

RvZ cwi wPwZ

¶Avi 22 ev KI Y eb v cœY Gj vKvq eb v c i eZ Pmg tq bvx Avgb mmté
Pvl ver t` i Rb GKI Ddkx av tbi RvZ | bvBRvi kvBj -Gi gZB GKI GKI
Avt j vK msté` bkvj RvZ | 1988 mtj evsj vt` k aw Mtei Yv Bb v JDU
G RvZ D™eb Ktj |



meAvi 22

Rv‡Zi ^ewkó"

- ▶ Gi D" PZv 125 tmiUngUvi |
 - ▶ Avtj vK msṭe` bkxj |
 - ▶ Gi Pvj LvṭUv, tgvUv I mv` v

GRvtZi wetkl cÖgvRbxqZv

evsj v‡`‡k eb‡v GKvU †bqwgZ cOKwZK `‡hM | †`‡ki tgvU 14.49 wgwj qb tn‡i Rwg i c‡q AtaRB eb‡vc‡Y | †Kvb
tKvb eQi kZKi v60 fv‡Mi I tekx Rwg eb‡v Kewj Z n‡Z cv‡i | mvavi YZ c‡e j e‡ocv‡Zi Kvi †Y R‡g †m i " n‡q
AvMt‡ eb‡v cOKwZK AvKvi avi YK‡i | A_P Avgb tg‡mt‡gi i i‡et _‡K t‡vcY Ges t‡vc‡Yv‡Ei K‡y MRv‡bv Ae †q eb‡v
n‡q _v‡K Ges Avgb avb ¶‡ZM‡Ínq | Avgb av‡bi c‡q 22% Rwg eb‡vc‡Y Gj vKvi AvI ZvFy‡ | eb‡v‡Ei mg‡q
K‡i †Kiv mvavi YZ †vbxq RvZ bvBRvi kvBj -Gi Aver` K‡i _v‡Kb | A_P bvex Rv‡Zi weAvi 22 PvI K‡i Zv‡v c‡q
w‡Y dj b tc‡Z cv‡ib |

RæbKvj

Gi RxebKvј 150 w` b| Avtј vK msđe` bkxj nI qvq Gi RxebKvј ecb |
tivcтYi mgтqi Dci wbfPkvј |

dj b

Mo dj b tn±i c ö Z c ö g 5 Ub |



Pyl my ` c x w Z

1. exRZj vq exR ecb t Avl vp-kleY, bver: kleYi tkI chS(15 Rp-15 AvMō) |
 2. Pvivi eqm t 30-50 w b (bver: tivctYi tPtit Pvivi eqm tekxnl qvAvek K) |
 3. tivctYi mgq t -fmeK Ae -q kley-fv (bver: Awtbi i i "t_k gVSigwS chS, A_w tmPoxi i 15-30 chS) |
 4. tivcY ` i Zit 25 x 15 tmwUngUvi |
 5. Pviv tivcYt -fmeK Ae -q cÖZ tmQvq 2-3 U Pviv | bver: tivctYi tPtit cÖZ tmQvq 4-5 U Pviv |
 6. mvi e-e -vcvt (tKwR/mewv) t
 - 6.1 BDwi qv wUGmwC GgwC wRcmvg wR½
24 13 9 8 1.5
 - 6.2 BDwi qv mvi mgvb 3 wKw -tZ Rwg ^Zwi i tkI chS, tivctYi 20-25 Ges 60 w b ci cÖqM Ki tZ nte | Zte Gj wwm wFwEK BDwi qv cÖqM Ki w DÉg |
 7. tmP e-e -vcvt avtbi ` vbo k³ bvn l qvchS cÖqRtb m-ut K tmP t` qvAvek K |
 8. AvMvQv ` gb t tivctYi ci AšZ 40 w b AvMvQvgy³ i vLtz nte |
 9. ti wMevj vB ` gb t Abtgw Z c×wZ Abym i YthM |
 10. dmj KvUv t 15-30 AMwvqY (30 btfpoxi-15 wtmoxi) |