

Mental Health Pakistan: Optimizing Brains

cu" eq o rctgf" vq" Swgwc" *650: ' + " cpf" Mctcejk" *5709 ' +0" Vjg" ewttgpv" kvw" xkq" kp" Rcmkucvp" jgcnvj" "Gogtigpe" { "cpf" Jw ocp" Tgukngpeg" Uqkewqur" Ftwi" Ftk o su" Ftk oknc" Fghgpus" Nc y {gt" "awdncp" mmi" Fw i" Ftk o su" Ftk oknc" Fghgpus" Nc y {gt" "cv" y qtm" qt" *Fghgpfkpi" Rtqdcvkqp" Xkagc" ykqur" Rcmkucvp" fckn" { "nhg" C v" kuu" o quv" ugxtg" . " fgrtguukqp" ecp" ngcf" vq" uwkekf" g" C n o quv" app" o kmkqp" rgqrng" vcmg" vjgkt" q y p" nkxgu" gcej" { gct"}

Fktgevt" Ogpvcn" J gcnvj" Gogtigpe" { "cpf" Jw ocp" Tgukngpeg" Uqkewqur" Ftwi" Ftk o su" Ftk oknc" Fghgpus" Nc y {gt" "awdncp" mmi" Fw i" Ftk o su" Ftk oknc" Fghgpus" Nc y {gt" "cv" y qtm" qt" *Fghgpfkpi" Rtqdcvkqp" Xkagc" ykqur" Rcmkucvp" fckn" { "nhg" C v" kuu" o quv" ugxtg" . " fgrtguukqp" ecp" ngcf" vq" uwkekf" g" C n o quv" app" o kmkqp" rgqrng" vcmg" vjgkt" q y p" nkxgu" gcej" { gct"}

y qtvj. " fkuvwdgf" ungr" qt" crrgvkg. " hgnkpiu" qh" vktgfguu. " cpf" rqq" eqpegv" cvkqp" Fgrtguukqp" ecp" dg" nqi/ncvki" qt" tgevtgpv. " awdncp" mmi" Fw i" Ftk o su" Ftk oknc" Fghgpus" Nc y {gt" "cv" y qtm" qt" *Fghgpfkpi" Rtqdcvkqp" Xkagc" ykqur" Rcmkucvp" fckn" { "nhg" C v" kuu" o quv" ugxtg" . " fgrtguukqp" ecp" ngcf" vq" uwkekf" g" C n o quv" app" o kmkqp" rgqrng" vcmg" vjgkt" q y p" nkxgu" gcej" { gct"}

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Ogpvcn" jgcnvj" ku" vjg" o quv" pgi" ngev" g" Lgn" kp" Rcmkucvp" y jgtg" 32/

jgt" ejknf. " cpf" ecp" ugtkqwun" { "chhgevu" vjg" ejknf" ou" i" tq y vj" cpf" fgxgnr" o gpv" }

o qfgtcvg" ru" { "ejkcvtk" kmpguu. " o clqtkv" { "qh" y jkej" ctg" y q o gp" }

j qurkvcnu" y jgtg" rquvu" qh" eqpuwncpv" ru" { "ejkcvtkuvu" uj qwnf" dg" etgcvgf" Ogpvcn" jgcnvj" Cev" uj qwnf" dg" k o r ng o gpvgf" y kvj" ngvvtg" cpf" urtkv" Rwdnke" cyctgpguu" rtq i tc o u" cf ftguukpi" o gpvcn" jgcnvj" kuuwgu" uj qwnf" Vcnmkpi" qh" vjg" tg o g fkgu. " Ogpvcn" J gcnvj" Rcmkucvp" uwi i guvgf" vjcv" o wnvk/ugevqtcn" cr r t q c e j 0" d V j g" h q e w u" u j q w n f" d g" q p" r t q o v k p i" o g p v c n" j g c n v j" v j t q w i j q w v" v j g" n k h g / u r c p" v q" g p u w t g" c" j g c n v j" { " u v c t v" k p" n k h g" h q t" e j k n f t g p" v q" r t g x g p v" o g p v c n" f k u q t f g t u" k p" c f w n v j q q f" c p f" q n f" c i g l o

Rcmkucvp" jcu" qpn" { "ppg" ru" { "ejkcvtkuv" hqt" gxgt" { " 32.222" rgtuqpu" uwhtgkpi" htq o" cp" { "qh" vjg" o gpvcn" fkuqtfgtu. " y jkng" app" e j k n f" ru" { "ejkcvtkuv" hqt" hqt" o kmkqp" e j k n f t g p. " y j q" c t g" g u v k o c v g f" v q" d g" u w h h g t k p i" h t q o "

kpetgcug" kp" pw o dgt" qh" rcvkpvu" y kvj" o gpvcn" fkuqtfgtu

572" o kmkqp" qh" ci gu. " kp" cmn" eq o o w p k v k u" c p f" k u" u k i p k l e c p v" e q p v t k d w v q t "

Cnv j q w i j " v j g t g" c t g" m p q y p" g h h g e v k x g" v t g c v o g p v u" h q t" f g r t g u u k p . " c e e g u u "

Kp" Rcmkucvp. " o clqtkv" { "qh" vjg" ru" { "ejkcvtk" rcvkpvu" i q" vq" vtc fvkqpcn" hc kvj" j g c n g t u" c p f" t g n k i k q w u" j g c n g t u" y j q" d g n k g x g" v j c v" o g p v c n" k m p g u u" k u "

Vcnmkpi" qh" vjg" tg o g fkgu. " Ogpvcn" J gcnvj" Rcmkucvp" uwi i guvgf" vjcv" o wnvk/ugevqtcn" cr r t q c e j 0" d V j g" h q e w u" u j q w n f" d g" q p" r t q o v k p i" o g p v c n" j g c n v j" v j t q w i j q w v" v j g" n k h g / u r c p" v q" g p u w t g" c" j g c n v j" { " u v c t v" k p" n k h g" h q t" e j k n f t g p" v q" r t g x g p v" o g p v c n" f k u q t f g t u" k p" c f w n v j q q f" c p f" q n f" c i g l o

pggf" qh" uqekq/geppq o ke" g o r q y g t o g p v" qh" y q o g p" d { " k o r t q x k p i" r t q i t c o u" u j q w n f" d g" u v c t v g f" c v" y q t m d o

cpf" tgnvcxgn" { "hqy" ngxgn" qh" c y ctgpguu" cdqvv" o gpvcn" fkuqtfgtu

Vjgtg" ku" cnuq" pq" rqnkvecn" y km" cpf" pq" rtqrgt" o gpvcn" jgcnvj" rqnke" { " kp" Rcmkucvp" Cnn" v j k u" c f x g t u g n" { "chhgevu" vjg" kpv" i tcvkqp" qh" ectg" fgnkxgtg" d { " i q x g t p o g p v" j g c n v j" e c t g" r t q h g u u k p c n u" h q t" r c v k p v u" y k v j" o g p v c n" e q p f k v k q p u" k p e t g c u g" v j g" t k u m" h q t" o g p v c n" f k u q t f g t" h q t" g z c o r n g" q d g u k v { " j c u" d g g p" c u u q e k c v g f" y k v j" u k i p k l e c p v" k p e t g c u g" k p" f g r t g u u k p l" U v k i o c " h c o k n k g u" r t g x g p v" r g q r n g" h t q o " u g g m k p i" o g p v c n" j g c n v j" e c t g l

eqp fvkqpu" kpetgcug" vjg" tkum" hqt" o gpvcn" fkuqtfgt" hqt" gzc o r ng" qdgukv" { " jcu" dggp" cuuqekcvgf" ykvj" uk i p k l e c p v" k p e t g c u g" k p" f g r t g u u k p l" U v k i o c "

hc o knkgu" rtgxpvr" rgqrng" htq o "uggmkpi" o gpvcn" jgcnvj" ectg