

000k bP I kxNITHTAenAKEngeFkar

3>1 esckpph

kargaTajGsmambBaEpkisutPaB nigsuPaBenACabCamlyKa ehly]sSahkmkatedrenA
km&a k&Mankarel KEI gEdr. TkEngENnNantantabBERBaEtGkartbcegoteBkkp sutPaB
GKIPyminRkBRkan; BERBaeragcRkcasRTDeRTam ehlyBMinnsagsgsMbeFcaragcRkeTotpg.
eKOGmasbcashYssmly kMIFUksenAEpkikat; bwt&atKImmaneKalfak(RtU)aneObnAKEng
sMat&amRblak;. TajGsenHtageGaybBaanaEpkisutPaB nigsuPaEdlca)acRtUeFkaredal
Rsay ehlyCanic&al vaCabBa&on&ob;. hanPy&xt⁵ Edl)anrkeXij enAKEngeFkarKManPaBRotuks
-]TahrN_eKOGynpinmanbBakr)atkarBar; c&Nk&EhanPy&epSg²eTot KManI k&N³I akb&M
ehlyB)ak rkenll -]TahrN_sarFatKImk&Edl eObnAK&geragcRk; .

enA&Bl eFikareObobeFobs&kmPaB]sSahkmppSg²K& Gkx&GacsMibBrfa :TmgCamanbBa&
EpkisutPaB nigsuPaB tict&enAk&vis&ykatedr :. cU RkeLkenll]TahrN_tamr&PaBmanCabn&
n&benH ehlyc&ObobeFobG&ManPy&. km&krk&Gepkm&Edl k&GgerlMij CasIngecj Bk)al ; KW
k&GgeFkarenAk&I k&N&D&I mank&MA nig&ss&ob;. FU IsingmanBaseJ Rk&TkEngenAk&X&b)al ;
ehlyetagCabn&geBa&skm&krEdl enACabn&Es,krebs&keK -ctemll eTAc&g nig&drbs&km&kr;. Bke&K
k&G&G&Edtkdeg&inR&sb&ykFU I ehlyBManBakmaskarBarFU rbs&Bke&keT. Bke&Kman&ObmeF&ua)ay
tict&es&Mb&Car&od&akarBarCab&K&I K&anBakGar&Rk&BRkan;K&anBak&Es,ke&G&jsutPaB . I . k&Ba&ob&ya
sing&KWcx&B&ManCitI&ET ehlyF&ayecj . Gk&se&gatkarNP&ke&rch&Kb,cat;Tk&fal k&N&D&obenHKW
man&Kalfak&x&ob]Nas; .

⁵ hanPy - sk&n&BI Pa&Bek&tecj B&GIny&bN&pl eTAc&arb&sb&kar&Gn&pay&dl su&Pa&Br&bs&mn&es&S .



r0PaBTI1>kmkrrkBgEpRkgRBHShnerITMij CasIngecj BX(k)al ; .
 hanP%epSg2eTotBmanel cecj Car0t0kSet cu Rkelkenll RspnHkBgCBalkBa0Sng; .



r0PaBTI2>kmkrrnarkBgkeNjtkBa0Sng;Tjn;50 KL0kan .

kmkrrnarkBgCBalkTmfmBrdgel lSBkmlTmfmGtbrmEdl kmltedayc,ab⁶ tan
 rebomYEdl GacnaVmanCmNg. karEbgEckTmfm)anespt enAeBl Edl KateLgel DarSng;
 ehlyKatKpnBakR0dabkarBarbKA eTotpg .

⁶ Rokasel x 124 sBkarel kdakTmftedayebkMajpal ;bBakfa25K0k CabnkTmfmRchbml Edl SmanGay0ab18q0mlgeTARtUGnBaiteGayel k
 manbTbBa0PessGnutpBa0Sman0pBa0nigeTbqgTen0t .

debetman Gkile L bxc B k m kren Akü] s Sah km katedr ? etman han P% GK Ed I Bkek
 Ro Qmmixen Akü kargar ?



ro Pa BTI 3³ km kren Akü gerag Ck katedr km Ca etman han P% GK ?

3>2 Btmansü

flobnis SPa Kechman Kmtc, as; as GBC Ed I Casut Pa Ben Ak Enge Fkar Caer Oy² man Ts Sn³ vis^{1/2}
 t tce güt Nas GB Wisal Pa Ben Gnam^{1/2} kargar. niymn^{1/2} Ed I e KTV ykyag TU MU ay b ptt KW
 niymn^{1/2} rbs KN³ km kren hén Ggkar ILO nig Ggkar WHO⁷ SB Gnam^{1/2} kargar Bal KW

Gnam^{1/2} kargar Kb, manekal b m Ng³

- el ksy nigrk Sa () annuk m xsb ptt éns xmal Pa Bpükay púcitp nig xags gárbs km kren
 néya Citen ARK b m xrb r Tay Gs;
- Tbsát m n [km kren néya Cit b Paecal GB Sx Pa Brbs xü Ed I b Npl mk Bll kx N B kargar b s xü.
- kar Bark m kren néya Cit kú kar b m kargar b s xü Bhan P% yan ad I b Npl mk Bk t p ay Lay Ed I
 e F [b H Bal d I s x Pa B .
- dak; nig rk Sak m kren néya Citen Akü briyakase Fkar Ed I man I k N³ sm Rsb c m B h sm t Pa B xag
 Epks rfs ds nig cit s a s pbs Kat;

Caseg b KW

- s m s m kargar [Rt Ue T At annis S nig s m s m mnis Smak² [Rt Ue T At an kargar b s Kat;

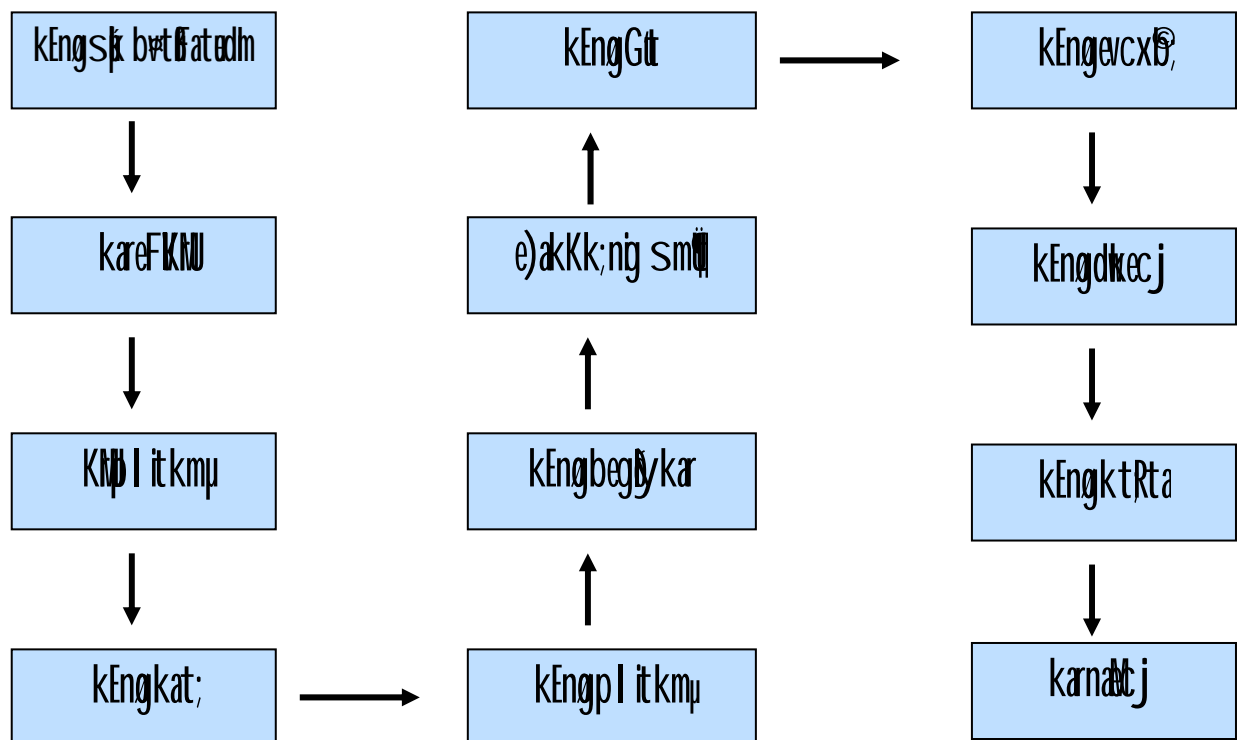
⁷ niymn^{1/2} en H Rt U) an Gnm^{1/2} en Aqm 950 ehly Bhitü Eks m eday KN³ km kren hrb S Ggkar ILO nig Ggkar WHO SB Gnam^{1/2} kargar en Aqm 995 .

hanP₂TadlenHmanI k₃N³sanBa₂U₂Ac₂B₂Am₂rbr bkargac₂Rch ehlyk₂m₂kn₂ieya₂Cit₂Canic[©]
 kal RtU₂TV rghanP₂zel sB₂m₂yk₂g₂eB₂I Etm₂Y.]TahrN₂³ vaninCakarI NakeT₂k₂g₂karKitG₂B₂k₂m₂kr
 ma₂kenAeragc₂Rkkatedrk₂g₂s₂tenAk₂g₂briyakasek₂ nig₂fg; ehlyk₂g₂e₂ob₂mas₂hEdI K₂pn₂B₂ak₂r)aj₂kar
 Bar. edayk₂m₂krk₂g₂E₂ht₂G₂s₂km₂aj₂ nig)at₂bg₂kar₂e₂pt₂G₂am₂N₂enAk₂g₂briyakase₂E₂bb₂enH K₂llan
 sk₂pn₂B₂I Pa₂Be₂T₂Arke₂K₂al e₂of)aj₂karB₂ared₂h₂R₂C₂hec₂j)at₂B₂mas₂h. k₂m₂krminEm₂n₂beg₂it [manhanP₂
 e₂T₂ k₂g₂krN₂C₂ac₂chhanP₂Rt₂U)anbeg₂it₂el₂genAk₂Eng₂e₂F₂kar. R₂ok₂as₂Man; K₂W₂arg₂Rt₂Ue₂F₂L₂geday
 mansut₂Pa₂B nigman₂G₂nam₂Y₂e₂che₂L₂g²tan₂ry₂³kar₂E₂s₂M₂k₂Eng₂e₂F₂kar nig d₂N₂I₂k₂arg₂Na₂EdI K₂pn
 sut₂Pa₂B .

cl₂cg₂ca₂M
 hanP₂Y₂enAk₂Eng₂e₂F₂karx₂h K₂llan e₂X₂ij₂ yag₂R₂ot₂u₂ks₂Y₂ E₂hanP₂Y₂x₂de₂T₂ot₂manI k₂N₂³I ak₂b₂M₂
 ehly₂B₂aj₂kvay₂t₂M₂ . k₂g₂zan₂³e₂f₂A₂ek₂ bnay₂keragc₂R₂km₂ek₂el ak₂G₂ik₂K₂b,Rt₂U₂bn₂it₂uem₂ll b₂B₂a₂E₂pk₂sut₂Pa₂B
 nig s₂x₂Pa₂B₂ca₂B₂anic[©].

ethanP₂Y₂m₂Y₂ch₂M₂Rt₂U)an₂rke₂X₂ij₂ enAk₂g₂E₂pk₂N₂am₂Y₂eneragc₂R₂k₂bet ?

e₂bel ak₂G₂ik₂bn₂it₂uem₂ll₂ak₂kanI m₂ten₂p₂l₂it₂k₂m₂p₂s₂l₂beragc₂R₂kkatedr₂s₂an₂B₂ah₂Y -r₂o₂Pa₂B₂T₂H₂! vagay
 R₂s₂V₂ k₂g₂kar₂p₂aj₂e₂ob₂e₂F₂ob₂hanP₂Y₂C₂ask₂pn₂B₂I Can₂Y₂ng₂d₂N₂I₂kar₂en₂k₂arg₂m₂Y₂ch₂M₂enAk₂g₂eragc₂R₂k.
 r₂o₂Pa₂B₂T₂H₂4³ tarag₂K₂ll₂s₂G₂ll₂ m₂ten₂d₂N₂I₂kar₂p₂l₂it³



hanPẏxlGacrabbBa³

- karerobcNfhsjkmnl ynAkEngskTmij .
- sknBI PaCbBaBakgedaysarel kRoGbF² bel kdakdNkNatBnsbtanl kN³RtmRtU.
- kMlFU ksenAkEngkat; .
- eKafakBrb'sF²fedaysareBomasukatedredayGKIsnl bedredaysBaFxl ; Edl minman bBakr)ajkarBarRtmRtU bBakEpsamedeF²IsNaj Edk)anRtmRtU .
- mashKnr)ajkarBar nig kMlFU BchenAkEngp l itkmpngkEngbeglykar .
- hanPẏKhenAkEngsMat samRo l ak; .
- BnMinKbKknenAkEngp l itkmpng kEngbeglykar .
- bBaEpkvitasasprobckMargar rihTajTitajeFikaminl Kij\riyabfQr nigkij\riyabf Ggij .
- kMl sitNPaBxsenAkEngGit nig kEnge)akKk; .
- epkMl \daGil nigkareBbsaFatKhenAkEnge)akKk;
- bBaEsubPaBGK²Pẏ nig GKIsnbnAKbkEngTajGs; .

ITahrNnanenCMLhanPẏEdl)anrkeXij enAkgeragcRkkatedr³

cU RkeL kemil eTA]TahrNxl²GBRoPTenhanPẏEdl)anrkeXij enAkgeragcRkkatedr enAkmEa . rUPaBxl²kijcMnamrUPaBTajenHel kbgaj BijTahrNenkarGnutp l I ? .

k>hanPẏemkank

RbPBnanaman³

- mash nig Epkenmash
- kardkCBa² Rckp²tt²
- epkMl eKam nig epkMl el kxs;
- CeNp nig meFua)aysM dNrepSg²eTot
- eKhkicEnexSay

p l bHBal ;³

- mit rb's)atRmaméd)atRbGbéd . l .
- CalMKc eRbH bEbk ehlykrNF²F²KWab; .

enHCa]TahrN_CakEsjxl²BragcRkenAkmEa³



r0PaBT14 ³ mas hKpn bBakr) adl kar Baren Akö gerag tm, aj énerag cRkmly . ctkts Mal ;
 mas hen HKbd Np Base Bj eday kM cFU Ed l bgäj pg Edr Bhan P/ý
 -sthemil r0PaBbnbb; .



r0PaBT15 nig T16 ³ ExSBanKpnr) adl en Axage l Inig en Axage Rkamt mas hmedr
 vagayng Tak Cab Camly sks, Blgs bBag exa Gav l gXng nig ExSk Caedlm .



rtPaBTI7³ RckedfEd I manKMs Mal yagc,as;ngRsLHI Kpn]bsKA.



рӯПаBTI8 ³ карардорони Ҷамъияти «Нағд»-и Тоҷикистон ба мақсади таъминоти маҳсулоти ҷаҳонӣ ва таъминоти маҳсулоти ҷаҳонӣ.



рӯПаBTI9 ³ Ҷамъияти «Нағд»-и Тоҷикистон ба мақсади таъминоти маҳсулоти ҷаҳонӣ ва таъминоти маҳсулоти ҷаҳонӣ.



GPEdI eyb)aneXij mkTI ngeBI enH KWAbePTénhanP%emkankxh² rkeXij enAkü
 eragcRkkatedr. I TöI mYkücMamI TöI EdI)anrkeXij CasamBaltATagenH KkHkicimI ¥
 eBal KWaBkprebberobryPaBknsNpöFöb; karerobcöbkmimI ¥ nigkarerobcMksMar³minI ¥
 enAeBI cbeFGFkarkic©el akGkGacBhitüeXij GÖ)ah nigkötckMénAray)ayeBj teFkar nigenAel I
 épkkal . kmjFe)assMatTngCaekitmanimgmal ⁸ PaBknsNpöFöb; nigPaBreBateBal minRtmEt
 bnrypl itPaBedayeFIC ralysh: I mtdi4 hénsMar³pl itkmpgkatküeragcRkeT CanicKal vabegit
 CahanP%GKPydöCaöGbGÖ)ah kÖtckM nigsmar³gayeqHdeTetotRtueKTkecal Rkb;TkEng.
 vakZacMij [manstteRg nghanP%suPaEdI bgedaystVagenah. eragcRkEdI erobcM man
 kmjFe)assMatCaöcMlayeöRödobrsöFU bMö] sSahkmpemil eTApkxagerkay; minRtmEt
 katbnrykMIFU I nigdenAküeragcRkeT eragcRkTagenHeFIC RoesrdI briyakaseFkarCaTöTA nigdI ;
 suPaBrbskmjkrniyaCitpgEdr. BkeKk)ankatbnrycMlayel karEfTam döCamashenAsit I ¥
 sMöbök)anyö mankarGvtmancedayssCMV ehlyenATbMteragcRkmanöboboxagkarököT
 RöECgtanry³pl itPaBkheLg .

⁸ Rokasel x 125 sBRöB%ül ;nigkasMatTkEngofkarfcgfaneyacKrtüerobcM manbrkassit I ünAkEngofkar edm,tkSasutPaB nigsuPaBrbs;
 kmjkrniyaCit .

vaCakarSManpgEdrkükarerobcMEngsk [manI kN³I Roest nigkarerobcMkdakytEatu
edlm nigvtö kügdnNpI it : enATUatleragcRk . vtöinca)ac;TajGs; RBmTajSNI I ;TajGsRtUyk
ecj . eragcRkEdI mansPaBreBateBa³

- bnRyTmÖhkEngEfkarsMöbkmkrmk² ehlytanry³enHngeFI [fyctpI itPaB .
- bgInanPÿénGKPÿ .
- bgkdnNreKecj kükkrNERKaHGasnñ
- TMgCaeFI [TMij xt
- bnRyI Mtenxül Gakas -ehlyCahtua[sitNPaBekheLg; enAkügeragcRk.]TahrN_ CaBakBabeygeXij RbGb; bsüdkpI itpI smcdakKrel KäxsrgcaMardkcecj eTA. ehly kardakKrEbbenH)ajlogü \dxül ; cRkeKcecj eBI manGKPÿ . I . dectivabeglt nUsInPaB éhanPÿepSg² .

CanicKal niyaCktü EtYGBkarxMkEngEfkarkügeragcRk ehlykmkrniyayGBkarcegüt
kkkj nigstNPaBek⁹ . edaysamll ehtenH RokarsManKItUeRokEngEdI man [Gs;I TPaB
tanry³eKhkicPÿnigkarerobcMkdak;[)anI Smmü.

sNthBrgayxH^{2 3}

- dkecj sÿcas; sMar³eGtcay nig mashcashSsmÿTajGs; .
- erobcMgkarga nigI MtenpI itkm[)anI ¥.
- eCosvagdaksMar³päl el khal .
- eRbEferchCanedm, I [cMnj kEng -emil röpBTI11 ; .
- erobcM[manFg bPaCnSModaksMar³EdI RtUeRbInigsNI I ; .
- eRbsÿcI ½]TahrN_ eFimankg; -eFienhpas;T)anI ¥ Etkal NakMl mansPaBrabI ¥ ehlymanépEdI minrGil tankarca)ac; .
- RtUmanRckedEdI manKMSMal ; nig RsLHRKbeBI TajGs; .

⁹ Rokasel x 147 sBriyakaskMAnkEngEfkarmätaT2 Ecgfa kmkrmk²RtUmanTmEngyagt: 10EmRtRtKIN -KÜayankNI t;TmEngEfkarrbskmkrmk²EdI GaCfRxteRokarkNI tenHsMöKNnakBisRbEvRbEhI 3EmRt ebeTahNaCabitaneragcRkGacmankBisxsCagenH.



rüPaBT11 3
 eRbeFiedm,IskvtFatedm
 nig pl itpl shtc

ddEdI eybngexij enAküEpkisPl karb(akr)ajkarBarmash vasngEtTtAehlyEdI eyb
 exij mashKpr)ajkarBar. Chtkal edaysarmashcas; ehlyr)ajRtU)aneKedalecj b= minman
 tajBblügm. naykeragcRkxhbakfaekng {pasmash} kügeBl qab² dechil KprRoeyaCnGRtU
 dakCMsr)ajEdI)at; ehlymashfngmanRdabkarBarKbsBTajGs}. ctemll [)anCitrüPaB
 xagerkamenH el akGkGacemll exij PaBxll] tpiKtkükgargca)ajmashfpu



rüPaBT112 nigT11 3 3
 I Tpl énk(ar)atr)ajkarBarmash.
 ctemll [Citedm,I[exij mü mitRnaméd .

x>hanPyrBsaRsp³

sM g nig rMat^{1/2}

RbPBnanaman³

- mashTajGsEdI fg;nig KpnkarEqkBnitü.

pI bHBal ;³

- kar)atbgesatBaINCabeNpHGasninig CaGcëRny_
- CMMaysaPaBrBat^{1/2}dtCaRmanédsejBat^{1/2}. sñPaBenHbNpl mkBkarGnpayGtisum TssnCaRocall RbsatBaIN nigsrésQantü² enAküRbGbed nig Rmanéd edaysa TTV rgPaBrBatKüry³eBI Evg .

kMtsM gxsRtU)aneKrkeXij enAtamEpikxéneragcRkkatedr.]TahrN_ ebragcRkman bBaPératm,aj maslt,aj TajenHchEtmanKtsM gfgHsBGEdI eKKitfamansutPaB¹⁰. dt KéenHedr ebmasedrPaKerchcas; bedrEl g)anI ¥vaRbEhI CabegltSML gfgxedi . flobTdamenA kméakMtkMtsM gmansutPaBenA 85 dBA kZFKardankargakpnRbdabyas,SM gsmbyaskMtsM gEdr. edaymankarTTV sAl fa vaGacmanbBaSM g dNnARsayTngCaGaRs½eTael karébl RbdabkarBar CaCagrkmeFua)ayTbsatsM genARTgRbPBedm benAtampEdI vart; enAmueBI EdI rI ksM getAdI Rtecokrbskmkr. RbFanbTsBtsM gngRtUBnitüemll ()anBispenAEpkbnbén esovePAENnamH .

GKIsni

pI bHBal ;³

- rI ak
 - qk;nig seb;
- vamanI kN³CaTBTAdayeXij ExSePhydacray)ay RBEPjEbk)ak;nig ExSePhjrtExtjxtEk,r² kmkr enAtamEpikCaRchéneragcRkkatedr .

¹⁰ Rokasel x 138 sBtsM genAkEngefkarEcgfaKtsM gRocallfngKtsM gmFumEdI kmkrRbQmküeBI efkargarbsxü minRtUcGayel IsBl 85 dBA .



rüPBTI 16³ kmkrTajenHenAepkGiténeragckmYkEngenAbetSRsll gá Edl TTV rg
 I kxkKk ngslls; naykCancikal BüayambBastINPab edaydaktemykgär
 enACMj kmkr bedayerol R)asRöBwWecj enAtankEngedlm,beBajecal xül ekA. kmkrRtUet
)aneKpl ;[nukEngsMöBisaTnkRkRkanpgEdr.

ePlyb

RöPBnanaman³

- BntPlyminRkbRkanbNpl mkBGMU xt nigkxk; .
- kareR)asBntmCatminRkbRkan; .
- GBU ePlydakenAkEngminRtU Caht teFll kargaBhitüedayEPkCit²manmb;BRsemal)ajl.
- BntRcheBkmkBRöPBnanadayKpnG)ajl .
- GBU ePlyChBntbeayRtgclPikkmkr .
- kar l abBNRSGab²sMöCBady nig Bidan .

pI bBal ;³

- erayEPk QW,al karcltexSayBntPk .
- rhitrehexSalkmady.
- eKahfak;

bBašamBaEd I eKRbTHeXij enAtameragc RkatedrkmCa KManBnPhyticeBk nigBnPhyeCh eBk. kŭkrNIatBryagenHGac [mankarbnŷkŭKINPaB nigI itPaBkŭxN³EdI kmkrxNŷgenll kargarbsBkeK bŷhngBnFUI RBil EPkyagxŷd].]TahrN_mankarpl GnsasnfakmkrEd I eV kargar kŭI kN³plŷgRtUkarBnPhyKbKkan; -kŭkht 1000 I ŷ; bŷnŷEdI BkeKminRtUkarenal KŷnPhycayChCU EPkrbsBkeK. BkeKRtUkarePhyEdI ChBnŷlayRtgetAel kEngEdI kargapŷg, RtUeFV CanicRal vaKŷnKŷb)ŷl bŷatayenAkEngminI ŷ krNkŷmankŷb)ŷl bŷnŷnRtLbBŷpPŷ ehlyChCU eTAKŷEPkrbskmkr. ddEdI eybngŷXij enAepkŷBŷPhyBŷBŷEbbenKŷaynŷgenll dŷ ehlyminGšefŷcheTšMbeFkarEktŷ.

CaBaeragcRkTajmU RtUetmanePhyBŷMŷCaTŷTA CaBšssenACitCeNŷ plŷdkCBaŷRckecj Caedm. I . dŷcheTbkmkrGacemll eXij kEngEdI BkeKkŷgeTA eCosvag)ankarCBŷeCh nigkardV . tankarBnitŷemll eragcRkCaŷch el akGŷkeXij CaBakBabGBU ePhyxt ehlyRtUkarbŷecj . kŷ krNI EdI GBU ePhyeqH {PhEPt²} GaceFUI fbGampNŷadI kmkr . FU kkCabel GBU ePhy nig bŷŷ ehlyvaTŷhgCaKŷnkare)asšMatCaTogTat;bKŷnkmpFEfTasMatŷ .

krNšksa

enAkŷeragcRkatedrkmCaŷmŷ kmkrxV xŷyGBnPhyminKbKkanenAxageKŷeragcRk nig tandgpŷcU eTAKŷg. kŷkrNenH BkeKmanKa)amŷŷstBšsenAkŷeš. tanry³karBPakSaCa mŷyGkRkKbRkg ePhyRtU)anBŷkenAtampŷedŷ .

kŷkrNepSgeTot kmkr)anBakBkarkgV GBkavayeFŷab ebBkeKeFkarhŷdI ybŷCA ehlyggŷ. CadEdI eTot enHCakarTTV xšRtŷrbsGkRkKbRkgkŷkarpl eGaymankareFŷNreday sutPaBBŷheTAKengeFkar nigBkEngēFkareTApH ehlykarTTV xšRtŷenH rŷnTajkarpl nŷBnPhy RkKkanenAxageKŷamatRckcU eragcRkpg .

K>hanPŷyKml

RbPBnanaman³

- vtŷatKŷmenAkEngēFkar
- vtŷanCatBul nig kaksŷN I manCatBul
- GKŷy nigbnŷ

pl bBal ;³

- eral bkat;
- Gal WhS
- bg&aCjMhac;
- fb;bsHdegth
-)atsprtbdyfaJ onRsvng
- Bu
- bg&aCjMhark
- CjMhaskaka nigkarxS TRngEhSnekaska

sarFatKhmmanTMyxS²Kä ehlyGacbgpI bBal epSg²mancabBrl ak nigGal WhS rht dI Bu nigmhark. KittanTsSn³vis³én]sSahkmkatedr bBaënsarFatKhmSMan²ekitec j BI kktFU ksenAtamEpkmYcMénéragcRk -]TahrN³ Epkkat; nigekitec j BkareCIsersCatKhm mkeBkjdNrkarsMat samRbI ak;.

karTTV rgkjry³eBI yteAngFU kb,asGacnaV manCjMhdegth: Ed I eksAl faCa CjMhByssinosis maneraksBaëdaykardkdegthng ENnRTj degthkugcNankmkrEd I TTV CjMh -Bësskt; sMal exIj erkayBkarQbsMkcs)an¹. eragcRkkatedrTajGsmambBaëOgFU I -ctemll eTA ekOgmashenAkjéragcRk teFkar ePj nigshI,etskk,al rbskmkr - TajGssUstman kktcFU RkbBeli ehlykktcFU bnhekitec j mkBbnrkarkat;nigedr; kktcI k²bnténkktcG)ah TajenRtu)ankmkrdkdegthRsbCU eTAkugkjry³eBI yd erkaymkbg&abBaëdegthCaëch RoePT. bBaätajenHkanEteFGayGaRkkeTA²enAeBI eragcRkCaëcheRbG)ah nigCke)asFU edml, sMatTkEngefkar CaCagebomasbbWFI. karsMatEbbenHeFU FU bghhyeBj TkEngefkareTA vij -emll rBPATn 7 nigTn 8;.



rBPATn 7 nigTn 8 ³ FU bnAkEngefkar .

bBaenkar sMat FU I KntU) ane F Gaykan Et Gakke Lg BBa k mkr BMan Bak maskar Bar FU I kgi kN³RtmRtUeT -emll Epks BIsar Fat kml, .

bBa k mbe Te Tot Tak; Tgnngkare Bvlt Bats Matsm Rbl ak ep Sg² en Akj eragc Rk katedr. enA xN³Ed l eragc Rk x b b e T A e C l s e r s e b o m e F u a) a y m a n s u t P a B C a g m n e d a y e b o s a b u b s a b u a y T k s m b e F k a r s M a t e r a g c R k e p S g e T o t k B g E t e b G g A t u M a y C a e R c h R b e P T e d l G a c e F U G a y m a n b B a a s u t P a B n i g s u P a B F u F l e b m i n e b l a t a m l k N³b e c k e T s R t m R t U e T . k m k r n i g G i k R k b R k g t a n F m i t a m a n k a y l d i g t i c t e G m k a l f a k e n s a F a t k m l e d a y s a r v B m U) a n e k p l ; [n l t a r a g T i n i y s u t P a B ¹² B G k p l i t b k m a n t a r a g T i n i y s u t P a B e d r E t C a n i c K a l v a B M a n k u E b b b T n i g P a s a e d l k m k r k m e a g a y k s l y l) a n e T .



röPæTI19³

ctBnitüemll () anCit k m k r e n H k B g e F k a r s M a t s m R b l a k ; G g A t u M a y k B g E t R t U) a n e K e b l . e t e l a k G i k G a c B n i t ü e X l j e K a l f a k N a m Y e n A k j r e b o b E d l s a r F a t k m k B g R t U e K e b b e t ? e y g n g R t L b m k] T a h r N e n H v j e n A k j E p k s B I s a r F a t k m l e d m l , [d i g f a e t e l a k G i k r k e X l j b B a G m k n i g K i t e X l j B b m N a R s a y N a x l l .

¹² taragTinniysutPaB KbImansMbsarFatKml adGsmneBbnAkj eragcRk katedr . taragTinniysutPaB p l n l B t m a n C a m l d a n s B s u t P a B n i g s u P a B G m s a r F a t k m l .

X>hanPyClisa®sp

RbPB³

-)aketrl
- vrs
- eraKpSt

pl bBal ;³ - CMMClV³

hanPyClisa®shan\TBl titt'enAkü] sSahkmkatedr. flvltfatedm xHGacRCI kKml
 EdI bblaj GshanPyClisa®sp PaKerchenbBaClisa®KmanBakBvngkarpl karsegHbzmsan
 PaBénbnbsModis I ag nigkarykecj sMI BtragcRk .

g>hanPyEpkvitiiasa®sprobocMargar

RbPBnanaman³

- karCBadvttf²edayéd
-]bkrN_nigRbdabbBaínsmRsb
- karerocMtagmin I sMab\riyabfGgfyEFlkar nigQreFlkar
- vFEFlkarmin I ¥

pl bBal ;³

- rbVedaysarkarbeBaj kMajh³ CanicKal ehAfa CMMNpl BkarbeBaj kMajh³
 dEdI (RSIs)¹³
- bBaínlegl
- ehvhtexSahkMaj

bBaínepkviitiiasa®sprobocMargar KMan I kN³CasamBaTETAkü] sSahkmkatedr . eKQgynp
 cashVsmVyeRokaEl gekit karerocMasn³minRKbRKansMokmkr nigkarel kdakytbinRsbtan
 I kN³RtmRtU bWlasIrtf²Bbsbtan I kN³becReTsRtmRtU TalyenHbNpl eGaymanPaBtan
 tuGarmN_nigkarbeBaj kMajh³RomaNeTael ragkay edaysar I Tpl enI kmkrQbsMkeday
 CMMaj kj ab; bpl itPaBrbsBkeKfakchyagxetl. CaRokaKVeGaycabGarmN_kükarKtsMal fa
 ebEtANaCabTbBaénRbet skm&akNI tGMtngEdI el kedayédpal ; -Rokasel x 124! nigkar
 pl Gasn³enAtambis kargar -Rokasel x 53!¹⁴ yagNakedayvahakddCamankarykcitfkdaktic

¹³ enRbetSxH CMMRSI RtU)aneKeGayeQhfa dMNIkarxsbRkRténGv³vv³Epkel I sMAdI bBaínCamYsp nigéd rihTajmedmed Ekgéd ked RbGbéd
 nigRmanéd. CMMHGacmanTajQWokük. eyagtankN³kmkrRbttfpksutPaB nigsuPaBenAragcRkGgeKsenAqil1995 KitCamFimGkEdI TTV
 rgeKamk²QbsMkGs;13éfedaysetCMMH .

¹⁴ Rokasel x 53 sBkarpl Gasn³enAtambis kargar tM [niyaCk pl dI kmkrnekAGismmusMobs kargarimY² enAbI kargarbsBkektMteGayefV
 kjvriyabfGgfyCab;bGgfyctingmal .

tccBabBaTayenH. CanicKal kmlkrniyaCitTajGSRtU)aneKpl eGayntekAGEvg² manI kN³
 samBabttshbGgñyEfkarEdI CakarplyeTAnkärerobcMasn³eGay)ansmrmü edaymanbEgkxg
 EdI Gacel SM)an -emll rüT20 nigT21; .



rüPBTI20 nigT21 ³ bgñj BPABminI kärerobcMengeFkar .



c>hanPycitisa³sgn

RbPB³

- KNPakarga -Fij fb; dEdl² kargaRcml nigkarRogRoyKabCanicCaedh . I . ;
- Tlak;TmgCamymnisS

pl bBal ;³

- kartantGarnN_(stress)
- PaBminsRSI
- PaBrkabtp
- CgNhl mkBraKcitpncgCymicitp

PaBtantGarnN_KWabotkmFijEdl kmkrRtUrgsBaFyagerchhYsehtubFTI rgRbePT
 énkartantardéTeTotEdl tMeTael BkeKenAkEngelFikar nigedaysarerOgeKakarga bFajBryag
 PaBtantGarnN_(Stress) edaysarkargaminEmnCaCmH binpaGacnaGaymanekitbBaèRcheLg
 edaysarsuPaBGnexSay. ebkartantGarnN_GsbnaYeBl yd bkanEtXeLg vaGacnaLman
 pl bBal dl pükay -dCa CgHdg dNlrManenRbBqWlayGahaEdl bNhl eGayrI akRkBH;
 nigpl bBal xagEpKcitisa³sgn -dCarsabrsI; nigbRomI kgcitp. ktEdl nallmanPaB
 tantGarnN_edaysarkargaman³

- xllkar)arsyTakTg nigkarBakaleyabI rvagGkrRkbRkg nigkmkrniyaCit
- vb,FménkarSpentisenAeBl ekltmanbBaè nigkarbdesFecal bBaèanaCaskpBI
- frevl æFkarythYsehtu
- kargaKveGayFij nigRcml²
- Tlak;TmgminI CamyGkrRkbRkg nigkmkrddKä
- PaBkmal bkarrManebotebonxagpèPT

mandNarsaymYcmm Edl GkrRkbRkgGacykmkebedml,Tb;Tl CamyngktænPaBtantG
 GarnN_TahlenH CaGaT³

- pl »kaseGaybKÄ kcll rh¹⁵ kükareFipnkar nigerobcMargarbSBkeKpäl ;.
- begltbNhl énkart)arsyTakTgsmokmkr edml,CECKCamyGkrRkbRkg edayKpneFVL

¹⁵ karcll rhbSkmkniyaCit CaKal kaNRKlénbTdarbSGgkar ilo ehYrtU)aneKreXij fa pl nUGtRbeyaCnkjvisYsutPaB nigGnamyKarga .

- xD Rbeya Cn Gt at Gs; .
- eF U Gay R) akd fa km k rman C M aj kar b N p b N p l nig b T B esa F n s M b G n u t k a r g a r .
- b p m e F u a) a y e F k a r t a m E d l G a c e F U T A) a n b p k a r g a r K a e F V e d m l k M G a y F i j n i g e C o s v a g e F k a r C e M l I 2 .
- p p l k a r b N p b N p l C a e T o g T a t d l k m k r T a j G s ; .
- s l l g r k m e F u a) a y k a t b n y f r e v l a e F k a r e c h h y s e h t u n g p l r y 3 e B l Q b s M k m y c h M
- p p l k E n g s M k E d l e n A d a c e j B b r i y a k a s e F k a r s M l g F U l n g B l s t K R k k K e K g e n e r a g c k .

3>3 b B a p g p a t s M b ; l k a N k a r g a T e T A

) a t c a s	e T	s k m P a B R t U G n u t p
et b r a g c R k m a n l k N 3 s a t C a t e T A n i g m a n s N p b F a b ; l b e t ?			
et b l n i g s M m R t U) a n e k e) a s s M a t e c j C a R b c a d e t ?			
et e p k M l R t U) a n e k d d l a g n i g e) a s s M a t C a R b c a d e t ?			
et B i d a n R t U) a n e K e F T a b M a t C a B e s s E d r b e t ?			
et l t u n i g e k A G s M b e F k a r s a t K a n d a k r b s E d l B l a y a c b e t ?			
et l s M a r 3 e R K o g p A p j ; n i g \ v a n s k . l . R t U) a n e r o b c M k d a k ; R o k b e d a y s u t P a B b e t ?			
et R c k t U 2 C e N p p l e d l T a j G s ; s a t K a n s k \ v a n ; n i g K a n s M m E d r b e t ?			
et m a n p l F g b R o d a p k s M b o R o m U \ v a n ; n i g s M m b e t ?			
et e p k M l r a b e s j m i n r G i l n i g m a n s P a B l b e t ?			
et) a n p l ; [m a n R c k p l s M b o M a s ; T l s M a r 3 [g a y R s V n i g s M b s M c l n a e F U M N r b s k m k r n e y a C i t b e t ?			
et p l e d r b R c k e d m a n T M R t U e T A t a n k a r k M l t ; e h l y m a n K l s b n l a t e d a y f a M N c , a s ; l a s ; n i g K a n] b s K a d l G a c r a d l d l ; l M l e n p l i t p l n i g d l d M N r b s m n s S b e t ?			

34 esckpsegb

kmkrenAkü]sSahkmkatedr RbQmmxng hanP½CaRchRePTCaRbcaF¶| hanP½xtemll
eXlj yagRötüks dðCaKnr)ajkarBarmash. hanP½xteTotBðMal eXlj)aneT dðCakrNénkar
TTV rgsarFatKlmRbenAkügeragcRk. kükrNIFajBrenHGkRkbRkgeragcRk edaymankarBèRkH
eyab l CamYkmkrpg KblBüayankNteGay)anBbBaænH)anRomaNGBITMèhhanP½ ehly
bnlòmkdakec j nlynpkarTbsát; kükrNhmY² GkRkbRkgKbl,dqBt,abCatiehlyGnutpsmRsb
tamc,abenah .

