

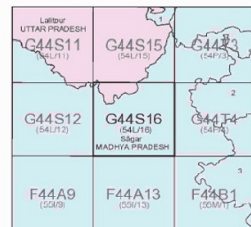
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1 Tikangarh, MADHYA PRADESH.  
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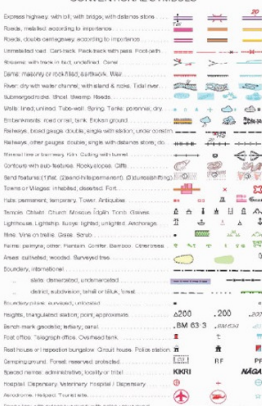
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### CONVENTIONAL SYMBOLS



## REFERENCE

#### REFERENCE

NOTES :-

of the Indian near sea level.

COMPILATION INDEX

6. Median Survey 1971.72. Updated by reanalysis during 2005.07.



Projection - UTM      Datum - WGS 84

Magnetic Variation from True North about  $\frac{1}{2}^{\circ}$  West in 2005.

1:50,000

1	2	3 (Spring)
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CONTOUR INTERVAL, 20 METRES

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East Uttar Pradesh Geo-Spatial Data Centre

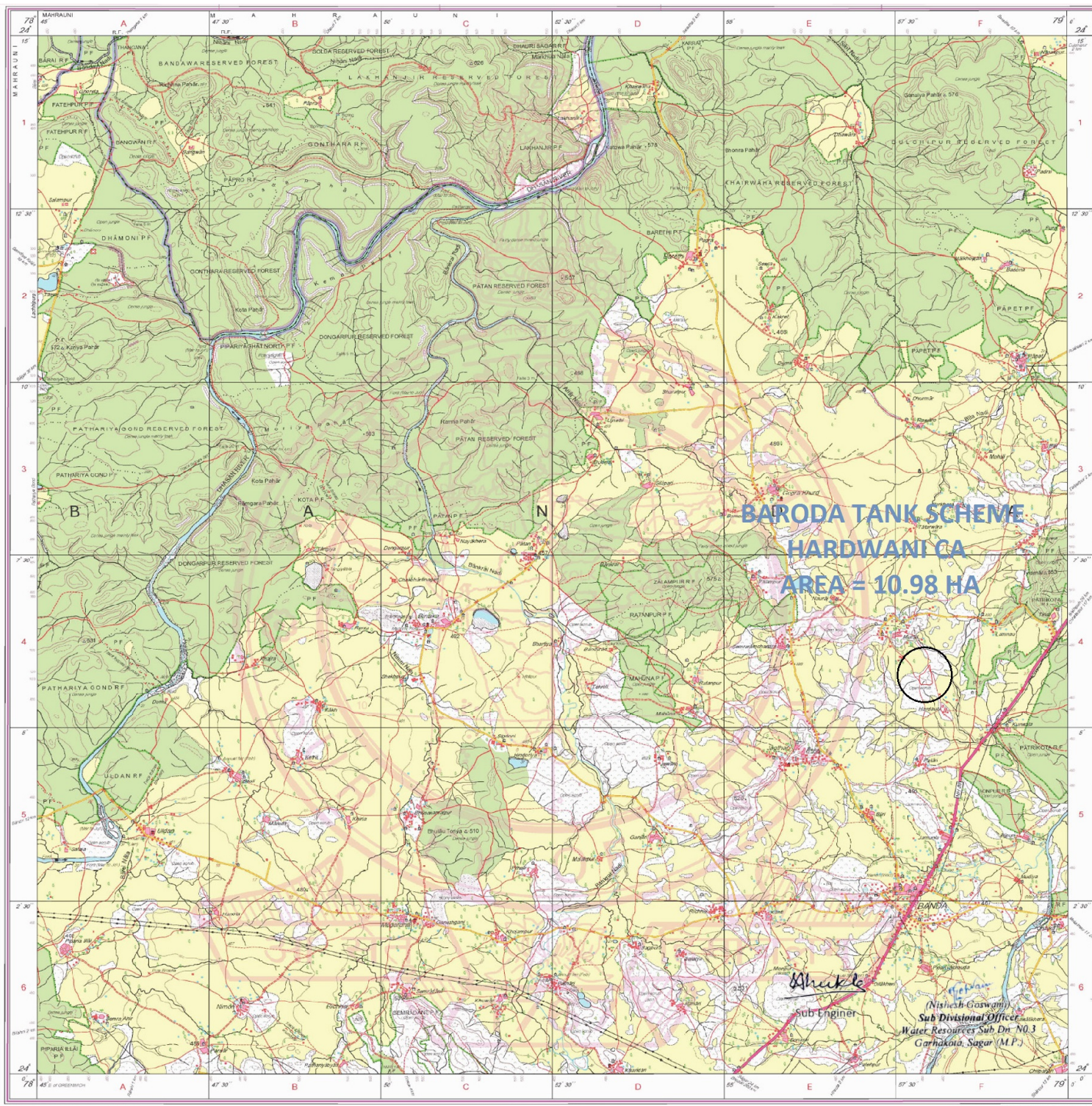
Survey of India  
Black, 2nd Floor, PICHU Bhawan, Conch Nagar,

Lucknow.

WEBSITE - [www.surveyofindia.gov.in](http://www.surveyofindia.gov.in)

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Abstract: The purpose of this study was to determine the effect of a 12-week resistance training program on the strength and endurance of the lower extremities in healthy young adults. The subjects were 15 male and 15 female college students, aged 18-25, who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week program of resistance training, while the control group performed no exercise. The subjects were tested at baseline and at 12 weeks for strength and endurance. The results showed that the resistance training group had significantly greater strength and endurance than the control group at 12 weeks. The findings suggest that a 12-week resistance training program can improve the strength and endurance of the lower extremities in healthy young adults.



A map of the Baroda Tank Scheme Hardwani CA Area, which is 10.98 HA. The map shows a network of roads and a river. A red dot marks a location on the river, labeled 'Baroda Tank Scheme Hardwani CA Area = 10.98 HA'. The map is titled 'Baroda Tank Scheme Hardwani CA Area = 10.98 HA'.

Sub Engineer

(Nishesh Goswami)  
Sub Divisional Officer  
Water Resources Sub Dn. No.3  
Garhakota, Sagar (M.P.)

Executive Engineer  
Water Resources Dn. No. 1  
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REG. No. 803

JAF 0211 (East Uttar Pradesh) CDC-160 (002)

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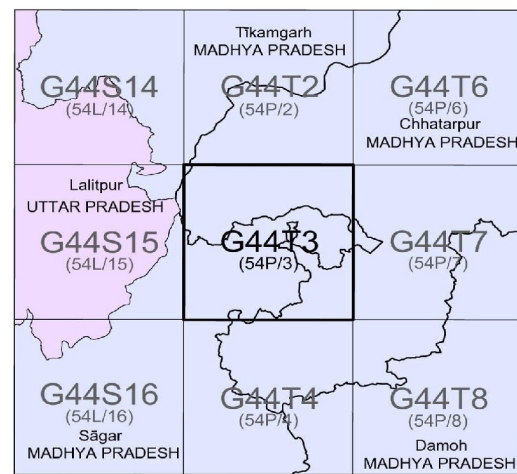


निर्यात के लिए नहीं NOT FOR EXPORT

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#### CONVENTIONAL SYMBOLS

Express highway, with toll, with bridge, with distance stone		20
Roads, metalled, according to importance		
Roads, double cartway, according to importance		
Unmetalled road, Cart-track, Pack-track with pass, Foot-path		
Streams, with track in bed, undefined, Canal		
Dams, masonry or rock-filled, earthwork, Weir		
Submerged rocks, Shoal, Swamp, Roads		
River, dry with water channel, with island & rocks, Tidal river		
Wells, lined, unlined, Tube-well, Spring, Tanks, perennial, dry		
Embankments, road or rail, tank, Broken ground		
Railways, broad gauge, double, single with station, under constr.		
Mineral line or tramway, Kin, Cutting with distance stone, do		
Contours with sub-features, Rocky slopes, Cliffs		
Sand features (Yhat, (Zhand-haliperman), (Zyunes/shifting)		
Towns or Villages, inhabited, deserted, Fort		
Huts, permanent, temporary, Tower, Antiquities		
Temple, Chhatra, Church, Mosque, Igah, Tomb, Graves		
Lighthouse, Lightship, Buoy, lighted, unlighted, Anchorage		
Mine, View on hills, Grass, Scrub		
Palms, palmry, other, Plantain, Conifer, Bamboo, Other trees		
Areas, cultivated, wooded, Surveyed tree		
Boundary, international		
state, demarcated, undemarcated		
district, subdivision, tahsil or block, forest		
Boundary pillars, surveyed, unlocated		
Heights, triangulated, station, point, approximate		
Bench-mark, geodetic, levelling, canal		
Post office, Telegraph office, Overhead tank		
Rest house or inspection bungalow, Circuit house, Police station		
Camping ground, Forest, reserved, protected		
Spaced names, administrative, locality or tribal		
Hospital, Dispensary, Veterinary Hospital / Dispensary		
Aerodrome, Heliport, Tourist site		
Power line, with pylons surveyed, with poles unsurveyed		

#### REFERENCE

NH 85 National Highway No. 85

#### NOTES

Heights are in metres and above Indian mean sea level.  
Contours are approximate.  
A relative height, e.g., 3r, represents the approximate height, in metres, between the top and bottom of a steep slope.  
Forest boundaries and names in Sagar District have been taken from 4 - inch forest maps and shown as certified by the Divisional Forest Officer, Sagar but have not been verified on the ground.

#### COMPILATION INDEX

A Surveyed during 1975-76. Updated for major details during 2005-06.



Projection - UTM Datum - WGS 84

Magnetic Variation from True North about 1° West in 2005.  
(Decreasing by about 1° annually)

1:50,000



CONTOUR INTERVAL 20 METRES

For further details about this map, please contact

Director

Madhya Pradesh Geo-Spatial Data Centre

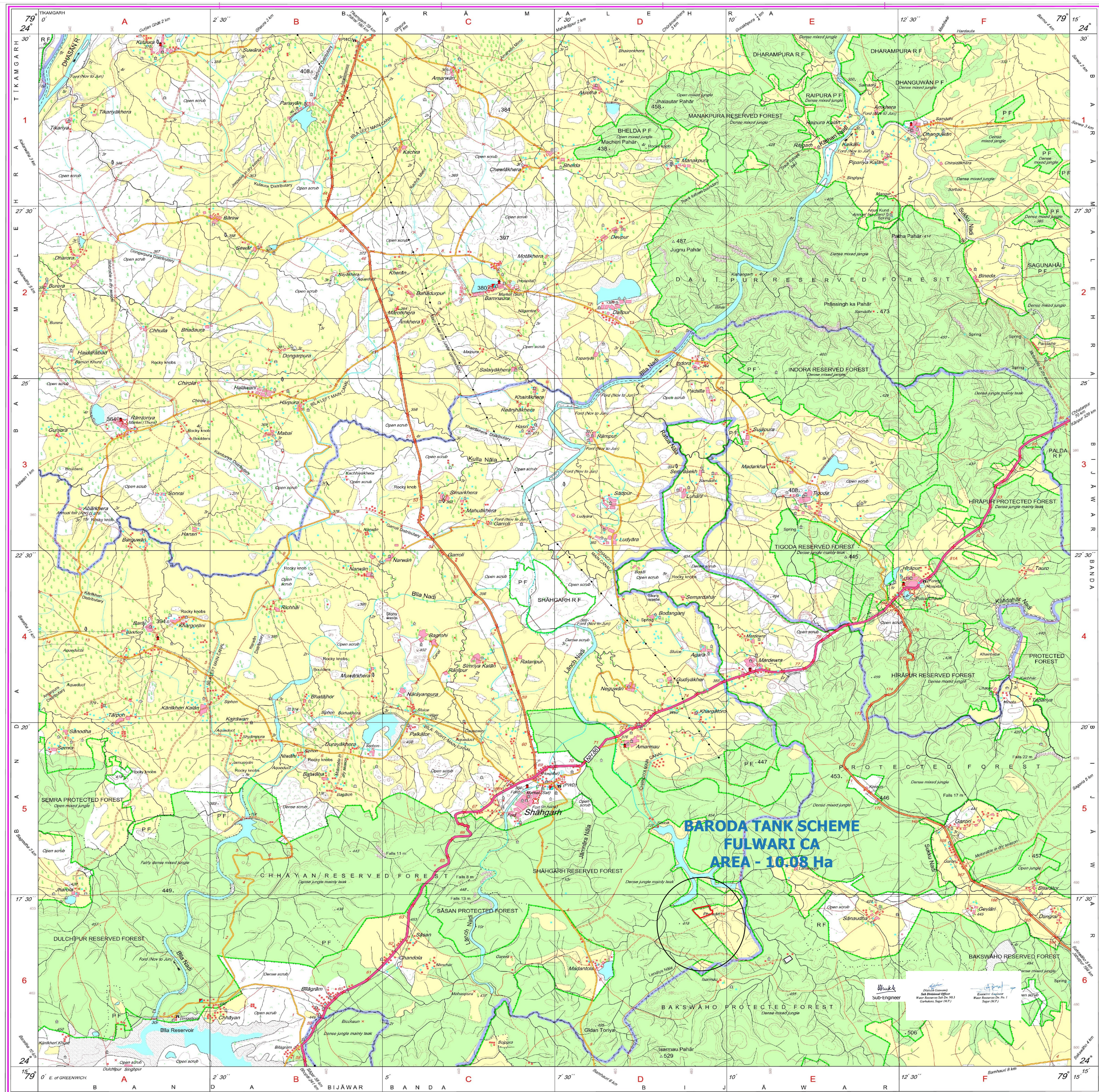
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