

RvZ cwi wPwZ

we^aavb33 Avgb tgšm̄gi AvMvg RvZ | evsj vt̄ k avb Mtel Yv Bbw± wUDU
1997 m̄t̄j RvZwU D^mveb Kt̄i |



we^aavb33

Rvt̄Zi ^ewkō

- ▶ D^aPZv 100 t̄m̄wUvgUvi |
- ▶ GB avt̄bi Pvj Lv̄t̄Uv, t̄gvUv l MvQ gReY ZvB t̄n̄t̄j cto bv |
- ▶ Mv̄t̄Qi cvZv cP̄w̄j Z Rvt̄Zi t̄Pt̄q m̄vgv̄ Pl ov Ges w̄M̄M cvZvi AvMvi
w̄ K t̄_̄t̄K 2-3 t̄m̄wUvgUvi vb̄t̄P t̄Kw̄PKvt̄bv fvR Av̄t̄Q |
- ▶ avt̄bi t̄Lvmvq fv̄t̄R fv̄t̄R nvj Kv ev̄ vgx i O Av̄t̄Q |

G Rvt̄Zi wētkl c̄t̄qvRbxqZv

mgq gZ we^aavb33 Pvl Kt̄i mKj i we dmj B AvMvg Avev̄ Kiv m̄e | ZvQrov, AvMvg cv̄t̄K weavq Mi xe Pvl xt̄ i Rb̄
G RvZ wētkl fv̄te Dc̄t̄hvMx | DĒi vĀt̄j i g½v Dc̄`*Z Gj vKvq we^aavb33 tek Rbw̄c̄q | [W̄ig mxW̄vi](#) (W̄ig mxW̄vi d'v±
kxU t̄ Lp) w̄ t̄q mi v̄m̄wi ec̄t̄bi t̄q̄t̄ 100 w̄ t̄bi gta`B avb cv̄t̄K Ges ZLb evRvi `i l fv̄j _v̄t̄K |

RxebKvj

Gi RxebKvj gv̄t̄ 118 w̄ b |

dj b

dj b t̄n̄±i cōZ 4.5 Ub |



Pvl vev̄ c×wZ

1. exRZj vq exR ecb : 15-20 Avl vp (30 Rb-5 Rj vB) |
2. Pvi vi eqm : 25-30 w̄ b |
3. t̄i vcY` t̄ Zj : 20 x 15 t̄m̄wUvgUvi |
4. mvi e`e`vcbv (t̄Kw̄R/weNv) :

4.1	BDwi qv	wUGm̄ic	Gḡic	wRcmvg	wR¼
	20	13	9.5	7	1
- 4.2 BDwi qv mvi mgvb 3 w̄Kw̄ t̄Z Rvg `Zwi i tkl ch̄t̄q, t̄ivc̄t̄Yi 12-15 Ges 30 w̄ b ci cōq̄M Ki t̄Z n̄te |
Zte Gj w̄m̄w̄ vfv̄ĒK BDwi qv mvi cōq̄M Kiv DĒg |
5. AvMvQv `gb : t̄ivc̄t̄Yi ci AšZ 30-35 w̄ b Rvg AvMvQvg³ i vL̄t̄Z n̄te |
6. t̄m̄P e`e`vcbv : Pvj k³ n̄l qv ch̄t̄c̄c̄q̄vR̄t̄b m̄±ú̄t̄ K t̄m̄P w̄ t̄Z n̄te |
7. t̄i vMevj vB `gb : ev̄± l m̄v̄ v w̄cV MvQ d̄w̄s-Gi Av̄m̄gY cōZ̄t̄i vakxj | evj vB `ḡt̄b Ab̄t̄ḡw̄ Z e`e`vcbv
Ab̄m̄i Y Ki t̄Z n̄te |
8. dmj KvUv : 15-20 Kw̄ZR̄ (30 Āt̄±vei -5 b̄t̄f̄±t̄) |