_.k ifLrdk

iklcd l[;k% ----------

leg @ 0;fDr dk uke % ---------- _.k [kkrk l[;k ---------- jkdM&cgh i"B l0 ----------

leg @ 0;fDrxr dk irk % ---------- _.k dh jkf'k% ---------- _.k dk idkj %----------

xke lxBu @Lo; lgk;rk leg dk uke% ----------C;kt nj % ---------- _.k dh frfFk% ----------

leg ifrfuf/k@0;fDr dk gLrk{kj % ----------

Ø- l	okilh fu;ktu			ekx		okilh fooj.k						vf/k'k"k	cdk;k _.k	y[kkiky dk gLrk{kj
	eghuk	ey/ku	C;kt	ey/ku	C;kt	jkdM&cgh i"B l0	fnukd	ey/ku	C;kt	nM	dy			