6 jeks ieish

**l;kaor j,ska fm<Uùu" Wml%u j,ska iún, .ekaùu**

**bosßm;a lsÍu i|yd l:k msgm;**



bosßm;a lsÍu i|yd l:k msgm;

udkj ysñlï m%j¾‍Okh lsÍu i|yd Wml%u

*6 jeks ieisfha bosßm;a lsÍug wod< fuu igyka fuu ieisfha mj¾fmdhskaÜ bosßm;a lsÍfuys wxl 13 isg 24 olajd jk ia,hsv u.ska ksrEmKh fõ'*

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|  | **ye|skaùu** |
| En bild som visar person, folksamling  Automatiskt genererad beskrivning | fuu ieisfha § iy fmr ieis j,§" wd.u weoySfï fyda úYajdi ±Ífï ksoyi i|yd ;ukaf.a m%cdj ;=< hym;a jd;djrKhla we;s lr .ekSu i|yd úúO mqoa.,hska úúO foa lsÍug W;aidy oeÍu ms<sn| l;kaor wms wid ;sfnkjd' tfuka u" wmf.aa m%cdj ;=< wd.u weoySfï fyda úYajdi ±Ífï ksoyi iïnkaOfhka we;s .eg¨‍ ms<sn|j o wms isysm;a lr f.k ;sfnkjd ^wmf.a k.rfha wd.u weoySfï fyda úYajdi ±Ífï ksoyi ksrEmKh lrk \*a,sma pd¾Ü lvodis fj; wjOdkh fhduq lrkak&'  wms ±ka m%cd uÜgñka udkj ysñlï m%j¾‍Okh lsÍug iy wdrla‍Id lsÍug Ndú;d l< yels úúO Wml%u .ek bf.k .ekSughs iQodkï fjkafka' wmf.a m%cdj ;=< wms y÷kdf.k we;s .eg¨‍ úi£u i|yd wmg fuu Wml%u Ndú;d l< yelafla flfiao hkak .ek wms ±ka is;d n,uq' |
|  | b;ska" wms zWml%uZ hkafkka woyia lrkafka l=ula ±hs n,uq' Wml%u w¾: oelafjkafka zb,lalhla imqrd .ekSu i|yd isÿ lrkq ,nk ie,iqï iy.; l%shdud¾. iuQyhlaZ f,i hs' |
|  | udkj ysñlï l%shdldrlï i|yd úúO Wml%u j¾. y;rla ;sfnkjd' fuu Wml%u j¾. y;r meyeÈ,s lsÍug WmldÍ ùu i|yd wmg udkj ysñlï W,a,x>khùï ksrEmKh lsÍfï Wmudjla f,i z.skaorZ .ek is;sh yelshs' th wms isrer WKqiqï lr .ekSu i|yd wi,ska jdä ù isáh yels m%ikak .skakla fkdj" Nhdkl" md,kh l< fkdyels .skakla' udkj ysñlï W,a,x>khùï j,ska fuka u" .skafkka o ñksiqkag ydks isÿ fjkjd – tajd ñksiqkag lïmkh" ;=jd, yd urKh f.k fok w;r" foam< yd bvï o úkdY lrkjd'  b;ska wms fldfyduo .sks kj;ajkafka@ wms j¾. y;rlg wh;a l%shdud¾. .kakjd( |
|  | **1' yÈis Wml%u** |
|  | yÈis Wml%u hkq .skak wdrïN ùug fmr keje;aùu" .skak ksjd oeóu iy ñksiqka fírd .ekSuhs'  <ufhla .sksl+re iu. fi,a,ï lrñka isákjd Tn ÿgqj fyd;a Tn lrkafka l=ulao@ Tn .skaor ksjd oud .sksl+re ál bj;a lrkjdæ .skakla wdrïN ùu j<lajd .ekSug Tn W;aidy lrkjd'  Tn m%udo ù" l=vd .skakla ta jk úg;a wdrïN ù ;snqfKa kï" Tn .sks ksjk WmlrKhla fyda j;=r nd,aÈhla f.k th ksjd oeóug W;aidy lrkjd' .skak keje;aùu u.ska Tn wjodkug ,laj we;s mqoa.,hska iy foam< wdrlaId lsÍug W;aidy lrkjd' tfy;a .skak b;d úYd, kï" Tn .sks ksjk yuqodfõ Wmldr b,a,d isáñka ñksiqkag t;kska bj;a jk f,i wk;=re wÕjkjd'  udkj ysñlï i|yd ;sfnk yÈis Wml%u;a fï yd iudkhsæ úfYaIs; mqoa.,hskag" úfYaIs; ia:dkj, § isÿùug hk fyda isÿ fjñka mj;sk udkj ysñlï W,a,x>khùï i|yd wms yÈis Wml%u Ndú;d lrkjd' W,a,x>kùula j<lajd .ekSug fyda keje;aùug iy ñksiqka fírd .ekSug iDcqj u ueÈy;a ùu" tfia;a ke;s kï" Woõ b,a,d isàu iy wjodkug uqyqK § isák mqoa.,hskag wk;=re weÕùu hk fol u bka woyia fjkjd' |
|  | ta wkqj" yÈis wjia:d Wml%u Ndú;d lrkafka l=uk wdldrfha wd.u weoySfï fyda úYajdi ±Ífï ksoyi ^FORB) W,a,x>kùï i|yd o@ ysßyer lsÍu" ffjÍ m%ldY isÿ lsÍu" myr§ï" foam< úkdY lsÍu" wd.ñl ia:dkj,g myr §u" jd¾.sl ysxikh iy w;a;fkdau;sl w;awvx.=jg .ekSï hk ish,a, ksYaÑ; mqoa.,hskag fyda lKavdhï j,g ksYaÑ; ia:dkj,§ ksYaÑ; fõ,djl isÿ úh yels W,a,x>kùï j,g WodyrK fjkjd'  yÈis Wml%u u.ska fujeks yÈis isÿùïj,g m%;spdr oelaùug kï" wms tjeks yÈis isÿùïj,g iQodkïj isáh hq;=hs – l=ula l< hq;= oehs oek isáh hq;=hs' ñksiqka .sks ksjk yuqodfõ wxlh ±k isák wdldrfhka u" fyda .sks ksjk WmlrKhla Ndú;d lsÍug bf.k .kakd wdldrhg u" udkj ysñlï W,a,x>khùï isÿ jk úg tajd j<lajd .ekSug" keje;aùug iy Wmldr b,a,d isàug o wms bf.k .; hq;=hs' |
|  | **2' mßj¾;k Wml%u** |
|  | .skakla ygf.k me;sr hkafka hï fya;=jla ksidhs' WodyrKhla f,i wk;=reodhl f,i úÿ,s /yeka we§u ksid' fjkia lsÍfï Wml%u hkq .skak we;sùug fya;= jk ;;ajhka fjkia lsÍuhs – úÿ,s /yeka wdrla‍Is; nj ;yjqre lr .ekSu i|yd bÈlsÍï fr.=,dis wkq.ukh lrk nj ;yjqre lr .ekSu thg WodyrKhla'  udkj ysñlï W,a,x>khùï o fya;= we;sj isÿ fjkjd' WodyrKhla f,i" ñksiqka wdrlaId lsÍug wjYH kS;s iudchg ke;s ksid fyda tu kS;s wkq.ukh lrkq ,nk njg j. n,d .; hq;= mqoa.,hska tfia fkdlrk ksid W,a,x>khùï isÿ fjkjd' th;a" iudch yryd jeros wdldrhg úÿ,s /yeka weoSula yd iudkhs' |
|  | fndfyda udkj ysñlï W,a,x>kùï úi¢h yelafla kS;s fyda hï hï foaj,a isÿ lrk wdldrh fjkia lrk f,i ck;djg ta;a;= .ekaùfuka muKhs' wmg th úúO wdldr 4 la u.ska isÿ l< yelshs(   * .eg¨‍j biau;= lr fmkaùu i|yd Woaf>daIK yd úfrdaO;d oelaùfuka" * .eg¨‍j fjkia lsÍu i|yd hï fohla l< hq;= hehs th fjkia lsÍug n,h we;s mqoa.,hskag ta;a;= .ekaùfuka – wms fuh WoafoaYkh f,i y÷kajkjd" * ñksiqkag fjkia f,i yeisÍug Èß.ekaùï ,nd §fuka" * ke; fyd;a" wms tajd ms<s fkd.kakd nj fmkaùug krl kS;s fyda iudc iïu;hka iduldój m%;slafIam lsÍfuka'   fïjd fjkia lsÍfï Wml%u hs' tajd jvd;a È.= ld,Skj" jvd;a l%udkql+,j" iudcfha mj;sk" fndfyda ia:dk j, isák ñksiqka úYd, ixLHdjlg n,mdk .eg¨‍ flfrys wjOdkh fhduq lsÍug WmldÍ fjkjd' |
|  | **3' f.dvke.Sfï Wml%u** |
|  | .skak keje;aùu i|yd wmsg l< yels ;j;a fohla jkafka uyck;dj oekqj;a lsÍu iy Tjqkaf.a wdl,am fjkia lsÍuhs¦ ±,afjk is./Ü fldg úh<s ìïj,g úis lsÍfuka we;s úh yels wka;rdhka ms<sn|j oekqj;a lsÍu thg tla WodyrKhla' tfuka u" wmg uyck iïkaOùula o f.dvk.d .; yelshs – tkï iafõÉPd .sks ksùïj,g jeä msßila iïnkaO lr .; yelshs' Tjqkaf.a l=i,;d f.dvke.sh yelshs – WodyrKhla f,i" .sks ksjk WmlrKhla Ndú;d lrkafka flfia oehs ñksiqka oekqj;aj isák nj iy;sl lr .ekSug lghq;= l< yelshs'  udkj ysñlï iïnkaOfhka .;a l," f.dvke.Sfï Wml%u hkq udkj ysñlï ixialD;shla f.dvke.Su i|yd lrk È.= ld,Sk ld¾hhla' tkï" iEu flfkl= u ;ukaf.a whs;sjdislï iy wkqkaf.a whs;sjdislï okakd" udkj ysñlï j,g .re lsÍu idudkH iy ksjeros fohla f,i olsk" whs;sjdislï W,a,x>kh jqj fyd;a l=ula l< hq;= hehs okakd" ;ukaf.a iy wfkla whf.a whs;sjdislï j,g .re lrk iy ke.S isák wdldrh okakd iudchla Wfoid lghq;= lsÍu hs' |
|  | fujeks iudchla f.dvke.Sfï ld¾hhg lreKq 4 la we;=<;a fjkjd(   * udkj ysñlï j, jeo.;alu ms<sn|j oekqj;a lsÍu" iy isÿfjñka mj;sk W,a,x>khùï iy tajdhska isÿjk ydksh ms<sn|j oekqj;a lsÍu' * iïnkaOùï f.dvke.Su – udkj ysñlï m%j¾Okh lsÍug mshjr .ekSu i|yd lemùug jeä jeäfhka ñksiqkaj fhduq lsÍu' * l=i,;d f.dvke.Su – udkj ysñlï m%j¾‍Okh lrkafka flfia oehs ñksiqka ±kqj;a jk mßÈ l=i,;d f.dvke.Su' * ;jo" úúO ia:dk j, úúO foa lrk" tfy;a iïnkaëlrKhlska hq;= wdldrhlg fmdÿ wruqKq lrd lghq;= lrk" mqoa.,hska iy ixúOdk cd,hla f.dvke.Su'   fïjd fjkia ùu i|yd mQ¾j fldkafoais ks¾‍udKh lrk" È.= ld,Sk Wml%uhs' tajd wms wfkla ish¨ u Wml%u Ndú;d lrk úg wmsg ke.S isàug wjYH mokula f.dv k.kjd' |
|  | **4' iqj lsÍfï Wml%u** |
|  | wjidk jYfhka" wmg *iqj lsÍfï* *Wml%u* ;sfnkjd' .skakla fuka u" udkj ysñlï W,a,x>khùï o ñksiqkag" foam<j,g iy m%cdjkag ydks lrkjd' iqj lsÍfï Wml%u hkq udkj ysñlï W,a,x>khùï isÿ jQ miq ñksiqkaj /ln,d .ekSu i|yd wms isÿ lrk foa j,ghs' |
|  | tla w;lska fuhg ñksiqkag iqjh ,eîu i|yd wjYH lrk ffjoH" øjHuh yd ufkda-iudchSh iydh imhd fok nj iy;sl lr .ekSu we;=<;a fjkjd' kuq;a .re;ajh yd hqla;sh o we;=<;a fjkjd'   * isÿjQ foh ie`.úh fkdyels njg iy;sl lr .ekSu i|yd" th f,aLk.; lsÍu" * isÿ jQ foa ms<sn|j l:d lsÍug yd isysm;a lsÍug ñksiqkag wjia:dj ,nd §u¦ iy * ñksiqkag hqla;sh bgqjk nj yd jkaÈ ,efnk nj iy;sl lr .ekSu' |
|  | **iudma;sh** |
|  | udkj ysñlï m%j¾‍Okh lsÍu i|yd fï úúO l%u ish,a, u jeo.;a fjkjd' tajd tllska wfkflys wvqj mqrjkjd" tajd tlsfkl w;r wka;¾ iïnkaê;hs" tlsfkl iu.dó f,i Ndú;d l< yelshs'  lsisÿ tla mqoa.,fhl=g fyda ixúOdkhlg ish¨‍ Wml%u Ndú;d l< fkdyelshs – l=uk Wml%u Ndú;d l< hq;=o hkak ms<sn| wmf.a f;aÍug ksis f,i n,mdk úúO N+ñld" l=i,;d iy wjia:d wmg ;sfnkjd' jeo.;au foh jkafka" iEu flfkl=g u hula l< yels ùuhs' wm w;f¾ isák" tlu wdldrhlg is;k mqoa.,hskaf.a iy ixúOdk cd, yryd wmg foaj,a fjkia l< yels ùuhs'  udkj ysñlï W,a,x>khùï keue;s .sks keje;aùug" iy wmf.a ksfjiaj, iy m%cdjka ;=< iy wmf.a rchka úiska udkj ysñlï j,g .re lrkq ,nk iudchla f.dvke.Su i|yd wms ish¨ fokdgu odhl úh yelshs' |

**ia;=;sh**

fuu bÈßm;a lsÍu i|yd *Center for Victims of Torture* ixúOdkh úiska fufyhjkq ,nk *New Tactics in Human Rights Project* keu;s jHdmD;sh u.ska ilia lrk ,o Wml%u rduqj úiska fmd<Ujkq ,en" tu rduqfjka Wmqgd.;a wkqjdohla Ndú;d lr we;' [www.newtactics.org](http://www.newtactics.org/)