fz; ghJfhg;Gk;>guhkhpg;Gk;(EYE)

 ek;Kila Ik;Gyd;fspy; xd;whfTk;> kdpj cly; cWg;Gfspy; kpf Kf;fpakhdjhfTk; fhzg;gLtJ fz;fs;. fz;fspd; %yk; gytpjkhd czHTfs; ntspf;fhl;lg;gLfpd;wd. fz;fs; kpfTk; nkd;ikahdit. ,aw;ifapd; gilg;Gfspy; fhzg;gLk; mofpid fz;L fspf;f cjTtJ fz;fNs.

 ,j;jifa fz;fs; ,y;yhtpl;lhy; kdpj tho;T kpFe;j Rikahf ,Uf;FNkad;wp Ritahf ,Uf;fhJ. xUtd; jd; gps;isiaNah my;yJ mUikahd nghUisNah ,oe;J tpl;lhy; "INah vd; fz;iz ,oe;NjNd" vdf; $wp Jaug;gLtijf; fz;lhy; vt;tsT ,uf;fkhf ,Uf;fpwJ.

 NgUe;J epWj;jj;jpy; epd;w NghJ mUfpy; ,uz;L egHfs; ghbf;nfhz;bUe;jdH. Mk;. mtHfs; ghHitaw;wtHfs;. kPz;Lkhf ghbdhHfs;.

 " ,J ,uth gfyh ?

 FspH epyth fjpuh ? ..."

 mtHfSf;F ,uT> gfy;> fUg;G> rpfg;G vd;why; vd;dntd;W njhpAkh ? ,aw;ifapd; moif tpthpj;jhy; mtHfshy; Ghpe;J nfhs;s KbAkh ? fiyfs; jpiug;glk;> njhiyf;fhl;rp Nghd;wit ek; md;whl tho;f;iff;F mj;jpahtrpakhfp Nghd ,it ghHit ,oe;jtHfSf;F kl;Lk; vg;gb md;dpakhfp tpl;ld?

 fz; ,y;iynad;why; fhl;rp ,y;iy. fhl;rp ,y;iynad;why; mwpT tpsf;fk; ,y;iy. MfNt> xU kdpjd; tho;f;ifapd; KO gaidAk; mDgtpf;f Ntz;Lkhdhy;> Kjypy; jd; fz;iz ghJfhg;gjpy; ftdk; nrYj;j Ntz;LtJ Kf;fpakhd flikahFk;.

 fz;zpd; mikg;G

 xt;nthU fz;Zk; kz;ilNahl;bd; Kd; gFjpapy; cs;s fz; Fopapy; (ORBITS) ghJfhg;ghf mike;Js;sJ. fz; cUz;il %d;W mLf;Ffshy; MdJ.

 1. Kjy; mLf;F tpop ntz; glyk; (Scelera) ,ijr; Rw;wp xU rt;T fhzg;gLfpwJ. ,jw;F tpop ntz;glyr; rt;T vd;W ngaH.

2. ,uz;lhtJ mLf;F Nfhuha;L rt;T (Choroid) my;yJ epwkp glyk;.

1. %d;whtJ mLf;F euk;Gj; jpRf;fshy; Md tpopj;jpiu.

fz;zpd; Kd; gFjpapy; fUtpop (Cornea) fhzg;gLfpwJ. fUtpopia mLj;J fz;kzp (Pupil) fhzg;gLfpwJ. fz;kzpahdJ xspf;F Vw;wthW RUq;fp tphpAk; jd;ik nfhz;lJ. ,jdhy; msTf;F mjpfkhf fpilf;Fk; xspia Neubahf tpopj;jpiuf;F mDg;ghky; tpopj;jpiu jhq;Fk; msTf;F xspiar; rPuhf mDg;gp tpopj;jpiu ghjpg;gilahky; ghJfhf;fpwJ. fz;kzpiar; Rw;wp fpU\;z glyk; cs;sJ(iris). fpU\;z glyk; fUg;G epwkhfNth> ePy epwkhfNth> nrk;kz; epwkhfNth ,Uf;Fk;. fUtpopf;Fk;> fz;kzpf;Fk; ,ilg;gl;l gFjp Kd; miw vdg;gLk;. ,jpy; xsp CLUtpr; nry;Yk; tifapy; njspthd jputk; fhzg;gLfpwJ. ,jid Kd; miw jputk; (mf;A+];) vd;fpNwhk;. fz;kzpia mLj;J tpopnyd;]; mike;Js;sJ. mjd; gpd;Gwk; xU ntw;wplk; fhzg;gLfpwJ.

 tpopnyd;];-f;Fk; tpopj;jpiuf;Fk; ,ilg;gl;l gFjp tpl;hpa]; Nftpl;b vdg;gLk;. ,jpy; tpl;hpa]; (VITREOUS) vd;w njspthd jputk; ,Uf;Fk;. ,ijaLj;J ika jhdk; ,Uf;Fk;. mjd; gpd; tpopj;jpiu fhzg;gLk;. ,J Fr;rp nry;fshYk;> $k;G nry;fshYk; MdJ. tpop jpiuapd; Kbtpy; ghHit euk;Gfs; fhzg;gLfpd;wd.

 xt;nthU fz;izAk; Rw;wp 6 jirfs; jhq;fp epw;fpwJ. ekJ fz;iz rhpahf mirf;f ,e;j jirfspd; rhpahd ,af;fk; mtrpak;. fz;zpy; cs;s VjhtJ xU jir rhpahf ,aq;fhtpl;lhYk; fz;iz rhpahf mirf;f KbahJ.

 fz;fspd; ntspg;gFjpapy; 3 gFjpfs; fhzg;gLfpd;wd. ,it fz;fis %b ghJfhf;fpd;wd.

i) EYE BROW - fz; GUtk;

ii) EYE LASH - fz; ,ik

iii)EYE LID - fz;Kb

xt;nthU fz;zpd; NkYk;> fPOk; ,uz;L ,ikfshy; mjd; Kd;ghfk; ghJfhf;fg;gLfpwJ. NkYk; E}w;Wf;fzf;fhd nky;ypa Nuhkq;fs; ,jpy; mike;jpUg;gjhy; J}Rf;fspd; ghjpg;gpypUe;J fz; ghJfhf;fg;gLfpwJ.

**ghHitapd;ik my;yJ FUl;Lj; jd;ik vd;why; vd;d?**

 Cl;lr;rj;J FiwtpdhNyh> tpgj;Jf;fspdhNyh fz; ghHit FiwtJ my;yJ KotJkhf nghUl;fisg; ghHf;f Kbahj epiy FUl;Lj; jd;ik vdg;gLk;.

 rpy Foe;ijfs; KOikahf ghHitaw;wtHfshf ,Uf;fyhk;. mtHfs; ghHit GyDf;F xd;WNk njhptjpy;iy. ghHitaw;wtH vd;W $wg;gLfpw gyUf;Fk; rpwpjsthtJ ghHitj; jpwd; ,Uf;fyhk;. rpyUf;F ntspr;rk; - ,Ul;L ,uT - gfy; NtWghLfs; njhpe;jhYk; xU nghUspd; tbtk; / cUtk; njspthf Gyg;glhJ. rpyUf;F nghpa mstpyhd cUtq;fs; Gyg;gl;lhYk; mjd; EZf;fkhd mikg;Gfs; njhptjpy;iy.

**ghHitapd; tiffs**;

i) ika ghHit

ii)gf;f ghHit

iii)Kg;ghpkhzg; ghHit

i) ikag;ghHit

 xU nghUis my;yJ xspia fz;zpw;F Neuhf itj;J ghHf;Fk; nghOJ njhpaf;$ba ghHit ikag;ghHit vdg;gLk;.

ii) gf;fg; ghHit

 fz;fis Neuhf itj;J ghHf;Fk; nghOJ gf;fthl;by; xU Fwpg;gpl;l msT J}uk; tiu njhpaf;$ba ghHit gf;fg; ghHit vd;fpNwhk;.

ika ghHit

gf;f ghHit

|  |  |  |
| --- | --- | --- |
|  SIDE VISION |  CENTER VISION |  SIDE VISION |

 Kg;ghpkhz ghHit

 ,U fz;fshYk; nghUl;fisg; ghHf;Fk; nghOJ mit ,uz;L nghUl;fshf njhpahky; tpop jpiuapy; xU jiyfPohd gpk;gj;ij Vw;gLj;jp %isapd; gpd; gFjpapy; vLj;Jr; nrd;W xU njspthd Neuhd gpk;gj;ij Vw;gLj;jp juf;$ba ghHit Kg;ghpkhz ghHit vd;fpNwhk;.

 ehk; xU nghUis vt;thW ghHf;fpNwhk;?

 xU nghUisg; ghhf;Fk; nghOJ mjd; gpk;gkhdJ fz;kzp %ykhf

 tpopnyd;];i] milfpwJ. tpopnyd;]; tpopjpiuapy; me;j nghUspd; jiyfPohd gpk;gj;ij tpor; nra;fpwJ. tpop jpiuia xl;bAs;s ghHit euk;ghdJ me;j gpk;gj;ij kpd; Jbg;Gfshf khw;wp %isapd; gpd; gFjpf;F mDg;GfpwJ. %isapd; gplhp kly; mij czHe;J Neuhd njspthd xU gpk;gj;ij fhzr; nra;fpwJ.

 fz; ghHit ,og;G Vw;gLtjw;fhd fhuzq;fs;

 1. fHg;gpzp jhapd; ftdf;FiwT.

 2. jhaplKs;s ghy;tpid Neha;.

 3. itl;lkpd; A FiwT.

 4. Neha;fs; - tpgj;Jfspdhy; ghjpg;G.

 1) fHg;gpzp jhapd; ftdf;FiwT

 jha; fUtw;wpUf;Fk; NghJ rj;jhd czT rhg;gpl Ntz;Lk;. mt;thW rj;jhd czT rhg;gplhtpl;lhy; fUtpypUf;Fk; Foe;ijapd; fz;fs; ghjpf;fg;gLk;. fHg;g fhyj;jpy;> fHg;gpzp jha; jdf;F Vw;gLk; Neha;fSf;F kUj;Jthpd; MNyhridapd; Nghpy; kl;LNk kUe;J khj;jpiu cl;nfhs;s Ntz;Lk;. mt;thW kUj;Jt MNyhridapd;wp cl;nfhs;Sk; kUe;J khj;jpiufs; fUtpypUf;Fk; Foe;ijapd; nky;ypa cWg;ghfpa fz;fis

 ghjpf;Fk;. fUTw;w ngz;fSf;F jl;lk;ik Neha; te;jhYk; fUtpypUf;Fk; Foe;ijapd; fz;fs; ghjpf;fg;gl;L fz;ghHit ,og;G Vw;glyhk;. fUTw;w

 ngz;fs; rhpahd> Kiwahd topfspy; kUj;Jt MNyhridAld; mtrpak; Vw;gl;lhy; fUfiyg;G nra;J nfhs;s Ntz;Lk;. mt;thwpy;yhky; nra;J nfhs;Sk; fUf;fiyg;G Njhy;tpaile;jhYk; fUtpypUf;Fk; Foe;ijapd; fz;ghHit ,og;G Vw;gLk;.

2. jhaplKs;s ghy;tpid Neha;

 xU jha;f;F ghy;tpid Neha; ,Ue;jhy;> gpurtj;jpd; NghJ> gpwg;GWg;G thapypUe;J Foe;ij ntsptUk; ghijapy; me;Neha; fpUkpfs; jq;fpap;Ue;J Foe;ijapd; fz;fis jhf;fp fz; ghHit ,og;G Vw;gl tha;g;Gz;L. ,j;jifa fpUkp jhf;fpapUe;jhy;> gpwe;jTld; Foe;ijapd; fz;fs; rpte;J fhzg;gLk;.

 3. itl;lkpd; A FiwT

 ekJ clypy; itl;lkpd; 'A' rj;J FiwAk; NghJ fz; Neha;fs; Vw;gLfpwJ. ,j;jifa Neha;fspdhYk; fz;ghHit ,og;G Vw;gLfpwJ.

khiyf;fz; Neha;:

 khiy Neuj;jpw;Fg; gpd; fz; ghHit njspthf njhpahJ. ,e;Neha; cilatUf;F fz; <ug;gjkpd;wp twz;L fhzg;gLk;. fz;fs; rpte;jpUf;Fk;. fz;zpd; tpop ntz;glyk; itl;lh Gs;spfs; Nghd;Nwh> my;yJ kPd; nrjpy;fs; Nghd;Nwh> my;yJ Nrhg;G Eiu Nghd;Nwh my;yJ cile;j gPq;fhd; tbt Jz;Lfs; Nghd;Nwh ,Uf;Fk;.

rpuhg;jhy;kpah:

 ,e;Neha; cilatHfspd; tpop ntz;glyk; nrk;kz; fyhpy; khwp <ug;gjkpd;wp twz;L fhzg;gLk;. ,e;Neha; cilatHfs; mOjhy; $l fz;zPH tuhJ.

nfnuhl;Nlh kNyrpah:

 ,e;j Neha; cilatHfs; fz;fspy; Nghjpa ePH ,y;yhjjhy; fz;fis %b jpwf;Fk; NghJ fUtpopapy; fhak; Vw;gl;L frq;fp $ohfp Kw;wpYkhf ghHit ,y;yhJ Ngha; tpLk;. ,e;Nehia Fzg;gLj;j KbahJ. ,tHfSf;F khw;W fUtpop (,we;jtHfspd; fUtpop) nghUj;Jtjd; %yk; kPz;Lk; ghHit fpilf;Fk;.

jLg;G Kiwfs;

 ekJ md;whl cztpy; itl;lkpd; A rj;J mlq;fpa czT tiffs; cz;z Ntz;Lk;.

 (gg;ghsp> khk;gok;> kQ;rs; epw goq;fs;> KUq;iff; fPiu> mfj;jpf; fPiu> griy fPiu> ghy;> fhul>; Kl;il> kPd; vz;nza;) Mfpa czT tiffspy; itl;lkpd; A rj;J mjpfk; fhzg;gLfpwJ. NkYk; itl;lkpd; A jputk; my;yJ itl;lkpd; A khj;jpiu nfhLf;fyhk;.

itl;lkpd; A Fiwa fhuzq;fs;

1. jPuhj tapw;Wg; Nghf;F
2. mbf;fb [yNjh\k;
3. Fly; G+r;rp fhuzkhf
4. mwpahik
5. Foe;ijfspd; fy;yPuypy; fl;b Vw;gLjy;.

Rhjhuzkhf ekJ fz;fspy; Vw;gLk; Neha;fs;

 1. rpR fz;zow;rp

 2. kQ;rs; fhkhiy

 3. fz;typ Neha;

 4. fz; mhpg;G Neha;

 5. fz; fl;b Neha;

 6. ntz;Gs;sp Neha;

 7. fUtpop tphpe;J RUq;fhj epiy

 8. khWfz;

 9. kq;fyhd ghHit

 10. fz;zpy; ePH mOj;jk;

 11. fz;Giu

rpR fz;zow;rp

 ,e;Neha; Foe;ij gpwe;j rpy khjq;fspy; tUk;. Foe;ijapd; fz;fs; rpte;J ,Uf;Fk;> gPio tbAk;> fz;zPH tbe;J nfhz;Nl ,Uf;Fk;. chpa kUj;Jthpd; MNyhridAld; mtH jUk; kUe;Jfis gad;gLj;j Ntz;Lk;.

1. kQ;rs; fhkhiy

 kQ;rs; fhkhiy Neha; cilathpd; fz;fs; mjd; mwpFwpia fhl;Lk;. fz; kQ;rs; epwkhf ,Uf;Fk;. rpWePH kQ;rs; epwkhfTk; ,Uf;Fk;.

 kQ;rs; fhkhiy Neha;f;F kUe;J rhg;gpLk; NghJ fz;zpy; Vw;gLk; ghjpg;G FiwAk;. fPo;fha; ney;yp nrbia ghypy; miuj;J Fbj;J tu tpiutpy; ,e;Neha; FzkhFk;.

1. fz; typ Neha;

 ,e;Neha; cilathpd; fz;fs; rpte;jpUf;Fk;. fz;zpy; mhpg;Gk;> vhpr;rYk; ,Uf;Fk;. njhlHe;J fz;zpy; ePH tbAk;. fLikahd fz;typ Neha; Vw;gLk; NghJ fz; ,ikfs; tPq;fpapUf;Fk;. fz;zpypUe;J gPio ntspte;J nfhz;NlapUf;Fk;. fz; ,ikfs; xl;bf; nfhs;Sk;. fz;fisj; jpwg;gJ fbdkhf ,Uf;Fk;. ntspr;rj;ijg; ghHj;jhy; fz; $Rk;.

 mRj;jkhd ePhpy; Fspg;gjhYk;> J}rp> Gir> Gojp ,tw;wpypUe;J Neha; fpUkp fz;izj; jhf;FtjhYk; fz; typ Neha; Vw;gLfpwJ.

jLg;G Kiw

1. MWfspYk;> Fsq;fspYk; Fspj;jy; $lhJ.

2. gspr;rpLk; xspiag; ghHj;jy; $lhJ.

fz; typ Nehapd; NghJ fz;fis fOTk; Kiw

 xU ghj;jpuj;jpy; rpy Jz;L Jzpfisg; Nghl;L ePH Cw;wp nfhjpf;f itf;fTk;. kw;nwhU ghj;jpuj;jpy; xU lk;sH ePH Cw;wp xU rpl;bif cg;gpl;L nfhjpf;f itj;J Mw itf;fTk;. Nrhg;G Nghl;L iffis ed;whf fOtp tpl;L fOtg; NghFk; fz; jiug;gf;fk; ,Uf;Fk; tpjj;jpy; Foe;ijiag; gLf;f itf;fTk;. %f;fpd; mUNf cs;s fz; gFjpapy; ePiu rpwpJ rpwpjhf Cw;wp fOtTk;. nfhjpf;f itj;j Rj;jkhd Jzpahy; fz;izj; Jilf;fTk;. ,Nj Nghd;W kW fz;Zf;Fk; nra;aTk;.

 ,jpy; Fzkilatpy;iy vd;why; chpa kUj;Jthpd; rpfpl;iriag; ngw;Wf; nfhs;s Ntz;Lk;.

4. fz; mhpg;G Neha;

 ,J xU fLikahd fz; typ Neha;. Rhjhuz fz; typahf njhlq;Fk; ,e;Neha; ghHitia ghjpf;Fk; fLikahd Nehahf khWfpwJ. ,e;Neha; te;jhy; gy khjq;fSf;F fz;zpy; ghjpg;G Vw;gl;Lf; nfhz;Nl ,Uf;fk;. ,e;Neha; cila gpwiuj; njhl;;Lg; goFtjd; %yKk;> <f;fspd; %yKk; ,e;Neha; guTfpwJ. neUf;fkhf kf;fs; thOk; ,lq;fspy; ,e;j Neha; mjpfkhf fhzg;gLfpwJ.

mwpFwpfs;

1. fz; rpte;J ePH tbAk;.
2. xU khjj;jpw;Fg; gpd; rpW rpW rhk;gy; epwf; fl;bfs; fz; ,ikapd;

 cl;gFjpapy; cUthfpd;wd.

1. fz;zpd; ntz;gFjp nghq;FfpwJ.
2. fUtpopapd; Nky; gFjp rhk;gy; epwkhf khWfpwJ.
3. rpy Mz;LfSf;Fg; gpd;G rhk;gy; epw Gs;spfs; fz; ,ikapypUe;J kiwAk;.

 Mdhy; mit nts;is epwj; jOk;Gfshfj; njhpAk;.

1. nts;isj; jOk;Gfshy; fz; ,ikj; jbf;Fk;. jbg;gjd; fhuzkhf fz;izj;

 jpwf;f ,ayhJ.

1. rpy rkaq;fspy; ,e;j jOk;Gfs; fz; tpopapy; fPuy;fis cz;lhf;Fk;. ,e;j

 fPuy;fs; ghHitia ,of;f fhuzkhfpd;wd.

jLg;G Kiw

1. jpdKk; gLf;Fk; Kd;Dk; fhiyapy; vOe;jTlDk; Rj;jkhd ePhpy; fz;fisf;

 fOt Ntz;Lk;.

1. fz;fisj; Jilf;f Rj;jkhd Jzpia gad;gLj;j Ntz;Lk;.
2. fz; mhpg;G Vw;gLk; NghJ Ke;jhidapd; Kid> Nt\;bapd; Kid> rl;ilapd;

 Kid Nghd;wtw;iw gad;gLj;jp fz;fisj; Jilf;ff; $lhJ.

1. gpwhpd; fz;fisj; njhLtjw;F Kd; iffis Nrhg;gpl;L fOt Ntz;Lk;.
2. fz;zpw;F 'ik" ,lf; $lhJ. mg;gbNa Nghl;lhYk; fz; 'ik'apy; J}rp tpohky; ghHj;Jf; nfhs;s Ntz;Lk;.

5. fz; fl;b Neha;

 fz; ,ikapd; Nky; cz;lhFk; xU tpj tPf;fNk fz; fl;bahFk;. XNu rkaj;jpy; xd;W my;yJ gy fl;bfs; cz;lhfyhk;. fz; ,ikfs; ghf;Bhpah vdg;gLk; Neha; fpUkpfshy; ghjpf;fg;gLk; NghJ fz;fl;b Njhd;WfpwJ. mg;NghJ fz; rpte;J tPq;fp typ Vw;gLk;.

 rpwpjsT ePhpy; cg;gpl;L mjDs; Jzpiag; Nghl;L nfhjpf;f itj;J me;j Jzpahy; ,sQ;#l;by; fz;zpw;F xj;jlk; nfhLf;f Ntz;Lk;. ,t;thW nra;Jk; Fzkilatpy;iy vd;why; chpa kUj;Jthplk; nrd;W rpfpl;ir vLf;f Ntz;Lk;.

6. ntz; Gs;sp Neha;

 ,e;Neha; cilathpd; fz;zpd; fUtpopapy; nts;is epw Gs;sp Vw;gl;L typ nfhLf;Fk;. fz; rpte;J fhzg;gLk;. ftdpf;fhtpl;lhy; nts;is epw Gs;sp nghpjhfp fUtpop KOtJk; gutp tpLk;. ghHit tpiutpy; kq;f njhlq;Fk;.

 Muk;g fl;lj;jpy; kUj;Jthpd; MNyhridNahL rpfpl;ir ngwhtpl;lhy; fz; ghHit ,of;f NehpLk;.

7. fUtpop tphpe;J RUq;fhj epiy

 fz;fspy; cs;s tpopjpiuahdJ xU Fwpg;gpl;l msT xspiaj; jhq;Fk; jd;ik cilaJ. fUtpopapd; eLgFjp> ntspr;rj;jpy; rpwpajhfTk; ,Ul;by; nghpajhfTk; tphpe;J RUq;Fk; jd;ik cilaJ. ,t;thW tphpe;J RUq;Fk; jd;ikapy; ghjpg;G Vw;gLk; NghJ fz;kzpapd; tl;l tbtk; Fiye;J tpLk;. ghHit ,utpYk; gfypYk; xNu khjphpahf ,Uf;Fk;. ,jd; gpwF ghHit rpwpJ rpwpjhf kq;fp kiwe;J tpLk;.

 ngUk;ghYk; jiyapy; mbgLtjhy; ,t;tpj fz; NfhshW Vw;gLfpwJ.

8. khWfz;

 xt;nthU fz;izr; Rw;wpYk; 6 jirfs; jhq;fp epw;fpwJ. ghHitia mq;Fk; ,q;Fkhf jpUg;g jir ehHfs; cjTfpd;wd. ,e;j jir ehHfspy; ghjpg;G Vw;gLfpd;w NghJ my;yJ ,j;jir ehHfSs; xd;Nwh> ,uz;Nlh rhptu ,aq;fhkypUf;Fk; NghJ 'khWfz;' Vw;gLfpwJ.

 rpyH khWfz; my;yJ fUl ghHitapid mjpH\;lk; vd;fpd;wdH. ,j;jifa %l ek;gpf;ifahy; khWfz; ghHitia khw;w Kbahky; tpl;L tpLfpd;wdH. Foe;ij gpwe;j XH Mz;Lf;Fs; khWfz; gw;wp ftdpf;f Ntz;Lk;. gpwe;j Foe;ijapd; fz; ghHit tYg;ngw;W epiyahd ghHit mika %d;W Mz;Lfs; MFk;.

rpfpl;ir Kiw

 Neuhd ghHit cila fz;iz Jzpahy; fl;L Nghl;L %b tpl;L (fz;Giu NehahspfSf;F %bapUg;gJ Nghy;) ghjpf;fg;gl;l fz;zhy; ghHf;f nra;a Ntz;Lk;. gapw;rpapdhy; fz; rhp Mfhtpl;lhy; mWit rpfpl;ir %yk; rhp nra;a KbAk;.

9. kq;fyhd ghHit

 fz;zpy; Vw;gLk; rpy ghjpg;Gfshy; fz; ghHit kq;fyhf njhpAk;. ghHf;ff;$ba cUtq;fs; njspthf njhptjpy;iy. xU epoy; Nghd;W njhpAk;.

 kUj;Jtiu mZfp fz; fz;zhb mzpe;J nfhs;tjd; %yk; njspthd ghHit fpilf;fr; nra;ayhk;.

10. fz;zpy; ePH mOj;jk;

 fz;zpDs; Ruf;Fk; fz;zpd; Kd; miw jputk; (or) mf;A+]; jputkhdJ mJ nry;Yk; ghijapy; FWf;fg;gl;lhNyh my;yJ milf;fg;gl;lhNyh ,jd; mOj;jk; Vw;gLfpwJ. NkYk; rhjhuzkhf mf;A+]; jputj;jpd; mOj;jj;jpd; msT 14 kp.kP to 21 kp.kP. tiu ,e;j mOj;jkhdJ 21 kp.kP msTf;F mjpfkhf fhzg;gLkhapd; fz;zPH mOj;j Neha; Vw;gLfpwJ. ,e;Neha; cilatHfSf;F fz;zPH tuhJ.

 ,e;Neha; cilatHfs; kpd; tpsf;ifg; ghHf;Fk; NghJ fyH tisak; njhpe;jhy; Muk;g mwpFwp vdyhk;. ,jid NyrH rpfpl;ir %yk; rhpg;gLj;jyhk;. fz;zPH mOj;j Neha; Muk;gj;jpy; gf;f ghHitia ghjpf;Fk;.

 fz; ePH mOj;j Neha; cilatHfs;> fz;zpw;F mjpfkhf Ntiy nfhLg;gjhy; fz; NrhHTfs; Vw;gLfpwJ. MNuhf;fpa Fiwghl;bdhYk;> nraw;if #oypy; Ntiy nra;tjhYk; ,e;Neha; Vw;gLfpwJ.

 fz;zPH mOj;j Neha; ,Utifg;gLk;.

1. rhjhuz fz;zPH mOj;j Neha;
2. jPtpu fz;zPH mOj;j Neha;

rhjhuz fz;zPH mOj;j Nehapd; mwpFwpfSk; tu fhuzq;fSk;

1. fz; NrhHT.
2. kdf;ftiy mjpfhpj;jy;.
3. xU gf;f jiytyp.
4. njsptpy;yhj ghHit.
5. xsp rpjwp njhpjy;.
6. rHf;fiu Neha; ,Uj;jy;.
7. fpl;lg;ghHit FiwghL.
8. guk;giuahf ,e;Neha; Vw;gLjy;.
9. ,uj;j mOj;jk; mjpfk;> FiwT.
10. gpwf;Fk; NghNj Foe;ij fz;zPH mOj;j Nehahy; ghjpf;fg;gl;ljhf ,Uf;fyhk;.
11. ,uj;j mOj;jk; ,Ue;jhYk; ,e;Neha; tuyhk;.

jPtpu fz;zPH mOj;j Nehapd; mwpFwpfs;

1. jiytyp cz;lhFk;.
2. fz; typj;Jf; nfhz;Nl ,Uf;Fk;.
3. Nfhypf;Fz;L fz;Zf;Fs; ,Ug;gJ Nghd;w czHr;rpAk;> cWj;jYk; ,Uf;Fk;.
4. fz;zpd; fUtpop rhjhuz msit tpl nghpjhf ,Uf;Fk;.
5. rpyUf;F the;jp Vw;gLk;.

rpfpl;ir Kiw

 fz;zpy; ePH mOj;jk; mjpfkhdhy; ghHit kq;Fk;. Muk;g fl;lj;jpNyNa fz; kUj;Jthpd; rpfpl;ir ngw;W fz;Zf;fhd nrhl;L kUe;ij fz;fspy; tpl Ntz;Lk;. ,t;thW nra;tjhy; gf;f ghHit ghjpg;gile;J ghHit kq;Ftij jLj;J tplyhk;. Muk;gj;jpy; fz;lwpe;jhy; NkYk; ghjpf;fg;gLtij jil nra;ayhk;. Kw;wpa epiyapy; ,e;Nehia Fzg;gLj;j KbahJ. fz;zpd; ePH mOj;jj;ij mstpLk; fUtpahfpa NlhNdh kPl;liu fUtpopapd; Kd; ghfk; itj;J fz;zPH mOj;jj;ij fzf;fpLtH.

11. fz; Giu

 fz;zpy; cs;s nyd;]; gFjpapy; ntz; jpl;Lfs; Nghd;W glHe;J nyd;i] jhf;fp xsp CLUTk; jd;ikia ,of;fpwJ. fz;zpy; ntspr;rk; mbj;J ghHf;Fk; NghJ fUtpop rhk;gy; epwkhf my;yJ nts;is epwkhf njhpAk;.

tUtjw;fhd fhuzq;fs;

1. tajhd gpd; tUjy;.
2. fz;zpy; mbgLtjhy; tUk;.
3. rf;jp tha;e;j khj;jpiufspd; ghjpg;gpdhy; tUk;.
4. NtW fz; Neha;fspdhy; tUk;.
5. gpwtpapNyNa Vw;gLk;.
6. jha; fUTw;wpUf;Fk; NghJ 3 khjq;fspy; 'n[Hkd; kP]y;];' vdg;gLk; jl;lk;ik Neha; ,Ue;jhy; Foe;ijapd; fz;fis ghjpj;J ,e;Neha; tUfpwJ.

fz;zpy; Vw;gl;l fyq;fyhd nyd;ir mWit kUj;Jtk; %yk; ePf;fp NtW nyd;]; nghUj;JtNj rpwe;j topahFk;.

fz;zpy; nraw;if nyd;]; itj;J mWit rpfpl;ir nra;ayhk;. fz; fz;zhb mzptJ ( mngf;fpah) mWit rpfpl;irf;Fg; gpd; fz; fz;zhb fl;lhak; mzpe;J nfhs;s Ntz;Lk;.

fz; Giu Neha; - rpy cz;ikfs;:

1. fz;Giu Nehapid kUe;J> khj;jpiu> Crpfs; Nghl;L Fzg;gLj;j KbahJ.
2. fz;fis mjpfk; cgNahfg;gLj;Jtjhy; fz;Giu Neha; tuhJ.
3. ve;jtpj czNth> clw;gapw;rpfNsh fz;Giu Neha; tUtij jLf;f

 KbahJ.

1. fz;fspy; mbgLtjhYk; tUk;.
2. ePuopT Neha;> fhrNeha;> njhONeha;> ghy;tpid Neha;> ehskpy;yh Rug;gpfs; rhHe;j Neha;fs; cs;stHfSf;Fk;> ];Buha;L Nghd;w kUe;Jfis khjf; fzf;fpy; cgNahfpg;gtHfSf;Fk; ,e;Neha; 50 taij jhz;Ltjw;F Kd;dNk tu tha;g;Gz;L.

fz;Giu Neha;f;fhd mwpFwpfs;

1. typapy;yhky; fz; ghHit kq;Fk;.
2. ntspr;rj;jpy; NghFk; NghJ fz; $Rk;.
3. fz;zhb mzpe;Js;stHfSf;F mbf;fb fz;zhb gthpy; khw;wk; Vw;gLk;.
4. gbg;gjw;F tof;fj;ij tpl mjpf ntspr;rk; Njitg;gLk;.
5. ,utpy; Fiwe;j ntspr;rj;jpy; elg;gjw;Fk;> tof;fkhd Ntiyfisr;

 nra;tjw;Fk; jLkhw Ntz;bapUf;Fk;.

1. ,utpy; thfdq;fis Xl;Lgtuhf ,Ue;jhy; mjpf rpukk; Vw;gLk;.

 etPd Kiwapy; NyrH nrYj;jp fhl;luhf;il cilj;J Ngf;Nfh nk\pid gad;gLj;jp fhl;luhf;l; ntspNa vLf;fg;gLfpwJ.

12. ghHit ,og;ig Vw;gLj;Jk; ghHit FiwghLfs;

m. J}ug;ghHit

 rhjhuzkhf tpopf;Nfhsj;jpd; msT 23.5 to 24 kp.kP. J}ug;ghHit cilatHfSf;F tpopf;Nfhsk; jl;ilahf fhzg;gLk;. tpopf;Nfhsj;jpd; msT rpwpajhf fhzg;gLk;. xU nghUisg; ghHf;Fk; NghJ mjd; gpk;gkhdJ tpopj;jpiuf;Fg; gpd; FtpfpwJ. ,jdhy; xU nghUis J}uj;jpy; itj;J ghHf;Fk; NghJ kl;LNk njhpAk;. ,jid Ftpnyd;]; nghUj;jg;gl;l fz;zhb mzptjd; %yk; rhp nra;ayhk;.

M. fpl;lg;ghHit

 fpl;lg; ghHit cilatHfSf;F tpopf;Nfhsj;jpd; ePsk; mjpfkhfTk;> fUtpop jl;ilahf Kd;Ndhf;fp tise;Jk; fhzg;gLk;. xU nghUisg; ghHf;Fk; nghOJ nghUspd; gpk;gkhdJ tpopj;jpiuf;F Kd;dhy; FtpfpwJ. ,jdhy; xU nghUis kpf mUfpy; itj;J ghHj;jhy; jhd; njhpAk;. ,J Cl;lr;rj;J FiwtpdhYk; Vw;glyhk;. ,jid Fopnyd;]; nghUj;jg;gl;l fz;zhb mzptjd; %yk; rhp nra;ayhk;.

,. mrkrPH ghHit

 xU nghUisg; ghHf;Fk; NghJ nghUspd; njspthd gpk;gk; fpilf;fhky; ePz;L ePskhf njhpAk;. ,jpy; tpopf;Nfhsj;jpd; gug;G fuL KuL jd;ikAld; fhzg;gLk;. fUtpop fuL Kulhf ,Uf;Fk;. ,jid rpypz;lH tbt nyd;]; nghUj;jg;gl;l fz;zhb mzptjd; %yk; rhp nra;ayhk;.

<. epwFUL

 tpopj;jpiuahdJ Fr;rp nry;fshYk;> $k;G nry;fshYk; MdJ. ,it epwj;ij gphpj;njwpAk; jd;ik nfhz;lJ. tpopj;jpiuapy; fhzg;gLk; Fr;rp nry;fSk;> $k;G nry;fSk; vz;zpf;ifapy; Fiwthf ,Uf;Fk; NghJ epwj;ij NtWgLj;jp fz;lwpa Kbahj epiy Vw;gLfpwJ. ,jdhy; tz;zg;glq;fisg; ghHf;Fk; NghJk; fUg;G nts;isahfNt njhpAk;.

 epwf;FUL gj;J tajpw;Fs; jhdhf rhpahdhy; kl;LNk rhpahFk;. ,y;iyNay; ghHit NghdJ NghdJ jhd;. rhpg;gLj;j KbahJ.

c. nts;nsOj;J FiwghL

 ,e;j FiwghL tajhd gpd; 40 tajpw;F Nky; tUk;. rpwpa vOj;Jf;fisg; gbf;f KbahJ. Fwpg;gpl;l J}uj;jpy; Fwpg;gpl;l mstpy; (25 to 30 cm) cs;s vOj;Jf;fisg; ghHf;f KbahJ.

 ,e;j Fiwghl;il rhp nra;a tpop nyd;]; nghUj;jpa fz; fz;zhb mzpa Ntz;Lk;. ,e;j FiwghL cilatHfs; fz;bg;ghf tUlj;jpw;F xU Kiw fz; ghpNrhjid nra;a Ntz;Lk;.

13. fz;zpy; fhak; gLtjhy; Vw;gLk; ghjpg;Gfs;

m. fUtpop fhak; miljy;

 fz;zpy; J}Rf;fs; kw;Wk; fz;zpy; fl;bfs; Vw;gLk; NghJ mij ftdpf;fhky; ,Uf;Fk; NghJk; fz;iz ifahy; frf;Fk; NghJk;> fz; ,ikfis %b jpwf;Fk; NghJk; fUtpopapy; fPuy; cz;lhfp fhak; Vw;gl tha;g;Gs;sJ. ,jidNa fUtpopfhak; vd;wiog;Nghk;.

M. fUtpop my;rH

 fz;zpy; fhak; Vw;gl;L ftdpf;fhky; ,Uf;Fk; gl;rj;jpy; fUtpopapy; fPuy; Vw;gl;L fUtpopapy; Gz; cz;lhfpwJ. ,jw;F fz;iz FspHe;j ePuhy; Rj;jkhf fOt Ntz;Lk;. fz;iz frf;f $lhJ.

,. fz; ,ik fpopjy;

 fk;G> Fr;rp gLtjhYk;> fz; ,ik fpopa tha;g;Gs;sJ. fz; ,ik fpope;jhy; fpopf;f;gl;l ,ikia mWit rpfpl;ir %yk; rhp nra;ayhk;.

<. fz;zpy; rij tsUjy;

 fz;fspy; rpy Ntisfspy; mjpfg;gbahd rij tsHe;J ghHit FiwghL Vw;gLk;. mjpfg;gbahd rijia ntl;b vLj;J mWit rpfpl;ir %yk; rhp nra;ayhk;.

c. jtwhd kUe;J khj;jpiufs;

 fz;zpy; Vw;gLk; Neha;fSf;F kUj;Jthpd; MNyhrid ngwhky; jhkhfNt kUe;J filfspy; nrd;W nrhl;L kUe;Jfs; thq;fp tpLtjhy;> khj;jpiufs; thq;fp rhg;gpLtjhy; fz; NkYk; ghjpg;gila tha;g;Gs;sJ.

C. if kUe;J

 fz;zpy; jha;g;ghy; tpLjy;> Nfhop ,uj;jk; tpLjy; Nghd;w 'if kUe;Jfis' gad;gLj;Jtjhy; fz; ghjpg;gilfpwJ.

14. rHf;fiu Nehahy; Vw;gLk; fz; ghjpg;G

 rHf;fiu Neha; Kw;wpa epiyapy; fz;zpw;Fj; Njitahd rj;Jf;fisAk;> Mf;]p[idAk; flj;jp nry;yf; $ba ,uj;j euk;Gfs; jil gl;L rj;Jf;fSk;> Mf;]p[Dk; fpilf;fhky; ,uj;j euk;Gfs; cile;J ntw;wplj;jpy; cs;s jputj;jpy; fye;J Nfhuha;L rt;tpypUe;J gphpe;J capH ,of;f NehpLfpwJ.

 ,jid Muk;gj;jpy; fz;lwpe;jhy; NyrH mWit rpfpl;ir %yk; cilgl;l ehsj;ij rhp nra;ayhk;. ,y;iyNay; ghHit Kw;wpYk; ,of;f NehpLk;.

15. tpgj;Jf;fspdhy; Vw;gLk; fz; ghjpg;G

m. Mgj;jhd tpisahl;L

 fpl;bGs; tpisahl;by; gad;gLk; Gs; fpl;bahy; mbf;fg;gLk;NghJ Ntfkhf nrd;W ahH kPjhtJ gl;lhy; mtHfSf;Ff; fhaj;ij cz;L gz;Zk;. fz;zpy; fpl;bapd; $Hikahd gFjpfs; gLkhapd; fz; ,ikfisj; jhf;fp fUtpopiaAk; jhf;ff; $Lk;. mjdhy; fz; ghHitNa nfl;L tpLk;. ,Nj Nghy tpy;-mk;G tpisahl;LfSk; fz;fSf;F NfL gag;gdNt. “Nfhy; vLj;j gps;is FUl;Lg; gps;is” vd;gJ gonkhop. Mifahy; rpWtHfs; ,g;gbg;gl;l tpisahl;Lfspy; jhk; <Lglhtpl;lhYk; tpisahLNthH gf;fj;jpNy epd;W Ntbf;ifg; ghHf;Fk; NghJk; mtHfs; fz;izj; jhf;fp fz; ghHit ,og;G Vw;gl tha;g;Gs;sJ.

 fhtb Ml;lk; tpisahLk; NghJ mjpy; gad;gLj;jg;gLk; ePz;l Fr;rpfs; fz;Zf;F Mgj;jhdit. Fr;rpiaj; js;sp js;sp tpisahLk; NghJk;> XLk; NghJk;> Fr;rpiaj; J}f;fp tpLk; NghJk;> Fr;rp fz;zpy; gl;L tpLfpwJ. ,J fz;Zf;F ngUk; Mgj;ij cz;lhf;FfpwJ.

M. ntb ntbg;gjhy; Vw;gLk; tpisTfs;:

 jPghtsp> fpwp];Jk]; Nghd;w tpohf;fis Foe;ijfSk;> nghpNahHfSk; ntb> gl;lhR nfhSj;jp kfpo;r;rpNahL nfhz;lhLfpd;wdH. mZFz;L Nghd;w nghpa ntbfis ntbf;fpwhHfs;. rpyH ntbfisf; ifapNyNa gpbj;Jf; nfhz;L ntbg;gJz;L. ,J kpf kpf NfL gag;gjhFk;. ntb ifapy; ,Ug;gjhy; Neuhf fz;fisj; jhf;f $Lk;. ntbr; rpjwy;fshy; fz;zpy; J}Rf;fs; my;yJ jPg;nghwpfs; glyhk;.

,. jho;thd kuf;fpis:

 tPl;bd; Rw;Wg;Gwq;fspy; rpWtHfs; tpisahLk; NghJk; fz;Zf;F Mgj;Jfs; Vw;glyhk;. kuq;fspy; jho;thf tsHe;jpUf;Fk; kuf;fpisfs; fz;zpy; Fj;jp tpl;lhy; fz;Zf;F Mgj;ij Vw;gLj;jp ghHit ,og;G Vw;gl tha;g;Gs;sJ. jho;thd kuf;fpisfs; cs;s gFjpapy; Foe;ijfs; tpisahLtij jtpHf;f Ntz;Lk;.

<. Ntiy nra;Ak; NghJ Vw;gLk; ghjpg;G:

 njhopw;rhiyfspy; Ntiy nra;NthHfSf;Fr; rpy Ntisfspy; fz;fspy; rpW J}Rf;fs;> kuj;J}s;> ,Uk;Gg; gprpH> fhpj;J}s; Nghd;wit tpOe;J tpLtJz;L. mg;gbg;gl;l Neuq;fspy; fz;fisf; frf;ff; $lhJ. cldbahff; fz;fisj; jz;zPH tpl;L fOt Ntz;Lk;. rpy Ntisfspy; J}Rf;fs; fz; ,ikapd; cl;Gwj;jpy; jq;fp tplyhk;. mjdhy; fz;zpy; cWj;jy; Vw;gLk;. mjidg; nghWj;Jf; nfhs;s Kbahky; fz;fisf; frf;fj; Njhd;Wk;. mg;gb nra;jhy; fUtpopf;F NfL tUk;. MfNt mg;gbg;gl;l Ntisfspy; fz; ,ikiaj; jpUg;gpg; ghHj;J J}R ,Ue;jhy; mij jz;zPhpy; eidj;j gQ;rpdhy; nky;yj; Jilj;J vLj;J tpLjy; Ntz;Lk;. fz;fisf; fOtpNah> J}Rf;fis ePf;fpNah tpl;l NghjpYk; fz; kUj;Jthplk; fhz;gpf;f Ntz;Lk;. nty;bq; gz;Zk; NghJ rpjWk; xspf;fjpuhdJ fz;izj; jhf;Fk; NghJ fz; ghHit ,og;G Vw;gl tha;g;Gs;sJ. vdNt fz; fz;zhb mzpe;J nfhz;L njhopw;rhiyfspy; gzp Ghpa Ntz;Lk;.

c. thfdq;fspy; nry;Yk; NghJ Vw;gLk; tpgj;Jf;fs;:

 thfdq;fspy; nry;Yk; NghJ fz;fspy; J}Rf;fs; gLtjhYk;> tpgj;Jf;fs; Vw;gl;L jiyapy; mbgLtjhYk;> fz;zpy; fhak; Vw;gLtjhYk;> fz; ghjpg;G Vw;gl;L ghHit ,og;G Vw;gl tha;g;Gs;sJ.

gs;sp rpWtHfSf;F Vw;gLk; ghjpg;G:

 rpy Ntisfspy; gs;spr; rpWtHfs; vOJNfhy; Nghd;w $Hikahd nghUl;fisf; ifapy; itj;Jf; nfhz;L XLk; NghJ fhy; ,lwp fPNo tpOtH. Mg;NghJ ifapYs;s $Hikahd nghUs; fz;zpy; Fj;jp tplf; $Lk;. MfNt vOJNfhy; Nghd;w $Hkid cs;s nghUl;fisf; Foe;ijfsplk; nfhLg;gNjh mtw;iwf; fhl;b tpisahLjNyh $lhJ. gs;spf;Fr; nry;Yk; rpWtHfs; $Hikahd nghUl;fisf; ifapy; vLj;Jr; nry;yhky; ngl;bfspy; itj;Nj vLj;Jr; nry;Yjy; Ntz;Lk;.

,ju fhuzpfshy; Vw;gLk; ghjpg;G:

 1. fjputdpd; xsp clYf;Fk;> fz;Zf;Fk; ey;yJ vd;w fUj;jpd; mbg;gilapy; cUthdNj "#hpa ek];fhuk;". Mdhy; fjputd; xspf; fjpHfis vf;fhuzj;jpdhYk; Nehpilahf fz;zpy; gLk;gb nra;jy; $lhJ. fjputdpd; NeH xsp fz;fspd; xsp jhq;Fk; jpwDf;F mg;ghw;gl;lJ. ,jdhy; fz; gOJgLNkad;wp eyk; ngwhJ. vdNt fjputdpd; NeH xsp fz;zpy; gl;lhYk; fz; nfl;L tpl tha;g;G cs;sJ. KO #hpa fpufzj;ijf; fz;L urpf;f Ntz;Lk; vd;why; jFe;j ghJfhg;Gf; fz;zhb topahfTk;> fOtg;gl;l gpypk; RUis ,ul;ilahf kbj;J itj;Jk; ghHf;fyhk;. Gifg; gbe;j fUg;G fz;zhb nfhz;L fjputidg; ghHf;ff; $lhJ.

 2. mwptpay; Ma;Tf; $lq;fspy; Ma;Tg; gzpfspy; <Lgl;bUf;Fk; NghJ mkpyk;> fz;zhb Nghd;wtw;whYk;> fz; ghjpg;gilfpwJ. Ma;T Foha;fspypUe;J mit rpjwpf; fz;zpy; gl;lhy; clNd fz;fisj; J}a;ikahd ePuhy; fOt Ntz;Lk;. Muha;r;rpapy; <LgLNthH Ma;Tf; Foha;fisf; fz;Zf;F vjphpy; gpbf;fhky; rw;W rha;j;Jg; gpbj;jhy; ,g;gbg;gl;l ghjpg;igj; jtpHf;fyhk;.

 3. tay;fspy; Ntiy nra;NthUf;Fk; mWtil nra;Ak; NghJ new;fjpH my;yJ itf;Nfhy; Nghd;wit fz;fspy; gl;L fz;fis Cdg;gLj;jf; $Lk;. ,jdhy; fUtpopapy; Gz; Vw;gl;L rPo; gpbf;fTk; $Lk;. ,t;thW Vw;gl;lhy; cldbahf fz;fisf; fz; kUj;Jthplk; fhl;b jFe;j kUj;Jtk; nra;J nfhs;s Ntz;Lk;.

 fk;g;A+l;lhpy; gzp nra;gtHfSf;Fk; fz;zpy; ghjpg;G Vw;gl tha;g;Gs;sJ. ,jw;F E-pain vd;fpd;wdH. fz; typ> fz; rpfg;ghjy;> fz;zpy; ePH tbjy;> jiytyp> fisg;G> fz;fspy; vhpr;ry;> ftdk; rpjwy; Nghd;w ghjpg;Gfs; Vw;gl thag;Gs;sJ. fk;g;A+l;lH jpiu ve;jtpjkhd fjpHfisAk; ntspg;gLj;Jtjpy;iy. ,jdhy; Neubahf ghjpg;G ,y;yhtpl;lhYk; fPo;fz;l fhuzq;fshy; ghjpg;Gfs; cz;lhfyhk;.

 1. fz;fSf;Fk;> jpiuf;Fk; FWfpa ,ilntsp kw;Wk; njhlHe;J neLNeuk; jpiuiag; ghHj;Jf; nfhz;L ,Uj;jy;.

 2. neLNeuk; tiu fz; rpkpl;lhky; ,Uj;jy;.

rhjhuzkhf xU epkplj;jpw;F 18 Kiw ,ikfs; %bj; jpwf;fpd;wd. ,jdhy; fUtpop <ukhf ,Uf;fpd;wJ. ,J eilngwhky; ,Uf;Fk; nghOJ jhd; ghjpg;G Vw;gLfpwJ.

 - ,e;j Fiwghl;bypUe;J ek;ik ghJfhf;f fPo;fz;ltw;iw gpd;gw;wyhk;.

 1. fk;g;A+l;lhpd; jpiuf;Fk;> ek; fz;fSf;Fk; Fiwe;jJ ,uz;L my;yJ %d;W mb J}uk; ,Uf;f Ntz;Lk;. xt;nthU Ie;J my;yJ gj;J epkplj;jpw;F NtW nghUisg; ghHf;fyhk;.

 2. xt;nthU miukzp Neuj;jpw;F xUKiw fz;fSf;F xd;W my;yJ ,uz;L epkplk; Xa;T nfhLf;f Ntz;Lk;. xU kzp Neuj;jpw;F xUKiw vOe;J Ie;J epkplk; elf;f Ntz;Lk;.

 3. fz;fis mjpf Kiw %b jpwg;gij tof;fkhf;fpf; nfhs;syhk;.

 4. fz;fisj; jtpu if> kzpf;fl;L> Njhs;gl;il> KJF Nghd;w ,lq;fspy; typ Vw;glyhk;. ehw;fhypapy; epkpHe;J cl;fhHe;J 350 Nfhzj;jpy; fk;g;A+l;lhpd; jpiuiag; ghHf;f Ntz;Lk;.

 njhONehahy; ghjpf;fg;gl;ltHfspd; fz;fspd; jir ehHfs; mope;J tplf; $Lk;. ,jdhy; fz;fs; czHtpoe;J tpLk;. jpwe;NjapUf;Fk; fz;fspy; Gz; cz;lhff; $Lk;. ghHit ,og;Gk; Vw;glf; $Lk;. vdNt fz;fspy; J}R gbahky; jLf;f mt;tg;NghJ ,ikfisj; jpwe;J %LtJ ed;W. fz;fspd; ,ikfspy; gf;fthjk; Vw;glf; $Lk;. ,jdhy; ,ikfs; fz;fis KOikahf %l KbahJ. fz;fspy; J}R my;yJ fpUkpfs; tpof; $Lk;. md;whlk; Rj;jkhd ePhpdhy; fz;fisf; fOt Ntz;Lk;. fz; tpopg;glyk; cyHe;J Nghff; $Lk;. kUj;JtH MNyhridg; gb nrhl;L kUe;J gad;gLj;jyhk;. cwq;Fk; NghJ fz;fs; jpwe;J nfhs;sf; $Lk;. nky;ypa Rj;jkhd Jzpapdhy; fz;fis %bf; nfhs;syhk;. fz;fs; rptg;G milaf; $Lk;. ,jid mt;tg;NghJ fz;zhbapy; ghHj;J njhpe;J nfhs;syhk;. fz; ,ikfspd; gf;fthjj;ij mWitr; rpfpl;irapd; %yk; rhp nra;J nfhs;syhk;.

fz;zpy; Fj;jpa nghUis mfw;Wk; Kiw

 kur;rpuhNah my;yJ ,Uk;G gprpNuh fz;zpy; Fj;jp tpl;lhy; vf;fhuzj;ij Kd;dpl;Lk; fz;iz frf;fhjPHfs;. fz;iz gy jlit ePuhy; myk;g Ntz;Lk;. gpd; kUj;JtH cjtpia ehb rpfpl;ir ngw Ntz;Lk;.

 xUtUf;F Nky; ,ikapy; rpuha; Fj;jpapUe;jhy; mtiug; gLf;f itj;J tpl;L cq;fs; iffis fOfptpl;L> fhag;gl;l fz; jiuapd; mUNf ,Uf;f itj;J Ms;fhl;b tpuyhy; fz; ,ikia ntspg;Gwkhf jpUg;gp tpLq;fs;. mfd;w xU ghj;jpuj;jpy; Rj;jkhd ePiu vLj;J fz;iz mj;jz;zPhpy; fOTq;fs;. ,t;thW nra;Ak; NghJ kur;rpuha; ntspNa te;J tpLk;.

fz;zpy; fhak; Vw;gl;lhy; nra;a Ntz;ba KjYjtp

1. mkpy fhaq;fs;

 cldbahf ey;y Rj;jkhd ePhpdhy; fz;fisj; njhlHe;J 15 epkplk; fOt Ntz;Lk;. Kbe;j msT fz;fisj; jpwe;J nfhz;L ePH tpLtJ ey;yJ.

fz;fisf; fl;l Ntz;ba mtrpak; ,y;iy. fOtpaTld; fz; kUj;Jtiu

mZfp rpfpl;ir ngw Ntz;Lk;.

2. J}R / rpW nghUl;fs;

 fz;fspy; J}R my;yJ Jfs;fs; tpOe;jhy; fz;zpd; Nky; ,ikia rpwpJ ntspNa ,Oj;J fPo; ,ikapd; Nky; gl;L nry;YkhW nra;a Ntz;Lk;. fz;zPH J}rpia ntspNaw;wp tpLk;. ,y;iynad;why; fz;fis ,Nyrhf Jzpiaf; fl;bf; nfhz;L kUj;Jtiu ehl Ntz;Lk;. fz;fis frf;Fjy; $lhJ.

3. mbgLjy;

 fz;fspy; mbgl;lhy; FspHe;j xj;jlk; nfhLg;gjhy; typAk;> tPf;fKk; FiwAk;. typ> ghHitf; FiwT> epwkhw;wk; ,Ue;jhy; cl;fhak; ,Uf;ff; $Lk;. cldbahf kUj;Jtiu mZfp rpfpl;ir ngw Ntz;Lk;.

4. ntl;Lf;fhak;

 fz;fspy; ntl;Lf;fhak; Vw;gl;lhy; Rj;jkhd Jzpahy; fz;fisf; fl;bf; nfhz;L kUj;Jtiu mZf Ntz;Lk;. fz;fisj; jz;zPhpdhy; fOt $lhJ. fz;fspy; ntspg; nghUs; VJk; ,Ue;jhYk; mij mfw;w Kaw;rpf;f Ntz;Lk;.

fz; Neha;fspd; tiffs;

 fz; Neha;fs; %d;W tifg;gLk;.

1. jLf;ff;$ba fz; Neha;fs;.
2. Fzg;gLj;jf;$ba fz; Neha;fs;.
3. Fzg;gLj;j Kbahj fz; Neha;fs;.

1. jLf;ff;$ba fz;Neha;fs;

1. itl;lkpd; “A” Fiwthy; Vw;gLk; Neha;fs;.
2. rHf;fiu Neha; tuhky; jLj;jy;.
3. fz;zPH mOj;j Nehapdhy; ghHit Kw;wpYkhf ,og;gijj; jLf;fyhk;.

2. Fzg;gLj;jf;$ba fz;Neha;fs;

1. fz;Giu
2. khiyf;fz;Neha;
3. ePuopT fz; Neha;fs;

3. Fzg;gLj;j Kbahj fz;Neha;fs;

1. fz;Giu Kw;wp ntbj;j epiy
2. fz;zPH mOj;j Neha; Kw;wpa epiy

ghHitapd; msitf; fz;lwpAk; fz; ghpNrhjid

 rhjhuz ey;y Kiwapy; cs;s fz;fspy; J}uj;jpy; ,Ue;J tUk; xspf;fjpHfs;> fz;fs; Xa;e;j epiyapy; tpopj;jpiuapd; kPJ Fwpg;gpl;l ,lj;jpy; Ftpe;J tpOfpd;wd. Mdhy; rpy ghHit Fiwghl;by; mt;tpjk; xspf;fjpHfs; tpopj;jpiuapy; tpohky; mjw;F Kd;Ngh my;yJ gpd;dhNyh tpo NehpLk;. ghHitf; Fiwghl;bw;F Kf;fpakhd fhuzk; ,e;j xspf;fjpHfs; xOq;fhf tpohjjhy; jhd;. ,t;tpjkhd xspf;fjpHfisj; jFe;j ,lj;jpy; tpor; nra;tJ jhd; fz;zhbapd; Ntiy. ghHit vd;gJ gj;J mb J}uj;jpy; XH vWk;G NghtJ njhpa Ntz;Lk;. mNj J}uj;jpy; ahid njhpfpwJ vd;gjhy; mJ ghHitay;y. ghHitf;Fk; msTNfhy; ,Uf;fpwJ.

 Mk;! Kjd; Kjypy; jpU. ];ney;yd; vd;gtH ghHitapd; msitf; fz;lwpa xU ml;il jahH nra;jhH. mJ mtuJ ngahpy; ];ney;yd; ml;il vd toq;fg;gl;lJ.

 Nehahspf;F ghHitapy; VNjDk; FiwghL ,Uf;fpwjh vd;gijf; fz;lwpa mtiu ey;y ntspr;rj;jpy; ,Uf;fr; nra;J vjpNuAs;s XH ml;ilapy; (];ney;yd; ml;il) gy;NtW msTfspy; cs;s vOj;Jf;fisg; gbf;fr; nrhy;y Ntz;Lk;. Nehahspf;Fk; vOj;Jf;fSf;FkpilNa MW kPl;lH J}uk; ,Uf;Fk;. vOj;Jf;fs; nghpadTk;> rpwpadTkhff; Fwpg;gpl;l msT rJuj;Jf;Fs; thp thpahf mike;jpUf;Fk;.,tw;wpy; Kjy; thpia Nehahsp vspjhf gbj;J tpl;lhy; mtuJ ghHit 6/60 vd;w fzf;fpy; mike;jpUg;gjhfj; njhpe;J nfhs;s Ntz;Lk;. ,g;gb Kiwahf kw;w thpfisAk;> gbf;fr; nrhy;yp ghHf;Fk; NghJ ,uz;lhtJ thpiag; gbj;jhy; 6/36 vd;Wk;> %d;whtJ thpiag; gbj;jhy; 6/24 vd;Wk;> 4-tJ thpiag; gbj;jhy; 6/18 vd;Wk;> Ie;jhtJ thpiag; gbj;jhy; 6/12 vd;Wk;> MwhtJ thpiag; gbj;jhy; 6/9 vd;Wk;> VohtJ thpiag; gbj;jhy; 6/6 mjhtJ rhpahd ghHit vd;Wk;> vl;lhtJ thpiaAk; gbj;jhy; 6/5 kpf ey;y ghHit vd;Wk; njhpe;J nfhs;syhk;.

];ney;yd; ml;il (Snellen's Chart)

6/60 - I

6/36 - II

6/24 - III

6/18 - IV

6/12 - V

6/9 - VI

6/6 -VII

6/5 - VIII

 mLj;J Nrhjidf;Fhpa %f;Ff; fz;zhb tisaj;ij nghUj;jp> Kjypy; tyf; fz;iz ghpNrhjid nra;a Ntz;Lk;. vjphpYs;s vOj;Jf;fis Nehahsp gbg;gijf; nfhz;L mtuJ fz; ghHitj; jpwidf; Fwpj;J nfhs;s Ntz;Lk;. Ftp MbfisNah> Fop MbfisNah fz; ghHit ed;F njhpAk; tiu xt;nthd;whfg; nghUj;jpg; ghHf;f Ntz;Lk;.

 kw;nwhU fz;izAk; ,g;gbNa Nrhjpj;jy; Ntz;Lk;. ve;j fz;zhbf;Fk;> ghHit xj;J tutpy;iynad;why; cl;fz;zpy; VNjh NfhshW ,Uf;fpwJ vd;gijg; Ghpe;J nfhs;s Ntz;Lk;. gpd;dH mjw;Nfw;w fz;zhbfspd; %yk; ghHitia rhpgLj;j Ntz;Lk;. gpd;dH me;j Nehahspiag; gbg;gbahfr; rpwpa vOj;Jf;fis 30 nr.kP.J}u mstpy; itj;J gbf;fr; nrhy;ypf; ghHf;f Ntz;Lk; ghHit ey;y epiyapy; cs;stHfshy; mtw;iwg; gbf;f KbAk;.

 ,J jtpu ghHit jpwid fz;lwpa gy;NtW fz;NrhjidfSk; cz;L mitahtd

1. tpuy; vz;Zk; Nrhjid
2. if mirT nrjhid
3. ntspr;rk; mbj;Jg; ghHj;jy; my;yJ nkOFtHj;jp Nrhjid
4. E-vOj;J Nrhjid

1. tpuy; vz;Zk; Nrhjid

 ehd;F taJf;F Nkw;gl;l rpWtH rpWkpaUf;F tpuy; vz;Zk; Nrhjidia nra;J mtHfspd; ghHit epiyiaj; njhpe;Jf; nfhs;syhk;.

 xU rpWkpia gj;J mb J}uj;jpy; epw;f itAq;fs; mts; cq;fis ghHf;fl;Lk; cq;fsJ ,uz;L tpuy;fis fhl;b ,J vj;jid vd;W NfSq;fs;. vz;zpf;if njhpahj rpWkpahdhy; cq;fisg; Nghy jdJ tpuy;fis J}f;fp fhl;ll;Lk; ,ij rhpahf nrhy;yNth my;yJ nra;aNth rpWkpf;F njhpatpy;iy vd;why; rpWkpf;F ghHit NfhshW cs;sJ vd;gij Ghpe;Jf; nfhs;syhk;.

2. if mirT Nrhjid

 xU rpWkpia 10 mb J}uj;jpy; epw;f itAq;fs;. mts; cq;fisg; ghHf;fl;Lk;. cq;fs; ,U iffis khwp khwp mirf;Fk; NghJ rpWkpAk; mijg; ghHj;J iffis mirf;ftpy;iy vd;why; rpWkpf;Fg; ghHit NfhshW vd;gijg; Ghpe;J nfhs;syhk;.

3. nkOFtHj;jp Nrhjid my;yJ ntspr;rk; mbj;Jg; ghHj;jy;

 %d;whtJ khjj;jpypUe;J ehd;fhtJ taJ tiu cs;s Foe;ijfSf;Fg; ghHit rhpahf cs;sjh ,y;iyah vd;W njhpe;J nfhs;s nkOFtHj;jp Nrhjidia nra;J ghHf;fyhk;.

 RkhH xd;wiu mb J}uj;jpy; vhpfpd;w nkOFjphpia Foe;ijapd; Kd; fhl;Lq;fs;. gpwF vhpfpd;w nkOFjphpia Foe;ijapd; tyJ gf;fj;jpw;Fk;> ,lJ gf;fj;jpw;Fk; khw;wp khw;wp fhl;Lq;fs;. ghHit ed;whf cs;s Foe;ij> vhpfpd;w nkOFjphpapd; ntspr;rj;ijj; jpUk;gpg; ghHf;Fk;. nkOFjphpapd; ntspr;rj;ijj; njhlHe;J Kfj;ij Foe;ij jpUg;gtpy;iy vd;why; Foe;ijf;F fz; ghHit rhpapy;iy vd;W njhpe;J nfhs;syhk;. ,e;j Nrhjidia %d;W my;yJ ehd;F Kiw njhlHe;J nra;J ghHj;jhy; Foe;ijapd; ghHit epiyia mwpe;J nfhs;syhk;.

 ,Nj Nghd;W gpwe;j Foe;ijfspd; fz;zpy; ntspr;rk; mbj;Jg; ghHg;gjd; %yk; Foe;ij fz; mirT kw;Wk; Kfj;ijj; jpUg;gp ghHj;jy;> ,ik %Ljy; Nghd;w nray;fisf; Foe;ij nra;ahkypUf;Fk; gl;rj;jpy; Foe;ijf;Ff; fz;ghHit rhpapy;iy vd;gijj; njhpe;J nfhs;syhk;.

4. E - vOj;J Nrhjid

 ];ney;yd; ml;il Nghd;W E vOj;J gl;bay; xd;iw jahH nra;J njhq;f tpLq;fs;. vOj;Jg; gl;baypypUe;J ,UgJ mb J}uj;jpy; xU fz;iz %ba tz;zk; Foe;ijia epw;f itAq;fs;. nghpa vOj;J Kjy; rpwpa vOj;J tiu Rl;bf;fhl;Lq;fs;. Rl;bf;fhl;lg;gLk; vOj;J vg;gb cs;sJ vd;W Foe;ij nrhy;yl;Lk;. Foe;ijahy; ghHf;ff;$ba rpwpa thpapd; vz; vJ vd;W Fwpj;Jf; nfhs;Sq;fs;. ,Nj Nrhjidia kW fz;Zf;Fk; nra;Aq;fs;. Foe;ijapd; kWfz;zhy; ghHf;ff;$ba rpwpa thpapd; vz; vJntd;W Fwpj;Jf; nfhs;Sq;fs;. jpUg;gp elj;Jk; Nrhjidfspy; %d;whtJ thpia Foe;ijahy; ghHf;f ,ayhtpl;lhy; my;yJ %d;whtJ thpia jdpj;jdp fz;zhy; ghHf;f ,ayhtpl;lhy; Foe;ijf;Fg; ghHit NfhshW cs;sJ vd;W njhpe;J nfhs;syhk;.

ghHit ,og;igj; jLf;Fk; topKiwfs;

1. jha; fUTw;w epiyapy; NghJkhd ftdpg;G mtrpak;.
2. jha; fUTw;w epiyapy; jhdhfNt kUe;J> khj;jpiufs; cl;nfhs;sf; $lhJ.
3. itl;lkpd; 'A' rj;J mlq;fpa czT tiffisr; rhg;gpl Ntz;Lk;.
4. chpa fhy jl;lk;ik jLg;G+rp Nghl Ntz;Lk;.
5. J}q;f nry;Yk; Kd;Dk;> J}q;fp vOe;j gpd;Gk; fz;fisf; fOt Ntz;Lk;.
6. $Hikahd tpisahl;Lg; nghUl;fis itj;J tpisahl $lhJ.
7. fz;fisf; FspHr;rpahf vg;nghOJk; Rj;jkhf itf;f Ntz;Lk;.
8. njhopw;rhiyfspy; Ntiy nra;Ak; NghJ fz; fz;zhb mzpe;J nfhs;s Ntz;Lk;.
9. jiyapy; mbglhky; ghHj;Jf; nfhs;s Ntz;Lk;.
10. fz;fspy; ve;j ifkUe;JfSk; gad;gLj;jf;$lhJ.
11. fz;fspy; ik ,Ljiyj; jtpHf;fyhk;. my;yJ ,ikapy; Nghlg;gLk; 'fz; ik' fz;zpw;Fs; glhjthW ghHj;Jf; nfhs;s Ntz;Lk;.

Foe;ijg; gUtj;jpy; ghHitapd;ikiaf; fz;lwpjy;

 jpU. fphpf; vd;gtH Foe;ijg; gUtj;jpy; fz; ghHitapd;ikia vt;thW fz;lwpayhk; vd;gJ Fwpj;J xU tpsf;fk; mspj;jhH.

1. fz; tpop Cry; - fUtpopahdJ xNu ,lj;jpy; ,uhky; mq;Fk; ,q;Fk; mire;J nfhz;Nl ,Ug;gJ.
2. fz;fis cgNahfpf;Fk; Kiw - nghUl;fis fz; mUNf nfhz;L te;J ghHj;jy; - fz;fisf; frf;Fjy;> khW fz; itj;Jg; ghHj;jy;> fz;fis cUl;b cUl;b ghHj;jy;.
3. fhzf;$ba nghUl;fs; nray;fisg; ghHf;Fk; NghJ mtw;wpy; ftdk; nrYj;jhik.
4. if-fz; xUq;fpizg;G mtrpag;gLk; tpisahl;Lfspy; MHtkpd;ik.
5. ghHitj;jpwd; mjpfk; nray;gLj;Jk; nray;fisj; jtpHj;jy;.
6. J}ug;ghHit Njitg;gLk; nray;fisj; jtpHj;jy;.
7. ghHitapd;ik gw;wpa rpW re;Njfk;.
8. ghHj;J xd;iw mwpe;J nfhs;s Ntz;Lk; vd;w MHtk; ,y;yhik.

ghHitj;jpwd; ghjpg;ig czHj;Jk; mwpFwpfs;

1. fz; my;yJ fz; ,ikfs; rpte;J ePH epiwe;J rPo; ntspg;gLjy;.
2. fz;fs; xspapoe;J Nkfk; glHe;jhw;Nghy; njhpjy;.
3. fz;kzp rhk;gy; epwkhfNth> ntSj;Njh fhzg;gLjy;.
4. gpwe;J 3 khjj;jpw;Fs; Foe;ij jd; Kd; mirAk; nghUl;fisg;

 ghHitahy; gpd;gw;whky; ,Uj;jy;.

1. gpwe;J 3 khjj;jpw;Fs; xypnaOg;ghj tpisahl;Lg; nghUl;fis vl;bg; gpbf;fhjpUj;jy;.
2. gpwe;J 6 khjj;jpw;F gpd;dUk; khWfz; ghHit ,Uj;jy;.
3. Foe;ijapd; mirT epiyfs; ( if> fhy; mirT> jto;jy;> elj;jy;) gpd;jq;fpapUj;jy;. my;yJ ,lk; tpl;L ,lk; efUk; nghOJ eakw;w mirTfspdhy; nghUl;fspd; kPJ Nkhjp nfhs;Sjy;.
4. fz;izf; ftUk; nghUl;fs; my;yJ Gj;jfq;fspy; mjpf mf;fiwf; fhl;lhjpUj;jy; my;yJ mitfisf; fz; mUfpy; itj;Jg; ghHj;jy;.
5. #hpa m];jkdj;jpw;Fg; gpwF ghHitapy; rpukk; Vw;gLjy;.
6. gs;spf; $lj;jpy; fUk;gyifapy; cs;s vOj;ij thrpg;gjpy; rpukg;gLjy;.
7. Gj;jfj;jpy; mr;rplg;gl;Ls;s rpwpa vOj;Jf;fis thrpg;gjpy; rpukk; my;yJ rpwpJ Neuk; thrpj;j gpd; jiytyp Vw;gLjy;.

ghHit ,og;G Vw;gl;l rpW Foe;ijia ftdpf;Fk; Kiw

 ghHit ,og;G Vw;gl;l rpW Foe;ijf;F FLk;gj;jpduJ md;Gk;> mf;fiwAk; kpf mtrpak;. Foe;ijf;Fg; ghHit ,y;yhjjhy; mtd; mtdJ FLk;gj;jpdiuAk;> jd;idr; Rw;wpAs;s nghUl;fisAk;> njhL czHr;rp> Nfl;Fk; jpwd;> KfHjy;> Ritj;jy; Nghd;w gpw Gyd;fs; %yk; mwpe;J nfhs;s cjt Ntz;Lk;. FLk;g mq;fj;jpdHfspd; cjtpAld; Foe;ijahy; jd; tPl;ilAk;> tPl;bYs;s nghUl;fisg; gw;wpAk; mwpe;J nfhs;s KbAk;.

 Muk;g fhyq;fspy; Foe;ij jdJ if-fhy;fis cijj;J tpisahLk; nghOJ Foe;ijapd; clYWg;Gfis mtdJ ifahy; njhl itj;J mijg; gw;wp vLj;Jiuf;f Ntz;Lk;. jd; Kfj;jpidAk;> jd;dplk; goFgtH Kfj;jpidAk; njhl;L mitfspd; NtWghl;il czu nra;a Ntz;Lk;. xypnaOg;Gk; tpisahl;Lg; nghUis Foe;ijia njhl;Lzur; nra;J> gpd; mjid mtdUfpy; itj;J xypnaOg;Gtjd; %yk; Foe;ijia xyp tUk; jpiria Nehf;fp efu nra;a Ntz;Lk;. Foe;ijapd; jhahH tPl;by; vOg;gg;gLk; xt;nthU xypiag; gw;wpAk; Foe;ijf;F vLj;Jiuf;f Ntz;Lk;. Foe;ijia mbf;fb filfs;> mq;fhb> G+q;fh Nghd;w ,lq;fSf;F vLj;Jr; nrd;W mt;tplq;fspy; Nfl;Fk; tpj;jpahrkhd xypfisg; gw;wp mtDf;F vLj;Jiuf;f Ntz;Lk;. ,sk; Foe;ij gUtj;jpNyNa mtDf;F jFe;j J}z;LjYk; Cf;fKk; mspj;jhy; tsHr;rp epiyfs; rhjhuz Foe;ijapd; tsHr;rpiag; Nghd;Nw Vw;gLk;.

fz;Zf;F cWjp jUk; gapw;rp

* fz;fisr; Row;Wk; gapw;rp.
* fpl;l vl;l ghHf;Fk; gapw;rp.
* thrpg;Gk; Xa;Tk;

fz;fisr; Row;Wk; gapw;rp

 fz; jirfs; cWjp ngw fz;fisr; Row;Wk; gapw;rpia jpdKk; nra;Aq;fs;. fz; tpopfis NkYk; fPOkhf cUl;Lq;fs;. fz; tpopfis Kjypy; xU gf;fj;jpw;F nfhz;L thUq;fs;. gpd;G fPNo nfhz;L thUq;fs;. kW gf;fj;jpw;F mirAq;fs;. filrpahf NkNy nfhz;L nry;Yq;fs;. ,t;thW fz;fis gj;J jlit cUl;Lq;fs;. ,J fz;Zf;F cWjp jUk;.

fpl;l vl;l ghHf;Fk; gapw;rp

 VjhtJ xU nghUis xd;wiu mb J}uj;jpy; gpbj;Jf; nfhs;Sq;fs;. ifapy; gpbj;Js;s nghUis Kjypy; ghUq;fs;. clNd J}uj;jpYs;s kw;nwhU nghUisg; ghUq;fs;. ifapYs;s nghUisAk; J}uj;jpYs;s kw;nwhU nghUisAk; khwp khwp ghUq;fs;. ,e;j gapw;rpia xU epkplj;jpw;F nra;Aq;fs;. xU epkplk; tPjk; xU ehisf;Fg; gj;J jlit nra;Aq;fs;. ,t;thW jpdKk; nra;jhy; cq;fspd; fz; jirfs; cWjp ngWk;.

thrpg;Gk;> Xa;Tk;

 thrpf;Fk; ,lj;jpy; Njitahd ntspr;rk; ,Uf;Fk; gb ghHj;Jf; nfhs;Sq;fs;. ntspr;rk; ,lJ GwkpUe;J tUtNj rpwe;jJ. thrpf;Fk; gf;fj;jpy; epoy; tpohky; ghHj;Jf; nfhs;Sq;fs;. fz;zpypUe;J xd;W my;yJ xd;wiu mb J}uj;jpy; Gj;jfj;ijg; gpbj;J my;yJ itj;J thrpAq;fs;. ePz;l Neuk; thrpf;Fk; NghJ ,ilapilNa epWj;jp fz;fSf;F XhpU epkpl Xa;T nfhLf;f Ntz;Lk;.

fz; ghHitaw;wtUf;F nfhLf;f Ntz;ba kWtho;T Kiw

 cgNahfk; ,y;yhjtHfis cgNahfk; cs;stHfshf khw;wp rKjhaj;jpy; mtHfspd; tho;f;ifia Nkk;gLj;JtNj kWtho;T vdg;gLk;.

* md;G fhl;b Vw;Wf; nfhs;Sjy;.
* elf;f Jiz Ghpjy;.
* fapiwg; gpbj;J elf;Fk; Kiw.
* jhdhf nray;gl gapw;rp.
* ifj;jbAld; elf;f cjTjy;.
* ghHitaw;NwhH gs;spf;F mDg;Gjy;.
* njhopy; gapw;rp cUthf;Fjy;.
* xypfis itj;J mwpe;J nfhs;s nra;jy;.
* nghUl;fis jltp ghHj;J milahsk; fhz nra;jy;.

rhjhuzf; Foe;ijfis tpl ghHitaw;w Foe;ijfs; ek;Kila md;igAk;> guhkhpg;igAk; mjpfk; vjpHghHf;fpwhHfs;. fz; ghHit ,y;yhtpl;lhYk; kw;w Foe;ijfisg; Nghy ,tHfSk; tho;f;ifapd; gy fhhpaq;fspy; <Lgl KbAk;. tPl;by; jha;f;F cjTjy;> gs;spf;Fr; nry;Yjy;> taJ tUk; NghJ Ntiyapy; NrHe;J rk;ghjpj;jy;> jpUkzk; nra;J Foe;ijfisg; ngw;nwLj;jy;> fpuhk NtiyfspYk; nfhz;lhl;lq;fspYk; gq;nfLj;J <LgLfpwhHfs;.

Foe;ij Kfghtidiag; ghhf;f Kbahjjhy; rpy rkaq;fspy; Nfhgk;> gak;> tUj;jk; Nghd;w czHTfisg; Ghpe;J nfhs;s KbahJ. ,j; jUzq;fspy; Funyhypapd; %yNk cq;fs; czHr;rpfisf; Foe;ij Ghpe;J nfhs;s KbAk;. MfNt tpj;jpahrkhd Funyhypfis vOg;gp gytpj czHTfisg; Ghpe;J nfhs;s nra;a Ntz;Lk;.

elf;f fw;Wf; nfhLj;jy;

 elf;Fk; epiyia Foe;ijAld; tPl;bDs;Sk;> Njhl;lj;jpw;Fk;> Rw;Wg;Gwj;jpw;Fk;> Foe;ijapd; ifiag; gpbj;J mioj;Jr; nry;Yq;fs;. nry;Yk; topapy; ePq;fs; ghhf;Fk; nghUl;fis Foe;ijaplk; nrhy;Yq;fs;. Foe;ij mtw;iwj; njhl;Lg; ghHf;fl;Lk;. Rw;Wg;Gwj;Jld; gofpf; nfhs;s Foe;ijf;F ,g;gapw;rp nghpJk; Jiz nra;Ak;.

fapw;iwg; gpbj;J elf;Fk; Kiw

 Xhplj;jpypUe;J kw;nwhU ,lj;jpw;F Foe;ij jhdhf ele;J gof xU fapiwf; fl;Lq;fs;. ,f;fapiwg; gpbj;Jf; nfhz;L Foe;ij jhdhf ele;J nry;yl;Lk;. gpd;G fapiwg; gpbj;J elf;Fk; topapy; rpy nghUl;fis itAq;fs;. ,tw;iw Foe;ij jdJ fhy;fshy; jltp njhpe;J nfhs;sl;Lk;. jlq;fy;

 ,Uf;Fk; NghJ xJq;fp elf;f ,J nghpJk; Jiz GhpAk;. Foe;ij jtwp tpOfpwNj vd;W mQ;r Ntz;lhk;. tpOfpw Foe;ij ed;F fw;Wf; nfhs;Sk;. topapy; nry;Yk; NghJ jdJ iffshy; jd;idNa ghJfhj;Jf; nfhs;s fw;Wf; nfhLf;f Ntz;Lk;.

jhdhf nray;gl gapw;rp

 Foe;ij jhdhf czit cz;gjw;F gapw;rpAk;> czitj; njhl;L vd;dntd;W njhpe;J nfhs;sTk;> Foe;ij jhdhf foptiw nry;yTk;> Fspf;fTk;> Jzp khw;wTk;> jpdKk; Foe;ij xNu ,lj;jpw;Fr; nrd;W gofTk;> tPl;bYs;s nghUl;fis Foe;ij vspjpy; njhpe;J nfhs;sTk;> gad;gLj;j cjtTk;> gapw;rp mspf;f Ntz;Lk;. Foe;ij jhdhf nray;gLk; NghJ ghuhl;b cw;rhfg;gLj;Jk; NghJ Foe;ijaplk; jd;dk;gpf;if tsUk;. jhdhf nray;gLk; ek;gpf;if Foe;ijf;F tUk; tiu njhlHe;J cjtp nra;a Ntz;Lk;.

ifj;jbAld; elf;f gapw;rp

 tPl;bd; Rw;Wg;Gwj;jpy; jhdhf ele;J nry;Yk; rpWkp tPl;bw;F ntspNa ele;J nry;yTk; gapw;rpaspf;f Ntz;Lk;. cq;fsJ ifiag; gpbf;fhky; jhdhfNt cq;fs; mUNfNa ele;J tul;Lk;. Nghfpw topapy; fhzg;gLk; nghUl;fis tpsf;Fq;fs;. re;jpf;Fk; Ml;fis mwpKfg;gLj;Jq;fs;. fpuhkj;jpd; njUf;fspy; nry;yg; gofpaTld; rpWkp ifj;jbAld; elf;f njhlq;fl;Lk;. rpWkp gad;gLj;Jk; ifj;jbapd; cauk; mtsJ neQ;R cauj;jpw;F ,Uf;f Ntz;Lk;. Fr;rpia Kd; ePl;b jiuapy; jl;bf; nfhz;L rpWkp elf;fl;Lk;. Fr;rpahy; jiuapy; jl;Lk; NghJ vOfpd;w xypia Nfl;Lf; nfhz;L jdJ Kd;G ,Uf;ff;$ba jlq;fy;fis rpWkp njhpe;J nfhs;s Ntz;Lk;. xypiaAk;> ,iur;riyAk; Nfl;L J}uj;ijAk; jpiriaAk; rpWkp njhpe;J nfhs;s Ntz;Lk;. ,jw;fhf ifj;jbAld; elf;Fk; NghJ ifj;jbapd; xypiaAk;> ntspg;Gw ,iur;riyAk;> Nfl;L Ghpe;J nfhs;s rpWkpf;F gapw;rp mspf;f Ntz;Lk;.

ghHitaw;NwhH gs;spf;F mDg;Gjy;

 ghHitaw;w rpWtH rpWkpaH gbf;fTk;> vOjTk;> njhopw;gapw;rp ngwTk;> jdpg; gs;spfs; cs;sd. ,g;gs;spfspy; Ntiy nra;Ak; MrphpaHfs; jdpg; gapw;rp ngw;wtHfs;. ,g;gps;isfs; gpnua;y; vOj;J Kiwapy; vOjTk;> gbf;fTk;> fw;Wf; nfhs;fpwhHfs;. ,irapy; mjpf MHtk; fhl;LfpwhHfs;. gy ifj; njhopy;fisAk;> fw;Wf; nfhs;fpwhHfs;. jhdhf nray;gLk; jd;dk;gpf;ifapy; tsHe;J gadilfpwhHfs;.

 ehk; vg;gbg;gl;l cjtpfisg; ghHitaw;wtHfSf;F nra;jhYk; xU Kf;fpakhd tp\aj;ij kdjpy; itj;Jf; nfhs;s Ntz;Lk;. mjhtJ ghHitaw;Nwhhpd; gyNk mtHfspd; kdk; jhd;. mJ jhd; jd;dk;gpf;if. ghHitaw;wtH mUfpy; ,Uf;Fk; NghJ mtHfspd; jd;dk;gpf;if ghjpf;Fk; vt;tpjkhd Ngr;RfSf;Fk; ,lk; nfhLf;ff; $lhJ. ,d;iwa ek; ghHit ,g;gbNa ,Uf;Fk; vd;gjw;F ve;j cj;jputhjKk; ,y;iy. Mifahy; ghHitaw;wtUf;F mDjhgNkh> ghpjhgNkh nfhz;L cjt Ntz;lhk;. ghHitaw;wtUf;F cjTjy; xt;nthU ghHit cs;stHfspd; flik vd;gij epidj;J cjtp nra;Nthk;. nray;gLNthk;.

 ,jw;fhfNt xt;nthU Mz;Lk; mf;NlhgH khjk; 15-k; Njjp cyf fz; ghHitaw;NwhH jpdk; nfhz;lhlg;gl;L tUfpwJ.