40-50	10-15	75-100	5-10

` j xq Awatekb cwi Kí bv

w b t 4

mgq t 10.00-11.00

tgqr` Kvj t 60 wgbU

mk̩i vbg t	tc̩bv cwi enY I gRj
Afxó `j t	grm' Awa`Btii KgRZej
j ¶ t	cik¶Yv_¶ i bwmñi ntZ tc̩bv cwi enY I LuPvq gRj m¤útk¤ie -wi Z avi Yv t`qv nte hvZ Zvi v AvRZ Ávb KvR R j wmtq , YMZ gvb eRvq ti tl tc̩bv cwi enY I LuPvq gRj Ki tY Pvixt` i cik¶Rbxq mnvqZv c̩vb KtZ cvtib
Dfík t	G Awatekb tk̩l cik¶Yv_¶Y -
	<ul style="list-style-type: none"> • bwmñi ntZ tc̩bv cwi entYi cfe®Ki Yxq we lqmgm e vL v KtZ cwi teb • tc̩bvi tUKmB cxwZ m¤útk¤ej tZ cwi teb • tc̩bvi cwi enY cxiZmgm m¤útk¤ej tZ cwi teb • tc̩bvi cwi entY mZKZvmgm ej tZ cwi teb • tc̩bvi tkvab I gRj m¤útk¤ej tZ cwi teb

wel qmip	Avtj vP' wel q	cik¶Y tKskj	mgq
figKv			4 wgbU
	<ul style="list-style-type: none"> • -MZ • ce®Zr®Awatekbi mw_ mshtwM -vcb • eZgb Awatekbi Dci Avtj vKcvZ • Dfík e vL v • D0xKiY 	e³Zv	
wel qe -'			50 wgbU
	1. bwmñi ntZ tc̩bv cwi entYi cfe®Ki Yxqt <ul style="list-style-type: none"> • Rv j tUtb tc̩bvi AvKvi I -¶- chfe¶Y • gRj DcthwMx tc̩bvi gvQ tMñws Ktj h_vmn¤e GKB AvKvi I I Rtbj tc̩bv msMñ • tc̩bvi tcU Lwj Ktj tbqv 2. tc̩bv tUKmB cxwZ t <ul style="list-style-type: none"> • mwKjvi UvsKj miav _vKtj GtZ tc̩bv ti tl chB cwb cén w tq bzbZg 6 Nuv ivL v A_ev, • cik¶vKZ AvKtii i tc̩bvi evQvB Ktj bwmñi cKtjB eo nvcv -vcb Ktj GtZ evQvBKZ tc̩bvi t j v ti tl Rvjt i ^N°e i ei cvtib ui mnvth cKtj i cwb 5/6 Nuv cén t`qv 3. tc̩bv cwi enY cxiZ t <ul style="list-style-type: none"> • mbvZb cxwZ • AvajbK cxwZ • Ab'vB AvajbK cxwZ 	e³Zv I cik¶Ei	10 wgbU
		e³Zv I cik¶Ei	10 wgbU
		e³Zv I cik¶Ei	20 wgbU

wełqmip	Avtj vP' wełq	cökTY tKskj	mgq
	4. tcvbv cwi enY mZKZv t <ul style="list-style-type: none"> • cwi enYi cte©cvbi tcU Lwj Kti tbqy • GKB AvKtii i tcvbv cwi enY Kiv • `je® tcvbv cwi nvi Kiv • cwi w_b evtM tcvbv cwi enY DEg 5. tcvbv tkvab I gRj t	e³Zv I cökEi	5 mgwbu
mvi ms‡lc	6 mgwbu		
	1. gj wełqmgn ms‡lc cbiwvj vPbv 2. cökEi i gva- tg Df' k hPvB- <ul style="list-style-type: none"> • bwmni ntZ tcvbv msMni cte©eteP' wełq Kx Kx ? • mwKjvi UvsK bv _vKtj Kx c×WZfZ tcvbv tUKmB Kiv hq ? • tcvbv tkvab bi `ju cökqRbxqZv ej p 3. n'vU AvDU weZiY 4. cieZr©Avatektbi mvt_ msthwM -vcb- my g məút K Lv` cökM	cökEi	
mnwqK mgwbu t gVKR , wdC PvU©n'vU AvDU BZ w			

bvm̄ni c̄Ki t_‡K tcvbv c̄wi enY | LuPvq gR̄y

LuPvq ḡQ P̄t̄l i t̄¶†̄ bvm̄ni n‡Z tcvbv c̄wi enb | LuPvq tcvbv gR̄y Ki Y GKU AZ̄ekKxq aic m̄m̄te metePbv Kiv nq | c̄wi w_b ēvM A_ev W̄g ev Ḡj ygbqvtgi nuo‡Z tcvbv c̄wi enb Kiv hvq |

LuPvq ‡Zj w̄cqv̄i tcvbv c̄wi en̄bi Rb" bvm̄ni x n‡Z tcvbv msM̄ni c̄te‡b̄av̄³ wēq, t̄j v̄ wēkI f̄te metePbv Ki ‡Z n̄te t

- Rv̄j t̄Utb tcvbv AvKvi | "f̄" ch̄e¶Y Ki ‡Z n̄te |
- LuPvq gR̄y i Rb" c̄Ki t_‡KB tM̄ns K̄i h̄m̄te GKB AvKvi | | R̄bi tcvbv msM̄ni Ki ‡Z n̄te | Avgiv th d̄m̄ m̄ek̄o Rv̄j Øv̄i LuPv ^Zw_i Kvi Z̄fZ 25-30 M̄g | R̄bi tcvbv gR̄y Ki ‡Z n̄te Z̄ntj gR̄y KZ tcvbv LuPv ‡K tēi t̄q th̄Z c̄vi te bv̄ |
- c̄wi entYi c̄te‡cvbv‡K tUKmB (tcU Aek" B Lw̄j) K̄i w̄b‡Z n̄te hv̄Z c̄wi enYKv̄j c̄wb‡Z gj ḡf Z̄v̄Mi ḡva"tg c̄wb b̄o bv nq |
- bvm̄ni c̄Ki t_‡K LuPv Ae"v̄bi `‡Zj metePbv K̄i tcvbv c̄wi en̄Yi Rb" ce‡t_‡KB c̄q̄Rbxq `ēw̄ msM̄ni K̄i ivL‡Z n̄te |

bvm̄ni t_‡K LuPv ^vcbvi `‡Zj hZB tn̄K bv ‡Kb mēv̄qB tcvbv tUKmB K̄i tbq̄B mgxPx| G `‡Zj hw̄ tek̄ nq Ges c̄wi entY GK N̄Uvi tP̄tq tek̄ mgq j v̄M Z̄te c̄wi entYi Av̄M tcvbv‡K Aek" B m̄uY¶Ac tUKmB (conditioning) K̄i w̄b‡Z n̄te | Avi "f̄" `‡Zj n̄tj Ges hw̄ GK N̄Uvi Kg mḡtq c̄wi enY Kiv hvq Z̄te 2/3 N̄Uv tUKmB (conditioning) K̄i c̄wi enY Kiv hv̄te | Avi bvm̄ni hw̄ LuPv ^vcbvi ḠtKev̄i m̄b‡K‡UB n̄q Z̄te tm t̄¶†̄ tcvbv c̄Ki t_‡K msM̄ni K̄i m̄v̄mi LuPvq miei v̄n Kiv hv̄te | tm̄¶†̄ j ¶†̄ ivL‡Z n̄te c̄wi enY c̄v̄t̄i thb ht̄_ó c̄wi ḡY c̄wbmn tcvbv c̄wi enb Kiv nq | tcvbv tUKmB ev conditioning `B f̄te Kiv hvq |

c̄gZ t hw̄ m̄K̄vi ŪvsK A_ev AvqZvKvi Ūvs̄Ki m̄eav _v̄K Z̄te c̄Ki t_‡K tcvbv msM̄ni K̄i m̄K̄vi ev AvqZvKvi ŪvsK G t̄‡L ch̄B c̄wb c̄v̄tni gta" b̄bZg 6 N̄Uv ivL‡Z n̄te hv̄Z tcvbv tcU m̄uY¶Ac kb" n̄tq hvq |

WZxqZ t thL̄tb m̄K̄vi ŪvsK ev AvqZvKvi Ūvs̄Ki m̄eav tbB tmL̄tb bvm̄ni c̄Ki Rv̄j t̄Utb c̄t̄g c̄Zw̄kZ AvKv̄i i tcvbv evQvB K̄i w̄b‡Z n̄te | Gici tcvbv, t̄j v̄K c̄Ki i c̄wb‡Z GKU eo nvcv ^vcb K̄i; w̄Ksev nvcv c̄wi e‡Pvi w̄‡K LjU c̄Zj Rv̄j t̄K nvcv Aeqe ^Zix K̄i ht̄_ó wēv̄Z c̄wi m̄ti tcvbv, t̄j v̄K ivL‡Z n̄te | Gici Rv̄j i %N̄eivei GKU c̄t̄uY m̄nv̄th̄ c̄Ki i c̄wb m̄Av̄j b K̄i ‡Z n̄te hv̄Z nvcv w̄FZt̄i tm̄Z m̄j̄o nq | Gf̄te 5/6 N̄Uv c̄wb c̄v̄tn ivL̄tj c̄Ki tZj w̄cqv̄i tcvbv tUKmB n̄te | Avi thL̄tb c̄v̄t̄i ḡva"tg c̄wb‡Z c̄v̄tn m̄j̄o Kiv m̄e bv̄ tq tmL̄tb nvcvq w̄bq̄qZf̄te c̄wb w̄Qw̄tq tcvbv‡K tUKmB Kiv hvq |

bvm̄ni t_‡K tcvbv msM̄ni K̄i tUKmB K̄i ‡Yi ci w̄b‡av̄³ c̄xw̄Z, t̄j vi ḡva"tg tcvbv c̄wi enY Kiv hvq t

1) mbvZb c̄xw̄Z t

G c̄xw̄ZU mbvZb n̄tj | tēki f̄M w̄bKU `‡eZP "v̄b tcvbv c̄wi en̄Yi Rb" GB c̄xw̄ZB Ab̄ni Y Kiv nq | G c̄xw̄Z‡Z Ḡj ygbqvtgi c̄w̄Zj ev W̄tgi ḡva"tg tcvbv c̄wi enY Kiv nq | tUKmB K̄i ‡Yi ci tcvbv c̄wi enY DcthvMx n̄tj c̄wi ḡY gZ bj Kc/b`x/c̄Ki i c̄wi ®vi w̄Uv c̄wb W̄g ev Ḡj ygbqvtgi c̄w̄Zt̄j w̄b‡Z n̄te | Gici DcthvMx msL"K tcvbv MYbv K̄i D³ c̄v̄t̄i ivL‡Z n̄te | AZci c̄w̄Zj ev W̄tgi gj t̄fRv c̄v̄Zj v Kvcv ev gkvxi Rv̄j w̄tq t̄Xt̄K w̄‡Z n̄te | Ḡt¶†̄ c̄w̄Zj ev W̄tgi c̄wb‡Z nvZ w̄tq Av̄j vob K̄i evZv̄mi A¶ tRb w̄gkvbtv ev ēe"v K̄i ‡Z nq | `‡eZP c̄wi en̄Yi t̄¶†̄ 4/5 N̄Uv ci ci c̄wb c̄wi eZØ K̄i ‡Z n̄te | c̄wi enYKv̄j j ¶†̄ ivL‡Z n̄te thb W̄g ev c̄w̄Zt̄j i c̄wb AZ̄waK Mi g bv n̄tq hvq | G c̄xw̄Z‡Z evYZ | R̄bi tcvbv GKU c̄w̄Zt̄j thL̄tb 15 t_‡K 20 w̄j Uvi c̄wb ai te Z̄tZ m̄teP 100w̄j tcvbv c̄wi enY Kiv hv̄te | Avi hw̄ c̄wi t̄Ki kb" W̄tgi c̄wi enY Kiv nq Z̄te 200 w̄j Uvi c̄wb avi Y¶lg W̄tgi 25-30 M̄g | R̄bi 350 t_‡K 400 w̄j tcvbv c̄wi enY Kiv hv̄te | Avi Df̄q t̄¶†̄ c̄q̄Rt̄b c̄wb c̄wi eZ¶bi ḡva"tg 6 t_‡K 8 N̄Uv mḡe"v̄c tcvbv c̄wi enY Kiv hv̄te |

2) AvajbK cxiZ t

G cxiZtZ cij w_b e vM cwb Ges Aw tRb mn tcibv Kt i cwi enY Kiv nq | evRvi wfbavKvi | cij tZi cij w_b e vM cvl qv hq | Zte cwi tek gsyj tqi cAbv Abh vq gti Qc tcibv cwi entYi Rb e eÜZ cij w_b e vM Mi Abtgw Z AvKvi ntj v 85 tmig. x 51 tmig. hvi cij "Zi nte 0.08 wqj wUvi | Gai tYi cij w_b Wvej Kt i (hvZ KvUvi Kvi tY wQ^nq hvI qvi mafebv bv _vK) ZvtZ e vM mvavi YZ 1/3 Ask cwb 0iv fuzZ Ki tZ nte Ges e vM Mi gL GK nvZ w tq AvUk tQ Ges Ab nvZ w tq e vM UfK Dwetq cweetq t Ltz nte tKvB wQ^nQ AvtQ wKbv | wQ^hj cij w_b e vM cvl qv tMtj Zv cweZD Ki tZ nte | Gai tYi GKvJ e vM 20/21 w tbi tZj wqcvi 1000 t K 1200 w tcibv 15-18 NvUvi `j tZi cwi enY Kiv hq | Avi tZj wqcvi tcibv 25-30 Mj I Rbtj ntj ewYz AvKt i e vM 75-100 w tcibv cwi enY Kiv hte |

cij Rbq tcibv cwb fuzZ cij w_b e vM ti tL cij w_tbi evKx Ask Aw tRb 0iv cYKt i mZij / ievi e vU w tq fuj fute teka wbtZ nte hvZ Aw tRb tevi tq thtZ bv cti | tcibv cwi entYi Rb cwb Zvcgvv 22-27⁰ tmj wmqm Gi gta" ivLv DvPZ | cwb Zvcgvv tekr ntj Aw tRb avi Y PqZv Kt g hq | M®KvJ cwb VvUv ivLvi Rb cij Rbt cij w_b e vM wfZt i ei tdi UKiv t qv thtZ cti A_ev cwi enYKvJ cij w_b e vM Dci tfrv PtUi e - vi Avei Y t qv thtZ cti |

cwi enYKvJ cij w_b e vM hvZ wQ^nZ bv cti tm w tK wtkl wmo ivLtz nte | maf nte cij w_b e vM e - wq fti cwi enY Kt Z nte |

3) Abvb AvajbK cxiZ t

Dctiv³ cxiZ Qovi wbtge³ cxiZtZ tcibv cwi enY Kiv hq |

1. Bbmj tW UvsK Gt i Ut i mwnth Aw tRb mi eivni gva tg tcibv cwi enY Kiv hq |
2. Kibfvm UvsK Gva tg wC-Avc ev Ab tKb Mwox e envi Kt i Gt i Ut i tmU Kt i tcibv cwi enY Kiv hq |
3. AvRKuj fvb MwoZ tgvUv cij w_b KMR wbtq Kibfvm UvsK Zwi Kt i tcibv cwi enY Kt Z t Lv hq |

tcibv cwi enY mZKZv t

1. GKvJ cwiZtj ev Wtg /UvsK/e vM GKB AvKt i i tcibv cwi enY Kiv DvPZ |
2. tcibv cwi enY Kivi AvtM tcibv Kt i Lwj Kt i Kt i wbtZ nte |
3. `pjt tcibv cwi nvi Kt Z nte |
4. cwi enYKvJ cwiZtj ev Wtg ev UvsK bj Kt ci cwb msfhM Kt Z wbtq cwb Zvcgvv Zvi Ztg i w tK tLqyj ivLtz nte | KvQKvQ Zvcgvv fuj cwb w tq e vM ev cwi enY cti i cwb e j vtbv thtZ cti |
5. tZj wqcvi gvti tcibv Wtg ev cwiZtj cwi enYKvJ tctui w K t K Niv tLtz PZ wmo ntZ cti; e vM cwi enY KivB metPq DEg csi Zte cwiZj ev Wtg cwi enY Kt j cwi enY tkti tcibv Kt klab Kt i gRj Kt Z nte |

tcibv Qovi AvtM tkvab t

tcibv cwi enY Kt i Lvpv vcbvi Kt Qtbl qvi ci Qovi cte tcibv tkvab Kt i wbtZ nte Ges Gt Z tcibv my' vKt e Ges tivM evj vB Gi mafebv Kt g hte | tcibv wbgifc vte tkvab Kiv hte t

1. GKvJ evj wZtZ 10wj Uvi cwb wbtq Gi gta" 200 Mj Lvevi j eY A_ev 1 Pv PvP Ww³wi cUvk (KMnO₄) wgtZ nte |
2. AZ:ci evj wZi Dci GKvJ Nb Rj ti tL Zvi gta" cZevi 200-300wU tcibv QotZ nte |
3. Zvi ci Rj ati tcibv t j vK evj wZi cwbZ 30 tmtKU tMmj Kt Z nte |
4. Gvte GKevi Zwi Kiv j eY/ cUvki cwbZ 5-7 evi tkvab Kiv hte |

tj v̄nvi /tcb̄m̄tUi W̄gi c̄wi ētZ̄c̄w̄: K W̄ḡ t̄c̄v̄b̄ c̄wi enY KivB D̄ḡ Ges Ḡt̄Z̄ P̄iZ̄ Kḡ nq̄| Z̄te m̄th̄M̄ _v̄K̄t̄j
AvajbK c̄x̄iZ̄t̄Z̄ c̄w̄i w̄b̄ ēv̄M̄ t̄c̄v̄b̄ c̄wi enb Kiv fv̄j | W̄ḡ ev̄ Gj̄ ȳḡl̄b̄q̄t̄gi n̄wōt̄Z̄ c̄wi neYK̄t̄j̄ c̄wi enY cv̄t̄ī M̄t̄q̄
av̄v̄ t̄j̄ t̄M̄ t̄c̄v̄b̄ī t̄n̄ P̄t̄Z̄ī m̄j̄ō n̄t̄Z̄ c̄v̄t̄ī | G Qov̄l̄ c̄v̄t̄ī c̄w̄b̄t̄Z̄ Āw̄ t̄R̄t̄bī Af̄v̄e t̄` Lv̄ w̄ t̄Z̄ c̄v̄t̄ī | Z̄v̄B̄ c̄P̄ūj̄ Z̄
c̄x̄iZ̄ t̄c̄v̄b̄ c̄wi ent̄Yī t̄P̄t̄ī L̄ē GKUv̄ w̄b̄īv̄c̄` RbK̄ b̄q̄| c̄P̄īš̄t̄ī Āw̄ t̄R̄b̄ ēv̄M̄ c̄wi enY K̄t̄j̄ tm̄L̄t̄b̄ Āw̄ t̄R̄t̄bī
Af̄v̄e nq̄ bv̄ | t̄c̄v̄b̄ī kvīx̄ī K̄īZ̄ī m̄āebv̄ _v̄t̄K̄ bv̄| G Qov̄l̄ L̄ēB̄ Kḡ c̄wi k̄t̄ḡ t̄c̄v̄b̄ c̄wi enY Kiv h̄v̄q̄| tm̄ K̄v̄t̄Y
AvajbK c̄x̄iZ̄ L̄ēB̄ w̄b̄īv̄c̄` | m̄ēav̄RbK̄| Z̄v̄īc̄ī | c̄q̄ȳRbxq̄ m̄th̄M̄ m̄ēavī Af̄v̄e av̄b̄ ev̄ Pv̄v̄ t̄c̄v̄b̄ c̄wi ent̄Y GLb̄
ch̄S̄-mb̄v̄Zb̄ c̄x̄iZ̄B̄ ēuj̄ f̄v̄t̄ē ēēüZ̄ n̄t̄"Q̄|

` j xq Añatekb cwi Kí bv

w b t 4

mgq t 11.15-12.45

tgqr` Kvj t 90 wibU

w kti vbg t	Lv` cikpiM I e'e' tcbv
Afxó `j t	grm' Añak Btii KgRZie`
j ¶ t	AskMñYKvi d' i LuPiq givQ PvI ml g mpuK Lv` i Zj I Lv` cikpiM mpuK®e' wi Z avi Yv t' qv nte hvZ Zviw AñRZ Ávbtk KvR j wMtq YMZ gybm®úba ml g mpuK Lv` Zvi I cikpiMmn Pvi d' i cikpiRbxq mnvqZv cñvb Ki tZ cvi b
Dñk t	G Añatekb tkil cikpiYv_xMY -
	<ul style="list-style-type: none"> • LuPiq givQi ml g mpuK Lv` i Zjej tZ cvi teb • mpuK Lv` Dcv` vbmga PiyZ Ki tZ cvi teb • Lv` DcKiY vbePtb meteP` welqmg ej tZ cvi teb • Lv` cikpiM DcthvMx mpuK Lv` mpuK®e' vL` Ki tZ cvi teb • Lv` cikpiM givv I tKskj evL` Ki tZ cvi teb • vK Lv` cñvbi wWDj mpuK®ej tZ cvi teb • Lv` cikpiM meteP` welqmg ej vL` Ki tZ cvi teb • Lv` msip¶tY meteP` welq I cxvZ evL` Ki tZ cvi teb

we1 qmip	Avtj vP` we1 q	cikpiY tKskj	mgq
figKv			5 wibU
	1. -MZ 2. ce@Zi Añatekibi mv_ msfhM -tcb 3. eZ@ib Añatekibi Dci Avtj vKvZ 4. Dñk t e'vL`v 5. Dñk KiY	e³Zv	
we1 qe-			75 wibU
	1. LuPiq givQ PvI ml g mpuK Lv` i Zt <ul style="list-style-type: none"> • givQi cikpiRbxq cñvPvn` v cñY Ktj • Añak NbZj givQ PvI Kv hvq • gZinvi AtbKvsk Ktg hvq • Aí mgta Añak Drcv` b vWDZ Kv hvq • tivMvus-nl qvi AñksKv Kg _tK 2. DcKiY vbePtb meteP` welq t <ul style="list-style-type: none"> • vbxqfut DcKiYmgtni cñPhZv • DcKi tYi cñgvb • DcKi tYi gj 	e³Zv cikpiEi	10 wibU
		e³Zv cikpiEi	10 wibU

wełqmiP	Avtj vP wełq	cökTY tKškj	mgq
	<ul style="list-style-type: none"> gv̄tQi Lv̄ `` v̄f̄m ev c̄jó P̄m̄n̄` v̄ P̄w̄l i Aw̄_R̄ m̄w̄w̄Z̄ D''P Lv̄ `` c̄w̄ eZ̄ n̄v̄i <p>3. Lv̄pq c̄q̄M Dct̄h̄Mx m̄w̄t̄ K Lv̄ `` t̄</p> <ul style="list-style-type: none"> m̄j g m̄w̄t̄ K Lv̄ `` ēqeūj f̄v̄mḡb̄ ` v̄b̄v̄ vi Lv̄vi c̄q̄Rb̄ c̄R̄w̄Z̄ I eq̄mi Dci w̄f̄Ē K̄i Lv̄ `` Aw̄ḡt̄ i gv̄v̄ I ` v̄b̄vi Av̄Kvi w̄f̄P̄ K̄i Aw̄ḡt̄ i gv̄v̄ 28-32% Ges ` v̄b̄vi Av̄Kvi 2-5 mḡḡ: <p>4. Lv̄ `` c̄q̄Mgv̄v̄ I tKškj t̄</p> <ul style="list-style-type: none"> gv̄tQi Lv̄ `` M̄b̄Y w̄f̄P̄ K̄i c̄w̄bi t̄f̄S̄ Z̄ i v̄m̄q̄b̄K̄ Yvej xi Dci Z̄v̄cḡv̄v̄ ev̄t̄j Lv̄ `` P̄m̄n̄` v̄ ev̄t̄o t̄Q̄U Aē `` q̄ gv̄Q̄ Z̄j b̄v̄ḡ K̄ tek̄ Lv̄vi M̄b̄Y K̄i w̄bañi Z̄ mḡt̄q̄ Aí Aí K̄i Lv̄ `` M̄b̄Y ch̄S̄-Lv̄ `` c̄v̄b̄ K̄i t̄Z̄ n̄q̄ % w̄b̄K̄ I R̄t̄bi 8% - 3% n̄t̄i Lv̄ `` c̄q̄M K̄i v̄ n̄q̄ <p>5. % w̄b̄K̄ Lv̄ `` c̄v̄t̄bi w̄k̄WDj̄ t̄</p> <ul style="list-style-type: none"> 25-30 M̄ḡ I R̄t̄bi gv̄Q̄t̄K̄ w̄t̄b̄ 4 ev̄i Lv̄ `` c̄q̄M K̄i v̄ n̄q̄ 50-100 M̄ḡ I R̄t̄bi gv̄Q̄t̄K̄ `` w̄b̄K̄ 3 ev̄i Lv̄ `` c̄q̄M K̄i v̄ n̄q̄ 100 M̄ḡ I R̄t̄bi Ar̄aK̄ n̄t̄j̄ `` w̄b̄K̄ 2 ev̄i Lv̄ `` c̄q̄M K̄i v̄ n̄q̄ t̄Q̄U gv̄t̄Qi t̄P̄t̄ 3 N̄Uv̄ Ges eo gv̄t̄Qi t̄P̄t̄ 4 N̄Uv̄ ēeav̄b̄ 2q̄ ev̄i Lv̄ `` c̄q̄M K̄i v̄ n̄q̄ Gd. w̄. Av̄i - 1.5t̄ 1 <p>6. Lv̄ `` c̄q̄t̄M wełeP̄ wełq̄ t̄</p> <ul style="list-style-type: none"> t̄gN̄j̄ v̄ Aven̄l q̄v̄q̄ ev̄ ēj̄oi w̄t̄b̄ ev̄ w̄ḡv̄t̄ci mḡq̄ Lv̄ `` c̄q̄M m̄v̄ḡw̄q̄K̄v̄t̄e ēǕ i v̄L̄t̄Z̄ n̄t̄e gv̄t̄Qi c̄xob̄ n̄t̄j̄ Lv̄ `` c̄q̄M K̄ḡt̄q̄ w̄t̄Z̄ n̄t̄e <p>7. Lv̄ `` ms̄i TY t̄</p> <p>wełeP̄ wełq̄-</p> <p>Z̄v̄cḡv̄v̄, Av̄` Z̄v̄</p>	e³Zv̄ I c̄k̄t̄Ēi	10 mḡb̄U
		e³Zv̄ I c̄k̄t̄Ēi	15 mḡb̄U
		e³Zv̄ I c̄k̄t̄Ēi	10 mḡb̄U
		e³Zv̄ I c̄k̄t̄Ēi	10 mḡb̄U
		e³Zv̄	10 mḡb̄U

welqmP	Avtj vP' welq	cöküY tKskj	mgq
mvi mst¶c			10 mgbu
	<p>1. gj welqmga mst¶tc cþi vtj vPbv</p> <p>2. cöküEti i gva tg Dtl K hvpvB-</p> <ul style="list-style-type: none"> • LvPiq my g m¤út K Lv" cöküMi `yJ , i "Zej þ • Lv" DcKi Y mbePþb 3 wJ wetep ej þ • gvtQi Lv" M¤Y gvtv Kx Kx wel tqi Dci wþfþ Kti? • LvPiq gRj KZ tZj wmcvi Lv" i `vbi AvKvi wK nI qv DnPZ ? <p>3. n"vÜ AvDU weZiY</p> <p>4. ci eZx®Avatekþbi mv_ msthM -vcb- bgþvqb I tMöws </p>	cöküEi	
mviqK mvgM t gvkfl , n"vÜ AvDU, wDRwçÜ, wde PvUQBZ w`			

Lv`" c̄qM | ēē`vcv

gv̄Qi Drcv` b ēx i m̄t_ m̄t_ gv̄Q Pv̄l i wēfbetKskj I wēZ j v̄f Ki t̄l| gv̄Q Pv̄l i t̄Zgib GKU D̄meZ t̄Kskj nt̄j v LvPvq gv̄Q Pv̄l | G c̄x Z̄Z gv̄Qi Rb" m̄g m̄út K Lv`" K̄g Lv`" c̄qM AZ̄vek̄K| gv̄Qi `Z ēx i Rb" ēmni t̄t̄K c̄w̄ngZ gv̄vq c̄qRbxq m̄kj c̄j Dcv` vb mḡx th mḡ-Lv`" m̄eivn Kiv nq Zv̄KB m̄g m̄út K Lv`" ej v nq| ew̄YR̄Kfv̄te j v̄fRbK Dcv̄tq LvPvq gv̄Q Pv̄l m̄út K Lv`" i c̄qRbxqZv Ab̄K̄v̄ibqigZ Lvevi c̄qM GKU ēē`vcv ^Kvkj | m̄st̄t̄c ej v hvq, 00Lvevi bvB ēx bvB0| gv̄Q Pv̄l wēkl Zt LvPvq gv̄Q Pv̄l Drcv` b ēt̄qi c̄q `B ZZxqskB Lv`" eve` LiP nq| LvPvq m̄g m̄út K Lv`" c̄hv̄Mi , i "Zjibaeifc t

- gv̄Qi c̄qRbxq c̄j Pv̄n` v c̄Y K̄t̄i |
- AiaK Nb̄t̄Zj gv̄Q Pv̄l Kiv hvq |
- gZ̄nvi AtbKv̄t̄k K̄g hvq |
- Aí mḡt̄q AiaK Drcv` b m̄b̄Z Kiv hvq |
- t̄i M̄v̄š-nl qvi AvksKv n̄m cvq |
- ibaMi Z mḡt̄q Kvs̄LZ AvKvt̄i gv̄Q Drcv` b Kiv m̄e

m̄út K Lv`" Dcv` vb t

gv̄Qi "fweK ēx i Rb" m̄út K Lv`" c̄qRbxq c̄j Dcv` vb nt̄Q Aw̄gl, kK̄v, t̄en ev P̄ē, w̄fUw̄gb Ges Lv̄R j eY| G, t̄j vi ḡta" Aw̄gl RvZxq Dcv` vb nt̄j v metP̄q , i "Zc̄Y" ēqeuj | gv̄Qi c̄Rw̄Z, AvKvi , Pv̄l i aib, tḡšmg c̄f̄Z w̄etePbv K̄t̄i m̄út K Lv`" c̄t̄Z c̄j Dcv` v̄tbi gv̄v̄ibaNY Kiv nq| evsj v̄t̄k gv̄Q Pv̄l ēēuZ c̄P̄j Z Lv`" Dcv` v̄bmḡt̄K Drm Ab̄hvq̄ `yJ t̄kYx̄Z f̄M Kiv hvq t

- Dw̄m̄c RvZ t Pv̄j i K̄v, m̄wi lvi ^Lj , w̄Z̄t̄j i ^Lj , M̄gi f̄ym, t̄jcvbv, K̄Ucvbv,
- Kj vcvZv, mR̄t̄b cvZv, tbw̄cqvi Nv̄m, big kvK-mewR BZ̄w̄ |
- c̄YxRvZ t w̄dm̄w̄gj , w̄Psw̄oi gv̄_vi _ov, kv̄gK, w̄Sb̄K, Mew̄ c̄i i i^3, n̄m-ḡiMi bwofio, K̄UKovi _ov BZ̄w̄ |

Lv`" c̄j Dcv` v̄tbi Drm t

gv̄Qi t̄n ēx i Rb" Aw̄gt̄l i f̄ygKv AZ̄š-, i "Zc̄Y" Lv`" DcKi t̄Yi Ab̄Zg c̄j Dcv` vb nt̄j v Aw̄gl | Aw̄gl nRg c̄p̄qiq q̄t̄f̄t̄ ḠvgvBt̄bv Ḡmt̄W i f̄cv̄š Z nt̄q gv̄Qi kix̄t̄i tkw̄l Z nq Ges gv̄Qi t̄n MV̄t̄b f̄ygKv i v̄t̄L| m̄út K Lv`" c̄Yx I Dw̄m̄c Dfq Drm nt̄Z Aw̄gl cv̄l qv hvq| gv̄Qi m̄út K Lv`" ^Zvi i t̄P̄t̄t̄ c̄m̄YR Aw̄gt̄l i ēenvi AZ̄š-Zv̄cheY" c̄m̄YR Aw̄gt̄l i , YMZgvb AZ̄š-fv̄t̄j v Ges c̄qRbxq AZ̄vek̄Kxq ḠvgvBt̄bv Ḡm̄Wm̄ḡn wēgvb _v̄t̄K hv̄v m̄nt̄RB nRg nq| Aci w̄t̄K Dw̄m̄t̄ c̄b̄ Aw̄gt̄l i c̄w̄gY L̄eB Kg| wēfbetM̄t̄eI Yv̄q wēAvbxiv t̄L̄t̄Qb th, c̄Yx I Dw̄m̄c RvZ Aw̄gt̄l i msugk̄t̄Y ^Zvi Lv`" AiaKzi D̄Eg| gv̄Qi Lv`" Aw̄gt̄l i cvkv̄cv̄k c̄w̄gYgZ kK̄v, P̄ēev d̄vU, w̄fUw̄gb I Lv̄R j eY RvZxq c̄j Dcv` vb c̄w̄gY gZ Aek̄B _vKt̄Z n̄t̄e| m̄avi YZt LvPvq gv̄Q Pv̄l 30-35% Aw̄gl mḡx Lvevi c̄qRb| Kvi Y t̄Zj w̄cqv G ai t̄Yi Lvevi `Z ēx cvq|

m̄Pi v̄Pi ēēuZ w̄KQy Lv`" DcKi t̄Yi c̄ogib w̄t̄Pi m̄vi Yt̄Z t̄q v n̄t̄j v t

DcKi Y	c̄ogib		
	Aw̄gl	kK̄v	P̄ē
Pv̄j i K̄v	11.88	44.42	10.45
M̄gi f̄ym	14.57	66.36	4.43
m̄wi lvi ^Lj	30.33	34.38	13.44
w̄Z̄t̄j i ^Lj	27.20	54.97	13.18
w̄dk̄ngj -G t̄M̄v	56.61	3.74	11.22
ēw̄w̄gj	63.15	15.59	0.56

Lv`" DcKiY wbePtb weteP" weli q t

Avgit` i AwaKsk grm" Pwl m¤út K Lvevi mmvte cibZt mwi lvi `Lj , PvDj i KdV I Mtgi fjm e'envi Kti | GQovl AtbK gQ Pwl Ggb KQyLv" DcKiY e'envi Kti th,tj v Aw_R fvte jvfRbK bq, eis cKti i ciw teki Rb" ¶ZKi | AtbK gQ Pwl Lv`" i DcKiY mmvte avtbi ZitK e'envi Kti b hvi cjoqb tbB ej tj B Ptj Ges cKti i ciw teki Rb" ¶ZKi | Gme weli Qovl t`kx kjk K gvtQi 0iv Zwi wdkngj gvtQi Lv`" Zwi tZ e'envi Kivi mgq Aek" B wboZ n‡Z nte th, iUK msi ¶Yi Rb" ¶ZKi wWWU ev Ab" tKvb KUbvkK e'envi Kiv nqib | Kvi Y Gifc ¶ZKi KUbvkK wdkngj 0iv Lv`" cZ Ktj bwmci cKi | LuPvi gvtQi e'vcK goK t` Lv w‡Z cti | m¤új K Lv`" cQyMi DfI K" ntj v gvtQi AwaK Drcv` b wboZ Kiv| tm Kvi tY gvtQi Lv`" mmvte e'envi i Rb" DcKiY wbePtb i mgq tek KQy weli q wetePbv Kiv DIPZ hv wbtgleDj L-Kiv ntj v t

- ~bxq fvte DcKiYmgtni cQc"Zv
- DcKiYi cjoqb
- DcKiYi gj"
- gvtQi Lv`" vFvm
- Pwl i Aw_R m½wZ
- D"p Lv`" ciweZB nvi
- DcKiYi AvKvi
- DcKiY msi ¶Yi tgqv`
- my ~yI gvtQi cQc`bxq
- gvtQi cjo Pwn`v

gvtQi cjo Pwn`v t

gvtQi `Z epx A_Fr emaZ Drcv` b wboZ Kivi Rb" Lveti cQyRbxq cjo Dcv`vb _vKv Anek"K| GmKj Dcv`vb i gta" Awgti i Pwn`v tevk| gvtQi Lv`" Zwi tZ th mKj DcKiY e'envi Kiv nq Zvi c‡Z KU‡Z Lv`" i wewfbecjo Dcv`vb thgb, AwgI, kKpV, PwCwfUwgb | LubR jeY Kgtekx ne`gvb _vK| eqm wfEK tZj wmcq gvtQi Awgti i kZKiv Pwn`v avbx | Av½y tcvbx Ges eq` gvtQi Rb" h_wutg 40, 35 Ges 30 FwM|

LuPq e'envi DcThWx m¤út K Lv`" t

mij g m¤út K Lv`" mKj cQyRbxq cjo Dcv`vb ne`gvb _vK Ges Zv e"q euj I eU| G Rb" G me Lv`" i AcPq tivta mZKZvi mvt_ Lv`" cQyM Kiv cQyRb | LuPq hw` cwbZ fvmgvb Lv`" e'envi Kiv hq Zvnj gvtQi Pwn`v Abhvaq Lvevi cibv Kiv hte Ges Lv`" i AcPq tiva Kiv m¤e nte| eZtPb temi Kwi Df"v‡M gvtQi Lv`" ewYR"Kfvte %Zvi Kivi Rb" eu Lv`" Kvi Lvbx wicZ n‡qfQ| GmKj Kvi Lvbxq gvtQi cRwZ | eqfmi Dci wbtP Kti cQyRbxq gvtvi cjo Dcv`vb wetk Zt Awgti i gvtv wboZ Kti, wewfbecAvKvti i `vbx vi fvmgvb Lv`" %Zvi Kiv n‡"Zb‡" tgM wDwM, AwDzve wDwM&wUgU, wmc evsj v‡k, wmiU Moc&BZw` tKv‡ubxi Lv`" Dfj L-thwM" | grm" Pwl wbtRl cQyRbxq cjo Dcv`vb mgx Lvevi wctj U tgiktbi gva"tg Zvi Kti cQyM KtZ cti b| Gt¶t¶t Lv`" AcPq gva"tg Drcv`b e"q A"wfweKfvte epxi m‡ebv _vK| Zte Pwl ev Lvvi chf¶q fvmgvb `vbx vi Lv`" %Zvi Kiv GKw" tK thgb AZwak e"qeuj Ab" tK Gi Rb" c"K wki e'e'icbv I cQyRb | G Kvi tYB ewYR"Kfvte AtbK msL"K LuPq tZj wmcq gvtQ Pwt i tej vq wbtRt i Zvi wctj U Lv`" e'envi wbi "rmwvZ Kiv nq| eis ewYR"Kfvte Drcw`Z fvmgvb Lv`" e'envi KivB DfEg| hw` tKvb Kvi tY fvmgvb Lv`" i AcZj Zv t` Lv t`q Zvnj tZj wmcq gvtQi Rb" wbaewYZ nvti Lv`" vcv`vb wgtq Zj bvqj K" t gvt" fvj gvtbi Lv`" Zvi Kiv thtZ cti | mwi lvi %b j Lv`" c‡tZi 24 Nuv c‡eB cwi gvygZ cwbZ wfRfq iL‡Z nte AZtci Ab" mKj DcKiYi mvt_ fvj vftte wgtq Lv`" c‡tZi mgq cwb Ggb fvte wgtq Z nte thb Lvevi AtbKuv i Kbv Lveti i gZ nq|

DcKiYi weeiY	KZKiv nvi
wdkngj	20
mQwet PY®	8
AtUvKdV	30
f¶vPY®	5
Mtgi fjm	12
wPuv_o/ive	5
mwi lvi `Lj	20
wfUwgb wctg.	1 (Mig/tKwR)

Lipq ḡQ P̄t̄ i t̄P̄t̄ L̄ " w̄b̄P̄t̄b Av̄t̄i ḠK̄U w̄l̄q i t̄Z̄j m̄t̄_ w̄t̄eP̄b̄ K̄t̄Z n̄t̄ | Z̄v n̄t̄ v L̄t̄ " i `v̄b̄v̄ Av̄K̄i | m̄P̄v̄P̄i ḡt̄Q̄i ḡt̄L̄ Av̄K̄t̄ i m̄t̄_ m̄ḡĀm̄ t̄t̄L̄ L̄ " `v̄b̄v̄ Av̄K̄i w̄b̄P̄b̄ K̄v̄ n̄q̄ | Avḡv̄ th̄ I R̄t̄bi t̄Z̄j w̄c̄q̄v̄ Lipq ḡR̄ K̄w̄ c̄l̄_ w̄ḡK̄f̄v̄e Z̄t̄ i R̄b̄ b̄b̄Z̄ḡ 3 w̄ḡj̄ w̄ḡŪi Av̄K̄t̄ i `v̄b̄v̄i L̄ " c̄l̄v̄b̄ K̄t̄Z n̄t̄ | Av̄ h̄L̄b̄ t̄Z̄j w̄c̄q̄v̄i I R̄b̄ 50 M̄ḡ n̄t̄ Z̄L̄b̄ Z̄t̄ i R̄b̄ L̄ēv̄t̄i Av̄K̄i ēp̄x̄ K̄t̄i 5 w̄ḡj̄ w̄ḡŪi Av̄K̄t̄ i `v̄b̄v̄i f̄v̄m̄ḡv̄b̄ L̄ēv̄i c̄l̄v̄b̄ K̄t̄Z n̄t̄ |

L̄ " c̄l̄q̄M̄ ḡv̄i v̄ | t̄K̄š̄k̄j̄ t̄

ḡt̄Q̄i L̄ " M̄b̄Y ḡv̄i w̄b̄f̄P̄ K̄t̄i c̄w̄b̄i t̄f̄s̄Z̄ I i v̄m̄v̄q̄i b̄K̄ Ȳv̄ēj̄ x̄i Āb̄K̄j̄ Āēv̄i l̄c̄i | Z̄v̄c̄ḡv̄i v̄ēōt̄j̄ ḡt̄Q̄i w̄ēc̄v̄K̄q̄ K̄v̄h̄t̄ḡi n̄v̄i t̄ēt̄ō h̄v̄q̄, d̄t̄j̄ L̄ " P̄w̄n̄v̄ ēp̄x̄ c̄v̄q̄ | ḠK̄B̄f̄v̄ē c̄w̄b̄i Z̄v̄c̄ḡv̄i v̄t̄ K̄t̄ḡ t̄M̄t̄j̄ L̄ " P̄w̄n̄v̄l̄ K̄t̄ḡ h̄v̄q̄ | c̄w̄b̄i w̄c̄ḠB̄P̄ ḡv̄i v̄ 7.0 - 8.5 ch̄S̄- v̄K̄t̄j̄ I c̄w̄b̄t̄Z̄ t̄ēf̄Z̄ Āw̄ t̄R̄t̄b̄i ḡv̄i v̄ēōt̄j̄ ḡt̄Q̄i L̄ " P̄w̄n̄v̄ ēp̄x̄ c̄v̄q̄ | w̄ēc̄i x̄Z̄f̄v̄ē w̄c̄ḠB̄P̄ I Āw̄ t̄R̄t̄b̄i ḡv̄i v̄t̄ K̄t̄ḡ h̄v̄ēr̄i K̄v̄t̄Ȳ L̄ " M̄b̄Y K̄t̄ḡ h̄v̄q̄ | ḠQ̄ōv̄i ḡQ̄i t̄Q̄i Ū Āēv̄i q̄ Z̄j̄ b̄v̄ḡj̄ K̄t̄ēk̄ L̄ēv̄i M̄b̄Y K̄t̄i _v̄K̄ |

Lipq ḡQ P̄t̄i L̄ " c̄l̄q̄M̄ K̄t̄Z n̄q̄ P̄w̄n̄v̄i w̄f̄w̄t̄Z̄ | Lipq f̄v̄m̄ḡv̄b̄ L̄ " ēēn̄v̄i K̄i v̄B̄ t̄k̄q̄ t̄K̄b̄b̄ L̄ " c̄l̄q̄M̄ K̄i v̄n̄t̄j̄ L̄ " i t̄K̄b̄ Ask Āēv̄ēZ̄ t̄_t̄K̄ t̄M̄j̄ w̄K̄b̄i Z̄v̄ Z̄v̄t̄l̄ȲK̄f̄v̄ē ch̄f̄ēP̄Ȳ K̄i v̄m̄ē | c̄l̄z̄i Ū Lipq w̄t̄b̄i w̄b̄āw̄i Z̄m̄ḡt̄q̄ Āí Āí K̄t̄i L̄ " m̄s̄úȲC̄L̄ Lipq w̄Q̄i Ūt̄q̄ c̄l̄v̄b̄ K̄i v̄n̄q̄ | ḠK̄ēi c̄l̄v̄b̄K̄Z̄ L̄ " L̄v̄l̄ q̄ n̄t̄q̄ t̄M̄t̄j̄ Āv̄ēi w̄K̄Ōȳ L̄ " c̄l̄v̄b̄ K̄i v̄n̄q̄; Ḡf̄v̄ē h̄L̄b̄ t̄_L̄ h̄v̄q̄ th̄, L̄ " M̄b̄t̄Ȳi c̄ēȲZ̄ Āt̄b̄K̄Ū K̄t̄ḡ Ḡt̄m̄t̄0 Ā_P̄ L̄ " M̄b̄Y K̄i t̄0 Z̄t̄ē Āt̄b̄K̄Ū Āj m̄f̄v̄ē; Ḡḡb̄W̄K̄ `y P̄v̄i w̄Ū L̄ " `v̄b̄v̄ f̄v̄m̄ḡv̄b̄ t̄_t̄K̄ h̄v̄t̄Q̄ Z̄L̄b̄ H̄ Lipq L̄ " c̄l̄v̄b̄ ēǕ K̄i t̄Z̄ n̄t̄ē | Ā_P̄ ḡt̄Q̄i P̄w̄n̄v̄ ḡv̄i c̄i t̄Ȳi K̄v̄Q̄K̄W̄Q̄ ch̄S̄- L̄ " c̄l̄v̄b̄ K̄i v̄n̄q̄ | Ḡf̄v̄ē c̄l̄z̄i Ū Lipq Ḡt̄K̄i ci ḠK̄ `x̄N̄m̄ḡq̄ w̄t̄q̄ L̄ " c̄l̄v̄b̄ K̄i t̄Z̄ n̄t̄ē | ḡt̄b̄v̄t̄m̄- t̄Z̄j̄ w̄c̄q̄t̄K̄ Lipq ḡR̄t̄ i ci n̄t̄Z̄ ēv̄R̄i R̄v̄Z̄ K̄i v̄i cēch̄S̄-(300-350 M̄ḡ) I R̄b̄/c̄l̄z̄i th̄ L̄ " c̄l̄v̄b̄ K̄i v̄n̄q̄ Z̄v̄t̄Z̄ ^ w̄K̄ I R̄t̄b̄ w̄t̄ēP̄b̄q̄ L̄ " c̄l̄q̄t̄M̄i ḡv̄i 8% - 3% Gi ḡt̄ā m̄x̄m̄ḡZ̄ i v̄L̄t̄Z̄ n̄t̄ē | Āv̄i t̄Z̄j̄ w̄c̄q̄v̄i I R̄b̄ h̄L̄b̄ 500 M̄ḡ Āw̄Z̄μ̄ḡ K̄t̄i Z̄L̄b̄ Z̄v̄t̄ i t̄_t̄n̄ Āw̄K̄ c̄w̄b̄i ḡv̄Ȳ P̄w̄ēR̄ḡv̄ n̄q̄, d̄t̄j̄ L̄ " M̄b̄t̄Ȳi c̄ēȲZ̄ Āt̄b̄K̄ n̄m̄ c̄v̄q̄ | Ḡv̄i Z̄L̄b̄ Z̄v̄t̄ i t̄_n̄ I R̄t̄b̄i 1% Gi | Kḡ L̄ " M̄b̄Y K̄t̄i | Z̄L̄b̄ w̄t̄b̄ Z̄v̄t̄ i t̄K̄ ḠK̄ēi ḡv̄i L̄ " c̄l̄q̄M̄ K̄i t̄j̄ B̄P̄t̄j̄ |

^ w̄b̄K̄ L̄ " c̄l̄q̄M̄ w̄k̄WD̄j̄ (feeding schedule) t̄

w̄ēf̄b̄ø̄q̄t̄mi t̄Z̄j̄ w̄c̄q̄v̄t̄K̄ w̄t̄b̄ w̄ēf̄b̄ø̄ḡq̄m̄P̄ Ab̄j̄v̄q̄ L̄ " c̄l̄v̄b̄ K̄i t̄Z̄ n̄q̄ | th̄ eq̄t̄mi ēv̄ Av̄K̄t̄i i ḡt̄b̄v̄t̄m̄- t̄Z̄j̄ w̄c̄q̄v̄ t̄c̄v̄b̄ ḡR̄j̄ K̄i v̄n̄q̄ (25 - 30 M̄ḡ) I R̄t̄b̄i) Z̄v̄t̄ i R̄b̄ w̄t̄b̄ 4 ēv̄i L̄ " c̄l̄v̄b̄ K̄i v̄ c̄l̄q̄v̄R̄b̄ | Āv̄i Z̄v̄t̄ i I R̄b̄ 50 M̄ḡ Āw̄Z̄μ̄ḡ K̄i t̄j̄ ^ w̄b̄K̄ 3 ēv̄i L̄ " c̄l̄v̄b̄ K̄i t̄Z̄ n̄t̄ē Ges h̄L̄b̄ t̄Z̄j̄ w̄c̄q̄v̄ 100 M̄ḡ I R̄b̄ Āw̄Z̄μ̄ḡ K̄i t̄ē Z̄L̄b̄ Z̄v̄t̄ i t̄K̄ ^ w̄b̄K̄ 2 ēv̄i L̄ " c̄l̄v̄b̄ K̄i t̄Z̄ n̄t̄ē |

ḡt̄Q̄i % w̄K̄ Av̄K̄t̄i i w̄f̄w̄t̄Z̄ Lipq h̄Z̄ēv̄i B̄ L̄ " c̄l̄q̄M̄ K̄i v̄n̄K̄ b̄ t̄K̄b̄, j̄P̄ i v̄L̄t̄Z̄ n̄t̄ē th̄b̄ ḠK̄ēi L̄ " c̄l̄v̄b̄i ci t̄Q̄i Ū ḡt̄Q̄i t̄P̄t̄j̄ 3 N̄Ūv̄ Ges eo ḡt̄Q̄i t̄P̄t̄j̄ 4 N̄Ūv̄ ēēāv̄b̄i Āv̄M̄ w̄Z̄x̄q̄ēv̄i L̄ " c̄l̄v̄b̄ K̄i v̄n̄b̄ n̄q̄; Ā_P̄ c̄l̄z̄i ^ B̄ ēv̄i L̄ " c̄l̄v̄b̄i ḡt̄S̄ b̄b̄Z̄ḡ 3 N̄Ūv̄ (t̄Q̄i Ū ḡt̄Q̄i t̄P̄t̄j̄) Ges 4 N̄Ūv̄ (eo ḡt̄Q̄i t̄P̄t̄j̄) ēēāv̄b̄ w̄b̄ø̄Z̄ K̄i t̄B̄ Z̄t̄ē L̄ " c̄l̄q̄M̄ K̄i t̄Z̄ n̄t̄ē | ēw̄ȲZ̄ c̄x̄Z̄t̄Z̄ Lipq ḡt̄b̄v̄t̄m̄- t̄Z̄j̄ w̄c̄q̄v̄t̄K̄ L̄ " c̄l̄v̄b̄ K̄i v̄n̄t̄j̄, h̄v̄ c̄l̄v̄b̄K̄Z̄ L̄ " c̄l̄w̄k̄Z̄ ḡv̄i Āw̄ḡl̄ w̄ē `ḡv̄b̄ _v̄t̄K̄ Z̄t̄ē t̄_L̄ t̄M̄t̄Q̄ ḡR̄j̄ t̄_t̄K̄ i i" K̄t̄i ēv̄R̄i R̄v̄Z̄ ch̄S̄-ḠK̄ t̄K̄iR̄ t̄Z̄j̄ w̄c̄q̄v̄ D̄r̄c̄v̄b̄ K̄i t̄Z̄ m̄t̄ēP̄ 1.5 t̄K̄iR̄ L̄ " ēēv̄Z̄ n̄q̄ |

Lipq L̄ " c̄l̄q̄t̄M̄ w̄t̄ēP̄ w̄l̄q̄ t̄

- tḡN̄j̄ v̄ Āv̄ēn̄l̄ q̄q̄ ēv̄ ēp̄ō w̄t̄b̄ ēv̄ w̄b̄ø̄P̄t̄ci m̄ḡ Lipq L̄ " c̄l̄q̄M̄ m̄ḡl̄q̄K̄f̄v̄ē ēǕ i v̄L̄t̄Z̄ n̄t̄ē w̄k̄s̄ē K̄i ḡt̄q̄ w̄t̄Z̄ n̄t̄ē |
- th̄ t̄K̄b̄ K̄i t̄Ȳ Lipq ḡt̄Q̄i l̄c̄i c̄x̄ob̄ (Stress) Āēv̄i m̄j̄ō n̄t̄j̄ L̄ " c̄l̄q̄M̄ K̄i ḡt̄q̄ w̄t̄Z̄ n̄t̄ē Ges c̄l̄q̄v̄R̄b̄ ēǕ i v̄L̄t̄Z̄ n̄t̄ē | Ab̄_v̄q̄ Lipq L̄ " AcP̄q n̄t̄q̄ c̄w̄i t̄ek̄ w̄b̄ō K̄i t̄ē |

- th mKj Rj vktq tRvqi fvUvi cōve my úó tmLvib tRvqi fvUvi AšeZxKuj xb mgfq hLb cwbci D"PZv nwm cvq Ges cwb GtKefti w-i ntq hvq ZLb Lv" cōqyM bv Kti eis hLb tRvqi ev fvUvi g` ytmZ _vtK ZLb Lv" cōvb KivB DĒg|

Lv" msi ¶Y t

m̄úY® `vbw` vi Lv" Ksev ewYwR"K fvmgb wctj tUW Lvevi mwKfvte mwK ~vtb msi ¶Y Kiv cōqyRb| `vgRvZKi†Yi mgfq Lv" DcKi†Yi | Rb, YMZgvb Ges gRj i tgqr` wetePbvq titL msi ¶†Yi aib waHY Ki†Z nte| ewYwR"K Lv" Ksev Lv" DcKi Y, t j v `vgRvZKi†Yi mgq wbtgij wLZ welq, t j v wetePbvq ivLtz nte t

- Zvcgvīv t AwZwi³ Zvcgvīvq msi ¶Z Lv" i cōgqb nwm cvq| AYRxe mgm 26-37p tm. Zvcgvīvq fvtj v RbWZ cvti Ges Lv" i ¶wZ mwab Kti _vtK|
- Av`Zv t Lv" i Av`Zvi cwi gY 10 | Avtcw¶K Av`Zv 65 kZvstki teuk _vtKj QvK | tcvKv-gvKo teuk RbWZ cvti Ges Zv` i kixti i cwPK im (GbRvBg) Lv" i YMZgvb bō Kti |

K) i Kbv wctj U Lv" mwKfvte `vgRvZKi†Yi Dcvq t

- cwi®vi i Kbv I chB evZvm Pj vPj Kti Gi fc Nti Lv" gRj Kiv thtZ cvti
- miwmwi mth® Avtj vtZ Lv" msi ¶Y Kiv hvte bv
- tgS t_k 15-20 tmig. Dcti Kw ev eutki gvpvi Dcti Lv" msi ¶Y Ki†Z nte
- `B gvtmi teuk mgq Lv" ev Lv" DcKi Y `vgRvZ Kti ivLv mgxPx b|

L) Av`®I wfRv Lv" mwKfvte `vgRvZKi†Yi Dcvq t

- wfRv Lvevi Zwi Kivi mw_ mw_ cKti cōqyMi e'e'v KtjZ nte, teuk mgq msi ¶Y Ktj Lvevi cTP `MØ Qovq Ges Lv" i Lv" gvb bō ntq hvq| wfRv mwIvi Lj KtqKw b ivLj i Lj i cō Dcv`vb tftv hvq Ges GB Lj ZLb Lv" wmwte eenvi DcthwMx _vtK bv|
- wfUwgb I LwbR j eYmgm Ktj v cwti evqkb Ae'vq msi ¶Y KtjZ nte|

`j xq Awatek̄b c̄wi Kí bv

w̄ b t 4

mgq t 12.45-13.30

tgqr` Kij t 45 w̄gibU

w̄k̄i v̄bvg t	bḡp̄vqb I t̄M̄ws
Afxó `j t	grm' Awa`B̄t̄i KḡRZ̄e,
j P̄ t	AskM̄YKvixt̄ i L̄P̄q ḡvQ Pv̄t̄ bḡp̄vqb I t̄M̄ws m̄p̄út̄K̄mḡ K̄ avi Yv̄ t̄ q̄ n̄te h̄t̄Z Z̄v̄v bḡp̄vqb I t̄M̄ws Gi c̄q̄vRbxqZv̄ I c̄xw̄Z m̄p̄út̄K̄Aw̄RZ̄ Ávb̄t̄K K̄v̄t̄R j w̄M̄t̄q Pv̄t̄x̄ i mn̄vqZv̄ Kīt̄Z c̄t̄i b
D̄t̄i k̄ t	G Awatek̄b tk̄t̄l c̄k̄t̄Yv̄_xMY -
	<ul style="list-style-type: none"> • bḡp̄vqb I t̄M̄ws Gi , i "Z̄j m̄p̄út̄K̄ej t̄Z c̄vi t̄eb • t̄M̄ws Gi c̄q̄vRbxqZv̄ ēvL̄v Kīt̄Z c̄vi t̄eb • t̄M̄ws Gi mgq I c̄xw̄Z ēvL̄v Kīt̄Z c̄vi t̄eb

w̄l qm̄P	Avt̄j v̄P̄ w̄l q	c̄k̄t̄Y t̄K̄sk̄j	mgq
figKv̄			2 w̄gibU
	<ul style="list-style-type: none"> • -MZ • cēZx̄Awatek̄tbi m̄t̄_ m̄sthw̄M -v̄cb • eZḡib Awatek̄tbi Dci Avt̄j v̄Kcv̄Z • D̄t̄i k̄ ēvL̄v • D̄Oj̄Ki Y 	ē³Zv̄	
w̄l qē-			40 w̄gibU
	1. bḡp̄q̄t̄bi c̄q̄vRbxqZv̄t̄ <ul style="list-style-type: none"> • ḡt̄Qi %̄w̄nK ēp̄x̄, -r̄-MZ Aē-v̄, l̄Rb 2. t̄M̄ws Gi c̄q̄vRbxqZv̄t̄ <ul style="list-style-type: none"> • c̄Zūl̄ ḡvQ h̄t̄Z mgf̄t̄e L̄v̄ M̄Y Kīt̄Z c̄vi • GKB AvKv̄t̄i i ḡvQ Drcv̄` b • ḡt̄Qi m̄w̄ēR Aē-v̄ ch̄f̄ēt̄Y • m̄w̄Kf̄t̄ē -r̄- ē-v̄cbv̄ • f̄yj evRvi gj̄" c̄ñB 3. t̄M̄ws c̄xw̄Zt̄ <ul style="list-style-type: none"> • 25-30 M̄g I R̄t̄bi t̄cbv̄ gR̄t̄` i ci c̄ñg evi 3 m̄ßvn ci t̄M̄ws Gi c̄ñēp̄ w̄b L̄v̄ c̄ñv̄b ēv̄ i v̄L̄v̄ • b̄-x̄Z m̄Kv̄j ev̄eKv̄t̄j t̄M̄ws Kiv̄ • t̄Rv̄qvi f̄ūv̄ A_ P̄ b̄-x̄i c̄ñb hL̄b tek̄x c̄ñngv̄b _v̄t̄K ZL̄b t̄M̄ws Kiv̄ • t̄M̄ws īl̄i c̄ñēB n̄v̄d W̄t̄g 80 w̄j Uvi c̄ñb w̄t̄q ḡv̄j v̄Kv̄BU M̄b w̄gkv̄t̄Z n̄te • t̄M̄ws Gi R̄b̄ j w̄nZj w̄ek̄o n̄v̄U tbU ēenvi Kiv̄ 	ē³Zv̄ I c̄k̄t̄Ei	5 w̄gibU
m̄vi m̄st̄t̄c			15 w̄gibU
		ē³Zv̄ I c̄k̄t̄Ei	20 w̄gibU
		ē³Zv̄ I c̄k̄t̄Ei	3 w̄gibU

we lqmP	Avtj vP we lq	cikY tKskj	mgq
	<p>1. gj we lqmgn mstPtc cPivtj vPbv</p> <p>2. cikEii gva tg Dti k hPvB-</p> <ul style="list-style-type: none"> • bgPqtbci cPqvRbxqZv Kx? • tMNs Gi cPqvRbxqZv Kx ? • LvPq tcvbv gRt` i KZ w b ci cPg tMNs Kiv DIPZ? <p>3. nU AvDU we Zi Y</p> <p>4. cieZi Awatek tbci mvt_ msthwM -rcb- gQ Avni Y evRvi RvZKi Y </p>	e3 Zv I cikEi	
mnvqK mvgM t Dtj i nvZ tgvRv, DcthwMx cw- tKi cvBc, nUtbU, BZ w`			

bgþvqb I tM̄ws

bgþvqb t

LuPvq gvQ Pv̄l i tP̄t̄ bgþvqb Kiv nq gv̄Qi ^m̄K eþx, ^r̄MZ Ae^v, LuPvi Rv̄j BZw̄ chfeP̄t̄Yi Rb̄ | GRb̄
gv̄S gv̄S mbañi Z weiwZtZ cñZU LuPvi bx̄P AvovAvio fv̄te ev̄k w̄ tq tUtb gv̄Q, t̄K LuPvi GK cñk̄ R̄tov K̄i
gv̄Qi m̄weR Ae^v chfeP̄Y Kiv nq |

tM̄ws t

h̄w̄ I LuPv̄tZ tcv̄v gR̄t̄ i mgq h_ym̄e GKB AvKv̄ti i tcv̄v GK LuPvq gR̄j Kiv nq | Z_w̄c mxigZ ciw̄ m̄ti AiaK
Nb̄tZi LuPvq gv̄Q Pv̄l Kiv nq weavq mgq AwZþtgi mv̄t_ mv̄t_ gv̄Q, t̄j vi gta^ ^m̄K eað nv̄ti i Zvi Zḡ ^t̄ Lv hv̄q |
dtj Lp̄ ^Z cñZU LuPv̄tZ tcv̄v AvKvi weifbæntq hv̄q | m̄wK e^vcbv I h_vh_ wbqtg Lv̄ ^cñv̄bi gva^tg t̄P̄v
Kiv nq gv̄Qi AvKv̄ti i ^elḡ mefogevL̄tZ | Gicil cñZU gv̄Qi wfþbæwfþbæ^m̄K eað cñYZv, Lv̄ ^M̄t̄Yi ^P̄Zv
BZw̄ i Kvi t̄Y mḡtqi mv̄t_ mv̄t_ ^m̄K eaðb Zvi Zḡ my úó n̄tZ _v̄tK | GRb̄ w̄b̄ @ mgq ci ci cñZU LuPv t̄tK
gv̄Q evQvB K̄i eo I tQvU gv̄Q, t̄j v̄tK tM̄ws K̄i wfþbæwfþbæAvKv̄ti i gv̄Q, t̄K wfþbæwfþbæLuPvq ^v̄b̄s̄ Kiv nq | Gfv̄te
weifþbæAvKv̄ti i gv̄Q, t̄tK mg AvKv̄ti i gv̄Q evQvB K̄i w̄b̄ @ LuPvq gR̄j Kiv cxiwZB n̄tj v̄tM̄ws ev evQvBKiY |

evQvB ev tM̄ws Gi cñqyRbxqZv t

1. cñZU gv̄Q hv̄tZ mgfv̄te Lv̄ ^M̄t̄Y Ki t̄Z cñt̄i,
2. cñZU gv̄Qi ^m̄K eþx hv̄tZ mgfv̄te j v̄f K̄i dj kñZtZ m̄weR Drcv̄ b tekx nq
3. fij eiRvi gj^ j v̄f Kiv hv̄q
4. tM̄ws Ki t̄Z tMt̄j mv̄t_ mv̄t_ gv̄Qi m̄weR Ae^vI chfeP̄Y Kiv hv̄q
5. %m̄K eþx i mv̄t_ Lv̄ ^cñvb mvgÄm̄cYñKbv Zv hv̄vB Kiv hv̄q
6. m̄wKfv̄te ^r̄ e^vcbv Kiv hv̄q
7. tM̄ws Ki t̄Z M̄tq wbqngZ ciw Phfi Ask m̄m̄te LuPvi Rv̄tj i tKv_vI w̄to tMt̄j Zv tgivngZ Kiv hv̄q

evQvB Gi mgq I cxiwZt

LuPv e^vcbvq LuPvq tcv̄v gR̄t̄ i (25 t̄tK 30 M̄g tcv̄v) w̄Zb m̄Bvn ci cñg evi LuPvi gv̄Q evQvB Kiv nq | th LuPv, t̄j vi gv̄Q evQvB ev tM̄ws Kiv nte Zvi cñeP̄ w̄b H mbañi Z LuPv, t̄j vi gv̄Q, t̄K Lv̄ ^cñvb eÜ ivL̄tZ nq hv̄tZ tM̄wsKv̄tj ^v̄b̄s̄ K̄i t̄Z M̄tq gv̄Qi kvi xvi K cxtb gv̄v bv hv̄q | b^xZ thñnZcwb me^v cñvngvb _v̄tK A_ev tRvqvi fv̄vi Kvi t̄Y cwbib ^t Dv̄vbgv K̄i t̄Z _v̄tK KvtRB i agy^ w̄tbi Zvcgv^vi w̄tK j P̄ t̄tL mKv̄j tej v̄ Ksev coš-
weKv̄tj g^ymh@t̄j v̄tK LuPvi gv̄Q evQvB K̄i t̄Z nte | hLb b^xi cwb tekx cñvngvb _v̄tK ZLb LuPvi cwb ^Z ciw Z
n̄tZ _v̄tK, G mgq LuPvi gv̄Q tM̄ws Kiv DcñhMx | gv̄Q tM̄ws i i Kivi AvtMB nvd W̄tq 80 w̄j Uvi cwb w̄tq ZvZ M̄g
g^yj vKvBUMb w̄gkvtZ nte | gv̄Q tM̄ws K̄i ^v̄b̄t̄ Kivi Rb̄ j ^v̄tq nvZj w̄ekó n̄vU tbU e^envi K̄i t̄Z nte | n̄vU
tbUv AvKvi ejS ^t msL^K gv̄Q GñKerti LuPv t̄tK Dñtq tbñKv̄tZ i vLv W̄tgi cwb t̄Z evQvB K̄i ivL̄tZ nte | Gfv̄te
5/7 w̄gkvtUi gta^ tQvU gv̄Q n̄tj 60/70w Avi eo gv̄Q n̄tj 20/25w gv̄Q wbq q cñvngZ Luw̄j LuPvq ^Z ^v̄b̄s̄ K̄i t̄Z
nte | Gfv̄te arti arti eo gv̄Q, t̄j v̄ evQvB K̄i Ab̄ LuPvq wbq t̄M̄t̄j tQvU, t̄j v̄ AvtMi LuPvq i tq hv̄te | Gfv̄te GñKi
ci GK me LuPvi gv̄Q evQvB K̄i tñj t̄Z nte | cñvngvb 3w̄ LuPvi gv̄Q GK mv̄t_ evQvB K̄i t̄j gv̄Q, t̄j v̄tK tekx ^t̄Zj
^v̄b̄s̄ K̄i t̄Z nq bv| dtj gv̄Qi lci ^v̄b̄s̄ RñbZ Pvc Zj bvqj Kfite AtbKv̄tK Kg nq | GK LuPv t̄tK Ab̄ LuPvi
^t̄Z; tekx ntj ZLb W̄tq cwb wbq evQvB K̄i t̄Z nte | cñevi me LuPvi gv̄Q evQvB n̄tq t̄M̄t̄j cieZñZ cñZ ^B m̄Bvn
ci ci cñZK LuPvi gv̄Q evQvB K̄i t̄Z nte | Avi gv̄Qi lRb weþq DcñhMx lRb j v̄f K̄i t̄j (b^bZg 350 M̄g) i ay
eo gv̄Q, t̄j v̄tK evQvB K̄i weþqj Rb̄ mbañi Z LuPvq wbq i vL̄tZ nte | Gfv̄te mvePñYK gv̄Q evQvB Kiv n̄tj GKw̄tK
thgb LuPvi wbqngZ ciw Phfi Kiv nq Ab̄ w̄tK LuPvi mte^P e^envi i gva^tg cñvngZ Dr̄c v̄b j v̄f Kiv hv̄q |

`j xq Añatekb cwi Kí bv

w b t 4

mgq t 13.30-14.30

tgqr` Kj t 60 wgbU

wkñiwbv	t	gvQ Avni Y I evRvi RvZKi Y
Añó `j	t	grm` Añá ßii KgKZfe
j P	t	AskMñYKvi x`i LuPq Drcw Z gvQ Avni Y I evRvi RvZKi Y m=útKºmg`K avi Yv t`qv nte hñZ Zvi v Añak gþdv ARþb Dchþ mgþq gvQ Avni Y I evRvi RvZKi tY PwI x`i tK cñqRbxq mnvqZv Cºvb KiZ cñib
Dñk	t	G Añatekb tkñl cökP Y -
		<ul style="list-style-type: none"> Avni tYi weteP` weliq m=útKºej tZ cñiteb Avni YthwM` gñQi I Rb m=útKºej tZ cñiteb AvsñkK Avni tYi myeav eñLv KiZ cñiteb Avni Y I evRvi RvZKi Y cñwZ m=útKºej tZ cñiteb

weI qmP	Añj wP` weI q	cökP Y tKskj	mgq
figKv			4 wgbU
	<ul style="list-style-type: none"> -ñM ceëZr`Añatekþbi mw_ msþhM -vcb eZgþb Añatekþbi Dci Añj wKvZ Dñk`k t eñLv DñkKvY 	e³Zv	
weI qe-			50 wgbU
	1. Avni tYi weteP` weI q t <ul style="list-style-type: none"> gñQi AñKvi I I Rb evRvi `i cñienY e-e-`v Rxeš-Ae-`vq evRvi RvZKi tYi Rb` cññi t e-e-`v 2. Avni YthwM` gñQi I Rb t <ul style="list-style-type: none"> 5-6 gvm PwI 350-500 Mþg 6-7 gvm PwI 500-800 Mþg 3. AvsñkK Avni tYi myeav t <ul style="list-style-type: none"> tQvU gþQ, tñv `Z eo nl qvi mþhM tQvU gñQi Drcv` b eþx PwI I cñKvZK `thñMi SñK Kþg hvq 	e³Zv I cññEi	15 wgbU
		e³Zv I cññEi	10 wgbU
		e³Zv I cññEi	10 wgbU

wełqmip	Avtj vP wełq	cikpiY tKškj	mgq
	<p>4. Avni Y I evRvi RvZKiY c×wZ t</p> <ul style="list-style-type: none"> • evRvi RvZKiYi AvMi w b weñfbølPv n‡Z Dc‡hvMx • AvKv‡ii i gvo evQvB Kiv • evRvi RvZKiYi AvMi w b `c‡i ci Lv cÖvb eÜ ivLv • Rxes-Ae-`wq weñmu Kiv 	e³Zv I cikpiEi	15 wgiwu
mvi ms‡¶c			6 wgiwu
	<p>1. gj wełqmipn ms‡¶t cþi vPbv</p> <p>2. cikpiEi i gva”tg D‡i k hPvB-</p> <ul style="list-style-type: none"> • gvo Avni tY weñep wełq Kx Kx? • Avni Y‡hvM gy‡Qi I Rb KZ nI qv DvPZ ? • AvsikK Avni tYi `Bw myear ej þ <p>3. n”U AvDU weZi Y</p> <p>4. cieZr©Avatek‡bi mv‡_ ms‡hvM -vcb- AvMvgxKv‡j i cÖZwK cþi vPbv K_v -§i Y Kwi tq w ‡Z nte AvR‡Ki Kvh‡tg mweK AskM‡Yi Rb ab”ev` Avcb </p>	e³Zv I cikpiEi	
mnvqK mgvM t givKv , n”U AvDU, wde PvU©BZ w`			

LuPvi gQ Avni Y I evRvi RvZKi Y

Avi nYthwM" gvtQi AvKvi I Rb, evRvi Pwn`v, PvI i tgqv` I e'e' vcbr aib metePbvq tiL gQ Avni Y I evRvi RvZKi tYi m×vš-btZ nte| LuPvi me gQ GKtI evRvi RvZi DcthvMx AvKvi nq bv| ZvB eo gQ, tj v evQvB Kti evRvti tcitYi Rb c_K GK ev GKwAK LuPvq ivLtz nte| GtZ GKw tK thgb GKB AvKvti i gQ tMwNs Kivi Kvi tY Dchb gq" cvl qv hvq, Ab" tK axti axti tQvU gQ, tj v eo nI qvi Rb" AvZi³ -v b I mgq cvte| gQ evRvti tcitYi mgq hv" gvtQi tctU Lv" fWZ©_vK Zte gvtQi , YMZ gvb bo nI qvK Zi wšZ Kti | GRb" gQ evRvti tcitYi AvtMi w b H LuPvq `cji ci Lv" ctvb eÜ ivLtz nte| GtZ evRvi RvZi Rb" tcitZ gvtQi , YMZ gvb AwAK mgq A¶bæ_vKte|

Avni Yce meteP" weI q t

gQ Avni tYi m×vš-MtYi cte vbtgDj wZ weI mgm metePbv Kiv cqvRb t

- gvtQi AvKvi I I Rb
- evRvi `i m¤útK AeimZ nI qv
- evRvi ev tµZv iba Y Kiv
- `Z gQ evRvti tcitQvRbvi Rb" cwi enb e'e' vWK Kiv
- evRvti tcitYi AvtM gQ cwi gvtci Rb" Dchb" cwi gvcK htšj e'e' vKiv
- gQ Rxeš-Ae" vq evRvi RvZi Rb" cwi K KtUBbvi ev Wg Gi e'e' vKiv
- `tI i evRvti gQ tcitYi AvtM cqvRbxq ceCtWZ thgb cwiKs, Dchb" cvt, eid BZ" wboZ Kiv

gvtQi evRvi `i t

gvtQi evRvi `i newfbœGj vKvq I FZtZ Kg teik nq vK| j vfRbK `vgi cWZ tLqj tiL gQ evRvi RvZ Kiv DIPZ| gvtQi evRvi `i fvj v cvl qvi Rb" gQ aivi AvtM newfbœgrm" evRvi mgtn thwMthwM Kti evRvi `i hvPvB Gi e'e' vKtZ nte Ges evQvB Kti (Grading) eo AvKvti i Rxeš-gQ evRvti cvvftbvi e'e' vKiv tMtj AwAK gj" cvl qv hvte|

Avni YthwM" gvtQi I Rb t

Avni YKZ gvtQi I RtbI mvt_ evRvi Pwn`v I Drcv`b tgqv` i mvt_ m¤úRhy" | G me weI q metePbv Kti LuPvq PvI vaxb tZj wicqv weutqi Rb" Avni Y Kiv DIPZ| WwKwZqv b xi LuPv tvcbr, tj vtZ mPvPi tZj wicqvi I Rb bzbZg 350 Mq bv ntj tKvbW weutqi Rb" weutqi Rb" vbePb Kiv nq bv| Avtj wPZ gtWtj i gRj NbtZj newfbœDrcv`b tgqv` tZj wicqv newfbœ` wK I Rb j vf Kti | thgb t

- 5-6 gym PvI t 350-500 Mq cWZ
- 6-7 gym PvI t 500-800 Mq cWZ

gQ Avni Y t

Rj vktq PvI KZ gQ `Bfite Avni Y Kiv hvq| thgb, AvsikK Avni Y I m¤úY©Avni Y| LuPv t_tK gQ Avni Y cKtii Zj bvq AtbK teik myavRbK| bb"Zg Li tP thKvb mgqb LuPv nZ gQ Avni Y Kiv hvq| LuPv nZ gQ Avni tYi Rb" mvavi YZ: AvsikK Avni Y cxiZB Abjny Y Kiv nq vK| Gi dtj ,

- tQvU gQ, tj v `Z eo nI qvi m¤úhM cvq
- tgvU gvtQi Drcv`b ejx cvq
- PvI I cWZK `hMi Skt AtbK Ktg hvq
- mgqgZ newv Kti fvj evRvi `i cvl qv hvq
- PvI Kjy xb mgtq PvI xK cWZ t hvMv t`q

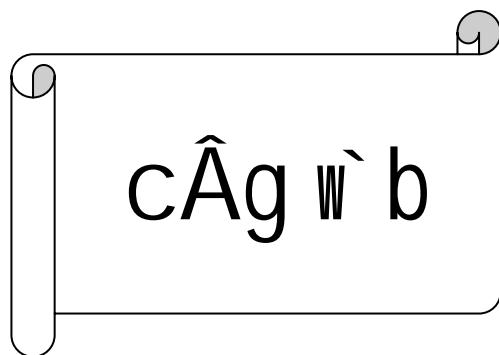
gvQ Avni Y I evRvi RvZ c×wZ t

gvQ evRvi RvZKi tYi AvtMi w` b wewfbœLuPv n̄Z evRvi RvZ Dc̄thwMx AvKv̄ti i gvQ̄tK evQvB̄tqi gvātq evRvi Rv̄tZi Rb̄
-wicZ wfbaœLuPvq gRy Kiv nq| th gvQ, t̄j v̄tK wbaœi Z w̄tb evRv̄ti tc̄tY Kiv n̄te tm̄, t̄j v̄tK AvtMi w` b `yc̄tii ci
Avi tKvb Lv̄ c̄t̄b Kiv nq bv| dt̄j evRvi RvZKi tYi ci gvQ gviv tMt̄j I gv̄tQi -wfweK D3/4j Zv I ,Y, Z gv̄b
AviaK mgq chS-A¶|bœ_v̄tK | wbKUZg evRv̄ti Dc̄thwMx cv̄i ev W̄tg cwbtZ cwiwgZ msL̄vq Rxes-Aēvq mieivn Kiv
nq A_ev̄ `t̄eZPevRv̄ti eid 0viv msi ¶Y K̄ti cWv̄t bv̄ hv̄q |

gvQ evRvi RvZKi Y t

LuPv n̄Z mwavi YZ: eo AvKv̄ti i gvQ evRvi RvZ Kiv nq| ZvB Gme gv̄tQi evRvi gj̄ tekx nq| wKs' GgvQ, t̄j v LuPvi
cv̄tKB cv̄BKv̄ti i Kv̄tQ weµ K̄ti AtbK mgqB fv̄j `vg cv̄l qv̄ hv̄q bv| LuPvq PvIKZ gvQ fv̄j `v̄tg weµi Rb̄
wbœi wLZ c̄ t¶c, t̄j v M̄Y Kiv thtZ cv̄ti t

- `j xqfv̄te GK̄t̄ LuPvq Drcw` Z gvQ weµ Kiv|
- Rxes-Aēvq gvQ weµ Kiv|
- n̄vPwi I c̄K̄i gwj K̄t̄ i mt̄_ thwMthwM ti t̄L eW wnt̄te gvQ weµ Kiv|
- eQ̄ti i wKQwibw` @ mgq hLb Pwñ` v teñk I mieivn Kg _v̄tK tm̄ mḡtq gvQ weµ Kiv|
- gā-Z̄t̄fv̄Mx̄t̄ i Kv̄tQ weµ bv̄ K̄ti wb̄tRB Lp̄i evRv̄ti weµ Kiv|



` j xq Awatekb cwi Kí bv

w b t 5

mgq t 08.00-09.00

tgqr` Kvj t 60 wgbU

wkpiibvgt	cikpiK cpiutj vPbv cikZfve
Afxó ` j t	grm` Awá Btii KgRZve`
j ¶ t	AskMöYKvi x` i ce¶` tbi Kvhpügi cpiutj vPbv cikZfve Ges mwÜKvj xb KvR Dc-vcibi mthwM Kti t` qv hvZ Zvi v cteP Avtj vPbv -si Y KitZ cuitb Ges fj µU mskvab Kti Awatekbibi KvhKwi Zv ejx KitZ cuitb
Dfí k t	Awatekb tkil AskMöYKvi xiv ce¶` tbi wkpiY cpiutj vPbv gva` tg fj µU mskvab Kti HK gZ tcSOrtZ mlg nteb

wel qmip	Avtj vP wel q	cikpiY tKskj	mgq
fugKv			4 wgbU
	<ul style="list-style-type: none"> -MZ Kkj w` wnbogq Pj wZ Awatekbibi mw_- msthwM 	e³Zv	
wel qe-			50 wgbU
	1. cikpiK Rvbj Dc-vcb <ul style="list-style-type: none"> cikpiK j Uvixi gva` tg GKRb cikpiYi_xK wbePb Kti ZtK cikpiK Rvbj t_k 5 wgbU ej vi Rb Abjiva Kiteb 2. ce¶` tbi cpiutj vPbv <ul style="list-style-type: none"> cikpiK j Uvixi gva` tg 2 Rb cikpiYi_xK wbePb Kiteb MZ w` tbi Avtj wPZ mKj Awatekbibi 2 fim Kti wbePZ 2 Rb cikpiYi_xK cikZKtK t` q Awatekbimgn cikpiEii gva` tg mKtj i AskMöY cpiutj vPbv KitZ ej teb wbePZ 2 Rb Dc-vcibi mweK Dc-vcbvi Dci c`_tg mKj cikpiYi_P cti cikpiK fvj -g` cikZfve w` tbe 3. mwÜKvj xb KvR Dc-vcb cpiutj vPbv tkil cikpiK MZ w` tbi mwÜKvj xb KvR Dc-vcbvi mthwM t` teb Ges wbR mnwqK wntmte Awatekb cwi Pj bv Kiteb	e³Zv	10 wgbU
mvi mstpc			30 wgbU
	<ul style="list-style-type: none"> Dc-wcZ mKj wel q mstpc cpiutj vPbv Kiv cieZP Awatekbibi mw_- msthwM -vcb- gV cwi` kfbj fugKv 	e³Zv cikpiEi	
mnwqK mwGm t gVKH , j Uvixi cikpiRbxq DcKiY BZ w`			

`j xq Awatekb cwi Kí bv

w` b t 5

mgq t 9:00-9.45

tgqr` Kij t 45 mgibU

wk̩t̩i vbg t	Lipq g̩Q Pvl Kih̩ug cwi` k̩bi f̩gKv
Af̩xó` j t	grm "Awa`B̩ii Kg̩Zfe`
j ¶ t	cik¶Yi k̩i m̩vvi Lipq g̩Q Pvl Kih̩ug cwi` k̩b m̩útK° ce̩vi Yv t̩qv n̩e hv̩Z Zviv cwi` k̩DKit̩j Kih̩Ri f̩te Lipq g̩Q Pvl Kih̩ug ch̩fe¶b c̩q̩Rbxq Z_ msM̩ Ki‡Z cwi`b
Dt̩i k̩ t	Awatekb tk̩l AskM̩YKvixMY-
	<ul style="list-style-type: none"> • Lipq g̩Q Pvl Kih̩ug cwi` k̩DKit̩j Kx Kx w̩l q ch̩fe¶Y Ki‡Z n̩e Zv e̩vL v Ki‡Z cwi`b • Pwl i w̩KU t̩tK w̩K Z_ msM̩ Ki‡Z n̩e Zv ej‡Z cwi`b

weI qmWp	Avtj vP weI q	cik¶Y tKškj	mgq
f̩gKv			3 mgibU
	<ul style="list-style-type: none"> • -MZ • ce̩Zx Awatek̩bi m̩t_ msM̩ -vcb • eZg̩b Awatek̩bi AeZvi Yv • Awatek̩bi Dt̩i k̩ e̩vL v • DøkKiY 	e³Zv I cik¶Ei	
weI qe^-			35 mgibU
	1. ch̩fe¶Yi weI q <ul style="list-style-type: none"> • cwi` k̩bi Rb` w̩bePZ -v̩b, mgq, `+Zi, thMv̩hM e̩e^-v BZ`w` m̩útK°c̩q̩Rbxq avi Yv w̩ tq cik¶K w̩RÁvMv Ki‡eb-Avgiv tmLvt̩b Kx Kx w̩l q ch̩fe¶Y Ki‡ev wk¶Yxq weI qmgn- <ul style="list-style-type: none"> • th Rj vkt̩q Lipv -w̩CZ n̩e Zvi Ae^-v, ai b, AvKvi, AvgZb • cwi` Mfxi Zv, is, tNvj vZi • Lipv AvKvi, cik¶Z, msL v • gRj KZ cik¶Z, g̩tQi eaØ • Lipv -vcb tKškj • Lipv ^Zv i DcKiYmgn • tcvbv cwi enb I gRj, tMw̩ws • my g m̩útK Lv` c̩q̩M • w̩bqigZ cwi Ph̩ weI qm` 	e³Zv, cik¶Ei I Avtj vPbv	20 mgibU

weI qmP	Avtj vP weI q	cikkY tKskj	mgq
•	<p>2. Z_ msMö cwi` kDKvij PvIx i wbKU t_ tK Avgiv wK Z_ msMö Kie?</p> <ul style="list-style-type: none"> • Kwi Mi x mnvqZvi Drm • LuPv e'e'vcbr cxiZ • Lv` msMö, cikqM I gj " • tcvbr gRj i mgqKvj , tcvbr cikZv, gRj NbZj gj " • Tvbq mgm'mgna • PvI Kvh@utgi Amjeavmgn • weMZ PvI Ptui Drcv` b • gvQ weIq i mjhwm-mjeav • Rj vikq e'enqti i kZQBZ w` 	e³Zv, cikkEi Avtj vPbv	15 mgibU
	<p>3. cikqRbq mgmÖ gV cwi` kfb wK mgmÖ msMö wbZ nte?</p> <ul style="list-style-type: none"> • tbvU c'w • Kj g • tcwYj • wKeteWBZ w` 	e³Zv	3 mgibU
mvi ms¶c			4 mgibU
	<p>PvIx i wbKU t_ tK wK weIq Z_ msMö Ki tZ nte?</p> <p>1. gj weIqmgna ms¶tjc cbi vtj vPbv</p> <p>2. Dtil k` hvPvB</p> <ul style="list-style-type: none"> • tKvb mgqLIPq gQ PvI Kvh@ig cwi` kfb Dtil tk` i l bv nte? • cwi` kDKvij wK weIq chfePY Ki tev? • cieZr@Amatekbi mvt_ msthwm • wb` @ mgq cwi` kfb tbi Dtil tk` i l bv nI qui Rb` cikZ vKvi weIq cikkIK cbi vq -si Y Kvi tq w` teb 	e³Zv cikkEi	
mnvqK mgmÖ t gvK@			

Lipq gvQ PvI Kvhug cwi`kØ cÖZte`b

cwi`kØ Zwil L t

cwi`kØKZ Lipvi gwj tKi bvg I wKvbv t

Lipvi Ae^-vb t

Lipvi msL^v t

Lipvi AvKvi (GKK) t

chfem|Z Z_- t

gše:t

cÖZte`b cVqbKvi xi bvg I wKvbv

`j xq Añatekb cwi Kí bv

w b t 5

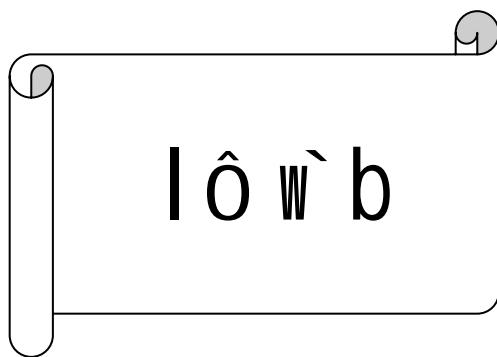
mgq t 09.45-14.30

tgqr` Kvj t 4NÉv 45 mgibU

w kti vbg t	LIPiq givQ Pvi Kihpug cwi` kØ
Añoxo` j t	grm` Añatekb cwi` kØ
j ¶ t	AskMñYKvi x i kØ mñvwi LIPiq givQ Pvi Kihpug chfe¶Yi mñhvM `vb Kiv hvZ Zvi v G weI tq ev`e AvfAZv j vf KitZ cti b Ges LIPiq givQ Pvi Kihpug cwi` Pvi bvKvi x Pvi xi mñt_ gZ weibgtqi gva`tg cikpiy AñRZ Ávb I `¶ZvK Avtiv mgx Kivi gva`tg Pvi x i cikpiy Rbxq mnvqZv c0vib mñg nb
Dñk t	G Añatekb tkil AskMñYKvi x MY -
	<ul style="list-style-type: none"> cwi` kØKZ LIPiq givQ Pvi Kihpug chfe¶Z (b`x, LIP) mñhvM myeawv e`vL`v KitZ cwi`teb tcibv gRj , Lv` cikpiy Rbxq LIP e'e'vcbr mñútK`ej tZ cwi`teb Sik e'e'vcbr, T`r e'e'vcbr e`vL`v KitZ cwi`teb

weI qmip	Avtj vP` weI q	cikpiy tkskj	mgq
fngKv			5 mgibU
	<ul style="list-style-type: none"> -MZ ce@Zr`Añatektbi mñt_ msñhvM `vcbr eZgib Añatektbi Dci Avtj vKciZ Dñk` e`vL`v Dñk`KiY 	e³Zv I cikpiy	
weI qe`			250 mgibU
	1. cwi` kØ `vibl Dñk`tk` hvW <ul style="list-style-type: none"> cikpiy i vbañiZ `vib GKVñZ Kiv mKtj i DcwñZ mñútKñbñZ nIqv cwi` kØ `vibl Dñk`tk` i l bv cwi` kØ `vib DcwñZ 2. LIPiq givQ Pvi Kihpug chfe¶Y <ul style="list-style-type: none"> Pvi x i cikpiy Ki mnvqZvq ce@Zr`Añatektb c0 E`vL`v Abñvqz LIPiq givQ Pvi Kihpug chfe¶Y i tbvU cñvW ti KW`Kiv 3. Z_ msMñ <ul style="list-style-type: none"> cwi` kØ tkil `j xqfite Pvi x i mñt_ Avtj vPbv LIPiq givQ Pvi Kihpug cwi` kØbi fngKv Añatektb c0 E`vL`v Abñvqz Z_ msMñ i tbvU cñvW ti KW`Kiv cwi` kØ mgq i mnñhvM Zv Kivi Rb` Pvi x i ab`ev` Ávcbr cikpiy tKt`i Dñk`tk` i l bv 	e³Zv chfe¶Y cikpiy I Avtj vPbv	20 mgibU 15 mgibU

wełqmiP	Avtj vP wełq	čikpiY tKškj	mgq
mvi mst¶ic			30 wibU
	<p>1. čikpiY tKš` a wdži Avmvi ci čikpiK gw cwi` kfb chfe¶iYKZ wełq I msMpxZ Zt_i Avtj vK ibam Z Qtk GKU čiZte` b %Zi Kti AvMvgxKv j mKv tji Avatektb mKtj i mgtb Dc vctbi Rb cipqRbxq wbt` Rbv t` teb </p> <p>2. cieZP Avatektbi mft_ msthvM vcb- AvMvgxKv tji cipqRbxq cipivtj vPbv I cipqRbxq</p>	e³Zv I čikpiEi	
mnwqK mgM t tbvU cW, Kj g, tcwYj I cipqRbxq QKc†			



`j xq Añatekb cwi Kí bv

w b t 6

mgq t 08.00-09.00

tgqy` Kvj t 60 wgbU

wkiviwig t	cikZinK cpiwjtj vPbv cikZfve
Añixó `j t	grm` Añia`Btii KgRZfe,
j ¶ t	AskMñYKvixi` i ce¶` tbi Kvhñig cpiwjtj vPbv cikZfve Ges mwÜKvj xb KvR Dc`vcibi mwÜM Kti t` qv hvZ Zviv cteP Avtj vPbv -sjY KiZ cvib Ges fjy µiU mskvab Kti Añatektbi KvhñiZv ejx KiZ cvib
Dtik t	Añatektbi tkil AskMñYKvixi` ce¶` tbi wkpiY cpiwjtj vPbv gva`tg fjy µiU mskvab Kti HkgtZ tcSOrZ m¶lg nteb

weI qmip	Avtj vP weI q	cikpiY tKskj	mgq
figKv			4 wgbU
	<ul style="list-style-type: none"> -MZ ce¶ZrW` tbi LIPq givQ Pvi Kvhñig cwi` kbi mwÜ_ mskvab -vcb eZgib Añatektbi Dci Avtj vKcvZ Dtik eVL DokKiY 	e³Zv	
weI qe-			50 wgbU
	LIPq givQ Pvi Kvhñig cwi` kbi cikZte` b Dc`vcb <ul style="list-style-type: none"> cikpiK ce¶` tbi cwi` kZ LIPq givQ Pvi Kvhñig cikZte` b Dc`vcibi Rbj Uvixi gva`tg Pvi Rb AskMñYKvixi` KibetPZ Kiteb cikZte` b 10 wgbU Kti Dc`vcb Kiteb Dc`vcb tkil cikpiYi` Ges me¶ktil cikpiK Dc`vcZ cikZte` tbi Dci cikZfve `teb cwi`ktil cikpiK LIPq givQ Pvi Kvhñig cwi` kbi Avtj vK AskMñYKvixi` i KiYq mwÜKvixi` Avtj vKcvZ Kiteb 	e³Zv cikpiEi	50 wgbU
mvi ms¶c			6 wgbU
	1. gj weI qmga ms¶c cpiwjtj vPbv 2. cikpiEti i gva`tg Dtik hPvB <ul style="list-style-type: none"> LIPq givQ Pvi Kvhñig cwi` kbi e'e`vcbvi tKib w Kmga mVK gtb ntqto LIPq givQ Pvi Kvhñig cwi` kbi e'e`vcbvi tKib w Kmga Avi I DbZ Kiv cikqRb gtb nq 3. cieZrAñatektbi mwÜ_ mskvab -vcb- wbgZ LIP e'e`vcbvi/cwi PhP	cikpiEi	
mnvqK mwgM t givKv, j Uvixi cikqRbxq DcKiY BZ w			

`j xq Añatekb cwi Kí bv

w b t 6

mgq t 09.00-10.00

tgqr` Kvj t 60 mgibU

Wkñi vbg t	wbqigZ LuPv e-e-vcbv / cwi Phr®
Afxó `j t	grm "Ara`Bt i KgRZ®`
j ¶ t	LuPv gyQ Pv¶l cÖZwKZ Drcv`b cÖBzZ wbqigZfite LuPv cwi Phr® / e-e-vcbv weI tq AskMñYKvíx¶`i mgK avi Yv t`qv nte hvZ Zviv AñRZ Ávtbi Avtj vtK Pvix¶`iK cÖqRbxq mnvqZv cÖvb Ki¶Z cvtib
Dñi k t	G Añatekb tk¶l AskMñYKvíxMY -
	<ul style="list-style-type: none"> • wbqigZfite LuPv cwi Phr®, i"Z e vLv KitZ cviteb • wbqigZfite LuPv cwi Phr® weifbam qvPvY KitZ cviteb • wbqigZ LuPv cwi Phr® weI q,tj v e vLv KitZ cviteb

weI qmP	Avtj vP weI q	cik¶Y tKškj	mgq
figKv			4 mgibU
	<ul style="list-style-type: none"> • -MZ • ce@Zr®Añatektbi mvt_ msfhM -vcb • eZ@yb Añatektbi Dci Avtj vKcvZ • Dñi k e vLv • Dñi Kiy 	e³Zv	
weI qe-			50 mgibU
	1. wbqigZ LuPv cwi Phr®, i"Z¶ <ul style="list-style-type: none"> • cÖZwKZ Drcv`b cÖBzZ wbP® Kt 2. wbqigZ LuPv cwi Phr® weifbam` Kt <ul style="list-style-type: none"> • wbqigZ Lvevi cÖqmM • Rvtj i wQ`ev tQv, gvtQi AvPi Y ch¶e¶Y • KvI j v Øiv Rvtj i dum ev tgm eÜ ntq hvI qv • tQv tQv KPvI cvbv I AveRv cwi -vi • DwQó ev AñZwi 3 Lvevi mvtq tdj v • Wg wQ`ntq hvI qv cix¶v Kiv 	e³Zv I cik¶Ei	10 mgibU
mvi ms¶c			40 mgibU
2.	<ul style="list-style-type: none"> • gj weI qmgn ms¶tc cbivtj vPbv • cik¶Ei i gva`tg Dñi k hvPvB • wbqigZ cwi Phr® BiU weI q ej ¶ • nñU AvDU weZi Y • cieZr®Añatektbi mvt_ msfhM -vcb- gvtQi -v- e-e-vcbv 	cik¶Ei	6 mgibU
mnvqK mgMñt gvKv, nñU AvDU BZ w`			

mbqwgZ cwi PhP

LuPvq gvo Pvi i Drcv b AtbKisfk mbfP Kti mbqwgZ LuPv e'e'icbvi Dci | mWk e'e'icbvi gva'g LuPvq gvtQ
Drcv b euj vsk epx Kiv mpe |

1. mbqwgZ Lvevi cQqM t mbaMi Z mgfqi gfa" cZwkkZ Drcv b cMbi j fP mbqwgZfvte cwingZ gvtq
cQqRbxq cjo Drcv b mgx YMZ gvbmvuboe vbo vi fmgvb Lvevi cQqM KitZ nte |
2. AvPi Y chfeP Y t gvtQ AvPi Y i th tKvb cwi eZB mpuKmPZb _vKv A_P gvo hwi A'ifweKfvte tfm
teovq wKsev cwi gvygZ Lv" MhY bv Kti A_ev kixti tKvb PZ wKsev A'ifweK vM t`Lw t`q Zte tm
e'vcvti `Z cQqRbxq e'e'v MhY KitZ nte |
3. Rij chfeP Y t Rvtj Q'AvtQ wK-bv Zv chfeP Y Kiv (mKvj tej v LvI qvtbvi cteRij cixPv Kivi Dfg
mgq) | Rvtj Q'vKtj ev tKvb Kvi tY vQto tMfj Zv tgiwgZ wKsev bZb LuPv vctbi c'tfc mbtZ nte |
4. gZ gvo AcmvY t LuPv wFZti hwi tKvb gvo gvi hvq Zte `Z mvi tq tdj tZ nte hvZ Kti cwi tek `tY bv
nq |
5. PwZKi cMVi AvpugY t PwZKi cOYx thgb : KvKov, BmvC, mvc BZw t_k K LuPvK iPv Kiv |
6. DwQo Lv" t mieivnKZ Lvevi AtbK mgq mpuYfC bv tLkj Zv Rgv nte LuPv vifweK cwi tek `w Z nte
thtZ cvti | GRb DwQo ev AwZwi³ Lvevi `Z mvi tq tdj tZ nte |
7. Rj vktq LuPv Ae'ib chfeP Y t tRvqvi fvUvi mgq cwi bi DVbvgvi mvf_ mvf_ LuPv fvimvg iPvi e'e'v
Kiv |
8. LuPv Rvtj i dum eÜ nte hvq kvlj v 0vi v Rvtj i dum ev tgm eÜ nte cwi bi cew Ktg hvq | j vZj hq
big eitki mnvrtb Rvtj i kvlj v cwi vi KitZ nte | Avevi gvoK 2/1 v b Lv" cQqM eÜ ivLkj gvo GB
Kvlj v tLkj Rvq cwi vi KitZ nte |
9. LuPv Af'shi ev `B LuPv gvtS AveX AveRvt LuPv gfa" AtbK mgq tQvU tQvU KPwcvbv | Ab'ib
AveRvt XjK hvq | G_tj v cwi vi KitZ nte |
10. tbS Pj vPj t ivtZi AÜKvti ev KqvkvQbavtZ RvnvR, Uj vi, tbSKv Pj vPtj i mgq LuPv Ae'ib hvZ `+
t_k K eftZ cvti tmRb LuPv msj Mv vtb Avtj vi e'e'v Kti ev j vj cZvKv e'envi Kti LuPv Ae'ib wPvK
Kiv |
11. b xi A'ifweK tmZ t tekx tmZ AtbK mgq LuPv KvVtgv tfth tdj tZ cvti wKsev PwZ mab KitZ cvti |
tmRb tekx tmZkxj vtb LuPv vcb Kiv nte tmZi weci xZ evKvfbv teov vZi AvNvZ nte LuPvK
iPv KitZ nte |
12. cKwZK wechq t wewfbecZKj AvenvI qv thgb: So, Rjt vQym BZw t_k K LuPvK iPv Rb ce'mZKZ
vnmite LuPv DVbvgv i k vKj v, k³ tboZimn (Anchor) Ab'ib mg-mZKAE'v eRvq ivLkj nte |
13. LuPv gvoK wbi vc` vLv t gvo vKv Ae'iq tKvb mgqB mpuYLuPv cwi bi Dcti tZj v hvte bv wKsev tZj vi
tPov nte wvZ vKtZ nte | Kvi Y GtZ LuPv | LuPv KvVtgv `B-B PwZ nte cvti |
14. cwi Li Dc`e t LuPv Dci XvKv Rvq t`qv hvZ eK, cwtKsio BZw cwi Li Lvevti i Rb Gtm gvoK VwKv tq
AvNvZ KitZ bv cvti |
15. Wg fmgvb vLv t Wg Q'ntq tMfj Wg Wte wMfq Rvq Wte gvo tewi tq thtZ cvti | Sj vB t`qvi myav
vKtj Sj vB vZ fq cbi vq Wg vcb KitZ nte |
16. eitki YMZgzb j P i vLv t evk fuj AvtQ wKbv Zv tLqyj vLv | 1/1.5 ermti i gfa" mavaYz: evk bo nte
hvq | ZvB mbqwgZfvte evtki KvVtgv vZK tLqyj ivLkj nte hvZ evk ctp ev tfth wMfq NObv bv NtU |
17. cwi YMZ gvb chfeP Y t cKtj vZcZ LuPv tPb Aek'B tLqyj ivLkj nte th cKtj i cwb hvZ
AZwak meR bv nq, evtki Kvlj v Rtg thb ctp bv hvq | Zj vq Re c`v_AwZwi³ vKtj ni iv tUtb ev WM
tPb (Dog Chain) vZj vi wv³ M'vm `+ KitZ nte |

` j xq Awatekb cwi Kí bv

w b t 6

mgq t 10.00-11.00

tgqr` Kvj t 60 wgbU

wkiviwig t	grtQi -r- e'e-vcby
Afxó `j t	grm "Aia`Btii KgKZfe`
j r- t	LwPvq grtQi -r- e'e-vcby mətK AskM YKvi x- i mgK avi Yv t` qv nte hvtZ Zvi v A RZ Ávb KvtR j wMtq Pvix- i ctiqRbq mnvqZv Ki tZ cvitb
Dfí k- t	G Awatekb tkil AskM YKvi xMY - • LwPvq grtQi -r- e'e-vcby i "Zej tZ cvitb • -r- e'e-vcby meteP welqmg ej tZ cvitb

we1qmP	Avtj vP we1q	cikY tkskj	mgq
figKv			4 wgbU
	<ul style="list-style-type: none"> -MZ ce@Zr Awatekb bi mt_ msfhM -vcb eZgib Awatekb bi Dci Avtj vKcvZ Dfí k- e'Lv D0xKiY 	e³Zv	
we1qe-			50 wgbU
	1. -r- e'e-vcby i "Zi I meteP welqmg 2. -r- e'e-vcby cxiZmg 3. tiM e'e-vcby <ul style="list-style-type: none"> cizKvi ciztiva 	e³Zv cikEi e³Zv, cikEi ` j xq KvR e³Zv cikEi	5 wgbU 30 wgbU 5 wgbU
mvi msfPc			6 wgbU
	1. gj we1qmga msfPc cbivtj vPbv 2. cikEti i gva tg Dfí k- hvPvB <ul style="list-style-type: none"> LwPvq grtQi -r- e'e-vcby `BvJ meteP welq ej p LwPvq grtQi th tKvB 2 JU tivMi bvg ej p 3. n'vU AvDU weZiY 4. cieZr Awatekb bi mt_ msfhM -vcb- grtQi -r- e'e-vcby	cikEi	
mnvqK mvgM t grKf, n'vU AvDU, wdc PvU'BZ w`			

LuPvq gv#Qi "t" e'e'vcbr

LuPvq gvQ gRj i ci ntZ AvniY chS-my', mej gvQ Drcv` tbi gva'tg cikZwZ dj tbi Rb th e'e'vcbr Zv "t" e'e'vcbr "t" evb A_#t tivMgj Ae"tq gv#Qi mweR wbqngZ cwi Ph#q evx i gva'tg j vRbK Drcv` b wbDZ KivB gj j #t tivMgj Ae"t eRvq ivLvi Rb DEg cxwZ ntj v gwJ l cwi bi DcthwMx cwi tek wbDZ Kiv, cwingZ gvVq , YMZgvb m#ubel Lvevi wtkl Zt LuPvq gvQ PvI i t#t#t vbr vi fmgvb Zi ZvRv (Fresh) Lvevi wbDZ Kiv | eZytb evsj vt' tk "t cwi mtj LuPvq gvQ PvI ntj l gv#Qi tivM-ejvB GLb chS-eo ai#Yi tKvB mgm" n tq t' Lv t' q wb| , YMZgvb m#ubel qvRbxq Lvevi wbDZ Kiv cii KLtbv KLtbv tivMvS-n tq gv#Qi Drcv` b evnZ ntZ cwi, hvi Pukrmv e'qeuj, mgqmtc Ges tKvB tKvB mgq AKvhRi ntq hvq | ZvB wbqngZ fite cwi bi GBP, `erfZ Aw tRb, ZvcgvVv, A"tgvbqvi gvVv chfe#Y Kiv DwZ | Avevi tMwsmn wvfbekvi tY gvQtk fvj fite nvUj s (Handling) Kivl Ri"i |

b`xZ fmgvb LuPvZ thtnZymve#YK cwb cwi eZ# ntZ _vtK dtj LuPvi gvQ cikZibqZ Aw tRbmgs bZb cwi bi cwi tek j vF Kti | ZvB b`xZ LuPvq gv#Qi tivM t' Lv t' qvi m#ebv AtbK Kg | Zte kx#Zi ii#Z b`xi cikZK grm" m#ut' i b"vq cPj Z wKoytivM t' Lv w#Z cwi | Avevi el#i ii#Z hLb Kwl Rng metaSZ KxUbvK Kmgx cwb b`xZ Gtm cWZ nq, ZLb LuPvi gv#Qi Mvtq j vj `vM, Q#vKRbZ tivM, #Z#tivM BZ"v tiv#Mi cikZfite t' Lv w#Z cwi | WvKwZqv b`xZ w#Z LuPvZ tivM t' Lv w#Z cwi ayvngvb" j vj `vM l K`wPr Q#vKRbZ tivM t' Lv t' q | G `yui th tKvB tivM t' Lv w#Z tiv#Mi gvVv wtePbvq Zvr#YK fite wbænYQ Pukrmv cixwZ MhY Kiv nq t

(K) digwj b I wgw_wj b `etY tMmj t

thtnZicKtii gv#Qi b"vq LuPvi gv#Q Zvi cwi tek Z_v cwb#Z JIa cikZM Kiv m#e nq bv ZvB GLv#b LuPvi gvQtk LuPv t#K evBti Gt#b myeavRbK c#t#t digwj Y `etY tMmj Kivt#v nq | LuPvq tivM t' Lv w#Z tiv#Mi gvQtk digwj b `etY tMmj Kivt#v cixwZ wbgiesct

- GK#U nvd W#tg 80 wj Uvi cwb wb#Z nte
- Z#Z 20 wgw_wj Uvi (gv#Qi Mvtq #Z ev `vM Kg ntj) digwj b tgkv#Z nte; Avi #Z ev `vM teuk ntj 25 wgw_wj Uvi digwj b tgkv#Z nte
- Gi mvt_ 1 M#g wgw_wj b ey#hM Kti fvj fite wgw_k#q wb#Z nte |
- W#tg i `etY GK#U myeavRbK AvKv#i Rvj tmU Ki#Z nte |
- Geri LuPv t#K cikZet#i 40/50 wKt#i tZj w#cqy gvQ wb#q W#tg i w#Z Rv#j tQto w#Z nte |
- tiv#Mi ZxeZv teuk ntj 5 wgw_wj Uvi Ges Kg ntj 3 wgw_wj tMmj Kiv#Z nte | Gici W#tg i Rvj w#U ati gvQ, t#K bZb LuPvq w#v#Z Ki#Z nte |
- Gv#te GK#U LuPvi AtaR gvQ (400 t#K 500 w#U) tMmj Kivt#v nq tMtj evKx AtaR tZj w#cq#K tMmj Kivt#v Av#M W#tg i cwb#Z c#i vq wKo#i cwi gvY digwj b (5 wgw_wj Uvi) Ges mgvzb" cwi gvY (GK wPgwJ) wgw_wj b ey#hM Kti wb#Z nte |

Gv#te mg" - LuPvi gvQtk tMmj Kiv#Z nte | tiv#Mi ZxeZv et#S cikZvR#b 7 w#b ci Avevi gvQ, t#K digwj b I wgw_wj b ey#etY tMmj Kiv#Z nte |

(L) GwUev#q#UK LvI q#tvb t

digwj Y `etY tMmj Kivt#v w#b t#KB LuPvi gvQtk fmgvb Lv#t i mvt_ GwUev#q#UK wgw_k#q LvI q#Z nte | Lv#t i mvt_ GwUev#q#UK LvI q#tvb cixwZt

- cikZ 100 tK#R Lv#t i mvt_ 100 M#g GwUev#q#UK cvDWi wgw_k#q wb#Z nte |
- LuPvi GKtej vi Rb cikZvRbxq cwi gvY fmgvb Lv#t cwi#v t#t#t#Z t#t#j wb#Z nte |
- D3 cwi gvY Lv#t i Rb cikZvRbxq GwUev#q#UK cvDWi wb#q cwi gvY g#Zv cwb#Z t#j wb#Z nte | maviYZ cikZ e#v(25 tK#Ri) Lv#t i Rb cikZvRbxq GwUev#q#UK cvDWi 1 t#K 1.5 wj Uvi cwb#Z t#j wb#Z nte |

- GwUerfqwUK `tēYtK tgStZ Qovbv Lv`"i Ici mgfite t-ū Kti w`tZ nte| Kt Zvcgyvq Lv`"tj vtK
5/6 Nuv iwkq wbtZ nte| Gici Lv`"tj v eenvi Kiv hute|
- cōZi tbi Lv`"cōZi b GwUerfqwUK wgtZ nte|
- Gfite μgMZFute `kw`b GwUerfqwUK Lvi qftZ nte; tKvb w`b ^ eμtg ev` tMtj cōpivq mnme Kti
`kw`tbi tKvmnūbaKitZ nte|

cKti i LuPvq tivMi e"e"vcbv t

ex cwbtz A_ř cKi, `mn, etj i mg^-cKti i gvtQ mPivPi cwi j wZ tiMmgfni cFite cKti -wZ LuPvi gvtQ
H tiMmgfni msμgY t`Lv w`tZ cvti | FZtf` cKti -wZ LuPvi gvtQ PZtiM, tJ R I cvLbv cPv tivM, DKb tiM
t`Lv hvq|

ci Rxexi AvμgY t

mvavi YZt btf"t nZ tdeqwi chS-Gij tUicm UBCm bvgK AvBtmvcW ci Rxex 0viv LuPvi gvtQ e"vckfite Avμvš-
ntq 12 Nuv gta" gZieY Kti | GwU GKwU PZtq ci Rxex i^3 tkvtYi Rb" ci Rxex gvtQi Ici Ae"ib Kti Ges
i^3 tkvtYi ci Ptj hvq|

cōZKvi ev wPKrmv t

G tivM cōZKvi mvavi YZt Avμvš-gvtK j eY cwbtz tkvab A_ev cKti i tPit cōZ kZvsk 1 tKwR nvti j eY I
Avav tKwR nvti 7 w`b ci ci `Bevi Pb cōqM Kiv thZ cvti | b`xZ -wZ LuPvi tPit 10 wj Uvi cwbtz 200-250
Mög j eY wgtq H cwbtz gvtK 1 wgbU tMmj Kivtbv A_ev 10 wj Uvi cwbtz 1 Pv PvgP cUwtkqvg cvi g"vzbU
wgtq LuPvi gvtQ tKwR Z Kti Zvi Dci wQutq w`tZ nte | cvkvcmk hZ `Z m"e Rvtj RgvKZ gaj v cwi
KtZ nte|

PZtiM t

mvavi YZ kvZKvij hLb cwbz Zvcgyv Ktg hvq ZLb PZ tivM t`Lv t`q| mi cJU gvtQ G tivM metPtq teik Avμvš-
nq| cvsmv gvtQ Avμvš-nZ cvti | hv` gvtQ Avt-Avt-muZvi KvU Ges Mvtq mv`v A_ev j vj `vM t`Lv hvq I Pv
w`tj cR tei ntq Avtm, Zvntj ati wbtZ nte th, gvtQ PZtivM Avμvš-nZtq| tiMvμvš-gvtQ `Z LuPv t`K mvtq
tdtj GB tivMi we`v tiva Kiv m"e| teiki fM gvtQ PZtivM Avμvš-nZtq LuPvi me gvtQ we`v Kti tdj v DvPZ|
cKti i tPit gvtQ cwbz DcthvMx cwi tek eRvq ivLvi Rb" wgbqZfite cōZ 20 w`b ci ci cōZ kZvsk 250 Mög
nvti wRIU cwbtz wgtq mg^-cKti cōqM Kiv thZ cvti |

wPKrmv t

cōZ tKwR Lv`"i mv_ 20 wgm. tibvgvBmb ev A_ř tUvBwKb cvDwvi | 5 wgm. wmfU-tfU wgtq gvtK 1 mBvn
Lvi qftZ nte| cKti i tPit Gi mstM cōZ kZvsk cōZ dU cwbtz 0.2 Mög nvti wgtmb cvDwvi cōqM Kiv hvq|
tivMi e"vckZvq ci ci 2-3 w`b cōqM Kiv thZ cvti |

QtvKRwbZ tivM

LuPvq PvL KZ gvtQi tPvL I gJL Zj vi gZ t`LZ QtvKt AvμgY t`Lv t`q| GtZ Lp `Z gvtQ gvi hvq|

wPKrmv t

10 wj Uvi cwbtz 200-250 Mög j eY wgtq H cwbtz gvtK 1 wgbU tMmj Kivtbv A_ev 10 wj Uvi cwbtz 1 Pv PvgP
cUwtkqvg cvi g"vzbU wgtq LuPvi gvtQ tKwR Z Kti Zvi Ici wQutq w`tZ nte| cvkvcmk hZ `Z m"e Rvtj
RgvKZ gaj v cwi v KtZ nte| GQvorl digwjb I g"vj vKvBU M"bi wgtY Avμvš-gvtK tMmj Kivtbv thZ
cvti |

`j xq Añatekb cwi Kí bv

w b t 6

mgq t 11.15-12.00

tgqr` Kvj t 45 wibU

wkñiwbv	SjK e'e -vcbr
Añxó` j	grm' Añá Bñii KgRZ
j t	AskMñYKvíxt i LuPiq gvo Pvi SjK e'e -vcbr mñútKñmg'K avi Yv t' qv nte hvñZ Zviv AñRZ Ávb KñR j wñtq Pvi xt' i tK SjK e'e -vcbrq cñqñRbxq mnvqZv wñZ cvtib
Dñk	G Añatekb tktl AskMñKvíxMY-
	<ul style="list-style-type: none"> • wñfbacKñti i SjKmgn wñyZ KiñZ cvtib • SjK e'e -vcbr i "Zje vLv KiñZ cvtib • SjKmgn e vLv KiñZ cvtib • SjKmgn ni mñle mgvavb ej tZ cvtib

weqñP	Avtj vP weq	cikY Kškj	mgq
figKv			2 wibU
	<ul style="list-style-type: none"> • -MZ • ceñZñAñatekñbi mvñ_ msthñW -vcbr • eZñb Añatekñbi Dci Avtj vKvñZ • Dñk e vLv • DñkKiY 	e ³ Zv	
weqñ			40 wibU
1 LuPiq gvo Pvi wñfbacKñi SjK t	<ul style="list-style-type: none"> • K) Kwi Mix SjK- gñbññubetcvbvi Afve, Dchññ Lveti i Acñj Zv, ivññm cñYxi AvñgñY, ci Rxexi AvñgñY, KñKov ñvñ Rvñ Kvñv, tNvñ vZ; tbñftMkb mgmñv • mgñRK SjK- Pñi, kññZv, wñsmv, Rj vñkq eñenñti i Añakvñ • cññZñK SjK- Rñj vññm, ebñv, Lvñ, So, cvññi Xj • cwi tekMZ SjK- Kj -Kvñ Lvñvñ eRñ, Rj R AñMñQvñ cññb, cvññb, KñUñvñKñi cññve 	e ³ Zv I cññkññi	15 wibU
2 SjK e'e -vcbr i "Zj t		e ³ Zv	10 wibU
3 SjKmgn ni mñle mgvavb t		e ³ Zv I cññkññi	15 wibU
	<ul style="list-style-type: none"> • wñvcñ Rñqñvñ LuPv -vcbr • mveññYK chñññY • RbññPZbZv ejñx • cññbi Mfxi Zvi mvñ_ mgñññ tññL LuPv -vñvññ 		

weI qmP	Avtj vP weI q	cökP Y Kškj	mgq
	<ul style="list-style-type: none"> • wKUZg cwiPZ KvDfK tcvb eemvqx mnvte Mto tZvj v • mi Kwi Rj vq eenvti i AbgWZ msMö • , YMZ gvbmrubæ vbv vi fvmgvb Lv cÖqM • LIPvi vcbvtZ vtZi tej vq Avtj vi e'e-v Ki v 		
mvi mstPc			3 mgibU
	<ol style="list-style-type: none"> 1. gj weI qmga mstPtc cbi vtj vPbv 2. cökEti i gvatg DfI k hPvB <ul style="list-style-type: none"> • LvPvq gvQ PvI thKvb `BiU SjK ej b • tbwfMkb mgm`v `ixKi tY mœe mgvavb ej b 3. n'vU AvDU weZiY 4. ci eZr©Awatektbi mvf_ msthM vcb- LIPvq gvQ PvI i AwR wekH 	cökEi	
mnvqK mgM t gvKA , n'vU AvDU, wDRwCÜ BZ v			

SJK e'e 'vcbr

c₁_exi weFBet` k₂ etkl Kti ` w₁Y G₁kqvi KtqKU LuPiq gVQ PvI Kti iB₁bxi gva²g RvZxq A₁B₁ZtZ D₁j E₁hM³
fngKv iVLQ| LuPv e'e 'vcbrq gVQ PvI i G c₁b₁³ w₁b w₁b DrKI⁴ vF KtQ| Avg₁t i t₁tk G c₁b₁³ GLtbr GtKe₁i
c₁w₁K ch₁q| P₁ c₁j I j²xcj tRj vq weMZ KtqK eQti etkl Ab₁b₁³ t₁ki mv₁_ msMwZ t₁tL AvajbK c₁b₁³Z
LuPiq gVQ PvI Kiv nt₁Q| G Kvh⁵g c₁w₁Pv₁ bv KtZ w₁M₁q msM₁K₁Gj vKv| c₁w₁c₁w₁RZvq weFBogLx th mKj SJK
m₁x₁b n₁Z nt₁Q tm₁, t₁j v₁K KtqKU t₁KYtZ f₁M Kiv hvq t

- Kw₁ M₁
- mvgnRK
- c₁K₁ZK I
- c₁w₁tekMZ

Kw₁ M₁ SJK

1. gvbma₁úB₁etcvbvi Afve t mv₁v t₁tkB t₁K₁ Z₁E₁K gvb m₁úB₁etcvbvi gvtQ| Afve i t₁qtQ| gvb m₁úB₁etcvbvi cv₁ qv bv t₁M₁j K₁lZ dj vdj bv tctq nZv₁ n₁Z n₁e|
2. Dch₁³ Lvet₁i i Ac₁Z₁ Zv t LuPiq gVQ PvI m₁útK Lv₁³ w₁f₁P PvI c₁x₁Z| GLt₁b Drcv₁ tbi w₁msn f₁M L₁P nq Lv₁³
Lv₁Z| e₁W₁R₁Kfvte Drcv₁ Z Lv₁³ At₁bK t₁¶t₁B c₁Z₁w₁KZ gvtbi nq bv| G₁Z c₁Z₁w₁KZ Drcv₁ b gvi₁Z₁Kfvte
e₁vnZ n₁Z c₁t₁i|
3. i₁¶t₁m c₁Y₁ Av₁µgY t LuPiq mvc, , B mvc RvZxq c₁Y₁ Av₁µgY t₁Lv₁³ q| Alevi LuPvi Dci etkl Kti Lv₁³
c₁vt₁bi mgq eK, gvi₁vlzv BZ₁w₁ c₁w₁t₁V₁Ki w₁t₁q gvtQ₁ AvnZ KtZ cv₁i| t₁hnZv LuPiq Rv₁ v₁c₁t₁bi ci GK
avc gVQ we₁µq Kivi ci l tm₁U m₁úY₁Fvte ch₁¶t₁Y Kivi AeKvk _v₁K KvRB Rv₁ fvj fvte t₁tk bv v₁c₁b Ktj
Rv₁i t₁Kv₁l m₁g₁b₁ p₁U₁ v₁Ktj mg₁-g₁Q te₁i t₁q th₁Z cv₁i|
4. ci Rx₁xi Av₁µgY t₁t₁Rv₁ qv fv₁Uv₁ Ur₁b el₁K₁t₁j b₁x₁Z f₁mgv₁ K₁p₁ cv₁b| Ab₁b₁³ eR⁶C₁v₁ LuPvi Rv₁j i mv₁
w₁Ksev₁ B LuPvi gvtS Rgv n₁Z t₁Lv hvq| K₁p₁ cv₁b₁ weFB₁et₁i t₁Yi ci Rx₁xi emevm Kti, Zv t₁K c₁eZ₁w₁KZ gvtQ₁
ci Rx₁xi ms₁µgY Nv₁ m₁ætebv₁ v₁K| G Qvov weFB₁et₁R₁C₁v₁ mv₁_l t₁M Rx₁Yy| ci Rx₁xi Aw₁K₁ v₁K| G
mg₁-t₁M Rx₁Yy ci Rx₁xi LuPvi gvtQ₁ ms₁µgZ Kti v₁K|
5. KuKov Øv₁v Rv₁ KuJv t Avg₁t i t₁tk Rj v₁qmg₁n weFB₁et₁i t₁Yi KuKov t₁L₁Z cv₁ qv hvq| Gme KuKov th tKv₁b
mg₁t₁q Rv₁ t₁KtU tdj t₁Z cv₁i| Gi d₁j LuPvi gvtQ₁ tei n₁q t₁M₁j e₁vcK ¶t₁Zi m₁g₁b n₁Z n₁e|
6. t₁Nv₁vZ₁t b₁x₁ c₁w₁ At₁bK mgq t₁Rv₁ qv f₁Uv₁ KtqK₁b GKUv₁b ev₁i Kvi t₁Y X₁t₁j i c₁w₁ Øv₁v t₁Nv₁v n₁q hvq| G₁U
tek₁w₁b v₁lq₁ n₁j gvtQ₁ dj Kv₁ ¶t₁Zi m₁o n₁Z cv₁i, c₁eZ₁w₁KZ t₁M Rx₁Yy KZ₁ Av₁µv₁S-n₁q gvtQ₁ t₁M t₁Lv₁
t₁q, Ggb₁K gvtQ₁ gZ₁ NU₁Z cv₁i|
7. LuPvi Rv₁j i d₁um (mesh) e₁Ü n₁q hv₁ qv (net fouling)t₁ xN₁P b c₁w₁bi bx₁P _v₁Kvi Kvi t₁Y LuPvi Rv₁j ax₁i ax₁i
k₁l₁j v R₁g tgm₁t₁j v e₁Ü n₁qvi Dc₁µg nq| d₁j LuPvi Af₁š₁i c₁w₁bi -f₁fw₁E₁c₁vn e₁vnZ nq|
8. tbwf₁Mkb mgm₁t₁b₁x₁ Gj vKv₁ mvavi YZ i v₁t₁ tbSh₁b Pj v₁P₁j i mgq gvtQ₁ LuPvi AeKv₁W₁gvtZ Av₁Nv₁Z KtZ cv₁i|
hv mvavi YZt Kq₁kv₁"Qbuk₁Zi i v₁Z NtU_ v₁K| G₁Z LuPvi t₁f₁½ gvtQ₁ tei t₁q th₁Z cv₁i|

mvgnRK SJK

1. Pv₁ t Avg₁t i t₁tk gvtQ₁ K₁l₁ mvgnRK mgm₁v| etkl Kti LuPiq gvtQ₁ eo n₁j G c₁Y₁Zv te₁o hvq|
2. k₁"Zv t weFB₁et₁Kvi t₁Y c₁Z₁tek₁t₁i mv₁_ KLt₁bv KLt₁bv k₁"Zv₁ m₁o nq| gvtQ₁ LuPvi th₁nZ₁ GKRb P₁l₁i Av₁q₁i
Drm ZvB P₁l₁i ¶t₁Zi m₁æt₁bi Rb₁ k₁"c₁¶t₁Zi m₁o n₁Z cv₁i, gvtQ₁ Kti, weea Dc₁t₁q ¶t₁Zi KtZ cv₁i|
3. insmv t Amg mvgnRK Ae₁v₁bi Kvi t₁Y G₁Ki Av₁mvgnRK D₁b₁Z A₁b₁i insmvZ₁K g₁b₁fvtei m₁o Kti| Gi d₁j l
LuP₁t₁Z Drcv₁ b weN₁Z n₁Z cv₁i|

4. Rj vKq e'envtii AiaKvit Avgit` i t`tk b`x, Lvj, wej, nvi i Gj vKv mgfni gwj K mvavi YZ mi Kvi | Gme Rj vKq, tj v mvavi YZt Rbmavai Y e'envi Kti _vtK| h` tKD Gme Gj vKv LuPv `vcb Ki tZ Pvq Zv ntj cikZtekx Ab`vb" RbMY evavi mjo KitZ cvti |

cikZK SIK

- Rtj vQym t eisj vt`ki `mjtY eftvcmMi | fvi Z gnwmMi Aew-Z neavq mvavi YZ Gicj | Atvei gvtm Rtj vQym t` Lv t` q| G Rtj vQym d`tj t`tki vbgvAj , tj v 10-20 dU cwb Mi fxi Zv tq hvq, G mgq Ab`vb" mafut`i mvf_ gvtQo LuPv , tj v PizMf`nI qui mafebv _vtK|
- eb`v t eisj vt`k elRkvj mvavi YZ eb`v ntq _vtK| G mgq eb`vi cwbZ tmZi mjo nq Ges tm tmZ LuPv tfm thZ cvti ksev Aege tfv thZ cvti |
- Liv t i® tgsmg Rj vktqi cwb t`Ktq cwb Mi fxi Zv Ktq hvq | G mgq LuPv `vcbi gZ cikvRbxq cwb Afvte gvQ gvi thZ cvti |
- So t Avgit` i t`tk cikZ ermi B cik AfbK Gj vKvZB So nq | G mgq gvtQo LuPv Stoi Ketj cto j UfU ntq thZ cvti |
- cvnwo Xj t Avgit` i t`tki D`i | ce® tK cvnwo _vKvq elRkvj xb AizZeljotZ cvnwo Xj vbgvAj , tj vtZ taq Avtm | G mg -cvnwo Xti i mvf_ gvtQo LuPv tfm thZ cvti |

cikZekMZ SIK

- Kj Kvi Lvbi eR®t t`ki Pvgor, MvtgUm, vmtgU, JIa BZ`w` vki `*Z neKvki d`tj Gme Kj -Kvi Lvbi t`tk cikZekZ eR` c`v`b`x`Z cikZ nq | d`tj vki Gj vKvq ev KvQvKvQ -t`Zi LuPvq gvtQo PvI Kiv SIKCY®
- Rj R AvMvQv cikB t nvi i, wej, vSj Gj vKvq Rj R AvMvQv cikP MfZ Rj vktqi cwb bo ntq thZ cvti | Rj vktq cwb Ktq tMfj cikbi gvtv epxi Kvi tY cwb vi vZv teo hvq, d`tj Gme Gj vKvq LuPvi gvtQo nvir gZigfL coZ cvti |
- cwU cikPtv t eisj vt`ki vewfbmGj vKvq GLbI cwU cikPtv ntq _vtK| mvavi YZ wej Gj vKvq cwU cikPtv d`tj cwb bo ntq thZ cvti | G mgq bo cwb cikvte LuPvq gvtQo e`vcK tivM ev goK t` Lv w` tZ cvti |
- KxUbvkKi cikvte t i® tgsmg Kwi RngtZ cikP cikvY KxUbvkK e'envi Kiv nq | elR t i® tZ cikg evotZ Kwi Rng vetaZ G KxUbvkKmgx cwb hLb b`xZ bvq ZLb Gi cikvte LuPvi gvtQo Mvtq tivM mjo mn gvtQ gZieY KitZ cvti |

SIK mgfni mafet mgvavib

- vbi vc` RvgMvq LuPv `vcbt tbvftMkb mgm`v, Pvi mgm`v, cvnwo Xti i mgm`v, eb`v | Rtj vQym mgm`v RbZ t`tk LuPv tK i Pvi Rb` vbi vc` `vbt LuPv `vcb Ki tZ ntj |
- mvePvYK chfePvYt tgm mvBR eÜ nI qvi mgm`v, KPvi cvb Rgvj mgm`v, evk | Ab`vb" mgvM cikP bo ntq LuPvi Pvi mafebv t`tk cikvYi Rb` mvePvYK LuPv , tj vtK chfePvYi Avl Zvq ivLZ ntj |
- mgvtRi tj vKRtbi mPZbZv evxt h` mgvtRi tekxi fivM tj vKtK mPZb Kti LuPvq PvI i Kvhfjg RwoZ Kiv A_ev , i Zj tevSvbtv hvq Zte mKtj i msukZvq cikZnsmv ev kT"Zvi ekeZrntq PZ Kivi mafebv nvm cvte |
- cwb Mi fxi Zvi mvf_ mgvAm` ti tL LuPv `vbi sht cwb Mi fxi Zv tevK etj LuPvq gvtQo PvI fvj nq | tKv tgsmg A_ev tRvgi fvUv Gj vKvq cwb DVvbgv Kti | cwb Mi fxi Zvi mvf_ mgvAm` ti tL LuPv `vcb Kiv DvPZ |
- vbkUZg cikPz Kvdtk tcvby e'envqk vnmvte Mto tZyj vt LuPvq Qovi ev gRj` i gZ AvKvti i gtbvfm- tZj vncqvi DvZ gvtbi chfB tcvby me mgq cvl qv hvq bv | GB mgm`v mgvavtbi Rb` Gj vKv Kvdtk tcvby e'envqk vnmvte Mto Zj tj Zvi KvQ t`tk DvZ gvtbi tcvby cikbi vboqZv cvl qv hvte |

6. tZj wicqy gvQo tiM I cÖZKvi t mavi YZ tZj wicqy gvQ Pvi tZgb tKvb tiMewa nq bv| Zte kxZ Ges cwbci cwi tek ` tY Mwq mv` M ev ¶Z tiM t` Lv w` tq _vK| cKtii tej vq cwbci cwi tek Dbaib Rb` KZtK 250 Mög nti Pb w` tZ nte A_ev cÖZ 20 w` b cici cÖZ kZstk 250 Mög nti wRDU. cÖqM Kiv thtZ ctti | cKtii cwb AvsukK cwi eZbi e'e' vKitZ nte| Pwi tK gtb ivLZ nte th, gvQo tiM wPwKrmv Kivi tPq gvQ hvtZ tiM bv nq tm e'e' v wDZ KivB DÉg| LuPvi tej vq gvQK digwjj b tMwmj ev g'vj vKvBU Möb tMmtj i e'e' v Kti tivMi wPwKrmv Kiv thtZ ctti | b`x ev nli -evl o, `xN, wetj LuPvq tiM t` Lv t` qv gvB gvQK `*Z wPwKrmv i e'e' v KitZ nte|
7. mi Kwi Rj vktq LuPv vcbi ctehvh_ KZt¶i vj wLZ AbgvZ wbtZ nte ev Pw³cT maw` b Kti wbtZ nte|
8. Rj R AwMwQv cPb Gj vKv/cwU cPwibvi Gj vKv, wki Gj vKv eR®wMZ nq -b`xi Ggb Ask t_tK wbiw` `tZi LuPv vcb KtZ nte|
9. th tKvb Drm t_tKB ewYiR^Kfite Drcw` Z gvQo mawtK Lv msMö Kiv tnvK bv tKb Zvi , YMZ gvb mawtK® wDZ ntZ nte| Ab`vq cÖwKZ Drcv` b givvZ^Kfite evnZ ntZ ctti |
10. tSicSvo gi³ Gj vKvq LuPv vcb KtZ nte Ges cwlLi Dc`t t_tK i¶vi Rb` LuPvi Dcji XvKbv Ryj w` tq AveiY w` tZ nte|
11. b`xi fvmgib AveRbv ev KPwibv LuPvi vcbvq AwutK tMtj Zv mw_ mw_ cwi®vi Kti tdj tZ nte|
12. KuKov, K"Qc BZ`w` Rj R cÖYx hvtZ Ryj KvUtZ bv ctti Zvi Rb` , YMZ gvb mawbavj Øiv LuPv ^Zvi KtZ nte|
13. iwtZi tej vq LuPvi vcbvZ e`jwZK ewZ Øiv/e`jwZK msthM bv _vKtj fvmgib eqvtZ ewZ w` tq Avej vi e'e' v KitZ nte|
14. cKtii t¶t¶i tNwj vZi ` tXKi tY Pb A_ev wRcmvg cÖZ kZstk 1 tKwR nti cÖqM Kiv thtZ ctti | A_ev KPwibv ev avibi Ltoi Awui Øiv tNwj vZi ` tXKi tYi e'e' v tbqv thtZ ctti | cKtii cito Nvtmi AveiY w` tqI tNwj vZi ` t Kiv thtZ ctti |

`j xq Awatekb cwi Kí bv

w b t 6

mgq t 12.00-13.45

tgq` Kvj t 01 NEv 45 wgbU

w kti vbg t	Lipvg gvo Pvi i Aw_R wetkH
Afxo `j t	grm "Aia`Bt i KgRZfe;
j ¶ t	AskMhYKvi xt`i Lipvg gvo Pvi i Aw_R wetkH mputKmgK avi Yv t`qv nte hvZ Zvi v AwRZ Avtbi Avtj vtK j vRbK Drcv`tb Lipv e`e`vcv e`q, Drcv`b e`q Drcv`b Pj mputK Pvi tK cIqyRbq mnvqZv cIvb Ki tZ cvt i
Dfik t	G Awatekb AskMhYKvi MY -
	<ul style="list-style-type: none"> • Lipv `vcibi DcKiY wfEK `vqx Li tPi mnme wYq KitZ cvt eb • Lipvi Rvj `Zvi Li tPi mnme wYq KitZ cvt eb • GK dmjt i A_P Qq gvtmi Drcv`b LiP mnme KitZ cvt eb • GK dmj Ptji Avq-e`tqi mnme wYq KitZ cvt eb

we lqmP	Avtj vP we lq	cikP Y tKskj	mgq
figKv			5 wgbU
	<ul style="list-style-type: none"> • -MZ • ce@Zr Awatekb mvt_ mshtwM `vcb • eZgib Awatekb Dci Avtj vKciZ • Dfik e`Lv • DQxKiY 	e³Zv	
we lqe -			90 wgbU
	<ul style="list-style-type: none"> • Lipv `vcibi DcKiY wfEK `vqx Li tPi mnme • Lipvi Rvj `Zxi Li tPi mnme • GK dmjt i A_P Qq gvtmi Drcv`b LiP • GK dmj Ptji Avq-e`tqi mnme 	e³Zv, cikP i e³Zv I cikP i e³Zv I cikP i e³Zv I cikP i	40 wgbU 20 wgbU 10 wgbU 20 wgbU
mvi mshtlc			
	<ul style="list-style-type: none"> • gj we lqmga mshtlc cbi vtj vPbv • cikP i gwa`tg Dfik hPvB <ul style="list-style-type: none"> • b`xtZ cengib cwbZ mvavi YZ e`euz Lipvi AvKvi ej p • Lipv `Zvi tZ KZ BiA Wqvi wR.AvB. cibC cIqyRb • GKU Rvj `Zvi tZ KZ tKwR tNi Rvj cIqyRb • n`vU AvDU we ZiY • cieZr Awatekb mvt_ mshtwM `vcb- Lipvg gvo Pvi bvi xi AskMhY 	e³Zv I cikP i	
mnvqK mvgM t gVKR, n`vU AvDU, wDRwciU BZ w			

LuPvq gvQ PvI i Aw_R wetkH

LuPvq gvQ PvI gj Z: DbYB ev ex Rj vKq e^e^-vcv GKVU tKskj | Avgit` i t' tki mgwRK | cwi tekMZ Ae^-t wetePbv Kti t' tki tKy_lI tKy_lI PvI xiv cKti I G KvhPg Pwj tq hifQ | LuPvq gvitQ Drcv` b tKvb GKVU wbw^@ weI tqi lci wbfp Kti bv eis AtbK ,tj v weI qfK wetePbvq ti tL Drcv` b cwi K1 bv Ki tZ nq| Drcv` b cwi K1 bv I LuPv e^e^-vcv I ctiB Gi mdj Zv wbfp Kti | wbta WvKwZqv gWtj LuPvq tZj wmcqv PvI i dj vdtj i wfE^tZ LuPv^-vcv e^q, Drcv` b e^q Ges GKVU Drcv` b Ptu Drcv` tbi wP^t t` LuPv ntj v t

b` xZ ^wCZ 10 wJ LuPvi (cZU LuPvi AvqZb 20dJ x 10dJ x 4.5dJ) mweR A_BwZ t

1 | LuPv^-vcvbi ^vq LiP (UvKv) t

DcKiY	cwi gvY	GKK gj" (UvKv)	tgvU gj" (UvKv)
%Zwi LuPv (i ayRvj)	10 wJ	2800.00	28,000.00
Lwj cwi K Wig	33 wJ	1400.00	57,200.00
MR.AvB. cvBc (1 BwA Wvqv)	740 dJ	55.00	40,700.00
evk	12 wJ	200.00	2400.00
Mb tnsm tgwUv KvQ (12bs)	1 evtUj	4,000.00	4,000.00
tbr/zi (Anchor)-tm/Zi ZxeZv ejS cZU 12-15tKwR I Rfb	6 wJ	1350.00	8,100.00
tdg %Zwi LiP	10 wJ	200.00	2,000.00
BU (Rvj tK bxPi w^K Suj tq ivLvi Rb`)	60 wJ	5.00	300.00
Lvevi t' qvi tbsKv	1 wJ	12,000.00	12,000.00
tdg msthwMKvix Gt/zi - (3 myv i tWi ^Zwi)	70 dJ	40.00	2,800.00
Ni	1 wJ	25,000.00	25,000.00
KigK	1Rb	-	4,000.00
		tgvU LiP =	186500.00

LuPvi Wig, tdg e^wZz i ayRvj 0iv GKVU LuPv ^Zixi LiP t

DcKiY	cwi gvY	GKK gj" (UvKv)	tgvU gj" (UvKv)
tNi Rvj	6 tKwR	300	1800.00
ivtmj tbU (Lv^ AvUKv tbovi teobx ^Zixi)			400.00
git^v KvQ			100.00
Mb tnsm (6 Zwi) I wPKb myv			100.00
Rvj ^Zwi i gRvi			400.00
		tgvU =	2800.00

2| GK dmtj (6 gvm) Drcv` b LiP t

DcKiY	cii gY	GKK gj" (UvKv)	tgvU gj" (UvKv)
gþþt m· tZj wicqy tcvbv (25-30 Mög)	10,000 vJ	3.00	30,000.00
fvmgvb wctj U Lveri	4500 tKvR	25.00	1,12,500.00
kigK	2	18,000.00	36,000.00
Ab`vb"	-	-	5,000.00
Lwpvi - wqZj 10 eQi ati - wqz Li tP i Ae wPwZ	-	-	12,700.00
		tgvU LiP =	1,96,200.00

meðgvU Drcv` b LiP = 1,96,200.00 UvKv

gvþQi gZinvi = 5% = 500 vJ

tgvU Drcw` Z gYQ = 9500 vJ = 3325 tKvR

tgvU weþq = 3325 tKvR × 100.00 = 3,32,500.00 UvKv

bxU j vf = weþq gj" - Drcv` b LiP = 3,32,500.00 - 1,96,200.00 = 1,36,300.00

6 gvtmi dmj wnmte Lwpq eQti 2vJ dmj Drcv` b Kiv hte | Zvntj 1 eQti Drcv` b LiP | Avq nte ibaifc t

tgvU Drcv` b LiP = 1,96,200.00 × 2 = UvKv 3,92,400.00

tgvU weþq = 3325 tKvR × 100.00 × 2 = UvKv 6,65,000.00

bxU j vf = (6,65,000.00 - 3,92,400.00) = UvKv 2,72,600.00

evsj v̄t̄` k Ges _vBj v̄U Gi LIPq gQ Pv̄l i Zj bvgj K wP̄t̄ t

v̄bqvgK	_vBj v̄U	evsj v̄t̄` k
LIPvi Avkvi	3wg. × 3wg. × 3wg.	6wg × 3wg. × 2wg.
Pv̄l i tgqv̄`	130 w̄ b	150 w̄ b
gRj NbZj	37wU/NbwgUvi	22wU/NbwgUvi
gRj Kyj xb cōZwU gvtQi Rb	50 M̄g	25 M̄g
Avnj YKv̄tj cōZwU gvtQi Rb	600 M̄g	350 M̄g
ewPvi nv̄i	85%	95%
Drcv̄` b gvt̄v̄	510 tKwR/LIPv	350 tKwR/LIPv

` j xq Aiatekb cwi Kí bv

w b t 6

mgq t 13.45-14.30

tgqv` Kvj t 45 wgbU

w k t i v b v g	t	†RÜvi m‡PZbZv LuPvq gvQ Pv‡l bvixi AskMöY
Afxó `j	t	grm "Aia`Bi i KgRZfe,
j ¶	t	AskMöYKvi x‡ i †RÜvi m‡ú‡K©avi Yv † qv n‡e hv‡Z Zviv gvW ch‡q m‡chvi Y KvR Z_v LuPvq gvQ Pv‡l AiaK bvixi AskMöY wbi‡Z Ki‡Z cv‡ib
D‡í k	t	G Aiatekb †k‡l AskMöYKvi xMY -
		<ul style="list-style-type: none"> • †RÜvi Dba‡b m‡ú‡K©ej †Z cvi †eb • †RÜvi Ges tm. Gi gta" cv_R wbyq Ki‡Z cvi †eb • bvix-cj "t i m‡ú‡K©el †q gvQ Pv‡l x‡ i AZxZ a‡b avi Yv cvi eZ‡ K‡i bvix‡ i †K LuPvq gvQ Pv‡l Dö‡x Ki‡Z m‡lg nteb

we1 qm‡P	Avtj vP we1 q	cik¶Y †Kškj	mgq
fugKv			2 wgbU
	<ul style="list-style-type: none"> • -MZ • ce@Zr©Aiatek‡bi m‡_ ms‡hvM -vcb • eZg‡b Aiatek‡bi Dci Avtj vKcvZ • D‡í k e‡vLv • Dö‡xKiY 	e³Zv	
we1 qe-			40 wgbU
	<ol style="list-style-type: none"> 1. †RÜvi tm- <ul style="list-style-type: none"> • †RÜvi ej †Z Avgiv Kx ejS 2. †RÜvi tm. Gi gta" cv_R Kx 3. †RÜvi fugKv ej †Z Kx e‡vq 4. †RÜvi fugKv aib 5. †RÜvi fugKv wPyZKiY 6. †RÜvi Pvn`v 7. er-eglx I †Kškj MZ Pvn`v cv_R 8. †RÜvi Dba‡b 9. LuPvq gvQ Pv‡l bvixi fugKv 10. bvixi AskMö‡Y m‡te" euav Ges euav tgvKv‡ej vi Dcvq <ul style="list-style-type: none"> • mvgyRK `wóf‡z I i ¶Ykj Zv • Rj v‡q e‡en‡i Kg m‡hvM • wmxvŠ-Mö‡Yi ¶lgZv • DcKiY µ‡q Rv‡j Zv 	e³Zv I cik¶Ei	
mvi ms‡¶C			

we1qmWP	Avtj vP we1q	cökpiY tKskj	mgq
	<p>1. gj we1qmgn mstPtc cbivtj vPbv</p> <p>2. cökpiEti i gva'tg Dtfi k hWPB</p> <ul style="list-style-type: none"> • tRÜvi Kx? • tRÜvi I tm. Gi gta ci_R Kx? • LWPiq gWQ PWI bvixiv Kx Kx KvR , i "ZcYcfngKv i vLtz ci i <p>1. nü AvDU weZi Y </p> <p>2. cieZr Awatekibi mvt_ msfhM -vcb- AvMvgxKvjtj i cÖZmK cbivtj vPbv we1qU cökpiK mKj tK -sj Y Kwi tq w teb </p> <ul style="list-style-type: none"> • mweR AskMötYi Rb mKj tK ab'er` Avcb 	cökpiEi	
mnvqK mvgM t gVKH , nü AvDU BZ w`			

L_WPvq g_WQ Pv_WI bvix AskM_Wb

tm. (wj ½) nt"Q bvix cj "tI i ^R_WeK ^eikó hv xviv GKRb bvix GKRb cj "I Ajv v` Kiv hvq Ges mvavi YZ: c_Wi eZ_W Kiv hvq bv|

tR_Wvi | tm_W. i g_Wa" cv_WR" t

tm.	tR _W vi
bvix cj "tI i ga"Kvi kvi xvi K/c _W K _W ZK/R _W eK cv _W R"	bvix cj "tI i ga"Kvi mvgwRK cv _W R"
mvewRbb	GK GK ms- _W Z _W Z GK GK i Kg
mvavi YZ Ac _W i eZ _W q	mg _W qi mv _W c _W i eZ _W kj
c _W K _W ZK fvte _W ba _W i Z	mvgwRK fvte A _W RZ

tR_Wvi f_WgKv t

th tKv_W mgvR_WK G_WM_Wq _Wb_WZ mgv_WRi mKj m`tm' i _WKOy_WKQy` _WqZ_Wi cv_Wj b K_WtZ | Ae`vb ivL_WtZ nq| GB` _WqZ_Wi | KZ_W mvavi YZ mgvR m_W _Wbqg _Wb_WZi gva"tg GK GK R_Wbi Dci Ac_W Kiv nq| _WqZ_Wi m_Wúv`_Wtb_Wi t_W¶_Wt_W c_WZ_WK m`m` _WKQy f_WgKv cv_Wj b | KvR K_Wt_W __Wt_WK hv mvgwRK fvte _Wba_Wi Z| mgv_WRi aib | ms-_WZi Dci _Wb_WF_WK t_W K_Wt_W KvR | k_W wefwRZ ntq __Wt_WK hv_Wt_WK tR_Wvi kg_WefvRb ej v nq| eZ_Wntb c_Wt_Wj Z tR_Wvi k_W wefwR_Wbi dt_Wj c_WZ_WK mgv_WR bvix | cj "I Z_Wt_W i ` _WqZ_Wi cv_Wj t_Wbi R_Wb th mKj f_WgKv AeZxY_W ntq, Kvh_Wm_Wúv` b K_Wt_W Z_Wt_WK GK K_Wvq tR_Wvi f_WgKv ej v nq| tR_Wvi f_WgKv _Wefw_Wbgv_WR _Wefw_Wb_Wi Kg ntZ cv_Wi | thgb A_WbK mgv_WR bvix v gj Z K_Wt_W KvR K_Wt_W | tR_Wvi f_WgKv c_Wi eZ_Wkj | tR_Wvi f_WgKv _WZb ai_Wt_Wi t

1. c_WYtDrcv` b gj K f_WgKv t

m_Wš_Wb Rb_W vb | j yj bcy_W b, M_Wp-_Wy_W xi Kvh_Wg m_Wúv` t_Wbi gva"tg th f_WgKv cv_Wj b Kiv nq Z_Wt_WKB et_Wj c_WYtDrcv` b gj K f_WgKv | GB f_WgKv mvavi YZ bvix vB cv_Wj b K_Wt_W __Wt_WK | mvavi YZ: GB f_WgKv t_WKv_W c_Wi k_WgK ev _Wefw_Wgq gj " tbB _Weaq GLbI mvgwRK fvte _WK_WZ cvq_Wb |

2. Drcv` b gj K f_WgKv t

A_W_DcvR_WKvi x KvR ev th mKj K_Wt_WRi _Wefw_Wgq gj " i t_Wq_W0 Zv Drcv` b gj K f_WgKv_W A_WŠ_WZ | thgb-PvKv_W, _Wb g_WR_Wi, K_Wt_W KvR | AiaKvsk mgv_WRi cj "tI i vB GB f_WgKv cv_Wj b K_Wt_W __Wt_WK | _WK_WS_Wbvix A_Wt_WbK KvRB hv mi _Wmvavi A_W_ DcvR_Wbi mv_Wt_ h_W³ _WKsev mnvqK ntj | i agv_Wt_W bvix K_Wt_Wi t_WQ et_Wj B Zv tKv_W Drcv` bgj K f_WgKv_W A_WŠ_Wt_Wj n_Wwi t_Wq hvq |

Drcv` bgj K f_WgKv_W e_WL_Wv_W t_WZ _WM_Wq GK_WJ _Wel q AZ_WŠ_W, i "Z_WmnKv_Wi _WetePbvq ivL_W c_Wq_WRb th, c_Wi _WZ Ges D_Wt_Wk_Wi Dci _Wf_Wl_WE K_Wt_W GKB KvR KL_Wtv Drcv` bgj K f_WgKv_W Avevi KL_Wtv KL_Wtv c_Wt_WDrcv` b gj K f_WgKv_W _Wnt_Wm_Wt_W _Wete_WPZ ntZ cv_Wi | G ` _Wt_Wqi g_Wa" _Wmgv_WRi Lv tbB | thgb- c_Wi ev_Wi Am_W t_Wi t_Wnev c_Wt_WDrcv` bgj K f_WgKv_W _Wnt_Wm_Wt_W _Wete_WPZ ntj | hLb Zv A_Wt_W _Wefw_Wgq n_WmcvZ_Wj ev _WK_Wt_WK Kiv nq ZLb Zv Drcv` bgj K _Wnt_Wm_Wt_W MY" nt_W|

3. mvgwRK f_WgKv t

thme KvR _Wefw_Wgq gj ", A_W_ev c_Wi k_WgK QovB mgv_WRi Kj "tY _Wbt_W t_W^_Wfvte Kiv nq Zv ntj v mvgwRK f_WgKv_W G f_WgKv gj Z ` _Wai_Wt_Wi t

K) mvgwRK e_We_W t_Wcbv t

A_W_ev c_Wi k_WgK QovB _Wbt_W t_W^_Wfvte t_WKv_W GK_WJ _Wb_W Gj vKv ev mgv_WRi g_Wb_Wt_Wi Kj "tY th mKj KvR Kiv nq Zv ntj v mvgwRK e_We_W t_Wcbv f_WgKv_W thgb- M_Wgi mK_Wt_Wj ev K_Wt_WQK_Wt_Wb c_Wj vZb mv_WKv ev iv_Wr tgivgZ, eua _Wbg_WY, _Weevn, gZ_W ew_WRx BZ_W mvgwRK Ab_Wpt_Wb mn_Wh_WMZv Kiv |

L) mvgwRK iR%wZK fngKv t

A_ _I cwi klgK Qov wbt-^t_ ^fute tKvb GKwJ wbt_ Gj vKv ev mgvRi gvbjI i Kj vYi_ ^m x vS- MbtYi gva^tg th fngKv cij b Kiv nq Zv ntj v mvgwRK iR%wZK fngKv |

M) tRÜvi Pwn` v t

mvari YZ: Pwn` v ej tZ Avgi v gvbjI i Rxb avitYi Rb AZvek Kq DcKi tYi cij Rbxq Zv tK ejS| GmKj Pwn` v mvari YZ: tRÜvi Pwn` v ev tgwZ K Pwn` v ej Pwyz| mvari Y Pwn` v tRÜvi Pwn` vi gta" mybw_ cv_R" iqtQ tRÜvi Pwn` v tKej gwv bvixt i | tKv j cvt tft Ae^vbmZ cv_R" cwi j wZ ntj I wckevcr GLbl cij tI i Zj bvq bvixi AfbK Aat- b Ae^vbt iqtQ Ges bvixi GB Aat- b/nx b Ae^vbi Kvi tYB tRÜvi Pwn` v tKej gwv bvixt i | bvixi tRÜvi Pwn` v i ay gvt ^M Kvi tYB D^M Z nq cij gZt mgvRi cij Z tRÜvi Kt gvfM Ges Gi dtj bvixtK wZb fngKv (Drcv` bgj K, cij Drcv` b gj K, mvgwRK e-e-vcbr gj K) cij b Kitz Gt i gta" fvi mgv" vcb Kitz nq wZxqZt mfhM, Awakvi, ghP v, PgZv mWvS-MbtY I cQf` i tPf` bvixi-cij tI i gta" we` "gb AmgZv| GB `B` elg` gj K ev` eZv t_kB tRÜvi Pwn` vi D^M e| tRÜvi Pwn` v `B ai tbi, (1) ev` egLx tRÜvi Pwn` v (2) tKskj MZ tRÜvi Pwn` v |

(1) ev` egLx tRÜvi Pwn` v t

bvixi cij Rxb hvcb Zvi KvRKg^muv` tbi ev` e mgm` v t_k K D^M Z nq ev` egLx tRÜvi Pwn` v | GKRb bvixi (mKv j t_k ivZ chS) Zvi ^b` b KvRKg^Kt Z wMq th me mgm` v mWvSb nb ev` egLx tRÜvi Pwn` v Zvi mvt_ msuket thgb-bvixi t_k Lveri cwb msMni Ko` i Kitz evorZ wUDetqj ev cvKv Kqv vcb, Dbz Pwz mi ei vni gva^tg Rjy vbx I kgi mVq Kiv, wibcv` gVZj wDZ Kiv Rb` ^r` tmv cib, bvixt ^r` I cjo mPZb Kti tZv j i tPf` i Zv I wifbaekP Y cibv| bvixtK Avq DcRfb bi KvtR RwoZ Kti msmvti i Afve wKQjv` i Kiv BZ` w` ntj v ev` egLx tRÜvi Pwn` v cij tYi bgpv |

(2) tKskj MZ tRÜvi Pwn` v t

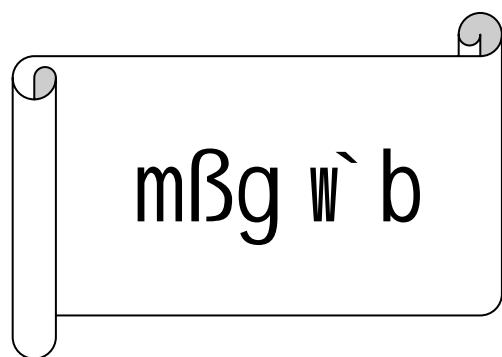
mgvR cij tI i Zj bvq bvixi Aat- b Ae^vi cwi eZb bi cij Rb t_k MZ tRÜvi Pwn` vi D^M e| cij tI i Zj bvq bvixi Aat- b Ae^vi wtkH Ges Zv tgwKvtej v Kiv Rb tKskj MZ tRÜvi Pwn` v Pwyz Kiv nq Ges GB Pwn` v cij Z tRÜvi fngKv cwi eZb mfp| bvixi GB tRÜvi Pwn` v mgvR cij tI i Zj bvq bvixi nxb Ae^vbtK Pwz Kti | tgwU K_v PgZv, ghP v, mWvS-MbtY, cQf` mfhM BZ` w` tPf` bvixi cij tI i ga^Kvi we` "gb Amg ev` elg` i Kiv j tPf` th Pwn` vi D^M e nq tmv ntj v tKskj MZ tRÜvi Pwn` v |

ev` egLx I tKskj MZ tRÜvi Pwn` vi gta" cv_R" t

ev` egLx tRÜvi Pwn` v	tKskj MZ tRÜvi Pwn` v
we` "gb tRÜvi fngKv cij tB mnvqZv Kti A_F Rxb hvcb gvb Dbz Kti, ^b` b KvtR tevsv j wNe Kti	we` "gb tRÜvi fngKv cwi eZb Kti bvixi ghP v, Awakvi, wqsh, PgZv, cQf` BZ` w` cij Zv Kti
wifbaekv xi Rb` wifbaek Kg	mKj bvixi tPf` bvixi tPf` mvari YZt GKB i Kg
Zv PgYK fute cij Rbxq, ^r` tgqv` x I Awej t^r` cij Yq	^N^tgqv` x, Awej t^r` cij YtM` bq ev cij Y Kiv ^r` n
%b` b Pwn` vi mvt_ mWvS-KZ thgb- Lv^r, cjo, ^r` , evm` b, Rjy vbx, cvbxq Rj BZ` w`	cij ZKj Ae^vi ev Aat- b Ae^vi mvt_ mWvS-KZ thgb- bvixi ghP v, Awakvi, PgZv BZ` w`
bvixi cij mnfRB Pwyz Kiv mpe	mvari YZt bvixi mnfRB Pwyz Kitz cij bv
bvixi Ae^vi cwi eZb NtU	bvixi Ae^vbi cwi eZb NtU

tRÜvi | Dba**b** t

bvi xiv cuexi RbmsL^vi cuq AuaR, tgvU kug kw³i 48% Ges RvZxq Avuq bvi xi Ae`vb 30 fM| bvi xiv cuexi tgvU KuRi `B ZZxqsk muúw`b Kui Ges cuj "t i tPuq cuq 15 Y musmwi K KuRi teuSv enb Kui | wKuS' tgvU mucut i gul GK fvuMi gwuj K ntj v bvi xiv Ges tgvU Avuqi 10 fvuMi GK fM j vF Kui bvi xiv| tMuUv `jbqvj Pi g `wi t`i gta" emewmKvix 155 tKwU gwujl i gta" 70 fMB ntj v bvi x| thunZz musmwi K KuRtK Drcv`bgj K ev A_@buZK KuR wnmut MY" Kui bv- ZvB cuZ eQi wek; A_@buZ t_uK bvi xi GB `kugib Ae`vb miuc 11 wuij qb Wj vi nwui tq hvq | mgvuR PgZvi tuq tu mgvb muhM cuuB t_uK bvi xiv ewuAZ nI qvi gj Kvi Y tRÜvi wfuEK kug wefvRtbi gta" | tmRb" mgMögvbe RvZi "t_B mgZv wfuEZ Dbaubi gj avivq bvi xui muu³ KivUv Ri"wi KZ^o"| Avi Gi A_@ntj v tRÜvi muPZb ntq DVv Ges tmRb" B tRÜvi AvR GKwU Mj "ZcY@Dbaub Bmuj ntq DuVtQ|



` j xq Awatekb cwi Kí bv

w b t 7

mqq t 08.00-09.00

tgqv` Kvj t 60 wgbU

wk¶iwbvg t	cÖZinK cþivtj vPbv I cÖZfve
Afxó `j t	grm' Awá Btii KgRZie`
j ¶ t	AskMöYKvix¶ i ce¶i tbi Kvhpügi cþivtj vPbv I cÖZfve Ges mwÜKuj xb KvR Dc-vcibi mthwM Kti t qv hvZ Zviv cteP Avtj vPbv -si Y Ki‡Z cvtib Ges fj µu mskvab Kti Awatektbi KvhRwi Zv ejx Ki‡Z cvtib
D¶k t	Awatektbi tk¶l AskMöYKvixiv ce¶i tbi wkpY cþivtj vPbv gva¶tg fj µu mskvab Kti HKgtZ tcS0nZ m¶ig nteb

weqmiP	Avtj vP w eq	cök¶Y tKskj	mqq
figKv			4 wgbU
	<ul style="list-style-type: none"> -MZ Kkj w webgq Pj wZ Awatektbi mw_ mskvab 	e³Zv	
weqeq			50 wgbU
	1. cÖZinK Rvb¶ Dc-vcb <ul style="list-style-type: none"> cök¶K j Uvxi gva¶tg GKRb cök¶Yv_x¶K wbePb Kti ZwK cÖZinK Rvb¶ t_k 5 wgbU ej vi Rb Abjiva Ki‡eb 2. ce¶i tbi cþivtj vPbv <ul style="list-style-type: none"> cök¶K j Uvxi gva¶tg 2 Rb cök¶Yv_x¶bePb Ki‡eb MZ w tbi Avtj wPZ mKj AwatektbK 2 fM Kti wbePZ 2 Rb cök¶Yv_x¶K cÖZKtK t q Awatekbgmra cök¶Eti i gva¶tg mKtj i AskMöY cþivtj vPbv Ki‡Z ej †eb wbePZ 2 Rb Dc-vcbKi mw¶R Dc-vcbvi Dci c_¶tg mKj cök¶Yv_x¶I cti cök¶K BwZevPK- tbiwZevPK cÖZfve w †eb 3. mwÜKuj xb KvR Dc-vcb <ul style="list-style-type: none"> cþivtj vPbv tk¶l cök¶K MZ w tbi mwÜKuj xb KvR Dc-vcbvi mthwM t †eb Ges wbR mnwqK wntme Awatekb cwi Pj bv Ki‡eb 	e³Zv	10 wgbU
		e³Zv, cök¶Ei ` j xq KvR	25 wgbU
		e³Zv, cök¶Ei ` j xq KvR	15 wgbU
mvi ms¶ict			6 wgbU
	<ul style="list-style-type: none"> Dc-vcZ mKj weqms¶ict cþivtj vPbv Kv cieZP Awatektbi mw_ mskvab -vcb- LuPv %Zwi i DcKiY I wRvBb 	e³Zv cök¶Ei	
mnwqK mnwqM t gVKi , j Uvxi cÖqRbxq DcKiY BZ w			

` j xq Aiatekb cwi Kí bv

w b t 7

mgq t 09.00-10.00

tgqv` Kvj t 60 wgbu

w kti vbg t	`jhM e e - vcbv I thSZK cÖZtiva
Afxó `j t	grm" Aia`Bti i KgRZej`
j ¶ t	AskMhYKvix# i `jhM e e - vcbv I thSZK cÖZtiva we tq mg"K avi Yv t qv nte hvZ Zvi v AWRZ Ávb KvR j wMiq Pvlt i `jhM e e - vcbv I thSZK cÖZtiva cÖqRbxq mnvqZv cÖvb Ki‡Z cÖib
D‡i k t	G Aiatekb tk‡l cÖk¶Yv _ - <ul style="list-style-type: none"> • `jhM e e - vcbv i "Zj e vL v Ki‡Z cvit eb • thSZK cÖZtiva Ki Yxq m=útK°ej ‡Z cvit eb • `fweK mgtq, `jhM mgtq Ges cbe¶mbKvij grm" m=ú` i ¶vq Ki Yxq m=útK°ej ‡Z cvit eb

wel qmP	Artj vP wel q	cÖk¶Y tKškj	mgq
fugKv			4 wgbu
	<ul style="list-style-type: none"> • -MZ • ceZr®Aiatektbi mv_ msjhM - vcb • eZgib Aiatektbi Dci Artj vKvZ • D‡i k e vL v • D0jKi Y 	e³Zv	
wel qe -			50 wgbu
	<ul style="list-style-type: none"> • grm" m=ú` i ¶vq `jhM e e - vcbv i "Zj • `fweK mgtq `jhM cÖZtiva Ki Yxq • `jhMKvj xb mgtq Ki Yxq • cbe¶mbKvij grm" m=ú` i Dba‡b Ki Yxq • DctRj v `jhM e e - vcbv Kvgui ifcti Lv I Kvhej x 	e³Zv I cÖkEi	10 wgbu 10 wgbu 10 wgbu 10 wgbu 5 wgbu
mvi ms¶c			6 wgbu
	<ul style="list-style-type: none"> • gj wel qmgn ms¶c cÖpivtj vPbv • cÖkEi i gva tg D‡i k hvPvB- <ul style="list-style-type: none"> - grm" m=ú` msjké - `jhM ej ‡Z Kx ejSvq? - `jhMKvj xb mgtq grm" m=ú` i ¶vq `jhM Ki Yxq ej b • n'Ü AvDU weZi Y • cieZr®Aiatektbi mv_ msjhM - vcb- tKvm©cÖpivtj vPbv 	cÖkEi	
mnvqK mvgM t gvKA , n'Ü AvDU, wdc PvU©BZ w`			

`thM e'e' tcbv

~FweK Kvhfj x maw' b e'ZxZ | `thM we'tq grm" AwA`Bt i wosyZ `wqZicj b Ki te|
~FweK mgfj t

- K) AwA`Bt i GKRb `thM tdyKj ctfjU gtbvbxZ Ki te Ges Zwnv `thM e'e' tcbv ejfivmn msuké-mKj KZC¶tK AwmZ Ki te|
- L) AwA`Btawb msuké-mKj wdì Awdmvi MY hvtZ cIZ eqi ebv glmg i i i cteB grm" PvI t¶t, i vmvqibK `ewr, mvR-mi Ävg, Rj hb Ges j ci enYhb mn `Btii wR^-^maw' mgfni wivcEvi Rb" cIqvRbxq mZKZvgj K e'e' MÖY Ktib Zwnv wboZ Ki te|
- M) wdkj j vBtmY cIvbi cte©cIZ Uj vti l qvitj m i ti WI tmU Ges gQ aivi tbSKmgfj tgwi b wdmwi R Awdtmi tivRtobk AvtQ Kbv Zwnv hPvB Ki te|
- N) etvcmMfi grm" wKvi i Z mKj gQ aivi tbSKv / Uj vti ti WI wi wifis tmU I D3 hvtb Dcw-Z cIZK e'w3i Rb" j vBd RvtKU, eqv ivLw wboZ Kivi j t¶t DchjB AvBbMZ I cIvmbK c`t¶t MÖY Ki te|
- O) NYSO / Rj vQmcéY Gj vKvngfni mi Kwi I temi Kwi grm" maw' mgfni GKU Zwj Kv cVqb I msi ¶Y Ki te Ges myb`@ mgq ci ci D3 msKj b nvj bwMv` Ki te|
- P) NYSO Gj vKvngfni grm" Rvne RbmsLvi Rixc Ki te I Rixci _vbr-wfEK DchjB msKj b cVqb Ki te| wbo`@ mgq ci ci D3 msKj b nvj bwMv` Ki te|
- Q) Dxvi Kvi x RvnvR wnmvte e'envti i DcthvMx mgj Mgj gQ aivi RvnvRmgfni GKU Zwj Kv (Zvnv` i gwj K/ Pvj tKi wKvbm) cVqb I msi ¶Y Ki te|
- R) evsj vt` k cwb Dbqj teW Gi mnZ Awj vPbvtg hvtZ wPsmo PvI Gj vKvi mi Kvi x eva I -BPmgm mgv` K Rj vQvtmi dtj j evb3 cwb ctek tiva Kievi gZ DPj hft_ó kw3kj x nq Zvnv wboZ Ki te|
- S) DcKj xq cKjmgm ntZ j eYv3 cwb evni Kti t` l qvi KvR kw3Pwj Z cIvui j f'Zv mawtK®evsj vt` k Kwi Dbqj Ktckitk Gi mnZ mgšq Ki te|
- T) gW chfqi Awdmvi, óvd Ges grm" Rvne mawcIvqfK NYSO tgvKvtej v cIZ, cwtckMZ ¶tq¶tZ Ges cbeimb mawtK®cik¶Y Ges cwiPwZi e'e' Ki te| grm" I ci maw' gšvij q I grm" AwA`Bt i gW chfqi KgRZPges KgPvi MYtK G e'vcvti cIqvRbxq cik¶Y cIvbi e'e' Ki te|

`thM mgfj grm" AwA`Bt i Ki Yqqt

- K) evsj vt` k cwb Dbqj teW mnZ Awj vPbvtg G e'vcvti wboZ nte th ewavmgfni -BP tMUmgn DchjB vtZ vZi I msi ¶tZ, hv j eYv3 cwb ctek l wMgY Ges hft_ó kw3kj x hv ctek Rj vQvtmi dtj mo tmftZi avv mn" I j eYv3 cwb ctek tiva KtZ m¶g|
- L) grm" maw' LvZ ¶tZi ci vgy wbfctbi Rb" Awj txaRixc Kvth® e'e' Ki te Ges grm" mawt` i mi Kwi I temi Kwi LvZi Rb" Awj txaN®gqj x puy I cbeimb cwi Kiv cVqb Ki te|
- M) Dxvi Awfvtobi Rb" mgj Mgj RvnvR wKbRkb Kivi e'vcvti -vbxq cIvmbtK mnvqZv cIvb Ki te|
- N) AwA`Bt i wqSY K¶t cwi Pvj bv Ki te Ges -vbxq mgšq KgvjutZ thMvthm KgRZPtcY Ki te|

cbeimb chfqi grm" AwA`Bt i Ki Yqqt

- K) mi Kwi I e'w3gwj Kvbaub cKj ntZ j eYv3 cwb cIvui Kti evni Kivi Rb" cIvui cIvui j f'Zv we'tq -vbxq cIvmb I evsj vt` k Kwi Dbqj Ktckitk Gi mnZ mgšq mwab Ki te (NYSO `thMmi t¶t)|
- L) mi Kwi I e'w3gwj Kvbaub Dfqt¶t grm" maw' LvZ Awj txaN®gqj x tVY I cbeimb cwi Kiv cVqb I evvqj Ki te|

- M) ¶ZMÖ-cKi I Lvgi cjt grm" DcthwMx Kivi Rb" temi Kwi grm" PvIx` i Kwi Mi x ci v gk®vb Ki te|
 N) ¶Y I cpe®nb -vbxq cikmbtK mKj mnvqZv I mnthwMZv c0vb Ki te|
 O) ¶ZMÖ-grm" Rxe I grm" PvIx` i Rb" FY mnvqZv Ges Abj vtbi e"v Kivi Kg®P M®Y Ki te|
 P) ¶ZMÖ-cKi gwj Kt`i tK grm" tcvbi mi eivn Ges grm" PvI Kwi Mi ci v gk®vb Ki te|

grm" Awa`Bti i gW chq q grm" Awa`Bti i Ki Yq t
 DctRj v I cR±mgtni wdì Awdmvi MY vbgj wLZ Kg®gn m®uv` b Ki teb|

¶fweK mgjq gW chq q grm" Awa`Bti i Ki Yq t

- K) cÖZ erm" NySo/ eb"v tgsmg i i" nI qvi cte®B NySo/ eb"vc®Y Gj vKvi gvQ aivi tbSKvgn, Uj vi, mdkks Mqvi, gvQ aivi Kwi Mi hSgwZ, grm" tcvbi I grm" cvj b óK Ges grm" Avev` mgtni vbi vcEv I mj ¶vi Df`tk" cÖq Rbxq mZKZvgj K e"v M®Yi Rb" grm" Awa`Bti i wdì Awdmvi MY K.I.K Ges grm" PvIx` i mRvM Ki te|
 L) Aaxb" Awdmgn, mvcic grm" PvIx Ges grm" Rxe cÖZi mZ ci e` Bti i MpxZ vR^-cwi Kibv Abymti cÖZi Ae`v ci x v Ki te|
 M) `h®M Pj vKv xb mgjq gvQ aivi tbSKvgn, Uj vi mgn Ges mdkks Mqvi mgn, ch®B vbi vcEv i vLvi Rb" -vqxfvte vbi vc` -v b wPvYz Ki te|
 N) mdkks j vBtmY cÖvtbi cte®cÖZi Uj vti I qvi tj m I ti WI tmU _vKvi vElq vboDZ Ki te|
 O) Dch®B cÖvmbtK cÖtci gva"tg e®vcmMti grm" vKvi i Z tbSKvgn/Uj vi mgtni ti WI vwmfs tmU I Uj vi / tbSKvq Dcw-Z cÖZK e"v i Rb" j vBd R`vKU i vLv vboDZ Ki te|
 P) `h®Mc®Y Gj vKvgn ni mi Kwi I temi Kwi grm" vElqK m®uv` mmgt ni bevqbKZ Zwj Kv cÖqb I msi ¶Y Ki te|
 Q) `h®Mc®Y Gj Kmgtni grm" Rxe RbmsL", grm" PvIx I grm" PvI t¶lmgtni Rwc I Dcv³ msi ¶Y Ki te Ges vbo` vgtqi ci ci Zv nvj bvM` Ki te|
 R) msiké-Gj vKvq gvQ aivi tbSKvgn, Uj vi mgn Ges mgj Mvgx RvnvRmgtni gwj K/Pvj tKi vKvbmz Zwj Kv msi ¶Y Ki te|
 S) mvgy` K Rfj vQvnRvbZ AvNvZi Kvi tY j eYv³ cwb ctek tivta Kivi Rb" msiké-Gj vKvi era I -PvMUmgtni ci Pvj bv I i ¶Yvte¶Y vboDZ Kievi Df`tk" evsj vt` k cwb Dbqbtew®P Kg®Z® i mvte¶YK thvMthwM i ¶v Ki te|
 T) -PvMUmgtni h_vh_ ci Pvj bv vboDZ Ki te|
 U) cÖq Rtbj mgq mvcic Gi mZ mgstqi gva"tg cKvgn nZ j eYv³ cwb evni Kti t` I qvi KvR kv³ Pvj Z bj Ktci j f`Zv m®utK®-vbxq evsj vt` k Kwl Dbqbtew®P Kg®Z®Yi mZ mgsh` Ki te|
 V) NySo tgvKvtej v cÖZ I ci tekMZ ¶q¶Z vbi "cY Ges cpe®nb m®utK®c¶Y M®Y Ki te|

¶h®M chq gW chq q grm" Awa`Bti i Ki Yq t

- L) ¶Y I cpe®nb KvR Ges Dxvi Aifh®bi Rb" mgj Mvgx RvnvR vKvRkb Kivi e"vci -vbxq cikmbtK mnvqZv c0vb Ki te (NySo `h®MKv xb mgq)|
 M) vbošy` K¶ Pvj yKvte Ges -vbxq `h®M e"v KvgutZ thvMthwM Kg®Z®tc®Y Ki te|

cþeimb mgþq gW ch^gq grm' Awa` Bt i Ki Yxq t

- K) mi Kwí I e^Wgwí Kíbvaxb grm" m^Wú` LvtZ ¶Zi cwi gwY wífcfYi Rb" Awej f^WRixc KíftiP e^W KiV
Ges G LvtZi Rb" Awej f^WxN^Wgqy` x TíY I cbe^Wmb cwi Kí bv c^Wqb Kwí te | Zv h_vh_ KZ^WtPí KíftQ
tck Ki te |

L) ~bxq c^Wmb Ges evsj v^Wk Kíl Dbq^W Ktc^Wi k^Wbi m^WZ mgšqceR, mgšq n^Wj ,mi Kwí I
e^Wgwí Kíbvaxb LvtZi gva^Wg c^WqRbxq msL^WK K^WPwí Z c^Wú Avgv^W vbx Ki te |

M) grm" Dbq^W LvtZ Awej f^WxN^Wgqy` x TíY I cbe^Wmb cwi Kí bv ev^Wevqb wíbDZ Ki te Ges KíftiRi AM^WZi
wetfq D^WP KZ^WtPí wíKU c^Wte` b tck Ki te |

N) ¶ZM^W-cKi grm" PvI x` i cbe^Wntbi Rb" Abc^WYZ Ges mnwqZv c^Wvb Ki te |

O) ~bxq c^WmbtK TíY I cbe^Wmb KíftiR mnwqZv c^Wvb Ki te |

P) grm" R^We/ grm" PvI x` i Rb" grm" PvI F^WYi e^W v Ki te |

DctRj v ` thM e"e"vcbv KngU t

- | | | |
|----|--|-------------------------|
| 1) | DctRj v ib e ^ñ x Awdmvi | mfvCñZ |
| 2) | BD b qb cwi l [~] i tPqvi g ^v be, [~] | m` m" |
| 3) | DctRj v ch [~] qi ms w k [~] efvtMi KgRZ [~] e, [~] | m` m" |
| 4) | g ^v nj v c [~] Zibwa | m` m" |
| 5) | DctRj v tK [~] lq mg ^v eq mi ^v g ^v Zi c [~] Zibwa | m` m" |
| 6) | N ^v ySo c [~] t [~] Z Kg ^v pi (m ^v u ^v c ^v) c [~] Zibwa | m` m" |
| 7) | evsj v [~] k t [~] i W ^v u ^v t [~] m ^v U t ^v m ^v BiUi c [~] Zibwa | m` m" |
| 8) | GbuRI Gi c [~] Zibwa | m` m" |
| 9) | DctRj v c [~] Kí ev ^v -evqb KgRZ ^v p | m` m"-m ^v Pe |

‐ibxq ciw‐nZ I wetkl Ae‐vi tc‐tZ KugUj mfvciZ c‐qyRbtevta Av‐vi m‐m‐ tKv‐AP KitZ cwi teb| G
KugUj c‐Z 2 gvm ci ci mfvq wqyj Z nte| Avc` Kyj xb mqq c‐Z n GKei Ges Ae‐vi wKQyDbaZ ntj c‐Z mBvfn
2 evi mfvq wqyj Z nte|

DctRiv `th@Me'e`ycby KwaUi `wqZinte t

- e^īvcK wfw^īEK BDwbqb `#h^īM e^ē `vcv KvgiU MVb, m^ūqKiY, c^ōqRbxq w^īt` Rbv | Z_ c^ōß Ges c^ōc c^ōqY myaw` n^īZ DcKvi Avni Y w^īÖZKiY;
 - mZK^īv ex^ī, `#h^īMI S^īK nmKiY, w^īÖZKiY, w^īÖZ KvhRi te^īP _vKvi Dcvq, vj ÁvZ Kiv^ībv w^īlq w^īÖZKiY;
 - ~vbxq ch^īq Db^īb cwi Kí bv c^ōqb | ev~evq^īb `#h^īMI S^īK Ges Zv Kg^ībvi m^ūebvi w^īlq c^ōFv^īe metePZ n^īq^īQ w^īK-bv, Zv w^īÖZKiY;
 - w^ītg^ī w^īlqmn Avmbœuec` ms^ūuš-mZK^īevZ^ī tc^ō¶tZ Dc^īRj v KZ^ī¶ | ~vbxq `#h^īM e^ē `vcv e^ē t^īK Ae^īnZ Kti w^īqngZ `#h^īM w^īlqK c^ōqY | KgRvj vi AvtgvRb;
 - w^ītg^ī w^īlqmn Avmbœuec` ms^ūuš-mZK^īevZ^ī tc^ō¶tZ Dc^īRj v KZ^ī¶ | ~vbxq ms^ūmg^ī thb KvhRi fv^īe | ¶Zv m^ūt_ `#h^īM tg^īVfjej vi c^ōZ | ¶gZv m^ūúb^īng tm j ¶`#h^īM Kg^īcwi Kí bv c^ōqb;
 - Ni^īSo | eb^ī ms^ūuš-c^ōffvm Aw^īZ | KvhRi fv^īe Dc^īRj vi mKj KgRZ^ī, ms^ūuš-e^īw^ī3eM^ī c^ōz^īvb Ges BDwbqb ch^īq GZ w^īlq` w^īqZ; c^ōß` i Kv^īQ tc^ō¶v^ībvi e^ē ~v M^īY;
 - c^ōqRbxq g^ītZ^ī Dc^īRj v m^ūt i Rbmavvi YtK Ac^īvtYi Rb^ī w^īØ Avkq tK^ī Y Avkq^īj w^ība^īY | Avkq^ītK^ī i w^īrfb^īmev KvR cwi vi bvi Rb^ī w^īrfb^īw^ī3eM^īK` w^īqZ; c^ōvb;

- Avkq̄tK̄` / Avkq̄`j mḡn cūf̄ti cūb mi eivn | Ab̄v̄b̄ c̄q̄q̄Rbxq̄ t̄m̄v̄ ms̄`t̄bi ēē`v̄Ki Y Ges BD̄bqb̄ ēē`v̄cbv K̄ḡuJ̄i m̄t̄_ th̄M̄t̄h̄t̄M̄ BD̄bqb̄ ch̄q̄ Aew̄`Z Avkq̄tK̄`mḡn GKB aīt̄Yi t̄m̄v̄ | myeaw̄`ib̄w̄OZKi Y;
 - BD̄bqb̄ `t̄h̄M̄ ēē`v̄cbv K̄ḡuJ̄t̄K̄ c̄l̄ugK̄ t̄v̄Y | D̄xvi K̄t̄h̄`mn̄v̄q̄Zvi Rb̄`t̄Rj v̄m̄`i | BD̄bqb̄m̄ḡf̄ni m̄t̄% th̄M̄t̄h̄t̄M̄ `v̄cb | Dnv̄ msi t̄q̄t̄Yi /c̄p̄: `v̄ct̄bi ēē`v̄m̄`ij Z Avb̄`w̄K̄ c̄w̄i K̄i bv̄ c̄l̄qb̄;
 - t̄Rj v̄ | BD̄bqb̄ KZ̄t̄`t̄i mn̄v̄q̄Z̄q̄ gvt̄S gvt̄S Dct̄Rj vi Af̄`š̄t̄i Z̄t̄`i c̄P̄vi Yv̄ | mZK̄`v̄Z̄`ceff̄v̄m̄ c̄P̄vi , Acmvi Y, D̄xvi | c̄l̄ugK̄ t̄v̄Y K̄t̄h̄`c̄w̄i Pv̄j bv̄ w̄el̄t̄q̄ gnov̄ Ab̄p̄t̄bi ēē`v̄Ki Y;
 - Mög ch̄q̄ `t̄h̄Mi ceff̄v̄m̄ ēv̄c̄K̄ c̄P̄vi Ki Z: MYm̄t̄P̄ZbZv̄ m̄j̄o Ki Y |

4.2 `th@MKvtj Ki Yxq t

- DctRj v ch^hq Acmvi Y, D^{xvi} I ^{†vY msjuš-KgR^hU} mgš^hqi Rb^h Ŧri "ix
 - cwi Puj b tK^h (Z^h tK^h I ^{mbqšY K^h}) cwi Puj bv;
 - c^hq Rb ntj, ^{~vbxqfite c^hc} myew` e^henvi K^hi D^{xvi} Kv^hc^hwi Puj bv Ges Ab^ht` i D^{xvi} Kv^hc^hwi Puj bv
mgš^h mvab, h^h ` ^{mqZi t` qv nq;}
 - <sup>~thM e^he^hcbv ejti v I tRj v KZ^h c^hE ^{mbt` Rbv Abju}nti DctRj v - KgR^hfe; I BD^hbqb t^hK ^{thM} Mi
dtj msN^hUZ ^{T^hZi} Dc^hE msMn I h^hPvBK^hi Y; KgR^hfe ev Ab^ht^hK^hb thM^h e^hw³eM^hØviv mgx^htv cwi Puj bv K^hi Z^h ^{web^hmi gva^htg c^hq Rb I AM^haKvi ^{iba^hY;}}</sup>
 - tRj v KZ^ht^hi ^{mbKU T^hZ}, c^hq Rb I c^hc m^hú` Ges ^{†vY} I c^heb^hmb Kv^hRi Rb^h AM^haKvi ^{wf^hE^htZ} c^hq Rb
msjuš-nee^hi Y/ Dc^hE mi ei^hnKi Y;
 - ^{~vbxq ch^hq c^heb^hmb Kv^hRi Rb^h S^hK nmKi t^hi m^hle^h e^he^hcbv mn mZK^hvi m^hz cwi K^hi bv c^hqb;}
 - <sup>~thM e^he^hcbv ejti v I tRj v KZ^h KZ^h c^hE ^{mbt` Rbv Abju}nti ^{~vbxqfite ev} ^{†vY Ama` Bi / Ab^h Drm^h t^hK}
c^hB m^hú` , e^hmb^hfite ^{mbi}fcZ c^hq R^hbi ^{wf^hE^htZ} D^{xvi}, ^{†vY} I c^heb^hmb Kv^hRi Rb^h eiv^h I ^{meZi t^hi} e^he^h M^hY;</sup>
 - ^{†vY} I c^heb^hmb msjuš-mn^hqZv mgM^h wee^hi Y ^{weiq Z` vi} ^W I ^{mnvw`} msi^hY Ges Zv tRj v KZ^h I
Ab^hv^h ^{†vY} c^heb^hKvi x ms^hmg^hni ^{mbKU tc^hY;}
 - DctRj v ch^hqi ^{wef^hBe` Bi} i gta^h mgš^hqi ^{mqZi} cij b;
 - GQvorl ^{~thM e^he^hcbv msjuš-~vqx Av^h kvej x} Ges Dch^h KZ^ht^hi Zvr^hmbK Av^h k Abju Y|

ndc PvUcwi Kí bv

`thM e'e Tcbv	`thM e'e Tcbv grm" Awa`Bti i Ki Yxqt • `thM mgfqi Ki Yxqt • cbeimb chfqi Ki Yxqt • `fweK mgfqi Ki Yxqt
`thM mgfqi grm" Awa`Bti i gW chfqi KgF i Ki Yxqt • TiY I cbeimb KVR Ges Dxi Awhvbi Rb mgj Mvgx RvnwR wi KB Rkb Kivi e'cvfti `vbxq ckmibK mnwqZv cwb Ki te (NYSO `thMKv xb mgq) • ibqSY KPi Puj Kvi te Ges `vbxq `thM e'e `vbxq KmgutZ thwM KgrZPtcY Ki te	`fweK mgfqi grm" Awa`Bti i gW chfqi KgF i Ki Yxqt • cZ erm NYSO/ebi tgsmg ii" ni qui cteB NYSO/ebi cY Gj vKvi gQ aivi tbSKvgn, Uj vi, wdkis Mqvi, gQ aivi Kwi Mwi hszwZ, grm" tcvbt I grm" cjb oK Ges grm" Aver mgfni bivcEvi I mij Pi vi Dti tk cQqRbxq mZKZvqj K e'e` MfYi Rb grm" Awa`Bti i wdi Awdmi MY K.I.K Ges grm" Pvix i mRM Ki te • Aaxb` Awdmmgn, mmlcic grm" Pvix Ges grm" Rme cZibva cfwZi mnZ ci e`Bti i MpxZ bR`^cwi Kí bv Abymti cZi Ae`v ci xly Kite • `thM Pj vKv xb mgfqi gQ aivi tbSKvgn, Uj vi mgn Ges wdkis Mqvi mgn, chfB bivcEvi mif_ ivLvi Rb` `vqxfte bivc` `vbwPly Kite • wdkis j wBtmY cwtbi ctecZn Uj vi lqvitj m i tivwi tmU vKvi wldq bWZ Kite • DchY ckmibK c`fli cja`tg etvcmMti grm" Kkvi i Z tbSKvgn/Uj vi mgfni tivwi wi mmws tmU i Uj vi / tbSKvq Dcw`Z cZK e`W i Rb` j vBd RvKU ivLv bWZ Kite • `thMcY Gj vKmgfni mi Kwi I temi Kwi grm" wqK mnw` mmgfn bevqbKZ Zwj Kv cVqb I msi PiY Kite • `thMcY Gj Kmgfni grm" Rme RbmsL, grm" Pvix I grm" Pvil tPimgfn Rwi c Dcv` msi PiY Kite Ges bW` mgfqi ci ci Zv nvj bwMv Kite • msikGj vKv gQ aivi tbSKvgn, Uj vi mgn Ges mgj Mvgx RvnwRmgfni gwj Kv/Puj tKi wKvbm Zwj Kv msi PiY Kite • mvgy` K Rjy vQmRbZ AvNfZi Kvi tY j eYv` cwb ci k tivta Kivi Rb` msikGj vKvi era I `PBMumgfn ci Pvij bv i i PiYtetePiY bWZ Kievi Dti tk evsj vt` k cwb DbaebtevWp KgrZP i mnZ mvePiY thwM Kite • `PBMumgfn h_vh ci Pvij bv bWZ Kite • cQqRtbi mgq mmlcic Gi mnZ mgfqi ja`tg cKj mgn ntZ j eYv` cwb ewni Kti t lqvi KvR k`Pwj Z bj Ktci j fZv mnw`K` `vbxq evsj vt` k Kwi Dbaeb Ktci k kb Gi KgrZMfYi mnZ mgfqi Kite • NYSO tgKitej v cZi ci tekMZ PiqPiZ bici "CY Ges cbeimb mnw`K`cKPiY MfY Kite
cYemb chfqi grm" Awa`Bti i gW chfqi KgF i Ki Yxqt • mi Kwi I e`W`gwy Kvbavb grm" mnw` LvtZ PiZi ci gY bfcYi Rb` Awej t`Rixc KvhP e'e`v Kiv Ges G LvtZi Rb` Awej t`x`N`gqv` x TiY I cbeimb ci Kí bv cVqb Kwi te I Zv h_vh KZetPi KvtQ tck Kite • `vbxq ckmib Ges evsj vt` k Kwi Dbaeb Ktci k tbi mnZ mgfqi c, mgfqi ntj , mi Kwi I e`W`gwy Kvbavb LvtZi gja`tg	DctRj v chfqi `thM e'e Tcbv Kmgut • DctRj v wbfhX Awdmi - mfvciZ • BDwqb ci l` i tPqvi g`vbe` - m` m" • DctRj v chfqi msikGj wewfMi KgrZP` - m` m" • g`vji v cZibva - m` m" • DctRj v tK` q mgevq mgiZi cZibva - m` m" • NYSO cZi KgrZP (mmlcic) cZibva - m` m" • evsj vt` k tivwi tmwvBvJi cZibva - m` m" • GbwRI Gi cZibva - m` m" • DctRj v cKí ev`evqb KgrZP - m` m"-mPe

<p>c̄q̄Rbxq msL̄K k̄l̄³ Pw̄j Z c̄v̄ú Avgv̄ v̄bx Kīte </p> <ul style="list-style-type: none"> • grm" Dbqb Lv̄Z Awej t̄s̄^ xN̄ tgqv̄ x̄ T̄Y c̄bēmb cīi K̄i bv̄ ev̄ evqb w̄bōZ Kīte Ges K̄t̄Ri AM̄M̄Zi w̄l̄t̄q D"p KZ̄t̄Pi w̄bKU c̄l̄z̄te` b̄tck Kīte • T̄M̄Z̄ - c̄Ki grm" Pv̄l̄x̄ ī c̄bēmbi Rb̄ Abp̄M̄Y Ges mn̄v̄Zv̄ c̄l̄vb Kīte • T̄b̄xq c̄k̄mbt̄K T̄Y c̄bēmb Kv̄R mn̄v̄Zv̄ c̄l̄vb Kīte • grm" R̄w̄e/ grm" Pv̄l̄x̄ ī Rb̄ grm" Pv̄l̄ F̄t̄Yi ēē T̄Kīte 	
<p>~ h̄MKyj x̄Y mḡt̄q Dct̄Rj v̄ ch̄q̄ ~ h̄M̄ ēē v̄cbv̄ K̄ḡūi ~ w̄qZ̄f̄</p> <ul style="list-style-type: none"> • ēv̄C K̄f̄W EK BD̄bqb̄ ~ h̄M̄ ēē v̄cbv̄ K̄ḡūi M̄Vb̄, m̄l̄qK̄i Y, c̄q̄Rbxq w̄b̄t̄Rbv̄ I Z̄ c̄l̄B Ges c̄l̄c̄ c̄l̄k̄Y m̄jeaw̄ n̄t̄Z Dc̄Kvi Av̄ni Y w̄bōZK̄i Y; • m̄ZK̄v̄ ēx̄, ~ h̄M̄ Mi S̄K̄ nm̄K̄i Y, w̄bōZK̄i Y, w̄bōZK̄i Y, t̄t̄P̄ v̄K̄i Dc̄q̄, w̄ī Áv̄Z K̄i v̄bv̄ w̄l̄q w̄bōZK̄i Y; • T̄b̄xq ch̄q̄ Dbāb c̄īi K̄i bv̄ c̄l̄q̄b̄ I ev̄ ev̄q̄b̄ ~ h̄M̄ Mi S̄K̄ Ges Zv̄ K̄ḡt̄bvi m̄āebvi w̄l̄q c̄Yf̄t̄e w̄ēt̄WZ n̄t̄q̄Q W̄K̄-bv̄, Zv̄ w̄bōZK̄i Y; • w̄b̄t̄ḡē³ w̄l̄qmn̄ Āmb̄ē w̄ec̄ ms̄jūS̄-m̄ZK̄ēv̄Zf̄ t̄c̄l̄t̄Z Dct̄Rj v̄ KZ̄t̄Pi I T̄b̄xq ~ h̄M̄ ēē v̄cbv̄ ēt̄v̄t̄K̄ Āew̄Z K̄i w̄b̄q̄ḡZ ~ h̄M̄ w̄l̄qK̄ c̄l̄k̄Y I KḡR̄j vi Av̄q̄Rb̄; • w̄b̄t̄ḡē³ w̄l̄qmn̄ Āmb̄ē w̄ec̄ ms̄jūS̄-m̄ZK̄ēv̄Zf̄ t̄c̄l̄t̄Z Dct̄Rj v̄ KZ̄t̄Pi I T̄b̄xq ms̄l̄mḡt̄ thb̄ K̄h̄R̄i f̄t̄e I ~ T̄Zv̄ m̄v̄t̄ ~ h̄M̄ t̄gv̄K̄t̄ej vi c̄l̄Z I ~ T̄Zv̄ m̄āub̄en̄ q̄ tm̄ j̄t̄T̄ ~ h̄M̄ Kḡē c̄īi K̄i bv̄ c̄l̄q̄b̄; • N̄ySo I eb̄v̄ ms̄jūS̄-c̄eff̄m̄ Āw̄Z̄*Z I K̄h̄R̄i f̄t̄e Dct̄Rj vi m̄K̄j KḡR̄Z̄, ms̄l̄k̄ē w̄b̄t̄ēM̄ c̄l̄z̄vb̄ Ges BD̄bqb̄ ch̄q̄ GZ̄ w̄l̄t̄q̄ ~ w̄qZ̄c̄l̄f̄t̄ ī K̄t̄Q t̄c̄l̄t̄bvi ēē T̄M̄Y; • c̄l̄q̄Rbxq ḡt̄Z̄ Dct̄Rj v̄ m̄t̄i ī Rbm̄avi Ȳt̄K̄ Acm̄v̄i t̄Yi Rb̄ w̄b̄t̄i Av̄k̄j t̄K̄`Y Av̄k̄j w̄b̄t̄Y I Av̄k̄t̄K̄`Y w̄ēfb̄et̄mev̄ K̄v̄R c̄īi ȳbvi Rb̄ w̄ēfb̄ē w̄b̄t̄ēM̄K̄ ~ w̄qZ̄j c̄l̄vb̄; • Av̄k̄t̄K̄`Y / Av̄k̄j mḡt̄n̄ c̄v̄f̄t̄i c̄mb̄ m̄ieiv̄ I Ab̄v̄b̄ c̄l̄q̄Rbxq t̄mev̄ ms̄l̄t̄bi ēē T̄K̄i Y Ges BD̄bqb̄ ēē v̄cbv̄ K̄ḡūi m̄t̄_ thw̄M̄t̄h̄t̄M BD̄bqb̄ ch̄q̄ Āew̄Z Av̄k̄t̄K̄`Y mḡt̄n̄ GKB ait̄Yi t̄mev̄ ī m̄jeaw̄ w̄bōZK̄i Y; • BD̄bqb̄ ~ h̄M̄ ēē v̄cbv̄ K̄ḡūt̄K̄ c̄l̄ugK̄ T̄Y I D̄xi K̄t̄h̄ m̄n̄v̄Zv̄ Rb̄ t̄Rj v̄ m̄t̄i I BD̄bqb̄m̄ḡt̄n̄ m̄t̄_ thw̄M̄t̄h̄t̄M T̄cb̄ I D̄n̄ m̄s̄l̄t̄Yi /c̄p̄:~ t̄ct̄bi ēē T̄ m̄p̄oj Z Av̄b̄ w̄b̄K̄ c̄īi K̄i bv̄ c̄l̄q̄b̄; • t̄Rj v̄ I BD̄bqb̄ KZ̄t̄Pi m̄n̄v̄Zv̄ ḡt̄S̄ ḡt̄S̄ Dct̄Rj vi Af̄s̄t̄i Z̄t̄_i c̄P̄i Yv̄ I m̄ZK̄ēv̄Zf̄ c̄eff̄m̄ c̄P̄vi, Acm̄v̄i Y, D̄xi I c̄l̄ugK̄ T̄Y K̄h̄ē c̄īi P̄j̄i w̄l̄t̄q̄ gn̄ov̄ Abp̄t̄bi ēē T̄K̄i Y; • M̄ḡ ch̄q̄ ~ h̄M̄ Mi c̄eff̄m̄ ēē v̄cbv̄ c̄P̄i K̄i Z̄ M̄ȳm̄t̄P̄zb̄Z̄i m̄j̄o K̄i Y 	<p>c̄bēmb mḡt̄q Dct̄Rj v̄ ch̄q̄ ~ h̄M̄ ēē v̄cbv̄ K̄ḡūi ~ w̄qZ̄t̄</p> <ul style="list-style-type: none"> • Dct̄Rj v̄ ch̄q̄ Acm̄v̄i Y, D̄xi I T̄Y ms̄jūS̄-KḡR̄t̄Ui mḡt̄q̄i Rb̄ t̄Rj v̄i c̄īi P̄j̄i b̄t̄K̄`t̄ (Z̄ t̄K̄`^i w̄b̄q̄S̄Y K̄t̄) c̄īi P̄j̄i bv̄; • c̄l̄q̄Rb̄ n̄t̄j, T̄b̄xq f̄t̄e c̄l̄c̄ m̄jeaw̄ ēenvi K̄i D̄xi K̄h̄ē c̄īi P̄j̄i bv̄ Ges Ab̄t̄i D̄xi K̄h̄ē c̄īi P̄j̄i bv̄ mḡq̄ m̄vab̄, h̄w̄ ~ w̄qZ̄t̄ q̄n̄q̄; • ~ h̄M̄ ēē v̄cbv̄ ēj̄t̄i I t̄Rj v̄ KZ̄t̄Pi c̄l̄c̄ w̄b̄t̄ Rbv̄ Abj̄m̄t̄i Dct̄Rj v̄ - KḡR̄Z̄f̄ē` I BD̄bqb̄ t̄t̄K̄ `~ h̄M̄ Mi d̄t̄j ms̄jūZ̄ T̄Zv̄ Dc̄v̄E ms̄M̄n̄ I h̄P̄v̄B̄K̄i Y; KḡR̄Z̄f̄ē` ev̄ Ab̄t̄Kib̄ th̄M̄ ēw̄b̄ēM̄ ōv̄i v̄ḡt̄i v̄i P̄j̄i bv̄ K̄i Z̄ w̄b̄v̄t̄mi ḡv̄āt̄ḡ c̄l̄q̄Rb̄ I AM̄āKvi w̄bāt̄Y; • t̄Rj v̄ KZ̄t̄Pi w̄b̄KU T̄Zv̄, c̄l̄q̄Rb̄ I c̄l̄c̄ m̄āū` Ges T̄Y I c̄bēmb Kv̄R̄i Rb̄ AM̄āKvi w̄f̄iĒt̄Z c̄l̄q̄Rb̄ ms̄jūS̄-m̄eei Y/ Dc̄v̄E m̄i ēi v̄n̄K̄i Y; • T̄b̄xq ch̄q̄ c̄bēmb Kv̄R̄i Rb̄ S̄K̄ nm̄K̄i t̄Yi m̄āē` ēē v̄m̄n̄ m̄ZK̄v̄i m̄t̄_ c̄īi K̄i bv̄ c̄l̄q̄b̄; • ~ h̄M̄ ēē v̄cbv̄ ēj̄t̄i I t̄Rj v̄ KZ̄t̄Pi KZ̄R̄ c̄l̄c̄ w̄b̄t̄ Rbv̄ Abj̄m̄t̄i T̄b̄xq f̄t̄e ev̄ T̄Y Aia`Bi / Ab̄v̄ Dr̄m̄ t̄t̄K̄ c̄l̄B m̄āū` , ēw̄b̄f̄t̄e w̄b̄i f̄c̄Z c̄l̄q̄R̄t̄bi w̄f̄iĒt̄Z D̄xi, T̄Y I c̄bēmb Kv̄R̄i Rb̄ ēi v̄i I w̄Z̄t̄Yi ēē T̄M̄Y; • T̄Y I c̄bēmb ms̄jūS̄-m̄n̄v̄Zv̄ m̄ḡM̄ w̄ēi t̄Yi w̄l̄q w̄b̄t̄i Y I m̄m̄v̄ēw̄i m̄s̄l̄t̄Yi Ges Zv̄ t̄Rj v̄ KZ̄t̄Pi I Ab̄v̄b̄ T̄Y c̄l̄vb̄Kv̄i x ms̄l̄mḡt̄ni w̄b̄KU t̄c̄l̄Y; • Dct̄Rj v̄ ch̄q̄i w̄ēfb̄ē B̄t̄i ī ḡt̄ā` mḡt̄q̄i ~ w̄qZ̄j c̄īj b̄; • GQov̄i ~ h̄M̄ ēē v̄cbv̄ ms̄jūS̄-T̄q̄ Av̄t̄ k̄v̄ej x Ges Dch̄ȳ KZ̄t̄Pi Zvr̄t̄b̄K̄ Av̄t̄ k̄ Abj̄m̄t̄Y

`j xq Añatekb cwi Kí bv

w b t 7

mgq t 10.00-11.00

tgqv` Kyj t 60 wgbU

Afxó `j t grm Añá ßtii KgRZfe,	
wkñibvg t tKmCpivj vPbv	
j ¶ t AskMñYKixit i LuPq gwQ PvI tKñmP cñg tñK tñl chñ-cpivj vPbv Kivi mñhñM t'qv hvñZ Zñt i tñb mgmñv ev RÁvmv _vKtj tmñv mgvavb Kiv hvq	
Dñi k t G Añatektb cikTYv_xM -	<ul style="list-style-type: none"> • KBR cñxñZñZ tKñmP mgmñK wñYq wñqñ cpi vj vPbv Kiteb Ges Zñt i mgmñv ev RÁvmv _vKtj tmñv mgvavb Kti wñteb

welqñP	Avtj vP' welq	cikTY tKskj	mgq
figKv			2 wgbU
	1. ~MZ 2. ce@ZrAñatektbi mñt_ msñhñM ~vcb 3. eZgñb Añatektbi Dci Avtj vKcvZ 4. Dñi k eñLñ DñyKiy	e³Zv	
welqe-			55 wgbU
	<ul style="list-style-type: none"> • LuPq gwQ PvI wñfbocKvi SñK mñútK°Avtj vPbv • wñqñZ LuPv e'e -vcbr cwi Phñ , i "Zj i wñfbow Kx Kx? • LuPq gwñQ i "e -vcbr , i "Zj I tñM mñútK° Avtj vPbv • SñK e'e -vcbr , i "Zj eñLñ I mññ SñK mgñni mgvavb • tRñvi mñPZbZv ewj tZ Kx ejS Ges LuPq gwQ PvI bvixi figKv mñútK°Avtj vPbv 		
mvi mstñC			3 wgbU
	<ul style="list-style-type: none"> • gj welq , t j v mstñtC cpi vj vPbv • cieZP Añatektbi mñt_ msñhñM ~vcb- tKmCgj vqb <p>mevBñK abñer Ávcb </p>	e³Zv	
mnvqK mgmñt gwKñ , wfcKñW°BZñ			

`j xq Aiatekb cwi Kí bv

w b t 7

mgq t 11.15-12.15

tgav` Kvj t 60 wgbU

w kti vbg t	cikpY cieZr ^o gj vqb I tKvm ^o gj vqb
Afxó `j t	grm" Aia`Btii KgZfe;
j ¶ t	G Aiatekb AskM ^o YKvi x ^o i Øiv cikpY cieZpI tKvm ^o gj vqb Kiv nte hvZ Zvi v Zt ^o i eZgb Ávb I ce ^o Zp Ávb Zj bv KitZ ctiib Ges tKvmP welqe -i DcthvMxZv, cikpY e e vcbv I Abvb Kvhfej xi Dci cikpK cizfve tc ^o Z ctiib
Dfík t	G Aiatekb AskM ^o YKvi x ^o MY -
	<ul style="list-style-type: none"> • cikpY cieZr^ogj vqb c^oI ciY Kiteb • tKvm^ogj vqb c^oI ciY Kiteb

we1qmP	Avtj vP we1q	cikpY tKskj	mgq
figKv			2 wgbU
	<ul style="list-style-type: none"> • -MZ • ce^oZr^oAiatektbi mvt_ msthvM vcb • cikpY cieZr^ogj vqb I tKvm^ogj vqtbI Dfík e^oL^ov 	e ³ Zv	
we1qe -			55 wgbU
	<ul style="list-style-type: none"> • cikpYv_x^o i emvi AvtqvRb • cikpI weZiY I mgq wba^oY • tKvm^ogj vqb c^oI weZiY I mgq wba^oY • chqutg cikpYv_x^oMY KZR gj vqb c^oI Ges tKvm^o gj vqb c^oI ciY • cikpK ciYKZ cikpY cieZr^ogj vqb c^oI Ges tKvm^o gj vqb c^oI msM^o Kiteb 	e ³ Zv I GKK Abkjy b	5 wgbU 25+25 wgbU
mvi mst¶C			3 wgbU
	<ul style="list-style-type: none"> • cikpI I tKvm^ogj vqbc^o msM^o tk^oI mevBtK ab^ov^o Ávcb 	cikpEi	
mnvqK mnvgM ^o t gvkA, cikpY cieZr ^o gj vqbc ^o Ges tKvm ^o gj vqbc ^o , Nwo BZ w`			

Lipiq gvo Pvi e'e' vcbv weI qK cikpiy tKym^o
cikpiy cieZr^ogj vqb ckei

mKj cikie gvb mgvb | mVK DEti i cikpiuk ipy (√) w b

cYgb - 100

mgq - 25 mgibU

bvg.....c` ex.....

Kg^oj

1. KvBvB tj tK meC^og KZ mtj Lipiq gvo Pvi Kiv nq?

- K) 1980 L) 1975
M) 1986 N) 1990

2. Lipiq Pvi thw^o Pvi w grm cRwzi bvg wj Lp

- K) L)
M) N)

3. Avgit` i t` tk Lipiq gvo Pvi Rb^o b^o n^o q^o c^ovb Kvi Y Kx Kx?

- K) ` Rbetj i Afve
L) fij grtbi DcKiY thgb Rv^o, fvmgb Lv^o BZ^o i Afve
M) mVK cRwZ ibep^otbi Afve
N) Dcti i me^o t^o j v

4. Lipvi Rv^o Zw^o i Pvi w DcKi^oYi bvg wj Lp

- K) L)
M) N)

5. Avgit` i t` tk wK AvKv^oi i Lipiq gvo Pvi Kiv n^o?

- K) 10dU×5dU×6 dU L) 20dU×10dU×6 dU
M) 30dU×20 dU×6 dU N) tKvbuJB bq

6. Lipiq gvo Pvi Avgit` i t` tk Kx Nb^oZ^otcv^o gR^o Kiv nq?

- K) 22/NbvgUvi L) 30/NbvgUvi
M) 37/NbvgUvi N) 40/NbvgUvi

7. Lipiq gvo Pvi vBj vtU Kx Nb^oZ^otcv^o gR^o Kiv nq?

- K) 22/NbvgUvi L) 30/NbvgUvi
M) 37/NbvgUvi N) 40/NbvgUvi

8. Lipiq tcv^o gR^o Nb^oZ^o Kx Kx weI tqi Dci wf^o K^o?

- K) cwb c^ovn gr^ov L) Lv^o i YMZ gvb
M) P^ot^o i tgqr^o K^o N) Dcti i meKuJ

9. tcv^o cwi entYi Rb^o c^ow^ob e^otMi Abtgw^o Z AvKvi I c^o "Z^oKZ?

- K) 85 tm.wg.×51 tm.wg. I 0.08 mgw^o mgUvi L) 80 tm.wg.×50 tm.wg. I 0.05 mgw^o mgUvi
M) 90 tm.wg.×70 tm.wg. I 0.07 mgw^o mgUvi N) 91 tm.wg.×53 tm.wg. I 0.03 mgw^o mgUvi

10. Lipvi gvo tKv^o mgq Lv^o c^ovb Kiv eU ivL^oZ nte?

- K)
L)
M)
N)

11. LuPvq gvQ Pv‡l 100 M‡g I R‡bi tZj w‡cqvtK w ‡b KZevi Lv` c‡vb Ki‡Z n‡e?

- K) 1 evi
M) 3 evi
L) 2 evi
N) 4 evi

12. LuPvi gwQ‡K tM‡Ns Kivi c‡qvwRbxqZv wj Lþ

- K) -----
L) -----
M) -----
N) -----

13. LuPvq gvQ Pv‡l Pvi wJ ¶‡ZKi c‡Yi bvg wj Lþ

- K) -----
L) -----
M) -----
N) -----

14. LuPv †c‡b †vb wbeP‡b Pvi wJ weteP wIq D‡j E-Ki "b

- K) -----
L) -----
M) -----
N) -----

15. LuPvq Pv‡t hM grm c‡wZ wbeP‡b Pvi wJ D‡j E-hM "eilko" wj Lþ

- K) -----
L) -----
M) -----
N) -----

16. t‡bvb c‡i en‡Yi c‡e‡bm‡x cK‡i Pvi wJ Ki Y‡q wIq D‡j E-Ki "b

- K)
L)
M)
N)

17. b‡m‡i cK‡i gtbtm. tZj w‡cqvi t‡bvb gRj NbZj kZ‡sk c‡Z KZ n‡l qv ev‡Abxq?

- K) 200-300w
M) 500-1000w
L) 250-350w
N) 1500-2000w

18. LuPv t‡K gvQ Avni‡Yi c‡e‡D‡j E-hM Pvi wJ weteP wIq D‡j E-Ki "b

- K) -----
L) -----
M) -----
N) -----

19. gtbvñm- tZj wicqñK LuPvq gñT i ci t_tK evRvi RvZ chS-t`n I Rñbi kZKi v KZfñM nñt i
~~ñbK Lv` cñqñM Ki v nq?
K) 25-15% L) 20-12%
M) 8-3% N) 5-2%

20. LuPvq gñQ Pvñl 4ñU SñKi bvg Dñj L-Ki "b |
K) -----
L) -----
M) -----
N) -----

21. eZñtb evsj vt` tk LuPvq gñQ Pvñl i Drçv` b gnñv KZ?
K) 10 tKñR/NbñgUvi
L) 20 tKñR/NbñgUvi
M) 5 tKñR/NbñgUvi
N) 33 tKñR/NbñgUvi

22. wetkñ tKib tKib t`k eñcKñte LuPvq gñQ Pvñl Ki v nt"Q?
K)
L)
M)
N)

23. t`kx cñRwZi tKib tKib gñQ LuPvq gñQ Pvñl i Rb" DcthwMx?
K) -----
L) -----
M) -----
N) -----

24. cñngvb cñbñZ LuPvq gñQ Pvñl i myear Kx Kx?
K) -----
L) -----
M) -----
N) -----

25. ex Rj vktq (cñKñi) LuPvq gñQ Pvñl i Pvñl U Amjeav yj Lþ
K) -----
L) -----
M) -----
N) -----

Lipvq ḡQ PvI ēē -vcbv cik̄Y tKvm̄

tgqv̄ Kvj -7 w̄ b

tKvm̄ḡ vqb cik̄

[m̄VK -v̄b w̄K (✓) w̄y w̄ b]

1. mvḡM̄K̄f̄te tKvm̄U w̄K Avcbv̄ i Rb̄ DcthvMx w̄j ?

- n̄v
- bv
- Lp̄ xN̄

2. tKvtm̄P tgqv̄ Kvj tKgb w̄j ?

- m̄VK
- t

3. tKvm̄Dc -vcbvi M̄Z tKgb w̄j ?

- Lp̄ 'Z
- m̄VK
- gši

4. Zw̄EK I ēenwi K Avatek̄bi ḡtā mvḡAm̄Zv tKgb w̄j ?

- Lp̄ tekx ēenwi K
- m̄VK
- Lp̄ tekx Zw̄ZK

5. cik̄K̄t̄ i Dc -vcbv tKgb w̄j ?

- Lp̄ mnR
- mnR
- Rv̄uj

6. tKvtm̄m̄ie i v̄nKZ cik̄Y mvḡM̄i gib tKgb w̄j ?

- Lp̄ fij
- fij
- fij bq

7. w̄k̄Y c̄i tek tKgb w̄j ?

- Lp̄ fij
- fij
- fij bq

8. cik̄t̄Y ēeüZ newfbocik̄Y tKskj DcthvMx w̄j w̄-br?

- n̄v
- tgvUtgwU
- bv

9. cikY tKmP wewfbœAwatekbi Dci Awcbvi gZvgZ w b (eEvKvbi)

[jet 't Awatekbi weqe', Dc -vcbr, cikY mgM, tevaMg Zv Ges mgq wePbv Kti mVKfvt gZvgZ w b]

Awatekb	tgwUvgjU fvj		fvj	Lp fvj	
	1	2		4	5
1 tKmCwi PWZ	1	2	3	4	5
2 LIPq gQ Pw i cUfng	1	2	3	4	5
3 LIPq gQ Pw i mæbebit tcitZ evsj vt' k	1	2	3	4	5
4 LIPv -vcibi DcthwMx -vb wbePb	1	2	3	4	5
5 LIPv ^Zwi i DcKiY I WRvBb	1	2	3	4	5
6 LIPv ^Zwi I Rj vtq -vcb (ZWEK)	1	2	3	4	5
7 LIPq Pw DcthwMx grm cRwZ	1	2	3	4	5
8 LIPq gRj DcthwMx tcibv cZcij b	1	2	3	4	5
9 LIPv ^Zwi I Rj vtq -vcb (e'enwi K)	1	2	3	4	5
10 LIPq gQ Pw i gRj NbZjiba Y	1	2	3	4	5
11 bwm ciKi t_tK tcibv cwi enY LIPq gRj (ZWEK)	1	2	3	4	5
12 Lv" cjqM I e'e -vcbr (ZWEK)	1	2	3	4	5
13 bgvqb I tMNs	1	2	3	4	5
14 LIPvi gQ AwniY I evRvi RvZKiY	1	2	3	4	5
15 gw cwi`kbi fngKv	1	2	3	4	5
16 LIPq gQ Pw Kvhpug cwi`k	1	2	3	4	5
17 wbgZ cwi PhP	1	2	3	4	5
18 LIPq gvtQi -r" e'e -vcbr	1	2	3	4	5
19 SJK e'e -vcbr	1	2	3	4	5
20 LIPq gQ Pw i Aw_R wetkH	1	2	3	4	5
21 LIPq gQ Pw i bvxi AskMhY (tRÜvi mPZbZv)	1	2	3	4	5
22 thM e'e -vcbr I thSZK cZtiva	1	2	3	4	5
23 tKmCbjivtj vPbv	1	2	3	4	5

10| tKmCwutK Awcbvi mwek gZvgZ e"3 Ki "b t

cök¶Y weIqK tPKwj ó

WbP Dtz wZ wq, tj v mWKFvte cō kbi ci wUK wPy (✓) w b|

1. Dc^hMx tcvkvK cwi "Q"
 2. fvj f^vt^ve Af^vxó j tK e^vstZ cvv
 3. Dc^hMx cík^hY ~vb vbePb
 4. cík^hYv_@` i Kj v^vY wKQyKi v
 5. eÜz^vmj f AvPi Y Ki v
 6. fvj f^vgKvi AeZvi Yv
 7. c^veP A^vatek^vbi mv^v_ thvMm^v ~vc^vb
 8. cík^hYv_@` i D^vY^vKi Y
 9. A^vatek^vbi lci Av^vj vKcvZ l D^vi k^v e^vL^v
 10. ^ahRvj AvPi Y
 11. A^vaK KgRw³m^vúbøl Drmvnx
 12. tLvj vt^vgj v gt^vbi
 13. ve^vl qe^v m^vútK^vavi Yv
 14. cík^hY^vi avivewinKZv
 15. cík^hY tbvU e^venvi
 16. mgq vboqšv
 17. cwi^v vi KU^v-ti i e^venvi
 18. A½-f½
 19. cík^hD^vEi tKskj
 20. cík^hYv_@` i AskM^vy
 21. `j xq m^v m^v e^v ~vc^vbv
 22. cík^hY mvgM^v e^v ~vc^vbv
 23. ve^vfboai^vbi cík^hY mnvqK mvgM^v e^venvi
 24. mv^vKf^vt^ve `k^vbxq mnvqK mvgM^v c^v k^v
 25. Av-^vkxj nl qv
 26. Av^v k^ve^venwi K A^vatekb c^v k^v
 27. cík^hYv_@` i e^venwi K KvR Ab^vkxj b
 28. cík^hYv_@` i e^venwi K KvR ch^ve^vY
 29. gj ve^vtqi mvi -mst^vc^vKi Y
 30. D^vi k^v vbi x^vY
 31. cieZ^vA^vatek^vbi mv^v_ thvMm^v ~vc^vb Ki Y
 32. Avb^vwbKf^vt^ve ve^v vq Rvbvtbv
 33. cík^hY mvgM^v l hšcvZ cwi^v vi Ki Y|

` j xq Añatekb cwi Kí bv

w b t 7

mgq t 12.15-14.30

tgqv` Kyj t 2 NÈv 15 wibU

wkñiwbv g t tKm°mgvcbx Abþvb
 Afó `j t grm Añia`Bt i KgZfe`
 j ¶ t AvþwbKfite LIPq gilQ Pli cikpiY tKutm° mgwB tNvI Yv |
 Dfí k t AskMöYKvi xMY AvgišZ AñZi_eþ` i mvt_ cwiPZ nteb Ges tKm°_tK AñRZ Ávb | `¶Zv KvR
 j wibv i wibv DíxþKiY e³e" i bteb |

welqmiP	Avtj vP" welq	cikpiY tkskj	mgq
figKv			2 wibU
	<ul style="list-style-type: none"> -MZ Abþvb cwi Pij tKi i f"Qv e³e" 	e³Zv	
welqe"			40 wibU
	<ul style="list-style-type: none"> GKRb AskMöYKvi x GKRb AvgišZ AñZi_ tKutm° AñRZ Ávb `¶Zv Avtj vK e³e" w teb Ges AskMöYKvi xMY G cikpiY ev" te cikqitMi Avkvei" e³ Ki teb cñvb AñZi_ AskMöYKvi x` i gvtS mb` cñ weZiY Ki teb cñvb AñZi_ Zvi e³e" w tq AvþwbKfite cikpiY tKutm° mgwB tNvI Yv Ki teb 	e³Zv	
mvi msþic			3 wibU
	<ul style="list-style-type: none"> mfvciZ AvgišZ AñZi_ t` i ab"ev` ÁvcbceK Abþvb mi mgwB tNvI Yv Ki teb 	e³Zv	
mnvqK mgm° t e"vbi , cij` vbx BZ w`			



খোচায় শাহ্তাম ব্যবস্থাপনা