

# WKS gvŕQi tcvbv Drcv`b I Pvl e`e`vcbv

Avengvb Kvj t\_ŕKB Avgvŕ`i t`ŕk WKS gvQ AZ`š-Rbwcŕ GkUJ gvQ| tLŕZ LpB my`ŕ`y Ges cŕŕKi GB gvŕQi Pwn`v Ges evRvi gj`I AwaK| AwZwi<sup>3</sup> kmb AsM \_vKvq Giv Rj R cwi ŕetki evBti I AtbKŕY tetP \_vKŕZ cvŕi | dtj Rxeš-evRvi RvZ Kiv hvq| cŕe`cŕKwZK Rj vŕŕg weŕkl Z: nvl o evl o, vej Ges cŕivŕbv cŕŕi cŕi cwi gvŕb cvl qv tMŕj I eZŕŕb Gi cŕc`Zv LpB Kg| Rj R cwi ŕek weŕfbŕKvi ŕY wecbŕnI qvq Gi cŕRbb Ges wePiY tŕŕI mxwZ nŕq cŕotŕQ| dtj gvQwJ vej ŕcŕq| AZ`š-my`ŕ`y GB gvQwJŕK vej ŕBi nvZ t\_ŕK i ŕŕv Kiv Ges Pŕŕi Rb` cŕŕvRbxq tcvbv Drcv`ŕbi j ŕŕ` evsj vŕ`k grm` MŕelYv Bbw`wJŕU MŕelYvi gva`ŕg Kwŕg cŕRbb, tcvbv Drcv`b Ges Pvl e`e`vcbv cŕŕ<sup>3</sup> D`Mŕeb Kiv nŕqŕQ|

WKS gvŕQi Pvl %ŕnkó`

- AwaK NbŕZj WKS gvQ Pvl Kiv hvq|
- Kg Mŕxi Zv m`ubŕcŕŕi I Pvl Kiv hvq
- Rxeš-evRvi RvZ Kiv hvq|
- Zj bvgj Kŕŕŕe evRvi gj`I AwaK|

cŕRbb I Pvl e`e`vcbv

WKS gvŕQi Pvl j vŕRbK Ges GB gvQ ewYwR`K ŕŕŕe Pvl veŕ`i DcŕŕvMx nŕj I tcvbvi AcŕZj Zv tnZi Gi Pvl tZgb Rbwcŕ nŕq I ŕVvb| cŕKwZKŕŕŕe Drcw`Z tcvbv e`vcK Pvl veŕ`i Rb` hŕ\_ó bq| GB Rb`B Kwŕg cŕRbŕbi gva`ŕg tcvbv Drcv`b GKvš-Ri`ix| Kwŕg cŕRbb I Pvl e`e`vcbvi avc`ŕj v wŕæi e :

cŕRbbŕŕg gvQ msMŕh I cwi Phŕ

- Kwŕg cŕRbŕbi Rb` wŕŕm`ŕ-ŕde`qvix gvŕm cŕKwZK Drcm t\_ŕK my`ŕ`mej`ŕ I cŕj`I gvQ msMŕh KiŕZ nŕe|
- cŕZ tnŕŕi 10,000wJ gvQ gRŕ KiŕZ nŕe|

- gRÿ KZ gvQ<sub>2</sub> tjtK cÄZw`b t`tni IRtbi kZKiv 5-6 fVM nvti mæúyK Lvevi mieivn Ki tZ nte|
- evRtí cPwj Z ewYwR`K Lvevi e`envi Kiv thtZ cvti A\_ev kZKiv 40 fVM wdkwqj , 20 fVM mwi lvi `Lj , 20 fVM Pwtj i Kðv, 15 fVM Mtgi fwi , 4 fVM wPuv\_o Ges 1 fVM wFuvngb wclg. mnthvtM GB Lvevi %Zix Kiv thtZ cvti | Lv`" tcÄUb Gi cwi gvY 30 kZvsk ivL tZ nte|
- gv tS gv tS Rvj tUtb gv tQi `v`" cixqiv Ki tZ nte|

Kwî g cRbb

wks gvQ GK ermi eqtmB cRbb Dc thwMx nq| mnavi bZt tg t\_ tK tmtPæ†/A t±vei gym cñš-Giv cRbb Kti \_vtK| Kwî g cRbtbi Rb` my`mej `x l c j`l gvQ evQvB Ki tZ nte|

cRbbqig `x l c j`l gvQ mbr<sup>3</sup>KiY

`x gvQ	c j`l gvQ
<ul style="list-style-type: none"> <li>• `x gvQ AvKvti A t c qiv KZ eo</li> <li>• t c U t d v j v Ges b i g _ v K t e</li> <li>• R b t b w ` t j t M y , j v j t P Ges G K U z t d v j v _ v t K  </li> <li>• `x gv t Q i t c t U n v j K r f v t e P v c w t j w W g ` j G K u t e i n t q A v m t e  </li> <li>• w W t g i i s n v j K v m e R t _ t K e v ` v g x e t Y P Ges w K Q U v ` ^ Q n t e  </li> </ul>	<ul style="list-style-type: none"> <li>• c j ` l gv Q Z j b v g j K f v t e ` x gv Q A t c q i v t Q u  </li> <li>• c j ` l gv t Q i R b t b w ` t j j æ t U Ges m P v t j v _ v t K  </li> <li>• R b b v 1 / 2 c w i c ° A e ` v q j v j t P i s G i n q  </li> </ul>

- cKti t\_ tK gvQ ati `Z Ges mvearbZvi mvt\_ wmtgtUi U`vsK ev nvcvq `vbiš† Ki tZ nte Ges µgvMZ 6-8 Nuv cwnbi cÄvn w` tZ nte|

ni tgvb BbtRKkb cÄqvM

- wks gv t Qi t q t t i ` i a y g v i ` x gv Q w t K B n i t g v b B b t R K k b w ` t Z n q |
- gv t Qi c w i c ° Z v Ges c R b b m g t q i D c i w f w E K t i 70-75 w g . M 0 . w c w R ( w c U B U v i x M w ) e ` e n v i K i v n q |
- B b t R K k b t ` q v i c i ` x l c j ` l gv Q A v j v ` v U ` v s t K i v L t Z n t e |

- Bb†RKkb t`qvi 8-10 N›Uvi g†a` ˘x gvtQi tctU Pvc w`tq wWg tei Kiv nq| Ges i`mubj ˘e†bi mstM wgvktq wWg wowl <sup>3</sup> Kiv nq|
- wowl <sup>3</sup> wWg ˘\*ZZvi mstM tU†Z Qwo†q w`tZ nte hv†Z wWg ,†j v RgvU teta bv hvq|
- wowl <sup>3</sup> wWg 8-10 tm.wg. cw†b†Z ti†L μgvMZ cwbi Si bv w`tZ nte|
- 20 -24 N›Uvi g†a` wWg d†U ti bytcbv tei ntq Avmte|

†i bytcbv c†Zcvj b

- wWg d†U ti Ytcbv tei ntq hvevi ci wW†gi tLmv mwi†q t†j †Z nte|
- wWg t†vUvi 3 w`b ci ti bytcbv†K wW†gi Kmg, wUDw†d. I qvq<sup>®</sup>(*Tubifex* spp)| A\_ev AvU†gqv b†c-†L†Z t`qv nq|

A½j x tcvb Drcv`b

- bvm†x c†K†i 5-10 w`b eq†mi avbx tcvb gR† K†i GK t\_†K t`o gvtmi g†a` A½j x tcvb cvl qv hvq|
- bvm†x c†K†i m†WKfv†e c†Z K†i 5-10 w`b eq†mi avbx tcvb kZvsk c†Z 8000-10,000 wJ ch†-gR† Kiv th†Z cv†i |
- bvm†x c†K†i 1 w†Uvi DP† R†j w`tq w††i w`tZ nte hv†Z ¶wZKi e`v0, mvc c†K†i c†ek Ki†Z bv cv†i |
- c†w†Kfv†e c†Z w`b t`†ni I R††i 2 t\_†K 3 ,Y Lvevi 2 ev†i Lvl qv†Z nte|
- Lv` w††m†e ew†w†R†Kfv†e Drcw` Z w†Pw†o ev cv½v†mi bvm†x w†W e`envi Kiv th†Z cv†i |
- tcvb Qvovi 30-45 w`†bi g†a` tcvbi AvKvi M†o 4-5 tm.wg. nq|
- c†K†i Qvovl ÷††j i tU†, w††g††Ui U`vsK w†Ksev R††j i Lw†P†q† A½j x tcvb Drcv`b Kiv th†Z cv†i |
- ÷††j i tU†, w††g††Ui U`vsK w†Ksev R††j i Lw†P†q c†Z eM†g†U†i 100-200 wJ avbx tcvb gR† K†i 30-40 w`b ci A½j x tcvb cvl qv hvq|
- G††††† Lv` w††m†e bvm†x w†W ev Rycv†KUB t`qv th†Z cv†i |

Pvl c×wZ

- wks gvQ P††i i Rb` 1-1.5 w†Uvi M†xi Zv w†w†ó c†K†i Dch†<sup>3</sup> |

- cKti i cvo tgi vZ Kti cKi t\_tK iv`m gvQ mvi tq tdj tZ nte |
- cKi i`mKtq tdj tZ cvi tj metP tq fvj v nq |
- cZ kZvstK 1 tKwR Pb, 10 tKwR tMvei, 100 Mlg BDwi qv Ges 100 Mlg wUGmnc mvi cOqvM Kti cKi `Zix Ki tZ nte |
- mvi cOqvMi 4-5 w`b ci cKti i cwlb meR ev nvj Kv ev`vgx ntj cKti kZvsk cZ 750-1000w tcvbv gRy` Ki tZ nte |

Lv` cOqvM

Lvevi wntmte ewYwR`Kfvte Drcw` Z K`vUwdk wdW wKsev wbtgeDij wLZ dgj`v Abhvqx Lvevi `Zix Kti t`qv thtZ cvti |

Lv` Dcv`vb	dgj`v 1	dgj`v-2
wdk wj	40%	25%
tevb GU wGU wj	0%	15%
mwi lvi `Lj	20%	20%
Pvtj i Kzv	20%	20%
Mtgi fwl	15%	15%
wPUv `o	4%	4%
wfUwgb l LubR j eb	1%	1%

- gvQoi t`ni l Rtb i 4-5% nvti w`tb 2 evi Lvevi w`tZ nte |

ti vM e`e`vcbv

- wks gvQ GKUzk<sup>3</sup> cKwZi gvQ nI qvq ti vM e`wa Lp GKUv t`Lv hvq bv |
- tcvYv gRy` Ki tbi mgq tLqvj i vL tZ nte hv tZ tcvbv AvNvZ cOv bv nq |
- cKti i cwlb bO ntj cwieZb Ki tZ nte |
- cwlb i Yv`Y bO ntj gvQ Nv t`Lv w`tZ cvti | GB ti vM cZ kZvstK 1 tKwR nvti Pb Ges 1 tKwR j eY`B evti wZb w`b Ašit cOqvM Ki tZ nte |
- GQovl cZ gvtm cKti 1/2 tKwR nvti Pb cOqvM Ki tZ cwlb i Yv`Y fvj v`v tK |

gvQ Avni Y l Drcv`b

- Rvj Uvbvi cpe cwlb Kvgtq wbtZ nte |

- cKti Rvj tUtb tekxi fvM gvQ ai tZ nte |
- m<sup>u</sup>Y<sup>g</sup>vQ Avni Y Ki tZ ntj cKi i wKtq tdj tZ nte |
- m<sup>p</sup>f<sup>v</sup>te cwi Ph<sup>p</sup>Ki t<sup>j</sup> 8-10 gvtm t<sup>n</sup>±i c<sup>o</sup>Z 8000-9500 tKwR ch<sup>s</sup>-Drcv` b ntZ cvti |

Avq/e`q

- t<sup>n</sup>±i c<sup>o</sup>Z Drcv` b 8000-9500 tKwR |
- t<sup>n</sup>±i c<sup>o</sup>Z Drcv` b LiP 10,25,000-13,00,000 UvKv |
- t<sup>n</sup>±i c<sup>o</sup>Z g<sup>p</sup>vdv 14,00,000-17,00,000 UvKv |

civgk<sup>o</sup>

- e<sup>w</sup> I gRy KZ gvQ<sup>t</sup>K w<sup>b</sup>q<sup>g</sup>Z m<sup>j</sup>g L<sup>v</sup>vi mi eivn Ki tZ nte |
- b<sup>v</sup>m<sup>f</sup>x cKti avbx tcvbv Q<sup>v</sup>ovi c<sup>e</sup><sup>o</sup>WZKi num tcvKv e<sup>v</sup>0wP BZ`w` Ac<sup>m</sup>vi Y Ki tZ nte |
- b<sup>v</sup>m<sup>f</sup>x cKti Rvj w` t<sup>q</sup> w<sup>N</sup>ti w` tZ nte |
- P<sup>v</sup>tli cKti i cvo D<sup>p</sup>z i vL<sup>t</sup>Z nte hv<sup>t</sup>Z el<sup>q</sup> gvQ tei ntq th<sup>t</sup>Z bv cvti |
- m<sup>y</sup>`mej tcvbv gRy Ki tZ nte |
- w<sup>b</sup>q<sup>g</sup>Z R<sup>h</sup>j tUtb gv<sup>t</sup>Qi `v` cix<sup>q</sup>v Ki tZ nte |
- cw<sup>b</sup>i <sup>u</sup>bv<sup>u</sup> t<sup>b</sup>i c<sup>o</sup>Z tL<sup>q</sup>vj i vL<sup>t</sup>Z nte |

## gv, i gvŧQi tcvbv Drcv` b I Pvl e`e`vcbv

evsj vt`tki wRIj gvQ, t j vi gta` gv, i gvQ Ab`Zg | GwU my`v`y cyóKi Ges Kg Pweħy³ | gvŧQ KwUv Kg \_vKvq wki t` i Rb` wtkl DcthvMx | wks gvŧQi gZ gv, i gvŧQi I AwZwi³ kħmb A½ i tqtQ dtj Giv Rj R cwi tetki evBti I AŧbKŧY tetP \_vKtZ cvti | Rxeš-Ae`vq evRvi RvZ Kivi myeav \_vKvq GB gvQwU I AwaK gŧj` weµq Kiv hvq |

AZxtZ cŧKwZK Drcm t\_ŧK cŧi cwi gvb gv, i gvQ cvl qv thZ | eZŧvŧb cwi tek` tY Ges Ab`vb` Kvi tY gv, i gvŧQi cŧRbb Ges wePiY tŧŧ aYsm nI qvq gvQwU LpB Kg cwi gvŧb cvl qv hvq | evsj vt`k grm` MtelYv Bbw÷wUDU KZŔ Kwŧg cŧRbŧbi gva`tg tcvbv Drcv` b Ges Pvl cħy³ D`weZ nI qvq Rbwcŧ GB gvQwU ewYwR`Kfvte Pvl i mŧhvM ewx tctqtQ | AvaybK Pvl cxwZ cŧqvŧMi dtj gv, i gvŧQi Drcv` b ewx i mvŧ\_ mvŧ\_ gvQwUŧK wej wBi nvZ t\_ŧK AŧbKvstk i ŧv Kiv mæe |

gv, i gvŧQi Pvl %awkó`

- AwaK NbŧZj t` kx gv, i gvQ Pvl Kiv hvq |
- Rxeš-Ae`vq evRvi RvZ Kiv hvq |
- Zj bvgj Kfvte evRvi gj` Ab`vb` wRIj gvŧQi ŧPtq AwaK |

cŧRbb I Pvl e`e`vcbv

cŧRbbŧg gvQ msMħ I cwi Ph®

- Kwŧg cŧRbŧbi Rb` wŧmæŧ-ŧde`qvix gvŧm cŧKwZK Drcm t\_ŧK my` mej` ŧ I cij`I gvQ msMħ KiŧZ nte |
- cŧZ tn±ŧi 10,000wU gvQ gRy` KiŧZ nte |
- gRy` KZ gvQ, t j vtK cŧZw` b t`tni IRŧbi kZKiv 5-6 fvM nvŧi mæújK Lvevi mieivn KiŧZ nte |
- evRvŧi cŧwŧj Z ewbŧR`K fvte Drcw`Z Lvevi e`envi Kiv thŧZ cvti A\_ev kZKiv 40 fvM wdkwŧj , 20 fvM, mwi lvi`Lj , 20 fvM Pvtj i Kov, 15 fvM Mŧgi fwl , 4

fVM wPUv<sub>3</sub>o Ges 1 fVM wfUwgb w0g. mnthvM GB Llevi %Zix Kiv thZ cvti |  
Lv<sup>~</sup> tc0Uv Gi cwi gvY 30 kZvsk ivL<sup>~</sup>Z nte|

- gv<sup>~</sup>S gv<sup>~</sup>S Rvj tU<sup>~</sup>b gv<sup>~</sup>Qi <sup>~</sup>v<sup>~</sup> cix<sup>~</sup>v Ki<sup>~</sup>Z nte|

Kw<sup>~</sup>g cRbb

- t<sup>~</sup> kx gv<sub>3</sub> i gvQ mvavi YZ tg t<sup>~</sup>K AvMó ch<sup>~</sup>cRbb Kti <sup>~</sup>v<sup>~</sup>K|
- cRb<sup>~</sup>bi Rb<sup>~</sup> cwi c<sup>~</sup> <sup>~</sup>x I cj<sup>~</sup>l gvQ evQvB Ki<sup>~</sup>Z nte|

cRbb<sup>~</sup>g <sup>~</sup>x I cj<sup>~</sup>l gvQ mbr<sup>~</sup>KiY

<sup>~</sup> x gvQ	cj <sup>~</sup> l gvQ
<ul style="list-style-type: none"> <li>• <sup>~</sup>x gvQ Zj bvgj Kfvte cj<sup>~</sup>l gvQ Atc<sup>~</sup>v AvKv<sup>~</sup>i tQvU </li> <li>• tU<sup>~</sup> tdvj v Ges bi g <sup>~</sup>vKte</li> <li>• Rb<sup>~</sup>bi<sup>~</sup> tMvj , j vj tP Ges GKUz tdvj v <sup>~</sup>v<sup>~</sup>K </li> <li>• <sup>~</sup>x gv<sup>~</sup>Qi t<sup>~</sup>U nvj Kfvte Pic w<sup>~</sup> t<sup>~</sup> wWg <sup>~</sup>0Gku Kti tei ntq Avmte </li> <li>• wWtgi is nij Kv meR t<sup>~</sup>K ev<sup>~</sup>vgx etY<sup>~</sup> Ges wKQlv <sup>~</sup>Q nte </li> </ul>	<ul style="list-style-type: none"> <li>• cj<sup>~</sup>l gvQ AvKv<sup>~</sup>i Atc<sup>~</sup>vKZ eo</li> <li>• cj<sup>~</sup>l gv<sup>~</sup>Qi Rb<sup>~</sup>bi<sup>~</sup> t<sup>~</sup> j tP Ges mPvtj v <sup>~</sup>v<sup>~</sup>K </li> <li>• Rb<sup>~</sup>bi<sup>~</sup> t<sup>~</sup> cwi c<sup>~</sup> Ae<sup>~</sup>vq j vj tP is Gi nq </li> </ul>

- cK<sup>~</sup>i t<sup>~</sup>K gvQ at<sup>~</sup>i 6-8 N<sup>~</sup>Uv wntgt<sup>~</sup>U i U<sup>~</sup>vsK ev nvcvq ti tL cwbi c<sup>~</sup>vn w<sup>~</sup> tZ nte|

ni tgvb Bb<sup>~</sup>RKkb c0qvM

- t<sup>~</sup> kx gv<sub>3</sub> i gv<sup>~</sup>Qi t<sup>~</sup> t<sup>~</sup> i aygv<sup>~</sup> <sup>~</sup>x gvQw<sup>~</sup>tKB ni tgvb Bb<sup>~</sup>RKkb w<sup>~</sup> tZ nq|
- gv<sup>~</sup>Qi cwi c<sup>~</sup> Zv Ges cRbb mg<sup>~</sup>qi Dci wf<sup>~</sup>E Kti 80-120 ug.M0. wcvR (wCUBUvi x M<sup>~</sup>) e<sup>~</sup>envi Kiv nq|
- Bb<sup>~</sup>RKkb t<sup>~</sup> qvi 16-18 N<sup>~</sup>Uvi g<sup>~</sup>ta<sup>~</sup> gvQ wWg w<sup>~</sup> t<sup>~</sup> <sup>~</sup>v<sup>~</sup>K|
- cj<sup>~</sup>l gv<sup>~</sup>Qi t<sup>~</sup>U tK<sup>~</sup>U i <sup>~</sup>mvkq tei Kti 0.9% j eY <sup>~</sup>etY wgvk<sup>~</sup>tq i <sup>~</sup>mvbj <sup>~</sup>etY <sup>~</sup>Zix Kiv nq|

- ˘x gvtQi tctU Pvc w`tq wWg tei Kiv nq Ges i μvbi ˘tYi mstM wgwktq wWg wbl<sup>3</sup> Kiv nq|
- wbl<sup>3</sup> wWg ˘ZZvi mstM tUfZ 7-10 tm. wg. cwbtfZ Qwtq w`tZ nte hvfZ wWg<sub>˘tj</sub> v RgvU tefta bv hvq|
- tUfZ μgwMZ cwbi Sibv w`tZ nte|
- Zvcgıvi Dci wbfP Kti 24-30 NıUvi gta" wWg dtU ti bytcbv tei ntq Avtm|

ti bytcbv cÖZcvj b

- wWg tduvi 4/5 w`b ci ti bytcbvfk wWtgi Kmg, wJwtd. I qvg<sup>©</sup>(*Tubifex* spp) A\_ev RycvKUb tLtfZ t`qv nq|

A½j x tcvb Drcv`b

- bvmfıx cKti 5-10 w`b eqtmi avbx tcvb gRı Kti GK t\_tK t`o gvtmi gta" A½j x tcvb cvl qv hvq|
- bvmfıx cKti mWkfıte cÖZ Kti 5-10 w`b eqtmi avbx tcvb kZvsk cÖZ 8000-10,000 wJ chS-gRı Kiv thfZ cvti |
- bvmfıx cKti 1 wguvi DPz Rıj w`tq wNti w`tZ nte hvfZ ¶wZKi e"v0, mvc cKti cÖek KifZ bv cvti |
- cÖ\_wgkfıte cÖZ w`b t`n I Rıbi 2-3 ıY Lıvi ˘B evti Lvl qvtZ nte|
- Lv`" wntmte evbwR"Kfıte Drcw`Z wPsw ev cvıvtmi bvmfıx wdw e"envi Kiv thfZ cvti | cÖ\_g ˘B wZb w`b wmx wWtgi Kmg Ges gq`v mgcwi gvtb wgwktq wQwUfZ w`tj fvtj v nq|
- tcvb Qvovi 30-45 w`b Gi gta" tcvbi Avkvi Mto 5-7 tm.wg. nq|
- cKti Qvovl ÷xtj i tU<sup>o</sup>, wntgtıUi tPsev"Pr wKsev Rıfı i LuPvqI A½j x tcvb Drcv`b Kiv thfZ cvti |
- cÖZ eMıguvıti 100-200 wJ avbx tcvb gRı Kti 30-40 w`b ci A½j x tcvb cvl qv hvq|
- G t¶ıı Lv`" wntmte wPsw bvmfıx wdw A\_ev RycvKUb Lv`" wntmte t`qv thfZ cvti |

Pvl c×wZ

- gv<sub>3</sub> i gvQ Pvl Gi Rb<sup>3</sup> 1-1.5 wgvUvi Mfxi Zv wewkó cKai Dchp<sup>3</sup> |
- cKai i cvo tgi vGZ Kti cKai t<sub>3</sub>K i v<sup>3</sup> t<sub>3</sub>m gvQ mwi t<sub>3</sub>q t<sub>3</sub>dj t<sub>3</sub>Z nte |
- cKai i wKt<sub>3</sub>q t<sub>3</sub>dj t<sub>3</sub>Z cvi t<sub>3</sub>j me<sub>3</sub>Pt<sub>3</sub>q fv<sub>3</sub>t<sub>3</sub>v nq |
- cōZ kZvst<sub>3</sub>k 1 tKwR Pb, 10 tKwR tMvei, 100 Mōg BDwi qv Ges 100 Mōg wJ. Gm. wv. mvi cōqvM Kti cKai ^Zix Ki t<sub>3</sub>Z nte |
- mvi cōqvM<sub>3</sub> 4-5 w<sub>3</sub> b ci cKai i cw<sub>3</sub>b me<sub>3</sub>R ev nvj Kv ev<sub>3</sub> vgx n<sub>3</sub>t<sub>3</sub>j cKai kZvsk cōZ 300-500wJ tcvbv gR<sub>3</sub> Ki t<sub>3</sub>Z nte |
- cKai GK wgvUvi DPzRvj w<sub>3</sub> t<sub>3</sub>q wN<sub>3</sub>ti w<sub>3</sub> t<sub>3</sub>Z nte |

Lv<sup>3</sup> cōqvM

- gv<sub>3</sub>t<sub>3</sub>Qi t<sub>3</sub> t<sub>3</sub>ni I R<sub>3</sub>t<sub>3</sub>bi 4-5% nv<sub>3</sub>ti w<sub>3</sub> t<sub>3</sub>b ^<sub>3</sub>Bevi L<sub>3</sub>evi w<sub>3</sub> t<sub>3</sub>Z nte |
- L<sub>3</sub>evi t<sub>3</sub>cv<sub>3</sub>U<sub>3</sub>t<sub>3</sub>bi cwi gv<sub>3</sub>b 30-35% n<sub>3</sub>t<sub>3</sub>j fv<sub>3</sub>j nq |
- L<sub>3</sub>evi w<sub>3</sub>tm<sub>3</sub>te ew<sub>3</sub>b w<sub>3</sub>R<sub>3</sub> Kfv<sub>3</sub>te Drcw<sub>3</sub> Z K<sub>3</sub>v<sub>3</sub>U<sub>3</sub>w<sub>3</sub>dk w<sub>3</sub>dW w<sub>3</sub>K<sub>3</sub>sev w<sub>3</sub>b t<sub>3</sub>g<sub>3</sub>o<sub>3</sub>t<sub>3</sub>j w<sub>3</sub>z dg<sub>3</sub>p<sub>3</sub>v Ab<sub>3</sub>h<sub>3</sub>vq<sub>3</sub>x L<sub>3</sub>evi ^Zix K<sub>3</sub>ti t<sub>3</sub> qv t<sub>3</sub>t<sub>3</sub>Z cv<sub>3</sub>t<sub>3</sub>it

Lv <sup>3</sup> Dcv <sup>3</sup> vb	dg <sub>3</sub> p <sub>3</sub> v 1	dg <sub>3</sub> p <sub>3</sub> v-2
w <sub>3</sub> dk w <sub>3</sub> gj	40%	25%
t <sub>3</sub> evb GŪ w <sub>3</sub> gU w <sub>3</sub> gj	0	15%
mwi lvi ^Lj	20%	20%
Prt <sub>3</sub> j i K <sub>3</sub> ov	20%	20%
M <sub>3</sub> t <sub>3</sub> gi f <sub>3</sub> w	15%	15%
w <sub>3</sub> PUv <sub>3</sub> o	4%	4%
w <sub>3</sub> fU <sub>3</sub> w <sub>3</sub> gb l L <sub>3</sub> w <sub>3</sub> R j eb	1%	1%

t<sub>3</sub>i vM e<sup>3</sup>e<sup>3</sup>vcbv

- t<sub>3</sub> kx gv<sub>3</sub> i gvQ GKUzk<sup>3</sup> cKwZi gvQ n<sub>3</sub>l qvq t<sub>3</sub>i vM e<sup>3</sup>wa L<sub>3</sub>e GKUv t<sub>3</sub> Lv hvq bv |
- cw<sub>3</sub>bi<sub>3</sub> Yv<sub>3</sub>Y bó n<sub>3</sub>t<sub>3</sub>j gv<sub>3</sub>t<sub>3</sub>Q Nv t<sub>3</sub> Lv w<sub>3</sub> t<sub>3</sub>Z cv<sub>3</sub>ti | GB t<sub>3</sub>i v<sub>3</sub>t<sub>3</sub>M cōZ kZvst<sub>3</sub>k 1 tKwR nv<sub>3</sub>ti Pb 1 tKwR j eY ^<sub>3</sub>Bevi w<sub>3</sub>Zb w<sub>3</sub> b A<sub>3</sub>š<sub>3</sub> cōqvM Ki t<sub>3</sub>Z nte |
- GQrov<sub>3</sub>l cōZ gv<sub>3</sub>t<sub>3</sub>m cKai 1/2 tKwR nv<sub>3</sub>ti Pb cōqvM Ki t<sub>3</sub>j cw<sub>3</sub>bi<sub>3</sub> Yv<sub>3</sub>Y fv<sub>3</sub>t<sub>3</sub>j v<sub>3</sub> v<sub>3</sub>t<sub>3</sub>K |
- t<sub>3</sub>Kvb Kvi t<sub>3</sub>Y cw<sub>3</sub>bi<sub>3</sub> b<sub>3</sub>v<sub>3</sub>b bó n<sub>3</sub>t<sub>3</sub>j ew<sub>3</sub>ni t<sub>3</sub> t<sub>3</sub>K cwi<sub>3</sub> w<sub>3</sub>vi kxZj cw<sub>3</sub>b mieiv<sub>3</sub>n Ki t<sub>3</sub>Z nte |

### gvQ AvniY I Drcv`b

- cKti Rvj tUtb tekxi fVl gvQ ai tZ nte |
- m<sup>u</sup>Y<sup>g</sup>gvQ AvniY Ki tZ ntj cKti i wktq tdj tZ nte |
- m<sup>o</sup>f<sup>v</sup>te cwI Ph<sup>e</sup> Ki tJ 6-8 gv<sup>t</sup>m t<sup>n</sup>±i c<sup>o</sup>Z 6000-8000 tKwR ch<sup>s</sup>-Drcv`b ntZ cvti |

### Avq/e`q

- t<sup>n</sup>±i c<sup>o</sup>Z Drcv`b 6000-8000 tKwR |
- t<sup>n</sup>±i c<sup>o</sup>Z Drcv`b LiP 6,50000-8,50000 UvKv |
- t<sup>n</sup>±i c<sup>o</sup>Z gv<sup>t</sup>dv 11,00000-13,00000 UvKv |

### civgk<sup>o</sup>

- e<sup>w</sup> I gRy KZ gvQ tK w<sup>b</sup>q<sup>g</sup>Z m<sup>l</sup>g L<sup>v</sup>vi mi eivn Ki tZ nte |
- b<sup>v</sup>m<sup>f</sup>x cKti avbx tcvbv Q<sup>v</sup>ovi c<sup>e</sup><sup>o</sup>m<sup>u</sup>m tcvKv, e<sup>v</sup>o<sup>w</sup>P BZ<sup>w</sup>` Ac<sup>m</sup>viY Ki tZ nte |
- b<sup>v</sup>m<sup>f</sup>x cKti Rvj w` t<sup>q</sup> w<sup>N</sup>ti w` tZ nte |
- P<sup>v</sup>t<sup>i</sup> i cKti i c<sup>v</sup>o D<sup>r</sup>z i vL tZ nte hv tZ el<sup>o</sup>q gvQ tei ntq th tZ bv cvti |
- m<sup>y</sup>`mej tcvbv gRy Ki tZ nte |
- w<sup>b</sup>q<sup>g</sup>Z R<sup>o</sup>j tUtb gv tQi <sup>-</sup><sup>v</sup>-<sup>v</sup> cix<sup>o</sup>lv Ki tZ nte |
- c<sup>w</sup>bi <sup>o</sup>bv<sup>o</sup> tbi c<sup>o</sup>Z tLqvj i vL tZ nte |

# %K gvŧQi ŧcvbv Drcv` b I Pvl e`e`vcbv

%K gvQ evsj vŧ` ŧki Awakvsk gvbtŧi KvtQ Avengvb Kvj aŧi GKwJ AZ`š-AwŧRvZ I Rbncŧ gvQ wnmvŧe cwi wPZ | G gvQwJ ŧLŧZ AZ`š-my` ŧ`ycpŧKi Ges Kg Pwŧŧy³ | Rxeš-Ae`vq evRvi RvZ Kiv hvq weavq G gvŧQi evRvi gj` Zj bvgj Kfvŧe tekx | AZŧZ G gvQwJ Lvj, wej, cKŧi, ŧWvev, nvl o, evl o Ges cvebŧwŧZ cŧŧi cwi gvŧb cvl qv thZ | wKš ŧ`ŧk eb`v wŧqšY I tmŧPi Rb` eva wŧgŧb, cŧKwZK Rj vktŧq cwj gwJ cto µgk fivJ nŧq Mfxi Zv Kŧg hvl qv, wKŧi Kvi Lvbi eR©, ŧcšI I KwR AveRŧvi Rb` cwbi `ŧY, wŧvePvŧi gvQ Avnib Avi tmB mvŧ\_ gvŧQi tivMejvB ewxi KviŧY Af`š-xY Rj vktŧq G gvQwJi cŧPhZv Kŧg hvŧ`Q | cvkvcwK b`x-byjv, Lvj-wej, cvebŧwŧ I ŧgnbvq cŧKwZK wePiY I cRbb ŧŧŧ wŧbó nŧq hvl qvq gvQwJ BŧZvgŧa` wecbæcRwZi gvQ etj wPwyZ nŧqŧQ |

ŧ`kxq cRwZi AZ`š-gj evb G gvQwJi wej wB tivaKŧi evsj vŧ`k grm` MŧelYv Bbiv-wJŧŧUi gggbimsn`-` ŧ`cwb ŧKŧ`ŧi weAvxiv wŧweo MŧelYvi Gi Kwŧg cRbb, ŧcvbv Drcv` b I Pvl cħy³ D`wŧŧ mdj Zv jvf KŧiŧQ | dj kŧwZŧZ `K gvŧQi ŧcvbv cŧwB I Pvl c-xwZ thgb mŧg nŧqŧQ ŧZgwb G gvQwJŧK wej wBi nvZ nŧZ iŧŧv Kŧi Gi Rxe%ewPŧ` msi ŧŧŧYi c\_l DŧbŧwPZ nŧqŧQ |

`K gvŧQi `ewkó`

- Gŧ`i Avex cwbtŧZ tekx ŧ`LŧZ cvl qv hvq |
- Giv K`ŧy³ Zj vi gwJŧZ, MŧZ©, wŧgŧŧZ MvŧQi `wŧi Zj vq ev mŧŧ½ emevm KiŧZ cŧw` Kŧi |
- %K gvQ mvavi YZ: AvMvQv, KPŧi xcvbv Ges Wj cvj v AajwJ Z Rj vktŧq `^Qŧ` emevm Kŧi \_vŧK |
- Kg Mfxi Zv m`úwæcKŧi Gŧ`i Pvl Kiv hvq |
- AwZwi³ kŧmb Aŧzu\_vKvq Giv evZvm ŧ\_ŧK Aw ŧRb wŧŧq `xNŧgq tetP \_vKŧZ cvŧi weavq RweZ Ae`vq evRvi RvZ Kiv hvq |
- Giv Kg tivMejvB I weifc cŧKwZK Rj R cwi ŧŧk AZ`š-mnbkxj |

Kwġg cRbb I Pvl e'e'vcbv

e<sup>a</sup>W gv<sup>t</sup>Qi cwi Ph<sup>6</sup>

c0KwZK Rj vkq t<sub>-</sub>ġk wWtm<sup>a</sup>t-<sup>t</sup>de<sup>o</sup>qvix gv<sup>t</sup>m my' mej I tivMgy<sup>3</sup> gvQ msM0h Kti Kwġg cRb<sup>t</sup>bi Rb" e<sup>a</sup>W ^Zix Ki<sup>t</sup>Z nte| e<sup>a</sup>W ^Zixi Rb" wbaewYZ Dcv<sup>t</sup>q cK<sup>i</sup> c0<sup>t</sup>WZ I e'e'vcbv Ki<sup>t</sup>Z nqt

- e<sup>a</sup>W gv<sup>t</sup>Qi cK<sup>i</sup> cwi wgz Pb, mvi I tMvei w<sup>t</sup>q c0<sup>t</sup>Z Ki<sup>t</sup>Z nte|
- cK<sup>i</sup> cwi Mo Mfxi Zv 1.0 wglvi ivL<sup>t</sup>Z nte|
- gvQ gR<sup>t</sup> i Av<sup>t</sup>M 150-200 w<sup>c</sup>wGg cUw<sup>m</sup>qvg cvi g<sup>v</sup>v<sup>t</sup>tbU ev j eb R<sup>t</sup>j tMvQj w<sup>t</sup>q gR<sup>y</sup> Kiv th<sup>t</sup>Z cv<sup>t</sup>i |
- m<sup>y</sup>g cwi c<sup>o</sup> e<sup>a</sup>W gvQ tct<sup>t</sup>Z n<sup>t</sup>j cK<sup>i</sup> c0<sup>t</sup> kZvsk AvqZ<sup>t</sup>b 80-100 w<sup>l</sup> %K gvQ gR<sup>y</sup> Ki<sup>t</sup>Z nte|
- c0<sup>t</sup>W b gv<sup>t</sup>Qi w<sup>n</sup>K I R<sup>t</sup>bi 6-10% m<sup>a</sup>u<sup>t</sup>K Lvevi (35-40% Awgl mg<sup>x</sup>) c0<sup>q</sup>vM Ki<sup>t</sup>Z nte|
- cK<sup>i</sup> wba<sup>q</sup>gz Rvj tUt<sup>b</sup> e<sup>a</sup>W gv<sup>t</sup>Qi w<sup>n</sup> cix<sup>q</sup>lv Ki<sup>t</sup>Z nte|
- cRbb cK<sup>i</sup> M<sup>t</sup>o 1.0 wglvi cwi Mfxi Zv ivL<sup>vi</sup> Rb" wei<sup>x</sup> cwi mieivn Ki<sup>t</sup>Z nq|

cRbb<sup>q</sup>g w<sup>l</sup> I cj<sup>l</sup> gvQ mbv<sup>3</sup>KiY

cRbb FZ<sup>t</sup>Z cwi c<sup>o</sup> w<sup>l</sup> I cj<sup>l</sup> gvQ wba<sup>w</sup>j wLZ w<sup>n</sup>k0mg<sup>n</sup> ch<sup>e</sup>q<sup>t</sup>Y m<sup>t</sup>R mbv<sup>3</sup> Kiv hvqt

w <sup>l</sup> gvQ	cj <sup>l</sup> gvQ
<ul style="list-style-type: none"> <li>• M<sup>t</sup>qi is nvj Kv ev<sup>l</sup>vgx Ges e<sup>q</sup> I tktYx cvLbv D<sup>3</sup>aj ev<sup>l</sup>vgx eY<sup>a</sup>vi b Kti  </li> <li>• t<sup>c</sup>U tek t<sup>d</sup>vj v I big Ges Av<sup>t</sup>-Pvc w<sup>t</sup> j cwi c<sup>o</sup> wWg tewi<sup>t</sup>q Av<sup>t</sup>m </li> <li>• t<sup>c</sup>U nvj Kv Pvc w<sup>t</sup> j RbbB<sup>w</sup> t<sup>q</sup>i c<sup>u</sup>wZ j<sup>q</sup> Kiv hvq </li> </ul>	<ul style="list-style-type: none"> <li>• e<sup>q</sup> I tktYx j vj eY<sup>a</sup> Lv hvq </li> <li>• t<sup>c</sup>U nvj Kv Pvc w<sup>t</sup> j m<sup>v</sup>v w<sup>g</sup>e tewi<sup>t</sup>q Av<sup>t</sup>m </li> <li>• cj<sup>l</sup> I w<sup>l</sup> gvQ m<sup>v</sup>avi YZ AvK<sup>t</sup>i tKvb cv<sup>l</sup> tbB </li> </ul>



- ti vtUbb c0qvMi 5 w`b ci c0Z kZvstk 1.0 tKwR nvti Kwj Pb mg<sup>-</sup>-cKti w0Uttq c0qvM Ki tZ nte
- Pp c0qvMi 3 w`b ci cKti c0Z kZvstk 4 tKwR tMvei w`tZ nte|
- numtcbvKv I ¶wZKvi K c0Uv aYsk Kivi Rb` ti Yygrt` i 24 N0Uv AvtM c0Z kZvstk 20 Mtg nvti wWcUvti. Aek`B c0qvM Ki tZ nte|

### ti Y-tcbv gRj

- gRj KZ cKti 4-5 w`b eqtmi ti Yytcbv c0Z kZvstk 25,000-30,000 wU nvti gRj Kiv thtZ cvti |
- c0Z kZvstk c0g 3 w`b 2wU Kti wWtgi Kmg mKvj, `ycj I wetKtj w0Uttq w`tZ nte|
- 4-7 w`b: mKvtj I `ycj 3wU wWg I wetKtj 50 Mtg AvUvi `eY c0Z kZvstk mieivn Ki tZ nte|
- 8-12 w`b: mKvj, `ycj I wetKtj 100 Mtg nvti c0Z kZvstk 40% t0Uv mgx bvm¶x Lv` w`tZ nte|
- 13-20 w`b: mKvj, `ycj I wetKtj 200 Mtg nvti c0Z kZvstk 40% t0Uv mgx bvm¶x Lv` w`tZ nte|
- ti Yytcbv Qrovi 20-25 w`b ci Pviv tcbvq cwiYZ nq, hv PvtI i cKti gRt` i Rb` Dc¶hMx

### %K gvtQi Pvl

Avex Rj vkq A\_¶ cKti `K gvtQi epxi nvi Lp mtšw RbK bq| Zte G gvQ tfr<sup>3</sup>vt` i w0KU Lp w0q weavq evRvti c0i Pwin`v itqtQ| cKti G gvQ PvtI i Kj vtKškj w0ta m0b0wKZ ntj v:

### cKi c0tZ

- %K gvQ PvtI i Rb` 4-5 gvm cwb \_vtK G iKg 15-50 kZvstki cKi wbePb Ki tZ nte|
- cKi tmP cwb i wKtq AewwAZ gvQ I c0Yx `i Ki tZ nte|
- tcbv gRt` i cte`c0Z kZvstk 1.0 tKwR nvti Kwj Pb c0qvM Avek`K|

- Pb c0qvMi 5 w`b cti tcvbv gRf` i e`e`v vbtZ nte |

tcv bv gRy I e`e`vcbv

- c0ZKZ cKti c0Z kZvstK 2-3 M0g I Rbt i my`-mej 200 uJ tcvbv gRy Ki tZ nte |
- tcvbv gRf` i w`b t`\_tK 35-40% t0U b mgx m`u`K wctj U Lv` gv tQi t`n I Rbt i 20-4% nvt i mKvj , `cj I weKvtj cKti w0U t q mi eivn Ki tZ nte |
- c0Z 15 w`b ci ci Rvj tUtb gv tQi ep` chfe`Y Kti Lve t i i cwi gvY wba`Y Ki tZ nte |
- %K gv tQi cKti cPi c`v`bi Awak` cwi j w`Z nt q \_vtK, GB c`v`b wq`Š`bi Rb` c0Z kZvstK 8-10 uJ g`bvtm. tZj wcvq I 2-3 uJ wnj fvi Kv t cP tcvbv gRy Kiv th tZ cvti |

gvQ Avni Y I Drcv` b

Avav wbeo c`w`Z tZ `K gvQ Pvl Ki t j 4-5 gv tmi gta` 40-50 M0g I Rbt i nte | G mgq Rvj tUtb Ges cKti i mg`-cwb i wK t q gvQ aivi e`e`v vbtZ nte | G c`w`Z tZ 5-6 gv t m tn±i c0Z 1,800-2,000 tKwR gvQ Drcv` b Kiv m`e |

Avq-e`q

GK tn±i Rj vkt q 5-6 gv t m 1.5-2.0 j q UvKv w`b t q vM Kti 1.5-1.80 j q UvKv g`b`dv ARB Kiv m`e |

mgm`v

%K gv tQi Kwi`g cRbb I Pvl Kv h`e` t g wba`w j wLZ mgm`mgm cwi j w`Z nqt

- %K gv tQi e`W wqggwdK cwi Ph`bv Ki t j Kwi`g cRbt b Drcw`Z ti Yj euPvi nvi Kg nq |
- bimi`x cKti num tcvKv, eivOwP, mvc BZ`w` q`w`ZKi c0Yxi Dcw`w`Z j q` Kiv hvq |
- el`Pt gŠ`m t g `K gvQ cRbt bi Rb` cKti ntZ tei nt q hvq |

- მრავალწევრიანი სიტყვების წარმოშობის შესახებ

### ციკლი

დღევანდელი მრავალწევრიანი სიტყვების წარმოშობის შესახებ

- ენაში სიტყვების წარმოშობის 35-40% უცხოური სიტყვებისაა
- ბევრი სიტყვა წარმოიშობა სიტყვების შეერთებით, ენაში არსებული სიტყვების შეერთებით
- სიტყვების წარმოშობის შესახებ მრავალი მითი არსებობს, მაგალითად "სიტყვების წარმოშობის შესახებ" მითი
- სიტყვების წარმოშობის შესახებ მრავალი მითი არსებობს, მაგალითად "სიტყვების წარმოშობის შესახებ" მითი

# Mj `v wPswoi Dbz bvmf x e`e`vcbv

Mj `v wPswoi `v`ycmbi metPtq eo wPswoi | wekYe`vcx Mj `v wPswoi µgea@vY Pwn`v, `v` Ges gġ`i KviġY evsj vt`tk cĀZeQi Mj `v wPswoi Pvl `\*Z mæcĀwvi Z nt`Q | Dbz Pvl i cħy³ D`m`eb l mæcĀwvi Z nl qvq wPswoi tcvbi Pwn`vl DEtivEi eµx cvt`Q | mvi v t`tk `v`ycmbi cĀq mKj Rj vktqB Mj `v wPswoi Pvl Kiv mæe | cKġi mnġRB AZ`š-j vFRbK frte Mj `v wPswoi Pvl Kiv hvq | Mj `v wPswoi Pvl Ab`Zg mgm`v ntġv tcvbv Z\_v bvmf x e`e`vcbv c×wZ |

## 1. wmtġtUW U`vsK ev PwioġZ Mj `v wPswoi bvmf x e`e`vcbv

wmtġtUW U`vsK, Pwio ev cweġKi U`vstK Mj `v wPswoi wGj cĀZcvj b Kiv hvq | Nġi wfZġi ev ewoi Awġbqv GB c×wZġZ bvmf x Kiv hvq | GB c×wZġZ Mj `v wPswoi wGj cĀZcvj tbi tġġġ wæwġ wLZ mġeav cvl qv hvq t

- Avj v`v cKġi i cĀqvRb tbB Ges cKġi `Zixi Svġġv tbB |
- th tKvb mgq B`Qv Kiġ B wGj Gi Ae`v chġeġY Kiv hvq |
- cKġi i gZ RġfbvBj msMġ Kiv Kómv` bq | mnġRB RġfbvBj msMġ Kiv hvq |
- Ab`cRwZi wPswoi `v`Kbv etġ RġfbvBj mbv³ KiġY tKvb Svġġv tbB |
- cKġi bvmf x Kiġ 45 w`tbi Kg mgġq RġfbvBj msMġ Kiv hvq bv | AvġvP` c×wZġZ Pvl x 1 gvm ev Zvi tPtq Kg mgġq RġfbvBj msMġ KiġZ cvġi |

## 1. wmtġtUW U`vsK `Zix

wmtġtUW U`vsK wewfbaAvKvġi i ntZ cvġi | U`vstKi AvKvi wbfP Kiġe wK cwi gvb wGj cĀZcvj b Kiv nte Zvi l ci | Zte 3 wġUvi `N`² wġUvi cĀ` Ges 1 wġUvi D`PZvi U`vsK ntġ e`e`vcbv mnR nq | U`vstKi Zj vq wmtġtUi Avi wmw Xvj vB mn Pwi w`tk 25 tmwġ. BġUi Mv`bx w`tq t`qj `Zix KiġZ nte | U`vstKi Zjvi GK cvġk 8 tmwġ. wQ`a Kġi GKw cvBc j wMvZ nte hvZ Kġi RġfbvBj AvniġYi mgq U`vstKi cwb mæcYġfc cvBc Øviv ġei Kġi tdjv hvq | wGj cĀZcvj tbi mgq GB cvBc eÜ ivLġZ nte | hw` cvBġci gva`ġg U`vstK cwb mieivġni e`e`v `v`K, Zvntġ U`vstKi Pdv t`tk 12 tmwġ.

bxP cwlb c0etki Rb" cvBc mshj<sup>3</sup> KitZ nte| U'vsK t\_tK AwZwi<sup>3</sup> cwlb tei Kivi Rb" U'vsK i P0v t\_tK 25 tmig. bxP cwlb tei Kivi Rb" cvBc mshj<sup>3</sup> KitZ nte| j 9" i vL\_tZ nte thb cwlb tei Kivi cvBc cwlb c0etki cvBtci Zj bvaq tenk tgvUv nq, hvZ U'vsK cwlb Rtg DcvP\_tq co\_tZ bv cvti | cwlb tei Kivi cvBtci gL R\_tR0 ev Ab" tKvb wPKb tgtni Kvco teta w\_tZ nte thb wGj cwlb mvt\_ tei ntZ bv cvti |

K) wGj cwienb

Mj`v wGj Gi cwientbi NbZi wbf<sup>9</sup> Kti cwientbi `iZi | wGj mvBtRi | ci | `j\_tZi | ci wfwE Kti cwj w\_b e'vM 1/3 fVM cwlb Ges 2/3 fVM Aw\_tRb w\_tq 8 wj Uvi cwlb\_tZ 1000-2000 wGj 8-10 N\_Uv cwienb Kiv hvq | `j ZihZ tenk nte e'vM wGj Gi NbZi ZZ Kg ntZ nte |

Kvc<sup>9</sup>RvZxq gvtQi tcvbv cwientbi mgq Lvevi c0vb eU Kti tUKmB KitZ nq wKŠ`Mj`v wPswoi wGj cwientbi cte<sup>9</sup>wGj tK fvj fvte AwU<sup>9</sup>qv ev KvóW<sup>9</sup>Lvl qvtZ nte | GgbwK 6 N\_Uvi Awak mgq cwienb mg\_tqi t9\_tG c0ZwU e'vM wGj Gi mvt\_ wKQy AwU<sup>9</sup>qv bvc w\_tj fvj nq | tKbbv, wGj `RwZ\_tfvRx, 9jav j vM\_tj GKwU Ab`wU\_tK tL\_tq tdtj | AtbK mgq tL\_tZ bv cvti | AvnZ Kti Ges cieZxmgq AvnZ wGj bvm<sup>9</sup>x\_tZ gviv hvq | cwientbi mgq e'vMi cwlb Zvcgv\_tv hvZ tenk ep<sup>x</sup> bv cvq tm e'e`v KitZ nte | Zvcgv\_tv Kg\_vK\_tj wGj Gi wecvK Kg nq, dtj cwienbKvtj wGj `9<sup>9</sup> ntq ctobv | 6 N\_Uvi Awak cwienb mg\_tqi t9\_t\_t cwienb e'vM wGj Gi Avk0\_j wntmte wKQyRj R AvMvQv w\_tj fvj nq hvZ cwienbKvtj tLvj m cwieZ0Kvix `9<sup>9</sup> wGj Avk0 wbtZ cvti |

L) wGj gRj

wGj gRj`i mgq wGj fwZ<sup>9</sup>cwj w\_b e'vM U'vsK i cwlb\_tZ tek wKQy<sup>9</sup>b fvmtq ti\_tL Zvcgv\_tvq mgZv AvbvtZ nte | Zvici e'vMi gy\_L\_tj wbtRi nvZ ev\_vtg<sup>9</sup>Uvi w\_tq e'vM Ges U'vsK i cwlb Zvcgv\_tvi e'eavb t`L\_tZ nte | Zvcgv\_tv mgvb bv nl qv ch<sup>9</sup>-e'vMi wKQy cwlb U'vsK Ges U'vsK i wKQy cwlb e'vM c0ek Kiv\_tZ nte | Dfq cwlb Zvcgv\_tv mgvb ntj e'vMwU KvZ Kti atj evBti t\_tK wFZ\_tii w\_tK tm\_tZi e'e`v KitZ nte Ges tm\_tZi wecix\_tZ wGj axti axti U'vsK i cwlb\_tZ Ptj hvte | cwlb Zvcgv\_tv 20( tmj wmqvm Gi bxP\_vK\_tj wGj Qrov hvte bv | g\_yVvUv Avenvl qvq wGj Qrov fvj | mKvj ev weKvtj wGj QrovB DEg | Kov\_tiv` Ges epoi gta" wGj Qrov DwPZ bq |

ucGj gRf` i ciw`b U`vsfKi Zjvq wKQygz ucGj t`Lv thtZ cvfi | GtZ ftqi wKQy  
 tbB | GtK etj gRy Kvjxb gZi (stocking mortality) | Mj`v wPswoi ucGj Gi t`fjT  
 GB gZi LpB `vfweK | Zte c0\_g w`b th mg`-ucGj wUtK \_vtK ci ewZ`mgq tm \_tjv  
 mnfR gfi bv | j wF`c0Zcvj b U`vsK t`tK ucGj aiv, MYbv Kiv Ges c`wKs Kivi mgq  
 th mg`-ucGj AvNvZc0B nq, bvmf`xtZ gRf` i 24 NsUvi gta` H mKj ucGj gviv hvq |  
 GRb` ucGj mtqi mgq j f` i vLtz nte thb ucGj tKvbfvte AvNvZc0B bv nq |

N) U`vsfK Avk0`j `vcb

c0tg fiv gvfi cmb 0viv U`vsK ev Pwo fivZ`Ki tZ nte | cmb fivZ` ci ucGj gRf` i  
 cteB Avk0`j `vcb Ki tZ nte | tLvj m e`tj i mgq ucGj `p` \_vtK | Avevi me ucGj  
 GKB mgq tLvj m e`jvq bv | tLvj m e`jvbi mgq mej ucGj `p` ucGj tK tLtz  
 tdtj | GQovl ucGj Lvevi M0tYi ci tKv wKQy Mvtq etm \_vtK | GRb` Avk0`j  
 wntmte bwitKj, Zvj ev tLRj MvtQi \_Kt`bv cvZv, cvZv Sovt`bv Kw`Amn eufki gv\_v, fivzv  
 cw0K cvBc, MvtQi cvZvmenxb Wvj cvj v e`envi Kiv hvq | bwitKj ev Zvtj i iKt`bv Wvj  
 ev cvZv e`envi Kiv wivc` | wKQy`b ci Avk0`tj tkljv ntZ cvfi, tkljv ntj  
 Avk0`j Dwitq cwi`vi Kti cpivq `vcb Ki tZ nte |

O) Lv` mieivn

RycvskUb mieivn t wPswoi ucGj Gi w0 Lvevi RycvskUb | c0Yx RvZxq cvskUb tK Ry  
 cvskUb Ges Dw`c RvZxq cvskUb tK dvBtUv-cvskUb etj | c0KwZKfiteB cmbtZ  
 cvskUb `Zix nq | mvi c0qvtMi dtj cKti cvskU`bi cwi gvb epx cvq | cmbtZ  
 dvBtUvcvskUb teuk \_vKtj cmbi is meR nq Ges RycvskUb teuk \_vKtj cmbi is  
 ev`vgx nq | Dw`c cvskUb RycvskU`bi Lv` wntmte e`enjZ nq | GKwU `^Q Kv0Pi Mvfm ev  
 weKvfi cKti t`tK cmb wbtq mthP Avtj vtZ aitj RycvskUb t`Lv hvq | cKti `Re mvi  
 c0qM Ki tj RycvskU`bi cwi gvb epx cvq |

cKti cvskU`bi cwi gvb Kg \_vKtj c0Z kZvstK 100 M0g BDwi qv, 75 M0g wJGmuc Ges  
 7 tKwR cPv tMvei mvi c0qM Ki tZ nte | U`vsfK e`vcKfite ucGj c0Zcvj b Ki tZ ntj  
 cPv cwi gvb RycvskU`bi c0qRb nte |  
 cvskUb tbU 0viv cKti wvfb`v`v`v 3/4 evi cvskUb aitj cPv cwi gvb cvskUb  
 msMpxZ nte | evj wZtZ cKti cmb bv wbtq bvmf`x U`vsfKi cmb wKsev wJDeL tqtj i cmb

wbZ nte | tKbbv cKti i cwbtZ tivM Rxeby\_vkZ cvti hv wGj Gi Rb" ¶wZKi | GRb" AvtM t\_tK 5/6 wj Uvi cwbnm GKwU evj wZ ^Zix ivLZ nte |

cvsKUtbi mvt\_ tQvU RvtZi wPswi ev gvtQi tcvbv, numtcvKv, KxUcZ½ Ges Ab`vb" gaj v AveRbv \_vKtZ cvti | GRb" cOtZ cvsKUb tOtK wbZ nte | cvsKUb QvKvi Rb" gkvi xi KvcO DEg | GKwU evj wZ ev Mvgj vi Dci gkvi xi KvcO teta Zvi Dci cvsKUbmn cwbn XjtZ nte | GtZ cwbi mvt\_ cvsKUb evj wZ ev Mvgj vq Rgv nte Ges Ab`vb" gaj v AveRbv ev KxUcZ½ gkvi xi gta" AvUtK \_vKte | AZtci cvsKUb wgwKZ cwbn GKwU tQvU gM ev MvM Oviv bvmP x U`vstK w`tZ nte | cvsKUb t` l qvi mgq j ¶" ivLZ nte thb cOZ wgwj wj Uvi cwbtZ Kgc¶¶ 4/5 wU RvcvKUb \_vK | ^wbK 2 evi mKvtj Ges weKvtj U`vstKtZ RvcvKUb cO vb Ki tZ nte |

m=cjK Lv`" mieivn t Mj`v wPswi m=cjK Lv`" ^Zwi i Rb" Lv`" Dcv`vb Ggbfite evQvB KitZ nte hvZ tm\_wj tZ Awgl , tma, kK¶v I LwbR c`v\_c¶i cwi gvtY we`gwb \_vtK | Mj`v wPswi Lv`" ^ZwitZ mPivPi e`envithvM" Dcv`vb\_jv ntjv t wdk wgj , tikgKxU wgj , wPswi \_wv, kvgtKi gvsm, mqweb, ^Lj, wZtj i ^Lj , mwi lvi ^Lj , fjev, PvdTj i Kpov, Mtgi fjm, AvUv, wPuv\_o BZ`w` | wGj Ae`vq Mj`v wPswi Awgl I tme tni Pwn`v h\_vutg 35-40% I 10-12% |

P) e`e`vcbv

U`vstK hv` cvBtci gva`tg mve¶wK cwbn mieivtni e`e`v \_vtK Zvntj cOZw`b 2/3 NwUv Kti cwbn mieivn KitZ nte | cwbn mieivtni e`e`v bv \_vKtj 3 w`b cici 20-30% cwbn cwieZ¶ Ki tj fiv nq | Zte cwbi \_YMZgvb Dci wfwE Kti cwbn cwieZ¶bi nvi wbY¶ Ki tZ nte | cwbn cwieZ¶bi mgq mvBdubs Kti U`vstK t\_tK cwbn tdjt w`tZ nte Ges bZb cwbn fitZ nte | U`vstK t\_tK mvBdubs Kti cwbn tdjt t` qvi mgq j ¶" ivLZ nte thb cwbi mvt\_ wGj tei ntq bv hvq | GRb" ivevti i cvBtci gv\_vq wPKb tgtmi KvcO teta w`tZ nte wKsev cwotKi Spoi Pwiv w`tK RtR¶ KvcO tcvPq wbtq Spoi AtdR Ask cwbtZ Wnetq Syo t\_tK mvBdubs Kti cwbn evBti dtjtZ nte | wGj cOZcvj bKvtj U`vstKi Zjvq wGj Gi tLvj m, gZ RvcvKUb I Ab`vb" gaj v AveRbv Rgv nq | GRb" gvtS gvtS mvBdubs Kti Gme gaj v AveRbv tei Kti dtjtZ nte | wbcwZ mvBdubs Kiv bv ntj Rgv gaj v c¶P cwbi \_YMZgvb bO ntq hvq | dtj wGj gviv thtZ cvti |

wm̄tḡt̄UW U'vs̄t̄K cñZ Nbw̄gUv̄ti 1500-2000 w̄cGj cñZcuj b Kīt̄Z Pv̄B̄t̄j Aek̄B̄ G'v̄tiUi Gi gvātḡ U'vs̄t̄K evZim mieivn Kīt̄Z n̄te|

Q) R̄f̄fbv̄Bj msM̄h̄

R̄f̄fbv̄Bj msM̄h̄ni Rb̄ U'vs̄t̄Ki Av̄Kv̄ti m̄st̄½ m̄½w̄ZcY<sup>©</sup>gkvixi cñq̄Rb| gkvixi `ß cñt̄s̄-ßw̄U j ǣ Kvw̄ mshy<sup>ß</sup> Kīt̄Z n̄te| Zvi ci U'vs̄t̄Ki GKcñt̄s̄-ß cv̄tk `ß Rb `w̄ot̄q Kw̄Vi m̄w̄Z gkvixi mshy<sup>ß</sup> cñs̄-U'vs̄t̄Ki Zj t̄tk `vcb Kīt̄Z n̄te| AZ:ci Kw̄Vi Dct̄ii cñs̄-Ges gkvixi Dct̄ii Ask āti GKcv̄k t̄t̄K Ab̄cv̄tk t̄Utb w̄ot̄q Dct̄ii DVv̄t̄Z n̄te| Gfv̄te 3/4 evi R̄f̄fbv̄Bj aivi ci 80-90% R̄f̄fbv̄Bj aiv cote| Aek̄ó R̄f̄fbv̄Bj aivi Rb̄ U'vs̄t̄Ki cw̄b mv̄Bd̄w̄bs c̄x̄w̄Zt̄Z Kuḡt̄q w̄b̄t̄Z n̄te|

AZ:ci U'vs̄t̄Ki Zj vi cv̄B̄t̄ci em̄n̄ti i Ast̄k n̄cv̄ j w̄M̄t̄q cv̄B̄t̄ci ḡL L̄t̄j w̄ t̄j cw̄bi mv̄t̄ R̄f̄fbv̄Bj tei n̄t̄q Av̄m̄te| Zte mḡ-cw̄b tei nevi ci U'vs̄t̄K w̄KQy R̄f̄fbv̄Bj v̄K̄te| U'vs̄t̄K t̄bt̄g tm̄ t̄j v̄t̄K n̄v̄Z w̄ t̄q aīt̄Z n̄te| aivi mḡ j ¶ i v̄L̄t̄Z n̄te- w̄cGj thb Av̄N̄v̄Z cñß bv̄nq| GQov̄l w̄cGj aivi ci th cv̄t̄ i v̄Lv̄ n̄te tm̄ cv̄t̄ AwāK N̄b̄t̄Zj w̄cGj thb gv̄iv bv̄ hv̄q tm̄ w̄el̄t̄q t̄Lq̄j i v̄L̄t̄Z n̄te|

2. Pw̄ot̄Z ev dv̄Bevi M̄w̄m̄ U'vs̄t̄K w̄cGj cñZcuj b

Aí Av̄t̄qi Pvl̄x̄iv m̄n̄t̄RB Pw̄ot̄Z ev dv̄Bevi M̄w̄m̄ U'vs̄t̄K w̄cGj cñZcuj b Kīt̄Z cv̄ti b| th m̄Kj Pvl̄x̄ w̄m̄tḡt̄UW U'vs̄K `Zix Kīt̄Z AcviM̄ w̄Ksev Aí cwi gv̄Y w̄cGj cñZcuj b Kīt̄Z Pv̄b Zviv Aw̄Z m̄n̄Rfv̄te Pw̄ot̄Z ev Ūt̄d w̄cGj cñZcuj b Kīt̄Z cv̄ti b| Avgv̄t̄ i t̄tk Āt̄bK Pvl̄x̄ i evox̄t̄ZB w̄m̄tḡt̄UW Pw̄o v̄t̄K| bv̄ v̄K̄t̄j l Aí Līt̄P Pw̄o ev dv̄Bevi M̄w̄m̄ U'vs̄K µq Kiv hv̄q| Ḡt̄¶t̄ Pw̄o ev dv̄Bevi M̄w̄m̄ U'vs̄K cw̄b Øviv fw̄Z<sup>©</sup>Kīt̄Z n̄te| w̄Psw̄oi w̄cGj Gi Av̄k̄t̄hi Rb̄ eut̄ki Kw̄Á, i K̄t̄bv̄ bw̄i t̄Kj ev Zv̄t̄j i cv̄Zv̄ BZ̄w̄ Øviv Av̄k̄q̄j `Zix Kīt̄Z n̄te| cw̄b̄t̄Z Aw̄ t̄Rb mieiv̄tni Rb̄ Aek̄B̄ G'v̄tiŪti i e'ēv̄ Kīt̄Z n̄te| n̄v̄Pvix t̄t̄K w̄cGj msM̄h̄ K̄ti cñZ w̄j Uvi cw̄b̄t̄Z 5w̄U K̄ti w̄cGj gR̄y Kīt̄Z n̄te| hw̄ GKw̄U Pw̄ot̄Z 200 w̄j Uvi cw̄b̄ āti Zte 1000 w̄cGj gR̄y Kīt̄Z n̄te| w̄cGj gR̄y i ci c̄teP w̄bqg Ab̄v̄v̄ti `w̄bK 2 evi R̄cv̄s̄KUB L̄vevi w̄m̄v̄te w̄ t̄Z n̄te| R̄cv̄s̄KUBi cwi gv̄b Kg n̄t̄j Gi cv̄k̄icv̄nk w̄c̄t̄j t̄UW b̄v̄m̄¶x̄ L̄vevi t̄ qv̄ hv̄q| Zte Aw̄Zwi<sup>3</sup> Lv̄ m̄v̄Bd̄w̄bs K̄ti Aek̄B̄ tei K̄ti w̄ t̄Z n̄te| 3w̄ b ci ci 30-40% cw̄b cwi eZ̄B̄ Kīt̄Z n̄te| 30-35 w̄ b cñZcuj t̄bi ci w̄cGj R̄f̄fbv̄Bj -G cwi YZ n̄te hv̄ Av̄niY K̄ti gR̄y c̄K̄ti Qov̄ hv̄q|

### 3. nvcvq bvmf x e'e'vcbv

cōšK Pvl x` i Rb` nvcvq Mj`v wPswoi wGj cōZcvj b LpB Dc`thvMx | AtbK cōšK Pvl x AvtQ hv` i wmtg`UW U`vsK `Zix Kivi mvg\_`tbB, Zviv Kg Li`P nvcvq wGj cōZcvj b Ki`Z cvt`b | ZvQovl th mKj Pvl x cō`wKfvte Aí Kti wPswoi Pvl i` Ki`Z Pvb Zvt` i Rb` nvcvq bvmf x Kiv Dc`thvMx |

#### K) nvcv `Zix l `vcb

nvcv `Zix Kivi Rb` e`enjZ tb`Ui wQ`<sup>a</sup> Aek`B Ggb m`lontZ nte hv`Z wGj wQ`<sup>a</sup> w` t`q t`ei nt`q th`Z bv cvt`i | GQovl t`bU Ggb n`Z nte thb mnt`R KuKovq KvU`Z bv cvt`i | GRb` Mm b`Bj b t`bU Qviv nvcv `Zix Ki`j fvj nq | nvcvi AvKvi wbf`P Kti wK cwi gvY wGj GKwU nvcvq cōZcvj b Kiv nte Zvi Dci | Zte 3-4 Nb wglv`ti i nvcv e'e'vcbvi Rb` fvj | nvcv AvqZvKvi A\_ev eM`Kvi Dfqb n`Z cvt`i | nvcv `Zixi mgq Ggbfvte tmj vB w` t`Z nte thb mnt`R L`j bv hvq |

cKti i th `vtb evZm Kg j v`M t`Zgb `vtb nvcv `vcb Ki`Z nte | cō`tg nvcvi AvKvi Abym`ti Pvi t`Kvbq Pvi wU L`U cY`Z nte | Gici L`Ui mvt` nvcv k<sup>3</sup> Kti evat`Z nte | nvcvi Zjv thb cKti i gwU t`K Dcti `vtK tm w`l`q t`Lqvj Kti nvcv evat`Z nte | cwbi bx`P 1 wglvi Ges Dcti 0.25 wglvi cwi gvY nvcv `vK`Z cvt`i | nvcv Ggb cKti `vcb Ki`Z nte th cKti i cwbi `YMZ gvb fvj Ges cwbt`Z ch`B cwi gvY cōKwZK Lvevi w``gvb AvtQ | cKti cwbi mieiv`ni e'e'v `vK`j fvj nq | t`Kbbv cKti i cwbt`Z Aw` t`Rt`bi cwi gvb Kt`g t`M`j wKsev `YMZ gvb m`cwK`Z Ab` t`Kvb mgm` nt`j wGj gvi v th`Z cvt`i |

#### L) Avkq`j `vcb l wGj gRy`

tLvj m e`t`ji mgq `e`P wPswoi Avk`qi Rb` nvcvq Avkq`j `vcb Ki`Z nte | bwit`Kt`j i Wt`j i gvSvgnS t`Kt`U gv`vi Ask i`wKt`q nvcvq Avkq`t`j i Rb` e`envi Kiv hvq | GQovl Zvj Mv`Qi wKsev t`LRj Mv`Qi Wj i`wKt`q Avkq`t`j i Rb` e`envi Kiv th`Z cvt`i | Zte G t`q`t`i j`q` i vL`Z nte Wj cvj v thb t`wK f`wi bv nq | wGj cwienY Ges gRy` i t`q`t`i cte`ewY` w`bqg AbyniY Ki`Z nte | nvcvq wGj Gi gRy` NbZj wbf`P Kti cKti i cwbi `YMZ gv`bi lci | hw` cKti i cwbi `YMZ gvb fvj `vtK Ges cwieZ`bi m`thvM `vtK Zvnt`j cōZ Nbwglv`ti 700-800 wGj gRy` Kiv hvq | Avi hw`

cKti cwb t`qv ev cwieZbi mthvM bv \_vtK Zvntj c0Z NbuqUvti 500-600 ucGj gRj Kiv vbi v` |

M) nvcvq Lv` mieivn

nvcvq ucGj tK wK cwi gvY Lvevi w`tZ nte Zv wbfP Kti cKti c0KwZK Lv`i Dcw`wzi lci | c0KwZK Lv`i cwi gvY teuk \_vKtj m`cj K Lv` Kg e`envti i c0qvRb nq | ucGj gRj` i c0g 15 w` b tmSw` -evsj v ev fvj ewYwR`K bvmf x wdW Lvl qvtZ nte | nvcvq ucGj tK `wbK 2 evi tUtZ Lvevi w`tZ nte | GK Nb wglvi nvcvi Rb` Pvi tKvbuq Pvi wJ tU` vcb KitZ nte | tU` tj v i wki mrvn`h` nvcvi Pvi tKvbuq `wcz LjU` tj vi mv` Sij tq ivLv hvq | Lvevi c0vtbi mgq j` i` ivL`tZ nte tUtZ cte` I qv Lvevi Aewk0 AvtQ wK bv | hw` \_vtK Zvntj Lvevii cwi gvY wKQjv Kgv`Z nte, Avi bv \_vKtj Lvevii cwi gvY wKQjv evov`Z nte | Kw`g Lvevii cvkvcwK cKti thb chfB c0KwZK Lvevi \_vtK, tm e`v`v KitZ nte | hw` chfB c0KwZK Lvevi bv \_vtK Zvntj c0Z kZvstK 75 M0g wJGmic, 100 M0g BDwi qv l 5 tKwR tmvei w`tZ nte | Zte mgq, Kij l `vbtft` mv`i i cwi gvY tni tdi ntZ cvti |

N) e`v`vcbv

cKti cwb i mv` nvcvi cwb i mve`wYK thvMthvM \_vKtZ nte thb cKi t`tK nvcvq Aw` tRb Ges c0KwZK Lv` mieivn ntZ cvti | GRb` nvcvq tkljv Rtg thb w0` eU` bv ntq hvq tm w`tK j` i` ivL`tZ nte | Gj t` i` wKQj` b cici nvcvi Kict0 Rtg \_vKv gaj v l tkljv cwi `vi KitZ nte | nvcvi cKti cwb i `YMZ gvb i`lv KitZ nte | cKti cwb Lvivc ntj cwb cwieZb` KitZ nte | gv`S gta` nvcv Dw`tq ucGj Gi `v`` cix`lv KitZ nte |

O) RtfbvBj msM0h

nvcvq GK grm ucGj c0Zcvj b Kti RtfbvBj gRj` cKti Qovv hvq | Zte Ae`vi lci wfvE` Kti GK gv`mi Kg teuk mgq | nvcvq bvmf x Kiv hvq | nvcv t`tK RtfbvBj msM0h Kiv metP`tq mnR | th tKvb mgq nvcv Dw`tq mn`RB RtfbvBj aiv hvq | nvcvq ucGj Gi ev`vi nvi 70-75% ntq \_vtK |

P) Rf'fbvBj cwienb

wbKueZx<sup>3</sup>RvqMvq cwienþbi Rb" nmo Ges `j ewZ<sup>3</sup>RvqMvq cwienþbi Rb" A# tRb e"vM e"envi Kti Mj `v wPsnioi Rf'fbvBj GK RvqMv t\_tK Ab" RvqMvq tBl qv hvq| Rf'fbvBj cwienþbi c0qvRbxq wEl q, tj v wbtšš Dþj L-Kiv nj t

- bvmfRx t\_tK Rf'fbvBj ati gRy cKti tbqvi Rb" evj wZ, Mvgj v ev cwZj e"envi Kiv hvq| gRy NbZ; Rf'fbvBþj i AvKvi l `j þZj l ci wbfP Kti | Rf'fbvBj aiv, evQvB Ges cwienþbi mgq thb A# tRþbi `f Zv bv NtU tmw tK Aek'B j ¶" ivLþZ nte| AwaK NbþZ; Rf'fbvBj cwienb bv KivB fvj | cwZþj ev Wtg c0Z wj Uvi cwbtZ 1 gym eqtmi 50-60 wU Rf'fbvBj 6 NwUv `j þZ; cwienb Kiv hvq| evZvm c0vþbi e"e"v bv \_vKþj gRy NbZ; Avi l KgvþZ nte|
- AwaK `j þZ; cwienþbi Rb" A# tRb cwj e"vM DEg| A# tRþbi cwj e"vþM Rf'fbvBþj i NbZ; `j þZ; l ci wfwE Kti wK KiþZ nte| c0Zwj Uvi cwbtZ GK gym eqtmi 100wU Rf'fbvBj 6 NwUvi `j þZ; cwienb Kiv hvq| Rf'fbvBþj i AvKvi eo ntj gRy NbZ; Kwgtq w þZ nte|
- A# tRb e"vþM t`o/^ß gym eqtmi Rf'fbvBj cwienþbi mgq mZK<sup>3</sup>\_vKþZ nte| Kvib eo AvKvþi i Rf'fbvBj gv\_vi KvUv (tiv`Utg) `viv e"vM wQ`a Kti w þZ cvþi | GRb" Gt¶¶t Aek'B weKí e"e"v wnmvte Wtg ev cwZj ivLþZ nte| tKvb e"vM wQ`a ntq tMtj H e"vþMi Rf'fbvBj Wtg ev cwZþj i cwbtZ `vbwšþ KiþZ nte| mþhvM \_vKþj e"vMmn A# tRb mieivþni e"e"v l ivLv hvq|
- wPsnio `RwZtfvRx| AwaK mgq cwienb Kvþj ¶javi Zvobvq k<sup>3</sup> tcvbv `þj, tj vþK tLþq tdj þZ cvþi | GRb" c0Z e"vþM wKQyfvZ Lv" wntmte t` l qv hvq|
- cwbi ZvcgvTv ewx i mvþ\_ mvþ\_ A# tRb Pwn`v teþo hvq| ZvB cwienbKvþj cwbi ZvcgvTv Kg ivLvi tPov KiþZ nte|

# tctb gvQ Pvl

tKvb D<sup>3</sup>gy<sup>3</sup> ev Ave<sup>x</sup> Rj vktq GK ev GKwaK w`K t<sub>1</sub>t<sub>2</sub>K eut<sub>1</sub>ki evbv, teov, Rvj ev Ab<sup>3</sup>  
tKvb DcKiY w`tq wNti D<sup>3</sup> Rj vktq gvQ gRj Kti Pvl KivtK tcb ev tNti gvQ Pvl  
etj | t`tk grm<sup>3</sup> Drcv`tb e`enfZ nt`Q bv Ggb ep`vKwzi wK<sup>3</sup>tmP Lvj BZ`w`tZ tcb  
chp<sup>3</sup> e`envti i gva`tg gvQ<sub>i</sub> Drcv`b ep<sup>x</sup>mn Kgms`v<sub>1</sub>bi m<sub>1</sub>thvM m<sub>1</sub>o Kiv m<sup>3</sup>e | tcb  
c<sup>x</sup>wZtZ wewfba aitYi Lvj, giv b`x, nvl i, evlo, eb<sup>v</sup> cweZ Rj v<sub>1</sub>g<sub>1</sub>tZ M<sub>1</sub>g<sub>1</sub>Y  
Rb<sub>1</sub>M<sub>1</sub>o<sub>1</sub>t<sub>1</sub>K m<sup>3</sup>c<sup>3</sup> Kti gvQ<sub>i</sub> Drcv`b evov<sub>1</sub>bm<sub>1</sub>n teKvi Z<sub>1</sub>`i Kiv m<sup>3</sup>e |

vb wbePb

tctb jvFRbKfite gvQ Pvl i Rb<sup>3</sup> vb wbePb AZ`S- „i“ZcY<sup>3</sup> thme enr Rjvkq  
m<sub>1</sub>v<sub>1</sub>Yfite Pvl i Avl Zvq Avbv m<sup>3</sup>e bq tmme Rjvkq tctb gvQ Pvl i Rb<sup>3</sup> wbePb Kiv  
thtZ cvti | Zte th mg`-Rj vktqi Zj t`k AZ`S-Amg<sub>1</sub>v<sub>1</sub>b, ewj ev cv<sub>1</sub>i 0iv AveZ,  
c<sub>1</sub>ej tm<sub>1</sub>Z we`gvb, cvb `JYmn Stov nvl qvq Av<sub>1</sub>μ<sub>1</sub>S-nl qvi m<sup>3</sup>evbv Av<sub>1</sub>Q I t<sub>1</sub>Shvb  
Pj vPj Kti tm mKj vb ev w`tq D<sup>3</sup>gy<sup>3</sup> Rj vktqi th tKvb v<sub>1</sub>tb tcb `Zix Kiv thtZ  
cvti | c<sub>1</sub>qvRb<sub>1</sub>ev<sub>1</sub>fa A<sub>1</sub>í mg<sub>1</sub>tq tcb GK vb ntZ Ab<sup>3</sup> v<sub>1</sub>tb v<sub>1</sub>bs<sub>1</sub>t I `Zwi Kiv hvq |  
erm<sub>1</sub>i ASZt 6-8 gvm cvb v<sub>1</sub>tK Ggb tg<sub>1</sub>S<sub>1</sub>g<sub>1</sub>x Rj vkq thgb-tmP c<sub>1</sub>K<sub>1</sub>t<sub>1</sub> i Lvj, m<sub>1</sub>st<sub>1</sub>h<sub>1</sub>v<sub>1</sub>M  
Lvj, giv b`-b`x Ges b`-b`xi Lvox AAj tctb gvQ Pvl i Rb<sup>3</sup> Dch<sup>3</sup> |

tcb wbgP<sup>3</sup>

euk, Mv<sub>1</sub>Q<sub>1</sub> Wvj, bvbv DcKiY w`tq `Zwi teov wKsev Rvj w`tq tcb `Zwi Kiv hvq |  
m<sub>1</sub>v<sub>1</sub>Yzt Rj vktq c<sub>1</sub>o`Kg ntj Lv<sub>1</sub>tj i GK cvk t<sub>1</sub>t<sub>1</sub>K Av<sub>1</sub>t<sub>1</sub>K cvk ch<sub>1</sub>S-AvovAm<sub>1</sub>of<sub>1</sub>v<sub>1</sub>te L<sub>1</sub>u  
c<sub>1</sub>tZ teov w`tq tcb `Zix Kiv hvq | Rvj w`tq tiv t`qvi mgq j <sup>3</sup> i vL<sub>1</sub>tZ nte thb Rv<sub>1</sub>tj i  
dum 10 w<sub>1</sub>g<sub>1</sub>g. Gi t<sub>1</sub>P<sub>1</sub>tq tenk bv nq | tcb `Zwi i mgq Uv<sub>1</sub>qvi K<sub>1</sub>w<sub>1</sub>R<sub>1</sub>vj ev bU<sub>1</sub>tj m cvj w<sub>1</sub>b  
Rvj I e`envi Kiv c<sub>1</sub>qvRb | Rj vktqi aitYi I ci tctbi Av<sub>1</sub>Kvi w<sub>1</sub>b<sub>1</sub>f<sub>1</sub>P Kti | Rj vktqi  
gv<sub>1</sub>wj Kvbv, e`e<sub>1</sub>v<sub>1</sub>cbv BZ`w` I I ci w<sub>1</sub>b<sub>1</sub>f<sub>1</sub>P Kti 1.0 tn<sub>1</sub>±i ntZ 10.0 tn<sub>1</sub>±i Av<sub>1</sub>qZ<sub>1</sub>bi th  
tKvb Av<sub>1</sub>K<sub>1</sub>zi Rj vktq tcb w<sub>1</sub>g<sub>1</sub>P<sup>3</sup> Kiv thtZ cvti | tctbi Av<sub>1</sub>qZ<sub>1</sub>b L<sub>1</sub>e tenk eo ntj  
KLbl KLbl e`e<sub>1</sub>v<sub>1</sub>cbvi Am<sub>1</sub>jeav t`Lv t`q | Avevi Av<sub>1</sub>qZ<sub>1</sub>b AZ`S- t<sub>1</sub>Q<sub>1</sub>U ntj

Zj bvgj Kfvte eo tctbi tPtq wbg<sup>9</sup> e"q tewk cto | mvaviYZt 1 ntZ 5 tn±i AvqZtbi tcb gvQ Pvl I e"e"vcbvi w`K metPtq fvj |

th mg" -Gj vKvq cwb c"vn tewk tmme Gj vKvq ewk Øviv DPzevbn ^Zwi Kti Zj t`tki gwUi gta" tewk Kti evbn cjtZ w`tZ nte | cwbi Pvtc Zj t`tki ewj ev big gwU thb mti bv hvq tmw`tK j`" i vLtz nte | gnvj , eb ewki teov ev evbn I eivK ewki LjU mvaviYZt 1-2 ermi e"envi Kiv hvq | Zte KvVi LjU 2-3 ermi wUtK | MxUwexb Rvj 4-5 ermi e"envi Kiv hvq Avevi UvqvW<sup>9</sup>KW<sup>9</sup>Rvtj i Avqy`vj 2-3 ermi | evbn ^Zixi Rb" e"enfZ bwitKj Ktqi I wmbt`wJK iwK 1-2 ermi wUtK `vtK | G Qrov teov evavi Rb" e"enfZ wRAvB Zvti i Avqy`vj 1-2 ermi |

gvQ Pvl cxwZ I e"e"vcbv

iv"tzm I AewAZ gvQ Ges AvMvQv `gb t tcb ^Zixi ci Rvj tUtB Rj vkq ntZ hZ`i mae iv"tzm gvQ (tkvj , tevqj , MRvi , AvBo , Uwk , BZ"wi` ) Ges AewAZ gvQ (tetj , cju , `vi wKbv , gj v , Pwcvj v , Pw`v BZ"wi` ) mwi tq tdj vi e"e"v wbtZ nte | GQrov Rj R AvMvQv maeY<sup>9</sup>fvte mwi tq tdj tZ nte | cwbi c"vnmn evBti i cwbi mv` msthM `vKvi `i"b wcl c"qvM AewAZ gvQ `gb Lp tewk KvRi nq bv wvavq Rvj tUtB AewAZ gvQ I AvMvQv `gb Ki tZ nte |

cRwZ wbePb t tctb Pvtli Rb" cRwZ wbePb GKwU `i"ZcY<sup>9</sup>welq | wvfbocRwZi Ggb me gvQ QvotZ nte hviv cwbi mKj `ti i Lvevi Lvq , hv`i Lv" wKkj msw"jB , hv`i tcvb mntR mSMh Kiv hvq Ges Aí mgtq Pvl Kti evRvti wvui DcthMx nq | Gme w`K wetePbv Kti i"B , KvZj v , gMj , wj fvi Kvc<sup>9</sup>wetnW Kvc<sup>9</sup>Mh Kvc<sup>9</sup>ivRcu , tZj wcvq , cv`vm cRwZi gvQ tctb Pvl Kivi Rb" AZ"š-DcthMx | ZvQrov tctb Mj`v wPsw Pvl Kivl mae |

tcbv gRt`i nvi t Awak dj tbi Rb" my` I mej tcbv wlv` Ø nvti gRj Kiv c"qvRb | tcbv gRt`i mgq tcbvi AvKvi tKv µtgB 10 tmwg . Gi Kg bv nq | Kvi Y tQvU tcbv tctbi teov ev Rvtj i dum w`tq tei ntq hvLqvi mae<sup>9</sup>ebv `vtK | GQvovl tcb t`tK AewAZ I iv"tzm gvQ maeY<sup>9</sup>fc mwi tq tdj v AtbK mgq mae nq bv | ZvB 10 tmwg . tPtq tQvU tcbv tLq tdj vi mae<sup>9</sup>ebv `vtK |

tcfb tn±i c0Z 15 nvrvi, Kgc†¶ 10 tmwg. AvKvtii i“B, KvZjv, g¶Mj, wnj fvi/wemtnW Kvc, M0mKvc, ivRc¶U, tZj wmcqv, cv½vm gvQ h\_vµtg 30t5t20t25t20 AbjcvtZ gRy Kiv thtZ cvti | tcfb wMdu RvZxq tZj wmcqvi GKK Pvl I Kiv thtZ cvti |

tcfb Lv` mieivn I e`e`vcbv t gRy KZ gvtQi tgvU IRtbi 2-3% nvti mnRj f` Lv` h\_vt ^Lj, K0v, fwl, AvUv, wPUv\_o, BZ`w` c0qvM KitZ nte| m0cj K Lv` i AbjcvtZ h\_vµtg ^Lj 35%, K0v 30%, fwl 30%, AvUv 3%, wPUv\_o 2% ntj fvj nq|

gvtQi tkvb cKvi tivM ev`^`wnK epxi mgm`v t`Lv w`tj Zv c0ZKvtii e`e`v wbtZ nte| c0Z gvtm GKevi gvtQi bgbv msM0h Kti gvtQi epx AbjcvtZ m0cj K Lv` i cwi gvY mgšq Kti ewaZ nvti Lv` c0qvM KitZ nte| GQovl tctbi teov ev Rvtj tkvbifc ¶wZ ntqtQ wKbv tm wcltq wtkl fvte j ¶ i vLtz nte| AtbK mgq tctbi teov I Rvtj gqjv, AveR0v Rtq cmbi c0vn eU ntq hvq| Gifc Ae`vi m0w ntj teov I Rvj cwi`vi Kiv bv ntj cmbi Prtc Rvj wQto thtZ cvti I teov tft½ thtZ cvti | gvQ msi ¶Y, m0cj K Lv` c0qvM I tcb cwi Ph¶ Rb` mve¶wYKfvte tcb msj M0eGj vKvq tj vK cvniv \_vKv Avek`K | tcfb tcvbv gRt` i 6-8 gym Pvtli ciB wewµthvM` gvQ cvl qv hvq| th mg`-Rj vktq mivv ermi cwb \_vtK tm mg`-Rj vktq ntZ evrmmi K wfwEtz gvQ Avni Y Kiv thtZ cvti |

civgk©

- Acwi Kwi Zfvte cvkYeZ® KwI Rwg†Z KxUvktKi c0qvM tcfb gvQ Pvtl ¶wZKi c0ve tdj†Z cvti | ZvB Lvj ev tP Gj vKvq Acwi Kwi Z KxUvktKi e`envi tiva KitZ nte|
- tcfb Pvl KZ gvtQi wbcwqZ `^` ci x¶vnm evbv, Rvj BZ`w` i Ae`v m0c†K wbcwqZ ch¶¶Y ivLtz nte| ¶wZKi Rj R c0yx thgb K0Kov thb tctbi Rvj tKtU tdj†Z bv cvti tm Rb` Pvtli AvtMB cKti i K0Kov Acmvi tYi e`e`v wbtZ nte|

## avb t'q'itZ gvQ Pvl

avb t'q'itZ vlv' 0 mgq ati el' cwb Rtg \_vtK hv vb:mt'`tn gvQ Pvl i Rb` GKwU Av` k©  
cwi tek | avb t'q'itZ e'enZ mvi, tMvei BZw', cwb l gvwUj mvt\_ wgtk c0KwZKfite  
Lvevi `Zwi Kti hv gvQ Drcv` tbi Rb` LpB Dc'thvMx | GB m'thvM'tK Kv'R j vM'tq avb  
t'q'itZ gvQ Pvl i chyr<sup>3</sup> e'envi Kti GKRB Pvlx avb Drcv` tbi mvt\_ mvt\_ evowZ AvqI  
tctZ cvti | Avgb l te'tiv `B tgs'm'tgB avb t'q'itZ gvQ Pvl Kiv m'ae | Zte Avgb  
tgs'm'tg avb t'q'itZ gvQ Pvl tekx j v'fRbK | tmP m'peavi Avl Zvaxb th mg`-avb Rwg  
i'tq'0 tmmKj Rwg'tZ `f e'tq Ges `f cwi k'lg av'tbi cvkvcwk gvQ Drcv` b Kiv m'ae |  
avb t'q'itZ gvQ Pvl chyr<sup>3</sup> M'gY `wi `a Rb'tMv'otK i'ay A\_B thvMvb t`q bv tmB mvt\_  
Zv't` i cv'ol vlv'0Z Kti |

avb t'q'itZ gvQ Pvl i m'peav

- GKB Rwg t`\_tK av'tbi mvt\_ Av'Zwi<sup>3</sup> dmj wntmte gvQ cvl qv hvq m'Zivs Rwg  
m'te'eg e'envi m'ae |
- avb t'q'itZ AvMvQv Kg Rt'sš Ges Avb'óKvix tcvbv-gvKo gvQ Lv'tq tdtj | dtj avb  
t'q'itZ KxUvbkK e'envi i c'0qvRb nq bv |
- gv'tQi Pj vt'divi gva'tg t'q'itZi Kv`vgwU Dj Ucvj U nq dtj Rwg nt'Z av'tbi ct'q  
Av'aKZi cv'0 M'0Y'thvM' nq |
- gv'tQi ve'ov mvi wnmvte avb t'q'itZi De'pv kw<sup>3</sup> ep'x Kti |

avb t'q'itZ Pvl c'xwZ

mvavi YZ: `B c'xwZ'tZ avb t'q'itZ gvQ Pvl Kiv hvqt

1. av'tbi mvt\_ gv'tQi Pvl

- GKB Rwg'tZ avb l gvQ GK't' Pvl Kiv nq |
- Avgb tgs'm'tg gv'Swi DPz Rwg'tZ thLv'tb 4-6 gvm ep'0 cwb Rtg \_vtK tmLv'tb av'tbi  
mvt\_ gvQ Pvl Kiv hvq |

➤ tev̄iv tgšm̄tg tmP m̄yēavi Avl Zvaxb RwḡtZ G cħy³ ē̄envi Kiv hvq |

## 2. av̄tbi c̄ti gv̄tQi Pvl

➤ ev̄sj v̄t̄tki th mḡ-Rwḡ el̄K̄v̄tj c̄wēZ nq Ges tivcv Avgb Pvl Kiv nq bv tmLv̄tb G c̄x̄w̄tZ gv̄Q Pvl Kiv hvq |

gv̄Q Pvl̄i Rb̄ Rwḡ w̄bēP̄b

me avb t̄q̄Z gv̄Q Pvl̄i Rb̄ Dc̄thvMx bq | avb t̄q̄tZ gv̄Q Pvl̄i mdj Zv w̄b̄f̄P̄ K̄ti Rwḡ w̄bēP̄t̄bi l̄ci | Rwḡ w̄bēP̄t̄bi mgq w̄b̄š̄j̄ w̄LZ w̄el qmḡt̄ni w̄ t̄K j̄ q̄ī ivL̄tZ n̄te | Rwḡ w̄bēP̄t̄bi mgq w̄etēP̄bvaxb w̄el qmḡn t̄

- mvaviYZ: t̄v-Awk, t̄tj t̄v-Awk Ges ḠtUj gw̄Uj c̄w̄b aviY q̄lgZv Ges DeP̄v k̄w̄³ t̄w̄k w̄eavq Gme gw̄Uj Rwḡ avb t̄q̄tZ gv̄Q Pvl̄i Rb̄ Dc̄thvMx |
- Aw̄Z D̄P̄z A\_̄w̄ c̄w̄b āti ivLv̄tZ cv̄ti bv Ges Aw̄aK b̄x̄P̄z Rwḡ A\_̄w̄ m̄n̄t̄RB c̄wēZ nq tm me Rwḡ gv̄Q Pvl̄i Ab̄yc̄thvMx |
- eb̄vi c̄w̄b c̄ōek K̄ti bv Gījc D̄P̄z RwḡB gv̄Q Pvl̄i Dc̄thvMx |
- tev̄iv tgšm̄tg Pvl̄i t̄q̄t̄ī tm̄t̄Pi m̄p̄t̄ vē-v̄K̄tZ n̄te |

avb t̄q̄Z c̄ōZKiY

- h\_vh\_fv̄te Pvl l̄ gB w̄t̄q avb Pvl̄i c̄P̄w̄j Z w̄bq̄tg Rwḡ c̄ōZ KītZ n̄te | ḠtZ GK̄w̄ t̄K thgb t̄q̄Z Av̄M̄v̄Q̄v̄y³ n̄te t̄Zḡw̄b Rwḡ Kv̄v n̄tq avb tivct̄Yi Dch̄y³ n̄te |
- t̄q̄t̄Zi Pvi cv̄t̄ki Av̄Bj Kgct̄q̄ 0.3 w̄ḡUvi ev 1 d̄U D̄P̄z l̄ 1 d̄U Pl̄ov K̄ti ^Zix KītZ n̄te | Z̄te Av̄B̄t̄j i D̄P̄Zv w̄b̄f̄P̄ Kīte Rwḡi Aēv̄t̄bi l̄ci |
- Rwḡi th Ask Āt̄c̄q̄iv̄KZ X̄vj ȳtm Āt̄k Rwḡi k̄ZKiv 2-3 f̄v̄M Gj v̄Kv R̄t̄o Kgct̄q̄ 2-3 d̄U M̄f̄xi GK̄w̄ t̄W̄ev Lbb KītZ n̄te, hv t̄q̄t̄Zi t̄KvYvq, cv̄t̄k ev ḡt̄ā n̄tZ cv̄ti |
- ī¼ ev Liv tgšm̄tg A\_ev Ab̄ t̄Kvb Kvi t̄Y Rwḡi c̄w̄b īw̄K̄t̄q t̄M̄t̄j D³ MZ̄c̄gv̄t̄Qi Rb̄ m̄vḡw̄qK Av̄k̄ō̄j̄ w̄n̄tm̄te KivR K̄ti |
- Rwḡ ^Zwi i Rb̄ c̄P̄w̄j Z w̄bq̄tgB RwḡtZ m̄vi, t̄M̄vei BZ̄w̄ c̄ō̄q̄v̄M K̄ti avb tivcv̄Y KītZ n̄te |

### avtbi RvZ ubePb

avtbi RvZ ubePb thme vel q j " i vLtz nte t

- mgwSZ avb-gvQ Pvl i t"t th RvtZi avb tekx cwb mn" Kivi qgZv ivtL Ges dj bl tekx tmB RvZ ubePb KitZ nte |
- Avgb tgsmtgi Rb" we Avi-3 (wece), we Avi-11 (gy<sup>3</sup>v), we Avi-14 (MvRx) Ges teviv tgsmtgi Rb" we Avi-14 I we Avi-16 BZ"wr D"P dj bkxj RvtZi avb DcthvMx |
- avtbi mvt\_ gvQi Pvl i Rb" avtbi Pviv Aek"B mwi exfvte tivcY KitZ nte | tm"t"t mwi t\_tK mwi i `iZj 20-25 tmwg. Ges tMvQv t\_tK tMvQvi `iZj 15-20 tmwg. ivLvtZ nte |

### gvQi cRwZ ubePb

gvQi cRwZ ubePb j "bxq vel qmgn t

- AMfxi cwbZ Pvl Kiv hvq Ggb cRwZi gvQ ubePb KitZ nte |
- Kg Av tRtb evPZi cvti Ggb cRwZi gvQ |
- `Z eaBkxj cRwZi gvQ ubePb KitZ nte | thgb- ivRcU, wgi Kvc<sup>o</sup> gtbvfm. vMdu tZj wcvq BZ"wr |

### gvQi tcvb gRy

- avb t"tZ avb tivctYi ciciB tcvb gRy KitZ nq bv, tivctbi ci avtbi Pviv gvUtZ vkKo tjtj k<sup>3</sup> ntZ I avtbi Kkx MRvtZ 10-15 w`b mgq jvtM | G Rb" 15-20 w`b ci avb t"tZ gvQi tcvb gRy KitZ nq |
- RvgtZ Kgct" 10-15 tmwg. cwb \_vKv Ae"vq cZ kZvtk 15-20w 5-7 tmwg. AvKvti i vRcU/gtbvfm. vMdu tZj wcvq/ wgi Kvtc<sup>p</sup> tcvb QvotZ nte |
- Dfq RvtZi gvQ GKt" Pvl Kivi t"t cZ kZvtk 8w ivRcU I 7w wgi Kvtc<sup>p</sup> tcvb Qvov thtZ cvti |
- mKvtj A\_ev weKvtj A\_ hLb cwb VvUv \_vtK ZLb t"tZ tcvb gRy Kiv DvPZ | G wbtg tcvb gRy Kitj avb Pvl Kvj xb mgtqi A\_ 100-120 w`tbi gta"B gvQ Lvl qvi I wepxi DctqvMx ntq \_vtK |
- gtbvfm. vMdu tZj wcvqi wgpvl bv Kti GKK Pvl KitZ nte |

avb t'q'iz cwb e'e'vcbv

- gvQ avb t'q'iz \_vKv Ae'vq memgq cwb \_vKtZ nte| c'w'gK Ae'vq t'q'iz cwbi Mfxi Zv 10-15 tmwg. \_vKtZ cvti, Zte gvtQi e'x'i mvt\_ mvt\_ cwbi Mfxi Zv evovtZ nte|
- hw' tKvb mgq evBti t\_tK cwb mieivni c'qvRb nq, ZLb c'Ki ev f'Mf' cwb mieivn KitZ nte|
- Buj, KuKov I Ab'vb' c'Yx hvZ AvBtj MZ'bv Kti tmw' tK tLqvj ivLtZ nte|
- AwZwi<sup>3</sup> e'oi cwb Rtq t'q'iz cweZ nl qvi AvksKv \_vKtj Atc'q'KZ Xij y Astk AvBtj i wKQyRvqMv tft'z evtki evbv ev QuKvbh' c'vBc w'tq AwZwi<sup>3</sup> cwb tei Kti w'tZ nte|
- avb t'q'iz c'KwZKfvte Drcw'Z LveviB gvtQi e'x'i Rb' ht\_o| Zte c'KwZK Lvevii Ach'vZv cwi j w'q'Z ntj c'qvRbtevt gvtQi Lvevi wntmte q'w' cvbv ev Ptj i K'ov mieivn Kiv thtZ cvti |
- c'vuj Z vbq'tg 'Re ev A'vRe mvi c'q'vM KitZ nte|
- mgw'SZ evj vB e'e'vcbv (IPM) c'x'wZtZ t'cvKv-gvKo `gb Kiv thtZ cvti |
- avb t'q'izi gvQ'tK tWvev ev buj vq 'bvst'i i ci c'qvRbxq gv'vq KxUvbkK c'q'vM KitZ nte|
- KxUvbkK e'envti i ci e'w' ntj 5-7 w'b ci gvQ\_tj vtK t'q'iz hvl qvi m'fhvM Kti w'tZ nte| Avi hw' e'w' bv nq tm t'q'it 5-7 w'b ci tm'tPi gva'tg c'pivq gvQ'tK mg'-Rw'tZ Pj vPtj i m'fhvM Kti w'tZ nte|
- KxUvbkK e'envti i Dch' mgq ntj v w'et'Kj tejv KviY G mgq av'tbi cvZv i 1/4 \_vtK|
- cvtki t'q'iz KxUvbkK w'Qv'tbv ntj j q'w' ivLtZ nte thb KxUvbkK w'g'k'Z cwb tKvb'v'tgB gvtQi t'q'iz c'ek bv Kti |
- avb i'q'vi Rb' Rw'tZ KxUvbkK c'qv'tMi c'qvRb ntj gvQ'tK AvBtj i m'vnt'h' MtZ<sup>©</sup> AvU'tK ivLtZ nte|
- AwZwi<sup>3</sup> Migev Livi mgq t'q'iz MtZ'P cwb Vv'Uv ivLvi Rb' MtZ'P wKQy Astk KPwi cvbv ivLtZ nte |
- t'q'izi cwbi c'qvR'tbi Zj bvq Ktg tMtj `Z tm'tPi e'e'v KitZ nte|

avb tñtZ gvQ Avni Y

- avb cvKvi ci tñtZi cwb Kvgtq avb KvUvi e'e`v vbtZ nte, Gmgq gvQ Avt`-Avt`-tWveq Pñj hvte Ges gvQ aiñZ nte |
- avb tñtZ mgvšZ c×vñZ gvQ Pvl Kiñj 3-4 gvñm ñnK cñZ 325-350 tKwR gvQ Ges 2.0-2.5 Ub gvñQi dj b cvl qv hvq |
- AtbK tñtñ t`Lv tñtQ th, avñbi mñt\_ gvQ Pvl Kiñj avñbi dj b Mto cñq kZKiv 15 fñM teñk nq | GñZ Pvl xiv AvñK gvñdv ARñ Kñi \_vñK |

civgk<sup>©</sup>

- avb tñtZ KxUvñK e`envñi mZñ \_vñtZ nte |
- AvñZ evñtZ thb avb tñtZ cñeZ bv nq A\_ev Livq avb tñtZ cvñtq bv hvq tmw`ñK tLqvj ivñtZ nte |
- Pvl xñK `vñK mKvj I veKvñj avb tñtZ chñeñY KiñtZ nte |

## †N†i Dbz c×wZ†Z evM` v wPswio Pvl

G†tk mE†ii `kK ††K wPswio Pvl †i" n†j I A`veva Pvl c×wZi †Zgb D†j L†hM†  
 Dbq̄b nq̄b | mg†qi e`eav†b MZvbMwZK Pvl c×wZi wKQ†v cwi eZ† n†j I gj Z† Pvl ev`  
 c×wZ GLbl AvaybK bq | ZvB wPswio †N†i i mweR cwi tek ††K wech<sup>©</sup>,- AvμgY nq bvbv  
 tivM-RxevYj Ges m†e†cwi Drcv` b nvi AZ`š-Kg nq | †N†i i AeKvV†gvMZ c†wZ ††K  
 †i" K†i tcvb gRj, cwb I gwU e`e`vcbv, mvi, Pb I Lv` c†qM ev `†` e`e`vcbv  
 BZ`w` †††† c†qMwK Av†bi AfveB gj Z† Drcv` b e†x†i c†vb Aš†vq | Dbz c×wZ†Z  
 †Ni c†wZ I gRj cieZ†e`e`vcbv Dbq̄b m††bi gva†g A†bKv†k Drcv` b ev††bv  
 m†e |

†Ni wbePb I c†wZ

- †Rvq†ii cwb †viv mi†mwi I m††R cwb cwi eZ† Kiv hvq Ggb †Ni wbePb Ki†Z  
 n†e | cwb DVvbvqv Kiv†bi Rb` Ab` †N†i i Dci w†f†kxj n†j Pj †e bv |
- †N†i i AvqZb 0.5-1.0 tn±i n†j e`e`vcbv mnR n†e |
- †de†qvix gv†mi gvSvgnS mg†q †N†i i cwb i wK†q Zj ††k ch†† mh††j vK j vM†Z  
 n†e |
- †N†i i Zj ††k mgvb Ki†Z n†e | †N†i cwb i Mo M†xi Zv 1.0-1.2 w†Uvi a†i ivLvi  
 Rb` cvo h\_v†m†e D††I gRe†Z Ki†Z n†e |
- †N†i i cvo I Zj ††k fvj fv†e t†ivgZ Ki†Z n†e hv†Z cwb P††q bv hvq ev Ab`  
 †N†i i cwb c†ek Ki†Z bv cv†i |
- AZ†ci cwb D††v†b †MU-G e††ki cv†v I bvBj †bi gkvix †bU w††q `††b `Zwi Ki†Z  
 n†e | hv†Z cwb D††v†b †bi mgq Aev†a Aevw†Z gvQ ev c†Yx c†ek Ki†Z bv cv†i |

bv††x `Zwi

- †N†i i th †Kvb GKcv†k gw†i e†a ev e††ki P†v I bvBj b †bU w††q w†††i †N†i i  
 AvqZ†bi 5-7 fvM AvKv†i i bv††x `Zix Ki†Z n†e |

- tcvbvi c<sub>0</sub>wgK Ae<sup>-</sup>vq Avk<sub>0</sub>qi Rb<sup>o</sup> bvm<sup>o</sup>xtZ cwi wgZ cwi gvY eufki Kw<sup>o</sup> ev i K<sub>0</sub>tbv bwi<sub>0</sub>Kj ev tLRj cvZv c<sub>0</sub>Z w<sub>0</sub>tZ nte| GtZ, GKw<sup>o</sup> tK thgb tcvbvi Avk<sub>0</sub> nte Ab<sup>o</sup>w<sup>o</sup> tK Rš<sub>0</sub>tbw tcv dvBub tcvbvi c<sub>0</sub>wgK Lv<sup>o</sup> w<sup>o</sup>ntmte e<sup>o</sup>enfZ nte|

tNi I bvm<sup>o</sup>x e<sup>o</sup>e<sup>-</sup>vcbv

- gv<sub>0</sub>U<sub>0</sub> uc-GBP Gi I ci w<sup>o</sup>f<sup>o</sup>E K<sub>0</sub>ti bvm<sup>o</sup>x I tNi cwi wgZ nv<sub>0</sub>ti Pb c<sub>0</sub>qvM Ki<sub>0</sub>tZ nte| tNi I bvm<sup>o</sup>x c<sub>0</sub>ZKvj xb mg<sub>0</sub>tq Zj<sub>0</sub>t<sub>0</sub> tK I cv<sub>0</sub>toi Dci Ask ch<sub>0</sub>S-t<sub>0</sub>n<sub>0</sub>±i c<sub>0</sub>Z 200-250 tK<sub>0</sub>R nv<sub>0</sub>ti W<sub>0</sub>tj vgvBU I K<sub>0</sub>vj w<sub>0</sub>mqvq A<sub>0</sub> vBW Gi w<sub>0</sub>gk<sub>0</sub> c<sub>0</sub>qvM Kiv th<sub>0</sub>tZ cv<sub>0</sub>ti | A<sub>0</sub>ev cv<sub>0</sub>ti Pb I K<sub>0</sub>vj w<sub>0</sub>mqvq A<sub>0</sub> vBW Gi w<sub>0</sub>gk<sub>0</sub> 1t1 Ab<sub>0</sub>cv<sub>0</sub>tZ c<sub>0</sub>qvM Kiv th<sub>0</sub>tZ cv<sub>0</sub>ti w<sub>0</sub>Ksev i<sub>0</sub>agv<sub>0</sub>t W<sub>0</sub>tj vgvBU ev i<sub>0</sub>agv<sub>0</sub>t cv<sub>0</sub>ti Pb D<sub>0</sub>wj w<sub>0</sub>z nv<sub>0</sub>ti w<sub>0</sub>Q<sub>0</sub>U<sub>0</sub>tq c<sub>0</sub>qvM Kiv th<sub>0</sub>tZ cv<sub>0</sub>ti |
- Pb c<sub>0</sub>qv<sub>0</sub>Mi 3-7 w<sub>0</sub>Zb c<sub>0</sub>ti w<sub>0</sub>bs K<sub>0</sub>ti tNi I bvm<sup>o</sup>xtZ 50-60 tm<sub>0</sub>wg. tR<sub>0</sub>vqv<sub>0</sub>ti i cwb X<sub>0</sub>K<sub>0</sub>t<sub>0</sub>Z nte hv<sub>0</sub>tZ Aew<sub>0</sub>ÅZ I i<sub>0</sub>v<sub>0</sub>q<sub>0</sub>tm gv<sub>0</sub>Q tNi c<sub>0</sub>ek Ki<sub>0</sub>tZ bv cv<sub>0</sub>ti |
- cwb D<sub>0</sub>t<sub>0</sub>E<sub>0</sub>v<sub>0</sub>j t<sub>0</sub>bi ci 25 w<sub>0</sub>c<sub>0</sub>w<sub>0</sub>Gg nv<sub>0</sub>ti w<sub>0</sub>Ps cv<sub>0</sub>DW<sub>0</sub>vi c<sub>0</sub>qvM Kiv th<sub>0</sub>tZ cv<sub>0</sub>ti | GtZ Aew<sub>0</sub>ÅZ I Ab<sup>o</sup>v<sup>o</sup> i<sub>0</sub>v<sub>0</sub>q<sub>0</sub>tm gv<sub>0</sub>Q I c<sub>0</sub>Yx gv<sub>0</sub>iv hv<sub>0</sub>te |
- AZ<sub>0</sub>t<sub>0</sub>ci tNi I bvm<sup>o</sup>xi cwb<sub>0</sub>tZ 2-2.5 w<sub>0</sub>c<sub>0</sub>w<sub>0</sub>Gg nv<sub>0</sub>ti BD<sub>0</sub>wi qv, 3-3.5 w<sub>0</sub>c<sub>0</sub>w<sub>0</sub>Gg nv<sub>0</sub>ti w<sub>0</sub>UG<sub>0</sub>w<sub>0</sub>c, 0.6-0.8 w<sub>0</sub>c<sub>0</sub>w<sub>0</sub>Gg nv<sub>0</sub>ti c<sub>0</sub>U<sub>0</sub>vk m<sub>0</sub>vi Ges t<sub>0</sub>n<sub>0</sub>±i c<sub>0</sub>Z 30 tK<sub>0</sub>R nv<sub>0</sub>ti w<sub>0</sub>P<sub>0</sub>U<sub>0</sub>v<sub>0</sub>o c<sub>0</sub>qvM Kiv th<sub>0</sub>tZ cv<sub>0</sub>ti | m<sub>0</sub>vi c<sub>0</sub>qv<sub>0</sub>Mi 5-7 w<sub>0</sub>t<sub>0</sub>bi g<sub>0</sub>ta<sup>o</sup> tNi ch<sub>0</sub>ß c<sub>0</sub>K<sub>0</sub>w<sub>0</sub>ZK Lv<sup>o</sup> (c<sub>0</sub>-<sup>o</sup>vsK<sub>0</sub>U<sub>0</sub>b) Drc<sub>0</sub>b<sub>0</sub>ente etj Av<sub>0</sub>kv Kiv hv<sub>0</sub>q| hw<sup>o</sup> c<sub>0</sub>wgK Drc<sub>0</sub>v<sub>0</sub> b<sub>0</sub>k<sub>0</sub>xj Zv Kg nq Zv<sub>0</sub>ntj cp<sub>0</sub>ivq c<sub>0</sub>g e<sup>o</sup>env<sub>0</sub>ti A<sub>0</sub>ta<sub>0</sub>R cwi gvY m<sub>0</sub>vi c<sub>0</sub>qvM Kiv th<sub>0</sub>tZ cv<sub>0</sub>ti | m<sub>0</sub>vi c<sub>0</sub>qv<sub>0</sub>Mi 3-5 w<sub>0</sub>t<sub>0</sub>bi g<sub>0</sub>ta<sup>o</sup> tNi ch<sub>0</sub>ß c<sub>0</sub>K<sub>0</sub>w<sub>0</sub>ZK Lv<sup>o</sup> Drc<sub>0</sub>b<sub>0</sub>ente |

w<sub>0</sub>P<sub>0</sub>sw<sub>0</sub> tcvbv gR<sub>0</sub>j KiY, Lv<sup>o</sup> c<sub>0</sub>qvM I Pvl e<sup>o</sup>e<sup>-</sup>vcbv

- m<sub>0</sub>vi c<sub>0</sub>qv<sub>0</sub>Mi 7 w<sub>0</sub>b c<sub>0</sub>ti tNi cwb<sub>0</sub>tZ ch<sub>0</sub>ß c<sub>0</sub>K<sub>0</sub>w<sub>0</sub>ZK Lv<sup>o</sup> Drc<sub>0</sub>b<sub>0</sub>entj tNi Rb<sup>o</sup> c<sub>0</sub>qv<sub>0</sub>R<sub>0</sub>b<sub>0</sub>xq c<sub>0</sub>Z t<sub>0</sub>n<sub>0</sub>±i 50,000 w<sub>0</sub>U ev<sub>0</sub>M<sup>o</sup> v tcvbv cwi wgZ Af<sup>o</sup> KiY K<sub>0</sub>ti bvm<sup>o</sup>xtZ gR<sub>0</sub>j Ki<sub>0</sub>tZ nte|
- tcvbv gR<sub>0</sub>t<sub>0</sub> i c<sub>0</sub>ti w<sub>0</sub>b n<sub>0</sub>tZ cwi wgZ cwi gvY Lv<sup>o</sup> m<sub>0</sub>K<sub>0</sub>vj -m<sub>0</sub>U<sub>0</sub>vq w<sub>0</sub>Q<sub>0</sub>U<sub>0</sub>tq c<sub>0</sub>qvM Ki<sub>0</sub>tZ nte|
- bvm<sup>o</sup>xtZ tcvbv gR<sub>0</sub>t<sub>0</sub> i 14-21 w<sub>0</sub>b c<sub>0</sub>ti bvm<sup>o</sup>x Dš<sub>0</sub>ß K<sub>0</sub>ti Av<sub>0</sub>zj x tcvbv jvj b c<sub>0</sub>K<sub>0</sub>ti Aeg<sub>0</sub>ß Ki<sub>0</sub>tZ nte|
- tNi w<sub>0</sub>bw<sup>o</sup> t<sub>0</sub> t<sub>0</sub>tb c<sub>0</sub>qv<sub>0</sub>R<sub>0</sub>b<sub>0</sub>xq L<sub>0</sub>evi c<sub>0</sub>qvM Ki<sub>0</sub>tZ nte|

Wpswoi Lvevi mieivt̄ni cwi gvY

mβvn	Lvevt̄i i cwi gvY ( <sup>~</sup> wNK IRt̄bi)	Lvevt̄i cKvi/aiY
1g mβvn	100%	bvmf̄ x Lvevi
2q „	60%	bvmf̄ x Lvevi
3q „	30%	bvmf̄ x Lvevi
4_ mβvn nt̄Z AvniY chS-	3-5%	wct̄j U Lvevi

- Wpswoi eqm 1 gvm nt̄j cwi kōZ cwb Dt̄Ej b Kt̄i cwb Mf̄xi Zv 1 wgvUvi Ki t̄Z nt̄e|
- cwb w-GBP 7.5 Gi bxt̄P bvgt̄j ev mKvj mÜ“vi gta“ cwb w-GBP Gi cv\_℞“ 0.5 Gi tekx nt̄j t̄Nt̄i cwb t̄Z 6.0-8.0 wkwGg nvt̄i Wt̄j v Pb cwb t̄Z wgvkt̄q cōqvM Ki t̄Z nt̄e| Avevi t̄Kv Kvi t̄Y cwb w-GBP te to 9.0 Gi Dct̄i t̄M t̄j cwi wgz cwi kōZ cwb thvM Ki t̄Z nt̄e|
- cwb t̄Z cōkwZK Lvevi Achf̄B nt̄j ev cwb “QZv 35 tmwg. Gi Dct̄i nt̄j 0.5-1.0 wkwGg nvt̄i BDwi qv, 1.2-1.5 wkwGg nvt̄i wUGmw Ges cōqvRt̄b 0.3-0.4 wkwGg nvt̄i cUvk mvi cwb t̄Z wgvkt̄q cōqvM Kiv th t̄Z cvt̄i |
- t̄Nt̄i cwb “QZv hw` Kt̄g hvq Zvnt̄j cwi kōZ cwb thvM Ki t̄Z nt̄e| t̄Nt̄i cwb mhf̄j vt̄K th cwi gvY Kgte Zv cōZ Agvek“v-cwYg vq t̄Rvqt̄i i cwi kōZ cwb θviv Zv cj Y Ki t̄Z nt̄e|
- Wpswoi “^“ cwi Phf̄ Rb“ cōZ 7 w` b Ašt̄ Wpswo at̄i chf̄e t̄j Y Ki t̄Z nt̄e| Gt̄ t̄ t̄, Wpswoi t̄Lj m l mšt̄Y cvLbvq A“vj wR l Ry\_vgvbqvq t` Lv th t̄Z cvt̄i | Pb cōqvM l cwi kōZ cwb mst̄hvRt̄bi gva“tg GB mgm“v t\_ t̄K cwi t̄Y cvl qv th t̄Z cvt̄i |
- GB cxwZ t̄Z cwi Phf̄ Ki t̄j 90 w` t̄bi gta“ evM“v Wpswoi Mo l Rb 25-30 Mōg nt̄e| Ggzve“vq, cōZ Agvek“v l cwYg v t̄Rvqt̄i i mgq t̄Nt̄i U“vc (Pvi“) w` t̄q ev SwK Rvj t̄d t̄j eo Wpswo AvniY Ki t̄Z nt̄e Ges t̄QvU Wpswo t̄K eo nl qvi mthvM Kt̄i w` t̄Z nt̄e| t̄kl chf̄q (120-130 w` t̄b) t̄Ni i Kvt̄bvi gva“tg m=c,Y Wpswo AvniY Kiv th t̄Z cvt̄i |

Drcv` b

- ht̄\_vchp̄ e“vcbvi gva“tg Wpswoi tet̄P \_vKvi nvi 60-70% nt̄e et̄j Avkv Kiv hvq| hv t\_ t̄K cōZ tn±t̄i 800-900 t̄KwR evM“v Wpswoi Drcv` b cvl qv th t̄Z cvt̄i | hv MZvbMwZK Pvl cxwZi Drcv` t̄bi t̄Pt̄q 3-4 \_Y tekx|

civgk<sup>©</sup>

- tNti bvBj b tbU w`tq bvmfīx `Zwi i cwietZ<sup>©</sup>gwU w`tq eva w`tq bvmfīx Ki t j tekx w b i v c` nte |
- tNti i cwmbi Dchp<sup>3</sup> , Yv, Y msi ¶ t i Y i Rb` cwi w g Z M f x i Z v i c w m b A e k` B a t i i v L t Z nte | Z v Q i o v A w a K Z v c g v t i v i m g q ` e x f Z A w t R b K t g t h t Z c v t i G e s w P s w o i g o K t` L v w` t Z c v t i |
- tNti i cwmb PBtq hvl qv ev Ab` tNi ntZ cwmb Avmv Aek`B eU Ki t Z nte | Ab` v q cwmbi Dchp<sup>3</sup> , Yv, Y a t i i v L v m a e nte bv Ges t i v t M i m s p u g Y n l q v i A v k 1/4 v t e t o h v t e |
- w P s w o i R b` w b q u g Z c w i g v b g Z m j g L v` c o q v M K i t Z nte | L v` c o q v M t e k x n t j Z v c t P t N t i i c w m b b o nte, ` e x f Z A w t R b K t g t h t Z c v t i e v A b v K v s u L Z M i v m t h g b, n v B t W t R b m v j d v B W I A` v t g w b q v i g v t v t e t o t h t Z c v t i | Z v B L v e r t i i t U e` e n v i K t i g v t S g v t S w P s w o i L v e v i M o t Y i c e Y Z v j ¶ K i t Z nte G e s c o q v R t b L v e v i K g e v t e k x K i t Z nte |
- tNti hv t Z R j R A v M v Q v b v n q t m w` t K t L q j i v L t Z nte | h w` R j R A v M v Q v v t K Z v n t j m v i c o q v t M i c t e Z v A e k` B c w i v i K i t Z nte | b Z e v m v i c o q v t M i d t j R j R A v M v Q v i D c` e t e t o t h t Z c v t i |
- c w m b t Z h w` ` e x f Z A w t R b G i g v t v ` x N f i g q 3.5 w c i c G g G i b x t P v t K Z v n t j c w i k o Z c w m b m s t h v R b K i t Z nte e v e v Z v m m A v j t b i e e` v K i t Z nte | c w m b m s t h v R b G e s e p o i c t i c o q v R t b 6-8 w c i c G g n v t i W t j v P b c w m b t Z t j c o q v M K i t j f v j d j c v l q v h v t e |

## LvPvq KvKov d'vUbs Kj v%Kvkj

evsj v`tk `v`ycwbZ Pvi uL cRwZ I mgf`?j vbcwbZ 11 cRwZi KvKov cvl qv hvq | Gi gta` evsj v`tki DcKj xq AA`j c0B cRwZ n`j v gvW m`ve ev M0b m`ve ev g`vbM0f m`ve hv embwR`K fvte AZ`š- i "ZcY0 `vbxq fvlvq GtK kxj v KvKov etj | AewiAZ c0Yx wntmte Rb`f`bv KvKov, wPswi b`vq wet`tk iBwb `i` n`lqvZ KvKov Pvl I d'vUbs- Gi wclqul DcKj xq AA`j i Rbmvari`Yi gvtS wetkl AvM0ni m`p0 Kti`tQ | KvKov iBwb Kti evsj v`k c0Z eQi wcej cwigvY `et`wkK g`t AR0 Kti `v`tK | evsj v`tki DcKj xq AA`j AwKvsk KvKov Pvl xiv `xN0 b `t`K etki evbv w`tq tNiv Rj vktq KvKovi d'vUbs Kti Avm`tQ | etki evbv w`tq tNiv Rj vktq KvKov d'vUbs-G wbgvj uLZ Amjeavmgn cwi j w`jZ nq:

- Rj vktqi Kv`vq/MtZ` j`vktq `vKvi dtj gRj KZ c0ZuL KvKovi tMvbtWi cwi c`Zv/cwi cpZv mgggZ cix`jv Kiv m`e nq bv |
- gRf` i ci KZ msL`K KvKov RweZ AvtQ Zv mwVKfvte Rvbv hvq bv |
- c0qvMKZ Lverti i gta` KvKov wk cvigvY Lv` M0Y Ki`tQ tm m`c`tK`w0Z n`lqv hvq bv | dtj , Lv` c0qvMRwbZ AhwPZ e`q teto hvq |
- gRj KZ c0ZuL KvKov`K Zvr`jwYKfvte cix`jv Kiv m`e nq bv weavq w`v`kq cwi cp n`j I mgggZ Avni Y Kiv hvq bv |

Dctiv<sup>3</sup> Amjeavmgn `ixKi`Yi j`j` MtelYvi gva`tg LuPvq KuKov d'vUbs tKSkj D`w0eb Kiv n`tq`Q |

LvPvq KvKov d'vUbs Gi mjeav

- LvPvq gRj KZ th tKvb KvKovi tMvbtWi cwi c`Zv Zvr`jwYKfvte cix`jv Kiv hvq |
- KvKovi evPvi nvi mwVKfvte wbi`cY Kiv hvq |
- LvPvq c0ZuL c0Kv`0 GKul Kti KvKov gRj Kivq GKul Ab`u`tK Avm`gY Ki`tZ cvti bv |
- c0Z`KuL KvKov`K mgvbfvte Lv` c0qvM Kiv m`e nq | dtj , Lverti i AcPq tiva nq Ges gRj KZ KvKovi gta` Lvevi wbtq tKvb c0Z`thwMZv nq bv |

- Lvpvq KvKov d'v'Ubs Kivi dtj cKti i evKx Astk Ab'vb'' gvQ Pvl Kti GKB fmg n'Z AnaK dmj cvl qv m'æ|

### Lvpv ^Zix

cwi c° k<sup>3</sup> evk 1.5~2.0 tmg. tgvUv dvij Kti wPKb m'Zv w' t'q evbv ^Zix Ki t'Z nte| Gici evbv t'j v'K cvkvcvk mshy<sup>3</sup> Kti t'QvU t'QvU c'Kvô (25x25x30 tmg.) weikó LuPv ^Zix Ki t'Z nte| c'ZvU c'Kvô i AvqZb w'K ti t'L LuPvi t'gvU AvqZb evov'bv ev Kgv'bv th'Z cvti | LuPvi Dcti i XvKbv Ggbfvte eva'Z nte thb KvKov t'wi t'q th'Z bv cvti Ges w'bvq'Z Lv'' mi ei v'fn t'Kvb Am'yeavi m'jô bv nq|

### cwb'Z Lvpv ^vcb

Dckj xq b`xi Kg tm'Z m'cbæAstk, b`xi mi'' P'v'btj w'Ksev t'Nti Lvpv ^vcb Kiv th'Z cvti | LuPv Ggbfvte ^vcb Ki t'Z nte, hv'Z Lvpv cwbi Dcti AšZ 3~5 tmg. t'f'fm \_v'K Ges t'Rvqi f'vUvq Lvpv DVvb'gv Ki t'Z cvti |

### Lvpvq KvKov gRj

KvKov d'v'Ubs Gi Rb'' Acwi c° w'w'v'kqh<sup>3</sup> (t'Lmv KuKov), m'j''-mej, mKj cv m'cbæ ^y KvKov (180 M'g ev Z'j) Lvpvi c'ZvU c'Kvô GKwU Kti gRj Ki t'Z nte| Kvi Y GB I R'bi KvKov m'te'P t'M'f<sup>3</sup> n' qvq AnaK g'j'' we'p' n'q \_v'K| Zte gRj th'v'v' KvKovi c'Ph'Zv Kg n'j 175 M'g I R'bi ^y KvKov gRj Kiv th'Z cvti | Kvi Y w'w'v'kq cwi c° n' qvi ci D<sup>3</sup> KvKovi I Rb 180 M'g n'q hvte|

### Lv'' c'q'vM

Lvevi w'nt'mte ^f g'j''i gvQ thgb t'Zj w'cqv, w'j fvi Kvc'Ges Mi'' QvM'j i bw'v-f'w, w'Psmoi gv\_v, kv'jK-w'Sb'Ki gvsm, K'j''Qv BZ''w' t'QvU t'QvU UK'tiv Kti, KvKovi t'n I R'bi 5~8% n'v'ti Lvpvi c'ZvU c'Kvô ^w'K m'Kvj I we'v'j mi ei v'n Ki t'Z nte|

e'e'vcbv l cwi Ph<sup>6</sup>

LvPvq gRf` i 8~10 w` b ci KvKovi wV<sup>o</sup>rkq cwi c° n<sup>o</sup>q<sup>o</sup>Q wKbv Zv %<sup>o</sup>wbK cix<sup>o</sup>lv Ki<sup>o</sup>z n<sup>o</sup>e| KvKov<sup>o</sup>K Av<sup>o</sup>tjvi weci<sup>o</sup>z ai<sup>o</sup>tj hw` KvKovi `B cv<sup>o</sup>fki cv<sup>o</sup>tqi tM<sup>o</sup>ovi ga` w` t<sup>o</sup> Av<sup>o</sup>tjv Av<sup>o</sup>Z<sup>o</sup>mg bv K<sup>o</sup>ti Zv<sup>o</sup>tj e<sup>o</sup>s<sup>o</sup>tZ n<sup>o</sup>e KvKovi wV<sup>o</sup>rkq cwi c° n<sup>o</sup>q<sup>o</sup>Q| cix<sup>o</sup>lv tK<sup>o</sup>vb KvKovi wV<sup>o</sup>rkq Acwi c° \_vK<sup>o</sup>tj Zv<sup>o</sup>fK c<sup>o</sup>pvq w<sup>o</sup>bw`<sup>o</sup> c<sup>o</sup>Kv<sup>o</sup>t<sup>o</sup> ti<sup>o</sup>L c<sup>o</sup>te<sup>o</sup> w<sup>o</sup>bq<sup>o</sup>tg L<sup>o</sup>vei mieiv<sup>o</sup>n Ki<sup>o</sup>z n<sup>o</sup>e| AÜKvi `v<sup>o</sup>tb UP<sup>o</sup>j vB<sup>o</sup>tUi Av<sup>o</sup>tjv w` t<sup>o</sup>l wV<sup>o</sup>rk<sup>o</sup>tqi cwi c° Zv cix<sup>o</sup>lv Kiv hv<sup>o</sup>q| K<sup>o</sup>tqKw` b ci ci LvPv cwi `vi Ki<sup>o</sup>z n<sup>o</sup>e hv<sup>o</sup>tZ LvPvi dv<sup>o</sup>K<sup>o</sup> t<sup>o</sup>j v eÜ n<sup>o</sup>q bv hv<sup>o</sup>q|

KvKov Avni Y

mvavi YZt 10~12 w` t<sup>o</sup>bi g<sup>o</sup>ta`B KvKovi wV<sup>o</sup>rkq cwi c° n<sup>o</sup>q hv<sup>o</sup>q| cwi c° KuKov Avni Y K<sup>o</sup>ti w<sup>o</sup>etkl w<sup>o</sup>bq<sup>o</sup>tg cw<sup>o</sup>-U<sup>o</sup>tKi w<sup>o</sup>dZv/bvBj b i w<sup>o</sup>k w` t<sup>o</sup>q w<sup>o</sup>PgU<sup>o</sup>vh<sup>o</sup> cv `w<sup>o</sup>U teta t<sup>o</sup>dj t<sup>o</sup>Z n<sup>o</sup>e| G mgq t<sup>o</sup>Lqj ivL<sup>o</sup>tZ n<sup>o</sup>e thb cv t<sup>o</sup>f<sup>o</sup>½ bv hv<sup>o</sup>q| Kvi Y, cv fv<sup>o</sup>zv KvKovi evRvi gj` A<sup>o</sup>t<sup>o</sup>K Kg| aZ KuKov<sup>o</sup>K w<sup>o</sup>t<sup>o</sup>cv<sup>o</sup>tZ t<sup>o</sup>M<sup>o</sup>As Ab<sup>o</sup>hvqx w<sup>o</sup>e<sup>o</sup>mq Ki<sup>o</sup>z n<sup>o</sup>e|

civgk<sup>o</sup>

- LvPv `Zixi mgq ev<sup>o</sup>fki dw<sup>o</sup>j i dv<sup>o</sup>K Ggb ivL<sup>o</sup>tZ n<sup>o</sup>e hv<sup>o</sup>tZ tK<sup>o</sup>vb Ae<sup>o</sup>-v<sup>o</sup>tZB KvKovi cv dv<sup>o</sup>K w` t<sup>o</sup>q X<sup>o</sup>fK t<sup>o</sup>f<sup>o</sup>½ bv hv<sup>o</sup>q|
- tekx tm<sup>o</sup>z m<sup>o</sup>úbe<sup>o</sup>-v<sup>o</sup>tb LvPv `vc<sup>o</sup>b Ki<sup>o</sup>tj tm<sup>o</sup>z<sup>o</sup> tet<sup>o</sup>M KvKovi cv t<sup>o</sup>f<sup>o</sup>½ th<sup>o</sup>tZ cv<sup>o</sup>ti, Ggbw<sup>o</sup>K LvPvi AvK<sup>o</sup>zI cwi eZ<sup>o</sup> n<sup>o</sup>q th<sup>o</sup>tZ cv<sup>o</sup>ti |
- el<sup>o</sup>q Kg jeYv<sup>o</sup> cwi b<sup>o</sup>tZ Ges k<sup>o</sup>zK<sup>o</sup>tj Kg Zvcgv<sup>o</sup>vq KvKovi gZ<sup>o</sup>invi teta hv<sup>o</sup>q w<sup>o</sup>avq G mg<sup>o</sup>tq KvKov gR<sup>o</sup> bv KivB fv<sup>o</sup>tj v |
- KvKovi wV<sup>o</sup>rk<sup>o</sup>tqi cwi c° Zv A<sup>o</sup>t<sup>o</sup>Kv<sup>o</sup>t<sup>o</sup>KB w<sup>o</sup>f<sup>o</sup> K<sup>o</sup>ti h<sup>o</sup>\_vh\_ L<sup>o</sup>vei mieiv<sup>o</sup>ni Dci | AZGe, w<sup>o</sup>bq<sup>o</sup>z L<sup>o</sup>vei mieiv<sup>o</sup>ni c<sup>o</sup>z w<sup>o</sup>etkl hZ<sup>o</sup>vb n<sup>o</sup>tZ n<sup>o</sup>e|

## gvQ PvłI Dbž Lv` e`e`nvcbv

gvQ PvłI m`e` A\_šwZK I cjoMZ DcKwi Zvi w`K,tjv AvR meRb`KZ| jvfRbK wfvEžZ gvłQi Pvl A\_šw tek Kti Drcv`b tctZ ntj Dbžgvłbi Lv` cčqM thgb Acwivh`žZgwb GKK epEg LiłPi wclql ełU| G Ae`nvi cwitcłłžZ gvQ PvlłK jvfRbK Kti j`łłK mvgłb tiłL gvłQi młV/K cjo Pwin`vi włwiłL t`kR Dcv`vb e`envti`łgłj`i grm` Lv` Drcv`b I h\_vh\_ cčqM c`wZ`i`ZcY`elq|

m`úłK Lv` e`envti i cčqvRbxqZv

- Awak NbtZj tcvbv/eo gvQ Pvl Kiv hvq
- Ał mgłq eo AvKvłti i m`I mej tcvbv Drcv`b Kiv hvq
- gvłQi `Z``wK ełx włwžZ nq
- gvQ ev wPšio tcvbvi ełPvi nvi ełx cvq
- gvQ I wPšio cjo AfveRwbZ tiVM t`łK gž`\_vłK
- gvQ I wPšioi tiVM cłZłiva`łgZv ełx cvq

gvQ I wPšioi Lv` I cjo Pwin`v

cłwZ, eqm I AvKvi tft` gvQ I wPšioi Lv` Pwin`v wfbžZi ntq`vłK| wewfbžcłwZi gvłQi tcvbvi tłłł t`n IRłbi 10-25%, Avłžj tcvbvi tłłł t`n IRłbi 5-20% Ges eo gvłQi Rb` t`n IRłbi 2-5% nvti m`úłK Lv` mieivn Kiv Avek`K| wewfbžcłwZi gvQ I wPšioi Lv` i Pwin`v włłł mvi wYłZ t`qv ntj v|

mvi Yx 1. cłwZ I Rxb`ł tft` gvQ I wPšioi Lv` Pwin`v

cłwZ	łcvbv gvQ (t`n IRłbi kZKiv nvi) (%)	Avłžj tcvbv gvQ (t`n IRłbi kZKiv nvi) (%)	eo ev cłRbb`łg gvQ (t`n IRłbi kZKiv nvi) (%)
i`B RvZxq gvQ	10-20	5-10	2-5
gv`i RvZxq gvQ	10-25	5-15	3-7
%K gvQ	15-25	5-20	4-10
wPšio	10-25	5-15	3-8

m]g m'úíK Lv` ^Zwi Kitz ntj c0tgB gvtQi c]ó Pwn`v m'úíK®RvbtZ nte| i"B RvZxq gvtQi Lv` Awgtli Pwn`v cRwZ I Rxeb`í Ab]vqx 25-35% Gi gta`\_vtK| wks gv,i RvZxq gvtQi (পাংগাসসহ) Awgtli Pwn`v cRwZ I Rxeb`í tft` 30-40%, `K gvtQi 35-45 Ges wPswoi 30-40% Gi gta`\_vtK| gvtQi h\_vh\_ c]ó mva]bi Rb` Lv` c0qvRbxq nvti tøn ev ^Zj RvZxq Lv`, kK@v, wFwvgb Ges LubR w]kY\_vKvI c0qvRb| gtb ivLtz nte c0qvRbxq mKj Lv` Dcv`vb cwiw]Z gvT]vq bv\_vKtj Avk]vjfc Drcv`b cvlqv hvte bv| wbtæi mviw]Z wewfbægvvtQi wewfbæLv` Dcv`vtbi c0qvRbxq gvT]v c0vb Kiv ntj vt

mviYx 2. cRwZ I Rxeb tft` gvQ I wPswoi c]ó Pwn`v

cRwZ	Awgl (%)	tøn ev tZj (%)	kK@v (%)	wFwvgb I LubR w]kY (%)
<i>i"B RvZxq gvQ</i>				
tcv]v	30-35	6-10	25-33	1.0-2.0
eo gvQ	25-30	6-8	30-40	0.5-1.0
cRbb]lg gvQ	28-32	6-10	30-36	1.0-1.5
<i>gv,i RvZxq gvQ</i>				
tcv]v	35-40	10-12	25-30	1.0-2.0
eo gvQ	30-35	8-10	26-34	0.5-1.0
cRbb]lg gvQ	32-35	8-10	28-32	1.0-1.5
<i>%K gvQ</i>				
tcv]v	40-45	10-15	25-30	1.5-2.0
eo gvQ	35-40	10-12	28-35	0.5-1.0
cRbb]lg gvQ	32-38	8-10	28-35	0.5-1.0
<i>Mj`v/evM`v wPswoi</i>				
tcv]v	35-40/40-45	10-12	26-30	1.5-2.5
eo wPswoi	30-35/35-40	8-10	28-32	1.0-2.0
cRbb]lg	30-35/35-40	8-10	28-30	1.5-2.5

gvvtQi Lv` Dcv`vb Ges Drm

evsj vt` k grm` Mtel Yv Bb]v-w]DU cwi Pw]j Z "t` k]xq grm` Lv` Dcv`vtbi c0c`Zv, evRvi `i Ges c]ógvb" Gi I ci GK Rwi c Mtel Yvq t` Lv hvq th, t` tk 35w]I I te]k mnRj f`

Atc¶vKZ `f gþj`i cyóKi Dcv`vb iþtqQ hv grm` I wPswoi Lv` wntmte e`eüZ ntZ crtí |

- Awigl (Protein) RvZxq Lv` Dcv`vb: wdk wgj , wgu I tevb wgj , þi kgKxU wgj , wPswoi \_ov, KuKovi \_ov, eW wgj , wZtj i ^Lj , mwi lvi ^Lj , mqweb wgj /^Lj , bwi þKtj i ^Lj , ev`vtgi ^Lj , ¶¶` cvbv, KuUcbbv, þntj ^Av, evavKuc cvZv, BZ`w`
- %Zj (Lipid/Fat) RvZxq Lv` Dcv`vb: wdk wgj , wgu I tevb wgj , þi kgKxU wgj , mqweb ^Zj , gvþQi ^Zj , mwi lvi ^Lj , wZtj i ^Lj BZ`w`
- kK¶v (Carbohydrate) RvZxq Lv` Dcv`vb: Pvþj i Kuv, Mþgi fW, Mþgi AvUv, fÆvi AvUv, wPuv\_o, BZ`w`

grm` I wPswoi Lv` wewfbæDcv`vtbi e`envi gvÎv

wewfbæLv` Dcv`vb mnþhvþM grm` Lv` cÜZKvtj wKQ wKQyDcv`vtbi e`envi gvÎv mæúþK® mZK®nl qv Aek`K| me Lv` Dcv`vbB GKKfvte grm` Lv` ^Zwi þZ e`eüZ nq bv| Mþel Yvq þ`Lv þMþQ th, wKQy Lv` Dcv`vb wbu`® gvÎvi tþtq þenk e`envti gvQ/wPswoi `wK ewxþZ ¶¶ZKi cfve tdþj | wbu`P cyógvbmn grm` Lv` wewfbæLv` Dcv`vtbi e`envi gvÎv Dþj E-Kiv ntj v:

mvi Yx 3. cyógvbmn grm` Lv` wewfbæLv` Dcv`vtbi e`envi gvÎv

Lv` Dcv`vb	Awigl i gvÎv (%)	cÜZKZ Lv` i e`envi gvÎv (%)
wdk wgj	50-65	þKvb wbu`® gvÎv þbB
iþ³i _ov	70-90	10% Dþx`bq
þi kgKxU wgj	55-60	20% Dþx`bq
wPswoi þLvmv PY®	45-50	25% Dþx`bq
gv wMi bwio-fwo	60-65	30% Dþx`bq
wgu I tevb wgj	50-55	50% Dþx`bq
fÆvi _ov	8-10	50% Dþx`bq
mwi lvi ^Lj	25-30	20% Dþx`bq
Pvþj i Kuv	10-15	50% Dþx`bq
Mþgi fW	12-16	20% Dþx`bq

ewYwR`K wfwĚtZ Drcw` Z grm` Lv` I gvb wqšY

evsj v`tk AvaybK grm` Pvl we`vi jv`fi mv`\_ mv`\_ ewYwR`K wfwĚtZ Drcw` Z grm` Lv` i e`envi e`vcKfvte ep`x tctqtQ| eZgvtb t`tk 60wJi I Awak cĀZōvb grm` Lv` Drcv` b I evRvi RvZ Kti AvmtQ| Awakvsk cĀZōvbB cvsMvm, Kvc©I tZj wvcqvi Ges wKQy wKQy cĀZōvb wPsw, `K, gv`i I wks-Gi Lv` Drcv` b Kti AvmtQ| cĀRwizwfwĚK ewYwR`K wfwĚtZ Drcw` Z Qq cĀKvi Lv` thgbt ti bytcbvi Rb` bvmfīx (cvDWvi); wewfboe AvKvīi tcvbvi Rb` wZb aitYi óvUfī 1-3 (μ`v`f`j / d`vK); evoš-gvtQi tMōqvi (wctj U/ `vbr`vi); eo gvQ aivi c`e`wchbKvi (wctj U/ `vbr`vi) evRvi RvZ nt`Q| Mtel Yvq t` Lv tMēQ th, Lv` Drcv` bKvix cĀZōvb` t`j vi kZKiv cĀq 76 fVMB gvtQi cĀRwizwfwĚK cyoi Pwn`vi wvwi tL Drcw` Z Lv` i` YMZgvb, Ges Lv` e`eüZ GwVwJem, i vmvqwbK `ē`w`, h`GcwZ, c`wks Dcv`vb, Ges %Re-wbi vcvĚv BZ`w` t`f`t` Dchj³ gvb eRvq i vL`Q bv| A`bK cĀZōvb wbagvtbi Lv` Dcv`vb e`envi Kti wbae gvtbi Lv` Drcv` b wecbb Ki tQ| GmKj Lv` e`envti grm` Pvl xiv KwLZ Drcv` b cvt`Q bv|

ewYwR`K wfwĚtZ Drcw` Z grm` Lv` i` YMZgvb wbaftY Gi eww`K Ae`nv I AvKvi, `Re-i vmvqwbK Mvb, cyōgvb, tFRvj `ē` I cyō wēvav Dcv`v`bi Dcv`wZ, Rxeby msμgb, wbi v` Drcv` b, c`wks, msi fY` wvqZKvj BZ`w` wēl q wētePbv Kiv Avek`K| ewYwR`K wfwĚtZ Drcw` Z i`B RvZxq gvtQi Lv` cyōgvb wētkl Kti Awgtli cwi gvY eqm Abhvqx 22-30%; tZj wvcqvi 24-28%; wks-gv`i RvZxq gvtQi (পাংগাসসহ) 30-40%; `K gvtQi 30-40; Mj`v wPswi 28-35% Ges evM`v wPswi 35-40% Gi gta` \_vKv evĀbxq| Drcw` Z grm` Lv` Av`Zv ev cvbi cwi gvb kZKiv 10-12 fvtMi gta` i vLv cĀqvRb, Zvi tekx ntj dvsMvm ev QavKRwbZ Kvi tY Lv` ZvovZwo bó ntZ cvti | Drcw` Z Lv` cwi`vi I i`Kbv Ae`nvq cwj`\_b A`ev cwj`\_t`bi jvBwbsmn cvtUi e`v`M ev tj wgtbtUW cy` k³ KvM`Ri e`v`M c`wks Kiv DvPr| e`v`Mi gy` tgwbk b`v evqfivax Kti eÜ Ki tZ nte| c`v`KURvZ Lv` h`\_vh`fvte tj`fej Ki tZ nte| tj`fej s Gi gta` mg`-Z` h`\_vt tKvb cĀRwiz gVQ ev wPswi Lv` Zvi bvg, Lv` i aiY, Lv` Dcv`v`bi Zvwj Kv, ewYwR`K bvg, Drcv`bKvix cĀZōvtbi bvg I wKvbr, tiwRókb b`v`vi, cyō Dcv`v`bi cĀvBj, cĀZtZi Zwi L Ges KZ Zwi L chS-e`envi Kiv hvte Zv D`j` Ki tZ nte|

gv chj<sup>3</sup> Lv<sup>''</sup> ^Zwi i m<sup>^</sup> I c<sup>0</sup>z c<sup>0</sup>vj x

eisj v<sup>^</sup> tki Av<sup>\_</sup> mvgwRK tc<sup>^</sup> v<sup>^</sup>U gvQ-PrI x<sup>^</sup> i m<sup>1/2</sup> Zi K<sup>\_</sup> v Ges c<sup>^</sup> K<sup>^</sup> i c<sup>0</sup> K<sup>^</sup> ZK Lv<sup>''</sup> i  
 weI q<sup>^</sup> U we<sup>^</sup> Pbvq ti tL Kvc<sup>^</sup> i "B RvZxq gv<sup>^</sup> Qi tcvbv Ges w<sup>^</sup> k<sup>^</sup> Pr<sup>^</sup> I <sup>^</sup> f g<sup>^</sup> j<sup>''</sup> i Db<sup>^</sup> zgv<sup>^</sup> bi  
 m<sup>^</sup> u<sup>^</sup> t K Lv<sup>''</sup> i m<sup>^</sup> mvi Yx 4 G t<sup>^</sup> qv ntj v|

mvi Yx 4. i "B RvZxq tcvbv gvQ Ges w<sup>^</sup> k<sup>^</sup> Pr<sup>^</sup> I i m<sup>^</sup> g m<sup>^</sup> u<sup>^</sup> t K Lv<sup>''</sup> ^Zwi i m<sup>^</sup>

Lv <sup>''</sup> Dcv <sup>^</sup> vb	t <sup>^</sup> cvbv gvQ (bvm <sup>^</sup> x Lv <sup>''</sup> )		w <sup>^</sup> k <sup>^</sup> Pr <sup>^</sup> I i Lv <sup>''</sup>	
	Lv <sup>''</sup> Dcv <sup>^</sup> v <sup>^</sup> bi cwi gvY (%)	Aw <sup>^</sup> g <sup>^</sup> t <sup>^</sup> i cwi gvY (%)	Lv <sup>''</sup> Dcv <sup>^</sup> v <sup>^</sup> bi cwi gvY (%)	Aw <sup>^</sup> g <sup>^</sup> t <sup>^</sup> i cwi gvY (%)
w <sup>^</sup> d <sup>^</sup> k <sup>^</sup> w <sup>^</sup> j (G-t <sup>^</sup> M <sup>^</sup> W)	20.00	12.00	15.00	9.00
w <sup>^</sup> g <sup>^</sup> U I tev <sup>^</sup> b w <sup>^</sup> j	12.00	05.40	5.00	2.20
m <sup>^</sup> vi lvi/w <sup>^</sup> z <sup>^</sup> t <sup>^</sup> j i ^Lj	20.00	07.00	20.00	7.00
Pr <sup>^</sup> t <sup>^</sup> j i K <sup>^</sup> v <sup>^</sup> i/M <sup>^</sup> t <sup>^</sup> gi f <sup>^</sup> w <sup>^</sup> l	42.00	5.00	44.50	5.00
f <sup>^</sup> / <sup>^</sup> v <sup>^</sup> /Av <sup>^</sup> U <sup>^</sup> v (Mg)	5.00	0.60	15.00	1.80
w <sup>^</sup> f <sup>^</sup> U <sup>^</sup> w <sup>^</sup> gb I L <sup>^</sup> v <sup>^</sup> R w <sup>^</sup> k <sup>^</sup> Y	1.00	-	0.50	-
	100.00	30.00	100.00	25.00
Lv <sup>''</sup> i "cv <sup>^</sup> s <sup>^</sup> t <sup>^</sup> nvi (FCR)	1.5	-	2.0	-

w<sup>^</sup> k<sup>^</sup> Pr<sup>^</sup> I i Lv<sup>''</sup> i <sup>\_</sup> YMZgvb e<sup>^</sup> j<sup>^</sup> Ges g<sup>^</sup> j<sup>''</sup> Kgv<sup>^</sup> t<sup>^</sup> bvi Rb<sup>''</sup> <sup>^</sup> v<sup>^</sup> b<sup>^</sup> x<sup>^</sup> q<sup>^</sup> f<sup>^</sup> v<sup>^</sup> te c<sup>0</sup> M<sup>^</sup> B m<sup>^</sup> v<sup>^</sup> t<sup>^</sup> c<sup>^</sup> t<sup>^</sup> w<sup>^</sup> d<sup>^</sup> k<sup>^</sup> w<sup>^</sup> j  
 Ges Pr<sup>^</sup> t<sup>^</sup> j i K<sup>^</sup> v<sup>^</sup> i cwi gvY K<sup>^</sup> w<sup>^</sup> t<sup>^</sup> q 10-20% ch<sup>^</sup> s<sup>^</sup> -m<sup>^</sup> q<sup>^</sup> web w<sup>^</sup> j e<sup>^</sup> 'envi Kiv th<sup>^</sup> z cv<sup>^</sup> i |  
 w<sup>^</sup> d<sup>^</sup> k<sup>^</sup> w<sup>^</sup> j i cwi gvY 5% K<sup>^</sup> w<sup>^</sup> t<sup>^</sup> q w<sup>^</sup> g<sup>^</sup> U tev<sup>^</sup> b w<sup>^</sup> j i cwi gvY 5% evov<sup>^</sup> t<sup>^</sup> b th<sup>^</sup> z cv<sup>^</sup> i |  
 GK<sup>^</sup> B<sup>^</sup> f<sup>^</sup> v<sup>^</sup> te gv<sup>\_</sup> i /cv<sup>^</sup> z<sup>^</sup> vm Ges %K gv<sup>^</sup> Qi Lv<sup>''</sup> i m<sup>^</sup> mvi Yx 5 Ges 6 G t<sup>^</sup> qv ntj v|

Lvgv<sup>^</sup> ti Lv<sup>''</sup> c<sup>0</sup>z c<sup>0</sup>vj x

- Lv<sup>''</sup> Dcv<sup>^</sup> vbm<sup>^</sup> gn w<sup>^</sup> b<sup>^</sup> w<sup>^</sup> <sup>0</sup> cwi gv<sup>^</sup> Y tg<sup>^</sup> t<sup>^</sup> w<sup>^</sup> t<sup>^</sup> q A<sup>^</sup> i A<sup>^</sup> i K<sup>^</sup> i GK<sup>^</sup> U cv<sup>^</sup> t<sup>^</sup> t<sup>^</sup> X<sup>^</sup> t<sup>^</sup> j nvZ w<sup>^</sup> k<sup>^</sup> sev  
 t<sup>^</sup> j Pr<sup>^</sup> w<sup>^</sup> t<sup>^</sup> q i K<sup>^</sup> v<sup>^</sup> Ae<sup>^</sup> v<sup>^</sup> q Ggb<sup>^</sup> f<sup>^</sup> v<sup>^</sup> te tg<sup>^</sup> kv<sup>^</sup> z n<sup>^</sup> te hv<sup>^</sup> z GK<sup>^</sup> U m<sup>^</sup> gm<sup>^</sup> E<sup>^</sup> j w<sup>^</sup> k<sup>^</sup> Y ^Zwi nq
- Gi ci A<sup>^</sup> i A<sup>^</sup> i K<sup>^</sup> i cwb w<sup>^</sup> g<sup>^</sup> k<sup>^</sup> t<sup>^</sup> q f<sup>^</sup> v<sup>^</sup> j f<sup>^</sup> v<sup>^</sup> te nvZ w<sup>^</sup> t<sup>^</sup> q b<sup>^</sup> v<sup>^</sup> o<sup>^</sup> z n<sup>^</sup> te hv<sup>^</sup> z w<sup>^</sup> k<sup>^</sup> Y<sup>^</sup> U GK<sup>^</sup> U  
 Av<sup>^</sup> W<sup>^</sup> t<sup>^</sup> j v tc<sup>^</sup> ÷ ev g<sup>^</sup> t<sup>^</sup> U cwi YZ nq | GB tc<sup>^</sup> ÷ ev g<sup>^</sup> U nvZ w<sup>^</sup> t<sup>^</sup> q t<sup>^</sup> P<sup>^</sup> t<sup>^</sup> c t<sup>^</sup> P<sup>^</sup> t<sup>^</sup> c t<sup>^</sup> M<sup>^</sup> v j <sup>^</sup> Av<sup>^</sup> K<sup>^</sup> v<sup>^</sup> i  
 ^Zwi K<sup>^</sup> i t<sup>^</sup> f<sup>^</sup> R<sup>^</sup> v ev Av<sup>^</sup> <sup>0</sup> Lv<sup>''</sup> w<sup>^</sup> t<sup>^</sup> m<sup>^</sup> te mi v<sup>^</sup> m<sup>^</sup> vi gv<sup>^</sup> Q<sup>^</sup> t<sup>^</sup> qv th<sup>^</sup> z cv<sup>^</sup> i
- mnR c<sup>^</sup> x<sup>^</sup> w<sup>^</sup> z<sup>^</sup> t<sup>^</sup> z t<sup>^</sup> k<sup>^</sup> x<sup>^</sup> q ch<sup>^</sup> j<sup>^</sup> z ^Zwi m<sup>^</sup> u<sup>^</sup> z<sup>^</sup> weGdAvi AvB D<sup>^</sup> M<sup>^</sup> weZ <sup>^</sup> f g<sup>^</sup> j<sup>''</sup> i tm<sup>^</sup> w<sup>^</sup> g-  
 A<sup>^</sup> t<sup>^</sup> Uv w<sup>^</sup> c<sup>^</sup> t<sup>^</sup> j U tg<sup>^</sup> w<sup>^</sup> kb i<sup>^</sup> t<sup>^</sup> w<sup>^</sup> c<sup>^</sup> t<sup>^</sup> j U ev <sup>^</sup> v<sup>^</sup> b<sup>^</sup> v<sup>^</sup> vi i<sup>^</sup> t<sup>^</sup> L<sup>^</sup> v<sup>^</sup> i Ges m<sup>^</sup> v<sup>^</sup> i Y w<sup>^</sup> c<sup>^</sup> t<sup>^</sup> j U tg<sup>^</sup> w<sup>^</sup> k<sup>^</sup> t<sup>^</sup> b t<sup>^</sup> f<sup>^</sup> R<sup>^</sup> v  
 t<sup>^</sup> c<sup>^</sup> t<sup>^</sup> j U Lv<sup>''</sup> ^Zwi Kiv hvq

mvi Yx 5. gv<sub>1</sub> i RvZxq gvQ/ cv<sub>1</sub>v<sub>1</sub>mi Lv<sub>1</sub> ^Zwi i m<sub>1</sub>

Lv <sub>1</sub> Dcv <sub>1</sub> vb	t <sub>1</sub> cvbv gv <sub>1</sub> Q <sub>1</sub> Lv <sub>1</sub> (35% Avg <sub>1</sub> )		eo gv <sub>1</sub> Q <sub>1</sub> Lv <sub>1</sub> (28-30% Avg <sub>1</sub> )	
	e <sub>1</sub> envi gv <sub>1</sub> v (%)	mieivnKZ Avg <sub>1</sub> (%)	e <sub>1</sub> envi gv <sub>1</sub> v (%)	mieivnKZ Avg <sub>1</sub> (%)
wck ugj (G-tM <sub>1</sub> )	25.00	15.00	20.00	12.00
ugU I tev <sub>1</sub> ugj	20.00	10.00	15.00	7.50
mwi lvi/wZtj i ^Lj	15.00	5.50	15.00	5.50
Pvtj i K <sub>1</sub> dv	25.00	3.00	25.00	3.00
F <sub>1</sub> Av	10.00	1.00	20.00	2.00
wPUv <sub>1</sub> o/AvUv	4.00	-	4.50	-
wfUwgb I LwbR ugk <sub>1</sub> Y	1.00	-	0.50	-
	100.00	35.00	100.00	30.00
Lv <sub>1</sub> i "cv <sub>1</sub> st <sub>1</sub> nvi (FCR)	1.80	-	2.00	-

mvi Yx 6. %K gv<sub>1</sub>Q<sub>1</sub> m<sub>1</sub>lg Lv<sub>1</sub> m<sub>1</sub>

Lv <sub>1</sub> Dcv <sub>1</sub> vb	t <sub>1</sub> cvbv gv <sub>1</sub> Q <sub>1</sub> Lv <sub>1</sub> (40-45% Avg <sub>1</sub> )		eo gv <sub>1</sub> Q <sub>1</sub> Lv <sub>1</sub> (35-37% Avg <sub>1</sub> )	
	e <sub>1</sub> envi gv <sub>1</sub> v (%)	mieivnKZ Avg <sub>1</sub> (%)	e <sub>1</sub> envi gv <sub>1</sub> v (%)	mieivnKZ Avg <sub>1</sub> (%)
wck ugj (G-tM <sub>1</sub> )	30.00	18.00	25.00	15.00
ugU I tev <sub>1</sub> ugj	25.00	12.50	20.00	10.00
mwi lvi/wZtj i ^Lj	20.00	7.00	20.00	7.00
Pvtj i K <sub>1</sub> dv	20.00	2.80	30.00	4.00
wPUv <sub>1</sub> o/AvUv/gq <sub>1</sub> v	4.00	-	4.50	-
wfUwgb I LwbR ugk <sub>1</sub> Y	1.00	-	0.50	-
	100.00	40.30	100.00	36.00

wGdAvi AvB D<sub>1</sub>weZ t<sub>1</sub> g<sub>1</sub>tj i<sub>1</sub> wctj U t<sub>1</sub>g<sub>1</sub>kb

wEMZ 1994 m<sub>1</sub>tb evs<sub>1</sub>v<sub>1</sub>t<sub>1</sub> k grm<sub>1</sub> M<sub>1</sub>telYv Bb<sub>1</sub>w<sub>1</sub>UDU m<sub>1</sub>u<sub>1</sub>b<sub>1</sub> t<sub>1</sub> kxq c<sub>1</sub>x<sub>1</sub>wZtZ t<sub>1</sub>nvbxq gvj vgvj e<sub>1</sub>envi K<sub>1</sub>ti AM<sub>1</sub>hi Pvlx chv<sub>1</sub>q e<sub>1</sub>envi thvM<sub>1</sub> gv<sub>1</sub>Q<sub>1</sub> v<sub>1</sub> Lv<sub>1</sub> / t<sub>1</sub>fRv wctj U Lv<sub>1</sub> ^Zixi c<sub>1</sub>g t<sub>1</sub>g<sub>1</sub>kb D<sub>1</sub>web K<sub>1</sub>ti Ges 1998 m<sub>1</sub>tb Avi I Db<sub>1</sub>z g<sub>1</sub>tWj D<sub>1</sub>web Kiv nq| Av<sub>1</sub> k<sub>1</sub>m<sub>1</sub>vB<sub>1</sub>t<sub>1</sub>Ri 10 nm<sub>1</sub>cvl qvi t<sub>1</sub>lgZv m<sub>1</sub>u<sub>1</sub>b<sub>1</sub>wctj U t<sub>1</sub>g<sub>1</sub>kbw<sub>1</sub> Drcv<sub>1</sub> b t<sub>1</sub>lgZv c<sub>1</sub>z N<sub>1</sub>lvq 100-150 t<sub>1</sub>K<sub>1</sub>R | Dwj w<sub>1</sub>z m<sub>1</sub>vB<sub>1</sub>t<sub>1</sub>Ri wctj U t<sub>1</sub>g<sub>1</sub>kbw<sub>1</sub> ^Zix<sub>1</sub>tZ 25,000 UvKv e<sub>1</sub>q nq hv eZ<sub>1</sub>vb evRvi t<sub>1</sub>i m<sub>1</sub>v<sub>1</sub> m<sub>1</sub>vg<sub>1</sub>Am<sub>1</sub>c<sub>1</sub>Y<sub>1</sub> cieZ<sub>1</sub>x<sub>1</sub>tZ 2005 m<sub>1</sub>tj wGdAvi AvB mnR c<sub>1</sub>by<sub>1</sub> t<sub>1</sub> kxq Kv<sub>1</sub>v<sub>1</sub>gvj e<sub>1</sub>envi K<sub>1</sub>ti t<sub>1</sub> g<sub>1</sub>tj i<sub>1</sub> Lv<sub>1</sub>gvi Dc<sub>1</sub>thvM<sub>1</sub> t<sub>1</sub>m<sub>1</sub>wg-A<sub>1</sub>t<sub>1</sub>Uv wctj U t<sub>1</sub>g<sub>1</sub>kb D<sub>1</sub>web K<sub>1</sub>ti | hv w<sub>1</sub>t<sub>1</sub>q i<sub>1</sub> wctj U ev v<sub>1</sub> Lv<sub>1</sub> i<sub>1</sub> L<sub>1</sub>evi ^Zix Kiv hvq| 20 nm<sub>1</sub>cvl qvi t<sub>1</sub>lgZv

m<sup>3</sup>ubætmg-A<sup>3</sup>Uv wctj U tgmkbwU<sup>3</sup>Z c<sup>3</sup>Z N<sup>3</sup>Uvq 150-200 tKwR i<sup>3</sup> `vbr`vi ev wctj U Lv<sup>3</sup> `Zix Kiv hvq| hvi Drcv`b LiP cto 60,000 UvKv| BtZvgta<sup>3</sup> GB wctj U tgmkb `mUB t<sup>3</sup>ki t<sup>3</sup>U-gvSvix I eo grm<sup>3</sup> Pvlxt<sup>3</sup>i Kv<sup>3</sup>Q i<sup>3</sup> `vbr`vi Lv<sup>3</sup> %Zix<sup>3</sup>Z tek Rbw<sup>3</sup>QZv jvf Kivq t<sup>3</sup>ki wewfbaGjvKvq Ges<sup>3</sup> n<sup>3</sup>vbxqfvte gqgbwms<sup>3</sup>tni wewfbaRvqMvq Lv<sup>3</sup>gvi Dc<sup>3</sup>thvMx grm<sup>3</sup> Lv<sup>3</sup> %Zix<sup>3</sup>Z e<sup>3</sup>eüZ n<sup>3</sup>“Q| wctj U tgmkb bv<sup>3</sup>\_vK<sup>3</sup>tj m<sup>3</sup>f<sup>3</sup>v<sup>3</sup>h<sup>3</sup>v<sup>3</sup>qx Lv<sup>3</sup> Dcv<sup>3</sup>v<sup>3</sup>bm<sup>3</sup>g<sup>3</sup>ni w<sup>3</sup>g<sup>3</sup>k<sup>3</sup>t<sup>3</sup>Y cw<sup>3</sup>b w<sup>3</sup>g<sup>3</sup>w<sup>3</sup>k<sup>3</sup>t<sup>3</sup>q t<sup>3</sup>M<sup>3</sup>v<sup>3</sup>j—ev ej<sup>3</sup> `Zwi K<sup>3</sup>ti t<sup>3</sup>f<sup>3</sup>R<sup>3</sup>v ev Av<sup>3</sup>“Lv<sup>3</sup> w<sup>3</sup>nt<sup>3</sup>m<sup>3</sup>te mi<sup>3</sup>v<sup>3</sup>m<sup>3</sup>wi gv<sup>3</sup>Q<sup>3</sup>t<sup>3</sup>K t<sup>3</sup>q<sup>3</sup> t<sup>3</sup>h<sup>3</sup>t<sup>3</sup>Z cv<sup>3</sup>ti |

c<sup>3</sup>Ö<sup>3</sup>ZKZ Lv<sup>3</sup> msi<sup>3</sup> ¶<sup>3</sup>Y

i<sup>3</sup>K<sup>3</sup>bv wctj U Lv<sup>3</sup> evq<sup>3</sup>fi<sup>3</sup>vax cw<sup>3</sup>j w\_b/Pt<sup>3</sup>Ui e<sup>3</sup>vq A<sup>3</sup>\_ev t<sup>3</sup>K<sup>3</sup>v<sup>3</sup> cv<sup>3</sup>t<sup>3</sup> g<sup>3</sup>l eÜ K<sup>3</sup>ti VvÜv RvqMvq msi<sup>3</sup> ¶<sup>3</sup>Y Ki<sup>3</sup>t<sup>3</sup>Z n<sup>3</sup>te| gv<sup>3</sup>t<sup>3</sup>S gv<sup>3</sup>t<sup>3</sup>S msi<sup>3</sup> ¶<sup>3</sup>Y Z wctj U L<sup>3</sup>evi c<sup>3</sup>pi<sup>3</sup>vq t<sup>3</sup>iv<sup>3</sup> i<sup>3</sup>w<sup>3</sup>k<sup>3</sup>t<sup>3</sup>q ivLv D<sup>3</sup>w<sup>3</sup>PZ| „vg N<sup>3</sup>ti msi<sup>3</sup> ¶<sup>3</sup>Y Z wctj U Lv<sup>3</sup> t<sup>3</sup>g<sup>3</sup>t<sup>3</sup>S<sup>3</sup>t<sup>3</sup>Z bv ti<sup>3</sup>l Zv cv<sup>3</sup>UvZ<sup>3</sup>bi Dc<sup>3</sup>ti ti<sup>3</sup>l msi<sup>3</sup> ¶<sup>3</sup>Y Ki<sup>3</sup>t<sup>3</sup>Z n<sup>3</sup>te| i<sup>3</sup> `vbr`vi wctj U L<sup>3</sup>evi c<sup>3</sup>w<sup>3</sup>K e<sup>3</sup>v<sup>3</sup>t<sup>3</sup>M evq<sup>3</sup>fi<sup>3</sup>vax Ae<sup>3</sup>vq tek<sup>3</sup>w<sup>3</sup> b msi<sup>3</sup> ¶<sup>3</sup>Y Kiv hvq| msi<sup>3</sup> ¶<sup>3</sup>Y Z wctj U Lv<sup>3</sup> 1-2 gv<sup>3</sup>t<sup>3</sup>mi g<sup>3</sup>ta<sup>3</sup> e<sup>3</sup>envi K<sup>3</sup>ti t<sup>3</sup>d<sup>3</sup>j<sup>3</sup>v D<sup>3</sup>w<sup>3</sup>PZ| Zte Lv<sup>3</sup> G<sup>3</sup>w<sup>3</sup>U<sup>3</sup>d<sup>3</sup>v<sup>3</sup>s<sup>3</sup>M<sup>3</sup>v<sup>3</sup>j G<sup>3</sup>t<sup>3</sup>R<sup>3</sup>U/G<sup>3</sup>w<sup>3</sup>U-A<sup>3</sup>w<sup>3</sup> t<sup>3</sup>W<sup>3</sup>U e<sup>3</sup>envi Ki<sup>3</sup>t<sup>3</sup>j Zv 3-4 gym ch<sup>3</sup>S—msi<sup>3</sup> ¶<sup>3</sup>Y Kiv hvq| Lv<sup>3</sup> c<sup>3</sup>Ö<sup>3</sup>q<sup>3</sup>M n<sup>3</sup>vi I c<sup>3</sup>x<sup>3</sup>w<sup>3</sup>Z w<sup>3</sup>t<sup>3</sup>æ m<sup>3</sup>vi Y<sup>3</sup>xt<sup>3</sup>Z c<sup>3</sup>Ö<sup>3</sup> E<sup>3</sup> n<sup>3</sup>t<sup>3</sup>j v

m<sup>3</sup>vi w<sup>3</sup>Y 7. Lv<sup>3</sup> c<sup>3</sup>Ö<sup>3</sup>q<sup>3</sup>M n<sup>3</sup>vi I c<sup>3</sup>x<sup>3</sup>w<sup>3</sup>Z wewfba<sup>3</sup>gv<sup>3</sup>t<sup>3</sup>Qi Lv<sup>3</sup> c<sup>3</sup>Ö<sup>3</sup>q<sup>3</sup>M n<sup>3</sup>vi I c<sup>3</sup>x<sup>3</sup>w<sup>3</sup>Z

Lv <sup>3</sup> i <sup>3</sup> c <sup>3</sup> K <sup>3</sup> vi	c <sup>3</sup> Ö <sup>3</sup> q <sup>3</sup> M n <sup>3</sup> vi	c <sup>3</sup> Ö <sup>3</sup> q <sup>3</sup> Mgv <sup>3</sup> i <sup>3</sup> v I mgq	c <sup>3</sup> Ö <sup>3</sup> q <sup>3</sup> M c <sup>3</sup> x <sup>3</sup> w <sup>3</sup> Z
<i>t<sup>3</sup>cv<sup>3</sup>br gv<sup>3</sup>t<sup>3</sup>Qi Lv<sup>3</sup> ev b<sup>3</sup>vm<sup>3</sup>¶<sup>3</sup>x Lv<sup>3</sup></i> (cv <sup>3</sup> D <sup>3</sup> w <sup>3</sup> vi I `vbr`vi Lv <sup>3</sup> )	gv <sup>3</sup> t <sup>3</sup> Qi t <sup>3</sup> gv <sup>3</sup> U t <sup>3</sup> n I R <sup>3</sup> t <sup>3</sup> bi 10-20%	nb <sup>3</sup> K 3-4 evi	c <sup>3</sup> K <sup>3</sup> ti i <sup>3</sup> P <sup>3</sup> vi w <sup>3</sup> t <sup>3</sup> K 6-8w <sup>3</sup> U w <sup>3</sup> bw <sup>3</sup> “ R <sup>3</sup> vqMvq Q <sup>3</sup> w <sup>3</sup> t <sup>3</sup> q w <sup>3</sup> t <sup>3</sup> Z n <sup>3</sup> te
<i>L<sup>3</sup>evi th<sup>3</sup>vM<sup>3</sup> gv<sup>3</sup>t<sup>3</sup>Qi Lv<sup>3</sup></i> i <sup>3</sup> K <sup>3</sup> bv wctj U Lv <sup>3</sup>	gv <sup>3</sup> t <sup>3</sup> Qi t <sup>3</sup> gv <sup>3</sup> U t <sup>3</sup> n I R <sup>3</sup> t <sup>3</sup> bi 6-10% (gv <sup>3</sup> t <sup>3</sup> Qi Mo I R <sup>3</sup> b 100 M <sup>3</sup> ö <sup>3</sup> t <sup>3</sup> gi b <sup>3</sup> x <sup>3</sup> t <sup>3</sup> P) Ges 2-5% (gv <sup>3</sup> t <sup>3</sup> Qi Mo I R <sup>3</sup> b 100 M <sup>3</sup> ö <sup>3</sup> t <sup>3</sup> gi Dc <sup>3</sup> ti)	nb <sup>3</sup> K 1-2 evi m <sup>3</sup> K <sup>3</sup> j I w <sup>3</sup> e <sup>3</sup> K <sup>3</sup> j tej <sup>3</sup> v	c <sup>3</sup> K <sup>3</sup> ti i <sup>3</sup> P <sup>3</sup> vi cv <sup>3</sup> to 4-6w <sup>3</sup> U w <sup>3</sup> bw <sup>3</sup> “ R <sup>3</sup> vqMvq Q <sup>3</sup> w <sup>3</sup> t <sup>3</sup> q w <sup>3</sup> t <sup>3</sup> Z n <sup>3</sup> te

L<sup>3</sup>evi th<sup>3</sup>vM<sup>3</sup> gv<sup>3</sup>Q P<sup>3</sup>v<sup>3</sup>l i<sup>3</sup> t<sup>3</sup>¶<sup>3</sup>t<sup>3</sup> 15 w<sup>3</sup> t<sup>3</sup>b/ gv<sup>3</sup>t<sup>3</sup>mi G<sup>3</sup>K<sup>3</sup>evi Ges t<sup>3</sup>cv<sup>3</sup>br gv<sup>3</sup>Q P<sup>3</sup>v<sup>3</sup>l i<sup>3</sup> t<sup>3</sup>¶<sup>3</sup>t<sup>3</sup> m<sup>3</sup>B<sup>3</sup>v<sup>3</sup>tn G<sup>3</sup>K<sup>3</sup>evi b<sup>3</sup>g<sup>3</sup>l<sup>3</sup>v<sup>3</sup>q<sup>3</sup>t<sup>3</sup>bi g<sup>3</sup>va<sup>3</sup>t<sup>3</sup>g gv<sup>3</sup>t<sup>3</sup>Qi nb<sup>3</sup>K e<sup>3</sup>w<sup>3</sup>x<sup>3</sup>i m<sup>3</sup>v<sup>3</sup>t<sup>3</sup>\_mg<sup>3</sup>š<sup>3</sup>q K<sup>3</sup>ti L<sup>3</sup>ev<sup>3</sup>ti i<sup>3</sup> cw<sup>3</sup>i gv<sup>3</sup>Y w<sup>3</sup>K Ki<sup>3</sup>t<sup>3</sup>Z n<sup>3</sup>te|

Lv` c0qM tKSkj Aej aqb grfQi Drcv` b/ Lv` LiP nwmKiY

grm Lv` i KvhRvwi Zv` i agvT` bMZgvfbi Dci wbfP Kti bv, Lv` c0qM tKSkj i Dci l AfbKvstK wbfPkxj | cyogvb mivK Lv` c0qM tKSkj Aej ab Kiv bv ntj cyogvb mgx grm Lv` i KvhRvixZvl fvj nq bv | GKw` b Aš+ Aš+ h\_vm̄tg D`P l wbgæAwigl mgx Lv` c0qM tKSkj Aej aqbi gva`tg grfQi Lv` l gvQ Drcv` b LiP Dtj LthvM` cwi grfb Kgvfbv mæe | GtZ grfQi eaB ev Drcv` b, c0Zw` b D`P cyogvb mgx Lv` (Pwin`v gwidK Lv` Awigl) c0qvMi tPtq Kg nq bv eis tKvb tKvb tKvb tPtq tekx ntq \_vtK | Bbw`vUDtUi gv chftq Pvlxt` i cKti cv/2vm Pvl t` kxq Lv` Dcv` vb mnthvM` Zix`vU mæcj K Lv`, GKwU D`P Awigl (cvsMvfm̄i Pwin`v gwidK 28% Awigl) mgx Ab`wU wbgæAwigl (14% Awigl) mgx Lv` h\_vm̄tg GKw` b Aš+ Aš+ c0qM Kti Qq grfmi Pvl Avq-e`tqi wntmte tgvU Lv` i kZKiv 22% Awigl A`v tgvU Lv` LiPt̄i kZKiv 26% AcPq tiva Kiv mæe ntqtQ | KviY D`P Awigl mgx Lv` cvsMvfm̄i Drcv` b LiP wbgæAwigl mgx Lv` i tPtq tKwR c0Z 6-8 UvKv` tekx nq, dtj GB cxwZtZ Lv` c0qvM c0g t`tKB mivm̄i D`P Awigl mgx Lv` c0qvMi tPtq tlv gpbv 1.5` Y tekx cvEqv tMtQ |

Lv` c0qvM GB cxwZi mjevimgn

- cwi tek-evUe Ges mntrB GWetUej
- grfQi Drcv` b evortbvi mvf\_ mvf\_ Drcv` b ev Lv` LiP euj vstK Kgvfbv hvq
- mvaviY Ges mnR Lv` c0qM cxwZ | hvfZ D`P Awigl (cvsMvfm̄i Pwin`v gwidK 28% Awigl) mgx GKwU Lv` Ab`wU wbgæAwigl (14% Awigl) mgx Ab` Lv` h\_vm̄tg GKw` b Aš+ Aš+ c0qM Kiv |
- cKti i gvU l cwb̄i` Yv` Y eRvq ivLtZ mnvqK |

Lv` Drcv` b l c0qvMi tPtq weteP` wcl qimgn

- cyogvb eRvq ivLvi` t`grm` Lv` t` cwi grfb ntj l wdkwvj ev Ab`vb` c0YR Awigl (wU l tev̄ wvj, eww wvj, wPswoi` ov, KuKovi PY`ti kgKxU wvj, gjwM l Mi` QvM̄tj i bwofwo BZ`w) Ges wFuwgb l wgbvtij wclg. e`envi KiZ nte
- ewYwR`KwfvE`Z gvQ Pvl̄i Rb` i Kbv wctj U RvZxq Lv` B metPtq Dc`hvMx | GwU cwb̄tZ AwakZi w`wZkxj, AcPq Kg nq, c0qM Kiv mnR Ges Kg ZvcgvT`vq msi Pt̄Yi c0qvRb nq bv

- cōZw`b GKB mgtq GKB RqvMvq Lv`" cōqvM Lv`"i mtefEg e`envi wbowōZ nq
- cKti i cwbi ZvcgvĪv Ges cōKwZK Lv`"i cwigvYi I ci wbfP Kti Lv`" cōqvMi nvi I evovt̄v ev Kgv̄t̄v th̄Z c̄ti | kxZKv̄t̄j Lv`" cōqvMi nvi ṽfwēt̄Ki t̄P̄t̄q Āt̄aR ev wZb f̄v̄t̄Mi GK f̄v̄M Kvḡt̄q Av̄t̄Z n̄t̄e | c̄P̄Ū k̄t̄Zi mgq ZvcgvĪ tewk K̄t̄g hv̄q ēt̄j Lv`" cōqvM eÜ i vL̄t̄Z n̄t̄e |
- M̄Ū K̄v̄t̄j hLb cKti cw̄b K̄t̄g ZvcgvĪv t̄eto hv̄q Ges cKti k̄v̄l j vi ṽt̄ cot̄j L̄vevi cōqvM Kvḡt̄q w̄ t̄Z n̄t̄e ev eÜ i vL̄t̄Z n̄t̄e |
- gv̄t̄S gv̄t̄S Lv`" cōqvM`j ch̄ēŋY Ki t̄Z n̄t̄e | cōqvMi h̄t̄\_ó mgq c̄ti L̄vevi t̄\_t̄K t̄M̄t̄j ēS̄t̄Z n̄t̄e Lv`"i cwigvY tewk n̄t̄"Q | t̄m̄t̄ŋt̄Ī Lv`"i cwigvY Kvḡt̄q w̄ t̄Z n̄t̄e | Āen̄kó bv\_vK̄t̄j Av̄t̄`-Av̄t̄`-cōqvMgvĪv evov̄t̄Z n̄t̄e |
- cw̄b̄t̄Z k̄v̄l j vi cwigvY t̄eto t̄M̄t̄j (ēŋs n̄t̄j) Lv`" cōqvM Kvḡt̄q w̄ t̄Z n̄t̄e ev eÜ i vL̄t̄Z n̄t̄e | k̄v̄l j v`gb K̄ti Lv`" cōqvM Av̄i`c̄K̄i t̄Z n̄t̄e ev cōqvM nvi evov̄t̄Z n̄t̄e |

## gvfQi tivM cÖZtiva I cÖZKvi e'e-vcbv

Lvgvfi cwbtk gvfQi gvtqi mv\_ Zj bv Kiv hvq| gvbe wki thgb gvtqi Av`ti Av`- Av`-teto I tV, tZgwb gvQ cwbZ axti, axti eo nq| `wl Z cwb gvQtk mhtZej vj b cvj b KiZ cvti bv eis gvfQi tetP \_vKvi Rb` ügwK ntq `vovq| A\_P, mvavi Y Pvlxv cwb i cwi tetki wcl qwtk `i`Z; bv w`tq `wl Z cwbZ Af RvqMvq tekx gvQ tQto Awak gbrvdv jvtf mtpó nq| dtj, gvfQi cRwZtft` ¶Zti vMmn weirfbæi tbi tivMej vB I `JYRbxZ goK t` Lv hvq|

gvfQi tivM wK, tKb, wKfvte nq

mvavi Yfvte gvfQi kixti me©v weirfbæRe ivmvqwbK wµqv weµqv NtU| tKvb Kvi tY Gme -vfwek kvixi K wµqv Kj vc evavMÖ' ntj gvtQ tivM msµgtYi SñK teto hvq | tivMi j ¶Y gvfQi Pj vtdiv, AvPiY, Lv` MÖY BZ`w` Zvi tPnivq dtU I tV| tivM msµgY ntj ev nI qvi `i`Z gvQ fvi mvgnxbfvte cwb i Dctii w`tk mvZvi KvU I Lv` MÖtb Abxrv t`Lvq| Avµvš-gvfQi ZK I dj Kv d`vKvfk ntq hvq, weirfbæcvLbv, tj R, KvbKqv BZ`w` mn kixtii weirfbæ`vfb mv`v ev jvj tP `vM Ges ¶tZi mjo nq| gvfQi tivM nI qvi mv\_ cävZ: wZbwU Dcv`vb RwoZ | tivM Rxeby gvfQi tivM cÖZtiva ¶gZv I gvfQi Dci cwi tek `JYRbxZ Pvc| `i`gvT, GB wZbwU Dcv`vb GKtT wgvj Z ntq tivM mjo KiZ cvti | tñKvb GKwI Afve ntj gvtQ tivM nq bv |

tivM RxeYy

tivM msµgtYi Rb` tivM Rxeby gvfQi t`ñ cÖek Kiv Ri`ix| weirfbæDcvtq thgb, Lvevfi mv\_, dj Kv, tPvL ev Ztki gva`tg Rxeby gvfQi t`ñ cÖek Kti| e`v±wi qv, fvBivm I QTvK RvZxq Rxeby gvfQi ZK tf` Kti mntR t`ñ cÖek KiZ cvti bv| `i`gvT tñKvb ewn`K Kvi tY gvfQi Pvgov ev ZK wQto tMj tmB tQov ZK w`tq Gme Rxeby Abvqtm gvfQi t`ñ cÖek Kti Ges Gt`iK tivMvKtš-Kivi mthvM cvq| Zte, gvtQ Rxeby cÖetki ci tivM msµgY nI qv bv nI qv, tivM ntj Gi ZxeZv, GmewKQß gvfQi tivM cÖZtiva ¶gZvi Dci wbfPkj |

ti vM Rxe vbj Drm

my' gvtQ ti vM mspugtYi Rb' `BwU Drm t\_tK ti vM Rxe vbj AvMgY NtU:

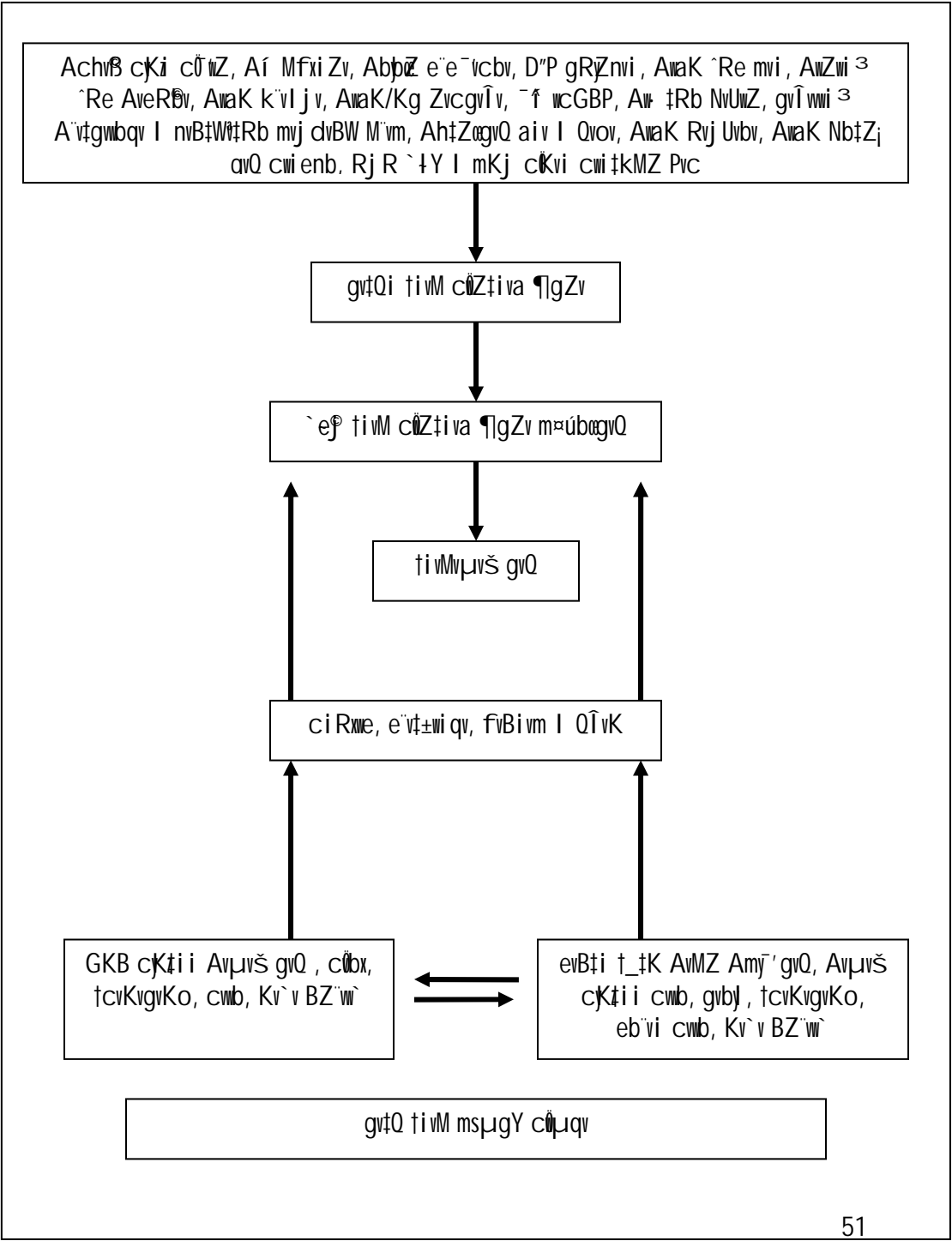
- cKtii wfZi t\_tKt cKti we`gvb ti vMvuvš-gvQ, Rxe vby evnK DfPi, mixnc, tcvKvgvKo, Rj R MvQ-MvQov, Zj t\_tki Kv`v I fvmgvb ev Weš-wevfbae` t\_tK my' gvtQ ti vM mspugY ntZ cvti |
- cKtii evBti t\_tKt cKtiii evBtiii Rxe vbywevfbaeDcvtq thgb, Avvuvš-gvQ, Rxe vby evnK cOYx, cml, eb`vi cwb, Rvj I Ab`vb` Lvgvi mvgMoi gva`tg my' cKti Rxe vby cOek Ki tZ cvti |

gvtQi ti vM cOZtiva qIgzv

ti vM Rxe vby t`tn cOek Kivi ci gvtQi ti vM cOZtiva qIgzv Oviv evaM0' nq | AZ`š-D`P ti vM cOZtiva qIgzv m`cbegvtQ ti vM Rxe vby mntR mspugY NUvtZ cvti bv | AcictqI, gvtQi ti vM cOZtiva qIgzv `eP ntj mntRB ti vM nq | ti vM cOZtiva qIgzv, gvtQi mweR cwi tek, cwb I Lv` e`e`vcvbi I ci wbfPkj | Dbz Rj R cwi tek, mlg Lv` I DEg Lvgvi e`e`vcvbi Oviv gvtQi ti vM cOZtiva qIgzv evovtbv hvq | wecixZctqI, `wl Z Rj R cwi tek thgb, wbcwgZ Aw tRb NvUwZ, weLv<sup>3</sup> Avtgmbqv I nvBtWtRb mvj dvBW M`vtmi AwaK, mlg Lv` i Afve I `wl Z cwb cwieZB bv Kivi dtj gvtQ ti vM cOZtiva qIgzv `eP ntq cto Ges mntRB ti vM mspugY nq |

gvtQi Dci cwi tek `JYRwbZ Pvc

Rj R `JY gvtQi ti vM mspugtY mrvh`Kvixi fvgKv cvj b Kti | Kvib, mtZR I mej gvQtK mnmv tKvb Rxe vby ti vMvuvš-KitZ cvti bv | th tKvb cKvi Rj R `JY, ZvcgvIv Lp tetv hvlqv ev Ktg hvlqv, Aw tRb NvUwZ BZ`w` AmsL` Kvibt gvtQi kvixi K wlvqvKj vtci Dci Pvtci mjo nq | dtj gvQ kYvmKó, qIavg`v, e`nRg I kvixi K `eP Zvq fM Ges w`b w`b `eP ntq ti vM cOZtiva qIgzv nwi tq tdj | GiKg `eP Ae`vq hw` chvB Rxe vby gvtQi t`tn cOek Ki tZ cvti Zte webv evavq gvQ ti vMvuvš-nq |



gvfQ ¶Zti vMmn wefbaemsµvgK ti vM cōZti va

¶Zti vMmn wefbaemsµvgK ti vMi Kvi Y I SµKc,Y©Dcv`vb (risk factor) mg¶ni Dci wfvE Kti wbaej wLZ 5wU tgšuj K tKŠktj i gva`tg ti vM cōZti va/wbqšp Kiv mæet

<p>1. Avµvš-cKti we`gvb ti vMRxevY, D†"Q` Ki Y</p>	<ul style="list-style-type: none"> <li>• i¼ tgšm¶g cKti mæcbPtc i Kv¶bv, cōqvR¶b Zj ¶¶ki cPv Kv`v Acmvib, evi evi Pvl w`tq i Kv¶bv Ges Pb cōqvM (kZvstk 1 tKwR)</li> <li>• Kgct¶¶, cōZ 2/3wU dmj DV¶bvi ci cKti i Kv¶bv Ges Pb cōqvM (kZvstk 1 tKwR)</li> </ul>
<p>2. evB¶i i ti vMRxevYj cōek tiva</p>	<ul style="list-style-type: none"> <li>• cKti i cvo DPKiY, cvtoi mKj i Kg MZ¶I Ašg¶x bvj v eÜ Kiv hv¶Z eb`vmn Ab`vb` mKj evB¶i i cwb cKti cōek Ki¶Z bv cv¶i</li> <li>• cKti bj K¶ci A_ev tkwaZ cwb mieivn Kiv cKti i mv¶_ b`x-bvj v, Lvj -vej ev Ab` th tKvb b`¶v ev tWb tK¶U msthwM t`qv hr¶e bv   Kvi Y cwb ti vMRxevYj GKwU Ab`Zg cōvb evnK</li> <li>• ti vMg¶ GjvKv t_¶K my` I mej tcvbv jeY R¶j tkvab Kivi ci gRj Kiv (2.5% jeYR¶j 2/3 wgvbU ev mn`¶¶gZv Ab¶hvqx Z¶ZwaK mgq tMmj Kiv¶bv) Avµvš- GjvKvi t_¶K msMpxZ UvUKv WwKDBW/Rj R Lv` cKti e`envi bv Kiv</li> <li>• cKti mKj cKvi eb` gvQ (wild fish), tcvKv-gvKo, KuKov, mvc, e`vO BZ`w` i cōek tiva Ki¶Z n¶e   Kvi Y, Giv evB¶i i ti vMRxevYj cKti i wfvZti wbtq Av¶m</li> <li>• cKti mKj M¶cwj Z/eb` ci cwlLi AvMgb tiva Ki¶Z n¶e</li> <li>• cōKwZK Rj vkq, avb t¶¶Z, nvl i, eul o, w¶j i cwb¶Z KvR Kivi ci cKti tbtg nvZ-cv ev Ab` tKvb mgMō tašZ Kiv hv¶e bv</li> <li>• Rj mn Ab`vb` Lvgi mi Ävg cKti e`env¶i i c¶e©RxevYg¶ Ki¶Z n¶e (wvPs cvDWvi, cUw¶kqvq cvig`v¶v¶tBU BZ`w` e`envi Kti)</li> <li>• Lvgti/n`vPvix¶Z cōetki c¶e©Lvgi Kg¶ I `k¶v_¶` i cv, RjZv BZ`w` RxevYg¶ Kiv D¶PZ (wvPs cvDWvi `etY)</li> <li>• ti vMi hveZxq evnK (carrier) thgb-cwb, eb` gvQ, gvbj, Mi", QvMj, cwl, tcvKv-gvKo BZ`w` i ¶viv ti vM Qov¶bvi e`vcv¶i mZK¶ n¶Z n¶e</li> </ul>

<p>3. cwi tekMZ e'e`vcbv I cwi PhvP gva`tg gvtQi Dci kvixwi K Pvc cwi nvi</p>	<ul style="list-style-type: none"> <li>• mWK Dcvtq cKai cÖZKib (cKai iKvfbv, Zj f`tki cPv Kv`v Acmbib, evi evi Pvl w`tq iKvfbv Ges Pb cÖqvM)</li> <li>• cwbi Dbz` Yvej x eRvq ivLv (wGBP, Avw` tRb, A`vtgmbqv BZ`w`)</li> <li>• gvQ`K mKj cKvi cwi tekMZ Pvc/cxob (stress) t`tK gy³ ivLv thgb-             <ul style="list-style-type: none"> <li>➢ AwZwi³ gvQ gRj` bv Kiv</li> <li>➢ cwi wgz gvT`vq mJ g Lv` cÖqvM</li> <li>➢ AwZwi³ Rvj Uvbr ev brovPvov bv Kiv, hv gvtQi kixi ¶j` a ¶j` a ¶j`Zi mwó Ki tZ cvti</li> <li>➢ Kg NbtZj gmb cvt` gvQ cwi enY Kiv</li> <li>➢ GKB AvKviti i gvQ gRj` Kiv</li> <li>➢ cwbtZ wbcvqZ Avw` tRb NvUwZ, M`vtmi Awak` ev `JY ntj cwbi cwi eZB Kiv</li> </ul> </li> <li>• kxZKvj B ¶jZti vM mspgYi metPtq Dchy³ mgq  ZvB G mgtq gvQ I Zvi cwi tek Ges SñKcYmKj wltq mZKZv Aej`*b Kiv</li> <li>• kxtZi iitZ kZvstK 1 tKwR nvti Pb cÖqvM Kiv (Zte GUV cwbi ¶vitiZji Dci wfwE Kti cwi eZBkxj)</li> <li>• Ab`vb` ti vM I ci Rvxi e`vcvti mZK`_vKv</li> <li>• Avµvš-Gj vKvq ti vM mnx`AycRwZi gvQ gRj` Kiv</li> <li>• gvQ I Lvgti i wbcvqZ cwi Phv®</li> </ul>
<p>4. gvQ I Lvgti i wbcvqZ Z`vi wK I gvtQi `v` cix¶jv</p>	<ul style="list-style-type: none"> <li>• gvtQi AvPitYi Dci `wó ivLv</li> <li>• gvtS, gvtS Rvj tUtb gvtQi `v` cix¶jv Kiv</li> </ul>
<p>5. m`te` wPwKrmv</p>	<ul style="list-style-type: none"> <li>• gvQ tivMµvš-ntj Zvi wPwKrmv ZZ mnR bq  tivtMi mbv³Kib I wPwKrmv cxwZ RñUj, SñKcY®I e`qeuj   ZvB ti vM cÖZti vta cwbi Yvej x Dbqtb I Dbz` e'e`vcbv Awak MÖYthvM`</li> <li>• mKj gZ I AaGZ gvQ AcmyY Kiv I gvUj wbtP cftZ tdjv `wZ cwbi cwi eZB Pb cÖqvM (Kwj Pb) t 1 tKwR/kZK (wGBP I ¶vitiZji Dci wfwE Kti)</li> <li>• wRI j vBU kZvstK 150-200 Mäg e`envi Kti cwbi A`vtgmbqvRñbZ wlvµqv Kgvfbv hvq</li> <li>• kxtZi iitZ ev tivtMi iitZ Kj vMwQ/Lti i QvB cÖqvM Kiv (cÖZ kZtK 1 tKwR)</li> <li>• GKtKvlx/eutKvlx ci Rvxi mspgY t 50 wGg digwjt b (37%)</li> </ul>

	<p>24 N&gt;Uv tMvmj KivtZ nte</p> <ul style="list-style-type: none"> <li>• Avi_jvm (DKb) msμgY t 0.25 t_†K 0.5 wciGg wWcUvfi· Avμvš-cK†i 10/15 w`b Aš† Aš† 2/3 evi c0qM KitZ nte</li> <li>• e`v†±wi qvRbxZ ¶jZ ev cPb t (50 ug:M0: †UUmVBiKb/†KwR gvQ†K/c0Zw`b Lve†i i mv†_ wgnktq 5-7w`b Lvl qv†Z nte)</li> <li>• Q†vK msμgY t 200 wciGg jeb Rtj Avμvš-gvQ†K 1N&gt;Uv tMvmj (mBv†n 1 evi) A_ev Avμvš- cK†i 0.5 wciGg ug_vBwj b eye0qM KitZ nte</li> </ul>
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“†ivM c0ZKv†i i tPtq c0ZtivaB Avak tk00 | gvQ Pr†i i t¶j† GB c0v`wU i`Z; Acwi mxg | Kvi b, gvQ GKwU Rj R c0Yx | cwbi mWk †fšZ-i vmvqwbK `bvej x A\_¶ my` Rj R cw†etki DciB G† i my`fvte tetP \_vKv I ep× cvl qv wbfP K†i | AZGe, DbZ Rj R cw†ek I Lvgvi e`v`vcbvi gva`tg gvQ†K my` ivLv AvakZi mnRmva`, Kg e`qeuj , Kg S†Kc,YGges cw†ek evUe |