

ejx evovtbi 11 Dcvq -gkZvk Beib Avqe

metPtq ejxgub e^{w3} tk? Revte ejtZ nq- wbtRtK metPtq tevKv fvteb whub, wZubB metPtq ejxgub | AšZ hviv mtuUmtK Avbx etj xKvi Ktib Zviv wdoqB G K_v mvt_ GKgZ nteb | mZivs Avbx e^{w3}gvB wbtRtK Avt^v ejxgub Kivi Rb^o tPov Kiteb GUVB v^wfweK | KviY wZub Rvrb KZUv tevKv wZub | ZvB tevKvi M^ot_tK wbtRtK DEitYi Rb^o wbišt c^oPov Zvi | hviv G iKg c^oPovq wbtRtK e^vcZ ivLtz Pvb Zvt^o i Rb^oB G tj Lv | Avcbvi gw^oqK Avt^v qⁱavi Kivi Rb^o GMviU Dcvq AvtQ GLvtb |

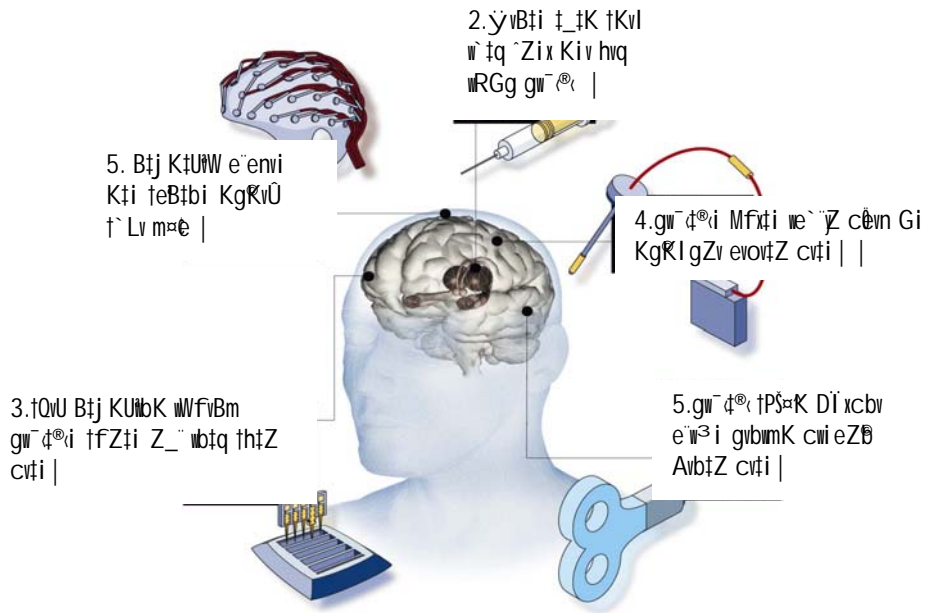
Avmj K_vq hvivi AvtM wKQy weawšt Actbv^o b Kti tbqv fij | c^oq K_v n^oQ, Avcbvi gw^oqⁱ Ae^vi DmZi Rb^o AvcbvtK wkv^oZ nte nZ nte Ggb tKvb eva^oevaKZv tbB wKsev AvcbvtK AwZkq tgavex nZ nte GUVI tgv^oUB Ri^oix bql i ay^o i Kivi Avcbvi Avšw KZv Ges GKvM^omvabv | Avkv KivQ GUKzKó Avcbv xKvi Kitz c^oz | mZivs Pj b tRtb wB wbtRtK wtk^o tmiv tgavex^o i Zvij Kvq v^ob Kti t^o qvi Dcvq_{tjv} |

1. mevi AvtM metkl Dcvq: gubv KLB I l^oai ōvi^o nq? hLb v^ofweKfvte wbtRi kixitK m^ov^o ivLv m^oe nq bv ZLbB tZv? mZivs Kv^oiv tgavtK Z^oq^oeKivi Rb^o h^o I l^o tLtz evj Zvntj metkl K_vU mevi AvtM evj nq eBwK | Avmtj GB wUcmU Zvt^o i Rb^o hviv BtZvgtāB 40 Gi tKvUvq tct^oQ tMtQb | mg^obi Mv^obi gZ ō^ov^o k^o tci^o t^o b Pvj t^om^o hv^o i i ay^o v^okw^o bv eis v^oz^okw^oUvtKl v^op^o Kti w^otq^o Zviv Pvbtj I l^o tLtz wbtRt^o i Ae^vtK Dbz Kti wbtZ cvt^ob | c^oxt^o i teva^oq^oZvtK wK ivLvi Rb^o BtZvgtāB evRvti tek wKQy I l^o GtmtQ Ges Avt^v WRb LvtbK Avm Avm KitzQ | GLb ch^os^o-metPtq Rb^ocv^o I l^oU^o bvg tgvWw^ocbj (modafinil) hv gj Z AwZwi^o NgKvZiZv c^oZ^ovtai Rb^o e^oe^oZ nq | Zte v^ofweK gvbt^oli gw^oqK AwK^oqY Kg^oq^o ivLtz GUV tek Kv^oRi | GK Mt^oelYvq t^o Lv tMt^oQ tgvWw^ocbj e^oenvi Kti GKRb gvbt^o Uv^ov 90 N^oUv wN^o t^o t^o K^o Zvi v^ofweK KvRKg^o P^ov^o t^o t^o Z cvti | metPtq Afv^obxq e^ovcvi n^oQ Ggb I l^o we^oAvbxiv D^oteb Kitz hv^oQb hv v^oz^okw^o tK AwZgv^o vq ewotq t^o te | GZUVB th, e^o eQi Avt^oMi NUBvI tPvtLi mvg^otb bZb Kti nm^oRi nte | c^oknj Zvntj Avgiv Gme I l^o t^oQb tPvL Kv^o eU Kti ō^oje wKbv | Gi Reve t^o qvi Avt^oM i^ovb K^ov^o t^ovb^o v^o w^ote^o v^o t^o q^o Aa^ovck W^o wbtq^o wct^ogv^o wK ej^o t^oQb | Zvi gtZ, Gme I l^o Ggb v^oz^o tK RvMtq w^o tZ cvti hv v^oz^o v^oKvB fij w^oq | Zvntj wK v^ov^o - hviv ō^o v^o eo te^o bvi^o etj wKQy v^oz^o tK m^oz^o m^oz^o fij w^o t^oQ^o b Zviv h^o Gme I l^o e^oenvi Kitz w^o t^o Avevi tmB v^o t^o Lgq AZ^o tK w^o t^o cvb Zvntj tKgb nte? GK Nvtq v^ovi givi gZ n^oq t^o Mj bv e^ovcviUv?

2. teBbtK Lvevi w^o b: gvbt^oli kixit^o metPtq tj v^ox Ask n^oQ Zvi teBb | Avcbv hv-B Lv^o bv tKb kixit^o i Ab^o th^o tKvb At^o i Avt^oM teBb Zvi AskUv wbtq t^o te | mZivs h^o evj nq ō^o Avcbvi w^o v^o n^oQ Avcbv hv Lv^o ZvB^o Zvntj L^o GKUv AevK n^o qvi KviY tbB |

Avcbvi teBbtK Kg^oq^o ivLtz ntj KvR i^o i^o Ki^o b mKvj t^o t^o K^o mKvtj i bv^o w^o v^o Aek^o B wKgZ n^o qv PvB | teBbt^o KvR Kivi GKgv^o R^ov^o n^oQ M^okv^o | mZivs m^oWk c^ovi gv^oY kK^o v^o mg^o Lvevi w^o t^o w^o bUv i^o i^o Ki^o b | mKvtj i bv^o v^o w^o Kg RvZxq Lvev^o i Dcv^o evovb | v^o t^o I gtj U Ges m^o v^o t^o c^o v^o w^o b | w^o t^o g^o t^o c^o t^o K^o v^o AvtQ hv kixi GmUvBj tKv^o b (GK ai^o t^o w^o D^o v^o Y^o v^o) %Zixi Kv^o R e^oenvi Kti | tev^o b w^o t^o v^o t^o q^o Mt^oelKiv t^o t^o Qb GmUvBj tKv^o t^o Afv^ote v^o Y^o tek Lw^o bKuv K^o t^o hvq | Avj tSBgvi t^o v^o m^o t^o I th^o w^o AvtQ GB GmUvBj tKv^o t^o v^o w^o g^o v^o | w^o t^o K^o v^o j^o K^o v^o GKUz v^o v^o Avt^o v^o Rb KivUvI Ri^o v^o | Zte memgqB j^o q^o ivLtz nte hv^o Z P^o v^o Lvevi t^o j^o v^o Kg Lv^o qv nq | t^o U^o b RvZxq Lvev^o i D^o v^o w^o t^o t^o v^o t^o q^o c^o v^o w^o b | KviY gv^oQ Avcbv cvteb I t^o q^o Mv-3 bvgK d^o v^o U GmW hv Avcbvi teBbtK fij ivLte |

3. Mv^o i^o b^o: c^oq GK v^o kK Avt^oM d^o v^o i P^o v^o bvgK GK gt^o v^o Avbx etj w^o t^o b, Mv^o gvbt^oli Mv^o w^o ZK Ges v^o w^o k^o h^o v^o evovq | MZ eQi wZub B^o t^o i I ci Mt^oelYv Kti etj b th, tgvRv^oUP w^o q^o v^o v^o B^o t^o i tmme m^o v^o t^o v^o i AšZ wZubU wRbtK m^o v^o q^o Kti hviv teBtb m^o v^o D^o v^o etq w^o t^o hvq | GK_v i^o t^o hviv w^o v^o t^o v^o w^o k^o v^o v^o i^o v^o t^o K^o ō^o t^o Qb Zvt^o i^o t^o K ej^o w^o - Mv^o th memgq Avcbvi fij Kite GgbUv Gt^o K^o v^o njd Kti evj hvq^o v^o gj K_v n^oQ Mv^o t^o v^o v^o mgq Avcbv Avb^o cvb Ges GKB m^o v^o w^o K^o v^o D^o v^o v^o I w^o t^o v^o t^o b^o g^o t^o v^o t^o K^o | G e^ovcviUv Avmj | Avcbv h^o Ab^o w^o K^o Z G iKg teva Ktib tZv tmUvB Avcbvi Rb^o fij | Mv^o hviv Avb^o cvb bv Zviv thb fij I Mv^o i^o t^o teBb fij Kivi c^o t^o cv^o evovb |



ch'p' i tQvq e' tj w' tZ cvti teBtbi Kg'lgZv

4. teBtb ht'sj tQvq: gvb'tli gw' GKwU AmvaviY Btj KUibK wFvBm | c'izwU wDib GB wFvBtmi GK GKwU Dcv' vb | ZvB teBtbK Dbz' Ki'tZ ntj mevi AvtM wDib wbtqB fvev `iKvi | ch'p' e'envi Kti GLb tek KtqKfvt'e Avcbw GKwU Dbz' gw' `Zix Kti wbtZ cvtib | 1. GLb Ggb h'sj; Amw'vi ntqtQ hv e'envi Kti Avcbvi fvebvi aib etj t' qv mae | Avcbw hw' w'v etj b Zvntj GB ht'sj t' t'eb GK aitbi Zi 1/2 cvl qv hvte Avi hw' gE _vtKb tKvb tivgwUK wP'svq Zvntj Avt'K aitbi | GB th Avcbw Avcbvi wP'sh aib t' LtZ cvt' Qb GUv wK'sy'teBtbi Dbq'tbi Kvtr e'envi Ki'tZ cvtib | 2. Avcbw PvBtj Avcbvi gw' f'i 'wZM' tKvI _tj vtK mmi'tq Zj tZ cvtib t-g tmj e'envi Kti | `Zix Kti wbtZ cvtib GKwU wRGg gw' | 3. eZ'v'tb gw' f'i f'Zti tQvU tQvU Btj KUibK wFvBtmi gva'tg Z_ Av' vb c'v'tbi e'e'v AvtQ | G c'xwZ'tZ Avcbw bZp bZp Avb mieivn Ki'tZ cvtib Avcbvi `y'Z'tZ | 4. eZ'v'tb c'wK'ombmnn tek wKQy'gvbmK Amy' Zv gw' f'i Mfxti Btj KUW XvKtq we' y' c'evn Oviv wbi'vqg Kiv mae | Avkv Kiv hvq G c'xwZ'tZ GK mgq e'w' i mRbkj Zvnn Zvi fvebv wP'svq | BuZeiPK cui eZB Avbv hvte | 5. evBti t_tK gw' f'i w'v' AAtj tP\$=K D' xcbv w' t'q e'w' i gvbwmK cui eZB mvab Kiv mae |

5. KvtrB c'vB: gvb'tli teBtbK hZ LvU'tbv nq ZZB Zvi KvR Kivi 'lgZv evto& | ZvB teBtbK Kvtr j wMvb | AvtM fvev nZ gvb'tli AvB wKD Zvi R'tbi mgqB wba'wi Z ntq hvq | Avmtj Zv bq | c'tZ'tKiB teBtbi GKUv Kvthw'Z nt'Q working memory-i wFvE'tZ KvR Kiv | thgb ai'b, 85-9+6 GB wnt'mew Kivi mgq thme avc Avcbw AbjmiY Ki'teb Zv Avcbvi working memory wnt'mte mwAZ _vKte | hv AvcbvtK f'uel'tZ G aitbi KvR Kivi mgq mrvn' Ki'te | m'Zivis hZ tekx Abk'j b ZZ tekx working memory Ges ZZB Avcbvi gw' f'i Dbw'Z |

6. tK'skj x tnb: ai'b AvcbvtK GKwU Aw'w'Uwmi qvtg Dcv'Z 500 t'j vtKi bvg avivem'Kfvt'e ejv nj | GK N'Uv ci wK Avcbw bvg _tj v ej tZ cvi'teb? KvRUv Kw'w Z'te Am'ae bq | GRB' AvcbvtK GKwU m'p'earBk tK'skj Aej =b Ki'tZ nte GB hv | thgb, BD'tivc Avt'gwi Kvq wKQy'c'iz'thw'wZv nq thLv'tb c'iz'thw'w' i'tK AvcvZ m'au'K'w'w wKQye' ev mSL'vi bvg g't' Ki'tZ nq | Zviv wKfvt'e KvRUw Kti? Avmtj Zviv e' _tj vi g'ta' GKwU m'au'K'K'í bv Kti GKUv NUBv `vo Kivq g'tbg'tb | Zviv GB NUBv'vB g'tb ivtL | GQ'ov tKvb w'elq g'tb ivLvi Rb' Zvi mvt_ Av'te'tMi msugkb Kti wbtZ cvtib | M'telYvq t' Lv t'itQ Aw'f'tb Zviv Av'teMcY' msjvc tek'w' b g'tb ivL'tZ cvti | GQ'ov tKvb w'elq g'tb ivLvi mvt_ IB w'elq'v g't' Kivi mgqKvi kv'w'w'K bov'Povl f'vgKv ivtL |

7. ch'p' N'tgi e'e'v ivLp: Avcbw hZ KvR Ki'teb ZZB Avcbvi teBb t'Z'tZ I v'te | GB DE'B gv_v'tK VvUv Ki'te Ng | GK M'telYvq t' Lv t'itQ Uvrv 21 N'Uv w'NB'g KvU'tbv e'w' i gvbwmK Ae'v AvBbm'x GKRB gvZ'tj i gZ | ZvB N'tgi c'iz hZ'evb tnb | At'bK mgq N'tgi g'ta' l' teBb At'bK RU'j mgm'vi mgvavb Kti ivtL | ZvB Ng'tK Ab'yc'v' bk'j mgq Lv'tZ t'dj tZ hv'teb bv | Kw'Z AvtQ imvq'tbi Ab'Zg w'f'w'E ch'p' mvi Yxi D'w'ek w' w'g'w' t'gt'U'w'j d N'tgi g'ta' Zvi m'f' Amw'vi Kti w'Q'tj b | m'v'au'ZK M'telYv M'í U'tK ht_ó th'w'w'K w'f'w'E w' t'qtQ | m'Zivis N'tgi e'vcvti t'bv K't'c'ogvBR | AvR iv'tZi PgrKvi NgB Avcbvi Aw'w'g'x w' t'bi mdj Kg'f't'Ái m'Pbv |

8. w'vq'gZ e'vq'g Ki'b: hviv covi bv Kti tgav w'KvK Ki'tZ w'e'w' t'eva Kti b Z't' i Rb' m'p'sev' B ej tZ nte | c'tZ'K m'v'v'n w'Z'w' b g'w' Avav N'Uv Kti n'U'tj Avcbvi gb'thw'w, h'y' t'eva, t'K'v'v 'lgZv c'tq 15 kZvsk t'eto hvte | Gi Kvib nt'Q e'vq'g gw' f'i Av' t'RB mieivn ewotq t' q | dtj gw' f'i Zvi c'Y'R'w' w'btq Kvtr b'v'tZ cvti | Avt'KwU _i'Z'c'Y' Kvib nt'Q e'vq'tgi dtj bZp bZp teBb tmj %Zix Zj'w'sZ nq |

GLvfb Avti Kiu Z_ w`tq i vL | kvixi K Kmi Z thgb gvbimK DbeZtZ mnvnh` Kti tZgub gvbimK PPA Avcbvi kvixi K DbeZtZ Ae`vb ivLtz cvti | 2001 mtj l vntqvi wKfj`vU wKubK dvDitOkibi Mtel Kiv KtqKRb t`PQvmeKtK cOZw`b 15 wguBU Kibv KitZ etj b th, Zviv Zvt`i evBtmctmi evvqg KitQ | evi mBvn ci t`Lv tMj Zvt`i evU AvtMi tPtq tZi kZvsk tekx kw³kyj x nttqO!!

9. agPvi cvj b Ki`b: Avcab th atgPB Abynvix tnvb, agPvi cvj b Ki`b | agPvjvM AvcbvtK AtbK tekx cKvš-Ges gvbimK ZiB t`te | GUv Avcbvi teBbtK mZR ivLtz mnvnh` Kite | h³ivtOf wgtbtmUvq cwi Pwj Z GK `nun study`- t`tK tewotq Gtmq G Z_ |

10. gbthMx tnvb: hvB Ki`b, gbthvM w`tq Ki`b | Aek` mevB tZv gbthvM w`tqB KvR KitZ PvB wKš` cvivQ KB? MtelYq t`Lv tMtQ gvbti gbtk tKvb wltq wbeo ivLtz mnvnh` Kti tWwvwb bvgK GK aitbi wDtitvU`YvgUvi | Aciv tK biGtWbwj b gbtk memgq DoDo, Kti ivtL | mZivs biGtWbwj btK Kg gvtvq ivLtz cvitj gbthvM gvb evovbv m`e | G Rb` mnvnh` tbqv thZ cvti vi Uwj b (ritalin) Rivxq l l`ai | GQrov K`vtdBbI wKQlv KvR t`q | Avtiv GKiu cOkium Kiv hvq | KvRi mgq Ggb e` t`tK `fi _vKb hv tKvb tbnuk Qrov Avcbvi gbtmsthvM bo Kti w`tZ cvti | thgb- tUwj tcvb ev Kwj s tej |

11. wPštk wqšp Kivi Afvm Ki`b: kvixi K tKvb mskozv QrovB kpy gvbimK kw³ w`tq AtbK KvR Kiv hvh | weAvbxiv GLtbn Gi tKb mWk e`vL`v LjR cvb w | wKš` GtZ th KvR nq G e`vcti mevB GKgz | K`vj tcvb`vi ÷`vbtvW`ekpe` vj tqi Mtel Kiv t`wLttqOb` v`vbtii gva`tg teBtbi wvfbwAsktk hv tKvb e`_vi ti vMxtK t`Lv tbn nq Zvntj tm`i ayteBtbi tCbB tmUvii KvR wqšp Kti Zvi e`_v Dckg KitZ cvti |

tkl K_v: Dcti Avtj wPZ GMvnu wltqi gta` tek KtqKiu Avgt`i mta`i gta` cto bv | Zte PvBtj tekxi fMB wKš` tPov Kti t`Lv hvq | t`Lteb bv wK GKevi UvB Kti?