

প্রশিক্ষণ মডিউল

মনোসেক্স তেলাপিয়া ও পাঞ্জাস চাষ



মৎস্য অধিদপ্তরের প্রাতিঠানিক দক্ষতা জোরদারকরণ প্রকল্প

মৎস্য অধিদপ্তর, বাংলাদেশ

cikPj gWDj

g‡bv‡m. †Zj wmcqv | cv½vm Pv| e"e⁻vcbv

Rb, 2009 mL^a

**Strengthening Institutional Capacity of DoF Project
ASPS II: DoF-Danida
Department of Fisheries, Bangladesh**

cikkY gMDj
gtbvfm- tZj wicqv | cibvm PvI e'e'vcbv

cāv b māv K

tgv i wdKj Bmj vg
gnvcwi Pvj K, grm Awa Bi

māv b cwi l`
tgv Avej Lvj K
tgv BmgvBj
bwmi Dvī b tgv ügvqb
%mq` Awid AvRv`
tgv Awgbj Bmj vg
tgv Avej nvkg mgb
tgv BDmjd Lv
i tgk P`gÜj
tgv wmiwRj Bmj vg
W. G. tK. BDmjd nvi "b

gMDj cibqb
tgv kwi dj Bmj vg AvK`
tgv gÄj Kw i
tgv Awgbj Bmj vg
Av. e. g. Av³vi "3/4vgvb
Gm. Gg. ti RvDj Kwi g
tgv Awidi ingvb Zid` vi
tgv Kwdj Dvī b KvBqv
tgv kwd AvRv`
G. Gm. Gg. ivk` j nK
W. wbgP P`i vq

bwm Dvī b tgv ügvqb
tgv Avej nvkg mgb
tgv gtbvqi tnvtmb
tgv tZvclR Dvī b Avntg`
tgv i "uj Awgb
tgv Avkivd Dvī b Avn³
tgv ti RvDj Bmj vg
tgv tZsh`j i ngvb
`mq` Avj x AvRni
tgv BDmjd Lv

KipúDUvi KipúUR t tgv. Bw m Avj x cāv

cikY I Aj sKi Y t tgv BDmjd Lv

cikkKij t Rb, 2009 M^a

cikk msL v t 1,000 Kic

cikkbvg t

Strengthening Institutional Capacity of DoF Project
ASPS II: DoF-Danida
Department of Fisheries, Bangladesh

m¤úv` Kxq

Avevgib Kvj n‡Z G‡`tki Lv` Zwi Kvq cÖYxR Awg‡l i cÖvbZg Drm m¤tme givQ , iæZcY©Ae`vb t‡L AvmtQ | I vU-m‡i `k‡Ki w‡K cÖKwZK Drm n‡Z Drcv` Z gvtQi gva‡g Pvn`vi cÖq 80 kZsk tgUv‡b m¤e n‡Zv| cÖKwZK Rj vKq n‡Z gvtQi KwpLZ Drcv` b eumea cÖZkj Zv _vkv m‡Zl GLbl cÖYxR Awg‡l i cÖq 60 kZsk thwMvB AvmtQ givQ t‡K| GQrovI givQ Ges Gi DcRvZ `ew` t‡ki A_Öm‡Z newfb‡te Ae`vb t‡L hv‡O we‡kl K‡i AvZy Kgms`v‡bi m¤hvM m¤o, cÖYxR Awg‡l i thwMvB Ae`vnZ ivLv, gj `evb `et`wkK gj i ARØmn cwi‡ek i Db‡tB AbNUK m¤tme KvR Ki‡Q| eZg‡tB gbj " m¤o I cÖKwZK newfb‡cÖZkj Zvi Kv‡Y gvtQi Anevñ j ms‡KvPbmN cÖZ‡ek i Aeÿq n‡l qvi Kv‡Y cÖKwZK Drm n‡Z gvtQi Drcv` b cÖv‡x newN‡Z n‡Q| µgeaqvB RbmsL vi cÖp i thwMvB Ae`vnZ ivLv Rb" PvI thwM m¤j Rj vktq cÖv‡3 wbfP givQ PvI e`e`vcvI e`vcK ms‡cÖvI Y NwU‡q eZg‡b Drcv` b K‡qK, b ej‡x KvI m¤e Z‡e Gi Rb" cÖqvRb h_vh_ KwiMix Ávbm‡ub‡`y Rbej Ges newfb‡D"p dj bkj gvtQi cwi‡ek evÜe PvI ver` cÖv‡3 i m¤j g ev` evqb| evsj v‡tki t‡SMWj K I cÖZ‡ekMZ Z_v Abkj Anevñ qv weivRgib _vkq _vB cv‡vm I tZj wicqV givQ t‡ki mgv‡K grm" Drcv` b ej‡x‡Z B‡Zvgt‡a" e`vcK mdj Zv ARØ Ki‡Z m¤y g n‡qtQ| cÖp b I evRvi gj " we‡Pbvq G‡`Uv cÖRwZi givQb m¤j tkYxi t‡v‡3 we‡kl K‡i `wi `‡Rb‡Mwöi cÖYxR Awg‡l i Ab`Zg cÖvb Drm m¤tme cÖZ‡oZ| t‡ki m¤j m¤ebvqg cKj Rj vktq G cÖRwZ `yui cwi‡ek evÜe PvI cÖv‡3 i ms‡køl NwU‡q gvtQi mgv‡K Drcv` b ej‡x‡I Rb" cÖk‡yZ `y Rbej m¤o i tKvB weKv tbB| t‡kR m¤ú‡ i m‡ePp e`envi wib‡Z K‡i t‡ki A_‰wZK Db‡tB Z_v `wi `‡tgvP‡bi cÖKZ m¤tme grm" Lv‡Zi AewiZ m¤ebv‡K Kv‡R j vM‡bvi Acvi m¤hvM i qtQ|

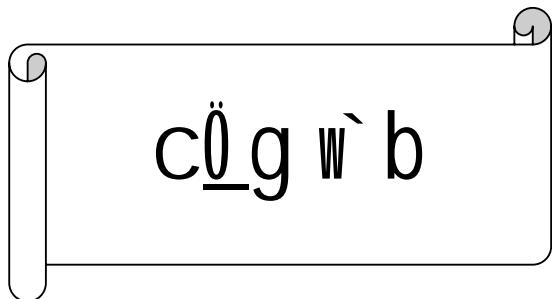
Awg †R‡b AZ`šÍ Avb‡`Z n‡q‡Q th †grm" Aria`Bi i cÖZ‡oK `y Zv †Rvi`vi KiY cÖKí ō-Gi Aw_K mnvqZvq _vB cv‡vm I tZj wicqV gvtQi PvI e`e`vcvI we‡lQK cÖk‡yY givWDj wU cÖKvK n‡Z hv‡Q| G givWDj cÖqY I m¤úv` bvq givQ PvIx I Lvgi v‡`I Rb" cÖqvRbxq j wMmB cÖv‡3 i ms‡køl mn PvI ch‡qI newfb‡mgm`v I Zvi m¤e` mgvav‡bi we‡q, tj v mgvav‡bi we‡q, tj v AšÍ F‡` Kivq cwi‡ek mnvqK PvI e`e`vcvq BiZevPK f‡gKv ivL‡Z m‡Pó n‡e etj cÖv‡vK Kv‡Q| GQrov, f‡e t‡Z Avgv‡ i i BvbxthwM" grm" cY Zwi Kvq G givQ, tj v AšÍ F‡` n‡q gj `evb `et`wkK gj i AR‡b mnvqK Ae`vb ivL‡Z m¤y g n‡e|

eZg‡tB t‡ki tKvB tKvB A‡tj _vB cv‡vm I tZj wicqV gvtQi ewYvR`K PvI ver` mdj f‡te Ae`vnZ Av‡Q| Avav wibeo ev wibeo cÖZ‡Z PvI Kiv hvq weaq Gi Drcv` b t‡kq gvtQi Zj bvq A‡bK teuk n‡l cÖYxZ cÖk‡yY givWDj wU‡Z Avav wibeo I wibeo PvI cÖv‡3 we‡tq mnvqK Z_ -Dcv‡E mnv‡b‡K n‡l qvq grm" PvIx I Lvgi v‡`I cÖv‡3MZ tmev cÖv‡bi t‡y‡t‡ givWDj wU AZ`šÍ DcthMx wib‡`‡Kv m¤tme we‡ePZ n‡e etj Awg wekjm Kwi| G givWDj wU gvtQi Drcv` b ej‡x gva‡g AvZ‡Kgms`v‡b m¤o I `wi `‡‡Kv‡Yi t‡y‡t‡ mnvqK f‡gKv ivL‡e GUvB Avgv‡ cÖv‡vK| givWDj wU grm" Aria`Bi i cÖZ‡oK `y Zv †Rvi`vi KiY cÖK‡i i Aw_K mnvqZvq cÖKwZK n‡l qvq cÖKí KZ‡y‡K RvbxvB AvšÍ vi K ab`ev`| givWDj wU cÖqB K‡i‡Z th m¤j KgRZP‡I KgPvix AK‡šÍ cwi‡k‡ K‡i‡Qb Z‡`i m¤j‡K AvšÍ vi K ab`ev` RvbxvB|

(tgtv i‡dKj Bmj vg)
gnv‡i Pvj K
grm" Aria`Bi, evsj v‡`k

m̄P

melq	cōl
cōg w̄ b n̄beÜb I tKv̄m̄D̄f̄b̄ab cōk̄Y mgqm̄P tKv̄m̄c̄w̄ P̄w̄Z cōK gj̄ v̄qb cōk̄Y cōZ̄v̄kv I bw̄Zḡv̄v tZj w̄c̄qv Pv̄l i m̄āebv m̄jeav-Am̄jeav I Rx̄beĒv̄š- n̄ēf̄b̄aīt̄Yi tZj w̄c̄qi Pv̄l c̄x̄w̄Z I ēēv̄cb̄i aib gv̄Q Pv̄l gw̄U I c̄w̄bi _Yv̄_Y tct̄b, Lw̄Pv̄q I avb̄t̄t̄Z ḡtb̄t̄m̄ tZj w̄c̄qi Pv̄l w̄Zx̄q w̄ b gt̄b̄t̄m̄ tZj w̄c̄qi tc̄ub̄ Drc̄v̄ b tK̄sk̄j gt̄b̄t̄m̄ tZj w̄c̄qi bvm̄w̄i ēēv̄cb̄ (tmkb-1) gt̄b̄t̄m̄ tZj w̄c̄qi bvm̄w̄i ēēv̄cb̄ (tmkb-2) c̄K̄ti gt̄b̄t̄m̄ tZj w̄c̄qi Pv̄l gt̄b̄t̄m̄ tZj w̄c̄qv Pv̄l i Av̄q-ēt̄qi w̄m̄ve ZZx̄q w̄ b cv̄z̄m̄ Pv̄l i c̄uf̄g, m̄āebv I m̄jeav-Am̄jeav cv̄z̄t̄mi Rx̄ēv̄b̄, Pv̄l c̄x̄w̄Z I ēēv̄cb̄i aib cv̄z̄t̄mi bvm̄w̄i ēēv̄cb̄ cv̄z̄t̄mi Pv̄l ēēv̄cb̄ cv̄z̄m̄ Pv̄l i Av̄q-ēt̄qi w̄m̄ve PZL w̄ b gt̄b̄t̄m̄ tZj w̄c̄qv I cv̄z̄m̄ Pv̄l i S̄k̄ I t̄iM ēēv̄cb̄ Ges c̄w̄i t̄ek ev̄Üe gv̄Q Pv̄l c̄Ag w̄ b `t̄h̄M ēēv̄cb̄ tKv̄m̄c̄p̄i v̄f̄j v̄Pb̄ cōk̄Y c̄i eZ̄P gj̄ v̄qb I tKv̄m̄gj̄ v̄qb	07-56
	57-88
	89-120
	121-134
	135-148



9 ♦ grm̩ Aɪə`Bi, evʒɪt̩k

MYCŘvZŠj evsj v^t k mi KvI
 grm^m Awa`Bi , evsj v^t k
 grm^m feb, i gbv, XvKv |

†Kvm^t gtbv^tm. †Zj wmcqv I cvl^vm PvI e^e-vcbv |

cik^tY tgqv` t 05 w b|

mgq w b/Zwi L	8:30-9:00	9:00-10:00	10:00-11:00	11:00-11:15	11:15-12:00	12:00-13:00	13:00-14:30	mvÜ Kyj xb KvR
w b - 1	DfØvabx Abþvb	cik gj vqb I †Kvm ^c ci ^v PvZ, cik ^t Y c ^v kv I bxZgyj v	†Zj wmcqv PvI i mælevb myeav- Amjeav I Rxebet ^v S-	Pv weiZ	wewfbmai ^t Yi †Zj wmcqvi PvI c ^v W I e ^e -vcbvi aib	gvQ PvI gwU I cwbi , Y, Y	tctb, LwPvq I avbt ^t Z gtbv ^t m. †Zj wmcqvi PvI	
w b - 2	cþivtj vPbv, c ^v fve I Dc ^v vcbv	gtbv ^t m. †Zj wmcqvi tcvbv Drcv ^v b tKskj	gtbv ^t m. †Zj wmcqvi bvm ^v i e ^e -vcbv (tmkb 1)	Pv weiZ	gtbv ^t m. †Zj wmcqvi bvm ^v i e ^e -vcbv (tmkb 2)	cKti gtbv ^t m. †Zj wmcqvi PvI	gtbv ^t m. †Zj wmcqvi PvI i Avq-e ^t qi wnmve	mvÜ Kyj xb KvR
w b - 3	cþivtj vPbv, c ^v fve I mvÜ Kyj xb KvRi Dc ^v vcbv	cvl ^v m PvI i cufig, mælevb I myeav- Amjeav	cvl ^v mi Rxet ^v Avb, PvI c ^v W I e ^e -vcbvi aib	Pv weiZ	cvl ^v mi bvm ^v i e ^e -vcbv	cvl ^v m PvI e ^e -vcbv	cvl ^v m PvI i Avq-e ^t qi wnmve	mvÜ Kyj xb KvR
w b - 4	cþivtj vPbv, c ^v fve I mvÜ Kyj xb KvRi Dc ^v vcbv	gtbv ^t m. †Zj wmcqv I cvl ^v m PvI i Sik, tiM e ^e -vcbv Ges ci ^v tek evÜe gvQ PvI				gvw ci ^v `k ^t	gw ci ^v `k ^t c ^v te ^v b c ^v qb	
w b - 5	cþivtj vPbv, c ^v fve I gwv ci ^v `k ^t c ^v te ^v b Dc ^v vcb	`#hM e ^e -vcbv	†Kvm ^c cþivtj vPbv	Pv weiZ	cik ^t Y cieZ ^P gj vqb I †Kvm ^c gj vqb	mgvcbx Abþvb I mb ^v c ^t weZiY		

cök¶Y weIqK tPKwj ó

WbP Dtz Zelq, t j v mWKFvte cō k^gbi ci wUK wPý (✓) w` b|

1. Dc^thWx t^trkvK cwi "Q`
 2. fvj fv^te Af^xo `j t^tK e^tstZ cwi v
 3. Dct^thWx c^tk^tY ~ib ibePb
 4. c^tk^tYv_< i Kj v^tY wKQyKi v
 5. eÜZpmj f AvPi Y Ki v
 6. fvj f^tgKvi AeZvi Yv
 7. c^teP A^tatek^tbi m^t_ thMm^t ~vcb
 8. c^tk^tYv_< i D0^tKi Y
 9. A^tatek^tbi Ici Av^tj vKcvZ I D^ti^t K^t e^tL v
 10. ^ahR^tj AvPi Y
 11. A^taK KgR^tm^túbel Drmvnx
 12. tLyj vt^tgj v g^tbi
 13. weI qe ~ m^tútK^tavi Yv
 14. c^tk^tY^tYi avivewnKZv
 15. c^tk^tY t^tbv e^tenvi
 16. mgq ibqšv
 17. cwi ®vi KU~t^ti i e^tenvi
 18. A½-f^tl½
 19. c^tkeD^tEi t^tKškj
 20. c^tk^tYv_< i AskM^tY
 21. `j xq m` m^t e^te ~vcbv
 22. c^tk^tY mvgM^t e^te ~vcbv
 23. we^tfbaitbi c^tk^tY mnvqK mvgM^ti e^tenvi
 24. m^tWKFv^te `k^tbxq mnvqK mvgM^tc^t k^t
 25. Av~vkxj nI qv
 26. Av^tK^te^tenvi K A^tatekb c^t k^t
 27. c^tk^tYv_< i e^tenvi K Kv^tR Ab^tkxj b Ki vtbv
 28. c^tk^tYv_< i e^tenvi K KvR ch^te^tY
 29. gj weI tqi mvi -mst^tc^tKi Y
 30. D^ti^t K^t ibix^tv
 31. wj dtj UweZi Y
 32. cieZP A^tatek^tbi m^t_ thMm^t ~vcb Ki v
 33. Avb^tibKf^te we`vq Rvbvtbv
 34. c^tk^tY mvgM^t I hšc^twZ cwi ®vi Ki v|

GKK Abkjij b

c̄Z̄nK Rvb̄

GKK KvR

G Abkjij bxi D̄t̄l K̄ nt̄j v t̄Kv̄m̄ ĀlR̄ Ávt̄bi c̄Z̄dj b Kiv h̄t̄Z c̄k̄P̄Yv̄ M̄Y t̄Kv̄m̄ ĀlR̄ Ávb I `P̄Zvi i "Zi
Ab̄v̄eb K̄ti f̄vel t̄Z c̄k̄P̄Y c̄v̄i P̄v̄i bvi t̄P̄t̄ G Ávb I `P̄Zvi c̄q̄t̄Mi ēv̄c̄t̄i ēw̄³MZ Ab̄f̄w̄Z m̄út̄K̄B̄w̄Zev̄PK
f̄ngKv̄ c̄v̄i b K̄ti t̄Z c̄v̄i b |

1. w̄ b t̄k̄t̄l 5-10 w̄b̄U mgq H w̄ t̄bi w̄k̄P̄Yq̄ w̄l q̄M̄j v w̄b̄t̄R w̄b̄t̄R c̄p̄i v̄t̄j v̄P̄v̄ Ki "b |
2. t̄Kv̄m̄t̄k̄t̄l ēw̄³MZf̄v̄te w̄K w̄k̄L̄t̄j b, t̄Kv̄b w̄l q̄U Av̄cbvi Kv̄t̄Q i "Zc̄ȲQ̄j Ges f̄vel t̄Z Zv̄ w̄Kf̄v̄te c̄q̄M̄
Ki t̄eb Zv̄ m̄s̄P̄B̄f̄v̄te w̄j L̄p̄ |
3. w̄b̄ḡe Q̄K Ab̄h̄v̄q̄x m̄s̄P̄B̄f̄v̄te t̄Kv̄m̄ w̄l q̄w̄` w̄j t̄L i w̄L̄t̄Z c̄t̄i b |

Kvh̄p̄g	Kvh̄p̄g t̄_t̄K ēw̄³MZf̄v̄te Aw̄g Kx w̄k̄L̄j v̄g	h̄v̄ w̄k̄L̄j v̄g Kx f̄v̄te Zv̄ Kv̄t̄R c̄q̄M̄ Ki t̄ev̄
c̄Z̄nK Rvb̄	1. f̄vel t̄Z c̄q̄v̄Rbxq̄ Z_ " c̄v̄i q̄v̄i R̄t̄b̄ c̄Z̄nK Rvb̄ w̄b̄q̄w̄gZ ēw̄³MZf̄v̄te m̄s̄i P̄t̄Yi i "Zi	mḡ-w̄k̄P̄Yq̄ w̄l q̄, t̄j v Aw̄g G c̄x̄w̄Z̄t̄Z msi P̄Y Ki t̄ev̄ Ges Av̄gv̄i c̄k̄P̄t̄Y G c̄x̄w̄Z P̄v̄ yKi t̄ev̄
Z_ " M̄b̄Y c̄x̄w̄Z	1. w̄Kf̄v̄te P̄w̄l i v t̄Kv̄b Z_ " M̄b̄Y K̄ti Ges t̄Kv̄b w̄l q̄, t̄j v P̄w̄l i Z_ " M̄b̄t̄Y c̄f̄v̄e t̄dt̄j	ḡt̄V P̄w̄l t̄_ i m̄t̄_ Kv̄R Kiv̄i mgq Z_ " M̄b̄Y c̄x̄w̄Z Zvi c̄f̄v̄eKm̄ḡa -s̄i Y t̄i t̄LB m̄c̄ñv̄i Y Kv̄R Ki t̄ev̄

GKK Abkjxj b

MöndU teW©(Graffiti Board)

GKK KjR

G Abkjxj bxi Df' k' n'j v tKv'mP wewfbœKvh@tgi gj' qb | cIZfvtei myhM myo Kiv hvZ cikkPK -rO`gq
cwi teek mdj fvte tKm°Cwi Pvj bvi j tP cikkYv_@` i cIqvRbxq gZvgZ tcZ cti b Ges tm Abhvaqx c` tPc MhY
KiZ cti b|

1. tKv'mP myeK Kvh@tgi lci tKv b gZvgZ ev ciwgk©_Ktj Zv Graffiti Board-G wce x Ki"b| cikkPK
cIZw b MöndU teW©` Lteb Ges Dwj wZ gZvgZi cIZfve t` teb|

†KumCwi PWZ

As̄Ki †Lj v

mbtgi AsK, t̄j vi Rb" wēkl mbt̄ Rbv nt̄j v th, ð+ð wPý Øviv wēqm, ðNð wPý Øviv fM, ð×ð wPý Øviv thM | ð÷ð wPý Øviv
 , Y eSvibv nt̄qto|

mgq : 20 tm̄KE

1. $7 + 4 =$

2. $4 - 2 =$

3. $6 \times 3 =$

4. $3 \div 3 =$

5. $6 \times 2 =$

6. $3 \div 2 =$

7. $4 + 2 =$

8. $6 - 2 =$

9. $4 \times 3 =$

10. $6 \div 3 =$

11. $1 \div 2 =$

12. $2 \times 3 =$

13. $5 + 2 =$

14. $4 \times 2 =$

15. $8 + 4 =$

cōZ̄nK c̄bi vPbv

GKK/` j xq Ab̄kj b

G Ab̄kj bxi D̄f̄l K̄ n̄tj v ceP̄ t̄bi K̄h̄ug c̄bi vPbv Ges cōĒ m̄ŪK̄j xb K̄R Dc̄vcbi m̄th̄M m̄j̄o K̄v h̄t̄Z AskM̄h̄YK̄vi xMY ĀR̄Z Āw̄F̄ÁZvi w̄bgq Kīt̄Z c̄v̄ib|

K. c̄bi vPbv

- cōg w̄b ēZxZ cōZ̄b īt̄ZB j Ūwi ī gvātg H̄ w̄t̄bi c̄bi vPbv Aw̄tek̄b Dc̄vcbi Rb̄ GKRb c̄Z̄b̄ia w̄beP̄b Kīt̄Z n̄te| w̄beP̄Z c̄k̄Yv̄_P̄ Av̄t̄Mi w̄t̄bi Dc̄vcbi me,t̄j v Aw̄tek̄b t̄t̄K̄ ,ī Z̄c̄Ȳ GKIU w̄k̄Yq w̄el̄t̄qi Ici 5 w̄gbU mgq ē3ē" ivL̄eb| ē3t̄ēi gj̄ w̄el̄q n̄te w̄el̄qU w̄K̄, t̄K̄ ,ī Z̄c̄Ȳ Ges w̄K̄f̄te Zv̄ f̄neL̄t̄Z K̄t̄R j w̄M̄teb|
- GKBf̄te c̄k̄YK̄ Av̄i GKRb c̄k̄Yv̄_P̄K̄ j Ūwi ī gvātg w̄beP̄b Kīt̄eb w̄h̄b MZ w̄t̄bi mḡ-w̄el̄q,t̄j v m̄K̄t̄j i AskM̄h̄t̄Yi gvātg 15 w̄gbU mgq āi c̄bi vPbv Kīt̄eb|
- Dc̄t̄iv̄3 `jRb Dc̄vcbi m̄weR̄ Dc̄vcbi Ici 10 w̄gbU mḡt̄q c̄t̄g m̄K̄j c̄k̄Yv̄_P̄I c̄ti c̄k̄YK̄ f̄ȳ I ḡ` c̄Z̄f̄te t̄t̄eb|
- t̄K̄b AskM̄h̄YK̄vi xI MZ̄ t̄bi Av̄t̄j vPbvq t̄K̄b w̄el̄t̄q R̄b̄t̄Z ev̄ ēS̄t̄Z Am̄jeav n̄t̄j Zv̄ ms̄k̄vab K̄t̄i w̄bb|

m̄ŪK̄j xb K̄t̄Ri Dc̄vcb

- ceP̄ t̄b cōĒ m̄ŪK̄j xb Ab̄kj b x m̄W̄K̄f̄te t̄R̄b w̄bb|
- K̄f̄te Dc̄vcb Kīt̄eb Zv̄ w̄bañY Kī"b|
- t̄K̄ Dc̄vcb Kīt̄eb Zv̄ w̄bañY Kī"b|
- w̄w̄t̄ mḡt̄qi ḡtā" Dc̄vcb, Av̄t̄j vPbv I c̄k̄DĒi cēt̄kl̄ Kī"b|

gW wguvi

cikl w̄bi Awatekb tk̄l cikl Yv_MYi gtbvfe A_ ſ Zviv cikl w̄bi Awatekbmn mgwMKfite Zv̄ i mšnói
weqiu ñgW wguvi iñ gva tg Dc-vcb Kit̄eb| mnvqZv`vbKvix AvU^ccv| nk̄l Qnei gva tg wZb ait̄bi mšnói weq
Dc-vcb Kit̄eb| cikl Yv_MY cikl K cikl b Awatekb tk̄l wUK (✓) wpt̄yi gva tg Zv ciy Kit̄eb|

w̄ b			
1g			
2q			
3q			
4_ ^			
5g			

Awatek̄b c̄wi Kí bv

w̄ b t 1

mgq t 08.30-09.00

tgq̄v` Kij t 30 w̄gibU

w̄k̄t̄i bv̄g t	w̄beÜb I t̄Kvm̄D̄t̄vab
Af̄xó `j t	grm̄ Awa`B̄ti i KgRZf̄e`
j ¶t	c̄ik̄Yv_¶` i w̄beÜb Ges Avb̄jw̄bKfv̄te ðgt̄bv̄tm̄. t̄Zj w̄cqv I cv̄z̄m PvI ēē-vcbw̄ t̄Kvt̄m̄ D̄t̄vab Kiv h̄t̄Z c̄ik̄K, c̄ik̄Yv_x̄l AvḡšZ AwZw_¶` i gt̄S c̄wi PwZ N̄t̄U Ges t̄Kvm̄m̄x̄ūt̄K̄ B̄w̄ZevPK ḡt̄bv̄fv̄tei m̄j̄o nq̄
D̄t̄i k̄` t	G Awatek̄b- <ul style="list-style-type: none"> • c̄ik̄Yv_¶` i w̄beÜb • c̄ik̄K, c̄ik̄Yv_x̄l AvḡšZ t̄i gt̄S c̄wi PwZ NUte • c̄ik̄Yv_x̄l i gt̄S t̄Kvm̄m̄x̄ūt̄K̄B̄w̄ZevPK ḡt̄bv̄fv̄e m̄j̄o nte

w̄l qm̄P	Avt̄j vP̄ w̄l q	c̄ik̄Y t̄Kškj	mgq
f̄wgKv	-MZ I ītf̄Qv Ávcb	ē³ Zv	2 w̄gibU
w̄l qe^-			25 w̄gibU
	<ul style="list-style-type: none"> • c̄ik̄Y mgM̄ w̄eZi Y • m̄j̄b̄r` ī dītg c̄ik̄Yv_¶` i bv̄ w̄beÜb • GKRb c̄ik̄Yv_x̄l GKRb AvḡšZ AwZw_ ðgt̄bv̄tm̄. t̄Zj w̄cqv I cv̄z̄m PvI ēē-vcbw̄ t̄Kvt̄m̄ ci ms̄w̄l̄B ē³ē c̄vb • c̄vb AwZw_ KZR t̄Kvm̄D̄t̄vab 	ē³ Zv	
m̄vi -ms̄t̄¶c	<ul style="list-style-type: none"> • c̄ik̄K KZR AvḡšZ AwZw_ • c̄ik̄Yv_x̄l ab̄ev` Ávcb • c̄ieZc̄Awatek̄b m̄weRfv̄te t̄Kvt̄m̄ tḡšij K AeKvVt̄gv Ges w̄KQyAvb̄ w̄zK w̄l qw̄` w̄t̄q Avt̄j vPv Kiv 	ē³ Zv	3 w̄gibU
c̄ik̄Y mn̄qK mgM̄ t ēvbvi, w̄beÜb dig, c̄ik̄Y mgM̄, BZw`			

ገብዎች ተሸጋግሩ ነው በዚህ ቀን ይህንን ተቀምጧል
ገብዎች የሚመለከት በዚህ ቀን | 19

K. ተከታታይ የሚመለከት በዚህ ቀን

ተከታታይ የሚመለከት በዚህ ቀን | 19

ተቀምጧል

አዲስ አበባ

አዲስ አበባ

አዲስ አበባ

አዲስ አበባ

አዲስ አበባ

1.

2.

3.

L. የአዲስ አበባ ዕቅድ :

Full Name

የቤት ቤት

Date of birth

የዚህ ዓመት የሚመለከት በ()

 / /

Designation

አዲስ አበባ

Address

አዲስ አበባ

Telephone / Mobile No. (if any)

የዚህ ዓመት የሚመለከት በ()

የዚህ ዓመት

የዚህ

አዲስ

አበባ

ḡb̄t̄m· t̄Zj w̄cqv | c̄v̄z̄m P̄l ēē-̄v̄cb̄ t̄K̄m^o
 grm" Awa`Bi , eisj n̄'k

t̄K̄t̄m^o tḡq̄` Kij : n̄Z ch̄s̄+

̄v̄b:

̄B̄t̄i i b̄v̄g | w̄K̄v̄b̄v̄ :

b̄v̄g w̄bēÜb̄ dig

μ̄igK bs	b̄v̄g	eqm	w̄k̄t̄MZ th̄M̄'Z̄v	c̄ ex	eZ̄ḡw̄b̄ Kḡōj		̄v̄i
					Dc̄t̄R̄j̄ v	t̄R̄j̄ v	
1	2	3	4	5	6	7	8
1							
2							
3							
4							
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17							

c̄k̄t̄Ki b̄v̄g | ̄v̄i : _____
 Z̄w̄i L : _____

Awaekb cwi Kí bv

w b t 1

mgq t 09:00-10:00

tgqy` Kij t 60 wibU

wk t i vbg t	ciklK gj vqb, tKwm cwi wPwZ, ciklY ciz vkv bwZgyj v
Afxó `j t	grm` Axa` Bti i KgRZfe;
j ¶ t	G Awaekb ciklYv_iP i tK tKt mP tgšij K KvWtgv, tKt mP mft_ mawKtP Avbj wZK KvWtP Ges ciklYv_iP i GtK Aci tK fuj fute Rvbvi ešvi mfhwM Kti t` qv nte hvZ Zvi v tKt mP mweK Kvhtg AskMhY D0k nb Ges tLij vfgj v eÜZcY cwi tek mjo KitZ cvtib
Dt i k t	Awaekb tk t ciklYv_iP <ul style="list-style-type: none"> • GtK Aci tK fuj fute RvbZ eštZ cvtib • maw` ciklY eenvi Kti ciklY ce®gj vqb maw` b KitZ cvtib • tKt mP j ¶ Dt i k` Ges KvWtgv mawtKej tZ cvtib • tKwm hZ Zv i ciz vkv Kx Zv e³ KitZ cvtib Ges • ciklYKv j b mgf q tgib Pj vi Rb` bwZgyj vi evcv i mawZ nteb

weqmiP	Avtj vP weq	ciklY tKskj	mgq
fwgKv			3 wibU
	<ul style="list-style-type: none"> • TmZg • ciklY KZK msitBfute tKt mP i "Zj e"vL" 	e³Zv	
weqe-			52 wibU
	<ul style="list-style-type: none"> • ciklY ce®gj vqb • ciklYv_iP i gts cwi wPwZ • ciklY ciz vkv • tKt mP j ¶ Dt i k` • mgqmiP weZiY • ciklY bwZgyj v • ciz wK Rvbj , Mawdu teWcI cbi vj vPbv 	GKK Abkjaj bx, ciklEi, e³Zv gZigz hwPvB	
mv -mst¶c			5 wibU
	<ul style="list-style-type: none"> • gj weq cbi vj vPbv • Dt i k` hwPvB • cieZP Awaekb tbi mft_ msthwM • n̄EAvDU weZiY • ab`er` Ávcb 	e³Zv ciklEi	
ciklY mnwqK mgM t twqyBU teWcgyKvP, wDRicE, wfckwvñwUAvDU, ciklEi BZw			

ḡt̄b̄t̄m· t̄Zj w̄c̄q̄v | c̄v̄z̄m P̄l ēē-̄c̄b̄v

c̄K ḡj̄ v̄q̄b̄ c̄k̄ēt̄

m̄W̄K D̄Ēt̄ ī c̄v̄t̄k̄ m̄ŪK̄P̄ȳ (v̄) w̄ b̄ | m̄K̄j̄ c̄k̄ē ḡv̄b̄ m̄ḡv̄b̄

c̄Ȳḡb̄ - 100

m̄ḡq̄ - 25 w̄ḡb̄U

b̄ḡ.....c̄ ex.....

Kḡc̄j̄

01. t̄Zj w̄c̄q̄v̄ ī R̄b̄ K̄Z̄ M̄ḡ n̄t̄j̄ c̄j̄ "l̄ -̄t̄ c̄v̄_̄K̄" K̄v̄ h̄v̄ ?

- K) 30-40
- L) 50-60
- M) 20-40
- N) 25-50

02. Āv̄-̄b̄l̄eo c̄x̄Z̄t̄Z̄ K̄Z̄K̄v̄ K̄Z̄ f̄M̄ c̄K̄īZ̄K̄ L̄t̄-̄ī D̄c̄ī w̄b̄f̄P̄ K̄v̄ n̄q̄ ?

- K) 30
- L) 40
- M) 50
- N) 20

03. ḡw̄t̄Z̄ w̄K̄ w̄K̄ D̄c̄v̄` v̄b̄ _̄v̄t̄K̄ Ges̄ D̄c̄v̄` v̄b̄ ,̄t̄j̄ v̄ī K̄Z̄K̄v̄ n̄v̄ī K̄Z̄ ?

04. c̄j̄ō Ī w̄CGBP̄ Ab̄ȳq̄x̄ c̄K̄ī ev̄ R̄j̄ w̄k̄q̄t̄K̄ K̄Z̄ f̄t̄M̄ f̄v̄M̄ K̄v̄ h̄v̄ ?

- K) 4
- L) 3
- M) 5
- N) 2

05. t̄K̄b̄n̄Ū K̄v̄Ū w̄d̄k̄ b̄q̄ ?

- K) w̄ks
- L) Āv̄Bo
- M) ḡv̄,̄ī
- N) D̄c̄t̄ī ī mē ,̄t̄j̄ v̄B̄

06. b̄x̄t̄Pī t̄K̄b̄ āīt̄Ȳī ḡw̄Ū ḡv̄Q̄ P̄t̄l̄ ī R̄b̄ D̄c̄t̄h̄w̄M̄x̄ ?

- K) t̄` v̄q̄w̄k̄
- L) j̄ v̄j̄ ḡw̄Ū
- M) Ḡt̄Ūj̄
- N) t̄et̄j̄ t̄` v̄q̄w̄k̄

07. ḡv̄Q̄ P̄t̄l̄ ī m̄ēt̄P̄t̄q̄ Ab̄K̄j̄ w̄CGBP̄ ḡv̄t̄ v̄ t̄K̄b̄n̄Ū ?

- K) 3.5-8.5
- L) 7.5-8.5
- M) 4.0-10.0
- N) 7.0-9.0

08. gvQ PrtI DcthvMx dmdivm gvīv KZ ?

- K) 0.2 ug.M/100 Mg
- L) 3 ug.M/100 Mg
- M) 0.3 ug.M/100 Mg
- N) tKvbUB bq

09. gtbvfm- tZj wmcqy cij "I RvtZi tcvbu ^Zvi tZ tKvb ni tgvb&e;envi Kiv nq?

10. gvQ PrtI i metP tq AbKj bvBtUttRtbi gvīv KZ ?

- K) 15-20ug.M/100 Mg
- L) 8-10ug.M/100 Mg
- M) 20-25ug.M/100 Mg
- N) Dcti i tKvbUB bq

11. tZj wmcqy gvQ PrtI m¤úi K Lvt^ Awigti i gvīv KZ nI qv fvij v ?

- K) 30-35%
- L) 20-25%
- M) 40-50%
- N) tKvbUB bq

12. evsj vt k KZ RvtZi tZj wmcqy itqto ?

- K) 5
- L) 6
- M) 3
- N) 4

13. Avav bieco cxiZtZ gtbvfm- tZj wmcqy gvtQi GKK PrtI gRj NbZi KZ ?

- K) 200-300W
- L) 100-150W
- M) 400-500W
- N) 250-350W

14. cvžim gvQ tKvb tMvti AšF3 ?

15. ^tZj wmcqy gvt _tK KZ vtbi ci Wg msMh Kiv hq ?

- K) 10
- L) 12
- M) 32
- N) 20

16. GK kZis̄t̄k c̄v̄z̄t̄mi av̄bx t̄c̄v̄b̄v̄ gR̄y NbZ̄j KZ ?

17. Rj R ĀM̄Q̄v̄ KZ c̄K̄vi I Kx Kx ? Ḡt̄ i w̄bq̄S̄Y c̄x̄w̄Z̄ Kq̄U ?

18. i v̄P̄t̄m̄ ḡv̄Q̄ ḡv̄i v̄i Rb̄ 9.1 k̄w̄3̄ m̄x̄úb̄ēt̄ i v̄t̄Ūb̄t̄bi c̄q̄M̄ ḡv̄īv̄ KZ ?

19. t̄c̄t̄b̄ ḡv̄Q̄ P̄v̄l̄ Kx ?

20. L̄P̄v̄q̄ t̄K̄b̄ t̄K̄b̄ c̄R̄w̄Z̄ī ḡv̄Q̄ P̄v̄l̄ j v̄f̄Rb̄K̄ ?

21. t̄i YyP̄t̄l̄ t̄K̄b̄ t̄K̄b̄ aīt̄Yī R̄y c̄w̄Ūb̄ P̄w̄Z̄Kī ?

22. P̄w̄Z̄Kī Rj R t̄c̄v̄K̄v̄ ḡv̄K̄ō ḡv̄īv̄ Rb̄ Kx Kx JI a ēen̄v̄ī Kiv̄nq̄ ?

23. ḡt̄b̄t̄m̄ t̄Z̄j̄ w̄c̄āv̄ Z̄īx̄t̄Z̄ n̄īt̄ḡv̄b̄ w̄Ūt̄ḡŪ Gī mḡq̄ c̄w̄b̄ī Ab̄K̄j̄ Z̄v̄c̄ḡv̄īv̄ KZ n̄l̄ q̄v̄ D̄w̄Z̄ ?

K) 24-27 w̄w̄M̄t̄m̄w̄Ūt̄M̄w̄

L) 30-32 w̄w̄M̄t̄m̄w̄Ūt̄M̄w̄

M) 28-32 w̄w̄M̄t̄m̄w̄Ūt̄M̄w̄

N) 29-35 w̄w̄M̄t̄m̄w̄Ūt̄M̄w̄

24. c̄K̄t̄ī ī Z̄j̄ v̄q̄ m̄t̄ēP̄P̄ KZ B̄Ā K̄v̄v̄ īv̄L̄v̄ h̄t̄e?

25. c̄v̄z̄m̄ P̄t̄l̄ ī t̄P̄t̄ī t̄K̄b̄ t̄īv̄M̄Ū tek̄x̄nq̄ ?

Awatekb c̄w̄ K̄b̄

w̄ b̄ t̄ 01

mḡ t̄ 10:00-11:00

tḡq̄ K̄j̄ t̄ 60 w̄ḡb̄U

w̄k̄t̄i v̄b̄v̄ḡ t̄	t̄Zj̄ mcq̄ P̄t̄l̄ ī m̄teb̄v̄, m̄yeav̄-Am̄yeav̄ Rx̄beĒS̄-
Afx̄ō `j̄ t̄	grm̄ Āw̄ B̄t̄i ī KḡR̄Z̄f̄ēs̄
j̄ P̄t̄	c̄k̄p̄Yv̄_P̄t̄ ī t̄Zj̄ mcq̄ P̄t̄l̄ ī m̄teb̄v̄, m̄yeav̄-Am̄yeav̄ Rx̄beĒS̄-m̄úK̄Z̄ c̄l̄iḡK̄ avī Yv̄ t̄ q̄v̄ n̄t̄ē h̄t̄Z̄ Z̄v̄īv̄ t̄Zj̄ mcq̄ P̄t̄l̄ ī c̄Ūf̄ḡ, w̄-w̄Z̄, ^ēn̄k̄ō, P̄t̄l̄ ī m̄yeav̄-Am̄yeav̄ BZ̄w̄ m̄úK̄C̄l̄iḡK̄ avī Yv̄ j̄v̄f̄ K̄t̄ ī m̄W̄K̄f̄v̄ē t̄Zj̄ mcq̄ P̄l̄ K̄h̄p̄ḡ c̄w̄ P̄j̄ b̄v̄ m̄úK̄P̄w̄l̄ t̄K̄ mn̄t̄h̄w̄M̄Z̄v̄ K̄t̄Z̄ c̄t̄īb̄
D̄t̄ī K̄t̄	Awatekb̄ t̄k̄t̄l̄ c̄k̄p̄Yv̄_M̄Ȳ-
	<ul style="list-style-type: none"> • t̄Zj̄ mcq̄ P̄t̄l̄ ī c̄Ūf̄ḡ, w̄-w̄Z̄, ^ēn̄k̄ō, P̄t̄l̄ ī m̄yeav̄-Am̄yeav̄ BZ̄w̄ m̄úK̄ēj̄ t̄Z̄ c̄v̄īt̄eb̄ • ḡtb̄tm̄ t̄Zj̄ mcq̄ī Rx̄beĒS̄-m̄úK̄ēj̄ t̄Z̄ c̄v̄īt̄eb̄

w̄l̄ q̄m̄P̄	Āw̄j̄ v̄P̄ w̄l̄ q̄	c̄k̄p̄Y t̄k̄sk̄j̄	mḡ
f̄w̄ḡK̄v̄			3 w̄ḡb̄U
	<ul style="list-style-type: none"> • -w̄M̄Z̄ḡ • ēZ̄@̄v̄b̄ Á̄v̄b̄ h̄v̄P̄v̄B̄ • ēZ̄@̄v̄b̄ Awatek̄t̄bī m̄v̄t̄_ m̄st̄h̄w̄M̄ -v̄c̄b̄ • Awatek̄t̄bī D̄t̄ī K̄t̄ ēv̄L̄v̄ • D̄ŌȳK̄ī Ȳ 	ē³Z̄v̄ c̄k̄t̄Ēī	
w̄l̄ q̄ē-			52 w̄ḡb̄U
	<ul style="list-style-type: none"> • t̄Zj̄ mcq̄ P̄t̄l̄ ī "Z̄j̄ t̄P̄t̄ mḡn̄ • t̄Zj̄ mcq̄ P̄t̄l̄ ī m̄yeav̄-Am̄yeav̄ • w̄w̄fb̄m̄īt̄bī t̄Zj̄ mcq̄ī c̄w̄ P̄īZ̄ • t̄Zj̄ mcq̄ī ^w̄n̄K̄ ēj̄, Āv̄ēv̄m̄-j̄ Lv̄`v̄f̄v̄m̄ • t̄Zj̄ mcq̄ī Rx̄b̄ ēĒS̄- <ul style="list-style-type: none"> - M̄Z̄@̄Z̄w̄ - w̄N̄ḡ c̄v̄ōv̄ - w̄b̄w̄ ³K̄ī Ȳ - w̄t̄ḡī c̄w̄ P̄h̄P̄ - ev̄P̄v̄ī R̄b̄f̄ v̄b̄ - c̄w̄ c̄° ḡt̄Q̄ c̄w̄ YZ̄ n̄l̄ q̄v̄ 	c̄k̄t̄Ēī w̄d̄c̄P̄v̄Ū	
m̄v̄ī -m̄st̄t̄c̄			5 w̄ḡb̄U
	<ul style="list-style-type: none"> • gj̄ w̄l̄ q̄ c̄p̄īt̄j̄ v̄P̄b̄v̄ • D̄t̄ī K̄t̄ h̄v̄P̄v̄B̄ • c̄iēZ̄@̄Awatek̄t̄bī m̄v̄t̄_ m̄st̄h̄w̄M̄ • n̄v̄ĒAv̄DŪ w̄Z̄ī Ȳ • ab̄ēr̄ Á̄v̄c̄b̄ 	ē³Z̄v̄ c̄k̄t̄Ēī	
c̄k̄p̄Y m̄n̄q̄K̄ m̄v̄ḡM̄ t̄t̄n̄q̄v̄BŪ t̄ēw̄@̄ḡK̄f̄, Ab̄k̄x̄j̄ b̄x̄ w̄k̄Ū, w̄d̄c̄P̄v̄Ū@̄BZ̄w̄			

wdePwU©cwi Kí bv

<p>tZj wicqv Pwf i mjeav</p> <p>mjeav-Amjeav Ges RxebeEvs-</p>	<p>tZj wicqv Pwf i mjeav tPfmgm</p> <ul style="list-style-type: none"> • tZj wicqv gvQnU myf y AvKl Yxq evRwf i evcK Pwn`v i tqfQ • AraK Drcv` bkj • mePK • tiM cZtiva PgZv teik • teik NbZj Pwl ver` Kiv hq • me ai tbi Rj vktq Pwl ver` Kiv hq
<p>tZj wicqv Pwf i mjeav</p> <ul style="list-style-type: none"> • AraK Drcv` bkj • tiM cZtiva PgZv teik • teik NbZj Pwl Kiv hq • Kg Aw tRb Ges we ZZ (Wide range) ZvcgvIq Lvc Lvl qfZ cfti • -yI j eYi³ cwbZ Pwl Kiv hq • mePK weavq gvQ Pwf LiP Kg nq <p>Amjeav</p> <ul style="list-style-type: none"> • Rbhvi RwgZK nti nl qvq msLwafK i dtj cKti Drcv` b nm cvq • mnRB Rwfj aiv hq bv • eo cKti i tPf tZj wicqv Pwl eee`cbv RwUj 	<p>wefbaatbi tZj wicqv i cwi wPwZ</p> <ul style="list-style-type: none"> • tgvRwK tZj wicqv (<i>Oreochromis mossambicus</i>) • bvBj tZj wicqv (<i>Oreochromis niloticus</i>) • jvj tZj wicqv (Red Tilapia strain) • MDU tZj wicqv (Genetically improved Farmed Tilapia- GIFT) • gtbvfm tZj wicqv (Sex Reversed Tilapia)

tZj wicqy PvI i mjeav, myeav-Amjeav Ges RxbeEvS-

tZj wicqy PvI i mjeav, i "Zj I tPfT mgn t

- tZj wicqy gQnU myf yGes tLtz AvKl Yiq nI qvq Af ShiY I AvSRwZK evRtI evcK Pwn` v i tqfQ |
- G gQ Avak Drcv` bkJ ejt PvI I Avak j vf nq |
- mePK meavq gQ PvI Drcv` b LiP Kg nq |
- tivM cZtiva PgZv Ges cKuZi wefc ciw tetk mnbxq PgZv teuk |
- %RieK I Kwl R eRtK Dbz AwgI ifciShKi fY mPq |
- teuk NbZj PvI ver` Kiv hvq |
- -f yI j eYv3 cwb QwoI wewfbmai tbi Rj vktq PvI ver` Kiv hvq |
- wewfbacxwZtZ PvI ver` Kiv hvq | thgb- GKK, mgk, mgkZ, LwPq, tcb cxiZ BZ`w` |

tZj wicqy PvI i myeav I Amjeavmgn t

	myeav	Amjeav
1)	Avak Drcv` bkJ	1) Rbhvi RwgwZK nti nl qvq msLwafK i dtj cKti Drcv` b nmw cvq
2)	tivM cZtiva PgZv teuk	2) mnRB Rvij aiw hvq bv
3)	teuk NbZj PvI Kiv hvq	3) eo cKtii tPfT tZj wicqy PvI eev`vcbw Ruj
4)	Kg Aw tRb Ges we-ZZ (Wide range) ZvcgvIvq Lvc Lvl qvtZ ciwi	
5)	-f yI j eYv3 cwbZ PvI Kiv hvq	
6)	mePK meavq gQ PvI LiP Kg nq	

wewfbmai fYi tZj wicqy ciwPwZ

tZj wicqy gvtQi cwb Drm Awdkv | Ks'eZ@tA AfbK t kB G gQnU cvl qv hvq | tZj wicqy tkYwewv nqj v t

Phylum – Chordata,
Subphylum – Vertebrata,
Class – Osteichthyes,
Order – Perciformes
Family – Cichlidae
Genes – *Oreochromis*

evsj vt tk th Kq ai fYi tZj wicqy cvl qv hvq Zvi ciwPwZ Dfj EKiv nqj v t

- 1) tgyRwK tZj wicqy (*Oreochromis mossambicus*)
- 2) bwBj tZj wicqy (*Oreochromis niloticus*)
- 3) j vj tZj wicqy (Red Tilapia strain)
- 4) Mdu tZj wicqy (Genetically improved Farmed Tilapia- GIFT)
- 5) gtbutm- tZj wicqy (Sex Reversed Tilapia)

cwi wPwZ t

- 1) tgvRwK tZj wmcqv t tgvRwK tZj wmcqv 1954 m̄tj _vBj v̄U n̄Z evsj v̄' t̄k Avbv nq| G ai t̄Yi tZj wmcqv t̄L̄Z ami t̄t̄K Kv̄j v̄ is Gi I tQvU AvKv̄ii | cj "I tZj wmcqvi tej vq Mj vi As̄ki nj̄ j̄ eY©Ges v̄' ḡt̄Qi eY©CIR nvj Kv̄| c̄p̄ I c̄j̄Q cvLbv D̄3/4j j̄ v̄ etY© ḡwRb h̄j̄ |
- 2) bvBj tZj wmcqv t bvBj tZj wmcqv 1974 m̄tj _vBj v̄U n̄Z evsj v̄' t̄k Avbv nq| G ai t̄Yi tZj wmcqv t̄L̄Z ami -bxj v̄f t̄t̄K mv̄ v̄ j̄ v̄ tP| cj "I ḡt̄Qi Mj vi As̄ki eY© v̄j tP Ges v̄' i tP t̄t̄t̄ eY© v̄j tP nj̄ j̄ v̄f| c̄p̄ cvLbv K̄oetY© ḡwRb h̄j̄ Ges c̄j̄Q cvLbv mv̄ v̄ etY© mi" I j̄ v̄' v̄Mhj̄ |
- 3) j̄ v̄ tZj wmcqv t j̄ v̄ tZj wmcqv 1988 m̄tj _vBj v̄U n̄Z evsj v̄' t̄k Avbv nq| Gj̄ Zt ZvBI qv̄b Gj̄ w̄t̄bv mossambic Ges niloticus Gi nvBwE| AvKvi AvKwZ Ab̄ me tZj wmcqvi gZB wKs M̄t̄qi is j̄ v̄ |
- 4) wMdU tZj wmcqv t 1994 m̄tj grm M̄tel Yv BbwJDU wdwj wcbn t̄t̄K G RvZ Avg` vbx K̄i Ges w̄bqgZ c̄Rbb I tR̄bJUK M̄tel Yv ḡv̄t̄g BFRI super RvZ v̄Zv̄ K̄i | GwU bvBj tZj wmcqvi Db̄z ms̄i Y| G tZj wmcqvi tj̄ tRi AvovAvw t̄Lwmgw wbi w̄Qb̄ bvBj tZj wmcqvi M̄t̄qi is t̄t̄qi tP̄t̄q GwU M̄t̄qi is nvj Kv̄ |
- 5) ḡt̄bvt̄m- tZj wmcqv t ḡt̄bvt̄m- tZj wmcqv Db̄z ms̄i t̄Yi Avi GKwU RvZ| ḡt̄bvt̄m- tZj wmcqv 1978-1998 chS-M̄tel Yv Kv̄R nt̄t̄Q| 2002 m̄tj G ḡv̄ P̄t̄l i c̄h̄vi N̄U| tm mgq evsj v̄' t̄kI Pv̄l t̄i" nq| ḡt̄bvt̄m- tZj wmcqv ḡv̄QwU cj "I RvZi| G ḡv̄Q, v̄j mg AvKwZi Ges ĀbKwU wMdU tZj wmcqvi ḡt̄Zv̄ |

%eikó" I ^ wK eipx

- 1) tgvRwK tZj wmcqv t tQvU AvKv̄ii I ^ t̄ Drcv` bkj | 2 1/2- 3 ḡt̄m 75 - 100 M̄g chS- nq| ḡv̄ ch̄t̄q RbwZv̄ j̄ v̄f K̄i w̄b |
- 2) bvBj tZj wmcqv t tgvRwK tZj wmcqvi tP̄t̄q eo nq| D"p dj bkj | 12-35 w̄wM̄ tmj wmcqm chS- Zvcgv̄v̄i we-ZZ cwi wawZt̄Z Ges Ab̄v̄b̄ ḡt̄Qi Zj̄ bvq Kg Av̄ t̄Rb(2-8 wmcGg) h̄j̄ c̄wbt̄Z Rxeb avi Y Ki t̄Z c̄t̄i | 3-25 wmcwU j̄ eYv̄3 Zv̄ Ae- t̄q Rxeb avi Y Ki t̄Z c̄t̄i | 2 1/2- 3 ḡt̄m 100 - 150 M̄g chS-eipx nq |
- 3) j̄ v̄ tZj wmcqv t ḡv̄ ch̄t̄q RbwZv̄ j̄ v̄f K̄i w̄b |
- 4) wMdU tZj wmcqv t wMdU tZj wmcqv D"pdj bkj | m̄avi Y tZj wmcqvi tP̄t̄q 35-40% Drcv` b teik nq| 4-6 ḡt̄m weCYbthwM̄ nq| Drcv` b LiP Kg, 2 1/2 - 3 ḡt̄m 150-200 M̄g chS-eipx cvq | 20-25 M̄g nt̄j cj "I Ges v̄' Avj v̄ Kv̄ hvq |
- 5) ḡt̄bvt̄m- tZj wmcqv t AraK Drcv` bkj RvZ | ^ vbxq RvZi tP̄t̄q 50-60 f̄M teik Drcv` bkj | 3-4 ḡt̄m weCYbthwM̄ Ges cwi c° Zv̄ j̄ v̄f K̄i | t̄iM̄ c̄Zt̄iva t̄gZv̄ teik | th tKv̄b Lv̄vi tL̄Z Af̄- + 2 1/2 - 3 ḡt̄m 200-250 M̄g cvl qv̄ hvq | Kg Av̄ t̄Rb Ges we-Z Zvcgv̄v̄q Lv̄ Lv̄ qv̄t̄Z cv̄i | tḡsmgx I Ab̄v̄b̄ c̄K̄i Pv̄l Kv̄ hvq | meB cj "I RvZ n̄l qv̄q c̄K̄i i Zj̄ vq MZ©K̄i evmv̄ v̄Zv̄ K̄i bv weavq Rv̄j tdt̄j ḡv̄ aiv mnR |

tZj wicqvi Anevñ-j | Lv` vF'vm t

tZj wicqvi cKti i mKj -#i emevñ Kti | GiU GKU mePK tkyxi gwQ| cKti -fweKfite Rbvtbv kvl j v | KxU cZv tLq tZj wicqvi Rxeb avi Y Ki tZ cti | tcvby, tj v KQb eo ntj (10-12 M) Giv cRbb | ¶z'¶j'i wUdvi RvZaq cWYx tLqZ cQ` Kti | PvDtj i Kdov, mvi lvi ^Lj i PYC Abvb" mxt K ev ewYiR'K wctj U Lv`" tctj Gt i AñZ `*Z epx NtU |

tZj wicqvi Rxeb eEvš-

wZb-Pvi gym eqtm hLb tZj wicqvi t`tni | Rb 60-70 M M tcsQvq ZLb t_KB tZj wicqvi cRbb ¶gZv cB nq | Zvi ci eZi chqmgm nbgiefc t

MZ°CZixKiY t

cKti i Avav wUvi t_K GK wUvi Mfxi Zj t`tki gwutZ cRbb¶g cji"l tZj wicqvi Zvi t`tni ^tNq cQ wY eVmhy³ RvqMv b tq 20-50 tmwUngUvi Mfxi MZ°CZix Kti, -gvtK H MZWMg Qovi Rb Avgšy Kti |

wbwl 3KiY t

-gvtQ H evmvq AvMgb Kti | wbwl 3 nl qvi ci -gvtQ wNg, tj v gtl Ztj wb tq H -vb ZvM Kti | cti cji"l gwQH Aci -gvtK H MZWMg w_tZ AvnYb Kti |

ev" Pvi RbYj vf t

cwbli Dchb³ Zvcgvñ (25-30 wWw tmj wmqm) wbwl 3 nl qvi 7-12 w_tbi gta" -gvtQ gtlLi tfZti i wNg, tj v dtU ev" Pvi RbYj vf Kti | cQ 12 w_tbi gw_vq -gvtQ ev" Pvi tj vtK gj t_K tQto t`q | ZLb tm, tj v cwbZ -vaxbfite Pj vtdiv ii" Kti t`q |

eq" gvtQ cwi YwZ j vf t

cQ wZb gym Kvij i gta" ev" Pvi gwQ 13-15 tmig. ^N" C 60-70 M | Rb cB nq cRbb¶g Ae" vq tcsQ hvq |

wg t`qvi cbi vE t

-gvtQ eQti wZb Pvi evi wNg w_tq _vtK |

Ariatekb cwi Kí bv

w b t 01 `pj t 11.15-12.00 tgq` Kvj t 45 wgbU

wiktivbg t newfbaitbi tZj wcqvi Pvl cxiZ I ee`vcvai aib
 Afixó`j t grm'' Ara`Bii KgRZfe,
 j¶ t cik¶Yv_ i tZj wcqvi Pwl i newfbaitki ckti Pvl cxiZ mudiKavi Yv t` qv hvZ Zwiv G Ávb
 KvR j wMtq gwQ Pwl t` i cik¶Rbxq mnsthwMzv Kitv cvtib |
 Dfi k t G Ariatekb tkil cik¶Yv_MY tZj wcqvi newfbaitYi Pvl cxiZ, Pvl ee`vcvai newfbait Ges
 tgsmgx I ewl R ckti tZj wcqvi Pvl mudiKej tZ cviteb | Pwl t` i tkLvtZ cviteb |

weiqmP	Avtj vP' weiq	cik¶Y tksj	mgq
fugKv			2 wgbU
	<ul style="list-style-type: none"> - Mzg • eZgb Ávb hvPvB • eZgb Ariatekbibi mvt_msthwM vcB • Ariatekbibi Dfi k eVLv • DøjKi Y 	e³Zv I cik¶Ei	
weiqe-			38 wgbU
	<ul style="list-style-type: none"> • Pvl cxiZi Dci wfE Kti tklyebim <ul style="list-style-type: none"> - GKK Pvl - wgtPvl - mgwšZ Pvl - LvPvq gwQPvl - tctb gwQPvl BZw • Pvl ee`vcvai Dci wfE Kti tklyebim <ul style="list-style-type: none"> - mbvZb cxiZ (Extensive) - Dbz mbvZb cxiZ (Improved extensive) - Avav-wbneo cxiZ (Semi-intensive) - wbneo cxiZ (Intensive) - Awi wbneo cxiZ (Super-intensive) • ckti ai tbgi lci wfE Kti tZj wcqvi Pvl <ul style="list-style-type: none"> - tgsmgx ckti gwQPvl - evrmii K ckti gwQPvl 	cik¶Ei I wdcpvU°	
mvi -ms¶ic			5 wgbU
	<ul style="list-style-type: none"> • gj weiq cipivtj Pbv • Dfi k hvPvB • cieZP Ariatekbibi mvt_msthwM • n̄EAvDU weZi Y • ab ev` Ávcv 	e³Zv I cik¶Ei	
cik¶Y mnwqK mwgm t twqyBU tevW°gwKf, Abkjxj bx wku, wdcpvU°BZw			

<p style="text-align: center;">gtbvdm- tZj wccqy PvI cxiZ eē-vcvri aib</p>	<p>tZj wccqy newfbPvI cxiZ</p> <ul style="list-style-type: none"> • GKK PvI t i agyī GKU cRwzi PvI • mgk⁹ PvI t GtKi AwaK newfbecRwzi gyQi GK mvt_ PvI • mgšZ PvI t gyQi mvt_ hLb cKi cto nmgjM, Mi"-Qmj, kvK mā, dj gj, Nm BZ'w` PvI Kiv nq • LuPvq gvQ PvI t cKi-w`n elPKutj cvebfng, b`xZ netkl fite ubigZ LuPvq gvQ PvI • tcb gvQ PvI cxiZ t eo Rj vktq AvisukK Gj vKvq Rv / evbv Øvi vNti gyQi PvI i DcthwMx Kti tcb ^Zixi gva"tg gvQ PvI
<p>PvI eē-vcvri Dci wfwE Kti tkiwebvm t</p> <ul style="list-style-type: none"> • mbvZb cxiZ • DbZ mbvZb cxiZ • Avav-wbneo cxiZ • wbneo cxiZ • Aiz wbneo cxiZ 	<p>mbt`RK</p> <ul style="list-style-type: none"> • cKti i AvKvi • cwbi Mfxi Zv • gRj NbZj(cZ kZvsfk) • cwbi eē- • evqymAvj b • PvI ver` cxiZ • Lv`" • mvi • dmj • Drcv` b(cZ tn±ti) • evPvi nvi
<p>cKti i aiYi Dci wfwE Kti tZj wccqy PvI</p> <ol style="list-style-type: none"> 1) tgšmgx cKti PvI t th me Rj vktq 6 gyimi tekx cwbi _vtK bv tm mg"-Rj vktq tZj wccqy 1wU dmj Drcv` b Kiv mæ GtZ cKi gwj KMY Aí mgtq gvQ PvI Kti AwaK j vfevb ntZ cti thUv Kvc® RvZxq gvQ PvI Kti mæci bq 2) evrmwi K cKti gvQ PvI t th mg"-cKti mvi v eQi cwbi _vtK tm mg"-cKti mtePP 3wU dmj Kiv mæ 	

†Zj wicqvi wewfbœaitbi PvI cxiZ I e"e"vcbvi aib

†Zj wicqvi PvI cxiZi tkiwibv'vm

GKK PvI t

gvQ PvI i agv̄ GKIU gvt cRwiZ PvI KivtKB GKK PvI etj | G cxiZtZ PvI Kitj teuk msL^K tcvb gRj Kiv
hVq| Gtjt i mœutK Lveri i Dci wfPKxj Zv_vtK| Awgl mgx Lv" e"envi Kiv nq| mœeci ntj cwb e`j vtbv |
evqmAvj tbi e"e"r ivLv nq|

wgk^PvI t

GtKi AiaK wewfbœcRwiZi gvtQi GK mv‡_ PvI Kiv nq| Gtjt Lv" | evm"tbi e"vcit i Kv‡i mv‡_ thb c‡thwMzv
bv nq tmw"tK ` w o ivLv nq| Gi dtj cKtii c‡ZiU t‡i Lv" i e"envi wfDZ nq|

mgwšZ PvI t

gvtQi mv‡_ hLb cKi cuto nm-gjM, Mi"-QmJ, kvK mwâ, dj gj, Nm BZ" PvI Kiv nq ZLb Zv‡K mgwšZ gvQ
PvI etj | G cxiZtZ Rj vkk | ctkP Gj vki c‡ZiU mœut i e"envi wfDZ Kiv nq|

LuPvq gvQPvI cxiZ t

cKi -" w N, el Ktj cwebfug I b"xtZ LuPvq gvQPvI Kiv hVq| G e"e"vq mœutK Lv" e"envi Kiv eva"Vgj K|

tctb gvQPvI cxiZ t

eo Rj vktq AvskK Gj vKvq Rvq / evbv Qviv wNti gvtQi PvI i DcthwMx Kti tcb Zwi i gva"tg gvQ PvI Kiv hVq| GtZ
gj^ Rj vkkK PvI i Avl Vvq Avbv mœe nq|

PvI e"e"vcbvi lci wf‡E Kti tkiwibv'vm t

1. mbvZb cxiZ t

G cxiZtZ cKi ev Rj vktqi mw"t tKvb AvKvi, AvKz, MVb, Mfxi Zv I e"e"vcbvi i¶v Kiv nq bv| gRj
NbZj AfqgZ, cKi c‡ZiU gZ Kiv nq bv| Lveri , mvi c‡qMI AfqgZ A_tBkv‡k cKiZ wfP
e"e"vcbvi|

2. Db‡z mbvZb cxiZ t

G cxiZtZ cKtii AvqZb gvSvix aitbi ntq v‡K hvi AvqZb 25-100 kZsk| cKtii AvKz, MVb,
Mfxi Zv tgUv‡gvU mw"t Kiv nq| cKi c‡Zi, gRj NbZj Ges mvi c‡qMI wfqgZ| G cxiZtZ Lv" i Rb"
70% cKiZ wfP Ges 30% mœutK Lv" i lci wfPKxj |

3. Avav-wbœo cxiZ t

G cxiZtZ cKi e"e"vcbvi Db‡z mbvZb cxiZi gZB Kiv nq| iaycwb ciw"eZB, evqmAvj b Ges Awgl
mgx Lveri mieivn Kiv nq| c‡qRtB mvi I e"envi Kiv nq| G cxiZtZ Lv" i Rb" 30% cKiZ wfP Ges
70% mœutK Lv" i Dci wfPKxj |

4. wbœo cxiZ t

G tjt Avav wbœo cxiZ enij titL ¶ Rbej | Db‡z c‡tB mn evBti t‡K mœuy"Lv" (Complete feed)
mieivn lci wfPKi‡z nq| tKvb cKvi mvi e"envi Kiv nq|

5. AvZ wbœo cxiZ t

G cxiZtZ wbœo cxiZ enij titL AvZi³ wntme Avw"Qbftte cwb | Av‡Rb mieivn Kiv nq| Zt
Avgt` i t‡k G cxiZ GLtbi i i" nqbl|

gtbvdm- tZj wccqy PvI i e-e^-vcbv ai Yi mavi Y mbf` RKmgm

mbf` RK	mbvZb	Dbz mbvZb	Avav mbneo	mbneo	AvZ mbneo
cKtii AvKvi	th tKvb cKti	th tKvb cKti	50-100 kzsk	50-100 kzsk	<50 kzsk
cmbi Mfxi Zv	3-5 dJ	3-5 dJ	3-5 dJ	3-5 dJ	3-5 dJ
gRj NbZi (cÖZ kzstk)	cwi gftY Kg ev teik	100-200 nJ	200-300 nJ	300-700 nJ	>700
cmbi e-e^-v	cÖKizK	cÖKizK	cÖKizK+cVzú	cÖKizK+cVzú	cVzú
evqymÄvj b	-	-	cÖqyRb gwdK	gftS gftS	mvePjyK
PvI ver` cxiZ	GKK I wgg^	GKK / wgg^	GKK / wgg^	GKK	GKK
Lv` "	cÖKizK	cÖKizK+mäúj K	cÖKizK+mäúj K	mäúYqLveri	mäúYqLveri
mvi	AwbqigZ	wbqigZ	-	-	-
dmj	1nJ	1-2nJ	2-3 nJ	3nJ	3 ev ZtzwaK
Drcv` b (cÖZ tn±ti)	tn±ti 2.00 Ub	tn±ti 5-7 tgt Ub	tn±ti 10-30 tgt Ub	tn±ti 50-100 tgt Ub	>100 tg. Ub
evPvi mvi	80%	80%	90%	90%	-

cKtii ai Yi Dci wfiE Kti tZj wccqy PvI

3) tgšmgx cKti PvI t th me Rj vktq 6 gftmi teik cwb _yK bv tm mg^-Rj vktq tZj wccqy 1nJ dmj Drcv` b
Kiv mäé| GtZ cKti gwy KMY Aí mgftq gwQPVl Kti Awak j vfevb n‡Z cVib| thUv Kvc®RvZxq gwQ PvI
Kti mäéci bq|

4) evrmii K cKti gwQPVl t th mg^-cKti mvi eQi cwb _yK tm mg^-cKti mtePP 3nJ dmj Kiv mäé|

Awatek̄b c̄wi Kí b̄v

W b t 01	mgq t 12.00-13.00	tgq` Kvj t 60 mgibU
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Wktivbvg t	Cv½vm I tZj w̄cqv P̄tI gwU i c̄mbi ,Yv,Y
Afxó `j t	grm̄ Awa`B̄ii KgRZfe;
j ¶ t	AskMōYKvi xMYtK gvQ P̄tI gwUi w̄fbae,Yv,Y Ges tm,tj vi ,i "Zj m̄útK̄mḡK awi Yv t`qv h̄tZ Zviv G weItq AwtRZ Ávb ñiv PwI t`i bZb c̄Ktii -vb wbePb Ges B̄tZvgtā LbbKZ c̄Ki m̄WK e`e`vcvbi Rb h_vh_c̄vkḡc̄vb KitZ cvtib
D̄t̄i k̄ t	G Awatek̄b tk̄l AskMōYKvi xMY-
	<ul style="list-style-type: none"> gvQ P̄tI gwUi ,Yv,tYi ,i "Zj ej tZ cvtib w̄fbaeItbi gwUi tk̄tqebvm KitZ cvtib gwUi tf̄z I iwmqibK ,Yv,Y eYv KitZ cvtib c̄Ktii c̄Zt̄etki I ci gwUi w̄fbae,Yv,tYi c̄Zuq eYv KitZ cvtib c̄Ki/Rj vktqi Drcv` bkxj Zvq Zj vi Kv`vi cf̄ve e`vLv KitZ cvtib gvQ P̄tI i DcthvMx gwU mbv³ KitZ cvtib

weI qm̄P	Avtj vP weI q	c̄k¶Y tKškj	mgq
f̄gkv			4 mgibU
	<ul style="list-style-type: none"> -MZg ce@Zx Awatek̄bi c̄bi v̄tj vPbv eZḡb Awatek̄bi m̄t_ msthvM -vcb Awatek̄bi D̄t̄i k̄ e`vLv 	c̄k¶Ei Avtj vPbv	
weI qe-			50 mgibU
	<ul style="list-style-type: none"> gwUi msAv c̄Ktii c̄Zt̄etki I ci gwUi w̄fbae,Yv,tYi c̄Zuq gwUi Dcv`vb I c̄Kvi tf̄ gwUi Dcv`vbmḡni Kvkv wi Zv c̄Ki/Rj vktqi Drcv`bkxj Zvq Zj vi Kv`vi cf̄ve 	e³Zv, wdePvU©`j xq KvR, c̄k¶Ei	
mvi -ms¶c			6 mgibU
	<ul style="list-style-type: none"> gj weI qm̄P c̄bi v̄tj vPbv D̄t̄i k̄ h̄PvB cieZx Awatek̄bi m̄t_ msthvM n̄vEAvDU weZiY ab̄ev` Ávcvbi 	e³Zv c̄k¶Ei	
c̄k¶Y mnvqK mv̄M t n̄vEAvDU, tn̄qvBU teW©wDRicE, gvKv, wdePvU©Abjxj b WkU			

wdcPwCwi K1 bv

<p>c̄V̄m/tZj w̄cq̄ P̄tI vcthwMx c̄Kti i ḡUJ I cwbi , Yv, Y</p>	<p>ḡUJ I cwbi , Yv, Y i ciB ḡtQI Drc̄` b c̄l̄ w̄gK f̄te wb̄F̄ K̄tI c̄Kti i ḡUJ , Yv, Y h_vh_ ḡv̄vi bv n̄tj w̄gj̄fc c̄Z w̄q̄v t̄ L̄v w̄tZ c̄t̄i t <ul style="list-style-type: none"> • ḡtQI c̄K̄wZK L̄v `` ht_ó ciB ḡtY Drc̄` Z n̄t̄e bv • ewni t̄t̄K t̄ q̄v m̄ūt̄ K L̄v `` i AcPq n̄t̄e • ḡtQI ej̄x Āw̄b̄j̄fc n̄t̄e bv • ḡQ tiM evj̄ vB-G Āw̄v̄š-n̄t̄e I ḡv̄v tht̄Z c̄t̄i • ḡtQI Drc̄` b Kg n̄t̄e </p>																							
<p>ḡUJ I Drc̄` vb</p> <p>1) L̄bR c̄v̄[®] - 45% 2) ^Re c̄v̄[®] - 5% 3) evqy - 25 % 4) cwbi - 25%</p> <p>L̄bR c̄v̄ t̄ b̄v̄t̄Ūt̄Rb, dmdim, c̄Ūkqvg, K̄v̄j̄ w̄qvg Ges Ab̄v̄ c̄j̄ Drc̄` vb ^Re c̄v̄[®] ḡUJZ 1-2% ^Re c̄v̄[®] t̄ K; w̄ng Āt̄j i ḡUJZ t̄ K 2-5% </p> <p>ḡUJ I cwbi , i"Zc̄YKvR n̄t̄j̄ r̄-</p> <ul style="list-style-type: none"> • ḡUJ t̄f̄SZ, īv̄mqb̄K I ^ReK Kv̄@b̄q̄S̄Y • m̄t̄j̄ v̄Kms̄t̄k̄H c̄x̄Z t̄ Z AsKm̄Y Ges • ^ēK I c̄j̄ Drc̄` v̄t̄bi evnK w̄nt̄m̄t̄e KvR Kv̄ 	<p>ḡUJ c̄K̄v̄t̄f̄ t̄ ew̄j̄, c̄j̄ Kv̄ v</p> <p>ḡUJ , Yv, Y</p> <table border="1" data-bbox="845 734 1400 958"> <thead> <tr> <th rowspan="2">Drc̄` b k̄j̄ Zvi tk̄Yx</th> <th rowspan="2">w̄GBP gv̄v̄</th> <th colspan="3">c̄j̄ Drc̄` v̄t̄bi ḡv̄v̄ ((w̄M̄@w̄K̄t̄j̄ v ḡUJ))</th> </tr> <tr> <th>b̄v̄B̄t̄Ūt̄Rb</th> <th>dmdim</th> <th>Kveb̄</th> </tr> </thead> <tbody> <tr> <td>D̄P</td> <td>7.5-6.5</td> <td>>50</td> <td>6-12</td> <td>>1.5</td> </tr> <tr> <td>gāg</td> <td>6.5-5.5</td> <td>25-49</td> <td>3-5</td> <td>0.5-1.4</td> </tr> <tr> <td>w̄ḡē</td> <td><5.5</td> <td><25</td> <td><3</td> <td><0.5</td> </tr> </tbody> </table> <p>ḡUJ t̄f̄SZ- īv̄mqb̄K Drc̄` vb</p> <ul style="list-style-type: none"> • t̄ v̄Av̄k ḡUJ ḡQ P̄t̄l̄ i Rb̄ D̄Eg • Ḡt̄j̄ ḡUJ ḡQ P̄t̄l̄ i Rb̄ Kg Dc̄thwMx • t̄ēj̄ ḡUJ P̄t̄l̄ i Dc̄thwMx bq • j̄v̄j̄ ḡUJZ ḡQ P̄t̄l̄ ēqēuj̄ - w̄GBP-6.5-9.0 - dmdim- c̄l̄ 100 M̄g ḡUJZ 10-15 w̄ḡj̄ M̄g - b̄v̄B̄t̄Ūt̄Rb- c̄l̄ 100 M̄g ḡUJZ 8-10 w̄ḡj̄ M̄g - %Re c̄v̄[®] m̄v̄avi Yf̄t̄e k̄ZKiv 1.0-2.0 f̄v̄M̄ ^Re Kveb̄ 	Drc̄` b k̄j̄ Zvi tk̄Yx	w̄GBP gv̄v̄	c̄j̄ Drc̄` v̄t̄bi ḡv̄v̄ ((w̄M̄@w̄K̄t̄j̄ v ḡUJ))			b̄v̄B̄t̄Ūt̄Rb	dmdim	Kveb̄	D̄P	7.5-6.5	>50	6-12	>1.5	gāg	6.5-5.5	25-49	3-5	0.5-1.4	w̄ḡē	<5.5	<25	<3	<0.5
Drc̄` b k̄j̄ Zvi tk̄Yx	w̄GBP gv̄v̄			c̄j̄ Drc̄` v̄t̄bi ḡv̄v̄ ((w̄M̄@w̄K̄t̄j̄ v ḡUJ))																				
		b̄v̄B̄t̄Ūt̄Rb	dmdim	Kveb̄																				
D̄P	7.5-6.5	>50	6-12	>1.5																				
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<p>ḡQ P̄t̄l̄ cwbi , Yv, Y cwbi , Yv, Y ej̄ t̄Z ḡt̄QI t̄ēP_ v̄Kv̄ I ^v̄f̄w̄K ēs̄i Rb̄ cwbi mn̄b̄k̄j̄ Aē t̄ K ēs̄i cwbi t̄f̄SZ , Yv, Y t̄ ēY[®]</p> <table border="1" data-bbox="279 1480 850 1848"> <thead> <tr> <th>cwbi ēY[®]</th> <th>c̄K̄ZK L̄v̄t̄ i ci ḡY I c̄K̄Z</th> <th>ḡQ P̄t̄l̄ Dc̄thwMx</th> </tr> </thead> <tbody> <tr> <td>^-^Q</td> <td>D̄W̄c̄ -c̄w̄Ūb b̄b̄</td> <td>f̄v̄j̄ bq</td> </tr> <tr> <td>meRv̄f̄</td> <td>c̄v̄i ḡYgZ D̄W̄c̄ -c̄w̄Ūb Āv̄t̄Q</td> <td>f̄v̄j̄</td> </tr> <tr> <td>Nb meR</td> <td>ĀiZw̄i ³ D̄W̄c̄ -c̄w̄Ūb Āv̄t̄Q</td> <td>T̄v̄ZKi</td> </tr> <tr> <td>ev̄v̄ḡx̄ meR</td> <td>c̄v̄i ḡYgZ D̄W̄c̄ I c̄v̄Yx-c̄w̄Ūb Āv̄t̄Q</td> <td>D̄Eg</td> </tr> <tr> <td>ami meR</td> <td>Āi D̄W̄c̄ -c̄w̄Ūb I f̄v̄mḡb c̄v̄i KYv̄ wē` ḡb</td> <td>Kg Dc̄thwMx</td> </tr> <tr> <td>gīt̄P̄ j̄v̄j̄</td> <td>ḡt̄QI L̄v̄t̄ bq Ggb D̄W̄c̄ -c̄w̄Ūb wē` ḡb</td> <td>Dc̄thwMx bq</td> </tr> </tbody> </table>	cwbi ēY [®]	c̄K̄ZK L̄v̄t̄ i ci ḡY I c̄K̄Z	ḡQ P̄t̄l̄ Dc̄thwMx	^-^Q	D̄W̄c̄ -c̄w̄Ūb b̄b̄	f̄v̄j̄ bq	meRv̄f̄	c̄v̄i ḡYgZ D̄W̄c̄ -c̄w̄Ūb Āv̄t̄Q	f̄v̄j̄	Nb meR	ĀiZw̄i ³ D̄W̄c̄ -c̄w̄Ūb Āv̄t̄Q	T̄v̄ZKi	ev̄v̄ḡx̄ meR	c̄v̄i ḡYgZ D̄W̄c̄ I c̄v̄Yx-c̄w̄Ūb Āv̄t̄Q	D̄Eg	ami meR	Āi D̄W̄c̄ -c̄w̄Ūb I f̄v̄mḡb c̄v̄i KYv̄ wē` ḡb	Kg Dc̄thwMx	gīt̄P̄ j̄v̄j̄	ḡt̄QI L̄v̄t̄ bq Ggb D̄W̄c̄ -c̄w̄Ūb wē` ḡb	Dc̄thwMx bq	<p>cwbi t̄f̄SZ , Yv, Y t̄</p> <ul style="list-style-type: none"> • M̄fxi Zv̄ t̄ 1.5 w̄Uv̄i t̄t̄K 3 w̄Uv̄i • ^QZv̄ I t̄N̄j̄ v̄Zj̄ t̄ 25 t̄m̄Ūl̄gUv̄i • Zv̄c̄v̄v̄i t̄ 25-300 tm̄ • m̄h̄t̄j̄ v̄K t̄ 6-8 N̄Uv̄ 		
cwbi ēY [®]	c̄K̄ZK L̄v̄t̄ i ci ḡY I c̄K̄Z	ḡQ P̄t̄l̄ Dc̄thwMx																						
^-^Q	D̄W̄c̄ -c̄w̄Ūb b̄b̄	f̄v̄j̄ bq																						
meRv̄f̄	c̄v̄i ḡYgZ D̄W̄c̄ -c̄w̄Ūb Āv̄t̄Q	f̄v̄j̄																						
Nb meR	ĀiZw̄i ³ D̄W̄c̄ -c̄w̄Ūb Āv̄t̄Q	T̄v̄ZKi																						
ev̄v̄ḡx̄ meR	c̄v̄i ḡYgZ D̄W̄c̄ I c̄v̄Yx-c̄w̄Ūb Āv̄t̄Q	D̄Eg																						
ami meR	Āi D̄W̄c̄ -c̄w̄Ūb I f̄v̄mḡb c̄v̄i KYv̄ wē` ḡb	Kg Dc̄thwMx																						
gīt̄P̄ j̄v̄j̄	ḡt̄QI L̄v̄t̄ bq Ggb D̄W̄c̄ -c̄w̄Ūb wē` ḡb	Dc̄thwMx bq																						

<p>cmbi i mvgibK , Yv , Y `ेर्फ़ Z Añ †Rb t mte Eg gñv 5-8 mgMñj Uvi gvQ Pñt Añ †Rtbi cñve t Kveñ WB-A· vBW t 2 mbhñsk Kveñ WB-A· vBñWi cñve t mgGBP (PH) t 6.5-9.0 Pñvi Zj I Li Zv t Pñvi Zj gñv 70-160 mg.Mñ./ij Uvi Li Zv 20-100 mg.Mñ./ij Uvi Pñvi Zj I Li Zvi cñve t dmđi m t 0.2 mg.Mñ./ij Uvi bvBñtRb t 0.2 mg.Mñ./ij Uvi Añtgbqy t <0.025 mg.Mñ./ij nvBñtRb mvj dvBW t <0.002 mgij Mñg/ij Uvi j eYv³ Zv t <3 mgCñlU</p>	<p>cmbi ^RñeK , Yv , Y • fñmgvb Dwñc • WñS-Dwñc • mbMñbkxj Dwñc • j Zñtby Dwñc • CññUb • Dwñc -CññUb (Phytoplankton) • Cññx-CññUb (Zooplankton) • KñU-cZsm</p>
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cvvym/tZj mcqy Pyl vcthvMx cKti i gwU I cwb i ,Yv,Y

gwU I cwb i ,Yv,Yi I ciB gvtQ Drcv` b cugKfite wbfP Kti | tKb Rj vktqi cwb avi tYi Avavi ntj v gwU| fvj gwU Z thgb fvj dmj nq wK tZgb fvj gwUi cKti I gvtQ Drcv` b cvl qv mae| Rj vktqi Drcv` b tlgZv cugKfite gwUi ai tbi I ci wbfP Kti | DeP gwU Z Lbb Kiv cKti mwave Yfite gvtQ Drcv` bI fvj nq| DeP gwUi cKti gvtQ cOKZK Lv`` Zwi i Rb" Awak cwi gvtY cugRbxq cyoi thwMb t q| myvis gvQ Pyl gwUi ,Yv,Yi ,i"ZjAcvi mxg|

gvQ Pyl i tPit gvwU I cwb i tfS-i vvvqibK ,Yv,Y Ab"Zg fngKv cyj b Kti _tK| gvQ Zvi Rxeb avi tYi me KvR cKti-Rj vktqi cwb i gta'B mubekti _tK| Gme KvH mofite mow tbi Rb" cKti i ev Rj R cwi tek Ges cwbZ cOKZK Lv``i cwi gZ cPhZv| cwb i cugK Drcv` b tlgZv cwbZ: gwUi tfS-i vvvqibK ,Yv,Y Z_v gwUi DeP Zvi I ci wbfP Kti |

cKti i gwUi ,Yv,Y h_vh_gvvi bv ntj wbgifc cugZvqvt` Lv` tZ cwi t

- gvtQ cOKZK Lv`` hto cwi gvtY Drcv` Z nte bv
- ewni t_tK t qv muf K Lv``i AcPq nte
- gvtQi ewx Avkvbifc nte bv
- gvQ ti vM evj vB-G AvjuvS-nte I givv thZ cwi
- gvtQi Drcv` b Kg nte|

gvQPyl gwUi ,Yv,Y

gwUi Dcv` vb I Gi cKvitf`

gwUi Dcv` vb

gwU ntj v fejoi Dcv` Zt i big LubR Ges ^Re Dcv` vbi wkgY hv Dvmt` i ewxi Rb" cOKZK gva g wntmte KvR Kti | gwU cwbZt 4 wU cwb Dcv` vb mgstq MwZ | G, t j v ntj v t

- 1) LubR c`v_ - 45%
- 2) ^Re c`v_ - 5%
- 3) evqy - 25 %
- 4) cwb - 25%

myZvs gwUi KvWb, Zij Ges Mvwxq GB wZb ai tbi c`v_ mgstq MwZ | wbtP gwUi wnfbcDcv` vb mufKmsnB Avtj vPv Kiv ntj v t

LubR c`v_

f-ZK cug wkj v 0viv MwZ woj | cti Zv wkj v tlg cugqiq tftz tQvL LfE ev GKtK ifciwZ nq| gwUi GB Ask ewj, cij I K^g KYv 0viv MwZ | wkj v tlg cugqiq dtj Dctiv^3 KYv I AZvek"Kxq Lv`` Dcv` vb thgb-bvBtRb, dmdim, cugqiq, Kuj wqiq Ges Ab"b" cjo Dcv` vb gwU Z gB nq| gwU Z LubtRi cui gY ntj v 45%|

^Re c`v_

gwU‡Z 1-2% ^Re c`v_ n̄t̄K Zte wng AAt̄j i gwU 2-5% ^Re c`v_ avi Y Kti | Gme ^Re c`v_ Dwm̄c I c̄Yxi Aewkóvk I gj ḡt n̄t̄Z gwU‡Z Av̄m | ^Re c`v_ gwUi Ave×KiY c`v_ n̄t̄mte ēeÜZ nq| gwU‡Z ^Re c`v_ c̄wigiY Lp Kg n̄t̄j I GiU ēvcKfite gwUi , Yvej xwbqšy Kti _n̄t̄K |

^Re c`v_ abgiLZ , i "ZcYfigKv cij b Kti _n̄t̄K-

1. mḡ -cjo Dcv`v̄bi , `vgNi n̄t̄mte KvR Kti
2. gwUi †fSZ, i v̄m̄qibK I ^Re , Yvej x Dbz Kti
3. fig ¶q tiva Kti
4. c̄wb avi Y ¶gZv ēp̄x Kti
5. AbRxei c̄wb k̄b³ n̄t̄j v GB ^Re c`v_ Ges
6. gwU‡Z b̄B‡U‡R‡bi c̄wb Drm G ^Re c`v_ ♪

evqy I c̄wb

c̄ej elA mgq ev tmP w̄tj gwUi AiaKisk i ÜB c̄wb 0iv cYnq K̄s' i Kbu ev Livi mgq H iÜtj v evqy 0iv cYnq| evqy Et̄j i evqy Atc¶v gwUi evqy Z teik c̄wigiY KveB WB-Av vBW I Rj xqer®u _n̄t̄K K̄s' A¶ †R‡bi c̄wigiY Kg _n̄t̄K| evqy c̄wb KvR n̄t̄j v kmb c̄wqiq AskM̄Y Kiv| gwU I c̄wb , i "ZcYKvR n̄t̄j v-

1. gwUi †fSZ, i v̄m̄qibK I ^Re Kvhwbqšy Kiv
2. w̄kj v ¶q c̄wqiq mnvh Kiv
3. m̄t̄j vKms̄tkH c×wZ‡Z AskM̄Y Kiv Ges
4. `teK I cjo Dcv`v̄bi evnK n̄t̄mte KvR Kiv|

gwUi c̄Kvif

ewj , cij I Kv`v- GB wZbwU -Zši gwU KYvi Zj bvgj K Abp̄vZi I ci w̄f̄E Kti gwUi eþUmgt̄ni bvgKiY Kiv n̄t̄q0| wēfbegwU wēfbAbcy‡Z ewj , cij I Kv`v KYvi avi Y Kti _n̄t̄K| †Kvb gwU‡Z ewj KYvi c̄wigiY teik, Averi †KvbU‡Z Kv`v KYvi c̄wigiY teik| GB c̄wi eZ‡bi w̄b̄ 0 mḡt̄i Lwq ti‡L gwU‡K 12 w̄J M̄c ev `tj wēf³ Kiv nq| GB `j , t̄j vB eþU w̄f̄EK tkYx etj c̄wi PZ| GB tkYx , t̄j vi GKwUi n̄t̄Z AbwUi †fSZ, i v̄m̄qibK I ^Re K atḡht̄o c̄v_R c̄wi j w̄f̄Z nq| th gwU‡Z AiaK c̄wigiY Kv`v KYv _n̄t̄K ZvK Kv`v gwU, th gwU AiaK c̄wigiY cij KYvi avi Y Kti ZvK cij gwU, Avi th gwU‡Z ewj KYvi c̄wigiY teik _n̄t̄K ZvK ewj gwU etj | h̄w` †Kvb gwU GB wZbwU tkYxi GKwUi I c̄f̄ve wēvi Kvix †f̄wZK †ekó c̄o k̄b bv Kti (thgb-40% ewj KYv, 20% Kv`v KYv I 40% cij KYv h̄j³ gwU) Zte ZvK †vAvk gwU etj | †vqik gwU‡Z ewj , cij I Kv`v KYvi kZKiv c̄wigiY mgv b _n̄t̄Kbv | GiU ewj , cij I Kv`v KYvmḡt̄ni KvQvKwQ c̄o mḡAm̄cYc̄ekó ev aḡc̄o k̄b Kti |

gwUi , Yv , Y

m̄p̄fite gwQ PvI ēēvcbvq c̄Kv ^Zw i Rb †wAvk I tetj -†wAvk gwU metP̄t̄q fvj | G ai tbi gwU mn̄t̄R c̄wb avi Y Kti i v̄t̄Z c̄ti | gwUi w̄cGBP (P⁴)-Gi gw̄v 5.0 Gi Dcti _vKv mḡPxk| gwU‡Z wēg v̄b cjo c`v_ o w̄cGBP-Gi I ci w̄f̄E Kti gwU‡K m̄avi YZ: 3 f̄t̄M f̄M Kiv h̄wq| thgb- D"p Drcv` bkxj , gāg Drcv` bkxj | w̄bḡ Drcv` bkxj (mvi w̄Y-1) |

mviW-1: gw̄Ui c̄j̄ḡȳb̄ | w̄c̄GBP Ab̄h̄w̄q̄ c̄K̄i-R̄j̄ v̄k̄t̄q̄i t̄k̄i w̄ēb̄̄v̄m̄

Drc̄` bk̄j̄ Z̄v̄ t̄k̄Ȳ	w̄c̄GBP gw̄īv̄	c̄j̄ Dcv̄` v̄t̄bī gw̄īv̄ ((w̄ḡM̄W̄K̄t̄j̄ v̄ gw̄U))		
		b̄v̄B̄t̄Ūt̄R̄b̄	d̄m̄d̄īv̄m̄	K̄v̄B̄
D”P	7.5-6.5	>50	6-12	>1.5
gāḡ	6.5-5.5	25-49	3-5	0.5-1.4
w̄b̄ḡē	<5.5	<25	<3	<0.5

c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ Kg n̄t̄j̄ I m̄W̄K̄ ēē` v̄c̄b̄v̄ī ḡv̄t̄ḡ j̄v̄f̄R̄b̄K̄ ḡv̄Q̄ P̄t̄l̄ ī R̄b̄ c̄K̄ī-R̄j̄ Dc̄t̄h̄w̄M̄x̄ K̄t̄ī t̄Z̄j̄ v̄ h̄v̄q̄ | Ḡt̄t̄t̄ L̄īP̄ w̄K̄Q̄t̄v̄ tēīk̄ c̄t̄ō |

gw̄Ui M̄V̄b̄, ēȲ` w̄c̄GBP-ī | c̄ī w̄f̄Ē K̄t̄ī ēv̄s̄j̄ v̄t̄` t̄k̄ī ḡw̄Ūt̄K̄ m̄v̄āv̄ī Ȳf̄v̄t̄ē 6 f̄v̄t̄M̄ f̄M̄ K̄ī h̄v̄q̄ | Ḡw̄f̄Ēt̄Z̄ ēv̄s̄j̄ v̄t̄` t̄k̄ī ḡw̄Ui t̄k̄ī w̄ēb̄̄v̄m̄ | c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ w̄b̄t̄P̄ m̄v̄īW̄t̄Z̄ t̄` q̄n̄t̄j̄ v̄ (m̄v̄īW̄-2) |

m̄v̄īW̄-2 t̄ ĀĀj̄ t̄f̄t̄` gw̄Uī _Ȳv̄_Ȳ

μ. bs	ĀĀj̄	gw̄Ui c̄K̄v̄ī	P̄H̄-ī w̄f̄Ēt̄Z̄ gw̄Ui āīb̄	gw̄Ui ēȲ`	Drc̄` bk̄j̄ Z̄v̄
1	et̄ī`^, gac̄j̄ Mo, m̄v̄f̄v̄ī, M̄R̄īc̄j̄, im̄t̄j̄ U, Kḡj̄ w̄ t̄b̄q̄ūl̄j̄ xī Ask̄ tēk̄	Ḡt̄Ūj̄, Kv̄` v̄ I ew̄j̄ h̄j̄^ Kv̄` v̄ tēk̄	Āīt̄	j̄v̄j̄ I ēī` v̄ḡx̄	c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ Kḡ
2	h̄t̄v̄ī, c̄ī`^ c̄j̄ , K̄ōq̄, c̄iēb̄, īv̄R̄k̄v̄n̄, X̄īK̄v̄ I ēī k̄t̄j̄ ī w̄K̄q̄` sk̄	c̄īj̄ h̄j̄^ Ḡt̄Ūj̄	¶v̄īx̄q̄	n̄j̄ Kv̄ I ēī` v̄ḡx̄ M̄p̄ ami	c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ tēk̄
3	ḡq̄ḡb̄m̄s̄n̄, Ūīv̄B̄j̄ , im̄t̄j̄ U, Kḡj̄ w̄ t̄b̄q̄ūl̄j̄ x̄, X̄īK̄v̄, īsc̄j̄, ē, ō, c̄iēb̄ I c̄ī`^ c̄j̄ ī w̄K̄q̄` sk̄	c̄īj̄ h̄j̄^ t̄` v̄-Āv̄k̄	ib̄īt̄c̄¶ t̄` t̄_‡K̄ ¶v̄īx̄q̄	ami I M̄p̄ ami	c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ Z̄j̄ b̄īḡj̄ K̄ tēk̄
4	īsc̄j̄ -w̄ b̄īR̄c̄j̄ ī w̄K̄q̄` sk̄, ḡw̄b̄K̄M̄Ǟ, M̄B̄ēl̄Ǖv̄, c̄ī`^ c̄j̄ I Ūīv̄B̄j̄ ī w̄K̄q̄` sk̄	ew̄j̄ I ew̄j̄ h̄j̄^ c̄īj̄	¶K̄Ōt̄v̄ Āīt̄	ami	c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ Z̄j̄ b̄īḡj̄ K̄ Kḡ
5	b̄` x̄ m̄b̄K̄Ū-ĀĀj̄	ew̄j̄ h̄j̄^ c̄īj̄	Āīt̄/¶v̄īx̄q̄/ib̄īt̄c̄¶	ami t̄` t̄_‡K̄ Kḡ t̄P̄ ami	c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ Z̄j̄ b̄īḡj̄ K̄ Kḡ
6	Dc̄K̄j̄ x̄ ĀĀj̄ mḡn̄	c̄īj̄ I Kv̄` vī f̄M̄ tēk̄	Āīt̄	K̄t̄j̄ v̄ ev̄Q̄B̄ is̄	c̄K̄ūZK Drc̄` bk̄j̄ Z̄v̄ Kḡ

gw̄Ui t̄f̄S̄Z̄-īv̄v̄q̄b̄K̄ Dcv̄` v̄b̄

th ĀĀt̄j̄ ī gw̄Ū DēP̄ tm̄ -w̄b̄ Lbb̄ Kv̄ c̄K̄ī I m̄v̄āv̄ī Ȳf̄v̄t̄ē DēP̄ n̄t̄q̄ _w̄t̄K̄ Ges̄ tm̄ ĀĀt̄j̄ ī c̄K̄t̄ī ḡv̄Q̄ī Drc̄` b̄l̄ f̄v̄j̄ n̄q̄ | DēP̄ gw̄Ū c̄w̄b̄t̄Z̄ ḡv̄Q̄ī c̄K̄ūZK̄ L̄v̄t̄` ī th̄M̄b̄ t̄` q̄ Ges̄ c̄w̄b̄ `+Ȳ t̄v̄t̄ā f̄w̄ḡK̄v̄ īv̄L̄ | m̄v̄āv̄ī Ȳf̄v̄t̄ē gw̄Ū 4 c̄K̄t̄ī ī n̄t̄q̄ _w̄t̄K̄ K̄ Ḡt̄Ūj̄ gw̄Ū, 2) tet̄j̄ gw̄Ū, M̄) j̄v̄j̄ gw̄Ū Ges̄ N̄ t̄` v̄Āv̄k̄ gw̄Ū | t̄` v̄Āv̄k̄ gw̄Uī c̄K̄ī ḡv̄Q̄ P̄t̄l̄ ī R̄b̄ m̄ēt̄āK̄ Dc̄t̄h̄w̄M̄x̄ | tet̄j̄ gw̄Uī c̄w̄b̄ avī Ȳ¶ḡZ̄v̄ L̄ēB̄ Kḡ Ges̄ j̄v̄j̄ gw̄Uī c̄K̄t̄ī c̄w̄b̄ cl̄q̄ memḡq̄ t̄N̄v̄ _w̄t̄K̄ | GR̄b̄ t̄` q̄n̄t̄j̄ v̄ (m̄v̄īW̄-2) | j̄v̄j̄ gw̄Ūt̄Z̄ Lbb̄ Kv̄ c̄K̄ī ḡv̄Q̄ P̄t̄l̄ ī R̄b̄ ZZ̄v̄ Dc̄t̄h̄w̄M̄x̄ n̄q̄ b̄v̄ | w̄ēf̄b̄ēāīt̄b̄ī c̄j̄ō āt̄ī īv̄L̄ I Āv̄v̄b̄ cl̄q̄ m̄ēt̄āK̄ D̄Ēḡ |

- t`vAvk gwU gvQ PvI i Rb DÉg
- GtUj gwU gvQ PvI i Rb Kg DcthwMx
- tetj gwU gvQ PvI i DcthwMx bq
- j vj gwU Z gwQPVl e"qeuj |

gvQ PvI i Rb ex Rj vktqi cwbci DcthwMzv gwUi KtqKwU Dcv`vbi gvtbi lci wfp Kti | h_v- wC, GBP, dmdivm, bvBtRb, KveB-WB A. vBW, ^Re c`v_BZ'w` | wfp Gme mawtKwmsPKtC Avtj vPbv Kiv ntj v t

wCGBP

gwUi wCGBP (P^H) 6.5-9.0- Gi gta" ntj Zv gvQ PvI i Rb DÉg | AbKj wCGBP gvfvq dmdivmi thwMw b wCvq Ges Awtgbqv I bvBtRbNwZ AYRxe AiaK KgTlg nq | wC GBP 6.0-Gi wfp ntj gwUi AiaK Awq nq Ges cwbZ PKtZ Ki tgšj K c`v_P Dcw`wZ t`Lv t`q | Averi wCGBP-Gi gvfv 9.0 Gi teik ntj AbRxeMw b wfp nq | dmdivmi mi eivn nmw cvq | GtZ DwMw c"wsutbi Drcv` b Lp Ktg hvq |

dmdivm

dmdivm gwUZ Kvj wmqvg, AqjY I Gvij ygbqvgi dmtdU wntmte Ae"b Kti | gwUZ cwingZ ^Re c`v_P Dcw`wZ mnRcic" dmdivmi mieivn Ae"vnZ ivtL | dmdivmi cPhZv cKtii cLwK Drcv` bkrj Zv mi wmw wfpqsy Kti | dmdivm meR tkj vi esk ewxZ mwpqfite AskMwY Kti | dtj AiaK cwi gvtY DwMw -c"wsutbi Drcbæ nq | gvQ PvI i Rb c"Z 100 Mwg gwUZ 10-15 Mwg nfti mnRcic" dmtdU _vKv DwPZ |

bvBtRb

evqgUtj i bvBtRb gwUi bvBtRtbi c"vb Drm | c"Z 100 Mwg gwUZ 8-10 Mwg nfti mnRcic" bvBtRb _vKv i Kvi | bvBtRb DwMw tK Nb meR ivtL cwingZ bvBtRtbi Dcw`wZtZ DwMw -c"wsutbi Lv`" Zwi i c"wsutbi mfpfite mw" Z nq Ges ewx Zj wšZ nq | dtj AiaK cwi gvtY DwMw -c"wsutbi Drcbæq | gvtQi Drcv` b ewx cvq |

[^]Re c`v_

gwUZ we`"gbv ^Re c`v_@h tKb Drcv` b c"wsutbi GwU Acwi wvhDcv`vb | ^Re c`v_@Ktii Zj vq gwUZ mRxe I mwpq ivtL Ges cwb Pqytby eÜ Kti gwUi cwb avi YlgZv ewx Kti | ^Re c`v_@didiw I bvBtRtbi c"vb Drm | Rj R cwi teik ^Re c`v_@Aveni qv t_ki mi wmw bvBtRb avi Y Kti |

AwZwi 3 gvfvq ^Re c`v_@cwbci wCGBP Ktqfq w"fq cwb `w Z Kti | Averi KLbI `tY `i KtZ ^Re c`v_@c"wsutbi Kiv nq | Weš-KYvi KvitY cwb tNv j ntj ^Re c`v_@c"wsutbi Zv `i Kiv hvq | cKi ev Rj vktqi gwUZ mavi Yfite KZKiv 1.0-2.0 fM ^Re KveB _vKtj cwbci Drcv` b TlgZv ewx cvq |

wfp Qtk cKtii gwUi we"fbæ, Yv, tYi AbKj gvfv t`q v ntj v-

gwUi , Yv, tYi bvg	AbKj gvfv
wCGBP	6.5-9.0
[^] Re KveB	1.5-2.0%
[^] Re c`v_	2.5-4.3 (wg. Mw/100Mw)
bvBtRb	8-10 wg. Mw/100Mw
dmdivm	10-15 wg. Mw/100Mw

cKtii Drcv` bkrj Zvq Zj vi Kv` vi c"wsutbi

cwbci YMZgb wetkl Kti ivmwpqK , Yv, Y AtbKvsk cKtii Zj t`ki gwUi , Yv, tYi 0iv c"wsutbi nq | cKtii Zj t`ki gwUi hv` Awq nq Zntj H cKtii cwbci Awq nte | Averi hv` tKb cKtii Zj t`ki gwUZ c"wsutbi

c`v_©Kg _vK Zvnij H mKj cKtii cwbtZl cjoKvi K c`v_P cwiY Kg cwi jwZ nte| hw` I cwbI , YMZgb AwaKvsK tP#i gwUi , YMZgb bi I ci wbfPkj Zej cKtii Ae`bMZ Kvi tYI %RieK Drcv` tbi c`K cwi jwZ nq|

cKtii Drcv` bkjz Zvi AwaKvsKB wbfP Kti Zj t`tki gwUi Ici | hw` AbeYp Kwl RigtZ cKi Lbb Ki v nq Ges ewni t_ki tKb cKvi cjoKvi K Drcv` b m i e i v n K i v b v n q Z t e t m b cK i n t e A b r c v ` b k j z G e s L b b K Z cK i w i g u h w` D e p n q Z t e t m b cK i n t e D r c v ` b k j z | m t e v E g cKtii Zj t`tki gwU n t Q t m b gwU th gwU tZ ` R e c`v_mgtni cPb ZvovZwo nq Ges gwU I cwbI Avstupq mveqyK Ptj Ges Zj t`tki gwU t_ki cQyRbxq cjoKvi K c`v_mgtni mntrB cwbtZ gYB nq| t`vAvk gwU tZ mvi cQyM metPpq teik KvhRi | Kv`v gwU gYQ PvI i Rb` Kg DcthwMx Kvi Y Bnv Lp teik Kgc`v_± Ges cwb tkvY PjgZv teik | Zj t`tki Kv`v hYB cKi Lp teik Drcv` bkjz | mvi cQyMi gva`tg cKtii AZ`ek`Kvq cjoKvi K c`v_mgtni m i e i v n i gva`tg cKtii cQyK I gva`tgK Drcv` bkjz Zv ejx crite Ges GtZ Kti gvtQ AwaK Drcv` bI wboZ nte|

GK MteIYq t`Lv tMtQ (tnvi K Ges Zvi mnKgr©1984) cKtii Zj t`kxq gwUi iwmqibK ag®e j x AtbKystk cwk®Z® Rigi gwUi mvt_ cvi t_wi Kfvt e miwmvi múKhYB Ges cwk®Z®Rig t_ki Avmv cjoKvi tKi Kvi tY H cKtii Zj t`tki gwU tZ cjoKvi K c`v_P NbZj ejx craq|

cKtii Zj vbx t_ki cjoKvi K c`v_mgtni AegYB wKsev avi Y PjgZv wbfP Kti cwbI wewfbcaitbi iwmqibK ag®Ges Zj t`tki Kv`v I cKtii Aew`Z wewfbcaitbi e`v t_wi qvi KgRvE 0iv| metPpq i "ZCY®f\$Z-iwmqibK cFvemga hv Zj t`kxq gwU I cwbI mvt_ Avstupq Kti v_ki Zv gj Zt wbfP Kti Zj t`kxq gwUi aib, Zvcgvv, Mfxi Zv, cwbI NbZj, `erfZ Aiv tRb, wGBP Ges tgwU Pjvi KtZj Ici | ZvQvor Avtiv wKQy i "ZCY®cFvemga K AvtQ, tm ,tj v ntj v- Avenvl qv, FZj I qvUvi tkW, cwb Pqvtbv BZ'w` |

mvi wY- t nevfbagwUj i`eniko" | cfive wbqštYi e"e"v

gwUi cKvi	w- wZ	eniko"	cfive	¶wZi cfive wbqštYi mva" e"e"v
Mo ev j vj gwU AÄj	XvKv tRj vi DÉivsk, UvsvBj tRj vi ceßk, gqgbimsn tRj vi `wTY- cwÖgvsk, tbvqvlvj x-Kujj ← I PUMg tRj vi Gj vKv nektl	AwZ ¶jz ev my² KYi mgštq MwZ, eY² j vj tP, tj vni cwi gvY teik, ^Re c`v_² bvBtUrb, dmdim, Pb cfZ Kg, wGBP gvb 5.5-6.0	cwb tNvJ vU n‡Z c‡i gv‡Qi dj Kv I tP‡L Nv n‡Z c‡i cKwZK Lv` KYv ^Zvi evavM nq KvZj v, wj fvi Kvc² i "B, bvBtj wUKv, ivRcjU Pv‡l i Dc‡hvMx	tNvJ vZj `‡ Ki‡Z c‡Z kZ‡K Pb 1.5-2.0 tKwR, wRcmg 1.0-2.0 tKwR A_ev wdwKv 0.5-0.6 tKwR c‡qM Kv th‡Z c‡i Zj ‡ tk wePi YKvix gvQ Kg msL'K gRj Kv DwPZ tcwë^Lvgv‡i i eR² envi K‡i c‡KwZK Drcv` b ¶lgZv evov‡bv hvq
e‡i,`²	w bvRcj tRj vi `wTYsk, e, ov tRj vi cwÖgvsk, ivRkvnx, bv‡Uvi, b1 Mu, PucvBbevemÄ	G‡Uj cKwZi , nj j is, tj vnv I Gv‡y g‡bqvtgi fM teik bvBtUrb, dmdim I Kv‡j wmqvtgi Afive AvQ wGBP gv‡b 6.0-6.5	`wN‡livq cKj i‡K‡q A_ev AZ‡wAK k‡Z cwb kvZj n‡q gv‡Qi Drcv` b e"vZ nq tgSmgx el †Y cwb tNvJ v nq e"e"vcbv m‡ct‡ th tKv gvQ PvI Kv hvq	cK‡i wKQ‡fvmgvb AwMvQv ti‡L Zvc t‡K gvQ i ¶v Kv hvh weKv Dr‡m cwb gRj K‡i Livi c‡Z‡qv tiva Kv qvq Z‡e‡k‡Z mvi Lv` c‡qM mxgZ ev eÜ ivL‡Z nte
e² c‡†i cij wj K AÄj	epEi gqgbimsn (MoÄj e"ZxZ), Rvgj cj , tkj cj , XvKv, bvi vqYMÄ, g‡yMÄ, et² Yevoxqv, Kujj ←P‡cij tbvqvlvj x, tdbx, PÄMg I wntj U tRj vi mgZj Gj vKv	cj j h³, ami t‡K Mvp ami is, G‡Uj ev t`v-Avk cKwZi DeP gwU Pb ev Kv‡j wmqvtgi fM Kg wGBP gv‡b 5.5-6.8	Aven‡l qv mvi v eQj gv‡Qi AbK‡j _v‡K tKv_vI tKv_vI weŠ-Rj R AvMvQvq PvI ¶wZM-nq, th tKv cRwZi gvQ PvI Kivi Dc‡hvMx	2-3 eQ‡i GKvci cKj i‡K‡q ^Zvi Kv DwPZ wbqwgZ Pb e"envi K‡Z nte
wZ- w cij gwU AÄj	w bvRcj tRj vi DÉivsk, WvKv MvI i scj, KvMg, MvBevÜv, bxj dvgvix, e, ov tRj vi ce‡Äj , wni vRMÄ tRj vi AiaKvsk AÄj	tetj t`v-Avk ev ewj gq cij tZ MwZ ^Re c`v_² P‡bi fM Kg wGBP gv‡b 6.0- 6.5	cwb avi Y¶lgZv mxgZ cwi ‡ek th tKv gvQ Pv‡l i Dc‡hvMx n‡vPvI ev bwm‡i Ges wPsw PvI I j v‡RbK	Pb I ^Re mvi wbqwgZ e"envi K‡Z nte cKj i‡K‡q th‡Z c‡i Ggb AA‡j - † PvI tgqv x gvQ PvI Kv DwPZ
Mvri cij gwU AÄj	gwBKMÄ, dwi `cij , kw‡qZcij, gv`vi xcij tMvcyj MÄ, h‡kvi gv, iv, bovBj , P‡wvls‡v, tg‡ni cij , Kvöqv, wSbv`n, Lj bv mvZ¶xi v, ev‡Mi nvU, beveMÄ, bv‡Uvi cvebv tRj v	G‡Uj , t`v-Avk t‡K tetj t`vNAvk cKwZi DeP gwU; Pb ev Kv‡j wmqvtgi ^Re c`v_²mgx wGBP gv‡b 7.0-7.5	cwb avi Y¶lgZv teik cwi ‡ek th tKv gvQ Pv‡l i Dc‡hvMx n‡vPvI ev bwm‡i I wPsw PvI j v‡RbK	cKj i‡K‡q hv‡qvi AvksKvq cKj Mfxi Kv DwPZ bq cK‡ii Zj ‡ tkj ewj i Dci cij h³ G‡Uj gwU weQ‡q fvj fv‡e wci‡tq k³ K‡i w‡q cwb avi Y¶lgZv evov‡bv hvq c‡qR‡b ivRcjU, bvBtj wUKv cfwZ gvQ PvI Kv hvq

gwUi cKvi	we- Z	ewko"	cFve	¶zi cFve wqstYi mte e'e-
j eYv³ gwU AĀj	Lj bv I ewi kvj tRj vi Asketkl, mvZ¶xi v, erMi nvU, PUMg, K- evRvi, tbvqvlvj x, j ²xcj, ewi kvj, cUqvLvj x, ei Yv Ges tFvj vi mgj eZr⁹ I PivĀj	Gj vKv wektl t`v-Auk cKzzi I j eYv³; cUvk, Kvj wmqg I dmdim mgx wGBP gvb 7.0-8.5	j eYv³ Zv tejo tMj gwUi ewab ¶qcdB nq wPsw Pvi j vFRbK bvBtj wUKvl Pvi Kiv thZ cti i'B RvZq gvQPtI i mthwm mxngZ	cKti i ctoi gwUi evab `p Kivi Rb" cito j Zv- j RbRt bv DWPZ RxeKYi fvi mvg" i ¶vq `Re mvi eenvi Kiv hvq cKti i mōenvi KitZ cqvRt b cvvam, tfUk, gv_i cFvZ gvQ Pvi Kiv hvq
cvnwoq AĀj	PUMg, ivvgnU, LvMoQno, ev` i evb, K- evRvi, tb† KvYv tRj vi cvnvox Gj vKv, tgSj fxevRvi wmtj U tRj vi AĀj wektl	bmo, bmo cv_i, ewj I cv_ji KYvi msugktY j yj tP GtUj cKzzi gwU: `Re c`v_ P cwi gyY Kg wGBP gvb 7-8.5	cKti cKzK Lv` KYv Kg Rtb cwb tNj vU ntZ cti gvtqi dj Kv ev tPvtL mjo ntZ cti	`Re mvi eenvi KitZ nfe cito Nv j wMq tNj vZi Kgvt bv hvq cqvRt b Zj t' k wePi Y KitGgb gvQ Kg msL'K gRj KitZ nfe
GimW mvj tdu AĀj	j eYv³ AĀtj i B Gj vKwetkl, Lj bv I mvZ¶j i v tRj vi mgj eZr⁹ AĀtj i wKQzvKQzGj vKv	tj vnv I nvBtWtRb mvj cvBU mgx nj y istqi gwU wGBPgvb 5 Gi wbtP	cKzK Lv` KYv Drcv` tbi cwi tek eRvq _vKb gvtqi dj Kv, Pgov ev tPvtL ¶Z ntZ cti gvQ Pvi Abc thMx	gwU tkvab Kti gvQ Pvi KitZ nfe gwU wbitc¶ Kivi Rb" `Re c`v_ Pb eenvi KitZ nfe eo AvKtii tcvbu gRj KitZ nfe

gvQ Pn̄l c̄mbi , Yv , Y

c̄ZU c̄Yxi my` i f̄vte emer̄mi Rb" Zt̄` i Dct̄hMx "t̄"Ki evm"t̄bi c̄qRb| ḡt̄Qi evm"t̄b nt̄Q Rj v̄kq Ges Rxeb avit̄Yi GKgv̄I ḡva"g nt̄Q c̄mbi m̄Zi vs ḡt̄Qi tmb evm"t̄bI n̄l qv PvB "t̄"m̄Z| ḡt̄Qi Lv" M̄Y, teP _vKv, ^m̄K eyx, c̄Rbb Ges Ab"v" , i "Zc̄Yc̄Kv̄I m̄p̄f̄vte c̄mbi Pij bvi Rb" c̄mbi w̄fbet̄f̄Z, ivm̄qibK I ^RieK , Yve xi GKv̄U AbKj ḡv̄i t̄q̄Q|

c̄mbi , Yv , Y

c̄mbi , Yv , Y ej t̄Z ḡt̄Qi teP _vKv I "t̄f̄neK epxi Rb" c̄mbi mnbkj Ae"t̄K eS̄q| c̄mbt̄Z w̄fbet̄bi M̄vm, thgb- Āl̄ t̄Rb, bvBt̄U t̄Rb, KveB W̄B-A· vBW, AbvqibZ Āvt̄gbqv, nvBt̄W t̄Rb mvj dvBW Ges w̄gt_b; ĀRe c̄v_m̄ga, thgb- dmdim, K̄v̄j m̄qvg, c̄Uw̄mqvg, ḡv̄M̄bwm̄qvg, tm̄w̄mqvg BZ"v" ; `txFZ ^Re c̄v_m̄ga, thgb- GgiBt̄bv ḠmW, tc̄UJb, kKv̄, d̄v̄l̄ ḠmW, w̄f̄Uw̄gb I t̄UlbK ḠmW; ĀtxFZ ^Re c̄v_m̄ga, h_v̄- ēvt̄±w̄qy, tc̄Uv̄Rv̄qv, D̄m̄c I c̄Yx-c̄v̄ub; ĀtxYq ^Re c̄v_m̄ga h_y- ḡw̄ui KYv BZ"v" w̄fbet̄v̄q we`"ḡv̄b _v̄K| Ḡt̄j v QovI w̄Koy tf̄Z Dcv`v̄, thgb- Zvcgv̄Iv, c̄mbi M̄fxi Zv, Avt̄j v, t̄Nv̄j v̄Zj BZ"v" c̄mbi , Yv , Y , t̄Yi I ci c̄f̄v̄e we`"v̄ K̄ti | w̄t̄P c̄mbi , Yv , Y w̄bqS̄YKv̄i t̄f̄Z-i v̄m̄qibK I ^RieK Dcv`v̄b m̄uK̄Avt̄j vPbv Kiv nt̄j v|

c̄mbi t̄f̄Z , Yv , Y

c̄mbi t̄f̄Z Ae"v ch̄p̄t̄Y K̄ti c̄K̄ti i Drcv` b P̄gZv m̄uK̄avi Yv Kiv h̄q| c̄mbi t̄f̄Z , Yv , Y , t̄j v w̄bḡsc t

eY®

c̄mbi nvj Kv meR eYc̄K̄ti i AiaK Drcv` bkxj Zv w̄t̄R K̄ti | c̄mbt̄Z bvBt̄U ui c̄w̄giY Kg nt̄j c̄mbi eYn̄j yv̄f nq| dmdiv̄mi c̄w̄giY K̄tg t̄M̄t̄j c̄mb K̄j P̄ eYavi Y K̄ti | ami ēt̄Yp̄ c̄mbt̄Z KveB W̄B-A· vBt̄Wi c̄w̄giY Kg _v̄K| t̄Kv̄ t̄Kv̄ D̄m̄c -c̄v̄ub Āw̄t̄b Āv̄t̄Q

m̄v̄i w̄Y-1 t c̄mbi ēt̄Yp̄ I ci w̄f̄E K̄ti ḡv̄Q Pn̄l i Dct̄hMxvi avi Yv c̄v̄b Kiv nt̄j v|

c̄mbi eY®	c̄K̄ZK Lv" i c̄w̄giY I c̄K̄Z	gvQ Pn̄l Dct̄hMxvi
"Q	D̄m̄c -c̄v̄ub bvB	fij bq
meRv̄f	c̄w̄giYgZ D̄m̄c -c̄v̄ub Av̄t̄Q	fij
Nb meR	ĀZw̄i 3 D̄m̄c -c̄v̄ub Av̄t̄Q	P̄ZKi
ev̄vgx meR	c̄w̄giYgZ D̄m̄c I c̄Yx-c̄v̄ub Av̄t̄Q	D̄Eg
ami meR	Āi D̄m̄c -c̄v̄ub I f̄mgvb c̄ij KYv we`"ḡv̄b	Kg Dct̄hMx
gi t̄P j v̄j	ḡt̄Qi Lv" bq Ggb D̄m̄c -c̄v̄ub we`"ḡv̄b	Dct̄hMx bq

Mfxi Zv

ḡt̄Qi c̄K̄ZK Lv" c̄v̄ub Drcv` b I m̄t̄j vKm̄st̄kH̄Yi Rb" m̄t̄j vK Ac̄wi w̄h̄p̄ c̄K̄i teik Mfxi nt̄j m̄t̄j vK w̄b̄ @ Mfxi Zv ch̄s-t̄c̄t̄Z c̄t̄i bv, ḠZ c̄K̄ZK Lv" i ch̄s Drcv` b nq bv, d̄t̄j ḡt̄Qi ēv̄z nq| c̄K̄ti i Mfxi Zv Kg nt̄j c̄mb M̄ig nt̄Z c̄t̄i Ges Zj t̄tk P̄ZKi D̄m̄c Rb̄t̄Z c̄t̄i | c̄mbi Mfxi Zv teik nt̄j c̄K̄ti i Zj t̄tk Zvcgv̄Iv Kg _v̄K, Āw̄t̄bi Av̄t̄e N̄t̄U Ges Zj t̄tk P̄ZKi M̄vm m̄o nq| G Ae"v̄ ^Y Goit̄Z Zj t̄tki ḡv̄i I Ab"v̄ c̄Yx c̄mbi Dc̄i f̄t̄M P̄t̄j Av̄t̄m|

- c̄K̄ti c̄mbi Mfxi Zv Kgct̄P̄ 1.5 w̄gUvi t̄_t̄K 3 w̄gUvi ch̄s-n̄t̄Z c̄t̄i |
- `B w̄gUvi c̄mbi Mfxi Zv gvQ Pn̄l i Rb" D̄Eg|

~QZv | tNvj vZj t

cKt i cwb tNvj vntj KvhKi mhqj vK cwb i biv 0 Mfxi Zv chS-cök KtZ cvti bv| dtj gvtQi cÖKvZK Lv~ A_ R DvM -cWÜtbi Drcr` b Ktg hvq| Averi cwb Dcti i tbi AñZv 3 DvM -cWÜtbi Drcr` tbi dtj l cwb ~QZv Ktg thZ cvti | GtZ Aw tRtbi Aftve gvtQi tWneK Rxebhv v evnZ nq| cwb ~QZv 25 tmwUngUvi ntj cKt i Drcr` b PgZv teik nq| tNvj v cwb gvtQi Lv~ Pwn` vtK cWneZ Kt i | tNvj v cwb tZ `exFZ wewfbœai tbi KYv gvtQi dj Kvq AvUtk t_k dj Kv eÜ Kt i t_q| GtZ gvtQi klm bbtZ Kó nq| dtj gvtQi Lv~ Pwn` v nwm cvq|

- cÖZ kZtK 1.0-1.5 tKvR nvti wRcmg cÖqvM Kt i cwb tNvj vZj t Kiv hvq|
- cKt i tKvYvq Lto i tQvU tQvU Awu tItL w t j| GtPf t fvj dj cvl qv qvq|

Zvcgvv

gvQ kvZj i 3mewkó Rj R cÖYx| gvtQi kixtii Zvcgvv cwb Zvcgvv vi mvt_ DVbvgv Kt i | ZvB gvtQi epx nvi Zvcgvv vi mvt_ mi vmwí mœúKv³ | MœYtMv (Optimum) gta Zvcgvv evotj gvtQi Lv~ MœtYi cÖYZvI tetó hvq| h_vh_ Zvcgvv vq AwAK Lv~ MœtYi mvt_ mvt_ nRg wq| btm tY Kg mgq jvtM| dtj AwAK cwi gvtY kv³ Drcbmq, KŠje q nq Kg cwi gvtY| dtj gvtQi epx ~ZZi nq| Zte Zvcgvv AZvA Ktetó tMtj cwb tZ Aw tRtbi gvtv Ktg tZ _tK| GtZ gvtQi Lv~ MœtYi nvi nwm cvq Ges gvQ gvtv thZ cvti | Averi Zvcgvv Ktg tMtj gvtQi Lv~ MœtYi nvi Ktg hvq| GRb kvZKv tKt i mvi | Lv~ i cwi gvtY wKQv Ktg tZ nq| Zvcgvv Lp teik Ktg tMtj gvQ Lv~ qv- v! qv eÜ Kt i w tZ cvti | cÖvZ Dtz L, AMfxi (<1.15ig.) tQvU cKt i (<10kZisk) Zvcgvv Lp ~Z DVbvgv Kt i _tK|

i "BRvZxq gvQ PvI i Rb AbKj Zvcgvv 25-30° tm.| tKvB Kvi tY cKt i cwb Zvcgvv tetó tMtj evBt i t_k cwi vE cwb mieivn Kiv thZ cvti | tUvcvcbv Øvvl cKt i cwb 10 fM AvqZt b wvgqKfvte Qvqvi e'e~v Kt i teik Zvcgvv wbgšy Kiv thZ cvti |

wbtPi mvi wZ wewfbœZvcgvv vq PvI vcthvMx KtgKwJ gvtQi Lv~ Pwn` v | epx i nvi t` l qv ntj v|

mvi w-2 t cwb Zvcgvv vi mvt_ gvtQi epx mœúK[©]

gvtQi cÖvZ	Zvcgvv (°tm.)	Lv~ Pwn` v	gvtQi epx	gše"
KvZj v, i'B, gtMj	30-35 20 <10	metPtq teik AtcPvKZ Kg i b"	mteP tgvUv eÜ	AbKj Zvcgvv - LvI qv eÜ Kt i t` q
wmj fvi Kvc [©]	30 20 15	metPtq teik AtcPvKZ Kg b-bZg	mteP wKvKg Lp Kg	AbKj Zvcgvv - -
wemtnw Kvc [©]	30 20-25 15	metPtq teik AtcPvKZ Kg b-bZg	mteP Kg Lp Kg	AbKj Zvcgvv - -
MœtYi Kvc [©]	>38 35 20-30 <10	Kg metPtq teik AtcPvKZ Kg i b"	Kg mteP AtcPvKZ Kg eÜ	A~tMv~ teva Kt i AbKj Zvcgvv - LvI qv eÜ Kt i t` q
tZj wicqy	>40 30-35 15-16	i b" metPtq teik i b"	eÜ mteP eÜ	gvv hvq AbKj Zvcgvv LvI qv cÖq eÜ Kt i t` q

m̄h̄j v'K
 m̄h̄j v'Ki l ci c̄Kt̄ i c̄l̄gK Drcv` kxj Zv Z_v D̄m̄ -c̄v̄Ūbi Drcv` b w̄f̄P K̄t̄ | c̄Kt̄ i c̄w̄b̄t̄Z Av̄t̄ vi c̄lek
 w̄wf̄b̄v̄te evaM̄t̄ n̄t̄Z c̄v̄t̄ | h̄_y- c̄K̄i c̄v̄t̄ eo M̄Qc̄y v, c̄w̄bi tN̄y vZ̄ Rj R ĀM̄Qv BZ̄w̄ | c̄K̄i c̄v̄t̄ eo M̄Q
 _vK̄t̄j Wj c̄y v tK̄t̄Ū w̄ t̄q c̄w̄b̄t̄Z m̄h̄j vK̄ c̄lēt̄ki ēēv̄ K̄t̄Z n̄t̄ | c̄K̄t̄ i c̄w̄b̄ tN̄y v nt̄ Av̄t̄ v c̄lēt̄k evaC̄B̄
 n̄q, dt̄j c̄v̄Ūbi Drcv` b Dc̄v̄ f̄v̄Mi m̄gv̄b̄ ^+ēv̄c̄x m̄gv̄ex _vK̄ | w̄wf̄b̄oaīt̄bi f̄m̄gv̄b̄ ĀM̄Qv c̄w̄b̄t̄Z m̄h̄j vK̄
 c̄lēt̄k evavi m̄jó K̄t̄ | Ḡt̄j v m̄īt̄q̄ t̄d̄j t̄Z n̄t̄ | c̄K̄t̄ i c̄w̄b̄t̄Z Av̄t̄ v c̄lek evaM̄t̄-nt̄j D̄m̄ -c̄v̄Ūbi Drcv` b
 Kg n̄q| dt̄j ḡt̄Q̄i Drcv` bI K̄t̄g h̄q|

c̄w̄bi i v̄m̄v̄q̄b̄K , Yv̄ , Y

c̄w̄bi i v̄m̄v̄q̄b̄K , Yv̄ , Yjē x Rj R c̄īt̄ek̄t̄K̄ w̄b̄q̄S̄Y K̄t̄ | i v̄m̄v̄q̄b̄K , Yv̄ , c̄īt̄v̄ K̄t̄ i Drcv` bK̄j Zv m̄ūt̄K̄
 mḡK̄ avi Yv̄ c̄v̄l qv̄ h̄q| w̄t̄P c̄w̄bi w̄wf̄b̄oai v̄m̄v̄q̄b̄K , Yv̄ , Y m̄ūt̄K̄Av̄t̄j vPb̄v K̄v nt̄j v|

^texFZ ĀW̄ t̄Rb

ĀW̄ t̄Rb Rx̄t̄bi Rb̄ Ac̄v̄i n̄v̄h̄P c̄l̄q̄Rb̄x̄q̄ c̄w̄i ḡv̄Y ĀW̄ t̄Rb Q̄ov̄ t̄K̄b c̄l̄Yxi ^v̄f̄v̄ēK̄ ēp̄x̄ m̄ē b̄q| tm̄ K̄v̄t̄Y c̄w̄b̄t̄Z
 ^texFZ ĀW̄ t̄Rb ḡv̄Q̄ | w̄Psm̄o P̄t̄l̄ i Rb̄ AZ̄S̄-i^Z̄c̄ȲP̄ m̄v̄āv̄i Yf̄v̄te w̄Psm̄o i ĀW̄ t̄Rb P̄w̄n̄`v K̄t̄c̄P̄ t̄P̄t̄q̄ tēl̄k̄ | ^K̄,
 w̄ks ḡv̄i ḡt̄Q̄i ĀW̄ t̄Rb P̄w̄n̄`v Zj b̄v̄ḡj K̄K̄|

D̄m̄ -c̄v̄Ūb̄ I Rj R D̄m̄ m̄t̄j vK̄ms̄t̄k̄H̄ c̄l̄q̄v̄q̄ th̄ ĀW̄ t̄Rb c̄l̄Z̄ K̄t̄ Zv c̄w̄b̄t̄Z̄ ^texFZ n̄q| evZ̄v̄m̄ t̄_t̄K̄ w̄K̄z̄
 c̄w̄i ḡv̄Y ĀW̄ t̄Rb m̄v̄m̄i c̄w̄b̄t̄Z̄ w̄t̄k̄ | c̄K̄t̄ i ḡv̄Q̄, Rj R D̄m̄ -I c̄l̄Yx̄ G ĀW̄ t̄Rb w̄iv̄ k̄l̄m̄K̄v̄P̄j̄v̄q̄ | i^t̄Z̄
 m̄h̄j v'Ki Āf̄t̄e c̄w̄b̄t̄Z̄ t̄K̄b̄ ĀW̄ t̄Rb c̄l̄Z̄ n̄q̄ b̄v̄ | c̄K̄t̄ i Zj v̄q̄ ^Rēv̄c̄v̄_c̄P̄t̄b̄l̄ ĀW̄ t̄Rb ēēǖZ̄ n̄q̄ | GRb̄
 m̄K̄t̄j c̄K̄t̄ i c̄w̄b̄t̄Z̄ ĀW̄ t̄R̄b̄i c̄w̄i ḡv̄Y L̄ē K̄t̄g h̄q| w̄et̄K̄t̄j Āt̄c̄P̄v̄K̄Z̄ tēl̄k̄ _v'K̄ | c̄w̄b̄t̄Z̄ 2.0 w̄g.M̄v̄j Uv̄t̄i i (2
 w̄c̄l̄c̄Ḡḡ) Kg ĀW̄ t̄Rb _v'K̄t̄j i^B̄v̄Z̄q̄ ḡv̄Q̄ ^v̄f̄v̄ēK̄ Rx̄b̄ h̄v̄c̄b̄ K̄t̄Z̄ c̄v̄t̄ b̄v̄ | c̄K̄t̄ i c̄w̄b̄t̄Z̄ 5-8 w̄g.M̄v̄j Uv̄i
 (w̄c̄l̄c̄Ḡḡ) n̄v̄t̄i ^texFZ ĀW̄ t̄Rb _v'K̄t̄j ḡv̄Q̄ K̄v̄P̄Z̄ n̄v̄t̄i ēp̄x̄ c̄v̄q̄|

c̄w̄b̄t̄Z̄ ^texFZ ĀW̄ t̄R̄b̄i Dr̄m̄ ^v̄Ū-

K. c̄w̄b̄ ms̄j M̄œv̄Z̄v̄

L. mēR̄ t̄k̄l̄j v̄ I w̄ēš-Rj R-Rx̄t̄ei m̄t̄j vK̄ms̄t̄k̄H̄ |

^texFZ ĀW̄ t̄R̄b̄i ḡv̄v̄ c̄w̄bi w̄t̄av̄^3 , Yv̄ , xi l ci w̄f̄P̄ K̄t̄ |

1. Zv̄cḡv̄i v̄

2. j ēYv̄^3 Zv̄ Ges

3. ev̄q̄ḡĒt̄j i Pvc̄ |

Zv̄cḡv̄i v̄ m̄t̄_ ^texFZ ĀW̄ t̄R̄b̄i ḡv̄i v̄ ē^-w̄b̄c̄w̄Z̄K̄ (inversely proportional) m̄ūt̄K̄^t̄q̄t̄Q̄ | Zv̄cḡv̄i v̄ ēōt̄j ^texFZ
 ĀW̄ t̄R̄b̄i ḡv̄i v̄ K̄t̄ḡ Ges Zv̄cḡv̄i v̄ K̄t̄j̄ ^texFZ ĀW̄ t̄R̄b̄i ḡv̄i ēp̄x̄ c̄v̄q̄ | w̄t̄Pi m̄v̄i w̄t̄Z̄ w̄wf̄b̄ēZ̄v̄cḡv̄i v̄q̄ c̄w̄b̄t̄Z̄
 ĀW̄ t̄R̄b̄i ^texYq̄Z̄v̄ t̄ L̄t̄b̄v̄ nt̄j v̄ t̄

m̄v̄i w̄Y-3 t̄ Zv̄cḡv̄i v̄ m̄t̄_ ^texYq̄Z̄v̄ m̄ūt̄K̄^

Zv̄cḡv̄i (^tm.)	ĀW̄ t̄R̄b̄i ^texYq̄Z̄v̄ (w̄g.M̄v̄j Uv̄i)
16	9.86
18	9.45
20	9.08
22	8.73
24	8.40
26	8.09
28	7.81
30	7.54

meifbœKvi tY cwbZ `ërfZ Aw tRbi cwi gy Ktg thZ cti | cwbZ `ërfZ Aw tRb Ktg hvI qvi cwb Kvi Y t j v
wbœifc t

cwbZ Aw tRb ntm Kvi Y

- cwbZ emevmKvi x Rj R Rxtei kjm-cjk
- cKti i Zj vq we` "gvb ^Re c` v_ P cPb
- Zj vq Aew Z Mvimi ej ej i mvt evqgEtj Aw tRb Ptj hvI qv
- Tzki ej-mj
- gwUtz tj \$ni cwi gy Y teik _vKv
- cwbZ MvtQi cvZv I Wj cvj v cov
- KvPv tMvei teik cwi gy Y eenvi
- AvKvk tgNvQbœ_yKv
- cwb Lj tNvj v nl qv |

gvQ PvI Aw tRbi cffve

gvQ I wPswo PvI i Rb `ërfZ Aw tRbi mte Eg gvI nt"0 5-8 wgmWij Uvi | cwbZ Aw tRbi cwi gy Y Kg ntj gvQ I wPswo ejx, Lv` i cweZB nvi I wWgi msLvi Ktg hvq| Aw tRb Lv` "t nRtg , i "ZCY®fngKv cvj b Kti | cwbZ cwi gy Z gvI vq Aw tRb _vKtj Lv` i cweZB nvi ejx cvq| A_P AtcTzKz Kg cwi gy Y Lv` " Awak cwi gy Y gvQ Drcv` b nq| cwbZ `ërfZ Aw tRbi gvI vqo tgvQi Lv` " Pvn` v ejx cvq Ges Aw tRbi gvI v Kgtj Lv` " Pvn` v nm cvq| GQvovl kjmKóRvbZ Kvi tY eicKfvte gvQ I wPswo gvI v thZ cti | cwbZ Aw tRbi cwi gy Y mnbkxj gvI vq tbtg tMtj wbœifc j Tj v cwi j wIz ntq _vK -

- gvQ cwb cwi Dci tftm Dtv I Lwe Lvq
- wPswo cKti citoi KvQ Pj Aw
- gvQ I wPswo Kwšaxbfvte cwbZ tNvivdiv Kitz _vK |

cwb cwi is AwZvi³ meR ntj , Zj vq Lj teik ^Re c` v_ Ktj , Awak NbZj gvQ-wPswo gRj Kiv ntj , ev cQqyRtbi Zj bvq teik cwi gy Y mvi I Lv` cQqyM Kiv ntj Dctiv³ Ae` vi mjo nqvi AwksKv _vK | mvavi YZt gaivZ t_tK tfvti i w_tK ev tgNj v w_t b cKti Aw tRb t_zv t_lv t_q| cKti Aw tRb cwi gy Kvi mgq Zj t_ki cwbZ Kx cwi gy Y Aw tRb `ërfZ Aw tgvPbvq AwbtZ nte |

mvqK Aw tRb NvIz tgvKtej vi Dcvq

- cwb cwi fytM txd mjo Kti ev cwb Aw tgvZ Kti
- muZvi tKtU ev enk wciUtzq ev nvZ w_tq cwb wQnUtzq
- cwi u w_tq bZb cwb mi evn Kti |

KveB WvB-A. vBW

gvQi teitP _vKvi Rb Aw tRb thgb , i "ZCY®tZgwb gvtQj cKzK Lv` " Zvi i Rb KveB WvB-A. vBW Acwi nvh⁴ mvtj vKmskH cQqyvi GvU GKvU tgSij K Dcv` vb| KveB WvB-A. vBW Qrov mvtj vKmskH cQqy mQubentZ cti bv| Gjfc Ae` vq Rj vktqi cQqyK Drcv` b (Primary production) evnZ nq| cKti i Zj vq AZvkaK ^Re c` v_ Ktj vKv vKtj Awak ZicgvI vq cKti G Mvimi Awak NtU| cwbZ 2 wbhZsk KveB WvB-A. vBW _vKtj gvtQj Drcv` b fvj nq|

Kveß WwB-A. vBW M̄m cwbZ ZrovZmo `ěxfZ ntZ cti | cwbZ G M̄mU gjß Kveß WwB-A. vBW, evBKvtebu Ges KveßbU m̄mte _vKtZ cti | cwbZ Kveß WwB-A. vBtWi gj Drm ntj v Re c`n`P cPb Ges cwbZ Aew-Z Rj R Rxei kym-ckljm |

Kveß WwB-A. vBtWi cfive

cwbZ Kveß WwB-A. vBtWi cwi gyY nm tctj cÖKuZK Lv` Drcv` b nm cvq | GtZ gvtQi Lv` Pvn` v cti Y nq bv| Alevi Kveß WwB-A. vBtWi cwi gyY AZiaK ejx tctj cwbZ A¤Zj gjv` ejx cvq | dtj cÖgKfvtc cPb cÖKuZK Lv` ^Zv ntj I gjtQi Lv` MØtYi cØYZv I Pvn` v nm cvq |

gß Kveß-WwB A. vBW m̄avi Yfvte gvQ I Psvoi Rtb` welv3 bqj gvQ I Psvoi KQymgtqi Rb` 50-60 wGMvij Uvi chS-Kveß WwB-A. vBW mn` Ki‡Z cti | G M̄mvi welv3 Zv cwbZ `ěxfZ A¤tRtbi NbZj | ci wfP Kti | A¤tRtbi NbZj teuk ntj Gi welv3 Zv Kg nq | cwbZ Kveß WwB-A. vBtWi gjv` 12 wGMvij Utj i teuk nl qv DiPZ bqj cwbZ Gi cwi gyv teuk ntj gjvQ I Psvoi kym Kó ntq _vK |

Kveß WwB-A. vBW wqsjYi Dcvq

- gRj NbZj I mvi cÖqM wqsjY Ges cKti i Mfxi Zv Kqfq |
- wqsgZ ni i v tujb |
- cwbZ 1.0 wohysk ntj Pb cÖqM Ki‡j cÖq 1.5 wohysk ntj Kveß WwB-A. vBW Ktg hvq |

wcGBP (P^H)

FYrZK nvBtWtRb Avqb NbZj cwi gycKB wcGBP | wcGBP msLvgvb Øiv cKik Kv nq | G cwi gycK 0 t_k 14 chS-wZ | wcGBP-Gi gva`g cwbZ A¤Zj | PvitZj cwi gyY wafY Kv nq | GtPit` 7 wbitcP gjb, 7 Gi Dcti (7-14) Pvixq gjb Ges 7 Gi wbtP (7-0) A¤e gjb wbt` R Kti |

AtcPvKZ PvigrCwb (wcGBP 6.5-9.0) gjQ Pvil i Rb` fvj | wcGBP gjv` 9.5 Gi teuk ntj cwbZ gjß Kveß WwB-A. vBW vKtZ cti bv| dtj cwbZ DvM -cSutbi Drcv` b cÖq eÜ ntq hvq | G Ae`vq gvtQi Drcv` b `vi Yfvte evnZ nq | cwbZ wcGBP 11.0 ntj ev 4.0-Gi wbtP bgjtj gjvQ gjv` thtZ cti | wcGBP 7.0-7.5 Gi gta` _vKtj dmdim mvi i KvhKvii Zv ejx cvq | A¤-cwbZ DvM -cSutbi Rb` cÖqRbxq cPoi Afve t` Lv t`q | cwb A¤ntj cKti Pb w`Z nq |

cwbZ wcGBP gvtQi Lv` Pvn` vi I ci , i "ZpCVcfive tdtj | A¤-cwb gjQ Pvil i Rb` fvj bqj G ai tbi cwbZ gvtQi Pvav nm cvq | Lv` Pvn` v Ktg hvq | dtj gvtQi ejx Ktg hvq | Drcv` b nm cvq | tKvb Rj vktq cwbZ wcGBP 9.0-Gi teuk ntj Ges Zv xNp b`vq ntj gvtQi Lv` Pvn` v Ktg hvq | ejx i`b`i tKvhq wovq | wcGBP gjv` 7.0 t_k 8-5 Gi gta` _vKtj gvtQi Lv` Pvn` v teuk _vK | Drcv` b teuk nq |

cwbZ wcGBP gvtbi `vZ DVvbgv gjQ I Psvoi Pvil i Rb` fvj bqj cwbZ wcGBP gjv Ktg tMtj gjQ I Psvoi wæenY Ae`vi mjo ntq _vK |

- gjQ I Psvoi t`n t_k tmwWqvg | tKv vBW teu tq hvq, dtj Giv`jeß ntq gjv` hvq |
- gjQ I Psvoi t`m cÖZtva PgZv I Lvvi i`vP Ktg hvq |
- cKti cÖKuZK Lv` v Drcv` b nm cvq |
- gjQ I Psvoi cRbb PgZv tj vc cvq |

Ab`v` tK cwbZ wcGBP teo tMtj gjQ I Psvoi wæenY Ae`vi mjo ntq _vK |

- dj Kv Ges tPvL bo ntq hvq
- Amtgvi , t`j kb PgZv nm cvq
- Lv` MØY eÜ ntq hvq |

cmbi wGBP Abgvb

- cmbo gjL w tq UK ev j eYv³ - r j vMj eSv hvte wGBP 7.0-Gi Kg |
- A¤-ewbtZ ij Ugvm KMR wFRtj j vj nte |
- cmbi wGBP 7.0-Gi teuk ntj cmbo gjL w tj KIhy³ gtb nte |
- ¶vi xq cmbo Z ij Ugvm KMR wFRtj j vj nte |

cKt i kZsk cIZ 1 tKwR nti Pb cIqM Kti wGBP evovbv hvq | gwQ PvI cmbo Av` k®wGBP gwî v nt"Q 7-9 | wGBP gvb 4 Gi wbtP tMj gwQ gwv hvte | elPKtj mavi Yzt cmbo wGBP h_vh_ gwî vq _vtK |

¶vi Zi I Li Zv

cmbo Z wevfbetvi (eB-KvefbU, KvefbU)-Gi NbZj ntj v ¶vi Zi| Avi Kvj wmqg Ges gwMbwqvgi tgwU NbZj nt"Q Li Zv| Li Zv Kvj wmqg KvefbtUi cmi gvY w tq cKt Kiv nq| tgwU Li Zvi cmi gvY tgwU ¶vi tZj m¤úKZ| gwQ I wPsio PvI DcthwMx ¶vi Zi gwî v 70-160 ug.MÖ./vij Uvi Ges Li Zv 20-100 ug.MÖ./vij Uvi | cKt i cmbo tgwU ¶vi Zi b¤Zg 40.00 ug.MÖ./vij Uvi _vKv evAbxq | ¶vi Zi Kg ntj cmbo Z `ExfZ cjo Afve t`Lv t`q Ges ewx tcj cjo Dcv`vb ewx cvq | gwQ Q Drcv`b ewx cvq |

¶vi Zi I Li Zvi cfve

gwQ I wPsio PvI i Rb" nvj Kv Li cmbo metPtq fvj | ¶vi Zi I Li Zvi KwtZ gtbi tPtq Lp Kg ev teuk ntj -

- cmbo evdwi s ¶gZv Ktg hvq, dtj wGBP `Z Dvwbvg Kti |
- cKt i mvi w tj Zv Avkvbijc KvhRi nq bv|
- wPsio tLj m e`j vtZ cvi bv|
- ¶vi Zi 300 ugMÖ./vij Uti i teuk ntj cKt i cI_wgK Drcv`b nrm cvq, Kvi Y G Ae`vq mvtj vKmstkhYi Rtb" c¢qvRbxq Kveb WB-A. vBW _vtK bv|
- gwQ mntrB A¤Zi Ab`vb avZi wevqva Avpvs-nq |

cKt i wqngZ Pb A_ev wRcmvg cIqM Kti Li Zv | ¶vi Zi KwtZ gwî vq wqshY Kiv hvq |

dmdim

cKwZK cmbo Z Aí cmi gvY dmdim _vtK| GB dmdim dmtdtU ifcivs Z nq| cmi wZ dmtdtUi Dcw-ZtZ cBi cmi gvY Dwmc -cWUb RbVq| Rj R Drcv`b dmdim GKKfite mehak, i"ZcY©FwgKv cvj b Kti _vtK| Re c`vt_P AwakB dmdim mi mieivn evovq | cKt i cmbo Z 0.2 ug.MÖ./vij Uvi dmdim _vKv cIqyRb |

bvBtUitRb

bvBtUitRb Rj R Dwmt` i tgj cjo Dcv`vb| Awgl msfkHYi DcKi tYi vntmte bvBtUitRb Rj R Drcv`tbi t¶j tGK wekli fwgKv cvj b Kti | cKwZ cI_E bvBtUitRb tKvb Rj vktqi bvBtUitRtbi Pwv` v tgwUitZ m¶g bq| cmbo Z 0.2 ug.MÖ./vij Uvi bvBtUitRb gwî v gwQ PvI i Rb" LpB DcthwMx |

- wRcmvg cIqM Kti cmbo tgwU ¶vi Zi evovbv hvq; Gwic mvi cIqM Kti cmbo Z dmdim cvi gvY wKQJv evovbv hvq |
- BDwq mvi cIqM Kti cmbo Z bvBtUitRtbi Afve ` t Kiv hvq |

A'v^gnbqv

Bnv GKJ bvB^tU^tRbRvZ weIv³ M'm | G M'v^tmi Dcw⁻Z^tZ g^vQ | wPsmoi -'fweK epx e'vZ nq | cwb^tZ A'v^gnbqv teik g^vi vi Dcw⁻Z^tZ mg -g^vQ | wPsmo g^vi th^tZ cv*t* | A'v^gnbqv cwb^tZ 'fite _K^tZ cv*t* - AvqibZ A'v^gnbqv (NH₄⁺) | AbvqibZ A'v^gnbqv (NH₃) | AbvqibZ A'v^gnbqv AvqibZ A'v^gnbqv^v tP^tq teik P^vZKi | AbvqibZ A'v^gnbqv g^vQ | wPsmoi R^tb weIv³ | ZvB cwb^tZ Gi g^vi 0.025 mg.M^t/v Uvi Gi teik nl qv DwPZ bq Ges 0.1 mgM^vwj Uvi AwZ^vg Kiv wec`RbK |

gv^tQi eR^o, Dw^vO^o Lv^v, weI^vb^tb^tRbRvZ c'v^vgZ k^vI j v cP^tbi dt^t cwb^tZ A'v^gnbqv M'v^tmi m^vo nq | G Qvov wZ c'v^vP^v 0v i cK^ti i cwb^tZ A'v^gnbqv P^vj AvmtZ cv*t* | Zvcg^vi v Ges wCGBP g^vi teik _K^tj cwb^tZ AbvqibZ A'v^gnbqv teeto hvq | m^vavi YZt m^vUvi w^vK hLb Kve^v WB-A· vBW Kg _vK Ges wCGBP g^vi teik _vK, ZLbB cwb^tZ AbvqibZ A'v^gnbqv teeto hvq |

cK^ti A'v^gnbqv evotj g^vQ | wPsmoi i³ Ges tckx^tZ A'v^gnbqv^v g^vi teeto hvq | dt^t g^vQ | wPsmoi t^tni wCGB^tpi g^vi K^tg hvq | epx nm cvq | G Ae^vg^vQ | wPsmo Lv^v M^vY eU K^ti t^vq Ges A'fweK^tfe P^vj K^tZ _vK | AwZ^vi³ gR^v NbZ^vci nvi K^ti m^vVK Nb^vZ^v g^vQ gR^v Ges mvi | Lv^v c^vqM w^vqS^v K^ti A'v^gnbqv `vY c^vZ^viva Kiv hvq |

nvB^tW^tRb mvj dvBW

G M'v^tmi 0.01-0.05 mgw^vwj Uvi Nb^vZ^v Rj R c^vYxi g^vZi NU^tZ cv*t* | cwb^tZ G M'v^tmi c^vg^vY 0.002 mgw^vwj Uvi Gi teik _vKv tKvbfteB w^vcv^v bq | cwb^tZ nvB^tW^tRb mvj dvB^tWi Dcw⁻Z bv _vKvD^vEg |

j eYv³Zv

mvgvb^v j eYv³Zvq (3v*z*v*z*v*z*) AiaKvsk KvcRvZvq g^vQ | ^K, gv*v*, wks g^vQ -'fweK^tfe epx cvq | ^vycwb^tZ ^K, gv*v*, wks g^vQ Pv*t* i t^vl^v j eYv³Zv tKv mgm^v bq |

cwb^ti ^RieK , Yv^vY

cK^ti i cwb^tZ -'fweK^tfe Rj R Dw^vM^v | c^vYx Rb^vq | wKQz^vQzRj R Dw^vM^v | c^vYx AwZ P^vi | GM^vj v t^vL^vZ Abex^vY h^vsj `vKv nq | P^vi Rj R Dw^vM^v | c^vYx gv^tQi c^vK^vZK Lv^v | Avevi wKQz^vQzRj R Dw^vM^v | c^vYx cK^ti i cwb^tZ t^vK c^vY K^ti -'fweK Drcv^v bkqj Zv Kng^vq t^vq | dt^t g^vQ Pv*t* wNeNtU| wge^vYZ Rj R Dw^vM^v | c^vYx cK^ti R^tb^v _vK^v |

fvmgb^v Dw^vM^v

G ai^tbi Rj R Dw^vM^v i cvZv cwb^tDct^t fvm^tZ _vK wK^vg^v cwb^t gta^v St^t _vK | thgb-KP^vcvbv, tUcv cvbv, P^v cvbv BZ^vw | G, t^tv cK^ti m^vg^vj vK c^vetk evavi m^vo K^ti Ges cK^ti e'e^vZ mvi n^vZ c^vY K^ti cK^ti Drcv^v b P^vgZv Kng^vq t^vq | cK^ti G ai^tbi Dw^vM^v _vK^tj tm^v, t^vj v Dw^vq tdj t^vZ n^ve |

We^vS-Dw^vM^v

G ai^tbi Rj R Dw^vM^v cwb^t Zj t^vtk _vK | Giv cK^ti i Mf^tti m^vh^v Av^vj v c^vetk c^vZe^vKZv m^vo K^ti | gv^tQi -'fweK P^vj wNeNtUq | thgb-cvZv S^vS, K^vUv S^vS, bvRvM BZ^vw |

wM^vgbk^v Dw^vM^v

wKQzRj R Dw^vM^v gj cK^ti i wKbvi vq _vK Ges Dw^vM^v, t^vj v cwb^t Dct^t evotZ _vK, G, t^vj v wM^vgbk^v Dw^vM^v | thgb-Avowj , `j , Kj w^vgj Zv BZ^vw |

j Zvfbv Dwmc

WKOz Rj R Dwmc` i gj cKtii cwbZ fmgvb _vtK Ges Dwmc` i kvLv cikLv, tj v cwbz Dcti Qwotq _vtK, G, tj v j Zvfbv Dwmc | h_v -tnqj Av, gj A, tkki `vg BZ`w |

cwUb

cwbZ th ¶i ^¶i ^RxeKYv _vtK ZvKB cwUb ej v nq | cwUb gvtQi cikZK Lv` | cwUb teik _vkv cKtii Alak Drct` bkJ Zv bkt` R Kti | cwUb `jai tbi K) Dwmc -cwUb L) cYx-cwUb |

Dwmc -cwUb (Phytoplankton)

¶i ^¶i ^Rj R Dwmc B Dwmc -cwUb | G, tj vi eY^meR | Dwmc -cwUb gvtQi Lv` wKtj i cLg chqci cikZK Lv` | thgb-WqUg, fj f., uvBtivMvBiv BZ`w | G, tj vtK meR tkIj vI ej v nq | cKtii Dwmc -cwUb AZ`laK Rbktj cwbz Dci Nb meR + cto | GtK ej etj | Gi/c Ae`v gvtQi Rb` ¶iZKi | Nb meR + cKtii cwbZ mthP Artj v cletk evavi myo Kti | Rj vktq cwingZ Dwmc -cwUb bi DcwtZ mdj fvte gvtQ PvI i Rb` AZ`ek`K |

cYx-cwUb (Zooplankton)

¶i ^¶i ^Rj R cYxK cYx-cwUb ej v nq | cYx-cwUb myavi YZt ev` vgx etY^P ntq _vtK | thgb-tWdbqv, iWtdiv, gqbv BZ`w | cYx-cwUb gvtQi Lv` wKtj i wZxq chqci cikZK Lvvi |

KxU-cZsM

cKtii Zj t` tk wtfbaatbi KxU-cZ% evm Kti | G, tj v gvtQi Lv` Ptmui ASFP | h_v-wtfboj wf^C I qvUv i wUj | cwbz Dwmc, Yvej xmgv h_vh_ gvtq msi ¶Y Kiv tMtj gvtQ PvI e^e^-vcbv mnR nq | dtj Aí e^tq Kw¶iZ Drct` b cvl qv hvq |

Ailaekb cwi Kí bv

w b t 01

weKvJ 13.00-14.30

tgqv` KvJ t 90 wgbU

Afjó `j t grm° Aila`Bi i KgRZfe` wkti vbg t tcb, Lvpq I avbtPZ gtbvbm. tZj wmcqvi PvI
j P t cikP Yv_@ i cikP Yv_@ i tcb, Lvpq I avb tPZ gtbvbm. tZj wmcqvi PvI mautKmg°K avi Yr t` qv hvZ Zvi v AilRZ Avtbi Avtj vtK gvQ PvI t i G RvZxq PvI mnvqZv Ki tZ cvtib
Dfik : G Ailaekb tkil cikP Yv_MY tcb, Lvpq Ges avbtPZ gvQ PvI tKskj mautKg°vL v Ki tZ cvtib Ges PvI t i tkLvtZ cvtib

welqmp	Avtj vP° welq	cikP Y tKskj	mgq
fwgKv			5 wgbU
	<ul style="list-style-type: none"> • -MZg • ce@Zv Ailaekbi cpiutj vPbv • eZ@vb Ailaekbi mvt_msthM vcb Ailaekbi Dfik e'vL v 	cikEi Avtj vPbv	
welqe-			75 wgbU
	2. tcb (Pen) wK ? 3. tcb ^Zvi i DcKiY I %Zvi i cxiZ 4. tcb gvQPV cxiZ 5. LvPv wK ? 6. LvPv ^Zvi i DcKiY I ^Zvi cxiZ 7. LvPv gtbvbm. tZj wmcqvi PvI cxiZ 8. avbtPZ gvQPV wK ? 9. gvQ PvI i vbg t avbtPZ cijZ KiY avb tPZ gtbvbm. tZj wmcqvi PvI cxiZ	cikEi e^3Zv Avtj vPbv g^3 wPSH So wdePvU^	
mvi -mstPc			10 wgbU
	<ul style="list-style-type: none"> • gj welq-mga cpiutj vPbv • Dfik hvPvB • cieZ Ailaekbi mvt_msthM • n^vEAvDU weZiY ab^ev` Ávcb 	e^3Zv cikEi	
cikP Y mnvqK mgm t n^vEAvDU, tnvgvBU teW^vDRicE, gvKv , wdePvU^ Abkjxj b wku			

<p>tcb, LvPv I avbt¶‡Z gtbvdm- tZj wicqvi PvI</p>	<p>tcb Kx ? tKvb Db¶B ev Ave× Rj vktq GK ev GKwAK w` K t_‡K evki evbv, teov, Rvj ev Ab_ tKvb DcKiY w` tq wNti D³ Rj vktq gwQ gRj Kti PvI KivK tcb ev tNti gwQ PvI ejj • tcb gwQ PvI i myeav Amyeav • tcb ¶Zi i DcKiY • tcb tZj wicqvi PvI cxiZ tcvby gRj i cRwZ, AvKvi , msLv GKK PvI t gtbvdm- tZj wicqvi tn±i cijZ 50-60 nvRvi AvKvi 7-10 tmt wgt Lv` " e_e` tcbv grm" Avni Y KiYxq w` K</p>
<p>LvPvq gtbvdm- tZj wicqvi PvI</p> <ul style="list-style-type: none"> • LvPv wK? • LvPvq gwQ PvI i myeav Amyeav • LvPv ^Zixi DcKiY • ^vb vbePb • LvPvq gtbvdm- tZj wicqvi PvI cxiZ • KiYxq w` K 	<p>avbt¶‡Z gtbvdm- tZj wicqvi PvI</p> <ul style="list-style-type: none"> • avbt¶‡Z gwQ PvI wK? • avbt¶‡Z gwQ PvI i myeav Amyeav • ^vb vbePb • avbt¶‡Zi Rwg ^Zi • gtbvdm- tZj wicqvi PvI cxiZ • KiYxq w` K

tcb, LvPv I avbt¶‡Z g‡bvtm· tZj wcqvi PvI

tcb nK ?

tKb Db¶B ev AleX Rj vktq GK ev GKwAK w K t_k K evtki evbv, teov, Rvj ev Ab tKb DcKiY w tq nti ZnZ
gvQ gRj Kti PvI KivK tcb ev tn+i gvQ PvI ej |

tctb gvQ PvI i myeav I Amjeav t

myeav t

- Ae"eüZ Rj vktq t_k K Avtqi GKUv Drm ^Zwi nq
- e"e" tcbv Kómva" Giç Rj vktq Drcv` tbi Avl Zvq Avbv hvq |
- eb"vcmZ, Avav Db¶B, Db¶B Rj vktq tK GB PvI i Avl Zvq mnRB Avbv hvq |
- "vbxq DcKiY e"envi Kti B tcb ^Zwi Kiv hvq |
- e"e" tcbv mnR |

Amjeav t

- gvQ PvI nevi m¤ebv _vK |
- k"Zv Kti gvQ tei Kti w tZ cti |
- cñKwZK `hñM ¶ñZñM' nevi m¤ebv _vK |
- DcKiY mnRB bó nevi m¤ebv _vK |
- cmw `tYi dtj gvQ goK t` Lv w tZ cti |

tcb %Zwi i DcKiY t

envki teov/Uvqvi KW®Rvj /MU wenxb cij w_b Rvj (Rvtj i dm 10 wmttgt Gi Kg) |

tctb tZj wcqvi PvI cxwZ t

tcb ^Zwi i ci Rvj tUtb hZ` i m¤e i v¶tm gvQ mwi tq tdtj vi e"e"v KitZ nte |

tcbv gRj i cñwZ, AvKvi , msLw t

GKK PvI t

g‡bvtm· tZj wcqvi tn+i cñZ 50-60 nRvi , AvKvi 7-10 tmt wgt |

Lv" e"e" tcbv t

tctb gvQ PvI i t¶tñ m¤út K Lv" cñqñM KitZ nte |
Lv" i aibt wctj U/ZixKZ Lv" |
Lv" i cij givYt gvtqi kixti i tRtbi 5-3%, Awgtl i cij givY nte 20-30% |

grm" AvniY t

g‡bvtm· tZj wcqvi t¶tñ - 3-4 gwm ci AvniY Kti evRvi RvZ Kiv hvq |
Drcv` b t 9-10 tgt Ub / tn+i |

wetkl KiYxq w K t m¤g Lv" e"e" tcbv ivLtz nte |
Dbz RvtZi tcbv gRj wñðZ KitZ nte |

LvPvq gtbvbm- tZj wicqy Pvl

LvPv Kx ?

tKvb DbjB ev Averx Rj vktq evtki evbv/Rvj /tj vnni tbU w` tq ev Ab" tKvb DcKiY w` tq Pwi w` K wNti teia LvPv Zwi
Kiv nq | Avi LvPvq gvQ Pvl ntj v- Rvj Ges evk w` tq A_ ev tj vnni tdtg Rvj j wMfq ^Zwi LvPvq gvQ cvj b |

LvPvq gvQ Pvl i myeav | Amjeav t

myeav t

- Pj gvB cwbZ LvPv - vcb Kiv hq
- ex Rj vktq evovZ Lveri Ab" gvtQI KvR j vM
- thS_gwJ Kubvaxb Rj vktq LvPv eenvi Kiv hq
- bvix I wki t` i GKvR msaú³ Kiv hq
- vbxq DcKiY eenvi Kiv hq
- ZvrPwK cwi ewi K cQqRtb mnfRB gvQ ai v hq
- Mvi tei wdR wntmte KvR Kti |

Amjeav t

- KvKov LvPv tKtU w` tZ cvti |
- Kt"Zv ekZt Rvj tKtU gvQ tei Kti w` tZ cvti |
- LvPv Pwi i mafebv _vK |
- cKwZK `#hM PwZM nZ cvti |
- LvPv DcKiY mnfRB bo nq thZ cvti |
- cQqRbxq Lv` Qvov Drcv` b fuj nte bv |

LvPv ^Zxi DcKiY t

evtki evbv/tj vnni tbU/wcfwm cvBc/totivtdvg/Mij fvbvBRW ev cwk tKvUW l qvi/bvBj btBj |

vib wbePb t

gv b` x, nvl i-evl i, wej, tmP Lvj, cvnwQov, Mfxi cKi w` wN, eti wcu, ex DcKj xq Rj vktq |

cwbi Mfxi Zv t 4-10 wguvi |

LvPvq gtbvbm- tZj wicqy Pvl cxwZ t

LvPv AvqZvvi l eMkvi nZ cvti | Zte 2-3 Nb wguvi LvPv e`e` vcbvi Rb" fuj |

cRwZ wbePb t gtbvbm- tZj wicqy/bvBj /MdU tZj wicqy

cRwZi AvKvi t 7-10 tmt wgt

gRj NbZj t 200-400 wJ/Nb wguvi

Lv`" e`e` vcbv t LvPv msaú K Lv`" cQqM Ki tZ nte |

Lv`" i ai b t wctj U/ZixKZ Lv`"

cwgiwY t gvtQI kixtii IRtbi 5-3%

grm AvniY t 4-6 gwm ci grm AvniY Kti evRvi RvZ Kiv hq | Ae`i Abhawqz 2wU dmj Kiv thZ cvti |

Drcv` b t 40-60 tKwR / cib Nb wguvi / eQi |

Ki Yxq w' K t

- wbgZ cwb i Yv, Y Ges gvtQI t- cixPv Ki tZ nte |
- gZ ev Ami- gvQ hZ ZvovZwo mae LvPv t_tK DwMq tdj tZ nte |
- tgnj v A_ev elNb w' tb Lvevi t- qv eU ivLvb tkq |
- LvPvq gvQ hW j vd w' tq tevi tq hVl qvi maebv _tK, tmPti Rvij i %Zwi XvKbv eenvi Kv thZ cti |
- gvQ Avni tYi ci wZxq evi eenvi cfeLvPv cwb t_tK DwMq fvj fvt tkI j v cwi®vi Kti tiv tKtq wbtZ nte | cQqRtb weKf wntmte 1-2 w' b Lvevi eU ivLvj gvQ tkI j v tLq tdj te |
- mZK©cwnvi vi e- wbtZ nte hvtZ gvQ Pvi bv hvq Ges Stow Avenvl qv Ges AZwak eocvZ thb gvQ tevi tq bv hvq |

avb tPitZ gtbvtm. tZj wmcqvi PvI

avb tPitZ gvQ PvI Kx ?

avb tPitZ thLvtb wbr 0 mgq ati GK metkl Mfxi Zvq tgSmgx ejio ev elA cwb Rtg _tK tmLvtb gvQ PvI Kv hvq |

avb tPitZ gvQ PvI i myeav I Amjeav t

myeav t

- 1| GKB RtgZ `B ai tbj dmj cvl qv hvq |
- 2| avb tPitZ KxUbvkK eenvi bv Ktj I Ptj |
- 3| gvtQI gj g† Rvgi DePZv ejx Kti |
- 4| t LiP I Aí mgq gvQpvI Kv hvq |
- 5| avtbi Drcv` b 10-15 % ejx cvq |

Amjeav t

- 1| cwb nvR Ktg thZ cti |
- 2| KvKov/kT Zv ekZt AvBj tKtU cwb tei ntq thZ cti |
- 3| mKj cRwZi gvQpvI mae bq |
- 4| gvQ mntrB Pvi ntq thZ cti |
- 5| avb tPitZ tcvKv gvKtoi tekx Dc` t ntj KxUbvkK eenvi mgm nq |

avb tPitZ gvQ PvI i cxwZ t

- (1) avtbi mv_ gvQ PvI
- (2) avtbi ctj gvQ PvI |

Rvg wbePb t

Rvg wbePb Dci gvQ PvI i mdj Zv wbfP Kti | me avb tPitZ gvQ PvI i Rb DcthwM bq, ZvB Rvg wbePb i mgq wbgm wLZ wq qmgm wetePbv KtZ nte t

- th mg -RvgZ ebvi cwb ctek Kti bv wKs cwb avi Y PqZv teuk Gi/c gvSwi DpZ Rvg gvQ PvI i Rb DcthwM |
- mvari YZ t-wAvk Ges GtUj gwui cwb avi Y PqZv Ges DePv kri3 teuk weaq GB me gwui Rvg avb tPitZ gvQ PvI i Rb DcthwM |
- wbePZ Rvg Kl.tki wR ewoi hZ KvQ nte ZZB fvj GtZ avb I gvtQI i PqYtePjY mnR nq |
- tevitv tgSmg PvI i tPitZ tmPi myeav ve -_KtZ nte |

- Rngi AvqZb 50-100 kZvsk ntj fvj nq|

Rngi Zwi t

gvQ PvI i Rb" Rngi Zix AZ"š- i "ZcY® Rngi Zwi hZfvj nte avb | gvQi Drcv` b ZZ teuk nte| Rngi Zwi i mgq mbtgiel q, vj Abmi Y Kiv Avek"K t

- Rngi PvI avti i cvtk Kgc® 1-1.5 dJ DpgReZ AvBj mbg® Ki‡Z nte|
- Rngi mbPzGj vKvq kZKiv 2-3 fM Gj vKv Ryo 2-3 dJ Mfxi tWew Zwi Ki‡Z nte|
- Rngi Zwi i t¶† -fweK mbqfq mvi , tMvi , Kgtcvó BZ" w cQqM Ki‡Z nte|

avb t¶‡Z tZj wicqy PvI cxiZ t

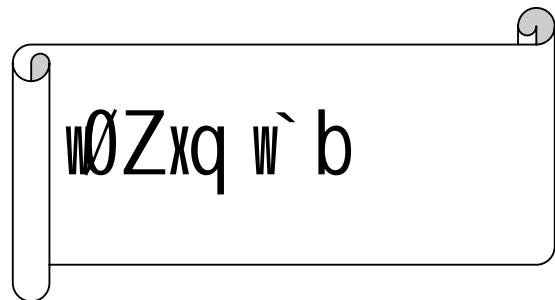
cRwZ wbePb	t	gtbvdm- tZj wicqy
cRwZi AvKvi	t	7-10 tmig.
gRj NbZj	t	15-20W/kZvsk

PvI e"e-vcby t

- avb t¶‡Z gvQ PvI Kvj xb t¶‡Zi me As‡k Kgc® 15-20 tmig. cwb _vKv Avek"K |
- Buj , KvKov I Ab"ib" cWY hvZ AvBtj MZ®v K‡i tmw`‡K tLqij iL‡Z nte|
- AvZwi 3 evoi cwb Rtg t¶‡Z cweZ nI qvi AvksKv _vK‡j A‡c¶vKZ Xvj y As‡k AvBtj i wKQz RvqMv tf‡v evtki evb ev QnKibhy® cvBc w`‡q AvZwi 3 cwb tei K‡i w‡Z nte|
- mgvšZ ejv vB e"e-vcby cxiZ‡Z tcvKvgKo `gb Kiv th‡Z ci|i |
- avb i¶vi Rb" Rng‡Z KxU bvkK cQqMi cQqRb ntj gvQ‡K tWewq / M‡Z®mwi‡q tdj‡Z nte|
- cvtki t¶‡Z KxUbvkK e"envi Kiv ntj KxUbvkK mgvšZ cwb hvZ tKvbµtgB avb t¶‡Z ctek bv K‡i tmw`‡K mRM `yo iL‡Z nte|
- t¶‡Zi cwb cQqRtbi Zj bvq Ktg tMtj `*Z tm‡Pi e"e-`v Ki‡Z nte|

gvQ Avni Y/Drcv` b t

avb t¶‡Z ch®B cwb _vK‡j avb KvUvi ci gvQ aiv th‡Z cv|i | wKš' avb KvUvi c‡e®gvQ Avni Y Ki‡Z ntj tWewi cwb i wK‡q gvQ aivi e"e-`v mb‡Z nte| avb t¶‡Z mgvšZ cxiZ‡Z gvQ PvI Ki‡j c‡Z tmšmg tn±i c‡Z 500-1000 tKvR gvQi dj b cvl qv hvq|



Aia`tekb cni Kí bv

W b t 02 mKj t 08.30-09.00 tgq` Kj t 30 mgibU

Afxó `j t grm Aia`Btii KgRZfe,

Wk̄i vbg t cbi vj vPbv, c̄Zfve I Dc`vcb

j P t c̄kP Yv_ k̄i ceW tbi Kvh̄tgi cbi vj vPbv I c̄Zfve Ges mvÜ Kj xb KvR Dc`vcbi m̄thwM
Kt̄i t̄ qv h̄tZ Zviv c̄eP Avt̄j vPbv t̄ siY Kit̄Z c̄t̄ib Ges f̄j t̄ wU m̄stkvab Kt̄i Aia`tekb
Kvh̄KwI Zv eyx Kit̄Z c̄t̄ib |

Df̄i K t Aia`tekb tk̄l AskM̄tYKvi xMY ceW tbi WkP Y cbi vj vPbv gva`tg f̄j t̄ wU m̄stkvab Kt̄i HKḡtZ
tc̄QtZ m̄lg nteb |

weI qmP	Avt̄j vP weI q	CxW	mgq
f̄gKv			2 mgibU
	<ul style="list-style-type: none"> • t̄ MZg • Pj WZ Aia`tekb t̄bi m̄t m̄thwM 	e ³ Zv	
weI qe-			25 mgibU
	<ul style="list-style-type: none"> • c̄ZwK RvYf Dc`vcb c̄kP K ceW tbi weI PZ c̄kP Yv_ k̄K c̄ZwK RvYf t̄tK 5mgibU ej vi Rb` Ab̄iva Kit̄eb c̄g c̄kP Yv_ PZvi c̄ZwK RvYf Dc`vcb tk̄l Kit̄j Ab̄ t̄KD Avi t̄Kvb wētk̄l WkP Yq weI q Dc`vcb Kit̄Z Awm̄tKvB Zv c̄kP Kt̄i Rvb̄eb Ges t̄KD Awm̄tKvB ZvK Dc`vcb Kivi m̄thwM t̄t̄eb • ceW tbi cbi vj vPbv c̄kP K GKRb c̄kP Yv_ k̄K mn̄qK wnt̄te weI Pb Kit̄eb whib MZ t̄bi mḡ -Kvh̄tgi WkP Yq weI q, t̄j v c̄kP Kt̄i gva`tg cbi vj vPbv Kit̄eb 	e ³ Zv c̄kP Ei	
mvi -mstP C			3 mgibU
	<ul style="list-style-type: none"> • c̄ZwK RvYf I mvÜ Kj xb KvR Dc`vcb Ges c̄ZwK cbi vj vPbv AskM̄tYi Rb` mKj t̄K ab̄ev` Ávcb 	e ³ Zv I c̄kP Ei	
c̄kP Y mn̄qK mgM t̄nqvBU teW ^o gvKf, BZ w`			

Aia`tekb cwi Kí bv

w b t 02

mKj t 09.00-10.00

tgqj` Kj t 60 wibU

Afjox `j t grm Aia`Btii KgRZfe;

wk̄i vbg t ḡbv̄m. tZj wicqvi tcvbv Drcv` b tKskj

j P t cikP Yv_A i ḡbv̄m. tZj wicqvi cj "I tcvbv Drcv` b Kj vtKskj m̄uK̄mḡ K avi Yv t` I qv
hv̄Z Zui v G Ávb Kv̄R j wM̄tq gv̄Pw̄l t` i c̄qyRbxq mn̄thwMzv Ki tZ cv̄tib|Df̄k t G Aia`tekb tk̄l cikP Yv_MY ḡbv̄m. tZj wicqvi cj "I Rv̄Zi tcvbv Drcv` b Kj vtKskj m̄uK̄
ej tZ cv̄tib l gv̄Pw̄l t` i tkLvtZ cv̄tib|

welqmiP	Aitj vP welq	cikP Y vtKskj	mgq
fugKv	<ul style="list-style-type: none"> -MZg ce@Zc Aia`tekbi c̄pivtj vPbv eZgib Aia`tekbi mv̄_ msthwM -vcb Aia`tekbi Df̄k ēvL̄v 	cikEi Aitj vPbv	3 wibU
welqe-	<ul style="list-style-type: none"> ḡbv̄m. tZj wicqvi wK? cj "I I -tZj wicqvi tPbvi Dcvq tZj wicqvi wNg msM̄b I tcvvutbv ni tḡb waY ni tḡb wglkZ Lv` c̄vZ ni tḡb wglkZ Lv` c̄qM c×vZ tcvbv Drcv` b I mZKzv Aej x̄b 	cikEi e^3Zv Aitj vPbv ḡv̄ P̄sh So wdePvU^	52 wibU
mv̄_mstPc	<ul style="list-style-type: none"> gj welq-mgn c̄pivtj vPbv Df̄k hv̄PvB cieZc Aia`tekbi mv̄_ msthwM n̄v̄AvDU weZi Y ab̄er Ávcb 	e^3Zv cikEi	5 wibU
cikP Y mn̄qK mḡM t n̄v̄AvDU, tnvqvBU teW^wDRicE, gv̄KA , wdePvU^ Ab̄kjxj b wku			

wdePvU©Cvi Kí bv

gtbvtm- tZj wcqvi tcvbv Drcv` b tKškj	<p>gtbvtm- tZj wcqvi K?</p> <p>GK wj ½ (cj "I ev -y) weikó tZj wcqvi K gtbvtm- tZj wcqvi ej Zte Drcv` bi weiqiu wePbvq tjtL cj "I gtbvtm- tZj wcqvi Pvi i tjt t eenvi Kiv nq </p> <p>cj "I I -y tZj wcqvi mbv³ Ki Y t</p> <p>cj "I tZj wcqvi Rbtbw` q 02 wQ ` mæúbomv v Ges j wU Abw` tK cRbbKvij wG avi tYi Rb` -y tZj wcqvi tcU uxZ nq Ges Mj vi Astki eY®n j vf t Lvq -y tZj wcqvi Rbtbw` q 03 wQ ` mæúbomj j vf Ges wQvij tMj vKvi </p>
<p>tZj wcqvi gj t_‡K wbw³ wG msMñi c×wZ t</p> <ul style="list-style-type: none"> • cRbbw` g _y gwQ nvcvi GK RvqMq Rgv Ktj fvj fvté cixqiv Ki Y • wbw³ wG A_ev j vfp nvcv ntZ msMñ Kivi Rb` cōZ'K cRbbw` g _y gwQ -c tbtUi mvnvh msMñ Ktj Ki Y • wbw³ wG -y gwQi gj t_‡K msMñ Ki Y Ges is Gi wfbzv Abymti Avj v vKi Y • msMñxZ wG ,tj v RxevYgj³ Ki‡Z 5-7 wcvwU j eY `eY 8-10 wgbU ivLv • wbw³ wG/j vfpn wPs Gi Rb` n vPwi tZ -vbiš+ 	<p>j vfp tcvbvwUtv t</p> <p>msMñxZ wG cwhetK i Zwi BbukDwekb Rvti tcvbvwUtv nq 3-4 w tbi gta wG,tj v ntZ tYtcbv tei ntq Avtm G Ae -y Zvi v wGw_yj ntZ Lv` msMñ Ktj _y K wGw_yj wbtkwk Z nL qv chS-ti YvRvi ev tU‡Z ivLv nh mvavi YZ: wbw³ wG ntZ å'Y j vfp Ae -v tkl ntZ 10-12 w b mgq j vM </p>
<p>ni tgwb wbañY I ni tgwb wgiñkZ Lvevi ^Zix t</p> <ul style="list-style-type: none"> • ni tgwb gñv 50 wgtMøt 17-∞ wG_vBj tUmUvfoi b (17-∞- Methyl testosterone); 100 wgtw t B_vBj Gj tKvñj (95%) Gi mvt_ `exfZ Kiv nq • ni tgwb `eb GK tKvñ Lvevi t i mvt_ (50%) Lvevi + 50 % wdmigj) Gi mvt_ 10-15 wgbU mgq ati wgiñkZ nte • Zwi KZ Lvevi cti mvavi Y Zvçgvñvq i Kvþv nh • ni tgwb wgiñkZ i® Lvevi Kg Zvçgvñvq A_ev 4° tmt Zvçgvñvq t wdrvñt i Uti mtePP 7 w b chS-msMñ Kiv hvté 	<p>bvmñx nvcv‡Z tcvbvwUtv ni tgwb wgiñkZ Lvevi cñqM</p> <ul style="list-style-type: none"> • ¶Y -vq UvsK cñgeri Lv` MñYKvix tcvbvwUtv ni tgwb wgiñkZ Lvevi cñqM • 8igt x 2.5igt x 0.6igt cñZñU nvcvq 1,50,000 tcvbvwUtv ni tgwb wgiñkZ Lvevi cñqM Kiv nq Zte Gtjt t cvi ZB Ae -v chS-w t b 3 evi Lvevi cñqM Kiv nq ni tgwb wgiñkZ Lvevi cñqM Mi -wqZKvij 3 w b ¶Y -vq UvsK G Ae -v bKvij tcvbvwUtv MYbv Ktj bvmñx Lvevi cñqM nvcv‡Z tcvbvwUtv tKiv nq
<p>gtbvtm- tcvbv Drcv` b I cñb³ eenvi mZKZv t</p> <ul style="list-style-type: none"> • cRbb cKtii Zvçgvñv I Abv` v wvqibK ,Yv,Y mñK gwñvq eRvq ivLv • 1g Lvevi MñtYi tcvbvwUtv mbv³ Ki Y • ni tgwb I Gj tKvñj i mñKgvñv wbañY • eW³MZ -v- mPZbZv eRvq ivLv • Abv` v Avbj sñMK KtRi ci 100% gtbvtm- tcvbvwUtv Ktj 	

g‡bv‡m· †Zj wicqvi †cvbv Drcv` b †Kškj

g‡bv‡m· †Zj wicqv wK?

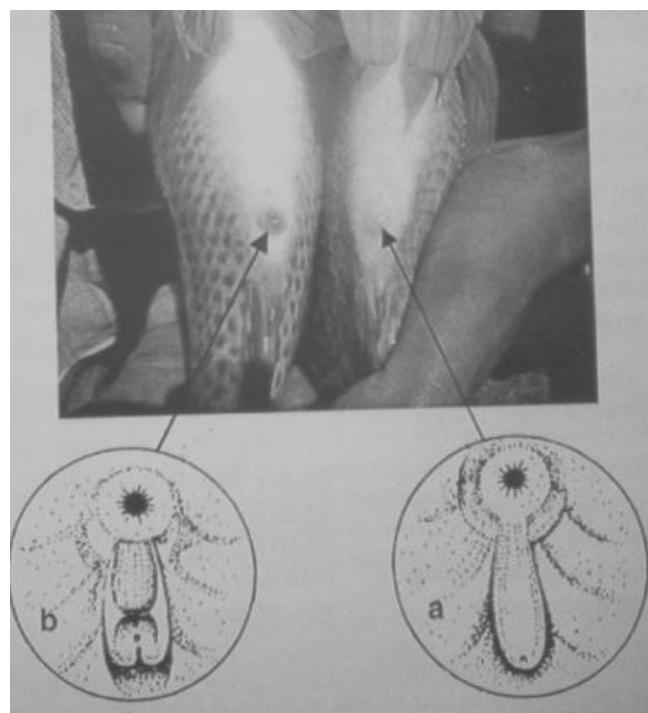
GK wj ½ (cj "I ev -y) wewkó †Zj wicqvtK g‡bv‡m· †Zj wicqv etj | Zte Drcv` tbi we lqW wetePbvq ti †L cj "I g‡bv‡m· †Zj wicqv Pv‡l i †¶‡† e'envi Kiv nq|

cj "I I -y †Zj wicqv mbv³ KiY

†Zj wicqv cwi c° nl qvi ci ewn^Kfite Rbb A½ ch‡e¶tYi gva"tg cj "I I -y gwQ‡K c_wK c_wK mbv³ Kiv hwq| ewn^K `wotZ cj "I I -y †Zj wicqv mbv³ Ki‡Z `¶ I AwfÁ ntj mn‡RB m¤e| Zte -y †Zj wicqvi tctU wNg _wKtj mn‡RB mbv³ Kiv hwq| †Zj wicqvi Mo I Rb hLb 30- 40 Mög nq ZLb -úófite Rbb A½‡`‡k (Genital Papilla) cv_K Kiv hwq| Zte tmw s Gi †¶‡† hZ Kg eq‡m m¤e ZZB mdj Zv tekx Awmte|

cj "I I -y †Zj wicqvi cv_K t

cj "I †Zj wicqvi Rbtbw`q 02 wQ`^m¤úbomv`v Ges j †K †Zj wicqvi cRbbKv‡j wNg avi tYi Rb tcl UxZ nq Ges Mj vi Astki eYqñj ý vf † Lvq| -y †Zj wicqvi Rbtbw`q 03 wQ`^m¤úbomj ý vf Ges wKQjv tMj vKvi |



wP† t b. -y †Zj wicqvi Rbb½ Ges a. cj "I †Zj wicqvi Rbb½

g‡bv‡m· †Zj wicqvi gj_ t_k wbw³ wNg msMö

M®gÜj xq AÄtj i cKti cwi c° -y gwQ mwavi YZt 2-3 mbvn Ašt wbw³ wNg msMö Kiv nq| wNg msMöni Rb c‡Z_K wicvtZ (mwavi YZ: mwavi mwBR 8×2.5×0.6 wKDneK wglvi) gRj KZ -y gwQj gj_ mbv‡n 1 ev 2 evi ev Z‡Zwakovi mw‡_ ci wKtj t_L‡Z nte|

Wg msMöni cxiZ mbtgom Y Ki v ntj v t

- cRbbPig - gQ nvcvi GK RvgMq Rgv Kti fvj fvtc cixPv Ki tZ nte|
- wbl 3 Wg A_ev j vfpnvcv nZ msMö Kivi Rb" cPZK cRbbPig - gQ - c tbUi mnvth msMö Kti fvj fvtc cixPv Ki tZ nte|
- wbl 3 Wg - gQi gL t_k K msMö Kivi nq Ges is Gi wfbz Abmvti Avj v v Kti vLv nq | mavi YZ: Pvi is Gi Wg gQi gL t_k K msMö Kti cwoK Mvgj vq vLv nq (mv vU ev nvj Kv nj y etYp ntj fvj nq) | cwoK Mvgj v,tj v ev B-utZi tdigi Dci fwmtq vLv nq|
- msMpxZ Wg ,tj v RxeYyj3 KitZ 5-7 wclwU j eY `etY 8-10 wgbU vLv nq|
- G Ae`vq wbl 3 Wg/nvPwjs Gi Rb" n vPwi tZ - vbišt Kiv nq|

j vfpPtdvUvfbv t

msMpxZ Wg cwoK i Zwi BbukDwckb Rvti tcvbUvfbv nq| 3-4 v tbi gta" Wg ,tj v nZ t i Ytcvbv tei ntq Avtm| G Ae`vq Zv v wv^w vj nZ Lv" msMö Kti vK wv^w vj wbtckw Z nI qv chS-ti YyRvi ev tUZ vLv nh | mavi YZ: wbl 3 Wg nZ a"Y Ae`v tkl nZ 10-12 v b mgq j vM|

ni tgvb wbaY I ni tgvb wqkZ Lveri ^Zwi

- ni tgvb giv 50 wgtM 17-∞ wgbvBj tUmftUfóY (17∞- Methyl testosterone); 100 wgtw t B_vBj Gj tKvnj (95%) Gi mv_ `exfZ Kiv nq|
- ni tgvb `eY GK tKvR Lverti i mv_ (50% wdmwgj ezz Abvib Lveri + 50% wdmwgj) 10-15 wgbU mgq ati wkvZ nte|
- %Zwi KZ Lveri cti mavi Y Zvcgivq i Kvfbv nh|
- ni tgvb wqkZ i® Lveri Kg Zvcgivq A_ev 4° tmt Zvcgivq ti wdrifti mtePP 7 v b chS-msMö Kiv hite|
- P Y - vq UvstK cLgevi Lv" MÖYKvi x tcvbiK ni tgvb wqkZ Lveri cLqM
- 8tgt×2.5tgt×0.6tgt cPZ nvcv 1,50,000 tcvbi tifL ni tgvb wqkZ Lveri cLqM Kiv nq| Zte Gtpi cwi ZB Ae`v chS-w t 3 evi Lveri cLqM Kiv nq| ni tgvb wqkZ Lveri cLqMi - wqZKv 3 v b| P Y - vq UvstK Ae`v bKv t tcvbi msL v MYbv Kti bvmf x nvcvZ tcvbi vbišt Kiv nq|

bvmf x nvcvZ tcvbiK ni tgvb wqkZ Lveri cLqM t

bvmf x nvcvZ (8 tgt×2.5tgt×0.6tgt) 1 j P tcvbi gRj Kti kvxi K t Rbi 30-15% givq Lveri ^ wK 4-6 evi cLqM Kiv nq| Gtpi ni tgvb wqkZ Lveri LvI qvfbv - wqZKv 18-21 v b| WÜv cwL wqZKv cweZö Kti cwbi , Y (Zvcgiv 24-27° tmt) wK vLv nh| G cxiZtZ gtbvbm- cij "l tcvbi 95-100% cvl qvi mvebv_vK|

gtbvb t cvbi Drct`b I cLqM e envti mZKZv t

cRbb cKti i Zvcgiv I Abvib i vvcv wK , Y mvK givq eRvq vLv, 1g Lveri MÖYi tcvbi mbv3 Kiy, ni tgvb I Gj tKvnj i mvKgiv wbaY Ges Abvib Avbj sMK KtRi ci 100% gtbvbm- tcvbi cLqM wffp Kti |

Awatekbi cwi Kí bv

w b t 02

mgq t 10.00-11.00

tgqv` Kj t 60 mgibU

wkti vbg t gtbvbm· tZj wmcqvi bwm̄i eēe-vcbv (tmkb-1)

Afixó `j t grm° Awa`Bi i KgRZfe`

j P· t cikP Yv_ P· i gtbvbm· tZj wmcqvi bwm̄i cKti i gRy ceēe-vcbv m̄utK̄avi Yv t` qv nte hvZ
Zui v G Ávb KvR j wM̄tq gvQPwl t` i c̄qvRbxq mn̄hwMzv KiTZ c̄tib|Dfīk· t G Awatekbi tkI cikP Yv_ MY gtbvbm· tZj wmcqvi bwm̄i cKti i gRy ceēe-vcbv m̄utK̄evL·
KiTZ cviteb I gvQPwl t` i mn̄vqZv KiTZ m̄tg nteb|

wel qm̄P	Avtj vP· wel q	cikP Y tkskj	mgq
fwgKv		cikP Ei I Avtj vPbv	3 mgibU
	<ul style="list-style-type: none"> • -MZg • ceēZr Awatekbi c̄pivtj vPbv • eZgib Awatekbi m̄t_ msthwM -vcb • Awatekbi Dfīk· evL· 		
wel qe-			52 mgibU
	<ul style="list-style-type: none"> • bwm̄i Kv? • bwm̄i cKti i _i "Zi • gtbvbm· tZj wmcqvi bwm̄i cKti i %ekó • bwm̄i cKti c̄tWZ: <ul style="list-style-type: none"> - ms̄vi - Rj R AvMvQv `gb - iVtm I AewAZ gvQ `wi KiY - Pb c̄qvM - c̄tZKvj xb mvi c̄qvM - c̄KwZK Lv` ch̄eP Y 	cikP Ei e³Zv Avtj vPbv gy³ wPsh So wdcpvU©	
mvi -mstP C			5 mgibU
	<ul style="list-style-type: none"> • gj wel q-mgn c̄pivtj vPbv • Dfīk· hvPb • cieZr Awatekbi m̄t_ msthwM • n̄vEAvDU weZiY • ab̄ev` Ávcv 	e³Zv I cikP Ei	
cikP Y mn̄vqK mgibU t n̄vEAvDU, tnvqBU teW© wDRicE, gvKf , wdcpvU© Abjkxj b wku			

WdPvU©wi Kí bv

<p>gfbvtm- tZj wicqvi bwm̄i eē- vcbv (tmkb 1)</p>	<p>bwm̄i cKi Ki?</p> <p>th mḡ-cKi 2-4 w̄b eq̄mi tiYy ev 10-15 w̄b eq̄mi avbx tcvb j v̄j b-cyj b Kti gRj cKi Qovi DcthwM Pviv tcvb Drcv` b Kv nq, tm̄tj v̄K bwm̄i cKi etj bwm̄i cKi cñZgj K KvR ch̄qutg Ki tZ nte </p> <p>bwm̄i cKti i „Zj Ges ēwko“ t</p> <ul style="list-style-type: none"> • bwm̄i cKi AvqZKvi Ges tQvU AvKvti i • bwm̄i cKti i AvqZb 25-30 kZsk n̄Z cīti • Mfxi Zv 1-1.5 mgvri • cKti i Xv 1t3 AbcytZ ntj fvj nq • eo cKi ntj bwm̄i eē- vcbv mgm̄v nq • cKti i Zj v mgvbi n̄Z nte • gwi Mi Mb t̄ v-Avk/tej t̄ v-Avk • Zj vq Kv vi cīgiY 2.00-2.5 tmt vgt • cKti „wbK mh̄tj v̄Ki tgqv` Kvj 6-8 Nv vKz nte 															
<p>bwm̄i cKi cñZ t</p> <ul style="list-style-type: none"> • cKi ms̄vi • cvo tgivgZ cvtoi Xv tgivgZ • Zj vq AvZvi ³ cPv Kv` v AcmvY • cvtoi eo MvtQv Wj cvj v QvUbKvY • cKti cvtoi tSvcsvo cīvi Ki Y • Rj R AvMvQv `gb • Rj R AvMvQv qñZKi w Kmgn • Rj R AvMvQv mbqšY cxiZ • iñt̄m AewAZ gvo `tKvY <ul style="list-style-type: none"> - qñZKi cñve - `gb cxiZ • cmbi vev³ Zv ci xTv 	<p>Pb cñqM</p> <p>Pb cñqMi cñqRbxqZv</p> <ul style="list-style-type: none"> • gwi I cmbi P^H gvo Pvli DcthwMx ivtL • cmbtZ qñtZj cñigY 20 mgv M^g/ vj t Gi tekx ivLz mnvqZv Kti • mv̄i i KvKvvi Zv evx Kti • cKi cñZKv xb Pb cñqMi gvātg ci Rxex tivM RxeyY i Kti • P̄tbi Kvj wKqyg wbRB GKvU i ZcY^c cñ Dcv` vb • Kv vq Ave x dmdv g^g Kti <p>Pb cñqMi gvt cñZ kZst 1-2 tKvR </p>															
<p>cKi cñZKv xb mvi cñqM mvi `B cKvi t (K) %Re mvi, (2) A%Re mvi mvi cñqMi gvt t</p> <table border="1" data-bbox="257 1607 775 1812"> <tr> <th>μgK bs</th> <th>mv̄i i v̄g</th> <th>cñqMgv̄v/kZsk</th> </tr> <tr> <td>1 </td> <td>#Mei ev</td> <td>5-7 tKvR</td> </tr> <tr> <td></td> <td>nñn-gj Mxi veov ev</td> <td>3-5 tKvR</td> </tr> <tr> <td></td> <td>Kgtcvó</td> <td>8-10 tKvR</td> </tr> <tr> <td>2 </td> <td>BDv qv</td> <td>150-200 M^g</td> </tr> </table>	μgK bs	mv̄i i v̄g	cñqMgv̄v/kZsk	1	#Mei ev	5-7 tKvR		nñn-gj Mxi veov ev	3-5 tKvR		Kgtcvó	8-10 tKvR	2	BDv qv	150-200 M ^g	<p>mvi cñqMi mZKZ t</p> <ol style="list-style-type: none"> 1) tgNj v w̄b ev evó gtā mvi cñqM Ki tj KvKvvi Zv Kg ntq v̄K 2) BDv qv mvi ev Zv tLvj v Ae vq ivLj KvKvvi Zv Ktj hvq 3) A^g gwtZ mv̄i i KvKvvi Zv Kg nq 4) cmbtZ Rj R Dv^M vKtj mv̄i i KvKvvi Zv Kg nq 5) Pb cñqMi 5-7 w̄b ci Ges t̄YgRf i 8-10 `b AvtM mvi cñqM Ki tZ nte
μgK bs	mv̄i i v̄g	cñqMgv̄v/kZsk														
1	#Mei ev	5-7 tKvR														
	nñn-gj Mxi veov ev	3-5 tKvR														
	Kgtcvó	8-10 tKvR														
2	BDv qv	150-200 M ^g														

	6) m̄h̄t̄j v̄K covi ci m̄vi c̄qM Kiw̄ D̄Eg
<p>c̄K̄ZK Lv̄" ch̄ēt̄Y bvm̄ni c̄K̄ti ti YygR̄` i c̄tēZv̄` i Dc̄th̄Mx Lv̄" " Zv̄ K̄ti nb̄t̄Z n̄te Zt̄B gR̄` i c̄tēc̄K̄ZK Lv̄" cix̄t̄v̄ Kiv bvm̄ni ēē` vcbvi Ac̄iin̄h̄ Ask </p> <p>c̄K̄ZK Lv̄" cix̄t̄vi c̄x̄Z c̄K̄ZK Lv̄" cix̄t̄vi c̄x̄Z 3 w̄t (1) tm̄K̄W̄` c̄x̄Z, (2) M̄gQv̄ M̄m̄ c̄x̄Z, (3) n̄Z c̄x̄Z </p>	<p>gR̄j NbZj t</p> <p>bvm̄ni c̄K̄ti ti Yytc̄vbi gR̄j NbZjbā Y c̄nbZt Pv̄l c̄x̄Z, ti Yj c̄R̄w̄Z, c̄K̄ti i Drc̄` bkxj Zv̄ Ges ēē` vcbvi aib BZ̄w̄` w̄el̄t̄qi lci nb̄f̄p̄ K̄ti c̄Z kZ̄st̄k 1000-1500 w̄l̄ avbx tc̄vbi gR̄j K̄ti 20-30 w̄` b j yj b c̄j b Kit̄j 1 t̄_t̄K 1.5 BiA tc̄vbi Kiv hv̄q </p>

gþbvtm- tZj wmcqvi bvmfi x eþe-vcbv (tmkb 1)

bvmfi cKi Kx?

th mg- cKti 2-4 w b eqfmi ti Yev 10-15 w b eqfmi avbx tcvb j yj b-cvj b Kti gRj cKti Ovovi DcthwMx Pviv tcvb Drct` b Kiv nq, tm, tj vtK bvmfi cKi etj | bvmfi cKi cñZgj K KtR chqutg KitZ nte|

bvmfi cKti i "Zj Ges eñkó" t

- bvmfi cKi AvqZKvi Ges tqiu AvKtii |
- bvmfi cKti i AvqZb 25-30 kZsk nZ cti | Mfxi Zv 1-1.5 mgUvi Ges cKti Xij 1 t 2 AbcvtZ nte fij nq |
- eo cKi ntj eþe-vcbvq mgmñ nq |
- cKti i Zj v mgvb nZ nte |
- gñli MvB t-v-Avk/tetj t-v-Avk
- Zj vq Kv` vi cwi gyY 2.0-2.5 tmig. |
- cKti ^wK mhñj vtKi tgqj` Kvj 6-8 Nv _vKtZ nte |
- cvto Qvqv myóKvi x tKvB MvQ ev tSvC-Svo _vKtZ nte |
- cKti i cvo evBti cwb tiva Kivi gZ ht_ô Dñl k³ nZ nte |
- cKti i mv_ fij thvMthvM eþe- vKtZ nte |
- eþe-vcbvq myavi Rb cKti Ae- vbtewmoi KvQvKvQ ntj fij nq |

bvmfi cKi cñZ t

cKi ms- vi

bvmfi eþe-vcbvq cñZKwj b mgfj cKi ms- vi Kiv AZ- S-Ri "vi | cKi ms- vi Kivi tPñtñ wñayj wLZ KvR, tj v KitZ nte |

- cvo tgivgZ |
- cvto Xij tgivgZ
- Zj vi AñZvi ³ I cPv Kv` v Acmvi Y
- Zj t- k mgvbKtY
- cKti i cwbZ Qvqv myóKvi x cvto eo MñQi Wj cvj v tKtU tdj v I cKi cvto tSvC Svo cwi ®vi Kiv |

cvo tgivgZ

- bvmfi cKti i cvo Ggb DñlKitZ nte hvZ -ñfweK elñq Wje bv hvq |
- cvo fvñv _vKtj k³ Kti tetra w- tZ nte hvZ evBti i vñtñm I AewñZ gñQ cKti cñek KitZ bv cti |
- cvto MZ- vKtj Zv fti w- tZ nte hvZ ewñti i cwb PBtq cvo tfñl tdj tZ bv cvt |

cvto Xij tgivgZ

- cKi cvto Xij fvñv _vKtj ev Xvñj MZ- vKtj Zv tgivgZ KitZ nte | Zvñtj cvo mnñR fvñtñe bv |

- cvtoi Xij 1:2 AbcjtZ ivL` iKvi | GtZ cvo fVzte bv, Rv j Uvb mnR nte Ges mWKFvte gvQ Avni Y Kiv hute |
- mthP Avtj v KvhKi fute cKtii cwbZ cojt cKZK Lv` Drcv` tb mnwqK nte |

Zj vq AwZwi 3 | cPv Kv` v Acmvi Y

cKtii Zj vi 4-6 BWAi teik Kv` v _Ktj Zv Ztj tdj tZ nte | Zj vq AwZwi 3 ^Re c` P_ Ktj t

- wev^3 M`m myo nZ cvti |
- mnR ni i v Uvb hvq bv |
- Aw tRbi Afve nZ cvti |

cvtoi eo MftQi Wj cvj v QvUvBKj Y

cKtii cwbZ Qvq myoKvix eo MftQi Wj cvj v tKtU tdj tZ nte | GtZ mthP Avtj v mnR i KvhKi fute cKtii cwbZ cote hv cKtii cKZK Lv` Drcv` tb mnwqK nte |

cKtii cvtoi tSicSvo cwi®vi Ki Y

- cKi cvtoi tSicSvo tKtU cwi®vi Ki tZ nte | GtZ grm`fK cWY thLvtb tmLvtb j Ktq _KtZ cvi te bv |
- cKi t_tK cjo tkvI Y Kti cKtii cWgK Drcv` bkJ Zvq e`vNvZ myo Ki tZ cvi te bv |

Rj R AwMvQv `gb

cKtii cwbZ we`vgb wevfbcaitYi Rj R Dv^c /AwMvQv hviv cW`l ev cti vPfute gvQ i tcibv Drcv` btk PIZMO` Kti Zt` i tK Rj R AwMvQv etj | cKtii myavi YZt 4 ai tYi Rj R AwMvQv i tklj v t` Lv hvq | thgb t (1) fmgvb (2) j Zvibv (3) wbgwZ (4) wMgbkj

Rj R AwMvQv PIZKi v` Kmgm

- Giv cKtii gwi l cwb t_tK cjo MhY Kti dtj cKtii cWgK Drcv` bkJ Zv Ktg hvq |
- cwbZ mh@j vK cletk evav myo Kti dtj mtj vKmskH evavM@'nq |
- tcibv i fweK Pj vPtj e`vNvZ Nvq
- bwm@i cKtii mnR ni i v Uvb, Rv j Uvb Amjeav nq |

Rj R AwMvQv wbgwZ cxiZ

(1) KwgK kq cxiZ (2) ^RieK cxiZ (3) mvi cWqM cxiZ (4) i vmvqibK cxiZ |

i vPtm l AewAZ gvo `tKj Y

i vPtm gvo t tevqyj , MRvi , tkvj , wPZj , dwj , KwgKj v, BZ`w`
AewAZ gvo t gtbu tm. tZj wccv Qvov GtPj Ab` mKj cRwZB AewAZ

PIZKi cWve

- i vPtm gvo mi vmi tcibv tLq tdtj , thgb- i vPtm gvo 2 tKwR eo nZ cWq 10-12 tKwR Ab` gvtQi tcibv Lvq |
- AewAZ gvo tcibv Lv` b Kti , thgb 1 tKwR AewAZ gvo 10-12 tKwR eo gvtQi Lv` fM emvq |
- em`v b l Aw tRb wbtq cWZthwMv Kti |

gb cxW

- 1) bwm*i* cKi iWktq
- 2) weI cWqM Kti |
- 1) cKi iWktq t cKi iWktq iWt | AewAZ gwQ `i Kiv metPtq fij | GtZ cKtii Drct`b TgZv tefo hwq |
- 2) weI cWqM t cKi iKvbtv bv tMtj weI cWqM Kti iWt | AewAZ gwQ `i Kiv hwq |
 - tivUbb cvDWi t 9.1 kW³ ntj 18-20 Mg/ kZvsk 1 dU Mfxi cWbi Rb |
 - weI v³Zvi tgqv` Kyj - 7 W b
 - ZvgytKi ov t 0.8-1.6 tKlR/kZvsk 1 dU Mfxi cWbi Rb |
 - weI v³Zvi tgqv` Kyj - 10 W b
 - Pv exR Lj t 145-150 Mg/kZvsk 1 dU cWbi Mfxi Rb |
 - weI v³Zvi tgqv` Kyj - 3W b |

cWbi weI v³Zv cixP

cKi GKlU nvcv UwZtq Zvi gta" Aí msL'K th tKvb gwQi ti YtQto 12 Nuv chfePY Kitz nte | h' AwaKvsk ti Yy(70%) teIP _tK Zvnj cWbtZ weI v³Zv tbB eStZ nte |

Pb cWqM

Pb Kvj wmqvg mgx A%Re thSM ev GimW gva gK Tviq ev wbi tcP Kti |

Pb cWqMi cWqRbxqZv

- gwU I cWbi P^H gwQ PvI i DcthwMx gwIvq iWt |
- cWbtZ Tvi tZj cwi gwY 20 wqj Mg/ wj t Gi teuk iWtZ mnvqZv Kti |
- mvI i KvhKwi Zv ejx Kti |
- cTzKvj xb Pb cWqMi gva tg cKi ci Rxex I tivM RxevYyg³ nq |
- Ptbi Kvj wmqvg wbRB GKlU i "ZcYcjo Dcv`vb |
- Kv`vq Ave x dmciw g³ Kti |
- cWbi tNuj vZj `i Kti |

Pb cWqMi gwIv t cWz kZvsk 1-2 tKlR |

cKi cTzKvj xb mvi cWqM

ti Ytcbvi cOKlZK Lvei ntj v cWbZt Dw^M cWUb | cWx cWUb | cWx cWUb Gi Drct`b wfP Kti Dw^M cWUb bi cPhZvi Dci | Avi Dw^M cWUb Zt`i evPvi Rb` `exfZ cjo | ci wfP Kvj | A_F cOKlZK Lv` %Zvi i DfI tKB cKi mvi cWqM Kiv ntq _tK |

mvi `B cKvi t (K) %Re mvi , (2) A%Re mvi |

mvi cWqMi gwIv

μgK bs	mvI i bwg	cWqMgwIv/kZvsk
1	tMei A_ev	5-7 tKlR
	nvn-gj Mxi weov A_ev	3-5 tKlR
	Kgtció	8-10 tKlR

2	BDwi qv	150-200 Mg
3	WJGmwc	75-100 Mg

mvi c̄q̄M mZKZv

1. tgNj v w̄ b ev ēoi ḡtā mvi c̄q̄M Kit̄j KvhKw̄i Zv Kg n̄q _v̄K |
2. BDwi qv mvi evZ̄t̄m tLvj v Aē v̄q ivL̄j KvhKw̄i Zv Kt̄g hvq |
3. Āx̄e gw̄t̄Z m̄t̄i i KvhKw̄i Zv Kg n̄q |
4. c̄wb̄t̄Z Rj R D̄w̄m̄ _vK̄j m̄t̄i i KvhKw̄i Zv Kg n̄q |
5. Pb c̄q̄Mi 5-7 w̄ b ci Ges ti YygR̄j̄ i 8-10 w̄ b Av̄M mvi c̄q̄M Kit̄Z n̄e |
6. m̄h̄t̄j v̄K covi ci mvi c̄q̄M KivB D̄Eg |

c̄Kw̄ZK Lv̄" ch̄ēP̄Y

bvm̄mi c̄Kit̄i ti YygR̄j̄ i c̄tēZv̄t̄ i Dc̄thwMx Lv̄" Z̄wi Kit̄i w̄t̄Z n̄e | ZvB gR̄j̄ i c̄tēc̄Kw̄ZK Lv̄" cix̄P̄v Kiv
bvm̄mi ēē vcbvi Ac̄vi nh̄h Ask |

c̄Kw̄ZK Lv̄" cix̄P̄vi c̄q̄RbxqZv

- c̄wb̄t̄Z ch̄B c̄Kw̄ZK Lv̄vi Av̄Q w̄K bv Zv Rv̄v
- c̄Kit̄i cī tek ti YyQovi Dc̄thwMx w̄Kbv Zv Rv̄v
- c̄Kit̄i Avi l̄ mvi c̄q̄M Kit̄Z n̄e w̄Kbv Zv Rv̄v |

c̄Kw̄ZK Lv̄" cix̄P̄vi c̄x̄w̄Z

c̄Kw̄ZK Lv̄" cix̄P̄vi c̄x̄w̄Z 3 w̄h̄v t
(1) t̄m̄Kw̄" c̄x̄w̄Z, (2) M̄gQv M̄m̄ c̄x̄w̄Z, (3) n̄Z c̄x̄w̄Z |

Añatekb cwi Kí bv

w b t 02

mgq t 11.15-12.00

tgqy` Kvj t 45 wgbu

wk̓iwbvg t gtbvbm- tZj wicqy bwm̓i e̓e̓-vcbv (tmkb-2)
 Afixó `j t grm̓ Añatekb cK̓i i KgRZfe`
 j ¶ t cikpiy_¶ i gtbvbm- tZj wicqy bwm̓i cK̓i i gRj cieZP e̓e̓-vcbv m̓utK̓avi Yv t̓ qv n̓te hv̓Z
 Zuii Áñatekb Avtj v̓K gvpwl t̓ i tZj wicqy bwm̓i cK̓i i gRj cieZP e̓e̓-vcbv m̓utK̓
 c̓iqRbxq mn̓thwMzv Kit̓Z cv̓ib|
 Df̓i k̓ t G Añatekb tk̓i cikpiy_ AMY gtbvbm- tZj wicqy bwm̓i cK̓i i gRj cieZP e̓e̓-vcbv we̓l tq e̓vL̓v
 Kit̓Z cv̓ib Ges gvpwl t̓ i tk̓L̓t̓Z cv̓ib|

we̓l qm̓P	Avtj vP̓ we̓l q	cikpiy tKskj	mgq
fvgKv			2 wgbu
	<ul style="list-style-type: none"> -MZg ceZP Añatekb tbi c̓ip̓it̓j vPbv eZg̓b Añatekb tbi m̓t̓_ msthwM -vcb Añatekb tbi Df̓i k̓ e̓vL̓v 	cikpiy Avtj vPbv	
we̓l qe̓-			38 wgbu
	<ul style="list-style-type: none"> gt̓bvb- tZj wicqy bwm̓i e̓e̓-vcbv Kx? ti Y̓avbx tc̓vbi YMZ gvb hv̓PvB gRj NbZj ibañt̓Y we̓teP̓ we̓l qm̓g̓n̓ Ges gRj NbZj ti Y̓avbx tc̓vbi cwi enb I tUKmBKj Y bwm̓i cK̓i ti Y̓avbx tc̓vbi Lv̓ e̓e̓-vcbv 	cikpiy e̓vL̓v Avtj vPbv g̓p̓ wP̓sh̓ So wdePvU̓	
mvi -mst̓¶C			5 wgbu
	<ul style="list-style-type: none"> gj we̓l qm̓g̓n̓ c̓ip̓it̓j vPbv Df̓i k̓ hv̓PvB cieZP Añatekb tbi m̓t̓_ msthwM n̓v̓AvDU weZi Y ab̓er̓ Áñcb 	e̓vL̓v cikpiy	
cikpiy mn̓qK mgm̓o t n̓v̓AvDU, tn̓qyBU teW̓wDRicE, g̓vKv, wdePvU̓ Ab̓kjxj b wku			

ndcPvU©Cwi Kí bv

ḡbvtm̄ tZj w̄cqvi b̄m̄x ēē v̄cbv (tmkb 2)	Rj R tc̄vKv ḡvko `gb Rj R tc̄vKv -ḡvko `gb c̄xw̄Zt w̄cUti · t 6-12 M̄g/kZ̄sk/1 dJ M̄xi Zv m̄ḡ_qb t 2-3 M̄g/kZ̄sk/1 dJ M̄xi Zv tbvfb/bMm t 2-3 M̄g/kZ̄sk/1 dJ M̄xi Zv tK̄i w̄mb t 125 m̄ḡ /kZ̄sk/ 3 dJ Mo M̄xi Z
ti Yy/ avbx tc̄vbi , YMZgvb hvPvBt	gR̄ NbZ̄t
ch̄tY w̄lq	f̄j ti Yy
1 Pj v̄div	m̄ši Ykj
2 t̄ni is	Kyj tP ev̄ v̄ḡ
3 AwPi Y	c̄t̄i n̄Z w̄t̄j `t̄i m̄ti hv̄q
4 n̄v̄r M̄t̄i M̄t̄q t̄v̄Kv w̄t̄j	~Z m̄ov t̄q
tc̄vbi c̄wi enb t	ti Yycwi enY NbZ̄t
AvaibK c̄xw̄Z mbvzb c̄xw̄Z	μigK c̄wi enb NbZ̄t c̄wi enb `t̄Zi
AvaibK ev mbvzb th t̄Kvb c̄xw̄ZtZB c̄wi enb Kiv t̄nvK bv t̄Kb ti Yev avbx tc̄vbi c̄wi enb NbZ̄j ḡj Zt w̄bfP K̄i • ti Yyavbx Ait̄ Rb Pm̄n̄v Ges • c̄wi enb `t̄Zi Dci	1. 125-130 M̄g/ēM 60× 00 tm̄igt 2. 200 M̄g/ēM 60× 00 tm̄ig 3-4 NbUv
Ait̄ R̄t̄bi Pm̄n̄v w̄bfP K̄i • tc̄vbi c̄Rw̄Z, • I Rb, • Zvcgv̄v̄ Ges • kvixi ZZq Kvh̄t̄gi l̄ci	avbx/tc̄vbi c̄wi enb NbZ̄t
b̄m̄ni c̄K̄i ti Yyavbx Lv̄` ēē v̄cbvt ḡt̄Qi teP _vKv, ^w̄K ēx I c̄Rbb Kvh̄t̄ m̄p̄f̄te	AuZi c̄K̄i Lv̄` c̄q̄M n̄vit Lv̄` c̄q̄MKyj (w̄b) Lv̄` c̄q̄M n̄vi

cui Pj bvi Rb" Lv" M&Y KtZ nq | Avi GB Lv" i griv
 wffP Kti cui cwbci tfSZ I imvqubK , Yej xi AbKj
 Ae"vi Dci | Zvcgv" evotj cui cvK Kihfutgi nvi tet
 hvq| dtj Lv" Pw" vi ejx cvq |

Lv" Pw" vi I ci cfve we"vi Kvix wleqmgnt

1. gvtQj Lv" Pw" vi cwbci wGBP Gi DVbvgi I ci
 wffP Kti |
2. wGBP griv 7.0-8.0 Gi gta" gvtQj Lv" Pw" vi
 tekr_vtk |
3. cwbZ `txfZ A"Rtbi griv evotj gvtQj Lv"
 Pw" vi ejx cvq |
4. A"Rtbi griv Kgtj Lv" Pw" vi nvm cvq |

1-5	gRj KZ tcvbvi Rtbi 2 , Y/w b
6-10	gRj KZ tcvbvi Rtbi 3 , Y/w b
11-15	gRj KZ tcvbvi Rtbi 4 , Y/w b

j vj b cKti Lv" cQqM nvit gRj KZ tcvbvi | Rtbi
 10-5% A_ev

Lv" cQqMKj (w b)	Lv" cQqM nvit
1-10	40-45 Mkg/kZsk/w b
11-20	80-100 Mkg/kZsk/w b
21-35	200 Mkg/kZsk/w b

Lv" DcKi Y e"envi griv

Dcr` vbi bvg	bgpv-1		bgpv-2		bgpv-3	
	e"envi griv%	Mkg/KtR Lv"	e"envi griv%	Mkg/KtR Lv"	e"envi griv%	Mkg/KtR Lv"
Mtgi fwm					20	200
Pvtj i Kdov	50	500	40	400	25	250
mwi lvi ^Lj	50	500	30	300	25	250
wdmwqj	-	-	20	200	20	200
AuU/iPUv,o			10	100	10	100
j eY/wFwgb	-	-	-	-	-	-
tgu	100	1000	100	1000	100	1000

Lv" cQqM cxwZt

- ti Yy gRj` i cQg 5 w b chS-mwi lvi ^Lj , wj tq
 cQqM Kiv fuj |
- mt_ wgn Pvj i Kdov/fwm i wqkY t` qv hvq
 (50t50) |
- awbx tcvbv-KuUvB Kivi ci Pviv cKti mawtK Lv"
 wntmte mwavi YZt Kdov/Mtgi fyl | ^Lj e"envi Kiv
 hvq |
- AwK Drcr` tbi Rb" Gi mt_ Awgj mgx Lv"
 (Mew cii i^3/wdm wqj) t` qv thZ cvi |
- Lv" Awgj i gvb 25-30% ntj fuj nq
- cQZw b tcvbtk Zt` i t` n | Rtbi 5-10% Lv"
 t` qv DwPZ |
- i^3/wdmwqj mnR ctc" bv ntj i agv^ Lj | Kdov
 (50t50) e"envi Kiv thZ cvi |
- cQqRt b ewMwK wdW e"envi Kiv thZ cvi |

gþbvþm· tZj wmcqvi bwmwí e"e"vcbw (mveþmkb 2)

Rj R tcvKv gyKo `gb t

cKt i mvi cþqþMi ci cwbþZ cOKuZK Lvevi ejx i mþ_ ti Ytcbvi PIZ Kt i Ggb AtþK aitYi Rj R tcvKvgyKo
mþo nq| thgbt num tcvKv, WMBdV, eo AvKuZi RyCþUb thgb KtWþmiv, KtCtCw, Wvdlbqv, WqvcUgv
BZ'w` |

cKt i G mg" -tcvKv-gyKo _vKt j Gi v t

- ti Yj Lv" DcþhvMx KtU I RxevbþK aÝsm Kt i
- ti Ytcbvi ati Lvq ev tcU tKtU tgti tdtj |

Rj R tcvKv -gyKo `gb cxiZ t

WcUvþi ·	t 6-12 Mþg/kZvsk/1 dU cwbi Mfxi Zv
mþg_w_qb	t 2-3 Mþg/kZvsk/1 dU cwbi Mfxi Zv
þbvfþ/bMm	t 2-3 Mþg/kZvsk/1 dU cwbi Mfxi Zv
tKt wmb	t 125 wguj /kZvsk/ 3 dU cwbi Mo Mfxi Zv

ti Yy/ avbx tcvbw , YMZgvb hvPvB t

chþeþY wel q	fþj ti Yy	Lvvc ti Yy
1 Pj vþdiv	mþiYkj	w"i
2 t`þni is	Kyj tP ev`vgx	d`vKvþm, mv`vþU
3 AvPi Y	cþtþ nvZ w`þj `þi mþi hvq	cþtþ nvZ w`þj axi axi mþi hvq
4 nVr Mþtþ i Mþq tUvKv w`þj	`Z mvov t`q	`Z mvov t`q bv

gRj NbZj t

bwmfx cKt i ti Yy tcvbw gRj NbZj baþY cþvbZt PvI cxiZ, ti Yj cRwZ, cKt i Drv`bkj Zv Ges e"e"vcbw
aib BZ'w` wel tqi I ci wþfþ Kt i |

gþbvþm· avbx gRj t

cKt i Drv`bkj Zv, PvI Drv`þbi BwáZ mgq Ges e"e"vcbw aib wþeþbv Kt i mavi Yfvþe kZvþk 1000-
1500W avbx tcvbw gRj Kiv hvq| 20-30 w`b j vj b cij b Kt i 1-1.5 BwÁ nþj gRj cKt i vþvþt Kiv hvq|

avbx tcvbw cþbi Drm t

eZþþb eisj v`þki cþq me Aþtj wþfbenþPvixþZ gþbvþm· tZj wmcqvi ti Yy/ avbx tcvbw cþl qv hvq| wþkl Kt i
w.Gd.Avi .AvB. gqgbmsn, wþl tq mþBwUwdK wdmwí R wj t- K· evRvi, wj vþqY GKqy dvgþ wj t-gqgbmsn BZ'w` |
ZvQov vþbxq grm" KgRZþ `þt i thwMþhM Kt i G e"vci tRbv thþZ cþt i |

tcvbw cþi enb t

eZþþb Avgvþ i t`þk AvajþK cxiZþZ cij w_b e"þM ti Yy tcvbw Ges mbvZb cxiZþZ Wþg ev Gþj yþlbqþgi nþwþZ
avbx ev PvI tcvbw cþi enb Kiv nq|

Avalok ev mbvZb th tKb cxiZtZB cwi enb Kiv tnwK bv tKb ti Yev avbx tcvbvi cwi enb NbZj gj Zt wbfP Kti
ti Yyavbxi Aiw tRb Pwn`v Ges cwi enb ` iZj Dci | Aiw tRtbi Pwn`v wbfP Kti tcvbvi cRmZ, tRb, Zvcgviv Ges
kvi xi ZZq Kvhutgi l ci |
ti Yycwi enY NbZj t

μgK	cwi enb NbZj	cwi enb ` iZj
1.	125-130 Mg/eWM 60× 00 tmigt	12 -15 NUV
2.	200 Mg/eWM 60× 00 tmigt	3-4 NUV

avbx/tcvbv cwi enb NbZj t

cwi enb cxiZ	AvKvi	cwi enb NbZj	cwi enb ` iZj
Avalok	1.5 tmigt	1500-1600 MJ/eWM	12-15 NUV
	2-2.5 tmigt	500-600 MJ/eWM	12-15 NUV
	3 tmigt	250-330 MJ/eWM	10-12 NUV
	2.5 tmigt	50-60 MJ/eWM	20-24 NUV

tcvbv cwi entb Ki Yxq w` K t

- 1) ti Yt cvbv cwiKs Kivi 2 NUV cfeKw g Lv` cdiqM eÜ Ki tZ nte Ges avbx tcvbv cwi entb cfeUKmB
Kti Kgct 2 NUV mgZ RvgMvq Af3 Ae`vq ivLtz nte| Kvi Y tctU Lvevi _vKtj cwi entb cwi mgq evg |
gj g ZvM Kti cwb w Z Kti tdtj | dtj tcvbv giv hvq |
- 2) tcvbv cwiKs Gi cfeCwj w_b e`vM Q` AwtQ wKbv Zv hvPb Kti wbtZ nte| cwj w_b e`vM Q` _vKtj
Aiw tRb tei ntq tcvbv giv hvte | tm Kvi tY SjK Govtivi Rb GkW cwj w_b e`vM Avi GkW cwj w_b e`vM
wfZti XjKtq tcvbv cwi enb Ki tZ nte |
- 3) cwj w_b e`vM 1/4 fM cwb fwZtKti ZvtZ ti Yyavbx gRj Ki tZ nte | ti Yyavbx gRj Kti e`vM Aiuk
Astk Aiw tRb fwZtKti tZ nte |
- 4) e`vM hvtZ tKb cKvi Pvc bv j vM tmw tK tLqj ivLtz nte |
- 5) cwi enb cwi tfrv Kico ev PU 0iv tXtK ivLtz nte | Zte cwj w_b e`vM Ptuw wfZti XjKtq cwi enb KivB
wbi vc` |
- 6) gZ gvo mvf_ mvf_ Acvvi Y Ki tZ nte |

ti Yyavbx/tcvbv tUKmBKtY t

cwi teeki Zvcgviv I Aiw tRtbi Zvi Ttg i Kvi tY gRj i ci gvtQj ti Yyavbx/tcvbv e`vCk nvi giv thtZ cwi |
cKti Qvoi AvtM Gt iK bZb cwi teeki mvf_ mnbkj Kti wbtj G gZi nvi AtbKisjk tiva Kiv hvq | cwi enb
cvti cwb Zvcgviv Ges cKt i cwb Zvcgviv mgZv Avbx nfto cwi tek mnbkj KtY |

- th cvtB cwi enb Kiv tnwK bv tKb Zv 15-20 mgbU cKt i cwbZ fwmtq ivLtz nte |
- gL tLvj vi ci nvZ 0iv cwi enb cwi Ges cKt i cwb Zvcgviv e`eavb cixl KtZ nte | j tZ ivLtz
nte thb `B Ae`vq cwb Zvcgviv e`eavb 1-20 tmt Gi tekx bv nq |
- Dfq cwb Zvcgviv mgvB ntj cvt i gj KtZ Kti ati evBti t_k tfZti i w k tmZi e`eavb KtZ nte |
G Ae`vq mjt, mej tcvbv tmZi wecixZ axti axti evBti Pj hvte |
- bwmni cKt i mKv j Aev wetKtj tcvbv gRj Kiv nte |

- GQrov G Wūv Avenvl qvq w̄ tbi th tKvb mḡtq bwm̄i cKti tcvby Qrov th̄Z cv̄i |
- Z̄te tgNj v Avenvl qvq `ȳt̄ i ci ev f̄vcmv Avenvl qvq cKti ḡt̄Qi tcvby Qrov DIPZ bq |

bwm̄i cKti ti Yavbxi Lv`" ēē-vcv t

gv̄t̄Qi teP _vKv, ^m̄K ēx I cRbb Kvh̄ m̄p̄f̄te m̄w̄ tbi Rb Lv`" M̄Y KīZ nq| Avi GB Lv`" ḡv̄i w̄f̄p̄ Kti cwb̄i tf̄SZ I iwm̄qibK ,Yej xi AbKj Aēvi Dci | Zvcgv̄i evot̄j cwi cvK Kvh̄f̄tgi nvi teo h̄q| d̄j Lv`" Pwn`v ēx cvq| GKB fv̄te Zvcgv̄i Kḡt̄j Lv`" Pwn`v I Zj bvḡj Kf̄t̄te n̄m cvq| w̄b̄n̄i w̄LZ w̄l qmḡa tcvby Lv`" Pwn`v I ci c̄f̄te tdt̄j t

1. ḡt̄Qi Lv`" Pwn`v cwb̄i w̄cGBP Gi DVbvḡi I ci w̄f̄p̄ Kti |
2. w̄cGBP ḡv̄i 7.0-8.0 Gi ḡt̄Qi Lv`" Pwn`v teWk _v̄K |
3. cwb̄t̄Z `exfZ Aw̄ tR̄bi ḡv̄i evot̄j ḡt̄Qi Lv`" Pwn`v ēx cvq |
4. Aw̄ tRb ḡv̄i Kḡt̄j Lv`" Pwn`v n̄m cvq |

bwm̄i cKti Lv`" c̄q̄t̄Mi nvi cwb̄i tf̄SZ I iwm̄qibK ,Yej x QrovI cKti i c̄ḡK Drcv̄ bkxj Zv, PvI ēē-vcv, Lv̄t̄ i Aēv I c̄q̄gb BZ w̄ w̄l t̄qi Dci w̄f̄p̄ Kti | tQvU Aēv q̄ tcvby Lv`" Pwn`v AtbK teWk | tm Kv̄t̄Y bwm̄i cKti c̄ḡ w̄ t̄K tekx ḡv̄i Lvevi c̄q̄M Kit̄Z nq| Z̄te tcvby eo n̄l q̄i m̄t̄_ m̄t̄_ Lv`" c̄q̄t̄Mi nvi Ktg tM̄t̄j | Lv̄t̄ i ci ḡv̄i Zj bvḡj Kf̄t̄te teo h̄q |

AuZi cKti Lv`" c̄q̄M nvi t

Lv`" c̄q̄MKv̄ (w̄ b)	Lv`" c̄q̄M nvi
1-5	gR̄y KZ tcvby I R̄bi 2 ,Y/w̄ b
6-10	gR̄y KZ tcvby I R̄bi 3 ,Y/w̄ b
11-15	gR̄y KZ tcvby I R̄bi 4 ,Y/w̄ b

j̄j b cKti Lv`" c̄q̄M nvi t gR̄y KZ tcvby I R̄bi 10-5% A_ev

Lv`" c̄q̄MKv̄ (w̄ b)	Lv`" c̄q̄M nvi
1-10	40-45 M̄g/kZvsk/w̄ b
11-20	80-100 M̄g/kZvsk/w̄ b
21-35	200 M̄g/kZvsk/w̄ b

Lv`" DcKiY ēenvi ḡv̄i t

w̄bañi Z c̄oḡt̄bi Aw̄gl mḡx Lv`" %Zxi Rb DcKiYi mnRj f̄Zv Ges Pwl i Aw̄_K msMñZ w̄etePbv Kti w̄ef̄be ait̄Yi DcKiY w̄bePb Ges DcKiY mḡt̄ni Abc̄vZ w̄bañi Y KīZ nq| w̄bañi Z Abc̄vZ Abjñvqx c̄q̄Rbxq cwi ḡv̄i DcKiY cwi ḡv̄i Kti Lv`" ḡv̄t̄K Avi I ml̄g Kivi Rb Gi m̄t̄_ 0.5-2% w̄Unḡb I LñbR j eY th̄M Kiv h̄q | tcvby Rb c̄Z tKñR Lveñt̄i i DcKiY ēenvi i bḡp̄ Abc̄vZ Dñj L-Kiv n̄t̄j v t

Dcv̄ v̄t̄bi bv̄	bḡp̄-1		bḡp̄-2		bḡp̄-3	
	ēenvi ḡv̄i%	M̄g/tKñR	ēenvi ḡv̄i%	M̄g/tKñR	ēenvi ḡv̄i%	M̄g/tKñR
M̄gi fñm					20	200
Pv̄t̄j i Kñv	50	500	40	400	25	250
m̄wi lvi ^Lj	50	500	30	300	25	250
w̄dm̄nḡj	-	-	20	200	20	200

AvUv/PUv_o			10	100	10	100
j eY/wfUwgb	-	-	-	-	-	-
tgU	100	1000	100	1000	100	1000

Lv`" cØqM c×wZ t

ti YygRj i cØg 5 w b chS-mwi lvi ^Lj ,wj tq cØqM Kiv fuj | Zvi ci Zvi mvt_ wgm Pwtj i Kiv/ Mtgi fumi wjkY t`qv hvq (50 t 50) | avbx tcvby-KvB Kivi ci Pviv cKti mptK Lv`" wntmte mwaviYZt Kiv/Mtgi fyl I ^Lj eenvi Kiv hvq | AwAK Drcv` tbi Rb" Gi mvt_ Awgl mgx Lv`" (Mew` cii i^3/wdm wjj) t`qv thZ cvti | Lv`" Awgtl i gvb 25-30% ntj fuj nq Ges cØZw b tcvbytK Zyt` i t`n IRtbi 5-10% Lv`" t`qv DwPZ| i^3/wdmwjj eqeuj Ges G,tj v mnR cØc" bv ntj i agw^l ^Lj I Kiv (50t50) eenvi Kiv thZ cvti | ^Lj I Kiv wfwRtq KvB Kti mg-cKti QwUta t`qv fuj |

cØsMZt Dtj E, AvRKj bvmwi cKti cØZKtj tKb cKvi mvi cØqM bv Kti mivmi ti YygRj Kiv hvq| GtPfT cKti cØqRbgZ cwb ntj tKej ¶ZKi Rj R tcvKv gwko `gb Kti ti YtQto Lv`" wntmte cØg wZb w b AvUv cØqM Kiv ntq _vtK| ti YygRj i w,Y ntj AvUv cØqM KitZ nt| cwi gygZ AvUv cwbtZ ,tj w tb `Beri cKti QwUta wZ nt| G c×wZ eenvi cKti cØi cwi gygY cØYx cØUb ^Zwi ntq _vtK hv ti Yytcvbi Rb" cØugK Lv`" wntmte wfwPZ|

Añatekb cwi Kí bv

w b t 02

mgq t 12.00-13.30

tgqr` Kvj t 90 mgibU

wkñivbg t cñki gtbitm. tZj wicqvi PvI
 Afñó `j t grm Awa`Btii KgRZfe`
 j ¶ t cñk¶Yv_¶` i gtbitm. tZj wicqv PvI i gRj ce¶i gRj cieZPe`e`icbv i wifbomc m¤útkavi Yv
 t`qv hvZ Zui v G we`wi Z Ávb ARÓ Ki‡Z cvi b Ges G Ávb KvR j wM‡q gvQPwl t` i
 cñqvRbxq mnthwMzv Ki‡Z cvi b|
 Dñl k` t G Añatekb tk‡l cñk¶Yv_AMY -
 • gtbitm. tZj wicqv PvI i gRj ce¶e`e`icbv
 • gtbitm. tZj wicqv PvI gRj Kvj xb e`e`icbv
 • gtbitm. tZj wicqv PvI gRj cieZPe`e`icbv i avcmgn m¤útkmg`K avi Yv ARÓ Ki‡Z
 cvi teb I gvQPwl t` i Zv tkLvtZ cvi teb|

we l qmip	Avtj vP we l q	cñk¶Y tKskj	mgq
fwgKv			5 mgibU
	<ul style="list-style-type: none"> • -MZg • ce@Z@Añatektbi cþivtj vPbv • eZgib Añatektbi m‡_ msthwM -icb • Añatektbi Dñl k` eVLv 	cñk¶i Avtj vPbv	
we l qe`			75 mgibU
	<ul style="list-style-type: none"> • gtbitm. tZj wicqv PvI i gRj ce¶e`e`icbv Kx <ul style="list-style-type: none"> - AvMwv `gb - i¶tmi l evtR gvQ `ixKiY - cvo l Zj v tgivgZ - Pb cñqm - mvi cñqm - cñKzK Lv` chfe¶Y • gtbitm. tZj wicqv PvI gRj Kvj xb e`e`icbv Kx <ul style="list-style-type: none"> - tcvbu RvZ wbePb - gRj NbZj - tcvbu cwi enb - tcvbu tkvab I Af`-KiY • gtbitm. tZj wicqv PvI gRj cieZPe`e`icbv <ul style="list-style-type: none"> - teP_vKvi nvi chfe¶Y - mvi l Lv` cñqm - bgþvqb - Avni Y I evRvi RvZKiY 	cñk¶i e³Zv Avtj vPbv gj³ wPšw So wdePvU©	
mvi -mst¶c			10 mgibU
	<ul style="list-style-type: none"> • gj we l qmgn cþivtj vPbv • Dñl k` hvPb • cieZP Añatektbi m‡_ msthwM • nñvEAvDU weZiY • ab`ev` Ávcb 	e³Zv cñk¶i	
cñk¶Y mnwqK mgm t nñvEAvDU, tñvqvBU teW© wDRwCÉ, gvKñ , wdePvU© Abjkxj bx wku			

wdePvU©Cwi Kí bv

<p>cKt i gtbvdm- tZj wmcqy PvI</p>	<p>gtbvdm- tZj wmcqy PvI gRj ce®e e-vcbvt tcvbv gRj i AvM chS-cKi cÖwzi weifboavc gRj cKt i i enkó t <ul style="list-style-type: none"> • gRj cKi AvqZiKvi Ges gvSwi AvKtii i • cKt i AvqZb 25-100 kZsk n‡Z c‡i • Mfxi Zv 1.5-2.0 mgUv, cKt i Xvj 1t1.5 t_k 1 t 2 AbcvtZ n‡j fvj nq • cKt i Zj v mgvb n‡Z n‡e • gwUv MvB t_v-Avk/G‡Uj t_v-Avk/tetj t_v-Avk • Zj vq Kv`vi cwi gvY 10.0-15.0 tmt vgt • cKt i ^wbK mh‡j vtKi tgqv` Kvj 6-8 Nbv _vK‡Z n‡e • cito Qvq mjoKvix tKib MvQ ev tSic-Svo _vK‡e bv • cKt i cvo evB‡i cwb tiva Kivi gZ h‡_o DRz I k³ n‡Z n‡e • cKt i mv‡_ fvj thvMv‡hM e-e- _vK‡Z n‡e • e-e-vcbvi meavi Rb cKt i Ae-`v eb emoi KvQvKwQ n‡j fvj nq </p>																		
<p>cKi cÖwZt</p> <ul style="list-style-type: none"> • cKi ms-wi • cvo tgiwgZ • cvtoi Xvj tgiwgZ • Zj vq AvZwi³ I cPv Kv`v AcmvY • cvtoi eo M‡Qi Wjv cvj v QvUbKiY • cKt i cvtoi tSicSvo cwi®vi KiY • Rj R AvMvQv `gb • Rj R AvMvQvI ¶ZKi w Kmgn • Rj R AvMvQv wbqSY cxiZ • i¶¶m I AewÄZ gvQ `ixKiY • ¶ZKi c‡ve • `gb cxiZ • cwbv i wv³ Zv ci x¶v 	<p>Pb cÖqvM</p> <p>Pb cÖqv‡Mi cÖqvRbxqZv</p> <ul style="list-style-type: none"> • gwUv cwbv PH gvQ PvI i DcthvMx i‡L • cwb‡Z ¶i‡Zj cwi gvY 20 mgij Mg/ j i Gi tekx i vL‡Z mnvqZv K‡i • mv‡i i Kvhrwi Zv ej‡x K‡i • cKi cÖZKvj xb Pb cÖqv‡Mi gva‡g ci Rxex I tivM RxevY ` i K‡i • P‡bi Kvj wkvqvg wb‡RB GKvU i "ZcY© cjo Dcv`vb • Kv`vq Ave× dmdvM gj‡ K‡i <p>Pb cÖqv‡Mi gv†v t c‡Z kZv‡k 1-2 tKvR </p>																		
<p>cKi cÖZKvj xb mvi cÖqvM</p> <p>mvi `B cÖvvi t (K) %Re mvi, (2) A%Re mvi </p> <p>mvi cÖqv‡Mi gv†v t</p> <table border="1" data-bbox="257 1579 796 1843"> <thead> <tr> <th>¶gvK bs</th> <th>mv‡i i bv</th> <th>cÖqvMgv†v/kZsk</th> </tr> </thead> <tbody> <tr> <td>1 </td> <td>#Mvi ev</td> <td>5-7 tKvR</td> </tr> <tr> <td></td> <td>nvw-gj Mi weov ev</td> <td>3-5 tKvR</td> </tr> <tr> <td></td> <td>Kgtcvó</td> <td>8-10 tKvR</td> </tr> <tr> <td>2 </td> <td>BDvi qv</td> <td>150-200 Mg</td> </tr> <tr> <td>3 </td> <td>wGmwic</td> <td>75-100 Mg</td> </tr> </tbody> </table>	¶gvK bs	mv‡i i bv	cÖqvMgv†v/kZsk	1	#Mvi ev	5-7 tKvR		nvw-gj Mi weov ev	3-5 tKvR		Kgtcvó	8-10 tKvR	2	BDvi qv	150-200 Mg	3	wGmwic	75-100 Mg	<p>mvi cÖqv‡M mZKZv t</p> <ol style="list-style-type: none"> 1) tgNj v ` b ev ej‡i gta` mvi cÖqvM Ki‡j Kvhrwi Zv Kg n‡q _vK‡i 2) BDvi qv mvi evZv‡m tLvj v Ae-`vq i vL‡j Kvhrwi Zv K‡g hvq 3) A‡‡i gv‡‡Z mv‡i i Kvhrwi Zv Kg nq 4) cwb‡Z Rj R Dv‡c _vK‡j mv‡i i Kvhrwi Zv Kg nq 5) Pb cÖqv‡Mi 5-7 ` b ci Ges ti YgR‡ i 8-10 ` b Av‡M mvi cÖqvM Ki‡Z n‡e 6) m‡‡j vK covi ci mvi cÖqvM KvB D‡g <p>cÖKvZK Lv` ch‡¶Y</p>
¶gvK bs	mv‡i i bv	cÖqvMgv†v/kZsk																	
1	#Mvi ev	5-7 tKvR																	
	nvw-gj Mi weov ev	3-5 tKvR																	
	Kgtcvó	8-10 tKvR																	
2	BDvi qv	150-200 Mg																	
3	wGmwic	75-100 Mg																	

cKt̄i ḡbvt̄m· t̄Zj w̄cqv̄ P̄l

eZḡt̄b eisj n̄'t̄ tk ḡbvt̄m· t̄Zj w̄cqv̄ P̄l ` Z m̄c̄hvi Z n̄'Q| Gi eiRvi gj̄, ^ n̄K epxi n̄i, c̄ZKj c̄wi tetk̄
tetP̄_v̄Kvi T̄gZv, ^ Drcv̄ b mgqKvj BZw̄ _Yi Kvi t̄Y Gi ` Z Avb̄f̄gK I Dj m̄c̄hvi Y n̄'Q| G Kvi t̄Y ḡQ
P̄w̄ iwl ` Z ḡbvt̄m· t̄Zj w̄cqv̄ P̄l i w̄ t̄K SKt̄Qb |

ḡbvt̄m· t̄Zj w̄cqv̄ P̄l i gR̄ ce^e^-vcbv̄ Kx ?
gR̄ ce^e^-vcbv̄ tc̄b̄v̄ gR̄ i ĀM ch̄S-c̄Kt̄i c̄t̄z̄i w̄fb̄avc̄t̄K gR̄ ce^e^-vcbv̄ ej̄ |

gR̄ cKt̄i i ^ew̄kō" t

- gR̄ c̄Ki AvqZvKvi Ges ḡSwi AvKv̄t̄i i n̄te |
- cKt̄i i AvqZb 25-100 kZvsk n̄Z c̄v̄i |
- Mfxi Zv 1.5-2.0 mgUvi, cKt̄i Xv̄j 1t1.5 t̄_t̄K 1t2 Ab̄v̄t̄Z n̄j f̄v̄j n̄q |
- cKt̄i i Zj v̄ mgvb n̄Z n̄te |
- ḡUi Mv̄b t̄_v-Av̄k/Gt̄Uj t̄_v-Av̄k/tetj t̄_v-Av̄k
- Zj v̄q Kvi vi c̄wi ḡY 10.0-15.0 tm̄g. |
- cKt̄i ^ibK mh̄t̄j v̄t̄Kvi tḡv̄r Kvj 6-8 Nv̄u n̄Z n̄te |
- c̄to Qv̄v̄ m̄jōKvi x t̄Kv̄b Mv̄Q ev̄ t̄Sv̄c-Sv̄o _v̄Kt̄e bv̄ |
- cKt̄i i c̄vo ev̄B̄t̄i i c̄w̄b t̄iva Kvi ḡZ h̄t̄_o DP̄l k̄^ n̄Z n̄te |
- cKt̄i m̄t̄_ f̄v̄j th̄Mv̄th̄M e^e^-v̄_v̄Kt̄Z n̄te |
- e^e^-vcbv̄ myeavi Rb̄ cKt̄i Ae^-v̄b ew̄oi Kv̄v̄Kv̄Q n̄j f̄v̄j n̄q |

gR̄ c̄Ki e^e^-vcbv̄ t

c̄Ki ms^-vi t

gR̄ c̄Ki e^e^-vcbv̄ c̄t̄ZKvj xb mḡt̄q c̄Ki ms^-vi Kiv AZ^S-Ri "vi | c̄Ki ms^-vi t̄P̄t̄_v̄baej wLZ Kv̄R,t̄j v̄ Kt̄Z
n̄te |

- c̄vo tḡiv̄gZ |
- c̄to i Xv̄j tḡiv̄gZ
- Zj vi Āv̄Zv̄^3 I c̄P̄v̄ Kv̄ v̄ Acmv̄i Y
- Zj t̄_k mgvbKiy
- cKt̄i i c̄w̄bZ Qv̄v̄ m̄jōKvi x c̄to i eo Mv̄Qv̄ Wv̄j cv̄j v̄ t̄Kt̄U t̄dj v̄ I c̄Ki c̄to i t̄Sv̄c Sv̄o c̄wi ^vi Kiv |

c̄vo tḡiv̄gZ t

- gR̄ cKt̄i i c̄vo Ggb DP̄t̄Kt̄Z n̄te hv̄t̄Z ^v̄weK el̄v̄ W̄te bv̄ hv̄q |
- c̄vo f̄v̄v̄_v̄Kt̄j k̄^ Kt̄i t̄eta w̄ t̄Z n̄te hv̄t̄Z ev̄B̄t̄i i iv̄t̄m I Āv̄AZ ḡQ c̄Kt̄i c̄tek Kt̄Z bv̄ c̄v̄i |
- c̄to MZ^v̄_v̄Kt̄j Zv̄ f̄t̄i w̄ t̄Z n̄te hv̄t̄Z ev̄B̄t̄i i c̄w̄b PB̄t̄q c̄vo t̄f̄t̄% t̄dj t̄Z bv̄ c̄v̄i |

c̄to i Xv̄j tḡiv̄gZ t

- c̄Ki c̄to i Xv̄j f̄v̄v̄_v̄Kt̄j ev̄ Xv̄t̄j MZ^v̄_v̄Kt̄j Zv̄ tḡiv̄gZ Kt̄Z n̄te | Zv̄nt̄j c̄vo mn̄t̄R f̄v̄v̄te bv̄ |
- c̄to i Xv̄j 2t 1 Ab̄v̄t̄Z iv̄Lv̄ ` i Kvi | ḠZ c̄vo f̄v̄v̄te bv̄, Rv̄j Uv̄bv̄ mn̄R n̄te Ges m̄v̄Kf̄v̄te ḡQ Āv̄ni Y Kiv hv̄te |
- m̄h̄P̄ Av̄t̄j v̄ Kv̄h̄Ri f̄v̄te c̄Kt̄i i c̄w̄bZ cot̄j Zv̄ c̄Kt̄ZK Lv̄^ Drcv̄ t̄b mn̄v̄K n̄te |

Zj vq AවZhi³ | cPV Kv` v Acmvı Y t

cKti Zj vq 10-15 tmbUngUf i teik Kv` v _vKtj Zv Ztj tdj tZ nte| Zj vq AවZhi³ ^Re c` P_ _vKtj t

- veIv³ M'vm mjo n‡Z c‡i |
- mn‡R ni i v Ubv hvq bv |
- Aw ‡R‡bi Afve n‡Z c‡i |

c‡toi eo M‡Qi Wj cvj v QvUbKi Y t

cKti cwb‡Z Qvqv mjoKvix eo M‡Qi Wj cvj v tK‡U tdj tZ nte| G‡Z m‡h‡ Av‡j v mn‡R | Kvh‡i fv‡e cKti cwb‡Z co‡e hv cOKvZK Lv`^ Drcv` ‡b mnvqK nte|

cKti c‡toi ‡SvC-SvO c‡i®vi Ki Y t

- cKi c‡toi ‡SvC-SvO tK‡U c‡i®vi Ki‡Z nte| G‡Z grm‡fK c‡Yx thLv‡b tmLv‡b j‡K‡q _vK‡Z cvi te bv |
- cKi t_‡K c‡o tkv‡Y Kti cKti i c‡ugK Drcv` bkxj Zvq e^vNvZ mjo KitZ cvi te bv |

Rj R AවMvQv `gb t

cKti i cwb‡Z we^vgb we^vfbœai‡Yi Rj R Dv^vC hviv c‡v‡fv‡e gv‡Qi Drcv` b‡K ¶vZM‡' Kti Zv‡` i‡K Rj R AවMvQv etj | cKti mvaviYZt 4 ai‡Yi Rj R AවMvQv I tklj v t` Lv hvq | thgb t

- (1) fvmgvb
- (2) j Zv‡bv
- (3) wbgi‡Z
- (4) wbM@bkxj

Rj R AවMvQv ¶vZKti w` Kmgn t

- Giv cKti i gwiU I cwb t_‡K c‡o tkv‡b Kti | dtj cKti i c‡ugK Drcv` bkxj Zv K‡g hvq |
- cwb‡Z mh‡j vK c‡etk evav mjo Kti dtj mv‡j vK ms‡kH evavM‡' nq |
- tcubvi ^v‡f‡eK Pj vP‡j e^vNvZ Nv‡q
- gRy cKti mn‡R ni i v Ubv, Rvj Ubvq Am‡ear nq |

Rj R AවMvQv wbqŠY c×vZmgn t

- (1) Kmgn k‡j c×vZ
- (2) ^R‡eK c×vZ
- (3) mv‡i c‡qM c×vZ
- (4) ivmvqibK c×vZ |

i¶‡m | AewAZ gvQ `‡xKi Y t

i¶‡m gvo t teiqvj , MRvi , tkvj , iPZj , dvi , KmKj v, UvK BZ^w` AewAZ gvo t g‡b‡m tZj mcvq | Km¶Z cRvZ Qov Ab^ mKj gvoB AewAZ gvo |

¶ZKi cōvne t

- i v¶t m ḡQ mi v̄wvi tc̄v̄v̄ t l̄t̄q t̄d̄t̄, thgb- i v¶t m ḡQ 2 t̄K̄R eo n̄Z c̄l̄ 10-12 t̄K̄R Ab̄ ḡQ Lv̄ |
- Aew̄Z ḡQ tc̄v̄v̄ Lv̄ b̄ K̄t̄i, thgb 1 t̄K̄R Aew̄Z ḡQ 10-12 t̄K̄R eo ḡt̄Q̄i Lv̄ f̄M em̄q |
- em̄-v̄b I Āv̄ t̄Rb v̄b̄t̄q c̄l̄thwMZv K̄t̄i |

`gb c̄xwZ t

- K. gR̄y c̄K̄j i v̄K̄t̄q
L. v̄el c̄l̄q̄M K̄t̄i |

K. c̄K̄i i v̄K̄t̄qt c̄K̄i i v̄K̄t̄q i v̄¶t m I Aew̄Z ḡQ `+ K̄v̄ met̄P̄t̄q fv̄j | ḠZ c̄K̄t̄i i Drc̄` b ¶gZv̄ t̄eto h̄q |

L. v̄el c̄l̄q̄M t c̄K̄i i K̄t̄bv̄ bv̄ t̄M̄t̄j v̄el c̄l̄q̄M K̄t̄i i v̄¶t m I Aew̄Z ḡQ `+ K̄v̄ h̄q |

- t̄v̄t̄Ubb cv̄Dw̄i t 9.1 k̄w̄³ n̄t̄j 18-20 M̄g/ k̄Zv̄sk 1 d̄U M̄fxi c̄mbi Rb̄ | v̄el v̄³ Zv̄i tḡq̄v̄ Kyj - 7 w̄ b
- Zv̄ḡt̄Ki ,ov̄ t 0.8-1.6 t̄K̄R/k̄Zv̄sk 1 d̄U M̄fxi c̄mbi Rb̄ | v̄el v̄³ Zv̄i tḡq̄v̄ Kyj - 10 w̄ b
- Pv̄ exR̄ Lj̄ t 145-150 M̄g/k̄Zv̄sk 1 d̄U M̄fxi c̄mbi Rb̄ | v̄el v̄³ Zv̄i tḡq̄v̄ Kyj - 3w̄ b |

Pb c̄l̄q̄M t

Pb K̄v̄j v̄mq̄q̄ mḡx A%Re th̄M ev Ḡm̄W ḡva ḡt̄K ¶v̄ixq̄ ev v̄bi t̄c̄¶ K̄t̄i |

Pb c̄l̄q̄t̄Mi c̄l̄q̄RbxqZv̄ t

- ḡw̄U I c̄mbi P̄H ḡQ Pv̄t̄l̄i Dc̄thwMx ḡv̄l̄v̄q̄ i v̄t̄L
- c̄mbt̄Z ¶v̄it̄Zj̄i c̄w̄ḡY 20 v̄ḡyj M̄g/ v̄j Uvi Gi t̄ew̄k i v̄L̄t̄Z mn̄qZv̄ K̄t̄i |
- m̄t̄i i Kv̄hK̄wi Zv̄ ēw̄x K̄t̄i |
- c̄l̄ZKv̄j xb Pb c̄l̄q̄t̄Mi ḡva t̄ḡ c̄K̄i ci Rxex I t̄i w̄M RxexYy` + K̄t̄i |
- P̄t̄bi K̄v̄j v̄mq̄q̄ v̄b̄t̄RB GK̄w̄ i "Z̄c̄Ȳc̄j̄o Dcv̄` v̄b |
- Kv̄`v̄q̄ Āv̄x d̄md̄iv̄ ḡīs̄ K̄t̄i |
- c̄mbi t̄Nj̄ v̄Zj̄` + K̄t̄i |

Pb c̄l̄q̄t̄Mi ḡv̄l̄v̄t̄ c̄l̄Z k̄Zv̄sk 1-2 t̄K̄R |

c̄K̄i c̄l̄ZKv̄j xb m̄vi c̄l̄q̄M t

ḡt̄b̄v̄t̄m̄ t̄Zj̄ v̄c̄K̄ZK Lv̄ev̄i n̄t̄j v̄ c̄mbZt D̄w̄m̄c̄ c̄w̄Ub I c̄Oȳx c̄w̄Ub | c̄Oȳx c̄w̄Ub Gi Drc̄` b v̄b̄f̄P̄ K̄t̄i D̄w̄m̄c̄ c̄w̄Ub c̄l̄PhZv̄i c̄i ci | Avi D̄w̄m̄c̄ c̄w̄Ub Zv̄t̄i ev̄P̄vi Rb̄ c̄mbt̄Z` t̄exf̄Z c̄oi I ci v̄b̄f̄P̄kxj | A_¶ c̄K̄ZK Lv̄` m̄p̄oi D̄t̄i t̄kB c̄K̄t̄i m̄vi c̄l̄q̄M K̄v̄ n̄t̄q̄ _v̄t̄K̄ |

m̄vi `B c̄K̄v̄i t

- (K) %Re m̄vi
(L) A%Re m̄vi |

mvi c^oq^tMi gv¹v

μιgK bs	mv <i>t</i> i i bv <i>g</i>	c ^o q ^t Mgv ¹ v/kZsk
1	tMvei	5-7 tK _{II} R
	ev nvn-gj Mi _i veōv	3-5 tK _{II} R
	ev Kg ^t cvó	8-10 tK _{II} R
2	BD <i>wi</i> qv	150-200 M _g
3	WJGmwc	75-100 M _g

mvi c^oq^tM mZK_{II}v t

- 1) tgNj v¹b ev e^ooi gta^o mvi c^oq^tM Ki_{tj} KvhRwi Zv Kg ntq _¹K |
- 2) BD*wi* qv mvi ev Z_{II}m tLij v Ae^oq i¹L_{tj} KvhRwi Zv Ktg hvq |
- 3) A^oxe^o gnu¹Z mv*t*i i KvhRwi Zv Kg nq |
- 4) c^omb^tZ Rj R D^oM^o _vK_{tj} mv*t*i i KvhRwi Zv Kg nq |
- 5) Pb c^oq^tMi 5-7 v¹b ci Ges gtbvbm- tZj wmcqy gR¹ i 8-10 v¹b Av^tM mvi c^oq^tM Ki_{tZ} nte |
- 6) mKv^j 10Uv t₁K 11Uv gta^o hLb c_{Kt}i ch^oB m^oh^oj vK c_to ZLb mvi c^oq^tM Ki_{vB} D^oEg |

c^oK_{II}ZK Lv¹ ch^oe^oY t

gR¹ c_{Kt}i tc_vbv gR¹ i c^oe^oZ_{II}^o i Dc_{th}Mx Lv¹ ^Z_{II} K_ti mb^tZ nte | ZvB gR¹ i c^oe^oc^oK_{II}ZK Lv¹ ci^oP_{II} Kv¹
gR¹ c_{Kt}i e^oe^ovc_vbv Ac_vi nvh^oAsk |

c^oK_{II}ZK Lv¹ ci^oP_{II} c^oq^tRbxqZv t

- c^omb^tZ ch^oB c^oK_{II}ZK Lv_vi Av^tQ vK b_v Zv Rvbv
- c_{Kt}i i c^omb^tek g^oQ Qvov_i Dc_{th}Mx vKb_v Zv Rvbv
- c_{Kt}i Av_v l mvi c^oq^tM Ki_{tZ} nte vKb_v Zv Rvbv

c^oK_{II}ZK Lv¹ ci^oP_{II} c^ox^oZ t

c^oK_{II}ZK Lv¹ ci^oP_{II} c^ox^oZ 3 vut

- (1) t₁u₁K_{II}^o c^ox^oZ
- (2) MvgQv M₁ c^ox^oZ
- (3) nvZ c^ox^oZ |

c^omb^ti ve^ov³Zv ci^oP_{II} t

c_{Kt}i GK_{II} nvcv Uv¹ Zv¹ gta^o A_v msL_vK th tK_vb g^oQi tc_vbv tQ_vto 12 N_vv ch^oe^oY Ki_{tZ} nte | h^o A_vA_vK_vk
tc_vbv (70%) te^oP_v vK Zvntj c^omb^tZ ve^ov³Zv tbB e^ostZ nte |

g^obtvbm- tZj wmcqy Gi tc_vbv gR¹ Kvj xb e^oe^ovc_vb vK?

gR¹ Kvj xb mg^oq A_v tc_vbv RvZ vbePb, YMZg_vb hvPvB, tc_vbv NbZ_vvbePb, tc_vbv c^oienb, tc_vbv tkvab |
Af^oKi Y BZ^o avcmgn^oK gR¹ Kvj xb e^oe^ovc_vb etj |

tc_vbv RvZ vbePb t

GKK P#I i agvî gþþtm. †Zj wmcqvi tcþvþ Ges wþk#P#I gþþtm. †Zj wmcqvi mþ_ gr, i, wks, i "B, KvZj v BZ'w` i
tcþvþ wþeþPb Kiv thþZ cþi |

tcþvþ gRþ i NbZj wbañ Y t

gRþ cKti tcþvþi gRþ NbZj wbañ Y cþnbZ t Pþl cþwZ, cKti i Drct` bkxj Zv Ges eþeþtcþvþ aib BZ'w` wþl þqi
Dci wþfþ Kti |

wþfboc xwZþZ tcþvþ gRþ i Zvi Zg" NþU _þK | wþþþ Zv cþ Æ nþj v t

tcþvþ gRþ NbZj / kZiskt

Pþl cþwZ	eþvþK cþwZ	Dþþ eþvþK cþwZ	Awaw wþeo cþwZ	wþeo cþwZ
GKK Pþl	75-100wU	200-210wU	200- 300wU	300-700wU
mþsZ Pþl	75-100wU	100-190wU	200- 300wU	300-700wU
wþk#Pþl	cþMwM	†Zj wmcq	cþMwM	†Zj wmcq
	40-50wU	40-50wU	50-100wU	50-100wU
			100-150wU	100-150wU
			150-350wU	150-350wU

gþþtm. †Zj wmcqvi cKti cþZ kZþK 2-5wU tþk gr, i Qrov thþZ cþi |

tcþvþ cþi enb t

eZþþb Avgþ` i tþk AwþþK cþwZþZ cþj w_b eþþM tþ Yytþvþ Ges mbþZb cþwZþZ Wþg ev Gþj yþþþþgi nþoþZ
avbx ev Pþl v tcþvþ cþi enb Kiv nþq |

AwþþK ev mbþZb th tKþb cþwZþZb cþi enb Kiv tþwK br tKþb tþ Yþev avbx tcþvþi cþi enb NbZj gþ Zt wþfþ Kti
tþ Yþavbx Aþ þRþ Pþn` v Ges cþi enb ` þZj I ci |

Aþ þRþbi Pþn` v wþfþ Kti tcþvþi cþwZ, I Rþ, Zþcgw`v Ges Kixi ZþZj I ci |

tcþvþ cþi enb NbZj t

cþi enb cþwZ	AwKvi	cþi enb NbZj	cþi enb ` þZj
AwþþK cþwZ	1.5 tþwM.	1500-1600 wU/eþM	12-15 NþUv
	2-2.5 tþwM.	500-600wU/eþM	12-15 NþUv
	3 tþwM.	250-330 wU/eþM	10-12 NþUv
	2.5 tþwM.	50-60wU/eþM	20-24 NþUv

tcþvþ cþi enþY Ki Yþq w K t

- tþ Yþtcþvþ cþwKs Kivi 2 NþU cþeþKw`g Lv` cþqM eþþ KiþZ nþe Ges avbx tcþvþ cþi enþbi cþeþUKmb
Kti Kgcþ` 2 NþU wþwZ RþqMwq Afþ Aþ q iþLþZ nþe| Kvi b tcþU Lþevi _þKþj cþi enþbi mgq eþg
I gþ gþ ZþM Kti cþb wþ Z Kti tþdþj | dtþj tcþvþ gþvþ hvþ |
- tcþvþ cþwKs Gi cþeþcþj w_b eþþM wQ` AþQ wKþb Zv hþPþb Kti wþþZ nþe| cþj w_b eþþM wQ` _þKþj
Aþ þRþ tei nþq tcþvþ gþvþ hvþ | tm Kvi b SþK Govþþi Rþ GþKwU cþj w_b eþM Avi GþKwU cþj w_b
eþþM wþZþ XþKþq tcþvþ cþi enb KtiþZ nþe |
- cþj w_b eþþM 1/4 fþM cþb fþZþKþi ZþZ tþ Yþavbx gRþ KiþZ nþe | tþ Yþavbx gRþ Kti eþþMi Aþwko
AþþK Aþ þRþ fþZþKþiþZ nþe |
- eþþM hþþZ tKþb cþKvi Pþc bþ jþþM tm wþþK tLþqj iþLþZ nþe |

- cwi enb cv̄ t̄fRv Kvcō ev PU 0viv t̄Xt̄K iVLt̄Z n̄te| Z̄te c̄w̄_b ēM P̄t̄Ui ēv̄Mi w̄FZi X̄Kt̄q cwi enb Kiv w̄bivc̄ |
- gZ gvQ m̄t̄_ m̄t̄_ AcmviY Kit̄Z n̄te|
tc̄b̄v Āf̄-KiY t̄

c̄w̄t̄et̄ki Zvcgv̄v I Āw t̄R̄bi Zvi Zt̄ḡi Kvi tb̄ gR̄t̄i ci ḡt̄Qi ti Ȳavbx/tc̄b̄v ēv̄cK n̄ti ḡviv th̄Z c̄t̄i | c̄Kt̄i Qvov Āt̄M Ḡt̄i t̄K b̄zb̄ c̄w̄t̄et̄ki m̄t̄_ mnbkxj Kt̄i w̄b̄t̄j G ḡZi n̄vi Ātb̄Kv̄t̄k t̄va Kiv h̄q| cwi enb c̄t̄i c̄w̄bi Zvcgv̄v Ges c̄Kt̄i c̄w̄bi Zvcgv̄v mgZv AvbxB n̄t̄Q c̄w̄t̄ek mnbkxj KiY|

- th̄ c̄t̄i B̄ c̄w̄enb Kiv t̄n̄K b̄ t̄Kb Zv 15-20 w̄gbU c̄Kt̄i c̄w̄b̄t̄Z f̄wm̄t̄q iVLt̄Z n̄te|
- gL̄ t̄Lj vi ci n̄Z 0viv c̄w̄enb cv̄ Ges c̄Kt̄i c̄w̄bi Zvcgv̄v ēēavb̄ c̄x̄t̄v Kt̄Z n̄te| j̄t̄ iVLt̄Z n̄te thb̄ `B̄ Aēt̄q c̄w̄bi Zvcgv̄v ēēavb̄ 1-2⁰ t̄mt̄ Gi tek̄ b̄v n̄q|
- Dfq c̄w̄bi Zvcgv̄v mḡb n̄t̄j c̄t̄i ḡj̄ KvZ Kt̄i āti ēB̄ti t̄t̄K t̄FZt̄i i w̄t̄K t̄mt̄Zi ēēt̄ Kt̄Z n̄te| G Aēt̄q m̄ȳ, mej̄ tc̄b̄v t̄mt̄Zi weci t̄Z āti āti ēB̄ti P̄t̄j h̄t̄e|
- gR̄j̄ c̄Kt̄i iVZ 8 Uvi ḡtā t̄i Ȳavbx/tc̄b̄v gR̄j̄ Kiv metP̄t̄q D̄Eg|
- G mgq gR̄j̄ m̄ē b̄v n̄t̄j m̄kj̄ Āev̄t̄Kt̄j̄ tc̄b̄v gR̄j̄ Kt̄Z n̄te|
- GQvov G W̄Uv Avenv̄l qvq w̄t̄bi th̄t̄Kb̄ mḡt̄q b̄v̄m̄i c̄Kt̄i tc̄b̄v Qvov th̄Z c̄t̄i |
- Z̄te `c̄t̄i i mgq, tgNj̄ v̄b̄ ev̄f̄vcmv Avenv̄l qvq c̄Kt̄i ḡt̄Qi tc̄b̄v Qvov D̄PZ b̄q|

gt̄b̄t̄m̄- t̄Zj w̄mcqvi Lv̄ `` ēēt̄c̄b̄v t̄

gt̄b̄t̄m̄- t̄Zj w̄mcqvi Lv̄t̄i 25-30% Aw̄gl _vKv ev̄Abxq| Ab̄v̄b̄ Dc̄Kt̄Yi ḡtā ^Lj , Kp̄v (AvU) M̄gi f̄m̄, gq̄v, w̄dm̄qj , w̄f̄Uw̄gb w̄c̄l̄ḡ. G m̄tei mḡt̄q 30% tc̄b̄U mḡx m̄g Lv̄vi ^Zvi Kt̄Z w̄b̄ēw̄YZ n̄ti Dc̄v̄b̄ t̄j̄ v̄ēenvi Kiv th̄Z c̄t̄i |

P̄t̄j̄ i Kp̄v /M̄gi f̄m̄	- 25%
%j̄	- 39%
w̄dm̄qj	- 30%
gq̄v	- 5%
w̄f̄Uw̄gb w̄c̄l̄ḡ.	- 1%
tḡU	100%

Dc̄v̄Dj̄ w̄Z Lv̄ `` i Dc̄v̄b̄ ēenvi Kt̄j̄ m̄n̄t̄RB 30% Aw̄gl w̄b̄oZ Kiv h̄t̄e| Lv̄t̄i i Dc̄v̄b̄i n̄vi hr̄ mḡb̄ c̄w̄ēZb̄ Kiv th̄Z c̄t̄i | Z̄te teik̄ c̄w̄giY t̄n̄t̄di Kt̄j̄ Kp̄t̄Z Aw̄gl w̄b̄oZ Kiv h̄t̄e b̄v̄| ev̄R̄t̄i i w̄w̄fb̄act̄j̄ U Lv̄ `` ēenvi Kiv th̄Z c̄t̄i | Z̄te 30% Aw̄gl c̄b̄s w̄b̄oZ n̄t̄Z n̄te|

Lv̄t̄i i ḡv̄v t̄

ḡt̄Qi kix̄t̄i i R̄t̄bi 8% - 1% n̄ti Lv̄vi c̄q̄M Kt̄Z n̄te| w̄t̄b̄ 2 evi Lv̄vi c̄q̄M Kt̄Z n̄te| w̄c̄t̄j̄ U Lv̄vi c̄Kt̄i i w̄w̄fb̄Rv̄qMv̄q w̄t̄Z n̄te| ^Zvi Lv̄ `` c̄Kt̄i i w̄c̄Z t̄UZ t̄l̄q̄ ev̄Abxq|

m̄vi c̄q̄M t̄t̄Zj w̄mcqvi Avav w̄b̄eo i w̄b̄eo P̄t̄l̄ m̄vi c̄q̄t̄Mi t̄Kb̄ c̄q̄Rb̄ t̄b̄B̄|

Avn̄i Y I ev̄R̄vi RvZKiY t̄

tZj w̄cqvi | Rb 200 M̄tgi Dci ntj evRvi RvZ Kiv th̄tZ cv̄ti | evRvi RvZ Ki t̄Yi mgq evRv̄ti i `t̄i i c̄t̄ZI t̄Lqij
i vLv Dn̄PZ | Rxes-gv̄Q evRvi RvZ Ki t̄j fv̄t̄j v gj " cv̄l qv hvq | c̄Kt̄i i Rxef̄ti i lci l gyf̄Qi Avni Y At̄bKv̄t̄k n̄bf̄
Kti | Zte my', mej l m̄tZR tZj w̄cqv gv̄Q evRvi RvZ Ki t̄j Awak gj " cv̄l qv hvq |

Añatekb c̄wi Kí bv

w̄ b t 02

mgq t 13.30-14.30

gq̄` Kyj t 60 w̄giw̄U

w̄t̄i v̄vg t ḡtb̄tm- tZj̄mcq̄ P̄t̄i i Avq-ēt̄qi w̄mve
 Afñó `j t grm̄ Añá`B̄t̄i i KḡRZ̄ē`
 j̄P̄ t cikpiy_ i ḡtb̄tm- tZj̄mcq̄ Drcv̄ tbi A_D̄Z m̄ut̄K̄Avb ēx Kiv h̄t̄Z Zñi v̄bm̄i K̄h̄ut̄g
 c̄R̄ w̄eb̄t̄q̄t̄Mi t̄P̄i mgn̄ w̄yZ K̄t̄i c̄q̄Rbxq c̄R̄i c̄wi ḡvY I m̄tē ḡb̄dv̄ w̄bañt̄Y P̄wl t̄ i
 c̄q̄Rbxq mn̄thwM̄Zv K̄t̄Z c̄v̄t̄i b̄|
 D̄t̄i K̄ t G Añatekb t̄k̄t̄i cikpiy_MY ḡtb̄tm- tZj̄mcq̄i v̄bm̄i t̄Z-
 - c̄R̄ w̄eb̄t̄q̄t̄Mi t̄P̄i mgn̄ w̄yZ K̄t̄Z c̄v̄t̄eb̄
 - c̄q̄Rbxq c̄R̄i c̄wi ḡvY w̄bañt̄Y K̄t̄Z c̄v̄t̄eb̄
 - Drcv̄ Z t̄c̄v̄b̄ w̄ēt̄qi ḡv̄t̄ḡ m̄tē Avq I j̄v̄f̄-t̄j̄ v̄Km̄t̄bi w̄mve K̄t̄Z c̄v̄t̄eb̄|

w̄l qm̄P	Añt̄j v̄P̄ w̄l q	cikpiy t̄K̄sk̄j	mgq
f̄wgKv			3 w̄giw̄U
	<ul style="list-style-type: none"> ~MZg ce@Zr̄Añatek̄t̄bi lci c̄p̄i v̄j v̄Pbv eZḡb Añatek̄t̄bi m̄t̄_mst̄hM̄ ~vcb Añatek̄t̄bi D̄t̄i K̄ ēvL̄v 	cikpi I Añt̄j v̄Pbv	
w̄l qē-			52 w̄giw̄U
	<ul style="list-style-type: none"> Avq-ēq w̄bañt̄YKvix w̄l qm̄n̄ Drcv̄ b ēt̄qi t̄P̄i mgn̄ Avq-ēt̄qi w̄mve w̄bañt̄Y 	cikpi ē³Zv Añt̄j v̄Pbv ḡ³ w̄ši So w̄dePvU®	
m̄vi -mst̄P̄c			5 w̄giw̄U
	<ul style="list-style-type: none"> gj̄ w̄l qm̄n̄ c̄p̄i v̄j v̄Pbv D̄t̄i K̄ h̄PvB cieZr̄Añatek̄t̄bi m̄t̄_mst̄hM̄ n̄v̄EAvDU w̄ZiY ab̄er̄ Ávcb̄ 	ē³Zv I cikpi	
cikpiy mn̄vqK m̄v̄gM̄ t n̄v̄EAvDU, tñvqvBU tevW®w̄DRic̄E, ḡvKñ, w̄dePvU®Abjxj b̄ w̄kU			

GK weNv (33 KZvsk) Rj vqZt b gtbv t m- t Zj wmcqv Pv t i evrmvi K Avq e t q i wnmve

μηgK	e t q i weY	cwi gwY	GKK gj (UvKv)	tgvU gj (UvKv)
01	cKtii j xR gj /LvRbv			4,000/-
02	cKi ms - vi			1,000/-
03	cwb wb®ikb			2,000/-
04	Pb cjqM	33.0 tKwR	20/-	660/-
05	tMvei	200.0 tKwR	2/-	400/-
06	tcvbr			,000/-
	K. tZj wmcqv	9900 wJ	1/-	9,900/-
	L. gv,i	100 wJ	2/-	200/-
	M. KvZj v	60 wJ	10/-	600/-
07	máúi K Lv cjqM	2673.0 tKwR	30/-	80,190/-
08	Avni Y I evRvi RvZKi Y			2,000/-
09	kigK I cimvor`vi			3,000/-
	wellea			2,000/-
me tgvU				1,05,150/-

Drcv` b t

9900 wJ gvQ t _ tK 8910 wJ evPte (90%)

cZvui I Rb Mto 225 Mö nvti

tgvU gvQ t 8910 × 0.225 = 2004.0 tKwR (tZj wmcqv)

25.0 tKwR gv,i

60.0 tKwR KvZj v

me tgvU = 2089.0 tKwR

tgvU gj = 2004 tKwR × 70 UvKv = 1,40,280/- UvKv

25 tKwR × 200 UvKv = 5000/- UvKv

60 tKwR × 80 UvKv = 4800/- UvKv

me tgvU = 1,50,080/- UvKv

bvU j vf (1,50,080/- UvKv ÷ 1,05,150/- UvKv) = 44,130/- UvKv (GK dmj)

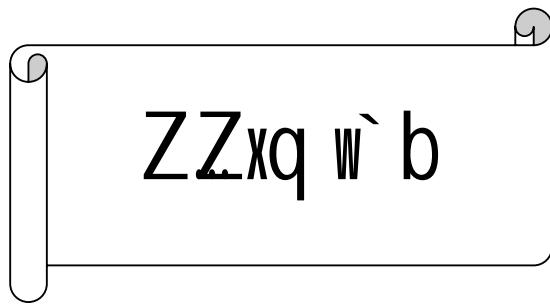
~ ðdmjtj bvU j vf = 44130/- UvKv × 2 = 88,260/- UvKv

wdePvU^Cwii Kí bv

<p>gtbvbm- tZj wmcqv tcvbvi gRj Kvj xb e^e^-vcbv Kx?</p> <p>gRj Kvj xb mgq A_P tcvbvi RvZ wbePb, YMZgvb hvPvB, tcvbvi NbZj wbePb, tcvbvi enb, tcvbvi tkvab Af^-KjY BZ^w` avcmgn^K gRj Kvj xb e^e^-vcbv etj </p> <p>tcvbvi gRj i NbZj wbePb t</p> <p>gRj cKti tcvbvi gRj NbZj wba^Y c^abZt Pvl cxiZ, cKti i Drcv` bkJ Zv Ges e^e^-vcbvvi aib BZ^w` weliqi Dci wbf^K Kti </p> <p>tcvbvi gRj NbZj t</p>	<p>gtbvbm- tZj wmcqvvi Lv^" e^e^-vcbv</p> <ul style="list-style-type: none"> ❖ gtbvbm- tZj wmcqvvi Lv^"i 25-30% Awgl _vKv evAbxq ❖ Ab^b DcKjYi gta^" Lj , KdV (AvU) M^gi fum, gq` v, wdmugj , wfUwgb wclg. 30% tc^ub mgx my g Lvvi ^Zv KjZ wbaen^Z nvi Dcv` v^" t^" v e^e^-envi Kiv th^Z cv^"i 																																															
<table border="1" data-bbox="235 709 1008 941"> <thead> <tr> <th>Pvl cxiZ</th><th>e^e^-vcK cxiZ</th><th>Dbu^" e^e^-vcK cxiZ</th><th>Avav wbeo cxiZ</th><th>wbeo cxiZ</th></tr> </thead> <tbody> <tr> <td>GKK Pvl</td><td>75-100mJ</td><td>200-210mJ</td><td>200- 300mJ</td><td>300-700mJ</td></tr> <tr> <td>mgu^Z Pvl</td><td>75-100mJ</td><td>100-190mJ</td><td>200- 300mJ</td><td>300-700mJ</td></tr> <tr> <td data-bbox="235 762 1008 941" style="text-align: center; vertical-align: middle;">w^gk^" Pvl</td><td>cvsMm</td><td>tZj wmcqv</td><td>cvsMm</td><td>tZj wmcqv</td><td>cvsMm</td><td>tZj wmcqv</td></tr> <tr> <td data-bbox="235 941 1008 941" style="text-align: center; vertical-align: middle;">40-50mJ</td><td>40-50mJ</td><td>50-100mJ</td><td>50-100mJ</td><td>100-150mJ</td><td>150-350mJ</td><td>350mJ</td></tr> </tbody> </table>	Pvl cxiZ	e^e^-vcK cxiZ	Dbu^" e^e^-vcK cxiZ	Avav wbeo cxiZ	wbeo cxiZ	GKK Pvl	75-100mJ	200-210mJ	200- 300mJ	300-700mJ	mgu^Z Pvl	75-100mJ	100-190mJ	200- 300mJ	300-700mJ	w^gk^" Pvl	cvsMm	tZj wmcqv	cvsMm	tZj wmcqv	cvsMm	tZj wmcqv	40-50mJ	40-50mJ	50-100mJ	50-100mJ	100-150mJ	150-350mJ	350mJ	<table border="1" data-bbox="1016 709 1382 941"> <thead> <tr> <th>Pvl i Kpvi /M^gi fum</th><th>-</th><th>25%</th></tr> </thead> <tbody> <tr> <td>%^j</td><td>-</td><td>39%</td></tr> <tr> <td>wdmugj</td><td>-</td><td>30%</td></tr> <tr> <td>gq` v</td><td>-</td><td>5%</td></tr> <tr> <td>wfUwgb wclg.</td><td>-</td><td>1%</td></tr> <tr> <td>tgU</td><td>-</td><td>100 %</td></tr> </tbody> </table>	Pvl i Kpvi /M^gi fum	-	25%	%^j	-	39%	wdmugj	-	30%	gq` v	-	5%	wfUwgb wclg.	-	1%	tgU	-	100 %
Pvl cxiZ	e^e^-vcK cxiZ	Dbu^" e^e^-vcK cxiZ	Avav wbeo cxiZ	wbeo cxiZ																																												
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Pvl i Kpvi /M^gi fum	-	25%																																														
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wdmugj	-	30%																																														
gq` v	-	5%																																														
wfUwgb wclg.	-	1%																																														
tgU	-	100 %																																														

gtbvbm- tZj wmcqvvi cKti c^Z kZ^K 2-5mJ t^" v^" i Qvov th^Z cv^"i |

<p>Lve^"i gv^" t</p> <ul style="list-style-type: none"> • g^"Qi kix^"i I R^"bi 8% - 1% nvi Lvvi c^"qM KitZ nte • w^"t^" 2 evi Lvvi c^"qM KitZ nte • w^"ctj U Lvvi cKti i w^"fb^"RvqM^"q w^"Q^"t^" q^" w^"t^" nte • ^Zv Lv^" cKti i w^"cZ tU^"Z t^" l^" q^" evAbxq <p>tZj wmcqvvi Avav wbeo I wbeo Pvl mvi c^"qM Mi tKvb c^"qM Rb bvB </p>	<p>Avni Y I evRvi RvZKiY t</p> <ul style="list-style-type: none"> • tZj wmcqvvi I Rb 200 M^gi Dci ntj evRvi RvZKiY Kiv th^Z cv^"i • evRvi RvZKiYi mgq evRvi ^"t^"i c^"Zi tLq^" i vLv DvPZ • Rxe^"gvQ evRvi RvZ Kitj fv^"j v gj^" cvl qv hvq • my^" mej , I m^"ZR tZj wmcqv gvQ evRvi RvZ Kitj Avak gj^" cvl qv hvq
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Awatekbi cwi Kí bv

v b t 03

mgq t 08.30-09.00

tgqr` Kij t 30 mgibU

Wktivbg t cpiutj vPbv, cÖZfve I mvÜ`Kvj xb KvRi Dc^-vcb
 Afjó `j t grm Awa`Btii KgRZfe,
 j ¶ t cik¶Yv_¶ i ce¶` tbi Kvhpügi cpiutj vPbv I cÖZfve Ges mvÜ`Kvj xb KvR Dc^-vcbi mthwM Kti
 t`qv hvZ Zvi cfe® Avtj vPbv -¶i Y KitZ cüib Ges fj T'U mskvab Kti Awatekbi KvRwi Zv
 ejx KitZ cüib |
 Dfik t Awatekbi tkil AskMöYKvi xi v ce¶` tbi Wk¶Y cpiutj vPbvi gva`tg fj T'U mskvab Kti HKgtZ
 tcQZ m¶g nteb |

we qmip	Avtj vP` weq	CxwZ	mgq
fugKv			2 mgibU
<ul style="list-style-type: none"> -MZg Pj wZ Awatekbi mv‡_ msthwM 			
weqe-			25 mgibU
	<ul style="list-style-type: none"> cÖZwK Rvbj Dc^-vcb cik¶K ce®` tbi wePZ cik¶Yv_¶K cÖZwK Rvbj t_k K 5mgibU ej vi Rb Abjiva Kiteb cÖg cik¶Yv_¶ Zvi cÖZwK Rvbj Dc^-vcb tki Kitj Ab tKD Avi tKvb wekl Wk¶Yq weq Dc^-vcb KitZ AvMöKv Zv cik¶Ktj Rvbteb Ges tKD AvMöK _vKtj ZtK Dc^-vcb Kivi mthwM t`teb ce®` tbi cpiutj vPbv cik¶K GKRb cik¶Yv_¶K mnwqK wntme wePb Kiteb whb MZ v` tbi mg - Kvhpügi I Wk¶Yq weq,tj v cik¶Eti i gva`tg cpiutj vPbv Kiteb mvÜ`Kvj xb KvRi Dc^-vcb 	e³Zv cik¶Ei	
mvi -ms¶C			3 mgibU
	<ul style="list-style-type: none"> cÖZwK Rvbj I mvÜ`Kvj xb KvRi Dc^-vcbv Ges cÖZwK cpiutj vPbvq AskMöYi Rb mKj tK ab`ev` Ávcb 	e³Zv cik¶Ei	
cik¶Y mnwqK mgM t twqBU teW©gvKf , BZ`w`			

Añatekb cwi Kí bv

w b t 03

mgq t 09.00-10.00

tgqv` Kj t 60 wgbU

wkñiwbvg t cvwm PvI i cUfng, mñebv I myeav-Amjeav
 Afñô `j t grm" Añatekb cwi Kí bv
 j P" t cikpiYv_ñ`i cvwm PvI i tcñZ, PvI i mñebv I myeav-Amjeav mñúKç cñgK avi Yv t` qv nte
 hñZ Zviv _vB cvwm (Pangasius sutchi) PvI i cUfng, eñZ, `eniko", PvI i myeav-Amjeav BZ'w`
 mñúKç cñgK avi Yv jvf Kñi mñKfvte cvwm PvI Kvhñg cwi PvI bv mñúKç Pwl tK mnñhvñMzv
 KiñZ cñib |

Dñi k" t Añatekb tkñl cikpiYv_xMY-
 • cvwm PvI i cUfng, eñZ, `eniko", PvI i myeav-Amjeav BZ'w` mñúKç ej tZ cvi teb |

welqñP	Añtj vP" welq	cikpiY tKskj	mgq
fngKv	<ul style="list-style-type: none"> ñMZg eZgñb Ávb hvPvB eZgñb Añatektbi mñt_ msthñM ñvcb Añatektbi Dñi k" eñLñ DñyKñY 	eñZv I cñkñEi	3 wgbU
welqe"	<ul style="list-style-type: none"> cvñtmi cwi PvZ t`ñk cvñm I _vB cvñm Gi cvñR evsj vñt`ñk _vB cvñm PvI t'i i tcñZ cvñm PvI i mñebv cvñm PvI i myeav-Amjeav cvñm PvI DññZ mñt" mgm" vñgñ 	cñkñEi I ñdePvU ^o gj ³ vPññ So tQñU `j xq KñR	52 wgbU
mñi -mstñc	<ul style="list-style-type: none"> gj welq cñtj vPv Dñi k" hvPvB cieZñAñatektbi mñt_ msthñM n ñEAVDU vñZiY abñer` Ávcb 	eñZv I cñkñEi	5 wgbU
cikpiY mnñqK mnñqK t tñvqñBU teñW ^o gvKñ, Abñxj bx ñkU, ñdePvU ^o BZ'w`			

wdePvU©Cwi Kí bv

<p style="text-align: center;">cv̄v̄m Pv̄l i cUfing, m̄tebv myeav-Am̄yeav</p>	<p>wefbacRv̄Zi c̄sM̄t̄mi c̄wi w̄Z t t̄ v̄k cv̄v̄m (<i>Pungasius pungasius</i>) Ges _vB cv̄v̄m (<i>Pungasius sutchi</i>) t vB cv̄v̄t̄mi t̄k̄l̄y web̄v̄m t</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Phylum</td><td>:</td><td>Chordata</td></tr> <tr><td>Sub-Phylum</td><td>:</td><td>Vertebrata</td></tr> <tr><td>Super Class</td><td>:</td><td>Gnathostoma</td></tr> <tr><td>Class</td><td>:</td><td>Ostichthyes</td></tr> <tr><td>Sub Class</td><td>:</td><td>Actinopterygii</td></tr> <tr><td>Order</td><td>:</td><td>Siluriformes</td></tr> <tr><td>Sub-order</td><td>:</td><td>Siluroidei</td></tr> <tr><td>Family</td><td>:</td><td>Pungasidae</td></tr> <tr><td>Genus</td><td>:</td><td><i>Pangasius</i></td></tr> <tr><td>Species</td><td>:</td><td><i>Pungasius sutchi</i></td></tr> </table>	Phylum	:	Chordata	Sub-Phylum	:	Vertebrata	Super Class	:	Gnathostoma	Class	:	Ostichthyes	Sub Class	:	Actinopterygii	Order	:	Siluriformes	Sub-order	:	Siluroidei	Family	:	Pungasidae	Genus	:	<i>Pangasius</i>	Species	:	<i>Pungasius sutchi</i>
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Sub-order	:	Siluroidei																													
Family	:	Pungasidae																													
Genus	:	<i>Pangasius</i>																													
Species	:	<i>Pungasius sutchi</i>																													
<p>evsj v̄ t̄k _vB cv̄v̄m Pv̄l i t̄c̄l̄Z I m̄tebv t cvsM̄m Pv̄l i myeav t cvsM̄m Pv̄l i myeavmgn ntj v t</p> <ul style="list-style-type: none"> • G gwQnU i v̄t̄m bq etj Ab̄ c̄Rv̄Zi m̄t̄_ w̄gk̄ Pv̄l Kiv h̄q • G gwQnU mePK etj th t̄Kib m̄ūt̄K Lv̄ v̄ t̄q Pv̄l Kiv h̄q • ^Z eākxj I AiaK NbtZj Pv̄l thw̄m̄ Ges t̄eP _vKvi nvi t̄ek • ḡ yj eYv̄^Zv mn̄ Ki t̄Z c̄t̄i • mȳ f̄ yGes c̄jóKi • ēv̄CK evRvi Pvn̄ v i t̄q t̄Q • c̄l̄Kj c̄w̄t̄ek (A_ P̄ Aí Aí t̄Rb, w̄GBP Ges t̄Nv̄ v̄t̄Zj Zv̄ Zḡ) G gwQ mn̄t̄RB Lvc Lv̄ q̄t̄Z c̄t̄i • c̄l̄q me ait̄Yi Rj v̄t̄q Pv̄l Kiv h̄q • t̄i M̄ c̄l̄t̄va t̄gZv Zj bvḡ Kf̄t̄e tewk • wē t̄k̄l̄ i Bw̄bthw̄m̄ • ewYw̄K Pv̄l i Rb̄ L̄B Dct̄hM̄x 	<p>cvsM̄m Pv̄l i Am̄yeav t</p> <ul style="list-style-type: none"> • evRvi ` i Zj bvḡ f̄t̄e At̄bK Kg • mgqgZ t̄c̄b̄v c̄l̄ q̄ h̄q b̄v • AŠtcRbb R̄bZ Kvi t̄Y ḡt̄Qi ēv̄ w̄KgZ nq b̄v • wēfb̄eai t̄Yi t̄i v̄Meyj vB-Gi c̄l̄ f̄t̄e t̄ Lv h̄q • c̄Kt̄i w̄b̄eo Pv̄l Kivi Kvi t̄Y At̄bK t̄P̄t̄i c̄w̄t̄ek i ci wēfc c̄f̄e c̄t̄o • Lv̄t̄i i `v̄g teuk nl q̄t̄Z Drcv̄ b LiP L̄p teuk • ḡt̄Qi evRvi ` i Kg nl q̄q j v̄f Kg nq • t̄i z̄Pw̄l i v t̄i w̄ZM̄t̄' n̄t̄Q • w̄Pz R̄ḡt̄Z ewYw̄K Pv̄l i Kvi t̄Y c̄l̄k̄ZP Dp̄z R̄ḡt̄j v̄t̄Z Rj vēxZv m̄p̄o nq Ges dj Zt dm̄ t̄i w̄ZM̄t̄' nq • c̄wb w̄l̄v̄^Zvi Rb̄ At̄bK t̄P̄t̄i ḡv̄Q Lv̄i M̄b̄Y ēÜ Kt̄i t̄ q̄ Ḡt̄Z Drcv̄ b Kt̄g h̄q Ges t̄i v̄Meyj vB t̄ Lv t̄ q̄ • c̄wb c̄w̄t̄ek Lv̄v c̄l̄ q̄i Kvi t̄Y, t̄cU t̄d̄j v, j v̄j t̄p̄ v̄M BZw̄ t̄ Lv t̄ q̄ • wēfb̄eai t̄Yi c̄KuZK mḡv̄ thgbt AiaZeo, eb̄v, NySo, Lv̄ BZw̄ i Kvi t̄Y Pv̄l x t̄i w̄ZM̄t̄' n̄t̄Z c̄t̄i • At̄bK t̄P̄t̄i c̄wb ` M̄o n̄t̄q h̄q • evRvi Rv̄ZK i t̄Yi eZḡb c̄xw̄Zi Kvi t̄Y AiaKsk t̄P̄t̄i t̄i Pv̄l x i t̄i w̄ZM̄t̄' nq 																														

<p>c̄v̄Mm Pv̄l̄ w̄teP̄ w̄el q̄ t</p> <ul style="list-style-type: none">• c̄w̄bi c̄w̄i tek̄ w̄K īLvi R̄tb̄ c̄v̄z̄t̄mi GKK Pv̄l̄ b̄v̄ K̄i 5-7% K̄c̄R̄v̄Zxq̄ ḡQ̄ ḡR̄ȳ K̄ī th̄Z c̄v̄ī • c̄w̄ī K̄ī Z̄ Dc̄t̄q̄ Lvḡī K̄ī h̄t̄Z̄ c̄ik̄Z̄dm̄t̄j̄ ī R̄ḡt̄Z̄ c̄f̄ve b̄v̄ c̄t̄ō • Z̄j̄ t̄t̄kī ḡw̄Ū `w̄l̄ Z̄ nevī K̄īt̄Ȳ 1/2 ēQī cī cī Z̄j̄ t̄t̄kī ḡw̄Uī GKV̄ `+ D̄W̄t̄q̄ m̄vī w̄nm̄t̄e dm̄t̄j̄ ī R̄ḡt̄Z̄ ēenvī K̄ī th̄Z̄ c̄v̄ī • t̄c̄v̄b̄v̄ ḡR̄t̄`ī t̄t̄q̄t̄`f̄v̄ t̄c̄v̄b̄v̄ w̄beP̄b̄ K̄ī • n̄v̄P̄w̄ī ḡw̄j̄ K̄f̄ ī ēW̄ w̄beP̄b̄ m̄Z̄z̄v̄ī m̄t̄_ K̄v̄R̄ K̄ī 	
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cv½vm Pv‡I i cUfng, m¤ebv I myear-Amjeav

❖ cv½vtmi cwi PwZ t

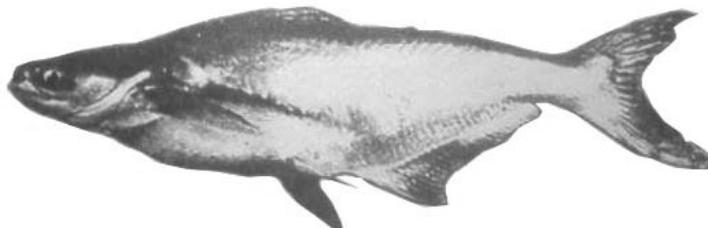
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❖ newfbacRwZi cvslM‡mi cwi PwZ t

†`ik cv½vm (*Pungasius pungasius*) t

G gv‡Qi Aw` evm evsj vt`k, fvi Z, _vBj vU I K‡‡Wqvq| evsj vt`tk PUMig I Lj bvi DcKj xq Gj vKvq Ges cUv, tgNbv, e‡pc‡ I hgpbv b` xtZ cvl qv hvq| m‡avi YZt Giv b`x I cK‡ii Mfxti evm K‡i |

G gvQ †`L‡Z i fcij x i‡qi Zte wctVi wKUv Kyj †P i‡qi nq| wctV GKU I Kv‡bi cv‡k `BwU k³ KvUv _v‡K| GK K_vq G‡`i D`i i fcij x Ges c‡o I cvk‡ti Lvi Dc‡ii w‡K C‡r amj| G gv‡Q tek wKQy Gw‡cmv wdb (Adipose fin) _v‡K| j †q 150 tmig Ges I R‡b 30 tKwR ch‡S-n‡q _v‡K| cv½vm me‡K cK‡Zi gvQ| Giv Zj vi Dw‡c , dj g‡j i exR, tcvKv gvKo I G‡`i i KKU, kvgK, wB‡K tL‡q _v‡K|

_vB cv½vm (*Pungasius sutchi*) t

_vB cv½vtmi tk‡Mvebvm t

Phylum	:	Chordata
Sub-Phylum	:	Vertebrata
Super Class	:	Gnathostoma
Class	:	Ostichthyes
Sub Class	:	Actinopterygii
Order	:	Siluriformes
Sub-order	:	Siluroidei
Family	:	Pungasidae
Genus	:	<i>Pangasius</i>
Species	:	<i>Pungasius sutchi</i>

G gv‡Qi Aw` evm _vBj vU, Kv‡uPqv I Zvi cvk‡ZP Gj vKvq| _vB fvi vq G‡k cv‡mvqvB (Pla-sawai) ej | _vBj vU t‡k evsj vt`k G gvQwU c‡g 1990 mv‡j Avbv nq| cieZ‡Z gvQ Pv‡I Gi m‡c‡vvi Y Gi B‡Zvwm mevi Rvbv| _vBj vU e‡vZ Z‡v‡Y-ce‡Gwkqv newfbab` xtZ G gvQwU cvl qv hvq| G gvQ †`L‡Z i fcij x-mv`v, wctVi wKUv bjv vF- Kv‡j v i‡qi nq| wctV GKU I Kv‡bi cv‡k 2 wU k³ KvUv _v‡K| gvQwUi Dc‡ii As‡k gv_v t‡K tj †Ri †Mvov ch‡-bxj vF Kyj †P j †q ^vM _v‡K Ges Zj †`k D3/4j mv`v| G‡`i tQwU tMv‡d I wctV Gw‡cvR wdb _v‡K|

evsj vt`k _vB cv½vm Pv‡I i tc‡M‡Z I m¤ebv t

hZ` † Rvbv hvq 1990 mv‡j _vB cv½vm c‡g temi Kwi D‡` v‡M Avg` vbx nq| cieZ‡Z A‡Z †Z G gv‡Qi m‡c‡vvi Y NU‡Z _v‡K| eZg‡b evsj vt`k _vB cv½vm gvQ Pv‡I i GKU wivU Ask Rjo Av‡Q| bzb cRwZi GB cv½vtmi Aw`

mbem _vBj vU| 1993 mvj grm Mtel Yv BbñUDU _vB cvzim mi tcvby Drcv` tbi mdj Zvi ci t_k Gi PvI eicKfite cñvi NtU|

mcdebv t

_vB cvzim evsj vt_k `Z we-ZiZ j vf Kti tQ| GgQ ex Rj vkk wekli Kti cKti PvI LpB DcthwMx| ZvQov tcb, LvPv, DbP Rj vktq PvI `Z we-hi j vf KitQ| AvovAwo Ges Dj wK we-ZiZtZ G gvo evsj vt_k wece-NwUqtQ| KvcRvZiq gvtQi tptq KtqK Y teuk Drcv` b PgZvi Kvi tY cvzimB eZgutb t_ki cñYR Awgl Pwn`v ci tY weivU fygKv ivLtQ| eZgutb evsj vt_k AtbK Lvgti mbne o e-e`vcby cxiZtZ PvI ntQ|

cvzimPvtI i myearv t

cvzimPvtI i myearvgn ntj v t

1. G gvoU ivPvtI bø ejj Ab cRvZi mt_wgk^PvI Kiv hvq|
2. G gvoU mePK ejj th tKvb mpuK Lv` w tQ PvI Kiv hvq|
3. `Z eaðkjx I AñK NbZ; PvI thwM Ges teP_vKvi nvi I teuk
4. g_yj eYv^Zv mn KtZ cvti|
5. my^yGes cjoKi
6. eicK evRvi Pwn`v itqQ
7. cñZkj ci tkt (A_P Añ Añ tRb, wGBP Ges tNvjtZi Zvi Zg) G gvo mnRb Lvc LvI qftZ cvti|
8. cñq me ai tYi Rj vktq PvI Kiv hvq|
9. tivM cñZtiva PgZv Zj bvgj Kfite teuk|
10. we t_ki i BwbtwM
11. ewYR^K PvtI i Rb LpB DcthwMx

cvzimPvtI i Amearv t

1. evRvi `i Zj bvgj fite AtbK Kg
2. mgqgZ tcvby cvl qv hvqby
3. AñtCbb RwbZ Kvi tY gvtQi eW wKgZ nq bv|
4. wefbœai tYi tivMeyj vB-Gi cñtfe t` Lv hvq|
5. cKti mbne PvI Kvi Kvi tY AtbK tP^t cñtkti I ci weifc cfive cto
6. Lvrti i `vg teuk nl qftZ Drcv` b LiP Lp teuk
7. gvtQi evRvi `i Kg nl qvq j vf Kg nq|
8. Pg^PvI i PgZM^ntQ|
9. wPzRngtZ ewYR^K PvtI i Kvi tY cirkZPdPzRngtZ vZ Rj veZv mjo nq Ges dj Zt dmj PgZM^ntQ|
10. cñb wehv^Zv Rb AtbK tP^t gvo Lvvi MñY eÜ Kti t` q GtZ Drcv` b Ktg hvq Ges tivMeyj vB t` Lv t` q|
11. cñbi cñtkti Lvvc nl qvi Kvi tY, tcU tdiyv, j vj tP `vM BZ^w t` Lv t` q
12. wefbœai tYi cñKZK mgm v thgbt AwZepo, ebv, NySo, Lv BZ^w i Kvi tY PvI PgZM^ntZ cvti
13. AtbK tP^t cñb `Mñ ntq hvq|
14. evRvi RvZKtYi eZgutb cxiZi Kvi tY AñKvsk tP^t Pg^PvI i PgZM^ntQ|

cvzimPvtI wefeP weIq t

1. cñbi cñtkti wK ivLvi Rb cvzim GKK PvI bv Kti 5-7% KvcRvZiq gvo gRj Kiv thtZ cvti|
2. cñ Kvi Z Dcvtq Lvvi Kiv hvtZ cirkZPdmjtj i RngtZ cfive bv cto|
3. Zj t_ki gwo `vZ nevi Kvi tY 1/2 eQi ci ci Zj t_ki gwo GKv v + Dwtq mvi wnmvte dmjtj i RngtZ eenvi Kiv thtZ cvti|
4. tcvby gRj i tP^t fuj tcvby mbepb Kiv|
5. n^Pvix gwo Kt^i eW wbePb mZZvi mt_KvR Kiv

Awaekb cwi Kí bv

w b t 03

mgq 10.00-11.00

tgqv` Kj t 60 mgibU

w kti bvbg t	civitmi Rxebe Ávb, PvI cxwZ I e'e`vcvbi aib
Afxó`j t	grm "Awa`Btii KgRZfe,
j ¶ t	cik¶Yv_@ i civim gvtQi Rxebe ÈvS- PvI i mætebv, PvI cxwZi aib Ges PvI cxwZi wewfbetKskj I myeav-Amjeav mwúwKZ cik¶gK avi Yv t qv nte hvZ Zviv mwKfvté civim gvtQi PvI Kvhpig cwi Pvj bv mwútK®PvI tK mnthwMZv KitZ cvtib
Dfík t	Awaekb tkil cik¶Yv_xMY-
	<ul style="list-style-type: none"> civim gvtQi Rxebe ÈvS-mwútK®ej tZ civtib civim PvI i cUfng, PvI i mætebv, PvI cxwZi aib Ges PvI cxwZi wewfbetKskj I myeav- Amjeav BZ`w` mwútK®ej tZ civtib

we1 qmip	Avtj vP` we1 q	cik¶Y tKskj	mgq
fngKv			3 mgibU
	<ul style="list-style-type: none"> - MZg • eZgib Ávb hvPvB • eZgib Awaekibi mw_msthwM -vcb • Awaekibi Dfík e'vL`v • D0jKjY 	e³Zv cik¶Ei	
we1 qe-			52 mgibU
	<ul style="list-style-type: none"> civitmi ewinK I ^RieK ^eilko" civim gvtQi PvI cxwZ <ul style="list-style-type: none"> - GKK - wgl - LvPv - tcb - mgwSZ BZ`w` civim PvI Lvvi e'e`vcvbi aib <ul style="list-style-type: none"> - mbvZb - DbZ mbvZb - Avav-wbneo - wbneo - AwZ wbneo BZ`w` civim gvtQi PvI e'e`vcvbiq wewfbetKskj tYi wb`RKmgn 	cik¶Ei wdcPvU® gj³ wPSh So tQvU `j xq KvR	
mvi -mst¶c			5 mgibU
	<ul style="list-style-type: none"> gj we1 q cþivtj vPbv • Dfík hvPvB • cieZP Awaekibi mw_msthwM • n'vÈAvDU weZiY • ab'ev` Ávcvbi 	e³Zv cik¶Ei	
cik¶Y mnvqK mwgM t tnvgvBU tevW®gvKfi , Abjxjy bx wku, wdcPvU®BZ`w` 			

w̄d̄P̄v̄ŪC̄w̄i K̄ b̄

<p>c̄sM̄t̄mi Rx̄eĀv̄b, P̄l c̄x̄Z</p> <p>I ēē-v̄cb̄vi aib</p>	<p>ew̄n̄K̄ ēnk̄ō t̄</p> <p>G ḡQ K̄v̄ld̄m̄ w̄m̄it̄e c̄w̄i P̄Z G ḡt̄Qi c̄w̄b̄ ēnk̄ō „t̄j̄ v̄ t̄</p> <ul style="list-style-type: none"> • ḡv̄ v̄ t̄k̄ t̄j̄ R̄ Gi t̄M̄ov̄ ch̄s̄-c̄p̄ ēv̄i b̄r̄j̄ v̄f̄-K̄j̄ t̄P̄ ḠK̄Ū c̄j̄ „t̄i L̄v̄ _v̄t̄K̄ • ēP̄ I Z̄j̄ t̄ k̄x̄ Ask D̄v̄j̄ I m̄v̄ `v̄t̄Ū • c̄ȳQ c̄v̄L̄b̄ (Caudal fin) M̄p̄ ami Ā_ev̄ K̄v̄t̄j̄ v̄ • t̄R̄ov̄ c̄v̄L̄b̄ (Paired fin) m̄avi YZ̄: ami I K̄v̄t̄j̄ v̄ • ḡw̄ j̄v̄x̄ ēv̄i t̄ēj̄ (Maxillary barbel) ēP̄ c̄v̄L̄b̄ (Pectoral fin) ch̄s̄-t̄c̄Q̄q̄ • ḡw̄ŪK̄j̄ vi ēv̄i t̄ēj̄ (Mandibularly) t̄P̄L̄ ch̄s̄-t̄c̄Q̄q̄ • t̄ t̄n̄ m̄avi YZ̄:eo t̄M̄j̄ `v̄M̄ _v̄t̄K̄ • m̄avi YZ̄: 3iŪ k̄³ K̄ūv̄ _v̄t̄K̄ • t̄Q̄Ū t̄M̄d̄ _v̄t̄K̄ • c̄ô t̄ t̄k̄ adipose fin _v̄t̄K̄ 																																																																		
<p>%R̄ieK̄ ēnk̄ō t̄</p> <ul style="list-style-type: none"> • GḡQ ex R̄j̄ v̄kt̄q w̄W̄ḡ t̄`q b̄v̄ • Giv̄ c̄w̄b̄Z̄: c̄w̄bi Z̄j̄ t̄`k̄ w̄PēY K̄t̄i _v̄t̄K̄ Z̄t̄ē P̄l K̄Z̄ c̄K̄t̄i c̄q̄ m̄K̄j̄ M̄fx̄i Z̄v̄q̄ w̄PēY K̄t̄i • G ḡQ m̄ēP̄f̄iR̄i • w̄ēf̄baR̄j̄ R̄K̄Ū, t̄K̄l̄P̄v̄, kuḡK̄ BZ̄w̄` Lv̄` w̄m̄it̄e M̄b̄Y K̄t̄i • c̄w̄b̄Z̄:w̄`b̄ Lv̄` M̄b̄t̄YB̄ Af̄`÷ Z̄t̄ē c̄q̄R̄t̄b̄ īt̄Z̄ I Lv̄v̄i Lv̄q̄ • Giv̄ c̄īZ̄K̄ c̄w̄i t̄ēt̄k̄ K̄v̄c̄Ges̄ w̄Ps̄īoī t̄P̄q̄ Āī Āī t̄R̄t̄b̄ ēP̄t̄Z̄ c̄t̄ī • c̄R̄b̄t̄b̄ m̄q̄ c̄j̄`I ḡt̄Qī Z̄j̄ t̄c̄t̄Ū D̄c̄t̄ī ī`K̄ n̄t̄Z̄ b̄x̄P̄ī c̄t̄_`j̄aī b̄`q̄ ēt̄h̄q̄(m̄it̄) t̄ēī n̄t̄q̄ Āv̄m̄ • c̄R̄bb̄ K̄v̄t̄j̄ `I ḡt̄Qī t̄c̄t̄Ū f̄v̄ix̄ I b̄īḡ Ges̄ R̄b̄t̄b̄`I q̄ j̄v̄j̄, t̄d̄v̄j̄ v̄ I t̄M̄j̄ w̄K̄ūZ̄ n̄t̄q̄ _v̄t̄K̄ • c̄j̄`I ḡt̄Qī R̄b̄t̄b̄`I q̄ Āv̄Z̄j̄ b̄v̄j̄ K̄ j̄`I m̄P̄t̄j̄ v̄ n̄t̄q̄ _v̄t̄K̄ 	<p>c̄sM̄m̄ ḡt̄Qī P̄l c̄x̄Z̄ t̄</p> <p>K. GKK P̄l t̄ R̄j̄ v̄k̄t̄q ēv̄ c̄K̄t̄ī īay GKK c̄R̄m̄Z̄ī P̄l </p> <p>L. w̄ḡk̄P̄l t̄ c̄K̄ī ēv̄ Ab̄ R̄j̄ v̄k̄t̄q c̄sM̄t̄mī m̄t̄_Ab̄ c̄R̄m̄Z̄ī ḡt̄Qī m̄t̄_GK̄t̄ī P̄l </p> <p>M. mḡīS̄Z̄ P̄l c̄x̄Z̄ t̄ c̄K̄ī ēv̄ Ab̄ R̄j̄ v̄k̄t̄q c̄sM̄m̄ Gī GKK ēw̄ḡk̄P̄l c̄w̄bī Dcī Ā_ev̄ c̄t̄ō c̄M̄x̄ thgb̄-num̄ /ḡj̄M̄/Līt̄M̄k̄/Q̄M̄j̄ ēv̄ Mī`BZ̄w̄` t̄īL̄ P̄l K̄v̄n̄t̄q̄ _v̄t̄K̄ ēt̄j̄ Z̄v̄ mḡīS̄Z̄ P̄l </p> <p>N. LūP̄q̄ P̄l c̄x̄Z̄ t̄ b̄v̄j̄ t̄b̄j̄ R̄j̄ ēv̄t̄kī LūP̄q̄ P̄l </p> <p>O. t̄c̄t̄b̄ P̄l c̄x̄Z̄ t̄ Ḡt̄P̄l c̄ēb̄f̄iḡ ḡj̄` R̄j̄ v̄k̄t̄q thgb̄-b̄`t̄Z̄ ēv̄ ēx̄ R̄j̄ v̄k̄t̄q̄ K̄v̄k̄ ev̄ GK̄w̄aK̄ ēūk̄, ev̄b̄, tēō, R̄j̄ ēv̄ Ab̄ D̄c̄K̄īȲ`I q̄ n̄t̄ī īḡt̄ā` P̄l </p>																																																																		
<p>W̄P̄ t̄ P̄l c̄x̄Z̄ I ēē-v̄cb̄vi w̄b̄lēoZ̄vi m̄āúK̄</p>	<p>ēē-v̄cb̄vi ait̄Ȳ m̄avi Ȳ w̄b̄t̄`R̄K̄m̄a</p> <table border="1"> <thead> <tr> <th>m̄b̄t̄RK</th> <th>m̄b̄v̄Zb</th> <th>D̄b̄Z̄ m̄b̄v̄Zb</th> <th>Āv̄v̄b̄lēo</th> <th>m̄b̄lēo</th> <th>m̄c̄v̄ī b̄lēo</th> </tr> </thead> <tbody> <tr> <td>c̄K̄t̄ī Av̄v̄i</td> <td>w̄b̄ī 6̄ b̄q̄</td> <td>w̄b̄ī 6̄ b̄q̄</td> <td>50-100 GKi</td> <td>50-100 GKi</td> <td>< 50</td> </tr> <tr> <td>c̄w̄bī M̄fx̄ī Z̄</td> <td>3-5 d̄U</td> <td>3-5 d̄U</td> <td>3-5 d̄U</td> <td>3-5 d̄U</td> <td>3-5 d̄U</td> </tr> <tr> <td>ḡR̄j̄ Nb̄Z̄</td> <td>c̄w̄ī ḡt̄Ȳ K̄ ēv̄ tek̄x̄</td> <td>100-200</td> <td>200-300</td> <td>300-700</td> <td>700 Gī tek̄x̄</td> </tr> <tr> <td>c̄w̄bī ēē-v̄</td> <td>c̄K̄īZ̄K̄</td> <td>c̄K̄īZ̄K̄</td> <td>c̄K̄īZ̄K̄ + c̄v̄é</td> <td>c̄K̄īZ̄K̄ + c̄v̄é</td> <td>c̄v̄é</td> </tr> <tr> <td>ev̄ȳ m̄Av̄j̄ b̄</td> <td>-</td> <td>-</td> <td>c̄q̄R̄b̄ ḡm̄d̄K̄</td> <td>ḡt̄S̄ ḡt̄S̄</td> <td>m̄ēv̄</td> </tr> <tr> <td>P̄l v̄er̄ c̄x̄Z̄</td> <td>GKK Ī w̄ḡk̄`</td> <td>GKK Ī w̄ḡk̄`</td> <td>GKK Ī w̄ḡk̄`</td> <td>GKK</td> <td>GKK</td> </tr> <tr> <td>Lū`</td> <td>c̄K̄īZ̄K̄+ m̄v̄j̄ī</td> <td>c̄K̄īZ̄K̄+ m̄v̄j̄ī</td> <td>c̄K̄īZ̄K̄+ Db̄Z̄ m̄v̄j̄ī</td> <td>m̄üȲ`L̄v̄ī</td> <td>m̄üȲ`L̄v̄ī</td> </tr> <tr> <td>d̄m̄j̄</td> <td>1̄U</td> <td>1-2̄U</td> <td>2-3̄U</td> <td>3̄U</td> <td>3 er̄ Z̄t̄Z̄w̄K̄</td> </tr> <tr> <td>D̄c̄v̄b̄</td> <td>t̄n̄±ī 2.00 Ub̄</td> <td>t̄n̄±ī 5.00-7.00 tgt Ub̄</td> <td>t̄n̄±ī 20.00- 30.00 tgt Ub̄</td> <td>t̄n̄±ī 50.00- 100.00 tgt Ū</td> <td>t̄n̄±ī 100.00 Ub̄ Gī tek̄x̄</td> </tr> <tr> <td>ev̄P̄ī v̄ī</td> <td>80%</td> <td>80%</td> <td>90%</td> <td>90%</td> <td>90% Gī tek̄x̄</td> </tr> </tbody> </table>	m̄b̄t̄RK	m̄b̄v̄Zb	D̄b̄Z̄ m̄b̄v̄Zb	Āv̄v̄b̄lēo	m̄b̄lēo	m̄c̄v̄ī b̄lēo	c̄K̄t̄ī Av̄v̄i	w̄b̄ī 6̄ b̄q̄	w̄b̄ī 6̄ b̄q̄	50-100 GKi	50-100 GKi	< 50	c̄w̄bī M̄fx̄ī Z̄	3-5 d̄U	ḡR̄j̄ Nb̄Z̄	c̄w̄ī ḡt̄Ȳ K̄ ēv̄ tek̄x̄	100-200	200-300	300-700	700 Gī tek̄x̄	c̄w̄bī ēē-v̄	c̄K̄īZ̄K̄	c̄K̄īZ̄K̄	c̄K̄īZ̄K̄ + c̄v̄é	c̄K̄īZ̄K̄ + c̄v̄é	c̄v̄é	ev̄ȳ m̄Av̄j̄ b̄	-	-	c̄q̄R̄b̄ ḡm̄d̄K̄	ḡt̄S̄ ḡt̄S̄	m̄ēv̄	P̄l v̄er̄ c̄x̄Z̄	GKK Ī w̄ḡk̄`	GKK Ī w̄ḡk̄`	GKK Ī w̄ḡk̄`	GKK	GKK	Lū`	c̄K̄īZ̄K̄+ m̄v̄j̄ī	c̄K̄īZ̄K̄+ m̄v̄j̄ī	c̄K̄īZ̄K̄+ Db̄Z̄ m̄v̄j̄ī	m̄üȲ`L̄v̄ī	m̄üȲ`L̄v̄ī	d̄m̄j̄	1̄U	1-2̄U	2-3̄U	3̄U	3 er̄ Z̄t̄Z̄w̄K̄	D̄c̄v̄b̄	t̄n̄±ī 2.00 Ub̄	t̄n̄±ī 5.00-7.00 tgt Ub̄	t̄n̄±ī 20.00- 30.00 tgt Ub̄	t̄n̄±ī 50.00- 100.00 tgt Ū	t̄n̄±ī 100.00 Ub̄ Gī tek̄x̄	ev̄P̄ī v̄ī	80%	80%	90%	90%	90% Gī tek̄x̄				
m̄b̄t̄RK	m̄b̄v̄Zb	D̄b̄Z̄ m̄b̄v̄Zb	Āv̄v̄b̄lēo	m̄b̄lēo	m̄c̄v̄ī b̄lēo																																																														
c̄K̄t̄ī Av̄v̄i	w̄b̄ī 6̄ b̄q̄	w̄b̄ī 6̄ b̄q̄	50-100 GKi	50-100 GKi	< 50																																																														
c̄w̄bī M̄fx̄ī Z̄	3-5 d̄U	3-5 d̄U	3-5 d̄U	3-5 d̄U	3-5 d̄U																																																														
ḡR̄j̄ Nb̄Z̄	c̄w̄ī ḡt̄Ȳ K̄ ēv̄ tek̄x̄	100-200	200-300	300-700	700 Gī tek̄x̄																																																														
c̄w̄bī ēē-v̄	c̄K̄īZ̄K̄	c̄K̄īZ̄K̄	c̄K̄īZ̄K̄ + c̄v̄é	c̄K̄īZ̄K̄ + c̄v̄é	c̄v̄é																																																														
ev̄ȳ m̄Av̄j̄ b̄	-	-	c̄q̄R̄b̄ ḡm̄d̄K̄	ḡt̄S̄ ḡt̄S̄	m̄ēv̄																																																														
P̄l v̄er̄ c̄x̄Z̄	GKK Ī w̄ḡk̄`	GKK Ī w̄ḡk̄`	GKK Ī w̄ḡk̄`	GKK	GKK																																																														
Lū`	c̄K̄īZ̄K̄+ m̄v̄j̄ī	c̄K̄īZ̄K̄+ m̄v̄j̄ī	c̄K̄īZ̄K̄+ Db̄Z̄ m̄v̄j̄ī	m̄üȲ`L̄v̄ī	m̄üȲ`L̄v̄ī																																																														
d̄m̄j̄	1̄U	1-2̄U	2-3̄U	3̄U	3 er̄ Z̄t̄Z̄w̄K̄																																																														
D̄c̄v̄b̄	t̄n̄±ī 2.00 Ub̄	t̄n̄±ī 5.00-7.00 tgt Ub̄	t̄n̄±ī 20.00- 30.00 tgt Ub̄	t̄n̄±ī 50.00- 100.00 tgt Ū	t̄n̄±ī 100.00 Ub̄ Gī tek̄x̄																																																														
ev̄P̄ī v̄ī	80%	80%	90%	90%	90% Gī tek̄x̄																																																														

cw̄v̄t̄mi Rxew̄ Ávb, Pv̄l c×w̄Z | ēē-vc̄v̄i aib

ew̄n̄K ^eik̄o^ t

G gv̄Q K̄v̄Udm w̄nt̄m̄te cw̄iPZ | G gt̄Qi c̄vb ^eik̄o^ nt̄j v t

- gv̄_v t̄‡K tj R Gi t̄M̄ov ch̄S-c̄p̄ ei vei bx̄j v̄f-Kv̄j t̄P GK̄U c̄j " t̄i Lv̄ _vt̄K |
- ēP̄ I Zj ‡` k̄xq Ask D̄3/4j I m̄v̄ vt̄U |
- c̄jQ cv̄Lbv (Caudal fin) M̄p ami A_ev Kv̄j v |
- t̄Rvi v cv̄Lbv (Paired fin) mv̄avi YZ: ami I Kv̄j v |
- ḡw̄ j vi x evi tej (Maxillary barbel) ēP̄ cv̄Lbv (Pectoral fin) ch̄S-t̄c̄Qv̄q |
- ḡw̄Uej vi evi tej (Mandi bullary) t̄Pv̄L ch̄S-t̄c̄Qv̄q |
- t̄‡n mv̄avi YZ:eo t̄M̄j ` v̄M̄ _vt̄K |
- mv̄avi YZ: 3iU k̄3 KuU _vt̄K |
- t̄Qv̄U t̄M̄d _vt̄K |
- c̄p̄ t̄‡k Adipose fin _vt̄K |

%RieK ^eik̄o^ t

- G gv̄Q ex̄ Rj v̄kt̄q w̄Wg t̄` q bv̄ | c̄K̄iZK cīi tēk (c̄vbZ: M̄fxi b̄‡Z) -̄x gv̄Q Rj R ĀM̄v̄Qv̄q w̄Wg Q̄to Ges Zv̄ ew̄n̄Kf̄t̄e w̄b̄l 3 nq̄ |
- Giv c̄vbZ: cw̄bi Zj ‡` k̄w̄Pi Y K̄ti _vt̄K | Z̄t̄e Pv̄l KZ c̄K̄ti c̄q̄ mēP̄ M̄fxi Zv̄q w̄Pi Y K̄ti |
- G gv̄Q mēP̄v̄Rx | c̄K̄iZK Lv̄ " w̄nm̄te cw̄b̄t̄Z f̄v̄mgv̄b D̄W̄c̄, c̄YKYv̄, Rj v̄kt̄qi Zj ‡` k̄ Aē-v̄bi Z w̄ew̄fb̄eRj R KuU, t̄K̄iPv̄, kuḡK BZ'w̄ Lv̄ " w̄nm̄te M̄b̄Y K̄ti
- c̄vbZ:w̄ ‡b Lv̄ " M̄b̄t̄bB Af̄- -̄Z̄t̄e c̄q̄R̄t̄b i v̄t̄Z I Lv̄ei Lv̄q |
- Giv c̄iZKj cīi tēk Kvc̄Ges w̄ps̄bi t̄P̄t̄q Kg m̄ste` bk̄j (Āi Āi t̄R̄t̄b ēw̄P̄t̄Z c̄t̄i) |
- c̄Rbb bi mḡq c̄j "I gt̄Qi Zj t̄ct̄U Dc̄t̄i i w̄K n̄t̄Z bx̄Pi ct̄_ ` t̄ai b̄q ex̄h̄q̄ei n̄t̄q Āt̄m̄ |

c̄j "I cv̄sM̄v̄m
Q̄ne

-̄x cv̄sM̄v̄m
Q̄ne

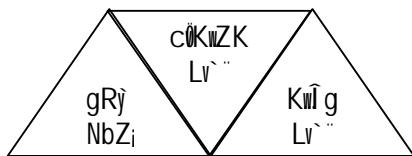
- c̄Rbb Kv̄j -̄x gt̄Qi t̄ct̄U fv̄x I bi g Ges Rb̄t̄b` k̄q j vj , t̄d̄y v I t̄M̄j vK̄Z n̄t̄q _vt̄K |
- c̄j "I gt̄Qi Rb̄t̄b` k̄q Āz Zj bv̄ḡj K̄j v̄t̄ I m̄Pv̄t̄j v n̄t̄q _vt̄K |

cw̄v̄m gt̄Qi Pv̄l c×w̄Z t

Rj v̄kt̄qi c̄K̄iZ, ew̄n̄R̄K Aē-v̄, Lv̄gt̄i i Av̄Kv̄i , Pv̄l i w̄i t̄m̄m̄c̄l Ab̄v̄b̄ m̄t̄h̄M m̄jeav̄i Dci w̄f̄w̄E K̄ti cw̄v̄m w̄ew̄fb̄e c×w̄Zt̄Z Pv̄l Kiv̄hv̄q | Z̄t̄e ev̄sj v̄t̄‡k GKK Pv̄l Gi c̄P̄j bB tēk | w̄ew̄fb̄oai t̄Yi Pv̄l c×w̄Z, t̄j v n̄t̄j v t

P. GKK Pv̄l t̄ Rj v̄k̄q ev̄ c̄K̄ti i ayGKK c̄RbbZ A_ P̄ i aycv̄sM̄v̄m Pv̄l Kit̄j Zv̄t̄K GKK Pv̄l ej v nq̄ | G ai t̄Yi Pv̄l gj Z: w̄b̄eo ēē-vc̄v̄q Kiv̄nq̄ | Z̄t̄e ev̄sj v̄t̄‡k eZ̄ḡv̄t̄b GKK Pv̄l i c̄P̄j bB tēk |

- Q. ḡgkP̄l t̄ c̄Ki ev Ab̄ Rj v̄kt̄q h̄w̄ c̄v̄l̄t̄mi m̄t̄_ Ab̄ c̄R̄w̄Zi ḡt̄Qi m̄t̄_ GK̄t̄ P̄l Kiv n̄q t̄m̄t̄P̄t̄ Z̄t̄K ḡgkP̄l ej̄ v̄ n̄t̄q _v̄K̄ t̄m̄t̄P̄t̄ c̄R̄w̄Z w̄b̄P̄t̄b Aek̄B L̄v̄ c̄Z̄t̄h̄w̄M̄Zv̄, B̄t̄K̄j w̄R̄K̄yj w̄b̄K̄&I P̄l ēē-v̄cb̄vi aib̄ BZ̄w̄ w̄l̄t̄q w̄ēt̄P̄b̄q īL̄t̄Z n̄t̄ē| c̄v̄l̄t̄mi m̄t̄_ ḡgkP̄t̄l̄ K̄v̄Zj v̄, w̄m̄j f̄v̄l̄ I t̄Zj w̄cq̄l̄ ēen̄vi K̄īt̄Z t̄ L̄v̄h̄q̄|
- R. mḡšZ P̄l c̄x̄l̄Z t̄ c̄Ki ev Ab̄ Rj v̄kt̄q c̄v̄l̄m̄ Gi GKK ev ḡgkP̄t̄l̄ c̄w̄bi Dci Āev c̄v̄t̄o c̄ñY thgb- num /ḡj M̄x/L̄īt̄M̄k̄ Q̄M̄j ev Mī BZ̄w̄ t̄īt̄L̄ P̄l Kiv n̄t̄q _v̄K̄ Z̄t̄K̄ mḡšZ P̄l c̄x̄l̄Z ēj̄ | Z̄v̄ov̄ c̄v̄t̄o kv̄K̄-m̄x̄ P̄l K̄īt̄j̄ I Z̄t̄K̄ mḡšZ P̄l c̄x̄l̄Z ej̄ v̄h̄q̄| Z̄t̄ē Ḡt̄P̄t̄f̄t̄ ḡt̄Qi m̄t̄_ Ab̄v̄b̄ c̄ñY ev mīȳi ḠK̄Uv̄ Av̄v̄b̄-c̄ñb̄ _v̄K̄|
- S. LūP̄q P̄l c̄x̄l̄Zt̄ eo Rj v̄k̄q, b̄x̄, L̄v̄, ēl̄q̄ c̄w̄Z ĀĀj̄, ēū ḡw̄j̄ K̄v̄v̄ār̄b̄ Rj v̄k̄q b̄v̄b̄j̄ t̄b̄ī R̄v̄j̄ ev ēūt̄kī LūP̄q h̄w̄ c̄v̄l̄m̄ P̄l Kiv n̄q̄ Z̄t̄ē Z̄t̄K̄ LūP̄q P̄l c̄x̄l̄Z ej̄ v̄n̄q̄|
- T. t̄ct̄b̄ P̄l c̄x̄l̄Z t̄ Ḡt̄P̄t̄f̄t̄ c̄w̄b̄f̄w̄ḡ gr̄β̄ Rj v̄k̄q thgb-b̄x̄Z ev ēx̄ Rj v̄kt̄q GKK ev GK̄w̄āK̄ ēūk̄, evb̄v̄, teōv̄, R̄v̄j̄ ev Ab̄ Dc̄KīY w̄t̄q̄ N̄t̄ī ī ḡt̄ā c̄v̄l̄m̄ ḡR̄j̄ K̄t̄ī P̄l K̄īt̄K̄ c̄s̄M̄t̄mi P̄l c̄x̄l̄Z ej̄ v̄h̄q̄| Ḡt̄P̄t̄f̄t̄ t̄ct̄bī t̄Nī ev R̄v̄j̄ Rj v̄kt̄qī Z̄j̄ v̄q̄ t̄M̄w̄_Z̄ _v̄K̄ Ges t̄ct̄bī c̄w̄bī m̄t̄_ ēw̄n̄t̄ī ī c̄w̄bī m̄s̄t̄h̄w̄M̄ _v̄K̄|
- c̄v̄l̄m̄ P̄l ēē-v̄cb̄vi aib̄ w̄b̄t̄ḡr̄³ f̄v̄t̄ē f̄M̄ Kiv h̄q̄ t̄
- K) mb̄v̄Zb̄ P̄l c̄x̄l̄Z t̄ Ḡt̄P̄t̄f̄t̄ c̄Kī ev Rj v̄k̄q Gi m̄b̄w̄ @ t̄K̄b̄ Av̄K̄v̄ī, Av̄K̄w̄Z, M̄Vb̄, M̄Fxī Zv̄ m̄b̄w̄ @f̄v̄t̄ē īP̄v̄ Kiv n̄q̄ b̄v̄| ḡR̄j̄ Nb̄Zj̄ Āw̄b̄q̄ḡZ, c̄Kī c̄ññZ w̄K̄ḡZ Kiv n̄q̄ b̄v̄| L̄v̄ēī, m̄v̄ī I Āw̄b̄q̄ḡZ Ā_P̄t̄b̄K̄s̄t̄k̄ c̄ññZ w̄b̄f̄P̄| ēē-v̄cb̄vī|
- L) Db̄Z̄ mb̄v̄Zb̄ c̄x̄l̄Z t̄ Ḡt̄P̄t̄f̄t̄ c̄K̄t̄ī ī Āv̄q̄Zb̄ ḡS̄w̄ī āīt̄Yī (25- 100 k̄Z̄s̄k̄) c̄K̄t̄ī ī Āv̄K̄w̄Z, M̄Vb̄ M̄Fxī Zv̄ t̄ḡv̄Uḡj̄U m̄b̄w̄ @ Kiv n̄q̄| c̄Kī c̄ññZ w̄b̄q̄ḡZ ḡR̄j̄ Nb̄Zj̄ w̄b̄q̄ḡZ| m̄v̄ī c̄ññM̄ w̄b̄q̄ḡZ Ges 30% c̄ññZ w̄b̄f̄P̄|
- M) Av̄v̄-w̄b̄eo c̄x̄l̄Z t̄ Ḡt̄P̄t̄f̄t̄ c̄Kī ēē-v̄cb̄vī c̄x̄l̄Z Db̄Z̄ ēv̄c̄K̄ c̄x̄l̄Zī ḡZB̄ Z̄t̄ē c̄w̄b̄ c̄w̄īēZ̄b̄, ev̄q̄ m̄ññj̄ b̄, m̄ññt̄ K̄ L̄v̄ēī I m̄v̄ī c̄ññM̄ Kiv n̄q̄| Z̄t̄ē w̄K̄Q̄j̄ c̄ññZK̄ L̄v̄ēt̄ī Dcī w̄b̄f̄P̄ K̄t̄ī|
- N) w̄b̄eo c̄x̄l̄Z t̄ Ḡ c̄x̄l̄Zī P̄l ēē-v̄q̄ Av̄v̄-w̄b̄eo c̄x̄l̄Z en̄j̄ t̄īt̄L̄ `P̄ R̄bēj̄ I Db̄Z̄ c̄ññ³ Ges m̄ññȲF̄t̄ē m̄ññt̄ K̄ L̄v̄ēī c̄ññM̄ Kiv n̄q̄| Ḡ c̄x̄l̄Z̄t̄Z̄ t̄K̄b̄ m̄v̄ī c̄ññM̄ n̄q̄ b̄v̄|
- O) ĀññZ̄ w̄b̄eo c̄x̄l̄Z t̄ Ḡ ēē-v̄cb̄vī ḡQ̄ P̄l c̄ññv̄ c̄x̄l̄ZUññB̄ ḡb̄j̄ w̄b̄q̄s̄j̄Ȳ _v̄K̄ Ā_P̄t̄ AZ̄v̄ññB̄K̄ ēē-v̄cb̄v̄q̄ n̄q̄ _v̄K̄| ĀññK̄ Nb̄Zj̄ m̄ññt̄ K̄ L̄v̄` ēw̄n̄ī t̄īt̄K̄ mieīv̄n̄ Ges t̄K̄b̄ īK̄ḡ m̄v̄ī c̄ññM̄ n̄q̄ b̄v̄| Z̄t̄ē w̄ēt̄k̄l̄Z̄ n̄t̄j̄ v̄ ev̄q̄ m̄ññj̄ b̄ w̄b̄q̄ḡZ I mēv̄ c̄w̄b̄ c̄w̄īēZ̄b̄ n̄t̄Z̄ _v̄K̄| Ā_P̄t̄K̄b̄ īK̄ḡ c̄ññZK̄ L̄v̄` Z̄w̄ī m̄ññM̄ t̄b̄Ḡ ēē-v̄cb̄v̄q̄|



WP̄t̄ : P̄l c̄x̄l̄Z I ēē-v̄cb̄vī w̄b̄eoZv̄ī m̄ññK̄ (Tacon, 1984)

e^īe^ī vcbv ai^ībi m^īavi Y mb^ī RKmg^ī

mb ^ī RK	m ^ī bvZb	D ^ī bZ m ^ī bvZb	A ^ī av m ^ī eo	m ^ī eo	m ^ī cvi m ^ī eo
c ^ī K ^ī i A ^ī K ^ī i	m ^ī b ^ī 0 bq	m ^ī b ^ī 0 bq	50-100 GK ^ī i	50-100 GK ^ī i	< 50
c ^ī w ^ī i M ^ī xi Z ^ī	3-5 dU	3-5 dU	3-5 dU	3-5 dU	3-5 dU
gR ^ī NbZ ^ī i	c ^ī w ^ī g ^ī tY Kg ev te ^ī k	100-200	200-300	300-700	700 Gi te ^ī k
c ^ī w ^ī i e ^ī e ^ī l	c ^ī K ^ī ZK	c ^ī K ^ī ZK	c ^ī K ^ī ZK + C ^ī p ^ī ú	c ^ī K ^ī ZK + C ^ī p ^ī ú	C ^ī p ^ī ú
evqym ^ī A ^ī j b	-	-	c ^ī q ^ī Rb g ^ī wdK	g ^ī tS g ^ī tS	me ^ī v
P ^ī l ver` c ^ī x ^ī Z	GKK I w ^ī gk ^ī a	GKK I w ^ī gk ^ī a	GKK I w ^ī gk ^ī a	GKK	GKK
L ^ī ..	c ^ī K ^ī ZK + m ^ī i	c ^ī K ^ī ZK+ m ^ī új K	c ^ī K ^ī ZK+D ^ī bZ m ^ī új K	m ^ī úY ^ī L ^ī evi	m ^ī úY ^ī L ^ī evi
d ^ī m ^ī j	1U	1-2U	2-3 U	3U	3 ev Z ^ī Z ^ī w ^ī K
Drc ^ī b	t ^ī n ^ī ±t ^ī i 2.00 Ub	t ^ī n ^ī ±t ^ī i 5-7 tgt Ub	t ^ī n ^ī ±t ^ī i 20-30 tgt Ub	t ^ī n ^ī ±t ^ī i 50-100 tgt Ub	>100 ev Z ^ī Z ^ī w ^ī K
evP ^ī i m ^ī i	80%	80%	90%	90%	90% Gi te ^ī k

Añatekb cwi Kí bv

w b t 03

mgq t 11.15-12.00

tgqv` Kj t 45 wgbU

wk̄t i vbg t ciklY gNDj | gtbidm tZj mcqv / ciklum Pri ♦ 105

Añatekb cwi Kí bv

j t ciklY gNDj | gtbidm tZj mcqv / ciklum Pri ♦ 105

Dñi k t G Añatekb tkl ciklY gNDj | gtbidm tZj mcqv / ciklum Pri ♦ 105

welqmP	Avtj vP welq	ciklY tKskj	mgq
fngKv			3 wgbU
	<ul style="list-style-type: none"> -MZg ce@Zr Añatekb tbi cpi vj vPbv eZgib Añatekb tbi mft_ msthM -vcb Añatekb tbi Dñi k e'vL' 	ciklEi I Avtj vPbv	
welqe-			52 wgbU
	<ul style="list-style-type: none"> bwmNi cki Ges Gi 'eniko' ciklY gNDj gtbidm tZj mcqv / ciklum Pri ♦ 105 t i Yavbx tcvbi YMZ gub hvPvB gRj NbZjibañtY weleP welqmgn Ges gRj NbZj t i Yavbx tcvbi cwi enb I tUKmBKjY bwmNi cki t i Yavbx tcvbi Lv` e'e'-vcbv 	ciklEi e ³ Zv Avtj vPbv g ³ IPŠH So wdePvU ^o	
mvi -msfPc			5 wgbU
	<ul style="list-style-type: none"> gj welq-mgn cpi vj vPbv Dñi k hvPvB cieZr Añatekb tbi mft_ msthM nñEAvDU weZiY ab'ev` Ávcb 	e ³ Zv I ciklEi	
ciklY mnvqK mgM t nñEAvDU, tnvgBU teW ^o DRicE, gVKñ , wdePvU ^o Abkjxj b wku			

mdePwU©Cwi Kí bv

<p style="text-align: center;">cVzv̄tmi bvm̄ti e"e"vcbv</p>	<p>bvm̄ti cKi Kx?</p> <p>th mg^-cKti 2-4 w b eq̄mi ti Yev 10-15 w b eq̄mi avbx tcbv j vj b-cvj b Kti gRj cKti Qovi DcthvMx Pviv tcbv Drcv`b Kiv nq, tm, t̄tK bvm̄ti cKi etj bvm̄ti cKi c̄t̄Zgj K Kiv chfquig Kt̄Z nte </p> <p>bvm̄ti cKti i , i"Zi Ges ^eukō" t</p> <ul style="list-style-type: none"> • bvm̄ti cKi AvqZiKvi Ges tQJU AvKtii • bvm̄ti cKti i AvqZb 25-30 kZsk n̄Z c̄ti • Mfxi Zv 1-1.5 ugUvi • cKti i Xjy 1t3 Abc̄tZ ntj fvj nq • eo cKi ntj bvm̄ti e"e"vcbv mgm̄ nq • cKti i Zj v mgvb ntZ nte • gwUvi Mvb t`v-Awk/tetj t`v-Awk • Zj vq Kvi vi cwi gyY 2.00-2.5 tmt wgt • cKti ^wbK mh̄tj v̄tKj tgq̄` Kjy 6-8 Nuv _Kt̄Z nte 																		
<p>bvm̄ti cKi c̄t̄Zt</p> <ul style="list-style-type: none"> • cKi ms^-vi • cvo tgv̄gZ • cvtoi Xjy tgv̄gZ • Zj vq AvZvi³ I cPv Kiv Acmvi Y • cvtoi eo MvtQi Wjv cij v QuvBKvY • cKti cvtoi tSicSvo cwi®vi KiY • Rj R AvMvQv `gb • Rj R AvMvQv ¶ZKi w Kmgn • Rj R AvMvQv mbqSY cxvZ • iV̄tmi I AevÄZ givQ `ixKiv ¶ZKi cfve • `gb cxvZ • cwihi wehv³ Zv cix¶v 	<p>Pb c̄qM</p> <p>Pb c̄qMi c̄qvRbxqZv</p> <ul style="list-style-type: none"> • gwU I cm̄bi P^H gvQ Pt̄l i DcthvMx i v̄tL • cwbz ¶itZj cwi gyY 20 ugj M̄g/ vj t Gi teuk ivLz mnvqZv Kti • m̄tii i KvhKvi Zv ep̄x Kti • cKi c̄t̄ZKjy xb Pb c̄qMi gvātg ci Rxei I t̄iM RxeiYy `+ Kti • Pt̄bi K'v jkqvg wbRB GKvU , i"ZcYcjo Dcv`vb • Kiv vq Ave x dmdim gm̄ Kti Pb c̄qMi gv̄t v̄tKzvst̄k 1-2 tKvR 																		
<p>cKi c̄t̄ZKjy xb mvi c̄qM</p> <p>mvi `B cKvi t (K) %Re mvi, (2) A%Re mvi </p> <p>mvi c̄qMi gv̄t v̄t</p> <table border="1" data-bbox="257 1389 773 1600"> <thead> <tr> <th>μgK bs</th> <th>m̄tii bvg</th> <th>c̄qMgv̄t v/kZsk</th> </tr> </thead> <tbody> <tr> <td>1 </td> <td>t̄Mvi ev</td> <td>5-7 tKvR</td> </tr> <tr> <td></td> <td>n̄m-gj Mxi wev ev</td> <td>3-5 tKvR</td> </tr> <tr> <td></td> <td>Kgtcvó</td> <td>8-10 tKvR</td> </tr> <tr> <td>2 </td> <td>BDvi qv</td> <td>150-200 M̄g</td> </tr> <tr> <td>3 </td> <td>wGm̄c</td> <td>75-100 M̄g</td> </tr> </tbody> </table>	μgK bs	m̄tii bvg	c̄qMgv̄t v/kZsk	1	t̄Mvi ev	5-7 tKvR		n̄m-gj Mxi wev ev	3-5 tKvR		Kgtcvó	8-10 tKvR	2	BDvi qv	150-200 M̄g	3	wGm̄c	75-100 M̄g	<p>mvi c̄qMi mZKZv t</p> <ul style="list-style-type: none"> • tgNj v w b ev ep̄i gtā mvi c̄qM Kitj KvhKvi Zv Kg ntq _v̄tK • BDvi qv mvi evZvdm tLvj v Ae^-vq ivLj KvhKvi Zv Ktg hvq • Āxe gwtZ m̄tii i KvhKvi Zv Kg nq • cwbz Rj R Dv^M vKtj m̄tii i KvhKvi Zv Kg nq • Pb c̄qMi 5-7 w b ci Ges ti Yg Rj i 8-10 w b AvM mvi c̄qM Kit̄Z nte • m̄t̄h̄j vK covi ci mvi c̄qM KivB D̄Eg
μgK bs	m̄tii bvg	c̄qMgv̄t v/kZsk																	
1	t̄Mvi ev	5-7 tKvR																	
	n̄m-gj Mxi wev ev	3-5 tKvR																	
	Kgtcvó	8-10 tKvR																	
2	BDvi qv	150-200 M̄g																	
3	wGm̄c	75-100 M̄g																	
<p>c̄KvZK Lv`` chfe¶Y</p> <p>bvm̄ti cKti ti Yg Rj i c̄t̄Zt i DcthvMx Lv`` Zix Kti ntz nte ZvB gRj i c̄t̄c̄KvZK Lv`` cix¶v Kiv bvm̄ti e"e"vcbv Acvi nvhAsk </p> <p>c̄KvZK Lv`` cix¶v c×vZ</p> <p>c̄KvZK Lv`` cix¶v c×vZ 3 wut</p> <p>(1) tm̄KvW c×vZ, (2) Mvgv Mv̄ c×vZ, (3) nvZ c×vZ </p>	<p>gRj NbZj t</p> <p>bvm̄ti cKti ti Yg tcbv gRj NbZj wbaY c̄nbZt PvI c×vZ, ti Yj cRwZ, cKti i Drcv`bkj Zv Ges e"e"vcbv ai b BZ w̄t̄fqi lci wbfp Kti c̄Z kZvst̄k 1000-1500 wJ avbx tcbv gRj Kti 20-30 w b j vj b cij b Kitj 1 t̄tK 1.5 BwA tcbv Kiv hvq </p>																		

cikl mi bim mi e'e' vcbv

bim mi cki Ki?

th mg - cki 2-4 w b eqtmi ti Yev 10-15 w b eqtmi avbx tcbv j vj b-cuj b Kti gRj cki Qovi DcthwM Pvi tcbv Drcv b Kiv nq, tm, tj vtK bim mi cki etj | bim mi cki cikl Zgj K Kiv chqutg KitZ nte|

bim mi cki i , i "Zj Ges eukó" t

- bim mi cki AvqZvki Ges tQvU AvKtii |
- bim mi cki i AvqZb 25-30 kZsk nZ cti | Mfxi Zv 1-1.5 mgUvi Ges cki i Xij 1t 3 AbcvtZ nte fuj nq|
- eo cki nte bim mi e'e' vcbv mgm v nq|
- cki i Zj v mgvb nZ nte|
- gwi MiVb t`v-Avk/tetj t`v-Avk
- Zj vq Kv`vi cikl givY 2.00-2.5 tmug.|
- cki ^wK mhtj vtKi tgav` Kij 6-8 Nuv _vKtZ nte|
- cito Qvqv myóKvi x tKib MiQ ev tSic-Svo _vKte bvi|
- cki i cvo evBtii cwb tiva Kivi gZ ht_ó DPzI k³ nZ nte|
- cki myt_ fuj thwMthwM e'e' v _vKtZ nte|
- e'e' vcbv myeavi Rb cki i Ae'v emoi KvQvKwQ nte fuj nq|

bim mi cki cikl t

cki ms vi

bim mi e'e' vcbv cikl Zkj xb mgq cki ms vi Kiv AZs-Ri vi | cki ms vi Kivi tPitbawj wLZ Kiv ,tj v Ki tZ nte|

- cvo tgivgZ|
- citoi Xij tgivgZ
- Zj vi AiwZvi ³ I cPv Kv`v Acmvvi Y
- Zj t`k mgvbKiY
- cki i cwbZ Qvqv myóKvi x citoi eo Mytqi Wj cij v tKtU tdj v I cki citoi tSic Svo cii®vi Kiv|

cvo tgivgZ

- bim mi cki i cvo Ggb DPzKtZ nte hZ tñweK elfq Wje bv hvq|
- cvo fvZv _vKtj k³ Kti tetra w tZ nte hZ evBtii ivPitbawj I AewAZ gvo cki cikl KtZ bv cti|
- citoi Mytq MZ®_vKtj Zv fti w tZ nte hZ evntii cwb PBtq cvo tfitv tdj tZ bv cti|

citoi Xij tgivgZ

- cki citoi Xij fvZv _vKtj ev Xvij i Mytq MZ®_vKtj Zv tgivgZ KtZ nte| Zntj cvo mntr fvZte bv|
- citoi Xij 2t 1 AbcvtZ i Lv`v Kvi | GtZ cvo fvZte bv, Rj Uvby mnR nte Ges mwKfite gvo Aini Y Kiv hte|
- mthP Avtj v KvKri fute cki i cwbZ cotj Zv cikl ZK Lv`v Drcv `t b mnwqK nte|

Zj vq AiwZvi ³ I cPv Kv`v Acmvvi Y

cki i Zj vi 4-6 BiAi teik Kv`v _vKtj Zv Ztj tdj tZ nte| Zj vq AiwZvi ³ Re c`P_ _vKtj t

- wev³ Mv'm myó nZ cti|
- mntr nii v Uvby hvq bv|
- Aw tRtbi Afve nZ cti|

c^htoi eo M^hQi Wj cvj v Q^hU^hBK i Y

c^hKⁱ c^hmb^hZ Qvq^h m^hoKvix eo M^hQi Wj cvj v t^hK^hU tdj tZ n^he| G^hZ m^hh^h Av^hj v mn^hR | K^hh^hKⁱ f^hte c^hKⁱ i c^hmb^hZ co^ht hv c^hK^hZ L^h" Drcr` b^hb mn^hqK n^he|

c^hKⁱ c^htoi t^hS^hc^hs^ho c^hw^hvi Ki Y

- c^hKⁱ c^htoi t^hS^hc^hs^ho t^hK^hU c^hw^hvi Ki tZ n^he| G^hZ grm^hf^hK c^hWx thL^hb tmL^hb j^hK^hq _K^hZ cvi te bv|
- c^hKⁱ t^ht^hK c^ho t^hk^hY Kⁱ c^hKⁱ i c^ho^hgK Drcr` b^hk^hj Zvq e^hvN^hZ m^ho Ki tZ cvi te bv|

Rj R A^hM^hQv `gb

c^hKⁱ i c^hmb^hZ w^h"gbw w^hefboai^hYi Rj R D^hW^hC hri v c^hL^h" ev c^hti^hf^hte gvQ | w^hPswoi tc^hvbv Drcr` b^hK ^hZM^h" Kⁱ Zt^h" i^ht^hK Rj R A^hM^hQv etj | c^hKⁱ m^havi YZt 4 ai^hYi Rj R A^hM^hQv | t^hk^hl^hj v t^hL^hv hvq| thgbt (1) f^hmgvb (2) j Zt^hbv (3) w^hg^hh^hZ (4) w^hM^hg^hbk^hj

Rj R A^hM^hQv ^hZKi w^h Kmg^h

- Giv c^hKⁱ i g^hW I c^hmb t^ht^hK c^ho M^hY Kⁱ | d^hj c^hKⁱ i c^ho^hgK Drcr` b^hk^hj Zv K^hg hvq|
- c^hmb^hZ m^hh^hj vK c^het^hk evav m^ho Kⁱ d^hj m^hh^hj vK m^hst^hk^hH evavM^h" nq|
- tc^hvbv mnR Pj vP^hj e^hvN^hZ Nvq
- b^hm^hni c^hKⁱ mn^hR ni i vU^hbv, Rj^h U^hbv Am^hevav nq|

Rj R A^hM^hQv w^hq^hSY c^hx^hZ

(1) K^hqK k^hg c^hx^hZ (2) ^R^heK c^hx^hZ (3) m^hvi c^ho^hqM c^hx^hZ (4) i^hv^hq^hbK c^hx^hZ |

i^h¶^hm I A^hW^hZ gvQ `i^hKⁱ Y

i^h¶^hm gvQ t tevqyj , MRvi , tkyj , iPZj , d^hij , K^hkJ v, BZ^h"

A^hW^hZ gvQ ev tc^hvbv t c^hl^him ev^h Ab^h m^hKj c^hR^hW^hZi g^hQi tc^hvbv hv c^hKⁱ Pv^h Ki v n^he bv Zv-B A^hW^hZ tc^hvbv|

^hZKi c^hfe

- i^h¶^hm gvQ m^hvwvi tc^hvbv tL^hq tdt^hj , thgb- i^h¶^hm gvQ 1 t^hK^hR eo n^hZ c^hl^hq 10-12 t^hK^hR Ab^h gvQ Lvq|
- A^hW^hZ gvQ tc^hvbv Lv^h" b^hKⁱ, thgb 1 t^hK^hR A^hW^hZ gvQ 10-12 t^hK^hR eo g^hQi Lv^h" f^hM emvq|
- evm^hvb I A^h w^ht^hRb w^hbt^hq c^hZ^hh^hMZv Kⁱ |

`gb c^hx^hZ

1. b^hm^hni c^hKⁱ i^hK^hq

2. w^hel c^ho^hqM Kⁱ |

1. c^hKⁱ i^hK^hq t c^hKⁱ i^hK^hq i^h¶^hm I A^hW^hZ gvQ `i^hKⁱ met^hP^hq fvj | Drcr` b ^hgZv te^hto hvq|
2. w^hel c^ho^hqM t c^hKⁱ i^hK^hq bv tM^hj w^hel c^ho^hqM Kⁱ i^h¶^hm I A^hW^hZ gvQ `i^hKⁱ hvq|
 - t^hiv^hUbb c^hD^hW^hi t 9.1 k^hl^h3 n^hj 18-20 M^hg/ kZ^hsk 1 d^hU M^hxi c^hmbi Rb^h|
w^hlv^h3 Zvi tgq^h Kyj - 7 w^hb
 - Zv^hg^hki ov t 0.8-1.6 t^hK^hR/kZ^hsk 1 d^hU M^hxi c^hmbi Rb^h|
w^hlv^h3 Zvi tgq^h Kyj - 10 w^hb
 - Pv exR ^Lj t 145-150 M^hg/kZ^hsk 1 d^hU c^hmbi Rb^h|
w^hlv^h3 Zvi tgq^h Kyj - 3w^hb|

Pb c^qM

Pb K^{vj} wmqg mgx A%Re thM ev GmW gva^gK ^{vi}q ev wbi^tc[¶] K^ti |

Pb c^qMi c^qRbxqZv

- g^wU I c^wbi P^H g^wQ Pv^t i Dc^thMx i^tL
- c^wb^tZ ^tZ^j cui g^vY 20 wgtM^gt/ w^j t Gi temk i^tL^tZ mnqZv K^ti |
- m^wt i KvhRvi xZv e^px K^ti |
- c^Ki c^tZKw^j b Pb c^qMi gva^tg ci Rxex I t^vM-Rxe^vy^t K^ti |
- P^tbi K^{vj} w^kqg w^btRB GK^w, i "Z^cY^cjo Dcv` v^b |
- Kv^vq Ave^x dmdiv^m gy³ K^ti |
- c^wbi tN^vj v^Z^j K^ti |

Pb c^qMi gv^t v^cZ kZis^tk 1-2 tK^{IR} |

c^Ki c^tZKv^j xb mvi c^qM

ti Yt cvb Gi c^KuZK Lv^vi nt^j c^wbZt D^w^m c^wKub | c^wX^x c^wKub | c^wX^x c^wKub Gi Drcv` b w^fP K^ti D^w^m c^wU^tbi c^wPh^vi lci | Avi D^w^m c^wUb Zv^t i eu^vri Rb^t `erfZ c^wo Dci w^fP^tK^vj | A^t c^KuZK Lv^v m^wo D^w^t t^tK^tb c^Kt i mvi c^qM Kiv nt^q _^vK |

mvi `B c^Kv^t t (K) %Re mvi , (2) A%Re mvi |

mvi c^qMi gv^t v

μ ^w gK bs	m ^w t i bv ^g	c ^q Mgv ^t /kZis ^k
1	t ^t vei	5-7 tK ^{IR}
	A ^t ev n ^w m-g ^v i M ^v i ve ^v o	3-5 tK ^{IR}
	A ^t ev K ^t u ^v o	8-10 tK ^{IR}
2	BD ^w i q ^v	150-200 M ^g
5	w ^J Gm ^w c	75-100 M ^g

mvi c^qM mZK^v

- 1) tgNj v^w b ev e^vo gta^v mvi c^qM Kit^j KvhRwi Zv Kg nt^q _^vK |
- 2) BD^wi q^v mvi evZ^wt tL^vj v Ae^vq i^tL^j KvhRwi Zv K^tg hvq |
- 3) A^tev g^wU^tZ m^wt i KvhRwi Zv Kg nq |
- 4) c^wb^tZ Rj R D^w^m _^vK^tj m^wt i KvhRwi Zv Kg nq |
- 5) Pb c^qMi 5-7 w b ci Ges ti YgR^t i 8-10 w b Av^tM mvi c^qM Kit^tZ n^te |
- 6) mh^tj v^K covi ci mvi c^qM KivB D^tEg |

c^KuZK Lv^v ch^te^vY

b^wm^wi c^Kt i ti YgR^t i c^te^vZv^t i Dc^thMx Lv^v ^Z^vi K^ti w^btZ n^te | ZvB gR^t i c^te^vc^KuZK Lv^v ci^tv Kiv b^wm^wi e^ve^vvcv^t Aci^v n^wh^vAsk |

cōKwZK Lv`" cix¶vi cōqyRbxqZv

- cwb‡Z ch‡B cōKwZK Lv̄vi Av‡Q wK bv Zv Rvby
- cK‡i i cwi tek ti YyQovi DcthvMx wKbv Zv Rvby
- cK‡i Avi I mvi cōqM Ki‡Z n‡e wKbv Zv Rvby |

cōKwZK Lv`" cix¶vi cxiZ

cōKwZK Lv`" cix¶vi cxiZ 3 w

(1) tm̄KwW cxiZ, (2) MwgQv Mw cxiZ, (3) n̄Z cxiZ |

cwb‡i wlv³ Zv cix¶v

cK‡i GKwU n̄cv Uw‡tq Zvi gta" Aí cwi g‡Y th †Kvb g‡Qi ti Yy‡to 12 NwU ch‡e¶Y Ki‡Z n‡e | AiaKwsk ti by (70%) h‡w teP _‡K Zwn‡j e‡‡Z n‡e cwb‡Z wlv³ Zv tbB |

cwv‡m ti Yy /tcvbi gRj Kyj xb e‡e †cbv t

gRj Kyj xb e‡e †cbv A _‡ tcvbi RvZ wbePb, YMZgb hvPvB, tcvbi NbZj wbePb, ti Yy/tcvb cwi emb, tcvbi tkvab | Af †Ki Y BZ w avcmgn‡K gRj Kyj xb e‡e †cbv ej |

ti YygR‡ i NbZj wbePb t

bwm‡i e‡e †cbvq cK‡i ti YygR‡ i 2w cxiZ Av‡Q t

GK avc cxiZ t 8-10 M‡g/kZvsk

‡B avc cxiZ t 30-35 M‡g/kZvsk

avbx gR‡ i NbZj wbePb t

bwm‡i e‡e †cbvq cK‡i avbx gRj †fvte Kiv hvq t

- 1) tewk mg‡qi Rb (50-60 w b) t 1 kZv‡k gRj nvi 1600-2000w avbx gRj Kitj 3.0-4.0 wB‡Ri tcvbi cvl qv th‡Z ci‡i |
- 2) Kg mg‡qi Rb (25-30 w b) t 1 kZv‡k gRj nvi 5000-6000w avbx gRj Kitj 1.5-2.0 wB‡Ri tcvbi cvl qv th‡Z ci‡i |

bwm‡i cK‡i ti Yyavbx Lv`" e‡e †cbv t

gt‡Qi teP _‡Kv, ^wK e‡x I cRbb Kv‡w m‡fvt‡e cwi Pjv bv Rb Lv`" M‡Y Ki‡Z nq | Avi GB Lv‡"i g‡v wbf‡ K‡i cwb‡i tf‡Z I iwmq‡bK , Yvej xi AbKj Ae †vi Dci | Zvcgv‡v evotj cwi cvK Kv‡‡gi nvi te‡o hvq | dtj Lv`" Pwn`vI e‡x cvq | GKB fvte Zvcgv‡v Kgtj Lv`" Pwn`v I Zj bv‡j Kfvte nwm cvq | wba‡j wLZ w‡l qmgn‡ tcvbi Lv`" Pwn`vI ci c‡vte td‡j t

- 1) gt‡Qi Lv`" Pwn`v cwb‡i wCGBP Gi DVwbgvi I ci wbf‡ K‡i ||
- 2) wCGBP g‡v 7.0-8.0 Gi gta" gt‡Qi Lv`" Pwn`v tewk _‡K |
- 3) cwb‡Z †exfZ Aw †R‡bi g‡v evotj gt‡Qi Lv`" Pwn`v e‡x cvq |
- 4) Aw †Rb g‡v Kgtj Lv`" Pwn`v nwm cvq |

bwm‡i cK‡i Lv`" c‡q‡Mi nvi cwb‡i tf‡Z I iwmq‡bK , Yvej x Qovi cK‡i i c‡wK Drcv` bkj Zv, PvI e‡e †cbv, Lv‡"i Ae †v I c‡wK BZ w‡l qv th‡Z n‡e Dci wbf‡ K‡i | tQvU Ae †vq tcvbi Lv`" Pwn`v AtbK tewk | tm Kv‡Y bwm‡i

cKtY cQg wtk gwvq Lvevi cQqM KtZ nq | Zte tcvby eo nl qvi mvf_ mvf_ Lv^ cQqMi nvi Ktg tMtj | Lv^ i cwi givY Zj bvgj Kfvte tetv hvq |

Azi cKtY Lv^ cQqM nvi

Lv^ cQqMKyj (w b)	Lv^ cQqM nvi
1-5	gRj KZ tcvby Ribi 2 Y/w b
6-10	gRj KZ tcvby Ribi 3 Y/w b
11-15	gRj KZ tcvby Ribi 4 Y/w b

j vj b cKtY Lv^ cQqM nvi t gRj KZ tcvby | Ribi 10-5% A_ei

Lv^ cQqMKyj (w b)	Lv^ cQqM nvi
1-10	40-45 Mg/kZsk/w b
11-20	80-100 Mg/kZsk/w b
21-35	200 Mg/kZsk/w b

Lv^ DcKiY eenvi gwv t

ibañi Z cpoqybi AwgI mgx Lv^ %Zi i Rb^ DcKiYi mnRj f^Zv Ges Pwi Aw_R msMwZ wetePbv Kti wevfbœ aiYi DcKiY wbePb Ges DcKiY mgfni AbcvZ ibañi Y KtZ nq | ibañi Z AbcvZ Abhvq cQqRbxq cwi givY DcKiY cwi giv Kti Lv^ gwbtK Avi I mlg Kiv Rb^ Gi mvf_ 0.5-2% wfUngb | LubR j eY thM Kiv hvq |

tcvby Rb^ cZ tKwR Lvevi i DcKiY eenvi i bgp AbcvZ Dij EKiv ntj v t

Dcv vbi bvg	bgp-1		bgp-2		bgp-3	
	eenvi gwv%	Mg/tKwR Lv^	eenvi gwv%	Mg/tKwR	eenvi gwv%	Mg/tKwR
Mgi fym					20	200
Ptj i Kdw	50	500	40	400	25	250
mwi lvi ^Lj	50	500	30	300	25	250
wdkwjj	-	-	20	200	20	200
AvUv/wPUv_o			10	100	10	100
j eY/wfUngb	-	-	-	-	-	-
tgwJ	100	1000	100	1000	100	1000

Lv^ cQqM cxwZ t

ti Y/gRj i cQg 5 w b chS-mwi lvi ^Lj ,ij tq cQqM Kiv fuj | Zvi ci Zvi mvf_ wgn Ptj i Kdw/fym i gkY t'qv hvq (50t50) | avbx tcvby-KwB Kiv ci Pwiv cKtY mpuK Lv^ wntmte mwavi YZt Kdw/Mgi fym i ^Lj eenvi Kiv hvq | Awk Drcv tbi Rb^ Gi mvf_ AwgI mgx Lv^ (Mew^ cii i 3/wdk wjj) t'qv thZ cvi | Lv^ AwgI i gw 25-30% ntj fuj nq Ges cQZw b tcvbytK Zv^ i t'n | Ribi 5-10% Lv^ t'qv DIPZ | i 3/wdmwjj eqeuj Ges G_tj v mnR cQc bv ntj i agw ^Lj | Kdw (50 t 50) eenvi Kiv thZ cvi | ^Lj | Kdw wfwRtq Kdw Kti mg^- cKtY wQutq t'qv fuj |

Awa`ekb cwi Kí bv

w b t 03

mgq t 12.00.13.30

tgqy` Kyj t 90 wgbU

wk̥t̥i v̥vg t cv̥v̥f̥mi Pv̥l e̥e̥-v̥cbv̥
 Afxō`j t grm "Awa`Bt̥i i KgRZ̥e̥`
 j P̥ t c̥k̥P̥Yv̥_M̥ i cv̥v̥m Pv̥l i gR̥y ce̥I gR̥y cieZ̥P̥e̥-v̥cbv̥ m̥út̥K̥avi Yv̥ t̥ qv̥ hv̥t̥Z Z̥v̥v G Ávb
 Kv̥R j wM̥t̥q gv̥QP̥wl̥ t̥ i c̥q̥Rbx̥q mn̥th̥wM̥Z̥v Ki̥t̥Z c̥v̥t̥b̥|
 D̥t̥i k̥ t G Awa`ekb t̥k̥t̥l̥ c̥k̥P̥Yv̥_M̥Y cv̥v̥m Pv̥l gR̥y ce̥I gR̥y cieZ̥P̥e̥-v̥cbv̥ avcmgn̥ m̥út̥K̥
 mg̥K avi Yv̥ AR̥t̥ Ki̥t̥Z c̥v̥t̥eb̥ | gv̥QP̥wl̥ t̥ i t̥k̥L̥v̥t̥Z c̥v̥t̥eb̥|

we1qmWP	Avtj vP̥ we1q	c̥k̥P̥Y t̥K̥Sk̥j	mgq
f̥wgKv̥			5 wgbU
	<ul style="list-style-type: none"> ~MZg ce̥Z̥r̥Awa`ekb̥bi c̥p̥i v̥t̥j vP̥bv̥ eZ̥g̥b̥ Awa`ekb̥bi m̥t̥_mst̥h̥M̥ ~v̥cb̥ Awa`ekb̥bi D̥t̥i k̥ e̥v̥L̥v̥ 	c̥k̥E̥i I Avtj vP̥bv̥	
we1qe̥-			75 wgbU
	cv̥v̥m Pv̥l gR̥y ce̥e̥-e̥-v̥cbv̥ Kx̥ ? <ul style="list-style-type: none"> AwM̥Qv̥ `gb̥ i v̥t̥m̥ l̥ ev̥t̥R gv̥Q̥ `t̥x̥Ki̥Y c̥v̥o l̥ Zj̥ v̥t̥gi̥ng̥Z̥ Pb̥ c̥q̥M̥ m̥vi c̥q̥M̥ c̥K̥w̥ZK̥ L̥v̥` ch̥e̥P̥Y cv̥v̥m Pv̥l gR̥y Kyj x̥b̥ e̥-e̥-v̥cbv̥ Kx̥ ? <ul style="list-style-type: none"> t̥cv̥bv̥ Rv̥Z̥ w̥be̥P̥b̥ gR̥y Nb̥Z̥i̥ t̥cv̥bv̥ c̥w̥i̥ enb̥ t̥cv̥bv̥ tk̥vab̥ l̥ Af̥-Ki̥Y cv̥v̥m Pv̥l gR̥y cieZ̥P̥e̥-v̥cbv̥ <ul style="list-style-type: none"> m̥vi l̥ Lv̥` c̥q̥M̥ te̥P̥_v̥Kv̥i̥ n̥vi̥ ch̥e̥P̥Y bg̥p̥v̥qb̥ Avn̥i̥Y l̥ ev̥Rv̥i̥ Rv̥ZK̥i̥Y 	c̥k̥E̥i e̥³Z̥v̥ Avtj vP̥bv̥ g̥j̥ w̥P̥š̥i̥ So̥ `j̥ x̥q̥ Kv̥R̥ w̥de̥P̥v̥U̥	
mv̥i̥-mst̥P̥c̥			10 wgbU
	<ul style="list-style-type: none"> gj̥ we1qmgn̥ c̥p̥i v̥t̥j vP̥bv̥ D̥t̥i k̥ hv̥P̥B̥ cieZ̥P̥Awa`ekb̥bi m̥t̥_mst̥h̥M̥ n̥v̥E̥Av̥DU̥ weZ̥i̥Y ab̥ev̥` Awcb̥ 	e̥³Z̥v̥ I c̥k̥E̥i	
c̥k̥P̥Y mn̥v̥qK̥ mg̥M̥ t n̥v̥E̥Av̥DU̥, t̥n̥v̥q̥BU̥ te̥W̥w̥DR̥ic̥È̥, gv̥K̥Ḁ, w̥de̥P̥v̥U̥ Ab̥kj̥j̥ b̥ w̥k̥U̥			

wdePvU©Cwi Kí bv

<p style="text-align: center;">cVvm PvI e'e^-vcbv</p>	<p>gtbifm tZj mcqv PvI gRj ce^e e^-vcbv t tcvb gRj i AvM chS-cKi cñZi wnfboavc gRj cKtii ^elkóo t</p> <ul style="list-style-type: none"> • gRj cKi AvqZvKvi Ges gySwi AvKtii • cKtii AvqZb 25-100 kZsk nZ cvt • Mfxi Zv 1.5-2.0 mgUv, cKtii Xij 1t1.5 t_tK 1t2 AbcvtZ ntj fvj nq • cKtii Zj v mgib nZ nte • gwUi MVb t v-Avk/GtUj t v-Avk/tetj t v-Avk • Zj vq Kv vi cñgvY 10.0-15.0 tmt wgt • cKtii ^vbk mHqj vtKi tgqr Kyj 6-8 NvU _vKtZ nte • cvto Qvq myoKvix tKvb MvQ ev tSvC-Svo _vKte bv • cKtii cvto evBtii cwb tiva Kivi gZ ht_ó DPz I k^3 nZ nte • cKtii mt_ fvj thMvthwM e'e^-vKtZ nte • e'e^-vcbv meavei Rb cKtii Ae^-v b emoi KvQvKwQ ntj fvj nq 																		
<p>cKi cñZt</p> <ul style="list-style-type: none"> • cKi ms^vi • cvto tgivgZ • cvto i Xij tgivgZ • Zj vq AvZv^3 I cPv Kv v AcmvY • cvto eo MvQv Wj cvj v QvUvBKvY • cKi cvto tSvC-Svo cñ^vi KiY • Rj R AvMvQv `gb • Rj R AvMvQv qvZKi v Kmgm • Rj R AvMvQv vBqSY cñZ • i v^t I AevAZ gyQ `txKiY • qvZKi cñv • `gb cñZ • cwb vev^3 Zv ci xq 	<p>Pb cñqvM</p> <p>Pb cñqvMi cñqvRbxqZv</p> <ul style="list-style-type: none"> • gwU I cwtbi P^H gyQ PvI i DcthvMx ivL • cwtbZ qvZj cñgvY 20 mgij Mg/ vj t Gi teik ivLtz mnvqZv Kti • mtii KvHkvii Zv ejx Kti • cKi cñZKv jx Pb cñqvMi gva^tg ci Rxex I t vM RxevY `i Kti • Pvbi Kv vq Kqvg vbtRB GKvU , i "ZçYçjó Dcv`vb • Kv vq Ave x dmdivm gy^ Kti <p>Pb cñqvMi gy^vt cñZ kZstk 1-2 tKvR </p>																		
<p>cKi cñZKv jx mvi cñqvM</p> <p>mvi `B cKvi t (K) %Re mvi, (2) A%Re mvi mvi cñqvMi gy^vt</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>µgK bs</th> <th>mtii v bg</th> <th>cñqvMgy^vt/kZsk</th> </tr> </thead> <tbody> <tr> <td>1 </td> <td>tMvi ev</td> <td>5-7 tKvR</td> </tr> <tr> <td></td> <td>nvn-gj Mxi weôv ev</td> <td>3-5 tKvR</td> </tr> <tr> <td></td> <td>Kgtcvó</td> <td>8-10 tKvR</td> </tr> <tr> <td>2 </td> <td>BDv qv</td> <td>150-200 Mg</td> </tr> <tr> <td>3 </td> <td>wJGmwc</td> <td>75-100 Mg</td> </tr> </tbody> </table>	µgK bs	mtii v bg	cñqvMgy^vt/kZsk	1	tMvi ev	5-7 tKvR		nvn-gj Mxi weôv ev	3-5 tKvR		Kgtcvó	8-10 tKvR	2	BDv qv	150-200 Mg	3	wJGmwc	75-100 Mg	<p>mvi cñqvMi mZKv t</p> <ul style="list-style-type: none"> • tgNj v w b ev ejoi gta mvi cñqvM Kitj KvHkvii Zv Kg ntq vK • BDv qv mvi evZvtm tLvj v Ae^-vq ivLj KvHkvii Zv Kg hq • A^vq gwUz mtii KvHkvii Zv Kg nq • cwtbZ Rj R Dv^c _vKtj mtii KvHkvii Zv Kg nq • Pb cñqvMi 5-7 w b ci Ges ti YgRj i 8-10 w b AvM mvi cñqvM Kitj Z nte • mHqj vK covi ci mvi cñqvM KvB DEg <p>cñZKv Lv chfeqY t</p>
µgK bs	mtii v bg	cñqvMgy^vt/kZsk																	
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3	wJGmwc	75-100 Mg																	

<p>cv̄v̄m Gi tcv̄v̄i gRj Kyj xb ēē v̄cbv Kx?</p> <p>gRj Kyj xb mḡtq A_ P̄ tcv̄v̄i RvZ mbePb, YMZgib h̄Pb, tcv̄v̄i NbZj mbePb, tcv̄v̄i c̄i enb, tcv̄v̄i tkvab I Af̄ KjY BZ'w̄ avcmgntK gRj Kyj xb ēē etj </p> <p>tcv̄v̄i gRj i NbZj mbePb t</p> <p>gRj c̄Kti tcv̄v̄i gRj NbZj baP Y c̄avbZt PvI c̄xilZ, c̄Kti i Drci` bkij Zv Ges ēē v̄cbv ai b BZ'w̄ etj q̄i Dci nbfP Kti </p> <p>tcv̄v̄i gRj NbZj t</p> <table border="1"> <thead> <tr> <th>PvI c̄xilZ</th><th>m̄biZb c̄xilZ</th><th>Dbz̄ m̄biZb c̄xilZ</th><th>Ava v̄b̄eo c̄xilZ</th><th>v̄b̄eo c̄xilZ</th></tr> </thead> <tbody> <tr> <td>GKK PvI</td><td>75-100JU</td><td>200-210JU</td><td>200- 300JU</td><td>300-700JU</td></tr> <tr> <td>mḡsZ PvI</td><td>75-100JU</td><td>100-190JU</td><td>200- 300JU</td><td>300-700JU</td></tr> <tr> <td>ngk^PvI</td><td>c̄sMm 40-50JU</td><td>tZj w̄cqv 40-50JU</td><td>c̄sMm 50-100JU</td><td>tZj w̄cqv 100-150JU</td><td>c̄sMm 100-150JU</td><td>tZj w̄cqv 150-350JU</td><td>c̄sMm 150-350JU</td></tr> </tbody> </table> <p>ḡb̄t̄m̄ tZj w̄cqv c̄Kti c̄Z kZtK 2-5JU t̄ik gy, i Qrov th̄Z c̄ti </p>	PvI c̄xilZ	m̄biZb c̄xilZ	Dbz̄ m̄biZb c̄xilZ	Ava v̄b̄eo c̄xilZ	v̄b̄eo c̄xilZ	GKK PvI	75-100JU	200-210JU	200- 300JU	300-700JU	mḡsZ PvI	75-100JU	100-190JU	200- 300JU	300-700JU	ngk^PvI	c̄sMm 40-50JU	tZj w̄cqv 40-50JU	c̄sMm 50-100JU	tZj w̄cqv 100-150JU	c̄sMm 100-150JU	tZj w̄cqv 150-350JU	c̄sMm 150-350JU	<p>cv̄v̄m Gi Lv̄ ēē v̄cbv t</p> <ul style="list-style-type: none"> cv̄v̄m Lvēti 25-30% AwgI _v̄Kv ev̄Abxq Ab̄v̄b̄ DcKi t̄Yi ḡtā Lj , Kd̄v (AvUv) Mtgi f̄m, gq̄ v, wdm̄gj , wfUwgb w̄cqv. 30% tc̄Wb mḡx m̄g Lvevi ^Zv̄i Ki t̄Z m̄baenYZ n̄ti <p>PvI i Kp̄v /Mtgi f̄m - 25% %Lj - 39% wdm̄gj - 30% gq̄ v - 5% wfUwgb w̄cqv. - 1%</p> <p>tgJU 100%</p>
PvI c̄xilZ	m̄biZb c̄xilZ	Dbz̄ m̄biZb c̄xilZ	Ava v̄b̄eo c̄xilZ	v̄b̄eo c̄xilZ																				
GKK PvI	75-100JU	200-210JU	200- 300JU	300-700JU																				
mḡsZ PvI	75-100JU	100-190JU	200- 300JU	300-700JU																				
ngk^PvI	c̄sMm 40-50JU	tZj w̄cqv 40-50JU	c̄sMm 50-100JU	tZj w̄cqv 100-150JU	c̄sMm 100-150JU	tZj w̄cqv 150-350JU	c̄sMm 150-350JU																	
<p>Lvēti i ḡv̄t̄</p> <ul style="list-style-type: none"> ḡt̄Q i kix̄ti i R̄bi 8% - 1% n̄ti Lvevi c̄q̄M Ki t̄Z n̄te w̄t̄b 2 evi Lvevi c̄q̄M Ki t̄Z n̄te wctj U Lvevi c̄Kti i w̄v̄fb̄RvqMvq w̄Qutq w̄t̄Z n̄te ^Zv̄i Lv̄ c̄Kti i ^w̄cZ t̄t̄Z t̄l q̄ ev̄Abxq <p>cv̄v̄m Gi Ava v̄b̄eo I v̄b̄eo PvI m̄vi c̄q̄tMi t̄Kb c̄q̄Rb t̄bB </p>	<p>Avn̄i Y I evRvi RvZKi Y t</p> <ul style="list-style-type: none"> cv̄v̄m Gi I Rb 500 Mtgi Dci ntj evRvi RvZKi Y Kiv th̄Z c̄ti evRvi RvZKi t̄Yi mḡq evRvi i t̄i i c̄Z t̄Lqij i vLv Dn̄Z Rxē-ḡQ evRvi RvZ Ki t̄j f̄t̄j v ḡ c̄v̄l q̄ h̄q m̄j̄' mej , I mtZR tZj w̄cqv ḡQ evRvi RvZ Ki t̄j AiaK gj̄ c̄v̄l q̄ h̄q 																							

cvvm PvI e-e-vcbv

cvvm PvI gRj ce-e-e-vcbv K?

gRj ce-e-e-vcbv tcibv gRj i AWM chS-cKi cti Zi newfbawctK gRj ce-e-e-vcbv ej |

gRj cKi i emko t

- gRj cKi AvqZvKvi Ges gySwi AvKtii nte |
- cKi i AvqZb 25-100 kzsk ntZ cvi |
- Mfxi Zv 1.5-2.0 mgv, cKi i Xij 1 t 1.5 t_k 1t 2 AbcvtZ ntj fij nq |
- cKi i Zj v mgvb ntZ nte |
- gwi Mvb t_v-Awk/GtUj t_v-Awk/tetj t_v-Awk
- Zj vq Kv vi cwi gY 10.0-15.0 tmig. |
- cKi ^_bK mhj vKtj tgqv` Kuj 6-8 Nuv_vKtZ nte |
- cvto Qvqv myoKvix tKvb MvQ ev tSic-Svo _vKte bv |
- cKi i cvo evBtii cwb tiva Kivi gZ ht_ó Dpzi k^3 ntZ nte |
- cKi i my_ thMvhM e-e-fij nte |
- e-e-vcbvi myeari Rb cKi i Ae-vb ewoi KvQvKvQ ntj fij nq |

gRj cKi e-e-vcbv t

cKi ms-vi t

gRj cKi e-e-vcbv cti ZKvj xb mgf q cKi ms-vi Kiv AZ-S-Ri vi | cKi ms-vi tPit baej LZ KvR, t j v Ki tZ nte |

- cvo tgivgZ |
- ctoi Xij tgivgZ |
- Zj vi AwZvi^3 t cPv Kv v Acmv Y |
- Zj t_k mgvbKi Y |
- cKi i cwb tZ Qvqv myoKvix cvto eo Mfqi Wij cij tKtU tdj v | cKi ctoi tSic Svo cwi vi Kiv |

cvo tgivgZ t

- gRj cKi i cvo Ggb Dpzi KtZ nte hvZ -fweK elq Wte bv hvq |
- cvo fVv_vKtj k^3 Ktj tetav tZ nte hvZ evBtii tPit AewAZ gvo cKi ctek KtZ bv cvi |
- cvto MZ_vKtj Zv fti v tZ nte hvZ evBtii cwb PBtq cvo tfvZ tdj tZ bv cvi |

ctoi Xij tgivgZ t

- cKi ctoi Xij fVv_vKtj ev Xvtj i Mfqi MZ_vKtj Zv tgivgZ KtZ nte | Zntj cvo mnR fVvte bv |
- ctoi Xij 1 t 2 AbcvtZ ivLvi Kvi | GtZ cvo fVvte bv, Rj Uvb mnR nte Ges mVKfite gvo Avni Y Kiv hvte |
- mfp Avtj v KvKtj fite cKi i cwb tZ cojt Zv cOKvZK Lv Drcv tb mnqK nte |

Zj vq AwZvi^3 Kv t j v t cPv Kv v Acmv Y t

cKi i Zj vi 10-15 tmvUgUv i teik Kv v vKtj Zv Ztj tdj tZ nte | Zj vq AwZvi^3 Re c`P_vKtj t

- vev^3 M'v mjo ntZ cvi |
- mnR ni iv Uvb hvq bv |
- Aw tRbi Afve ntZ cvi |

c_itoi eo M_{if}Qi W_j cvj v Q_{UVBK}i Y t

c_Ki c_{wb}tZ Q_qv_v m_{jo}Kvix eo M_{if}Qi W_j cvj v tK_U tdj tZ n_{te}| G_Z m_{th}P Av_tj v mn_R | Kv_hKi f_{te} c_Kii c_{wb}tZ cote h_v c_{OK}_uZ L_r Drcv` b_mn_qK n_{te}|

c_Ki c_itoi tS_VC-S_VO c_{wi}[®]vi Ki Y t

- c_Ki c_itoi tS_VC-S_VO tK_U c_{wi}[®]vi Ki tZ n_{te}| G_Z grm[®]F_K c_{WY} thL_vb tmL_vb j_WK_tZ cvi te bv|
- c_Ki t_{_}tK c_jo tkv_v Y K_i c_Kii c_WgK Drcv` b_kxj Z_v e_vN_vZ m_{jo} Ki tZ cvi te bv|

Rj R A_MQv `gb t

c_Kii c_{wb}tZ w_e[“]gvb w_{ewf}b_{ea}i_Yi Rj R D_W[®] h_vv c_L[®] ev c_{tiv}_fte gvQ | w_Ps_{vo}i t_cv_bv Drcv` b_fK P_WZM_U[®] K_i Z_v_f i_tK Rj R A_MQv etj | c_Kii m_{vav}i Y_Zt 4 ai_tY_i Rj R A_MQv | t_kI j_v t_Lv h_v q_{thgbt} (1) f_{mgib} (2) j_Z_v_fb_v (3) w_{bg}[®]Z (4) w_M_gb_kxj

Rj R A_MQv P_WZK_i w_v K_{mgn} t

- G_v c_Kii g_{wU} I c_{wb} t_{_}tK c_jo M_oY K_i | d_{tj} c_Kii c_WgK Drcv` b_kxj Z_v K_tg h_v q_h
- c_{wb}tZ m_h_fj v_K c_{letk} evav m_{jo} K_i d_{tj} m_vtj v_Km_{st}k_H evav M_U_fn_q |
- t_cv_bv m_nR P_j v_Pt_j e_vN_vZ N_Uv_q
- gR_j c_Ki m_nR ni i_v U_bv_v, R_v U_bv_v A_myeav n_q |

Rj R A_MQv w_{bq}S_Y c_x_WZmgn t

1. K_{wq}K k_g c_x_WZ
2. t_ReK c_x_WZ
3. m_vi c_WqM c_x_WZ
4. i_vm_vq_bK c_x_WZ |

i_vP_Wt_m I A_w_AZ gvQ `i_vK_i Y t

1. i_vP_Wt_m gvQ t_vevqj , MR_v , t_kv_v , w_PZj , d_w , K_wK_j v, U_wK BZ_v_w
2. A_w_AZ gvQ t_vevqmn K_v_uL_Z gvQ Q_vov Ab_v m_K c_R_WZ A_w_AZ gvQ |

P_WZK_i c_fve t

- i_vP_Wt_m gvQ m_vv_{wi} t_cv_bv t_Lq t_dt_j , thgb- i_vP_Wt_m gvQ 1 t_K_uR eo n_Z c_Wq 10-12 t_K_uR Ab_v gvQ Lv_v |
- A_w_AZ gvQ t_cv_bv Lv_v_b K_i , thgb 1 t_K_uR A_w_AZ gvQ 10-12 t_K_uR eo gv_fQi Lv_v_f f_WM em_vq |
- evm_v_b I A_w t_Rb w_b c_WthwM_Zv K_i |

`gb c_x_WZ t

K| gR_j c_Ki i_vK_tq
L| w_el c_WqM K_i |

K) c_Ki i_vK_tqt c_Ki i_vK_tq i_vP_Wt_m I A_w_AZ gvQ `i_vK_i metP_tq fvj | G_Z c_Kii Drcv` b P_gZv te_to h_v q_h

L) w_el c_WqM_t c_Ki i_vK_tbv bv t_Mt_j w_el c_WqM K_i i_vP_Wt_m I A_w_AZ gvQ `i_vK_i h_v q_h

- t_iv_tUbb c_DW_Wi t 9.1 w_v³ n_tj 18-20 M_o/ kZ_vsk 1 d_U M_fxi c_{wb}i R_b_v |

w_el v_v³ Z_v tgq_v K_v - 7 w_v b

- Z_vg_fK_i , ov t 0.8-1.6 t_K_uR/kZ_vsk 1 d_U M_fxi c_{wb}i R_b_v |

w_el v_v³ Z_v tgq_v K_v - 10 w_v b

- Pv exR ^Lj t 145-150 M_o/kZ_vsk 1 d_U M_fxi c_{wb}i R_b_v |

w_el v_v³ Z_v tgq_v K_v - 3 w_v b |

Pb cQqM t

Pb Kvj mkg mgx A%Re thSM ev GmW gva gK tvi xq ev bti cKti |

Pb cQqfMi cQqRbxqZv t

- gwU l cwb i P^H gvo Pft i DcthvMx gvI vq ivtL
- cwbZ tZj ci gY 20 ngy M^g wj Uri Gi teuk ivLtz mnvqZv Kti |
- mvf i KvhRwi Zv evx Kti |
- cZKj xb Pb cQqfMi gva tg cKti ci Rxex l ti vM-RxeYy` i Kti |
- Pftbi Kvj mkg mftRB GKU i "ZcYcjo Dcv` vb |
- Kv` vq Ave x dmdim g^B Kti |
- cwb i tNv j vZi` i Kti |

Pb cQqfMi gvI v t cZ kZvsk 1-2 tKwR |

cKi cZKj xb mvi cQqM t

cVwmi tcvbi cKwZ Lvev ntj v cwbZt Dw^M cUb l cYx cUb | cYx cUb Gi Drcv` b wfP Kti Dw^M cUb tbi cPhZvi Dci | Avi Dw^M cUb Zt` i evPvi Rb` `exfZ cpo Dci wfPkj | A_P cKwZ Lr` mpo Df` tKb cKti mvi cQqM Kiv ntq vK |

mvi `B cKi t

(K) %Re mvi

(L) A%Re mvi |

mvi cQqfMi gvI v

μigK bs	mvf i bvg	cQqMgvI v/kZvsk
1	tMvei	5-7 tKwR
2	Av_ev nvn-gi Mi weov	3-5 tKwR
3	A_ev Kgfcvo	8-10 tKwR
4	BDvi qv	150-200 M ^g
5	wJGmwc	75-100 M ^g

mvi cQqfM mZKZv t

1. tgNj v b ev evoi gta` mvi cQqM Kitj KvhRwi Zv Kg ntq vK |
2. BDvi qv mvi evZut tLvj v Ae` vq ivLtz KvhRwi Zv Ktg hvq |
3. A^o gwtZ mvf i KvhRwi Zv Kg nq |
4. cwbZ Rj R Dw^M vKtj mvf i KvhRwi Zv Kg nq |
5. Pb cQqfMi 5-7 v b ci Ges cVwm tcvbi gRf` i 8-10 v b AvfM mvi cQqM KitZ nte |
6. mKj 10Uv tK 11Uv gta` hLb cKti chB mhqj vK cto ZLb mvi cQqM KivB D^Eg |

cKwZ Lr` chf^EY t

gRj cKti tcvbi gRf` i cte^EZt` i DcthvMx Lr` v Zwi Kti wfZ nte | ZvB gRf` i cte^EcKwZ Lr` v Kiv gRj cKi e^Etcvbi Acwi nhAsk |

cōKwZK Lv`" cix¶vi cōqyRbxqZv

- cwb‡Z ch‡B cōKwZK Lvvi Ar‡Q wK bv Zv Rvbv
- cK‡i i cwi‡ek tcvby Qivoi DcthwMx wKbv Zv Rvbv
- cK‡i Avi I mvi cōqyM Ki‡Z nte wKbv Zv Rvbv |

cōKwZK Lv`" cix¶vi c×wZ t

cōKwZK Lv`" cix¶vi c×wZ 3 w t

- (1) tmwKw" c×wZ,
- (2) MgQv Mw c×wZ,
- (3) nwZ c×wZ |

cwb‡i weiv³ Zv cix¶v t

cK‡i GKw nvcv Uw‡tq Zvi g‡a AÍ msL"K th tKb g‡Qi tcvby tqto 12 Nuv ch‡e¶Y Ki‡Z nte | hí AiaKwsk tcvby (70%) te‡P _‡K Zntj cwb‡Z weiv³ Zv tbB e‡‡Z nte |

cwv‡mGi tcvby gRj Kvj xb e-e- tcvby Kx ?

gRj Kvj xb mg‡q A_ P tcvby RvZ wbePb, YMZgvb hvPvB, tcvby NbZj wbePb, tcvby cwi enb, tcvby tkvab | Af- Kj Y BZ w avcmgn‡K gRj Kvj xb e-e- etj |

tcvby RvZ wbePb t

GKK PvI i agvÍ cwv‡m tcvby I evowZ Ar‡qi Rb" Gi m‡_ gy, i | KvZj v Ges wgg‡PvI cwv‡m, tZj wmcqv, gy, i, wks, i "B, KvZj v BZ w i tcvby wbePb Kiv th‡Z c‡i |

tcvby gRj NbZj wbañ Y t

gRj cK‡i tcvby gRj NbZj wbañ Y c‡vZt PvI c×wZ, cK‡i i Drv` bkxj Zv Ges e-e- tcvby aib BZ w weit‡q Dci wbfP K‡i |

tcvby gRj NbZj kZvsk t

PvI c×wZ	mbvZb c×wZ	DbvZb mbvZb c×wZ	Aav wbeo c×wZ	wbeo c×wZ
GKK PvI	75-100w	200-210w	200- 300w	300-700w
mgwšZ PvI	75-100w	100-190w	200- 300w	300-700w
wgg‡PvI	cwv‡m	tZj wmcqv	cwv‡m	tZj wmcqv
	40-50w	40-50w	50-100w	100-150w
			100-150w	150-350w
				150-350w

tcvby cwi enb t

eZg‡b Avg‡` i t‡k Ar‡bK c×wZ‡Z c‡_ w b e-v‡M Ges mbvZb c×wZ‡Z Wg ev Gj wgbq‡gi nwo‡Z avbx ev Pviv tcvby cwi enb Kiv th‡Z c‡i |

Ar‡bK ev mbvZb th tKb c×wZ‡Z cwi enb Kiv tnvK bv tKb avbx/Pviv tcvby cwi enb NbZj gj Zt wbfP K‡i avbx/Pviv tcvby A‡ ‡Rb Pviv`v Ges cwi enb ‡‡Zj Dci | A‡ ‡R‡bi Pviv`v wbfP K‡i tcvby ‡Rb, ZvcgvÍv Ges kvxi eExq Kv‡utgi I ci |

tcvbvi tkvab | Af^-Ki Y t

cwiteki Zvcgv̄i | A w tRbi Zvi Ztḡi Kvi tY gR̄i ci cikYm avbx/tcvbvi evcK nvi giv thZ cti | cKti Qovi AvM Gt̄ i tK bZb cwi teki m̄_ mnbkj Kti bjtj G gZi nvi AtbKst̄k tiva Kiv hq| cwi enb cti | cwi enb Zvcgv̄i | cKti cwi enb Zvcgv̄i vq mgZv AvbB ntQ cwi tek mnbkj Ki|

- th cti B cwi enb Kiv tnvK bv tKb Zv 15-20 vgbU cKti i cwbZ fwmtq ivLtz nte|
- gL tLvj vi ci nvZ 0iv cwi enb cti Ges cKti i Zvcgv̄i eearb cixl Ki tZ nte| j P ivLtz nte thb `B Ae^-vq cwi enb Zvcgv̄i eearb 1-2^0 tmt Gi teik bv nq|
- Dfq cwi enb Zvcgv̄i mgvb ntj cti gL KvZ Kti ati evBti tK tfZtii v tK tmZi e'e^-v Ki tZ nte| G Ae^-vq my-, mej tcvbvi tmZi weciZ axi axi evBti Pj hte|
- mKj A ev wetKtj tcvbvi gRj Ki tZ nte; WUv Ae^-vq v tbi th tKb mgta gRj cKti tcvbvi Qov thZ cti | Zte `yti (tgNj v b er F'vcmv Avenl qvq) cKti tcvbvi Qov DIPZ bq|

tcvbvi YMZgub hPvB t

ch̄e tYi we lq	fij tcvbvi	Lvi vc tcvbvi
1 Pj vtdiy	vZ mštYkj	axi MvZ mubae
2 ttni is	Kvj tP ev` vgk	d'vKvfm, mv` vtu
3 AvPiY	cvti nvZ v tji v tji mti hvq	cvti nvZ v tji axi axi mti hvq
4 nVv cti Mvq tUvKv v tji	ZvrPvYK mvov t q	ZvrPvYK mvov t qbv

tcvbvi cib Drm t

eZgutb evsj v tki cib me AAtj wevfbemvPvi tZ cikYm ti Yy/ avbx tcvbvi cvl qv hvq| wetkl Kti we.Gd.Avi .AvB. gqgbmsn, Av` g w Nx- e, ov BZ w |
tcvbvi cwi enb t

eZgutb Avgutb i t k AvajbK cxwZtZ cwi enb NbZi e vM ti Yy tcvbvi Ges mbvZb cxwZtZ Wg ev Gv j ygbqutgi nwoZ avbx ev Pvi tcvbvi cwi enb Kiv thZ cti | AvajbK ev mbvZb th tKb cxwZtZB cwi enb Kiv tnvK bv tKb ti Yev avbx tcvbvi cwi enb NbZi gj Zt wfP Kti ti Yyavbx Av tRb Pvn`v Ges cwi enb v tZi Dci | Av tRbi Pvn`v wfP Kti tcvbvi cRwZ, I Rb, Zvcgv̄i Ges kixi ZtZi lci |

avbx/Pvi tcvbvi cwi enb NbZi t

cwi enb cxwZ	AvKvi	cwi enb NbZi	cwi enb v tZi
AvajbK	1.5 tmigt	1500-1600 w/e M	12-15 Nuv
	2.0-2.5 tmigt	500-600 w/e M	12-15 Nuv
	3.0 tmigt	250-330 w/e M	10-12 Nuv
mbvZb	2.5 tmigt	50-60 w/e M	20-24 Nuv

tcvby cwi entb Ki Yxq w K t

1. ti Ytcbv c wiKs Kivi 2 Nuv cfe^Ki g Lv" c qM eÜ KitZ nte Ges avbx tcvby cwi entbi cfe^tUKmB Kti Kgct 2 Nuv mgZ RqMq Af^3 Ae^iq iLtz nte| Kvi b fcU Lvevi _Ktj cwi entbi mgq kixieEq Kvhpg, ewg I gj g ZMKti cwb w Z Kti dtj | dtj tcvby giv hvq|
2. tcvby c wiKs Gi cfe^cij w b e^tM Q^3 AvtQ wKbv Zv hvPvB Kti wbtZ nte| cij w b e^tM Q^3 _Ktj Aw tRb tei ntq tcvby giv hte| tm KvitY SjK Goutbvi Rb GKU cij w b e^M Avi GKU cij w b e^tMi wfZi w tq tcvby cwi enb KitZ nte|
3. cij w b e^tMi 1/4 fM cwb fuz^Ki ZtZ ti Yyavbx gRy KitZ nte| Zvici ti Yyavbx gRy Kti e^tMi Aewkó Astk Aw tRb fuz^Ki tZ nte|
4. e^M hvZ tKb cKvi Pvc bv j vM| tm w tK tLqj iLtz nte|
5. cwi enb cwi tfrv Kvo ev PU Ovi v tXtK iLtz nte|
6. gZ gvo mvt_ mvt_ Acmvi Y KitZ nte|

Af^Ki Y t

cwietki Zvcgviv I Aw tRtbi Zvi Ztg i KvitY gRt i ci gvtqi ti Yyavbx/tcvby e^vck mvti giv thZ cwi | cKti Qovi AvtM Gt iK bzb cwietki mvt mnbkj Kti wbtj G gZi nvi AtbKvsk tiva Kiv hvq| cwi enb cwitci cwb Zvcgviv cKti i cwb Zvcgviv mgZv Avbx n^Q cwi tek mnbkj Kiy|

- th cwitB cwi enb Kiv trvK bv tKb Zv 15-20 vgbU cKti i cwbZ fwmtq iLtz nte|
- gL tLj vi ci nvZ Ovi cwi enb cwi Ges cKti i cwb Zvcgviv e^earb cixtiv KitZ nte| j t iLtz nte thb `B Ae^iq cwb Zvcgviv e^earb 1-2p tmt Gi teik bv nq|
- Dfq cwb Zvcgviv mgub ntj cwitgi gL KvZ Kti ati evBti t_k K tFZtii w tK tmZi e^e^v KitZ nte| G Ae^iq my", mej tcvby tmZi wecxitZ axti axti evBti Ptj hte|
- bwmfx cKti ivZ 8-10 Uvi gta ti Yyavbx/tcvby gRy Kiv metPtq DÉg|
- G mgq gRy mpe bv ntj mKvj A ev metKtj tcvby gRy KitZ nte|
- GQov G WÜv AvenvI qvq w tbi th tKb mgf q bwmfx cKti tcvby Qov thZ cwi |
- Zte pti hv , tgNj v w b ev fvcmv AvenvI qv weivRgzb _tK Zntj cKti gvtqi tcvby Qov DiPZ bq|

cwietmi Lv" e^e^tcbv t

cwietmi Lveti 25-30% Awgl _Kv evAbxq| Abvb DcKitYi gta ^Lj , Kiv (AvU) Mtgi fjm, gq`v, wdmqj, wfUwgb wctg. 30% tcub mgx my g Lvevi ^Zvi KitZ wbaewyZ nti Dc`vb tj venvi Kiv thZ cwi |

Ptj i Kiv /Mtgi fjm	-	35%
%j	-	45%
wdmqj	-	5%
wdm KbmbtU	-	10%
AvUv	-	5%
wfUwgb wctg.	-	0.1%
tgU		100%

Dcti wZ Lv" i Dc`vb e^envi Kitj mntRB 30% Awgl wboZ Kiv hte| Lveti i Dc`vb nvi hrmvgub cweZ Kiv thZ cwi | Zte teik cwigY tntdi Kitj Ktj Z Awgl wboZ Kiv hte bv|

- evRvti i wewfbancjtj U Lv" e^envi Kiv thZ cwi | Zte 30% Awgl cwb wboZ ntZ nte|

Lvev‡i i gv†v t

gv‡Qi kix‡i i lR‡bi 8% t‡K 1% nv‡i Lvevi c‡qM Ki‡Z n‡e| w‡b 2 evi Lvevi c‡qM Ki‡Z n‡e| w‡j U Lvevi
c‡K‡i i newfbRvgMwq w‡Z n‡e| ^Zw Lw c‡K‡i i ^wCZ t‡Z t‡q evAbxq|
mvi c‡qM t cW‡v‡mi Avav w‡eo I w‡eo Pv‡l mvi c‡q‡Mi tK‡b c‡qRb ‡bB|

Avn‡Y I evRvi RvZKiY t

cW‡v‡mi lRb 500 M‡gi lci ntj evRvi RvZKiY Ki v th‡Z cv‡i | evRvi RvZKi‡Yi mgq evRv‡i i`‡i i c‡ZI tLqyj
ivLv D‡PZ | Rxes-gvQ evRvi RvZ Ki‡j fv‡j v gj c‡l qv hvq| c‡K‡i i Rxef‡i i lci l gv‡Qi AvniY AtbKv‡k w‡fP
K‡i | Z‡e my`mej , l m‡ZR tZj mcqv gvQ evRvi RvZ Ki‡j AmaK gj c‡l qv hvq|

Awa`tekb cwi Kí bv

w` b t 03

mgq t 13.30-14.30

tgq` Kyj t 60 mgibU

wkti vbg t cvvwm Pvfl i Avq-e`tqi wnmve

Afxo `j t grm "Awa`Bti i KgRZfe;

j ¶ t cik¶Yi cvvwm Drcv` tbi A_omZ mstuk Ávb ejx Kiv hvZ Zuv bwmfi Kvheutg c|R
 menbtqMi t¶i mgn wPýZ Kti cik¶Rbxq c|Ri cwi gyY | mstek gþvdv wbañ tY Pwl t` i cik¶Rbxq
 mnþhMzv KitZ ctitb|

Dfík t G Awa`tekb tkfl cik¶Yi MY cvvwm Pvfl

- c|R menbtqMi t¶i mgn wPýZ KitZ cvi teb
- cik¶Rbxq c|Ri cwi gyY wbañ Y KitZ cvi teb
- Drcv` Z gvo nejtqi gva`tg mstek Avq I j vf-tj vKmvtbi wnmve KitZ cvi teb|

welqmnP	Avtj vP' welq	cik¶Y tKskj	mgq
fingKy			3 mgibU
	<ul style="list-style-type: none"> • -MZg • ce@Zr Awa`tekibi lci cþivtj vPbv • eZgib Awa`tekibi mft_ msthM -icb • Awa`tekibi Dfík e`vL`v 	cik¶Ei Avtj vPbv	
welqe-			52 mgibU
	<ul style="list-style-type: none"> • Avq-e`q wbañ YKvi x welqmnP • Drcv` b e`tqi t¶i mgn • Avq-e`tqi wnmve wbañ Y • j vf-tj vKmvtb wbañ Y 	cik¶Ei e³Zv Avtj vPbv gy³ wPsh So `j xq KvR wdePvU©	
mvi -mst¶c			5 mgibU
	<ul style="list-style-type: none"> • gj welqmnP cþivtj vPbv • Dfík hvPvB • cieZr Awa`tekibi mft_ msthM • n`vEAvDU weZi Y • ab`er` Ávcb 	e³Zv cik¶Ei	
cik¶Y mnvqK mgm t n`vEAvDU, tnvgvBU terW© wDRicÈ, gvkñ, wdePvU© Abjkxj b wku			

GK meNv (33 kZsk) Rj vqZtb cVim PvI i Avq eTqi evrmwi K mnme

μgK	eTqi meiY	cvi gvB	GKK gj "	tgU gj "
01	cKtii j xR gj "/LvRbv			4,000/-
02	cKi ms- vi			1,000/-
03	cwb wb®vl b			2,000/-
04	Pb cqqM	33 tKIR	20/-	660/-
05	tMei	200 tKIR	2/-	400/-
06	tcvbw <ul style="list-style-type: none"> • cvsmv • KvZj v • i"B • wgi i Kvc²⁷ • gv_i 	6600 wJ 50 wJ 80 wJ 20 wJ 50 wJ	4/- 10/- 5/- 7/- 4/-	26,400/- 500/- 400/- 140/- 200/-
07	máúi K Lv` cqqM	4,725 tKIR	26/-	1,22,850/-
08	AvniY I evRvi RvZ KiY			2,000/-
09	kigK I cvni v vi			3,000/-
10	meea			2,000/-
	tgU			1,37,910/-

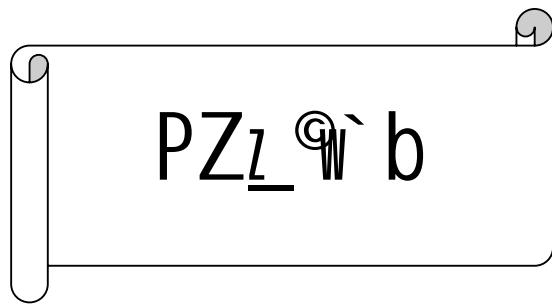
Drcv` b t 6600 wJ gvQ t_tK 10% gZynvi evt` 6,300 wJ gvQ evPte |
cZui I Rb Mto 600 Mq vntmte 6300 × 600= 3780 tKIR

tgU gvQ Drcv` b= cvim 3780 tKIR
 KvZj v 45 tKIR
 i"B 30 tKIR
 wgi i Kvc²⁷ tKIR
 gv_i 8 tKIR
 megvU = 3890 tKIR

tgU gj "= cvim 3780 tKIR × 45 = 1,70,100/-
 KvZj v 45 tKIR × 80 = 3,600/-
 i"B 30 tKIR × 100 = 3000/-
 wgi i Kvc²⁷ tKIR × 80 = 2160/-
 gv_i 8 tKIR × 200 = 1,600/-
 megvU gj " = 1,80,460/- UvKv

bxU j vf = 1,80,460 - 1,37,910 = 42,450/- (GK dmj)
 `dmfj bxU j vf = 42,450/- UvKv × 2 = 84,900/- UvKv

met` t Dcti wj Z j vf tctZ ntj mlg Lv` cqqM, mweR PvI eTqi cVim, gvQ evRvi RvZ KiY BZ" w cZ" KU tPfB
 mdj Zvi cvi Pq w tZ nte |



Aia'ekb cwi Kí bv

w b t 04

mgq t 08.30-09.00

tgq'v' Kij t 30 wgbU

wk'ivbg t cbiitj vPbv, cÖZfve I mvÜ'Kvj xb KvRi Dc^-vcbv
Afñó'j t grm "Aia`Bti i KgRZP"

j ¶ t cik¶Yi_¶ i ce¶¶ tbi Kvhpügi cbiitj vPbv I cÖZfve Ges mvÜ'Kvj xb KvR Dc^-vcbv mfhM Kti
t`qv hvZ Zvi c¶e¶ Avitj vPbv ¶¶ Y KitZ cti b Ges fij ¶¶ mskvab Kti Aia'ektbi Kvhpüvi Zv
e¶x KitZ cti b|

D¶l k t Aia'ekb tkil AskMöYKvi xiv ce¶¶ tbi wk¶Y cbiitj vPbvi gva¶g fij ¶¶ mskvab Kti HKgtZ
tcÖtZ m¶lg nteb|

weiqmip	Avitj vP weiq	CxW	mgq
fwgKv			2 wgbU
	<ul style="list-style-type: none"> • -MZg • Pj wZ Aia'ektbi mvf_ msthM 	e³Zv	
weiqe-			25 wgbU
	<ul style="list-style-type: none"> • cÖZinK RvYf Dc^-vcb cik¶K ce¶¶ tbi weipZ cik¶Yi_¶K cÖZinK Rvb¶ t¶K 5wgbU ej vi Rb" Abiyva Kiteb cÖg cik¶Yi_¶ Zvi cÖZinK Rvb¶ Dc^-vcb tkI Kitj Ab" tKD Avi tkv wetkI wk¶Yxq weiq Dc^-vcb KitZ Avmöx wkv Zv cik¶Ktbi Rvb¶eb Ges tKD Avmöx _vKtj ZvK Dc^-vcb Kivi mfhM t`teb • ce¶¶ tbi cbiitj vPbv cik¶K GKRb cik¶Yi_¶K mnvqK wntme weipb Kiteb whib MZ w¶ tbi mg-Kvh¶ig I wk¶Yxq weiq, tji v cik¶Eti i gva¶g cbiitj vPbv Kiteb • mvÜ'Kvj xb KvRi Dc^-vcb 	e³Zv cik¶Ei	
mvf -ms¶c			3 wgbU
	<ul style="list-style-type: none"> • cÖZinK Rvb¶ I mvÜ'Kvj xb KvRi Dc^-vcbv Ges cÖZinK cbiitj vPbvq AskMöYi Rb" mKj tK ab"ev Ávcb 	e³Zv I cik¶Ei	
cik¶Y mnvqK mvf t twgvBU teW©gvKf, BZ'w`			

Añatekb cwi Kí bv

w b t 04

mgq t 09.00-10.30

tgqr` Kyj t 90 mgibU

wk̄tivbg t gtbifm- tZj wicqy / ciklY Pvl i SIK, tiM eē-vcby Ges cwi teek evÜe gQPvI

Afxo` j t grm` Añatekb cwi Kí bv

j ¶ t gtbifm- tZj wicqy/ciklY Pvl i ciklY tfsz, iwmqibK i RweK cfiveki ciklY Zvi Rb̄ weifbeSIK, gvtqi gofki KviY i ciklY Ges gvtqi mwaviY tiM-evjB mafuk ciklY Yv_ i Ávb evx Kiv nte, hvtZ Zvi Ávb KifR jwmtq ciklY Pvl i Abkj cwi tek eRwq ivLvi gva'g gtbifm- tZj wicqy/ciklY gZii KviY i ciklY Ges tiMevjB mafukc MhY KitZ cwi b|

Dfl k t Añatekb tk̄t ciklY Yv_

- gtbifm- tZj wicqy/ciklY gZji / tiMevjB mwaviY KviYmgn ej tZ cwi tek|
- gtbifm- tZj wicqy/ciklY -Gi tiM / gZji ciklY tfsz ciklY Rbxq ciklY ciklY KifR KifZ cwi tek|
- tiMvus-gtbifm- tZj wicqy/ciklY -Gi mwaviY j ¶ Ymgn ej tZ cwi tek|
- mbv³ KZ tiMmgni wPkrmv mafukc ej tZ cwi tek|
- gtbifm- tZj wicqy/ciklY -Gi tiM ciklY tfsz ciklY Rbxq ciklY ciklY KifR KifZ cwi tek|
- gtbifm- tZj wicqy/ciklY -Gi cwi tek-evÜe Pvl cxiZ evÜe KifR KifZ cwi tek|

we1qmWP	Avtj vP we1q	ciklY tkskj	mgq
fngKv			5 mgibU
<ul style="list-style-type: none"> • wMzg • ce@Zr Añatekb i mafukc msthwM vcb • eZgb Añatekb i ci Avtj vKcvZ 			
we1qe-			75 mgibU
	<ul style="list-style-type: none"> • SIK Kx ? • weifbeSiveKmgn <ul style="list-style-type: none"> - j vj - meR - kvgK-IsbK - mvc, evo, D` weovj - ¶ZKi M'wmgn - ¶ZKi KxUcZ - tfsz i iwmqibK Dcv` vbi ¶ZKi gvtv • gtbifm- tZj wicqy/ciklY gofki KviY • gtbifm- tZj wicqy/ciklY gofki ciklY • tiM i tiMv KviY • tiMv j ¶Y • tiMv ciklY • gtbifm- tZj wicqy/ciklY Gi tiM ciklY tfsz eē-vcby 	ciklY, e³Zv, gj³ wPsh So, wdePvUciklY gva'g Avtj vPbv	
mvi -mst¶c			10 mgibU
	<ul style="list-style-type: none"> • gj we1q, tj v cipivtj vPbv • Dfl k hvPbv • n'vEAvDU weZiY • cieZg Añatekb i mafukc msthwM • ab ev Ávcb 	e³Zv ciklY	
ciklY mnwqK mgmK t twqBU teWgK , wDRwE, wdePvUciklY, ciklY e³BZ'w			

wdePwU©Cwi Kí bv

<p>gþbvþm· tZj wicqv I cv½vm PvþI SíK I tiM e"e"vcbv</p>	<p>gvQ PvþI tiM I " " e"e"vcbv <ul style="list-style-type: none"> • iVþtm gþQ I AewÁZ gþQi cþek • kgK I wSþKi we"hi • cKti cKwZK Lvt"i NwUwZ • we"fbæqtmi tcvbv GKmt" gRj • Nb meR cwb Z_y meR " " • cKti i Zj vq we"v³ M'vm mþó • mvc I e"vþi Dc"e • cKti ÞwZKi KxUu we"hi • Kg Mfxi cKti ZvcgvÍ vell • Rj R AvMwQi we"hi • gvQ Qvorci ci wbgþtci mþó • AwZw³ gRj NbZi • j yj " " • AwRtbi Afie • AwZw³ Lv" I mi cþqM • cwb ` Mðhp³ ntj </p>
<p>gvQ PvþI tiM I " " e"e"vcbv tiM nþ"Q th tKib cþxi t"ni A"mwi K Ae"v ev we"kl wKo j ÞY Øviv cKvk cþq tiM Ges " " e"e"vcbv m"uñKZ ÁAZv ev Ae"nvi KvítY cþz eQiB AtbK Pvxi cKti e"vcK AvKvþi gvQ qviv thtZ cþi Pvxi AwRfute ÞwZM"ntq cto ti"Mi KvY t Rj R cwtetki Pvc, tiM-RxeYy Ges gþQi Af"ShY cþz ÞY e"e"ri cvi " " K wþq cþz wþq dtj ti"Mi mþó ntq _tK tm Rb" gþQi tiMwþq"nI qvi wCQtb Gkwak KvY ev we"lq KvR Kti GLb chs-th me KvY wþYz KvY ntqQ Zit"i gta" Dtj LhM" nþ"Q - <ul style="list-style-type: none"> • cwb cþZ-iwmwþbK ,Yi,tYi Ae"iZ (cwb ZvcgvÍv, cPv Re c`v"icGBP, `erfZ Aw"tRb, Awgwbqv, wBwRb myj cwbw BZ"wi) • cþqRtbi AwZw³ mvi I Lv" cþqM • evBti t_tK goj vavqy `wZ cwb cþek • AwK gRj NbZi • cþqRbq cþoi Afie • wJcYcwi enb I n"tUjs • ci Rxex I tiM mþóKvix RxeYy msþugY </p>	<p>ti"Mi mvavi Yj ÞY ti"Mi cKvif" I tiM mþóKvix RxeYy ev ci Rxex AwþgtYi aib Abhþvqz tiMwþq"nI qvi gþS we"fbæqtmi j ÞY t" Lv hvq Zte mvavi Yfute tiMwþq"nI qvi gta" th mg"j ÞY I AwPiY teikf t" Lv hvq tm,tj v nþ"Q t <ul style="list-style-type: none"> • wKgZ Lv" MþY Kti bv • axtì MwZtZ Pj vPj Kti • Gtj vgtj vftte cwb Dci mþZi KvUtz _vþK • cþoi KvQwKwL we Lvq, KLbI cþo DþV Awþm • dj Kvq Kvþj v`wM t" Lv hvq • kixti ÞZ t" Lv hvq </p>
<p>cv½vþmi tiMmgn t (K) e"vKtUw qRbZ tiM (L) ÞZtM (M) gþQi DKb (N) tj R I cvLbv cþv tiM (O) tCtU tduj v tiM (P) gv_v cvUv tiM (Q) tCtU cvUv tiM (Open belly disease)</p>	<p>gvQ tiM cþziva e"e"v t Avgt"i t"tk Pvxi Aw"mgnRk Ae"i, DcKtYi mnR cþc"Zi I wPKrmv cxiZi RwUj Zvi KvítY gþQi tiM wPKrmv Pvlt"i cþt"i ayKoma"b bq, AtbKUv Am"el etU tm KvítY gþb ivLv" iKv ti"Mi wPKrmv tþtq tiM cþzivaB AwK tktj Ptli iit"ZB wþPj c"t"cmga MþY Kitj gþQi tiM wPKrmv gZ SkKcy"el q cwñvi Kv thtZ cþi <ul style="list-style-type: none"> • cKti cwingZ mhþq vKv e"e"v Kv • cKti iKtq wþqZ Pb t"q • tKib Ae"tZB AwZw³ Pvxi tcvbv gRj bv Kv • evBti AewÁZ cþYi I cwb cKti XKtZ bv t"q • Zj vq AwZw³ Kr"v bv ivLv • cwingZ mvi I Lv" mieivn Kv • cKti Nb Nb Rj bv tduj • cKti tNj vZi mþó Drm eÜ Kv </p>

gfbvtm- tZj wmcqv | cvzim PvI SIK | tiM e-e-vcbr

cwbZ gvQ evPvi nvi mpuYqfc cwbI tf\$Z, iwmqibK | RieK , Yej xi Dci wbfpkj | mgqgZ mWk e-e-vcbr gva tg
cwbI Gme , Y, Y gftQI AbKtj ivLv nq ev ivLv hvq | wbtp cwi teki th me tf\$Z, iwmqibK | %RieK , Y, fYi cikZj Zvi
Kvi fY gvQ giv hvq A_ev cikZj Zvi mpuKb nq Zvi gta KtqKu Kvi Y mpuKAvtj vPbv Kiv ntj v |

1. ivPtm gvQ | AewAZ gftQI cik
2. kvgK | wSbjKi we-
3. cKti cikZK Lvt` i NwUz
4. weifbæeqfmi tcbr Gkmft_ gRj
5. Nb meR cwb Z_v meR -+
6. cKti i Zj vq wev³ M'vm myo
7. mvc I e-f0i Dc`e
8. cKti kikZKi KxtUi we-
9. Kg Mfxi cKti Zvcgyv myo
10. Rj R AwMvQvI we-
11. gvQ Qrovi ci wbgfici myo
12. AwZwi³ gRj NbZj
13. j vj -+
14. Aw fRbi Afve
15. AwZwi³ Lv` i mvi cikM
16. cwb `Mbhj³ ntj

1. ivPtm | AewAZ gftQI cik t
cKi i Ktbr A_ev weI cikM Kvi ci l AtbK mgq cKti ivPtm | AewAZ gvQ t_ik thZ cti |
GQvovl evBti t_ik tkj, UwK, wks, gv_i, Pv` v tZj wmcqv BZw` gvQ cKti cik KitZ cti |
GtZ gftQI Drcv` b 50%-90% Ktg thZ cti |
cikZvi
 - cwl, Rj, evoi cwbI tmZ ev gibfli gva tg Giv cik Kti | ZwB G mg-Drm t_ik mZK®_vKtZ ntj |
 - cKti evBti i cwb XkZ bv t` qv
 - cvo e-eneti i mgq mZKZv AeJ xb Kiv
 - ev"Prf i bRti ivLv
 - cikRt b cKti i Pwv` tK 30-40 tmig. DPrzvbi/gkvxi Rvji i teor t` qv
2. kvgK | wSbjK t
i Ktbr ci l kvgK-wSbjK we- j vf KitZ cti | G` i cwi giv AZwak teo tMj cwbI iwmqibK
, Y, Y Ges tcbr vi Lv` i lci wefc cikZmuqy cto | dtj bwmwi cKti tcbr Drcv` b Kg nq | G
QovvI wsmoi big tLj tmi Rb kvgK | wSbjKi we- fK ` vq Kiv ntq _tK |
cikZvi
 - cKti gvQ _vKv Ae- vq iwmqibK ` e- eenvi bv KivB fvj | cKti i Kbr bwitKtj i cvZv, Zvjtj i cvZv,
evtki KmA ev Ab Arikq-j w` t q ivLj kvgK-wSbjK G` i lci AwutK _tK | G mg-DcKiY gftS
gftS cwbI lci Ztj kvgK-wSbjK AcmviY Kiv hvq | i Kbr Ae- vq teik giv vq Pb cikM Kitj i kvgK-
wSbjK Kg nq |

3. cÖKwZK Lvt` i NwUwZ
 gvtQi cÖKwZK Lvt` cÖvbZt cÖUb | cKti Gi NwUwZ n‡j gvtQi evx Ktg hvq, Ggb wK AtbK mgq gvi v hvq | G QrovI cÖKwZK Lvt` i AfveRwbZ KvitY tKvb tKvb gvtQi t¶t† -tfrwRZv teo th‡Z cÖtZ |
 cÖZKvi
 tcvbv Pv‡l i DcthwMx cÖibi is n‡"Q nvj Kv ev` wq | tmwKwM‡` i gw† 20-30 tmwUngUvi | G Ae-` eRvq ivLvi Rb` cKti wbgqgZ mvi cÖqM Kitz n‡e | G QrovI cÖqRbq m‡u‡K Lvt` i eenvi wboZ KitZ n‡e |
4. wewfbœAvKv‡i i tcvbv gRy
 GKB mw‡_ wewfbœqm I AvKv‡i i tcvbv gRy Kv n‡j cÖZthwMZvq tQwU, ‡j v wUK‡Z cÖtZ bv | dtj gZinvi teik nq |
 cÖZKvi
 cKti GKB eqm I AvKv‡i i tcvbv gRy KitZ n‡e |
5. cÖibi Dci Nb meR -‡
 AwZwi³ tkIj vi Rb` cÖibi is Nb meR n‡q hvq | dtj iv‡zi tej vq cÖbtZ Aw †Rb Ktg hvq Ges w` ‡bi tej vq wGBP gw‡ teo hvq | AwZwi³ Aw †Rb † Zvi KvitY tfrv i‡Z gwQ cÖibi I ci †f‡m D‡V Ges teik mgq at‡ G Ae-` Pj ‡Z _vK‡j gwQ gvi v hvq |
 cÖZKvi
 Zvr¶NYK e-` v wntm‡ cKti AMfxi bj K‡ci cÖv‡vi wÜv cÖib m‡i‡ni e-` v Kiv tMtj fvj nq | tmB mw‡_ cKti Lv` i mvi cÖqM wvgwqKfv‡e eÜ ivL‡Z n‡e | G QrovI Pviv tcvbv AvKwZi wKQyimj fvi Kv‡cP tcvbv tQto ^RweKfv‡e AwZwi³ D‡m‡ cÖKU‡bi Drcv` b wbgšY Kivi e-` v Kiv th‡Z cÖtZ |
6. Zj vq weIv³ M‡m
 AwZwi³ Lv` i mvi cÖq‡Mi dtj A_ev cKti i Zj vq Awak cÖv‡Y cÖv‡Re c` v‡Rgv n‡j A-`v‡gw‡bvq I nwB‡W‡Rb mwj dwBW M‡m Drccbq | G mg-`M‡v‡mi weIwqvi KvitY gwQ gvi v th‡Z cÖtZ |
 cÖZKvi
 gvtQi NbZj Kug‡q wvgwqKfv‡e mvi I Lv` cÖqM eÜ ivL‡Z n‡e Ges wbgqgZ ni iv tU‡b Zj vi gwU l j U-cvj U K‡i w‡Z n‡e |
7. mvc, e-`vO I , B mw‡ci Dc`‡
 Giv gvtQi Rb` AZ-¶ZKi | G‡` i 0iv cKti i 50-90% gwQ gvi v th‡Z cÖtZ | GKwU e-`vO ^wK 100-200 wU t‡Ytcvbv tL‡q tdj ‡Z cÖtZ |
 cÖZKvi
 GB me cÖv‡Y wbgšY KwqK gva‡gB metP‡q fvj | ev‡ki PvB, tKwP BZw` w‡q mn‡RB G ‡j v gvi v hvq | mwavi Yfv‡e e-`vO th mg-`A‡tj wNg ‡q, thgb- cÖib I cÖtoi ms‡wM ‡tj i Nv‡ `‡ K‡i tdj ‡Z n‡e | G QrovI th mg-`cKti i Aw‡Kcv‡k R½j _v‡K tmLw‡bB Gme cÖv‡i Dc`‡ teik nq etj cKti i Pv‡cK Aw‡Qv-R½j gj‡ ivL‡Z n‡e | G QrovI cKti i cÖto Nb cÖv‡Z Rv‡j w‡q teov w‡tj G me cÖv‡i cKti cÖek cÖ‡tiva K‡i AtbK DcKvi cÖv‡q hvq |
8. ¶ZKi Kx‡Ui Dcw-¶Z
 tcvbv/ti YgQrovI ci wKQ‡eo ai‡Yi KxU cZ‡‡i Dcw-¶Z j ¶` Kiv hvq | thgb- nm‡tcvKv, K‡ctcvW tkiY cÖv‡Zw` | Giv ti Yytgti tdtj Ges G‡` i Lv` a‡sm K‡i |
 cÖZKvi
 PURv‡j ev gkvix tU‡b ¶ZKi mg-`KwU cZ‡‡i gwU‡Z cÖ‡Z tdj ‡Z n‡e | Rv‡j Uv‡v‡i ci tK‡i wmb/w‡Rj w‡qI tg‡i tdj v hvq | Z‡e ti YygR‡` i 5-7 w‡bi g‡a PURv‡j ev gkvix Uv‡v‡i wK bq |

9. AMfxi cKti Zvcgv̄v eipx

tcvb/gvtQo Zvcgv̄v mnbkj Zvi gv̄v Lp GKUw we-Z bq | tm Kvi tY wib i Zvcgv̄v nVr Kti teo tMj
Kg Mfxi cKti gRj KZ tcvbvi lci cwi teukK cikZkj Zv t` Lv t` qvq Giv giv thtZ cti |
cikZkvi

mpe ntj cKti WUv cwb ciletki eee-t Kiv | Zvcgv̄v teuk ntj cKti i lci QvDbx ibgY KiZ nte |

10. Rj R AvMQu we-wi

cwbZ Rj R AvMQu we-wi jvf Kitj tcvbvi cikZk Lw Ktg hvq, PwZki KxU cZw we-wi jvf Kti Ges
Kwv tkI j v RvZq Rj R AvMQu we-wi wGBP teo hvq hv tcvbvi gZii Kvi Y ntZ cti |
cikZkvi

ibqwgZ Rj R AvMQu Ztj tdj tZ nte |

gvQ PwI tiM I -t- eee-tcbv t

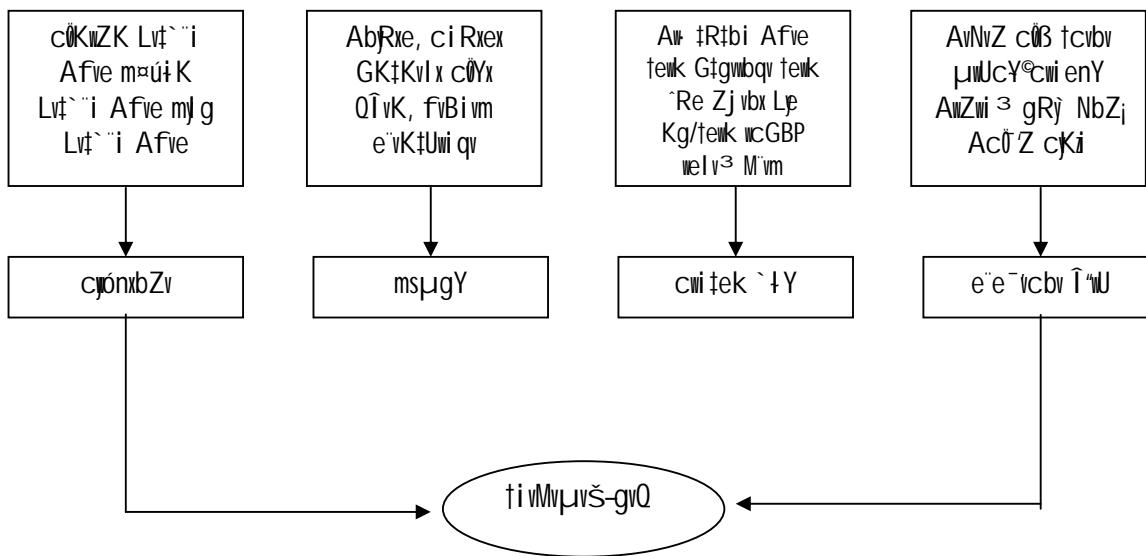
tiM ntQ th tkb cikYi ttni A-tfwi K Ae-tv ev wekl wKo j PwY 0iv cikvk cvq | tiM Ges -t- eee-tcbv
mewKZ AAZv ev Aetnj vi Kvi tY cikZ eQib AfbK Pwli cKti evcK AvKti gvQ giv thtZ cti | Pwl Avw_Rfvte
PwZM0 ntq coZ t` Lv hvq |

tiMi Kvi Y

Rj R cwi teekvi Pv, tiM-RxevYy Ges gvtQo Af-štXy cikZi PwY eee-ti cwi tui K wqvi cikZuqvi dtj tiMi mjo
ntq _tK | tm Rb gvtQo tiMwvus-nl qvi wCQtb GKwak Kvi Y ev weIq Kvi R Kti | GLb chs-th me Kvi Y PwY Kiv
ntq0 Zv t i gta Dtz HhM ntQ -

- cwbZ-i wvqBk Yw tYi AebwZ (cwbZ Zvcgv̄v, cPw Re c`v_wGBP, `exfZ Aw tRb, Aw_gwBqv,
nvBtWtRb mvj dvBW BZ w) |
- cikZtbi AwZw 3 mvi I Lv cikZ
- evBti t_tK goj v tavqv `w Z cwbZ cikZ
- Awak gRj NbZj
- cikZtbi AwZw 3 Afve
- muucYcwi enb I nvtUw s
- ci Rxex I tiM mjoKvi x RxevYj msugY |

bxtPi cewn wPti i gva-tg gvtQo tiMwvus-nl qvi Kvi Y we-wi Zfite cikvk Kiv hvq-



ti v Mi mavi Y j ¶Y

ti v Mi c Kvi t f I ti M m o Kvi x Rxev Yev ci Rxev AvugtYi aib Abjvqz ti M v S-gvQ Gi gvtS vefbocKvi j ¶Y
t Lv hvq | Zte mavi Yvte ti M v S-gvQi gta th mg -j ¶Y | AvPi Y teik t Lv hvq tm , tj v nt"Q t

- wKgZ Lv M b Y Kti bv
- ati M Z Z Pj vPj Kti
- Gtj vtgtj vfvte cwbi I ci mviZvi KvUtz _vK
- cvto KvQvKwQ Lvq, KLbI cvto Dtv Avtm
- dj Kvq KvUj v vM t Lv hvq
- kixti ¶Z t Lv hvq

c v z m I t Zj wicqvi wKQz mavi Y ti M I Dnvt i c Kvi e e -v m v u t K v A v t j v Pb v Kiv ntj v

c v z mi ti M mgm

(K) e v KtUv qvRnbZ ti M t c v z m gvtQ G ti M e v c Knvti t Lv hvq |

j ¶Yt

- 1) mee0 tg tPvtLi Af Sti i 3 ¶Y
- 2) wZxq chq gq I cvqj_ Avuvs-nfq j vj nq
- 3) m v u Y Kixti tk v t Lv hvq
- 4) cwbi Dctii -t A -vfwcKvte mviZvi KvU
- 5) ti M v S-Ae -vq Rvq w tq gvQ ai t j gvQ givi nvi tetv hvq
- 6) nVvQ gvQ givv hvq |

Kvi Yt cwbi ` t t Yi Kvi t Y Aeromonus e v KtUv qv AvugtY G ti M nq |

wPikrmv t

AvugtYi c g chq cwbi m v e ntj c Ki ci e Z Ges c KtR Lv vti 1 M v Av t U v B K b v g v k t q Lv v i c v b | G Kvhqig ti M g v 3 bv n l qv ch v P v t q th t Z n t e A ev 1/3 v v m Av t U v B K b B b t R K k b g v s t m c q M K i t Z n t e |

(L) ¶Z t i v M t c v z m gvtQ G ti M e v c Knvti t Lv hvq bv | Zte v g k v P v t i t t t t K L t b v K L t b v t Lv hvq |
j ¶Y t

- 7) M tq Nv ntq, PvC w t j c R tei nq
- 8) Nv Av -Av -mg -kixti Qvotq ct o
- 9) AtbK mqq t j R L t m ct o
- 10) A -vfwcKvte mviZvi KvU
- 11) LvI qv Kvgtq t q |

Kvi Y t Aphynomyces bvgK Fungus Gi AvugtY G ti M nq | ci e Z c KtUv qv Ges fvBv m v v Avuvs-nq |

wPikrmv t

ev-eagv Kvb wPikrmv GLbI Avv Z nqib | Zte ci tek DbqtbI Rb kZ t K R n v i Pb c q M Kiv th t Z c v t i |

(M) gvtQi DKb t

gvtQi DKb cKti m̄avi YZt c̄tq i "B | Kgb Kt̄c AypugY Kti | Zvi ci Ab me gvo Aypuš-nq, Gi gta c̄vžim gvoQ i tqoQ |

j ¶Y t

- 1) ci Rxex gvtQi Mvtq AvUtk _vtK | cvLbvq új dñtq etm etm i 3 tkvl Y Kti | ¶tZi m̄o Kti
- 2) cvžim gvo Lvevi M̄tY m̄uYFte tQto t`q |
- 3) t̄tni eaß Ktg hvq |

¶Pukrmv t

- mgw_qb 3-6 mgw_wj Uvi /kZsk/dJ cwbZ c̄qM KitZ nte ci ci 3 m̄vn |
- mbtqwb 0.3-0.6 mgw_wj Uvi /kZsk/dJ cwbZ c̄qM KitZ nte ci ci 3 m̄vn |

(N) tj R I cvLbv cPv tivM t

G tivM cvžutmi tcibv Ges tZj wccqy t` Lv hvq |

j ¶Y t

- Mvtq wcvQj Avei Y Ktg hvq
- tj R I cvLbv c`Pto hvq I axti axti ¶q c̄B nq |
- fvi mvg" nviq I Lv " M̄tY Abxnv t` Lv t`q |

c̄ZKvi t

- 1) eo gvtQ c̄Z tKIR t`n I Rtb1 Rb 15 wgt M̄t nvi tRbUgvBimb BbtRKkb gvsmtckxZ w̄tZ nte |
- 2) tQU gvtQ c̄Z tKIR Lvetii i m̄t_ 40-50 wgt M̄t nvi tRbUgvBimb w̄ktq Kgc¶ 10 w̄b Lv qtz nte |
- 3) tcibv gvtQi t¶t̄ 1 wcvGg ZIZ `vtY (hZ¶Y mn KitZ cvti) m̄vtn 2w̄b Pmtq RxevYyg³ Kti cwi "vi cwbZ tQto w̄tZ nte |
- 4) tcibv gvtQi t¶t̄ cKti 1 wcvGg nvi ZIZ c̄qM Kit 7 w̄b ci 2 wcvGg nvi cvwmcqg cvi cvžutbu eenvi Kti fij dj cvl qv hvq |

(O) tcU tduj v tivM t

cvsmvM I tZj wccqy DfqutZB t` Lv hvq, Gvivtgbv bvgK evKtUvi qv Øvi v G tivMi mPbv nq |

j ¶Y t

- Aypuš-gvtQi t`n Mn̄ti Zij c`v_Rgv nq I dtj hvq |
- Mvtqi is I "vweK "OZv nviq
- fvi mvg" nviq I axti axti gvi hvq |

¶Pukrmv t

Rxevbyg³ w̄wi Ä w̄tq Rtg _vK Zij tei Kti tduj tZ nte | AZtci eo gvtQi t¶t̄ tKivgtduKj 25 wgt M̄t Kti (c̄Z tKIR t`n I Rtb1 Rb) m̄vtn GKevi BbtRKkvb w̄tZ nte | gvo tQU nti c̄Z tKIR Lv "i ms̄M GKB Jia 200 wgt M̄t Kti w̄ktq Kgc¶ `B m̄vn Lv qtz nte |

(P) gy_v dvlv tiM t

G tiM iaycvlqtmB ntq _tK |

j t Y t

- `eP nq | LvI qv eÜ nq

- gy_v tdtU Mq gyiv hvq |

Kvi Y t cwb `tY | wfUwgb m Gi Afvte nq |

wPukrmv t

1) wfUwgb-m mgx Lvevi LvI qtZ nte |

2) cwi tek DbaZ ivLtz nte |

(Q) tcU dvlv tiM (Open belly disease) t

mvavi YZ Avljj tcvbq G tiM t` Lv hvq |

Kvi Y t AwtfvRb |

j t Y t

1) Lv` " uj i tkli i w tK tdtU hvq

2) tcU tdtU hvq

3) 2 gvtmi gta c 70% gvQ gyiv hvq |

c t qvRbxq e e - v t

mVK mgf q mVK gyvq Lvevi c t qvM |

gvtQi tiM c t qvva e e - v t

Avgt` i t tk Pwl i Av_mvgwRK Ae - v, DcKi tYi mnR c t c Zv | wPukrmv c x t Zi R w j Zvi Kvi tY gvtQi tiM wPukrmv Pwl t` i ct t iayKomaB bq, AtbKUv Am t e tU | tm Kvi tY gt b ivLv ` i Kvi tivMi wPukrmvi tptq tiM c t qvvaB AwAK tkq | Pv t i t i t ZB nb tPi c t t cmgn M t Y Ki t j gvtQi tiM wPukrmvi gZ S t Kcy qel q cwi nvi Kiv th tZ c t i |

- cKti cwingZ mh t j v t Kiv e e - v Kiv
- cKti t t Ktq nbqngZ Pb t` qv
- tKib Ae - t ZB AwZvi 3 Pviv tcvbv gRj bv Kiv
- evBtii AewAZ c t Yx | cwb cKti XKtZ bv t` qv
- Zj vq AwZvi 3 Kv` v bv ivLv
- cwingZ mvi | Lv` " mieivn Kiv
- cKti Nb Nb Rv j bv t dj v
- cKti tNv j vZimjoi Drm eÜ Kiv |

NUbv metkH

my` i eþbi tKv j tNþI Mþo DþVþQ GKwU tQwU Rbc` Rqgwb Mþg| G Rbcþ` `j vj gwSi emevm| `j vj gwSi KþoNi `þU 1wU Mvfx | 1wU cKimm `þ mþwb wbþq Zvi msmvi | msmvi Pþj evoxi cþkþCii b`xþZ `wo teþq tbþKvq tj vK cvivcv Kþi | msmvi Zvi fvj B Pj wQj | nVr GKw b NþU t`Lv tMtj v BwAb Pvij Z tbþKvq tj vK cvivcv Kþi | tj vKrb GLb Avi Zvi tbþKvq DþV bv| GKw b `þet` þLuQj teþK bvK dj Mþo w`te| Zvi `þæ tfþ½ tMj | Mi "i `þ a wew Kþi Zvi msmvi Pj wQj | nVr Kþi AmþL Zvi Mi "UvI givv tMj | tm w`tknivv ntq coj | GKw b Zvi cvtki cKþi gwQ PvI t`þL Zvi B"Qv ntj v Zvi 20 kZþKi tQwU cKiwU wPsw givQ PvI Kitel| gwQ PvI i e`vcvti tNi gwj K Kvþkg wqgv Zvi t`þK tRþb `þbxq gnwRþbi wbKU t`þK FY wbþq cKþi i AwMwQv cvi "wi Kþi cwþþZ `Re | A%Re mvi w`þq cKþi `Zvi Kþi wPj v Mþg t`þK 600wU gwQ Gþb Qvotj v| tm wPsw Kþi j v Gevi gwQ Kþi AtþbK UvKv cvte| gwS gwS `þ wZb w`b ci ci Pvþj i Kþv, kvgK | wSbþKi gysm cKþi Lv`" wntme w`þZ _vKþj v| `j vj gwS `þet` þL gwQ weþmu Kþi gnwRþbi UvKv tkva Kþi BwAb Pvij Z tbþKv wKþte Ges teþK bvK dj Mþo w`te| nVr GKw b tgNj v w`þt b`þL tþj v Zvi cKþi i cvtoi w`þK I cwbi Dcti gwQ fwmþQ Ges Avþ- Avþ-givv hvþ"Q| `j vj gwS d`þj d`þj Kþi tPþq _vKþj v cKþi i w`þK|

- cikl K cikl Yv_x® i 4wU `þj fW Kiteb|
- cikl Yv_x®Y tQwU `þj NUbv metkHwU Avþj vPbv Kþi wbþgr® cikl DEi wbDRic®U wj Lþeb|
- cti eo `þj Dc`þcb Kiteb|

cikl gwQ PvI i e`_Zvi Kvi Y, tþj v Dþj L-Ki "b?

bvmmi cKtii mvavi Y mgm̄v | cIZKvi
tQU `j xq Abkjxj bx

GB Abkjxj tbi gvātg ḡQ P̄tI i cKtii ḡtQi mgm̄v | m̄te cIZKvi m̄utKcik Yv_xPv RvbZ cvi t̄eb |

Kv̄Ri aviv t

- 1) cik Yv_xP i tQU `tj fM Kiv n̄te |
- 2) cIZK `tj i cik Yv_xP R̄t i ḡta Avtj vPbv Kti cKtii mvavi Y mgm̄v, tj vi Kvi Y P̄yZ Ki t̄eb Ges m̄te cIZKvi wK ntZ cvi tm̄el tq m̄xvS-M̄Y Ki t̄eb |
- 3) P̄yZ mḡ -w elq, tj v bDR wC U ij tL `j xq cIZbni gvātg eo `tj i mḡt b Dc vcb Ki t̄eb |

mgqt 15 uibU

^j -1

- i v̄t m̄ I AewAZ ḡtQi c̄ek
- c̄wi Dci Nb meR ^+
- c̄wi Dci j vj ^+

^j -2

- Ḡgwbqv c̄xfeb
- L̄we LvI qv
- i v̄t m̄ c̄yxi AvugY

^j -3

- Auzwi 3 mvi I Lv` c̄qM
- tNvij vZj
- Zj vi Kv̄j v Kv` v

^j -4

- tRwZt fvRxZv
- ep̄oi ci ḡQ tFtm DtV
- ḡQ L̄we LvI qv

cwi teeki I ci wneo | Avav wneo cxiZtZ gvQ PvI i cfve

Augit` i t`tk cvim, %K, nks I gtbifm- tZj mcqv gvQi PvI GLb chS-mbvZb (Traditional) ev DboZ mbvZb cxwZtZ Kiv nt"Q| cvim, gtbifm- tZj mcqv %K I nks gvQi tPifb wneo/Avav-wneo PvI ver` GLb chS-G t`tk e"vcK nvti i i" nq bvB| Zte Avav wneo cxiZtZ gtbifm- tZj mcqv, _vB `K, nks, I cvim Gi PvI ver` t`tki wefbGj vKvq mngZ AvKti i" nqtQ| GQvor eZgtb wKQyeo Df` v3v wneo PvI ver` cby3 e"envi i gva"tg gvQi PvI Avi cKti tQ| Gme cxiZtZ PvI ver` -f mgtq AiaK msL^K tcvby gRj Kti AiaK Drcv` b I AiaK gpbv ARB ntj I cwi teeki I ci wKojejc cfve j P Kiv hrt"Q, thgb-

1. cKti AiaK cwi gY gvQ gRj _vKvq teik cwi gY Lveti i cbyRb nq Ges cbyMKZ Lveti i GKU Ask webó nq| Ab"v tK wecj msL^K gvQi eR"eKti Rgv ntZ _vK| Gi dtj cPb wqviq cPi cwi gY H₂S, CO₂ Drcbæ nq I AiaK cwi gY G"gbq Rgv nq | G Rb cKti i cwb `MÜntq hvq Ges gvQ gviv hvq| ZvQvor Avi iv AtbK ivmqlbK `e" Zj vq Rgv nq Ges cPi Mvml Drcbænq| Gi cwi tcMifZ cKti i cwi tek webó ntq hvq qvq cwb cwi eZb Acwi nhntq cto ev tKb ivmqlbK wKrmvi cbyRb nq|
2. tKb tKb "vib kvgK / wSbK cikZK Rj vKq t_kt Kvi Y Kti G` i Lv` " mnvte e"envi Kiv nq| dtj msik Rj vKqmgtni cZtek (Ecosystem) weNz nq| Guv GK ai tYi my"ci tki weix"v KvR|
3. cKti GmKj gvQ PvI i dtj Jia/nel e"envi Kti Ab"v mKj gvQ | Rj R cbyMgntgvi tdj vi dtj G"qf"t cRwZ,tj vi Rx-e%P" aesm nq|
4. wefbceJia I ivmqlbK `e"v cKti cbyMi dtj G,tj vi GKU Ask gvQi kixti mAz nq Ges cKti Residual effect t_kt hvq, hv gvbe t`tni Rb cZKi I msungZ nq|
5. GKvi Avav wneo cxiZtZ gvQ PvI Kiv ntj Rj R cwi teeki gvivZK cwi eZbi Kvi Y cKti bv i Ktq Ges Zj vi Kvi vi Dctti i Ask bv mvtq cieZbZ gvQ PvI Kiv ntj wefbemgmvi mjo nq| Zte Zj vi Kvi Kvi KtR e"envi Kti fuj dj b cvl qv hvq|
6. cPi cPb wqvi dtj cwb `MÜntq nq| mv_ mv_ cirkZevZml `MÜntq nq cto Ges weifc cwi teeki mjo nq|
7. %K I cvim PvI i cKti cPi cbyUb Drcbænq hv wnj fvi Kvc"tKibfvteB tLq tkl KitZ cwi i bv, Ggb wK wnj fvi Kvc"gviv thZ _vK| GB AZ"ak cbyUb GK"tK cKti i Rb cZKi &Ab"v tK gvbtli Rb cZKi | G cbyUb GKmgtni cP wMq cwb cirkZevZml `MÜntq nq|
8. AtbK Lvgnv e"q mg"tqi Rb num-gj Mi weov e"envi Kti hv gvbtli Rb cZKi |
9. Acwi Kvi Zfvte Gai tYi Lvgnv tctbi dtj Dctti i RngZ Rj veXZvi mjo nq hv Kvi dmj I cwi teeki Rb cZKi I mgwRK mgmvi mjo Kti |

Añatekb cwi Kí bv

w b t 04

mgq t 10.30-14.30

tgq` Kyj t 3 NvUv 30 wgbU

wktivbvg t gw cwi` k

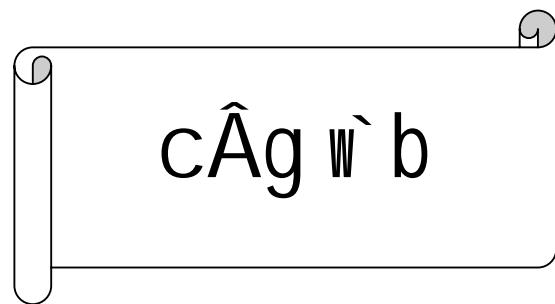
Afxo` j t grm' Awa`Bti i KgRZfe`

j ¶ t G Añatekb cik¶Yv_ i gw cwi` kbi wewfbanel q msútK®Rvbybv nte hvZ Zvi v mdj fvte
gw cwi` kbi msúbaKivi j ¶ cikqvRbxq cikZ MhY Ki‡Z cvib|

Df' K" t G Añatekb tkil cik¶Yv_MY-

- gw cwi` kbi wbgE cikqvRbxq DcKi Yw` mbv³ Ki‡Z cviteb|
- mbv³ KZ DcKi Y mja msMh I gytV cwi entbi j ¶ msMh Z Ki‡Z cviteb|
- gytV bwmñi gtbvñm· tZj wmcqv I cwsMm PvI e'e`vcv I Ab'vb' Z_ mWKFvte msMh
Ki‡Z mñg nteb|
- gw cwi` kbi cikZte` b Zvi I Dc`vcv Ki‡Z mñg nteb|

welqmnP	Avtj vP' welq	cik¶Y tKskj	mgq
fngKv			15 wgbU
	<ul style="list-style-type: none"> • -MZg • ceZr®Añatekbibi cþivtj vPbv • eZgñb Añatekbibi mñt_ msthñM -vcv • Añatekbibi Df' K" e'vL'v 	cik¶Ei I Avtj vPbv	
welqe"			230 wgbU
	<ul style="list-style-type: none"> • gw cwi` kbi -vb • gtbvñm· tZj wmcqv I cvñm PvI i • Ae`vb • hvñi mgq • tdi Z Avmvi mgq • cikZte` b cikqv • `j MVb I gw cwi` kbi msMñZe" • Zt_ i Zñj Kv cikqv 	cik¶Ei e³Zv Avtj vPbv eDb tccri cik¶Ei	
mvi -mst¶c			25 wgbU
	<ul style="list-style-type: none"> • gj welqmnP cþivtj vPbv • Df' K" hvPvB • cieZ®Añatekbibi mñt_ msthñM • nñEAvDU welZiY • ab'ev` Ávcv 	e³Zv I cik¶Ei	
cik¶Y mnvqK mnvM t wDRicE, tnqBU teW®gvK®, tPKñj ó, cvgRbU gvK®, wdcpvU®Abkjy b wku			



Awaekb cwi Kí bv

v b t 05

mgq t 08.30-09.00

tgq` Kij t 30 mgibU

mk̄ti vbg t c̄pi v̄tj vPbv, c̄Zfve I ḡW cwi ` k̄ c̄Zte` b Dc̄ vcb
 Af̄xō ` j t grm Awa`Bi i KgRZf̄e`
 j ¶ t c̄k¶Yi_¶ i ce¶ tbi Kv̄h̄utgi c̄pi v̄tj vPbv I c̄Zfve Ges m̄ÜKw̄j b KvR Dc̄ vcb
 m̄thwM K̄ti t̄ qv h̄tZ Zvi v c̄teP Av̄tj vPbv -si Y Ki‡Z c̄tib Ges f̄j T̄U ms̄kvab K̄ti
 Awaek̄tbi Kv̄h̄Rwi Zv ewx Ki‡Z c̄tib |
 Df̄t k̄ t Awaekb tk̄l AskM̄YKvixiv ce¶ tbi mk¶Y c̄pi v̄tj vPbv i ḡa tḡ f̄j T̄U ms̄kvab K̄ti
 HKgtZ t̄f̄otZ m̄qg n̄teb |

weI qmP	Avtj vP weI q	cxiZ	mgq
f̄wgKv			2 mgibU
	<ul style="list-style-type: none"> • -MZg • Pj wZ Awaek̄tbi m̄t m̄thwM 	e³Zv	
weI qe-			25 mgibU
	<ul style="list-style-type: none"> • c̄ZinK Rvbj Dc̄ vcb c̄k¶K ce¶ tbi wePZ c̄k¶Yi_¶K c̄ZinK Rvbj t̄tK 5mgibU ej vi Rb̄ Ab̄tiva Kiteb c̄g c̄k¶Yi_¶Zvi c̄ZinK Rvbj Dc̄ vcb tk̄l Kitj Ab̄ tKD Avi tKub wētKl mk¶Yq weI q Dc̄ vcb KitZ AwM̄x wKbv Zv c̄k̄tj Rvb̄eb Ges tKD AwM̄x _vKtj Zv‡K Dc̄ vcb Kivi m̄thwM t̄tcb • ce¶ tbi c̄pi v̄tj vPbv c̄k¶K GKRb c̄k¶Yi_¶K mn̄qK in̄tme wePb Kit̄eb in̄b MZ w tbi mg -Kv̄h̄ug mk¶Yq weI q,tj v c̄k̄tj i ḡa tḡ c̄pi v̄tj vPbv Kit̄eb • m̄ÜKv̄j xb Kv̄tRi Dc̄ vcb 	e³Zv c̄k̄tj	
mvi -ms̄t¶c			3 mgibU
	<ul style="list-style-type: none"> • c̄ZinK Rvbj I m̄ÜKv̄j xb Kv̄tRi Dc̄ vcb Ges c̄ZinK c̄pi v̄tj vPbv AskM̄tbi Rb̄ mKj tK ab̄er` Ávcb 	e³Zv I c̄k̄tj	
c̄k¶Y mn̄qK mgM̄ t tñqyBU teW©gvKv̄, BZ w`			

Añatekb cwi Kí bv

w b t 05

mgq t 09.00-10.00

tgqv` Kj t 60 wgbU

wkñibvg t `þhM e e vcbv
 Afñó `j t grm" Aña`Bti i KgRZv 
 j ¶ t cök¶Yv_  i `þhM e e vcbv m útK mg"K avi Yv t` I qv hv Z Zviv G Ávb Kv R j wM q
 gvQPwl t` i c qRbxq mn hwMzv Ki tZ c tib|
 D k" t G Añatekb tk l cök¶Yv_MY `þhM e e vcbv m útK ej tZ cvit b | gvQPwl t` i tkLv Z
 cvit b|

welqmiP	Avtj vP" welq	cök¶Y tK�kj	mgq
f�gKv			4 wgbU
	<ul style="list-style-type: none"> -�Mzg ce�Zr�Añatek�bi c�pivtj vPbv eZ�yb Añatek�bi m�_ msth�M -vcb Añatek�bi D�k" e�vL" 	c�k�Ei I Avtj vPbv	
welqe-			50 wgbU
	<ul style="list-style-type: none"> `þhM mg�q grm" Aña`Bti i Ki Yq c�p�mb ch�q grm" Aña`Bti i Ki Yq -�fweK mg�q grm" Aña`Bti i Ki Yq `þhM tgvKv�ej vq DctRj v Kig�wi m�sM�bK i f�t�i Lv 	c�k�Ei e�Zv Avtj vPbv gi��P�h� So w�cPvU�	
mvi -mst�c			6 wgbU
	<ul style="list-style-type: none"> gj welq-mgn c�pivtj vPbv D�k" hvPvB cieZ�Añatek�bi m�_ msth�M n��AvDU weZi Y ab�er` Ávcb 	e�Zv I c�k�Ei	
cök¶Y mn�qK mgM t n��AvDU, tn�qvBU te�W�bDR���, gvK� , w�cPvU� Ab�kjxj b w�U			

`#hM e"e"vcbv

- ~fweK Kihfej x maw` b e"ZxZ I `#hM weI tq grm" Aia`Bi wbaewYZ `wqZi cij b Ki te|
~fweK mgjq t
- K) Aia`Bti GKRb `#hM tdiKvj ctqU gtbwbxZ Ki te Ges Zwnv `#hM e"e"vcbv ejtiwmn msikemKj
KZP#tK AewZ Ki te|
- L) Aia`Bivaxb msikemKj wdi Awdmi MY hvtZ cIZ eQi ebv glmg i i cteB grm" PvI #P#t, iwmqibK
`e"wi, mwR-mi Avg, Rj hwb Ges j cwi enYhwb mn `Bti i wR^mau` mgtni wivcEvi Rb" cIqRbxq
mZKZvgj K e"e"v MhY Ktib Zwnv wboZ Ki te|
- M) wiks j vBtmY c0vbi cteCIZ Uj vti I qvitj m I tiwvi tmU Ges givQ aivi tbSkmgtn tgwi b wdmwi R
Awdmi tiwRtobk AvtQ wKbv Zwnv hvPb Ki te|
- N) e#vcmMti grm" wKvi i Z mKj givQ aivi tbSkv / Uj vti tiwvi wiwmfs tmU I D3 hvtb Dcw-Z cIZK
e"wi i Rb" j vBd R#tKU, eqv ivLw wboZ Kivi j #P#t Dchj# AvBbMZ I cIwmibK c`#P#tC MhY Ki te|
- O) NYSO / R#tj vQmcEY Gj vKmgtni miKwi I temiKwi grm" ma` mgtni GKwU Zwij Kv cIqgj b msitY
Ki te Ges mwbi @ mgq ci ci D3 msKj b nvj bvMv` Ki te|
- P) NYSO Gj vKmgtni grm" Rwe RbmsLvi Rixc Ki te | Rixci _vbw-wfEK Dchj# msKj b cIqgj b
mwbi @ mgq ci ci D3 msKj b nvj bvMv` Ki te|
- Q) Dxi Kvi x RvnvR wnmve e"envti i DcthvMx mgj Mwgx givQ aivi RvnvRmgtni GKwU Zwij Kv (Zvn#`i gwj K/
Pj #K wKbwmn) cIqgj b msitY Ki te|
- R) eisj vt` k cwb Dbqb teW Gi mnZ Avtj vPbwpjtG hvtZ wPsio PvI Gj vKvi miKvi eva I ~BPmgm@ mgj K
R#tj vQ#tmi dtj j ebv3 cwb cIek tiva Kivi gZ DPyl ht_0 kw3kj x nq Zvnv wboZ Ki te|
- S) DcKj xq cKjmgm ntZ j eYv3 cwb ewni Kti t` i qvi KvR kw3Pwj Z cI#ui j f`Zv ma`utK#eisj vt` k
KwI Dbqb Ktc#i kb Gi mnZ mgsh Kite|
- T) gw ch#qi Awdmi, ovd Ges grm" Rwe ma`c0vqtk NYSO tgKtej v cIZ, cwi tekMZ Pq#iZ Ges
cbe#mb ma`utK#cIK#tY Ges cwiPiZi e"e"v Kite| grm" I cimau` gsyj q I grm" Aia`Bti i gw
ch#qi KgKZPGes KgPvi xMYtK G e"vci tI cIqRbxq cIK#tY c0vbi e"e"v Kite|

`#hM mgjq grm" Aia`Bti i Ki Yqqt

- K) eisj vt` k cwb Dbqb teW Gi mnZ Avtj vPbwpjtG e"vci i wboZ nte th ewavmgtni ~BP tMuMg@
Dchj# vte ^Zvi I msitY Z, hv j eYv3 cwb cIek i wMgY Ges ht_0 kw3kj x hv cIek R#tj vQ#tmi dtj
mp tm#tZi av^v mn" I j eYv3 cwb cIek tiva KitiZ m#tg|
- L) grm" ma` LvtZ P#iZi cwi givQ wbi cIek Rb" Auej t#^Rixc KvthP e"e"v Kite Ges grm" ma`ut` i miKwi
I temiKwi LvtZi Rb" Auej t#^N#gqj x pviY I cbe#mb cwi Kivi cIqgj b msitY Ki te|
- M) Dxi Awfhu#bi Rb" mgj Mwgx RvnvR wKbRkb Kivi e"vci tI vbxq cIwmibK mnqZv c0vb Ki te|
- N) Aia`Bti wboqsh K#i cwi Pj bv Ki te Ges ~vbxq mgsh KugwUZ thwMhM KgKZPGes cIK#tY Ki te|

cbe#mb ch#q grm" Aia`Bti i Ki Yqqt

- K) miKwi I e"v3gwj Kvbaxb cKj ntZ j eYv3 cwb cI#ui Kivi Rb" cvl qvi cI#ui j f`Zv weI tq
~vbxq cIwmib I eisj vt` k KwI Dbqb Ktc#i kb Gi mnZ mgsh wab Ki te (NYSO `#hM t#t)|
- L) miKwi I e"v3gwj Kvbaxb DfqtP#t grm" ma` LvtZ Auej t#^N#gqj x tivY I cbe#mb cwi Kivi cIqgj
I ev"evqgj Kite|

- M) ¶ZM-cKi I Lvgi cjt grm" DcthwK Kivi Rb" temi Kwi grm" Pvix` i Kwi Mix cingk°Cvb Kite|
 N) ¶Y I cbeimb ~bxq ckmbtK mKj mnvqZv I mnthwMzv c0vb Kite|
 O) ¶ZM-grm" Rxe I grm" Pvix` i Rb" FY mnvqZv Ges Abj vbi e'e`v Kivi KgR M0Y Kite|
 P) ¶ZM-cKi gwj Kt` i tK grm" tcvbi mi eivn Ges grm" Pvil Kwi Mwi cingk°Cvb Kite|

grm" Aia` Bti i gW chiqi Andmmga ~fweK `nqZibefn Qovl grm" Aia` Bti i nefvM, tRj v Ges
 DctRj v I ctRmgtni wdì Andmvi MY wbgij LZ KgRgn maw`b Kiteb|

~fweK mgdq gW chiq grm" Aia` Bti i Ki Yxq t

- K) cIZ erm" NySo/ ebv tgsmg i i nli qvi cteB NySo/ ebvcbY Gj vKvi gvo aivi tbSKvngn, Uj vi, wdkks
 Mqvi, gvo aivi Kwi Mwi hscwZ, grm" tcvbi I grm" cvj b oK Ges grm" Aver mgtni wvincEv I mij ¶vi
 Dti tk` cIqyRbxq mZKZigj K e'e`v M0tYi Rb" grm" Aia` Bti i wdì Andmvi MY KIK Ges grm" Pvix` i
 mRvM Kite|
 L) Aaxb` Andmmga, wmicic grm" Pvix Ges grm" Rxe cIZiwa cIqyZi mnZ cwi e` Bti i MpxZ wR^cwi Kib
 Abymti cIZi Ae`v ci x¶v Kite|
 M) ~hM Pj vKv xb mgdq gvo aivi tbSKvngn, Uj vi mgna Ges wdkks Mqvi mgna, chIB wvincEv i vLi Rb"
 ~qxfite wvinc` ~b wnyZ Kite|
 N) wdkks j wBtmY c0vbi ctecIZU Uj vti l qvitj m I ti wvi tmU _vKvi welq wboZ Kite|
 O) DchjB cIvmbtK c`tPtc ci gva"tg etvcmvMti grm" wKvi i Z tbSKvngn/Uj vi mgtni ti wvi vi wwfis tmU I
 Uj vi / tbSKvq DcwZ cIZK e'v3 i Rb" j vBd R'vKU ivLw wboZ Kite|
 P) ~hMcEY Gj vKvngtni mi Kwi I temi Kwi grm" welqK maw` mmgtni berqbKZ Zwj Kv cIqj |
 msi ¶Y Kite|
 Q) ~hMcEY Gj vKvngtni grm" Rxe RbmsL", grm" Pvix I grm" Pvil tPm mgtni Rvi c I Dcv3 msi ¶Y Kite
 Ges wbo` mgdqci ci ci Zv vuj bwv` Kite|
 R) msuké-Gj vKvq gvo aivi tbSKvngn, Uj vi mgna Ges mgj Mvgx RvnvRmgtni gwj Kv/Pj tKi wKvbmnn Zwj Kv
 msi ¶Y Kite|
 S) mgj K Rj vQmRbZ AivNtZi KvtY j eYv3 cwb cIek tiva Kivi Rb" msuké-Gj vKvi era I
 ~PpMUmgtini cwi Pj bv I i ¶Yt¶Y wboZ Kieri Dti tk` evsj v` k cwb DbaqtetWp KgRZ¶` i mnZ
 mve¶YK thwMthwM i ¶Y Kite|
 T) ~PpMUmgtini h_vh_cwi Pj bv wboZ Kitz nte|
 U) cIqyRtbi mgq wmicic Gi mnZ mgstqi gva"tg cKi mgna ntZ j eYv3 cwb ewni Kti t` l qvi KvR
 kv3 Pwj Z bj Ktci j f'Zv mawtK^~bxq evsj v` k Kwi Dbaqb Ktci kb Gi KgRZMjYi mnZ mgstq
 Kite|
 V) NySo tgvKtej v cIZ I cwi tekMZ ¶q¶Z wbi "cY Ges cbeimb mawtK^cik¶Y M0Y Kite|

~hM chiq gW chiq grm" Aia` Bti i Ki Yxq t

- K) ¶Y I cbeimb KvR Ges Dxi Aivhvtbi Rb" mgj Mvgx RvnvR vi KBwRkb Kivi e"vcvbi ~bxq ckmbtK
 mnvqZv c0vb Kite (NySo `hMKv xb mgq)|
 L) wqSY K¶ Pj yKvi te Ges ~bxq ~hM e'e`v KigutZ thwMthwM KgRZPtciY Kite|

cþeñmb mgþq gw chþq grm" Aia`Bi i Ki Yq t

- K) mi Kwi I eñgwy Kvþrakb grm" mæú` LvþZ ¶Zi cwi gwY wbisctYi Rb" Awej þa^Rixc KvþhP eëe^-i Kiv Ges G LvþZi Rb" Awej þa^xNqgq` x ÞY I cþeñmb cwi Kí bv cþqb Ki te I Zv h_vh_ KZþt¶i KvþQ tck Ki te|
- L) ~þbxq cþkmb Ges evsj v`k Kí Dbqþ Kþcþikbi mænZ mgþqce®, mgþq ntj ,mi Kwi I eñgwy Kvþrakb LvþZi gva^g cþqRbxq msL^K kw^Pwz Z cþpú Avgv`vbx Ki te|
- M) grm" Dbqþ LvþZ Awej þa^xNqgq` x ÞY I cþeñmb cwi Kí bv ev^-evqb wbþDZ Ki te Ges KvþRi AMMñZi weI tq D"p KZþt¶i wbKU cþZte` b tck Ki te|
- N) ¶ZMÜ-cKi grm" PvI v`i cþeñmbi Rb" AbcñYZ Ges mnvqZv cþvb Ki te|
- O) ~þbxq cþkmbtK ÞY I cþeñmb KvþR mnvqZv cþvb Ki te|
- P) grm" Rwe/ grm" PvI v`i Rb" grm" PvI FþYi eëe^-i Ki te|

DctRj v`þH M eëe^-vcbv KvgU t

- | | |
|--|-----------|
| 1) DctRj v`þH M eëe^-vcbv KvgU t | mfvciZ |
| 2) BDlbqb cwi lþ`i þPqv g`vbe` | m` m" |
| 3) DctRj v`þH qmnsiKc wfvMi KgRZP` | m` m" |
| 4) gvnj v`þH | m` m" |
| 5) DctRj v`þH qmgevq mgvZi cþZbua | m` m" |
| 6) NvSo cþH Z KgRZP` (mviic) cþZbua | m` m" |
| 7) evsj v`k t`i WvþtmoU tmvmbUj cþZbua | m` m" |
| 8) GbñR! Gi cþZbua | m` m" |
| 9) DctRj v`þH ev^-evqb KgRZP | m` m"-mPe |

~þbxq cwi w`Z I weIkl Ae^-i tcþtZ KvgUj mfvciZ cþqRbterta Avþi v`i m` m" tKv-Aþ Ki teb| G KvgU cþZ 2 gvm ci ci mfvq gqj Z nte| Avc` Kvj xb mgq cþZn GKvri Ges Ae^-i wKQyDbwZ ntj cþZ mþvñ 2 evi mfvq gqj Z nte|

DctRj v`þH M eëe^-vcbv KvgUj `wqZi nte t

- evcK wþE K BDlbqb `þH M eëe^-vcbv KvgU MvB, mþuqKiY, cþqRbxq wbþ`Rbv I Z_ cþB Ges cþc` cik¶Y myaw` ntZ DcKvi Avni Y wbþDZKiY;
- mZKZv exB, `þH Mi Sjk nmKvY, wbþDZKiY, wbþDZ KvþRi tetP _vKvi Dcvq,ij ÁvZ Ki vþbvi weI q wbþDZKiY;
- ~þbxq chþq Dbqþ cwi Kí bv cþqb I ev^-evqtb `þH Mi Sjk Ges Zv Kgþbvi mþebvi weI q cþvte weI PZ ntqþQ wK-bv, Zv wbþDZKiY;
- wbþgr^3 weI qmn Avmbæec` msþuš-mZK^evZvI tcþtZ DctRj v`KZþ¶I | ~þbxq `þH M eëe^-vcbv e-ti vK AewnZ Kti wbþqZ `þH M weI q cik¶Y I KgRyj vi AvþqvRb;
- wbþgr^3 weI qmn Avmbæec` msþuš-mZK^evZvI tcþtZ DctRj v`KZþ¶I | ~þbxq ms^vgn tbv KvþRi fþte I ¶ZvI mvI_ `þH M tgvKtej vi cþZ I ¶gZv mþubøng tmj þ¶I `þH M KgCvI Kí bv cþqb;
- NvSo I ebv msþuš-cþfvm AþZ^Z I KvþRi fþte DctRj vi mKj KgRZP` msþuš-eñg eM^P cþZvbi Ges BDlbqb chþq GZ` weI tq `wqZi cþBt I KvþQ tcþQvbi eëe^-i MþY;
- cþqRbxq gaþZ^ DctRj v`i i Rbmwari YþK AcmvitYi Rb" wbþ@ Avkþ tK`j Avkþ j wbþY I AvkþtKþ`i weIfbetmev KvR cwi vj bvi Rb" weIfbæeñg eM^P K`wqZi cþvb;

- Avkq̄tK̄` / Avkq̄` j mḡn c̄i f̄i c̄ib mi eivn | Ab̄ib̄ c̄iq̄Rbxq̄ t̄mev ms̄tbi ēētKi Y Ges BD̄bqb ēētcbv KuḡUi m̄t_ th̄Mth̄tM BD̄bqb ch̄q Aew̄Z Avkq̄tK̄` mḡn GKB aītYi t̄mev | meaw̄ b̄bzK̄i Y;
- BD̄bqb `th̄M ēētcbv KuḡŪtK̄ c̄i ḡtK̄ t̄Y | D̄xi Kvh̄mnvqZvi Rb̄ t̄Rj v m̄i | BD̄bqbmḡni m̄t̄ th̄Mth̄tM t̄cb | Dnv msītYi /c̄p̄tbi ēēt m̄t̄ Z Avb̄t̄K̄ c̄i K̄i bv c̄q̄b;
- t̄Rj v | BD̄bqb KZ̄et̄t̄i mnvqZvq ḡtS ḡtS Dct̄Rj vi Af̄t̄i Zt̄_i c̄i Yv | m̄ZK̄evZ̄ c̄ff̄m c̄i, Acmvi Y, D̄xi | c̄i ḡtK̄ t̄Y Kvh̄c̄i Pij bv wēt̄ q̄gnov Ab̄p̄t̄bi ēētKi Y;
- Mḡ ch̄q̄ `th̄Mi c̄ff̄m ētcbv c̄i Ki Z: MYmt̄PZbZv m̄j̄o Ki Y|

4.2 `th̄MKvt̄j Ki Yxq̄ t

- Dct̄Rj v ch̄q̄ Acmvi Y, D̄xi | t̄Y ms̄p̄v̄s̄-KḡRvt̄Ui mḡt̄qi Rb̄ t̄Ri "ix
- c̄i Pij b t̄K̄` (Z_ t̄K̄` | b̄q̄s̄/ K̄) c̄i Pij bv;
- c̄iq̄Rb nt̄j , t̄bxqf̄t̄e c̄i meaw̄ ēenvi K̄i D̄xi Kvh̄c̄i Pij bv Ges Ab̄t̄i D̄xi Kvh̄c̄i Pij bv i mḡs̄q̄ m̄wab, h̄w̄ `w̄q̄Zj t̄q̄ nq̄;
- `th̄M ēētcbv ej̄t̄v | t̄Rj v KZ̄et̄t̄i c̄i Ēt̄ Rb̄ Ab̄v̄t̄i Dct̄Rj v - KḡRZ̄ēt̄ | BD̄bqb t̄t̄K̄ `th̄Mi dt̄j ms̄N̄UZ̄ t̄Zi Dcv̄Ē ms̄Mn | h̄p̄v̄BK̄i Y; KḡRZ̄ēv Ab̄t̄K̄b th̄M̄ ēW̄ēM̄v̄i v mḡt̄v̄ c̄i Pij bv K̄i Z_ web̄t̄mi ḡvāt̄ḡ c̄iq̄Rb | AM̄iaKvi m̄baY;
- t̄Rj v KZ̄et̄t̄i b̄KU t̄Zi, c̄iq̄Rb | c̄i c̄i m̄x̄ū` Ges t̄Y | c̄pēmb K̄t̄Ri Rb̄ AM̄iaKvi w̄f̄t̄Z c̄iq̄Rb ms̄p̄v̄s̄-eei Y/ Dcv̄Ē m̄eivnKi Y;
- t̄bxq̄ ch̄q̄ c̄pēmb K̄t̄Ri Rb̄ S̄t̄K̄ n̄m̄K̄i t̄Y m̄t̄ē` ēēt̄mn m̄ZK̄v̄i m̄t̄c̄i K̄i bv c̄q̄b;
- `th̄M ēētcbv ej̄t̄v | t̄Rj v KZ̄et̄t̄i KZ̄R̄ c̄i Ēt̄ Rb̄ Ab̄v̄t̄i t̄bxqf̄t̄e ev t̄Y AwāBi / Ab̄Drm̄ t̄t̄K̄ c̄i B̄ m̄x̄ū` , ēt̄b̄ōf̄t̄e b̄i j̄c̄Z c̄iq̄Rb i w̄f̄t̄Z D̄xi, t̄Y | c̄pēmb K̄t̄Ri Rb̄ eiv̄i | weZi t̄Y ēēt̄ M̄b̄Y;
- t̄Y | c̄pēmb ms̄p̄v̄s̄-mnvqZv mḡM̄ weeit̄Yi weit̄q̄ Z̄v̄i K̄i | m̄m̄v̄ē` msītY Ges Zv t̄Rj v KZ̄et̄t̄i | Ab̄ib̄ t̄Y c̄i b̄Kvi x ms̄t̄mḡn̄i b̄KU tc̄oY;
- Dct̄Rj v ch̄q̄ wef̄b̄ēt̄ B̄t̄i i ḡtā mḡt̄qi `w̄q̄Zj cyj b;
- GQovl̄ `th̄M ēētcbv ms̄p̄v̄s̄-t̄q̄ Av̄t̄ k̄vej x Ges Dch̄b̄ KZ̄et̄t̄i Zvr̄t̄b̄K̄ Av̄t̄ k̄ Ab̄v̄t̄i Y|

wdc PwU©Cwi Kí bv

<p>`thM e"e"vcbv</p>	<p>`thM e"e"vcbv grm" Awa`Btii Ki Yxqt</p> <ul style="list-style-type: none"> • `thM mgtq Ki Yxq • cb@mb ch@q Ki Yxq • -fweK mgtq Ki Yxq
<p>`thM mgtq grm" Awa`Btii gw ch@q Ki Yxqt</p> <ul style="list-style-type: none"> • TiY I cb@mb KvR Ges Dxi Awhvbi Rb" mgj Mvgx RvnR w KBrRkb Kivi e"cvti "vbxq cikmbtK mnwqZv c@vb Ki te (NYSO "#MKy xb mgq) • wbqSY KtP Pvj y Kwi te Ges "vbxq `thM e"e"vcbv KigwutZ thwMthwM KgRZPtcY Ki te 	<p>-fweK mgtq grm" Awa`Btii gw ch@q Ki Yxqt</p> <ul style="list-style-type: none"> • c@Z erm" NYSO/eb" tgsmg" i" nl qui c@eB NYSO/eb" c@Y Gj vKvi gwQ aivi tbSKvmga, Uj vi, wdkks Mqpi , gwQ aivi Kwi Mwi hscwZ, grm" tcibv I grm" cvj b óK Ges grm" Aver" mgtni wbivcEvi I mij Tvi Df@tk c@qRbxq mZKZvgj K e"e"v Mh@Yi Rb" grm" Awa`Btii wd@ Awdmvi MY K.I.K Ges grm" Pvix i mRwM Ki te • Aaxb" Awdmnga, wmicic grm" Pvix Ges grm" Rxe c@Zwba c@Zi mnZ ci"e" Btii MnZ wR" ^cwi Kí bv Abymti c@Zi Ae"v ci"v Kite • `thM Pj vKj xb mgtq gwQ aivi tbSKvmga, Uj vi mg@ Ges wdkks Mqpi mg@, ch@B wbivcEvi mt_ iLvi Rb" -lqxfte wbivc" -vbwZ Kite • wdkks j wBtmY c@vbi c@e"c@Zi Uj vti i qvitjm I tiwi tmU_wKvi weq wboZ Kite • Dch@P cikmbK c`t@ci gva"tg et@cmMti grm" wKvi iZ tbSKvmga/Uj vi mgtni tiwi wiwmwfs tmU I Uj vi / tbSKq Dc@Z c@ZK e"v3 i Rb" j vBd R"vKu ivLw wboZ Kite • `#hMc@Y Gj vKmgtni mi Kwi I temi Kwi grm" weqK m@u"mmgtni beiqbKZ Zwj Kv c@qb I msi TjY Kite • `#hMc@Y Gj vKmgtni grm" Rxe RbmsL", grm" Pvix I grm" PvI t@lmgtni Rwi c I Dc@v3 msi TjY Kite Ges wbo" mgqi ci ci Zv njy bwMv` Kite • msuké-Gj vKq gwQ aivi tbSKvmga, Uj vi mg@ Ges mgj Mvgx RvnRmgtni gwj Kv/Pj t@i wKvbmw Zwj Kv msi TjY Kite • mvgy"K Rtj v"QmRbZ AvNtZi Kv@Y j eYv3 c@ek tiva Kivi Rb" msuké-Gj vKvi ewa I -BptMUmgtini cwi Pj bv I i TjYt@Y wboZ Kieri Df@tk" evsj vt" k cwb DbqbtewP KgRZP" i mnZ mveTjYK thwMthwM i TjY Kite • -BptMUmgtini h_vh_ cwi Pvj bv wboZ Kitz nte • c@qRtbi mgq wmicic Gi mnZ mg@qi gva"tg c@imgn ntZ j eYv3 cwb ewni Kti t@i t@i Kv@R kw"vbj Kti j f@Zv m@u"K" "vbxq evsj vt" k Kwi Dbq@b Ktcl@i kb Gi KgRZM@Yi mnZ mg@q Kite • NYSO tgkvtej v c@Zi cwi tekMZ TjQ@Z wbi"cy Ges cb@mb m@u"K" c@k TjY Mh@Y Kite
<p>cb@mb ch@q grm" Awa`Btii gw ch@q Ki Yxqt</p> <ul style="list-style-type: none"> • mi Kwi I e"v3 gwj Kvbxq grm" m@u" Lv@Z TjZi cwi gwj wbi"tjYi Rb" Awej t@Rxc KvthP e"e"v Kiv Ges G Lv@Zi Rb" Awej t@x" w@qgq" x TiY I cb@mb cwi Kivi c@qb Kwi te I Zv h_vh_ KZ@tjYi Kv@tck Kite • "vbxq cb@mb Ges evsj vt" k Kwi Dbq@b Ktcl@i k@bi mnZ mg@qceR, mg@q ntj , mi Kwi I e"v3 gwj Kvbxq Lv@Zi gva"tg c@qRbxq msL"K kw"vbj Z c@u"v Avgv"vbx Kite 	<p>DctRj v ch@q `thM e"e"vcbv Kigwut</p> <ul style="list-style-type: none"> • DctRj v wbe@n Awdmvi -mfvcwZ • BD@q@b cwi t@i t@Pqvi g"vbe" - m`m" • DctRj v ch@q@i msuké-wefvtMi KgRZP" - m`m" • g@nj v c@Zwba - m`m" • DctRj v tK" q mgeq mwjwZi c@Zwba - m`m" • NYSO c@Z Kg@Pi (wmicic) c@Zwba - m`m" • evsj vt" k t@i w@q@t@i tmw@i@i c@Zwba - m`m" • Gb@Ri Gi c@Zwba - m`m" • DctRj v c@k ev"evqb KgRZP" - m`m"-m@Pe

<ul style="list-style-type: none"> grm Dbeqb LvZ Awej t̄x^ `hM tgqv`x TiY I cbeimb cwi Kí bv ev evqb ibiZ Kite Ges KtRi AMMzi weiq D"p KZetPi ibKU c̄te b tck Kite] TiZM - cKi grm Pvi x i cbeimb Rb AbcYZ Ges mnqZv c̄vb Kite] Tibxq c̄kmbtK TiY I cbeimb KvR mnqZv c̄vb Kite] grm Rme/ grm Pvi x i Rb grm Pvi F̄yi e e TiKite] 	
<p>hMKuj x mḡtq DctRj v ch̄q `hM e e Tcbv Kugui `wqZt e e Tcbv Kugui `wqZt</p> <ul style="list-style-type: none"> e icK wfwEK BDibqb `hM e e Tcbv Kugui MVb, mnqKiY, c̄qyRbxq ibt Rb I Z_ c̄B Ges c̄c c̄kY meaw n̄Z DcKvi Avni Y ibiZKiY; mZKv exD, `hMi SjK nmKiY, ibiZKiY, ibiZ KvRi teP _Kvi Dcvq, y AvZ KvRb weiq ibiZKiY; Tibxq ch̄q Dbeqb cwi Kí bv c̄qb I ev evqtb `hMi SjK Ges Zv Kgvtbi m̄ebvi weiq c̄Yfite weiqPZ ntqQ K-bv, Zv ibiZKiY; wbge^ weiqmn Avmbewc msjuvS-mZK^evZt tc̄tZ DctRj v KZetPi I Tibxq `hM e e Tcbv e e Tcbv e tivK AeinZ Kti ibiZ `hM weiqK c̄kY I Kgkvj vi AitqyRb; wbge^ weiqmn Avmbewc msjuvS-mZK^evZt tc̄tZ DctRj v KZetPi I Tibxq ms̄imga thb KvRi fite I QZvi mt_ `hM tgvKitej vi c̄Z I QgZv m̄ubeqn tm j t̄ `hM Kg^ cwi Kí bv c̄qb; NYSO I ebv msjuvS ceffim AvZ^Z I KvRi fite DctRj vi mKj KgKZP, msik e w^em^ c̄Zovb Ges BDibqb ch̄q GZ weiq `wqZi c̄t KtD tc̄tQvbi e e M̄Y; c̄qyRbxq ḡtZ^ DctRj v m t̄i Rbmavvi YtK Acmvi tYi Rb ibiZ Avktq tK^y Avktq^y ibaY I AvktqK^y weiqbetnev KvR cwi y bvi Rb weiqfbœ w^em^K `wqZi c̄vb; AvktqK^y / Avktq^y mḡtq c̄t f̄i cwb mieiv I Abv b c̄qyRbxq tmev ms̄vbi e e tYi Ges BDibqb e e Tcbv Kugui mi_ thwMthwM BDibqb ch̄q AeiZ AvktqK^y mḡtq GKB aitYi tmev I meaw ibiZKiY; BDibqb `hM e e Tcbv Kugui tK c̄ugK TiY I Dxi Kth^ mnqZv Rb tRj v m i I BDibqbmḡt ni m̄z thwMthwM Tcb I Dnv msi tYi /cp: t̄c̄tbi e e v m̄y Z Avb vK cwi Kí bv c̄qb; tRj v I BDibqb KZetPi mnqZv ḡtS ḡtS DctRj vi Af s̄t i Zt_ i c̄vi Yv I mZK^evZt ceffim c̄vi, Acmvi Y, Dxi I c̄ugK TiY Kth^ cwi Pj b weiq gnov Abp̄tbi e e tYi; M̄g ch̄q `hMi ceffim e icK c̄vi Kiz: MYmtPZbZv myo Kiy 	<p>cbeimb mḡtq DctRj v ch̄q `hM e e Tcbv Kugui `wqZt</p> <ul style="list-style-type: none"> DctRj v ch̄q Acmvi Y, Dxi I TiY msjuvS-KgKtUi mḡtqi Rb ibiZ tK^y (Z_ tK^y I ibqsy KtPi) cwi Pj bv; c̄qyRb ntj, Tibxqfite c̄c meaw e envi Kti Dxi Kth^ cwi Pj bv Ges Ab^t i Dxi Kth^ cwi Pj bvi mḡtq mvab, h̄ `wqZt qu nq; `hM e e Tcbv ejtiv I tRj v KZetPi c̄E ibt Rb Abm̄t DctRj v KgKZt I BDibqb t_k `hMi dtj msjuvS tYi Dc̄E msMn I hvPvKbI Y; KgKZP ev Ab^tKb thwM e w^em^ 0viv mḡtq cwi Pj bv Kti Z_ weiqvimi ḡtq c̄qyRb I AMtaKvi ibaY; tRj v KZetPi ibiZ c̄qyRb I c̄c m̄u` Ges TiY I cbeimb KvRi Rb AMtaKvi wfwEZ c̄qyRb msjuvS-eei Y/ Dc̄E mieivnKiY; Tibxq ch̄q cbeimb KvRi Rb SjK nmKiYi m̄e e e mn mZKv m̄z cwi Kí bv c̄qb; `hM e e Tcbv ejtiv I tRj v KZetPi KZK c̄E ibt Rb Abm̄t Tibxqfite ev TiY Avi Bi / Ab^t Drm t_k c̄B m̄u` , e ibofite ibiZ c̄qyRb i wfwEZ Dxi, TiY I cbeimb KvRi Rb eivl I weZi tYi e e v M̄Y; TiY I cbeimb msjuvS-mnqZv mḡtq weiq tYi weiq Z vi wK I wmmew msi tYi Ges Zv tRj v KZetPi I Abv b TiY c̄vbKvix ms̄imḡt ni ibiZ tc̄tY; DctRj v ch̄q mḡtq weiqfbœ Bt i gta mḡtqi `wqZi c̄t b; GQovl `hM e e Tcbv msjuvS- tYi Av^t kjej x Ges Dch^ KZetPi Zir tibK Av^t k Abm̄t Y

Awa`tekb cwi Kí bv

v b t 05

mgq t 10.00-11.00

tgqv` Kvj t 60 mgibU

ukti vbg t tKvm©cpi vPbv
 Af xo `j t grm` Awa`Bi i KgRZ®
 j ¶ t gtbvdm. tZj wmcqv I cvsmVm PvI weI qK tKvm® cōg t_‡K tkI chs-cik¶Yv_x® i gva`tg
 cpi vPbv Kivi mjhM Kti t_qv hv‡Z Zv‡i tKvb mgm` ev wRAvmv _vKtj tmUv mgvavb Kti
 wbZ cv‡i |
 D‡i k t Awa`tekb tk‡l cik¶Yv_x® KBR cxwZ‡Z tKvdm® mgvM® uk¶Yxq weI qw` cpi vPbv Kiteb
 Ges Zv‡i mgm` ev wRAvmv _vKtj tm, t_j vi mgvavb Kitz cv‡eb |

weI q mPx	Avtj vP` weI q	cxiZ	mgq
figKv			3 mgibU
	<ul style="list-style-type: none"> • -MZg • ceEZ® Awa`tekb i mi‡_ thMm‡ -vcb • Pj wZ Awa`tekb i ci Avtj vKvZ • DØyKi Y 	e³Zv I cik¶Ei	
weI qe`			52 mgibU
	cik¶K mg^-cik¶Yv_x® i‡K 2 `tj fvM Kti cōZ`K `tj i bgvKiY Kiteb Aimb e`e`v wK Kti 2 wJ `j ‡K gtLvgLx Kti emv‡bv n‡e cik¶K GKwJ `j ‡K 1g I 3q w`bi Avtj vP` weI q t_‡K 15 wJ msin® cik¶bePb Kitz ej ‡eb Abj "cfvte Aci `j wJ 2q, 4_©I 5g w`bi Avtj vP` weI q t_‡K 15 wJ msin® cik¶ bePb Kiteb Dfq `j B wePZ cik¶tj v DÉimn mieivnKZ wfcKw® c_wK c_wKfvte ij Lteb cik¶K Dfq `j t_‡K Kw®tj v msM® Kiteb Ges cōZ `tj i 10wJ DcthwM cik¶evQvB Kiteb cik¶K twqyBU tevW® GKwJ t`vi tevW® Aukteb cik¶Yv_x® i‡K 1,2,3..... µigK b¤t t_qv n‡e Ges cōZ`K `tj GKRb `j tbZv _vKteb cik¶K chqutg 7 t_‡K 10 chs-GK `tj i cik¶tj v Ab` `j ‡K Kiteb Ges Rji tevW® wmxvS-Abhvqx t`vi cik¶v Kiteb	e³Zv cik¶Ei g³ wPsh So	
mvI -ms‡¶C	<ul style="list-style-type: none"> • gj weI q, tj v cpi vPbv • n`vEAvDU weZi Y • ab`er` Ávcb 	e³Zv cik¶Ei	5 mgibU
cik¶Y mnwqK mgM t twqyBU tevW® wDRicE, gwKw , n`vUAvDU, Kvj Ktj ui BZ`w`			

Añatekb cwi Kí bv

w b t 05

mgq 11.15-12.30

tgqr` Kvj t 75 wgbU

wk̩iwbvq t ciklY cieZgj "qb | tKvm̩gj "qb
 Afxo `j t grm̩ Añia Btii KgRZfe`
 j ¶ t ciklYi i "t_kl chs-ciklKuv weI tq ciklYv_¶` i Ávb KZUKzeipx tcqtQ Zv hvPvB Kiv
 Ges GB tKvtmP weIqe`; tgqr` Kvj BZw` m̩úK̩ciklYv_¶` i gZvgZ tbI qv hvZ wbRt` i
 Dbq̩b m̩úK̩avi Yv cvq Ges tKvtmP DcthwMZv m̩úK̩avi Yv cvl qv hvq |
 Df̩i k̩ t Añatekb tk̩l ciklYv_¶`-
 • wbRt` i Dbq̩b wbRivB wePvi Ki‡Z cviteb |
 • tKvm̩m̩úK̩ciklYv_¶` i gj "evb gZvgZ ciklK Ki‡Z cviteb |

welq mPx	Añij vP" welq	CxWZ	mgq
fwgKv			5 wgbU
	<ul style="list-style-type: none"> -MZg ceEZP Añatekbib mi_ thMm̩ -vcb Pj wZ Añatekbib Ici Añij vKcvZ DØK̩KiY 	e³Zv ciklEi	
welqe`			60 wgbU
	<ul style="list-style-type: none"> bañi Z cke†i gva"tg gj "qY Kiv bañi Z ckegj vi gva"tg ciklYv_¶` i gZvgZ tbqy 	ciklY cieZgj "qb c†, tKvm̩gj "qbibi cke† e³Zv ciklEi	
mvi -ms‡¶c			10 wgbU
	<ul style="list-style-type: none"> gj welq,tj v cþivtj vPbv n"EAvDU weZiY ab"er` Ávcb 	e³Zv ciklEi	
ciklY mnvqK mvgnR t tnvqyBU teW©wbDRicE, gvKñ, n"UAvDU, K"vj Ktj Uj , gj "vqbc† BZw`			

Aiatekb cwi Kí bv

w b t 05

mKvj 12.00-14.30

tgqv` Kvj t 45 wgbU

wk̄t̄i vbg t mgvcbx Abj̄ib I mb`c̄ weZiY
 Afjō `j t grm Aia`Bt̄i KgRZ̄e;
 j ¶ t cik̄¶Yv_ i 5 w bevcx Abj̄oZ cik̄¶Y Kv̄h̄ig tk̄l Avbj̄obK mgvcbx Abj̄vbi gva`tg mb`c̄
 c̄vb Kiv nte h̄t̄Z Zui v Āl cik̄¶t̄Y j ä Ávb Kv̄R j wM̄t̄q bZb D`tg ḡQPwI t̄ i c̄qyRbxq
 mn̄hwMzv Kīt̄Z c̄t̄ib|
 D̄t̄i k̄ t G Aiatekb tk̄l cik̄¶Yv_MY Zut̄ i ĀRZ Ávb m̄uK̄AvZ̄c̄Z̄q x n̄eb Ges Av̄vi m̄t̄_
 ḡQPwI t̄ i ḡta` gt̄bvt̄m. t̄Zj wicqy I cv̄v̄m Pv̄l i c̄b̄v̄ m̄c̄h̄iY Kīt̄Z cv̄t̄eb|

wel qmW	Avtj vP̄ wel q	cik̄¶Y tKskj	mgq
figKv			2 wgbU
	<ul style="list-style-type: none"> ~MZg ce@Zr Aiatekb̄bi c̄p̄i vt̄j vPbv eZḡib Aiatekb̄bi m̄t̄ m̄sthM ~vcb Aiatekb̄bi D̄t̄i k̄ ēvL̄v 	cik̄¶Ei Avtj vPbv	
wel qe~			38 wgbU
	<ul style="list-style-type: none"> Avmb web̄v̄m AvgišZ ĀZ̄l ēt̄ i Avmb M̄ob `B Rb cik̄¶Yv_ ē³ē cik̄¶Kēt̄ i ē³ē AvgišZ wel̄k̄l ĀZ̄l M̄bi ḡta` t̄t̄K̄ ē³ē c̄vb ĀZ̄l i ē³ē I mb`c̄ weZiY m̄fvcwZi ē³ē 	ē³Zv Dc̄vcbv	
mvi -mst¶c			5 wgbU
	<ul style="list-style-type: none"> ab̄er` Ávcv̄b 	ē³Zv	
cik̄¶Y mn̄qK mgM̄t n̄v̄EAvDU, t̄nv̄qBU teW̄, wDRic̄E, ḡK̄ , wdePvU© Abj̄xj b wku			

g^Wb^Wm- tZj w^Wqv | c^Wvm e^We^W vcbv tK^Wm^o
 tgqv` Kuj t 3 w b
 tK^Wm^ogj vqb cik^Wi

1.	mvg ^W Kf ^W e tK ^W m ^o K Avcb ^W i Rb Dc ^W hMx wQj ?		n ^W □	bw □
2.	tK ^W m ^o tgqv` Kuj tKgb wQj ?	L ^W xN ^o □	m ^W K □	L ^W f □
3.	tK ^W m ^o Dc vcbvi M ^W Z tKgb wQj ?	L ^W Z □	m ^W K □	g ^W s ^W i □
4.	Z ^W E ^W K I e ^W enwi K Avat ^W ek ^W bi gta mvg ^W A ^W Zv tKgb wQj ?	L ^W tek ^W e ^W enwi K □	m ^W K □	L ^W tek ^W Z ^W E ^W K □
5.	cik ^W iK m ^W ú ^W K Avcbvi avi Yv tKgb wQj ?	L ^W mnR □	mnR □	R ^W uj □
6.	tK ^W m ^o mi e ^W vnKZ cik ^W Y mvg ^W M ^W i gv ^W tKgb wQj ?	L ^W fij □	fij □	fij bq □
7.	w ^W Y c ^W i tek tKgb wQj ?	L ^W fij □	fij □	fij bq □
8.	cik ^W itY e ^W eüZ w ^W fb ^W cik ^W Y tK ^W skj Dc ^W hMx wQj w ^W Kbv	n ^W □	tgwUvg ^W U □	bw □

cäk¶Y tKv¶m©cwi Pwjj Z weifboAwatek¶bi Dci Avcvvi gZvgZ w`b (eEvk¶i)

me: `a Awatek¶bi weI qe-` Dc-`vcv, cäk¶Y mggM, tevaMg-Zv Ges mgq weI Pbv K¶i miKfite GKU gZvgZ w`b |

Awatek¶b	tgvUgjU fij	fij	Lp fij
1. tKv¶m©cwi Pwjj	1	2	3
2. tZj wcqv Pv¶l i m¤ebv	1	2	3
3. tZj wcqv gvtQi weifboai‡Yi PvI cxWZ	1	2	3
4. gvQ Pv¶l gwU I cwbI , Y, Y	1	2	3
5. tc¶b, LwPiq I avb¶¶tZ gtv¶m- tZj wcqvi PvI	1	2	3
6. gtv¶m- tZj wcqvi tcv bv Drcv` b tK\$kj	1	2	3
7. gtv¶m- tZj wcqvi bvm¶x e"e-vcv	1	2	3
8. cKti gtv¶m- tZj wcqvi PvI	1	2	3
9. gtv¶m- tZj wcqv Pv¶l wnmve wetkH	1	2	3
10. cv¶wm Pv¶l i cUfing, m¤ebv I myav-Amjeav	1	2	3
11. cv¶wm RxeiÁvb	1	2	3
12. cv¶wm bvm¶x e"e-vcv	1	2	3
13. cv¶wm PvI e"e-vcv	1	2	3
14. tivM e"e-vcv			
15. cv¶wm Pv¶l wnmve wetkH	1	2	3

ଅନୋମେକ୍ସ ତେଲାପିଯା ଓ ପାଞ୍ଚାସ ଚାଷ

