**wOH;k ,dxlSh fu.d fg,skdgHj, ix{d¾: mjq,a iïnkaO;dj,g is÷ lrk n,mEu¡ ^ldka;djg úfYaIs;j&**

1¡ Tn mÈxÑ Èia;s%lalh

fld<U

.ïmy

l=reKE.,

2¡ jhi

wjqreÿ 18-25 w;r

wjqreÿ 26- 35 w;r

wjqreÿ 36-45 w;r

wjqreÿ 46-55 w;r

3¡ újdyl o@

Tõ

ke;

4¡ wOHdmk uÜgu

w¡fmd¡i idudkH fm< olajd

w¡fmd¡i Wiia fm< olajd

Wmdê wfmalaIl

WmdêOdÍ

fjk;a

5¡ Tn /lshdjl ksr; fõo@

Tõ

ke;

6¡ Tn fu.d fg,skdgH krUkjdo@

Tõ

ke;

7¡ Tn fu.d fg,s kdgH keöug fhduq jQ ld,h

wjqreoaolg fmr isg

wjqreÿ ;=klg fmr isg

wjqreÿ mylg fmr isg

wjqreÿ wglg fmr isg

8¡ fojks bksu" kdv.ïldrfhda" lshdfokak wdof¾ ;rï fu.d fg,skdgH w;ßka Tn keröug jvd;a reÑl;ajhla olajkafka l=uk kdgH o@

fojks bksu

kdv.ïldrfhda

lshdfokak wdof¾ ;rï

9¡ tla fldgila fyda keöug fkdyels jQ úg Tn th flfia fyda krUkjdo@ (You tube/ peo TV yryd )

Tõ

ke;

10¡ Tn tu kdgH keröug fya;=j fyda fya;= fudkjdo@

;sr rpkh

leu;s k¨jd fyda ks,sh tys r.mdk ksid

l;dfõ pß;hla ;=<ska ;udj ksrEmKh jk ksid

ld,h .; lsÍu Wfoid

fjk;a

11¡ fuu kdgHj, ;sfnk hï fyda fohla Tn ljod fyda Tfí idudkH Ôú;hg we;=,;a lr .;af;a o@

Tõ

ke;

12¡ tfia ,nd .;af;a kï ta fudkjdo@

ú,dis;d

l;d ú,dih

j¾K .e<mSï

isoaëka

fjk;a

13¡ Tn mjqf,a wfkl=;a idudðlhska iu. iïnkaO;d mj;ajdf.k hdfï § fuu kdgH keöu yryd hï n,mEula we;sj ;sfí o@

Tõ

ke;

fjk;a

14¡ Tn fu.d fg,skdgH keöug fmr ;snQ Tfí mjq,a iïnkaO;djh fu.d fg,skdgH keröfuka miq hï fjkila isÿ jQjd o@

Tõ

ke;