

Jeete Raho

Dep_ Script

Anchor babloo # 1

Zindagi....

Bachche ki muskaan mein hai
Chehre ki jhurriyon mein hai
Duaon mein hai
Patton pe girti boondon mein hai/ rimjhim girti phuaron mein hai
Pashu pakshiyon ke aankhon mein hai
Mahsoos karne mein hai
Aatamsaat karne mein hai

Phir khudkushi kyun ? Aatamhatya ki wajah

Dr's byte – Causes of suicide leading in to depression

VO Tick Tick tick Ghadi ki suee badhti jaati hai – Waqt beetta jaata hai ...Main bhi yahi chahta hoonsamay beet jaaye Bas mere mashtishk ka ek hissa – bayan hissa apna kaam karta rahta hai - Rozmarra ke kaam . Magar daayan hissa sochta rahta hai – ushi ek sawaal ke bare mein – sawaal ka aaj ka din kaise beetega ?

Har din ke tarah main kaam par bhi jaata hoon – Usi tarike se jaise main hamesha jaata raha hoon - Bus mein – sar jhukaye aur sochte huwe – sabhi vyakti jeevan mein kuch haasil karne chalet hain – Kuch kar lete hain , Kuch nahi . Main doosre shreni ke logon mein aata hoon aur ghadi ki suee apne raftaar se badhti jaati hai tick tick

Jab bhi main apne haathon ki lakeeron ko dekhta hoon toh socha hoon mere jeevan ki kya saarthakta ? Kya zaroorat ? Mere paas koi motivation nahi .Main nahi jaanta ki aisa kitne dino se ho raha hai . Shuru mein lagta tha ki bura daur hai , bura din hai ..kuch din mein khatam ho jaayega par aisa hota nahi .Ab har chhote se kaam , chhoti s bhaawna ke saatha ek chhota sa shabd jud gaya hai – Koshish na neend hai , na umeed hai , na sakoon aur na hee khushi . main ek jaal mein phansta ja raha hoon jisse nikalna chata hoon par aur phansta hee ja raha hoon .

Dr's Byte Difference between sadness and Depression and how to recognize that it is deression/ what is depression?

Mujhe toh ab pata chala ki main ise main apne vyaktitwa ki kami samajh rahi thi wo asal mein ek maansik rog hai aur ilaaz mumkin hai Mujhe ye sunkar kitni raahat mili ye main bata nahi sakta. Main bahut khush tha ki main sse nizaat pa sakta hoon Magar abhi aise log hai jo ish bimari se joojh rahe hain aur unhe bhi pata nahi ...Meri tarah. Ye log sabhi umra ya kshetra mein mauzood hain.Phir wo chahe mahila ho ya purush Bachche ho ya buzurg. Bas wajah alag alag hoti hai . Phir bhi mujhe ye baat pareshan kar rahi hi ki iske hone ki mool wajah kya hai

Anchor P2C1

Main sabko jab batata ki mere vyaktitwa mein koi kami nahi balki jo main kar raha hoon uske peechhe kuch chemical messengers neurotransmitters ka haath hai toh koi nahi manta tha. Sabhi samajhte the ki main paagal toh hoon hi , ab bahki bahki baatein karne laga hoon .Phir maine pata kiya aur ab main samjha sakta hoon sabko aapko bhi – Darasal hamare mashtishk mein nervecells ka ek jaal hai Mashtishk mein mauzood in nerve cells ko neurons kahte hain. Jaise jaal mein ek gaanth dwara 2 rassiyaan aapas mein judi hoti hain waise hee neurons synapse dwara aapas mein jude hote hain. Ye neurons electrical currents dwara messages transfer karte hain. In electrical currents se jo chemicals nikalte hain wo neurotransmitters hote hain aur neurons ke beech messages transfer karte hain. Neurotransmitters 2 tarah ke hote hain – excitatory aur inhibitory Inhibitory neurotransmitters synapse par aakar ruk jaate hain jabki excitatory doosre neurons mein pravesht kar jaate hain. Inhibitory neurotransmitters ko synapse se nikalne wale rasayan monoamine oxidase tukdo mein todkar

Nasht kar deta hai Jo neurotransmitters nasht nahi hota wo punah usi mein pravesht kar jaata hai jisse nikla tha Ish prakriya ko reuptake kahte hain. Ab tak vaigyanikon dwara tees neurotransmitters pahchaane gaye hain magar depression mein teen ki bhumika mukhya maani gayee hai . Ye hain - serotonin, norepinephrine, aur dopamine.Chunki ye neurotransmitters neend, aaraam , stress , bhawnayein aur bhookh se sambhandhit hai isliye in neurotransmitters mein asantulan inhi prakriyaonmein ko prabhawit karta hai.

Magar ye neurotransmitters aise hee prabhawit nahi ho jaate . Inke liye hamara saamajik parivesht, gharelu vaatavaran , parvarish, lambi awadhi tak chalnawaali laailaaz bimari , buri aadatein ya koi buri ghatna hi zimmedar hota hain.

Dr's byte on psychological reasons behind neurotransmitters imbalance(points to take into account.- child abuse, negative thinking and hereditary factor)

In psychological kaaran ke alawa kuch biological kaaran bhi hai . Jab kabhi sharer mein iron ya calcium ki kami ho jaati hai toh neurotransmitters asantulit ho jaata hai.Thyroid ya adrenal gland se nikalnawaale hormones mein kami ya badhotri se bhi depression ho jaata hai .

In dono wajahon ke alawa kuch buri aadatein bhi hain. Inme substance abuse, sharaab ka adhik sewamn , steroids ya narcotics jaisi dawaon ka sewan shumaar hai .Kabhi kabhi lailaaz bimari se grast mareez mein taumra bimari ke saath asahay jeevan jeene ki laachaari awsaad ka kaaran ban jaati hai .Cancer , Parkinson's disease , Alzheimers

disease , diabetes kuch aisee hee bimariyaan hain. Anuwaanshik , psychological aur biological kaaraano ke alawa kabhi jeevan meinaaye mushkil daur bhi awsaad ka kaaran ban jaate hain. Aisa kisi apne ki maut , talaq se gujarne par, paiso ki tangi se ya phir naye jagah mein jaane se aaye akelepan se hota hai.

Lakshans from old script
Commercial Break # 1

Anchor babloo # 2

Shuru shuru mein jab mujhe pata nahi tha ki mujhe kya huwa hai tab sabhi ne mujhe bahut confuse kiya Koi kahta ki main frustrate ho gaya hoon Koi kahta ki main paagal ho gaya hoon Schizophrenia, hallucination aur pata nahi kitne naam.Jitne log utne naam. Par ab mujhe pata hai ki main clinical depression ka mareez hoon jise unipolar depression ya major depression bhi kahte hain Haalanki depression ke bhi prakaar hote hain magar unme se ek bhi nahi the jinhe mere awastha ke sath joda gaya tha.Wo sabhi naam swayam mein ek bimari hain , depression se bilkul bhinn.Jo depression ke saath jude hain wo hain Dysthmia, Seasonal affective disorder aur bipolar disorder Dysthmia depression se kam severe hota hai. Vyakti rozmarra ke kaam karta hai magar bujhe mann se. Ushe neend nahi aati Darasal vyakti jeena hee bhool jaata hai. Khush rahna bhool jaata hai , enjoy karma bhool jaata hai.Jab yahi awastha kam se kam 2 saal tak rahta hai toh mareez ko dysthmia se grast maante hain.

Seasonal affective disorder ka mareez aksar thand mein pareshan rahta hai. Sard mausam ke aate hee wo thakawat mahsoos karta hai aur apne pareshan haalat se dukhi rahne lagta hai. Magar mausam badalte hee aise mareez waapas zindagi ke prati utsaahit ho jaate hain. In sabhi prakaaron mein mareez ke mood mein sabse zyada utaar chadhaav aata hai Bipolar disorder mein. Mood swings toh sabhi mein hota hai magar bipolar disorder mein mood 2 extreme mein rahta hai. Ya toh wo behad dukhi hokar depressed ho jaata hai ya phir doosre chhor pe pahunchkar maniac ho jaata hai. Mania pe jaane par mareez hinsaatmak ho jaata hai Dono hee sthitiyon mein uski rational soch khatam ho jaati hai

Dr's byte on post partum and pre menstrual depression
COMMERCIAL BREAK # 2

Anchor P2C2 –

Kabhi kabhi sochta hoon toh lagta hai ki kya hota agar samoochi duniya rangmanch mein badal jati.? Kuch logon ke liye stage par jaana hee utsaah ka vishay hota hai. Magar kuch logon ke liye ye soch hee darr ka sabab ban jaata hai. ki unhe stage par jaana hai. Rangmanch mein ishe stage fright ke naam se jaana jaata hai magar haqeeqat mein ye sthiti ek rog ka lakshan hai. Rog hain anxiety.

Yun toh anxiety ek rakshatmak prakriya hai jiske dwara vyakti kisi bhi prakaar ke haanikaarak vyavahaar se swayam ki raksha karta hai .Magar kabhi kabhi ye itna badh jaata hai ki vyakti darr aur gusse ko jaayaz maanne lagta hai aur yahin se anxiety disorder ki shuruat hone lagti hai.

Dr's byte on different types of anxiety disorders

(Anxiety disorders ke antargat kai saare disorders aate hai jaise generalized anxiety disorder , panic disorder, social phobia , specific phobia, obsessive compulsive disorder aur post traumatic disorders. Ye sabhi disorders vyakti ke soch , bhawna, vyavahaar aur physical sensations ko prabhawit karte hain)

Main jaanta hoon kyunki maine kareeb se dekha hai apne dost ko ..Mukesh ko ish disorder ka mareez bante ,

(A man sitting in darkness and speaking)

“Achanak ek din mujhe chhati mein dard hone laga, chakkar aane laga aur main paseene se tar ba tar ho gaya. Us din ke baad zindagi badal gayee Main darne laga Khud se logon se Yahi soch hi hain Achanak mujhe laga ki chakkar aa rahe hain .Main pasine se tar batar thi aur mere chhati mein bhi dard ho raha tha Main darr rahi thi khud se , logon se Mujhe logon ke beech jaate bhi darr lagta aur akele rahte bhi. Ab yahi andhere mere saathi hain.

Commercial Break # 3

Anchor Babloo # 3

Depression kakaun sa prakaarlakshano ki severity kitni hai

Jahan tak dawaeyon ka sawaal hai toh alag alag category ki dawaeyan alag tarike sae kaam karti hain. Inme ek category hai Msao inhibitors. Is category ki dawaein mao enzymes ke inhibition se neurotransmitters ka level badha dete hain. Doosri category ki dawaein hain Selective serotonin reuptake inhibitor yani SSRI Ish category ki dawaein serotonin ka reuptake inhibit kar deti hai yani rok deti hain jisse serotonin neurotransmitters ki sankhya badh jaati hai. Teesri dawa hai lithium magar iske side effects bahut strong hain.

Dr's byte on side effects of all of these category of medicines

Shuruaat mein aksar mareez ka ilaaz kisi ek category ki dawaon se kiya jaata hai..Agar faayda nahi dikhta toh dawaon ka combination diya jaata hai.Sabhi dawaein lag bhag 1 se dhedh mahine leti hain asar karne mein.

Aksar dawaon ke saath psychotherapy bhi karte hain. Dono ka samanvay kar ilaaz sirf ek psychiatrist karte hain Haan agar sirf psychotherapy ki zaroorat ho toh psychologist ki madad leni chahiye. Magar iska nidharan bhi Dr hee kar sakte hain.

Ilaaz se aaj main phir se ek saamanya aur santusht jeevan jeene mein kaamyab ho gaya hoon. Aur maine dekha hai ki 80% cases mein ilaaz faayda karti hai. Aur ilaaz se bhi kai zyada zaroori hai communication. Apne andar ki ghutan ko vani dena zaroori hai wo chahe likhkar do , ya bolkar do Maine diya isliye khush hoon.

Anchor babloo : 4
