

- I j l k vyl h ; k fry ds vk/kk yhVj rsy earkji hu dk rsy 50 l s 50 fe-yh- yhVj feyk dj fi yk, A
- ?kkl yv ; kfu feeh ds rsy ea l rh di Ms-dks flkxks dj ml sl qkk, A
- vk/kk yhVj xpxqs i kuh ea 15 xte ghax ?kksydj uky }kjk fi yk, A

i 'kylaeavQjk gksus ij vl; vQjk uk'kd vksf/k; k;

vQjk uk'kd nokb; ka dsuke aniti-bloats

- 1- **Yks** %bl nokbz ea l kMkckbdkc] ghax] ejhp] ftftcj gksrk gA ; g cMs i 'kyl/ka dks tS s cSy] HkA vkfn dks, d yhVj xpxqs i kuh ea 50 xte feyk dj uky }kjk fn; k tkuk pkfg, A
- 2- **xkyj** %bl nokbz ea ghax] dV/pk] l xj xkV/k] çoky fi "Vh] blæk tkj ygl q] mi yv vkfn gksrk gA ; g ikpu fØ; k ea xMeMh gksus ij ykHknk; d gA bl s 10 xte eg ds }kjk nA
- 3- **VfEky** %; g Hkh, d vk; pñnd nokbz gA bl s 25 l s 80 xte xpxqs i kuh fyuf l M rsy ds l kfk fru eankscj nA
- 4- **VkziyDI** %; g i v/ eaok; q xksyk vQjk vkfn ea dke vkrh gA 100 fe-yh- eqk }kjk fi yk, A