(Internal Sliding)

Jheku i/kkukpk;]
jkt- ikfyVfDud egkfo|kky;]
----------A

e lLFkku Lrj ij fjDr jgh lhVk ij Internal Sliding gr viuh lgefr@ikFkuk&i= iLrr dj jgk g@ jgh g A

1-	vH;Fkh dk uke	
2-	firk dk uke	
3-	vkonu i= Øekd	
4-	vkofVr ckp ,o dkM ¼Regular/SFS)	
5-	lLFkku e fjikV dju dh fnukd	
6-	'k"k 'kYd tek dju dh jlhn Øekd ,o fnukd	

e ojh;rkulkj fuEu fodYi bUVjuy LykbfMx gr iLrr dj jgk g@ jgh g A

1-	
2-	
3-	
4-	
5-	
6-	
7-	
8-	

e> ;g Kkr g fd uohu ckp vkoVu gku ij io ckp vkoVu Lor% gh fujLr gk tk;xk rFkk bl gr eu viu firk@vfHkHkkod l lgefr ikIr dj yh gA bUVjuy LykbfMx d dkj.k V;'ku Qhl ooj ;ktuk dk ykHk ugh Hkh fey ldrk gA fu;fer l LofoRrikf"kr ckp vkofVr gku ij vUrj Qhl rjUr gh tek djok nxk@ nxhA

vH;Fkh d ekckby u----------

fnukd %---------- ¼vH;Fkh d gLrk{kj½

&&&