

te, b Drcv` tbi Dbæ K j v t KŠkj

d'iv± kxUt meWR Drcv` b cxWZ

evsj v t` k KwI M t e l Yv B b w ± uDU

d'iv± kxU-1: Rj evqygWU I RvZ cwi uPvZ

Pvl v t h v M' Rvgi cwi gvY I tgvU Drcv` tbi w` K t` t K te, b meWR mg t ni g t a' Ab`Zg| te, b m v i v e Q i B e v R v t i c v l q v h v q | B n v R b i c t i e t U | c P v j Z K Ū U R v Z Q v o v l t` t k i c Z' š' A A t j Q v o t q u Q u U t q A v t Q e u R v Z G e s D c R v Z |



Rj evqy gWU

te, tbi Rb" 15-20° tm. ZvcgvI v me t P t q D c t h v M x | D" P Z v c g v I v q u P T : K j K t K Z v i t e, b t y t Z t` L v h v t' Q | te, tbi d j I d j D r c v` b m e W N v Z n q G e s G m g q A u b o K v i x t c v K v i A v u g Y t e k x n q | t m R b" M x' g I e l P t g s m t g G i D r c v` b Z Z f i j n q b v | Z v B k x Z K v j B t e, b P v t I i D c h y' m g q | Z t e u K Q y' P Z v c g v I v m i n o z R v Z M x' g K v t j f i j d j b w t q _ v t K | A v g v t` i t` t k i m e i K t g i g W U t Z t e, b P v l K i v h v q G e s f v j d j b l w t q _ v t K | Z t e c w b u b' u k t b i m g' e' v _ v K v A v e k' K | t e t j t` v A t k e v t` v A t k g W U B G i P v t I i R b" m t e l' K o . |

RvZ

te, b e v s j v t` t k i v b x q (n a t i v e) d m j u n m v t e t` t k i m e i f b a e A A t j m e i f b a e R v t Z i P v l n q | v b x q R v t Z i g t a' u k s b v _ , B m j v g c i x , L U L u U q v , C k j i` x - 1 , t` v n v R v i x B Z' w' A b` Z g | B w Z g t a' e v s j v t` k K w l . M t e l Y v B b w ± u D U ` g W U m s K i R v Z m n 8 u D" P d j b k x j R v Z D' m e b K t i t Q | R v Z , u j n j D E i v , Z v i v c y x (m s K i) , i K Z v i v (m s K i) , K v R j v , b q b Z v i v , e w i t e , b - 6 , e w i t e , b - 7 G e s e w i t e , b - 8 | u b t g a R b i c t i R v Z , u j i e w k o t` q v n o j |

uksbv_

GB RvZ u DPP d j b k x j G e s t i v M I t c v K v g v K o c Ū Z t i v a x | R v Z u i d t j i A v K v i j a' , i s D 3 / 4 j K v j t P t e , u b | M v Q c Ū Z d t j i m s L w 3 0 - 3 5 u U | c Ū Z d t j i I R b 5 0 - 6 0 M ū g | t n ± i c Ū Z d j b 4 0 - 4 5 U b | M ū s' e l v R v t j I G B R v Z u P v l K i v h v q |

uPT: uksbv_

Bmj vgcjx

e o A v K v t i i t M v j v K v i d j , i s D 3 / 4 j K v j t P t e , b x | M v Q c Ū Z d t j i m s L' v 2 - 3 u U | c Ū Z d t j i I R b 3 5 0 - 4 0 0 M ū g | t n ± i c Ū Z d j b 2 0 - 2 5 U b | e n E i g q g b w m s n I X v K v A A t j G B R v Z u R b i c t i |

uPT: Bmj vgcjx

LULuUqv

GB RvZ u i d t j i A v K v i j a' , i s D 3 / 4 j K v j t P t e , u b | M v Q c Ū Z d t j i m s L w 3 0 - 3 5 u U | t n ± i c Ū Z d j b 2 5 - 3 0 U b | e n E i i s c y' G j v K v q G B R v t Z i t e , b R b i c t i |

uPT: LULuUqv

t`vnrvi x

GB RvZ u i d j u W' v K w Z , i s M v p m e R | M v Q c Ū Z d t j i m s L' v 1 0 - 1 5 u U G e s c Ū Z u d t j i I R b 1 5 0 - 2 0 0 M ū g | t n ± i c Ū Z d j b 2 5 - 3 0 U b | e n E i P A M ū g A A t j G B R v t Z i e' v c K P v l n q |

uPT: t`vnrvi x

Av t i v Z t` i R b' t c w i P i j K (M t e l Y v) e v s j v t` k K w l . M t e l Y v B b w ± u D U , R q t` e c y , M v R x c y 1 7 0 1

tmKmb 2
d'iv± kxU 2

te₃ b Drcv` b chv³

d`i± kvUt meR Drcv` b cxvZ

ewi te₃ b-1 (DĒiv)

GB RvZi MvQ LvUv AvKwZi Ges Qovbv| dj mi y 18-20 tmwg j v³ cōZvU MvQ Mto 100-150 vU dj at| e`v±vi qvRvZ Xtj cov ti vM mnbkxj Ges WvV I dj vQ`Kvix tcvKvi AvvugY Zj bvgj-Kfite Kg| tn±i cōZ dj b 50-60 Ub| ivRkvx Gj vKvq GB RvZi e`vcK Pvl nq|



vPĪ: ewi te₃ b 1 (DĒiv)

ewi te₃ b-2 (Zvivcix)

DPP dj bkxj msKi RvZ| G RvZvUv dtj i AvKvi gvSvvi j v³KwZ, is Kvj tP te₃ bx I PKP±K| MvQ cōZ dtj i msLw 30-35vU| cōZvU dtj i I Rb 125-150 Mōg| tn±i cōZ dj b 50-55 Ub



vPĪ: ewi te₃ b 2 (Zvivcix)

ewi te₃ b-4 (KvRj v)

DPP dj bkxj G RvZvUv dtj i AvKvi gvSvvi j v³KwZ, is Kvj tP te₃ bx I PKP±K| G RvZvUv MvQ Lvov KvKwZi | MvQ cōZ dtj i msLw 30-35 vU| cōZ dtj i I Rb 55-60 Mōg| tn±i cōZ dj b 50-55 Ub



vPĪ: ewi te₃ b 4 (KvRj v)

ewi te₃ b-5 (bqbZvi v)

RvZvUv MvQ Lvov AvKwZi | dj tMvj vKvi is D³/₄j Kvj tP te₃ bx| MvQ cōZ dtj i msL`v 10-15 vU| cōZ dtj i I Rb 120-150 Mōg| G RvZvUv Abv`v` RvZi Zj bvg AvMvg dj b t`q| tn±i cōZ dj b 40-50 Ub|



vPĪ: ewi te₃ b 5 (bqbZvi v)

ewi te₃ b-6

GB RvZvUv DPP dj bkxj Ges e`vK±Uvi qvj DBĕ, dj I KvU vQ`Kvix tcvKv, tRvMvV (Jassid) Ges tbgvUvWv ti vM cōZti vax| dj vWv³KwZ, is nvj Kv meR| MvQcōZ dtj i msL`v 15-17 vU Ges cōZvU dtj i I Rb 225-250 Mōg| G RvZvUv Ab`v` RvZi Zj bvg AvMvg dj b t`q| tn±i cōZ dj b 45-50 Ub|



vPĪ: ewi te₃ b 6

ewi te₃ b-7

G RvZvUv MvQ Lvov AvKwZi | dj j v³, vPKb Ges is D³/₄j Kvj tP te₃ v³| MvQcōZ dtj i msL`v 30-35 vU Ges cōZvU dtj i I Rb 80-90 Mōg| tn±i cōZ dj b 35-40 Ub| e`vK±Uvi qvj DBĕ Ges dj I KvU vQ`Kvix tcvKv cōZti vax|



vPĪ: ewi te₃ b 7

ewi te₃ b-8

G RvZvUv` gj-Zt Mō³kv³tj Pvl vevt` i Rb`| MvQ Lvov AvKwZi Ges dj j v³, is D³/₄j Kvj tP te₃ v³| MvQcōZ dtj i msL`v 20-25 vU Ges cōZvU dtj i I Rb 70-80 Mōg| Mō³kv³tj tn±i cōZ dj b 20-25 Ub| RvZvUv e`vK±Uvi qvj DBĕ Ges dj I KvU vQ`Kvix tcvKv cōZti vax|



vPĪ: ewi te₃ b 8

RxebKvj t 180 v` b

Avt³iv Zt`i Rb`
cvi Pij K (MteI Yv) evsj v³ k KvU .MteI Yv BvW± vUDU, Rqf` ecj, MvRxcjy 1701

tmKmb 2



te, b Drcv` b chiv`

d'iv± kxUt meWR Drcv` b cxvZ

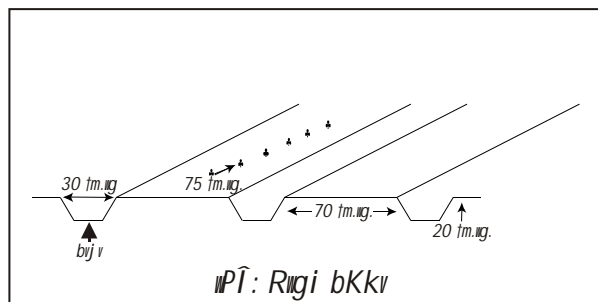
d'iv± kxU-2t Drcv` b Kj vKŠkj

- ▶ kxZKvj xb Piv`l i Rb` křeYi gvSvgnS t_řK Avkřp gvm chŠPvri v Drcv` řbi Rb` exRZj vq exR ecb Ki v hvq/
- ▶ cĹřg exRZj vq Nb Kři exR řdj řZ nq/ exR MRivřvi 10-12 ř` b ci MRivřvi Pvi v řZřq exRZj vq ř`bvřši Ki řZ nq/ GřZ Pvi v řy' l mej nq Ges dj b řvj nq/
- ▶ exRZj vq gvuU mgcwi gvY evij , Kgřcvř ÷ l gvuU řgnkřř Sř Sři Kři řZi x Ki řZ nq/
- ▶ cĹř tnřři i Rb` 100-135 Mřg exřRi cĹřqvRb nq/

Rřg řZi x

Rřgi bKkv

- teřWi AvKvi cĹř' : 70 řm.řg.
- % N[©] : Rřgi ř`řNř Dci řbfř Ki ře
- řZi : 100x 75 řm.řg.
- řvj vi AvKvi cĹř' : 30 řm.řg.
- Mřxi Zv : 20 řm.řg.



řPř: teW řZi x



řPř: Pvi v řivcb



řPř: Pvi v řivcbKZ Rřg

řvřři i cwi gvY l cĹřqvM (řKřR/řn:)

řvi	řgvU řvřři i cwi gvY		řkl Piv`l i mgq cĹřqvM		Pvi v řivcbři 10-15 ř` b ci		dj aiv Avi řř nřj		dj Avni řYi gvSvgnS mgq	
	řnřři	kZvřřk	řnřři	kZvřřk	řnřři	kZvřřk	řnřři	kZvřřk	řnřři	kZvřřk
řMve i	10-15 Ub	40-60 řKřR	me	me	-	-	-	-	-	-
BDvi qv	300 řKřR	1.2 řKřR	-	-	100 řKřR	400 Mřg	100 řKřR	400 Mřg	100 řKřR	400 Mřg
řUGmřc	100 řKřR	400 Mřg	me	me	-	-	-	-	-	-
Ggvřc	200 řKřR	800 Mřg	me	me	-	-	-	-	-	-



Avřiv Zř`i Rb`ř
cwi Pij K (Mřel Yv) evřř vř` k Křl .Mřel Yv Břřř÷ řUDU, Rqř` ecřj, Mvřxřj 1701

řmKmb 2

te, b Drcv` b chv

d'it kxut meR Drcv` b cxiz

evsj vt` k Kwl Mtel Yv Bbiv-UDU



Priv tivcb

- ▶ exR ectbi 30-35 w` b ci (5-6 wU cvZv wekó) Priv tivctYi DcthvMx nq|
- ▶ AmbvthKvi tY te, tbi Priv` B gvm eqm chS tivcY Kiv Ptj |
- ▶ tivctYi` i-Z;ubfP Kti RvZ l gvuUi DePZvi Dci | mvari bZ: 70 tm.wg. cK` teW GK mwi tZ Priv tivcb Kiv nq|` BwU teWi gvS 30 tm.wg. cK` bvj v_vtK| mwi tZ MvQ t_tK MvtQi` i-Z; 50-75 tm.wg. ntq_vtK|



wP: teW GK mwi tZ Priv tivcb

tmPe`e`v l wv`kbe`e`v

teWi` gcvtki bvj v` tQ RvgtZ tmP t` qv mvearRbK| bvj vq tmPi cwb tekx`b a`i ivLv hvte bv, MvtQi tmvov chS gvuU wfR tMj bvj vi cwb tQto w` tZ nte| el PtgSm`g RvgtZ cwb hvZ bv Rtg tmRb` cwb wv`k`bi Rb` Rvgti Pvi cvtk bvj v ivL tZ nte|

dmj msMh

Pvi vj vMv`bvi 2-3 gvm ci B dmj KvUvi mgq nq| 7-10 w` b ci ci MvQ t_tK avij Qvji mrvvth` te, b KvUv |

dj b (ciz tn±i)

Dbz cxwZ tZ Pvl ver` Ki tj RvZ tft` tn±i ciz dj b 30_70 Ub/tn±i (120-250 tKwR/kZisk) cvl qv hvq|

exR Drcv` b

- ▶ te, tbi exR Drcv` b LgB mnR| Aí cwi gvY exRi cQqvRb ntj Lvl qvi Dti`tk` Rbvtbv MvQ t_tKB Zv msMh Kiv hvq| G Dti`tk` t`gtZi ga` nZ Fij t` tL MvQ mbevPb Kti dZ tdlvvi cteB Gt` i dZ`_tj Qviv tXtK w` tZ nq hvZ ci ci vMvqb NtU RvtZi wei` xZv bó bv nq|
- ▶ tgsM`gi cQg w` tK Drcv` b Ki tZ ntj Avj v` v exR dmj j vMv`bvi B Fij |
- ▶ th RvtZi exR Drcv` b Ki tZ nte Zv thb Ab`vb` RvZ nZ AšZt 400 wgvvi` t` j vMv`bvi nq hvZ ci ci vMvqb bv NtU|
- ▶ t`gtZi gta` weRvZxq ev ti vMv`vštKvb MvQ_vKtj Zv mbv` Kiv gv tB mwi tQ tdj tZ nte|
- ▶ exRi Rb` m`v`cvKv dj msMh Kiv DvPZ| dj hZ cvKv nte exRl ZZ cy nte|

Avtiv Zt`i Rb` t cwi Pij K (Mtel Yv) evsj vt` k Kwl .Mtel Yv Bbiv-UDU, Rqf` ecjy, MvRxcjy 1701

tmKmb 2

te, b Drcv` b chiv`

d'iv± kxUt meWR Drcv` b cxWZ

ersj v` k KwI MteI Yv BbW± UDUDU



d'iv± kxU-3: tcvKivvKo I tivMejvB e`e`v

te, tbi tcvKivvKo

te, tbi Wv I dj uQ`Kvix tcvKv

ÿwZi aiY

- ▶ te, tbi tevUvi bxfP tQvU uQ` t` Lv hvq |
- ▶ AvµvšI KwP Wv Xtj cto I i`Ktq hvq | AvµvšI dtj i wFZi Uv drcv I tcvKvi weôvq cwi cY`vK |
- ▶ Dò I Av`AvenvI qvq te, tbi Wv I dj uQ`Kvix tcvKv chiqµtg AþK evi esk we`vi Kti `vK |

`gb e`e`vcbv

wZvU avtci gva`tg G tcvKv Kvhr`ixfite `gb Kiv hvq:

tcvKv AvµvšI Wv I dj aÿsm Kiv:

dj aivi AvtM Wv I dj uQ`Kvix tcvKvi Kxov te, tbi Wvi tFZi tLtg ewx cvq | mbvtn Kgct`G Kw` b D³ Kxov mtgZ AvµvšI Wv tKtU aÿsm Kti dtj tj tcvKvi eskewä AþK Uv Kwgtq Avb m=è |

tm. tdtivgb dvti i e`envi:

m`uQ` mn cmóþKi tQvU uQ`te 2-3 wq: Mò: cwi gvY tdtivgb fti uDewU GKvU tcvKv aiv dvti Sj` tq ivLtj Zv 6-8 mBv chS`cyl g_ AvKó. Kitz cvti, hv cieZ`Z msMò Kti aÿsm Kiv nq |

wel v³ KxUvkvþKi c`qvm eÜ ev mnxgZ e`envi:

Wv I dj uQ`Kvix tcvKvi tek KtqKvU t` kvq ci Rwe I ciþfvRx tcvKv iþqtQ | Gt` i gta` ci Rwe tcvKv, Uv`vj v tdfv-Ai weUvj m I ciþfvRx tcvKv thgb, g`bWUW, Gqvi BDM, wcaov, tj wv weUj, gvKomv BZ`w` weþkI fite Dþj`LthvM` | wel v³ KxUvkvK e`envi bv Kiv te, tbi RvgtZ Giv cþz cwi gvY Wv I dj uQ`Kvix tcvKv tKej aÿsm Kti bv mif_ mif_ Ab`vb` ¶wZKvi K tcvKv thgb, R`wvW, miv gvU BZ`w` i msL` `wZKvj chvq ivLþZ mrvnh` Kti | mzi vS GKvšI c`qvrþb tKej gvI cwi wqZ gvI vq wv`è ¶gZim=úbre ivmivqubK KxUvkvK A_ev`vbxqfite mqvwi kKZ`Re KxUvkvK e`envi Kiv thþZ cvti |

cvZvi ncvv tcvKv

ÿwZi aiY

- ▶ cY`eq` Ges AcóBeq` tcvKv cvZvi im Pzi tLtg MvQþK` g` Kti dtj |
- ▶ cvZvi im Pzvi mgh Gt` i jvj v Mò` t`þK wel v³ im tewi tq AvtM hv MvQþK cvZvtK còtg Kkwotq dtj cti H cvZvi wKbv vj vj ntq hvq |
- ▶ Avµgtbi gvI v tekx ntj m`úY`cvZv jvj ntq hvq Ges AetkþI cvZv Stj cto |
- ▶ GB tcvKv te, b MvQ gvBþµvcwRgv ti vM QovtZi mrvnh` Kti |
- ▶ GB tcvKv MvQþK cvZvi im Lvl qvi cvkv cwk gajvgZ GK i Kg im tei Kti | GB im cvZvq AvUþK tMþj ZvþZ miv` tgviv bvgK GK cKvi Kvþj vis Gi QI vK Rbvtq dtj MvQþK mvtj vKmsþkð Yµµqv weWZ nq |



wPÍ: uQ`Kvix tcvKv



wPÍ: AvµvšI dj I Wv



wPÍ: te, tbi ncvv tcvKv



wPÍ: ncvv tcvKvq AvµvšI cvZv

AvtM Zt`i Rb` t cwi Pij K (MteI Yv) ersj v` k KwI .MteI Yv BbW± UDUDU, Rqþ` ecj, MvRxcjy 1701

tmKmb 2

te₅ b Drcv` b chv³

d`i± kxUt meWR Drcv` b cxvZ

evsj vt` k KwI MteI Yv Bbiv-UDU



`gb e`e`lcbv

1. c0Ztivax RvZ thgb, ewi te₅ b-6 ev ewi te₅ b-8 Pvl Kiv|
2. ubgtZj 5 ug:uj : + 5 M0g uJKm&c0Z uj Uvi cwb0Z uguk0q cvZvi bxtPi w`0K t`c0Kiv|
3. GK tKRx Avav Fivv ubg exR 20 uj Uvi cwb0Z 12 NvUv wFvR0q ti tL D³ cwb cvZvi bxtPi w`0K t`c0Kiv|
4. c0P M0g cwi gvY , or mvevb c0Z uj Uvi cwb0Z uguk0q cvZvi bxtPi w`0K t`c0Kiv|
5. Avug0tbi nvi AZ`š tekx ntj g`vj wv_qb 57 Bim RvZxq KxUvbkK (c0Z uj Uvi cwb0Z 2ug: uj : cwi gvY) t`c0Kiv A_ev GWgvqvi 200 Gm Gj (c0Z uj Uvi cwb0Z 0.5 ug: uj : cwi gvY) uguk0q t`c0Kiv|

KvVvtj tcvKv ev Bvcj`vKbv ueUj

ÿvZi aiY

- ▶ GB tcvKv cvZvi wkv, tji vi gvtSi Ask tL0q tdjtj |
- ▶ ga` wkv evt` cvZvi mg`Ask tL0q SvSiv Kti tdjtZ cti |
- ▶ dtj i Dcwi Fv0Mi wK0yAsk tL0q tdjtZ cti A_ev t0vU wQ`a Ki0Z cti | c0B eq`c I Kxov c0qkB GKB mvt` t`Lv hvq|



wP0: KvVvtj tcvKv ev Bvcj`vKbv ueUj

`gb e`e`lcbv

1. tcvKv mn Avv0š cvZv nvZ evQvB Kti tgi tdjtj |
2. ubgtZj 5 ug:uj : + 5 M0g uJKm&c0Z uj Uvi cwb0Z uguk0q t`c0Kiv|
3. GK tKvR Avav Fivv ubg exR 10 uj Uvi cwb0Z 12 NvUv wFvR0q ti tL D³ cwb t`c0Kiv|
4. Avug0tYi nvi AZ`š tekx ntj g`vj wv_qb 57 Bim RvZxq KxUvbkK (c0Z uj Uvi cwb0Z 2ug: uj : cwi gvY) t`c0Kiv|

mv`v gv0Q tcvKv

ÿvZi aiY

- ▶ Giv cvZvi im P0l Lvq dtj cvZv K0to hvq|
- ▶ Gt` i Avug0tY cvZvi gta` AmsL` tQvU tQvU mv`v ev nj t`0U`vM t`Lv hvq| cti A0bK`vM GK0T` wtk meR wkv v mn cvZv nj ÿntq hvq|
- ▶ mv`v gv0Q tcvKv ub0c Lvl qvi mgq GK ai0bi AvVvtj v gajy gZ im wv:miY Kti | GB im cvZvq AvU0K tM0j ZvtZ m0j tgvv bvgK GK c0Kvi Kv0j v is Gi Q0vK Rb0q dtj MvtQi mvtj vKms0kd Y wv:qv wvN0Z nq|



wP0: mv`v gv0Q tcvKv

`gb e`e`lcbv

1. 50 M0g mvevb/mvev0tbi , or 10 uj Uvi cwb0Z uguk0q cvZvi bxtP mBv0n 2-3 evi fvj Kti t`c0Kiv|
2. dmtj i Aevk0vsk a0sm Kiv|
3. nj ÿistqi d0v e`envi Kiv|
4. me0kl e`e`v wv0mte Ges Avug0tY nvi AZ`š tekx ntj g`vj wv_qb 57 Bim RvZxq KxUvbkK (c0Z uj Uvi cwb0Z 2ug: uj : cwi gvY) A_ev GWgvqvi 200 Gm Gj (c0Z uj Uvi cwb0Z 0.5 ug: uj : cwi gvY) uguk0q t`c0Kiv| Zte Nb Nb I evi evi KxUvbkK e`envi bv Kiv DvPZ bq| KviY, Gi dtj G tcvKv KxUvbk0Ki c0Z`v Z mnbkxj Zv M0to tZvtj |

Av0iv Zt`i Rb`0t cwi Pij K (MteI Yv) evsj vt` k KwI .MteI Yv Bbiv-UDU, Rq0`ecj, MvRxcjy 1701

tmKmb 2

