



RvZ cwi wPwZ

we^a avb34 GKwU mMwU tcvj vl avtbi RvZ | evsj vt` k avb Mtel Yv Bbw=-wUDU 1997 mvjt htkvi AA'tj i vbxq LvmKvmb bvgK avb t_tK evQvBKiy cUqvivi gva'tg we^a avb34 D^mveb Kti tQ | GuU mMwU Ges Kwj wRiv avtbi gZB tQvU Ges tcvj vl ^Zwi i Rb` LpB Dc'thvMx |



we^a avb34

RvtZi ^ewkó

- ▶ D^mPZv 117 tmwUwgUvi |
- ▶ G avtbi Avtj vK-mste` bkxj Zv AvtQ |
- ▶ GuU mMwU Ges Kwj wRiv avtbi gZB tQvU Ges tcvj vl ^Zwi i Rb` LpB Dc'thvMx |

G RvtZi wetkl cUqvRbxqZv

we^a avb34 vbxq tcvj vl RvtZi avb wPvb, ov ev Kwj wRivi gZB mMwU A_P dj b cUq wU, Y weavq Kl.tKiv G avtbi Avev` Kti Aw_R fvtv j vfevb ntZ cvti b | Zv Qvov G avtbi Avtj vK mste` bkxj Zv AvtQ weavq wKQvUv vej t^m t ivcY'thvM` |

RxebKvj

Gi RxebKvj 135 w` b |

dj b

dj b tn±i cUz 3.5 Ub A_w vbxq tcvj vl avtbi tPtq cUq wU, Y |



Pvl vev` c×wZ

1. exRZj vq exR ecb : 10-15 kteY (25-30 Rj vB) |
2. Pvi vi eqm : 25-30 w` b |
3. t ivcY` tZj : 20 x 15 tmwUwgUvi |
4. mvi e`e`vcbv (tKwR/weNv) :

4.1	BDwi qv	wUGmwc	Ggwc	wRcmvg	wR¼
	20	13	9	8	1.5

4.2 BDwi qv mvi mgvb 3 wKw` tZ Rwg ^Zwi i tkl ch'q, t ivcY'i 20-25 Ges 45 w` b ci cUqvM Ki tZ nte | j 'j` i vL tZ nte th, mMwU avtB BDwi qvi cwi gyY mavi YZ Kg j vtM | Zte Gj wmw wfvEK BDwi qv mvi cUqvM Kiv DEg |

5. AvMvQv` gb : t ivcY'i ci AšZ 30-40 w` b Rwg AvMvQvgy³ i vLv Avek`K |
6. tmP e`vcbv : Pvj k³ nI qv ch'cUqvRtb m'úit K tmP w` tZ nte |
7. t ivMevj vB` gb : we^a avb34-G Ustiv t ivtMi AvmgtYi AvksKv tekx | evj vB` gtb Abt'gw` Z e`e`vcbv Abjmi Y Ki tZ nte |
8. dmj KvUv : 10-15 AMhvqY (25-30 btF'at) |