

RvZ cwi wPwZ

webvavb-6 GKwU D`P dj bkxj tevtiv avtbi RvZ | RvZwU 1998 mvtj evsj vt`k ci gvyYkwl Mtel Yv Bbw-wUDU KZR Aegy³ nq| Bi vUg-24 Gi mvt_`vbxq RvZ `jvtii msKivqtYi dtj m^o F₂ eskati i exR Mvgv iwkwf c0qvM Kti wgdUkb c×wZtZ G RvZ D`Meb Kiv nq| MvtQi D`PZv 115-120 tmwUvgUvi , RxebKvj 160-165 w`b, Pvj mv`v I ga`g tgvUv | tn±i c0Z Mo dj b 7.5 Ub, Zte EY^o RwtZ tn±i c0Z 9 Ub chSIdj b w`tZ cvti | RvZwU AvDk tgsmtgi Dc`thvMx bq |

mweav

webvavb-6 Gi Pvi v j af | tevtiv tgsmtg j af Pvi v tenk cwb tZ mntRB tivcY Kiv hvq | AvMvg exR ecb I tivcY Ki t j webvavb-6 c0KwZK wechq GovtZ cvti I fv t j v dj b cvl qv mae | G RvZ tekx Lo Drcv`b Kti tMv-Lvt`i thvMvb w`tZ cvti |



wP: webvavb-6 Gi t j Z

Pvl vev` c×wZ

1. Pvi v`Zwi t w`tm`fi i 1g t`tK 3q mBvn
2. Pvi vi eqm t 30-45 w`b |
3. tivcYi mgq t Rvbgvwi 2q t`tK 3q mBvn |
4. Pvi v tivcY t c0Z tMvQvq 2-3 wU Pvi v
5. tivcYi `tZi t mwi ntZ mwi 20 tmwUvgUvi Ges Pvi v ntZ Pvi v 15 tmwUvgUvi
6. mvi c0qvM (tKwR / weNv) t
 - 6.1 BDwi qv wUGmwc Ggwc wRcmvg wR¼

25	18	11	10	1
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 - 6.2 BDwi qv mvi wZb wKw`tZ c0qvM Ki tZ nte |
 cUg Dcwi c0qvM t tivcYi 7-10 w`b ci
 wZxq Dcwi c0qvM t tivcYi 30-35 w`b ci
 ZZxq Dcwi c0qvM t tivcYi 55-60 w`b ci
 - 6.3 BDwi qv c0qvM ci mvi gwUvi mvt_`wgnktq w`tZ nte |
 BDwi qv c0qvM mWK mgq wYqvi Rb` wj d Kvj vi PvU`e`envi Kiv fvj |
7. AvMvQv`gb t tivcYi 55 w`b chSIRwg AvMvQvgy³ ivL tZ nte |
8. tmP t `vbr k³ bv nl qv chSIRwtZ chB cwb ivL tZ nte |
9. tcvKrgvKo`gb t c0qvRtb KxUvbkK e`envi Ki tZ nte |
10. dmj KvUv t tg gv tmi 1g t`tK 3q mBvn |

