

শারীরিক শিক্ষা ও স্বাস্থ্য

সপ্তম শ্রেণি



জাতীয় শিক্ষাক্রম ও পাঠ্যপুস্তক বোর্ড, ঢাকা

RvZxq wk¶µg I cW"cy-K teW©KZ 2013 wk¶veI ¶_‡K
mßg tk¶Yi cW"cy-Ki‡c wba¶i Z

kvi xwi K wk¶v I -^v-''
mßg tk¶Y

i Pbv
Aveygn¶
tgt Avāj nK
tgt ZvRgj nK
Rimg Dwi b Avn¶

m¶úv`bv
c¶dmi Av e g dvi K

RvZxq wk¶µg I cW"cy-K teW©, XvKv

RvZxq wk¶µg I cW"cy-K tew©
69-70 gwZwSj ewYwR"K GjvKv, XvKv-1000
KZK cKwkZ |

[cKvkK KZK me^Zjmsi¶Z]
cix¶vgj K ms<iY

cŭg cKvk : tm†P^i , 2012

cW"cy-K cŷqtb mgš^qK
tgni wbmvi
Rwiqv Zj nvdmv

KwúDUvi K†úvR
Kvjvi Múdk

cŭ`
mŷ kŮ evQvi
mRvDj Avte`xb

wPÎv¼b
MvRx tgvnv\$ gvingŷj i ngvb wU†Uv

wWRvBb
RvZxq wk¶µg I cW"cy-K tew©

mi Kvi KZK webvg†j" weZi†Yi Rb"

$$c\hbar^{1/2} - K_v$$

ԿՊՎ ՐՅԻ մեթոդի ընդհանուր սկզբունքները Այս աշխատանքում ներկայացված է ինտելեկտուալ հարցերի
 լուծման գործընթացի մասին տեղեկությունների հավաքագրումը, դրանց վերլուծությունը, որոնցից
 բխում են կոնկրետ խնդիրների լուծման համար անհրաժեշտ գործողությունները։
 Այս աշխատանքում ներկայացված է ինտելեկտուալ հարցերի լուծման գործընթացի մասին տեղեկությունների
 հավաքագրումը, դրանց վերլուծությունը, որոնցից բխում են կոնկրետ խնդիրների լուծման համար
 անհրաժեշտ գործողությունները։

RvZxq wk¶lvbmZ-2010 Gi j ¶ I Dñk'K mvgþ ti±L cwigwRZ ntqtQ gva'wgK ñii wk¶lvµg|
cwigwRZ GB wk¶lvµtg RvZxq Av k°j ¶, Dñk' I mgKyj xb Pwn vi cÖdzj b NUvtbv ntqtQ, tmB myt_
wk¶lv_ q i eqm, tgav I MñY ¶lgZv Abhvqx wkLbdj wba¶Y Kiv ntqtQ| GQovon wk¶lv_ bñZK I
gvbwEK gj "tera t±K ii" Kti BñZnm I HwZn" tPZbv, gnrb gy³ht×i tPZbv, wkí -mwvW"-ms~wZteva,
t ktcõteva, cKW-tPZbv Ges ag'eY¶MwI I bvix-cj"I bwefktl mevi cÖZ mggh¶ vtera RwMZ Kivi
tPóv Kiv ntqtQ| GKw weÁvbgb~ Rvw MVtbi Rb Rxetbi cÖZW t¶tI weÁvtbi ~ZtüZ©cöqm I
wwRUuj ewsj vtñki icKí -2021 Gi j ¶ ev-evgtb wk¶lv_ i m¶g Kti tZvj vi tPóv Kiv ntqtQ|

bZb GB ʁʁvʁtgi Avtj vtK cʁxZ ntqtQ gvaʁwK -ti i cʁq mKj cvWʁyK | D³ cvWʁy-K cʁqtb
ʁʁvʁtgi i mvg^o, cʁYZv I ce^oAwfÁZvtK ,itZi mt½ wetePbv Kiv ntqtQ | cvWʁy-K,tj vi welq
wbePb I Dcʁvtbi tʁtʁt ʁʁvʁt mRbkxj cʁZfvi weKvk mvaʁbi wʁK weʁkl fvte ,iZiʁ I qv ntqtQ |
cʁZw Aaʁvtqi i itZ ʁʁLbdj hy³ Kti ʁʁvʁt AwRZeʁ Ávʁbi Bw½Z cʁvb Kiv ntqtQ Ges wewPʁ KvR,
mRbkxj cʁkel Abʁvb cʁkəmsthvRb Kti qjʁvqbtK mRbkxj Kiv ntqtQ |

kvi xwi K wk¶v l ^~^ wel qW gj Z mj' t`n l mRxe gb GB Rxeb `k¶bi Dci wfwE Kti c¶XZ| t`k-
we†t`ki wePÎ tLj vaj v PP¶ wfZi w`tq wk¶v ¶v thb Kg¶lg mpvMwi K wntmte wb†R†K Mto Zj †Z cvti
tmw K wetePbvq ti†L cvV wbePb Kiv ntqtQ|

GKwesk kZtKi A½xKvi | cZqK mgtb titL cwigmRZ wk¶vptgi Avtj vtK cvWcý-KuW iWZ ntqtQ| KvRB cvWcý-KuWi Avi | mgw×mvaþbi Rb` thtKvþv MVbgj K | h³m½Z cingk°, iþZi m½ weþeWZ nte | cvWcý-K cVqþbi vecj KgñÁi gta` AwZ `í mgtqi gta` cý-KuW iWZ ntqtQ| dtj wKQz fj ÎW t_þK thtZ cvti | cieZPms`<iY,tj vtZ cvWcý-KuWþK Avi | my`i, tkvfb | ÎWgy³ Kivi tPóv Ae`vNZ, _vKþe | evbvtþi t¶Î AbmZ ntqtQ evsj v GKvtWqx KZR cVvZ evbvtþi wWZ |

cV`cȳ—KwJ i Pbv, m̄uv`bv, wPīv¼b, bgbv cKw` cŸqb | cKvkbi Kv†R hviv AvŠw Kfvte tgav | kg
w̄tq0b Zwt`i ab`ev` Āvcb KiwQ | cV`cȳ—KwJ wkŸv_Ÿ`i Avbw`Z cvW | cZ`wkZ`ŸŸZv ARŸ wbwŸZ
KiŸe etj Avkv Kwī |

cōdmi tgv̄t tgv̄- -dv̄ Kv̄gv̄j Dwī b
tPqvī ḡv̄b
Rv̄Zxq̄ w̄k̄v̄v̄v̄ḡ Ī cv̄w̄ c̄ȳ -K̄ tēw̄, ©Xiv̄Kv̄

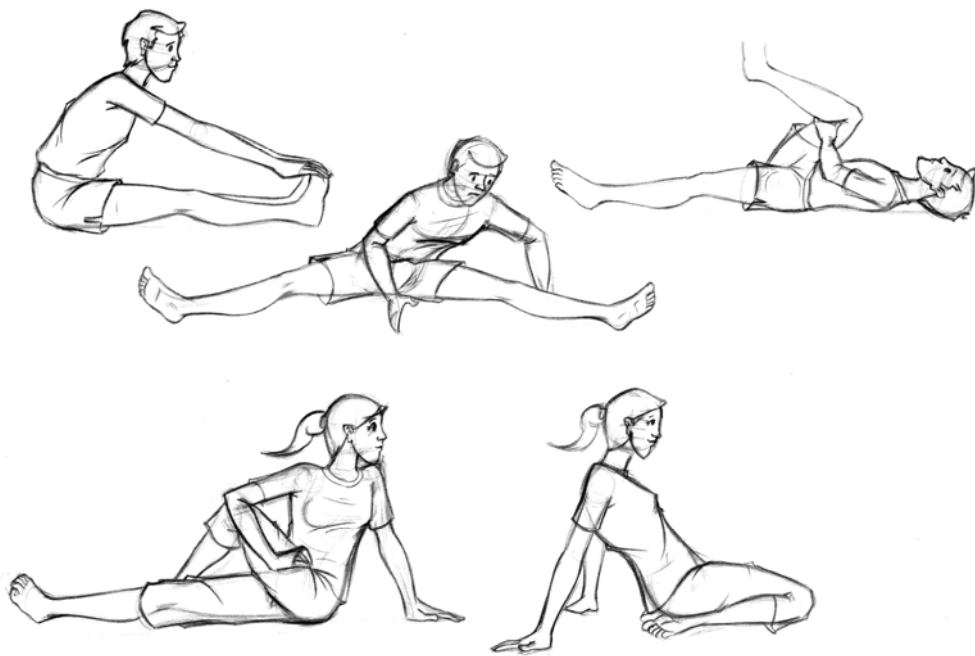
$$m_{\text{Pc}} \hat{I}$$

Aaʋtqi	Aaʋtqi wkʃivbvq	côv
cōg	kixiPPPI mȳ'Rxeb	1-10
wZxq	˘ < vDwJs, Mvj ©, MwBwS	11-22
ZZxq	˘ ʌ ˘ ˘ weÁvb cwi wPwZ ˘ ʌ ˘ ˘ tmev	23-29
PZL [©]	eqtmwÜKvʃji e˘w³MZ wbi vcĖv	30-36
cÂg	Rxeʃib Rb˘ tLjvajv	37-52

cŭg Aa'vq

kixi PPŭI mŷ' Rxeb

cŭPxbKvŭj kixi PPŭI gŭ j ǂ' wŭj mŷ' I mej t'n Kvŭtgv MVb A_ŭ mweŭfŭte ǂ' wŭK DbwZ | t' tni mvŭ_ gŭbi Nwbô mŭúKŭi tŭtŭQ | G KvŭtY ǂ' wŭK DbwZi mvŭ_ mvŭ_ e'wŭi gvbwmK, mvgwRK I ǂ'bwZK DbwZi mŭú³ nŭtŭtŭQ | kvixi K A½mĀvj b I tLjvajvi gva'tg kvixi K mŷ'Zv ARŭ, wPĒweŭbŭ' b, kŭLjvŭeva I tbZZi vŭbi ǂ'lgZv ARŭ Kiv hvq | t' tni DbwZ I gvbwmK weKvk mvab Kŭi kvixi K mǂ'lgZv ARŭbi gva'tg mŷ' RxebhŭcbB nŭjv Gi gŭ j ǂ' |



kixi PPŭI mŷ' Rxeb

G Aa'vq tŭtŭI Avgiv -

1. avivewŭKZvmn we'vj tŭ cŭZ'wŭK mgvŭtŭki wŭbgvewj eYŭv KiŭZ cvie |
2. mŷ' Rxeŭbi Rb' cŭ_wgK ǂ'v'wewa eYŭv KiŭZ cvie |
3. kixi MVŭbi Rb' e'vqŭtgi cŭve weŭkŭ KiŭZ cvie |
4. AwZwi³ e'vqŭtgi Kplj e'vL'v KiŭZ cvie |
5. mi Āvgwexb I mi Āvgmn e'vqŭtgi wŭbgKvŭb eYŭv KiŭZ cvie |
6. cŭZ'wŭK Rxeŭb mgqŭbŭwZZv Abjmi tŭi e'vcŭti Dŭx ne |
7. wŭbgKvŭb tŭtŭb mi Āvgmn e'vqŭg KiŭZ cvie |

cV-1 : cŏZ`wnK mgvteṭki wbggvewj

wē`vjṭqi wḱṭv_ṭv cŏZ`n Kwm i iynlqvi cṭeḱsLjvi mvt_ mwiexfvṭe wē`vjṭqi mvgṭbi gvṭV ev tLvjv RvqMvq Dcw`Z nṭe| mgvteṭk nvDR ev tkŏY Abjmvṭi `wvṭe| cḱvb wḱṭK, tkŏYwḱṭK, kviwxi K wḱṭK I mgvteḱ cwiPvjbvKvix wḱṭv_ṭv hvi hvi wbw`ṭ `vṭb `wvṭe| `wvṭbvi mgq AtcṭvKZ Kg D`PZvi wḱṭv_ṭv mvgṭb `wvṭe, eoiv μgvšṭq wCṭb `wvṭe|

mgvteṭki avivewnK Kvḥṭg -

1. RvZxq cZvKv DṭĖj b : RvZxq cZvKv DṭĖjṭbi mgq mKṭj ṭtmvRvṭ ev ṖG`ṭUbkḱṭ Ae`vq _vKṭe| tKD bovPov Kiṭe bv| cḱvb wḱṭK ev GKRB wmwbi wḱṭK cZvKv DṭĖj b Kiṭeb|
2. RvZxq cZvKvṭK mṭṭb cṭkṭ : mgvteḱ cwiPvjbvKvix wḱṭv_ṭv hLb ejṭe- ṖcZvKvṭK mṭṭb cṭkṭ Kṭivṭ, ZLb mKṭj GKmvṭ_ cZvKv Dṭĭṭk` Wwb nvZ Kcvj eivei Zṭj Awfēv`b Rvḱṭe| hLb ejṭe, ṖnvZ bvgvṭ Ṗ, ZLb GKmvṭ_ nvZ bvgvṭe|
3. agṭṭ` t_ṭK cV : GKRB wḱṭv_ṭv mvgṭb Gṭm Zvi wḱR agṭṭ` t_ṭK wbw`ṭ Ask cV Kiṭe| Ab` wḱṭv_ṭv gb w`ṭq i bṭe| G mgq mKj wḱṭv_ṭv Avivṭg `wvṭbṭ Ae`vq _vKṭe|
4. kc_ MḱY : kc_ MḱYi mgq mKj wḱṭv_ṭv ṭtmvRvṭ Ae`vq _vKṭe| Wwb nvZ Kwa eivei Zjṭe| nvZi Zvjy tLvjv, Zṭe Av½j ṭjv GKĭ _vKṭe| GKRB wḱṭv_ṭv mvgṭb Gṭm kc_ēvK` cV Kiṭe Ges mKj wḱṭv_ṭv mg`ṭi Zvi mṭ_ Zv cV Kiṭe| kc_ MḱY tkṭl ṖnvZ bvgvṭ Ṗ ejvi mṭ_ mṭ_ mKṭj GKmvṭ_ nvZ bvgvṭe|
5. RvZxq msMxZ : wḱṭKḱḱĖj x I wḱṭv_ṭv mKṭj ṭtmvRvṭ Ae`vq _vKṭe Ges mKṭj GKmvṭ_ RvZxq msMxZ MvBṭe|
6. cḱvb wḱṭṭKi fvly : cḱvb wḱṭK ev Zvi Abjcw`wZṭZ tKvṭbv wmwbi wḱṭK fvly t`ṭeb|
7. wC.w Abjxj b : fvly tkṭl kviwxi K wḱṭK cP wgbU mgṭeZ ēvqvg Kiṭeb| Zṭe Ggb aiṭbi wC.w Kiṭbv hvṭe bv, hvṭZ wḱṭv_ṭv i RvgvKvṭo gqj v j vṭM|
8. mgvteḱ tkṭl tkŏYwḱṭK ev tkŏYi `jṭbZvi tḱZṭZ; wḱṭv_ṭv mwiexfvṭe `^`^ Kvṭm Pṭj hvṭe|

KvR-1 : mgvteṭki Kvḥṭg ṭjv avivewnKfvṭe eYṭv Ki |

KvR-2 : mgvteṭk tK tKv_vq `wvṭe Zv gvṭV wṭṭq cṭkṭ Ki |

cV-2 : cŏ_wgK `^v`wewai aviYv

`^v`mṭṭZ Rxebhvṭbi Rb` ēwṭMZ `^v`iṭvi cvjbxq wewa-wēavbB nṭjv `^v`wewa| `^v` mṭṭwKZ Ávb ṭjṭK ēwṭMZ Rxeṭbi wēfḱṭṭṭ cṭqvṭMi gva`ṭg Rxebhvṭvi gvṭbvḱḱ Ges mý`^v` ARṭ mṭṭKṭ mṭPZb Kṭi| ēwṭMZ `^v` fvṭjv ivLṭZ hv wKQz Kiv ev wbgg cvjṭbi cṭqvRb, Zv ēwṭṭKB KiṭZ nṭe| `^v` iṭvq thme wewa tgṭb PjṭZ nq, Zv wḱP AvṭjvPbv Kiv nṭjv -

1. kviwxi K cwi`QbēZv : tiṭMi AvμgY cŏZṭivṭai Rb` Avgvṭ`i kviwxi Kfvṭe cwi`Qbē_vKv cṭqvRb| t`n Acwi`<vi ev Acwi`Qbē_vKṭj tiwM-RxevYymnṭR t`ṭn cṭek Kṭi| G Rb` cwi`Qbē_vKv wbgg ṭjv cvj b KiṭZ nṭe| thgb-

- 1.1 wɒqɪgZ tMmj : wɛfbaKvRKg@l tLjvajv Kivi mgq Mɪtq gqjv tɪtM kixi Acwi"Qbɒnq| GɪZ kixi RɛvYɪtXɪtK| G Rb" cɔZw bB tMmj Kiv DɪPZ| tMmj i mgq mɛvb gɪLv fɪtɪv| GɪZ mɪtR gqjv I Nɪtɪ MÜ`ɪ nq|
- 1.2 ʌZ I gɪ cwi<vi : mKɪtɪ Ng tɪtK DɪV Ges Avnɪi ci ʌZ I gɪ fɪtɪv fɪtɛ cwi<vi KiɪZ nɛ| ʌZ bɪ gɪRɪtɪ ʌtɪZi dɪtK Lɪ"KYv Rɪg gɪL`MÜ Qovq I ʌtɪZi ɪwZ Kɪi| iɪtɪ tɪkɪvi AvtM ʌZ cwi<vi Kiv DɪPZ|
- 1.3 Pɪtɪ i hZæ: i aytmS`thP Rb" bɪ eɪstɪtɪni cwi"QbɒZvi Rb" cɔZn Pɪtɪ i hZæbɒv cɔqɪRb| tMmj i ci cɔZn wɪpɪb wɪtq Pɪ AɪPovɪbɪv fɪtɪv| GɪZ Pɪtɪ i tMvov k³ nq I Pɪtɪ i tɪZi gqjv RgɪZ cɪtɪ bɪ mɪtɪn Kgɪtɪ ʌtɪ wɪb Pɪtɪ mɛvb tɪ I qv DɪPZ|
- 1.4 bL KɪUv : nɪtɪZi bL GKUzeo nɪtɪ B tɪtU tɪdɪv DɪPZ| bL eo nɪtɪ Zvi gɪtɪ gqjv Rɪg ʌtɪK| Avnɪi i mgq tɪB gqjv Lɪvɪtɪ i mɪtɪ tɪtU cɔk Kɪi Ges bɪbɪ i Kg tɪtUi Aɪtɪ mɪtɪ Kɪi|
- 1.5 nɪZ cwi<vi Kiv : nɪZ wɪtq Avɪv mɛwKQzaw I bɪbɪ KvR Kwi| G Rb" nɪtɪZ gqjv tɪtM ʌtɪK| nɪZ cwi<vi bɪ Kɪi tɪB nɪZ wɪtq Lɪvɪ Lɪl qv wK bɪ| Lɪvɪ AvtM cɔZevɪ B nɪZ fɪtɪv fɪtɛ cwi<vi Kiv DɪPZ|
- 1.6 gɪgɪ ZɪwM : mKɪtɪ khɪvZɪtɪMi ci gɪgɪ ZɪtɪMi Afɪm Kiv fɪtɪv| gɪgɪ ZɪtɪMi tɛM KLɪbɪ ʌgb Kiv DɪPZ bɪ| ʌtɪwK Lɪ"Zwɪj Kvq dɪgɪ I kvKmɛwR ʌKv fɪtɪv| GɪZ tKvɔKwɪb" nq bɪ, mɪtɪR gɪZɪwM Kiv hvq| cɔZw b GKRB cɪtɪq< gɪbɪtɪ I Mɪo 10/12 Mɪw cɪb Kiv cɪtɪqɪRb| GɪZ kixi tɪtK ʌtɪZ cɪv ʌvɪg I cɪtɪtɪi mɪtɪ tɪi nɪtɪ hvq|
2. evmMɪtɪni cwi"QbɒZv : Nɪtɪ hvɪtɪZ chɪtɪ Avtɪv evZɪm mɪtɪR cɔk KiɪZ cɪtɪ, Gi Rb" cɔqɪRbɪxɪ msL"K Rɪbɪjv, ʌiRv ʌKɪZ nɛ| Ni I Gi Avkɪv me mgq cwi<vi iɪLɪZ nɛ| Nɪtɪ i tɪtɪS cɔZw b mKɪv - wɛtɪKj gɪtɪZ ev Svo-wɪtɪZ nɛ| KɪPv Ni nɪtɪ gɪtɪS gɪtɪS tɪcɪZ nɛ| cɪKv ʌjvɪb nɪtɪ KɪtɪK eQi ci ci cɔqɪRbɪxɪ msɪvi I is Kiv DɪPZ|
3. Lɪ" MɪtɪYi wɒqg : Lɪ" MɪtɪY wɒtɪPi wɒqg, tɪv cɪj b Kiv fɪtɪv -
- 3.1 wɒw ʌ mgɪtq Lɪvɪ tɪtɪZ nɛ|
- 3.2 cPv, evm Lɪvɪ cwi nɪ KiɪZ nɛ| tɪ Lɪ" mɪtɪR nRg nq, tZgb Lɪvɪ Lɪl qv DɪPZ|
- 3.3 Lɪvɪ wɪwɛtq I aɪtɪ aɪtɪ tɪtɪZ nɛ|
- 3.4 tɛw bɪ tɪtɪ cwiwɪgZ Lɪvɪ tɪtɪZ nɛ|
- 3.5 me aɪtɪbi Lɪvɪ Lɪl qv Afɪm KiɪZ nɛ|
- 3.6 Lɪvɪtɪ kvKmɛwRi cwi gɪv tɛw ʌKɪZ nɛ|
4. tɪcɪkvK-cwi"Q : tɪtɪni tɪmS`hɛw, kɪZ I Dɛvɪ tɪtK tɪnɪtK i ɪv Kivi Rb" mgɪtɪqɪtɪwM tɪcɪkvK cɪv DɪPZ| cwi tɪq eɪw cɔZn aɪtɪ i Kvɪbɪv fɪtɪv| Nvghɪ ev 2/3 wɪtɪbi gqjv Kvco cɪv Aɪvɪ"Ki|
5. tLjvajv I eɪvqɪg : kixi mɪ' I mej iɪLɪZ tLjvajv I eɪvqɪg Kiv DɪPZ| Zɪtɪ gɪtɪ iɪLɪZ nɛ, AwZwi³ tKɪbɪ wKQB fɪtɪv bɪ| mɪg- Abɪhvɪx tLjvajv I cwiwɪgZ eɪvqɪg KiɪZ nɛ| Zvɪtɪ kixi mɪ' I A½cɔZ½mɪqɪ mɪ p nɛ|

6. wektg I Ng : ^wnK cwi ktg I e'vqvtgi dtj t' tni tKvl ,tjv ¶lqcß I wbt~R ntZ _vtK | RxeþKvl ,tjv cteP Ae'vq wdwitq AvbtZ wektg I Ntgi cßqvRb | GKRB mÿ' tjvtKi ^wBK 7/8 NÈv Ngvtbv cßqvRb | GtZ RxeþKvl ,tjv mtZR I gw~#®i tKvl ,tjvi ¶lqciY nq |
7. Af'vm : Øgvbyl Af'vtmi ^vmØ Zte wKQz Af'vm AvtQ hv cwi Z'wM KiþZ nte | GKevi Af'vm Lvivc ntq tMtj Zv mstkrab KiþZ mgq jvtM | tm Rb" me mgq Lvivc Af'vm hvþZ Mto bv DtV, tmw tK mZK® _vKþZ nte | mAf'vm MVtbi Rb" wbtPi welq ,tjv AbjmiY Kiv tþtZ cvti -

7.1 AwaK ivZ chS~tRtM bv _vKv |

7.2 mh'DVwi ci I bv DtV Njgtq _vKv |

7.3 Amgtq Ges evBti i Lvevi bv Lvl qv |

7.4 thLvfb~tmLvfb gjgî Z'wM bv Kiv |

7.5 webv cßqvRtb tNvi vtdiv bv Kiv ev AvCv bv t' I qv |

KvR-1 : kvi xwi K cwi "QbZv eRvq ivLv Rb" Kx Kx KvR KiþZ nte Zvi Zwj Kv cß' Z Ki |

KvR-2 : Lvivc Af'vm ,tjv cwi nvi KiþZ nte tKb? Lvivc Af'vm ,tjvi eYØv ^vl |

cvV-3 : kvi xwi K mÿ' Zvq e'vqvtgi cðve

^wnK I gvbwmK ^v~" eRvq ivLv Ges Avb~ jvtfi Rb" wlbqvgZfvte A½ Pvj bv Kivi bvgB e'vqvg | e'vqvg t'n I gbþK ewj ô Ges mshZ Kti | dtj kw³ I mwnðZv evto, ühwÉ ^p nq, nRgkw³ I tiwM cßZti va ¶lgZv ewx cvq | kixti i kw³ I mvg_® Abjvqx e'vqvtgi welq wbePb KiþZ nq | cwiwgZ e'vqvg ^vt~"i Dbwzi Rb" mnvqK | e'vqvg Kivi mgq Zvonüov KiþZ tbB | e'vqvtgi gta" wKQ¶Y weiwzi cßqvRb | GB weiwz bZb Kti e'vqvg Kivi kw³ thwMq | AwlbqvgZ, Amgq Ges ht_"Qv e'vqvg Kiv DwPZ bq | wki i ^wnK A½cZ'½i ewxi mvt_ mvt_ e'vqvg Z_v kixi PPPKgmPi I cwi eZß cßqvRb | cwiwgZ e'vqvg Øviv t' tni Aw', gysmtcwk I Abvb" _iZcY®A½i mÿg ewx NtU | eqm ewxi mvt_ mvt_ e'vqvtgi KgmP mnR t_tK µgkB KwVb nte | A_® µgwmZ DbZ nte | Gfvte e'vqvg Abkxj tbi avivewnKZv i ¶v KiþZ nte | e'vqvtgi Abkxj tbi KgmPtZ ^vN®weiwZ _vKte bv | e'vqvg Abkxj tbi mgq A½cZ'½i e'vqvtgi avivewnKZv wK ivLþZ nte | thgb: gv_v t_tK i iyKti axti axti cv chS~Gtm tkl KiþZ nte | ^v~"mæSZ Rxebhvtbi Rb" e'vqvg Acwi nvh® wetkl Kti Qvî Qvî xt' i Rb" e'vqvg I tLjvajv tewk cßqvRb | G mgtq Qvî Qvî xt' i kvi xwi K MVb ^Z ewx cvq | dtj A½cZ'½ I kvi xwi K KvWtgv mÿp nq |

KvR-1 : kvi xwi K mÿ' Zvi Rb" e'vqvtgi fvgKv eYØv Ki |

KvR-2 : e'vqvg Abkxj b Kivi avivewnKZv Dtj L-Ki |

cvV-4 : AwZwi³ e'vqvtgi Kdj

Avgtv`i Rxeþbi mKj KgRvtÊi GKUv mxgve~Zv itqtQ | GB mxgvi evBti AwZwi³ tKvtbv wKQB fvþjv bq | AwaK cwi gvtY Lvevi MðY thgb ^vt~"i Rb" ¶wZKi, tZgwb cßqvRtbi AwZwi³ e'vqvg | ^vt~"i Rb" ¶wZKi | Avevi hLb~ZLb e'vqvg Kiv wK bq | mKvtj ev wetKtj GKwJ wbw Ø mgtq cßZw b e'vqvg Kiv DwPZ | Avevi Lvevi MðtYi cti e'vqvg Kiv ^vt~"i Rb" ¶wZKi | eqm I wj ½ tft' e'vqvg wbePb Kiv DwPZ | thgb:

1. kiti i fvi x wvbm tZvjvi eˆvqv Kivtj A½cZt½i DbwZ ev eˆxi tPtq vlvZ nte|
 2. kiti i 30/40 vgvbtUi tenk eˆvqv Kivtj kixi Kvš-ntq cote|
 3. Gtjvtgtjvfte eˆvqv Kivtj – thgb: GKevi nvtZi eˆvqv, cti vbtP itq eˆvqv, Zvi cti kv³ evovtbi eˆvqvNGfite eˆvqv bv Kti avivewvKfite eˆvqv Abkxjb KitZ nte| Zv bv ntj kixti vlvZ nte|
 4. fivtctU eˆvqv cwi ZˆvRˆ| Lvl qvi ciciB eˆvqv Kitj tctU eˆv I ewg nte|
 5. eˆvqvgti gtaˆ wei wZ bv wˆtq GKvavti eˆvqv Kitj kixi Aek ntq Avmte|
 6. eˆvqv Kivi cteˆkixi Mig Kti vbtZ nte| kixi Mig bv Kti eˆvqv iiyKitj gvsmtcukˆZ Uvb cto ˆvbtv NUtZ cti |
 7. cˆtg mnR eˆvqv tˆjvi Abkxjb Kwi tˆq vgvštq Kwvbi wˆtK thˆZ nte Zv bv ntj kixti AfˆšˆxY A½ tˆjv cwi kš-ntq cote|
 8. mKvtj Lwv tctU eˆvqv Kiv DvPZ bq| Lwv tctU eˆvqv Kitj ewg ev tctU eˆv iiynte|
- Dvj wZ AvZwi³ eˆvqvgti Kdˆ tˆjv vetePbvq tiˆL eˆvqvgti wltq vbaˆY KitZ nte| ZvntjB kvi xvi K mˆZv ARˆ Kiv mˆe nte| Abˆvq DcKviti tPtq kixti AebwZ nte|

KvR-1 : AvZwi³ eˆvqvgti Kdˆ tˆjv vjL Gesˆtj wef³ ntq AvtjvPbv Ki |

KvR-2 : KLb, Kxfvte eˆvqv Kiv DvPZ Zvi GKwv Zv vj KvˆZwi Ki |

cvV-5 : mi Ävgwenxb eˆvqv

Avgtˆ i AtbtKiB Ggb avi Yv itqtQ th mi Ävg Qvov tKvbtv tLjvajv Kiv hvq bv| G avi Yv mvK bq| mi Ävg Qvovl bvbv aiˆbi eˆvqv Kiv hvq| mi Ävg Qvov eˆvqvgtK Ōvd«nˆvŪ Gˆ vi mvBRˆ ev ōgyˆ ntˆ-eˆvqvō etj | jvdvj wcl, tˆšovtˆšio, wvMewvR, tnW÷ˆvŪ, wcvU ev mgteZ eˆvqv-G meB mi Ävgwenxb eˆvqvgti Ašfˆ | mi Ävgwenxb eˆvqvgti KtqKwv Dˆvni Y vbtP tˆqv ntjv-

1. ˆg : tLjvajv KitZ ntj ˆtgi cˆqvRb nq| ˆg ev kvi xvi K mnbkxj Zv bv vKtj tKvbtv tLjvajvq mdj Zv ARˆ Kiv hvq bv| ˆg bv vKtj kixti kv³ cvlqv hvq bv| dtj ZLb tKvb tLjv wKgtZv Abkxjb Kiv hvte bv| thgb: AbeiZ nvltj ev GKUvbtˆšovtj ˆg eˆx cıq| ˆg eˆx Rbˆ vbtPi eˆvqvgti Abkxjb KitZ nte|
- 1.1 GKNÈv axi MwZtZ tˆšovtZ nte| tˆšoi gvtS tKvbtv wei wZ vKte bv|
- 1.2 GKUvbtˆZ nvltZ nte- KLtˆv vgv hvte bv| GtZ ˆg eˆx cvte|
- 1.3 DvZ-vbPz RıqMvi Dci wˆtq tˆšovtZ nte| Aekˆ tLtvqvotˆ i eqm I mvqˆ Abhvqx mgq vbaˆY Kti wˆtZ nte| Gfite wvfbvˆaiˆbi eˆvqv Kitj tLtvqvotˆ i ˆg eˆx cvte|

2. Kwâ I tKvgtii eˆvqv : iˆvˆKU RvZxq tLjvajvi Rbˆ Kwâi kv³ tenk cˆqvRb| thgb: tUvej tUvbm, eˆvWvgvUb, vˆtKU, nvK BZˆwˆ | vˆtKU ej eˆvU jvMvi mvˆ mvˆ Kwâi tgvPto thˆKvbtv wˆtK ej cvvˆbv hvq| eˆvWvgvUb tLjvq ˆšvk Kivi mgq Kwâi kv³ tenk ntj ˆšvk mdj nq| wvfbvˆvte nvZ Nvı tˆq Kwâi eˆvqv Kiv hvq| gvltZ ˆjvZ tiˆL kixi Dcti-vbtP ZjtjI Kwâ Zˆv nvtZi kv³ evto| vPb Avc, cˆk Avcl Kwâi kv³ evovtZ mrvhˆ Kti | tKvgtii eˆvqv KitZ ntj kixi wvfbvˆvte Aˆ Wvbt evtg Nvı tˆq

tKvg̃t̃i e'vqvg KiṡZ nq| w̃t̃V KvDṡK Zṡj w̃bṡq kixi Avc-WwDb Kiṡj| tKvg̃t̃i k̃w³ evto| Gfṽte e'vqvg Kṡi K̃w̃a I tKvg̃t̃i k̃w³ ew̃x Kiv hvq|

3. KbḂ t̃f̃t̃0 eṡm e'vqvg : gw̃UṡZ cv mvgṡb t̃m̃Rv t̃iṡL emṡZ nte| nvZ `yU kix̃t̃i `yṡṡk gw̃U Dci _vKṡe| Gici nvṡZi Dci fi w̃ṡq kixi Dcṡi ZjṡZ I bvgvṡZ nte| kixi Dcṡi w̃bṡP DVv-bvgv Kivi mgq cv `ṡUv GKṡ I t̃m̃Rv _vKṡe|

KvR-1 : mi Ävg̃enxb e'vqvg ejṡZ t̃Zvgiv Kx eṡ? e'vL̃v Ki |

KvR-2 : `yU mi Ävg̃enxb e'vqvg c̃0 k̃B Ki |

cvV-6 : mi Ävg̃mn e'vqvg

mi Ävg̃ w̃bṡq th e'vqvg Kiv nq, ZvṡK mi Ävg̃mn e'vqvg etj | mi Ävg̃ w̃w̃f̃b̃ãiṡbi nṡZ cṡṡi | Zṡe tLj vajvi mi Ävg̃ t̃ṡK e'vqṡṡgi mi Ävg̃ w̃f̃b̃ṡ thgb- w̃<w̃cs t̃ivc, t̃ivg̃vb wis I w̃dR̃ie BZ̃w̃ |

6.1 w̃<w̃cs : w̃<w̃cs t̃ivṡci gvaṡṡg th e'vqvg Kiv A_ṡ jvdṡbv nq ZvṡK w̃<w̃cs etj | b̃ṽb̃ṽf̃ṽte w̃<w̃cs Kiv hvq|

K. 8/10 Rb GK jvBṡb `w̃bṡq w̃<w̃cs KiṡZ KiṡZ t̃ṡw̃bṡq mvgṡb hṽte I w̃dṡṡi Aṽm̃te|

L. GK R̃ṽq̃M̃ṽq `w̃bṡq w̃<w̃cs Kiv hvq| GKŨvbv 5 w̃g̃vbU mevB ^ ^ R̃ṽq̃M̃ṽq `w̃bṡq w̃<w̃cs Kiṡe|

M. Avevi 6w̃U w̃<w̃cs t̃ivc 10 d̃y Aṡṡ Aṡṡ `Rb `yṡ_v aṡi tUṡb aij | c̃0gw̃U 2 d̃y DṡṡZ, cṡi i w̃U 3 d̃y DṡṡZ Gfṽte ci ci w̃<w̃cs t̃ivc aṡṡZ nte| w̃k̃ṡṡ_v_ṡṡ dvBṡj `w̃ṽte| GKRB GKRB Kṡi t̃ṡto th c̃0gw̃U Dci w̃ṡq jvd w̃ṡq cvi nṡq Ges cṡi i w̃U w̃bP w̃ṡq Gfṽte w̃<w̃cs t̃ivc Aw̃Zṡg KiṡZ nte| th Aṡ mgṡq w̃<w̃cs t̃ivc, t̃jv ṡm Kṡi w̃dṡṡi Aṽm̃Z cṡiṡe Zvi k̃w³ I kix̃t̃i bgbxqZv f̃ṽt̃jv etj MỸ nte|

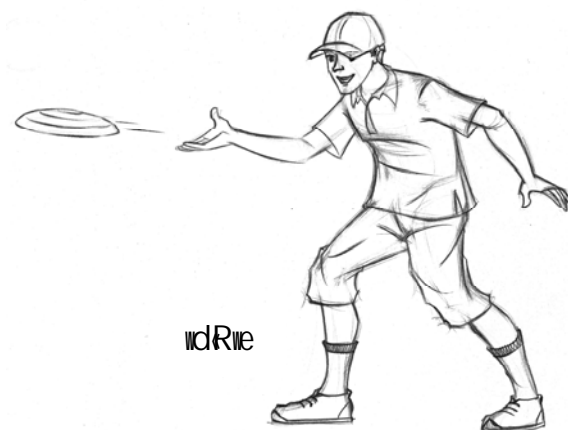
6.2 t̃ivg̃vb wis : `yU i w̃ki m̃ṽt̃_ `yU t̃jṽvi wis S̃j̃ṽt̃bv _vṡK, GṡK t̃ivg̃vb wis etj | GB wis aṡi w̃w̃f̃b̃ãe Kvq`vq b̃ṽb̃ṽc̃K̃vi e'vqvg Kiv hvq| M̃ö̃t̃gi `<j, t̃jṽt̃Z M̃ṽt̃Q̃i W̃ṽt̃j̃i m̃ṽt̃_ t̃eṡa A_ev euk w̃ṡq Avov ew̃bṡq t̃m̃L̃ṽt̃b̃l t̃ivg̃vb wisṡqi i w̃k̃ t̃eṡa G e'vqvg Kiv hvq| thgb-

(K) `Ḃ nvZ w̃ṡq m̃Ḃs Kṡi w̃w̃f̃b̃ãe Kvq`vq t̃ṡj L̃ṽl qv hvq|

(L) wis aṡi `Ḃ cv mvgṡb GKṡ Kṡi cvṡqi 0Gj c̃w̃R̃kb̃0 Kiv|

(M) wis aṡi nvṡZi Dci fi Kṡi g̃v_v w̃bṡPi w̃ṡK Gṡb ñṽU ÷ ṽU Kiv BZ̃w̃ |

6.3 w̃dR̃ie : w̃dR̃ie _vjvi gṡZv iṽṽt̃i GK̃w̃U t̃M̃vj P̃ṽK̃w̃Z w̃eṡk̃l | iṽṽt̃i ^Z̃w̃i etj G̃w̃U nṽj Kv nq| t̃Q̃t̃j̃t̃g̃t̃q̃iv G w̃ṡq t̃L̃j̃ṽt̃Z c̃Ḃi Aṽb>` cvq| GKRB H P̃K̃w̃Z aṡi `ṡi Q̃ṡo t̃ṡe Aci R̃b t̃m̃ P̃ṽK̃w̃Z aṡi H c̃0ṡ-t̃ṡK c̃Ḃiṽq Q̃ṡo t̃ṡe| Gfṽte 2/3 Rb ev 3/4 R̃ṡbi gṡa t̃Q̃voṽQ̃ṡo Kṡi t̃L̃jv hvq| GB t̃Q̃voṽQ̃ṡo t̃L̃j̃ṽt̃KB w̃dR̃ie etj | G t̃L̃jvi gvaṡṡg nvṡZi k̃w³ ew̃x cvq|



6.4 eZPvi x bZ' :

kvi xwi K e'vqvg l my' i t'n MVtbi Rb' wPÊwētbv`tbi Dt'itk' t'tki wewfbœAÂtji t'vKbZ' Øviv tm AÂtji Kwó, cŏv cŏwZ dñUtg tZtj | GtZ Qvî Qvî xt' i GKw`tK thgb wPÊwētbv`b nq, Aciw`tK wewfbœ AÂtji Kwó mætÛ aviYv jvf Kti | wewfbœAÂtji t'vKMwiZi gva'tg th t'vKbZ' Kiv nq, G meB ntjv eZPvi x KvHĤjvc ev t'vKbZ' |

wbtp Sgji btZ'i eYØv Kiv ntjvñ

1 | Sgji bZ' :

bZ' tKškj Ñ

K. wkwlv_xPv`ß mwi tZ`wvte | GK mwi tZ Kg msL`K Ges Aci mwi tZ tewk msL`K wkwlv_xPv_vKte | tQvU mwi wU eo mwi i evg w`tK`wvte |

L. cŏg mstKZ nI qvi mvt_ mvt_ mKtj jvd w`tq cv tRvov l tKvgti nvZ w`tq`wvte |

M. wØZxq mstKtZ`ß mwi i mKtj t`šo Ae`vq evg w`tK NjtZ NjtZ`wU eĖ evbte | tQvU eĖi evBti eo eĖwU_vKte |

N. ZZxq mstKZ cvl qvgvĭ eĖi tfZti w`tK gĭ Kti wbR RvqMvq`wvte | evt`i Ztj cv DVvbgv KtZ_vKte | nvZ`wU cñwi Z Kti`tZiWK Kti wte |

O. PZL`mstKtZ cvtqi DVv-bvgv_vgvtē Ges mvt_ mvt_ nvZ`ß cvtk Ptj Avmtē |

P. cĀg mstKtZ`ß nvZ tKvgti w`tq eĖi evg w`tK 1 t_tK 7 t÷c tdjte | wZb MYbvq`ß nvZ mvgtb-wbtp Avmtē | Gfvte`ßevi KtZ nte |

Q. lō mstKZ tkvbgvĭ evg nvZ gv_vi evg cvk w`tq 1 t_tK 7 t÷c tdjte l wZb MYbvq nvZ wbtp Ptj Avmtē |

R. mßg mstKtZ Wwb nvZ gv_vi Wwb cvk w`tq 1 t_tK 7 t÷c tdjte | cŏZ`Kevi wZb MYbvi mgq nvZ wbtp Avmtē |

S. Aóg mstKtZ`ß nvZ gv_vi Dcti Avmtē l 1 t_tK 7 t÷c tdjte | Gfvte evRbvi Ztj Ztj bZ' G_tZ_vKte |

Sgji btZ'i Wbñ
 AvMv Wtj em tKwKj
 gvS Wtj evmti -
 fw½j wewi wLi Wvj
 Rxtb tbB Avkvti |
 AKvtj cwl jvg cwl
 wNi Z gayw`qvti -
 mKvtj cvjvBtjb cwl
 `viy tkj w`qvti |
 AKvtj cwl jvg cwl
 Lj Kpv w`qvti Ñ
 mKvtj cvjvBtjb cwl

`viY tkj w`tqvfi |
 Sgij b#Z'i gv`tji tevj
 awiZb ZvZvK&wZb&v awiZb&awiZb&ZvZvK&wL
 awiZb ZvZvK&wZbav awiZb&awiZb&ZvZv<&wL
 awiZb ZvZv<& wZbav awiZb&wL, wL, wL |

KvR-1 : w`<wcs tivc Øviv KZ cKvfi i e`vqvq Kiv hvq | cØ kØ Kfi t`LvI |
 KvR-2 : tivgvb wis KvK etj? tivgvb wis G Kx ai#bi e`vqvq Kiv hvq Zv eYØv Ki |
 KvR-3 : wdRwe Kx? wdRwe tLj wU e`vL`v Ki |

cvV- 7 : GW#Kkbvj wRg#w÷.

AvaybK wRg#w÷÷÷. i mPbv RvgØb#Z ntj | Gi j`qj` wQj i ayewj ô t`n MVb | wKšykixi | g#bi myngwšZ Dbq#bi j#qj` th e`vqvq Kiv nq, ZvK wK#vgj K wRg#w÷÷. etj | Gi D#i k` ntjv -

1. wK#vgj K wRg#w÷÷. Abkxj#bi dtj wkyµgrštq kvixi K, gvbwmK | mvgwRK ,Yvevj ARØ Ki#Z cvfi |
2. we`vj#qB wki i `bwZK ,Yvevj AwRZ nq |
3. wK#vgj K wRg#w÷÷÷. i Abkxj b, #tjv cwi Kí bvgwdK nq etj ev`Te Rxe#b Gi c#ve cto |

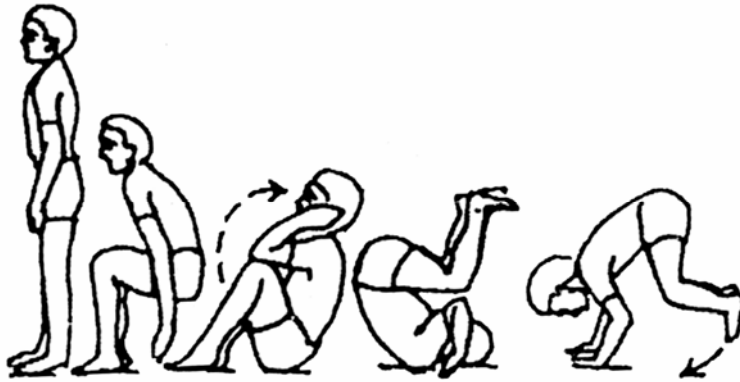
GW#Kkbvj wRg#w÷÷÷. i KtqKwU e`vqv#gi D`vniY t`qv ntjv -

K. m#g_ wMewR : `ß nuLz fuR Kfi, `ß cvtqi cvZv | `ß nv#Zi Zvj Dci fi Kfi _vK | Gici tKvgi Dcti i w`tK Z#j Nvo | gv_v `ß nv#Zi ga` w`tq XpKtq mgtb Mwo#q co | tg#StZ cv`úkKivi mv#_ mv#_ tmvRv ntq `wovl | wMewR Lvl qvi mgq gv_v hv#Z gwU#Z ev g`vU bv jv#M, tm w`tK tLqvj ivL#Z nte |



m#g_ wMewR

L. wQtb wMewR : th w`tk wMewR t`te tmw`tk wQb wdti `wv | Zvici kixiUv μgMZ wPzKti Ges kixti wQtb Ask A_ wZ^tg†S†Z ev g`vU jvMvi mv_ mv_ `β nv†Zi ZvjyKia eivei g`vUi `β cv†k ivL Ges kixiUv wQtb Ngi†q bvl | tKvgi t_†K kixti Dci Ask Z†j `wvvi Rb` cv gwU tQvvi mv_ mv_ nv†Zi Zvjy`†q gwU†Z av°v `v | Ges tmvRv n†q `wv |



wQtb wMewR

M. cvk wMewR : m wMewRi b`vq g`vUi GK c†š-`w†q kixti GK cv†k ev K†a fi K†i KvZ Ae`vq kixiUv Ngi†q bvl | tNvivi mgq AvNvZ Gov†bvi Rb` GK nvZ g`vUi Dci t†Z t`te Ges cv gv_vi Kv†Q tU†b t†te | Gevi K†ai mrv†h` GKcv†k Mw†q w†q D†V `wv |

N. WwBF tiy : Af `† t_†K t`šw†q G†m `β cv†q fi K†i A_ tUK Ad w†q mv_ mv_ `β nvZ eivei mv†b ew†q cwb†Z Suc t`qvi Kvq`vq k†b` jw†q D†V mv†b hv†e | `β Kbβ f†R K†i nv†Zi Zvj†Z fi K†i `β nv†Zi gv†S Nvo XyK†q m wMewRi g†Zv `Z kixi Ngi†q t†te | Zvici cv†qi Dci fi K†i `w†q hv†e | c††g t`o t_†K `β dU D†z gwU†Z nuU†M†o emv tKv†bv tLjvi m½x wKsev m½xi D†zK†i aiv jvd†bvi `w (w<wcv t†vc) e`envi K†i Zvi Dci w`†q GB wMewR Ab†xj b Kiv hvq |

KvR-1 : GW†Kkbvj wRg`w`·· ej†Z Kx e†? eY†v Ki |

KvR-2 : dxU tiy t`l qvi tK†kj †jv c† k† Ki |

KvR-3 : WwBF tiy Kxf†te w`†Z nq K†i t`Lvl ?

Ab†xj bx

kb`v`vb c†Y K†iv :

1. cPr-ewm Lvevi ÑÑÑÑÑÑÑÑÑÑÑÑÑÑ Ki†Z n†e |
2. Lvevi ÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑ I ax†i ax†i tL†Z nq |
3. tewk bv tL†q ÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑ Lvevi tL†Z nq |
4. Lve†i ÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑ cwi gvY tewk _vK†j fv†jv nq |
5. wqwgZ I ÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑÑ mg†q Lvevi tL†Z nq |

wbṭPi tKvbiU mi Ävgmn I mi Ävgmenxb e'vqvg Zv Avjv`v Ki :

`g	mi Ävgmn e'vqvg	mi Ävgmenxb e'vqvg
KeR ev tKvgṭi i e'vqvg	1.	1.
KbḂ tṭṭ0 eṭm e'vqvg	2.	2.
w̄ < wcs	3.	3.
tivgvb wi s	4.	4.
wdRie		
mṣḂ wMewR WbF ti vj		

mivK DĖṭi wK wPy`vI :

1. AwZwi³ e'vqvg ṭṭṭ'ṭi Rb`—

(K) ṭwZKi (L) ṭwZKvi K bq (M) fṭjv (N) AwK fṭjv

2. fivṭcṭU e'vqvg Ki ṭj —

(K) fṭjv (L) ṭcṭU e`v nq (M) ṭwZKi (N) AwZ DĖg

3. GWṭKkbvj wRgbw÷ṭ i Dṭṭi k` Kx?

K. ewj ô ṭ`n MVb

L. ṭ`n I gṭbi mṃgwšZ e'vqvg

M. Aṭṭzi Dbḡb

N. kvi xvi K Dbḡb

msiṭB cḡæ:

1. WbF ti vṭj i tKškj ṭjv gvṭV Kṭi ṭ`LvI |

2. Qwe i mivṭh` DĖi ṭjv wj L:

K) `Ḃ nuḂj Ae`vb tKgb nṭe?

L) `Ḃ nvZ tKv_vq_vKṭe?

M) Nvo I gv_v tKv_vq ivLṭZ nṭe?



সম্মুখ ডিগবাজি

i PbvḡjK cḡæ:

1. wQb wMewR ṭ`qvi tKškj ṭjv ṭ`LvI I eYḂv Ki |

2. AwZwi³ e'vqṭgi Kḏj eYḂv Ki |

WZxq Aa"vq

~<vDwUs I Mvj MvBwWs



~<vDU I Mvj MBW

~<vDU I Mvj MBW wekpe"vcx GKw
AivR%bwZK mgvRtmevgjK hpe
Avf`vj b| ewUk tmbvewnbxi ZrKvjxb
tj d#Ub"vU tRb#ij i eU"v÷ tdbkb
w`_ j W"e"vWb cvl tqj 1907 m#j
wk"vcOZovtb ~<vDwUs Ges 1910
m#j Mvj MBtWi avi Yv cOZB Ktib|
wk"vcOZovtb ~<vDwUs Kvhpg Avi
Kivi AvM ~<vDwUs tq Ask wbtZ cvi ,
Ggb eqtmi tQtjtgtq`i Pwn`v
wetePbv Kti wZwb wKQz eB cKvk
Ktib| Zvi gta" ~<vDU kvLvi Rb`
1908 m#j O~<vDwUs di etqR O Ges
Mvj MBW Avf`vj tbi Rb` OMj
MvBwWs O I Ow eyew"ek O Ab`Zg|
AvSRWZK ~<vDU Avf`vj tbi m#_
msMwZ ti tL ejsjv`tkl ejsjv`k
~<vDum I Mvj MBtWi KgRvEi
mPbv nq| gw`h#x i gva"tg ejsjv`k
~vaxbZv jvf Kivi ci 1972 m#j
ejsjv`tk ~<vDwUs I Mvj MBwWs-Gi
Kvhpg i iynq| `t` gybeZvi tmev,

bwZK gj`tetai Dbq b, myngw`Z kvixi K I gvbwmK weKvk, agxq mnbkxj Zv cfwZ Yvej AR#bi
mnvqK kw` wntmte ~<vDwUs I Mvj MBwWs Avf`vj b wekpe"vcx cksmbxq fwgKv ti tL PtjtQ| ejsjv`kl GB
Kvhpg MweZ Askv`vi wntmte BtZvgta" mKtj i `wO AvKI v Ki tZ m"lg ntqtQ|

G Aa"vq tk tI Avgiv -

- 1| ~<vDwUs Kvhpgi ~xKwZ`tf c wevfbae"vR ARBmn ~<vDU I Mvj MBwWs-Gi Ab"vb" Kgmp i e"vL`v
Ki tZ cie|
- 2| ~<vDwUs I Mvj MBwWs-Gi gva"tg mksLj Riebhc tb D O ne|
- 3| cO_vgK wPwKrmvi cOqvM m#utK Rvbe Ges h_vmg tq cOqvRbxq wmxvS-wbtZ cie|
- 4| ~b w`b Rxe tb NtU hvl qv wKQz`N O bvq cO_vgK wPwKrmvi tmev cOqvM Ki tZ cie|

cvV-1 : ~<vDU I Mvj^QMvBtWi msv^Qβ BwZnm I Kg^QP

jW^Qe^vWb cvl tqj wQ^tj b ~<vDU Av^t~vj tbi c^QZ^QvZv| wZwb 1857 mvtj Bsj^vt^E Rb^QM^QY Ktⁱb| ~<vDUJs c^xwZ^tZ Bsj^vt^Ei evj Ktⁱ i Pwi tⁱ i we^vfba^eYvevj i DbwZ tⁱ tL wZwb mviv we^tkⁱ GB Av^t~vj b Qwotq tⁱ b| 1920 mvtj we^ki ~<vDU ms^v v MvZ nq| we^ki ~<vDU ms^v vi c^Qvb Kv^hq m^QRvj j^vt^Ei i vRavb tⁱ bfvq Aew^v Z| ~<vDU GKw^U we^kRxb AivR[%]bwZK m^QvR^tmevgj K h^e Av^t~vj b| ~<vDU Av^t~vj tbi j^Q B n^t Q GKw^U ~<vDU tⁱ K Pwi tⁱ evb Ktⁱ Av^k g^vbtⁱ i ev^QW Z Kiv| ~<vDUJs Kv^hq evj Ktⁱ i AvZ^Qbf^Q I m^y i Rxb M^to tⁱ Zvtj | fvi Z we^vf^tMi ci 1948 mvtj XvKvq ce^Q 1/2 ~<vDU m^QgwZ Mv^b Kiv nq| evsj^vt^k ~^Qvaxb nevi ci G^t tⁱ ki ~<vDU Av^t~vj b GK bZb i e^t bq| 1972 mvtj i 9 Gw^Q XvKvq tⁱ tⁱ ki ~<vDU tbZvtⁱ i GK m^vavi Y m^fvq evsj^vt^k eq ~<vDU m^QgwZ MvZ nq| 1974 mvtj i 1 R^b we^ki ~<vDU ms^v v evsj^vt^k eq ~<vDU m^QgwZ tⁱ K we^ki ~<vDU Kbdvtⁱ tⁱ Y 105Zg mⁱ mⁱ w^tmt^e ~^QxKwZ tⁱ q| 1978 mvtj i 18 R^b 5g KvDw^Y j m^fvq evsj^vt^k eq ~<vDU m^QgwZi bvg e^j Ktⁱ ^Qevsj^vt^k ~<vDU^Q i vLv nq| evsj^vt^k tⁱ ki i vRavb XvKvi KvKivBtj Gi c^Qvb Kv^hq Aew^v Z| tⁱ Rjv kni MvR^Qctⁱ i A^t tⁱ tg^Q P^t K ~<vDU^tUi RvZxq c^Qk^Q Y t^k ~^Q Aew^v Z|

iev^QW÷ tdbkb w^Q jW^Qe^vWb cvl tqj Mvj^QMvBtWi i c^QZ^QvZv| wZwb ~<vDU^tUi Abje tg^tq^t i Rbⁱ Avj^v v Kg^QP w^t q bvg w^t j b MvBWs| AZci GB Av^t~vj b tⁱ K Gw^tq tⁱ bqv i Rbⁱ Zvi tev^b GM^tbm^t K ~wqZi c^Qvb Ktⁱ b| GM^tbm Zvi ~wqZi h^vh^v f^te cvj b Ktⁱ GB Av^t~vj b tⁱ K Rb^Qctⁱ Ktⁱ tⁱ Zvtj b|

MvBWs tg^tq^t i tⁱ K

K) e^vW^QZi weKv^tk m^vnhⁱ Ktⁱ |

L) m^QgwRK tⁱ PZbv^teva ew^x Ktⁱ |

M) ~wqZ^txj b^vMvi K nevi w^k v tⁱ q|

N) tⁱ mevgj K KvR Kivi w^k v tⁱ q|

O) we^tkⁱ we^vfba^e tⁱ ki h^e m^Qc^Qvt^Qi m^t e^QU^Zi ~^vct^b m^vnhⁱ Ktⁱ |

evsj^vt^k ~^Qvaxb nevi ci 1972 mvtj RvZxq msm^Q Mvj^QMvBw G^vtⁱ m^Qmt^Qkbtⁱ K GKw^U RvZxq m^sMv^b w^tmt^e ~^QxKwZ w^t q AvBb c^vm Ktⁱ | 1973 mvtj GB m^sMv^b we^ki Mvj^QMvBw G^vtⁱ m^Qmt^Qkbtⁱ c^Y 1/2 mⁱ mⁱ c^Q j^vf Ktⁱ | evsj^vt^k tⁱ ki i vRavb XvKvi teBwj tⁱ v^tW Mvj^QMvBtWi c^Qvb Kv^hq Aew^v Z|

Mvj^QMvBw Kg^QP : Mvj^QMvBtWi AvU^Q dv Kg^QPi gva^tg Zviv MvBWs Dc^tf^QM Ktⁱ Ges me^Q tⁱ tⁱ K h^tMvc^th^QMx Ktⁱ M^to tⁱ Zvtj |

Kg^QP :

1| Pwi tⁱ Mv^b|

2| w^btⁱ R^t K Rv^b|

3| m^QRbkxj^Q gZv AR^Q|

4| ci ~ui tⁱ K Rv^b|

5| tⁱ mevt^Q Z c^Q Z^v K^v|

6| M^QnK^tg^Qbc^Y Zv AR^Q|

7| evB^ti i RMr tⁱ tⁱ K Avb^Q j^vf|

8 | কবিমিত্র কবিতা Dch³ Zv jvf |

GB Kg³ Pi gva³ Mg³ Wiv³ w³ R³ i³ t³ K Dch³ b³ M³ i³ K w³ t³ m³ t³ M³ to t³ Z³ t³ j | G³ t³ j³ v³ m³ g³ v³ Z³ v³, m³ b³ v³ M³ i³ K, m³ b³ v³ i³ c³ o³ Z³ f³ u³ Ges Act³ i³ g³ 1/2 j³ v³ t³ w³ b³ t³ R³ i³ 1³ v³ 2³ v³ t³ M³ i³ g³ t³ b³ v³ e³ R³ w³ M³ t³ q³ t³ Z³ t³ j | 1³ v³ 1³ m³ s³ Z³ I Avb³ 1³ v³ q³ K K³ v³ R³ K³ t³ g³ g³ v³ a³ t³ g³ M³ v³ B³ i³ t³ g³ t³ q³ i³ g³ v³ b³ v³ M³ K³ Y³ v³ e³ j³ w³ e³ K³ v³ I P³ S³ v³ k³ i³ D³ r³ K³ i³ m³ v³ a³ t³ b³ m³ v³ n³ h³ K³ t³ i |

KvR-1 : w³ k³ q³ i³ K c³ o³ k³ u³ E³ t³ i³ g³ v³ a³ t³ g³ w³ k³ q³ i³ v³ t³ i³ K³ v³ i³ t³ t³ K³ 1³ v³ D³ u³ i³ M³ v³ j³ q³ M³ v³ B³ i³ W³ i³ B³ i³ Z³ n³ v³ m³ m³ s³ u³ t³ K³ R³ v³ b³ i³ t³ P³ o³ v³ K³ i³ t³ e³ b |

KvR-2 : 1³ v³ D³ u³ I M³ v³ j³ q³ M³ v³ B³ i³ W³ i³ m³ s³ u³ t³ K³ w³ k³ q³ i³ v³ t³ i³ 1³ u³ o³ a³ v³ i³ Y³ v³ t³ t³ e³ b |

KvR-3 : e³ w³ o³ i³ K³ v³ R³ w³ t³ m³ t³ e³ 1³ v³ D³ u³ i³ M³ v³ j³ q³ M³ v³ B³ i³ W³ i³ s³ - G³ i³ m³ s³ v³ i³ B³ B³ i³ Z³ n³ v³ m³ w³ j³ t³ L³ A³ v³ b³ t³ Z³ e³ j³ t³ e³ b |

KvR-4 : t³ c³ v³ ÷ v³ i³ A³ v³ K³ v³ i³ K³ g³ v³ i³ P³ w³ j³ t³ L³ A³ v³ b³ t³ Z³ e³ j³ t³ e³ b |

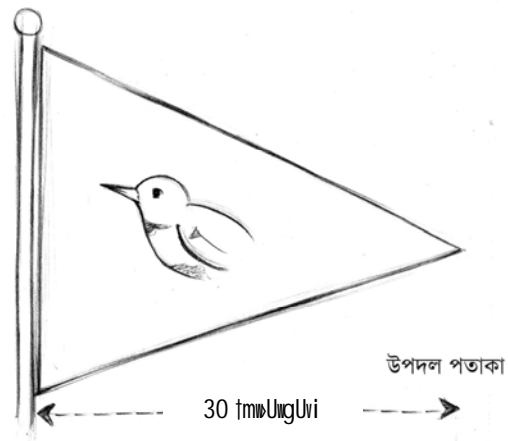
cV-2 : Dc³ j³ c³ x³ w³ Z³ I e³ v³ R³ c³ x³ w³ Z³

1³ v³ D³ u³ t³ i³ m³ K³ j³ K³ v³ R³ Dc³ j³ c³ x³ w³ Z³ t³ c³ w³ i³ P³ w³ j³ Z³ n³ q³ | GB c³ x³ w³ Z³ t³ Q³ q³ t³ t³ K³ A³ v³ U³ R³ b³ 1³ v³ D³ u³ I M³ v³ B³ i³ W³ i³ w³ b³ t³ q³ G³ K³ u³ Dc³ j³ M³ w³ Z³ n³ q³ | Dc³ j³ K³ v³ h³ e³ g³ c³ w³ i³ P³ v³ j³ b³ v³, Dc³ j³ c³ Z³ v³ K³ v³ e³ n³ b³ I Dc³ j³ m³ m³ t³ i³ w³ e³ i³ f³ b³ e³ K³ v³ t³ R³ m³ v³ n³ t³ h³ i³ R³ b³ c³ o³ Z³ K³ Dc³ j³ t³ t³ K³ 1³ v³ q³, A³ w³ f³ A³ I t³ b³ Z³ Z³ i³ v³ t³ b³ m³ q³ i³ g³ 1³ v³ D³ u³ t³ K³ w³ b³ q³ g³ v³ Z³ v³ t³ e³ K³ Dc³ j³ t³ b³ Z³ v³ w³ b³ t³ q³ v³ M³ K³ i³ v³ n³ q³ | Dc³ t³ j³ i³ A³ b³ v³ b³ m³ m³ t³ i³ w³ e³ i³ f³ b³ e³ w³ q³ Z³ i³ v³ t³ K³ | c³ o³ Z³ K³ Dc³ t³ j³ i³ A³ v³ j³ v³ v³ b³ v³ g³, w³ P³ y³, c³ w³ i³ P³ t³ q³ i³ W³ K³ Ges K³ v³ h³ e³ g³ c³ w³ i³ P³ v³ j³ b³ v³ 1³ v³ b³ 1³ v³ t³ K³ | Dc³ t³ j³ i³ w³ e³ i³ f³ b³ e³ K³ v³ h³ e³ w³ j³ c³ w³ i³ P³ v³ j³ b³ v³ m³ y³ e³ a³ v³ i³ R³ b³ m³ e³ v³ i³ b³ v³ g³ w³ K³ v³ b³ v³ Ges A³ b³ v³ b³ c³ w³ i³ P³ w³ Z³ g³ t³ b³ i³ v³ L³ t³ Z³ n³ q³ | g³ t³ b³ i³ v³ L³ i³ m³ y³ e³ a³ v³ i³ R³ b³ W³ v³ B³ i³ e³ v³ t³ b³ v³ e³ f³ K³ m³ e³ v³ i³ b³ v³ g³ - w³ K³ v³ b³ v³ w³ j³ t³ L³ i³ v³ L³ t³ Z³ n³ q³ |

Dc³ j³ c³ x³ w³ Z³ t³ o³ t³ j³ t³ g³ t³ q³ t³ i³ m³ t³ P³ Z³ b³ K³ i³ v³ R³ b³ m³ e³ t³ P³ t³ q³ D³ E³ g³ c³ s³ v³ | j³ W³ e³ i³ v³ t³ W³ b³ c³ v³ l³ t³ q³ m³ e³ e³ g³ f³ v³ i³ t³ Z³ G³ c³ x³ w³ Z³ P³ v³ j³ y³ K³ t³ i³ b³ | Z³ v³ i³ c³ i³ GB c³ x³ w³ Z³ c³ w³ e³ x³ i³ m³ e³ 1³ v³ D³ u³ 1³ t³ j³ i³ g³ t³ a³ c³ o³ j³ b³ K³ i³ v³ n³ q³ | Dc³ j³ c³ x³ w³ Z³ g³ j³ D³ t³ i³ k³ n³ t³ Q³ t³ o³ t³ j³ t³ g³ t³ q³ t³ i³ t³ K³ w³ b³ R³ w³ q³ Z³ i³ m³ s³ u³ t³ K³ m³ t³ P³ Z³ b³ K³ t³ i³ t³ Z³ v³ j³ v³ | G³ c³ x³ w³ Z³ i³ g³ v³ a³ t³ g³ c³ o³ Z³ w³ t³ o³ t³ j³ t³ g³ t³ q³ e³ s³ t³ Z³ c³ v³ t³ i³, Z³ v³ i³ Dc³ t³ j³ i³ D³ b³ i³ Z³ i³ R³ b³ Z³ v³ i³ G³ K³ u³ w³ e³ t³ k³ l³ f³ i³ g³ K³ v³ A³ v³ t³ o³ | Dc³ j³ c³ x³ w³ Z³ i³ g³ v³ a³ t³ g³ c³ o³ Z³ w³ 1³ v³ D³ u³ I M³ v³ B³ i³ W³ i³ t³ K³ v³ s³ u³ m³ b³ c³ h³ s³ - Z³ v³ i³ g³ Z³ v³ g³ t³ c³ o³ t³ Z³ c³ v³ t³ i³ Ges Z³ v³ i³ v³ Z³ v³ t³ i³ w³ b³ R³ Dc³ t³ j³ i³ m³ y³ e³ a³ v³ i³ A³ b³ h³ v³ q³ x³ t³ K³ v³ s³ u³ m³ b³ i³ K³ v³ h³ e³ g³, c³ w³ i³ K³ i³ b³ v³ B³ Z³ w³ e³ v³ - e³ w³ q³ Z³ K³ i³ t³ Z³ c³ v³ t³ i³ | G³ c³ x³ w³ Z³ t³ Z³ A³ s³ k³ M³ o³ Y³ K³ t³ i³ c³ o³ Z³ w³ 1³ v³ D³ u³ I M³ v³ B³ i³ W³ i³ A³ v³ Z³ w³ o³ f³ P³ k³ x³ j³ n³ t³ q³ I t³ v³ Ges w³ b³ R³ c³ w³ i³ e³ v³ I m³ g³ v³ R³ m³ s³ u³ t³ K³ w³ q³ Z³ k³ x³ j³ n³ q³ |

Dc³ j³ c³ Z³ v³ K³ v³ : Dc³ j³ c³ Z³ v³ K³ v³ w³ i³ t³ K³ v³ Y³ v³ K³ v³ i³ m³ v³ R³ i³ g³ b³ w³ e³ i³ k³ o³ n³ t³ e³ | c³ Z³ v³ K³ v³ i³ g³ v³ S³ L³ v³ t³ b³ Dc³ t³ j³ i³ b³ v³ t³ g³ i³ c³ o³ Y³ / c³ w³ L³ i³ g³ j³ g³ E³ j³ A³ w³ K³ v³ 1³ v³ K³ t³ e³ | Dc³ t³ j³ i³ c³ Z³ v³ K³ v³ E³ 1³ v³ D³ u³ j³ w³ i³ m³ g³ v³ b³ | Dc³ j³ c³ Z³ v³ K³ v³ i³ c³ w³ i³ g³ v³ c³ n³ t³ e³ 30 t³ m³ w³ U³ i³ g³ U³ v³ i³ × 20 t³ m³ w³ U³ i³ g³ U³ v³ i³ |

1³ v³ D³ u³ e³ v³ R³ : e³ v³ R³ n³ t³ j³ v³ 1³ v³ D³ u³ t³ i³ t³ h³ w³ 1³ Z³ v³ i³ c³ j³ 1³ v³ i³ | 1³ v³ D³ u³ t³ c³ v³ i³ v³ t³ K³ i³ w³ b³ w³ 1³ v³ t³ b³ w³ b³ w³ 1³ v³ t³ e³ v³ R³ c³ w³ i³ a³ v³ t³ b³ i³ d³ t³ j³ t³ K³ v³ b³ 1³ - t³ i³ i³ 1³ v³ D³ u³ Z³ v³ k³ b³ v³ 3³ K³ i³ v³ h³ v³ q³ | e³ v³ R³ 1³ v³ t³ b³ c³ K³ v³ i³ | h³ v³ - K³) 1³ v³ q³ | Z³ v³ e³ v³ R³ L³) c³ v³ i³ 1³ v³ k³ Z³ v³ e³ v³ R³ |



K) ~qZv e'vR : ~qZv e'vR c0vb Kiv nq wbw' 0 KvRi Rb' wbw' 0 cV'mtgi Dci ~qZv AR#bi ~xKwZ
~^ie | ~qZv e'vR ntjv Pviw-

(1) m'm' e'vR (2) ÷ vEW'e'vR (3) tc0Mh e'vR I (4) mwfM e'vR |

(1) m'm' e'vR ~<vDU kvfUP evg ctKtUi gvSLvb tmjvB Kti ci tZ nq |

(2) ÷ vEW'e'vR kvfUP evg nvZvi ftrRi I ci KbB I Kufai gvSLvb tmjvB Kti ci tZ nq |

(3) tc0Mh e'vR ÷ vEW'e'vRi ~'tj j wMtZ nq |

(4) mwfM e'vR tc0Mh e'vR mwi tq Zvi ~'vb tmjvB Kti ci tZ nq |

L) cvi ~wkZv e'vR : wewfbewetqi Dci cvi ~wkZv AR#bi ~xKwZ c0vbi w' k0 ntjv cvi ~wkZv e'vR |
eZgvtb wetkl ~yU e'vR M0mn tgvU 9wU M0c cvi ~wkZv e'vRi msL'v 101wU | cvi ~wkZv e'vR ~<vDU kvfUP
Wb nvZi KbB I Kufai gvtS tmjvB Kti ci tZ nq |

KvR-1 : wkqK wkqv_# i wBKU t_tK Dc`j c×wZ I e'vR c×wZ c0k0Eti i gva'tg Rvbtb |

KvR-2 : ewoi KvR wntmte Dc`j c×wZ wj tL AvbtZ ej teb |

KvR-3 : tcv÷vi AvKvfi e'vR c×wZi bvg_tjv wj tL AvbtZ ej teb |

KvR-4 : tKvb e'vR tKv_vq ci tZ nq Zv Awfbq Kti t'LvZ ej teb |

cV-3 : cvBI wbgwis I j ~wks

K) cvBI wbgwis: ~<vDwstq nvBwks Kivi mgq Zuepvm Kvij ~moi wewfbetMti v m0utK0Rvbn I ev'te c0qvM
KivtK cvBI wbgwis etj |

1) ~moi wewfbetAstki bvg Rvbn I wPwYz Ki tZ civ |

2) ~moi mnvth' I wbgwLZ tMti v_tjv ewatZ Ges G_tjvi mwVK e'envi c0k0 Ki tZ civ-tejvBb-Ab-
w'-evBU, K'vUm-c, Wej wKuteE, w'ewi wKuteE, dvqi g'vb tPqi bU BZ'w' |

3) mwVK c0vPi mnvth' Pviw j wW w' tq GKUv cZvKv `E ^Zwi Ki tZ civ |

4) mwVK c0vPi mnvth' GKUv wkqvi tjM ^Zwi Ki tZ civ |

M'vRU : ZuefZ emevtmi Rb' MtQi Wj ev ewk w' tq ^Zwi Avmevec^ i vLvi e'e'v'vK M'vRU etj |

L) j ~wks : ~ywbUv ewk ev KvWtK GKt^ ewavi Rb' ~mo w' tq tcvPtq ewavtK j ~wks etj | mvavi YZ cj ,
Ni, gvPv, M'vRU ^Zwi I MtQ tVKv t'qvi mgq j ~wks e'envi Kiv nq | j ~wks AtbK c0kvi _vKtj I
~vDUt' i c0_wgK ch0q Pvi c0kvi j ~wks tqi c0qvRb nq | h_v -

1 | t'vqvi j ~wks (Square Lashing) |

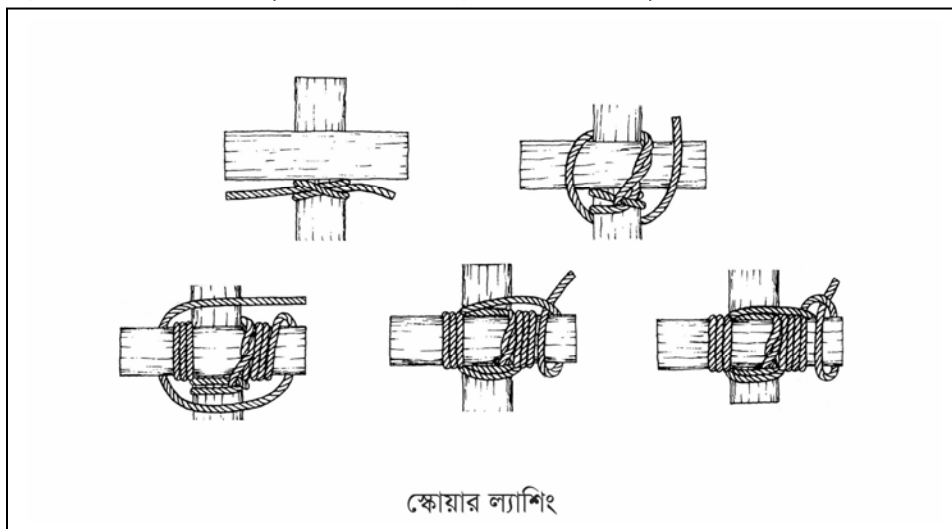
2 | WvqvMvbj j ~wks (Diagonal Lashing) |

3 | tcvj GE wkqvi j ~wks (Pole and Sheer Lashing) |

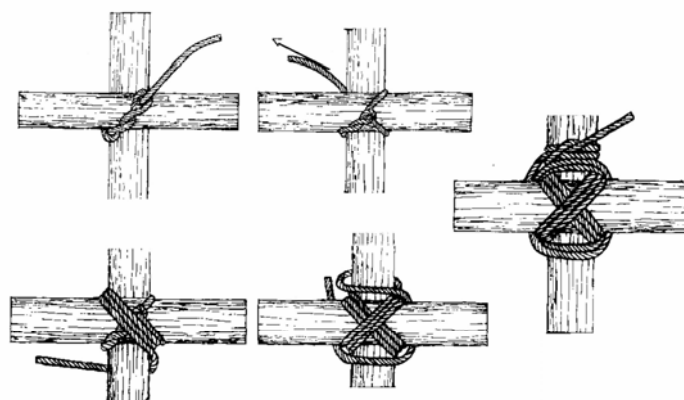
4 | wdmvi Ae GBU j ~wks (Figure of eight Lashing) |

t'vqvi j ~wks (Square Lashing) : GKwU ewtKi Dci Avti KwU ewk AvovAwofvte ti tL k³ Kti ewavi Rb'
th tcv t'qv nq, ZvtK t'vqvi j ~wks etj | GKwU ewk gwUi I ci Lvorfvte ti tL Aci GKwU ewtKi UKiv H

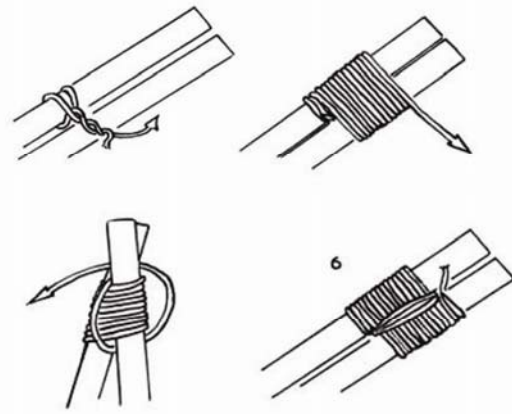
এইকি Dci AvovAmo ivLtZ nte| th enkU Lvovfite AvtQ, tmU ntQ tcvj Ges th enkU AvovAmofite ivLv ntqtQ, tmU ntQ evi | Gevi tcvj Ges evi thLvfb wgvj Z ntqtQ, tmLvfb GKU eonk tMtiv w tq H `woi Pjgub AskK evti i Dci w tq tcvj tK tcOb w K t_K tcPtq Avevi evti i Dci ivLtZ nte| Gfite `woi Pjgub Ask w tq 8/10 evi tcvj Ges evi tK Rwtq tcP w tZ nte| tcvj tcPvbi mgq `wo tcvtj i wtp Ges Dcti i cOtq th `yU tcP t`qv ntqvQj, cieZPtcP,tjv `yU gta` w tZ nte| hvZ Avt- Avt- tcvtj i GB Astki dUk eU ntq hvq| tcvj Ges evi 8/10 evi tcPvbtv tkl ntj `woi Pjgub Ask w tq tcvj Ges evti i gvtS th `wo AvtQ, ZtK k³ Kti ASZ ctq 3/4 evi tcPvZ nte| GB tcPvbtvK dwcs (Frapping) etj | dwcs hZ k³ nte, j`wks ZZ gReZ nte| dwcs t`qv tkl ntj `woi Pjgub Ask w tq evti eonk tMtiv w tq tetq j`wks tkl Ki tZ nte| Gfite t`qvqi j`wks eutZ nq|



WqvMvbj j`wks (**Diagonal Lashing**) : GKU `EtK Aci GKU `tEi Dci tKvKvfbfite ev `yB wPtYi (x) gtZv Ae`vq ivLtZ nte| Gfite ivLvi dtj `yU `E thLvfb GKU Z ntqtQ, tmLvfb GKU Mmo Uvbtv tMtiv w tZ nte| `woi Pjgub Astki w K cwieZB Kti evBti i w K w tq `B `EtK GKt 5/7 evi



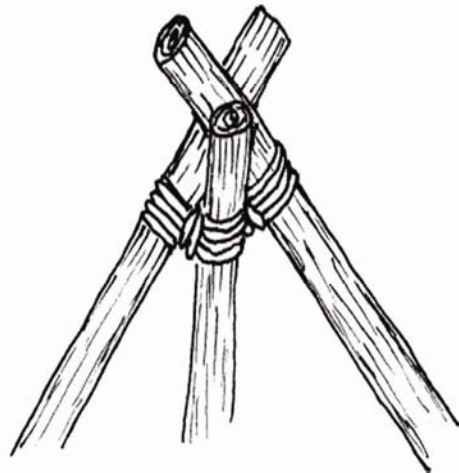
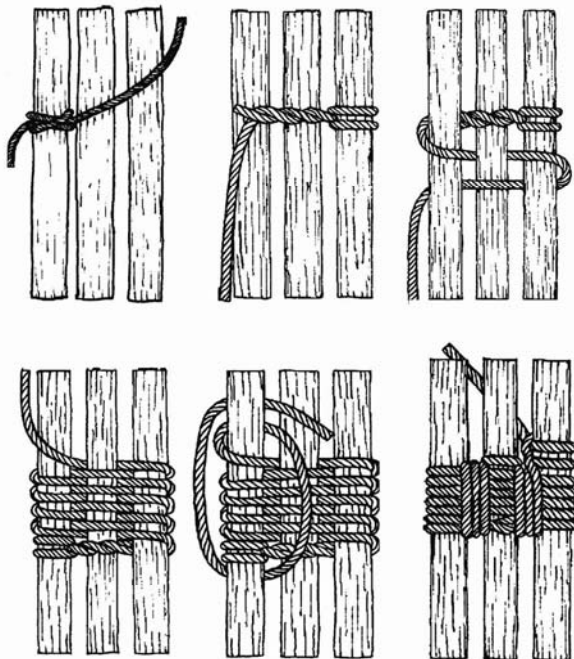
শিকড় তৈরি : শিকড়ের দুই প্রান্তের মাঝখানে Ask
 মগস-বিজ তৈরি তৈরি শিকড়ের মাঝখানে Ask
 লক্কি তৈরি তৈরি শিকড়ের মাঝখানে Ask
 Ask এর মাঝখানে তৈরি তৈরি Ask
 Ask এর মাঝখানে তৈরি তৈরি Ask
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 Ask এর মাঝখানে তৈরি তৈরি Ask
 Ask এর মাঝখানে তৈরি তৈরি Ask



শিয়ার লেগ

নতুন শিকড়ের মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask

শিকড়ের মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask, Ask এর মাঝখানে Ask



ফিগার অব এইট ল্যাশিং

c0tŠi th evowZ Ask t_tK hvte, ZvK `woi Pjgvb AskK GKwU `Ê ev` w`tq cieZP`ÊK tciPtq tciPtq w0P t_tK Dctii w`tK thtZ nte| Kgct9 5/7 evi `wo tciPtbv tkl ntj th `tÊi mvt_ c0g eowk tMtiv ewav ntqWj tm `tÊi cvk0ZP`tÊi gvSLvrb `woi th Ask AvtQ tm `woK `woi Pjgvb Ask w`tq c0tg Kgct9 wZbevi tciP w`tZ nte| cieZ0Z cvtki `B`tÊi gvSLvrb `woi th Ask AvtQ ZvK Avevi AvtMi gtZv Kti tciP w`tZ nte| Gfite `woi Dci `wo w`tq tciP t`l qvtK dwcs etj | dwcs hZ k³ nte, j`wks ZZ gRej nte| dwcs t`qv tkl ntj eowk tMtiv w`tq j`wks tkl Kitz nte| wZbwU `Ê ev ewktK GKtT tetta wUcU `Zwi Kivi Rb` wdmvi Ae GBU j`wks e`envi Kiv nq|

KvR-1 : Kvfm e`enwi Kfite wk9v_9v tcyj GÊ wkqvi j`wks I wdmvi Ae GBU j`wks Kti t`Lvte|
KvR-2 : ewoi KvR wntmte tcyj GÊ wkqvi j`wks I wdmvi Ae GBU j`wks `Zwi Kti AvbtZ ej teb|

cvV-5 : c0_wgK wPwKrmv/c0Zweavb

c0_wgK wPwKrmv m0utK0Rvbi AvtM c0_wgK wPwKrmv Kx Zv tZigiv l0 tk0YtZ aviYv tctqtQv| c0_wgK wPwKrmv ev c0Zweavb wPwKrmvkt`gi GKwU Ask| c0_wgK wPwKrmv nt`Q nVvr tKvrbv cxov ev `e`N0bvq nvtZi KvQi wRwbmi 0viv tiwMxK c0_wgKfite mrvh` Kiv, hvZ Wv3vi Avmvi AvtM tiwMxi Ae`vi AebwZ bv NtU ev R0Uj Zv m00 bv nq| A_0 thtKvrbv AvKw`\$K`N0bvq c0g i`k0v Ges msw9B Dchj3 e`e`v M0Y Kitz th e`e`v M0Y Kiv nq, ZvK c0_wgK wPwKrmv / c0Zweavb ejv nq|

i³9iY : i³ ntjv GK cKvi Zij c`v_0 Gi is jvj | wntgvMweb bvgK jvj iÄK c`vt_0 Dcw`wZtZ it³i is jvj t`Lvq| kixtii tKvrbv `vrb AvNvtZi dtj ev tKtU tMtj th 9tZi m00 nq, Ges tmB 9Z ntZ th i³ tei nq, ZvK i³9iY ev i³cvZ etj | wewfb0vte i³9iY ntZ cvti thgb-

1| gL w`tq i³ cov : gtLi wfZtii thtKvrbv Ask t_tK i³cvZ ntj eid P0tZ nte| Zvntj i³cvZ eÜ nte| Gici tiwMxK wKQ9Y wek0g wbtZ nte|

2| b0K w`tq i³ cov : AvNvZRwbZ ev Ab` tKvrbv Kvty Kviv b0K w`tq i³ cotZ iiyKittj Zr9Yvr ZvK wPZ Kti tkvqtZ nte A_ev ewmtq gv_v tciQbi w`tK tnwtq ivLtz nte| KvcoPico wXjv Kti w`tZ nte| bvtKi mvgtb I Nvti wciQb VvEv Kgtd0 w`tZ nte| ZLb gL w`tq k0mKvh0vjvZ nte| i³cvZ eÜ nevi ci I wKQ9Y bvtKi wQ`ct_ Ztjv w`tq ivLtz nte|

3| kixtii tKvrbv Ask tKtU tMtj : KvUv `vbwU wKQ9Y cwi0<vi nvtZ tPtci aitZ nte| i³ eÜ ntj e`vtÊR w`tq tetta ivLtz nte| mvaviYZ wZbwU Drm t_tK i³cvZ nq| h_v-

K) ^KwkK bwj (Capillary) -GKUvbn tmtZi b`vq i³ tei nq|

L) wkiv (Vein) -MjMj Kti i³ tei nq |

M) agbx (Artery) - wdbwK w`tq i³ tei nq|

`N0bvq tewki fvm i³cvZ nq ^KwkK bwj t_tK|

ZZxq Aa"vq

[illegible]

eivjv`tk gr`K`e`i e`envi w`b w`b ep`x cvt`Q| gr`K`e` tmetbi dtj AvR wKtkvi -wKtkvi xmn AtbtKi
 Rxeb b6 ntq hv`Q| wKtkvi -wKtkvi x hviv gr`K`e` tmeb Kti Zviv tj Lvcovq AgtbtvhwMx ntq cto|
 AtbtK tj Lvcov t0to t`q l wewfbaAcivagjK KgRvE Rwo tq cto| thme `e` tmeb Kiti gwbtli
 kvixwiK l givumK Ae`vi lci ¶wZKi cfi ve cto l tbwZevPK cwieZ0 NtU Ges G,tjvi c0Z Avmw³
 Rtbz, tm,tjvB ntjv gr`K`e`|



G Aa"vq tk‡l Avgiv -

1. gr`K`è` I gr`Kvm³ nI qvi Kvi Y Rvb†Z cvie |
2. e`w³, cwi evi I mgv†R gr`†Ki cwi YwZ e`vL`v Ki †Z cvie |
3. agcvb I gr`†Ki w†tq c†Z†i vagj K e`e`v M†Y m†lg ne |
4. agcvb I gr`†Ki cwi YwZ Dc jw† K†i cwi kwj Z Rxbhv†b D†k ne |

cvV-1 : gv`K I gv`Kwmw³

wetkji wewfbaet`tki b`vq evsjv`tkl gv`tki e`envi DfMRbK nvti ewx cvl qvi KvitY cwi evi Z_v mgvRi me^ofii RbMY DwMq mgeqmx ev Lvi c mncvxt`i cvjv cto `Ktkvti gv`K tmeb AvKó nťQ Ges gv`K MhYi dtj tKvgjgwZ wki -wKtkvti`i Rxeb bó nťQ| thme `e` tmeb Kij gvbti kixwi K I gvbwmK Ae`vi Ici qWZKi cfe cto Ges Avmw³ Rtbxtm,tjvB gv`K`e`| thgb- MuRv, tnivBb BZ`w`| gv`K tmeb Kij tjLvovq gb etm bv, wewfbaetbi AmvgwRK I AcivagjK KvtR Rvotq cto| dtj gv`K tmebKvix wtiRi thgb qWZ nťQ, tZgnb qWZM`-nťQ Zvi cwi evi I mgvR| Avgiv mevB I ljai mvt_ cwi wPZ| tKvtbv AmL ntj Wv³vii civgk^oAbhvqx Avgiv I lja LvB| tKvtbv tKvtbv I lja K Avevi e`envi MZ KvitY gv`K`e` ejv nq| Wv³vii civgk^oQvov tKvtbv I lja tLj Ges Gi cWZ Avmw³ Rbtj tm I lja gv`K`e`i Avl Zvq cto|

hiv gv`K`e` tmeb Kti, gv`K`e`i cWZ Zvt`i kixwi K I gvbwmK wbfPkjZvi mjo nq| dtj gv`tki cWZ thgb Zvt`i Zxe^a AvKI^o mjo nq, tZgnb gv`K`e` MhYi cwigvY w`tb w`tb ewx cvq| hw` tKvtbv KviYekZ Zviv gv`K`e` tmeb Kitz bv cvti, ZLb Zvt`i gta` gv`tki AfveRvBZ KvitY wewfbaeDcmM^o t`Lv t`q| thgb- tgRvR wLwgtU nq, qjav Ktg hvq Ges AvPiY AvvgYvZK nťq DfV|

gv`Kwmw³ : tZvgiv tZvgv`i Avtkctk AtbKtK agcvb Kitz t`Lv| weo, wMvtiU, Pij I ZvgvKi tavqv tmeb KivtK etj agcvb| AvRKvj wKtkvi -wKtkvix I hmgvRi gta` agcvbm Ab`vb` tbkvi cWZ Avmw³ ewx tctqtQ| gv`Kwmw³ ntjv gvbwmK I kixwi K qWZKi GK cWqv, hv tmebKvix I gv`tki cvi`wi K wqvqi dtj mjo nq| gv`Kwmw³ gv`tki cWZ tbkvK eSvq| thme `e` tmeb Kij Avmw³ mjo nq, Ávb I `SvZkw³ Ktg hvq, tm,tjv ntjv gv`K`e`| Avgv`i t`tk thme gv`K`e` e`eüZ nťQ, tm,tjv ntjv: wMvtiU, weo, ZvgvK, Pij, g`, MuRv, Pim, fis, gwi Rqvov, tnivBb, tdbwmWj, Bqvov BZ`w`| KLtbv KLtbv I lja gv`K`e` wntmte e`eüZ nq| G,tjvi gta` Ntgi I ljaB tewk| tZvgv`i wK KLtbv gtb nťqtQ tKb gv`Kwmw³ nq? tKb Zviv tbkv Kti? Gi cWvb KviY ntjv gv`Kwmw³ m½xt`i mvt_ tgjvgtkv| AtbK mgq wKtkvi -wKtkvix bv etSB ev Gi Lvi c w K,tjv bv tRtbB eÜz-evÜe I mncvxt`i cWvPbvq wvZvš- tKŠZjeteK gv`K`e` tmeb Kti Ges Zv cti Avmw³ tZ cwiYZ nq| t`Lv hvq, gv`K tmeb dtj gv`tki cWZ cWv kixwi K I gvbwmK wbfPZv mjo nq| GKevi gv`tki tbkv ntj t`n I gtb fxiY cWZwqv `Zwi nq| dtj tm evti evti gv`K MhY Kti| Gme e`w³i gv`Kwmw³ wivgtqi gta` wPwKrmv, gtbwPwKrmv Ges mngvgZv cWqvRb|

KvR-1 : gv`K`e` tmeb gvbti i AvPiY Kx cwi eZ^o NťU?

1 :

2 :

3 :

4 :

KvR-2 : wtiPi `e` ,tjvK tKb gv`K`e` ej ?

MuRv, tdbwmWj, Awdg, tnivBb

cvV-2 : e՝w³, cwi evi I mgvʔR grʔKi cwi YwZ

cʔeP cvʔV ʔZvgiv grʔK`ե՝ mԲúʔKʔʔRʔbQ | grʔK`ե՝ gvbʔli Rb՝ AZ՝Տ-ՊwZKi | GB grʔKi cʔve tmebKvixi kixi-gb Ges cwi evi I mgvʔRi Dci cʔo | Gevi grʔK MhʔYi ՊwZKi cʔve mgvʔR Kxfʔte Gi cʔZdj b NʔU Zv ʔRʔb bvl |

1. grʔK`ե՝ gvbwmK ԴʔԴ՝ԴԻ ՊwZ Kʔi | thgb- tkLvi I KvR Kivi ՊgZv nwm Kʔi, AvʔeʔMi Ici cʔve we՝-vi Kʔi | Pvc mn՝ Kivi Ges wmxʔՏ-tbl qvi ՊgZʔK e՝vnZ Kʔi | ZvQvov gvbwmK cxob ewoʔq ʔ՝q |
2. grʔK`ե՝ cwi ewi K I mgvRRxetb bvlvi Kg hšYv՝vqK cʔve ʔdʔj | grʔK`ե՝ tmebKvix cwi evʔi i Ab՝ m՝m՝ʔ i mvʔ DMŌAvPiY Kʔi | cwi evʔi i gvbwmK kwiՏ-webó nq |
3. G,ʔjvi e՝envi kvixwi K mY՝Zvi ʔՊʔʔ grivZԽK cʔve we՝-vi Kʔi | grʔK`ե՝ tmeb gw՝ʔ<i mʔʔKvl ʔK aYsm Kʔi, m² AbjwZ Kwgʔq ʔ՝q Ges Lv՝vfv m bó Kʔi |
4. wKQzwKQzgv՝K GBPAvBwʔ I ʔncvUvBwUm-we Gi mspugʔYi AvksKv ewoʔq ʔ՝q |
5. grʔK MhʔYi dʔj G,ʔjvi Ici tmebKvixi kvixwi K I gvbwmK wbfʔZv ʔZwi nq, hv ʔ՝ʔK mnʔR gw³ cvl qv hvq bvl |
6. grʔK MhʔY Kiʔj th mg՝-RwUj tivM nʔZ cvʔi Zvi gʔa՝ iʔqʔQ Lv՝bvjx I klymbvjxi K՝vYvi, wj fvi wʔi wnm I eww ʔcʔvi |
7. ZvgvK I ZvgvKRvXq grʔK kixʔi i ʔfZi cʔZwU i³bwj ʔZ cʔvʔni mʔó Kʔi | Gi dʔj weʔfbœA½-cʔZ՝ʔ½i i³ PjvPj Kʔg hvq, KLʔbv i³ PjvPj GʔKevʔi B eÜ nʔq hvq, KLʔbv ev i³bwj ʔdʔU hvq | dʔj nvU©GUvK I ʔeBb ʔ÷ʔK nʔZ cvʔi |
8. G Qvov hviv ԴNŋgq aʔi agcvb Kʔi Zv՝ i klymZʔšj ՊwZ nq |
9. grʔK ʔʔq AwL՝R ՊwZ nq | ʔbkvi UvKvi Rb՝ cwi evʔi Pvc mʔó Kʔi, KLʔbv KLʔbv AvʔgY Kʔi, iv՝Ív-NvʔU wQbZvB Kʔi UvKv-cqmv I gvjcʔ jʔj Kʔi | ʔbkvMŌ-e՝w³i wPwKrmvi LiP thvMvʔZ wʔq msmvʔi Afive ʔ՝Lv ʔ՝q | ʔZvgiv agcvb I grʔK`ե՝i Kdj,ʔjv Rvʔj | Gme ՊwZKi w՝K,ʔjv cwi evi I mgvRʔK aYsm Kʔi ʔdʔj | ʔmRb՝ grʔK`ե՝ I agcvb ʔ՝ʔK i aywbʔRʔK weiZ ivLʔj B Pj ʔe bv, eÜ-e vÜe, mncvWmn Avkcvʔki ʔjvKRbʔK G ʔ՝ʔK weiZ ivLʔZ nʔe | Gmʔei Kdj mԲúʔKʔmKj ʔK RvʔʔZ nʔe Ges G,ʔjv tmeb bv Ki ʔZ DŸx Ki ʔZ nʔe |

KvR-1 : grʔK`ե՝ MhʔYi PviwU Kdj ʔjL

- 1.
- 2.
- 3.
- 4.

KvR-2 : Dcʔiv³ Kdj,ʔjvi gʔa՝ thwU meʔPʔq grivZԽK gʔb nq, ʔmwU cʔʔg, Gi ci ʔgvšʔq Ab՝vb՝ Kdʔj i Zwj Kv ʔZwi Ki | ԽԿՊԻKi ZĖyeavʔb Zwj Kv,ʔjv ʔeʔW©cŌ kŌ Ki |

4. ԺՀցցի GյնKյզ հեKէ՝ի ցը ԺKi նvZ ԺԺK ԻՊՎ Kivi Rb՝ ԿԺPi ԺKvb DcvqՍ Zւց meԺPtq KvhՔi ցԺb Ki?

- K. ցը ԺKi Կեիժ× mԺPZbZv mԿՕi jԺՊ՝ GյնKյզ ԿԺqյզZ mfv Լ mgvԷek Kiv
- L. ցը Kւմ³ e՛ւ³Ժ՝ ԻԺK GյնKv Z՝Մ KiԺZ ejv
- M. ցը Kւմ³ cւi eviԺK GյնKv Z՝Մ KiԺZ ejv
- N. ԿԳՊՎcձZօvbmն ԿեւԲԵ՛ւԺb ցը Kւմ³Ժ՝ Ի Կեիժ× ԿեւԲԵ՛AbօՎԺbi e՛e՛՛v Kiv

msԿՊB cԷԷ:

- 1. ցը K՝Է՝ Kx?
- 2. ԴնԺi vBb ԺKvb RvZxq ցը K՝Է՛?
- 3. ցը Kւմւ³ Kx?

Ի Pbյզj K cԷԷ:

- 1. ցը K MԺԺYi ԺԿւZevPK cԲԻve e՛ւL՛v Ki |
- 2. ցը Kւմ³ nԼ qvi Kvi Y,Ժjv AvԺjv Pbv Ki |
- 3. ցը Kւմւ³ cձZԺi vԺai Dcvq,Ժjv eYԺv Ki |

PZ_L Aa³vq

eqtmwÜKvřj i e³wMZ wbi vcĖv

GKwU beRvZ wki ever-gv I
 cwi evřii m³m³ři Av³ři, tm³en eo
 nřq I řv| Gfvře evj³Kvj cvi nřq
 ^Křkvři c³vc³ Kři Ges Zvi ^ř
 kvixwi K I gvbwmK weKvk NřU| GB
 ^Křkvři Kvj nř³Q GKwU wki i
 eqtmwÜKvj| G mgq wky-
 wKřkvři ři m³y³ řvře řeto I řvi Rb³
 c³y³óKi I ^řv³ř³m³řZ Lvř³ři
 c³vkvcwK c³řqvRb wbi vc³ cwi řek|
 cwi evřii mKřji hZ³el řvřjvevmvi
 gvřS th ^řfvweK ^řv³ř³Ki cwi řek
 GKwU wky řeto I řv, tm cwi řekřK
 wbi vc³ cwi řek ejv nq| G iKg
 cwi řek Mřo řZvjvi Rb³ gv-evevmn
 cwi evřii Ab³ m³m³ři i řvřc³ř³
 řvgKv i řqřQ| řKvřbv řKvřbv
 cwi evři wbi vc³ cwi řek ř³Lv hvq
 bv| řmLvřb wki iv Lviv cwi w³řZi
 gřLvgyL nq, eoř³i wZi³vi, eKnb,
 gviwU řLřZ nq| Gie AvPi řYi
 wKkvi nřj Zviv řřq P³c Kři _řřK|



eqtmwÜKvřj i evj K-evj Kv

GřZ Zřř³i kvixwi K I gvbwmK weKvk evavM³ř-nq| cwi evi QvovI c³rov-c³řZřekř, AvZřq³ř³Rb řviv Ges
 we³řj řq wkkjv wbcxořbi wKkvi nq| Gie cwi w³řZř e³wMZ wbi vcĖvi ř³vi řKřkj mgn Rvbv LpB
 c³řqvRb| wki iv cwi evi ř³řK, cwi evřii eoř³i I ^ř<řji wKř³řKř³i KvQ ř³řK w³řRř³i wbi vc³ ivLv i řKřkj
 řRřb řbře| G Qvov evj³weevn, řřřZK, řřřonqiwb c³řvřZi gřZv mvgwRK mgn³v m³řřřK³ Zviv Rvbře Ges
 w³řRř³i gřa³ mřPZbZv m³řó Ki ře|

G Aa³vq řkřI Avgiv-

1. eqtmwÜKvřj e³wMZ wbi vcĖvi c³řqvRbxqZv e³vL³ř Ki řZ cvi e|
2. eqtmwÜKvřj e³wMZ wbi vcĖvi ř³vi řKřkj ř³řvi gvařg w³řRřK m³řvřřZ ivLřZ D³ř³ ne|
3. eqtmwÜKvřj wbi vcĖvnxbZvi wevřb³ K eY³řv Ki řZ cvi e|
4. eqtmwÜKvřj gvbwmK Pvc mvgj řřbvi řKřkj ř³řv e³vL³ř Ki řZ cvi e|

cV-4 : eqtmwÜKvřj ^wñK I gvbwmK ^v'w WK ivLvi Dcvq :

eqtmwÜKvřj wki-wktkvřiiv kvixwiKfvte `Z teŧo IřV| Gi mřt_ mřt_ Zřt`i gvbwmK weKvk NřU| G mgřq Zřt`i Rb`wbiwc` cwiřek mřó Kiv Lř cřqvRb| GB wbiwc` cwiřek Zřiv kvixwiK, gvbwmK I thřb wbcxobgř Ae`vq cřóKi Lv` MřY Kři mřzI Avb`gq Rxbhvcb KiřZ cřti| G mgřq kvixwiK mř'Zvi ,iřj Lř tenk| KviY kixi mř' vKřj gřb Avb` vřK Ges corřjLvq gb eřm| Avi hw` kixi řvřjv bv vřK Zvřj gb řvřjv vřK bv| dřj řKřbv KvR mřřvřte mřúbwKiv hvq bv| mřřvřte KvR mřúv`řbi Rb` Ges mřL-^v'Qř` Rxbhvcbřbi Rb` cřqvRb wbtřřK mř' ivLv| mřZivs ^v'w hvřZ AUU vřK, tmw`řK cřZřKiB jř ivLv DřPZ| mř'řvřte Rxbhvcb KiřZ nřj thgb kixři hZewbtřZ nq, řZgwb ^v'w weavbmgn tgřb PjřZ nq| Zvřj Avgř`i Rřbv cřqvRb, Křřvřte Avgiv mř' vřK A_ř Křřvřte Avgiv ^v'w iřv Kie| kixři MvB I ^v'fweK eřx eRřq ivLv Ges břřivM vřKiv Nř`Q ^v'w iřv| ^v'w iřvi Rb` ^wñK I gvbwmK ^v'w řvřjv ivLvi wbgg_řjv tgřb PjřZ nře|

^wñK ^v'w : wkiKvj řřK thřebKvj chř-A_ř mřaviYZ 25 eQi chř-GKRb gvbřli ř`n eřx řčřZ vřK| G mgqKřj GB ^wñK eřx KLřbv ařři, KLřbv `Z NřU| 25 řřK 40 eQi eqm chř-gvbřli ^wñK eřx w`i vřK| Gici Avi ^wñK eřx NřU bv, eis řřq nřZ řiyKři| KřRB thřKvb eqřmi GKRb e'w³i kixi mř' ivLřZ nřj ZřřK eqřmřřwMx mřg Lv` MřřYi mřt_ mřt_ cřqvRbxq ^v'wewa tgřb PjřZ nře| Zvřj řm Zvi ^wñK ^v'w WK ivLřZ cřiře|

gvbwmK ^v'w : řKřřbv KviřY gvbwmK Akwř-vKřj KřřR gb eřm bv| ř`řni KgřřgZř nřm cřq| Avevi kixi Lvřv vřKřj gb Lvřv nq- wřřkwř³, eřxgËv Křg hvq| ZřB ^wñK ^v'w WK ivLvi mřt_ mřt_ gvbwmK ^v'w WK ivLřZ nře| KviY kixi I gřbi mřúKwbeo, GřK Actii cwičřK| wkiKvj řřK gvbwmK ^v'w thřvřte Mřo Iřv, řmUvB cwiYZ Rxbřb gvbřli DbřZ ev AebřZi KviY nq| AZGe kixi mř' ivLřZ nřj thgb gb mř' I ^v'fweK ivLřZ nq, řZgwb gřbi ^v'fweK Ae`v eRřq ivLřZ I gvbwmK weKvk NUřřZ nřj kixi mř' ivLv cřqvRb|

^wñK I gvbwmK ^v'w WK ivLvi Dcvq : ^v'w mřřZ Rxbhvcbřbi Rb` e'w³MZ ^v'w iřvq mřřó nřZ nře| G Rb` cřřg ^v'w mřřZ Afřm Mřo ZjřZ nře| Avi Zř Nř`Q ^v'wewa tgřb Pjřv| ^v'w elqK wbggKřvb ev ^v'wewa iřři iřřiQ mgqřwřZřv, cwi`<vi-cwi`QbřZřv, cřqvRbxq I cwiřgZ e'vqřg, wekřg I Ng, cřqvRbxq cwiřvřY mřg Lv` MřY, wbgřgZ řLřvajřv, weřbv`b, m`v cřřj -vřv, gř`K`e` eRř, Avb`vqK eBcř cV, mř weřbv`b I mřř`wřK Kgřřř AskMřY, agřq Avřvi Abřřv cřj b BZřw |

gvbwmK Pvc I Zř mřgřřřbv řKřj : gvbwmK Akwř-vKřj břbv KviřY gřbi Ici Pvc čř| gřbi Ici Pvc gvbwmK ^v'w cřřv Ařřvq| řKřřbv KřřR e`čřj nřřkv Avřm, Avevi hv cřlqvi K_v, Zř bv řčřj gřb Kó jřřM| Avevi wečř`-Avčř` gb Aw`i nřq čřo, KLřbv řKřřbv `Nřbvi Avk¼vřq gřb AvZ¼ RvřM| Gřřvřte řKD řKD gvbwmK Přč řřřřM| `xwř b ařři gvbwmK Přč vřKřj řm Amř' nřq corřZ cřti| gvbwmK Pvc mřó nřj Zř Govřřvi Rb` cřřg Gi KviY_řjv kbř³ KiřZ nře| Gici Gme KviY `ř Kivi Rb` cřqvRbxq KgřřP MřY I ev-evqb KiřZ nře| gřbřej eRřq ivLv, ^ah`aviY Kiv, `přvi mřt_ mřmřvi řgvKřřjv Kiv, ,iřb, wřřřK, AwřřřvKř`i mřt_ mřmřvi K_v ejřv, mř eÜi mřvPř`civgk`Kiv cřřřZ eËwea Křřři gřvřřg GB gvbwmK Pvc mřgřřřbv řřřZ cřti|

KvR-1 : kvi xwi K l gvbwmK ^v^'i ¶¶wiel qK KvR, wbbqg, wewa BZ"iw" i mvrivth" wbtPi QKwU ciY Ki -	
kvi xwi K ^v^'i ¶¶wiel qK KvR/wewa	gvbwmK ^v^'i ¶¶wiel qK KvR/wewa
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

KvR-2 : MZ wZb gvfm tZvgvi ewotZ Ges ~<tj wewfbaNUbv NtUtQ G,tjvi gta" thme NUbv tZvgvi gvbwmK Pvc mwO Kti tQ, tm,tjv wPwyZ Ki Ges cOZwUi eYbv wj L	
Nubvi Dtj E	Nubvi we~wi Z eYbv
1.	1.
2.	2.
3.	3.

Abjxj bx

kb''vb ciY Ki :

- [illegible]

mWk kã wɟ vl :

1. mŷ ʔvɪtə tɛtə l ʋi Rbː cŋqʋRb	1. eKvɛnK, Acgvb l AvNvZ Ki v
2. eqtmwÜKvj	2. wbi v cː cwi tɛk
3. wbcxob ej tZ eʃvq	3. ˈKt̪kvi Kij
4. gvbwmK Akwš- vKt̪j	4. Kv̥R gb eʔm bv

m^wVK DĖř i wJK wPý`vI :

1. gvbwmK P^vřci KviY -

K. řKvb w^cqRřbi m^mse^v` řcřj |

L. cwi^verři gv-e^vev^v e^v w^e`vj řqi wk^qJK [^]elg^gjK AvPiY Kiřj |

M. cix^qřvi Rb^ř cY^cř^ř wZ^{_}vKřj |

2. gvbwmK P^vc GovřZ nřj -

K. gvbwmK P^vc Gove^vi eo Dcvq nř^řQ [^]ah^řviY |

L. řKD wei³ Kiřj i^vM bv Kři Zvi m^vř^{_} mgřSvZv Kiv |

M. DĖg e^v Amr m^{1/2}x e^vQvBřqi [`]i Kvi řbB | mKřj i m^vř^{_} I Vv emv Ki ře |

msw^qřB c^kæ:

1. wbcxob Kx?

2. wbcxob KZ c^kvi?

3. eqtmwÜKvj ej řZ Kx eřvq?

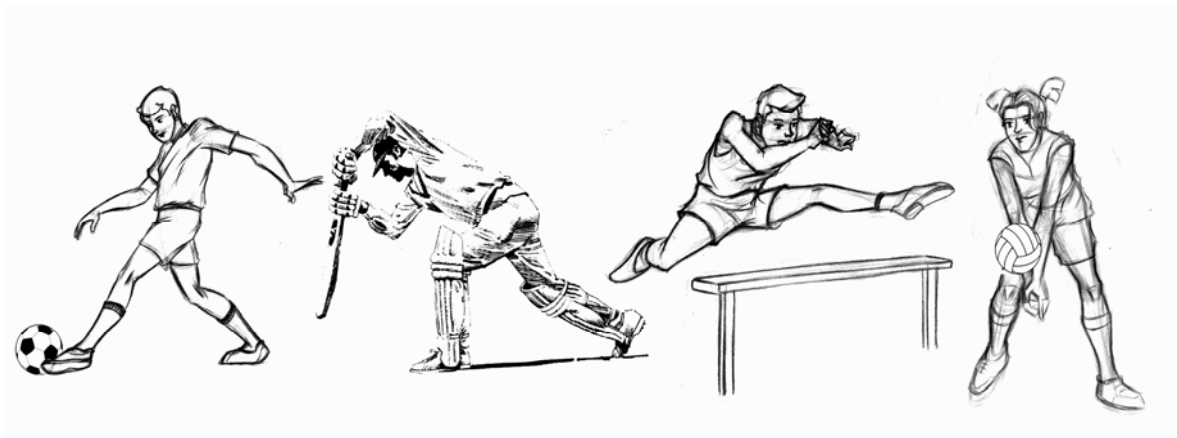
i Pbv^gjK c^kæ:

1. eqtmwÜKvřj e^{w3}MZ wbi^vcĖv i^qřvi řKřkj eY^řv Ki |

2. eqtmwÜKvřj [^]wⁿK I gvbwmK [^]v^ř wVK i^vLvi Dcvq e^vL^v Ki |

cÂg Aa"vq

gberxetbi GKwU ^vfwek I ^ZtU Z^quqv nt⁰ tLjvaj v| GKwU gbenki tLjvaj vi gra^gtxi axi
eo ntZ _vK| tLjvaj vi Rb[^] Kg^glg I my[^] tⁿ LpB c^qqvRb| Avgvⁱ tⁿ wevfbaA¹/₂c^Z t¹/₂i mgš^tq
MwZ| mwK A¹/₂ m[^]Avj tbi gra^gtxi tⁿi wevfbaA¹/₂i Kg^glgZv, kvixi K I gvbwm K my[^]Zv e^qcvq|
tLjvaj vi gra^gtxi B G Kiv R^u Kiv m^{ae}| ^kkte tⁿi A¹/₂c^Z t¹/₂ t^oeto I t^v etj A^tbK mgq gysmt^uki
m¹/₂ me^q mgš^q NtU bv| GB mgš^qnxZv ^i Kivi Rb[^] t⁰tj t^gt^qtⁱ tLjvaj v Kiv Acwinh^q my[^], mej,
bx^tiM I Kg^glg kixi Mb A^q my[^] i Rxetbi Rb[^] mevB^tK tLjvaj vq m^{ae}u³ Kiv D^wPZ|



dblej, wptKU, fwj ej, A'v_tj wU.

G Aa"vq tk†l Avgiv-

- 1| t`nk l we`nk tLjvi cv`R` eYBv Ki tZ cvie|
- 2| dUej , wptKU, KvenW, fwj ej Ges A`v_tj wU+. i wbgg_s tjv eYBv Ki tZ cvie|
- 3| Pvi w tLjv (dUej , wptKU, KvenW, fwj ej) Ges A`v_tj wU+. i wbgg_s tjv tgb Abkxjb Ki tZ cvie|
- 4| cQZ`K wk`v`pAvMh Abhvqx Kgct` GKwU tLjvq eva`Zvgj K AskMhY Kti cvi`kPntq DVtZ cvie|

cvV-1 t`wk l wef`wk tLjv

evsjv`tki AÂjwfvĖĖZ wevfbaetLjvajvi cĖjb itqtQ| Gme tLjvK t`wk tLjv bvtg AwfwnZ Kiv hvq| thgb : `woqvevÜv, tMjvĖU, tešQ, Wv½wj, G°v`v°v, nWwzBZ`w | Gme AvÂwj K tLjvajvi evBti Ab`vb` tLjvajv thgb: dUej, wuĖKU, nwk, fvej, evf`Uej, tUom, e`wWwUv BZ`w AvšRĖZKfivte AbyôZ ntq _vK| Gme tLjvi DrcwĖ evsjv`tk nqwb| ZvB G, tjtvtK wef`wk tLjv etj |

KvewW : KvewW Gukqv gnv`tki MĖsgĖjxq t`kmgĖni RbwcĖ tLjv| wefki Kti cvK-fvi Z Dcgnv`tk GwU GKwU cĖxb tLjv| GB Dcgnv`tk AÂjwfvĖĖK wevfbaetvtg tLjwU AbyôZ ntZv| thĖnZvAvÂwj K tLjv ZvB weaex wbggKvbp wQj bv| MĖg AÂtj GB nv-Wy-Wy tLjvB wQj wefbr`tbi GKgvĖ Drm| evsjv`tki HwZn`evnx nv-Wy-Wy tLjvi tcvkwK big KvewW| evsjv`k l fviĖZi AKvš-cĖPóvq 1985 mvtj XvKvq AbyôZ mvd tMgĖm KvewW tLjv wbgwZ BtfvU wntmte AšfĖ nq| ZLb t`ĖK KvewW tLjv AvšRĖZK A½tb cv ivtL| 1990 mvtj teBwRstq AbyôZ Gukqv tMgĖm KvewW tLjv AšfĖ ntj G tLjv AvšRĖZK ghĖvq DbwZ nq|

KvewW tLjvi tKvU©: th mg`- tQĖj l tqtq`i l Rb 50 tKwR ev Zvi wbtP Ges eqm AbpĖ©16 eQi Zv`i Rb" KvewW tKvUi cwi gvc ntjv `N©11 wguvi, cĖ' 8 wguvi | wgwjvBb t`ĖK eKjvBtbi `ĖZ;3 wguvi | eKjvBb t`ĖK tevbm jvBtbi `ĖZ;1 wguvi | tKvU t`ĖK wmwš eĖKi `ĖZ;2 wguvi | wmwš eĖKi cwi gvc nte 1×6 wguvi |

KvewW tKvUĖ cĖZ`KwU `m 5 tm:wg: Pl ov| tLjvi w`wZKvj 15 wg: + 5 wg: + 15 wg: = 35 wguvU| `Ė AĖaĖ gĖa` weiwZKvj 5 wguvU| tKvUi `Ė cĖĖki 1 wguvi j vRvqMvĖK jwe etj | ÷Mj `i yntj jwe tLjvi gĖa` AšfĖ etj MY" nq| GK wotkĖm GKbwMvto KvewW KvewW ejvK `g (cant) etj | tiBwvi `jmn wecĖ| tLjtqvto hZRbtK QĖq Avmte Zvi `j ZZ cĖqU cĖte| ZvĖK atĖ ivLĖj wecĖ| `j 1 cĖqU cĖte| wbw Ė mgĖqi gĖa` th `j tewk cĖqU cĖte tm `j Rqx nte|

KvR-1 : KvewW tLjvi gw AsKb Kti t`LvI ?

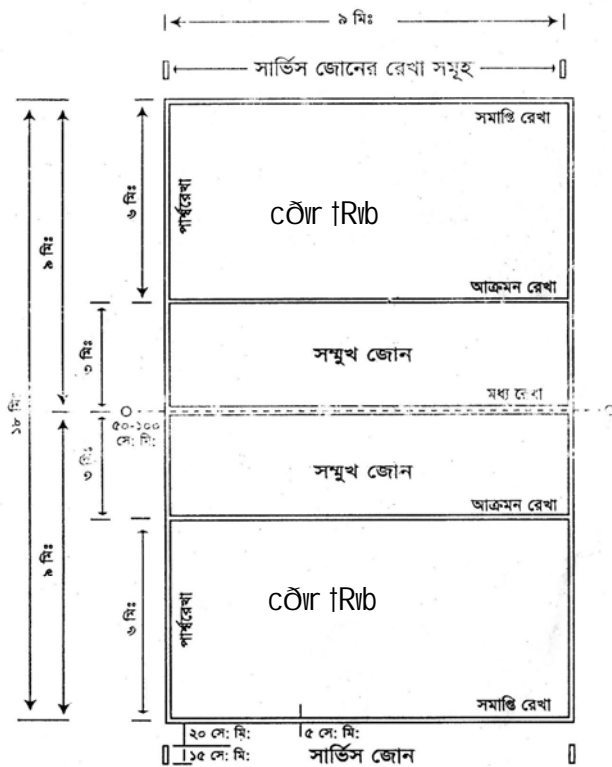
KvR-2 : KvewW tLjvq tLjtqvot`i tKvU© wovbvi tKškj cĖ kĖ Ki |

$$c_W - 2 f_W e_j :$$

fijej tLjvi DrcwE nq Avtgwi Kvq|
1895 mvtj DBwj qvg wR gMB GB tLjvi
cPjb Ktib| cQtg fijej tLjvi bvg wQj
OwgbtUvbtU0 Ges ZLb GB tLjv ntZv
iveri i ewwi w`tq| 1947 mvtj c`wi tm
13 m`m` t`k wbtq Owdf0 ev AvSRWZK
fijej tdWwtikb MwZ nq| evsj vt`tkl
tLj wU euj cPwj Z| 1972 mvtj evsj vt`k
fijej tdWwtikb MwZ nq |

mvavi Y wloqgvewj :

1. fwi ej tLjvi tKvUP ^N°18 wguvi l
c0' 9 wguvi | tKvUP mKj `vMi Pl ov 5
tmwUwguvi | tKvUP `yU cKfL l `yU
c0fi Lv _vK Ges c0Z Klu ti LvB tKvUP
Asf |
2. ga"tiLvi mgvš+j Kti Dfq cvtk 3
wguvi `fi `yU ti Lv Uvbn nq| GUvK
AvpY ti Lv etj |
3. c0fiLvi tc0tb 9 wguvi GjvKvUB mwf AAj |
4. ga"tiLvi jvBb eivei cKf"tiLvi 50 tm:w: t_tK 1 wguvi `fi `cvtk 2.55 wguvi D"PZvq `yU tMjvKvi
l gmY `tEi mvt_ 1 wguvi Pl ov 9.50 wguvi j s^v Rvj Uvbtbv nq| cylv`i tTtT Rvtji D"PZv nte
2.43 wguvi Ges gmnjv`i tTtT 2.24 wguvi | Rvtji `Bavti cKf"tiLvi eivei 1 wguvi j s^v l 5 tm:w:
Pl ov `yU wdZv jvMvbtv _vKte| wdZvi evBti cKf"tq Lvorfte jvMvbtv 1.80 wguvi j s^v l 10
wguvi wguvi Pl ov `yU `E _vKte| GB `yU `EtK A`vUv etj | `E `yU 80 tmwUwguvi Rvtji Dcti
_vKte| m`yU `E `BvU chqutg m`v l jvj it0i nte|
5. 12 Rb tLtvqvo wbtq GKlu `j MwZ nte| gvTV 6 Rb tLtvqvo wbtq tLjtZ nte| c0Z tmU meAk 6
Rb tLtvqvo e`j Kiv hvte|
6. tLjv Avit` mgq mgvbt mwi tZ 3 Rb l tc0tbi mwi tZ 3 Rb tLtvqvo `wvte|
7. Um weRqx `j nq mwf Kite ev tKvUC0` Kite|
8. mwf AAjt `wbtq ejtK kfb` Ztj AvNz Kti mwf Kitz nq| ejUvK AvNz Kivi ciB mwf
tKvUC0ek Kitz crite|
9. wimwfs `j hLbB GKlu mwf jvf Kite, ZLb H`tji mKj tLtvqvo Nw0i Kulvi gtZv Nti GKei
Zt`i Ae`vb cwieZB Kite| GUvK ti`Ukb c`wZ etj |
-
- ২০ সে. মি: ১৫ সে. মি: সর্টিং ফিল্ড সমষ্টি রেখা ভলিবল খেলার কোর্ট



ভলিবল খেলার কোর্ট

10. fvi ej cōZthwMZvq 5wU tmṭUi gṭa` th`j 3wU tmṭU Rqjvf Kiṭe tm`j B weRqx nṭe|
11. tLjv PjvKvjxb ejṭK wecṭṭi tKvṭUcṭvṭbvi Rb` GK`j meṭaK wZbevi ejwUṭZ ṭuk`ev AvNvZ KiṭZ cviṭe| Zṭe eṭKi mgq hw` tKvṭb ṭuk`nq, tmUṭK GB wZbeṭi i ga` MYbv Kiv nṭe bv|
12. GKRb tLjvqvo cici`ḅevi eṭj ṭuk`KiṭZ cviṭe bv|
13. kixṭii thṭKvṭb Ask w`ṭq eṭj AvNvZ KiṭZ cviṭe|
14. mwfṭmi ej hw` tbU ṭuk`Kṭi wecṭṭi tKvṭUṭvq Zvntj mWVK eṭj aiv nq|
15. wecṭṭi`ṭji tKvṭUeṭj ṭvKvKvjxb tbṭUi Dci w`ṭq tmB ejṭK AvNvZ Kiv hvṭe bv|
16. ṭcQṭbi mwi i tLjvqvoiv KLbB AvṭgY KiṭZ Gṭm Rṭji Dcṭii jvBṭbi D`PZvq ejṭK tdiZ cṭvṭZ cviṭe bv | eK-KiṭZ cviṭe bv|
17. th`j fj Kiṭe tm`j mwfṭm nviṭe Ges Aci cṭṭi mwfṭm | GKwU cṭqU jvf Kiṭe|
18. th`j AvṭM Kgctṭi 2 cṭqṭUi e`eavṭb 25 cṭqU ARḅ Kiṭe, tm`j tmU weRqx nṭe| hw` Dfq`ṭji cṭqU 24-24 nq Zvntj Gṭṭiṭi wWDM nṭe Ges 2 cṭqṭUi e`eavṭb bv nl qv chṭ-tLjv PjṭZ ṭvKṭe| Gṭvṭe cōg ṭṭK PZṭmU chṭ-Pjṭe| cĀg tmṭU th`j AvṭM 2 cṭqṭUi e`eavṭb 15 cṭqU ARḅ Kiṭe, tm`j weRqx nṭe| Avi hw` Dfq`ṭji cṭqU 14-14 nq, Zvntj 2 cṭqṭUi e`eavṭb bv nl qv chṭ-tLjv PjṭZ ṭvKṭe|

KjvṭKṭkj :

mwfṭm- maviYZ mwfṭm`ḅṭvṭe Kiv hvq Ṇ

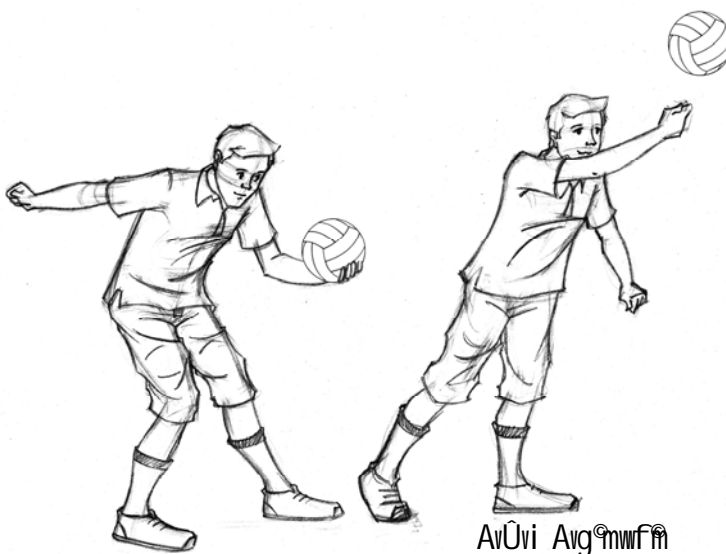
1. Kuṭai wṭP nvZ Gṭb mwfṭm Kiv (AvĒvi Avgṭmwfṭm)|

K. GK cṭ mvgṭb | GK cṭ ṭcQṭb
tiṭL Wb nuUz mvgṭb` ṭṭṭO
ṭcQṭbi cṭq ṭṭni | Rb tiṭL
ṭwṭZ nṭe|

L. eu nvṭZi ZvjṭZ ej wṭq Wb
nvZṭK tmvRv tiṭL ṭcQṭbi w`ṭK
wṭq thṭZ nṭe|

M. eu nvṭZi ejṭK lcti kṭb` Zṭj
w`ṭq Wb nvṭZi Zvjy wKsev
nvṭZi Dcwi fṭM w`ṭq eṭj AvNvZ
KiṭZ nṭe|

N. eṭj AvNvZ Kivi ci dṭjv ṭj
Kivi Rb` A_ṭ mvgṭb SṭK covi KviṭY kixṭii | Rb mvgṭbi cṭq wṭq thṭZ nṭe|



AvŪvi Avgṭmwfṭm

2. কুতাই লচী এজ জাঁজ মন্বন কিব (তুলনামূলক মন্বন) :

K. মন্বন আঁজি চি `প্লটক আওআমো কতি `প চত্বি ডচি কিত্তি মগ্বব লরবি তিতল `নোত্জ ন্তে|



L. Wwb nwmZ tLijvqtoir Rb" eu nvtZi ZvjfZ ej tittL cōq 1 wglvri DpZ ej UvK Qto w tZ nte|

M. ejUv wbtPi w tK bigvi mgq Wwb nvtZi Zvjy w tē ej UvK mtrvri AvNvZ Kitz nte|

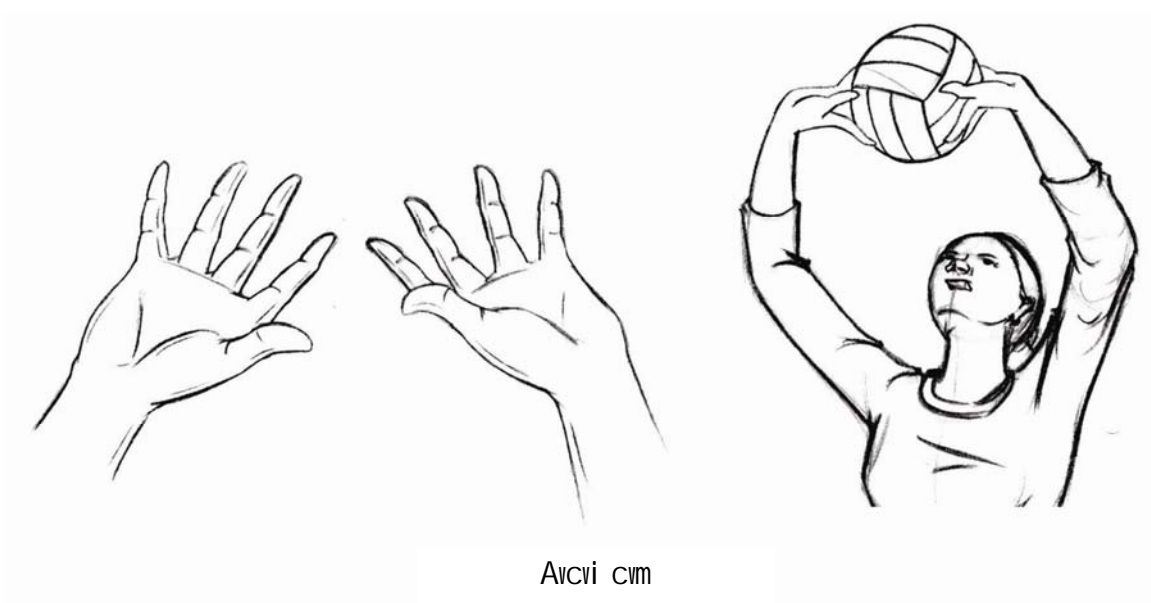
3. cvm (Pass) Kiv- mvaviYZ `frite cvm Kiv hvqN

1. `nvZ gv_vi lci wbtq cvm Kiv (Upper hand pass) :

K. ej wUtk me mgq Avfj i cōg MuU l tkl cōst gvSLvbi Ask w tē ukKitz nte|

L. nvtZi KbB `pUv Kua eivei ivLitz nte, hvZ wK Kcvj i mgtb t tK tLj hvq|

M. nuUz `pUv tftō `pvtqi Dci mgvb fi tittL mgtbi w tK mgvb Sjk `nōtZ nte|



N. etji wK tōtō l wbtPi w tK AvNvZ Kti mgtb lcti i w tK tvj w tZ nte Ges nuUz tmvRv Kti `nōtZ nte|

cvV-4 : `xN^gvd

c0' wZ- I qvg[©]Avc ev kixi Mig I wtkl wKQz e'vqvtgi gva'tg A'v_tjU kvi xvi K I gvbwmKfvtc c0'wZ tbtel

wbqgvewj :

K. jvd t'evi RvqMv t_tK 16-20 avc t'sto Gtm mjeavgtZv evg ev Wvb cvtqi Dci fi Kti tUK Ad tevtW[®] Dci t_tK jvd w_tZ ntel

L. tUK Ad tevtW[®] ^N[©]1.21-1.22 wglvi, c0' 20 tm:wg: (2 wgvj wglvi Kgtenk ntZ cvti) D'PZv 10 tm:wg: | is mv`v|

M. G'vtcP i vbi `ZMwZ tenk `iZiAwZug Ki_tZ mrvh" Kti |

N. Dfq cvtqi I ci GKB mvt_ AeZiY Kiv|

O. gwUtZ A_® Rwpús wctU AeZiY Kivi mgq nuLz 0`0 Gi gtZv fuR Kti _vKte hvZ _Zwb nuLz bv jvtM| gv_v mvgtb S[®]Kvtbv _vKte|

P. Rwpús wctU- ^N[©]tUK Ad teW[®]_tK j`wEs Gwi qvi tkl c0S-chS-10 wglvi | tUK Ad teW[®]_tK j`wEs Gwi qvi Avi xchS-1-3 wglvi | c0' 2.75-3.00 wglvi Ges Mfxi Zv 30 tmwUwglvi |

KjvtKSkj : `xN^gvt di gta" mavi Yfvtc PviwU Ask i tqtQ| c0g tUK Ad tbevi Rb" t'so, w0Zxq tUK Ad, ZZxq ktb" Ae`vb Ges tktl Rwpús wctU AeZiY| t'sto Avmv (A'vtcP i vb)-tUK Ad tbi qvi Rb" t'so I wbf[®] c`ttq[®] Dci jvt di KZKhZv wtkl fvtc wbf[®] Kti | mva'gtZv AwZ `ZZvi mvt_ t'sto tUK Ad tevtW[®] KvQ AvmtZ ntel AvtM t_tK wbtRi c`ttq[®] wK Kti wbtZ ntel

gwU t_tK Icti DVv (tUK Ad)- gwU t_tK Icti Ivi Rb" tUK Ad teW[®]K cvtqi cvZvi mrvth" (th cv w_tq gwU Qvov ntel) mRvti av°v w_tq Dcti DVtZ ntel | av°v t'qvi mgq nuLi mwU mvgvb" fivv _vKte| Zvi ci cv mxyY[®]mvRv Kti wbtZ ntel Ges GKB mvt_ wecixZ nuLz tf0 `wj tq mvgtb cte[®]fbqv cvtqi mgyb Ki_tZ ntel

kfb" Ae`vb (dvBU)- t'n Dcti I Vevi Rb" nuLzUvK Kiv (0`0 Gi gtZv), SuKwb w_tq Lp tRvti cv tQvov (wvP wKK), tKvgi `wj tq I nvZ tRvti mvgtb `wj tq Rwpús wctU AeZiY Ki_tZ ntel

AeZiY (j`wEs)- cv Rwpús wctU covg[®] kixi mvgtb SuKwb w_tq Mwotq mvgtb Pij AvmtZ ntel

tMvj K wbt[®] : tMvj K wbt[®]ctK Bsti wRtZ kUcl etj | c0PxbKvtj cv_i wbt[®]cti c0jb wQj | cieZ[®]Kvtj GUv tj Sn[®]tMvj K wbt[®]cti cwi YZ ntqtQ|

wbqgvewj :

K. tMvj tKi I Rb cjtI i Rb" 7.26 tKwR Ges gvnjvt`i Rb" 4 tKwR| e'vm h_vutg 11-13 tmwUwglvi I 9.5-11 tmwUwglvi |

L. tMvj K wbt[®]cti e[®]Ei e'vm 2.135 wglvi | e[®]Ei gvS eivei ewaZ `wM 75 tmwUwglvi |

M. kUctUi j`wEs A'vt1/2j 34.92 wvWQ

N. eḡĒi wFZi t₁K 34.92° tmKUti i gta^o wbt^oq c Kti tMvj KūU tdj tZ nte|

0. cĀZ^o tK wZbuU Kti wbt^oq tci mḡhvM cṽte|

wbt^oq tci tKŠkj : tkLvi mḡeavi Rb^o tKŠkj ,tjv wbt^oP avivewnKfṽte eYḂv Kiv ntjv :

1| tMvj K aiv :

(K) tMvj K nṽZi Zvjy^o tḡ bv aṽi Av¹/₂ tḡ i tMvomn mṽuY^o tḡ ai tZ nte|

(L) eḡov I Kto Av¹/₂ w^o tḡ etj i ^oβ cṽk aṽi i vL tZ nte, hv tZ Mmo tḡ bv cto|

2| tMvj K Kuṽai Dci i vLv :

(K) tMvj KūU Mjv I Kuṽai wḡj b^o tḡ LṽRi gta^o tṽtj i vL tZ nte, hv tZ tMvj tKi fvi i vLv hvq|

(L) Wwb nṽZi KbḂ Wwb cṽk LwbKUv DṽP tZ i vL tZ nte|

3| cĀi wK Ae^o vḡ :

(K) tḡw^o tK tMvj K Qṽte Zvi wecixZ w^o tK ḡ^o Kti ^owṽtZ nte|

(L) Wwb cṽ mḡtḡb ev evḡ cṽtḡi cṽZṽK wQṽb wbtḡ Wwb cṽtḡi tMvowj i Kv tQ i vL tZ nte|

4| ^ovḡ cwi eZḂ :

(K) tKvgi t₁K Dcti i kixi UṽK mḡtḡbi w^o tK SṽK tḡ ^oḡ evḡ cṽ tK wQṽb Dcti i w^o tK ^oḡ tḡ wbtḡ tḡ tZ nte|

(L) Wwb cṽtḡi tMvowj w^o tḡ m¹/₂ m¹/₂ av^o v w^o tḡ mṽuY^o kixi Uv wQṽbi w^o tK tṽtj wbtZ nte|

(M) GB Ae^o vḡ jvdṽbv DṽPZ bq|

5| wbt^oq tci Ae^o vḡ :

(K) evḡ cṽtḡi nūZbv tḡ tQ tḡvRv Kti ^oṽtḡi (LṽU i) ḡ tZv i vL tZ nte|

(L) Wwb cṽtḡi nūZ tḡ tQ tKvgi t₁K Dcti i kixi UṽK wQṽbi w^o tK Nyi tḡ w^o tZ nte|

(M) ^owQṽbi w^o tK i vL te|

6| tMvj K tK tṽtj t^o I qvi f¹/₂ x :

(K) tMvj K kḡb^o tṽtj t^o I qvi mḡq Wwb nṽZi KbḂ KL tḡbv wbt^oPi w^o tK bḡvṽte bv|

(L) tMvj KūU Av¹/₂ w^o tḡ evBṽi i w^o tK cĒj k³ tZ tṽtj w^o tZ nte|

7| MmZ teM wḡqŠ^o :

(K) tMvj K wbt^oq tci ci mḡtḡbi w^o tK SṽK hv l qv kixi i MmZ tK wḡqŠ^o Kivi Rb^o wQṽbi Wwb cṽK mḡtḡb wbtḡ nūZ tḡ tQ t^o nUṽK GKUz bḡtḡ fvi mḡ^o i ḡ^o v Ki tZ nte|

KvR-1 : tMvj K aivi tKŠkj cĀ kḂ Ki |

KvR-2 : tMvj K tQrovi tKŠkj ,tjv e^o vL^o v Ki |

cvV-5 D"P jvd

D"P jvd tK BstiwRtZ nvBRvú etj | D"P jvd t`qvi j`wÊs Gwi qvi ^N°5 wguvi, c0' 3 wguvi Ges D"PZv 60 tmvUwguvi | µmevtii ^N°4 wguvi, IRb 2 tKwR Ges e`vm 29-31 wguj wguvi | wewfbecxwZtZ D"P jvd t`qv hvq | thgb :

K. wvRvi KvU, L. tewj tivj, M. dmtewi de

K. wvRvi KvU :

1. t`što Avmv (A`včcP ivb)- 30°N45° wvM0tKvY Kti evti i w`tK t`što Avmte | 8 ev 9wU eo eo c`t¶c tbte | tkti i 2 ev 3wU c`t¶c `Z nte |
2. gwU t0to DVv- (tUK Ad) th cvtq fi Kti Dcti DVte A_ tUK Ad dU µmevi t_tK GK dU `ti ivLte | wecixZ cv mtrvti Dcti wKK Kite |
3. µmevi AwZµg Kiv-(µmevi wKqvtiY)-wKK Kiv cv nUztf0 µmevtii Dci Avbvi mvt_ mvt_ tUK Ad dU GKBFte AvtZ nte | µmevtii wK Dcti kixi tK emvi gtZv f½tZ ivLtZ nte |
4. gwUtZ bvgv (j`wÊs)-`B cvtqB AeZiY Kite | Zte tUK Ad tbqv cvtqi wecixZ cv AvtM R`wvú wU `úkKite |

L. tewj tivj :

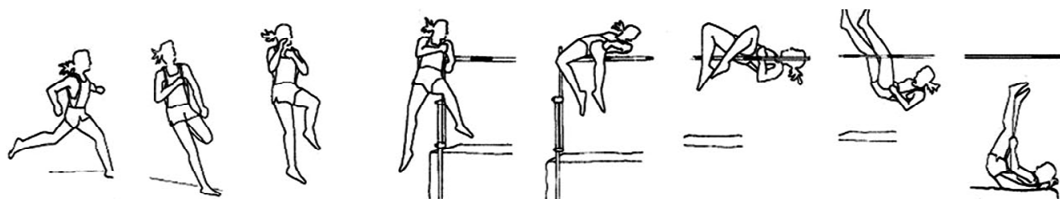
1. t`što Avmv (A`včcP ivb)- 45° tKvY Kti µmevtii w`tK t`što Avmte | t`što Avmvi Rb` 7 ev 8wU eo eo c`t¶c wte | tkti i wZbwU c`t¶c `Z nte |
2. gwU t0to DVv (tUK Ad)-th cvtq fi Kti Dcti DVte A_ tUK Ad dU µmevi t_tK GK dU `ti tdjtZ nte | Ab` cv mtrvti Dcti wKK Kite |
3. µmevi AwZµg Kiv (µmevi wKqvtiY)-tKvgi µmevtii Dcti DVtj kixi tNivtZ nte | tNivevi mgq tcU µmevtii LpB KvQ _vKte | G mgq kixi Dcp Ae`vq µmevtii mgvštj _vKte |
4. gwUtZ bvgv (j`wÊs)- th cvtq tUK Ad tbte, Zvi wecixZ cv Ges `B nvZi Dci fi Kti AeZiY Kite |

M. dmtewi de :

1968 mvtj tgw tKv Awj wú tK Avtgui Kvi wvK dmtewi GK bZb c×wZtZ DPzjvd w`tq tmbvi tgWj cvb Ges ZLb t_tKB Zvi bvg Abjvti dmtewi dci cPjb | GB c×wZi wtklZntjv, th cv µmevi t_tK `ti _vK, tm cv w`tq gwU t0to Dcti IV nq Ges µmevtii Dci t`nUv µmevtii mgvštj _vK I wvUv µmevtii KvQvKwQ _vK | GB c×wZi me t_tK mpeav ntjv th kixti fi tK`Rw t_tK Lp Aí ZtjB µmevi tK Abvqvm wv½tq hv lqv hvq | thtnZwctVi Dci fi Kti bvgtZ nq, tmRb` wbtRi wbi vEvi K_v mevi AvtM wPŠv-KitZ nte | ZvB tdtgi g`vU Qvov KLbB GB jvd Abxjb Kiv DwPZ bq |

1. t`što Avmv (A`včcP ivb)- µmevtii mvt_ 90° tKvY Kti `wotq t`šo AvtKti AaE`vKti Nti µmevtii KvQ AvmZ nq | tkti i `wU c`t¶c t`tni fi tK`K GKUzbwgtq wbtZ nq |

2. gwU tQto DVv (tUK Ad)- gā kixi Uv̄K LwbKUv wQb w̄K Sp̄Ktq w̄tq th cv w̄tq gwU Qvov nte, tm cv-Uv̄K t̄tni fiṭKṭ̄ mvgṭb ivLṭZ nte| hLbB fiṭK̄ w̄U tUK Ad tblqv cvṭqi Dci Avmṭe, ZLbB tmB cv-Uv̄K nuUz mwÜṭZ tṭ0 wṭq ṽ I tRv̄ii mv̄_ Dc̄ii w̄K DVṭZ nte| GKB mv̄_ Aci cvUv̄K ṽj tṭ Dc̄i Wb Kṭai jvBṭb wṭq thṭZ nte, Zvi dṭj wCVUv ṽmev̄ii w̄K Pṭj Avmṭe|
3. ṽmevi AwZṽg Kiv (ṽmevi wKqv̄i ṽ)- thB gv̄ t̄n gwU tQto Dc̄i DVṭe, mv̄_ mv̄_ nvZ ṽUv cvṭki w̄K t̄tni mgv̄šiv̄j Gṭb gv̄, gā kixi I tKv̄ḡii wbgv̄k̄K ṽmev̄ii Dci w̄tq AwZṽg KivṭZ nte|
4. gwUṭZ bvgv (j̄ w̄Es)- nvZ I cv ṽUv̄K Dc̄i Zṭj w̄tq wṭVi mrv̄th̄ ḡv̄Ui Dci Mwṭq thṭZ nte|



dmṭewi dē

KvR-1 : dmṭewi dē tKšj̄ui wv̄Fb̄avc eYb̄ Kiṭeb I cōk̄ Kṭi t̄LvṭZ ejṭeb|

cvV-6 dṽej

dṽej tLjv cv̄_xi Rb̄w̄q̄ tLjv,ṭjvi Ab̄Zg| me t̄tk GKB wṭqṭg tLjvi Rb̄ 1904 mv̄j AvSR̄W̄ZK dṽej ms̄'v ṭtdWṭikb B̄Uvib̄vkbvj w̄w dṽej Ḡmw̄m̄tqkb ev wddv̄ MwZ nq| 1930 mv̄j t̄tk w̄ek̄K̄vc dṽej Ab̄jōZ nṭq Avm̄tQ| cōZ Pvi eQi ci ci w̄ek̄K̄vc dṽej cōZthw̄M̄Zv Ab̄jōZ nq| 1908 mv̄j j̄Eb Awj̄w̄ṭ̄K cōg dṽej tLjv Ašf̄ṽ nq| 1972 mv̄j evsjv̄ṭ̄k dṽej t̄dWṭikb (evdṭd) MwZ nq| GwU evsjv̄ṭ̄ki dṽej wṭqš̄YK̄vix mṭePP ms̄'v| dṽej evsjv̄ṭ̄k Lp̄B Rb̄w̄q̄ GKwU tLjv| GB tLjvi grāṭg m̄n̄thw̄M̄Zvi gṭbvfve, AvZ̄w̄ek̄m̄, w̄q̄c̄Z̄v, t̄bZZ̄j Ges wṭqgb̄w̄Zi cōZ k̄v̄k̄j nI qv cōw̄Z mr̄,ṭYi w̄ek̄K̄v NṭU|

AvBbKv̄bp :

1. tLjvi gv̄ : AvSR̄W̄ZK dṽej tLjvi gv̄ ṽ aiṭbi cwi ḡv̄c nq| GKwU nṭ̄Q ṽN̄100 w̄gUvi (110 MR) I cō' 64 w̄gUvi (70 MR)| Ab̄w̄ ṽN̄110 w̄gUvi (120 MR) I cō' 75 w̄gUvi (80 MR)| tM̄j̄ṭcv÷ D̄PZvq 2.44 w̄gUvi (8 dṽ) Ges GK ṭcv÷ t̄tk Ab̄ ṭcv÷i ṽZ̄j 7.32 w̄gUvi (24 dṽ)| Df̄q tM̄j̄ṭcv÷ t̄tk cv̄k 6 MR Ges ḡv̄Vi w̄K 6 MR ṽZ̄j wṭq th AvqZ̄ṭ̄ ṽZ̄wi nq, Zv̄K tM̄j̄ Gwi qv eṭj| Df̄q tM̄j̄ṭcv÷ t̄tk cv̄k 18 MR I ḡv̄Vi w̄K 18 MR ṽZ̄j wṭq th AvqZ̄ṭ̄ ṽZ̄wi nq, Zv̄K

tcbwë Gwi qv etj | ˘ß tcv÷ i wK gvSLvb t_†K gv†Vi wFZ†i 12 MR mvg†b GKw tcbwë ˘üU _v†K | cÖZ˘K tcbwë gvK¶K tK˘˘ K†i 9.15 wUvi (10 MR) e˘vma˘b†q tcbwë Gwi qvi evB†i GKw eĖPvc Aw†Z nte | G†K tcbwë AvK˘etj | gv†Vi cÖZ Kb¶i GKw K†i d˘M†cv÷ ˘˘vcb Ki†Z nte | d˘M†cv÷ i D˘PZv Kgc†¶ 5 dU n†Z nte Ges Gi AMŒvM †PvLv nte bv | cÖZ Kb¶i d˘M†cv÷ †K tK˘˘ K†i 1 MR e˘vma˘b†q gv†Vi g†a˘ GKw eĖvsk Aw†Z nte | Dfq tMj†cv÷ µmer†i i Plov 12 tm:wg: (5 BwĀ) Gi tewk nte bv | tMj†cv÷ Ges µmer†i i is Aek˘B mv˘v nte | gv†Vi mKj ˘v†Mi Plov 12 tm:wg: (5 BwĀ) Gi tewk nte bv |

2. ej : etj i cwi wa 70 tmwUgU†i i (28 BwĀ) tewk Ges 68 tmwUgU†i i (27 BwĀ) Kg nte bv | etj i I Rb 410–450 Mōg (14–16) AvDÝ ntq _v†K |
 3. tL†jvqvo msL˘v : tLjv ˘ß ˘†j i g†a˘ AbjôZ nq | tLjvq cÖZ ˘†j 11 R†bi tewk tL†jvqvo _vK†e bv | 11 R†bi g†a˘ GKRB tMj i ¶K _vK†e | hw˘ tKv†bv ˘†j 7 R†bi Kg tL†jvqvo _v†K Z†e tLjv Avi ˘c Kiv hv†e bv |
 4. tL†jvqv†oi mR–mi Ävg : AvSRŒZKf†e Rwm˘ nvd c˘vU, tgvRv, wmbMWŒI RZv (d¶I qvi) Qvov tLjv hvq bv | Z†e AvĀwj Kf†e ˘<j ch¶q Gme Qvov tLjv nq |
 5. ti dwi : tLjv cwi Pvj bvi Rb˘ GKRB ti dwi _vK†eb |
 6. mnKvix ti dwi : tLjvq ˘Rb mnKvix ti dwi wbyß nteb | Zviv AvBb Abhvqx ti dwi †K tLjv cwi Pvj bvq mrvh˘ Ki†eb | GQvov gv†Vi evB†i GKRB PZ˘†i dwi _v†Kb |
 7. tLjvi w˘wZKvj : AvSRŒZKf†e ˘ß A†a˘45 wgwU K†i tgvU 90 wgwU tLjv ntq _v†K | ˘ß A†a˘ gv†S wei wZ tKv†bv Ae˘˘v†ZB 15 wgwU†i AwaK nte bv | Z†e AvĀwj Kf†e G tLjvi mgq Kw†q tLjv†bv hvq |
 8. tLjv Avi ˘c: tLjvi i i†Z Utm Rqx ˘††K Aek˘B gv†Vi th†Kv†bv mvBW te†Q w†Z nte | Utm ci wRZ ˘† ti dwi i m†K†Zi m†_ m†_ ŌwKK AdŌ–Gi gva˘tg tLjv i i†Ki†e | GB wKK Ad tLjvi i i†Z, tMj nevi ci Ges nvd Uv†gi ci ntq _v†K | wKK Ad t_†K miwmi tMj nq |
 9. ej tLjvi g†a˘ I evB†i : ej hw˘ Mwo†q ev k†b˘ m˘üY˘tMjjvBb ev UvP jvBb AwZµg K†i, Z†e tmB ej†K tLjvi evB†i aiv nq | ti dwi KZŒ tLjv eÜ ntj ej tLjvi evB†i MY˘ nq |
 10. tMj nI qv : tMj ZLbB nq, hLb etj i m˘üY˘Ask ˘ß tcv÷ i wFZi w†q I µmer†i i w†P w†q Mwo†q ev k†b˘ tMjjvBb AwZµg K†i |
 11. Ad mvBW : GKRB tL†jvqvo ZLbB Ad mvBW nq, hLb tMj wKcvi Qvov ej I wec†¶i AŠZc†¶ GKRB tL†jvqvo Zvi mvg†b bv _v†K |
 12. dvDj I Am˘vPiY : Aciva I Am˘vPi†Yi Rb˘ ˘ß ai†bi wK wKK t˘qv nq | h_v– WvB†i± I BbWvB†i± | wbgw wLZ 10wU Aciv†ai Rb˘ WvB†i± wK wKK t˘qv nq –
1. wec¶ tL†jvqv†K j w_ gviv ev j w_ gvivi tPŌv Kiv |
 2. wec¶ tL†jvqv†K j ˘˘s gviv ev j ˘˘s gvivi tPŌv Kiv |
 3. wec¶ tL†jvqv†oi Dci j w†q cov |

4. wecᑭ tLṭjvqvoṭK AvμgY ev PvrᑭKiv|
5. wecᑭ tLṭjvqvoṭK AvNvZ Kiv ev AvNvZ Kivi tPón Kiv|
6. wecᑭ tLṭjvqvoṭK av°v t`qv|
7. wecᑭ tLṭjvqvoṭK U`vKj Kiv|
8. wecᑭ tLṭjvqvoṭK AvUKvṭbv ev aṭi i vLv|
9. wecᑭ tLṭjvqvoṭK ḡyṭ`qv|
10. B"QvKZfvṭe nvZ w`tq ej aiv (˘xq tcbwë Gwiqvq tMj i ᑭṭKi Rb" GB wdaq cṭhrR" bq)|

wbgᑭ wLZ Kvi ṭY BbWvBṭi± wd«wKK ṭ`qv nq -

1. tMj i ᑭṭK Zvi nvṭZ ej wdaqṭYi ci tLjvi gvṭV cvṭbv i cṭeᑭw 6 tmṭKṭÊi tem mgq ej aṭi i vṭL|
2. tMj i ᑭṭK GKevi ej tQto t`qvi ci Ab" tKvṭbv tLṭjvqvṭoi UvP Kivi cṭeB hw` cpivq ej wU aṭi |
3. ˘xq `ṭj i tKvṭbv tLṭjvqvṭoi B"QvKZ wKK Kiv ej hw` tMj i ᑭṭK nvZ w`tq UvP Kṭi ev aṭi |
4. wR `ṭj i tKvṭbv tLṭjvqvo KZᑭ ṭṭ-Bb Kiv ej hw` tMj i ᑭṭK nvZ w`tq UvP Kṭi ev aṭi |
5. wec34bKfvṭe tLjv|
6. ej bv tLṭj wecᑭ tLṭjvqvṭoi mᑭᑭMvZṭZ evav ṭ`qv|
7. tMj i ᑭṭK ej Qto t`qvi mgq ZvṭK evav ṭ`qv|
13. wd«wKK : wd«wKK `ṭ cṭKvi | K) WvBṭi± wd«wKK, L) BbWvBṭi± wd«wKK | WvBṭi± wd«wKK ṭṭK mivmwi tMj nq | BbWvBṭi± wd«wKK ṭṭK mivmwi tMj nq bv|
14. tcbwë wKK : WvBṭi± wd«wKṭKi `kw Acivṭai ṭṭKvṭbv GKwU tcbwë Gwiqv i gṭa" wṭdÊvi KZᑭ NUṭj wecᑭ `j tcbwë wKK cvq | tcbwë wKK gvivi mgq i ay tMj wKcvi I wKKvi Qrov ṭKD tcbwë Gwiqv i gṭa" vKṭZ cvṭi bv|
15. ṭṭ-Bb : ej cvkᑭi Lv AwZμg Kiṭj ṭṭ-Bb Gi gvaṭṭg tLjv i i yKiṭZ nq | ṭṭ-Bb Kivi mgq ej `ṭ nvṭZ mgvb fi w`tq gv_vi ṭcQb w`K ṭṭK Ges gv_vi Dci w`tq `ṭ cv gvṭVi evBṭi ev `vṭMi Dci tiṭL ej gvṭVi gṭa" wṭṭc KiṭZ nq | ṭṭ-Bb ṭṭK mivmwi tMj nq bv|
16. tMj wKK : wecᑭ tQqv ṭjṭM hw` ej tMj jvBb AwZμg Kṭi, Zṭe tMj wKK nq | tMj wKK tMj Gwiqv i ga" ṭṭK KiṭZ nq | tMj wKK ṭṭK mivmwi tMj nq | Zṭe tMj wKK tcbwë Gwiqv i evBṭi bv tMṭj ej tLjvi gṭa" MY" nq bv|
17. Kbᑭ wKK : wṭdÊviṭ i tQqv ṭjṭM hw` ej tMj jvBb AwZμg Kṭi, Zṭe wecᑭ `j GKwU Kbᑭ wKK cvq | tMj ṭcvṭ÷i ṭh cvk w`tq ej tMj jvBb AwZμg Kṭi tmB cvṭki tKvṭbv ṭṭK Kbᑭ wKK gvṭZ nq |

KvR-1 : dṭej tLjvi gvV AsKb Kṭi gvc Dṭj ṭ-Ki |

KvR-2 : tcbwë wKṭKi ṭKṂj ṭjv e`vL`v Kṭi ṭ`LvZ ej ṭeb|

cvW-7 :

1. wkwS :

K. tjv nWwKK ev tRvvtjv wKK - tRvti wbpzw`tq tKvfbv ej Aí `tZi tmvRmR cWvZ ntj etji w`tK tmvRv AvmtZ nte| cvtqi cvZvi tFZti i lci Ask w`tq etji gvSLvfb ev tctU mtrvti jwL gviZ nte| th cv w`tq wKK Kite, tm cvtqi nuLz Ges tKvgi etji lci S`K vKte| Ab` cv etji 17/18 tm:wg: (7/8 BwA) `ti c`q tmvRmR Ae`vb Kite| G wKKtK Bbt÷c wKK etj | ej Dpzw`tq `ti cvWvZ ntj tmvRv bv Gtm GKUz tKvbkubfvte t`sto Avmt Ges etji tctUi wbgfvM AvNvZ Kite| cvtqi cvZvi AMfvM m`uY`loggtL bv ti tL wKQlv tKvbkubfvte ivLte|

L. fuj wKK : lci w`tq ej `ti cvvevi Rb` ej gwUtz covi cteB ev gwUtz cto wKQlv lcti DVtj th wKK t`lqv nq ZvtK fuj wKK etj |

M. nvd fuj wKK : ej gwUtz covi ci`ftYB lcti DVtZ i iyKivi mv_ mv_ tRvti th wKK Kiv nq, ZvtK nvd fuj wKK etj | nvd fuj wKK Lp tRvvtjv nq|

N. wPc kU : Aí `ti i m1/2xi KvQ Dpzw`tq ej cvvevi c×wZtK wPc kU etj | hLb wbpzw`tq ev Mvotq wBR `tji tLtvqvtoí KvQ ej cvm Kiv m`e nq bv A`w ec`l `tji tLtvqvo Oviv ej atí tdjvi m`ebv teuk v`K, ZLb G c×wZ Aeja`b Kitz nq| `wvfbv Ae`v t`tK ev `y-GK cv `t t`tK Gtm cvtqi wFZi Ask w`tq etji tctUi wbtPi Astk wKK Kitz nte|

2. U`wcs ev ej AvUKvfbv :

K. tmvj U`wcs (cvtqi cvZvi Zjt`k w`tq ej vgvfbv) : cvtqi cvZvi AMfvM lcti i w`K Kti tMvovj gwU t`tK 9/10 tm:wg: (3/4 BwA) lcti Ztj, A`bKUv BstiwR A`li Ov Ov Gi gtZv Kti ej vgvfbv|

L. wkb U`wcs (nuLi wbtPi Ask w`tq ej vgvfbv) : gwUtz cov ej evDÝ Kti lcti lvi mv_ mv_ nuLz fUR Kti mvgtbi w`tK wbtq Ges cvtqi cvZv wQtb ti tL nuLi wbtPi Ask w`tq ej vgvfbv nte|

M. vB U`wcs (Eij mrvth` ej vgvfbv) : c`q j`^fvte ev 75° t`tK 85° Dpzw`tq Avmv ej Dij lci atí vgvZ nq| ej Eiy`uk`Kivi mv_ mv_ ej mn nuLwbtPi w`tK bwgtq AvbtZ nte|

N. tnW U`wcs (gv_v w`tq ej vgvfbv) : j`^ ev wZhRfvte Avmv ej Avt`-Kti gv_vq jwMtq etji MwZ Kvgtq w`tq hZ`i m`e ej wbtRi KvQ gwUtz tdjv|

3. tnWvs : ej tnW Kivi mgq wbtPi welq,tjvi c`Z j`l ivLtz nte :

K. `wó etji w`tK vKte (tPvL KLtLv eÜ vKte bv)|

L. gv_vi m`g Astk Kcuj l P`ji mwÜ`tj ej jvMte|

M. Nvo k³ ti tL etj - AvNvZ Kitz nte|

N. gv_v Ngi tq ej cvvfbvi w`K cwieZB

0. wQṭbi wṭK tnW Kivi mgq gv_v mṣúYṭwQb wṭK wṭq Kcvj wṭq tnW KiṭZ nṭe|

4. tMvj i ṭṭv (tMvj wKwcs) : dUej tLjvq tMvj wKwcs LpB , iṭṭYṭ tMvj i ṭṭKṭK tṭki fW mgq nvZ wṭq ej aiṭZ nq| Avevi mgq mgq cv wṭq ej AvUKṭZ ev gviṭZ nq| ZvB nvZ l cv wṭq gvivi l aivi KjṭKṭkj Aek" B wṭL wṭZ nṭe|

wṭfṭṭṭe Avmv ej aivi cṭwZ :



wṭPzej aiv

K. wṭPzej - mKj Ae"vq etji wṭK ṭwó ivLṭZ nṭe| wṭPzej aivi Rb" mṣúYṭ"n wK etji wQṭb ivLṭe Ges nuUzṭmvRv tiṭL kixi mvgṭb SṭK ṭnvZ wṭq ej Kṭwṭq wṭq etKi KṭQ wṭq tṭe|

L. tKvgi mgvb ej - tKvgi mgvb ejṭK etji jvBṭb ṭwṭq aiṭZ nq| ejv aivi mṭ½ mṭ½B ZjṭcUṭṭK wṭZṭi i wṭK wṭq ej UṭṭK tṭṭi gṭa" XṭKṭq wṭqB ṭnvZ wṭq ej k³ Kṭi Rṭwṭq aiṭZ nṭe tṭb ej Uv wQṭK bv cṭo|



tKvgi mgvb ej aiv

AvBbKvbbp :

1. tLṭjvqvo- 16 Rb tLṭjvqvo mgš'ṭq GKwU `j MwZ nq Ges GKRB AwabvqṭKi Aaxṭb cōZ `j 11 Rb tLṭjvqvo wḃṭq tLṭje| ŪUmō Gi AvṭM 11 Rb tLṭjvqṭoi bvg w`ṭZ nṭe| Um nṭq tMṭj wecṭ| AwabvqṭKi mṣṣyZ Qvov tLṭjvqvo e`j Kiv hvṭe bv|
2. cwieZḂ- tKvṭbv tLṭjvqvo tLjvi mgqKvjxb Amy' ev AvnZ nṭq coṭj wecṭ| AwabvqṭKi AbgvwZ mṭcṭṭ| Zvi cwieṭZḂGKRB bwgṭq i'aywḃw s Kivṭbv hvṭe| wKšye"wuS I tewjs Kivṭbv hvṭe bv|
3. Avṣúvqi- wbiṭcṭṭZv mnKvṭi tLjvṭK wḃqšy i'Lvī Rb" cōZ cōṭš-GKRB Kṭi `ḂRb Avṣúvqi wḃṭqM KiṭZ nṭe| gvṭVi evBṭi GKRB wWḂAvṣúvqi vKṭeb|
4. ṭ'<vivi- hZ ivb nṭe Zv tiKWḂKivi Dṭiṭk" ṭ'<vivi wḃhyṭ nṭeb| Avṣúvqi KZḂ cō È hvexq wḃṭ`R I mṭKZ MōY Kṭi wZwb tṃṭjvi cōḂ ṭ'xKvi Kiṭeb|
5. ej- ej Gi I Rb (5 ¹/₂ AvDÝ) 155.9 Mōṭgi Kg I (5 ³/₄ AvDÝ) 163 Mōṭgi tenk nṭe bv| Gi cwiwa 22.4 tṃwUvgUvi Gi Kg I 22.9 tṃwUvgUvi Gi tenk nṭe bv|
6. e"vU- e"vṭUi cō' 10.8 tṃwUvgUṭi i tenk nṭe bv Ges "NḂ96.5 tṃwUvgUṭi i tenk nṭe bv|
7. wCP- wṭṭKU tLjvi wCP "NḂ20.12 wḡUvi (22 MR) I cō' 3.05 wḡUvi (10 dḃ) nṭq vṭK| mṭaviYZ wṭṭPi ṭK`ṭnṭZ 50 ṭṭK 90 MR `ṭṭZj mḡvḃv Uvḃv nq|
8. DBṭKU- cōZ cōṭš-wZbwU Kṭi DBṭKU ṭcwZv vKṭe|
9. tewjs Ges cwcS wṭR- DBṭKṭUi mṭ_ GKB tiLvq tewjs wṭR nṭe hvi "NḂ2.64 wḡUvi (8 dḃ 8 BwĀ)| tewjs wṭṭRi mvgṭb 1.22 wḡUvi (4 dḃ) mḡvšivj fṭe Uvḃv nṭe cwcS wṭR|
10. wṭṭPi ZĒyeavb- cōZ Bwḃṭmi i'ṭZ 7 wḡwU Kṭi wCP tiy KiṭZ nṭe| wṭṭPi Nvm eo vKṭj tQḃU w`ṭZ nṭe|
11. wCP AvQv`b I iṭYvṭeṭY- tLjv i'ij AvṭM wCP ṭXṭK ivLṭZ nṭe| tLjv PjvKvjxb mgṭq wCP XvKv hvṭe bv|
12. Bwḃṭm- cōZ `j 5 w`ṭbi tLjvq 2wU Kṭi Ges GK w`ṭbi tLjvq GKwU Kṭi Bwḃṭm chḡṭṭṭg tLṭje| Bwḃṭmi wbeṭḂ Um Ūviv wbaḡi Z nṭe|
13. dṭjv Ab- cwP w`ṭbi tLjvq th`j cōṭḡ e"vU Kṭi 200 ivṭb, wZb ev Pvi w`ṭbi tLjvq 150 ivṭb, `Ḃ w`ṭbi tLjvq 100 ivṭb Ges 1 w`ṭbi tLjvq 75 ivṭb GwMṭq vKṭj cōZcṭṭ `jṭK dṭjv-Ab KivṭZ cviṭe|
14. wWKṭikb- tLjwU hZ w`ṭbi ṭnvK bv ṭKb e"wuS `ṭji AwabvqK tLjv Pjvi ḡṭa" ṭṭKvṭbv mgq Bwḃṭmi mḡwḂ ṭNvYv KiṭZ cviṭe|
15. tLjv i'iy- cōZ Bwḃṭmi Ges cōZ w`ṭbi tLjvi i'ṭZ Ges ṭṭKvṭbv weiwZi ṭkṭi teyvi cōṭš- Avṣúvqi ŪṭcōṭWṭK tLjv i'iyKiṭeb|
16. weiwZ- Lvl qvi Rb" weiwZKj 40 wḡwU, Pv weiwZi Rb" 20 wḡwU Ges `Ḃ Bwḃṭmi gvṭS 10 wḡwU|

17. tLjv mgwB- cÖZw tbi tLjvi tkfI Ges tLjvi mgwBtZ Avúvqi ÚUvBgŌ WwKteb, tmB mv_ Dfq DBtKU t_tK ŌtejŌ t_jv DwWtq tteb|
18. t^<wis- ŌivbŌ -Gi Ōviv t^<vfi i wmwve Kiv nte|
19. evDÊwi - Bwsm wbePtb Rb Um Kivi AvM Avúvqi iv Dfq t_ji mv_ tLjvi evDÊwi i e^vcvfi GKgZ nteb| ej evDÊwi AwZpug Kitj Avúvqi evDÊwi i mstKZ t_teb| ej evDÊwi i jvBb AwZpug Kivi AvM tKvfbv wdi vi ejwUtk afi DBtKU wKcvi ev tevjvfi i woku tdiZ cvvfbvi Aw chS-e^vUmgvb hZ t_jv ivb tte, tm t_jvB ivb etj MY nte| I fvi t_Ō ev tKvfbv wdi g^vbi tQovvKZ KvRi Rb evDÊwi ntj hZ t_jv ivb AvMB tbi qv ntqtQ Zvi mv_ evDÊwi i Rb cŌ q ivb GKtI t^<vfi thM nte|
20. j ÷ ej - ej hw KvhRix ŲlgZvi tgqv vKvKvj LfR cvl qv bv hvq Zvntj th tKvfbv wdi g^vb Ōj ÷ ejŌ WwKtZ cvtib| Ōj ÷ ejŌ WwKv ntj t^<vfi 6 ivb thM nte| wKSyŌj ÷ ejŌ WwKvi AvM hw 6 ivbi tewk ivb tbi qv ntq vK Zte meKwU ivb t^<vfi thM Kiv nte|
21. djvdj - th t_ji tgvU ivb wectŲi tgvU ivbi tPtq tewk nte, tm j B Rqx nte| hw ivb msL^v mgvb vK Ges Ab tKvfbv kZ^bv vK Zte tLjwU AgxvsmZ etj aiv nte|
22. I fvi - mvaviYZ 6wU etj GKwU I fvi aiv nq| ej Mvotq mxgvbvi evBti tMtj 4 ivb I Dci w_tq mxgvbvi evBti tMtj 6 ivb thM nq|
23. tWWej - Avúvqvfi i gZ ej cvKvcr^fite DBtKU i ŲK ev tevjvfi i nvZ Rgv cotj wKsev evDÊwi ntj A_ev ejwU tKvfbv e^vUmgvb ev Avúvqvfi i tcvkvfi gfa AvUtk tMtj ejwU tWW etj MY nte|
24. tbr ej - tKvfbv etj tWvj fwi c^wZi eaZv m^utK^Avúvqi mšp bv ntj wZwb Ōtbr ejŌ mstKZ t_teb|
25. IqvBW ej - Avúvqvfi i gZ, ej hw e^vUmgvbi bMvtj evBti w_tq hvq Zvntj wZwb ŌIqvBW ejŌ Gi mstKZ t_teb|
26. evB Ges tj MevB- ej hw e^vUmgvbi e^vUi ev t^tni tKv_vl ūk^bv Kti AwZpug Kti Ges tKvfbv ivb msMpxZ nq Zte Avúvqi ŌevBŌ Ges ej hw e^vUmgvbi e^vU ev t^tni ev tcvkvfi tKvfbv Ask ūk^Kti AwZpug Kti I tKvfbv ivb msMpxZ nq Zte ŌtjM evBŌ-Gi mstKZ t_teb|
27. Awcj - wdw s^j KZŲ tKvfbv wKQzAwcj bv Kiv ntj Avúvqi tKvfbv e^vUmgvbtk AvDU etj tNvl Yv Kiteb bv|
28. Ōw DBtKU BR WDbŌ- hw ej ev e^vUmgvbi e^vU ev t^tni ev tcvkvfi Ōviv Ō ÷ v^uŌ-G AvNvZ tj tM ŌtejŌ cto hvq, Zte DBtKUw WDb wntmte MY Kiv nte| GB Ae^vq tKvfbv e^vUmgvbtk AvDU Kitz ntj GKwU ÷ v^u DwWtq ej nvZ wbtq Awcj Kitz nte|
29. e^vUmgvb- AvDU Ae wR MŌÊ MY nte hw Zvi nvZ aiv e^vUw ev Zvi t^tni tKvfbv Ask cwcš wR jvBti wfZi w_tki Rwg ūk^Kti bv vK|
30. tev AvDU- e^vUmgvb Ōtev Ō AvDU nteb hw tevjvfi i Kiv ejwU AvMstZ DBtKtUi ŌtejŌ cto hvq|

31. UvBgW AvDU- GKRB e`vUmg`vb AvDU nevi ci 3 wgwbtUi gta` Ab` e`vUmg`vbtk gvtV bvgtZ nte| hw` 3 wgwbtUi gta` tKvbtv e`vUmg`vb bv bvtg Ges wec`l`j KZK Awcj nq, ZLb Avauqvvi tmB e`vUmg`vbtk AvDU etj tNvYv KitZ cvtib|
32. K`vP AvDU- ejwU e`vU tjtM fvg`uk`Kivi AvtMB tKvbtv wdi mg`vb hw` jtd tbq Ges wdi mg`vb0 hw` cftivcvi gvtVi wfZti vtK Zte e`vUmg`vb OKU AvDU0 nte|
33. On`vtEjW`v ej - Dfq e`vUmg`vtbi th tKD On`vtEjW` ej0 AvDU nteb, hw` ejwUtK Zvi KvRix`lgZvi tgqv` vKvKvtji gta` nvZ w`tq`uk`Ktib, Aek` wec`l`i Abtvtfa GB KvR Kitj AvDU nteb bv|
34. wU`v ej tUqvBm - ejwUtK GKei AvNvZ Kivi ci B`QvKZfvte e`vUmg`vb hw` ejwUtK cpivq AvNvZ Kti Ges wec`l`j KZK Awcj nq Zte e`vUmg`vb AvDU nte|
35. wU DBtkU- ej tLjtZ wltq hw` e`vUmg`vtbi e`vU ev t`tni tKvbtv Ask`uk`jtM DBtkU tft0 hvq, Zte wU DBtkU0 wntmte AvDU nte|
36. GjeWweD- Avauqvvi hw` gtB Ktib th tjtM`vtuui evBtii ej Qvov tKvbtv ej e`vUmg`vtbi cvtq ev kixti c0ZnZ bv ntj miwmi`vtu AvNvZ KiZ, Zte wZwb e`vUmg`vbtk GjeWweD wntmte AvDU Kti w`teb|
37. Ae`vKwUs w` wdi - e`vUmg`vb hw` DtI k`c0Yw` Z ntq wdi s0-G evav c0vb Kti, Zte wAe`vKwUs w` wdi w ARvntZ Avauqvvi e`vUmg`vbtk AvDU tNvYv Kitteb|
38. ivb AvDU- ej tLjt ivb tbtqvi DtI tk` Dfq e`vUmg`vb t`so`iyKitj cwcs wptR tctQvi AvtMB hw` wec`l`j KZK DBtkU tft0 t`lqv nq Zte e`vUmg`vb AvDU nte|
39. `vauW AvDU- e`vUmg`vb ej tLjtZ wltq hw` cwcs wptR t`tk tewtq hvq, tm mgq wec`l`j DBtkU tft0 t`q Zte tm w`vauW AvDU0 nte|
40. DBtkU i`lK- tevjvtii tWvjfwii Kiv ej hZ`lY bv DBtkU AwZmg Kit0, ZZ`lY DBtkU i`lK DBtkUi wctb vtKte| tm DBtkU AwZmg Kivi AvtM ej aitZ cvite bv|
41. wdi mg`vb- t`tni thtKvbtv Ask w`tq wdi mg`vb ej vgtZ cvtib, wKSyB`QiceK hw` Ab` tKvbtv Dcvtq vgvq, Zvtjt BtZvgta` msMpxZ ivtbi mt1/2 5 ivb hy3 nte|
42. weam`Z Ges weaewnfZ tLjv- Dfq`tji AwabvqK weam`Z I weaewnfZ tLjvi Rb``vqx vtKte| Zte Avauqvvi B tLjvi c0vb wePri K|

KvR-1 : wptKU tLjvi gvW AsKb Kti tLjtqvot`i Ae`vbtjtjv DtjL-KitZ cvite|

KvR-2 : Kx Kx Kvity GKRB e`vUmg`vb AvDU nq Zv wjtL t`Lvl |

3. tJM teK- G mgq ej UuK e"Umgvibi ev cvtqi w tK tdtj Ad ÷ vtuui w tK wbtq thtZ nq| ej Kivi
ci nvZi ZvjywbPi w tK hvte| G Qrov Bb mBs, AvDU mBs, Mwj, BqKf cfwZ Kvq"vi ejv Kiv hvq|
tZigiv Dctii Kwm Dtv G,tjv wktL tbtel

M. wdw s- wdw s wdw b fte Ges grtvi wdw b RvqMq `wotq Kiv ng | GtK wZb fvdM fvdM Kiv hvq |

1. i¶YvZK wdw s- e vUmgvbi giv ej thKvbfvte _vgvBvB ntjv i¶YvZK wdw stqi KvR|
e vUmgvbiv hvZ twk ivb wbtZ bv cvti ev ej evDÊwi ntZ bv cvti, Zv eÜ Kivi RbB gvV ej
_vgvBv nq|

DPzw`tq Avmv ej aivi Rb`etji MwZi w`tK j`K Ki | `ß nvfZi ZvjytLjv ti tL nvZ mvgtb GwMtq `vI
Ges ej atI tUtB etKi KvQ wbtq Gtmv | Zvntj nvfZ e`_vjwMte bv |

2. AvugYvZK wdw s- ej _vgvbi mvt_ mvt_ KZ ZvovZwo tmUv DBtKU wKctii ev `iKvigtZv Ab` wdi vi`i KvQ t`l qv hvq A_ev DBtKtU jwMbtv hvq, tm tKSkj RvbtZ nte| G Rb` `iKvi ej wbtqK Kivi wbcYzv ARD| KvQ ej wbtqKci Rb` AvEvi n`vE ev evE wbtP wKsev ctk Sj tq ej t`l qvi Kvq`v wKL Ges`ti ej w`tZ ntj l fvi Avg`ev evE Kvtai Dci w`tq ej wbtqKci tKSkj wKL bvl |

3. K'wPs- ej K'vP Kiv er aiv K'wPsɬqi GKUv ,iʒɕY©Ask| etʃi w`tK w`i `wó iVLtZ nte| tPvtLi jvBtɬb nVZ `ʃUv_vKte Ges Av/2j ,tjv tLjv I cñwi Z_vKte| Kbɕ `ʃUv cɪk t_tK mvgtɬb Avmte| ej nɪtZ Avmvi mvɬ_ mvɬ_B Av/2j ,tjv eÜ Kti etKi KvɬQ tUtɬb tɬte|

DB†KU wKwcs- DB†KU wKv†i i `¶Zvi lci tLjvi nviwRZ A†bKUv wbf¶ K†i | DB†KU i¶K†K `¶Zvi m†½ DB†K†Ui tCQ†b cv dwK K†i `¶v†qi Dci mgvb fviwvg" ti†L `wv†Z ev Aa®emi fw½†Z _vK†Z n†e| t†nUv†K wbpzK†i `wó†K DB†K†Ui Dc†i i jvB†b ivL†Z n†e| ewg cv ga" DB†K†Ui jvB†b _vK†e| nvZ `¶Uv cvkvvcwK GKm†½ K†i Av½j ,†jv†K w†Pi w†K ivL†Z nq| `wó me mgq etji w†K ivL†Z n†e|

KvR - 1 : tewjs GvKk#bi avc,tjv avivewwKfvte Kti t`Lvl |

KvR - 2 : DB†KU wKc†i i Ae⁻'vb, †jv gvtV †`Lv†Z ej †eb |

Abkxj bx

kb''vb c†Y Ki :

1. GKRB e"Umg"vb AvDU nI qvi ci bZb e"Umg"vb ÑÑÑÑÑÑÑÑ wgwbtUi gta" grtV AvmtZ nq|
2. meBgaÑÑÑÑÑÑRb tLtjvqvo ntj dUej tLjv Avi æCKiv hvq|
3. tewjs wutRi ^N©ÑÑÑÑÑÑÑÑ|
4. fwiej tKvtUP mwwFm AÂj ÑÑÑÑÑÑÑÑÑÑ wguvi |
5. A"v_tjwK U"vtKi tjtbi msL"v Kgct¶ÑÑÑÑÑÑ KquW?

mV/K kã wj vl :

1. t j v b v	1. d U e j
2. A " w U b v	2. A " _ t j w U K .
3. k U c j l	3. D " P j v d
4. t e w j t i v j	4. K v e w W
5. w P c k U	5. w p t K U
6. c w c s w p R	6. t M j K w b t q c
7. j " w E s A " v t 1/2 j	7. f w j e j

tLj v Ab h v q x c _ K K t i m v R v l :

K. t e v b v m j v B b , L. w j e v t i v , M. ÷ " w w w , © N. R w p ú s w c U , O. d m t e w i d e , P. w m b M w w ©
Q. D B t K U , R. t j v n w w q w K K , S. d t j v A b , T. n " v t E j w " v e j , U. _ v B U " w c s

mV/K D E t i w U K w P y " vl :

1. A v g v t " i R v Z x q t L j v t K v b w U ?
(K) d U e j (L) K v e w W (M) " w o q v e v U v (N) w p t K U
2. K v e w W t L j v q G K w U " t j K Z R b t L t j ?
K. 5 R b L. 6 R b
M. 7 R b N. 8 R b
3. t K v b w U t " w k t L j v ?
(K) K v e w W (L) d U e j (M) f w j e j (N) t M j v e U
4. K Z m v j t _ t K w e k K v c d U e j c Œ Z t h w M Z v i i y n t q t Q ?
K. 1925 m v j L. 1928 m v j
M. 1930 m v j N. 1932 m v j

m s u q j B c k œ :

1. G " w U b v K x ?
2. t U K A d t e t w P c w i g v c K Z ?
3. t e w j t i v j K x ?
4. A d m v B W K v t K e t j ?

i P b v g j K c k œ :

1. d U e t j c Œ " q l w d w K K t " q v i K v i Y _ t j v w j L |
2. w p t K U t L j v q G K R b e " v U m g " v b A v D U n l q v i c x w Z _ t j v e " v L " v K i |
3. f w j e t j m w f m d e _ t j v w e t k H K i |

mgvß



শিক্ষাই দেশকে দারিদ্র্যমুক্ত করতে পারে
- মাননীয় প্রধানমন্ত্রী শেখ হাসিনা

বিদ্যা ও জ্ঞান অর্জন মানুষকে দায়িত্বশীল করে



২০১০ শিক্ষাবর্ষ থেকে সরকার কর্তৃক বিনামূল্যে বিতরণের জন্য

মুদ্রণে :