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

|  |
| --- |
| **Awa‡ekY-3 t Kv‡`i gvbwmK ¯^v¯’¨ ‡mev cÖ‡qvRb- Zv‡`i wPwýZ Kivi wKQz jÿY Ges Kibxq** |

**Awa‡ek‡Yi D‡Ïk¨ t**

**GB †mkb †k‡l Avcwb Rvb‡Z cvi‡eb-**

1. **gvbwmK ¯^v¯’¨ †mev Kv‡`i cÖ‡qvRb, Zv wPwýZ Ki‡Z cvi‡eb|**
2. **gvbwmK mgm¨v Ges gvbwmK †iv‡Mi jÿY¸‡jv m¤ú‡K© Rvb‡Z cvi‡eb**
3. **Rvbvi c‡i Avcbvi Kibxq c`‡ÿc wK n‡Z cv‡i Zv AbyaveY Ki‡Z cvi‡eb**

**gvbwmK ¯^v¯’¨ †mev †Kb cÖ‡qvRb**

evsjv‡`‡ki c~Y©eqmx gvby‡li g‡a¨ 16.1 fv‡Mi Ges XvKv wWwfk‡bi wkï- wK‡kvi‡`i g‡a¨ kZKiv 18.35 fv‡Mi gvbwmK †ivM Av‡Q| hviv mgv‡Ri ewÂZ, I AbMÖmi †kÖYxi, hviv cÖwZwbqZ wewfbœ ai‡bi wbh©vZ‡bi wkKvi ev SuzwKc~Y© Ae¯’vq Av‡Q †Zgb wkï- wK‡kvi I eo‡`i g‡a¨ GB nvi Av‡iv †ekx nIqvB ¯^vfvweK| gvbwmK mgm¨v Ges gvbwmK ‡ivM GUv hv‡`i Av‡Q Zv‡`i meviB gvbwmK ¯^v¯’¨ ‡mev cÖ‡qvRb|

gvbwmK Amy¯’Zvi d‡j e¨w³i Dci A‡bK cÖfve c‡o| d‡j e¨w³i e¨w³MZ, cvwievwiK, mvgvwRK, †ckvMZ A\_©vr Rxe‡bi cÖwZwU †¶‡ÎB Kg ‡ekx †bwZevPK cÖfve c‡o| d‡j e¨w³i Drcv`bkxjZv K‡g hvq Ges KvR Kivi m¶gZv K‡g hvq| wKš‘ h‡\_vchy³ wPwKrmvi d‡j GKRb gvbwmK ‡ivMx my¯’ n‡q I‡V Ges my¯’ Rxeb cwiPvjbv Ki‡Z m¶g nq|

gvbwmK ¯^v¯’¨ ‡mev cÖ`vb Kivi Rb¨ Avgv‡`i gvbwmK ¯^v¯’¨ mgm¨v Ges gvbwmK †ivM m¤c‡K© cwi®‹vi aviYv \_vK‡Z n‡e|

**gvbwmK mgm¨vi KviYmg~~n t**

wewfbœ Kvi‡b e¨w³i g‡a¨ gvbwmK mgm¨v ‰Zwi n‡Z cv‡i †hgb : ˆRe ivmvqwbK Dcv`v‡bi cªfve, Rx‡bi cÖfve, kvixwiK MVbMZ `ye©jZvi cÖfve, gw¯Í‡®‹i ÿwZRwbZ Kvib, Av\_©mvgvwRK KviY BZ¨vw`| Z‡e M‡elKiv †hme g‡bvmvgvwRK wewfbœ Dcv`v‡bi Dci †Rvi w`‡q‡Qb, †m¸wj wb¤œiæc :

* ‰kkeKvjxb eÂbv
* Kv‡Qi Kv‡iv g„Zz¨ ev Zxeª †e`bv`vqK cwiw¯’wZi gy‡LvgywL nIqv, †hgb- AvkÖq‡K‡›`ª eo nIqv
* Ach©vß wcZ…- gvZ… †¯œn
* AvmvgÄm¨ wkï cÖwZcvjb c×wZ (K‡Vvi kvw¯Í, AwZwi³ ckÖq`vb BZ¨vw`)
* evev- gv‡qi `v¤úZ¨ Kjn
* fvB‡ev‡bi Ø›Ø I Kjn
* wkïi m‡½ evev- gvi ÎæwUc~Y© m¤úK©
* mvgÄm¨nxb mgeqmx `j
* mwVK wbqgk„•Ljv ev mwVK wb‡`©kbvi Afve
* ÎæwUc~Y© mvgvwRKxKiY, mgv‡Ri Ab¨‡`i mv‡\_ †gkvi my‡hv‡Mi Afve Ges ‡Kvb `‡ji mv‡\_ GKvZ¥Zv Abyf‡ei Afve|
* ÎywUc~Y© mvgvwRK `„wófw½ AR©b
* ÎæwUc~Y© mvgvwRKxKiY, mgv‡Ri Ab¨vb¨‡`i mv‡\_ †gkvi my‡hv‡Mi Afve Ges †Kvb `‡ji mv‡\_ GKvZ¥Zv Abyf‡ei Afve BZ¨vw`|

**gvbwmK ¯^v¯’¨ mgm¨vi jÿY t** gvbwmK ¯^v¯’¨ mgm¨vi jÿY mvavibZ 4 iK‡gi n‡q \_v‡K h\_v :

1. Ávbxq

2. Av‡eMxq

3. kvixie„Ëxq

4. Ges AvPiYMZ

AwZwi³ Aw¯’iZv, Kv‡Ri cÖwZ AvMÖn K‡g hvIqv, `ywðšÍv, Nyy‡gi mgm¨v, AwZwi³ fq cvIqv, Aciva‡eva, wb‡R‡K †QvU g‡b Kiv, nZvk fve, welbœZv, Rxe‡b e¨\_© g‡b Kiv, AvZ¥nZ¨vi wPšÍv, gv\_ve¨\_v, ey‡Ki g‡a¨ Pvc Abyfve Kiv, ÿzavg›`v, `~e©jZv, eyK aidi Kiv, wbk¦vl wb‡Z Kó AbyfZ nIqv, nvZ- cv Kvcv BZ¨vw` gvbwmK ¯^v¯’¨ mgm¨vi mvavib jÿY|

**gvbwmK †ivM I jÿY mg~n t** Kv‡iv gvbwmK †ivM n‡q‡Q wKbv Zv eyS‡Z n‡j wb‡¤œi welq¸‡jv jÿ Kiv `iKvi:

* e¨w³i g‡a¨ KZ¸‡jv gvbwmK mgm¨vi jÿY \_vK‡e
* GB jÿY¸‡jv K‡qKgvm ev Zvi †ekx mgq a‡i Dcw¯’Z \_vK‡e
* GB jÿY¸‡jvi gvÎv h‡\_ó Zxeª n‡e
* gvbwmK mgm¨vi jÿY¸‡jvi Kvi‡b e¨w³i RxebhvÎv fxlYfv‡e wewNœZ n‡e| †hgb- Zvi †jLvcov, N‡o M„ncvwjZ KvR, †ckvMZ KvR, AvšÍe¨w³‡Z m¤úK©, cvwievwiK Rxeb, †hŠb m¤úK© BZ¨vw` gvivZ¥Kfv‡e wewNœZ n‡e|
* GB jÿY¸‡jv †Kvb kvixwiK ev wbD‡ivjwRK¨vj Amy‡Li Kvi‡b †Kvb Jl‡ai cÖfv‡e ev †Kvb ‡bkv`ªe¨ ev †Kvb A¨vj‡Kvn‡ji Kvi‡b ‰Zwi nBwb|

Dc‡ii welq¸‡jv hw` Kv‡iv ga¨ \_v‡K Zvn‡j ejv hvq Zvi gvbwmK ‡ivM nevi m¤¢vebv Av‡Q|

**Kibxq c`‡ÿc mg~n t**

gvbwmK †iv‡Mi jÿY m¤ú‡K© aviYv \_vKvUv we‡kl fv‡e `iKvi|

gvbwmK †ivM wbY©‡qi Rb¨ gvbwmK †iv‡Mi Wv³vi ev mvBwKqvwUª‡÷i Kv‡Q cvwV‡q w`‡j Zviv bvgmn †ivM wbY©q Ki‡Z cvi‡eb|

gvbwmK fv‡e Amy¯’ KvD‡K cvIqv †M‡j wb‡R cÖv\_wgK ch©v‡qi gvbwmK ¯^v¯’¨ †mev w`‡q h\_vh\_ we‡klÁ‡`i Kv‡Q †idvi Ki‡eb| †Kv\_vq †idvi Ki‡Z n‡e ev cvVv‡Z n‡e Zvi GKwU ZvwjKv †mkb-12 ‡Z cv‡eb|

**3.1 -n¨vÛAvDU**

**wKQz mvavib gvbwmK Amy¯’Zv t**

**welbœZv wWmIW©vi/‰eKj¨**

GwU †h‡Kvb gvbwmK Amy¯’Zvi g‡a¨ me‡P‡q cwiwPZ Amy¯’Zv| †h †Kvb gvbylB Rxe‡bi †h †Kvb mgq GB welbœZvq fzM‡Z cv‡i| wKš‘ gvbwmK †ivM wn‡m‡e welbœZv‡K ZLbB ai‡ev hLb Zv‡`i g‡a¨ gb Lvivc, `y¨tL‡eva ev k~b¨Zv †eva \_v‡K| Zv‡`i †h ai‡bi Kv‡R c~‡e© AvMÖn KvR KiZ †m ai‡bi AvMÖn bv \_vKv| †h †Kvb Kv‡R kw³ nvwi‡q †djv, g‡bv‡hvM a‡i ivL‡Z, Av‡jvPbv Pvwj‡q †h‡Z A\_ev mnR †Kvb wm×všÍ wb‡Z Amyweav nq| Gi mv‡\_ Zv‡`i g‡a¨ AvZ¨nZvi wPšÍv ev D‡ÏM †`Lv †h‡Z cv‡i| GB ai‡Yi mgm¨v hLb `xN©w`b Kv‡iv g‡a¨ †`Lv hvq ZLb Zv‡K welbœZv e‡j| welbœZvi jÿb¸‡jv `yi Kivi Rb¨Jla Ges mvB‡Kv‡\_ivwc `yBwU welqwU Kvh©Ki| Kv‡iv Kv‡iv †ÿ‡Î welbœZvi jÿb¸‡jv wKQzw`b wd‡i Avm‡Z cv‡i, †m‡ÿ‡Î GKRb gvbwmK ¯^v¯’¨ we‡kl‡Ái mv‡\_ wbqwgZ †hvMv‡hvM ivLvUv Riæix|

**DwÏ¦MœZv wWmIW©vi/‰eKj¨**

**DwÏ¦MœZv**i g‡a¨ A‡bK¸‡jv Amy¯’Zv i‡q‡Q hv‡`i cÖv\_wgK jÿY n‡”Q A¯^vfvweK ev Abyc‡hvMx DwÏ¦MœZv | cÖwZwU gvbylB DwÏ¦MœZv †eva K‡i| nVvr †Kvb MÛ‡Mv‡ji AvIqvR cvIqvi ci e¨w³i mvavibZ ürc„‡Ûi ¯ú›`b †e‡o hvq, k¦vl-cÖk¦vl †e‡o hvq, gvsm‡ckx k³ n‡q hvq Ges k‡ãi Dr‡mi w`‡K g‡bv‡hvM †`q| GwU gvby‡li †`‡ni ¯^vfvweK cÖwµqv| Gi A\_© n‡”Q kixi wb‡R wb‡R hy× Kivi Rb¨ ev wec`RbK cwiw¯’wZ †\_‡K cvjv‡bvi Rb¨ cÖ¯‘wZ wb‡”Q| GB jÿY¸‡jvB mgm¨vi KviY n‡q `vuovq hLb †Kvb mywbw`©ó KviY QvovB G¸‡jv †`Lv hvq| Ab¨K\_vq ejv hvq †h, hLb †Kvb mywbw`©ó KviY QvovB gvby‡li g‡a¨ ürc„‡Ûi ¯ú›`b †e‡o hvIqv, k¦vl-cÖk¦vl †e‡o hvIqv, gvsm‡ckx k³ n‡q hvIqv BZ¨vw` †`Lv hvq ZLb Zv‡K DwÏ¦MœZv e‡j| DwÏ¦MœZvi g‡a¨ wewfbœ ai‡Yi Amy¯’Zv i‡q‡Q, Zv‡`i wKQz eY©bv wb‡¤œ †`qv n‡jv t

**1. wRGwW (‡Rbv‡ijvBRW G¨vsRvBwU wWmIW©vi)/mvavibZ** DwÏ¦MœZv **‰eKj¨ t**

mvavib DwÏ¦MœZv ˆeKj¨‡Z e¨w³ µgvMZfv‡e Aw¯’iZv Abyfe Kiv, ür¯ú›`b e„w×, gv\_v †Nviv‡bv, Aí‡Z K¬všÍ n‡q hvIqv, †Kvb Kv‡R g‡bv‡hvM w`‡Z Amyweav nIqv Ges AwZwi³ `:ywðšÍv BZ¨vw` Abyfe Kiv| GB NUbvi mv‡\_ mswkøó ev mywbw`©ó bq A\_ev ev¯ÍweK Rxe‡bi wec` †gvKv‡ejvi †P‡q †ewk cwigv‡b nq| GB Ae¯’v GKUvbv cÖvq Qq gv‡mi gZ ¯’vqx nq| e¨w³i Rxe‡bi wec`gy³ n‡q †M‡jI Ab¨ †Kvb welq G‡m Zv‡K GKB ai‡bi AbyfzwZ ˆZix K‡i| GB Ae¯’v wbqš¿b Kiv e¨w³i Rb¨ Am¤¢e Ges GwU e¨w³i evwo‡Z, Kv‡R ev mvgvwRK KvRK‡g© evav m„wó K‡i| GB †iv‡M AvµvšÍ e¨w³iv wb‡Ri m¤ú‡K© Lye wb¤œ aviYv †cvlY K‡i Ges mvivÿY wbivcËvnxbZvq †fv‡M| GB †iv‡Mi wPwKrmvi †ÿ‡Î Jla Ges mvB‡Kv‡\_ivcxi Kvh©KvixZv †`Lv †M‡Q|

**2. mvgvwRK fxwZ t**

mvgvwRK fxwZ GKwU DwÏ¦MœZv ˆeKj¨ hv‡Z e¨w³i jw¾Z, AcgvwbZ, Zvw”Q‡j¨i cvÎ BZ¨vw` nIqvi Rb¨ †ekx cwigv‡b A¯^w¯Í \_v‡K| GgbwK hLb Zviv GB ai‡bi cwiw¯’wZi gy‡LvgywL nq Zvi c~‡e© AZ¨šÍ DwØMœ n‡q c‡o, Zv‡`i g‡a¨ A¯^w¯’ ïiæ nq welqwU wb‡q Ges H ai‡bi cwiw¯’wZi gy‡LvgywL n‡Z Ah\_v wej¤^ K‡i| GB ai‡bi e¨w³iv †ekx Amyweavq c‡o mevi mvg‡b K\_v ej‡Z wM‡q, Ab¨ Kv‡iv mv‡\_ mvÿvr Ki‡Z †M‡j, KZ…cÿ¯’vbxq Kv‡iv mv‡\_ K\_v ej‡Z †M‡j, A‡b‡Ki mvg‡b †L‡Z †M‡j Ges Mb‡kŠPvMvi e¨envi Ki‡Z †M‡j| GB †ivMwU‡K A‡bK mgq jvRyKZv e‡j fyj avibv Kiv nq| jvRyK e¨w³iv Ab¨‡`i mvg‡b A¯^w¯Í †eva K‡i wKš‘ Zv‡`i †Kvb mvgvwRK cwi‡e‡k AZ¨šÍ DwØMœZv Avm‡ebv Ges Zviv mvavibZ GB ai‡bi cwiw¯’wZ Gwo‡q wb‡Ri A¯^w¯’ Kgv‡bvi †Póv Ki‡e bv| Ab¨fv‡e mvgvwRKfv‡e fxZ e¨w³ memgq jvRyK bq eis Zviv wKQz gvby‡li mvg‡b †ekxifvM mgq cy‡ivcywi mnR n‡Z cv‡i| mvgvwRKfv‡e fxZ e¨w³iv mvavibZ `ywðšÍv I AvZ‡¼i welq‡K Gwo‡q P‡j Ges GwU GZ †ekx gvÎvq n‡q c‡o †h e¨w³i ¯^vfvweK Rxeb G‡Z evavMÖ¯’ nq| GwU Zv‡`i Rxebhvcb, RxweKv, mvgvwRK †hvMv‡hvM me wKQz‡Z evavi m„wó K‡i| GB ai‡bi Amy¯’Zvi ‡ÿ‡Î mvB‡Kv‡\_ivwc ev g‡bv‰eÁvwbK wPwKrmvi fv‡jv mydj cvIqv †M‡Q|

**3. gy³¯’vbvZ¼/ wf‡oi cÖwZ fxwZ**

GB ai‡bi DwØMœZv ˆeKj¨ n‡j e¨w³ H ai‡bi cwiw¯’wZ‡Z AvZ¼MÖ¯’ n‡q c‡o †hLvb †\_‡K †m mn‡R †ei n‡Z cvi‡e bv| GB †ivMwU Lye Zxeª KviY GB †ivMxiv cÖvqB c¨vwbK A¨vUvK ev AvZ¼MÖ¯’ n‡q c‡o Ges Giv mvaviYfv‡eB Zv‡`i f‡qi ¯’vb Ges welq Gwo‡q P‡j| GB †iv‡M AvµvšÍ e¨w³iv evmvq GKv \_vK‡Z, evwn‡i GKv GKv †h‡Z, wf‡oi g‡a¨ †h‡Z, hvbevn‡b ågY Ki‡Z, wjd&U ev weª‡R DV‡Z fq cvq| fx‡oi cÖwZ fxZ e¨w³iv mvaviYZ wf‡oi ¯’vb †hgb iv¯Ív, RbmgvMg, †`vKvb, PvP©, †gjv, wm‡bgv n‡j BZ¨vw` RvqMv Gwo‡q P‡j| GB †iv‡M AvµvšÍ e¨w³‡`i cici K‡qKevi †Kvb †hvMm~Î QvovB c¨vwbK A¨vUvK nq Ges †Kvb welqwU GwUi KviY Zv aviYv KivUv Am¤¢e n‡q c‡o Ges †hvMmyÎ Qvov c¨vwbK A¨vUvK fwel¨‡Z Gi~c nevi fq ˆZwi K‡i Ges Ggb cwiw¯’wZi cÖwZ fq ˆZwi K‡i †hLv‡b GwU Avevi n‡Z cv‡i| GB wf‡oi cÖwZ fxwZ GZ cÖKU n‡Z cv‡i †h e¨w³ Zvi wb‡Ri evmvi evwn‡i †Kv\_vI †ei n‡Z cv‡i bv|

**4. k~wPevq~ t**

GwU GKwU DwØMœZv ˆeKj¨| GB Amy¯’Zvi g~j j¶Y n‡”Q µgvMZ e× aviYv,cÖvqB A‡hŠw³K aviYv, Awbqwš¿Z aviYv, fq,`ywðšÍv Ges Ggb †Kvb KvR µgvMZ K‡i hvIqv hv GB A¯^w¯Í †\_‡K mvgwqK cwiÎvb NUvq| GB †iv‡Mi GKwU Lye cwiwPZ D`vniY n‡”Q GKRb e¨w³i ¯’vqx, µgvMZ Ges Awbqwš¿Z aviYv n‡”Q †h †m Acwi”Qbœ, †ivM evwnZ, bvcvK, Ak~wP| Ges GB A¯^w¯Í †\_‡K gyw³ cvIqvi Rb¨ wZwb cÖwZwbqZ nvZ ay‡Z \_v‡K Ges cÖwZevi H wPšÍv †\_‡K mvgwqK gyw³ cvq| GB †iv‡M Amy¯’ e¨w³i mgm¨v GZ cÖKU n‡q c‡o †h GwU Zvi ˆ`bw›`b KvRK‡g© evav †`q, GK KvR evievi Ki‡Z nq, †Kvb wKQz evievi †PK Ki‡Z nq Ges GwU Zvi Rb¨ AZ¨všÍ hš¿Yv`vqK n‡q c‡o| ïwPevqy mvivi Rb¨ Jla †meb Ki‡Z nq Z‡e Zv‡`i AvPiY, wPšÍv‡K wbqš¿Y Kivi wKQz †KŠkj, Zv‡`i `ywðšÍvi mv‡\_ †gvKvwejv Kiv Ges GB wPšÍvi wcQ‡b jyKv‡bv welq ¸‡jv Luy‡R †ei Ki‡Z mvB‡Kv‡\_ivwc Kvh©Kix f‚wgKv iv‡L|

**w¯‹‡Rv‡d«wbqv**

mvaviYZ cyiæl‡`i †¶‡Î ˆK‡kv‡ii ïiæ †\_‡K cÖvK cÖvßeq¯‹ mg‡q Ges bvix‡`i †¶‡Î Av‡iv wKQzeQi ci †Kvb `ywðšÍvvMÖ¯’ mg‡qi djvdj wn‡m‡e GB Amy¯’Zv †`Lv hvq| cÖv\_wgK ch©v‡q åvšÍ aviYv Ges `„wóweåg,kÖæwZweåg, A‡MvQv‡jv AvPiY ev K\_vevZ©v †`Lv hvq| Ges GwU evo‡Z evo‡Z GKUv mgq wb‡Ri g‡a¨ ¸wU‡q hvIqv, Abyf‚wZi mv‡\_ AvPi‡Yi wgj bv \_vKv BZ¨vw` j¶Y †`Lv hvq| GB ai‡bi †ivMx‡`i Rb¨ AwZmËi Jla ïiæ KivUv Riæix|

**‡cv÷ UªgvwUK †÷ªm wWmAW©vi (wcwUGmwW)**

†h mg¯Í mvifvBevi AcniY, cvPvi, †hŠb wbh©vZb A\_ev kvixwiK wbh©vZ‡bi wkKvi nq Zv‡`i g‡a¨ wewfbœ fqven AwfÁZv †\_‡K bvbv DcmM© †`Lv w`‡Z cv‡i|

PTSD n‡”Q †Zgwb GKwU gvbwmK Amy¯’Zv hvi g~‡j e¨w³i fqven †bwZevPK AwfÁZv mg~n KvR K‡i | PTSD AvµvšÍ e¨w³i gv‡S Flash back, `yt¯^cœ, `ywðšÍv †`Lv †`q †mB mv‡\_ e¨w³i GB fqven AwfÁZvi c~btcywbK wPšÍvi Ici e¨w³i †Kv‡bv wbqš¿Y \_v‡K bv| GB ai‡bi DcmM© mg‡qi mv‡\_ mv‡\_ K‡g Avm‡Z cv‡i hw` h\_vh\_ gvbwmK †mev wbwðZ Kiv hvq| Z‡e †Kv‡bv †Kv‡bv †¶‡Î K‡qK gvm GgbwK †ek wKQz eQi a‡i H wPšÍv, `yt¯^cœ I AZx‡Zi NUbv c~bt Abyfe Ki‡Z \_v‡K|

PTSD gwnjv‡`i g‡a¨ cyiæ‡li PvB‡Z cÖvq wØ¸Y AvKv‡i we`¨gvb| GwU †h‡Kvb eq‡mi e¨w³i g‡a¨ †`Lv w`‡Z cv‡i|PTSDAvµvšÍ e¨w³i gv‡S nZvkv, WªvM/gv`‡Ki †bkv, Ab¨vb¨ D‡Ï¦MRwbZ †ivM mn‡R msµwgZ n‡Z cv‡i|

†Kvb e¨w³‡K PTSDAvµvšÍ wn‡m‡e wPwýZ Kivi Rb¨ Zvi gv‡S wKQz DcmM© wPwýZ Ki‡Z n‡e| GB DcmM©¸‡jv AšÍZ GK gvm ev Zvi AwaKmgq ¯’vqx n‡j Ges Zv e¨w³i¯^vfvweK Rxebhvc‡bi †¶‡Î evuav n‡q `vuov‡j Zv‡K PTSD AvµvšÍ e‡j wPwýZ Kiv †h‡Z cv‡i|

**GB †iv‡Mi wPý¸‡jv wb¤œiæc t**

* NUbvwU g‡b co‡j e¨vw³ kvixwiK I gvbwmKfv‡e cÖwZwµqv K‡i Ges mvaviYZ `yt¯^cœ, gbLvivc, Kiv wPšÍv A\_ev Flash back Gi ga¨ w`‡q e¨w³iB †e`bv`vqK/ fqven AwfÁZv g‡b c‡o|
* †h mg¯Í NUbv, Ae¯’v, KvR I cvwicvwk¦©KZv e¨w³i H †bwZevPK AwfÁZv‡K g‡b Kwi‡q †`q †h¸‡jv †\_‡K `~‡i \_vK‡Z Pvq| †Kvb †Kvb †¶‡Î e¨w³ cÖwZwµqvnxb n‡q c‡o Ges c~e©¯§„wZ g‡b Ki‡Z cv‡i bv|
* cÖvZ¨wnK Kv‡R AvMÖn nvwi‡q †d‡j Ges wbtm½†eva K‡i PTSD AvµvšÍ e¨vw³ mvaviYZ fwel¨Z wb‡q fv‡jv wKQzi m¤¢vebv m¤c‡K© fve‡Z cv‡ibv|
* PTSD AvµvšÍ e¨vw³ memgq AwZ D‡ØMMÖ¯’ \_vK‡Z cv‡i| Zv‡`i †Kewj g‡b nq †h, `yN©Ubv †\_‡K AvZ¥i¶vi Rb¨ me©`v m‡PZb \_vKv cÖ‡qvRb| d‡j Ny‡gi mgm¨v, †gRvR wLUwgU Kiv, g‡bv‡hv‡Mi Afve, AwZgvÎvq Avnvi Kiv Ges `ªæZ †iv‡Mi Ici wbqš¿Y nviv‡bv BZ¨vw` Zv‡`i g‡a¨ †`Lv †`q| gv\_vi hš¿Yv, nR‡gi MÛ‡Mvj, Ny‡gi mgm¨v, †ivM cÖwZ‡iv‡ai Afve, ey‡Ki e¨\_v BZ¨vw` G‡`i †¶‡Î LyeB †ewk †`Lv hvq|
* fqven AwfÁZvi mv‡\_ mv‡\_ Lye `ªæZ e¨w³‡K Zvi AwfÁZv eY©bvi my‡hvM K‡i w`‡j †ivM DcmM©¸‡jv wKQzUv Kgv‡Z mnvqZv K‡i|

**3.2 t n¨vÛAvDU**

**wewfbœ eq‡m gvbwmK mgm¨v**

gvbwmK mgm¨v †hgb wewfbœ ai‡bi nq †Zgwb wewfbœ eqm Abyhvqx ev eqm †f‡` mgm¨vi aiYI wewfbœ n‡q \_v‡K|

eqm †f‡` gvbwmK mgm¨v‡K †gvUvgywU wZb fv‡M fvM Kiv n‡q \_v‡K t

(1) wkï‡`i mgm¨v

(2) cÖvßeq¯‹‡`i mgm¨v

(3) eq¯‹ e¨w³‡`i mgm¨v

1. wkï‡`i gvbwmK mgm¨v‡K Avevi eq‡mi µg Abymv‡i `yB fv‡M fvM Kiv †h‡Z cv‡i| R‡b¥i ci †\_‡K 12 Ges 13 †\_‡K 18|

Avm‡j wkï‡`i †ÿ‡Î gvbwmK mgm¨v bv e‡j Av‡eMxq AvPibMZ mgm¨v ej‡j fvjfv‡e †evSv m¤¢e nq| AvPibMZ mgm¨vi g‡a¨ Av‡Q AwZwi³ PcjZv, AZ¨waK wR` Kiv, Aeva¨Zv, Aciva cÖebZv, Pzwi Kiv, Lvivc fvlvq MvwjMvjvR Kiv, Ab¨‡K gviai Kiv, weQvbvq cÖmve Kiv ivM, †ZZjvgx, AwZwi³ fq ev bvf©vm‡bm, welbœZv, ¯‹z‡j bv hvIqv ev ¯‹zj fxwZ, cov‡kvbv msµvšÍ mgm¨v, e¨\_v (gv\_v e¨\_v ev †cU e¨\_v) AwUmg BZ¨vw`|

2. cÖvßeq¯‹ A\_©vr hv‡`i eqm 18 †\_‡K 55/60 Gi g‡a¨ Zv‡`i †ÿ‡Î †hme gvbwmK mgm¨v †`Lv †h‡Z cv‡i Zvi g‡a¨ D‡jøL‡hvM¨ nj t AwZwi³ fq Ges `ytwðšÍv, welbœZv, mvgvwRK fxwZ, ïwPevqy ev AwZwi³ LyZLy‡Z ¯^fve, AvšÍte¨w³K A\_©vr Ab¨vb¨‡`i mv‡\_ m¤úK© iÿvi †ÿ‡Î Amyweav ev AcviMZv, AvZ¨nZ¨vi cÖebZv, gv`Kvmw³, gvbwmK Kvi‡Y †hŠb mgm¨v, BZ¨vw`| GQvov i‡q‡Q gv\_v e¨\_v ev kix‡ii wewfbœ As‡k e¨\_v

3. eq¯‹ e¨w³‡`i mgm¨vq †`Lv nq, hviv 60 eQ‡ii Dc‡i hv‡`i eqm Ges Zviv †hmKj gvbwmK mgm¨v AvµvšÍ ev m¤§yLxb nq, †hgb- bvix‡`i †g‡bvcR‡K wN‡i gvbwmK Ae¯’v, wW‡gbwmqv, Avj‡SBgvi-mn Ab¨bv gvbwmK †ivM| GQvovI, Kv‡R Aemi, evox‡Z GKv \_vKv, msMxi gyZz¨, †`Lv‡kvbvi †KD bv \_vKv, Ilya ev LvIqv `vIqvi e¨e¯’v bv \_vKv-mn bvbvwea cvwievwiK ev mvgvwRK wel‡q e¨w³ gvbwmK mgm¨vq c‡o \_v‡Kb, hvi Rb¨ mvnv‡h¨i cÖ‡qvRb n‡Z cv‡i|