

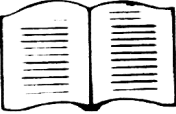
gmj v dmtj i Pvl vev`

Lv`i tkvfv I Av`r` epxi Rb` th mg`l mYmÜhÿ Dw`c Ges Dw`c RvZ `e` e`eüZ ntq
 _vtK Zv`i`tk gmj v dmj ej v nq| cKvifft` Dw`c`i gj-, KvÜ, cvZv, dÿ Ges dj gmj v
 nmvte e`eüZ nq| tkvfv tkvfv t`q`i UvUKv Ae`vq Avevi KLtbr i`Ktq wewfbvte
 cLqvRvZ Kti gmj v dmj e`envi Kiv nq| A`tki gtZ gmj v RvZxq `te`i wewbgqi
 gva`tgB me`g Av`RvZK emv`R`i mPbv ntqQj | ga`h`M BD`v`cqv gmj vi mÜv`b
 t`k` kv`sti Qvotq cto| GB e`emv`q AwacZ` i`qvi D`f`k` wewfbv`tk Dcib`tek `vcb
 Ki`Z cLvmx nq| eZ`v`b gmj v wewfbv`R emv`R`K w`f`E`Z e`eüZ nt`Q|

cw 8.1 gmj v dmtj i A`wvZK I tFIR `iaZj

GB cw tk`l Av`cb

- gmj vi A`wvZK `iaZj; m`utK`RvbtZ cvi`eb|
- gmj vi tFIR `iaZj; eY`v Ki`Z cvi`eb|



gmj vi A`wvZK `iaZj

1. **Kgms`vb t** gmj vi Pvl, cLqvRvZKiY, `v`vRvZKiY/msi`qY Ges e`emv`emv`R`
 t`ki hyK I gmj v`i Kgms`vbi m`thvM m`v` Kti | dj kv`Z`Z t`ki teKvi mgm`v
 A`tkv`st`k j`v`e` ntZ cvi`e |
2. **gmj v Pvl j`v`RbK t** vb`Pi mvi`w t`_tk cL`xqgub nq th, gmj v dmj Pvl vev` Ki`j Ab`
 dmj thgb - tMj Avj y`v`v`Avj `t`_tk A`tk j`v`f`v`b nI qv hvq|

gmj v	Mo Avq/GK`i (UvKv)	Ab`vb` dmj	Mo Avq/GK`i (UvKv)
Av`v	30,000/-	tMj Avj`	8,415/-
nj`y`	12,000/-	v`v`v` Avj`	1,915/-
t`cqvR	22,500/-		
i`m`p`	41,000/-		
gwi`P` (i`Kbv)	10,800/-		

Drm t`w`v, Kv`v`w`v (1990-91)

3. **RvZxq Av`q gmj vi Ae`vb t** evsj`v`k cwi`msL`vb eÿ`ivi 1990-91 m`tj i nmve g`Z
 t`Lv hvq th D³ erm`ti evsj`v`k Drcv`Z gmj v dmtj i gj``v`Qj 727 tKvU UvKv;
 w`K`S`Gi Rb` LvUv`bv DcKi`Yi gj``v`Qj gv`I 87 tKvU UvKv| A`w` D³ ermi gmj v
 t`_tk gj`` mshÿ (j`v`f) ntq`q`Q 630 tKvU UvKv|

Drcv`b emvotq i Bvbx`thvM`
gmj v t`_tk cP`z` e`f`w`kK
gy`I Av`qi GKUv D`3/4j
m`v`v`v`v Av`q|

4. **iBvbx`cY` nmvte gmj vi m`v`v`v`v t** eZ`v`v`b cL`exi eü t`_tk gmj v dmj Drcv`b
 emv`R`K w`f`E`Z`i`i`€` ntq`q`Q| G`_tj v iBvbx`Kti Zviv cP`z` e`f`w`kK gy`I AR` Kti`q|
 evsj`v`t`ki A`tk gmj v iBvbx`thvM` cY`| m`E`ti i`_kK t`_tk w`K`Q`w`K`Q`gmj v iBvbx`ntq
 Avm`q| Drcv`b emvotq iBvbx`thvM` gmj v t`_tk cP`z` e`f`w`kK gy`I Av`qi GKUv D`3/4j
 m`v`v`v`v Av`q| cL`exi tKv`b`&tKv`b`&t`_tk gmj vi P`v`v`v`v Av`q Ges Kx` ai`tbi `YmZ` gub
 nI qv Dv`PZ Zvi Rv`c` Kiv cL`qvRb|

ikfí e`envi t cŃuqvRvZ Lv` `te`i msi 9Y I , YMZ gvb Dbqtb, JIa, cŃwabx I teKvix
ikfí, e`j is KiŃY, cvbxq I mMu cŃvZtZ gmj v RvZxq dmtj i e`envi nŃQ| GQvovl
tcvKvgrKo cŃZti va I `gtb gmj v dmtj i e`envi nq|

gmj vi tFIR , iaz;

gmj vi tFIR , iaz; LgB DŃLthvM| JIa intmte gmj v euj e`eüz ntq _vŃK| cŃPxb
fvi ZeŃI gmj vi mrvth`B tñvKgv/KveivRx BZ`w` w` PñKrmv nZ| eZŃvŃbI evsj vŃ`tk AŃbK
AmŃLi B Ńbevi K gmj v intmte e`eüz nŃQ| thgb-

Av`v — Kvk `gtb Ges nRgkw³eaR I evqbykK intmte e`eüz nq|

nj`y — KŃv nj`y kixŃi i tmŃ`h@aR, 9Z Ńbi vggKvix Ges iaPeaR|

tMj gwiP — gŃLi cvPKim ŃbtmiY eŃx KŃi| dtj LveŃti i mŃ_ thvM KiŃj nRg kw³
evovq| nvo gPKvŃbv, e`nRg ntj tMj gwiP e`envi Ki v hvq|

imly — RievbykKmn evZ, i³Pvc, ü`Ńi vM BZ`w` i dj`vqK JIax intmte e`eüz
nŃQ|

tgŃix — nRgkw³ evovq, gŃLi `MŃ I evgfve`i-KŃi Ges kixi kxZj ivŃL|

tcqvR — VvŃv, Kvk Ges ü`Ńi vM Dcktg e`eüz nq|



mvi gg®

- evsj vŃ`tk Ńevfba gmj vi Pvl nq|
- cŃPxb Kij t`ŃK cŃZ w`Ńbi LvŃ` , cŃuqvRvZ ikfí -`te` Ges tFIR intmte gmj vi
e`envi nŃQ|
- t`Ńki A_ŃvZK Dbqtb gmj vi ht`ó figKv AvŃQ|
- gmj v-RvZxq dmtj i Dbqtb i w`ŃK ŃeŃkl bRi t`qv cŃqvRb|

cW 8.2 gmjv dmtj i e`envi I Drcv`b mgr`fjv



GB cW tk`l Avcib

- evsj vt`tki weifbæi`fYi gmjv KZUKzRigtZ Pvl nt`Q Zv ej`fZ cvi`teb|
- weifbæi`fYi gmjv dmj evsj vt`tk Kx cwi gvtY Drcv`Z nt`Q Zv ej`fZ cvi`teb|



Av`v Kjv t`fK evsj vt`tk weifbægmjv dmtj i Pvlver` ntq AvmtQ| c`vb c`vb gmjv thgb-
tcqvR, imly, Av`v, nj`y, gwiP c`vbZ emYur`K w`f`E`fZ RigtZ Avev` Kiv nq| Ab`vb`
gmjv thgb- Kuj wRiv, tg`ni, a`tb m`vavi YZ evoxi Avs`Mbv msj MaRigtZ Pvlver` ntq _vtK|
Avenl qv, gwiU Ges evRvRvZKi`fYi m`vavi Rb` tkvb tkvb gmjv dmj w`tkl w`tkl
GjvKvq e`vcK Pvlver` ntq _vtK| KtqKwU c`vb gmjvi eZ`vib Rigi I Drcv`tbi cwi gYv
wb`f`æY`v Kiv nj :

tcqvR t gmjv dmj wntmte e`euZ Ges Drcv`tbi w`K t`fK evsj vt`tk tcqvRi`vb
mtew`P| eZ`vib evsj vt`tk c`qZ ermi c`q 35,000 tn±i RigtZ Bnvi Pvl nq Ges c`q
1.40 j`f tguUK Ub tcqvR Drcbentq| tcqvR Pvl i Rb` D`j L`th`M` AAj mgr` nt`Q -
dwi`c`y, XvKv, gqgbmsn, iscj, K`g`j`v I cvebv|

imly t GwU evsj vt`tki GKwU c`vb gmjv dmj | weifbæi`v`Mi JIa wntmte Gi e`vcK K`i
i`f`f`Q| eZ`vib evsj vt`tk c`q 14,000 tn±i RigtZ tguU 40,000 tguUK Ub imly Drcv`b
nq| evsj vt`tki dwi`c`y, w`bvRc`y, XvKv, ivRk`vnx, h`tkvi, K`g`j`v c`f`w`Z tRj`v`Z i m`f`bi
e`vcK Pvlver` ntq _vtK|

Av`v t Av`v GKUv AwZ c`q`vRb`q gmjv dmj | evsj vt`tk 6,880 tn±i RigtZ tguU
41,000 tguUK Ub Av`v Drcv`b ntq _vtK| eZ`vib evsj vt`tk iscj, ivsMvgwU, P`ÆM`g,
e`v`i`eb, gqgbmsn, UvsMvBj, w`bvRc`y I Rvgv`c`y tRj`v`Z-Gi e`vcK Pvlver` ntq _vtK|

nj`y t evsj vt`tk nj`y GKUv euj e`euZ Ges Rb`w`c`q gmjv | eZ`vib 16,190 tn±i RigtZ
nj`y i Drcv`b nt`Q 42,000 tguUK Ub | evsj vt`tki w`bvRc`y, cvebv, h`tkvi, ivsMvgwU,
L`vM`v`Q`w`o, iscj, ivRk`vnx, K`w`q`v I L`j`bv tRj`v`Z Bnvi e`vcK Pvl ntq _vtK|

gwiP t gmjv Qvovl gwiP GKUv Rb`w`c`q meiR | evsj vt`tk c`q 70,000 tn±i RigtZ
45,000 tguUK Ub gwiP Drcv`Z ntq _vtK| evsj vt`tki e,`ov, K`g`j`v, t`bv`v`L`v`j`x, emi kvj,
cU`q`v`L`v`j`x, P`ÆM`g, XvKv, dwi`c`y I Rvgv`c`y tRj`v`Z Bnvi e`vcK Pvlver` ntq _vtK|

tMvj gwiP t tMvj gwiP eug`v`x e`euZ AZ`šl` `v`gx gmjv | evsj vt`tk tMvj gwi`f`Pi m`w`g`Z
Pvlver` ntq _vtK| eZ`vib wntj U tRj`v`q R`šl`c`y, L`vM`v`Q`w`o I ivgM`o AA`f`j` i tMvj gwi`f`Pi
`f` cwi m`f`i Pvlver` nt`Q |

a`tb t a`tb G`f`tki Rb`w`c`q gmjv | eZ`vib evsj vt`tk c`q 6,000 tn±i RigtZ c`q 3,600
tguUK Ub a`tb Drcbentq _vtK| G`f`tk me`f`B a`tbi Pvlver` ntq _vtK| Z`te dwi`c`y,
K`g`j`v, XvKv, h`tkvi, cvebv Ges wntj U tRj`v`Z c`vbZ Aw`K nq|

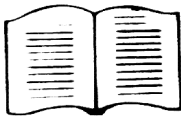
tg`ni Ges Kvj`v`Riv t evsj vt`tki w`K`Q`v`K`Q`y`G`j`v`K`v`f`Z emYur`K w`f`E`f`Z G gmjvi Pvlver` ntq
_vtK| Z`te tguU`v`g`v`f`v`te t`tki me`f`B emZevoxi Avs`Mbv msj MaRigtZ Pvlver` nq|

evsj vt`k Kul. cwi msL`vb e`f`v`v 1996 tguZv`teK gmjv Pvl i Rigi tguU cwi gYv c`q
1,40,000 tn±i Ges Drcv`tbi cwi gYv c`q 3,25,000 tguUK Ub | MZ`k eQ`f`i`i (1984-
85 t`f`K 1993-94) gmjv Pvlver` i ch`f`j`v`P`bv Ki`f`j` t`Lv hvq`th, GB mg`t`q Rigi Mo
e`v`x`i`nvi 0.06% Ges Drcv`tbi nvi 1.30% (mvi Yx-1) | gwi`f`Pi Rigi cwi gYv nwm t`c`f`q`f`Q

c0q 0.41%, Zte Drcv`b te0t0 2.70%| Ab`vb` gmjv thgb tgšwi, qvfgšwi, Kwj wRiv, i valx BZ`wi i Rwg I Drcv`b Dftqi nvi Dtj LthvM`fite nvm tctq0|

mviYx-1 t MZ `k e0ti (1984-85 t_0K 1993-94) gmjv P0li Rwg I Drcv`tbi ewx/n0mi nvi |

μwgK	Rwg i cwgv		Drcw`Z gmjvi cwgv	
	dm0ji big	ewx`i nvi (%)	dm0ji big	ewx`i nvi (%)
1.	gwi P	-0.41	gwi P	2.70
2.	tcqWR	0.31	tcqWR	0.61
3.	i m0	0.24	i m0	0.72
4.	nj`	0.69	nj`y	3.84
5.	Av`v	1.75	Av`v	0.43
6.	awbqv (exR)	2.96	awbqv (exR)	5.01
7.	Ab`vb`	-10.45	Ab`vb`	-9.73
	tgvU	0.06	tgvU	1.30



mvi gg®

- ersj vt`tki c0ZeQi 35,000 tn±i Rwg0Z c0q 1.40 j 0l tgvUK Ub tcqWR Drcv`nq|
- ersj vt`tk c0ZeQi 14,000 tn±i Rwg0Z tgvU 40,000 tgvUK Ub i m0 Drcw`Z nq|
- ersj vt`tk c0ZeQi 6,880 tn±i Rwg0Z tgvU 41,000 tgvUK Ub Av`v Drcw`Z nq|
- ersj vt`tk c0ZeQi 16,190 tn±i Rwg0Z c0q 42,000 tgvUK Ub nj`y Drcw`Z nq|
- ersj vt`tk c0ZeQi 70,000 tn±i Rwg0Z 45,000 tgvUK Ub gwi P Drcw`Z nq|
- ersj vt`tk c0q c0ZeQi 6,000 tn±i Rwg0Z 3,600 tgvUK Ub a0b Drcw`Z nq|



cuVvEi gj`iqb 8.2

1. mZ` ntj OmG Ges ig_`v ntj OmGvj Lly|

- K. Rvgvj cy tRj vtZ tMvj gwi tPi Pvl nq|
- L. wevfbaf ivtMi JIa intmte imtbi evcK K`i i tqtQ|

2. ib`vb ciY Kiab|

- K. evsj vt`tk cOZ eQi clq tn±i RvgtZ tcqvRi Pvl nq|
- L. gmj v Qvovl gwi P GKUv meiR|

3. mWk DEti i cutk@UK wPy (v) w b|

- K. tKvb `vfb tMvj gwi tPi Pvl nq?
 - 1. dvi `cy
 - 2. Kwoqv
 - 3. imtj U
 - 4. w`bvRcy
- L. Drcv`tbi w`K t`tk evsj vt`tk tKvb&gmj v dmtj i `vb mtePP?
 - 1. tcqvR
 - 2. imly
 - 3. Av`v
 - 4. nj`y

4. GK K_vq ev eWk` DEi w b|

- K. imtj U tRj vi tKvb&`vfb tMvj gwi tPi Pvl ver` nq?
- L. emoi Avw/bv msj MaRvgtZ wK gmj v dmtj i Pvl nq?

dmj mSMà I dj b

uKDwi s frtjv ntj iml
xNp b msi ¶Y Kiv hvq

iml MvtQi cvZv njy t_þK ev`vgx is aviY Kti tft½ coþj DtÉvj b DcthmX nq| dj b
tn±i cõZ 6-8 Ub chSf ntZ cfti |

iml mSMni ci giv cvZv tQþU fij frte 4/5 w`b Qvqvhþ` vtb i Kvþj Gi Mjv mskwPZ nq
Ges emfM i wKtq cvZjv I k³ AveitY cwiYZ nq| G cwi eZBþK ðmKDwi sð ejv nq|
uKDwi s frtjv ntj iml xNp b msi ¶Y Kiv hvq|

e`envi

gmjv wmwte wewfbæLv` cõwZþZ cåvbZ e`eüZ nq| imþbi AvPri tek Rbucþ| Avg,
Rj cvB cfwZ wewfbæct`i AvPvti i DcKiY wmwte e`eüZ nq| iml evZ, D`P i³Pic I
ü`ti vtMi I lþ wmwte mwzðZKkvþj e`eüZ nt`Q | eZþvþ I lþ tKv`úvbx, þjv imþbi ewo
Drcv`b KiþQ|

`viaPibi Pvlver`

`viaPibi `eÁwvK bvg Cinnamomum zeylanicum. GwU jþimx (Lauraceae)
cwi evi fZ GKwU A_ Rix gmjv dmj | kþj skv I `w¶Y-friz `viaPibi DrcwÉ` vþ|
eZþvþ gv`wMwKvi, emRj, kþj skv, friz cfwZ t`þk Gi e`vck Pvlver` nq| Bwv GKUv
wPiniwv e¶| Ges evotZ w`þj 30-40 dð Dþnq|

Rjevqþ gwU

`viaPib Dð I Av`Rjevqþ dmj | evsjv`þk wþkl Kti cveZ` PÆMþG GjvKv `viaPib
Pvti wþkl DcthmX| thme` vþbi Zvcgv`v 25-30° tmt Ges evrwv K evþcvZ 200-250
tmt wgt tmLvþb `viaPib fij Rþbþ| AvswkK Qvqvg Ges mwþ`wvKZ Deþ tetj t`vAvk gwU
`viaPib Pvti i Rb` Dchþ|

eskwe`li I tiwY

exR, kvLv-Kj g Ges wU-
Kj tgi mwvþh` `viaPibi
esk we`li Kiv nq|

exR, kvLv-Kj g Ges wU-Kj tgi mwvþh` `viaPibi esk we`li Kiv nq| exR`þ mRxeZv
nwitq tdtj etj cvKv dj cPvtbri ciciB exR Avjv`v Kti Zv ecb Kiv nq| exR t_þK
Priv Drcv`b Kti tiwY Kiv nq| AvU`k dð`þi`þi gv`v Kti cõZwU gv`vq Priv tiwY
Kiv hvq| tivctYi 2 ermi ci MvtQi KvþU i 6-8 BwÁ Dctii Ask tKþU gwU w`þq tXþK
t`lqv nq| KwZþ KvþU i tMvov t_þK AþbK, þjv Wvj cvjv tei nq| wbeþPZ (5-6wU)
Wvj, þjv tiþL evKx, þjv QvUvB Kti w`þZ nq|

mvi

evKj B `viaPibi e`envh
Ask| i Kvþbvi mgq evKj
wfZþii w`þK tetK tPrsMvi
AvKvi aviY Kþi | GþK
Quill etj |

cõZ MvtQi Rb` gv`v`Zwi i mgq 10 tKwR tMvei, 250 MþG`Lj I 2 tKwR QvB fij frte
wgkvþZ nq| cõZ eQi mvi cðqM KiþZ nq| MvtQi evþxi mw`_mvi cðqvþMi migÁm` ivLv
cðqvRb|

cwiPh®

AvMvQv cwi`vi Kiv, gwU Avj Mv ivLv, el¶ cwb wþ`wkb Ges Livq cwb tmP t`qv cðqvRb|

dmj mSMà I dj b

Priv tivctYi 3-4 eQi ci KvþU ev Wvtj i evKj mSMh Kiv nq| evKj B `viaPibi e`envh®
Ask| mSMþxZ ZvRv evKj tiv` i Kvþbvi nq| i Kvþbvi mgq evKj wfZþii w`þK tetK

j Zv thb wKgz tetq DVtZ
cvfi tmw tK tLqj ti tL
teta w tZ nq| MvQi WM
c0qvRbgZ tQtw w tZ nq|

cuPh

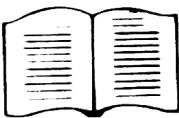
j Zv thb wKgz tetq DVtZ cvfi tmw tK tLqj ti tL teta w tZ nq| MvQi WM c0qvRbgZ tQtw w tZ nq| thb j Zv MvQi kvLv-c0qvRbgZ tetq c0q 3 wvri Dcti tek S0Kov nq| AvMvQv `gb l tMvori gmv Avj Mv ivLv c0qvRb|

djb

Piv tivctYi 3-4 eQi ci dj w tZ AvicKti | t_vKvZ `GKUv dj jvj tP nevi mt½ mt½ m`úY t_vKv wQtw 5-7 w b tivt` iKvZ nq| MvQc0Z 5-10 tKvR UvUKv tMvj gwiP mSMh Kiv hvq|

e`envi

tMvj gwiP c0Zw tbi wvfbvLv` Zwi tZ e`eüZ nq| gism l Ab`vb` cPbkxj Lv` i AZ`vek`K wvRvi tFiUF wntmte tMvj gwi tPi e`envi i tqtQ| GQovl K`wbs, AvPvi, teKvix l cvbxq c0Z wktf e`vckfite e`eüZ nt`Q| tMvj gwi tPi 0K`wvriQb0 bvgK `e` Bvri S0S Ges 0wctcwi b0 l 0wctcwi WvBb0 bvgK Aci `jlv `e` mYtÜi Rb` `vqx| ZvB chwab mvgM0i DcKiY wntmte tMvj gwiP e`eüZ nq| AvZ c0PxbKvtj tMvj gwiP nvo fvsMv/gPKvtbv, e`nRg, g`vtj wqv, K`ub BZ`w`i mvdj`RbK JIax wntmte e`eüZ nZ| eZ0v tbtv KivgKo c0Zti va Ges g_ wKj vi wntmte tMvj gwiP e`eüZ nt`Q |



mvi gg

- i mly evsj vt`tki GKUv Dvj LthvM` A_Rix gmj v RvZxq dmj |
- i`e l WÜv Rj evqj mly Pvl i DcthvMx|
- tn±i c0Z imtbi dj b 6-8 Ub|
- gmj v Qvovl evZ, D`P i`3Pvc l ü`ti vM wberitY JIa wntmte imtbi e`envi i tqtQ| ew0cvZ l Av`Zvi AvwK` imtbi Rb` ¶wZKi |
- D0 l Av`Avenvl qvq `vi wPvb fvtj v Rb0q|
- `vi wPvb exR, kvLv Kj g Ges _wJ Kj tgi mvrith` eskwe`vi Kti |
- tn±i c0Z `vi wPvbi dj b 75-100 tKvR|
- `vi wPvb Lv` l chwabx mvgM0i mYvÜKvi K wntmte l e`eüZ nq|
- 0gmj vi i vRv0 tMvj gwiP D0 l Av`Rj evqj DcthvMx dmj |
- tMvj gwiP KvwS ev kvLv Kj tgi mvrith` eskwe`vi Kti |
- mvari YZ MvQ c0Z 5-10 tKvR UvUKv tMvj gwiP mSMh Kiv m`e|
- gmj v Qvovl JIa, mYvÜ, Lv` `te`i wvRvi tFiUF wntmte tMvj gwiP e`eüZ ntq`vK |



cuıVıEı gj`ıqb 8.3

1. mZ` ntj ım0 Ges ıg_`v ntj 0ıg0ıj Lıj|

K. ı mly evsj vı`tk Mi g tgSmıg Rbıq|

L. kvLv Kj tgi mnııth` tMıj gıı tPi esk ıe`lı Kiv nq|

2. ıb`ıb cıY Kiıb|

K. tnıı cıZ ı mııbi dj b Ub|

L. exR, kvLv Kj g Ges Kj tgi mnııth` `viıPııbi esk ıe`lı Kiv nq|

3. mııK DıEıı cuık ııK ıPı (ı) ıı b|

K. tnıı cıZ cıq KZ tKıR exR ı mııbi cıqıRb?

1. 400 tKıR

2. 500 tKıR

3. 350 tKıR

4. 300 tKıR

L. tKııbıgmı vıK 0gmı vi ııRı0 etj MY` Kiv nq?

1. tMıj gıı P

2. ı mly

3. `viıPııb

4. Av`v

4. GK K_ıq ev evıK` DıEı ıı b|

K. ııKDııı s ej tZ ııK etjSb?

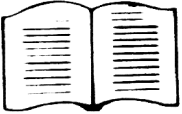
L. Quıll KııK etj?

cW 8.4 Av`v I nj`y i Pvlver`



GB cW tkI Avcib

- Av`v I nj`y m`utK`avi Yv w` tZ cvi`teb|
- Av`v I nj`y i Pvlver` m`utK`eY`v w` tZ cvi`teb|
- Av`vi I nj`y i e`envi RvbtZ cvi`teb|



Av`vi Pvlver`

Av`v uRbRv`f`imx cwi evi f`z GKU AvZ c`qRb`q gmj v| Av`vi `e`AmBK big Zingiber officinale| Gi DrcvE` `mY-ce`Gukqv, we`kl Kti fviZ Dcgnv`k, evq` I Pxb| R`vgnBKv`Z fvj gvtbi Av`v Drcb`nq etj R`vgnBKv`K Av`vi t`k ev Land of Ginger etj | ZvQvov fviZ, evsjv`k, Pxb, vBj`vU, ZvBl qvb, Rvcvb, A`to`lj qv I bvB`Rwi qvtZ Av`vi fvtjv Pvl nq| evsjv`k 6880 tn`i RvgtZ tgvU 41000 tg. Ub Av`v Drcv`b n`q v`k|

RjevqY guU

Av`v PvlI Rb` D`o I Av`RjevqYDc`thvMx| evrmiK ep`cvZ 150-300 tm. ug. I Zvcgv`Iv 28`-30` tmt Av`v PvlI Abk`jtj | Av`v tetj t`v-Avka, t`v-Avka I cwi guU`Z fvtjv dj b t`q| RvgtZ v`vktbi m`e`v v`k`Z nte| mvgv` Qvqv`y` `v`bi Av`vi Pvl n`Z cvti |

Av`v PvlI Rb` D`o I
Av`RjevqYDc`thvMx|

eskue`li I tivcY

gvP`Gucj (dv`ly-P`I) gvtm 1-2 Kuo we`ko ivB`Rvg tivcY Ki`Z nq| fvj fvt`e Rvgt`Zwi Kti 45-50 tm.ug. `t`Zj mmi Kti mmi`Z 20 tm.ug. `fi `fi 5 tm.ug. Mf`xi m`y` ivB`Rvg tivcY Ki`Z nq| ivB`Rvg j v`v`bvi 7-10 w``bi g`a` Pvi v`MRvq|

evR nvi

tn`i c`Z c`q 800-1000 tKvR ivB`Rvgti c`qRb nq|

RvZ

evsjv`k Av`vi tKvb g`y`vqZ RvZ tbB| KI.Kiv m`vaviYZ `vbxq RvZ Pvl Kti| Zte b`j dvgvix tRjvi `vbxq RvZvU i m`y`g i`qtQ|

mvi c`qum

fvtjv dj b tctZ ntj v`b`Pi mvi vY Ab`y`qx mvi c`qum Ki`Z nte|

mvi	tgvU cwi gvY	Rvgt`Zwi i mgq t`q	tkI PvlI cieZx`cwi Ph`v`m`vte t`q		
			1g v`Kv`l	2q v`Kv`l	3q v`Kv`l
			ivB`Rvg entbi 50 w` b ci	c`Ug v`Kv`li 90 w` b ci	ivB`Rvg tivc`Yi 120 w` b ci
`Remvi	10 Ub	me	-	-	-
vU Gm v`c	180 tKvR	me	-	-	-
BDvi qv	220 tKvR	-	110	55	55
Gg v`c	200 tKvR	100	-	50	50

c`Z v`Kv`li mvi c`qvtMi c`te`c`Zevi Rvgti Av`vQv cwi `vi Kti mmi i gvSLv`b mvi c`qum Ki`Z nte| mvi v`gukZ SzSzi gvU w` t`q v`gvo ev v`i R teta w` tZ nte|

Ar`v RjvexZv mn` Ki tZ
crti br| tmP c`qvtMi 2/3
N`Ev ci tm tPi bvjv Ltj
AvZwi³ cmb tei Kti
w` tZ nte|.

AšbZKvj xb cwi PhP

gvP`Gicj) gvtm Ar`vi Priv MRvtbvi ci epó ntj tm tPi c`qvtRb nq br| gmlU Ae`v tft`
 15 w`b Ašli Ašli tmP c`qvtRb| hLb gmlU im kZKiv 50 fivM gvV tJgZvi (Field
 capacity) wbtP hvq ZLb tmP w` tZ nte| tm tPi Afite Ar`vi dj b KgtZ `vtK| Ar`v
 RjvexZv mn` Ki tZ crti br| tmP c`qvtMi 2/3 N`Ev ci tm tPi bvjv Ltj AvZwi³ cmb tei
 Kti w` tZ nte| ZvQrov Rwg memgq AvMvQvgy I gmlU SzSzi ivL tZ nte|

tiwMejvB I tcvKivKo`gb

tiwMejvBtqi gta` Ar`vi KvU ev ivBtRvg cPr tiwM, cvZvi `vM tiwMB c`vb| cPr tiwM Øviv
 MvQ Avmvsł ntj, MtQi cvZvi AvMv nj t` ntq hvq| G tiwM Avt`l Avt`l gmlU wFZti i
 Av`vq Avmgy Kti | dtj Ar`v ctP hvq I MvQ gitZ `vtK| ZvB GmlU Ar`vi GKwU gviwK
 tiwM| wbpzm`vZm`vZ I AmgZj Rwg tZ Pvl Kitj G tiwM e`cKfite w`li jvf Kti Z
 crti | G tiwM GovtZ ntj my`mej I wbtivM exR e`envi KitZ nte Ges Dchj Rwg tZ
 Ar`vi Pvl KitZ nte| c`qvtRbterfa tivctYi cte`Ar`v exR Ql`vK bvkK I lly w` tZ tkvab
 Kti wbtZ nte| 1 Mlg wFvvtf. 1 wj Uvi cmb tZ wgvktq e`envi Kiv hvq| cvZv `vM tivitMi
 Avmgy ntj Wvq`_b Gg-45 bvgK (20 Mlg/wj Uvi cmb tZ) e`envi Kitj G tiwM `gb Kiv
 m`e| Ar`v MtQ KvU tQ`K tcvKv, cvZv tgvortbv tcvKiv Avmgy ntj tgjw`qb ev
 WvBtgmub KvU bvkK (c`Z 50 Mlg 500 wj Uvi cmb tZ wgvktq) e`envi Kitj fiv dj cvl qv
 hvq|

Ar`vi cPr tiwM, cvZvi `vM
tiwM Ges KvU tQ`K tcvKv
Ar`vi c`vb kT`e|

dmj mslM` I dj b

jvMvtbvi 9-10 gym ci wltm`f-Rvbsvix gvtm Ar`v mslM` Kiv nq| MtQi c`q me Ask
 i`Kvtj, Ar`v tZjvvi Dc`thvMx nq| Ar`v tZjvvi mgq tLqj ivL tZ nte thb Ar`v tKtU bv
 hvq| Dchj gmlU I Avenl qvq mgqgZ cwi Phv`Kitj tn±i c`Z Ar`vi dj b 20-30 Ub
 ntZ crti |

e`envi

mivari YZ Ar`vtK gmjv wntmte e`envi Kiv ntq `vtK| g`Li i`P ep` I e`nRg tivta Ar`v
 i`wKtq wPietq Lvl qv nq| Lv` wktf, cibxq c`vZtZ, AvPvi wntmte Ar`v e`euZ nq| Ar`v
 t`_tK wRbRvi K`wU, wlvjvBRw wRbRvi (Ar`v tKtU wPibi c`j c` t`qv), g`, cii lly
 BZ`w` Zwi nq| GQrov Ar`vi `Zj (Ginger oil) t`_tK lly l`tiwRb wbtmiY Kiv nq| lly
 I m`wU `Zwi tZ e`euZ nq|

nj`y i Pvlver`

nj`y (Curcuma longa) wRbwRev`imx cwi evi f`z GKwU Rbuc`q gmjv| nj`y i DrcwE
 Bt`vPxb I `wJY c`kvsl Øvtc| fviZ m`utK`mterP nj`y Drcv`bKvix t`k| evsj vt`k
 16190 tn±i Rwg tZ nj`y i Drcv`b m`utK`42000 tg. Ub|

Rjevqy gmlU

nj`y Dò, AeDò I Ar`Rjevqy Dc`thvMx dmj | Qvqv, AvavQvqv, epócvZ mg` I cinvov
 AAtj nj`y fitjv Ršš| ewl` 100-200 tm.wg. epócvZ nj`y Pvl i Rb` Dc`thvMx| me
 ai`bi t`vAvka I SzSzi gmlU tZ nj`y Ršš tZ crti |

mivari YZ 1-2 K`w wkwó
ivBtRvg, nj`y Pvl e`euZ
nq|

eskue`hi I tivcY

mvaviYZ 1-2 Kw weikó ivBtRvg, njy Pvl e`eüZ nq| gvP®Gicj (divly-PÎ) gym ivBtRvg tivctYi Dchÿ mgq| fvtj vfvte Rvg `Zwi i ci, 30-45 tm.ug. `tZ; mmi Kti, mmi tZ 10-30 tm.ug. `hi `hi 5-7 tm.ug. Mfxti mÿ ivBtRvg j vMvZ nq| ivBtRvg j vMvbi Pri mBv ctiB gmlU Dcti cvZv tei ntZ _vtK|

er nvi

tn±i cãZ cãq 1500 tKwR ivBtRvtgi cãqvRb nq|

RvZ

evsj vt`tk eZgvtb `jlv gyvqZ RvZ (mvgj v I um`jn) itqtQ| G`ju RvZ evsj vt`k KwL. Mtel Yv BbionUDU KZ® D™veZ ntqtQ| ZvQvon KIKiv wKQy vbxq RvZ e`envi Kti, thgb t nvi Y ucj v, cvUvB BZ`w`|

mvi cãqM I AšéZKvjxb cwiPh®

gmltZ i m Ktg tMtj mgqgZ tmP t`l qv cãqvRb| njy i t¶tÎ AwZ epoi mgq hvZ MvtQi tMvovq cmb bv Rtg tmRb` `z bvv tKtU cmb w®vktbi e`e`v Ki tZ nte|
fvj v dj b tctZ ntj wbtPi mvi wY Ablyqx mvi cãqM Ki tZ nte|

mvi	tgvU cwi gvY	Rvg `Zwi i mgq t`q	tkl Pvl i cieZx`cwi Ph®m mite t`q		
			1g wKw`l ivBtRvg ectbi 50-60 w`b ci	2q wKw`l cãg wKw`i 50-60 w`b ci	3q wKw`l wãZxq wKw`i 60 w`b ci
Remvi	10 Ub	me	-	-	-
wU Gm uc	180 tKwR	me	-	-	-
BDvi qv	220 tKwR	-	110	55	55
Gg uc	200 tKwR	100	-	50	50

mvi mmi i gvSLvrb cãqM Kti tKv`vj w`tq Kwctq AvMvQv cwi®vi Kti gml SžSžv Kti w`tZ nq| D³ SžSžv gml mmi i Dci 15-20 tm. ug. DpKti tetã w`tZ nq|

tivMevjB I tcvKvgKo`gb

njy i tivtMi AvµgY Atc¶vKZ.Kg| Dtj tthvM` tivtMi gta` wj d eP, wj d `uU, ivBtRvg iU (KvU cPv) BZ`w` tivM t`Lv tthZ cvti| Gme tivM `gb Ki tZ ntj Wvqf_b Gg-45 (20 Mlg 10 wj Uvi cmbtZ) bvgK QTvK bvkK lly cãqM Kitj fvj dj b cvl qv hvq| GKB RvgfZ cãZ eQi njy I Av`v dmj Pvl Kiv DvPZ bq| tcvKvgKtoi gta` njy i KvU-tQ`K tcvKv, cvZv-tgvovtbr tcvKv, w`cm BZ`w`i AvµgY ntZ cvti| Gme tcvKv `gfti Rb` gvj w_qb bvgK KxUvkk e`envi Ki tZ mglj cvl qv hvq|

dmj mSMh I djb

Avgt` i t`tk mvaviYZ tivctYi 9-10 gvtm njy mSMh Kiv nq| MvtQi KvU i wKtq tMtj njy mSMh Ki tZ nq| mSMh Kivi mgq tLqj ivL tZ nte thb tKtU bv hvq|

njy i Ab`Zg cãvb tivM
ntj v ivBtRvg iU er KvU
cPr tivM|

evsj vt`tk nj y`i Mo Drcv`b 7.5-10 Ub/tn±i | evsj vt`k KwL. MteI Yv BbiwU DU KZK
 gy`vqZ wlgjv I mw`yx RzZ`yUvi dj b 25-30 Ub/tnt | 100 tKwR KiRv nj y` t_K 20-
 25 tKwR i Ktbr nj y` cvl qv hvq |

e`envi

nj y` Kvi wKDigb_vKvi Rb`nj t` is ntq_vtK | Avgt`i t`tk nj y` mavi YZ gmjv wntmte
 e`eüz nq | ZvQvor wefbæmvgmRK Abgvtb thgb weqti i f Abgvtb, cRv-cvefY nj y`
 e`envi ntq_vtK | nj y` cñvabx I I l y` wktf, Lv` wktf Ges mmiÜ cñwZtZ e`eüz nq |



mvi gg®

- Dò I Av`®Avenvl qv Ges t`vAvka I SzSzi gumUtz Av`v fvj Rtšš |
- Av`v Pvl i Rb` gvP®Gicj` gvfm 1-2 Kw wewkó ivBtRvg tivcY Kitz nq |
- mavi YZ tivcYi 9-10 gym ci Av`v msMh Kiv nq |
- tn±i cñZ Av`vi dj b 20-30 Ub ntZ cvti |
- Dò, AeDò I Av`®Rj evqyj y` Pvl i DcthvMx |
- nj y` Pvl i Rb` 1-2 Kw wewkó ivBtRvg gvP®Gicj` gvfm tivcY Kitz nq |
- mavi YZ tivcYi 9-10 gym ci nj y` msMh Kiv nq |
- evsj vt`tk nj y`i Mo dj b 7.5-10 Ub/tn±i |
- 100 tKwR KiRv nj y` t_K 20-25 tKwR i Ktbr nj y` cvl qv hvq |



cuVvEi gj`iqb 8.4

1. mZ` nTj OmO Ges uq_`v nTj OmO uJ Lb|

K. eisj v`tk Av`vi A`bK Riv AvtQ|

L. cvUbvB nj y` i GKwU `rbxq Riv|

2. ib`vb cY Ki|

K. Gi gva`tg Av`vi esk me`li Kiv nq|

L. nj y` vKvi Rb` nj t` is nq|

3. mWK DEti i cutk WK WY (v) w b|

K. j vMv`bri KZ gym ci Av`v mslMh Kiv nq?

- 1. 9-10 gym
- 2. 6-7 gym
- 3. 11-12 gym
- 4. 4-5 gym

L. 100 tKwR KvDr nj y` t`tk mavi YZ KZ tKwR i Ktbr nj y` cvl qv hq?

- 1. 30-35 tKwR
- 2. 20-25 tKwR
- 3. 40-45 tKwR
- 4. 50-55 tKwR

4. GK K_vq ev e`K` DEi w b|

K. tn`i cOZ KZ tKwR Av`vi e`R cOqvRb?

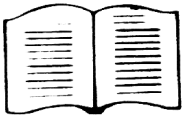
L. im`bi `bu g`v`vqZ Riv Zi big uJ Lb|

cW 8.5 tMvj gwi P I `vi aPibi cMqurVzKiY



GB cW tkTl Avcib

- tMvj gwi tPi cMqurVzKiY mæúTK®ej tZ cvi tēb|
- `vi aPibi cMqurVzKiY e`vL`v Ki tZ cvi tēb|



tMvj gwi tPi cMqurVzKiY

tMvj gwi P Kij v Ges miv`v GB `B i ftc evRvi RvZ Kiv ntq `vTK|

Kvtj v tMvj gwi P (Black Pepper)

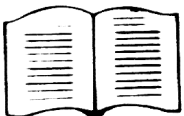
cwic° dj „Q mSMh Kivi ci 3-4 w`b tivt` ivL tZ nq| i`Kbv dj „Q mgræ nvZðviv bvoivPov Kijtj dj Qov t`tk Avjv`v ntq hvq| AtbK mgq dmj mSMh Kivi ci 2 t`tk 3 wqubU cmbtZ dlvvtj fvj ðDr cv KÕ cvl qv hvq| cãZ 100 tKwR UvUKv dj t`tk cãq 30-40 tKwR Kvtj v tMvj gwi P cvl qv hvq|

miv`v tMvj gwi P (White Pepper)

dj „Q mSMh Kivi ci dj Avjv`v Kti wFRv e`lq Pj gvb cmbtZ ivL tJ Dctii ZK ctP hvq, ZLb cv w`tq Nmtj wFZti i miv`v evR Avjv`v nq| i`Kvrbvi ci Bnv cvDWvi wntmte ev Av`l wntmte e`envi Kiv hvq| fvtj v White Pepper tctZ ntj GKUZ`witZ A`P dj cvj jvj ntj dmj mSMh Kiv fvtj v| cãZ 100 tKwR dj t`tk cãq 25-30 tKwR White Pepper Drcbwq|

`vi aPibi cMqurVzKiY

tivctYi 2 ermi ci KvÜi cãq 6-7 BwÁ Dctii Ask tKtu w`tq gwU ðviv tXtK w`tj AtbK „wj bZb my tei nq| Bnvi gta` mvariYZ 4-6Uv ivL v fvtj v| KvÜi GB evKj B `vi aPibi e`eniv®Ask| mSMnxZ KvÜ Zivr v_vKtZB Gi evKj Avjv`v Kti i`Kvrbv nq| cãq dmj mSMh Kiv nq 6-10 dlv j æt Ges 1/2-2 e`vtmi mly| j ætj wæfvte tKtu e`vtMi wFZi ti tL divitgbtUkb Kti Bnv mly t`tk Avjv`v Kiv nq| metPtq fvtj v PviaPib cvl qv hvq GKUv mjtli gvSivmS Ask t`tk| evKj i`Kvrbvi mgq wFZti i w`tk tPisMvi AvKvi nq, GtK Quill etj | GB Ae`lq `vi aPib evRvi RvZ Kiv nq|



mvigg®

- tMvj gwi P Black Ges White Pepper GB `Bi ftc evRvi RvZ Kiv ntq `vTK|
- cãZ 100 tKwR UvUKv dj t`tk cãq 30-40 tKwR Black Pepper cvl qv hvq|
- cãZ 100 tKwR dj t`tk cãq 25-30 tKwR White Pepper Drcbwq|
- `vi aPib Quill Ae`lq evRvi RvZ Kiv nq|



cufVhEi gj`iqb 8.5

1. mZ` ntj OmO Ges ug_`v ntj OmOvj Lly|

K. Kv`vj v tMj gwi P mslMh Kivi ci 7 w`b ti v` ivL`Z nq|

L. `viaPib tKtU i`wKtq Zvi evKj Avj v`v Kiv nq|

2. ib`b ciY Kiab|

K. tMj gwi P ----- I ----- i`c evRvi RvZ Kiv nq|

L. cOZ 100 tKwR dj t`tK cOq ----- tKwR ---- Drcbanq|

3. mWk DEti i cufk wK wY (v) `vl |

K. `viaPibi evKv evKj tK Kx ej v nq?

- 1. Quil
- 2. White Pepper
- 3. Black Pepper
- 4. Dcti i GKwI bv|

L. Kv`vj v tMj gwi P KZ`Y cwb`Z wfiRtq ivL`Z nq?

- 1. 1-5 ugubU
- 2. 2-5 ugubU
- 3. 2-3 ugubU
- 4. 3-4 ugubU

4. GK K_vq ev eufK` DEi w`b |

K. fiv`j v `viaPib cvl qv hvq m`ji tKvb&Ask t`tK?

L. evRti th `viaPib cvl qv hvq Zvi bvg Kx?

সংক্ষেপ

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