



dpwk [kñ%vkt dh igyh t#jr

'k'k'jke tk[MM, I nhi dqkj²] vž j?lqj fl g³

¹enk foKku foHkkx, tokgyky ug# –f'k fo'o fo|ky;] tcyij – 482004

²I L; foKku foHkkx] pškjh pju fl g gfj; k.kk –f'k fo'ofu |ky;] fgl kj] gfj; k.kk – 125004

³Hkkjrh; dF'k ižkyh vuq žkku I LFkku] eknhige ejB Mnrjins'k½ – 250110

ge n[krsgšfd cjl kr eadpq fudyrsgš; sey dks [kkdj feVvh cukrsgš dppwk fdl kuka ds fy, fe= gšbl siz-fr inÜk ^gyokuk** Hkh dgk tkrk gš Hkkjro"iz eadppwka dh 506 iztkfr; k ikÄ tkrh gšbuea iztuu , oavkohl h; fo'škrkvkadsfy, [kñ dsfy, mi; kšx ekus tkrsgšbudks I qjokj Hkh dgk tkrk gš; sdpq feVvh de vž dšcfud inkFkZ T; knk [kkrsgš budk otu 0-3 I s 0-6 xte rd , oayEckÄ yxHkx 3 bp gkrh gš

dpwk [kñ eaik; stkusokysrRo%

1	ukbVkt u	1.25 – 2.5%
2	OkLOkj l	0.75 –1.6%
3	i k/k'k	0.5 – 1.1%
4	dšY'k; e	3.0 – 4.0%
5	eškufl e	3.0 –4.0%
6	I YOj	13-0 ih-ih, e
7	ykgk	45&50 ih-ih, e
8	tLrk	25-50 ih-ih, e-
9	rkEck	0-4&05 ih-ih, e-
10	eškt hu	60&70 ih-ih, e-
11	ih , p	67&7-80
12	dkcÜ	12-1%



fp=% rš kj dpwk [kñ o dpwk

dpwk [kñ cukusdsfy, vlo'; drk, %

- | | | |
|---------------------|---|---|
| 1- dppwka dk Hkkstu | % | I eLr xyu'khy , oal Mtu'khy dkcfud inkFkZ |
| 2- ueh ¼ kuh½ | % | 40 ifr'kr |
| 3- rkiØe | % | 8&30 fMxh I šYfl ; I ¼24 fMxh I okšre½ |
| 4- mfpr ih, p- | % | 4-5 I s 75 ih, p- vPNk gš |
| 5- vdkjk ¼Nk; k½ | % | fdl h Hkh izdkj I s Nk; k djuk ¼jkskuh I scpko½ |
| 6- gok | % | dppwka ds dk; Z {kš= ea gok dk i dkg cuk jgs |

; srks Fkh i kj škkd tkudkfj; kavc ge dppwka ds < j ; k cM cukus dh vž pyrs gš
 1- Nk; knkj LFkku ij dppwk [kñ cM@< j tehz ds Äij uhps 2&3 fQV xM<k cukuk pkfg,
 2- xMMš dh nokjaetar jgs bl dsfy, ÄÄ/ ; k ydMš dk mi ; kš djuk pkfg, A
 3- dppwk [kñ cM 2 ; k 4 ihv ekMly vko'; drk ds vuq kj tk I drk gšA
 4- cM rš kj gkus ij v/kl Mš dppwk ds Hkkstu inkFkZ dks Mkydj vko'; drkuq kj dpp Mkyuk pkfg, A

dpwk [kn dsykh%

- 1- dpwk [kn enk ea l [ethok.k q/ka dks l Øh; dj i kSkd rRo i kSkka dks mi yC/k djrk gSA
- 2- dpwk [kn ds iz; kx l s Qykh l fct; ka , oa vuktka ds Lokn vkdj jak , oa mRi knu ea of) gkrh gSA
- 3- bl ds l [ethok.k h] gkjeksu , oa °; fed enk ds ih, p- dks l rfyv djrsgSA
- 4- dpwk [kn ds iz; kx l senk dh ty/kkj.k {kerk c<+ tkrh gSftl l sfā pkā dh cpr gkrh gSA
- 5- dpwk [kn ds mi; kx de ykxv ea vPNh xqkoUkk ds Qy] l Cth , oa Ql ya dk mRi knu gskx ftl l smi HkkDrk dks l Lrk , oa i kS°Vd Hkkstu mi yC/k gks l dsk A
- 6- xkeh.k {ks= ea cM; i ekus ij Lojst xkj , oa vk; ea of) gskx rFkk 'kgjh iyk; u es vk; sxA

mRi knu fof/%

- 1- dpwk [kn cukus ds fy, tehu] Nk; k i kuh dkcud inkFkZ , oa dpw/ka dh vko'; drk gkrh gSA
- 2- tehu ij Nk; knkj LFku Nij ; k i M+ i kSkka ij dkcud inkFkZ dk <j r\$ kj fd; k tkrk gSA
- 3- <j dh ekVh 2&3 fQV , oa Åpkā 1&2 fQV j [kuk mpr gkrk gS v/kl M; xkj , oa i fRr; ka l s r\$ kj cM ij i kuh fNMe dj BMk gkus ij gh dpw Mkyuk pkfg, A
- 4- yxHkx 40 ifr'kr ueh cuk; sj [kus ds fy, vko'; drku dj <j i kuh dk fNMe ko fd; k tkuk pkfg, A

dpwk [kn mRi knu eal lo/Wfu; %

- 1- cM ij rktk xkj ugha Mkyuk pkfg, D; ka fd ; g xje gkrk gS bl l s dpw ej tkrsgSA
- 2- cM ea ueh o Nk; k 8 l s 30 fMxh rd rkieku rFkk gok dk i; klr i pkg cusjguk pkfg, A
- 3- xkj v/kl M; , oa i; klr ueh ; pr gh iz; kx ea ykuk pkfg, A
- 4- dpvka dks ea d] l M] fpfM+ kj dkdk] fNi dyh , oa yky phāV; ka vkfn 'k=q/ka l scpkuk pkfg, A



fp=2 dpwk [kn cM

[kn l xg.k

- vif'kV inkFkZ ds oehdEi k&V ea ifjozu gks tkus ij [kn nqZk jfgr gks tkrh gS rFkk nkuskj o xgjs jak dh fn [kKā nusyxrh gA Nus ij r\$ kj [kn pk; ds nkuka ds l eku yxrh gA
- > dpwk [kn gvks ds fy, 5&7 fnu igys i kuh dk fNMe ko can dj nusuk pkfg, rkds da pq [kn l sfudydj uhp dh vkj pya tk; sxA
 - > [kn dks gkFk l s; k ydMh dh QVvh l s D; kjh ds , d dks ea , d= dja vk\$ <j l s bdVBk djus ds 4&5 ?ka/s ckn [kn dks ogka l s gvK ya
 - > tc 3@4 Hkx rd [kn vyx gks tk; src D; kjh ea i q% v/kxyk vif'kV %dpjk½ Mkydj i kuh dk fNMe ko dj na , l s djus l s [kn cuus dh ifØ; k i q% vkj EHK gks tkrh gA

dpwk [kn dh Nukā o i fdx

- > [kn vyx djus ds i'pkr-3&4 fnu rd ml s Nk; k ea l qkk; k tkrk gA

- ml ds ckn 4 fe-eh- fNnz dh Nyuh l s [kkn dks Nku fy; k tkrk gA
- NukA ds i' pkr- [kkn dks Nk/s Nk/s Fk/s ka ea Hkj fy; k tkrk gA
- Fk/s; ka ea Hkj kA ds l e; dpwk [kkn ea ueh dh ek=k 25 l s 30 ifr'kr ds vkl ikl gkuh pfg, A

dpwk [kn dk Hk.Mkj.k

- oehdEi k.V ea ik; s tkus okys vl ; l we thok dksu %v.Mk% dks thfor o l fØ; j [kus ds fy, bl ea 25 l s 30 ifr'kr ds vkl ikl ueh cuk; s j [kus grq dEi k.V ea vko'; drkuq kj i kuh dk fNMelko djsrjgA
- oehdEi k.V dks dHkh Hkh [kys ij <j ds #i ea Hk.Mkfjr u dja A [kyk j [kus l s bl ea ekStm l we thok.kj dksu %v.M% rst /ki l s u"V gks tkrs gA vr% Hk.Mkj.k l nØ Nk; knkj o valjs okys LFku ij gh dja
- ; fn dEi k.V dks vf/kd l e; rd Hk.Mkj.k djuk gks rks ue o Nk; knkj LFku ij mfr vkdkj ds xM<s cukdj djaA xM<ka ea oehdEi k.V Hkj dj l [kh ?kkl o ckfj; ka l s <ad nA vko'; drk gkus ij l [kh ?kkl , oa ckfj; ka ij i kuh fNMeldj ueh cuk; s j [ka bl rjg dEi k.V dk Hk.Mkj.k djus l s muds i kSk.k rRo , oa l we thoka dhs fØ; k' khyrk l jf{kr cuh jgrh gA
- oehdEi k.V dks ; fn dejka ea Hk.Mkfjr djuk gks rks igys dejka rFkk f[kMfd; ka dh vPNh rjg l QkA dja vkj [kkn Hkj us ds ckn njokts rFkk f[kMfd; ka dks vPNh rjg cUn dj na A ; fn dejs ea j [kh dEi k.V dks ckfj; ka l s <ad fn; k tk; s vkj [kkn dh rg dh ApkA fl QZ nks Qv j [kh tk; s rks dEi k.V vf/kd fnuka rd l jf{kr jgrh gA

****cãj /kjrh djsi økj**

Tfod [kn Mkyadjs Jxkj**