

BDvBU 3
meiR Drcv`b cxwZ

meiR Drcv`b cxwZ

mivK mgq Ges mivK cšiq Pvlver` Kivi Dci tkvtbv kvK-meiRi mdj dj b wbfPkij | meiR Pvlver` mivK mgq Ges cšv wbaŋtY cāv b weteP` wēl q, tjv ntjv meiRi A½R Mv b I ewxi cKwZ, wbxq Rj evqygvUi cKwZ. BZ`w | Dw`ŋ`i Rj evqyZ Pmw`vi Zvi Ztg`i Kvi tY wewfbækvK-meiR eQtii wewfbetgsmg thgb- kvZ, MŋS I elŋ Pvlver` Kiv nq | Avevi wewfbækvK-meiRi `mK Mv b I A½R ewxi cKwZ. wewfbawI qvq Gt`i Pvlver` wewfbae cxwZtZ māvbaKi tZ nq | Avgv`i t`tk mivariYZ exR eŋb, exR cŋZ Ges Priv Drcv`b I tivcY Kti kvK-meiR Drcv`b Kiv nq |

GB BDvbtUi wewfbæcvtV meiR Drcv`b exR ecb, Priv Drcv`b I tivcY cxwZi e`envi, exRZjvi w bbeŋb I RxiYgyKiY, Av`k`exRZjv`Zwi KiY I exR eŋb, Privi cwi Phŋ I KóminōZv eaŋ, Priv DŋEij b I tivcY Ges meiRi A½R eskwē`vi māvŋK ZwiEK I e`envi Km n wē`wi Zfvte Avtj vPbv Kiv ntqtQ |

cw 3.1 exR ecb, Priv Drcv`b I tivcY

GB cw tkŋI Avci b



- meiR Drcv`b e`eüZ wewfbawPvlver` cxwZi bvg ej tZ cvi tēb |
- tkvtbv cxwZtZ Kx Kx meiR j vMŋtēb Zvi bvg Dtj L Ki tZ cvi tēb |
- ecb cxwZ ej tZ Kx tevSiq Ges KZfvte exRecb Kiv hvq Zv ej tZ cvi tēb |
- gv`vq exRecb cxwZ wē`wi Zfvte e`vL`v Ki tZ cvi tēb |
- meiR Pvlver` Priv Drcv`b I tivcY cxwZi mŋeav Amŋeav Dtj L Ki tZ cvi tēb |

exR ecb



niv w`tq A`ev wētkl fvte `Zwi htšj mivnŋh` RwgŋZ mivmvi exR tevbi cxwZB ntjv exR ecb | GB cxwZ meiR Pvlver` e`eüZ cxwZ, tjvi gŋa` meŋPtq cŋjvŋv Ges mnR | Gai tbi Pvlver` Lip Kg j vŋM Ges AtcŋvKZ. Kg mgŋq dj b cvl qv hvq | gj-RvZiq meiR GB cxwZtZ Pvlver` Kiv nq | exR ecb cxwZi cāv b Amŋeav ntjv-Gi Pvlver` Rj evqy Dci wbfPkij | cŋZKj- Rj evqy Kvi tY mgqgZ exRecb Ki tZ bv cvi tēb meiRi dj tēb wēifc cŋve covi ht_ó māvēbv vŋK | GQvov, mgv b `i-Zj eRvq ti tL exR tevbi māvē nq bv etj extRi cwi gvY tenk j vŋM |

kvK-meiRi exR cāvZ `ŋfvte ecb Kiv hvq | h_v K. mivi tZ ecb Kti Ges L. wQwŋtq ecb Kti | mivi tZ ecb Avevi `ŋfvte Kiv thtZ cvti | cŋg cxwZtZ exR t_ŋK extRi gŋa` w b w`ŋ tkvb `i-Zj eRvq bv ti tL mivi tZ AbeiZ GKwUi ci GKwU exR ecb Kti GKvRwU māvbaKiv hvq | Avi wŋZiq cxwZwŋtZ GKwU exR t_ŋK Ab` extRi gŋa` mŋw`ŋ `i-Zj eRvq ti tL mivi tZ exR ecb Kiv nq | mivi tZ exR ectbi mŋeav ntjv, GŋZ ecbKZ.mg`l exR gvUi mgMfxi Zvq ecb Kiv māvē nq etj GKB mgŋq extRi AsKzi v Mg Avkv Kiv hvq | tŋŋZi meŋ MŋŋQi NbZj mgv b iŋv Kiv hvq, hv wKbv MŋŋQi mŋy ewxi w b ŋqZv t`q | MŋŋQi `i-Zj w b qšY Kti exR ecb Kiv hvq etj wQvŋbv cxwZi tPtq GB cxwZtZ exR Kg j vŋM, AšēZŋ cwi Phŋ Kiv mnR nq | mivi tZ extRi gŋa` mŋw`ŋ `i-Zj eRvq bv ti tL j v j kvK, WwUv, gj-v, cvj skvK, mvi l kvK, MvRi BZ`w`i exR ecb Kiv nq | AšēZŋ cwi Phŋ Kivi mgq MvQ ewxi cŋwŋK chŋq cŋqRbvq NbZj eRvq ti tL mivi ntZ AwZwi³ MvQ

tivcY cxiZtZ MvQ ntZ
MrtQi `i-z;ubw` i vLv hvq
etj Rigi cwingZ e`envi
mæe nq| GtZ MvQ KZR
Rigi Lt`vcv`vbi mlyg
MhYI ubwDZ nq| GB
cxiZtZ memR extRi
cwigY ecb cxiZi tPtq
Kg j vtm|

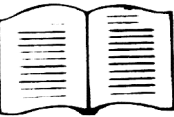
ivLv mæeci nqbr| Dciš; D`P Zivcvĭvq kxZKvj xb memRi cwiġyb, `r̂ I Ab`vb` , Yv, Y AŋZæ vKbr|

GB cĭZK j Ae`v t`tK DĒiĭYi Rb` AvMó-tmĭPæġ gvtm ewġ Pj vKij xb mgġq DBzRigġZ exRZjv`Zwi Kġi ubqisZ cwiġetk Priv Drcv`b Kiv nq| Avi ewġcvZ Kgvġvĭ mġhĭM gZ Rig ġZwi Kġi ubġq ZvtZ G mgmeZ Priv j vMġq vMġmæġ-Rvbsvni gvtmi kxġZi Avenĭl qvq memR Prl ubwDZ Kiv mæe nq| GtZ cġiv kxZ tġSmġ fġiB kvK-memR Drcv`b Kiv mæe nq| Avi t`tki DĒivĀġj thLvġb ewġcvZ tmġPæġ gvtm Kġg hvq Ges AvMġg Vġvġ cġo tmLvġb AvtMfvġM exRZjvq Priv Drcv`b Kġi kxZKvj xb memRi AvMġg dmj Drcv`b Kiv mæe nq| GtZ KlġKi mmeRfvġe AvġK Avġ R ġbġdv ARġ KiġZ cġfi | tivcY cxiZtZ MvQ ntZ MrtQi `i-z;ubw` i vLv hvq etj Rigi cwingZ e`envi mæe nq| GtZ MvQ KZR. Rigi Lt`vcv`vbi mlyg MhYI ubwDZ nq| GB cxiZtZ memR extRi cwigY ecb cxiZi tPtq Kg j vtm| exRZjvq ubweo cwiġetk exR ecb Kiv nq etj tġvUvġvġ GKB mgġq me exR Askġi Z nq Ges Askġiv`Mġgi nvi I AvġK nq| exRZjvq Privi ubweo hZæġbqv mæe nq etj mġZvġe Rbġġb Privi Kivġ, cvZv, „Oġj- mgfvġe teġo Dġv Ges Priv mġZR, mej I ewġ ō nq| dtj tivcġYi ci Priv mnġRB RigġZ cĭZōv jvf Kġi| GB cxiZtZ Drcv`Z Priv`ieZġ`vġb`vbišġi Kġi tivcY Kiv Pġj etj bvmġi vfiĒK e`emv Kġi ġbġdvĭ ARġ Kiv mæe nq| Priv ġj- RigġZ j vMġbvi cġeġh mgq cvl qv hvq tm mgġq Ab` dmj Rvšġq Rigi AvġK e`envi Ges Zv t`tK AvġK ġbġdv ARġ Kiv mæe nq|

tivcY cxiZi Ab`Zg Amġeav ntjv, Priv DġEjv b I tivcġYi dtj MrtQi µġvMZ ewġ mġvġqKfvġe e`invZ nq| dtj ecb cxiZi Zġbġq GB cxiZtZ memR Prl ver` Kitj dj b tġZ AġcġvKZ. vKQvġb tenk mgq j vtm| GQvov G cxiZtZ memR Prl KiġZ LiP tenk j vtm| vKQymKQymemRi (Pġb exġvKġc, kvj Mg) vKQo `ġġ nq etj`vbišġi Kġi tivcY Kiġj mnġR exġġb v hvqbr| AvġKš` Priv Drcv`b I`vbišġi ubġqvmRZ e`w³ AbvrfĀ ntj tivcYKZ. Privi AvġKvskB ġvġv hvq| h_vh_ cwiPhġKiġZ e`ġġtj Priv`ġġ I ubġ`R nq Ges dtj memRi cġġġgĀixi µġvġKv vKQvġ memNz nq| tKvġb KviġY mġvK mgġq Priv tivcY Kiv b vtmġj Ges Privi eqm`vfvġetKi tPtq tenk ntj memRi dj b Kġg hvq|

mvigg®

- RigġZ mivmvi exR etj dmj Drcv`b Kivi cxiZtK exR ecb ejv nq|
- exRecb cxiZ mnR, Kg e`ġeuj Ges G cxiZtZ Zġbġq j Kfvġe Kg mgġq dj b cvl qv hvq|
- kvK I ġ j RvZxq memR cġvbZ ecb cxiZtZ Prl ver` Kiv nq|
- ġv`v`Zwi Kġi Ges ġv`vġZ exR cġZ KġovRvZxq memR, vkg, ei ewġ BZ`w`i Prl ver` Kiv nq Ges G cxiZtK BstivRġZ vWenjs ev exR tġZv ejv nq|
- exRZjvq Priv Drcv`b Kġi cieZġZ ġj- RigġZ tmB Priv j vMġq dmj Drcv`ġbi cxiZtK tivcY ejv nq|
- kxZKvj xb memR A_vġ Kġc cwi evġii memR Ges UtġġUv, te_s, ġvi P BZ`w`i tivcY cxiZtZ Prl ver` Kiv nq|
- kxZKvj xb memRi AvMġg Drcv`b i aġvĭ tivcY cxiZtZB mæe|





cuVwEi gj`vqb 3.1

1. mZ` ntj Om0I vq_`v ntj Og0vj Lby|

- K. gj-RvZxq meWRi Pvlveit` tivcY c×wZ e`eüZ nq|
- L. ecb c×wZtZ extRi cwi gvY Kg j vTM|
- M. cwrw0 I AmgZj RvqMvq exR wQwUtq meWR Pvl Kiv nq|

2. ib`~`wb ciY Kiab|

- K. gvfv miwmi exR etj dmj Drcv`tbi c×wZtK ejv nq|
- L. KgovRvZxq meWR..... c×wZtZ Pvlveit` Kiv nq|
- M. AvMvg kvZKvjxb meWR cvlqvi Rb` c×wZi Pvlveit` AbyvZ nq|

3. mwK DEti cufk wK (✓) wPy w b|

- K. evsj v`tk meWR Drcv`tbeüj cPvj Z c×wZ tKvbuU ?
 - 1. tivcY
 - 2. wWewj s
 - 3. mmi tZ exR ecb
 - 4. wQwUtq exR ecb|
- L. wWewj s c×wZtZ tKv&meWRi exR tevbnq ?
 - 1. KgovtMvTti meWR
 - 2. KuctMvTti meWR
 - 3. g j RvZxq meWR
 - 4. te_btMvTti meWR|
- M. tivcY c×wZtZ Pvlveit` Kiv nq tKv&meWR ?
 - 1. wkg
 - 2. eiwU
 - 3. UtgtUv
 - 4. gj-v|

4. GK K_vq ev eufK` DEi w b|

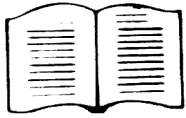
- K. wKtmi Kvity eQtii weirfatgSmjg weirbakvK meWR Pvlveit` Kiv nq ?
- L. tKv&c×wZtZ exR ecb Kitj GKB mgvq extRi A¼ziv` Mg nq ?
- M. MvQ ntZ MvQi `i-Zjwbr`0 ivLv nq tKv&c×wZtZ ?



cW 3.2 exRZjvi `vb vbePb I RxeYgyKiY

GB cW tkłI Avcib

- exRZjv ej tZ Kx tevSiq Zv e`vL`v Ki tZ cvi`teb|
- exRZjvi cKvi tF` m`u tK`D tJ L Ki tZ cvi`teb|
- Kx Kx vel q vetePbv Kti exRZjvi `vb vbePb Kiv nq Zv vj vce x Ki tZ cvi`teb|
- exRZjv Kxfite RxeYgy Kiv nq Zv eY`v Ki tZ cvi`teb|



exRZjv

cłZK j Avenvl qv Ges Ab`vb` cwi tek vbqšY Kti dmj Drcv` tbi Rb` vekl hZamnKv ti mY, mej I m tZR Priv DrcbæKivi vov` v` vb tK exRZjv etj | gv tV j vM t bvi DchY` bv nI qv chSł exRZjv q Priv Mv tK vekl hZamnKv ti cwi Ph`Kiv nq|

exRZjvi cKvi tF`

exRZjv `Zvi i aib Ablyvqx G tK `y f v tM f vM Kiv hvq; h_v t 1. `vbv šli t h v M` exRZjv I 2. `vqx ev A `vbv šli t h v M` exRZjv|

1. `vbv šli t h v M` exRZjv

cłZK j- cwi tetki Kv itY A`ev vekl cłqv R t b f c t o i g v u t Z exRZjv `Zvi bv Kti `vbv šli t h v M` etki `Zvi S v o, g v u, Kiv ev c v o t K i `Zvi ev , c v l ev t U` A` ev c v j v _ b e` v M BZ` v i t Z g v u I m v i cłqv R b A b y v t Z v g v k t q exRZjv `Zvi I Priv Drcv` tbi e` e` v Kiv n t j t m _ t j v t K `vbv šli t h v M` exRZjv etj | A v a K e b` v i K v i t Y f c t o i` K t b v R v q M v i A f i e t` L v v t j , e m o i A v v z b v q m x v Z m s L` K Priv Drcv` tbi Rb` Ges k n i v f i v E K M t o D v v D` ` v b b v m v i _ t j v t Z Priv Drcv` tbi t` t t` GB a i t b i exRZjv `Zvi Kiv n t q _ v t K |



vPĪ 3.2 : Kv tVi ev t. exRZjv



cufVĒi gj`vqb 3.2

1. mZ` ntj ōmŌGes ug_`v ntj ōgŌvj Lly|

K. exRZj vq Pvl vi mWK hZĕtbl qv mĕ nq bvl

L. emYwR`K fite Pvl v Drcv` ŭbi Rb` `vbišli ŭhVlM` exRZj v e`envi Kiv nq|

M. Qvqvhŷ, wFRv, miuzmũtZ gvlU exRZj vi Rb` Dchŷ|

2. ĩb``wb ciY Kiĕ|

K. exRZj vq Drcv` b Kiv nq|

L. cĕZK j cwi ŭetk mwgZ msL`K Pvl v Drcv` ŭb exRZj v e`eüZ nq|

M. Rxebgyŷ KiY cĕZ ntj v I |

3. mWK DĒĕi cufk ŭK űPý (✓) w`b|

K. exRZj vq Kx KvR Kiv nq ?

1. Pvl v Drcv` b Kiv nq

2. Pvl j vMŭbr nq

3. meWR Drcv` b Kiv nq

4. exR Drcv` b Kiv nq|

L. `vbišli ŭhVlM` exRZj v ŭKb `Zwi Kiv nq

1. cĕZKj cwi ŭetk mwgZ msL`K Pvl v Drcv` b Kivi Rb`

2. AŭbK msL`K Pvl v `Zwi i Rb`

3. ti vMienxb Pvl v Drcv` b Kivi Rb`

4. Kg Li ŭP Pvl v Drcv` b Kivi Rb`|

M. exRZj vi Rb` ŭKv&ai ŭbi gvlU fiŭj v ?

1. nij Kv ŭ`v-Avks gvlU

2. cij gvlU

3. teŭj gvlU

4. Kv`v gvlU|

4. GK K_vq ev eŭK` DĒĕi w`b|

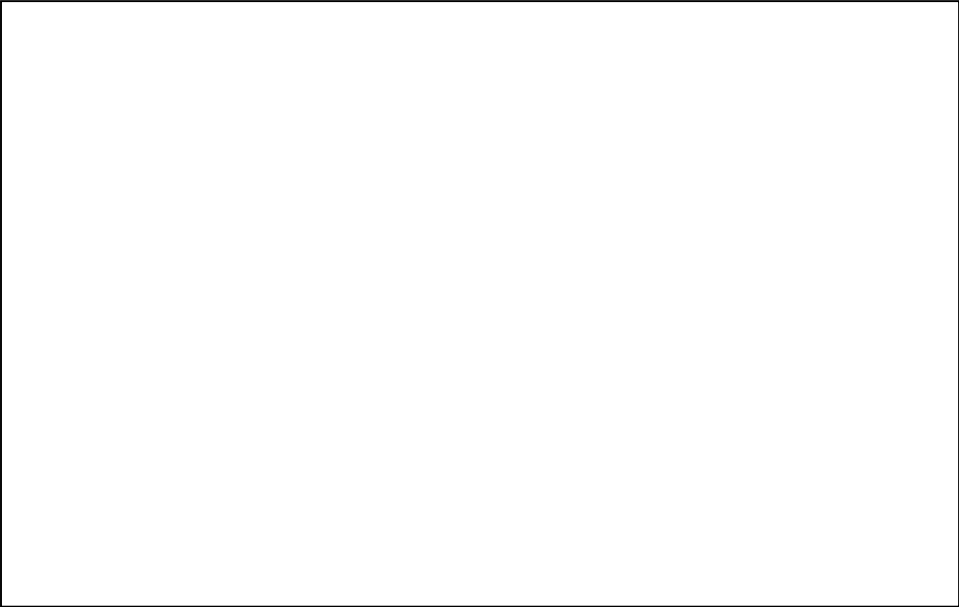
K. Rxebgyŷ KiY JIa ŭ` I qvi ci gvlU KZ Nŭlv ŭXŭK i vLŭZ nq ?

L. Qvqvhŷ `ŭŭb Drcv` Z Pvl v ŭKv&ai ŭbi nq ?

M. ŭKv&ai vmiqubK `ĕ` ŭviv gvlU Rxebgyŷ Kiv hvq ?

Kv`vgvUjZ`Zwi KZ
exRZjvq wZbiU`li`vFK|
me`b`e`li BtUi tLiqv,
gta`i`li`mgcwi gvY ewj
I gvu Ges Dctii`li`
mgcwi gvY gvu I cB
tMve`i`i`ugk`Y`Zwi Kiv
nq|

tivcY c`wZtZ j`vMvbr nq Ggb meWR exR mvari YZ tQvU AvKv`i`i | ZvB exRZjvi gvu hZ
 wgvn nte exRi Ask`zv`Mgl ZZ tewk wbu`OZ nte| exRZjvq KLbl Kv`v` tMve`i` c`qvm
 KitZ tbB| Kv`v` tMve`i` nZ wgt`_b M`vm` tei nq hv Privi wkKo „Q`K b`o` Kti |
 exRZjvq mvari YZ A`Re` mvi c`qvm br KivB fv`j`v| Gvu c`qvm Privi `z` A`R` ew` nq|
 dtj Priv`ij` Kuj` tK` nq Ges G` ai`bi Priv` tivcY Kitj` gti` hvl` qvi` m`ve`v` _v`K|
 exRZjvi gvu Kv`v` ai`bi` n`j` wZb` `f`i`i` exRZjv` `Zwi` Kiv` n`q` _v`K| c`Z`K` `f`i`i` D`PZv
 10 tm.wg. nZ nte| me`b`e`li`vU`Z` BtUi` m`j`m`K` we`Q`q` w` tZ` nte| GtZ` cwb` w`b`v`kb` mnR
 nte| GB` `f`i`i` Dctii` `li` wU` A`a`R` ewj` I` A`a`R` gvu`i` ms`ug`k`Y` `Zwi` KitZ` nte| me`P`q`
 Dctii` `li` wU` mg`Ab`v`r`Z` cPv` tMve`i` Ges` t`v`Av`k` gvu` w`g`v`k`q` `Zwi` Kti` w`b`Z` nte| wP` 3.4-
 G` Kv`v` gvu`i` Rb` `Zwi` Av`k` exRZjv` t` Lv`v`v` n`q`q`|



wP` : Kv`v` gvu`i` Rb` `Zwi` Av`k` exRZjv`

exRZjvq we`f`b`me`Ri` exR` ec`bi` nvi

m`y` mej` meWR Priv`
Drcv` b` A`b`K`Uv` w`b`f`P` Kti`
exRZjvq exR` ec`bi` m`w`K`
n`v`i`i` Dci`|

m`y` mej` meWR Priv` Drcv` b` A`b`K`Uv` w`b`f`P` Kti` exRZjvq exR` ec`bi` m`w`K` n`v`i`i` Dci`|
 exRZjvq Av`Zwi`³ exR` ec`b` Kitj` gv`T`w`Zwi`³ Priv` R`S`q`| dtj` Lv` `I` R`v`q`Mvi` Rb` Privi
 gta` c`Z`h`w`M`Zv` te`to` hv`q`| GtZ` Priv` `g` I` wj` Kuj` tK` nq`| GKB` m`r`_` exRi` AcPq` NtU,
 hvi` dtj` Drcv` b` LiPI` te`to` hv`q`| Avevi` exR` Kg` msL`v`q` e`b`j` R`v`q`Mvi` AcPq` nq`| A`i`
 Privi` Rb` A`w`K` msL`K` exRZjv` `Zwi`i` c`q`v`Rb` c`to`| Gi` dtj` k`g`_A`_q` I` R`v`q`Mv` me`w`K`Q`y`
 Ace`envi` nq`| ZvB` m`w`K` nvi` tR`b` w`b`q` exRZjvq` exR` teiv`v` D`w`PZ`|

3 x 1 eMigUvi meikó Av`k®exRZj vq meifbækvK-meiRi exR ectbi nvi ubtæDij L Kiv ntjv-

meiRi bvg	3 x 1 eMigUvi AvKviti exRZj vq extRi cwi gvY (Mg)	tn±i cñZ extRi cwi gvY (Mg)
dž Kuc, etavKuc, tešKvij	10-12	200-220
I j Kuc	15-20	500-550
kvj Mg	12-14	300-350
UtgšUv	8-10	150-200
te, b	10-12	250-300
gwi P	18-24	180-200
tj Uš	8-12	90-120
tcqur	18-24	1-1.5 tKUR

extRi mvt_ Gi uš_ Y
cwi gvY i Kšbv I cwi®vi
emj ev QvB fvtj vfiŧe
ugukšq uQušq tevbn DvPZ/
mvavi YZ extRi e`vtmi
w`š_ Y cwi gvY Mfxi Zmeikó
mwi šZ exR tevbn nq/ Zŧe
teuki fivM tŧtŧ AwaKusk
meiRi exR 1.3 tm.ug.
Mfxi Zvq tevbn ntq_ vŧK/

exR-ecb cxiZ

exRZj vq exR uQušq ev mwi šZ tevbn hvq/ uQušq tevbn tej vq hZ` i mæ mgvb NbZj eRvq tišL exRZj vq exR uQušq DvPZ/ uKQyKQymeiRi exR GZ tQvU th nvZ w`šq uQušq ecb Kišj mgvb NbZj eRvq ivLv KvWb ntq cto/ ZvB GB mg`I exR ectbi cte®extRi mvt_ Gi uš_ Y cwi gvY i Kšbv I cwi®vi emj ev QvB fvtj vfiŧe ugukšq uQušq tevbn DvPZ/ extRi mvt_ emj ev QvB tgvšbvi dšj exRmn emj i cwi gvY tešo hvq/ ZvšZ Kši exRZj vi me® mgvb NbšZj exR tevbn mæ nq/ exRZj vq mwi Kši exR ectbi tŧtŧ GK LÜ cvZj v KvW ev etški dviš w`šq 3-5 tm.ug. `šj `šj mwi `Zwi Kši exR tevbn nq/ mvavi YZ extRi e`vtmi w`š_ Y cwi gvY Mfxi Zmeikó mwi šZ exR tevbn nq/ Zŧe teuki fivM tŧtŧ AwaKusk meiRi exR 1.3 tm.ug. Mfxi Zvq tevbn ntq_ vŧK/ exRZj vi gwiU hv` teuk nvj Kv nq Zŧe exR GKUz Mfšti tevbn DvPZ/ ZvšZ Kši exR mnšR gwiKv cmbi ms`úšK®AvmšZ cviŧe/ exRZj vq exR tevbn ci i Kšbv emj w`šq nvj Kvfiŧe exR tšK w`šZ nŧe/ Zŧe j ŧŧ` ivLšZ nŧe thb tKvšbv mgq emj i `li extRi e`vtmi uš_ šYi tšq teuk bv nq/ AZ:ci GKiu PI ov KvšVi UKšiv w`šq exRZj vi Dcwi fivMi gwišK nvj Kvfiŧe tšc w`šZ nŧe thb exR gwiUKYv A_š cmbi ms`úšK®AvmšZ cviŧe/

ecb cieZšhZæ

exR ectbi ci So, epó I tiv` t_šK extšbvi Rb` exRZj vŧK PvlvB w`šq tšK w`šZ nq/ cñZ w`b meKvšj GB XvKub mwi šq tšj šZ nŧe thb ivšZi ukuki exRZj vi Dci cto/ mKvšj tiš` DVvi AvšMB exRZj v Avevi tšK w`šZ nŧe/ exR ectbi ci exRZj vq cmb bv t` l qv fvtj v/ Kiv Y Avšwi³ cmb gwišZ Av šRšbi Afve NUvq/ dšj Av šRšbi Afvŧe AsKšiv Mg e`vnZ nq/ exRZj vq exR ectbi ci ucaov AšB mgq exR wšq hvq ev tLšq tšj/ ucaovi nvZ t_šK exRšK i ŧŧv Kivi Rb` exRZj vi Pwi w`šK tšti wmb ugukšZ QvB A_ ev M`vgw` b cvDwi uQušq w`šj ucaovi AvšgY tiva Kiv hvq/

exR ectbi ci So, epó I
tiv` t_šK extšbvi Rb`
exRZj vŧK PvlvB w`šq tšK
w`šZ nq/ cñZ w`b meKvšj
GB XvKub mwi šq tšj šZ
nŧe thb ivšZi ukuki
exRZj vi Dci cto/



mvi gg[©]

- Av`k[©]exRZjvi ``N[©]3 ugUvi, cŰ'1 ugUvi Ges 0"PZv 10 tm.ug. nI qv DvPZ|
- mgcwi gvY t`v-Avka gmlU Ges cPr tMveŰi i ugkŰY tetj t`v-Avka gmlUŰZ exRZjv `Zwi Kiv nq|
- Kv`v gmlUŰZ `Zwi KZ.exRZjvi wZbuU `Űi _vŰK hvi gŰa" meŰe`Űi tLvqv, gŰa"i `Űi mgcwi gvY gmlU I ewij Ges meŰPŰq DcŰi i `Űi mgcwi gvY t`v-Avka gmlU I cPr tMveŰi e`envi Kiv nq|
- exRZjvq A%Re mvi cŰqvM KiŰj Pvi v`ŰŰ I wj ŰKwŰ ŰK nI qvi m`Űebr _vŰK|
- exŰRi e`vŰmi wŰ, Y Mfxi Ziq exR tebrv DvPZ|
- AwZ ŰQvU exR ectbi mgq Gi mŰŰ_ wŰ, Y cwi gvY ewij ugukŰq wŰŰZ nq|
- ti v` I ewŰ Ű_ŰK exŰvŰbvi Rb" exR ectbi ci exRZjv PviUvB w`Űq ŰXŰK w`ŰZ nq|
- wcaori nvZ Ű_ŰK exR iŰŰvi Rb" exRZjvi Pwi w`ŰK ŰKŰi wmb-ugukŰZ QvB wKsev M'vgv w b cvDwvi wQwUŰq w`ŰZ nq|



ცუვეი გივბ 3.3

1. მზი ნტი 'მ' გეს იგ_ვი ნტი 'იგ' იქ ლი

- K. exRZj vi c'1 იგUტი i თეკ ნტი I KტიRi tKvb Amგეav nq ბრ|
- L. exR ecტი bi ci exRZj vq cmb t` I qv fტიj v|
- M. UtგტიUv PტიI tn±i cღZ exტიRi cღqvRb nq 500-600 Mგ|

2. იბ`ბ ციY კიბ|

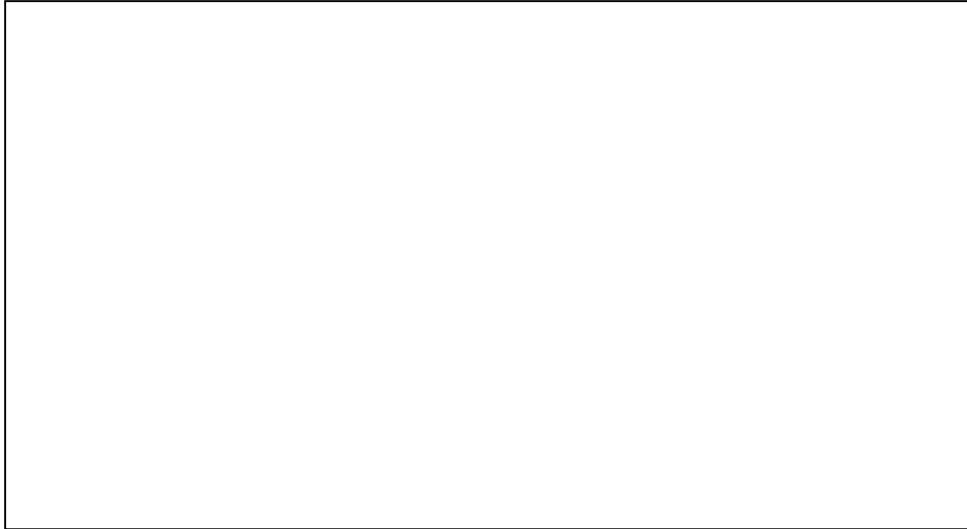
- K. `ტიUv exRZj vi ga`eZი`ტიb tm.იგ. I Pტიavტი tm.იგ. Lიuj RvqMv i vLტიZ nტიe|
- L. exRZj vq cღqM ბრ Kiv fტიj v|
- M. exavKuc PტიI GK tn±ტი exR j vტიM cღq Mგ|

3. მიWK Dტიi ცტიk WK იPy (✓) იბ|

- K. Av`k exRZj vi AvKvi WK aiტიbi ?
 - 1. 2 × 1 იგUტი
 - 2. 3 × 1 იგUტი
 - 3. 3 × 2 იგUტი
 - 4. 4 × 2 იგUტი |
- L. exRZj v`Zიi Rb` tKvb&aiტიbi გმიU fტიj ?
 - 1. teტიj t`v-Avტიk გმიU
 - 2. ewტიj გმიU
 - 3. ciტიj გმიU
 - 4. Kტი`v გმიU|
- M. exRZj vi `ტიb tKgb nI qv DტიPZ ?
 - 1. იბPy
 - 2. გტიSტიx
 - 3. DტიZ
 - 4. DტიZიბPტიZ

4. GK K_ვq ev eტიK` Dტიi იბ|

- K. exტიRi e`ტიმი Kx cმი გტიY Mტიxi Zტიq exR teტიbv DტიPZ ?
- L. იცაov t`ტიK exR i`ტიvi Rb` exRZj vi Pტიi`ტიK Kx იტიZ nq ?
- M. Kტი`v გმიUტიZ `Zიx exRZj vq KტიU`ტი _ტი`ტიK ?



uPĪ 3.5 : KiiP Privi Dci PrUvB i ĩq XvKv exRZj v

Privi KómnòZv eaB

exRZj vq Priv ep̄xKvj xb
mgĭq Gĭ i ep̄xĭK
mvguqKfĭte evaMŌ' Kĭi
Privi KómnòZv ep̄x Kiv
hĭq | exRZj vq μgvšĭq
cmb tmĭPi cwi gvY Kugĭq
ev ĩB tmĭPi ga'eZĭ
mgĭqi e'earb emotq
PrivĭK KómnòZĭti tZj v
nq |

tivĭtYi ci gvĭVi cĭZKj cwĭtek thgb- VvŪv Avenvl qv, D'P Zvcgvĭv, cmbi ĩfZv, i[®]
evZvm Ges tivĭtYi aKj I tivĭcYKvj xb mgĭq bovPovq mŏ ĩZ BZ'w ĩvĭZ mntRB
KwUĭq Dĭv ZvonZwō Priv cĭZwōZ nĭZ cĭti tmRb" exRZj vq _vKvKvj xb mgĭq Privi Kó-
mn"- ĩgZv emotq tZj v nq | Avi GĭK Privi KómnòZv eaB etj | exRZj vq Priv
ep̄xKvj xb mgĭq Gĭ i ep̄xĭK mvguqKfĭte evaMŌ' Kĭi Privi KómnòZv ep̄x Kiv hĭq |
exRZj vq μgvšĭq cmb tmĭPi cwi gvY Kugĭq ev ĩB tmĭPi ga'eZĭ mgĭqi e'earb emotq
PrivĭK KómnòZĭti tZj v nq | KómnòZv eaB cĭμqv dtj Privi t ĩnĭKvĭl kKPr AwaK
cwi gvĭY Rgv nq | G RgvKZ.kKPr cieZĭKvĭj mntR tivĭtYi aKj Ges tivĭtYi ci bZb
wĭKo MRvĭZ PrivĭK mĭvĭh" Kĭi | mĭvavi YZ 7-10 w ĩ b GB cĭμqv Prj vĭbv nq | tenk w ĩ b GB
cĭμqv Prj vĭj meiri dj ĭbi ĩwZ nĭZ cĭti | kvZcĭvb AĀĭj KvPNĭti Zĭtci gvĭv μgvšĭq
Kugĭq Privi KómnòZv ep̄x Kiv nq |

ĭevi Priv tivĭcY

gj- exRZj v t ĭK Zĭj
wZxq exRZj vq Priv tivĭcY
Kĭi cieZĭZ tmB Priv
ĭvqxĭte gj- t ĩĭZ
j vMvĭbvi c×wZĭK ĭevi
Priv tivĭcY ev Wvej
UĭYc wUs etj |

g j exRZj v t ĭK Zĭj wZxq exRZj vq Priv tivĭcY Kĭi cieZĭZ tmB Priv ĭvqxĭte g j
t ĩĭZ j vMvĭbvi c×wZĭK ĭevi Priv tivĭcY ev Wvej UĭYc wUs etj | kvZcĭvb t ĭk G c×wZ
e'vĭKfĭte cĭPj Z AvĭQ | AvMvg dmj Drcv ĭbi Rb" tmLvĭb tgšmĭgi cĭgvĭa[®]hĭ_ó kvZ
wĭ" gvĭb _vKvq gvĭV mĭvĭmĭ exRZj v ĩwĭ Kĭi Priv Drcv b Kiv m[®]e nq bv | GgZve ĭvq,
KvPNĭti wĭq^š cwiĭetk exRZj v ĩwĭ Kĭi Priv Rbĭĭbv nq | ĭĭbi AfveĭnZzAwĭwĭ³ Nb
Kĭi KvPNĭti exR tevĭv nq | Priv GKUz eo nĭj B cieZĭZ Ab" GKUĭ m[®]earRbK ĭĭb
Priv ĭvĭšĭ Kiv nq |

Privi Drcv b LiP Kgvĭbv Ges RvqMvi meĭaK e'envi Gi cĭvb Dĭĭk" | Avgvĭ ĭi t ĭk
DcĭhMx Avenvl qv wĭ" gvĭb _vKvq tLj v RvqMvq Priv Drcv b Kiv nq | tLj v gvĭV hĭ_ó
RvqMv cvl qv hĭq etj cĭtgB gj- exRZj vq cvZj v Kĭi exR tevĭv nĭj wZxq exRZj vq Priv
ĭvĭš ĭi cĭqvRb cĭo bv | Zĭe eb'vi KvĭĭY tKvĭb tKvĭb t ĩĭĭ mgqgZ exRZj v ĩwĭ
KĭĭZ Am[®]ear t Lv w ĭj cĭtg D[®]erVqMvq exRZj v ĩwĭ Kĭi tmLvĭb Nb Kĭi exR ecb Kiv
nq | cieZĭZ Priv eo nĭZ nĭZ eb'vi cmb Kĭg tMĭj wZxq exRZj v ĩwĭ Kĭi tmLvĭb Priv

Priv`vbrši cĕuqv
hZvh_fiĕe m`ubreKiĕZ
nq| exRZjv t`ĕK Priv
DĕĖj ĕbi cĕe`nij Kvfiĕe
tmP w`ĕq gwU wfiwĕq wĕtq
miæev wPKb ewĕki ev KvĕVi
KwV w`ĕq Priv DVĕĕZ nq|

`vbršiZ Kiv nq| G Qvov tKvb KviĕY cĕg exRZjvq exR Nb Kĕi tevbr ntj wĖZxq
 exRZjvq Priv`vbršĕii cĕqvRbxqZvl t`Lv t`q| `vbršĕii GB cĕuqvĕi dtj Privi
 KóminòZv evĕo I Priv mnĕR tivĕĕYi aKj KwUĕq DVĕĕZ cvĕi | t`Lv tMĕQ wĖZxq exRZjvq
 `vbršiZ Kiv ntj Kwĕ tMĕĕi meWR I UĕĕtUvi Privi wkKo AwAk we`Z.I k³ nq|

Priv`vbršĕi cĕuqv h_vh_fiĕe m`ubreKiĕZ nq| exRZjv t`ĕK Priv DĕĖj ĕbi cĕe[©]
 nij Kvfiĕe tmP w`ĕq gwU wfiwĕq wĕtq miæev wPKb ewĕki ev KvĕVi KwV w`ĕq Priv DVĕĕZ
 nq| wĖZxq exRZjvq 5 tm.wg. `ĕi `ĕi mwi Kĕi mwiĕZ 2.5-4 tm.wg. `ĕi `ĕi Priv j vMĕĕv
 nq| Priv j vMĕĕvĕi ci SĕSvi w`ĕq nij Kvfiĕe cwb w`ĕZ nq| Priv j vMĕĕvĕi ci fiĕjvfiĕe
 teĕo DVĕi AvM chĕl w`ĕbi tejvq tXĕK ivLĕZ nq, thb m hĕKiY Privi ĖwZ KiĕZ br
 cvĕi |



migg[©]

- mĕj; mej I mĕZR Priv Drcv`ĕbi Rb` exRZjvq cĕqvRbgZ wĕqvqZ cwb tmP w`ĕZ
 nĕe| AwZwi³ cwb cĕqvM Privq KvŪcPr tivĕMi Rĕĕt`q|
- QvqvĕZ Rĕĕĕv Priv`ĕĕ I wj Kwj ĕK nq etj tiĕĕ ĕĕj exRZjvq Priv Drcv`b Kiv
 DvPZ|
- m hĕKiY t`ĕK Af eq` Priv i Ėv Kivi Rb` exRZjv w`ĕbi tejvq PvUvB w`ĕq tXĕK
 w`ĕZ nĕe Avi ivĕZi tejvq GB PvUvB mwiĕq Privq wkĕki j vMĕĕZ nĕe|
- cwbĕmĕPi cwiĕvY Kwĕtq ev`B tmĕPi ga`eZĕmgĕqi e`eavb ĕĕvĕĕq ewoĕq Privi
 KóminòZv ewx Kiv nq|
- cĕg exRZjv nĕZ wĖZxq exRZjvq Priv tivĕY Kĕi cieZĕZ tmB Priv gj- RvĕĕZ
 j vMĕĕvĕK`ĕevi Priv j vMĕĕv cxiwZ etj | Privi KóminòZv ewx Gi gj- Dĕĕk`|



cufVĒi gj`iqb 3.4

1. mZ` ntj ōmŌGes iq_`v ntj ōngŌij Lij|

- K. AnZiwi 3 tmP Pvi vi Rb` fvtj v|
- L. tivcYRiBZ AvNvZ mn` Kivi Rb` Pvi vi KóminŌZv evovtbr DiPZ|
- M. `Ōevi Pvi vi tivcY Ki tj Drcv` b LiP evto I Riq bó nq|

2. ib``b ciY Kiab|

- K. OiqvtZ Ršštbr Pvi v nq|
- L. KóminŌZv eaŋ cŌiqv w` b Pij v tbr DiPZ|
- M. `Ōevi Pvi vi tivcY c×iZ AA t j tewk cŌij Z|

3. mWK DĒti i cufk WK wPý (✓) w` b|

- K. exRZj vi gwU wFRv_vKtj WK ti vM nq ?
 - 1. KvŪ cPv
 - 2. cvZv cPv
 - 3. wkKo cPv
 - 4. cvZv tKvKoi tbr|
- L. OiqvtZ ev Aí ti št`a Ršštbr Pvi v WK i Kg nq ?
 - 1. m tZR I mej
 - 2. j ʘ I wj Kwj tK
 - 3. Lv tUv I m tZR
 - 4. j ʘ I mej |
- M. exRZj vq Pvi v tK KvŪ cPv tiv tMi nvZ t_ tK i qv Kivi Rb` tKv&Jla cŌqM Kiv DiPZ ?
 - 1. K`vPvb
 - 2. tnPv tKvi
 - 3. bMm
 - 4. di gvj wWnvBW|

4. GK K_vq ev ev tK` DĒi w` b|

- K. Kó minŌZv eaŋ bi dtj Pvi vi t` ntKv tI Kx Rgv nq ?
- L. `Ōevi Pvi vi tivc tYi dtj Kx DcKvi nq ?
- M. i v tZi wki ki Pvi v tK Kx Kti ?

ukKo M#Z@XvKv#bv D#PZ| P#v#U M#Z@-v#b#i ci Av#jy w#tq P#v#i t#M#v#i g#U Av#-l
K#i t#P#t# ukK#t#i M#t#q j#v#M#t#q w#t#Z n#e| G#t#Z L#y m#t#R ukKo g#U#i ms#-u#t#k#A#v#t#Z
c#v#t#e| t#L#q#j i#v#L#t#Z n#e t#h#b t#i#v#Y#K#v#j x#b mg#t#q P#v#i K#v#U t#m#v#R#v#_#v#K#|

meiRi t#v#Y`i#Z#j

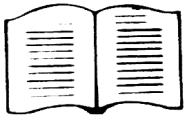
P#v#i t#i#v#Y#K#v#j x#b mg#t#q G#K M#v#Q t#_#t#K A#b# M#t#Q#i Ges G#K m#v#i A#b# t#_#t#K m#v#i i`i#Z#j G#g#b
n#l q#v D#v#P#Z t#h#b c#U#Z#U M#v#Q Z#v#i c#v#i c#Y#A#%R e#v#x#i mg#q G#t#K A#t#b#i m#v#_ Av#t#j#v, e#v#Z#m,
L#v#` , `#v#b B#Z#w#i R#b# c#U#Z#t#h#M#Z#v# b#v K#i m#t#R t#e#t#o D#v#t#Z m#v#l#g n#q| A#v#i A#v#K`#t#i
M#v#Q j#v#M#t#j R#v#q#M#v#i t#h#g#b A#e#`#e#v#i n#q t#Z#g#v#b#f#t#e d#j b#l K#t#g h#v#q| u#b#v#j u#L#Z u#e#l q#_#t#j#v
u#e#t#e#P#v#q t#i#t#L P#v#i t#i#v#Y`i#Z#j u#b#v#f#Y K#i#v D#v#P#Z t

1. M#t#Q#i A#%R M#v#b I M#o#b c#K#u#Z
2. g#U#i D#e#P#Z#v k#v#3
3. m#e#i#R A#v#K#v#i (g#j-R#v#Z#q m#e#i#R, e#v#v#K#v#C, t#j U#z B#Z#w#i i t#v#t#f#t#)
4. P#v#l#v#e#t#`i K#j v#t#K#S#k#j
5. P#v#l#v#e#t#` mg#t#q i`N#
6. A#S#B#Z#P#c#v#i P#h#f#f# a#i#b#|

t#i#v#Y c#i#e#Z#h#Z#e

P#v#i t#i#v#t#Y#i c#i#e#B t#M#v#o#q c#v#b t#`q#v D#v#P#Z| G#i#e# c#i#e#Z#P#3-4 w#b c#h#S#l c#U#Z#w#b m#K#v#t#j
G#K#B#f#t#e c#v#b t#`q#v#i e#t#`#v#e#-l K#i#t#Z n#q| c#v#b t#`q#v#i d#t#j P#v#i ukKo g#U#i A#v#t#v A#v#K
ms#-u#t#k#A#v#t#Z m#v#l#g n#q Ges Z#v#o#v#Z#m#o c#U#Z#v#j v#f#f# K#i#t#Z c#v#t#i| t#i#v#t#Y#i c#t#i#i w#b t#_#t#K
m#h#K#i#Y n#t#Z i#v#l#v#i R#b# P#v#i#q Q#v#q c#U#v#t#b#i e#e#-v#v# K#i#t#Z n#e| Q#v#q c#U#v#b b#v K#i#v n#t#j
m#h#K#i#t#Y#i d#t#j m#o A#v#K Z#v#C#v#l#v#q P#v#i c#U#-^#t#b#i n#v#i t#e#t#o h#v#q| d#t#j P#v#i c#U#t#g
t#b#w#t#q c#t#o Ges c#t#i i#u#k#t#q g#v#i#v#q| m#` t#i#v#Y#K#Z. P#v#i ukKo g#U#t#Z u#K#g#Z
c#U#Z#w#Z n#l q#v#i A#v#t#M#B e#v#o#v#Z G#B c#U#-^#b n#v#t#i#i m#v#_ P#v#i Z#v#i c#v#b t#k#v#Y n#v#t#i g#t#`
f#v#i#m#v#g` i#v#l#v#i K#i#t#Z c#v#t#i b#v e#t#j P#v#i g#v#i#v#q| i#v#t#Z i#u#k#i P#v#t#K m#t#Z#R I c#U#Z#w#Z K#i#v
R#b# L#y#B c#U#q#v#R#b#q| Z#v#B c#U#Z#w#b u#e#t#K#t#j P#v#i D#e#i n#t#Z Q#v#q c#U#v#b K#v#i#x X#v#K#b#v m#v#i#t#q
i#v#L#t#Z n#e| P#v#i g#U#t#Z c#U#Z#w#Z n#l q#v#i c#i G#i P#v#i#t#K#i g#U#i S#z#S#z#i K#i#i w#t#Z n#q|
t#e#_#b, t#e#q#v#R, g#v#i#P, k#v#j M#g I c#B#k#v#t#K#i P#v#i t#i#v#Y#K#v#t#j u#e#t#k#l h#Z#e#v#b u#b#t#j g#t#i h#v#l q#v#i
m#e#t#e#v#_#v#t#K#| Z#t#e e#x#U, t#e#t#K#v#j, e#v#v#K#v#C, d#z#K#v#C, t#j U#z I U#t#g#t#U#v#i P#v#i m#t#R#B
t#i#v#Y#R#b#Z A#v#v#Z m#` K#i t#e#t#P D#v#t#Z c#v#t#i|

P#v#i t#i#v#t#Y#i c#i#e#B
t#M#v#o#q c#v#b t#`q#v D#v#P#Z|
G#i#e# c#i#e#Z#P#3-4 w#b
c#h#S#l c#U#Z#w#b m#K#v#t#j
G#K#B#f#t#e c#v#b t#`q#v#i
e#t#`#v#e#-l K#i#t#Z n#q|



m#v#i#g#g#

- A#v#K e#q#` P#v#i t#i#v#t#Y#i c#i K#g d#j b t#`q Ges A#v#Z K#g#e#q#m#x P#v#i t#i#v#t#Y#i c#i u#t#K`_#v#t#K b#v#|
- P#v#i K#v#U I c#v#Z#v h#L#b k#3 I m#t#Z#R M#v#b c#K#u#Z#i n#q Z#L#b P#v#i t#i#v#t#Y#i D#h#y# n#t#q#t#Q
e#t#j u#e#t#e#P#v#i K#i#v h#v#q|
- u#e#t#K#j t#e#j#v#q m#h#v#v#e#v#i c#t#e#q#v#t#v P#v#i t#i#v#Y#i K#i#v D#v#P#Z|
- P#v#i D#t#E#j#t#b#i c#t#e#e#x#R#Z#j#v n#v#j K#v#f#t#e u#f#v#R#t#q u#b#t#Z n#e Ges g#U#i u#K#Q#v#i i#u#k#t#q G#t#j
h#Z`i#m#e# ukKo b#v u#Q#t#o u#K#Q#v#i g#U#m#t#g#Z P#v#i D#v#t#Z n#e|
- g#U#i D#e#P#Z#v, m#e#i#R i#b B#Z#w#i i D#e#i u#b#f#P# K#i#i P#v#i i`i#Z#j#w#i K#i#v D#v#P#Z|
- P#v#i D#t#E#j#t#b#i c#i h#Z#k#v#N#o#m#e# g#v#t#v t#i#v#Y#i K#i#v D#v#P#Z Ges t#i#v#t#Y#i c#i 3-4 w#b P#v#i
t#M#v#o#q c#v#b t#`q#v D#v#P#Z|
- P#v#i g#v#t#v j#v#M#t#b#v#i c#i 3-4 w#b w#t#b#i t#e#j#v#q X#v#K#b#v w#t#q P#v#i#t#Z Q#v#q c#U#v#t#b#i e#e#-v#v# K#i#v
D#v#P#Z Ges c#U#Z#w#b i#v#t#Z#i t#e#j#v#q G#B X#v#K#b#v m#v#i#t#q w#t#q P#v#i M#t#q u#k#i#k#i c#o#t#Z w#t#Z n#q|



cufVĒi gj`vqb 3.5

1. mZ` ntj ōmŌGes vq_`v ntj ōngŌvj Lb|

- K. Pvlv tlvctYi Dchŷ ntj wKQw` b exRZj vq ivLv fv`vj v|
- L. weKvj tejv ntjv Pvlv tlvctYi Dchŷ mgq|
- M. Pvlv DVv`bvi cte`exRZj vq nvj Kv tmP w` tZ nq|

2. ĩb``b cĪY KiĀ|

- K. eqtmi Pvlv tlvctYi ci wUtK bv|
- L. kvK-meWRi Pvlv tm.wg. j`v` ntj tlvctYi Dchŷ nq|
- M. tcv`Ri Pvlvi tlvCYKvj xb eqm ntjv w` b|

3. mwK DĒĪi cufk wK wPý (✓) w` b|

- K. Kg eqtmi Pvlv tlvCY Ki`j wK nq ?
 - 1. Pvlv gviv hvq
 - 2. dj b tewk nq
 - 3. dj b t`wi tZ dtj
 - 4. dj b AvMvg Avtm

- L. eq`v Pvlv tlvCY Ki`j wK nq ?
 - 1. Pvlv gviv hvq
 - 2. dj b Kg nq
 - 3. dj b tewk nq
 - 4. dj b t`wi tZ Avtm

- M. KwRvZxq meWR Pvlvi tlvCYKvj xb eqm KZ ?
 - 1. 50-60 w` b
 - 2. 28-35 w` b
 - 3. 20-25 w` b
 - 4. 40-50 w` b

4. GK K_vq evwK` DĒi w` b|

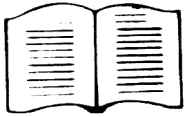
- K. we`Kj tejv Pvlv tlvCY Ki`j wKko cĀZŌvi Rb` KZ`IY mgq cvq ?
- L. Awak``ĥi MvQ j vMv`j wK nq ?
- M. tlvctYi ci Pvlvi tMvovq Kx t` lqv DvPZ ?

cW 3.6 meiRi A½R eskue`li



GB cW tk¶l Avcb

- meiR Drcv`tb A½R eskue`li e`envi i figKv DtjL KiTZ cvi`teb|
- A½R eskue`lti e`eüZ DcKiYmg tni big ejTZ cvi`teb|
- A½R eskue`lti e`eüZ DcKiYmgtni `enkó" eYØv KiTZ cvi`teb|
- tKvb&tKvb&meiRi eskue`li A½R Dcv¶q Kiv nq Zv DtjL KiTZ cvi`teb|



meiR Drcv`tb A½R eskue`lti i figKv

kvK-meiR Drcv`tb A½R ev Athšb eskue`lti i we¶kl GKUv figKv Av¶Q| Ggb A¶bK meiR Av¶Q th,tjvi eskue`lti i Rb" GKgv¶ Dcv¶q ntjv Athšb c×iZ ev A½R Astki e`envi | Kvi Y Gme meiR tgv¶UB exR Drcv`b KiTZ cvi`ti bv A_ev G¶ i exR Drcv`b

A¶bK Kómv¶| ZvB GB mg`l meiRi eskue`lti ex¶Ri cvi`etZ A½R Astki e`envi Kiv nq| Athšb eskue`li c×iZ A½R Ask e`envi i we¶kl mjeav GB th, GB c×iZ eskue`lti i dtj Dw¶¶ i tKšj ZmÉK wei×Zv eRvq _¶K| A¶bK mgq Kg Li¶P Ges Lp mn¶RB eskue`li Kvi x DcKiY Drcv`b l msi ¶Y Kiv hv¶q| thgb- ugvó Avj y j Zvi big DtjL Kiv thTZ cvi`ti | Avevi A¶bK t¶¶¶ G c×iZ eskue`li tek e`qeuj Ges eskue`li Kvi x DcKiY Drcv`b l msi ¶Y tek Kómv¶| D`vni Y`¶c tMvj Avj y ¶Dv¶ti i big DtjL Kiv hv¶q|

A½R eskue`lti e`eüZ DcKi¶Yi big

meiRi A½R eskue`lti Mv¶Qi kvLv Ges A¶bK t¶¶¶ Dw¶¶ i i¶cvišii Z wevfba A½ e`envi

Kiv ntq _¶K| v¶¶c¶vb c¶vb DcKiYmg tni big t` l qv ntj v|

- | | |
|-----------------------------|----------------------------------|
| 1. kvLv Kj g (Stem cutting) | 2. kéK` (Bulb) |
| 3. ¶ K` (corm) | 4. ivB¶Rv¶ (Rhizome) |
| 5. K` (Tuber) | 6. ¶Dv¶i Kj ev ejj¶ej (Tubercle) |
| 7. ¶Piv (Sucker) | 8. K` gj- (Tuberous root) |

Dw¶¶ Kv¶Üi U¶tiv Ask
e`envi K¶i bZb MvQ
Drcv`b K¶i A¶bK meiRi
eskue`li Kiv nq|

A½R eskue`li Kvi x DcKiY,tjvi `enkó"

A½R eskue`li Kvi x DcKiY,tjvi `enkó" Ges tKvb&tKvb&meiR Prl ve¶¶ G,tjv e`eüZ nq Zv v¶¶eYØv Kiv ntj v|



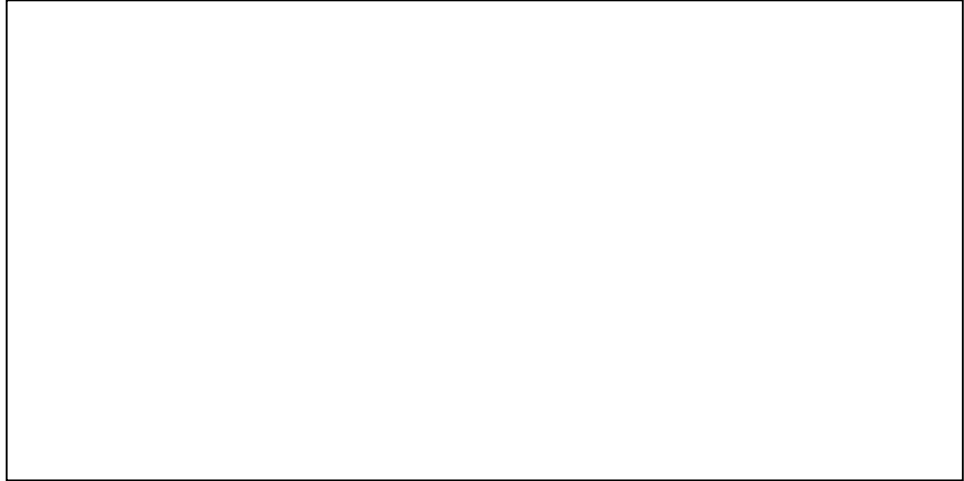
1. kvLv Kj g (Stem cutting) t
 Dw¶¶ Kv¶Üi U¶tiv Ask e`envi K¶i bZb MvQ Drcv`b K¶i A¶bK meiRi eskue`li Kiv nq| D`vni Y`¶c ugvó Avj y c¶KvK, Kj gv¶K, c¶j BZ` i big DtjL Kiv thTZ cvi`ti | eskue`lti e`eüZ Kv¶Üi U¶tiv Ask Kgct¶¶ 2-3 ¶ AvBKmn 30 tm.ug. j ¶¶ ntZ nq hvi 2/3 Ask gv¶Üi v¶¶P ctZ Ges

¶¶ 3.6 : kvLv Kj g

1/3 Ask gmlU Dcŕi tiŕL eskwe`li KvR m`ubakiv nq|

kéK` GKilU meŕkl aiŕbi
fubæ` iŕcŕŕi Z KvŪ hu
AZ`šl LvtŪv cŕkuzi Ges
tMj vKvi Pvkuzi gZ|
kécŕ cvZvi iŕcŕŕi Z
ub`usk|

2. **kéK` (Bulb)** t kéK` GKilU meŕkl aiŕbi fubæ` iŕcŕŕi Z KvŪ hu AZ`šl LvtŪv cŕkuzi Ges tMj vKvi Pvkuzi gZ| GilU imŕtjv kécŕ ōriv AveZ _vŕK| kécŕ ntjv cvZvi iŕcŕŕi Z ub`usk| kéK` GKilU kvl` gŕŕj _vŕK hu t_ŕK bZb MŕtQi mŕo nq| tKvŕbv tKvŕbv tŕŕŕŕi kéK` i KwŕŕK Kwŕl _vKŕZ cvŕi hu ŕŕŕŕKvi Kŕ` cwiYZ nq, G, tŕvŕK ejv nq tKvŕv (Clove or bulblet)| kéK` I tKvŕv e`envi Kŕi tcvŕR I imŕbi eskwe`li Kiv nq|



wPŕ 3.7 : ké K`

KvŕŪi Aŕŕi ub`usk ubŕiU
I gvsmj Aŕŕi cwiYZ ntj
ZvŕK ejv nq ,wK`|



3. **wK` (Corm)** t GilU GKilU fubæ` iŕcŕŕi Z KvŪ| KvŕŪi Aŕŕi ub`usk ubŕiU I gvsmj Aŕŕi cwiYZ ntj ZvŕK ejv nq ,wK`| Gi Mŕtŕ mgvŕŕij tiLvi AvKvŕi cŕ`vM (leaf scar) _vŕK| ,wK` i Kŕŕ t_ŕK th me ŕŕŕŕKvi kvLv tei nq tm, tŕv gŕx ev ,wK` Kv (cormel) bvŕg cwiwPZ| gŕxi Mŕtŕ kécŕŕi `vM _vŕK| meŕfbae RvŕZi KPz thgb- l j KPz esk we`ŕŕi ,wK` I gŕx e`envi Kiv ntŕ _vŕK|

wPŕ 3.8 : wwk`



ivBtRvg GK ai#bi
ifcvšhi Z KvŪ hv gmlU
msj Mæv gmlU tFZ#i
cv#ki w#K we-#i jvf
K#i mgvšhvj fvte Ae-#b
K#i|



4. ivBtRvg (Rhizome) t
 ivBtRvg GK ai#bi ifcvšhi Z
 KvŪ hv gmlU msj Mæv ev gmlU
 tFZ#i cv#ki w#K we-#i jvf
 K#i mgvšhvj fvte Ae-#b K#i|
 Kv#Ū m#úó ce, ce#a, kécf,
 kécf#i K#ŋ Kŋgk# Ges
 AM#v#M AM#k# _#K| Av`v,
 nj# BZ`w`i eskwe-#i
 ivBtRv#gi miv#h` Kiv nq|



uP# 3.9 : ivBtRvg

5. K# (Tuber) t GmlU GKmlU f-
 w#æ` ifcvšhi Z KvŪ| Kv#Ūi
 fv#æ` kvLvi AM#v#M Lv` m#ÁZ
 n#qvi `iab #xZ n#q u#Devi
 Drcv`b K#i| Gi M#q Aew`Z
 #PvLmg# Kv#Ūi K#ŋK K#i
 Ae-#b w#`R K#i| m#v#YZ
 #P#Li w#P kécf#i `M _#K|
 u#Devi w#q Avj# eskwe-#i Kiv
 nq|



uP# 3.10 : K#

6. u#Devi K#& (Tubercle) t
 Kv#Ūi fDci` Astki K#ŋK
 K#i A#bK mgq `#fweK kvL#q
 cwiYZ bv n#q ifcvšhi Z n#q
 #xZ, #MjvKvi, gvsmj A# m#ó
 K#i| G#`i#K u#Devi K# ev
 ej#ej (Tubercle or bulbil)
 ejv nq| tg#U Avj# w#fbæRvZ
 u#Devi K#i miv#h` eskwe-#i
 Kiv nq|

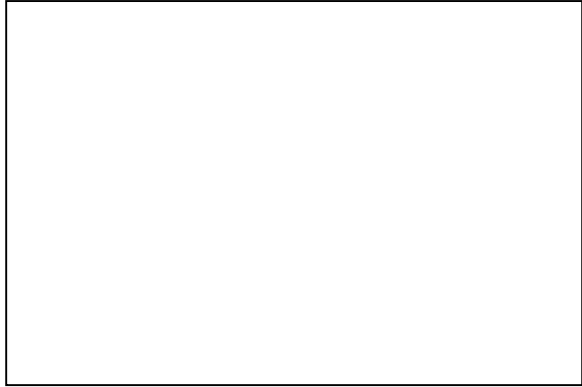


uP# 3.11 : u#Devi K#&

ᵐPvrv GKwU fwbʰ
ifcvʰli Z KvŪ | Gi gvaʰtq
gwbKPz esk weʰli Kiv
nq |



7. ᵐPvrv (Sucker) t tKvʰbv
tKvʰbv Dvʰmʰi KvʰŪi fmsj Me
Ask ev gj- t_ʰK cvkʰkʰz tei
nq | cŪgveʰvq G_ʰjv gvZ. Dvʰmʰ
t_ʰK LvʰMhY Kʰi | cʰi ᵐBR-
ᵐkKo l cĪ cje Drcvʰb Kʰi
-ʰsmʰuY© Dvʰmʰ cwiYZ nq |
Dvʰmʰi cKwZ Abvqʰ G_ʰjvʰK
mvKvi, Admʰy, AdʰmU, ᵐuc,
ᵐWvFkb, tiUz BZʰw ejv nq |
ᵐPvrv KvŪR ev gj-R nʰZ
cvʰi | tKvʰbv tKvʰbv RvʰZi KPz
thgb- gwbKPz, ᵐPvrv Drcvʰb Kʰi | evavKw, djʰKwci dmj mslMhni ci KvʰŪi cwiZʰ³
Ask t_ʰK ᵐPvrv tei nq | G_ʰjv wʰtq eskweʰli Kiv hvq |

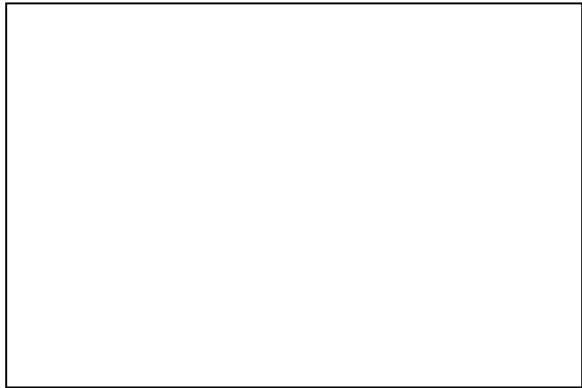


wDĪ ʰ12 · ᵐwvDvrv

Kʰgʰ GKwU f-wbʰe
ifcvʰli Z gj- | Lvʰ Rgv
nl qvi KvʰʰY ūxZ nʰq DVv
gʰj i bvg Kʰgʰ |



8. Kʰgʰ (Tuberous root) t
GwU GKwU fwbʰeʰ ifcvʰli Z gj- |
Lvʰ Rgv nl qvi KvʰʰY ūxZ nʰq
DVv gʰj i bvg Kʰgʰ | Gʰi
Mvʰq A-wbK gʰkʰz _vʰK hv t_ʰK
Pvrv tei nq Ges G_ʰjv esk
weʰʰi i KvʰR j vMvʰbv nq | wgvŪ
Avjy PviʰKvYx ᵐkg, Kvʰʰij
BZʰw i eskweʰʰi Kʰgʰ-
eʰeüZ nʰq _vʰK |



wDĪ ʰ12 · Kʰn i



mvi gg

- th mg`l meiR tgvfUB exR Drcv`b Ki tZ cvti bv ev hvf`i exR Drcv`b Kómvá` Zvf`i eskwe`li A½R Dcvf q Kiv nq|
- A½R eskwe`liti i dtj meiRi tKšij ZmĚK`enkó` A¶|læ.vtK|
- t¶T wefki Qvov A½R eskwe`li e`qeúj Ges Gi eskwe`li Krix DcKiY Drcv`b I msi ¶Y tek Kómvá`|
- A½R eskwe`liti e`eüZ DcKiY, t j v ntj v kvLv Kj g, kéK>, , wK>, ivBfRig, K>, wJDevi Kj, , wPv v Ges K>`gj-|
- kvLv Kj g w`tq wüó Avj y clj; kéK> w`tq tcqvR, imb; wK> w`tq I j KPz ivBfRig w`tq Av`v, nj y; K> w`tq tMvj Avj y wJDevi w`tq tgfU Avj y, wPv v w`tq cvwb KPz Ges K>`gj- w`tq wüó Avj y K v K t i v t j i eskwe`li Kiv nq|



cıVıEi gj`ıqb 3.6

1. mZ` ntj 0m0Ges ıq_`v ntj 0ıg0ıj Lıj|

K. A½R Dcırtq esk ıe`lıı Dıv`ı i tKŞıj ZmEŞK ıeı xZı eRıv_ııK bı|

L. tcqıR I ımıbi eskıe`lıı Kıı i mıvıth` Kıv nq|

M. tııU Aıj yUDıvı Kj DrcbaKıı |

2. ıb`ıb cıY Kııj|

K. cıj I ıgı0 Aıj y eskıe`lıı Kıv nq gıa`ıg|

L. kEıK` GKıU ıetkl aııbi ıfıvııı Z|

M. ıUDıvı 0ııv eskıe`lıı Kıv nq|

3. mıWK DEııı cıfk ıWK ıPı (✓) ıı b|

K. kılıv Kj ııı mıvıth` tKıv&meııRı eskıe`lıı Kıv nq ?

- 1. cıj
- 2. Aıj y
- 3. KPz
- 4. tııU Aıj y

L. tcqııRı eskıe`lıı Kx 0ııv Kıv nq ?

- 1. K`
- 2. kEıK`
- 3. ııWK`
- 4. K`gj-

M. Kıı i gıa`ıg tKıv&meııRı eskıe`lıı Kıv nq ?

- 1. Aıj y
- 2. ıgı0 Aıj y
- 3. tııU Aıj y
- 4. tcqıR

4. GK K_ıq ev eııK` DEııı ıı b|

K. kılıv Kj ııı KZ Ask gıııı ıııP_ııK ?

L. ııBıRıv tKıv&ııııı Kıı ?

M. Kııııı gıa`ıg Kıııııııııı eskıe`lıı Kıv nq ?

9. tKv`vj I nvZ w`tq exRZjvi gwU hZ`jy mæe ugwn Kti wbb Ges tetWi Dcwi fivM mgZj Kiab|
10. exR ebyti Rb` exRZjv Gevi cU`Z etj MY` Kiab|
11. mewR Abyviti 3 _ 1 ugUvi AvKviti exRZjvi Rb` wbu`e cwi givY exR nvZi KvQ wbb|
12. exRZjvq exR wUUtq A_ev 3 t_tK 5 tm.ug. `ji `ji mwii Kti exRi e`vtmi wU_Y Mfxi Zvq mwii tZ exR eby|
13. exR tevvi ci Pl ov KvVi UKtiv w`tq exRZjvi Dcwi fivMi gwUtK tPtC w`b Ges Gici PvUVB w`tq exRZjv tXtK w`b|
14. gv`v `Zwi Kivi Rb` Pvl Kiv RvgtZ tKv`vj w`tq 60 tm.ug. e`vm Ges 60 tm.ug. Mfxi Zv mæubMZ`Kiab|
15. MtZP Dcti i gwU I wbtPi gwU Avjv`v Avjv`v Kti Ztj i vLly| G Ae`vq 2/3 w`b MZ` gwUtZ m hKki Y j vMtZ w`b|
16. MtZP Dcti Astki gwUi mv_t mewR Abyviti gv`vcU`Z Abjgwi Z `Re mvi I wU.Gm.wcU`i mæuY`cwi givY Ges Gg.wcU`i A`taR` cwi givY uguk`tq wbb|
17. GB uguk`Z gwU I mvi MtZ`dj ly|
18. Gici MtZP wbtPi Astki gwU w`tq MtZP emK Ask fivZ`Kiab|
19. gv`vi gly Rvgti tj`ftji Zj`bvq 10-15 tm.ug. DEzKti w`b Ges Kgct`j mivZ w`b Gfite ti`tL w`b|
20. Zvici exRi e`vtmi wU_Y Mfxi Zvq cU`Z gv`vq 4/5 wU exR ctjZ w`b|
21. exR tcvZvi ci gv`vi Dcti emj wUUtq w`b Ges Gici Kj vcvZv ev Ab` tKv`bv XvKbv w`tq gv`v tXtK i vLly|
22. cU`Z w`b exRZjv I gv`vi XvKbv mwii tZ exR A`vzi v`Mg ntqtQ wKbv Zv t`Lly|
23. exR A`vzi v`Mg nI qvi mv_t mv_t XvKbv AcmvY Kiab|
24. cU`ugK Ae`vq exRZjv Ges gv`vq A`vzi Z Priv tiv` ntZ exRv`bvi Rb` Qvqv t`qvi e`v`ve`l Kiab|
25. ivZi tejvi w`kiki Privi Mtq j vMv`bvi Rb` XvKbv AcmvY Kiab|
26. Privi eqm 10 t_tK 15 w`b ntj XvKbv Avi e`envi Ki`teb bv|
27. cU`qvRb gZ Privq SvSvi w`tq cwb cU`qvm Kiab|
28. exRZjvq AvMvQv t`Lvgt Zv Ztj tdj ly|
29. Gfite exRZjv I gv`v `Zwi Kti Priv Drcv`b Kiab|

mZKZv

1. exRZjvi gwU fivj vfvte Kuctq `Zwi Ki`teb|
2. exRZjvq KvBv `Re mvi e`envi Ki`teb bv|
3. exRZjvq AvMvQv RšjtZ t`teb bv|
4. gv`vi gwUi mv_t Abjgwi Z mvi fivj vfvte uguk`tq e`envi Ki`teb|
5. gv`vi gly tetWi Zj`bvq 10-15 tm.ug. DEzKi`teb|

e"enwiK

cw 3.8 meiRi weifbaA½R eskue`li KviX DcKiY wPwYzKiY



GB cw tkfI AvciB

- A½R Dcvtq eskue`li KviX weifbameiRi biv wj LtZ cvi`teb|
- meiRi weifbaA½R eskue`li KviX DcKiY kbv³ Ki`Z cvi`teb|
- tKiv&meiRtZ tKiv&A½R DcKiY e"envi Kiv nq Zv Dtj L Ki`Z cvi`teb|
- A½R DcKiYiu MvQ ntZ KLB mSMh Kiv nq Zv ej`tZ cvi`teb|
- meiRi eskue`lti i Rb" A½R Askw KLB RvgtZ j vMvteb Zv ej`tZ cvi`teb|
- meiRi A½R eskue`lti e"eüZ weifbaDcKi`yi wPw AuKtZ cvi`teb|
- A½R DcKiYiu Diwmc ZvEjK`enkó" wj LtZ cvi`teb|



cüw½K Z`vejx

exfRi e"envi bv Kti tKvfv`nK A½ (civv, Wvj, wkKo BZ`w) e"envi Kti hLb Diwmc`i eskue`li Kiv nq ZLb ZvtK A½R eskue`li etj | Ggb KZK,tjv meiR AvtQ th,tjv tgvfUI exR Drcv`b Kti bv A`ev exR Drcv`b Kijtj I Gt`i`Yv, Y DrKógvfbi nq bv| Gt`vjt A½R Dcvtq eskue`li LqB myeavRbK I dj cñ |

A½R Dcvtq eskue`lti gvZMvtQi ueü`Yvejx AqZve`vtK| ZvtZ KivLZ`Yv, Yweikó meiR cvl qv m`e nq| maviYZ wbaaj wLZ KtqK cKvi Diwmc` DcKi`yi gva`tg A½R Dcvtq eskue`li Kiv ntq`vK:

K. kvLv Kjg, L. K`g, M. K`g j, N. ké K`, O. w K`, P. ivBtRvg, Q. w Pvi v I R. ejvej |

cüqRbvq DcKiY

1. e"enwi K LvZv
2. tciwYj
3. A½R eskue`li KviX weifbaDcKiY
4. i vevi |

KvRi avc

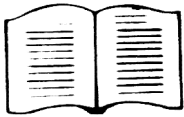
1. meiRi A½R eskue`lti e"eüZ weifbaDcKiY,tjv mSMh Kti nitzi KvQ wbb|
2. DcKiY,tjvi`Yv, Y GKw GKw Kti ch`e`qY Kily|
3. DcKiY,tjvi Diwmc` ZvEjK`enkó" ZvEjK` cvtV AvwZ wPw t`Lvfv`enkó"i mvt`wgvj`q wbb|
4. Gevi cüZw DcKi`yi wPw wfbawfbvte e"enwi K LvZvi evg cvtki cövg AuKb|
5. AvKv wPw weifba, iazcyAsk wPwYz Kiab|
6. Gici cüZw DcKi`yi wPw iecixZ LvZvi Wvb cvtki`DcKi`yi biv Ges tKiv& meiRi eskue`lti DcKiYiu e"envi Kiv nq Zvi biv wj Lj|



cw 3.9 meiR exR kbr³KiY I exR A'ij evg ^ZwiKiY

GB cw tkłI AvciB

- exR A'ij evg ^ZwiKiYi Rb" cłqvRbxq DcKiYi bvg ej tZ cvi teB|
- extRi eY, AvKvi -AvKwZ, I Rb BZ"wi" chfe"jY Ki tZ cvi teB I ijj wceX Ki tZ cvi teB|
- tgšmgwFwEK wewfbæxR mn tRB wPb tZ cvi teB|
- meiR kbr³ Ki tZ I exR A'ij evg ^Zwi Ki tZ cvi teB|



cłmłK Z_ 'iej x

meiR exR A'ij evg meiR exR tPbvi I kbr³KiYi GKwU mnR cXwZ ev gva" g| meiR exR A'ij evg FZzAblyqX wewfbæmeiR exR mjeB" I fite j vM tBv_ v tK Ges cvtk extRi bigmn kbr³KiYi "ewkó" mgw ijj wceX_ v tK| G tZ wewfbæmeiR extRi bvg R tBv, tPbvi I kbr³KiY AwZ mn tR Ges Aí mg tQ mæ e nq| exR A'ij evg ^Zwi i cXwZ mn tR Dc j wX Kivi mjeBv_ w b tæ GKwU bgyv- A'ij evg i fcti Lv Z t j aiv n t j vt

exR bgyv	extRi bvg	Drcv` b tgšmg	eY	AvKvi AvKwZ	Mo I Rb (Mig)
□	džKwC	i we	ami	tQvU I tMvj vKvi	0.002222

cłqvRbxq DcKiY

1. kxZ I Mł"Kvj xb wewfbæmeiRi exR, 2. AvZwK KvP, 3. e- tæW"KvMR, 4. tcwYj, 5. Kj g, 6. AvBKv Mig, 7. t`j i veri |

KvRi avc

1. cłqvRbxq DcKiY msMłh Kti nvtZi Kv tQ wbb|
2. 30 tm.wg. x 25 tm.wg. gvtci e- tæW"Umetj i Dcti `vcB Ki ab |
3. t`j I tcwYtj i mnvth" KvM tRi mXgvbV Uvbly|
4. Gici t` t j i mnvth" tcwYj w tQ KvM tRi cvkP tK 3 tm.wg. `tj `ti j w t j w ^ 7wU ti Lv Uvbly|
5. meiR extRi msL"v AblyqX KvM tRi ` tN" w tK AvovAwio fite 2.5 tm.wg. ci ci mmi Uvbly|
6. cłg mmi i cłg Ni n tZ i iæKti mvg tbi Ni , t j v tZ h_ v p t g exR bgyv, extRi bvg, Avev` tgšmg, eY, AvKvi -AvKwZ. I Mo I Rb wkt i v bvg ijj Lly|
7. cł t g i we tgšmg i meiR exR , t j v nvtZi Kv tQ wbb|
8. exR bgyv wkt i v bvtgi w b t P i we tgšmg i meiR exR G t Ki ci GK cł t g tQvU, Zwi ci gvSwii I me t k t l eo exR AvBKv Mig ev `P tUc w tQ j vM tQ wbb|
9. AwZ tQvU exR 10-12 wU, gvSvi x exR 2wU Ges eo exR 1wU Kti j vM tB|
10. Gevi AvVv w tQ j vM tBv cłZwU extRi mvg tbi Ni , t j v tZ wkt i v bvg AblyqX extRi "ewkó" fite v fite chfe"jY Kti ijj Lly|

cW 3.4

- | | | |
|-------------------|--------------------------|-------------------|
| 1. K (uq) | 1. L (m) | 1. M (uq) |
| 2. K (KvtePvBtWU) | 2. L (7-10) | 2. M (kxZcâvb) |
| 3. K (1) | 3. L (2) | 3. M (1) |
| 4. K (kKp) | 4. L (Pvvi KómmòZv evto) | 4. M (m†ZR i v†L) |

cW 3.5

- | | | |
|----------------|--|--------------|
| 1. K (uq) | 1. L (m) | 1. M (m) |
| 2. K (Kg) | 2. L (10-15) | 2. M (50-60) |
| 3. K (1) | 3. L (2) | 3. M (2) |
| 4. K (14 NvUv) | 4. L (RvqMvi AcPq nq Ges dj b l Kg nq) | 4. M (cmb) |

cW 3.6

- | | | |
|---------------------------|-------------------|-------------------|
| 1. K (uq) | 1. L (uq) | 1. M (m) |
| 2. K (kvLv Kj tgi) | 2. L (Fvbwē' KvŪ) | 2. M (†Mvj Avj j) |
| 3. K (1) | 3. L (2) | 3. M (1) |
| 4. K ($\frac{2}{3}$ Ask) | 4. L (i fcvšli Z) | 4. M (Kv`gj-) |