

I cyk ; kstuk vlxr fd' klgj h nol dk vuqo.k iã =

f tyk dk uke &

ifj ; kstuk dk uke&

ih-, p-l h-&

, p-, l l h-&

i ðk; r dk uke &

vkkkuokMh dlnz dk uke &

dkM l ð; k&

fd' klgj h nol dh frffk&

dekad	fd' klgj h nol vuqo.k iã =			
	vk/kkj hkr l j puk	bdkbz	fLFkr	vH; ðDr
1	egknfyr Vksyk %dkbz vU; gis rls vff; ðDr dklye ea fy[kã	%gkll@ughã		
2	fd' klgj h nol dk LFky	vkxuckMh dlnz @ Lchny@i ðk; r Hkou@ vU; -----		
3	dq hã njh %Ni ; k fy[kã	mi yC/krk %gkll@ughã		
4	is ty 0; oLFkk	mi yC/krk %gkll@ughã		
5	LokLF; tkp grq LFku , oa xki uh; rk	mi yC/krk %gkll@ughã		
6	'kkpky; dh 0; oLFkk	mi yC/krk %gkll@ughã		
	fd' klgj h nol LFky ij l ok i nkrk dh mi fLFkr	bdkbz	fLFkr	vH; ðDr
7	fpfdRI k i nkf/kdkjh	mi fLFkr %gkll@ughã		
8	,-, u-, e-	mi fLFkr %gkll@ughã		
9	vk'kk	mi fLFkr %gkll@ughã		
10	vkkkuokMh l fodk	mi fLFkr %gkll@ughã		
11	vkxuckMh l gkf; dk	mi fLFkr %gkll@ughã		
12	fd' klgj h nol LFky ij mi fLFkr l [kh l gsyh dh l ð; k	l ð; k fy[kã		
	fd' klgj h nol LFky ij mi yC/k %LokLF; tkp l ; a=½	bdkbz	fLFkr	vH; ðDr
13	ghelkykfcukeshVj	mi yC/krk %gkll@ughã		
14	o; Ld rky e'khu	mi yC/krk %gkll@ughã		
15	ch-, e-vkbz fudkyus grq yEckbz uki us dk Qhrk	mi yC/krk %gkll@ughã		
	LokLF; i nkf/kdkjh@deþkj h ds i kl nok dh mi yC/krk	bdkbz	fLFkr	vH; ðDr
16	vk; ju Okfyd , fl M dh %100 mg½ dh xksh	mi yC/krk %gkll@ughã		
17	vkxuckMh dlnz ij l lkrfgd l Eij .k grqIFA dh mi yC/krk			
18	, YobMk tky %dfeuk'kd½	mi yC/krk %gkll@ughã		
19	Vh-Vh- oDI hu	mi yC/krk %gkll@ughã		
	fd' klgj h nol fj i kVax grq l kexh	bdkbz	fLFkr	vH; ðDr
20	fd' klgj h dkMZ %; fn fd' klgj h dkMZ mi yC/k ugh gã rks i N dj l ð; k fy[kã fdrus fd' klgj h dkMZ dh vko'; drk gS	mi yC/krk %gkll@ughã		
21	vkkkuokMh l fodk }kj rS kj fd; k x; k fd' klgj h nol jftLVj	mi yC/krk %gkll@ughã		
22	dkbz vU; 0; oLFkk	fy[kã		
	fd' klgj h nol dh xqkorrk	bdkbz	fLFkr	vH; ðDr
23	vki fdrus l e; fd' klgj h nol LFky ij : ds \	-----cts l s -----cts rd		
24	vki ds fd' klgj h nol LFky ij i gþus ds l e; dkã l s xrfrof/k dh tk jgh gS \	vH; ðDr ea xrfrof/k fy[kã		
25	D; k fd' klgj h nol ea i kã.k , oa LokLF; f'k{kk l = dk vk; kstu fd; k x; kã %ã frHkkf; kã l s i Ns; fn gkWrks dkã l k fo" k; crk; k	%gkll@ughã fo" k; vH; ðDr ea fy[kã		
26	D; k fd' klgj h nol dk; Z dyki kã ea l [kh l gsyh l gk; rk dj jgh gS \	%gkll@ughã		
27	D; k fd' klgj h nol LFky ij l cyk fdV-mi yC/k gS \	%gkll@ughã		
28	fd' klgj h nol dh xqkorrk	%vPNk@vks r@ vl arsktud½		
	i nkf/kdkfj; kã }kj k vuqo.k	bdkbz	fLFkr	vH; ðDr
29	vkbz l h-Mh-, l - foHkkx i nkf/kdkjh (LS/DPO/DPO) }kj k fd' klgj h nol i ; Zãk.k@vuqo.k grq Hkæ.k fd; k x; kã	%gkll@ughã		
	l okvka dh fLFkr	bdkbz	fLFkr	vH; ðDr
30	vkPNkfnr ykHkpd % 11 l s 18 o" k dh fd' klfj; kã	l ð; k fy[kã		
31	ch0, e0vkbD fudkyh xbz fd' klfj; kã dh l ð; k o fpfgur vYiotu fd' klfj; kã dh l ð; k ftudk ch , e vkb 18.5 l s de gS	l ð; k fy[kã		ch0, e0vkbD fudkyh xbz fd' klfj; kã ----- -----ea l s -----vYiotu fd' klgj h
32	LokLF; tkp fd xbz fd' klfj; kã dh l ð; k	l ð; k fy[kã		
33	l arHkz l ok, W grq Hkst h xbz fd' klfj; kã dh l ð; k	l ð; k fy[kã		
34	fd' klfj; kã dh l ð; k ftudk vkbD, O0, 0 forjhr fd; k x; k	l ð; k fy[kã		
35	fd' klfj; kã dh l ð; k ftudk dfeuk'kd forjhr fd; k x; k	l ð; k fy[kã		