

Mew`ci i wefbaetivMi KviY, j QY, wPwKrmv I Zvi cOZti va e`e`vcbv

Wwt tgvv nvmvb-Avj -dvi`K

cOY`v` Mtel Yv wefvM

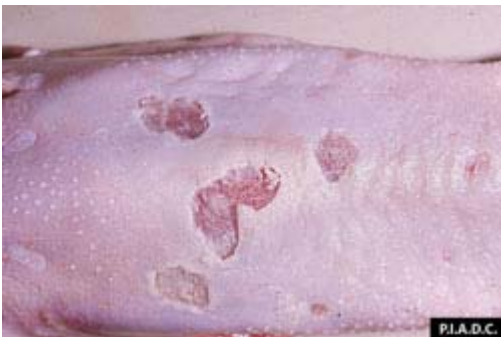
**hasan\_vt@yahoo.com**

1. fvBivmRwbZ tivM

1.1. QjivM (dU GU gvD\_ wWvRR)

QjivM wef<sup>3</sup> QjivM cii (Mi, QvMj, tfov I iKi ) AZ`sf Zxe<sup>a</sup>tOvqvP cKwzi fvBivm RwbZ tivM| Rji, gl I cvtq tdrvkv GtivMi cAvb %enkó`| dU GvU gvD\_ wWvRR fvBivm GtivMi KviY| evsj v`tki cOq me RvqMvZ GtivM nZ t`Lv hvq| eq`c Mi`i Zj bvq evQi Avμvš-nj gvivZK AvKvi avib Kti | j QY

- ✓ cAvbZ G fvBivm klm-clkm I Lv` MhtYi gva`tg t`tn cOek Kti |
- ✓ G fvBivm gl, cv I evtU imfiv tdv`vi mpo Kti |
- ✓ cOtg Rji nq| Lv` MhtYi dtj glLi tfZti I wRnYi tdv`v uQto QZ mpo nq| cOvtni dtj gl t`tk cPi jvjv Sti, `β cvtqi Qti i gvtS QZ mpo nq|



tivM wBY@

- ✓ %enkó“cY©DcmM©(Rji, gL w` t q j v j v Siv, gL I cvtq tdvmKv, tLuovtbn)|
- ✓ mjbv` 8 tivM wbyqj Rb“ Gj vBRv ci xqji gva“tg fvBivm mbr³KiY|

WPKrmv

- ✓ g, yRievYpvkK c`v\_Øviv gL I cvtqi qIZ cwi®vi Ki tZ nte|
- ✓ qjivtivM RxeYj RuUj Zv tivta A“wUertqWUK A\_ev muj tdivbvgvBW BbtRkKb w` tj mplj cvl qv hvq|
- ✓ Avµvš-citK i Ktbn I cwi®vi v`vfb ivL tZ nte Ges bi g Lvevi w` tZ nte|

wbqšb

- ✓ wZb gvm eqm t\_tK i i“ Kti cØZ 6 gvm ci ci GtivMi wUKv cØvb Ki tZ nte|
- ✓ tivMµvš-citK m`ci t\_tK Avj v`v Ki tZ nte Ges WPKrmvi e`e`v Ki tZ nte|
- ✓ gZ citK Mfxi MZ©Kti gwUtZ ctZ tdj tZ nte| tkvµtgB tLv v gtv tdtj ivLv hvtebv|

2.e`vKtUvi qv RwbZ tivM

2.1 ev`j v tivM (e`K tkvqvUfi ev`K tj M)

evsj v`tk ci i GtivM ewo ev`tj i w`tb nq etj GtK ev`j v tivM etj | cØvbZ GtivM cv Avµvš-nq ZvB GtK e`K tj M etj | Kw:-wWqvq tkwrfqvB bvgK e`vKtUvi qv Øviv mjo GtivM cØvbZ evošf eqtmi tivgšK ci i GKwU Zxe©cKwZi mspvgK tivM| gysmtckxi cØvn, ZxeªRji I D“P gZnvi GtivMi cØvb `enkó“ | j qY

GtivMi mjbKvj 1-7 w`b| AwZ ZxeªI ZxeªGB `β cKvi j qY cKvk cvq| AwZ Zxe cKwZi tivM AvµvšI ci nVr Kti gviv hvq| gZi AvKw®šK bv ntj qjavgv“, Rji (104-107<sup>0</sup> dvt), tctU M`vm, bvtK tk®š, Aemv` fve BZ`w` cKvk cvq| DcmM©cKvtki 12-36 NvUvi gta“ ci gviv hvq| ZxeªcKwZi tivM AwZ Zxeª cKwZi b`vq DcmM©Qvovl cvtqi gysk tckx Avµvš-nq| dtj ci nuUtZ cvti bv Ges Lpqtq nvfU| Avµvš-gysmtckxi wKQztdvj v`vK Ges wUctj cPcP kā nq| DcmM©cKvtki 18-72 NvUvi gta“ ci i gZi NtU| tetP hvl qv ci i gysm cPb aŕi Ges Ltm cto Ges mæúY©Fij ntZ 1-2 gvm mgq j vM|

tivM wbyqj

- ✓ cØvbZ 6 gvm t\_tK 2 eQi eq`c Mi“i Avµvš-nevi `enkó“cY©DcmM©(Rji, tLuovtbn Ges AvµvšI tckx wUctj cPcP kā)

- ✓ mybaw`0fvte tivM wbyfqi Rb` qjZ`v`bi tckx wbwWj w`tq wQ`a Kti dBW wbtq w`sqvi M0gm t÷Bb  
Ki tj M0g c`RiUF e`vKtUwi qv cvl qv hvte |

wPwKrmv

j qjY cKvk cvevi mvt\_ mvt\_ wPwKrmv t`l qv c0qvRb | c0Z tKwR `w`nK l R`bi Rb` 10,000 BDwbu tct`KBb  
tcubwmyj b w`tb `Bevi 5-7 w`b gvstm c0qvM Ki tZ nq |

wbqšyt

K) `f` m`sz e`e`vq cvj b

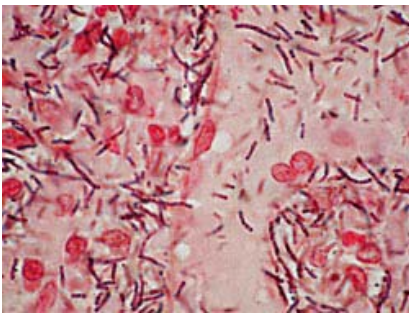
tivMvµvš-citK my` ci t`tK c`K ti tL wPwKrmv l my` citK wUKv c0vb Ki tZ nte | gotKi mgq ci i  
Pj vPj wbqšy Ki tZ nte | citK GK`vb t`tK Ab` `v`b `v`všw Z Kivi mgq chfB Lv` l cwlb mieivn  
Ki tZ nte | nVvr Avendl qvi cwieZ`bi t`qj`T ci i cw Phf e`e`v h\_vh\_ fite Ki tZ nte | i` l cw Qbe  
Ae`vq cvj b Ki tZ nte |

L) wUKv c0vb

evsj v`tk e`K tKvqvUvi bvgK wUKv `Zwi nq | mvavi bZ 3 gv`mi DaŸ`eqmx Mi`i Z`Ki wbtP 5 wgvj  
BbtRkKb w`tj 14 w`tbi gta` tivM c0Z`iva qjgZv `Zwi nq Ges c0ZeQi GKevi Kti G wUKv t`l qvi wbqg |

## 2.2. ZoKv tivM (A`b\_0\_ )

ZoKv tivM ev A`vb\_0\_ e`vmj vm A`vb\_0`mm bvgK e`vKtUwi qv 0viv m0 ci i GKwU AwZZxe`cKwZi gvi vZK  
tivM | tmwP`tmwqgv l nVvr gZi G`iv`Mi c0vb `ewk0` | tivMwU ci t`tK gvbt l QovtZ cvti Ges Zxe`cKwZi  
tivM mw0 Kti |



wP t Abp`qjY htš;A`vb\_0\_ e`vKtUwi qv

j qjY t

AwZZxe`cKwZi tivM j qjY cKv`ki AvtM gvi v hvq, Zxe cKwZi tivM Rj (104°-107° dv), qjavgv` , wbt`-  
RZv, `Z kjm-cKjm, tcl ducv, t`tni Kvcyb, bvk, gj, ckte l gj 0vi w`tq i`3 qjiY ntZ t`Lv hvq |



WPI t ZoKv tivM AvLuvš Mi "i hKZ



WPI t gvbfI A'vb\_ e'vKtUwi qv mspugY

WPKrmt

ZoKv tivMi WPKrmvq GwUwmg I GwUvtqWJK fvj KvR Kti | GwUwmg cvlqv tMtj 100-250 wgvj wntmte cZwU AvLuvš-Mi "tZ cZn wkiqv BbRkKb w tZ nte | Zte GKB mgq GwUwmg I GwUvtqWJK BbRkKb AwK KvRki | tcvbmwj b RvZxq JIa cZ tKwR ^wK IRtbi Rb 10,000 BDUU Kti gysm tckxtZ w tb `Bevi Kti 5 w b BbRkKb w tZ nq |

wbqšyt

K) ^v" mšZ e'vq cvj b

tivMvš-ci tK my' ci t\_tK c\_K ti tL WPKrmv I my' ci tK wUKv cDvb Kitz nte | gotKi mgq ci i Pj vPj wbqšyt Kitz nte | i^ I cwi QbAe'vq cvj b Kitz nte |

L) wUKv cDvb

1 wgvj Pvgovi wbtP BbRkKb w tZ nte Ges cZeQi GKevi Kti cDqM Kitz nte | mZKZv t tivMU AZ'vš-gvrvZK Ges AvLuvš-ci nZ gvbfI mspugZ nZ cvti ZvB GtivM gZ ci tK tKvb mgq tcvogtUg ev Kuv tQov Kiv DvPZ bq | gZ ci thLvtb tmLvtb tdjv hvtebv | Mfxi MZ^Kti gZ ci I Zvi kixi wbtmZ gj , g^ , i^ I e'euZ weQvbn Pb mnthvM cZ tZ nte |

2.3. Mj vdv v tivM tntgvti wRK tmwPtmwgv

Mj vdv v ev tntgvti wRK tmwPtmwgv cirmPti j v gvtevmWv RxeYy Oviv mP Mi" I gwtli GKwU AZ'š-Zxe^ cKwZi mspvgK tivM |

j Y t

AwZxe^ cKwZi tivM nVr Rj (106°- 107° dv), gl w tq j v j v I bvK w tq Zij wbtmZ nq, Aem` fve Lvl qv eU Kti Ges 24 NUVi gfa" gviv hvq |

Zxe^ cKwZi tivM Dcti i j Y , tj vi cvkvcwk cDtg Mj vi wbtP, cti tPqvj , eK, tcU, gl, gv\_v I Kvrtbi Ask dtj hvq | tdjv v `vb Mig, k^ I e'v\_v cY^vK Ges mP w tq wQ^ Kiti nj y e'Y P Zij c`v^ tewi tq Avtm | kym-cKtmi Kó nq I Mi Mi Kti kã Kti | AtbK mgq wDtgwbcv Ges Wvqwi qv t`Lv t`q | WPKrmv wexb Ae'vq \_vKtj AvLuvš-ci i gZi NtU |



WpT t Mj v d j v t i v t M Avmvs Mi"i Mj vi uxZ Ask (Pvgovi wbtP)

WpWkrmv t

DcmM@t`Lvi mvz\_ mvz\_ wPwKrmvi e`e`v KiZ nte| Aw`tUUmivBwKb cZ tKwR %wK I Rtbi Rb` 10 wgwj Mlg wnmvte `wbK GKevi Kti gvstm BbtRkKb w`z nte 4 w`b ev mj dlvWvgwWb 50 tKwR `wK I Rtbi Rb` 15-30 wgwj wnmvte wkv ev ZtKi wbtP BbtRkKb w`z nte 4 w`b| thtKvb GKwU GwUwv÷wgvbK 10 wgwj gvstm BbtRkKb w`z nte 4 w`b|

cZtiva

K) `v` m@sZ e`e`vq cvj b

tivMmvs`ci`K my` ci t`K c\_K tiL wPwKrmv I my` ci`K wUKv c0vb KiZ nte| go`Ki mgq cii PjvPj wqsy` KiZ nte| ci`K GK`vb t`K Ab` `v`b `vbswZ Kivi mgq chP Lv` I cwvb mieivn KiZ nte| nVr Avnvl qvi cwieZtbi t`T` cii cwiPh` e`e`v h\_vh\_ fite KiZ nte| i` I cwiQbe Ae`vq cvj b KiZ nte|

L) wUKv c0vb

2 wgwj Pvgovi wbtP BbtRkKb w`z nte| 2-3 msvn cti AvtiK gvT v Ges cZeQi GKevi Kti c0qM KiZ nte|

2.4. dU iU

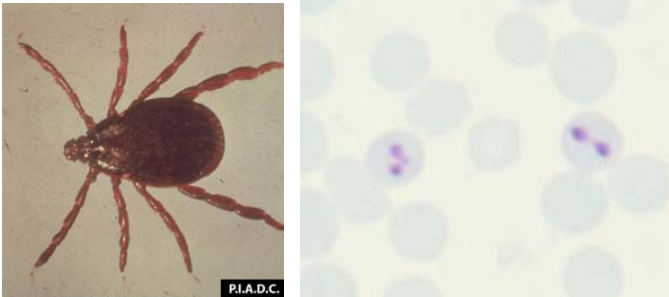
cvtqi t`i Pwi w`K I `B t`i ga`eZr`v`bi wUmy ev Kjvi c0vn RwbZ GKwU mspvgK tiwM| tLvoftbv GtvtMi c0vb `ewk0`| elP I mivZmvtZ FZtZ Ges t`kx Mi"i Zj brq wet` kx RvtZi Mi`tZ tivMwU tekr t` Lv hvq|

j tY t

Avmvs`cvtqi t`i ga`eZr`vb dtj hvq Ges ci tLvoq| AtbK mgq cvtqi t`Z `MÜ hy` cR nq Ges h\_vmgtq wPwKrmv bv w`tj t`i Ltm ctol t`tni ZvcgvT v (103µ-104µ dv) ewx cvq, t`vgy`v t` Lv hvq, `p Drcv`b I I Rb Ktg hvq|



GK aiḥbi AvVwj evnZ teweimqv bvgK tčŰtRvqv ňiv mŕ G ti vMḥK teweimlmm etj | Avmŕš-cī i cPŰ Rj, i<sup>3</sup> í Zv Ges i<sup>3</sup> wgvkZ ckte t`ḥL Gḥi vM Abgvb Kiv hvq|



ḥPĪ t teweimqv ti vḥMi evnK AvVj x Ges i<sup>3</sup> i tj vñZ KwbKvq tčŰtRvqv

j ḥY

Rj (103°-107° dv), ḥag`v, `ḥp`Zv, i<sup>3</sup> í Zv I `ḥ Qrov Pv ev Kwdi gḥZv is Gi ckte KiḥZ t` Lv hvq| ḥPwKrmv t cŰZ 100 tKwR I Rḥbi Rb` 1 Mŕg WvBgbwRb GwPḥi U (tewi wbj) ḥWwŕj I qvUvi (6%) wgvkḥq gism tckxḥZ BbḥRKKb w`ḥj Gḥi vM fvj nq| i<sup>3</sup> `f Zvi Rb` wUwgb we-Kgḥc. ev we<sub>12</sub> BbḥRKKb t` I qv fvj |

### 3.2. Gbvci Rḥgwm

Mi`ḥZ Gbvci Rgv gwRḥwḥj bvgK RxeYyŕvi mŕ ti vMḥK Gbv ci Rḥgwm etj | Rj (105° dv ev Zvi tekx), ḥagv`v, `ḥp Drcv` b nwm, ḥgkt i`wKḥq hv l qv, i<sup>3</sup> í Zv, tKvŕKwVb` I RuŰm Gḥi vḥMi `ewkŕ`| ti vMwYḥ t

Avmŕš-cī i wDKvm tggḥeb d`vKvḥk ḥvḥK Ges i<sup>3</sup> cvZj v ḥvḥK| mḥw` ḥfvḥe ti vM wbi`cḥbi Rb` Kvḥbi i<sup>3</sup> w`šqvi Kiḥj tj vñZ KwYKvq Gḥi vḥMi tMvj vKvi RxeYymbv<sup>3</sup> Kiv hvq|

ḥPwKrmv t Av` ḥUŰmvBwKb 10-15 wgvj Mŕg cŰZḥKwR `ññK I Rḥbi Rb` 3-5 w` b gism BbḥRKKb w`ḥZ nq| tngwUwbK wgpvi Lvl qḥbv ḥḥZ cvḥi ev wUwgb we-Kgḥc. ev we<sub>12</sub> BbḥRKKb w`ḥj ci` `Z AvḥMi Ae`vq wḥḥi Avḥm|

### cŰZḥi va t

t`cŕev ḥWwcs c×wZḥZ AvVj x I Ab`vb` KxU-cZ½ wbab Kḥi Gḥi vM cŰZḥi va Kiv hvq|

mŕzḥPwKrmvi gva`ḥg RxeYywbab Kḥi Gḥi vM wqšḥ Kiv hvq|

## 4. ci RxeNwUZ ti vM

### 4.1. Kwj Rv Kwg

d`wml j v cRwZi cvZvKwgi mspgb nḥj Mi` ḥgkt i`wKḥq hvq, Wvqwi qv, i<sup>3</sup> í Zv I tPvqḥj i wḥP cwḥ Rḥg| GB Kwg wevfbḥvḥe cPḥi Av`R ḥWZ Kḥi ḥvḥK, thgb t G ti vḥM gZi nvi 2%, Kwj Rv weḥŕ nq, `ḥp I gism Drcv` b nwm cvq, ḥPwKrmvq A\_ḥ`q nq Ges Rbb cŰḥq e`vñZ NUvq|





Giti vMi wPwKrmvq mZRZvi mvt\_ 100-250 wgvj K'vj umhvg tevtivMvKvtbU wki vi gta" BbtRKKb Mvfx KtqK wgvbtUi gta" `wotq hvq| Gaftibi MvfxK Kgct¶¶ 3-4 gvtmi gtZv 2-4 PvgP WvBK'vj wmqvg dmtDU cvDWvi `wbK GKevi Kti Lvl qvtZ nte| Gi mvt\_ wFUwgb G, wW3B h³ BbtRKKb w` tj fvj dj cvl qv hvq| cÖZKvi

MfRvj xb mgtq mlg Lv" cÖvb Kitz nte| MfR"vi tktli w`tk D"PgvIvi K'vj wmqvgh³ Llevi t`l qv hvtebv| `vbr`vi Lv" 1-1.5% cwigvb j vBgt±vb ev WvBK'vj wmqvg dmtDU w`tz nte| eq` Mvfxi Lleviti i w`tk tekx bRi w`tz nte|

### 5.2. tevfvBb wKtUwmm

Mvfxi KveñvBtWU I tfvj vUvBj d'wU GmvtWi µUcY@ecvtKi dtj tivwU t`Lv t`q| i³ MvKvtRi cwigvb Ktg hvl hv I GmvtUvtbi gvI v epx cvl qv G tivMi `enkó`|

Kvi Yt

KveñvBtWU RvZxq Lv"i NvUwZ, `peZx MvfxK Abvnti ivL'tj ev cÖqvRtbi Zj bvq Kg Llevi w`tj, wbgvvtbi Llevi Lvl qvtj, tcÖUv RvZxq Llevi tekx I kKPr RvZxq Llevi Kg Lvl qvtj |

j ¶Y t

Lv" MbtY Abxnv cKvk cvq, Avµvš-Mvfxi kpm-cKjtm, `ta GgbwK tMqvj Nti wgvó A'vj tKvrvj K MÜ cvl qv hvq| j vj v Siv, gvsmtckxi K±ub, Uj gj Kiv, `vovZ cvtibv, wPwKrmvnx vKtj gviv hvq|

wPwKrmv t

MvKvR ev tW. tUvR Gi 50% `eY 500 wgvj wki vq cÖqM Kitz `Z dj cvl qv hvq| Gici tcÖcvBvj b MvBKj 125-250 Mbg mgcwigvb cwibi mvt\_ wgvktq w`tb `B evi Kti 3 w`b Lvl hvZ nq| tcWvbtmjb ev teUvtg\_vmb ev tW. vtg\_vmb MvfxK 5-8 wgvj gvsmtckxZ BbtRKKb w`tj fvj KvR Kti |

cÖZtiva t MvfxK ch³ cwigvb kKPr h³ mlg Lv" cÖvb Kitz nte| teta cvj v MvfxK gvtS gvtS nUv Pjvi e`e`v Kitz nte| ev"Pr cñeKvj xb mgtq Mvfx thb Abvnti bv\_vtK Avevi AwZwi³ tg`euj bv nq tmw`tk tLqvj ivL'tZ nte|

### 5.3. i"vgbvj wU±úvnb ev tev

Mi" ev gvntli tctU AwZwi³ M'vm Rgv ntj ZvtK tcU tdjv ev wU±úvnb etj | mvari bZ i ayM'vm h³ Ae`vtK wU±úvnb Ges tdbv wgvkZ M'vm mjo ntj ZvtK tev etj | wU±úvni tPtq tev tekx gvivZK| `vfwek Ae`vq tXKti i gva'tg th cwigvb M'vm tei ntZ cvti Zvi AwZwi³ M'vm mjo ntj A\_ev tXKti i gva'tg tei nevi Abych³ tdbv h³ M'vm mjo ntj A\_ev mvari bZ th cwigvb M'vm mjo nq Zv `vfwek wvq'tg tei ntZ bv cvitj G tivM t`Lv t`q|

## Kvi Y

cāvb Kvi Y hv Lv` t\_#K nq

- ✓ tekx kKpV h<sup>3</sup> Nvm, mi m Nvm, gUi, tLmvi x, wmg ev ei eU
- ✓ nVvr Kti AwZwi<sup>3</sup> gvĪ vq`vbr`vi Lv` MōY

A-cāvb Kvi Y

- ✓ Lv`"bj x mi" nq hvl qv ev tKvb wKQzθvi v AvsukK eU nq hvl qv hvZ tXKi I Vv K`wPr ev cōq eU nq hvq|
- ✓ i"tg#bi MvZ nvm cvl qv
- ✓ wU#Ubm ev abpsKvi
- ✓ ti wJKj vtg tcti K ev Zvi AvU#K hvl qv

## j #Y

AwZxe<sup>a</sup>

- ✓ nVvr tclU dtj hvq Ges j #Y cKv#ki 2-3 N\Uvi gta" gvi v hvq

Zxe<sup>a</sup>

- ✓ A`"Q>`teva I evi evi gwU#Z tkvq I D#V
- ✓ Lvl qv eU Kti
- ✓ tctUi evg cv#k dtj hvq
- ✓ tivMi tkl Ae`vq kjmKó nq
- ✓ j vj v S#i
- ✓ mgqgtZv wPwKrmv bv w`tj gvi v hvq



ti vM wby#

- ✓ meR mi m Nvm ev AwZwi<sup>3</sup> `vbr`vi Lv` Lvl qvi BwZnm
- ✓ %wkó" cY#DcmM# tclU tdvj v
- ✓ c`vi vj v#vi tdvrvq nvZ w`tq AvN#Z tX#tj i g#Zv kã nl qv|

IPKrmv

AwZxe<sup>a</sup> cKwZi tCU ducvq ci kjm eÜ ntq gvi v thtZ cvti | ZvB Ri“ix ev msKUvcbae<sup>-</sup>vq tUkvi I  
K“vbj v Øviv uQ`<sup>a</sup> Kti M“vm tei Kti w` tZ nte|

tdbvh<sup>3</sup> tev#U t¶¶t K“vbj vi gva“tg A“vwU tdlwgs GtR>U cØqvM Ki tZ nq|

M“vm tei Kivi ci A“wURvBtgmUK wKØvi ev Kvi wgtbwJf Lvl qvtZ nq|

cØZKvi

gUi , wmg, tLmvi x ev gwU Kvj vB AwZwi<sup>3</sup> gvĪvq Lvl qvtbv t`tk wei Z \_vKtZ nte| nVvr Kti `vbr`vi Lv“ ev  
Zvi tekxi fVM Dcv`vb GKmv`\_ cwi eZØ Kiv DvPZ bq|

#### 5.4. ARxYZv ev tCUdvcv

AwZwi<sup>3</sup> gvĪvq dvi tgvUej KveŃvBtWU mg× Lv“ Lvl qvi dtj i“tgb tekx gvĪvq j`vKwUK GmW mwó ntq  
ci i gZ-NUvtZ cvti | Gti vMtk KveŃvBtWU GbMRtgvU, i“tgb I fvi tj wW ev i“tgb GmWwmm etj | `ŃfweK  
Ae<sup>-</sup>vq i“tgb Zi tj i wGBP 6.5 t`tk 7.0 Gi gta“ \_vtK Ges Gti vtM Avµvš-ci i i“tgb Zi tj i wGBP  
5.5 ev Zvi wbtP ntq \_vtK| wGBP Kgvi dtj i“tgbi DcKvix tctUvtRvqv , tj v gvi v hvq| i“tgbi j`vKwUK  
GmW i t<sup>3</sup> tkwL Z ntq i t<sup>3</sup> wGBP Kvgtq t`q Gfvte \_vKtj GKmgq ci gvi v hvq|

Kvi Y

- ✓ nVvr Kti AwZwi<sup>3</sup> gvĪvq KveŃvBtWU mg× Lv“ tLtj
- ✓ Mōtg Mi“ ev gwnl i vtZi tej v QtU wMtg gvtVi cvKv kl“ tekx cwi gvtb tLtj
- ✓ cPv ev ewm fvZ Lvl qvtj
- ✓ nVvr Kti `vbr`vi Lv“ cwi eZØ Kiv ntj

j¶¶Y

- ✓ Zxe<sup>a</sup> cKwZi ti vtM Lv“ e`Øviv i“tgb fWZ<sup>o</sup> \_vtK tctUi e<sup>-</sup>vq ci tctU j w\_ gvti
- ✓ Lv“ Mōb I Rvei KvUv eÜ ntq hvq
- ✓ gtj wgwó-UK MÜh<sup>3</sup> Ges big nq
- ✓ IPKrmv wexb Ae<sup>-</sup>vq ci gmuĪZ i tq cto Ges 24-72 N>Uvi gta“ gvi v hvq

ti vM wBYĒ

- ✓ AwZwi<sup>3</sup> gvĪvq dvi tgvUej KveŃvBtWU mg× Lv“ Lvl qvi BwZnm
- ✓ evg cvtk tctUi big `vtb nvZ w` tq Pvc w` tj k<sup>3</sup> tVKte I AvĪtj i Pvc t`te hvte
- ✓ i“tgb Gi Zi tj i wGBP 5.5-5.0 Gi tPtq Ktg hvte

WPKrmv

tivtMi WPKrmvi gj bWZ i tgb l i t<sup>3</sup>i wGBP mstkvab Kiv

tmwWqvg evBKvefBU 5% `èY 100 tKwR l Rtbi Rb` 1 wj Uvi wmwte 30 wgwbtU wkivq BbtRKkb w tZ nte  
g, -cKwZi tivtM cDg w` b 120 Móg tmwWqvg evBKvefBU. 2q l 3q w` b 80 Móg Kti Lvl qvtj fij KvR nq  
ci tK `vbr`vi Lv` mvgwqK eÜ ti tL i ayLo Lvl qvtZ nq|

cZKvi

nVr Kti tekx gvIvq KvevBtWU mgx Lv` Lvl qvtbv t tK wei Z vKtZ nte, μgvštq G gvIv evovtbr thtZ  
cvti | cPv ev emm fvZ Lvl qvtbv DvPZ bq|

### 6. RbbZtšj tivM

#### 6.1. MfEj AvUKvtbv

cñe cieZxmgm`v,tjvi gta` MfEj AvUKvtbvi nvi Lp tekx | Gi e`cKZv 30% ev Zvi l tekx ntZ cvti |  
mrvabZ ev`Pv cñtei 6-12 NvUvi gta` MfEj AvcbvAvcb cto hvq| hw` 12 NvUvi ci l dj bv cto Zte  
Zvi Rb` e`v`vbtZ nte|

Kvi Y

Acwic° MfEj ,MfEvZ, Acwic° cñe, AvteimK MfEvZ, hgR ev`Pv cñe, Rivqj Amvi Zv, msvqK MfEvZ  
(e`tmjtj wmm), cñeKó Ges Acjó wtkl Kti K`vj wmqvtgi Afvte|

MfEj AvUKvtbvi cwibwZ Rivqymvqgb, Rivqycfe` Ae`vq AvmtZ t`ix nl qv Ges cieZxPZ DePZv nwm|  
MfEj AvUtK tMtj e`v`vcbvi t`jt` wvfbzv j`K` Kiv hvq| MfEj AvUtK tMtj nvZ w`tq tUtbtv Kiv  
DvPZ bq|



WPKrmvt cDtgB Mvfxi kixti Zvc cixvKiv Kiv DvPZ Ges Zvi wfvEtZ e`v`v tbi qv cDqvRb| hw` Rji v`vK,  
100 tKwR l Rtbi Mvfxi Rb` 40 j vL Kti tcvbmij b 5 t tK 7 w` b gvstm BbtRKkb w tZ nte| cñtei 24  
NvUvi gta` 10-20 AvB BD Av` tUwmb gvstm BbtRKkb t` l qv thtZ cvti |

Rji bv vKtj cñtei 24 NvUvi gta` 10-20 AvB BD Av` tUwmb gvstm BbtRKkb t` l qv thtZ cvti | kixti  
Zvc Kg vKtj 100-200 wgwj K`vj wmqvg tevti vM`Kvtbu BbtRKkb wkivq cDqM Kijtj ZvcgvIv` vfwek  
nq|

## 6.2. wi ucU weWm<sup>ev</sup> cp cp Mig ni qv

`k eQti i Kg eqmi th mKj `vfweK RbbZtšj MvfxZ cte<sup>o</sup>Kgct<sup>q</sup> 1 evi ev<sup>Pr</sup> cñtei ci 3 evi wbcqgZ<sup>2</sup>  
FZP<sup>t</sup>μ (18-24 w b) fij exR Øviv `q cRbb Kgr<sup>o</sup> gva<sup>tg</sup> cRbb Kiv<sup>t</sup>bvi ci I Mfñ<sup>Á</sup>vi bv NtU tm<sup>t</sup>jtK  
wi ucU weWm<sup>o</sup>Mvfx etj

Kvi Ymgat

wbl<sup>3</sup> bv ni qv, á<sup>b</sup> MVtbi 16 w tbi gta<sup>o</sup> Zvi gZ<sup>o</sup>, RbbZtšj kvixi ZEMZ μU, cRbtbi A<sup>t</sup>bK cti  
wW<sup>o</sup>q<sup>i</sup>Y, mWk mg<sup>t</sup>q cRbb bv Kiv, Lvi<sup>c</sup> ev msp<sup>u</sup>gZ exR

wP<sup>u</sup>Krmv

GmKj tiw wby<sup>o</sup>qi Rb<sup>o</sup> Mvfxi RbbZtšj mWk BvZnm I Z<sup>o</sup> Aek<sup>o</sup>B Rbv<sup>o</sup> vKtZ nte| Mvfxi mavi b<sup>o</sup> `^<sup>o</sup>  
I RbbZšj ci x<sup>o</sup>q<sup>i</sup> Kti e<sup>o</sup>vc<sup>o</sup> I Dct<sup>o</sup>k c<sup>o</sup>vb KitZ nte| Lvgti i e<sup>o</sup>vc<sup>o</sup> I Lv<sup>o</sup> m<sup>o</sup>ú<sup>o</sup>K Z<sup>o</sup>v Rbv  
Avek<sup>o</sup>K| Gatbi Mvfxi t<sup>o</sup>q<sup>o</sup>t<sup>o</sup> wbtg<sup>o</sup>wbZ e<sup>o</sup>vc<sup>o</sup> c<sup>o</sup>vb Kiv thtZ cti |

- ✓ c<sup>o</sup>tgB Mvfxi kvixi K Ae<sup>o</sup>v wetePbvq Gtb Lv<sup>o</sup> I c<sup>o</sup>pi civgk<sup>o</sup>c<sup>o</sup>vb KitZ nte| Awgl I kK<sup>o</sup>Pr  
RvZiq Lv<sup>o</sup> i mvt<sup>o</sup> LvbR w<sup>o</sup>tkl Kti dmdim, g<sup>o</sup>v<sup>o</sup>wbR, w<sup>o</sup>Rsk Rbb c<sup>o</sup>μ<sup>o</sup>qvi mvt<sup>o</sup> mi<sup>o</sup>wi mrvqZv  
c<sup>o</sup>vb Kti v<sup>o</sup>tK, Zte Kcvi, tKiev<sup>o</sup>, Avtq<sup>o</sup>wb, Avqib I tm<sup>o</sup>tj wbcqg cti v<sup>o</sup>q<sup>o</sup>fvte cRbb c<sup>o</sup>μ<sup>o</sup>q<sup>o</sup>  
mrvh<sup>o</sup> Kti |
- ✓ Mitgi j<sup>o</sup>q<sup>o</sup>Y t<sup>o</sup> Lv w<sup>o</sup>tj Mvfx<sup>o</sup>K Kgct<sup>o</sup>q<sup>o</sup> `pvi fij exR w<sup>o</sup>q<sup>o</sup> cRbb Kiv<sup>o</sup>Z nte, w<sup>o</sup>tkl Kti c<sup>o</sup>g  
m<sup>o</sup>U<sup>o</sup>vq<sup>o</sup>/iv<sup>o</sup>Z Mig ntj H mg<sup>o</sup>tq GKe<sup>o</sup> Ges ci<sup>o</sup>w b mK<sup>o</sup>tj Av<sup>o</sup>ti Ke<sup>o</sup>vi cRbb Kiv<sup>o</sup>tv<sup>o</sup> fij | Av<sup>o</sup>i hw<sup>o</sup>  
tkl iv<sup>o</sup>Z/t<sup>o</sup>fv<sup>o</sup>ti Mig nq Zv ntj H mg<sup>o</sup>tq GKe<sup>o</sup> H w<sup>o</sup> b w<sup>o</sup>K<sup>o</sup>tj Av<sup>o</sup>ti Ke<sup>o</sup>vi cRbb Kiv<sup>o</sup>tv<sup>o</sup> D<sup>o</sup>E<sup>o</sup>g|
- ✓ cwi<sup>o</sup>te<sup>o</sup>ki Zvcg<sup>o</sup>v<sup>o</sup> I Av<sup>o</sup> Z<sup>o</sup>v tekx<sup>o</sup> v<sup>o</sup>K<sup>o</sup>tj cRbb Kiv<sup>o</sup>tv<sup>o</sup> ci V<sup>o</sup>U<sup>o</sup> Qvq<sup>o</sup> Av<sup>o</sup>tj v<sup>o</sup> evZm h<sup>o</sup> Rvq<sup>o</sup>Mvq  
Mvfx<sup>o</sup>K iv<sup>o</sup>L<sup>o</sup>Z nte|
- ✓ cRbb Kiv<sup>o</sup>tv<sup>o</sup> mvt<sup>o</sup> mvt<sup>o</sup> 1 gv<sup>o</sup>v 100-500 gvB<sup>o</sup>t<sup>o</sup>μ<sup>o</sup>M<sup>o</sup>g tMv<sup>o</sup>bt<sup>o</sup>W<sup>o</sup>U<sup>o</sup>cb w<sup>o</sup> w<sup>o</sup>R<sup>o</sup> ni tgv<sup>o</sup> g<sup>o</sup>stm ev w<sup>o</sup>ki vq  
Bbt<sup>o</sup>RKkb w<sup>o</sup> t<sup>o</sup> Mfñ<sup>o</sup>Á<sup>o</sup>vi tbi nvi ep<sup>o</sup>x<sup>o</sup> cvq|
- ✓ Rivq<sup>o</sup>Z msp<sup>o</sup>gb v<sup>o</sup>K<sup>o</sup>tj Zvi w<sup>o</sup>fv<sup>o</sup>E<sup>o</sup>Z e<sup>o</sup>vc<sup>o</sup> w<sup>o</sup>btZ nte|

## 6.3. cñtevEi Mig bv ni qv

Mvfx hw<sup>o</sup> ev<sup>Pr</sup> cñtei 45-60 w tbi gta<sup>o</sup> Mig bv nq Ges 85-90 w tbi gta<sup>o</sup> Mfñ<sup>o</sup>vi b KitZ e<sup>o</sup> nq Zte  
ZvtK Gtb<sup>o</sup>tm etj | G<sup>o</sup>t<sup>o</sup>q<sup>o</sup>t<sup>o</sup> Mvfxi gj Øvi w<sup>o</sup>q<sup>o</sup> nvZ w<sup>o</sup>q<sup>o</sup> hw<sup>o</sup> w<sup>o</sup>v<sup>o</sup>ktq Kcv<sup>o</sup> w<sup>o</sup> DuUqg bv cvl qv hvq Ges  
w<sup>o</sup>v<sup>o</sup>ktq<sup>o</sup> hw<sup>o</sup> Lp<sup>o</sup> t<sup>o</sup>Q<sup>o</sup> v<sup>o</sup>tK Zte e<sup>o</sup>stZ nte Mvfx<sup>o</sup>U gvi vZK Acy<sup>o</sup>tZ fM<sup>o</sup>tQ|

Kvi Yt

- chw<sup>o</sup> c<sup>o</sup>pi Afve
- mWk fvte Mig ni qv mbv<sup>o</sup>Ki t<sup>o</sup> b e<sup>o</sup> Z<sup>o</sup>v

- Rivqymsµgb
- Ww=ŋktq tɔvmKv cov
- Lv` mi ei vni Zj bŋq AwZwi<sup>3</sup> `ŋ Drcv` b

wPwKrmvt Kvi Y Abŋvqx e`e`v MŋY thgbt

- hw` cŋoi Achvŋvi Kvi tY G Ae`v nq Zte cŋqvRbxi cŋoi mi ei vn wŋiŋZ Ki tZ nte|
- Mig nI qv mbr<sup>3</sup>Ki tŋ e`\_Zvi Rb` nŋj w` tŋ `ŋevi Lŋ tŋvŋi Ges ivtĪ tek wKQŋY mgq wŋtq Mig mbr<sup>3</sup>Ki tŋi e`e`v wŋtZ nte|
- Rivqymsµgŋbi Kvi tY nŋj h\_vh\_ wPwKrmvi e`e`v wŋtZ nte|
- hw` Ww=ŋktq tɔvmKv covi Kvi tY nq Zte 1 gvĪv 100-500 gvBtµvMŋg tMvbtWwUŋdb wi wj wRs ni tŋvb gvŋm ev wki vq BbŋRKkb w` tŋ tɔvmKv `j nq Ges Mvfx `ŋfweKfŋte Mig nq|
- Lv` mi ei vni Zj bŋq AwZwi<sup>3</sup> `ŋ Drcv` b Gi Rb` nŋj Lv` mi ei vni cwi gvŋ evovZ nte| Ges AŋbK mgq evŋi AwZwi<sup>3</sup> `ŋ Lvl qvi Kvi tY nŋZ cvŋi GtŋĪĪ evŋi tK `ŋ Lvl qv eŪ Kiv DvPZ|

#### 6.4. MfŋvZ ev gZ ev`Pv cŋet

mvavi bZ exR t` I qvi 271 w` tŋbi ci hw` RweZ ev gZ ev`Pv cŋe Kŋi ZvŋK MfŋvZ etj | tKvb tKvb tŋĪĪ ev`Pv gZ nŋZ cvŋi A\_ev Rŋbŋi 24 Nŋvŋi gŋa` gviv thŋZ cvŋi | tKvb Lvŋvŋi i hw` 1-2% Mvfxi MfŋvZ NŋU Zte tMvŋtK mvavi b fvev nŋq \_vŋK Z\_wc Gi mWk Kvi Y wŋYŋqi tPŋv \_vKŋZ nte| wKŋ` Gi gvĪv tKvb gŋZB thb 5% Gi tekx nŋZ cvŋtebv| Gai tŋbi tŋĪĪ mvavi bZ th Z` \_ŋj v mŋMŋ Kiv AZxe Ri`ix Zv nŋj vt

- Avµvŋŋ Mvfxi ceŋZŋhveZxq BwZnm
- Avµvŋŋ MvfxŋK cixŋŋv Kiv
- gZ ev`Pv cixŋŋv I cŋmŋv cixŋŋv Kiv

bgŋv mŋMŋ Kŋi cixŋŋvMvŋi ti vM wŋYŋqi Rb` tŋŋY Kiv



wPwKrmvt

- wŋt÷wŋK GwUevŋqŋwUK ŋviv 5-7 w` b thgbt tŋbŋwŋj b, Aw tUŋmŋBwKb ev tRŋUŋvBwmb thŋKvb GKwJ|
- GwUŋ ÷wŋkb RvZxq JIa 4-5 w` b (wŋ ÷vŋfU, wŋj vi tŋRb, Gwŋj tŋfU)|

RivqymsµgYt







WpWkrmvt AwfÁ tftUwi bwii qvb Gi ci vgkAbjhvqx JIa c0qM A\_ev c0qvRtb Acti kb Ki tZ nq |

### 6.6. Ij vb cvKv ti vM ev gvmUvBwUj

Mvfxi Ij vftbi ga'eZPKj vq ev bvj x mgfni gta" ti vMRxevYmeKl Kti eivKtUwi qv I QIvK Øvi v ntq c0vtni mjo ntj ZvtK Ij vb cvKv ti vM etj | Gti vM AvµvŠ-ntj kZKiv 70 fivM `pa Drcv b nwm nq Ges GZ Lvgvfti i gvi vZK AvµR ¶wZ nq | Gti vM meKl Kti A`v`Ki cwi tek, A`v`Ki Dcvtq I Acwi `vi nvftZ `pa t`vnb, Ij vftbi evftU ¶Z ev Nv Gmg`-Ae`e`vcbvi Kvi tb t`Lv w`tZ cvfti |

j ¶Y

- ✓ `pa cwi bi gftZv mv`v ev `pa n`tj A\_ev QvMov Rgv `pa
- ✓ c0wgK Ae`vq Ij vb Mig nq cti k³ ntq hvq
- ✓ evftUi gj\_eÜ ntq hvq
- ✓ Ij vftb tduov ntZ cvfti ev cR Rtq
- ✓ Rji nq (104-105µ dv)



ti vM wbyQ

ti vM wby¶qi t¶¶t Ij vftbi Ae`v emn`Kfvte t`tL Ges fivj fivte cix¶v Kti tbi qv DvPZ | `jai is, MÜ Ges `jai gta" A`vfvmeK c`vt\_¶ Dciv`wZ t`tL ti vM mµú¶K wbuÖZ ni qv hvq |



9. `p t`vnt#bi ci ciB Mvfx,tj v#K Lvevi w`tZ n#e, tKbbv `p t`vnt#bi ci t\_tK 2 N#Uv chS-er#Ui  
g# tLvj v \_v#K weavq AwZ mn#R RxeYyG mg#q tLvj v er#Ui g#L c#ek K#i ms#gb NUvq| th#nZi  
Lve#i i mgq Mvfx `wo#q \_v#K tm#nZyG mg#q l j v#bi evU tg#Si ms`u#k#Avmvi m#ebv \_v#Kbv|