



RvZ cwi wPwZ

we^a avb32 Avgb t^gsm^{tj}gi GKwU RvZ | evsj vt[^] k avb Mtel Yv Bbw⁻ wUDU 1994 mv^{tj} G RvZwU D[™]veb Kti |

Rv⁺Zi ^ewkó

- ▶ Gi D⁺PZv 120 t^mwUwUvi |
- ▶ MvQwU Kg gRe^z etj Xtj covi c^eYZv i tqtQ |
- ▶ Gi Pvj gvSwi tgvUv I mv[^]v |



we^a avb32

G Rv⁺Zi we⁺kl c^oqvRbxqZv

RvZwUi Av^{tj} vK mste[^] bkxj Zv tbB etj Avl vp-k^{te}Y gv^tmi g^{ta} hLbB exR ecb Kiv t^{nv}K bv tKb Gi R^xebKvj 130 w[^]bB | mgqgZ ecb I tivcY Ki^{tj} AwZ mn^tRB i we dmj , thgb- Mg, Wj , mwi Iv, me^wR BZ^w Pvl Kiv mnR |

R^xebKvj

Gi R^xebKvj 130 w[^]b |

dj b

dj b tn[±]i c^oZ 5 Ub |



Pvl vev[^] c^xwZ

1. exRZj vq exR ecb : 5-15 Avl vp (20-30 Rp) |
2. Pvi vi eqm : 25-30 w[^]b |
3. tivcY [^] t Zj : 20 x 15 t^mwUwUvi |
4. mvi e[^]e⁻vcbv (tKwR/weNv) :

BDwi qv	wUGmwc	Ggwc	wRcmvg	wR ¹ / ₄
20	13	9.5	8	1.5

4.2 BDwi qv mvi mgvb 3 wKw[^] tZ Rwg ^Zwi i tkl ch^oq, tivc^tYi 20-25 Ges 40 w[^]b ci c^oqvM Ki^tZ n^{te} | MvQX^{tj} covi AvksKv⁻ vK^{tj} mxwGZ cwi gv^tY BDwi qv c^oqvM Kiv Ges Aek[^]B Ab^tg^w Z gv[^]vq cUvk mvi e[^]envi Ki^tZ n^{te} | Zte Gj m^wm w^fw[^]EK BDwi qv mvi c^oqvM Kiv DEg |
5. AvMvQv[^] gb : tivc^tYi ci A^sZ 30-35 w[^]b ch^siRwg AvMvQv^g i vL^tZ n^{te} |
6. tmP e[^]vcbv : Pvj k³ nI qv ch^si c^oqvR^tb m[±]ut K tmP w[^] tZ n^{te} |
7. tivMevj vB[^] gb : Ab^tg^w Z evj vB[^] gb e[^]e⁻v Ab^mi Y Ki^tZ n^{te} |
8. dmj cvKv I KvUv : 15-30 KwZ^R (30 A^t±vei -15 bt^fat) |

g^se[^]:

cwi wGZ mvi c^oqv^tM, we⁺kl Z BDwi qv I cUvk mvi c^oqv^tM Xtj cov A^tbKv^st^k c^oZ^tiva Kiv hvq | ZvQov GKUzDPz RvgtZ Gi Pvl Kiv DEg, hv^tZ Xtj covi c^eYZv K^tg Av^tm |