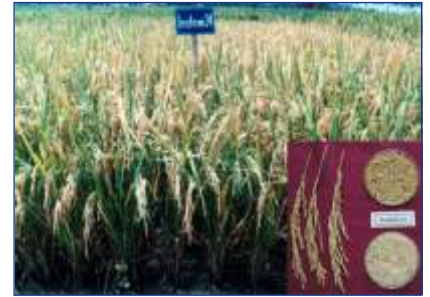


RvZ cwi wPvZ

Bi vUg-24 tevtiv avtbi GKwJ AvMvg RvZ | G RvZi MvQ 85 tmwUvgUvi j a`nq, Pvj j a`l gvSwi wPKb | 1975 mvtj evsj vt` k Bbv`-wUDU Ae wbdmKqvi GwMkVj Pvi (webv) G RvZ D`mweb Kti | AvBAvi 8 RvZi avtbi Mvgv i wk` c`qvtMi gva`tg RvZwU D`mweZ nq | AvDk tgSm`tg Pvl i Rb`l GwU Dc`thvMx | RvZwU RxebKvj tevtiv tgSm`tg 140-145 w` b Ges AvDk tgSm`tg 125-130 w` b | RvZwU tn±i c`Z dj b tevtivZ 6.5 Ub Ges AvDk 3.5 Ub | Zte tevtiv tgSm`tg wetkl ty`T G RvZ tn±i c`Z 8 Ub ch`sidj b w` tZ cvti |

mjeav

Bi vUg-24 we`avb-29 Ges webvavb 6 Gi tPtq 2-3 mBvn AvtM cvtK | mwVK mg`tg tivcY Ki tj wkj vep`l AvMvg eb`v t`_tK dmj i q`lv cvq | avb KvUvi ci Rvg`tZ meR mvti i Pvl Kiv hvq | G RvZi avb gyo i Rb` Dc`thvMx |



wP`l: Bi vUg-24 avtbi ty`Z

Pvl vev` cxwZ

1. Pvi v`Zwi t tevtivt wWtm`ti i 1g t`_tK 3q mBvn
AvDk t GwC`j i 1g t`_tK 3q mBvn
2. Pvi v eqm t tevtivt 30-45 w` b
AvDk t 25-30 w` b
3. tivc`Yi mgq t tevtivt Rvb`ywi 1g t`_tK 3q mBvn
AvDk t tg gv`mi c`g t`_tK 3q mBvn
4. Pvi v tivcY t c`Z tMvQvq 2-3 wU Pvi v
5. tivc`Yi `tZi t mwi ntZ mwi 20 tm.wg. Ges Pvi v ntZ Pvi v
15 tm.wg.
6. mvi c`qM (tKwR / weNv) t
 - 6.1 BDwi qv wJGmwc Ggwc wRcmvg wR¼
25 18 11 10 1
 - 6.2 BDwi qv mvi wZb wKw`tZ c`qM Ki tZ nte |

c`g Dcwi c`qM t tivc`Yi 7-10 w` b ci
wZxq Dcwi c`qM t tivc`Yi 30-35 w` b ci
ZZxq Dcwi c`qM t tivc`Yi 55-60 w` b ci
 - 6.3 BDwi qv c`qvtMi ci mvi gwUj mvt` w`yktq w` tZ nte |
BDwi qv c`qvtMi mwVK mgq wby`qi Rb` wj d Kvj vi PvU`eni Kiv fvj |
7. AvMvQv` gb t tivc`Yi 45 w` b ch`SRvg AvMvQvg` i vLtz nte |
8. tmP t t`_vi Ae`v t`_tK `vbw` p Ae`v ch`SRvg`Z ch`B cw`b i vLtz nte |
12. tcvKvgvKo` gb t c`qRtb KxUvbkK e`eni Ki tZ nte |
13. dmj KvUv t tevtivt GwC`j i 3q mBvn t`_tK tgi 1g mBvn
AvDk t AvM`÷ i 1g-2q mBvn

