

egkj"Vkrhy xkeh.k o 'kgjh {ks=krhy dqrhfxjkauk Aktr gks kkU; k
l k/ku o l fo/kkps rgyukRed v/; ; u



jktsk pndā kh

"kk-f" k-l pkyd] Jh jk-y-rks foKku egkj vdkyk-

Short Profile

Rajesh Chandrawanshi is a Director of Physical Education in Shri R.L.T. College of Science, Akola- He has completed B.A., B.Com., B.P.Ed., M.P.Ed., B.Ed. NET and Doing Ph.D.

Co-Author Details :

t; r prj

i kpk;] ok/kok.kh dyk egkfo | ky;]; orekG-



Lkkj ka k

dqrhP; k bfrgkl kps ekuoh thoup; k
bfrgkl kr o tM.k ?kM.khe/; s egRokps LFkku
vkgS ekuoh thoupS vLrhRo dk; e
jkg.; kdfjrk R; kyk ykidd cfnh pkrwZ o
"kDrhph l k&M egRokph Bjyh- ekuokyk "kDrh
t ki kl .; kph vko"; drk Hkl q ykxyh o
; kdfjrk R; kus dsys is Ru gs dqrh mn; kl
dkj.kHkq Bjys HkjrRP; k i kphu l dqrh

i ek.kp brj ns'kkR; k i kphu Lkdqrh dqrhph o.kZso egRokps LFkku vk<GrS Hkjr o egkj"Vkrhy dqrhpk bfrgkl gk
oBko"kyh vkgS egkj"Vkrhy eYy [kk"kkck tk/ko ; kauh Hkjrkl kBh vkwEi had Li /k& oS fDrd ØhMk izdkje/; si fgysdkk;
i nd dqrhe/; s feGow fnyS gh vflkekukph ckc vkgS i kphu dqrh o vk/kfud dqrhe/; s l k/ku l fo/kk] vkgkj o l jko
i /nrhe/; svkykxzcn y >kysk vk<GrS

egkj"Vkrhy xkeh.k o "kgjh {ks=krhy dqrhfxjkauk Aktr gks kkU; k l k/ku o l fo/kk dksk dkskR; k] mi yC/krk fdrh
i ek.kkr o l k/ku l fo/kkph l eL; k vkgR dk gsm's'k fuf"pr d: up l rkkdku dj.; kr vkysvkgS i LrR l rkkdkuR tul d; k
Eg.ku egkj"V^a jkT; dqrhxj ij'knR; k ek/; ekru l u 2011 o 2013 e/; svk; k&tr >kys; k egkj"V^a ds jh dqrh Li /kk
xhdks jkeu dqrh Lk/kkZrl p i R; {k Hks/h o Gh rkfyel vk[kkMso dqrh danz; ke/; s l ghkkxh i q 'k dqrhxj o l k&r vkysys
i f" k(kd) oLrkn] ukekdr o ofj 'B dqrhfxjkaup fopkj dj.; kr vkyk- tul d; e/ku dqrhfxjkaudMuu i R; {k o i f" k(kd) oLrkn]
ukekdr o ofj 'B dqrhfxjkaudMuu vi R; {k ekfgrh i ktr dj.; kP; k n'Vhusl; kn"kkph fuoM nbfunZku i /nrhusd: u , dwk 418
dqrhxj T; ke/; s123 xkeh.k o 295 "kgjh {ks=krhy dqrhxj ; kP; k dMuu i z'ukoyhP; k ek/; ekru ekfgrh i ktr dj.; kr vkyh-
i z'ukoyhP; k ek/; ekru i ktr ekfgrhps foHktu nksu ?kVd tl s l k/ku o l fo/kk&e/; s d: u ekfgrhps l ka[; dh; fo"ysk.k
dj.; kr vkys i ktr ekfgrh o l ka[; dh; fo"ysk.kk o: u Li 'V gksrdh egkj"Vkrhy xkeh.k dqrhfxjkauk "kgjh dqrhfxjka {kk
dqrhP; k l k/ku o l fo/kk deh i ek.kkr mi yC/k vl rhy gh i fj dYi uk fLodkj.; kr ; r vkgS

egkj"Vkrhy dqrhP; k l okZxh.k fodkl kP; k n'Vhus "kgjh dqrh {ks=krhy mi yC/k l k/ku l fo/kkR; k i ek.kp xkeh.k
dqrh {ks=kyk l qnk l k/ku l fo/kkph mi yC/krk vl .ksfurkar xj tpsvkgS

Article Indexed in :

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- BASE
- EBSCO
- Open J-Gate

Alrkouk

"kjhj l oZl k/kue%gh "kjhfd l q<rph egRo l ka.kkj mDrh ekuoh thoue/; s i kphu rsvk/kfud dkGk i ; r , d l kj [kh Bjyh vkgs dqrhP; k bfrgkl kpsekuoh thoup; k bfrgkl kr o tM.k ?kM.khe/; segRokpsLFkku vkgs l | k vLrhRokr vl yY; k fofo/k ØhMk i zdkjæ/; s dqrh gk l okr i kphu ØhMk i zdkj vkgs jkuVh voLFkr ekuokyk vkiY; k thoupv vLrhRo fVdfo.; kl kBh o thou l jf{kr Bo.; kl kBh taxkrhy fga= "okinkakh rl p vl; VksGhP; k ekuokakh "kjhfd l ak'kdj kok ykxr vl s i kphu dkGh ekuokyk mnjHkj .kl kBh vlu T; ke/; sQG] dneGgs o i "kwi {; kP; k ekl kpk l qnk l eko'sk vl si klr dj .; kdfjrk "kjhfd d'v o {kerph vko"; drk Hkkl r gsrh ekuoh thoupv vLrhRo dk; e jkg. ; kdfjrk R; kyk yk'sdd cqn pkrw Zo "kDrhph l kaM egRokph Bjyh ekuokyk "kDrh tki kl .; kph vko"; drk Hkkl q ykxyh o ; kdfjrk R; kus dsysys iz Ru gs dqrh mn; kl dkj .kHkq Bjys i kphu dkGki kl q dqrhps tkxfrd Lo: i vk<Grs HkjrK; k i kphu l ddrh i ek.kp brj ns'kP; k i kphu Lka drhr dqrhph o.kuso egRokpsLFkku vk<Grs dqrhph i fgyh , frgkl d ekgrh pkj rsi kp gtkj o'kkā whz voxr >kyh- vk/kfud dqrhP; k l jkok e/khy i dM dks'kY; k i ek.ksdqrhpsfp= i kphu bftire/; svk<Gys Lku 1938 e/; si sfl Yokfu; k fo | ki hBkpsi ksb-, s Li bLkj (Prof. Ephraim Avigdor Speiser) ; kP; k urRok [kkyh cxnkn "kgjkt oGhy enjkr >kyY; k l o'k.kkRed mR [kUkr nku nxMh f"kgk l ki MY; k- R; ke/; seqVh; qn o dqrh [kGkpsf"kyi dkj ysysvkgs gs l qsj; u f"kyi l ekjsi kp gtkj o'kkā whpsvkgs

Hkjrkr i kphu dkGki kl up dqrh [kGkyk jk'Vh; Lrjpk [kG ekuystkr vl s __XonkP; k v/; ; ukuso'snd dkGki kl w dqrh eukjatukl kBh [kGyh tkr vl } gsLi 'V >kysvkgs jkek; .k o egkHkjr dkGkr dqrh ykdfiz gsrh- jkejko.kke/; s eYy; qn vud oGk >kyh vkgs- gupekukus tsgk yadr i os'k dsk gsrk R; koGh R; kr i gsyokuk i gsyokuh djrkuk i kfgysgks egkHkjr dkGkr dqrh jk'Vh; [kG ; k LFkkukoj l q'kshkr >kyh gsrh- Jhd'.k] cyjke o da gs ifl /n eYy gks Jhd'.kkus da kyk vk [kM; kr gjfoysgks egkHkjr ; kdkGkr Hkhej nq kku] tjkl ak] ef'Vd o pk.kij vl svud ifl /n eYy gks cyjkeus vk [kM; kr ef'Vd o pk.kij yk ekjysgks i kMokæ/; s Hkhe o dks okæ/; s nq kku gs ifl /n eYy gks Hkhe o tjkl akkph dqrh i akjk fno l k; r l q gsrh- egkHkjr ke/; s Hkji j i ek.kkr dqrh naxyhp mYys [k vkgs i ksf.kd dkGkr dqrhyk fo'ks'k egUokpsLFkku gks ts ykd dqrhr i jaxr >kyT; kauh dqrhr fo"ksk {ks=kr dkefxjh nk [kfoyh] fo"ksk i k; M'sfdok jhr fuekz k dsh R; kl oz ukeor dqrhfxj kP; k ukokusrkdqrhpk i zdkj eku; rk i koyk o : < >kyk-

i ksf.kd dkGkrhy l keku; r% dqrhpsi qhy pkj i zdkj vkgs-

- v- guerh dqrh % "kDrh o ; qrh Eg.ktp cy o Mko ; kpk mi ; kx i gsyoku dfjr vl r- "kDRh o ; qrh i .kkyk ykou [kG.kkj h dqrh Eg.ktp 'guerh dqrh' gks -
- c-Hkheh suh dqrh % cykyk i k/kku; o Mkokuk nq; e LFkku ns kkU; k dqrhyk Hkheh suh dqrh EgVystkrs
- d-tkcaprh dqrh % tkcaprh dqrh Eg.kts "kDRhP; k vkMnkMi .kkph dqrh gks - i Syoku , dkeskd rkdnhP; k tkjkoj ekMuu dk<k; ps
- M-tjkl akh dqrh % Tkcaprh dqrh i ek.kp tjkl akh dqrhe/; s l qnk "kDrhpk vkMnkMi .kk o i frLi/; kzyk ekMuu dk<. ; koj Hkj gsrk-

egjk"Vkrhy dqrhpk bfrgkl gk oBko"kyh vkgs eqkykP; k vkØe.k o tkpk i kl w Lor% ps l j {k.k dj.; kl kBh o vkiyh vLerk i klr dj.; kl kBh l ak'kkāw Lojkt; k f"kok; i ; kZ uOgrk- Lojkt; kP; k dkeke/; s f"kokkuk , dk jk'V' arkph Qkj enr >kyh] rsEg.kts l eFkz jkenkl Lokeh- T; kauh i jra; krhy ns'kkyk Nk=rst o /lekph f"kdo.k oGsj nnu tursyk cynM cuou f"kokkuk Lojkt; fuehrhP; k dk; k; k; oGh enr dsh- f"kokkuk rkyehp tsi z; kx dsk gsrk rksfl /n >kyk- rkyeh/; si kr% dkGh i kFkuk o dqr; k Ogk; P; k- l d; kdkGh

egur o dqrh Ögk; ph- ; kf"kok; eYy [kkæ vkf.k "kL=kL=kps eñkuh [kG Ögk; ps vk [kkMs Eg.kts l sud dok; rhps LFkG gsk - "kDrhph mi kl uk o furhph tki kl uk gh ejkBh egn [kkph [kkl oš" k'V; svkgs- f"kojk; kauh fuekZ k dsysyh o i s'kÜ; kauh tki kl ysyh eYyfo | sus o cyki kl uss tkx' dsysyh nš"KHDrhph tuekul krhy jx baxtkauk ukgh"kh djko; kph gkrh- baxth jkT; kr rkyehph xGpsi h djk; yk l q okr >kyh o eYyfo | syk i kRl kgu feGaukl s>kys

fc/h" k dkGkr , dhdmseYyfo | ph xGpsi h gkr gkrh rj nq jhdMsfryk ckGI nkj Lo: lkgh vkys ; kpsJs Hkkjrh; l ßFkkfud ifr; kGkps ujs'k vkf.k dkYgki jps jk t'khZ "kkgwegkjkt ; kauk tkrš Hkkjrkryh o egjk'Vkrhy eYyfo | B; k bfrgkl kr 1984 rs1922 gk 38 o'kkp dky [kM ^jkt 'khZ "kkgwdky [kM* Eg.kau vkG [kyk tkrš egjk'tkauh dkYgki jkr dsy; k dqrhP; k dk; kEgS dkYgki j gh vf [ky Hkkjrkph ^dqrh i a; jh" cuyh- ^dqrh EgVyh dh "kkgw egjk't*" "kkgwegkjkt EgVysdh dqrh* gsl ehdj .k vej jkghy ; kr "kadk ukgh- vkt gh egjk'Vkr dqrh [kGkyk o dqrhfxjkauk l uekukpsLFkku vkgs egjk'Vkrhy dqrhP; k fodkl kpk bfrgkl i xYHk o fo"kyk vkgs egjk'Vkrhy dqrhfxjkauh jk'Vh; o vkarjjk'Vh; i krGhofjy dkfexjh rl p R; kauh dsysys dk; Z gs l ðnk mYys'kuh; vkgs egjk'Vkrhy eYy [kk"kkck t'k/ko ; kauh Hkkjrk l kBh vkWKEi had Li /k' oš fDrd ØhMk i dkjke/; si fgys dk; ; i nd dqrhe/; sfeGau fnysg h vfHkeku kph ckc vkgs

vkt gh cgm'kak dqrhxhj rl p dqrh vk [kkMš rkyeh o dqrh dñags dqrhP; k i kphu i /nrhph l k/kuš l fo/kk vkgj o l jko i /nrh ojp vkfJr vkgs] vl sfun'kukl vkys vkgs vk/kfud dqrhP; k i R; d ?kVdkæ/; s vkeYkxzcny >kysyk vk<Grks vk/kfud ; qkkr vkarjjk'Vh; dqrhe/; svki YksLFkku dk; e Bø. ; kl kBh fdæ i kfo. ; i ktr dj. ; kl kBh vko"; d l k/ku l fo/kk mi yC/k vl .ksvko"; d vkgsR; kcjkšj vkgjkps o fofo/k ræ"kdñ l jko i /nrhpsKku vl .ksgh vfuok; Z>kysvkgs

misk % &

egjk'Vkrhy xteh.k o "kgjh {ks=krhy dqrhfxjkauk Åkr gskkÜ; k l k/ku o l fo/kk dksk dkskR; k] mi yC/krk fdrh i æ.kkr o l k/ku l fo/kkph l eL; k vkgs dka gsm l s'k fuf"pr d: up l škkdku dj. ; kr vkysvkgs

ifjdYi uk % &

egjk'Vkrhy xteh.k dqrhfxjkauk "kgjh dqrhfxjka {kk dqrhph l k/kuso dqrh i j d l fo/kk deh i æ.kkr mi yC/k vl rhy-

l škk'kukl kBh ueqk fuoM

l Znr l škk'kukr tul æ; k Eg.ku egjk'V^a jkT; dqrhxhj i fj'knB; k ek/; ekru l u 2011 o 2013 e/; s vk; kštr >ky; k egjk'V^a dš jh dqrh Li /kk' xhdksjkeu dqrh Llk/kkZrl p i R; {k Hks/h oGh rkfyel vk [kkMso dqrh dñz; ke/; sl ghkkxh i q 'k dqrhxhj o l kšr vkysy i f" k {kd} oLrkn] ukekadr o ofj 'B dqrhfxj kpk fopkj dj. ; kr vkyk-

U; kn' kZ

tul æ; e/ku dqrhfxjka dMuu i R; {k o i f" k {kd} oLrkn] ukekadr o ofj 'B dqrhfxjka dMuu vi R; {k ekgrh i ktr dj. ; kP; k n'Vhus U; kn"kk'ph fuoM nšfunš'ku i /nrhus i Znr l škk'kukr egjk'Vkrhy , dñk 418 dqrhxhj T; ke/; s123 xteh.k o 295 "kgjh {ks=krhy dqrhxhj ; kR; k dMuu i z'ukoyhP; k ek/; ekru ekgrh i ktr dj. ; kr vkyh-

I d kks/ku I k/kukph fuehzh % &

I d kks/kukdfjrk rF; I adyukl kBh iz'ukoyh ; k I k/kukph fuoM dsh vks iz'ukoyh e/; s I d kks/kukl kBh ?ks-y; k fo'k; kuq lk o m's'kkud kj RkF; I adyukl kBh vR; ko"; d iz'ukopk I eko'sk dj.; kr vkyk- iz'ukoyhph fuehzh I d kks/ku ij d fofo/k L=krkrnu iklr o iFkn"kd vH; kl kP; k ek/; eknu iklr ekfgrhP; k vk/kkj kokj Ojcnynkrnu dj.; kr vkyh- i q% pkp.khus iz'ukoyhph fo"okl grkz rkl .; kr vkyh ; ke/; s I d kks/ku ekkh"kd kps ekkh"ku o GkoSh ?ks ; kr vkys

ekfgrhps I adyukl o I kf[; dh; fo'y'sk.k % &

ifjdyuk rkl .; kdfjrk iz'ukoyhP; k ek/; eknu iklr ekfgrhps foHktu nku ?kVd tI s I k/ku o I fo/kke/; sdj.; kr vkys ekfgrhps I kf[; dh; fo'y'sk.k i q-hy i ek.ksvkgs

xteh.k o 'kgjh {ks=krhy dqrhfxjkaik iklr gskkkU; k I k/kukph ryukRed I kf[; dh; fo'y'sk.k n'kfo.kkjh I kj.kh

Ø	dqrhph I k/ku	xteh.k {ks=krhy dqrhfxj 1/123%		'kgjh {ks=krhy dqrhfxj 1/295%		Lok/thurk Ekk=k	ueuk dk; LDosj	i klr dk; LDosj	I kfkid vks@ukgh
		mi yC/k	VDokjh	mi yC/k	VDokjh				
1	dqrhph EKW+	31	25-20%	214	72-54%	1	3841	80-192	vks
2	dqrhP; k EKW+ ofjy doj	24	19-51%	197	66-78%	1	3841	77-834	vks
3	dqrhpk dMIV; e	96	78-05%	274	92-88%	1	3841	18-789	vks
4	gMxkM	3	2-44%	12	4-07%	1	3841	-666	ukgh
5	"kut	60	48-78%	244	82-71%	1	3841	50-388	vks
6	MEeht	8	6-50%	99	33-56%	1	3841	33-363	vks
7	TkMk nkj	85	69-11%	258	87-46%	1	3841	77-834	vks
8	enxy	104	84-55%	250	84-75%	1	3841	-002	ukgh
9	fl axyckj	70	56-91%	203	68-81%	1	3841	5-429	vks
10	ERYy[kk	20	16-26%	35	11-86%	1	3841	1-468	ukgh

dqrhP; k I k/kukoj vk/kkfjr ?kVd 10 I kfkid Bjysys ?kVd 07 I kfkid ul ysys ?kVd 03 ?kVdkP; k I kfkid rps i ek.k 70-00%

mijkdR I kf[; dh; fo'y'sk.k o dk; LDosj pkp.khrnu vl sfun"kuL ; rsdh "kgjh dqrhfxjkaik xteh.k dqrhfxjka {kk dqrhph EKW+] doj o tkMk nkj ; k I k/kukph mi yC/krk tkLr ekB; k i ek.kkr] dqrhps dMIV; e] "kut o MEeht ; k I k/kukP; k ckcrhr plxyh rj fl axyckjP; k I anHkz I k/kkj.k i ek.kkr I fo/kk mi yC/k vkgr- ek= gMxkM] enxy o eYy[kk ; k I k/kukP; k ckcrhr xteh.k o "kgjh {ks=krhy dqrhfxjkaik iklr gskkkU; k I k/kukP; k ckcrhr fo"sk rQor vk<Gyh ukgh

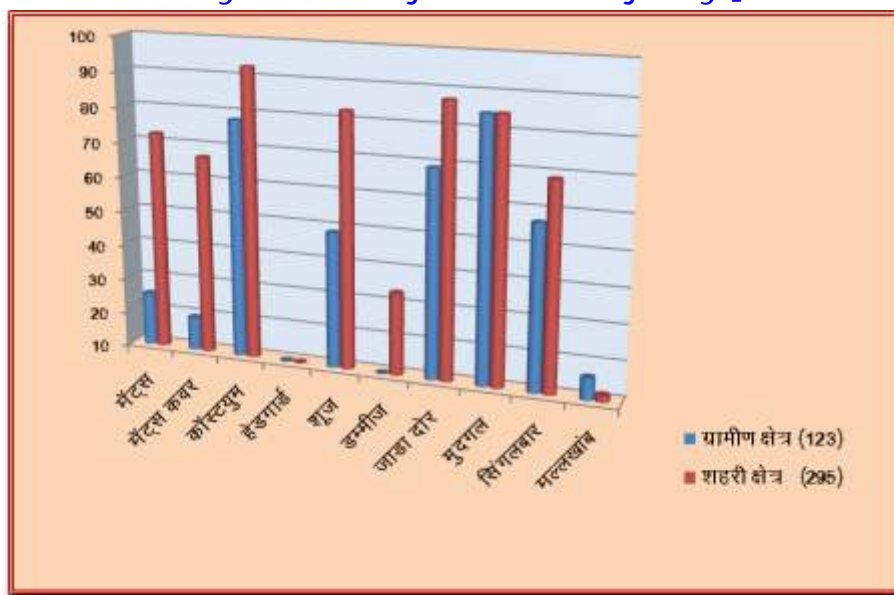
xkeh.k o 'kgjh {ks=krhy dqrhfxjkauk i klr gks kkú; k I fo/kkph ryukRed I kf[; dh; fo'y'sk.k n'kfo.kkjh I kj.kh

Ø	dqrh kBh I fo/kk	xkeh.k {ks=krhy dqrhfxj %123½		'kgjh {ks=krhy dqrhfxj %295½		Lok/khurk Ek=k	ueuk dk; LDosj	i klr dk; LDosj	I kfkid vkg@ukgh
		mi yC/k	VDdskjh	mi yC/k	VDdskjh				
1	dqrh kBh gll	91	73-98%	264	89-49%	1	3-841	16-309	vkg
2	Bkrhpk vk[kkMk	120	97-56%	268	90-85%	1	3-841	5-873	vkg
3	gYFk Dyc efku	48	39-02%	166	56-27%	1	3-841	10-334	vkg
4	otu dkVk	44	35-77%	200	67-80%	1	3-841	36-637	vkg
5	iFeki pkj I kfgR;	19	15-45%	96	32-54%	1	3-841	12-721	vkg
6	oJfd; vf/kdkjh	8	6-50%	33	11-19%	1	3-841	2-151	ukgh
7	el ktrK	10	8-13%	39	13-22%	1	3-841	2-174	ukgh
8	if"kd	111	90-24%	280	94-92%	1	3-841	3-135	ukgh
9	fi.; kps ik.kh	103	83-74%	280	94-92%	1	3-841	14-131	vkg
10	"kky; s	52	42-28%	230	77-97%	1	3-841	50-373	vkg
11	I kfgR; Bo.; kI kBh vyejkh	31	25-20%	172	58-31%	1	3-841	38-078	vkg

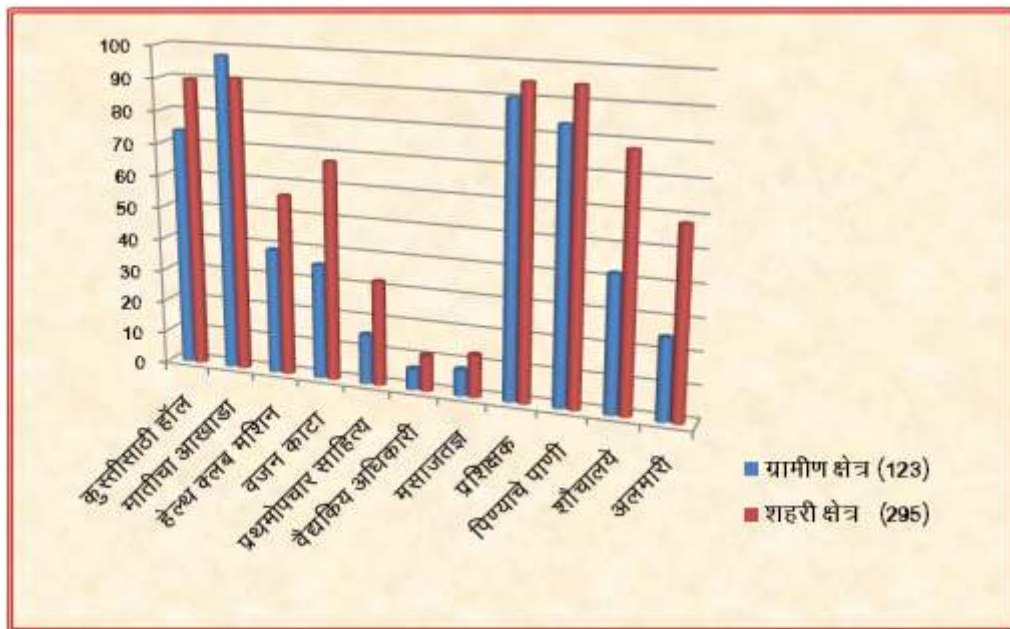
dqrhP; k I fo/kkaj vk/kfjr ?kvd 11 I kfkid Bjys?kvd 08 I kfkid ul yys?kvd 03 ?kvdkP; k I kfkidrpsiek.k 72-73%

mijdkr I kf[; dh; fo'y'sk.k o dk; LDosj pkp.khrv vi sfun'kukl ; rsdh "kgjh dqrhfxjkauk xkeh.k dqrhfxjka {kk otu dkVk] di Ms Bo.; kph vyejkh o "kky; k ; k I fo/kkph mi yC/krk tkLr] gYFk Dyc ef"ku] dqrh kBh gll] fi.; kps ik.kh o iFeki pkj I kfgR; ; k I fo/kkP; k ckrhr pkayh rj ekrhP; k vk[kkM; kP; k I mHkkR I k/kkj.k iek.kkr I fo/kk mi yC/k vkg- ek= oJfd; vf/kdkjh] el ktrK o if"kd ; k I fo/kkackrhr xkeh.k o "kgjh {ks=krhy dqrhfxjkauk i klr gks kkú; k I fo/kkP; k ckrhr fo"ksk rQkor vk<Gyh ukgh

xkeh.k o 'kgjh {ks=krhy dqrhfxjkauk i klr gks kkú; k I k/kukph mi yC/krk VDdskjh e/; s n'kfo.kkj k vkys[k



xteh.k o 'kgjh {ks=krhy dqrhfxjkauk i klr gks kkú; k l fo/kkph mi yC/krk VDdøkjh e/; s n'kfo.kkj k vkys[k



fu"d"kl

i klr ekfgrh o l k/ku o l fo/kkps vk/kkfjr ?kVdkp; k l kfi [; dh; fo"ysk.kk o: u Li 'V gksr dh xteh.k {ks=krhy dqrhfxjka {kk "kgjh dqrhfxjkauk 70% tkLr l k/kusrj 72-73% tkLr l fo/kk i klr gksr vkgs ; k i ek.kkuq kj egkj'Vkrhy xteh.k dqrhfxjkauk "kgjh dqrhfxjka {kk dqrhph l k/kuso dqrh ijd l fo/kk deh i ek.kkr mi yC/k vl rhy gh ifjdYi uk fLodkj .; kr ; s vkgs

egkj'Vkrhy dqrhP; k l okzh.k fodkl kP; k n'Vhus "kgjh dqrh {ks=krhy mi yC/k l k/ku l fo/kk; k i ek.kp xteh.k dqrh {ks=kyk l qnk l k/ku l fo/kkph mi yC/krk vl .ksfurkar xj tpsvkgs

l nHkZxifk l ph

- 1-cki V] Jh-t- ¼1943½ "kjh f"kd- epbz%dukWd i fcyf"ka gkÅl - i'B Ø- 1 o 2
- 2-pk&kjh i a] o Fkkuhj; ks ¼2005½ fQft dy , J; qd'sku bUVkMD"ku- ubzfnYYkh%Li kVl i fcyd'sku- i'B Ø- 35
- 3-Toschi, L. (2010). Art of Wrestling Wrestling in Art Antiquity. Rome: Stabilimento Tipolitografico Ugo Quintily S.p.A. Page No. 13. (E-Book)
- 4-i k. M; y- ¼1982½ Hkkj rh; [ksykdh ehkd k- ubzfnYYkh %es/ki kfyVu cpd dEi uh- i'B Ø- 134
- 5-Lkq b'kh] d-xks Hkkj rh; eYyfo | k mn; vkf.k fodkl - i qks%egkj'Vª jkT; dqrhfxj i fj'kn- i'B Ø- 25 rs27
- 6-i okj t- ¼1 a knd½ ¼2007½ jkT'khZ"kkgwLekjd xFk- dkygki ij% egkj'Vª bfrgkl i zkskuh- i'B Ø- 213 rs216] 631 rs641
- 7-l q b'kh d-xks ¼1984½ jkT'khZ"kkgwj k tk o ek.kh - i qk%BkdG i zdk"ku] i'B Ø- 580 rs594