**fld<U úYaj úoHd,hSh" Y%Smd,s uKavmh" ckudOH wOHhk wxYhg bÈßm;a lsÍug kshñ; ckudOH Ydia;%fõ§ Wmdêh i|yd jk m¾fhaIK ksnkaOk iólaIKh - 2023**

**› ,dxflah mdi,a moaO;Skays we,a\*d mrïmrdfõ orejkaf.a udkisl hymeje;au fjkqfjka ufkda úoHd;aul WmfoaYkh hgf;a ;dlaIKsl iajrEm Ndú; lsrSfï wjYH;dj iy jeo.;alu ms<sno wOHhkhla'**

1. bf.kqu ,nk mdi,

nd,l mdi,a

nd,sld mdi,a

ñY% mdi,a

1. ia;%S mqreI iudcNdjh

ia;%S

mqreI

1. Tn wh;a jhia iSudj

11 - 12 olajd

12 - 13 olajd

1. Tn ksfhdackh lrk YsIH mrïmrdj ms<sn`o Tn ±kqj;a o@

Tõ

ke;

;rula ÿrg

1. tfia ±kqj;a kï tu mrïmrdj

miq.sh (Last) mrïmrdj

fY%aIaG;u (Greatest) G.I mrïmrdj

ksy`v (Silent) mrïmrdj

Baby boomers

mrïmrd X

mrïmrd Y

mrïmrd Z

we,a\*d (Alpha) mrïmrdj

1. Tn kj ;dlaIKsl Wmdx. Ndú; lrkjdo@

Tõ

ke;

;rula ÿrg

1. Tn Ndú; lrk kj ;dlaIKsl Wmdx. fudkjdo@

iaud¾Ü cx.u ÿrl:k (Smart phones)

,emafgdma (Laptop)

mß.Kl ;sr (Computer screens)

ùäfhda f.aïia hka;% (Video games)

fkÜj¾la f.aïia Wmdx. (Network games)

geí,Ü Wmdx. (Tablets)

fjk;a

1. Tn Èklg meh lShla kj ;dlaIKsl Wmdx. Nú; lrkjd o@

mehlg wvq

meh 2 - 4 w;r

meh 5 - 8 w;r

meh 9 g jeä

1. Tn tu kj ;dlaIKsl Wmdx. Ndú;hg fhduq ù we;af;a wehs@

ffoksl f;dr;=re ±k.ekSu ioyd'

mqreoaola jYfhka'

úfúl ld,h .; lsÍu ioyd'

úfkdaodiajdoh ,nd .ekSu ioyd'

kj w;a±lSï ,nd .ekSu ioyd'

ñ;=rkaf.a fufyh ùu fya;=fjka

úfYaI fya;=jla ke;'

wOHdmksl lghq;= ioyd

fjk;a

1. Tn úúO .eg¨ldÍ wjia:djkays §" ufkdaúoHd WmfoaYkh ioyd fhduq ù ;sfío@

Tõ

ke;

1. Tfí ms<s;=r Tõ kï Tn iyNd.S jQ ufkda WmfoaYk iajrEmhka

iajhx wNsu; yÿkd .ekSï

;ks WmfoaYkh

lKavdhï WmfoaYkh

fjk;a

1. Tfí udkisl hymeje;aug ndOdjk wOHdmksl .eg¨ fudkjdo@

wjOdkh r|jd ;nd .ekSug fkdyelsùu

u;l ;nd .ekSfï wmyiq;d

úNd. NS;sldj

úIhhka y÷kd .ekSfï fkdyelshdjka

wêl wOHdmksl ld¾hh

;ukaf.a yelshd ,eÈhd y÷kd fkd.ekSu

1. Tfí udkisl hymeje;aug ndOdjk mdi,a moaO;sfha mj;sk .eg¨ fudkjdo@

.=rejreka ;=<ska m%;slafIam ùu

wjia:d ysñùu

mlaImd;S;ajhkag ,laùu

hy¨jka fkdue;s ùu

ffokslj o~qjïj,g ,la ùu

iDKd;aul wdl,am j¾Okh

1. Tfí udkisl hymeje;aug ndOdjk mjq, ;=< mj;sk .eg¨ fudkjdo@

foudmsh yerhdï" foudmsh Èlalido ùï

foudmsh ñh hdï

foudmsh fkdi,ld yeÍï

mjq, ;=< bf.kqï mßirhla fkdùu

ovqjï ,eîï

mjq, ;=< ldhsl wmfhdackhkag yd ysxikhkag ,laùu

mjq, ;=< wiu.sh

1. Tfí udkisl hymeje;aug ndOdjk iudÔh .eg¨ fudkjdo@

úúO fm<Uùïj,g yiqùu

úúO wmfhdackhkag ,laùu

iudc ìh

hym;a wka;¾ mqoa., in|;d mj;ajd .ekSfï fkdyelshdj

fkd.e<fmk iudc wdo¾Yhka ,eîu

1. Tfí udkisl hymeje;aug ndOdjk iajhx wNsu; .eg¨ fudkjdo@

fm!reI W!k;d

kdhl;aj yelshd fkdue;sùu

uDÿ l=i,;d j¾Okh fkdùu

^bÈßm;a lsÍfï l=i,;d fkdue;sùu" ikaksfõok l=i,;d fkdùu"   
;SrK .ekSu ms<sn| .eg¨" hym;a wdl,am fkdue;sùu" ks¾udKd;aul Ñka;kh&

úúO weíneysùïj,g ,la ùu

Ñ;a;fõ. l<ukdlrKh lr.ekSfï fkdyelshdjka ^laIKsl fldamh" mSvkh" wd;;suh ;;ajhka" wjia:d y÷kd .ekSug fkdyelsùu" wêl ÿl" wêl i;=g" n,dfmdfrd;a;= lvùï" ìh&

fma%u in|;d

1. ufkda úoHd WmfoaYkhg fhduq jQ miq Tfí .eg¨ ksrdlrKh jQfha o@

Tõ

ke;

;rula ÿrg

1. mdi, yryd ufkdaúoHd WmfoaYkhg fhduq ùfï §" kj ;dlaIKsl l%ufõo Ndú; lrkafka o@

Tõ

ke;

;rula ÿrg

1. Tfí ms<s;=r —Tõ˜ kï" udkisl hymeje;au by< kexùu ioyd fhdod.;a kj ;dlaIKsl l%ufõo fudkjdo@

udkisl tald.%;dj j¾Okh jk ùäfhdamg keröu

.S; weiSu

fm!reI j¾Ok jevigyka keröu

kj ;dlaIKsl l%Svdjka ioyd fhduq ùu

wOHdmk l%Svd ioyd fhduq ùu

k¾:k wNHdij, ksr; ùu

úúO Ndjkd l%u j, ksr; ùu

uQâ le,ekav¾ Ndú;h

v%skalska fjdag¾ wema Ndú;h

fjdalska t,dï

peÜ GPT Ndú;h

úúO YÍr iqj;d l%shdldrlï lsÍu

fjk;a

1. Tfí mdif,a §" udkisl hymeje;au by< kxjd .ekSu flfrys ;dlaIKsl uQ,sl l%shdldrlï yÿkajd §u iïnkaOfhka Tfí woyi"

b;d leu;S

leu;S

uOHia:hs

leu;s ke;

1. ufkdaúoHd WmfoaYkh iy iajhx fm!reIhka f.dv kxjd .ekSu ioyd ks¾ñ; kj ;dlaIKsl fhojqï (App) ms<sn`o ±kqj;a o@

Tõ

ke;

;rula ÿrg

1. tfia Tn ±kqj;a fhojqï fudkjdo@

Calm

Recovery record

I am sober

Moshi

Calm harm

Better stop suicide

Happify

Moodfit

MindShift

Sanvello

OCD app

PTSD coach

1. Tn mdif,a fyda fm!oa.,sl uÜgfuka Tfí udkisl hy meje;au mj;ajd .ekSu ioyd tu fhojqï Ndú; lr ;sfío@

Tõ

ke;

1. Tfí mdi, yryd l%shd;aul jk ufkda WmfoaYkhka i`oyd j¾;udkfha Ndú; jk l%ufõo ms<sno Tfí woyi@

;Dma;su;a

;rula ÿrg ;Dma;su;a

uOHia:hs

;Dma;su;a ke;

lsisÿ woyila ke;

1. udkisl hy meje;au ioyd kj ;dlaIKsl l%ufõohka Tiafia l%shd;aul ùug l%ufõohla Tfí mdi,g yÿkajd §u mss<sn| Tfí woyi

'''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''''