**KHUXAL JIVITACHI CHAVI**

Dor vorsa Abrilache 7ver, ak’khea sonvsarant bholaikecho dis mhunn palltat. World Health Organization hi ontor-raxtriya sonstha 1948 vorsa Abrilache 7ver zolmak aili ani he itihasik ghoddnnechea ugddasak dor vorsa ho dis **Bholaikecho Dis** mhunn monoitat.

He sonsthecho mukhel husko zaun asa - sogllim bore bholaiken jievop ani bore bholaiken jievpak lagtoleo boreo sonvoyeo apnnavop.

Hi sonstha tornnateamcher odik lokx ghalta ani nirogi (healthy) tornnatteam vorvim ek okhondd somaz nirmann korpachem sopon polleta.

Dor vorsa bholaikek lagtolea eka-eka vixoyacher hi sonstha bhor ghalta. Hea vorsacho vixoi zaun asa : ‘**Depression – Let’s talk’.**

**Mental Depression** mhollear kitem? Mental Depression mhollear mansik udasponn. Jen’na ami udas zatat ten’na amchean sodamche bhaxen vavrunk zaina, vagung zaina nhoi mhunn khavunk-pivunk ani nhidunk zaina. Ten’na amkam jivit avgodd lagta ani ek orthbhorit ani folladik jivit jievpak ami pavnant.

Halinchea kallar hi pidda vaddlea ani vaddot asa. Hachim karonnam kitem kai ? Karonnam onek bhaxechim asat. Monovinyani (psychologists) mantat kim mansik udasponnachem mukhel karonn zaun asa ibaddlole sombondh( strained relationships). He ibaddlole-sombondh zanv te ghov-baile modhem, avoi-bapui ani bhurgeam modhem, bhav-bhoinni modhem, xezaream-soiream modhem, vavrachea zagear vavurtoleam modhem vo anik konnai modhem. Te amchea monar, atmear ani kuddir itlem udasponn ani tann haddtat kim amchem ak’kheach jivitachi dixa chukta.

Halinchea kallar kamachea zagear ‘work pressure’ itlo vaddla kim monacher tann ieupak hemvui bhi ek karonn zavun gelam ani haka lagunui udasponn vaddot gelam.

Hachea bhair anikui zaitim karonnam asat zoxim amcho mogacho monis okosmat ho sonvsar soddun veta, poixamchi oddchonn eta, bholaiki ibaddta, zacher ami visvas tevtat toch amcho ghat gheta, guneanv nastona guneanvkari kortat. Oxim ek ani don nhoi punn onek karonnank lagun amchi mansik bholaiki ibaddta, jivit naka koxem zata.

Zaiteam zannkaramni hacher khol obhiyas kela. Tannim zaite upai zoxe yoga, ekantai, chin’tan(meditation) suchoileat. Punn tanchea mhunnea promannem hacher soglleant boro upai mhollear bhogsonnem divop ani bhogsonnem ghevop. Jen’na ami huskeachea ani udasponnachea zalleant ghuspolelim astat tenna bhogsonnem amkam hatumtlean suttpak adar dita ani axechem kironn dakhoita. Jivitacho bhar lhov zata. Fuddli jinn jievunk boll mellta. Sangchem mhollear, hem khup avgodd. Haka Devacheach adarachi ani kurpechi goroz lagta.

Dubhav nam kaim zokhmo pekpak vell lagta ... punn kalluch sogllem bhorun kaddta. Hea vellar mhaka Gautam Buddhachea jivitantle eke ghoddnnecho ugddas eta.

Ek dis Gautam Buddha aplea xisam vangdda bhonvddek gel’lo. Bhonvtam-bhonvtam te eka tolleaxim pavle. Bhonvun te itle thoklole ani tanel’le kim tanne aplea eka xisak tolleantlem udok haddpak sanglem. To xis jea vellar tolleachem udok haddpak gelo justuch teach vellar kaim mhosram tea tolleamtlean gel’lean tem udok sarkench hal’lem ani khodoll zal’lem. Xisan evjilem hem udok pivpa sarkem nam ani tannem ghoddlolem sogllem aplea guruk sanglem. Ordh voran Buddhan xisak porot ek favtt udok haddpak dhaddlo punn udok azun nivllunk naslem. Borea vellan porot ek favtt tannem taka udok haddpak dhaddlo. Atam soglli mati bosloli ani udok sarkem nivoll ani nitoll zal’lem. Eka moddkeant ghalun haddun tannem tem aplea guruk dilem. Gautam Buddhan xisacher nodor marun mhollem “Amchea jivitantui bi oxench. Amchea monar zal’li zokhom, kallzar poddlole ghai pekhpak vell lagta. Kalluch sogllem bhorun kaddta. Rochnar Dev aplea nemlolea vellar sogllem tharear ghalta, pehkovnnecho hat laita.”

Sogllech favtti amkam dusreachea updesachi goroz lagta oxem nam. Zaite favtti amkam goroz: mozbut bhuzamchi amchim dukam gollovunk, sosnnikaen aikotoleam kanamchi amcheo khonti-huske aikunk ani eka mhovall kallzachi amcheo dukhi somzunk. Udasponnan jietoleam monxank hachich chodd goroz nhoim kai?

**Golda Gracias**