ZZxq w`b

Awa‡ekb cwiKíbv

w`b t 03　　mKvj t 08.00-09.00　　†gqv`Kvj t 60 wgwbU

wk‡ivbvg t cbiv‡jvPbv, cwZfve I Dc¯vcbv

Afxô `j t grm¨ Awa`ßi I Ab¨vb¨ ms¯vi KgKZve›`

j¶¨ t cwk¶vYv_x‡`i cew`‡bi Kvhµ‡gi cbiv‡jvPbv I cwZfve Ges mvÜ¨Kvjxb KvR Dc¯vc‡bi m‡hvM K‡i †`qv hv‡Z Zviv c‡ei Av‡jvPbv ¯§iY Ki‡Z cv‡ib Ges fj µwU ms‡kvab K‡i Awa‡ek‡bi KvhKwiZv ew× Ki‡Z cv‡ib|

D‡Ïk¨ t G Awa‡ekb †k‡l cwk¶Yv_xMY cew`‡bi wk¶Y cbiv‡jvPbvi gva¨‡g fj µwU ms‡kvab K‡i HKg‡Z †cŠQ‡Z m¶g n‡eb|

welqmwP	Av‡jvP¨ welq	cwk¶Y †KŠkj	mgq
fwgKv			5 wgwbU
	• ¯vMZg • PjwZ Awa‡ek‡bi mv‡_ ms‡hvM	e³Zv	
welqe¯			50 wgwbU
	• cvZ¨wnK Rvbvj Dc¯vcb cwk¶K cew`‡bi wbewPZ cwk¶Yv_x‡K cvZ¨wnK Rvbvj †_‡K 5 wgwbU ejvi Rb¨ Ab‡iva Ki‡eb| c_g cwk¶Yv_x Zvi cvZ¨wnK Dc¯vcb †kl Ki‡j, Ab¨ †KD Avi †Kvb we‡kl wk¶Yxq welq Dc¯vcb Ki‡Z AvMnx wKbv Zv ck K‡i Rvb‡eb Ges †KD AvMnx _vK‡j Zv‡K Dc¯vcb Kivi m‡hvM w`‡eb| • cew`‡bi cbiv‡jvPbv cwk¶K GKRb cwk¶Yv_x‡K mnvqK wn‡m‡e wbevPb Ki‡eb, whwb MZ w`‡bi mg¯ Kvhµg I wk¶Yxq welq¸‡jv c‡kvË‡ii gva¨‡g cbiv‡jvPbv Ki‡eb| mÜ¨Kvjx Kv‡Ri Dc¯vcbv	e³Zv c‡kvËi	
mvi-ms‡¶c			5 wgwbU
	• cvZ¨wnK Rvbvj I mvÜ¨Kvjxb Kv‡Ri Dc¯vcb Ges cvZ¨wnK civ‡jvPbvq Ask Mn‡bi Rb¨ mKj‡K ab¨ev` Ávcb|	e³Zv I c‡kvËi	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, gvKvi, BZ¨vw`|			

Awa‡ekb cwiKíbv

w`b t 3 mgq t 9:00-10:00 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t avb †¶‡Z †QvU gv‡Qi Pvl|

Afxó `j t grm¨ wefvMxq I Ab¨vb¨ `ß‡ii KgKZve›`|

j¶¨ t AskMnYKvix‡`i avb †¶‡Z †QvU gvQ Pv‡li ¸i“Z I wewfb Pvl c×wZ m¤ú‡K mg¨K avibv †`qv n‡e hv‡Z Zviv AwRZ Ávb wb‡Ri Kv‡R jvMv‡Z cv‡ib I mswkó‡`i G wel‡q c‡qvRbxq civgk c`vb Ki‡Z cv‡ib|

D‡Ïk¨ t G Awa‡ekb †k‡l AskMnYKvixMY-

- avb †¶‡Z †QvU gvQ Pv‡li ¸i“Z I c‡qvRbxqZv e¨vL¨v Ki‡Z cvi‡eb;
- avb †¶‡Z gvQ Pv‡li wewfb c×wZ m¤ú‡K ej‡Z I Dc‡hvMx c×wZ mbv³ Ki‡Z cvi‡eb;
- avb †¶‡Z gvQ Pv‡li †¶‡Î Rwg wbev©Pb, Rwg c¯'Z, MZ© ev bvjv Lbb, av‡bi RvZ wbev©Pb I †ivcb c×wZ m¤ú‡K ej‡Z cvi‡eb;
- avb †¶‡Z gvQ Pv‡li Dc‡hvMx cRvwZ wbev©Pb, gR` NbZ I gR` cieZx e¨e¯vcbv m¤ú‡K ej‡Z cvi‡eb|
- avb †¶‡Z gvQ Pv‡l wewfb mgm¨v wPwýZKiY I Zvi m¤¢ve¨ mgvavb m¤ú‡K e¨vL¨v Ki‡Z cvi‡eb

wel qmwP	Av‡jvP¨ wel q	cwk¶Y c×wZ	mgq
fwgKv			3 wgwbU
	¯vMZg ceeZx Awa‡ek‡bi mv‡_ ms‡hvM ¯'vcb (cavb wk¶Yxq wel qmgn) eZgvb Awa‡ek‡bi Dci Av‡jvKcvZ (wk‡ivbvg I D‡Ïk¨mgn) DØ×KiY (Awa‡ek‡bi ¸i“Z)	e³Zv I c‡kvËi	
wel qe¯'			52 wgwbU
	avb †¶‡Z gvQ Pv‡li ¸i“Z I c‡qvRbxqZv; hMcr c×wZ- mweav chvqµg c×wZ- †QvU gvQ Pvl e¨e¯vcbv, av‡bi RvZ wbev©Pb I Pviv †ivcb c×wZ chvqµg c×wZ‡Z avb ‡¶‡Z i“B RvZxq gv‡Qi mv‡_ gjvi wgk Pvl I e¨e¯vcbv|	e³Zv I c‡kvËi	
mvims‡¶c			5 wgwbU
	gj wel‡qi cbiv‡jvPbv (cavb wk¶bxq wel qmgn) D‡Ïk¨ hvPvB I fj ms‡kvab n¨vÛ AvDU weZiY cieZx Awa‡ek‡bi mv‡_ ms‡hvM ¯'vcb I ab¨ev` Ávcb	c‡kvËi	
cwk¶Y mnvqK mvgMx t †evW gvKvi, wdcPvU, n¨vÛ AvDU, BZ¨w`|			

avb †¶‡Z †QvU gv‡Qi Pvl

fwgKv

fvZ I gvQ evsjv‡`‡ki RbM‡Yi cavb Lv`¨| Avi G `ÖwU Drcv`‡bi Rb¨ c‡qvRb cPi Pvl‡hvM¨ Avev`x Rwg I gvQ Pv‡li Rjvkq| cvq 15 †KwU RbmsL¨vi Nb emwZcY †QvU G †`‡k `Ö‡Uv m¤ú`B AZ¨š mxwgZ Ges w`b w`b Zv Av‡iv mxwgZ n‡”Q| c¶vš‡i, RbmsL¨v ew×i mv‡_ mv‡_ gv‡Qi Pwn`vI `“Z †e‡o hv‡”Q| GL‡bv Avgv‡`i †`‡ki A_bwZ, cwó Ges Kgms¯v‡b gvQ D‡jL‡hvM¨ fwgKv cvjb Ki‡Q| cwówe`‡`i g‡Z M‡o RbcwZ eQ‡i 18 †KwR gv‡Qi c‡qvRb wKš eZgv‡b gvQ Mn‡Yi cwigvY gvÎ 13.5 †KwR| hv Avgv‡`i Pwn`vi Zjbvq AcZj| †KejgvÎ cK‡i gvQ Pv‡li gva¨‡g G e¨vcK Pwn`v ciY m¤¢e bq| GgZve¯vq Rwgi eûwea e¨envi GKvš c‡qvRb| G †c¶vc‡U avb‡¶‡Z gvQ Pv‡li ¸i“Z Acwimxg| evsjv‡`‡k cvq 6.99 wgwjqb GKi avbx Rwg‡Z eQ‡i 4-6 gvm cwb _v‡K hv av‡bi mv‡_ gvQ Pv‡li Rb¨ LeB Dc‡hvMx| Gme Rwg‡Z av‡bi m‡½ gvQ I wPswo Pv‡li e¨vcK m¤¢vebv i‡q‡Q|

avb †¶‡Z gvQ Pvl GKwU mgwšZ Pvl c×wZ| G c×wZ‡Z ¯í e¨‡q, Aí k‡g Ges mnR e¨e¯vcbvq GKB Rwg‡Z GKB m‡½ ev chvqµ‡g G‡Ki AwaK dmj Drcv`b Kiv m¤¢e hv Rwgi m‡evËg e¨envi wbwðZ K‡i| d‡j cw_exi wewfb †`‡k avb‡¶‡Z gvQ Pvl Rbwcq n‡q D‡V‡Q| av‡bi m‡½ gvQ Pvl Ki‡j av‡bi djb 12-17% Ges L‡oi djb 14-20% ew× cvq| d‡j Kl‡Ki Avw_K DbwZi mv‡_ mv‡_ Awgl RvZxq Lv‡`¨i NvUwZI ciY nq|

avb †¶‡Z †QvU gvQ Pv‡li ¸i“Z

Avgv‡`i †`‡k c‡e avb †¶‡Z cvKwZKfv‡e cPi cwigv‡Y wewfb cRwZi †QvU gvQ cvIqv †hZ| wKš lv‡Ui `k‡Ki w`‡K av‡bi djb evov‡bvi Rb¨ G ‡`‡k D”P djbkxj avb Pv‡li gva¨‡g meR wec‡ei mÎcvZ nq| d‡j Gme avbx Rwg‡Z gv‡Qi cvc¨Zv `“Z Kg‡Z _v‡K Ges eZgv‡b †bB ej‡jB P‡j| Z_wc GL‡bv Avgv‡`i †`‡ki MvgxY `wi` Rb‡Mvôx Zv‡`i Awgl RvZxq Lv‡`¨i Pwn`v ci‡Yi Rb¨ Gme †QvU gv‡Qi IciB A‡bKvs‡k wbfikxj| KviY, Zviv A‡c¶vKZ `vgx I eo gvQ µ‡q mg_ bq| Gme †QvU gv‡Q Awg‡li cvkvcwk cPi cwigv‡Y wfUwgb I c‡qvRbxq LwbR (Minarel) Dcv`vb i‡q‡Q hv ¯v¯¨ i¶vq LeB c‡qvRb|

Avgv‡`i †`‡k cvq 150 wU wewfb cRwZi †QvU gvQ i‡q‡Q| AvawbK c×wZ‡Z cK‡ii cvkvcwk avb †¶‡ZI Gme †QvU gv‡Qi Pvl K‡i G †`‡ki gvb‡li AcwóRwbZ †ivM we‡kl K‡i ivZKvbv †ivM cwZ‡iva Kiv A‡bKvs‡kB m¤¢e| eZgv‡b 16 wU cRwZi †QvU gvQ Pv‡li Ici ¸i“Z †`qv n‡”Q| Gi g‡a¨ gjv, cwU Ges wPswo avb †¶‡Z Pv‡li Rb¨ LeB Dc‡hvMx|

avb †¶‡Z gvQ Pv‡li mweav

- av‡bi mv‡_ gvQ Pvl Ki‡j GKB Rwg †_‡K AwZwi³ dmj wn‡m‡e gvQ cvIqv hvq|
- gvQ av‡bi AwbóKvix †cvKv-gvKo Lvq Ges †¶‡Z AvMvQv Rb¥v‡Z evav mwó K‡i| d‡j av‡bi djb †ewk nq Ges KxUbvkK I wbovbx LiP Kg jv‡M|
- gv‡Qi weôv ‡¶‡Zi DeiZv ew×‡Z mvi wn‡m‡e KvR K‡i|
- †cvbv µ‡qi LiP Qvov †Zgb evowZ cwRi c‡qvRb nq bv|
- mgwšZ evjvB e¨e¯vcbvq ˆRweK c×wZ‡Z evjvB `g‡b gvQ KvhKi fwgKv cvjb K‡i|
- G c×wZi Pvl Kvhµ‡g Lv`¨ c‡qv‡Mi c‡qvRb nq bv|
- Kgms¯v‡bi m‡hvM ew× cvq|

avb †¶‡Z †QvU gvQ Pvl c×wZ

Rwgi aiY Abhvqx mvaviYZt 2 c×wZ‡Z avb †¶‡Z gvQ Pvl Kiv hvq| †hgb-

1| hMcr c×wZ (Simultaneous or Concurrent method)
2| chvqµg c×wZ (Alternate or Rotation method)

hMcr c×wZ

hMcr c×wZ‡Z avb I gvQ GKB Rwg‡Z GK m‡½ Pvl Kiv nq| G c×wZ‡Z avb n‡"Q gL¨ dmj Ges gvQ n‡"Q AwZwi³ dmj| ga¨g I wbP Rwg‡Z †hLv‡b 4-6 gvm cwb _v‡K, †mLv‡b Avgb av‡bi mv‡_ gvQ Pvl Kiv hvq| Avevi †ev‡iv †gŠm‡g †hme Rwg †mP mweavi AvIZvaxb †mme Rwg‡ZI G c×wZ‡Z av‡bi mv‡_ gvQ Pvl Kiv †h‡Z cv‡i| GQvov DcKjxq avbx Rwg‡Z elvKv‡j av‡bi mv‡_ ‡QvU gvQ I wPswo Pvl Kiv †h‡Z cv‡i| G c×wZ‡K Avevi `Ôfv‡M fvM Kiv †h‡Z cv‡i| ‡hgb-

K) GK dmjv c×wZ
L) `Ôdmjv c×wZ

GK dmjv c×wZ‡Z gvQ I avb GKB m‡½ GKB Rwg‡Z Pvl Kiv nq Ges avb KvUvi ci gvQ aiv nq| Avi `Ôdmjv c×wZ‡Z GKB gR‡`i gvQ‡K ci ci `B dm‡j ivLv nq| A_vr c_g dmjwU KvUvi ci gvQ‡K †¶‡Zi GK cv‡ši M‡Z ev wgwb cK‡i †i‡L †`qv nq| AZtci cieZx dm‡j Avevi †¶‡Z Qvov nq Ges wØZxq dmj KvUvi ci gvQ aiv nq|

G c×wZi mweav¸‡jv wbgœic

- G c×wZ‡Z GK m‡½ Aí kg I ¯í Li‡P `ÔwU dmj cvIqv hvq|
- gvQ av‡bi AwbóKvix KxU-cZ½ I AvMvQv †L‡q G‡`i Dc`e Kwg‡q ‡`q| d‡j Gi Rb¨ evovwZ cwRi c‡qvRb nq bv|
- gv‡Qi eR¨ avb †¶‡Z ^RweK mvi wnmv‡e KvR K‡i|
- gv‡Qi PjvP‡j cwb‡Z Aw· ‡R‡bi cwigvY †e‡o hvq Ges cwó Dcv`vbmgn AwaKZi mnRj f¨ nq|
- avb Pv‡li LiP Kg nq, d jb ew× cvq, d‡j gbvdvI ‡ewk nq|

chvqµg c×wZ

G c×wZ‡Z GKB Rwg‡Z avb I gvQ chvqµ‡g Pvl Kiv nq| mvaviYZ avb KvUvi ci gvQ Pvl Kiv nq Ges gvQ Avni‡Yi ci avb Pvl Kiv nq| †hme wbP Rwg elvKv‡j cwweZ nq Ges †hLv‡b †KejgvÎ kxZKv‡j †ev‡iv av‡bi Pvl Kiv nq, †mme Rwg G c×wZi Rb¨ Dc‡hvMx| ZvQvov mg` DcKjeZx GjvKvq †hLv‡b elvKv‡j †jvbvcwbi wPswo Pvl Kiv hvq bv †mme Rwg‡ZI wPswoi c‡i av‡bi Pvl Kiv †h‡Z cv‡i| elvi mgq av‡bi mv‡_ ¯v` cwbi wPswo I gv‡Qi Pvl Kiv †h‡Z cv‡i|

chvqµg c×wZi mweav

- G c×wZ‡Z gvQ Pv‡l avb _v‡K bv e‡j avb †¶‡Z c‡qvRb Abhvqx cwb ivLv hvq|
- gvQ Pv‡li Rb¨ †h me mvi c‡qvM Kiv nq †m¸‡jvi Ae¨eüZ Ask Ges gv‡Qi eR¨ av‡bi Rb¨ mvi wn‡m‡e KvR K‡i|
- av‡bi ci gvQ Pvl Kiv nq e‡j †cvKv-gvK‡oi Rxeb Pµ e¨vnZ nq| d‡j cieZx‡Z avb ‡¶‡Z †cvKvi AvµgY Kg nq|
- av‡bi c‡i gvQ Pvl Kiv‡Z Rwg‡Z AvMvQvi Dc`e K‡g hvq Ges Rwgi gwwU big _v‡K weavq Aí Pv‡l cieZx‡Z av‡bi Pvlv †ivcb Kiv hvq|
- avb KvUvi ci avb Mv‡Qi †Mvovi Ask cwb‡Z c‡P wM‡q cPi cv¼Ub Rb¥vq, hv gv‡Qi DrKó Lv`¨|
- Gme Rwgi †ekxi fvM eûgwjKvbvaxb n I qvq mgevqwfwËK ev mgvRwfwËK gvQ Pv‡li mweav i‡q‡Q|

avb‡¶‡Z †QvU gv‡Qi Pvl e¨e¯vcbv

1| avb †¶‡Z hMcr c×wZ‡Z †QvU gvQ Pvl e¨e¯vcbv

Rwg wbevPb

Rwg wbevP‡bi Ici avb †¶‡Z gvQ Pv‡li mdjZv eûjvs‡k wbfikxj| ZvB Rwg wbevP‡b wbgwjwLZ welqmgn we‡ePbv Kiv DwPZ|

- RwgwU A‡c¶vKZ mgZj nIqv DwPZ hv‡Z Rwg‡Z cvwbi MfxiZv me RvqMvq mgvb _v‡K|
- RwgwU †hb eb¨vq cøveZ bv nq †mw`‡K j¶¨ †i‡LB Rwg wbe©vPb Ki‡Z n‡e| GRb¨ gvSvix DP Rwg gvQ Pv‡li Dc‡hvMx|
- gvwUi cvwb avviY¶gZv †ewk _vK‡Z n‡e| GRb¨ G‡Uj ev †`v-Avk gvwU n‡jB fv‡jv|
- Rwg‡Z †hb avb KvUvi chš 4-6 gvm cvwb _v‡K|
- wbe©vPZ Rwg Mfxi bjKc ev ¯vqx Rjvav‡ii cv‡k nIqv DwPZ, hv‡Z mn‡RB Rwg‡Z c‡qvRb gZ cvwb †`Iqv hvq|
- RwgwU evoxi hZUv m¤¢e KvQvKvwQ nIqv fv‡jv|

Rwg c¯ZKiY

avbx Rwg‡K gvQ Pv‡li Rb¨ gv‡Qi evm Dc‡hvMx K‡i ˆZwi Ki‡Z n‡e| Rwg hZ fvj fv‡e c¯Z Kiv n‡e ZZ †ewk avb I gv‡Qi Drcv`b cvIqv hv‡e| GRb¨ Rwg fvjfv‡e PvI †`Iqvi ci gB w`‡q mgvb K‡i wb‡Z n‡e †hb me©Î cvwbi MfxiZv mgvb _v‡K|

AvBj wbgvY

c‡qvRbgZ cvwb a‡i ivLvi Rb¨ Rwgi Pvicv‡k DP I k³ K‡i AvBj eva‡Z n‡e| AvB‡ji D”PZv 50 †mwg. Gi Ic‡i n‡j fv‡jv Ges AvB‡ji †Mvovi w`K A‡c¶vKZ ck¯ nIqv DwPZ †hb cvwbi Pv‡c AvBj mn‡R †f‡½ bv hvq| Z‡e AvB‡ji D”PZv Ggb nIqv DwPZ †hb eb¨vi cvwb‡Z †¶Z Zwj‡q bv hvq| eIvi mgq †¶‡Zi AwZwi³ cvwb hv‡Z AvBj DcwP‡q †ewi‡q bv hvq Zvi Rb¨ AvB‡ji Dcwifv‡M cvwb wbMgb c\_ \_vK‡Z n‡e Ges wbMgb c‡\_ Zvi ev bvBj‡bi Rvj w`‡Z n‡e †hb cvwbi m‡½ gvQ †ewi‡q †h‡Z bv cv‡i|

MZ I bvjv Lbb

avb †¶‡Z gv‡Qi Avkq¯j wn‡m‡e bvjv Ges MZ ev wgwb cKi Aek¨B _vK‡Z n‡e| bvjv AvB‡ji wfZi Rwgi Pvicv‡k A_ev AvovAwofv‡e ev †KvbvKvwbfv‡e ˆZwi Kiv †h‡Z cv‡i| Rwgi A‡c¶vKZ wbP As‡k 1-2% GjvKv R‡o 75-95 †mwg Mfxi K‡i MZ Ki‡Z n‡e| M‡Zi m‡½ bvjvi ms‡hvM ivL‡Z n‡e hv‡Z gvQ bvjvi gva¨‡g mn‡RB MZ †_‡K avb‡¶‡Z Ges †¶Z †_‡K M‡Z Avm‡Z cv‡i| †QvU gvQ Pv‡li Rb¨ Avkq¯j wn‡m‡e †¶‡Zi wfZ‡i ev evB‡i A‡c¶vKZ wbP As‡k wgwb cKi Ki‡Z cvi‡j Ges cKi †_‡K †¶‡Zi ga¨ w`‡q bvjvi ms‡hvM _vK‡j fvj nq|

Rwg‡Z bvjv I MZ Kivi D‡Ïk¨

- Liv I ï®‹ †gŠm‡g †¶‡Zi cvwb K‡g †M‡j A_ev cvwbi ZvcgvÎv †e‡o †M‡j gvQ bvjv/M‡Z/cK‡i Avkq wb‡Z cv‡i|
- ‡¶‡Z KxUbvkK c‡qv‡Mi c‡qvRb n‡j cvwb Kwg‡q gvQ‡K bvjv ev M‡Z †i‡L KxUbvkK c‡qvM Ki‡j gv‡Qi †Kvb ¶wZ nq bv|
- gvQ aivi mgq cvwb Kwg‡q bvjv ev M‡Z mg¯ gvQ GKwÎZ K‡i mn‡RB aiv hvq|
- eo MZ ev wgwb cKi _vK‡j `Ôdmjv c×wZ‡Z avb †¶‡Z gvQ PvI Kiv mweavRbK| GQvov avb KvUvi c‡i M‡Z/cK‡i gvQ †i‡L eo Kiv hvq| G‡Z Aw_Kfv‡e h‡_ó jvfevb nIqv hvq|

mvi c‡qvM

avb I gv‡Qi Drcv`b †ewk †c‡Z n‡j †¶‡Z c‡qvRb gZ mvi c‡qvM Kiv DwPZ| gvwUi DeiZv I av‡bi Rv‡Zi ZviZg¨ Abmv‡i mv‡ii cwigvY wbaviY Ki‡Z n‡e| mvaviYt D”P djbkxj Rv‡Zi av‡bi Rb¨ cwZ kZK Rwg‡Z 600-700 Mvg BDwiqv, 400-500 Mvg wUGmwc Ges 200-250 Mvg Ggwc mvi †`Iqv †h‡Z cv‡i| wUGmwc I Ggwc mvi Rwg ˆZwii mgq GKeviB c‡qvM Ki‡Z nq| BDwiqv mvi mgvb wZb wKw¯‡Z A_vr avb ‡ivc‡bi 30-35 w`b, 45-50 w`b Ges 60-65 w`b c‡i c‡qvM Ki‡Z nq| m‡½ 6-10 †KwR †Mvei Rwg ˆZwii mgq w`‡j fvj nq| †Mvei mvi c‡qvM Ki‡j ivmvqwbK mv‡ii cwigvY Kg n‡j I P‡j|

av‡bi RvZ wbevPb I Pviv †ivcb c×wZ

av‡bi mv‡_ gvQ Pv‡li †¶‡Î av‡bi RvZ wbevP‡b wbæ welqmgn j¶¨ ivL‡Z n‡e-

- ‡hme avb D”P djbkxj Ges AwaK cwb mn¨ Ki‡Z cv‡i I mn‡R †n‡j c‡o bv|
- ‡hme av‡bi †ivM cwZ‡iva ¶gZv †ewk Ges †cvKvi AvµgY Kg nq|
- mg` DcKjxq GjvKvi Rb¨ wbewPZ av‡bi jeYv³Zv mn¨ Kivi ¶gZv _vK‡Z n‡e|
- D”P djbkxj Rv‡Zi av‡bi g‡a¨ weAvi-3 (wece), weAvi-11 (g³v) I weAvi-14 (MvRx) Ab¨Zg|

av‡bi mv‡_ gvQ PvI Ki‡Z av‡bi Pviv mwiex×fv‡e Ges mgvb `i‡Z jvMv‡Z n‡e, hv‡Z gvQ avb †¶‡Z mn‡R Pjv‡div Ki‡Z cv‡i| Pviv jvMv‡bvi mgq †MvQv †_‡K †MvQvi `iZ 15-20 ‡mwg. Ges mvwi †_‡K mvwii `iZ 20-25 †mwg. w`‡Z n‡e| Z‡e †Rvov mvwi c×wZ‡Z 15 ‡mwg. I 35 †mwg `i‡Z jvMv‡j fvj nq| G c×wZ‡Z `B mvwii ga¨Kvi `iZ 15 †mwg. K‡i GK †Rvov Ges GK †Rvov mvwi †_‡K Aci †Rvov mvwii `iZ 35 †mwg. n‡Z n‡e| Gi d‡j gvQ mn‡RB avb †¶‡Z PjvPj Ki‡Z cv‡i I cPi mhv‡jvK cvq, gv‡Qi Lv‡`¨i cvPhZv †e‡o hvq Ges avb I gv‡Qi djb †ewk nq|

gv‡Qi cRvwZ wbevPb I †cvbv gR`

avb †¶‡Z cwbi MfxiZv Kg _vKv‡Z cwbi ZvcgvÎv Ges cwi‡e‡ki `“Z cwieZb N‡U| ZvQvov avb †¶‡Z Aí mg‡qi Rb¨ gvQ ivLv nq, ZvB G c×wZ‡Z gvQ Pv‡li Rb¨ cRvwZ wbevP‡b wbgwjwLZ welq¸‡jv we‡ePbv Ki‡Z n‡e|

- wbewPZ gvQ `“Z eabkxj n‡Z n‡e|
- Kg Mfxi cwb‡Z ¯v”Q‡›` evm Ki‡Z cv‡i Ges ZvovZwo eo nq|
- ZvcgvÎv I cwi‡e‡ki ZviZg¨ mn¨ Kivi ¶gZv _vK‡Z n‡e|
- av‡bi †Kvb ¶wZ K‡i bv|

Gme we‡ePbv K‡i G c×wZi Rb¨ wgii Kvc, micwU, gjv I wPswo wbevPb Kiv †h‡Z cv‡i| wb‡g Gme cRvwZi wgk Pv‡li cwZ kZ‡K gR` NbZ †`Iqv n‡jv|

bgbv-1		bgbv-2	
cRvwZ	msL¨v	cRvwZ	msL¨v
gjv	50-60	gjv	60-64
wgii Kvc	6-8	wPswo	36-40
micwU	10-12		
†gvU	66-80	†gvU	96-104

†cvbvi gR` NbZ mvaviYZ: †cvbvi AvKvi, cRvwZ Ges †¶‡Zi DeiZvi Ici wbfi K‡i| †h‡nZz G c×wZ‡Z gvQ‡K Aí mg‡qi Rb¨ ivLv nq †m‡nZz eo AvKv‡ii †cvbv Qvov DwPZ| GRb¨ cwU I wgii Kvc †cvbvi AvKvi 9 †mwg. Gi Ici n‡j fvj nq| cwbi ZvcgvÎvi ZviZ‡g¨i Rb¨ †cvbv gviv †h‡Z cv‡i weavq †cvbv avb †¶‡Z Qvovi c‡e Aek¨B LvC LvB‡q A_vr ZvcgvÎv mvg¨e¯vq G‡b †cvbv Qvo‡Z n‡e| avb jvMv‡bvi 15-20 w`b ci †cvbv Qvov DwPZ| avb jvMv‡bvi ci ci †cvbv Qvo‡j gv‡Qi PjvP‡ji Kvi‡Y av‡bi Pviv AvjMv n‡q D‡V †h‡Z cv‡i|

cwb mieivn

gv‡Qi ¯vfweK ew×i Rb¨ avbx Rwg‡Z me mgq Kgc‡¶ 18 †mwg. Ic‡i cwb ivLv DwPZ| Z‡e c_g w`‡K cwbi MfxiZv †ewk nIqv DwPZ bq, KviY G‡Z Pviv MvQ †MvQv wb‡Z cv‡i bv| ZvB c_g †`o gvm chš 12-20 †mwg. cwb ivL‡Z n‡e Ges Gici ax‡i ax‡i cwbi MfxiZv evov‡bv †h‡Z cv‡i|

Lv`¨ c‡qvM

av‡bi mv‡_ gvQ Pv‡li Rb¨ evB‡i †_‡K Lv`¨ †`Iqvi c‡qvRb nq bv| Z‡e †ewk Drcv`b cvIqvi Rb¨ gv‡Qi †`‡ni IR‡bi 2-3 kZvsk nv‡i mwilvi ˆLj I Pv‡ji Kov 1t2 Abcv‡Z cwZw`b M‡Z ev avb †¶‡Z c‡qvM Ki‡Z n‡e|

†cvKv-gvKo `gb

avb †¶‡Z gvQ Pvl Ki‡j mvaviYZ †cvKvi Avµgb †Zgb nq bv| hw` †Kvb †cvKvi Avµgb †`Lv †`q Zvn‡j †¶‡Zi cwb Kwg‡q gvQ‡K MZ ev bvjvi g‡a¨ †i‡L KxUbvkK e¨envi Kiv †h‡Z cv‡i| KxUbvkK e¨env‡ii 4-5 w`b ci Rwg‡Z cwb fwZ Ki‡j gvQ MZ ev bvjv †_‡K †¶‡Z †ei n‡q Avm‡e| GQvov avb †¶‡Z Mv‡Qi Wvj A_ev ev‡ki KwÂ c‡Z cwL emvi e¨e¯v Ki‡j †cvKvi Avµgb eû jvs‡k wbqšY Kiv hvq|

gvQ AvniY

avb KvUvi ci cwb Kwg‡q †¶Z †_‡K gvQ ai‡Z n‡e| Z‡e mKv‡ji w`‡K ZvovZwo avb KvUvi m‡½ m‡½ gvQ a‡i †djv DwPZ| G‡Z gvQ m‡ZR _v‡K I weµq gj¨ †ewk nq| av‡bi m‡½ gvQ Pvl Ki‡j cwZ kZvs‡k GK dmjv c×wZ‡Z 1.30-2.60 †KwR Ges `ỏdmjv c×wZ‡Z 2.40-2.80 †KwR gv‡Qi Drcv`b cvIqv hvq| Avi gjv I wPswo Pvl Ki‡j cwZ kZvs‡k GK dmjv c×wZ‡Z 0.06-0.07 †KwR gjv I 0.85-0.95 †KwR wPswo Ges `ỏdmjv c×wZ‡Z 0.24-0.28 †KwR gjv I 1.32-1.47 †KwR wPswo Drcv`b Kiv hvq|

2| chvqµg c×wZ‡Z avb †¶‡Z gjvi mv‡_ i"B RvZxq gv‡Qi wgk Pvl e¨e¯vcbv

Rwg wbevPb

G‡`‡k eû wbP Rwg Av‡Q hv elvKv‡j AwZwi³ cwb‡Z cweZ _vKvq av‡bi Pvl Kiv hvq bv, ZvB †Kej gvÎ ï®‹ †gšm‡g †ev‡iv av‡bi Pvl Kiv nq| Gme Rwg G c×wZi Rb¨ LeB Dc‡hvMx| †h Rwgi wbevPb Kiv n‡e Zvi Pvicv‡k DP RvqMv ev DP AvBj _vK‡Z n‡e †hb eb¨vi cwb‡Z cwieZ bv nq|

Rwg c¯ZKiY

wbewPZ Rwgi Pvicv‡k mvaviYZt DP cvo ev AvBj _v‡K| hw` †Kv_vI cvo fv½v ev wbP _v‡K Zvn‡j DP I k³ K‡i AvBj eva‡Z n‡e †hb AwZ ewó ev eb¨vq cwieZ bv nq| †¶‡Zi cwb †ei nIqvi c‡_ ev‡ki evbv w`‡Z n‡e hv‡Z gR`KZ gvQ †ei n‡q †h‡Z bv cv‡i| ZvQvov AwZwi³ cwb †ei nIqvi Rb¨ cwÿ‡Ki cvB‡ci e¨e¯v Ki‡Z n‡e Ges cvB‡ci g‡L bvBj‡bi Rvj †e‡a w`‡Z n‡e|

AvMvQv wbqšY I MZ Lbb

elvKv‡j Rwg cwZZ _vKvi d‡j wewfb ai‡Yi AvMvQv Rb¥vq| G mg¯ AvMvQv¸‡jv‡K KwqK k‡gi gva¨‡g wbqšY Ki‡Z n‡e| mvaviYZ: Rwgi bxP As‡k AvqZb Abmv‡i 2-4 kZvsk RvqMvq MZ K‡i wb‡Z n‡e| G‡¶‡Î gvQ PjvP‡ji Rb¨ bvjvi c‡qvRb nq bv| MZwU gv‡Qi Avkq¯j wnmv‡e e¨eüZ n‡q _v‡K| gvQ ai‡ZI mweav nq| ZvQvov eo gvQ wewµ Kivi ci †QvU gvQ¸‡jv‡K M‡Z †i‡L eo Kiv hvq|

Rwg ˆZwi

Rwgi mg¯ AvMvQv mwi‡q †d‡j fvjfv‡e Pvl I gB w`‡q Rwg ˆZwi Ki‡Z n‡e| Rwg‡Z †kl Pv‡li mgq cwZ kZvs‡k 450-550 Mvg wUGmwc Ges 250-300 Mvg Ggwc mvi c‡qvM Ki‡Z n‡e| GQvov 600-700 Mvg BDwiqv avb jvMv‡bvi ci mgvb wZb wKw¯‡Z A_vr avb †ivc‡bi 30-35 w`b, 45-50 w`b Ges 60-65 w`b c‡i c‡qvM Ki‡Z n‡e|

av‡bi RvZ wbevPb I †ivcb

†ev‡iv †gšm‡gi Rb¨ mvaviYZ: D"P djbkxj Rv‡Zi avbB Dch³| GRb¨ weAvi-3 (wece), weAvi-11 (g³v) I weAvi-14 (MvRx) cfwZ Rv‡Zi avb wbevPb Kiv hvq| av‡bi Pviv mwiex×fv‡e Ges mgvb `i‡Z jvMv‡Z n‡e| GRb¨ †MvQv †_‡K †MvQvi `iZ 15-20 ‡mwg. Ges mwi †_‡K mwii `iZ 20-25 †mwg. ivL‡Z n‡e|

avb‡¶‡Zi cwiPhv I avb KvUv

av‡bi cwiPhvi Rb¨ †¶‡Zi AvMvQv, †cvKv-gvKo I †ivMevjvB `gb Ki‡Z n‡e| av‡bi djb ewׄi Rb¨ wZb wKw¯‡Z BDwiqv mvi c‡qvM Ki‡Z n‡e Ges Rwg‡Z c‡qvRbgZ ‡mP w`‡Z n‡e| avb KvUvi mgq av‡bi †Mvov GKU j¤v †i‡L

KvU‡Z n‡e| Zvn‡j cieZx‡Z gvQ Pv‡li Rb¨ Rwg‡Z cwb w`‡j av‡bi †Mvov c‡P wM‡q cPi cv¼Ub Rb¥v‡Z cv‡i hv gv‡Qi Drcv`‡b mnvqK fwgKv cvjb K‡i|

gvQ Pvl

avb KvUvi ci gvQ Pv‡li Rb¨ Rwgi cwb wbMgb c‡_ eva w`‡q Rwgi cwbi MfxiZv evov‡Z n‡e hv‡Z av‡bi †Mvov ZvovZwo c‡P wM‡q gv‡Qi Lv`¨ Drcb nq|

cRwZ wbevPb I gR` NbZ

G c×wZ‡Z avb I gvQ Avjv`fv‡e Pvl Kiv nq e‡j gvQ Pv‡li Rb¨ cwbi MfxiZv †ewk ivLv nq| GQvov gvQ‡K cvq 6-7 gvm chš A_vr avb jvMv‡bvi ce chš †¶‡Z ivLv hvq| ZvB gjvi m‡½ i“B, KvZjv, g‡Mj, wgii Kvc I micwU gv‡Qi †cvbv GK‡Î Ges A‡c¶vKZ †ewk gR` Nb‡Z Pvl Kiv †h‡Z cv‡i| GRb¨ cwZ kZ‡K 60-65 wU gjv, 4-5 wU i“B, 3-4 wU KvZjv, 2-3 wU g‡Mj, 5-6 wU wgii Kvc I 10-12 wU micwU gR` Kiv hvq|

gv‡Qi cwiPhv

gv‡Qi ¯vfwneK e„×i Rb¨ cwb‡Z †hb cvKwZK Lv`¨ eRvq _v‡K Zvi Rb¨ cwZ kZ‡K 15 w`b cici 100 Mvg BDwiqv, 60 Mvg wUGmwc c‡qvM Ki‡Z n‡e| Zvi m‡½ 1.0-1.5 †KwR †Mvei c‡qvM Ki‡Z cvi‡j fvj nq| AwaK Drcv`b cvIqvi Rb¨ m¤úiK Lv`¨ wnmv‡e Pv‡ji Kov/M‡gi fwm Ges mwilvi ˆLj 2t1 Abcv‡Z gv‡Qi †gvU IR‡bi kZKiv 3-5 fvM nv‡i c‡qvM Ki‡Z n‡e| gv‡Qi Lvevi ‡QvU ej AvKv‡i wbw`ó mg‡q I wbw`ó K‡qKwU ¯v‡b c‡qvM Kiv DwPZ|

gvQ AvniY

avb jvMv‡bvi Rb¨ Rwgi cwb Aí Aí K‡i Kwg‡q gvQ a‡i †dj‡Z n‡e| gvQ Le †fv‡i ai‡j gvQ m‡ZR _v‡K Ges `vgI †ewk cvIqv hvq| w`‡b m‡hi Zv‡c gvQ ZvovZwo bó nq, d‡j gv‡Qi evRvi gj¨ Kg nq| G c×wZ‡Z gvQ Pvl Ki‡j 6-7 gv‡mi g‡a¨ cwZ kZ‡K 6.2-6.7 †KwR gv‡Qi Drcv`b cvIqv hvq|

avb‡¶‡Z †QvU gvQ Pv‡li mgm¨v

avb‡¶‡Z †QvU gvQ Pv‡l wKQ mgm¨vi m¤§Lxb n‡Z nq| ‡hgbÑ

- eIvKv‡j AwZ ewó‡Z avb †¶‡Zi cwb AvBj DcwP‡q ev eb¨vq cwweZ n‡q gvQ †ei n‡q †h‡Z cv‡i|
- Liv ev Abvewó‡Z †¶‡Zi cwb ïwK‡q gR`KZ †cvbv gviv ‡h‡Z cv‡i|
- KvKov I B`i †¶‡Zi AvB‡j MZ Kivi d‡j cwb †ei n‡q †h‡Z cv‡i| ZvQvov cwb K‡g †M‡j mvc, e¨vO, eK, wkqvj BZ¨vw` mn‡R gR`KZ †cvbv †L‡q †dj‡Z cv‡i|
- Avb ‡¶‡Z †cvKv-gvK‡oi AvµgY n‡j KxUbvkK e¨envi Kiv gv‡Qi Rb¨ SwKcY n‡q _v‡K|
- mn‡R gvQ Pwi n‡q †h‡Z cv‡i|
- avb ‡¶‡Z gvQ Pv‡l Rwgi gwjK I eMvPvlxi g‡a¨ mg‡SvZvi Afve cwijw¶Z nq|

wdcPvU cwiKíbv

avb‡¶‡Z †QvU gv‡Qi Pvl

avb ‡¶‡Z gvQ Pv‡li mweav

- evowZ dmj gvQ
- KxUbvkK I wbovbx LiP Kg
- gv‡Qi weôvq †¶‡Zi DeiZv evo×
- evowZ cwRi c‡qvRb nq bv
- mgwšZ evjvB e¨e¯vcbv KvhKi

avb ‡¶‡Z gvQ Pv‡li cKvi‡f`

hMcr c×wZ: G c×wZi mweav- Aí k‡g `wU dmj cvIqv hvq, gvQ AwbóKvix †cvKv-gvKo †L‡q †d‡j, gv‡Qi gj %Re mvi, cwb‡Z Aw·‡Rb I cwó Dcv`vb †e‡o hvq, LiP Kg nq, djb ew× nq|

chvqµg c×wZ: G c×wZi mweav- B”Qv g‡Zv cwb ivLv hvq, KxUbvkK c‡qv‡M Amweav nq bv, gv‡Qi gj av‡bi Rb¨ mvi, Rwg‡Z AvMvQvi Dc`e K‡g hvq, av‡bi †Mvov c‡P cv¼Ub Rb¨vq,mgvR wfwËK gvQ Pvl mweav|

hMcr c×wZ‡Z av‡bi m‡½ †QvU gvQ Pvl e¨e¯vcbv

- Rwg wbevPb: A‡c¶vKZ mgZj fwg, eb¨vg³ GjvKv, G‡Uj ev †`v-Avk gwU, 4- 6 gvm cwb _v‡K, ¯vqx Rjvav‡ii e¨ve¯v _vKv DwPZ|
- Rwg c¯ZKiY
- AvBj wbgvY: D”PZv 50 †mwg.|
- MZ I bvjv wbgvY: Rwgi bxP As‡k 1-2% GjvKv R‡o 75-95 †mwg. Mfxi MZ Ki‡Z n‡e, bvjv _vK‡e, M‡Zi mv‡_ bvjvi ms‡hvM _vK‡e|
- Rwgi bvjv I MZ Kivi D‡Ïk¨: ZvcgvGv †e‡o †M‡j gvQ bvj/M‡Z Avkq wb‡Z cvi‡e, M‡Z GKwGZ K‡i mn‡RB aiv hvq|
- mvi c‡qvMÑ cwZ kZ‡K 6-7 †KwR †Mvei, 600-700 Mvg BDwiqv, 400-500 Mvg wUGmwc Ges 200-250 Mvg Ggwc|
- av‡bi RvZ wbevPb I Pvivi †ivcb: weAvi-3 (wece), weAvi- 11 (g³v) I weAvi-14 (MvRx); †MvQvi `iZ 15-20 †mwg. mwwi †_‡K mwwii `iZ 20-25 †mwg.

gv‡Qi cRwZ wbevPb I †cvbv gR`

we‡eP¨ welqÑ `“Z eabkxj, Kg Mfxi cwb‡Z Af¨¯, ZvcgvÎv I cwi‡ek ZviZg¨ mn¨ Kivi ¶gZv, av‡bi ¶wZ K‡i bv|

gjvi wgk Pv‡l gR` NbZ (cwZ kZ‡K)

bgbv-1		bgbv-2	
cRwZ	msL¨v	cRwZ	msL¨v
gjv	50-60	gjv	60-64
wgii Kvc	6-8	wPswo	36-40
micwU	10-12	-	-
†gvU	66-80	†gvU	96-104

e¨e¯vcbv

- cwb mieivn: Rwg‡Z Kgc‡¶ 18 †mwg cwb _vK‡e|
- Lv`¨ c‡qvM: †`‡ni IR‡bi 2-3% nv‡i ˆLj I Kov 1:2 Abcv‡Z cwZw`b|
- ‡cvKv-gvKo `gb: KxUbvkK c‡qv‡Mi 4-5 w`b ci Rwg‡Z cwb w`‡Z nq, Wvj ev KwÂ c‡Z ivLv|
- gvQ AvniY: GK dmjv- 1.30- 2.60 †KwR/kZK, `Ödmjv-2.40- 2.80 †KwR/kZK|

chvqµg c×wZ‡Z i“B RvZxq gv‡Qi wgkPvl

- Rwg wbevPb
- Rwg c¯ZKiY
- AvBj evav I ev‡ki evbv †`Iqv
- AvMvQv wbqšY I MZ Lbb

avb Pvl-

- Rwg ˆZix
- av‡bi RvZ wbevPb I †ivcb
- avb †¶‡Zi cwiPhv I avb KvUv

gvQ Pvl

- cRwZ wbevPb I gR` NbZ
- gvQ cwiPhv
- gvQ AvniY
- avb †¶‡Z †QvU gvQ Pv‡l mgm¨v

Awa‡ekb cwiKíbv

w`b t 3 mgq t 10t00-11t00 ‡gqv`Kvj t 60 wgwbU

wk‡ivbvg t %K, wks I gv¸i gv‡Qi Pvl e¨e¯vcbv-1

Awfó`j t grm¨ Awa`ßi I Ab¨vb¨ ms¯vi KgKZve›`

j¶¨ t cwk¶Yv_x‡`i‡K ˆK, wks I gv¸‡ii Pvl m¤vebv, mweav I ¸i"Z Ges gR`ce e¨e¯vcbv m¤úwKZ aviYv c`vb Kiv hv‡Z Zviv G Ávb Kv‡R jwM‡q gvQ PwI‡`i c‡qvRbxq mn‡hvMxZv Ki‡Z cv‡ib|

D‡Ïk¨ t G Awa‡ek‡b cwk¶Yv_xMY ˆK, wks I gv¸i gv‡Qi Pvl mweav, A_%bwZK I cwóMZ ¸i"Z m¤ú‡K Z_¨ wfwËK Ávb AvniY Ki‡eb Ges G m¤ú‡K ej‡Z cvi‡eb I gvQ PwI‡`i †kLv‡Z cvi‡eb|

welqmwP	Av‡jvP¨ welqmgn	cwk¶Y c×wZ	mgq
fwgKv			5 wgwbU
	• ¯vMZg • ceeZx Awa‡ek‡bi cbiv‡jvPbv • PjwZ Awa‡ek‡bi AeZvibv • Awa‡ek‡bi D‡Ïk¨ e¨vL¨v	E³Zv I c‡kvËi	
welqe¯'			50 wgwbU
	• %K, wks I gv¸i gv‡Qi Pvl m¤vebv • A_%bwZK ¸i"Z • Pv‡li mweav • %K, wks I gv¸i gv‡Qi gR` ce e¨e¯vcbv	e³Zv I c‡kvËi †KŠkj	
mvi ms‡¶c			5 wgwbU
	• D‡Ïk¨ hvPvB • gj welq cbiv‡jvPbv • n¨vÛ AvDU weZiY • cieZx Awa‡ek‡bi mv‡_ ms‡hvM ¯vcb • ab¨ev` Ávcb	c‡kvËi †KŠkj	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, wdcKvW, gvKvi, n¨vÛ AvDU BZ¨vw`|			

‰K, wks I gv¸i gv‡Qi PvI e¨e¯vcbv-1

PvI m¤vebv

evsjv‡`‡ki cjx GjvKvq AmsL¨ cKi I `xwN i‡q‡Q, †h¸‡jvi GKUv D‡jL‡hvM¨ Ask ˆK, wks I gv¸i gvQ Pv‡li Dch³ Ges GmKj cK‡i DbZ mbvZb c×wZ wKsev Avav-wbweo c×wZ‡Z gvQ PvI Kiv hvq| G mKj cK‡i DbZ chw³ e¨env‡ii gva¨‡g Drcv`bkxjZv ew×i cvkvcwk weÁvb m¤§Z fv‡e ˆK, wks I gv¸‡ii PvI Kiv m¤e| M‡elYvq †`Lv †M‡Q †h, Avav-wbweo c×wZ‡Z ewn¨Kfv‡e ˆK gv‡Qi Drcv`bkxjZv †n±i cwZ 6-7 †gwUK Ub Ges †`kx wks I gv¸‡ii Drcv`bkxjZv 5-6 †gwUK Ub|

‰K, wks I gv¸i gvQ Avgv‡`i ‡`‡k RbwcqÒwR I j gvQÓ wnmv‡e cwiwPZ| Avevm¯j ms‡KvPb, cwi‡ekMZ wechq, cvKwZK RjvkqmgRn fivU Ges Lvj-wej cwbkb¨ n I qvq G mKj gvQ `“Z nwi‡q hv‡”Q| AZx‡Z Gme †`kxq cRwZi gv‡Qi PvI m¤cmviY I msi¶‡Yi weI‡q †KDB †Zgb ¸i“Z ‡`qwb| PvI c×wZ‡Z Gme gvQ Aš f³ K‡i Drcv`b evov‡bv GLb mg‡qi `vex| D”P evRvigj¨, e¨vcK Pvwn`v I AZ¨š jvfRbK n I qv m‡ZI †cvbvi AcZjZvi Kvi‡Y G mKj gv‡Qi PvI Avkvbi|c cmvi jvf Ki‡Q bv| Z`cwi evsjv‡`‡ki wewfb GjvKvq GmKj gvQ Pv‡I PvIxMY †ek Drmvwn n‡q D‡V‡Qb| chw³MZ I wewfb Kjv‡KŠkj m¤ú‡K ZwËK I e¨enwiK cwk¶Ymn civgk c`vb Ki‡Z cvi‡j GmKj gvQ PvI Av‡iv e¨vcKfv‡e m¤cmviY jvf Ki‡e|

miKwi I ‡emiKwi chv‡q ‰K, wks I gv¸‡ii KwÎg cRbb, †cvbv Drcv`b I PvIvev` Kiv n‡”Q hv DrmvnRbK| wKš G mKj gv‡Qi KwÎg cRbb, †cvbv Drcv`b I PvI e¨e¯vcbvi Ici grm¨ PwlI‡`i mwVK avibv bv _vKvq PwlIiv ˆK, wks I gv¸i gv‡Qi PvI e¨e¯vcbvq wewfb mgm¨vi m¤§yLb n‡”Q|

‰K, wks I gv¸i gv‡Qi ¸i“Z

- ‰K, wks I gv¸i gv‡Qi cwó¸Y A‡bK †ewk Ges †L‡Z LeB m¯v`|
- Am¯ I †ivM gw³i ci ¯v‡¯¨i DbwZi Rb¨ †ivMxi c_¨ wn‡m‡e G mKj gvQ mgv`Z|
- Aí ¯v‡b AwaK Nb‡Z G mKj gvQ PvI Kiv hvq weavq ¯í mg‡q AwaK gbvdv ARb m¤fe|
- AwZwi³ kmb A½ _vKvq G mKj gvQ evZvm †_‡K Aw·‡Rb wb‡q †e‡P _vK‡Z cv‡i, d‡j Rxeš Ae¯vq evRviRvZ Kiv hvq|
- Ab¨vb¨ gv‡Qi Zjbvq G mKj gv‡Qi Pvwn`v I evRvi gj¨ A‡bK †ewk|
- G mKj gv‡Q Kg †ivM evjvB †`Lv †`q I AwaK mnbkxjZv m¤úb|
- ‡`kxq I AvšRwZK evRv‡i G mKj gv‡Qi e¨vcK Pvwn`v i‡q‡Q|
- ewYwR¨Kfv‡e wRI j gvQ Pv‡li e¨vcK m¤vebv i‡q‡Q|
- Avav-wbweo I wbweo c×wZ‡Z PvI †¶‡Î AwaK Drcv`b Ges e¨vcK Kgms¯v‡bi m‡hvM i‡q‡Q|
- wRI j gvQ PvI K‡i `wi` we‡gvPb I Kgms¯v‡bi m‡hvM mwó Kiv hvq|

‰K, wks I gv¸i gvQ Pv‡li mweav

- †QvU-eo ‡h †Kvb ai‡Yi Rjvk‡q GgbwK †PŠev”Pvq ev LvPv‡Z I G mKj gv‡Qi PvI Kiv hvq|
- evsjv‡`‡ki gwU, Avenvl qv I Rjevq G mKj gvQ Pv‡li AZ¨š Dc‡hvMx|
- ‡gŠmwg cKi, ewlK cKi, AMfxi Rjvk‡q I G mKj gvQ PvI Kiv hvq|
- ¯í MfxiZv m¤úb cK‡i AwaK Nb‡Z mn‡RB PvI Kiv hvq|
- wei|c cwi‡e‡ki cwb‡Z Giv ¯”Q‡›` emevm Ki‡Z cv‡i|
- ‰K gvQ I wks gvQ GKK Pv‡l Ges gv¸i wgk Pv‡l PvI Dc‡hvMx|
- ‰K gvQ 4 gv‡m Ges wks I gv¸i gvQ 7-8 gv‡m Lvevi Dc‡hvMx I evRviRvZ Kiv hvq|
- ‰K, wks I gv¸i gvQ ewYwR¨Kfv‡e PvI K‡i AwaK jvfevb n I qv hvq|
- wks I gv¸i gvQ i“B RvZxq gv‡Qi mv‡_ PvI K‡i I AwZwi³ gbvdv ARb Kiv hvq|
- DbZ e¨e¯vcbv †KŠkj c‡qv‡M PvI Ki‡j GmKj gv‡Q †ivM n I qv m¤vebv Kg _v‡K|
- AwaK Nb‡Zi Pv‡li gva¨‡g m¤ú‡`i mewaK e¨envi wbwðZ Kiv hvq|
- RxweZ Ae¯vq evRviRvZ Kivi m‡hvM _vKvq GmKj gv‡Qi Pvwn`v †ewk _v‡K|

‰K, wks I gv¸i gv‡Qi Pvl c×wZ

ˆK, wks I gv¸i gv‡Qi GKK Pvl GLbI e¨vcK cPjb nq bvB| Pwli AwfÁZv I Aw_K Ae¯'vi Ici wfwË K‡i GmKj gvQ `Bfv‡e Pvl Kiv †h‡Z cv‡i| Ab¨ †h‡Kvb gvQ Pv‡li mv_x dmj wnmv‡e ˆK, wks ev gv¸‡ii †h‡Kvb GKwU wbevPb Kiv †h‡Z cv‡i| †hgb i"B RvZxq gv‡Qi wgk Pv‡li cK‡i GKi cwZ 2,000-5,000 wU wRIj gv‡Qi †cvbv Qvov †h‡Z cv‡i| G‡¶‡Î G‡`i Lvev‡ii weI‡q c_Kfv‡e we‡ePbv Kivi c‡qvRb c‡o bv| i"B RvZxq gv‡Qi wgk Pv‡li Abi"c cv½vm gv‡Qi mv‡_I mv_x dmj wnmv‡e wRIj gv‡Qi †h †Kvb GKwU cRwZ Pvl Kiv †h‡Z cv‡i| G‡¶‡Î I G‡`i Lvev‡ii weI‡q c_Kfv‡e we‡ePbv Kivi c‡qvRb c‡o bv| eZgv‡b G c×wZ †ek RbwcqZv jvf K‡i‡Q Ges PwlMY Aw_Kfv‡e jvfevb n‡"Q| Gi avivevwnKZvq GmKj gvQ we‡kl K‡i ˆK Ges wks Gi GKK Pvl †`‡ki A‡bK RvqMvq cmvi jvf K‡i‡Q| GmKj gv‡Qi Avav-wbweo GKK Pv‡li Rb¨ wb‡giƒc c×wZ AbmiY Kiv †h‡Z cv‡i|

‰K, wks I gv¸i gv‡Qi †cvbv msMn I cwZcvjb

‰K, wks I gv¸i gvQ Pv‡li Rb¨ Dch³ AvKv‡ii †cvbv mnRjf¨ bq Ges cvIqv †M‡jI Zjbvgj Kfv‡e `vg †ewk| †mRb¨ mgqgZ Dch³ AvKv‡ii †cvbv cwß wbwðZ Kiv Ges Drcv`b LiP Kgv‡bvi Rb¨ †QvU AvKv‡ii †cvbv msMn K‡i ‰K, wks I gv¸i gv‡Qi †cvbv bvmwii cK‡i 20-21 w`b cwZcvj‡bi ci Pv‡li cK‡i gR` Kiv DËg| bvmwii cK‡i hLb ˆK gv‡Qi †cvbv¸‡jv 2.5- 3.0 †mwg. AvKv‡ii nq ZLb gR` cK‡i ¯'vbvši Ki‡Z nq| wks gv‡Qi †cvbvi eqm bvmwii cK‡i 30-40 w`b n‡j Zv gR` cK‡i ¯'vbvš‡ii †hvM¨ nq| Ab¨w`‡K gv¸i gv‡Qi †cvbvi eqm 25-30 w`b n‡j G‡`i gR` cK‡i ¯'vbvši Ki‡Z n‡e| †h †Kvb Drm †_‡K †cvbv msMn I cwien‡bi †¶‡Î wewfb c×wZ Aej¤b Kiv hvq| Drm¯'j †_‡K gR` cK‡ii `iZ hZKg nq we‡kl K‡i ˆK gv‡Qi †cvbvi gZ¨ nvi ZZ Kg n‡e| AwaK `i‡Z cwien‡bi †¶‡Î gZ¨ nvi †ewk nq| c¶vš‡i wks I gv¸i gvQ Zjbvgj Kfv‡e †ewk `i‡Z cwienb Kiv mnR|

‰K, wks I gv¸i gv‡Qi †cvbv cwienb i"B RvZxq †cvbv cwien‡bi gZ n‡jI GKU wfbZv i‡q‡Q| Zviv KvUvh³ nIqvq eo AvKv‡ii †cvbv Aw·‡Rb e¨v‡M cwien‡bi †¶‡Î we‡kl mZKZv Aej¤b Ki‡Z nq| wks I gv¸‡ii †QvU †cvbv Aw·‡Rb e¨v‡M cwienb KivB DËg|

bvmwii cKi c¯'wZ

‰K, wks I gv¸i gvQ Pv‡li Rb¨ 3.0 n‡Z 5.0 †mwg. AvKv‡ii †cvbv AZš¨ Dc‡hvMx| D‡jwLZ AvKv‡ii †cvbv mn‡R cvIqv hvq bv weavq wbR¯ bvmvix‡Z †cvbv cwZcvjb K‡i †bqv †h‡Z cv‡i, d‡j mwVK mg‡q mwVK AvKv‡ii †cvbv cwß‡Z ‡hgb mweav nq †Zgwb LiPI c‡o Kg| Gme gv‡Qi 10,000 wU avbx †cvbv gR‡`i Rb¨ 10 kZ‡Ki GKwU bvmwii cKi wbevPb Kiv †h‡Z cv‡i| Ab¨vb¨ gv‡Qi avbx †cvbv cwZcvj‡bi Abi"c bvmwii cKi c¯'Z m¤úb Ki‡Z n‡e| G Rb¨ h_vixwZ cKi †mP c`vb K‡i ïwK‡q cwigvb gZ Pb I ˆRe mvi c‡qvM Ki‡Z n‡e|

bvmwii cK‡i Lv`¨ c‡qvM

cK‡i avbx †cvbv Qvovi ci n‡Z †cvbvi IR‡bi 3 fv‡Mi 1 fvM nv‡i w`‡b 3 ev‡i fvj gv‡bi bvmwii Lv`¨ c‡qvM Ki‡Z n‡e| avbx †cvbv Qvovi 25-30 w`b Pv‡li ci cRwZ †f‡` †cvbv 3.0-5.0 †mwg. AvKv‡i cwiYZ nq|

gR` cKi wbevPb

D"P Nb‡Z ‰K, wks I gv¸i gv‡Qi †cvbv gR‡`i Rb¨ cKi wbevPb GKwU ¸i"ZcY welq| mn‡R cwb mieivn Ges wb®vkb Kiv hvq Ges Zj‡`‡k ˆRe c`v‡_i cwigvY Kg Giƒc †e‡j, ‡e‡j-†`vAvk gwUi cKi G †¶‡Î cvavb¨ w`‡Z n‡e| wbR¯ Deiv kw³ Kg Av‡Q Giƒc cK‡ii cwb `lY mgm¨v Kg n‡q _v‡K| we‡kl K‡i avb †¶Z‡K AMfxi Rjvk‡q iƒcvši K‡i eZgv‡b †h gvQ Pvl Kiv n‡"Q †m ai‡Yi Rjvkq wbevPb Kiv †h‡Z cv‡i| Z‡e cKiwU‡Z hvZvqvZ e¨e¯'v DËg n‡Z n‡e Ges cwb‡Z chvß m‡hi Av‡jv I evZvm cev‡ni Rb¨ †Lvjv‡gjv n‡Z n‡e|

gR` cKi c¯'wZ

Ab¨vb¨ gvQ Pv‡li gZB cKi c¯'Z Ki‡Z n‡e Z‡e G mKj gvQ Pv‡li ‡¶‡Î cKi ïKv‡j me‡P‡q fv‡jv nq, Z‡e cKi †mP w`‡q grm¨ kb¨ K‡i wb‡jI Pj‡e| kZ‡K 1-2 †KwR nv‡i Pb c‡qvM K‡i cK‡ii Zj‡`‡ki gwUi mv‡_ fv‡jvfv‡e wgwk‡q w`‡Z n‡e| ïKv‡bv cKi n‡j Pb c‡qv‡Mi 3-4 w`b ci cwb mieiv‡ni e¨e¯'v Ki‡Z n‡e|

†cvbv gR`

G K_v mZ¨ †h, Pv‡li DËg djvdj wbfi K‡i fvj gv‡bi ev‡Ri Ici| Z‡e †KŠkjZwËKfv‡e weï× †cvbv cwß wbwðZ Ki‡Z n‡e| G Rb¨ wb‡Ri bvmvwi cK‡i †cvbv Drcv`b bv Ki‡j cwiwPZ, wek¯ Í wbfi‡hvM¨ ‡cvbv Drcv`bKvixi wbKU n‡Z †cvbv msMn KivB DËg| †cvbv Qvovi NbZ m¤úY fv‡e wbfi Ki‡e Lvgvixi gvQ Pv‡li AwfÁZv, Aw_K ¯'QjZv, gvQ Pv‡li AvMn, cK‡ii gwU I cwbi ¸Yv¸Y Ges m‡evcwi PvI e¨e¯'vcbv c×wZi Ici| evwYwR¨K fv‡e ˆK, wks gv¸i gv‡Qi GKK Pv‡li Rb¨ cKi c¯'‡Zi 4-5 w`b ci wbg nv‡i †cvbv Qvov †h‡Z cv‡i|

%K gv‡Qi GKK gR` nvi

Pv‡li cKwZ	gR` NbZ (kZ‡K)	gše¨
g‡Wj-1	250-300	
g‡Wj-2	400-500	cwb cwieZ‡bi e¨e¯'v _vK‡Z n‡e

cK‡ii cwbi cwZ‡ek (Ecosystem) fv‡jv ivLvi Rb¨ ˆK gv‡Qi mv‡_ kZ‡K 2-3 wU wmj fvi Kv‡ci 6"-7" AvKv‡ii †cvbv Qvov †h‡Z cv‡i| GLv‡b D‡jL¨ †h, ˆK gv‡Qi mv‡_ mw_ dmj wnmv‡e cwZ kZ‡K †`kx gv¸i 20 wU A_ev wks 10 wU gR` Kiv †h‡Z cv‡i|

wks gv‡Qi gR` nvi

Pv‡li cKwZ	gR` NbZ (kZ‡K)	gše¨
g‡Wj-1	300-400	
g‡Wj-2	400-500	cwb cwieZ‡bi e¨e¯'v _vK‡Z n‡e
g‡Wj-3	wks 200 wU + %K ev cv½vm 100 wU	cwb cwieZ‡bi e¨e¯'v _vK‡Z n‡e
g‡Wj-4	wks 50 wU + i"B RvZxq gvQ 40 wU	

gv¸i gv‡Qi gR` nvi

Pv‡li cKwZ	gR` NbZ (kZ‡K)	gše¨
g‡Wj-1	150-200	
g‡Wj-2	250-300	cwb cwieZ‡bi e¨e¯'v _vK‡Z n‡e
g‡Wj-3	gv¸i 150 wU + %K ev cv½vm 100 wU	cwb cwieZ‡bi e¨e¯'v _vK‡Z n‡e
g‡Wj-4	gv¸i 50 wU + i"B RvZxq gvQ 40 wU	

†cvbv gR`Kvjxb KiYxq

gR` Kvjxb mg‡q †cvbvi gZ¨ nvi Kgv‡bvi Rb¨ wbgwjwLZ e¨e¯'v MnY Kiv †h‡Z cv‡it

- cwienb RwbZ Kvi‡Y †cvbvi kix‡i ¶Z n‡Z cv‡i, †m Rb¨ †cvbv Qvovi c‡e 1 wcwcGg nv‡i cUwkqvg cvig¨v½v‡bU cwb‡Z †Mvmj Kwi‡q †cvbv Qvo‡Z n‡e|
- hw` m¤¢e nq ‡cvbv Qvovi mgq †_‡K 10-12 N›Uv cK‡i nvjKv cwbi cevn ivL‡Z n‡e|

†cvbv Qvovi mgq

VvÛv AvenvIqvq w`‡bi †h †Kvb mg‡q †cvbv Qvov †h‡Z cv‡i| Z‡e mKvj A_ev weKv‡j †cvbv Qvov DËg| `c‡ii †iv‡`, f¨vcmv AvenvIqvq, Aweivg ewói mg‡q cK‡i †cvbv bv QvovB DwPZ| cK‡i †cvbv gR‡`i ci 1-2 w`b cK‡i †cvbvi gZ¨ nvi ch©‡e¶Y Kiv `iKvi| †cvbv gZ¨ nvi †ekx n‡j cbivq mgcwigvY †cvbv Qvovi e¨e¯'v Ki‡Z n‡e|

NUbv we‡klY t †QvU gvQ Pv‡l bvb wgqvi mdjZv

Kwgjv †Rjvi ei“ov Dc‡Rjvi K¨v¤úZjx Mv‡gi wbfZ cjx‡Z emevm bvb wgqvi| hvi c‡iv bvg †gvt Awn`¾vgvb fTv| †ckv wQj wVKv`vix I B‡Ui e¨emv| wKš †mLv‡b wZwb cvbwb Avkvbi|c mdjZv| NUbv cevn 1995 wLt| weGwWwm‡Z KgiZ wbKUvZ¥xq †eov‡Z G‡m wbP avbx Rwg †`‡L †mLv‡b avb †¶‡Z gvQ Pv‡li e¨vcv‡i Zv‡K civgk †`q| Zvici bvb wgqv mv‡_ mv‡_ Q‡U hvb Dc‡Rjv grm¨ `ß‡i| Zv‡`i mswkóZvq M‡o †Zv‡jb 5 GKi AvqZ‡bi avbx Rwg‡Z ¯í Li‡P ïagvÎ cvo DP K‡i 3 wU cKi| ïi“ K‡ib ‡mLv‡b Kv‡ci wgk Pvl| w`b hvq, ev‡o Drmvn I DÏxcbv| 1997 mvj, Drcv`b nq Kvc I cv½vm wgkPv‡l 11 †gt Ub/GKi| Zvici nVvr Zvi mvg‡b GKw`b nwRi nb grm¨ I cïm¤ú` gšYvj‡qi mwPe I grm¨ Awa`ß‡ii gnvcwiPvjK| Zv‡`i wbweo mvnP‡h I Ab‡ciYvq gvQ Pv‡li DÏxcbv †e‡o hvq K‡qK ¸Y| wbewPZ nb Kwgjv †Rjvi †kô grm¨ Pvlx, m‡½ †Rjv grm¨ `ßi KZK c`vbKZ grm¨ c‡¶i †kô grm¨Pwl ci¯‹vi| RvZxq chv‡q I wZwb ci®‹vi jvf K‡ib `Õevi| ‡cQ‡b †divi Avi AeKvk †bB| mg‡qi m‡½ cvjv w`‡q gv‡Qi Drcv`b evo‡Z _v‡K µgvš‡q| bZb bZb Z_¨, chw³ I ev¯eZv Dcjwä Ges †ewk jv‡fi Avkvq 2003 mv‡j ïi“ K‡ib ˆK, Gici wks Ges Zvici gv¸i Pvl| eZgv‡b hvi 20 GK‡i ˆK, wks I gv¸‡ii Pvlvev` Ges 2007 mv‡j ¯í cwim‡i †cvbv Drcv`b| 2008 mvj, GLb wZwb ˆK, wks, gv¸‡ii cRbb, †cvbv cwZcvjb I Pv‡li Rb¨ mcwZwôZ| Zvi Z_¨ g‡Z, 2007 mv‡j 15 GK‡i 120 w`‡b ˆK Gi Drcv`b 45 †gt Ub, wks 8 †gt Ub Ges Ab¨vb¨ Kvc gvQ 10 †gt Ub| hvi me‡gvU weµq gj¨ cvq 1 †KwU UvKv; hvi g‡a¨ LiP nq gvÎ 40 j¶ UvKv| bvb wgqv GLb GjvKvi Me| Zvi †`Lv-‡`wL I civg‡k M‡o D‡V‡Q †QvU gv‡Qi A‡bK †QvU-eo grm¨ Lvgvi| K_v¸‡jv ej‡Z wM‡q bvb wgqv k×vf‡i ¯§iY K‡ib grm¨ Awa`ß‡ii KgKZv‡`i mwweK mn‡hwMZv I ZËveavb| Zvi Drmvn DÏxcbv I Drcv`b mdjZvi Kwnbx ei“ovi MwÛ †cwi‡q evsjv‡`‡ki wewfb GjvKvq Qwo‡q hv‡e G nDK Avgv‡`i mK‡ji cZ¨vkv| M‡o DVK kZ kZ mdj †QvU gvQ Pwl; ciY nDK cwói wbðqZvmn A_‰bwZK mdjZv|

wdc PvU cwiKíbv

‰K, wks I gv¸i gvQ Pvl e¨e¯vcbv-1	Pvl m¤¢ebv • †`‡k AmsL¨ MvgxY cKi i‡q‡Q †h¸‡jv‡Z ˆK, wks I gv¸i gvQ Pvl Kiv m¤¢e| • ‰K Gi Drcv`bkxjZv cvq- 6 †gwUK Ub/ ‡nt Gi †ewk| • wks I gv¸i Pv‡l i Drcv`bkxjZv cvq 5-6 †gwUK Ub/ †nt • Pv‡l i m¤cmvib NU‡Q| • Av‡iv e¨vcK m¤cmviY m¤e|
‰K, wks I gv¸i Pv‡l i mweav • me ai‡Yi Rjvk‡q Pvl Kiv hvq| • evsjv‡`‡ki Rjevq Pv‡l i Dc‡hvwM| • ¯í MfxiZv m¤úb cK‡i AwaK Nb‡Z Pvl Kiv hvq| • weir|c cwi‡e‡ki cwb‡Z I Giv mn‡R emevm Ki‡Z cv‡i| • ‰K gvQ GKK Pv‡l Ges wks I gv¸i wgk Pv‡l Pvl Dc‡hvMx| • ‰K gvQ 4-5 gv‡m Ges wks I gv¸i gvQ 5-6 gv‡m Lvevi Dc‡hvwM nq| • ‰K, wks I gv¸i gvQ ewYwR¨K fv‡e Pvl K‡i AwaK jvfevb nIqv hvq|	ˆK, wks I gv¸i gv‡Qi ¸i“Z • ‰K, wks I gv¸i gv‡Qi cwó¸Y A‡bK †ewk Ges m¯v`| • †ivMxi c_¨ wn‡m‡e G mKj gvQ mgv`Z| • AwaK Nb‡Z G mKj gvQ Pvl Kiv hvq| • G mKj gvQ evZvm †_‡K Aw · ‡Rb wb‡q †e‡P _vK‡Z cv‡i| • Rxeš Ae¯vq evRviRvZ Kiv hvq| • Pwn`v I evRvi gj¨ A‡bK †ewk| • AwaK mnbkxjZv m¤úb| • ewYwR¨K fv‡e e¨vcK Pvl m¤¢ebv| • Avav-wbweo I wbweo Pvl Dc‡hvMx| • Kgms¯v‡bi m‡hvM i‡q‡Q|
‰K, wks I gv¸i gv‡Qi †cvbv msMn I cwZcvjb • †cvbv cwß mnRjf¨ Kiv| • e¨q Kgv‡bvi Rb¨ †QvU †cvbv msMn K‡i cwZcvjb Kiv| bvmwi cKi c¯wZt • cKi ïKv‡bv, Pb c‡qvM, ˆRe mvi c‡qvM| • gv‡Qi ‡gvU IR‡bi 10% nv‡i 3 evi bvmwi Lvevi c‡qvM| • bvmwi cK‡i 25-30 w`b cwZcvjb|	gR`ce e¨e¯vcbv • gR` cKi wbevPb - mn‡R cwb mieivn I wbMgb e¨e¯vh³ - ˆRe c`v‡_i Kg Dcw¯wZ - †e‡j-‡`vAvk gwUi cKi - DËg hvZvqvZ e¨e¯v - chvß Av‡jv-evZv‡mi Dcw¯wZ • gR` cKi c¯wZ - cKi ïKv‡bv I Pb c‡qvM - cwb c‡ek • †cvbv gR` - fv‡jvgv‡bi †cvbv wbevPb - wb‡R cwZcvjb ev - wek¯ Drm †_‡K †cvbv msMn • ‡cvbv gR` nvi - ‰K gv‡Qi gR` nvi - wks gv‡Qi gR` nvi - gv¸i gv‡Qi gR` nvi

Awa‡ekb cwiKíbv

w`b t 3 mgq t 11t15-12t15 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t %K, wks I gv¸i gv‡Qi Pvl e¨e¯'vcbv-2

Awfó `j t grm¨ Awa`ß‡ii I Ab¨vb¨ ms¯'vi KgKZ©ve›`

j¶¨ t cwk¶Yv_x©‡`i‡K ˆK, wks I gv¸i gvQ Pv‡li gR`cieZx© e¨e¯'vcbv m¤ú‡K© avibv c`vb Kiv hv‡Z Zviv G Ávb Kv‡R jvwM‡q gvQ Pvwl‡`i c‡qvRbxq mn‡hvMxZv Ki‡Z cv‡ib|

D‡Ïk¨ t G Awa‡ek‡b cwk¶Yv_xMY ˆK, wks I gv¸i gvQ Pv‡li gR`cieZx© e¨e¯'vcbv m¤ú‡K© Z_¨ wfwËK Ávb AvniY Ki‡eb Ges G m¤ú‡K© ej‡Z cvi‡eb I gvQ Pvwl‡`i †kLv‡Z cvi‡eb|

welqmwP	Av‡jvP¨ welqmgn	cwk¶Y c×wZ	mgq
fwgKv			5 wgwbU
	• ¯vMZg • ceeZx© Awa‡ek‡bi cbiv‡jvPbv • Pjwz Awa‡ek‡bi AeZvibv • Awa‡ek‡bi D‡Ïk¨ e¨vL¨v	e³Zv I c‡kvËi	
welqe¯'			50 wgwbU
	• %K, wks I gv¸i gv‡Qi Lv`¨ e¨e¯'vcbv • cwb e¨e¯'vcbv • gvQ Pv‡l SwK e¨e¯'vcbv • gvQ AvniY • gvQ evRviRvZKiY • Aw_K we‡køl	e³Zv I c‡kvËi †Kŝkj	5 wgwbU
mvi ms‡¶c			5 wgwbU
	• D‡Ïk¨ hvPvB • gj welq cbiv‡jvPbv • n¨vÛ AvDU weZiY • cieZx© Awa‡ek‡bi mv‡_ ms‡hvM ¯'vcb • ab¨ev` Ávcb	c‡kvËi †Kŝkj	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, wdcKvW, gvKvi, n¨vÛ AvDU, BZ¨wv`			

ˆK, wks I gv¸i gv‡Qi PvI e¨e¯vcbv-2

Lv`¨ e¨e¯vcbv

gv‡Qi AwaK Drcv`b cwß‡i Rb¨ fv‡jv ev‡Ri A_vr †cvbvi †hgb c‡qvRb †ZgbB fv‡jvgv‡bi Lv‡`¨i wbðqZv weavb Ri“ix| gv‡Qi ¯vfweK ew×i Rb¨ Ab¨vb¨ cvYxi b¨vq Lv‡`¨ wbawiZ gvÎvq mKj cwó Dcv`vb _vKv c‡qvRb| gvQ Zvi ^`wnK ew× I cwói R‡b¨ cK‡i cvß Lv‡`¨i Ici m¤úY wbfikxj| ewwY¨wRKfv‡e jvfRbK Dcv‡q gvQ PvI Ki‡Z †M‡j gv‡Qi gR` NbZ evov‡Z n‡e| %K gv‡Qi Gi/c Pv‡li †¶‡Î †Kej gvÎ cvKwZK Lv‡`¨i Ici wbfi K‡i fv‡jv djb cvIqv m¤e bq| wbweo gvQ Pv‡l m¤úiK Lv‡`¨i e¨envi LeB ¸i“ZcY| G †¶‡Î cvKwZK Lv‡`¨i cvkvcwk mlg `vbv`vi Lv`¨ c‡qvM Avek¨K| mlg Lvevi c‡qv‡Mi gva¨‡g wbw`ó mg‡q Kwv•LZ Drcv`b wbwðZ Kiv m¤e nq| GQvov mlg Lvevi c‡qv‡M Drcwv`Z gv‡Qi Condition Factor mgbZ _v‡K|

Lv‡`¨ cwó Dcv`v‡bi Drm

gv‡Qi m¤úiK Lv`¨ c¯‡Z weweb cwó Dcv`v‡bi Rb¨ wewfb ai‡Yi Lv`¨ DcKiY e¨envi Kiv n‡q _v‡K| Lv‡`¨i G mKj DcKiY cavbZt cwYRvZ Ges Dw™`RvZ Drm †_‡K cvIqv hvq| Avgv‡`i †`‡k gv‡Qi Lv`¨ c¯‡Z eûj fv‡e e¨eüZ Pv‡ji Kov, M‡gi fwm, Pv‡ji L`, AvUv, mwilvi ˆLj, wZ‡ji ˆLj, †mvqvweb wgj, fÆv PY cfwZ Dw™`RvZ Ges wdk wgj, Meat and Bone meal, Mew`cïi i³ BZ¨w` cwYRvZ DcKiY| gv‡Qi †`n ew×i Rb¨ Avwg‡li fwgKv AZ¨š¸i“ZcY| gv‡Qi Lv‡`¨ Avwg‡li cvkvcwk cwigvYgZ kKiv, Pwe ev dvU, Vitamin I LwbR RvZxq cwó Dcv`vb cwigvYgZ Aek¨B _vK‡Z n‡e| mvaviYZ ˆK, gv¸i gv‡Qi Lv‡`¨ 30-35% Avwgl _vKv c‡qvRb| KviY GmKj gvQ cvYxR Avwgl DrmRvZ Lvevi Mn‡Y Af¨¯| mPivPi e¨eüZ wKQ Lv`¨ DcKi‡Yi cwógvb wb‡Pi mviwY‡Z †`qv n‡jv

Dcv`vb	Cwógvb %		
	Avwgl	kKiv	Pwe
Pv‡ji Kov	11.88	44.42	10.45
M‡gi fwm	14.57	66.36	4.43
mwilvi ˆLj	30.33	34.38	13.44
wZ‡ji ˆLj	27.20	54.97	13.18
wdk wgj-G †MW	56.61	3.74	11.22
evW wgj	63.15	15.59	0.56

Lv`¨ DcKiY wbevP‡b we‡eP¨ welq

AwaKvsk grm¨ Pwl m¤úiK Lvevi wnmv‡e cavbZt mwilvi ˆLj, PvD‡ji Kov I M‡gi fwm e¨envi K‡ib| G QvovI A‡bK gvQ Pwl Ggb wKQ Lv`¨ DcKiY e¨envi K‡ib, †h¸‡jv Aw_K fv‡e jvfRbK bq, GgbwK †m¸‡jv A‡bK mgq cK‡ii cwi‡e‡ki Rb¨ ¶wZKi n‡q _v‡K| ‡hgbt av‡bi ZI gv‡Qi djKvq AvUwK‡q kvm‡iva K‡i gv‡Qi gZ¨i KviY NUvq| Lvgv‡ii wbR¯ D‡`¨v‡M m¤úiK Lv`¨ c¯Z Ki‡j cRwZ-wfwËK Lv‡`¨i cwó¸Y wePv‡i Lv`¨ ˆZwi Kiv DËg| cK‡i m¤úiK Lv`¨ c‡qv‡Mi D‡Ïk¨ n‡jv gv‡Qi AwaK Drcv`b wbwðZ Kiv| †m KviY gv‡Qi Lv`¨ wnmv‡e e¨envi‡ii Rb¨ DcKiY wbevP‡bi mgq †ek wKQ welq we‡ePbv Kiv DwPZ hv wb‡g D‡jL Kiv n‡jv

- ¯vbxq fv‡e DcKiYmg‡ni cvPhZv
- DcKi‡Yi cwógvb
- DcKi‡Yi ZjbvgjK gj¨
- gv‡Qi Lv`¨vf¨vm ev cwó Pvwn`v
- Pvwli Aw_K m½wZ
- D”P Lv`¨ cwieZb nvi
- DcKi‡Yi AvKvi
- DcKiY msi¶‡Yi †gqv`

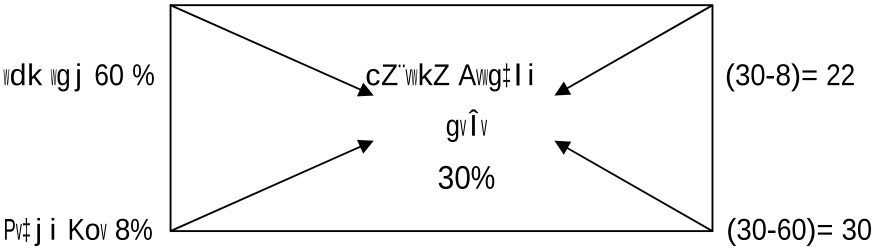
Lv‡`¨i cwógvb wbaviY

Lv`¨ c¯'wZi Rb¨ wbewPZ DcKiYmg‡ni cwó Dcv`vb Awgl me‡P‡q ¸i"ZcY I e¨qeûj| G Rb¨ gv‡Qi Lv`¨ ˆZwii mgq ïagvÎ Awg‡li gvÎv wnmve Kiv nq| gv‡Qi Lv‡`¨ Awg‡li gvÎv wbi¡c‡Yi Rb¨ †KŠkbK mgxKiY c×wZ eûj cPwjZ| GB c×wZwU Pearsons Square Method (eM c×wZ) bv‡g cwiwPZ|

wcqvimÝ eM c×wZ

aiv hvK, wdkwg‡j 60% I Pv‡ji Kov 8% Awgl Av‡Q| G `ÖwU DcKiY e¨envi K‡i Lv`¨ %Zwi Ki‡Z n‡e Ges c¯'ZKZ Lv‡`¨ Awg‡li gvÎv n‡e 30%|

- GKwU eM AvK‡Z n‡e Ges cZ¨wkZ Awg‡li gvÎv (30%) e‡Mi gvSLv‡b wjL‡Z n‡e|
- e‡Mi evg cv‡k `ÖwU DcKi‡Yi bvg Zv‡`i Awg‡li gvÎvmn wjL‡Z n‡e|
- cZ¨wkZ Awg‡li gvÎv †_‡K DcKi‡Yi Awg‡li gvÎv we‡qvM Ki‡Z n‡e|
- we‡qvMdj e‡Mi DcKi‡Yi wecixZ †Kv‡Y A_vr e‡Mi K‡Yi †k‡l wjL‡Z n‡e|
- we‡qvMdj FYvZK n‡j Zv we‡ePbv Kivi c‡qvRb †bB|
- e‡Mi Wvbw`‡K msL¨v¸‡jv‡K †hvM Ki‡Z n‡e|
- AZtci Wvb w`‡Ki †hvMdj w`‡q kZKiv nvi †ei Ki‡Z n‡e|



GLv‡b,

wdk wgj = 22/52 x100 = 42.31 Ask

Pv‡ji Kov = 30/52x100 = 57.69 Ask

AZGe, Lv`¨ DcKi‡Yi cwigvY

wdk wgj = 42.31 Mvg

Pv‡ji Kov = 57.69 Mvg

----

†gvU = 100 Mvg

wcqvimÝ c×wZ‡Z Lv`¨ mswgk‡Y Mvg/100 Mvg ev % a‡i Ki‡Z n‡e|

GLb, cZ¨wkZ Awg‡li gvÎv mwVK Av‡Q wKbv, Zv hvPvB Kivi Rb¨ wbwYZ DcK‡Yi mv‡_ Zv‡`i wbR¯ Awg‡li gvÎv/nvi ciY w`‡q †hvM Ki‡Z n‡e|

wdk wgj = 42.31x 0.60 = 25.39 Mvg

Pv‡ji Kov = 57.69 x 0.08 = 4.61 Mvg

----

†gvU = 30 Mvg Awgl

m¤úiK Lv`¨ ˆZix

‡m mKj `e¨ gvQ‡K Lvlqv‡bvi Rb¨ evwni †_‡K cK‡i mieivn Kiv nq, hv gv‡Qi ¶qciY, ˆ`wnK ew× mva‡b KvR K‡i Ges gv‡Qi †ivM cwZ‡iva I cRbb m¶gZv jv‡f mnvqK fwgKv iv‡L, †mmKj `e¨‡K gv‡Qi m¤úiK Lv`¨ ejv nq| m¤úiK Lvevi `Bfv‡e c¯Z Kiv †h‡Z cv‡i|

K) evwYwR¨K Lv`¨ t eZgv‡b †emiKvwi D‡`¨v‡M gv‡Qi Lvevi evwYwR¨Kfv‡e c¯Z Kivi Rb¨ eû Lv`¨ wgj ¯wcZ n‡q‡Q| GmKj KviLvbvq gv‡Qi eq‡mi Ici wfwË K‡i wewfb gv‡bi Lvevi c¯Z Kiv n‡"Q| gvQ PvlIMY Zvi Pvwn`v Abhvqx evRvi †_‡K wewfb cwógv‡bi I `v‡gi Lv`¨ msMn K‡i mn‡RB cK‡i c‡qvM Ki‡Z cv‡ib| KviLvbvq c¯Z wc‡jU Lvevi cvwb‡Z mn‡R M‡j bv, Zv‡Z Lv‡`¨i AcPq Kg nq Ges cvwb mn‡R bó nq bv| evwbwR¨K fv‡e wc‡jU Lvev‡i gv‡Qi cRwZ I eqm-†f‡` cwó Dcv`vb AvbcwZK nv‡i ms‡kl _vKvq Lv`¨ cwieZb nvi (Food Conversion Ratio) ‡ewk nq A_vr ZjbvgjK Aí Lv`¨ c‡qv‡M AwaK Drcv`b wbwðZ Kiv hvq|

L) Lvgv‡i c¯ZKZ m¤úiK Lv`¨ t evRv‡ii wc‡jU Lvev‡ii cwógvb ‡Nvlbvi mv‡_ me mgq cwógvb mwVK _v‡K bv| gv‡Qi eab fvj †c‡Z n‡j c‡qvRbxq Lv‡`¨ DcKiYmgn evRvi †_‡K wK‡b wbR¯ wc‡jU †gwkb Øviv Lv`¨ ˆZwi Kiv me‡P‡q wbivc`| Lvgv‡i `fv‡e Lv`¨ c¯Z Kiv hvq| wewfb ai‡Yi Lv`¨ DcKiY c‡qvRb gwdK GK‡Î fv‡jvfv‡e wgwk‡q wbR nv‡ZB Lv`¨ c¯Z K‡i cK‡i c‡qvM Kiv hvq A_ev Lv`¨ c¯Z †gwk‡bi mvnv‡h¨ wewfb DcKiY cwigvYgZ wgwk‡q Pvwn`v AYhvqx `vbv`vi m¤úiK Lv`¨ %Zwi Kiv hvq| Lvgv‡i c¯ZKZ m¤úiK Lv`¨ UvUKv (Fresh) nIqvq gv‡Qi Lv`¨ MnY ceYZv ew× cvq| GQvov Lvevi QÎvK, †gvì ev Ab¨vb¨ ciRwe Øviv Avµvš nIqvi m¤vebvI Kg _v‡K| KwÎg `vbv`vi Lvev‡i 10% Gi AwaK Rjxq Ask _vK‡j QÎvK ev †gvì Øviv mµwgZ nIqvi m¤vebv †e‡o hvq| gv‡Qi Kw•LZ Drcv`b wbwðZK‡í Lv`¨ e¨e¯vcbv AZ¨š ¸i"ZcY fwgKv iv‡L| AwaKvš evwYwR¨K grm¨ Pv‡l 70-75% e¨qB Lv`¨ Lv‡Z n‡q _v‡K| G †¶‡Î %K, wks I gv¸i gv‡Qi Rb¨ wbænv‡i Lv‡`¨i DcKiY wgwk‡q ¯í g‡j¨ wKš fv‡jv gv‡bi Lv`¨ c¯Z Kiv †h‡Z cv‡i|

DcKi‡Yi weeiY	kZKiv nvi
wdk wgj	20
†mvqvweb PY	8
A‡UvKov	30
fÆv PY	5

DcKi‡Yi weeiY	kZKiv nvi
M‡gi fwm	12
wPUv¸o/ive	5
mwilvi ˆLj	20
wfUvwgb wcwg ·	1 Mvg/†KwR

Lv`¨ c¯‡Zi 24 N›Uv c‡eB mwilvi %Lj cwigvYgZ cvwb‡Z wfwR‡q ivL‡Z n‡e| AZtci Ab¨ mKj DcKi‡Yi mv‡_ fv‡jvfv‡e wgwk‡q Ggb fv‡e cvwb wgkv‡Z n‡e †hb Lvevi A‡bKUv ïKbv Lvev‡ii gZ nq|

cK‡i Lv`¨ c‡qvM gvÎv

gv‡Qi Lv`¨ MnY gvÎv wbfi K‡i cvwbi †fšZ I ivmvqwbK ¸Yvejxi AbKj Ae¯vi Ici| ZvcgvÎv evo‡j gv‡Qi wecvKxq Kvhµ‡gi nvi †e‡o hvq| d‡j Lv`¨ Pvwn`v ew× cvq| GKBfv‡e cvwbi ZvcgvÎv K‡g †M‡j Lv`¨ Pvwn`vI K‡g hvq| gv‡Qi Lv`¨ MnY I wecv‡Ki Rb¨ ZvcgvÎv AZ¨š ¸i"ZcY AbNUK wn‡m‡e KvR K‡i| †hgb ZvcgvÎv cwZ 10^0†m. ew×i mv‡_ gv‡Qi Lv`¨ MnY gvÎv wØ¸Y n‡q hvq| Z`æc cvwbi ZvcgvÎv 10^0†m. K‡g †M‡j gv‡Qi Lv`¨ MnY ¯ún A‡a‡K †b‡g Av‡m| wcGBP 7.0-8.5 I cvwb‡Z `exfZ Aw·‡R‡bi gvÎv evo‡j gv‡Qi Lv`¨ Pvwn`v ew× cvq| ZvôQvov ‡QvU Ae¯vq gvQ ZjbvgjK †ewk Lvevi MnY K‡i _v‡K|

%K, wks I gv¸i gv‡Qi ˆ`wnK IR‡bi mv‡_ Lv`¨ c‡qv‡Mi gvÎv

gv‡Qi Mo IRb (Mvg)	ˆ`wbK Lv‡`¨i cwigvY (%)
1-3	15-20
4-10	12-15
11-50	8-10
51-100	5-7
>101	3-5

bgbvqb I Lv`¨ mgšq

bgbvq‡bi gva¨‡g cK‡ii †gvU gv‡Qi Rxefi (Biomass) wnmve K‡i Lv`¨ c‡qv‡Mi cwigvY wbavib Ki‡Z n‡e| bgbv msM‡ni †¶‡Î GKwU SvwK Rvj e¨enví Kiv †h‡Z cv‡i Ges gR` gv‡Qi 5-10% bgbv msMn Kiv DËg| aZ gv‡Qi Mo IRb wnmve K‡i Ges gv‡Qi evPvi nvi 90% we‡ePbvq G‡b †gvU Rxefi wbYq Ki‡Z n‡e| ˆK, wks I gv¸i gvQ Pv‡li †¶‡Î ˆ`wbK c‡qvRbxq Lvevi mgvb 3 fvM K‡i mKvj, `ci I weKv‡j c‡qvM Ki‡Z n‡e| gv‡Qi AvKvi 30 Mvg n‡j †gvU Lv`¨‡K `B fvM K‡i mKvj I weKv‡j c‡qvM Ki‡Z n‡e| cwZ 15 w`b Aši gv‡Qi bgbvqb K‡i gv‡Qi Rxefi cwigvc K‡i Lv`¨ c‡qvM gvÎv mgšq Ki‡Z n‡e|

cK‡i Lv`¨ c‡qvM c×wZ

wbgi|‡c cK‡i Lv`¨ c‡qvM Kiv †h‡Z cv‡i

- mg¯ cK‡i mgvb fv‡e wQwU‡q
- wbawiZ ¯v‡b
- Lv`¨ `vbx‡Z c‡qvM Kiv| Lv`¨ `vbxi msL¨v cK‡i gR`KZ gv‡Qi msL¨v I AvKv‡ii Ici wfwË K‡i wbYq Ki‡Z n‡e|

cK‡i Lv`¨ c‡qv‡Mi mgq wb‡g D‡jwLZ welqvejx AbmiY Kiv c‡qvRbt

- Lv`¨ c‡qv‡Mi Rb¨ mweavgZ †h †Kvb GKwU ev `ÕwUi wgk c×wZ AbmiY Kiv †h‡Z cv‡i| KviY we`¨gvb mKj c×wZi wKQ mweav Ges Amweav i‡q‡Q|
- Lv`¨ cwZw`b wbw`ó mg‡q, wbw`ó ¯v‡b cwiwgZ cwigv‡Y c‡qvM Ki‡Z n‡e
- cwb AwZwi³ meR ev `wlZ n‡q co‡j ev ewó n‡j Lv`¨ †`qv Kgv‡Z n‡e
- gvQ †h †Kvb Kvi‡Y wcob (Stress) Ae¯vi m¤§Lxb n‡j Lv`¨ c‡qvM Kwg‡q w`‡Z n‡e Ges c‡qvR‡b eÜ K‡i w`‡Z n‡e| Ab¨_vq Lv`¨ AcPq n‡q cwi‡ek webó Ki‡e|

%K, wks I gv¸i gvQ Pv‡li cK‡ii cwb e¨e¯vcbv

%K, wks I gv¸i gvQ Pv‡li †¶‡Î cwZw`b wbqwgZ nv‡i Awgl mg× Lvevi c‡qvM Kivq gv‡Qi gj-gÎ Ges Lvev‡ii Dw”Qó cwb‡Z c‡P cwbi bvB‡Uv‡Rb NwUZ ˆRe c`v‡_i Dcw¯wZ †e‡o hvq d‡j gvQ bvbv cKvi mgm¨vi m¤§Lxb n‡q _v‡K| AwaK cPbkxj ˆRe `e¨ cK‡i c‡qvM KivB mgxPxb| cK‡i ˆRe c`v_ ewא×i Kvi‡Y c¨vš¼UwbK e‡gi mwó n‡Z cv‡i, GK chv‡q c¨vš¼U‡bi h_vh_ cwi‡ek wewNZ n‡q c¨vš¼U‡bi AcgZ¨ NUvq| djk"wZ‡Z cK‡ii cwbi mweK cwi‡e‡ki gvivZK wechq N‡U Ges gv‡Qi gZ¨i KviY n‡q `vovq| Gi|c cwi‡e‡k c_‡g gv‡Qi Lv`¨ MnY nvi K‡g hvq, gv‡Qi ew× †_‡g hvq Ges GK chv‡q wecj nv‡i gvQ gviv hvq| Gi|c cwi‡ek hv‡Z bv nq †mR‡b¨ cwbi is Gi Ae¯v Abhvqx gv‡S g‡a¨ ewni †_‡K cwb †`qv †h‡Z cv‡i, A_ev cKi †_‡K wKQ cwb †ei K‡i w`‡q cbivq cwb ms‡hvM Kiv †h‡Z cv‡i| Gme gv‡Qi PvI wbivc` ivLvi Rb¨ mg‡q mg‡q cwZ kZ‡K 250 Mvg nv‡i Lv`¨ jeY I Pb c‡qvM Kiv †h‡Z cv‡i| cK‡ii cwbi cwi‡ek fv‡jv ivLvi Rb¨ eZgv‡b evRv‡i bvbv ai‡bi wRIjvBU I AbRxe bvkK cvIqv hvq, hvnv c‡qv‡M mdj cvIqv hv‡”Q|

%K, wks I gv¸i gvQ Pv‡l Ab¨vb¨ SwK t

Gme gvQ Pv‡l FZwfwËK wKQ SwK _v‡K| ZvB mwVK e¨e¯vcbv bv wb‡j ¶wZM¯ nIqvi m¤vebv _v‡K| GgbwK A‡bK mgq mg¯ PvI e¨e¯v ûgwKi m¤§‡L co‡Z cv‡i|

K) eIvKvjxb SwKt eIvKvjxb AwZewó ev eb¨vq cK‡ii cvo †f‡m wM‡q PvlKZ gvQ †ewi‡q †h‡Z cv‡i| nvjKv ¸wo¸wo ewó‡Z cwic° ˆK I gv¸i gvQ cwbi †mv‡Zi Ici fi K‡i cK‡ii cvo †e‡q Ab¨Î P‡j †h‡Z cv‡i| G Kvi‡Y cK‡ii cv‡o Pwiw`‡K ev‡ki evbv ev †eov A_ev cwñK †b‡Ui mvnv‡h¨ 1.5 dU DP K‡i †eówbi e¨e¯’v Ki‡Z n‡e|

L) ï®« †gŠm‡gi SwKt ï®« †gŠm‡g cK‡ii cwb ïwK‡q cwbi MfxiZv K‡g cwbi NbZ †e‡o gv‡Qi ^`wnK ew× evavM¯ n‡Z cv‡i| G‡Z cwbi ZvcgvÎv †e‡o cwb‡Z `exfZ Aw·‡Rb ¯íZvi mwó n‡Z cv‡i| cwb mieiv‡ni gva¨‡g cwbi MfxiZv ewo‡q cK‡ii cwZ‡ek mnvqK Ki‡Z n‡e|

M) kxZKvjxb SwKt kx‡Z (15^0 †m: Zv‡ci bx‡P) we‡kl K‡i ˆK gvQ Pv‡l †iv‡Mi cv`fve †ewk nq, †m Rb¨ kx‡Zi 2-3 gvm ˆK gvQ Pvl bv KivB fvj| Z‡e G mg‡q gvQ ev †cvbv msi¶‡Yi Rb¨ cwbi ZvcgvÎv ewo‡q ivLvi wbwgË cwZ w`b †fv‡i Mfxi bjKc Gi cwb †`qv †h‡Z cv‡i|

N) ¶wZKi M¨vm t Lv‡`¨i Aewkóvsk Ges gv‡Qi gj-g‡Îi Kvi‡Y cK‡ii Zj‡`‡k ¶wZKi M¨vm R‡g e`e‡`i mwó Ki‡Z cv‡i Ges cwb‡Z `M‡Üi mwó n‡Z cv‡i| cK‡ii Zj‡`‡k R‡g _vKv ¶wZKi M¨vm Acmvi‡Yi Rb¨ 2-3 w`b ci ci `c‡ii mgq cwb‡Z †b‡g Zj‡`k Av‡jwoZ Kivi e¨e¯’v Ki‡Z n‡e| KvRwU niiv ‡U‡bI Kiv hvq| G‡¶‡Î kZ‡K 250 Mvg nv‡i Pb c‡qvM Ki‡Z n‡e| ¶wZKi M¨v‡mi Dcw¯’wZi mgm¨v cKU AvKvi iƒ‡c †`Lv w`‡j wRIjvBU c‡qv‡M fv‡jv djvdj cvIqv hvq|

O) gvQ Pwi t GUv GKwU mvaviY mgm¨v ev mvgwRK SwK| cK‡ii gvQ eo n‡j G SwK †e‡o hvq| ZvB eo gvQ¸‡jv AvniY Ki‡j Pwi nIqvi m¤¢vebv K‡g hvq| G Qvov I gvQ PwI‡K mgv‡Ri Ab¨‡`i mv‡_ DËg m¤úK eRvq ivL‡Z n‡e Ges e¨w³MZ, cvwiewiK I mvgwRK Ø›Ø Gov‡Z n‡e| Drcvw`Z gvQ ‡_‡K cK‡ii cv‡k emevmKvix‡`i †mŠRb¨gjK wKQ gvQ weZiY Kiv †h‡Z cv‡i|

gvQ AvniY I evRviRvZKiY

gvQ AvniYt gvQ Pv‡li c×wZ mwVKfv‡e cwiPwjZ n‡j cRwZ †f‡` Pv‡li 100-140 w`‡b gvQ evRviRvZ Ki‡Yi Dc‡hvMx nq Ges Gmg‡q gv‡Qi Mo IRb 40-110 Mvg n‡q _v‡K| gv‡Qi AvKvi, IRb, gv‡Qi evRvi `i, Pwimn Ab¨vb¨ SwK Ges we‡kl K‡i cK‡i gv‡Qi avi‡Y ¶gZv (Carrying Capacity) we‡ePbvq †i‡L gvQ AvniY I evRviRvZKi‡Yi wm×vš— wb‡Z n‡e| evRviRvZ Ki‡Yi wbwgË AvnwiZ gv‡Qi ¸YMZ gvb AwaK mgq fv‡jv ivLvi Rb¨ gvQ aivi 1 w`b c‡e Lvevi c‡qvM eÜ ivLv DwPZ| gvQ Pv‡li cK‡i AwaK Nb‡Z gvQ _vK‡j gvQ evRviRvZ Ki‡Yi c‡ei w`b Rvj ‡U‡b gvQ a‡i †Q‡o w`‡Z n‡e, Gi d‡j evRviRvZ Kivi mgq gv‡Qi gZ¨ nvi K‡g hv‡e|

gv‡Qi evRvi `it gv‡Qi evRvi `i wewfb GjvKvq I FZ‡Z Kg †ewk n‡q _v‡K| evRvi Pvwn`v I g‡j¨i cwZ †Lqvj †i‡L gvQ evRviRvZ Kiv DwPZ| gv‡Qi evRvi `i fv‡jv cvIqvi Rb¨ gvQ aivi Av‡MB †`‡ki eo evRvimg‡n m¤e n‡j ißvbxKvikK cwZôvb ev grm¨ cwµqvRvZKiY KviLvbvq †hvMv‡hvM ¯’vcb K‡i evRvi `i hvPvB Gi e¨e¯’v MnY Ki‡Z n‡e| Rxeš— gvQ †QvU-eo evQvB K‡i (Grading) evRvimg‡n cvVv‡bvi e¨e¯’v Kiv †M‡j AwaK gj¨ cvIqv hvq|

AvniY c‡e KiYxq KvR

gvQ Avni‡Yi wm×vš— Mn‡Yi c‡e wb‡g D‡jwLZ weqImgn we‡ePbv Kiv c‡qvRb t

- evRvi `i hvPvB
- ‡µZv wbavi iY
- ‡R‡j I Rv‡j i e¨e¯’v
- cwienb e¨e¯’v
- cK‡i we`¨gvb RjR AvMvQv I Wvj-cvjv (hw` _v‡K) AcmviY
- gvQ cwigv‡ci Rb¨ Dch³ cwigvcK h‡šªi e¨e¯’v
- gvQ Rxeš— Ae¯’vq evRviRvZ Kivi Rb¨ K‡›Ubvi (Wvg) Gi e¨e¯’v
- gvQ AvniY K‡i cv_wgK fv‡e Rxeš— msi¶‡Yi Rb¨ c‡qvRbxq †b‡Ui nvcv msMn
- gvQ c¨wKs I cwienbKvjxb msi¶‡Yi Rb¨ cvÎ Ges eid msMn

%K, wks I gv¸i gvQ Pv‡li Aw_K we‡klY

(K) GK GK‡ii GKwU cK‡i Dc‡i D‡jwLZ c×wZ‡Z %K gvQ Pv‡l m¤¢ve¨ Drcv`b I Avq-e¨‡qi wnmve t

µwgK bs	weeiY	UvKvi cwigvY
K) e¨‡qi wnmve		
1|	cKi ms¯‹vi/fvov (6 gv‡mi Rb¨)	10,000.00
2|	ˆK gv‡Qi †cvbv 40,000wU (bvmvwi‡Z jvj‡bi ci 30,000wU cwiß wbivðZ Kivi Rb¨)	60,000.00
3|	wmj fvi/KvZj 150wU (6-7" AvKv‡ii)	1,500.00
4|	Pb 250 †KwR	4,000.00
5|	gv‡Qi Lv`¨ (cvq 3500 †KwR; FCR=1.00 t 2.19)	87,500.00
6|	cwiewiK kg, kwgK gRix, Ab¨vb¨	10,000.00
7|	cwienb LiP	10,000.00
	†gvU LiP (K)	1,83,000.00
L) Av‡qi wnmve		
1|	%K gvQ weµq (evPvi nvi 80%, 1.6 †g. Ub Ges 15 wU‡Z †KwR a‡i Ges evRvi `i @ UvKv 150/-)	2,40,000.00
2|	wmj fvi/KvZj gvQ weµq 200 †KwR (cvq) @ UvKv 55/-	11,000.00
	‡gvU Avq (L)	2,51,000.00
	cKZ jvf = (L-K) = (2,51,000.00 Ñ 1,83,000.00) = 68,000.00 UvKv	

(L) GK GK‡ii GKwU cK‡i Dc‡i D‡jwLZ c×wZ‡Z wks gvQ Pv‡l m¤¢ve¨ Drcv`b I Avq-e¨‡qi wnmvet

µwgK bs	weeiY	UvKvi cwigvY
K) e¨‡qi wnmve		
1|	cKi ms¯‹vi/fvov (6 gv‡mi Rb¨)	10,000.00
2|	wks I ˆK gv‡Qi †cvbv 40,000wU {bvmvwi‡Z jvj‡bi ci 30,000wU (wks 20,000wU + ˆK 10,000 wU) cwiß wbivðZ Kivi Rb¨}	70,000.00
3|	wmj fvi/KvZj 100wU (6-7" AvKv‡ii)	1,000.00
4|	Pb 250 †KwR	4,000.00
5|	gv‡Qi Lv`¨ (cvq 3000 †KwR; FCR=1.00 t 2.74)	75,000.00
6|	cwiewiK kg, kwgK gRix, Ab¨vb¨	20,000.00
7|	cwienb LiP	10,000.00
	†gvU LiP (K)	1,90,000.00
L) Av‡qi wnmve		
1|	wks gvQ weµq (evPvi nvi 70% 0.654 †g. Ub Ges 25 wU‡Z †KwR a‡i Ges evRvi `i @ UvKv 300/-)	1,96,000.00
2|	%K gvQ weµq (evPvi nvi 80%, 0.534 †g. Ub Ges 15wU‡Z †KwR a‡i Ges evRvi `i @ 150/-)	80,000.00
3|	wmj fvi/KvZjv gvQ weµq (100 ‡KwR), @ 55 UvKv/-)	5,500.00
	†gvU Avq (L)	2,81,500.00
	cKZ jvf = (L-K) = (2,81,500.00 Ñ 1,90,000.00) = 91,500.00 UvKv	

(M) GK GK‡ii GKwU cK‡i Dc‡i D‡jwLZ c×wZ‡Z gv¸i gvQ Pv‡l m¤¢ve¨ Drcv`b I Avq-e¨‡qi wnmve t

µwgK bs	weeiY	UvKvi cwigvY
K) e¨‡qi wnmve		
1|	cKi ms¯‹vi/fvov (6 gv‡mi Rb¨)	10,000.00
2|	gv¸i gv‡Qi †cvbv 35,000wU }bvmwi‡Z jvj‡bi ci 25,000wU (gv¸i 15,000wU + ˆK 10,000 wU) cwß wbwðZ Kivi Rb¨}	50,000.00
3|	wmjfvi/KvZj 100wU (6-7" AvKv‡ii)	1,000.00
4|	Pb 250 †KwR	4,000.00
5|	gv‡Qi Lv`¨ (cvq 3000 †KwR; FCR=1.00 t 2.34)	75,000.00
6|	cwiewiK kg, kwgK gRix, Ab¨vb¨	20,000.00
7|	cwienb LiP	10,000.00
†gvU LiP (K)		1,70,000.00
L) Av‡qi wnmve		
01	gv¸i gvQ weµq (evPvi nvi 70% 0.687 †g. Ub Ges 14 wU‡Z †KwR a‡i Ges evRvi `i @ UvKv 200/-)	1,37,500.00
02	‰K gvQ weµq (evPvi nvi 80%, 0.534 †g. Ub Ges 15wU‡Z †KwR a‡i Ges evRvi `i @ UvKv 150/-)	80,000.00
03	wmjfvi/KvZj gvQ weµq (100 ‡KwR), @ UvKv @55/-	5,500.00
‡gvU Avq (L)		2,23,000.00
cKZ jvf = (L-K) = (2,23,000.00 Ñ 1,70,000.00) = 53,000.00 UvKv		

Dcmsnvi

GKevi ˆK, wks I gv¸i gvQ Pv‡li ci H GKB cK‡i gvQ Avni‡Yi ciciB Avevi GmKj gvQ PvI Kiv DwPZ bq| Gme gvQ Pv‡li ci chvqµ‡g (Crop Rotation) Ab¨ gvQ †hgb †Zjvwcqv ev i“B RvZxq gv‡Qi wgk PvI Kiv †h‡Z cv‡i| Pv‡li cK‡ii Zjvq R‡g _vKv Kv‡jv Kv`v (Sludge) Z‡j meRi †¶‡Z, dj ev d‡ji evMv‡b †`qv †h‡Z cv‡i| Pxb †`‡k Ecological Farming Concept-G Sludge e¨envi K‡i mv_x dmj wn‡m‡e meRx, dj I dj Pv‡l e¨vcK mdjZv ARb K‡i‡Q| Avgv‡`i †`‡ki mxwgZ m¤ú‡`i m‡ev©P e¨envi wbwðZ K‡i A_©bwZK ¯^vejw¤^Zv AR‡bi j‡¶¨ Ge¨e¯’v ceZb Ki‡Z n‡e| GQvov cwi‡kMZ DrKlZv weav‡bI Zv BwZevPK fwgKv ivL‡Z m¶g n‡e| ‰K, wks I gv¸i gvQ m-¯^v`, RbwcÖq gvQ Ges Gme gv‡Qi e¨vcK m¤¢vebv i‡q‡Q| we‡`‡kI Gme gv‡Qi Pwn`v cPi Ges B‡Zvg‡a¨ ißvbx ïi“ n‡q‡Q| gvQwU Pv‡li AvawbK chw³ m¤cmvi‡Yi KvhKix c`‡¶c MnY Kiv †M‡j cwYR Awg‡li Pwn`v ciY, Kgms¯vb mwómn ˆe‡`wkK g`v ARb m¤e n‡e|

wdc PvU cwiKíbv

ˆK, wks I gv¸i gv‡Qi Pvl e¨e¯vcbv-2

Lv`¨ e¨e¯vcbv

- Lv‡`¨ cwó Dcv`v‡bi Drm
  - cvYxRvZt ïUwKi ¸ov, Mewi` cï i³, wgU GÛ ‡evb wgj
  - Dw™¢`RvZt Pv‡ji wgwn Kov, M‡gi fwl, Pv‡ji L`, AvUv, mwilvi ˆLj, wZ‡ji ˆLj, mqwveb wgj, fÆv PY
- Dcv`v‡bi cwó wbwðZ Kiv
  - Awgl
  - kKiv
  - Pwe

Lv‡`¨ DcKiY wbevP‡b we‡eP¨ welq

- ¯vbxq fv‡e DcKiYmg‡ni cvPhZv
- DcKi‡Yi cwógvb
- DcKi‡Yi gj¨
- gv‡Qi Lv`¨vf¨vm ev cwó Pvwn`v
- Pvwli AwR_K m½wZ
- D"P Lv`¨ cwieZb nvi
- DcKi‡Yi AvKvi
- DcKiY msi¶‡Yi †gqv`

cK‡i Lv`¨ c‡qvM nvi t

gv‡Qi Mo IRb (Mvg)	%`wbK Lv‡`¨i cwigvY (%)
1-3	15-20
4-10	12-15
11-50	8-10
51-100	5-7
>101	3-5

m¤úiK Lv`¨ ˆZix

- ewYwR¨K wc‡jU Lvevi
- Lvgv‡i c¯Z Lvevi

  DcKi‡Yi kZKiv nvi

DcKi‡Yi weeiY	kZKiv nvi
wdkwgj	20
†mvqweb PY	8
A‡Uv Kov	30
fÆv PY	5
M‡gi fwm	12
wPUv¸o/ive	5
mwilvi ˆLj	20
wfUvwgb wcwg·	1 Mvg/†KwR

- bgbvqb I Lv`¨ mgšq
  - 5-10% bgbv msMn
  - 15 w`b Aši bgbvKiY

m¤úiK Lv`¨ c‡qvM

- c‡qvM c×wZ
  - mgvb fv‡e wQwU‡q c‡qvM Kiv
  - wbawiZ ¯v‡b c‡qvM Kiv
  - Lv`¨ `vbx‡Z c‡qvM Kiv
- Lv`¨ c‡qv‡M AbmiYxq welqvejx
  - Lv`¨ c‡qv‡M wgk c×wZ AbmiY
  - wbw`ó mgq, wbw`ó ¯v‡b, cwigvY gZ Lv`¨ c‡qvM
  - cwb AwZwi³ meR ev `wlZ n‡q co‡j ev eó n‡j Lv`¨ c‡qvM Kgv‡Z n‡e
  - gvQ †h †Kvb Kvi‡Y wcob (Stress) Ae¯vi mwó n‡j Lv`¨ c‡qvM Kwg‡q w`‡Z n‡e
  - AwaK Lv`¨ c‡qv‡M AcPq n‡q cwi‡ek webó Ki‡Z cv‡i|

cK‡i cwb e¨e¯vcbv

- cwb `wlZ nIqvi KviY
  - gjgÎ †_‡K bvB‡Uv‡Rb ˆRe mwó
  - cPv Lv`¨ ev c‡P hvIqv ˆRe `e¨
  - c¨v¼U‡bi AcgZ¨

%K, wks I gv¸i gvQ Pv‡li SwK e¨e¯vcbv

- eIvKvjxb SwK
- ï®‹ †gŠm‡g SwK
- kxZKvjxb SwK
- ¶wZKi M¨vm
- gvQ Pwi

• cwb `I‡Yi cwibvg - gv‡Qi Lv`¨ Mn‡Y Ai“wP - evu× nvi K‡g hvIqv - gv‡Qi gZ¨ • `IY cwZKv‡ii Dcvq - cwbi AvswkK cwieZb - 250 Mvg/kZ‡K Pb c‡qvM - wRIjvBU c‡qvM	gvQ AvniY I evRviRvZ KiY • gvQ Avni‡Yi mgq I AvKvi - cRwZ †f‡` 100-120 w`b ci - 50-100 Mvg IR‡bi gvQ - Carring capacit we‡ePbv K‡i • evRviRvZ KiY - GjvKv I FZ‡f‡` Kg-‡ewk gvQ aiv - evRvi `‡ii w`‡K j¶¨ ivLv - †QvU-eo gvQ †MwWs Kiv
gvQ AvniYce KiYxq KvR • †µZv wbavi iY Kiv • ‡R‡j I Rvj wVK Kiv • cwienb e¨e¯v wVK Kiv • RjR AvMvQv I Wvj-cvjv Acmvi iY Kiv • Dch³ cwigvcK h‡š¿i e¨e¯v Kiv • Rxeš Ae¯vq evRviRvZ Kivi e¨e¯v • c‡qvRbxq †b‡Ui nvcv msMn Kiv • msi¶‡Yi Rb¨ cvÎ Ges eid msMn	Aw_K we‡kIY • ‰K Pv‡li Aw_K we‡kIY • wks Pv‡li Aw_K we‡kIY • gv¸i Pv‡li Aw_K we‡kIY

Awa‡ekb cwiKíbv

w`b t 3 mgq t 12:15-13:15 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t cve`v I ¸jkv gv‡Qi Pvl e¨e¯'vcbv

Afxó `j t grm¨ Awa`ß‡ii KgKZ©ve›`

j¶¨ t cwk¶Yv_x‡`i cve`v/¸jkv gvQ Pv‡li mweav, Pvl c×wZ BZ¨w` m¤ú‡K we¯wiZ aviYv †`qv n‡e hv‡Z Zviv AwRZ Ávb Kv‡R jwM‡q i“B RvZxq gv‡Qi mv‡_ cve`v I ¸jkv gvQ Pvl e¨e¯'vcbvq AvMnx Pvlx‡`i c‡qvRbxq mnvqZv c`vb Ki‡Z cv‡ib|

D‡Ïk¨ t G Awa‡ekb †k‡l cwk¶Yv_xMY -

- cve`v I ¸jkv gvQ- Gi Pv‡li mweav m¤ú‡K ej‡Z cvi‡e|
- i“BRvZxq gv‡Qi mv‡_ cve`v I ¸jkv gvQ Pvl c×wZ eYbv Ki‡Z cvi‡e|
- Pvl c×wZ‡Z mvi I m¤úiK Lv`¨ c‡qvM nv‡Z-Kj‡g wk¶v `vb Ki‡Z cvi‡e|
- cve`v I ¸jkv gvQ Pv‡l c‡qvRbxq mZKZv m¤ú‡K ej‡Z cvi‡e|
- cKi ‡_‡K gvQ AvniY m¤ú‡K ej‡Z cvi‡e|

welqmwP	Av‡jvP¨ welq	†KŠkj	mgq
fwgKv			4 wgwbU
	1| ¯vMZ 2| ceeZx Awa‡ek‡bi mv‡_ ms‡hvM ¯vcb 3| eZgvb Awa‡ek‡bi Dcī Av‡jvKcvZ 4| D‡Ïk¨ e¨vL¨vKiY 5| DØ×KiY	e³Zv	
welqe¯			50 wgwbU
	1| fwgKv 2| Pv‡li mweav- - ‡gŠmgx cKi, evwlK cKi I Ab¨vb¨ Rjvk‡q G gvQ Pvl Kiv hvq| - G gvQ Pv‡l cK‡ii me ¯‡ii Lv`¨ e¨envi wbwðZ nq| - 5-6 gv‡mB i“B RvZxq gv‡Qi cvkvcwk cve`v I ¸jkv gvQ evRviRvZ Kiv hvq| - ïa i“B RvZxq gvQ Pv‡li †P‡q AwaK gbvdv cvIqv hvq| - cve`v I ¸jkv gvQ m¯v`, ZvB evRvi gj¨ A‡bK †ewk| 3| Pvl c×wZ - cKi c¯wZ - †cvbv gR` - gR` cieZx cwiPhv - m¤úiK Lv`¨ mieivn 4| mZKZv 5| AvniY 6| m¤ve¨ Avq-e¨‡qi wnmve	e³Zv I c‡kvËi	
mvi ms‡¶c			6 wgwbU
	1| gj welqmgn ms‡¶‡c cbiv‡jvPbv 2| c‡kvË‡ii gva¨‡g D‡Ïk¨ hvPvB 3| cieZx Awa‡ek‡bi mv‡_ ms‡hvM ¯vcb	c‡kvËi	
cwk¶Y mnvqK mvgMx t gvKvi, wdc PvU, n¨vÛ AvDU BZ¨w`|			

cve`v I ¸jkv gv‡Qi Pvl e¨e¯vcbv

cve`v I ¸jkv gvQ evsjv‡`‡ki †QvU gvQ¸‡jvi g‡a¨ Ab¨Zg| wgVv cvwbi G gvQ `ÖwU b`x-bvjv, Lvj-wej, nvIi-evI‡o GKmgq cPi cwigv‡Y cvIqv ‡hZ| wKš' eZgv‡b cvKwZK cwi‡ek wech‡qi Kvi‡Y cRbb I eskew× e¨vnZ nIqvq G gv‡Qi cvPhZv A‡bK K‡g †M‡Q| AZ¨š m¯v` I AZ¨waK evRvi g‡j¨i Kvi‡Y cve`v I ¸jkv gvQ grm¨PvIxmn msmwkó mK‡ji `wó AvKó n‡q‡Q| B‡Zvg‡a¨ KwÎg cRb‡bi gva¨‡g G‡`i †cvbv Drcv`b ïi" n‡q‡Q Ges ¯í cwim‡i Pvl Kvhµg ev¯ewqZ n‡"Q|

i"B RvZxq gv‡Qi mv‡_ cve`v I ¸jkvi wgk Pvl

Pv‡li mweav-

- ‡gŠmgx cKi, ewlK cKi I Ab¨vb¨ Rjvk‡q G gvQ Pvl Kiv hvq|
- G gvQ Pv‡l cK‡ii me ¯‡ii Lvev‡ii e¨envi wbwðZ nq|
- 5-6 gv‡mi g‡a¨B K‡qK ai‡Yi i"B RvZxq gv‡Qi cvkvcvwk cve`v I ¸jkv gvQ evRviRvZ Kiv hvq|
- ïa i"B RvZxq gvQ Pv‡li †P‡q AwaK gbvdv cvIqv hvq|
- cve`v I ¸jkv gvQ m¯v`, ZvB evRvi gj¨ A‡bK †ewk|

Pvl c×wZ

cKi c¯wZ

- ïK‡bv †gŠm‡g cKi †_‡K RjR AvMvQv cwi®vi I cvo †givgZ Ki‡Z n‡e|
- †QvU gvQ Pv‡li †¶‡Î cKi ïKv‡bv DwPZ bq| ZvB evi evi Nb dvu‡mi Rvj †U‡b iv¶‡m gvQ I ¶wZKi cvYx AcmviY Ki‡Z n‡e|
- cwZ kZ‡K 1-2 †KwR cv_‡ii Pb c‡qvM Ki‡Z n‡e| gvwUi ¸Yv¸‡Yi Ici wfwË K‡i P‡bi gvÎv Kg-‡ewk n‡q _v‡K|
- cK‡i chvß cwigvY gv‡Qi cvKwZK Lv`¨ Rb¥v‡bvi Rb¨ †cvbv Qvovi c‡e mvi c‡qvM Ki‡Z n‡e| cwZ kZ‡K 4-6 †KwR †Mvei, 100 Mvg BDwiqv I 100 Mvg wUGmwc c‡qvM Kiv fv‡jv|
- cvwbi is meR/ev`vgx-meR n‡j †cvbv Qvovi Dch³ nq|

†cvbv gR`

- cK‡i gvQ Pv‡li mdjZv wbfi K‡i fv‡jv Rv‡Zi m¯, mej I mwVK cRvwZi †cvbv mwVK msL¨vq gR‡`i Ici|
- cK‡i †cvbv Qvovi Av‡M cwienbKZ †cvbv cK‡ii cvwbi Zvcgv‡Îi mv‡_ Lvc LvB‡q wb‡q 10 wjUvi cvwb I 1 PvgP (5 Mvg) cUvwmqvg cvig¨vsMv‡bU A_ev 100 Mvg jeY wgwk‡q `eY ^Zix K‡i Zv‡Z 1-2 wgwbU †Mvmj Kwi‡q †cvbv RxevYg³ Ki‡Z n‡e|
- wb‡æi Q‡K ewYZ †h †Kvb GKwU bgbv Abhvqx 10-12 ‡mwg. AvKv‡ii i"B RvZxq gvQ I 5-7 †mwg. AvKv‡ii cve`v ev ¸jkv gv‡Qi m¯ mej †cvbv cwZ kZvs‡k gR` Ki‡Z n‡e|

Kvc-cve`v g‡Wj - 1	
gv‡Qi cRvwZ	msL¨v
KvZjv	12
i"B	8
g‡Mj	8
MvmKvc	2
cve`v	70
-	-
†gvU	100

Kvc-cve`v g‡Wj - 2	
gv‡Qi cRvwZ	msL¨v
wmjfvi Kvc	8
KvZjv	4
g‡Mj	8
MvmKvc	2
micwU	8
cve`v	70
†gvU	100

Kvc-cve`v-¸jkv g‡Wj	
gv‡Qi cRvwZ	msL¨v
KvZjv	8
i"B	10
g‡Mj	10
MvmKvc	2
cve`v	50
¸jkv	50
†gvU	130

gR` cieZx cwiPh©v

- cK‡i chvß cwigvY cvKwZK Lv`¨ ivLvi Rb¨ ^`wbK ev 7 w`b ci ci wbqwgZ mvi c‡qvM Ki‡Z nq|
- mvaviY wbqg Abmv‡i ^`wbK kZK cwZ 150 Mvg †Mvei A_ev 300 Mvg K‡¤úv÷, 5 Mvg BDwiqv I 5 Mvg wUGmwc GKwU cv‡Î cwbi mv‡_ 1 w`b wfwR‡q †i‡L ciw`b mKvj 10-11 Uvq cK‡i wQwU‡q w`‡Z n‡e|
- A_ev 7 w`b/10 w`b ci ci mvi e¨envi Ki‡Z n‡j Dc‡iv³ cwigv‡Y w`‡bi ¸wYZK nv‡i mvi c‡qvM Ki‡Z n‡e| Z‡e cwZw`b mvi e¨envi KivB m‡evrKó|
- ˆRe I ivmvqwbK mvi GK‡Î wgwk‡q cwigvY gZ I wbqwgZ e¨envi Ki‡j †ewk Drcv`b cvIqv hvq|

m¤úiK Lv`¨ mieivn-

- Kvc-cve`v-¸jkvi wgk Pv‡l m¤úiK Lvevi wnmv‡e e¨eüZ Lv‡`¨vcv`v‡bi cwigvY wb‡æ ewYZ n‡jvt

Lv‡`¨vcv`vb	wgk‡Yi nvi (kZKiv)
Pv‡ji wgwn Kov	40
M‡gi fwm	20
mwilvi ˆLj	20
wdk wgj	20
‡gvU	100

- 10-12 N›Uv wfRv‡bv mwilvi ˆL‡ji mv‡_ ïK‡bv M‡gi fwm ev Pv‡ji wgwn Kov wgwk‡q †MvjvKvi ej ˆZwi Ki‡Z n‡e|
- cK‡i gR`KZ gv‡Qi †gvU IR‡bi kZKiv 5-3 fvM nv‡i ^`wbK Lvevi w`‡Z n‡e|
- kxZKv‡j Lvev‡ii cwigvY kZKiv 1-2 fvM nv‡i mieivn Ki‡Z n‡e|
- eivÏKZ Lvevi w`‡b 2 evi c‡qvM Kiv fvj|
- gwmK bgbvq‡bi gva¨‡g Lvev‡ii cwigvY mgšq Ki‡Z n‡e|
- GQvovI cwZwôZ †Kv¤úvbxi ewYwR¨K wc‡jU Lvevi I gvQ‡K mieivn Kiv †h‡Z cv‡i|

mZKZv

- cK‡ii Zj‡`‡k Kv`v _vK‡j ¶wZKi M¨vm R‡g _vK‡Z cv‡i| `woi mv‡_ †jvnv ev gwUi KwV wKsev BU †e‡a nIiv ˆZwi K‡i cK‡ii Zj †N‡l Av‡¯Í Av‡¯Í †U‡b Zjvi M¨vm †ei K‡i w`‡Z n‡e|
- cwZ gv‡m GKevi wKQ gvQ a‡i gv‡Qi ¯^v¯'¨ cix¶v Ki‡Z n‡e|
- wbqwgZ Lv`¨ mieivn Ki‡Z n‡e|
- cK‡i cwb K‡g †M‡j cwb mieivn Ki‡Z n‡e|
- cwb †ewk meR n‡q †M‡j mvi c‡qvM eÜ ivL‡Z n‡e|

AvniY

AvswkK AvniY-

i“B RvZxq me gvQ I cve`v-¸jkv gv‡Qi ewו nvi mgvb bq| †ewk jv‡fi Rb¨ eo gvQ AvniY K‡i †QvU gvQ¸‡jv‡K eo nIqvi m‡hvM K‡i †`qv DwPZ| ZvB i“B RvZxq †h gvQ¸‡jv 500-700 Mv‡gi Dc‡i n‡e Zv AvniY K‡i mgmsL¨K †cvbv cb:ivq Qvo‡Z nq|

Povš AvniY-

- eQi †k‡l me gvQ AvniY K‡i †dj‡Z n‡e| evRvi `i Ges cieZx dm‡ji Rb¨ †cvbv cvwßi Ici wbfi K‡i Povš AvniY‡Yi mgqKvj wVK Ki‡Z n‡e|
- cve`v I ¸jkv gvQ 8-9 gvm Pv‡l h_vµ‡g 25-30 Mvg I 45-50 Mvg IR‡bi nq Ges Zv weµ‡qi Rb¨ Dch³ nq|

m¤ve¨ Avq e¨q

30 kZK cK‡i Kvc-cve`v-¸jkv wgk Pv‡li Avq-e¨q I Drcv`‡bi wnmve wb‡P †`Lv‡bv n‡jvt

weeiY		msL¨v/cwigvY	gj¨
cKi †givgZ		-	1000.00
Pb		30 ‡KwR	450.00
BDwiqv		30 †KwR	180.00
wUGmwc		30 †KwR	600.00
‡Mvei		750 †KwR	750.00
†cvbv	i“BRvZxq gv‡Qi †cvbv	900 wU	900.00
	cve`v/¸jkv	2100 wU	6,300.00
Pv‡ji wgwn Kov		600 †KwR	6,000.00
M‡gi fwm		300 †KwR	4,500.00
mwilvi ˆLj		300 †KwR	4,500.00
wdkwgj		300 †KwR	12,000.00
gvQ aiv I Ab¨vb¨		-	2,000.00
‡gvU e¨q			39,180.00

Drcv`b

Drcvw`Z gvQ	Drcv`b (‡KwR)	`i (UvKv)	weµqgj¨ (UvKv)
i“B RvZxq gvQ	700 †KwR	60.00	42,000.00
cve`v/¸jkv	55 †KwR	250.00	13,750.00
†gvU Drcv`b	755 †KwR	†gvU Avq	55,750.00

cKZ gbvdvt †gvU e¨q - †gvU Avq = 55,750.00 - 39,180.00 = 16,570.00 UvKv

wdc PvU cwiKíbv

cve`v I Mjkv gv‡Qi Pvl e¨e¯vcbv

Pv‡li mgeav/¸i“Z

1) G gvQ ‡gŠmgx I ewlK cK‡i Pvl Kiv hvq|
2) cK‡ii me ¯‡ii Lvev‡ii e¨envi wbwðZ nq|
3) 5-6 gv‡mB i“B RvZxq gv‡Qi cvkvcwk cve`v I ¸jkv gvQ evRviRvZ Kiv hvq|
4) ïa i“B RvZxq gvQ Pv‡li †P‡q ‡ewk jvf cvIqv hvq|
5) cve`v I ¸jkv gvQ m¯v`, ZvB evRvi gj¨ ‡ewk|

cKi c¯wZ

- RjR AvMvQv cwi®vi I cvo †givgZ|
- Nb dv‡mi Rvj evi evi †U‡b iv¶‡m gvQ I ¶wZKi cvYx AcmviY|
- cwZ kZ‡K 1-2 †KwR cv_‡i Pb c‡qvM |
- chvß cwigvb cvKwZK Lv`¨ Rbv¥‡bvi Rb¨ †cvbv Qvovi c‡e cwZ kZ‡K 4-6 †KwR †Mvei, 100 Mvg BDwiqv I 100 Mvg wUGmwc c‡qvM Kiv fvj|
- cwbi is meR/ev`vgx-meR n‡j cKi †cvbv Qvovi Dch³ nq|

†cvbv gR`

wbæ Abcv‡Z †cvbv gR` Kiv fv‡jv:

g‡Wj	→	KvZj	wmjfviKvc	i“B	g‡Mj	MvmKvc	micwU	cve`v	¸jkv	†gvU
Kvc-cve`v g‡Wj-1	msL¨v	12	-	8	8	2	-	70	-	100
Kvc-cve`v g‡Wj-2	msL¨v	4	8	-	8	2	8	70	-	100
Kvc-cve`v-¸jkv g‡Wj	msL¨v	8	-	10	10	2	-	50	58	130

gR` cieZx cwiPhv

- cK‡i chvß cwigvY cvKwZK Lv`¨ Rbv¥‡bvi Rb¨ ‰`wbK ev 7 w`b ci ci mvi c‡qvM Ki‡Z nq|
- ‰`wbK wnmv‡e cwZ kZ‡K 150 Mvg †Mvei, 5 Mvg BDwiqv I 5 Mvg wUGmwc 1 w`b wfwR‡q †i‡L ciw`b c‡qvM Ki‡Z nq||

m¤úiK Lv`¨ mieivn

- Lv‡`¨vcv`vb I kZKiv cwigvY wbæi͡c

Lv‡`¨vcv`vb	wgk‡Yi nvi (kZKiv)
Pv‡ji wgwn Kov	40
M‡gi fwm	20
mwilvi ˆLj	20
wdm wgj	20
‡gvU	100

- gv‡Qi †`n IR‡bi kZKiv 5-3 fvM nv‡i ‰`wbK Lvevi

Avq-e¨‡qi wnmve

30 kZK cK‡i 6 gvm Pv‡li Avq-e¨‡qi wnmve

weeiY		msL¨v/cwigvY	gj¨
cKi †givgZ		-	1000.00
Pb		30 ‡KwR	450.00
BDwiqv		30 †KwR	180.00
wUGmwc		30 †KwR	600.00
†Mvei		750 †KwR	750.00
†cvbv	i“BRvZxq	900 wU	900.00
	cve`v/¸jkv	2100 wU	6300.00
Pv‡ji wgwn Kov		600 †KwR	6,000.00
M‡gi fwm		300 †KwR	4,500.00
mwilvi ˆLj		300 †KwR	4,500.00
wdkwgj		300 †KwR	12,000.00
gvQ aiv I Ab¨vb¨		-	2,000.00
†gvU e¨q			39,180.00

Avq-e¨‡qi wnmve (Pjgvb)

Drcv`b

Drcvw`Z gvQ	Drcv`b (†KwR)	`i (UvKv)	weµq gj¨ (UvKv)
i“B RvZxq gvQ	700 †KwR	60.00	42,000.00
cve`v/¸jkv	55 †KwR	250.00	13,750.00
†gvU Drcv`b	755 †KwR	†gvU Avq	55,750.00

cKZ gbvdv = †gvU e¨q - †gvU Avq
= 55,750.00 - 39,180.00
= UvKv 16,570.00

Awa‡ekb cwiKíbv

w`b t 3 mgq t 13:15-14:00 †gqv`Kvj t 45 wgwbU

wk‡ivbvg t †QvU gvQ AvniY, evRviRvZKiY I cwµqvRvZKiY

Afxó `j t grm¨ Awa`ß‡ii KgKZve›`

j¶¨ t cwk¶Yv_x‡`i †`kxq †QvU gvQ AvniY, evRviRvZKiY I cwµqvRvZKiY m¤ú‡K we¯wiZ avibv †`qv n‡e hv‡Z Zviv AwRZ Ávb Kv‡R jvwM‡q Pv‡li cKi n‡Z †QvU gvQ AvniY, evRviRvZ I cwµqvRvZ †Kškj AvqZ Ki‡Z cvi‡eb|

D‡Ïk¨ t G Awa‡ekb †k‡l cwk¶Yv_xMY -

- Pv‡li cKi n‡Z †QvU gvQ AvniY c×wZ m¤ú‡K ej‡Z cvi‡eb|
- AvniYKZ †QvU gvQ evRviRvZKiY m¤ú‡K we¯weZ ej‡Z cvi‡eb|
- †QvU gvQ cwµqvRvZKiY m¤ú‡K we¯wiZ ej‡Z cvi‡eb|

welqmwP	Av‡jvP¨ welq	†Kškj	mgq
fwgKv			4 wgwbU
	• ¯vMZ • ceeZx Awa‡ek‡bi mv‡_ ms‡hvM¯vcb • eZgvb Awa‡ek‡bi Dci Av‡jvKcvZ • D‡Ïk¨ e¨vL¨vKiY • DØ×KiY	e³Zv	
welqe¯			35 wgwbU
	1| AvniY - AvswkK AvniY - m¤úY AvniY 2| evRviRvZKiY 3| AvniY I evRviRvZKi‡Y we‡eP¨ welq 4| †QvU gvQ msi¶Y - eidRvZKiY 5| ‡QvU gvQ cwµqvRvZKiY - cPwjZ c×wZ‡Z ïUwKKiY - †mvjvi †U›U Wvqv‡i ïUwKKiY - †QvU gv‡Qi wm`j ïUwKKiY	e³Zv I c‡kvËi	
mvi-ms‡¶c			6 wgwbU
	• gj welqmgn ms‡¶‡c cbiv‡jvPbv • c‡kvË‡ii gva¨‡g D‡Ïk¨ hvPvB • cieZx Awa‡ek‡bi mv‡_ ms‡hvM¯vcb	c‡kvËi	
cwk¶Y mnvqK mvgMx t gvKvi, wdc PvU, n¨vÛ AvDU BZ¨vw`|			

†QvU gvQ AvniY, evRviRvZKiY I cwµqvRvZKiY

AvniY

cKi ev Rjvk‡q Drcvw`Z gv‡Qi AvKvi, IRb, evRvi `i, wewfb SyuwK Ges m‡evcwi cK‡i gv‡Qi avivY¶gZv (carrying capacity) we‡ePbvq †i‡L gvQ AvniY Kiv c‡qvRb| cRwZ †f‡` †QvU gvQ AvswkK AvniY (partial harvest) Aev i A‡bK †¶‡Î m¤úY AvniY (total harvest) Kiv nq| †QvU gvQ Avni‡Yi Rb¨ wewfb ai‡bi Rvj (†hgb- †eo Rvj, ag Rvj, ˆK Rvj, SvwK Rvj BZ¨vw`) Ges wewfb ai‡Yi wdk Uvc (%K WMvBi, ˆLj mb, BPvi Pwi BZ¨vw`) e¨envi Kiv nq| VvÛv I cwi¯vi AvenvIqvq gvQ aiv DwPZ| we‡kl K‡i wbKUeZx evRv‡i cvVv‡bvi †¶‡Î †fv‡i Ges `ieZx evRv‡ii Rb¨ ga¨ iv‡Z gvQ Avni‡Yi e¨e¯v Ki‡Z n‡e|

AvswkK AvniY

PvI‡hvM¨ gjv, cwU, †Pjv BZ¨vw` gvQ Aí mg‡qi g‡a¨ (2 gvm) cPi cwigv‡Y †cvbv Drcv`b K‡i| d‡j cK‡i Gme gv‡Qi NbZ AZ¨waK †e‡o hvq| GRb¨ Gme gv‡Qi AvswkK AvniY AZ¨vek¨K| gvQ e"W wnmv‡e gR‡`i 2 gvm ci 15 w`b Aši Aši mwZ †eo Rvj A_ev ag Rvj e¨envi K‡i AvswkK AvniY Kiv c‡qvRb|

m¤úY AvniY

evwYwR¨Kfv‡e KwZcq PvI‡hvM¨ †QvU gvQ †hgb %K, wks, gv¸i, cve`v, ¸jkv BZ¨vw` †eo Rvj w`‡q c‡ivcwi AvniY Kiv hvq bv| ZvB cKi ïwK‡q Gme gvQ m¤úY AvniY Ki‡Z nq| cKZc‡¶ gvQ AvniY Pwli B"Qvi Dc‡i A‡bKvs‡k wbfikxj| Pwli c‡qvRb gwdK A‡bK †¶‡Î ‡eo Rvj ev SvwK Rvj e¨envi K‡i gvQ AvswkK AvniY Kiv hvq|

evRviRvZKiY

gv‡Qi evRvi `i wewfb GjvKvq wewfb I FZ‡f‡` Kg †ewk n‡q _v‡K| jvfRbK `v‡gi cwZ †Lqvj †i‡L gvQ evRviRvZ Kiv DwPZ| gv‡Qi evRvi `i AwaK cvIqvi Rb¨ gvQ aivi c‡eB †`‡ki eo evRvimg‡n †hvMv‡hvM ¯vcb K‡i evRvi `i hvPvB Gi e¨e¯v Ki‡Z n‡e Ges evRv‡i m¤e n‡j cRwZ †f‡` Rxeš Ae¯vq I †QvU-eo AvKv‡ii gvQ Avjv`v fv‡e evQvB K‡i cvVv‡bvi e¨e¯v Ki‡Z n‡e|

evsjv‡`‡ki AwaKvsk Rjvkq †_‡K AvnwiZ gvQ mivmwi †fv³vi wbKU weµq Kiv nq bv| weµq cwµqv KZ¸‡jv P¨v‡bj ev av‡ci gva¨‡g m¤cb n‡q †fv³vi Kv‡Q †cŠ‡Q| †QvU gv‡Qi †¶‡ÎI Gi e¨wZµg nq bv| G avc¸‡jv n‡jv cv_wgK evRvi, wØZxq avc evRvi Ges Ae‡k‡l †fv³vi µ‡qi Rb¨ me‡kl evRvi avc| Z‡e eZgv‡b evwYwR¨Kfv‡e ˆK, wks, gv¸i BZ¨vw` gv‡Qi Drcv`b Lvgvi n‡Z mivmwi cvBKvi evRv‡i A_ev ivRavbx knimn eo eo kn‡i evRviRvZ Kiv n‡"Q| G‡Z Drcv`bKvix AwaK jvfevb n‡"Q|

†cvbv gR‡`i 3-4 gv‡mi g‡a¨ %K gvQ 80-100 Mvg, wks 50-80 Mvg I gv¸i gvQ 100-150 Mvg IR‡bi n‡j evRviRvZKi‡bi Rb¨ Dch³ nq| G mgq evRvi Pvwn`v Abhvqx Gme gvQ AvniY K‡i Rxeš Ae¯vq cwóK Wv‡g K‡i evRviRvZ Kiv hvq| micwU I evUv gvQ 3-4 gv‡mi g‡a¨ 150-200 Mvg Ges ¸jkv, cve`v gvQ 40-50 Mvg IR‡bi n‡j evRviRvZ Kiv hvq|

gvQ AvniY I evRviRvZKi‡Y we‡eP¨ welqmgn

- evRvi `i hvPvB Kiv
- ‡µZv wbavib Kiv
- ‡R‡j I Rvj wVK Kiv
- cwienb e¨e¯v wVK Kiv
- Dch³ cwigvcK h‡š¿i e¨e¯v Kiv
- Rxeš Ae¯vq evRviRvZ Kivi Rb¨ K‡›UBbvi ev Wv‡gi e¨e¯v Kiv
- cwienbKvjxb msi¶‡Yi Rb¨ cvÎ I ei‡di e¨e¯v Kiv

†QvU gvQ Avni‡Yi ci UvUKv ivLvi c×wZ

- gvQ Avni‡Yi ci †iv‡` †d‡j ivLv DwPZ bq| KviY ZvcgvÎv ew×i mv‡_ mv‡_ gv‡Qi ¸YMZgvb bó n‡Z _v‡K|
- gvQ Avni‡Yi ciciB cwi®vi cwb‡Z fvj fv‡e a‡q gv‡Qi †`‡ni Dcwi fv‡Mi ¯vBg ev wcw”Qj c`v_ `i Ki‡Z n‡e| KviY gv‡Qi ¯vB‡g cPbwµqvq mnvqK RxevY _v‡K|
- Gici hZ `"Z m¤e gvQ‡K ei‡d msi¶Y Ki‡j `xN mgq gvQ UvUKv _v‡K| ei‡d msi¶‡Yi mgq eid fvj fv‡e PY K‡i gv‡Qi ¯‡ii Dc‡i I wb‡P eid w`‡Z n‡e|
- gvQ cwien‡bi mgq I `iZ Abmv‡i Ggb cwigvb eid e¨envi Ki‡Z n‡e hv‡Z Mše¨ ¯v‡b †cŠQvi ci I gv‡Qi Mv‡q eid †j‡M _v‡K|
- cwien‡bi Rb¨ cwi÷K Swo ev ev· e¨envi Kiv fvj| Z‡e ev‡ki Swo ev Kv‡Vi ev· I e¨envi Kiv hvq| Swo ev ev‡· gvQ ivLvi mgq †Lqvj ivL‡Z n‡e hv‡Z gv‡Qi Dci †ewk Pvc bv c‡o| AwaK Pv‡c wb‡Pi gvQ ZvovZwo bó n‡q †h‡Z cv‡i|
- cwiPhv Ges cwienbKv‡j gv‡Qi gvsm‡ckx hv‡Z bó bv nq †mw`‡K we‡kl hZevb n‡Z n‡e|

†QvU gvQ msi¶Y I cwµqvRvZKiY

gvQ GKwU `"Z cPbkxj `e¨| ZvB h_vh_ msi¶Y I cwiPhvi Ici Gi ¸YMZgvb ev Lv`¨gvb wbfi K‡i| gv‡Qi gZ¨i ci cPbwµqv ïi" n‡j Zv Avi †Kvbfv‡eB eÜ Kiv hvq bv| Z‡e wewfb c×wZ Aej¤b K‡i gv‡Qi cPbwµqv wejw¤Z Kiv hvq wKš G‡Kev‡i eÜ Kiv hvq bv| cPb †_‡K gvQ‡K i¶vi me‡P‡q mnR I `"ZZg cšv n‡"Q eid w`‡q gvQ msi¶Y Kiv| G c×wZ‡Z ¯í mg‡qi Rb¨ †QvU ev eo me ai‡Yi gvQB msi¶Y Kiv hvq| ei‡di ms¯ú‡k G‡m gvQ `"Z VvÛv nq Ges cPbKvix e¨vK‡Uwiqvi ¯vfweK ew× I eskwe¯vi e¨vnZ nq| d‡j gv‡Qi cPb wµqv K‡g hvq| eid w`‡q msiw¶Z gvQ mn‡R cwienb Kiv hvq|

†QvU gvQ mvaviYZ wZb fv‡e msi¶Y I cwµqvRvZKiY Kiv hvq| h_v:

K) eidRvZKiY L) ïUwKKiY M) wm`j KiY

K) †QvU gvQ eidRvZKiY

- eid Øviv gvQ msi¶‡Yi c‡e gvQ‡K cwb‡Z a‡q wb‡Z n‡e|
- ev‡ki Swo/PvUvB wKsev †nvMjv cvZvi ˆZwi UKwi‡Z eid I gvQ ¯‡i ¯‡i mwR‡q ivLv nq| A‡bKmgq Swo ev ev‡·i wfZ‡i P‡Ui e¨vM e¨envi Kiv nq| eZgv‡b eid Øviv gvQ msi¶‡Yi Rb¨ cwi÷K Swo e¨envi Kiv nq| ev‡ki Swo ev Ab¨vb¨ cPwjZ ev‡·i †P‡q cwi÷K Swo e¨envi Kiv fvj|
- FZ‡f‡` gv‡Q eid e¨env‡ii cwigv‡b ZviZg¨ n‡q _v‡K| Mx®§Kv‡j gvQ I ei‡di AbcvZ 1t1 Ges kxZKv‡j 2t1 Abcv‡Z e¨envi Kiv nq| mgq I cwienb `i‡Zi Ici wfwË K‡i ei‡di cwigvb wbaviY Kiv nq|
- gv‡Q eid †gkv‡bvi Rb¨ eid eK¸‡jv‡K ¸‡ov Kiv nq| ev‡· wbw`ó cwigvb eid I gvQ ¯‡i ¯‡i ivLvi ci †nvMjvi gv`i ev P‡Ui UKiv ev cwjw_b w`‡q †X‡K †mjvB K‡i †`qv nq|
- msi¶‡Yi mgq c_‡g Swo ev cv‡Îi Zjvq GK ¯i eid Zvici gvQ, Avevi eid Zvici gvQ - G fv‡e †kl K‡i mevi Dci cbivq GK ¯i eid w`‡q ev‡·i DcwifvM cwjw_b mxU ev †nvMjvi PvUvB Øviv eÜ K‡i w`‡Z n‡e|
- eidRvZ c×wZ‡Z gvQ‡K 3-5 w`b msi¶Y Kiv hvq|

eid w`‡q gvQ msi¶‡Y mZKZv

- eid ˆZwi‡Z e¨eüZ cwb me mgq `lYg³ n‡Z n‡e|
- gvQ msi¶‡Yi Rb¨ e¨eüZ cvÎ I Ab¨vb¨ miÄvgw` cwi®vi ivL‡Z n‡e|

- ei‡d msi¶‡Yi Rb¨ m‡ZR ev UvUKv gvQ e¨enwi Ki‡Z n‡e|
- GKB cRwZ I AvKv‡ii gvQ msi¶Y Kiv DwPZ|
- `ieZx¯'v‡b cwien‡bi Rb¨ †dK AvBm A_ev ¸ov eid e¨enwi Ki‡Z n‡e|
- eid I gv‡Qi AbcvZ mwVK ivL‡Z n‡e|
- cv‡Î eid I gvQ Ggbfv‡e ivL‡Z n‡e hv‡Z eid MwjZ cwb I gv‡Qi gqjv mn‡RB cv‡Îi wbP w`‡q PB‡q †h‡Z cv‡i|
- GKB cvÎ evievi e¨enwi Ki‡j fvj fv‡e a‡q I ïwK‡q e¨enwi Ki‡Z n‡e|

L) †QvU gvQ ïUwKKiY

evsjv‡`‡k mvaviYZ kxZ †gŠm‡g mhv‡jv‡K ïwK‡q gvQ cwµqvRvZ I msi¶Y Kiv nq| G mgq Av`Zv I evó Kg _v‡K Ges mhv‡jv‡Ki `xN©¯wq‡Zi Rb¨ gvQ ïUwK Kivi Rb¨ cwi‡ek AbKj _v‡K| †QvU gvQ mvaviYZ wb‡æv³ `Ôfv‡e ïUwK Kiv hvq|

1| cPwjZ c×wZ

cPwjZ c×wZ‡Z †QvU gvQ ïUwK Kivi mgq wb‡æi avc¸‡jv AbmiY Kiv nqt

- c_‡g Avnwi Z gvQ cwb Øviv fvj fv‡e a‡q cwi®vi K‡i ‡bqv nq|
- Gici gvQ¸‡jv‡K cwjw_b wmU ev ev‡ki PvUvB‡q wewQ‡q Db¥³ ¯'v‡b mhv‡jv‡K ïKv‡Z †`qv nq|
- Avenvlqv, gv‡Qi AvKvi I ci"‡Zi Ici wbfi K‡i gvQ ïKv‡Z mvaviYZ 5-7 w`b mgq jv‡M|
- Gfv‡e ïKv‡bv ïUwK gv‡Q mvaviYZ 10-12% Rjxq Ask _v‡K|

2| cwjw_b Zve ev †mvjvi †U›U Wvqv‡i gvQ ïKv‡bv

GwU mhv‡jv‡K gvQ ïUwK Kivi GKwU DbZZi c×wZ| G c×wZ‡Z gvQ ïKv‡bvi Rb¨ ev‡ki KvVv‡gv w`‡q `ÔPvj wewkó N‡ii KvVv‡gv ˆZwi K‡i Zvi Ici cwjw_b wmU w`‡q †X‡K Zvei AvKvi †`qv nq| Zvei †cQ‡bi w`‡K I †g‡S‡Z Kv‡jv cwjw_b _v‡K Ges m‡hi w`‡K gL Kiv cv‡k ¯”Q cwjw_b _v‡K| ¯”Q cwjw_b ‡f` K‡i mhiwk¥ Zve‡Z c‡ek c‡_ Ges †cQ‡bi Kv‡jv cwjw_‡b mhiwk¥ †kwlZ I wewKwiZ nq d‡j Zvei wfZ‡ii Zvcgv©v †e‡o hvq| Zvei Ic‡ii w`‡K wQ` ivLv nq, ‡h c‡_ Rjxq ev®ú †ei n‡q †h‡Z cv‡i| wb‡Pi w`‡KI GK cv‡k wQ` ivLv nq, †h c‡_ evZvm c‡ek Ki‡Z cv‡i| gvQ‡K Swj‡q ivLvi Rb¨ Zvei wfZ‡i AvbfwgKfv‡e ev‡ki ZvK¯vcb Kiv nq| m‡hi Av‡jvi Zv‡c Zvei Zv‡K ii¶Z gvQ †_‡K cwbi Rjxq ev®úKv‡i Ic‡ii wQ`mgn w`‡q †ei n‡q hvq| GLv‡b Zvcgv©v mvaviYZ 45-55$^{\circ}$†m. Gi g‡a¨ _v‡K, hv m‡hi Av‡jvi Zvcgv©v †_‡K A‡bK †ewk| G c×wZ‡Z ïUwK Ki‡Z mvaviYZ 3-5 w`b mgq jv‡M|

gvQ ïKv‡bv‡Z mZKZv

- gvQ ïKv‡bvi mgq Aek¨B UvUKv gvQ e¨enwi Ki‡Z n‡e|
- ïUwK ˆZwii mgq e¨enh mKj hšcwZ e¨env‡ii Av‡M I c‡i fvj fv‡e cwi®vi Ki‡Z n‡e| cwi®viKv‡j †Kwib cwb e¨enwi Kiv †h‡Z cv‡i|
- gvQ ïKv‡bvi c‡e jeY `e‡Y Pwe‡q wb‡j ïKv‡bvi mgq gwQ I †cvKv-gvK‡oi AvµgY Kg nq| GQvovI ¯”Q cwjw_b ev Rvj w`‡q †X‡K w`‡j gwQ I †cvKv-gvK‡oi AvµgY †iva Kiv hvq|
- Db¥³¯'v‡b ïUwK gvQ gR` ev ¸`vgRvZ Kiv DwPZ bq|

ïUwK gvQ msi¶Y I ¸`vgRvZKiY

gvQ ïUwK Kivi ci msi¶YKv‡j Zvi ¸Yv¸Y †Kgb _vK‡e Zv wbfi K‡i ¸`vgRvZKi‡Yi Ici| ïUwK gvQ ¸`vgRvZ Kivi mgq wQ`nxb cwjw_b e¨v‡M Ggbfv‡e ivL‡Z n‡e hv‡Z evZvm c‡ek Ki‡Z bv cv‡i| ZvQvov wU‡bi cv‡ÎI ïUwK gvQ gR` Kiv hvq| G‡¶‡Î j¶¨ ivL‡Z n‡e wUb †hb evq wb‡ivaK nq| ïUwK gvQ P‡Ui e¯vq gR` Kiv hvq| G‡¶‡Î ïUwKi e¯v ïKbv I cwi®vi ¯'v‡b ivL‡Z n‡e| mwVK c×wZ‡Z ¸`vgRvZ Ki‡j ïUwK gvQ A‡bKw`b chš msi¶Y Kiv hvq|

M) †QvU gv‡Qi wm`j ïUwK ev P¨vcv ïUwK

wm`j ïUwK ev P¨vcv ïUwK GKwU dvi‡g‡›UW grm¨RvZ `e¨| gvQ msi¶Y I cwµqvRvZKi‡Yi Ab¨vb¨ †KŠk‡ji gZ dvi‡g‡›Ukb GKwU cwµqvRvZKiY †KŠkj| wKQ wKQ DcKvix e¨vK‡Uwiqv ‡_‡K wbtmZ GbRvBg I gv‡Qi †`‡ni GbRvBg Aw·‡R‡bi Abcw¯wZ‡Z gv‡Qi ivmvqwbK MV‡b, we‡kl K‡i †cwU‡bi cwieZb K‡i mij †hŠM Drcb K‡i d‡j gv‡Q dvi‡g‡›Ukb nq| Z‡e wm`j ïUwKi †ejvq AvswkK dvi‡g‡›Ukb Kiv nq| cwU gv‡Qi wm`j ïUwK G‡`‡k †QvU gv‡Qi GKwU AwZ cwiwPZ grm¨RvZ Lv`¨|

wm`j ïUwK Drcv`b †KŠkj

- c_‡g gv‡Qi bwo-fwo †ei K‡i cwi®vi cwb‡Z fvj fv‡e a‡q 7-10 w`b †iv‡` ïKv‡bv nq|
- gvQ ïKv‡bvi ci gwUi Kjwm‡Z (hv gUKv bv‡g cwiwPZ) ivLv nq| gUKvÕi †fZi I evBii w`‡K Ab¨ †Kvb gv‡Qi †Zj w`‡q fvj fv‡e c‡jc w`‡q †iv‡` fvj fv‡e ïKv‡bv nq hv‡Z gUKv‡Z ivLv gvQ ‡_‡K ‡Zj †kvlb Ki‡Z bv cv‡i|
- gUKvq gvQ ivLvi Av‡M kKv‡bv gvQ‡K cbivq cwb‡Z a‡q mviv ivZ ev‡ki Pvjwb‡Z ivLv nq d‡j gv‡Qi †`n n‡Z cwb S‡i hvq|
- c‡ii w`b cwbg³ H gvQ w`‡q gUKv Kvbvq Kvbvq cY Kiv nq| ev‡ki jwVi mvnv‡h¨ †V‡m †V‡m gvQ fiv nq hv‡Z wfZ‡i †Kvb dvKv RvqMv bv _v‡K|
- gUKv gvQ w`‡q fivi ci cv‡Îi gL ‡flR KxUbvkK wnmv‡e †ZZj cvZv/Pv-exR ¸ov/Kjv cvZv w`‡q fvj fv‡e eÜ Kiv nq Ges Zvi Dci Kv`vi c‡jc w`‡q Aevqexq Ae¯v eRvq ivLv nq|
- Gici gUKwU Mjv chš 4-6 gvm gwUi wb‡P c‡Z ivLv nq Ges fv‡e gUKv ev Kjwmi g‡a¨ Drcw`Z grm¨RvZ `e¨wUB nj wm`j ïUwK|
- KL‡bv KL‡bv gwUi wb‡P c‡Z ivLv gUKv VvÛv ivLvi Rb¨ gwUi Dci jvD, Kgov, wmg cfwZ MvQ jvMv‡bv nq hv‡Z chvß Qvqv cvIqv hvq|
- wm`j ïUwK 1 gvm chš msi¶Y Kiv hvq|

AvnwiZ gvQ m‡ZR ¸YMZ gvb wVK ivLvi Rb¨ Avni‡Yi cwiPhv mwVKfv‡e Kiv DwPZ| Gid‡j gv‡Qi fvj evRvi gj¨ cvIhv hvq| gvQ msi¶‡Yi †¶‡Î AvawbK c×wZ e¨envi Kiv n‡j GKw`‡K †ewk cwó mgx gvQ cvIqv hv‡e| Ab¨w`‡K mviv eQiB evRv‡i †QvU gv‡Qi mieivn _vK‡e| G‡Z MvgxY `wi` Rb‡Mvôxi cwói Pwn`v wbwðZ n‡e|

wdcPvU cwiKíbv

†QvU gvQ AvniY evRviRvZKiY I msi¶Y	†QvU gvQ AvniY I evRviRvZKiY 1| AvniY - AvswkK AvniY - m¤úY AvniY 2| evRviRvZKi‡Y we‡eP¨ welqmgn • evRvi `i hvPvB I ‡µZv wbavi Y Kiv • †R‡j I Rvj, cwigvcK hš, Wvg ev K‡›UBbvi I cwienb e¨e¯'v wVK Kiv • cwienbKvjxb msi¶‡Yi Rb¨ cvÎ I ei‡di e¨e¯'v Kiv
Avni‡Yi ci †QvU gvQ UvUKv ivLvi c×wZ • Avni‡Yi ci gvQ †iv‡` †d‡j bv ‡i‡L cwi®‹vi cwb‡Z fvj fv‡e a‡q hZ `"Z m¤e gvQ‡K ei‡d msi¶Y Kiv DwPZ| • fvj fv‡e PY K‡i gv‡Qi ¯'‡ii Dc‡i I wb‡P eid w`‡Z n‡e| Mx®§Kv‡j gvQ I ei‡di AbcvZ 1t1 Ges kxZKv‡j 2t1 Abcv‡Z e¨envi Kiv nq| • cwien‡bi Rb¨ cw÷K Swo ev ev· e¨envi Kiv fvj| Swo ev ev‡· gvQ ivLvi mgq †Lqvj ivL‡Z n‡e hv‡Z gv‡Qi Dci †ewk Pvc bv c‡o| • cwiPhv Ges cwienbKv‡j gv‡Qi gvsm‡ckx hv‡Z bó bv nq †mw`‡K we‡kl hZevb n‡Z n‡e|	†QvU gvQ msi¶Y I cwµqvRvZKiY wZbfv‡e †QvU gvQ msi¶Y I cwµqvRvZ Kiv hvq| 1| eidRvZKiY (msi¶Y c×wZ) 2| ïUwKKiY (cwµqvRvZKiY) K) cPwjZ c×wZ L) †mvjvi †U›U Wvqvi c×wZ 3| wm`jxKiY (dvi‡g‡›Ukb cwµqvRvZKiY)

mvÜ¨Kvjxb KvR
(†QvU `jxq Abkxjbx)

avb †¶‡Z †QvU gvQ Pv‡li g‡Wj c¯ZKiY

G Abkxjbxi D‡Ïk¨ n‡”Q AskMnYKvixMY avb †¶‡Z ‡`kxq cRvwZi †QvU gvQ Pv‡li wewfb avb †¶‡Zi g‡Wj m¤ú‡K aviYv cv‡eb|

Kv‡Ri aviv

1| AskMnYKvix‡`i Pvi wU †QvU `‡j wef³ Ki‡eb| †QvU `j Av‡jvPbv K‡i wbR wbR GjvKvi Dc‡hvMx avb †¶‡Z †QvU gvQ Pv‡li wewfb c×wZ wPwýZ Ki‡eb|

2| cwk¶Yv_xMY Zv‡`i wPwýZ c×wZ wU eo KvM‡R wP‡Îi gva¨‡g ciw`b `jMZfv‡e Dc¯vcbv Ki‡eb|

PZ_ W`b

Awa‡ekb cwiKíbv

w`b t 04 mKvj 08.00-09.00 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t cbiv‡jvPbv, cwZfve I Dc¯vcbv

Afxô `j t grm¨ Awa`ßi I Ab¨vb¨ ms¯vi KgKZve›`

j¶¨ t cwk¶vYv_x‡`i ce w`‡bi Kvhµ‡gi cbiv‡jvPbv I cwZfve Ges mvÜ¨Kvjxb KvR Dc¯vc‡bi m‡hvM K‡i †`qv hv‡Z Zviv c‡ei Av‡jvPbv ¯§iY Ki‡Z cv‡ib Ges fj-µwU ms‡kvab K‡i Awa‡ek‡bi KvhKwiZv ew× Ki‡Z cv‡ib|

D‡Ïk¨ t G Awa‡ekb †k‡l cwk¶Yv_xMY ce w`‡bi wk¶Y cbiv‡jvPbvi gva¨‡g fj-µwU ms‡kvab K‡i HKg‡Z †cŠQ‡Z m¶g n‡eb|

welqmwP	Av‡jvP¨ welq	cwk¶Y †KŠkj	mgq
fwgKv			5 wgwbU
	• ¯vMZg • Pj wZ Awa‡ek‡bi mv‡_ ms‡hvM	e³Zv	
welqe¯			50 wgwbU
	• cvZ¨wnK Rvbvj Dc¯vcb cwk¶K ce w`‡bi wbewPZ cwk¶Yv_x‡K cvZ¨wnK Rvbvj †_‡K 5 wgwbU ejvi Rb¨ Ab‡iva Ki‡eb| c_g cwk¶Yv_x Zvi cvZ¨wnK Dc¯vcb †kl Ki‡j, Ab¨ †KD Avi †Kvb we‡kl wk¶Yxq welq Dc¯vcb Ki‡Z AvMnx wKbv Zv ck K‡i Rvb‡eb Ges †KD AvMnx _vK‡j Zv‡K Dc¯vcb Kivi m‡hvM w`‡eb| • ce w`‡bi cbiv‡jvPbv cwk¶K GKRb cwk¶Yv_x‡K mnvqK wn‡m‡e wbevPb Ki‡eb, whwb MZ w`‡bi mg¯· Kvhµg I wk¶Yxq welq¸‡jv c‡kvË‡ii gva¨‡g cbiv‡jvPbv Ki‡eb| • gvV cwi`kb cwZ‡e`b Dc¯vcb	e³Zv c‡kvËi	
mvi-ms‡¶c			5 wgwbU
	• cvZ¨wnK Rvbvj I mvÜ¨Kvjxb Kv‡Ri Dc¯vcb Ges cvZ¨wnK civ‡jvPbvq Ask Mn‡bi Rb¨ mKj‡K ab¨ev` Ávcb|	e³Zv I c‡kvËi	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, gvKvi, BZ¨w`|			

Awa‡ekb cwiKíbv

w`b t 4	mgq t 09.00-10.00	‡gqv`Kvj t 60 wgwbU

wk‡ivbvg	t	GBP AvB wf GBWm cwZ‡iva
Awfó`j	t	grm¨ Awa`ßi I Ab¨vb¨ ms¯vi KgKZv©›
j¶¨	t	cwk¶Yv_x©‡`i‡K GBP AvBwf GBWm cwZ‡iva m¤úwKZ avi Yv c`vb Kiv, hv‡Z Zviv G Ávb Kv‡R jvwM‡q wb‡Ri Rxe‡b GBWm †ivM †_‡K wbivc` _vK‡Z cv‡ib Ges grm¨ Pvwl‡`i‡KI wbivc` ivL‡Z c‡qvRbxq mn‡hvMxZv Ki‡Z cv‡ib|
D‡Ï k¨	t	G Awa‡ek‡b cwk¶Yv_xMY GBWm Ges GBWm-Gi we¯vi cwZ‡iva wel‡q Z_¨-wfwËK Ávb AvniY Ki‡eb Ges G m¤ú‡K ej‡Z cvi‡eb I grm¨ Pvwl‡`i †kLv‡Z cvi‡eb|

welqmwP	Av‡jvP¨ welqmgn	cwk¶Y c×wZ	mgq
fwgKv			5 wgwbU
	• ¯vMZg • ceeZx Awa‡ek‡bi cbiv‡jvPbv • PjwZ Awa‡ek‡bi AeZviYv • Awa‡ek‡bi D‡Ïk¨ e¨vL¨v		
welqe¯‘			50 wgwbU
	• GBWm Kx • GBPAvBwf Kx • GBWm-Gi j¶Y • GBWm Kxfv‡e we¯vi jvf K‡i • GBWm cwZ‡iv‡ai Dcvq • i³ cix¶vMvi	e³Zv I c‡kvËi †KŠkj	
mvi ms‡¶c			5 wgwbU
	• D‡Ïk¨ hvPvB • gj welq cbiv‡jvPbv • n¨vÛ AvDU weZiY • cieZx Awa‡ek‡bi mv‡_ ms‡hvM ¯vcb • ab¨ev` Ávcb	c‡kvËi †KŠkj	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, wdcKvW, gvKvi, n¨vÛ AvDU, BZ¨vw` |			

GBP AvB wf GBWm cwZ‡iva

GBWm (**AIDS**) Kx ?

Acquired Immune Deficiency Syndrome ms‡¶‡c AIDS| GBWm n‡"Q Human Immune Deficiency Virus (HIV) msµwgZ GKwU †ivM| G †iv‡Mi d‡j kix‡ii †ivM cwZ‡iva ¶gZv ax‡i ax‡i bó n‡q hvq| G †iv‡Mi KvhKi †Kvb wPwKrmv Awe¯‹Z bv nIqvq G‡iv‡Mi cwiYwZ gZ¨| GBWm GKwU wek¦Rbxb mgm¨v| cw_exi cwZwU RwZ GBWm-Gi ûgwKi m¤§Lxb|

GBPAvBwf (**HIV**) Kx?

GBPAvBwf GKwU †i‡Uv fvBivj (Retrovirus), fvBivmwU gvbe‡`‡ni cwZ‡iva cYvjxi wU-‡njcvi †Kv‡l c‡ek K‡i Ges Zvi ‡fZ‡i †R‡bwUK c`v_‡K ¯vqxfv‡e aŸsk K‡i †d‡j| d‡j Avµvš gvbl Zvi ‡ivM cwZ‡iva ¶gZv nwi‡q µgvMZ `ej n‡q c‡o| Kvil i‡³ GBPAvBwf cvIqv †M‡jB D³ e¨w³ GBWm Øviv Avµvš ejv hv‡e bv| GKRb GBWm Avµvš e¨w³ Zvi GBWm †iv‡Mi j¶Y cKvk cvIqvi c‡el (Zvi GBWm n‡q‡Q Zv †m Rv‡b bv) Ab¨ †jvK‡K msµwgZ Ki‡Z cv‡i| GKRb e¨w³i GBWm n‡q‡Q ZLbB ejv n‡e hLb Zvi i‡³ GBPAvBwf cvIqv hvq Ges GK ev GKwaK m‡hvM mÜvbx mµg‡Y Avµvš nq †hgb wU we, µgvMZ Wvqwiqv BZ¨w`|

AIDS-Gi j¶Y

†KD GBPAvBwf Øviv Avµvš wKbv Zv i³ cix¶v K‡i wbwðZ nIqv hvq| ïagvÎ j¶‡Yi Ici wbfi K‡i †KD GBPAvBwf-‡Z Avµvš ejv hv‡e bv| A‡bK gvbl GBPAvBwf‡Z Avµvš, wKš eû eQi j¶Y ev wPý wenxb _vK‡Z cv‡i| mvaviYZ GBPAvBwf‡Z Avµvš †ivMxi wbgi¦c j¶Y †`Lv ‡h‡Z cv‡i|

- g‡L Nv
- Kwk
- Ri
- Wvqwiqv
- wbD‡gwbqv
- kvmZ‡ši †ivM
- †c‡Ui †ivM
- Pg‡ivM

GBPAvBwf (**HIV**) GKR‡bi kixi †_‡K Ab¨R‡bi kix‡i wKfv‡e msµwgZ nq

- Avµvš e¨w³i mv‡_ Aiw¶Z †hŠb wgj‡b|
- Avµvš e¨w³i i³ ev i³RvZ c`v_ kix‡i MnY|
- Avµvš e¨w³i e¨eüZ mP, wmwiÄ I ¶Z mwóKvix hšcwZ (†hgb-Qwi, †eW, Wv³wi KwwP) RxeYg³ bv K‡i e¨envi Ki‡j|
- Avµvš gv †_‡K Mf©ve¯vq, cmeKv‡j A_ev e‡Ki `a LvIqv‡bvi gva¨‡g wkïiv Avµvš n‡Z cv‡i|
- Bb‡RKk‡bi gva¨‡g gv`K MnY Kivi mgq Avµvš e¨w³i ms‡M GKB wmwiÄ/mB e¨envi Ki‡j|

wKwK Kvi‡Y GBPAvBwf (**HIV**) GKR‡bi kixi †_‡K Ab¨R‡bi kix‡i msµwgZ nq bv

- GBPAvBwf Avµvš e¨w³i Kv‡Q G‡j wKsev Zv‡K ¯úk Ki‡jB GBPAvBwf Qovq bv|
- Awj½b ev Kig`b Ki‡j|
- Kwk Ges nwPi gva¨‡g|
- Uq‡jU/j¨wUb, †Uwj‡dvb, _vjv, Mvm, PvgP, †Zvqv‡j, gkv, Kvco, weQvbvi Pv`i A_ev cK‡ii cwbi gva¨‡gI Qovq bv

GBPAvBwf (**HIV**) cwZ‡iv‡ai Dcvq

- mshg A_ev wbivc` ‡hŠb m½‡gi e¨e¯v| wbivc` †hŠb PPv ej‡Z wek¯ GKMvgx m¤úK A_vr ïa ¯vgx-¯xi mv‡_ ‡hŠb m¤úK‡KB eSvq|
- ‡hŠb wgj‡bi mgq DrKó gv‡bi KbWg e¨envi Kiv| GBPAvBwf msµgY cwZ‡iv‡a KbWg AZ¨š KvhKi hw` wbqwgZ (cwZevi †hŠb wgjb) mwVKfv‡e (ïi" †_‡K †kl chš) e¨envi Kiv nq|
- wbivc` i³ cwimÂvj‡bi e¨ev¯v MnY| i³ cix¶v K‡i GBPAvBwf-i Abcw¯wZ wbwðZ n‡q wbivc` i³ MnY|
- Bb‡RKk‡bi mgq GKB wmwiÄ ev mP ev †Q`bKix hšcwZ GKevi gvÎ (One Time) e¨envi Kiv|
- GBWm Abvµvš RwUi/`¤úwZi wek¯ m¤úK GBPAvBwf †_‡K i¶v Ki‡Z cv‡i|
- GBPAvBwf msµwgZ gv‡qi Mfavi‡Y †_‡K weiZ _vKv| GBPAvBwf-‡Z Avµvš evev-gv‡qi Øviv Zvi wkïi msµwgZ nIqvi m¤vebv cPi| Gai‡Yi `¤úwZ ev”Pv †bIqvi wmØvš MnY Ki‡j (Wv³v‡ii civgkµ‡g) c‡qvRbxq wbivcËvi e¨e¯v wb‡Z n‡e, hv‡Z ev”Pvi g‡a¨ GBPAvBwf bv Qovq|
- GBPAvBwf wKfv‡e we¯vi jvf K‡i †m m¤ú‡K me¯‡ii RbM‡Yi Rvbv DwPZ| †mRb¨ e¨vcK cPvibvi gva¨‡g Rbm‡PZbZv M‡o Zj‡Z n‡e|
- m‡evcwi agxq ixwZbxwZ cvjbKiZt mshgx nIqvi Af¨vm M‡o Zj‡Z n‡e|

GBPAvBwf Øviv Avµvš n‡j wK Ki‡Z n‡e

Kv‡iv GBPAvBwf msµgY N‡U‡Q m‡›`n n‡j Wv³v‡ii mv‡_ †hvMv‡hvM Ki‡Z n‡e| wK K‡i A‡b¨i †`‡n GB †iv‡Mi we¯vi †iva Kiv hvq Ges wb‡Ri ¯v‡¯¨i hZ wb‡Z nq, †m m¤ú‡K GB fvBiv‡m Avµvš †ivMxi Rvbv LeB c‡qvRb|

‡Kv_vq GBPAvBwf cix¶v Kiv nq

SwKcY AvPi‡Yi ci i‡³ GBPAvBwf Gw›UewW mbv³Ki‡Yi Rb¨ Kgc‡¶ Qqgvm (Qqgv‡mi ci †h‡Kvb mgq) A‡c¶v Ki‡Z n‡e| Qqgvm ci i³ cix¶vq 99% mwVK nq| Qqgvm c‡e i³ cix¶v Ki‡j mwVKfv‡e GBPAvBwf-Gi Dcw¯wZ mbv³ Kiv bvI ‡h‡Z cv‡i| wbgwjwLZ ¯v‡b GBPAvBwf-Gi cix¶v Kiv nq|

- fvB‡ivjRx wWcvU‡g›U, e½eÜ †kL gwRei ingvb wPwKrmv wekwe`¨vjq, kvnevM, XvKv|
- fvB‡ivjRx j¨ve‡iUwi, mvBÝ wWwfkvb, AvBwmwWwWAvi,we, gnvLvjx, XvKv|
- †iW wµ‡m›U i³`vb ‡K›`, XvKv|
- mKj †gwW‡Kj K‡jR mgn|

ZvÕQvov ¯v¯¨ Awa`ß‡ii wewfb cwZôv‡b GBPAvBwf-Gi Dcw¯wZ cix¶v Kiv nq|

wdc PvU cwiKíbv

<table>
<tr>
<td>GBP AvB wf GBWm cwZ‡iva</td>
<td>GBWm (AIDS) Kx ?
Acquired Immune Deficiency Syndrome ms‡¶‡c AIDS (GBWm) n‡”Q Human Immune Deficiency Virus (HIV) msµwgZ GKwU †ivM|</td>
</tr>
<tr>
<td>GBPAvBwf (HIV) Kx? Human Immune Deficiency Virus (HIV) GBPAvBwf GKwU †i‡UvfvBivj (Retrovirus), fvBivmwU gvbe‡`‡ni †ivM cwZ‡iva ¶gZv bó K‡i †`q| GKRb e¨w³i GBWm n‡q‡Q ZLbB ejv n‡e hLb Zvi i‡³ GBPAvBwf cvIqv hvq Ges GK ev GKvwaK m‡hvM mÜvbx msµg‡Y Avµvš nq †hgb wUwe, µgvMZ Wvqwiqv BZ¨vw`|</td>
<td>GBWm Gi j¶Y<table><tr><td>g‡L Nv
Kwk
Ri
Wvqwiqv</td><td>wbD‡gwbqv
kvmZ‡ši †ivM
†c‡Ui †ivM
Pg‡ivM</td></tr></table></td>
</tr>
<tr>
<td>GBPAvBwf (HIV) wKfv‡e msµwgZ nq Avµvš e¨w³i mv‡_ Aiw¶Z †hŠb wgj‡b| Avµvš e¨w³i i³ ev i³RvZ c`v_ kix‡i MnY|</li><li>Avµvš e¨w³i e¨eüZ mP, wmwiÄ I ¶Z mwóKvix hšcwZ (†hgb-Qwi, †eW, Wv³wi KwwP) RxeYg³ bv K‡i e¨envi Ki‡j|</li><li>Avµvš gv †_‡K Mfve¯vq, cmeKv‡j A_ev e‡Ki `a LvIqv‡bvi gva¨‡g wkïi Avµvš n‡Z cv‡i| Bb‡RKk‡bi gva¨‡g gv`K MnY Kivi mgq Avµvš e¨w³i ms‡M GKB wmwiÄ/mB e¨envi Ki‡j|</td>
<td>GBPAvBwf (HIV) cwZ‡iv‡ai Dcvq mshg A_ev wbivc` ‡hŠb m½‡gi e¨e¯v|</li><li>‡hŠb wgj‡bi mgq DrKó gv‡bi KbWg mwVKfv‡e e¨envi Kiv|</li><li>wbivc` i³ cwimÂvj‡bi e¨ev¯v MnY| Bb‡RKk‡bi mgq GKB wmwiÄ ev mP ev †Q`bKix hšcwZ GKevi gvÎ e¨envi Kiv| GBPAvBwf msµwgZ gv MfaviY †_‡K weiZ _vKv| e¨vcK Rbm‡PZbZv M‡o †Zvjv| m‡evcwi agxq iwZbwZ cvjbKiZt mshgx nIqvi Af¨vm M‡o †Zvjv|</td>
</tr>
</table>

Awa‡ekb cwiKíbv

w`b t 04 mKvj t 10.00-14.30 †gqv`Kvj t 270 wgwbU

wk‡ivbvg t gvV cwi`kb
Afxô `j t grm¨ Awa`ß‡ii KgKZv©e›`

j¶¨ t G Awa‡ek‡b cwk¶Yv_x©‡`i gvV cwi`k‡bi wewfbœ welq m¤ú‡K Rvbv‡bv n‡e hv‡Z Zviv mdj fv‡e gvV cwi`kb m¤úbœ Kivi j‡¶¨ c‡qvRbxq c¯wZ Mnb Ki‡Z cv‡ib|

D‡Ïk¨ t Awa‡ekb ‡k‡l AskMnYKvixMY-
- gvV cwi`k‡bi wbwgË c‡qvRbxq DcKiYwØ mbv³ Ki‡Z cvi‡eb|
- mbv³ DcKiYmgn msMn I gv‡V cwien‡bi j‡¶¨ msMwVZ Ki‡Z cvi‡eb|
- gv‡V †`kxq cRwZi †QvU gvQ PvI e¨e¯vcbv I Ab¨vb¨ Z_¨ mwVK fv‡e msMn Ki‡Z m¶g n‡eb|
- gvV cwi`k‡bi cwZ‡e`b ˆZix I Dc¯vcb Ki‡Z m¶g n‡eb|

welqmwP	Av‡jvP¨ welq	c×wZ	mgq
fwgKv			15 wgwbU
	- ¯vMZg - PjwZ Awa‡ek‡bi cbiv‡jvPbv - eZgvb Awa‡ek‡bi mv‡_ ms‡hvM ¯vcb - Awa‡ek‡bi D‡Ïk¨ e¨vL¨v	c‡kvËi I Av‡jvPbv	
welqe¯			230 wgwbU
	- gvV cwi`k‡bi ¯vb - ‡`kxq †QvU gvQ Pv‡li Lvgv‡ii Ae¯vb - hvÎvi mgq - ‡diZ Avmvi mgq - cwZ‡e`b cbqb - `j MVb I gvV cwi`k‡b msMnxZe¨ Z‡_¨i ZwjKv cYqb	c‡kvËi e³Zv, Av‡jvPbv, evDb †ccvi, ckcÎ	
mvi-ms‡¶c			25 wgwbU
	- gj welqmgn cbiv‡jvPbv - D‡Ïk¨ hvPvB - cieZx Awa‡ek‡bi mv‡_ ms‡hvM - ab¨ev` Ávb	e³Zv I c‡kvËi	
cwk¶Y mnvqK mvgMx t wbDRwc›U,†nvqvBU †evW, gvKvi, †PKwjó, cvgv‡b›U gvKvi, wdcPvU, Abkxjb kxU, BZ¨vw` |			

Awa‡ekb cwiKíbv

w`b t 05　　mKvj t 08.00-09.00　　†gqv`Kvj t 60 wgwbU

wk‡ivbvg	t	cbiv‡jvPbv, cwZfve I Dc¯vcbv
Afxô `j	t	grm¨ Awa`ßi I Ab¨vb¨ ms¯vi KgKZve›`
j¶¨	t	cwk¶vYv_x‡`i ce w`‡bi Kvhµ‡gi cbiv‡jvPbv I cwZfve Ges mvÜ¨Kvjxb KvR Dc¯vc‡bi m‡hvM K‡i †`qv hv‡Z Zviv c‡ei Av‡jvPbv ¯§iY Ki‡Z cv‡ib Ges fj-µwU ms‡kvab K‡i Awa‡ek‡bi KvhKwiZv e„w× Ki‡Z cv‡ib|
D‡Ïk¨	t	G Awa‡ekb †k‡l cwk¶Yv_xMY ce w`‡bi wk¶Y cbiv‡jvPbvi gva¨‡g fj-µwU ms‡kvab K‡i HK¨g‡Z †cŠQ‡Z m¶g n‡eb|

welqmwP	Av‡jvP¨ welq	cwk¶Y †KŠkj	mgq
fwgKv			5 wgwbU
	• ¯vMZg • PjwZ Awa‡ek‡bi mv‡_ ms‡hvM	e³Zv	
welqe¯			50 wgwbU
	• cvZ¨wnK Rvbvj Dc¯vcb cwk¶K ce w`‡bi wbewPZ cwk¶Yv_x‡K cvZ¨wnK Rvbvj †_‡K 5 wgwbU ejvi Rb¨ Ab‡iva Ki‡eb| c_g cwk¶Yv_x Zvi cvZ¨wnK Dc¯vcb †kl Ki‡j, Ab¨ †KD Avi †Kvb we‡kl wk¶Yxq welq Dc¯vcb Ki‡Z AvMnx wKbv Zv ck K‡i Rvb‡eb Ges †KD AvMnx _vK‡j Zv‡K Dc¯vcb Kivi m‡hvM w`‡eb| • ce w`‡bi cbiv‡jvPbv cwk¶K GKRb cwk¶Yv_x‡K mnvqK wn‡m‡e wbevPb Ki‡eb, whwb MZ w`‡bi mg¯ Kvhµg I wk¶Yxq welq¸‡jv c‡kvË‡ii gva¨‡g cbiv‡jvPbv Ki‡eb| • gvV cwi`kb cwZ‡e`b Dc¯vcb	e³Zv c‡kvËi	
mvi-ms‡¶c			5 wgwbU
	• cvZ¨wnK Rvbvj I mvÜ¨Kvjxb Kv‡Ri Dc¯vcb Ges cvZ¨wnK civ‡jvPbvq Ask Mn‡bi Rb¨ mKj‡K ab¨ev` Ávcb|	e³Zv I c‡kvËi	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, gvKvi, BZ¨vw`|			

Awa‡ekb cwiKíbv

w`b t 05 mKvj 09.00-10.00 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t `‡hvM e¨e¯vcbv
Afxô `j t grm¨ Awa`ßi I Ab¨vb¨ ms¯vi KgKZve›`
j¶¨ t cwk¶Yv_x‡`i `‡hvM e¨e¯vcbv m¤ú‡K mg¨K avibv †`Iqv hv‡Z Zviv G Ávb Kv‡R jvwM‡q gvQ PwI‡`i I grm¨Rxwe‡`i‡K c‡qvRbxq mn‡hvwMZv Ki‡Z cvi‡eb|
D‡Ïk¨ t G Awa‡ekb †k‡l cwk¶Yv_xMY mwVK `‡hvM e¨e¯vcbv I cbevmb m¤ú‡K ej‡Z cvi‡eb I gvQ PwI‡`i I grm¨Rxwe‡`i †kLv‡Z cvi‡eb|

welqmwP	Av‡jvP¨ welq	cwk¶Y †KŠkj	mgq
fwgKv			4 wgwbU
	• ¯vMZg • ceeZx Awa‡ek‡bi cbiv‡jvPbv • eZgvb Awa‡ek‡bi mv‡_ ms†hvM ¯vcb • Awa‡ek‡bi D‡Ïk¨ e¨vL¨v	c‡kvËi I Av‡jvPbv	
welqe¯			50 wgwbU
	• `‡hvM mg‡q grm¨ Awa`ß‡ii KiYxq • cbevmb chv‡q grm¨ Awa`ß‡ii KiYxq • ¯vfweK mg‡q grm¨ Awa`ß‡ii KiYxq • `‡hvM †gvKv‡ejvq Dc‡Rjv KwgwUi mvsMVwbK i/c‡iLv	c‡kvËi e³Zv Av‡jvPbv g³ wPšvi So wdcPvU	
mvi-ms‡¶c			6 wgwbU
	• gj welq-mgn cbiv‡jvPbv • D‡Ïk¨ hvPvB • cieZx Awa‡ek‡bi mv‡_ ms†hvM • n¨vÊAvDU weZiY • ab¨ev` Ávcb|	e³Zv I c‡kvËi	
cwk¶Y mnvqK mvgMx t n¨vÊAvDU, †nvqvBU †evW, wbDRwcÈ, gvKvi, wdcPvU, Abkxjb kxU, BZ¨vw`|			

`‡hvM e¨e¯vcbv

¯vfwweK Kvhvejx m¤úv`b e¨ZxZ I `‡hvM wel‡q grm¨ Awa`ßi wb¤§ewYZ `wqZ cvjb Ki‡e|
¯vfwweK mg‡qt

K) Awa`ß‡i GKRb `‡hvM¨ †dvKvj c‡q›U g‡bvbxZ Ki‡e Ges Zvnv `‡hvM e¨e¯vcbv e¨‡ivmn msw kó mKj KZc¶‡K AewnZ Ki‡e|

L) Awa`ßivaxb msw kó mKj wdì AwdmviMY hv‡Z cwZ eQi eb¨v g I mg ïi"i c‡eB grm¨ Pvl‡¶‡Î, ivmvqwbK `e¨w`, mvR-miÄvg, Rjhvb Ges ¯j cwienYhvb mn `ß‡ii wbR¯ m¤ú`mg‡ni wbivcËvi Rb¨ c‡qvRbxq mZKZvgjK e¨e¯v MnY K‡ib Zvnv wbwðZ Ki‡e|

M) wdwks jvB‡mÝ c`v‡bi c‡e cwZwU Ujv‡i Iqvi‡jm I †iwWI †mU Ges gvQ aivi †bšKvmg‡n †gwib wdmwwiR Awd‡mi †iwR‡ókb Av‡Q wKbv Zvnv hvPvB Ki‡e|

N) e‡½vcmvM‡i grm¨ wkKvi iZ mKj gvQ aivi †bšKv / Ujv‡i †iwWI wiwmwfs †mU I D³ hv‡b Dcw¯Z c‡Z¨K e¨w³i Rb¨ jvBd R¨v‡KU, eqv ivLv wbwðZ Kivi j‡¶¨ Dch³ AvBbMZ I ckvmwbK c`‡¶c MnY Ki‡e|

O) NwYSo / R‡jv"QvmceY GjvKvmg‡ni miKwi I †emiKwi grm¨ m¤ú`mg‡ni GKwU ZwjKv cYqb I msi¶Y Ki‡e Ges mwbw`ó mgq ci ci D³ msKjb nvjbvMv` Ki‡e|

P) NwYSo GjvKvmg‡ni grm¨Rxwe RbmsL¨vi Rixc Ki‡e I Rix‡ci _vbv-wfwËK Dch³ msKjb cYqb Ki‡e| wbw`ó mgq ci ci D³ msKjb nvjbvMv` Ki‡e|

Q) D×viKvix RvnvR wnmv‡e e¨env‡ii Dc‡hvMx mg`Mvgx gvQ aivi RvnvRmg‡ni GKwU ZwjKv (Zvnv‡`i gwjK/ Pvj‡Ki wVKvbvmn) cYqb I msi¶Y Ki‡e|

R) evsjv‡`k cwb Dbqb †evW Gi m‡½ Av‡jvPbvµ‡g hv‡Z wPswo PvI GjvKvi miKvix eva I ¯BPmgn mvgw`K R‡jv"Qv‡mi d‡j jebv³ cwbi c‡ek †iva Kievi gZ DP I h‡_ó kw³kvjx nq Zv wbwðZ Ki‡e|

S) DcKjxq cKimgn n‡Z jeYv³ cwb ewni K‡i †`Iqvi Kv‡R kw³PwjZ cv‡¤úi j f¨Zv m¤ú‡K evsjv‡`k KwI Dbqb K‡cv‡ikb Gi m‡½ mgšq Ki‡e|

T) gvV chv‡qi Awdmvi, óvd Ges grm¨Rxwe m¤c`vq‡K NwYSo †gvKv‡ejv c¯wZ, cwi‡ekMZ ¶q¶wZ Ges cbevmb m¤ú‡K cwk¶Y Ges cwiwPwZi e¨e¯v Ki‡e| grm¨ I cïm¤ú` gšYvjq I grm¨ Awa`ß‡ii gvV chv‡qi KgKZv Ges KgPvixMY‡K G e¨vcv‡i c‡qvRbxq cwk¶Y c`v‡bi e¨e¯v Ki‡e|

`‡hvM mg‡q grm¨ Awa`ß‡ii KiYxqt

K) evsjv‡`k cwb Dbqb †ev‡Wi m‡½ Av‡jvPbvµ‡g G e¨vcv‡i wbwðZ n‡e †h ewavmg‡ni ¯BP †MUmgn Dch³ fv‡e ˆZwi I msiw¶Z, hv jeYv³ cwb c‡ek I wbMY Ges h‡_ó kw³kvjx hv cej R‡jv"Qv‡mi d‡j mó †mv‡Zi av°v mn¨ I jeYv³ cwb c‡ek †iva Ki‡Z m¶g|

L) grm¨ m¤ú` Lv‡Z ¶wZi cwigvY wbiƒc‡bi Rb¨ Awej‡¤ `xN †gqv`x ÎvY I cbevmb cwiKíbv cYqb Ki‡e Ges grm¨ m¤ú‡`i miKwi I †emiKwi Lv‡Zi Rb¨ Awej‡¤ `xN ‡gqv`x ÎvY I cbevmb cwiKíbv cYqb Ki‡e|

M) D×vi Awfhv‡bi Rb¨ mg`Mvgx RvnvR wiKBwRkb Kivi e¨vcv‡i ¯vbxq ckvmb‡K mnvqZv c`vb Ki‡e|

N) Awa`ß‡i wbqšY K¶ cwiPvjbv Ki‡e Ges ¯vbxq mgšq Kwgw U‡Z †hvMv‡hvM KgKZv †ciY Ki‡e|

cbevmb chv‡q grm¨ Awa`ß‡ii KiYxqt

K) miKwi I e¨w³gwjKvbvaxb cKi n‡Z jeYv³ cwb cv¤ú K‡i ewni Kivi Rb¨ cvIqvi cv‡¤úi j f¨Zv wel‡q ¯vbxq ckvmb I evsjv‡`k KwI Dbqb K‡cv‡ikb Gi m‡½ mgšq mvab Ki‡e (NwYSo `‡hv‡Mi †¶‡Î)|

L) miKwi I e¨w³gwjKvbvaxb Dfq‡¶‡Î grm¨ m¤ú` Lv‡Z Awej‡¤ `xN ‡gqv`x ÎvY I cbevmb cwiKíbv cYqb I ev¯evqb Ki‡e|

M) ¶wZM¯ cKi I Lvgvi cbt grm¨ PvI Dc‡hvMx Kivi Rb¨ †emiKvwi grm¨ PvIx‡`i KvwiMix civgk c`vb Ki‡e|

N) ÎvY I cbevm‡b ¯vbxq ckvmb‡K mKj mnvqZv I mn‡hvwMZv c`vb Ki‡e|

O) ¶wZM¯ grm¨Rxwe I grm¨ PvIx‡`i Rb¨ FY mnvqZv Ges Ab`v‡bi e¨e¯v Kivi KgmwP MnY Ki‡e|

P) ¶wZM¯ cKi gwjK‡`i‡K grm¨ †cvbv mieivn Ges grm¨ Pv‡I KvwiMwi civgk c`vb Ki‡e|

grm¨ Awa`ß‡ii gvV chv‡qi Awdmmgn ¯vfwneK `wqZ wbevn QvovI grm¨ Awa`ß‡ii wefvM, †Rjv Ges Dc‡Rjv I c‡R±mg‡ni wdì AwdmviMY wbgwjwLZ Kgmgn m¤úv`b Ki‡eb|

¯vfwneK mg‡q gvV chv‡q grm¨ Awa`ß‡ii KiYxqt

K) cwZ ermi NwYSo/ eb¨v †gŠmg ïi" nIqvi c‡eB NwYSo/ eb¨vceY GjvKvi gvQ aivi †bŠKvmgn, Ujvi, wdwks wMqvi, gvQ aivi KvwiMwi hšcwZ, grm¨ †cvbv I grm¨ cvjb óK Ges grm¨ Avev`mg‡ni wbivcËv I mi¶vi D‡Ï‡k¨ c‡qvRbxq mZKZvgjK e¨e¯v Mn‡Yi Rb¨ grm¨ Awa`ß‡ii wdì AwdmviMY KIK Ges grm¨ PvIx‡`i mRvM Ki‡e|

L) Aaxb¯ Awdmmgn, wmwcwc grm¨ PvIx Ges grm¨Rxwe cwZwbwa cfwZi m‡½ cwi`ß‡ii MnxZ wbR¯ cwiKíbv Abmv‡i c¯wZi Ae¯v cix¶v Ki‡e|

M) `‡hvM PjvKvjxb mg‡q gvQ aivi †bŠKvmgn, Ujvimgn Ges wdwks wMqvimgn, chvß wbivcËvi mv‡_ ivLvi Rb¨ ¯vqxfv‡e wbivc` ¯vb wPwýZ Ki‡e|

N) wdwks jwB‡mÝ c`v‡bi c‡e cwZwU Ujv‡i Iqvi‡jm I †iwWI †mU _vKvi welq wbwðZ Ki‡e|

O) Dch³ ckvmwbK c`‡¶‡ci gva¨‡g e‡½vcmvM‡i grm¨ wkKviiZ †bŠKvmgn/Ujvimg‡n †iwWI wiwmwfs †mU I Ujvi / †bŠKvq Dcw¯Z c‡Z¨K e¨w³i Rb¨ jvBd R¨v‡KU ivLv wbwðZ Ki‡e|

P) `‡hvMceY GjvKvmg‡ni miKvwi I †emiKvwi grm¨ welqK m¤ú`mmg‡ni bevqbKZ ZvwjKv cYqb I msi¶Y Ki‡e|

Q) `‡hvMceY GjKvmg‡ni grm¨Rxwe RbmsL¨, grm¨PvIx I grm¨PvI †¶Îmg‡ni Rwic I Dcv³ msi¶Y Ki‡e Ges wbw`ó mg‡qi ci ci Zv nvj bvMv` Ki‡e|

R) mswkó GjvKvq gvQ aivi †bŠKvmgn, Ujvimgn Ges mg`Mvgx RvnvRmg‡ni gwjK/Pvj‡Ki wVKvbvmn ZvwjKv msi¶Y Ki‡e|

S) mvgw`K R‡jv"Qvm RwbZ AvNv‡Zi Kvi‡Y jeYv³ cwbi c‡ek †iva Kivi Rb¨ mswkó GjvKvi eva I ¯BP‡MUmg‡ni cwiPvjbv I i¶Yv‡e¶Y wbwðZ Kievi D‡Ï‡k¨ evsjv‡`k cwb Dbqb‡ev‡Wi KgKZv‡`i m‡½ mve¶wYK †hvMv‡hvM i¶v Ki‡e|

T) ¯BP‡MUmg‡ni h_vh_ cwiPvjbv wbwðZ Ki‡Z n‡e|

U) c‡qvR‡bi mgq wmwcwc Gi m‡½ mgš‡qi gva¨‡g cKimgn n‡Z jeYv³ cwb ewni K‡i †`Iqvi Kv‡R kw³PvwjZ bjK‡ci jf¨Zv m¤ú‡K ¯vbxq evsjv‡`k KwI Dbqb K‡cv‡ikb Gi KgKZvM‡Yi m‡½ mgšq Ki‡e|

V) NwYSo †gvKv‡ejv c¯wZ I cwi‡ekMZ ¶q¶wZ wbi/cY Ges cbevmb m¤ú‡K cwk¶Y MnY Ki‡e|

`‡hvM chv‡q gvV chv‡q grm¨ Awa`ß‡ii KiYxq t

K) ÎvY I cbevmb KvR Ges D×vi Awfhv‡bi Rb¨ mg`Mvgx RvnvR wiKBwRkb Kivi e¨vcv‡i ¯vbxq ckvmb‡K mnvqZv c`vb Kwi‡e (NwYSo `‡hvMKvjxb mgq)|

L) wbqšY K¶ Pvj Kwi‡e Ges ¯vbxq `‡hvM e¨e¯v KwgwU‡Z †hvMv‡hvM KgKZv †ciY Ki‡e|

cbevmb mg‡q gvV chv‡q grm¨ Awa`ß‡ii KiYxqt

K) miKwi I e¨w³gwjKvbvaxb grm¨ m¤ú` Lv‡Z ¶wZi cwigvY wbiƒc‡Yi Rb¨ Awej‡¤ Rixc Kv‡hi e¨e¯v Kiv Ges G Lv‡Zi Rb¨ Awej‡¤ `xN‡gqv`x ÎvY I cbevmb cwiKíbv cYqb Ki‡e I Zv h_vh_ KZc‡¶i Kv‡Q †ck Ki‡e|

L) ¯vbxq ckvmb Ges evsjv‡`k Kwl Dbqb K‡cv‡ik‡bi m‡½ mgšqceK, mgšq n‡j, miKwi I e¨w³gwjKvbvaxb Lv‡Zi gva¨‡g c‡qvRbxq msL¨K kw³Pwj Z cv¤ú Avgv`vbx Ki‡e|

M) grm¨ Dbqb Lv‡Z Awej‡¤ `xN †gqv`x ÎvY I cbevmb cwiKíbv ev¯evqb wbwðZ Ki‡e Ges Kv‡Ri AMMwZi wel‡q D”P KZc‡¶i wbKU cwZ‡e`b †ck Ki‡e|

N) ¶wZM¯ cKi grm¨Pvlx‡`i cbevm‡bi Rb¨ AbcwYZ Ges mnvqZv c`vb Ki‡e|

O) ¯vbxq ckvmb‡K ÎvY I cbevmb Kv‡R mnvqZv c`vb Ki‡e|

P) grm¨Rxwe/ grm¨Pvlx‡`i Rb¨ grm¨ Pvl F‡Yi e¨e¯v Ki‡e|

Dc‡Rjv `‡hvM e¨e¯vcbv KwgwUt

1) Dc‡Rjv wbevnx Awdmvi	mfvcwZ
2) BDwbqb cwil‡`i ‡Pqvig¨vbe›`	m`m¨
3) Dc‡Rjv chv‡qi mswkó wefv‡Mi KgKZve›`	m`m¨
4) gwnjv cwZwbwa	m`m¨
5) Dc‡Rjv †K›`xq mgevq mwgwZi cwZwbwa	m`m¨
6) NwYSo c¯wZ KgmwPi (wmwcwc) cwZwbwa	m`m¨
7) evsjv‡`k †iWwµ‡m›U †mvmvBwUi cwZwbwa	m`m¨
8) GbwRIGi cwZwbwa	m`m¨
9) Dc‡Rjv cKí ev¯evqb KgKZv	m`m¨-mwPe

¯vbxq cwiw¯wZ I we‡kl Ae¯vi †cwk¶‡Z KwgwUi mfvcwZ c‡qvRb‡ev‡a Av‡iv m`m¨ †Kv-AÞ Ki‡Z cvi‡eb| G KwgwU cwZ 2 gvm ci ci mfvq wgwjZ n‡e| Avc`Kvjxb mgq cZ¨n GKevi Ges Ae¯vi wKQ DbwZ n‡j cwZ mßv‡n 2 evi mfvq wgwjZ n‡e|

Dc‡Rjv `‡hvM e¨e¯vcbv KwgwUi `wqZ n‡et

- e¨vcK wfwËK BDwbqb `‡hvM e¨e¯vcbv KwgwU MVb, mwµqKiY, c‡qvRbxq wb‡`kbv I Z_¨ cwß Ges cvc¨ cwk¶Y mweaw` n‡Z DcKvi AvniY wbwðZKiY;
- mZKZv e×b, `‡hv‡Mi SwK nvmKiY, wbwðZKiY, wbwðZ KvhKi †e‡P _vKvi Dcvq¸wj ÁvZ Kiv‡bv welq wbðZKiY;
- ¯vbxq chv‡q Dbqb cwiKíbv cYqb I ev¯evq‡b `‡hv‡Mi SwK Ges Zv Kgv‡bvi m¤vebvi welq cYfv‡e we‡ewPZ n‡q‡Q wK-bv, Zv wbwðZKiY;
- wb‡gv³ welqmn Avmb wec` msµvš mZK evZvi †cwk¶‡Z Dc‡Rjv KZc¶ I ¯¨vbxq `‡hvM e¨e¯vcbv e¨‡iv‡K AewnZ K‡i wbqwgZ `‡hvM welqK cwk¶Y I Kgkvjvi Av‡qvRb;
- wb‡gv³ welqmn Avmb wec` msµvš mZK evZvi †cwk¶‡Z Dc‡Rjv KZc¶ I ¯vbxq ms¯vmgn †hb KvhKifv‡e I `¶Zvi mv‡_ `‡hvM †gvKv‡ejvi c¯Z I ¶gZv m¤úb nq †m j‡¶¨ `‡hvM Kg cwiKíbv cYqb;
- NwYSo I eb¨v msµvš cevfvm AwZ`"Z I KvhKifv‡e Dc‡Rjvi mKj KgKZv, mswkó e¨w³eM/ cwZôvb Ges BDwbqb chv‡q GZ`wel‡q `wqZ cvß‡`i Kv‡Q †cšQv‡bvi e¨e¯v MnY;
- c‡qvRbxq gû‡Z Dc‡Rjv m`‡ii RbmvaviY‡K Acmvi‡Yi Rb¨ wbw`ó Avkq †K›`/ Avkq¯j wbaviY I Avkq‡K‡›`i wewfb †mev KvR cwivjbvi Rb¨ wewfb e¨w³eM‡K `wqZ c`vb;

- Avkq‡K›` / Avkq¯ jmg‡n cvÎ f‡i cwb mieivn I Ab¨vb¨ c‡qvRbxq †mev ms¯v‡bi e¨e¯vKiY Ges BDwbqb e¨e¯vcbv KwgwUi mv‡_ †hvMv‡hv‡M BDwbqb chv‡q Aew¯Z Avkq‡K›`mg‡n GKB ai‡Yi †mev I mweavw` wbwðZKiY;
- BDwbqb `‡hvM e¨e¯vcbv KwgwU‡K cv_wgK ÎvY I D×vi Kv‡h mnvqZvi Rb¨ †Rjv m`i I BDwbqbmg‡ni m‡½ †hvMv‡hvM ¯vcb I Dnv msi¶‡Yi /cb:¯vc‡bi e¨e¯v m¤wjZ Avbl½K cwiKíbv cYqb;
- ‡Rjv I BDwbqb KZc‡¶i mnvqZvq gv‡S gv‡S Dc‡Rjvi Af¨š‡i Z‡_¨i cPviYv I mZK evZv/ cevfvm cPvi, AcmviY, D×vi I cv_wgK ÎvY Kvh cwiPvjbv wel‡q gnov Abôv‡bi e¨e¯vKiY;
- Mvg chv‡q `‡hv‡Mi cevfvm e¨vcK cPvi KiZ: MYm‡PZbZv mwó KiY|

4.2 `‡hvMKv‡j KiYxqt

- Dc‡Rjv chv‡q AcmviY, D×vi I ÎvY msµvš KgKv‡Ûi mgš‡qi Rb¨ ÔRi“ix
- cwiPvjb †K›`Ô (Z_¨ †K›` I wbqšY K¶) cwiPvjbv;
- c‡qvRb n‡j, ¯vbxqfv‡e cvc¨ mweavw` e¨enviK‡i D×vi Kvh cwiPvjbv Ges Ab¨‡`i D×vi Kvh cwiPvjbvi mgšq mvab, hw` `wqZ †`qv nq;
- `‡hvM e¨e¯vcbv e¨‡iv I †Rjv KZc¶ c`Ë wb‡`kbv Abmv‡i Dc‡Rjv - KgKZve›` I BDwbqb †_‡K `‡hv‡Mi d‡j msNwUZ ¶wZi DcvË msMn I hvPvBKiY; KgKZv ev Ab¨‡Kvb †hvM¨ e¨w³eM Øviv mgx¶v cwiPvjbv K‡i Z_¨ web¨v‡mi gva¨‡g c‡qvRb I AMwaKvi wbaviY;
- ‡Rjv KZc‡¶i wbKU ¶wZ, c‡qvRb I cvc¨ m¤ú` Ges ÎvY I cbevmb Kv‡Ri Rb¨ AMwaKvi wfwË‡Z c‡qvRb msµvš weeiY/ DcvË mieivnKiY;
- ¯vbxq chv‡q cbevmb Kv‡Ri Rb¨ SwK nvmKi‡Yi m¤ve¨ e¨e¯vmn mZKZvi m‡½ cwiKíbv cYqb;
- `‡hvM e¨e¯vcbv e¨‡iv I †Rjv KZc¶ KZK c`Ë wb‡`kbv Abmv‡i ¯vbxfv‡e ev ÎvY Awa`ßi/ Ab¨ Drm¨ †_‡K cvß m¤ú`, e¯wbôfv‡e wbi|wcZ c‡qvR‡bi wfwË‡Z D×vi, ÎvY I cbevmb Kv‡Ri Rb¨ eivÏ I weZi‡Yi e¨e¯v MnY;
- ÎvY I cbevmb msµvš mnvqZv mvgMx weei‡Yi welq Z`viwK I wnmvew` msi¶Y Ges Zv †Rjv KZc¶ I Ab¨vb¨ ÎvY c`vbKvix ms¯vmg‡ni wbKU †ciY;
- Dc‡Rjv chv‡qi wewfb `ß‡ii g‡a¨ mgš‡qi `wqZ cvjb;
- GQvovI `‡hvM e¨e¯vcbv msµvš ¯vqx Av‡`kvejx Ges Dch³ KZc‡¶i Zvr¶wbK Av‡`k AbmiY|

wdc PvU cwiKíbv

`‡hvM e¨e¯vcbv	`‡hvM e¨e¯vcbvq grm¨ Awa`ß‡ii KiYxqt • `‡hvM mg‡q KiYxq • cbevmb chv‡q KiYxq • ¯vfweK mg‡q KiYx
`‡hvM mg‡q grm¨ Awa`ß‡ii gvV chv‡qi Kgx‡`i KiYxqt • ÎvY I cbevmb KvR Ges D×vi Awfhv‡bi Rb¨ mg`Mvgx RvnvR wiKBwRkb Kivi e¨vcv‡i ¯vbxq ckvmb‡K mnvqZv c`vb Ki‡e (NwYSo `‡hvMKvjxb mgq)| • wbqšY K¶ Pvj Kwi‡e Ges ¯vbxq `‡hvM e¨e¯v KwgwU‡Z †hvMv‡hvM KgKZv †ciY Ki‡e|	¯vfweK mg‡q grm¨ Awa`ß‡ii gvV chv‡qi Kgx‡`i KiYxqt • cwZ erm¨ NwYSo/eb¨v †gŠmg ïi“ nIqvi c‡eB NwYSo/eb¨v ceY GjvKvi gvQ aivi †bŠKvmgn, Ujvi, wdwks wMqvi, gvQ aivi KwiMwi hšcwZ, grm¨ †cvbv I grm¨ cvjb óK Ges grm¨ Avev`mg‡ni wbivcËv I mi¶vi D‡Ï‡k¨ c‡qvRbxq mZKZvgjK e¨e¯v Mn‡Yi Rb¨ grm¨ Awa`ß‡ii wdì AwdmviMY KIK Ges grm¨ PvlI‡`i mRvM Ki‡e| • Aaxb¯ Awdmmgn, wmwcwc grm¨ Pvlx Ges grm¨Rwe cwZwbwa cfwZi mwnZ cwie`ß‡ii MnxZ wbR¯ cwiKíbv Abmv‡i c¯wZi Ae¯v cix¶v Ki‡e| • `‡hvM PjvKvjxb mg‡q gvQ aivi †bŠKvmgn, Ujvimgn Ges wdwks wMqvimgn, chvß wbivcËvi mv‡_ ivLvi Rb¨ ¯vqxfv‡e wbivc` ¯vb wPwýZ Ki‡e| • wdwks jwB‡mÝ c`v‡bi c‡e cwZwU Ujv‡i Iqvi‡jm I †iwWI †mU _vKvi welq wbwðZ Ki‡e| • Dch³ ckvmwbK c`‡¶‡ci gva¨‡g e‡½vcmvM‡i grm¨ wkKvi iZ †bŠKvmgn/Ujvimg‡n †iwWI wiwmwfs †mU I Ujvi/ †bŠKvq Dcw¯Z c‡Z¨K e¨w³ i Rb¨ jvBd R¨v‡KU ivLv wbwðZ Ki‡e| • `‡hvMceY GjvKvmg‡ni miKwi I †emiKwi grm¨ welqK m¤ú`mmg‡ni bevqbKZ ZwjKv cYqb I msi¶Y Ki‡e| • `‡hvMceY GjKvmg‡ni grm¨Rwe RbmsL¨, grm¨Pvlx I grm¨PvlI †¶Îmg‡ni Rwic I Dcv³ msi¶Y Ki‡e Ges wbw`ó mg‡qi ci ci Zv nvj bvMv` Ki‡e| • mswkó GjvKvq gvQ aivi †bŠKvmgn, Ujvimgn Ges mg`Mvgx RvnvRmg‡ni gwjKv/Pvj‡Ki wVKvbvmn ZwjKv msi¶Y Ki‡e| • mvgw`K R‡jv”QvmRwbZ AvNv‡Zi Kvi‡Y jeYv³ cwbi c‡ek †iv‡a Kivi Rb¨ mswkó GjvKvi eva I ¯BP‡MUmg‡ni cwiPvjbv I i¶Yv‡e¶Y wbwðZ Kievi D‡Ï‡k¨ evsjv‡`k cwb Dbqb‡ev‡Wi KgKZv‡`i m‡½ mve¶wYK †hvMv‡hvM i¶v Ki‡e| • ¯BP‡MUmg‡ni h_vh_ cwiPvjbv wbwðZ Ki‡Z n‡e| • c‡qvR‡bi mgq wmwcwc Gi m‡½ mgš‡qi gva¨‡g cKimgn n‡Z jeYv³ cwb evwni K‡i †`Iqvi Kv‡R kw³PwjZ bjK‡ci jf¨Zv m¤ú‡K ¯vbxq evsjv‡`k Kwl Dbqb K‡cv‡ikb Gi KgKZvM‡Yi m‡½ mgšq Ki‡e| • NwYSo †gvKv‡ejv c¯wZ I cwi‡ekMZ ¶q¶wZ wbi¦cY Ges cbevmb m¤ú‡K cwk¶Y MnY Ki‡e|
cYevmb chv‡q grm¨ Awa`ß‡ii gvV chv‡qi Kgx‡`i KiYxqt • miKwi I e¨w³gwjKvbvaxb grm¨ m¤ú` Lv‡Z ¶wZi cwigvY wbi¦c‡Yi Rb¨ Awej‡¤ Rixc Kv‡hi e¨e¯v Kiv Ges G Lv‡Zi Rb¨ Awej‡¤ `xN‡gqv`x ÎvY I cbevmb cwiKíbv cYqb Ki‡e I Zv h_vh_ KZc‡¶i Kv‡Q †ck Ki‡e| • ¯vbxq ckvmb Ges evsjv‡`k Kwl Dbqb K‡cv‡ik‡bi mwnZ mgšqceK, mgšq n‡j, miKwi I e¨w³gwjKvbvaxb Lv‡Zi gva¨‡g	Dc‡Rjv chv‡q `‡hvM e¨e¯vcbv KwgwUt • Dc‡Rjv wbevnx Awdmvi - mfvcwZ • BDwbqb cwil‡`i ‡Pqvig¨vbe› - m`m¨ • Dc‡Rjv chv‡qi mswkó wefv‡Mi KgKZve› - m`m¨ • gwnjv cwZwbwa - m`m¨ • Dc‡Rjv †K›`xq mgevq mwgwZi cwZwbwa - m`m¨ • NwYSo c¯wZ KgmwPi (wmwcwc) cwZwbwa - m`m¨ • evsjv‡`k †iW wµ‡m›U †mvmvBwUi cwZwbwa - m`m¨ • GbwRIGi cwZwbwa - m`m¨ • Dc‡Rjv cKí ev¯evqb KgKZv - m`m¨-mwPe

c‡qvRbxq msL¨K kw³ PwjZ cv¤ú Avgv`vbx Ki‡e| • grm¨ Dbqb Lv‡Z Awej‡¤ `xN †gqv`x ÎvY I cbevmb cwiKíbv ev¯evqb wbwðZ Ki‡e Ges Kv‡Ri AMÖMwZi wel‡q D”P KZc‡¶i wbKU cwZ‡e`b †ck Ki‡e| • ¶wZM¯ cKi grm¨Pvlx‡`i cbevm‡bi Rb¨ AbcwYZ Ges mnvqZv c`vb Ki‡e| • ¯vbxq ckvmb‡K ÎvY I cbevmb Kv‡R mnvqZv c`vb Ki‡e| • grm¨Rxwe/ grm¨Pvlx‡`i Rb¨ grm¨ PvI F‡Yi e¨e¯v Ki‡e|	
`‡hvMKvjxY mg‡q Dc‡Rjv chv‡q `‡hvM e¨e¯vcbv KwgwUi `wqZt • e¨vcK wfwËK BDwbqb `‡hvM e¨e¯vcbv KwgwU MVb, mwµqKiY, c‡qvRbxq wb‡`kbv I Z_¨ cwß Ges cvc¨ cwk¶Y mweavw` n‡Z DcKvi AvniY wbwðZKiY; • mZKZv e×b, `‡hv‡Mi SwK nvmKiY, wbwðZKiY, wbwðZ KvhKi †e‡P _vKvi Dcvq¸wj ÁvZ Kiv‡bv welq wbðZKiY; • ¯vbxq chv‡q Dbqb cwiKíbv cYqb I ev¯evq‡b `‡hv‡Mi SwK Ges Zv Kgv‡bvi m¤vebvi welq cYfv‡e we‡ewPZ n‡q‡Q wK-bv, Zv wbwðZKiY; • wb‡gv³ welqmn Avmb wec` msµvš— mZK evZvi †cw¶‡Z Dc‡Rjv KZc¶ I ¯vbxq `‡hvM e¨e¯vcbv e¨‡iv‡K AewnZ K‡i wbqwgZ `‡hvM welqK cwk¶Y I Kgkvjvi Av‡qvRb; • wb‡gv³ welqmn Avmb wec` msµvš— mZK evZvi †cwi¶‡Z Dc‡Rjv KZc¶ I ¯vbxq ms¯vmgn †hb KvhKifv‡e I `¶Zvi mv‡_ `‡hvM †gvKv‡ejvi c¯Z I ¶gZv m¤úb nq †m j‡¶¨ `‡hvM Kg cwiKíbv cYqb; • NwYSo I eb¨v msµvš— cevfvm AwZ`"Z I KvhKifv‡e Dc‡Rjvi mKj KgKZv, msw‡kó e¨w³eM/ cwZôvb Ges BDwbqb chv‡q GZ`wel‡q `wqZ cvß‡`i Kv‡Q †cŠQv‡bvi e¨e¯v MnY; • c‡qvRbxq gû‡Z Dc‡Rjv m`‡ii RbmvaviY‡K AcmviY‡Yi Rb¨ wbw`ó Avkq †K›`/ Avkq¯j wbavaiY I Avkq‡K›`¨i wewfb †mev KvR cwivjbvi Rb¨ wewfb e¨w³eM‡K `wqZ c`vb; • Avkq‡K›` / Avkq¯jmg‡n cvÎ f‡i cwb mieivn I Ab¨vb¨ c‡qvRbxq †mev ms¯v‡bi e¨e¯vKiY Ges BDwbqb e¨e¯vcbv KwgwUi mv‡_ †hvMv‡hv‡M BDwbqb chv‡q Aew¯Z Avkq‡K›`mg‡n GKB ai‡Yi †mev I mweavw` wbwðZKiY; • BDwbqb `‡hvM e¨e¯vcbv KwgwU‡K cv_wgK ÎvY I D×vi Kv‡h mnvqZvi Rb¨ †Rjv m`i I BDwbqbmg‡ni m‡½ †hvMv‡hvM ¯vcb I Dnv msi¶‡Yi /cb:¯vc‡bi e¨e¯v m¤wjZ AvbIw½K cwiKíbv cYqb; • ‡Rjv I BDwbqb KZc‡¶i mnvqZvq gv‡S gv‡S Dc‡Rjvi Af¨š‡i Z‡_¨i cPviYv I mZK evZv/ cevfvm cPvi, AcmviY, D×vi I cv_wgK ÎvY Kvh cwiPvjbv wel‡q gnov Abôv‡bi e¨e¯vKiY; • Mvg chv‡q `‡hv‡Mi cevfvm e¨vcK cPvi KiZ: MYm‡PZbZv mwó KiY|	cbevmb mg‡q Dc‡Rjv chv‡q `‡hvM e¨e¯vcbv KwgwUi `wqZt • Dc‡Rjv chv‡q AcmviY, D×vi I ÎvY msµvš— KgKv‡Ûi mgš‡qi Rb¨ Ô Ri"ix cwiPvjb †K›`Ö (Z_¨ †K›` I wbqšY K¶) cwiPvjbv; • c‡qvRb n‡j, ¯vbxqfv‡e cvc¨ mweavw` e¨envi K‡i D×vi Kvh cwiPvjbv Ges Ab¨‡`i D×vi Kvh cwiPvjbvi mgšq mvab, hw` `wqZ †`qv nq; • `‡hvM e¨e¯vcbv e¨‡iv I †Rjv KZc¶ c`Ë wb‡`kbv Abmv‡i Dc‡Rjv - KgKZve›` I BDwbqb †_‡K `‡hv‡Mi d‡j msNwUZ ¶wZi DcvË msMn I hvPvBKiY; KgKZv ev Ab¨‡Kvb †hvM¨ e¨w³eM Øviv mgx¶v cwiPvjbv K‡i Z_¨ web¨v‡mi gva¨‡g c‡qvRb I AMwaKvi wbaviY; • ‡Rjv KZc‡¶i wbKU ¶wZ, c‡qvRb I cvc¨ m¤ú` Ges ÎvY I cbevmb Kv‡Ri Rb¨ AMwaKvi wfwË‡Z c‡qvRb msµvš— weeiY/ DcvË mieivnKiY; • ¯vbxq chv‡q cbevmb Kv‡Ri Rb¨ SwK nvmKi‡Yi m¤ve¨ e¨e¯vmn mZKZvi m‡½ cwiKíbv cYqb; • `‡hvM e¨e¯vcbv e¨‡iv I †Rjv KZc¶ KZK c`Ë wb‡`kbv Abmv‡i ¯vbxfv‡e ev ÎvY Awa`ßi/ Ab¨ Drm¨ †_‡K cvß m¤ú`, e¯bôfv‡e wbiwcZ c‡qvR‡bi wfwË‡Z D×vi, ÎvY I cbevmb Kv‡Ri Rb¨ eivÏ I weZi‡Yi e¨e¯v MnY; • ÎvY I cbevmb msµvš— mnvqZv mvgMx weei‡Yi welq Z`viwK I wnmvevw` msi¶Y Ges Zv †Rjv KZc¶ I Ab¨vb¨ ÎvY c`vbKvix ms¯vmg‡ni wbKU †ciY; • Dc‡Rjv chv‡qi wewfb `ß‡ii g‡a¨ mgš‡qi `wqZ cvjb; • GQvov I `‡hvM e¨e¯vcbv msµvš— ¯vqx Av‡`kvejx Ges Dch³ KZc‡¶i Zvr¶wbK Av‡`k AbmiY|

Awa‡ekb cwiKíbv

w`b t 05 mKvj t 10.00-11.00 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t †Kvm cbiv‡jvPbv

Afxô `j t grm¨ Awa`ß‡ii KgKZv©

j¶¨ t †`kxq cRwZi †QvU gvQ PvI e¨e¯vcbv I msi¶Y welqK †KvmwU c_g †_‡K †kl chš— cwk¶Yv_x‡`i gva¨‡g cbiv‡jvPbv Kivi m‡hvM K‡i ‡`qv hv‡Z Zv‡`i †Kvb mgm¨v ev wRÁvmv _vK‡j ‡mUv mgvavb K‡i wb‡Z cv‡i|

D‡Ïk¨ t Awa‡ekb †k‡l cwk¶Yv_xMY KBR c×wZ‡Z †Kv‡mi mvgwMK wk¶Yxq welqwU cbiv‡jvPbv Ki‡eb Ges Zv‡`i mgm¨v ev wRÁvmv _vK‡j †m¸‡jvi mgvavb Ki‡Z cvi‡eb|

welq mPx	Av‡jvP¨ welq	c×wZ	mgq
fwgKv			3 wgwbU
	• ¯vMZg • ceeZx Awa‡ek‡bi mv‡_ †hvMmÎ ¯vcb • PjwZ Awa‡ek‡bi Ici Av‡jvKcvZ • DØ×KiY|	e³Zv I c‡kvËi	
welqe¯			52 wgwbU
	cwk¶K mg¯ cwk¶Yv_x†`i†K 2 `‡j fvM K‡i c‡Z¨K `‡ji bvgKiY Ki‡eb| Avmb e¨e¯v wVK K‡i 2 wU `j‡K g‡LvgLx K‡i emv‡bv n‡e| cwk¶K GKwU `j‡K 1g I 3q w`‡bi Av‡jvP¨ welq †_‡K 15 wU msw¶ß ck wbevPb Ki‡Z ej‡eb| Abi/cfv‡e Aci `jwU 2q, 4_ I 5g w`‡bi Av‡jvP¨ welq †_‡K 15 wU msw¶ß ck wbevPb Ki‡eb| Dfq `jB wbewPZ ck¸‡jv DËimn mieivnKZ wfcKv‡W c_K c_Kfv‡e wjL‡eb| cwk¶K Dfq `j †_‡K KvW¸‡jv msMn Ki‡eb Ges cwZ `‡ji 10wU Dc‡hvMx ck evQvB Ki‡eb| cwk¶K ‡nvqvBU ‡ev‡W GKwU ‡¯wi †eW AvK‡eb| cwk¶Yv_x‡`i‡K 1,2,3..... µwgK b¤i ‡`qv n‡e Ges c‡Z¨K `‡j GKRb `j‡bZv _vK‡eb| cwk¶K chvqµ‡g *1* †_‡K 10 chš— GK `‡ji ck¸‡jv Ab¨ `j‡K Ki‡eb Ges Rwi ‡ev‡Wi wm×vš— Abhvqx ‡¯wi c`vb Ki‡eb|	e³Zv c‡kvËi g³ wPšvi So	
mvi-ms‡¶c			5 wgwbU
	• gj welq¸‡jv cbiv‡jvPbv • n¨vÊAvDU weZiY • ab¨ev` Ávcb|	e³Zv c‡kvËi	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, wbDRwcÈ, gvKvi, n¨vÛAvDU, K¨vjK‡jUi, BZ¨vw`				

Awa‡ekb cwiKíbv

w`b t 05 mKvj t 11.15-12.15 †gqv`Kvj t 60 wgwbU

wk‡ivbvg t cwk¶Y cieZx gj¨vqb I †Kvm gj¨vqb

Afxô `j t grm¨ Awa`ß‡ii KgKZve›`

j¶¨ t cwk¶‡Yi ïi“ †_‡K †kl chš c‡Z¨KUv wel‡q cwk¶Yv_x‡`i Ávb KZUK ew× †c‡q‡Q Zv hvPvB Kiv Ges GB †Kv‡mi welqe¯, †gqv`Kvj BZ¨vw` m¤ú‡K cwk¶Yv_x‡`i gZvgZ †bIqv hv‡Z wb‡R‡`i Dbqb m¤ú‡K avibv cvIqv hvq|

D‡Ïk¨ t Awa‡ekb †k‡l cwk¶Yv_xMY-

- wb‡R‡`i Dbqb wb‡RivB wePvi Ki‡Z cvi‡eb|
- ‡Kvm m¤ú‡K cwk¶Yv_x‡`i gj¨evb gZvgZ cKvk Ki‡Z cvi‡e|

welq mPx	Av‡jvP¨ welq	c×wZ	mgq
fwgKv			5 wgwbU
	• ¯vMZg • ceeZx Awa‡ek‡bi mv‡_ †hvMm~Î ¯vcb • PjwZ Awa‡ek‡bi Ici Av‡jvKcvZ • DØ×KiY|	e³Zv I c‡kvËi	
welqe¯			45 wgwbU
	• wbawiZ ck c‡Îi gva¨‡g gj¨vqY Kiv • wbawiZ ck gvjvi gva¨‡g cwk¶Yv_x‡`i gZvgZ †bqv	cwk¶Y cieZx gj¨vqb cÎ, †Kvm gj¨vq‡bi ck cÎ, e³Zv I c‡kvËi	
mvi-ms‡¶c			10 wgwbU
	• gj welq¸‡jv cbiv‡jvPbv • n¨vÊAvDU weZiY • ab¨ev` Ávcb|	e³Zv c‡kvËi	
cwk¶Y mnvqK mvgMx t †nvqvBU †evW, wbDRwcÖ, gvKvi, n¨vÛAvDU, K¨vj K‡jUi, gj¨vqbcÎ, BZ¨vw`|			

†`kxq cRwZi †QvU gv‡Qi Pvl e¨e¯vcbv I msi¶Y

cwk¶Y DËi gj¨vqb ckcÎ

mKj c‡ki gvb mgvb| mwVK DË‡ii cv‡k wUKwPý (√) w`b

cYgvb - 100 mgq - 25 wgwbU

bvg..c`ex..

Kg¯j ....

01. SIS Gi cY bvg †KvbwU ?
   - K) Small Indian Species
   - L) Small Indigenous Species
   - M) Scaleless Indigenous Species
   - N) Above All

02. evsjv‡`‡k SIS gv‡Qi msL¨v KZ wU
   - K. 180wU cvq
   - L) 150wU cvq
   - M) 220wU cvq
   - N) Dc‡ii †KvbwUB bq

03. †QvU gv‡Qi AvKvi KZ ?
   - K) 35 †mwg. Gi Dc‡i
   - L) 20 †mwg. Gi bx‡P
   - M) 25 †mwg. chš
   - N) 30 †_‡K 40 †mwg.

04. †KvbwU ÔwRI jÕ wdk ?
   - K) †Zjvwcqv
   - L) cvsMvm
   - M) gv¸i
   - N) Dc‡ii †KvbwUB bq

05. †Kvb gv‡Q Avqi‡bi cwigvY me‡P‡q †ewk ?
   - K) †Zjvwcqv
   - L) cvsMvm
   - M) gv¸i
   - N) wks

06. †KvbwU K¨vU wdk bq ?
   - K) wks
   - L) AvBo
   - M) %K
   - N) Dc‡ii me¸‡jvB

07. gvQ Pv‡li me‡P‡q AbKj wcGBP gvÎv †KvbwU ?
    K) 3.5-8.5
    L) 7.5-8.5
    M) 4.0-10.0
    N) 7.0-9.0

08. Mjkv gv‡Qi ˆeÁvwbK bvg †KvbwU ?
    K) *Mystus vittatus*
    L) *Mystus cavasius*
    M) *Mystus sutio*
    N) *Mystus armatus*

09. grm¨ Afqvkg¯vc‡bi d‡j wK N‡U ?
    K) gvQ aiv nq
    L) gv‡Qi †ivM fv‡jv nq
    M) RjR Rxe‰ewPÎ¨ msiw¶Z nq
    N) grm¨Rxex‡`i Avq K‡g hvh

10. wks I gv¸i gv‡Qi mevbKj cRbb Kvj ?
    K) gvP-Gwcj gvm
    L) †m‡Þ¤i-A‡±vei gvm
    M) Rb-RjvB gvm
    N) Dc‡ii †KvbwUB bq

11. ¯x wks gvQ‡K c‡Ywn`Z cRb‡bi Rb¨ I fwc‡gi ‡WvR
    K) 2-3 wg.Mv./†KwR gv‡Qi IRb
    L) 6-8 wg.Mv./†KwR gv‡Qi IRb
    M) 12-14 wg.Mv./†KwR gv‡Qi IRb
    N) Dc‡ii †KvbwUB bq

12. wks, gv¸i I ˆK gvQ Pv‡l m¤úiK Lv‡`¨ Awg‡li gvÎv KZ nIqv fv‡jv ?
    K) 30-35%
    L) 20-25%
    M) 45-50%
    N) 12-15%

13. evUv gv‡Qi wbwl³ wWg dU‡Z KZ N›Uv c‡qvRb nq?
    K) 24-30 N›Uv
    M) 14-16 N›Uv
    N) 40-48 N›Uv
    L) 4-8 N›Uv

14. wks gv‡Qi bvmwwi cK‡i kZvsk cwZ †cvbv gR` NbZ KZ ?
    K) 2,000-2,500wU
    L) 8,000-1,000wU
    M) 400-500wU
    N) 1,500-2,500wU

15. wks gv‡Qi †ib †cvbv‡K cv_wgK Lvevi wnmv‡e wK LvIqv‡bv nq ?
K) KvóvW
L) ‰L‡ji ¸ov
M) wUDwe‡d ·
N) Dc‡ii †KvbwUB bq

16. †KvbwU Rxe^ewPÎ¨ msi¶‡Yi Rb¨ c‡qvRb ?
K) mnbkxj gvÎvq gvQ AvniY
L) Kv‡i›U Rv‡ji e¨vcK e¨envi
M) AcwiKwíZ grl¨ PvI m¤cmviY
N) Dc‡ii me¸‡jvB

17. †Kvb DcvqwU gvQ Pwi †iv‡a mnvqK ?
K) Ab¨‡`i mv‡_ cwZ‡hwwMZvq Ask wb‡q cKi wjR †bqv
L) mgv‡Ri mK‡ji mv‡_ DËg m¤úK eRvq bv ivLv
M) mvgwwRK Ø‡›Ø Rwo‡q cov
N) Dc‡ii †KvbwUB bq

18. †Kvb KvRwU Ki‡j evRv‡i gv‡Qi `vg †ewk cvIqv hvq ?
K) †QvU eo gvQ evQvB K‡i evRv‡i bv cvVv‡j
L) evRv‡i cvVv‡bvi A‡bK Av‡M †_‡K gvQ a‡i †i‡L
M) Rxeš gvQ evRviRvZ Ki‡j
N) evRvi `i bv †R‡b evRviRvZ Kiv

19. wks gvQ †Kvb M‡Yi Ašif³ ?
K) Perciformes
L) Cyperniformes
M) Siluriformes
N) Clupeformes

20. Climbing Perch ‡KvbwU ?
K) ‰K
L) wks
M) gv¸i
N) UvwK

21. AwZwi³ kvm hš †Kvb gv‡Qi Av‡Q ?
K) ‰K
L) wks
M) gv¸i
N) Dc‡ii me¸‡jvB

22. **Vitamin A**-Gi Afv‡e wK †ivM nq ?
K) ‡ewi‡ewi
L) MjMÛ
M) ivZKvbv
N) Dc‡ii ‡KvbwUB bq

23. †cvbv cwien‡bi mgq wK Ki‡Y gviv hvq ?
   - K) Aw · ‡Rb ¯íZv
   - L) G¨v‡gwbqvi gvÎv †e‡o †M‡j
   - M) ZvcgvÎv †i‡o †M‡j
   - N) Dc‡ii me¸‡jvB

24. cK‡ii cwbi ZvcgvÎv cwiewZZ n‡q 10µ †m. †e‡o †M‡j gv‡Qi Lv`¨ Mn‡Y wK cwieZb nq ?
   - K) K‡g hvq
   - L) wØ¸Y †e‡o hvq
   - M) cwieZb nh bv
   - N) wØ¸Y K‡g hvq

25. cK‡i GKevi wbweo fv‡e gvQ Pv‡li ci cb:ivq gvQ Pvl ïi“i Av‡M wK Kiv DwPZ ?
   - K) cbivq ˆK/gv¸i/wks Pvl Kiv DwPZ
   - L) †Zjv wcqv Pvl Kiv DwPZ bq
   - M) Kv‡jv Kv`v DwV‡q mewR †¶‡Z †`qv
   - N) Dc‡ii ‡KvbUvB bq

†`kxq cRwZi †QvU gvQ Pvl e¨e¯vcbv I msi¶Y †Kvm

†gqv`Kvjt 5 w`b

†Kvm gj¨vqb ckcÎ

(mwVK ¯v‡b wUK (✓) wPý w`b)

1.	mvgwMK fv‡ie †KvmwU wK Avcbv‡`i Rb¨ Dc‡hvMx wQj?		n¨v ☐	bv ☐
2.	‡Kv‡mi †gqv`Kvj †Kgb wQj?	Le `xN ☐	mwVK ☐	Le ¯í☐
3.	†Kvm Dc¯vcbvi MwZ †Kgb wQj?	Le `"Z ☐	mwVK ☐	gši
4.	ZwËK I e¨enwiK Awa‡ek‡bi g‡a¨ mvgÄm¨Zv †Kgb wQj?	Le †ekx e¨enwiK ☐	mwVK ☐	Le †ewk ZwËK☐
5.	cwk¶K m¤ú‡K Avcbvi aviYv †Kgb wQj?	Le mnR ☐	mnR ☐	RwUj ☐
6.	‡Kv‡m mieivnKZ cwk¶Y mvgMxi gvb †Kgb wQj?	Le fvj ☐	fvj ☐	fvj bq ☐
7.	wk¶Y cwi‡ek †Kgb wQj?	Le fvj ☐	fvj ☐	fvj bq ☐
8.	cwk¶‡Y e¨eüZ wewfb cwk¶Y ‡Kškj Dc‡hvMx wQj wKbv	n¨v ☐	†gvUvgwU☐	bv ☐

cwk¶Y †Kv‡m cwiPwjZ wewfb Awa‡ek‡bi Dci Avcbvi gZvgZ w`b (eËvKv‡i)

we:`: Awa‡ek‡bi weIqe¯, Dc¯vcbv, cwk¶Y mvgMx, †evaMg¨Zv Ges mgq we‡ePbv K‡i mwVK fv‡e GKwU gZvgZ w`b|

Awa‡ekb	‡gvUvgwU fvj		fvj	Le fvj	
1. †Kvm cwiwPwZ	1	2	3	4	5
2. †`kxq cRwZi †QvU gv‡Qi ¸i“Z I Pv‡li m¤vebv	1	2	3	4	5
3. †`kxq cRwZi †QvU gv‡Qi mvaviY cwiwPwZ	1	2	3	4	5
4. †`kxq cRwZi †QvU gv‡Qi Rxewe`¨v	1	2	3	4	5
5. †`kxq cRwZi †QvU gv‡Qi Rxe‰ewPÎ¨ I msi¶Y †KŠkj	1	2	3	4	5
6. †`kxq cRwZi †QvU gvQ msi¶‡Y Afqvk‡gi fwgKv	1	2	3	4	5
7. †QvU gv‡Qi cRbb I †cvbv Drcv`b †KŠkj	1	2	3	4	5
8. †QvU gv‡Qi †cvbv msMn, cwienb I †kvab	1	2	3	4	5
9. gjv I cwU gv‡Qi Pvl e¨e¯vcbv	1	2	3	4	5
10. i“B RvZxq gv‡Qi mv‡_ evUvi wgk Pvl	1	2	3	4	5
11. avb †¶‡Z †QvU gv‡Qi Pvl	1	2	3	4	5
12. ˆK, wks I gvNi gv‡Qi Pvl e¨e¯vcbv (†mkb-1)	1	2	3	4	5
13. ˆK, wks I gvNi gv‡Qi Pvl e¨e¯vcbv (†mkb-2)	1	2	3	4	5
14. cve`v I ¸jkv gv‡Qi Pvl e¨e¯vcbv	1	2	3	4	5
15. †QvU gvQ Avnib, evRviRvZKiY I cwµqvRvZKiY	1	2	3	4	5
16. gvV cwi`kb	1	2	3	4	5
17. GBPAvBwf GBWm cwZ‡iva/gvQ Pv‡l bvix AskMnY	1	2	3	4	5
18. `‡hvM e¨e¯vcbv	1	2	3	4	5
19. †Kvm cbiv‡jvPbv	1	2	3	4	5

Awa‡ekb cwiKíbv

w`b t 05 mKvj t 12.00-14.30 †gqv`Kvj t 45 wgwbU

wk‡ivbvg	t	mgvcbx Abôvb I mb`cÎ weZiY
Afxô `j	t	grm¨ Awa`ß‡ii KgKZve›`
j¶¨	t	cwk¶Yv_x‡`i 5 w`be¨wc AbwôZ cwk¶Y Kvhµg †k‡l AvbôwbK mgvcbx Abôv‡bi gva¨‡g mb`cÎ c`vb Kiv n‡e hv‡Z Zviv AÎ cwk¶‡Y jä Ávb Kv‡R jvwM‡q bZb D`¨‡g gvQ Pvl‡`i c‡qvRbxq mn‡hvwMZv Ki‡Z cv‡ib|
D‡Ïk¨	t	G Awa‡ekb †k‡l cwk¶Yv_xMY Zv‡`i AwRZ Ávb m¤ú‡K AvZ¥cZ¨qx n‡eb Ges Av¯vi mv‡_ gvQ Pvl‡`i g‡a¨ †`kxq cRwZi †QvUgvQ Pvl e¨e¯vcbv I msi¶Y chw³ m¤cmviY Ki‡Z cvi‡eb|

weIqmwP	Av‡jvP¨ weIq	cwk¶Y †KŠkj	mgq
fwgKv			2 wgwbU
	• ¯vMZg • ceeZx Awa‡ek‡bi cbiv‡jvPbv • eZgvb Awa‡ek‡bi mv‡_ ms†hvM ¯vcb • Awa‡ek‡bi D‡Ïk¨ e¨vL¨v	c‡kvËi I Av‡jvPbv	
weIqe¯			38 wgwbU
	• Avmb web¨vm • AvgwšZ AwZw_ e‡›`i Avmb Mnb • `B Rb cwk¶Yv_xi e³e¨ • cwk¶Ke‡›`i e³e¨ • cavb AwZw_i e³e¨ I mb`cÎ weZiY • mfvcwZi e³e¨	e³Zv I Dc¯vcbv	
mvi-ms‡¶c			5 wgwbU
	• ab¨ev` Ávcb|	e³Zv	
cwk¶Y mnvqK mvgMx t n¨vÊAvDU, †nvqvBU †evW, wbDRwcÈ, gvKvi, wdcPvU, Abkxjb kxU, BZ¨vw` |			

MšcwÄ

MšcwÄ

Department of Fisheries (DoF) 2002. grm¨ msi¶Y AvBb 1950 (ms‡kvwaZ 1985), grm¨ Awa`ßi, grm¨ I cïm¤ú` gšYvjq, evsjv‡`k|

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Department of Fisheries (DoF) 2005_{L}. msKjbt †`kxq cRwZi grm¨ msi¶Y I m¤cmviY Awfhvb 2007, grm¨ Awa`ßi, grm¨ I cïm¤ú` gšYvjq, evsjv‡`k, 95 côv |

Department of Fisheries (DoF) 2007. †`kxq cRwZi †QvU gvQ PvI mnwqKv| †`‡ki cwðgvÂ‡j Qov I we‡j grm¨ Dbqb I e¨e¯vcbv cKí, grm¨ Awa`ßi, grm¨ I cïm¤ú` gšYvjq, evsjv‡`k, 48 côv |

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