

প্রশিক্ষণ মডিউল

মনোসেব্র তেলাপিয়া ও পান্জাস চাষ



মৎস্য অধিদপ্তরের প্রাতিষ্ঠানিক দক্ষতা জোরদারকরণ প্রকল্প
মৎস্য অধিদপ্তর, বাংলাদেশ

চাঁকণীY গWVDj

g†bv†m. †Zj wmcqv I cv½vm Pvl e`e`rcbv

Rb, 2009 wL^a.

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

চাঁকায় গাছের গাছের তাজ মসজিদ 1 চাঁকায় পলি 3

চাঁকায় মসজিদ

তাজ মসজিদ
গাছের পলি 1, গাছের আলাই

মসজিদ চাঁকায়
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কাজের উদ্দেশ্যে কাজের তাজ মসজিদ চাঁকায়

চাঁকায় 1 কাজের তাজ মসজিদ

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কাজের কাজের তাজ মসজিদ

mip

welq	côv
cŭg w`b	07-56
wbeÜb I tKvm©D†0rab	
cŭk¶¶Y mgqmip	
tKvm©cwi wPwZ	
cŭK gj`vqb	
cŭk¶¶Y cZ`vkv I bwiZgvj v	
tZj wicqv PwtI i m†0ebv mjeav-Amjeav I RxebeEivŠ-	
wewfbœai†Yi †Zj wicqvi Pvl c×wZ I e`e`vcbvi aib	
gvQPwtI gwU I cwbi ,Yv,Y	
tctb, LvPvq I avb†¶¶Z g†bv†m· †Zj wicqvi Pvl	
wŖZxq w`b	57-88
g†bv†m· †Zj wicqvi tcvbv Drcv`b tKŠkj	
g†bv†m· †Zj wicqvi bvm¶¶i e`e`vcbv (tmkb-1)	
g†bv†m· †Zj wicqvi bvm¶¶i e`e`vcbv (tmkb-2)	
cK†i g†bv†m· †Zj wicqvi Pvl	
g†bv†m· †Zj wicqv PwtI i Avq-e`†qi wmwve	
ZZxq w`b	89-120
cv½vm PwtI i cUfug, m†0ebv I mjeav-Amjeav	
cv½vtmi RxebeÁvb, Pvl c×wZ I e`e`vcbvi aib	
cv½vtmi bvm¶¶i e`e`vcbv	
cv½vtmi Pvl e`e`vcbv	
cv½vm PwtI i Avq-e`†qi wmwve	
PZL ¶¶ b	121-134
g†bv†m· †Zj wicqv I cv½vm PwtI i S¶K I ti vM e`e`vcbv Ges cw¶†ek evÜe gvQPvl	
cÂg w`b	135-148
`¶h¶¶ e`e`vcbv	
tKvm©cpi v†j vPbv	
cŭk¶¶Y cieZ¶¶g†`vqb I tKvm©gj`vqb	



cög w`b

MYCÖRvZŠg evsj vř` k mi Kvi
 grm` Awa` Bi, evsj vř` k
 grm` Feb, i gbv, XvKv|

tKvm`g gřbvřm. řZj wvcqv I cvřvm Pvl e`e`řcbv |

cÖkřY tgvv` t 05 w` b|

mgq w` b/Zwii 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`Kvj xb KvR
w` b - 1	Dřřvabx Abřvř	cÖk gj`řqb I řKvm`cwi vřvZ, cÖkřY cř`řkv I bwiZgvj v	řZj wvcqv Přř I m`řevb mřev- Amřev I Rřebeřvř-	Pv weiwZ	wefbřai řYi řZj wvcqi Pvl c`wZ I e`e`řcbvi ai b	gvQ Přř I gvW I cwbi řYv řY	řřřb, Lwřvř I avřřřřřřř gřbvřm- řZj wvcqi Pvl	
w` b - 2	çpi řřj vřbv, cÖZřve I Dc`řcbv	gřbvřm- řZj wvcqi řcbv Drcv` b řKřkj	gřbvřm- řZj wvcqi bvmřii e`e`řcbv (řmkb 1)	Pv weiwZ	gřbvřm- řZj wvcqi bvmřii e`e`řcbv (řmkb 2)	cřři gřbvřm- řZj wvcqi Pvl	gřbvřm- řZj wvcqv Přř I Avq-e`řqi wřmve	mvÜ`Kvj xb KvR
w` b - 3	çpi řřj vřbv, cÖZřve I mvÜ`Kvj xb Kvřři Dc`řcbv	cvřvm Přř I cUřwř, m`řevb I mřev- Amřev	cvřvmři RřewěÁvb, Pvl c`wZ I e`e`řcbvi ai b	Pv weiwZ	cvřvmři bvmřii e`e`řcbv	cvřvm Pvl e`e`řcbv	cvřvm Přř I Avq-e`řqi wřmve	mvÜ`Kvj xb KvR
w` b - 4	çpi řřj vřbv, cÖZřve I mvÜ`Kvj xb Kvřři Dc`řcbv	gřbvřm- řZj wvcqv I cvřvm Přř I ŠmK, řivM e`e`řcbv Ges cwi řek evÜe gvQ Pvl			gvW cwi` kř			gvW cwi` kř cÖZře` b cřřqb
w` b - 5	çpi řřj vřbv, cÖZřve I gvW cwi` kř cÖZře` b Dc`řcb	řřřř e`e`řcbv	řKvm`çpi řřj vřbv	Pv weiwZ	cÖkřY cieZř gj`řqb I řKvm`gj`řqb	mgvcbx Abřvř I mb` cř weZiY		

GKK Abkxj b

c0Z`inK Rvbfi

GKK KvR

G Abkxj bxi Dfi k` ntj v tKvfm`AwRZ Avtbi c0Zdj b Kiv hvfZ c0k`Yv`xMY tKvfm` AwRZ Avb I `fjZvi `i`Zi; Abpveb Kfi fivel`fZ c0k`Y cwi Pj bvi t`f`f G Avb I `fjZv c0qvMi e`vcrfi e`w`MZ Abf`wZ m`u`K`BwZevPK fivgKv cvj b Ki fZ cvfi b|

1. w` b tkfi 5-10 vgbU mgq H w` tbi wk`Yxq vel qMfj v wbtR wbtR cbivtj vPbv Ki`b|
2. tKvm`kfi e`w`MZfvte wK wL`fj b, tKvb vel qvU Avcbvi KvQ `i`ZcY`Qj Ges fivel`fZ Zv wKfvte c0qvM Ki`eb Zv msv`fjBfvte wj Lp|
3. wbtgic` QK Abhvqx msv`fjBfvte tKvfm` vel qw` wj fL ivL`fZ cvfi b|

Kvh`ig	Kvh`ig f`fK e`w`MZfvte Avig Kx wL`fj vg	hv wL`fj vg Kxfvte Zv KvR c0qvM Ki`ev
c0Z`inK Rvbfi	1. fivel`fZ c0qvRbxq Z` cvl qvi R`b` c0Z`inK Rvbfi wbcvqZ I e`w`MZfvte msv`fjYi `i`Zi	mg`-wk`Yxq vel q`fj v Avig G c`xwZfZ msv`fjY Ki`ev Ges Avgvi c0k`fjY G c`xwZ Pj yKi`ev
Z` MhY c`xwZ	1. wKfvte Pwv iv tKvb Z` MhY Kfi Ges tKvb vel q`fj v Pwv i Z` MhY c`fve tdtj	gvfV Pwv f`i mvf` KvR Kivi mgq Z` MhY c`xwZ I Zvi c`fveKmgv` fji Y ti`fLB m`c`hvi Y KvR Ki`ev

†Kvm©cwi wPwZ

AstKi tLj v

wbtgù: Ask, tj vi Rb` we†kl wbt` Rbv ntj v th, 0+0 wPý Øvi v we†qm, 0N0 wPý Øvi v fvM, 0×0 wPý Øvi v thvM | 0÷0 wPý Øvi v
Y e†v†bv ntqtQ|

mgq : 20 fnt†KÊ

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. $8 + 4 =$

c0Z`wK cpi vtj vPbv

GKK/`j xq Abkxj b

G Abkxj bxi Df`k` ntjv ceP`bi Kvhpqg cpi vtj vPbv Ges c0E` mvU`Kvj xb KvR Dc`vcbi m`thvM mjo` Kiv hvZ AskMhYKvi xMY AwRZ Awf`AZvi weibgq Ki tZ cvt`b |

K. cpi vtj vPbv




- c0g` w`b e`ZxZ c0Zw`b` i`i` tZB` j Uwi`i` gva`tg` H` w` tbi` cpi vtj vPbv Awatekb Dc`vcbvi Rb` GKRb c0Zw`bwa` wbeP`b` Ki tZ` nte | wbeP`PZ` c0k`Yv`P` Avf`Mi` w` tbi` Dc`vcZ` me`_tjv` Awatekb` t`_tK` _i`ZcY`G` GKw` w`k`Yxq` w`l`_tqi` I` ci` 5` w`gubU` mgq` e`3`e` i`vL`teb | e`3`te`i` gj` w`l`q` nte` w`l`q`w` w`k` tKb` _i`ZcY`G` Ges` w`k`fvte` Zv` f`w`l` tZ` KvR`j` vMv`teb |
- GKBfvte` c0k`YK` Av`i` GKRb` c0k`Yv`_P`K` j Uwi`i` gva`tg` wbeP`b` Kiteb` w`h`w`b` MZ` w` tbi` mg`-w`l`q`_tjv` mKt`j` i` AskMhYi` gva`tg` 15` w`gubU` mgq` a`ti` cpi vtj vPbv` Kiteb |
- Dc`iv`3` `P`Rb` Dc`vc`_tKi` m`w`e`K` Dc`vcbvi` I` ci` 10` w`gubU` mg`_tq` c0`_tg` mKj` c0k`Yv`_P`I` c`ti` c0k`YK` f`ij` I` g` c0Z`fve` t`_teb |
- tKvb` AskMhYKvi`xi` MZw` tbi` Avt`j` vPbvq` tKvb` w`l`_tq` Rvb`_tZ` ev` eS`_tZ` Amjeav` ntj` Zv` mst`kvab` Kti` w`b |

mvU`Kvj xb KvRi Dc`vcb

- ceP`_tb` c0E` mvU`Kvj` xb` Abkxj` bx` m`w`k`fvte` tR`_tb` w`b |
- Kxfvte` Dc`vcb` Ki`_teb` Zv` w`baf`Y` Ki`_b |
- tK` Dc`vcb` Ki`_teb` Zv` w`baf`Y` Ki`_b |
- w`b`_0` mg`_tqi` g`ta` Dc`vcb` Avt`j` vPbv` I` c0k`e`D`E`i` ce`_k`l` Ki`_b |

gW wguvi

cřZř řbi Awatekb řkřl čikřYv_řMřYi gřvřřve A_ř Zřiv cřZ ř řbi Awatekbmn mřvřMř řřře Zřř i mřřři
 řel qřř ōgřW wguvřř i ō gřřřg Dc řřcb Křřeb| mřvqZř řbKřřř AvUřřccvř řkřřU ōřei gřřřg řZb ařřřbi mřřři řel q
 Dc řřcb Křřeb| čikřYv_řMřY cřZ řřK cřZř řb Awatekb řkřl řUK (ř) řřřřř gřřřg Zř čřY Křřeb|

w`b			
1g			
2q			
3q			
4_©			
5g			

Awa`tekb cwi Kí bv

w` b t 1

mgq t 08.30-09.00

tgqv` Kvj t 30 ugubU

wk`i v bvg t	wbeÜb I tKvm`D`ðvab
Af`xó `j t	grm` Awa` B`i i KgR`Z`e`z`
j` q` t	c`k`q`Yv`_`i i wbeÜb Ges Avb`p`wb`K`f`v`te ðg`b`v`t`m`- `z`j` w`c`q`v` I c`v`z`v`m` P`v`l` e`e`-`v`c`b`v`ð` t`K`v`t`m`P` D`ðvab K`i`v` h`v`z` c`k`-`q`K, c`k`-`q`Yv`_`x`e`l` Avgu`s`z` AwZw`_`t` i g`v`S` c`w`i`v`P`w`Z` N`t`U` Ges t`K`v`m`q`m`-`u`t`K` B`w`Z`e`v`P`K` g`b`v`f`v`t`e`i` m`j`o` n`q`
D`f`i` k` t	G Awa`tekb- <ul style="list-style-type: none"> c`k`-`q`Yv`_`i` v` m`j`o`w` `e` d`i`g` w`b`t`R`t` i bvg wbeÜb K`i`t`e`b` c`k`-`q`K, c`k`-`q`Yv`_`x`e`l` Avgu`s`z` i g`v`S` c`w`i`v`P`w`Z` N`U`t`e` c`k`-`q`Yv`_`x`e`l` i g`v`S` t`K`v`m`q`m`-`u`t`K`B`w`Z`e`v`P`K` g`b`v`f`v`e` m`j`o` n`t`e`

wel qm`P	Av`j` v`P` wel q	c`k`-`q`Y` t`K`S`k`j	mgq
f`u`g`K`v`			2 ugubU
	`M`Z` I` i`f`-`Q`v` Á`v`c`b`	e`3`Z`v`	
wel qe`-`			25 ugubU
	<ul style="list-style-type: none"> c`k`-`q`Y` m`v`g`M`ð` w`e`Z`i`Y` m`j`o`w` `e` d`i`g` c`k`-`q`Yv`_`i` i bvg wbeÜb G`K`R`b` c`k`-`q`Yv`_`x`e`l` G`K`R`b` Avgu`s`z` AwZw`_` ðg`b`v`t`m`-` `z`j` w`c`q`v` I c`v`z`v`m` P`v`l` e`e`-`v`c`b`v`ð` t`K`v`t`m`P` I c`i` m`s`u`q`j`B` e`3`e`-` c`ð`v`b` c`á`v`b` AwZw`_` K`Z`R` t`K`v`m`q`m`-`u`t`v`ab` 	e`3`Z`v`	
m`v`i`-m`st`q`c`			3 ugubU
	<ul style="list-style-type: none"> c`k`-`q`K` K`Z`R` Avgu`s`z` AwZw`_` I c`k`-`q`Yv`_`x`e`l` i a`b`e`v`-` Á`v`c`b` c`i`e`Z`i`Awa`tekb` m`w`e`R`f`v`t`e` t`K`v`t`m`P` t`g`š`i`j` K` A`e`K`i`v`t`g`v` Ges w`k`Q`y`A`v`b`j` w`b`z`K` w`e`l` q`w`-` w`b`t`q` Av`j` v`P`b`v` K`i`v` 	e`3`Z`v`	
c`k`-`q`Y` m`n`v`q`K` m`v`g`M`t` t`e`v`b`v`i` , wbeÜb d`i`g` , c`k`-`q`Y` m`v`g`M`ð` , B`Z`-`w`			

gĦĦm tZ ĦĦq I çĦĦm Pvl e`e`vcbv tKvm©
grm` Awa` Bi, evsj v` k

K. tKej gvĦ AwĦm e`envĦi i Rb`

tKvmP ĦĦi vbg tKvmAvBW bs

tKvmKw

çĦĦĦi vb çĦĦPvZ bs

çĦĦĦi tgq` : ntZ chS-

çĦĦĦi bvg I c`ex

-
-
-

L. çĦĦY çĦĦi Kiteb :

Full Name
çĦĦi bvg

Date of birth
RbĦ Zwi L (w` b/gvm/eQi)

Designation
c`ex

Address
thvMvthvĦi wKvov

Telephone / Mobile No. (if any)
tUvj tcvb / tgrevBj tcvb bs (ĦĦ` _vĦK)

çĦĦi

w` b gvm mvj

gtbvfm· tZj wcv I cvlvm Pvl e`e`vcbr tKvm©
grm` Awa` Bi, ejsj v` k

tKvmP tgqv` Kyj : ntZ chS†

`vb

`Bti i bvg I wKvbr :

bvg ubeÜb di g

µwgK bs	bvg	eqm	wk¶MZ thM`Zv	c`ex	eZgvb Kg°j		`¶¶i
					DctRj v	tRj v	
1	2	3	4	5	6	7	8
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							

cl¶¶Ki bvg I `¶¶i : _____

Zwi L : _____

gtbvtm· tZj wccqv I cv½vm Pvl e`e`vcbv

c0K gj`vqb c0k0I
m0VK DEti i cvtk0UK0Py (√) w`b| mKj c0k0e gvb mgvb

cY0vb - 100

mgq - 25 ugubU

brg.....c`ex.....

Kg0j

01. tZj wccqvi I Rb KZ M0g ntj cj`I`x cv`R` Kiv hvq ?

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

02. Avav`w0o c0x0ZtZ kZKiv KZ fvM c0K0ZK Lv`0i Dci w0f0P Kiv nq ?

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

03. gwU0Z wK wK Dcv`vb _vtK Ges Dcv`vb _tj vi kZKiv nvi KZ ?

04. c0p0 I w0GBP Abp0qx c0K0i ev Rj vkq0K KZ fv0M fvM Kiv hvq ?

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

05. tKv0wU K`vU w0k bq ?

- K) wks
- L) AvBo
- M) gv`i
- N) Dc0i i me`tj vB

06. b0tPi tKvb ai0Yi gwU gvQ P0tI i Rb` Dc0hvMx ?

- K) t`v0uk
- L) j`vj gwU
- M) G0Uj
- N) t0tj t`v0uk

07. gvQ P0tI i me0P0tq Ab0Kj w0GBP gv0v tKv0wU ?

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

08. гәлмәдәлil Pтl Dсәлмәдәлil dмәдәлil гәлмәдәлil KZ ?
 K) 0.2 гәлмәдәлil.Мl/100 Мlг
 L) 3 гәлмәдәлil.Мl/100 Мlг
 M) 0.3 гәлмәдәлil.Мl/100 Мlг
 N) тәлмәдәлil bq
09. гәлмәдәлil тәлмәдәлil сәйкәтлil RтlZl тәлмәдәлil Zтl тәлмәдәлil нl гәлмәдәлil Kiv нq?
10. гәлмәдәлil Pтl i мәлмәдәлil AbKj бәлмәдәлil Rтlbi гәлмәдәлil KZ ?
 K) 15-20гәлмәдәлil.Мl./100 Мlг
 L) 8-10гәлмәдәлil.Мl./100 Мlг
 M) 20-25гәлмәдәлil.Мl./100 Мlг
 N) Dсәлмәдәлil i тәлмәдәлil bq
11. тәлмәдәлil гәлмәдәлil Pтl mәлмәдәлil K Lтl " Awгәлмәдәлil i гәлмәдәлil KZ нl qv fтl v ?
 K) 30-35%
 L) 20-25%
 M) 40-50%
 N) тәлмәдәлil bq
12. елсәлмәдәлil KZ RтlZl тәлмәдәлil i тәлмәдәлil ?
 K) 5
 L) 6
 M) 3
 N) 4
13. Avav wбәлмәдәлil сәйкәтлil гәлмәдәлil тәлмәдәлil гәлмәдәлil GKK Pтl гRтl NbZl KZ ?
 K) 200-300wJ
 L) 100-150wJ
 M) 400-500wJ
 N) 250-350wJ
14. сәйкәтлil гәлмәдәлil тәлмәдәлil i AšP ?
15. тәлмәдәлil тәлмәдәлil гәлмәдәлil KZ w тәлмәдәлil ci wWg msMh Kiv нq ?
 K) 10
 L) 12
 M) 32
 N) 20

16. GK kZvstk cvlztmi avbx tcvbv gRj NbZj KZ ?

17. Rj R AvMvQv KZ cKvi I Kx Kx ? Gt` i vbqšy c×wZ KquU ?

18. i v¶t m gvQ gvi vi Rb` 9.1 kw³ m=úbe ti vtUbtbi c¶qvM gvT v KZ ?

19. tctb gvQ Pvl Kx ?

20. LuPvq tKvb tKvb c¶vzi gvQ Pvl j vFRbK ?

21. ti YyPvtl tKvb tKvb aitYi Ry cvwUb ¶wZKi ?

22. ¶wZKi Rj R tcvKv gvKo gvi vi Rb` Kx Kx JI a e`envi Kiv nq ?

23. gtbvtm- tZj wvcqv` Zi xtZ ni tgvb wUtgU Gi mgq cvbi AbKj ZvcgvT v KZ nI qv DvPZ ?

K) 24-27 wVwM0tmwU†M0V

L) 30-32 wVwM0tmwU†M0V

M) 28-32 wVwM0tmwU†M0V

N) 29-35 wVwM0tmwU†M0V

24. cKti i Zj vq mtePP KZ BwA Kw v i vLv hite?

25. cvlzm Pvtl i t¶t† tKvb ti vMwU tekx nq ?

Awa tek b cwi Kí bv

w` b t 01

mgq t 10:00-11:00

tgqv` Kvj t 60 wgvbU

wk0i v bvg t tZj wicqv Pvl i m0tebv, mjeav-Amjeav I RxebeEvs-

Afx0 ` j t grm` Awa` B0i i KgRZ0e`

j 0i t c0k0Y Yv_0i i tZj wicqv Pvl i m0tebv, mjeav-Amjeav I RxebeEvs-m0u0K0 c0_wgK avi Yv t` qv nte hvfZ Zriv tZj wicqv Pvl i cUfvg, we`wZ, `enk0`, Pvl i mjeav-Amjeav BZ`w` m0u0K0 c0_wgK avi Yv j vf K0i I m0VKf0te tZj wicqv Pvl Kvh0vg cwi Pvj bv m0u0K0 Pvl 0K mn0hwMZv Ki tZ cvi b|

D0i k` t Awa tek b tk0l c0k0Y Yv_0i Y-

- tZj wicqv Pvl i cUfvg, we`wZ, `enk0`, Pvl i mjeav-Amjeav BZ`w` m0u0K0 ej tZ cvi teb|
- gtbvfm- tZj wicqv i RxebeEvs-m0u0K0 ej tZ cvi teb|

wel qm0P	Av0j vP` wel q	c0k0Y tKSkj	mgq
fvgKv			3 wgvbU
	<ul style="list-style-type: none"> • `MZg • eZ0vb Ávb hvPvB • eZ0vb Awa tek b i m0u0_msthwM `vcb • Awa tek b i D0i k` e`vL`v • D00K0i Y 	e3Zv I c0k0Ei	
wel qe`			52 wgvbU
	<ul style="list-style-type: none"> • tZj wicqv Pvl i `i`Zi I t0i0 mgn • tZj wicqv Pvl i mjeav-Amjeav • wevfba0i tbi tZj wicqv i cwi wPvZ • tZj wicqv i `wK e00, Avev`j I Lv`vf`vm • tZj wicqv i RxebeEvs- <ul style="list-style-type: none"> - MZ0Zwi - wWg cvov - w0w0 0K0i Y - wWtgi cwi Ph0 - ev`Pvi Rb0 vb - cwi c0 gv0Q cwi YZ nI qv 	c0k0Ei I wdePvU0	
mvi -mst0c			5 wgvbU
	<ul style="list-style-type: none"> • gj wel q cpi v0j vPbv • D0i k` hvPvB • cieZ0Awa tek b i m0u0_msthwM • n`vEAvDU weZi Y • ab`ev` Ávcb 	e3Zv I c0k0Ei	
c0k0Y mnvqK mvgM0 t tnvqvBU tevW0gvK0, Ab0xj bx wku, wdePvU0BZ`w`			

wdePvU`cwi Ki bv

<p>tZj wicqv Pvl i m`tebv mjeav-Amjeav Ges RxebeEvs-</p>	<p>tZj wicqv Pvl i m`tebv I t`mga <ul style="list-style-type: none"> • tZj wicqv gvQuU my`y AvKI`xq I evRvti e`vcK Pwn`v i`qtQ • AwaK Drcv`bkxj • mePK • tivM c`Zti va `lgZv tewk • tewk NbtZj Pvl ver` Kiv hvq • me ai`bi Rj vktq Pvl ver` Kiv hvq </p>
<p>tZj wicqv Pvl i mjeav</p> <ul style="list-style-type: none"> • AwaK Drcv`bkxj • tivM c`Zti va `lgZv tewk • tewk NbtZj Pvl Kiv hvq • Kg Aw`trB Ges we`ZZ (Wide range) Zvcgv`vq Lvc Lvl qvtZ cvfi • `yI jeYv³ cwbtZ Pvl Kiv hvq • mePK weavq gvQ Pvl LiP Kg nq <p>Amjeav</p> <ul style="list-style-type: none"> • Rb`hvi R`wguZK nvti nl qvq msL`wa`K`i dtj cK`i Drcv`b nvm cvq • mn`tRB Rvtj aiv hvq bv • eo cK`i i t`m tZj wicqv Pvl e`e`vcbv RuUj 	<p>wefb`ai`bi tZj wicqv i cwi`PvZ</p> <ul style="list-style-type: none"> • tgvRv`K tZj wicqv (<i>Oreochromis mossambicus</i>) • bvBj tZj wicqv (<i>Oreochromis niloticus</i>) • jvj tZj wicqv (Red Tilapia strain) • wMdU tZj wicqv (Genetically improved Farmed Tilapia- GIFT) • g`bvtm` tZj wicqv (Sex Reversed Tilapia)

tZj wicqv Pvl i mætebv, mjeav-Amjeav Ges RxebeËvš-

tZj wicqv Pvl i mætebv, „i“Zi I tŋŋmgn t

- tZj wicqv gvQmU myŋŋyGes t`LtZ AvKIŋxq nI qvq AfššxY I AvšRwZK evRvŋi e`vcK Pwn`v i tqŋQ|
- G gvQ Awak Drcv`bkxj etj Pvl I Awak jvf nq|
- meŋK weavq gvQ Pvl Drcv`b LiP Kg nq|
- tivM cŋZti va ŋlgZv Ges cŋKzi weifc cwi teŋk mnbxq ŋlgZv teŋk|
- %RueK I Kwl R eRŋK Dbz Awgtl ifcvš+KiŋY mŋlg|
- teŋk NbŋZi Pvl ver` Kiv hvq|
- ŋŋyl j eYv³ cwb QrovI wefbræiŋbi Rj vktq Pvl ver` Kiv hvq|
- wefbræc×wZŋZ Pvl ver` Kiv hvq| thgb- GKK, wjk, mgwšZ, LwPvq, tcb c×wZ BZ`w` |

tZj wicqv Pvl i mjeav I Amjeavmgn t

mjeav	Amjeav
1) Awak Drcv`bkxj	1) Rbŋvi R`wgvZK nŋi nI qvq msl`waŋK`i dtj cŋŋi Drcv`b nwm cvq
2) tivM cŋZti va ŋlgZv teŋk	2) mnŋRB Rvŋj aiv hvq bv
3) teŋk NbŋZi Pvl Kiv hvq	3) eo cŋŋi i tŋŋm tZj wicqv i Pvl e`e`vcbv Riwj
4) Kg Aw ŋRb Ges we`ZZ (Wide range) Zvcgvŋvq Lvc Lvl qvŋZ cvŋi	
5) ŋŋyl j eYv³ cwbŋZ Pvl Kiv hvq	
6) meŋK weavq gvQ Pvl LiP Kg nq	

wefbræiŋYi tZj wicqv i cwi wPwZ

tZj wicqv gvŋQi cævb Drm AwidKv | wKš'eZŋvŋb AŋbK t`ŋk B G gvQmU cvl qv hvq| tZj wicqv i tkŋwæb`vm nŋj v t

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

evsj vŋ`ŋk th Kq aiŋYi tZj wicqv cvl qv hvq Zvi cwi wPwZ Dtj E-Kiv nŋj v t

- 1) tgvRwŋK tZj wicqv (*Oreochromis mossambicus*)
- 2) bvBj tZj wicqv (*Oreochromis niloticus*)
- 3) jvj tZj wicqv (Red Tilapia strain)
- 4) wMdu tZj wicqv (Genetically improved Farmed Tilapia- GIFT)
- 5) gtbvfm- tZj wicqv (Sex Reversed Tilapia)

tZj mcqv Avevm'j I Lv'vf'vm t

tZj mcqv cKti i mKj 'fi emevm Kti | GuU GKiuU me'K tkYxi gvQ | cKti 'vfwekfite Rb'fbv k'vl jv I KuU
cZ½ tL'q tZj mcqv Rxb avi Y Ki'Z cv'fi | tcvbv' t'j v wKQlv eo n'j (10-12 M'g) Giv cv'ub I 'j' 'j' i uUdvi
RvZiq c'Yx tL'Z cQ' Kti | Pvd'tj i K'ov, mwi lvi 'L'tj i PY' Ab'vb' m'ú'K ev ewYwR'K wctj U Lv' tctj G't i
AwZ `*Z ep'x N'tU |

tZj mcqv Rxb e'vš-

wZb-Pvi gym eq'm hLb tZj mcqv t'ni I Rb 60-70 M'g t'cS'ovq ZLb t'KB tZj mcqv c'Rbb 'lgZv c'ß nq | Zvi
cieZx'ch'qmg' vbg'e'c t

MZ'ZixKiY t

cKti i Avav w'Uvi t'K GK w'Uvi M'f'xi Zj t'ki gwU'Z c'Rbb'lg c'j "I tZj mcqv Zvi t'ni 't'N' c'q w'Y
e'vmh' RvqMv w'btq 20-50 t'm'U'Uvi M'f'xi MZ'Zix Kti, 'x gvQ'K H M'Z'Wg Q'ovi Rb' Avg's' Kti |

w'w' 'Kiy t

'x gvQ H evm'q AvMgb Kti | w'w' ' nI qvi ci 'x gvQ w'Wg' t'j v g'fL Z'tj w'btq H 'vb Z'vM Kti | c'ti c'j "I gvQ'u
Aci 'x gvQ'K H M'Z'Wg w' t'Z Avn'vb Kti |

ev'Pvi Rb'j v'f t

cw'bi Dch' Zvcgv'vq (25-30 w'vM' t'mj w'qvm) w'w' ' nI qvi 7-12 w' t'bi g'ta' 'x gvQ'i g'fLi t'fZ'ti i w'Wg' t'j v
d'tU ev'Pv Rb'j v'f Kti | c'q 12 w' t'bi gv'vq 'x gvQ ev'Pv' t'j v'fK g' t'K t'Q'to t' q | ZLb t'm' t'j v cw'bt'Z
'v'xb'f'ite Pj v'tdi v 'i i' Kti t' q |

eq' gv'Q cwi YwZ j v'f t

c'q wZb gym K'tj i g'ta' ev'Pv gvQ 13-15 t'm'g. 'N' 60-70 M'g I Rb c'ß n'q c'Rbb'lg Ae'vq t'c'Q h'vq |

w'Wg t' qvi c'pive' t

'x gvQ eQ'ti wZb Pvi evi w'Wg w' t'q 'v'fK |

Awa`tekb cwi Kí bv

w`b t 01

`pj t 11.15-12.00

tgqv`Kvj t 45 wgvbU

wk`ivbv t weifbæi`bi tZj wvcqv Pvl c×wZ I e`e`vcbvi aib
 Afixô `j t grm` Awa`B`ii KgR`Z`e`
 j`q` t c`k`q`Yv`_`i tZj wvcqv Pvl i weifbæc`kvi c`k`i Pvl c×wZ m`ú`k`e`avi Yv t`qv hv`Z Zvi v G Ávb
 Kv`R j wM`tq gvQ Pwl t`i c`q`Rbxq mn`thvM`Zv Ki`Z cv`i b |
 D`i`k` t G Awa`tekb t`k`I c`k`q`Yv`_`MY tZj wvcqv weifbæi`tYi Pvl c×wZ, Pvl e`e`vcbvi weifbæi`b Ges
 tg`smgx I ewl`R c`k`i tZj wvcqv Pvl m`ú`k`e`j tZ cv`i`eb I Pwl t`i t`k`Lvt`Z cv`i`eb |

welqmwP	Av`j vP` welq	c`k`q`Y t`K`S`j	mgq
f`wg`Kv			2 wgvbU
	<ul style="list-style-type: none"> -`M`Zg eZ`g`vb Ávb hv`PvB eZ`g`vb Awa`tekt`bi mvt`_msthvM`vc`b Awa`tekt`bi D`i`k` e`v`L`v D0`x`Ki Y 	e ³ Zv I c`k`u`E`i	
welq e`v`			38 wgvbU
	<ul style="list-style-type: none"> Pvl c×wZi Dci wfi`E` K`i t`k`i`w`eb`v`m - GKK Pvl - w`g`k`Pvl - mgw`S`Z Pvl - Lv`Pvq gvQPvl - t`c`b gvQPvl BZ`w` Pvl e`e`vcbvi Dci wfi`E` K`i t`k`i`w`eb`v`m - mbvZb c×wZ (Extensive) - Db`z` mbvZb c×wZ (Improved extensive) - Avav`wb`e`o c×wZ (Semi-intensive) - wb`e`o c×wZ (Intensive) - AwZ wb`e`o c×wZ (Super-intensive) c`k`i`i ai`t`bi I ci wfi`E` K`i tZj wvcqv Pvl - tg`smgx c`k`i gvQPvl - evr`mwi K c`k`i gvQPvl 	c`k`u`E`i I wde`PvU`®	
mvi -mst`q`c			5 wgvbU
	<ul style="list-style-type: none"> gj welq cpi`vt`j vPbv D`i`k` hv`PvB cieZ`P`Awa`tekt`bi mvt`_msthvM n`v`E`AvDU weZi Y ab`ev` Ávcb 	e ³ Zv I c`k`u`E`i	
c`k`q`Y mnvqK migM` t tnvqvBU tevW`®gvK`R , Ab`k`xj bx w`k`U, wde`PvU`®BZ`w`			

tZj wccqvi wewfbræitþbi Pvl c×wZ I e`e`vcbvi aib

tZj wccqvi Pvl c×wZi tkivweb`vm

GKK Pvl t

gvQ Pvl i`agvĭ GKwU gvĭ cRwZ Pvl KivtKB GKK Pvl etj | G c×wZtZ Pvl Kij tenk msL`K tcvb gRj Kiv hvq | Gtĭĭĭ mæúĭK Lveitĭi Dci wbfĭkxj Zv _vtK | Awgl mg× Lv` e`envi Kiv nq | mæeci ntj cwb e`jvĭbv I evqmĀvj þbi e`e`v ivLv nq |

wgk`Pvl t

GtKi Awak wewfbræitþbi gvtQi GK mvt_ Pvl Kiv nq | Gtĭĭĭ Lv` I evm`vĭbi e`vcvĭti Kiv mvt_ thb cĀZthwMzv bv nq tmw`þK `w` ivLv nq | Gi dtj cKĭi cĀZw`ĭi Lv` i e`envi wbwĀZ nq |

mgwšZ Pvl t

gvĭQi mvt_ hLb cKĭi cvto nvm-gjuM, Mi`-QvMj, kvK mwā, djgj, Nvm BZ`w` Pvl Kiv nq ZLb ZvĭK mgwšZ gvQ Pvl etj | G c×wZtZ Rj vkq I cvĭkĭ Gj vKvi cĀZwU mæúĭ i e`envi mjbwĀZ Kiv nq |

LwPvq gvQPvl c×wZ t

cKĭi-w`wN, elĭKvĭj cwebfvĭg I b`xtZ LwPvq gvQPvl Kiv hvq | G e`e`vq mæúĭK Lv` e`envi Kiv eva`Zvgj K |

tcĭb gvQPvl c×wZ t

eo Rj vktq AvsĭkK Gj vKvq Rvj / evbv ōviv wNĭi gvtQi Pvl i DcĭhwMx Kĭi tcb `Zwi i gva`tg gvQ Pvl Kiv hvq | GtZ gjĖ Rj vkqĭK Pvl i Avl Zvq Avbv mæe nq |

Pvl e`e`vcbvi I ci wfvĭE Kĭi tkivweb`vm t

1. mbvZb c×wZ t
G c×wZtZ cKĭi ev Rj vktqĭi mjbw`ō tKvb AvKvi, AvKwZ, Mvb, Mfxi Zv I e`e`vcbv i`ĭlv Kiv nq bv | gRj NbZj AwbqvgZ, cKĭi cĀwZ wK gZ Kiv nq bv | Lveitĭi, mvi cĀqMl AwbqvgZ A_ĭ AĭbKvstĭk cKwZ wbfĭ e`e`vcbv |
2. Dbz mbvZb c×wZ t
G c×wZtZ cKĭi AvqZb gvSvix aiþbi ntq _vtK hvi AvqZb 25-100 kZvsk | cKĭi AvKwZ, Mvb, Mfxi Zv tgvUvtgwU mjbw`ō Kiv nq | cKĭi cĀwZ, gRj NbZj Ges mvi cĀqMl wqvgZ | G c×wZtZ Lv` i Rb` 70% cKwZ wbfĭ Ges 30% mæúĭK Lv` i I ci wbfĭkxj |
3. Avav-wbweo c×wZ t
G c×wZtZ cKĭi e`e`vcbv Dbz mbvZb c×wZi gZB Kiv nq | iaycwb cwieZō, evqmĀvj b Ges Awgl mg× Lveitĭi mieivn Kiv nq | cĀqvRĭb mvi I e`envi Kiv nq | G c×wZtZ Lv` i Rb` 30% cKwZ wbfĭ Ges 70% mæúĭK Lv` i Dci wbfĭkxj |
4. wbwweo c×wZ t
G tĭĭĭĭ Avav wbwweo c×wZ envj tiĭL `ĭĭ Rbej I Dbz cĭy³ mn evBĭi t_ĭk mæúĭY`Lv` (Complete feed) mieivĭni I ci wbfĭ KĭtZ nq | tKvb cKvi mvi e`envi Kiv nq bv |
5. AwZ wbwweo c×wZ t
G c×wZtZ wbwweo c×wZ envj tiĭL AwZwi³ wntmte AwewQbĭvte cwb I Aw tRb mieivn Kiv nq | Zte Avgvĭ i t`ĭk G c×wZ GLĭbv`i` nqvb |

Awatekb cwi Kí bv

w` b t 01

mgq t 12.00-13.00

tgqv` Kvj t 60 wgvbU

wk`i v bvg t cv`zvm l t`Zj w`cqv P`v`l g`wU l c`wbi , Yv`Y|

Af`xó `j t grm`Awá`B`i i Kg`R`Z`E`e`

j`¶` t AskM`h`Y`K`v`i`x`M`Y`t`K g`vQ P`v`l g`wU i w`e`f`b`e` , Yv`Y Ges t`m` , t`j` v`i` , i`"Z`j` m`e`ú`t`K`m`g`"K` a`v`i` Yv` t` q`v` h`v`t`Z` Z`u`i`v` G` w`e`l`t`q` A`w`R`Z` Á`v`b` Ø`r`i`v` P`w`l` t` i` b`Z`b` c`K`i` i` `v`b` w`b`e`P`b` Ges B`t`Z`v`g`t`a`" L`b`b`K`Z` c`K`i` m`w`V`K` e`"e`"v`c`b`v`i` R`b`" h`_`v`h`_` c`i`v`g`k`"c`l`v`b` K`i` t`Z` c`v`i` b`|

D`f`i` k`" t G Awatekb t`k`l` AskM`h`Y`K`v`i`x`M`Y`-

- g`vQ P`v`l g`wU i , Yv` , t`Y`i` , i`"Z`j` e`j` t`Z` c`v`i` t`e`b`
- w`e`f`b`e`a`i` t`b`i` g`wU i t`k`i`Y`w`e`b`"v`m` K`i` t`Z` c`v`i` t`e`b`
- g`wU i t`f`S`Z` l` i`v`m`v`q`u`b`K` , Yv` , Y` e`Y`Ø`v` K`i` t`Z` c`v`i` t`e`b`|
- c`K`i` i` c`l`Z`t`e`t`k`i` l` c`i` g`wU i w`e`f`b`e` , Yv` , t`Y`i` c`l`Z`m`u`q`v` e`Y`Ø`v` K`i` t`Z` c`v`i` t`e`b`|
- c`K`i` /R`j` v`k`t`q`i` D`r`c`v` b`k`x`j` Z`v`q` Z`j` v`i` K`v`"v`i` c`f`v`e` e`"v`L`"v` K`i` t`Z` c`v`i` t`e`b`|
- g`vQ P`v`l` i` D`c`f`h`v`M`x` g`wU` m`b`v`³` K`i` t`Z` c`v`i` t`e`b`

wel qmP	Avtj vP" wel q	cók¶Y tKSkj	mgq
fvgKv			4 wgvbU
	<ul style="list-style-type: none"> • "M`Z`g` • ce`e`Z`i`Awatektbi cpi vtj vPbv • e`Z`g`v`b` Awatektbi mvt_ msthvM "vcb • Awatektbi D`f`i` k`" e`"v`L`"v` 	<p>cók¶E`i` Avtj vPbv</p>	
wel qe`"			50 wgvbU
	<ul style="list-style-type: none"> • g`wU i m`S`Á`v` • c`K`i` i` c`l`Z`t`e`t`k`i` l` c`i` g`wU i w`e`f`b`e` , Yv` , t`Y`i` c`l`Z`m`u`q`v` • g`wU i D`c`v`"v`b` l` c`K`v`i` t`f`" • g`wU i D`c`v`"v`b`m`g`n` • g`wU i D`c`v`"v`b`m`g`n`i` K`v`h`R`w`i` Z`v` • c`K`i` /R`j` v`k`t`q`i` D`r`c`v` b`k`x`j` Z`v`q` Z`j` v`i` K`v`"v`i` c`f`v`e` 	<p>e`³`Z`v` , w`d`e`P`v`U` , "j` x`q` K`v`R` , cók¶E`i`</p>	
mvi -mst¶c			6 wgvbU
	<ul style="list-style-type: none"> • g`j` w`e`l` q`m`g`n` c`p`i` v`t`j` v`P`b`v` • D`f`i` k`" h`v`P`v`B` • c`i`e`Z`i`Awatektbi mvt_ msthvM • n`"v`E`A`v`D`U` w`e`Z`i` Y` • a`b`"e`v`" Á`v`c`b` 	<p>e`³`Z`v` cók¶E`i`</p>	
<p>cók¶Y m`n`v`q`K` m`i`g`M`h` t` n`"v`E`A`v`D`U` , t`n`v`q`v`B`U` t`e`w`"w`b`D`R`i`c`E` , g`v`K`¶` , w`d`e`P`v`U` , A`b`k`x`j` b` w`k`U` </p>			

<p> cwbi i vmqwbK₂Y₂Y `exfZ Aw₂†Rb t mtefEg gvT v 5-8 ug.M0/wj Uvi gvQ PvfI Aw₂†R†bi c†ve t Kve0 WvB-A· vBW t 2 vbhZsk Kve0 WvB-A· vB†Wi c†ve t ucGBP (PH) t 6.5-9.0 ¶vi Z;I Li Zv t ¶vi Z;gvT v 70-160 ug.M0./wj Uvi Li Zv 20-100 ug.M0./wj Uvi ¶vi Z;I Li Zvi c†ve t dmdivm t 0.2 ug.M0./wj Uvi bvB†U††Rb t 0.2 ug.M0./wj Uvi A v†gvwbqv t <0.025 ug.M0./wj nvB†W††Rb mvj dvBW t <0.002 ug/wj M0g/wj Uvi j eYv³Zv t <3 ucwcuU </p>	<p> cwbi `RueK₂Y₂Y • fvmgvb Dw^{MC} • WpŠ-Dw^{MC} • vbm0bkxj Dw^{MC} • j Zv†bv Dw^{MC} • c††U₄Ub • Dw^{MC}-c††U₄Ub (Phytoplankton) • c0Yx-c††U₄Ub (Zooplankton) • KxU-cZsM </p>
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cv'zm/t'Zj w'cqv Pvl v'c'huMx c'K'i i gwU I cwibi , Yv, Y

gwU I cwibi , Yv, t'Yi I ciB gvt'Qi Drcv`b c'U'wgKf'vte w'bf'P K'ti | t'Kvb Rj vkt'qi cwib avit'Yi Avavi nt'jv gwU | f'vj gwU t'Z thgb f'vj dmj nq w'K t'Zg'ib f'vj gwU i c'K'i i gvt'Qi f'vj Drcv`b cvl'qv m'ae | Rj vkt'qi Drcv`b 'q'lgZv c'U'wgKf'vte gwU i ai't'bi I ci w'bf'P K'ti | De'P gwU t'Z Lbb Kiv c'K'i i m'avi Yf'vte gvt'Qi Drcv`b | f'vj nq | De'P gwU i c'K'i gvt'Qi c'U'kwZK Lv`" `Zwi i Rb`" Awak cwi gvt'Y c'U'qvRbxq c'p'oi thvMvb t`q | m'Zi'vs gvQ Pvl gwU i , Yv, t'Yi , i"Zj Acwi mxg |

gvQ Pvl i t'q't' gwU I cwibi t'f'SZ-ivm'qvwbK , Yv, Y Ab`Zg f'wgKv cvj b K'ti _v't'K | gvQ Zvi R'xeb avit'Yi me K'vR c'K'i -Rj vkt'qi cwibi g'ta`B m'au'beK'ti _v't'K | Gme K'vh' m'p'f'vte m'au'`t'bi Rb` c'K'i i ev Rj R cwi't'ek i w'ef'f'be , Yve'j x h_vh_ gv'v'q w'bg's'Y I e`e`v'cbv Kiv c'U'qvRb |

t'Kvb Rj vkt'qi cwib avit'Yi Avavi nt'jv gwU | gwU t'Z w`"gvb w'ef'f'be Drcv`vb cwibi t'f'SZ ivm'qvwbK , Yv, Y w'bg's'Y K'ti | A`' t'Kvb Rj vkt'qi Drcv`b 'q'lgZv c'U'wgKf'vte H Rj vkt'qi gwU i ai't'bi I ci w'bf'P K'ti | `e'Aw'wbK c'x'w'z't'Z j v'f'RbKf'vte gvQ Pvl i Rb`" c'U'qvRb `^`"K'i Rj R cwi't'ek Ges cw'b't'Z c'U'kwZK Lv`"i cwi'ngZ c'U'ph'Zv | cwibi c'U'wgK Drcv`b 'q'lgZv c'au'v'Z: gwU i t'f'SZ ivm'qvwbK , Yv, Y Z_v gwU i De'P'Zvi I ci w'bf'P K'ti |

- c'K'i i gwU i , Yv, Y h_vh_ gv'v'vi bv nt'j w'bg'ie'f'c c'U'z'w'qv t` Lv w` t'Z cv'ti t
- gvt'Qi c'U'kwZK Lv`" h't_ó cwi gvt'Y Drcw` Z nte bv
 - ewni t`_t'K t`"qv m'au'`t'K Lv`"i AcPq nte
 - gvt'Qi e'p'x Avk'vbj'f'c nte bv
 - gvQ ti vM ejv vB-G Av'v'v's-n'te I gviv t'ht'Z cv'ti
 - gvt'Qi Drcv`b Kg nte |

gvQPvl gwU i , Yv, Y

gwU i Drcv`vb I Gi c'K'vi t'f`
gwU i Drcv`vb

gwU nt'jv f'e't'oi Dcwi Z't'j i big LwbR Ges `Re Drcv`v'bi w'gk'Y hv Dv'v'f`" i e'p'x i Rb`" c'U'kwZK gva'g w'nt'mte K'vR K'ti | gwU c'au'v'Zt 4 w'U c'au'v' Drcv`vb mg's't'q M'w'Z | G_s't'j v nt'j v t

- 1) LwbR c`v_© - 45%
- 2) `Re c`v_© - 5%
- 3) evqy - 25%
- 4) cwib - 25%

m'Zi'vs gwU K'w'b, Zij Ges M'v'mxq GB w'Zb ai't'bi c`v't_© mg's't'q M'w'Z | w'b't'P gwU i w'ef'f'be Drcv`vb m'au'`t'K`msv'q'f' B Av't'j v P'bv Kiv nt'j v t

LwbR c`v_©

f-Z'K c'U't'g w'k'j v Øviv M'w'Z w'Qj | c'ti Zv w'k'j v 'q'lg c'U'qvq t'f't'z t'QvU L't'E ev GK't'K i'f'v's'wi Z nq | gwU i GB Ask ew'j , cwj I K`'g KYv Øviv M'w'Z | w'k'j v 'q'lg c'U'qvqi dt'j Dc't'iv³ KYv I AZ'vek`K'xq Lv`" Drcv`vb thgb-bv B't'U't'Rb, dmd'ivm, c'U'w'k'qvq, K'ij w'k'qvq Ges Ab`vb`" c'p'oi Drcv`vb gwU t'Z g'p' nq | gwU t'Z Lwb'Ri cwi'gvY nt'j v 45% |

Re c`v_

gmltZ 1-2% Re c`v_ vtK Zte mg AAjt i gml 2-5% Re c`v_ avi Y Kti | Gme Re c`v_ Dv`c I c`Yxi Aewkóvsk I gj g` ntZ gmltZ Avtm | Re c`v_ gml i Ave x Ki Y c`v_ wntmte e`eüZ nq | gmltZ Re c`vt`P cwi gvY Lp Kg ntj I Gml e`vcK fvtte gml i Yvej x wqšY Kti vtK |

Re c`v_ bgij wLZ i ZcY`FugKv cij b Kti vtK-

1. mg`-cyp Dcv`vtbi vgNi wntmte KvR Kti
2. gml i tFŠZ, i vmqubK I Re Yvej x Dbz Kti
3. fug q`q ti va Kti
4. cwb avi Y q`gZv ep` Kti
5. AbRxfei c`vb k`v ntj v GB Re c`v_ Ges
6. gmltZ bvBtUtRtbi c`vb Dm G Re c`v_

evqyl cwb

c`j el` mgq ev tmP w`jt gml i AwaKvsk i ÜB cwb Øv v cY`nq wKŠ` i Kbv ev Livi mgq H i Ü`jt v evqy Øv v cY` nq | evqgE`jt i evqy Atc`q v gml i evqy Z teik cwi gvY Kve` WvB-Av vBW I Rj xqev`ú vtK wKŠ` Av tRtbi cwi gvY Kg vtK | evqy c`vb KvR ntj v k`vb c`p`vq AskM`Y Kiv | gml i cwb i ZcY`KvR ntj v-

1. gml i tFŠZ, i vmqubK I R`ek Kvh`bqšY Kiv
2. w`j v q`q c`p`vq mvrh` Kiv
3. mvjt v Kms`k`Y c`wZ`Z AskM`Y Kiv Ges
4. `teK I cyp Dcv`vtbi evnK wntmte KvR Kiv |

gml i c`Kvi t`

ewj, cij I Kv`v- GB wZbwL `Zš; gml KYvi Zj bvgj K AbcvtZi I ci w`wE Kti gml i epUmg`ni bvgKiY Kiv ntqtQ | w`f`b`gml w`f`b`AbcvtZ ewj, cij I Kv`v KYv avi Y Kti vtK | tKvb gmltZ ewj KYvi cwi gvY teik, Avevi tKvbUtZ Kv`v KYvi cwi gvY teik | GB cwi eZ`bi w`v`Ø mxgvti Lvq ti tL gmltK 12 w M`c ev `jt w`f` Kiv nq | GB `j `jt vB epU w`wE`K tkYx etj cwi wPZ | GB tkYx `jt vi GKw i ntZ Ab`w i tFŠZ, i vmqubK I R`ek atg`ht`ó cv`R` cwi j`w`Z nq | th gmltZ AwaK cwi gvY Kv`v KYv vtK ZvtK Kv`v gml, th gml AwaK cwi gvY cij KYv avi Y Kti ZvtK cij gml, Avi th gmltZ ewj KYvi cwi gvY teik vtK ZvtK ewj gml etj | h`v tKvb gml GB wZbwL tkYxi GKw i I c`f`ve w`v`Kvi x tFŠZ`K `enkó` c`k`b v Kti (thgb-40% ewj KYv, 20% Kv`v KYv I 40% cij KYv h`v gml) Zte ZvtK t`vAvk gml etj | t`vqvk gmltZ ewj, cij I Kv`v KYvi kZKiv cwi gvY mgvb vtKbv | Gml ewj, cij I Kv`v KYvmg`ni KvQvKwQ c`q mvg`Am`cY`enkó` ev ag`c`k`b Kti |

gml i Yv`Y

m`p`f`te gvQ Pvl e`e`vcbvq c`Ki `Zwi i Rb` t`vAvk I tetj -t`vAvk gml metP`q fij | G ai`bi gml mntR cwb avi Y Kti ivL`Z cvti | gml i w`GBP (P`H)-Gi gv`v 5.0 Gi Dcti v`Kv mgxPxb | gmltZ w`g`vb cyp c`v_ I w`GBP-Gi I ci w`wE Kti gmltK mvaviYZ: 3 fvtM fvtM Kiv hvq | thgb- D`P Drcv`bkxj, ga`g Drcv`bkxj I w`g`vDrcv`bkxj (mviwY-1) |

mvi wY-1: gwMj c'p'ogvb I mcGBP Abjhvqx c'Kai -Rj vktqi tkilYieb'vm

Drcv` bkxj Zvi tkYx	mcGBP gvT v	c'p' Dcv` v'fbi gvT v ((mgM0/mKtj v gwMj))		
		bvBtUttRb	dmdivm	KveB
D"P	7.5-6.5	>50	6-12	>1.5
ga'g	6.5-5.5	25-49	3-5	0.5-1.4
wbgæ	<5.5	<25	<3	<0.5

cġkuzK Drcv` bkxj Zv Kg ntj I mivK e'e'vcbrv gra'tg j vFRbK gvQ PrtI i Rb' c'Kai tK Dc'thvMx Kti tZvj v hvq| Gt'qt' LiP wKQ'v teik cto|

gwMj MVb, eY' mcGBP-i I ci wfvE Kti evsj vt' tki gwMjK mvari Yfvte 6 fvM fvM Kiv hvq| G wfvE tZ evsj vt' tki gwMj tkilYieb'vm I cġkuzK Drcv` bkxj Zv wbtPi mvi wYtZ t' qv ntj v (mvi wY-2)|

mvi wY-2 t AAj tft` gwMj Yv, Y

μ.bs	AAj	gwMj c'Kvi	P st -i wfvE tZ gwMj aib	gwMj eY'	Drcv` bkxj Zv
1	eti'°, gapj Mo, mrvvi, MvRc'j, imtj U, Kugj v- tbrqvLvj xi Ask wtkl	GtUj, Kiv v I ewj h'p' Kiv v teik	A ^{ev}	j vj I er' vgx	cġkuzK Drcv` bkxj Zv Kg
2	ht'kvi, dmi'` cj, Kuroqv, ciebr, i vRkivx, XivKv I ewi ktj i wKq' sk	cuj h'p' GtUj	qvixq	nij Kv I er' vgx Mip ami	cġkuzK Drcv` bkxj Zv teik
3	ggqbmnsn, Uv'zBj, imtj U, Kugj v- tbrqvLvj x, XivKv, iscj, e' ov, ciebr I dmi'` c'ji i wKq' sk	cuj h'p' t' v-Avk	wi' t' c' q' t' t' K q' vixq	ami I Mip ami	cġkuzK Drcv` bkxj Zv Zj bigj K teik
4	iscj -w' bvrcti i wKq' sk, gwBKMA, MBerUv, dmi'` cj I Uv'zBj i wKq' sk	ewj I ewj h'p' cuj	wKQ'v A ^{ev}	ami	cġkuzK Drcv` bkxj Zv Zj bigj K Kg
5	b`x mibkU' AAj	ewj h'p' cuj	A ^{ev} q' vixq/wi' t' c' q'	ami t' t' K kvj t' p' ami	cġkuzK Drcv` bkxj Zv Zj bigj K Kg
6	Dc'Kj xq AAj mgn	cuj I Kiv vi fvM teik	A ^{ev}	Kvtj v er' QvB is	cġkuzK Drcv` bkxj Zv Kg

gwMj t'fSZ-i vmiqvobK Dcv` vb

th AA'tj i gwMj De'p' tm' v'f' Lbb Kiv c'Kai I mvari Yfvte De'p' ntq _v'f'K Ges tm AA'tj i c'Kai gv'Qi Drcv` bl fvj nq| De'p' gwMj cwb'tZ gv'Qi cġkuzK Lv'` i thvMvb t' q Ges cwb' t' Y tivta fv'gKv i v'f' L| mvari Yfvte gwMj 4 c'Kv' i ntq _v'f'K K) GtUj gwMj, 2) tetj gwMj, M) j vj gwMj Ges N) t' vAvk gwMj| t' vAvk gwMj c'Kai gvQ PrtI i Rb' m'v'ak Dc'thvMx| tetj gwMj cwb' avi Y'q'gZv LpB Kg Ges j vj gwMj c'Kai cwb' c'q' memgq t'Nvj v _v'f'K| GRb' tetj gwMj I j vj gwMj tZ Lbb Kiv c'Kai gvQ PrtI i Rb' ZZUv Dc'thvMx nq bv| w'v'f' b'v'v' t' b' c'p' at' i vLv I Av' vb c'v'f' t' vAvk gwMj DEg|

- t`vAvk gwU gvQ PvfI i Rb` DEg
- GfUj gwU gvQ PvfI i Rb` Kg Dc`thvMx
- tetj gwU gvQ PvfI i Dc`thvMx bq
- jvj gwUfZ gvQPvI e`qeuj |

gvQ PvfI i Rb` ex Rjvktqi cwbi Dc`thvMzv gwUj KtqKuU Dcv`vtbi gvtbi I ci wbfI Kti | h_v- w,GBP, dmdivm, bvBtUfRb, KveB-WfB A- vBW, `Re c`v`BZ`w | wbfP Gme m`u`fK`mst`f`c Avtj vPbv Kiv ntjv t

wcGBP

gwUj wcGBP (P^H) 6.5-9.0- Gi gta` ntj Zv gvQ PvfI i Rb` DEg | AbKj wcGBP gvIvq dmdivmi thvMvb ep`x cvq Ges A`f`gmbqv I bvBtUfRbNmUJ AYRxe AwaK Kg`f`g nq | wc GBP 6.0-Gi wbfP ntj gwU AwaK A`x`q nq Ges cwbtZ f`wZKi tgSuj K c`v`f`P Dcv`wZ t`Lv t`q | Avevi wcGBP-Gi gvIv 9.0 Gi tewk ntj AbRxe`MvOx wlv`f`q nq I dmdivmi mieivn nvm cvq | GfZ Dw`c c`wUfbi Drcv`b Lp Ktg hvq |

dmdivm

dmdivm gwUfZ K`vj wmqvq, AvqiY I G`vj wqubqv`gi dmdtU wntmte Ae`vb Kti | gwUfZ cwI wGZ `Re c`v`f`P Dcv`wZB mnRc`c` dmdivmi mieivn Ae`v`Z ivfL | dmdivmi c`PhZv c`Kti i c`w`gK Drcv`bKj Zv mi vmi wbfSj Kti | dmdivm meR tkljvi esk ep`x`Z m`u`q`f`v`te AskMhY Kti | dtj AwaK cwI gvtY Dw`c -c`wUfbi Drcb`e nq | gvQ PvfI i Rb` c`Z 100 M`g gwUfZ 10-15 w`uj M`g nvti mnRc`c` dmdtU _vKv DvPZ |

bvBtUfRb

evqgUfj i bvBtUfRbB gwUj bvBtUfRfbi c`avb Dm | c`Z 100 M`g gwUfZ 8-10 w`uj M`g nvti mnRc`c` bvBtUfRb _vKv `i Kvi | bvBtUfRb Dw`c` fK Nb meR ivfL | cwI wGZ bvBtUfRfbi Dcv`wZfZ Dw`c -c`wUfbi Lv` `Zwi i c`w`q m`v`f`te m`u`w` Z nq Ges ep`x` Zj wS`Z nq | dtj AwaK cwI gvtY Dw`c -c`wUfbi Drcb`e nq | gvtQi Drcv`b ep`x` cvq |

`Re c`v`_`

gwUfZ w`v`g`v`b `Re c`v`_`f`h tKvb Drcv`b c`w`q`v`q GKUJ Acwi nvh`Dcv`vb | `Re c`v`_`c`Kti i Zjvq gwUfZ mRxe I m`u`q`q ivfL Ges cwlb Pqv`f`bv eU Kti gwUj cwlb avi Y`f`gZv ep`x` Kti | `Re c`v`_`di divm I bvBtUfRfbi c`avb Dm | Rj R cwI tetk `Re c`v`_`Avenl qv t`f`K mi vmi bvBtUfRb avi Y Kti |

AwZwi ³ gvIvq `Re c`v`_`cwbi wcGBP Kvg`q w`f`q cwlb `w`Z Kti | Avevi KLbl `f`Y `f` KifZ `Re c`v`_`c`w`q`M Kiv nq | WpS`-KYvi Kvi fY cwlb tNjv ntj `Re c`v`_`c`w`q`M Zv `f` Kiv hvq | c`Kti ev Rjvktqi gwUfZ mvari Yf`te kZKiv 1.0-2.0 fM `Re KveB _vKfj cwbi Drcv`b f`gZv ep`x` cvq |

wbfPi QfK c`Kti i gwUj w`v`f`b`e`Yv`f`Yi AbKj gvIv t`qv ntjv-

gwUj _Yv`f`Yi bvg	AbKj gvIv
wcGBP	6.5-9.0
`Re KveB	1.5-2.0%
`Re c`v`_`	2.5-4.3 (w`g.M`/100M`.)
bvBtUfRb	8-10 w`g.M`/100M`.
dmdivm	10-15 w`g.M`/100M`.

c`Kti i Drcv`bKj Zvq Zjvi Kv`vi c`f`ve

cwbi _YMZgvb w`f`kl Kti ivmqvibK _Yv`Y AfbKvstK c`Kti i Zj`f`tki gwUj _Yv`f`Yi `v`iv c`f`weZ nq | c`Kti i Zj`f`tki gwUj h`r` A`x`q nq Zvntj H c`Kti i cwbl A`x`q nte | Avevi h`r` tKvb c`Kti i Zj`f`tki gwUfZ c`w`Kvi K

mviwY- t wefbbagwUj `enkó` I cfiwe ubqšfYi e`e`v

gwUj cKvi	we`wZ	`enkó`	cfiwe	¶wZi cfiwe ubqšfYi m`e`e`v
Mo ev jvj gwUj AAj	XvKv tRj vi DEivsk, UvszvBj tRj vi cešK, gqgbmsn tRj vi `w¶Y-ciwgusk, tboqvLvj x-Kugj v- I PUMög tRj vi Gj vKv weškI	AnZ ¶jz`ev mP KYvi mgštq MwZ, eY ^o jvj tP, tj vnv cwi gvY teuk, `Re c`v_ ^o bvBtUtRb, dmdim, Pb cfiwZ Kg, wGBP gvb 5.5-6.0	cwib tNvj vU nšZ cvti gvtQi dj Kv I tPšL Nv nšZ cvti cšKwZK Lv`KYv`Zwi evavMó' nq KvZj v, wj fvi Kvc ^o i`B, bvBtj wUKv, ivRc¶U PšI i DcšhvMx	tNvj vZj`š KišZ cšZ kZšK Pb 1.5-2.0 tKwR, wRcmvg 1.0-2.0 tKwR A_ev wUwKwi 0.5-0.6 tKwR cšqM Kiv tšZ cvti Zj t`šK wePi YKvix gvQ Kg msL`K gRj Kiv DšPZ tcwé ^a Lvgti i eR ^o e`envi KšI cšKwZK Drcv`b ¶Igzv evovšv hvq
eti>`a	w`bvRcj tRj vi `w¶Yvsk, e_ov tRj vi ciwogusk, ivRkvnx, bvšUvi, bI Mu, PucvBbereMÄ	GšUj cKwZi, njj is, tj vnv I G`vj wqubqvtgi fM teuk bvBtUtRb, dmdim I K`vj wqvtgi Afive AvšQ wGBP gvb 6.0-6.5	`xN ^o L ivq cKšI i`wKšq A_ev AZ`waK kšZ cwib kxZj nšq gvtQi Drcv`b e`vNz nq tgšmgx el`šY cwib tNvj v nq e`e`vcbv mvtcš¶I th tKvb gvQ Pvl Kiv hvq	cKšI wKz fimgvb AvMvQv tišL Zvc t`šK gvQ i ¶v Kiv hvh weKšI Dšm cwib gRj KšI Livi cšZwqvtiva Kiv qvq Zxé`kšZ mvi I Lv` cšqM mwgZ ev eÜ ivLšZ nše
e ^o cšI i cvj wj K AAj	enEi gqgbmsn (MovÄj e`ZxZ), Rvgvj cj, tki cj, XvKv, bvi vqYMA, gyxMA, eš ^o Yevoxqv, Kugj v-Pu`cj tboqvLvj x, tdbx, PÆMög I wntj U tRj vi mgZj Gj vKv	cj j hš ^o , ami t`šK Mvp ami is, GšUj ev t`v-Avk cKwZi DeP gwUj Pb ev K`vj wqvtgi fM Kg wGBP gvb 5.5-6.8	Avenl qv mvi v eQi gvtQi AbKšj v`šK tKv_vl tKv_vl Wšš-Rj R AvMvQv Pvl ¶wZM`-nq, th tKvb cRwZi gvQ Pvl Kivi DcšhvMx	2-3 eQi GKevi cKšI i`wKšq `Zwi Kiv DšPZ wqvgZ Pb e`envi KišZ nše
wZ`vi cvj gwUj AAj	w`bvRcj tRj vi DEivsk, VvKi Mul i scj, KwoMög, MvBerÜv, bxj dvgvix, e_ov tRj vi cešÄj, wmi vRMÄ tRj vi AvAKvsk AAj	tetj t`v-Avk ev ewj gq cvj šZ MwZ `Re c`v_ ^o PšI fM Kg wGBP gvb 6.0-6.5	cwib avi Y¶Igzv mwgZ cwi tek th tKvb gvQ PšI i DcšhvMx n`vPwi ev bvmšI Ges wPšwo Pvl I j vFRbK	Pb I `Re mvi wqvgZ e`envi KišZ nše cKšI i`wKšq tšZ cvti Ggb AAj `š Pvl tgqv`x gvQ Pvl Kiv DšPZ
Mšvi cvj gwUj AAj	gwibKMÄ, dvi`cj, kwi qZcj, gv`vi xcj tMvcj MA, hškvi gv`iv, bovBj, PwWvszv, tgšni cj, Kwoqv, wSbvB`n, Lj bv mvZ¶ixi v, evšMi nvU, bereMÄ, bvšUvi I cvebv tRj v	GšUj, t`v-Avk t`šK tetj t`vAvk cKwZi DeP gwUj; Pb ev K`vj wqvg I `Re c`v_ ^o mgx wGBP gvb 7.0-7.5	cwib avi Y¶Igzv teuk cwi tek th tKvb gvQ PšI i DcšhvMx n`vPwi ev bvmšI I wPšwo Pvl j vFRbK	cKšI i`wKšq hvI qvi AvksKvq cKšI Mfxi Kiv DšPZ bq cKšI i Zj t`ški ewj i Dci cvj hš ^o GšUj gwUj wevšq fvj fše wcušq k ^o KšI w`šq cwib avi Y¶Igzv evovšv hvq cšqvRšb ivRc¶U, bvBtj wUKv cfiwZ gvQ Pvl Kiv hvq

guLi cKvi	we-wZ	enkó	cive	¶iZi cive wqš¶Yi m=te eev
j eYv³ guU AAj	Lj bv l ewi kvj tRj vi Askwetkl, mZ¶ixiv, ev¶Mi nvU, PUMög, K· evRvi, tbrqvLvj x, j ²xcj, ewi kvj, cUqvLvj x, ei _Yv Ges t¶vj vi mgj èZx® l PivAj	Gj vKv wetktl t`v-Auk cKvzi l j eYv³; cUvk, K`vj wmqvg l dmdim mgx wGBP gvb 7.0-8.5	j eYv³ Zv teTo tMtj guLi evab ¶lqcöB nq wPswO Pvl j vfRbK bvBtj wUKvl Pvl Kiv thtZ cvti i`B RivZxq gvQPvtl i mthvM mxwqZ	cKti i cvtoi guLi evab `p Kivi Rb` cvto j Zv- j ¶Rb¶tbr DvPZ RxeKYvi fvimvg` i ¶lvq `Re mvi e`envi Kiv hvq cKti i m0`envi Kitz c¶qvRtb cv½m, t¶UwK, gv _i c¶vZ gvQ Pvl Kiv hvq
civwov AAj	PUMög, i v½vguU, LvMovQwO, ev`ievb, K· evRvi, tbTtKvYv tRj vi civvox Gj vKv, tgšj fxevRvi l wmtj U tRj vi AAj wetkl	bwO, bwO cv_i, ewij l cv_¶i KYvi msugktY j vj tP GtUj cKvzi guU: `Re c`vt_P cwi gvY Kg wGBP gvb 7-8.5	cKti c¶KvZK Lv`KYv Kg Rtb¶ cwb tNvj vtU ntZ cvti gv¶Qi dj Kv ev tPvtL m¶O ntZ cvti	`Re mvi e`envi Kitz nte cvto Nvm j wMtq tNvj vZj Kgv¶bv hvq c¶qvRtb Zj t`tk wePiY Kti Ggb gvQ Kg msL`K gRy Kitz nte
GvW mvj tdU AAj	j eYv³ AAjt i B Gj vKwetkl, Lj bv l miv¶¶iv tRj vi mgj èZx® AAjt i wKQz wKQz Gj vKv	tj vrv l nvBtWtRb mvj dvBU mgx nj y istqi guU wGBPgvb 5 Gi wbtP	c¶KvZK Lv`KYv Drcv`tbi cwi tek eRvq _vtKbv gv¶Qi dj Kv, Pvgov ev tPvtL ¶lZ ntZ cvti gvQ Pvtl AbcthvMx	guU tkvab Kti gvQ Pvl Kitz nte guU wbi tc¶ Kivi Rb` `Re c`v_¶ Pb e`envi Kitz nte eo AvKvti i tcvov gRy Kitz nte

gvQ PrtI cmbi ,Yv,Y

c0ZiU c0Yxi my`i fite emertmi Rb` Zv`i Dc`thvMx `v`Ki evm`v`bi c0qvRb| gv`Qi evm`vb n`Q Rj vkq Ges Rxeb avi`Yi GKgvI` gva`g n`Q cwb| mZ`ivs gv`Qi tmB evm`vbI nI qv PvB `v`m`SZ| gv`Qi Lv` M0hY, tetP`_vKv, `v`nK ep`x, c0Rbb Ges Ab`vb` „i`Zc`Y`Kvh` m0`fite cwi Pj bvi Rb` cmbi weifb`et`fSZ, ivmqvbK I `RueK ,Yvej xi GKwU AbKj gvI`v i`tq`Q|

cmbi ,Yv,Y

cmbi ,Yv,Y ej`tZ gv`Qi tetP`_vKv I `v`vweK ep`xi Rb` cmbi mnbkxj Ae`v`K eSvq| cwb`tZ weifb`eai`bi M`vm, thgb- Aw` tRb, bB`tU`tRb, Kve0 WvB-A` vBW, AbvqibZ A`v`tgmbqv, nvB`tW`tRb mvj dvBW Ges wgt`_b; A`%Re c`v`fign, thgb- dmdivm, K`vj wmqvg, cUwmqvg, g`vM`tbmqvg, tmwMqvg BZ`w` ; `exfZ `Re c`v`_`thgb- GgvB`tbv Gmw, t`c0U`b, kK`v, d`vU` Gmw, w`fU`wgb I tU`bK Gmw; A` `exfZ `Re c`v`fign, h`v- e`v`t`wi`qv, t`c0U`v`Rvqv, Dw`c I c0Yx-c`%U`b; A` `eYxq `Re c`v`fign h`v- gvwI KYv BZ`w` weifb`egvI`vq we` `gvb`_v`K| G`_tjv QvovI` wKQy t`fSZ Dcv`vb, thgb- ZvcgvI`v, cmbi Mfxi Zv, Av`tjv, tNvjvZi BZ`w` cmbi ,Yv,Y`Yi I ci c`fve we`_wi Kti| w`b`P cmbi ,Yv,Y w`b`qS`YKvix t`fSZ-i`vmqv`bK I `RueK Dcv`vb m`e`u`K`Av`tjv Pbv Kiv ntjv|

cmbi t`fSZ ,Yv,Y

cmbi t`fSZ Ae`v`v ch`e`qY Kti c`Kti i Drcv`b q`lgZv m`e`u`K`avi Yv Kiv hvq| cmbi t`fSZ ,Yv,Y`_tjv w`b`e`ic` t

eY`

cmbi nvj Kv meR eY`c`Kti i AwaK Drcv`b kxj Zv w`b`t`R` Kti| cwb`tZ bB`tU`tUi cwi gvY Kg ntj cmbi eY`nj`y`v`f` nq| dmdiv`mi cwi gvY Ktg tM`tj cwb` Kvj`tP` eY`avi Y Kti| ami e`Y`P` cwb`tZ Kve0 WvB-A` vB`tWi cwi gvY Kg`_v`K| tKvb tKvb Dw`c-c`%U`t`bi Awa`t`K`i Rb` cmbi eY`gi`tP` jvj nq, wK`SyG`_tjv gv`Qi Lv` bq| w`b`Pi mvi w`Y`Z cmbi e`Y`P` I ci w`f`E` Kti gvQ PrtI i Dc`thvMZvi avi Yv c0`vb Kiv ntjv|

mvi wY-1 t cmbi e`Y`P` I ci w`f`E` Kti gvQ PrtI Rj vktqi Dc`thvMZvi aib

cmbi eY`	c0KwZK Lv` `i cwi gvY I c0KwZ	gvQ PrtI Dc`thvMZv
`^Q	Dw`c-c`%U`b bvb	fjv bq
meRvf	cwi gvYgZ Dw`c-c`%U`b Av`Q	fjv
Nb meR	AwZwi`3 Dw`c-c`%U`b Av`Q	q`lwZKi
ev`vgx meR	cwi gvYgZ Dw`c I c0Yx-c`%U`b Av`Q	D`Eg
ami meR	Af Dw`c-c`%U`b I fvmg`vb` cwi KYv we` `gvb	Kg Dc`thvMx
gi`tp` jvj	gv`Qi Lv` ` bq Ggb Dw`c-c`%U`b we` `gvb	Dc`thvMx bq

Mfxi Zv

gv`Qi c0KwZK Lv` `c`%U`t`bi Drcv`b I mv`tjv`Kms`tk`h`Yi Rb` mh`qj`vK Acwi nvh` q`K`i tenk Mfxi ntj mh`qj`vK w`b`0 Mfxi Zv ch`S-t`c0`tZ cv`t`ibv, G`tZ c0KwZK Lv` `i ch`fB Drcv`b nq bv, d`tj gv`Qi ep`x e`v`nZ nq| c`Kti i Mfxi Zv Kg ntj cwb` Mig ntZ cv`ti Ges Zj`t`tk` q`lwZKi Dw`c Rb`tZ cv`ti| cmbi Mfxi Zv tenk ntj c`Kti i Zj`t`tk` ZvcgvI`v Kg`_v`K, Aw` tR`tbi Afve NtU Ges Zj`t`tk` q`lwZKi M`vm m`w0 nq| G Ae`v`q` `tY Gov`tZ Zj`t`tki gvQ I Ab`vb` c0Yx cmbi Dcwi f`v`M` P`tj Av`tm|

- c`Kti cmbi Mfxi Zv Kgct`q` 1.5 w`gUvi t`_tK 3 w`gUvi ch`S-n`tZ cv`ti |
- `B w`gUvi cmbi Mfxi Zv gvQ PrtI i Rb` D`Eg|

Նշանակություն

ժողովրդագրության մեթոդները կախված են հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից: Այս դեպքում կիրառվում են հետազոտության մեթոդները: Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից: Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:

- ժողովրդագրության մեթոդները կիրառվում են հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:
- ժողովրդագրության մեթոդները կիրառվում են հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:

Նշանակություն

Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից: Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից: Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:

«ԲՐՆԻՍ» ընկերության կողմից կատարվող հետազոտությունները կախված են հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից: Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:

Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:

Նշանակությունը կախված է հետազոտվող հարցից և կիրառվող տվյալների աղբյուրից:

Նշանակություն	Նշանակություն (տ.)	Նշանակություն	Նշանակություն	Նշանակություն
Նշանակություն, Նշանակություն, Նշանակություն	30-35 20 <10	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն - Նշանակություն
Նշանակություն	30 20 15	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն - -
Նշանակություն	30 20-25 15	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն - -
Նշանակություն	>38 35 20-30 <10	Նշանակություն Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն - Նշանակություն
Նշանակություն	>40 30-35 15-16	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն Նշանակություն	Նշանակություն Նշանակություն Նշանակություն

mh@j vK

mh@j vK I ci cKti c0_wgK Drcv`kxj Zv Z_v Dwmc`-c#U@bi Drcv`b wbfP Kti | cKti cwbtZ Avtjvi c0ek weifb@vte evavM0`ntZ cvti | h_v- cKi cvto eo MvQcvj v, cwbi tNjvZ; Rj R AvMvQv BZ`w | cKi cvto eo MvQ _vKtj Wj cvj v tKtU w tq cwbtZ mh@j vK c0etki e`v KitZ nte| cKti cwbtZ tNjv nte| Avtjv c0etk evavC0B nq, dtj c#U@bi Drcv`b Dcwi fvtMi mvgyb` t`e`vcx mxgve` _vtK| weifb@vte fimgvb AvMvQv cwbtZ mh@j vK c0etk evavi mjo Kti | G_vtj v mvi tq dtj tZ nte| cKti cwbtZ Avtj v c0ek evavM0`-ntj Dwmc`-c#U@bi Drcv`b Kg nq| dtj gvtQi Drcv`bl Ktg hvq|

cwbi i vmvqwbK _Yv_Y

cwbi i vmvqwbK _Yvej x Rj R cwi tekK wbošY Kti | i vmvqwbK _Yvej x cixv Kti cKti Drcv`bkj Zv m#utK® mg`K avi Yv cvl qv hvq| wbtP cwbi weifb@vte vmvqwbK _Yv_Y m#utK®Avtj vPbv Kiv nte|

`exfZ A# tRb

A# tRb Rxe@bi Rb` Acwi nvhP c0qvRbxq cwi gvY A# tRb Qvov tKvb c0Yxi `vfweK ep# m#e bq| tm KvitY cwbtZ `exfZ A# tRb gvQ I wPswb PvtI i Rb` AZ`š`_i`ZcY# mvari Yfvte wPswb A# tRb Pwn`v KvtcP tPtq tenk| `K, wks gv_i gvtQi A# tRb Pwn`v Zj bvgj K Kg|

Dwmc`-c#U@bi I Rj R Dwmc` mvtj vKmskH c0uqvq th A# tRb c0vZ Kti Zv cwbtZ `exfZ nq| evZvm t_tK wKQz cwi gvY A# tRb mivmvi cwbtZ wgtk| cKti gvQ, Rj R Dwmc` I c0Yx G A# tRb 0viv kjmKvh®Pvj vq| ivtZ mh@j vK Afvte cwbtZ tKvb A# tRb c0vZ nq bv| cKti Zj vq `Re c`v`cPtbl A# tRb e`eüZ nq| GRb` mKvtj cKti cwbtZ A# tRb cwi gvY Lp Ktg hvq, wtkTj AtcVvKZ tenk _vtK| cwbtZ 2.0 wq.M0/wj Uvti i (2 wvvcGg) Kg A# tRb _vKtj i`BRvZxq gvQ `vfweK Rxe@ hvcb KitZ cvti bv| cKti cwbtZ 5-8 wq.M0/wj Uvi (wvvcGg) nvti `exfZ A# tRb _vKtj gvQ KviVZ nvti ep# cvq|

cwbtZ `exfZ A# tRb i Drm`0U-
 K. cwbtZ msj MævZvm
 L. meR tkI j v I Wpš-Rj R-Rxe@i mvtj vKmskH |
 `exfZ A# tRb gvI v cwbi wbtav³ _Yvej xi I ci wbfP Kti |
 1. ZvcgvI v
 2. j eYv³ Zv Ges
 3. evqgEtj i Pvc|

ZvcgvI v mvt_ `exfZ A# tRb i gvI v e`wbcvWZK (inversely proportional) m#utK®tqtQ| ZvcgvI v evotj `exfZ A# tRb i gvI v Ktg Ges ZvcgvI v Kgtj `exfZ A# tRb i gvI v ep# cvq| wbtPi mvi wYtZ weifb@vte ZvcgvI vq cwbtZ A# tRb i `eYxqZv t`Lv@bv nte|

mvi wY-3 t ZvcgvI v mvt_ `eYxqZv m#utK®

ZvcgvI v (° tm.)	A# tRb i `eYxqZv (wqM0/wj Uvi)
16	9.86
18	9.45
20	9.08
22	8.73
24	8.40
26	8.09
28	7.81
30	7.54

KveB WvB-A· vBW M'vm cwbZ ZvovZvov `exfZ nZ cvti | cwbZ G M'vnuU gjB KveB WvB-A· vBW, evBKvteBbu Ges KveBbu vntmte _vKtZ cvti | cwbZ KveB WvB-A· vBWi gj Drm ntj v `Re c`v`P cPb Ges cwbZ AewZ Rj R Rxei kym-clkm |

KveB WvB-A· vBWi cFve

cwbZ KveB WvB-A· vBWi cwi gvY nvm tctj cOKuZK Lv` Drcv`b nvm cvq | GtZ gvQI Lv` Pwin`v cY nq bv | Avevi KveB WvB-A· vBWi cwi gvY AZ`vAK evx tctj cwi A`Zj gvIv evx cvq | dtj cO_wKfite cPi cOKuZK Lv` `Zvi ntj I gvQI Lv` MbtYi cBYZv I Pwin`v nvm cvq |

gjB KveB-WvB A· vBW mrvavi Yfite gvQ I vPsvoi Rtb` velv³ bq | gvQ I vPsvio vKQymgtqi Rb` 50-60 wgmWj Uri chS-KveB WvB-A· vBW mn` KitZ cvti | G M'vmi velv³Zv cwbZ `exfZ Av` tRtbi NbZj I ci vbfP Kti | Av` tRtbi NbZj tenk ntj Gi velv³Zv Kg nq | cwbZ KveB WvB-A· vBWi gvIv 12 wgmWj Uvti i tenk nI qv DvPZ bq | cwbZ Gi cwi gvY tenk ntj gvQ I vPsvio kym Kó ntq _vK |

- KveB WvB-A· vBW vBqšYi Dcvq
- gRy NbZj I mvi cOqvM vBqšY Ges cKti i Mfxi Zv Kugtq |
 - vBqvgZ ni iv tUtB |
 - cwbZ 1.0 vBhZvsk nvti Pp cOqvM Kitj clq 1.5 vBhZvsk nvti KveB WvB-A· vBW Ktg hvq |

vcGBP (P^H)

FYvZK nvBtWtRb Avqb NbZj cwi gvckB vcGBP | vcGBP msl`vgvb Øviv cKvk Kiv nq | G cwi gvck 0 t`tK 14 chS-ve`Z | vcGBP-Gi gva`tg cwi A`Zj I vIvtj cwi gvY vbaFY Kiv nq | Gt`t` 7 vbt`c` gvb, 7 Gi Dcti (7-14) vIvixq gvb Ges 7 Gi vbtP (7-0) A`xq gvb vbt` R Kti |

A`c`vKZ vIv agr`cwb (vcGBP 6.5-9.0) gvQ PvtI i Rb` fvj | vcGBP gvIv 9.5 Gi tenk ntj cwbZ gjB KveB WvB-A· vBW _vKtZ cvti bv | dtj cwbZ Dv`c-`sUtbi Drcv`b clq eU ntq hvq | G Ae`vq gvQI Drcv`b `vi`Yfite e`vnZ nq | cwi vcGBP 11.0 ntj ev 4.0-Gi vbtP vgtj gvQ gviv thZ cvti | vcGBP 7.0-7.5 Gi gta` _vKtj dmdivm mvti i KvRvvi Zv evx cvq | A`-cwbZ Dv`c-`sUtbi Rb` cOqvRbxq cpi Afve t` Lv t`q | cwb A`-ntj cKti Pp w` tZ nq |

cwi vcGBP gvQI Lv` Pwin`vi I ci `i`ZcY`cFve tdtj | A`-cwb gvQ PvtI i Rb` fvj bq | G a`tbi cwbZ gvQI vIv nvm cvq I Lv` Pwin`v Ktg hvq | dtj gvQI evx Ktg hvq I Drcv`b nvm cvq | tKvb Rj vktq cwi vcGBP 9.0-Gi tenk ntj Ges Zv `xNf b `vqx ntj gvQI Lv` Pwin`v Ktg hvq I evx `i`b`i tKvVq `wovq | vcGBP gvIv 7.0 t`tK 8-5 Gi gta` _vKtj gvQI Lv` Pwin`v tenk _vK I Drcv`b tenk nq |

cwi vcGBP gvQI `Z DVvbgv gvQ I vPsvoi PvtI i Rb` fvj bq | cwi vcGBP gvb Ktg tMtj gvQ I vPsvoi vbaevY Ae`vi mjo ntq _vK |

- gvQ I vPsvoi t`n t`tK tmvWqvg I tKvi vBW tevi tq hvq, dtj Gi v`p` ntq gviv hvq |
- gvQ I vPsvoi ti vM clZti va vIgv I Lvevi i`P Ktg hvq |
- cKti cOKuZK Lv` `i Drcv`b nvm cvq |
- gvQ I vPsvoi cRbb vIgv tj vc cvq |

Av`v`K cwi vcGBP tefo tMtj gvQ I vPsvoi vbaevY Ae`vi mjo ntq _vK |

- dtj Kv Ges tPvL bó ntq hvq
- Amtgvti `tj kb vIgv nvm cvq
- Lv` MhY eU ntq hvq |

A`vtgmbqv

Bnv GKwU bvBtUttRbRvZ weLv³ M'vm | G M'vtmi Dcw`wZtZ gvQ I wPswoi `rfweK ep^x e`vnZ nq | cwbttZ A`vtgmbqv
teik gvIvi Dcw`wZtZ mg`-gvQ I wPswoi gviw ttZt cvti | A`vtgmbqv cwbttZ `ftvte _vKtZ cvti - AvqubZ A`vtgmbqv
(NH₄⁺) I AbvqubZ A`vtgmbqv (NH₃) | AbvqubZ A`vtgmbqv AvqubZ A`vtgmbqv tPtq teik ¶hZKi | AbvqubZ
A`vtgmbqv gvQ I wPswoi Rtb` weLv³ | ZvB cwbttZ Gi gvIv 0.025 wj.Ml/wj Uvi Gi teik nI qv DvPZ bq Ges 0.1
wgMl/wj Uvi AwZµg Kiv wec`RbK |

gvQtI eR^o, Dv`Qo Lv`", wevfbvBtUttRbRvZ c`v^ogZ k`vI jv cPtbi dtj cwbttZ A`vtgmbqv M'vtmi mwó nq | G
Qrov `wLZ c`vt^o Øviv cKtIi cwbttZ A`vtgmbqv Ptj AvmftZ cvti | ZvcgvIv Ges wGBP gvIv teik _vKtj cwbttZ
AbvqubZ A`vtgmbqv tefo hvq | mrvavi YZt mU`vi w`tK hLb KveØ WvB-A- vBW Kg _vtK Ges wGBP gvIv teik _vtK,
ZLbB cwbttZ AbvqubZ A`vtgmbqv tefo hvq |

cKtI A`vtgmbqv evotj gvQ I wPswoi i³ Ges tckxtZ A`vtgmbqv gvIv tefo hvq | dtj gvQ I wPswoi t`tni wGBP
gvIv Ktg hvq I ep^x nrm cvq | G Ae`vq gvQ I wPswoi Lv`" MhY eU Kti t`q Ges A`rfweKfvte Pj vPj Ki tZ _vtK |

AwZwi³ gRy NbZi cwi nvi Kti mwVK NbZi gvQ gRy Ges mvi I Lv`" cØqvM wqšY Kti A`vtgmbqv `tY cØZtIva Kiv
hvq |

nvBtWttRb mvj dvBW

G M'vtmi 0.01-0.05 wj Ml/wj Uvi NbZi Rj R cØYxi gZi NUtZ cvti | cwbttZ G M'vtmi cwi gvY 0.002
wj Ml/wj Uvi Gi teik _vKv tKvbfvteB wbi vc` bq | cwbttZ nvBtWttRb mvj dvBtWi Dcw`wZ bv _vKvB DEg |

j eYv³ Zv

mvqub` j eYv³ Zvq (3wcvwU) AwaKvsk KvcRvZvq gvQ I `K, gv₃i, wks gvQ `rfweKfvte ep^x cvq | `v`ycwbttZ `K,
gv₃i, wks gvQ PvtI t`¶t j eYv³ Zv tKvb mgm`v bq |

cwbi `RweK _Yv_Y

cKtIi cwbttZ `rfweKfvte Rj R Dv`m^c I cØYx Rbvtq | wKQzwKQzRj R Dv`m^c I cØYx AwZ ¶iz`¶ GMtj v t`L tZ Abv¶¶Y
htšj `i Kvi nq | ¶iz`¶ Rj R Dv`m^c I cØYx gvQtI cØKwZK Lv`" | Avevi wKQzwKQzRj R Dv`m^c I cØYx cKtIi cwb t`tK
cjo MhY Kti `rfweK Drcv`bkj Zv Kwgtq t`q | dtj gvQ PvtI weNvNtU | wbgewYZ Rj R Dv`m^c I cØYx cKtIi Rtb^x
_vtK |

fvmgvl Dv`m^c

G aitbi Rj R Dv`m^c i cvZv cwbi Dcti fvmftZ _vtK wKšYgj cwbi gta` Stj _vtK | thgb-KPni cvbv, tUvcv cvbv,
¶t` cvbv BZ`w` | G₃tj v cKtIi mh¶j vK cØetk evavi mwó Kti Ges cKtIi e`eüZ mvi ntZ cjo MhY Kti cKtIi
Drcv`b ¶lgZv Kwgtq t`q | cKtIi G aitbi Dv`m^c _vKtj tm₃tj v Dv`m^c tdtj tZ nte |

Wpš-Dv`m^c

G aitbi Rj R Dv`m^c cwbi Zjt`tk _vtK | Giv cKtIi Mfxti mth^o Avtj v cØetk cØZeÜKZv mwó Kti | gvQtI
`rfweK Pj vPtj weNvNtUvq | thgb-cvZv SwS, KulUv SwS, bvRvm BZ`w` |

wM@bkj Dv`m^c

wKQzRj R Dv`m^c gj cKtIi wKbvi vq _vtK Ges Dv`m^c _tj v cwbi Dcti evotZ _vtK, G₃tj v wM@bkj Dv`m^c | thgb-
Avovj , `j , Kj wj Zv BZ`w` |

Awaṭekb cwi Kí bv

w`b t 01

wekj 13.00-14.30

tgqv`Kj t 90 ugubU

Afíxó `j t grm` Awa`Bíi KgRZé;`
 wkṭivbvḡ t tṭb, LuPvq l avbṭṭṭZ gṭbvṭm. ṭZj wṭcqví Pvl |
 j ṭṭ t cṭkṭṭYv_ṭṭ i cṭkṭṭYv_ṭṭ i tṭb, LuPvq l avb ṭṭṭZ gṭbvṭm. ṭZj wṭcqví Pvl mṭúṭKṭṭmg`K avi Yv ṭ` qv
 hvṭZ Zvív AwRZ Ávṭbi Avṭj vṭK gvQ Pwṭṭ` i G RvZxq Pṭl mṭvqZv KíṭZ cvṭi b |
 Dṭí k` : G Awaṭekb ṭṭṭl cṭkṭṭYv_ṭṭY tṭb, LuPvq Ges avbṭṭṭZ gvQ Pvl ṭKṂkj mṭúṭKṭṭe`vL`v KíṭZ cvṭi ṭeb
 Ges Pwṭṭ` i ṭkLvṭZ cvṭi ṭeb |

wel qmṭP	Avṭj vP` wel q	cṭkṭṭY ṭKṂkj	mgq
fṭḡKv			5 ugubU
	<ul style="list-style-type: none"> ṭṂZg ceṂZr`Awaṭekṭbi cṭi vṭj vPbv eZḡvb Awaṭekṭbi mṭṭ_ msthvM ṭvcb Awaṭekṭbi Dṭí k` e`vL`v 	cṭkṭṭEi Avṭj vPbv	
wel qe`			75 ugubU
	2. tṭb (Pen) wK ? 3. tṭb `Zwi i DcKiY l %Zwi i c×wZ 4. tṭb gvQPvl c×wZ 5. LvPv wK ? 6. LvPv `Zwi i DcKiY l `Zwi c×wZ 7. LuPvq gṭbvṭm. ṭZj wṭcqví Pvl c×wZ 8. avbṭṭṭZ gvQPvl wK ? 9. gvQ Pṭl i wṭḡṭE avbṭṭṭZ cṭ`Z KiY avb ṭṭṭZ gṭbvṭm. ṭZj wṭcqví Pvl c×wZ	cṭkṭṭEi e³Zv Avṭj vPbv ḡṭṭ wPṂhi So wṭePvUṂ	
mvi -mṭṭṭc			10 ugubU
	<ul style="list-style-type: none"> ḡj wel q-mḡn cṭi vṭj vPbv Dṭí k` hvPvB cieZr`Awaṭekṭbi mṭṭ_ msthvM n`vÉAvDU wēZiY ab`er` Ávcb 	e³Zv l cṭkṭṭEi	
cṭkṭṭY mṭvqK mḡMṂ t n`vÉAvDU, ṭṭvqvBU ṭeWṂwṂDRwṂE, gvKṭ, wṭePvUṂ Abjxj b wK			

<p>tcb, LvPv I avbժղիժZ գրված: իջնագրի PVI</p>	<p>tcb Kx ? tKvb DbժՅ ev Ave× Rj vktq GK ev GKmaK ր` K ի_իK evժki erbv, teov, Rvj ev Ab` tKvb DcKiY ր` իq րNի DՅ Rj vktq gvQ gRյ` Kի PVI Ki յիK tcb ev իNի gvQ PVI etj </p> <ul style="list-style-type: none"> • tcb gvQ PիI i mյeav Amյeav • tcb ՅZwi i DcKiY • tcb իջնագրի PVI c×ւZ <p>tcbv gRյ` i cՐււZ, AvKvi , msL`v GKK PVI t գրված: իջնագրի ինչի cժZ 50-60 նրRvi AvKvi 7-10 իմտ րցտ Lv` e`e`vcbv grm` Avni Y Ki Yxq ր` K</p>
<p>LvPvq գրված: իջնագրի PVI</p> <ul style="list-style-type: none"> • LvPv րK? • LvPvq gvQ PիI i mյeav I Amյeav • LvPv ՚Zixi DcKiY • ՚vb րbeժժb • LvPvq գրված: իջնագրի PVI c×ւZ • Ki Yxq ր` K 	<p>avbժղիժZ գրված: իջնագրի PVI</p> <ul style="list-style-type: none"> • avbժղիժZ gvQPVI րK? • avbժղիժZ gvQ PիI i mյeav I Amյeav • ՚vb րbeժժb • avbժղիժZi Rւց ՚Zwi • գրված: իջնագրի PVI c×ւZ • Ki Yxq ր` K

tcv, LvPv I avbt¶tZ gtbv¶m- tZj wvcqvi Pvl

tcv wK ?

tKvb DbjP ev Avex Rj vkq GK ev GKwaK w` K t_tK ev¶ki evbv, teov, Rvj ev Ab` tKvb DcKiY w` tq wNti ZvtZ gvQ gRj Kti Pvl KivtK tcv ev tNti gvQ Pvl etj |

tcvb gvQ Pvl i mjeav I Amjeav t

mjeav t

- Ae`euZ Rj vkq t_tK Avtqi GKUv Drm`Zwi nq
- e`e`vcbv Kómv` Gijc Rj vkq Drcv` tbi Avl Zvq Avbv hvq |
- eb`vcweZ, Avav DbjP, DbjP Rj vkq¶K GB Pvl i Avl Zvq mntRB Avbv hvq |
- `vbxq DcKiY e`envi Kti B tcv`Zwi Kiv hvq |
- e`e`vcbv mnR |

Amjeav t

- gvQ Pvi nevi m`tebv _vtK |
- kT`Zv Kti gvQ tei Kti w` tZ cvti |
- c0KwZK` #h¶M ¶wZM0` nevi m`tebv _vtK |
- DcKiY mntRB bó nevi m`tebv _vtK |
- cvb` t¶Yi dtj gvQ goK t` Lv w` tZ cvti |

tcv %Zwi i DcKiY t

ev¶ki teov/Uqvvi KW¶Rij /wU wenvb cvj w_b Rvj (Rvtj i dvm 10 vmtvgt Gi Kg) |

tcvb tZj wvcqvi Pvl c×wZ t

tcv`Zwi i ci Rvj tUtb hZ` t m`e i v¶¶m gvQ mwi tq tdj vi e`e`v Ki tZ nte |

tcvov gRj` i cRwZ, AvKvi, msL`v t

GKK Pvl t

gtbv¶m- tZj wvcqvi tn±i c0Z 50-60 nvRvi, AvKvi 7-10 tmt vgt |

Lv` e`e`vcbv t

tcvb gvQ Pvl i t¶¶t m`ú¶K Lv` c0qM Ki tZ nte |

Lv` i aibt wctj U/ZixKZ Lv` |

Lv` i cvigvYt gvQ i kixti I Rtbi 5-3%, Avigt i cvigvY nte 20-30% |

grm` AvniY t

gtbv¶m- tZj wvcqvi t¶¶t - 3-4 gym ci AvniY Kti evRvi RvZ Kiv hvq |

Drcv` b t 9-10 tgt Ub / tn±i |

wetkI KiYxq w` K t m)g Lv` e`e`vcbv i vL tZ nte

DbZ RvtZi tcvov gRj wlv0Z Ki tZ nte |

LvPvq gtbvfm- tZj wccqv Pvl

LvPv Kx ?

tKvb Dbj³ ev Ave^x Rj vktq evtki evbv/Rvj /tj vnvi tbU w` t^q ev Ab` tKvb DcKiY w` t^q Pwi w` K vNti tet^a LuPv %Zwi Kiv nq| Avi LvPvq gvQ Pvl ntj v- Rvj Ges evk w` t^q A_ev tj vnvi tdtg Rvj j wMtq `Zwi LvPvq gvQ cvj b|

LvPvq gvQ Pvl i mjeav I Amjeav t

mjeav t

- Pj gvb cwb^tZ LuPv `vcb Kiv hvq
- e^x Rj vktq evowZ Lvevi Ab` gv^tQi Kv^tR j vtM
- th^s_gwj Kvbvxb Rj vktq LuPv e`envi Kiv hvq
- bvi x I wki tⁱ i GKv^tR m^u³ Kiv hvq
- `vbxq DcKiY e`envi Kiv hvq
- Zvr^qYK cwi ewi K c^qR^tb mnt^{RB} gvQ aiv hvq
- Mwi t^ei w^dR wnt^mt^e KvR K^ti |

Amjeav t

- KuKov LvPv tK^tU w` t^Z cv^ti |
- k^I“Zv ekZt Rvj tK^tU gvQ t^ei K^ti w` t^Z cv^ti |
- LuPv Pwi i m^uebv_v^tK|
- c^qKwZK `th^qM ^qWZM^o’ n^tZ cv^ti |
- LuPvi DcKiY mnt^{RB} b^o n^tq th^tZ cv^ti |
- c^qRvbxq Lv` Qiov Drcv` b fivj n^te bv|

LvPv `Zixi DcKiY t

evtki evbv/tj vnvi tbU/wciv^{fm} cvBc/t^otⁱvt^{dg}/M^{ij} fvbvBRW ev cw^oK tKv^tUW I qvi /bvBj btBU|

`vb wbe^pb t

giv b`x, nvl i-erl i, wej, tmP Lvj, cvnw^o Qov, Mfxi c^ki w` wN, etⁱwcU, e^x DcKj xq Rj vkq|

cwbi Mfxi Zv t 4-10 w^gUvi |

LvPvq gtbvfm- tZj wccqv Pvl c^xwZ t

LvPv AvqZKvi I eM^oKvi n^tZ cv^ti | Z^te 2-3 Nb w^gUvi LvPv e`e`vcbvi Rb` fvj |

c^qRwZ wbe^pb t gtbvfm- tZj wccqv/bvBj /wMdU tZj wccqv

c^qRwZi AvKvi t 7-10 tmt w^gt

gRj NbZj t 200-400 w^U/Nb w^gUvi

Lv` e`e`vcbv t LvPvq m^u³K Lv` c^qq^m Ki^tZ n^te|

Lv^t i aib t w^ctj U/`ZixKZ Lv`

cwi gvY t gv^tQi kix^ti i I R^tbi 5-3%

grm` AvniY t 4 -6 g^m ci grm` AvniY K^ti evRi RvZ Kiv hvq| Ae`v Abj^vqx 2w^U dmj Kiv th^tZ cv^ti |

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

KiYxq w`K t

- wbcqgZ cwbi Yv`Y Ges gvftQi `v` ciYv KiþZ nte|
- gZ ev Amy`gvQ hZ ZvovZwob mæE LvPv t_þK Dwþq tdj þZ nte|
- tgNj v A_ ev elwNb w`þb Lvevi t`qv eU ivLvB tkþ|
- LvPvq gvQ hw`j vd w`þq tewiþq hvl qvi mæebv _vþK, tmþvþþ Rvtj i %Zwi XvKbv e`envi Kiv thþZ cvþi |
- gvQ AvniþYi ci wDZxq evi e`enviþi cþeLvPv cwmb t_þK Dwþq fvj fvþe tkIj v cwi`vi Kþi tivþ`i wKþq wþþZ nte| cþqvRþb weKf wntþte 1-2 w`b Lvevi eU ivLþj gvQ tkIj v tLþq tdj þe|
- mZK`cwnvivi e`e`v wþþZ nte hvþZ gvQ Pwi bv hvq Ges Stov Avenl qv Ges AZ`waK epþcvþZ thb gvQ tewiþq bv hvq|

avb tþvþþZ gþbvþm- þZj wccqvi Pvl

avb tþvþþZ gvQ Pvl Kx ?

avb tþvþþZ thLvþb wþw`þ mgq aþi GK weþkl Mfxi Zvq tþþmgx epþ ev elw` cwmb Rþg _vþK tmLvþb gvQ Pvl Kiv hvq|

avb tþvþþZ gvQ Pvl i mþeav l Amyeav t

mþeav t

- 1| GKB RvgtZ`þ aiþbi dmj cvl qv hvq|
- 2| avb tþvþþZ KxUvkvK e`envi bv Kiþj l Pþj |
- 3| gvftQi gj gþ Rvgti DeþZv epþ Kþi |
- 4| `f LiþP l Af mgþq gvQPvl Kiv hvq|
- 5| avþbi Drcv`b 10-15 % epþ cvq|

Amyeav t

- 1| cwmb nVv Kþg thþZ cvþi |
- 2| KvKov/k`Zv ekZt AvBj tKþU cwmb tei nþq thþZ cvþi |
- 3| mKj cRwzi gvQPvl mæE bq|
- 4| gvQ mnþRB Pwi nþq thþZ cvþi |
- 5| avb tþvþþZ tcvKv gvKþoi tekx Dc`þ nj KxUvkvK e`enviþi mgm` nq|

avb tþvþþZ gvQ Pvl i cþwZ t

- (1) avþbi mvþ_ gvQ Pvl
- (2) avþbi cþi gvQ Pvl |

Rvgt wbeþþb t

Rvgt wbeþþbi Dci gvQ Pvl i mdj Zv wþfþ Kþi | me avb tþvþþZ gvQ Pvl i Rb` DcþhwM bq, ZvB Rvgt wbeþþbi mgq wþgþj wLZ wcl qmgn weþeþbv KiþZ nte t

- th mg`-RvgtZ eb`vi cwmb cþek Kþi bv wKš` cwmb aviY vþgZv tenk Giþc gvSwi Dþz Rvgt gvQ Pvl i Rb` DcþhwM|
- mvaviYZ t`vAvk Ges GþUj gwli cwmb aviY vþgZv Ges Deþv kw³ tenk weavq GB me gwli Rvgt avþþvþþZ gvQ Pvl i Rb` DcþhwM|
- wbeþþZ Rvgt KlþKi wþR ewoi hZ KvþQ nte ZZB fvj GþZ avb l gvftQi i vþvþþvþþ mnR nq|
- tevþiv tþþmgþ Pvl i tþvþþ tþþPi mþþ`ve`_vKþZ nte|

- Rwi AvqZb 50-100 kZvsk ntj fġj nq|

Rwġ Ğwi t

gvQ Pvl i Rb" Rwġ Ğzix AZ"Š- i"ZpYġ Rwġ Ğwi hZfġj nte avb | gvġQi Drcv`b ZZ tenk nte| Rwġ Ğwi i mgq wbtgġe wclq, wġ Abġni Y Kiv Avek"K t

- Rwġi Pwi avġi i cvġk Kgġġġ 1-1.5 dġ DPzġReġZ AvBj wbgġY KiġZ nte|
- Rwġi wbpzġj vKvġ kZKiv 2-3 fġM Gġ vKv Rġo 2-3 dġ Mfxi tWvev Ğwi KiġZ nte|
- Rwġ Ğwi i tġġġġ Ğvfwek wbtgġ mvi, tMvei, Kgġcġó BZ`w` cġġqM KiġZ nte|

avb tġġġZ tZj wġqv Pvl c×wZ t

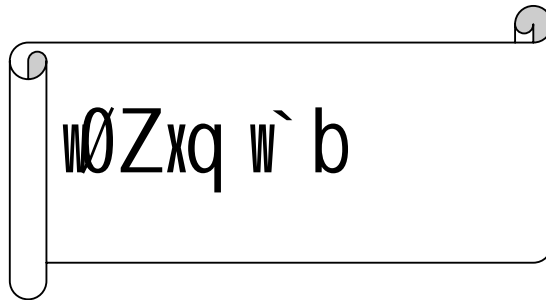
cġRwġZ wbeġPb	t	gtbvtm- tZj wġqv
cġRwġZi AvKvi	t	7-10 tmg.
gRġ NbZġ	t	15-20w/kZvsk

Pvl e`vcbv t

- avb tġġġZ gvQ Pvl Kġj xb tġġġZi me Astk Kgġġġ 15-20 tmg. cwġb _vKv Avek"K|
- Bġj, KvKov I Ab`vb" cġW hvtZ AvBġj MZġbv Kġi tmw ġK tLqġj ivLġZ nte|
- AwZwi³ epġi cwġb Rġg tġġZ cweZ nI qvi AvksKv _vKġj AġcġġvKZ Xġj y Astk AvBġj i wKQz RvqMv tftġ/2 evġki evbv ev QvKwġbhġ³ cvBc w`ġq AwZwi³ cwġb tei Kġi w`ġZ nte|
- mgwŠZ evj vB e`vcbv c×wZġZ tcvKvġKo `gb Kiv tġġZ cvġi |
- avb i ġvi Rb" RwġġZ Kxġ bġkK cġġvġMi cġġvRb ntj gvQġK tWvevġ / MġZġmwi ġq tdj ġZ nte|
- cvġki tġġġZ KxġbvġkK e`envi Kiv ntj KxġbvġkK wġwġZ cwġb hvtZ tKvġġġġB avb tġġġZ cġġek bv Kġi tmw ġK mRvM `wġ ivLġZ nte|
- tġġġZi cwġb cġġvRġbi Zġ bvq Kġg tMġj `ġZ tmġPi e`v KiġZ nte|

gvQ Avni Y/Drcv`b t

avb tġġġZ chġġ cwġb _vKġj avb Kvġvi ci gvQ aiv tġġZ cvġi | wKŠ`avb Kvġvi cġeġgvQ Avni Y KiġZ ntj tWvevi cwġb i`wKġg gvQ aivi e`v wbtZ nte| avb tġġġZ mgwŠZ c×wZġZ gvQ Pvl Kiġj cġZ tmŠmġg tn±i cġZ 500-1000 tKwR gvġQi dj b cvl qv hvq|



w0Zxq w` b

Awa`tekb cwi Kí bv

w` b t 02

mKvj t 08.30-09.00

tgqv` Kij t 30 wgvbU

Afxó `j t grm` Awa` Bti i KgRZ`e`

wk`ti vbvq t cpi v`tj vPbv, cÓZ`vve I Dc`vrcbv

j` q` t cÓk`qYv_`i ce`w` tbi Kvh`p`ti cpi v`tj vPbv I cÓZ`vve Ges mvÚ`Kij xb KvR Dc`vrc`bi m`thvM
Kti t`qv hv`Z Zv iv c`eP Av`tj vPbv `si Y Ki`Z cv`ib Ges fj Í`wU mst`krab Kti Awa`tekt`bi
Kvh`Rwi Zv evx` Ki`Z cv`ib |

D`f`k` t Awa`tekb tk`l AskM`hYKvi vMY ce`w` tbi wk`qY cpi v`tj vPbv gva`tg fj Í`wU mst`krab Kti HKgt`Z`
t`cÓZ` m`qg n`eb |

wel qm`P	Av`tj vP` wel q	c`xwZ	mgq
fvgKv			2 wgvbU
	<ul style="list-style-type: none"> `vMZg Pj`wZ Awa`tekt`bi mv`_ mst`hvM 	e ³ Zv	
wel qe`			25 wgvbU
	<ul style="list-style-type: none"> cÓZ`v`nK RvY` Dc`vrcb cÓk`qYK ce`w` tbi wbe`PZ cÓk`qYv_`K cÓZ`v`nK RvY` t`_`K 5wgvbU evi Rb` Ab`ti va Ki`teb cÓg cÓk`qYv_`PZvi cÓZ`v`nK RvY` Dc`vrcb tk`l Ki`tj Ab` t`KD Avi t`Kv w`tk`l wk`qYxq wel q Dc`vrcb Ki`Z AvM`h` w`Kbv Zv cÓk`k`ti Rvb`teb Ges t`KD AvM`h`_vK`tj Zv`K Dc`vrcb Ki vi m`thvM t``teb ce`w` tbi cpi v`tj vPbv cÓk`qYK GKRB cÓk`qYv_`K mrvqK w`tm`te wbe`Pb Ki`teb wh`v`b MZ w` tbi mg`-Kvh`p`g I wk`qYxq wel q_`tj v cÓk`k`ti i gva`tg cpi v`tj vPbv Ki`teb 	e ³ Zv cÓk`k`Ei	
mvi -mst`q`c			3 wgvbU
	<ul style="list-style-type: none"> cÓZ`v`nK RvY` I mvÚ`Kij xb Kv`Ri Dc`vrcbv Ges cÓZ`v`nK cpi v`tj vPbvq AskM`h`Yi Rb` mKj t`K ab`ev` Ávcb 	e ³ Zv I cÓk`k`Ei	
cÓk`qY mrvqK mvgM` t tnvqvBU tevW`g`vK`H , BZ`w`			

Awaṭekb cwi Kí bv

w` b t 02

mKvj t 09.00-10.00

tgcq` Kvj t 60 wgvbU

Afxó `j t grm` Awa` Bti i KgRZ[®]

wkṭi vbvg t gṭbvtm· tZj wicqvi tcvb Drcv` b tKŠkj

j`¶ t cĭk¶Yv_¶ i gṭbvtm· tZj wicqvi cj`l tcvb Drcv` b Kj vṭKŠkj mṣúṭK[®]mg`K avi Yv ṭ` l qv hvṭZ Zui v G Ávb KvṭR j wMṭq gvQPwl ṭ` i cĭqvRbxq mnṭhwmZv Ki ṭZ cviṭi b|

Dṭí k` t G Awaṭekb ṭkṭl cĭk¶Yv_¶Y gṭbvtm· tZj wicqvi cj`l RvṭZi tcvb Drcv` b Kj vṭKŠkj mṣúṭK[®] ej ṭZ cviṭeb l gvQPwl ṭ` i ṭkLvṭZ cviṭeb|

wel qmṭP	Avṭj vP` wel q	cĭk¶Y tKŠkj	mgq
fṭvgKv			3 wgvbU
	<ul style="list-style-type: none"> · ṭMZg · ce@Zr`Awaṭekṭbi cpi vṭj vPbv · eZḡvb Awaṭekṭbi mvṭ_ msthvM ṭvcb · Awaṭekṭbi Dṭí k` e`vL`v 	cĭkṭÉi Avṭj vPbv	
wel qe`			52 wgvbU
	<ul style="list-style-type: none"> · gṭbvtm· tZj wicqv wK? · cj`l l ṭḡ tZj wicqv tPbvi Dcvq · tZj wicqvi wVg msMṭh l tcvUvṭbv · ni ṭgvb wbaṭi Y · ni ṭgvb wgvkZ Lv` cĭwZ · ni ṭgvb wgvkZ Lv` cĭqvM c×wZ · tcvb Drcv` b l mZKZv Aej ṣṭ 	cĭkṭÉi e³Zv Avṭj vPbv gṭṣ wṔŠw So wdePvU [®]	
mvi -mṣṭ¶ c			5 wgvbU
	<ul style="list-style-type: none"> · gj wel q-mgn cpi vṭj vPbv · Dṭí k` hvPvB · cieZr`Awaṭekṭbi mvṭ_ msthvM · n`vÉAvDU weZi Y · ab`ev` Ávcb 	e³Zv cĭkṭÉi	
cĭk¶Y mnvqK mvgMṭ t n`vÉAvDU, ṭnvqvBU teW [®] wbDRwÉ, gvKṭi, wdePvU [®] Abjxj b wKv			

wdcPvU©cwi Kí bv

<p>gtbvfm- tZj mcqv tcvbv Drcv` b tKškj</p>	<p>gtbvfm- tZj mcqv wK? GK wj ½ (cj`l ev `x) wewkó tZj mcqv tK gtbvfm- tZj mcqv etj Zte Drcv` tbi we l qiu wefePbvq ti tL cj`l gtbvfm- tZj mcqv Pvl i tŕt e`envi Kiv nq </p> <p>cj`l I `x tZj mcqv mbv³KiY t cj`l tZj mcqv Rbtbw` t 02 wQ` m=úbomv` v Ges j =tU Ab`w tK cRbbKvtj wWg avitYi Rb` `x tZj mcqv tU ùxZ nq Ges Mj vi Astki eYnj j vf t`Lvq `x tZj mcqv Rbtbw` t 03 wQ` m=úbomj j vf Ges wKQjv tMj vKvi </p>
<p>tZj mcqv gL t_tK wbl³ wWg msMhni cxwZ t</p> <ul style="list-style-type: none"> • cRbbŕg `x gvQ ncvv GK RvqMvq Rgv Kti fij fivte cixŕv KiY • wbl³ wWg A_ev jvfP ncvv ntZ msMh Kivi Rb` cŕZ`K cRbbŕg `x gvQ `c tbtUi mvrvt` msMh KiY • wbl³ wWg `x gvtQi gL t_tK msMh KiY Ges is Gi wfbzv Abjv t Avj v`vKiY • msMxZ wWg,tjv RvYgy³ Kitz 5-7 wciwU j eY`etY 8-10 wgvU ivLv • wbl³ wWg/j vfpn`wPs Gi Rb` n`vPwi tZ `vbsi 	<p>j vfp`tdvUvtv t</p> <p>msMxZ wWg cwtKi `Zwi BbnKDwek Rvti tcvUvtv nq 3-4 w` tbi gta` wWg,tjv ntZ ti Ytcbv tei ntq AvtM G Ae`vq Zviv wW`wjt ntZ Lv` msMh Kti vvtK wW`wjt wttkwL Z nl qv chS-ti YyRvi ev tU tZ ivLv nh mvavi YZ: wbl³ wWg ntZ aY I j vfvj Ae`v tkl ntZ 10-12 w` b mgq j vtM </p>
<p>ni tgvb wbaŕ Y I ni tgvb wgvkZ Llevi `Zix t</p> <ul style="list-style-type: none"> • ni tgvb gvŕv 50 wgtMh 17-∞ wgvBj tUm tUtoib (17∞- Methyl testosterone); 100 wgtwt B_vBj Gj tKvj (95%) Gi mvt_`exfZ Kiv nq • ni tgvb`eb GK tKwR Llevi i mvt_ (50%) Llevi + 50 % wdmvgj) Gi mvt_ 10-15 wgvU mgq ati wgvkZ nte • %Zwi KZ Llevi cti mvavi Y Zvcgvŕvq i Kvtbv nh • ni tgvb wgvkZ i`L Llevi Kg Zvcgvŕvq A_ev 4⁰ tmt Zvcgvŕvq ti wRvti Uti mtePP 7 w` b chS-msMh Kiv hvte 	<p>bvmŕx nvcvZ tcvvtK ni tgvb wgvkZ Llevi cŕqvM</p> <ul style="list-style-type: none"> • ŕY`vqx U`vsK cŕgevi Lv` MhYKvix tcvvtK ni tgvb wgvkZ Llevi cŕqvM • 8wgt x 2.5wgt x 0.6wgt cŕZwU nvcvq 1,50,000 tcvbv ti tL ni tgvb wgvkZ Llevi cŕqvM Kiv nq Zte Gtŕt cwi ZB Ae`v chS-w` t 3 evi Llevi cŕqvM Kiv nq ni tgvb wgvkZ Llevi cŕqvMi`wqZkvj 3 w` b ŕY`vqx U`vsK G Ae`vKvtj tcvbvi msL`v MYbv Kti bvmŕx Llevi cŕqvM nvcvZ tcvbv `vbsi Kiv nq
<p>gtbvfm- tcvbv Drcv` b I chv³ e`envi mZKZv t</p> <ul style="list-style-type: none"> • cRbb cKti i Zvcgvŕv I Ab`vb` i mvqvBK` Yv`Y mwK gvŕvq eRvq ivLv • 1g Llevi MhYi tcvbv mbv³KiY • ni tgvb I Gj tKvtj i mwKgvŕv wbaŕ Y • e`w³MZ `v`m tPZbZv eRvq ivLv • Ab`vb` Avbly mwK KvtRi ci 100% gtbvfm- tcvbv cŕB wbfP Kti 	

gʃbvtm· tZj vncqvi tcvbv Drcv` b tKŠkj

gʃbvtm· tZj vncqv vK ?

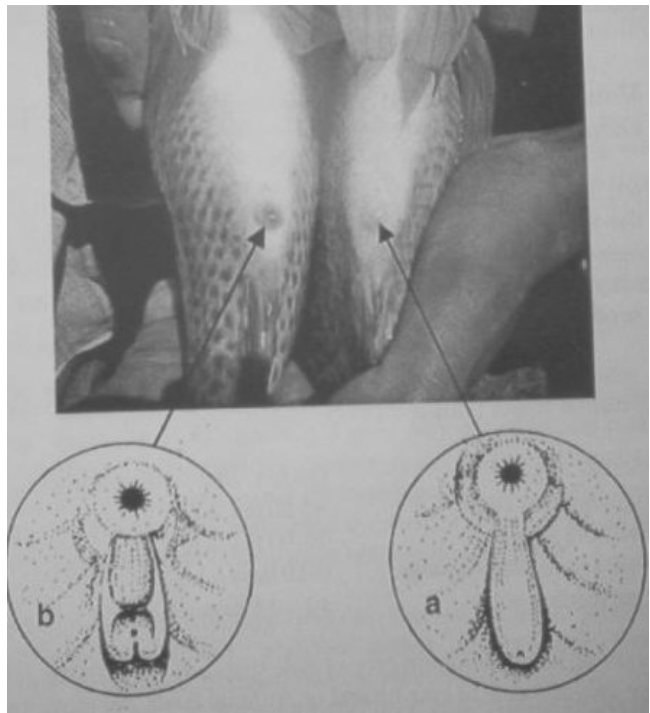
GK wj ½ (cj`l ev ˘x) wewkó tZj vncqv tK gʃbvtm· tZj vncqv etj | Zte Drcv` tbi wcl qvU wetePbvq ti tL cj`l gʃbvtm· tZj vncqv Pv tli tŋ tŋ e`envi Kiv nq|

cj`l l ˘x tZj vncqv mbv³KiY

tZj vncqv cwic° n l qvi ci ewn`Kfvte Rbb A½ chŋeŋ tŋYi gva`tg cj`l l ˘x gvQ tK c_uK c_uK mbv³ Kiv hvq| ewn`K ˘wó tZ cj`l l ˘x tZj vncqv mbv³ Ki tZ ˘ŋ l AvrfÁ ntj mn tRB mæe| Zte ˘x tZj vncqv tctU wWg _vK tŋ mn tRB mbv³ Kiv hvq| tZj vncqv Mo l Rb hLb 30- 40 Mŋg nq ZLb ˘úofvte Rbb A½ t` tK (Genital Papilla) cv_Ŕ` Kiv hvq| Zte tmw s Gi tŋ tŋ hZ Kg eqtm mæe ZZB mdj Zv tekx Avmte|

cj`l l ˘x tZj vncqv cv_Ŕ` t

cj`l tZj vncqv Rb tbw` tŋ 02 wQ` mæú bæmv` v Ges j æŋU| Ab`w` tK ˘x tZj vncqv cRbbKv tŋ wWg avi tŋYi Rb` tclU ˘xZ nq Ges Mj vi Astki eYŋj yvf t` Lvq| ˘x tZj vncqv Rb tbw` tŋ 03 wQ` mæú bæmj yvf Ges wKQ tŋ vMj vKvi |



wŦ t b. ˘x tZj vncqv Rbbv½ Ges a. cj`l tZj vncqv Rbbv½

gʃbvtm· tZj vncqv gŋ t_ tK wcl³ wWg msMŋ

MŋsgŪj xq AĀ tŋ i cŋ tŋ cwic° ˘x gvQ mvavi YZt 2-3 mŋv n AŠ t wcl³ wWg msMŋ Kiv nq| wWg msMŋ ni Rb` cŋ Z`K nvc tZ (mvavi YZ: nvcvi mvBR 8×2.5×0.6 wKDweK wŋUvi) gRj KZ ˘x gvQ i gŋ mŋv tŋ 1 ev 2 evi ev Z tZwaKevi mZKŋvi mv t_ cixŋ v Kŋ t` L tZ nte|

Awaṭekb cwi Kí bv

w` b t 02

mgq t 10.00-11.00

tgqv` Kvj t 60 wgvbu

wkṭivbvḡ t ḡṭbvṭm· ṭZj wcvqvi bvmṯi e`e`vcbv (ṭmkb-1)

Afxô `j t grm` Awa` Bi i KgRZḡe`

j ṯi t cḡkṯYv_ḡi ḡṭbvṭm· ṭZj wcvqvi bvmṯi cḡṭi i ḡRj ceḡe`e`vcbv mṯṭKḡavi Yv ṭ`qv nṯe hvṭZ
Zui v G Ávb KvṭR j wMṭq ḡvQPwṭ ṭi cḡqvRbxq mṯṭhwmZv KiṭZ cvṭi b|

Dṭi k` t G Awaṭekb ṭṭi cḡkṯYv_ḡY ḡṭbvṭm· ṭZj wcvqvi bvmṯi cḡṭi i ḡRj ceḡe`e`vcbv mṯṭKḡe`vL`v
KiṭZ cviṭeb | ḡvQPwṭ ṭi mṯvZv KiṭZ mṯḡ nṯeb |

welqmwP	Avṭj vP` welq	cḡkṯY ṭKŠkj	mgq
fṯḡKv			3 wgvbu
	<ul style="list-style-type: none"> ṭMzg ceḡZiḡAwaṭekṭbi cpi vṭj vPbv eZḡvb Awaṭekṭbi mṯṭ_ mṯṭhM ṭvcb Awaṭekṭbi Dṭi k` e`vL`v 	cḡkṯEi Avṭj vPbv	
welqe`			52 wgvbu
	<ul style="list-style-type: none"> bvmṯi Kx? bvmṯi cḡṭi i `i`Zj ḡṭbvṭm· ṭZj wcvqvi bvmṯi cḡṭi i %ṯkó` bvmṯi cḡṭi cṯiZ: <ul style="list-style-type: none"> ms`vi Rj R AvMvQv `gb ivṯṭm AewÁZ ḡvQ `wi Ki Y Pb cḡqvM cṯZKvj xb mvi cḡqvM cḡKwZK Lv` chḡeṯY 	cḡkṯEi e³Zv Avṭj vPbv ḡṯ vPŠhi So wdePvUḡ	
mvi -mṯṯc			5 wgvbu
	<ul style="list-style-type: none"> ḡj welq-mḡn cpi vṭj vPbv Dṭi k` hvPvB cieZḡAwaṭekṭbi mṯṭ_ mṯṭhM n`vÉAvDU weZi Y ab`ev` Ávcb 	e³Zv cḡkṯEi	
cḡkṯY mṯvqK mṯḡMṯ t n`vÉAvDU, ṭṯvqvBU teWḡwbDRwÉ, ḡvKḡ, wdePvUḡ, Abṭxj b wku			

	6) m#h#j vK covi ci mvi c#qvM KivB DEg
<p>c#KwZK Lv` ch#e#Y bvm#i c#K#i ti Yygr#`i c#e#Zv`i Dc#hvMx Lv` `Zwi K#i w#Z n#e ZvB gr#`i c#e#c#KwZK Lv`` cix#v Kiv bvm#i e`e`vcbvi Acwivnh#Ask </p> <p>c#KwZK Lv`` cix#vvi c#wZ c#KwZK Lv`` cix#vvi c#wZ 3 wUt (1) tmwKwV` c#wZ, (2) MvgQv Mv# c#wZ, (3) nvZ c#wZ </p>	<p>gR# NbZ;t bvm#i c#K#i ti Yytcvbi gR# NbZ;wba#Y c#vZt Pvl c#wZ, ti Yy c#RwZ, c#K#i Drcv`bkxj Zv Ges e`e`vcbvi aib BZ`w` w#l#qi lci wbf# K#i c#Z kZvs#k 1000-1500 wU avbx tcvbi gR# K#i 20-30 w` b j v j b cvj b Ki#j 1 t_#K 1.5 Bw#A tcvbi Kiv hvq </p>

- cvtoi Xvj 1:2 AbjvZ ivLv`iKvi | GtZ cio fvzte bv, Rvj Uvbn mnR nte Ges mwKfvte gvQ AvniY Kiv hvte|
- mthP Avtjv KvhKi fvte cKti i cwbZ cotj cKwZK Lv` Drcv`tb mnvqK nte|

Zj vq AwZwi³ I cPv Kv`v AcmviY

cKti i Zjvi 4-6 BwAi tenk Kv`v_vKtj Zv Ztj tdj tZ nte| Zj vq AwZwi³ `Re c`P_vKtj t

- wlv³ M`vm mjo ntZ cvti |
- mnR ni iv Uvbn hvq bv|
- Aw tRtbi Afve ntZ cvti |

cvtoi eo MvtQi Wj cvj v QvUvBKiy

cKti i cwbZ Qvqv mjoKvix eo MvtQi Wj cvj v tKtU tdj tZ nte| GtZ mthP Avtjv mnR I KvhKi fvte cKti i cwbZ cote hv cKti i cKwZK Lv` Drcv`tb mnvqK nte|

cKti i cvtoi tSicSvo cwi[®]vi KiY

- cKi cvtoi tSicSvo tKtU cwi[®]vi Ki tZ nte| GtZ grm`FK cYx thLvfb tmLvfb jvKtq_vKtZ cvite bv|
- cKi t_tK cjo tkvY Kti cKti i cUgK Drcv`bkj Zvq e`vNvZ mjo Ki tZ cvite bv|

Rj R AvMvQv`gb

cKti i cwbZ w`gvb wvrfbeai tYi Rj R Dw[™]c /AvMvQv hviv cZ`q ev ctivfvte gvQ I tcvbn Drcv`btK qwZM` Kti Zvt`iK Rj R AvMvQv etj | cKti maviYzt 4 ai tYi Rj R AvMvQv I tkljv`Lv hvq| thgb t (1) fvmgvb (2) j Zvtbn (3) wbgwZ (4) wMgbkj

Rj R AvMvQvi qwZKi w`Kmgv

- Giv cKti i gwU I cwb t_tK cjo MhY Kti dtj cKti i cUgK Drcv`bkj Zv Ktg hvq|
- cwbZ mthP vK cteK evav mjo Kti dtj mvj vKmtkL evavM`nq|
- tcvbri `fveK Pj vPtj e`vNvZ NUvq
- bvmi cKti mnR ni iv Uvbn, Rvj Uvbn Amjeav nq|

Rj R AvMvQv wqšY c×wZ

(1) KwqK kg c×wZ (2) `RweK c×wZ (3) mvi cUqM c×wZ (4) i vnvqwbK c×wZ|

ivqtm I AewAZ gvQ`ixKiY

ivqtm gvQ t tevqv, MRvi, tkvj, wPZj, dvj, KwKjv, BZ`w` AewAZ gvQ t gtvrtm· tZj wcvv Qvov Gtq`i Ab`mKj cRwZB AewAZ

qwZKi cve

- ivqtm gvQ mi vmi tcvbn tLtg dtj, thgb- ivqtm gvQ 2 tKwR eo ntZ cUq 10-12 tKwR Ab`gvQi tcvbn Lvq|
- AewAZ gvQ tcvbri Lv`bo Kti, thgb 1 tKwR AewAZ gvQ 10-12 tKwR eo gvQi Lv`fiv emvq|
- evm`vb I Aw tRb wbtq cUzthwMzv Kti |

2	BDwi qv	150-200 Mŋg
3	wJGmwc	75-100 Mŋg

mvi cŋqvM mZKZv

1. tgNj v w` b ev eji gta` mvi cŋqvM Ki tj KvhRwi Zv Kg nŋg _vtK|
2. BDwi qv mvi evZvM tLvj v Ae`vq i vL.tj KvhRwi Zv Ktŋ hvq|
3. A~~v~~g wUjZ mvti i KvhRwi Zv Kg nq|
4. cwbjZ Rj R Dv`c _vKtj mvti i KvhRwi Zv Kg nq|
5. Pb cŋqvMi 5-7 w` b ci Ges ti YygRj` i 8-10 w` b AvM mvi cŋqvM Ki tZ nŋe|
6. mfhj vK covi ci mvi cŋqvM Ki vB DEg|

cŋKwZK Lv` chŋeY

bvmwi cKti ti YygRj` i cŋeZv` i DcthvMx Lv` ^Zwi Kti wbtZ nŋe| ZvB gRj` i cŋe cŋKwZK Lv` cixŋv Kiv
bvmwi e`e`vcbi Acwi nvhAsk|

cŋKwZK Lv` cixŋvi cŋqvRbxqZv

- cwbjZ chŋB cŋKwZK Lvevi AvQ wK bv Zv Rvbv
- cKti i cwi tek ti YyQovi DcthvMx wKbv Zv Rvbv
- cKti Avi I mvi cŋqvM Ki tZ nŋe wKbv Zv Rvbv|

cŋKwZK Lv` cixŋvi c×wZ

cŋKwZK Lv` cixŋvi c×wZ 3 wU,h_v t

(1) tmwKw` c×wZ, (2) MvgQv MvM c×wZ, (3) nvZ c×wZ|

g`bvfm· tZj wccqvi bvmfni e`e`vcbv (mvefmkb 2)

Rj R tcvKv gvKo `gb t

cKti mvi c`qfMi ci cwbtZ c`KuzK Lvevi epxi mvt_ tiYytcvbi qWZ Kti Ggb AtbK aiYi Rj R tcvKvKo mjo nq| thgbt num tcvKv, WMBdWB, eo AvKuzi Ryc`Uub thgb KvWtmiv, KwtcwW, W`vduq, WqvcUgvm BZ`w |

cKti G mg`-tcvKv-gvKo _vKtj Giv t

- tiYy Lv` Dc`thMx KxU I RxevtK aYsm Kti
- tiYytcvbi aYi Lvq ev tCU tKtU tgti tdtj |

Rj R tcvKv -gvKo `gb c`wZ t

- wvcUvti· t 6-12 Mlg/kZvsk/1 dU cwbi Mfxi Zv
- mygw_qb t 2-3 Mlg/kZvsk/1 dU cwbi Mfxi Zv
- tbvfvb/bMm t 2-3 Mlg/kZvsk/ 1 dU cwbi Mfxi Zv
- tKti wmb t 125 wgvj /kZvsk/ 3 dU cwbi Mo Mfxi Zv

tiYy/ avbx tcvbi _YMZgvb hvPvB t

ch`eY`Y w`lq	fij t`iYy	Lvvc tiYy
1 Pj vtdiv	mštYkxj	w`i
2 t`tni is	Kvj tP ev`vgr	d`vKvfm, mv`vtU
3 AvPiY	cvfT nvZ w`tj `xi mti hvq	cvfT nvZ w`tj axti axti mti hvq
4 nVvr MvtI i Mvtq tUvKv w`tj	`Z mvov t`q	`Z mvov t`q bv

gRy NbZj t

bvmfni cKti tiYy tcvbi gRy NbZj wbaY c`vZt Pvl c`wZ, tiYy c`RwZ, cKti i Drcv`bkxj Zv Ges e`e`vcvbi aib BZ`w w`lqti lci wbfP Kti |

g`bvfm· avbx gRy t

cKti i Drcv`bkxj Zv, Pviv Drcv`tbi BwAZ mgq Ges e`e`vcvbi aib w`tePbv Kti mvariYfite kZvstK 1000-1500w avbx tcvbv gRy Kiv hvq| 20-30 w`b jvj b cvj b Kti 1 -1.5 BwA ntj gRy cKti `vbsi Kiv hvq|

avbx tcvbv c`Bi Drm t

eZ`v`b ejsjv`tki c`q me AAtj w`fben`vPvxtZ g`bvfm· tZj wccqvi tiYy/ avbx tcvbv cvlqv hvq| w`tkl Kti w`Gd.Avi .AvB. gqgbwmsn, wjWl t`q mvBwUwdK wdmwi R wj t- K· evRvi, wj jvtqY GKqv dvgw wj t-gqgbwmsn BZ`w | ZvOvov `vbx grm` KgRZf `Bti thvMthvM Kti G e`vcvbi Rvb thtZ cvti |

tcvbi cwienb t

eZ`v`b Avgt`i t`tk AvaybK c`wZtZ cvj w_b e`vM tiYytcvbi Ges mbvZb c`wZtZ Wfg ev G`vj wgvbqvtgi nwtZ avbx ev Pviv tcvbv cwienb Kiv nq|

- GQov G WÜv Avenl qvq w`tbi th tKvb mgta bvmñi cKti tcvbv Qrov thtZ cvti |
- Zte tgNjv Avenl qvq `cñi i ci ev f`vcmv Avenl qvq cKti gvñi tcvbv Qrov DñPZ bq|

bvmñi cKti ti Yavbxi Lv` e`vcbv t

gvñi tetP_vKv, `wnK epk I cRbb Kvñi mpfvtē m`uv`tbi Rb` Lv` MñY KiñZ nq| Avi GB Lv`i gvñi wbfP Kti cwbi fñZ I ivmqvbK_Yvejxi AbKj Ae`vi Dci | Zvcgvñv evotj cwi cvK Kvñi tñgi nvi tefo hvq| dtj Lv` Pwñ`vi epk cvq| GKB fvtē Zvcgvñv Kgtj Lv` Pwñ`v I Zj bigj Kfvtē nvm cvq| wbañj wLZ wcl qmgn tcvbvi Lv` Pwñ`vi I ci cñve tdñ t

1. gvñi Lv` Pwñ`v cwbi wGBP Gi DVbvñi I ci wbfP Kti |
2. wGBP gvñv 7.0-8.0 Gi gñ` gvñi Lv` Pwñ`v tenk_vtK|
3. cwbtZ `exfZ Aw` tñbi gvñv evotj gvñi Lv` Pwñ`v epk cvq|
4. Aw` tñb gvñv Kgtj Lv` Pwñ`v nvm cvq|

bvmñi cKti Lv` cñqñMi nvi cwbi fñZ I ivmqvbK_Yvejxi Qrov cKti i cñ`gk Drcv`bkñj Zv, Pvi e`vcbv, Lv`i Ae`v I cñ`gñv BZ`w` wcl tqi Dci wbfP Kti | tñU Ae`vq tcvbvi Lv` Pwñ`v AñK tenk| tm Kvñi Y bvmñi cKti cñ`g w`tk tekx gvñv Lvevi cñ`qñM KiñZ nq| Zte tcvbv eo nI qvi mñ`_ mñ`_ Lv` cñ`qñMi nvi Kñg tññj I Lv`i cwi gvY Zj bigj Kfvtē tefo hvq|

Avzi cKti Lv` cñ`qñM nvi t

Lv` cñ`qñMKvj (w`b)	Lv` cñ`qñM nvi
1-5	gRj KZ tcvbvi I Rñbi 2_Y/w`b
6-10	gRj KZ tcvbvi I Rñbi 3_Y/w`b
11-15	gRj KZ tcvbvi I Rñbi 4_Y/w`b

jvj b cKti Lv` cñ`qñM nvi t gRj KZ tcvbvi I Rñbi 10-5% A_ev

Lv` cñ`qñMKvj (w`b)	Lv` cñ`qñM nvi
1-10	40-45 Mñg/kZvsk/w`b
11-20	80-100 Mñg/kZvsk/w`b
21-35	200 Mñg/kZvsk/w`b

Lv` DcKiY e`envi gvñv t

wbañi Z cñ`qññbi Awñl mgx Lv` %Zixi Rb` DcKiñYi mnRj f`Zv Ges Pwñi Aw`R mñMwZ wetePbv Kti wewfba aiñYi DcKiY wbeñPb Ges DcKiY mgñni AbcñZ wbañi Y KiñZ nq| wbañi Z AbcñZ Abñvqñ cñ`qñRbñq cwi gvY DcKiY cwi gñc Kti Lv` gvññK Avi I mñ`g Kivi Rb` Gi mñ`_ 0.5-2% wFwñg I LwbR jeY thñM Kiv hvq| tcvbvi Rb` cñ`Z tñwR Lveñi i DcKiY e`envi i bgñv AbcñZ Dñj L-Kiv ññv t

Dcv`vñbi big	bgñv-1		bgñv-2		bgñv-3	
	e`envi gvñv%	Mñg/tñwR	e`envi gvñv%	Mñg/tñwR	e`envi gvñv%	Mñg/tñwR
Mñgi fñm					20	200
Pññj i Kñv	50	500	40	400	25	250
mñi I vi `Lj	50	500	30	300	25	250
wclmñg	-	-	20	200	20	200

Awa`tekb cwi Kí bv

w`b t 02

mgq t 12.00-13.30

tgqv` Kvj t 90 wgvbU

wk`ivbvq t cK`i g`bvfm· tZj wvcqv Pvl

Afxò `j t grm` Awa`B`ii KgRZ`e`

j`i t c`k`Yv`i g`bvfm· tZj wvcqv Pvl i gRj ce`e`vcbv wvfbvavc m`ú`K`avi Yv
 t`qv hv`Z Zwi v G wv`q wv`wi Z Ávb AR` K`i`Z cv`i b Ges G Ávb Kv`R j wM`q gvQPw`l t` i
 c`q`vRbxq m`thwM`Zv K`i`Z cv`i b |

D`i`k` t G Awa`tekb t`i`l c`k`Yv`i -

- g`bvfm· tZj wvcqv Pvl i gRj ce`e`vcbv
- g`bvfm· tZj wvcqv Pvl gRj Kvj xb e`e`vcbv
- g`bvfm· tZj wvcqv Pvl gRj cieZ`e`e`vcbv avcmg` m`ú`K`mg`K` avi Yv AR` K`i`Z
 cv`i`eb l gvQPw`l t` i Zv t`kL`v`Z cv`i`eb |

wv`l qm`P	Av`j vP` wv`l q	c`k`Yv`i tK`Skj	mgq
f`vgKv			5 wgvbU
	<ul style="list-style-type: none"> • `vMZg • ce`Z`v`Awa`tekt`bi cv`i`v`j vPbv • eZ`g`vb Awa`tekt`bi mv`_ msthw`v`cb • Awa`tekt`bi D`i`k` e`vL`v 	c`k`v`E`i Av`j vPbv	
wv`l qe`v`			75 wgvbU
	<ul style="list-style-type: none"> • g`bvfm· tZj wvcqv Pvl i gRj ce`e`vcbv Kx <ul style="list-style-type: none"> - AvMvQv `gb - iv`j`fm l ev`R gvQ `ixKiY - cvo l Zj v tgi v`gZ - Pb c`q`vM - mvi c`q`vM - c`k`v`ZK Lv` ch`e`Yv`i • g`bvfm· tZj wvcqv Pvl gRj Kvj xb e`e`vcbv Kx <ul style="list-style-type: none"> - tcvbi RvZ wbe`Pb - gRj NbZj - tcvb cwi enb - tcvb tkrab l Af`K`iY • g`bvfm· tZj wvcqv Pvl gRj cieZ`e`e`vcbv <ul style="list-style-type: none"> - tetP `vKvi nvi ch`e`Yv`i - mvi l Lv` c`q`vM - bgbvqb - AvniY l evRvi RvZKiY 	c`k`v`E`i e`3Zv Av`j vPbv g`p` wP`š`i So wdePvU`	
mvi -mst`j`c			10 wgvbU
	<ul style="list-style-type: none"> • gj wv`l qm`g` cv`i`v`j vPbv • D`i`k` h`iPvB • cieZ`v`Awa`tekt`bi mv`_ msthw` • n`v`EAvDU wv`ZiY • ab`ev` Ávcb 	e`3Zv c`k`v`E`i	
c`k`Yv`i mrvqK mvgM` t n`v`EAvDU, tnvqvBU tevW`w`bDRw`E, gvK`i, wdePvU`Abj`xj bx wku			

Zj vq AwZwi³ | cPv Kv`v Acuvi Y t

cKti Zj vq 10-15 tmbUngUvfi i tewk Kv`v _vKtj Zv Ztj tdj tZ nte | Zj vq AwZwi³ `Re c`P _vKtj t

- weiv³ M'vm mjo ntZ cvfi |
- mnR ni iv Uvbn hvq bv |
- Aw tRtbi Afve ntZ cvfi |

cvtoi eo MvtQi Wj cvj v OvUvBKiy t

cKti cwbtZ Ovqv mjoKvix eo MvtQi Wj cvj v tktU tdj tZ nte | GtZ mthP Avtj v mnR | KvRi fite cKti i cwbtZ coe hv cKwZK Lv` Drcv`tb mnvqK nte |

cKti cvtoi tSvc-Svo cwi[®]vi Ki Y t

- cKi cvtoi tSvcSvo tktU cwi[®]vi Ki tZ nte | GtZ grm`fK cOv thLvfb tmLvfb jktq _vktZ cvi te bv |
- cKi t_tK cjo tkvl Y Kti cKti i cOngK Drcv`bkxj Zvq e'vNvZ mjo Ki tZ cvi te bv |

Rj R AvMvOv `gb t

cKti i cwbtZ we`gub wevfbreitYi Rj R Dv`C hviv cZ`q ev ctivq fite gvtQi Drcv`btK qwZM` Kti Zv`itK Rj R AvMvOv etj | cKti mvavi YZt 4 aitYi Rj R AvMvOv I tklj v t`Lv hvq | thgb t

- (1) fvmgvb
- (2) j Zvfbv
- (3) vbgv4Z
- (4) vMgbkxj

Rj R AvMvOvi qwZKi w`Kmgv t

- Giv cKti i gwU I cwb t_tK cjo tkvl b Kti | dtj cKti i cOngK Drcv`bkxj Zv Ktg hvq |
- cwbtZ mhqj vK cOetk evav mjo Kti dtj mvaj vK mstkh evavM`nq |
- tcvbi `vfwek Pj vPj e'vNvZ NUvq
- gRy cKti mnR ni iv Uvbn, Rvj Uvbnq Amjev nq |

Rj R AvMvOv vbcšY c×wZmgv t

- (1) KwqK ktg c×wZ
- (2) `RveK c×wZ
- (3) mvi cOqvM c×wZ
- (4) ivmivqibK c×wZ |

ivqtm I AewAZ gvQ `ixKi Y t

ivqtm gvQ t tevqj , MRvi , tkvj , vPZj , dvj , KvKj v, UvK BZ`v`

AewAZ gvQ t gtbvfm· tZj mcqv I Kvq`qZ cRvZ Ovov Ab` mKj gvQB AewAZ gvQ |

¶wZKi cōve t

- iv¶m gvQ mi vmi tcvb tLtg tdtj , thgb- iv¶m gvQ 2 tKwR eo ntZ cōq 10-12 tKwR Ab` gvQ Lvq|
- AewĀZ gvQ tcvbvi Lv` bō Kti , thgb 1 tKwR AewĀZ gvQ 10-12 tKwR eo gvQ i Lv` fVM emvq|
- evm`vb I Av` tRb wbtq cōZthwMZv Kti |

`gb c×wZ t

- K. gRy` cKj` i wktq
- L. wcl cōqm Kti |

K. cKi` i wktqt cKi` i wktq iv¶m I AewĀZ gvQ ` t Kiv metPtg fvj | GtZ cKti i Drcv`b ¶lgZv teto hvq|

- L. wcl cōqm t cKi` i Ktbr bv tMtj wcl cōqm Kti iv¶m I AewĀZ gvQ ` t Kiv hvq|
 - tivtUbb cvDWi t 9.1 kw³ ntj 18-20 Mōg/ kZvsk 1 dU Mfxi cwbi Rb`| wlv³Zvi tgqv` Kvj - 7 w`b
 - ZvgvKi` ov t 0.8-1.6 tKwR/kZvsk 1 dU Mfxi cwbi Rb`| wlv³Zvi tgqv` Kvj - 10 w`b
 - Pv exR`Lj t 145-150 Mōg/kZvsk 1 dU Mfxi cwbi Rb`| wlv³Zvi tgqv` Kvj -3w`b|

Pb cōqm t

Pb K`vj wmqv mg× A%Re thvM ev GumW gva`gtK ¶vi xq ev wbt c¶ Kti |

Pb cōqvMi cōqvRbxZv t

- gvU I cwbi P^H gvQ Pvt I Dc`thvMx gvĀvq ivtL
- cwbtZ ¶vi tZi` cwi gvY 20 wgvj Mōg/ wj Uvi Gi tewk ivL tZ mrvqZv Kti |
- mvti i KvhRwi Zv ep× Kti |
- cōZKvj xb Pb cōqvMi gva`tg cKi` ci Rvex I tiw RvexYy` t Kti |
- Pti`bi K`vj wmqv wbtRB GKwU `i`ZcY`cjo Dcv`vb|
- Kv`vq Ave× dmdivm gv³ Kti |
- cwbi tNvj vZi` t Kti |

Pb cōqvMi gvĀv t cōZ kZvstk 1-2 tKwR|

cKi` cōZKvj xb mvi cōqm t

gtbvtm- tZj wqv cōKwZK Lvevi ntj v cōvbZt Dw^m cWUv I cōYx cWUv| cōYx cWUv Gi Drcv`b wbfP Kti Dw^m cWUvbi cōPhZvi I ci | Avi Dw^m cWUv Zvt` i evPvi Rb` cwbtZ `exfZ cjo I ci wbfPkvj | A_¶ cōKwZK Lv` mvo i Dti` tKb cKti mvi cōqm Kiv ntq`vtK|

mvi `β cKvi t

- (K) %Re mvi
- (L) A%Re mvi |

GKK Pvl i`agv`l g`bvtm- tZj wicqvi tcvbv Ges w`gk`Pvl g`bvtm- tZj wicqvi mvt`_gv`i, wks, i`B, KvZj v BZ`w` i tcvbv wbe`Pb Kiv t`tZ cvti |

tcv bv gRj` i NbZj;wba`Y t

gRj` cKti tcvbvi gRj` NbZj;wba`Y c`avZ t Pvl c`xwZ, cKti i Drcv`bkj Zv Ges e`e`vcbvi ai b BZ`w` w`l tqi Dci w`b`P Kti |

w`w`f`b`c`xwZ`Z tcvbv gvQ gRj` i Zvi Zg` NtU _v`K | w`b`P`Zv c`l E` ntj v t

tcv bv gRj` NbZj/ kZisk t

Pvl c`xwZ	e`vcK c`xwZ		Dbz` e`vcK c`xwZ		Avav wbeo c`xwZ		wbeo c`xwZ	
GKK Pvl	75-100wU		200-210wU		200- 300wU		300-700wU	
mgw`SZ Pvl	75-100wU		100-190wU		200- 300wU		300-700wU	
w`gk`Pvl	cvsMvm	tZj wicqv	cvsMvm	tZj wicqv	cvsMvm	tZj wicqv	cvsMvm	tZj wicqv
	40-50wU	40-50wU	50-100wU	50-100wU	100-150wU	100-150wU	150-350wU	150-350wU

g`bvtm- tZj wicqvi cKti c`wZ kZtK 2-5wU t`w`k gv`i Qrov t`tZ cvti |

tcv bv cw`i`enb t

eZ`g`v`b Avgt` i t`tk AvaybK c`xwZ`Z cwj w`_b e`v`M ti Yytcv bv Ges mbvZb c`xwZ`Z W`g ev G`v`j y`g`v`b`q`v`t`gi n`w`o`Z avbx ev Pvi v tcvbv cw`i`enb Kiv nq |

AvaybK ev mbvZb th tKvb c`xwZ`ZB cw`i`enb Kiv tnvK bv tKb ti Yyev avbx tcvbvi cw`i`enb NbZj;gj Zt w`b`P Kti ti Yyavbx Av` tRb Pw`v`v Ges cw`i`enb `tZj i ci |

Av` tRtbi Pw`v`v w`b`P Kti tcvbvi c`RwZ, I Rb, Zvcgv`v Ges kixi ZtZj i ci |

tcv bv cw`i`enb NbZj t

cw`i`enb c`xwZ	AvKvi	cw`i`enb NbZj	cw`i`enb `tZj
AvaybK c`xwZ	1.5 t`mg.	1500-1600 wU/e`vM	12-15 N`Uv
	2-2.5 t`mg.	500-600wU/e`vM	12-15 N`Uv
	3 t`mg.	250-330 wU/e`vM	10-12 N`Uv
	2.5 t`mg.	50-60wU/e`vM	20-24 N`Uv

tcv bv cw`i`en`Y Ki Yxq w`K t

- ti Yytcv bv c`w`ks Kivi 2 N`Uv c`e`Kw`g Lv` c`l`qvM eU Ki tZ nte Ges avbx tcvb cw`i`en`bi c`e`KUKmB Kti Kgc`q` 2 N`Uv m`w`gZ RvqMvq Af`³ Ae`v`q ivL`tZ nte | Kvi b tctU Lvevi _vKtj cw`i`en`bi mgq ewg l gj g`f Z`vM Kti cw`b`w`Z Kti tdtj | dtj tcvbv gviv hvq |
- tcvbv c`w`ks Gi c`e`Kw`j w`_b e`v`M wQ`^a AvtQ wKbv Zv hvPvB Kti w`b`Z nte | cwj w`_b e`v`M wQ`^a _vKtj Av` tRb tei ntq tcvbv gviv hvte | tm Kvitb Sp`K Govt`bvi Rb` GKwU cwj w`_b e`v`M Avi GKwU cwj w`_b e`v`M w`fZt`i X`Ktq tcvbv cw`i`enb Ki tZ nte |
- cwj w`_b e`v`M ¹/₄ fvM cw`b fvZ`Kti ZvtZ ti Yy/avbx gRj` Ki tZ nte | ti Yyavbx gRj` Kti e`v`M Aewk` Astk Av` tRb fvZ`Kti tZ nte |
- e`v`M hv`Z tKvb cKvi Pvc bv j v`M tm w`tk tLqvj ivL`tZ nte |

†Zj wccqv I Rb 200 Mōtgi Dci ntj evRvi RvZ Kiv thtZ cvti | evRvi RvZKi†yi mgq evRv†i i`†i cōZI †Lqvj
ivLv DvPZ | Rxeš-gvQ evRvi RvZ Ki†j fv†j v gj` cvl qv hvq | cK†i i Rref†i i I cil gvtQi Avni Y AtbKvst†k wbfP
K†i | Zte my`, mej I m†ZR †Zj wccqv gvQ evRvi RvZ Ki†j Awak gj` cvl qv hvq |

GK weNv (33 kZvsk) Rj vqZtb gtbvfm· tZj vvcqv PvfI i evrmwi K Avq e`tqi wnmve

μngK	e`tqi weeY	cni gvY	GKK gj` (UvKv)	tgvU gj` (UvKv)
01	cKti i j xR gj`/LvRbv			4,000/-
02	cKi ms`vi			1,000/-
03	cmb wb`vkb			2,000/-
04	Pb c`qvM	33.0 tKwR	20/-	660/-
05	tMvei	200.0 tKwR	2/-	400/-
06	tcvbv			,000/-
	K. tZj vvcqv	9900 wU	1/-	9,900/-
	L. gv`i	100 wU	2/-	200/-
	M. KvZj v	60 wU	10/-	600/-
07	m`u`K Lv` c`qvM	2673.0 tKwR	30/-	80,190/-
08	Avni Y I evRvi RvZKi Y			2,000/-
09	ktgK I c`vov`vi			3,000/-
	wevea			2,000/-
me`gvU				1,05,150/-

Drcv` b t

9900 wU gvQ t`tK 8910 wU emPte (90%)

c`ZiUi I Rb Mto 225 Mlg nvti

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

25.0 tKwR gv`i

60.0 tKwR KvZj v

me`gvU = 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`gvU = 1,50,080/- UvKv

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

`jdm`j bxU j vf = 44130/- UvKv × 2 = 88,260/- UvKv

wdcPvU[©]cwi Kí bv

g**tbvfm-** tZj vncqv tcvbvi gRy Kvj xb e^e-vcbr Kx?

gRy Kvj xb mgtq A_® tcvbvi RvZ vbePb, YMZgvb hvPvB, tcvbvi NbZ; vbePb, tcvbvi cwi enb, tcvbvi tkvab I Af[~] KiY BZ^w avcmgafK gRy Kvj xb e^e-vcbr etj |

tcvbr gRj[^] i NbZ;vbePb t

gRy cKti tcvbvi gRy NbZ;vbaP Y cAbvZt Pvl c^xuZ, cKti i Drcv[^] bkj Zv Ges e^e-vcbvi aib BZ^w vel tqi Dci vbfP Kti |

tcvbr gRy NbZ; t

Pvl c ^x uZ	e ^v cK c ^x uZ	Dbz [~] e ^v cK c ^x uZ	Avav vbeo c ^x uZ	vbeo c ^x uZ				
GKK Pvl	75-100uU	200-210uU	200- 300uU	300-700uU				
mgvšZ Pvl	75-100uU	100-190uU	200- 300uU	300-700uU				
vgk [^] Pvl	cvsMm	tZj vncqv	cvsMm	tZj vncqv	cvsMm	tZj vncqv	cvsMm	tZj vncqv
	40-50uU	40-50uU	50-100uU	50-100uU	100-150uU	100-150uU	150-350uU	150-350uU

g**tbvfm-** tZj vncqv cKti cZ kZtK 2-5uU t[~]vk gv_i Qrov thtZ cvti |

g**tbvfm-** tZj vncqv Lv[~] e^e-vcbrt

- ❖ g**tbvfm-** tZj vncqv Lvefⁱ 25-30% Avgl[~] vKv evAbxq |
- ❖ Ab^vb[~] DcKi[~]Yi gta[^] Lj, K^{ov} (AvUv) Mtgi f^{im}, gq[^]v, vclmvgj, vFvUvbg vcltg[~] 30% tcvUv mg^x mlg Lvev[^] Zvi Kitz vbaev[~] nvti Dcv^v v[~]tj v^eenvi Kiv thtZ cvti |

Pvtj i Kpv /Mtgi f ^{im}	-	25%
%Lj	-	39%
vclmvgj	-	30%
gq [^] v	-	5%
vFvUvbg vcltg [~]	-	1%
tgvU		100%

Lvefⁱ i gv[~]v t

- gvtQi kix[~]i I R[~]bi 8% - 1% nvti Lvev c[~]qvM Kitz nte |
- w[~]tb 2 evi Lvev c[~]qvM Kitz nte |
- vctj U Lvev cKti i vevfb[~]evqMvq vQvU[~]tq w[~]tZ nte |
- [^]Zvi Lv[~] cKti i v[~]vcZ tU[~]tZ t[~] lqv evAbxq |

tZj vncqv Avav vbeo I vbeo Pvl mvi c[~]qvM i tKv c[~]qvRb vvb |

Avni Y I evRvi RvZKi Y t

- tZj vncqv I Rb 200 Mtgi Dci ntj evRvi RvZKi Y Kiv thtZ cvti |
- evRvi RvZKi[~]Yi mgq evRvi[^] tii cZl tLqv ivLv DvPZ |
- Rieš-gvQ evRvi RvZ Kitz f[~]tj v g[~] cvl qv hvq |
- mj[^] mej, I m[~]ZR tZj vncqv gvQ evRvi RvZ Kitz Avak g[~] cvl qv hvq |



Awa`tekb cwi Kí bv

w` b t 03

mgq t 08.30-09.00

tgqv` Kvj t 30 wgvbU

wk`i vbg t cpi v`j vPbv, c0Z`fve I mvU`Kvj xb Kv`Ri Dc`vcbv
 Afx0` j t grm` Awa`Bti i KgRZ`e`
 j`f` t cik`Yv`_`i ce`w` tbi Kvh`p`tgi cpi v`j vPbv I c0Z`fve Ges mvU`Kvj xb KvR Dc`vc`b`i m`thvM Kti
 t`qv hv`Z Zv`i c`e`P Av`j vPbv `s`i Y Ki`Z cv`i b Ges fj` I`wU mst`krab Kti Awa`tektbi Kvh`Rwi Zv
 e`w` Ki`Z cv`i b |
 Df`i k` t Awa`tekb tk`l AskM`h`YKvixiv ce`w` tbi wk`Y cpi v`j vPbv gva`tg fj` I`wU mst`krab Kti HKgt`Z`
 t`c0Z` m`f`g n`eb |

wel qm`P	Av`j vP` wel q	c`x`w`Z	mgq
f`igKv			2 wgvbU
	<ul style="list-style-type: none"> • `w`Zg • Pj`w`Z Awa`tektbi mvt`_mst`hvM 	e ³ Zv	
wel qe`			25 wgvbU
	<ul style="list-style-type: none"> • c0Z`wnK Rvb`fj Dc`vcb cik`YK ce`w` tbi wbe`PZ cik`Yv`_`K c0Z`wnK Rvb`fj t`_tK 5wgvbU ejvi Rb` Ab`iva Ki`teb c0g cik`Yv`_`P Zvi c0Z`wnK Rvb`fj Dc`vcb tk`l Ki`j Ab` `tKD Avi tKvb w`tk`l wk`Yxq wel q Dc`vcb Ki`Z AvM`h`x w`Kbv Zv c0k`e`ti Rvb`teb Ges t`KD AvM`h`x _vK`j Zv`K Dc`vcb Kivi m`thvM t``teb • ce`w` tbi cpi v`j vPbv cik`YK GKRb cik`Yv`_`K mnvqK w`nt`mte wbe`Pb Ki`teb wh`b MZ w` tbi mg`- Kvh`p`g I wk`Yxq wel q _tjv c0k`e`ti gva`tg cpi v`j vPbv Ki`teb • mvU`Kvj xb Kv`Ri Dc`vcb 	e ³ Zv c0k`e`i	
mvi -mst`f`c			3 wgvbU
	<ul style="list-style-type: none"> • c0Z`wnK Rvb`fj I mvU`Kvj xb Kv`Ri Dc`vcbv Ges c0Z`wnK cpi v`j vPbvq AskM`h`t`Yi Rb` mKj`tK ab`ev` A`vcb 	e ³ Zv I c0k`e`i	
cik`Y mnvqK mvgM` t tnvqvBU tevW`g`gvK`f, BZ`w`			

Awatekb cwi Kí bv

w' b t 03

mgq t 09.00-10.00

tgqv` Kij t 60 wgvbU

wk'ivbvq t cv'zm Pvl i cUfug, m'ebv I mjeav-Amjeav

Afxó `j t grm` Awa` B'ii KgRZ'e,

j'ni t cik'nyv_# i cv'zm Pvl i t'c'Z, Pvl i m'ebv I mjeav-Amjeav m'úKZ c'ugK aviYv t`qv nte hv'Z Zviv _vB cv'zm (Pangasius sutchi) Pvl i cUfug, we`wZ, `enkó, Pvl i mjeav-Amjeav BZ`w` m'úK@c'ugK aviYv jvf K'i m'WKfvte cv'zm Pvl Kvh'ug cwi Pvj bv m'úK`Pwl`K m'nhwMZv Ki'Z cv'ib|

D'í k' t Awatekb t'kl cik'nyv_x'AY-

- cv'zm Pvl i cUfug, we`wZ, `enkó, Pvl i mjeav-Amjeav BZ`w` m'úK`ej'Z cv'iteb|

wel qm'P	Av'tj vP' wel q	cik'ny tK'kj	mgq
f'ugKv			3 wgvbU
	<ul style="list-style-type: none"> • `MZg • eZ'gvb Ávb hvPvB • eZ'gvb Awatek'tbi mvt_ msthvM `vcb • Awatek'tbi D'í k' e`vL'v • D'ok'KiY 	e ³ Zv I c'ok'Éi	
wel qe`			52 wgvbU
	<ul style="list-style-type: none"> • cv'z'tmi cwi wPvZ • t`wk cv'zm I _vB cv'zm Gi cv`R' • ersj vt`tk _vB cv'zm Pvl i i' i' t'c'Z • cv'zm Pvl i m'ebv • cv'zm Pvl i mjeav-Amjeav • cv'zm Pvl i D'wZ m'oe' mgn'vmgn 	c'ok'Éi I wdePvU ^o gj ³ wP'sh So t'QvU `j xq KvR	
mvi -mst'c			5 wgvbU
	<ul style="list-style-type: none"> • gj wel q cpi vt'j vPbv • D'í k' hvPvB • cieZ'Awatek'tbi mvt_ msthvM • n`vÉAvDU weZiY • ab'ev` Ávcb 	e ³ Zv I c'ok'Éi	
cik'ny m'nvqK mvgM' t t'nvqBU t'wW'gvK'#, Ab'xj bx wku, wdePvU ^o BZ`w`			

wdcPvU`cwi Kí bv

<p>cv½vm Pvl i cUfwg, mætebv l mjeav-Amjeav</p>	<p>weirfbacRwZi cvsMvpmi cwi vPvZ t t`wk cv½vm (<i>Pungasius pungasius</i>) Ges _vB cv½vm (<i>Pungasius sutchi</i>) t _vB cv½vpmi tkWY web`vm t</p> <table border="1"> <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>Gnasthostoma</td></tr> <tr><td>Class</td><td>:</td><td>Ostiichthyes</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>Pungasius</i></td></tr> <tr><td>Species</td><td>:</td><td><i>Pungasius sutchi</i></td></tr> </table>	Phylum	:	Chordata	Sub-Phylum	:	Vertebrata	Super Class	:	Gnasthostoma	Class	:	Ostiichthyes	Sub Class	:	Actinopterygii	Order	:	Siluriformes	Sub-order	:	Siluroidei	Family	:	Pungasidae	Genus	:	<i>Pungasius</i>	Species	:	<i>Pungasius sutchi</i>
Phylum	:	Chordata																													
Sub-Phylum	:	Vertebrata																													
Super Class	:	Gnasthostoma																													
Class	:	Ostiichthyes																													
Sub Class	:	Actinopterygii																													
Order	:	Siluriformes																													
Sub-order	:	Siluroidei																													
Family	:	Pungasidae																													
Genus	:	<i>Pungasius</i>																													
Species	:	<i>Pungasius sutchi</i>																													
<p>evsj v` tk _vB cv½vm Pvl i tcl`WZ l mætebv t cvsMvm Pvl i mjeav t cvsMvm Pvl i mjeavmgn ntj v t</p> <ul style="list-style-type: none"> • G gvOvU iv`f`tm bq etj Ab` cRwZi mv`_ w`k` Pvl Kiv hvq • G gvOvU me`K etj th tKvb mæú`K Lv` w` t`q Pvl Kiv hvq • `*Z eaBkij l AwaK NbtZj Pvl thvM` Ges tetP _vKvi nvi l tenk • g`yj eYv`Zv mn` Ki tZ cvti • my`f`yGes cjoKi • e`vcK evRvi Pwn` v i t`qtQ • cWZKj cwi tetk (A`f` Aí Aw` tRb, wGBP Ges tNvj vtZj Zvi Zg`) G gvO mn`tRB Lvc Lvl qvtZ cvti • cWq me ai tYi Rj vktq Pvl Kiv hvq • tivM cWZtiva f`lgZv Zj bvgj Kfvte tenk • wet`tkl i BwbthvM` • ewYwR`K Pvl i Rb` LpeB Dc`thvMx 	<p>cvsMvm Pvl i Amjeav t</p> <ul style="list-style-type: none"> • evRvi `i Zj bvgj fvte AtbK Kg • mgqgZ tcvbv cvl qv hvqbv • A`stcRbb RwbZ Kvi tY gvtQi ew` wKgz nq bv • weirfbacitYi tivMevj vB-Gi cW` f`e t` Lv hvq • cKti wbieo Pvl Kivi Kvi tY AtbK t`f`t cwi tetki l ci weifc c`fve cto • Lveti i `vg tenk nl qvtZ Drcv` b LiP Lpe tenk • gvtQi evRvi `i Kg nl qvq jvf Kg nq • f`iz`Pwv iv` f`wZM`'nt`Q • wbpz Rvg tZ ewYwR`K Pvl i Kvi tY cvk`Z` DPz Rvg` tjtZ Rj vexZv mwo nq Ges dj Zt dmj f`wZM`'nq • cwv weiv`Zvi Rb` AtbK t`f`t gvQ Lvevi MbY eU Kti t`q GtZ Drcv` b Ktg hvq Ges tivMevj vB t` Lv t`q • cwbi cwi tek Lvivc nl qvi Kvi tY, tcU tdyj v, jvj p` vM BZ`w` t` Lv t`q • weirfbacitYi cWkuzK mgm`v thgbt AwZepo, eb`v, NyYSO, Liv BZ`w` i Kvi tY Pvl x` f`wZM`'nt`Z cvti • AtbK t`f`t cwv `M` ntq hvq • evRvi RvZKi tYi eZ`vb cxwZi Kvi tY AwaKvsk t`f`t f`iz` Pvl xi v` f`wZM`'nq 																														

cv½vm PrtI i cUfng, mæbev I myeav-Amyeav

❖ cv½vtmi cwi i PwZ t

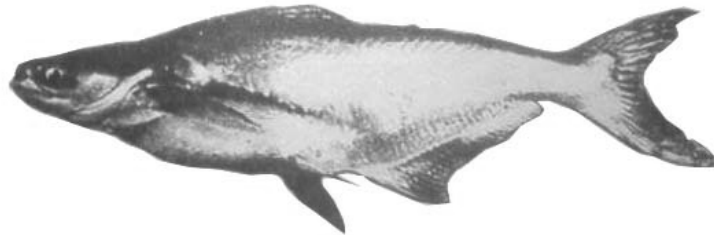
cv½vm ntjv K`vU wdm Mõci gvQ | GtK Gwkqvb wi fvi vBb K`vU wdmI etj | K`vU wdm Mõci gta` GUvB me`epr | GK mgq gtb Kiv ntZv G gvQ i ayb`xtZB cvl qv hvq | eZgvtb t`wk cv½vtmi cwi gvY bvbv Kvi tY Ktg tMtQ | Zte eZgvtb _vB cvsMvm t`tk grm` tmæti PrtI i GKUv eo Ask Rto AvtQ |

❖ weifbæcRwZi cvsMvtmi cwi i PwZ t t`wk cv½vm (*Pungasius pungasius*) t

G gvQ i Aw` evm evsj vt` k, fvi Z, _vBj`vU I KtæMvqv | evsj vt` tk PUMõg I Lj bvi DcKj xq Gj vKvq Ges cUv, tgNbv, epcf I hgbv b`xtZ cvl qv hvq | mvavi YZt Giv b`x I cKti i Mfxti evm Kti |

G gvQ t` LtZ ifcvj x istqi Zte wctVi w` Kuv Kvj tP istqi nq | wctV GKwU I Kvbi cvtk` BwU k³ Kuv _vtK | GK K_vq Gt` i D` i ifcvj x Ges cp I cvk`ti Lvi Dcti i w` tk Clr ami | G gvQ tek wKQy GwWtcm wdb (Adipose fin) _vtK | j æq 150 tmg Ges lRtb 30 tKwR chS-ntq _vtK | cv½vm me`K cKwZi gvQ | Giv Zj vi Dw`c , dj gjt i exR, tcvKv gvKo I Gt` i i`KKwU, kvgK, wSbK tLtq _vtK |

_vB cv½vm (*Pungasius sutchi*) t



_vB cv½vtmi tkwweb`vm t

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

G gvQ i Aw` evm _vBj`vU, KvæwPqv I Zvi cvk`ZP Gj vKvq | _vB fvlvq GtK cv`tmvqvB (Pla-swai) etj | _vBj`vU t`tk evsj vt` tk G gvQwU cUg 1990 mtj Avbv nq | cieZæZ gvQ PrtI Gi mæcñvi Y Gi BwZnm mevi Rvbv | _vBj`vU e`wZZ` w`Y-ce`Gwkqvi weifbæb`xtZ G gvQwU cvl qv hvq | G gvQ t` LtZ ifcvj x-mv`v, wctVi w` Kuv bxj vf- Kvtjv istqi nq | wctV GKwU I Kvbi cvtk` 2 wU k³ Kuv _vtK | gvQwU Dcti i Astk gv_v t`tk tj tRi tMrov chS- bxj vf Kvj tP j æq w`^ wM _vtK Ges Zj t` tk D³⁄⁴j mv`v | Gt` i tQvU tMud I wctV GwWtcmR wdb _vtK |

evsj vt` tk _vB cv½vm PrtI i tcm`Z I mæbev t

hZ` i Rvbv hvq 1990 mtj _vB cv½vm cUg temi Kwii Dt` vtM Avg`vbx nq | cieZæZ AwZ`*Z G gvQ i mæcñvi Y NUtZ _vtK | eZgvtb evsj vt` tk _vB cv½vm gvQ PrtI i GKwU weiU Ask Rto AvtQ | bZb cRwZi GB cv½vtmi Aw`

мӕгъу мӕгъу | 1993 мӕгъу гъуӕгъу гъуӕгъу Мӕгъу Yв BбӕгъуUDU _vB цӕгъу мӕгъу тӕгъу Drcv`тӕгъу мӕгъу Zvi ci тӕгъу K Gi Pvl e`vcKfӕгъу cӕгъу Nтӕгъу|

мӕгъу t

_vB цӕгъу мӕгъу evsj vt`тӕгъу `*Z мӕгъу ZmZ jvf Kтӕгъу| GgvQ ex Rj vkq мӕгъу Kтӕгъу cKтӕгъу Pvl LpB DcтӕгъуMx| ZvQrov tcb, LvPv, Dbтӕгъу Rj vkтӕгъу Pvl `*Z мӕгъу vi jvf Kтӕгъу| AvovAmo Ges Dj мӕгъу K мӕгъу ZmZтӕгъу G gvQ evsj vt`тӕгъу мӕгъу ce-NmUтӕгъуQ| KvcRvZxq гъуӕгъу Qтӕгъу тӕгъу Pтӕгъу Kтӕгъу K _Y тӕгъу K Drcv`b гъуӕгъу Zvi Kviтӕгъу Y цӕгъу мӕгъу B eZгъу тӕгъу тӕгъу Kтӕгъу cӕгъу YR Awgl Pwn`v cтӕгъу Y мӕгъу vU fӕгъу Kvi ivLтӕгъуQ| eZгъу t evsj vt`тӕгъу Kтӕгъу Aтӕгъу K Lvgтӕгъу i мӕгъу eoe e`vcv cмӕгъу Zтӕгъу Pvl нтӕгъуQ|

цӕгъу мӕгъу Pтӕгъу i мӕгъу eav t

цӕгъу мӕгъу Pтӕгъу i мӕгъу eavmgn нтӕгъу v t

1. G gvQmU ivтӕгъу тӕгъу m bq etj Ab` cDmZi мтӕгъу _wgk`Pvl Kiv hvq|
2. G gvQmU мӕгъу K etj th тӕгъу Kvb мӕгъу t`K Lv` m`тӕгъу тӕгъу Pvl Kiv hvq|
3. `*Z eaBkxj | AwaK Nbтӕгъу ZjPvl тӕгъу M` Ges tetP _vKvi nvi | тӕгъу K
4. g`yj eYv`Zv mn` Kтӕгъу Z cvti |
5. mY`yGes cтӕгъу Ki
6. e`vcK evRvi Pwn`v iтӕгъу Q
7. cӕгъу Kj cwi тӕгъу K (A` Aí Aw` тӕгъу B, мӕгъу GBP Ges тӕгъу Nj vtZi` Zvi Zg`) G gvQ mтӕгъу RB Lvc Lvl qтӕгъу Z cvti |
8. cӕгъу me aiтӕгъу Yi Rj vkтӕгъу Pvl Kiv hvq|
9. ti vM cӕгъу Zтӕгъу va гъуӕгъу Zv Zj bvgj Kfite тӕгъу K|
10. мӕгъу тӕгъу K i Bmbтӕгъу M`
11. emYvR`K Pтӕгъу i Rb` LpB Dcтӕгъу Mx

цӕгъу мӕгъу Pтӕгъу i Amӕгъу eav t

1. evRvi `i Zj bvgj fite Aтӕгъу K Kg
2. mgqgZ tcvb cvl qv hvqbv
3. AстcRbb RmbZ Kvi тӕгъу Y гъуӕгъу Qi eмӕгъу мӕгъу KgZ nq bv|
4. мӕгъу fbaaiтӕгъу Yi ti vMej vB-Gi cӕгъу fite тӕгъу Lv hvq|
5. cKтӕгъу mbeo Pvl Kivi Kvi тӕгъу Y Aтӕгъу K тӕгъу тӕгъу t cwi тӕгъу Kтӕгъу i ci мӕгъу c cӕгъу ve cтӕгъу
6. Lveтӕгъу i `vg тӕгъу K nI qтӕгъу Z Drcv`b LiP Lp тӕгъу K
7. гъуӕгъу Qi evRvi `i Kg nI qvq jvf Kg nq|
8. гъуӕгъу Z`PmU iv гъуӕгъу ZM` nтӕгъу Q|
9. mPzRugтӕгъу Z emYvR`K Pтӕгъу i Kvi тӕгъу Y cvk`Z`DPzRug`тӕгъу тӕгъу Z Rj veмӕгъу Zv mӕгъу nq Ges dj Zt dmj гъуӕгъу ZM` nq
10. cmb мӕгъу v`Zvi Rb` Aтӕгъу K тӕгъу тӕгъу t gvQ Lvei MhY eU Kтӕгъу t`q Gтӕгъу Z Drcv`b Kтӕгъу hvq Ges ti vMej vB тӕгъу Lv тӕгъу q|
11. cmbi cwi тӕгъу K Lvi v c nI qvi Kvi тӕгъу Y, tCU tclvj v, jvj тӕгъу P`vM BZ`m` тӕгъу Lv тӕгъу q
12. мӕгъу fbaaiтӕгъу Yi cӕгъу KuzK mgn`v thgbt AwZep, eb`v, NpYSo, Liv BZ`m` i Kvi тӕгъу Y PmU гъуӕгъу ZM` nтӕгъу Z cvti
13. Aтӕгъу K тӕгъу тӕгъу t cmb `M` nтӕгъу q hvq|
14. evRvi RvZKi тӕгъу Yi eZгъу t cмӕгъу Zi Kvi тӕгъу Y AwaKvsk тӕгъу тӕгъу t гъуӕгъу Z`PmU iv гъуӕгъу ZM` nq|

цӕгъу мӕгъу Pтӕгъу i мӕгъу eP` mеl q t

1. cmbi cwi тӕгъу K mK ivLvi Rтӕгъу b` цӕгъу мӕгъу GKK Pvl bv Kтӕгъу i 5-7% KvcRvZxq gvQ gRj Kiv thтӕгъу Z cvti |
2. cwi Kw Z Dcтӕгъу Lvgvi Kiv hvтӕгъу Z cvk`Z`dmтӕгъу j Rугтӕгъу Z cӕгъу ve bv cтӕгъу |
3. Zj тӕгъу Kтӕгъу gml`m Z nevi Kvi тӕгъу Y 1/2 eQi ci ci Zj тӕгъу Kтӕгъу gmlU GKUv`t Dmтӕгъу q mvi mnmte dmtj i Rугтӕгъу Z e`envi Kiv thтӕгъу Z cvti |
4. tcvb gRj`i тӕгъу тӕгъу t fvj tcvb mbePb Kiv |
5. n`vPvix gmj Kтӕгъу i e`W mbePb mZZvi мтӕгъу _KivR Kiv

Awa`tekb cwi Kí bv

w` b t 03

mgq 10.00-11.00

tgcq` Kvj t 60 wguBU

wk`i vbg t cv`zvmi RieieÁvb, Pvl c×uZ I e`e`vcbri aib

Afxó `j t grm` Awa` Bti i KgKZ`

j` t c`k`Yv` i cv`zvm gvtQi RiebeÉvš- Pvl i m`tebv, Pvl c×uZi aib Ges Pvl c×uZi weifb`KŠkj I mjeav-Amjeav m`úK`Z c`u`K avi Yv t` qv nte hvfZ Zriv m`VKfvte cv`zvm gvtQi Pvl Kvhf`g cwi Pvj bv m`úK`Pwl t`K mnthwMZv Ki tZ c`i b |

Df`i k` t Awa`tekb t`k`i c`k`Yv`-

- cv`zvm gvtQi RiebeÉvš-m`úK`ej tZ cvi`eb |
- cv`zvm Pvl i cUf`g, Pvl i m`tebv, Pvl c×uZi aib Ges Pvl c×uZi weifb`KŠkj I mjeav-Amjeav BZ`w` m`úK`ej tZ cvi`eb |

w`l qm`P	Avtj vP` w`l q	c`k`Y t`KŠkj	mgq
f`igKv			3 wguBU
	<ul style="list-style-type: none"> • `MZg • eZ`vb Ávb hvPvB • eZ`vb Awa`tekt`bi mvt`_msthvM `vcb • Awa`tekt`bi Df`i k` e`vL`v • D`y`Ki Y 	e ³ Zv I c`k`Ei	
w`l qe`			52 wguBU
	<ul style="list-style-type: none"> • cv`zvmi ewn`K I `RieK `enkó` • cv`zvm gvtQi Pvl c×uZ <ul style="list-style-type: none"> - GKK - w`gk^a - LuPv - t`cb - mgwšZ BZ`w` • cv`zvm Pvl Lv`gi e`e`vcbri aib <ul style="list-style-type: none"> - mbvZb - Db`z mbvZb - Avav-`vbeo - `vbeo - AvZ `vbeo BZ`w` • cv`zvm gvtQi Pvl e`e`vcbvq weifb`rai t`Yi wb` `R`Kmgv 	c`k`Ei w`dePvU ^o g ³ w`Pšw`i So t`vU `j xq KvR	
mvi -mst`c			5 wguBU
	<ul style="list-style-type: none"> • gj w`l q cpi vtj vPbv • Df`i k` hvPvB • cieZ`Awa`tekt`bi mvt`_msthvM • n`vÉAvDU weZi Y • ab`ev` Ávcb 	e ³ Zv I c`k`Ei	
c`k`Y mrvqK mvgM` t tnvqvBU teW ^o gvK` , Abkxj bx w`kU, w`dePvU ^o BZ`w`			

wdHPVU©cwi Kí bv

<p>cisMv̄tmi RxeveÁvb, Pvl c×wZ I e'e-vcbvi aib</p>	<p>ewñ K ^enkó t G gvQ K'Uudm nmvte cwi wPZ G gvQí cÁvb ^enkó ,tjv t</p> <ul style="list-style-type: none"> • gvLv t_řK tj R Gi tMvov chŠ-cô eivei bxj vf-Kvj řP GKíU cj" řiLv _řK • eŃ Zj ř kxq Ask D¾j mv vřU • cřQ cVLbv (Caudal fin) Mvp ami A_er Kvřjv • řřov cVLbv (Paired fin) mvaviYZ: ami Kvřjv • g'w j vix evi řej (Maxillary barbel) eŃ cVLbv (Pectoral fin) chŠ-tcřQ • g'wOKj vi evi řej (Mandibullary) řPVL chŠ-tcřQ • ř řn mvaviYZ:eo řMj `w _řK • mvaviYZ: 3ñU k³ KñUv _řK • řQvU řMud _řK • cô ř řk adipose fin _řK
---	--

<p>%RweK ^enkó t</p> <ul style="list-style-type: none"> • GgvQ ex Rj vřkřq wWg ř q bv • Giv cÁvbZ: cmbi Zj ř řk wPíY Kři _řK Zře Pvl KZ cřři cřq mKj Mřxi Zřq wPíY Kři • G gvQ meřřvRx • wPřbřřj R KñU, řKřPv, kugK BZ w' Lv'' nmvte MñY Kři • cÁvbZ: w řb Lv'' MñřYB Af'' Zře cřqřřb ivřZ Lřevi Lvq • Giv cřřKj cwi řřk Kvc©Ges wPřoi řřřq Ar Aw řřřb ewřřZ cřři • cřřřbi mgq cřři gvřQí Zj řřřU Dcřři w K nřZ břřři cřřř řřři b'q exřř(milt) řei nřq Avřřm • cřřřb Kvřř řř gvřQí řřU řřix bi g Ges Rbřřb' řř j vř , řřřř v řřMvj vKwZ nřq _řřK • cřřři gvřQí Rbřřb' řřq AřřřZj břřřj K j řřř mPřřř v nřq _řřK
--

<p>cisMvm gvřQí Pvl c×wZ t</p> <p>K. GKK Pvl t Rj vřkřq ev cřřři řřřř GKK cřřřřř Pvl </p> <p>L. wKřPřř t cřřři ev Ab' Rj vřkřq cisMv̄tmi mřřř Ab' cřřřřř gvřQí mřřř GKřřř Pvl </p> <p>M. mgvřřř Pvl c×wZ t cřřři ev Ab' Rj vřkřq cisMvm Gi GKK ev wKřPřřř cmbi Dcřři A_er cřřř cřřř řřřř- num /gř Mv/Li řřřřř/ Qwřř ev Mi' BZ w') řřřř Pvl Kiv nřq _řřK etj Zř mgvřřřř Pvl </p> <p>N. Lvřřř Pvl c×wZ t břřř řřř Rřř ev ewřřři Lvřřř Pvl </p> <p>O. řřřř Pvl c×wZ t Gřřřřř cřřřřřřř gřřř Rj vřkř řřřř-b' řřřř ev ex Rj vřkřq GKK ev GKwřřř evk, evbř, řevov, Rřřř ev Ab' DcřřiY w řřq wřřři D³ řřřři gřřř Pvl </p>

wPřř t Pvl c×wZ I e'e-vcbvi wbeozvi m=úK©

e'e-vcbvi aivřři mvaviY wřřřřřřř

wřřřřř	mbvřb	Dbřř mbvřb	Avav wbeo	wbeo	mçvř wbeo
cřřřřř Avřřř	wřřř ř bç	wřřř ř bç	50-100 GKi	50-100 GKi	< 50
cmbi Mřřxi Zř	3-5 dU	3-5 dU	3-5 dU	3-5 dU	3-5 dU
gRj NbZj	cwi gvřř Y Kg ev řřřř	100-200	200-300	300-700	700 Gi řřřř
cmbi e'e-ř	cřřřřř	cřřřřř	cřřřřř + cřřřř	cřřřřř + cřřřř	cřřřř
evq mAvřř b	-	-	cřřřřř gřřřř	gřřřř gřřřř	meřřř
Přřřřř c×wZ	GKK wKřř	GKK wKřř	GKK wKřř	GKK	GKK
Lv''	cřřřřř + mvi	cřřřřř + m=új K	cřřřřř + Dbřř m=új K	m=újřřřř	m=újřřřř
dmj	řřř	1-2řř	2-3 řř	3řř	3 ev Zřřřř
Drcv' b	řřřřř 2.00 řř	řřřřř 5.00-7.00 řřř řř	řřřřř 20.00- 30.00 řřř řř	řřřřř 50.00- 100.00 řřř řř	řřřřř 100.00 řřř řř
ewřřřřř	80%	80%	90%	90%	90% Gi řřřřř

cv½vtmi RxeveÁvb, Pvl c×wZ I e`e`vcbvi aib

ewn`K`enkó` t

G gvQ K`vUwcm wntmte cwi wPZ | G gvQI c`vb `enkó` ntj v t

- gv_v t`tk tj R Gi tMvov chS-cô eivei bxj vf-Kvj tP GKwU cj" ti Lv _vtK |
- e`I I Zj t` kxq Ask D¾j I mv` vtU |
- c`Q cvLbv (Caudal fin) Mvp ami A_ev Kvjtj v |
- tRvi v cvLbv (Paired fin) mvavi YZ: ami I Kvjtj v |
- g`w j vi x evi tej (Maxillary barbel) e`I cvLbv (Pectoral fin) chS-tcS`Qvq |
- g`wUej vi evi tej (Mandi bullary) tPvL chS-tcUQvq |
- t`tn mvavi YZ:eo tMvj `vM _vtK |
- mvavi YZ: 3wU k³ KuUv _vtK |
- tQvU tMvd _vtK |
- c` t`tk Adipose fin _vtK |

%RueK`enkó` t

- G gvQ ex Rj vktq wWg t`q bv | c`KwZK cwi tetk (c`vbZ: Mfxi b`xtZ) `x gvQ Rj R AvMvQvq wWg Qvto Ges Zv ewn`Kfvte wvwl ³ nq |
- Giv c`vbZ: cvbi Zj t`tk wePiY Kti _vtK | Zte Pvl KZ c`Kti c`Q me` Mfxi Zvq wePiY Kti |
- G gvQ me`fvRx | c`KwZK Lv` wnmvte cvbZ fvmgvb Dw`c, c`wKYv, Rj vktqi Zj t`tk Ae`vbi Z wevfbaeRj R KuU, tKtPv, kugK BZ`w Lv` wnmvte MhY Kti
- c`vbZ:w`tb Lv` Mh`tbB Af`-Zte c`QvRtb ivtZ I Lvevi Lvq |
- Giv c`ZKj cwi tetk Kvc`Ges wPswoi tPq Kg mste`bkxj (Aí Aw tRtb euPZ cvti) |
- c`Rb`bi mgq cj"l gvQI Zj tctU Dcti i w`K ntZ bxtpi ct_ `tai b`q exh`ei ntq Avtm |

cj"l cvsmvm Que

`x cvsmvm Que

- c`Rbb Kvjtj `x gvQI tcU fvix I big Ges Rb`b`iq j vj , tcvj v I tMvj vKwZ ntq _vtK |
- cj"l gvQI Rb`b`iq A½ Zj bvgj K j w` I mPvtj v ntq _vtK |

cv½vm gvQI Pvl c×wZ t

Rj vktqi c`KwZ, ewYwR`K Ae`v, Lvgti i AvKvi, PwI i w`tmv`I Ab`vb` m`hvm mjeavi Dci wfvE Kti cv½vm wevfbae c×wZ Pvl Kiv hvq | Zte ejsj v`tk GKK Pvl Gi c`Pj bB teuk | wevfbae i`Yi Pvl c×wZ `tj v ntj v t

P. GKK Pvl t Rj vq ev c`Kti i`ayGKK c`RwZ A`w i`aycvsmvm Pvl Ki`j ZvK GKK Pvl ej v nq | G ai`Yi Pvl gj Z: wbeo e`e`vcbvq Kiv nq | Zte ejsj v`tk eZ`v`b GKK Pvl i c`Pj bB teuk |

e'e`vcbv ai tbi mvavi Y wbt`RKmgñ

wb t`RK	mbvZb	Dbz` mbvZb	Avav wbieo	wbieo	myvi wbieo
cK t`i AvKvi	wb w` t` bq	wb w` t` bq	50-100 GKi	50-100 GKi	< 50
cwbi Mfxi Zv	3-5 dU	3-5 dU	3-5 dU	3-5 dU	3-5 dU
gRy` NbZj	cwi gvtY Kg ev tek	100-200	200-300	300-700	700 Gi tek
cwbi e'e`v	c t`KwZK	c t`KwZK	c t`KwZK + cv`u	c t`KwZK + cv`u	cv`u
evqym`Avj b	-	-	c t`qvRb gwcdK	gvtS gvtS	me`v
Pvl`vev` c`xwZ	GKK I wjk`a	GKK I wjk`a	GKK I wjk`a	GKK	GKK
Lv`	c t`KwZK + mvi	c t`KwZK + m`u`j K	c t`KwZK + Dbz` m`u`j K	m`u`y`L`vevi	m`u`y`L`vevi
dmj	1wU	1-2wU	2-3 wU	3wU	3 ev Z t`ZwaK
Drcv` b	tn` t`i 2.00 Ub	tn` t`i 5-7 tgt Ub	tn` t`i 20-30 tgt Ub	tn` t`i 50-100 tgt Ub	>100 ev Z t`ZwaK
ev`vri nvi	80%	80%	90%	90%	90% Gi tek

wdcPvU`cwi Kí bv

<p style="text-align: center;">cv/vtmi bvmñi e`e`vcbv</p>	<p>bvmñi cKi Kx?</p> <p>th mg`-cKi 2-4 w` b eqtmi ti Yev 10-15 w` b eqtmi avb tcvb jvj b-cvj b Kti gRy` cKi Qrovi Dc`hwMx Pviv tcvb Drcv` b Kiv nq, tm,tj vtK bvmñi cKi etj bvmñi cKi c`wZgj K Kiv ch`qutg Kitz nte </p> <p>bvmñi cKti i` ,i`Zi Ges`enkó` t</p> <ul style="list-style-type: none"> • bvmñi cKi AvqZvKvi Ges`tQv AvKviti • bvmñi cKti i` AvqZb 25-30 kZvsk ntZ cvti • Mfxi Zv 1-1.5 wUvi • cKti i` Xij 1t3 AbcvZ ntj` fiv nq • eo cKi ntj` bvmñi e`e`vcbv mgn`v nq • cKti i` Zj v mgvb ntZ nte • gwUi MVB t`v-Avk/tetj t`v-Avk • Zj vq Kv`vi cwi gvY 2.00-2.5 tmt wgt • cKti` `wbK mñtj vtKi tgqv` Kij 6-8 Nuv`_vKtZ nte 																
<p>bvmñi cKi c`wZt</p> <ul style="list-style-type: none"> • cKi ms`vi • cio tgi vZ • cvtoi Xij tgi vZ • Zj vq AwZwi` 3 I cPv Kv`v Acwvi Y • cvtoi eo MvtQi Wj cvj v QvUvBKiy • cKti cvtoi tSivSivo cwi`vi Ki Y • Rj R AvMvQv` gb • Rj R AvMvQvi` tWZKi w` Kmgn • Rj R AvMvQv` wqsy` c`wZ • iv`tm I AewAZ gvO` i`xKiY tWZKi c`v • `gb c`wZ • cwi` wlv`3 Zv cix`v 	<p>Pb c`qM</p> <p>Pb c`qvMi c`qvRbxqZv</p> <ul style="list-style-type: none"> • gwU I cwtbi P^H gvO Pvl i Dc`hwMx ivtL • cwtZ t`itzi cwi gvY 20 wuj Mtg/ wj t Gi tenk ivLtz mrvqZv Kti • mvti i` KvRwvi Zv ep` Kti • cKi c`ZKij xb Pb c`qvMi gra`tg ci Rix I ti vM RixvY` i` Kti • P`bi K`vj wkqig wbtRB GKwU` ,i`ZcY`c`v Dcv` vb • Kv`vq Avex` dmdim gp` Kti • Pb c`qvMi gvIt` c`Z kZvstk 1-2 tKivR 																
<p>cKi c`ZKij xb mvi c`qM</p> <p>mvi` `B cKvi t (K) %Re mvi , (2) A%Re mvi </p> <p>mvi c`qvMi gvIt` t</p> <table border="1" data-bbox="256 1381 771 1591"> <thead> <tr> <th>µngK bs</th> <th>mvti i` big</th> <th>c`qMgvIt`/kZvsk</th> </tr> </thead> <tbody> <tr> <td rowspan="3">1 </td> <td>tMvi ev</td> <td>5-7 tKivR</td> </tr> <tr> <td>nvm-gj Mxi wov ev</td> <td>3-5 tKivR</td> </tr> <tr> <td>Kgtcvó</td> <td>8-10 tKivR</td> </tr> <tr> <td>2 </td> <td>BDvi qv</td> <td>150-200 Mtg</td> </tr> <tr> <td>3 </td> <td>wGmnc</td> <td>75-100 Mtg</td> </tr> </tbody> </table>	µngK bs	mvti i` big	c`qMgvIt`/kZvsk	1	tMvi ev	5-7 tKivR	nvm-gj Mxi wov ev	3-5 tKivR	Kgtcvó	8-10 tKivR	2	BDvi qv	150-200 Mtg	3	wGmnc	75-100 Mtg	<p>mvi c`qvM mZKZv t</p> <ul style="list-style-type: none"> • tgNj v w` b ev eoi` gta` mvi c`qM Kitj` KvRwvi Zv Kg ntq`_vtK • BDvi qv mvi evZvfm tLj v Ae`vq ivLtz KvRwvi Zv Ktg hvq • A`w gwUtZ mvti i` KvRwvi Zv Kg nq • cwtZ Rj R Dv`c`_vKtj mvti i` KvRwvi Zv Kg nq • Pb c`qvMi 5-7 w` b ci Ges` ti Yygrt` i` 8-10 w` b AvtM mvi c`qM Kitz nte • mñtj vK covi ci mvi c`qM KivB D`Eg
µngK bs	mvti i` big	c`qMgvIt`/kZvsk															
1	tMvi ev	5-7 tKivR															
	nvm-gj Mxi wov ev	3-5 tKivR															
	Kgtcvó	8-10 tKivR															
2	BDvi qv	150-200 Mtg															
3	wGmnc	75-100 Mtg															
<p>c`KwZK Lv` ch`e`vY</p> <p>bvmñi cKti ti Yygrt` i` c`e`Zv` i` Dc`hwMx Lv` `Zix Kti wbtZ nte ZvB grt` i` c`e`c`KwZK Lv`` cix`v Kiv bvmñi e`e`vcbvi Acwi nh`Ask </p> <p>c`KwZK Lv`` cix`v c`wZ</p> <p>c`KwZK Lv`` cix`v c`wZ 3 wUt</p> <p>(1) tmKwM` c`wZ, (2) MvQv Mv` c`wZ, (3) nvZ c`wZ </p>	<p>gRy` NbZjt</p> <p>bvmñi cKti ti Yv tcvbri gRy` NbZj wba`vY c`vBZt Pvl c`wZ, ti Yy` c`RwZ, cKti i` Drcv` bkj Zv Ges` e`e`vcbvi aib BZ`w` wltqi I ci wfp` Kti c`Z kZvstk 1000-1500 wU avb tcvb gRy` Kti 20-30 w` b jvj b cvj b Kitj` 1 t`iK 1.5 Bw` tcvb Kiv hvq </p>																

cvŕŦmŦi bvmŦŦi e`e`vcbv

bvmŦŦi cKŦi KŦ?

th mg`-cKŦi 2-4 w` b eqŦmi ti Yyev 10-15 w` b eqŦmi avbx tcvbv j vj b-cvj b KŦi gRj cKŦi Qrovi DcŦhŦŦM Priv tcvbv Drcv` b Kiv nq, tm`_tj vŦK bvmŦŦi cKŦi etj | bvmŦŦi cKŦi cŦŦZgj K KvR chŦqŦtg KiŦZ nte|

bvmŦŦi cKŦi i „i“Zj Ges `enkó` t

- bvmŦŦi cKŦi AvqZvKvi Ges tQvU AvKŦŦi i |
- bvmŦŦi cKŦi i AvqZb 25-30 kZvsk nŦZ cvŦi | Mfxi Zv 1-1.5 wglvŦi Ges cKŦi i Xij 1t 3 AbcvŦZ ntj fŦj nq|
- eo cKŦi ntj bvmŦŦi e`e`vcbv mgm`v nq|
- cKŦi i Zj v mgvb nŦZ nte|
- gwŦŦi MVb Ŧ`v-Avk/tetj Ŧ`v-Avk
- Zj vq KŦ`vi cwi gvY 2.00-2.5 tmwg. |
- cKŦi `vbK mŦŦj vŦKi tgqv` Kij 6-8 NŦUv`_vKŦZ nte|
- cvŦo Qvqv mŦŦKvix ŦKvb MvQ ev ŦSvc-Svo`_vKŦe bv|
- cKŦi i cvo evBŦi i cwb Ŧiva Kivi gZ hŦ`ó DŦzI k³ nŦZ nte|
- cKŦi mŦŦ`_fŦj thvMŦhŦŦM e`e`v`_vKŦZ nte|
- e`e`vcbvŦi mŦŦeavi Rb` cKŦi i Ae`vb ewoi KvQvKwQ ntj fŦj nq|

bvmŦŦi cKŦi cŦŦZ t

cKŦi ms`vi

bvmŦŦi e`e`vcbvq cŦŦZKij xb mgŦq cKŦi ms`vi Kiv AZ`š-Ri`wi | cKŦi ms`vi Kivi ŦŦŦŦ vbawj wLZ KvR`_tj v KiŦZ nte|

- cvo tgi vGZ|
- cvŦoi Xij tgi vGZ
- Zj vi AwZwi³ I cPv KŦ`v Acmvi Y
- Zj Ŧ`k mgvbKi Y
- cKŦi i cwbŦZ Qvqv mŦŦKvix cvŦoi eo MŦŦQi Wj cvj v ŦKŦU tdj v I cKŦi cvŦoi ŦSvc Svo cwi`vi Kiv|

cvo tgi vGZ

- bvmŦŦi cKŦi i cvo Ggb DŦzKiŦZ nte hvŦZ `ŦfveK elŦŦ WŦe bv hvq|
- cvo fŦŦv`_vKŦj k³ KŦi tetŦa w` ŦZ nte hvŦZ evBŦi i i vŦŦŦm I AewĀZ gvQ cKŦi cŦek KiŦZ bv cvŦi |
- cvŦoi MŦŦq MZ`_vKŦj Zv fŦi w` ŦZ nte hvŦZ ewntŦi i cwb PBŦq cvo ŦŦŦŦ tdj ŦZ bv cvŦi |

cvŦoi Xij tgi vGZ

- cKŦi cvŦoi Xij fŦŦv`_vKŦj ev XŦj i MŦŦq MZ`_vKŦj Zv tgi vGZ KiŦZ nte| Zvntj cvo mntŦR fŦŦŦe bv|
- cvŦoi Xij 2t 1 AbcvŦZ i vLv` i Kivi | GŦZ cvo fŦŦŦe bv, RvŦ Uvbv mnR nte Ges mŦŦKfŦŦe gvQ Avni Y Kiv hvŦe |
- mŦŦŦ AvŦj v KvŦŦRi fŦŦe cKŦi i cwbŦZ cotj Zv cŦŦwZK Lv` Drcv` Ŧb mrvqK nte|

Zj vq AwZwi³ I cPv KŦ`v Acmvi Y

cKŦi i Zj vi 4-6 BŦĀi tenk KŦ`v`_vKŦj Zv ZŦj tdj ŦZ nte| Zj vq AwZwi³ `Re c`Ŧ`_vKŦj t

- wlv³ M`vm mŦŦ nŦZ cvŦi |
- mntŦR ni i v Uvbv hvq bv|
- Aw ŦRŦbi Afve nŦZ cvŦi |

cvtoei eo MvtQi Wj cvj v QvUvBK i Y

cKti cwbZ Qvq mjoKvix eo MvtQi Wj cvj v tKtU tdj tZ nte| GtZ mthP Avtjv mntR I KvRi fite cKti cwbZ cote hv cKwZK Lv` Drcv`tb mnvqK nte|

cKj cvtoei tSicSvo cwi`vi Ki Y

- cKi cvtoei tSicSvo tKtU cwi`vi Ki tZ nte| GtZ grm`fK cOYx thLv`tb tmLv`tb j yKtq _vKtZ cvi te bv|
- cKi t_tK cyo tkvY Kti cKti i cO_wgK Drcv`bkj Zvq e`vNvZ mjo Ki tZ cvi te bv|

Rj R AvMvOv `gb

cKti cwbZ we`gub weifbreatiYi Rj R Dw`C hviv cZ`q ev ctiv`fite gvQ I wPswoi tcvbv Drcv`bK qWZM` Kti Zv`i tK Rj R AvMvOv etj | cKti mvaviYzt 4 aiYi Rj R AvMvOv I tkl j v t`Lv hvq| thgbt (1) fvmgvb (2) j Zv`bv (3) wlogwZ (4) wMgbkj

Rj R AvMvOvi qWZKi w`Kmg

- Giv cKti i gvU I cwb t_tK cyo MhY Kti | dtj cKti i cO_wgK Drcv`bkj Zv Ktg hvq|
- cwbZ mh`j vK cO`ek evav mjo Kti dtj mvj vK mstK`Y evavM`nq|
- tcvbvi mnR Pj vPj e`vNvZ NUvq
- bvm`i cKti mntR ni iv Uvbn, Rvj Uvbn Amjev nq|

Rj R AvMvOv wqšY c`wZ

(1) KwqK kg c`wZ (2) `RueK c`wZ (3) mvi cOqvM c`wZ (4) i vmvqwbK c`wZ|

iv`qtm I AewAZ gvQ `ixKi Y

iv`qtm gvQ t tevqj, MRvi, tkvj, wPZj, dwj, KwKj v, BZ`w`

AewAZ gvQ ev tcvbv t cv`zim evf` Ab` mKj cRwZi grfQi tcvbv hv cKti Pvl Kiv nte bv Zv-B AewAZ tcvbv|

qWZKi c`ve

- iv`qtm gvQ mi vmi tcvbv tLtg dtj, thgb- iv`qtm gvQ 1 tKwR eo ntZ cOq 10-12 tKwR Ab` gvQ Lvq|
- AewAZ gvQ tcvbvi Lv` bO Kti, thgb 1 tKwR AewAZ gvQ 10-12 tKwR eo grfQi Lv` fVM emvq|
- evm`vb I Aw` tRb wbtq cOZ`thwMZv Kti |

`gb c`wZ

1. bvm`i cKti i`wKtq

2. wcl cOqvM Kti |

1. cKi i`wKtq t cKi i`wKtq iv`qtm I AewAZ gvQ `i Kiv metPtq fvj | Drcv`b qgZv teto hvq|
2. wcl cOqvM t cKi i`wKtq bv tMj wcl cOqvM Kti iv`qtm I AewAZ gvQ `i Kiv hvq|
 - tivtUbb cvDWvi t 9.1 kw³ ntj 18-20 Mlg/ kZvsk 1 dU Mfxi cwbi Rb`| wlv³Zvi tgqv` Kvj - 7 w` b
 - ZvgfKi _ov t 0.8-1.6 tKwR/kZvsk 1 dU Mfxi cwbi Rb`| wlv³Zvi tgqv` Kvj - 10 w` b
 - Pv exR `Lj t 145-150 Mlg/kZvsk 1 dU cwbi Rb`| wlv³Zvi tgqv` Kvj -3w` b|

Pb c0qvM

Pb K'vj wmqvg mgx A%Re thvM ev GimW gra'gtK qivi xq ev wbitc q| Kti |

Pb c0qvM Mi c0qvRbxqZv

- gwU I cwbi p^H gvQ PxtI i DcthvMx i vtL
- cwbtZ q| i tZj cwi gvY 20 wgtM0gt/ wj t Gi tenk i vLtz mnvqZv Kti |
- mvti i KvhRvixZv epx Kti |
- cKti c0'ZKvj b Pb c0qvM Mi gra'tg ci Rvex I tivM-RvexYy` i Kti |
- Pxtbi K'vj wmqvg wbtRB GKwU „i“ZcY©cjo Dcv`vb |
- Kv`vq Avex dmdivm g³ Kti |
- cwbi tNvj vZj` i Kti |

Pb c0qvM Mi gvIt c0Z kZvstk 1-2 tKwR |

cKti c0'ZKvj xb mvi c0qvM

ti Yytcvbn Gi c0KwZK Lvevi ntjv c0vbZt Dw^Mc cvsKub I c0Yx cvsKub | c0Yx cvsKub Gi Drcv`b wbf⁹ Kti Dw^Mc c⁴U⁴bi c0PhZvi I ci | Avi Dw^Mc c⁴U⁴b Zvt` i evPvi Rb` `exfZ cjo Dci wbf⁹Kxj | A₉ c0KwZK Lv` mjo Dti`tkB cKti mvi c0qvM Kiv ntq _vtK |

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

mvi c0qvM Mi gvIt v

μwgK bs	mvti i bvg	c0qvMgvIt v/kZvsk
1	tMvei	5-7 tKwR
	A _{ev} nvm-gj Mxi we0v	3-5 tKwR
	A _{ev} Kt ⁴ uv0	8-10 tKwR
2	BDwi qv	150-200 M0g
5	wJGmwc	75-100 M0g

mvi c0qvM mZKZv

- 1) tgNj v w` b ev epoi gta` mvi c0qvM Kiti KvhRwi Zv Kg ntq _vtK |
- 2) BDwi qv mvi evZvfm tLvj v Ae`vq i vLtz KvhRwi Zv Ktg hvq |
- 3) A⁴xq gwUtz mvti i KvhRwi Zv Kg nq |
- 4) cwbtZ Rj R Dw^Mc _vKtj mvti i KvhRwi Zv Kg nq |
- 5) Pb c0qvM Mi 5-7 w` b ci Ges ti YygRt` i 8-10 w` b AvtM mvi c0qvM KitiZ nte |
- 6) mh⁴jt vK covi ci mvi c0qvM KivB DEg |

c0KwZK Lv` ch⁹e q|Y

bvm⁹ cKti ti YygRt` i c⁹eZvt` i DcthvMx Lv` `Zwi Kti wbtZ nte | ZvB gRt` i c⁹e c0KwZK Lv` cix q|v Kiv bvm⁹ e`e`vcbvi Acwi nvh⁹Ask |

c0KwZK Lv` cix¶vi c0qvRbxqZv

- cwb†Z ch¶ß c0KwZK Lvevi Av†Q wK bv Zv Rv bv
- cK†i i cwi tek ti YyQovovi Dc†hvMx wKbv Zv Rv bv
- cK†i Avi l mvi c0qvM Ki†Z nte wKbv Zv Rv bv|

c0KwZK Lv` cix¶vi c×wZ

c0KwZK Lv` cix¶vi c×wZ 3 wJ

- (1) tmwKwV` c×wZ, (2) MvgQv Mv¶¶ c×wZ, (3) nvZ c×wZ|

cwbi welv³Zv cix¶v

cK†i GKwJ nvcv Uw½†q Zvi g†a` Af` cwi gvtY th†Kvb gvtQi ti Yy†Qto 12 NvUv ch¶¶¶Y Ki†Z nte| AwKusk ti by (70%) hw` tetP` _vtK Zv†tj e†Z nte cwb†Z welv³Zv tbB|

cv½vm ti Yj /tcvbi gRj Kvj xb e`e`vcbv t

gRj Kvj xb e`e`vcbv A_¶¶ tcvbi RvZ wbe¶¶b, _YMZgvb hvPvB, tcvbi NbZ;wbe¶¶b, ti Yy†cvb cwi enb, tcvb tkvab l Af`Kiy BZ`w` avcmg†K gRj Kvj xb e`e`vcbv etj |

ti YygR†` i NbZ;wbe¶¶b t

bvm¶¶i e`e`vcbvq cK†i ti YygR†` i 2wJ c×wZ Av†Q t

GK avc c×wZ t 8-10 M0g/kZvsk

`B avc c×wZ t 30-35 M0g/kZvsk

avbx gR†` i NbZ;wbe¶¶b t

bvm¶¶i e`e`vcbvq cK†i avbx gRj `¶¶vte Kiv hvq t

- 1) tek mg†qi Rb` (50-60 w` b) t 1 kZv†k gRj nvi 1600-2000wJ avbx gRj Ki†j 3^{¶¶}4^{¶¶}mvB†Ri tcvb cvl qv th†Z cv†i |
- 2) Kg mg†qi Rb` (25-30 w` b) t 1 kZv†k gRj nvi 5000-6000wJ avbx gRj Ki†j 1.5^{¶¶}2.0^{¶¶}mvB†Ri tcvb cvl qv th†Z cv†i |

bvm¶¶i cK†i ti Yyavbxi Lv` e`e`vcbv t

gvtQi tetP` _vKv, ^`wK ep× l c¶Rbb Kv¶¶¶ mp¶vte cwi Pvj bvi Rb` Lv` M0Y Ki†Z nq| Avi GB Lv` i gv†v wbf¶ K†i cwbi t†SZ l ivmvqwbK _Yvejxi AbKj Ae`vi Dci | Zvcgv†v evotj cwi cvK Kv¶¶¶gi nvi te†o hvq| dtj Lv` Pwv`vl ep× cvq| GKB fvte Zvcgv†v Kgtj Lv` Pwv`v l Zj bvgj Kfvte nvm cvq| w0ævj wLZ vel qmgn tcvbvi Lv` Pwv`vi l ci cfve tdtj t

- 1) gvtQi Lv` Pwv`v cwbi wGBP Gi DVbvvgvi l ci wbf¶ K†i ||
- 2) wGBP gv†v 7.0-8.0 Gi g†a` gvtQi Lv` Pwv`v tek _vtK|
- 3) cwb†Z `ex†Z Aw` †R†bi gv†v evotj gvtQi Lv` Pwv`v ep× cvq|
- 4) Aw` †Rb gv†v Kgtj Lv` Pwv`v nvm cvq|

bvm¶¶i cK†i Lv` c0qv†Mi nvi cwbi t†SZ l ivmvqwbK _Yvejxi Qvovl cK†i c0_wgK Drcv`bkj Zv, Pvl e`e`vcbv, Lv` i Ae`v l c¶vgv BZ`w` vel†qi Dci wbf¶ K†i | tQv Ae`vq tcvbvi Lv` Pwv`v A†bK tek| tm Kv†Y bvm¶¶i

cĦĦĦi cĦg w ĦK teĦk gvĦvq Lvevi cĦqM KiĦZ nq| ZĦe tcvbvi eo nI qvi mvĦ_ mvĦ_ LvĦĦ cĦqM nvi KĦg ĦMĦj I LvĦĦĦi cwi gvY Zj bgj KĦĦe teĦo hvq|

AuZi cĦĦĦi LvĦĦĦ cĦqM nvi t

LvĦĦĦ cĦqMKvj (w b)	LvĦĦĦ cĦqM nvi
1-5	gRĦ KZ tcvbvi I RĦbi 2 Y/w b
6-10	gRĦ KZ tcvbvi I RĦbi 3 Y/w b
11-15	gRĦ KZ tcvbvi I RĦbi 4 Y/w b

j v j b cĦĦĦi LvĦĦĦ cĦqM nvi t gRĦ KZ tcvbvi I RĦbi 10-5% A_ev

LvĦĦĦ cĦqMKvj (w b)	LvĦĦĦ cĦqM nvi
1-10	40-45 MĦg/kZvsk/w b
11-20	80-100 MĦg/kZvsk/w b
21-35	200 MĦg/kZvsk/w b

LvĦĦĦ DcKiY eĦenvi gvĦv t

wbaĦĦi Z cĦgĦĦi Awgl mgx LvĦĦĦ %Zwi RbĦ DcKiĦYi mnRj fĦZv Ges Pwli Awl R msMwZ weĦePbv KĦi weĦfbae aiĦĦi DcKiY wbeĦPb Ges DcKiY mgĦni AbcĦvZ wbaĦĦi Y KiĦZ nq| wbaĦĦi Z AbcĦvZ AbĦvqx cĦqvrBbxq cwi gvY DcKiY cwi gĦc KĦi LvĦĦĦ gvĦĦK Avi I mĦg Kivi RbĦ Gi mvĦ_ 0.5-2% wĦUwgb I LwbR j eY thvM Kiv hvq|

tcvbi RbĦ cĦZ ĦKwR LveĦĦi DcKiY eĦenvi i bgĦv AbcĦvZ DĦj L-Kiv nĦj v t

DcĦvĦĦi big	bgĦv-1		bgĦv-2		bgĦv-3	
	eĦenvi gvĦv%	MĦg/ĦKwR LvĦĦĦ	eĦenvi gvĦv%	MĦg/ĦKwR	eĦenvi gvĦv%	MĦg/ĦKwR
MĦgi fĦm					20	200
PĦĦj i Kwb	50	500	40	400	25	250
mwi lvi ĦLj	50	500	30	300	25	250
wĦkugj	-	-	20	200	20	200
AvUv/wPuv_o			10	100	10	100
j eY/wĦUwgb	-	-	-	-	-	-
ĦgiU	100	1000	100	1000	100	1000

LvĦĦĦ cĦqM cXwZ t

ti YgRĦĦi cĦg 5 w b chS-mwi lvi ĦLj wj Ħq cĦqM Kiv fvj | Zvi ci Zvi mvĦ_ wgn PĦĦj i Kwb/fĦmi wĦkY ĦĦq hvq (50t50) | avb tcvbvi-KvUvB Kivi ci PĦv cĦĦi mĦuĦK LvĦĦĦ wntmĦe mĦavi YZt Kwb/MĦgi fĦm I ĦLj eĦenvi Kiv hvq | AwĦK DrcĦĦi RbĦ Gi mvĦ_ Awgl mgx LvĦĦĦ (MewĦ cĦi i³/wĦkugj) ĦĦq ĦĦZ cĦĦi | LvĦĦĦ AwĦĦI i gvb 25-30% nĦj fvj nq Ges cĦZw b tcvbĦK ZĦĦi ĦĦn I RĦbi 5-10% LvĦĦĦ ĦĦI qv DĦPZ | i³/wĦmugj eĦĦeĦj Ges GĦĦjv mnR cĦcĦĦi bv nĦj i agvĦ ĦLj I Kwb (50 t 50) eĦenvi Kiv ĦĦZ cĦĦi | ĦLj I Kwb wĦwRĦq Kwb KĦi mgĦ-cĦĦi wQwĦq ĦĦq fvj |

Awa`tekb cwi Kí bv

w` b t 03

mgq t 12.00.13.30

tgqv` Kvj t 90 wgvbU

wk`i vbg t cv`zvmi Pvl e`e`vcbv
 Af`xó `j t grm` Awa` B`i i KgR`Z`e`
 j`q` t c`k`q`Y`v` i cv`zvm Pvl i gR`y ce`q gR`y cieZ`P`e`e`vcbv m`u`K`avi Yv t` qv hv`Z Zui v G Ávb
 Kv`R j wM`tq gvQP`wl t` i c`q`v`R`bxq mn`thw`MZv Ki`Z cv`i b |
 D`f`i`k` t G Awa`tekb t`k`i c`k`q`Y`v` i cv`zvm Pvl i gR`y ce`q gR`y cieZ`P`e`e`vcbv i avcmgn m`u`K`
 mg`K` avi Yv AR`B` Ki`Z cv`i t`eb l gvQP`wl t` i tkLv`Z cv`i t`eb |

w`l qm`P	Av`j vP` w`l q	c`k`q`Y` t`K`S`k`j	mgq
f`vg`Kv			5 wgvbU
	<ul style="list-style-type: none"> • `MZg • ce`Z`i`Awa`tekb`i cpi`vt`j`vPbv • eZ`g`vb Awa`tekb`i mvt`_msthvM`vcb • Awa`tekb`i D`f`i`k` e`vL`v 	c`k`k`E`i Av`j vPbv	
w`l qe`v`			75 wgvbU
	cv`zvm Pvl i gR`y ce`e`e`vcbv Kx ? <ul style="list-style-type: none"> • Av`Mv`Qv` `gb • i`v`q`i`m` l ev`f`R` gvQ` `ix`Ki`Y • cro` l Zj`v` tgi`vg`Z • Pb` c`q`v`M • mvi` c`q`v`M • c`k`k`u`Z`K` Lv` ` ch`e`q`Y cv`zvm Pvl i gR`y Kvj`xb` e`e`vcbv Kx ? <ul style="list-style-type: none"> • t`cv`vi` Rv`Z` w`be`P`b • gR`y` Nb`Z`i • t`cv`bv` cwi`enb • t`cv`bv` t`kvab` l Af` `Ki`Y cv`zvm Pvl i gR`y cieZ`P`e`e`vcbv <ul style="list-style-type: none"> • mvi` l Lv` ` c`q`v`M • t`et`P`_v`Kvi` nvi` ch`e`q`Y • bg`p`v`qb • Av`ni`Y` l ev`Rvi` Rv`Z`Ki`Y 	c`k`k`E`i e`3`Zv Av`j vPbv g`p` `P`S`i` So `j`xq` Kv`R w`d`e`Pv`U`	
mvi`-mst`q`c			10 wgvbU
	<ul style="list-style-type: none"> • gj` w`l`qmgn` cpi`vt`j`vPbv • D`f`i`k`` hv`Pv`B • cieZ`P`Awa`tekb`i mvt`_msthvM • n`v`E`Av`DU` w`e`Zi`Y • ab`ev` `Ávcb` 	e`3`Zv` l c`k`k`E`i	
c`k`q`Y` mnvq`K` mvg`M` t` n`v`E`Av`DU` t`nvqv`BU` t`e`W` `w`b`DR`u`c`E` , gv`K`f` , w`d`e`Pv`U` `Ab`j`k`j` b` w`k`U`			

wdcPvU©cwi Kí bv

<p>cvŕzm Pvl e'e'vcbv</p>	<p>gŕbŕtm- tZjmcqv Pvl gRj ce'e'e'vcbv t tcbv gRj` i AvM chS-cKi cŕŕzi wewfbœavc gRj cKŕii `enkó` t</p> <ul style="list-style-type: none"> • gRj cKi AvqZvKvi Ges gvSwi AvKŕii • cKŕii AvqZb 25-100 kZisk ntZ cŕi • Mfxi Zv 1.5-2.0 wgvri, cKŕii Xj 1t1.5 t_ŕK 1t2 AbpvtZ ntj fji nq • cKŕii Zjv mgvb ntZ nte • gMDi Mv t`v-Avk/GŕUj t`v-Avk/teŕj t`v-Avk • Zj vq Kr`vi cwi gvY 10.0-15.0 tmt wgt • cKŕii `wbK mŕŕj vtKi tgqv Kvj 6-8 NŕUv_vKŕZ nte • cŕfo Qvqv mŕoKvix tKvb MvQ ev tSŕc-Svo_vKŕe bv • cKŕii cvo evBŕii cmb tiva Kivi gZ ht_ó DŕI k³ ntZ nte • cKŕii mŕt_ fji thvMŕthvM e'e'v_vKŕZ nte • e'e'vcbvri mŕeavi Rb` cKŕii Ae`vb emoi KvQvKvQ ntj fji nq 																
<p>cKi cŕŕzt</p> <ul style="list-style-type: none"> • cKi ms`vi • cvo tgivgZ • cŕfoi Xj tgivgZ • Zj vq AvZwi³ I cPv Kr`v Acmvi Y • cŕfoi eo MŕtQi Wj cvj v QvUvBKiy • cKŕii cŕfoi tSŕcSvo cwi`vi KiY • Rj R AvMvQv `gb • Rj R AvMvQv ŕŕwZKi w Kmgŕ • Rj R AvMvQv wqSŕY c×wZ • ivŕŕŕm I AemAZ gvQ `ixKiY • ŕŕwZKi cŕŕe • `gb c×wZ • cmbi wlv³Zv ci xŕŕv 	<p>Pb cŕŕqM Pb cŕŕqŕMi cŕŕqRbxqZv</p> <ul style="list-style-type: none"> • gMD I cmbŕi P^H gvQ Pvl I DcŕthvMx ivtL • cmbŕZ ŕŕiŕZji cwi gvY 20 wgvj Mŕg/ wj t Gi tenk ivLŕZ mŕvqZv Kŕi • mŕŕi Kvhŕwvi Zv ewx Kŕi • cKi cŕZKvj xb Pb cŕŕqŕMi gvŕtg ci Rŕex I tiw RŕevY `ŕ Kŕi • Pŕbi Kvj wkvqg wbtRB GKwU `i`ZcY`cjo Dcŕ`vb • Kr`vq Ave× dmdivm gv³ Kŕi <p>Pb cŕŕqŕMi gvŕvt cŕZ kZvŕtk 1-2 tKwR </p>																
<p>cKi cŕZKvj xb mvi cŕŕqM mvi `ŕ cKvi t (K) %Re mvi, (2) A%Re mvi mvi cŕŕqŕMi gvŕvt</p> <table border="1" data-bbox="256 1570 813 1827"> <thead> <tr> <th>ŕŕgK bs</th> <th>mŕŕi i bvg</th> <th>cŕŕqMgvŕv/kZvsk</th> </tr> </thead> <tbody> <tr> <td rowspan="3">1 </td> <td>tMvei ev</td> <td>5-7 tKwR</td> </tr> <tr> <td>nvn-gj Mxi weŕv ev</td> <td>3-5 tKwR</td> </tr> <tr> <td>Kgŕcvó</td> <td>8-10 tKwR</td> </tr> <tr> <td>2 </td> <td>BDwi qv</td> <td>150-200 Mŕg</td> </tr> <tr> <td>3 </td> <td>wJGmŕc</td> <td>75-100 Mŕg</td> </tr> </tbody> </table>	ŕŕgK bs	mŕŕi i bvg	cŕŕqMgvŕv/kZvsk	1	tMvei ev	5-7 tKwR	nvn-gj Mxi weŕv ev	3-5 tKwR	Kgŕcvó	8-10 tKwR	2	BDwi qv	150-200 Mŕg	3	wJGmŕc	75-100 Mŕg	<p>mvi cŕŕqŕM mZKŕv t</p> <ul style="list-style-type: none"> • tgNjv w`b ev ewŕi gŕa` mvi cŕŕqM Kiŕj Kvhŕwvi Zv Kg ntq_vŕK • BDwi qv mvi evZŕtm tLujv Ae`vq ivLŕj Kvhŕwvi Zv Kŕg hvq • A=ŕg gMDŕZ mŕŕi Kvhŕwvi Zv Kg nq • cmbŕZ Rj R Dŕm`_vKŕj mŕŕi Kvhŕwvi Zv Kg nq • Pb cŕŕqŕMi 5-7 w`b ci Ges tiYygŕŕ` i 8-10 w`b AvŕM mvi cŕŕqM KiŕZ nte • mŕŕj vK covi ci mvi cŕŕqM KivB DĒg <p>cŕKwZK Lv` chŕeŕŕY t</p>
ŕŕgK bs	mŕŕi i bvg	cŕŕqMgvŕv/kZvsk															
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<p>cv`zvm Gi tcvbvi gRj` Kvj`xb e`e`vcbrv Kx?</p> <p>gRj` Kvj`xb mgq` A`f` tcvbvi RvZ` wbe`Pb, `YMZgib hvPvB, tcvbvi NbZj`wbe`Pb, tcvbvi cwi`enb, tcvbvi tkvab I Af`Kiy BZ`w` avcmgn`K gRj` Kvj`xb e`e`v`etj` </p> <p>tcvbrv gRj` i NbZj`wbe`Pb t</p> <p>gRj` cKti` tcvbvi gRj` NbZj`wbe`Pb Y c`avbZt Pvl` c`xiz, cKti` i Drcv` bKjv Zv Ges e`e`vcbrvi aib BZ`w` w`et`q`i Dci` wbf`P` Kti` </p> <p>tcvbrv gRj` NbZj` t</p> <table border="1" data-bbox="240 520 959 695"> <thead> <tr> <th>Pvl` c`xiz</th> <th colspan="2">mbiZb` c`xiz</th> <th colspan="2">Dbz` mbiZb` c`xiz</th> <th colspan="2">Avav` wbeo` c`xiz</th> <th colspan="2">wbeo` c`xiz</th> </tr> </thead> <tbody> <tr> <td>GKK Pvl`</td> <td colspan="2">75-100w</td> <td colspan="2">200-210w</td> <td colspan="2">200- 300w</td> <td colspan="2">300-700w</td> </tr> <tr> <td>mgv`SZ Pvl`</td> <td colspan="2">75-100w</td> <td colspan="2">100-190w</td> <td colspan="2">200- 300w</td> <td colspan="2">300-700w</td> </tr> <tr> <td rowspan="2">w`gk` Pvl`</td> <td>cvsMm</td> <td>tZj` w`cqv</td> <td>cvsMm</td> <td>tZj` w`cqv</td> <td>cvsMm</td> <td>tZj` w`cqv</td> <td>cvsMm</td> <td>tZj` w`cqv</td> </tr> <tr> <td>40-50w</td> <td>40-50w</td> <td>50-100w</td> <td>50-100w</td> <td>100-150w</td> <td>100-150w</td> <td>150-350w</td> <td>150-350w</td> </tr> </tbody> </table> <p>g`tbv`tm- tZj` w`cqv`i cKti` c`iz` kZt`K 2-5w t`w`k` gv`i Qvov` thtZ` c`ti` </p>	Pvl` c`xiz	mbiZb` c`xiz		Dbz` mbiZb` c`xiz		Avav` wbeo` c`xiz		wbeo` c`xiz		GKK Pvl`	75-100w		200-210w		200- 300w		300-700w		mgv`SZ Pvl`	75-100w		100-190w		200- 300w		300-700w		w`gk` Pvl`	cvsMm	tZj` w`cqv	cvsMm	tZj` w`cqv	cvsMm	tZj` w`cqv	cvsMm	tZj` w`cqv	40-50w	40-50w	50-100w	50-100w	100-150w	100-150w	150-350w	150-350w	<p>cv`zvm Gi Lv` e`e`vcbrv t</p> <ul style="list-style-type: none"> • cv`zvm Lv`v`ti 25-30% Awgl` _vKv` ev`Abxq` • Ab`vb` DcKi`tYi` gta` `Lj, K`ov` (AvUv) Mtgi` f`w`m, gq` v, w`clm`g`j, w`fUw`gb` w`c`ig- 30% t`c`w`ub` mg`x` m`j` g` Lv`vi` `Zwi` Ki`tZ` w`b`a`e`w`Y`Z` n`v`ti` Dcv` vb` _tj` v` e`e`nvi` Kiv` thtZ` c`ti` <table border="1" data-bbox="1117 562 1533 768"> <tr> <td>Pvtj` i Kpv` /Mtgi` f`w`m` %`j`</td> <td>-</td> <td>25%</td> </tr> <tr> <td>w`clm`g`j`</td> <td>-</td> <td>39%</td> </tr> <tr> <td>gq` v`</td> <td>-</td> <td>30%</td> </tr> <tr> <td>w`fUw`gb` w`c`ig-</td> <td>-</td> <td>5%</td> </tr> <tr> <td>t`gvU`</td> <td>-</td> <td>1%</td> </tr> <tr> <td></td> <td></td> <td>100%</td> </tr> </table>	Pvtj` i Kpv` /Mtgi` f`w`m` %`j`	-	25%	w`clm`g`j`	-	39%	gq` v`	-	30%	w`fUw`gb` w`c`ig-	-	5%	t`gvU`	-	1%			100%
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cv½vm Pvl e"e"vcbv

cv½vm Pvl gRj ce"e"vcbv Kx?

gRj ce"e"vcbv tcvbv gRj i AvM chš-cKi cŕiZi wewfbœarctK gRj ce"e"vcbv etj |

gRj cKti i "eikó" t

- gRj cKi AvqZvKvi Ges gvSwi AvKvti i nte |
- cKti i AvqZb 25-100 kZvsk ntZ cvti |
- Mfxi Zv 1.5-2.0 ugUvi, cKti i Xvj 1 t 1.5 t_k 1t 2 AbpvtZ ntj fvj nq |
- cKti i Zj v mgvb ntZ nte |
- gMUi MVb t`v-Avk/GtUj t`v-Avk/tetj t`v-Avk
- Zj vq Kv`vi cwi gvY 10.0-15.0 tmg. |
- cKti i "wbK mhŕj vtKi tgqv`Kvj 6-8 NvUv_vKtZ nte |
- cvto Qvqv mŕóKvi x tKvb MvQ ev tSic-Svo_vKte bv |
- cKti i cvto evBti i cvb tiva Kivi gZ ht_ó DPzI k³ ntZ nte |
- cKti i mvt`thvMthvM e"e"v fvj nte |
- e"e"vcbv mjeavi Rb` cKti i Ae"vb emoi KvQvKvQ ntj fvj nq |

gRj cKi e"e"vcbv t

cKi ms"vi t

gRj cKi e"e"vcbv cŕiZKij xb mgtq cKi ms"vi Kiv AZ`š-Ri"wi | cKi ms"vi tŕj tŕi wœwj wLZ KvR`_tj v Ki tZ nte |

- cvto tgi vZ |
- cvto i Xvj tgi vZ |
- Zj vi AvZwi³ I cPv Kv`v Acmvi Y |
- Zj t`k mgvbKi Y |
- cKti i cvb tZ Qvqv mŕóKvi x cvto i eo MvtQi Wvj cij v tKtU tdj v I cKi cvto i tSic Svo cwi"vi Kiv |

cvto tgi vZ t

- gRj cKti i cvto Ggb DPzKi tZ nte hvZ`"fweK elŕq Wte bv hvq |
- cvto fivzv_vKtj k³ Kti teta w`tZ nte hvZ evBti i i vŕj tŕm I AewAZ gvQ cKti cŕek Ki tZ bv cvti |
- cvto MZ_vKtj Zv fti w`tZ nte hvZ evBti i cvb PBtq cvto tft½ tdj tZ bv cvti |

cvto i Xvj tgi vZ t

- cKi cvto i Xvj fivzv_vKtj ev Xvtj i Mvtq MZ_vKtj Zv tgi vZ Ki tZ nte | Zvntj cvto mntR fivzte bv |
- cvto i Xvj 1 t 2 AbpvtZ i vLv`i Kvi | GtZ cvto fivzte bv, Ruj Uvbr mnR nte Ges mŕWK fivte gvQ Avni Y Kiv hvte |
- mŕhŕ Avtj v KvR`i fivte cKti i cvb tZ cotj Zv cŕKvZK Lv`" Drcv`tb mrvqK nte |

Zj vq AvZwi³ Kv tj v I cPv Kv`v Acmvi Y t

cKti i Zj vi 10-15 tmgUngUvti i tenk Kv`v_vKtj Zv Ztj tdj tZ nte | Zj vq AvZwi³ "Re c`ŕ_vKtj t

- wlv³ M"vm mŕó ntZ cvti |
- mntR ni i v Uvbr hvq bv |
- Av tRtbi Afve ntZ cvti |

cvtoi eo MvQi Wj cvj v QvUvBKiy t

cKti cwbZ Qvqv mjoKvix eo MvQi Wj cvj v tKtU tdj tZ nte| GtZ mthP Avtjv mntR I KvRi fite cKti cwbZ coe hv cKwZK Lv` Drcv`tb mnvqK nte|

cKti cvtoi tSic-Svo cwi`vi KiY t

- cKi cvtoi tSicSvo tKtU cwi`vi Ki tZ nte| GtZ grm`FK cOYx thLvfb tmLvfb jwKtq_vKtZ cvi te bv|
- cKi t_tK cyo tkvly Kti cKti cOwgK Drcv`bkxj Zvq e`vNvZ mjo Ki tZ cvi te bv|

Rj R AvMvQv `gb t

cKti cwbZ we`gub weifbeaitYi Rj R Dw`C hiv cZ`q ev ctivq|fite gvQ I wPswoi tcvbv Drcv`bK qwZM` Kti Zv` i tK Rj R AvMvQv etj | cKti mvaviYzt 4 aitYi Rj R AvMvQv I tkljv t`Lv hvq| thgbt (1) fimgvb (2) j Zvfbv (3) vlogwZ (4) wMgbkxj

Rj R AvMvQvi qwZKi w`Kmg t

- Giv cKti gwU I cwb t_tK cyo MhY Kti | dtj cKti cOwgK Drcv`bkxj Zv Ktg hvq|
- cwbZ mhqj vK cOetk evav mjo Kti dtj mvjt vKmskH evavM`nq|
- tcvbvi mnR Pj vPtj e`vNvZ NUvq
- gRy cKti mntR ni iv Uvfv, Rvj Uvfvq Amjev nq|

Rj R AvMvQv wqS`y c`wZmg t

1. KwqK ktg c`wZ
2. `RweK c`wZ
3. mvi cOqM c`wZ
4. ivmvqvbK c`wZ|

ivqtm I AewAZ gvQ `ixKiY t

1. ivqtm gvQ t tevqvj , MRvi , tkvj , wPZj , dvi , KvKj v, UvK BZ`w`
2. AewAZ gvQ t cvzvm gvQmn KvsLZ gvQ Qvov Ab` mKj cRwZ AewAZ gvQ|

qwZKi c`ve t

- ivqtm gvQ mi vmi tcvbv tLtg dtj , thgb- ivqtm gvQ 1 tKwR eo ntZ cOq 10-12 tKwR Ab` gvQ Lvq|
- AewAZ gvQ tcvbvi Lv` bo Kti , thgb 1 tKwR AewAZ gvQ 10-12 tKwR eo grtQi Lv` fM emvq|
- eim`vb I Aw` tRb wbtq cOZthwMZv Kti |

`gb c`wZ t

- K| gRy cKj iwKtq
- L| weL cOqM Kti |

K) cKi iwKtqt cKi iwKtq ivqtm I AewAZ gvQ `i Kiv metPtq fvj | GtZ cKti Drcv`b qgZv teto hvq|

L) weL cOqMt cKi i Kvfbv bv tMjt weL cOqM Kti ivqtm I AewAZ gvQ `i Kiv hvq|

- tivtUbb cvDWi t 9.1 kw³ ntj 18-20 Mlg/ kZvsk 1 dU Mfxi cwbi Rb`| weLv³Zvi tgqv` Kvj - 7 w` b
- ZvgvKi _ov t 0.8-1.6 tKwR/kZvsk 1 dU Mfxi cwbi Rb`| weLv³Zvi tgqv` Kvj - 10 w` b
- Pv exR `Lj t 145-150 Mlg/kZvsk 1 dU Mfxi cwbi Rb`| weLv³Zvi tgqv` Kvj -3w` b|

Pb c'qvM t

Pb K'ij mcqv mgx A%Re thSM ev GimW gra'gtK 'lvi xq ev vbi'c'q| Kti |

Pb c'qvMi c'qvRbxqZv t

- gvU I cwbi P^H gvQ Pvl i Dc'thvMx gv'vq ivtL
- cwbtZ 'lvi tZi cwi gvY 20 wgvj M'g/ wj Uvi Gi tewk ivL'tZ mrvqZv Kti |
- mvti i Kv'hRwi Zv ewx Kti |
- c'ZKvj xb Pb c'qvMi gra'tg c'kt' ci R'xex I ti vM-R'xevY' t Kti |
- P'tbi K'ij mcqv vbt'RB GKw , i "ZcY'c'p' Dcv' vb |
- Kv'vq Ave x dmdim g'p Kti |
- cwbi tNvj vZi' t Kti |

Pb c'qvMi gv'v t c'Z kZvs'tk 1-2 tKwR |

c'ki c'ZKvj xb mvi c'qvM t

cv'v'tmi t'cv'ri c'k'wZK L'evi ntj v c'v'vZt D'w'c c'w'Ub I c'Yx c'w'Ub | c'Yx c'w'Ub Gi D'cv' b v'f'p Kti D'w'c c'w'U'tbi c'Ph'Zvi Dci | Avi D'w'c c'w'KUb Zv' i ev'vi Rb' `ex'FZ c'p'oi Dci v'f'p'k'j | A_@ c'k'wZK Lv' m'p'oi D't' t'k'B c'kt' mvi c'qvM Kiv ntq _v'tK |

mvi `B c'kvi t

- (K) %Re mvi
- (L) A%Re mvi |

mvi c'qvMi gv'v

μwgK bs	mvti i bvg	c'qvMgv'v/kZvsk
1	tMve i	5-7 tKwR
2	Av_ev nvm-gj Mxi we'ov	3-5 tKwR
3	A_ev Kg'tcv'ó	8-10 tKwR
4	BDwi qv	150-200 M'g
5	wJGmic	75-100 M'g

mvi c'qvM mZK'Zv t

1. tgNj v w' b ev ep'oi g'ta' mvi c'qvM Ki'tj Kv'hRwi Zv Kg ntq _v'tK |
2. BDwi qv mvi evZ'v'tm tLv' v Ae'vq ivL'tj Kv'hRwi Zv K'tg hvq |
3. A'v'v' gvU'tZ mvti i Kv'hRwi Zv Kg nq |
4. cwbtZ Rj R D'w'c _v'K'tj mvti i Kv'hRwi Zv Kg nq |
5. Pb c'qvMi 5-7 w' b ci Ges cv'zm t'cv'v gR't' i 8-10 w' b Av'tM mvi c'qvM Ki'tZ n'te |
6. mKvj 10Uv t' t'K 11Uvi g'ta' hLb c'kt' ch'p' mh'q'j vK c'to ZLb mvi c'qvM KivB DE'g |

c'k'wZK Lv' ch'p'q'Y t

gR'j c'kt' t'cv'v gR't' i c'te'Zv't' i Dc'thvMx Lv' `Zwi Kti vbt'Z n'te | ZvB gR't' i c'te'c'k'wZK Lv' cix'q'v Kiv gR'j c'ki e'e'v'cb'vi Ac'wi nvh'Ask |

c0KwZK Lv` cix¶vi c0qvRbxqZv

- cwbZ chB c0KwZK Lvevi AvtQ wK bv Zv Rvrv
- cKti i cwi tek tcvbv Ovovi Dc¶hwMx wKbv Zv Rvrv
- cKti Avi l mvi c0qM KiZ nte wKbv Zv Rvrv |

c0KwZK Lv` cix¶vi cxwZ t

c0KwZK Lv` cix¶vi cxwZ 3 wU t

- (1) tmwKwW` cxwZ,
- (2) MvgOv MvM cxwZ,
- (3) nvZ cxwZ |

cwbi wlv³ Zv cix¶v t

cKti GKwU nvcv Uw¶tq Zvi gta` Af msL`K th tKvb gvtQi tcvbv t0to 12 Nuv ch¶¶Y KiZ nte | hw` AwKvsk tcvbv (70%) tetP `vtK Zvntj cwbZ wlv³ Zv tbB e¶tZ nte |

cv½vmGi tcvbvi gRj Kvj xb e`e`vcbv Kx ?

gRj Kvj xb mgtq A`¶ tcvbvi RvZ wbePb, YMZgvb hvPvB, tcvbvi NbZi wbePb, tcvbv cwienb, tcvbv tkvab l AF`KiY BZ`w` avcmgtK gRj Kvj xb e`e`v etj |

tcvbvi RvZ wbePb t

GKK Pvl i agv¶ cv½vm tcvbv l evowZ Avtqi Rb` Gi mv¶ gv, i l KvZj v Ges wgk³ Pvl cv½vm, tZj wvcqv, gv, i, wks, i`B, KvZj v BZ`w` i tcvbv wbePb Kiv thtZ cwt |

tcvbv gRj` i NbZi wba¶Y t

gRj cKti tcvbvi gRj NbZi wba¶Y c¶vbZt Pvl cxwZ, cKti i Drcv` bkxj Zv Ges e`e`vcbvi aib BZ`w` wltqi Dci wbfP Kti |

tcvbv gRj NbZi/ kZvsk t

Pvl cxwZ	mbvZb cxwZ		Dbz mbvZb cxwZ		Avav wbeo cxwZ		wbeo cxwZ	
GKK Pvl	75-100wU		200-210wU		200- 300wU		300-700wU	
mgwSZ Pvl	75-100wU		100-190wU		200- 300wU		300-700wU	
wgk³ Pvl	cv½vm	tZj wvcqv	cv½vm	tZj wvcqv	cv½vm	tZj wvcqv	cv½vm	tZj wvcqv
	40-50wU	40-50wU	50-100wU	50-100wU	100-150wU	100-150wU	150-350wU	150-350wU

tcvbv cwienb t

eZ¶vAv Avgt` i t`k AvabK cxwZtZ cij w_b e`v¶M Ges mbvZb cxwZtZ W¶g ev Gj wgvbqvtgi nwo¶Z avbx ev Pvl tcvbv cwienb Kiv thtZ cwt |

AvabK ev mbvZb th tKvb cxwZtZB cwienb Kiv tnvK bv tKb avbx/Pvl tcvbvi cwienb NbZi gj Zt wbfP Kti avbx/Pvl tcvbvi Aw` tRb Pwv`v Ges cwienb `ttZi Dci | Aw` tRtbi Pwv`v wbfP Kti tcvbvi l Rb, Zvcgv¶v Ges kvixi e¶xq Kvhp¶tgi l ci |

tcvbr tkvab I Af`KiY t

cwi tetki ZvcgvIv I Aw tRtbi Zvi Ztg'i Kvi tY gRt` i ci cv'zftmi avbx/tcvbr e'vcK nvti gvi thtZ cvti | cKti Qvovi AvtM Gt` itK bZb cwi tetki mt_ mnbkxj Kti vbtj G gZi nvi AtbKvstK ti va Kiv hvq | cwi enb cvtI i cwbi ZvcgvIv I cKti i cwbi ZvcgvIv mgZv AvbB nt'Q cwi tek mnbkxj KiY |

- th cvtIB cwi enb Kiv tnvK bv tKb Zv 15-20 ugubU cKti i cwbtZ fwm tq ivLtz nte |
- gl_ tLvj vi ci nvZ Oviv cwi enb cvI Ges cKti i ZvcgvIvi e'earb cix'lv KitZ nte | j 'l' ivLtz nte thb `B Ae`vq cwbi ZvcgvIvi e'earb 1-2⁰ tmt Gi tenk bv nq |
- Dfq cwbi ZvcgvIv mgvb ntj cvtI i gl_ KvZ Kti ati evBti t_tK tFZti i w tK tmtZi e'e`v KitZ nte | G Ae`vq m' ; mej tcvbr tmtZi mecixZ axti axti evBti P'tj hvte |
- mKvj A_ev metKtj tcvbr gRy KitZ nte; WUv Ae`vq w tbi th tKvb mgdq gRy cKti tcvbr Qvov thtZ cvti | Zte `c'ji (tgNj v w` b ev f'vcmv Avenl qvq) cKti tcvbr Qvov DvPZ bq |

tcvbrv _YMZgvb hvPvB t

ch'fe'iyi mel q	f'vj tcvbr	Lvi vc tcvbr
1 Pj vtdiv	`*Z mS+Ykxj	axi MwZ m=ubre
2 t`tni is	Kvj tP ev`vgx	d'vKv'tm, mv`vtU
3 AvPiY	cvtI nvZ w`tj `xi mti hvq	cvtI nvZ w`tj axti axti mti hvq
4 nVvr cvtI i Mtq tUvKv w`tj	Zvr'lvYK mvov t`q	Zvr'lvYK mvov t`qvb

tcvbrv c'vB Drm t

eZg'rtb evsj vt`tki c'q me AA'tj w'vFbn'vPvi tZ cv'zftmi ti Yy/ avbx tcvbr cvl qv hvq | w'etkl Kti we.Gd.Avi .AvB. gqgbmsn, Av`gw Nx- e_s,ov BZ`w` | tcvbr cwi enb t

eZg'rtb Avgv` i t`tk AvaybK c'xwZtZ cwj w_b e'v'tM ti Yy tcvbr Ges mbvZb c'xwZtZ W'ig ev G'vj y'gubqv'tgi n'wotZ avbx ev P'v v tcvbr cwi enb Kiv thtZ cvti | AvaybK ev mbvZb th tKvb c'xwZtZB cwi enb Kiv tnvK bv tKb ti Yyev avbx tcvbrv cwi enb NbZj; gj Zt w'bf'P Kti ti Yyavbx i Aw tRb P'wv`v Ges cwi enb `tZj; Dci | Aw tRtbi P'wv`v w'bf'P Kti tcvbr c'vWZ, I Rb, ZvcgvIv Ges kixi ZtZj; I ci |

avbx/Pvi v tcvbr cwi enb NbZj; t

cwi enb c'xwZ	AvKvi	cwi enb NbZj	cwi enb `tZj
AvaybK	1.5 t'wgt	1500-1600 wJ/e'vM	12-15 N>Uv
	2.0-2.5 t'wgt	500-600wJ/e'vM	12-15 N>Uv
	3.0 t'wgt	250-330wJ/e'vM	10-12 N>Uv
mbvZb	2.5 t'wgt	50-60wJ/e'vM	20-24 N>Uv

tcvbr cwi entb Ki Yxq w`K t

1. ti Yytcvbr c`vms Kivi 2 Nbu cte`Kw`g Lv` c`qum eU Ki tZ nte Ges avbx tcvbr cwi entbi cte`fUKmB Kti Kgct` 2 Nbu mwgZ RvqMq AF` Ae`vq ivL tZ nte| Kvi b tctU Lvevi _vKtj cwi entbi mgq kixi eq`Kv`g, eq` l gj g` Z`vMKti cwb` w` Z Kti tdtj | dtj tcvbr gvi v hvq|
2. tcvbr c`vms Gi cte`cuj w_b e`vM w`^ AvtO wKbv Zv hvPvB Kti wbtZ nte| cwj w_b e`vM w`^ _vKtj Av` tRb fei ntq tcvbr gvi v hvte| tm Kvi tY Sp`K Govt`vri Rb` GKwU cwj w_b e`vM Avi GKwU cwj w_b e`vMi wFZi w` t`q tcvbr cwi entb Ki tZ nte|
3. cwj w_b e`vMi 1/4 fVM cwb fuz`Kti ZvtZ ti Yy/avbx gRy` Ki tZ nte| Zvici ti Yy/avbx gRy` Kti e`vMi Aen`kó Astk Av` tRb fuz`Ki tZ nte|
4. e`vM hv tZ tKvb cKvi Pvc bv j vM| tm w` tK tLqj ivL tZ nte|
5. cwi entb cvl` tFRv Kivo ev PU Øvi v tXtK ivL tZ nte|
6. gZ gvO mvt` mvt`_ Acmi Y Ki tZ nte|

AF`Ki Y t

cwi tetki Zvcgv`v l Av` tRtbi Zvi Ztg`i Kvi tY gRt`i ci gvt`i ti Yy/avbx/tcvbr e`vcK nvti gvi v th tZ cvti | cKti Qvovi AvtM Gt`i tK bZb cwi tetki mvt` mnbkxj Kti wbtj G gZi nvi AtbKvst`k tiva Kiv hvq| cwi entb cvt`i cwbi Zvcgv`v cKti i cwbi Zvcgv`v mgZv AvbvB nt`O cwi tek mnbkxj Ki Y|

- th cvt`B cwi entb Kiv tnvK bv tKb Zv 15-20 wgvU cKti i cwbtZ fvm`q ivL tZ nte|
- gL` tLvj vi ci nvZ Øvi v cwi entb cvl` Ges cKti i cwbi Zvcgv`v e`eavb cix`v Ki tZ nte| j`v` ivL tZ nte thb` ß Ae`vq cwbi Zvcgv`v e`eavb 1-2µ tmt Gi tewk bv nq|
- Dfq cwbi Zvcgv`v mgvb ntj cvt`i gL` KvZ Kti ati evBti t`tK tFZti i w` tK tmt`zi e`e`v Ki tZ nte| G Ae`vq m`", mej tcvbr tmt`zi weci`xZ axti axti evBti Ptj hvte|
- bvm`x cKti ivZ 8-10 Uvi gta` ti Yy/avbx/tcvbr gRy` Kiv met`Ptq DEg|
- G mgq gRy` m`e` bv ntj mKvj A_ev w`etKtj tcvbr gRy` Ki tZ nte|
- GQrov G WUv Avenvl qvq w` tbi th tKvb mg`q bvm`x cKti tcvbr Qrov th tZ cvti |
- Zte` `c`ti hw`, tgnj v w` b ev f`vcmv Avenvl qv weivRgvb _vtK Zvntj cKti gvt`i tcvbr Qrov DiPZ bq|

cvlv`vmi Lv` e`e`vcbr t

cvlv`vmi Lvevti 25-30% Avgl` _vKv ev`Abxq| Ab`v` DcKi tYi gta``Lj, Kuv (AvUv) Mtgi fvm, gq`v, wclm`gj, wFUwgb wclg` 30% tcvUv mg`x m`g Lvevi` Zwi Ki tZ w`æei YZ nvti Dcv`vb` t`j v e`envi Kiv th tZ cvti |

Pvtj i Kp`v /Mtgi fvm	-	35%
%_j	-	45%
wclm`gj	-	5%
wclm` Kb`mb`t`UU	-	10%
AvUv	-	5%
wFUwgb wclg`	-	0.1%
tgU		100%

Dc`ti wj w`Z Lv``i Dcv`vb e`envi Kij mnt`RB 30% Avgl` wlv`OZ Kiv hvte| Lvevti i Dcv`v`bi nvi hrmigv`w` cwieZ` Kiv th tZ cvti | Zte tewk cwi gvY tni`tdi Kij Kvw`v`Z Avgl` wlv`OZ Kiv hvte bv |

- evRvti i w`vfb`xctj U Lv` e`envi Kiv th tZ cvti | Zte 30% Avgl` c`vB wlv`OZ ntZ nte|

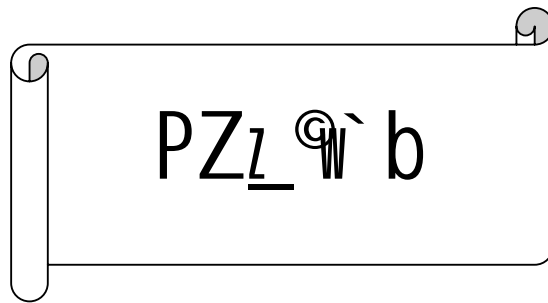
Lvev̄ti i gv̄lv̄t

gv̄v̄Qi kix̄t̄ii I R̄t̄bi 8% t̄_īK 1% nv̄t̄i Lvevi c̄Ńqv̄M Ki t̄Z n̄t̄e | w̄ t̄b 2 evi Lvevi c̄Ńqv̄M Ki t̄Z n̄t̄e | w̄ct̄j U Lvevi c̄K̄t̄ii w̄w̄f̄b̄R̄v̄q̄M̄v̄q̄ w̄Q̄w̄J̄t̄q̄ w̄ t̄Z n̄t̄e | ^Zwi Lv̄` c̄K̄t̄ii t̄w̄c̄Z t̄U t̄Z t̄` qv̄ ev̄Ābx̄q̄ |

mvi c̄Ńqv̄M t̄ cv̄z̄v̄t̄mi Av̄av̄ w̄b̄w̄eo I w̄b̄w̄eo P̄v̄t̄l mvi c̄Ńqv̄t̄Mi t̄K̄vb̄ c̄Ńqv̄R̄b̄ t̄b̄B |

Av̄ni Y I ev̄R̄vi R̄v̄Z̄Ki Y t

cv̄z̄v̄t̄mi I R̄b 500 M̄Ńt̄gi I ci n̄t̄j ev̄R̄vi R̄v̄Z̄Ki Y Ki v̄ t̄h̄t̄Z cv̄t̄i | ev̄R̄vi R̄v̄Z̄Ki t̄Yi mḡq ev̄R̄v̄t̄i i` t̄ii c̄ŃZ̄I t̄L̄qv̄j i v̄Lv̄ D̄w̄P̄Z̄ | R̄x̄eS̄-ḡv̄Q ev̄R̄vi R̄v̄Z̄ Ki t̄j f̄v̄t̄j v̄ ḡj` cv̄l qv̄ hv̄q̄ | c̄K̄t̄ii R̄x̄ef̄t̄ii I ci I gv̄v̄Qi Av̄ni Y A t̄b̄K̄v̄s̄t̄k̄ w̄b̄f̄P̄ K̄t̄i | Z̄t̄e m̄j`mej , I m̄t̄ZR̄ t̄Zj w̄c̄qv̄ gv̄Q ev̄R̄vi R̄v̄Z̄ Ki t̄j A w̄aK̄ ḡj` cv̄l qv̄ hv̄q̄ |



Awātekb cwi Kí bv

w`b t 04

mgq t 08.30-09.00

tgqvr`Kvj t 30 ugubU

wk`ivbv t cpi vtj vPbv, cŪZ five I mvŪ`Kvj xb Kv`Ri Dc`vcbv
 Afixó `j t grm`Awā`Bti i KgRZ`e`

j`¶ t cŪk`¶Yv_¶ i ce`¶ tbi Kvh`¶tgi cpi vtj vPbv I cŪZ five Ges mvŪ`Kvj xb Kv`R Dc`vctbi m`thvM Kti
 t`qv hv`Z Zviv c`e`¶ Av`j vPbv `¶i Y Ki`Z cti b Ges fj` ¶`w mst`kvab Kti Awātektbi Kvh`¶wi Zv
 e`¶x Ki`Z cti b |

D`f`k` t Awātekb tk`l AskM`hYKvixiv ce`¶ tbi wk`¶Y cpi vtj vPbv gra`tg fj` ¶`w mst`kvab Kti HKgt`Z`
 tci`Q`Z m`¶g n`eb |

wel qm`P	Av`j vP` wel q	c`x`wZ	mgq
f`vgKv			2 ugubU
	<ul style="list-style-type: none"> `wMzg Pj`wZ Awātektbi mvt`_mst`hvM 	e ³ Zv	
wel qe`			25 ugubU
	<ul style="list-style-type: none"> cŪZ`wK Rv`¶ Dc`vcb cŪk`¶K ce`¶ tbi wbe`¶PZ cŪk`¶Yv_¶K cŪZ`wK Rv`¶ t`¶K 5ugubU ej vi Rb` Ab`¶i va Ki`eb cŪg cŪk`¶Yv_¶ Zvi cŪZ`wK Rv`¶ Dc`vcb tk`l Ki`j Ab` ¶KD Avi t`Kvb we`tkl wk`¶Yxq wel q Dc`vcb Ki`Z AvM`h` wKbv Zv cŪk`¶ti Rv`teb Ges ¶KD AvM`h`_vKtj Zvt`K Dc`vcb Kivi m`thvM t`eb ce`¶ tbi cpi vtj vPbv cŪk`¶K GKRB cŪk`¶Yv_¶K mrvqK wnt`mte wbe`¶b Ki`eb wh`b MZ w` tbi mg`-Kvh`¶g I wk`¶Yxq wel q_ t`j v cŪk`¶ti i gra`tg cpi vtj vPbv Ki`eb mvŪ`Kvj xb Kv`Ri Dc`vcb 	e ³ Zv cŪk`¶Ei	
mvi -mst`¶c			3 ugubU
	<ul style="list-style-type: none"> cŪZ`wK Rv`¶ I mvŪ`Kvj xb Kv`Ri Dc`vcbv Ges cŪZ`wK cpi vtj vPbvq AskM`h`¶Yi Rb` mKj t`K ab`er` Ávcb 	e ³ Zv I cŪk`¶Ei	
cŪk`¶Y mrvqK mvgM` t tnvq`BU tevW`g`vK`¶ , BZ`w`			

Awatekb cwi Kí bv

w` b t 04

mgq t 09.00-10.30

tgqr` Kvj t 90 ugubU

- wkŕivbvŕg t gŕbrŕm- tZj wŕcqV I cvŕzm Pvl i SŕK, tivM e`e`vcbv Ges cwi ŕetki evŔe gvQPvl
- Afxó `j t grm` Awá Bŕi i KgŕZŕe`
- j ŕŕ t gŕbrŕm- tZj wŕcqV/cvŕzm Pvl i cKŕi tŕŕZ, ivmŕqbK I `RŕeK cŕŕetki cŕZKj Zvi Rb` weŕfbŕSŕK, gvŕQi goŕKi Kvi Y I cŕZKvi Ges gvŕQi mŕavi Y tivM-eŕj vB mŕúŕK čikŕŕYv`ŕ i Ávb eŕx Kiv nŕe, hvŕZ Zviv AwŕZ Ávb KvŕR j wŕŕtq cKŕi Pvl i AbKj cwi tek eŕŕq ivLvi gŕa`tg gŕbrŕm- tZj wŕcqV/cvŕzm gZi Kvi Y I cŕZKvi Ges tivMevj vB mŕúŕK`c`ŕŕc MŕY Ki tZ cvŕi b |
- Dŕŕi k` t Awatekb tkŕl čikŕŕYv`ŕŕY-
- gŕbrŕm- tZj wŕcqV/cvŕzm cKŕi gvŕQi gZji / tivŕMi mŕavi Y Kvi Ymgŕ ej tZ cvŕi teb |
 - gŕbrŕm- tZj wŕcqV/cvŕzm -Gi tivM / gZj cŕZŕi vŕa cŕŕqRbxq c`ŕŕc mŕgŕ eYŕv Ki tZ cvŕi teb |
 - tivMŕŕŕŕŕ-gŕbrŕm- tZj wŕcqV/cvŕzm -Gi mŕavi Y j ŕŕYmgŕ ej tZ cvŕi teb |
 - mŕv³KZ tivMmgŕni wŕŕKŕmŕ mŕúŕK`ej tZ cvŕi teb |
 - gŕbrŕm- tZj wŕcqV/cvŕzm -Gi tivM cŕZŕi vŕa cŕŕqRbxq c`ŕŕc eYŕv Ki tZ cvŕi teb |
 - gŕbrŕm- tZj wŕcqV/cvŕzm -Gi cwi tek-evŔe Pvl cŕxŕZ eYŕv Ki tZ cvŕi teb |

wel qmŕP	Avŕj vP` wel q	čikŕŕY tKŕkj	mgq
ŕŕgKv			5 ugubU
	<ul style="list-style-type: none"> • `ŕMZg • ce@ZŕAwatekŕbi mŕt_ mŕŕhM `vcb • eZŕŕv Awatekŕbi I ci Avŕj vKciZ 	e ³ Zv I cŕKŕEi	
wel qe`			75 ugubU
	<ul style="list-style-type: none"> • SŕK Kŕ ? • weŕfbŕcŕŕveKmgŕ <ul style="list-style-type: none"> - jvj `ŕ - meŕ `ŕ - kvŕK-wSbK - mŕc, e`vO, D`weovj - ŕŕZKŕi M`vmmgŕ - ŕŕZKŕi KŕUcZ½ - tŕŕZ I ivmŕqbK Dcv`ŕŕbi ŕŕZKŕi gvŕv • gŕbrŕm- tZj wŕcqV/cvŕzm goŕKi Kvi Y • gŕbrŕm- tZj wŕcqV/cvŕzm goŕKi cŕZKvi • tivM I tivŕMi Kvi Y • tivŕMi j ŕŕY • tivŕMi cŕZKvi • gŕbrŕm- tZj wŕcqV/cvŕzm Gi tivM cŕZŕi vŕa e`e`vcbv 	cŕKŕEi, e ³ Zv, gŕŕ wŕŕŕi So, wŕePŕU`cŕŕ kŕŕbi gŕa`tg Avŕj vPbv	
mvi -mŕŕŕc			10 ugubU
	<ul style="list-style-type: none"> • gŕj wel q, tŕj v cŕi vŕj vPbv • Dŕŕi k` hvPvB • n`vEAvDU weZi Y • cieZŕAwatekŕbi mŕt_ mŕŕhM • ab`ev` Ávcb 	e ³ Zv I cŕKŕEi	
čikŕŕY mŕvqK mŕgMŕ t ŕŕŕqVBU ŕeW`gŕKŕ, ŕbDRŕcE, wŕePŕU`n`vEAvDU, cKZ e`BZ w`			

wdcPvU`cwi Kí bv

<p>gɔbɔtɔm· tɔZj wɔcɔv I cvɔvrm Pɔtɔl Sɔk I ti vM e`e`vcbv</p>	<p>gvQ Pɔtɔl Sɔk mɔn t</p> <ul style="list-style-type: none"> • ivɔtɔm gvQ I AewAZ gɔtɔi cɔek • kvɔk I wSbɔki we`vi • cɔkɔi cɔkɔZK Lv`i NvUwZ • weɔfbɔeqɔmi tɔbv GKmɔt_ gRɔ • Nb meR cwb Z_v meR `t • cɔkɔi Zj vq weLv³ M'vm mɔp • mvc I e'vɔi Dc`e • cɔkɔi ɔmZki Kɔtɔi we`vi • Kg Mfvi cɔkɔi Zvcgrɔv ep< • Rj R AvMvɔvi we`vi • gvQ ɔrovi ci wɔgɔtɔci mɔp • AwZwi³ gRɔ NbZj • j vj `t • Aw tɔtɔbi Afie • AwZwi³ Lv` I mvi cɔqvm • cwb `Mɔhɔ³ ntj
<p>gvQ Pɔtɔl ti vM I `v` e`e`vcbv t ti vM nt`Q th tKvb cɔvxi t`tni A`vfwik Ae`v ev weɔki wKQz j ɔv ɔvivi cKvk cvq ti vM Ges `v` e`e`vcbv meumkZ AAZv ev Aetɔjvi Kvɔtɔy cɔZ eQib AɔbK Pvlxi cɔkɔi e`vcK AvKvɔi gvQ gviv thZ cvɔi Pvlx Aw_ɔfvte ɔmZm`ntq cɔo ti vMmi Kvɔy t Rj R cwi tɔtɔki Pɔc, ti vM-RxevYy Ges gɔtɔi Af`Sɔtɔy cɔZi ɔv e`e`vi cvi `vwi K ɔmɔv cɔZmɔv dɔj ti vMmi mɔp ntq `tK tm Rb` gɔtɔi ti vMvɔvS-nl qvi wQɔb GKwaK Kvɔy ev weɔq KvR Kɔi GLb chS-th me Kvɔy wPvYz Kiv ntqɔ Zv`i gɔt` Dɔj tɔhM` nt`Q -</p> <ul style="list-style-type: none"> • cwb tɔfS-zivmɔvɔk _Yv tɔyi Aebuz (cwb Zvcgrɔv, cPv`Re c`v_ɔwGBP, `tɔfZ Aw tɔRb, Avtɔvɔvɔv, nvɔtɔwɔtɔv mɔj dvBW BZ`v`) • cɔqvrɔtɔbi AwZwi³ mvi I Lv` cɔqvm • evɔtɔi t`tK gɔj v tɔvq `wɔ Z cwb cɔek • Awak gRɔ NbZj • cɔqvrɔvɔv cɔpɔi Afie • mɔwɔcY`cwi enb I n'vɔUɔj s • ci Rxex I ti vM mɔpKvix RxevYy mspɔy 	<p>ti vMmi mvavi Y j ɔv ti vMmi cKvɔtɔv` I ti vM mɔpKvix RxevYyev ci Rxex Avɔmɔtɔy aib Abɔvɔv ti vMvɔvS-gvQ Gi gɔtɔS weɔfbɔcKvɔi j ɔv t`Lv hvq Zte mvavi Yfvte ti vMvɔvS-gvQ gɔt` th mg`-j ɔv I Avɔvɔy tɔm t`Lv hvq tm t`j v nt`Q t</p> <ul style="list-style-type: none"> • wKgz Lv` Mɔhɔ Kɔi bv • aɔtɔi mɔtɔZ Pj vPj Kɔi • Gɔj vɔgɔj vfvte cwb Dci mɔvɔi KvɔtɔZ `vK • cvɔo KvɔvKvQ Lwe Lvq, KLbɔi cvɔo Dɔv Avɔm • dɔj Kvq Kvɔtɔv `vM t`Lv hvq • kɔtɔi ɔv t`Lv hvq
<p>cvɔvɔtɔmi ti vM mɔn t (K) e`vKtɔv qRɔvZ ti vM (L) ɔv tɔv (M) gɔtɔi DKb (N) t`j R I cvLbv cPv ti vM (O) tɔU tɔv v ti vM (P) gv_v dvUv ti vM (Q) tɔU dvUv ti vM (Open belly disease)</p>	<p>gɔtɔi ti vM cɔZtɔva e`e`v t Avɔtɔi t`tK Pvlxi Av_ɔmɔvɔvK Ae`v, DcKɔtɔy mɔR cɔc`Zv I wPvKv m cɔvɔi Rvɔj Zvi Kvɔtɔy gɔtɔi ti vM wPvKv m Pvl t`i cɔtɔi ayKɔmva`B bq, AɔbKv Av`eɔ eɔU tm Kvɔtɔy gɔb ivLv `i Kvɔi ti vMmi wPvKv m tɔtɔv ti vM cɔZtɔva B Awak tɔtɔ Pvɔi t`i t`ZB wɔtɔi c`tɔmɔn Mɔhɔ Kɔtɔj gɔtɔi ti vM wPvKv m gZ SɔkY`eɔv cwi mvi Kvɔ tɔZ cvɔi </p> <ul style="list-style-type: none"> • cɔkɔi cwi gZ mɔtɔv tɔkɔi e`e`v Kiv • cKɔi i wKtɔv wɔvɔvZ Pɔ t`qv • tKvb Ae`v t`ZB AwZwi³ Pvl tɔv gRɔ bv Kiv • evɔtɔi AewAZ cɔvxi I cwb cɔkɔi xKtɔv bv t`qv • Zj vq AwZwi³ Kv`v bv ivLv • cwi gZ mvi I Lv` mievv Kiv • cKɔi Nb Nb Rvɔ bv tɔv • cKɔi t`Nj vZj mɔpɔi Drm eU Kiv

gtbvfm- tZj wccqv I cv½vm Pvf I SñK I tivM e'e-vcbv

cwbŋZ gvQ evPvi nvi mæYŋfc cwbi tFŠZ, ivmvqubK I RieK ŸYej xi Dci wbfŋkj | mgqgZ mWK e'e-vcbvi gvaŋg cwbi Gme ŸYv Y gvtQi AbŋKtj ivLv nq ev ivLv hvq | wbtŋcwitŋki th me tFŠZ, ivmvqubK I RieK ŸYv ŸYi cŋZKj Zvi Kvi ŋY gvQ gvi v hvq A_ev cŋZKj Zvi mæŋLxb nq Zvi gta KŋqKw Kvi Y mæutK Avŋj vPbv Kiv ntj v |

1. ivŋŋm gvQ I AewÄZ gvtQi cŋek
2. kvgK I wSbŋKi we-ŋi
3. cŋŋi cŋKwZK Lvŋ ŋi NvUwZ
4. wewfbæeqŋmi tcvbv GKmvŋ_gRŋ
5. Nb meŋR cwmb Z_v meŋR ŋi
6. cŋŋi i Zj vq weLv³ M'vm mŋó
7. mvc I e'vŋŋi Dc`è
8. cŋŋi ŋwZKi Kŋŋi we-ŋi
9. Kg Mfxi cŋŋi Zvcgvŋv mŋó
10. Rj R AvMvŋi we-ŋi
11. gvQ Qrovi ci wbgŋvŋci mŋó
12. AwZwi³ gRŋ NbZj
13. jvj ŋi
14. Aw ŋRŋbi Afve
15. AwZwi³ Lvŋ I mvi cŋŋqM
16. cwmb `Mŋhŋ³ ntj

1. ivŋŋm I AewÄZ gvtQi cŋek t
cŋŋi i Kŋbv A_ev weL cŋŋqM Kivi cil AtŋK mgq cŋŋi ivŋŋm I AewÄZ gvQ t_ŋK thŋZ cvŋi | GQovvl evBŋi t_ŋK tkvj, Uwk, ŋK, wks, gv Ÿi, Pŋv tZj wccqv BZ`w gvQ cŋŋi cŋek KiŋZ cvŋi | GŋZ gvtQi Drcv`b 50%-90% Kŋg thŋZ cvŋi |

cŋZKvi

- cwL, Rvj, epŋi cwbi tmtZ ev gvbŋli gvaŋg Giv cŋek Kŋi | ZvB G mg-DrM t_ŋK mZK³ _vKŋZ nŋe |
- cŋŋi evBŋi i cwmb XŋŋZ bv t`qv
- cvo e'envŋi i mgq mZŋZv Aeŋ æb Kiv
- evPŋŋi i bRŋi ivLv
- cŋŋRŋb cŋŋi i Pwi w`ŋK 30-40 tmŋg. Dŋzevŋ/gkvi xi Rvŋj i teov t`qv

2. kvgK I wSbŋK t
i Kŋbvŋi cil kvgK-wSbŋK we-ŋi jvf KiŋZ cvŋi | Gŋŋi cwigY AZ`waK teŋo tMŋj cwbi ivmvqubK ŸYv Y Ges tcvbri Lvŋ ŋi I ci weifc cŋZwŋqv cŋo | dtj bŋmŋi cŋŋi tcvbri Drcv`b Kg nq | G Qovvl wPswi big tLvŋ ŋmi Rb` kvgK I wSbŋKi we-ŋi ŋK `vqx Kiv ntq _ŋŋK |

cŋZKvi

cŋŋi gvQ _vKv Ae`vq ivmvqubK `è` e'envi bv KivB fŋj | cŋŋi i Kbv bwŋŋKŋj i cvZv, Zvtj i cvZv, evŋki KivÄ ev Ab` Avkŋŋj w`ŋq ivLŋj kvgK-wSbŋK Gŋŋi I ci AvŋŋK _ŋŋK | G mg-DcKiY gvtS gvtS cwbi I ci Zŋj kvgK-wSbŋK Acmvŋ Y Kiv hvq | i Kbv Ae`vq teŋk gvŋvq Pb cŋŋqM Kiŋj I kvgK-wSbŋK Kg nq |

3. c0KwZK Lv`i NuUwZ
 grvQi c0KwZK Lv`i c0vZt c#Ub| cKti Gi NuUwZ ntj grvQi ep× Ktg hvq, Ggb wK AtpK mgq gvi v hvq| G Qvovl c0KwZK Lv`i AfiveRwbZ KviY tKvb tKvb grvQi tjt`i `tfwRZv teto thtZ cvtZ|
 c0ZKvi
 tcvb Pvli DcthvMx cwbi is nt`Q nvj Kv ev`wg| tmwKwWt`i gvT 20-30 tmwUwUvi | G Ae`v eRvq ivLvi Rb` cKti wbuqZ mvi c0qM KitZ nte| G Qvov c0qRbxq m#uK Lv`i e`envi wvDZ KitZ nte|
4. weifb0AvKvti i tcvb gRj
 GKB mvt_ weifb0eqm I AvKvti i tcvb gRj Kiv ntj c0ZthwMZvq tQvU_ tjt v wJKtZ cvti bv| dtj gZinvi tenk nq|
 c0ZKvi
 cKti GKB eqm I AvKvti i tcvb gRj KitZ nte|
5. cwbi Dci Nb meR`i
 AwZwi`3 tkljvi Rb` cwbi is Nb meR ntq hvq| dtj ivtZi tejvq cwbtZ Aw`Rb Ktg hvq Ges w`tbi tejvq wGBP gvbteto hvq| AwZwi`3 Aw`Rb`f Zvi KviY tfvi ivtZ gvQ cwbi I ci tftm Dtv Ges tenk mgq ati G Ae`v PjtZ _vKtj gvQ gvi v hvq|
 c0ZKvi
 Zv`wYK e`ev wntmte cKti AMfxi bj Ktci cw`vi WUv cwbi mieivtvi e`ev Kiv tMtj fvj nq| tmB mvt_ cKti Lv`i I mvi c0qM mvgwKfvte eU ivLtZ nte| GQvovl Priv tcvb AvKwzi wKQymj fvi KvtcP tcvb tQto`RweKfvte AwZwi`3 Dw`c` c#KUtbi Drcv`b wbuqSY Kivi e`ev Kiv thtZ cvti |
6. Zjvq wlv`3 M`vm
 AwZwi`3 Lv`i I mvi c0qM dtj A_ev cKti i Zjvq AwK cw grvY cPv`Re c`v`Rgv ntj A`vtgwbqv I nvBtWtRb mvj dvBW M`vm Drcb0nq| G mg`-M`vmti wlv`qv KviY gvQ gvi v thtZ cvti |
 c0ZKvi
 grvQi NbZj Kwgtq mvgwKfvte mvi I Lv`i c0qM eU ivLtZ nte Ges wbuqZ ni iv tUtB Zjvi gwU I j U-cyj U Kti w`tZ nte|
7. mvc, e`v0 I`B mvtci Dc`e
 Giv grvQi Rb` AZ`š-`wZKi | Gt`i 0vivi cKti i 50-90% gvQ gvi v thtZ cvti | GKwU e`v0`w`K 100-200 wU ti Yftcvb tLtg dtj tZ cvti |
 c0ZKvi
 GB me` c0Y wbuqSY KwqK gva`tgB metPtq fvj | eufki PwB, tKvP BZ`w` w`tg mntRB G_ tjt v gvi v hvq| mvari Yfvte e`v0 th mg`-AA`jt wWg t`q, thgb- cwbi I cvtoi msthvM`tj i Nvm`i Kti dtj tZ nte| GQvovl th mg`-cKti i Avtkctk R2j _vtK tmLvtbB Gme c0Yi Dc`e tenk nq etj cKti i Privk AvMvQv-R2j gP` ivLtZ nte| G Qvov cKti i cto Nb cvvZb Rvj w`tg teov w`tj G me` c0Yi cKti c0ek c0Ztiva Kti AtpK DcKvi cvl qv hvq|
8. `wZKi KxtUi Dcw`wZ
 tcvb/ti YvQvovi ci wQzeo aityi KxU cZt2i Dcw`wZ j`K` Kiv hvq| thgb- nvm tcvKv, KwctcW tkiv c0Yx BZ`w` | Giv ti Yvtgti dtj Ges Gt`i Lv`i` aYsm Kti |
 c0ZKvi
 PURvj ev gkvix tUtB `wZKi mg`-KxU cZ2 gwU tZ cjt dtj tZ nte| Rvj Uvbi ci tKti wmb/wtRj w`tgI tgti dtj v hvq| Zte ti Yvgrt`i 5-7 w`tbi gta` PURvj ev gkvix Uvbi wK bq|

9. AMfxi cKti Zvcgviv epx
 tcvb/gvtQi Zvcgviv mnbkxj Zvi gviv Lp GKUv we-Z bq| tm KviY w`tbi Zvcgviv nVr Kti teto tMtj
 Kg Mfxi cKti gRj KZ tcvbi I ci cwi tekK cKZKj Zv t` Lv t` qvq Giv gviv thZ cvti |
 cKZKvi
 mae ntj cKti VvUv cwb cKeti e`v` Kiv| Zvcgviv tek ntj cKti I ci QvDbx wbgP Ki tZ nte|
10. Rj R AvMvQvi we`vi
 cwb tZ Rj R AvMvQv we`vi jvf Kij tcvbi cKwZK Lv` Ktg hvq, qwZKi KxU cZ½ we`vi jvf Kti Ges
 Klvv tkI jv RvZxq Rj R AvMvQvi we`vi ucGBP teto hvq hv tcvbi gZi Kvi Y ntZ cvti |
 cKZKvi
 wbgqZ Rj R AvMvQv Ztj tdj tZ nte|

gvQ PrtI tivM I `v` e`v`cbv t

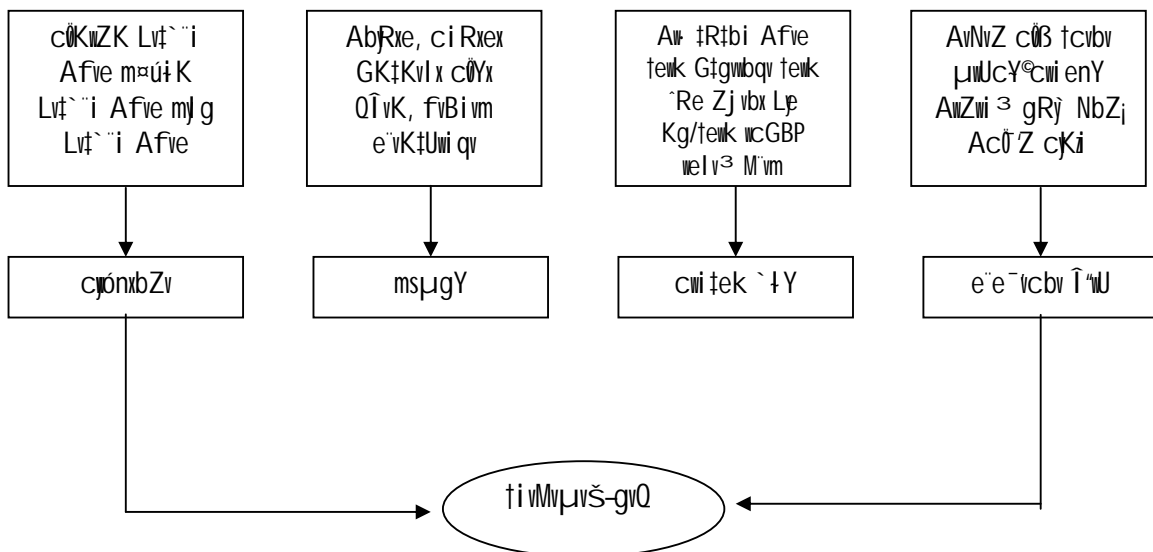
tivM nt`Q th tKvb cWYi t`tni A`v`fwi K Ae`v` ev we`tkl wKQz j qY 0viv cKvk cvq| tivM Ges `v` e`v`cbv
 m`umkZ AAZv ev Aetnj vi KviY cKZ eQi B A`tk Pwl i cKti e`vcK AvKvti gvQ gviv thZ cvti | Pwl Av`Rfvt
 qwZM` ntq coZ t` Lv hvq|

tivMi Kvi Y

Rj R cwi tekI Pvc, tivM-RxevY Ges gvtQi Af`S+xY cKZi qv e`v`vi cwi`umi K wlvq cKZwlvqi dtj tivMi m`o
 ntq`_tK| tm Rb` gvtQi tivMwvS-nl qvi wQtb GKwaK Kvi Y ev wlvq Kvr Kti | GLb chS`th me Kvi Y wPwYZ Kiv
 ntq`Q Zv` i gta` Dtg L`thM` nt`Q -

- cwb i t`fZ-iwvqvK Yv` tYi AebwZ (cwb i Zvcgviv, cPv`Re c`v`ucGBP, `exfZ Av` tRb, Av`tgwbcv,
 nvBtWtRb mvj dvBW BZ`w`)|
- cKqRtbi AvZwi` mvi I Lv` cKqM
- evBti t`_tK gqj v tarq `w Z cwb i cKek
- Avak gRj NbZj
- cKqRbxq c`pi Afve
- wlvqY`cwi enb I n`v`Uvj s
- ci Rxev I tivM m`oKvi x RxevYj mspgY|

bxtpi cWv n`Pti gva`tg gvtQi tivMwvS-nl qvi Kvi Y we`wi Zfvte cKvk Kiv hvq-



ti v t Mi mvavi Y j ¶Y

ti v t Mi c Kvi t f` I ti v M m i o Kvi x R xev Y yev ci R xexi Av µ g t Yi ai b Ab h v q x ti v M v µ v s - g v Q Gi g v t S w e i r f b r e c Kvi j ¶Y t` Lv h v q | Z t e m v a v i Y f v t e ti v M v µ v s - g v t Q i g t a` t h m g - j ¶Y I Av P i Y t e w k t` Lv h v q t m , t j v n t` Q t

- w K g Z Lv` M o Y K t i b v
- a x t i M u Z t Z P j v P j K t i
- G t j v t g t j v f v t e c w b i I c i m u z v i K v U t Z _ v t K
- c v t o i K v Q v K v Q L w e L v q , K L b l c v t o D t V Av t m
- d j K v q K v t j v ` v M t` Lv h v q
- k i x t i ¶ Z t` Lv h v q

cv l v m I t Z j w i c q v i w K Q z m v a v i Y ti v M I D n v t` i c o Z K v i e` e` v m a u t K Av t j v P b v K i v n t j v

cv l v t m i ti v M m g n

(K) e` v K t U m i q v R u b Z ti v M t c v l v m g v t Q G ti v M e` v c K n v t i t` Lv h v q |

j ¶Y t

- 1) m e o t g t P v t L i A f` s t i i 3 ¶ i Y
- 2) w O Z x q c h t q g t I c v q c _ Av µ v s - n t q j v j n q
- 3) m a u Y q k i x t i t k e t` Lv h v q
- 4) c w b i D c t i i t i A` r f w e K f v t e m u z v i K v t U
- 5) ti v M v µ v s - A e` v q R v j w t q g v Q a i t j g v Q g i v i n v i t e t o h v q
- 6) n V r g v Q g v i v h v q |

K v i Y t c w b i t` t Y i K v i t Y A e r o m o n u s e` v K t U m i q v i Av µ g t Y G ti v M n q |

w P u K r m v t

Av µ g t Y i c o g c h t q c w b I m a e n t j c k i c w i e Z B Ges c o Z t K u R L v e t i 1 M o g A w t U U i m v B u K b w g u k t q L v e v i c o v b | G K v h e i g ti v M g v 3 b v n l q v c h s - P w i j t q t h t Z n t e A _ e v 1 / 3 w m w m A w t U U i m v B u K b B b t R K k b g v s t m c o q w M K i t Z n t e |

(L) ¶ Z t i v M t c v l v m g v t Q G ti v M e` v c K n v t i t` Lv h v q b v | Z t e w g k 3 P v t i i t ¶ t i K L t b v K L t b v t` Lv h v q |

j ¶Y t

- 7) M v t q N v n t q , P v c w t j c R t e i n q
- 8) N v A v t` - A v t` - m g` - k i x t i O w o t q c t o
- 9) A t b K m g q t j R L t m c t o
- 10) A` r f w e K f v t e m u z v i K v t U
- 11) L v l q v K u g t q t` q |

K v i Y t A p h y n o m y c e s b v g K F u n g u s G i Av µ g t Y G ti v M n q | c i e Z x Z e` v K t U m i q v Ges f v B i w m Ø v i v Av µ v s - n q |

w P u K r m v t

e v` e a g r e t K v b w P u K r m v G L b l A w e` z n q i b | Z t e c w i t e k D b a t b i R b` k Z t K G K t K u R n v t i P b c o q w M K i v t h t Z c v t i |

(M) gġġQi DKb t

gġġQi DKb cĶġi mġaviYZt cġġg i“B I Kgb KġġcĶAvġgY Kġi | Zvi ci Ab” me gġQ AvġġŠ-nq, Gi gġa” cvġm gġQi iġġġQ|

j ŋĠY t

- 1) ci Rġex gġġQi Mġġq AvġġK _vġK | cvLbvq ūj dġġġq eġm eġm i³ tkvĠY Kġi I ŋġZi mġġ Kġi
- 2) cvġm gġQ Llevi MġġY mġġġYġġġe tġġo t`q|
- 3) t`tni eaġ Kġg hvq|

wPġKrmv t

- mġgġ_qb 3-6 ġgġj ġj Uvi /kZġsk/dġ cġbġZ cġġqM KiġZ nġe ci ci 3 mġġn|
- mġbġġwi b 0.3-0.6 ġgġj ġj Uvi /kZġsk/dġ cġbġZ cġġqM KiġZ nġe ci ci 3 mġġn|

(N) tġ R I cvLbv cġPv tġvM t

G tġvM cvġġġmi tcvbv Ges tZj ġcqv t`Lv hvq|

j ŋĠY t

- Mġġq ġcġġQj AveiY Kġg hvq
- tġ R I cvLbv c`ġġġo hvq I axġi axġi ŋġq cġġ nq|
- fvi mġgġ” nġivq I Lv`” MġġY Abġġv t`Lv t`q|

cġZKvi t

- 1) eo gġġQ cġZ tĶġR t`n I Rġġbi Rb” 15 ġgt Mġġ nġġi tRbUġgvBġmb BbġRKġb gġsmġġġġZ ġġZ nġe|
- 2) tġvU gġġQ cġZ tĶġR Llevġi i mġġ_ 40-50 ġgtMġġ nġġi tRbUġgvBġmb ġġġġġq Kġġġġġ 10 ġ” b Lvl qġġZ nġe|
- 3) tcvbv gġġQi tġġġġ 1 ġcġġGg ZġZ `ġġY (hZŋĠY mġġ KiġZ cvġi) mġġġn 2ġ” b Pġġġq RġevYġġġ Kġi cġi ġvi cġbġZ tġġo ġġZ nġe|
- 4) tcvbv gġġQi tġġġġ cĶġi 1 ġc ġc Gg nġġi ZġZ cġġqM Kġi 7 ġ” b ci 2 ġcġġGg nġġi cġġmġġq cvġgġġġġġ e”envi Kġi fġj dj cvĠ qv hvq|

(O) tġU tġvj v tġvM t

cġsMġm I tZj ġcqv DfġqġġZB t`Lv hvq, G”ġġi vġġvbġm bġġK e”vKġġġġi qv Ųvi v G tġvġMi mġġv nq|

j ŋĠY t

- AvġġŠ-gġġQi t`n Mġġġi Zij c`v_ġRgv nq I dġġ hvq|
- Mġġqi is I ġġġġK ġġġZv nġivq
- fvi mġgġ” nġivq I axġi axġi gġiv hvq|

wPġKrmv t

Rġevġġġ” mġġi Ă ġġġ Rġġ _yKv Zij tei Kġi tġġġZ nġe| AZtci eo gġġQi tġġġġ tĶġi vġġġġġġġ 25 ġgt Mġġ Kġi (cġZ tĶġR t`n I Rġġbi Rb”) mġġġn GĶevi BbġRKġvb ġġZ nġe| gġQ tġvU nġġ cġZ tĶġR Lvġ”i mġġM GĶB JIa 200 ġgt Mġġ Kġi ġġġġġq Kġġġġġ `ġ mġġn Lvl qġġZ nġe|

(P) gv_v dvUv tivM t

G tivM i aycv/vtmB ntq _vtK|

j ¶Y t

- `e¶ nq l Lvl qv eÜ nq
- gv_v tdtU wMq gvi v hvq|

Kvi Y t cwb `tY l wfUwgb im Gi Afvte nq|

wPwKrmv t

- 1) wfUwgb-im mgx Llevi Lvl qvtZ nte|
- 2) cwi tek Dbz ivLtz nte|

(Q) tcU dvUv tivM (**Open belly disease**) t

mvavi YZ Av½tj tcvbvq G tivM t`Lv hvq|

Kvi Y t AwZtfvRb|

j ¶Y t

- 1) Lv` _uj i tkti i w`tk tdtU hvq
- 2) tcU tdtU hvq
- 3) 2 gvtmi gta` cÜq 70% gvQ gvi v hvq|

cÜqvRbxq e`e`v t

mwWK mgtq mwWK gvT vq Llevi cÜqvM|

gvfQi tivM cÜZtiva e`e`v t

Avgt` i t`tk Pwli Av_¶mgwRK Ae`v, DcKi¶Yi mnR cÜ`Zv l wPwKrmv c×wZi RuUj Zvi Kvi¶Y gvfQi tivM wPwKrmv Pwlt` i ct¶l i ayKómva`B bq, AfbKUv Amæel etU| tm Kvi¶Y gtb ivLv` i Kvi tiv¶Mi wPwKrmvi tPtq tivM cÜZtivaB Awak tkb| Pv¶li i i`tZB wbtPi c`¶l cmg¶ M¶Y Kij gvfQi tivM wPwKrmvi gZ SwKcY¶elq cwi nvi Kiv thtZ cvti |

- cKti cwiwgZ mh¶j vti Ki e`e`v Kiv
- cKti i wKtq wbcwgZ Pb t`qv
- tKvb Ae`vtZB AwZwi ³ Pviv tcvbv gRj` bv Kiv
- evBti i AewÄZ cÜYx l cwb cKti XKtZ bv t`qv
- Zj vq AwZwi ³ Kv`v bv ivLv
- cwiwgZ mvi l Lv` mieivn Kiv
- cKti Nb Nb Rvj` bv tdj v
- cKti tNj vZim¶oi Drm eÜ Kiv|

bvm̄i cK̄i i m̄avi Y m̄gm̄v I c̄iZKvi t̄QvU `j xq Abk̄xj bx

GB Abk̄xj t̄bi gra`tg gvQ P̄t̄l i cK̄i i gvt̄Qi m̄gm̄v I m̄=te` c̄iZKvi m̄=ut̄K̄c̄iK̄Yv_x̄P̄v Rvb̄t̄Z cvi t̄eb|

Kv̄t̄Ri aviv t

- 1) c̄iK̄Yv_x̄P̄ i t̄QvU `tj f̄iM Kiv n̄t̄e|
- 2) c̄iZ`K `tj i c̄iK̄Yv_x̄P̄t̄R̄t̄`i ḡt̄a` Av̄t̄j v̄P̄bv K̄t̄i cK̄i i m̄avi Y m̄gm̄v`_t̄j vi Kvi Y v̄P̄v̄Z Ki t̄eb Ges m̄=te` c̄iZKvi v̄K n̄t̄Z cv̄t̄i t̄m vel t̄q v̄m×v̄š-M̄b̄Y Ki t̄eb|
- 3) v̄P̄v̄Z mg`-vel q`_tj v v̄bDR v̄c̄U v̄j t̄L `j xq c̄iZv̄b̄i gra`tg eo `tj i m̄v̄t̄b Dc`v̄cb Ki t̄eb|

mgqt 15 v̄gv̄bU

`j -1

- iv̄t̄m I Aew̄ĀZ gvt̄Qi c̄iK̄
- cw̄bi Dci Nb meR `t̄
- cw̄bi Dci j v̄j `t̄

`j -3

- Aw̄Zwi³ m̄vi I Lv` c̄iQv̄M
- t̄Nvj v̄Zj
- Zj vi Kv̄t̄j v̄ Kv`v

`j -2

- Gt̄gv̄bqv c̄v̄Āx̄Feb
- Lwe Lvl qv
- iv̄t̄m c̄iYxi Av̄μgY

`j -4

- `Rv̄Zt̄f̄v̄RxZv
- ev̄oi ci gvQ t̄f̄t̄m D̄t̄V
- gvQ Lwe Lvl qv

cwi tētki I ci wħeo I Avav wħeo c×wZtZ gvQ Pvl i cġve

Avgt`i t`tk cvħm, %K, wks I għbħm tZj mcqv gvQ i Pvl GLb chS-mbvZb (Traditional) ev Dbz mbvZb c×wZtZ Kiv nŧ`Q| cvħm, għbħm tZj mcqv %K I wks gvQ i tġġġ wħeo/Avav-wħeo Pvl vev` GLb chS-G t`tk e`vcK nŧi `i` nq bvB| Zte Avav wħeo c×wZtZ għbħm tZj mcqv, vB`K, wks, I cvħm Gi Pvl vev` t`tki wewfbæGj vKvq mwgZ AvKŧi `i` nŧq`Q| GQrov eZgħb wKQyeo Dŧ`v`v wħeo Pvl vev` cħy` e`envŧi i gva`tg gvQ i Pvl Avi`cKŧi tŧ`Q| Gme c×wZtZ Pvl vev` `f mgŧq Awak mSL`K tcvb gRj` Kŧi Awak Drcv`b I Awak għvdcv ARB nŧj I cwi tētki I ci wKQweifc cġve j`ġ` Kiv hvŧ`Q, thgb-

1. cġġi Awak cwi gvY gvQ gRj` vKvq tētk cwi gvY Lveŧi i cġqvRb nq Ges cġqvMKZ Lveŧi i GKUv Ask webó nq| Ab`w` tK wecj mSL`K gvQ i eR`cġġi Rgv nŧZ vŧK| Gi dtj` cPb wq`vq cġi` cwi gvY H₂S, CO₂ Drcbæ nq I Awak cwi gvY G`gmbqv Rgv nq | G Rb` cġġi i cwb` MŪ`nŧq hvq Ges gvQ gvi v hvq|
ZvQrov Avŧiv AŧbK i vmvqubK`ē` Zj vq Rgv nq Ges cġi` M`vmI Drcbæ nq| Gi cwi tētki tZ cġġi i cwi tētk webó nŧq hvI qvq cwb i cwi eZB` Acwi nŧnŧq cŧo ev tKvb i vmvqubK wPwKrmvi cġqvRb nq|
2. tKvb tKvb `ŧb kvgK / wSbK cġKwZK Rj vkq t`tk AvniY Kŧi Gŧ`i Lv` wmvte e`envi Kiv nq| dtj` mskó Rj vkqmgŧni cġZŧek (Ecosystem) wewvZ nq| GUV GK aiŧYi mŧ`cwi tētki wei`x KVR|
3. cġġi GmKj gvQ Pvl i dtj` JIa/wel e`envi Kŧi Ab`v` mKj gvQ I Rj R cġYmga tŧi tŧjvi dtj` Gtġġġ cRwZ` tŧjvi Rxe-wPŧ` aesm nq|
4. wewfbæJla I i vmvqubK`ē`w` cġġi cġqvŧMi dtj` G` tŧjvi GKw Ask gvQ i kixŧi mwAZ nq Ges cġġi Residual effect t`tk hvq, hv gvbe t`ŧni Rb` ġwZKi I mspwZ nq|
5. GKevi Avawħeo/wħeo c×wZtZ gvQ Pvl Kiv nŧj Rj R cwi tētki gvivZK cwi eZŧbi KviŧY cġġi bv`i wKŧq Ges Zjvi K`vi Dcŧi i Ask bv mwiŧq cieZŧZ gvQ Pvl Kiv nŧj wewfbægm`vi mwó nq| Zte Zjvi K`v KwI KvŧR e`envi Kŧi fŧj dj b cvl qv hvq|
6. cġi` cPb wqv i dtj` cwb` MŪ` nq| mvŧ` mvŧ` cikpZ`evZvmI` MŪ` nŧq cŧo Ges weifc cwi tētki mwó nq|
7. %K I cvħm Pvl i cġġi cġi` c`wUw Drcbæ nq hv wj fvi Kvc`KvbvŧeB tLŧq tkl KiŧZ cvŧi bv, Ggb wK wj fvi Kvc`gvi v thŧZ vŧK| GB AZ`wak c`wUw GKw` tK cġġi i Rb` ġwZKi & Ab`w` tK gvŧŧi i Rb` I ġwZKi | G c`wUw GKmgŧq cŧP wŧq cwb I cikpZ`Gj vKv` MŪ` Kŧi tŧj |
8. AŧbK Lvgyi e`q mgŧŧq Rb` num-gj wMi wov e`envi Kŧi hv gvŧŧi i Rb` ġwZKi |
9. Acwi KwI Zfvte GaiŧYi Lvgyi `vcŧbi dtj` Dcŧi i RwgŧZ Rj vevZvi mwó nq hv KwI dmj I cwi tētki Rb` ġwZKi I mvgwRK mgm`vi mwó Kŧi |

Awātekb cwi Kí bv

w`b t 04

mgq t 10.30-14.30

tgqv`Kvj t 3 NsUv 30 wgvbU

wk`i vbg t gvW cwi`k`

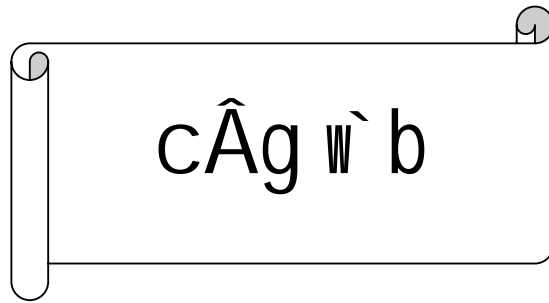
Afıxó`j t grm`Awā`Bıı KgRZ`e`

j`¶ t G Awātekb c`k¶Yv_` i gvW cwi`k`bi weıfbael q m`úıK`Rvıtv nte hvZ Zıv mdj fıte gvW cwi`k` m`úıbaKıvı j`¶ c`qRbxq c`ıZ M`Y KıtZ cvıb|

Dıı`k` t G Awātekb tk`ı c`k¶Yv_`MY-

- gvW cwi`k`bi wıgE c`qRbxq DcKıYw` mbr³ KıtZ cvıteb|
- mbr³KZ DcKıY mgn msM`h l gvıV cwi entıbi j`¶ msMwZ KıtZ cvıteb|
- gvıV bvm`ıı gıvıtm- tZj wıcvı l cıvMvm Pıv e`e`ıcbv l Ab`ıv` Z` mıVK fıte msM`h KıtZ m¶g nteb|
- gvW cwi`k`bi c`Zte`b`Zıv l Dc`ıcb KıtZ m¶g nteb|

wel qmP	Avtj vP` wel q	c`k¶Y tKSkj	mgq
fıgKv			15 wgvbU
	<ul style="list-style-type: none"> • `Mzg • ceZı`Awātekbı cıvıtvıPbv • eZıv Awātekbı mvt_ msthvM`ıcb • Awātekbı Dıı`k` e`ıL`v 	c`k¶Eı Avtj vPbv	
wel qe`			230 wgvbU
	<ul style="list-style-type: none"> • gvW cwi`k`bi `ıv • gıvıtm- tZj wıcvı l cıvıvm Pıv l i • Ae`ıv • hvıvı mgq • tıdı Z Avmı mgq • c`Zte`b cıvıqb • `j Mvı l gvW cwi`k`bı msMıvıZe` • Zı`ı Zıvıvı Kıv cıvıqb 	c`k¶Eı e ³ Zıv Avtj vPbv eıDbı tccıvı c`k¶Eı	
mıvı-mst¶c			25 wgvbU
	<ul style="list-style-type: none"> • gj wel qmgn cıvıtvıvıPbv • Dıı`k` hvıvıB • cıeZı`Awātekbı mvt_ msthvM • nıvEAvDU weZıY • ab`ev` Áıcb 	e ³ Zıv l c`k¶Eı	
c`k¶Y mıvıq mıgM` t wıDRıwE, tıvıvıBU teW`gvıKı, tPKııj ó, cıvıgıvıvıU gvıKı, wıdePıvU`Abıkıj b wıku			



Awaṭekb cwi Kí bv

w` b t 05

mgq t 08.30-09.00

tgqv` Kvj t 30 ugubU

wkṭi vbg t cpi vtj vPbv, cŪZfve I gw cwi` kŅ cŪZte` b Dc`vcb
 Afxó` j t grm` Awa` Bṭii KgRZŲe`
 j Ṗ` t cŵkṖYv_Ų i ceṖ` ṭbi KvhṖṭgi cpi vtj vPbv I cŪZfve Ges mvŪ` Kwj b KvR Dc`vcṭbi
 mṭhvM Kṭi ṭ` qv hvṭZ Zviv cṭeṖ Avṭj vPbv ṭ` Ųi Y KiṭZ cṭṭib Ges fj Ṭ`wU mṭkvab Kṭi
 Awaṭekṭbi KvhRvvi Zv eṖx KiṭZ cṭṭib |
 Dṭí k` t Awaṭekb ṭkṭl AskMṭhYKvixiv ceṖ` ṭbi wkṖY cpi vtj vPbv gva`tg fj Ṭ`wU mṭkvab Kṭi
 HKgṭZ` ṭcŵṭZ mṖlg nteb |

wel qmṖ	Avṭj vP` wel q	c×wZ	mgq
fṖgKv			2 ugubU
	<ul style="list-style-type: none"> • ṭMZg • Pj wZ Awaṭekṭbi mṭ_ mṭhvM 	e ³ Zv	
wel qe`			25 ugubU
	<ul style="list-style-type: none"> • cŪZ`wnK Rvbṭj Dc`vcb cŵkṖK ceṖ` ṭbi wbeṖZ cŵkṖYv_ŲK cŪZ`wnK Rvbṭj ṭ`ṭK 5ugubU ej vi Rb` Abṭiva Kiṭeb cŵg cŵkṖYv_ŲZvi cŪZ`wnK Rvbṭj Dc`vcb ṭkl Kiṭj Ab` ṭKD Avi ṭKvb weṭkl wkṖYxq wel q Dc`vcb KiṭZ AvMṭx wkbv Zv cŵkṖṭi Rvbṭeb Ges ṭKD AvMṭx _vKṭj ZṭṭK Dc`vcb Kivi mṭhvM ṭ` ṭeb • ceṖ` ṭbi cpi vtj vPbv cŵkṖK GKRb cŵkṖYv_ŲK mṖvqK wṭṭṭe wbeṖb Kiṭeb wṭwṭ MZ w` ṭbi mg`-KvhṖrg I wkṖYxq wel q_ṭj v cŵkṖṭi i gva`tg cpi vtj vPbv Kiṭeb • mvŪ`Kvj xb KvṭRi Dc`vcb 	e ³ Zv cŵkṖṭi	
mvi -mṭṖṭc			3 ugubU
	<ul style="list-style-type: none"> • cŪZ`wnK Rvbṭj I mvŪ`Kvj xb KvṭRi Dc`vcbv Ges cŪZ`wnK cpi vtj vPbvq AskMṭṭṭbi Rb` mKj ṭk ab`ev` Avcb 	e ³ Zv I cŵkṖṭi	
cŵkṖY mṖvqK mṖgMṭ t ṭṭvqBU teW`gvKṖ , BZ`w`			

Առաքելության Կրթական

Մաս 05

մարտի 09.00-10.00

հարկային 60 րոպե

Մասնակցի անունը

Անունը՝ յոթնամյա Առաքելյան Կրթական

յոթնամյա ՇՊԿԻՆԻ ԳՐԱԴԱՐԱՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ

Դիմումը՝ Կրթական յոթնամյա ՇՊԿԻՆԻ ԳՐԱԴԱՐԱՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ

Մասնակցի անունը	Առաքելության անունը	ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ	մարտի
Կրթական			4 րոպե
	<ul style="list-style-type: none"> Մասնակցի ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ Կրթական յոթնամյա ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ Կրթական Դիմումը՝ Կրթական 	<p>ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ</p>	
Մասնակցի անունը՝			50 րոպե
	<ul style="list-style-type: none"> Մասնակցի մարտի Կրթական ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ Կրթական մարտի Կրթական Մասնակցի մարտի Կրթական 	<p>ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ</p>	
Կրթական-մասնակցի			6 րոպե
	<ul style="list-style-type: none"> մարտի-մասնակցի Կրթական Կրթական Կրթական ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ Կրթական Կրթական Կրթական Կրթական 	<p>ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ</p>	
ՇՊԿԻՆԻ ԿՈՄԻՏԵ Ի ՎԵՐԱԿԱՆՈՒԹՅԱՆ ԲՆԱԿԻ ԴՆՈՒՄ, Կրթական, Կրթական, Կրթական, Կրթական			

`thM e`e`vcbv

`vveK Kvhej x m`u`b e`ZxZ I `thM vel tq grm`Awa`Bi w`sewYZ `wqZj cvj b Ki te|

`vveK mg tq t

- K) Awa`Bti GKRB `thM` tdlKvj ctqU gfbvbxZ Ki te Ges Zvrv `thM e`e`vcbv eytivmn mskE-mKj KZ`q`K AewNZ Ki te|
- L) Awa`Bivaxb mskE-mKj wdi AwdmviMY hvTZ cOZ eQi eb`v gl mg`i`i`i cteB grm`Pvl`q`I, ivmivqubK `e`w, mvR-mi`Avg, Rj hvb Ges `j cwi enYhvb mn `Bti i wBR`^m`u`mg`ni wbi vcEvi Rb` cOqrRbxq mZKZvgj K e`e`v MhY Ktib Zvrv wvOZ Ki te|
- M) wlvks j vBtmY cOv`fbi cte`cOZwU Uj vti I qv`ij m I ti wVI tmU Ges gvQ aivi tbsKvmg`n tgv`i b wdmwi R Awd`mi ti wRto`kb AvfQ wKbv Zvrv hvPvB Ki te|
- N) efv`cvmMti grm` wKvi i Z mKj gvQ aivi tbsKv / Uj vti ti wVI vi wv`fs tmU I D³ hvfb Dcw`Z cOZ`K e`w³ i Rb` j vBd R`v`KU, eqv ivLv wvOZ Kivi j`q`I Dchj³ AvBbMZ I clkvmbK c`q`c MhY Ki te|
- O) NwYSo / R`j v`QvmcEY Gj vKvmg`ni mi Kwi I temi Kwi grm` m`u`mg`ni GKwU Zwj Kv cV`qb I msi`q`Y Ki te Ges m`v`w`E mgq ci ci D³ mskj b nvj bMv` Ki te|
- P) NwYSo Gj vKvmg`ni grm`Rwe RbmsL`vi Rixc Ki te I Rix`ci `v`v`w`v`E`K Dchj³ mskj b cV`qb Ki te| wv`E mgq ci ci D³ mskj b nvj bMv` Ki te|
- Q) D`vi Kvi x RvrvR wv`v`te e`env`ti Dc`thw`x mgj Mvgx gvQ aivi RvrvRmg`ni GKwU Zwj Kv (Zvrv` i gvj K/ Pj`tki wKv`v`mn) cV`qb I msi`q`Y Ki te|
- R) ejsj v`k cwb Dbqb tev`W`Gi minZ Av`j v`Pbv`utg hvTZ wPw`o Pvl Gj vKvi mi Kvi x eua I `P`P`mgn mvgv`K R`j v`Qv`mi dtj j ebv³ cwb cO`ek tiva Kivi gZ DPj I h`_o kv³kvj x nq Zvrv wvOZ Ki te|
- S) DcKj xq cKi mgn n`Z j eYv³ cwb ewni Kti t`l qvi Kv`R kv³Pwj Z cv`u`i j f`Zv m`u`t`K`ejsj v`k KwU Dbqb Ktc`f`i`kb Gi minZ mg`sq` Ki te|
- T) gw ch`q`i Awdmvi, ovd Ges grm`Rwe m`c`O`v`q`K NwYSo tgv`Kv`ej v cO`w`Z, cwi`tek`MZ`q`q`q`w`Z Ges cbe`f`mb m`u`t`K`c`k`q`Y Ges cwi wP`Zi e`e`v Ki te| grm` I ci m`u` g`S`y`j`q I grm` Awa`Bti i gv` ch`q`i Kg`R`Z`P`Ges Kg`P`vi xMY`K G e`v`cv`ti cO`qr`Rbxq c`k`q`Y cO`v`fbi e`e`v Ki te|

`thM mg tq grm`Awa`Bti i Ki Yxqt

- K) ejsj v`k cwb Dbqb tev`W`P minZ Av`j v`Pbv`utg G e`v`cv`ti wvOZ nte th ew`v`mg`ni `P`P` tmU`mgn Dchj³ f`v`te `Zwi I msi`w`q`Z, hv j eYv³ cwb cO`ek I w`M`q`Y Ges h`_o kv³kvj x hv cE`j R`j v`Qv`mi dtj m`o`tm`t`Zi av`v`mn` I j eYv³ cwb cO`ek tiva Ki`Z m`q`g|
- L) grm` m`u` Lv`Z`q`w`Zi cwi gvY wbi`f`ct`bi Rb` Awej`f`^`Rixc Kv`th`P e`e`v Ki te Ges grm` m`u`t` i mi Kwi I temi Kwi Lv`Zi Rb` Awej`f`^`xN`q`gv` x mvY I cbe`f`mb cwi K`i`bv cV`qb Ki te|
- M) D`vi Aw`f`h`v`f`bi Rb` mgj Mvgx RvrvR w`KBw`R`kb Kivi e`v`cv`ti `v`bxq clkvmb`K mrvq`Zv cO`v`b Ki te|
- N) Awa`Bti w`b`q`S`Y`K`q` cwi Pj`bv Ki te Ges `v`bxq mg`sq` Kvg`w`t`Z`th`Mv`th`M Kg`R`Z`P`tc`O`Y Ki te|

cbe`f`mb ch`q` grm`Awa`Bti i Ki Yxqt

- K) mi Kwi I e`w³gvj Kv`v`axb c`K`i n`Z j eYv³ cwb cv`u` Kti ewni Kivi Rb` cvl`qvi cv`u`i j f`Zv w`l`q` `v`bxq clkvmb I ejsj v`k KwU Dbqb Ktc`f`i`kb Gi minZ mg`sq` mvab Ki te (NwYSo `th`M`i`q`q`I)|
- L) mi Kwi I e`w³gvj Kv`v`axb Df`q`f`q`I grm` m`u` Lv`Z` Awej`f`^`xN`q`gv` x `I`vY I cbe`f`mb cwi K`i`bv cV`qb I e`v`ev`qb Ki te|

- M) ŕŕwZMŕ-cKŕi I Lvŕvi cpt grm` DcŕhvMx Kivi Rb` temi Kwii grm` Pvlxt` i Kwii Mix civgk`cŕŕ vb Kiŕe|
- N) ŦvY I cpeŕmb `vbxq cŕkvmŕtK mKj mrvqZv I mnŕhvMZv cŕŕ vb Kiŕe|
- O) ŕŕwZMŕ-grm`Rxe I grm` Pvlxt` i Rb` FY mrvqZv Ges Abyvŕbi e`e`v Kivi KgŕŕP MŕY Kiŕe|
- P) ŕŕwZMŕ-cKŕi gwj Kŕ` iŕK grm` tcvb mi ei v n Ges grm` Pvl i Kwii Mii civgk`cŕŕ vb Kiŕe|

grm` Awa` Bŕii gvV chŕŕqi Awdmmŕŕ `ŕfweK `wqZj vbeŕŕ QvovI grm` Awa` Bŕii wefvM, ŕRj v Ges DcŕRj v I cŕR±mgŕni wdŕ Awdmi MY wbgŕj wLZ Kgŕŕŕŕ m`u` b Kiŕeb|

`ŕfweK mgŕq gvV chŕŕq grm` Awa` Bŕii Ki Yxq t

- K) cŕZ erm` NwYSO/ eb`v tgŕmg`i i` nI qvi cŕeB NwYSO/ eb`vcŕY Gj vKvi gvQ aivi tŕŕKvmŕŕ, Uj vi, wŕŕks wMqvi, gvQ aivi Kwii Mii hŕŕcŕwZ, grm` tcvb I grm` cvj b ŕK Ges grm` Avev` mgŕni wbi vcE v I mj ŕŕvi Dŕŕŕk` cŕŕvRbxq mZKŕvŕj K e`e`v MŕŕŕYi Rb` grm` Awa` Bŕii wdŕ Awdmi MY K.I.K Ges grm` Pvlxt` i mRvM Kiŕe|
- L) Aaxb` Awdmmŕŕ, wŕŕcŕc grm` Pvlx Ges grm` Rxe cŕZwŕw cŕŕwZi mŕnZ cwi e` Bŕii MŕxZ wB R`^cwi Kŕi bv Abyvŕti cŕŕZi Ae`v cixŕŕv Kiŕe|
- M) `ŕŕŕ Pj vKvj xb mgŕq gvQ aivi tŕŕKvmŕŕ, Uj vi mgŕ Ges wŕŕks wMqvi mgŕ, chŕŕŕ wbi vcEvi mŕŕ_ ivLv Rb` `vqxŕvŕe wbi vc` `vb wPwŕY Z Kiŕe|
- N) wŕŕks j wBŕmŕY cŕŕvŕbi cŕe`cŕZw Uj vŕi I qviŕj m I ti wŕI tŕU_ vKvi wŕl q wŕwŕZ Kiŕe|
- O) Dchŕŕ cŕkvmŕbK c`ŕŕŕci gva`tg eŕŕvcmŕŕi grm` wKvii Z tŕŕKvmŕŕ/Uj vi mgŕŕ ti wŕI wi wŕŕŕŕŕ tŕU I Uj vi / tŕŕKvq Dcw`Z cŕZ`K e`w`i Rb` j vBd R`ŕtKU ivLv wŕwŕZ Kiŕe|
- P) `ŕŕŕcŕY Gj vKvmŕŕni mi Kwii I temi Kwii grm` wŕl qK m`u` mmŕŕni bevqbKZ Zwj Kv cŕŕqb I mŕi ŕŕY Kiŕe|
- Q) `ŕŕŕcŕY Gj Kvmŕŕni grm`Rxe RbmsL`, grm`Pvlx I grm`Pvl ŕŕŕŕmgŕni Rwi c I Dcv` mŕi ŕŕY Kwii ŕe Ges wŕŕ` ŕ mgŕqi ci ci Zv nŕj bvŕv` Kiŕe|
- R) mŕŕŕŕ-Gj vKvq gvQ aivi tŕŕKvmŕŕ, Uj vi mgŕ Ges mgj Mvŕx RvŕvRmgŕni gwj Kv/Pvj ŕKi wKvbmŕn Zwj Kv mŕi ŕŕY Kiŕe|
- S) mŕŕŕ K Rŕj v`QvmRwZ AvŕŕZi KviŕY jeYv` cwbŕ cŕek ti vŕa Kivi Rb` mŕŕŕŕ-Gj vKvi eua I `ŕŕŕMUMŕŕni cwi Pvj bv I i ŕŕYŕeŕŕY wŕwŕZ Kievi Dŕŕŕk` evsŕ v` k cwb Dvqŕŕeŕŕŕŕ KgŕZŕ` i mŕnZ mveŕŕŕYK thvMŕŕhvM i ŕŕv Kiŕe|
- T) `ŕŕŕMUMŕŕni h_vh_ cwi Pvj bv wŕwŕZ KiŕZ nŕe|
- U) cŕŕqvRŕbi mgq wŕŕcŕc Gi mŕnZ mgŕŕqi gva`tg cKŕimŕŕ nŕZ jeYv` cwb ewni Kŕi ŕ` I qvi KŕŕR kv`Pwj Z bj Kŕci j f`Zv m`u`ŕK`vbxq evsŕ v` k Kwŕ Dbqŕ Kŕcŕŕi kb Gi KgŕZŕŕŕŕi mŕnZ mgŕŕq Kiŕe|
- V) NwYSO tŕvKŕŕej v cŕŕZ I cwi ŕekMZ ŕŕqŕŕw wbi`cY Ges cpeŕmb m`u`ŕK`cŕŕŕŕ MŕY Kiŕe|

`ŕŕŕ chŕŕq gvV chŕŕq grm` Awa` Bŕii Ki Yxq t

- K) ŦvY I cpeŕmb KvR Ges D`vi Awŕhvŕbi Rb` mgj Mvŕx RvŕvR wi KŕŕRkb Kivi e`vcŕŕi `vbxq cŕkvmŕtK mrvqZv cŕŕ vb Kiŕe (NwYSO `ŕŕŕKvj xb mgq)|
- L) wŕqŕŕ Kŕŕ Pj yKvi ŕe Ges `vbxq `ŕŕŕ e`e`v KŕŕUŕZ thvMŕŕhvM KgŕZŕŕcŕŕY Kiŕe|

cpefmb mgtq gvV chfjq grm`Awa`Btii KiYxq t

- K) miKwi I e`w³gvij Kvbraxb grm` m^u` LvZi qvZi cwi gvY wbi fctYi Rb` Awej t^u^Rixc KvthP e`e`v Kiv Ges G LvZi Rb` Awej t^u^`xN⁹gqv`x I vY I cpefmb cwi Kí bv c⁹qb Kwi te I Zv h_vh_ KZ⁹t⁹i Kv⁹Q tck Ki te|
- L) `vbxq ckvmb Ges evsjv`k Kwl Dbqg Ktc⁹ik⁹tbi m^unZ mgšqce⁹, mgšq ntj ,miKwi I e`w³gvij Kvbraxb LvZi gva`tg c⁹qvRbxq msL`K kv³Pwv Z cv^u Avgv`vbx Ki te|
- M) grm` Dbqg LvZ Awej t^u^`xN⁹gqv`x I vY I cpefmb cwi Kí bv ev`evqg w⁹öZ Ki te Ges Kv⁹Ri AM⁹M⁹Zi w⁹l⁹tq D`P KZ⁹t⁹i w⁹KU c⁹öZte`b tck Ki te|
- N) qvZM⁹-cKi grm`Pvl⁹t⁹ i cpefmbi Rb` Abc⁹WYZ Ges m^uvqZv c⁹vb Ki te|
- O) `vbxq ckvmbtK I vY I cpefmb Kv⁹R m^uvqZv c⁹vb Ki te|
- P) grm`Rwe/ grm`Pvl⁹t⁹ i Rb` grm` Pvl F⁹t⁹Yi e`e`v Ki te|

DctRjv``fhM e`e`vcbv KvguU t

- | | |
|---|------------------------|
| 1) DctRjv w ⁹ bef ⁹ x Aw ⁹ dmvi | mfv ⁹ cuZ |
| 2) BD ⁹ wbqg cwi I t ⁹ i t ⁹ Pqv ⁹ g`vbe ⁹ ` | m`m` |
| 3) DctRjv chfjq msuk ⁹ e`w ⁹ fv ⁹ t ⁹ Mi Kg ⁹ RZ ⁹ e ⁹ ` | m`m` |
| 4) gv ⁹ njv c ⁹ öZv ⁹ wa | m`m` |
| 5) DctRjv tK ⁹ `tq mgevq m ^u gv ⁹ Zi c ⁹ öZv ⁹ wa | m`m` |
| 6) Nw ⁹ So c ⁹ öZ Kgv ⁹ m ⁹ Pi (w ⁹ m ⁹ ic ⁹) c ⁹ öZv ⁹ wa | m`m` |
| 7) evsjv`k ti W ⁹ q ⁹ t ⁹ m ⁹ U t ⁹ m ⁹ v ⁹ B ⁹ U ⁹ c ⁹ öZv ⁹ wa | m`m` |
| 8) Gb ⁹ w ⁹ R ⁹ I Gi c ⁹ öZv ⁹ wa | m`m` |
| 9) DctRjv c ⁹ Kí ev`evqg Kg ⁹ RZ ⁹ P | m`m`-m ⁹ Pe |

`vbxq cwi w⁹öZ I w⁹et⁹kI Ae`vi t⁹c⁹q⁹t⁹Z KvguU mfv⁹cuZ c⁹qvRb⁹tev⁹t⁹ Av⁹t⁹v m`m` tKv-AP Ki tZ cv⁹teb| G KvguU c⁹öZ 2 gvm ci ci mfv⁹q wgv⁹j Z nte| Av⁹c`Kj⁹xb mgq c⁹öZ`n GKe⁹vi Ges Ae`vi w⁹KQyDb⁹w⁹Z ntj c⁹öZ mB⁹v⁹t⁹n 2 evi mfv⁹q wgv⁹j Z nte|

DctRjv``fhM e`e`vcbv KvguU⁹ `wqZ⁹nt⁹e t

- e`v⁹cK w⁹fi⁹E⁹K BD⁹wbqg `fhM e`e`vcbv KvguU MVB, m⁹q⁹q⁹KiY, c⁹qvRbxq w⁹t⁹`Rbv I Z` c⁹öB Ges c⁹öc` c⁹k⁹q⁹Y mjeaw` ntZ DcKvi AvniY w⁹öZK⁹Y;
- mZK⁹Zv e⁹x⁹, `fhM⁹Mi Sp⁹K nvm⁹KiY, w⁹öZK⁹Y, w⁹öZ Kv⁹h⁹Ri tetP`v⁹Kvi Dcvq⁹w⁹ AvZ Ki⁹t⁹bv w⁹elq w⁹öZK⁹Y;
- `vbxq chfjq Dbqg cwi Kí bv c⁹qb I ev`evqg⁹ `fhM⁹Mi Sp⁹K Ges Zv Kgv⁹t⁹bvi m⁹ev⁹bvi w⁹elq cY⁹fv⁹te w⁹et⁹w⁹PZ nt⁹q⁹Q w⁹K-bv, Zv w⁹öZK⁹Y;
- w⁹t⁹g⁹e⁹ w⁹elqmn Avmb⁹w⁹ec` m⁹sp⁹v⁹s-mZK⁹evZ⁹ t⁹c⁹q⁹t⁹Z DctRjv KZ⁹e⁹q I `vbxq `fhM e`e`vcbv e`t⁹iv⁹t⁹K Ae⁹nZ K⁹i w⁹bq⁹gZ `fhM w⁹elqK c⁹k⁹q⁹Y I Kg⁹Rj⁹vi Av⁹t⁹qv⁹Rb;
- w⁹t⁹g⁹e⁹ w⁹elqmn Avmb⁹w⁹ec` m⁹sp⁹v⁹s-mZK⁹evZ⁹ t⁹c⁹q⁹t⁹Z DctRjv KZ⁹e⁹q I `vbxq m⁹v⁹mg⁹ thb Kv⁹h⁹Ri fv⁹te I `q⁹Zvi m⁹v⁹ `fhM tgv⁹Kv⁹tej vi c⁹öZ I q⁹gZv m⁹ú⁹b⁹q⁹ tm j t⁹q⁹ `fhM Kg⁹c⁹wi Kí bv c⁹qb;
- Nw⁹So I eb⁹v m⁹sp⁹v⁹s-cp⁹ff⁹vm Aw⁹Z`Z I Kv⁹h⁹Ri fv⁹te DctRjvi mKj Kg⁹RZ⁹P, msuk⁹e`e`w⁹em⁹ c⁹öZ⁹v⁹wa Ges BD⁹wbqg chfjq GZ`w⁹el⁹tq `wqZ⁹c⁹öB⁹t⁹ i Kv⁹Q t⁹c⁹öZ⁹v⁹wa e`e`v M⁹h⁹Y;
- c⁹qvRbxq g⁹t⁹Z⁹ DctRjv m`t⁹i Rbm⁹v⁹av⁹Y⁹t⁹K Ac⁹m⁹vi⁹t⁹Yi Rb` w⁹ö⁹ Av⁹kt⁹ tK⁹`⁹ Av⁹kt⁹`⁹j w⁹ba⁹Y I Av⁹kt⁹t⁹K⁹`⁹ i w⁹ef⁹b⁹at⁹mev Kv⁹R cwi vj bvi Rb` w⁹ef⁹b⁹ae`w⁹em⁹K `wqZ⁹c⁹ö⁹v⁹;

- Avk'tK>`^ / Avk'tj mg'n cv' f'ti cwb mieivn I Ab'vb' c'qvRbxq tmev ms'v'tbi e'e'vKiY Ges BDwbq e'e'vcbv Kvgu'U' m'f_ thvM'thv'tM BDwbq ch'q Aew'Z Avk'tK>`mg'n GKB ai'tYi tmev I m'jeaw' w'w'ZKiY;
- BDwbq `h'm e'e'vcbv Kvgu'U'K c'U'gK 'vY I D'xvi Kv'th' m'nvqZvi Rb' tRjv m' i I BDwbqmg'n' m't'z thvM'thv'tM 'vcb I D'nv msi 't'Yi /cp: 'vc'tbi e'e'v m'oj Z Avbj w'zK cwi K'í bv c'v'qb;
- tRjv I BDwbq KZ'e't'q'i m'nvqZvq gvtS gvtS Dc'tRjvi Af's'ti Z't_ 'i c'Pvi Yv I mZK'e'vZ'w' ce'f'vm c'Pvi, Ac'mviY, D'xvi I c'U'gK 'vY Kv'h'c'wi P'j bv w'el'tq g'nov Ab'p'tbi e'e'vKiY;
- M'g ch'q `h'm' ce'f'vm e'vcK c'Pvi KiZ: MYm'tPZbZv m'j'ó KiY |

4.2 `h'mKv'tj Ki Yxq t

- Dc'tRjv ch'q Ac'mviY, D'xvi I 'vY m's'v's-Kg'K'v't'U'i mg's'tqi Rb' 'Ri'ix
- c'wi P'j b tK>`' (Z_ ' tK>`^ I w'q's'Y K'q) c'wi P'j bv;
- c'qvRb n'tj, 'vbxq'v'te c'c' m'jeaw' e'envi K'ti D'xvi Kv'h'c'wi P'j bv Ges Ab't' i D'xvi Kv'h'c'wi P'j b'vi mg's'q m'vab, h'w' `w'qZ;t` qv nq;
- `h'm e'e'vcbv ej'tiv I tRjv KZ'e'q' c'É w't' Rbv Ab'jv'ti Dc'tRjv - Kg'K'Z'e;` I BDwbq t_ tK `h'm' d'tj m's'N'u'Z 'q'u'Zi D'cv'É m's'M'n I h'v'P'vBK'iY; Kg'K'Z'p'ev Ab't'K'v'b thv'M' e'w'³eM'Ø'v'v m'g'q'v c'wi P'j bv K'ti Z_ w'eb'v't'mi g'v'a'tg c'qvRb I AM'w'aK'vi w'ba'f'Y;
- tRjv KZ'e't'q'i w'bkU 'q'u'Z, c'qvRb I c'c' m'á' Ges 'vY I c'p'e'm'b Kv't'ri Rb' AM'w'aK'vi w'f'w'É'tZ c'qvRb m's'v's-w'eiY/ D'cv'É m'ieivnKiY;
- 'vbxq ch'q c'p'e'm'b Kv't'ri Rb' S'j'k n'v'mKi't'Yi m'á'e' e'e'v'mn mZK'Z'vi m't'z c'wi K'í bv c'v'qb;
- `h'm e'e'vcbv ej'tiv I tRjv KZ'e'q' KZ'R c'É w't' Rbv Ab'jv'ti 'vbxq'v'te ev 'vY A'w'a`'Bi/ Ab' D'rm' t_ tK c'Ü'ß m'á', e'w'ó'v'te w'bi'f'icZ c'qvR't'bi w'f'w'É'tZ D'xvi, 'vY I c'p'e'm'b Kv't'ri Rb' e'iv' I w'eZi't'Yi e'e'v M'h'Y;
- 'vY I c'p'e'm'b m's'v's-m'nvqZv m'v'g'M' w'ei't'Yi w'el'q Z'v'w'k I w'nm'vew' m'si'q'Y Ges Zv tRjv KZ'e'q' I Ab'vb' 'vY c'Ü'v'K'vi x m's'v'm'g'n' w'bkU t'c'Y;
- Dc'tRjv ch'q'q'i w'w'f'b'e' B'ti i g'ta' mg's'tqi `w'qZ; c'j b;
- G'Q'v'v' `h'm e'e'vcbv m's'v's-'v'q' Av't' k'v'ej x Ges D'ch'³ KZ'e't'q'i Z'v'q'u'w'k Av't' k' Ab'jv'Y |

wdE PvU`cwi Kí bv

<p>`fhM e`e`vcbv</p>	<p>`fhM e`e`vcbvq grm`Awa`Bti i KiYxqt</p> <ul style="list-style-type: none"> • `fhM mgtq KiYxq • cb@mb ch@q KiYxq • `vfwEK mgtq KiYx
<p>`fhM mgtq grm`Awa`Bti gv ch@qi Kg@`i KiYxqt</p> <ul style="list-style-type: none"> • Ív I cpe@mb KvR Ges D×vi Awfhv@bi Rb`mgj Mvx Rvnr wi KBwRkb Kivi e`vcv`i `vbxq ckbmb@K mnvqZv c@vb Ki@e (NwYSo `fhMkvjxb mgq) • vbxqŠY K@Pj Pvjy Kwi@e Ges `vbxq `fhM e`e`v KugvUtZ thvMvthvM KgRZP@t@Y Ki@e 	<p>`vfwEK mgtq grm`Awa`Bti gv ch@qi Kg@`i KiYxqt</p> <ul style="list-style-type: none"> • c@Z erm`NwYSo/eb`v tgšmg`ii` nIqvi c@eB NwYSo/eb`v c@Y Gj vKvi gvQ aivi tbsKvmg@, Uj vi, w@kks wMqvi, gvQ aivi Kwimwi hšcwZ, grm` tcvb I grm` cjb oK Ges grm` Avev mg@ni wbi vcEv I mj @vi D@I@k` c@qvRbxq mZKZvgj K e`e`v M@tYi Rb` grm`Awa`Bti wd@ AwdmviMY K.I.K Ges grm` Pvlx`i mRvM Ki@e • Aaxb` Awdmg@, wmicuc grm` Pvlx Ges grm`Rw@e c@Zubia c@f@zi mnZ cwi e`Bti i MnZ wR`^cwi Kí bv Abjv@i c@t@zi Ae`v cix@v Ki@e • `fhM Pj vKvjxb mgtq gvQ aivi tbsKvmg@, Uj vimg@ Ges w@kks wMqvimg@, ch@B wbi vcEvi mv@_ivLvi Rb` `vqrv@te wbi vc` `vb wPwvZ Ki@e • w@kks jvB@tM` c@v@bi c@e`c@ZwU Uj v@i I qv@tj m I tiwMl tmU `vKvi w@q w@w@Z Ki@e • Dch@ c@kvm@bK c`@q@ci gva`tg e@v@cmvM@i grm` wKvii Z tbsKvmg@/Uj vimg@ni tiwMl wimv@fs tmU I Uj vi/ tbsKvq Dcv`Z c@Z`K e`v`i Rb` jvBd Rv@tKU ivLv w@w@Z Kite • `fhM c@Y Gj vKvmg@ni miKwi I temiKwi grm` w@qK m`u`mmg@ni beiqbKZ Zvj Kv c@Yqb I msi @Y Ki@e • `fhM c@Y Gj vKvmg@ni grm`Rw@e RbmsL`, grm`Pvlx I grm`Pvl t@q@mg@ni Rw@c I Dcv` msi @Y Ki@e Ges w@v`@ mgtqi ci ci Zv nvj b@w` Ki@e • msik@-Gj vKvq gvQ aivi tbsKvmg@, Uj vimg@ Ges mgj Mvx RvnrRmg@ni gwj Kv/Pvj tKi wKvbmN Zvj Kv msi @Y Ki@e • mgv`K R@j v`QvmRwbZ AvNv@zi Kvi@y jeYv` cwb@ c@ek tiv@ Kivi Rb` msik@-Gj vKvi e@v I `B@MUMg@ni cwi Pvj bv I i @Yv@e @Y w@w@Z Kivi D@I@k` ersjv`k cwb Db@b@e@w@P KgRZ@`i mnZ mve@w@YK thvMvthvM i @Y Ki@e • `B@MUMg@ni h`_vh_ cwi Pvj bv w@w@Z Kitz nte • c@qvR@bi mgq wmicuc Gi mnZ mgš@qi gva`tg cKimg@ n@Z jeYv` cwb ewni K@i t`I qvi Kv@R kv`Pwj Z bj K@ci j f Zv m`u`tK` `vbxq ersjv`k KwI Db@b K@e@i kb Gi KgRZ@w@Yi mnZ mgš@ Ki@e • NwYSo tgvKv@ejv c@w@Z I cwi tekMZ @q@w@Z wbi`cY Ges cpe@mb m`u`tK`c@k @Y M@Y Ki@e
<p>cY@mb ch@q grm`Awa`Bti gv ch@qi Kg@`i KiYxqt</p> <ul style="list-style-type: none"> • miKwi I e`v`gwj Kvbxv grm` m`u` Lv@Z @w@zi cwi gvY wbi f@Yi Rb` Aw@j t@`Rixc Kvth@ e`e`v Kiv Ges G Lv@zi Rb` Aw@j t@`vN@q@v`x Ív I cpe@mb cwi Kí bv c@Yqb Kwi@e I Zv h`_vh_ KZ@t@ji Kv@t ck Ki@e • `vbxq ckbmb Ges ersjv`k KwI Db@b K@e@i k@bi mnZ mgš@ce@, mgš@ ntj, miKwi I e`v`gwj Kvbxv Lv@zi gva`tg c@qvRbxq mSL`K kv`Pwj Z cv`u` Avgv`vbx Ki@e 	<p>Dc@Rjv ch@q `fhM e`e`vcbv KugvUt</p> <ul style="list-style-type: none"> • Dc@Rjv vbe@w Awdmvi - mfvic@Z • BD@bqb cwi I t`i t@qvi gvbe` - m`m` • Dc@Rjv ch@qi msik@-w@fv@Mi KgRZ@e` - m`m` • gwjv c@Zubia - m`m` • Dc@Rjv tK`@q mge@v mwg@zi c@Zubia - m`m` • NwYSo c@w@Z Kg@w@Pi (wmicuc) c@Zubia - m`m` • ersjv`k tiw@w@tm@U tmv@vBw@i c@Zubia - m`m` • GbwRI Gi c@Zubia - m`m` • Dc@Rjv cK@i ev`evqb KgRZ@P- m`m`-m@Pe

<ul style="list-style-type: none"> • grm` Dbaqb LvZ Awej t^`xN^tgqv`x İvY I cpefmb cwi Kİbv ev`evqb wbuÖZ Kite Ges KvRi AMMiZi wltq D`P KZEt`fi wBKU cÖZte`b tck Kite • ף״ז״מ״- cKİ grm`Pvlx`i cpefmbi Rb` AbcÖYZ Ges mnvqZv cÖvb Kite • `vbxq cKvmbtK İvY I cpefmb KvR mnvqZv cÖvb Kite • grm`Rwe/ grm`Pvlx`i Rb` grm` Pvl FtYi e`e`v Kite 	
<p>`#hMkvj xY mgta DctRjv chfag`#hM e`e`vcbv KvguLi` wqZt</p> <ul style="list-style-type: none"> • e`vck wfvEK BDbaqb`#hM e`e`vcbv KvguL Mvb, mnvqKiY, cÖqvRbxq wbt`Rbv I Z` cÖB Ges cÖc` cÖk`ף״י mjeaw ntZ DcKvi AvniY wbuÖZKiY; • mZKZv exÖ,`#hMi SpK numKiY, wbuÖZKiY, wbuÖZ KvRi teP`vKvi Dcvq,uj`AvZ Kivbv wltq wbuÖZKiY; • `vbxq chfag Dbaqb cwi Kİbv cÖqb I ev`evqtb`#hMi SpK Ges Zv Kgvbvi m`evbvi wltq cYFvte wetePZ ntqtQ wK-bv, Zv wbuÖZKiY; • wbtge` wltqmn Avmbec` mspvS-mZK`evZf tÖfjZ DctRjv KZEt`fi I `vbxq`#hM e`e`vcbv e`fivtK AeinZ Kti wlvqZ`#hM wltqK cÖk`ף״י I Kgrvjv AvtqvRb; • wbtge` wltqmn Avmbec` mspvS-mZK`evZf tÖfjZ DctRjv KZEt`fi I `vbxq ms`vmgn thb KvRi fite I`ף״Zvi wvt`#hM tgvKvtejvi cÖZ I ף״Zv m`ubeqn im j`j`#hM Kg` cwi Kİbv cÖqb; • NwSo I eb`v mspvS- cpefvm AwZ`*Z I KvRi fite DctRjvi mKj KgrZf, msik`e`w`emP cÖZöb Ges BDbaqb chfag GZ`wltq`wqZ;cÖst`i KvQ tÖvrbvi e`e`v MÖY; • cÖqvRbxq gütZ` DctRjv m`tii RbmvariYtK AcmviYi Rb` wbu`Ö Avktq tK`y Avktq`j wbaF Y I AvktqtK`i wvfbetmev KvR cwi vj bvi Rb` wvfbetm`w`emP` wqZ;cÖvb; • AvktqtK`y / Avktq`j mgtn cvl`fti cwb mieivn I Ab`vb` cÖqvRbxq tmev ms`vbi e`e`vKiY Ges BDbaqb e`e`vcbv KvguLi wvt`thvMthvM BDbaqb chfag Aew`Z AvktqtK` mgtn GKB aiYi tmev I mjeaw wbuÖZKiY; • BDbaqb`#hM e`e`vcbv KvguL tK cÖ`wgK İvY I D`xvi Kvth` mnvqZvi Rb` tRjv m`i I BDbaqbmgtni mt½ thvMthvM `vcb I Dnv msi`ף״Yi /cp:`vctbi e`e`v m`aj Z Avbl`w`k cwi Kİbv cÖqb; • tRjv I BDbaqb KZEt`fi mnvqZv gvtS gvtS DctRjvi Af`st`i Z`i cPviYv I mZK`evZf cefvm cPvi, AcmviY, D`xvi I cÖ`wgK İvY Kvth` cwi Pj bv wltq gnov Abpvtbi e`e`vKiY; • MÖg chfag`#hMi cefvm e`vck cPvi KiZ: MYmtPZbZv mwö Ki Y 	<p>cbömb mgta DctRjv chfag`#hM e`e`vcbv KvguLi` wqZt</p> <ul style="list-style-type: none"> • DctRjv chfag AcmviY, D`xvi I İvY mspvS- KgrKvÖi mgstqi Rb` Ö Ri`ix cwi Pj b tK`Ö (Z` tK`y I wqöS`y K`ף״) cwi Pj bv; • cÖqvRb ntj, `vbxqfite cÖc` mjeaw` e`envi Kti D`xvi Kvth` cwi Pj bv Ges Ab`ti I D`xvi Kvth`cwi Pj bvi mgstq`mvab, hw`wqZj`t`qv nq; •`#hM e`e`vcbv ejtiv I tRjv KZEt`fi cÖ E` wbt`Rbv Abjviti DctRjv - KgrZf, I BDbaqb t`tK`#hMi dtj msNwZ ף״Zi DcvE` msMn I hvPvBKİY; KgrZf ev Ab`Kvb thvM` e`w`emP`Öv mgn`ף״v cwi Pj bv Kti Z` wvbtmi gra`tg cÖqvRb I AMÖaKvi wbaF Y; • tRjv KZEt`fi wBKU ף״Z, cÖqvRb I cÖc` m`au` Ges İvY I cpefmb KvRi Rb` AMÖaKvi wfvEtZ cÖqvRb mspvS`weeY/ DcvE` mieivnKiY; • `vbxq chfag cpefmb KvRi Rb` SpK numKityi m`te` e`e`vmm mZKZvi mt½ cwi Kİbv cÖqb; •`#hM e`e`vcbv ejtiv I tRjv KZEt`fi KZR cÖ E` wbt`Rbv Abjviti `vbxqfite ev İvY Aw`Bi/ Ab` Dm` t`tK cÖB m`au`, e`wbuöfite wbi`mZ cÖqvRtbi wfvEtZ D`xvi, İvY I cpefmb KvRi Rb` eivl I wZityi e`e`v MÖY; • İvY I cpefmb mspvS-mnvqZv mvgMÖ weeityi wltq Z`v`w`k I wnmvew` msi`ף״Y Ges Zv tRjv KZEt`fi I Ab`vb` İvY cÖvbKvix ms`vmgn ni wBKU tÖY; • DctRjv chfag wvfbet`stii gta` mgstqi`wqZ;cöv bv; • GÖvovl`#hM e`e`vcbv mspvS-`vax Avt` kvej`x Ges DchP` KZEt`fi Zv`ף״w`k Avt`k Abjvi Y

Awa`tekb cwi Kí bv

w` b t 05

mgq t 10.00-11.00

tgcq` Kij t 60 ugubU

ukti vbg t tKvm`cpi vtj vPbv

Afxo` j t grm` Awa` Btíi KgRZfe`

j` t gtbvtm` tZj wcv l cvsMvm Pvl wclqK tKvm` c`g t`K tkl chS-c`k`Yv` i gva`tg cpi vtj vPbv Kivi m`thvM Kti t`qv hvZ Zvt` i tKvb mgm`v ev wRÁvmv `vKtj tmUv mgva vb Kti wbtZ cvti |

Dtí k` t Awa`tekb tktl c`k`Yv` xMY KBR c`xwZtZ tKv`mP mvgwMK uk`Yv` wcl qw` cpi vtj vPbv Kiteb Ges Zvt` i mgm`v ev wRÁvmv `vKtj tm`tj vi mgva vb Kitz cviteb |

wel q mPx	Avtj vP` wel q	c`xwZ	mgq
fugKv			3 ugubU
	<ul style="list-style-type: none"> • `wZg • ce`ZP`Awa`tektbi mvt` thvMm`f` `vcb • Pj wZ Awa`tektbi lci Avtj vKcvZ • D0j`KiY 	e ³ Zv l c`k`Ei	
wel qe`			52 ugubU
	<p>c`k`Yv` mg`-c`k`Yv` itK 2 `tj fvm Kti c`Z`K `tji bvgKiY Kiteb Amb e`v` wK Kti 2 wU `j`K g`LvgLx Kti emvtbv nte c`k`Yv` GKwU `j`K 1g l 3q w` tbi Avtj vP` wel q t`K 15 wU msv`B c`k`bePb Kitz ej`teb Abj`cfvte Aci `j`w 2q, 4` 5g w` tbi Avtj vP` wel q t`K 15 wU msv`B c`k`bePb Kiteb Dfq `j`B wbePZ c`k`tjv DEimn mieivnKZ wfcKv`w` c`K c`Kfvte wj`Lteb c`k`Yv` Dfq `j` t`K Kw`tjv msMh Kiteb Ges c`Z` `tji 10wU DcthwM c`k`eevQvB Kiteb c`k`Yv` tnvqvBU tevW`GKwU t`vi tevW`AvKiteb c`k`Yv` itK 1,2,3..... mugK b`f` t`qv nte Ges c`Z`K `tj GKRb `j`tbZv `vKiteb c`k`Yv` ch`q`m`tg 7 t`K 10 chS-GK `tji c`k`tjv Ab` `j`K Kiteb Ges Rvi tevW`P wmxvS-Abhvqx t`vi c`v`b Kiteb </p>	e ³ Zv c`k`Ei gP` wP`w` So	
mvi -mst`c			5 ugubU
	<ul style="list-style-type: none"> • gj wel q` t`j v cpi vtj vPbv • n`v`AvDU weZiY • ab`ev` Avcb 	e ³ Zv c`k`Ei	
c`k`Yv` mrvqK mvgM t tnvqvBU tevW`wDRw`E, gvKf, n`v`AvDU, K`vj Ktj Ui BZ`w`			

Awa`tekb cwi Kí bv

w`b t 05

mKvj 12.00-14.30

tgqv` Kvj t 45 wgvbU

wk`ti vbvg t mgvcbx Abp`vb I mb`cÍ weZiY

Afxó `j t grm` Awa`Bti KgrZRe`

j`ŋ t cġkŋYv_ŋ i 5 w`be`vcx Abp`oZ cġkŋY Kvhp`g tktI Avb`pmbK mgvcbx Abp`vtbi gva`tg mb`cÍ c0vb Kiv nte hv`Z Zui v AÍ cġkŋY j`ä Ávb Kv`R j wM`tq bZb D``tg gvQPwl t` i c0qvRbxq mn`thwMZv Ki`Z cv`ib|

Df`i k` t G Awa`tekb tktI cġkŋYv_ŋMY Zv`i AvRZ Ávb m`u`K`AvZ`cZ`qx nteb Ges Av`vi mv`_ gvQPwl t` i gta` gtbv`tm. tZj wcvq I cv`zvm P`tI i c0y`3 m`c0hvi Y Ki`Z cvi`teb|

wel qmP	Av`j vP` wel q	cġkŋY tKSkj	mgq
fvgKv			2 wgvbU
	<ul style="list-style-type: none"> • `Mzg • ce`Zi`Awa`tektbi cpi v`j vPbv • eZg`vb Awa`tektbi mv`_ msthvM `vcb • Awa`tektbi Df`i k` e`vL`v 	c0k`Ei I Av`j vPbv	
wel qe`			38 wgvbU
	<ul style="list-style-type: none"> • Avmb web`vm • Avgw`sz AvZw_ e`p` i Avmb M0b • `B Rb cġkŋYv_ŋ e`3e` • cġkŋYKe`p` i e`3e` • Avgw`sz we`tkI AvZw_Mt`bi gta` t_`tK e`3e` • c0vb AvZw_i e`3e` I mb`cÍ weZiY • mfvcwZi e`3e` 	e`3Zv Dc`vcbv	
mvi -mst`ŋc			5 wgvbU
	<ul style="list-style-type: none"> • ab`ev` Ávcb 	e`3Zv	
cġkŋY mnvqK mvgM0 t n`vEAvDU, tnvqvBU tevW`wbDRicE, gvKŋ , wdcPvU`Abjxj b wkU			



মনোসেক্স তেঙ্গাপিয়া ও পাক্সান চাষ