**gvbwmK ¯^v¯’¨‡mev wel‡q `ÿZv MVb Ges Dbœq‡b †mev cÖ`vbKvix‡`i AbjvB‡bi gva¨‡g AvZ¥ cÖwkÿ‡Yi gwWDj**

|  |
| --- |
| **Awa‡ekY-1 t ¯^v¯’¨, gvbwmK ¯^v¯’¨ Ges my¯’Zv** |

**Awa‡ek‡Yi D‡Ïk¨ t**

**GB †mkb †k‡l Avcwb-**

1. **gvbwmK ¯^v‡¯’¨i ms‡M m¤úwK©Z wKQz wel‡qi msÁv Rvb‡Z cvi‡eb|**
2. **Rvb‡Z cvi‡eb, wK wK Ae¯’v †`‡L †evSv †h‡Z cv‡i Avcwb gvbwmK fv‡e fv‡jv Av‡Qb**
3. **kixi I gb †h G‡K Ac‡ii mv‡\_ m¤úwK©Z Zv eyS‡Z cvi‡eb**
4. **gvbwmK mgm¨v Ges gvbwmK †iv‡Mi g‡a¨ cv\_©K¨ ai‡Z cvi‡eb**

gvbwmK ¯^v¯’¨ welqUv Avm‡j †ek e¨vcK Ges Aí K\_vq GUv‡K msÁvwqZ Kiv †ek KwVb| ïaygvÎ gvbwmK †iv‡Mi Abycw¯’wZ gvbwmK ¯^v¯’¨ wb‡`©k K‡i bv| gvbwmK ¯^v¯’¨ cÖwZdwjZ nq e¨w³i Kv‡R, Zvi wPšÍvq, Av‡eMxq Ae¯’vq Ges Zvi mvgvwRK Kg©Kv‡Û|

**¯^v¯’¨ t**

gvbwmK ¯^v‡¯’¨i msÁvq hvIqvi c~‡e© †`Lv hvK ¯^v‡¯’¨i msÁv wK? wek¦ ¯^v¯’¨ ms¯’vi 1946 mv‡ji msweav‡b cÖ`Ë msÁv Abyhvqx Ò¯^v¯’¨ n‡jv Ggb GK Ae¯’v hv kvixwiK, gvbwmK Ges mvgvwRK GB wZbwUi my¯’ mgš^q| GwU ïaygvÎ Amy¯’Zvi Abycw¯’wZ wb‡`©k K‡i bv|Ó

¯^v‡¯’¨i GB msÁv wb‡`©k K‡i †h my¯’Zvi †ÿ‡Î kvixwiK ¯^v‡¯’¨i gZB mgvb ¸iæZ¡c~Y© n‡”Q gvbwmK ¯^v¯’¨, ZvB gvbwmK ¯^v¯’¨‡K †Kvb Ae¯’v‡ZB Lv‡Uv K‡i †`Lvi Dcvq †bB|

**gvbwmK ¯^v¯’¨ t**

¯^v‡¯’¨i msÁv cÖ`v‡bi cvkvcvwk, wek¦ ¯^v¯’¨ (WHO) gvbwmK ¯^v‡¯’¨i wbgœi~c msÁv cÖ`vb K‡i‡Q|

**wek¦ ¯^v¯’¨ ms¯’v (WHO) Gi msÁv Abyhvqx ÒgvbwmK ¯^v¯’¨Ó n‡jv Rxe‡b fvj \_vKvi Ggb GKwU Ae¯’v †hLv‡b**

* **-gvbyl wb‡Ri ¶gZv¸‡jv‡K eyS‡Z cv‡i,**
* **-Rxe‡bi mvaviY Pvcg~jK Ae¯’vi mv‡\_ †gvKv‡ejv Ki‡Z cv‡i**
* **-Drcv`bg~jK Ges djcªm~fv‡e KvR Ki‡Z cv‡i**
* **-Ges Zvi wb‡Ri KwgDwbwUi Rb¨ Ae`vb ivL‡Z cv‡i|**

**A\_v©r GwU mvgvwRK, kvixwiK, Ava¨vwZ¡K Ges Av‡eMxq Ae¯’vi GKwU fvimvg¨c~b© Ae¯’v|** †hLv‡b †m Zvi wb‡Ri wb‡Ri wewfbœ Av‡eMxq Ae¯’vi (‡hgb: ivM, `y:L, wnsmv, fq, Avb›` BZ¨vw`) Dci wbqš¿b ivL‡Z cv‡i Ges wb‡Ri ÿgZv I cÖeYZvmg~‡ni m‡e©vËg cª‡qvM NUv‡Z cv‡i Ges Kvh©Ki cvi¯úwiK m¤úK© ¯’vcb Ki‡Z cv‡iÓ|

|  |
| --- |
| ¯^v¯’¨ wb‡q K\_v ej‡Z e‡m †hgb Amy¯’Zv I Zvi wPwKrmvi Av‡jvPbvq AvU‡K co‡j P‡jbv, †Zgwb gvbwmK ¯^v¯’¨ wb‡qI Av‡jvPbv Ki‡Z wM‡qI gvbwmK Amy¯’Zv I Zvi wPwKrmv c×wZ ev wPwKrmvi g‡a¨ `„wó mxgve× K‡i †djvUv †gv‡UI hyw³hy³ bq|  **evsjv‡`‡ki †cÖÿvc‡U gvbwmK ¯^v¯’¨ I gvbwmK Amy¯’Zv‡K ninv‡gkvB ¸wj‡q †dj‡Z †`Lv hvq|** |

**gvbwmK ¯^v‡¯’¨i KZ¸‡jv wb‡`©kK i‡q‡Q, G¸‡jv n‡jv t**

1) gvbwmKfv‡e my¯^v‡¯’¨i AwaKvix e¨w³ KLbI ivM, fq, `y:L, Avb›`, wnsmv, Aciva‡eva, fv‡jvevmv BZ¨vw`i Kv‡Q civwRZ nq bv|

2) Giv G‡`i AÿgZv‡K mn‡R †g‡b wb‡Z cv‡i|

3) Giv AvZ¥-m¤§vb‡eva m¤úbœ|

4) Giv wewfbœ ai‡Yi cwiw¯’wZ‡Z wb‡R‡K gvwb‡q wb‡Z cv‡i|

5) wb‡R‡`i ÿgZv¸‡jv‡K Giv mwVKfv‡e g~j¨qb Ki‡Z K‡i|

6) Ab¨‡`i mv‡\_ G‡`i m¤úK©¸‡jv mvaviYZ `xN©¯’vqx Ges Kvh©Ki nq|

7) Giv wb‡R‡`i mgv‡Ri GKUv Ask g‡b K‡i|

8) Giv wec‡`i mgq e‡m bv ‡\_‡K, wec`‡K †gvKv‡ejv Kivi Rb¨ wewfbœ c`‡ÿc †bq|

9) Giv wb‡Ri wm×všÍ wb‡RB MÖnb Ki‡Z cv‡i|

10) Giv wb‡R‡`i Kv‡Ri `vwqZ¡ †bq Ges Ab¨‡`i cÖwZ Zv‡`i `vwqZ¡‡KI A¯^xKvi K‡i bv|

11) Rxe‡bi cÖwZ GKwU BwZevPK g‡bvfve \_v‡K|

**gvbwmK mgm¨v Ges gvbwmK †ivM t**

hLb `xN©w`b a‡i mgm¨v Pj‡Z \_v‡K, djkÖæwZ‡Z e¨w³i ¯^vfvweK RxebhvÎv e¨nZ nq Ges evB‡i †\_‡K †`L‡j †evSv hvq, e¨w³ gvbwmK fv‡e Amy¯’, ZLb ejv hvq ‡h e¨w³ RwUj gvbwmK †iv‡M fzM‡Q| †ewkifvM gvbylB RwUj gvbwmK †iv‡M ‡fv‡Mbv, wKš‘ A‡b‡KB †Kvb GK ai‡bi gvbwmK mgm¨vq AvµvšÍ n‡Z cv‡i| gvbwmK mgm¨vq AvµvšÍ e¨w³i bvbv ai‡bi †fvMvwšÍ nq wKš‘ evwni †\_‡K Zv‡`i mgm¨vwU cÖKUfv‡e †evSv hvq bv| G‡ÿ‡Î mgm¨v KvwU‡q IVvi Rb¨ e¨w³i cª‡qvRb cªwkÿYcÖvß KvD‡Ýji, mvB‡Kv‡\_ivwcó ev wPwKrmv g‡bvweÁvbx‡`i †mev|

**gvbwmK Amy¯’Zv ev †ivM t**

gvbwmK Amy¯’Zv ev †ivM ej‡Z mvaviYZ †evSvq “AvPi‡bi A¯^vfvweK Ges Amnbxq GK Ae¯’v hv Dc‡hvR‡bi †ÿ‡Î evav m„wó K‡iÓ| gvbwmK Amy¯’Zv ev gvbwmK †ivM ej‡Z RwUj gvbwmK †ivM ‡hgb w¯‹‡Rv‡d«wbqv‡K †evSvq|

**gvbwmK ¯^v¯’¨ I gvbwmK ‡iv‡Mi g‡a¨ cv\_©K¨**

gvbwmK ¯^v¯’¨ I gvbwmK Amy¯’Zvi g‡a¨ me‡P‡q eo cv\_©K¨Uv n‡jv GB †h, gvbwmK Amy¯’Zvi Abycw¯’wZ my¯’ gvbwmK ¯^v¯’¨ wb‡`©k K‡i bv| gvbwmK ¯^v‡¯’¨i A\_© AviI e¨vcK, gvbwmKfv‡e my¯^v‡¯’¨i AwaKvix nIqvi Rb¨ gvbwmK †ivM bv \_vKv ïaygvÎ GKwU welq, Gi evB‡i Av‡iv wKQz welq AR©b Kiv `iKvi, hv gvbwmK ¯^v‡¯’¨i msÁvq D‡jøL Kiv n‡q‡Q|

**kixi I gb-ci¯c‡ii mv‡\_ m¤cK© t**

Avgiv mevB Rvwb, kixi I gb ci¯c‡ii mv‡\_ m¤cwK©Z| kixi Lvivc \_vK‡j gb fv‡jv \_v‡Kbv, Avevi gb Lvivc \_vK‡jI kix‡ii Dci Zvi cÖfve c‡o| A‡bK mgq †`Lv hvq, kvixwiK Amy¯’Zvi wcQ‡b gvbwmK A‡bK Dcv`vb ¸iæZ¡c~Y© f‚wgKv cvjb K‡i| Avevi †Kv‡bv †Kv‡bv †¶‡Î kvixwiK Amyweavi dj¯^iƒc wewfbœ iKg gvbwmK DcmM© †`Lv hvq| ZvB ejv hvq, kvixwiK Amy¯’Zvi †¶‡Î gvbwmK Dcv`vb¸‡jv KviYI n‡Z cv‡i Avevi djvdjI n‡Z cv‡i| Kv‡RB gvbwmK Dcv`vb ¸‡jv wbqš¿‡Yi gva¨‡g Avgiv kvixwiK Amy¯’Zv†KI wbqš¿Y Ki‡Z cvwi|

M‡elYvq †`Lv †M‡Q `xN©¯’vqx kvixwiK Amy¯’Zvi †¶‡Î Avgv‡`i Rxeb cÖYvjx GKwU ¸iæZ¡c~Y© f‚wgKv cvjb K‡i| D`vniY¯^iƒc ejv hvq, Avgiv Ggb wKQz KvR Kwi hv Avgv‡`i ¯^v‡¯’¨I Rb¨ ûgwK¯^iƒc| †hgb-a~gcvb, AwaK gvÎvq g`¨cvb, AwaK gvÎvq JlaMÖnb, fzj Lv`¨vf¨vm Ges kvixwiK Abykxj‡bi Afve, GB e¨cvi¸‡jv cwieZ©‡bi gva¨‡g ¯^v‡¯’¨i DbœwZ I †ivM cÖwZ‡iva Kiv m¤¢e| Rxeb cÖYvjx QvovI e¨w³i wbR¯^ wPšÍvaviv, †iv‡Mi cÖwZ Zvi `„wófw½- †iv‡Mi mv‡\_ †m wKfv‡e †gvKv‡ejv Ki‡Q-BZ¨vw` welq¸‡jv kvixwiK Amy¯’Zv wbqš¿‡Y f‚wgKv cvjb K‡i| GQvovI Av‡Q e¨w³i g‡bv‡hvM, g‡bvfve,Av‡eM, e¨w³Z¡- hv kvixwiK Amy¯’Zvi Abyave‡b cÖZ¨¶fv‡e RwoZ|

D`vniY¯^iƒc ejv hvq- †h e¨w³ g‡b K‡i ÒGB AmyL Avgvi wbqš¿‡Yi evB‡iÓ-Zvi PvB‡Z hv‡`i wek¦vm n‡jv, ÒAvwg GB AmyL †\_‡K gy³ n‡Z cvie bvÓ Zviv gvbwmK w`K †\_‡K †iv‡Mi mv‡\_ fv‡jv Awf‡hvRb Ki‡Z cv‡i| Avevi †KD †KD †ivM wbqš¿‡Yi Rb¨ Ggb me c`‡¶c MÖnY K‡i hv Zvi †ivM‡K AviI evwo‡q †`q| G‡¶‡Î `xN©¯’vqx e¨\_vi K\_v ejv †h‡Z cv‡i| Avgiv †ewkifvM †¶‡ÎB kix‡i ev gv\_vq Zxeª e¨\_v n‡j Jla †L‡q weQvbvq ï‡q \_vwK| wKš‘ weQvbvq ï‡q Kg †jvKB Nygv‡Z cv‡ib, Dciš‘ e¨\_v wb‡q wewfbœ `:ywðšÍv K‡ib- hv e¨\_vi gvÎv‡K Av‡iv evwo‡q †`q| †hme gvbwmK Dcv`vb e¨\_vi AbyfzwZ‡K evwo‡q †`q Zvn‡jv D‡ËRbv, gvbwmK Pvc I `y:wðšÍv, gbLvivc, nZvkv I welYœZv GQvovI Av‡Q-e¨\_vi cÖwZ AZ¨waK g‡bv‡hvM, K¬vwšÍ, GK‡N‡qgx KvRKg© Kiv, Avj‡m¨ Aemi KvUv‡bv| Avgiv mevB Kg ‡ewk Rvwb †h, D”P i³Pvc i‡³ Pwe©i AvwaK¨, AwZwi³ Kv‡Ri Pvc, K¬vwšÍ, kvixwiK cwikÖg bv Kiv BZ¨vw`i mv‡\_ ü`h‡š¿i my¯’Zv RwoZ| Z‡e Gi cvkvcvwk Avi GKwU we‡kl AvPiY c×wZ ü`‡iv‡Mi m¤¢ve¨Zv evovq-

hvi bvg- ÒUvBc- G we‡nwfqviÓ (Type A Behavior Pattern: TABP) UvBc- G we‡nwfqvi cÖavbZ t wZbwU ˆewkó¨ i‡q‡Q t

1. Giv Lye cÖwZ‡hvMx g‡bvfvecbœ Ges me Kv‡R mdjZv Pvq|
2. G‡`i me mgq g‡b nq mgq Lye `ªæZ P‡j hv‡”Q ZvB Zviv Aímg‡q A‡bK †ekx cwikªg Ki‡Z Pvq hv Zvi Rb¨ Pvc c~Y©|
3. Giv Lye mn‡RB †i‡M hvq, †KD †KD cÖKvk K‡ib, †KD K‡ib bv|

Gevi Rvbv hvK, GB AvPiY aviv wKfv‡e ü`‡iv‡Mi mv‡\_ hy³?

wewfbœ M‡elYvi gva¨‡g G ch©šÍ †h DËiwU cvIqv wM‡q‡Q Zv n‡jv GB m¤c‡K©i †cQ‡b cÖavbZ †h KviYwU i‡q‡Q Zv n‡”Q G ai‡bi gvby‡li mve©¶wYK AwaK Pv‡ci g‡a¨ \_vKv| e¨w³ hLb PvcgyjK cwiw¯’wZi g‡a¨ \_v‡K ZLb Zvi kixi DÏxß nq Ges wKQ zni‡gvb wbtm„Z nq| GB ni‡gvb kix‡ii wewfbœ Ask‡K GB Pv‡ci †gvKv‡ejv Ki‡Z mPj iv‡L| Avi wewfbœ A½†K mPj ivL‡Z i³ mÂvjb †ewk nIqv cÖ‡qvRb hv eRvq ivL‡Z ü`wcÛ AwaK nv‡i ¯cw›`Z nq| GB Ae¯’v `xN©¶b a‡i Pjvi d‡j ü`wcÛ ¶wZMÖ¯’ nq| dj¯^iƒc hviv UvBc G AvPiY K‡i \_v‡Kb Zviv ü`‡iv‡M AvµvšÍ n‡Z cv‡ib †h ‡Kv‡bv gyn~‡Z©|

K¨vÝvi †ivMx‡`i †¶‡Î †`Lv hvq, K¨vÝvi nIqvi Av‡M Zv‡`i A‡bK Pvcg~jK cwiw¯’wZi †gvKv‡ejv Ki‡Z n‡q‡Q| G‡¶‡Î †m hw` Zvi Pvc‡K wbqš¿Y Ki‡Z cvi‡Zv Zvn‡j nq‡Zv K¨vÝv‡ii g‡Zv Rxeb bvkKvix †ivM†K wbqš¿b Ki‡Z cviZ| Avevi †`Lv hvq, K¨vÝvi, Wvq‡ewUm G ai‡bi `xN©¯’vqx †ivM cÖ\_gevi kbv³ nIqvi ci e¨w³i c‡¶ GB mZ¨ MÖnY Kiv A‡bK KwVb n‡q c‡o| dj¯^iƒc Zv‡`i g‡a¨ wewfbœ ai‡bi gvbwmK mgm¨v †hgb-nZvkv, DwØMœZv, ivM wbqš¿Y Ki‡Z bv cviv, KvRK‡g© Drmvn K‡g hvIqv, mewKQz †\_‡K wb‡R‡K weiZ ivLv,Jla MÖn‡Y Abxnv BZ¨vw` †`Lv w`‡Z cv‡i| GBme gvbwmK mgm¨v wbqš¿‡Yi gva¨‡g e¨w³‡K GB †iv‡Mi mv‡\_ †gvKv‡ejv Ki‡Z mvnvh¨ Kiv hvq|

GZ¶‡Y Av‡jvPbvi wfwË‡Z ejv hvq †h kvixwiK my¯’Zvi kvixwiK Dcv`vb¸‡jvi cvkvcvwk gvbwmK Dcv`vb¸‡jv‡KI Avgv‡`i ¸iæZ¡ mnKv‡i wb‡Z n‡e Ges Gme Dcv`vb wbqš¿‡Yi gva¨‡g kvixwiK my¯’Zv wbwðZ Ki‡Z n‡e|