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VF\BGL ;FDFgl HF/J6L



VF\BGL HF/J6L

S[8,FS ZMHAZMHGF SFDMDF\ ;FJWFGL ZFBJFYL VF\BDF\ YT] G]SXFG ZMSL XSFI K[P

s!f 5MIQ8S VFCFZ ,[JFYL IJ8FDLG A GL BFDL VFJTL GYLP

sZf) DICGFYL # JQF" ;]WL NZ K DICG[AF/SG[Vit – A GM 0Mh
5LJ0FJJFYL TYF A[AF/SMGF HgD JrR[H~ZL ;DIUF/M
ZFBJFYL Vit – A GL BFDLYL ARL XSFI K[P s Vit-A ;ZSFZL
NJFBFG[DOT D/T]\ CMI K[Pf

s#f AF/SMGL GHLS WFZJF/L J:T]VM GF ZFBJLP UL<,LvN\0F4
TLZvSFDFG4 5F6L EZ[,F O]uUF JU[Z[YL ZDJFG]\ 5]Mt;FCG
AF.SMG[GF VF5J]\P O8FS0F OM0TL JBT[AF/SMG]\ wIFG
ZFBJ]\P

s\$f ,MSMG[;,FC VF5JL S[T[VM ;}I"U|C6G[GF H]V[4 GCL TM
VF\BGF 50NFG[G]SXFG Y. XS[K[P

s5f H[,MSM VFS"vJ[<0L\U4 ,[Y DXLG VG[5tYZ OM0JFG]\ SFD
JU[Z[SZ[K[T[VMG[cc;]Z1FF RxDFcc 5C[ZJFGL ;,FC VF5JL
H[GFYL SLSL (Cornea) ;]Z1FT ZC[K[P

s&f 5]IMUXF/FDF\ SFD SZTF ;FJWFGL ZFBJLP

s*f VF\BDF\ SR~\ 50[TM VF\BG[D;?IF JUZ VF\BG[RMbBF
5F6LYL WMJL TYF VF\BGF 0MS8ZGM ;\5S" SZJMP



VF\BGL ;FDFqI ;\EF/

- hF\BF 5|SFXDF\ JF\RJJ\ GCLP
- ;}TF\v;}TF\ JF\RJJ\ GCLP RM50L V[S O]8 N}Z ZFBL JF\RJJ\
- VF\BGL p5Z 5|SFX VFJ[T[ZLT[JF\RJJ\ GIC 5Z\T] 5|SFX jIISTGL 5FK/GL VYJF AFH]DF\YL VFJ[T[ZLT[RM50L p5Z 50TM CMJM HM.V[P
- 8LPJLP VFXZ[!_ O]8 H[8,] N}Z A[:LG[H HMJ]\P
- 8LPJLP HMTL JBT[~DGL V[S ,F.8 H~Z RF,] ZFBJLP
- ;TT V0WM S,FSYL JEFZ[;DI JF\RJJ\ GCLP JrR[5F\R DLGL8 VF\BG[VFZFD VF5JMP
- VF\B ,F, Y. HFI4 VF\BDF\ N]oBFJM YFI VYJF VRFGS hF\B] N[BFT] YFI TM TZT H VF\BGF 0MS8ZG[ATFJJ]\P

VF\BGF 0MS8ZG[ATFjIF JUZ SM.56 NJF VF\BDF\ D}SJL GCLP

- GFGF AF/SGL VF\BDF\ RL50F VFJTF CMI TM ~ RFbBF 5F6LDF\ AM/L T[GFYL VF\BM ;FO SZJLP V[S H ~GF 5}D0FGM A\G[VF\BDF\ p5IMU G SZJMP
- VF\BDF\ SM. 8L\5F GF\BTF CM TM 8L5F GF\bIF AFN NJFGL XLXLG]\ -F\S6 VR}S A\W SZJ]\P XLXLGL WFZG[SNL V0SJ]\ GCLP V[SJFZ NJFGL XLXLG]\ 5[S TMSIF 5KL T[GM V[S DCLGF AFN p5IMU SZJM GCLP
- NZ[S jIISTV[HFT[H & 0U,F N}ZGF ,BF6G[JF\RJFGM 5|ItG SZJM HM.V[VG[HM T[UF\B] H6FI TM VF\BGF 0MS8Z 5F;[H. RxDFGL T5F; SZFJL HM.V[P

RxDFGL N[BZ[B

- RxDFGM p5IMU AFN SJZDF\ ZFBJF HM.V[P
- 8[A, p5Z RxDF D}SM tIFZ[T[GF SFR p5Z TZO CMI VG[3;FI GIC T[ZLT[ZFBJF HM.V[P
- NZZMH RxDFG[:JrK RLSFX ZICT S50FYL ;FO SZJFP
- RxDFGF SFR p5Z SFTZF 50JF N[JF GICP

- S]8]ADF\ S[50MXDF\ V[SALHFGF RxDFGM p5IMU SZJM GCLP

\$_ JQF"GL p5ZGL jIISTV[NZ JQF" hFDZGL T5F;
SZFJTF ZC[J]\
RxDFGF G\AZ CMI T[D6[NZ JQF" RxDFGL T5F;
SZFJTF ZC[J]\ HM.V[P



ચરમા સ્વચ્છ કપડાથી લૂછીને સાફ કરતા રહો.



જરૂર ન હોય ત્યારે ચરમા કવરમાં મૂકો.