

Ù·Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆÛÆ Ø·Ø±Ø§ÛÆ
Ú©Ù^Ø-Ú©Ø§Ù‡ Ø-Ø± Ø-Ù^Ø±Ø§Ù‡
Ù,,Ø±Ù‡Ø·ÛÆÙ‡Ù‡ Ú©Ø±Ù^Ù‡Ø§:
Ø§ÛÆØ-Ù‡â€ÆÙ‡Ø§ÛÆ Ø´Ø§Ø- Ø·Ø±Ø§ÛÆ
Ø·Ø§Ø²ÛÆ Ú©Ù^Ø-Ú©Ø§Ù‡ 18 ØªØ§ 24 Û...
Ø§Ù‡Ù‡

Ø§Ø² Ø§ÛÆÙ‡ Û¼Ù‡Ø- Ø§ÛÆØ-Ù‡ Ø·Ø±Ø§ÛÆ Ø³Ø±Ù-Ø±Ù... Û‡Ù-Ù‡ Ø-Ø§Ø´ØªÙ‡
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Ø§Ù·Ø²Ø§ÙÆØ´ Ø³Ø-Ø- Û...Ù‡Ø§Ø±Øªâ€ÆÙ‡Ø§ÛÆ Ø§Ù‡Ø©Ù-Ø§Ù‡ÛÆØ´ Ø´Ø- Ø§Ø² Û‡Ù...
Ø§Ù‡Ù‡Ù‡Ù-ÛÆ Û...ÛÆØ§Ù‡ Ø-Ù^Ø§Ø³ Ø§Ù‡ Û-Ø±Ù·ØªÙ‡ ØªØ§ Ø-Ø±Ú©Ø§Øª Û- Ø·ÛÆØ§Ù‡
Ø©Ù-Ø§Ø³ØªÙ‡â€ÆÙ‡Ø§ÛÆØ´. Ø§Ù‡ Û‡Ù...Ù‡Ù‡ÛÆÙ‡ Û...Ù...Ú©Ù‡ Ø§Ø³Øª Ø-Ø± Û...
Ù‡Ø§Ø±Øª ØªÙ©Ù,,Ù... Û‡ÛÆØ² Û¼ÛÆØ´Ø±Ù·Øª Ø·Ø³ÛÆØ§Ø± Ø²ÛÆØ§Ø-ÛÆ Ø±Ø§
ØªØ-Ø±Ø·Ù‡ Ú©Ù‡Ø´. Ø§Ù-Ø± Ø·Ù‡ Ø©Ø§Ø-Ø± Û,,Ø±Ù‡Ø·ÛÆÙ‡Ù‡ Ø-Ù^Ø±Ø§Ù‡ Û‡Ù...
Ù‡â€ÆÙ-ÛÆØ±ÛÆ Ø·ÛÆÙ...Ø§Ø±ÛÆ Ú©Ø±Ù^Ù‡Ø§ Ø-Ø± Ø©Ø§Ù‡Ù‡ Û...ÛÆâ€ÆÙ...
Ø§Ù‡ÛÆØ´ØÆ Û·Ø±Øµª Ø·ÛÆâ€ÆÙ‡Ø§ÛÆØ±ÛÆØ´ Ø-Ø§Ø±ÛÆØ´ ØªØ§ Ø·Ù‡ ØªÙ-Ø³ØªÙ‡ Û...
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Ø§Ù‡ Ø·Ø§Ø´ÛÆØ-Ù·Ø¹Ø§Ù,,ÛÆØª Ø·Ù‡ ØµÙ-Ø±Øª Û...Ù‡Ø§Ù... Ø·Ø±Ø§ÛÆ Ø³Ù,,Ø§Ù...Øª
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Ù·Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆ Û·ÛÆØ²ÛÆÙ©ÛÆØÆ Ø·Ø-Ù‡ Ø-Ø± Ø-Ø§Ù,, Ø±Ø´Ø´ Ø§Ù‡ Ø±Ø§
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Ø©Ù-Ø-ØªØ§Ù‡ ØªØ§ Ø-Ø§ÛÆÛÆ Ú©Ù‡ Û...ÛÆâ€ÆÙªÙ-Ø§Ù‡ÛÆØ´ Û·Ø¹Ø§Ù,,ÛÆØª
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Ù‡Ø§Ø³Ø´ Ø·Ø±Ø§ÛÆ Ø§Ù‡ Ø·Ø§Ø´ÛÆØ´. Ú©Ø§Ø±ÛÆ Ú©Ù‡ÛÆØ´ Ø§Ù‡ Ø·Ø·ÛÆÙ‡Ø´ Ú©Ù‡
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ÛÆØ§ Ø©ÛÆØ±Ù‡ Ø´Ø-Ù‡ Ø·Ù‡ Û...Û-Ø·Ø§ÛÆÙ,,ØªØ§Ù‡ØÆ Ø±Ø§Ù‡ Û...ÛÆâ€ÆÙØ±Û^ÛÆØ´
(Ø-ØªÛÆ Ø§Ù-Ø± Û·Ù,,Ø- Ø-Ø± Ø-Ø§Ø©Ù,, Ø©Ø§Ù‡Ù‡ Û- Ø-ÛÆØ§Ø· Ø©Ø§Ù‡Ù‡ Ø·Ø§Ø´Ø´ØÆ
Ù...ÛÆâ€ÆÙØ±Ù,,ØµÛÆØ´ Û- Ø·Ø§Ø²ÛÆ Û...ÛÆâ€ÆÙ©Ù‡ÛÆØ´. Ø·Ù‡ ÛÆØ§Ø´ Ø-Ø§Ø´ØªÙ‡
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Ø±Ù·ØªØ§Ø± Ú©Ù‡Ø´.Ø·Ø§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆØ´Ø±Ø§ÛÆ Ú©Ù...Ú© Ø·Ù‡ ØªÙ-Ø³ØªÙ‡ Û...
Ù‡Ø§Ø±Øªâ€ÆÙ‡Ø§ÛÆ Ú©Ù-Ø-Ú©Ø´Ø¹ØµÛÆ Ø§Ø² Ø·Ø§Ø²ÛÆâ€ÆÙ‡Ø§ Ø·Ù‡ ØªÙ-Ø³ØªÙ‡ Û...
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ÛÆâ€ÆÙ-ÛÆØ±ÛÆØ´. Û·Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆÙÆ Û...Ø«Ù,, Ø±Ù,,ØµÛÆØ´Ù‡ØÆ Ø·Ø§Ù,,Ø§
Û- Û¼Ø§ÛÆÙÆÙ‡ Û¼Ø±ÛÆØ´Ù‡ØÆ Ø-Û^ÛÆØ´Ù‡ Ø·Ø±Ø§ÛÆ Û-Ø±Ù·ØªÙ‡ Ø§Ø³Ø´Ø§Ø´
Ø·Ø§Ø²ÛÆ Û...Û-Ø±Ø´ ØªÙ,,Ø§Ù,,Ù‡ØÆ Ú©Ù,, Ø·Ø-Ù‡ Ø§Ù‡ Ø±Ø§ Ø·Ù‡ Ú©Ø§Ø± Û...
ÛÆâ€ÆÙ-ÛÆØ±ÛÆØ´ØÆ Ø§Ø² Ø§ÛÆÙ‡ Ø±Ù- Ø·Ù‡ ØªÙ-Ø³ØªÙ‡ Û...Ù‡Ø§Ø±Øªâ€ÆÙ‡Ø§ÛÆ
Ø-Ø±Ú©ØªÛÆ Ø·Ø²Ø±Û- Ø§Ù‡ Ú©Ù...Ú© Û...ÛÆâ€ÆÙ©Ù‡Ù‡Ø´. Û,,Ø§Ø²Ù... Ø§Ø³Øª Û‡Ø±
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Ø²ÛÆØ±Ø³Ø§Ø©ØªØ§Ø±Ù...Ù‡Ø´ Ø§Ø³ØªÙ·Ø§Ø´Ù‡ Ú©Ù‡ÛÆØ´. Ø·Ø§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆ
Ø³Ø§Ø©ØªØ§Ø±Ù...Ù‡Ø´ØÆ Ø·Ø§Ø²ÛÆâ€ÆÙ‡Ø§ÛÆÙÆ Û‡Ø³ØªÙ‡Ø´ Ú©Ù‡ Ø-Ø± Ø·Ù-Ù,, ØçÙ‡
ÛÆÙ© Û·Ø±Ø´ Ø·Ø²Ø±Û-Ø³Ø§Ù,,ØÆ Û·Ø¹Ø§Ù,,ÛÆØªâ€ÆÙ‡Ø§ÛÆ Ú©Ù-Ø-Ú© Ø±Ø§ Ú©Ù‡ØªØ±Ù,,
Û- Û‡Ø-Ø§ÛÆØª Û...ÛÆâ€ÆÙ©Ù‡Ø´ Û- Ø§Ù‡ Ø±Ø§ ØªØ´Û^ÛÆÙ, Û...ÛÆâ€ÆÙ©Ù‡Ø´ ØªØ§ Ø§Ø²



2. Ú†Ù‡ Û•Ø¹Ø§Ù,,ÛÆØªÛÆØŸ Ø·Ø±Ø-â€œØ³Ø§Ø²ÛÆÚ†Û-Û^Û†Û‡ Ø·Ø§ÛÆØ- Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Ø±Ø§ Ø§Û†Ø-Ø§Û... Ø-Ø§Ø-ØŸ Û•Ø±Ø²Û†Ø- Ø@Û^Ø- Ø±Ø§ ØªØ-Û^ÛÆÛ, Û@Û†ÛÆØ- ØªØ§ Ø·Ø§ Ú†ÛÆØ-Û† Ø-Û,,Û^Û@â€œÛ†Ø§ÛÆ Û†Ø±Û... Ø±Û^ÛÆ Û‡Û... Ø·Ø±Ø- Ø·Ø³Ø§Ø²Ø- Û- Ø¢Û† Ø±Ø§ Ø@Ø±Ø§Ø· Û@Û†Ø-. Ú†Ø±Ø§ Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Û...Û•ÛÆØ- Ø§Ø³ØªØŸ Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Û...ÛÆâ€œØªÛ^Ø§Û†Ø- Ø-Û‡ ØªÛ^Ø³Ø¹Û‡ Û...Û‡Ø§Ø±Øªâ€œÛ†Ø§ÛÆ Ø-Ø±Û@ØªÛÆ Ø-Ø³Øªâ€œÛ†Ø§ Û- Ø§Û†Û-ØªØ§Û† Ø§Û^ Û@Û...Û@ Û@Û†Ø-. Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ ÛÆÛ@ Û... Ø«Ø§Û,, Ø@Û^Ø- Ø·Ø±Ø§ÛÆ Ø·Ø§Ø²ÛÆ Ø·ÛÆØ±Ø³Ø§Ø@ØªØ§Ø±Û...Û†Ø- Ø§Ø³ØªØ, Ú†Ø±Ø§ Û@Û‡ Û@Û^Ø-Û@ Û...ÛÆâ€œØªÛ^Ø§Û†Ø- Û‡Ø± Ú†ÛÆØ²ÛÆ Û@Û‡ Û...ÛÆâ€œØ@Û^Ø§Û†Ø- Ø-Ø±Ø³Øª Û@Û†Ø- Û^ Û...ØªÛ^Ø-Û‡ Ø-Û^Ø- Û@Û‡ Ú†ÛÆØ²Û†Ø§ÛÆ Û...Ø@ØªÛ,,Û• Ú†Û‡ Û@Ø§Ø±Ø-Ø±Ø-Û‡Ø§ÛÆÛÆ Ø-Ø§Ø±Û†Ø-. Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Û‡Û...Ú†Û†ÛÆÛ† Ø-Ø³Øªâ€œÛ†Ø§ÛÆ Ø§Û^ Ø±Ø§ Û...Ø-ØªÛ^Û,, Û...ÛÆâ€œÛÆÛ@Û†Ø- Û- ØªÛ^Û† Ø§Û^ Ø±Ø§ Ø-Û‡ Ú†Ø§Û,,Ø- Û...ÛÆâ€œÛÆÛ@Ø-Ø-



3. Ú†Û‡ Û•Ø¹Ø§Ù,,ÛÆØªÛÆØŸ Û,Ø§ÛÆÛ... Û...Û^Ø Û@Û†Û-Û^Û†Û‡ Ø·Ø§ÛÆØ- Ø§ÛÆÛ† Ø·Ø§Ø²ÛÆ Ø±Ø§ Ø§Û†Ø-Ø§Û... Ø-Ø§Ø-ØŸ Ø-Ø± Ø-ÛÆØ§Ø· ÛÆØ§ Ø-Ø§Ø@Û,, Ø@Ø§Û†Û‡ Ø@Û^Ø- Ø-Ø§ÛÆÛÆ Ø·Ø±Ø§ÛÆ Û¼Û†Û‡Ø§Û† Ø-Ø-Û† Û¼ÛÆØ-Ø§ Û@Û†ÛÆØ- Û- Ø§Ø² Û•Ø±Ø²Û†Ø-ØªØ§Û† Ø·Ø@Û^Ø§Û†ÛÆØ- Ø-Û‡ Ø-Û†Ø-Ø§Û,, Ø-Û...Ø§ Ø-Û-Ø±Ø-Ø- Û- Ø·Ø¹Ø- Ø-Ø§Û†Ø§ÛÆØªØ§Û† Ø±Ø§ Ø·Ø§ Û‡Û... ØªÛ^Ø¶ Û@Û†ÛÆØ- Û- Ø§Ø² Ø§Û^ Ø·Ø@Û^Ø§Û†ÛÆØ- Û,Ø§ÛÆÛ... Ø-Û^Ø-. Ø-Û‡ ØªÛ^Û^Ø§Û† Ø-Ø§ÛÆÛ-Ø²ÛÆÛ† Û...ÛÆâ€œØªÛ^Ø§Û†Ø- ÛÆÛ@ÛÆ Ø§Ø² Ø§Ø³Ø-Ø§ØØ- Ø·Ø§Ø²ÛÆâ€œÛ†Ø§ÛÆ Ø§Û^ Ø±Ø§ Û,Ø§ÛÆÛ... Û@Û†ÛÆØ- Û- Ø§Ø² Ø§Û^

Ø-Ø§ÙÆØ±Ù‡ Ùˆ ØªÚ©Ø±Ø§Ø± Ø§ÙÆÙ† Ù•Ø±Ø§ÙÆÙ†Øˆ Ù•Ø±Ø²Ù†Øˆ ØˆÙ...Ø§ Ø±Ø§ ØˆÙ‡
 Ú†Ø§Ù,,Øˆ Ù...ÙÆâ€ÉÙ©ØˆØˆ. Ø§ÙÆÙ† Ú†Ø§Ù,,Øˆ ØˆÙ‡ ØªÙˆØ³Ø¹Ù‡ Ù...
 Ù‡Ø§Ø±Øªâ€ÉÙ‡Ø§ÙÆ Ø-Ø±Ú©ØªÙÆ Ø,Ø±ÙÆÙ• Ùˆ Ø-Ø±ØˆØª Ø§Ùˆ Ù©Ù...Ù© Ù...
 ÙÆâ€ÉÙ©Ù†Øˆ.



5. Ú†Ù‡ Ù•Ø¹Ø§Ù,,ÙÆØªÙÆØŸ ØˆØ§Ø²ÙÆ ØˆÙˆ,,ÙÆÙ†ÙˆÙ†ÙˆÙ†Ù† ØˆØ§ÙÆØˆ Ø§ÙÆÙ†
 ØˆØ§Ø²ÙÆ Ø±Ø§ Ø§Ù†ØˆØ§Ù... ØˆØ§ØˆØŸ ØˆØ±ÙÆâ€ÉÙ‡Ø§ÙÆ Ø©Ø§Ù,,ÙÆ ØœØˆ Ø±Ø§ Ù...
 Ø«Ù,, Ù¼ÙÆÙ†â€ÉÙ‡Ø§ÙÆ ØˆÙˆ,,ÙÆÙ†Ùˆ Ø±ÙˆÙÆ Ø²Ù...ÙÆÙ† ØˆÙ†ÙÆÙ†ÙÆØˆ Ùˆ ØˆÙ‡
 Ù•Ø±Ø²Ù†Øˆ Ø©ÙˆØˆ Ù†ØˆØ§Ù† ØˆÙ†ÙÆØˆ Ù†ÙˆÙˆÙ†Ù‡ ØˆØ§ Ù‡Ù,, ØˆØ§ØˆÙ† ÙÆÙ© ØªÙˆÙ¼
 Ù...ÙÆâ€ÉÙªÙˆØ§Ù†Øˆ ØœÙ†â€ÉÙ‡Ø§ Ø±Ø§ ØˆÙÆÙ†ØˆØ§Ø²Øˆ. Ù‡Ø±ÙˆÙ,Øª ØªÙˆØ§Ù†Ø³Øª
 ØˆØ±ÙÆâ€ÉÙ‡Ø§ÙÆ Ø±Ø§ Ù...ÙˆØ±Øˆ Ù‡ØˆÙ• Ù,Ø±Ø§Ø± ØˆÙ‡ØˆØÆ Ø§Ùˆ Ø±Ø§ ØªØˆÙˆÙÆÙ,
 Ù©Ù†ÙÆØˆ ØªØ§ ØˆÙ‡ ØªØˆÙ,Ù, ØˆÙÆØˆØªÙˆ Ùˆ ØˆÙ‡ØªÙˆÙ†Ù• Ø§ØµÙ,,ÙÆ ØˆØ§Ø²ÙÆ
 Ù©Ù...Ù© Ù©Ø±ØˆÙ‡ ØˆØ§ØˆÙÆØˆ.Ú†Ø±Ø§ Ø§ÙÆÙ† ØˆØ§Ø²ÙÆ Ù...Ù•ÙÆØˆ Ø§Ø³ØªØŸ
 Ø§ÙÆÙ† ØˆØ§Ø²ÙÆ Ø¹Ù,,Ø§ÙˆÙ‡ ØˆØ± Ù...Ù‡Ø§Ø±Øªâ€ÉÙ‡Ø§ÙÆ Ø-Ø±Ú©ØªÙÆ ØˆØ²Ø±ÙˆØÆ
 Ù‡Ù...Ø§Ù‡Ù†ÙˆÙÆ ØˆÙÆÙ† ØˆØªØªâ€ÉÙ‡Ø§ Ùˆ Ù†ØˆÙ...Ù‡Ø§ÙÆ Ù©ÙˆØˆÙ© Ø±Ø§ ØˆÙ‡
 Ù©Ø§Ø± Ù...ÙÆâ€ÉÙˆÙÆØ±Øˆ. ØˆÙ‡ ÙÆØ§Øˆ ØˆØ§ØˆØªÙ‡ ØˆØ§ØˆÙÆØˆ Ù©Ù‡ ØˆÙ...Ø§
 Ø§Ù,,ÙˆÙˆÙÆ Ø±Ù•ØªØ§Ø±ÙÆ Ù•Ø±Ø²Ù†Øˆ Ø©ÙˆØˆ Ù‡ØªØªÙÆØˆØÆ Ø§Ø² Ø§ÙÆÙ† Ø±Ùˆ Ø§Ùˆ
 Ø§ÙˆØ± ØˆØˆÙÆÙ†Øˆ Ù©Ù‡ ØˆÙ...Ø§ Ù‡Ù... Ø§Ø² ØˆØ§Ø²ÙÆ Ù,,ØªÙˆ Ù...ÙÆâ€ÉÙØˆØ±ÙÆØˆ
 ØˆÙ‡ ØˆØ§Ø²ÙÆ Ø¹Ù,,Ø§Ù,Ù‡ ØˆÙÆØˆØªØ±ÙÆ Ù†ØˆØ§Ù† Ù...ÙÆâ€ÉÙØˆÙ‡Øˆ. Ø§Ùˆ Ù‡Ù...
 Ù†Ù†ÙÆÙ† ØˆØ§ Ù...Ù•Ù‡Ùˆ... Ø±Ø§ØˆØˆÙ‡ Ø¹Ù,,Øª Ùˆ Ù...Ø¹Ù,,Ùˆ,,ÙÆ Ùˆ Ø¹ÙˆØ¶ Ù©Ø±ØˆÙ†
 Ù†ÙˆØˆØª ØˆØ§Ø²ÙÆ ØˆÙÆØˆØªØ± ØœÙˆÙ†Ø§ Ù...ÙÆâ€ÉÙØˆÙˆØˆ Ùˆ Ø-ØˆÙ† ÙˆØ±Ù•ØªÙ† Ù...
 ÙˆÙ•Ù,ÙÆØª ØˆØ± ØˆØ§Ø²ÙÆâ€ÉÙ‡Ø§ÙÆ ÙˆØ±Ø²ÙÆ Ø±Ø§ ÙÆØ§Øˆ Ù...
 ÙÆâ€ÉÙˆÙÆØ±Øˆ.ØˆÙ‡ ØœÙˆÙ†Ø§ÙÆÙÆ ØˆØ§ Ù•Ø¹Ø§Ù,,ÙÆØªâ€ÉÙ‡Ø§ÙÆ Ù©ÙˆØˆÙ©Ø§Ù†
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 Ù©Ø±ÙˆÙ†Ø§ ØœÙˆÙ†Ø§ ØˆÙˆÙÆØˆ.Ù...Ù†Ø§ØˆØ¹:Okely AD, Ghersi D, Hesketh KD, et al. A

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