

we^a avb47 wK?

we^a avb47 GKwU j ebr³ Zv mwn`oz tevtiv avtbi RvZ | 2006 mtj RvZwU Pvl vevt` i Rb` RvZxq exR tevW`KZK Abtgv` b j vf Kti | we^a avb47 evsj vt` tki j ebr³ Gj vKvq tevtiv tgsmtg Pvl vevt` i Rb` Abtgv` b Kiv ntqtQ | G RvZwU Pviv Ae`vq D`P gvT v (12-14 wWGm/wgUvi) Ges eq` Ae`vq vbgontZ ga`g gvT v 6 wWGm/wgUvi) j ebr³ Zv mnbkxj | Gi D`PZv 101 tm.wg. | wM cvZv Pl ov, j v` I Lvov | Pvj gvSwi tgvUv Ges tctU mv` v` vM AvtQ | Zte w× Ki t j H` vM _vtK bv | we^a avb47 j ebr³ cwi tetk tn±i ctZ 6.0 Ub dj b w` tZ myg | Gi RxbKvj 152 w` b |



wP: we^a avb47

tKb Pvl Ki t eb?

evsj vt` tki DcKj xq AA t j i c`q 8.5 j y` tn±i Rwg wevfbogvTvi j ebr³ Zv Kewj Z | avb mvavi YZ: j ebr³ Zv mste` bkxj dmj | G Kvi t Y j ebr³ Gj vKvq we`kl Z: tevtiv tgsmtg DdKx avb Pvl vevt` e`vnZ nq | tevtiv tgsmtg c`vbZ: c`g w` tK A` P Pviv Ae`vq j ebr³ Zv tekx _vtK | G Ae`vq we^a avb47 Avev` Kti KJ KMY we^a avb28 ev Ab`vb` tevtiv avtbi PvBtZ Awak dj b cvteb |

j ebr³ Gj vKvq Kl.tKi Asuk` wii tZi RvZ vbePb c`uqvq we^a avb47 mbr³ KZ |

Pvl vevt` c×wZ

1. exRecb t 1-15 AM`hvqY (15-30 btf`st) |
2. Pvi vi eqm t 35-40 |
3. tivcY` tZi t 20 x 15 tm.wg. |
4. mvi e`e`vcbv (tKwR/weNv) t

4.1	BDwi qv	wJGmwc	Ggwc	wRcmvg	wR¼
	25	13	9	8	1.5

4.2 BDwi qv mvi mgvb wZb wKw` tZ Rwg `Zwi i tkl ch`q, tivctYi 20-25 Ges 45-60 w` b ci c`qvM Ki tZ nte | Zte Gj wmm wfW`K BDwi qv mvi c`qvM Kiv DEg
5. AvMvQv` gb t tivctYi ci AšZ 40 w` b ch` Rwg AvMvQvg³ i vL tZ nte |
6. tmP I cvwb e`e`vcbvt Abtgvw` Z vbgg Abymi Y Kiv Avek` K |
9. tivM-evj vB` gb t Abtgvw` Z` gb e`e`v M`Y Ki tZ nte |
10. dmj KvUv t 20`P` - 5`ekvL |



wP: Gj wmm w` t q avtbi cvZvi i O wgvj t q BDwi qvi Pvin` v vbaP Y