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

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| **Awa‡ekY-9 t †mev MÖnxZvi ms‡M mngwg©Zv cÖKvk Kiv** |

Awa‡ek‡Yi D‡Ïk¨ t

1. †mev cÖ`v‡bi mgq mngwg©Zv wKfv‡e ‡`Lv‡bv †h‡Z cv‡i Ges ‡Kb Zv ¸iæZ¡c~Y© Zv †evSv hv‡e
2. ‡hvMv‡h‡Mi †ÿ‡Î mngwg©Zv wKfv‡e mnvqK n‡q \_v‡K †m m¤ú‡K© cwi¯‹vi aviYv cv‡eb
3. ‡mev MÖnxZvi BwZevPK ev †bwZevPK Abyf~wZ¸‡jv †evSvi ÿgZv e„w× cv‡e
4. mnvbyf~wZ Ges mngwg©Zvi ga¨Kvi cv\_©K¨ Ki‡Z wkL‡eb

mngwg©Zv (Basic Empathy)

mngwg©Zv n‡”Q A‡b¨i AwfÁZv, AvPiY Ges Abyf~wZ‡K Zvi g‡Zv K‡i ey‡S Zvi mv‡\_ K\_v e‡j| GB `¶Zv mnvqZv Kivi cÖwµqv mve©¶wbKfv‡e cÖ‡qvRb| KviY e¨w³i mv‡\_ fve wewbgq Kivi Rb¨ Zvi gZ K‡i Zv‡K †evSv A\_©vr GKRb e¨w³ †hfv‡e †Kvb GKUv welq †`L‡Q ev Abyfe Ki‡Q †mB Avw½‡KB welqwU‡K Abyfe Kiv cÖ‡qvRb| GUv e¨w³i mv‡\_ m¤cK© ¯’vc‡b wKsev m¤cK© Dbœq‡b LyeB mvnvh¨ K‡i|

mngwg©Zv GKwU we‡kl ¸Y hv GKRb ‡mev cÖ`vbKvixi \_vK‡Z nq| Avgiv wb‡Ri c~e© aviYv †\_‡K †ei n‡q Ab¨ e¨w³i aviYvi RM‡Z cÖ‡ek K†i Zv †evSvi †Póv Ki‡Z cvwi| h\_vh\_ cÖwk¶‡Yi gva¨‡g mngwg©Zv wKfv‡e †`Lv‡bv †h‡Z cv‡i Zv †kLv‡bv hvq| Z‡e A‡bK e¨w³ Rb¥MZfv‡eB mngwg©Zv ‡`Lv‡bvi AwaKvix n‡q \_v‡Kb|

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| e¨w³i mv‡\_ mngwg©Zv cÖKvk Ki‡Z n‡j Zvi mwVK Av‡eM Ges ZxeªZvi aiY ey‡S Zvi Abyf~wZwU cÖKvk Ki‡Z n‡e| wb‡P K‡qKUv D`vniY †`qv n†jv t   * Avcwb wb‡Ri Dci wei³ n‡”Qb KviY Iiv Avcbv‡K ûgwK w`‡”Q wKš‘ Avcwb Ki‡Z cvi‡Qb bv| * Avcbvi Aciva ‡eva n‡”Q KviY †m Avcbvi Kv‡Q mivmwi mvnvh¨ †P‡q‡Q wKš‘ Avcwb †Kvb DËi †`b wb|   ‡ewmK G‡¤cw\_ ev mngwg©Zv‡K djcÖm~ Kivi Rb¨ mwVK Av‡eMwU‡K ai‡Z n‡e| mvnvh¨Kvix‡K AZ¨šÍ g‡bv†hvMx n‡Z n‡e| |

mngwg©Zv‡Z †h welq¸‡jv N‡U Zvn‡jv t

* Abyf~wZi cÖwZdjY t GKwU we‡kl cwiw¯’wZ‡Z ‡mev MÖnxZvi †h Abyf~wZ¸‡jv n‡qwQ‡jv Zv cÖwZdwjZ Kiv nq| †hgb, "Avcbvi ivM jvMwQj", Avcbvi Kó nw”Qj|
* welqe¯‘i cÖwZdjY t GKwU we†kl cwiw¯’wZ‡Z ‡mev MÖnxZvi †h Abyf’wZ¸‡jv n‡qwQj Zvi mv‡\_ †h welqe¯‘ ev NUbv RwoZ Zvi cÖwZdjY Kiv nq| †hgb- "Avcbvi ivM jvMwQj KviY Avcwb †f‡e‡Qb †h Avcbv‡K h‡\_ó cÖvavb¨ †`qv nqwb","Avcbvi Kó nw”Qj KviY Avcbvi g‡b n‡q‡Q gv Avcbv‡K h‡\_ó fvjev‡mb bv"|
* wbe©vwPZ cÖwZdjY t ‡mev MÖnxZvi cÖwZwU K\_vB mgvbyf~wZi mv‡\_ ïbv nq, Z‡e cÖwZdjY †`qvi †¶‡Î we‡kl Av‡e‡Mi e³e¨‡KB cÖwZdwjZ Kiv nq|
* mvims‡¶c t cÖwZwU †mkb †k‡l mvims‡¶c Kivi mgq ‡mev MÖnxZvi e³e¨‡K mgvbyf~wZ w`‡q Dc¯’vcb Kiv nq|
* mwµq kªeY ev A¨vw±f wj‡mwbs t mwµq kªeY ev A¨vw±f wj‡mwbs I mngwg©Zv †`Lv‡bvi Rb¨ Riyix|

Dc‡ii me wKQzB mngwg©Zv ˆZix‡Z mvnvh¨ K‡i| A\_©vr mngwg©Zv cÖKv‡k evPwbK I AevPwbK Dfq †hvMv‡hv‡MiB cÖ‡qvM nq|

Abyf~wZ Ges Av‡eM wewfbœfv‡e wb‡`©wkZ n‡Z cv‡i †hgb-

* Avwg fvj
* Avwg nZvk
* Avwg Ae‡nwjZ
* Avwg Avbw›`Z
* Avwg wei³
* Avwg welbœ
* Avwg ew›`

wewfbœ cÖKv‡ii evK¨vsk-

* Avwg c„w\_exi m‡e©v”P ¯’v‡b e‡m AvwQ
* Avgvi g‡b n‡”Q Avgvi wcV †`qv‡j †V‡K †M‡Q
* Avgvi g‡b n‡”Q Avwg †hb R¡jwQ
* Avgvi g‡b n‡”Q Avgv‡K AveR©bvi gZ Qzu‡o †djv n‡q‡Q

GKUv AvPiYMZ e³e¨ w`‡q cÖKvk Kiv-

* Avgvi g‡b n†”Q Avwg Avi cviwQ bv (Abyf~wZ t wei³)
* Avgvi g‡b n‡”Q Avwg †Zvgv‡K Rwo‡q awi (Abyf~wZ t Avb›`)
* Avgvi g‡b n‡”Q Zvi `vuZ gyL †f‡½ w`B (Abyf~wZ t Lye ivM)
* Avgvi g‡b n‡”Q Avgvi K‡ói w`b †kl Ges Avgvi bvP‡Z B”Qv K†i (Abyf’wZ t gyw³ Ges Avb›`)

AwfÁZvi Av‡jv‡K †Kvb ewntcÖKvk Kiv-

* Avgvi g‡b n‡”Q Avwg Zvi wj‡ói me‡P‡q Ic‡i AvwQ (Abyf~wZ t Avb›`)
* Avgvi g‡b n‡”Q Avgvi wb:k¦vm eÜ n‡q Avm‡Q (Abyf~wZ t D‡ØM)
* Avgvi g‡b n‡”Q Avwg †Kgb GK‡N‡q n‡q hvw”Q (Abyf~wZ t nZvkv Ges wei³)

**Dc‡ii e³e¨¸‡jvi mv‡\_ Av‡e‡Mi cÖKvk †hvM K‡i †hfv‡e ejv hvq Zvi D`vniY n‡”Qt**

* Avgvi `viæb jvM‡Q Kvib Avwg wek¦vm KiwQ †h Avwg Zvi wj‡ói me‡P‡q Dc‡i AvwQ
* Avwg DwØMœ Kvib Avgvi g‡b n‡”Q †h Avgvi wbtk¦vm eÜ n‡q Avm‡Q|
* Avwg wei³ nw”Q Kvib Avwg †Kgb †hb GK‡N‡q n‡q hvw”Q|

**wewfbœ ai†bi Abyf~wZ Ges Av‡eMgq NUbv m¤^wjZ wKQz cwiw¯’wZ bx‡P ewY©Z n‡jv-**

"Zzwg g‡b K‡iv †h Zzwg GB e¨w³i mv‡\_ K\_v ejQ| j¶¨ Ki A‡b¨i Abyf~wZ †evSvi I Zv Ab¨‡K †evSv‡bvi Rb¨ Pvi ai‡bi c×wZB e¨envi Kiv n‡q‡Q"|

NUbvwU n‡”Q GKUv †g‡q Zvi cQ‡›`i GKwU PvKwi †cj|

**GKK kãt** Zzwg Lykx

**GKwU evK¨vskt** †Zvgvi g‡b n‡”Q Zzwg AvKv‡k Do‡Qv|

AvPiY m¤cwK©Z e³e¨t †Zvgvi B‡”Q Ki‡Q evB‡i wM‡q LeiUv mevB‡K Rvbv‡Z|

AwfÁZv m¤cwK©Z e³e¨t ‡Zvgvi g‡b n‡”Q, †Zvgvi hv cÖvc¨ ZvB Zzwg †c‡q‡Qv|

**†KvbwU mngwg©Zv bq?**

mngwg©Zvi mv‡\_ KZ¸‡jv welq Lye ¸wj‡q hvq t

* mnvbyf~wZ †`Lv‡bv
* w`K wb‡`©kbv ev mv‡Rkb †`Iqv
* wePviK myjf g‡bvfve
* Abyf~wZnxbZv ev G¨vcvw\_, A\_©vr e¨w³i g‡a¨ Abyf’wZi cÖKvk \_v‡K bv

**---G¸‡jv \_vK‡j ZLb mngwg©Zv †`Lv‡bv hvq bv|**

**mnvbyf~wZ I mngwg©Zv**

mnvbyf~wZ I mngwg©Zvi g‡a¨ GKUv cv\_©K¨ Av‡Q| mngwg©Zv n‡”Q, A‡b¨i AwfÁZv, AvPiY, Abyf~wZ‡K Zvi gZ K‡i ey‡S Zvi mv‡\_ K\_v ejv| mvnvh¨cÖv\_©x‡K ZvigZ K‡i eySv‡Z n‡e, Kvib GKRb e¨w³ †hfv‡e GKUv welq †`L‡Q ev Abyfe Ki‡Q †m Avw½‡KB welqwU Abyfe Kiv cÖ‡qvRb| GUv m¤cK© ¯’vc‡b Ges Dbœq‡b LyeB mvnvh¨ K‡i|

Avi Aciw`‡K mnvbyf~wZ n‡”Q wb‡Ri D`vniY w`‡q Ab¨‡K mvšÍ¡bv †`qv| G‡¶‡Î e¨w³ A‡b¨i Abyf~wZi Dci ¸iyZ¡ bv w`‡q wKsev A‡b¨i Abyf~wZ‡K †evSvi †Póv bv K†i wb‡Ri AbyfzwZ‡K cÖKvk K‡i \_v‡K Ges wb‡Ri gZ K‡i mgvavb †`qvi †PóvK‡i| bx‡P Abyf~wZi GKwU ZvwjKv †`Iqv n‡jv t

QK t Abyf~wZi ZvwjKv

|  |  |  |  |  |  |  |  |  |  |
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| **Abyf~wZi gvÎv** | **myL** | | **`ytL** | **ivM** | **fxwZ/fq** | **m‡›`n** | | **kw³kvjx** | **`~e©j** |
| wb¤œgvÎv | mš‘wó | | Lvivc | wei³ | bvf©vm | A¯^w¯Í | | k³ | GK‡N‡qwg |
| cwiZ…wß | | g~j¨nxb | †gRvR Mig | AwbwðZ | A¯^v”Q›`¨ | | wbivc` | AwbwðZ |
| Lywk | | †QvU | AvZswKZ | mvnmnxb | weeªZ | | wbwðZ | boe‡o |
|  | | | | | | | | | |
| gvSvgvwS gvÎv | | cÖdzjø | Kó | nZvk | A¯^vQ›`¨ | G‡jv‡g‡jv | m¶g | | wbivcËvnxb |
| D`¨gx/Zrci | cÖPÛ †e`bv | wLUwL‡U | wbivcËvnxb | RwUj | wek¦vmx | | Amnvq |
| Avbw›`Z | hš¿Yv | D‡ËwRZ/we¶zä | wLUwL‡U | Dëvcvëv | AvZ¥wek¦vmx | | A‡hvM¨ |
|  | | | | | | | | | |
| D”P gvÎv | | Avb‡›` AvZ¥nviv | weaŸ¯Í | µy× | fq | Sv‡gjvc~Y© | mej | | `ye©j |
| cÖPÛ DjøwmZ | welbœ | D‡ËwRZ | AvZ¼ | duv‡` AvUKv‡bv | AwZwi³ kw³kvjx | | kw³nxb/A¶g |
| D‡ËwRZ | wbivk | †µv†avb¥³ | fxZ | nZf¤^/nZeyw× | ¶gZvevb | | Amnvq |

**mngwg©Zv cÖ`k©‡bi m~Î t**

mngwg©Zvi mvavib m~Î n‡jv t

Abyf~wZ + KviY = mngwg©Zv

* Ò‡Zvgvi nZvk jvM‡Q Kvib †Zvgvi g‡b n‡”Q Zzwg KLbI cixÿvq cvk Ki‡e bvÓ
* Ò‡Zvgvi †ek Kó jvM‡Q Kvib Zzwg fve‡Qv gv †Zvgv‡K fvjev‡mb bvÓ
* ÒZvi Zxeª ivM n‡q‡Q Kvib †m †f‡e‡Q †m h‡\_ó cÖvavb¨ cvqwbÓ

**wKfv‡e ‡mev MÖnxZvi cÖwZ mngwg©Zv (Empathy) cÖKvk Kiv hvq :**

* Lye g‡bv‡hvM w`‡q ‡mev MÖnxZvi †gŠwLK I ‰`wnK Awfe¨w³¸‡jv jÿ¨ Ki‡Z n‡e|
* ‡mev MÖnxZvi Awfe¨w³¸‡jvi mv‡\_ mwVKfv‡e cwiwPZ nevi †Póv Ki‡Z n‡e|
* ‡mev MÖnxZvi Rb¨ mn‡R †evaMg¨ nq Gai‡bi fvlvq Zvi mv‡\_ †hvMv‡hvM ¯’vcb Ki‡Z n‡e|
* ‡mev MÖnxZvi †h ai‡bi Abyf~wZ wb‡q K\_v ej‡Q mvnvh¨Kvixi Mjvi †Uvb †mai‡bi n‡Z n‡e|
* hZUv m¤¢e ¯^ZtùzZ©fv‡e DËi w`‡Z n‡e| A‡bK mgq a‡i Pzc K‡i \_vKvUv wVK bq| mvnvh¨Kvix wK ey‡S‡Qb †mUv e¨³ K‡i Zvici wZwb ‡mev MÖnxZvi KvQ †\_‡K †R‡b ‡b‡eb wZwb Zvi K\_v wVK g‡Zv ey‡S‡Qb wKbv|
* `yRb `yÕR‡bi K\_v eyS‡Z cvi‡Q Ggb GKUv cwi‡ek ‰Zwi Ki‡Z n‡e, Zv‡Z K‡i ‡mev MÖnxZv Av‡¯Í Av‡¯Í Zvi Abyf~wZi wewfbœ ¯Íi¸‡jv mvnvh¨Kvixi mvg‡b Zz‡j ai‡e|
* ‡mev MÖnxZv †h K\_v¸‡jv ej‡Z cvi‡Q bv, †m¸‡jvi Dci g‡bv‡hvM ¯’vcb Ki‡Z n‡e| Zvi K\_v¸‡jvi g‡a¨ hw` wKQz duvK \_v‡K †m¸‡jv Lyu‡R †ei K‡i duvK¸‡jv f‡i †`evi †Póv Ki‡Z n‡e|
* mvnvh¨Kvixi cÖwZwµqv¸‡jv KZUzKz djcÖmy n‡q‡Q †mUv ‡mev MÖnxZvi AvPib Ges Awfe¨w³ †\_‡K †evSvi †Póv Ki‡Z n‡e|

bx‡P D‡jøwLZ Abykxj‡bi gva¨‡g Avcwb e¨w³i Abyf~wZ a‡i mngwg©Zvi m~Î Abyhvqx mngwg©Zv cÖKvk Ki‡Z cvi‡eb|

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| Exercise in Basic Empathy  bx‡Pi NUbv ¸‡jv‡Z `y‡Uv wfbœ c×wZ‡Z Dchy³ Abyf’wZ Ges welqe¯‘ wjwce× Ki‡Z n‡e-   1. GKRb f`ªgwnjvi †g‡q wWMÖx cvm K‡i‡Q, wZwb †mB Dcj‡¶ K‡j‡Ri Abyôv‡b †hvM w`‡Z hv‡”Qb| wZwb wPšÍv I K‡ibwb Zvi †g‡q cvm Ki‡Z cvi‡e| wZwb cwi‡k‡l ej‡jb "Avwg †mLv‡b hvIqvi Rb¨ fxlbfv‡e A‡c¶v K‡i AvwQ"| 2. ......................................................(ïay Abyf’wZ) 3. ...................................................................................................   ....................................................................................(Abyf’wZ I Kvib)   1. GK f`ªgwnjvi e¨vM Pzwi n‡jv| wZwb wKQz¶b Av‡M Zvi mvßvwnK †eZb Zz‡j‡Qb Ges †mB UvKvUv Zvi nvZ e¨v†MB wQ‡jv| wZwb cwi‡k‡l ej‡jb †h, "Avgvi mg¯Í wej cwi‡kva Ki‡Z n‡e| Avwg Rvwbbv Avwg wK Ki‡ev| 2. ......................................................(ïay Abyf’wZ) 3. ...................................................................................................   ....................................................................................(Abyf’wZ I Kvib)   1. GKRb f`ª‡jvK wKQz kvwiixK cix¶v Ki‡Z w`‡q‡Qb Ges Zvi djvd‡ji Rb¨ A‡c¶v Ki‡Qb| MZ `yBgvm a‡i Zvi IRb K‡g hv‡”Q Ges wZwb memgq K¬všÍ Ges Aembœ †eva K‡i‡Qb| cwi‡k‡l wZwb ej‡jb "Avwg gv‡b ............ gv‡b wVK eyS‡Z cviwQbv Avwg †Kv\_vq `vuwo‡q AvwQ| cix¶v PjvKvwjb mg‡q †KDB Avgv‡K wKQzB ej‡Q bv"| 2. ......................................................(ïay Abyf’wZ) 3. ...................................................................................................   ....................................................................................(Abyf’wZ I Kvib)   1. GKRb f`ª‡jvK GKwU PvKix`vZv cÖwZôv‡b mv¶vrKvi w`‡Z wM‡q‡Qb hvi wK bv GKUv Aciv‡ai BwZnvm Av‡Q| wZwb Avkv K‡iwQ‡jb †h wZwb PvKwiUv cv‡eb Ges †KD wKQz Rvbvi Av‡MB wZwb GB Kv‡Ri Rb¨ wb‡R‡K †hvM¨ K‡i Zzj‡eb| cwi‡k‡l wZwb ej‡jb "†h e¨w³ Avgvi mv¶vrZKvi wbw”Q‡jv wZwb hLb Avgv‡K ej‡jb †h wZwb Avgvi Aciv‡ai BwZnvm Rv‡bb ZLb Avwg Avm‡j eyS‡Z cviwQjvg bv †h Avwg wK ej‡ev| 2. ......................................................(ïay Abyf’wZ) 3. ...................................................................................................   ....................................................................................(Abyf’wZ I Kvib)   1. GKRb f`ªgwnjv Zvi ev”Pv‡K cvIqvi Rb¨ Zvi ¯^vgxi weiy‡× †Km K‡iwQ‡jb Ges †n‡i †M‡Qb| wZwb ¯^‡cœI fve‡Z cv‡ib wb †h †KvU© Zvi ev”Pv‡K Zvi ¯^vgxi Kv‡Q n¯ÍvšÍi Ki†e ev ivq Zvi ¯^vgxi c‡¶ hv‡e hv‡K wZwb GKRb ¯^v\_©ci Ges ¶wZKi e¨w³ wn‡m‡e Rv‡bb| cwi‡k‡l wZwb ej‡jb "GLb me †kl|" 2. ......................................................(ïay Abyf’wZ) 3. ...................................................................................................   ....................................................................................(Abyf’wZ I Kvib)   1. GKRb `¤cwËi g†a¨ weevn we‡”Q` n‡q †M‡Q| Zv‡`i weevwnZ Rxeb wQ‡jv GK erm‡ii wZwb wPšÍv K‡i‡Qb †h hv n‡q‡Q †mUv fv‡jv n‡q‡Q| wZwb Zvi nvuUz‡Z gv\_v †i‡L cwi‡k‡l ej‡jb "GLb Avwg wK Ki‡ev?" 2. ......................................................(ïay Abyf’wZ) 3. ...................................................................................................   ....................................................................................(Abyf’wZ I Kvib) |