

# Tesar Ar Ponak' Kelas Ren Pa.t.hua. Gidra.koak' Kelas Do\_ Haptare Bar Din

Darakan Sunibar (2 October) kho\_n primary reak' tesar ar ponak' kelas ren pa.t.hua. gidra.koak' haptare mit' din bo\_do\_lte bar din kate kelas hatao hoyok'a. Na~wa~ somoysuci lekate, tesar kelas ren pa.thu gidra.koak' kelas do\_ Robibar ar Lukhibar, Ar ponak' kelas ren pa.t.hua. gidra.koak' do\_ Sunibar ar Budhbar kate kelas hoyok'a. Budhbar (29 September) Prathomik sikkha odhidoptor do\_ na~wa~ somoysuci do\_e so\_do\_r akada.

Ina. chad.a ho~ Mon'golbar do\_ pa.hil kelas ren ar Sombar do\_ dosar kelas ren pa.thua. gidra.koak' kelas hoyok'a. Mo~r.e~ak' kelas ren pa.t.huakoak' do\_ lahate leakage din hilok' kelas hoyok'a. Mo~r.e~ak' kelas ren pa.thua.koak' do\_ t.ifin tayom hoyok'a. Ar et.ak' kelas ren pa.t.huakoak' do\_ setak' bela kelas hoyok'takoa.

Tuma.l- Sonali sangbad

---

## Tin Gha\_r.ic'em Tar\_ama

Tar.am do\_ jo\_to\_ kho\_n alga hor.ma bhan'jao (biyam) kana. Jo\_to\_ umer ren hor.ko la.git' a.d.i ja.rur.ak' ho~ kana. Me\_nkhan tin gha\_r.ic' tar.am hoyok'a se\_ tar.am reak' speed cet' hoyok' ja.rur., ona babotre d.her hor.ge babon pust.a.ua. Hor.mo bhan'jao hisa.bte tar.am reak' po\_rho\_ do\_ cet' kana ar tin gha\_r.ic' tar.am lekhan po\_rho\_ n'amok'a ona babotre bad.ae ocoakada physiotherapy consultant Umme Sayla Rumki. Din hilok' tar.am lekhan kor.am reak' rua., Diabetes, jan'

khoy (Osteoporosis) rog rean' jiwí ko\_t.o\_k' ko\_m n'ó~\_go\_k'a. Din hilok' tar.am lekhan jel sir reak' dar.e ar sahao dar.e ba.r.tik'a. jan' rean' got.hon ho~ ket.ec'jo\_k'a.

### Tin okto tar.am ja.rur.a:

Dina.m din komkate 30 minit. tar.am ja.rur.a. Diabetes rogiko do\_ina. oktete 40 kho\_n 45 minit. tar.am hoyok' ja.rur. kantakoa. Bha.rti ho\_r.mo\_ tahe~n okte pa.hil pe\_cando 15 minit. katec', dosar pe cando 20 minit. katec' ar muca.t' pe cando do\_ 10 minit. tar.am ja.rur.a. To\_be\_ okoekoak' umer 40 bo\_ho\_r kho\_n cetan ar aema din kho\_nak' ja~ha~n hor.mo bhan'jao se\_ hor.mo khat.ao sa~o jo\_po\_r.ao ba.nui, onkan hor\_ko do\_ tar.am lahare bissegoggo ak' solha hatao hoyok'takoa. Arho~ e\_t.ak' se\_cbon n'e\_lle khan, Okoekoak' hor.mo\_ reak' o\_jo\_n d.herger, onkoko ho~ tar.am e\_hob lahare stretching kate, jel reak' sir jira.u n'ó~\_k' hoyok'takoa. Ban'khan stretching babotre bad.ae hataojo\_n' la.git' physiotherapy koak' solha hatao hoyok'a.

Ja~ha~e hor.koge hor.mo se\_c' kho\_n napae tahe~n la.git' haptare ko\_mkate 150 minit. tar.am hoyok'takoa. Haptare 30 minit. kate 5 din ho~ bon tar.am dar.eak'a. Okto ban' tahe~len khan dinre 10 minit. kate pe\_dhao tar.am lekhan ho~ hoyok'a.

### Jogging:

30 minit. tar.am tayom 10 minit. jogging dar.eakabon. Jogging reak' bhe\_d do\_mit' jaegare ten'go kate pa.hilre jo\_jo\_m jan'ga, ina. tayomte len'ga jan'ga tulkate do\_n hoyok'a. Jogging la.git' a.d.i maran' jaega rean' ja.rur. do\_ba.nuk'a. Or.ak're ja~ha~ t.hen mit' jaegare ten'gu kategebon jogging dar.eak'a. Pa.hilre do\_ba.i ba.ite , ina. tayom do\_usa.ra usa.ra. Okoe koak' do\_ba.r.ti o\_jo\_n onko do\_ pa.hilre adha minit. kate jogging ako. Ina.kate hor.mo reak' halot bujha.u kate ba.i ba.ite okto do\_ba.r.ti idiy hoyok'a.

### Tar.am calak' lahare:

Tar.am okte sukra.j (aramdayok) ca.t.ki ho\_ro\_k' hoyok'a. Ho\_ro\_k' bande\_ kicric' ho~ thor.a sukra.j ar d.hila.n' dholon' n'ó~\_k' ho\_ro\_k' ja.rur.a. Seton' kho\_n e\_ran'ok' la.git' setak' paha- poho

okte ar a.yupbela cando ha.sur tayom tar.am la.git´bon od.ok dar.eak´a. Tar.am tayom thor.a stretching jarur.a; je.mon jan´ga ka.t.up´ cetanre ten´golen khan tayom reak´ jel sir ko hasua. To.be\_o\_jo\_n ko\_m la.git´ tar.am se\_jogging do\_ aso\_lak´ ban´ kana. Balance thik do\_ho\_e ja.rur.a. Nia.m kate nit. akat´ oktere hor.mo reak´ kelori hisa.bte jo\_m hoyok´a.

Source: Ajkerpatrika

---

## Meskoc´

Meskoc´

(3)

Raja ar Montri kin galmaraoeda,

Raja: Onko do\_ ko okoe kana je, in´ak´ SMS reak´ ro\_r. rua\_r. bako e\_ma.n´ kana.

Montri: Ma.lik, noko do\_ hoyok´ kana onko cut.hia. ho\_r. okoe do\_ akoak´ or.ak´re se\_n´ge\_l lagaolenre phayar sarbhis ren ho\_r. t.hen Miss kol ko e\_m.

(4)

Mit´ din up´ get´ la.git´ ac´ren gidra. la.pit´ t.hene idi akadea,

La.pit´: Cet´ lekan´ ged tama ba.bu?

Gidra.: In´ baba leka, cetan sec´ do\_ je\_mon phaka tahe~n.

---

# Meskoc´

Meskoc´

(1)

Ka.mia. ar Officer kin galmraoeda,

Ka.mia. hor.: Mahasoe, Manwa geko Ba.rija ban´ se?

Officer: He~, tobe Officer ona jotowak´ bae ika.ya.

(2)

Kirin´ic´: Sa.bun menak´a?

Dokandar: He~, menak´gea.

Kirin´ic´: Minarel dak´ menak´a?

Dokandar: He~, Menak´a,

Kirin´ic´: Tahle Sa.bun ar ona dak´te sapha kate bar taka  
kha.ja.r.i ema.n´ mese.

---

# Hisi Ce~r.e~

Hisi ce~r.e~ cero bero

Tale dare cot.re,

Tuka. tako latar dua.r

T.amkurakan d.agr.ar.e.

Khijur sakam ciri biti

Tuka . benao khatua .k´,

Ina . chad .a menak´ tako

Eman teak´ khatua .k´.

Khijur sakam a .gukate

Benao ako tuka .,

Ren´gec´ tetan´ tahen tako

Eken kha .li tuka .

Purub khone hisit´ hoeak´,

Hoete lar .aok´ tuka .,

Benao ako ket .ec´ machi

Ban´ n´uruk´ tuka ..

Ba .nuk´ tako resa- risi

Tahenako sukre,

Hoe bhard .ote tuka . n´uruk´

Unrekopar .aok´ dukre.

---

**Nia . Serma Pa .thua .**  
**Gidra .koak´ JSC Ar JDC**

# Bid\_a\_u Ban' Hoyok' Kana

Nia\_serma pa\_t\_hua\_gidra\_koak' Junior School Certificate (JSC) ar Junior Dakhil Certificate bid\_a\_u ban' hoyok'a menteye bad\_ae ocoakana Sikhna\_t Muntri Dr. Dipu Moni. Uni do\_e aeho~ye me\_nkeda, pa\_thua\_ko do\_akaok' kelas reak' tojbij talatege cetan kelasreko rakabo\_k'a.

Hola Mon'golbar (28 September) Rajdha\_ni reak' Gonobhobon High School re Maran' Muntri Sheik Hasinawak' 75 serma janam ma~ha~ n'utumte sa\_ibut akan dare ro\_ho\_e ka\_mihora akhr\_a muca\_t're kho\_bo\_ria\_koak' aema lekan kukli reak' ro\_r\_rua\_r\_ okte noa kathae metawat'koa. Sikhna\_t Muntri do\_e arho~e me\_nkeda, kha\_li kha\_li GPA- 5 tayo\_mre da\_r\_ lekhan ban' hoyogo\_k'a. Me\_nkhan, Pa\_thua\_kodo\_ aso\_l bud-a\_kil hamet\_jo\_n' lagaoakoa. Aso\_l sikhna\_t hamet\_jo\_n' talate je\_monko hara buru dareak.

Tuma\_l- Bss news

---

## Santal Hor\_

Santal ho\_r\_ ho a\_diba\_si

Ren'gec'- tetan're takenako a\_d\_i kusi.

Bir- buru sendra dar\_anre

Ak'- sar tahe~ntako banar tire

Kula\_i, marak' ar et\_ak' janwar

Goc' a\_gukoako nana huna\_r

Tirio- murli oron'kate

Ar hohoeako a\_d\_i jomkaote.

# Tehen' Do\_Maran' Muntri Sheik Hasinawak' 75 Serma Janam Ma~ha~

Aema et\_ket\_o~re~c' paro\_mkate 75 serma umer re lebetkeda disom ren Maran' Muntri Sheik Hasina. Uni do\_ 28 September Gopalgonj reak' Tungipar\_a atore tehen'ak' dinre do\_e janamlena. Sa\_dhin ban'gladisom ren maran' bandhae ja\_tia\_ko ren baba Bon'gobondhu Sheik Mojibur Rahman ar Bon'gomata Fazilatunecha ren maran' kur\_i kanae Sheik Hasina. Uniak' a\_k'yurte 1996 sermare 21 bo\_cho\_r tayo\_m arho~ rastro do\_kho\_lreko he\_c'ena Awami league. Sheik Hasina nit ponak' dhapte ban'gladisa\_m reak' da\_yike manaeda. Nit ha\_bicte 2009 serma kho\_n mit' lagaote pe\_dhao Maran' Muntri reak' da\_yikre menaea uni. Disom reak' itiha\_s re nonkan record do\_ okoeak' ho~ ba\_nuk'anan'.

Jatison'gho reak' sadharon porisodre 76 dhao reak' ba\_isire (odibeson) seledok' la\_git' Maran' Muntri nit do\_ Juktorastrore menaea. Uni ba\_nuire ho~ nia\_din a\_d\_i ra\_ska salak'ko manaeda Awami league selet' aema rajnoitik, sa~ota ar legcar ga~otako.

Source: Prothom alo

---

## Toareye Cad\_olen Cut\_ia\_

Mit't\_en mahrae tahe~kana. Uni do toa a\_krin'kataye a\_sulok' kan tahe~kana. Setak're toae duha\_ua, ar mit't\_ec' la\_t\_u karahireye dul

jarwaea. Mit' din mit't.ec' cut.ia. do\_ cekate co\_n' ona toareye cad.oyena. Tala karahi toa tahe~kana. Od.on'ok' la.git' a.d.i gha.ri'c' ona toareye paera bar.ayena, menkhan bae odon' dar.eat'a. Ar paera paerate ho~e lan'gayena. Ado bogeteye co~ co~ket'a. Uni maharren mit't.en pusi ho~e tahe~kana. Ona karahi bhitrire co~ co~ye an'jomket'a, ar cad.ak' cud.uk' ho~ sad.ekan tahe~kana. Uni pusi do\_ a.di a~t.e hahar.ayena. Ar karahi t.hen hako pakoye n'ir senena, are oyon'ket'a.

Cut.ia. do\_e koyok' rakap'ket'a, ar pusiye metadea, "A.d.i muskilren' par.ao akana, ma dayakate ban'caoin' me a.d.i a~t.in' lan'gayena. Bam ban'caolin' khan do\_n' unum gujuk'a. Noa karahi dayakate ult.a.u go\_t'kam." Pusi do\_e ro\_r. ruar.ket'a, "Ban' ba.n' ult.a.ua. Ult.a.ule khan do\_n' jo\_to\_ toa hirijok'a, in' pa.ri na~ha~k' muskilren' par.aok'a; ar a.d.i maran'in' dosa, Hapen' hudis bar.alege."

Pusi do\_ mo\_ne mo\_nete nonkae hudisket'a "Nui cut.ia.n' od.okea, ado\_nia. setak're a.d.i sebel baskeak' hoyok'tin'a." Uni pusi do\_ cut.ia.i metadea , "Acha in'ak' cand.bo\_l toaren' cad.oea. Am do\_ cand.bo\_lre dec' kajak'kok'me adon' or od.ok'mea." Cut.ia. do\_ a.d.i a~t.e ra.ska.yena, are men go\_t'ket'a, "He~ to\_be, a.d.i t.hikem budket'a." Pusi ho~\_ usa.ra ac'ak' cand.bo\_l toareye cad.oket'a. Cut.ia. ho~\_ pusiak' cand.bo\_lreya kapt.ao go\_t'ena, ar a.d.i usa.ra pusiak' deareye t.und.a.n' rakap' go\_t'ena, ar o\_treye do\_n ar.goyena, ar bhuga.k'reye n'ir bo\_lo\_yena.

Pusi do\_ ona bhuga.k' t.hene senena, ar bhuga.k' t.hen moca do\_e lahaket'taea. Cut.ia. ho~\_ bhitri sec' kho\_n do\_e od.ok' n'o\_k'ena, ar pusiye metadea, "Cet' katham a.gu akawadin'a? Ha ha ha." Pusi do\_ cut.ia.i metadea, "Am do\_ cut.ia. a.d.i a.d.itet' bam t.hika. Am do\_n' ban'caoket'mea, ar nitok' do\_m n'ir pharakena!" Uni cut.ia. do\_ muluc' muluc'e landaket'a, ar pusiye metadea, "Am do\_ in' jo\_men'em menwan tahe~kana, onatege nonka do\_n' mo\_n'jket'mea." Ado\_ pusi o\_nd.e khone ocok'ena.

---

# 14 November Kho\_n SSC Bid\_a\_u Ar HSC Do\_ 2 Disember Kho\_n Eho\_bo\_k´a

Nia\_bo\_cho\_r reak´ (2021) Secondary School Certificate (SSC) ar Higher Secondary School Certificate (HSC) bida\_u reak´ okto Sarkar do\_e so\_do\_rkeda. Darakan November cando reak´ 14 ta\_rik kho\_n SSC ar Disember reak´ 2 ta\_rik kho\_n do\_ HSC bid\_a\_u eho\_bo\_k´a. Ko\_ro\_na ma~ha~ma\_ri ka\_tirte hor\_mo ha\_t\_in´ reak´ jo\_to\_ lekan a\_n a\_riko manaokate bid\_a\_u do\_ hoyok´a.

Bid\_a\_u eho\_bo\_k´ (30 minit\_) adha ghont\_a lahare bid\_a\_u e\_mok´ko do\_ bida\_u or\_ak´re bo\_lo\_kate nij nij dur\_upak´re dur\_up hoyok´ takoa. Bid\_a\_u reak´ okto do\_ hoyok´ kana mit´ ghont\_a tala. Ar bid\_a\_u do\_ hoyok´a 10 baja kho\_n 11 baja tala ha\_bic´. MCQ ar CQ ha\_t\_in´ reak´ bida\_u talare ja~ha~n jira\_u ban´ tahe~na.

Source: Korotoa