

RvZ cwi wPwZ

we^a avb41 evsj vt` tki DcKj xq j eYv³ AĀtj Avgb tğšmğ Pvl vev` Dc tñvMx GKwJ RvZ | evsj vt` k avb Mtel Yv Bbw÷ wUDU 2003 mvğj RvZwU D^mteb Kti | DcKj xq` wYvĀtj thLv b vbxq RvZ i vRvkBj , Kvrj kvBj , cvUvbB, gwi PkvBj BZ`w` RvZi Avev` nğ`Q tmLv b we^a avb41 Pvl vev` thvM` |



we^a avb41

RvZi ^ewkó`

- ▶ RvZwU Avğj vK mste` bkxj |
- ▶ MvğQi D`PZv 115 tmwg |
- ▶ G Qvovl G RvZi MvQ gReZ ZvB mntR tntj cto bv |
- ▶ Pvj j ðtU tğvUv l `Q mv` v Ges fvZ my` r` y |

G RvZi wekI c0qvRbxqZv

evsj vt` tki DcKj xq AĀtj i c0q 8.5 j vL tn±i RwgğZ wevfbaegvĭvq j eYv³ Zv i tğtQ | hw` l Avgb tğšmğ j eYv³ Zv mvavi YZ Kg _vK | j eYv³ Zvi Kvi tY dmj Drcv` b wekI Z Ddkx avb Pvl wevNz nğ`Q | Pvi v l t_vo Ae`vq we^a avb41 mvavi YZ 8 wWGm/wgUvi A_ w ga`g gvĭvi j eYv³ Zv mn` Ki tZ cvti | A±vei gvtm epocvZ bv ntj ev Kg ntj j eYv³ Zv te to hvq | G Ae`vq we^a avb41-Gi Pvl Kti vbxq RvZi PvBtZ AšZ w0 , Y dj b cvl qv hte | Avgb tğšmğ` wYvĀtj mvavi YZ 30-50 w` tbi Pvi v nuUcwb tZ mntRB tivcY Kiv hvq | Ab`vb` AĀtj i Atc vKZ wBzRwgğZi RvZwU Avev` thvM` |



RxebKvj

Gi RxebKvj c0q 148 w` b |

dj b

tn±i c0Z dj b 4.0-4.5 Ub |

Pvl vev` c xwZ

1. exRZj vq exR ecb : 10-30 Avl vp (25 Rp-15 Rj vB) |
2. Pvi vi eqm : 30-40 w` b |
3. tivcY` tZj : 25 x 15 tmwUwgUvi |
4. mvi e`e`vcbv (tKwR/weNv) :

4.1	BDwi qv	wJGmwc	Ggwc	wRcmvg	wR¼
	20	12	9	8	1.5

4.2 BDwi qv mvi mgvb 3 wKw` tZ Rwg` Zwi i tkl chvq, tivcYi 20-25 Ges 60 w` b ci c0qM Ki tZ nte | Zte Gj wmm wfvEK BDwi qv mvi c0qM Kiv DEg |
5. AvMvQv` gb : tivcYi ci 30-40 w` b Rwg AvMvQvg³ i vL tZ nte |
6. tmP e`vcbv : Pvj k³ nI qv chšic0qvRt b m±u` K tmP w` tZ nte |
7. tivMevj vB` gb : Abtgvw` Z evj vB` gb e`e`vcbv Abmi Y Kiv Avek`K | G RvZwU Ustiv l tLvj tcrov ti vM ga`g c0Zti vakxj |
8. dmj KvUv : 15-30 AMhvqY (30 b t f± - 15 w w t m±) |