



RvZ cwi wPwZ

we^a avb28 tev^hi v tgSm^htgi GKwU AvMvg RvZ | G RvZ 1994 mv^htj Pvl vev^h i Rb^h Abt^hgw^h Z nq |

Rv^htZi ^ewk^h

- ▶ Mv^htQi D^hPZv 90 tm^hg |
- ▶ cvKvi mgq avt^hbi kxl Dc^ht^h _vt^hK |
- ▶ Pvj gvSwi wPKb I mv^h v |
- ▶ fvZ S^ht^h S^ht^h I tL^htZ mv^h v^h |



we^a avb28

G Rv^htZi we^ht^hkl c^hq^hvRbxqZv

G Rv^htZi RxebKvj we^a avb29 Gi tPtq c^hq^h wZb mBvn Kg | ZvB Am^hOj K.I.K hvi v AvMvg dmj KvU^htZ Pvb Zv^h i Rb^h G RvZwU we^ht^hkl fv^hte Dc^hthMx | G RvZ AvMvg weavq eb^h v c^heY Gj vKvq thLv^htb cvKv avb cwb^htZ Zvj t^hq hvq tm mg^h Gj vKvi Rb^h I Dc^hthMx | G avt^hbi gyo fv^htj v nq | tev^hi v avb Pvl i ci hvi v meR mvi Pvl K^ht^h gwU^h De^hPZv evov^htZ Pvb Zvi v G AvMvg RvZwU we^htePb Ki tZ cv^hi b |

RxebKvj

RvZwU^h RxebKvj 140 w^h b |

dj b

^fv^hweK dj b tn^h± i c^hq^h 5.5-6.0 Ub |

Pvl vev^h c^hxwZ

1. exRZj vq exR ecb t 1 - 25 tc^hl (ga^h w^htm^h± t^h t^h K Rvbq^hwi i c^hq^h mBvn) |
2. Pvi vi eqm t 35-40 w^h t^hbi Pvi v |
3. Pvi v t^hvcY t 7-12 gvN (20tk Rvbq^hwi t^h t^h K 25tk Rvbq^hwi) |
4. Pvi vi msL^h v t c^hq^h wQ^htZ 2-3 wU |
5. t^hvcY^h t^h Z^h t 20x15 tm^hwUgUvi |
6. mvi e^h vcbv (tKwR/weNv) t

6.1	BDwi qv	wUGmic	Ggmic	wRcmvg	wR ^h / ₄
	30-40	7-10	8-16	4-11	0.7-1.0

6.2 BDwi qv mvi ^jevi Dcwi c^hq^hvM Ki tZ nte | c^hq^h Dcwi c^hq^hvM t^hvc^ht^hYi 15-20 w^h b ci |
wZxq Dcwi c^hq^hvM t^hvc^ht^hYi 30-35 w^h b ci | BDwi qv Dcwi c^hq^hvM^h ci gwU^h mv^h w^hgvk^htq^h w^h tZ nte |

6.3 BDwi qv mvi c^hq^hvM wj d Kvj vi PvU^h(Gj wmm) e^henvi Ki tZ nte |

7. AvMvQv^h gb t t^hvc^ht^hYi ci 40 w^h b ch^hl Rwg AvMvQv^h gv^h i vL^htZ nte |
8. tmP e^h vcbv t t^hvi Ae^h v t^h K ^pa Ae^h v ch^hl Rwg tZ ch^hl im ev cwb i vL^htZ nte |
9. t^h vM I tcvKvgvKo ^gbt mgw^hsz evj vB e^h vcbv Ab^hmi Y Kiv th^htZ cv^hi |
10. dmj KvUv t 15-31 ^ekvL (1-25 tg) |