

# ŠtEjòKà>





# ŠāḥiṣāKāṅ



Šfj; ɾakā

[l; "a' [Ī &Ī [Ī

Š#<sup>3</sup> ŠAjā - >i<sup>o</sup> '1 2018

1W>à \* @jā>à - tjàŠĪ 3"i<sup>o</sup>

0'ó; - [Āšā fāĪ

šřáf \* " UĪā\ - "[<sup>o</sup>|\t; fāĪ

ē<sup>1</sup> JāWj - 3>ā>i<sup>o</sup> fōšā<sup>o</sup>

ŠAjāAj  
" i<@fĀJ<sup>1</sup> Wjjašā<āū

[l; "a' [Ī &Ī [Ī

58& <<sup>3</sup>t;<sup>o</sup>a ē<sup>1</sup>al; , ēɾāĪ ŠAj<sup>1</sup> , AjĪɾā , Aj<sup>o</sup>Ajātjā 700 042

0333 2442 7311 033 2441 1646

drcsc.ind@gmail.com, www.drcsc.org

Ī0āUt;āū

Īā0ū " ó; ē0āš, [ɾ &<sup>3</sup> ē\l;]

®<sup>3</sup>Ajà

Šfj [ > iÚ & J > " [ | " i > iA; Oü m i ° i á > jü T } m f 3 à < 3  
\* [ m ` jaš > Jaf Pjo - Šfj Pjo [ > iÚ e 1 à \ " à 3 à i f 1 \ a [ > iÚ  
[ f i Z á T [ m N à i 1 jü [ A j " n " à 3 1 à m ° i t; W a O l á & O ü m v j 1 m a O ü 1 1  
A j = à ú " à 3 1 à A a A j - T m \ - o j ° 3 e - 3 á a [ > ® f 1 Š f j 1 A j = a ú  
e \ a 1 [ f i t j; W a O l á jü m ° [ á A T , - T m \ e = i A j; Q i 1 a U a J a m a 1  
m a > à i > a 1 A j = à ú T m a & A j O ü T i U T a ® j \* N a N , Š f j ü " à T i °  
" à 3 1 à & A j " ® j , à T [ o j [ 1 i Ú " à > a 1 A j = a m ° [ á jü e T m " ® j , à T  
Š A [ t j - " > K \ a m > T m a š i > 1 " } A jü & O ü m O ü t j; < 1 à " à i á  
& O ü l m A j = a O jü

[ m Af \* " > š a T A j i t j; m O j i j 1 " a f , " l Š [ 1 3 a \ & A j 1 a  
O i U i á jü " à š > a 1 l j š A j a i 1 & i ° ® j a i ° a ° a k i m jü

Çj i ® Z a à T O

" i < a A J 1 W i j j a š a < a ú

# ëA<sub>j</sub>> ŠŦĚ<sub>j</sub>ꞑàKà>

1 Tà<sup>1</sup>ꞑá<sup>1</sup> [ꞑÈ<sup>3</sup>vjũ ŠŦĚ<sub>j</sub>A<sub>j</sub><sup>1</sup>  
Jàif,<sup>1</sup> ë<sup>TM</sup>àKà> Šà\*Ùà



2 " ŠŦĚ<sub>j</sub> \*  
" ŠŦĚ<sub>j</sub> \>t<sub>j</sub>  
ë<sup>1</sup>àK fē A<sub>j</sub><sup>1</sup>à



6 ŠĭŦ<sub>j</sub> =àA<sub>j</sub>à \[<sup>3</sup>  
l<sub>j</sub> Šàfĭ><sup>1</sup> A<sub>j</sub>à \  
ꞑàKàì>à



3  
 Ɂà\à¹ è=iA;  
 ̂Ɂ[\ èA; >à¹  
 J¹W ɁàWài >à

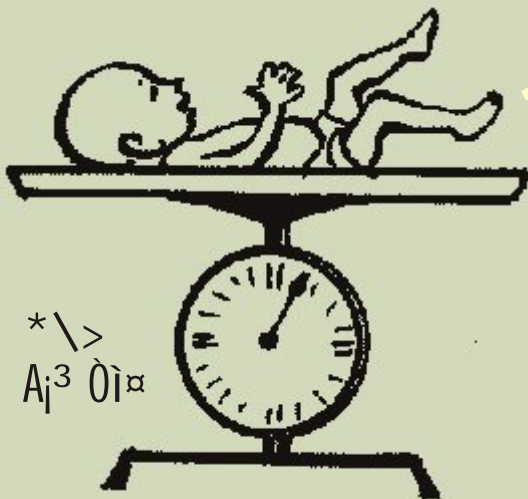
4  
 Ɂà[0;¹ èó;ì° èf\*Ùà  
 " Ɂà\Ɂà \* \°  
 I;ü Šàfī >¹  
 A;ài \ °àKài >à



" [tj¹v;̂ ̂Ɂ[\  
 [Ɂ[y;̂ A;ì¹ I;šà\Ɂ A;¹à

" šp̥iː¹ ój˦°àój˦°

1 \* \ >  
A<sub>i</sub>³ òìᵛ



2 è¹àk šp̥tjì¹àk  
Ū<sub>i</sub>³tjà A<sub>i</sub>³ òìᵛ



10 fà¹%o



9 l;šà \ &  
A<sub>i</sub>³ A<sub>i</sub>¹ìᵛ





3 Jà\* Úà¹ ÒìZá \*  
Ò\ ³Á[vìp Aì³]à



4 " Šfìtj  
®jKìà



5 Ñà®jā[Aì  
àfìtý Òìà >à



6 Aì³Ùj³tjà  
Aì³ Òìà



6 fèP Òìà



7 ³à>[ì Aì ^ Aa[ì TāAì [àAìàA  
Òìà >à

# Š[ĕj:ɔ̀àKài>¹ ó;îî°¹ [ >ɔ̀ŋV>

1 Tòì\ Ijü Šáf>  
A;¹à™àÚ



2 Š[ĕjP;jo èɔ[A

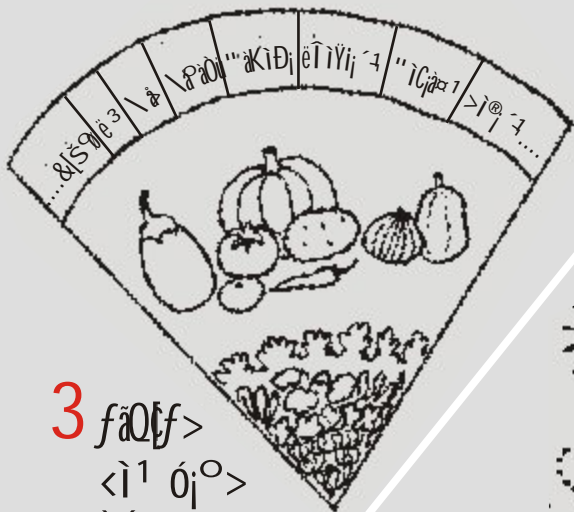


8 ɔ̀à\ài¹ [ɔ̀[ɣjü  
A;î¹ IjüŠáf>  
A;¹à™àÚ



7 "ì>A;[f>  
<î¹ î}¹Ú;jo  
A;¹à™àÚ





3 fāQij>  
 <i<sup>1</sup> ói<sup>o</sup>>  
 òú

4 Nā>ǎú " àαOà\* Úà  
 ÎÒ, A<sub>j</sub><sup>1</sup>ìt; Šàì<sup>1</sup>



9 ë<sup>1</sup>àK-ëŠàAjà  
 A<sub>j</sub><sup>3</sup> òàìK



6 αā\ 1àJà  
 ṡǎú



# Š[Ĥj:ɤàKài>¹ ójÎì°¹ ÑàÚãâ« " >đàÚã <¹>

1 ÑàÚã Kàá ě™³> Î\ì>, ě°ɤđ ěŠÚa¹à Òtj:àf



2 " àà ÑàÚã ě™³> ěŠòš, Aij°à, Ađf¹ã Òtj:àf



3 ³¹Çj[³ Îɤ[\ ě™³> °Sjà, ěɤPj>, ɤ¹ɤ[jj Òtj:àf





Š[ĕjɔ̀àKài> ë™ <¹ì>¹ ójĀ°  
 =àAjà f¹ Ajà¹

1 ÀàAj \àt:jàÚ



2 ój° \àt:jàÚ



3 Çĭli\_j \àt:jàÚ



4 Aj@ \àt:jàÚ



5 ³Å°à \àt:jàÚ



6 ɔ̀ì>ìÈ[<





šĕi:ɑ̀kài > 1 | iš<sup>TM</sup>ŋj̄ èɑ | j

| j̄ èɑ | j

1 3à[ij èJà]jà





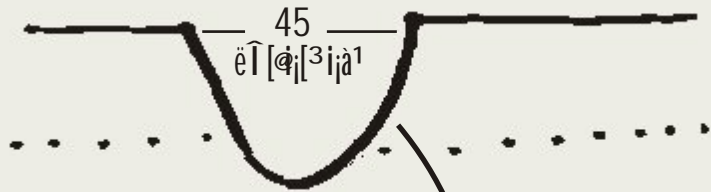
2 " àKaáà [ >0jài >à



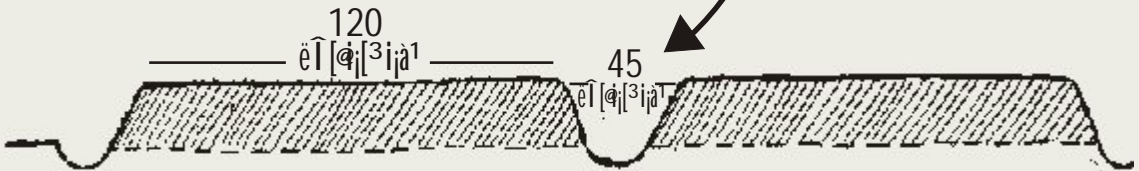
3 ëæ|j ítj|¹



4 fñij ëɔilj¹ ³àc;Jàì> 30 eĪ[əj|³ijà¹ fēâ«  
 ¹àĴitj Òìɔjù™à¹ ³ì< [fīŪ " >àĴàĪ  
 ™àtj;àĴatj A;¹à ™àĴjù ™àitj Īɔ[\ \* Kàíá  
 Īà¹, \° Ī Òì\Òüëf\*Ūà e™itj Šàì¹jù

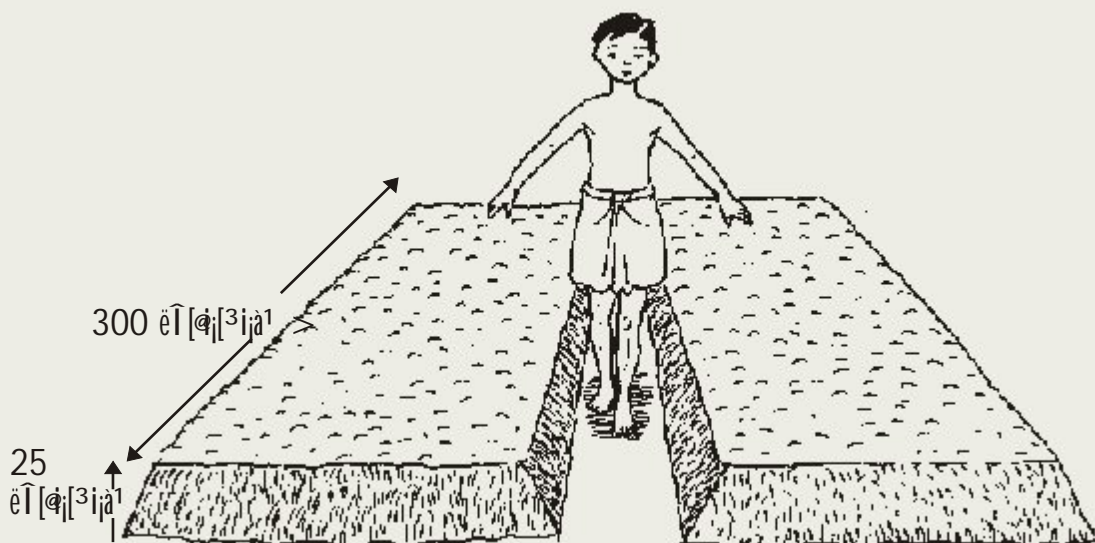


5 ëɔilj¹ W\*Ūjà 90 ë=ìA; 120  
 eĪ[əj|³ijà¹ Òitj Òìɔjù

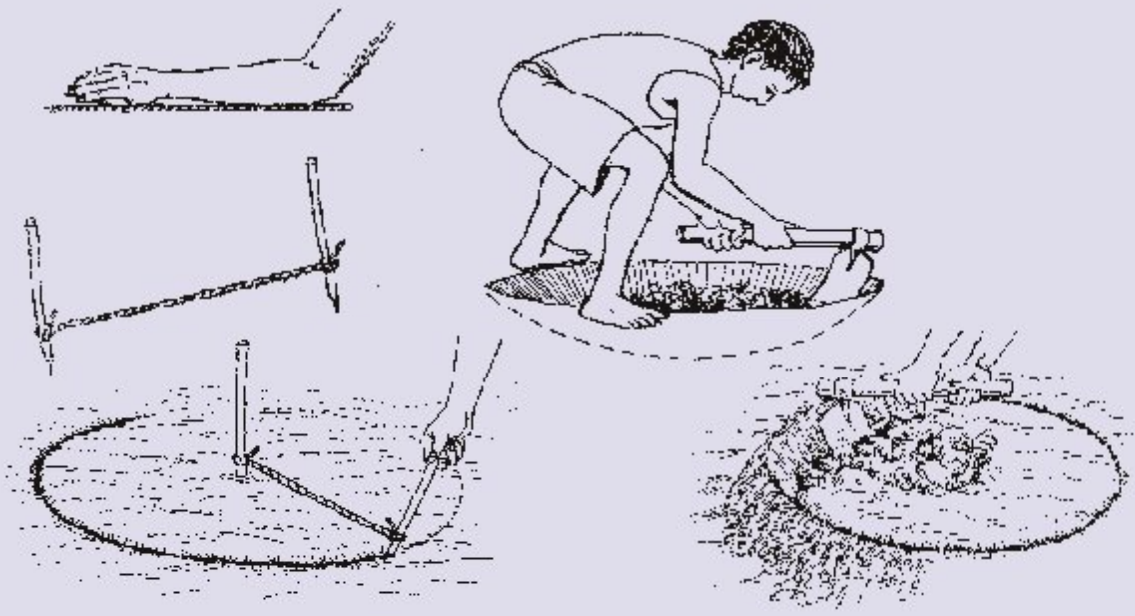




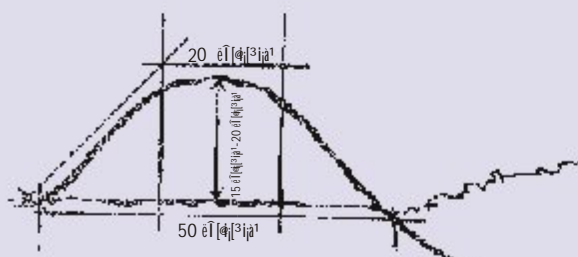
6 ວັດ 300 ຕັ້ງຢູ່ນ້ຳ ມາ ທຳ ມາ ມາ  
 ມາ 25 ຕັ້ງຢູ່ນ້ຳ ມາ ມາ



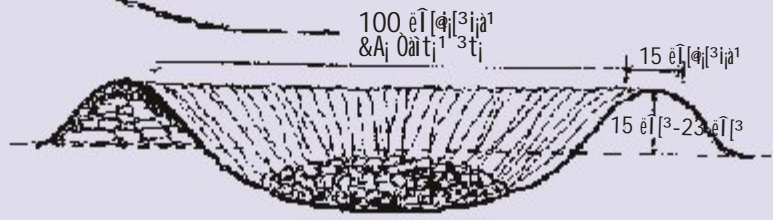




**২** শ্ৰী<sup>৩</sup> কিত্‌<sup>১</sup> এ=কে  
 ৩ই<sup>১</sup> তী<sup>০</sup> ১৫ এ<sup>১</sup> [কি<sup>৩</sup>মিটার  
 &২} ২০ এ<sup>১</sup> [কি<sup>৩</sup>মিটার  
 ০ই<sup>১</sup> ১০ই<sup>৩</sup> ১০ই<sup>১</sup> ১০ই<sup>১</sup>  
 ১ই<sup>১</sup> ০ই<sup>১</sup>



০ই<sup>১</sup> কা<sup>০</sup> আ<sup>১</sup> ১ই<sup>১</sup> ৩ই<sup>১</sup> কিত্‌<sup>১</sup>  
 ক<sup>০</sup> ১ই<sup>১</sup> তী<sup>১</sup> ৫০ এ<sup>১</sup> [কি<sup>৩</sup>মিটার ০ই<sup>১</sup> ০ই<sup>১</sup>



# ŠĀĪ:ǝàKàì>¹ Ijš™ǝjû Tâ¹

Ajì 'ŠàĐj

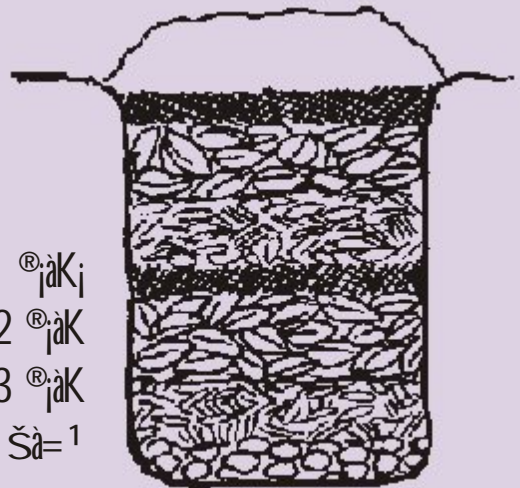
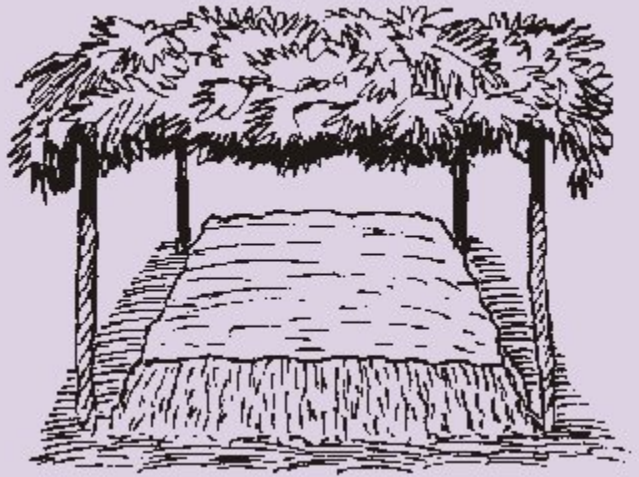
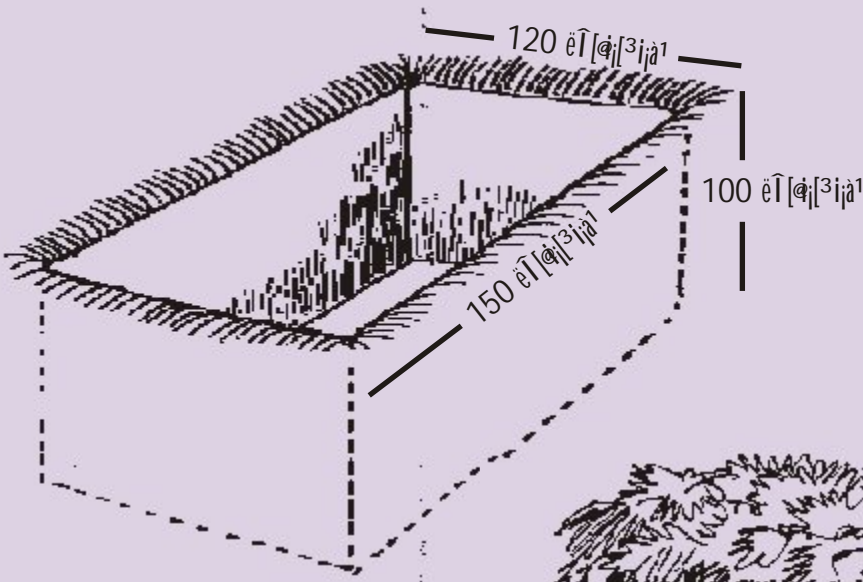
1 " ài <à ááUà \áUkà è™Jài> \° fǝjǝU >à, èĪJài> Ajì 'ŠàĐj íti[¹  
 Aj¹iti; Òìǝjú èǝ[Ǟ ǝĪ; \* è¹ǝf è=ìAj; ǝǎǎìti; Òà°Ajà ááijǝ [fit;  
 ÒÚjú

2 Ajì 'ŠàĐj Ktǝ ǝà [nj[š fǝüštǝjti; Aj¹à™áúú Ktǝ Aj¹i° Kìtǝ¹  
 K®jǝ¹tǝ 3 óǎij¹ (è³àijǝ³ǎij; fǝÒàti) èǝ[Ǟ Ò\*Úà Ijǎǎti >Újú W\*ǝjǝ  
 135 èĪ[ǝj[³ijǝ¹ (Iti> Òàti) &ǝ} šǝUà\> ³itiǝ Ktǝij; °ǎ Aj¹à  
 è™iti; šǎi¹jú [nj[š Aj¹i° [nj[šij; ³ǎij; è=ìAj; 150 èĪ[ǝj[³ijǝ¹  
 (Īàǝij; Iti> è=ìAj; Wǝ¹ Òàti) Ijǎǎ Aj¹à™àìǝjú

3 Kìtǝ¹ ti°áú Òǝij, šà=¹ ǝà ǝǎǎ [ǝ[áíú [fit; Òìǝjú [nj[š Òi° ³ǎij¹  
 \*šì¹Òü&ÒüĪ³NzǝNǎ[fiú [nj[š¹ >ǎǎijǝ íti[¹ Aj¹iti; Òìǝjú [nj[š  
 Ajì 'šǎiĐj¹ \>, ǝǎǎǎ¹ èǝǝjǝ [fiú ³ǎš ³itiǝ Jǎǎǎ ǝǎ>ìú [>i°  
 Īǝǎi< ÒÚjú

4 3-2-1 " >šǎiti; ĆjAjì>à, Aǝǎǎǎ í\ǝǎNǎ\* ³ǎij; [>iti; Òìǝjú " =ǎ;  
 3 cǎǎij; Jǝj; ǝà ĆjAjì>à šǎtiǝ, 2 cǎǎij; èKǎǎ¹ \* Aǝǎǎǎ šǎtiǝ, " Ć;  
 š[¹³ǎò èKǎǎ¹, šĆjšǎJ¹ ³° " ǝǎǎǎǎ[>iti; Òìǝjú èKǎǎ¹ [Aj}ǝà  
 šĆjšǎJ¹ ³° ǝ, ǝǎǎǎ¹ Aj¹à¹ " àiK \° [fiú èQǎ° ǝǎ>àiti; Òìǝjú  
 &Òǝǎǎǎǎ Nǎ¹ Nǎ¹ šǎ¹à Ktǝij; ®j¹àij; Aj¹iti; Òìǝjú

5 Ajì 'ŠàĐj íti[¹ Ćj¹ǝ Aj¹à¹ 1 ³àĪ¹ ³ǎ=áú Ī³NzǝNǎ[fiú° &Ajijǝ  
 IjǎǎAj; šǎiAj; \* [®j[ǎíú [fiú " ǎǎǎ¹ ³ǎij; [fiú è°iš [fit; Òìǝjú  
 &Òǝǎǎǎǎ " ǎjǝàÒüè=ìAj; [ti> ³àĪ¹ ³i<, ÒüAjì 'ŠàĐj íti[¹ Òiú™àìǝjú



3āi 1 ʳjāk  
 Aṗāṗā Tā³Nā \* ēKāṗī¹¹ ēQā° 2 ʳjāk  
 ÇjAji>à Tā³Nā 3 ʳjāk  
 Šà=¹

# ŠĀĒ:āKāì > 1 I jš™āvjû Tâ¹

## ■ ēAṛiWā Tâ¹

1 3ā[i;¹ āŃ; 3,āŃ°ā āà 90 ēĪ[³ W\*Ń;ā, 180 ēĪ[³ °`ā &ā} 60 ēĪ[³ I;ŃWt;ā [ā[ĀĒ; ēŃiāZŃāit; ēAṛiWāĪ ā¹ ít;[¹ A;¹ā™āŃ;ú

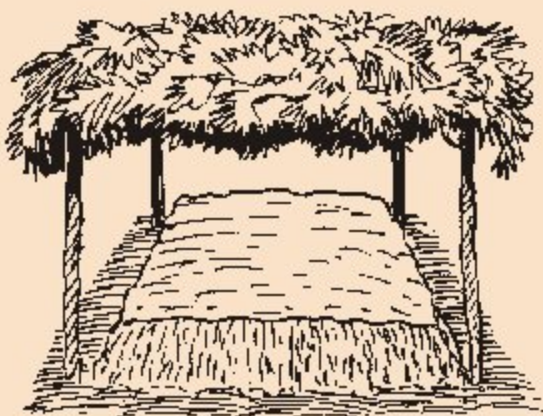
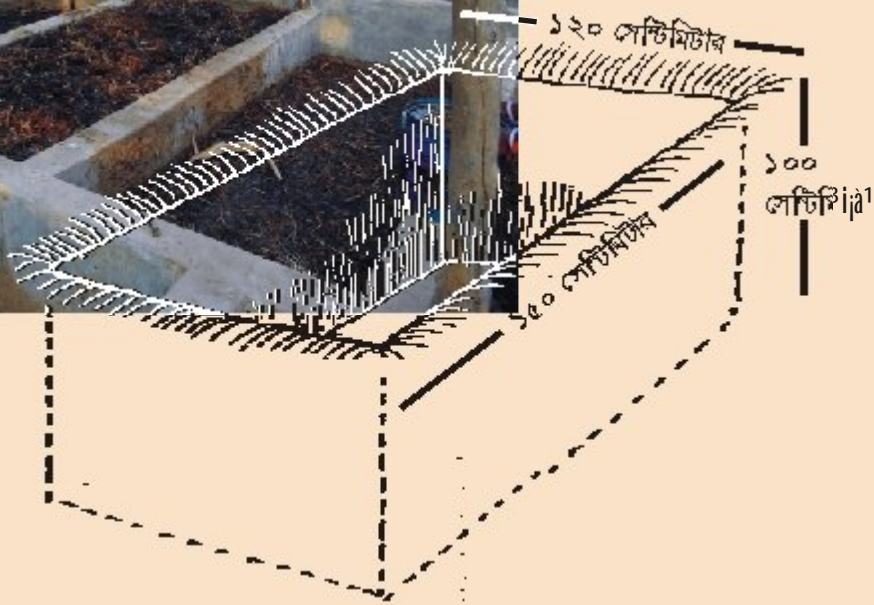
2 TĪŃi\ šìŃ™āŃ &³> " āKāāā, Tā[\ āà " >ā>, Kāìá¹ Šāt;ā " =ā [ĀĀŃ; āf [fiŪ A;ŃĪ¹ Šā>ā¹ iā;ì¹ā¹ TĪŪ T³ Š[¹³āō ēKāā¹, ŌāĪ 3ā[K¹ [āĒ;ā [³ŃiŪ 3,āŃ°ā āà ēŃiāZŃāŪ ®;ì¹ [fit; Ōiā;ú 15-20 [f> šì¹ [³ĀŃ[i; " ā< šŃā ŌiŪ ēKĪ° t;ā¹ 3i<, ē=iA; 100-200 [i; šŃŪ ēAṛiWā ēāiŃ; [fit; Ōiā;ú

3 ŠĪt;[f> [āA;āi° Ōā°A;ā \° ā[Ń;Ū [fit; Ōiā;ú

4 Š#³ā¹ 2 3āiĪ¹ 3i<, A;ì´šāĒ; ít;[¹ ŌiŪ™āiā, ēAṛiWā¹ T}J,ā ēāiŃ; ēKĪ° t;ā¹ Š¹ ē=iA; &A; ē=iA; ēfŃ; 3āiĪ¹ 3i<, A;ì´šāĒ; ít;[¹ ŌiŪ™āiā;ú







# ŠĚ:ǰàKàì > 1 I jš™ǰjû T à¹

## ■ t<sub>j</sub>¹°T à¹

1 K<sup>ǰ</sup>à¹ [ǰǰ:ǰ:™ǰjû Kpǰ™ǰjû šàt:ǰà \* " >ǰǰ,  
 Čǰi:ǰàt:ǰǰ Kàìá¹ šàt:ǰà &ǰ} šČ:šǰJ¹ [ǰĚ:ǰà  
 T̂³š[¹³ǰǰ >ǰǰ &ǰi:ǰi ǰǰšǰ:ǰà ǰǰi:ǰi¹ = [ǰit;  
 ǰǰi¹ ǰǰǰi:ǰi ǰǰjû ǰǰi¹ èǰǰ < [fǰt:ǰ ǰǰǰǰ:ǰǰ &ǰi:ǰi ǰǰi:  
 ǰǰ šà=¹ [ǰt:ǰi¹ è¹ǰǰ ǰǰǰt:ǰ ǰǰǰ™ǰt:ǰ ǰǰǰǰi:  
 Iǰǰǰ =ǰǰǰǰǰ

2 ™t:ǰiǰà [ǰĚ:ǰà èf\* ǰà ǰǰǰǰǰǰ t:ǰà¹ 20 Pǰǰ \ǰǰ  
 [ǰit:ǰ ǰǰǰǰǰ

3 šǰt:ǰf > " " t:ǰšǰǰ:ǰi fǰǰà¹ ǰǰǰ [fǰǰ šà¹à %ǰǰǰi:  
 ǰǰǰǰǰ ǰǰi¹ >ǰǰǰǰt:ǰ ǰǰǰǰǰ ™ǰt:ǰ ǰǰt:ǰǰǰ T̂¹  
 " [Gǰ\ > %ǰǰǰǰ [³ǰǰǰ ™ǰǰǰǰ

4 t<sub>j</sub>¹°T à¹ 3-4 Tǰǰǰǰǰǰ¹ ǰǰǰ, ít:ǰi¹ ǰǰǰ ™ǰǰǰǰǰ  
 &ǰǰT̂à¹[i:ǰi ǰǰǰǰt:ǰ ¹ǰǰt:ǰ ǰǰǰ, 5-6 Tǰǰǰǰǰǰ¹  
 ǰǰǰ, ǰǰǰǰǰǰ ǰǰi¹t:ǰ ǰǰǰǰǰ T̂à¹[i:ǰi ǰǰǰǰt:ǰ šǰǰǰǰǰ  
 ǰǰi¹ǰ T̂¹ǰǰ [¹ \* èǰǰǰ ǰǰi¹ǰ T̂³š[¹³ǰǰ \ǰǰ  
 è³ǰǰt:ǰ ǰǰǰǰǰ

1 ʀjāk Apāllā ēKāṣ1



1 ʀjāk Šatjā



Šà=1



# šġġ:āKāi > 1 I jš™ājū ēĪW šty[tj

Aj°[Ī ēĪW

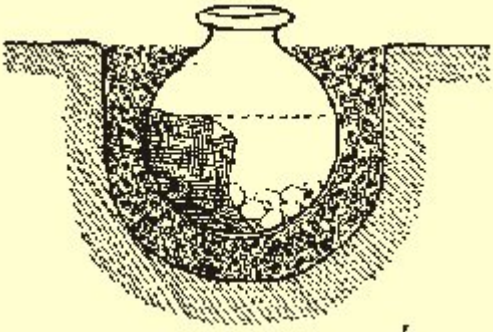
1 8-10 [°ijā¹ \°  
 <i¹ &³> &Aj[ij  
 3ā[ij¹ Aj°[Ī  
 [>itj Ōiājū



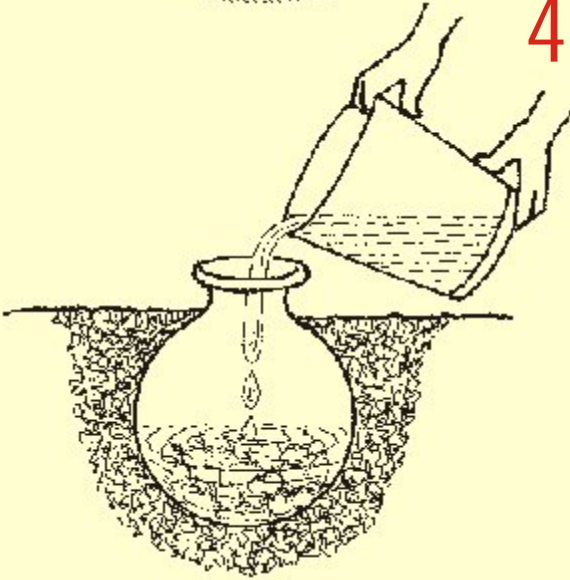
2 Aj°[Ī¹ tj°āū

3-4 Ōlej  
 \*šġġ¹ Aj°[Ī¹  
 Kāiū Jā Īā<āēn  
 2-3[ij ōāijā  
 Aj¹itj Ōiājū

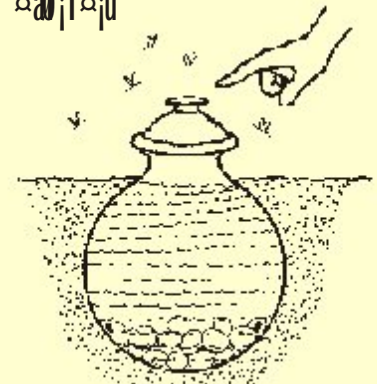
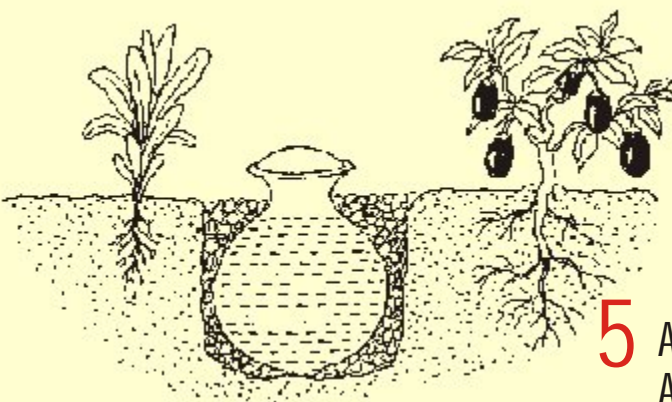




3 3ǎijit; ǎf0; 0at; K<sup>®</sup>ǎ<sup>1</sup> ǎf0; 0at;  
 W\*0;ǎ &Aijǎ Ktǎ A;1it; 0iǎ <sup>™</sup>ǎit;  
 A;0[<sup>1</sup> ǎ<sup>1</sup>ǎi<sup>0</sup> Wǎ<sup>1</sup>šǎi<sup>1</sup> 2 0ǎej  
 3it;ǎ \ǎÚKǎ =ǎiAijú



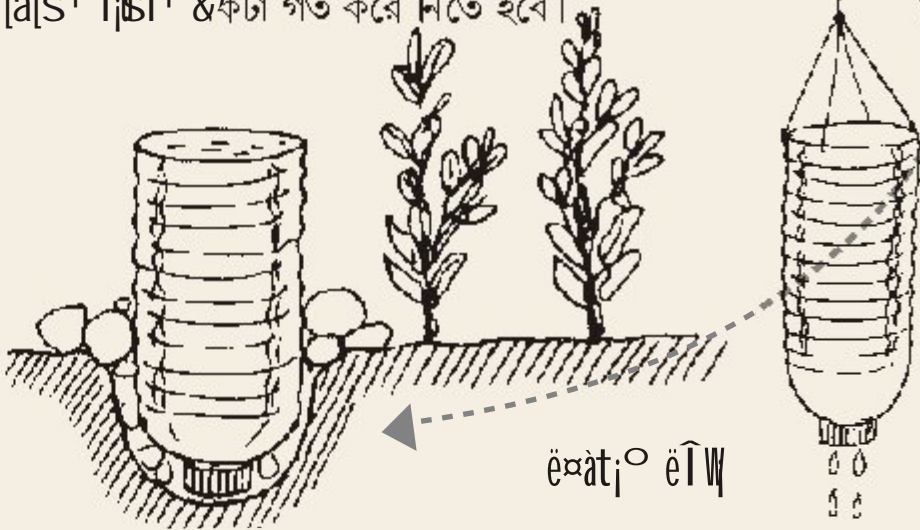
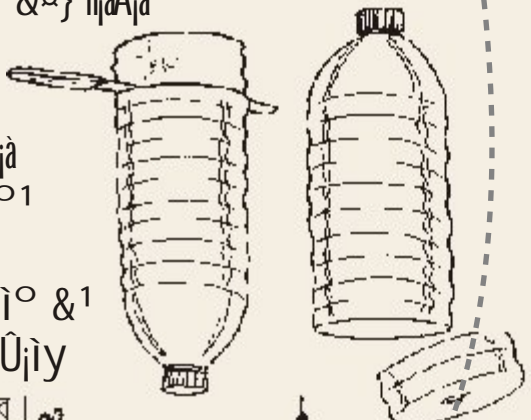
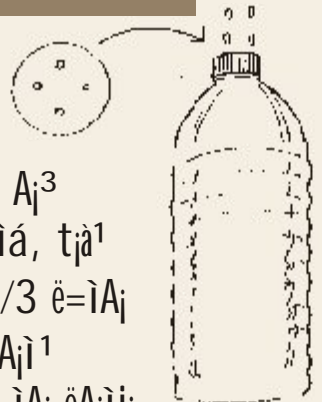
4 A;0[<sup>1</sup> Kitǎ ǎ<sup>1</sup>ǎi>ǎ<sup>1</sup> " ǎiK Kitǎ<sup>1</sup>  
 ǎ<sup>®</sup>it;1 [A;ǎǎǎ A;ǎ<sup>1</sup>šǎD; [3[ǎ<sup>1</sup>ǎ; AǎAǎ<sup>1</sup>  
 3ǎij; [fit; 0iǎ, <sup>™</sup>ǎit; Kitǎ ǎ<sup>1</sup>ǎi>ǎ<sup>1</sup>  
 š<sup>1</sup> A;0[<sup>1</sup> 1 i;Wt;ǎ<sup>1</sup> 5 <sup>®</sup>ǎiK<sup>1</sup> 4 <sup>®</sup>ǎK  
 3ǎij;1 >ǎiW " ǎ<sup>1</sup> 1 <sup>®</sup>ǎK 3ǎij;1 \*š<sup>1</sup>  
 =ǎiAijú A;ǎ<sup>1</sup>šǎD; [3[ǎ<sup>1</sup>ǎ; AǎAǎ<sup>1</sup> 3ǎij;  
 ǎf\*Uǎ<sup>1</sup> A;ǎ<sup>1</sup>o Kǎǎ<sup>1</sup> [A;ǎǎǎ Jǎf, A;0[<sup>1</sup>  
 0ǎi;ǎ [fiÚ ǎǎi<sup>1</sup>ǎi>ǎ<sup>1</sup> \i<sup>0</sup>1 <sup>1</sup>iú [3iǎ  
 ǎAA;ǎi0;1 A;ǎǎǎ <sup>™</sup>ǎiǎ, 0;ǎ<sup>0</sup> Wǎ<sup>1</sup>ǎP;ǎ<sup>0</sup>ǎ  
 \<sup>0</sup> \* Jǎf, fǎi;ǎ0üšǎiǎ &ǎ}  
 t;ǎǎǎt;ǎǎ0; ǎǎǎǎǎǎǎ



5 A;0[<sup>1</sup>it; \<sup>0</sup> nǎ<sup>0</sup>it; 0iǎ &ǎ}  
 A;0[<sup>1</sup> 3ǎǎ nǎA;ǎ>ǎ [fiÚ ǎn;ǎA;  
 1ǎǎit; 0iǎ, <sup>™</sup>ǎit; \<sup>0</sup> ǎǎǎ š 0iú  
 iǎǎ ǎ<sup>™</sup>it; >ǎ šǎi<sup>1</sup> &ǎ} 3ǎǎ 3ǎǎǎ<sup>1</sup>  
 0at; ǎ=iA; 1Uǎǎ šǎ\*Uǎ <sup>™</sup>ǎǎǎǎ

# শিঁড়ি কৈ > 1 | শিঁড়ি এঁটল ঝুঁড়ি

এঁটল এঁটল - &Aijà 1 ঝা 2 [°ijà<sup>11</sup> šāDijà<sup>1</sup>  
 এঁটল<sup>1</sup> [á[šitj 1 è=ìA; 4 èj; ópàijà A;<sup>1</sup>çjú<sup>TM</sup>f  
 A;<sup>3</sup> \° fāQcī<sup>3</sup>Ú <ì<sup>1</sup> [fitj Wā> tjà<sup>0</sup>ī<sup>0</sup> ī<sup>1</sup>ç ópàijà \* A;<sup>3</sup>  
 Ū}J,áú ópàijà A;<sup>1</sup>çjú è<sup>TM</sup>Jà> Kāá ঝা Kāá<sup>1</sup> èçjāš " àìá, tjà<sup>1</sup>  
 Ajàà &Aijà Ktç Jòòj, èĪÖüKìtç<sup>1</sup> [°tj<sup>1</sup> èpātj<sup>1</sup> 1/3 è=ìA;  
 1/2 " }Ā šòtj; [fitj; Òiçjú 3āJ<sup>1</sup> [fAijà >ìW<sup>1</sup> [fA; A;<sup>1</sup>  
 এঁটল<sup>1</sup>ijà šāitj; Òiçjú èpātj<sup>1</sup> èJā<sup>0</sup>a 3ā (è<sup>TM</sup>Jà> è=ìA; èAij;  
 è>\*Ūà ÒiŪiá) è<sup>TM</sup>> 3āij<sup>1</sup> |jšì<sup>1</sup> =àìA; &ç} njàAjà  
 >à šìòj<sup>TM</sup>ájú èpātj<sup>1</sup>ijàA; <sup>®</sup>jà<sup>0</sup>a  
 A;<sup>1</sup> 3āij; [fiŪ è\àì<sup>1</sup> èWìš<sup>1</sup> àìtj;  
 Òiçjú èpātj<sup>1</sup> 3āJ<sup>1</sup> Wā<sup>1</sup>šàĀ A;ìŪAijà  
 šā=ì<sup>11</sup> ijà;<sup>1</sup>à [fiŪ [Qì<sup>1</sup> [fi<sup>0</sup> èpātj<sup>1</sup>  
 è<sup>®</sup>tj<sup>1</sup> " à<sup>1</sup> 3āij; è<sup>TM</sup>itj; šāì<sup>1</sup>ç >ájú  
 এঁটল<sup>1</sup>ijàA; çā<sup>1</sup>íŪ\* 1àjà<sup>TM</sup>á, <sup>TM</sup>à<sup>1</sup> ój<sup>0</sup> &<sup>1</sup>  
 è=ìA; èópàijà èópàijà A;<sup>1</sup> \° šìòj<sup>1</sup> &ìŪijy  
 [á[š<sup>1</sup> |jšì<sup>1</sup> &কটা গর্ত করে নিতে হবে।

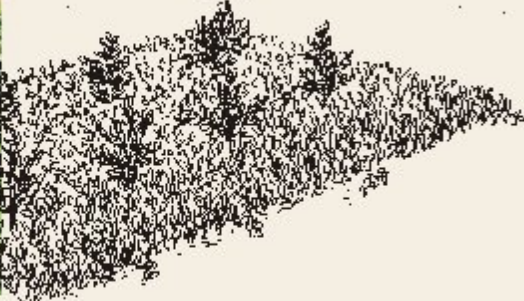


এঁটল এঁটল

ৠT̂p̂é¹à eĒŴ - ৠT̂p̂é¹à eĒŴ Aᵢ¹itᵢ  
 Òì° š̂-i³ Aᵢ°[Ī¹ ³ì< óāiᵢà  
 Aᵢ¹ ৠāiĀ¹ \*š¹ ēᵠò< [fītᵢ  
 Òìᵠ;ú ᵠāitᵢ Wā¹à " =ᵠᵠ ৠāi \¹  
 \*š¹ Aᵢ°[Ī¹ óāiᵢà [fīÚ eóᵠiᵢà  
 eóᵠiᵢà \° š̂ōitᵢ š̂àì¹ú Aᵢ°[Ī¹  
 ³āᵢ nᵢāAᵢ>à [fīÚ ēnᵢAᵢ ¹àᵢitᵢ  
 Òìᵠ, ᵠāitᵢ \° ৠāᵢ š̂ ÒìÚ lᵢᵠᵠ  
 ēᵠitᵢ >à š̂àì¹ &ᵠ} ³Āà ³ā[á¹  
 Òatᵢ ē=iAᵢ ¹Ūᵢà š̂à\*Ūà ᵠāᵢú



"āzāāf> - "āzāāf> ³āᵢiᵢAᵢ ৠ[ē:¹ Ī¹āĪ[¹  
 "āŌatᵢ ē=iAᵢ ¹Ūᵢà Aᵢ¹jᵢ &¹ ójì° ③ᵠ³Ūjᵢ Aᵢ³  
 ŌŪ \* ³āᵢjᵢ \° <à¹iō¹ Ūᵢ³tᵢà ৠāiŌjᵢᵢ "āzāāf>  
 ³āᵢjᵢ¹ lᵢš̂[¹Nz¹ ē=iAᵢ ৠāᵢ š̂āᵠᵢᵠ>¹ K[tᵢ  
 "ì>Aᵢjᵢà Aᵢ³āᵢjᵢ ³āᵢiᵢAᵢ ē¹āf \* Çᵢ[LHŌà\*Ūa¹  
 Ī}Nš̂iĀc" āᵢitᵢ ēfU >à ৠì° ³টির আর্দ্রতা  
 ৠ\āᵢ =āiAᵢjᵢᵢ "āzāāf> fāAᵢ³ Òitᵢ পারে।  
 ÇᵢAᵢjᵢ>à JŌjAᵢiᵢà \* āāiᵢà  
 ŌāĪ Jᵠ ③ᵠāi°à "āzāāf>jᵢ \ᵠᵠ"l  
 "āzāāf> ৠ,ᵠŌà¹ Aᵢ¹āŌü" ì>Aᵢ  
 ēᵠ[Ā °āᵠᵢ \>Aᵢjᵢᵢ



# Š[Ěj:ɤàKàì > ójĀ° Āš Ūjà

\ãɤ"zëɤjã

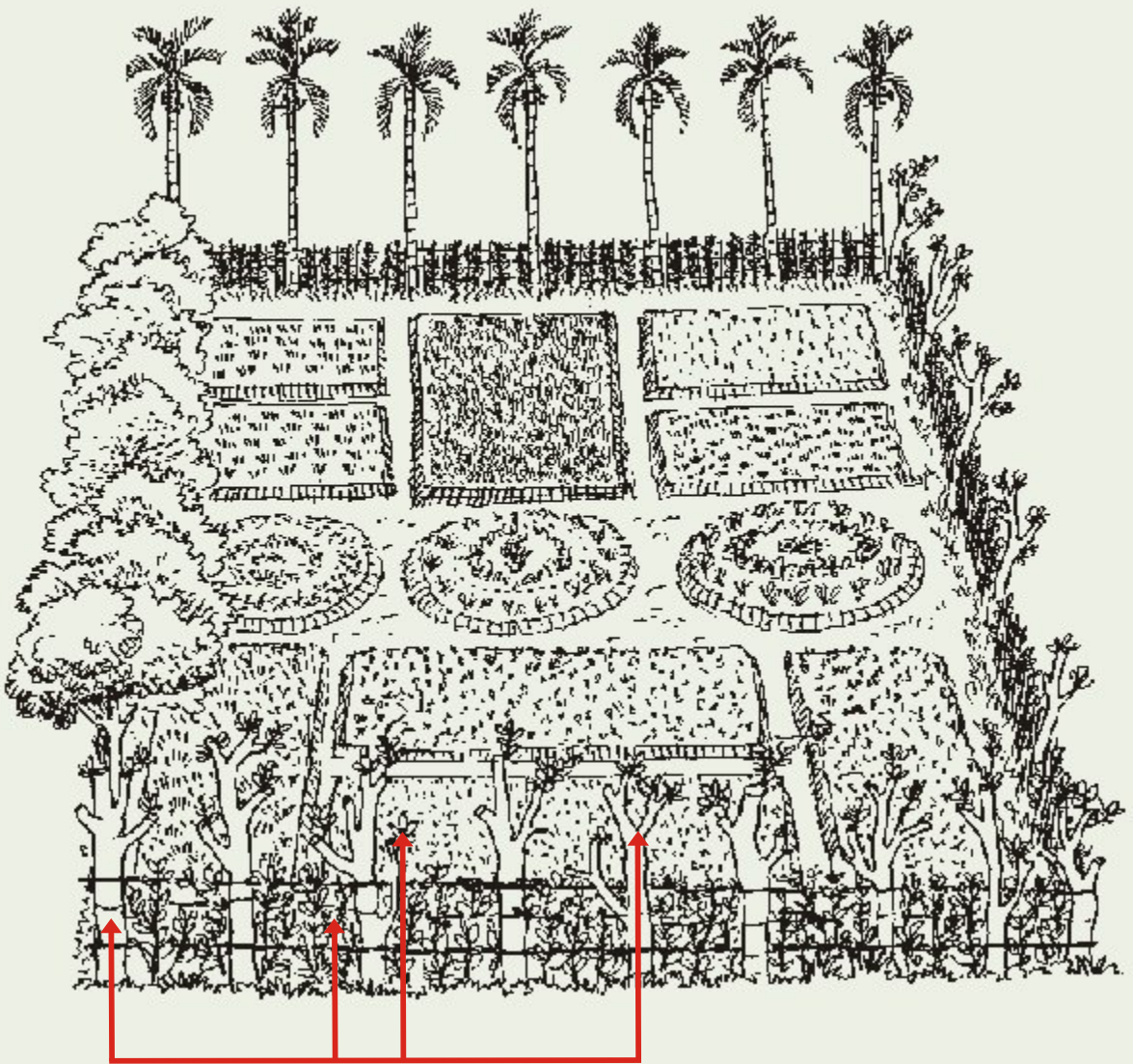
- 1 Āɤ[\ ɤàKàì > Āš Ūjà¹ \>, \ãɤ"zëɤjã J& \¹ɥ¹jü™àitj \ "ñ \àì>àÚà¹ " =ɤà " >, ëAjljüɤàKà > Êj >à Ajì¹jü
- 2 \ãɤ"z \* ljü ŠáfAj ëɤjã ítj[¹itj [ɤ[®jÄ KàáKàáá[° °tjã, QàĀ, ɤì>iÉ[< Òitj,à[f °àKàì>à ë™itj Šàì¹jü
- 3 ljü¹ " =ɤà Š[AN³ [fìAj ɤjã Kàá " =ɤà °tjã &ɤ} f[Ūjo-šëç [fìAj ëáàìj ljü ŠáfAj ëɤjã ëf\*Úà ë™itj Šàì¹jü





\ãα"zëαjã

l;ÿj¹  
↑



\ãα"zëαjã

# Štj:ə̀Kàì > ójĀ° Īđ Ūjà

ěA:ì' àĪ > + áàÜü

- Qòij: ə̀ A:àikj' áàÜüA: Štj:ə̀ A:ə̀šŃj [fĪŪ °jài'ə̀ A:ì'1 éáə̀A: [>>jú éáə̀A: ě>\* Ūà áàÜütj A:ìŪA: éóə̀j:ə̀ ěA:ì' àĪ > ětj:° [³[ĀiŪ ójĀ° á[ŃiŪ [f> &itj Štj:ə̀ [á%A:ì'ă ěšə̀A:ə̀ [>Ū"b ŐŪjú

[>³Štj:ə̀'1 %ə̀o

- 500 Nə³ A:ə̀lŷà [>³Štj:ə̀ °jài'ə̀ A:ì'1 ě=ə̀tj:ə̀ A:ì'1 [>ìŪ 3 [°ij:à'1 \i° 24 Qə̀j:ə̀ [°j[\iŪ 'àĵj" =ə̀ 30 [³[>ij " àiŷ ój:ìŪ [>>jú
- \° k:ə̀"j:ə̀ Ői° A:ə̀šŃj [fĪŪ éáə̀A: [>ìŪ 20 Nə³ A:³ Ūj:à'1™v:j:ĵ Īə̀ə̀> " ài' à 3 [°ij:à'1 \i° [³[ĀiŪ [ə̀A:ì'° ěÑB A:ì'1>jú

[tj:itj:ə̀, " ə̀k:ə̀ \* Kpə̀™v:j:ĵ Štj:ə̀'1 %ə̀o

- [tj:itj:ə̀ Štj:ə̀ ě™³> [>³, [>[Āə̀fə̀ šŃj:itj, " ə̀k:ə̀™v:j:ĵ Štj:ə̀ " ə̀A:ə̀f, ə̀ij: &ə̀} Kpə̀™v:j:ĵ Štj:ə̀ ě™³> tə̀°[Ī, ə̀>tə̀°[Ī, Kə̀fə̀ šŃj:itj [³[ĀiŪ ě³ə̀ij: 500 Nə³ Štj:ə̀ [>itj: Ői:ə̀jú
- Štj:ə̀Pj:[°iA: °jài'ə̀ A:ì'1 ě=ə̀tj:ə̀ A:ì'1 [>itj: Ői:ə̀jú
- 3 [°ij:à'1 \i° 2 [f> [°j[\iŪ 'àĵitj: Ői:ə̀jú
- 2[f> šĪ'1 &A:ij: A:ə̀šŃj [fĪŪ éáə̀A: [>itj: Ői:ə̀jú
- \* Őüéáə̀A: ě>\* Ūà %ə̀io 10 Nə³ A:³ Ūj:à'1™v:j:ĵ Īə̀ə̀> \* " ài' à 3 [°ij:à'1 \i° [³[ĀiŪ ójĀ° [ə̀A:ì'° ěÑB A:ì'1itj: Ői:ə̀jú

ëAji'1à[Ī> + áà0ü



[>ì31 %ø0



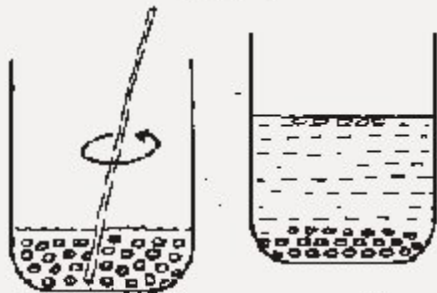
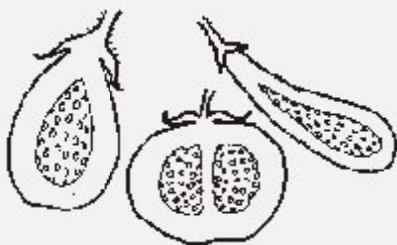
[t;ìt;à, " àk;à \* Kpè<sup>M</sup>v;ìp  
Šàt;à<sup>1</sup> %ø0



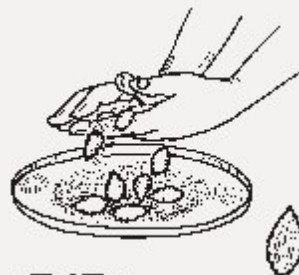
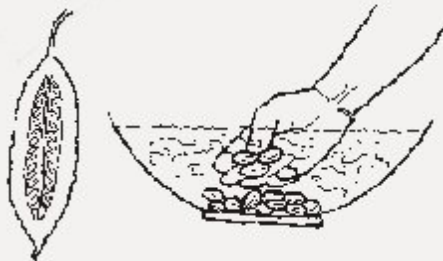
# ŠĤĚjαàKài > αã\ T̂}¹Ūjō



ĕαPj> \ətjāŪ



Aj³i0jā \ətjāŪ

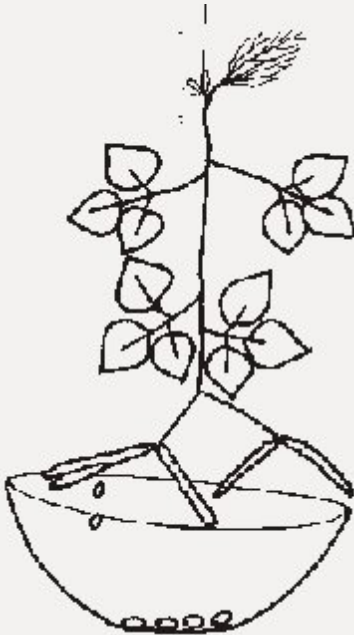




Çilij \atjâl

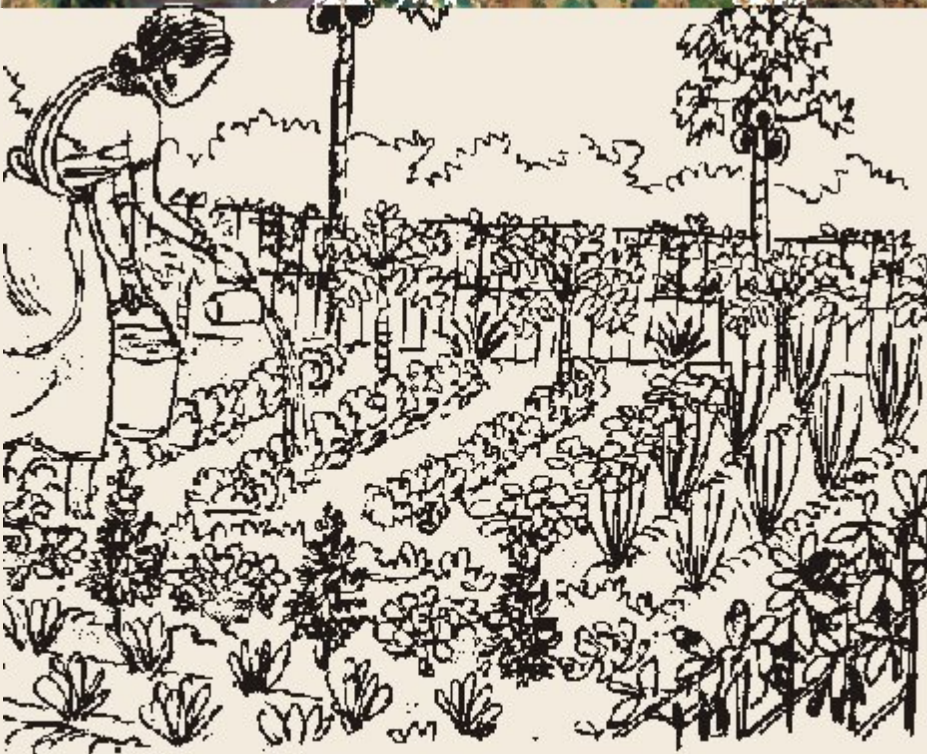


[Cijî \atjâl



"àfÅçŠËjꝛàKài>¹ 3ìl j°





# ŠtjPjo Ť šÄ 1àÄà1 Štj[tj



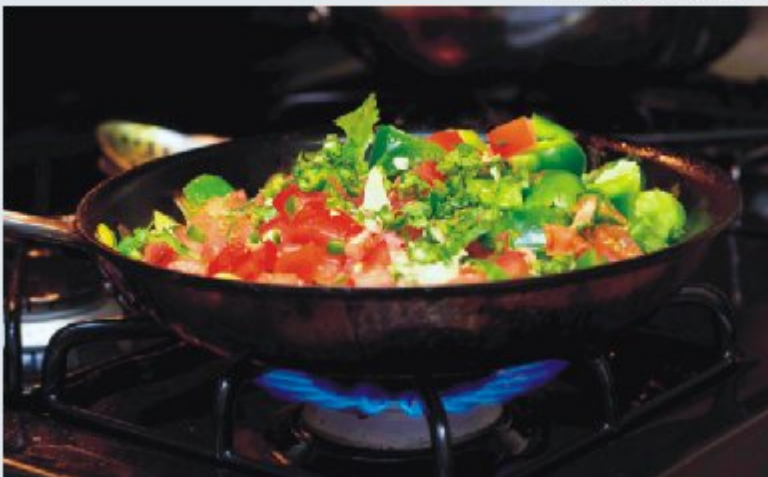
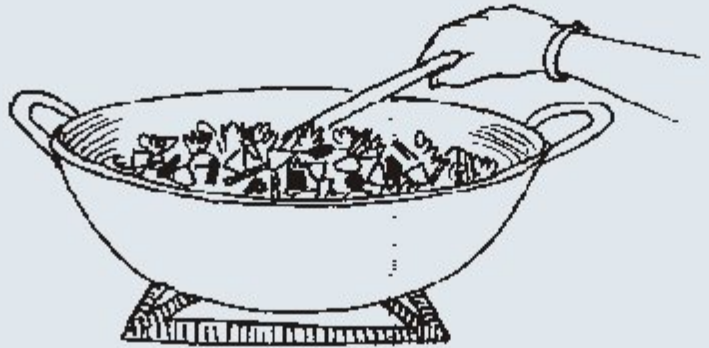
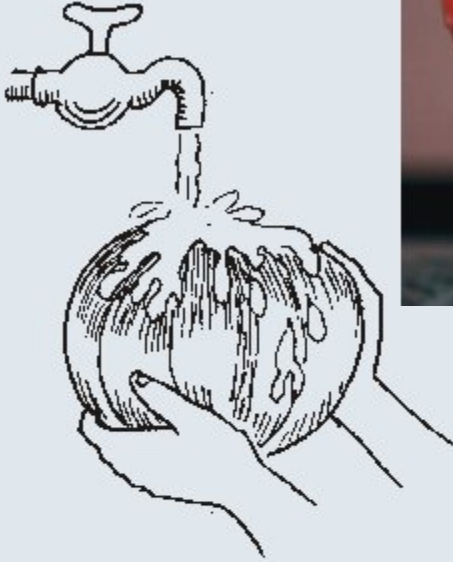
>à>à <1ì>1 Ťα[\



njàAjà [fìÚ ëŤ tÿ  
A;1ìtj Òìα



1̂[ \ A;à;à¹ " àìK  
 <àt; |>ìt; Òì[



[ [®;Ä <¹>¹  
 1̂[ \ [³[ÀìÚ  
 ¹àÀ A;¹ìt; Òì[

# Ĥ [k;A; š[<sup>1</sup> 3<sup>à</sup>o Jàf<sub>s</sub>

(Nà<sup>3</sup> " > ð<sup>M</sup>aUā)

	š[Ě		3[0 <sup>à</sup>	
	> <sup>1</sup> ā <sup>3</sup> ÈaĀ	" ā <sup>3</sup> ÈaĀ	> <sup>1</sup> ā <sup>3</sup> ÈaĀ	" ā <sup>3</sup> ÈaĀ
fā>ā ĀĤ, (Wā <sup>o</sup> , K <sup>3</sup> , @ājà š[Ě[t;])	475	475	350	350
l;ā <sup>o</sup> (3K, 3ĀĀ, éāā <sup>o</sup> ā, 3i; <sup>1</sup> , " 0;0 <sup>1</sup> š[Ě[t;])	80	65	70	55
i;āi;A;ā ĀāA;Ĥ [ \ (>i;ij, èāP; >, α <sup>1</sup> α[i; š[Ě[t;])	125	125	125	125
" >ā>, ĀāA;Ĥ [ \ (AāWā " =āā šāA;ā)	75	75	75	75
3e, A;ġ \ àt;āU (" ā <sup>o</sup> ā <sup>1</sup> ā;ā <sup>o</sup> ā A;W)	100	100	75	75
ó; <sup>o</sup> \ àt;āU (èšš, A; <sup>o</sup> ā, è <sup>o</sup> ā " ā <sup>3</sup> , <sub>i</sub> èšUā <sup>1</sup> ā, " àt;ā š[Ě[t;])	30	30	30	30
f&	200	100	200	100
W[α&α] èt; <sup>o</sup> \ àt;āU (αāfā <sup>3</sup> , >ā <sup>1</sup> iA; <sup>o</sup> š[Ě[t;])	40	40	35	40
Ĥ <sup>1</sup> iÈ <sup>1</sup> èt; <sup>o</sup> , α>Ńš[t; [Q	-	30	-	30
3ā}Ĥ, 3āā, [l; <sup>3</sup>	-	30	-	30
[W[ > " =āā P;0;]	40	40	30	30

š[<sup>1</sup>š[Ěš[Ě;A;<sup>1</sup> Jāā<sup>1</sup> āāJā\* K<sup>o</sup>pt;ā 3[0<sup>à</sup> &α] fM;pt;ā 3[0<sup>à</sup>āi f<sup>1</sup> ēA;ā> ēA;ā> Jāā<sup>1</sup> Jā\*Uā šāUā\>

Jāf <sub>s</sub>	K <sup>o</sup> pt;ā " αNāU	f& Jā*Uā>ā
fā>āĀĤ	35 Nā <sup>3</sup>	60 Nā <sup>3</sup> ĀĤ \ àt;āU
l;ā <sup>o</sup> (>āā <sup>1</sup> A; <sup>3</sup> 1)	15 Nā <sup>3</sup>	30 Nā <sup>3</sup>
f&	100 Nā <sup>3</sup>	100 Nā <sup>3</sup>
W[α&āt;āU	-	100 Nā <sup>3</sup>
[W[ > " =āā P;0;]	10 Nā <sup>3</sup> >	10 Nā <sup>3</sup>





[AjiĀā¹ (13-15 ढā¹)		ःāZŪā (5 ढā¹)	
>¹ā³ĒāĀā	"ā³ĒāĀā	>¹ā³ĒāĀā	"ā³ĒāĀā
430	430	200	200
70	50	60	50
100	100	75	75
75	75	50	50
75	75	50	50
30	30	50	50
250	150	250	150
35	40	25	2
-	30	-	30
-	30	-	30
30	30	40	40



Source : National Institute of Women Child & Youth Development (NIWCYD), Plot No. 34, Unnati Park, Besa, Nagpur 440034

ŠĤĖĵȁKàì > 1 I ĵŃ™ŵĵĥ  
AĵìÚAĵĵĵ óĵĀ°



Aĵà³¹àRĵà [Ā³



Aĵà³¹àRĵà [Ā³



AĵĤ¹



ŠàGàà Šà°



tj'pA'òà



[š[0j}



Aj'ò[3



1àRj'à'òà

# Ṭ } KÒāt; ŠĚ;A;¹ Jàf,



°i>



>ìij



" à³1f°ā



Aṗi° Jòl;à



Aṗi;à >ìij



[Ki³



A;llḥ



Šà°Oḥà



Ç;A>ā



lḥ³ā



[Òie;]



ḥà°O;à



Šà;ij



[ṬA;]>



Jà³à°ā



Aà°A;ij



j èḥi=ā



j èKḥ;ij P;K°ā



Ṭ\i>



=à>A;ij>



