

### RvZ cwi wPwZ

evsj v f` k avb Mfel Yv Bbw-: wUDU cixqiv wbi xqiv Kti GuUtK nweMÄ I  
mpvgMÄ nvl o Gj vKvi Dc thvMx etj Pbvšifvte wbePb Kti | G RvZwU  
weAvi 17 bvtg Abtgv` b j vf Kti | G ai tbi Rbwctq bvg nvm |



weAvi 17

### Rv t Zi `ewkó`

- ▶ AvMvg RvZ |
- ▶ MvtQi D`PZv 125 tmwUngUvi |
- ▶ Pvj gvSwi tgvUv I fvZ Si Sti |
- ▶ dj t dvUvi mgq kxl ` t j v wM cvZvi Dcti `v t K |

### G Rv t Zi we t kl c0qvRbxqZv

nvl o, evl o I wej vÄ t j i Rb` G RvZwU we t kl Dc thvMx | Kvi Y MvQ j ætq 125 tmwUngUvi , ZvB avb cvKvi mgq nVv  
eb`vq gv t V t Kvgi cwb nt j I dmj KvUv hvq |

### RxebKvj

G Rv t Zi RxebKvj 155 w` b |

### dj b

av t bi Mo dj b tn±i c0Z 6.0 Ub |

### Pvl vev` c x w Z

1. exRZj vq exR ecb : 15-30 KwZK (1-15 bt f æ t) |

2. tivct Yi mgq : 20 tcŠI -20 gvN (Rvbxqwi) |

3. mvi e`e`vcbv (tKwR/weNv) :

	BDwi qv	wJGmic	Gguc	wRcmvg	wRsK
3.1 tgvU mvi	30-40	7-14	8-16	4-11	0.7-1.0

3.2 BDwi qv mvi mgvb 3 wKw` t Z ctqvM Ki t Z nte | c0g wKw` t Rwg %Zwi i tkl chæq |

c0g Dcwi c0qvM: tivct Yi 25-30 w` b ci |

w0Zxq Dcwi c0qvM: tivct Yi 45-50 w` b ci |

BDwi qv mvi c0qv t Mi ci gvUvi mvt ` wgvk t q w` t Z nte | Z te BDwi qv c0qv t M w j d Kvj vi PvU` envi Ki v DwPZ |

5. AvMvQv ` gb : tivct Yi ci 45 w` b chŠI Rwg AvMvQvg<sup>3</sup> i vL t Z nte |

6. tmP e`e`vcbv : t`vi Ae`v t` t K ` p Ae`v chŠI Rwg t Z chæB i m ev cwb i vL t Z nte |

7. ti vM evj vB ` gb : ti vM I tcvKvi Rb` Abtgvw` Z evj vB e`e`vcbv Abyni Y Ki v Avek`K |

8. dmj cvKv I KvUv : 1-15 %kvL (15-30 Gwctj) avb KvUvi Dchj<sup>3</sup> mgq |