

**UNIT  
13**

# Loneliness

~ একাকীভু



## Learning Outcomes | লার্নিং আউটকাম্পস |— শিখনফল

after we have studied this unit, we will be able to (এই অধ্যায়টি পড়ার পর আমরা সক্ষম হবো)–

- know new words and extend our vocabulary (নতুন নতুন শব্দ জানতে এবং আমাদের শব্দভার্ড বাড়াতে)
- read a text and understand overall meaning (একটি পাঠ পড়তে এবং সামগ্রিক অর্থ বুঝতে)
- infer meanings from the context (প্রসঙ্গ অনুযায়ী অর্থ অনুমান করতে)
- answer and give opinions on a given topic (প্রদত্ত বিষয়ের উপর উত্তর এবং মতামত দিতে)

## Unit 13      Loneliness, Causes, Effects and Prevention

### Lesson 01

একাকীভু, কারণ, প্রভাব এবং প্রতিরোধ



## VOCABULARY (ভক্যাব্যুলারি) — শব্দভার্ড

Word & Meaning	English Meaning	Syn., Ant. & Derivatives
loneliness (লোলন্সিনেস) <i>n.</i> — একাকীভু, একা থাকার অবস্থা	the state of being alone or isolated	<i>syn.</i> isolation, solitude; <i>ant.</i> companionship, togetherness
universal (ইউনিভার্সাল) <i>adj.</i> — সার্বজনীন, সব জায়গায় প্রযোজ্য	affecting or involving everyone	<i>syn.</i> global, widespread; <i>ant.</i> limited, specific
emotion (ইমোশন) <i>n.</i> — অনুভূতি, আবেগ	a feeling or sensation	<i>syn.</i> feeling, sentiment; <i>ant.</i> apathy, indifference
pervasive (পারভাসিভ) <i>adj.</i> — সর্ববাপী, বিস্তৃত	spreading widely throughout an area or a group of people	<i>syn.</i> widespread; <i>ant.</i> limited, restricted

Word & Meaning	English Meaning	Syn., Ant. & Derivatives
support (সাপোর্ট) n. — সহায়তা	assistance or help	syn. aid, assistance; ant. opposition
perceiving [পা(র)সিভিং] v. & gerund .— উপলব্ধি করা	becoming aware of something through the senses	syn. noticing, sensing ; ant. ignoring, overlooking
uneasiness (আনসুষেজনেস) n. — অসুস্থি	a feeling of discomfort or worry	syn. discomfort, anxiety; ant. comfort, ease
solitary (সোলিটারি) adj. — একা, নিঃসঙ্গ	being alone or isolated	syn. alone, single; ant. social, together
desire [ডিজাইট] n. — ইচ্ছা, চাহিদা	a strong feeling of wanting something	syn. want, craving; ant. aversion
demographic (ডিমোগ্রাফিক) adj. — জনসংখ্যার সম্পর্কিত	relating to the structure of populations	syn. population-related; ant. general
contribute (কন্ট্ৰিবিউট) v. — অবদান রাখা	to give or add something	syn. add, donate; ant. withhold, detract
discrepancy (ডিস্ক্ৰিপ্শন্সি) n. — অধিল, বিৱোধ	a lack of compatibility or consistency between two things	syn. difference, inconsistency; ant. agreement, consistency
retirement (রিটাৰ্মেণ্ট) n. — অবসরগ্রহণ	the action or fact of leaving one's job or profession	syn. departure, withdrawal; ant. work, employment
limitation (লিমিটেশন) n. — সীমাবদ্ধতা	restrictions or boundaries	syn. restrictions, constraints ; ant. freedom
medical (মেডিকল) adj. — চিকিৎসা সম্পর্কিত	relating to the practice of medicine	syn. healthcare, clinical; ant. non-medical
physical (ফিজিক্যালি) adj. — শারীরিক	relating to the body or material thing	syn. bodily; ant. mental
inherently (ইন্হেণ্টেলিন্সিলি) adv. — সহজাতভাবে; সাধারণত	naturally; existing as a permanent and essential quality	syn. innately; ant. artificially
strategy (স্ট্যাটেজি) n. — কৌশল; নির্দিষ্ট লক্ষ্য অর্জনের জন্য পরিকল্পনা	a plan of action designed to achieve a specific goal	syn. plan, approach; ant. spontaneity
regime (রেইজীম) n. — নির্দিষ্ট এবং পরিকল্পিত কৰ্মসূচি	a planned and systematic program	syn. routine, schedule; ant. randomness
accomplishment (আকস্মাতিশ্যমাপ্ট) n. — কৃতিত্ব, সফলভাবে সম্পূর্ণ কৰা	a task successfully completed	syn. success; ant. failure, defeat
nurture [নুচ্ছা(ব)] v. — জালন পালন কৰা, কোন কিছু বিকাশে সহায়তা কৰা	to care for and encourage the growth of something or someone	syn. foster, cultivate; ant. neglect, ignore
wellness (ওয়েলনেছ) n. — সুস্থিতা	the state of being in good health	syn. health; well-being; ant. illness
diminish (ডিমিনিশ) v. — হাস কৰা, কম গুরুত্বপূর্ণ কৰা	to make or become smaller or less important	syn. reduce, decrease; ant. increase, enhance



## মূল পাঠ (Text) | পাঠ্যবইয়ের প্রশ্নের উত্তর শিখি



A Look at the picture on the previous page and guess what the person might be feeling. Make a list of those emotions and describe them briefly. (পূর্ববর্তী পৃষ্ঠার ঘবিটি দেখো এবং অনুমান কৰো ব্যক্তিটি কেমন অনুভব কৰছে। এই আবেগগুলোর একটি তালিকা তৈরি কৰো এবং সংকেপে এদের বর্ণনা কৰ ।)

Ans. Possible Emotions the Person Might be Feeling (ব্যক্তিটি সভাব্য যেসব অনুভূতি অনুভব কৰতে পারে) :

1. **Sadness (দুঃখ)** : The person might be overwhelmed with feelings of sorrow or grief, possibly due to personal loss or disappointment. (ব্যক্তিটি স্ফুরিত শোক বা দুঃখের ভাবে ভারক্রম, স্ফুরিত ব্যক্তিগত ক্ষতি বা হতাশার কারণে ।)
2. **Loneliness (একাকীভূত)** : Sitting alone in a secluded place suggests feelings of being isolated or disconnected from others. (নির্জন স্থানে বসে থাকা তার বিচ্ছিন্নতা বা অন্যদের সাথে সংযোগের অভাবকে নির্দেশ কৰতে পারে ।)
3. **Anxiety (উৎসে)** : Covering the eyes with hands can indicate stress, worry, or fear about a situation or uncertain future. (হাত দিয়ে চোখ ঢেকে রাখা অর্থ হতে পারে চাপ, দুঃখিত, বা অনিষ্টিত ভবিষ্যৎ নিয়ে ভয় ।)
4. **Confusion (বিষ্ডি)** : The gesture of covering the eyes might signify an attempt to block out distractions while trying to process thoughts or decisions. (চোখ ঢেকে রাখা ভঙ্গি তিক্তা বা সিদ্ধান্ত নেয়ার সময় বিভাব দ্রুত কৰার প্রচেষ্টাকে নির্দেশ কৰতে পারে ।)
5. **Frustration (হতাশা)** : Covering the face could also mean he/she feels annoyed or stuck, unable to solve a problem. (মুখ ঢেকে রাখা তার বিরক্তি বা সমস্যার সমাধানে অক্ষমতার প্রকাশ হতে পারে ।)

6. **Embarrassment** (শংজা) : The person might feel ashamed or humiliated, hiding his face as a defensive gesture. (ব্যক্তি সত্ত্বত বিন্দুত বোধ করছে, আস্থারক্ষার জন্য মুখ ঢেকে রেখেছে।)
7. **Helplessness** (অসহায়তা) : The position suggests a lack of motivation or the feeling of being trapped without a solution. (ভিক্ষিত তার অনুপ্রেরণার অভাব বা সমস্যার মধ্যে আটকে থাকার অনুভূতি নির্দেশ করতে পারে।)

#### Description of Each Emotion (প্রতিটি অনুভূতির বর্ণনা) :

- Sadness** (দুঃখ) : A heavy emotion, often accompanied by tears or a sense of loss. (একটি ভারী অনুভূতি, যা প্রায়ই কানো বা শুকির বোধের সাথে যুক্ত।)
- Loneliness** (একাকীতা) : A painful awareness of being apart from social interactions. (সামাজিক যোগাযোগ থেকে আলাদা থাকার বেদনাদায়ক উপলক্ষ্য।)
- Anxiety** (উৎসে) : A restless emotion, often paired with a racing mind or fear of the unknown. (অস্থির অনুভূতি, প্রায়ই দুর্বল চিন্তা বা অজ্ঞান বিষয়ে ভয়ের সাথে যুক্ত।)
- Confusion** (বিষ্টা) : The struggle to find clarity amidst chaotic thoughts or feelings. (বিশৃঙ্খল চিন্তা বা অনুভূতির মধ্যে স্পষ্টতা খুঁজে পাওয়ার সংশ্লিষ্ট।)
- Frustration** (হতাশা) : The irritation of facing obstacles that seem insurmountable. (এমন ধরনের বাধার মুখ্যমুগ্ধ হওয়ার বিস্তৃত যা অপ্রতিরোধ্য মনে হয়।)
- Embarrassment** (শংজা) : A defensive reaction to feeling exposed or ridiculed. (প্রকশিত বা উপহাস বোধ করার প্রতিরক্ষামূলক প্রতিক্রিয়া।)
- Helplessness** (অসহায়তা) : A loss of control, leading to inactivity or resignation. (নিয়ন্ত্রণ হারানোর অনুভূতি, যা নিষ্ঠিয়তা বা আস্থাসমর্পণের দিকে নিয়ে যায়।)

**B** Let's read the following excerpt and answer the questions. (এসো আমরা নিচের উন্নত অংশটিকু পড়ি এবং প্রশ্নগুলোর উত্তর দিই।)

Text (মূল পাঠ)	উচ্চারণ	বজ্ঞানুবাদ
<b>What is Loneliness? Causes, Effects and Prevention</b> <i>By : Lindsay Modglin</i>	ওঅট ইজ লোউন্লিনেস? কোজিস, ইফেক্টস অনুভ প্রিভেনশন	একাকীত কী? কারণ, প্রভাব এবং প্রতিরোধ
Loneliness is a universal emotion that most of us experience at least once during our lifetime, although certain events, such as an illness or a pandemic, can make it feel more pervasive. If you're currently experiencing feelings of loneliness, you aren't alone. In fact, a 2020 study by Cigna found that 61% of Americans reported being lonely in 2019, up from 54% in 2018.	লোউন্লিনেস ইজ আ ইউনিভাসাল ইমোউশন্ দ্যাট মোউস্ট অভি আস ইক্সপিআরিআনস্ অ্যাট লীস্ট ওআনস্ ডিউআরিঙ্গ আভিআ(ৱ) লাইফটাইম, ওল্ডেন্ট সাট্টু সৈভেন্টস্, সাচ অ্যাজ আন্ট ইলনেস ও(ৱ) আ প্যানডেমিক, ক্যান মেইক ইট ফীল যো(ৱ) পার্সিশন্ড। ইফ ইউআ(ৱ) কারেন্টলি ইক্সপিআরিআনসিঙ্গ ফীলিঙ্গস্ অভি লোউন্লিনেস, ইট আ(ৱ)ন্ট আলোউন। ইন্ট ফ্যাক্ট আ টু থাউজেন্ড টোয়েন্টি স্টাডি বাই সিগনা ফাউন্ড দ্যাট পিস্কস্টি ওআন পাসেন্ট অভি আমেরিকানস্ রিপোর্টি বীইজ লোউন্লি ইন্ট থাউজেন্ড নাইন্টান, আপ ফ্রম ফিফ্টি কো(ৱ) পাসেন্ট ইন্ট টু থাউজেন্ড এইটান।	একাকীত একটি সার্বজনীন অনুভূতি যা আমরা জীবনে অন্তত একবার হলেও অনুভব করি, যদিও কিছু ঘটনা, যেমন অসুস্থিতা বা মহায়ারি, এটাকে আরও তীব্র করে তুলতে পারে। যদি তুমি বর্তমানে একাকীত অনুভব কর, তবে তুমি একা নও। প্রতিপক্ষে ২০২০ সালে সিগনা-এর একটি গবেষণায় দেখা গেছে যে ২০১৯ সালে ৬১% আমেরিকান একাকীত অনুভব করেছে, যা ২০১৮ সালের ৫৪% থেকে বৃদ্ধি পেয়েছে।
No matter what events are occurring around you, understanding loneliness and its risks is important for recognizing when you may need support. Read on to learn what loneliness is, its causes, long-term risks and ways to cope with the emotions that may come up when you're lonely.	নৌ ম্যাট(ৱ) ওঅট ইভেন্টস্ আ(ৱ) আকারিঙ্গ আরাউন্ড ইট, অন্ডাস্টানডিং লোউন্লিনেস আন্ড ইটস্ রিস্কস্ ইজ ইমপোটান্ট ফ(ৱ) রেকাগ্নাইজিঙ্গ ওএন ইট মেই নীড সাপোর্ট। সীড অন টু লান ওঅট লোউন্লিনেস ইজ, ইটস্ কোজিস, লং-টায় রিস্কস্ আন্ড ওএইজ টু কোপ ডিইন্দ দি ইমোউশন্স্ দ্যাট মেই কাম আপ ওএন ইউআ(ৱ) লোউন্লি।	তোমার চারপাশে যে পরিস্থিতিই'হেক না কেন, একাকীত এবং এর ঝুঁকি সম্পর্কে বোধা গুরুত্বপূর্ণ, যাতে তুমি বুঝতে পারো কখন সহায়তা প্রয়োজন। একাকীত কী, এর কারণ, সীঁঁঁঁঁয়েয়ানি ঝুঁকি এবং একাকীতের সময় যে আবেগগুলো আসে তা যোকাবিলার উপায় সম্পর্কে জানার জন্য পড়তে থাকো।
<b>What Is Loneliness?</b>	ওঅট ইজ লোউন্লিনেস?	একাকীত কী?
The American Psychological Association (APA) defines loneliness as the "affective and cognitive discomfort or uneasiness from being or perceiving oneself to be alone or otherwise solitary."	দি আমেরিকানস্ সাইকোলজিকাল আসোশিএইশন (APA) ডিফাইনিস্ লোউন্লিনেস অ্যাজ দি "আফেক্টিভ অন্ড কগনিটিভ ডিস্কোমফোট ও(ৱ) আনসেজিনেস ফ্রম বাইজ ও(ৱ) পাসিভিভ ওআনসেলফ টু বী আলোউন ও(ৱ) আদাওআইজ সলিটারি।"	আমেরিকান সাইকোলজিকাল এসোসিয়েশন (এপিএ) একাকীতকে সংজ্ঞায়িত করেছে "একাকীত বা নিজেকে একা বা বিজ্ঞ অনুভব করার কারণে সৃষ্টি আবেগীয় এবং মানসিক অস্থি" হিসেবে।

Text (ମୂଳ ପାଠ)	ଉଚ୍ଚାରଣ	ବଞ୍ଚିଲୁବାଦ
In other words, loneliness is the mental or emotional discomfort you may experience from either being alone or feeling as though you are alone. This feeling stems from your social needs not being met and/or an inability to get the social connection you desire.	ଇନ୍ ଆଦା(ର) ଓଡ଼ାଙ୍ଗସ, ଲୋଡ଼ନଲିନେସ ଇଜ୍ ଦା ମେନ୍ଟଲ ଓ(ର) ଇସେଡ଼ିଶନାଲ୍ ଡିସକାମ୍ଫୋଟ୍ ଇଉ ମେଇ ଇକସପିଆରିଆନ୍ସ ଫ୍ର୍ସ ଏଇଦା(ର) ବୀଇଙ୍ ଆଲୋଇନ୍ ଓ(ର) ଫିଲିଙ୍ ଆୟାଙ୍ ଦେଉ ଇଉ ଆ(ର) ଆଲୋଇନ୍ । ନିସ ବୀଲିଙ୍ଗସ ସ୍ଟେମ୍ସ ଫ୍ର୍ସ ଇୟୋ(ର) ସୋଶ୍ଲ ନୀଭ୍ସ ନଟ୍ ବୀଇଙ୍ ମେଟ୍ ଆନ୍ଡ୍/ଓ(ର) ଅନ୍ ଇନାବିଲାଟି ଟୁ ଗେଟ୍ ଦା ସୋଶ୍ଲ କାନେକଶ୍ନ୍ ଇଉ ଡିଜାଇଆ(ର) ।	ଅନା କଥାଯ, ଏମନ ଏକଟି ମାନସିକ ବା ଆବେଗୀୟ ଅବଶ୍ଵି ଯା ତୁମି ଏକ ଥାକାର ବା ନିଜେକେ ଏକ ମନେ କରାର କାରଣେ ଅନୁଭବ କରାତେ ପାରୋ । ଏହି ଅନୁଭବ ତୋମାର ସାମାଜିକ ଚାହିଁଦା ପୂର୍ବ ନା ହେଁବା ଏବଂ/ଅଥବା ତୁମି ଯେ ସାମାଜିକ ସଂହାରୀ ଚାଓ ତା ନା ପାଓଯାର କାରଣେ ସୃଷ୍ଟି ହୁଏ ।
<b>Loneliness vs Being Alone</b>	ଲୋଡ଼ନଲିନେସ ଭାସାସ ବୀଇଙ୍ ଆଲୋଇନ୍	ଏକାକୀତ କନାମ ଏକ ଥାକା
Although loneliness and being alone are commonly confused, being alone doesn't necessarily mean someone is lonely. "Loneliness is a feeling, while being alone is a situation or state of being, which is not inherently negative," says Nina Vasan, M.D., psychiatrist and professor at Stanford University School of Medicine and chief medical officer at Real, an online mental wellness membership site.	ଓଲ୍ଡୋଇ ଲୋଡ଼ନଲିନେସ ଆନ୍ଡ୍ ବୀଇଙ୍ ଆଲୋଇନ୍ ଆ(ର) କମାନ୍ଡି କାନ୍ଫିଡ଼ିଙ୍, ବୀଇଙ୍ ଆଲୋଇନ୍ ଡାଜନ୍ଟ୍ ମେସାମାରିଲି ମୀନ୍ ସାମ୍ଭାନ୍ ଇଜ୍ ଲୋଡ଼ନଲି । "ଲୋଡ଼ନଲିନେସ ଇଜ୍ ଆ ଫିଲିଙ୍, ଓଅଇଲ୍ ବୀଇଙ୍ ଆଲୋଇନ୍ ଇଜ୍ ଆ ସିଚୁଏଇଶ୍ନ ଓ(ର) ସ୍ଟେଟ୍‌ଟ ଅତ୍ ବୀଇଙ୍, ଟିଇ୍ ଇଜ୍ ନଟ୍ ଇନହିଆରନେଟ୍‌ଲି ଲେଗଟିଭ," ସେଇଜ୍ ନାଇନା ଭାସାନ୍, ଏମ.ଡି., ସାଇକାଇଆଟ୍ରିସ୍‌ଟ ଆନ୍ଡ୍ ପ୍ରାଫେସ(ର) ଆଟ୍ ସ୍ଟ୍ୟାନ୍ଫୋଡ୍ ଇଉନିଭାରାଟି ଫ୍ଲୁ ଅତ୍ ମେଧ୍ସନ୍ ଆନ୍ଡ୍ ଟିଫ୍ ମେଡିକ୍‌ଲ୍ ଅଫିସା(ର) ଆଟ୍ ରିଆଲ୍ ଓଏଲ୍‌ମେସ ମେମ୍ବା(ର) ଶିଖ୍ ସାଇଟ୍ ।	ଯଦିଓ ଏକାକୀତ ଏବଂ ଏକ ଥାକାକେ ପ୍ରାୟଇ ଏକ ମନେ କରା ହର, ଏକ ଥାକା ମାନେଇ କେଉ ଏକାକୀ ନଥ । "ଏକାକୀତ ଏକଟା ଅନୁଭବ, ଆର ଏକ ଥାକା ଏକଟି ଅବଶ୍ଵା, ଯା ବୀଭାବିକଭାବେଇ ନେତ୍ରିବାଚକ ନୟ," ବଲେନ ଡ, ନିନା ବାସାନ୍, ସ୍ଟ୍ୟାନ୍ଫୋର୍ଡ ଇଉନିଭାରାଟି ଫ୍ଲୁ ଅବ ମେଡିସିନେର ମନୋରୋଗ ବିଶେଷଜ୍ଞ ଏବଂ 'ରିଯାଲ' ନାମେ ଏକଟି ଅନଲାଇନ୍ ମାନସିକ ସୁଧତା ପରିସେବାର ପ୍ରଧାନ ମେଡିକେଲ କର୍ମକର୍ତ୍ତା ।
"You can feel lonely even when you're surrounded by other people—such as a partner, family, co-workers or friends," continues Dr. Vasan.	"ଇଉ କ୍ୟାନ୍ ଫିଲ୍ ଲୋଡ଼ନଲି ଇଭ୍ସ ଓଏନ୍ ଇଉଆ(ର) ସାରାଉନ୍ଡିଜ୍ ବାଇ ଆଦା(ର) ପୀପୁଲ୍ — ସାତ ଆୟା ଆ ପାଟନା(ର), ଫାମିଲି, କୋ-ଓଫାକା(ର)ସ ଓ(ର) ଫ୍ର୍ୟାଙ୍ଗସ," କାନ୍ଟିନିଉଜ୍ ଡକ୍ଟା(ର) ଭାସାନ୍ ।	"ତୁମି ଏକାକୀ ଅନୁଭବ କରାତେ ପାରୋ ଏଥିକି ଯଦି ତୁମି ସଜ୍ଜୀ, ପରିବାର, ସହକରୀ ବା ବନ୍ଦୁଦେର ସଜ୍ଜେବ ଥାକୋ," ଡ. ବାସାନ୍ ଯୋଗ କରେନ ।
It's also possible to be alone, but not feel lonely, she adds. "For example, if you're by yourself but connecting to others through good communication or activities like volunteering, you don't feel lonely."	ଇଟ୍ସ ଓଲ୍ସୋଟି ପମାବ୍ଲ ଟୁ ବୀ ଆଲୋଇନ୍, ବାଟ୍ ନଟ୍ କୀଲ୍ ଲୋଡ଼ନଲି, ଶୀ ଆୟାଙ୍ସ । "କ(ର) ଇଗ୍ଜାମ୍‌ପ୍ଲୁ, ଇଫ୍ ଇଉଆ(ର) ବାଇ ଇୟୋସେଲ୍‌ଫ୍ ବାଟ୍ କାନେକ୍ଟିଭ୍ ଟୁ ଆଦା(ର) ଥି ଗୁଡ୍ କାମିନିକେଇଶ୍ନ ଓ(ର) ଆକଟିଭାଟିଭ୍ ଲାଇଫ୍ ଡଲାନ୍ଟିଆରିଙ୍, ଇଉ ଡୋଇନ୍ଟ୍ ଫିଲ୍ ଲୋଡ଼ନଲି ।"	ତିନି ଆରା ବଲେନ, ତୁମି ଏକ ଥାକତେ ପାରୋ, ତବେ ଏକାକୀତ ଅନୁଭବ ନାହିଁ କରାତେ ପାରୋ । "ଡାହରଣରୁପ, ତୁମି ଯଦି ଏକ ଥାକୋ କିନ୍ତୁ ଭାଲୋ ଯୋଗାଯୋଗ ବା ସେଜ୍ବେସେବାର ମତୋ କାର୍ଯ୍ୟକ୍ରମେ ମାଧ୍ୟମେ ଅନ୍ୟଦେର ସାଥେ ଯୁକ୍ତ ଥାକୋ, ତବେ ତୁମି ଏକାକୀତ ଅନୁଭବ କରବେ ନା ।"
<b>What Causes Loneliness?</b>	ଓଅଟ୍ କୋଞ୍ଜିଜ୍ ଲୋଡ଼ନଲିନେସ	ଏକାକୀତର କାରଣ କି?
There are various demographic factors that may contribute to loneliness. Although Dr. Vasan notes that anyone can feel lonely at any time in their life, a few groups that stand out as having an increased risk of loneliness include "young adults, mothers with young children and the elderly." Immigrants are also at higher risk for loneliness, continues Dr. Vasan.	ଦେଆ(ର) ଆ(ର) ଡେଆରିଆସ ଡେମୋଗ୍ରାଫିକ୍ ଫ୍ଯାକ୍ଟା(ର) ଦାଟ ମେଇ କାନ୍ଟିବିଡ଼ଟ୍ ଟୁ ଲୋଡ଼ନଲିନେସ । ଓଲ୍ସୋଟି ଡକ୍ଟା(ର) ଭାସାନ୍ ନୋଟ୍ସ ଦାଟ ଏନିଓଆନ୍ କ୍ୟାନ୍ ଫିଲ୍ ଲୋଡ଼ନଲି ଆଟ୍ ଏନି ଟାଇମ୍ ଇନ ଦେଆ(ର) ଲାଇଫ୍, ଆ କିଉ ଥୁପ୍‌ମ୍ ଦାଟ ସ୍ଟ୍ୟାନ୍ଡ ଆର୍ଡଟ୍ ଆୟା ହ୍ୟାକ୍ଟିଭ୍ ଆନ୍ ଇନକ୍ରିଜ୍ବିଡ୍ ରିସକ୍ ଅତ୍ ଲୋଡ଼ନଲିନେସ ଇନକ୍ରିଜ୍ବିଡ୍ "ଇଯାଂ ଆୟାଭାଲ୍‌ଟ୍ସ, ମାଦା(ର)ସ ଡେଇ୍ ଇଯାଂ ଚିଲ୍‌ଭାନ୍ ଆନ୍ଡ୍ ନି ଏଲ୍‌ଭା(ର)ଲି ।" ଇମିଗ୍ରାନ୍‌ଟ୍ସ ଆ(ର) ଓଲ୍ସୋଟି ଆୟାଟ୍ ହ୍ୟାଇଆ(ର) ରିସକ୍ ଫର୍ମ ଲୋଡ଼ନଲିନେସ, କାନ୍ଟିନିଉଜ୍ ଡକ୍ଟା(ର) ଭାସାନ୍ ।	ଏକାକୀତର କାରଣ କି? ଏକାକୀତେ ଅବଦାନ ରାଖେ ଏମନ ବିଭିନ୍ନ ଜନସଂଖ୍ୟାଭାବିକ କାରଣ ରଖେଛେ । ଯଦିଓ ଡ. ବାସାନ୍ ବଲେନ ଯେ ଜୀବନେର ଯେତୋକେନେ ସମୟେ ଯେ କେଉ ଏକାକୀ ଅନୁଭବ କରାତେ ପାରେ, ତବେ କିନ୍ତୁ ଗୋଟି ଏକାକୀତେର ଉଚ୍ଚ ଝୁକ୍ତିରେ ରଖେଛେ, ସେମନ "ତରୁଣ ପ୍ରାତିବନ୍ଧକ, ଛେଟ ବାକ୍ତାର ଯା ଏବଂ ପ୍ରବିଶରା ।" ଅଭିବାସୀରୀଏ ଏକାକୀତେର ଉଚ୍ଚ ଝୁକ୍ତିରେ ଥାକେନ, ଡ. ବାସାନ ଆରା ସମେତ ବଲେନ ।
You may experience loneliness for a variety of reasons, but it can often stem from a major life change. A 2020 study by the University of Edinburgh suggests that the causes of loneliness differ depending on the age of the individual. For example,	ଇଉ ମେଇ ଇକସପିଆରିଆନ୍ସ ଲୋଡ଼ନଲିନେସ ଫର୍ମ ଆ ଡେରାଇଆଟି ଅତ୍ ରୀଜନ୍ସ, ବାଟ୍ ଇଉ କାନ୍ ଓଫନ୍ ନେଟ୍‌ଵ୍ ଥି ଏଇଜା(ର) ଲାଇଫ୍ ଚେଇନ୍‌ଜ୍ । ଆ ଟୁ ଧ୍ୟାଜନ୍‌ଡ୍ ଟୋରେନ୍‌ଟି ଟୁ ସ୍ଟାଭି ବାଇ ଦା ଇଉନିଭାରାଟି ଅତ୍ ଏଲ୍‌ଭାନ୍‌ଟ୍ ନି ଏଲ୍‌ଭା(ର)ଲି । ଡିପେନ୍‌ଡିଭ୍ ଅନ୍ ନି ଏଇଜ୍ ଅତ୍ ନି ଡିଜାଇଆ(ର) ।	ତୁମି ବିଭିନ୍ନ କାରଣେ ଏକାକୀତ ଅନୁଭବ କରାତେ ପାରୋ, ତବେ ଏଟି ପ୍ରାୟଇ ଜୀବନେ ବଢ଼ ଧରନେର ପରିବର୍ତ୍ତନେର କଲେ ହୁଏ । ଏଡିନବାର୍ଗ ବିଶ୍ୱବିଦ୍ୟାଳୟର 2020 ମାଲେର ଏକଟି ଗବେଷଣା ବଳା ହେବେ ଯେ ଏକାକୀତେର କାରଣ ବାକ୍ତିର ବୟାସେର ଉପର ନିର୍ଭର କରେ ଡିମ୍ ହତେ ପାରେ ।

Text (ମୂଳ ପାଠ)	ଉଚ୍ଚାରଣ	ବଜ୍ଞାନ୍ୟବାଦ
older adults experience loneliness more frequently as a result of living alone, while middle-aged individuals aren't as likely to report living alone as a cause of their loneliness.	ଇନ୍‌ଡିଭିଜ୍ୟୁଆଲ୍ । ଫ(ର) ଇଗଜ୍ଞା:ପ୍ଲ୍ଯୁ, ଓଉଲ୍ଡା(ର) ଆଡାଲ୍ଟସ୍ ଇକସପିଆରିଆନ୍ସ୍ ଲୋଡ଼ନ୍ଲିନେସ୍ ମୋ(ର) ଫିକ୍ରୁଆନ୍ଟ୍ଲି ଆଜ୍ ଆ ରିଜଲ୍ଟ୍ ଅତ୍ ଲିଭିୟ ଆଲୋଡ଼ିନ୍, ଓଆଇଲ୍ ମିଡ଼ଲ୍ ଏଇଜ୍ଡ୍ ଇନ୍‌ଡିଭିଜ୍ୟୁଆଲ୍ସ ଆ(ର)ନ୍ଟ୍ ଆଜ୍ ଲାଇକ୍ଲି ଟୁ ରିପୋର୍ଟ ଲିଭିୟ ଆଜ୍ ଆ କୋଝ ଅତ୍ ଦେଆ(ର) ଲୋଡ଼ନ୍ଲିନେସ୍ ।	ଉଦାହରଣଗ୍ରହଣ, ବ୍ୟକ୍ତ ବାଜିରା ଏକ ଥାକାର କାରଣେ ଏକାକୀତ ବେଶ ଅନୁଭବ କରେନ, ସେଥାନେ ମଧ୍ୟବର୍ଷକ ବାଜିରା ତାଦେର ଏକାକୀତର କାରଣ ହିସେବେ ଏକ ଥାକାକେ ମନେ କରେନ ନା ।
This discrepancy between what causes loneliness in older adults versus those who are middle-aged could be due to the fact that older adults have retired and no longer have the community and daily interactions of work life, explains Nikki Press, Psy.D., a clinical psychologist in New York City. Older individuals are more likely to have lost friends and family members, and they are more likely to experience medical or physical limitations that restrict their opportunities for activities and socialising, continues Dr. Press.	ଦିସ୍ ଡିସ୍କ୍ରିପ୍ଟିପାନସି 'ବିଟ୍ୟୁନ' ଓଆଟ୍ କୋଜିଜ୍ ଲୋଡ଼ନ୍ଲିନେସ୍ ଇନ୍ ଓଉଲ୍ଡା(ର) ଆଡାଲ୍ଟ୍ସ୍ ଭାସାସ୍ ଦୋଇଜ୍ ହୁ ଆ(ର) ମିଡ଼ଲ୍ ଏଇଜ୍ଡ୍ କୁଡ଼ ବୀ ଡିକ୍ଟେ ଟୁ ଦା ଫ୍ୟାକ୍ଟ୍ ଦ୍ୟାଟ୍ ଓଉଲ୍ଡା(ର) ଆଡାଲ୍ଟ୍ସ୍ ହ୍ୟାତ୍ ରିଟାଇଆନ୍ ଆନ୍ଡ ନୌ ଲଂଗୋ(ର) ହ୍ୟାତ୍ ଦା କାମିଡ଼ିନାଟି ଆନ୍ଡ ଡେଇଲି ଇନ୍ଟାରୋକଶ୍ନ୍ସ୍ ଅତ୍ ଓସାକ୍ ଲାଇକ୍, ଇକସପିଆରିଆନ୍ସ୍ ନିକି ପ୍ରେସ୍, ଡକ୍ଟା(ର) ଅତ୍ ସାଇକଲାର୍ଜି, ଆ ଟିନିକ୍ଲ୍, ସାଇକଲଜିସଟିଙ୍କ୍ସ ଇନ୍ ନିଉ ଇଯୋକ୍ ପିଟି । ଓଉଲ୍ଡା(ର) ଇନ୍‌ଡିଭିଜ୍ୟୁଆଲ୍ସ ଆ(ର) ମୋ(ର) ଲାଇକ୍ଲି ଟୁ ହ୍ୟାତ୍ ଲସ୍ଟ୍ ଫ୍ରେନ୍ଡ୍ସ ଆନ୍ଡ ଫ୍ୟାମିଲି ମେମ୍ବର୍(ର)ସ, ଆନ୍ଡ ଦେଇ ଆ(ର) ମୋ(ର) ଲାଇକ୍ଲି ଟୁ ଇକସପିଆରିଆନ୍ସ୍ ମେଡିକ୍ଲ ଓ(ର) ଫିଜିକ୍ଲ ଲିମିଟେଇଶ୍ନ୍ସ ଦ୍ୟାଟ୍ ରେସିନ୍ଟ୍ରକ୍ଟ ଦେଆ(ର) ଅପାଟିଟିନାଟିଜ୍ ଫ(ର) ଆକ୍ରିଭାଟିଜ୍ ଆନ୍ଡ ସୋଶାଲାଇଜିଂ, କାନ୍ଟିନିଉଜ୍ ଡକ୍ଟା(ର) ପ୍ରେସ୍ ।	ବ୍ୟକ୍ତ ଏବଂ ମଧ୍ୟବର୍ଷକଦେର ମଧ୍ୟେ ଏକାକୀତର କାରଣେର ଏହି ପାର୍ଥକୀ ହତେ ପାରେ ଏହି କାରଣେ ଯେ, ବ୍ୟକ୍ତ ବାଜିରା ଅବସର ଗ୍ରହଣ କରେଛେ ଏବଂ ତାଦେର କର୍ମଜୀବନେର ସମାଜ ଏବଂ ଦୈନିକିନ ଯୋଗାଯୋଗ ଆର ନେଇ, ବ୍ୟାଖ୍ୟା କରେନ ଡ. ନିକି ପ୍ରେସ, ନିଉଇଯର୍କ ପିଟିର ଏକଜନ ଡିନିକ୍ୟାଲ ମନୋବିଜ୍ଞାନୀ । ବ୍ୟକ୍ତ ବାଜିଦେର ବନ୍ଧୁ ଏବଂ ପରିବାରେର ସଦସ୍ୟଦେର ହାରାନୋର ସଂକାଳନ ବେଳ, ଏବଂ ତାରା ଶାରୀରିକ ବା ଚିକିତ୍ସା ସଂକ୍ରାନ୍ତ ଶୀମାବନ୍ଧତାର ସମ୍ବୂଚିତ ହତେ ପାରେନ ଯା ତାଦେର କାର୍ଯ୍ୟକଲାପ ଓ ସାମାଜିକତାକେ ଶୀଖିତ କରେ, ଡ. ପ୍ରେସ ଯୋଗ କରେନ ।
Other common causes of loneliness include:	ଆଦା(ର) କମାନ୍ କୋଜିଜ୍ ଅତ୍ ଲୋଡ଼ନ୍ଲିନେସ୍ ଇନ୍କ୍ରିପ୍ଟ :	ଏକାକୀତର ଅନ୍ୟନ୍ୟ ସାଧାରଣ କାରଣଗୁଲୋ ହଲୋ :
• The death of a close friend or family member	ଦା ଡେଥ୍ ଅତ୍ ଆ ଡ୍ରେଇଜ୍ ଫ୍ରେନ୍ଡ୍ ଓ(ର) ଫ୍ୟାମିଲି ମେମ୍ବର୍(ର)	ଘନିଷ୍ଠ ବନ୍ଧୁ ବା ପରିବାରେର ସଦସ୍ୟେର ମୃତ୍ୟୁ
• Physical isolation, such as living alone or moving away from family and friends	ଫିଜିକ୍ଲ ଆଇସୋଲେଇଶ୍ନ୍, ସାତ୍ ଆଜ୍ ଲିଭିୟ ଆଲୋଡ଼ିନ୍ ଓ(ର) ମୂର୍ତ୍ତିକ୍ ଆଓଯେଇ ଫ୍ରେମ୍ ଫ୍ୟାମିଲି ଆନ୍ଡ ସେନ୍଱୍ର୍ସ	ଶାରୀରିକ ବିଜ୍ଞିନୀତା, ଯେମନ ଏକ ଥାକ୍ ବା ପରିବାର ଓ ବନ୍ଧୁଦେର ଥେକେ ଦୂରେ ଚଲେ ଯାଓଯା
• Illness or disability	ଇଲ୍ନେସ୍ ଓ(ର) ଡିଜାବିଲାଟି	ଅସ୍ଵସ୍ଥତା ବା ଅକ୍ଷମତା/ବିକଲାଜାତା
• Retirement	ରିଟାଇଆ(ର)ମାନ୍ଟ୍	ଅସରଗ୍ରହଣ
• Working alone	ଓର୍ଗାକ୍ରିଙ୍ ଆଲୋଡ଼ିନ୍	ଏକା କାଜ କରା
How to Cope with and Prevent Loneliness	ହାଟ୍ ଟୁ କୋପ ଉଇଦ୍ ଆନ୍ଡ ପ୍ରିଭେନ୍ଟ୍ ଲୋଡ଼ନ୍ଲିନେସ୍	ଏକାକୀତର ସାଥେ ମାନିଯେ ନେଓଯାର ଏବଂ ପ୍ରତିରୋଧେର ଉପାୟ
Just as the cause of loneliness can vary from person to person, coping and prevention strategies can also differ. In general, the goal is to make strong, healthy connections that fulfill your need for social interaction.	ଜାନ୍ଟ୍ ଆଜ୍ ନି କୋଝ ଅତ୍ ଲୋଡ଼ନ୍ଲିନେସ୍ କ୍ୟାନ୍ ଭ୍ୟାରି ଫ୍ରେମ୍ ପାସନ୍ ଟୁ ପାସନ୍, କୋପିଙ୍ ଆନ୍ଡ ପ୍ରିଭେନ୍ଶ୍ନ୍ ସ୍ଟ୍ରୋଟାଇଜିସ କ୍ୟାନ୍ ଓଲ୍ସୋଟ ଡିଫା(ର) । ଇନ୍ ଜେନ୍ରାଲ୍, ଦା ଗୋଲ୍ ଇଞ୍ ଟୁ ମେଇକ୍ ସ୍ଟ୍ରେଟ୍, ହେଲ୍ପି କାନେକ୍ଶନ୍ସ ଦ୍ୟାଟ୍ ଫ୍ୟାମିଲି ଇଯୋ(ର) ନୀଡ୍ ଫ(ର) ସୋଶିଲ୍ ଇନ୍ଟାରୋକଶ୍ନ୍ ।	ଯେମନାଟି ଏକାକୀତର କାରଣ ବାଜିଭେଦେ ଭିନ୍ନ ହତେ ପାରେ, ତେମନି ଏର ସାଥେ ମାନିଯେ ନେଓଯାର କୌଶଳ ଓ ପ୍ରତିରୋଧେର କୌଶଳ ଓ ଭିନ୍ନ ହତେ ପାରେ । ସାଧାରଣତ, ଲକ୍ଷ୍ୟ ହଲୋ ଶକ୍ତିଶାଲୀ, ସାମ୍ବ୍ୟକର ସଂଯୋଗ ତୈରି କରା ଯା ତୋମାର ସାମାଜିକ ବିଦେଶୀଯାର ପ୍ରୟୋଜନ ଘେଟୋଯି ।
While there is no substitute for help from a mental health professional, the following tips may help you build emotional connections.	ଓଆଇଲ୍ ଦେଆ(ର) ଇଞ୍ ନୌ ସାବ୍ଦିଟିଟିଏଟ୍ ଫ(ର) ହେଲ୍ପ ଫ୍ରେମ୍ ଆ ମେନ୍ଟର୍ଟ୍ଲ ହେଲ୍ପ ପ୍ରାଫେଅଶାନ୍ତି, ଦା ଫଲେଡ଼ିଇଙ୍ ଟିପ୍ସ ଯେଇ ହେଲ୍ପ ଇତ୍ ବିଲ୍ଡ୍ ଇମେଡିଶନାଲ୍ କାନେକ୍ଶନ୍ସ ।	ସଦିଓ ମାନସିକ ସାମ୍ବ୍ୟ ବିଶେଷଜ୍ଞର ସହାୟତାର କୋନୋ ବିକର୍ଷ ନେଇ, ତଥାପି ନିଚେର ପରାମର୍ଶଗୁଲୋ ତୋମାର ଆବେଦୀଯ ସଂଯୋଗ ତୈରି କରାତେ ସହାୟତା କରାତେ ପାରେ ।
• Find hobbies you enjoy: Taking part in activities you enjoy can be a great way to meet others with	ଫାଇନ୍ସ ହବିଙ୍ ଇଟ୍ ଇନ୍ଡର୍ଜ୍ଇ : ଟେଇକିଙ୍ ପାର୍ଟ୍ ଇନ୍ ଆକ୍ରିଭାଟିଜ୍ ଇଟ୍ ଇନ୍ଜଇ କ୍ୟାନ୍ ବୀ ଆ ଫ୍ରେଟ ଓେଇ ଟୁ ମୀଟ୍ ଆଦା(ର)ସ ଉଇଦ୍ ସିମିଲା(ର)	ତୋମାର ପରମ୍ପରେ ଶଖ ଝୁରେ ନାଓ : ତୁମ ସେବ କାଜ କରା ଉପଭୋଗ କର, ମେଗୁଲୋତେ ଅଂଶଗ୍ରହଣ କରା ତୋମାକେ



Text (মূল পাঠ)	উক্তাবণ	বজানুবাদ
similar interests. Consider a book club, art class, fitness group or any other activity where you can interact with others who enjoy the same things.	ইন্ট্রাস্টেস। কানসিডা(র) আ বৃক্তাৰ, আংট্ৰোপি, ফিটনেস গ্ৰুপ ও(র) এনি আদা(র) অ্যাক্টিভিটি ওএআ(র) ইউ ক্যান ইন্টারাক্ট উইদ আদা(র)স হু ইন্জই দা সেইম থিঙ্স।	একই রকম আগ্রহের মানুষের সাথে মেলামেশা কৰাৰ সুযোগ দেবে। বইপাঠেৰ ক্লাৰ, শিৱ কৰ্মশালা, ফিটনেস গ্ৰুপ বা যেকোনো কাজ বিবেচনা কৰ যেখানে তুমি অন্যদেৱ সাথে মেলামেশা কৰতে পাৰো।
• <b>Volunteer for an organisation you support:</b> Volunteering will not only give you a sense of accomplishment and pride, but it's an opportunity to meet others who support that same organization.	ভলান্টিআ(র) ফ(র) আনু এগানাইজেইশন ইউ সাপোট : ভলান্টিআরিঙ উইল নট ওউন্লি গিচ ইউ আ সেন্স অড আকানপ্ৰিশমানট আন্ড প্রাইভ বাট ইটস আনু অপাটিউনাটি টু মীট আদা(র)স হু সাপোট দ্যাট সেইম ওগানাইজেইশন।	তোমাৰ সমৰ্থিত কোনো সংস্থায় বেজাসেবী হিসেবে কাজ কৰো : বেজাসেবী কাজ তোমাকে কেবল গৰ্ব এবং সফলতাৰ অনুভূতি দেবে না, বৰং এটি এমন ব্যক্তিদেৱ সঙ্গে পৱিত্ৰিত হওয়াৰ সুযোগ দেবে যাবা একই সংস্থাকে সমৰ্থন কৰে।
• <b>Join support groups:</b> Support groups are an excellent way to connect with others who you have something in common with, such as a mental or physical condition.	অয়নু সাপোট গ্ৰুপস : সাপোট গ্ৰুপস আ(র) আনু একসালান্ট ওএই টু কানেক্ট উইদ আদা(র)স হু ইউ হ্যাণ্ড সামৰ্থিঙ ইন কমান উইদ, সাচ আজ আ মেন্টল ও(র) ফিজিকল কান্ডিশন।	সমৰ্থন গোষ্ঠীতে যোগ দাও : সমৰ্থন গোষ্ঠীগুলো এমন ব্যক্তিদেৱ সাথে যুক্ত হওয়াৰ একটি চমৎকাৰ উপায়, যাদেৱ সঙ্গে তোমাৰ কিছু মিল আছে, যেখন মানসিক বা শারীৱিক অবস্থা।
• <b>Routinely contacting family and friends:</b> Attempting to stay connected, even if only by phone or video chat, can help nurture your emotional health and help prevent loneliness.	বৃটিনলি কন্ট্যাক্টিভ ফ্যাশলি আন্ড ফেন্ডস : আটেম্পটিঞ্চ টু স্টেই কানেক্টিভ, স্টেন ইফ ওউন্লি রাই ফোউন্ড ও(র) ডিডিও চাট, ক্যান হেল্প নাচা(র) ইয়ো(র) ইমোউশনাল হেল্প আন্ড হেল্প প্রিভন্ট লোউন্লিনেস।	পৰিবাৰ ও বন্ধুদেৱ সাথে নিয়মিত যোগাযোগ : সহযুক্ত থাকাৰ চেষ্টা কৰ, এমনকি শুধু ফোন বা ডিডিও কলেৱ মাধ্যমেই হোক, এটি তোমাৰ মানসিক ব্যাস্থা লালন কৰতে এবং একাকীভূত প্ৰতিৱেধ কৰতে সাহায্য কৰতে পাৰে।
• <b>Maintain a healthy diet and regular exercise regime:</b> Living a healthy lifestyle promotes overall wellness and reduces your risk of chronic medical conditions—which could interfere with your social life.	মেইনটেইন আ হেল্পি ডাইআট আন্ড রেপিটিউলা(র) ইকসাসাইজ রেইজীঘ : দিভিং আ হেল্পি লাইফস্টাইল প্ৰামোটস ওডভাৰওল ওএলনেস আন্ড রিভিউসিজ ইয়ো(র) রিসুক অভ কুনিক মেডিকল কান্ডিশনস— উইচ কুড ইন্টাক্ষিআ(র) উইদ ইয়ো(র) সোশল লাইফ।	বাস্থ্যক খাৰাব ও নিয়মিত ব্যায়াম কৰা বজায় রাখো : একটি বাস্থ্যক জীবনযাত্রা সামগ্ৰিক সুৰক্ষা বাঢ়ায় এবং দীৰ্ঘমেয়াদী চিকিৎসা সমস্যাৰ ঝুকি কমায় — যা তোমাৰ সামাজিক জীবনে বাধা সৃষ্টি কৰতে পাৰে।
Regardless of your interests, it's important to listen to and fulfill your desire for social connection. This can help diminish feelings of loneliness or isolation, and could help improve the overall quality of your life.	যিগা:ডলেস অভ ইয়ো(র) ইন্ট্রাস্টস ইটস ইমপোটন্ট টু লিস টু আন্ড ফুলফিল ইয়ো(র) ডিজাইআ(র) ফ(র) সোশল কানেকশনস। দিস ক্যান হেল্প ডিমিনিশ কীলিঙ্স অভ লোউন্লিনেস ও(র) আইসোলেইশন, আন্ড কুড হেল্প ইমপ্ৰুভ দি ওভাৰওল কুআলাটি অভ ইয়ো(র) লাইফ।	তোমাৰ আগ্ৰহ যাই হোক না কেন, সামাজিক সংযোগেৰ প্ৰতি তোমাৰ আকাঙ্ক্ষাৰ বিষয়তি শোনা এবং পূৰণ কৰা গুৰুত্বপূৰ্ণ। এটি একাকীভূত বা বিছিনতাৰ অনুভূতি কমাতে পাৰে এবং তোমাৰ জীবনেৰ সামগ্ৰিক গুণমান উন্নত কৰতে সাহায্য কৰতে পাৰে।

(Abridged)

**C** **Speaking Task** Answer the following questions: (নিচেৰ প্ৰশ্নগুলোৰ উত্তৰ দাও।)

- What difference is there between being lonely and being alone? (একাকী হওয়া এবং একা থাকাৰ মধ্যে পাৰ্থক্য কী?)
- What feelings a person may have when he/she is lonely? (যখন একজন ব্যক্তি একাকীভূত বোধ কৰেন তখন তিনি কী ধৰনেৰ অনুভূতি অনুভূত কৰতে পাৰেন?)
- What factors influence older adults' loneliness? (ব্যাক ব্যক্তিদেৱ একাকীভূতকে কোন কোন বিষয় প্ৰভাৱিত কৰে?)
- Can you name some of the common causes of loneliness? (একাকীভূতেৰ কিছু সাধাৰণ কাৰণ কি তুমি বলতে পাৰো?)
- How can a person cope with loneliness and improve their quality of life? (একজন ব্যক্তি কীভাৱে একাকীভূতেৰ মোকাবিলা কৰতে পাৰে এবং তাৰ জীবনেৰ মান উন্নত কৰতে পাৰে?)
- Have you ever felt lonely and sad in your life? What was the reason for your loneliness and how did you overcome the situation? (তুমি কি কখনো তোমাৰ জীবনে একাকী এবং দুঃখিত অনুভূত কৰেছো? তোমাৰ একাকীভূতেৰ কাৰণ কী ছিল এবং কীভাৱে তুমি এটি কাটিয়ে উঠেছিলে?)

**Ans.**

- Being lonely is a feeling of emotional discomfort or sadness due to a lack of social connection, while being alone is a state of being physically by oneself, which may not always feel bad. (একাকী হওয়া মানে হলো আবেগগত অৱস্থা বা দুঃখেৰ অনুভূতি, যা সামাজিক সংযোগেৰ অভাৱে হয়, কিন্তু একা থাকা মানে হলো শারীৱিকভাৱে একা থাকা, যা সবসময় থারাপ মনে হয় না।)

2. A lonely person may feel sad, empty, or disconnected, even if they are surrounded by others. (একাকী মানুষ দৃঢ়বিত, শূন্য বা বিজ্ঞম অনুভব করতে পারে, এমনকি তারা অন্যদের সঙ্গে থাকলেও।)
3. Older adults feel lonely due to living alone, retirement, losing friends or family, and health issues that limit their activities and socializing. (বয়স্করা একা থাকার কারণে, অবসর গ্রহণ, ক্ষম্ব বা পরিবারের সদস্য হ্যারানো এবং সাম্প্রাণত সহস্যার কারণে একাকীভ অনুভব করেন, যা তাদের কর্মকাণ্ড এবং মেলামেশা সীমিত করে।)
4. Common causes include the death of loved ones, physical isolation, illness, retirement, and working alone. (সাধারণ কারণগুলোর মধ্যে রয়েছে প্রিয়জনের মৃত্যু, শারীরিক বিচ্ছিন্নতা, অসুস্থিতা, অবসর গ্রহণ, এবং একাকী কাজ করা।)
5. A person can cope by finding hobbies, joining groups, volunteering, staying in touch with family and friends, and maintaining a healthy lifestyle. (একজন ব্যক্তি শখ খুঁজে নিয়ে, শুপে যোগ দিয়ে, বেজাসেবক হয়ে, পরিবার বা বন্ধুর সাথে যোগাযোগ রেখে এবং সাম্প্রাণকর জীবনযাপন করে একাকীভ মোকাবিলা করতে পারে।)
6. Yes, I have felt lonely when I moved to a new school. But I overcame it by making new friends and participating in group activities. (হ্যাঁ, আমি যখন নতুন ভুলে পিয়েছিলাম তখন একাকী অনুভব করেছিলাম। তবে আমি নতুন বন্ধু তৈরি করে এবং সদগত কার্যক্রমে অংশ নিয়ে এটি কাটিয়ে উঠেছি।)

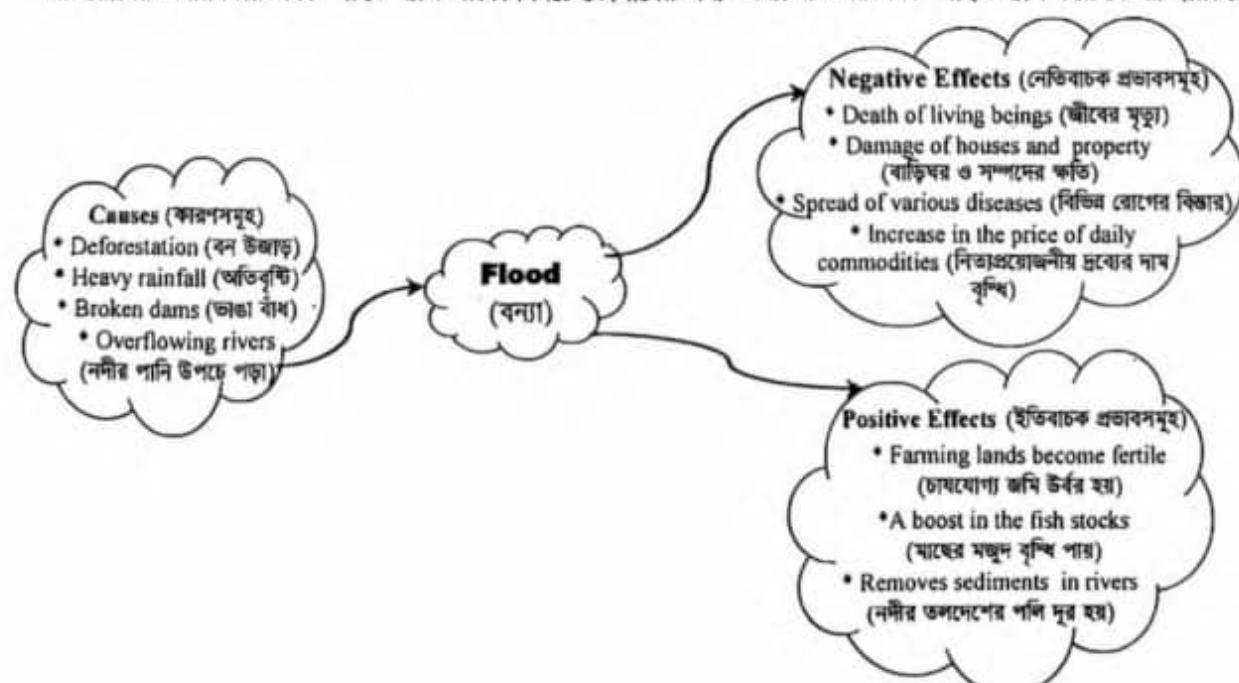
**D**  **Reading Task** Fill in the blanks with the correct information from the above text. (উপরের পাঠ থেকে সঠিক তথ্য নিয়ে শূন্যস্থানগুলো পূরণ কর।)

1. Every human being must feel lonely —— in a lifetime.
2. "You can feel lonely even when you're —— by other people—such as a ——, family, —— or friends".
3. Volunteering will not only give you a sense of —— and ——, but it's an opportunity to meet others who support that same organisation.
4. Staying connected via phone or video chat, can help —— one's emotional health and help —— loneliness.
5. A few groups that stand out as having an increased risk of loneliness include "young adults, —— with young children and the ——."

**Ans.**

1. Every human being must feel lonely at least once in a lifetime.
2. "You can feel lonely even when you're surrounded by other people—such as a partner, family, co-workers or friends".
3. Volunteering will not only give you a sense of accomplishment and pride, but it's an opportunity to meet others who support that same organisation.
4. Staying connected via phone or video chat, can help nurture, one's emotional health and help prevent loneliness.
5. A few groups that stand out as having an increased risk of loneliness include "young adults, mother, with young children and the elderly."

**E** Discuss in pairs and draw a mind map of causes, effects, and ways of preventing loneliness. A sample mind map of "Flood" has been done for you below. (জোড়ায় আলোচনা কর এবং একাকীভূত কারণ, প্রভাব, এবং প্রতিরোধের উপায় নিয়ে একটি মাইক্রো ম্যাপ আঁকো। নিচে তোমাদের জন্য "বন্যা"র উপর একটি মাইক্রো ম্যাপ করে দেওয়া হয়েছে।)



**Ans. Discussion in pairs (জোড়ায় আলোচনা) :**

S-1 : Let's discuss the causes, effects, and ways of preventing loneliness. What do you think? (চলো আমরা একাকীত্বের কারণ, প্রভাব, এবং প্রতিরোধের উপায় নিয়ে আলোচনা করি। তুমি কি বলো?)

S-2 : I think loneliness can happen because of living alone, losing loved one's or moving away from family and friends. (আমি মনে করি একাকীত্ব তখন হয় যখন যানুষ একা থাকে, প্রিয়জনদের হারায়, বা পরিবার ও বন্ধুদের থেকে দূরে চলে যায়।)

S-1 : Yes, and things like illness, disability, or even retirement can also cause loneliness. (হ্যা, আর অসুস্থতা, শারীরিক অক্ষমতা, এবং অবসর এইগুলি একাকীত্বের কারণ হতে পারে।)

S-2 : That's true. Now, what about the effects of loneliness? (ঠিক বলেছো। এখন, একাকীত্বের প্রভাব কী?)

S-1 : Loneliness can make people feel sad or depressed. It can also lead to health problems like stress or heart disease. (একাকীত্ব যানুষকে দুঃখী বা বিষণ্ণ করে তোলে। এটা চাপ বা হৃদরোগের মতো ঘাস্থ্য সমস্যাগুলি তৈরি করতে পারে।)

S-2 : Absolutely. And some people might lose interest in social activities or hobbies. (একদম ঠিক। আর অনেকেই সামাজিক কর্মকাণ্ড বা শখের প্রতি আগ্রহ হারিয়ে ফেলে।)

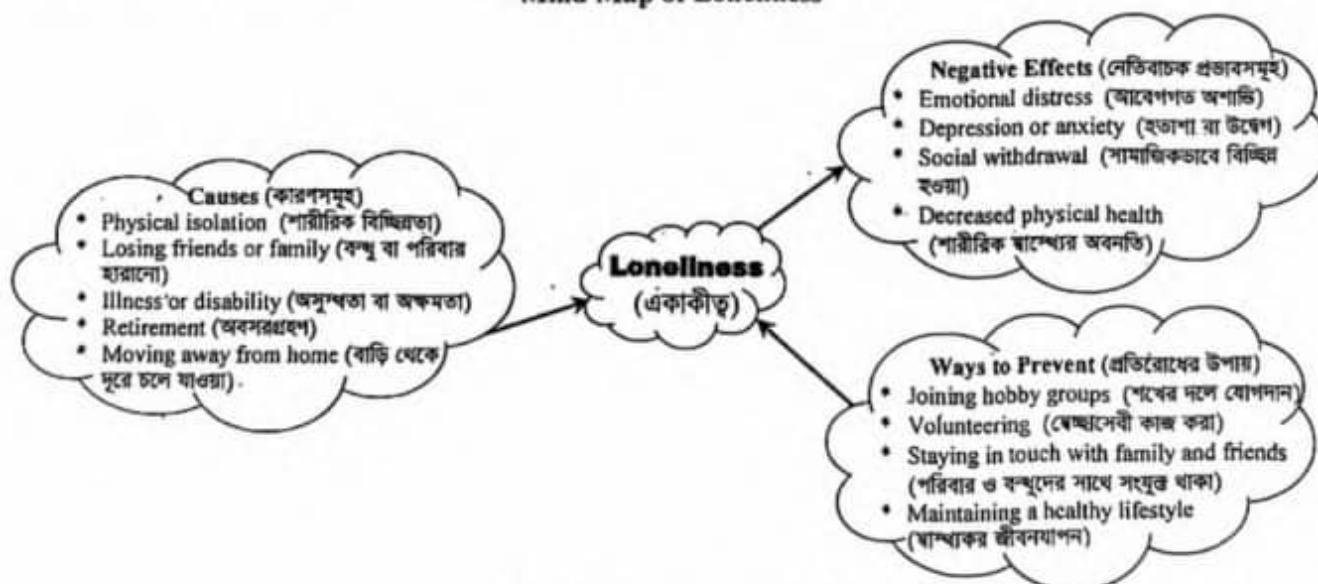
S-1 : So, how can we prevent loneliness? (তাহলে আমরা কীভাবে একাকীত্ব প্রতিরোধ করতে পারি?)

S-2 : Well, staying connected with family and friends is important. Also, joining hobbies, volunteering, or support groups can help. (শোনো ভালো, পরিবার ও বন্ধুদের সাথে সংযোগ বজায় রাখা গুরুতুপূর্ণ। এছাড়া শখের বিষয়ে অংশ নেওয়া, সেচাসেবামূলক কাজ করা বা সাপোর্ট গ্রুপে যোগ দেওয়া সহায়ক হতে পারে।)

S-1 : Yes, and maintaining a healthy lifestyle with exercise and a good diet also helps prevent loneliness. (হ্যা, আর নিয়মিত ব্যায়াম এবং ভালো খাবার খাওয়ার মতো ঘাস্থ্যকর জীবনযাপনও একাকীত্ব প্রতিরোধ করতে সহায়তা করে থাকে।)

S-2 : Great! Let's draw our mind map with these points. (দারুণ! চলো এই পয়েন্টগুলো নিয়ে আমাদের মাইক্রো ম্যাপ তৈরি করি।)

### Mind Map of Loneliness



### Model Test

37

#### Part-A : Reading Test

**SEEN PASSAGE ▶** Read the following passage carefully and answer the questions below.

Loneliness is a universal emotion that most of us experience at least once during our lifetime, although certain events, such as an illness or a pandemic, can make it feel more pervasive. If you're currently experiencing feelings of loneliness, you aren't alone. In fact, a 2020 study by Cigna found that 61% of Americans reported being lonely in 2019, up from 54% in 2018.

No matter what events are occurring around you, understanding loneliness and its risks is important for recognising when you may need support. Read on to learn what loneliness is, its causes, long-term risks and ways to cope with the emotions that may come up when you're lonely.

**What Is Loneliness?**

The American Psychological Association (APA) defines loneliness as the "affective and cognitive discomfort or uneasiness from being or perceiving oneself to be alone or otherwise solitary."

In other words, loneliness is the mental or emotional discomfort you may experience from either being alone or feeling as though you are alone. This feeling stems from your social needs not being met and/or an inability to get the social connection you desire.

#### Loneliness vs Being Alone

Although loneliness and being alone are commonly confused, being alone doesn't necessarily mean someone is lonely. "Loneliness is a feeling, while being alone is a situation or state of being, which is not inherently negative," says Nina Vasan, M.D., psychiatrist and professor at Stanford University School of Medicine and chief medical officer at Real, an online mental wellness membership site.

"You can feel lonely even when you're surrounded by other people—such as a partner, family, co-workers or friends," continues Dr. Vasan.

It's also possible to be alone, but not feel lonely, she adds. "For example, if you're by yourself but connecting to others through good communication or activities like volunteering, you don't feel lonely."

#### What Causes Loneliness?

There are various demographic factors that may contribute to loneliness. Although Dr. Vasan notes that anyone can feel lonely at any time in their life, a few groups that stand out as having an increased risk of loneliness include "young adults, mothers with young children and the elderly." Immigrants are also at higher risk for loneliness, continues Dr. Vasan.

You may experience loneliness for a variety of reasons, but it can often stem from a major life change. A 2020 study by the University of Edinburgh suggests that the causes of loneliness differ depending on the age of the individual. For example, older adults experience loneliness more frequently as a result of living alone, while middle-aged individuals aren't as likely to report living alone as a cause of their loneliness.

This discrepancy between what causes loneliness in older adults versus those who are middle-aged could be due to the fact that older adults have retired and no longer have the community and daily interactions of work life, explains Nikki Press, Psy.D., a clinical psychologist in New York City. Older individuals are more likely to have lost friends and family members, and they are more likely to experience medical or physical limitations that restrict their opportunities for activities and socialising, continues Dr. Press.

Other common causes of loneliness include:

- The death of a close friend or family member
- Physical isolation, such as living alone or moving away from family and friends
- Illness or disability
- Retirement
- Working alone

#### 1. Choose the best answer from the alternatives.

$1 \times 7 = 7$

- |  |                |                  |                         |                     |
|--|----------------|------------------|-------------------------|---------------------|
| (a) What is the meaning of "pervasive"?    | i. widespread  | ii. small        | iii. rare               | iv. strong          |
| (b) What does the word "uneasiness" mean?  | i. happiness   | ii. peace        | iii. discomfort         | iv. strength        |
| (c) "Desire" meaning ____.                 | i. disinterest | ii. anger        | iii. sadness            | iv. want or longing |
| (d) What does "solitary" mean?             | i. crowded     | ii. alone        | iii. peaceful           | iv. happy           |
| (e) The word "demographic" refers to ____. | i. age-related | ii. city-related | iii. population-related | iv. wealth-related  |
| (f) "Contribute" means ____.               | i. to keep     | ii. to take      | iii. to ignore          | iv. to add          |
| (g) What does "limitations" mean?          | i. support     | ii. excess       | iii. restrictions       | iv. unlimited       |

#### Additional Questions

- |   |                                 |   |
|---|---------------------------------|---|
| (h) The meaning of "retirement" is ____.                                    | i. working life                 | ii. a break                               |
|   | iii. starting a job             | iv. leaving work after a long career      |
| (i) What is the main cause of loneliness, according to the text?            | i. Physical isolation           | ii. Social needs not being met            |
|   | iii. Financial issues           | iv. Poor health                           |
| (j) Which of the following groups are more likely to experience loneliness? | i. Students                     | ii. Teachers                              |
|   | iii. Children and teenagers     | iv. Elderly, young adults, and immigrants |
| (k) Which of the following is a reason why older adults may feel lonely?    | i. They have busy work schedule | ii. They lose friends and family members  |
|   | iii. They prefer living alone   | iv. They enjoy spending time alone        |





- (l) What does the cause of loneliness depend on?  
 i. Gender                    ii. Age                    iii. Profession                    iv. Location

(m) What does the text say about being alone?  
 i. Being alone always leads to loneliness                    ii. Being alone is a negative experience  
 iii. Being alone is not always the same as being lonely                    iv. Being alone leads to happiness

2. Answer the following questions in your own words :  $2 \times 5 = 10$

(a) What is loneliness? (একাকীত্ব কী?)  
 (b) Why is loneliness more common during illness or a pandemic? (অসুস্থতা বা মহামারীর সময় একাকীত্ব একটা সাধারণ নিয়ম কেন?)  
 (c) What is the difference between being alone and feeling lonely? (একম থাকা এবং একান্তী অনুভব করার মধ্যে পার্শ্ব কী?)  
 (d) Why is retirement a common cause of loneliness? (অবসর প্রাপ্ত একাকীত্বের একটা সাধারণ কারণ কেমন?)  
 (e) What are some common causes of loneliness? (একাকীত্বের কিছু সাধারণ কারণ কী কী?)

3. Fill in each gap with a suitable word based on the information of the text.  $1 \times 5 = 5$

Loneliness is a (a) —— emotion that everyone experiences at some point. Its causes can vary based on (b) ——. For example, older adults often feel lonely due to living (c) —— or losing loved ones. On the other hand, (d) —— may

Note : ନମ୍ର ପାଠେର ଜନ୍ୟ ଶରୀକାୟ ଆଲାଦା ଏକଟି Seen Passage ଥାକବେ ।

**UNSEEN PASSAGE ▷** Read the following text carefully and answer the question no. 4 and 5:

Shahidulla Kaiser was born on the 16th February 1927. He was a Bangladeshi novelist and writer. Kaiser was born in the Mazupur village (in present-day Feni District) as Abu Nayeem Mohammad Shahidullah. He studied at Presidency College, Kolkata, and obtained a Bachelor degree in Economics with honours. Later, he enrolled in Masters of Arts at Calcutta University but did not finish that. Kaiser was active in politics and cultural movements from his student days. Following the formation of Pakistan in 1947, he joined the provincial Communist Party of East Pakistan. He started working as a journalist in 1949 with the *Ittefaq* in Dhaka. In 1952, he participated actively in the Language Movement. For his political role in the movement for protection of Bengali language, Kaiser was arrested on 3 June 1952. He was later jailed for three and a half years. Right after his release in 1955, he was again arrested and jailed on a political crackdown on activists. A few years later he was released. In 1958, Kaiser joined as an associate editor of the Daily Sangbad – a Bengali language daily where he worked for the rest of his life. When the Military coup of 1958 put Ayub Khan in power, and martial law was proclaimed, Kaiser was arrested again on 14 October 1958 and remained in jail for four years till his release in September 1961. At the end of the Bangladesh Liberation War of 1971, the Pakistan Army and its local collaborators initiate a plan for killing the leading Bengali intellectuals. As a part of it, Kaiser was round up on 14 December 1971. He never returned, nor was his body ever found.

*[St. Francis Xavier's Girls' High School, Dhaka-2016; Military Collegiate School, Faltuia, Khulna-2016]*

বঙ্গানুবাদ পৰিষদৰ শহীদুল্লাহ কায়সাৰ ১৯২৭ সালেৰ ১৬ ফেব্ৰুয়াৰি জনগ্ৰহণ কৰেন। তিনি ছিলেন একজন বাঙালিদেশী উপন্যাসিক ও লেখক। কায়সাৰ  
মঙ্গলুৰু ধামে (বৰতমানে ফেনী জেলাৱ্য) আৰু নাসৰ মোহাম্মদ শহীদুল্লাহ নামে জনগ্ৰহণ কৰেন। তিনি কলকাতা প্ৰেসিডেন্সি কলেজে পড়াশোনা কৰেন  
এবং অধীনস্থিতে স্থানসহ মাত্ৰক ডিপি অৰ্জন কৰেন। পৰবৰ্তীকালে তিনি কলকাতা বিশ্ববিদ্যালয়ৰ মাত্ৰকোতৰ শ্ৰেণীতে ভৰ্তি হন কিন্তু তা সম্পূৰ্ণ  
কৰতে পাৰেননি। কায়সাৰ ছাত্ৰীভৰণ থেকে রাজনৈতি ও সাংস্কৃতিক কৰ্মকাৰে সক্ৰিয় ছিলেন। ১৯৪৭ সালে পাকিস্তান গঠন হওয়াৰ পৰি তিনি পূৰ্ব  
পাকিস্তানেৰ প্ৰাদেশিক কমিউনিস্ট পার্টিতে (সমাজতান্ত্ৰিক দল) যোগ দেন। তিনি ১৯৪৯ সালে ঢাকায় ইতেকাক পত্ৰিকায় সাংবাদিক হিসেবে কৰ্মজীবন  
শুৰূ কৰেন। ১৯৫২ সালেৰ ভাৰ্যা আন্দোলনে তিনি সক্ৰিয়ভাৱে অংশগ্ৰহণ কৰেন। বাঙালি ভাৰ্যা বৰকাৰ আন্দোলনে রাজনৈতিক ভূমিকাৰ কাৰণে ১৯৫২  
সালেৰ ত জুন কায়সাৰকে প্ৰেক্ষিতাৰ কৰা হয়। পৰে তাকে সাড়ে তিনি বছৰেৰ কাৰাদণ্ড দেওয়া হয়। ১৯৫৫ সালে জেল থেকে ছাড়া গাওয়াৱাৰ ঠিক পৰি  
মুহূৰ্তে রাজনৈতিক ধৰণাবৰ্কমূলক কৰ্মকাৰে অভিযোগে তাকে আবাৰও প্ৰেক্ষিতাৰ কৰে জেলে পাঠানো হয়। কয়েকে বছৰপৰ তিনি মৃত্যি পান। ১৯৫৮  
সালে তিনি সহযোগী সম্পাদক হিসেবে দৈনিক সংবাদ (বাঙালি ভাৰ্যাৰ দৈনিক) যোগদান কৰেন এবং বাকি জীৱন তিনি সেখানে কাৰ্জ কৰেন। ১৯৫৮  
সালেৰ সামৰিক অভ্যুত্থানে আইয়ুব খান ক্ষমতায় এসে মাৰ্শাল ল' জাৰি কৰলে, ১৯৫৮ সালেৰ ১৪ অক্টোবৰ কায়সাৰকে আবাৰও আটক কৰা হয় এবং  
১৯৬২ সালেৰ সেপ্টেম্বৰ মাসে শুষ্ক পাওয়াৰ পূৰ্ব পৰ্যন্ত তিনি চাৰ বছৰ জেলে বন্দী থাকেন। ১৯৭১ সালে বাঙালিদেশৰে ঝাৰ্মানীতা যুৰ্দেৰ শেষ ভাগে,  
পাকিস্তানি সেনাৰাহিনী এবং এৰ স্বামীয়ী সহযোগীয়া মিলে শীৰ্ষস্থানীয় বাঙালি বৃক্ষজীৰ্ণীদেৱ হত্যা কৰাৰ পৰিকল্পনা কৰেছিল। এৰ অংশ হিসেবে  
কায়সাৰকে ১৯৭১ সালেৰ ১৪ ডিসেম্বৰ উঠিয়ে নিয়ে যাওয়া হয়েছিল। তিনি আৰ কখনো কিৰে আন্দোলনি, কিংবা ভাৰ দেহ কখনো পাওয়া যায়নি।

4. Complete the table below with information from the passage.

$$1 \times 5 = 5$$

Who/ What	Event/ Activity	When	Where
Shahidullah Kaiser	born	1927	(i) —
(ii) —	was formed	1947	
Shahidullah Kaiser	was arrested	(iii) —	
He	joined as an associate	1958	(iv) —
(v) —	took power	1958	Pakistan

5. Write a summary of the above passage in your own words.

10

## 6. Match the parts of sentences given in column 'A' 'B' and 'C' to write five complete sentences.

 $1 \times 5 = 5$ 

Column 'A'	Column 'B'	Column 'C'
(a) The Bay of Bengal which is situated	i. the largest mangrove forest of the world is	i. which cools our turbulent mind instantly
(b) The blue water and the rising waves	ii. in the world is a nice place	ii. a beautiful natural spot
(c) The sea beach of Cox's Bazar which is the longest sea beach	iii. the Bay of Bengal which is formed by coral is also	iii. another beautiful gift of nature
(d) The Saint Martin's Island in	iv. in the south of Bangladesh is	iv. for the nature lovers
(e) Besides, the Sundarbans	v. are always a pleasant sight	v. a beautiful gift of nature

*[Sylhet Cadet College, Syhet-2019; Pabna Cadet College, Pabna-2018; Dhanmondi Govt. Girls' High School, Dhaka-2017]*

## 7. Put the following parts of the story in correct order to make the whole story. Only the corresponding numbers of the sentences need to be written.

 $1 \times 8 = 8$ 

- (a) He earned a lot of money from his dynamite business.
- (b) This award was named after Alfred Nobel
- (c) He was an engineer.
- (d) Dr. Alfred Nobel was born in 21 October, 1833 at Stockholm, Sweden.
- (e) So, it was called the "Nobel Prize."
- (f) He invented dynamite after some years of joining his father's company.
- (g) This award was also given for setting up peace in the world.
- (h) He undertook a plan to give an award for encouraging the creative work.

*[St. Francis Xavier's Girls' School, Dhaka-2019; Raybari Govt. High School, Raybari-2019; Vqarunnisa Noon School & College, Dhaka-2018; Tejgaon Govt. Girls' High School, Dhaka-2018]*

► For Questions No. 8 & 9 (Short Questions from Poems & Stories) See Page No. 528-570

### Answer Sheet

1. (a) i. widespread (b) iii. discomfort (c) iv. want or longing (d) ii. alone (e) iii. population-related (f) iv. to add (g) iii. restrictions (h) iv. leaving work after a long career (i) ii. Social needs not being met (j) iv. Elderly, young adults, and immigrants (k) ii. They lose friends and family members (l) ii. Age (m) iii. Being alone is not always the same as being lonely
2. (a) Loneliness is the emotional discomfort that people feel when their social needs are not being met. It can happen even when someone is surrounded by others. (একাকীত্ব হলো সেই মানসিক অবস্থা, যা তখন অনুভূত হয় যখন মানুষের সামাজিক প্রয়োজন পূরণ হয় না।)
- (b) During illness or a pandemic, people are physically isolated, which increases the feeling of loneliness. This isolation makes it hard to maintain social connections. (অসুস্থতা বা মহামারির সময়, মানুষ শারীরিকভাবে বিচ্ছিন্ন থাকে, যা একাকীভূত অনুভূতি বাঢ়িয়ে তোলে। এই বিচ্ছিন্নতা সামাজিক সম্পর্ক বজায় রাখা কঠিন করে তোলে।)
- (c) Being alone is a state of isolation, while feeling lonely is an emotional experience of not having social connections. One can be alone without feeling lonely. (একা থাকা হলো এক ধরনের বিচ্ছিন্নতা, আর একাকী অনুভব করা হলো সামাজিক সংযোগের অভাবে সৃষ্টি মানসিক অনুভূতি। একা থাকলেও একাকী অনুভব না-ও হতে পারে।)
- (d) Retirement often leads to social isolation because people no longer interact daily with coworkers and the work community. (অবসরগ্রহণ অনেক সময় সামাজিক বিচ্ছিন্নতার কারণ হয়। কারণ মানুষ আর প্রতিদিন সহকর্মীদের সাথে এবং কাজের পরিবেশের সাথে যোগাযোগ করে না।)
- (e) Some common causes of loneliness include living alone, the death of loved ones, physical illness and lack of social connections. (একাকীভূত কিছু সাধারণ কারণ হলো একা থাকা, প্রিয়জনের মৃত্যু, শারীরিক অসুস্থতা, এবং সামাজিক সংযোগের অভাব।)
3. (a) universal (b) age (c) alone (d) immigrants (e) social
4. (i) Mazupur village (in present day Feni district) (ii) Pakistan (iii) 3 June 1952 (iv) The Daily Sangbad (v) Ayub Khan
5. Shahidullah Kaiser was both a novelist and a writer. He was also a journalist. He took his Bachelor's degree from Presidency College, Kolkata. He was active in politics and cultural movements from his student life. He took part in Language Movement and was arrested several times for this reason. He did a lot for the country. He also participated in the Liberation War. He was caught rounded up by the Pakistan Army and its local collaborators on 14 December, 1971 and never came back.

6. (a) The Bay of Bengal which is situated in the south of Bangladesh is a beautiful natural spot.  
 (b) The blue water and the rising waves are always a pleasant sight which cools our turbulent mind instantly.  
 (c) The sea beach of Cox's Bazar which is the longest sea beach in the world is a nice place for the nature lovers.  
 (d) The Saint Martin's Island in the Bay of Bengal which is formed by coral is also another beautiful gift of nature.  
 (e) Besides, the Sundarbans, the largest mangrove forest of the world is another beautiful gift of nature.

7. d → c → f → a → h → b → e → g

Dr. Alfred Nobel was born in 21 October, 1833 at Stockholm, Sweden. He was an engineer. He invented dynamite after some years of joining his father's company. He earned a lot of money from his dynamite business. He undertook a plan to give an award for encouraging the creative work. This award was named after Alfred Nobel So, it was called the "Nobel Prize." This award was also given for setting up peace in the world.

## Unit 13

### Lesson 02

## A Poem একটি কবিতা



### VOCABULARY (ভক্যাব্যুক্তি) — শব্দভাষার

Word & Meaning	English Meaning	Syn., Ant. & Derivatives
laugh (লাঃফ) v.— হাসা, আনন্দ বা বিনোদন প্রকাশ করা	To make sounds and movements to express happiness or amusement	syn. giggle, chuckle; ant. cry, weep
weep (ওউইপ) v.— কানা, দুঃখ বা শোকের কারণে অনুপ্রাপ্ত করা	to shed tears out of sadness or sorrow	syn. sob, cry; ant. laugh, smile
mirth (মাথ) n.— আবেদ-প্রমোদ, হাসি-ঠাপ্টা	amusement or laughter	syn. glee, cheerfulness; ant. sadness, gloom
grieve (গ্রীভ) v.— শোক প্রকাশ করা, গভীর দুঃখ অনুভব করা	to feel deep sorrow or distress	syn. mourn, lament; ant. rejoice, celebrate
rejoice (রিজয়স) v.— আনন্দিত হওয়া, খুশি প্রকাশ করা	to feel or express great joy	syn. exult, celebrate; ant. grieve
succeed (সাক্ষীছ) v.— সকল হওয়া	to achieve a goal or desired outcome	syn. attain, achieve; ant. fail, lose
gall (গোল) n.— ভিন্নতা বা বিরুদ্ধি	bitterness of spirit or behaviour	syn. bitterness, resentment; ant. sweetness
nectar [নেক্টা(র)] n.— দেবতাদের পানীয় হিসেবে চিহ্নিত মধুরস	a sweet and pleasant drink, often referred to in myths as the drink of the gods	syn. honey, ambrosia; ant. gall, poison
sigh (শাই) n. & v.— দীর্ঘব্যাপ্ত, দুঃখ, ব্যথা বা ঝোঁকি প্রকাশ করা	a long, deep breath expressing sadness, relief, or tiredness	syn. exhale, groan; ant. cheer, laugh
aisle (আইল) n.— পথ বা ফারম জায়গা, বিশেষ করে সারির মাঝখানে	a passage between rows of seats or shelves	syn. pathway, corridor; ant. wall, barrier
pain (পেইন) n.— শারীরিক বা মানসিক যত্নণা	physical or emotional suffering	syn. agony, suffering; ant. comfort, ease
echo (একোট) v.— প্রতিক্রিণ হওয়া বা পুনরাবৃত্তি করা	to repeat a sound or idea	syn. resound, reverberate; ant. silence, muffle
shrink (শ্রিঙ্ক) v.— সঞ্চুচিত হওয়া; ডুব বা অবস্থানে পিছিয়ে যাওয়া	to move back or become smaller due to fear, discomfort, or embarrassment	syn. contract, recoil; ant. expand, advance
voicing (ভয়সিং) v.— প্রকাশ করা, শব্দ করা	expressing something in words or make a sound	syn. expressing, articulating; ant. silencing
lordly train (লোকলি ট্রেইন) n. phrase.— রাজকীয় বা মহৎ শোভাযাত্রা	a grand or majestic procession or group, often referring to high ranking or royal individuals	syn. regal procession; ant. modest gathering



## মূল পাঠ (Text) | পাঠ্যবইয়ের প্রশ্নের উত্তর শিখি



- A** Read the following poem titled "Solitude" by Ella Wheeler Wilcox and answer the questions that follow.  
(নিচে Ella Wheeler রচিত "Solitude" নামের কবিতাটি পড়ো এবং প্রশ্নগুলোর উত্তর দাও।)

Text	উচ্চারণ	বঙ্গানুবাদ
Solitude — By Ella Wheeler Wilcox	সলিটিড — ইলা হুইলার উইলকো	একাকীভুন্নিসজ্ঞাতা
Laugh, and the world laughs with you;	লাঃফ, আন্ড দা ওয়াল্ড লাঃফস উইদ্ ইউ;	হাসো, এবং পৃথিবী তোমার সঙ্গে হাসবে;
Weep, and you weep alone;	উইপ, আন্ড ইউ উইপ আলোউন্;	কানো, এবং তুমি একা কানবে।
For the sad old earth must borrow its mirth,	ফ(র) দা স্যাড ওটলড আঃখ মাসট বরো ইট্স মাথ্;	কারণ পুরনো বিষ্ণা পৃথিবীকে তার আনন্দ ধার করতে হয়,
But has trouble enough of its own.	বাট হ্যাজ ট্রাব্লড ইনাফ অভ ইট্স ওটন্।	কিন্তু দুঃখ তো তার নিজস্ব।
Sing, and the hills will answer;	সিঙ, আন্ড দা হিলস উইল আঃন্সা(র);	গাও, এবং পাহাড় সাড়া দেবে;
Sigh, it is lost on the air;	শাই, ইট ইজ লস্ট অন দি ইআ(র);	নিষ্ঠাস ফেলো, তা বাতাসে হারিয়ে যাবে,
The echoes bound to a joyful sound,	দি একেউস্ব বাউন্ড টু আ জাফল্ সাউন্ড্;	প্রতিভাবনি আনন্দের শব্দে ফিরে আসে,
But shrink from voicing care.	বাট শিঙ্ক ফ্রম্ভ ভ্যাসিঙ কেআ(র)।	কিন্তু ঘন্টের কথা বলতে সংকোচ করে।
Rejoice, and men will seek you;	রিজাইস, আন্ড মেন উইল সীক ইউ;	আনন্দ করো, আর মানুষ তোমার কাছে আসবে;
Grieve, and they turn and go;	গ্রিভ, আন্ড দেই টান আন্ড গোভি;	শোক করো, আর তারা সরে যাবে;
They want full measure of all your pleasure,	দেই ওঅন্ট ফুল মেজা(র) অভ ওল ইয়ো(র) প্রেজা(র),	তারা তোমার আনন্দের পুরোটাই চায়,
But they do not need your woe.	বাট দেই চু নট নীভ ইয়ো(র) ওওউ।	কিন্তু তারা তোমার দুঃখ চায় না।
Be glad, and your friends are many;	বী গ্লাড, আন্ড ইয়ো(র) ফ্রেন্ডস আ(র) মেনি;	আনন্দিত থাকো, তোমার অনেক বন্ধু থাকবে;
Be sad, and you lose them all,	বী স্যাড, আন্ড ইউ লুজ দ্যাম ওল,	বিষ্ণ হও, আর তারা সবাই হারিয়ে যাবে,
There are none to decline your nectared wine,	দেআ(র) আ(র) নাল টু ডিক্লাইন ইয়ো(র) সেক্টার ওআইন্,	তোমার মধুরসংযুক্ত শূরার ঘুন নিতে অধীকার করবে না কেউ,
But alone you must drink life's gall.	বাট আলোউন্ ইউ মাসট ড্রিঙ্ক লাইক্স গোল্।	কিন্তু জীবনের তিক্ততা তোমাকে একাই পান করতে হবে।
Feast, and your halls are crowded;	ফীস্ট, আন্ড ইয়ো(র) হোলস আ(র) ক্রাউডিভ,	ভোজ দাও, আর তোমার ঘর ভরপুর থাকবে;
Fast, and the world goes by.	ফাস্ট, আন্ড দা ওয়াল্ড গোড়াজ বাই।	অনাহারে থাকো, আর পৃথিবী পাশ কাটিয়ে যাবে।
Succeed and give, and it helps you live,	সাক্সীভ আন্ড গিভ, আন্ড ইট হেল্পস ইউ লিভ্,	সফল হও এবং দাও, এটি তোমাকে বাঁচাতে সাহায্য করবে,
But no man can help you die.	বাট নো ম্যান্ ক্যান্ হেল্প ইউ ডাই।	কিন্তু তোমার মৃত্যুতে কেউ সাহায্য করতে পারবে না।
There is room in the halls of pleasure	দেআ(র) ইঞ্চ রুম ইন দা হোলস অভ প্রেজা(র)	আনন্দের হলগুলোতে জায়গা আছে
For a large and lordly train,	ফ(র) আ লাঃজ আন্ড লোডলি ট্রেইন,	একটি বৃহৎ এবং মর্যাদাপূর্ণ দলের জন্য,
But one by one we must all file on	বাট ওআন্ বাই ওআন্ উন্স মান্ট ওল ফাইল অন	কিন্তু একে একে আমাদের সবাইকে যেতে হবে
Through the narrow aisles of pain.	ফু দা ন্যারো আইলস অভ পেইন্।	ব্যাধির সংকীর্ণ পথ ধরে।



**B**  Speaking Task Look up the dictionary for the meaning of the following words and make a sentence with each of them. (নিচের শব্দগুলোর অর্থের জন্য অভিধান দেখো এবং এদের প্রত্যেকটি নিয়ে একটি বাক্য তৈরি কর।)

Weep	Shrink	Decline	Rejoice	Nectar	Gall	Mirth	Succeed
------	--------	---------	---------	--------	------	-------	---------

Ans.

- Weep (কাঁদা) : She began to weep after hearing the bad news. (দুঃসংবাদ শুনে সে কাঁদতে শুরু করলো।)
- Shrink (ভয়ে পিছিয়ে যাওয়া বা ছেট হয়ে যাওয়া) : He tried to touch the cat, but it shrank away in fear. (সে বিড়ালটিকে হোয়ার চেষ্টা করেছিল, কিন্তু বিড়ালটি ভয়ে পিছিয়ে গেলো।)
- Decline (প্রত্যাখ্যান করা) : She politely declined the invitation to the party. (সে অন্তর্ভাবে পার্টির আয়োজন প্রত্যাখ্যান করলো।)
- Rejoice (উৎসুক হওয়া) : People rejoiced when their team won the championship. (তাদের দল চাম্পিয়নশীপ জেতায় মানুষ আনন্দে উৎসুক হলো।)
- Nectar (মধু) : Bees collect nectar from flowers to make honey. (মৌমাছিরা ফুল থেকে মধু সংগ্রহ করে।)
- Gall (যত্নগতি/অভিযোগ) : He could not hide his gall after losing the competition. (প্রতিযোগিতায় হেরে যাওয়ার পর সে তার যত্নগতি লুকাতে পারেনি।)
- Mirth (আনন্দ/উল্লাস) : The room was filled with mirth during the celebration. (উদযাপনের সময় ঘরটি আনন্দে ভরে উঠেছিল।)
- Succeed (সফল হওয়া) : If you work hard, you will surely succeed in life. (যদি তুমি কঠোর পরিশ্রম করো, তবে অবশ্যই জীবনে সফল হবে।)

**C**  Reading Task Answer the following questions from your understanding of the poem you have just read. (এইসাত্ত কবিতাটি পড়ে তোমার যে উপলব্ধি হয়েছে সে অনুযায়ী নিচের প্রশ্নগুলোর উত্তর দাও।)

- Explain the following lines in your own words (নিচের লাইনগুলোর অর্থ তোমার নিজের ভাষায় ব্যাখ্যা করো) :
  - "Laugh, and the world laughs with you; ("হাসো, এবং পৃথিবী তোমার সঙ্গে হাসবে);  
Weep, and you weep alone;" (কাঁদো, এবং তুমি একা কাঁদবে;")
  - "Succeed and give, and it helps you live, ("সফল হও এবং দাও, এটি তোমাকে বেঁচে থাকতে সাহায্য করবে,)  
But no man can help you die." (কিন্তু কেউ তোমার মৃত্যুর সময় সাহায্য করতে পারবে না।")
- Why do the mountains echo the songs that we sing but not our sighs? (পাহাড় কেন আমাদের গানগুলোর প্রতিফলনি করে, কিন্তু আমাদের দীর্ঘস্থানের নয়?)
- When do you have many friends and when do they leave you? (কখন তোমার অনেক বন্ধু থাকে এবং তারা কখন তোমাকে ছেড়ে যায়?)
- Write a summary of the poem in your own words (100 words). (কবিতাটির সারাংশ নিজের ভাষায় ১০০ শব্দে লিখো।)

Ans.

- i) These lines mean that people are happy to share your joy, but they avoid you when you are sad. Happiness attracts others, while sadness isolates you. (এই লাইনগুলোর অর্থ হলো মানুষ তোমার আনন্দে অংশ নিতে চায়, কিন্তু তোমার দুঃখে তোমাকে এড়িয়ে যায়। আনন্দ মানুষকে আকর্ষণ করে, আর দুঃখ নিঃসঙ্গ করে।)
- ii) Success and generosity makes life easier and bring support from others. However, death is a journey that everyone must face alone. (সফলতা এবং উদারতা জীবনকে সহজতর করে এবং অন্যদের সমর্থন আনে। তবে, মৃত্যু এমন একটি যাত্রা যা প্রত্যেককে একাই অতিক্রম করতে হয়।)
- Mountains echo joyful and loud sounds like songs because they symbolize positivity and energy. Sighs, being quiet and sorrowful, do not resonate or attract attention. (পাহাড় আমাদের আনন্দময় ও জোরালো শব্দের প্রতিফলনি করে, কারণ এগুলো ইতিবাচকতা এবং শক্তির প্রতীক। কিন্তু দীর্ঘস্থাস, যা নীরব ও বেদনাদায়ক, তা প্রতিফলনি তৈরি করে না বা মনোযোগ আকর্ষণ করে না।)
- We have many friends when we are happy and successful. However, when we face sadness or difficulties, most friends leave us. (আমরা যখন খুশি এবং সফল হই, তখন আমাদের অনেক বন্ধু থাকে। কিন্তু যখন আমরা দুঃখ বা সমস্যার সম্মুখীন হই, বেশিরভাগ বন্ধু আমাদের ছেড়ে যায়।)
- Summary :** The poem "Solitude" reflects human nature and relationships. It shows how people share happiness but avoid sadness. When one succeeds or celebrates, they are surrounded by friends. But in times of sorrow or hardship, they are often left alone. Joyful expressions like laughter and songs resonate, while sadness or sighs are ignored. Ultimately, the poem emphasizes that life's struggles, especially death, must be faced alone, encouraging us to cherish true connections and self-reliance. ("Solitude" কবিতাটি মানব প্রকৃতি ও সম্পর্ককে প্রতিফলিত করে। এটি দেখায় কীভাবে মানুষ আনন্দ ভাগাভাগি করে নেয়, কিন্তু দুঃখ এড়িয়ে যায়। সফলতা বা উদযাপনের সময় বন্ধুদের ভিড় থাকে, কিন্তু দুঃখ বা সমস্যার সময় একা হতে হয়। হাসি ও গানের মতো আনন্দময় প্রকাশ প্রতিফলনি করে, কিন্তু দীর্ঘস্থাস বা দুঃখকে উপেক্ষা করা হয়। কবিতাটি জীবনের সংগ্রাম, বিশেষত মৃত্যুর বিষয়টি একাকীভাবে ঘোকাবিলার উপর জোর দেয় এবং প্রকৃত সম্পর্ক ও আভ্যন্তরীণ রশীলতার মূল্য বোঝায়।)

D Write a letter to your best friend about your activities when you feel lonely. (তুমি যখন একাকী/নিঃসঙ্গ অনুভব কর তখন তুমি কী কর তা জানিয়ে তোমার সর্বোভ্যুক্ত বন্ধুকে একটি চিঠি লিখো।)

Ans.

<p>26 November 2025      House No. 25, Lane No. 10      Block-C, Avenue-3;      Pallabi, Mirpur-11,      Dhaka-1216</p> <p>Dear Orpa,</p> <p>I hope this letter finds you in good health and high spirits. Today, I want to share something personal with you. Sometimes, I feel lonely even when surrounded by people. During those moments, I try to do things that help me feel better.</p> <p>When I feel lonely, I read books or write in my diary to express my thoughts. Listening to music also helps me relax.</p> <p>Sometimes, I spend time in the garden, enjoying nature. If I feel very sad, I talk to my parents or siblings. Their advice always comforts me.</p> <p>Do you feel lonely sometimes? If yes, what do you do? I would love to know.</p> <p>Please write back soon.</p> <p>Take care.</p> <p>Yours ever,</p> <p>Rupa</p>	<p>২৬ নভেম্বর ২০২৫      বাসা নং-২৫, লেন-১০, ব্রক-পি,      এভিনিউ-৩, পল্লবী, মিরপুর-১১,      ঢাকা-১২১৬।</p> <p>প্রিয় অর্পা,</p> <p>আপা করি তুমি ভালো আছো এবং সুস্থ আছো। আজ আমি তোমার সাথে একটি ব্যক্তিগত বিষয় শেয়ার করতে চাই। মাঝে মাঝে আমি একাকী অনুভব করি, যদিও আমার চারপাশে মানুষ থাকে। সে সময়গুলোতে আমি এমনকিছু করি যা আমাকে ভালো থাকতে সাহায্য করে। যখন আমি একাকী অনুভব করি, তখন আমি বই পড়ি বা ডায়েরি লিখে আমার ভাবনাগুলো প্রকাশ করি। গান শোনা আমাকে অনেক শান্তি দেয়।</p> <p>কখনও কখনও আমি বাগানে সময় কাটাই এবং প্রকৃতি উপভোগ করি। যদি খুব মন খারাপ হয়, তাহলে আমি বাবা-মা বা ভাই-বোনদের সাথে কথা বলি। তাদের পরামর্শ আমাকে ঘৃণা দেয়।</p> <p>তুমি কি কখনও একাকী অনুভব করো? করলে, তখন তুমি কী করো? আমাকে জানিও।</p> <p>শীষ্টাই চিঠি লিখো।</p> <p>ভালো থেকো।</p> <p>তোমারই বৃপ্তি</p>
--	---

## Unit 13

### Lesson 03

## The Story of an Hour

### এক ঘণ্টার গল্প



### VOCABULARY (ভক্যাব্যুলারি) – শব্দভান্তর

Word & Meaning	English Meaning	Syn., Ant. & Derivatives
afflicted (অক্ষিক্তভূত) adj. – অক্ষিত	suffering or affected	syn. affected, stricken; ant. unharmed, healthy
veiled (ভেইলড) adj. – আবৃত, গোপন	covered or hidden	syn. hidden, concealed; ant. open, exposed
abandonment (আবান্ডনমেন্ট)n. – পরিত্যাগ, উৎহেগ	giving up completely	syn. surrender, renunciation; ant. restraint, self-control
exhaustion (ইগজোসশন)n. – ঝাপড়ি	extreme tiredness	syn. fatigue, weariness; ant. energy, vitality
quiver [আকুইভ]v. – কম্পমান	trembling or quivering	syn. shaking, trembling; ant. still, steady
tumultuously (টিউমালচুআসুলি)adv. – অশান্তভাবে	in a noisy or chaotic way	syn. violently, turbulent; ant. calmly, peacefully
elusive (ইলিপিত)adj. – অধরা	hard to grasp or define	syn. evasive, mysterious; ant. obvious, clear
hastened (হেইস্নড)v. – ধৃত করা	to do something quickly or hurry	syn. rushed, hurried; ant. delayed, slowed
forestall (ফোর্স্টল) v. – আগে থেকে প্রতিরোধ করা	to prevent or obstruct by taking action beforehand	syn. prevent, obstruct; ant. allow, permit
paralysed inability (প্যারালাইজড ইন্বিলিটি) n. phrase. – অক্ষমতা যা সম্পূর্ণ স্বত্বিত করে দেয়	a complete inability to act or move due to shock or fear	syn. stunned, frozen; ant. ability, movement
roomy (রুমি)adj. – প্রশস্ত	spacious or having ample space	syn. spacious, large; ant. small, confined

Word & Meaning	English Meaning	Syn., Ant. & Derivatives
haunted (হোন্টিছ) v.— তাঙ্গা কৰা বা পিছু নেওয়া	to be troubled or disturbed persistently	<i>syn.</i> tormented, troubled; <i>ant.</i> comforted, soothed
delicious (ডিলিশাস) adj.— চমৎকাৰ, মনোমুগ্ধকৰণ	highly pleasant to the senses	<i>syn.</i> delightful; <i>ant.</i> unpleasant
faintly (ফেইন্টলি) adv.— অস্পষ্টভাৱে বা হালকভাৱে	in a way that is not strong or clear	<i>syn.</i> weakly, softly; <i>ant.</i> strongly, clearly
eaves (ইভেজ) n.— বাড়িৰ ছান্দেৱ প্রান্ত, কার্ণিশ	the edges of a roof that overhang a wall	<i>syn.</i> overhangs
patches (পাচিজ) n.— টুকৰো টুকৰো অংশ	small areas or pieces of something	<i>syn.</i> pieces, spots; <i>ant.</i> whole, entirely
sob (সব) v.— কোঠা কৰা	to cry noisily with short gasps	<i>syn.</i> cry, weep; <i>ant.</i> laugh, smile
bespoke (বেস্পোক) v.— ইঙিত কৰা, প্ৰকাশ কৰা	to indicate or signify something	<i>syn.</i> indicated, signified; <i>ant.</i> concealed, hid
yonder [ইণ্ডা(ৰ)] adv.— দূৰে বা সামনেৰ দিকে	at or in a distant place	<i>syn.</i> distant, over there; <i>ant.</i> nearby, close
subtle (সাট্ট) adj.— সূৰ বা অস্পষ্ট	delicate, hard to notice or understand	<i>syn.</i> delicate, elusive; <i>ant.</i> obvious, blatant
bosom (বুজাম) n.— বুক বা হৃদয়	the chest or the inner feelings of a person	<i>syn.</i> chest, heart, soul
repression (রিপ্ৰেশন) n.— দমন	restraint or suppression	<i>syn.</i> suppression, restraint; <i>ant.</i> expression, freedom
vacant (ভেইকান্ট) adj.— শূন্য, ফাঁকা	empty or unoccupied	<i>syn.</i> empty, unoccupied; <i>ant.</i> filled, occupied
exalted (ইগ্জলেটিছ) adj.— উন্নত, উচ্চ	elevated or noble	<i>syn.</i> elevated, noble; <i>ant.</i> lowly, degraded
procession (প্ৰাসেশন) n.— শোভাযাত্ৰা, ক্রমিকতা	a line or sequence	<i>syn.</i> parade, sequence; <i>ant.</i> disarray, disorder
implore [ইম্প্ৰো(ৰ)] v.— অনুৰোধ কৰা	to beg or plead earnestly	<i>syn.</i> beg, entreat; <i>ant.</i> command, refuse
persist (পাসিস্ট) v.— অবিচল থাকা	to continue steadily	<i>syn.</i> continue, persevere; <i>ant.</i> quit, surrender
self-assertion (সেলফ-আসিশন) n.— আত্মপ্ৰতিষ্ঠা, আত্মপ্ৰকাশ, আত্মহীকৃতি	confident expression of self	<i>syn.</i> self-confidence, independence; <i>ant.</i> dependence, submissiveness
monstrous (মন্টাস) adj.— ভয়ানক, ভয়কৰ, ভয়াবহ	horrible or gigantic	<i>syn.</i> horrible, grotesque; <i>ant.</i> delightful, pleasing
illumination (ইলিমেনেশন) n.— আচোকিতকৰণ, উপলব্ধি	enlightenment or realization	<i>syn.</i> realization, enlightenment; <i>ant.</i> ignorance, darkness
triumph (ট্ৰাইঅম্ফ) n.— বিজয়	a great victory or success	<i>syn.</i> victory, success; <i>ant.</i> failure, defeat
elixir (ইলিক্ৰিশ) n.— মহীযথ	a magical or medicinal potion	<i>syn.</i> panacea; <i>ant.</i> toxin, poison
riot (রাইআউট) n./v.— দাঢ়া/উত্তল কৰনা	a violent disturbance	<i>syn.</i> uprising, chaos; <i>ant.</i> order, peace
composedly (কাম্পোজড) adv.— শৰীৰভাৱে	to do something in a clam manner	<i>syn.</i> serenely, calmly; <i>ant.</i> wildly



## মূল পাঠ (Text) | পাঠ্যবইয়েৰ প্ৰশ্নেৰ উত্তৰ শিখি



A Read the following story titled "The Story of an Hour" by Kate Chopin and answer the questions. (Kate Chopin-এৰ লেখা "The Story of an Hour" গৱাটি পঞ্জো এবং প্ৰশ্নগুলোৰ উত্তৰ দাও।)

Text (মূল পাঠ)	উচ্চারণ	বজ্ঞানুবাদ
The Story of an Hour Kate Chopin	দা স্টোৱি অন্ড আন আউআ(ৰ) কেইট শগ্যা	এক ঘটাৰ গল্প
Knowing that Mrs. Mallard was afflicted with a heart trouble, great care was taken to break to her as gently as possible the news of her husband's death.	নোউইঙ্গ দাট মিসেস ম্যালার্ড ওআজ আফলিক্টিভ উইন্দ'আ হাট ট্ৰাবল, যেটি কেআ(ৰ) ওআজ টেইকান টু ক্ৰেক টু হা(ৰ) হাজৰ্ব্যানডস্ তেখ।	মিসেস ম্যালার্ড যে হৃদৰোগে ভুগছেন এটা জনে তাৰ ঘামীৰ মৃত্যুৰ সংবাদটি তাকে যতটা স্বত সতৰ্কতাৰ সাথে জানানো হয়েছিলো।

Text (মূল পাঠ)	উচ্চারণ	বঙ্গানুবাদ
<p>It was her sister Josephine who told her, in broken sentences; veiled hints that revealed in half concealing. Her husband's friend Richards was there, too, near her. It was he who had been in the newspaper office when intelligence of the railroad disaster was received, with Brently Mallard's name leading the list of "killed." He had only taken the time to assure himself of its truth by a second telegram, and had hastened to forestall any less careful, less tender friend in bearing the sad message.</p>	<p>ইট ওজাজ্জ হা(র) সিস্টা(র) জোসেফাইন হু টেক্টিলড হা(র), ইন্ড্রেডিকান সেন্টান্সিজ; ডেইলড হিন্টস দ্যাটি রিচীলড ইন্ড হাজ্জ কান্সীলিঙ্গ। হা(র) হাজ্ব্যান্ডস ফ্রেন্ড রিচার্ড্স ওআজ্জ দেআ(র) টু, নিআ(র) হা(র)। ইট ওজাজ্জ হী হু হ্যাড বীন ইন দা নিউজ্জেপ্ইপা(র) অফিস ওএন্ড ইন্টেলিজান্স অভ দা রেইল্রোড ডিজ্জ: স্টা(র) ওআজ্জ রিসীড্ড, উইন্ড ড্রেন্টলি ম্যালাডস নেইম লীডিঙ্গ দা লিস্ট অভ "ক্লিলড"। হী হ্যাড উন্নলি টেইকান দা টাইম টু আশুআ(র) হিম্সেলফ অভ ইটস ট্রুথ বাই আ সেকান্ড টেলিগ্রাম, আন্ড হ্যাড হেইসন্ড টু ফোস্টোল এনি লেস কেআফ্ল, লেস টেনডা(র) ফ্রেন্ড ইন বেআরিঙ্গ দা স্যাড ম্যাসিজ্জ।</p>	<p>তার বোন জোসেফিন ভাঙা ভাঙা বাকো তাকে জানিয়েছিলেন; এমন আভাসে যা কিছুটা প্রকাশ করেছিল; আবার কিছুটা গোপন করেছিল। তার স্বামীর বন্ধু রিচার্ড্সও তার পাশে ছিলেন। রিচার্ড্স ছিলেন সেই বাক্তি, যিনি সংবাদপত্র অফিসে ছিলেন, যখন রেলপথ দুর্ঘটনার খবর এসেছিল, সেখানে ব্রেটলি ম্যালার্ডের নাম "মৃতদের" তালিকায় পীর্ষে ছিল। তিনি শুধু একটি বিত্তীয় টেলিগ্রাম পেয়ে নিচিত হওয়ার সময়টুকু নিয়েছিলেন এবং কোনো একজন কম সচেতন এবং কম রেহপূর্ণ বন্ধুর চেয়ে আগে তাকে দুর্স্ববাদিত জানানোর জন্য ছুটে এসেছিলেন।</p>
<p>She did not hear the story as many women have heard the same, with a paralysed inability to accept its significance. She wept at once, with sudden, wild abandonment, in her sister's arms. When the storm of grief had spent itself she went away to her room alone. She would have no one follow her.</p>	<p>শী ডিড নট হিআ(র) দা স্টোরি অ্যাজ্জ থেনি উইমিন হ্যাড হিআড দা সেইম, উইন্ড আ প্যারালাইজড ইনাবিলাটি টু আক্সেপ্ট ইটস সিগনিফিকান্স। শী ওএপ্টি অ্যাট ওআনস, উইন্ড সাড়ন, ওআইলড আব্যান্ডভান্মান্ট ইন্ড হা(র) সিস্টা(র)স আ:ম্স। ওএন দা স্টোরি অভ গ্রিহ হ্যাড প্রেন্ট ইটসেলফ শী ওএন্টি আওয়েই টু হা(র) রুম আলোউন। শী উড হ্যাড নৌ ওআন ফ্লেট হা(র)।</p>	<p>তবে তিনি (মিসেস ম্যালার্ড) অনেক নারীর মতো করে এই সংবাদ শোনেননি, যারা এর পূরুষ উপলব্ধি করতে অক্ষম হয়ে নিখর হয়ে যান। তিনি তৎক্ষণাত কেঁদে ফেললেন, বন্য আবেগে তার বোনের বাহুতে আঁচড়ে পড়ে। শোকের বড় শেষ হলে তিনি একা তার ঘরে চলে গেলেন। কাউকে তাকে অনুসরণ করতে দিলেন না।</p>
<p>There stood, facing the open window, a comfortable, roomy armchair. Into this she sank, pressed down by a physical exhaustion that haunted her body and seemed to reach into her soul.</p>	<p>দেআ(র) স্টুচ, ফেইসিঙ্গ দা উত্পান্ড উইন্ডো, আ কমফোটাবল, রুমি আ:ম্চেআ(র)। ইন্টু দিস্ শী, স্যাঞ্জল, প্রেসড ডাউন বাই আ ফিজিক্ল ইগজেসশান দ্যাটি হোন্টিঙ্গ হা(র) বডি আন্ড সীম্বড টু রীচ ইন্টু হা(র) সোল।</p>	<p>তার ঘরে একটি বড় আরামদায়ক চেয়ার ছিল, যা জানালার দিকে মুখ করা। তিনি চেয়ারে বসে পড়লেন, তার শরীর এবং আব্যাস মধ্যে ভয়নক ঝুঁতি তাকে গ্রাস করেছিল।</p>
<p>She could see in the open square before her house the tops of trees that were all aquiver with the new spring life. The delicious breath of rain was in the air. In the street below a peddler was crying his wares. The notes of a distant song which some one was singing reached her faintly, and countless sparrows were twittering in the eaves.</p>	<p>শী কুড শী ইন্ড দা উত্পান্ড ক্ষআ(র) বিকো(র) হা(র) হাউস দা টগ্স অভ ট্রীজ দ্যাটি ওআ(র) ওল অ্যাকুইভা(র) উইন্ড দা নিউ শিঞ্জ লাইফ। দা ডিলিশাস ব্রেথ অভ রেইন্ড ওআজ্জ ইন্ড দা এআ(র)। ইন্ড দা স্টীট বিলো আ পেড্লা(র) ওআজ্জ ক্রাইইঝ হিজ ওআ(র)স। দা নোটস অভ আ ডিস্টান্ট সঙ্গ উইচ সাম্য ওআন ওআজ্জ সিঞ্জিঙ্গ রীচট হা(র) ফেইন্টলি, আন্ড কাউন্টলেস শ্পারোস ওআ(র) টুরিটারিঙ্গ ইন্ড দা সৈক্ষণ্য।</p>	<p>তিনি তার বাড়ির সামনে খোলা চতুরে গাছের শীর্ষদেশগুলো দেখতে পেলেন, যা বসন্তের নতুন জীবনের স্পন্দনে দূলছিল। বাতাসে বৃষ্টির মনোরম ফ্রান্স ছিল। রাস্তায় একজন ফেরিওয়ালা চিক্কার করে তার জিনিসপত্র বিক্রি করছিল। দূরে কেড় একটা গান গাইছিল, যার সুর মৃদু শোনা যাচ্ছিল, এবং অসংখ্য চতুর্থ পাখি বাড়ির কানিসে চেচামেচি করছিল।</p>
<p>There were patches of blue sky showing here and there through the clouds that had met and piled one above the other in the west facing her window. She sat with her head thrown back upon the cushion of the chair, quite motionless, except when a sob came up into her throat and shook her, as a child who has cried itself to sleep continues to sob in its dreams.</p>	<p>দেআ(র) ওআ(র) প্যাচিঙ্গ অভ বু ভাই শোইঝ হিআ(র) আন্ড দেআ(র) ধু দা ক্লাউডস দ্যাটি হ্যাড যেটি আন্ড পাইলড ওআন আবাড দি আদা(র) ইন্ড দা ওএস্ট ফেইসিঙ্গ হা(র) উইন্ডো। শী স্যাট উইন্ড হা(র) হেড প্রোন ব্যাক আপন দা কুশন অভ দা চেআ(র), কুআইট মোশনলেস, ইকসেট ওএন আ সব কেইম আপ ইন্টু হা(র) প্রোট আন্ড শুক হা(র), অ্যাজ্জ আ চাইলড হু হ্যাজ্জ ক্রাইচ ইটসেলফ টু প্রীপ কান্টিনিউজ্জ টু সব ইন্ড ইটস ছীম্স।</p>	<p>মেঘের আড়ালে এখানে-সেখানে নীল আকাশের টুকরো দেখা যাচ্ছিল, যা একত্রিত হয়ে পশ্চিম দিকে তার জানালার সামনে একটির ওপর আরেকটি ঝুপাকারে জমা হয়েছিল। তিনি যাদা পিছলে হেলিয়ে চেয়ারের কুশনে বসে ছিলেন, সম্পূর্ণ স্বিরভাবে, শুধু তখনই কেঁপে উঠেছিলেন যখন তার গুলায় একটি জাপা কামা উঠে আসতো এবং তাকে কালিয়ে দিতো, যেমন একটি শিশু কামা করতে করতে ঘুমিয়ে পড়ার পরও ঘুপে কামা করতে থাকে।</p>

Text (ମୂଳ ପାଠ)	ଉଚ୍ଚାରଣ	ବଜ୍ଞାନବ୍ୟାଦ
<p>She was young, with a fair, calm face, whose lines bespoke repression and even a certain strength. But now there was a dull stare in her eyes, whose gaze was fixed away off yonder on one of those patches of blue sky. It was not a glance of reflection, but rather indicated a suspension of intelligent thought.</p>	<p>ଶୀ ଓଆଜ୍ ଇଯାଂ, ଡିଇନ୍ ଆ ଫେଆଁ(ର), କା:ମ୍ ଫେଇସ୍, ହୁଙ୍ ଲାଇନ୍ସ ବେସପୋକ୍ ରିପ୍ରେଶନ୍ ଆନ୍ଡ ଟୈନ୍ ଆ ସାଟିନ୍ ଟ୍ରୋନ୍ଥ୍ । ବାଟ୍ ନାଉ ଦେଆଁ(ର) ଓଆଜ୍ ଆ ଡାଲ୍ ଟେଆଁ(ର) ଇନ୍ ହା(ର) ଆଇଜ୍, ହୁଙ୍ ଗେଟିଜ୍ ଓଆଜ୍ ଫିକ୍ସ୍ଟ୍ ଆଓଯେଇ ଅନ୍ ଇଓନ୍ଡା(ର) ଅନ୍ ଓଆନ୍ ଅଭ୍ ଦୋଜ୍ ପାଚିଜ୍ ଅଭ୍ ରୁ କାଇ । ଇଟ୍ ଓଆଜ୍ ନଟ୍ ଆ ପା:ନ୍ସ ଅଭ୍ ରିଫ୍ଲେକ୍ଶନ୍, ବାଟ୍ ରା:ଦା(ର) ଇନ୍ଡିକେଇଟିଟ୍ ଆ ସାସଗେନ୍ଶନ୍ ଅଭ୍ ଇନ୍ଟେଲିଜନ୍ଟ ଥୋଟ୍ ।</p>	<p>ତିନି ଛିଲେନ ଯୁବତୀ, ଶାନ୍ତ ଓ ଶୁଦ୍ଧ ଚେହାରା, ଯାର ମୁଖେର ରେଗାଗୁଲୋ ଦୟନ ଏବଂ ଏମନିକି ଏକ ଧରନେର ଶକ୍ତିର ଇକିତ ଦିନ୍ଦିଲ । କିନ୍ତୁ ଏଥିନ ତାର ଚୋଖେ ଏକ ମାନ ଦୃଷ୍ଟିର ଛାପ ଛିଲ, ଯେତି ଦୂରେ ନୀଳ ଆକାଶେର ଏକ ଟୁକରୋର ଉପର ଖିର ହେଯ ଛିଲ । ଏଟି କୋନାଓ ଚିତ୍ରର ପ୍ରତିଫଳନେର ଦୃଷ୍ଟି ଛିଲ ନା, ବରଂ ଏତେ ଛିଲ ଏମନ କିନ୍ତୁ ଅନୁଭବିତର ସୂଚନା, ଯା ତିନି ପୁରୋଗୁରି ବୁଝାତେ ପାରଛିଲେନ ନା ।</p>
<p>There was something coming to her and she was waiting for it, fearfully. What was it? She did not know; it was too subtle and elusive to name. But she felt it, creeping out of the sky, reaching toward her through the sounds, the scents, the color that filled the air.</p>	<p>ଦେଆଁ(ର) ଓଆଜ୍ ସାମର୍ଖିଙ୍ କାମିଙ୍ ଟୁ ହା(ର) ଆନ୍ଦ ଶୀ ଓଆଜ୍ ଓରେଇଟିଙ୍ ଫ(ର) ଇଟ୍, କିଆକାଲି । ଓଟ୍ ଓଆଜ୍ ହଟ୍? ନୀ ଡିଭ୍ ନଟ୍ ନୌ; ଇଟ୍ ଓଆଜ୍ ଟୁ ସାଟିଲ୍ ଆନ୍ଦ ଇଲ୍‌ଗିଙ୍କିଙ୍ ଟୁ ନେଇସ୍ । ବାଟ୍ ଶୀ ଫେଲ୍‌ଟ୍ ଇଟ୍, କ୍ରିପ୍ତିଙ୍ ଆଉଟ୍ ଅଭ୍ ଦା କାଇ, ବିଚିତ୍ର ଟାଯୋଇ ହା(ର) ରୁ ଦା ସାଉନ୍ଡସ୍, ଦା ସେନ୍ଟ୍ସ, ଦା କାଲା(ର) ଦ୍ୟାଟ୍ ଫିଲ୍‌ଡ ଦି ଓଆଁ(ର) ।</p>	<p>ତାର କାହେ କିନ୍ତୁ ଆସଛିଲ ଏବଂ ତିନି ଡ୍ୟେ ତାର ଜନ୍ୟ ଅଗେଷା କରଛିଲେ । ସେଟା କୀ ଛିଲ? ତିନି ଜାନନ୍ତେନ ନା; ଏଟା ଏତୋ ସ୍ଵର୍ଗ ଏବଂ ଅଧରା ଛିଲ ଯେ ନାମ ଦେଓଯା ସନ୍ଦର୍ଭ ଛିଲ ନା । କିନ୍ତୁ ତିନି ତା ଅନୁଭବ କରଛିଲେ, ଆକାଶ ଥେକେ ହାମାର୍ଗୁଡ଼ି ଦିଯେ ତାର ନିକେ ଆସଛିଲ, ଶବ୍ଦ, ଗ୍ରହ, ଏବଂ ଯେ ରଙ୍ଗଗୁଲୋ ବାତାସେ ଭାସଛିଲ ସେଗୁଲୋର ମାଧ୍ୟମେ ତାର କାହେ ପୌଛାଇଛି ।</p>
<p>Now her bosom rose and fell tumultuously. She was beginning to recognize this thing that was approaching to possess her, and she was striving to beat it back with her will - as powerless as her two white slender hands would have been.</p>	<p>ନାଉ ହା(ର) ବୁଜାମ୍ ରୋଜ୍ ଆନ୍ଦ ଫେଲ୍ ଟିଉମଲ୍‌ଆସଲି । ଶୀ ଓଆଜ୍ ବିଗିନିଙ୍ ଟୁ ରେକାଗନ୍‌ଇଜ୍ ଦିମ୍ ଥିଙ୍ ଦ୍ୟାଟ୍ ଓଆଜ୍ ଆପ୍ରୋଟିଙ୍ ଟୁ ପାଜେସ ହା(ର), ଆନ୍ଦ ଶୀ ଓଆଜ୍ ସ୍ଟ୍ରେଇଭିଙ୍ ଟୁ ବିଟ୍ ଇଟ୍ ବ୍ୟାକ୍ ଡିଇନ୍ ହା(ର) ଡିଇଲ୍ - ଅଯାଜ୍ ପାଇଆଲେସ ଆଯାଜ୍ ହା(ର) ଟୁ ଓଆଇଟ୍ ଟେନ୍ଡା(ର) ହ୍ୟାନ୍‌ଡ୍ସ ଓଡ଼ି ହ୍ୟାନ୍‌ ବୀନ୍ ।</p>	<p>ଏଥିନ ତାର ବୁକ ମୁକ ପ୍ରାତିନିଧିତ୍ବ କରତେ ଲାଗିଲେ । ତିନି ବୁଝାତେ ପାରଛିଲେ ଯେ ଏଇ ଅନୁଭବିତ ଆସିବେ ତାକେ ଗ୍ରାସ କରତେ, ଏବଂ ତିନି ତାର ଇଚ୍ଛାପ୍ରକାର ମାଧ୍ୟମେ ଏଟିକେ ପ୍ରତିରୋଧ କରାର ଚେଟି କରଛିଲେ ନିଃସାଙ୍ଗୀତ୍ୟ ଯେମନ ତାର ଦୃଷ୍ଟି ସାଦା ଚିକନ ହ୍ୟାନ୍‌ସାଙ୍ଗୀତ୍ୟ ହେଯ ଗିଯେଇଲୋ ।</p>
<p>When she abandoned herself a little whispered word escaped her slightly parted lips. She said it over and over under her breath: "free, free, free!" The vacant stare and the look of terror that had followed it went from her eyes. They stayed keen and bright. Her pulses beat fast, and the coursing blood warmed and relaxed every inch of her body.</p>	<p>ଓଏନ୍ ଶୀ ଆବ୍ୟାନ୍‌ନାନ୍ ହାମେଲ୍‌ଫ୍ ଆ ଲିଟିଲ୍ ଡିଇସ୍‌ପାର୍ଡ ଓ୍ୟାଡ୍ ଇକ୍‌କେଇପ୍ରେଚ୍ ହା(ର) ମାଇଟ୍‌ଲି ପା:ଟିଙ୍ ଲିପ୍‌ସ । ଶୀ ସେଭ୍ ଇଟ୍ ଓଡ଼ାଭା(ର) ଆନ୍ଦ ଓଡ଼ାଭା(ର) ଆନ୍ଦ ହା(ର) ବ୍ରେଥ୍: "କ୍ରି, କ୍ରି, କ୍ରି!" ଦା ଭେଇକାନ୍ଟ୍ ଟେଆଁ(ର) ଆନ୍ଦ ଦା ଲୁହ ଅଭ୍ ଟେରା(ର) ଦ୍ୟାଟ୍ ହ୍ୟାନ୍ ଫଲୋଟ୍ ଇଟ୍ ଓଏନ୍‌ଟ୍ ଫ୍ରେମ୍ ହା(ର) ଆଇଜ୍ । ଦେଇ ଟେଇଜ୍ କୀନ୍ ଆନ୍ଦ ବ୍ରେଇଟ୍ । ହା(ର) ପାଲ୍‌ସିଙ୍ ବୀଟ୍ କା: ସ୍ଟ୍ର୍, ଆନ୍ଦ ଦା କୋସିଙ୍ ବ୍ରାଦ୍ ଓଆମାନ୍ ଆନ୍ଦ ରିଲାକ୍‌ସନ୍ ଏଭାର ଇନ୍ଚ ଅଭ୍ ହା(ର) ବ୍ରତି ।</p>	<p>ଯଥିନ ତିନି ନିଜେକେ ଏକଟ୍ ମୁକ୍ କରେ ଦିଯେଇଲେ, ତାର ଟୋଟ୍ ଥେକେ ଫିସଫିସ କରେ ଏକଟି ଶବ୍ଦ ବେରିଯେ ଏଲୋ । ତିନି ତା ବାରବାର ଫିସଫିସ କରେ ବଲଛିଲେ : "ମୁକ୍, ମୁକ୍, ମୁକ୍!" ତାର ଚୋଖେର ଶୂନ୍ୟ ଦୃଷ୍ଟି ଏବଂ ତାର ସାଥେ ଭୟରେ ଯେ ଚିହ୍ନ ଛିଲ ତା ସରେ ଗେଲୋ । ତାର ଚୋଖଗୁଲୋ ଉଚ୍ଚଲ ଏବଂ ତୀର୍କ ହେଯ ଉଠିଲୋ । ତାର ହୃଦୟମନ୍ ଦୂତ ହେଯ ଉଠିଲୋ ଏବଂ ତାର ଶରୀରେର ପ୍ରତିତି ଅଜା ଉପ୍ର ଏବଂ ମୁକ୍ ହେଯ ଗେଲୋ ।</p>
<p>She did not stop to ask if it were or were not a monstrous joy that held her. A clear and exalted perception enabled her to dismiss the suggestion as trivial.</p>	<p>ଶୀ ଡିଭ୍ ନଟ୍, ଟେପ୍ ଟୁ ଆ:ଶବ୍ଦ ଇକ୍ ଇଟ୍ ଓଆଁ(ର) ଓ(ର) ଓଆଜ୍ ନଟ୍ ଆ ମନ୍‌ସ୍ଟାର୍ସ ଅଯ୍ ଦ୍ୟାଟ୍ ହେଲ୍‌ଡ ହା(ର) । ଆ କ୍ଲିଆଁ(ର) ଆନ୍ଦ ଇଗ୍‌ଜୋଲିଟିଙ୍ ପାସେପଶନ୍ ଇନ୍‌ହେଲ୍‌କ୍ଲାନ୍ ହା(ର) ଟୁ ଡିସମିସ୍ ଦା ସାଜେନ୍ଶନ୍ ଆଯାଜ୍ ଟ୍ରିଭିଆଲ୍ ।</p>	<p>ତିନି ପ୍ରଗ କରତେ ସେମେ ଘାନନି ଯେ, ଏଟି ତାର ମଧ୍ୟେ ଏକଟି ଭୟବାହ ଆନନ୍ଦ, ନାକି ଆନନ୍ଦ ନାହିଁ, ଯା ତାକେ ଗ୍ରାସ କରାଇବେ । ଏକଟି ପ୍ରମତ୍ତ ଏବଂ ଉତ୍ସ ଚଚେତନତା/ଡିପଲାର୍ଥ ତାକେ ସେଇ ଧାରାଗାଟି ତୁର୍ବ ହିସେବେ ଉଡ଼ିଯେ ଦେଓଯାର ସନ୍ଧାନିତ ଦିଯେଇଲି ।</p>
<p>She knew that she would weep again when she saw the kind, tender hands folded in death; the face that had never looked save with love upon her, fixed and gray and dead. But she saw beyond that bitter moment a long procession of years</p>	<p>ଶୀ ନିଉ ଦ୍ୟାଟ୍ ଶୀ ଓଡ଼ିଭ୍ ଡିଇପ୍ ଆଗେନ୍ ଓଏନ୍ ଶୀ ସୋ ଦା କାଇନ୍‌ଡ, ଟେନ୍ଡା(ର) ହ୍ୟାନ୍‌ଡ୍ସ ଫୋଲ୍‌ଡିଭ୍ ଇନ୍ ଡେଥ୍; ଦା ଫେଇସ୍ ଦ୍ୟାଟ୍ ହ୍ୟାନ୍ ନେଭା(ର) ଲୁକ୍‌ଟ୍ ମେଇଭ୍ ଡିଇପ୍ ଲୁକ୍‌ ଲାଭ୍ ଆପନ୍ ହା(ର), ଫିକ୍‌ସ୍ଟ୍ ଆନ୍ଦ ଗ୍ରେଇ ଆନ୍ଦ ଡେଥ୍ । ବାଟ୍ ଶୀ ସୋ ବିରନ୍ଜ ଦ୍ୟାଟ୍ ବିଟା(ର) ମୋଟିମାନ୍ଟ ଆ ଲୁ ପ୍ରାମେନ୍ଶନ୍ ଅଭ୍ ଇଆଁ(ର)ସ୍</p>	<p>ତିନି ଜାନନ୍ତେନ ଯେ ତିନି ଆବାର କାଦବେନ ଯଥିନ ତାର ଘାମୀର ଦୟାଲୁ, ମେହମୟ ହାତଗୁଲୋ ମୃତ୍ୟୁର କାହେ ଭନ୍ଦ ହେଯ ଥାକବେ; ସେଇ ମୁଖଟି, ଯା କଥନେ ତାକେ ପ୍ରେସ ଛାଡ଼ା ଅନ୍ୟଭାବେ ଦେଖେନି, ତା ଫ୍ୟାକାଶେ ଓ ମୃତ ହେଯ ଥାକବେ । ତବେ ସେଇ ତିକ୍ତ ମୁହୂର୍ତ୍ତର ବାହିରେ, ତିନି ଏକଟି ଦୀର୍ଘ ଭବିଷ୍ୟତ ଦେଖାଇଲେ, ଯା</p>

Text (ମୂଳ ପାଠ)	ଉଚ୍ଚାରণ	ବିଜ୍ଞାନୁବାଦ
to come that would belong to her absolutely. And she opened and spread her arms out to them in welcome.	ଟୁ କାମ୍ ଦାଟି ଓଡ଼ି ବୀଲଙ୍କ ଟୁ ହା(ବ) ଆସିବାଲୁଟିଲି । ଆନ୍ତି ଶୀ ଓଡ଼ିପାନ୍ତି ଆନ୍ତି ପ୍ରେଡ଼ ହା(ବ) ଆ:ମ୍ସ ଆଉଟ ଟୁ ଦେଖ ଇନ୍ ଏଲକାମ୍ ।	ପୁରୋଗୁରି ତାର ହେ । ଆର ତିନି ତାଦେର ସାଂଗତ ଜାନାତେ ତାର ବାବୁ ଖୁଲେ ପ୍ରସାରିବ କରଲେନ ।
There would be no one to live for during those coming years; she would live for herself. There would be no powerful will bending hers in that blind persistence with which men and women believe they have a right to impose a private will upon a fellow-creature. A kind intention or a cruel intention made the act seem no less a crime as she looked upon it in that brief moment of illumination.	ଦେଆ(ବ) ଓଡ଼ି ବୀ ଲୌ ଓଆନ ଟୁ ଲିଭ୍ ଫ(ବ) ଡିଆରିଙ୍ ଦୋଜ କାମିଙ୍ ଇଆ(ବ)ସ; ଶୀ ଓଡ଼ି ଲିଭ୍ ଫ(ବ) ହ୍ୟାମେଲଙ୍କ । ଦେଆ(ବ) ଓଡ଼ି ବୀ ଲୌ ପାଉଆଫଲ୍ ଟୁଇଲ୍ ବେନ୍ଡିଙ୍ ହ୍ୟାଙ୍ ଇନ୍ ଦାଟି ବ୍ରାଇନ୍ଡ ପାସିସ୍ଟାନ୍ସ ଡିଇସ ଡିଇସ ମେନ୍ ଆନ୍ତି ଡିଇମିନ୍ ବିଲିଙ୍ ଦେଇ ହ୍ୟାତ ଆ ରାଇଟ ଟୁ ଇମ୍ପୋଜ୍ ଆ ପ୍ରାଇଟେଟ ଡିଇଲ୍ ଆପନ ଆ ଫେଲାଟି - କ୍ରିଚା(ବ) । ଆ କାଇନ୍ଡ ଇନ୍ଟେନ୍ଶନ୍ ଓ(ବ) ଆ କୁଆଲ୍ ଇନ୍ଟେନ୍ଶନ୍ ମେଇଛ ଦି ଆକଟି ଶୀମ୍ ଲୌଟ ଲେସ ଆ କ୍ରାଇମ ଆଜ୍ ଶୀ ଲୁକ୍ଟ ଆପନ ଇଟ ଇନ୍ ଦାଟି ଟିକ୍ ମୋଡ଼ମାନ୍ଟ ଅତି ଇଲ୍ମିନେଇଶନ୍ ।	ତାର ସାଥନେ ଏହି ଆସନ୍ ଦିନଗୁଲୋତେ ତିନି ଅନ୍ୟ କାରୋ ଜନ୍ୟ ବାଚବେନ ନା; ତିନି ଶୁଦ୍ଧ ନିଜେର ଜନ୍ୟ ବାଚବେନ । ଆର ସେଇ ଶହିଶାଳୀ ଇଚ୍ଛାଶକ୍ତି, ଯା ପୁରୁଷ ଓ ମହିଳାରୀ ବିବାସ କରେନ ଯେ ତାରା ତାଦେର ସହକରୀର ଉପର ବାନ୍ଧିଗତ ଇଚ୍ଛା ଚାଣିଯେ ଦିତେ ପାରେନ, ସେଠା ତାକେ ଏଥିନ ଆର ପ୍ରଶ୍ନ କରବେ ନା । ଏକଟି ମନ୍ୟ ଇଚ୍ଛା ହୋକ ବା ନିଷ୍ଠାର ଇଚ୍ଛା ହୋକ, ସେଇ କାଜଟି ତାର କାହେ କୋନୋ କମ ଅପରାଧ ବଲେ ମନେ ହୋନି, ସଥିନ ତିନି ତା ସେଇ ସଂକିଳିତ ଆଲୋକପ୍ରାଣ ମୁହଁରେ ଉପଲବ୍ଧ କରେଇଲେନ ।
And yet she had loved him - sometimes. Often she had not. What did it matter! What could love, the unsolved mystery, count for in face of this possession of self-assertion which she suddenly recognized as the strongest impulse of her being!	ଆନ୍ତି ଶୀ ହ୍ୟାତ୍ ଲାଭ୍ଡ ହିମ୍ - ସାମ୍ରାଟିଇମ୍ବଜ୍ । ଅଫନ୍ ଶୀ ହ୍ୟାତ୍ ନଟ । ଓଆଟ ଡିଇସ ଇଟ ମ୍ୟାଟା(ବ) ! ଓଆଟ କୁଭ୍ ଲାଭ୍ ଦା ଆନ୍ସଲ୍ଭ ମିସ୍ଟାରି, କାଉନ୍ଟ୍ର ଫ(ବ) ଇନ୍ ଫେଇସ ଅତ ଦିମ୍ ପାଜେଶନ୍ ଅତ ସେଲଙ୍କ-ଆସାଶନ୍ ଡିଇସ ଶୀ ସାନ୍ତାନି ରେକାଗନ୍ନାଇଜ୍ବିନ୍ ଆଜ୍ ଦା କ୍ରୁଡିଗେସ୍ଟ ଇମ୍ପାଲ୍ସ ଅତ ହା(ବ) ବୀଇଙ୍ ।	ତବୁଓ ତିନି ତାକେ ଭାଲୋବେସେଇଲେନ - କଥନଓ କଥନଓ । ପ୍ରାୟଇ ତିନି ଭାଲୋବାସେନନି । ତାତେ କୀ ଆସେ ଯାଏ! ଭାଲୋବାସା, ଏହି ଅମ୍ଭିମାଂସିତ ରହସ୍ୟ, ତାର କାହେ ଗୁରୁତ୍ୱ ରାଖତେ ପାରେ, ସଥିନ ନିଜେର ସାଧୀନ ସଜାର ଏହି ଦର୍ଖଲକେ ତିନି ହଠାତ କରେ ତାର ଅଭିଭୂତର ବସବେ ଶହିଶାଳୀ ପ୍ରେରଣା ହିସେବେ ଚିନତେ ପାରଲେନ ।
"Free! Body and soul free!" she kept whispering.	"କ୍ରି! ବଡ଼ ଆନ୍ତି ମୋଲ କ୍ରି!" ଶୀ କେପ୍ଟି ଟିଇସପ୍ରାରିଙ୍ ।	"ମୁଣ୍ଡ! ଦେହ ଏବଂ ଆଜ୍ଞା ମୁଣ୍ଡ!" ତିନି କିମ୍ବକିମ୍ କରେ ବଲତେ ଥାକଲେନ ।
Josephine was kneeling before the closed door with her lips to the keyhole, imploring for admission. "Louise, open the door! I beg, open the door - you will make yourself ill. What are you doing Louise? For heaven's sake open the door."	ଜୋସେପାଇନ୍ ଓଆଜ୍ ନିଲିଙ୍ ବିଫୋ(ବ) ଦା କ୍ଲୋଉଜ୍ଜ୍ ଡୋ(ବ) ଡିଇସ ହା(ବ) ଲିପ୍ସ ଟୁ ଦା କୀହେଲ, ଇମ୍ପ୍ରୋରିଙ୍ ଫ(ବ) ଆଭ୍ୟମିଶନ୍ । "ଲୁଇ୍ଜ୍, ଓଡ଼ିପାନ୍ ଦା ଡୋ(ବ) ! ଆଇ ବେଗ୍, ଓଡ଼ିପାନ୍ ଦା ଡୋ(ବ) - ଇଟ ଡିଇସ ମେଇସ ଇଯୋସେଲଙ୍କ ଇଲ୍ । ଓଆଟ ଆ(ବ) ଇଟ ଡୁଇସ ଲୁଇ୍ଜ୍ ? ଫ(ବ) ହ୍ୟାଭାନ୍ସ ସେଇସ ଓଡ଼ିପାନ୍ ଦା ଡୋ(ବ) !"	ଜୋସେଫିନ ଦରଜାର ବାହିରେ ତାର ହାଟୁ ଗେଡେ ଦରଜାର ଚାବିର ଛିନ୍ଦେ ଟୋଟ ରେଖେ ତାକେ ଭେତରେ ଯେତେ ଦେଓୟାର ଜନ୍ୟ ଅନୁରୋଧ କରେଇଲେନ । "ଲୁଇସ, ଦରଜା ଖୁଲୋ । ଆମି ଅନୁରୋଧ କରଇ, ଦରଜା ଖୁଲୋ— ତୁମି ନିଜେକେ ଅସୁନ୍ଦର କରେ ଫେଲବେ । ତୁମି କୀ କରିଛୋ, ଲୁଇସ? ଆଜ୍ଞାହର ଦୋହାଇ, ଦରଜା ଖୁଲୋ ।"
"Go away. I am not making myself ill." No; she was drinking in a very elixir of life through that open window.	"ଗୋଟ ଆଓୟେଇ । ଆଇ ଆମ୍ ନଟ ବେଇକିଂ ମାଇସେଲଙ୍କ ଇଲ୍ ।" ନୌ, ଶୀ ଓଆଜ ଡିଇସକିଙ୍ ଇନ୍ ଆ ଡେରି ଇଲିକ୍ରମ୍ସ(ବ) ଅତ ଲାଇଫ୍ ଫୁ ଦ୍ୟାଟ ଓଡ଼ିପାନ୍ ଉଇନ୍ଡୋ ।	"ଯାଓ । ଆମି ନିଜେକେ ଅସୁନ୍ଦର କରଇ ନା ।" ନା; ତିନି ଓଇ ଖୋଲାମେଲା ଜାନାଲା ଦିଯେ ଜୀବନେର ଏକ ଅମ୍ବଳ ରମ୍ବ ପାନ କରେଇଲେନ ।
Her fancy was running riot along those days ahead of her. Spring days, and summer days, and all sorts of days that would be her own. She breathed a quick prayer that life might be long. It was only yesterday she had thought with a shudder that life might be long.	ହା(ବ) ଫ୍ୟାନ୍ସି ଓଆଜ ରାନିଙ୍ ରାଇଆଟ ଆଲଙ୍କ ଦୋଜ ଡେଇଜ୍ ଆହେତ୍ ଅତ ହା(ବ) । ମିଶ୍ର ଡେଇଜ୍, ଆନ୍ତ ସାମା(ବ) ଡେଇଜ୍, ଆନ୍ତ ଓଲ୍ ମୋଟ୍ସ ଅତ ଡେଇଜ୍ ଦ୍ୟାଟ । ଓଡ଼ି ବୀ ହା(ବ) ଓନ୍ । ଶୀ ବ୍ରେଦ୍ ଆ କୁଇକ ପ୍ରୋଟା(ବ) ଦ୍ୟାଟ ଲାଇଫ୍ ମାଇସ୍ ବୀ ଲେ । ଇଟ ଓଆଜ ଓନ୍ତିଲି ଇଯୋସ୍ଟାଟି ଶୀ ହ୍ୟାତ୍ ଘୋଟ ଡିଇସ ଆ ଶାଡା(ବ) ଦ୍ୟାଟ ଲାଇଫ୍ ମାଇସ୍ ବୀ ଲେ ।	ତାର କରନା ଉଚ୍ଚବ୍ୟଳ ହୟେ ଉଠେଇଲ ତାର ସାଥନେ ଥାକା ଦିନଗୁଲୋର ଦିକେ । ବସନ୍ତେର ଦିନ, ଶୀଘେର ଦିନ, ଏବଂ ସବ ଧରନେର ଦିନ, ଯା କେବଳ ତାର ନିଜେର ହେ । ତିନି ଦୁଇ ପ୍ରାର୍ଥନା କରଲେନ, ଯେଣ ଜୀବନ ଦୀର୍ଘ ହୁଏ । ଅଥାତ ମାତ୍ର ଗତକାଳ, ଜୀବନ ଦୀର୍ଘ ହତେ ପାରେ ଏହି ଡେରେ ତିନି କେପେ ଉଠେଇଲେନ ।
She arose at length and opened the door to her sister's importunities. There was a feverish triumph in her eyes, and she carried herself	ଶୀ ଆରୋଜ୍ ଅ୍ୟାଟ ଲେନ୍ୟ ଆନ୍ତ ଓଡ଼ିପାନ୍ତ ଦା ଡୋ(ବ) ଟୁ ହା(ବ) ମିସ୍ଟାରିଶ ଟ୍ରାଇଆମ୍ଫ୍ ଇନ୍ ହା(ବ) ଆଇଜ୍, ଆନ୍ତ ଶୀ କ୍ୟାରିଭ ହ୍ୟାମେଲଙ୍କ । ଦେଆ(ବ) ଓଆଜ ଆ ଫେରାରିଶ ଟ୍ରାଇଆମ୍ଫ୍ ଇନ୍ ହା(ବ) ଆଇଜ୍, ଆନ୍ତ ଶୀ କ୍ୟାରିଭ ହ୍ୟାମେଲଙ୍କ ।	ଅବଶେଷେ ତିନି ଉଠେ ଦୋଢାଲେନ ଏବଂ ତାର ବୋନେର ଅନୁନ୍ଦୟେ ଉତ୍ତରେ ଦରଜା ଖୁଲେ ଦିଲେନ । ତାର ଚୋଖେ ଏକ ଉନ୍ମତ୍ତ ବିଜ୍ଞାଯେ ବାଲକ ଛିଲ, ଏବଂ ତିନି ନିଜେର ଅଜାବେଇ

Text (ମୂଳ ପାଠ)	ଉଚ୍ଚାରণ	ବଞ୍ଚାନ୍ତବାଦ
unwittingly like a goddess of Victory. She clasped her sister's waist, and together they descended the stairs. Richards stood waiting for them at the bottom.	ଆନ୍ଦୋଲିଟିଙ୍ଗଲି ଲାଇଫ୍ ଗଡେସ ଅଭ୍ ଡିକ୍ଟାରି । ଶୀ ଝାଃସ୍ମ୍ପଣ୍ଡ ହା(ବୁ) ମିସ୍ଟା(ବୁ)ସୁ ଓରେଇସ୍ଟ୍, ଆନ୍ଦୁ ଟାଗେନା(ବୁ) ଦେଇ ଡିସେନ୍ଟିଭ୍ ଦା ସେଆଜ୍ । ରିଚାର୍ଡସ୍ ସ୍ଟ୍ରେ ଓରେଇସ୍ଟ୍ ଫର୍ମ(ବୁ) ଦେମୁ ଆଟି ଦା ବଟାମ୍ ।	ଏକଟି ବିଜୟ ଦେବୀର ମତୋ ନିଜେକେ ନିଯୋ ଚଲିଲେ । ତିନି ତାର ବୋନେର କୋମର ଜଡ଼ିଯେ ଥରିଲେ, ଏବଂ ଏକମଜ୍ଜୋ ତାରା ସିଡି ବେଯେ ନେମେ ଏଲେ । ରିଚାର୍ଡସ ତାମେର ଜନ୍ମ ନିଚେ ଅପେକ୍ଷା କରିଛିଲେ ।
Someone was opening the front door with a latchkey. It was Brently Mallard who entered, a little travel-stained, composedly carrying his grip-sack and umbrella. He had been far from the scene of accident, and did not even know there had been one. He stood amazed at Josephine's piercing cry; at Richards' quick motion to screen him from the view of his wife.	ସାମ୍ବାନ୍ ଓଆଜ୍ ଉପାନିଙ୍କ ଦା ଫ୍ରଣ୍ଟ୍ ଡୋ(ବୁ) ଉଇଦ ଆ ଲ୍ୟାଚ୍‌କ୍ଲି । ଇଟ୍ ଓଆଜ୍ ବ୍ରେନ୍‌ଟଲି ମ୍ୟାଲାର୍ଡ ଟ୍ରେ ଏନ୍‌ଟାର୍କ୍, ଆ ଲିଟ୍‌ଲ୍ ଟ୍ରାଭ୍‌ଲ୍ - ସେଇନ୍‌ଟ୍, କାମ୍‌ପୋଡ଼ିଜ୍‌ଡିଲି କାରିବିଇଛ ହିଜ୍ ପ୍ରିୟ-ସ୍ୟାକ୍ ଆନ୍ଦୁ ଆମଶ୍ରୋଳା । "ହୀ ହ୍ୟାଙ୍ ବୀନ୍ ଫା:(ବୁ) ଫ୍ରମ୍ ଦା ଶୀନ୍ ଅଭ୍ ଆୟାକ୍‌ସିଭାନ୍‌ଟ୍, ଆନ୍ଦୁ ଡିଭ୍ ନେଟ୍ ଦୈନ୍‌କ୍ଲାନ୍ ନେଉ୍ ଦେଆ(ବୁ) ହ୍ୟାଙ୍ ବୀନ୍ ଓଆନ୍ । ହୀ ସ୍ଟ୍ରେ ଆମେଇଜ୍‌ଭ୍ ଆଟି ଜୋମେପାଇନ୍‌ସ୍ ପିଆନିଙ୍ ହ୍ୟାଙ୍; ରିଚାର୍ଡସ୍ କୁଇକ୍ ମୋଶନ୍ ଟୁ କ୍ଲାନ୍ ହିମ୍ ଫ୍ରମ୍ ଦା ଡିଜ୍ ଅଭ୍ ହିଜ୍ ଓ୍ୟାଇଫ୍ ।	କେଉଁ ଏକଜନ ଚାବି ଦିଯେ ସାମନେର ଦରଜା ଖୁଲିଛି । ତିତରେ ଚୁକଲେ ବ୍ରେନ୍‌ଟଲି ମ୍ୟାଲାର୍ଟ, ଯିନି ସାମାନ୍ୟ ଭୟନ-କ୍ଲାନ୍ ଛିଲେନ ଏବଂ ଶାନ୍ତଭାବେ ତାର ବ୍ୟାଗ ଓ ଛାତା ବହନ କରିଛିଲେ । ତିନି ଦୁର୍ଘଟନାର ପ୍ରଥମ ଥେକେ ଅନେକ ଦୂରେ ଛିଲେନ ଏବଂ ଏମନିକି ଜାନତେନେବେ ନା ଯେ କୋନୋ ଦୁର୍ଘଟନା ଘଟେଛି । ତିନି ଜୋମେପାଇନ୍‌ସ ଏବଂ ରିଚାର୍ଡସ-ଏର ଦ୍ରୁତ ପଦକ୍ଷେପେ ତାକେ ତାର ଛୀର ଦୃଢ଼ିତୀମା ଥେକେ ଆଡାଲ କରାର ଚେଟାଯା ବିଶ୍ଵାସ ହୋ ଦାଢ଼ିଯେ ପଡ଼ିଲେ ।
But Richards was too late.	ବାଟ୍ ରିଚାର୍ଡସ୍ ଓଆଜ୍ ଟୁ ଲେଇଟ୍ ।	କିନ୍ତୁ ରିଚାର୍ଡସେର ଅନେକ ଦେଇ ହୋ ଗିଯେଛି ।
When the doctors came they said she had died of heart disease - of joy that kills.	ଓଏନ୍ ଦା ଡକ୍ଟରା(ବୁ)ସୁ କେଇମ୍ ଦେଇ ସେହୁ ଶୀହାଙ୍ ଡାଇଇ୍ ଅଭ୍ ହାଃଟ୍ ଡିଜୀଜ୍ ଅଭ୍ ଜୟ ଦ୍ୟାଟି କିଲ୍‌ସ୍ ।	ଭାଙ୍ଗାରଙ୍ଗା ' ଏଲେ ତାରା ବଲିଲେ, ତିନି ହୃଦରୋଗେ ମାରା ଗେହେନ— ଆର ଏଟି ଆମଦେର କାରଣେ ଯା ପ୍ରାଣୟାତୀ ହୋଇଛେ ।

**B** **Speaking Task:** Answer the following questions. (ନିଚେର ପ୍ରଶ୍ନଗୁଲୋର ଉତ୍ତର ଦାଓ ।)

- Who had brought the news of Mr. Brently Mallard's death? (କେ ଯି. ବ୍ରେନ୍‌ଟଲି ମ୍ୟାଲାର୍ଟେର ମୃତ୍ୟୁ ସଂବାଦ ଏନେହିଲୋ?)
- How did Mr. Mallard die, according to the rumour? (ଗୁଜବ ଅନୁଯାୟୀ, କୀଭାବେ ଯି. ମ୍ୟାଲାର୍ଟ ମାରା ଯାନ?)
- Why was everyone scared of breaking the news to Mrs. Mallard? (ମିସ୍ସ ମ୍ୟାଲାର୍ଟକେ ସଂବାଦ ଦେଇଯାର ବ୍ୟାପାରେ ସବାଇ ଭୀତ ଛିଲ କେନ?)
- How did Mrs. Mallard react after getting the death news? (ମୃତ୍ୟୁ ସଂବାଦ ପାଇଯାର ପର ମିସ୍ସ ମ୍ୟାଲାର୍ଟ କୀଭାବେ ପ୍ରତିକ୍ରିୟା ଦେଖିଯାଇଲେ?)
- How did her reactions change when she went to her room? (ତିନି ଯଥନ ତାର ଘରେ ଯାନ, ତଥନ ତାର ପ୍ରତିକ୍ରିୟା କୀଭାବେ ପରିବର୍ତ୍ତିତ ହୁଏ?)
- Why do you think Mrs. Mallard felt happy and free? (ତୋମାର କେନ ମନେ ହୁଏ ଯେ ମିସ୍ସ ମ୍ୟାଲାର୍ଟ ଖୁଣି ଏବଂ ମୁକ୍ତ ଅନୁଭବ କରିଛିଲେ?)
- What do you mean by the statement "a joy that kills"? ("a joy that kills" କଥାଟି ଘାରା ତୁମି କୀ ବୋଲା?)
- What happened to Mrs. Mallard at the end of the story? (ଗମ୍ଭେର ଶେଷେ ମିସ୍ସ ମ୍ୟାଲାର୍ଟର କୀ ହୋଇଲିଲୋ?)

**Ans.**

- Richards, a friend of Mr. Mallard, brought the news of Mr. Brently Mallard's death. (ଯି. ମ୍ୟାଲାର୍ଟେର ଏକ ବନ୍ଦୁ ରିଚାର୍ଡସ ମିସ୍ସ ମ୍ୟାଲାର୍ଟେର ମୃତ୍ୟୁ ସଂବାଦ ଏନେହିଲି ।)
- According to the rumour, Mr. Mallard died by a train accident. (ଗୁଜବ ଅନୁଯାୟୀ, ଯି. ମ୍ୟାଲାର୍ଟ ଏକ ଟ୍ରେନ ଦୁର୍ଘଟନାରେ ମାରା ଯାନ ।)
- Everyone was scared because Mrs. Mallard had a heart condition, and the news might harm her health. (ପ୍ରତ୍ୟେକେଇ ଭୀତ ଛିଲ କାରଣ ମିସ୍ସ ମ୍ୟାଲାର୍ଟେର ହୃଦରୋଗ ଛିଲ, ଆର ଏହି ସଂବାଦ ତାର ବାହ୍ୟରେ କହି କରନ୍ତେ ପାରିବା ।)
- Mrs. Mallard was deeply shocked and cried uncontrollably at first. (ପ୍ରଥମେ ମିସ୍ସ ମ୍ୟାଲାର୍ଟ ଗଭୀରଭାବେ ଆଘାତପ୍ରାଣ ହନ ଏବଂ ନିୟନ୍ତ୍ରଣହିଁ ହୋ କାନ୍ଦାକାଟି କରେନ ।)
- When she went to her room, she realized a sense of freedom and began feeling happy about her newfound independence. (ତିନି ଯଥନ ତାର ଘରେ ଯାନ, ତଥନ ତିନି ଏକଟି ମୁକ୍ତ ଜୀବନେର ଅନୁଭୂତି ଉପଲବ୍ଧି କରେନ ଏବଂ ତାର ନତ୍ତନ ଘାୟିନତା ନିଯେ ଖୁଣି ହତେ ଶୁରୁ କରେନ ।)
- She felt happy and free because she realized she could live her life for herself without any constraints of marriage. (ତିନି ଖୁଣି ଓ ମୁକ୍ତ ଅନୁଭବ କରେଇଲେ କାରଣ ତିନି ଉପଲବ୍ଧି କରେଇଲେ ଯେ ତିନି ଏଥିନ ବିବାହେର ସୀମାବନ୍ଧତା ଛାଡ଼ାଇ ନିଜେକେ ନିଯୋ ବୀଚାତେ ପାରିବାନେ ।)

## Unit-13 : Loneliness

7. The statement "a joy that kills" means that the shock of her husband's sudden return, combined with the loss of her freedom, caused her death. ("a joy that kills" বিবৃতিটি বোঝায় যে তার স্বামীর হাঁটাৎ করে আসার এবং তার স্বামীনতা হ্যারানোর অনুভূতি তার মৃত্যুর কারণ হয়।)
8. At the end of the story, Mrs. Mallard died of shock when she saw her husband alive. (গল্পের শেষে, মিসেস মালার্ড তার স্বামীকে জীবিত দেখে আঘাতের কারণে মারা যান।)

**C**  **Reading Task** Work in pairs with the friend next to you and think of a sad news that you both have to convey to your classmate. Now, write a dialogue with that friend to whom you are informing the sad news to. (তোমার পাশের কম্বুর সাথে জুটিবাল্প হয়ে একটি দুঃখজনক সংবাদ সম্পর্কে ভাবো যা তোমাদের উভয়কেই তোমাদের এক সহপাঠীকে জানাতে হবে। এখন, সেই সহপাঠীকে দুঃখজনক সংবাদ দেওয়ার জন্য তার সাথে একটি সংলাপ লেখো।)

### References

Modgin, L. (2023). What is loneliness? Causes, effects and prevention. *Forbes Health*.

Loneliness: Causes, Effects And Prevention - Forbes Health

**Ans. Dialogue in a group** (দলগত সংলাপ) :

- Rahat : Hey Rina, we have something sad to tell you. (এই যে রীনা, আমাদের কাছে তোমাকে বলার জন্য একটি দুঃখজনক সংবাদ আছে।)
- Rina : What happened? Why do you both seem so worried? (কী হয়েছে? তোমাদের দুজনকে এতো চিন্তিত দেখাচ্ছে কেন?)
- Rakib : It's about your mother. She's very sick. (এটা তোমার মা সম্পর্কে। তিনি খুব অসুস্থ।)
- Rina : Oh no! What's wrong with her? (আজ্ঞা! তার কী হয়েছে?)
- Rahat : She is in the hospital right now. We don't have all the details, but the doctors are doing their best. (তিনি এখন হাসপাতালে আছেন। আমাদের কাছে পুরো বিস্তারিত নেই, তবে ডাক্তাররা তার যত্ন নিষ্ঠেন।)
- Rina : How did this happen? Is she in danger? (এটা কীভাবে ঘটলো? তিনি কি আশংকাযুক্ত?)
- Rakib : We think it's a serious illness, but we hope she'll recover soon. (আমরা মনে করি এটি একটি গুরুতর অসুস্থতা, তবে আমরা আশা করি তিনি মুগ্ধ সুস্থ হয়ে উঠবেন।)
- Rina : I can't believe it. I need to go to her right now. (আমি এটা বিশ্বাস করতে পারছি না। আমাকে এখনই তাকে দেখতে যেতে হবে।)
- Rahat : Yes, we'll go with you. Let's stay strong and hope for the best. (হ্যা, আমরাও তোমার সাথে যাবো। চলো আমরা শক্ত ধাকি এবং সর্বোত্তম কিছুর জন্য প্রার্ণনা করি।)

### Model Test

38

### Part-A : Reading Test

**SEEN PASSAGE** Read the following passage carefully and answer the questions below.

Knowing that Mrs. Mallard was afflicted with a heart trouble, great care was taken to break to her as gently as possible the news of her husband's death.

It was her sister Josephine who told her, in broken sentences; veiled hints that revealed in half concealing. Her husband's friend Richards was there, too, near her. It was he who had been in the newspaper office when intelligence of the railroad disaster was received, with Brently Mallard's name leading the list of "killed." He had only taken the time to assure himself of its truth by a second telegram, and had hastened to forestall any less careful, less tender friend in bearing the sad message.

She did not hear the story as many women have heard the same, with a paralysed inability to accept its significance. She wept at once, with sudden, wild abandonment, in her sister's arms. When the storm of grief had spent itself she went away to her room alone. She would have no one follow her.

There stood, facing the open window, a comfortable, roomy armchair. Into this she sank, pressed down by a physical exhaustion that haunted her body and seemed to reach into her soul.

She could see in the open square before her house the tops of trees that were all aquiver with the new spring life. The delicious breath of rain was in the air. In the street below a peddler was crying his wares. The notes of a distant song which some one was singing reached her faintly, and countless sparrows were twittering in the eaves.

There were patches of blue sky showing here and there through the clouds that had met and piled one above the other in the west facing her window. She sat with her head thrown back upon the cushion of the chair, quite motionless, except when a sob came up into her throat and shook her, as a child who has cried itself to sleep continues to sob in its dreams.

She was young, with a fair, calm face, whose lines bespoke repression and even a certain strength. But now there was a dull stare in her eyes, whose gaze was fixed away off yonder on one of those patches of blue sky. It was not a glance of reflection, but rather indicated a suspension of intelligent thought.



There was something coming to her and she was waiting for it, fearfully. What was it? She did not know; it was too subtle and elusive to name. But she felt it, creeping out of the sky, reaching toward her through the sounds, the scents, the color that filled the air.

Now her bosom rose and fell tumultuously. She was beginning to recognize this thing that was approaching to possess her, and she was striving to beat it back with her will - as powerless as her two white slender hands would have been.

**1. Choose the best answer from the alternatives.**

$1 \times 7 = 7$

- (a) Who told Mrs. Mallard about her husband's death?  
i. Richards      ii. Josephine      iii. The doctor      iv. Neighbour
- (b) How did Richards confirm the news of the accident?  
i. He heard it from a passer-by      ii. He witnessed the accident  
iii. He received a second telegram      iv. He read it in a newspaper
- (c) How did Mrs. Mallard react upon hearing the news of her husband's death?  
i. She fainted immediately      ii. She screamed for help  
iii. She wept suddenly and wildly      iv. She sat quietly
- (d) What did Mrs. Mallard do after the initial wave of grief?  
i. She asked for company      ii. She went to her room      iii. She fainted on the spot      iv. She ran outside
- (e) What was Mrs. Mallard's physical state as she sank into the armchair?  
i. Energized      ii. Relieved      iii. Exhausted      iv. Anxious
- (f) What did Mrs. Mallard see through the window?  
i. A storm approaching      ii. A bustling city  
iii. People walking by      iv. Trees, blue sky, and spring life
- (g) What did Mrs. Mallard feel creeping out of the sky toward her?  
i. Grief      ii. A mysterious feeling      iii. Anger      iv. A sense of danger

**Additional Questions**

- (h) What happened when Mrs. Mallard abandoned herself to the mysterious feeling?  
i. Her hands turned cold      ii. Her heart raced, and her body relaxed  
iii. She felt paralysed      iv. She started trembling
- (i) Why was Mrs. Mallard unable to name the feeling she was experiencing initially?  
i. It was too subtle and elusive      ii. She was too exhausted  
iii. She was focused on her grief      iv. She refused to believe in it
- (j) What does "afflicted" mean in the context?  
i. Helped      ii. Freed      iii. Suffering      iv. Ignored
- (k) What is the meaning of "veiled hints"?  
i. Clear statements      ii. Hidden suggestions      iii. Open remarks      iv. Angry complaints
- (l) "Abandonment" means \_\_\_\_\_.  
i. Freedom      ii. Control      iii. Chaos      iv. Neglect
- (m) The word "tumultuously" refers to \_\_\_\_\_.  
i. Gently      ii. Calmly      iii. Chaotically      iv. Loudly
- (n) Synonym of "repression" \_\_\_\_\_.  
i. Expression      ii. Control      iii. Release      iv. Freedom
- (o) What is the opposite of "acquirer"?  
i. Vibrant      ii. Moving      iii. Shaking      iv. Still
- (p) The word "elusive" means \_\_\_\_\_.  
i. clear and definite      ii. mysterious and hard to define  
iii. simple      iv. apparent
- (q) What does the word "suspension" refer to?  
i. Continuation      ii. Reflection      iii. Pause or delay      iv. Movement

**2. Answer the following questions in your own words :**

$2 \times 5 = 10$

- (a) How was the news of Mr. Mallard's death delivered to Mrs. Mallard? (କୀଭାବେ ଯି. ମ୍ୟାଲାର୍ଡର ମୃତ୍ୟୁର ସଂବାଦ ମିସେସ ମ୍ୟାଲାର୍ଡକେ ଜାନାନୋ ହୋଇଲେ?)
- (b) Why was Richards careful about delivering the news? (ରିଚାର୍ଡସ ସଂବାଦଟି ଜାନାନୋର ବାପାରେ ସତର୍କ ଛିଲ କେନ?)
- (c) How did Mrs. Mallard react when she first heard the news? (ସଂବାଦଟି ଶୁଣେ ମିସେସ ମ୍ୟାଲାର୍ଡ ପ୍ରଥମେ କୀ ପ୍ରତିକିମ୍ବା ଦେଖିଯାଇଲେନ?)
- (d) Why did Mrs. Mallard go to her room alone? (ମିସେସ ମ୍ୟାଲାର୍ଡ କେନ ତାର ଘରେ ଏକ ଚଳେ ଗେଲେନ?)
- (e) What did Mrs. Mallard see through the open window? (ମିସେସ ମ୍ୟାଲାର୍ଡ ଖୋଲା ଝାନାଲା ଦିଯେ କୀ ଦେଖିଯାଇଲେନ?)
- (f) How did Mrs. Mallard's physical exhaustion affect her? (ମିସେସ ମ୍ୟାଲାର୍ଡର ଶାରୀରିକ ଦ୍ରାବ୍ତି ତାକେ କୀଭାବେ ପ୍ରଭାବିତ କରିଛିଲ?)
- (g) What sounds did Mrs. Mallard hear from her window? (ମିସେସ ମ୍ୟାଲାର୍ଡ ତାର ଝାନାଲା ଧେକେ କୀ ଶବ୍ଦ ଶୁଣିଯାଇଲେନ?)
- (h) What was Mrs. Mallard waiting for while sitting in the chair? (ଚୋରେ ବସେ ମିସେସ ମ୍ୟାଲାର୍ଡ କୀ ଜନ୍ମ ଅପେକ୍ଷା କରାଇଲେନ?)
- (i) How did the feeling begin to affect Mrs. Mallard? (ଅନୁଭୂତି କୀଭାବେ ମିସେସ ମ୍ୟାଲାର୍ଡକେ ପ୍ରଭାବିତ କରତେ ଶୁଭୁ କରାଇଲେନ?)
- (j) Why did Mrs. Mallard sit motionless in the chair? (ମିସେସ ମ୍ୟାଲାର୍ଡ ଚୋରେ ନିଶ୍ଚଳ ହୋଇ ବସଲେନ କେନ?)

## 3. Fill in each gap with a suitable word based on the information of the text.

1 × 5 = 5

Mrs. Mallard, who had a (a) — heart condition, was gently informed of her husband's death by her sister Josephine. Richards, her husband's friend, confirmed the news from a (b) — telegram. After weeping in (c) —, she went to her room and sat by the open window, noticing the (d) — sky. A strange feeling approached her, which she could not resist, feeling as powerless as her (e) — hands.

Note : জন্ম প্রঞ্চের জন্য নিরীক্ষা আলাদা একটি Seen Passage থাকবে।

## UNSEEN PASSAGE ▶ Read the following text carefully and answer the question no. 4 and 5 :

Marconi was an Italian inventor. He is best known for inventing radio. He was born at Bologna, Italy on 25 April 1874. His father was an Italian landowner and his mother was from Ireland. Marconi was educated at the Technical Institute of Livorno and attended the University of Bologna. In 1890, he began experimenting with wireless telegraph. In 1896, he founded Marconi's Wireless Telegraph Company in London. In 1898, Marconi successfully transmitted signals across the English Channel. This was the journey of radio and in 1901 he established communication with Newfoundland, America from England. Marconi's system was adopted by the Royal Navy. During the First World War his wireless telegraph was widely used. He won the Nobel Prize for physics in 1909. He passed away in 1937.

(Rangamati Govt. High School, Rangamati-2019; Barishal Zilla School, Barishal-2018; Board Of Intermediate & Secondary Education, Jashore-2017; Rangamati Teachers' Association (Ashish Das Gupta), Barishal-2017)

**বাজ্জাসুবাদ** ▶ মার্কিনী ছিলেন একজন ইতালীয় আবিকারক। তিনি রেডিও আবিকারের জন্য সর্বাধিক পরিচিত। তিনি ১৮৭৮ সালের ২৫শে এপ্রিল ইতালীর বলোগনা-তে জন্মগ্রহণ করেন। তাঁর বাবা ছিলেন ইতালীয় ডু-মার্মী আর মা ছিলেন আয়ারল্যান্ডের অধিবাসী। মার্কিনী জিভমো কারিগরি ইনসিটিউটে শিক্ষা গ্রহণ করে বলোগনা বিশ্ববিদ্যালয়ে যান। ১৮৯০ সালে তিনি বেতার টেলিগ্রাফ নিয়ে নিরীক্ষামূলক গবেষণা শুরু করেন। ১৮৯৬ সালে তিনি জড়নে মার্কিনী বেতার টেলিগ্রাফ কোম্পানি প্রতিষ্ঠা করেন। ১৮৯৮ সালে তিনি সফলভাবে সাথে ইংলিশ চ্যানেলের ওপারে সংকেত প্রেরণ করেন। এটাই ছিল বেতারের যাত্রা শুরু এবং ১৯০১ সালে তিনি ইংল্যান্ড থেকে আমেরিকার নিউফাউল্ডল্যান্ড-এর সাথে যোগাযোগ স্থাপন করেন। রাজকীয় নৌবাহিনী মার্কিনীর পদ্ধতি গ্রহণ করে। প্রথম বিশ্বযুদ্ধের সময় তাঁর বেতার টেলিগ্রাফ ব্যাপকভাবে ব্যবহৃত হয়। ১৯০৯ সালে তিনি পদার্থবিজ্ঞানে নোবেল পুরস্কার লাভ করেন। ১৯৩৭ সালে তিনি মৃত্যুবরণ করেন।

## 4. Complete the table below with information from the passage.

1 × 5 = 5

Marconi			
Main focus	the inventor of (i) —		
Life time	from 1874 to (ii) —		
Attended		(iii) —	
(iv) —	in 1909		
	in 1898		(v) —

## 5. Write a summary of the above passage in your own words.

10

## 6. Match the parts of sentences given in column 'A' 'B' and 'C' to write five complete sentences.

1 × 5 = 5

Column 'A'	Column 'B'	Column 'C'
(a) The word 'Discipline' means	i. given not only by the family	i. is no discipline
(b) It is	ii. self-discipline which is the most	ii. but also by the school
(c) This training is	iii. can prosper if there	iii. is a must for living a successful life
(d) No man or no nation	iv. the training of the mind which	iv. important condition of your success in life
(e) As students you must always cultivate	v. learning the correct behaviour which	v. develops self-control and habits of obedience

(Faridpur Govt. Girls' High School, Faridpur-2019; Sitakunda Government Model High School, Sitakunda-2019)

## 7. Put the following parts of the story in correct order to make the whole story. Only the corresponding numbers of the sentences need to be written.

1 × 8 = 8

- He had ammunition business in Leningrad.
- He undertook a plan to give an award for encouraging the creative work.
- Dr. Alfred Nobel was born in 21st October, 1833 at Stockholm, Sweden.
- He earned a lot of money from his dynamite business.
- He was an engineer.
- His father Emanuel Nobel was an architect and researcher.
- In 1850 Alfred joined his father's company.
- After some years Alfred Nobel invented dynamite.

(Border Guard Public School & College, Sylhet-2019; Adamjee Cantonment Public School, Dhaka Comt. -2018; Rajshahi Govt. Laboratory High School-2018)

## Answer Sheet

1. (a) ii. Josephine (b) iii. He received a second telegram (c) iii. She wept suddenly and wildly (d) ii. She went to her room (e) iii. Exhausted (f) iv. Trees, blue sky, and spring life (g) ii. A mysterious feeling (h) ii. Her heart raced, and her body relaxed (i) i. It was so subtle and elusive (j) iii. Suffering (k) ii. Hidden suggestions (l) iv. Neglect (m) iii. Chaotically (n) ii. Control (o) iv. Still (p) ii. mysterious and hard to define (q) iii. Pause or delay
  2. (a) Josephine told Mrs. Mallard the news in broken sentences and veiled hints. She did this to avoid shocking her because of her heart condition. (জোসেফিন ভাঙা ভাঙা বাক্যে এবং আড়াল করা ইঞ্জিনের যাধামে মিসেস ম্যালার্ডকে সংবাদটি জানান। তার হৃদয়ের সমস্যা ধাক্কা তাকে আঘাত দেওয়া এড়ানোর জন্য তিনি এটি করেছিলেন।)
  - (b) Richards wanted to confirm the news before telling Mrs. Mallard to avoid mistakes. He verified it through a second telegram before rushing to inform her. (রিচার্ডস মিসেস ম্যালার্ডকে জানানোর পূর্বে তুল এড়ানোর জন্য খবরটি সম্পর্কে নিশ্চিত হতে চেয়েছিলেন। তিনি বিভীষণ টেলিফোনের যাধামে খবরটি যাচাই করেছিলেন তাকে জানানোর পূর্বে।)
  - (c) She wept with sudden and wild abandonment in her sister's arms. This was different from how most women react to such news. (তিনি তার বোনের বুকে ঝাপিয়ে পড়ে আকস্মিকভাবে এবং বেপরোয়াভাবে কানা করেছিলেন। এটি অধিকাংশ নারীদের প্রতিক্রিয়া থেকে আলাদা ছিল।)
  - (d) She wanted to be alone to process her emotions without any interruptions. Her grief and exhaustion made her seek solitude. (তিনি কোন বিষ্ণুতা ছাড়াই তার আবেগ সামলাতে/বুকাতে একা থাকতে চেয়েছিলেন। তার শোক এবং ঝুঁতি তাকে নিঃসংশাত্তর প্রয়োজনীয়তা অনুভব করিয়েছিলো।)
  - (e) Mrs. Mallard saw the tops of trees quivering with new spring life and patches of blue sky. These sights brought a sense of renewal and freshness to her. (মিসেস ম্যালার্ড বসন্তে নবজীবন পাওয়া গাছগুলোকে কাঁপতে এবং নীল আকাশের টুকরো দেখেছিলেন। এই দৃশ্যগুলো তার ভেতর নতুনত ও সতেজতার অনুভূতি আগিয়েছিল।)
  - (f) It pressed her down into the armchair, making her feel heavy and still. This exhaustion extended from her body to her soul. (এটি তাকে শুরু আঘাতগ্রাণ এবং নিশ্চল করে তাকে চেয়ারে বসিয়ে দেয়। এই ঝুঁতি তার শরীর থেকে আঘাত পৌছে পিয়েছিলো।)
  - (g) She heard a peddler crying his wares, a distant song, and sparrows twittering. These sounds reflected life and activity outside. (তিনি ফেরিওয়ালার হাঁক, দূর থেকে গান, এবং চতুর্থ পাথির কিটেরিমিটির শুনেছিলেন। এই শব্দগুলো বাইরের জীবনের সত্ত্বস্থান প্রতিফলন ঘটায়।)
  - (h) She was waiting for a subtle and elusive feeling to fully reveal itself. This feeling seemed to be creeping toward her from the sky and the surroundings. (তিনি একটি সূক্ষ্ম এবং অধরা অনুভূতি সম্পূর্ণরূপে প্রকাশিত হওয়ার জন্য অপেক্ষা করেছিলেন। এই অনুভূতিটি তার দিকে আকাশ এবং চারপাশের পরিবেশ থেকে আসছে বলে মনে হচ্ছিল।)
  - (i) Her bosom rose and fell tumultuously as she tried to resist the feeling. Eventually, she whispered a word softly as she began to accept it. (তিনি অনুভূতিটিকে প্রতিরোধ করার চেষ্টা করার সময় তার বুক মুক্ত উঠানামা করছিল। অবশ্যে, তিনি তা মেনে নেওয়ার সহজ ধীরে ধীরে একটি শব্দ ফিসফিস করে বললেন।)
  - (j) Mrs. Mallard sat motionless in the chair because she was overwhelmed with grief and exhaustion. She sobbed occasionally, like a child crying in its sleep. (মিসেস ম্যালার্ড চেয়ারে নিশ্চল হয়ে বসে ছিলেন কারণ তিনি শোক এবং ঝুঁতিতে বিপর্যস্ত ছিলেন। মাঝে মাঝে তিনি ঘূর্মক শিশুর মতো কানা করেছিলেন।)
  3. (a) weak (b) second (c) grief (d) blue (e) slender
  4. (i) radio (ii) 1909 (iii) Technical Institute of Livorno and University of Bologna (iv) Won Nobel Prize (v) successfully transmitted signals across the English Channel
  5. Marconi is well known for the invention of radio. In 1890, he began experimenting with wireless telegraph. In 1896, he founded Marconi's Wireless Telegraph Company in London. In 1898, he successfully transmitted signals across the English Channel. This was the journey of radio and in 1901 he set up communication with Newfoundland, America from England. During the First World War his wireless telegraph was widely used. This great inventor breathed his last in 1937.
  6. (a) The word 'Discipline' means learning the correct behaviour which is a must for living a successful life.  
 (b) It is the training of the mind which develops self-control and habits of obedience.  
 (c) This training is given not only by the family but also by the school.  
 (d) No man or no nation can prosper if there is no discipline.  
 (e) As students you must always cultivate self-discipline which is the most important condition of your success in life.
  7. c → e → f → a → g → h → d → b
- Dr. Alfred Nobel was born in 21st October, 1833 at Stockholm, Sweden. He was an engineer. His father Emanuel Nobel was an architect and researcher. He had ammunition business in Leningrad. In 1850 Alfred joined his father's company. After some years Alfred Nobel invented dynamite. He earned a lot of money from his dynamite business. He undertook a plan to give an award for encouraging the creative work.