

Tejali

Hello all... welcome to English together. या भागात आपण निरनिराळ्या विषयांबद्दल बोलतो आणि त्यासंबंधित शब्द जाणून घेतो. मी तेजाली आणि माझ्यासोबत आहे...

Tom

Hi everyone, I'm Tom. Welcome to today's episode of English Together.

Sian

And I'm Sian. Hi everyone!

Tom

Uhm, what's that on your T-shirt, Sian?

Sian

Huh? Oh, this? It's a clown.

Tom

Why would you wear a T-shirt of a clown? I don't understand.

Sian

Are you ok, Tom?

Tom

Uhm. This is a little embarrassing... I actually have a fear of clowns.

Tejali

'Clowns' म्हणजे विदूषक.. Actually, Tom, in today's episode we are talking about something that might help you with your fear – 'hypnotism' म्हणजे संमोहन. आपण जादुचे प्रयोग पाहिले असतील ना!! खरं तर संमोहनाचा वापर हजारो वर्षांपासून होत आहे, प्राचीन ईजिप्तमध्ये याचा वापर होत असे, पण तुम्हाला माहिती आहे का याचा वापर अधिकृतरीत्या कधी झाला? १७व्या शतकात, १८व्या शतकात की १९व्या शतकात? एक हीट देते, याचा पहिल्यांदा वैद्यकीय उपचारांसाठी वापर ऑस्ट्रियातील एका डॉक्टरने केला होता.

Sian

Interesting. I always thought that hypnotism was a new thing! Almost a trend or a fashion.

Tom

Me, too. But it sounds like we were wrong!

Tejali

बीबीसी वर्ल्ड सर्व्हिसने यावर एक डॉक्युमेंटरी केली आहे, त्यातला हा भाग ऐकू. Will give you the answer later in the programm.

Insert

Why would anyone allow a complete stranger to access their mind? When carried out in a safe environment with an experienced practitioner, hypnotism has some clear benefits: entertainment, pain relief, kicking habits and addressing phobias. But there are also significant risks to be aware of. My conclusion? Approach with caution.

Tom

Oh, now I see why you were saying that hypnotism might help me with my fear of clowns. They talked about it helping people to address their phobias.

Tejali

Yes, exactly! 'To address' म्हणजे संबोधित करणे, इथे याचा अर्थ घेतलाय समजून घेणे आणि त्याला तोंड देणे. आणि 'phobias' म्हणजे भयगंड, अकारण भीती. like a phobia of spiders, snakes or heights...

Sian

Which are pretty common phobias! Not like a phobia of clowns, Tom... Would you consider hypnotism to help address your phobia?

Tom

Absolutely not! I don't like the idea of a stranger in my mind. It's just too scary!

Sian

I'm surprised, Tom. You're usually open to new things.

Tom

Wait! Were we listening to the same clip? Didn't you hear them talking about the significant risks?

Tejali

'Significant risks' लक्षणीय धोके. You could also say 'serious risks' म्हणजे गंभीर धोके, or simply say that something is 'risky' म्हणजे धोकादायक.

Tom

You're just proving my point!

Sian

But you're only focusing on the risks. There are also clear, tangible benefits.

Tejali

Risk च्या विरुद्ध याचे काही, Tangible benefits म्हणजे नजरेला दिसणारे फायदेही आहेत. Tangible म्हणजे दृश्य, नजरेला दिसणारे. Benefits म्हणजे फायदे. Are you speaking from experience, Sian?

Sian

Not from personal experience, no, but I have a friend who did hypnosis to help him quit smoking. And it worked! That's an example of a tangible benefit.

Tom

Well, I have heard that it can help people to kick habits...but I'm still not convinced, I'm not sure.

Tejali

'To kick a habit' म्हणजे सवय मोडणे, सोडणे. Do you think hypnosis could help me kick the habit of... biting nails?

Sian

You'll only know if you try!

Tejali

I'd love it if I could stop biting nails...! I've been trying to quit for ages. पण आता आपल्या प्रश्नाचं उत्तर ऐकू. प्रश्न होता, वैद्यकीय उपचार म्हणून संमोहनाचा वापर कधीपासून सुरू झाला? याचं उत्तर आहे १७व्या शतकात.

Sian

See, Tom? Hypnosis has been around for years! So it must work!

Tom

There's still absolutely no way!

Sian

Open your mind!

Tom

Sian...

Sian

Yes?

Tom

That's not funny.

Sian

It's hilarious!

Tejali

It sounds like Tom is taking the advice from the documentary very seriously – 'approach with caution' म्हणजे सावध पवित्रा! तुम्ही सांगा बरं, तुम्ही 'hypnotism वापराल का? तुम्हाला त्यात 'risk'जास्त वाटते की 'benefits'? आणि आजचा भाग संपवण्याआधी शब्द समजून घेऊ, हे सगळे शब्द संमोहन वैद्यकीय उपचार म्हणून कसं वापरता येईल याबद्दल होते. 'To address a phobia' म्हणजे आपली अनाठायी भीती समजून घेणे; 'to kick a habit' म्हणजे सवय मोडणे, 'to have clear or tangible benefits' म्हणजे ठोस, सहज दिसून येणारे फायदे, 'to have significant or serious risks' म्हणजे लक्षणीय किंवा गंभीर धोके and 'to be risky' म्हणजे धोकादायक. आज इतकंच, पुन्हा भेटू English Together च्या पुढच्या भागात, Bye.