

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 tahe . nako 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_treya 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