

### RvZ cwi wPwZ

we<sup>a</sup>nvBweW avb4 tivcv Avgb tgšmŋgi Rb" Pvl Dc:thvMx we<sup>a</sup>D<sup>m</sup>weZ me<sup>o</sup>  
cŋg RvZ | Bnvi tKšuj K mwi weAvi 28GBP | GB RvZwJ 2010 mtj  
RvZxq exR tevW<sup>o</sup>KZK Abŋgv` b j vf Kti | eb`vgy<sup>o</sup> Gj vKvi tivcv Avgb  
Pvti i AbKj cwi tetk Pvlvev` i Rb" we<sup>a</sup>nvBweW avb4 wbePb Kiv thtZ  
cvti |



we<sup>a</sup>nvBweW avb4

### RvtZi ^ewkó

- ▶ tivcv Avgtbi AvMvg RvZ |
- ▶ MvtQi D<sup>o</sup>PZv 112 tmwUngUvi |
- ▶ Pvj gvSwi wPKb, ^Q l mv` v |

### RxebKvj

Gi Rxeb Kvj 118 w` b |

### dj b

GB RvtZi Mo dj b tn±i cŋZ 6.5 Ub |

### Pvlvev` c×wZ

1. exR Zj vq exR ecY : 1-30 Avl vp (15 Rp -15 Rj vB) |
2. Pvi v ti vcb: 1-30 kteY (15 Rj vB-15 AvMó) |
3. exRi nvi : 15-20 tKwR/tn±i (2-2.5 tKwR/weNv) |
4. Pvi vi eqm: 25-30 w` b |
5. tivcvY` j Zt: 20 x 15 tmwg |
6. cŋZ tMvQvq Pvi v: 1-2wJ |
7. mvi e`e`vcbv (tKwR/weNv):

	BDwi qv	wJGmic	Ggic	wRcmvg	wRSK
7.1 tgvU mvi	21	13	9	8	1.25

7.2 BDwi qv mvi mgvb 3 fvM fvM Kti 1g wKw`l Rvg %Zwi mgq, 2q wKw`l Pvi v tivctbi 15-20 w` b  
ci Ges 3q wKw`l Pvi v tivctYi 30-35 w` b ci Dcwi cŋqM KitZ nte | Zte Gj wmw wfWÉK  
BDwi qv mvi cŋqM KivBDEg |

8. AvMvQv` gb: tivctYi ci AšZ 30-35 w` b chšlRvg AvMvQv gy<sup>o</sup> i vLtZ nte |
9. tmPe`e`vcbv: avtbi `p Ae`v chšlRvgtZ ht\_ó cwi gvb cwmb ev i tmi e`e`v i vLtZ nte |
10. tivMevj vB` gb: tiwM l tcvKvi Rb" Abŋgv` Z ej vB e`e`vcbv Abjmi Y Ki tZ nte |
11. dmj cvKv l KvUv: 25-30 Awkþ (10-15 A±vei) | mravi YZ 80% tctK tMtj avb KvUtZ nte |