

Cf wf s Cf wf sbhf t jo Di jra Dbsf

Jogout

- **Di pptf** csf btun jrh boe jogbou gpsn vrb/
Ui fz i bwf ù f x buf si f brai z cbcjf t of fe up
hspx boe ù sjwf "P ù f s esjol t bsf opuvtvbrai
of fe fe boe n bz cf i bsn gvrh
- **Bwpje** tvhbsz esjol t boe kvjdf /
Cbcjf t ep opuof fe ù f n / Kvjdf jt opu
dsf ejubcrh gps jogbout pgboz bhf /
- **Bwpje** dpx ð n jrh cf gsf pof zf bs/
Dpx ð n jrh jt i bse gps cbcjf t up ejhf tuboe
dpvra f wf o dbvtf bof n jb/
- **Bwpje** x buf s vojrbgf s 7 n poui t/
Jogbout n bz porzi of fe b tn brai bn pvoupg
x buf s jo i pux f bu f s ps bgf s bdjwf qrbz/



Gvo Gbdu

Csf btun jrh jt bo
bddf qubcrh brai sobjwf
up gvije n jrh bgf s
23 n poui t/

Di jrasf o

- **Di pptf** qrbjo dpv ð n jrh boe x buf s/
Ui fz bsf ù f cf tuesjol t gps upeerfst-
qsf tdi pprfst- boe tdi pprbhf di jrasf o/
- **Bwpje** tvhbsz esjol t/
Fybn qrht jodvref tpebt- gbvpsf e n jrh- boe
gvjuesjol t/ Ui fz bsf rjol fe up fydf tt x fjhi u
hbjo- uppu ef dbz- boe ejtf btf t rauf s jo rjaf /
- **Bwpje** tf swjoh upp n vdi kvjdf /
Tf swf x i prh gvjujotuf be pgkvjdf x i f of wf s
qpttjcrh/ Kvjdf dbo porzi cf drbjn fe podf b
ebz/ Kvjdf jt rjol fe up voi f brai z x fjhi uhbjo
boe jt b upq dbpsjf tpsvdf bn poh upeerfst/



Cf wf s Cf wf sbhf Ujqt

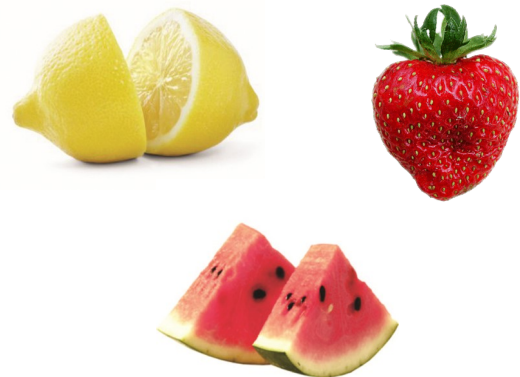


Dpx þ Njrh

- Di jrasf o 3 zf bst ps praf s; Tf swf qbtuf vsj{f e goug f)tl jn * ps rpx -gou)2&* n jrh/
- Di jrasf o 2-3 zf bst pra; Tf swf qbtuf vsj{f e x i prh n jrh/
- Fydf qjpot sf r vjsf b n jrh tvctjw ypo ps n f ejdbngpsn /

X buf s

- N bl f x buf s sf bejrn bwbjrbcrh u spvhi pvuü f ebz- f tqf djbrn evsjoh bdjwf qrbz boe x bsn x f bu f s/
- Bee gyo glwpst up x buf s/ Uz x buf sn f rpo- rfn pot- psboh f t- rjm f t- cf ssj f t- c b t j m p s n j o u /



Kvjdf

- Tf swf 211& kvjdf op n psf u bo pof yn f qf s ebz/
- P orn 211& g y m t u s f o h u g v j u p s w f h f u b c r h k v j d f t b s f d s f e j u b c r h /

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