

# Sher-e Bangla Sona Reak' Siro\_pae N'amkeda Rajshahi Ren Merina Hasda

Sa~ota rean' mimit' ka\_mihorakore maran' uta\_r cikhna. se\_bhage bhage ka\_mi n'utumte Sher-e bangla so\_na siro\_pa-2022 rey man manot ocoyena A\_diba\_si a\_k'yuric' Merina Hasda. Uni do\_ Rajshahi Damkura ha\_t. rean' besorkari unnoyon songstha Masaus ren nirbahi a\_k'yuric' kanae. So\_ko\_lbar (4 march) n'uhum okte Dhaka reak' Bijoyngor Hotel-71 threister hollroom re mit' akhr\_a talateko man manotkedeaa.

Noa akhr\_are manotan per\_akoak' tite crest, uttorio ar certificate ho~e atan'ket'a. Sher-e Bangla A.K Fazlul Hoqe gobesona porisod, South Asia Social Aducation Foundation ar 71 media vision noa akhr\_ae bo\_ndo\_bo\_sleda. Man manot n'utumte Masaus ren sanam ka\_mia\_ko Merina Hasda joharko em caladea. Ado\_ thor\_ako kuklikedere nonkae menkeda Merina Hasda, Uni do\_ aema din khonak'ge a\_diba\_si ja\_t-gosthi koak' ma\_nmi a\_ida\_ri, pa\_rsi ar legcar paltur ra\_khi jogao jo\_to\_n ar ona sa~ote aema lekan ka\_mi huda. benao rakap're a\_d\_i muruk'e ka\_mi idikana.

Et\_ak' et\_ak' a\_diba\_si ja\_tiko akoak' a\_ida\_ri hamet' la\_git' ho~ miljule ka\_mi kana. Nonkae man manoten ia\_te sa\_rige uniak' ka\_mire arho~ jhu~k' mon he\_c'adea me\_ntey bad\_ae ocokeda. Ona t\_hao~naren sanam ka\_mia\_ko ga\_hir mo\_n\_kho\_ne sarhaoket'koa.

---

## Ha\_t\_i Ar Toyowak' Go\_lpo\_

Aema din laha reak' katha. Mit' bir-gajar\_re a\_d\_i uta\_r ce~r.e~cipr.utko basok'kan tahe~kana. Mit'te sulukreko tahe~kana. Ackage ona birre maran' uta\_r Ha\_t\_i he\_c'ena. Ha\_t\_i ak' ma ente maran' okoc'

hor\_motae,,,,!! Jan'gatae mot\_a macha. Ekal su~r\_tae ma sermae tiog leka,,,,! Nawa per\_a daram la\_git' jo\_to\_ ce~r.e~-cipr.ut'ko he\_c' samt\_aoena. Ha\_t\_i acak' hor\_mo reak' dil dar\_e go\_ro\_bak' kana. A.d.i kajake taraj garajena. Uniak' taraj garaj an'jomte got\_a bir-gajar. dalkaoena.

Ce~r.e~ ciprut'ko do\_ bo\_to\_rteko tharbasaoena, ar god\_oko ho~ bhuga.k'te bo\_lo\_yena. Et.ak' et.ak' jib-janwarko ho~ko da\_r. rophayena . Nonkage dinko calao idiyena. Ackage mit'din Ha\_t\_i ac'ak' su~r.te Je\_l ho\_po\_ne tul rakap'kedeaa are capat' gid\_ikadea. Onka leka ka.t.ic' janwar muc' jan'gatey lebet' gan'jaokedeaa. Noa n'elte birren raj Ta\_rup' ho~ bo\_to\_r ehop'adea. Ar Kul ho~ ha\_t\_i ad\_epase calak' ban'e rebenok'kan tahe~kana. A.d.i muskil dosareko tahe~kana sanam janwar ko. Onate jo\_to\_ as bhorsa Toyo cetanre.

Ado nindara leka Toyo ac'ak' bud a\_kile so\_do\_rket'a. Ha\_t\_i t\_hene he\_c'ena are joharae kana, E maharaj am co jo\_to\_ janwar kho\_nem se~r.a ar dar\_ege. Sa\_rige am do\_m so\_ro\_sgea. Amak' do\_ rajak' dur\_up'ak'ge lek kantama. Dela in' sa~ote. Gad\_a hanasare sanamko am tan'gire menak' hatar\_koa, joharamako mente. "Ha\_t\_i noa an'jomte mo\_nre ra\_ska capeadea. Ado\_ ha\_t\_i sa~oe mohnd\_ayena. Ina\_ tayom ha\_t\_i do\_ gad\_ae paera paromkeda. Ha\_t\_i mon montey khondron'keda, nui ka.t.ic' Toyo gad\_ae paromen khan end\_ekhan cedak' in do\_ ba\_n' dar\_eak'a? Jo\_to\_ khonge maco\_n' se~r.a ar dilange. Tinre gad\_ae phed\_ena hamal hor\_mo karonak'te unumok'e dhura\_uena. Ado\_e karajok' kana ma rukhia\_in'pe, menkhan celege bako rukhia\_ledea, bickom sanamko ra\_ska\_ko bujha\_ukeda. Arko memenkana, nit do\_le sa\_dhinena ar hesec' sek'rejo\_k'ko portonkeda.

**Sikha\_una:** Nijte go\_ro\_bok' do\_ ban' bogea.

---

# Me\_skoc´

Me\_skoc´

Bubulak´ kho\_n sa\_n´gin´re tahe~n reak´ upa\_i:

Bar gate kor\_akin gapalmaraoak´ kana-

**Pa\_hil gate:** Mase\_, nuna\_k´ maran´ jelen´ no\_l mon´grate cedak´ cut\_i-bir\_im n´un´u kana?

**Dosar gate:** D\_aktare me\_nakat´a, dhu~a\_ metak´me n´un´uak´ kho\_n 10 moka sa\_n´gin´re tahe~n hoyok´a. Ona kha\_tir noategen´ n´un´u kana.

---

## Cet´ Lekate Migraine (Bo\_ho\_k´ Haso) Kho\_n Rukhia\_bo N´amkea

Migraine mit´ lekan bo\_ho\_k´ haso kana. Bo\_ho\_k´ re ja~ha~ mit´ ar\_e kho\_nak´ge noa haso ehop´a. Migraine bo\_ho\_k´ haso a.d.i gha\_r.ic´ do\_ tahe~na. Okoe ak´ nonkan et\_ket\_or.e~ menak´tako, Onko do bo\_ho\_k´ haso sa~o be\_c´ be\_c´ko at\_kara. Noa haso a.d.i algate ban´ maraoak´a, thor\_a din do\_ hasoa. Onate tina\_k´ hor\_koak´ noa haso menak´, noa haso cet´ kha\_tirte ehop´a ona babotre bad\_aejon´ ja\_rur\_ menak´a. Nonkate Migraine khonak´ pharak´bo tahe~ dar\_ekea.

### 1. Ren´gec´te tahe~n:

Ren´gec´te tahe~len khan Migraine bo\_ho\_k´ haso ehop´a. Ente ren´gec´te tahe~nre gastric reak´ muskil n´elogo\_k´a, oka do\_ bo\_ho\_k´ haso d.her dar\_eak´a.

### 2. Hoe-dak´ bichna\_u (abohaoa):

A.d.i ba\_r.ti seton´re na\_curle kxanho~ bo\_ho\_k´ haso ehop´ dar\_eak´a.

Ina\_kate lo\_lo\_seton' kha\_tirte hoe dar\_eak'a.

### 3. Mo\_nre uca\_t.:

Okoe do\_asambher. se\_a.d.i ba\_r.ti uca\_t.teko ka\_mikan, ar jo\_m-n'u rean' ja~ha~n nit. akan okto ba\_nuk'tako se\_ban'ko manaet' kan, onkanko hor\_ge ba\_r.ti noa bo\_ho\_k' haso n'amet'ko kana.

End\_ete nonkanak' mo\_nak' uca\_t. dea gid\_ikak' reak' kurumut\_ui hoyok'a.

4. Ja~ha~nak' sad\_e: kajak' rir\_a.n' r.ar.an'te seren' an'jo\_m emanteak' kha\_tirte Migraine bo\_ho\_k' haso n'an'ama. A.d.i rir\_a.n' r.ar.an' kha\_tir amdaj bar din dha\_bic' haso tahe~ dar\_eak'a.

### 5. A.d.i ba\_r.ti ja\_pit':

Okte na\_pitre ja\_pit' sanamko la\_git' a.d.i ja\_rur\_a. Ente oktere ban' ja\_pit'le khan hor\_more aema lekan et\_ket.o~r.e~ n'elogo\_k'a. Okoe do\_jao hilok' 5-6 ghont\_a ko ja\_pit', Ackage mit' okte onkanko hor\_d.herko ja\_pit' lekhan bo\_ho\_k' haso ehop' dar\_eakoa. Onate sanamko sontor ar aodhan tahe~n hoyok'tabona.

---

## Ukraine Reak' La\_r\_ha\_ire Bar Phut\_bo\_l khe\_lwar\_kin Gurena

Ukraine ar Russia talare mit' la\_r.hai do\_calak' kana. Calaoen 24 February an'ga paha-poho kho\_nak'ge noa dhawa jhapt\_ao do\_ehop' akana. Tehen' Lukhibar dhawa jhapt\_ao rean' ira\_l ak' din. Russia-Ukraine talare oka la\_r.hai noa do\_dosar dhaoak' Gulmal tayo\_m Europe rean' jo\_to\_wak' kho\_n maran' ka\_pha\_ria\_u-la\_ihaiko metat'kana.

Calaoen eyae dinre Russia ren pha\_d ar palt\_onko Ukraine reak' mimit'

t.ot.hare kur.par.ko calaoet' kana. Russia nit' dha.bic'te a.d.i uta.r nagrahakoe do.kho.l akat'a. Noa la.pa.r.ha.ire disomren barea phut.bol khelwar. ho~ jiwikin alaeket'a.

Noako dinre 10 lakh kho.n d.her hor. Ukraine nagrahako ba.giada. Disom ko ba.giakat're ho~, Russiawak' nonkan kur.par. birudre disom hor.ko ha.tia.rko sap'jon'ana. Janam disom rukhia.i kha.tir haron dinre disomren khelwar. ho~ thir ba.nuk'koa, bickom la.ihaireko so.ho.t set.erakana. Ar sa.rige noa gulmal la.pa.r.ha.ire barea phut.bol khelwar. Vitali Sapylo ar Dmytro Martynenko ho~kin gurena.

Nukin babar got.en phut.bol khelwar. ak' International Federation FIFPRO Ukraine re Russia reak' kur.par.re noa kho.bo.re bad.ae ocoakada.

21 serma umerren Sapylo dosar bibha.g do.l Libhib se.c' kho.nak'e e.ne.jok'kan tahe~kana. Ado\_ noa la.pa.r.ha.ire Tank commander hisa.btey jo.po.r.aolena. Uni do\_ Kyiv reak' mit't.en kur.par. gulma.lre gurena.

Ar onkage Club FC Gostomel sa~o la.phua. khelwar. hisa.bteye e.ne.cjok' kan tahe~kana Martynenko. Ukraine Rajdhahnire nijak' Apartmentre en'gatet' sa~o 25 umerren nui khelwar. girobasok' kan tahe~kana. Nui ho~ Russia pha.dkoak' boma ha.ntey gur ocoyena. FIFPRO bad.ae ocokeda, Nukin jua.n khelwar. Vitali Sapylo ar Dmytro Martynenko takinak' gharon'j, per.a ar gateko la.git' ma~ya~ mohle so.do.ret'kana. Noa la.r.ha.ire pa.hil ja~ha~e phut.bol khelwar. ak' gur kho.bo.r bad.ae n'amina. Nukin bana hor.ge suluktekin ja.pit'jon'ma.

La.r.ha.ire gur tayom Sapylo do\_ 'Mahabir' hisa.bteko cikhna.kedea acak' club Carpati. Nui do\_ calaoen So.ko.lbare gur akana me.nteko pust.auteko bad.ae ocoakada. Ale do\_ jaoge nui Mahabir ak' jaejugak' dik'sa.wak' thuti ko porbosto pos idia.

---

# Mit't.en Kul, Toyo Ar Gadhawak' Go\_lpo\_

Mit't.en Kul Toyo sabea mentey dho\_mkakodea. Toyo do\_ ekal Kule neho~rae kana, E maharaj nia\_ dhaotec' ika\_ka\_n'me. In'ak' sarec' jin'gi am sebaren' jamar\_kok'a honan'. Jo\_to\_wak'gen' ka\_mitama. Ja~ha~n kamkajre ba\_n' ek'r\_e botec'kema. Toyo ak' nonkan se\_be\_l-so\_r\_o\_m kathatey khalas kadea.

Ina\_ tayom Kul do\_ Toyo batlaoadea, Calak'te in' la\_git' mit't.en janwar sap' a\_gua\_n'me. Kulak' batlao leka bir sendrae mohnd\_ayena. Me\_nkhan celege bae n'amlet'koa. Ackage ac' saman're mit't.en Gadhae he\_c'ena. Ado\_ Toyo do\_ uni Gadhae metadea, ' E Gadha boeha un kho\_n amge co\_n' n'am bar\_aet'me. Bir-gajar\_ren maharaj am la\_git' kur\_a.i ante ta\_n'gi ta~r\_a~k're menaea. Onate ne~otame la\_git'in' he\_c'akan do\_.

End\_ekhan Me dela in' sao~, amtet'ge kur\_a.i atan'me. Ado\_ Toyo ak' kathate ma\_lun'kate Gadha do\_ uni sa~oe mohnd\_a mar\_an'ena. Kul t\_hen mohn'jam torage ekal jhapt\_aoate sap'e dilkeda. Me\_nkhan Gadha do\_ bo\_to\_rtey tharbasaoena are da\_r\_ pharakkeda. Nia\_ dhao Kul do\_ Toyo cetanre a\_d\_i a~t\_e edreyena. Cet' lekanic'em a\_gukede. Bad\_agiri! Ma muca\_t' dhao a\_tin' emamkana. Do\_ calaojon'me, Gadha rua\_rem. Arho~m ka\_i lekhan ba\_n' ika\_mea. Ado\_ sa\_rige Toyo arho~ Gadha t\_hene calaoena are metaekana. E boeha, Kul mama ma co\_ am ha\_r\_ube mo\_nelet'. Cedak' bacham d\_a\_r\_keda. Gadhae me\_n go\_t'keda, Mase\_sarige ado\_! In' man' hudislet' pase\_c' jo\_men' la\_gi'te nonkak' kan tahe~kana.

Dela end\_ekhan, ina\_ tayom arho~kin calaoena. Nia\_ dhao Kul ac'ak' kusi-sana leka Gadha sap kate raktaoate cusa\_u go\_c' kede. Ado\_ Toyo metadea, tin dha\_bic' ba\_n' hijuk' ma pahra hatar\_em nahak. Toyo menkeda, T\_hikgea maharaj.

---

# Tehen ak' Khila d. Ko

## Criket

Bangladesh-Afghanistan

Pa\_hil ak' T20

Dhina\_n 3:00 baja okte

Channel T sports, Gazi Tv.

## Phut\_bol

### English FA Cup

Everton-Boreham Wood

N'inda\_ 2:15 minit\_

Sony Ten 2 channel re.

## ISL

Chennai-Mohunbagan

N'inda\_ 8:00 baja okte ehop'a.

Star sports channer re porcaro\_k'a.

---

# Pa\_hil Doge Hatao Rean' A\_t

# Niton' Ho~ Menak'a: Sastho Odhidaptor

Calak kan ko\_ro\_na mahama\_ri re a\_d\_i aema lekan et\_ket\_o~re~ disom ar dha\_rtire hec' par\_ao akana. Noa mahama\_ri sa~o la\_iha\_i se\_rukhia\_k' la\_git' sanamko t\_ika hatao a\_d\_ige ja\_rur\_abon kana.

Tina\_k' hor pa\_hil doge ban'bo hatao akat' nit' ho~ Sarkari-besarkari ni\_t akan t\_ika t\_ha~re n'utum ol car\_hao se\_ja\_rurak' kago\_jko son'ge idi lekhangé tika bon hataojon' dar\_eak'a.

Ente tehen' Budhbar (2 March) Sastho Odhidaptor virtual Sastho bulletin, zoom conference re Sastho Odhidaptor re\_n t\_ika ka\_mihora a\_k'yuric' Dr. Md. Shamsul Hoqe noa kathae ror so\_do\_r akada.

---

## Me\_skoc'

### Me\_skoc'

Bar boeha mit'te d\_hil capat'lekhan-

Hablu ar Bablu, bar boeha Ul kin capat'kan tahe~kana-

**Hablu:** E boeha, Un gha\_r.ic' kho\_n capat'tege menak'lan'a, enreho~ Ul o\_ho\_n'u~rlena. Pase\_c' nit' ho~ berel machagea.

**Bablu:** Sa\_rige pase\_c', Mase\_micha\_lan' haronena? Ban'khan dare dejo\_k' talan'mme.

Hablu ekal harephare dare de\_c'ena. Ado\_Ule tunum a\_ika\_ukeda, ar kikia\_uate Bablui metawaekana;

**Hablu:** E boeha, Ul ma co\_bele akan!

**Bablu:** A.d.i boge! Ma end.ekhan usa.ra phed. ho.do.k'me. Banar boeha mit'telan' capat' lekhang a.d.i algate n'u~rok'a hape\_n.

---

## Horo Ar Ce~r\_e~ Ak' Go\_lpo\_

Mit' dhao mit't.en horo dare umulrey jira.ujon' kan tahe~kana ar ona darere mit't.en ce~r.e~ ak' tuka. tahe~kana. Un jo\_khenge horo do\_ ce~r.e~ metaekana, 'Cet'lekan tuka\_m benaojon' kana? Noare ban'do menak' cal-cha.uni ban'do ja~ha~n co~ho~k'! Amak' tearak' tuka. kho\_nak' in'ak' or.ak' oka do\_ deare menak'tin' n'elok'te ho~ napaegea.

Ado\_ ce~r.e~ ror. rua.r.adea, " Sa.rige n'elok'te a.d.i ba.r.ic'gea, Me\_nkhan in'in' tearakat' or.ak' a.d.igen' dula.r.eda. Ado\_ Horo ho~e menkeda, Or.ak'tam metak'me tuka. nonka ba.r.ic', pase\_c' in'ak' bin' ka.n'cur t.hap'rak'em lalocak' kana".

Ado\_ onka leka ce~r.e~ye menkeda, Or.ak'tin' ba.r.ic'gea, Menkhan noare in'ren gharon'j hor.ko sa~o gateko ho~ko tahe~ dar.eak'a. Ar amak' t.hapr.ak' n'elok'te napaegea, Enreho~m eskargea. E\_nte am sa~o okoe ho~ ban'ko tahe~ dar.eak'a.