

কর্মসূচী দ্বারা অর্জন করা যাবে How to obtain potential yield

How to obtain potential yield



এসজি ব্লক অব মতেল ইন বব্বা-ইউডি (১৫)
মবরসি/

Կառնիկի ԲՐՐԻ ԴՆԻ ԲՆԱԿԱՆՈՒԹՅԱՆ



Ի Սեր, Մեծիկ Ի մարտիկ
Մ. տղ: Բնիկի Բնիկ, Մ. տղ: Բնիկ ԴՆԻ ԲՆԱԿԱՆՈՒԹՅԱՆ, Մ. տղ: ԴՆԻ ԲՆԱԿԱՆՈՒԹՅԱՆ Ի տղ: Կառնիկի ԲՆԱԿԱՆՈՒԹՅԱՆ

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Մ. տղ: Կառնիկի ԲՆԱԿԱՆՈՒԹՅԱՆ



Կառնիկի ԲՆԱԿԱՆՈՒԹՅԱՆ Կառնիկի ԲՆԱԿԱՆՈՒԹՅԱՆ (Կառնիկի ԲՆԱԿԱՆՈՒԹՅԱՆ)

Κωλύζ dj b AR#bi Dcivmgη

miPcÎ

μiηK bs	ηel q	cφv bs
1.	miWK RvZ ηbePb	1
2.	gvbmαúbaexR e"envi	1
3.	exR eivQvB	1
4.	exR tkvab	2
5.	RvM t`qv	2
6.	exRZj v`Zwi	2
7.	extRi cwi gvY	2
8.	exRZj vi hZæ	2
9.	Pri vi eqm	2
10.	Pri v DVt#bv	3
11.	Pri v enb	3
12.	Rvηg `Zwi	3
13.	Pri v tivcY	3
14.	Pri v tivc#Yi mgq	4
15.	mvi e"e`vcbv	4
16.	AvMvQv `gb	6
17.	#mP e"e`vcbv	7
18.	tcvKvηvKo `gb e"e`vcbv	8
19.	#i vMeij vB `gb e"e`vcbv	10
20.	dmj KvUv, gvovB I msi ηY	12

KvnyZ dj b ARbi Dcvqmgv

fvgKv

G chSlevsj t`k avb Mtel Yv Bbiv ÷ WDU wevfbaťgšmg DcťhvMx 57wU BbiveW Ges 4wU nvBiveW mn tgvU 61wU Ddkx RvťZi avb D™veb Kti tQ| t`tk Aver`KZ.Ddkx avťbi kZKiv cŃq 80 fvm RvťZ we°D™veZ avťbi Pvl Kiv ntq_vťK| Gť`i gťa` we°avb28 Ges we°avb29 Gi Mo dj b weNv cŃZ teťi v tgšmtg h_vuťg 22.0 Ges 27.5 gY| Zťe Gť`i m°e` dj b (Potential yield) Gi PvbťZi tevk| A_P Avgť`i avťbi RvZxq Mo dj b weNv cŃZ gvĪ 11.90 gY| avb Pvl i AvavbK cťny° e`envi Kti avťbi dj b euj vsťk ep× Kiv m°e`| j vFRbK avb Pvl i Rb` dj b ep× i Ab` tKvb weKĪ tbB| ZvB avb Pvl i cŃZwU `ťi Mtel Yv j ä Dbz cťny° i e`envi AZ`vek`K| D™veZ AvavbK cťny° i avi vevinK weei Y mbť°acŃ Ē nj | mterP dj b tctZ ntj avb Pvl i cŃZwU `ťi AvavbK cťny° mivK fvtē cŃqvm KiťZ nťe|



1. mivK RvZ vberPb

cŃtg Pvl Gj vKvi gvU, tgšmg, Avenvl qv, cvĪ tek, Pmiv`v I Av_šmvgvRK Ae`vi DcťhvMx mivK RvZwU vberPb KiťZ| Ge`vcvťi cŃqvrťb AvfÁ weťkĪ Áť`i cĪvgk°bqv thťZ cvťi | mivK RvZ vberPb Qvov KvnyZ dj b ARb tKvb mťgB m°e` bq|

2. gvbm°úbæxR e`envi

fij exR fij dmj | ZvB cvĪ cŃ, vkgYgŃ, cvĪ°vi, tcvKvqvKo I ti vMerj vBgŃ Ges 80% ev Zvi tevk AsKzi vaMg ¶lgZvm°úbæxR e`envi KiťZ nťe| cŃZ`vqZ exR e`envi KiťZ cvĪťj fij |



fij exR

3. exR evQvB

ectbi cťe°cŃ I mŃmej exR vbwŃZ KiťZ nťe| Kvi Y fij exR gvťb mŃmej Pvi v Ges Avak dj b| exR evQvBťqi Rb` vbervevYŃ c×vZ Avyvi Y KiťZ nťe|

`k vj Uvi cvĪ°vi cvmbťZ 375 MŃg BDvi qv mvi vgvkťq vbb| GťZ 10 tKwR exR avb tQto nvZ wťq tbtŃPto vbb| cŃ exR Wťe vbtP Rgv nťe Ges AcŃ, bó I nvj Kv exR Dcti tťtm DVťe| nvZ ev Pij vbb wťq fvmgvb exR,ťj v mviťq vbb| fvi x exR vbb t_ťK Zťj cvĪ°vi cvmbťZ 3-4 evi fij Kti aťq vbb| mvi tgkvťbv cvmb Ab` dmtj e`envi Kiv thťZ cvťi |



exR evQvB c×vZ

4. exR tkvab

evQvBKZ.exR Kivo ev PtuI e`vM fti wXj v Kti teta wbb| Gevi cōZ tkwR extRi Rb` GK wj Uvi cwmb Ges wZb Mōg nvti e`wfirmUb/tbvBb/BfwmRg/wMj wRg/Ucwmj -cm/tnWwRg/mvj dvtbU Gi th tkvbw GKwU cvtI wgwktq wbb| Gici extRi tcvUj wU 12 NsUv wgwktZ cmbtZ wFRvtrvi ci clyvq cwv[®]vi cmbtZ 6-12 NsUv wFRvtrq ivLb| Gfvte exR tkvabI nj Ges mwK fvte wfrtRi tMj | exR tkvab Kitj dmtj exRevinZ OIvK tivM t`tk i qv cvl qv hvq|

5. RvM t`qv

exR tkvatbi ci extRi tcvUj wU cwmb t`tk Ztj BU ev KvTVi UKtivi Dci NsUvLvrbK titL cwmb Sivi tq wbtZ nte| Gici extRi UKwv ev Wtjg 2-3 `li i Ktbr Lo wewQtq Zvi Dci extRi tcvUj wU ivLb Ges Avevi I 2-3 `li i Ktbr Lo w`tq fiv fvte tPtc Zvi Dci BU ev tkvb fivx e`w`tq Pvtc ivLvi e`e`v Kiab| Gfvte RvM w`tj AvDK Ges Avgb tgšmšg 48 NsUv Ges tevtriv tgšmšg 72 NsUvi gta` fiv extRi A½z tei nte Ges exRZj vq ectbi Dchv nte|

6. exRZj v `Zwi

gvbmšZ Priv Drcv`tb Rb` Av`k[®]exRZj v `Zwi KitZ nte| t`vAvk I GtUj gmvU exRZj vi Rb` fiv Ges Rvq DeP nI qv cōqvRb| Pvl I gB w`tq AvMvQv I Lo cwpTq fiv fvte Kv`v Kti Rvq `Zwi KitZ nte| Gevi Rvqi `N`eivei 1 wUvi Plover teW %Zwi KitZ nte Ges `B tevWi gvšS 25-30 tmwUwUvi RvqMv dUkv ivLtz nte| dvkv RvqMvi Kv`v gmvU w`tq DPzteW `Zwi Kiv hvq Ges GtZ bvj v `Zwi Kiv mæe| tevWi Dctii gmvU evK ev KvTVi P`vPvj wU w`tq mgvb KitZ nte| exRZj v tewk Kv`v vqg ntj KtqK NsUv i wKtq tbi qv ci mgfvte exR tevtriv i Kvi | `B exRZj vi gvšS th bvj v `Zwi nte Zv w`tq tmP ev cwmb w[®]vkb QvovI wewfbacwv PhPKi vi Rb` Pj vPj mnRZi nq|



exRZj v `Zwi I mgvbKiY

7. extRi cwi gvY

mY`mej Priv tctZ ntj cōZ kZvsk exRZj vq 3-4 tkwR exR A`v[®]cōZ eMgUvti 80-85 Mōg exR tevtrZ nte| GK eMgUvti i Priv w`tq 20-25 eMgUvi Rvq tivcY Kiv hvq|

8. exRZj vi hZæ

exR ectbi ci cōqvRtb 4-5 w`b cwl Zvovtrvi e`e`w KitZ nte| exR ectbi 3-4 w`b ci Priv MRvtrb chSf tmPti cwmb Oviv bvj v fivZ[®]Kti ivLtz nte| cōqvRtb exRZj vq Rtg `vKv AvZwi³ cwmb w[®]vkb KitZ nte| Priv MRvtrvi 2 mBvn cti MvQ nj`y ntq tMj cōZ eMgUvti 7 Mōg BDwi qv Ges cōqvRtb cōZ eMgUvti 10 Mōg wRcmvg Dcwi cōqM KitZ nte| ZvQvov mgggZ AvMvQv I tcvKvgvKo `gb KitZ nte|



exRZj vi hZæ

9. Privi eqm

Avak dj tbi Rb` avtbi Privi eqm AvDK tgšmšg 20-25 w`b, Avgb tgšmšg 25-30 w`b Ges tevtrivZ 40-45 w`tbi nI qv DvPZ| cvB cvZv wewkó avtbi Priv tivcY Kiv DĒg| Priv mwK eqtmi bv ntj avtbi dj b AtbKvstK Ktg hvq|

10. Priv DVt̄bv

Priv DVt̄bvi Avt̄M exRZj vq c̄l̄qvRbxq c̄mb w̄ t̄q w̄f̄w̄Rt̄q ḡw̄U bi g K̄ti w̄b̄t̄Z n̄t̄e| hZ̄mnK̄v̄ti exRZj v t̄_̄t̄K Priv DVt̄Z n̄t̄e, hv̄t̄Z Privi Kv̄Ū ev t̄M̄vov t̄f̄t̄½ bv hv̄q| t̄Ūt̄b t̄nP̄t̄o Priv t̄Z̄vj vi ci Av̄Qvo w̄ t̄q ḡw̄U c̄wī[®]vi Ki t̄j Privi L̄yB ̄ŴZ nq Ges t̄i w̄c̄Z Privi evo-evow̄Z w̄ej w̄c̄Z nq| Privi w̄k̄Ko w̄Q̄to t̄M̄t̄j t̄ivc̄t̄Yi ci Privi evo-evow̄Zi Am̄yav nq bv w̄k̄S̄' Kv̄Ū t̄f̄t̄½ ev ḡp̄to t̄M̄t̄j Privi M̄t̄Qi Ac̄iYxq ̄ŴZ nq| t̄m Rb̄" Priv t̄Z̄vj vi ci H Privi c̄iZv w̄ t̄q Av̄w̄U evav̄l D̄w̄PZ bq| i K̄t̄bv Lo w̄f̄w̄Rt̄q Av̄w̄U evat̄Z n̄t̄e|



hZ̄mnK̄v̄ti Priv DVt̄bv

11. Priv enb

t̄ivc̄t̄Yi Rb̄" Priv enb Kivi mgq c̄iZv I Kv̄Ū t̄ḡvov̄t̄bv c̄wī n̄vi Ki t̄Z n̄t̄e| S̄w̄o ev ŪK̄wī t̄Z m̄w̄i K̄ti m̄w̄Rt̄q Priv c̄wī enb Kiv D̄w̄PZ| e⁻̄v̄e^x K̄ti Priv t̄K̄iv̄b̄t̄ḡB enb Kiv D̄w̄PZ bq|

12. R̄w̄g ̄Z̄wi

DĒgi f̄c P̄v I ḡB w̄ t̄q R̄w̄g ̄Z̄wi Ki t̄Z n̄t̄e, hv̄t̄Z Av̄M̄v̄Qv I LoK̄t̄v f̄vj f̄v̄t̄e c̄t̄P hv̄q| DĒgi f̄c Kv̄v K̄ti ̄Z̄wi R̄w̄g t̄Z c̄w̄bi Ac̄Pq Kg nq, bv̄B̄t̄Ūt̄Rb m̄v̄ti i Kv̄h̄R̄w̄i Z̄v ev̄to, Āt̄bK Av̄M̄v̄Qv ̄gb nq Ges m̄n̄t̄R Priv t̄ivc̄Y Kiv hv̄q| t̄ivc̄t̄Yi c̄t̄e[®]R̄w̄g mgZj n̄l qv P̄vB| Ḡt̄Z m̄vi I c̄w̄bi m̄ȳg e⁻̄n̄vi w̄b̄w̄ŌZ n̄t̄e Ges Av̄M̄v̄Qv Kg n̄t̄e| mgZj R̄w̄g t̄Z GKB mḡt̄q dmj c̄vK̄t̄e hv̄ dj b e^{w̄x} t̄Z m̄nv̄qK|



R̄w̄g ̄Z̄ix

13. Priv t̄ivc̄Y

t̄ivc̄t̄Yi Ēi m̄ḡZ̄wi Phv̄[®] Rb̄" Priv m̄w̄i t̄Z t̄ivc̄Y Kiv DĒg| t̄ḡS̄mḡ I Rv̄Z t̄f̄t̄⁻ m̄w̄i t̄_̄t̄K m̄w̄i i ̄j̄Zj 20-25 t̄m̄w̄UnḡUvi Ges Priv t̄_̄t̄K Priv 15-20 t̄m̄w̄UnḡUvi ̄j̄t̄Zj t̄ivc̄Y Ki t̄Z n̄t̄e| m̄w̄i t̄_̄t̄K m̄w̄i Ges Priv t̄_̄t̄K Privi w̄ba[®] Z̄ ̄j̄Z̄jeR̄v̄q ti t̄L R̄w̄g t̄Z w̄b̄w̄ ó m̄S̄L̄"K , w̄Qi ḡvā t̄g Av̄f̄ó dj b AR̄[®] Kiv m̄[®]e| m̄w̄i t̄Z Priv t̄ivc̄Y Ki t̄j w̄b̄ow̄b h̄š̄je⁻̄n̄vi Ges , w̄U BD̄w̄i qv e⁻̄n̄vi K̄ti m̄v̄ti i LiP K̄w̄g t̄q c̄Ē⁻̄w̄k̄Z dj b c̄v̄l qv hv̄q| D̄ci š̄l̄m̄w̄K ̄t̄Z̄j Priv t̄ivc̄Y Ki t̄j c̄Ō⁻̄Z̄ K M̄v̄Q mḡvb Av̄t̄j v-ev̄Z̄vm I m̄vi M̄h̄t̄Yi m̄ȳav c̄v̄q w̄eav̄q dj b ev̄to| ḡw̄U i 2-3 t̄m̄w̄UnḡUvi M̄f̄xi Z̄vq Priv t̄ivc̄Y Kiv DĒg| m̄w̄w̄K M̄f̄xi Z̄vq Priv t̄ivc̄Y Ki t̄j Privi evo-evow̄Z ̄ž̄z̄ i īǣnq Ges K̄w̄ki m̄S̄L̄^v ev̄to| t̄ivc̄t̄Yi mgq R̄w̄g t̄Z w̄Q̄c̄iQ̄t̄c c̄w̄b iv̄L̄t̄Z n̄t̄e| Priv t̄ivc̄t̄Yi 7-10 w̄ t̄bi ḡt̄ā t̄K̄vb Priv ḡv̄iv t̄M̄t̄j t̄m̄L̄v̄t̄b bZ̄b Priv t̄ivc̄Y Ki t̄Z n̄t̄e|



Priv t̄ivc̄Y

14. PrivtivctYi mgq

ubw 0 mgtqi AvtM evcti avb Pvl Kitj tgsmtf` avtbi dj b weNvq 4-7 gY Ktg thtZ cvti | mZivs AnaK dj b tctZ ntj mWk mgtq avb tivcY KitZ nte |

AvDkt AvDk avtbi ecb I tivcY epoi Dci wbfpkj | Zte G tgsmtg tivcY evectbi mgq epoi Rb` wKQy AvtM cti ntj I dj tbi tZgb tKvb cv`R` nq bv | wKgz epoi ntj `ekvtLi c0tg RvgtZ exR ecb ev exRZj vq Priv%Zwi Kiv fvi |

Avgbt G tgsmtg avtbi Priv kletYi c0g t`tK fit` i tkl chstivcY Kiv hvq | Zte 15 fit` i ci hZB t` w tZ avtbi Priv tivcY Kiv nte dj bl tmB nvti KgtZ_vKte | fv` gvtmi cti tKvb avb tivcY Kiv DvPZ bq | Avgb 15-30 Avl vq exR ecb Kti 15-30 kletYi gta` Priv tivcY Kti metPtq tenk dj b cvl qv hvq |

tevtivt th mg` RvtZi RxebKvj 150 w` b ev Zvi tPtq Kg tm RvZ` t` vi exR AMhvqY gvtmi i i tZ ecb KitZ nte | Avevi th RvZ` t` vi RxebKvj 150 w` tbi tenk tm` t` v 20 KwZR t` tK exR ecb Kiv hvte | D³ mgtq exR ecb Kti 40-45 w` tbi Priv tivcYi gva`tg fvi dj b cvl qv hvq | tevtiv avtbi tivcY 15 gvtNi gta` tkl Kiv DvPZ | Gici tivcY Kitj RxebKvj I dj b DfqB Ktg hvte |

15. mvi e`e`vcbv

mvi avb Drcv` tbi GKwU metkl c0qvRbxq Dcv`vb | tKvb mvi wK cwi gvtY Ges Klb c0qvM KitZ nte Zvi Dci dj b AfbKvsk wbf` Kti | ubweo Pvl vevt` i Rb` Rvigi DePv kw³ axti axti tj vc cvt`0 | Kw`yZ dj tbi Rb` mlyg mvi mWk gvI vq c0qvM KitZ nte |

K. BDwi qv (bvBtU`Rb) mvi

avtbi dj b ep`tZ bvBtU`Rb mvti i fvgKv metkaK | bvBtU`Rb MvtQi ep` mtab Kti, cvZvi i0 meR Kti Ges Kk`i mSL`v evovq | avb MvQ Zvi m`uY`RxebKvtj B bvBtU`Rb mvi MhY Kti | Zte me PvBtZ tenk MhY Kti Kk` MRvtbvi c0g avc t` tK Avt` Kti Kk` MRvtbvi gvSvwmS mgq chstI KvBpt`vo chvtq | ZvB avtbi fvi dj b tctZ ntj bvBtU`Rb mvi mWk gvI vq mWk mgtq c0qvM KitZ nte | BDwi qv mvti i Kvhrwi Zv RvgtZ Kg mgtqi Rb` _vtK | ZvB G mvi wZb wKw` tZ c0qvM Kiv DvPZ | c0g wKw` I Priv tivcYi 7-10 w` b ci, wZxq wKw` I tMvQvq 4-5 wU Kk` t` Lv w` t` Ges ZZxq wKw` I KvBpt`vo Avmvi 5-7 w` b AvtM w` tZ nte | tevtiv tgsmtg th me RvtZi RxebKvj 150 w` b ev Zvi Kg tmB mKj RvtZi Rb` weNvq 30 tKwR Ges 150 w` tbi tenk RxebKvtj i RvtZi Rb` weNvq 35 tKwR BDwi qv mvi mgvb wZb fitM fivM Kti Dcti evY` wZb wKw` tZ Dcwi c0qvM KitZ nte | GKB wbtg AvDk Ges Avgb tgsmtg weNvq 23 tKwR BDwi qv c0qvM KitZ nte | BDwi qv mvi c0qvM mgq RvgtZ 2-3 tmwUvq vq cwb ivLv mePvBtZ fvi | mvi c0qvM mvt` mvt` nvZ ev DBWvi w` t` AvMvQv` gvtbi e`e`v ubtj mvi thgb gvUvi mvt` wgtk hvq tZgub AvMvQv bv`vKvq avb MvQ mvi tenk cvq |

Gj wumt wj d Kvj vi PvU`ev Gj wum cwi` tKi `Zwi Pvi i0 wwkó GKwU t` j (wT) | Gj wum cxwZ e`envi Kti avb MvtQi Pwn`v Ablyq BDwi qv mvi c0qvM Kiv hvq | dtj BDwi qv mvti i LiP Kgvbv I AcPq tiva Kiv hvq Ges Kvhrwi Zv ep` cvq | Gj wum e`envi Kti kZKiv 20-25 fivM BDwi qv mvtq Kiv hvq |



wj d Kvj vi PvU`ev Gj wum

1. **BDwi qyt** 1. BDwi qv nj, BDwi qv mvi w`tq `Zwi eo AvKvfi i 1. U hv`L tZ b`rc_vmj b U`vetj tUi gZv | 1. BDwi qvq mvti i KvhRvni Zv kZKiv 20-25 fivM epx cvq | dtj BDwi qv mvi Kg j vM | 1. BDwi qv RvgtZ GKevti B c0qM Ki tZ nq | 1. U t`tK me mgq MvtQi c0qvRb Abjvqx bvBtUfRb mieivn_vKvq MvtQi tKvb mS 1. U v`K bv | 1. BDwi qv e`envi i Rb`ti vCYKZ.Rvgi mvi t`tK mvi Ges tMvQv t`tK tMvQvi `jZi ntZ nte 20 tmUngUvi | Pvi tivctYi 7-10 w`tbi gta` c0Z Pvi tMvQvi gvSLv`b 7-10 tmUngUvi Kv`vi Mfxti 1. U c0Z w`tZ nte | RvgtZ me mgq c0qvRbxq 2-3 tmUngUvi cvnb i vL tZ nte | mvari YZ AvDk I Avgb avtbi Rb` 1.8 Mg mvtRi GKU 1. U Ges tev`v avtbi Rb`eo mvtRi (2.7 Mg) GKU 1. U e`envi Ki tZ nte | 1. U c0qvMi ci RvgtZ c0qvRbxq cvnb i vL tZ nte hvZ Rvgi gvU tdU bv hvq | 1. U c0qvMi cti w`tkl c0qvRb Qov ASZ 30 w` b RvgtZ bvgv DvPZ bq |



1. U BDwi qv c0qM hSj

L. UGmuc (dmdim) mvi

avtbi Avkvbjfc dj b tctZ ntj mWK mgta mWK gv`vq dmtDU mvi RvgtZ c0qM Kiv AZxe Riwi | dmdim MvtQi gZj i epx NUvq Ges gvU t`tK Lv`vcv`vb I im tkvY Ki tZ mnvqZv Kti | dmdivmi Afvte MvtQi evo-evowZ I Kk`i msL`v Ktg hvq | UGmuc mvari YZ tev`v tgsm`g weNv c0Z 15 tKwR, AvDtk 12 tKwR Ges Avgtb 13 tKwR c0qM Ki tZ nte | Zte tev`v tgsm`g UGmuc mvi gv`v b jvqx c0qM Ki tZ AvDk I Avgb tgsm`g mvti i gv`v A`aK nte | Rvgt c0Zi tkl chv`q A`P tkl Pvl i mgq dmtDU mvi RvgtZ mgfvte UvU`tq c0qM Kti Pvl w`tq gvU mvt`_fvj fvte w`guktq w`tZ nte |

M. GgI uc (cUvk) mvi

cUvk mvi avtbi GKU AvZ c0qvRbxq Dcv`vb | cUvkvq MvQ`K k³ mej Kti Ges ti vM c0Zti va 1. U gZv evovq | cUvkvq Afvte MvtQi evo-evowZ Ktg hvq, avtbi cvZv tQvU ntq hvq Ges w`tP w`tK S`j cto | c0qvRb Abjvqx cUvk mvi RvgtZ c0qM Ki tZ avtbi dj b epx cvq | GQov avb MvtQi ti vMej vB I tcvKvqKo c0Zti va 1. U gZv epx Kti | GgI uc mvari YZ AvDk I Avgb tgsm`g weNv c0Z 9 tKwR Ges tev`v tZ 13 tKwR c0qM Ki tZ nte | tkl Pvl i mgq cUvk mvi RvgtZ mgfvte UvU`tq fvj fvte Pvl w`tq gvU mvt`_w`guktq w`tZ nte | Zte tetj gvU t`t` A`aR mvi tkl Pvl i mgq Ges evwK A`aR mtev`P Kk` Ae`vq Dcwi c0qM Ki tZ nte |

N. mvj dvi (MÜK) mvi

exRZj vq mvj dvti i Afve t`Lv w`tj Pvi v nj `yntq hvq, Pvi vi epx Kg nq Ges VvUv mn` Ki tZ cvti bv | Gme Pvi v RvgtZ j vMv`bvi ci AvkNvti gviv hvq | Kk` Ae`vq mvj dvti i Afve t`Lv w`tj c0`tg Kiv cvZv Ges cti Ab`vb` cvZvI nj t` ntZ_v`K | G Ae`vq MvQ LvUv, Kk` Kg Ges cvZv tQvU AvKvi avi Y Kti weavq dj b bvl ntZ cvti | KvBpt`vo Ae`vq mvj dvti i Afve t`Lv w`tj Qovi AvKvi tQvU nq Ges `vbi msL`v Ktg hvq | GgZve`vq Qov tei ntZ Ges dj t`dvU`Z t`wi nq | mvari YZ th mKj RvgtZ `v`b cvnb Rtg_v`K ev w`Rv v`K tmB mKj RvgtZ mvj dvti i Afve t`Lv w`tZ cvti | BDwi qv mvi c0qM Kivi ci I avb MvQ hv`nj t`_v`K Ges evo-evowZ Kg nq, Zvntj eS`Z nte MÜtKi Afve ntqtQ | tm`t` Zv`v`K fvte Rvgi cvnb mvi t`q w`tZ nte | Rvgti tkl Pvl i mgq mvj dvi mvi t`qv th`Z cvti, Avevi avb MvtQ mvj dvti i Afve t`Lv w`tj I Dcwi c0qM Kiv th`Z cvti | c0Z weNvq 4-9 tKwR w`Rcmvg c0qM Ki tZ nte | GK tgsm`g mvj dvi mvi c0qM Ki tZ cieZ`avb dmtj mvari YZ mvj dvi c0qvMi c0qvRb cto bv |

O. ʷRsK (ʷi) mvi

ʷi Ab ʷvb mʷi i gZ MʷtQi eʷxʷz ʷiaZcYʷfʷgKv iʷtL | mʷaviYZ th mKj gʷiJi AʷZvi gʷb 7 Gi AʷaK, ʷRe I tetj gʷiJ Ges ʷxNRʷj ʷfRv ʷtK tmLʷtb ʷi Afve t ʷLv t ʷq | Pʷiv j vMʷtʷbri 2-4 mʷBʷn cʷi ʷi Afve t ʷLv t ʷq | aʷb MʷQ gʷtS gʷtS Lʷtʷv nq eʷeʷm cʷo | cʷjʷZb cʷvZʷ gi tP cov eʷ ʷmg t ʷtK Kgj v i 0 aʷi Y Kʷi | aʷtʷbi Kʷk Kg nq, aʷb cʷvKʷZ tʷeʷk mgq j vʷM Ges ʷPUvi mʷL ʷeʷx cʷvq | ʷi Afve cʷKU nʷj KʷP Pʷiv gʷi v hʷq |

Gme tʷtʷt cʷtʷg Rʷig t ʷtK cʷmb mʷi tʷq ʷi tʷZ nʷe | Rʷigi tʷkI Pʷtʷi mgq ʷi mvi cʷqʷM Kiv thʷZ cʷtʷi | ZʷiQʷov ʷbʷj ʷLZ Dcʷtʷq I ʷi Afve cʷiY Kiv hʷq, thgb-

- ▶ eʷRZj vq ʷRsK mʷj tʷdU cʷqʷMʷi gʷa ʷtʷg |
- ▶ Pʷiv tʷivcʷtʷYi cʷe ʷi ʷeʷtʷ Pʷiv ʷKQʷjY ʷeʷtʷq tʷi tʷL | Gi Rb 20-40 Mʷg ʷRsK A- vBW cʷZ GK ʷj Uvi cʷmbʷZ e ʷenvi Ki tʷZ nq |
- ▶ th mKj RʷigʷZ me mgq cʷmb Rʷtʷg ʷtK tm mKj Rʷig t ʷtK cʷmb tei Kʷi Rʷig gʷtS gʷa ʷi KʷtʷZ nʷe |

P. ʷRe mvi

ʷRe mvi gʷiJi DeʷZvi Pʷij Kiv ʷ³ ʷmʷtʷe MY ʷKiv nq | ZʷiB ʷRe mvi eʷ meʷ mvi, h_v- cʷPʷ tʷMʷei, AveʷRʷb, Kʷtʷuʷo, meʷ mvi, tʷcʷmʷe ʷj Uvi BZ ʷi RʷigʷZ eQʷi GKevi nʷj I ʷeNv cʷZ 11 gY (iʷKʷv) A_eʷ 18 gY (ʷfRv) nʷtʷi cʷqʷM Kiv GKvʷšcʷqʷRb | th RʷigʷZ ʷRe mvi GKevi e ʷenvi Kiv nq, tm RʷigʷZ cʷieZʷaʷb dʷmʷj ʷUGmʷc Ges GgI ʷc mvi AʷaʷR gʷi vq e ʷenvi Ki tʷZ nʷe | meʷ mvi aʷb tʷivcʷtʷYi 3-4 ʷ b AvʷtʷM gʷiJi mʷt ʷfij fʷiʷe ʷgʷkʷtʷq ʷi tʷZ nʷe |

16. AvMvQv ʷgb

AvMvQv aʷbMʷtʷQi mʷt ʷAvʷtʷj v, cʷmb I Lʷv ʷmʷMʷni cʷZʷthʷmʷZvq ʷj B nq | ZʷiQʷov aʷbMʷtʷQi tʷtʷq AvMvQv AʷaK nʷtʷi eʷoʷtʷZ cʷtʷi | G Rb ʷaʷtʷbi tʷtʷZ AvMvQv ʷvKʷtʷj aʷbMʷtʷQi eʷo-ʷeʷoʷZ e ʷvʷnZ nq Ges dj b Kʷtʷg hʷq | aʷb MʷQ I AvMvQvi cʷZʷthʷmʷZvi dʷj tʷivcʷv Avʷtʷb kZKiv 15-20 fʷM, tʷeʷbv AvDʷk 30-99 fʷM, tʷivcʷv AvDʷk 23-72 fʷM Ges tʷeʷtʷi vʷZ cʷq 30-40 fʷM dj b Kʷtʷg thʷZ cʷtʷi | GgZʷe ʷvq, fʷij dj b tʷcʷtʷZ nʷj aʷtʷbi Rʷigi AvMvQv mʷMK mgʷtʷq ʷgb Ki tʷZ nʷe | ZʷiB Pʷiv tʷivcʷtʷYi ci 45 ʷ b chʷšI Rʷig AvMvQv gʷy i vLʷtʷZ nʷe | tʷivcʷv aʷtʷb nʷZ ʷi tʷq Kg cʷtʷq ʷgeʷvi AvMvQv cʷi ʷvi Ki tʷZ nʷe | cʷlʷgeʷvi aʷb tʷivcʷtʷYi 15 ʷ b ci Ges ʷOZxʷgeʷvi 30-35 ʷ b ci | ʷeʷDBWvi ʷi tʷq NʷUvi 10 kZvsk Rʷigi AvMvQv ʷgb Kiv hʷq | GʷiJ e ʷenvi Kiv mʷnR Ges I Rʷtʷb nʷj Kʷv |

Zʷe ʷiJ BDʷi qv cʷqʷMKZ. RʷigʷZ AvMvQvʷkK e ʷenvi Kiv B DĖg | AvMvQvʷkK e ʷenvi Kʷi Kg Li tʷP I Kg mgʷtʷq AvMvQv ʷgb Kiv hʷq | Zij, ʷvʷvʷi I cʷvDʷvi- GB ʷZb aʷtʷbi AvMvQvʷkK cʷvI qʷ hʷq | Zij I cʷvDʷvi RʷiZxq AvMvQvʷkK cʷmbʷZ ʷgʷkʷtʷq RʷigʷZ t ʷcʷKi tʷZ nq Ges ʷvʷvʷi AvMvQvʷkK BDʷi qv mʷtʷi gZ ʷiJ ʷtʷq e ʷenvi Kiv hʷq | AvMvQvʷkK cʷqʷMKZ RʷigʷZ 30 ʷ b ci GKevi nʷj Kʷv nʷZ ʷbʷmbi cʷqʷRb nʷtʷZ cʷtʷi | tʷeʷbv AvDk aʷtʷbi RʷigʷZ aʷb tʷeʷbri 1-2 ʷ b ci B AvMvQvʷkK t ʷcʷKi tʷZ nʷe | Zʷe tʷivcʷv aʷtʷbi RʷigʷZ tʷivcʷtʷYi 6 ʷ tʷbi gʷa ʷB AvMvQvʷkK cʷqʷM Ki tʷZ nʷe | AvMvQvʷkK cʷqʷMʷi mgq tʷivcʷv RʷigʷZ 2-3 tmʷg cʷmb ʷvKʷtʷZ nʷe Ges 5-7 ʷ b cʷmb aʷtʷi i vLʷtʷj Kiv ʷRix fʷiʷe AvMvQv ʷgb nʷe | ʷKQʷAʷbʷgʷi Z AvMvQvʷkK I e ʷenvi cʷxʷZ mvi Yx 1-G t ʷI qʷnʷj |



DBWvi ʷi tʷq AvMvQv ʷgb

miri Yx 1 : Abtjgw` Z AvMvQvbkK Ges Gi c0qvM cxiZ

AvMvQvbkK	c0qvMi mgq	gvT v (ueNv)	AvMvQvi ai b (Mbc)
1. g`vPiu 5 uR	ti vctYi 3-6 w` b chSf	3.33 tKwR	eo ciZv, Nvm, tmR
2. Avi tMvi 10 Bwm	ti vctYi 3-6 w` b chSf	14.00 ugwj	eo ciZv I tmR
3. GgumicG 500 Bwm	AvMvQvi 3-5 ciZv chSf	14.00 ugwj	eo ciZv I tmR
4. i b ÷ vi 25 Bwm	ti vcy ev ectbi 3-6 w` b chSf	267.0 ugwj	eo ciZv, Nvm, tmR
5. wiu du 500 Bwm	ti vcy ev ectbi 3-6 w` b chSf	133.3 ugwj	eo ciZv, Nvm, tmR
6. wmw qm 10 Wwed uc	AvMvQvi 1-2 ciZv R=stbv chSf	20.00 Mlg	eo ciZv, Nvm, tmR
7. mvbi vBR 150 Wwed uc	AvMvQvi 1-2 ciZv R=stbv chSf	13.33 Mlg	eo ciZv, Nvm, tmR

17. tmPe`e`vcbv

avb PvfI tmfPi , iaz; Acwi mxg | cwb avbMvQvi kixi MVb, cwp Dcv`vb AvniY, tcvKvgrKo I tivMej vB
 `gb e`e`vK cfwmeZ Kti _vfk | ZvB avtbi fvj dj b tctZ tmfPi tKvb ueKi tbB |

K. tevfi v avtb tmP

Pviv ti vctYi ci RigtZ 10-15 w` b chSf uQciQtc cwb ivLtz nte | avtbi RigtZ me mgq `wvfbv cwb ivLvi tKvb c0qvRb tbB | KvBPt_vo Avmv Avi ctntj uQciQtc cwb ivLtz nte | Avevi avtbi `vbr k³ nl qv i iæKi tj B Rigt _tK cwb mwitq w` tz nte | BDwi qv Dcwi c0qvM, uU BDwi qv e`enri Ges AvMvQv `gtbi Rb` RigtZ uQciQtc cwb ivLtz nte | tevfi v PvfI Gkevi 5-7 tmwUigUvi tmP t` I qvi ci RigtZ `wvfbv cwb tkl nevi 3 w` b ci clyiq tmP w` tj 15-20 evi tmfPi c0qvRb nq | Gtz Kti Kvw`yZ dj b cvl qv hvq Ges me^o `vavfbv cwb t`_tK kZKiv 25-30 fvm cwb Kg j vtm |



`vavfbv cwb

L. GWweDwW cxiZ

tevfi v tgsmtg avb Avev` cwb mvktq GKwU cxiZi bvg Aj Uvi tBU I tqiUs GU WvBs (GWweDwW) A`_f chfpmtg wFRvfbv I iKtbn | GB cxiZ nj RigtZ chfpmtg wFRvfbv ev iKvfbvi gva`tg c0qvRb gmdK wbcwstZ tmP t`qv | Pviv ti vctYi 10-15 w` b ci t`_tK GB cxiZtZ chfpmtg wFRvfbv I iKvfbv tmP 40-45 w` b chSf Pj te | hLb MvQ t_vo t`Lv hvte ZLb RigtZ 2-3 tmwUigUvi cwb ivLtz nte | avb cvKvi 10-15 w` b cte^o tmP t`qv eU Kti w` tz nte | GWweDwW cxiZtZ tevfi v avtb tmP w` tj 4-5uU tmP evvfbv hvq Ges ZvtZ dj b I Ktg bv | Gfite G chvstZ cwb, Rvj wv I mgq mvktq nq |



tytZ GWweDwW e`enri

M. m^oú-i-K tmP

Avgb dmj e^oi Afite h^o m^ov^oqK Liv Keij Z nq Zvntj
m^oú-i-K tmP w^o tZ nte | m^oú-i-K t^otmPi msL^o
c^oq^oRbterfa GtKi AnaK n^oZ c^oti | erm^oti tkl
e^oo^oc^oti Zi e^ocKZv I el^oYi mg^oti Dci Livi c^ofi
A^otbKvst^ok w^obF^okyj | M^oteIYvq t^o Lv t^oM^oQ Livi ZxeZvi
Dci w^obF^o K^oti i^o agv^o G^oKu^o t^otmPi gva^otg kZKiv 60
fi^oti I te^oik dj b evov^otv m^oe |



Lij t^o-tK tmP

m^oú-i-K tmP w^obKU^o-w^oc A^oev k^ovtj v^oUDeI t^oqj t^o-tK t^oqv th^oZ c^oti | ZvQvov w^obKU^o-b^ox, Lij -wej, c^ož ev
t^oWvev t^o-tK Abivq^otm G^oKu^o ev^o t^oU tmP t^oqv th^oZ c^oti | Kvi YZLb c^ovbi t^oKvb Afve^o-v^otK bv | Zte Gi Rb^o
ce^oo^oti Zi c^oq^oRb | c^oq^oRb tgvZvteK Zv^oq^ow^obK tmP c^oq^oti Mi Rb^o tmP h^oš; bij v, Av^o R Ges gub^oumK c^oti
ivL^otZ nte | m^oú-i-K t^otmPi msL^o I c^oq^oti Mi mg^oq w^oba^oti^oYi Rb^o e^oo^oc^oti Z I Livi c^ož w^otekl^o w^oo^o ivLv
c^oq^oRb |

18. t^ocvKivKo`gb e^oe^o-v^ocbv

evsj t^o t^oki AvenI qv av^oti t^ocvKivKo e^oxi m^ov^oqK | G ch^oš^o evsj t^o t^oki 266w^o c^oRv^oZi q^ow^oZKvi K t^ocvKiv
m^obr^o Kiv n^otq^oQ | G^o t^o g^ota^o 20-33w^o c^oRv^oZtK c^ovbi Av^ob^oKvi x t^ocvKiv w^omv^ote MY^o Kiv nq | c^ovbi q^ow^oZKvi
t^ocvKiv Av^oug^ot^oY te^oti v, Av^oDk I Avgb t^og^oš^otg h^o-v^otg kZKiv c^oq 13, 24 Ges 18 f^ovM dj b bó nq |

K. q^ow^oZi ai b Av^ogv^oti c^ovbi Av^ob^oKvi x t^ocvKivKo t^oK 6w^o f^ovt^oM f^ovM Kiv hvq | thgb-

t ^o cvKiv tk ^o Y ^o w ^o ef ^o vM	t ^o cvKiv bvg
Af ^o š ^o ixY Lv ^o K	t gvRiv t ^o cvKiv, Mj gv ^o Q ev biv gv ^o Q
civZv Lv ^o K	t civZivgv ^o Q, cig ^o vi t ^o cvKiv, civZv tgvov ^o tv t ^o cvKiv, P ^o v ^o t ^o cvKiv, tj ^o v t ^o cvKiv, N ^o v ^o di ^o os, I j ^o v ^o kv ^o DiP ^o žv
civZv tk ^o vl K	t me ^o R civZvdi ^o os, Kgj vgv ^o v civZvdi ^o os, Av ^o Kiv-ev ^o Kiv civZvdi ^o os I w ^o -č ^o m
Kiv ^o tk ^o vl K	t ev ^o v ^o gv Mv ^o Qdi ^o os, m ^o v ^o v ^o -w ^o c ^o V Mv ^o Qdi ^o os I QvZiv t ^o cvKiv
v ^o tv tk ^o vl K	t M ^o v ^o t ^o cvKiv
w ^o kl Kiv ^o t ^o cvKiv	t w ^o kl Kiv ^o tv ^o v t ^o cvKiv

`gb c×iZ	¶iZKvi K tcvKvi big
Rigi cmb tei Kti w`tq	t cvZvgiQ, Pij½ tcvKv, ev`vig MvQdios I miv`icV MvQdios
RigtZ cmb w`tq	t tj`v tcvKv, QvZiv tcvKv I Rigi gmiUz jKtq`vKv tcvKv
Wtgi Mv`v I g_ msMh Kti	t gvRiv tcvKv
Avtj vK dti i mivvth`	t MvU tcvKv, gvRiv tcvKv, meR cvZvdios I Mj gmiQ
nvZRvj Øviv	t cigwi tcvKv I Ab`vb` tcvKv
ti vY`i-Z; emotq	t ev`vig Nvmdios, miv`icV MvQdios
Avmvs`MvQ Dcti tdj	t QvZiv tcvKv
tcvKv cZti va RvZ Pvl Kti	t meR cvZvdios, ev`vig MvQdios, miv`icV MvQdios I gvRiv
avtbi Lo/brov RigtZ cmtq tdj	t gvRiv tcvKv, tj`v tcvKv, wkl KivUv tj`v tcvKv
cwiigZ BDwi qv e`envi Kti	t w`cm
av MvQi cvZvi AMvM tKtU	t cigwi tcvKv
RigtZ Wj cvj v cZ	t cUq mKj tcvKv
cwiigZ KivbvkK e`envi Kti	t me avtbi ¶iZKvi K tcvKv

M. mgvšZ evj vB e`e`vcbv

cwi tek`HYgŷ ti tL cUqvRtb GK ev GKvmaK`gb e`e`v MhYi gva`tg dmtj i ¶iZKvi K tcvKvKo I ti vMej vB Avw`R ¶iZmxgvi wbtP ivLvK AvBicGg ev mgvšZ evj vB e`e`vcbv etj | AvBicGg Gi Dcv`vb, tj vwb`šeYØv Kivnj |

DcKvix tcvKvKo I cUx e`e`vcbv

- ▶ DcKvix cUxt`RieK`gb cUqvq thgb- e`vO, wPj, tcv I MvBvc BZ`w` Øviv|
- ▶ DcKvix tcvKvKot gvKomv, tj wvewwUj, K`vi wvewUj, tevZv, QvK I tbgvUwW cUz AvbóKvix tcvKv tLtg evj vB wvqšY h`ó mivvth` Kti | Ziv Gt` i mSL`vewx I msi ¶iYi e`e`v MhY Kiv Riavi |

evj vB mnbkxj RvtZi Pvl ver`

- ▶ avtbi tekvKQvRvZ ¶iZKvi K tcvKvKto Avmgy AvbKvstK cZti va Ki tZ cvti, thgb-
 weAvi 11 t nj`ygvRiv tcvKv|
 weAvi 22 t nj`ygvRiv tcvKv|
 weAvi 26 t ev`vig MvQdios I meR cvZvdios|
 weavb27 t ev`vig MvQdios I cigwi tcvKv|
 weavb33 t miv`icV MvQdios|
 weavb36 t meR cvZvdios|

AvaybK Pvl ver` c×iZ Avygi Y

- ▶ mlyg gvIvq mvi, AvMvQvgŷ Rigi, mivK cmb e`e`vcbv I mvi tZ Pvi vti vctYi mivK`i-ZjeRvq ivLv evj vB`gtb mivqK |

evj vB`gtb wvfbv c×iZ

- ▶ nvZRvtj i mivvth` tcvKvati tgti tdj v|
- ▶ Avtj vK dti i mivvth` tcvKvati tgti tdj v|
- ▶ Avmvs`cvZvi AvMv tKtU tcvKv`gb|
- ▶ Wj cvj v cZ tcvKv tLtkv cml emvi e`e`v Kti tcvKv`gb|

ivmivqubK`gb e`e`vcbr

- ▶ Dctiv³ 4u c×wzi mivnith` hwi` qwzkvi K tcvKvi AvμgY` wgtq ivLv mæe bv nq, ZLbB tKej mivK gvTva KxUbrkK e`envi Ki tZ nte|

weKi ivmivqubK`te`i e`envi

- ▶ MvQ MvQovi wbhvrit cvgwi, ev` wv MvQdiwsmn, `vgRvZ km` tcvKvi tej vaI c0hvR`|
- ▶ tdti vtgvbt GK ai tYi ivmivqubK AvKPK e`envi Kti cjal nj ygvrivi g_ AvKp Kti tgti tdj v|

19. tivMej vB`gb e`e`vcbr

evsj vt`tk avb Drcv` tbi c0ZeÜKZv, tj vi gta` tivMej vB Ab`Zg| G chSlevsj vt`tk tgvU 32u avtbi tivM mbr³ Kiv ntqtQ| Gt`i gta` 1u fivBivm, 1u gvBtKvcrRgv, 3u e`vKtUwi qv, 22u Q1vK I 5u Kug. 0viv msNuUZ nq| ewl kiu tivtMi gta` 10u tivM avb PrtI carb c0ZeÜK| G 10u tivtMi gta` Avevi 6u LgB gvivZK, thgb avtbi fivBivmRubZ Ustiv, e`vKtUwi qvRubZ cvZvctiov, Q1vKRubZ ev-, tLvj tcvov I evKwib Ges tbgvtUvWRubZ Ddiv tivM| G me tivM avtbi dj b Mto kZKiv 10-15 fivM Kugtq tdj tZ cvti | avtbi Drcv` b ewxi j t`q` Gme tivM` gb Kiv Acwi nvh` Zte tivtMi c0wgK Ae`vq c0ZKvti i e`e`v wbtj `f e`tq tivM` gb Kiv mæe| tivM` gtpi ceRZ tjt v mivK fivte tivM mbr³ Kiv| wfbawfbawf tivtMi dtj MvtQ wfbawfbawf qY cKvk cvq| Gme j qY t` tL MvtQi tivM wptZ nq| tivM-Rievby` fivte avtbi qwz Kti _vtK| K. cwi gvYMZ qwz L. , YMZ qwz| dj tbi qwz Kivi qgZv Dci wfvE Kti tivM, wj tK gE` I tMSY GB` BfivM fivM Kiv ntqtQ| avtbi KtqKuU gE` tivtMi weei Y wbt`st` qv nj |

K. fivBivmRubZ tivM

Ustiv tivM G tivtMi evnK meR cvZvdiwos| gvT 2 wgvbtU AvμvšMvtQ tLtg fivBivm msMh Kti | Avevi 2 wgvbtU mY`MvtQ tLtg G tivM QovtZ cvti | Ustiv AvμvšMvtQi cvZvq c0wgK Ae`vq j wj wfvte wki vei vei nij Kv meR I nij Kv nj t` ti Lv t` Lv t` q| cti Avt`IAvt`Img`I cvZiUvB nj t` ev Kgv i 0 avi Y Kti | c0wgK Ae`vq t` tZ wevTB fivte `YgKuU MvtQ Ges wKQyKQyRvqMvq cvkvcwK AtpK, tj v MvtQ j qY t` Lv hvq| Pviv ev Kwk Ae`vq AvμvšIntj MvQ tewk LvUv nq, MvQ` wj ntq hvq, Kwk Kg nq Ges wKko` wj ntq cto| dtj MvQ Uvb w` tj mntR gvU t` tK Dtv Avtm|

c0ZKvi

- ▶ meR cvZvdiwos Gi Rb` tclwbtUw` qb (50 Zij) 133 wgvj /weNv ev Kbbvj dm (25 Zij) 150 wgvj /weNv c0qum Ki tZ nte|
- ▶ nvZRvj w` tq meR cvZvdiwos ati tgti tdj v|
- ▶ Ustiv AvμvšRvgi Avtk cvtk evRZj v Kiv t` tK wei Z _vKtZ nte|



nvZRvj tcvKv`gb

L. e`vKtUwi qvRwbZ ti vM

KtmKt Priv I Kjk Ae`vq mvaivi YZ KtmKti j qjY cKvk cvq| tivMti Kvi tY MvQiu cU`tg tbwZtq cto Ges Avt`IAvt`I cji v MvQiu gvi v hvq| Avmvs`MvQ Ztj tMvoiq Prc w`tj `MhY ctRi gtZv Avwtj v Zij c`v` evni nq|

cvZt`cvov ti vMt cU`tg cvZvi AMfivM ev wKbvi vq bxj vf cmb tPvl v`vM t`Lv hvq| `vM, tj v Avt`IAvt`Invj Kv nj y i 0 avi YKti cvZvi AMfivM t`tK wbtPi w`tK evotZ `vtK| tk tI i w`tK AvsukK ev m`uY`cvZv Sj tm hvq Ges ayi ev i Ktbr Ltai i 0 avi YKti |

cU`ZKvi

- ▶ tivM cU`Ztivax/mnkxj RvZ e`envi Kti |
- ▶ mlyg gv`vq mvi e`envi Kti |
- ▶ Priv DVv`bvi mgq thb wKko Kg wQta|
- ▶ tivMmvs`Rvqi bvoiv Lo cvotq tdtj |
- ▶ S`tov-epi ci BDwi qv mvi bvt`qv|
- ▶ tivM t`Lvi ci BDwi qv Dcwi cU`qvMeU i vLv|
- ▶ KtmK Avmvs`Rvqi wKtq 5-7 w`b ci Avevi cmb t`qv|



cvZt`cvov ti vM

M. QIvKRwbZ gE`ti vMmgn

evsj vt`tk avtbi QIvKRwbZ ti vM, tj v MvtQi tKvb Astk Ges evx i tKvb chiq ev`ti Avmgy Kti Zvi GKiu Zvuj Kv wbt`st`I qv n`tj v|

tivMti bvg MvtQi tKvb Astk Avmgy Kti
 1| tLvj tcvov tLvj I cvZv
 2| ev`- cvZv, Kv tUi wMU I wktI i tMvov
 3| tLvj cPr wMM cvZvi tLvj
 4| Kv UcPr tLvj I KvU
 5| cvZv tdv`v cvZv
 6| evKwb Privi tMvov I KvU
 7| ev`wg `vM cvZv I exR

MvtQi tKvb chiq ev`ti Avmgy Kti
 Kjk MRv`bvi tkl Ae`vq
 mKj Ae`vq Zte Priv Ae`vq temk
 t`vo Ae`vq
 Kjk MRv`bv t`tK t`vo Ae`vq
 t`vo Ae`vq
 Priv Ae`vq
 mKj Ae`vq

tLvj tcvov ti vMt MvtQi mevkaK Kjk Ae`v t`tK mvaivi YZ G tivMtu t`Lv t`q| cU`tg cmbi mgZtj tLvj i Dci tMj vKvi ev j`vU ai tbi Rj Qrtci gZ `vM cto| cti `vM, tj vi gvSLv`b ami eY`avi Y Kti ev`wg `vMv i v cwi temoz nq| Avt`IAvt`I `vM eo n`tq mg`ItLvj I cvZvq Qvotq cto| GAe`vq `vM, tj v t`L tZ A`tbKuv tMvLi v mvtci Pvgovi gZ gtb nq| temk Avmvs`In`tj m`uY`MvQiu Sj tm hvq|

cU`ZKvi

- ▶ tivcY `i-Z; 25x20 tmug ev 20x20 tmug n`tZ nte|
- ▶ RvgtZ tkl gB t`qvi ci cmb tZ firmgvb AveR`v PU ev Kvcov`tq Ztj gwtZ ctZ tdtj v|
- ▶ tivM t`Lv w`tj Rvqi cmb i wKtq Avevi cmb w`tZ nte|
- ▶ RvgtZ mlyg gv`vq mvi e`envi Kiv|
- ▶ cUvk mvi mgvb `vKw`tZ GKfvM Rvq `Zwi i tkl Pvl Ges Ab`fvM wZxq wKv`IBDwi qv mvi cU`qvMi mgq w`tZ nte|
- ▶ chiq t`g Ab` dlj Pvl Kiv|
- ▶ tbiU`fv, dvj Kj, KbUvd, tn` vtKvbrj tLvj tcvov ti vM `gtb Kv`Ki QIvKv`kK| Avmvs`m`uY` t`qZ A`ev Avmvs`MvtQi Privi cvt`ki KtqKiu mY` wQmn weKv`tj MvtQi Dcwi fivM th`Kv`wU t`u` Kiab| QIvKv`kKi gv`v t`tj t`L t`u`Kiab|



tLvj tcvov ti vM

