



iyNd.Sjkakkaf.a fmd;amsxp

fojk j¼.fha Èhjeähdj je<elaùu i|yd WorSh ia:q,Ndjh iy mQ¾j Èhjeähd ;;a;jh iys; ol=Kq
wdishd;slhska w;r" fi!LH iimkak Ôjk rgdjka by< kexùu i|yd ueÈy;a ùu

ku(m%cd fi!LH ks,OdBhdf.a ku(
wOHhk fkdj(ÿrl:k wxlh(

isÿùu	yuqj	සනිඳේ	uf.a yuquì Èk	uf.a yuquì fõ,djka
1	yuqj 1	1		
2	ÿrl:k ixjdoh	2		
3	yuqj 2	3		
4	ÿrl:k ixjdoh	5		
5	yuqj 3	7		
6	ÿrl:k ixjdoh	9		
7	yuqj 4	11		
8	ÿrl:k ixjdoh	13		
9	yuqj 5	15		
10	ÿrl:k ixjdoh	17		
11	yuqj 6	19		
12	ÿrl:k ixjdoh	21		
13	ÿrl:k ixjdoh	23		
14	yuqj 7	25		
15	ÿrl:k ixjdoh	28		
16	ÿrl:k ixjdoh	31		
17	ÿrl:k ixjdoh	34		
18	yuqj 8	37		
19	ÿrl:k ixjdoh	40		
20	ÿrl:k ixjdoh	43		
21	ÿrl:k ixjdoh	46		

22	yuqj 9	49		
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wdhqfndajka æ

Tn iinkaO ù isák Ôjk rgdjg ueËy;a ùfi jevigyk udi 12la mqrđ meje;afjk w;r" Tfí m%cd fi!LH fiajlhd iu. jk idlÉPd 22la o" uqyqKg uqyqK ,d flfrk idhksl yuquì 09la o" ýrl:k ixjdo 13la o Bg we;=<;a fõ'

fuu ld,h w;r;=r Tn iy Tnf.a m%cd fi!LH fiajlhd w;r" Tnf.a wdydr .ekSfi rgdj yd Ydíßl l%shdldrli ms<sn| úúO me;slv idlÉPd flfrkq we;s w;r" Tnf.a wdydr fõ, iy Ôjk rgdj by< kexúh yels l%ufõo Tn fofokd tlaj ilia lrkq we;' iEu yuquùlşu Tn úiska fm!oa.,sl b,lalhka ks¼udKh lrkq we;s w;r" jir mqrđu iEu mshjrlşu tIS b,lalhka imqrđ .ekSug m%cd fi!LH fiajlhd Tng iyh jkq we;'

úfYalfhkau mjqf,a wfkl=;a idudõlhaska ia:q,Ndjfhka hqla; kī fyda mjqf,a wdydr fõ,a ilia lrkafka ki" Tjqkago Tn iu. idhkhkag iyNd.S ùug Èßu;a lrkq ,efi'

jir wjidkfhaş" Tnf.a b;sß Ôú; ld,h ;=< fi!LH iimkak f,i .; lsúu i|yd wjYH ±kqu yd l=i;;d Tng;a" Tfí mjq,g;a ysñjkq we;'

uf.a m%.;sh

	Èkh	nr ^!sf,da.%Ei&"	miq.sh yuqfõ isg wvq jQ nr m%udKh ^!sf,da.%Ei&	bfkys jg m%udKh ^fikaá óg¾&"
idhk yuqj 1			-----	
idhk yuqj 2				
idhk yuqj 3				
idhk yuqj 4				
idhk yuqj 5				
idhk yuqj 6				
idhk yuqj 7				
idhk yuqj 8				
idhk yuqj 9				

Ôjk rgdjg ueËy;aùu ir,j

fuu.ska meyeÈ,s lrkafka iEu yuqjI§u wdjrKh lrkq ,nk f;dr;=reh' ish"u yuqùij,g Tfí iyNd.S;ajh jeo.;a fõ' idhk folla w;r;=r§ Tnf.a 'kEu .eg"jla fyda m%Yakhla idlÉPd l< yels ýrl:k ixjdo meje;afjkq we;s w;r" l,ska yuqùfi § we;s lr.;a b,lal ms<sn|j o idlÉPd l< yelsh'

idhkh 1

fm!oa.,sl jdrh

- uu fuys meñKsfha wehs@
- jevigyfka b,lal
- nr wvq lsfú yd Ydíßl l%shldrlï b,lal
- jd¾;d ;nd .ekSu
- w;miq ùi yd fmr isá ;;a;ajhg m;aúu
- Ydíßl l%shldrlï
- fuu i;sh i|yd fm!oa.,sl b,lalhla ks¾udKh lsfú

idhkh 2

fm!oa.,sl jdrh

- miq.sh yuqùfi isg Tnf.a w;a±lSu úuid ne,Su
- Tnf.a wdydr iy l%shldrlï Èkfmd; úuid ne,Su
- msÖdfka wdID;sh
- wdydr ldKav 5
- Èkm;d wdydr fõ,a ie,iq
- B<Ö b,lalh ilia lr .ekSu

h 3" 4" 5

3 jk yuqùu

- miq.sh yuqfõ isg Tnf.a w;a±ISu úuid ne,Su
- fioh ms<sn| j wjOdkh fhduq lsíu
- B<Õ fm!oa.,sl b,lalh ilia lr .ekSu

4 jk yuqùu

- miq.sh yuqfõ isg Tnf.a w;a±ISu úuid ne,Su
- ldfndyhsfâ%Ü" ;ka;= iy iSks
- W;af;acl wdydr yd W;af;acl ;;a;ajhka
- wdydr mqreÿ pl%h
- B<Õ fm!oa.,sl b,lalh ilia lr .ekSu

5 jk yuqùu

- miq.sh yuqfõ isg Tnf.a w;a±ISu úuid ne,Su
- wdydr f,an, iy ñ,§ .ekSu
- msg;ska wdydr .ekSu\$ ksjdvdq osk\$ úfYal wjia:d
- wdydr .ekSug we;s jk mSvkhkag uqyqK \$u
- B<Õ fm!oa.,sl b,lalh ilia lr .ekSu

idhkh 6**fm!oa.,sl jdrh**

6 jk yuqùfi § Tn fi olajd <Öd lr f.k we;s Ôjk rgdfö b,lalhka ms<sn| j i,ld n,kq we;s w;r" ;jÿrg;a nr wvqlr .ekSug W;aidy lrkafka o" ke;ski ±kgu;a wvqlr f.k we;s nr mj;ajd f.k hkafka o hkak;a" th isÿ lrkafka flfiao hkak;a idlÉPd flfrkq we;'

idhk 7 iy 8**IKavdhï jdr**

m%Yak weiSug;a" Tn ie,ls,su;a jk fyda i;=gq jk Ôjk rgd ie,iqu ms<sn| j m%cd fi!LH ks,OdBhd fyda IKavdhu iu. idlÉPd lsúg;a" 7 iy 8 idhkj,§ bvlv ,efi' fuh w;a±lSi yqjudre lr .ekSug" m%Yak úi|d .ekSug" w;aoelSi yd woyia yqjudre lr .ekSug ,efnk wjia:djls'

wjldk idhkh (9**fm!oa.,sl jdrh**

9 jk idhkfha § Tnf.a Ôjk rgdj ;=< w;am;a lr.;a foa ms<sn| j úuid ne,Sula isÿ lrkq we;'

ÿrl:k ixjdo**fm!oa.,sl jdrh**

idhk w;r;=r ld,fha § Tnf.a m%cd fi!LH ks,OdBhdf.ka l%udkql+, ÿrl:k weu;=i Tng ,efnkq we;' lsishi .eg" fyda ch.%yK ms<sn| j Woö fyda uÖ fmkaüi b,a,d isàug fyda idlÉPd lsúg tajd wjia:djka fö'

m<uqjk yuqj

ud fuys meñK isákafka wehs@

Tng fuu jevigykg iinkaO ùug werhqì lr we;af;a" tlaflDa Tn ia:q, ùu" ke;aki mQ¾j Èhjeähd ;;a;ajfhka fm,Su" fkdtdfiaki ta folu ksid úh yelsh' fi foFlkau woyia jkqfha wêl nr fyda reêrfha by< iSks uÜgu ksid we;s úh yels ixl+;;d we;s ùfi by< wjodkula Tng we;s njhs'

**jir 5la ;=< mQ¾j ÈhjeähdFjka fmf<k
msßif.ka wvla fojk j¾.fha Èhjeähdj
f;la j¾Okh fö'**

fndfydA wjia:dj,§ Ôjk rgdfö fjkiali isý lsúu u.ska fojk j¾.fha ÈhjeähdFjka je<lsh yels ùuhs'

Tnf.a wjpku wju lr.; yels fyd|u ud¾.h jkafka ksis nrla mj;ajd f.k hdu" fioh wvq iy flç iys; m,;re yd t<jçj,ska hq;a iun, wdydr fö,la .ekSu fukau Ydíßlj o l%shdYS,s ùuhs' Tn ;rndre fkdjQj;a" wdydr .ekSu md,kh lsúu yd l%shdYS,s ùu u.ska kshñ; nrla mj;ajd .ekSu" reêrfha iSks uÜgu md,kh lsúg yd fjk;a fi!LHuh ixl=;;d uÕ yrjd .ekSug bjy,a fö'

**fi!LH iimkak Ôjk rgdjla mj;ajd .ekSfuka fojk
j¾.fha Èhjeähdj j<lajd .; yelsh'**

wênr ùfuys yd fojk j¾.fha Èhjeähdj je<£fi .eg"

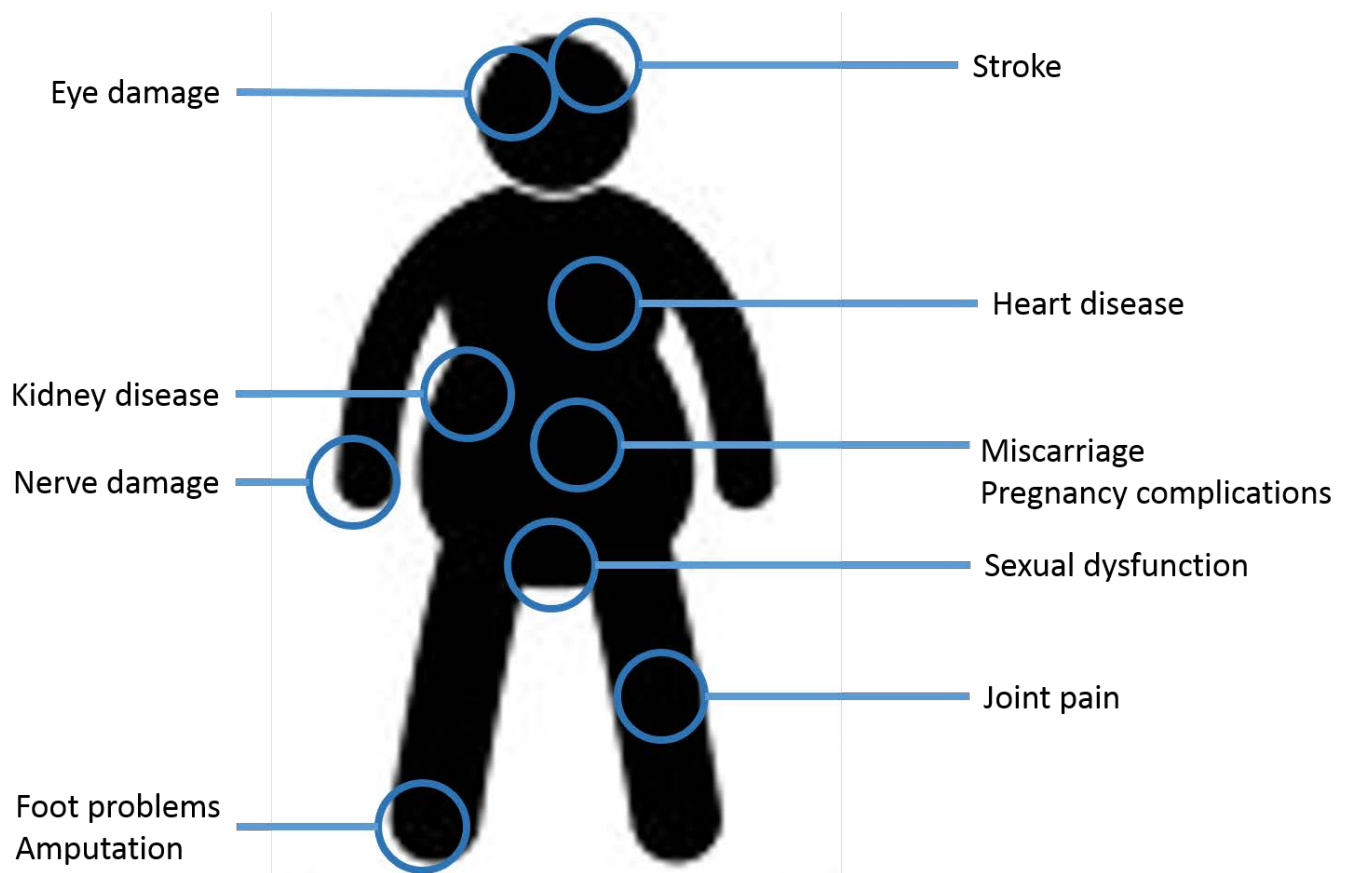
wênr ùu ksid ffoksl l%shldrlj, isg fojk j¾.fha Èhjeähdj je<£u jeks nrm;, fi!LHh .eg" we;s úh yelsh' Èhjeähdj hkq Ôú; Id,h mqrjgu mqoa.,hl=f.a reêfha iSks uÜgu by< hdfi ;;a;jhls' by< iSks uÜgula mej;Su u.ska reêr kd," iakdhq yd wjhjj,g o ydks meñKsh yelsh'



wjÞku wvq

wjÞki

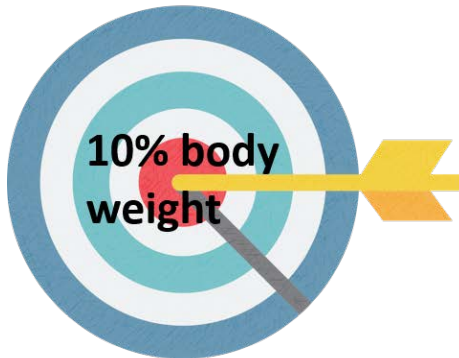
wjÞku by<



weia fmkSfi ý¾j,,d" jl=.vq wdndO" iakdhq wdndO" ll=f,ys ;=jd, yd ll=,a lmd bj;a lsú" mdoh bj;a lsú" wd>d;h" yoj;a frda." .íid ùi" .¾NKS iufha .eg"" ,sx.sl wl%shldl;ajh" ikaê föokdj

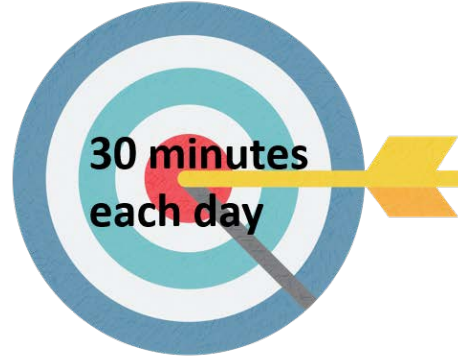
jevigyfka b,lal

nr wvq Isífi b,lalh



Yírfha nfrka 10]

Ydíβl l%shdldrlī ms<sn| b,lalh



Èkm;d ñks;a;= 30la

h:d¾:jd\$ nr wvqùu

nr wvq lr .ekSfi jevigyk wdriN Isífi \$ fndfyda fokdg n,dfmdfrd;a;= jka zwdo¾Y nrlaZ we;' fuh fi fudfydf;a <Öd lr .; yels tlla fkdúh yelsh' Tfí nfrka 10]la jeks iqç m%udKhla wvqlr .ekSfuka mjd" Yír fi!LHh j¾Okh jk nj úoHd{hska fmkajd \$;sfí' nfrka 5 -7] m%udKhla wvqùu mjd m%;s,dN ,eìh yels ;;a;ajhls'

10]la nr wvqùfi m%;s,dN

yoj;a frda." Èhjeähdj yd ms,sld i|yd jk wjPku wvq lrhs" \$¾> iy fi!LH iimkak Öú;hla .; Isíug we;s wjia:dj jeä lrhs'

↓ reêr mSvkh

↓ fldf,iagfrda,a

↓ triglycerides (reêr fioh)

↓ .a"fldaia (reêrfha iSks)

uf.a ±ka nr :	
bka 10]l nr :	
uf.a b,lal.; nr:	

10]lska nr wvqlr .ekSfuka Tng w;ajk m%fhdack ljf¾±hs is;d n,kak' th m%udKj;a fkdue;s hhs fyda th uÈ hhs Tn is;kq we;' tfy;a" 10]lska nr wvqlr .ekSfi b,lalh fydl wdriNhs'

;j;a ñkqī oKavla ki bfkys jg m%udKh hs' fuh ;rndre mqoa.,hska i|yd wu;r ñkqī oKavla f,i Ndú; l< yelsh'

	o¾Ylh:	nrm;, wjPku:
ol=Kq wdishdkq msβñ	fikaá óg¾ 90 g wvq ^wÖ,a 35'5&	fikaá óg¾ 90 g jeä ^wÖ,a 35'5&
ol=Kq wdishdkq ldka;djka	fikaá óg¾ 80 g wvq ^wÖ,a 31&	fikaá óg¾ 80 g jeä ^wÖ,a 31&

Ydíβl l%shdldrlī

nr wvqlr .ekSu i|yd u fkdjQj;a" Ydíβl l%shdldrlī by< kexùu u.ska fi!LHh m%;s,dN ysñ fō' wê fjfyilr jHdhdu fi fudfydf;A w;HjYH fkdfo' Èkm;du läir weú\$u fyda ksfiia jev lghq;= Isíu jeks idudKH l%shdldrlīj, wvqu ;rñka

ñks;a= 30la fh\$u m%udKj;a jkq we;' Tfí Yírth ;rula WKqiqi jkafka ki yd yqiau .ekSfi fõ.h by< hkafka ki" th
jHdhduhla f,i ie,fla'

uf.a nr jeäùug fya;=

nr wvqlr .ekSu wiSre úh yelsh| Tnf.a nr jeäùug n,mE fya;= y÷kd .ekSu u.ska th wvqlr .ekSu fydçkau l< yelafla flfia±hs fidhd ne,Su myiq jkq we;' tn÷ fya;= lsysmhla is;d" my,ska igyka lrkak'

Wod (zuu fi!LH iimkak wdydr fõ,la .kakjd' ta;a uu .kamd flá lEu m%udKh jeähs'Z zuf.a iß Whk úg wêlj f;,a Ndú; lrkjd'Z
1	
2	
3	
4	

nr wvqlr .ekSfi jeo.;alu

B<Ö udi 06 ;=< nr wvqlr .ekSu Tng fl;ri jeo.;a jkafka o@ ^1 isg 10 olajd i,l=Kq lrkak'&

1	2	3	4	5	6	7	8	9	10
lisisfia;au jeo.;a fkdfö		;rula jeo.;a			jeo.;a				b;d jeo.;a

Tn '''' ys ke;sj '''' ys isákafka wehs@

,l=Kq follska by< hdug Tn l< hq;af;a fudkjd o@

wd;au úYajdih

B<Õ udi 06 ;=< Tng nr wvqlr .; yelshhs Tng fl;rĩ **wd;au úYajdihla** ;sfí o@ ^1 isg 10 olajd i,l=Kq lrkak'&

1	2	3	4	5	6	7	8	9	10
lisisfia;au úYajdi fkdfõ		;rula úYajdihs			úYajdihs				b;d úYajdihs

Tn '''' ys ke;sj '''' ys isákafka wehs@

,l=Kq follska by< hdug Tn l< hq;af;a fudkjd o@

hym;a m<uq mshjrla úh yelafla l=ula o@

fi lghq;af;a § Tng we;s úh yels ndOl iy tajd ms<sn | j Tn lghq;= lrkafka flfiao@

uf.a Wkkaÿj

Tn nr wvqlr .ekSug W;aidy ±Íug fya;= 03la y÷kd .kak'

1' fya;=j

2' fya;=j

3' fya;=j

Tng wiSre wjia:dj,§ fuu fya;= kej; isysm;a lrkak'

jd¾;d ;nd .ekSu

fuh Tnf.a nr wvqlr .ekSfi jevigyfkys b;d jeo.;a fldgils' ;ud .kakt wdydr ms<sn| j jd¾;d ;nd .kakt mqoa.,hska nr wvqlr .ekSfuys,d jvd id¾:l jk nj wOHhkhka u.ska fmkS f.dia ;sfi' Tn wdydrhg .kafka fudkjdo o" wehs iy l=uk fõ,djkays§ o hkak .ek meyeÈ,s wjfndaOhla ,nd .ekSug jd¾;d bjy,a fjhs'

B<Õ udi 06 mqrdu Tn wdydrhg .kafka fudkjdo±hs jd¾;d lsúg W;aidy .kak' uq,§ th b;d wudre ld¾hhla jkq we;s kuq;a" wdydrhg .;af;a fudkjdo yd fldhs fõ,dfõ o hkak ,shd ;eü mqreoaola jQ úg th b;d myiq ld¾hhla jkq we;'



Tn **wdydrhg .kakt ish,a, jd¾;d lrkak(** th fl;rì úYd, jqj;a" l=vd jqj;a ,shd ;nkak' jvd úia;rd;aul jk ;rug jvd;a fyd|h' nia r:h tk;=re Tn yemQ rglcq weg .Kk lSho" f;a fldamamhg ouk iSks yeç m%udKh fldmuK o" Tn wdydrhg .;a n;a fldamam" bÈ wdmam fyda úiaflda;= .Kk lSho wd§ jyfhka ,shd ;nkak'

Tnf.a udkisl iajNdjh yd Ydíßl l%shldrlì jd¾;d lrkak(Tnf.a udkisl ;;a;ajh wdydr .ekSug fl;rì ýrg n,mdkafka o hkak fidhd ne,Su i|yd wdydr .kakt úg Tnf.a udkisl iajNdjh jd¾;d lr ;nkak' Tn i;=áka fyda ýlska isák úg fkdtdia kī ;ryska fyda wiykfhka isák úg jeämqr wdydr .kakt nj Tng ±fkkq we;' Tnf.a wdydr mqreý fjkia lsú i|yd jk fm<Uüi fudkjdo±hs jgyd .ekSu Wmldí jkq we;'

oji ;=< Ydíßl l%shldrlìj, fhfok úg tho jd¾;d lrkak' Tnf.a Ôjk rgdj fjkia lsú Tnu l<ukdlrKh lr .kafka flfiao hkak ±lSu Èßu;a lrjk lreKls'

Tnf.a wdydr Èkfmð; hk iEu ;eklgu /f.k f.dia lEfuKa miq jydu igykla ;nkak(Tng /f.k hd yels l=vd igyka fmd;la .ekSfuka" Tn wdydrhg .kafka fudkjdo o" fldhs fõ,dfõ o hkak igyka lsúg yeuúgu wjia:dj ,efi' th blaukskau ksjsiska msgjk úg ke;sju neß fohla njg m;ajkq we;'

Tn mßfNdackh lf<a fudkjdo±hs igyka lsú i|yd oji wjidk jk f;la fyda miqÈk jk f;la fkdissàug W;aidy .kak' Tn ñ;=rka iu. msg;g .sh úg .kakt neomq lcq m%udKh myiqfjkau wu;l úh yelsh' wdydr .;a ú.iu th igyka lsú u.ska" wkjYH f,i wdydr .kakt jkqjg Tng we;a;gu wjYH fudkjdo hkak is;d ne,Sug Tn fm<fõ'

lreKdlr fojk yuqjg meñfKk úg wvqu ;rfi i;shl ^Èk 7l& wdydr Èkfmð; /f.k tkak(fuu.ska Tnf.a wdydr mqreý y÷kd .ekSug Tng;a" m%cd fi!LH ks,Odßhdg;a wjia:dj ,efnk w;r" Tnf.a wdydr fõ,a ;=< fjkia l< hq;= fudkjdo o hkak ms<sn| j idlÉPd l< yelsh' Tnf.a wdydr fõ, fjkia l< hq;= wdldrh ms<sn| woyia m%cd fi!LH ks,Odßhd úiska ,nd fokq we;' m<uq fyda fojk i;sh ;=< Tnf.a nr wvqùula isý fkdùug bv we;' m%cd fi!LH ks,Odßhd iu. Tnf.a wdydr jd¾;d;dj lshjd ne,Su u.ska Bg fya;= y÷kd .; yelsjkq we;'

w;miq üi yd fmr mej;s ;;a;ajhg m;aùu

w;miq ùula hkq l=ula o@

- w;miq ùula hkq ;djld,slj ^tla jrla& Tnf.a wdydr fyda l%shldlrli ie,iqfuka bj;a ùuh'
- Tn ukqIHfhl= ksid hi hi wjia:dj,§ w;miq üi wfmaCld l< yelsh'
- tla w;miq ùulska Tnf.a iimQ¾K uykaish ke;s fkdö' jeo.;a jkafka w;miq ùulska wk;=rej Tn l=ula lrkafka o hkakhs'

w;miq ùug fya;= fudkj d o@

- w;miq üi kslkau isÿjk tajd fkdö' tajd isÿ ùug fya;=jla we;'
- fuu jevigykg iinkaO ùfuka miqj Tnf.a wdydr fyda l%shldlrli b,lalj,g wkq.; fkdjQ wjia:d ms<sn | j is;d n,kak'
 - th Tn orejka úiska b;sß lrkq ,enQ lEu lk úgo@
 - ;kslu fyda n,dfmdfrd;a;= lvùu jeks iuyr yeÖSinr wjia:dj, o@
 - hi mqoa.,hl= fyda úfYal wjia:djka ksid o@
 - hul= Tng wdydr ms<s.ekajQ úg o@
 - th ñ;=rka fyda ;ksju wdydr .kakd úgo@
- zfm<Uüi iy zwjPkí wjia:dZ ms<sn | j Tn okakd úg ta ms<sn | j lghq;= lslu myiqh'

w;miqùulska wk;=rej m%lD;s ;;a;ajhg m;a jkafka flfiao@

- kj;ajkak - tu ;;a;ajh uÖ yelug W;aidy .kak'
- ikaiqka jkak - l,n, fkdjkak' tla w;miq ùula hkq mrdchla fkdö' zfuh fÄojdplhla fkdö' tla w;miq ùula hkq f,daldjldkh fkdöZ hkqfjka ;udgu mjikak'
- is;kak - w;miq ùug fmr isÿ jQfha l=ula o@ fm<Uüi= fudkj d o@ wdydr .ekSfi yd yeisífi oije, weiqßka ;;a;ajh ú.%y lrkak'
- md,kh kej; w;g .kak - fjk;a ld¾hhl fhfokak' .eg´ldí wdydrh b;sß ù we;aki úis lrkak'
- nv.skafka fkdisákak - mqreÿ mßÈ Tnf.a B<Ö wdydr fö, ,nd .kak' Tnj iSud lr .ekSfuka wiSñ; wdydr .ekSulg uÖ meÈh yelsh'
- bf.k f.k ie,iqí lrkak - fun÷ fjk;a wjia:dj,§ w;miq üi j<lajd .ekSug ki l< yelafla l=ula o@
- Okd;aul jkak - Tn fuf;la <Öd lrf.k we;s foa ms<sn | j isysm;a lrkak

u;l ;nd .kak

w;miq ùula hkq mrdchla fkdö'

tn÷ foa wfmaCld lrkak'

Bg fya;= y÷kd .ekSfuka" ks;r isÿùu j<lajd .kak'

jeo.;a jkafka w;miq ùfuka miqj Tn l=ula lrkafka o hkakhs'

I%shdYS,s Ôjk rgdjl m%;s,dN

I%shdYS,s Ôú;hla .; Isíu idudkH meje;aula f,i i,lkak' I%shdYS,s mqa.,hska fndfyda f,v frda.j,ska je<flk njg fndfyda idClis we;' I%shdYS,s ùfuys fjk;a m%;s,dN my;ska ±lafö:

- fioh **oykh** Isíu u.ska nr wvqùu'
- **uia ms~q yd wiaÓ wdrCId Isíu'** I%shdYS,s ùfuka fioh wvq ùu fõ.j;a ù" uia ms~qj,g ydksùu wvq lrhs" fuu.ska Yírfha yevh ukdj mj;ajd .; yels fõ' I%shdYS,S ùu u.ska wiaÓ ÿ¾j, ùu ^Tiaáfhdmdfrdaisia& je<IS wiaÓ Yla;su;a fõ'
- **mßjD;a;Sh I%shldrlï by< kxjhs** - wvqfjka wdydr f.k nr wvq lr .ekSu u.ska Tnf.a mßjD;a;Sh I%shd hï ;rula wvq jkq we;' Ydíßl I%shldrlï by< kexùu u.ska fuu ;;a;ajh uÕ yef¾'
- Yír fi!LHhg fhda.H wdydr fudkj d o hkak ms<sn| ixfö§;dj by< kexùu u.ska **wdydr reÑh md,kh** Isíug bgy,a fõ'
- **fi!LHh by< kxjhs** - Ydíßl I%shldrlï u.ska reêr mSvkh my< ±óu" fldf,iagfrda,a uÛgu hym;a Isíu yd Èhjeähd md,kh by< hdu isy fõ'
- **wd;au úYajdih yd hymeje;au by< kxjhs'** Yla;s iïmkak ùfuka Tng hym;a yeÕSula we;s fõ' fndfyda fokd udkisl wd;;sh wju Isíu i|yd Ydíßl I%shldrlïj, fhfoa' Tn udkisl wd;;sfhka ñÿu i|yd wdydr .kakk mqa.,hl= ki" Ydíßl jHdhdi, fhÿfuka le,ß tl;= ùuA fjkqjg le,ß oykh ùuA jkq we;'
- **ÿ¾> Id,Sk id¾:l;ajh <Öd lrhs'** Ydíßlj I%shdYS,S ùu u.ska nr wvq lr.ekSu fi!LH iïmkak Ôú;hla i|yd jeo.;a idOIhls'

ud l< hq;= jHdhdu fudkj d o@

Tng leue;af;ka l< yels jHdhduh f;daŕd .ekSu b;d jeo.;a jk w;r" yDo iamkaokh by< kxjd Tn WKqiqi Lrk iy uykais
±fkk 'kEu l%shdjla WÑ; fõ' b,lalh jkafka Èklg ñks;a;= 30 ls'

- úÿ,s fidamdk fyda úÿ,s mämŕ< fjkqjg mä fm< Ndú; lsú'
- keje;=i lsysmhlg l<ska nifhka neiSu
- ksjfia lghq;= ^Wod(iy,a flàu&
- f.j;= j.dj
- j;=r f.k tau\$<sf|ka j;=r we\$u



- fj<|fmd,g weúo hdu
- orejka mdi,g /f.k weúo hdu
- /lshdjg weúo hdu
- mkai,g weúo hdu

jdä ù isák fõ,dj jrlg ñks;a;= 30 ne.ska wvq lrkak'

- fjd,sfnda,a
- mdmkaÿ
- l%slÜ
- t,af,a
- fii mkaÿ
- neâñkagka

- fõ.j;a weú\$u
- msyskSu
- tafrdilaia
- nhsisl,a me\$u
- l÷ ke.Su
- ±,a mkaÿ\$ ndialÜ fnda,a

u;l ;nd .kak" ish" l=vd foa Woõ fjhs'

wm úiska oykh lrk ish" u le,ß fjkilg uÕ mdohs' ksoiqkla f,i" Tn Èkm;d ñks;a;=

3la weúšfi ld,hla wu;r 4 j;djla isy l<fyd;a" iEu udihlu Tn Isf,da .%Ei 1\$2la
^rd;a;,la& nr wvq lr.kq we;' udi 12la ;=< fuh Isf,da .%Ei 6la jkq we;' ^rd;a;,a
12la&

weúšfi jevigykg WodyrKhla

fuu ksoiqk fndfyda ld,hla l%shdYS,Sj fkdisá whl= i|yd h' ;Sj%;djh yd ld, mrdih l%ñlj by< kexùfi jeo.;a nj tu.ska wjOdrKh flf¾' Tng Ydíßlj yels l%shdldrlula u.ska jHdhdw wrUkak' Wod (myiq ia:dkhl ñks;a;= 10la weúšsu'

m<uq i;sh (myiq ia:dkhl ñks;a;= 10la weúšfi jdr 03la'

fojk i;sh (myiq ia:dkhl ñks;a;= 12la weúšfi jdr 03la

;=kajk i;sh (myiq ia:dkhl ñks;a;= 14la weúšfi jdr 03la

4 - 11 jk i;s(fuh 11 jk i;sh jk úg ñks;a;= 30 weúšfi jdr olajd j¾Okh lrkak'

12 i;sh(Tn ñks;a;= 30la olajd weúÈk ;;a;ajhg m;a jQ úg" wf;ys ñks;a;= Trf,daiqjla iys;j weúšfi fõ.h jeä lsíu wdriN lrkak' Yírh WKqiqi lsíu i|yd b;d fõ.fhka f;drj ñks;a;= 5la weúÈkak'

bkamiqj läir .ukska ñks;a;= 5la o" fifuka ñks;a;= 5la o weúÈkak' tu.ska Tfí yDo iamkaokh iy yqiAu .ekSu idudkH ;;a;ajhg m;a fõ' fõ.j;a .ukska weúÈk úg Tng ;rula uykais ±ksh hq;=h'

fuu l%shdj,sh ñks;a;= 30la muK isy lrkak' fuu fõ.j;ašfifuka weúšfi l%shdj,sh u.ska Tnf.a udxYæwiAÓ moaO;sh fjkia wlddrhlska l%shd lrvk w;r" yoj; yd fmkyç Yla;su;a lrvk fyhska Tng ñks;a;= 30la fkdldvd fõ.fhka weúšug yels jkq we;'

ñks;a;= 30l l%shdldrli w;r;=r Ndú; jk Yla;sh

l%shdldrli		ñks;a;= 30l l%shdldrli w;r;=r oykh jk le,ß m%udKh	
		lsf,da .%Ei 70la nr mqoa.,hl= i yd	lsf,da .%Ei 100 nr mqoa.,hl= i yd
WodiSk l%shdldrli	• jdä ùu	45	63
	• isg .ekSu	54	75
.Dyia: fyda /lshduh l%shdldrli	• msßisÿ lsú	132	183
	• lEu msiSu	96	132
	• fj< m,g hdu	132	183
	• ukdj msßisÿ lsú	231	321
	• fmdf<dj yEú	309	426
	• ;Ska; .Eu	165	225
	• f.j;= j.dj ^;K fld, b.s,Su&	228	330
• f.j;= j.dj ^li< tla/ia lsú&	114	159	
WfoHda.su;a fyda úfölh i yd isÿ lrk l%shdldrli	• weúÿu ^ieye,a"jka&	171	234
	• weúÿu ^läkñka&	255	353
	• k¾;kh	108	150
	• nhsisl,a meÿu	135	189
	• Èúu ^ñks;a;=j 11'5l § ie;mqula&	276	399
	• msyskSu (läkñka)	273	375
	• nr bis,Su	246	342
	• neâñkagka	207	285
	• f.d,a*a	180	249
	• fii mkaÿ	144	201
	• fgksia	231	321

u;l ;nd .kAk

Tn .kagd wu;r wdydrj,ska ,efnk le,ß oykh lsú myiq ld¾hhla fkdfo'

ksoiqkla f,i" ñks;a;= lsystemh§ le,ß 250la wvx.= fpdla,Ü úiaflda;= 4la wkqNj < yelsh' tfy;a" fuu wdydrfha wvx.= le,ß oykh lsú i|yd mehla muK fö.fhka weúÿug wjYH jkq we;' tfyhka nr wvqlr .ekSu i|yd jHdhdu iu.
fi!!LH iimkak wdydr .ekSu o jeo.;a fö'

m<uq yuqj (fm!oa.,sl b,lalhla ilia lr .ekSu

Èkh	nr	bfkys jg m%udKh

ilia l< b,lalh	imqrd.;a b,lalh
1.	
2.	
3.	
4.	
5.	
6.	

by; b,lal imqrd .ekSu i|yd Woõ ùug my; m%Yak Tfnkau wid .ekSu m%fhdackj;a úh yelsh'

ud fuu b,lalh imqrd .kafka flfiao@

ud fuu b,lalh imqrd .;a nj ±k .kafka flfiao@

ud yg we;s ld, fõ,dj;a iu. by; b,lal imqrd .ekSu h:d¾:j;a o@