

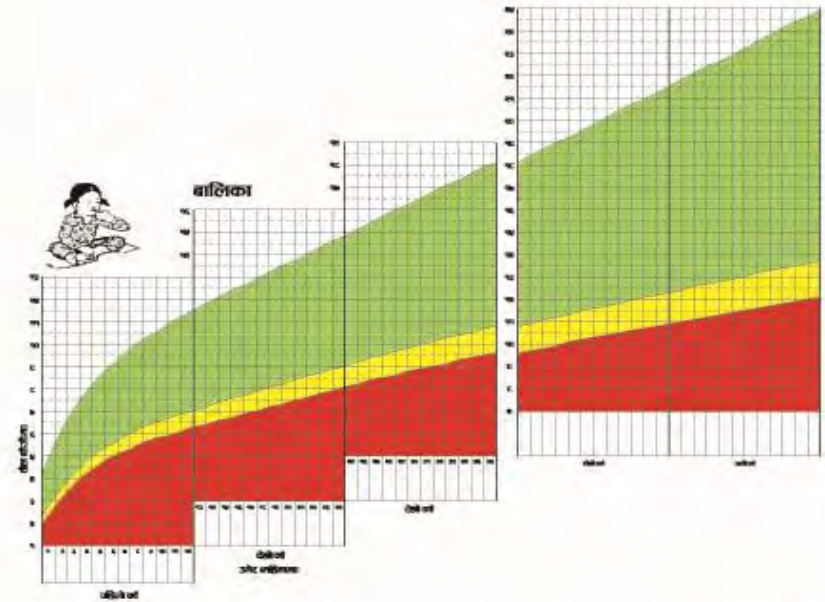
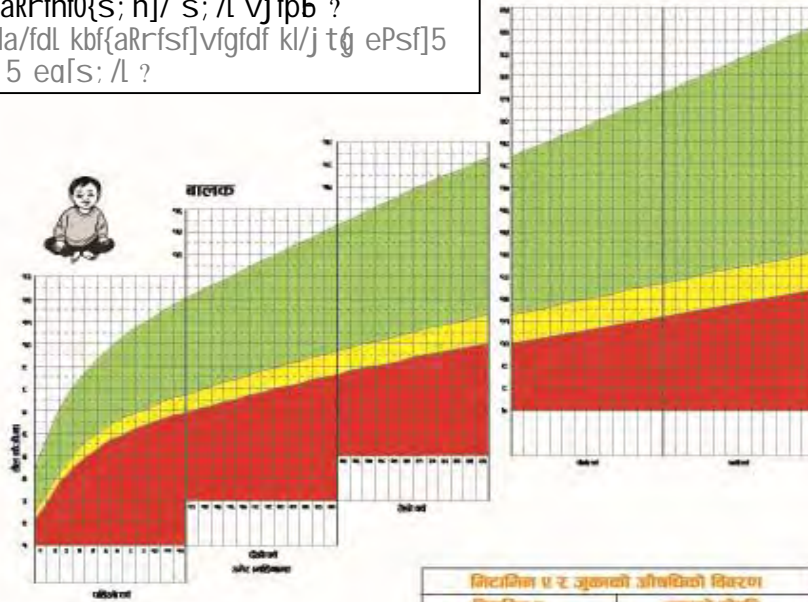
vfgf af/]dNofEg ugkf] \  
 @ j if{ Ddsf ; a}aRrfx?  
 skf]f of j f /Om cNktf ePsf ; a}aRrfx?

# चर्चा (वर्ण ; दाढ़ ; नख लक्षण) \ पढ़ें ; फ/स/त/न तर्क

s]tkf0{aRrfnf0{ : tgfkg u/fpg' x65 ?  
 lbgdf slt k6s u/fpg' x65 ?  
 s]/ft klg : tgfkg u/fpg' x65 ?  
 s]aRrfnf0{c6o vfgf jf em]hx? vfg65 ?  
 s:tf vfgf jf em]hs/fx? vfg65 ?  
 lbgdf slt k6s vfg65 ?  
 vfgfx? afSnf]x65g\vs kftnf]?  
 aRrfnf0{vi fpa s]k6f]u uqk65 ?

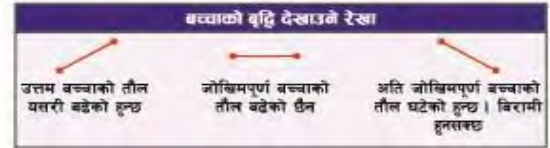
skf]f of /Om cNktf 5 eg]  
 vfgf slt w]lbg'x65 -srf]f / rDrfx? \_ ?  
 s]aRrfn]cfk]f]5}vfgf kfp6 ?  
 aRrfnf0{s; n]/ s; /l v]fp6 ?  
 ; f]gxf] la/fdl kb{aRrfsf]vfgdf kl/j t6 ePsf]5  
 ls ? olb 5 eafs; /l ?

gfd \_\_\_\_\_ pd] \_\_\_\_\_ InE \_\_\_\_\_




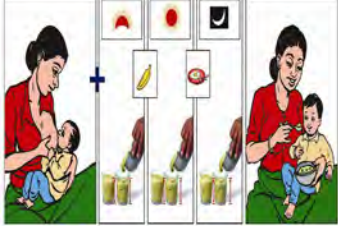



पोषण रिखाति  
 रातो ■ ज्यादा खतरा  
 सुस्तला ■ खतरा  
 हरियो ■ उत्तम

विटामिन ए र जुकनको औषधिको विवरण	
विटामिन ए	जुकनको औषधी
मिति	मिति



# lj/fdl tyf :j:y cj:yfdf kfjfofoQm vfgf ; DalQw lbOPsf ; Nnfxx?

pd]	^ dlxgf ; Dd	^ dlxgf k/f ePbljv ( dlxgf; Dd	(dlxgf k/f ePbljv !@ dlxgf; Dd	!@ dlxgf k/f ePbljv @\$ dlxgf; Dd	@% dlxgf k/f eP bljv ^) dlxgf
					
<b>vfgfsf]</b> <b>lsl; d=k\$f/</b>	<ul style="list-style-type: none"> <li>▶  zz' h6d\$]! 306f leq} :tgkfg z? u/fpgxf] \</li> <li>▶ cdfsf]bW dfq} vj fpgxf] \ -kfgl klg vj fpg' xbg_</li> <li>▶ :tgkfg jfx\$ c? vfg\$ /f / em]hs/f gvj fpgxf] \</li> </ul>	<ul style="list-style-type: none"> <li>▶ g/d tyf j fSnf] kf]fnf] hfpnf] kf]fnf]ln6f] lv/, /fd/L ldr\$]t/sf/L, u\$ful8x?, bW / bWaf6 ag\$ k/sf/x?, xl/of ; fukft, :yflgo kmknhx?, df5f, df; ; c08f cflb .</li> <li>▶ jRrfn]vf]h\$]hg; S}; dodf :tgkfg u/fpgxf] \</li> <li>▶ dfof, :g\$ / w\$[fsf ; fy vj fpgxf] \</li> </ul>	<ul style="list-style-type: none"> <li>▶ g/d tyf j fSnf] kf]fnf]hfpnf] kf]fnf] ln6f] lv/, /fd/L ldr\$]t/sf/L, u\$ful8x?, bW / bWaf6 ag\$ k/sf/x?, xl/of ; fukft, :yflgo kmknhx?, df5f, df; ; c08f cflb .</li> <li>▶ jRrfn]vf]h\$]hg; S}; dodf :tgkfg u/fpgxf] \</li> </ul>	<ul style="list-style-type: none"> <li>▶ 3/-kl/j f/sf]nflu ag\$]kf]fnf] vfgf -cfj Zostf cg; f/ ldr] jf ; -; fgf 6qnf kf/[_ vj fpgxf] \</li> <li>▶ kf]fnf]vfgfsf]; fy ; fy}lj r lj rdf lgDg lnvt kf]fnf]vfhf vj fpgxf] \ h:t}Ml3p jf thdf e6\$]lrp/f, /f\$], kmknhx?, e6\$]ds} e6df; , u\$fu8lx? -cfj Zostf cg; f/ ldr], lkW] jf ; -; fgf 6qnf kf/[_ cflb .</li> <li>▶ jRrfn]vf]h\$]hg; S}; dodf :tgkfg u/fpgxf] \</li> </ul>	<ul style="list-style-type: none"> <li>▶ 3/-kl/j f/sf]nflu ag\$] kf]fnf]vfgf -cfj Zostf cg; f/ ldr], lkW] jf ; -; fgf 6qnf kf/[_ .</li> <li>▶ kf]fnf]vfgfsf]; fy ; fy}lj r lj rdf lgDg lnvt kf]fnf]vfhf vj fpgxf] . h:t}Ml3p jf thdf e6\$]lrp/f, /f\$], kmknhx?, e6\$]ds} e6df; , u\$fu8lx? .</li> </ul>

<b>slt k6s</b>	<ul style="list-style-type: none"> <li>▶ jRrfn]vf]h\$]hg; S}; ; dodf .</li> <li>▶ @\$ 306fdf -lbg / /ftL sldtdf !) k6s .</li> </ul>	<ul style="list-style-type: none"> <li>▶ lgoldt :tgkfgsf clt/Qm lbgdf # k6s lgoldt vfgf lbgk5{.</li> </ul>	<ul style="list-style-type: none"> <li>▶ lgoldt :tgkfgsf clt/tm lbgdf # k6s lgoldt vfgfsf]; fy}alrdf Ps k6s vfhf lbgk5{-#+!_ .</li> </ul>	<ul style="list-style-type: none"> <li>▶ lgoldt :tgkfgsf clt/tm lbgdf # k6s lgoldt vfgfsf]; fy}alrdf @ k6s vfhf lbgk5{-#+@_ .</li> </ul>	<ul style="list-style-type: none"> <li>▶ lgoldt :tgkfgsf clt/tm lbgdf # k6s lgoldt vfgfsf]; fy}alrdf @ k6s vfhf lbg]#±@_ .</li> </ul>
<b>Ps k6sdf slt vj fpg]</b>	<ul style="list-style-type: none"> <li>▶ bW r'; fpBf :tgsf] bW lgv\$] u/ r'; fpg' k5{.</li> <li>▶ Ps k6sdf Pp6f :tgj f6 sldtdf !% lgg\$; Dd r'; fpg' k5{.</li> </ul>	<ul style="list-style-type: none"> <li>▶ 7hf]rDrfsf]@-# rDrfj f6 z? ul/ sdzMa9fpB]nul Ps k6sdf Ps lrof lunf; ; Dd lbg].</li> </ul>	<ul style="list-style-type: none"> <li>▶ Ps k6sdf Ps lrof lunf; e6bf cln slt a9L lbg].</li> </ul>	<ul style="list-style-type: none"> <li>▶ Ps k6sdf 9\$ lrof lunf; lbg].</li> </ul>	<ul style="list-style-type: none"> <li>▶ Ps k6sdf aRrfsf]cfj Zstf / aRrfn]rfx\$g; f/ lbg].</li> </ul>

aRrfnf0{vfgf vj fpbf kmsf0{kmsf0{vj fpgxf] .