

I k8D vksj vtok; u dh jksxka l s j {kk d9 s dja \

Mk8D jkds k egjk
i k8k jksx foKku foHkx
pk8D pj .k fl g gfj ; k.kk df" k fo' ofo | ky;] fgl kj&125 004

I k8D vksj vtok; u cht el kys okyh egRoiwkZ Ql ya g8 ftudh [ksh ik; %
jktLFkku] xqtjkr o gfj ; k.kk ea dh tkrh g8 bu Ql yka dks el kys ds bykok vkskfe; ka
o nokb; ka cukus ea Hkh iz; kx fd; k tkrk g8 bu Ql yka ds fu; k8 l s Hkkjr dks fons kh
enkh Hkh vft8 gkrh g8 ijUrqb l Ql y ij dbz idkj dh chekfj; ka yxrh g8 ft l l s
i8kokj de gks tkrh g8 vxj chekfj; ka dk l e; ij fu; U=.k dj fy; k tk; srks vf/kd
mit ys l drs g8 I k8D vksj vtok; u dh eq; chekfj; ka o muds fu; U=.k ds mi k;
bl y[k ea iLrq g8

I k8D

1- i k8Mjh feYM; w 1/4 Qn pwxhZ jksx 1/2

bl jksx dk idksi , d QOm 1/2 jhl kbQh ikyhxksukbZ }kjk gkrk g8 jksx dk
idksi Ql y ea nj l s vkrk g8 vr% i8kokj ea vf/kd upl ku ugha gkrk g8 jksx ds
y{k.k i fRR; ka dh nksuka l rg ij l Qn /kCcka ds : i ea mRi l u gkrs g8 rFkk dbz /kCcs
vki l eafeydj i fRR; ka ds 8ij l Qn pwxhZ t9 s fn [kkbZ nrs g8
fu; U=.k

I YODI 10-25 i fr'kr 1/2 ; k d9 kFku 10-1 i fr'kr 1/2 uked nok ds , d ; k nks
fNMelko 10 fnu ds vlrj ij djus l s jksx dk fu; a.k fd; k tk l drk g8 gfj ; k.kk
df" k fo' ofo | ky; }kjk fodfl r eFkh dh , p-, e-&350 1/4 gl kj ek/koh 1/2 fdLe
jksx jksh g8

2- >yl k jksx

; g jksx j feyfj; k Qksuhdyh 1/4 jdkk i kjk Qksuhdyh 1/2 uked QOm ds }kjk gkrk
g8 bl jksx ds idksi l s i fRR; k8 ruk8 cht ds B.My rFkk cht ij Hkj & dky jax ds
/kCcs curs g8 jksx l s vf/kd iHkkfor i k8ks >yl s gq fn [kkbZ nrs g8 iHkkfor i k8ka ea Qyka
dk fodkl cgr gh de gkrk g8 ft l l s i8kokj ea deh vk tkrh g8

fu; U=.k

eñdkstc 1b.MkQy ,e&45 ;k MkbFku ,e&45½ nok 10-2 ifr'kr½ ds ?kky
½ xte nok ,d yhVj ikuh eñ dk fNMelko jks ds y{k.k fn[kkbz nrs gh rFkk ; fn
vko' ; drk iMsrks vU; fNMelko 10&12 fnu ds vUrjky l s djA

vtok; u

1- ikmMjh feYM; w ¼l Qn pwkz jks½

;g jks bjhl kbQh uked dod l s iñk gkrk gA jksxfi r ikkka ij
l Qn&l Qn pwkz nf"Vxkpj gkrk gA viuh mxz voLFkk ea ;g jks Ql y dks Hkkjh
upl ku igpk l drk gA

fu; U=.k

bl jks dh jkdFkke 0-2 ifr'kr ?kyu'khy l YQj ;k 0-05 ifr'kr dyDI hu ;k
djkFku 0-1 ifr'kr dks 200 yhVj ?kky ifr ,dM+dh nj l fNMelko dks 15 fnu ckn
nkckjk djA

2- >yl k ¼ykbV½

vtok; u dh Ql y ea vkerkj l s iñi u ds ckn tgg&rgka >yl k dk vkØe.k
n[kk tk l drk gA bl jks ds jkscdkjh thou dk irk ugha yxk gS u gh bl ds
jkdFkke dsmik; miyC/k gA bl fn'kk ea 'kkk dk; ZokñNr gSA

&&&