

mDÓuhg Yl a b , efnkaka QHhd. kSi QHhd ; < we; sYl a b mDÓuhg ; dmh yd wdf, dā Yl a b f, i , efi'

j eä ; dm Yl a b → wvq; dm Yl a b

kuqai QHhd ; < ; snk Yl a b fmdf<dj g , efnk w; r i QHhd ; <g Yl a b we; ɛ j QhaBg j vd Yl a b j eä ; ekl kS fi wkj meyeE, sj kQj qi QHhdg Yl a b i emhQayd Yl a b l ul a@

j eä ; dm Yl a b → wvq; dm Yl a b

fya M, j doh wkj mDÓuh we; ɛ fi ug úYah kue; sM, hg fya j l ul a@

mDÓuh wxYl 23 l a l ahg we, j mj ; Sfuu mYau ksd ug mDÓuhgu tl f, i yse t<b , efi' fuh i i i Ndú f, i we; sj jdo@ ke; ki fuhg kSud; D fl fkl a i ákj do@

mDÓuh i QHhd j gd j rl a uka s ug mBNKhg&o< j YfhkÆK 365 . ; fō'

mDÓuh ; u wl ah j gd NKh j k úg" we; ɛ k l i mkh uyd i d. rh uOka ord . kstú ksd nksg tu l i mk fkd; arhskugatu l i mk uyd i d. rh uOka ord . ksd úg" ugpa / <swe; sō' kuqauq fj r< wNs j d meñfKkake; ' mDÓufhka23 l ai d. rho 13 l af. dvi uo fō' kuqafuu 13 f. dvi u hg l s ug ugpa23 g fkyel b' fuh mYul fkdfo@

uq q i sd l r ; snkaka i i Ndú f, i o@

ke; ki fuh uyd m%dj kafhl €. ai e<ei al a@

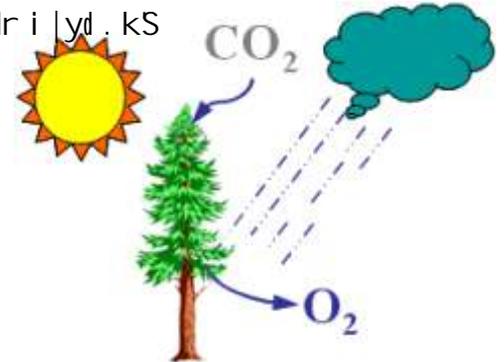
Ydl

Ydl . ek i , l d n, uq tjd g c, h Wrđ . eksg ffY, uho" wdydr mBj ykhg *ā, dāuo we; ' m%di xi ā, āKh hkQdydr ksoj k l B oduhhS

Ydl hl m; % < fuu i sōdkah kskarfhkā jfō'

I dnkæfhdl āhā + c, h wdf, dā h . äfl dāa + TI āska yB; m% m%dk M, h& ^w; eM, h&

fuu l B oduh u. kQdl m; % wdydr ksofō' tjd M, fha ekā; d rbs ksoj k M, h nkSdf. ai y i ; kā. avdydr i |yd . kS



wdydr ksoūu i |yd wj YH l dnkæfhdl āhā i y c, h mBi rfhkā, nd. kS yse t<b i Dcju fmdf<dj g , efnhS Ydl m; % ayBhgu i xl sK l Budka Yd, dj l aj ekb'

tysm%dk M, h . äfl dāaj k w; r w; e M, h TI āskaj dhj fō' TI āskaOúkā. a i jai khg wod, m%dk j dhj fō' fuhkafmfkkākañksdg wj YH TI āskaYdl uOka , ndfok nj ; āYdl j , g wj YH l dnkæfhdl āhā nkSdf. amYadi j d; fhkamsj k nj ; ā'

fuu i sēh i i i Ndú f, i we; sj jdo@

ke; ki uyd kBudK Ysāshl €. ai e<ei al a@

fudfyd; l ā skā !

? fuh pl 0%drj i ʃfō' fi wdl drhg
? c, pl 0%
? khg0%kpl 0%
? l dnkpl 0%

hk pl 0%wdYp%Hhu; ai 00kafō' fi j d i i i Ndú f, i i ʃj kj do@ fudfyd; l ai sd n, k0'

ñk0d w, xl drhg j j k Ydl m=re" u, a j ¾. fl ; ri i saveo. k0d i go@ uki adk0@ u, a j, g ñk0kaf l ; ri m00@ t0d mBi rh w, xl dr l ʃugo mBi rh i 0j j ; a ʃugo Wml d0fō'

u0pau; 0Hhk0foi n, k0' fl ; ri j ¾. i 00@ fl ; ri úú0; 0hl ka hq=w, xl dr ui 0ai 00@ i 0; , ai 00 l v d orej kafi a j e0uy0 who tl fi am0 l r; s

fmdl K00Eh we, s. x0d ±l ñk0d i ; 0kabm0 h0sth fl d; ri m0u i y. ; ±hs i sd n, k0'

fkdl vj d Boahl g" ; d, hl g . , d ni 0 E0h we, al afoi u|l an, d i 0k0'

fi d=re i eka0j l u00fj r<g f. di awE; kanei hk yse foi " u0q foi fudfyd; l an, d i 0k0'

fi j d wmg fndfyd00Wmoj k 0¾Ykhk0'

fi j d i i i Ndú f, i we; ʃ000, 00

ke; k0i uyd k0ud; Dj rfh l 0. a e<i 000

. 0 Y0r" l ÷ m¾j ; foi n, k0" fl ; ri w, xl dro0

y0l ÷" k0aK ì i n, k0 fl ; ri Ñ; adl ¾l K000

0yu" m0k0" y0l v" i 00i Tng ±k0 0i 00

fi j d wmg l ú i 00, sve; sfkdl rk0ka0

i r; 0i 00 . 0ydk" yd j i ka' hk0j katl 0kl g fj ki ai 0; =fmdf<dfō mj ; s fi j d fl d; ri wm00j l d, l 0do0

u00m; 0, afl dr, amr n, k0' fl d; ri w, xl dro0 fi i 0, a i 0hx ckkh j 000 ke; k0i m00j kafhl 0. a l e<ei al 00

Tnf. ai 00, a l 0l 00
fl ; ri m<; 00j ¾. ; 0i 00 0 meK0fl ; ri ñy000 fi j d Tn ri n, d ; 0i 00 ; j u; aTn ri n, d ke; 0fl dmuK m<; 00 ; 0i 00
0j 00fma" ci n0l 0, " rUgk0wU ú j 0 ¾. fham<; 00j , ri tl l awfkl g fj ki 0'

fuj eksffcj úú0; 0hl 0fi we; 0j 000

m00ú f. 0ah j gd we; s' fi 0ka00, i arh n, k0' th m0rci n0 i y wf00al a j eksvys l r l 0K fmdf<dj g meñK0 j <l 0d, h0

m00ú m; 0, aLK0 f; , awdl r we; si eá m000j Tn wi d ; 0i 00 ug f, 0afha j dyk fl ; ri we; 00 t0d i 0, a 0dj khg wj YH f; , afkdl vj d fmdf<dfj kawmg , efnh0

N±; c, h k< <0 j , k0fyda<0l kaî ug i 0i 0; ; 0fhka, eî u" fl d; ri wdYp%Hhu; 00

fuu c, h W, 0, 0, k0fmí î ug yel 0k m0E ñk0dg , efnh0

N+ . ¾Nfha ; nd we; s r; 0ark0 ñk0k0 ; U" ueK0a fmdl 0*0 ñk0dg fl ; ri m000k0j ; 00

m00úh u; ; nd we; s. 00; 0dl ¾l K n, h k0d ñk0dg m0ul ake; 0 weú0ug yel ' wfkl a. 00, 0a j , . 00; 0dl ¾l K n, h wvqk0d ñk0dg weú0ug fkdyel ' ty0 m0ul ai 0fō'

? tuk0d i | ; rKfh0 . . K . dñkar we=i j , ka eri S ukd rk , 0'

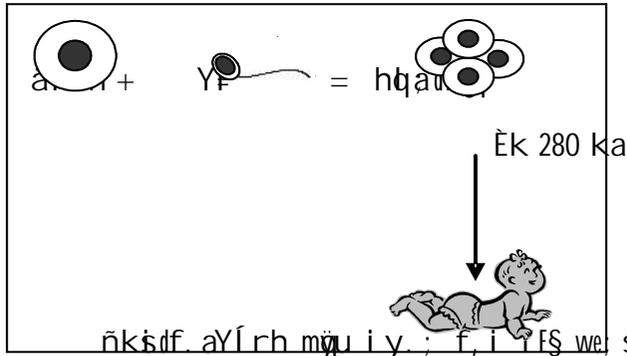
? wm ok0d m0E wfmau0 ì fi we; si uk, l k0okamek k0k uyj e, sl e<K0 j <fō i y l 0 hk . x0d l 00Ekl i 0 . 0hake; ' t0d fkd l vj d . , ñkawj i dkfh0 u0q0 weo j efU'

Èj d Nd. fhÿ yse" t<b fok w; r rd; ð d, fhÿ i | iy ; re t<b f. kfohs

fi j d i i i Ndù f, i i ð j d o

ke; k' i uyd m%dj ka fhl Æ. ai e<i al a

ñk&aYÍ rh i , l d n, uq



ñk&df. aYÍ rh mÿ i y ; f, i i f s we; snj l d yg; awj fnd@ l r. ; yel '

úYahckl foh k' i Èk 280l kai i m%K j q<orefj l abm&uhstki Èk 280 l kafi re <orefj l afuf, dj t<b ol b&

fuu kj c <orej d m%u wdY&di h l r ; u i ð i k l ð j wdri N l rk w; r Tyqñh hk ; æu tu l ð j i ð f o'

i Q&d. drfhat<b ygqkj c <orefj l ayeéfuka; u i ð i kh l d%hCl uj yd úeu; ð l r. kS

bmÿKqú. i fuu <orej d" uj <Ûg l , úg" j yd l Æ bÍ u i ð l rhs (sucking reflex)

fuh i i i Ndù f, i i ð j d l a
ke; k' i uyd m%dj l i e<ei al a

uj f. ka<orej d l Æ Wrd î f o ke; k' i l Æ k&ouu i y m%y h wv f o'

uj i y <orej d w; r i neçhdj fl ; ri wdY&Hhl a@ i s d n, k&'

i k&dhqmo@; b uÛka. |" i ð |" ri " Y%K h" fmk&" ±k&" u; l h" i u; =s nj " f o o k d j " l : dj md, kh l rhs

wm k&ag . b úg; a ð i kh yd ylo i m&kakh fkd l vj d i ð j k nj meyeÈ, ð o'

ny&u mo@; b uÛkaYÍ rfhany&u o j H bj ; al ð ug th wm& j f, i i el i S we; '

reêr ffi , k&oj k&kaveg ñ÷ç ; æ wm& j hdka %hl k&stu reêrh l d; ð j k&ouh fkd yel '

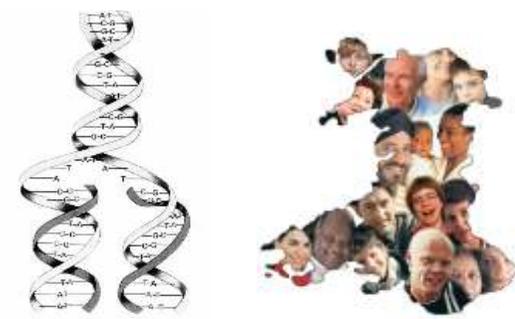
YÍ rfhaÈk 120 g j rl affi , wç; àu i ð f o' kuqal s& ffi , hl al d; ð j k&ouh fkd yel '

fud<fhaffi , Èk 120 g j rl awç; ð o' tfi k' i u; l h mj ; k&kaf l fi a

ñk&d ; æ mj ; k i yc yeÛS" ; j fl fkl Æ. aÿl ±k&" tafj k&j kayeéu hkd& foa m&s& j úoHd; al j myod Èh fkd yel '

m&df. ayd uj f. a ; s Cl K orej kg i xl ð Kh úu'

wm& j m%K si o&dkah k&d tl ð kl dg fj ki añk& k&awe; ð o' k& k&aorej ka ; <o fj ki a' i we; '



uúl Æ j , i xhqb 100% fkdokSuúl Æ j , g i u l < yel sfj k; al ð l ake; ' th&aj i y orej d w; r we; ð k i i Nk&h n, j ; anj úoHd{ h&ã. au; h&h

fu; ri úYd, m%dj l avk& j i e<i ð l < fi uyd úY&h Tng mÿ ul afkd f o o

fi uyd m%dj kahd l j q@

taj kdyswyi ; 'afmdf<dj ; 'augq; atyswe; si b, a; auj d md, kh l rkdj qj %j n, OdB fouhkjaykai b'

mlÓúh bfí we; jónj fndfydafokdf. aúoHd; al u; hhs'fuu u; i enÉ tjd fōo hk& msa|j my; WodyrK uŌka' , l d n, uq

WodyrK 01

Tfí w; ATrf, daj Q & Q superior j %. fhatl l ahehsi s'ka' th l b; al j kaka negBhl kSud Tng l Sj d; 'fuu w; aTrf, daj bfí we; sj jd l b d Tn th msskaka@

ke; thg fya= j k'akatu w; aTrf, daj i e, i 'ql refj l =wkj d %Hfhkai áh hq =k'sdh'

w; aTrf, daj l v d hka b sth negBhl k'afydj hka ; eí fukal b l rhs kuqafi !r. % uKa, h msa| i sd n, k&' th l %j ; j' i e, ei al ave; j l b; al j kj d fkdfo@

w; a Trf, daj l g kSudKl refj l = i áki fu; ri i xl %K mlÓúhg kSudKl refj l =i áh hq=ke; ehsfl fkl =; j u; ai s'kakaki" tawúoHdj yd WvŌ= u k'súh'

tu ksd fuu fmd; ansp kej ; ; auq i g w. g l bj k fuka dreKsj b, ad i áñ'

WodyrK 02

l v d l durhl ai , l k&' th mqd udi hl aj i d ; nd bkawk; ej új D; l r n, k&' túg Tng , efnkákayq, sul ǵ ±, 'ai y wms'j , h' kuqatu l durhu Ékm; d w; =. d ýyq, s. i d oud Ékm; d Tfí wj Odkh fhduql rñka kv; a= l <fyd; ath l %j ; j mj ; k j d fkdfo@

mlÓúh foi i sd n, k&' th fl ; ri m's'j , g l b l rkj do@ Tng w; Hdj YH kka i |yd rd; b f. fkh's tfuka wdf, dáh" j %l dj " yse t<b" Ékm; d Tng fl ; ri wj YHo@

br tyst<b fkdýkfyd; d ul ai j'fōo@

fi uyŌ=i e, ei ag fya= uyd m%dj ka fouhkjaykai aug fmdf<dj md, kh l s'uh'

fi i b, á, kameyeÉ, sj k'akauq úYahgu wêm; sj Ōou fl fkl = ák nj h's tai %j mrdl %j f'ouhkjaykai b

Tfí m%kh fouhkjaykai al k& neBo@

fyd|hsBg mss'ee f, i my; WodyrKh i , l d n, uq

ri l a+k . ekSg Éj o" Y%Khg l Ko" i g| wd. %Khg kdi ho" ±l Sg wei a WmfhdaS r . ksqkuqari ne, Sg fyde wei g oud . k'akake;

fouhkjaykai j oei kane, b fkdyl b'

tki" fouhkjaykai a wd; ahl a neúka Wkjaykai j ±l . ; yel ál a ukqHhdf. a wd; ahgh'

ukqHhd j kdyswd; ah" m%kh yd Yírfhkai uká; wfhl s fouhkjaykai a n'ksd yd i n| i mj ; j k'ak'k'ksd ; < we; s'wd; ahgh' tk'sd fouhkjaykai ai ák nj fN!; sj ±l Sg fkdyl skuqawd; ahg w; a l Sg m'j k'

n'ksd ; < we; sfuu wd; ah ksd i j d Ndj fhka foj j kakh n'ksd ; < we; ' f. da %fydawdSj di sck fl dgi j , mj d foj j kakh l %; s'k's

i ; k'g wd; ahl a sí o@ ke; Tj k'g we; á; aYí rhl ayd m%Khl amuK's tu ksd i ; k'g foj j kakh l afydafoú fl fkl = ek yeŌSI ake;

ckm%afhafou fl fkl =msa| we; sj Hj ydr fudkj do@

fobhkan, ad

- fobhkgj ; afmfkkakeoa fi wj kvj
- foufl fkl dlv bkaj dfkat; ud n, d . kbs
- fobshda dl as
- fobhfkä'
- fobhkgu Tm'qj Éptfō
- fobhka. anyghs

ukqal ul a; shk& 'kd- ; j o Tn fuj eksj okal : d j Hj ydrfhawi d we; ' fuhkameyeÉ, sj k'akank'sd ; = hi l s'sYsŌ l ul afouhkjaykai a; nd we; snj h' n'ksd whym; g yd kmqg fndfyda eu; b'

tfi aki hym; yd yd fydl n'ksd ; < bfí we; sj Ōlo@

ke; ' th fouhkjaykai awm ; < ; enŌohl s'n'ksd úi ka hym; we; s'r . k'akaki kSb' fmd, s'b" i u: uKa, " Wi dú" ud%. kSs' x{ d mo@; svj YH fkdfo'

Ñkšd j vd l eu; shy; go@whym; go@
Tn l bđù whym; g l bđ Tō' taj my; WodyrK ; =ka <l d n, uq

? foughkajkai auj mofmd, a fi 'au, ; , d . kaj qoard f, i mdkh l šu'

? th ; j ; am, al r" thg hšhd yd wfkl =ari dhks øj H oud uOHl dr
kšouu' ñksa. ; b j qhafoughkajkai ahym; g yakfmd, a. i whym; g fhod
. ekšh' fmd, a i kafkdej ; k ñksd l s=a i go tfoa l rhs

? yi fl d< fō, d mql a ykq i uō ñY%h i dod nq; ag i Eyfō
foughkajkai afkdj " ñksdh'

? mrudKqj fi dhd . ; š; afvdagkaj qo" uqkamrudKqj f, dā fhamod%: fha
; sškskuqañksd th whym; g fhod mrudKofndān i Ešh' tkšd tism%
cmdkfahyšrdāsd i y kd. i dl šj , ; j u; æ l b yel b'

foja kbuhg mgyeKsi ; ja f, dā fha i NKØ l i

? wYjhd + nQej d = j | fl dgZj d

? i š% + wYjhd = j | i šn%ks

? i syhd + j Hd>šd = j | , hs%

? i syhd + Éúhd = j | , šhd fmdka

foja kbuhg mgyeksñksdf. avkbi i i NKØ l i

? mql hd + wkbii i a ka=orej ka-i udc frda
"Ydm" mdm&

? i a š%+wkbii mql hka=orej ka-i udc frda
"Ydm" mdm&

foughkajkai g wNšhda l šu i qj q@

-fi kej foughkaj ; a šakš neye-
by; m%Yh tlard i m%šd kej lamsølj . ukawdri N l šug m%u l rkq
, enQl šTn i eu fydc kaokkd by; l Sghgeks afkl l dfō kgUkawo Éko uqj
m; š, æ l šg , efi'

MrudKqj a < Ok wdfrdas fmdšgd kHI šfhatl g ; nd ; šnkšakfl fi a@

Tnf. aYÍ rh ; < mod%: uh Yl ab . eí l r ; nd we; ' kuqaTng i m%l
l < yel ' fu; ri' Yl ab YÍ rh ; < . nvd l r ; šu fl ; ri' wdYp%Hhu; a@
foja i e, ei ag úreoθ ùu'

Ökfhal mgkai Š%kaj eä ùu kšd tysrch úi kal mgkafj ä ; nd úkdY
l šug kšhda l f<ba' tfy; ai ; bl amuK j k úg k. rfhal kq l i < f. dv . ei Šthka
yuk y%. kØh ord . ekšg wmyi q qeúkauqka < kšhdah w; šgšjk , š'

fuhkaneyeÉ, šj kšakfoja i e, ei ag úreoθ j qfyd; añksdg wkšd%Hfhka mi qeúug
i šj k nj h'

mšl r ydkšg mšlk f, i fya=jkšakawkj YH f, i mDÓú i i m; amBfNdakhl l šuh'
f, dā fhaúYd, ; u l %udka f, i bÉBfhka i škška

? hqØdhq" r: j dyk" i qj ú, j šari l eú, šfi , ai nvq hkdÉhš
fi kšd mšl rhg tl ; j-k wmoj H b; d wél h'

mDÓú WI k; ja h j eäuu

kkauÉ, šhal %udka yd hka% , kaks=al rk l dnkøfhdl ahā j dhq
i Š%kaj dhq. dahg tl ašfukatysm%š; h j eä ù c, uúgu by< hštúg . aei šr
f, i mj ; k whšd ÷ l %l šfhkšh fj hš

fi kšd i d. rdi kš my; a i uqag hgfj hš±kgu; aud, Éj hšakfošh
hgüfi ; %ckhg uqk md we; ' ±kg wj qey 12 g m%u ákad% ym; auqag hgj šs

i d. r c, mšudj j eä úfukayd i uq r< j eäúfukañksšg j k ydks
mšø | nhø, fhaY" l a1(11 ysi | ykafō' i kšd j Hi kh&

ñksd úi ka kmojk i qj ú, j ša yd Ysl rKj , we; s
yhšv% š, dārdādnkaCFC kšd 'fi škai arfhai šre we; šfj hš fi kšd ysef. a
wysl r mrci nq l šK mDÓúhg fl , ka m; š fō' tjad i fi frda we; sl rhšfuj eks
i šre weuβl dfō yd cmdkfahby<kansgd we; šnj fi dhdf. k we; '

? fkdfl =al %udka Yd, dj , kaj dhq. dahg tl ; j-k i , š%vfhd l ahā
(SO.) j eksj dhqšd wi , j ei šmdf<dj g m; š fō' tjad j eáfukašj fnda úkdY fō'

? f, dā fhandkh l < yel mšl š c, h wvqj ñkšk nj ±kg meyeÉ, šu
we; '

Y%xl dfō j ; š" fnd; , d r wf, ú l šu uÉ; l i g wdri N ù we; sv; r" wrdi
rgj , j ; š fnda, hl ñ, f; , šj , g j vd j ak ; ; ja hl g m; ja we; '

? i xLHd f, šk wkq n, k úg f, dā fhaj . dl < yel š i i mšlk h wvq
we; ' i Y% bvi l dkadr nj g m; afj ñkanj ; š

i Y% bvi j , kaj i rl g j % . l š, dšgr 70'000 l amuK l dkadr nj g
m; aj hš

? , xl dfō fl ; ri' ákad% ; šk; 'anyšk hd; %fl dmuK ; šk; aud;
i šdi ys nj fmfkafuhg fya= uqšpau i šauYd, f, i ñh hduškeō j , kaneyer
l rk madl al aøj H yd l dl sl %udkahg fhodf. k neyer l rk wmoj H fyašj ka
u; ahškšauYd, f, i ñhšhš

? I dnkš Yl a smŕj ^, avŔŕe" or" bkŔk" j dhŕaf; , ŕwvŕk úg
f, dā h Yl a sŕ!k wŕnŕhl g fya-j kŕve; '

?

N+mŕl ŕh r|kŕkafgl ŕgŕkša; , u; h' tŕd w; r i g fi , ŕul akšd
i ŕdŕ i y N+l i mk we; ŕh yel '

?

cl k bŕŕfkŕe l ŕh ; ŕkaŕkšdf. ai xfi ŕ; äi Nh ; ŕ fj ki äi we; s
l ŕug ŕoŕd{ fhŕafj r or; ŕfuj ek smŕl Cl K l ŕl kŕvj i kŕŕŕhs ŕ ŕkdyel '

fouhkŕykŕi afl frysnh ŕfukamuKl aŕkšaŕú; h . ek f. !rj hl a
we; ŕfj hš
tfi ŕke; kŕi ŕyd j Hi k j , g ŕq mŕrhš

!

Tng ; j u; afi ŕg ŕy; äiYŕhg ŕej ŕl refj l ŕi ŕk nj fkdj egfykŕka
ki

fuu fu fmd; kej ; j ; dj l d ŕj k f, i "
l reKŕfj kŕb, ŕd i ŕŕ'