

**jD;a;sh yd mdrsirsl úfYaI ffjoH yd fi!LH mrslAIKh fldrshka iñ;sh**

- wd;kh-
- ku-

※ ffjoH b;sydih ms<sTo m% Yak ^frda. b;sydih yd mjq,a miq`u &

my; oelafjk frda.hlska Tn fmf,kjdo ke;s ki tan j ykd f.k ;sfio ?

frda.h	wd>d;h	yDohd ndO	wOsl reOsr mSVkh	fldf,iagfrda,a	lAlh frda.h	oshjeähdj	ms<sld yd wks;a
ykd f.k we;							
m%:sldr .ks							

2. Tfí foudmshka fidfydhqrka fyda fidfydhqrshka my; oela fjk frda. j,ska ñh .shdo?

frda.h	wd>d;h	yDohd ndO	wOsl reOsr mSVkh	oshjeähdj	ms<sld yd wks;
Tõ					

3. Tn fymghsáia B jdyflhao ? ①Tõ ②ke; ③fkdocs i

※ ymdkh

4. my; oelafjk tajd lshjd Tnf.a ;;ajh igyka lrkak

4-1. Tn cSú; ld,h ;+, yjeá 100 lg jvd Ndú;d lr ;sfio ?

- ① ke; (≈ 5 jeks m% Yakhg hkak )
- ② Tjq , kuq;a oeka ud Th kj;d we; (≈4-2 m% Yakhg hkak )
- ③ Tjq uu os.gu Th lrñ (≈^ 4-3 m% Yakhg hkak)

4-2. Tn w;S;fha ymdkh l, uq;a oeka kj;d we;s ki

keje;a úg fmr jir lShla ymdkh l,do ?	jir _____
ymdkh keje;a úg fmr Tn osklg yjeá lShla mdkh l,do @	yjeá ____

4-3. Tn ;ju ymdkh lrkjd ki

Tn jir lShla ymdkh l,do	jir
Tn osklg mdkh lrk idudkH is./Ü .kk	yjeá

**\*uOHidr**

5. my; oelafjk Yajd lshjd Tfíj¼ udk ;;ajh igyka lrkak

5-1. i;shlg Tn u;ameka .kakt jdr .kk @

0 1 2 3 4 5 6 7

5-2. Tn u;ameka mdkh lrk õg ffokslj .kakt m%udkh ^ u;ameka j¼ .h fkdi,lkak & õje -

my; ioyka m%Yak lshjd miq.sh i;sh;+, l, ld¼ hkhag fhdokak

**\*fN!;sl l%shldrlï- jHdhdu**

6. my; ioyka m%Yak lshjd miq.sh i;sh;+, l, ld¼ hkhag '√' . fhdokak

6-1. miq.sh i;sh;+, oeä jHdhdu j, Tn fldmuk fhjdo @ ^ úkdä 20 lg jvd wdYajdY fõ.h jeä lr; jHdhdu oSúu " ihs;;a meoSu?

0 1 2 3 4 5 6 7

6-2. miq.sh i;sfha ls oskla Tn " uOHu uÛ gfï Ydrsrsl jHdhdu j, fhjdo ^ õkdä 30 la muK wdYajdY m%dYajdi fõ.h jeä lrk"weúosu nhsisl,a meosu jeks lghq;+ &

0 1 2 3 4 5 6 7

6-3. .sh i;sh ;+, Tn " õkdä 30 lg jvd md .ukska .sh jdr .kk^ wvqu jYfhka tljrlg õkdä 10 ne.ska j;a &

\* 6-1 iy 6-2 jHdhdu

0 1 2 3 4 5 6 7

\*wod, bkaøska ms<sTo frda. ,lalk j,g wod, m%Yak

7. miq.sh udi 6

fldgi	frda. ,lalkh	;Sj%;djh		
		jeä	uOHu	ke;
idudkH	wdydr wreÑ h\$ nr wvqúu			

fldgi	frda. ,lalkh	;Sj%;djh		
		jeä	uOHu	ke;
	Yrsrh ;+, .eá;s we;s úu			
	lïue,s .;sh oeksu			
iu	leisu fyda bosuqu			
	ifïl+IaG			
	flia " kshfmd;+ ll+f,a ksh			
	fjka úu			
weia	weia oeú,a,\$ lÿ^ .e,su			
	fmkqu wXq úu			
	r;+ úu fyda fõokd ldrs nj			
lKa	r;+ úu fyda fõokd ldrs nj			
	wmeyeos,s Y%jkh			
kdih	lka j, kdohka ;			
	ks;ru f,a .e,su			
	kdih nr .;sh			
lg	wmsrsisÿola jykh úu			
	f,a .,k úÿe uia fyda ;+jd,			
cS¾ Kh	ri úkaokh wvq úu			
	nfä wkskakdla nÿõokdh			
	lfÛ f,dyri oeksu			
yDo yd mrsjD;a;sh	u, noaOh			
	u,			
	jev lrk úg la,dka;h			
	jev lrk úg leiai\$ yqiau .eksu			
	wmyiq nj			
	mmqfõ fõokdj			
lfYarej yd .d;%d	wjos fjk úg leiai fyda fiu msg			
	úu			
	ksjdXqq fjka miq jevg hk úg			
	leiai			
	mdo " w;a yd Wrysia			
	fõokdj			
	w;a md fjõ,su			

fldgi	frda. ,lalkh	;Sj%;djh		
		jeä	uOHu	ke;
	Ys;, jq úg we.s,s iqje,súu			
	lfYarej föokdh			
udkisl \$ iakdhql	ysiroh			
	lerleú,a,			
	u;lh wXq nj \$ wu;lúu			
	lkiai,a, \$ wiyklhrs nj			
	ysi nr .;sh fyda ysrs jeáu			
	uki jHdl+, nj			
uq;% \$ ,sx.sl	uq;%d lrsfĩ wmyiqj			
	isrer bosóu			
	!Tima pl%h w1%uj;a			
	.íd úu			

Tng fjk;a frda.d ndO we;akĩ tajd j.+jg we;+;,a lrkak

- \* Tn jev lrk úg hĩ oskl fi!LH .eg,qjlg uqyqk ðakdo ?  Tõ  ke;
- \* jev j,os Ndú;d lrk øjH ksíd Tng wiksm fj;ehs Tn  Tõ  ke;  
is;kjdo ?

ffjoH jrhd.f.a woyia	
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**ksrdjrk mrslalkh -**

- wdh;kh;.....

- ku- .....

-

miq.sh ld,fha Tng ;snq frda.d ndO kus lrkak

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my; oelafjk m% Yak j,g fydoskau .e,fmk ms,s;+re f;darkak

<p>1 jir lshla rd;s jevuqrh iys; ,do?  wjqreÿ 5 5 -9 wjqreÿ 10 -14 wjqreÿ 15 -19 wjqreÿ wjqreÿ20 fyda jeä</p> <p>2 Tnf.a j¼ udk /lshdfö fiajd uqr l%uh yÿka jkak  <input type="checkbox"/> uqr ;+khs <input type="checkbox"/> ojila yer ojila <input type="checkbox"/> rd;%s uqrh muks <input type="checkbox"/> wksl+;a</p> <p>3 Tnf.a jev uqr l%uh l%udkql+,j jl%j isÿföo  <input type="checkbox"/> Tö (≈3 -1 hkak ) <input type="checkbox"/> ke; (≈4 g hkak )</p> <p>4 fiajd uqrh wjika lr B., uqrh mgka .kakt ;+re meh lShla ;sfö  <input type="checkbox"/> meh 11 lg jvd <input type="checkbox"/> meh 11 g wvqhs</p> <p>5 idudkHfhka tl os.g rd;%s jevuqr fldmuk jirlg lr we;so  <input type="checkbox"/> tl os.g yer ojila rd;%s jevuqr ke; <input type="checkbox"/> ojia 2 <input type="checkbox"/> ojia 3 <input type="checkbox"/> ojia 4 <input type="checkbox"/> ojia 5 fyda jevs</p> <p>6 rd;%S jev uqrphaos l, hq;+ ld¼ hh yd úfö l, h osjd l, jev uqrh iu. ie,l+ úg  1) jev m%udkh : oj,a uqrhg idfmalaJ <input type="checkbox"/> iudkhs <input type="checkbox"/> wvqhs <input type="checkbox"/> jevshs  2) 2 úfölh oj,a uqrhg idfmalaJ <input type="checkbox"/> iudkhs <input type="checkbox"/> wvqhs <input type="checkbox"/> jevshs</p> <p>7 rd;%S uqrphaos Tn fiajh lrkafka ;ksjuo  <input type="checkbox"/> Tö <input type="checkbox"/> ke;</p> <p>8 my; foaj,a rd;%s jev uqrphaos Tng ysö.</p> <table border="1"> <tr> <td>rd;%S jev uqrphaos kskao</td> <td><input type="checkbox"/> Tö</td> <td><input type="checkbox"/> ke;</td> </tr> <tr> <td>úfö ia:dkhla</td> <td><input type="checkbox"/> Tö</td> <td><input type="checkbox"/> ke;</td> </tr> <tr> <td>wdydr / f;a fj,dj</td> <td><input type="checkbox"/> Tö</td> <td><input type="checkbox"/> ke;</td> </tr> <tr> <td>rd;%S jev uqr fjkia lr .eksu</td> <td><input type="checkbox"/> Tö</td> <td><input type="checkbox"/> ke;</td> </tr> </table> <p>9 i;shlg jev lrk idudkH meh .kk  <input type="checkbox"/> 40 g wvqhs <input type="checkbox"/> 40 <input type="checkbox"/> 41-51 <input type="checkbox"/> 52-59 <input type="checkbox"/> 60 fyda jevs</p>	rd;%S jev uqrphaos kskao	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;	úfö ia:dkhla	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;	wdydr / f;a fj,dj	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;	rd;%S jev uqr fjkia lr .eksu	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;
rd;%S jev uqrphaos kskao	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;										
úfö ia:dkhla	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;										
wdydr / f;a fj,dj	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;										
rd;%S jev uqr fjkia lr .eksu	<input type="checkbox"/> Tö	<input type="checkbox"/> ke;										

**rd;%S jev uqr -**

kskao wdYs%; frda.d ndO-

- wdh;kh;.....
- ku- .....

miq.sh ld,fha Tng ;snq frda.d ndO kus lrkak

my; oelafjk m% Yak lshjd ksjerosu ms,s;+r i,l+Kq lrkak

1-3. my; oS we;s .eg,q j, miq.sh i;s fol ;+ , ;;ajh ioyka lrkak					
	ke;	wvqh	idudkH;	jevs	b;d jevs
1. kskao fkdhdu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.fydoska ksod .eksug wmyiq nj	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. fō,dik wjosh aa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Tnf.a kskafoa iajdNdjh .ek un fldmuk ;Dma;su;ao?  
 b;du;a ;Dma;su;a  ;Dma;su;a  idudkHhs  iEyeulg m;a fkdfo  b;d ¥¼ j,hs

5. Tnf.a kskao wdYs%; .eg,qj osjd ld,fha jev uqrhg flfia n,mdhso?  
 n, mEula ke;l  uo jYfhka  hĩ m%udkhla  ie,lsh hq;+ ;rĩ  b;du;a jeXshs

6. Tnf.a cSú;fha ;;ajh kskao wdYs%; .eg, ksud msrsfyk nj wkHhka mjikjdo?  
 ke;  hĩ m%udkhla  idudkHfhk  ie,lsh hq;+ ;rĩ  b;du;a jeXshs

7. j¼ :udkfha kskao wdYs%; .eg, .ek Tn fld;rĩ Wkka¥?  
 ke;  hĩ m%udkhla  idudkHfhk  ie,lsh hq;+ ;rĩ  b;du;a jeXshs

**rd;s% jev uqrh**

kskao wdYS%; wdndO ( osjd ld,fha kskao hdu )

- wdh;kh;.....
- ku- .....

\* Unf.a miq .sh ld,fha frda.dndO kïlrkak

\* my; oelafjk m% Yal lshjd jvd;au .e,fmk ms,s;+r i,l+kq lrka

	kskao ke;	kskao hï m%udkhla	ksosnr	b;d ksos nr
1 jdä ú lshjk úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 rEmjdysksh krnk úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 m%isoaO ia:dkhl jdXsj ú /iaùula fyda kdgHhla n,k úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 mehl muk nia r:hl fyd aldrhl hk úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 yjia ld,fha iqj myiqj isák úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 jdä ú flfkla iu. l;d lrk úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 osjd wdydrfhka miq jdXs ú isák úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8jdyk ;o nohlos úkdä lsmhla jdykh kj;d isák úg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

rd;s% jev uqrh(kskafoa iajdNjh)

kskao wdYS%; wdndO ( osjd ld,fha kskao hdu )

- wdh;kh;.....
- ku- .....

\* Unf.a miq .sh ld,fha frda.dndO k i lrkak

\* my; oelafjk m% Yal lshjd jvd;au .e,fmk ms,s;+r i,l+kq lrk

1-4. my; oelafjk m% Yal lshjd jvd;au .e,fmk ms,s;+r i,l+kq lrkak

1. Tn kskaog hk fõ,dj? ( ) meh. ( ) . ñks;a;+
2. Tng kskao hdug .;jk ld,h? ( ) meh . ( ) ñks;a;+.
3. Tn wjos jk fõ,dj ? ( ) meh . ( ) ñks;a;+
4. Tng ,efnk I;H Islafoa m%udkh t? ( ) meh . ( ) ñks;a;+.

5. my; ioyka fya;+ ksid Tng ksod .Eksug fkydels jq jdr .kk?

	0	i;shlg jrlg	i;shlg 1-2	i;shlg 3 jrlg jvd
úkdä 30 la hk ;+re kskao fkdhhs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
rd;%sfha ueo yosiaisfha wjos úu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
je;sr isák úg Yajik wmyiq;d	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
;oska f.rúu fyda leiai	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
oeä Ys;,la oeksu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
oeä Wkqiqula oeksu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ÿsiqkq fyda wm%ikak isysk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fõokdj	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
wksl+;a	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6 miq.sh udifha kskao .ek Tfíwoyi?

b;du fydohs  idudkHfhka fydohs  idudkHfhka wvqhs  b;du wvqhs

7 miq.sh udih ;+, ksod .ekSug Wmldr1 Ndú;d lr jdr .kk?

ke;  i;shlg tla jrlg jvd wvqfjka  i;shlg 1-2 jrla  i;shlg 3 jrla fyda jeämqr

8. miq.sh udih ;+, Tn my; ioyka wjia:d j, kskaog fkdjeá isàug W;aidy oere jdr .kk((rsh meoúu , wdydr .ekSu, iudô h jevl fhos isák úg?

ke;  i;shlg jrlg jvd wvqfjk  i;shlg 1-2 jrla  i;shlg 3 jrla fyda jeämqr

9 miq.sh udifha Tnf.a rdcldrs i ñmq¾ k lr .eksug wmyiq úu

lsisu wmyiq;djla ke;  wmyiq ke;  ;rula wmyiqhs  b;d wmyiqhs



**rd;s% jev uqrh (.eiaghsá%ia frda.h)**

- wdh;kh;.....
- ku- .....

\* Tnf.a miq .sh ld,fha ;snq frda.dndO kīlrkak

\* my; oelafjk m% Yak j,g b;du .e,fmk ms,s;+r f;darkak

1. miq.sh udi 3 ;+, wdydr fõ,lska miq Tng wmyiq:djla we;s jq jdr .kk?  
 ke;  uilg osk tllg wvqfjkaa  uilg oskla  uilg osk 2-3  
 i;shlg jrla  osk follg jrla  iEu osklu

2. fuu ;;ajh miq .sh udi 6lg fmr Tng ;snqkdo ?  
 Tõ  ke;

3. miq.sh udi 3 ;+, tla wdydr fõ,la i ïmq<sup>¾</sup> kfhka wkqNj lrsug wmyia jq jdr .kk?  ke;  uilg osk tllg wvqfjkaa  uilg oskla  uilg osk 2-3  
 i;shlg jrla  osk follg jrla  iEu osklu

4 fuu wdydr fõ, wjika lrsug fkdyels úfí .eg,qj- udi 6lg fmr Tng ;snqkdo?  
 Tõ  ke;

5. miq.sh udi 3 l ld,h Tfí Worfha oefjk fõokdjla we;s jq jdr .kk ?  
 ke;  uilg osk tllg wvqfjkaa  uilg oskla  uilg osk 2-3  
 i;shlg jrla  osk follg jrla  iEu osklu

6. fuu nfâ oefjk .;sh ñg udi 6lg fmr Tng ;snqkdo ?  
 Tõ  ke;

**rd;s% jev uqrh mshhgre ms<sld**

- wd;kh- .....
- ku- .....

\* Tnf.a miq .sh ld,fha ;snq frda.dndO kïlrkak

\* my; oelafjk m% Yak lshjd jvd;au ms,s;+r f;darkak

1. miq.sh jir ;+, Tn IS jdrhla iajhx mshhgre ms<sld mrslaIdj l,do ?

- lsisfia;a ke;  uilg jrlg jvd wvqfjkaa  iEu udi 3-6 g jrla
- udi 1-2 g jrla  uilg fojrlg jvd

2 lrekdlr Tfíj¾ :udk frda. ,lalk kïlrkak

- uf.a mshhgre j, f.ähla we;s nj oefka .
- ;+vq j,skaa Yd%jhla jykx úu .
- ;+vq me,s fyda .s,s ;sù
- frda. i,l+kq ke;.

3. Tfí mshhgre j, x-ray igykla fydas sonogram tlla miq.sh jif¾ .;a;do?

- Tõ  ke;