

evfivgum meir Pvl

meir Pvl i gj-j ¶Yxq w`K ntv Zvi mgq| Kvi Y me meirRB miv eQi Pvl Kiv hvq bv|
tKvtr meir kxZKvtj Pvl Kiv nq Avevi tKvtr meir M®Kvtj Pvl Kiv nq| Zte Ggb ¶KQy
meir AvtQ th,tjv miv eQiB Pvl Kiv hvq| GB BDibU tific ¶KQymeir thgb te,b,
jvj kvK Ges ei euJ m`utK®Avtj vPbv Kiv ntv|



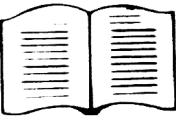
cw 7.1 dj Rivxq meir - te,b

GB cw tktl Avrb

- te,b m`utK®avi Yv w`tz cvi teb|
- te,þbi Pvlver` e`vL`v KiþZ cvi teb|
- te,þbi e`enri DþjL KiþZ cvi teb|

figkv I cvi Pvl

te,b Solanaceae cvi evfiv m`m`| Gi `eÁvnbK big Solanum melongena| evsj vt`tk
tgv Pvl vaxb Rivgi cvi gvY I Drcv`þbi w`K t`þK te,þbi `vb me¶M¶ t`þki me¶ Gi Pvl
nq| miv eQi GuU evRvti cvl qv hvq etj me tkYvi tj vtKi KvQ w`c¶| AþþKi gþZ fvi Z
Dcgnv`k te,þbi Drcv`þj | ZvB te,þbi mevfbe`vbxq RivZ t`þki mevfbeAAþj Qvotq
w`QvUtg AvtQ|



Rjevqy gvU

te,b Dò Rjevqy dmj | Zte Avak DòZvq dj b fivjv nq bv| dj avitYi Rb` 15-20°
tm. ZvcgvIv c¶qvRb nq| evsj vt`tk miv eQiB te,þbi Drcv`b nq| iwe tgsmg me RivZi
te,b Pvl i Rb` AvakZi DcþhMx| t`v-Avka I tetj t`v-Avka gvU te,þbi Rb` metPtq
fivjv| cvnb w`vKþbi mgy`e`vm`ubæGþj t`v-Avka gvUþZi te,b Pvlver` Kiv hvq|

te,b Dò Rjevqy dmj |
dj avitYi Rb` 15-20° tm.
ZvcgvIv c¶qvRb nq| t`v-
Avka I tetj t`v-Avka gvU
te,þbi Rb` metPtq
fivjv|

eskwe`li I tivcY

evfiv gva`tgB te,b MvtQi eskwe`li Kiv ntv `vtK| kvZKvxb te,b Pvl i Rb` RjvBtqi
tkl t`þK Aþveti i gvSvgnS ch¶ Ges elvRjvxb te,þbi Rb` w`tm`þi i tkl t`þK
Gv¶j i gvSvgnS ch¶ Pvl Drcv`þbi Rb` exRZjvq exR ecb Kiv hvq| mY`Pvl cvl qvi
Rb` c¶tg exRZjvq Pvl `Zwi Kþi Zv w`Zvq exRZjvq `vbi¶li Kiv DvPZ| exR ectbi Rb`
c¶Z exRZjvq (3 _ 1 eM¶g.) c¶q 8 M¶g exR `i Kvi nq|

evfiv gva`tgB te,b MvtQi
eskwe`li Kiv ntv `vtK|
mY`Pvl cvl qvi Rb` c¶tg
exRZjvq Pvl `Zwi Kþi Zv
w`Zvq exRZjvq `vbi¶li
Kiv DvPZ|

RvZ

evsj vt`tki mevfbeAAþj AmsL` RivZi te,þbi Pvl nq| Gi gta` DþjLþhM` RivZ,tjv
nþQ t`fvjv vlv_, Bmjvvcjx, LULwUqv, wksbv_, DÈiv (we G Avi AvB KZ¶ D`weZ),
bqbKvRj Ges gYþKkix|

mvi c¶qm

te,b gvU t`þK c¶Z cvi gvY Lv` `vcr`vb tkvl Y Kþi etj mþ¶li RbK Drcv`þbi Rb` mvi
c¶qm AZ`vek`K| mvi wY 7.1.1 Avyvti mvi c¶qm Kiþ fivjv dj b cvl qv m`e|

Ablyj b (Activity)t Avcbvi GjvKvq tKvb&tKvb&RvZi te, b Pvl Kiv nq| Zv`i dj b
vj tL GKUv Zvj Kiv cZ Ki ab|



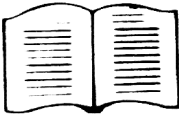
mi gg®

- eisj vt`tk te, b GKUv kvl`vbxq meiR|
- te, b DÒ Rj evqj dmj | Gi dj avi tYi Rb` Mto 15-20⁰ tm. Zvcgv t v c qv Rb nq|
- t`v-Avka I tetj t`v-Avka gvU te, b Pvl i Rb` me tPtq Dc thv Mx|
- ex tRi gva`tg te, tbi eskve`li Kiv nq|
- eisj vt`tk mevfba RvZi te, tbi Pvl nq|
- tn±i cZ dj b 30-40 Ub|
- te, tbi e`vea e`env t i gta` Zi Kivi, fvr I fZ`Ab`Zg|

cW 7.2 kuKRvZiq meiR - j vj kvK

GB cW tkI Avcib

- j vj kvK m`utK^{avi} Yv w`tZ cvi teb|
- j vj kvK Pvl ver` m`utK^{eY} Ki tZ cvi teb|



fvgKv I cwiPvZ

j vj kvK (*Amaranthus gangeticus*) Avqvⁱ t`tki GKUu AuZ Rbuc^q meiR| j vj kvK ⁰A^vgvi vbt^{um} (*Amaranthaceae*)⁰ cwi evi fZ^l evsj vt`tk j vj kvK L^g mn^tR R^tS^s ZvB A^tb^tKB Gi Dr^cr`b w^el^tq g^tb^th^vM t`l qvi c⁰qvRb^{iq}Zv Ab^fe K^ti b bv| w^bi ¹q^x AA^tj i me^PB Gi Pvl nq| w^ef^bae M⁰S^cavb t`tk Gi Pvl n^tq _vtK| B^sti w^RtZ G^tK Red Amaranth ej v nq| j vj kv^tKi cvZv bi g, t^jvgnb, j vj A^{_}ev M^vp j vj n^tq _vtK| KvU I kvLvi AM^fv^tMi cvZv mgⁿ Rosette-Gi AvK^vtⁱ m^vRv^tbv _vtK| ^uvBK-RvZiq d^z t⁰ j vj kv^tKi d^z nq| exR t^Mj vKvi I Kv^tj v| Gi KvU I cvZv memgq j vj; G^tZ c⁰z cwi grY ⁰G^vt^smvqvmb⁰ i AK^{_}vtK| GB i A^tKi ⁱab j vj kvK j vj nq|

j vj kvK evOvj x^t i GKUu
AuZuc^q I c^voKi meiR|
evsj vt`tk B^vn L^g mn^tRB
R^tS^s _vtK|

evsj vt`tki Rj evq^tZ
eQ^ti i th tKv^tbv mgq
j vj kvK Rb^vt^h hvq|
j vj kvK P^tl i Rb^u t`v-
Av^ka g^vuL me^fc^qv
Dc^th^vMx|

Rj evq^t g^vuL

Av⁰l i⁰ Df^q Ae^viq mdj fite j vj kv^tKi Pvl n^tq _vtK| evsj vt`tki Rj evq^tZ eQ^ti i th tKv^tbv mgq j vj kvK Rb^vt^h hvq| Z^te i w^e tg^smt^gi c⁰g f^vM j vj kvK Dr^cr`bⁱ c⁰vb tg^smt^g| j vj kvK P^tl i Rb^u t`v-Av^ka g^vuL me^fc^qv Dc^th^vMx|

RvZ

evsj vt`tk m^vavi YZ Avj Zv^cuZ (hv evsj vt`k K^vl. Db^qb K^tc^qi kb KZ^R Ab^tg^v Z) Ges eZ^gv^tb evsj vt`k K^vl. M^te^l Yv B^bu^oU^DU KZ^R D^mweZ emi j vj kvK-1 euj e^uuZ n^tq|

esk w^eli I exR nvi

ex^tRi g^va^tg j vj kv^tKi eskw^eli Kiv nq| c⁰Z tn[±]ti 2.0 tK^vR exR j vtM|

exR ecb

R^vg M^fxⁱ fite Pvl K^ti S^zS^zv Ki^tZ nq| m^vavi YZ exR GKev^ti bv e^tb 3/4 m^bvn cⁱcⁱ `dvq `dvq R^vg^tZ e^tbj me mgq kvK tZv^jvi m^th^vM nq| exR Kv^tj v I ^qz^q exR tQvU w^eavq emj ev QvB w^guk^tq exR e^tb K^vuV ev n^vZ w^u t^q ecbKZ. exR tX^tK w^u tZ n^te|

exR tQvU w^eavq emj ev QvB
w^guk^tq exR e^tb K^vuV ev
n^vZ w^u t^q ecbKZ. exR
tX^tK w^u tZ n^te|

mvi c⁰q^vM

m^vavi YZ ga^g De^P R^vgⁱ Rb^u tn[±]i-c⁰Z 10 Ub t^Mveⁱ m^vi, 200 tK^vR BD^vi qv, 100 tK^vR u^l G^m w^c Ges 150 tK^vR G^g w^c c⁰q^vM Ki^tZ n^te| mg^yq t^Mveⁱ, u^l G^m w^c Ges A^ta^R BD^vi qv I G^g w^c R^vg^u Z^vi i mgq Ges evK^x A^ta^R BD^vi qv I G^g w^c D^cwi c⁰q^vM wⁿt^mte exR ec^tbi 20 w^u b ci c⁰q^vM Ki^tZ n^te|

cwiPh⁰l djb

t^qZ Av^mO^vg⁰ i vL^v, c^vmb t^mP-w⁰vk^b e^ev Ges P^viv M^Rv^tbvⁱ w^KO^y w^b ci P^viv cvZj v K^ti w^u tZ nq| g^ta^u g^ta^u Nb P^viv D^Vv^tj kvK L^vl qv P^tj | emi j vj kv^tKi djb tn[±]i c⁰Z 12-14 Ub| exR ec^tbi 30-35 w^u t^hi g^ta^u j vj kvK Avⁿi Y Kiv hvq|

j vj kv^tKi Rb^u P^viv
cvZj vKi Y L^gB DcK^vi x^l

jvj kvtKi i qv tcvKv I
K'vUvıvcjvfiı AvııgY
t`Lv hvq|

tcvKv I tivM

jvj kvtK tcvKvi AvııgY LøB Kg| i qv tcvKv I K'vUvıvcjvfiı AvııgY t`Lv hvq|
g'ıj vı_qb 57 Bııı e'enıfi Bııv `gb Kiv hvq| gvtS gvtS gıııPr ev cvZıq `vıM cov tivM
t`Lv hvq| cöZ vı Uvi cııbtZ 1.5 Mıg WıBt_b Gg-45 vııktıq t`úÜKıtj G tivM `gb Kiv
mıe|

e'envi

jvj kvtKi cvZı fııR vıtııte Ges bıg KıÜ e'Ätbi DcKıY vıtııte e'euZ nq|



mııgg©

- jvj kvK evÜıj xt`i GKUvıvcıı cııbtKi meWR|
- jvj kvtKi cvZı mıj , tjıvgıxb , jvj A_ev Mıı jvj ntq _vtK|
- jvj kvtKi cPz cııı gıv ÜGtšııııqıııbbö i ÄK _vtK| GB i ÄtKi Rb" jvj kvK jvj nq|
- evsj vt`tki Rj evqıZ eÜti i th tKıv mgq Bııv Rtbı| Zte i we tgšııııg teıık fııııv nq|
- jvj kvtKi cvZı cıııbtZ fııR vıtııte Lvı qv nq|
- jvj kvtKi extRı gvaııg eskııe`ıı Kiv nq|
- tnııı cöZ dj b 12-14 Üb|



cuVvEi gj`iqb 7.2

1. mZ` ntj OmO Ges iq_`v ntj OgO vj Lly|

- K. jvj kvK i Bsti iR bvg red shak.
- L. jvj kvK cPZ cwi gvY OgS imvqmbbO i AK_vK|
- M. jvj kvK meaiYi gvUtZ Pvl Kiv hvq|

2. ib`b c jY Kiab|

- K. jvj kvK i `OU Ddmx RvZ I|
- L. jvj kvK cwi erfi i meiR|
- M. jvj kvK i tn±i cOZ dj b Ub|

3. mWK DEti i cuK,UK pY (v) w b|

- K. jvj kvK MtQ tciKvi AvμgY
 - 1. LyB tek
 - 2. LyB Kg
 - 3. gvSvix
 - 4. Kg
- L. jvj kvK i esk we` vi iKtmi gva`tg Kiv nq?
 - 1. exRi gva`tg
 - 2. Pivi gva`tg
 - 3. kvLvi gva`tg
 - 4. exR I kvLvi gva`tg
- M. jvj kvK gvS gvS Kx ti vM t`Lv hvq?
 - 1. Piv Xtj cov
 - 2. cvZiq `vM cov
 - 3. KvU i Kvj v `vM
 - 4. dj Sto cov

4. GK K_vq ev evK` DEi w b|

- K. jvj kvK tKvb&tgSmgi meiR?
- L. jvj kvK i dj iKtm nq?
- M. jvj kvK i tciKvi bvg ej ly|

mvi c0qM

tn±i c0Z 10 Ub tMvei, 50 tKwR BDwi qv, 120 tKwR wU Gm uc Ges 100 tKwR Gg uc mvi t`qv thtZ cvi | meUKzmvi Rwg `Zwi mgq uguktq t`qv thtZ cvi, KLtbr BDwi qv I cUvtki wKq`sk Dcwi c0qM Kiv nq |

AŠZKvj xb cwi PhP

j Zvfbv RvZi mewRi Rb`
metPtq eo cwi PhPntj v
gvPr ev evDbx t`qv |

j Zvfbv RvZi Rb` gvPr t`lqv c0qvRb | Zte tnjvfbv/Lvov evDbx t`qv thtZ cvi | c0qvRtb tmP t`qv DvPZ | t`qjZ cwb Rtg tMj w`wkb Kiv `iKvi | weQvfcvKv MvQi cvZi wkiwKzeif` meR Ask tLtg tdtj | Rve tcvKv I w`c0n cvZv I Wwv bó Kti t`q | 25 ug. wj . g`j w`qb 57 Bwm ev 20 ug. wj . WvqmRbb 60 Bwm 10 wj Uvi cwbZ uguktq t`z0 KiZ nte | dj w`Kvix tcvKv `gtb wicKW`ev WvqmRbb t`z0KiZ nte | Gb`Ktbr Ges MvQi tMvov I wKko cPr t`Lv w`tj WwB`b Gg-45 Gi 0.2% `eY 15 w`b cici t`z0 KiZ nte |

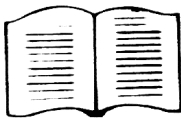
dmj mSMh I dj b

mvavi YZ dj aivi 4-5
w`tbi gta` cY`AvKvi c0B
I tLvmvq Avk nqwb Ggb
dj mSMh KiZ nq | GtZ
dj b 5-7 Ub/tn. nq |

exR ectbi 50-60 w`b ci eiwUtz dz I dj ati | mvavi YZ dj aivi 4-5 w`tbi gta` c Y`AvKvi c0B I tLvmvq Avk nqwb Ggb dj mSMh KiZ nq | GtZ dj b 5-7 Ub/tn. nq | extRi Rb` Pvl Kij mvavi YZ MvQi 80-100 w`b eqm t`tK cvKv I `iKbr dj mSMh KiZ nq | extRi dj b 1.0-1.5 Ub/tn±i nq | dz Avmvi ci t`tK GB MvQ 60-75 w`b chS dj w`tZ cvi |

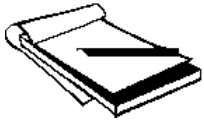
e`envi

mewR wntmte KivP Acwi c° kyd Ges cwi YZ wKŠ`Acwi c° dj t`tK c0B KivPv exR e`euZ ntq _vtK | kyd cwi c° nevi mv`_ mv`_B extR AvgtI I cwi gvY evotZ _vtK | ZLb GB exR Wj dmj wntmte AZ`Šl c0Ki | MvQ KivP I big Ae`vq DrKó.ciLv` I meR mvi wntmte e`envi Kiv hvq |



mvi gg©

- mKj cKvi RvgtZ Aí mvi I mgvb` cwi PhPZB eiwU Pvl Kiv hvq |
- gv`mi dmtj ht`ó Avgl -mgx mewR cvl qv m`e |
- KivPv kydB c0vb Dcv`vb wntmte weterPZ ntj I Wj dmj wntmetel Gi e`veni i e`vck m`tebr i tqfQ |
- GK ugUvi `iZ; mwi Kti 25-30 tm. ug. `iZ; Avvbk c`wZtZ Pvlvev` Kti 5-7 Ub/tn. eiwU Drcv`b Kiv hvq |



Peršigj`ıqb– BDıbu 7

msıŋŋB I iPbvıj-K cıkæ

1. te₃b PıŋI i Rb` Gi Rj evqyl gwıU Ges tıvcY c×ıZ eYŋv Kiab|
2. te₃b PıŋI Kxfıte mvi cŋqıM Kiŋeb cwi gıYmn eYŋv Kiab|
3. j vj kvK PıŋI i Dci msıŋŋB GKUv i Pbv ıj Lıj|
4. eıenUi AšéZŋKıj ıxb cwi PhŋeYŋv Kiab|
5. eıenUi dmj msMŋ, dj b Ges e`envi m`úKŋeYŋv Kiab|
6. te₃ŋb Kx Kx tıvıgıvKo I tıvıMeıj vB nq? tm₃tıj v`gŋbi cŋqıRbıq e`e`v eYŋv Kiab|



DĚıgvıv– BDıbu 7

cıW 7.1

- | | | |
|-----------------------------------|-----------------------|--------------------------|
| 1. K (m) | L. (ıg) | M. (m) |
| 2. K (Solanaceae) | L. (dj I KvŰ ıQ`Kvıx) | M. (90) |
| 3. K (2) | L. (2) | M. (1) |
| 4. K (f`veAvk I tetj f`veAvk Kŋi) | | L. (DĚıv) M. (AvPıv `Zwi |

cıW 7.2

- | | | |
|---------------------------------|--|------------------------------------|
| 1. K (m) | L. (m) | M. (ıg) |
| 2. K (Avj ZıvcıZ, emı j vj kvK) | | L. (A`ıgvıvbtım) M. (12-14) |
| 3. K (2) | L. (1) | M. (2) |
| 4. K (ııe tgšmsı) | L. (ı`úvBK RıvZıq dj ₃ ŋ`Q) | M. (ı`ıqv tıvıKıv I K`ıvıvııcjıvı) |

cıW 7.3

- | | | |
|--------------|--------------------------------------|--------------------------|
| 1. K (ıg) | L. (m) | M. (ıg) |
| 2. K (50) | L. (1.0-1.5 Ub) | M. (Vigna sesquipedalis) |
| 3. K (4) | L. (3) | M. (4) |
| 4. K (tdj b) | L. (Pıxbı ıı--\$ ıxb, cıjıv dvéıjıv) | M. (4-5 tKııR/tn±ı) |