

kj jk yuqj(iudf,dapkh

kj jk i;sfha yuqùfi § Tn w;am;a lrf.k we;s Ôjk rgdj iudf,dapkh Islug o" bÈßhg lghq;= lrkafka flfiao hkak idlÉPd Islug o Tng yels fõ'

Tng tlafla ;jyrg;a nr wvqlr .ekSug lghq;= l< yelsh' ke;akï" ±kg wvqlr f.k we;s nr m%udKh mj;ajdf.k hdug ;SrKh l, yelsh' bÈß udij, Tfí b,lal lrd <Öd ùug Tng m%cd fi!LH ks,Odßhd iydh jkq we;'

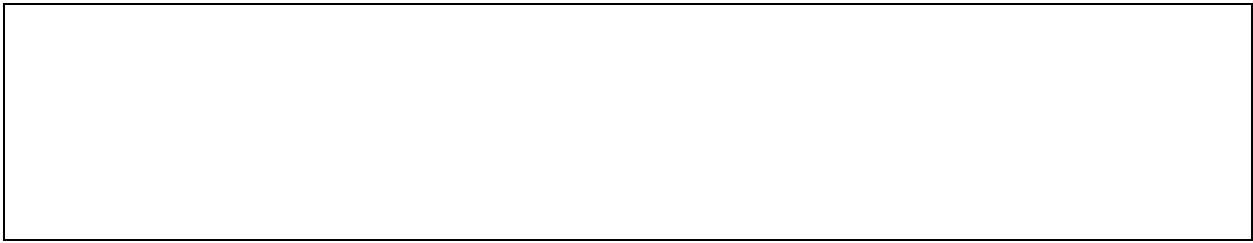
bÈßfhA § Tfí m%cd fi!LH ks,Odlhd iu. yuqùï fkdue;sjk fyhsKA" ±ka Tn fuf;la <Öd lrf.k we;s ÈhqKqj foi ye' ne,Sug;a" Tn w;am;a lr.;a oE y÷kd .ekSug;a" bÈß udij, Tng wiSre úh yels oE fudkjð±hs idlÉPd Islug;a wjia:djhs'

	m<uq yuqj	kj jk yuqj
nr		
BMI ^Yír ialkaO o¼Ylh&		
bfkys jg m%udKh		

Tn úiska m<uq i;sfha mgka isy lrk ,o Ôjk rgdfõ fjkialï lsysmhla kï lrkak'

myiqfjka isy l< yels jQ fjkialï lsysmhla kï lrkak'

jvd wiSre jQ fjkialï lsysmhla kï lrkak'



nr wvqlr .ekSfi jeo.;alu

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

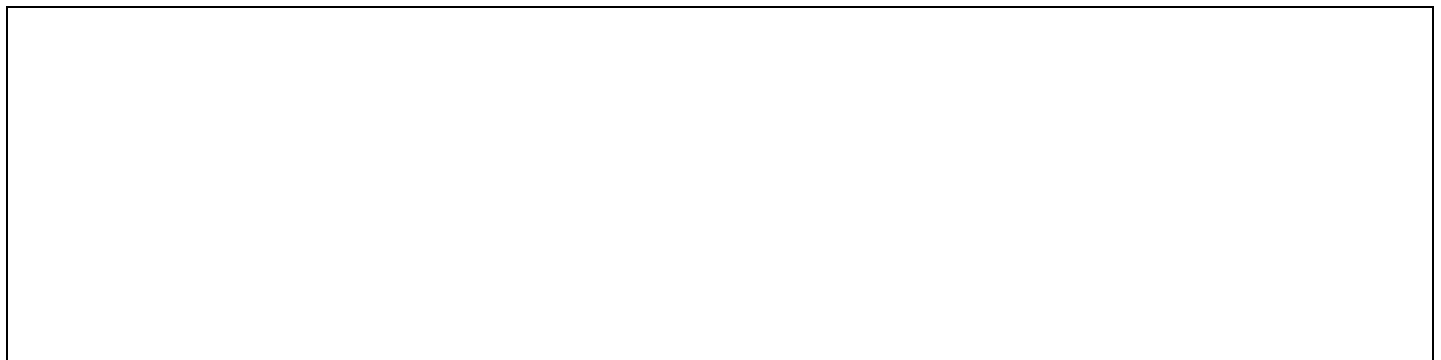
1	2	3	4	5	6	7	8	9	10
lisisfia;au jeo.;a fkdfō		;rula jeo.;a			jeo.;a				b;d jeo.;a

wd;au úYajdih

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

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

bÈß udij,§ Tng we;s úh yels hehs isf;k wNsfhda. yd tajdg uqyqK §ug yels wlddr fudkjd o@



uf.a wdydr ie,iq

ud fjkqfjka .Kkh lrk ,o Yla;s m%udKh wkqj ug Èklg
,nd .; yelafla

Isf,da le,ß m%udKhls'

fi wkqj wdydr ldKav 5 w;=ßka kshñ; zm%udKZ ,nd .ekSug ug yels fõ'

ug Èkm;d fuu m%udKhg wdydr .; yelsh'

m%udKhla

n;A" mdk"a frdgss" lsrs n;A" b|s
wdmam mdka" kQâ,AiA yd
úl,amhka

m%udKhla

uia" udç yd mßmamq

m%udKhla

m,;=re yd t<jç

m%udKhla

Isß yd Isß wdydr

m%udKhla

fio yd f;,a

kj jk 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:d¼;j;a o@