

# Ù•Ø¹Ø§Ù,,ÛÆØªâ€ÆÛ‡Ø§ÛÆÛÆ Ø´Ø±Ø§ÛÆ Ú©ÙˆØ-Ú©Ø§Ù‡ Ø´Ø± Ø-ÙˆØ±Ø§Ù‡ Ù,,Ø±Ù‡Ø•ÛÆÛ‡Ù‡ Ú©Ø±ÙˆÙ‡Ø§: Ø§ÛÆØ-Ù‡â€ÆÛ‡Ø§ÛÆ Ø´Ø§Ø´ Ø´Ø±Ø§ÛÆ Ø´Ø§Ø²ÛÆ Ú©ÙˆØ-Ú©Ø§Ù‡ 12 ØªØ§ 18 Û... Ø§Ù‡Ù‡

Ø´Ø± Ø§ÛÆÛ‡ Û...Û,,Ø§Ù,,Ù‡ Ø´Ø§ Û¼Ù‡Ø´ Ø§ÛÆØ-Ù‡ Ø´Ø±Ø§ÛÆ Ø³Ø±Ù´Ø±Ù... Û‡Ù´Ù‡ Ø´Ø§Ø´ØªÙ‡ Û•Ø±Ø²Ù‡Ø´ØªØ§Ù‡ Ø´Ø± Ø-ÙˆØ±Ø§Ù‡ Û,,Ø±Ù‡Ø•ÛÆÛ‡Ù‡ Ú©Ø±ÙˆÙ‡Ø§ Ø´Ø±Ù‡Ø§ Ø©ÙˆØ§Ù‡ÛÆØ´ Ø´Ø´.Ø´Ø§ ØªØ°ÛÆÛÆØ± Ø-Ø§Ù,,Øª Ø§Ø² Û‡Ù‡Ø§Ø± Ø´Ø³Øª Û´ Û¼Ø§ Ø±Ù•ØªÙ‡ Ø´Ù‡ Ø³Ù...Øª Ø±Ø§Ù‡ Ø±Ù•ØªÙ‡ØÆ Û•Ø±Ø²Ù‡Ø´ Ø´Ù...Ø§ Ø´Ù‡ Ø³Ø±Ø¹Øª Û´Ø§Ø±Ø´ Ø-ÙˆØ±Ù‡ Û‡ÙˆÙ¼Ø§ÛÆÛÆ Û...ÛÆâ€ÆØ´ÙˆØ´ Û´ ØªØ´Ø±Ù© Ø´ÛÆØ´ØªØ±ÛÆ Ø©ÙˆØ§Ù‡Ø´ Ø´Ø§Ø´Øª. Ø§Ùˆ Ø´Ù‡ Ø´ÙˆØ± Û´Ø²Ø§ÛÆÛ‡Ù‡â€ÆØ§ÛÆ Û,,Ø§Ø´Ø± Ø´Ù‡ Ø§Ø³ØªÙ•Ø§Ø´Ù‡ Ø§Ø² Û,,Ø´Ø±Øª ØªØ©ÛÆÛ,, Û´ Ø´ÙˆØ§Ù‡ÛÆâ€ÆØ§Ø´ Û‡Ø³Ø´Øª Ø´Ù‡ Û•Ø¶Ø§ÛÆ Ø§Ø´Ø±Ø§Ù•Ø´Ø± Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆØ´ Ø§Ø³Øª. Û...Û...Ú©Ù‡ Ø§Ø³Øª Û...ØªÙˆØ-Ù‡ Ø´Ø´Ù‡ Ø´Ø§Ø´ÛÆØ´ Ú©Ù‡ Ø§Ùˆ Ø´ÙˆØ³Øª Ø´Ø§Ø±Ø´ Ø§Ø³Ø´Ø§Ø´ Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆØ´ Ø±Ø§ Ø´Ù‡ Ø´Ù...Ø§ Ø´Ø´Ù‡Ø´ Û´ Ø´Ù...Ø§ Ø±Ø§ Û‡ÛÆØ² Ø´Ø± Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆØ´ Û... Ø´Ø§Ø±Ù©Øª Ø´Ù‡Ø´ Û´ Û‡Ù...Ù‡Ù‡ÙˆÛÆÛ‡ Ø´ÙˆØ³Øª Ø´Ø§Ø±Ø´ Û´Ø¹Ø§Ù,,ÛÆØªâ€ÆÛ‡Ø§ÛÆ Û... ÛˆØ±Ø´ Ø´Ù,,Ø§Ù,,Ù‡â€ÆØ§Ø´ Ø±Ø§ Ø´Ø§Ø±Ù‡Ø§ Û´ Ø´Ø§Ø±Ù‡Ø§ ØªÙ©Ø±Ø§Ø± Ú©Ù‡Ø´. Û¼Ø³ Ø§ÙˆØ± Ø©ÙˆØ´ØªØ§Ù‡ Ø±Ø§ Ø´Ù‡ Ø©Ø§Ø´Ø± ÛˆÛÆØ±ÙˆØ³ Ú©Ø±ÙˆÙ‡Ø§ Ø´Ø± Ø©Ø§Ù‡Ù‡ Û,,Ø±Ù‡Ø•ÛÆÛ‡Ù‡ Ú©Ø±Ø´Ù‡â€ÆØ§ÛÆØ´ Ø§Ø² Ø§ÛÆÛ‡ ò²Ù...Ø§Ù‡ Û´ Û´Ø³ØªØ±Ù‡ ÛˆØ³ÛÆØ¹ Ú©Ø§Ø±Ù‡Ø§ÛÆÛÆ Ú©Ù‡ Û...ÛÆâ€ÆØªÙˆØ§Ù‡ÛÆØ´ Ø´Ø§ Û‡Ù... Ø§Ù‡Ø´Ø§Ù... Ø´Ù‡ÛÆØ´ Ø´ÛÆØ´ØªØ±ÛÆÛ‡ Ø§Ø³ØªÙ•Ø§Ø´Ù‡ Ø±Ø§ Ø´Ø´Ø±ÛÆØ´. Ø´Ø§Ø²ÛÆ Û•Ø¹Ø§Ù,,Ø§Ù‡Ù‡Ø´Ø§Ø²ÛÆ Ø´Ø§ Ú©ÙˆØ´Ú© ØªÙ,,Ø§ÙˆÙ‡ Ø´Ø± Ø§ÛÆÛ‡Ù‡Ù© ÛÆÛ© ØªØ´Ø±Ø´Ù‡ Ø´Ø±Ø§ÛÆ Ø§Ø±ØªØ´Ø§Ø´ Ø¹Ø§Ø´Ù•ÛÆ Ø´ÛÆÛ‡ Ø´Ù...Ø§ Û´ Ø§ÙˆØ³ØªØÆ Û‡Ù,,Ø´ Û...Ù‡Ù...ÛÆ Ø´Ø± Ø±Ø´Ø´ Û´ ØªÙ©Ø§Ù...Ù,, Ø³Ø§Ù,,Ù... Ø§Ùˆ Ø´Ø§Ø²ÛÆ Û...ÛÆâ€ÆÛ©Ù‡Ø´. Ø´Ø± Û‡Ù‡Ø´ Ú©Ø´ÙˆØ± Û...Ø©ØªÙ,,Ù•ØÆ Ø±Ø§Ù‡Ù‡Ù...Ø§ Û´ Ø´Ø³ØªÙˆØ±Ø§Ù,,Ø¹Ù... Û,,â€ÆÛ‡Ø§ÛÆÛÆ Ø´Ø±Ø§ÛÆ Û´Ø¹Ø§Ù,,ÛÆØª Û©ÙˆØ´Ú©Ø§Ù‡ ÛˆØ´ÙˆØ´ Ø´Ø§Ø±Ø´ Ú©Ù‡ ØªÙˆØµÛÆÛ‡ Û...ÛÆâ€ÆÛ©Ù‡Ù‡Ø´ Ú©ÙˆØ´Ú©Ø§Ù‡ Ø´Ø´Ø§Ù,,Ù,, 1 ØªØ§ 3 Ø³Ø§Ø¹Øª Ø´Ø± Ø±ÙˆØ´ Û•Ø¹Ø§Ù,,ÛÆØª Û•ÛÆØ²ÛÆÛ©ÛÆ Ø´Ø§Ø´ØªÙ‡ Ø´Ø§Ø´Ù‡Ø´. Ø§ÛÆÛ‡ Û´Ø¹Ø§Ù,,ÛÆØª Ø´Ø§Ù...Ù,, Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆ Ø³Ø§Ø©ØªØ§Ø±Ù...Ù‡Ø´ Û´ Ø´ÛÆØ±Ø³Ø§Ø©ØªØ§Ø±Ù... Û‡Ø´ (Ø´Ø²Ø§Ø´Ø§Ù‡Ù‡) Û...ÛÆâ€ÆØ´ÙˆØ´. Ø´Ø§Ø²ÛÆ Ø³Ø§Ø©ØªØ§Ø±Ù...Ù‡Ø´ Ø´Ù‡ Û‡ÙˆØ¹ÛÆ Ø§Ø² Ø´Ø§Ø²ÛÆ Û´Ù•ØªÙ‡ Û...ÛÆâ€ÆØ´ÙˆØ´ Ú©Ù‡ Ø´Ø± Ø´Ù‡ØÆ ÛÆÛ© Ø´Ø²Ø±ÙˆØ³Ø§Ù,, Û´Ø¹Ø§Ù,,ÛÆØª Ú©ÙˆØ´Ú© Ø±Ø§ Ú©Ù‡ØªØ±Ù,, Û´ Û‡ÙˆØ§ÛÆØª Û... ÛÆâ€ÆÛ©Ù‡Ø´ Û´ Ú©ÙˆØ´Ú© Ø±Ø§ ØªØ´ÙˆÛÆÛ, Û...ÛÆâ€ÆÛ©Ù‡Ø´ ØªØ§ Ø§Ø² Û,,Û´Ø§Ù‡ÛÆÛ‡ Û´ Û,,Û´Ø§Ø¹Ø´ Ø³Ø§Ø´Ù‡â€ÆØ§ÛÆ Û¼ÛÆØ±ÙˆÛÆ Ú©Ù‡Ø´. Ø§ÛÆÛ‡ Û... ÛÆâ€ÆØªÙˆØ§Ù‡Ø´ Ø´Ø§Ù...Ù,, Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆ Ø§ØªÙ•Ø§Ù,,ÛÆ Û´ ÛÆØ§ Û•Ø¹Ø§Ù,,ÛÆØªâ€ÆÛ‡Ø§ÛÆ Û´Ø±ÙˆÙ‡ÛÆ Ø³Ø§Ø©ØªØ§Ø±Ù...Ù‡Ø´ Ø´Ø§Ø´Ø´. Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆ Ø´ÛÆØ±Ø³Ø§Ø©ØªØ§Ø±Ù...Ù‡Ø´ ÛÆØ§ Ø´Ø²Ø§Ø´Ø§Ù‡Ù‡ Ø´Ù‡ Ø´Ø§Ø²ÛÆâ€ÆÛ‡Ø§ÛÆÛÆ Û´Ù•ØªÙ‡ Û...ÛÆâ€ÆØ´ÙˆØ´ Ú©Ù‡ Ø´Ø± Ø´Ù‡â€ÆÛ‡Ø§ Ú©ÙˆØ´Ú© Ø´Ø²Ø§Ø´ Ø§Ø³Øª Û‡ÙˆØ± Ø´ÙˆØ± Ú©Ù‡ Û...ÛÆâ€ÆØ´ÙˆØ§Ù‡Ù‡ Û•Ø¹Ø§Ù,,ÛÆØª Ú©Ù‡Ø´ ÛˆØ±Ø§Ù‡Ù‡Ù...Ø§ÛÆÛÆ Ø§Ø² Ø³ÙˆÛÆ Ø§Ù•Ø±Ø§Ø´ Ø´Ø²Ø±ÙˆØ³Ø§Ù,, Ø´Ø± Ú©Ù...ØªØ±ÛÆÛ‡ Ø´Ø´ Û...Ù...Ú©Ù‡ Û,,Ø±Ø§Ø± Ø´Ø§Ø±Ø´. ØªØ´ÙˆÛÆÛ, Ú©ÙˆØ´Ú© Ø´Ù‡ Û•Ø¹Ø§Ù,,ÛÆØª Û•ÛÆØ²ÛÆÛ©ÛÆ Ø´Ø± Ø§ÛÆÛ‡Ù‡ÙˆØ³Øª Û,,Ø´Ø±Øª Û´Ù...ØªØ±ÛÆÛ‡ Û´ÙˆØ±ÙˆØ³Ø§Ù,,ÙˆØ³Ø´Ù‡Ù...ÛÆâ€ÆÛ©Ù‡Ø´ Û´ Û‡Ù... Û‡Ù‡ÙˆÛÆÛ‡ Ø´Ø§Ø¹Øª« Û...ÛÆâ€ÆØ´ÙˆØ´ Ø¹Ø§Ø´Øªâ€ÆÛ‡Ø§ÛÆ Ø³Ø§Ù,,Ù...ÛÆ Ø´Ø± Ø§Ùˆ Ø´Ù©Ù,, Ø´ÙˆÛÆØ±Ù‡Ø´ Ú©Ù‡ Ø§Ø´ØªÙ...Ø§Ù,,Ø§ÙˆØ´ ØªØ§Ù,,â€ÆÛ‡Ø§ Û‡Ù...Ø±Ø§Ù‡



1. Ú†Ù‡

Ù•Ø¹Ø§Ù,,ÙÆØªÙÆØŸ Ø·Ø§Ø²ÙÆ Ú-Ø±Ú-Ù... Ø·Ù‡ Ù‡Ù·Ø§Ù†Ù-Ù·Ù†Ù‡ Ø·Ø§ÙÆØ- Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆ Ø±Ø§ Ø§Ù†Ø-Ø§Ù... Ø-Ø§Ø-ØŸ Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆ ÙÆÙ© Ù•Ø¹Ø§Ù,,ÙÆØª Ø·Ø³ÙÆØ§Ø± Ù...Ù†Ø§Ø³Ø· Ø-Ø±Ø§ÙÆ Ø²Ù...Ø§Ù†ÙÆ Ø§Ø³Øª Ù©Ù‡ Ù•Ø±Ø²Ù†ØªØ§Ù† Ø-Ø± Ø±Ø§Ù‡ Ø±Ù•ØªÙ† Ù...Ø³Ù,,Ø. Ø-Ø-Ù‡ Ù· Ø-Ø± Ø-Ø§Ù,, ÙÆØ§Ø- Ú-Ø±Ù•ØªÙ† Ø-Ù·ÙÆØ-Ù† Ø§Ø³Øª. Ø·Ø§Ø²ÙÆâ€œÙ‡Ø§ÙÆÙÆ Ù©Ù‡ Ø-Ø± ØœÙ†â€œÙ‡Ø§ Ø·Ø§Ø²ÙÆÙ©Ù†Ø§Ù† Ø·Ø§ÙÆØ- ÙÆÙ©Ø-ÙÆÙ-Ø± Ø±Ø§ Ø-Ù†Ø·Ø§Ù,, Ù©Ù†Ù†Ø- Ø·Ø±Ø§ÙÆ Ø·Ø§Ø²ÙÆ Ù©Ø±Ø-Ù† Ø-Ø± Ù...Ø-ÙÆØ. Ø·ÙÆØ±Ù·Ù† Ù...Ù†Ø§Ø³Ø· Ù‡Ø³ØªÙ†Ø- Ù...Ø«Ù,,Ø§Ù< Ø§Ù-Ø± Ø-ÙÆØ§Ø- Ø-Ø§ØªÙ‡ Ø·Ø§Ø-ÙÆØ- Ù•Ù·Ù,,â€œÙ‡Ø§Ù,,Ø¹Ø§Ø-Ù‡ Ø@Ù·Ø§Ù‡Ø- Ø-Ø-. Ø§Ù-Ø± Ø-Ø±Ø§ÙÆØ- Ø-Ø±Ø§ÙÆ Ø·ÙÆØ±Ù·Ù† Ø±Ù•ØªÙ† Ù...Ù‡ÙÆØ§ Ù†Ø·Ø§ØªØ-ØÆ Ù...ÙÆâ€œÙ‡Ø§Ù†ÙÆØ- Ù...Ø-Ù,,Ù...Ø§Ù† Ù...Ù†Ø²Ù,, Ø±Ø§ Ø-Ù...Ø¹â€œÙ‡Ø±ÙÆ Ù©Ù†ÙÆØ- Ù· Ø-Ø± Ø-Ø§Ø@Ù,, Ø@Ø§Ù†Ù‡ Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆâ€œÙ‡Ø§ Ø±Ø§ Ø§Ù†Ø-Ø§Ù... Ø-Ù‡ÙÆØ. Ø@ÙÆÙ,,ÙÆ Ø³Ø§Ø-Ù‡ Ù...ÙÆâ€œÙ‡Ø§Ù†ÙÆØ- Ø§Ø² Ù•Ø±Ø²Ù†ØªØ§Ù† Ø-Ø@Ù·Ø§Ù‡ÙÆØ- Ø-Ù...Ø§ Ø±Ø§ Ø-Ù†Ø·Ø§Ù,, Ù©Ù†Ø- Ù· Ø-Ø± Ø¹Ù©Ø³. Ù·Ù,,ØªÙÆ Ø§Ù· Ø-Ù...Ø§ Ø±Ø§ Ù-Ø±Ù•Øª Ù· ÙÆØ§ Ø-Ù...Ø§ Ø§Ù· Ø±Ø§ Ù-Ø±Ù•ØªÙÆØ-ØÆ Ø§Ù· Ø±Ø§ Ø-Ø± ØœØªÙ·Ø- Ø·Ù©Ø¹ÙÆØ- Ù· Ø-Ù‡ Ø§Ù· Ø·Ù•Ù‡Ù...Ø§Ù†ÙÆØ- Ù©Ù‡ Ù‡Ø-Ù• Ø·Ø§Ø²ÙÆ Ù...Ø-Ù,,Ø. Ø-Ø-Ù‡ Ø§Ø³Øª.Ù†Ø±Ø§ Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆ Ù...Ù·ÙÆØ- Ø§Ø³ØªØŸ Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆ Ù‡ÙÆØ-Ø§Ù†â€œÙ‡ÙÆØ§Ù†Ù·ÙÆØ² Ù· Ù³⁄⁴Ø±Ø§Ù†Ø±Ù·ÙÆ Ø-Ù‡ ØªÙ,,Ù·ÙÆØª Ù...Ø§Ù‡ÙÆÙ†Ù‡â€œÙ‡Ø§ Ù· ØªÙ·Ø³Ø¹Ù‡ Ù... Ù‡Ø§Ø±Øªâ€œÙ‡Ø§ÙÆ Ù...Ø±Ø-Ù·Ø. Ø·Ù‡ Ø-Ø§ØªØ-Ø§ Ø-Ø-Ù† Ù· ØœÙ-Ø§Ù‡ÙÆ Ù©Ù-Ø-Ù© Ø§Ø² Ù·Ø¶Ø§ÙÆ Ø§Ø·Ø±Ø§Ù· Ù©Ù...Ù© Ù...ÙÆâ€œÙ‡ÙÆÙ©Ù†Ø-



2. Ú†Ù‡ Ù•Ø¹Ø§Ù,,ÙÆØªÙÆØŸ Ø·Ø§Ø²ÙÆ Ø³Ù·Ø§Ø±ÙÆ Ø·Ø§ Ø§Ø³Ø·Ø§Ø· Ø·Ø§Ø²ÙÆâ€œÙ‡Ø§Ù†Ù-Ù·Ù†Ù‡ Ø·Ø§ÙÆØ- Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆ Ø±Ø§ Ø§Ù†Ø-Ø§Ù... Ø-Ø§Ø-ØŸ Ù•Ø±Ø²Ù†Ø- Ø-Ù...Ø§ Ø-Ø± Ø§ÙÆÙ† Ø³Ù† Ù...ÙÆâ€œÙ‡Ø§Ù†Ø- Ø§Ø³ØªÙ·Ø§Ø-Ù‡ Ù...Ù‡Ø§Ø±Øªâ€œÙ‡Ø§ÙÆ Ù...Ø±Ø-Ù·Ø. Ø·Ù‡ Ø-Ø§ØªØ-Ø§ Ø-Ø-Ù† Ù· ØœÙ-Ø§Ù‡ÙÆ Ù©Ù-Ø-Ù© Ø§Ø² Ù·Ø¶Ø§ÙÆ Ø§Ø·Ø±Ø§Ù· Ù©Ù...Ù© Ù...ÙÆâ€œÙ‡ÙÆÙ©Ù†Ø-

Ø§Ø² Ø§Ø³Ø´Ø§Ø´â€œØ´Ø§Ø²Ùœâ€œÙ‡Ø§Ùœ Ø³Ù´Ø§Ø±ÙœØ´ Ù...Ø«Ù,, Ù...  
 Ø§Ø´ÙœÙ‡â€œÙ‡Ø§Øœ Ú©Ø§Ù...ÙœÙ´Ù‡â€œÙ‡Ø§ Ù´ Ø§Ø³Ø´â€œÙ‡Ø§Ùœ  
 Ø§Ø³Ø´Ø´Ø§Ø´â€œØ´Ø§Ø²Ùœ Ø±Ø§ ØœØ°Ø§Ø² Ú©Ù‡Ø´. Ø§Ù´ Ø´Ø§ Ù‡Ø´Ø§Ø±Øª Ù´Ø§Ù,,Ø´ÙœÙ‡  
 Ù...Ùœâ€œØªÙ´Ø§Ù‡Ø´ Ø§Ø² Ù‡Ø±Ø® Ø²Ø´Ù‡ Ø´Ø± Ù...Ø´ÙœØ´ Ø®Ø§Ù‡Ù‡ Ù´ ÙœØ§  
 Ø´ÙœØ§Ø´. Ù,,Ø°Øª Ø´Ø´Ø±Ø´.Ù‡Ø±Ø§ Ø§ÙœÙ‡ Ø´Ø§Ø²Ùœ Ù...Ù´ÙœØ´ Ø§Ø³ØªØ§Ù´ Ú©Ù´Ø´Ù©  
 Ø´Ù´Ø³Øª Ø´Ø§Ø±Ø´ Ø´Ø³ Ø§Ø³ØªÙ,,Ù,,Ø§Ù,, Ø±Ø§ ØªØ´Ø±Ø´Ù‡ Ú©Ù‡Ø´ Ù´ Ø§ÙœÙ‡ Ø´Ø³ Ø±Ø§  
 Ù´Ù,,ØªÙœ  
 Ø®Ù´Ø§Ù´  
 Ø´Ø´Ù‡Ù´

E



Ú©Ø±Ø´.

3.

Ú‡Ù‡ Ù´Ø¹Ø§Ù,,ÙœØªÙœØ§ Ø´Ø§Ø²Ùœ Ø´Ø§ Ø´Ø§Ø´â€œÙ‡Ø§Ù‡Ù´Ù´Ù´Ù‡Ù‡ Ø´Ø§ÙœØ´  
 Ø§ÙœÙ‡ Ø´Ø§Ø²Ùœ Ø±Ø§ Ø§Ù‡Ø´Ø´Ø§Ù... Ø´Ø§Ø´Ø§Ù´ Ø§ÙœÙ‡ Ø´Ø§Ø²Ùœ Ø´Ø±Ø§Ùœ  
 Ø§Ù‡Ø´Ø§Ù... Ø´Ø± Ø´Ø§Ù,,Ú©Ù‡ ÙœØ§ Ø´ÙœØ§Ø´ Ø´Ø³ÙœØ§Ø± Ù...Ù‡Ø§Ø³Ø´ Ø§Ø³Øª. Ø´Ø§  
 Ø´Ù...ÙœØ´Ù‡ Ø´Ø± Ø´Ø³ØªÙ´Ø§Ù‡ Ø´Ø´Ø§Ø´â€œØ³Ø§Ø²Øœ Ø´Ø´Ø§Ø´ Ø§ÙœØ´Ø§Ø´  
 Ú©Ù‡ÙœØ´ Ù´ Ú©Ù´Ø´Ù© Ø±Ø§ ØªØ´Ù´ÙœÙ, Ú©Ù‡ÙœØ´ ØªØ§ ØœÙ‡â€œÙ‡Ø§ Ø±Ø§  
 Ø´Ù‡Ø´Ø§Ù,, Ú©Ù‡Ø´ Ù´ Ø´ÙœÙ‡ Ø´Ù´ Ø´Ø³Øª Ø®Ù´Ø´ Ø´ØªØ±Ú©Ø§Ù‡Ø´. Ù‡Ø± Ú©Ù´Ø´Ù©Ùœ  
 Ø´Ø§ Ø³Ø±Ø¹Øª Ù...Ø®ØµÙ´Øµ Ø®Ù´Ø´ Ø±Ø´Ø´ Ù...Ùœâ€œÙœÙ‡Ø´Øœ Ù´¼Ø³ Ø´Ù‡ØªØ± Ø§Ø³Øª  
 Ø´Ø±Ø§Ùœ Ø§Ù‡Ø´Ø§Ù... Ø§ÙœÙ‡ Ø´Ø§Ø²Ùœ ØªØ§ Ù´Ù´ØªÙœ Ú©Ù‡ ÙœÙ´Ø´Ù© Ø§Ø¹ØªÙ...  
 Ø§Ø´ Ø´Ù‡ Ù‡Ù´Ø³ Ù´ Ú©Ù‡ØªØ±Ù,, Ú©Ø§Ù´Ùœ Ø´Ø± Ø±Ø§Ù‡Ù‡ Ø±Ù´ØªÙ‡ Ø´Ø§Ø´ØªÙ‡  
 Ø´Ø§Ø´Ø´Øœ ØµØ´Ø± Ú©Ù‡ÙœØ´.Ù‡Ø±Ø§ Ø§ÙœÙ‡ Ø´Ø§Ø²Ùœ Ù...Ù´ÙœØ´ Ø§Ø³ØªØ§Ù´ Ø§ÙœÙ‡  
 Ø´Ø§Ø²Ùœ Ø´Ø§Ø¹Ø« ØªØ´Ø´Ù© Ú©Ù´Ø´Ù© Ù...Ùœâ€œØ´Ù´Ø´. Ø¹Ù,,Ø§Ù´Ù‡ Ø´Ø± Ø§ÙœÙ‡  
 Ø´Ù‡Ø´Ø§Ù,, Ú©Ø±Ø´Ù‡ Ø´Ø´Ø§Ø´â€œÙ‡Ø§ Ù´ Ù´Ø±Ù´ØªÙ‡ ØœÙ‡â€œÙ‡Ø§ Ø´Ø§Ø¹Ø«  
 ØªÙ,,Ù´ÙœØª Ù‡Ù...Ø§Ù‡Ù‡Ù´Ù´Ùœ Ø´ÙœÙ‡ Ø´Ø³Øªâ€œÙ‡Ø§ Ù´ Ù‡Ø´Ù...â€œÙ‡Ø§Ùœ  
 Ú©Ù´Ø´Ù© Ù...Ùœâ€œØ´Ù´Ø´.



4. Ú†Ù‡ Û•Ø¹Ø§Ù,,ÛÆØªÛÆØŸ Û-Ø°Ø± Ø§Ø² Û...Û^Ø§Ù†Ø¹Û†Û-Û^Û†Û‡ Ø·Ø§ÛÆØ- Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Ø±Ø§ Ø§Ù†Ø-Ø§Ù... Ø-Ø§Ø-ØŸ Ø-Ø± Ø§ØªØ§Ù, Û†Ø-ÛÆÛ...Û† ÛÆØ§ Ø-ÛÆØ§Ø- Ø@Û^Ø- Ø·Ø§ Ø§Ø³ØªÛ•Ø§Ø-Û‡ Ø§Ø² Û-Ø³Ø§ÛÆÛ,,ÛÆ Û...Ø«Û,, Û@Û^Ø³Û†ªÆÛ‡Ø§ Û^ Ø·Ø§Ù,,Øªª æÆÛ‡Ø§ Û...Û^Ø§Ù†Ø¹ÛÆ Ø·Ø±Ø§ÛÆ Ø¹Ø-Û^Ø± Ø§Ø² Ø±Û^ÛÆ ØçÛ†ªÆÛ‡Ø§ØÆ Ø·Ø§ ÛÆÛ@ Û...ÛÆØ² Û...Ø§Ù†Ø¹ÛÆ Ø·Ø±Ø§ÛÆ Ø¹Ø-Û^Ø± Ø§Ø² Ø²ÛÆØ± ØçÛ† Û^ ÛÆÛ@ ØµÛ†Ø-Û,,ÛÆ Û...Ø§Ù†Ø¹ÛÆ Ø·Ø±Ø§ÛÆ Ø-Ø±Û@Øª Ø-Û^Ø± ØçÛ† Ø§ÛÆØ-Ø§Ø- Û@Û†ÛÆØ- Ø·Û‡ Û•Ø±Ø²Û†Ø-ØªØ§Ù† Ø§Ø-Ø§Ø²Û‡ Ø-Û‡ÛÆØ- Û...Ø-ÛÆØ- Ø±Ø§ Û@Ø-Û• Û@Û†Ø- Û^ Û‡Û... Ø²Û...Ø§Ù† Ø±Û^ÛÆ Ø-Ø±Û@Ø§Øª Ø§Ù^ Û†Ø,Ø§Ø±Øª Ø-Ø§Ø'ØªÛ‡ Ø·Ø§Ø'ÛÆØ-Û†Ø±Ø§ Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Û...Û•ÛÆØ- Ø§Ø³ØªØŸ Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Ø·Û‡ Û•Ø±Ø²Û†Ø- Ø·Û...Ø§ Û@Û...Û@ Û...ÛÆªÆÛ@Û†Ø- Û...Û‡Ø§Ø±ØªªÆÛ‡Ø§ÛÆ Ø-Ø±Û@ØªÛÆ Û^ ØçÛ-Ø§Ù‡ÛÆªÆØ§Ø' Û†Ø³Øª Ø·Û‡ Û•Ø¶Ø§ÛÆ Ø§Ø-Ø±Ø§Û•Ø' Ø±Ø§ Ø·Û‡Ø-Û^Ø- Ø·Û‡Ø- Û^ Û-Ø±Øª Û^ Û†Ø§Ø'Û@ÛÆ Ø·ÛÆØ'ØªØ±ÛÆ Ø-Ø§Ø'ØªÛ‡ Ø·Ø§Ø'Ø-



5. Ú†Ù‡ Û•Ø¹Ø§Ù,,ÛÆØªÛÆØŸ Ø·Ø§Ø²ÛÆ Û†Ø'Ø³ØªÛ† Ø-Ø± Ø-Ø¹Ø-Û‡ªÆÛ‡Ø§Û†Û-Û^Û†Û‡ Ø·Ø§ÛÆØ- Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Ø±Ø§ Ø§Ù†Ø-Ø§Ù... Ø-Ø§Ø-ØŸ Ø§Û-Ø± Ø-Ø¹Ø-Û‡ªÆÛ‡Ø§ÛÆ Û@Ø§Ø±ØªÛ†ÛÆ Ø·Ø²Ø±Û- Ø-Ø§Ø'ØªÛ‡ Ø·Ø§Ø'ÛÆØ-ØÆ Ø§ÛÆÛ† Ø-Ø¹Ø-Û‡ªÆÛ‡Ø§ Ø·Ø±Ø§ÛÆ ØªØ-Ø-ÛÆÛ,, Ø·Û‡ Û...Ø-Û,,ÛÆ Ø·Ø±Ø§ÛÆ Û,Ø§ÛÆÛ... Ø'Ø-Û†ØÆ Û...Ø§Ø'ÛÆÛ† Û^ ÛÆØ§ Û,,Ø§Ù†Û‡ªÆØ§ÛÆ Ø·Ø±Ø§ÛÆ Ø@Ø²ÛÆØ-Û† Ø·Û‡ Ø-Ø§Ø@Û,, Û^ Ø@Ø§Ø±Ø-ØçÛ† Û...Û†Ø§Ø³Ø' Û‡ØªÛ†Ø- Ø·Ø±Ø§ÛÆ Ø±Ø¹Ø§ÛÆØª Ø§ØµÛ^Û,, Ø§ÛÆÛ...Û†ÛÆØÆ Û...Û^Û,Ø¹ Ø·Ø§Ø²ÛÆ Û@Û-Ø-Û@ Ø·Ø§ Ø-Ø¹Ø-Û‡ªÆÛ‡Ø§ Ø-ØªÛ...Ø§Ù< Ø§Û^ Ø±Ø§ ØªØ-Øª Û†Ø,Ø§Ø±Øª

Ø·Ø§Ø´ØªÙ‡ Ø·Ø§Ø´ÙÆØ·Ù†Ø±Ø§ Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆ Ù...Ù·ÙÆØ- Ø§Ø³ØªØŸ Ù, Ø±Ø§Ø± Ø·Ø§Ø´Ù† ÙÆÚ© Ø-Ø¹Ø´Ù‡ ØªÙ...ÙÆØ² Ø-Ø± Ø§Ø®ØªÙÆØ§Ø± Ú©Ù´Ø-Ú© Ø·Ù‡ Ø§Ù´ Ø§ÙÆÙ† Ø§Ù...Ú©Ø§Ù† Ø±Ø§ Ù...ÙÆªÆØÙ‡Ø- Ú©Ù‡ Ø±Ù´ÙÆ Ù...Ù‡Ø§Ø±ØªªÆØÙ‡Ø§ÙÆ Ø-Ø±Ú©ØªÙÆØÆ Ú©Ù†ØªØ±Ù,, Ø·Ø± Ø±Ø§Ù‡ Ø±Ù·ØªÙ† Ù^ ØªØ¹Ø§Ø´Ù,, Ø®Ù´Ø- Ú©Ø§Ø± Ú©Ù†Ø-. Ù‡Ù...Ù†Ù†ÙÆÙ† Ø§ÙÆÙ† Ø·Ø§Ø²ÙÆØÆ Ø·Ù‡ Ø§Ù´ Ø§ÙÆÙ† Ù·Ø±ØµØª Ø±Ø§ Ù...ÙÆªÆØÙ‡Ø- ØªØ§ Ø§Ø² ØªØ®ÙÆÙ,,Ø§Øª Ø®Ù´Ø- Ø·Ø±Ø§ÙÆ Ø³Ø§Ø®ØªÙ† Ø·Ø§Ø²ÙÆ Ù...Ù´Ø±Ø- Ø¹Ù,,Ø§Ù,Ù‡ªÆØ§Ø´ Ø§Ø³ØªÙ·Ø§Ø´Ù‡ Ú©Ù†Ø·Ø·Ù‡ Ø¢Ø´Ù†Ø§ÙÆÙÆ Ø·Ø§ Ù·Ø¹Ø§Ù,,ÙÆØªªÆØÙ‡Ø§ÙÆ Ú©Ù´Ø-Ú©Ø§Ù† Ø-Ø± Ø³Ù†ÙÆÙ† Ø-ÙÆÙ´Ø± Ù†ÙÆØ§Ø² Ø-Ø§Ø±ÙÆØ-ØŸ Ø-Ø± Ø§ÙÆÙ†Ø-Ø§ (Ù,,ÙÆÙ†Ú©ÙÆ Ù´Ø-Ù´Ø- Ù†Ø-Ø§Ø±Ø) Ø·Ø§ Ø§ÙÆØ-Ù‡ªÆØÙ‡Ø§ÙÆ Ø·ÙÆØ´ØªØ±ÙÆ Ø-Ø±Ø·Ø§Ø±Ù‡ Ø·Ø§Ø²ÙÆ Ú©Ø±Ø-Ù† Ø·Ø§ Ù·Ø±Ø²Ù†Ø-ØªØ§Ù† Ø-Ø± Ø-Ù´Ø±Ù‡ Ù,Ø±Ù†Ø·ÙÆÙ†Ù‡ Ú©Ø±Ù´Ù†Ø§ Ø¢Ø´Ù†Ø§ Ø´Ù´ÙÆØ·Ù...Ù†Ø§Ø´Ø¹:Okely AD, Ghersi D, Hesketh KD, et al. A collaborative approach to adopting/adapting guidelines â€“ The Australian 24-hour movement guidelines for the early years (birth to 5 years): an integration of physical activity, sedentary behavior, and sleep. BMC Public Health 2017; 17(Supple 5):869. doi: 10.1186/s12889-017-4867-6. Shelov SP & Altmann TR (Eds.). (2009). American Academy of Pediatrics. The complete and authoritative guide Caring for your baby and young child birth to age 5 (5th ed.). USA: Bantam Books. Society of Health and Physical Educators (SHAPE). Active start: A statement of physical activity guidelines for children from birth to age 5. 2nd ed. Reston, VA: SHAPE America; 2009. Available at: <https://www.shapeamerica.org/standards/guidelines/activestart.aspx> (Accessed August 8 2018) Tremblay MS, Chaput J, Adamo KB, et al. Canadian 24-hour Movement Guidelines for the Early Years (0-4 years): An integration of physical activity, sedentary behaviour, and sleep. BMC Public Health 2017; 17(Suppl 5):874 doi 10.1186/s12889-017-4859-6.<https://pathways.org/growth-development/toddler/milestones/> (Accessed August 8 2018) <https://pathways.org/topics-of-development/play/>(Accessed August 8 2018) <https://pathways.org/watch/parents-guide-structured-vs-unstructured-play/>(Accessed August 8 2018) <https://pathways.org/baby-milestones-calendar/>(Accessed August 8 2018) <https://pathways.org/baby-milestones-calendar/>(Accessed August 8 2018) Ø¢Ø®Ø±ÙÆÙ† Ø·Ø§Ø²Ø´ÙÆÙ†ÙÆ: Ù...Ø§Ø±Ù† 2020