

Ù•Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆÛÆ Ø•Ø±Ø§ÛÆ
Ú©ÙˆØˉÚ©Ø§Ù† ØˉØ± ØˉÙˆØ±Ø§Ù†
Ù,Ø±Ù†Ø•ÛÆÙ†Ù‡ Ú©Ø±ÙˆÙ†Ø§:
Ø§ÛÆØˉÙ‡â€ÆÙ‡Ø§ÛÆ Ø´Ø§Øˉ Ø•Ø±Ø§ÛÆ
Ø•Ø§Ø²ÛÆ Ú©ÙˆØˉÚ©Ø§Ù† 12 ØªØ§ 18 Û...
Ø§Ù‡Ù‡

ØˉØ± Ø§ÛÆÙ† Û...Ù,Ø§Ù,,Ù‡ Ø•Ø§ Û¼Ù†Øˉ Ø§ÛÆØˉÙ‡ Ø•Ø±Ø§ÛÆ Ø³Ø±ÙˆÙ... Û†ÙˆÙ‡
ØˉØ§Ø´ØªÙ† Û•Ø±Ø²Ù†ØˉØªØ§Ù† ØˉØ± ØˉÙˆØ±Ø§Ù† Û,Ø±Ù†Ø•ÛÆÙ†Ù‡ Ú©Ø±ÙˆÙ†Ø§ Ø¢ØˉÙ†Ø§
Ø®ÙˆØ§Ù‡ÛÆØˉ Ø´Øˉ.Ø´Ø§ ØªØªÛÆÛÆØ± Ø-Ø§Ù,,Øª Ø§Ø² Û†Ù‡Ø§Ø± ØˉØ³Øª Ûˆ Û¼Ø§
Ø±Ù•ØªÙ† ØˉÙ‡ Ø³Ù...Øª Ø±Ø§Ù‡ Ø±Ù•ØªÙ†ØÆ Û•Ø±Ø²Ù†Øˉ ØˉÙ...Ø§ ØˉÙ‡ Ø³Ø±ØªØª ÛˆØ§Ø±Øˉ
ØˉÙˆØ±Ù‡ Û†ÙˆÙ¼Ø§ÛÆÛÆ Û...ÛÆâ€ÆØˉÙˆØˉ Ûˆ ØªØ-Ø±Ù© ØˉÛÆØˉØªØ±ÛÆ Ø®ÙˆØ§Ù‡Øˉ
ØˉØ§Ø´Øª. Ø§Ùˆ ØˉÙ‡ ØˉÙˆØ± Û•Ø²Ø§ÛÆÙ†ØˉÙ‡â€ÆØ§ÛÆ Û,Ø§ØˉØ± ØˉÙ‡ Ø§Ø³ØªÙ•Ø§ØˉÙ‡
Ø§Ø² Û,ØˉØ±Øª ØªØ®ÛÆÙ,, Ûˆ Ø¢ÙˆØ§Ù‡ÛÆâ€ÆØ§Øˉ Û†Ø³ØˉØª ØˉÙ‡ Û•Ø¶Ø§ÛÆ Ø§ØˉØ±Ø§Ù•
ØˉØ± ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆØˉ Ø§Ø³Øª. Û...Ù...Ú©Ù† Ø§Ø³Øª Û...ØªÙˆØˉÙ‡ ØˉØˉÙ‡
ØˉØ§ØˉÛÆØˉ Ú©Ù‡ Ø§Ùˆ ØˉÙˆØª ØˉØ§Ø±Øˉ Ø§Ø³ØˉØ§Øˉ ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆØˉ Ø±Ø§
ØˉÙ‡ ØˉÙ...Ø§ ØˉØˉÙ‡Øˉ Ûˆ ØˉÙ...Ø§ Ø±Ø§ Û†ÛÆØ² ØˉØ± ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆØˉ Û...
Ø´Ø§Ø±Ú©Øª ØˉÙ‡Øˉ Ûˆ Û‡Ù...Ú†Ù†ÛÆÙ† ØˉÙˆØ³Øª ØˉØ§Ø±Øˉ Û•Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆ Û...
ÙˆØ±Øˉ ØªÙ,,Ø§Ù,Ù‡â€ÆØ§Øˉ Ø±Ø§ ØˉØ§Ø±Ù‡Ø§ Ûˆ ØˉØ§Ø±Ù‡Ø§ ØªÚ©Ø±Ø§Ø± Ú©Ù†Øˉ. Û¼Ø³
Ø§ÙˆØ± Ø®ÙˆØˉØªØ§Ù† Ø±Ø§ ØˉÙ‡ Ø®Ø§ØˉØ± ÛˆÛÆØ±Ùˆ³ Ú©Ø±ÙˆÙ†Ø§ ØˉØ± Ø®Ø§Ù†Ù‡
Ù,Ø±Ù†Ø•ÛÆÙ†Ù‡ Ú©Ø±ØˉÙ‡â€ÆØ§ÛÆØˉ Ø§Ø² Ø§ÛÆÙ† ØˉÙ...Ø§Ù† Ûˆ ÛˆØªØ±Ù‡
ÙˆØ³ÛÆØª Ú©Ø§Ø±Ù‡Ø§ÛÆÛÆ Ú©Ù‡ Û...ÛÆâ€ÆØªÙˆØ§Ù†ÛÆØˉ ØˉØ§ Û‡Ù... Ø§Ù†ØˉØ§Ù...
ØˉÙ‡ÛÆØˉ ØˉÛÆØˉØªØ±ÛÆÙ† Ø§Ø³ØªÙ•Ø§ØˉÙ‡ Ø±Ø§ ØˉØˉØ±ÛÆØˉ. ØˉØ§Ø²ÛÆ
Ù•Ø¹Ø§Ù,,Ø§Ù†Ù‡ØˉØ§Ø²ÛÆ ØˉØ§ Û©ÙˆØˉÚ© ØªÙ,,Ø§ÙˆÙ‡ ØˉØ± Ø§ÛÆÙ†Ú©Ù‡ ÛÆÚ©
ØªØ-Ø±ØˉÙ‡ ØˉØ±Ø§ÛÆ Ø§Ø±ØªØˉØ§Øˉ ØªØ§ØˉÙ•ÛÆ ØˉÛÆÙ† ØˉÙ...Ø§ Ûˆ Ø§ÙˆØ³ØªØÆ Û†Ù,Øˉ
Ù...Ù‡Ù...ÛÆ ØˉØ± Ø±ØˉØˉ Ûˆ ØªÚ©Ø§Ù...Ù,, Ø³Ø§Ù,,Ù... Ø§Ùˆ ØˉØ§Ø²ÛÆ Û...ÛÆâ€ÆÚ©Ù†Øˉ.
ØˉØ± Û†Ù†Øˉ Ú©ØˉÙˆØ± Û...Ø®ØªÙ,,Ù•ØÆ Ø±Ø§Ù‡Ù†Ù...Ø§ Ûˆ ØˉØ³ØªÙˆØ±Ø§Ù,,ØªÙ...
Ù,,â€ÆÙ‡Ø§ÛÆÛÆ ØˉØ±Ø§ÛÆ Û•Ø¹Ø§Ù,,ÛÆØª Ú©ÙˆØˉÚ©Ø§Ù† ÛˆØˉÙˆØˉ ØˉØ§Ø±Øˉ Ú©Ù‡
ØªÙˆØµÛÆÙ‡ Û...ÛÆâ€ÆÚ©Ù†Ù†Øˉ Ú©ÙˆØˉÚ©Ø§Ù† Ø-ØˉØ§Ù,Ù,, 1 ØªØ§ 3 Ø³Ø§ØªØª ØˉØ±
Ø±Ùˆ² Û•Ø¹Ø§Ù,,ÛÆØª Û•ÛÆØ²ÛÆÚ©ÛÆ ØˉØ§ØˉØªÙ‡ ØˉØ§ØˉÙ†Øˉ. Ø§ÛÆÙ† Û•Ø¹Ø§Ù,,ÛÆØª
Ø´Ø§Ù...Ù,, ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆ Ø³Ø§Ø®ØªØ§Ø±Ù...Ù†Øˉ Ûˆ ØØÛÆØ±Ø³Ø§Ø®ØªØ§Ø±Ù...
Ù†Øˉ (Ø¢Ø²Ø§ØˉØ§Ù†Ù‡) Û...ÛÆâ€ÆØˉÙˆØˉ. ØˉØ§Ø²ÛÆ Ø³Ø§Ø®ØªØ§Ø±Ù...Ù†Øˉ ØˉÙ‡
Ù†ÙˆØªÛÆ Ø§Ø² ØˉØ§Ø²ÛÆ ÛˆÙˆØªÙ‡ Û...ÛÆâ€ÆØˉÙˆØˉ Ú©Ù‡ ØˉØ± Ø¢Ù†ØÆ ÛÆÚ©
ØˉØ²Ø±ÙˆØ³Ø§Ù,, Û•Ø¹Ø§Ù,,ÛÆØª Ú©ÙˆØˉÚ© Ø±Ø§ Û©Ù†ØªØ±Ù,, Ûˆ Û‡ØˉØ§ÛÆØª Û...
ÛÆâ€ÆÚ©Ù†Øˉ Ûˆ Ú©ÙˆØˉÚ© Ø±Ø§ ØªØˉÙˆÛÆÙ, Û...ÛÆâ€ÆÚ©Ù†Øˉ ØªØ§ Ø§Ø²
Ù,ÙˆØ§Ù†ÛÆÙ† Ûˆ Û,ÙˆØ§ØªØˉ Ø³Ø§ØˉÙ‡â€ÆØ§ÛÆ Û¼ÛÆØ±ÙˆÛÆ Ú©Ù†Øˉ. Ø§ÛÆÙ† Û...
ÛÆâ€ÆØªÙˆØ§Ù†Øˉ ØˉØ§Ù...Ù,, ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆ Ø§ØªÙ•Ø§Ù,ÛÆ Ûˆ ÛÆØ§
Ù•Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆ ÛˆØ±ÙˆÙ‡ÛÆ Ø³Ø§Ø®ØªØ§Ø±Ù...Ù†Øˉ ØˉØ§ØˉØˉ.
ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆ ØØÛÆØ±Ø³Ø§Ø®ØªØ§Ø±Ù...Ù†Øˉ ÛÆØ§ Ø¢Ø²Ø§ØˉØ§Ù†Ù‡ ØˉÙ‡
ØˉØ§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆÛÆ ÛˆÙˆØªÙ‡ Û...ÛÆâ€ÆØˉÙˆØˉ Ú©Ù‡ ØˉØ± Ø¢Ù†â€ÆÙ‡Ø§ Û©ÙˆØˉÚ©
Ø¢Ø²Ø§Øˉ Ø§Ø³Øª Û‡Ø± ØˉÙˆØ± Ú©Ù‡ Û...ÛÆâ€ÆØ®ÙˆØ§Ù‡Øˉ Û•Ø¹Ø§Ù,,ÛÆØª Ú©Ù†Øˉ Ûˆ
Ø±Ø§Ù‡Ù†Ù...Ø§ÛÆÛÆ Ø§Ø² Ø³ÙˆÛÆ Ø§Ù•Ø±Ø§Øˉ ØˉØªØ±ÙˆØ³Ø§Ù,, ØˉØ± Ú©Ù...ØªØ±ÛÆÙ†
Ø-Øˉ Û...Ù...Ú©Ù† Û,Ø±Ø§Ø± ØˉØ§Ø±Øˉ. ØªØˉÙˆÛÆÙ, Ú©ÙˆØˉÚ© ØˉÙ‡ Û•Ø¹Ø§Ù,,ÛÆØª
Ù•ÛÆØ²ÛÆÚ©ÛÆ ØˉØ± Ø§ÛÆÙ† Ø³Ù†ØÆ ØˉÙ‡ ØªÙ,ÙˆÛÆØª Û,ØˉØ±Øª ØˉØˉÙ†ÛÆ Ûˆ Û...
Ù‡Ø§Ø±Øªâ€ÆÙ‡Ø§ÛÆ Ø-Ø±Ú©ØªÛÆ Ø§Ùˆ Ú©Ù...Ú© Û...ÛÆâ€ÆÚ©Ù†Øˉ Ûˆ Û‡Ù...
Ú†Ù†ÛÆÙ† ØˉØ§Øª« Û...ÛÆâ€ÆØˉÙˆØˉ ØªØ§ØˉØªâ€ÆÙ‡Ø§ÛÆ Ø³Ø§Ù,,Ù...ÛÆ ØˉØ± Ø§Ùˆ
ØˉÚ©Ù,, ØˉÙˆÛÆØ±Ù†Øˉ Ú©Ù‡ Ø§ØˉØªÙ...Ø§Ù,,Ø§Ù‡ ØªØ§ Ø³Ø§Ù,,â€ÆÙ‡Ø§ Û‡Ù...Ø±Ø§Ù‡



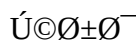
1. Ú†Ù‡

Ù•Ø¹Ø§Ù, ÛÆØªÛÆØŸ Ø¨Ø§Ø²ÛÆ Ú¬Ø±Ú¬... Ø¬Ù‡ Ù‡Ù¬Ø§Ù†Ú¬Ù¬Ù†Ù‡ Ø¨Ø§ÛÆØ¬ Ø§ÛÆÙ† Ø¨Ø§Ø²ÛÆ Ø±Ø§ Ø§Ù†Ø¬Ø§Ù... Ø¬Ø§Ø¬ØŸ Ø§ÛÆÙ† Ø¨Ø§Ø²ÛÆ ÛÆÚ© Ù•Ø¹Ø§Ù, ÛÆØª Ø¬³ÛÆØ§Ø± Ù...Ù†Ø§Ø³Ø¬ Ø¬Ø±Ø§ÛÆ Ø²Ù...Ø§Ù†ÛÆ Ø§Ø³Øª Û©Ù‡ Ù•Ø±Ø²Ù†Ø¬ØªØ§Ù† Ø¬Ø± Ø±Ø§Ù‡ Ø±Ù•ØªÙ† Ù...Ø³Ù„Ø¬ Ø¬Ø¬Ù‡ Ù¬ Ø¬Ø± Ø¬Ø§Ù, ÛÆØ§Ø¬ Ú¬Ø±Ù•ØªÙ† Ø¬Ù¬ÆØ¬Ù† Ø§Ø³Øª. Ø¨Ø§Ø²ÛÆâ€œÙ‡Ø§ÛÆÛÆ Ú©Ù‡ Ø¬Ø± ØªÙ†â€œÙ‡Ø§ Ø¨Ø§Ø²ÛÆÚ©Ù†Ø§Ù† Ø¬Ø§ÛÆØ¬ ÛÆÚ©Ø¬ÛÆÚ¬Ø± Ø±Ø§ Ø¬Ù†Ø¬Ø§Ù, Û©Ù†Ù†Ø¬ Ø¬Ø±Ø§ÛÆ Ø¨Ø§Ø²ÛÆ Ú©Ø±Ø¬Ù† Ø¬Ø± Ù...Ø¬ÆØ¬ Ø¬ÛÆØ±Ù¬Ù† Ù...Ù†Ø§Ø³Ø¬ Ù‡Ø³ØªÙ†Ø¬ Ù...Ø«Ù„Ø§Ù† Ø§Ù¬Ø± Ø¬ÛÆØ§Ø¬ Ø¬Ø§Ø¬ØªÙ‡ Ø¬Ø§Ø¬ÛÆØ¬ Ù•Ù¬, â€œØ§Ù„Ø§Ù„ØªÙ‡Ø³Ø¬ Ø¬Ø¬. Ø§Ù¬Ø± Ø¬Ø±Ø§ÛÆØ¬ Ø¬Ø±Ø§ÛÆ Ø¬ÛÆØ±Ù¬Ù† Ø±Ù•ØªÙ† Ù...Ù‡ÛÆØ§ Ù†Ø¬Ø§Ø¬Ø¬ØÆ Ù...ÛÆâ€œØªÙ¬Ø§Ù†ÛÆØ¬ Ù...Ø¬Ù„Ù„Ø§Ù† Ù...Ù†Ø²Ù„Ø±Ø§ Ø¬Ù...Øªâ€œØªÙ¬Ø±ÛÆ Ú©Ù†ÛÆØ¬ Ù¬ Ø¬Ø± Ø¬Ø§Ø®Ù„Ø§Ù†Ø§Ù†Ø§ Ø§ÛÆÙ† Ø¨Ø§Ø²ÛÆâ€œÙ‡Ø§ Ø±Ø§ Ø§Ù†Ø¬Ø§Ù... Ø¬Ù‡ÛÆØ¬. Ø®ÛÆÙ„ÛÆ Ø³Ø§Ø¬Ù‡ Ù...ÛÆâ€œØªÙ¬Ø§Ù†ÛÆØ¬ Ø§Ø² Ù•Ø±Ø²Ù†Ø¬ØªØ§Ù† Ø¬Ø®Ù¬Ø§Ù‡ÛÆØ¬ Ø¬Ù...Ø§ Ø±Ø§ Ø¬Ù†Ø¬Ø§Ù, Û©Ù†Ø¬ Ù¬ Ø¬Ø± ØªÙ©³. Ù¬Ù„ØªÛÆ Ø§Ù¬ Ø¬Ù...Ø§ Ø±Ø§ Û¬Ø±Ù•Øª ÛÆØ§ Ø¬Ù...Ø§ Ø§Ù¬ Ø±Ø§ Û¬Ø±Ù•ØªÛÆØ¬ØÆ Ø§Ù¬ Ø±Ø§ Ø¬Ø± ØªØªÙ¬Ø¬ Ø¬Ú©Ø¬ÛÆØ¬ Ù¬ Ø¬Ù‡ Ø§Ù¬ Ø¬Ù•Ù‡Ù...Ø§Ù†ÛÆØ¬ Û©Ù‡ Ù‡Ø¬Ù• Ø¨Ø§Ø²ÛÆ Ù...Ø¬Ù„Ø¬ Ø¬Ø¬Ù‡ Ø§Ø³Øª. Û†Ø±Ø§ Ø§ÛÆÙ† Ø¨Ø§Ø²ÛÆ Ù...Ù¬ÆØ¬ Ø§Ø³ØªØŸ Ø§ÛÆÙ† Ø¨Ø§Ø²ÛÆ Ù‡ÛÆØ¬Ø§Ù†â€œØ§Ù†Ú¬ÛÆØ² Ù¬ Ù³⁄⁴Ø±Ø§Ù†Ø±Ú¬ØÆ Ø¬Ù‡ ØªÙ„Ù¬ÛÆ Ù...Ø§Ù‡ÛÆÙ†Ù‡â€œÙ‡Ø§ Ù¬ ØªÙ¬ØªÙ‡ Ù... Ù‡Ø§Ø±Øªâ€œÙ‡Ø§ Ù...Ø±Ø¬Ù¬Ø¬ Ø¬Ù‡ Ø¬Ø§Ø¬Ø¬Ø§ Ø¬Ù† Ù¬ ØªÙ¬Ø§Ù‡ÛÆ Ú©Ù¬Ø¬Ú© Ø§Ø² Ù•Ø¶Ø§ÛÆ Ø§Ø¬Ø±Ø§Ù• Û©Ù„Ù„Ù„ Ù...ÛÆâ€œÚ©Ù†Ø¬.



2. Ú†Ù‡ Ù•Ø¹Ø§Ù, ÛÆØªÛÆØŸ Ø¨Ø§Ø²ÛÆ Ø³Ù¬Ø§Ø±ÛÆ Ø¬Ø§ Ø§Ø³Ø¬Ø§Ø¬ Ø¨Ø§Ø²ÛÆâ€œÙ‡Ø§Ù†Ú¬Ù¬Ù†Ù‡ Ø¨Ø§ÛÆØ¬ Ø§ÛÆÙ† Ø¨Ø§Ø²ÛÆ Ø±Ø§ Ø§Ù†Ø¬Ø§Ù... Ø¬Ø§Ø¬ØŸ Ù•Ø±Ø²Ù†Ø¬ Ø¬Ù...Ø§ Ø¬Ø± Ø§ÛÆÙ† Ø³Ù† Ù...ÛÆâ€œØªÙ¬Ø§Ù†Ø¬ Ø§Ø³ØªÙ•Ø§Ø¬Ù‡

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3.

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4. Útúþú þú•ð¹ð§ù,,úæðªúæðŸ ú-ðªð± ð§ð² ù...ù~ð§ùþð¹úþú-ù~ùþúþú ð-ð§úæð- ð§úæùþ ð-ð§ð²úæ ð±ð§ ð§ùþð-ð§ù... ð-ð§ð-ðŸ ð-ð± ð§ðªð§ù, ùþð'úæù...ùþ úæð§ ð-úæð§ð-ð@ù-ð-ð-ð§ ð§ðªðªù•ð§ð-ùþ ð§ð² ù-ð³ð§úæù,,úæ ù...ð«ù,, ú@ù-ð³ùþáæùþð§ ù-ð-ð§ù,,ðª áæùþð§ ù...ù~ð§ùþð¹úæ ð-ð±ð§úæ ð¹ð-ù~ð± ð§ð² ð±ù~úæ ðçùþáæùþð§ðæ ð-ð§ úæú@ ù...úæð² ù...ð§ùþð¹úæ ð-ð±ð§úæ ð¹ð-ù~ð± ð§ð² ð²úæð± ðçùþ ù-úæú@ ðµùþð-ù,,úæ ù...ð§ùþð¹úæ ð-ð±ð§úæ ð-ð±ú@ðª ð-ù~ð± ðçùþ ð§úæð-ð§ð-ú@ùþúæð-. ð-ùþ ù•ð±ð²ùþð-ðªð§ùþ ð§ð-ð§ð²ùþ ð-ùþúæð- ù...ð-úæð-ð±ð§ ú@ð-ù• ú@ùþð- ù-ùþù...ð²ù...ð§ùþ ð±ù~úæ ð-ð±ú@ð§ðª ð§ù-ùþð,ð§ð±ðª ð-ð§ð-ðªùþ ð-ð§ð'úæð-.úþð±ð§ ð§úæùþ ð-ð§ð²úæ ù...ù•úæð-ð§ðªðªŸ ð§úæùþ ð-ð§ð²úæ ð-ùþ ù•ð±ð²ùþð-ð-ù...ð§ ú@ù...ú@ ù...úæáæùú@ùþð- ù...ùþð§ð±ðªáæùþð§úæ ð-ð±ú@ðªúæ ù-ðçú-ð§ùþúæáæùð§ð-ùþð³ð-ðª ð-ùþ ù•ðªð§úæ ð§ð-ð±ð§ù-ð ð±ð§ ð-ùþð-ù-ð ð-ùþð-ù-ð-ð±ðª ù-ùþð§ð-ú@úæ ð-úæð-ðªð±úæ ð-ð§ð-ðªùþ ð-ð§ð-ð-.



5. Útúþú þú•ð¹ð§ù,,úæðªúæðŸ ð-ð§ð²úæ ùþð'ð³ðªùþ ð-ð± ð-ð¹ð-ùþáæùþð§ùþú-ù~ùþúþú ð-ð§úæð- ð§úæùþ ð-ð§ð²úæ ð±ð§ ð§ùþð-ð§ù... ð-ð§ð-ðŸ ð§ú-ð± ð-ð¹ð-ùþáæùþð§úæ ú@ð§ð±ðªùþúæ ð-ð²ð±ú-ð-ð§ð-ðªùþ ð-ð§ð'úæð-ðæ ð§úæùþ ð-ð¹ð-ùþáæùþð§ ð-ð±ð§úæ ðªð-ð'úæù,, ð-ùþ ù...ð-ù,,úæ ð-ð±ð§úæ ù,ð§úæù... ð-ð-ùþðæ ù...ð§ð'úæùþ ù-úæð§ ù,,ð§ùþùþáæùð§úæ ð-ð±ð§úæ ð@ð²úæð-ùþ ð-ùþ ð-ð§ð@ù,, ù-ð@ð§ð±ð-ðçùþ ù...ùþð§ð³ð-ùþðªùþð-. ð-ð±ð§úæ ð±ð¹ð§úæðª ð§ðµù-ù,, ð§úæù...ùþúæðæ ù...ù~ù,ð¹ ð-ð§ð²úæ ú@ù-ð-ú@ ð-ð§ ð-ð¹ð-ùþáæùþð§ ð-ðªù...ð§ù< ð§ù-ð±ð§ ðªð-ðª ùþð,ð§ð±ðª

Ø`Ø§Ø´ØªÙ‡ Ø`Ø§Ø´ÙƒØ´.Ú†Ø±Ø§ Ø§ÙƒØ† Ø`Ø§Ø²Ùƒ Ø...Ù•ÙƒØ´ Ø§Ø³ØªØŸ Ù,Ø±Ø§Ø± Ø`Ø§Ø´Ù† ÙƒØ© Ø-Ø¹Ø´Ù‡ ØªÙ...ÙƒØ² Ø´Ø± Ø§Ø®ØªÙƒØ§Ø± Ú©Ù´Ø´Ù© Ø´Ù‡ Ø§Ù´ Ø§ÙƒØ† Ø§Ù...Ú©Ø§Ù† Ø±Ø§ Ù...ÙƒâƒØ´Ù‡Ø´ Ú©Ù‡ Ø±Ù´Ùƒ Ø...Ù‡Ø§Ø±ØªâƒØ±Ø§Ùƒ Ø-Ø±Ú©ØªÙƒØƒ 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...Ú†Ù†ÙƒØ† Ø§ÙƒØ† Ø`Ø§Ø²ÙƒØƒ Ø´Ù‡ Ø§Ù´ Ø§ÙƒØ† Ù•Ø±ØµØª Ø±Ø§ Ù... ÙƒâƒØ´Ù‡Ø´ ØªØ§ Ø§Ø² ØªØ®ÙƒØ´,,Ø§Øª Ø®Ù´Ø´ Ø´Ø±Ø§Ùƒ Ø³Ø§Ø®ØªÙ† Ø`Ø§Ø²Ùƒ Ø... Ù´Ø±Ø´ Ø¹Ù,,Ø§Ù,Ù‡âƒØ§Ø´ Ø§Ø³ØªÙ•Ø§Ø´Ù‡ Ú©Ù†Ø´.Ø´Ù‡ ØƒØ´Ù†Ø§ÙƒØƒ Ø´Ø§ Ù•Ø¹Ø§Ù,,ÙƒØªâƒØ±Ø§Ùƒ Ú©Ù´Ø´Ù©Ø§Ù† Ø´Ø± Ø³Ù†ÙƒØ† Ø´ÙƒØ´Ø± Ù†ÙƒØ§Ø² Ø`Ø§Ø±ÙƒØ´ØŸ Ø´Ø± Ø§ÙƒØ†Ø-Ø§ (Ù,,ÙƒØ†Ú©Ùƒ Ù´Ø-Ù´Ø´ Ù†Ø´Ø§Ø±Ø´) Ø´Ø§ Ø§ÙƒØ´Ù‡âƒØ±Ø§Ùƒ Ø´ÙƒØ´ØªØ±Ùƒ Ø´Ø±Ø´Ø§Ø±Ù‡ Ø`Ø§Ø²Ùƒ Ú©Ø±Ø´Ù† Ø´Ø§ Ù•Ø±Ø²Ù†Ø´ØªØ§Ù† Ø´Ø± Ø´Ù´Ø±Ù‡ Ù,Ø±Ù†Ø´ÙƒØ†Ù‡ Ú©Ø±Ù´Ù†Ø§ ØƒØ´Ù†Ø§ Ø´Ù´ÙƒØ´.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) ØƒØ®Ø±ÙƒØ† Ø`Ø§Ø²ÙƒØ†Ùƒ: Ù...Ø§Ø±Ù† 2020