

RvZ cwi wPwZ

we<sup>a</sup> avb43 we<sup>a</sup> D<sup>TM</sup>weZ tevbn AvDk avtbi GKwU RvZ | RvZwU 2004 mvTj RvZxq exRtevW<sup>KZ</sup> Abtgv` b j vF Kti | we<sup>a</sup> avb43 t`tki LivcEY Gj vKv we<sup>a</sup>tkl Kti Kuoqv, wSbvB` n, gv, ov, PqvWvsMv Gj vKvq mi vmwi ecbthvM` avb |



we<sup>a</sup> avb43

RvtZi `ewko`

- ▶ AvMvg RvZ |
- ▶ Liv mwno`z |
- ▶ MvtQi D`PZv 100 tmwUngUvi |
- ▶ KvE tek k<sup>3</sup> etj mntR tntj cto bv |
- ▶ kxtl i Dcwi fvM 2-4 Uv avtb i 0 t` Lv hvq |
- ▶ Pvj gvSwi tgvUv l mv`v |

RxebKvj

RvZwU RxebKvj 100 w` b |

dj b

Dchy<sup>3</sup> cwi PhPctj we<sup>a</sup> avb43 tn±i cOZ 3.5 Ub dj b w` tq \_vtK |

Pvl vev` cxwZ

1. exR ecb t 1 `P1-15 `ekvL (15 gvP<sup>30</sup> Gucj) | wZbfvte exR tevbn hvq- wQuUtg, mwi Kti Ges wWewj s cxwZtZ |
2. ecb cxwZ l exRi cwi gvYt
  - 2.1. mi vmwi exR wQuUtg: G cxwZtZ exR j vMte 70-80 tKwR/tn±i ev 9-10 tKwR/weNv |
  - 2.2. mwi Kti: mwi t`tk mwi 25 tmwUngUvi `ttZ; Ges 4-5 tmwg Mfxi mwi Kti exR eptZ nte | G cxwZtZ exR j vMte 45-50 tKwR/tn±i ev 6-7 tKwR/weNv |
  - 2.3. wWewj s cxwZtZ: 20 tmwUngUvi `ti `ti MZ<sup>q</sup>Kti cOZ MtZ<sup>2</sup>-3wU exR t` qvi ci MZwU gwU w` tq tXtK w` tZ nte | G cxwZtZ exR j vMte 25-30 tKwR/tn±i ev 3-4 tKwR/weNv |
3. mvi e`e`vcbv (tKwR/weNv) t
 

3.1	BDwi qv	wUGmwc	Ggwc	wRcmvg	wR <sup>1</sup> / <sub>4</sub> mvj tdu
	20	7	10	5	0.7

3.2 BDwi qv mvi mgvb 2 fvM fvM Kti 1g wKw`IRwg tkl Pvfl i mgq Ges 2q wKw`IPvi v MRvtbvi 30-40 w` b ci Dcwi cOqvM Ki tZ nte | Zte Gj wmm wfvEK BDwi qv cOqvM Ki vB DEg |
4. AvMvQv `gb t ecvbi AšZ 30-40 w` b ci chSIRwg AvMvQv<sup>3</sup> i vLtZ nte | gtb i vLtZ nte, mgqgZ AvMvQv `gb bv Ki tjt tevbn AvDk avtbi dj b 80-100 fvMI Ktg thtZ cvti |
5. ti vMevj vB `gb t Abtgvw` Z evj vB `gb e`e`v Abyni Y Ki tZ nte |
6. dmj KvUv t 15 Avl vp t`tk 30 kietYi (30 Rp-15 AvMó) gta` avb KvUv hvq |