

## Aqi ~rMr bmdS>

Cn`@P\$Vm:

Aqi ~r A bniMoNiOxZo\\$naM Cn`@P\$V Anho E`nV a(WZq I {ZODi`oAnfU OrdZgEdo ^anq a\_nUnV Anhv. ~r, gr AnfU Sx gra>>`m OrdZgEdnq`m {dnboVo`u oE`m ~ar~ar, oX` {dH\$na, \_Ywb, \_Gxg BE`nXr anolnda JbH\$nar Anhv \`\$fbH\$, nW0aW/0VdH\$ Aer Cn`@P\$ AnaboE`nV Anhv. Aqi ~rVrb H\$bo(e`\_, \`\$ni\`\$ng, nnoe`\_, brnb BE`nXr I {ZOo hns> XnV, Sani oBE`nXrA`m {dH\$na nca Cn`@P\$ RaVnV. gdM {XgUne`m Aqi ~r I nE`ng `nE` ZgVnV. E`m {dfmargUxm Agy eH\$VnV.

bmdS>:

bmdSxgrnRx AnfU I nE`ng `nE` Aem Aqi ~rA`m H\$hr OnVr Anhv. ghOnghOr bmdS>hnd\$ eH\$Une`m Aqi ~rMr \_nfhVr I nrb a\_nUe

H\$nmO>I Vnda dntUmar Aqi ~r :

hr OnV AJfaH\$g `m ZndnZo Ani I br OnVo dnvnzH\$bo {Z`\$IV OnVW `m OnVrMr bmdS>H\$and`nMr AgVo gd@nYnaU aMfbV nUXVrV H\$nmO>V na H\$aE`nH\$aVm Jihns`m 300 {H\$omp H\$bo(e`\_ A\_nZ`\_ Zm`O>H\$dm A\_nZ`\_ ge\0>1.0 {H\$omp `fa`m 3.7 {H\$omp a`nd>Ank\$ nnoe`\_ 3.0 {H\$omp {Obg\_ 30 {H\$omp \`\$nrbSx`c ^H\$Ox` 2 O`\$ 250 J` AgoH\$\_rV H\$\_r a\_nU dnnaVnV. hoH\$nmO>V na hne`nbnm gnyraU EH\$\_{hY`nMm AdYr bmdVno V na PrbbobH\$nmO>gnyraU 100 gl\_r. br\$, 50 gl\_r. eX AnfU 18 gl\_r. D\$M Aem brnH\$Sx Oa\_U`o^eSZ E`nca ~merMo~r ahUOo nnnZ neSZ dnvnzH\$bo I nrbV gnyraU 25 A\$ go (24 Vo26 A\$ go) Vnn\_nZ d 90-95 O`\$oAndVW Ralndo

gnyraUV: Oa\_U`o~merMo~r nae`nngyZ 10-12 {XdgnV ^anq V\$w` ~merMr dnt>Prbbor {XgVo `nzYa {d(ei>nUXVrZoV` na H\$obom H\$gJ \_nVrMm EH\$ VoXrS>B\$M Wa ~merA`m V\$w` dnt`da ngadVnV. E`nzYa Vnn\_nZ 16 A\$ go (qH\$dm 14 Vo 18 A\$ go) Xaa`nZ AnfU AndVm 85-90 O\$S`nca AnUVnV. Vnn\_nZ H\$\_r PnE`nI arO Aqi ~rMoCtm`nrH\$`W Znhr. H\$gJ \_nVrMm Wa {Xe`nzYa gnyraU 2-3 AnRdSx`nV bhnZ AnH\$naA`m Aqi a`m`e`ng gne\$dmV hnbvo Aem\_nR`em Prbbe`m N\$`m CKS`e`nnydu hnvnzOXB`atom hbH\$M nri XDSZ H\$it`n`nV. gnyraU 60 {Xdgnn`V {\_i UmaonrH\$ \`\$ni`UnMoAgVo hr OnV hdm-`S>`m AnfU VnOr {dH\$Vm`Vo hr OnV eV`d MdXna AgE`m`u o{hbm ~nOmanR`W \_mUUr Anho nU bmdSxgrnR` Vnn\_nZ AnfU AndVm {Z`\$UngnR` `jUm Andr`H\$ Anho

qYJar Aqi ~r :

qYJar hr OnV Bbndg qHsdm Anò n0a `m ZndnZo àM{bV Anho È`ngnr` ^nVnT`  
qHsdm Jihns` nMo 4-6 gl\_r. bn`rMo VmSS` Hs`SZ nne` nV 12-14 Vng {^OdZ  
AnU ZYa 80-85 A& go Vnn\_nZnÀ` m nne` nV gnyMaU 20 {Z0a {ZOVm\$ Hs`SZ  
bmdS`gnR` dnnaVnV. gnyMaU 45 Vo 60 gl\_r. AnH\$maA` m nne` bWrZ {nei` m\_Ü` o  
`nMr bmdS>H\$VnV. `ngnr` {nedr\_Ü` o WanVanzonT` ^aVnV. È`nda Aqi ~rMo~r  
AnU WnS` ~gZ AWdm gnò m-rZMo nrR>ngaVnV. Aem nUXVrZo 4-6 Wa {nedrÀ` m  
3/4 CMrn` V ^aVnV. nT` ^eSZ Priè`nda VnoVi hmvzoXm-ÿ bn` JnbnH\$ma AnH\$ma  
{nedrg XvVnV. {nedrMoVnS` ~ny`è`nzYa gBZo g^ndVnbr 20 Vo 25 {NÐonnS`VnV.  
`nè` AnU AZH\$bo dnVndaUnV {nedrVrb ~nerMr dnt> 15-20 {XdgnV nU`hmv  
`nzYa {nedr bn`rMo~nDZo àbS>qHsdm MnH\$Zo H\$nz H\$nt`ndr. AgoV` na JÇa aS`gda  
RdndV. nT` Anbga anH`È`ngnr` Vfn` nfnZo 2 Vo 3 dò m nUj `schrando gnyMaUnUo  
AnRdS`çnMo AnV JRR`çnMo gd`~nDZr Aqi ~r {ZKvzm {XgVo È`m nri XD\$Z qHsdm  
àbS`Zo H\$nz H\$nt` nV. `m Aqi ~rMm AnH\$ma Xns`dahrV AgZ È`m AnS`` m dnt`VnV.  
Aqi ~r {dH\$g nR`dVnzm 6-7 {NÐ Agbè` m nne` bWrZ {nei` nV ^andr. hr Aqi ~r  
dmi dZ RdVm` Vo È`ngnr` Aqi ~r VnS`è`nzYa 4-5 Vng gndbrV RdZ È`nzYa 2  
{Xdg MnS`boC`hmv dmi dVnV. È`m\_ü` o\_j JbY`©AnU Md {CH\$cdÈ`ng\_XV hmv  
gnyMaU 2-3 AnRdS`çnV 10 {XdgnMo AVanzO 2-3 {nH\$ hmv` VnV.

^nVnT`çndarb Aqi ~r :

hr OnV ihnednfaE,,m`m ZndnZo Anò I br OnVo `m OnVrgnr` 28-38 A&  
go Mo Xaà`nZ Vnn\_nZ AnU 80-90 O>` AnDPMr Oe\$ar AgVo `m OnVrÀ` m  
bmdS`gnR` {def H\$ni Or KÈ` nMr Andf` H\$Vm ZgVo YnzNÀ` m h\$jm\_nV hmvzo  
\_i UrH\$SZ gai Agbè` m YnzNMr nS` V` na H\$VnV. hr nS` gnyMaUV: 20 Vo 30  
gl\_r. i`ngnMr d 60 Vo 100 gl\_r. cn`rMr Agndr. nS`çm 12-24 Vng nne` nV  
{^OV RdSZ ZYa {ZOVm\$ H\$E`ngnr` 80-85 A& go Vnn\_nZnÀ` m nne` nV gnyMaU  
20 {Z0a RdSZ nT` bmdS`gnR` dnnaVnV. bnH\$S` qHsdm ~nS`-j` m {d0anda AnVnfaV  
MnH\$oda 4-6 O`H\$ (gnyMaU 20 gl\_r. i`ngnM) g\_nYa RdVnV. `nda H\$RnMo  
~nDZo 10-12 gl\_r. AnV g^ndVnbr anS`ni r nUXVrZo ha^am qHsdm VnrMo nrR>  
OnH\$VnV. `nda ~nerMo~r WnS`çm WnS`çm AVanda naVnV. naV àW\_ O`S` nMoWanda  
{dè\$UX ~nDZo Xngam Wa XD\$Z nWm Xmi rMo nrR> AnU ~nerMo~r nèSZ 36-40  
O`S` nMm T`J V` na hmvno Aem àH\$moV` na T`J BbñO`H\$Zo PnH\$VnV. {T`>nMo Vnn\_nZ  
25 A& go I nbr AnU 40 A& go Moda OnD\$ Xv ZnrhV.

VgM 80-90 Q>0 AnDm RalVnV. gmYmaU 10 {XdgnZYa nrfb{WZ H\$uX H\$Tz  
 z`ndm E`ndó r Aqi a`m`e`ng gne\$dnV hnVo E`m A\$e`nA`m AnH\$anA`m AgVnZm  
 H\$Tz z`m`nV. `m Aqi ~rMonrH\$ 7 Vo 10 {XdgnMo AVanZo {hZm^a {\_i V anhVo  
 Aqi ~r {NDo Agbe`m nrfbWrZ {nedrVz {dH\$ndr. hr Aqi ~r S>m-8 H\$Vm`W  
 Znhr. naYw gH\$dz RalVm`Vo Mnjè`m CÝhnV 2-3 {XdgnV E`m ghO dmi VnV.  
 VgM Vodmi {dE`ngnR\* E`nA`m \_ni m H\$e\$Z gH\$dz RalVnV.

Annè`nH\$e`bmJdS\$gnR\* bmJUmam YnZnVm n\$aq JihmMm H\$S\$an AnU BVa dnVy  
 {dnj0 AnU ñdnV AnhV. qYJar AnU ^nVnS\$endarb Aqi a`m H\$\_r I MnP ghO  
 bmJdS\$I nbr AnUVm`Vrb. VgM Aqi a`nMr AmS> {ZdS>AnU bmJdS\$Mo j ð  
 dnV Anho E`ngm AP ahUz EH\$ AmJi oñVnZ AnhM, ahUz Aqi ~rA`m bmJdS\$H\$e`  
 N[i j m Q\$H\$Uo Andí`H\$ Anho

Q\$en : qYJar Aqi ~rMo ~r {d^mJ à\_ñ , dZñnVr amJemñ , S\$e` n\$XoH\$.{d.,  
 AH\$nbm- 444104 VgM àñU`mH\$, dZñnVr amJemó, H\$F \_hr{dÚnb` ,  
 ZnJng, `nH\$e`\_mUr ZnK{dè`ng {dH\$V {\_i yeH\$Vo