

cena – Aar. Aar. si

**Aa. Aa. + Aa AneAe. Aa. + Aa ma3e
Aamqkr` kayRn
no Ahwal**

ÜAmdavad, Aa` d, bnaska#a, pa3` tøj pemhal +LI a Ý

tarlq – 8 Ane9 Aog*3, 2012

**magRr AneSahyog
Aaraey Anepirvar kLya` ivwag, gurat raj y**

Aayoj k AneAhwal

cena Aar. Aar. si



सेन्टर फोर हेल्थ अेज्युकेशन, ट्रेनिंग अेन्ड न्यूट्रीशन अवेरनेस
बी-ब्लोक, त्रीजे माण, सुपथ-२, वाडज बस टर्मिनस पास, वाडज, आश्रम रोड, अमदावाड-३८००१३

ફોન : ०७८-२७५५८८७६/७७, २७५६८१००/०१, ફેક્સ : ०७८ – २७५५८८७८

Email : chetnarrc@gmail.com chetna456@gmail.com Website : chetnaindia.org

27/11/12

çena – Aar. Aar. si



céna – Aar. Aar. sl

Aæ. Aæ. + A0 AneAæ. Aæ. + A0 Aamq|kr` kayRn no Aheal

ÜAmdavad, Aa` d, bnaska#a, pa3` tæj pæmhal +LI a Ý

tar|q

8 Ane9 Aog*3, 2012

smy

svar na Ñ.ÈÈ 4l saj` na Í.ÈÈ

S45

Cæna svad hel3þ kolfrns sm3r
3010, dsa{ nl po5, qaD|ya, Amdavad – 380001.
Fon – 079-22111405

shwag|A0

5 +LI anl Aæ. Aæ. +. A0, Ane13 ifLD Aæ. +. A0, na ku 17 ko – AoiDR0ro

(yadl ma3epirix*3 1j ova ivnæ|)

magæxR AneSahyog

7l idpæ dve S30 Aæ. j l. AækaeAæDR0r,

Aaraey Anepirvar kLya` ivwag, gjurat raj y

cæna Aar. Aar. sl, 3lm

s7l ikþ| cacapra, vE iSmta baj pa[,

DæF3 Aheal l qnar

s7l ikþ| cacapra

Aheal sÚ! Krnar

vE iSmta baj pa[

pštavna

pj' nn Aneba5 SvaS\$y kayRnma>SvE0k sS4aAoni wagldarl sa2va Aara6y Ane
pirvar kLya` m3a/ y, wart srkar @vara m2r Ae. +.Ao yoj na 1997 4l xrukrvama>
Aavl. m2r Ae j l Ao netaknlkl shay pul padvana hE4l Aak3a6r, 2004 4l cēna
sS4ani rly yael rlsasRs#3r trlkepsdgl krvama>Aavl. Va8R2012-2013 drMyan
matS4a yoj na h#5 kamglrlna Asrkark Aaya6n krva ma3e cēna Aar. Aar. sl
dvara Aamqkr` kayRn ya6vama>Aalyo. j eo Aheal Aag5 rj Ukr6 Oe(smyptk
ma3epirix*3 2 j ova ivn3l)

shwagIAo ivxe

E Am. Ae. +.Ao koiDR0ro Ane14 Ae. Ae. +.Ao. ko-AoiDR0ro t6j p6mhal nl
]Tk8RsS4a na Ak kayRreAa kayRn ma>wag l l2o. j ma>10 iStAo Ane8 p00Ae
wag l l2o. p6mhal AneAmdavad nl Ak FILD Ae. +.Ao 4l koAoiDR0r nva j
j oDay6a hta Anebaklna shwagIAo neAa yoj nama>kayRkrvano t7 ket4l v2uv8R
no Anuvv hto

H6u

1. Va8R2012 – 13 nl AighaAo neAa2are Aayoj n ma3e Am Ae j l Ao na
Aamiqkr` krv6
2. Va8R2012 – 13 nl kayRyoj na neA6lm Svrp Aapvu
3. mLyaknnl t6yarl ivxemaihtgar krva.

pikya

cēna Aar Aat sl trf4l ikj l b6 dvara shauSvagt krl p74Ra 4l Aamqkr`
nl xruAat krvama>Aavl. sS4aAone m56l gal3 t6j Am. Ao. yu ivxe maihtl
m6vvama Aavl. Tyar bad cēna Aar Aat sl ko AoiDR0r, v6 iSmtab6 dvara
shwagIAoni Ap0a j ` vama Aavl. shwagIAoAej ` alyuket6onenlcej ` av6 mdda
ivxev2uSp*3ta j o{Ae0e:

- p6a Aaro6y k6d/ p74imk Aaro6y k6d/pr p6ut v2arva ma3exukrvuj o[A6
- sgwR/S4a Anep6ta swa5ma Ae Ae j l Aoni wlnka x606
- ma{g6n ne6yanma raql Aayoj n k[rltekrv6
- poS3 pa3R Aa[yusl DI Apnava ma3eiStAonek[rliteshmt krva?
- slivyr A6nimyanl sarvar AneA3kav ma3ek{ rlitkamglrl krvi?.
- Smysr AnespURrsikr` ma3ek[rlteAayoj n krv6
- vaStivk AneSp*3 yoj na k[rlitet6yar krvi?

ShwagIAoni Ap9aAo neAvrl l 6a, Aamqkr` kayRn na h6Ao sp*3 krvama
Aalya. kayRnna smyptk ma j rul fefar krvama Aalyo.

Aar. sl. Aē na tkinkl mddaAo nuparavtR

vR iSmta baj pa{, pŃ k3 ko AoDIRR, cēna Aar Aar sl dvara gjurat raJynl AgJmtaAona Aa2areAar sl Aē 63kona tkinkl pasaAo ivxeivgtvar ccaRkrl. vRl no2` l, 4 AeAē. sl, Anēmya, sS4agt pšūt, 3 pl. Aē. sl, nvj at mata Anenvj at mkyunl no2, ixxunl swa5, kŃ inyoj n, tŃj rslkr` pr sivStar paravtR krvama>Aavly. nkkl krē l (yakonl isd6l ma3epotana kayRvStarma k[rlte Vybrcna go#vvl tŃl ccaRp` sa4esa4ekrvama Aavl. (v2uivgt ma3epirix*3 3 j ova ivnēl).

shwagIAo sa4eccarē a mdda

- pa3` +Li a na kayRivStar ma>31 gamoma>l oko kayRkrva ma3ej ūa{/AogS3 mihna ma>j ay Aneidva5l A4va l Gn pšgepaOa gamma Aaveto Aavl iS4tl ma> kŃrlitekam krvuj o{Aē Aa mdda ma3evR iSmta baj pa{ Ae j ` aVyuke
 1. 15-49 v8Rl iStAo nl yadl tŃj S45aēr krta>pirvar nl yadl bnavvl, S45aērIt 4ta>phēa ma3ekŃp krl vRl no2` l Anetpas nūAayoj n krl xkay.
 2. j o ist/nj lkna S45ej ay to l lkvkR dvara smj avvukegwRar` 4yo OetŃ l ageto 1 idvs ma3eno2` l Anetpas ma3e potana gamepaOa Aave
 3. S45aēr krē ivStarma>no6` l ketpas kravl xke
 4. pl Aē sl sa4eskl n krl S5aēr krē iStAo AnetŃna kayRS45na AaroGy kŃd/sa4eskl n v6arl xkay.
- Amdavad +Li a na kayRivStarma>gwRrhyo hoy to ko[nej ` avvŃnhl>tŃl pAa Oej Ńl vRl no6` lnl 3kavarl v6arvl mŃkē Oe Aa mdda ma3e7l iSmta baj pa{Ae j ` aVyukeAava ikSsa ma>6rma>j ein` R l Ńuhoy tŃl sa4ev2u s6n spkRAneka]NsŃ g krv j rŃl Oe
- Ak shwagIAepŃn kyoRkeAayR foil k AēSD nl go5IAo v2areg5va4l grm pDeOetŃumanlneiStAo teg5tl n4l. Aa mdda ma3e7l iSmta baj pa{ Ae j ` aVyukeiSt/nesmj avvukeAa go5l rognl dva n4l p` l ohl l al raqnar xiktnl go5IAo Oe ANy bŃo j eAaynRnl go5IAo g5tl hoy tŃnl sa4eccar krvvl/Aa go5IAo j Mya pOl ratemo5l Oax A4va l lŃuxrbt sa4el etema3e smj avvu

Maat<ba5 SvaS\$y Anepo8` nl swaAo Aneyoj na nl Sp*3ta

vR iSmta baj pa{ dvara mat< ba5 SvaS\$y Anepo8` nl swaAo Aneyoj na nl sivStar maihtl Aapvama>Aavl. j ma>bal sqa yoj na, j nnl sŃ9a yoj na, j nnl

ixxUsu9a yoj na kStaba po8` shay yoj na, rai*3y ivma yoj na vgeeno smavæ
4ay Oe(b2l yoj naAonl maihtlno dStavjē kayRm drMyan shæAapvama AVyo Oe)
kayRoj na nl rj Aat Anep/twav

]prokt ccaRne@yanma>raqI Aæ. Aæ. +. Ao- Aē. Aæ. +. Aone smbma kayRoj na
bnavva ma3esmy fa5vvama>Aalyo. blj a idvsebnaska#a, pa3` , Aa` d, pæmhal
nl is@2l mihl a shkarl]· og mD5l Ane]Tk8Rss4a nl kayRoj na nl pštut
krvama>Aavl. 7l idpæ dve- S3θ Aæ. +. Ao. koAoiDRθr AnevE iSmta baj pa{,
poj k3 koAoiDRθr, cēna – Aar. Aar. sl dvara sctno Aapvama>Aalya. Aæ Aæ j l
Ao Aa` d Ane Aē Aæ j l Ao]Tk8Rss4a ne nvær4l kayRoj na bnavvanu
j` avvama Aalyu

7l idpæ dve Aeshdema3esctn kyaRe.

- JeivStarma>l oko Aa@yaiTmk]pcaroma>v2uiv&vas raqta hoy tæa ivStaroma>
wUa-wgt sa4e skl n Anewagldarl sa2l l oko nerslkr` ma3epTsaht
krva,
- srkarl svaAo no l aw l etema3el okoma>smj]wl krvi kebæo neAaroGy
Ane po8` svaAo Aneyoj na na na` akly l aw]praæ mft pštut sva,
Aæbuls nl 6r s2l mkl j vanl sva tæj]Cc k9a na daktr tæj sa2no
dvara sarvar Aapvama>AaveOe
- sgræ bæo nepl. Aæ. sl ipknik kravvl j 4l bæoma>smj]wl 4ay ke
ibmar pDIAETyarej dvaqanen j ta pštut pURtæj bad nl tpaS ma3ep`
dvaqanej vay

7l iSmta baj pa{ Aesctn kyaRke

- cokks kayRoj na bnavvl j 4l l lk vkR neSp*3ta rhe
- nvpri` t tæj Ak ba5k va5l bæo nudpit m5a ma>ka]Nsælg krva na
bdl egk muakat l vl j o{AE

Tyar bad drk Aæ, Aæ. + Ao Ae tæna Aē. Aæ. +. Ao. sa4e m5l ne Ane
Aē. Aæ. +. Ao Aetæna ivStar na pDkar ne@yan ma>raqI netæj 7l idpæ dveAne
7l iSmta baj pa{ na sctno ne@yan ma>raqI v8RÊÊÊÊ-ÊÊ nl kayRoj na bnavl Ane
sDare kayRoj na ma4l Ak sctk nl rj Aat kri. UAape sctno ma3e pirix*#-4
j ova ivnæly

Aæ Aæ j l Ao yoj nanamlyakn

v4 iSmta baj pa{, poj k3 ko AoDIRθr, cēna Aar Aar sl dvara v8R2012-13 ma>
4nar mlyakn pr ccaRkrvama>Aavl. tæ` eJ` alyakeAaroGy Anepirvar klyan`

m~~1~~ y, wart srkar dvara yoj nanuBaHy mLyakn kravvanUstn krvama AalVyaOe v8Ra Obl a t7 mihnama Aa mLyakn 4[xkxe tema3eAe Ae j l Ao dvara poj k3nel gtl b2lj ivgt t~~7~~ar raqvani rhoe Jma>gam ma>4ye p/ktAoni yadi, {v~~1~~3 r+S3r, yoj e k~~1~~p ni ivgt, maisk Aheal , ke S3Dleiv. etmj he4 kaDRa> ApD~~00~~ maihti p~~1~~hai` t na`akly Aheal vgee no smavx 4ay Oe inwavvana rJIS3r AnedStavje ni yadi shuepbl paDvama Aavl.

kayRn ivxeAe.Ae.+.Ao na pitwav

- j da j da ivStar ni maihti m5l AneANY sS4aAona Anuvv 4l xliqva m%yu
- ds mdda Anesrkari yoj na ni ivStar 4l maihti m5l
- Aap` ivStar ne@yan ma>raqi neAsrkark kayRoj na 6Dta x10ya.
- sg~~1~~avS4a drimyan kdrtil ritel ohlma 4tl ifKkax 4l 4ta Aeimya ivxe ja` va m%yu matana 2av` ma4l ixvbeiv3amln “Ae m5eOetej a` va m%yu
- S45a~~1~~rna mddane@yanma raqi kamglrlnbAayoj n krta ix0ya.

Lawaye in-aRo:

1. 16 Aog*3 sQl sQara krl Aexn Pl an cena – Aar.Aar.sl tmj S3e Ae Ae j l Ao koAoiDR~~0~~rnemokl vo
2. Aar.Aar.Sal. trf 4l xushkar j o{AeOetmj Ae.Ae.+.Ao ne@yan ma>raqi kya>mdda pr tail m j o{A tel qi nemokl vu

smapn

cena–Aar.Aar.sl AneAarOgy Anepirvar klya` ivwag, Gaj rat srkar vit shwagIAono iSmtabe dvara shao Aawar Vykt krvama>AalVyo.

]psbar

Aar.sl.Ae.kayRn A~~1~~gR Ae.Ae.+.Ao Yoaj na ma3el v8R2012-13 ni kamglrl ma3eyoj ay~~e~~ Aa b~~1~~k sf5 rhl.j ma>Aar.sl.Ae na s~~1~~ko AneAigntaAo nu paravtr krva4l tknlkl pasaAo pr shwagIAoni v2USp*3ta 4[, AarOgy Ane po8` ni srkarni yoj naAo ivxemaihti m5l. Aa maihtlna Aa2areAe.Ae.+.Ao Ane Ae.Ae.+.Ao. dvara Aexn Pl an ni rj Aat krvama>Aavl. drk Ae.Ae.+.Ao neAsrkark kayRoj na bnavva ma3estn Aapvama>AalVya. 4nar mLyakn ma3e t~~7~~ar raqvana dStavje o ivxeSp*3ta 4{.kayRn na A~~1~~eS3e tmj Aar.Aar.sl ne tenl kayRoj na tarlq 16 Aog*3, 2012 sQl mokl l Aapvano in` R l l2o. Aa kayRn ma>shwagIAo neAar.sl.Ae na s~~1~~ko ni tknlkl maihti ni Sp*3ta 4{ tmj Ae.Ae.+.Ao ne sa4eraqi tmj potana kayRvStar ne@yan ma>l { ne Asrkark kayRyoj na 6Dva ma3enl idxa m5l.

પરિચય - 1
શ્રેણી નામ

Sr. No	District	Name	Designation	Name of Organisation
01	Ahmedabad	Dr. Chetan Patel	MNGO Coordinator	Gujarat Voluntary Health Association Bungalow No. 35, Jyoti Colony, First Floor, Nr. Shah Alam Tolnaka, Gitamandir Road, , Ahmedabad 380 022 Phone: 079- 25394953 Email : gvha_bopal@yahoo.co.in
02		Mr. Vipul Chauhan	FNGO Coordinator	Mahiti Rural Development Centre At & Post: Dholera, Opp. Bhimtalav, Rahtalav Road, Ta. Dhanduka, Dit. Ahmedabad 382 455 Phone: 079-26811003/02713-313437,293071 Email: mahiti.india@gmail.com
03		Mr. Vinod Patel	FNGO Coordinator	Sambandh 101/1, C.P. Nagar Society, Near Central Bank of India, Sola Road, Bhuyangdev Char Rasta, Ahmedabad 380061 Ph: 079- 27419185 Email: sambandh4development@ymail.com
04	Anand	Mr. Khanbhai Solanki	FNGO Coordinator	Antyodaya Vikas Shikshan Centre P.O. Daheda, Ta. Khambhat, Dist. Anand-388620 Ph: (02698) 284772
05		Ms. Sumitra Kokani	FNGO Coordinator	Jeevan Jyoti Trust Ta. Tarapur, Dist. Anand-388 180 Phone: (02698)259688,288661 Email: deepachildren@gmail.com
06		Mr. Ajitsinh Parmar	FNGO Coordinator	Shri Navjeevan Gram Vikas Kendra Near New Vegetable Market, Post Box No. 43, At. Borsad 388540, Dist. Anand Ph: (02696) 221921 Email: navjivangramvikaskendra@yahoo.com
07	Banaskantha	Ms. Jaya Dodia	MNGO Coordinator	Vanita Shishu Vihar Hanuman Tekri, Abu Road Highway, Palanpur, Banaskantha 385001 Ph /Fax.: 02742-257578 / 265587 Email: vanitashishuvihar@yahoo.co.in
08		Ms. Snehal Chauhan	FNGO Coordinator	Naisargik Trust Shri Guru Krishnanagar Society, Near Ahmedabad Railway Crossing, Ahmedabad Highway, Palanpur-385001 Ph: 02742-260200 Email: naisargikpalanpur@yahoo.com , naisargikpalanpur@indiatimes.com
09		Ms. Pushpa Parmar	FNGO Coordinator	Navsarjan Vikas Mandal Opp. Jilla Panchayat, Sukhadia Brother's Gali, Virkripa Building, 2nd Floor, P.O. Palanpur, Dist: Banaskantha 385 001

CHETNA – Aar. Aar. SI

10		Mr. Tarun Solanki	FNGO Coordinator	Sevanidhi Foundation 2nd Floor, Ganesh Bhuvan, Near Mercentile Bank, Opp. Jilla Panchayat, Palanpur, Dist. Banaskantha 385001 Email: sevnidhifoundation@gmail.com
11	Patan	Ms. Pinki Patel	MNGO Coordinator	Cohesion Foundation Trust 6, Sejal Apartment, B/H Navneet Publications, Gurukul Road, Memnagar, Ahmedabad - 380052 Ph./Fax: 079-27450171 / 27435888 Email: cohesion@indiatimes.com , cohesion@wilnetonline.net
12		Ms. Rekha Desai	FNGO Coordinator	Gram Seva Trust At/Po – Lanva, Ta- Chansma, Dist – Patan
13		Ms. Rekha Rathod	FNGO Coordinator	Naisargik Trust Shri Guru Krishnanagar Society, Near Ahmedabad Railway Crossing, Ahmedabad Highway, Palanpur - 385001 Phone: 02742-260200 Email: naisargikpalanpur@yahoo.com , naisargikpalanpur@indiatimes.com
14		Mr. Bharat Chavda	FNGO Coordinator	Saraswati Education Trust F-161, Tirupati Bazar, Sidhpur Char Rasta, Patan, Ph: 02766-220450
15	Panchmahal	Ms. Usha Dama	FNGO Coordinator	Ashadeep Foundation B/D Police chowki– 8, Bamroli Road, Godhra Panchmahal – 389001, Ph.02672 – 262298 Fax: 02672- 242090, adf_office@yahoo.co.in
16	Panchmahal	Ms. Meeta Patel	FNGO Coordinator	The Siddhi Mahila Hastakala Audyogik Sahakari Mandli Ltd 598, Maandarpan, Massiwada, At Post Sehra, Panchmahal Ph.02670 – 226500 vinodbhaim@yahoo.in
17 18	Panchmahal	Ms. Hetal Suthar Ms. Neelam Patel	FNGO Coordinator	Utkarsh Foundation 207, Atmiya Complex, Maneja Crossing, Makarpura Road, Vadodara rajeshpatel5407@gmail.com
19		Mr. Dipesh Dave		State NGO Coordinator, Commissionerate of Health, Medical services & Medical Education, Block no. 5, 2 nd Floor, Jivraj Mehta Bhavan, Gandhinagar 382010 Phone: 079-3253297/23253342 ddave1@rediffmail.com
		CHETNA RRC		
20 21		Vd. Smita Bajpai Ms. Kinjal Chachapura		CHETNA 3 rd Floor, B Block, Supath-II, Opp Vadaj Bus Terminus, Ashram Road, Vadaj, Ahmedabad. 380013

cēna – Aar. Aar. sl

Pairix*3 – 2

Aar. sl. Aē. kayRñ – Aē. Aē. +. Ao AneAē. Aē. +. Ao AamqIkr` kayRñ

8-9, Aog*3, 2012

Phēo idvs 8, Aog*32012

smy	p/kt	Vyikt
9.30 – 10.15	pā4Ra, Svagt, pircy, ApθaAo Anehēu	ikj cacapua, vĒ iSmta baj pa{ / cēna – Aar. Aar. sl
10.15 - 10.30	kayRñ na Aayoj n ma> ccaR na Aa2aresĀara	vĒ iSmta baj pa{ cēna – Aar. Aar. sl
10.30 – 11.00	Aar. sl. Aē na sĉko Ane AighātaAo pr ivStar 4l pūravtR	vĒ iSmta baj pa{, cēna – Aar. Aar. sl
11.00 - 11.10	Cha ivram	
11.10 - 1.15	Woaj n	
1.15 - 2.45	srkarl yoj naAo pr ivStar 4l ccaR	vĒ iSmta baj pa{, cēna – Aar. Aar. sl
2.45 - 7.00	kayRyoj na pr smb kayR	

9, Aog*32012

smy	p/kt	Vyikt
9.30 – 9.40	pā4Ra AnepūravtR	ikj cacapua, Aar. Aar. sl
9.40 - 10.15	Banaska#a +Ll anl Aē. Aē. +. Ao nl kayRyoj na nl rj Āat epĭtwav	7l. Jyabē DoDlya, S3θ Aē JI Ao koAoiDnθr- 7l dlpæ dve
10.15 - 10.45	Paa3` +Ll anl Aē. Aē. +. Ao nl kayRyoj na nl rj Āat pĭtwav	7l. ipNklbē p3ē, S3θ Aē JI Ao koAoiDnθr- 7l dlpæ dve 7l dlpæ dve
10.45 - 11.45	Aa` d +Ll anl Aē. Aē. +. Ao nl kayRyoj na nl rj Āat pĭtwav	7l. cēnwa{ p3ē Aē. Aē. +. Ao koAoiDRθr 7l dlpæ dve
11.45 - 12.45	is@2l mihl a hStkl a A02oigk shkarl mĀ5l il ml3θ nl kayRyoj na pĭtwav	7l imtabē p3ē S3θ Aē JI Ao koAoiDnθr- 7l dlpæ dve
12.45 - 1.00]Tk8Rfa]NDænnl kayRyoj na pĭtwav	7l. hæl bē Ane7l inl m bē 7l dlpæ dve
1.00 - 1.30	Woaj n	
1.30 - 3.15	kayRyoj na pr smb kayR	
3.15 - 3.45	SaĀarē kayRyoj na nl rj Āat pĭtwav	7l idpæ dve Ane vĒ iSmta Baj pa[
3.45 - 4.15	xlqvanl ApθaAo, pĭtwav Ane 3l. Ae ivtr`	vĒ iSmta baj pa{, cēna – Aar. Aar. sl

pirix*3 3

Aar.sl.Ae. na sūko ivxemahtl:

kñ	sūk	tknikl maihtl tøj kamglrl ma3ena sūn
É.	vhēl no2` l	<ul style="list-style-type: none"> - mata Aneba5ko sūl sōa phōetema3esgŕa ni vhēl no2` l j rōl Oej 4l gam ni ÉÍ 4l ĩÑ v8Rnl drē bē ni no2` l krvl Anehē4 kaDR[Syukrva. . - S45atrit 4yē l oko nep` hē4 kaDR[Xyukrva - Aa yadlneAē Ae DBLynl yadl sa4esrqavl l ōl. - Navpri` t bēo ni yadl bnavl maisk ni tarlq no2l bēo sa4eml3lg A4va gk muakat krvl. Jma>Aaxa AneFHW nesa4eraql nemaisk, maisk drimyan xrlr ni ka5+ AneSvC0ta, gwr2ar` 4ay to xrlr ma>Aavta fefar, tøj kōl ak ivStarma il k vkR AneAaxa pasein&cy kl3 hoy Oetēo]pyog krl gwr2ar` ni tpas krl xkevgeebabto pr ccaR krvl. - S45atr krta pirvar ni yadl bnavvl tøj Aava pirvaro ma3evhēl no2` l krva A4va tpas ma3eklp krl xkay, S45atrnl j GyaAep` no2` l kravl xke A4va gwr2ar` 4yu0eAm l ageto 1 idvs ma3e Aavl no2` l kravl xke - j o bē negwr2ar` ni vat bhar paDva ma3ena paDva ma>Aave6r ma>j ein` ŕ l tūhoy tēl sa4ekam krvu - Ak v8Rma>1000 ni vStl Ae2D bēo sgŕa 4ay. j o l lk vkR dvar bemihna ma>Ak p` no2` l n 4ay to manvukekam ni p@2it ma>kcax Oetøj gam na OvaDa, cēt 6r ni bēo pr qas eyan raqva ma3e l lk vkR netŕar krva,
2.	Caar tpas(4 ANCs)	<ul style="list-style-type: none"> - mmta idvse p4imk AaroGy khd/ samihk AaroGy khd/ke]p khd/pr nsRA4va Dok3r dvara sgŕa ni tpas krta, gwr2a ba5k na ivkas tøj j oqmo ni vhēl j a` 4ay Oe - sgwaRnl car var tpas ma dr vqt>vj n,]ēa{, Anel ohl ni tpas krvama>Aavetēl ka5Jl raqvle - sgŕa nuvj n ĩÍ iklo 4l v2uhovuj o{Ae xraat na t7 mihna ma>vj n v2tun4l prtū0Bl a ✓` mihnama>vj n zDp4l v2e0e nv mihnama Aa# 4l ds iklo vj n v2vāj rbl Oe sgŕavS4a drMyan S4aink]pl B2 qorak varvar qavo j o{Aetøj go5, 6l, tē, AneAnaj ni ma>a 0Bl a ✓` mihna ma>v2arvl, svavD p0l baj rl no ro3l o, go5 A4va tma4l banavēl rab qa{ xkay, tøj sgŕa bēo

		<p>Aag` vaDI ma4l m5to p0i*3k Aahar l e te ma3e p0/saiht krva.</p> <ul style="list-style-type: none"> - sgrva bæo nepotanl SvS0ta raqva p0/saiht krva tøj j o krimya 4ya hoy to Aag` vaDI ma4l dva l { l øl. - pšit ni tšarl tøj b4RPl an tšar krvo - samaly tpas Anesarvar: sgrva bæ ne4tl ko{ p` pkar ni ibmarl ni sarvar 4{ xke0etøl smj]wl krvl - bl.pl ni tpas: 120/80 mmhg ne samaly khøay. bl.pl. ma 4tl v263 na l l2emata keba5 mfyunu j oqm v2e0e - yoj na no l aw: yoj naAo ma3ena p0ava ma3enl yadl bnavvl tøj p0ava ma3ekamglrl ma>mdd krvl
✓	Anemya	<ul style="list-style-type: none"> - Aap` a xrlrna Agone AoiKsj n phøæaDvanU KayR l ohlna l al k`ma rhø ihmoGl obln kr Oe Jo ihmoGl oblnnl 3kavarl AoOl hoy to l ohlna ifKkax Aave0ej øeAnemya khe0e - Maata AnegwReAoiKsj n tøj po8k tIvo pba paDva ma3e pa` l nu pna` v2e Aøl e Anemya 4ay. ø Anemya mata mfyunuApro9 kar` Oe - Anemya nupna` 63aDva ma3el ohtIv, pø3ln Ane qnlj ykt qork l øo j o{Ae l ohtIv na xo8` ma3e iv3amln sl l øupDe Jøl qorak ma>k#o5, da5, dQ, 6l, Oax, pnlr, mg AnemsØ no smavø krvo tøj po8` ma3el l øunuxrbt, dhl, Oax, Aam5a Ane j amf5 no smavø krvo - ✓ gam ketøl Ao0a ihmoGl obln netlv/Anemya khe0e j o sgrva mata tea4l plDatl hoy to mata keba5 mfyunl xkyta v2e0e Aavl mata netblbl sarvar m5vl j røl Oe AayR skøz eAapvupDeA4va l ohl na ba3l a cDavva pDe Aa sarvar j eAaroGy kØdna m5tl hoy Iya>Istherlfr Krvl j røl Oe - ÉÉ 4l ✓ gam ihmoGl obln hoy teiStAoneAayR Fol Ik AesDnl go5l l lkvkR A4va Aaxa ni haj rl ma> g5avvl tøj Aag` vaDI ma4l m5to pøk Aahar Aapvo - ÉÉ gam4l v2u ihmoGl obln va5l bæo ne S4anlk qorak l øa tøj po8k Aahar l øa ma3ep0/saiht krva tøj l ohtIv ni go5l g5etøuayan raqvu - AeAe.sl kØp ma dre sgrva ihmoGl oblnnl tpas kravvl rkoDRraqvo Ane fol oAp krta rheu tiv/ Anemya va5l bæo nerlfr krvl tøj l ohl Aapvanl sgvD krl xkay

		<ul style="list-style-type: none"> - drē bē neAarōgy ix9` Aapvukewōya pāego5l n g5ta ratej ml nego5l g5vl tēj mō5l Oax kel lēu na xrbt sa4ego5l g5vl
Ī	sS4akly pšūt	<ul style="list-style-type: none"> - mihnama]p kēd/pr bē pā4mlk sarvar kēd/pr ds Anesamūhk sarvar kēd/pr vls pšūt 4ay tēa pŷlno krva - ivStar ne@yan ma>raql neSaS4akly pšūt ma3el VyvS4a krvl.
Ī	pl. Aē. sl.	<ul style="list-style-type: none"> - Aē. Aē. DbLyu keDoK3r dvara tpaš kravvl Aa ma3e kēp nuAayoj n krl xkay - dŷR ivStaroma cēAp ma3e iStnē Aarōgy kēdpr l avane bdl e nsR bane vahnno spo3R Aapl gk mūakat dvara pšūa iStnētpasnl sēaAo pbl paDva ma3e ōko Aapvo.
Ī	Maata ke nvj at mkyunl no2	<ul style="list-style-type: none"> - Maata ke nvj at mkyu nl no2 pl. Aē. sl., Aē. Aē. +. Ao. koAoiDRōr tēj Aar. Aar. sl ma lē kl ak ma>j a` krvl. j o sS4a mata mkyusim9a simtl ma n hoy to j oDa{ j vu
⊙	j Nm pOl Ak kl ak ma 2av`	<ul style="list-style-type: none"> - Baa5k na j Nm pOl trt 2av` m5etēj ba5k neO idvs pOl nvDavetema3eAarōgy ix9` Aapvu
ℳ	Kōb inyoj n	<ul style="list-style-type: none"> - pšūt pOl bē lē kl ak dvaqana ma>hoy Oej o xky hoy to bē dvaqana 4l j AakDI mkavetema3eix9` AapvūAne3ko Aapvo. - Nsb2l ma3ewa{Ao netyar krva
⊕	rslkr`	<ul style="list-style-type: none"> - Baa5k nv mihnanl]nru4ay tyaretēerslkr` na smyptk mj b b2l rslAo, smysr m5ete ma3e ix9` Aapl mmta idvs tēj Arogy kēd/dvara 4ta Aiwyan ma j oDavvū - Dl pl 3l no blj l Aneitj o Doz Apavvo tepDkar Oe kar` kersl mkalva bad ba5k nedqē tav AaveAne terDe Maatanekamnūwar` hoy. Aēl eba5k nersl na mkaveAava ikSsama>bē neAarōgy ix9` Aapo ke spē rslkr` nl kē j rdl hoy O, rsl mkva4l 4tl AadAsr ivxesmj avo. Jo rsl mkvanl rit ma qaml hoy to 9mta v2aro. rsl mkalva bad peasl3amol m5e0ekenhl tēl tkdarl raqo. Anemata-iptanetēo Doz, Aapvanl rit Aneba5knl swa5 ivxesmj avo.

pirix*3 4

Va8R2012-13 ni kamgiri ma3e7i idpæ dveAnevE iSmta baj pa{ dvara
Aæ. Aæ. +. A0 nestno:

kn	Aæ. Aæ. +. A0	+Li o	sčn
1	Vainta ixuivhar	Banaska#a	<ul style="list-style-type: none"> - sS4agt pšut ma3ephēa srkarl dvaqana ma> Anej o Tya sgvd na 4tl hoy to icr>vl dvaqanama>j va ma3eix9` AneVyvS4a krvi - ha{ rIsk bæo neA05ql tæerlfr krvi - {kbal g! Maa>nsRerhæanl sgvd Oe to Tya> na sl. Di. Aæ. A0. sa4e Aayoj n krl pšut ma3e VyvS4a go#vvl - gam na dræ loko ne law m5e te rite kompnuAayoj n krvu
2	Kohæ n sS4a	Paa3`	<ul style="list-style-type: none"> - S45aæ r krta loko ni yadl bnavl sl. Di. Aæ. A0. ne Aapo te S45aæ rlt krtl j Gya na sl. Di. Aæ. A0. sa4e skl n Maa3e rj Aat kro - Maa3e gamne midrna 383 sa4e Ayoj n krl loko nerslkr` ma3epo{saht krva - SaS4akly pšut ma3e mft Anetblbl svaA0]praæ kStuba po8` shay Anej nni ixu s09ana law ivxe ix9` AapvU srkarl dvaqana ma>laykat 2ravta DoK3r Ane]Cc k9ana sa2no hoy Oetol smj loko ma]wl krvi - sgwa bæo ni pl. Aæ. sl. kesl. Aæ. sl ni muakat kravvl - loko ni malyta nesm+ neccaRkrvi qas krl neba5ko ma3enl tænl malyta nesmj vu Tyar bad tæa pr Aag5 kam krvu - mata keba5 mkyunl l c kl ak ma>j a` krvi tæa>gam Anej eba keba5k numkyu4yuhoy tæl maihtl Aapvl
3	Gaj rat voLaN3rl hē4 AsosIAæ n	Aa` d	<ul style="list-style-type: none"> - wrvaD smday sa4e kam krva Aæ n AorlAæ3D kam ni yoj na bnavvl - Aaql kayRoj na pr frl 4l kam krvu
4	is@2l mihl a shkarl mD5l	pæmhal	<ul style="list-style-type: none"> - Sapu Rmaihtl sa4ekayRoj na bnavvl - ivStar Ane loko ni malyta ne A05ql te mjub kayRoj na bnavvl - xhea ma>gam dl# tæj l u avaDama>E gam vCcekp nuAayoj n krvu - A00l vStl va5a ivStar ma>bæo nepl. Aæ. sl pr tpa ma3el { j vl j æl bæo ni tpa

			<p>4ay, bæo pl. Aæ. sl j oxeto svavD ma3ep` Aave</p> <ul style="list-style-type: none"> - Moba{l van n0]pyog krl xkay - Jo klp ma Am. Ao. – pl. Aæ. sl Aavxeto bporebevageAavxeAnecar vagej ta rhæe Aneb2l bæo ni tpaš na 4{ xketo tæe @yan ma>raqi kayRyoj na 6Dvl - SvCOta pr qas @yan Aapvu tøj p0i*3k Aahar, AayR go5l ma3eAaroGy ix9` Aapvu kel ohtv na po8` ma3eiv3amln sl l eupDe - 6r na l oko Aneba5ko na qorak ni Aadt ne ja` o AneAadt bdl va pyIno kro - K00 inyoj n ma3e bæ nu ka]Nsælg sgWavS4a 4l krvu - Pau8 nsb2l ma3ecar v8Rma>j o paæ pu8o tÿar 4ya hoy to j ya>xky hoy tegam pr war mævo - Aæxn Pl an cokks bnavvo
5]Tk8RFa]NDæn	pæmhal	<ul style="list-style-type: none"> - l lk vkR ni gk muakat ni gù vta s0arvani j ru Oe - kayR yoj na ne frl 4l bnavva ma3e stn Aapya Anedræ pxkt neSp*3 l qvana stn Aapya
- riva{ZD kayRyoj na			
1]Tk8RFa]NDæn	pæmhal	- kayRyoj na ma3ecokks r` nlit 6Dvl
2	is@2l mihl a shkarl mD5l	pæmhal	- j ekam krvana hoy Ael qvuj 4l tmneAne l lk vkR neSp*3ta rhe
3	Gaj rat voLaN3ri hë4 AsosIAæn	Aa` d	- Aaxana kayRI kayRyoj na Aap` enKkl n krl xkIAepræul lk vkR na kayRI yoj na 6DI xkay. l lk vkR AneAaxa sykt Aayoj n krl xke