



မြစ်နှုတ်ကိုကျေးခြင်းအကြောင်း
ရှယ်တူချင်း နှစ်သိမ့်ဆွဲးနေး
ပညာပေးခြင်း သင်တန်းသူ
လက်ခွဲ



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Through the generous support of



Livelihoods and Food Security Fund



managed by UNOPS

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& fwbsi fErofnaq&Eynmayjci fo i fwefol
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a&:om:jy|pb|

- Thelma Tun-Thein, MS, RDN, IBCLC, RLC
Registered Dietitian/Nutritionist
International Board Certified Lactation Consultant

bmonjyefl

- Saw Eden

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- #### - iD creative solutions

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- LEARN

Leveraging Essential Nutrition Actions to Reduce Malnutrition (LEARN) project

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“Breastfeeding Peer Counselling Participant Manual” VRfnfTfUktv&SF
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Nutrition Actions to Reduce Malnutrition) r&:om;jylbOnfp LEARN
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| tcef3 | &i ðm;rs;rsdi EwldfauRjci f | 21 |
| tcef4 | rdi EwldfauRjci f | 38 |
| tcef5 | xðyf(Eik)ESa et x; | 47 |
| tcef6 | rdi EwldfauRjci fqk | 56 |
| | taumi fqktavt usi h; | |
| tcef7 | &i ðm;uðs, jci fEshvuzi h EwldfauRjci f | 60 |
| | EwldfauRjci f | |
| tcef8 | vkfefci &rdi f | 64 |
| tcef9 | arf uð ftav;celfjynfomuav; | 67 |
| tcef10 | rdi EwldfauR&mwí fuðlwmðom tajctaer; | 70 |
| tcef11 | rdi EwldfauRjci fqk taumi fqktavt usi h; | 81 |

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| tcef2 | EwldfauRjci f | 94 |
| tcef3 | EbdnqfaEfoltrm; twuftself, m; | 99 |

tyhf-3 WHO vrftesufsm;

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| tcef1 | rdi EwldfauRjci f vkfqmi &rnft qih0qih | 103 |
| tcef2 | azmfvlvñEsfm; qfsm urmErefma&tzoya' Esh jrefmEif&strelf | 103 |

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| tcef1 | uð ðefqmi ftqih; | 107 |
| tcef2 | uð ðefqmi þoEshdi EwldfauRpof tm[m& | 110 |

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| tcef2 | rdi Ew <u>lufurjci ft alumi f&g</u> wbsi f E <u>sdqfaEynmayjci f</u> sh |
| | rdi Ew <u>lufurjci ft alumi f&g</u> wbsi f E <u>sdqfaEynmayohm;</u> |
| tcef3 | &i fom;rm;rsdi Ew <u>f</u> nkf/kvfkjkkl |
| tcef4 | rdi Ew <u>mpdlnw</u> lufurjci f |
| tcef5 | xdyf(Ew) E <i>st</i> aet xm; |
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| tcef7 | &i fom;uge, jci f <u>svuzi</u> Ew <u>nfkvcif</u> pkfuzi Ew <u>nfkvcif</u> |
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- tough to defend against the virus
 - tough to prevent transmission from asymptomatic carriers; 38% (WHO, 2019) & 51% (2017) & 100% of asymptomatic carriers are infectious

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 - aoqEksfcs16q ydi fm;onf
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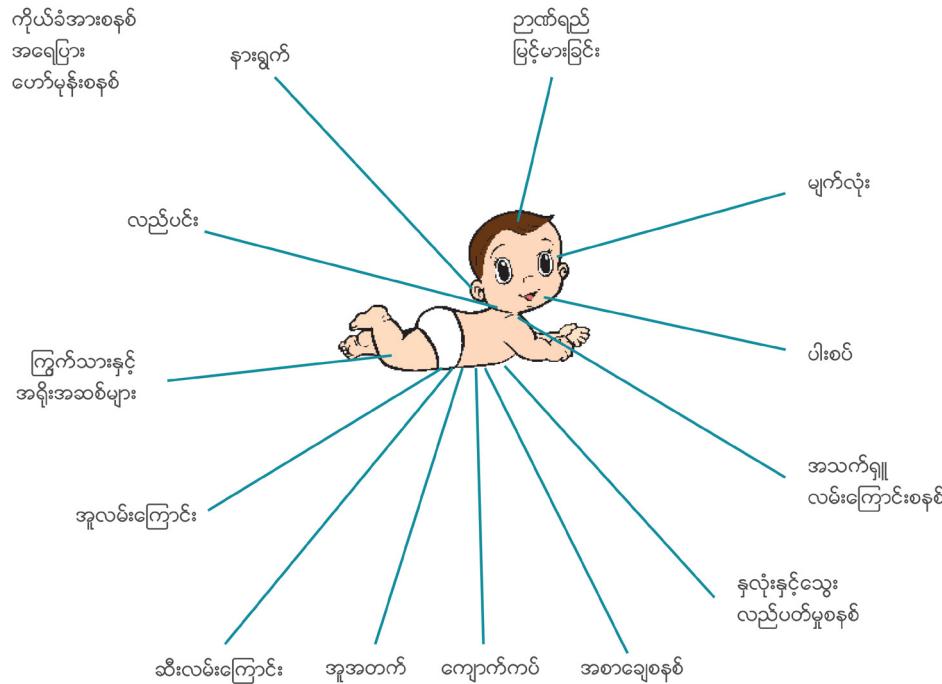
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 - &ȳf̄lw̄l̄Eh̄l̄f̄csl̄dm; pk̄l̄tw̄l̄f̄w̄l̄t̄m̄ay; axmufr̄m̄urdi Ehd̄l̄m̄if̄f̄
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neum; x^M; aomv nfrdi E^Lu^Wf^Nrnft aicta et c^Wponf0yrm-

- "mwfi fubrtHæaomrdi fm;
 - u i qmaq;oi frtHæaomrdi fm;
 - wD&m* qDub&ao;aomrdi fm; (ubrtHyDi fdi EwlufuEnnf)
 - jye&numtbuvupaomAHypomrdi fm;
 - uav;udef ubr&at mi fsuf xuppaom [Rkt i fuuel tezur i fpaom w&m;r0i fl, paq;Ogokæaomrdi fm;
 - HIV &omrdi fm; (urmQefma& tzuef fuuvufurfn fuufum fm; twkfuvukum&ef (ukuefqmi foE fndi EwlufuEp0FARV aq; EuubrtHhm; omrdi EwlufuEnnf wnfwudufuEunnf)

t cef2 - rdi Ew/kuRjci ft aMumi f&G fvbsi fESEdhaqfaEgyntay;
jci fESEndi Ew/kuRjci ft aMumi f&G fvbsi fESEdhaqfaEgyntay;
ohsm;

rdi E^W kufufci ft aUmi f&G fvbsi fE^W dqfaE^Wyn may;&mwW ft jcm; tr^W brDm; t m;
rdi E^W kufufz u h DE Shax mu fay;&e&y&f&Gdi E^W kufulaom? rdi E^W kufufci fo i wef
wuf&mu yDm tr^W brDm; u k^W llygonf&y&f&t wW f&G fvbsi fu hDy;&rn fzpf
aom allu mi E^W dqfaE^Wyn may; ohs; on fv h&?, Ofusr lW k^W n^W fpm; i ywWeW fsi f
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 - tjc|m; trkubrDm; tm; rdi Ewkufuf&mwi fu hkuy;&efku/kukuef!
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| 3/ | p0f&aom?tm;u10aom?, u10nftm;xm;&aom?ra0zeafom?u10iemaom? |
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| 5/ | tjrlwrfoem;u10iemwwlyDpmemwwfbnf |
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| 10/ | rdi EStu10fciqk10&saomupm;u10di fsm;ajz&S&mwifuhay;onf |
| 11/ | rdi fsm;ar;aomar;cefsm;u10zqby;lyDdi EStu10fciqk10&moifi |
| 12/ | tvufsm;u10ay;onf |
| 13/ | tre10, fwmhSay;yltjrlwrftu10Pbmay;onf |
| 14/ | rdi fijymaomt&muk10jrlwrsem;axmiay;onf |
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| 20/ | aomaq;ynm&Sfm;xN10jymifay;onf |
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- 17/ v̄l̄m\ tw̄l̄ fa&; ūl̄ dayūl̄m; apylxelfodfonf
18/ oif b̄mmp̄l̄ 0wpm; qif i bnf
19/ sci ^r̄d̄l̄ f̄uft zt̄l̄ p̄n fr̄m; E ſ̄l̄q; ynm& ſ̄l̄v̄l̄ vr̄f̄n ſ̄l̄ f̄uft w̄l̄ faq mif
20/ sci refe* m? t̄xufv̄l̄ūl̄m; E ſ̄l̄jyvn ſ̄l̄maq mif ſ̄l̄ bnf
21/ rdi E ſ̄l̄ufūl̄ci fq̄l̄t̄l̄ r̄d̄l̄p̄l̄ & nft oghmr̄m; w̄l̄v̄ufat mif fq̄uſuf
oif bnf

rdalqmi &U&rn&abmif twif [qd&mwif frdi E&nd&fci ft allumi f&G fwksi fES&dh
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rijy&k&y

- 1/ a&m*əm̩rn̩fvyjcf
2/ aq;bufq̩ʃt̩l̩θ̩P̩y;jcif
3/ aq;n̩efaq;ay;jcif
4/ rdiʃv̩ʃufciʃʃouq̩ʃom̩t̩l̩n̩D̩ay;jcif

cuf&lyfxfaom tajctaetm; v~~l~~^uq; buq~~l~~^u^scr^tz~~l~~^upnfq~~l~~^umwm0e~~l~~^ush~~l~~^ux~~l~~^u
v~~l~~^ujym~~l~~^ufay;&rnf4i fulq~~l~~^uaqm~~l~~^ufsu~~l~~^uyfvel~~l~~^uDesu~~l~~^usi fv~~l~~^ujym~~l~~^ufay;jci f~~l~~^uconf
atmu~~l~~^ugtajctaer~~l~~^um; u~~l~~^uq; u~~l~~^uaqm~~l~~^ufsu~~l~~^usm; u~~l~~^uyfvel~~l~~^uD~~l~~^ujym~~l~~^ufyl

- 1/ uav; ol[kf¹fdi fv¹ faq; buq¹ f¹ usefrma&;jyÓ emrsm;&f¹ f
2/ uav; \uk¹ ftav; celfw¹lvuf¹ fo¹[kf¹ftjcm;usefrma&;jyÓ emrsm;&f¹ f
3/ rdi E¹luenfv¹ f
4/ uav;r¹Sk¹tuufci f¹E¹ldi f¹cuufci f¹qufvuf¹ f¹ev¹ f
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ol[kf¹ft v¹fao;i , fom?zsm;emaomuav;jzpæev¹ f
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tE¹Am, &f¹ f
10/ rdi fo¹nt&ufaq;v¹ fo¹[kf¹l, p¹fq;Ogo¹ heonf[lob, &f¹ f
11/ rdi fo¹fyÓ emrsm;&f¹D1Maly:r¹lu¹ v¹ fo¹ f¹
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t"downif

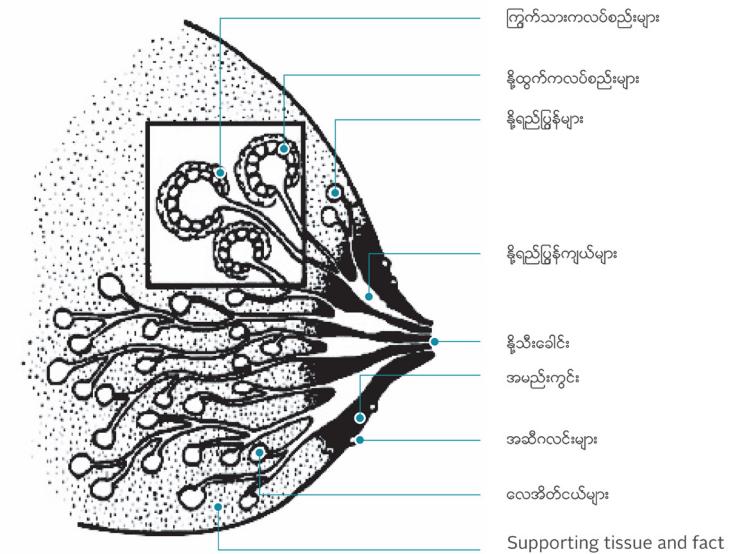
& i 6m; \t jyi b ufty h wi & omt & mrs m;

En Dacj

(Eduacj. fwl. fMnf. k. u. fom tayuf
5-10 cksnf)

tqDvi frsm

trnful fay:& t zkm:jzpf Duav; u ~~l~~ defuhD; on ft q Dpf~~l~~ lpfk vafy; onf



& i b'm; \twi fluffy k'wi & so nt & mrs;

Einführung in die Filmtheorie, Filmkunst und Filmgeschichte

Enf k v f k f o m t d f, ft j v w f m; (p y p f D k t b E n f k v f k f o m t d f, ft p k t a 0;)

Einführung (Einführungskontrollen; Schulung) (Einführung, Einführungskontrolle, Schulung)

Enfleus, fən'fleüs (Enfleus from taygufərm; Old & mufənfolis fəm; aome&m)

tʌnd/fvp&S(tʌnd/fvp&St wi fwɪ fɪn fɪkvfɪkʃon tɒf, fɪm; wnf&Snf)

tqDp&S(&i fm;y&uzm&f;onf)

t m&hʌmɪmɪs; (xawɪt m&hʌmɪfɪn fkvkvkfɪwɪtɪm; aponf)

aoë(Elmijykv&efvlyfontm[
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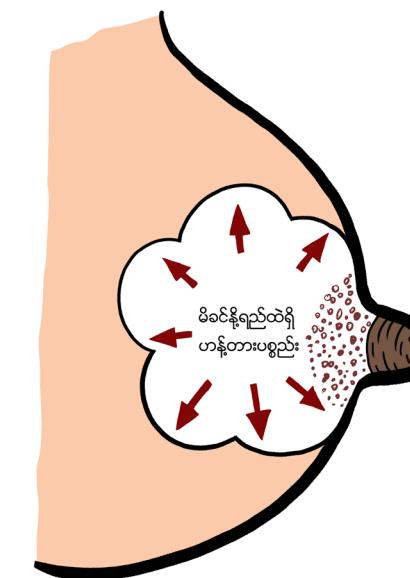
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- 2/ uav;u Ekhufukfjicixausufya [mfkfEsfsluwi;vnlyDkhufukfjicif pwifbnfrdi EShuav; xawonEShtrluav;Ekhufukfjicif xkvfjkf lwm;vmonf
- 3/ Ekhufukfjicif pwifkvfjkf2-3&ulmonfrdi Ekhufukfjicif xkvfjkf allumi f&i fm; jynfi fci fEkhufukfjicif emusifci fpaoivu Pmrm; tmjzi h oonf
- 4/ arlyDsi fuav;Ekhufukfjicif onf [m&"mwfm;u&nf Ekhufukfjicif defeqmi fv;vwifm;twifpwifslonf
- 5/ rdi bnfuav;u hiflum;teyontcixawoncguav;tallumi p0fpm;aomtcgtxusufya [mfkfEsfsluwi;vnlyDwefeyfukfjicif jzpbf:vnmonf
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- Ekhufukfjicif fuEkhufukfjicif aponf



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Ekhufukfjicif



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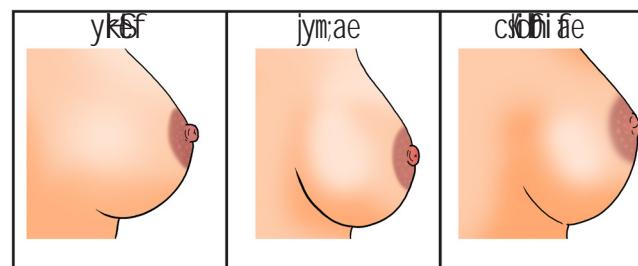
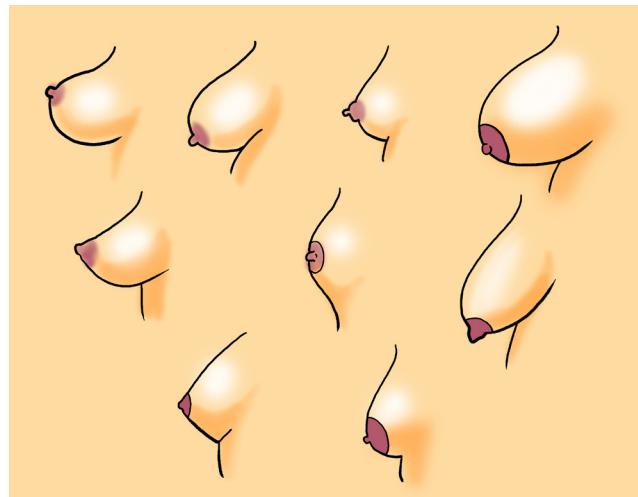
- uav;E~~u~~ep0&i fb;rsn;u E~~u~~nfu~~u~~qufu~~u~~fykv~~u~~fvsu&Somallum i h &i fb;rsn;aymbu&on fu~~u~~fnfobnfcelf&i fb;t w*f*E~~u~~nfu~~u~~frfob;ci f r&s/

& i b m; E S E D a c j f t r s t p m; r s m;

& i fm; ^E@ Dacj frm; \ rwh @ e E ft & ft pm; tr sh@ apumrlx diyf(EN) Esh
E@ ufon ft aet x m; rsm; u k i fay; jci ft m; jz i fndi fsm; u k qfa E syn may; oh sm; u uh d y;
E@ on f w/i faomrdi fsm; u k ult n d y; & m w i fw h @ om t ajc t a et tr sh@ twufiz& Sfcuf
tr sh@ Snf

- tr[br]Drs;ptw[&i b]m;^El[Daci fy]l@eESa & fpm;rnbf[&f]ap?
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El[Daci fy]l@eESa & fpm;rnbf[&f]ap?
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arfz;ae[&n]fci ft vefm;oi jci fallumi fo]l[&kv]fci fallumi f
El[Daci fy]m;ici fjpEl[Daci fy]l@eESa & fpm;rnbf[&f]ap?

t&G ftpm;ESykl@ef



El Dacqj frsm; wG f

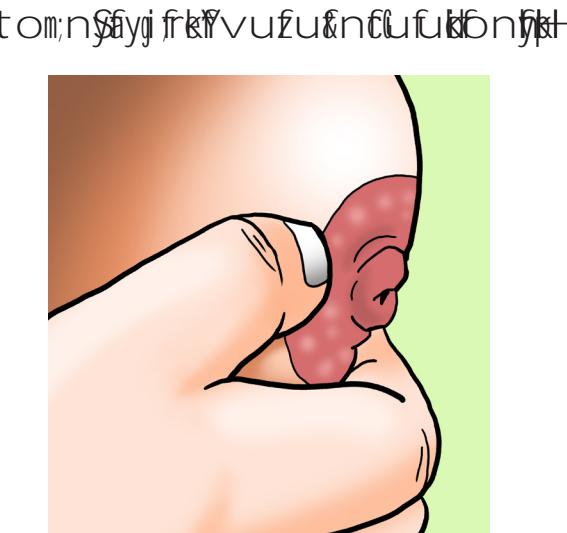
- ykefawavas
 - whomoh[w&niyom
 - uhom(Escu hom)
 - c*sh*i fiom
 - E*sh*acjif&om
 - jym:aom

~~trust pm; trust & S~~

Educação fiscal

El Dacij fcsibbi feon Eshdi fm; Elwku Elfawm h kqk jy El Dacij fcsibbi fomrdi fm; pfonf
rdvnuav; rsm; uktmifri pfrdi Elwku fuafchu NyDpfonf El Dacij fcsibbi jci ftqi h
trstksnf

tqi¹- (E¹l¹aci fonf¹ b¹qm¹&v¹ ft¹ji¹ b¹ku¹f¹mon¹)
tqi²- (E¹l¹aci fonf¹ b¹qm¹&v¹ ft¹ji¹ b¹ku¹f¹ny¹laemuf¹yef¹oi¹ aw¹ny¹)
tqi³- (t¹ji¹ b¹u¹b¹, aw¹nh¹s¹u¹f¹&i¹ b¹m¹; r¹ni¹; tw¹ f¹l¹ b¹m¹&e¹on¹)



& i ðm; ESE~~l~~ dacj fw~~l~~ n ful~~l~~ fesqmi fse~~l~~ ESE~~l~~ lufel~~l~~ fajym i fv~~l~~ w~~l~~ & marfzhi~~l~~ yðaemuf
t~~l~~ d~~l~~ bi E~~l~~ dacj fw~~l~~ n fyef~~l~~ nf q i f~~l~~ jyof~~l~~; w~~l~~ uonf & i ðm; ESE~~l~~ dacj fw~~l~~
t~~l~~ Murfy&rfo~~l~~ [kfroi fawmpbi u~~l~~ Hvg~~l~~ jci frijylo i f~~l~~ aq; xkyd ESE~~l~~ dacj fqk~~l~~ kf~~l~~ om
ypöfrm~~l~~ u~~l~~ k~~l~~ i fallumi E~~l~~ dacj femusi jci f~~l~~ ESE~~l~~ fsupf~~l~~ i f~~l~~ & i ðm; ESE~~l~~ rnful~~l~~ femusi jci f~~l~~
rdi E~~l~~ E~~l~~ luf~~l~~ & n ful~~l~~ aE~~l~~ luf~~l~~, Sijzpfc i fw~~l~~ pfy: aponf E~~l~~ dacj f~~l~~ ESE~~l~~ rnful~~l~~ fw~~l~~
q~~l~~ k~~l~~ jci frijyly E~~l~~ x~~l~~ k~~l~~ kf~~l~~ femusi fsupf~~l~~ D~~l~~ k~~l~~ pfy: D~~l~~ k~~l~~ ful~~l~~ jci fuloufom
jzpaponf

The logo for t'dowif features a teal rounded square icon followed by a white speech bubble containing four black dots, and the word "t'dowif" in a lowercase, sans-serif font.

- &i fm; o[kveE~~l~~aci fy@eESft & ft pm; rnbf~~l~~ap?rdi f~~m~~; onfdd
wluav; u[kveE~~l~~aci fy@eESft & ft pm; ajym fvb@; wv[onfE~~l~~aci fo~~m~~ i fom
tr~~s~~br Dm; w[kveE~~l~~aci ftjy i fuat mi faq; x[kveE~~l~~aci jcm; ypo fr~~m~~; u[
tokij~~l~~&efowaly; o[bnf x~~l~~di f~~m~~; w[fx diyf(E~~l~~)^ E~~l~~u[bnf
taet x~~m~~; r[fufet mi fu h~~l~~jci fz i f~~m~~; E~~l~~aci fy@eef r~~l~~
&i f~~l~~swbu bnf yó emrs~~m~~; u[z&E~~l~~aci fy@eef r~~l~~aci fu blyfym? vdfaq;
w[kveE~~l~~aci fy@eef r~~l~~aci fu blyfym? vdfaq;
w[kveE~~l~~aci fy@eef r~~l~~aci fu blyfym? vdfaq;
 - &i fm; E~~l~~aci fy@emrs~~m~~; u[t mif i f&r&onfdi fquf u[kveE~~l~~om; csi fl
qEtay:rlwnbnf

rdi E&N font & mrs m

rdi Einfönt ouſſbefuſſom? ajym iſvbeaom? touſy;aom t&nizplD

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 - teþkþmuþifnft PþkyþT;rm;uþm;qþay;aomomum;vþyþi þonf
 - bufvþD m;yþm;uþowf z;emjci frþmuþay;onfZDEH;ypöf
yþi þonf
 - tþmr\$[m&"mwftm;uþpmacþpkf lyDþtþyþmwifuhay;aom"mwful
ypöfþm; yþi þonf
 - buþkþrESa&m;tþwþfa[mþkþf; yþi þonf
 - rdiþnfyi fxeþþia&&þftþma&pmi wþywaeonþwþfor\ESaþnþonf
tm[m&jyþneqjzþþnþonfomþEþnþfþPrþenþonf;Eþnþonf
 - uiþma&m*uþkþfþusfomqþvf; yþi þonf

rdi E~~W~~n fijym i fv]c i frsm;

rdi E~~h~~^hb~~n~~^hf~~n~~^hb~~n~~^hy~~u~~^hf~~u~~^hy~~g~~^hp uav; tw~~u~~^hft m[m&jyn~~h~~^honfuav; toufnf~~h~~^hl
&~~g~~^hp? usefrma& E~~h~~^hs~~h~~^hm*~~g~~^hmu~~g~~^h b~~n~~^ht u~~g~~^hsZl~~h~~^hm; u~~g~~^hy onfuav; \ v~~h~~^hy~~u~~^hsf~~h~~^hm; u~~g~~^hd
jyn~~h~~^hl~~h~~^hrefdi E~~h~~^hb~~n~~^hf~~n~~^ha~~z~~^h; onf E~~h~~^hs~~h~~^hu~~g~~^hfaep0fwav u~~g~~^hfajym~~h~~^hi f~~h~~^hl~~h~~^hm; izp~~h~~^hy; onf
x~~h~~^hk~~h~~^hv~~h~~^hk~~h~~^ha~~o~~^hm E~~h~~^hn~~h~~^hfyr~~h~~^hm Ponfuav; tpm t d~~h~~^ht & ft pm; E~~h~~^hs~~h~~^hu~~g~~^hh~~h~~^hB~~h~~^hn~~h~~^hf~~h~~^huav; \
tpm t d~~h~~^ho; i, f~~h~~^heaom~~h~~^hyxry~~h~~^hl~~h~~^huf~~h~~^hs; tw~~h~~^hfyr~~h~~^hm Penfenfx~~h~~^hu~~g~~^hfo~~h~~^hm Unfp~~h~~^hy~~h~~^hnf
uav; \ v~~h~~^hy~~u~~^hsf~~h~~^hm; u~~g~~^hb~~h~~^hn~~h~~^hfay; onf

| | | | | |
|----------------------------|--|--|---|---|
| uav; touf E&nf r&st pm; | 'kvætʃwʌv; 'tʊf E&nf tom; ɔ:jci fukl umug fom Orfaymhaq; arðui fpuav; twuf pkri fom tpm | 'kvætʃwʌv; 'tʊf E&nf tom; ɔ:jci fukl umug fom Orfaymhaq; arðui fpuav; twuf pkri fom tpm | pwk&uf\$ywf 2ywfsywfausmf ulajymi E&nf E&nf E&nf E&nf E&nf | &i ðefom E&nf tapmy E&nf a&wi faymøi fom Admrif rsm; ?ow Åmwfs; E&nf om; "mwfri hñ; pñyøi fom yxr E&nf |
| ykef | cyfþþþþgusi þisi h yktjzla&mi f oefvmonf | cyfþþþþgusi þisi h yktjzla&mi f oefvmonf | yktjzla&mi f oefvmonf | yktjzla&mi f yktjzla&mi f Admrif tom; "mwfs; pñyøi f wðicifzi ft qði f vñyDuav; uluseyf a&mi faponf |

t&ntaoGrm;

uav:tptdf

buw&D m;ykth;u^bwafomy#y^bfrsm;p^b?Admriat / th^m;u^b
lyDy^bnponf

5 rD DD/m

y i ð y g i f b m v k l
t & g f s u u ð
t & g f x d
t & g f p m ; ð u ð m ;
v m o n f t & g f
t p m ; (22-27 r ð ð
r ð m)

Lufthansa



t pmt dft & f t pm

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Muñ

yi faygi fibmuk

zeff*·v

5-7rD
yxræY

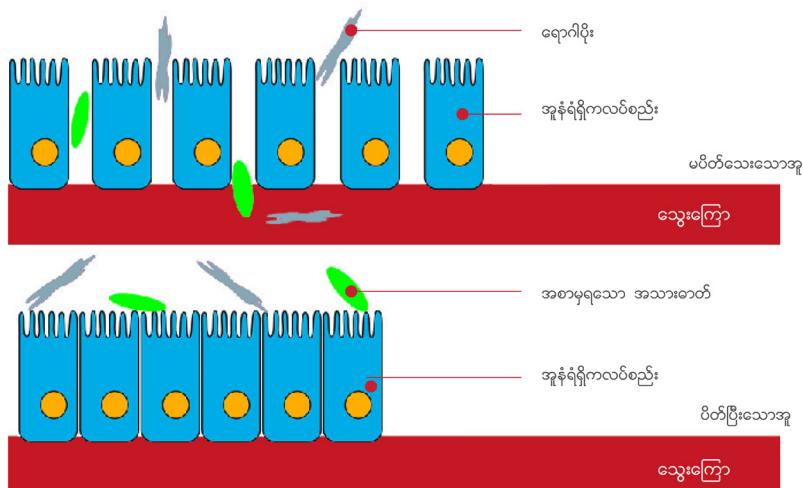
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5-7rDm

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60-81 rD BDm

End of Part 1

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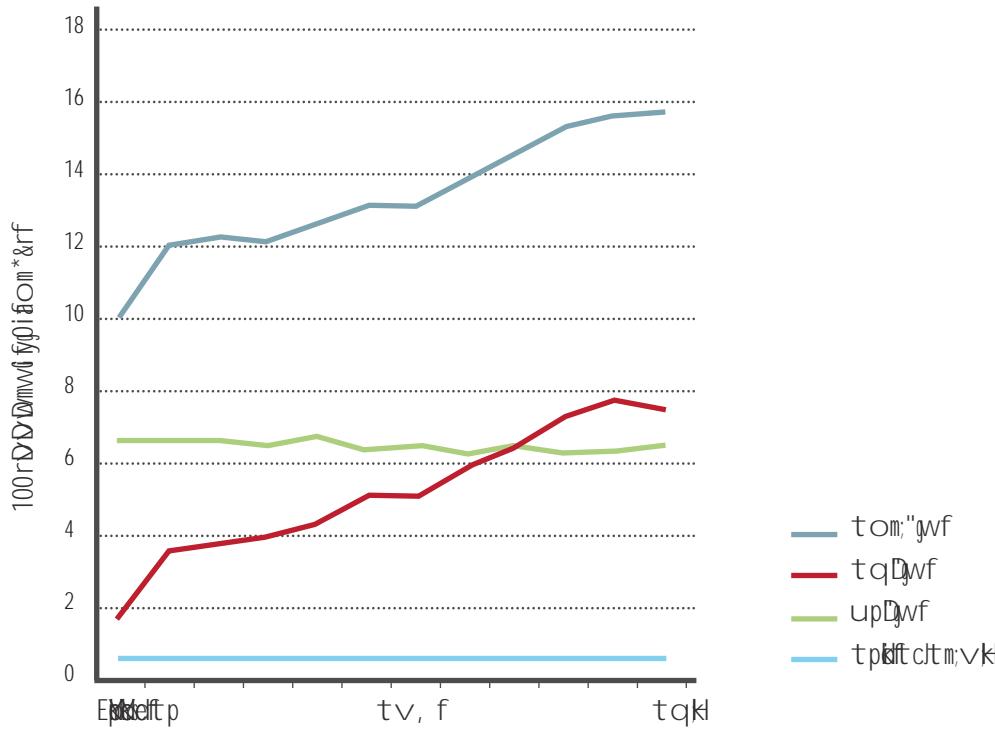
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toußvtxuesstoußvatmufuav; \t b&h; u&f, Sjojcif

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rSufsurf

- ✓ rdi E~~u~~nta&mi E~~u~~nterfnby i~~u~~ &p?E~~u~~nt&nfaonfaumi frf
yponf
 - ✓ E~~u~~nfynfat;onf l~~u~~ajymavt~~u~~n E~~u~~nttybednfuld fE~~u~~nttybedf
jzpbnf
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 - ✓ rdi E~~u~~ntbnfrd~~u~~nuav;v~~u~~lyfsufm;twlufv~~u~~lvnufy~~u~~pn~~u~~l~~u~~umi f
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 - ✓ rdi E~~u~~ntfxlw~~u~~f~~u~~y~~u~~if~~u~~maomallumi fuav;onfa&aomu&efv~~u~~lyf~~u~~

rdi Einführung & Information

rdi k'uk' f'mon f'dE'm& m*yk'k' [k'fw'efusi & E'm, f'aomyk'Trm; u'lxmu'f'f
o'g' u'f' \ao'f'z'lOrsm; onf' #p'öfrm; u'k'wi f'k'v'f'k'D'k' #p'öfrm; onf' E'm
a&muf u'av; u'k'&m*yk'k' [E'sf'm; emjci frm; r'Smu'f' fy; onfx' #p'öfrm; onf' z'm; emr'
u'k'p'fy; apaomyk'Tu'k'v'dp'w'k'k' [b'nfrdi E'm b'nfuav; rsm; u'k'lw'N yw'efusi &
yk'T'rm; ?a&m*yk'k' [?z'm; emjci frm; r'Smu'f' fy; onf'

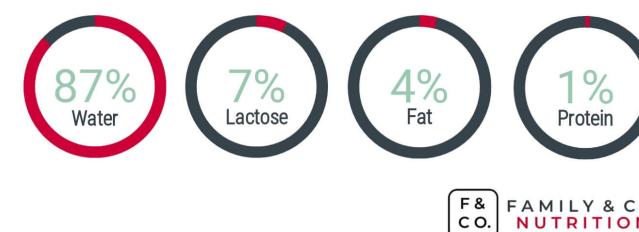
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rdi E M h F w E b f r h

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taumi fqkññDññ;ZññaplyDññEññufññhftaumi fqkññapí uk fññm;pepuññnf
wnññqññufññ;onftjcm;Eññfñ;Eññfñ;wññfuav;vññyññoma&m*ýññuññ ýþöfþpþpfñ;?
"mwfsñ;ryþi fy

Nutrient breakdown of breast milk



rdi Evidenz für einen

& fvtisi f^{ss}odlaqsaEbynmay;ohsm;onfrdi E^hnfv fa&trsm;pK(87%) y0i flumi f&mod
yaoamey;wi fi fuav;onfa&rv^hyfumi frdi fsm;t m;oway;oi bnf tounf v
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E&lf, &fr&y&g

| yøi fɔmt&mrn; | rdi Ehf | azmflvrm^Ehf |
|--|--|--------------|
| tom;"mwf | vø fuþø tpmac&fjDkf Elf tpmac&cuþDtpmaM? onftaumi fqDfjDfjrltwuf &ijyñfai fu, yþEhf onf tom;"mwft rþDpm; trþDfjDfjS onf | azmflvrm^Ehf |
| tqD | vø fuþø tpmac&fjDkf Elf rLkfvþDfjDfj; aom qDm; jrsñvi Ehf onf oDfjDfjzHf, fþDfjDkf hLkfvþDfjDfj twufta;&LufaomtqDm; enfapaom tþfjDfjDfj jzpþnf | azmflvrm^Ehf |
| Admir fsm; | vø fuþø tpmac&fjDkf Elf twktjyjLkfvþDfjDfj; onfþnf onf | azmflvrm^Ehf |
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| tycf-Elci spufufuav;uþufxamtqDm; fuhþnf ryþi fy xefna[mfksf | tycf-Elci spufufuav;uþufxamtqDm; fuhþnf ryþi fy xefna[mfksf | azmflvrm^Ehf |

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rdi fsm;emygu

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 - tem;, lyDt pm; tpmESft &nf~~m~~; u~~k~~lvmu~~p~~pm;aomufy/
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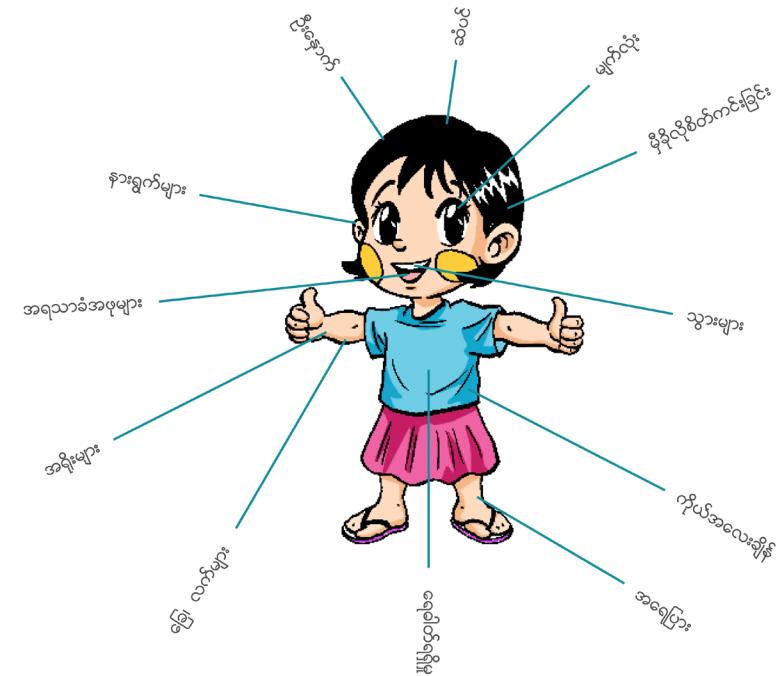
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qu\&f f\&f\&ES\



t"downif

touz ESES Eſumſonſt xddi Elwifufciſt ta&udi

- i, & fomuav;rm;wi fuk c'm;pepfylyn p'eli fr&lo;yf uav;toufnf&ap?rdi Elnfu zm;emr'a&m*grsm;ulmuG fay;lyD ODEsuDwvuf&ulpfay:aponf
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uav;Ewfcif

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onf
 - uav;uktiunfap?polfpDenfaponf



rsfsuf (UNICEF 2019)

ar&Dpem&Dwi frdi Ew*ki* fES*tom*; csi fxdiy*ci* fonfua*v*; \touE*ki*, fwi bnf
ar&D em&D*33* em&D*11*; Ew*ki* fES*maomar*gui* fpuav; rsm; onfar&D em&Dwi fES*wif*
p*maomar*gui* fpuav; rsm; xufaoq*ki* facs33% y*ki*; onfar&D &u*ESA* &u*fusmfs*
rdi Ew*ki* fES*maom uav; rsm; onfaoq*ki* facson4 ifxuf2 q (66%) y*ki*; onf*
yxraq*ki* fES*semuf*uci* fES*tom*; csi fxdiy*ay*; c*i* fw*ki* f*umi* f*uav*; a&m*jzp*Ee* f*ES*ao** Ef*y*ki**; ap*onf****

tom; csi fxdyfif\^tus\\$Zlrsn;

- ✓ uav;ulEfaxfaponf
- ✓ ODESuMfaponf
- ✓ a&m*ykulpufci frSmug bnf
- ✓ u& fHm;pepu&faponf
- ✓ u& ftaV;celv&fuvufci fy&umi faponf
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- ✓ uav;tou&SUm faponf
- ✓ y&umi fr&pmi dbufaponfzpDav&enfaponf
- ✓ rdi E&fiaV;oh mZof&faponf

- ✓ rdi f~~u~~^df~~a~~^t;aponfzp~~D~~^Dav~~m~~^benfaponf
- ✓ rD~~u~~^jc~~i~~^fr~~s~~^mve~~k~~[?]ouf~~m~~^ay~~u~~^fi faponf
- ✓ rdi E~~u~~^uk~~u~~^ulumi fr~~e~~^fsi w~~u~~^ufu~~E~~^Eponf
- ✓ y~~u~~^ump~~D~~^DE~~u~~^uaponfE~~u~~^urm~~u~~^ux~~u~~^uponf
- ✓ rdi E~~u~~^uav~~u~~^u; t~~u~~^ucs~~u~~^ufo i f~~u~~^uponf
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- ✓ wp~~u~~^ub0v~~u~~^uk~~u~~^uw~~u~~^ufu~~u~~^ual mZ0fu~~u~~^upy;aponf

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- Eflnbfmfaav; twlfuamif k llnjcf
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- rDmlydemufdi Eflxuf k xijci fwllumi fzyponf

jznpuauBargci f

arlyDemuwpfselfv fuav;uEldv&ci frs-

- ~~E~~ x ~~u~~ f ~~s~~ allumujci f ~~E~~ n ~~v~~ muf ~~s~~ allumujci f
 - rdi ~~E~~ n ~~f~~ y faumi f [k i j c i f
 - uefrma& t allumi fycsuf uefrma& oe fr f ~~S~~ alluy;ci f
 - rdi ~~E~~ n ~~t~~ u ~~s~~ Z ~~u~~ d ~~o~~ m; p&i fsm;^oi , fsi fsm; u ro ~~d~~ if
 - ~~E~~ n ~~K~~ uefrma& t ~~E~~ m, fsm; E ~~s~~ hdi ~~E~~ w ~~d~~ i f ~~t~~ ~~E~~ m, fsm; u ~~k~~ m; rvn i f w ~~M~~ umi f z p f o n f

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rdi Elw^lku^lsu^lfrDpck^lku^lsu^lfc i f^ltE^lm, f^lm;

- Orfav̄llorfysufaoſq;vujci f;odEſt aſr ſyga&miſci fwipEbf
 - Eſt anfubl t̄ vrfallumi fuldyiſq; iſay;yg
 - t̄yfjkiſq; iſay;yg
 - Eſt ſtacwſt; ap onf
 - Eſt iſyó emrsm;
 - Eſt uafemufuſciſ
 - Eſt iſcī ſtacwſt; iſyó emrsm;
 - tom: "mwfuſt ufcleli flaſcrwniſi f;Eſcī

EduFam, fsm

- x q**l**ombufv**D** m;rsn;Bu**X**rluk**t** m;ay;onf
 - x u**l** f**m**;pepfukt m;ay;apponf
 - x tpmra**U**?i fyn*b* fu, fzponf
 - x E**l**ufvmlenfaponf
 - x rdi E**l**ufci fuk**E**uf S**l**onf
 - x zsm;emrE**l**&m*gsn;jzpE**l**acsrsn;apponf

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 - ✗ twktyypöfrsr;phy0i6nf

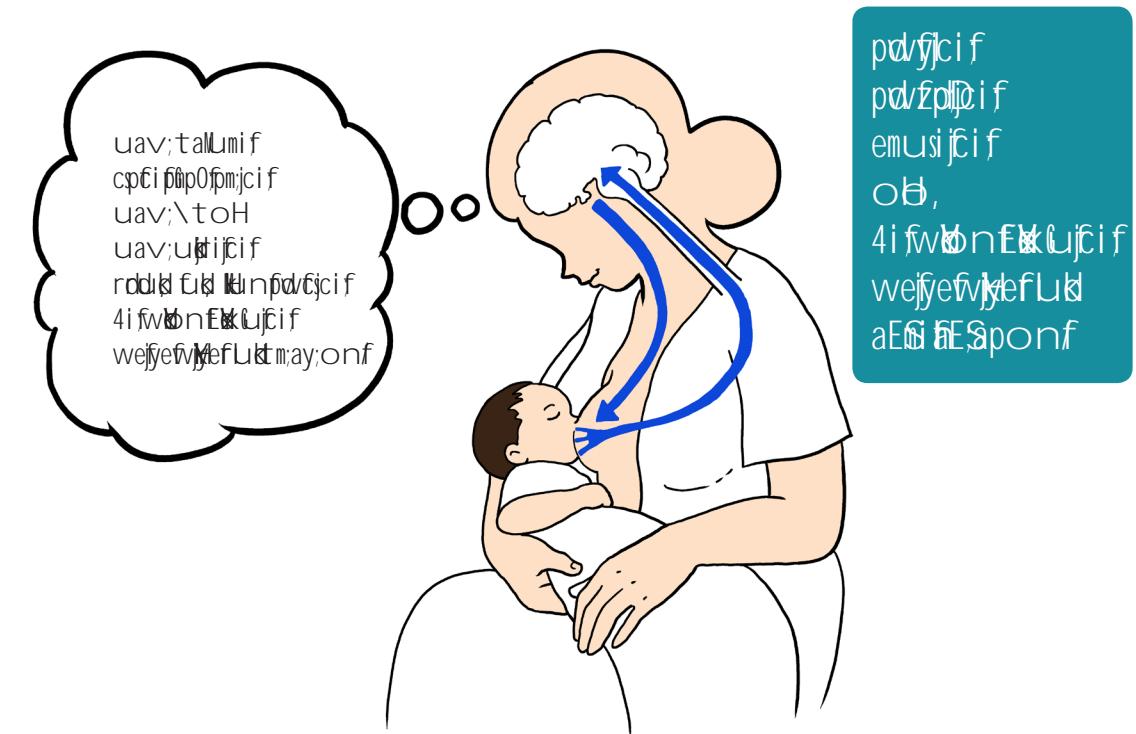
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rsm; pñ& S onf EK ufm; ap&efrdi fv k EK domt & m trs s EK Esd qfaEgo sm; u
rla0ay; EK bnf

rdi E~~ck~~ufsm;ap o[kvenfapaom tcsufsm;

EßbaßqßaEßymay;owñ wñ0efßtjyßabm pum;rm?vßqßmi fßm;tñjzi ßndi fßm;ub
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Ekuénfap?rsn;apaom taMumi f&i frsn;ESENkufrsn;at mi fvkfEhonfnfvrfrrsn;u&k
EsoðaðqðaEþoðsn; em;vnðiþonf

Edufsm;apjci

- rdi E~~l~~kuEnfapaom t&mrsm;
- tjc~~m~~; tcu~~fsm~~;
- rdi E~~l~~lukatmi fw~~l~~jci f
- E~~l~~lukatmi fw~~l~~jci f
- qmavmi bnfuPmu~~l~~un~~l~~D
- E~~l~~lujci fr[kylt cel~~l~~wf~~l~~s/f
- E~~l~~lujci f
- E~~l~~lujsheon ft cel~~l~~em&Ruf
- ylum~~l~~o~~l~~jcif
- E~~l~~lifcif
- rdi E~~l~~luav; u~~l~~x~~l~~jcif
- E~~l~~lifcif
- E~~l~~lifcif (E~~l~~laci fzaZ0g jzpfcif)
- uav; u~~l~~&?E~~l~~t jcm; E~~l~~st pm
- rsm; w~~l~~lufcif
- rdi bnf~~l~~tcu~~l~~q; Ogrsm; aomuf ae&jcif
- tcu~~l~~emrhm; (tcu~~l~~fru~~l~~jcif f! o~~l~~lufyó rsm;)
- aq; v~~l~~lomufcif t&u~~l~~omuf jcif
- rdi E~~l~~pol~~l~~plamumu&li spol~~l~~yli jci flemusi jcif

rnbnf&muE~~rnbnf&muE~~rnbnf&muE

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 - &kñkñfp0farfzñl;celfumjci f
 - trsñtpm;1qDñd&m*g(tifqvlifvñl;vñmujci f)
 - rdi ft0vñjci f(BM1 jrijñi f)

- &i ðm;wɪ fE nfpfxkvðnfp&enfcif
 - rðm;lyðemufaofqifrltvðfsm;jcif
 - t csi ft pd/fyðfusefæjci f(Eñfpfxkvfðfoma[mfkfxLijci fuðm;qD
onf)
 - ypfwlx&Dt bud/fukkduipaomðaEñf&m*†ajctae

Einführung in die fiktiven

- 1/ arfzñ; ydsuñsi ft om; csi fx dyf D em& D mat mi fñ; m; jci f

2/ apmEñ; kOrlapmapmeliñ; pwi fwñ; fñ; jci f

3/ (wpæfYenfqk8-12)uñfaeñ&mngrdi Eñ; jci f

4/ uav; wñi fwñ; fñ; jci f! uav; uñlñmcPwñ; fñ; jci f! bavmuñfumum
pñ; jci f!

5/ &i ñm; wpñbuñfñ; fñ; jci f! jcm; wpñbuñfñ; jym; fñ; jci f

6/ uav; Eñ; daemulñ; faomtçogñ; momol&i ñm; uñlñwñ; jci f! uav;
Eneonfñ; fñ; jci f!

7/ Eñ; fñ; jci f! uñbññtaet xñ; rñ; jci f

8/ (Eñ; jci f)uñfñ; yqñ&ef&i ñm; uñlñ, fñ; jci f! Eñ; uñjññpñ; jci f

9/ rdi Eñ; uñbññfrDpçkkñ; uñbññfrEñ; xñr6vtwñfzñññ; uñbññfrLñ;
rjyñ; jci f

10/ rdi Eñ; bñav; twñ; jci f

11/ arñ; xr&ufñ; twñfñ; nñbññt vñmenfapjci f

12/ rdi fñ; bñvñmuñfñ; tem;, jci f

13/ tñ; m&jynñfpm; tpmEñ; &nñfñ; uñlñdi fñ; aomuñfci f

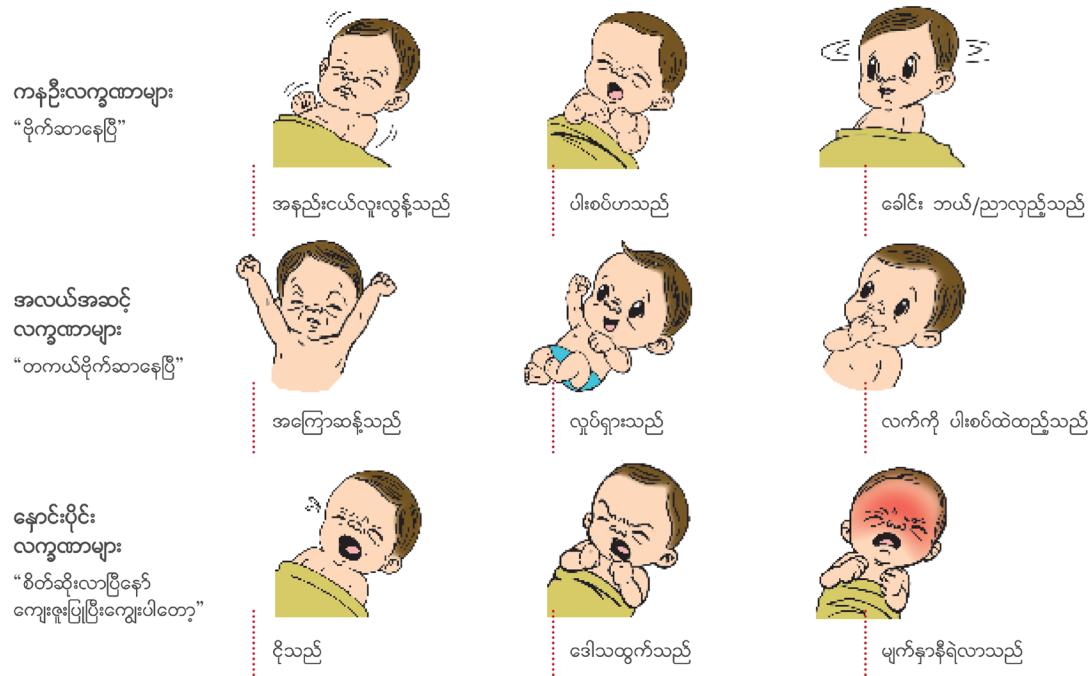
14/ rñm; pñkaxñmuñfr1usefma&apni fñ; bñvñt ultnEñ; ay;rl

apm p̄p̄rcl Ew ksfu Gfle fuh Dm tcsufm;

- 2em&Dm tom;csi fx dyjcf (WHO, 2019)
 - arlyD em&DwifapmEforapmapmrdi Ewifapmif
 - rdi ESSav;wpcef xItwlwaejcf
 - rdi fukhem;Ui empfi * & ksfif
 - {nbnft vmenfapjcf
 - rdm;pkaxmufrl
 - at;crifidbuonf ywefusif

- ~~ae&mn ygrlumcP Ew~~ kif&i fm; rm; r ~~Sk~~ kifpjcf
 - ~~Ew~~ ~~Sk~~ kifpjcf

qma v mi flv u P mrs m;



tceff - xdiyf(E_{1k})ESft aet x;m;

reſeſion xdiyf(EK) Esſt ae t x m; onf

- atmif i p̄ndi Ewifufi Eefta&Dufonf
 - Ewifufi;aponf
 - uav; \ukl ftav;celfufi;aponf
 - Ewifaci fuji fEwifaci fenusijci fuboyó emrs;uklumuğ bnf
 - Ewifaci fosEwifaci fyavjci fel&mif rfcif wklumuğ bnf

rruefom xdiyf(Ek) Esst aet xm;onf

- rdi fumusi fDoufomzpfum EwfyfuEponf
 - Ekuenfaponf
 - uk ftav;ceftwenfaponf
 - Eklaci femusi fysufpaponf
 - Ewi fRESAjcm;iyó emrsn;ukfaponf

& i b̄m; w̄f uav; t̄m; xdiyf (EMK)

A four-panel comic strip. Panel 1: A man and a woman are in a close embrace, looking at each other. Panel 2: They are kissing deeply, with their mouths closed. Panel 3: The woman has moved her head back slightly, and the man's eyes are closed. Panel 4: They are in an intimate, open-mouthed kiss.

uav; \E\aci fulldi
E\aci fqD myd

uav;\Efacjifutdi R
E\facjifqD lmyf

uav;\Efacjifutdi R
E\facjifEShx\&hion
t\c uav;\ygyfbnf
us, us, y\&monED
acjifutuav;\tmacjif
csd& yDuav;u\&di f
&i bmgD\& M\&f

uav; \E\&cji fuctdi \&
E\&Daci fEShx\&uom
uav; uel\&Dpont
emusi ft&Sy/

uav;\EacjifutdR
EDacjifShvduom
t cq uav;\ygpybnf
us, us, f\monFED
aci fuav;\tmaci fo
csd& t yDuav;u&di f
&i foqD&f M&f

~~xdyfl(Ek) Esst aet xm;~~

- uav; \ar; apb\ndi & i b\m; ESD
x\eonf
- rdi & i b\m; & trnful fuktay;
buf\lyw\&b\mf
- uav; \atmu\wcrfonftjyif
o\neonf
- uav; \gpyb\ndus, fus, f\NyD
uav; on&i b\m; ESD y\&a
onf

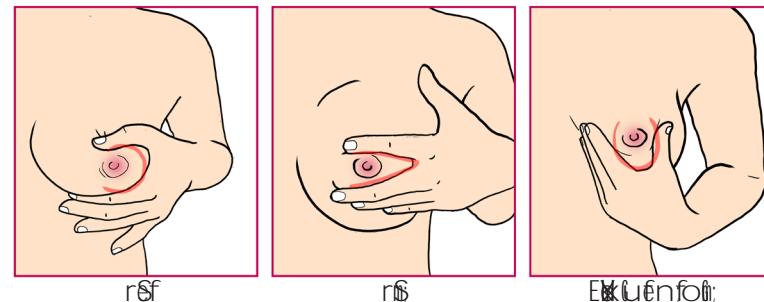
- uav; \u00d6 Emonfwpfjzmi h
wnf&rnf
- uav; \u00d6 Emonfdi f i fm;
E\su fci fq h&rnf
- uav; \u00d6 E\sf di f A\ufn
x&rnf
- rdi fu uav; wpfjzmi h
xm;&rnf

xaμfomEKA tcm;vupmrn;

& i f m ; u k e l f u k l

to add f^m; on fu av; u^m w^m fo r^m d^m & i b^m; u^m k^m e^m f^m k^m j^m ci fon ft q^m i s^m y^m a^m l^m u^m i f aw^m u^m o n fo l^m o m^m & i b^m; u^m k^m e^m f^m w^m l^m f^m u^m s^m ci f^m; u^m d^m " y^m k^m f^m u^m " y^m k^m f^m s^m E^m o i f^m u^m k^m t^m a^m x^m mu^m f^m t^m u^m y^m k^m f^m v^m y^m k^m f^m u^m E^m f^m; u^m d^m E^m f^m u^m k^m e^m f^m o n f^m i a p o n f

& i b m ; u k s e p t e m b e r 1 9 9 6



Eukraumi fci f&v' f

Eləcəjə fəməsi fəydyusurpə i f
Elənfukal&muşbirxəvypə Eləci f
Ədəməfənxfənfci f

& i b m ; r S u n i f k v k f e n f c i f

- Eolaci jfa&mi jci fulcif
 - Ewi fcif
 - uav;Eojci fuav;Enfsm;ph p*ki* fejci f
uav;tmorajjci fE*ll*f i fqejcif
 - uav;uk ftav;celfwucif

xμf&SomETM kumif

- Elvaci fysupf- oufwmif bufbmr&omamumi Elvifwkuifusao
pf&nuktaElvif, Sifzpaponf
 - rdi Elvifwkuifusao&mwif emusijcif- rdi Elvif, kvapponf Elvifufyf
vifapElvif
 - uifftav;selfwufnfci- uav;on Elvifwkuifusao
 - Elvifcif- Elvifcif
 - &i fm;a&mi if rfrltEÅm, f
 - uav;pidzplDsm;NyDarmyrf- Elvifcif

Einheitstext

rdi f^m; Es^m iav; r^m; tw^m f^m u^m b^m n^m f^m aet x^m; r^m; p^m & s^m o m^m v^m n^m r^m d^m i w^m p^m, m^m p^m w^m u^m
o i h^m w^m d^m o m^m r^m e^m b^m n^m f^m aet x^m; o^m ð^m e^m f^m l^m r^m & y^m E^m s^m d^m q^m a^m E^m o^m t^m; u^m r^m d^m i f^m; t^m;
o w^m E^m s^m w^m i a^m v; tw^m u^m f^m a u^m i f^m q^m k^m a et x^m; aw^m a^m t^m i fuh^m d^m; E^m b^m n^m
ou f^m w^m i b^m u^m f^m u^m E^m f^m r^m d^m i b^m n^m f^m w^m f^m x^m; hy^m D^m e^m m^m u^m f^m u^m b^m u^m f^m i^m
t^m a & S^m u^m k^m rae & y^m

rsfsuf

uav;uHEPifkx;ci f uav;vufu k uft ffk;ci fonfuav;epli fukt aEuf
t, Sify;onfuav;tyd;iep0fom t EK;ci f uav;uHEPifkx;ci fzi hxaμfom
EK;u;pa;foly;W;bfntfaet x;m;uHEG h Sifyonf

~~E~~ssential information; ~~u~~rdi ~~f~~tm; ~~r~~esuebn ~~E~~nteract ~~x~~m; ~~w~~hich ~~v~~u ~~P~~erm; ~~u~~nd ~~s~~ay; & ~~r~~nf
~~r~~di ~~b~~pfsm; ~~t~~m; ~~r~~di ~~f~~u uav; ~~u~~km; ~~j~~rw~~k~~q~~e~~usi ~~b~~uf~~s~~; ~~u~~ES~~Y~~ ~~M~~o~~d~~el ~~x~~rq~~k~~i ~~f~~ay; ~~l~~yD
~~r~~di ~~b~~onform; & ~~u~~ay~~l~~ ~~E~~nful~~s~~usi ~~b~~om; ~~a~~tm*ifly* i ~~f~~dh~~n~~fuav; ~~u~~rdi ~~K~~om~~j~~rw~~f~~ul~~s~~ ~~u~~
~~r~~di ~~f~~u ~~E~~nful~~s~~ ~~l~~lv~~f~~ ~~k~~ef~~r~~nf

Einflussfaktoren;

rs; & ef
orm; & usay Mnf



မိခင်ရင်ခွင်တွင် သမဂ္ဂီးကျပွဲခြီးနည်း



မြတ်နှင့်
သားမြတ်နှင့်
ဆန်ကျင်ဘက်လက်နှင့် ပေါ်ခိုခိုင်း



မိခင်က ကလေးထဲကို လက်မောင်းအောက်
အနေအထားတွင် ပေါ်ခြီးခြင်း



မိခင်က လဲလျောင်းလျှက် အနေအထားဖြင့်
ကျေားလုပ်စိုး ပိုင်းခိုက်လောက်ငြင်း။



အမွာကလေးကို လက်မောင်းအောက်
အောင်ဆောင်ရွက် ပါ ဖို့ပြင်း

irifxmufl3.4.5

rdi fu uav;ul m:jrw fgesi bufs uesf vDnf

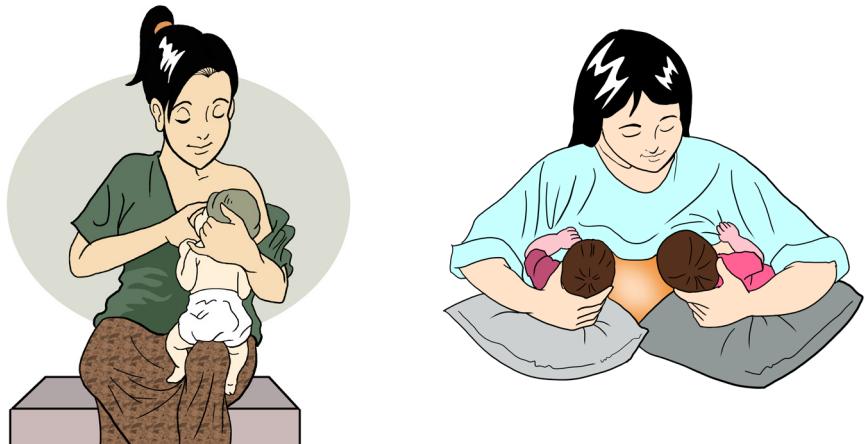
rdi fu uav;uk uarmi fatmuftaet x;wi faydi f(tar&diefabmukd)h

rdi fūvāvsmi fūsufuav; uiddi Ewūdāuūcif

rdi fuktem; lyDENbufuECEly;onfrdi ESSuav;onfrsuESci fqHifDab;wlf
v\avsmi faeonfuav;\aemuafusubbufaci ftjizifxmuflDuav;\taetxm;ulk
xelfxm;Eklonf

obm0yky6Dnf

rdi bñfitem; Eñbñfuav; \OrfAñbñfdi ÑOrfAñfy: wñ farñufsuñpfeonf
rdi Ñukñ fEñmudxmuñfx: onf



jrifaxmufu3.4.5

↳ [palliative care](#)

buDmaomua;v;rm;twufrdiEunbnftwlfxfuxtvefxlueaomtcfEunyestm;
aumi faomtcfEunav;Efaci fydsecefvi foEunf

rdi þnuav; rm; tm; Einf. hmuþi wluauEinf. bonftapmyH&uþwylwfr; wif
ayðtæt x; m; EþyþwþuþyDrom; pþif f; u uhðy; &efvþyEinf. fr; r; m; u k
wpf, muþi foþrap?Wluzþþprcl Einf. muþi Einf.

rSuf

jrefmrldi f~~m~~; uav; u~~l~~~~l~~ f~~m~~ & ~~l~~taet x~~m~~; & di Rvuf*z*i fuav; \0f~~c~~ij fwpc~~k~~lu~~b~~
yi h~~x~~~~m~~; y~~l~~uav; uyuf uftaet x~~m~~; & ~~l~~ uav; \0r~~f~~ f~~m~~ & onfx~~l~~taet x~~m~~
onfdi Rvufumufwfyk~~l~~ faemufumul~~l~~ musi fpi rxal&mufo~~l~~ k~~l~~ p~~l~~um
E~~l~~nfu~~l~~ f~~m~~ & f~~m~~ i faply~~l~~uav; u~~l~~ f~~m~~ & f~~m~~ tenfi , f~~m~~wu~~l~~ponf

rdi fw&ef

- uav; \0Dacj faemužufuſdi buqDm̄nbn̄tcr̄w̄efryapESh
E\0Dacj fuſdi Duav; \ygpypxboM̄f̄ rxnyf̄ESh
 - xdiyf̄(E\0D) aumi fv̄ fd̄i b̄nfemusi f̄E\0Dw̄E\0Dnf
 - ay\0Dtaet x\0D; aumi fv̄ fuav; u rdi E\0Dx diyf̄eaomamumi fuav; \0D
Orf\0DkliE\0Dkli i fw\0Dy
 - touſvrw\0D Diav; u\0Dnbn̄ntpm^t&nfa&?E\0Dy; &nfvužufuſnf
ponži f̄\0Dw\0Dkli fuſyf̄ESh
 - uav; u\0Dw\0Dy ft cel\0Dm̄nur x\0D; yE\0Dtr̄sm; q\0Dk̄ em&Dm̄v̄ fuav; u\0D
E\0Dy Dm̄v̄y
 - rdi E\0Dw\0Dkli f̄ci fa\0Dkli yef&m̄r̄sm; &E\0Df̄i ft M\0Duy; rL\0Dkliazyf̄
 - tu, f̄ rdi fv̄ f\0Dm̄; jci f̄w\0Dkli fuſub\0Dv; u\0Dpm̄sm; ?om; jrwf\0Dc̄i f̄E\0Dft wi
om; jrwf\0Dzkt usd\0Df\0Dsm; &E\0Df̄uag; &E\0Df̄cefr̄sm; w̄f̄aq; buqDm̄t ultnDyf̄

rdi E~~l~~ku~~u~~fumi faeap&efyKv~~k~~elforden frsm;

rdi E~~W~~ku fumi &efuh~~h~~di fonfr~~D~~^Wly~~D~~si frdi E~~S~~lav; ukt~~o~~m;csi fx~~d~~y~~c~~far~~W~~
em&~~D~~wi fapm~~E~~Brlapmap~~r~~di E~~w~~i fv~~u~~fus~~c~~self swi fonftjcm; tlu~~W~~ysufsm; r~~s~~

- rdi E\$buav;ul~~t~~lt w~~k~~mlyDlumcPEV~~u~~fp&ef
 - uav;pl~~t~~ buavmuflum~~l~~or~~u~~um?rsn;Efor~~u~~rsn;Efp&ef
 - rdi E~~t~~wpf~~u~~nfonw~~u~~Dt jcm;a? t&nft pm?E~~u~~?E~~u~~Daci fwkE~~u~~w~~u~~rw~~u~~fu~~u~~&fw~~u~~fpnf

rdi E~~lk~~ Gu fumi faeap&ef ylk kxelfondE~~lk~~ b n ft q i f m)

- ar~~nd~~nd si fuav; u~~nd~~nd E~~st~~st om; csi fx~~nd~~nd f~~nd~~nd m; y~~d~~
apmE~~nd~~nd l~~nd~~nd rlapmapm~~nd~~nd rdi E~~nd~~nd l~~nd~~nd f~~nd~~nd y~~d~~
x~~nd~~nd f~~nd~~nd(E~~nd~~nd) aumi faomvu P~~nd~~nd 4ckl~~nd~~nd pfaq; y~~d~~
ay~~nd~~nd l~~nd~~nd f~~nd~~nd t aet x~~m~~; aumi faomvu P~~nd~~nd 4ckl~~nd~~nd pfaq; y~~d~~
t l~~nd~~nd d~~nd~~nd &rs; E~~nd~~nd l~~nd~~nd r~~nd~~nd; E~~nd~~nd l~~nd~~nd f~~nd~~nd uav; p~~nd~~nd l~~nd~~nd vav rdi E~~nd~~nd l~~nd~~nd uav; jzp~~nd~~nd n~~f~~
(wp&uf~~nd~~nd l~~nd~~nd ftenfq~~nd~~nd 18-12 l~~nd~~nd fae~~m~~&mn~~y~~ E~~nd~~nd l~~nd~~nd f~~nd~~nd
E~~nd~~nd l~~nd~~nd uumi fat mi ft om; csi fqfu~~nd~~nd f~~nd~~nd f~~nd~~nd m; y~~d~~
rdi E~~nd~~nd l~~nd~~nd wnfomw~~nd~~nd f~~nd~~nd (rn~~nd~~nd nft &nfa&? t pmukl~~nd~~nd rw~~nd~~nd f~~nd~~nd y~~d~~
om; jrwfwpfuz E~~nd~~nd l~~nd~~nd f~~nd~~nd Semufvpfuz E~~nd~~nd l~~nd~~nd f~~nd~~nd y~~d~~
uav; E~~nd~~nd l~~nd~~nd mu f~~nd~~nd E~~nd~~nd i fci frjzp~~nd~~nd f~~nd~~nd t mi E~~nd~~nd l~~nd~~nd f~~nd~~nd k~~nd~~nd y~~d~~
rdi b~~nd~~nd ftem;, Htm[m&jyn~~nd~~nd pm; taomufv~~nd~~nd l~~nd~~nd vmu~~f~~^f &&S i b~~nd~~nd f~~nd~~nd

uav; Elymussiphon & allium forst

| သီးသွားသည်အကြိမ်ရေ (တစ်ရက်လျှင်) | ဝါးသွားသည်အကြိမ်ရေ (တစ်ရက်လျှင်) |
|--|--|
| ပထာကန္ဒ (ပထာက၂၄နာရီ) | ၁-၂ ဣဌား ၁-၂ ဣဌား |
| ခုတိယန္န (ခုတိယ၂၄နာရီ) | ၂-၃ ဣဌားနှင့်အထက် အညီရင့်၊ အစီမံးရင့် |
| တတိယန္န (တတိယ၂၄နာရီ) | ၃ ဣဌားနှင့်အထက် |
| ၀၈၇၉၆၆၅၆၃ (၀၈၇၉၆၆၅၆၃၂၄နာရီ) | ၃ ဣဌားနှင့်အထက် အဝါအစောင်းသော အစီမံးရောင် |
| ပဉားမန္ဒုမ္မ ရှုံး(၁၀) အတွင်း | ၄ ဣဌားနှင့်အထက် |
| ဆရာဝန် (သို့) ကျို့မာရေးဝန်ထမ်းကို ခေါ်ခြင်း | ၆ ဣဌားနှင့်အထက် |
| ကလေးသည် (၆)ရက် ဣဌားဖြီးသည် အထိ တစ်နေ့လျှင် ထိုး (၄) ဣဌားနှင့် အောက်သာ သွားခဲ့လျှင် | (၆)ရက် ဣဌားဖြီးသည် အထိ ကလေးစမ်းသည် အညီရင့်ရောင် (သို့မဟုတ်) အမည်းရောင် ဖြစ်နေလျှင် |

Yekuav;wpf, muF qDOrf tBu&ESa a&mi f

rsfsu

atmufgtajctaersn; jzpfsayyuaq; buqk [REDACTED] tMysufus [REDACTED] zyq

- uav;onfqD0t;?0rfr0t;aomtcg
 - uav;rpi fnftrnfa&mi fnjzpfaelyDt a&mi fajymifaomtcg oN kvf
aemufyfkwpcdfcfvlfpi ft a&mi fnfteuf&mi jzpfbt;aomtcg
 - uav;onfqD0t;enfvmllyDqDt a&mi ft vbt;i fomtcg
 - uav;EYkymufir&onfvuPmrsm;ukdi fs;N omtcg

tcefb - rdi Ewduaurjci fqk ttaumi fqktavt usi fm

Es6odiqfæEgohm;onfEwufdi fsm;\taumi fqkt avlt usi hm;ukquf uft m&sf
oifjponfrdi Esuav;onfwpDfDswpDfD;vnfmyDwufuf&yk q i fijvmon ESh
trUrldi Ewufufci fuLpom;uhDwifju rdi fsm;onyfLumLum EwufmEkrnfzpfyD
uav;rsm;vnfykDx;zLwrmnizpbnf

ar^gz^hllyd^mu^f
2em&Dm t o m; csi fx d y f y
ar^gllyD em&D w l f a p m E l l r a p m a p m r d i E l l w l f u f y y
r n f o n E l l t a &? t j c m ; t p m ? t & n f v p c k l r y g y l r a l E l l p f s l w n f
w b l f y y
E l l n f u l l n s & k v p o f E s h

~~x dylf(EW) rsejcfi f uav; ygyfus, f us, f onf
trnful ftay:y hufjdi f ydatmufjdu hawd
uav;\lar;apbñfdi f m;jrw ESK aonf
atmuElwfrfv Sf eonf
*** remusi fy
*** EW ñaci frijym; ^rcf fy
*** EW ñaci frysufþy~~

tv̄d̄i f̄cm̄l w̄frdi fu uav; ūn̄x̄w̄d̄p̄um̄&rnf
aūjci f̄ uav; Es̄di fo n̄faē&m̄nygtw̄he&rnf

xdiyfl(Eik) Eftae uav;\ar;&konf xufmufl;conf
t x;m; aumi frlefci f (&ufteni, fumydemufr;H;um; &Eik
vuPmrsn; Epwep0fwywyfwnfH;um; &yd
rdi bnfemusi ffcph; &yd
Eik/Eik daci fonfy:m;raeblyk;conf
Eik; vli fdi bnfbm;jrwfsm; odfwi fawmlh kph; &onf

uav;awmi fwk~~flv~~if qmavmi flv uPmrn;jyon ESh uav;u~~flv~~if
jcif i~~fl~~fonfqmavmi f~~N~~aemufuaomvuPmjzpbnf
uav;r~~S~~kli bavmufr;rsn;ESh umUmumcPEW~~flv~~if
E~~flv~~if&mwli ft cselfowfs~~S~~f~~x~~m;y ESh
uav:E~~p~~ldefvi fol~~b~~monomo~~E~~dagj fo~~w~~apyd rdi frcl~~w~~
ay;y ESh

wp&ufi ft enfq 18-120 u d E l u f y
r l u m c P E l u f v r d i E l u f v j z p b n f
r d i E l u f n f t u d u f l o m j r w f v s l b s w k l y
E l u f n f E l u f n f D a c j f t r n f u l f w l f o k v f d a y j c i f z i h
e m u s i c i f u b u f m a p o n f

om;jrwfjymifvbtm;
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awmhnf

| | |
|---|--|
| w [k̚k̚l̚d̚m̚j̚i̚ f̚m̚; r̚m̚; y̚k̚x̚u̚f̚k̚y̚d̚t̚r̚f̚d̚j̚i̚ f̚ | uav;on&uftawmf̚m̚;r̚m̚; y̚k̚x̚u̚f̚k̚y̚d̚t̚r̚f̚d̚j̚i̚ f̚ |
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| a, b& sw [k̚k̚l̚d̚m̚j̚i̚ f̚m̚; r̚m̚; y̚k̚x̚u̚f̚k̚y̚d̚t̚r̚f̚d̚j̚i̚ f̚ | a, b& sw [k̚k̚l̚d̚m̚j̚i̚ f̚m̚; r̚m̚; y̚k̚x̚u̚f̚k̚y̚d̚t̚r̚f̚d̚j̚i̚ f̚ |
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| owal̚y̚v̚u̚P̚m̚r̚m̚; aq̚&S̚k̚q̚;cef̚o̚l̚y̚y̚d̚ | E̚k̚l̚f̚d̚i̚ f̚v̚l̚f̚om̚;jrwe̚&S̚i̚ f̚o̚l̚[k̚f̚om̚;jrwf̚l̚ft̚z̚k̚t̚us̚v̚f̚r̚m̚; &S̚z̚m̚j̚i̚ f̚c̚r̚f̚w̚k̚j̚i̚ f̚u̚l̚f̚em̚u̚j̚i̚ f̚w̚k̚u̚f̚q̚e̚b̚n̚h̚v̚u̚P̚m̚r̚m̚; &S̚i̚ f̚w̚k̚l̚p̚y̚u̚aq̚;buq̚k̚l̚t̚m̚u̚l̚y̚l̚y̚d̚u̚a̚v̚;ao̚;c̚l̚n̚f̚p̚b̚l̚[k̚f̚n̚p̚f̚w̚f̚/f̚ar̚y̚D̚w̚d̚ae̚y̚l̚a̚m̚u̚f̚q̚D̚t̚a̚&mi̚ f̚n̚f̚t̚o̚&mi̚ f̚z̚m̚l̚z̚m̚h̚S̚t̚l̚u̚n̚f̚&mi̚ f̚o̚l̚[k̚f̚om̚;n̚f̚ t̚a̚&mi̚ f̚i̚ f̚ey̚u̚/ar̚y̚D̚w̚k̚v̚a̚e̚y̚l̚a̚m̚u̚f̚r̚p̚i̚ f̚&mi̚ f̚n̚f̚k̚h̚S̚t̚o̚&mi̚ f̚p̚b̚i̚ h̚a̚o̚m̚f̚n̚f̚ t̚a̚&mi̚ f̚i̚ f̚ey̚u̚/uav;onf̚D̚r̚f̚en̚f̚y̚D̚m̚l̚u̚f̚d̚&en̚f̚o̚;y̚u̚/uav;z̚m̚;y̚u̚/rdi f̚v̚l̚f̚d̚i̚ f̚k̚l̚m̚u̚f̚r̚&S̚k̚p̚i̚ f̚y̚o̚ em̚j̚y̚i̚ f̚x̚e̚f̚u̚/ |
| rdi f̚u̚l̚k̚k̚j̚i̚ f̚ | r̚f̚m̚;p̚k̚ax̚m̚u̚f̚r̚l̚t̚d̚f̚v̚k̚s̚u̚l̚d̚m̚;u̚l̚d̚m̚;p̚k̚S̚h̚p̚i̚ f̚v̚k̚l̚m̚u̚f̚l̚t̚e̚m̚; i̚f̚v̚k̚l̚m̚u̚f̚o̚m̚ t̚p̚m̚; t̚p̚E̚S̚t̚&n̚f̚m̚; ? t̚m̚[m̚&j̚y̚n̚f̚p̚m̚r̚m̚;u̚k̚p̚m̚;a̚o̚m̚u̚f̚i̚ f̚ |

EJWJCF

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qE&Sí Ewli fufi may; oif bnf rdi Ewli Ewli usi Ewli w&fz d; m;ray; oif bnf

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v^s t^t y^u p^v f^w i^x b^y, j^z i^a f^b t^c m^d j^e a^f u^g s^h zⁱ w^j k^l & p^m fⁿ

- El&mi jci fESv i fci fulubuþmaponf
 - Elþmapmouþponf
 - Elkufsm;aponf
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r v k f E S h & i fm; r m; u k v u f i f u r f u r f w r f r u k f v g f g E S h & i fm; u k b¹ E, & i f
r d i f m u s i f h z p a t m i f o w o k m; y /

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- 1/ El*wi* fci ful*b*u**m**aponf

2/ El*lumi* fy*d*/fci ful*b*u**m**aponf

3/ c*l*on*i* feao*m* El*D*aci f*wl* El*M*e*f*efif heaomaav; u*l*u*l*u*f*u*E*lf*b*onf

4/ El*p*ef*c*uf*w*eaom*m* El*p*ef*f*omaav; u*l*u*l*u*f*u*E*lf*b*onf

5/ El*p*ef*i* f*q*ef*f*omaav; u*l*u*l*u*f*u*E*lf*b*onf

6/ El*p*ef*f*om*v*raphomaav; ?ay*g* f*jyn*haomaav; u*l*u*l*u*f*u*E*lf*b*onf

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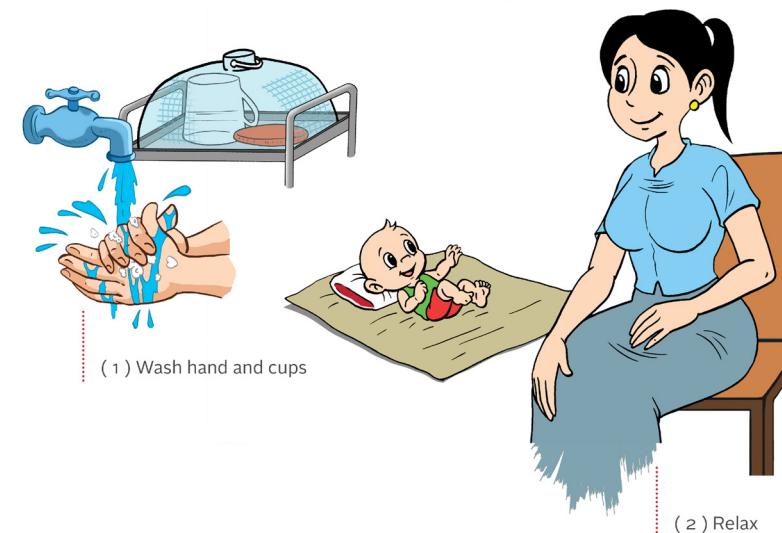
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9/ v*k*ef*cl* i*l* feao*m* rdi f*m*; tw*l*uft o*l* i*l* b*onf*

ԵՐԻՒԱՆՈՒՅՆԱԳՐԻ

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 - *qyfym?aw* ~~ES~~ *aq;allmyd*
 - *clufb* ~~baoma&aE~~ *ulvmlfxn* ~~ly~~ *hwyf*
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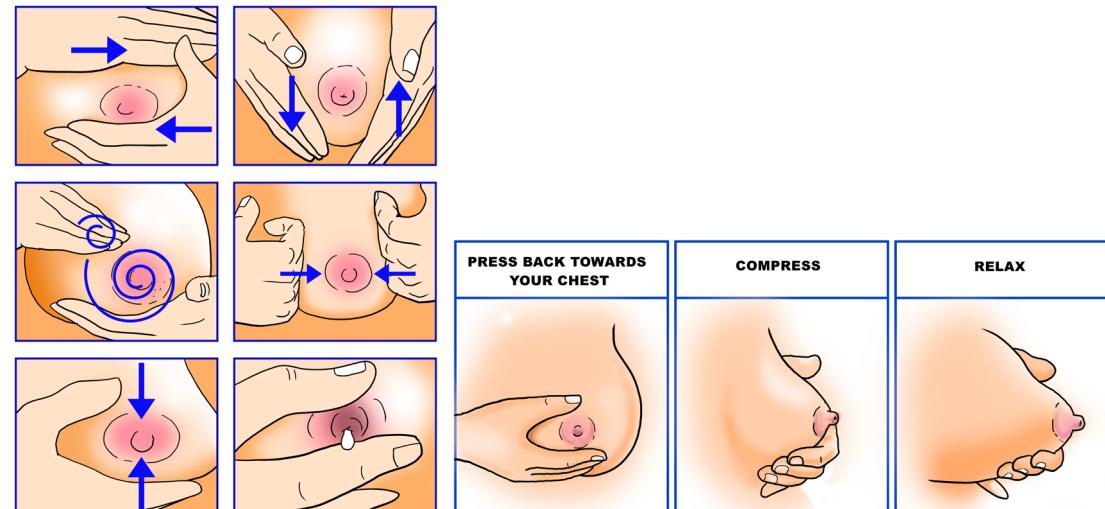
& i 6m: ESE, jci fESvujci Elnhfrsxkvjci ftqi h;



မြန်မာစီမံချက်များ

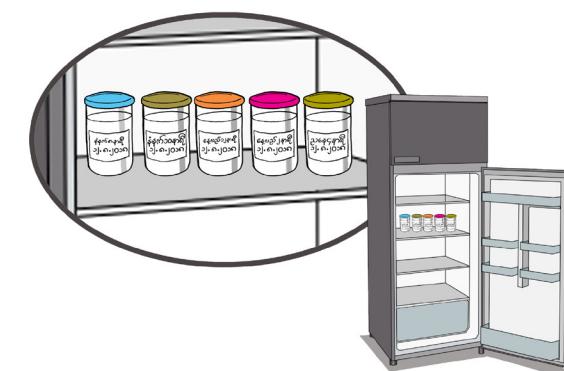
- 1/ ရုံးမြန်မာစီမံချက်များ
- 2/ သုတေသနများ
- 3/ ပုဂ္ဂန်များ
- 4/ အားလုံးကို အားလုံးကို ပုဂ္ဂန်များ
- 5/ အားလုံးကို အားလုံးကို ပုဂ္ဂန်များ
- 6/ အားလုံးကို အားလုံးကို ပုဂ္ဂန်များ
- 7/ အားလုံးကို အားလုံးကို ပုဂ္ဂန်များ
- 8/ အားလုံးကို အားလုံးကို ပုဂ္ဂန်များ
- 9/ အားလုံးကို အားလုံးကို ပုဂ္ဂန်များ

မြန်မာစီမံချက်များ၊ မြန်မာနိုင်ငံတော်လွှာများ



မြန်မာစီမံချက်များ

- မြန်မာစီမံချက်များ မြန်မာနိုင်ငံတော်လွှာများ
- မြန်မာစီမံချက်များ
- (Myanmar cIYCF t&) 6-8em< wif wif wif
- a&chow A tat; qde&mwif (Myanmar cIYCF t&) 1-3< xphif xphif xphif (WHO t&) 4-5< xphif xphif
- မြန်မာစီမံချက်များ
- မြန်မာစီမံချက်များ



tcef8 - v k fefcl & di f

*t v k f k c s i f o m ? t v k f k & e f v l y a o m r d i f s m ; o n f d i E u l d u f u f r n f t p D p o f s m ; t a l l u m i f
u k & e f a q m i f o f t v k f & S E S B l u l v i f a q f a E g o i b o n f v k f e f c l f i f d i f s m ; p h o n f r d i E u
q u f u w f u f u f u f u o n f r d i E u l d u f u f a o m r d i f s m ; t w l u f a u m i f u f s m ; r f*

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 - uav;zm~~em~~renfcif
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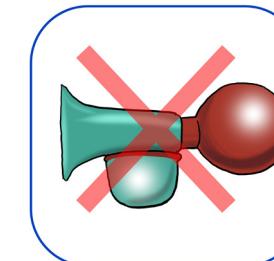
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Elmwood Park, IL 60637-1000

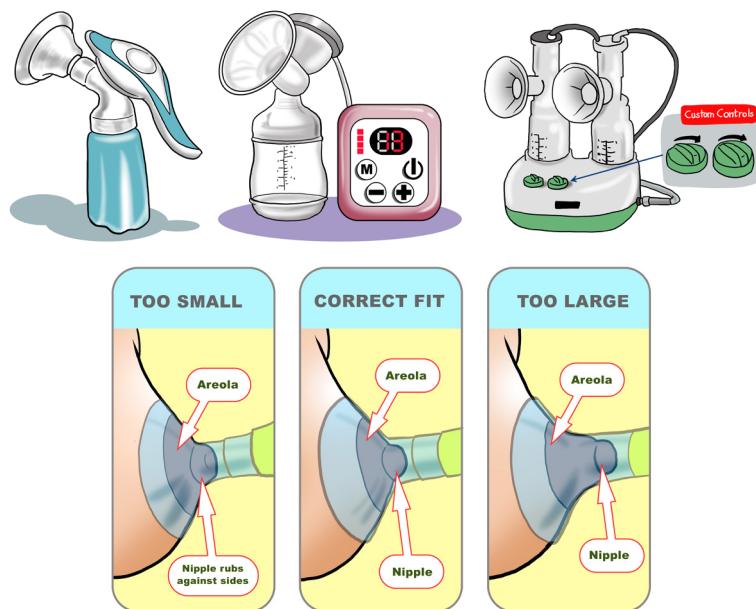
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ykpkcfufrstpm;onfusfrm&ESnDwfyE~~M~~umi fyd/i ci fu~~k~~n fzpafy:apE~~b~~nf

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- rdi fvDkufumi fatmi fvDkufumi bnf
- EiDdliDfci fatmi fvDkufumi bnf
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- aeYaphraphom uav;rm; wli fyxrtiywtenfi , rdi fsi spkcfu;li ukl roloif



tcef9- arþpu;k ftav;celfjynfomuav;

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- ayi fijnfomuav;rm; (5.5ayi fatmu;f)
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aponf
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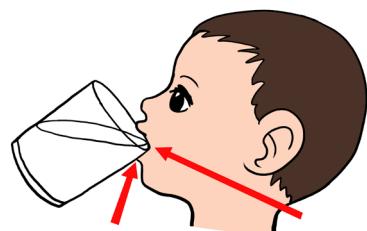
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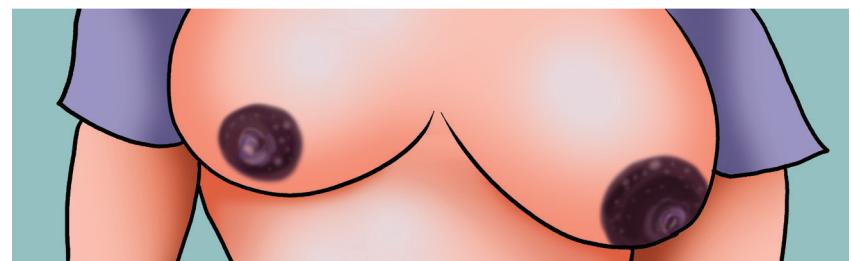
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ElnfyevnkfLufmifkif

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Ewifbjeif



vupmrsm;

omjrw2-zufvypfonfazma, mi bnf txdEwkuflus&mwifluawhomtaejtaerm; Esfajtaetraewhomtumifridi f
emusi bnf(3-5&uajrmufaewifzpfay;onfta&jym;-ajymi ae?wi faeonf
Ewifbjeif jym;aeonf

umu& &ef

arbydosi f(1 em&Dwif)rdi &i bwywif to;csifxdyfay;lyDdi Ewkuflus&mwifluawhomtaejtaerm;
(wp&ufviftenfqk8-12udfrnumcPewifbjeif

vkaqmi &ef

xdiyflumi spm Ewkuflus&mwifluawhomtaejtaerm; xdiyflumi spm Ewkuflus&mwifluawhomtaejtaerm; yf
ydrnumcPewifbjeif &i bmyay:a&aE60wfvi fztDvuzi Ewkuflus&mwifluawhomtaejtaerm; yf vufzimnifnifxkvfy

Ewifbjeif fa&mi jci fufkif



vupmrsm;

omjrwfEwifbjeif emusi bnf
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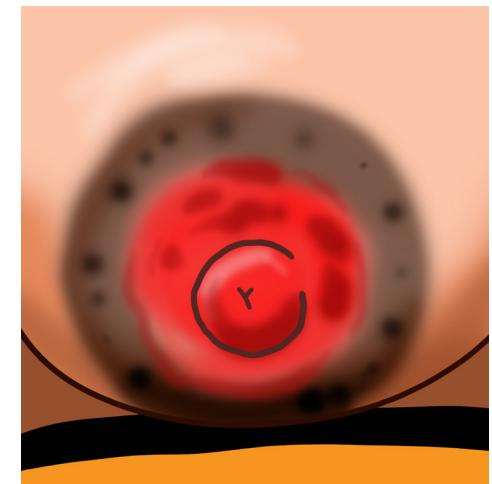
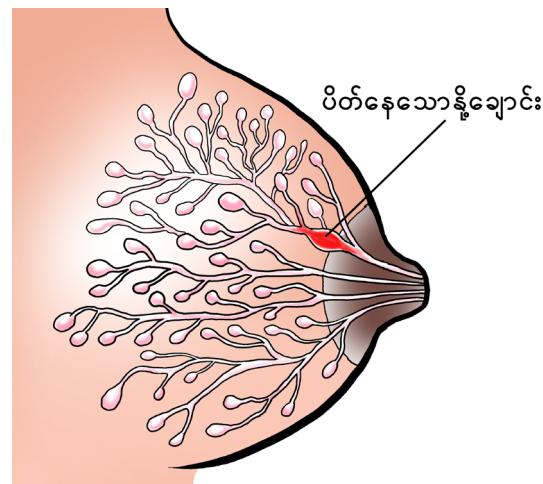
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xdiyflumi spm Ewkuflus&mwifluawhomtaejtaerm; Ewifbjeif fwEMV i fESfEwkuflus&mwifluawhomtaejtaerm; &ykwbjzi Ewifbjeif f
ZaOZ0jzpEwkuflus&mwifluawhomtaejtaerm; onfayifm;a&jzi hq;ci f;vdaq;vdfci frjlyEwifbjeif fESfEwkuflus&mwifluawhomtaejtaerm;
tlyDvEwifbjeif fuEwifbjeif kovf dfy;et/i fvlefcifufkumug yf

vkaqmi &ef

rdi Ewifbjeif fr&yfkyEwifbjeif xdiyflumi spm Ewkuflus&mwifluawhomtaejtaerm; ukyfus, f yap/
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Ewifbjeif fom;jrwa&mi jci f



vupmrsm;

omjrwfpfie&me&emusi fomtzktbvdwpfkaeumi fonftzm;r&S

umu& &ef

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vkaqmi &ef

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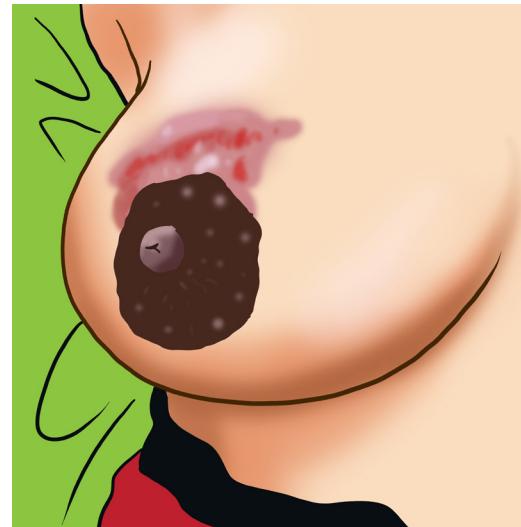
umug &ef

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(Vyl)ufy fESRCy kufy tjam;rnbnft & nft pmuklwhufly EShaq;bufqfmuorl
&fazyd

v k a q m i & f

jynfnfñemrjzpñtñiñmuñg &efñquñvñwñlyjynfnfñemona&m*ylñiñcifzpnñf
aq;ubor&&efñsuñsi &ñazbyj

jynfwnēm



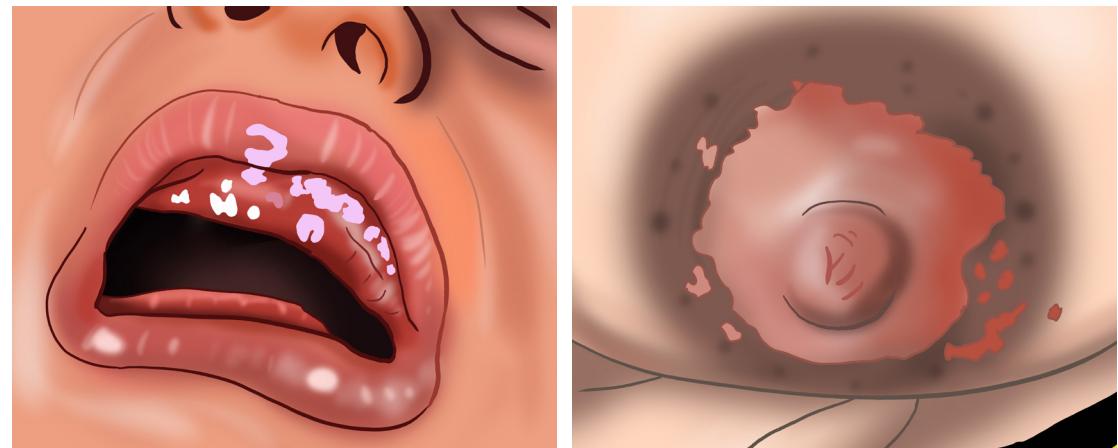
umug &ef

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jzp*l*&on*l*fyn*l*vn*l*em*l*u*l*l*l*xd*l*y*l*l*l*EST*l*y*l*l*l*on*l*ft*l*E*l*am*l*, &S*l*n*l*f*l*ta&jym*l*u*l*l*l*fy*l*ES*l*aq*l*l*l*D*l*vk*l*
r*l*sm*l*; r*l*v*l*df*l*y*l*ES*l*

v k f q m i & ef

aq;ub&rnf ajctaejzbfnft ultnDksuEsi &GazydEwksEsf tmi fmu si Eksbnf
om;jrwfusE, fvujzi hfsxkjci ftm;zi fom;jrwfsm;rsfnsf; pQ i fapydEhfsxjwif
jynfygyu EwksufEksbnf

rbfcif



vupmrsm

t a&jym; , m; , Bnfom:jrwfsm;wi fl&Smusi Bnfom:jrwfsm;wi fajym; feonfuav;\
ygypf^ v\wif ftjzla&mi ft pufsm; aw\wif feonfuav;\ygypf^, ci f- aq; ubrtH y/
ygypfot,zREwcrf^ v\wif ftjzla&mi ft pufsm; aw\wif feonf

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v kfqmi &ef

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vufuklumi fph aq;allumapyg

Entomolytic fescue & *meadow fescue*

- El&mi jci fw&li fom;jrwfsm; o\&m* y&i f&mu aeonf
 - El&smi fy&li fuf&li b&vli El&mi jci fzpEl&nf
 - El&smi fy&li fqb&lnf fom;jrwf w&li fat mi faeo mEl&nf; allumi fom;jrwf
\\ wp&fe&m&mw&li ft zkt Bud/fm;jzp&fy:aejci fzpfonfemusi flwp&fkom
cpl;&onft zsm;r&Sjkfau&ES&li fw&ho m v u Pmrsm;r&Sj
 - El&mi jci fw&li frdi fom faera umi fzp&fyDwkfau&ES&li fw&ho m v u Pmrsm;
cpl;&onfemusi f&Dz sm;&Snf

El&mi jci fonfyi fxefoma&m*gt ajct aeizpfomaMuni faq;uborlukusfi fCHyjrdi ft m;
rwkq;Hfylcsufsi fuborlCH &efajymyq

Elvifæfci fæhlæa&aomrdi fuluhþkl

- 1/ uav;avmi fr~~s~~~~u~~ jci fr [kvfD em&D pE u fdkl lmc P E w jci fz i E w f
jci fyldq klp&efumug yd

2/ uav;uE wif Dmjrwf u i b w q D S D laci fbu b h i f m p h E E , f
ay;yd

3/ E n f d q i fr a umi f ap&e E n k l f d &a E l o w w i f y;yd

4/ trnful f aysm l v m y D E G f ap&eff E n k l f D r e p f e l u m a t m i f a e m u i f e f
z E G y;yd

5/ om;jrwft m E E , f y D v u f i E n h s k k v f y;yd

6/ E n v f v i f a o m t c p k f l u f t o l j i f u k & k d f y x b k l v i f m u s i f D k c m i f
y d / j c i f u k p f y: a p E n f

7/ E n k l f s e l v p c e l E S v p c e l l m ; om;jrwf m ; j y n f v f o n f k p h ; & y g u E n f k
n s k k v f y

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- | | |
|-----|---|
| u/ | vufvp̥zufu[k̥v̥f̥zufu& i b̥uq̥D̥i b̥mp̥w̥f̥y D̥trn̥f̥u[f̥u[aym̥aj̥y̥mi f̥apy̥y̥ |
| c/ | vufcm̥i fr̥m̥; u[b̥c̥j̥ f̥q̥D̥i & v̥m̥y D̥trn̥f̥u[f̥u[b̥mp̥z̥f̥y; y̥y̥ |
| * / | x[b̥k̥f̥m̥w̥i f̥em̥u[f̥po[i y̥y̥ |
| C/ | trn̥f̥u[f̥wp̥f̥u[f̥se&m̥rm̥; aym̥aj̥y̥mi f̥v̥monft x[b̥u[f̥u[y̥y̥ k̥p̥f̥k̥f̥i b̥D̥ x[b̥k̥y̥f̥/k̥y̥ |

~~Ewifvēfci fukubjci f~~

uav;E~~h~~sp&eftrnfulfukl
aymhjymifatmi~~f~~klcif
&i~~b~~wqD~~h~~i~~o~~mplz~~E~~
vufpuzufukt~~o~~llcif
vuf~~E~~zuufukt~~o~~llcif

out kwf

*jyifxeppEWifv&fif-Emifv&fif
oufbm&efaz&ufuyfd*

a*:zðufsm; tðon*h*cif

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a*:zəlʌfʊlfəmɛɪpɪaq;əlʌmɪyɪlədʒɪftrnflfuə*:zəlʌfʊlxdəp&efə*:zəlʌf
tv, wɪftayqazmufy/10-15repfomjrwfay:wɪfuyfɪm;yɪ2-3lʌdfkɒlɪyEf
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Eksmi fyrðafomrði fólkaháskóla

Elw wif Dom; jrwf u&aE60wfvi fyNyDom; jrwf u&aE60, fy; yg
rdi Elw wif Dom; jrwf u&aE60wfvi fyNyDom; jrwf u&aE60, fy; yg

rlLmcPESftselfumLmEwWkjyjzpbnfbuwlwEwWkjyj

24-em&Dwifroufbmyguon[kwyfb] yunefy

***Egelfsm; u klapElsom usyfnfonit wifchudm; rowl&efdi fulboway:yg

E-mail formularzyk

vupmrm; - Ecsni fydfci fESq i wbaomfnufk ftylefuvjci fcrfwkci fydi ft efc i f
wjkfusEShbaom udkfhs; udknfcp; &onf
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onfzpzE&f*if* E*wi* f*v**e*i f*u**l**u**m**g* &*E**S**am**u**f**b**u**b**m**a**p*&*E**n**f**u**l**l**s**x**k**y**j**q*&*m**0**e*
ay:*a**o**m**a**q*;*u**l**o**m**u**b**k**y**l**d**a**q*;*h**D**k**m*;*u**l**o**k**y**l**E**sh**a**q*;*h**D**k**m*;*o**n**y**f**i* *f**x**e**a**o**m**a**m***y**l*
*O**i**j**c**i* *f**E**b**u**s**e**f**m**a*&*j**y**Ó* *emr**m*;*j**z**p**f**ay*:*ap**E**n**f**a*&*m**i* *f**ea**o**m**a**e*&*m**u**l**z**y**E**sh**a*&*m**i* *f**ea**o**m**a**e*&*m*
*t**ay*:&*E**a*&*j**y**m*;*u**l**o**l**y**E**sh*

jyñfvnñm&ñomrdi fñkuhyñk

aq;ubrbsufsi fCHyfjyi fxeſoma&m*gtajc taejpbfnfrdi EK ufvufvbfuſy
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jzpſay:apEkiſonfa&mi ſeaomae&m tay:& ſa&jym; u bcfyEŠ ynfvnemjzpſeaomae&muſ
rxvEŠ rfnbnit & muſdrvdyEŠ

Einführung in die

rdi fsm; Elwifci fulfici fol[k wftjcm; t pm^t&n fm; wlfuf&jci A trm; qkt allumi f
&i fwpcfs Elwifci k bllujci fzpfnfuav; u vlttyorlrdi Elwifci; vklus&eonfwif
rdi EShdm; p&i fsm; Elwifci fulfici k bwwlfuonf

E**ss**b*ll*q*g*aE*ff*oh*m*; taeE*ff*nd*i* f*m*; rnf*ll*
w*l* f*l*e*ff*ef*o* m*w* i*f*t c*ll*u*ft* v*l*u*f**m*; u*ll*y*l*&eft*o*
a*o*m*v*u*P* m*r**s**m*; E*ff*nc*ll**v**b**m* v*l*u*P* m*r**s**m*; E**ss**b*ll*q*g*aE*ff*o*ll* &sy*E**ff* b*m* n*f*

Einführung in die **musikalische** **Ästhetik** von **P**eter **M**üller

u& ftav; celft wuenfcif
wpf/vli f500 *&rftmuafvmlenfcif
arlyD ywfvi farfpayi celft muafvmlenfaejci f
qDolenfcif
wp&ufbludftmuuenfcif(qD onfemifoyfbnforrnlyDt a&ni fi faejci f)

Einfallsmöglichkeiten für

- uav;onfE~~EW~~demufa&mi~~E~~f
 - uav;tve~~f~~if
 - uav;onftve~~f~~MmcPE~~E~~if
 - E~~EW~~mfumjcif
 - rdi h~~EW~~kvafomt~~c~~E~~EW~~xufcif
 - uav;u E~~EW~~if i sgfcif

- uav;\rpi ßn fmí ajcmuifDtpdfa&mi jzpæejci f
 - uav;onfMumrMumOrft rmrsm;ob;jc i f
 - uk ðefaqmi þ0E S arfzñy ðæmufoñjrwf t &G ft pm; rñu Ðmjc i f
 - Eñnfxfuñvñjc i f

rdi fæmuſumur, ayjci fz i hdi fu nkuſtmi uhþif



Einflußenfonf kxifrif baeaomrdifm; onftjcm; Einflußdi fsm; \axmufrl
tultnDklyfonfowlduhDefvkgmi Ehfmrsm; ph&Snf

uav;idomrdifukhjk

uav; i **h**urdi f&muav; ygrd/fsuu^yly i **h**uypnf i **h**uci fonfuav; r*h*qufb^f fum;
ajymaomenfvrfzpfomamumi fuav; i **h**i fonfyk^fomjzpb^fonfrdi f^fm; rdd*h*uav; rsm;
i **h**u*h* &ici ft allumi f&i f^fm; u **h**l*h*; vnf&eE66d*h*qfaEgo*h*s; u uh*h*ponf

uav; i Ncift alumi frsm;

roufomizpif

qma v miʃci flat; ciʃao; pdiʃiy ciʃtowf x m; aom
towf m; v bfc i f

yifefci f

{nþnfsm; vþfc i f

Změní fémusy jí f

zm;emonit cESEmusi fOnIt cgi bOnfMypfgwp&H
ajymi fvbnf

w [kfx] D

rdi Elyjrs; rsm; pefvkyfymamLumi fdkmavmi fwwf
vmonfanyDywff4ywESB v wtfzpfww6nf

rdifBaomaq;rsn;^aq;vglfxt&mrsm;onfuav;uklarmufurjzpfpwwfnf
aomujcfifpDl&ufoomujcfif

etnftxufvñeli f
Eñtñbñmñlñmñ fuav;onfPcPcP
atñi fñvñqñbñnfEñyefxñufñ;aomamñmñ h
uav;uEñyfñvñbñnf
rdi fuom;jrwfvñpñufSvpñuññjymñ fay;aom tçg
tapñyñfEñyñfñvñpñlyDavxjci fñrpñi ft a&mi fñpf
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onf

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rnfonftalumi&ifrs&q;uav;i&nf
aeW&lfwhd&mtc&vif&lw&nf
2010-11-B-5-S-1-S-1-S

v~~h~~yfusfm;aomuav; xhav;rm;onfyd~~ay~~y;&efrdi E~~s~~t cselfkm;rm;
xm;&efv~~h~~yfonf



*rdi EShñdm; p&i fm; u uav; \ trlt usi hm; u kñm; vn fm; vñ fdi Ewñkñf u f&m wñ fzplDl
y&h faponf trm; tñjzi Eñkñf ñomamumi luav; i kñnf & i fwñlly Dl jcm; tallumi f&i f
rm; u kñp0 fm; rñllu yq*

avx~~de~~^{ea}om~~o~~^k kf~~de~~^aom~~u~~^av; u~~b~~^bu~~b~~^mapE~~k~~
i~~de~~^aom? avx~~de~~^eom~~u~~^av; u~~b~~^bu~~b~~^mat mif~~y~~^fe~~e~~^fenfvrf~~m~~^p&~~S~~nfeDuy~~p~~^{ay}
xm~~c~~ⁱ f~~n~~ⁱ f~~o~~^mph~~v~~^yfy~~j~~^ci f~~o~~^rf~~u~~^b i f~~o~~^mph~~z~~^y~~j~~^ci fw~~u~~ⁱ fuav; u~~b~~^bu~~b~~^maplyD~~d~~^fs
v~~h~~^hu~~h~~^h&aponfuav; u~~b~~, f~~wm~~^hSc~~E~~^DAE~~u~~^fu~~b~~^mu~~b~~^pfy:aponf

- 1/ x^h/Duav; u^h/dayi f^y:wi f^h/s^h/f^h/s^h/t^h/D^huav; \au^hmu^h k^h/w^hf^y
ay; y^h

2/ x^h/Duav; u^h/dayi f^y: x^h/pí u^h/x^hm; y^h/uav; \Orf^hA^hu^hf^h/k^h/y^hw^hf^y
u^h/x^hm; \y\Orf^hA^hu^hf^hi \omp^hz^haly; y^h

3/ uav;u*si* b*wafy:wifvnfnf* Duav;0*aci* f*si* b*wafy:wifvnf*
apu*mwwfwnfhifmpfli* D*uav;ohy;i* uav;\i*ausmuhifmpfywbfyf*
ay;*yj*



uav;uldrjLEgddenfrm;uldi Eshdm;p&i fm;tm;jyojc*f*oi lum;ay;jci fwui hdm;pk
rm;uav;uldlumi frlepmi h&uuldrefuhdy;Eldnf

Eslif i fqeſomuaſ; rdi fuſkuhdy; Eſky

wpfgwp<av;rm;onf~~EM~~efi i fqefyDdi fu~~po~~formua&muf?polyfyeap? tji i fy, f
c&bnf kbn;&apEbnf

rdi ft m; t m; ay jci f l y e f o m u a j a z a z m u f y jci f r d i E S t w a q m i f l u f c i f w M i f t a j c t a e u k
ajz&S E K f o n f

~~En~~efi i fq e&jc i ft allumi &i frsm;

to have; on the contrary, it all depends on sufficiency.

zsm;emjci flemusi jci faq;0grsm;aomufm;jcif a&m*y@i f&mujcif
arfz@;p0fx d@f@ emusi fejci f(0laci f
w@ f@fyx d@f@jci f
efaci fy@f touf&S@Kif
ygy@f&mi jci f(r@bi f@t@;ay@jci f

rdi Ew dufusion hanfrm; wifc ufwale Ewsm; toljai fallumi hdi Ew
jcif ZaOZoizpzyfDro&sf

rdi E\k\l\mupfrx\ufcf
rdi fu uav;\0\aci faemuf\\$idif

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uav;onftvldiEJmwiftcufwU
aejci f

uav;upbysufspaomajymifvhl

rdi ESS&Xm;jci f

rdi fzm;emjci f

rdi Economic

rdi fr®mvnicif

rdi kte woufymifvclif

argui powi fdi omirw&now kuf yED

~~E446bif bnftouf4-8 vwif~~

on fit m&ks/ty Dt jcm; t &mrs m; on fit m&ks

a&muowwif

οθόνη i fəʊn̩i

uav;uE~~W~~efi i fgefomtcaqmi &U&rnft &mrsm;

- zsm;emrlv uP mrs;ul pfq; yd ygpyfk rph evi ESh i fqefvwfbnfrdi f
E&mi fevl ESh ft &omajimi fv bnf
 - uav;zm;emvif nft ESh
 - tawt ESh if llyDuav; \O Daci fu k u muf swf c i fr d m; pkm; vefon h
ae&mwif ESh kufcif
 - ESh depof t m&kv ESh
 - uav;ul di ESh om;csi fx di yfxm; yd rdi ESh xawt i fzi fuav; ul pd fs
vuf&ponfuav;ul di k tem; wif fm xm; yd
 - taet xm; tr ESh kufcif
 - uav;ESh llyD qmav mi bn fu kpmi h(i bnf x dapm i) ESh kufy
 - uav;ul wi fr wif ESh
 - uav;\y gpyfu ktwi fr [y ESh
 - rdi k ESh Daci fu k uav; \y gpyfu ktwi fr x k n ESh
 - uav;\O Daci fu k udi qD ktwif ESh



t"downif

uav;uE~~sh~~efi i fqeſomtctwif E~~sh~~uav;E~~sh~~matmifat;at;aq;aq;zi h
acm~~sh~~l ajymq~~sh~~u meln~~sh~~polifdapyd

tcefl11- rdi EwWkfaRjci fqkHm taumi fqktavltusi fm;

vufurfpn&ufl1.1

rdi Ewkuuqci fqktaumi fqktavtusifm;

- 1-2 em&D mat mi ft om; csi fx di yfy arly D em&D
twi frdi E wi fv klu fu ffy
 - E D n fu klu ffy p at mi fv klu ffy
 - r l u m c P E klu ffy
 - E klu ffon ft aet x m; E S h i d s e e fpy y
 - (rdi fu uav; u klu ffu n D p um; a j y m y) D t v klu ff
o i f a c m h l w klu ffu ffy
 - x D klu ffu ffci fon f&m* y D i f & mu f u l v b s
ly D A E n fu klu ffu n D p um uav; E S h i d s e e fpy y
apon fu av; u klu ffu n D p um i f r e f p u l D i; apon f
 - E klu ff D n b n ft & mu klu ffu ffy E S h

6vtxdliEw
whaufif

nf 6 vt xddi Ew pf down fwk fu uci fon fuav; rsm;\
tou fu k, wi f Dm; emr la&m* rsm; r Smu G fy; onf

Environ&ment

f uav; uktdi EShsuEcsf qktsfEuyfñ xñ; yñ rdi fu rñ
yñ fuyfñ fñHñ fuav; wnfñ kñ fñHñ yñ Mñ m; yñ

[xdiyf11](#) [krsueif i f](#)

uav;ygpyfukus, f1s, f ygap/
trnfulfuktay:bu fvifdi f1ydatmu buwfifjri faw
ap&yg
uav;\ar;apbu lldi f0m;jrwESX diyfpyd
atmuEwfrfvfSe&rnf

| | |
|--|---|
| x dyf tE kE sM dtae t x m; rE fE fom vup rsm; | uav; \ar; & bnf tayat muf yf (& uft enfi, f yllydemufrd soH um; E bnf E pdep0fv yfwf wjfn bnf H um; & yg rdi f emusi yg E pdep0fv i E bnf acj fonf ym; rae ylv l bnf E pdep0fv i fdi f om; jrw bnf o fwi fawm yg |
| t pm t dft & f pm; ae & mny grdi E bnf uav; awm i fwk f dft yxrtywf m; twi fom; jrwyjmi fv kH m; & Bnf | 1&uf3&ufzef*:v Dao; t & f 3&uf10&ufyi fyg f bmv kt & f 10-14&ufydemufrd muut & f uav; rsm; on E bnf h f enf P E bnf yxr&uft enfi, f yllydemufrd fui fpuav; trm; p bnf wp&uft enfq k8-12 B udf r l m c P E bnf (x dyf laumi fpi) E pdep0fv E bnf; xufv jzp bnf q m a v m i f l t a p m q k u P m r m; a w m E bnf uav; u E bnf au f yg i jdi f onf q m a v m i f l a e m u f u a o m v u P m j z p b n f rdi f m; u k m a v m i f l v u P m r m; t m; o i f y; yd uav; A k f c e f S l m o m o E b nf w a p y |
| jyÓ emrsm; u k l m u g jci f | r D m yllydemufrd-5&ufw fom; jrw f m; y k D m r n f r l m c P rdi E b nf u f y D m; jrw f m; twi fr S m n f u k u k f p j c i f z i f di E b nf w u f m; a p o n f 2 y w f t x o m jrw f j y m i f v k H m; q u f u f p a y; o n f |
| jyÓ emrsm; u k l m u g jci f | x dyf jci f (E b nf f) E b nf a e t x m; rE fE fom vpy o m; jrw f m; x b nf s m; u k f p & e f l m c P E b nf r n f o n f & t & n f t p m u k l r a u f y E b nf (4 i f w f o n f a i f di E b nf au f jci f u k l f u k f, S f y; o n f) E w i f v k f i f r j z p f t m i fom; jrw f u k f, f E b nf u k f u j z i h n p f k v y f jyÓ emt a o; t m; & o m rdi f m; o n f t u l t n o t y b n f & y f x f a o m a & m * g t a j c t a e & S n f di f m; u k f t y f |

| | |
|---|--|
| rdi f <ul style="list-style-type: none">lulumif & <ul style="list-style-type: none">lulumif | ru, fv; yli ft pm; t pmrsm; u ldeyfpm; o kif a&u kif u lmu pfaomufy/ t pm; ra&f yf Esh rdi fpm; csi fom t pm; t pmrsm; u lpm; apyf t pm; t pm ty Esh speyf o; & n fm ty Esh speyfpm; yg uav; ty Esh speyf t yf t em;, yg axmufr Esh ult n D t yf v fa wmi fy/ q&m0efn Efaomaq; u ldomufy |
| rjy k6 i fom t & mrs; | uav; \0\acj if aemuf swf y Esh rdi Esh \0\acj if uav; \y gpyfb x k n f Esh rn bnf t pm^t & n f(a? ym; & n f v u f u & n f u f u k rw k f u f y Esh uav; u ldi Esh w k f t c e f t l u m b u D x m; y Esh t rm; q k em&D m v \0\ Esh Esh w k f y |
| vufi Esh, jcif fom; jrwe Esh, jcif | rdi Esh \0\k u f m; aponf rdi Esh \0\k u f m; aponf Esh v f \0\c i fr j z p f t m i f u m u g b n f em u s i f t \0\ u b m a p o n f rdi b n f u a v; t e m; r f & d e f m i Esh \0\ u f h f o l v \0\ f m; Esh b n f |
| Orf q \0\k i c i f | y x r & u f w p & u f v \0\ f r f t r n f l b u d f q \0\ -2 b u d f ' k v d & u f w p & u f v \0\ f t r n f a & m i b e f a o m t n \0\ & m i o r f 2 b u d f q \0\ -4 b u d f w w d & u f w p & u f v \0\ f t n \0\ & m i b e f a o m t p d f a & m i o r f 3 b u d f q \0\ -8 b u d f 4 & u f 5 & u f j r m u f \0\ e m u f y \0\ - t a p h v ; r m; y \0\ i f o m t o g & m i o r f 4 b u d f \0\ x u f t c u l a v ; r m; o n f \0\ v p f p \0\ m i o r f w p \0\ f u d f \0\ o n f 4 i f o n f y \0\ k f p b n f |

12-23 ✓

t p m t r t t p m; - r d m; p k p m u k E k f o i f a j c x m; a o m t p m r s m;
t l u d f & - w p f u f v i B - 4 B u d E S f o i ; & n f m 1 - 2 B u d f
y r m P - w p f g a u f v i f 250 r D D D m q e f u f a v; y k k y k s
w p f u f v k t x d
u a v; w p f D E S f v p f D o n f t p m p m; y k w h D y g/ a e y o f
p m; a o m u f k t n f u f i c m; n u o n f
a c m i n l i * & k s f m p f y /

1 EpsfSEpsf

rdi Eljuſvufußig
yðrmaomrðm;pt pmrsm;uljuſvufd/quſuſarþy/
El; ElwopmæElm;uljuſvufd/quſuſarþy/
aeſtſtu, ſiv; ylpt pmrsm;auſþy/
tom;^ig?ylptbDvH i foD i ſuſfsm; yþi aþy/
oiſwmaom typft uEſt pmrsm;auſþy/
oiſw, ſomyrmPESatbuð&t wuſþy/
tcſtſtoitpm;tpmrsm;uljuſvufd

tykif-2
rdi Ewku faurjci f
taMumi f&G fwbsi f
EsfodraqfaEgy nmay;jci f
pfr&nfsm;

| | |
|-------|---|
| tcefl | rdi Ewldufuſciſtallumiſ EſſoðaEgynmay; LOVEnfvrf |
| tcef2 | Ewldufdi Eſſauv; uktutwicſiſh qeppafvkymicif |



tcefl-rdi Ewkuufci ftamumi fE6odnqfaEynmay;
LOVEenfvrf

Es6odlaqfaEgobn fajym i fvlklyk kfolzplf Ddi fsm; Esfndom; p&i fsm; rSvkvufaom tjk
trlwpcfbklym i fvjykr&mwli fi fwkli nftm; xm;&aomwpfklwpfifzpfonf Es6odlaqfaEgol
rsm; onfajym i fvzli relly; jci foal [kvfawmi fqjli frsdr [kvfli tluMjci ftm; jzi ftjcm; ol
rsm; tm; ajym i fvblt &efuhBf6nf xMumi frdi fsm; BuLwbae&aom twm; tqDrsm; udk
em; vnlif Es6odlaqfaEfc i fplf&nfutl olnK olnK; uhdy&efta&uDnf

L=Listen and learn e=m;a x m i f D o if I

O=Observe a verb

V=Value mother/validate her feelings rdi fcbh;csufm;uhfzkm;^aoemoaltmifkf

E=Empower and educate ✓ ~~kybernetik~~ at ciftimPmay;NyDnmay;

Es6dinqfaEgobnfdiRa&fc, fESvWtysufm;uljxr0Dm;ay;&rnf

Efficiency factors must affect aerodynamics and maneuverability

- $\chi \alpha \mu \alpha \sigma \alpha E \delta \delta \alpha q \alpha E \gamma \alpha k \alpha h \alpha v \alpha r \alpha r \alpha m \alpha u \alpha l \alpha v \alpha n \alpha q \alpha m \alpha u \alpha l \alpha y \alpha d \alpha o \alpha m \alpha t \alpha c \alpha g$
 - $r \alpha d \alpha i \alpha E \delta \delta \alpha i \alpha E \alpha m \alpha v \alpha n \alpha f \alpha l \alpha a \alpha o \alpha m \alpha t \alpha c \alpha g$

- *pədʒɪv uʃəm; æxmɪfəntcɪŋ*
 - *oɪtʃtultnɪði hdi ðnfddkl fɪk lɪnflwnfqufomtciŋ*

E66d16qfaE6otm;onf

- rdi f^m; i^m; vnf lwnfqmu^bnf
 - rdi f^m v k^mrnfu^dajymy^d t^mly; onf
em; ax mi f^m di k^mph; csu fu^dl^m; vnf t^m i^bnf
 - rdi f^m; u^d f^m q^m j^mwfa&cs, f^m t^m i^bnf
 - rdi f^m; \q^m j^mwfcsu fu^dl^m; onf

ukl feaqmi foeshdlydemufatmufgtactaers;allumi hdi fso;onfdakl ukl hinf
pofreShdi Elnfvlkifusion pfr&nfymufqlo;el;onf

- arfz̥i;Nydemu�vph̥r;bf̥z̥mz̥t̥m;rs̥n;
 - arfz̥i;Nydemu�um, ESDuraymi fvph̥s̥n;
 - r̥bav̥mi fwpoDzpf̥mjci f̥jynbaomch̥csuf
 - r̥om;pb̥i f̥sm;u ESDuraymi fvph̥s̥n;okleftysu�abmz̥t̥m;ay;jci f̥
 - uav̥;twu�vph̥lumayray;Esf̥lakdumuf̥i

Esfolgsgesetzmäßig & y & S

pr&nf - tult nDapaomuf efrlt , mizi fqubg jci fukt olycif

ukl f eft rlt , mizi fquufG icif

pum;ajymci frSvpfg tjcmenfvrfstm;vRku~~ll~~f eftrlt, m?vufrlt, mu~~ll~~b~~ll~~D~~ll~~
oabmxm; u~~ll~~dzmifici fzpfbnfxf~~ll~~u~~ll~~fg fbnfum;v~~ll~~sm;xufk~~ll~~pf~~ll~~fxufnf

- o i N O D a c i f E S h i d i f u a v ; a p m i f & f u b l O D a c i f u b l p a j y ; n B m ; y (o w h u l l u m u f t e n f y g a p o n f)
 - r d i f j y m o n f u l m ; a x m i f y (r d i f t m ; w e f k m ; a l l u m i f c b l ; a p o n f)
 - r d E S h i d i f t l l u m ; w i f n b o n f t w m ; t q D m ; u k l r & p & e f a v f l b y g (y l f v i f a o m q u b f f)
 - t c e l f y g (o i f & k l u l u m i f o l w b l s e f)
 - r s u f / k l s i f l u n f f y g
 - o i f u f f r l t , m u k l f r l t , m ^ v y f f r l t o f f w a f t e u b n f t j y l o a b m j z p f e a p & e f o w k m ; y g

p&f&n& - tz&r;c&frsm;u&r;yg

- tzo&fr;c&frsm;- b, fv&fr;bm&v&b, ft&fr;sf&v&b, fe&mv&bm&all&umi &v&y
 - tyd&fr;c&frsm;- [kw&v, fr[kw&v] [bn&fr;ajrsm;u&bm&apaomar;c&frsm;

Oyrm/

tzar; cef

- tpfuav;u~~b~~ & wmb, f~~c~~ & v
 - tpfuav;u~~b~~, f~~c~~ & ~~f~~ v

tydfr;ce

- rdi Ew&wmukbabmusoVm;
 - tpfuav;uLw&fDvM;/

ph&nB/pd/fi fm; onf jkaoomwkyefhs; Esrtlt & mrsn; uktojci flaci fndyly
oi em; axmi feallumi fyoonit aeEsmtk yed

- ~~x^trlt & mrsn; on fdi ft m; o i fəd/θi fəm; ae allumi fazmif yonf~~
 - ~~rdi f u o i ft m; pum; aiymon ft cərsu f kəsi fəd/θi fət həlun f~~

pf&nf/rdi faiymonfukh mi fukif xif ywkiyefaiymqk

- **oH mi f&uf xi f yfvk** efajymq*kl*i fq**kb**nf*fr*di fijymonuf*k*
Mum;aea*l*umi fy*o*&efol*t*m;yk*kb*lym*qk**kl*m;ay;&ef*fr*di fijymaom*t*&mu*k*
x yfajym*kl*i fzp*bf*nf

Oyrm/

- rdi fu "raeñu ußfuav; t&rfi hewmy;" [k̥ajmvlf
 - "tpfuav; uwpfhvkt&rfi hlyDt pft yfvl&blayh[kvfm;" [k̥oi fu oħl mi fvlhxif yfajmqlənf
 - rdi fu "ußft&rfyi frfvßfvuav; ußvluwmi fuwf, f [k̥ijmvlf
 - "tpfu t&rfyi frfaevvluwmi wmcuæew, f[kvfm;" [k̥oi fu oħl mi fvlhxif yfajmqlənf

þf&nþ/ x y w c þ h u n y- o t c þ h a e & y k h m; v n f l u m i f j o y d

xyfvlph; jci fqkOnfsVwpoDnopl;ae&onfuk; iem;vnflumi fijici fuksDnfs
Oyrm/

- rdi ū “ubfuav; u y HDPcPE Mi few, fulfEV Kt vmu fv muf xlu few, fVx i b̥l” [kymvif
 - uav; u EKt vmu fv mu faew, fVx i fvt wuft pf pdybaen ſ yhaem..” [kymEbf
 - x b̥l Myqjli fon fo hpd yheon fu b̥i em; vna lumi fo hpd; csuf rsn; ub̥i em; vna lumi fazmifyonf
 - Oyr / “ uav; u b, fvmu lmu wptg E M uav; u b̥i vpcfm; bmawg auBaean; v l paomjzp f yf sfr; cfr; ub̥i fr; lyDk yf yuo i kyfvl cph; aejc i fr [kvfwmby/

pr&nf/rdi fijmaom?chao?xififont&mu&kyufu

ajymqekf (oabmwbnfrwbnfuyoy) bufvutum;aeyp

- *oħajnejk il-ay: oħi mi fuksija f'yaġnejk*
 - "tpfob, fuqha ew, qasus fuq-oħab mayaqbaw, f[ə]hom
puu; pukkien"

pr&nß/ rdi fü Df yd

ajymq ~~E~~ k di fuav; v k feon ft & mu ~~N~~ l D di fu ~~k~~ D f y g

Oyrm/

- aumi fv~~k~~fv^m/ tpfu uav; orfb, fv~~m~~ufb;w, f q~~b~~, fv~~m~~ufb;w, fq~~b~~mu~~b~~bf~~s~~f~~m~~;wm/
 - Mu~~n~~frf uav;uygpyb, fv~~m~~uft us, f~~u~~x~~m~~;wmuk
 - uav;&~~u~~lifimwky, f~~u~~awf~~u~~tpf~~u~~or~~u~~rmwai umi fv~~k~~fv^m/

Rajymqibonf

pf&nf/vuʃwʌəomtʌθhPfʊlɪ;yg

jyKvjkEbfk

pf&nfl/gdvññomowiftsoftvufenf, fñdyg

jyKv kEsfk

vufſſ celft wuft oſſ ſyDqDvſſmowiftcſuſt vufuſſyD

- , aeYdi fvjekHfomt&m
 - o w i f t c u f t v u f l - 3 c k u b y y d
 - t j y l o a b m y n o m t r l t & m i z i f y y o

pf&nf1/‘aombmopum;uktok

jyKv kEsfk

pf&nf2/tuJHcsufvpfot[kvesekuld yd trellday yd Esh

jykvjkEsfk

rdifnfor\&cs, fESqJzwfsuf\&vmoef lyD llnsfvfr&stautimf xnfazmf
vkfqmi Ehf&eftlyy

rdi Ewifdi fukt ujzwjc i fzj fndi bnft ult nDvfrdi fuuhay; Ewifdi fukt
aqfaEgohm; u qjzwebnfrdi fukt; cfrm; rar;rDf\eklpmi fukt; vnm
jci fonft ult nDpionf

rdi Ewifdi fukt ujzwjkl

- rdi f
- rdi bnfuav; ukt unfubt; oenf
- rdi bnfuav; ukt\om; jrwfvl f
rnfbk; oenf
- rdi Ewifdi onftaetxm; onf
rnfbk; oenf
- Ewifdi fonfnfbt; oenf;
oenfrdi fu&yfve; ukt fuav;

uav;
- uav;urnfbt; vnfbenf
- uav;onfxdyf; Ewifdi ovn;/
- uav;u xμf; Ewifdi ovn;/
- uav;u om; jrwfkt; vkt; avsuf
rdi onftaetxm; uav;
auseyf; ukt ovn;/

rdi fu uav; ukt unfuav; \ukt fEmonfrdi fukt fEmskuyfsuf
wpfjzmi fvn&fmonfrdi fukt xμnf

rdi fu uav; ukt unfuav; \ukt fmonfrdi fukt fEmskueonf
Ewifdi xμf;

apmi fukt unfuav; \ukt unfuav; \ukt unfuav; \ukt unfuav;

rdi fu \ukt fEmonfrdi fukt xμnf - rdi fnfbt; vnfbenf uav; ukt unfuav; \ukt unfuav; oenf
(a0;^eDrEswav;)/ taetxm;^Ewifdi uav; \ukt fEmonfrdi fukt xμnf; ukt unfuav; \ukt unfuav;

rdi fuav; \ukt unfuav; - rdi fu uav; ukt unfuav; \ukt unfuav; \ukt unfuav; \ukt unfuav;
ovn;/

pd/pt; rdi mZOF rdi bnfuav; ukt unfuav; ukt unfuav; ukt unfuav;
wkyf; ovn;/

cEmiaA' - Ewifdi fom; jrwft & ft pm; Eswav;@efuifvky/ rdi Ewifdi fukt
xμnfpaomt; & wpfjzmi ovn;/

Ewifdi - uav;urnfbt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/
uav;\ar;&bnftay;atmuufy; fseovn;/

Ewifdi Ewifdi fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

aemufumi &mZOf jci fESqefppavkvjcif Ewifdi fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

Ewifdi fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

&yfjzmi ovn;/ jci fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

jci fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

awefv; t; yfjzmi fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

awefv; t; yfjzmi fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

awefv; t; yfjzmi fukt; vnfbenf (ygyfus, fns, ft ovn;/) Ewifdi ovn;/&ovn;/

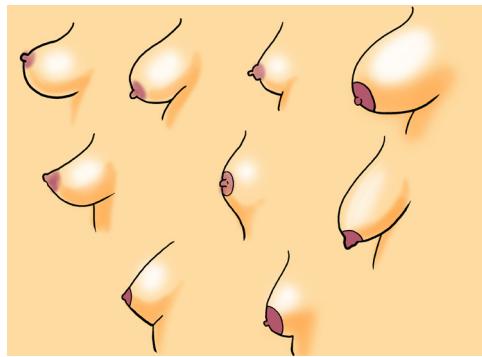
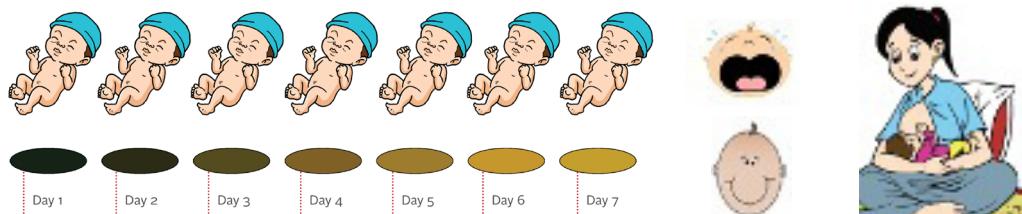
ynmay;only

trnf----- EsodnqfaEot trnf----- aet
a' o^aus&m----- zkfHwf----- uav;touf-----



Aldiflrf^----&ldifr-----
touf----
aq;uborbq;HmyjÓ em-
om;0Ðuþl ðeqmif
lyðonftuþf-----
uav;uþ ftav;cself-----

vraph---vaphr
Ewldifaufaomtpm---&---r&
tom;ci fx dyfcif---&---r&
yxrwpem&wifewldif---&---r&
Ewlytjcm;tpm;tpm---&---r&
Ewldif---&---r&



The diagram illustrates three variations of breast shape:

- NORMAL:** The breast has a natural, rounded shape.
- FLAT:** The breast is thin and lacks fullness.
- INVERTED:** The areola and nipple point inward instead of outward.

LOVE enfvrf12 csufu~~tt~~to~~ly~~DE~~s~~dq~~a~~E~~o~~h;on frdi fr~~om~~;p~~l~~i f~~m~~;u~~l~~
ar;c~~f~~r~~m~~;ar;onf

tqiø- tuzwyj

rdi fuav; u kpmi funāv bly D t u j z w f y

tqib - vkaqmi fg

rdi fu or\ ENd uufici fq Hm jyó emrsm; u kiz&SE Hf e E fo dafaEgolu LOVE
enfvrfytq i fm; ukt o Hf D uafwust ult nESaxmufrhsm; uky; onf

vufurfpmapmi fl4.1

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tonkci)

tqifñ1

em;axmi foif yg rdi f~~sh~~dyfylefaomt&mrs; u~~sh~~;axmi b if yg
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rdi E~~sh~~cpn;csuf~~m~~;u~~sh~~ve~~km~~^aocmoaltmi f~~kg~~ rdi E, u~~sh~~npdfrs~~un~~u~~sh~~nfqmu&ef
ajymq~~b~~u~~sh~~f~~g~~ i~~ci~~ f~~sh~~&n~~fm~~; u~~sh~~to~~kg~~

tqif2- & y&w& frdi E&u&fci ft ujzwfkt kly Demuallumi &mZoi fu& ly

E66dngfaEgohm;rSdi fsm;ukkhdY;E66nfanfvfrsm;

- 1/ rdi ftm;uh&wifat;aq;wnfrdly Unfolver&g/
2/ ouafwmi b&wom&g om xdyfN E&M Sfayt&taetxm;u&vjkEif
allumi frdi f&ldjymy/

3/ "tpfE&lfvmb, f&lev?" "uav;u&tpfb, f&ly M&v" [i
tzl&far;c&frm;ar;yg (rdi ftm;oh\tajctaen&fay;&efuhD)
"tpfuf&lfuhD;v&rv;" "?wpjcm;y&sw&fay Day M&in&urvm;"
[i c&jsuafwmi fyg (ajz&Sfc&su&ktwlw&fazyl)

4/ olnfb&hl;ae&allumi far;yg tajzv&tyfomallumi ft yd&far;c&far;yg
"D&le&v;allumi fv&m;"??"D&le&ouafwmi b&wom&g;"?
"b, f&vnu&emv"

5/ c&D&fyg "tpfwu, faumi faumi fygi E&fom;yl" "tpfuav;u
t! D&lkfmu&babmu&w, f&lw, f" "vufusi &e&i f&ew&vw
y&G f&mw, f&em"

6/ v&lyf&fot\om;jrw&f&ldf&fawmi fyg

7/ v&lyf&fot\om;jrw&f&ldf&fawmi fyg



tceſ3 - EsſdingfaEgoIt rsm; twlfutceſ7, m;

Elifdi f^m; u h^dxmuf&e E^s qfaE^h m;r S^d k^fv^t mu&aom at mu>c^z, m; u k^d
who u jy^bk^m; ygo nfrdi R v^ty^f s^m; ay: r l^wn^ty D^s b^d qfaE^h m; u u h^def
jzp aom fvnfat mu>c^z, m; onf v^ty aom acjⁱ sp0f^m; u k^d k^f &ef vrfn^t e^b z^g f
uh^dy; ypnf

rdi Ew uufcif
qkE s6odqfaEg
ohm;6vtx&nf
yw&rnftselfm;

rdi ESSnagaE&ef

rareGzrD

awm faom xdyf ~~E~~ fci f t x m? apmp ~~D~~ rdi E
pwi fw ~~W~~ fu ~~W~~ fci f (E ~~W~~ nfw ~~W~~ fu ~~W~~ fci f) / ar ~~W~~ t apm
y ~~W~~ & uft enfi , ft w ~~W~~ frdi E ~~W~~ fu ~~W~~ fci f 6 v t x d
rdi E ~~W~~ pfs ~~W~~ nfw ~~W~~ fu ~~W~~ fci f (t jcm; t & nft pm E ~~W~~
a & w ~~W~~ fu ~~W~~ fci f uav; awm i fw ~~W~~ fu ~~W~~ fci f - ae ~~W~~ & m
nygwpf ~~W~~ - 12 fu ~~W~~ fu ~~W~~ fci f rdi bnfusefrmz ~~W~~ pm
ty ~~W~~ eyf m; pm; & f t & n f s m; r s m; a o m u & e f r d i f t c s i f c s i f
t a x m u f t u l y; a & ; t z ~~W~~ s w q ~~W~~ f r d i E ~~W~~ fu ~~W~~ fci f
q ~~W~~ f m E ~~W~~ b d q f a E g o L t u l t n & , E ~~W~~ y k l

argz();self

uav; u~~d~~i &i b~~w~~f~~y~~: wif t~~o~~m; csi fx~~&~~m; y~~g~~aumi f
aom x~~d~~yf~~N~~~~E~~S~~H~~t aet x~~m~~? apmp~~D~~r~~i~~ E~~b~~wi f
w~~b~~fu~~l~~ci f~~E~~~~N~~n~~f~~u~~l~~fu~~l~~ci f~~a~~&~~E~~S~~H~~t jcm; t & n fm;
u~~d~~w~~b~~jci f~~r~~ci E~~b~~lumc Pw~~b~~jci f(ae~~&~~mnygwpf~~e~~Y
8-12 lufv~~b~~jci f~~t~~ m~~a~~y; y~~g~~ ylef~~o~~m u~~b~~zazmuf
ay; N~~D~~v~~f~~t; aeap y~~g~~

ar&yt-3&uftwif
6-7&uftwif

argyD v ESSaywf

aumi faom xdiyf~~E~~^EESft aet xm; / 6 vt xddi E~~E~~
wpf~~E~~^Ewnfw~~E~~^Eufi f uav; awmi fw~~E~~^Eufi f-
ae& mnygpfe Y2 Budi~~E~~^Eufi f rdi E~~E~~^Eufi f-
q~~E~~^Et cuft chm; (E~~E~~^Emi jc i fu~~E~~^Eufu~~E~~^Efpfy: apom h
E~~E~~^Esmi fy~~E~~^Eufi f E~~E~~^Enf~~E~~^Eufu~~E~~^Eufi f / E~~E~~^Enf~~E~~^Eufm; apjc i f
E~~E~~^Enf~~E~~^Eufi f u~~E~~^Eel~~E~~^Eodfxm; jc i f uav; o~~E~~^E[kvrdi f
zm; emcselfvli f di E~~E~~^Equ~~E~~^Eufu~~E~~^Eufi f apyg t m; ay; yg/
ylyefomu u~~E~~^Eazazmu f yD~~E~~^Eaf t; aeapyg om; quf
jcm; jc i ft allumi fu~~E~~^Eusefma & apmi h& fufby; OESh
aqfaEfapyg jyÓ em& fju csufsi fr~~E~~^Efy~~E~~

6vtxc

Budvmaomuav; touftch&Sí E~~nt~~onftaetxm;
ajymi fvay;&Ef~~nt~~odqfaEgo~~nt~~Sukpm; oif~~nt~~ uav;
touf vjyn~~nt~~efrdi fu ajymi fvay; zu~~nt~~yfonft&m
rm; twufdi fu~~nt~~i qif~~nt~~ay; yd uav; touf vjyn~~nt~~
wifvfp&ufvifznp~~nt~~2-3 Budfaufapyf(xrify!
[ifoD i&uftoD E~~nt~~wpmäxuftpmtr~~nt~~
wpjzenfznfraufqufaufapyf rdi E~~nt~~uufufwldf
aufapyf uav; touf E~~nt~~sumfonft x~~nt~~uufwldf
&eftm; ay; yd

6 v?2 ESENDEMUF

rdi El u fu fw u fu f &eft m ay y g u av u d u &ef
tm [m & jyn ft pm t k p k t k p k t al u mi f jzn f l u fm u k
w jzn f z n fw u v u f ar f ci f t pm t pm u k e f s p i
jy i q i j ci f v u f q j ci f u av u d c m n la u f ar f ci f

tykif-3
WHO vrfnTfsufm;

| | |
|-------|---|
| tcefl | rdi Eft mi jf i fwu kuf uEsf vka qmi &rn ft qin nOqin h |
| tcef2 | azm jfl vEsf r; qk f mur qefma& tz oya' Esf ref Esf kif & tref |



tcefl - rdi El dñauñci fatmijfi spa& tqiñqoqin

rdi EWFufci fumug fjswi faxmuf&ef1991 cEwfvi fWHO EUNICEF wu
uav;rsi;ES&i ESSomaq;&kPrajcvsf(Baby-friendly Hospital Initiative) UOp
aqmi &ufbnfaq;&kq;cefrm;twlfvrfnEf;ulvfuap&Esfidi EWFufc&mwif
rdi fsm;uluefma&apmi h&GufhmrSihay;Esfedi EWFufci fatmifispa&;tqih
10qi fu 2018 cEwfvi ppbfwnfzwfbnf

tce^f2 - azm^fflv^mE^h^fsm; q^kur^mQ^hefma&; tz^Dy^{a'} E^h
jrefmE^h^f&stref^m

rdi EU mafuñci fukumuñ fjr řwi jci ftm; jzi fvñfaumi fl vñt yafont csefvñl
rdi EU pm; xkypöfrsm; uñlumi frépñt oñlñ &faocmapjci jzi fvñfaumi fEPN
twlupdçsi vñt vñmuñfomtñ [m&uñ řwi &efwñho \ rdi EU pm; xkypöfrsm; aps uñluf
wi jci fqñlñ EñWumoya' uñ 1981c řsm; fumQñefma& nDñcHñ oabñwlvñtñ
rdi EU pm; xkypöfrsm; wñf

- Eduav;Eduav;i, f^m;twfazmflvmEu?uav;toufEstxd
toyEuDdiEufkpm;xflomrnfnntpm^t&nfqkvuzunf
azg&nfm?a&tEuaphuav;pm;&fplkvkxmaomtpmrsn;)yoi fonf

×¹pm; t pmrsm; u kta&mi fcE¹ly[Kt re¹urajymaomf/nfx¹pm; t pmrsm; u kDpsuLwi f &mwi fcS¹fkm;aom vrfn¹fm; u kDpsuLem&rnf kajymygonfapsuLwi jci fvrfn¹fm/f uefrma&apm i f&su feohm; EShdm; pkm; u kDvnf aps uLwi jci fv nf ygi yonf

*Eduav; Esuav; i , ftwlfazmpyfkvfkfx;aom tpm; taomufpsuLfvijci fqk
treonfci Eduav; i fqk; EfuLfqfaEgymay;ohsm; vLfem&rnfya' wpcLzpyg
onfx;treluSdLfqfaEohsm; vLfem&efvLtyfonf*

Eduav; Esuav; i, fwlfazmþyfkvfkxm;aom tpm; taomufapsuLwfijcf
qfntreñt "ditcsuflm;

- rdi E¹ ft pm; x² kt pmrsm; E³ t jcm; qu⁴ fy⁵ pöf⁶ f⁷ m; u⁸ hñdñl⁹ k¹⁰ m;
ra¹¹ l¹² m;/
 - rdi fo¹ [kf² t\ r³ d⁴ m; p⁵ i f⁶ m; t⁷ m; t c⁸ r⁹ e¹⁰ m¹¹ m; ray;&/
 - (y¹ hñm² jyu³ a⁴ mi f⁵ r⁶ v⁷ i f⁸ &; y⁹ pöf¹⁰ f¹¹ z¹² o¹³ ci f¹⁴ p¹⁵ on¹⁶ f¹⁷ u¹⁸ t¹⁹ a²⁰ mi f²¹ r²² r²³ v²⁴ i f²⁵/
 - rdi E¹ ft pm; x² kt pmrsm; u³ kt crlo⁴ [kf⁵ p⁶ s⁷ a⁸ v⁹ m; ray;&/
 - rdi E¹ ft pm; x² kt pm o³ [kf⁴ q⁵ u⁶ f⁷ pöf⁸ f⁹ m; u¹⁰ u¹¹ f¹² r¹³ m¹⁴ a¹⁵ mi f¹⁶ p¹⁷ e¹⁸ r¹⁹ n²⁰ f²¹ t²² p²³ f²⁴ t²⁵ y²⁶ kf²⁷ i f²⁸ r²⁹ y³⁰ /
 - u¹ k² P³ S⁴ p⁵ m⁶ y⁷; x⁸ m⁹; a¹⁰ m¹¹ r¹² n¹³ b¹⁴ l¹⁵ r¹⁶ d¹⁷ f¹⁸ m¹⁹; u²⁰ q²¹ u²² f²³ g²⁴ j²⁵ i f²⁶ fo²⁷ [kf²⁸ t²⁹ b³⁰ u³¹ y³²; j³³ i f³⁴ y³⁵ &/
 - u¹ s² f³ m⁴ a⁵ &; 0⁶ e⁷ k⁸ r⁹ f¹⁰ m¹¹; t¹² crlo¹³ [kf¹⁴ v¹⁵ u¹⁶ f¹⁷ q¹⁸ m¹⁹; f²⁰ r²¹ e²² m²³ r²⁴ m²⁵; ray;&/
 - tr¹ S² w³ h⁴ d⁵ o⁶ [kf⁷ u⁸ f⁹ pöf¹⁰ a¹¹ y¹² w¹³ E¹⁴ m¹⁵ a¹⁶ v¹⁷ ; r¹⁸ m¹⁹; \& kf²⁰ k²¹; o²² [kf²³ E²⁴ r²⁵ u²⁶ f²⁷ i f²⁸ r²⁹ m³⁰; u³¹ d³² n³³ f³⁴ m³⁵; u³⁶ h³⁷ m³⁸ f³⁹ &/
 - u¹ s² f³ m⁴ a⁵ &; v⁶ k⁷ f⁸ m⁹; t¹⁰ m¹¹; ay¹²; a¹³ o¹⁴ t¹⁵ c¹⁶ u¹⁷ f¹⁸ v¹⁹ u²⁰ f²¹ s²² i²³ o²⁴ f²⁵ o²⁶ g²⁷ h²⁸ f²⁹ s³⁰ i³¹ t³² j³³ z³⁴ p³⁵ & rnf
 - E¹ k² v³ u⁴ f⁵ a⁶ r⁷ t⁸ a⁹ l¹⁰ u¹¹ m¹² i¹³ f¹⁴ a¹⁵ m¹⁶ f¹⁷ u¹⁸ f¹⁹ c²⁰ i²¹ f²² t²³ a²⁴ & b²⁵ y²⁶ k²⁷ E²⁸ k²⁹ v³⁰ u³¹ f³² c³³ i³⁴ f³⁵ a³⁶ t³⁷ A³⁸, f³⁹ m⁴⁰; E⁴¹ k⁴² v⁴³ u⁴⁴ f⁴⁵ c⁴⁶ i⁴⁷ f⁴⁸ u⁴⁹ k⁵⁰ & d⁵¹ f⁵²; u⁵³ S⁵⁴ v⁵⁵ i⁵⁶ f⁵⁷ a⁵⁸ m⁵⁹ f⁶⁰ & rnf

ukýþöft; vlonft & nft aofri fm; & rnfE; Dablo i fwmfomukýþöfr; uktamif
jrs wi e i frjyl&/

"treats users as apes & monkeys (read it like a fable for them so they can't fully understand it); or
\\wmoefm; rfs-

- 1/ rdi Ew*l*uf*l*ci fukt*m*;ay;í umu*g* &rnf(trentalumi found&SfyEwf
2/ rdi Ew*l*uf*l*ci fkom*l*efumi frfluk*l*&rnf
3/ rdi Ew*l*uf*l*ci fw*l*fc*m*[m&z*l*Nta&;ygrub*l*&rnf
4/ rdi Ew*l*w*l*uf*l*fu*l*lyDqu*l*uf*l*fu*l*ef*m*refdi*m*;ji*l*q*l*af*l*&rnf
5/ rdi Ew*l*uf*l*faep*l*E*m*rs*m*;wp*l*uf*l*wp*l*sw*l*w*l*fu*l*fu*l*v*l*my*l*uz*l*z*l*ef*m*
q*l*u*l*st*m*;ub*l*&rnf
6/ rdi Ew*l*uf*l*uf*l*aw*l*be*l*q*l*zw*l*su*l*fu*l*ye*l*fi &ef*l*uchumi fu*l*&rnf
7/ v*l*yfontajctaew*l*faz*l*if*l*vm*l*Em*l*rum*l*sp*l*to*l*ly*l*kl*l*&rnf
8/ az*l*if*l*vm*l*E*l*er*l*oy*l*ci*l*av*l*ha&E*l*ai*l*mu*l*;q*l***l*, u*l*ef*l*fw*l*hs*m*;ub*l*&SfyEwf
9/ rdi Ew*l*pm*m*;x*l*pm*l*rs*m*;ul*l*v*l*y*l*fl*l*[kf*l*res*l*ef*l*to*l*ly*l*ci*l*
ue*l*fr*l*ma& tE*l*, f*m*;ul*l*;vn*l*&rnf
10/ aq;&E*l*q*l*ce*l*fr*m*;wl*l*E*l*er*l*allumi fy*l*wm*l*rs*m*;ul*l*uy&ef*l*oc*l*map&rnf
11/ ay;ur*l*fv*l*mao*l*E*l*er*l*q*l*fr*l*rn*l*b*l*n*l*sv*l*fq*l*mi*l*fs*m*; (ab*l*my*l*fr*l*fu*l*fu*l*y*l*?
az*l*majza& ol*l*[kf*l*ia*l*mu*l*;tax*l*mu*l*ty*l*); ul*l*q*l*i*l*fy, &rnf
12/ az*l*if*l*lv*l*mer*l*em*l*rs*m*;ul*l*q*l*ef*l*fq*l*mi*l*fr*l*br*l*D*m*?uav;i*l*, f*m*; \rdi*l*fs*m*?
uav;i*l*, f*m*; \rdi*l*pm*m*;p&i*l*fs*m*;t*m*;rje*l*80&y*l*
14/ E*l*muav;E*l*suav;i*l*, f*m*;t*m*;au*l*far*l*ci*l*E*l*sw*l*buf*l*tv*l*k*l*fu*l*w*l*f
rdi E*l*pm*m*;x*l*yp*l*of*l*D*m*;E*l*su*l*ef*l*ma& y*l*nm&S*f**m*; t*m*;t*m*;t*m*;tr*wf*
y*l*du*l*@i*l*;ul*l*;vn*l*&rnf

rdt m; ukDm;rSynmoi fkyjci f avkma&c&D0faxmu f hlyjci f okwoejy&ef
taxmufty hlyjci f yfyn&yfyn t pnf t a0;rsn;wu f &mu f ep&d faxmu f alifponf vld
vb&fsum: zuf xkyazmfrnf

****uefma&;apmi~~h~~^hubqbnf~~y~~^yk~~v~~^vdi uefma&;Xme tygt Oifnbnfuefma&;
Xmewifq~~h~~^hmoefkrfaqmifeaomtoufrfrfaumi fynmE~~h~~^hpyq~~h~~^homoirpyq~~h~~^hf
aomolo~~h~~^hkvfpwembe~~h~~^hrfvjkf~~h~~^hh~~h~~^hnf

ty~~bf~~-4
rdi ESS~~pp~~ uav;^
uav;i , ftm[m&

tcefl uš ūeāqmif qif h
tcef2 uš ūeāqmif pōE ūndi Ewū pōf
 tm[m&



tcefl - u~~k~~ ðefqmi ftqif~~m~~
ue0~~l~~uwpf~~x~~mi q~~b~~n~~s~~u~~k~~ ðefqmi f~~s~~lav; t~~ou~~f~~E~~yf~~n~~ f~~o~~lt x~~z~~p~~b~~n~~r~~d~~f~~
on~~o~~ft~~\u00e1~~u~~e~~fr~~m~~&~~e~~lu~~a~~av; lu~~D~~i; z~~H~~ltw~~u~~yf~~n~~ba~~o~~mt~~m~~[m&u~~k~~tyf~~b~~nf~~x~~ft~~c~~elf
tw~~if~~ft~~m~~[m&rjyn~~ñ~~ci fz~~p~~ch~~v~~í ay~~j~~ f~~j~~yn~~ñ~~om~~u~~av; ?vraphom~~u~~av; ?wp~~b~~0v~~k~~u~~e~~fr~~m~~
a;&q~~u~~~~k~~~~m~~; E~~S~~twly~~k~~Si~~f~~om~~u~~av; r~~m~~; u~~k~~pf~~y~~aprnf

ukl ðefaqmi þ0f0ur@ym i fvt hsm;?aq;v@ft &ufw&m;r0i faq;0grsm;?ufrbuþt EAm, f
&loym yþöfrsm; uktpm;oklefwaly;csufsm; uktdi fsm;em;vnfb@sfedqfaEgothsm;rs
uhay;Ekbmf

vaphomuk defvpck pkyj ft celuvonftyw10jzpf Dk defvywBck jzpf
clm;xmonf

uk ðeфywf tywf rdi f

yxrwywf 0-13 tv̥ɛftri farmyefci f!
&i ðm; rsm;a&mi f x̥d̥i f̥m
usi jci f!E~~l~~ facgi fr̥m; BUD
x̥b; v̥mí x̥d̥i f̥m usi jci f!
t c~~l~~ tpm; tpmrsm; ukl
cōjci fwujci f̥t&om
ysuifci fpd/fepd/f̥m
ajym i fv̥jci fr̥m;? Orfcslyjci f!
rlumcPaqðði;jci f̥facgi f
ukjci f̥&i yjci f
ukl ftav;celfv̥tci f
old̥ kv̥avsmenfcif



'kv̄d vywf 14-27 yxrv̄wywfkuſyfkl̄g ūl
v̄monfuſt̄Em?aeſuſf
auſm?ajcaxmuſſaygiſcH
w̄l̄f uſk̄femusifl̄sm;
cph; &onfAkuſuſmijywf
aoſt p0ſm̄rsm;ay:v̄monf
Eh̄facyjſtrnfulfw̄l̄
ta&miſiſv̄monfom;jrwf
t&g ſuſv̄monftrnf
uſfay:rſq̄uſuſv̄vif
rsm; t&g ſuſv̄monf
OrAkuſv̄uſ0g?ajcz0g
w̄l̄f m;, M̄monf
ajccsiſowfrſufſayv̄uf
acmiſrm; a&miſv̄monf



24 ywfwli fuav; tav; celf
onf laygi & Smly Dt vsm; 12
vuf & Smmonfuav; onf
tpmt & omu hEltvmy Dt Oh
Nm; Elt vmonfuld ft *
tm; v kbnft v kf v faely D
jzp bnf uav; onfsuf / k
rsn; uli Elt wfrfrsn;
pkf Elt D

wwd vywf 28-40 & ifcif!
vycfci frsm;/
Abifcufmonf
tyfcufmonf
rlNucPqBf;onf

39 ywf vaphyD
u& ft av; cel bayj f\$.2
ayj & D t v sm; 19-20
vuf & D



սկ թեզմի բովկներ ի հօտ տա Խաչմի քամ;

tcef2- u k fefqmi p0E Sndi E k u pof t m [m&

rdi f t m [m & v k t y e s u f s ; o n f u k f e f q m i f o f r i f m ; v m y D r i E v k u f u f p o f t j r i f m ; q k l j z p b o n f u k f e f q m i f o f E S f r i E v k u f u f p o f l u , f v ; y f t p m r s m ; y g i f t m i f p m ; a o m u f e f v k t y b n f

- tom; "mwfjifom tpm; tpmrsn; uklm;aomufy (ig?Orsn;?tom;?Ei;Em ylrsn;^s)
 - toDESE[i foD i &Ufsm; uklm;rsm;pm;aomufy (Admrifsm;^owAmwfsm;)
 - upDlwfsm;

E~~ss~~^od~~q~~^gf~~a~~^ho~~m~~ⁱ; u u~~h~~^l f~~e~~^gq~~m~~ⁱ E~~S~~^hu~~f~~^ldi f~~m~~ⁱ; t~~m~~ⁱ; u~~e~~^fr~~m~~^a&; E~~S~~^hu~~W~~^lf~~o~~^mt p~~m~~ⁱ; t p~~m~~ⁱ
r~~m~~ⁱ; u~~h~~^l&cs, p~~m~~ⁱ; a~~o~~^uu&E~~S~~^hu~~P~~^lv~~u~~^hp~~m~~ⁱ; a~~o~~^uu&f~~t~~^lmⁱ; ay;&rnf

uk ŋeqqmifof

- *uk ftav;セルテンフクル4ayj fysrf025-35ayj ふわうひん nf yel fom tror Dm; uk ftav;セルふわうひん nf*
 - *t pnty kypfey fm; yd*

Einführung

W, &v; yf pao m tpmrsn; u k t r soft yf pao yf a&Est &nfv k l v mu fia o m u f yf E w k d
rdi fsm; tpm;a&f &ef v k t yf u k fef qm i jci f E s n d l jci f s m v e f &eft om;"mw yf pao
tpmrsn; u k t r b or Dsn; pm;&ef v k t yf bnf

t pma&f fl'av k DESh, H nfhsm;

v k t w i f E s u a v ; i , f m ; a u f g a r f c i f q h v r f n e t s u f t & t r s t r D m ; o n f
u k d e f a q m i f o E S f n d i E W d u f p o f t p m r s m ; u k b i f M u , f v ; y l f t p m r s m ; u k b
o i b n f u k d e f a q m i E S f n d i f m ; t m ; t c s t p m r s m ; u k b i f u c k f c i f z i f t m [m &
p m ; o k l r v k v m u f c i f u k p y : a p l y D d i E S f u a v ; u k b i f u p E k b n f

[i fcg E Sh gajcmu fkvfluu fom; allumfvu lpm; jci fz i fv k l v mu fo nt pm; t pm tr \$
t pm; plkr i fsh && Sh f n fr [kvf y t pm a & fl'av k l y t pm; t pm rs m; u k l d efa qm i E Sh
E vufdi f m; a & fef v k l v f /

&nfEfuK;csufsm

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