

RvZ cwi wPwZ

weAvi 4 GKwU Avgb avtbi RvZ | evsj vt` k avb Mtel Yv Bbw÷-wUDU AvBAvi 20 Ges AvBAvi 5-114-3-1 -Gi gta` m¼ivqY Kti 1975 mvTj weAvi 4 D^mveb Kti tQ | RvZwU Rbwctq bvg wekvBj |



weAvi 4

RvTzi ^ewkó

- ▶ GwU GKwU AvTj vK mste` bkxj RvZ |
- ▶ weAvi 4-Gi D^mPZv 125 tmwUwgUvi |
- ▶ Pvj gvSwi tgvUv l mv` v |

RxebKvj

RxebKvj 145 w` b | Zte AvTj vK-mste` bkxj weavq Gi cKZ RxebKvj ecb l ti vctYi mgqi Dci BwbFpkj |

dj b

Gi dj b tn±i cÖZ 5 Ub |

1976 mvTj AvšRwZK dj b cÖZthwMZvq weAvi 4 cÖg `vb Awakvi Kti |

Pvl vev` c×wZ

1. exRZj vq exR ecb t 1-30 Avl vp (1 Rb-15 Rj vB) |
2. Pvi vi eqm t 30-35 w` b |
3. ti vctYi mgq t weAvi 4-Gi exR ectbi mePvBtZ fvj mgq ntj v Avl vp gvm | Gmgq exR ecb Ki t j kteYi gvSvgnS t_ tK tk l chšPvi v ti vCY Kiv hvq Ges KwZK Ki 2q-3q mBvn bvMv` dj t dvTU |
4. Pvi v ti vCY t tMvQv cÖZ 2-3 wU my` Pvi v ti vCY Ki tZ nte |
5. ti vCY` t Zjt 20 x 15 tmwUwgUvi |
6. mvi e`e`vcbv (tKwR/weNv) t

6.1	BDwi qv	wUGmwc	Ggwc	wRcmvg	wR¼
	24	13	9	8	1.5
- 6.2 BDwi qv mvi mgvb 3 wkw` tZ Rwg` Zwi i tk l chšq, Pvi v ti vctYi 20-25 Ges 55 w` b ci cÖqvM Ki tZ nte | Zte Gj wmw wfvEK BDwi qv Dcwi cÖqvM Kiv DEg |
7. AvMvQv` gbt ti vctYi ci 30-40 w` b chšRwg AvMvQvg³ i vLv Avek`K |
8. tmP e`e`vcbv t avtbi Pvj k³ nl qv chšcÖqvRtb m^aú t K tmP w` tZ nte |
9. ti vMevj vB` gbt weAvi 4 cvZvtcvov ti vM ga`g cÖZt v akj | KxUcZ½ l evj vB` `gtb Abtgw` Z c×wZ Abmi Y Kiv thZ cvti |
10. dmj KvUv t 10-15 AMhvqY (25-30 bt f^a) |