



we^a avb29 wK?

we^a avb29 tevⁱv tg^smtgi GKwU bvx RvtZi avb | 1994 mtj G RvZwU emYwR^h K wFwE^h Z Pvl vevt^h I Rb^h Abtgv^h b Ki v nq | we^a avb29 Gi Pvj gvSwi wPKb I mv^h v | Gi RxebKvj 160 w^h b Ges D^h PZv 95 tmwUwgUvi | GiU GKwU D^h P dj b wlgZvm^h ubæRvZ, hvi Mo dj b tn±i cÅZ 7.5 Ub |



we^a avb29

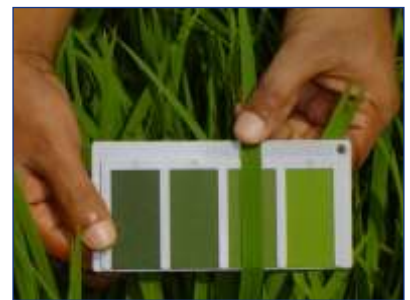
we^a avb29 Pvl Kie tkb?

†Y I gv^h b we^a avb29 mKj AvaybK avtbi tmiv | ej v thtZ cvti, "tevⁱv tg^smtg we^a avb29 me PvBtZ Rbwc^h RvZ" | Gi Kv^h gReZ Ges dj tbi cwi gvY mte^h P | Zte D^h P dj b t^h evi Rb^h Gi mvi MhY wlgZvl mte^h P | we^a avb29 cvZv tcvov I tLvj tcvov ti vM ga^h g cÅZ^h i vakj |

AtbK Kl.tKi g^h Z
we^a avb29 ntj v evsj vt^h tki nvBweW avb

Pvl c×wZ

1. exRecb t 15-30 KwZ^h |
2. Pvi vi eqm t 40-50 w^h tbi Pvi v |
3. Pvi v I mwi i^h tZi t 15 x 20 tmwUwgUvi |
4. mvi cÅqvM (tKwR/weNv) t
 - 4.1 BDwi qv wUGmwc Ggwc wRcmvg wR¼
30-40 7-14 8-16 4-8 0.7-1.4
 - 4.2 BDwi qv mvi 3 wkw^h tZ cÅqvM Ki tZ nte |
cÅg Dcwi cÅqvM tivctYi 15-20 w^h b ci |
wZxq Dcwi cÅqvM tivctYi 30 w^h b ci |
ZZxq Dcwi cÅqvM tivctYi 45 w^h b ci |
 - 4.3 BDwi qv mvi cÅqvM wj d Kvj vi PvU^h envi Ki tZ nte |
5. dmj KvUv t 5-20^h ekvL (18 Gwc^h - 30 tg) |



Gj wmw w^h t^h avtbi cvZvi i 0 wgwj t^h q BDwi qvi Pwn^h v vba^h Y