

gubumK | GQovovl gubumK mgm'vi Kvi tY AvPiYMZ mgm'v thgb ubhfZb, Acyo, thsb mgm'v t' Lv w' tZ cvfi |

Dbqbkxj t' k,tjvi gta' thme t' tk wki vqb GwMtq Pij tQ, tmme t' tk bvbwea cxob gubumK wek;Ljv | AvPiYMZ mgm'vi mjo Kti | wek; t' t' ms'vi GK MtelYvq Abjvqx Kj wqv, fvi Z, wclwj cvBtbi gtZv Dbqbkxj t' k,tjvi gubumK t' t' cwi Phf wPukrmvq t' Lv hvq, tmLvbKvi 10-20% bviX DtoM | welyzvq t' fvfM | GLt'bv Dbqbkxj t' tk AtbK tivMx gubumK wek;Ljv | AvPiYMZ mgm'vq f'fM v'fK Ges Zviv chfB wPukrmv t' bq bv | GLt'bv chf-gubumK t' t' MY-t' t' i AS'f' bq | Dbqbkxj t' k,tjv tZ GB mgm'v,tjv wPwYzKi t' Yi c'Povl Kg |

AvPiYMZ | mvgwRK wclq,tjv AbmUvb Kitz wMtq Avgiv t' wL wbtav³ c'OKj Zvmgt'ni m'g'xub bviXtK cj' t' i Zj b'vq tenk t'Z nq—

1. welyzv ;
2. cwi ewi K ubhfZt'bi c'fve ;
3. thsb ubhfZt'bi c'fve ;
4. Kg' t' t' gb' wEK Pvc ; |
5. kvi xvi K ubhfZb |

gubumK wek;Ljv

mvaviYZ cj' t' i Zj b'vq bviXi welyzv, DwOMzv | gubumK wek;Ljvi nvi tenk v'fK | wef'bwet' t' ki | ci MtelYvq GB Z' c'vI qv hvq (Desjarlaiselall 445) th, welyzv | DwOMzvi nvi hLb tenk v'fK ZLb GKRB bviX Obsessive Compulsive Disorder, somatization disorder | Panic disorder-G f'fM v'fK (Russo 1990) | cj' t' i w' K t' t' K wetePbv Kij e'w³ t' zj wek;Ljv | gv' t' ki | ci w' f'fZv exto | welyzvi t' kmmgn w' t' k' Y Kij bviX | cj' t' i gta' Kx ait'bi gubumK wek;Ljv Ntu Zvi c'oyY cvl qv hvq | (Russo 1990) | wek' v' s' t' ki MtelYvq c'k'vK th, Necropsy-Gi Amg_Zv Dbqbkxj t' tk bviXi 30% | cj' t' i 12.6% | bviX | cj' t' i GB AmgZv Dbz' bq Ggb t' tk Av'iv tenk | (World Bank 1993)

cwi ewi K ubhfZb

34wU t' t' ki | ci MtelYv Pwv t' q t' Lv t' MtQ th, 1/4 Ask bviXi 1/2 Ask Zvt' i eZ'gvb ev c'f'ep Askx'vi Oviv w' h'w'ZZ n' t' Q | D' vni Y' t' f'c ejv hvq, 11.6% bviX MZ 12 g'vM wef'bw'vte w' h'w'ZZ n' t' q t' Q | GB nvi DEi t' Kwiv q'vZ 37.5% (Heise, Pitangayh and Germain 1994) | w' h'f'Zt'bi ms'Av | c'v'wv t' Z wef'bw'zv v'kvq G' t' t' t' GKt' t' ki m'v' Ab' t' t' ki Zj bv K'omva |

h'v'v KLt'bv AZ'vPwv Z n' t' q t' Q, Zvt' i gta' gubumK t' t' mgm'vi nvi m'f'kaK | t' xi | ci AZ'vPvi | gubumK t' t' mgm'v m'w'w'Kz wZbUv RbmsL' w' f'w'EK MtelYvq t' Lv hvq th, (Gelles and Harrop 1989, Mullen Romans Clarkson Walton and Herbison 1988, Ratner 1993) AZ'vPwv Z bviXMY A-AZ'vPwv Z bviXMYi Zj b'vq AtbK tenk gubumK mgm'vq f'fM v'fK | AZ'vPwv Z bviX' i | mvaviY gubumK mgm'v n' t' Q welyzv, DtoM, Awb' v, gv' Kvmi³ BZ'w' | AZ'vPwv Z bviXi gubumK Av'ivM' j' v' f' i Rb' w' Pukrmvi c' q'vRb | KviY Zviv c' q'v AvZ'v'vi K_v w' P's' t' i v'fK | (Stark and Flitraft 1988)

Mn ubh@Zbi gta` thSztKi Rb` gZj I mkinZiv AbZg| fviTZ thSztKi Rb` nZiv, wekl Kti, cwtq tgi tdjvi Nubv c@qB NtU _vtK, hLb Acivaxi `we c+y nq bv| Acivax e`w³ c@qB ntq _vtKb `vgr ev kji Ges GBRb` bixiv c@qB AvZthZivi c_ tetQ tbq| (Heise et al 1994 Desjarlals et al 1995)

Gukqvi weirfbet`tk tqtqki nZivi Nubv NtU _vtK| m`c@Z Desjarlals et al-Gi GKU MtelYq t`Lv tMtQ th, Pxtb 50% bix Zvt` i Kb`mki`tk tgi tdjt tQ| bixtk A@k mgq GB KvR Kivi Rb` Pvc c@qM Kiv nq I t`Lv hvq GB KvRi Rb` Zvt` i gta` Zxe`AbtkvPbv I Acivaxeva KvR Kti|

thSb ubh@Zb

thSb ubh@Zbi `w ai b GLvtb AvtjvPbv Kiv nte— GKU ntjv al` I Ab`w ntjv tRvicer cWZvejE| al`Yi we`vi GLb wekpe`vcx| t`Lv tMtQ, mvgwRK fvOb I ivR%wZK wsmZvi mgq al` teuk ntq _vtK| Zte htxi mgq al`Yi mKviti wntme tei Kiv K@vva`| D`vniY`fjc ejv hvq, evsj vt`tk `vaxZv htxi mgq KtqK jvL bix cwk`wb `mb` Oviv MYal`Yi mKvi ntqQj|

al`Yi ci bix weLYZv, Dt@M, gv`KubfPZv cfwZ mgm`vq fMtZ cvti (Koss 1990)| A@k t`tk bixiv al`Yi ci gvbwmK I mvgwRK cxotbi mvt_ mvt_ mvgwRkfvtel weZtKP melq ntq `wovq| al`Yi vb`v tiva Kivi Rb` al`Ki mvt_ weq t`qv nq A@k mgq| awZ nlqvi ci A@k gunjv AvZthZiv Kti, A@tk cwiexti m`m`ti Oviv nZivi mKvi nq, A@tk cWZvejE`Z eva` nq (Heise et al1994)|

A@k mgq bixtk wbr t`k t`k Ab`tk cwtq t`qv nq I weirfbecWZvj tq tRvicer cWZvejE`Z eva` Kiv nq| Zviv kvixiK, gvbwmK I thSb nqiwb mKvi nq, thLv t`tk Zvt` i cjvqti c_l Kg _vtK|

thSb ubh@Zb Ggb GKU melq ntq `wotqtQ hv A@k mgq e`Lv Kiv hvq bv| Avgvt` i ms`wZUvB Ggb| A@k mgq bix A`Kvi KitZ cvti bv| KbWg e`envi Kivi t`t`T cj`livB wmvS`wtq _vtK| bixi Gt`t`T wmvS`tbevi t`gZv Kg| GRb` bixiv weirfbethSbtivtM f`M _vtK| (Desjarlals et al 1995)

Kgt`t`T gb`wZK Pvc

A@tk gvtb Ktib, thme bix PvKui Ktib Zviv fvtjv gvbwmK `t`i AwaKvix ntq _vtKb| Aw`R AR@ ZvtK fvtjv Abfe KitZ, cj`tli lci Kg wbfPkj ntZ I m`Lx Rxbhvcb KitZ mrvh` Kti| Guv AvsikKfvt mZ`| KviY Kg`is`vb wbtRB bixi Rb` gvbwmK Pvc mjo Kti| Zv tm bix Awdmvi, wef`x, wqcb thKvtbv c`B _vKb bv tKb| thKvtbv bixKg`B gvbwmK wek`Ljvi mKvi ntZ cvtib| PvKui KitZ Gfm A@k t`t`T bixtk thSb nqiwb fvm KitZ nq| GtZ Zviv gvbwmKfvt weaY`-nb| Guv mgvtRi DP`+ I wPz`+ Dfq t`t`T mZ`| cj`lZwS`K mgvtR cj`tli vB Kb`v-tev-`x I gvtqi wmvS`wtq _vtKb| KviY Avgvt` i Av`^o

mvgwRK I msv-wZK Ae-v bviK Zvi c0c- AnaKvi t_tK ewAZ KtiQ| Zviv m-uyPfc
cj"ti B"Qvi I ci wbfRkj | Guv wbgogvbmK -t- i j qY|

PvKui Rrex bvi eugt-x mvgwRK mgm"vi I gLvgL nb| maviYZ ati tbqv nq, Zviv cj"ti I
KvRUVB KitQ| PvKui t_qt wbtRi thvM-Zv cgyY Kivi Rb- Zvt- i AtbK c0Pov w_tZ nq| Guv
GKRb bviK nZvk Kti t_q I Zvi gvbwmK -t- c0ve tdtj | Zviv cj"l KgPt_tK Kg gRyi
cvq| ^Zwi tcvkKukr I Ab"vb" wktf GB ai tbi "elg" t Lv hvq| Zvt- i "i KlvKul i mthvMI
Kg _vtK ev GtKevtB _vtK bv| cwi ewi Kfvtel t Lv hvq th cwi evti cj"l KZR Zvi -x, tev
wbhZZ n"Q| GKRb PvKui Rrex bvi PvKui i cvkvcwk msmvti i hveZiq KvRI Kti _vtKb Ges
ewo I Awdtmi gta" mvgAm" i qv Ktib| hv Zvt- i Rb" K0mva" ntq cto| Gi dtj AtbK
mgq gvbwmK m_yZv evavM0-nq| maviYZ t Lv hvq, cwi evti i thKvtbv mgm"vq bviK t vl
t_qv nq Ges Gt_qt bixi Ae"vb fvi evx ci i gtZv| Gt_qt Avti Kul mgm"v c0Kufte KvR
Kti _vtK| tmlU ntjv, evsj vt_ki bixiv LpB Af eqtm gv nq I Gme bixi Rb" Rtbfi ce@Zx
I cieZPwPwKrmv mjeav AcZj | MfRvtj I msvb c0teti ci I AtbK bvi welyZvq tvtM I
AvZthZ"vi wPsv-Kti | Nazma Siddiqui women's Mental Health the case of Bangladesh |
ki xii K wbfZb

bvi, wtkl Kti AwkqZ I M0gy bixiv i xZgtZv Amvq Ges Zviv Zvt- i "0gt" i 0viv
wbhZZ nq| Zvt- i "0xiv gtb Kti, "xiv Zvt- i m-0uE I Zviv thgb Lwk tZgb Zvt- i
(bviK i) e"envi KitZ cvt| Ggb AtbK D`vniY Avt0 th, wK mgta thSZK bv cvl qvi
Kvi tY "0xiv Zvt- i -t- i wbfZb Kti, GtZ wbhZZ" i tKD tKD AvZthZ"v chS-Kti etm|
teuki fivM mgq bixiv "0gt" i I ci wbfRkj Ges mgvRI Gme t_qt "0gt" i mg_B Kti |

wevtni mbvZbx c0vi Rb" bvi gvbwmK mgm"v tvtM Kti | M0gi AwkqZ cwi evti eev, fivB ev
cwi evti i Ab"vb" cj"l m"m" wbaqY Kti t_q I B cwi evti i tKvb bvi KvK weta Kite| AtbK
mgq Ktib gtZi wct_qt weta wK Kiv nq| G ai tbi "0uZ maviYZ AmLx nq| AtbK mgq
t Lv hvq, w0Zxq wetaZi tqt" i gZ w_tZ n"Q, Gi dtj bixi wvP t mgm"vq fvtM _vtK|

wvfbwMtel Yvq t Lv tMtQ th, mvi wtkB bixiv wvfbogvbmK mgm"vq fvtM _vtK| H. Islam
Zui GKUv c0Zte"tb t_wLqtQb th, evsj vt_ki cj"ti i Zj bvq bixiv teuk mgm"vq fvtM _vtK|
wZwb t_wLqtQb, GKUv weiU mSL"K bixi wvfbogvbmK mgm"vq fvtM _vtK, hv mSL"vq cj"l t- i
t_tK teuk| Guv kni I M0g Dfq t_qt B mZ" | wvfbwtk0yi bixi B gvbwmK mgm"v w`b w`b
tefo PjtQ|

tivMx wntmetel bixiv tKvtbv wPwKrmv cvq bv c0q| XvKvtZ wPwKrmvi wKQ mjeav _vKv mEj
bixiv Gme t_tK ewAZ| bixi wPwKrmv bv cvl qvi wewa KviY itqtQ| GKUv etov KviY ntjv
mvgwRK GB ti l qvR th, cj"l wPwKrmv t_qt AM0aKvi cvte| Avi w0Zxq KviY ntjv bixi
Aw_R Amvg_ i wmvSM0tY Zvt- i AskM0Y bv _vKv|

tKvtbv Awewnz bixi tKvtbv gvbwmK mgm"vq fvtM Q Guv mvgwRK fite wetaP`B nq bv| GRtb`B
mgm"vUv jwkta ivLvi GKUv c0YZv t Lv hvq| gtb Kiv nq, gvbwmK mgm"vi K_v c0KvK Kitj
cieZP mgta tqt" i wetai mgm"v nte| Nazma Siddiqui: women's Mental Health the
case of Bangladesh| bixi gvbwmK -t- mgm"vi Dbqtb GKUv e"vcK cwi Kí bv M0Y Kiv

`i Kvi | Gi Ab`Zg ntjv bwiZ I AvBb cŕqb | bwiZ I AvBb cŕqtb ga`tg KugDwbW tmevi
cŕvi NUv`bv `i Kvi | ZYgj chŕq gvbwmK `ŕ` mgm`vi mgvavtb Dŕ`wM Mŕt`Yi Rb` Z`
cŕv`ti MYgva`gtK Dŕy K i`Z nte |

bwiZ I AvBb cŕqb

tRŪvi AmgZv `i Kti bwiZ I AvBb cŕqtb bvi xi `ŕ`, wKŕv, Kgŕs`vb Ges kvi xwi K I thšb
nqi vwb`K `i` Aciva wntmte wPwyZ Ki`Z nte | thme tŕŕt` AvB`bi Aw`Zi AvtQ wKŠ` Zvi
cŕqvm tbB, tmme tŕŕt`K I wPwyZ Ki`Z nte | bwiZ I AvBb th memgq I meŕŕt` cŕqvRb nq
Zv bq, wKŠ` te wki fVM tŕŕt` GUvi cŕqvRb nq |

Dbaqbkxj t`tk bvi xi wbae gvbwmK `ŕ`i GKwU eŕov KviY tRŪvi AmgZv | hv gj Z Lv`
wKŕv, PvKwi, `ŕ`, tmev I A`%bwiZK Dbaq`bi wef`bwe l`tqi mŕt` RwoZ | ZvOvov AwZwi`
Kvhŕvi, thšb nqi vwb, cRbbRwbZ I Ab`vb` wnsMZvl gvbwmK `ŕ`i`K wech`-Kti |

bvi x mnvqK bwiZ I AvBb cŕqtb we`gvb AmgZvi Dbaqb NUv`bv cŕqvRb | GŌvovl gvbwmK
cwi Phŕ mŕt`_hj` Kgŕ`i Avt`v fvtj v`f`te cŕkŕY I chŕß Z` w`Z nte, hv`Z Zviv bvi xi
gvbwmK `ŕ`i` cŕZ hZevb nq | wKŕv, cŕkŕY I ga`Zv gvbwmK `ŕ`i` Dbaqb NUv`Z mnvqZv
Kti | GLv`tb GiKg wKQy e`vcvi Avtj vPbv Kiv ntjv, hv bvi xi gvbwmK `ŕ` mgm`vi Dbaqb
NUv`bvi tŕŕt` Kvhŕi |

cŕwK cwi Phŕ

cŕwK cwi Phŕ bvi x I cj`I DfqtKB gvbwmK `ŕ` m`utK`_i`ZcY`wKQy Z` w`Z cvti |
e`vck Rb`Mvŕxi Rb` cŕwK cwi Phŕ cŕwq meŕP`q te w msAwqZ nI qv DvPZ | cŕwK
cwi Phŕ c`xwZ Avgv`i `ŕ`i` iŕv I cŕv`ti e`vcv`ti e`vckf`te KvR Kti | `ŕ` m`utK`Z`
cŕv`b Kti I bvi xi gvbwmK `ŕ`i` weKvK NUv`bv m`e | cŕkŕY Kwi Kj v`tg cŕqvRbxq ms`vi
Gtb cŕwK `ŕ`i` Kgŕ`i chŕß cŕkŕY w`Z nte | KugDwbW wKwbK I nvmcvZv`j i hviv
cŕwK cwi Phŕ Kv`R RwoZ, Zv`i wbtæv` e`vcv`ti mŕPZb Ki`Z nte—

- eŕov gvbwmK `ŕ` mgm`vmg`ni Kzj ;
- th`_tjv bvi x`K wea`-Kti tm`_tjvi cŕZ j ŕ i vLv ;
- mvariY gvbwmK `ŕ` mgm`v`_tjvi AbymŪvb Kiv ;
- cŕqvRtb ga`Zv Kiv I mg`B t` qv ; I
- bvi xi gvbwmK `ŕ`i` Rb` cŕqvRbxq wKŕv cŕv`b Kiv |

mvariYZ bvi xi thme gvbwmK `ŕ` mgm`v t`Lv hvq, tm`_tjv ntjv— weLYZv, DŕŌM, Pvc
m`utK`Z wek`Ljv Ges gb`wE`K cwi eZŌ, thgb Mf`v`i`Yi mgq, ev`Pv Rb`f`v`bi cieZ`mgq,
thšb nqi vwb, cwi ewi K w`hŕZb BZ`w` | gvbwmK `ŕ` mgm`v mivKf`te wPwyZ Kiv I Zvi
wPwKrmvi Dŕ`wM MŕY LpB `i`ZcY` GB mgq e`vck gvbwmK hZetbqv Qvovl GKUv Kivv`tgi
gva`tg gvbwmK cwi Phŕ w`Z nte, hv tgvW`Kj g`Wj wntmte KvR Kti | ZvOvov wKQygb`wE`K
mgm`v, thgb AvteMRwbZ cwi eZŌ, thšb nqi vwb, Kgŕŕt` I cwi ewi AwZwi`
Kv`Ri fvi, cwi evi t`K cŕqvRbxq mnv`v` bv cvl qv, Aemi bv cvl qv BZ`w` mn thme gvbwmK mgm`v bvi x`K

cifweZ Kti Zv wPnyZ Kiv „i“Zcyf bixi gubimK mgmv nvmcvZij mn tmev vbKvix cAZovb I mvgwRK cAZovb DtcwqZ| ZvOvov mgmv wPnyZKiY Kiv ntj I t`Lv hvq, mvgwRK I ms`wZK mgmv,tjv wPnyZ Kiv nq bv| ZvB Newrotic ev Hysterical-Gi gtZv tKvfbv mgmv ntj Zv wPnyZ Kiv mae nq bv| (Morrison, Van Hasselt and Bellack 1987)

cwi ewiK wbfZti tqt t`Lv hvq th, wPwKrmKiv wewfbæevavi mæjxb nb| wetkl Kti cwi ewiK wbfZti hZqY bv bixi kvixi Kfite AvnZ nq, ZZqY GUvtK wPnyZKiY I G e`vcvti ga`Zv Kiv mae nq bv| ZvOvov kvixi K AvNvZ,tjv memgq my`uol nq bv| ZvB cUgK `v`KgK GB e`vcvti cUqvRbxq cUkqY w`tZ nte|

Acivaxi wePvi cxwZ

bixi I ci wbfZti wclqv hZUv MY`v` msTvs-Zvi tPtq tewk mvgwRK| GUv GKUv wPwgbv Bmj| AtbK t`tk bixi wbfZti tiva, wetkl Kti cwi ewiK wbfZti tiva bmxZ I AvBti Dbqb NUvfbv nt`Q| AtbK mgq t`Lv hvq th, AvBb `vKtj I Zvi cUqvM AtbK mgmvi mæjxb ntZ nt`Q| Dutton 1995-Gi gtZ msNWZ Acivtai wePvi cUqv wbtæv³ avcmgn wKQy cAZeUKZvi mæjxb nq|

- Acivax e`w³tK mbv³ Kiv ;
- cwy tki NUbv`tj Dcw`Z nlqv ;
- AcivaxtK tMbtZvi Kiv bv Kiv ; Ges
- tMbtZvi cieZv wePvi cUqv|

wbfZti wKvi

tewki fVM tqt t`Lv hvq, wbfZti e`w³ cwy ktK wicwU`Kti bv (Dutton 1995)| cAZ 6 Rti 1 Rb cwy ktK Zvi wbfZti K_v etj | AtbK mgq NUbv cUkv tctq hvte GB ftq wbfZti e`w³ Pvq bv Acivax tMbtZvi tnvK ev wePvi cUqv PjY| cwy ktK cAZte`b tck bv Kivi AtbK Kvityi gta` GKUv nt`Q wbfZti K Zviv `vfwK RtebtI GKUv Ask gtb Kti | ZvOvov tjvKj³vi fq, cpivq wbfZti fq, wbfZti e`w³i I ci Avw`R wbfPZv BZ`w Kvityi wbfZti K_v Kg cUwKZ nq|

Acivtai wePvi cxwZ

cUgKfite wePvi cxwZi mt`msuket`i Ovivl Acivaxi wePvi KvR evavM`-nq| D`vniY`tfc ejv hvq, h` GKRb cwy k Ggb tKvfbv tUvj tcvb wi wmf Ktib th NUbwU cwi ewiK Ges WwM ev Avj tKvj mæwKZ, Zvntj Dwb e`vcvi Uv wmi qvmwj tbb I tmLvtb hvb| wKs` AtbK mgq cwy k h` gtb Ktib e`vcvi Uv cwi ewiK `NObv, Zvntj Zvt`i fwgKv wKQy weeZKiI ntZ cvti | GB cwi w`wZt tMbtZvi I wKQy Kóvva`ntZ cvti | ZvOvov wfKwUg wmi qvmwj AvnZ bv ntj AtbK mgq tMbtZvi Kiv mæel nq bv| AtbK cwy k Awdmvi wekym Ktib th, tMbtZvi KivUv memgq mwK nq bv| Kvi Y wKQygnj v mg`-cUqv PjvtZ cvtib bv| ZvOvov AtbtKi gtbvive I AvPiY cPwj Z cj`I ZwšK gj`teva Oviv Av`Obæ wetkl Kti wbfZti cwi ewi h` awgR nq Zvntj Zviv AcivaxtK tMbtZti mnthwMzv Kivi tPtq ga`Zv tewk cU` Kti |

cuj tki tqt tme cZeUKZv t`Lv t`q, wePvi K I g`wRtOt`i tqt t Abjfc cZeUKZv t`Lv t`q| wekkl Kti `x wbhZtbi tqt t AtbK mgq AvBb-Av`vj tZi tPtq ga`Zv tewk clarb` cOq|

KugDwbU tmev I mg_8

cO`ugK tmev Ovovl wekkl wKQytqt thgb thSbewnZ tivM, cRbb `v` tmev, gv`Kvmw³ wKsev GBPAvBwrf-GBWm-G AvuvS-nTj GKRb bvixi Avktq `iKvi nq, hv ZvtK mmeR kvi xii K-gvbwmK `v` cwi PhPt`te| Avt iv GKwU `i`ZcY`KgmP GtZ ASfP `vKv `iKvi, tmwU ntj v wki hZetK`q `tZ; Aw`R cZeUKZv, e`w³MZ cZeUKZv, Kj t`i fTq bvixiv Gme tmev memgq wbtZ cvti bv|

Avt iKwU m`uK`w³ wKs` Avj`v`v Bmij ntj v bvixi cOZ mvgwRK mg_8| MtelYv Z` GUV etj th, mvgwRK mg_8 GKRb gvbtl i RxeTb msNwUZ AvteMcY`NUbv`Tj vi ga`Zv Kti| AcZj mvgwRK mg_8 bi Kvi tY wKQzgvbwmK wek`Lj v thgb DtOM, weL YZv t`Lv w`tZ cvti (Harpham 1994)| t`Lv tMtQ, hviv AwkZi fvtj v wK`v AR8 Kti tQb, fvtj v Ktg`wbtqwrZ I mvgwRK mg_8 tctqtQb, Zvi v Zj bvgj Kfvte hviv Gme cvb wv Zvt`i t`tK Kg wbhZZ nb|

ZYgj Kvhewj

AtbK t`tk ZYgj chTq bvixi qTgZvqbgLx Kvhewj, wekkl Kti bvixi Rxebhv`vi gvb Dbq`bi Rb` ZrciZv ew`x tctqtQ| cvkvcwk cOq `B `kK ati ZYgj chTq KvR Kiv nt`Q, hvTz AvSRwZK m`cOvq bvixi cOZ mwnsmZvi weLqU Bmij wnttme Avtb (Heise 1994)| wZwb wKQz D`vniY w`tqtQb hvTz t`Lv hvq, Dbq`bkxj t`k thgb BKtqWi, BwUqv I tgv` tKvtZ ZYgj chTq th cPviYv PvjvTbv ntq `vtK, ZvtZ cwi ewii K wbhZb wPwYz nq| ewRj, gvj tqwkqv, tci`, wDwUwB mi Kwii mg_8 wbtq wKQz KgmPi weKvk NUwtqtQ, hvTz Pvkwi I MYwk`vq bvix wbhZb weLq mPZbZvi weLqU hTj `vtK| ewRtj i cuj k t`k`tb thtKvtbv bvix Zvi wbhZb m`u`K`wi tcvU`Ki tZ cvti |

AwcKvtZ bvixi Rbbv`znwbi e`vcviiU ZYgj chTq wPwYz Kiv ntqtQ| bvBtRwi qvtZ RvZxq ms`vq tmweKv I avT`xt`i wbtq GKwU KgRvj vi AvtqvRb Kiv nq| GLvtb 60,000/- m`m` I Ab`vb` KugDwbU tbZvt`i bvixi A`znwB NUvtbvi wec` m`u`K`cO`k`vY t`q nv ntqtQ| KgRvj vi ci Zviv Mvb, KugKm I `vbxq bvUtKi gva`g A`znwbi e`vcvti evZPt`qvi GKwU cwi Kí bv MhY Kti tQ|

ZYgj chTql bvixi gvbwmK `v`i Dbq`b NUvtbvi e`vcviiU mg_8 cvt`Q| AvSRwZK KugDwbU `Tj vI GB e`vcvti mg_8 w`t`Q| mg_8Uv Aw`R, Kwii Mwi I thvMvthvM mspuvS`

Dcmsnvi

wewfbwMtelYvq t`Lv tMtQ, evsj vt`tki cj`ti i Zj vq bvixiv tewk gvbwmK mgm`vq fTm `vtK| GB Ae`vi Dbq`b NUvtZ ntj wKQzc`tq`c wbtZ nte| cO`tgB gvbwmK `v`t`K kvi xii K `v`i`i gtZv `i`Zi w`tZ nte| wKQz wKQz tqt t gvbwmK `v`i`i kvi xii K `v`i`i t`tK `i`ZcY`q gvbwmK `v`i`i Rb` tKvtbv mi Kwii bwiZ tbB| gvbwmK `v`i`i m`u`K`mPZb bv ntq i`aykvi xii K `v`i`i I cwi evi cwi Kí bvi Dbq`b NUvtj nte bv| t`tki wewfbwRj vq gvbwmK nvmcvZj `vcb Ki tZ

n̄te| A_ %wZKf̄ite b̄vixi ¶lgZvq̄t̄bi Rb̄l b̄vixi gv̄b̄m̄K h̄š̄ȳv t̄_ t̄K ḡȳ³ cv̄l qv̄ `i Kvi |
cj "l Zwiš̄K mḡv̄t̄R b̄vixi w̄m̄x̄v̄t̄š̄- Av̄m̄t̄Z cv̄t̄i b̄v| ī aḡv̄l̄ b̄vixi Kḡf̄is̄- v̄b̄ Kīt̄j n̄te b̄v, G
ēv̄cv̄i _t̄j v̄t̄Zl h̄Zev̄b n̄t̄Z n̄te|

m̄tef̄c̄wi b̄vixi gv̄b̄m̄K - t̄t̄- i D̄b̄q̄b NUv̄t̄Z P̄v̄B̄t̄j m̄e f̄¶t̄t̄ b̄vixi- cj "l `elg` - t̄ Kivi Rb̄"
Av̄B̄t̄bi h̄_vh_ c̄q̄m̄ NUv̄t̄Z n̄te| GRb̄" b̄vix̄t̄K m̄w̄Z̄Kvi Āt̄_B ¶lgZw̄q̄Z Kivi D̄t̄- v̄m̄ w̄b̄t̄Z
n̄te| Avi Zvi Rb̄" mi Kvi t̄K c̄¶j̄j Z Av̄B̄t̄bi m̄iVK c̄q̄m̄ th̄gb̄ Kīt̄Z n̄te, t̄Zḡub̄ b̄Zb̄ b̄w̄i l
Av̄B̄b̄ c̄v̄q̄b̄l Kīt̄Z n̄te|

m̄w̄eb̄v Z̄iR̄ūgb̄ P̄ḡK̄x̄ c̄f̄v̄l̄K, ēē- v̄cb̄v̄ w̄ef̄v̄M, ḡw̄b̄K̄M̄A mi K̄wi ḡw̄j̄ v̄ K̄t̄j R| sabinatasmin@yahoo.com |

m̄n̄v̄q̄K M̄š̄'

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